



Multisport**GOLD**

From Start to Finish

Wow.....

Wow, where has the time gone? I can not believe it is already April, Easter & school holidays.

So much has been happening since Christmas; Our Christmas Party, QTS Series winners celebrations for The All Sorts, numerous podiums for a number of our team members. We have travelled, camped, our own spin classes & many wet mornings!

It is awesome to see so many of us out training, racing & being social as a group.

So where to from here? Well, there is so much on the horizon, loads of races & variety. Not only 70.3 races, Luke Harrop Tri, Byron Bay Tri,

We also have loads of fun runs, the GC marathon, Sunnie Coast & Noosa Half marathons. We may even get a dry ride in to Byron!

Once again, we are touching on the brink of our "off season." This year, there is so much going on all year round! It is going to be so important for you all to ensure you set goals which are achievable, keep you motivated over winter so you will get out of bed! We have loads of social activities coming up over the next few months, I can just hear the laughter now!

Success & mateship all the way!!!!

Good Luck Ian

One of our quiet achievers, Ian, from swimming, is participating in an Epic Bike Ride from Sydney to Seaworld here on the Coast in May. The 'Macsim Sydney to Surfers Bike Ride.'

The event is in it's 15th year, and raises money for "Youth off the Street" which is run by Father Chris Riley.

The ride itself is just under 1000kms in length, and will take 7 days to complete, so an average of 135km of riding per day! The shortest day is 115km with the longest being 150kms. Wow, that is tough going!

If anyone would like to support Ian in his inspiring ride, he has tickets for sale. Tickets are \$2 each or 3 for \$5. There is 3 prizes in the raffle, 1st is a travel voucher, 2nd is a new fridge, and the 3rd is a Harvey Norman voucher.

Ian's ride starts on the 4th May & finished on the 10th May. Anyone interested in buying a ticket, Ian would be very appreciative. He has already reached his goal of \$1500.00, however every dollar is going towards a great cause. Please see Coach Alli for further information on tickets.

From all of us ian, we wish you all the very best for your ride.

Www.sydneytosurfers.org.au



Melbourne Ironman

24th March 2013 in Melbourne was cold & windy. Yet over 2000 people made it to the start line for the 2nd Melbourne Ironman. Michael was amongst those athletes. A shortened swim course due to the unsafe conditions, I am sure made a lot of people happy! However, that did mean wind on the ride & run.

With rain hampered training, Michael went into the race injury free, confident & ready to have the race of his life. Fit, fast & lean.

Michael had a strong swim, strong ride & blitzed it home on the run in a cracking marathon time on 3.34.

His overall time was an amazing 9.20.46.

A huge thanks to Kelly & Nathan for putting up with his training schedule, and to Matt & Dave for taking a hit for the Team & having transition practice in the local pubs along the course!



Athlete of the Month....Meet Mary

I grew up in Gove; a mining town on an aboriginal reserve in Arnhem, Northern Territory. My Dad was a beautiful swimmer and a record holder in his home country of Mauritius. He introduced me to the water when I was just a toddler and taught me to swim, my love of the water has never left me. I first joined the Nhulunbuy Amateur Swimming Club when I was 8 or 9 when a friend invited me along.

In my first year of swimming I was selected in the squad to compete in the Northern Territory Age Championships where I came away with a medal in almost every event. Each year after that I competed and again won medals in most events. I also held the Age Group Records for 100m & 200m Freestyle, 100m Butterfly, 100m Backstroke and 200m Individual Medley for 3 years.

At the same time I was swimming, I also became involved in surf life saving and got my Bronze, Silver and Gold Medallions. I also competed in beach races, flags, board races and 'Iron Nipper', which is a race including a beach sprint, swim and board paddle, and I was lucky enough to win Nipper of the Year. I think I was already getting ready for a multi disciplined sport.

My pet event as I got older was 200m freestyle but my favorite stroke was butterfly. I would spend hours on my own up and down the pool practicing my stroke and building my strength, sometimes training 2 x swim sessions per day. I started racing again when I was at boarding school where I held the Girls Open Swimming Champion. I was also selected to compete in the Inter-School State Championships.

I came to Triathlon in 2007 when my brother asked me to do a team event with him for the (then) Quaterman, and our team won. I was addicted. I slowly moved from swimming onto cycling and running, and eventually completed the Gatorade series where I often placed in the top 5 or 10 finishers in my age group.

I raced at the World Championships held here on the Gold Coast in 2009 and came 6th. That was a highlight and I decided I wanted to try for selection in the Australian Team, however an accident stopped my training and I didn't return to the sport until All started Multi Sport Gold



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I have also competed in some Ocean swims and was delighted to race in the Winter Whales in Byron Bay, where I placed 3rd in my age group, and was 99th overall out of 2000 competitors.

In 2009 I traveled to Fiji to do a fantastic swim where you're dropped on a coral cay, and you swim 3 km between the islands, ending at bar on Beachcomber Island. Swimming across the channel, we could see reef sharks and turtles below, it was amazing.

My most recent highlight has been the 2012 Pan Pacific Games, where I was lucky enough to win a silver medal.

Swimming is my first love, but Triathlon is my mistress. It's a fantastic sport which allows everybody to feel like a champion. I love being part of it and am grateful to my recent All Sorts team mates who have allowed me to compete as a swimmer in a sport I love.

Monthly Gu

~ Congratulations to Ed & Lisa on the safe arrival of baby Ryley. He is already watching cricket with dad & so far being a very well behaved little man. Enjoy this special time~

~ February Camp to Mooloolaba was a huge success. 3 days of living like pro's, eating, sleeping & training. Thanks to all who supported the 1st camp. Here at HQ we are in the process of planning a long course camp before Mooloolaba

~If you are keen to enter Mooloolaba Olympic Distance, get ready to enter if you are a TA member on 16th April 2013. 9am with your credit card, TA licence & Medicare number on the USM website.~

~ Hydralyte sachets. I have 2 boxes left, both Orange Flavour. Hydralyte is perfect coming into summer as it replaces so many lost nutrients during training. \$22 per box. Contact Coach Alli~



Race Results Jan-March 2013

Mooloolaba Olympic Distance

Wow, what a huge turn out of competitors for the 21st anniversary of this event. Months of hard training, early mornings & tonne of carbs, saw us all do exceptionally well at this major event on the Tri calendar.

WELL DONE to all those who raced their 1st OD at Mooloolaba. Incredibly tough conditions on the day made it a hard race. Veronica, Helen, Skye, Tara, Theresa, Grant, Tim, Michelle & Kim.

MSGold All Sorts consisting of Mary, Caroline & Johnny had great races as well, finishing in the top 5%, so awesome racing Team. Mat & Christie also raced in the teams event, star performances by both.

Berlinda, Kellie, Tonka, Chriso (aka 1.01!) Trev, Pommy Johnny & Coach Alli are all seasoned OD racers & had tough, but successful races. Poor Pommy Johnny suffered a flat on the bike course, but he pulled it back together & finished strongly.

Lisa raced in the 1km ocean swim & wow, she can swim! Well done Lisa, super swimming.

- QTS Series.

Many of the Team raced in the QTS series this season, Raby Bay & Robina. Tonka, Veronica, Helen, Chriso, Nathan, Ian to name just a few. The banner was flying at all of these races, so MSGold was well represented at each race.

A huge CONGRATS to Veronica who finished 3rd in her age group for the series.

A huge CONGRATS also to MSGold All Sorts who finished an amazing **1ST place** in the team category. Well done to main team members, Mary, Caroline & Johnny. Awesome effort :-)

Quote of the Month

Too many told me, You can't. You won't.

Impossible.

I have told them, I can. I will.

I did.

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





Holiday Time.

After an extremely hectic 12 month, Coach Alli is taking a week off & heading overseas for a short holiday. All sessions will still be on, with sets being emailed to various Team members to distribute to the group.

If you are looking to have a week off, guilt free (!) 27 April-5th May will be the one! Programs will be sent to program athletes prior to Coach Alli departing.

Upcoming Races

Kingscliff Triathlon

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

Super Centre Fun Runs

[Www.corporatechallenge.com.au/fun-runs](http://www.corporatechallenge.com.au/fun-runs)

Weekend Warrior Open Water Swims

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

Luke Harrop Triathlon

www.usmevents.com.au

Gold Coast Fun Run

<http://www.gcbfunrun.com.au/>

Gold Coast Marathon Weekend

www.goldcoastmarathon.com.au

Coomera Park Run

Park Run is a community Fun Run held each Saturday Morning at 7am, free of charge & each registered runner receives an official time. To register for Park Run, go to www.parkrun.com.au

Upper Coomera Park Run is located on Rose Valley Drive, Highland Reserve. This is a challenging course with multiple laps around the magnificent lake & pathways of Highland Reserve. Warm up with Coach Alli at 6.50am.

Main Beach Surf Club, this 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

Kels Oat & Peanut Butter Bars

2 Cups quick oats (regular oats can be chewy)

5-6 scoops Protein Powder

2 tsp vanilla essence

5 tbsp. natural peanut butter

1/2 Cup shredded coconut

1 1/2 Cups milk

1/2 cup dried cranberries (optional)

1/4 cup semisweet chocolate chip or raw cacao (I used dark choc bits)

*Lower carb option- omit the cranberries and choc chips, add 1/4 slivered almonds

* Higher fibre option – add 2 TBSP chia seeds to this mixture

* Kel includes ALL the options– the cranberries, almonds, choc chips, and chia seeds!

In a large bowl, combine oats, protein powder, coconut, cranberries & vanilla. Add peanut butter and stir until the peanut butter is coated. Slowly add approx. 1/2 cup milk, stirring throughout. (just add enough liquid til the mixture forms a batter like consistency. It may be gluggy but binds OK.) Add chocolate chips if desired.

Line a pan with baking paper, add mixture to pan. Cover mixture with another layer of baking paper and press down til the mixture is pressed flat. Place in the freezer. When its set, cut into bars/slices and store in the freezer.

Social Calender

- **Friday 19th April Trivia Night**

In the world of triathlon, is Gu triathlon's equivalent to a handyman's duct tape? Or why are bike cassettes on the right hand side for left hand riders? Pitch your wits in this Open Age Group event! All you need is your smile and to be ready for a fun event!

Where : VIBE Waterfront Restaurant & Bar Hope Island Marina, Hope Island

When: Friday 19th April 2013

Time: 6pm for 6.30pm start

RSVP Coach Alli by Wednesday 17th April

Cost \$5 per person to cover prizes.

Meals & drinks at your own expense

Sunday 19th May Tennis & BBQ Afternoon

Think you are bit of a super star on the tennis court? Like to hit a few balls around? Perhaps you like to chase balls around? Then why not join in for an afternoon of ball chasing, silliness & laughter! Bring your bat & ball, or is that your racket & ball????

Where: Coomera Waters Rec Club 2, Ragamuffin Drive West (Off Ceil Circuit)

When : Sunday 19th May 2013

Time : 12 noon—4pm

What to bring: Tennis rackets. Kitty will supply the balls :-)

We will organize for everyone to bring a plate of nibble, salad or dessert. Own meat & drinks.

Pool, gym, spa & sauna facilities, bring your swimmers along. Strictly NO red undies are allowed.

- **Saturday 1st June Long run & BBQ Breakfast**

Further details to follow, however we will be getting together for a long run in support for our marathon girls. BBQ to follow, more than likely at Paradise Point.



MY ATHLETIX offers children an exciting and highly popular introduction to athletics participation and competition.

We invite youngsters to join in a series of fun yet challenging indoor athletics development programmes using especially designed equipment to enhance fundamental athletic movements of running, jumping and throwing.

My Athletix is proud to announce the endorsement of their Sporting Ambassador Loretta Harrop-World Champion Triathlete and Olympic Medallist.

Contact Helen to secure your place on

M: 0434 061 634

E: info@myathletix.com.au

W: myathletix.com.au

Or find us on Facebook www.facebook.com/pages/My-Athletix for up to date information.

How much should I eat for my pre race breakfast?

Following on from our last article on How much should I eat for breakfast.....Getting Enough.

A piece of toast & banana might get you through to morning tea at work, it's certainly not enough to get you through a race over 2 hours in duration. Research has shown that consuming 2-3grams of carbohydrate (CHO) per kg body weight is ideal. IE 70g athlete translates to 250-270g CHO. This may sound like a lot, however the key is getting it in early.

3-4 hours to be exact. This gives your gut enough time to digest so your stomach is fairly empty & your muscles & liver are totally fuelled up. If you don't think you can eat 200+g CHO at once, try dividing them up into 2 smaller meals. 150g CHO 4 hours out from your race in conjunction with sports drink (enough time to get to the portaloos!) Then 90 mins before race start top up with easy to digest carbs.

Finally, have your last 25-30g CHO about 20-30 mins prior to race start. Gels & energy bars are perfect to give you that final shot of fuel to hold you over until you start re-fuelling mid-race.

It is important to remember that every athlete is different. What works for 1, may not work for the other. It's key that you practice pre race meal strategy during your training so you know what works perfectly for you.

Some examples of a suitable breakfast include: porridge with honey & banana, bagel with reduced fat cream cheese, energy bar, a few slices of toast with jam or nutella. A coffee pre race will also give you a boost. Be aware caffeine will stay in your system for 4-5 hours & should not cause a dehydration affect if taken in a small amount.



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.