



Multisport**GOLD**

1 Year on.....

How time flies. How much hard work, long hours and sleepless nights can you fit into one year? How many great memories, wonderful friendships and inspiring moments can be created in one year?

October 2011 was the launch of a dream, of a personal goal and of vision. Multisport Gold started.

In those early days, there would be 1 person at a session, some sessions no one. However, the dream never wavered. It stayed strong. There was belief it would succeed. Slowly but surely, more people started to attend sessions. In 1 year, Multisport Gold is stronger than I dreamed it would be.

We have over a dozen athletes on average at each of our sessions. We have a website filled with smiles, achievements and sponsors. We have squad race & cycle gear. We have social media which keeps up social! And we have a great group of like minded people who love what they do.

Without all of you, Multisport Gold would not be the squad it is today. We support, encourage and laugh together. That is what training should be about. Mateship, sportsmanship and striving to be the best you can be.

We, as a squad, have achieved this. To each and everyone of you and your families, I thank you for making the dream a reality.



The GC100, The Team who participated in both the 50km and 100km ride. Well done to all on an awesome ride. It certainly was challenging!

Monthly Gu

~ Looking to put some sparkle into your bike before your next race? Give the chain, derailleur, cassette a thorough degrease & re-oil. Make sure your seat, aerobars & handlebars are all tight. Then a good spray & polish with Mr Sheen & your bike is ready to race! ~

~ Coming into race season, there is still polo shirts available for \$35 each & a very small number of tri suits left. Don't miss out~

~ October we are going to have a challenge, everyone loves a challenge! Lets see if anyone can swim 50kms in the month. If anyone can, reward will be 1/2 price fees for November!~

~A reminder to all that casual fees are due at each session, unless otherwise arranged. Sessions are \$5 each. CAAC charges a \$4 entry fee, which must be paid each session. There are pool passes available. Please refer to the price structure on page 6, or ask Coach Alli. ~

~Coomera Parkrun has been launched at Highland Reserve. This is a free community event every Saturday starting at 7am. Come And have a run, or even put your hand up to volunteer. ~

~ I have also had a strange request....October is going to be the month guys were you can only apply aftershave to your left hand. If you shake with your right hand you will understand why. Thanks for the request Mr Anonymous!~

Barefoot Bowls Social Event

When Sunday 7th October
Where Paradise Point Bowls Club
Thrush Avenue
Time Meet 12.15pm
Hot lunch at 12.30pm
Bowls at 1pm
Cost \$10 pp including your hot lunch
For those who haven't tried Barefoot Bowls, come along, it is great fun!



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Quote of the Month

Even when you have gone as far as you can, when everything hurts and you are staring at the spectre of self doubt, you can find a bit more strength inside you, if you look closely enough.

Athletes of the month.....Moreton Bay Triathlon Team

Moreton Bay was one of the 1st races of the season! Perfect race for our Team to participate in, great location & offering both the Sprint & Olympic Distances. The weather was perfect, and despite a few jelly fish, the course was very fast!

Doing the Olympic Distance we had Trev & Matilda. The race was on for these 2 speedsters! Who would prevail as the inter-squad winner? For about 12 hours Matilda (aka Matt) had his unofficial time winning his age group by about 10 mins! That was after he had actually entered the females category by mistake! Once official results were posted, Matt only just out raced Trev. Well done boys.



The Sprint distance saw Berlinda have a super strong race in her preparation for Port 70.3 coming up. Well done B!

Moreton Bay was the 1st ever triathlon for Kimmy! She made it through the swim, blitzed the bike & had a very solid run. A huge congrats to Kimmy on completing her 1st race! Big & better things await now!

The team atmosphere on the day was great! Tara drove up to cheer us on, we all stayed after the race with our "Trevi" strawberries, chicken, dip & crackers (Thanks Kimmy!) & had a fabulous time post race. Well done to all who participated, a great Team morning.

Port Macquarie 70.3

70.3. 1.9km swim. 90km bike ride. 21.1 km run. All in one day. All without stopping. All for the love of sport.

28th October will see a number of our team on the start line for Port Macquarie 70.3.

These athletes have been training consistently & training hard over winter & the past months. Much of their training does go on behind the scenes, not only do they battle the physical, but the mental & nutritional as well.

I would like to take this opportunity to wish Tara Baker, Berlinda Hall, Michael Woodcock & Matilda Young awesome races and the power of belief in their abilities.

This will be the 1st long course race for Tara & Matt. Both have shown incredible determination, dedication & sacrifice in their preparation for this race.

Good luck Team.



A special thanks. Doing long course events is a team effort, and often can not be done without the support and love from their families. I would like to thank Dave, Emily & Tayla. Skye, Noah, Ava, Cedar, Scott, Charlotte, Kellie, Nathan, and Justin, Maddison & Joshua for being the best teams we could ask for!

JUST RIDE, ON's RUNNING, HOPE ISLAND CHIROPRACTIC

Please get behind our sponsors & support them. We are extremely fortunate to have such reputable sponsors in partnership with Multisport Gold, so lets show them how much we appreciate their support by supporting HOPE ISLAND CHIROPRACTIC, JUST RIDE Nerang & ON-RUNNING.



Just Ride Nerang

Just Ride is a newly located Bike Store at Nerang. Kylie, Mark & the team offer exceptional, personalised attention that is one of the highest regarded in the business. Formally Nerang Mountain Bike Centre, the team now specialise in road bikes as well as mountain bikes. So for all your servicing, parts, bits n pieces, look no further than our great friends & sponsors at Just Ride, located at 15 Price Street Nerang, Phone 5596 2911.

On-Running

On Running is now on the Gold Coast! Squad friend Andy is our rep, so what is the delay? On-Running shoe is surprisingly simple, yet highly functional cushioning element: A piece of circular rubber, which absorbs both the vertical and the horizontal impact. As the foot hits the ground with forward momentum, the CloudTec™ element folds back, effectively allowing the foot to glide to a softer halt. After landing, the element is compressed by the weight of the runner, locks together and is fully firm for the push-off.



If you want to run fast, do like many of us have done, get your pair of ON's today. Contact Coach Alli to start running on clouds. Delivery is immediate!

Hope Island Chiropractic Centre

Have a niggle? Need some treatment for an injury? Then look no further than Hope Island Chiropractic.

Dr Matthew Davidson & his team from Hope Island Chiropractic are here to help! They are committed to helping the public aware of safety & efficiency of chiropractic services & that good health is a matter of choice not chance.

Dr Matthew Davidson (Chiropractic) is the founder & Director, & has many, many years of study behind him to ensure he offers the best service to his clients. He is currently Queensland's only full body certified ART (Active Release Technique ®) Ironman Provider.

Dr Davidson's skill has enabled him to work with some of the worlds best triathletes both here & Hawaii Ironman World Championships for numerous years.

The team is located at Hope Island, 2/65 Crescent Avenue. Conveniently open 6 days, call them on 5530 1306 to make your booking, check out their website at

www.hopeislandchiropractic.com.au



Upcoming Social Events

7th October	Barefoot Bowls
4th November	Coffee, congratulations & Birthday celebrations! Paradise Point 3.30pm
18th November	Gatorade Race 2 Robina. Post race BBQ.
2nd December	Multisport Gold Christmas Lunch. Harrigans Calypso Bay 12.30pm Further details TBA

Upcoming Tri Races

Cycle Races

Park Run

Here we go, race season is here!

Port Macquarie 70.3

www.ironmanportmacquarie.com

Gatorade Series

www.usmevents.com.au

Triathlon Pink

www.triathlonpink.com.au

Kingscliff Triathlon

www.kingsclifftri.com.au

Bribie Island Triathlon

<http://www.bribietri.com/>

Brisbane to Gold Coast

Sunday 7th October

[Www.b2gc.bq.org.au](http://www.b2gc.bq.org.au)

Rainbow Ride (Byron Bay)

Sunday 11th November

[Www.summerofcycling.com/rainbow_ride.htm](http://www.summerofcycling.com/rainbow_ride.htm)

Robbie McEwon Gran Fondo

Sunday 17th November

[Www.gcfof.com.au](http://www.gcfof.com.au)

Park Run is a community Fun Run held each Saturday Morning at 7am. 2 local venues, Main Beach Surf Club, the course is up & down the trails at the Spit. For those who wish to improve their run technique, a Run Clinic is organised with our friends at Gold Coast Physio & Sports Health. (Run clinic is \$5) starting at 6.30am

The other venue is Upper Coomera, Rose Valley Drive, Highland Reserve. This is a challenging course around the lake. Warm up with Coach Alli at 6.50am.

To register for Park Run, go to www.parkrun.com.au

Anytime Black Forest Blizzard

- 1 Cup frozen cherries
- 1 frozen banana, cut into chunks
- 1 Cup chocolate milk
- 1/4 Cup Greek Yoghurt
- 2 teaspoons honey
- 1/4 teaspoon almond extract
- 4 chocolate wafer biscuits

Place all ingredients, except the choc wafers, into a blender & blend until creamy & smooth
Pour into cold glasses & serve with crumbled wafer biscuits over the top.

Greek Yoghurt has almost double the protein & half the sugar as traditional yoghurt.

Cherries contain anti oxidants which will assist in post race recovery.



Learn to love the swim

For many triathletes the swim is the discipline in which is disliked the most. Whether it is looking at the black line, getting out of bed to get to the session early in the morning or just the simple fact that when swimming we can't talk! (Well, actually some of you can...I have seen it done!!!)

The swim can be a critical element of your race. In having a good swim, sets you into a positive frame of mind getting onto the bike. If you are positioned well on the bike, the need to play 'catch up' disappears and you can use this advantage on the bike to set up for a solid run. Having a poor swim means riding hard & fast to try to make up places, normally meaning the run ultimately suffers.

So, here are some key points to consider in focusing on a strong swim this race season.

- 1) Pick a race to target. Without a motivating race or destination it is hard to get inspired to get to training. The pressure of performing at a race will force you to train harder.
- 2) Find a swim partner. Using the power of 2, you can push each other along, motivate and encourage you and for you to be accountable to.
- 3) Do 3 stretches for 1 minute each day for 7 days. Stretching is one thing which is grossly overlooked. To be flexible and 'floppy' in the pool assists with rotation, reach and getting long in the water.
- 4) Enjoy it. What is the point in swimming if you don't enjoy it. Give yourself a reward at the end of a hard session, laugh with your team mates & have fun in the pool. Make swimming a session you look forward too!



Multisport**GOLD**

In the Spirit of Sport

Fee Structure

\$4	Pool Entry fee at CAAC. Paid per visit to Coach Alli
\$5	Casual Visit Must be paid per session. (Unless otherwise arranged.)
\$120	Monthly Unlimited sessions and includes weekly personalised training program. Monthly training programs is the best way to ensure maximum performance on time available. Paid monthly
\$50 or \$90	Session passes for either 10 or 20 visits respectively.

[Coach Alli Contact details](#)

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For regular updates on what is happening within Multisport Gold, check out our page on Facebook. If there is any cancellations due to weather or last minute reminders for various sessions, all notifications will be posted the Multisport Gold Home page.