

## TRI ADVENTURE EASTER CAMP – THE WRAP UP...

Elanda Point, near Noosa, proved to be an ideal venue for the Tri Adventure Easter Camp program and also a relaxing environment for the holiday break. Everyone participating in the 3 day camp came away with a great sense of achievement and a wonderful adventurous experience.....this is how it went....



### Day 1

Day 1 saw 12 riders set out onto some of the picturesque Noosa Trail Network towards the hinterland town of Pomona where they encountered many obstacles (ie: mud, hills, creek crossings etc..) The short-course option took participants over an exciting single track and challenging climb up to Twin Hill Views lookout where they rested, refuelled and then took the scenic route home via the Dairy Farm and Cootharaba Rd. Special mention should go to **Nicole** (who is really a paddler...) for her big effort riding longer than she had ever done before... Meanwhile, the long-course riders were heading out on the Noosa Enduro course where they would face the gruelling climb of Mt Cooroora at



Pomona. With the Queen of the Mountain at the helm they made their way up the 'hill' uttering comments like "I can't believe I'm paying you for this" (**Cliff**) and "the winner does this in 22 minutes....??!!!" (**Johnboy**). Happy with their efforts and satisfied with the spectacular 360 degree views the Mt Cooroora offers they made their way down with help from the chain, had a quick transition then rode off to another gruelling climb up to Middle Lookout...Hmmm.... More views!.... then a speedy and enjoyable downhill on Cootharaba Rd back to Elanda.

Now you'd think that would have been enough torture/fun for one day, but after a hearty BBQ lunch and a well-earned rest some of the brave adventurers (with special guest **Sam Naudin** – breast cancer survivor) headed off for an 11k dusk trail run out to Kinaba Station and back. A few interesting encounters of snakes, toads, mud and plenty of water (track under water...) didn't discourage them. The reward was waiting half way where they witnessed the beauty of the full moon rising over Lake Cootharaba and on the way back experienced the joys of night trail running... a necessary skill for adventure racing. Red wine and chocolate finished off the day then everyone retired to their tents as Day 2 was an early start.

## Day 2.

Wind on the lake sounded ominous even before we appeared from our tents. The Tri Adventure Aunties, Kim & Jan were ever-hopeful for calm and smooth conditions on the lake for the 7k paddle ahead of us, but this was not to be!

Eleven paddlers set off in semi-reasonable conditions and headed over the lake towards their destination of Fig Tree Point. After many boat swaps "when the music stops we all change



boats..." (**Johnboy**) we finally pulled in at Fig Tree. Some of the more serious paddlers decided to continue the next 7k on water and paddle up to Harry's Hut through the beautiful Noosa Everglades

and the rest of us took off for a 6.5k run on the picturesque Cooloola Wilderness trail to the same destination. On the return journey **Di** had a nasty encounter with 'wait-a-while' and as Aunty Kim was rendering first-aid she became disorientated with the track and managed to take Di on an extra 4k loop of the beautiful trail – Lucky Di, she got extra!! Hmm... Back at Fig Tree paddlers were eager to depart and had been joined by Noosa girls **Jules**, **George** and **Gail** for the return trip across the Lake. Living up to its reputation, Lake Cootharaba had blown up with it's usual afternoon chop and howling winds (but it was still morning!) just to add more excitement to this adventure. More boat swapping was happening, lots of dips in the lake, and plenty of that 'character building' (Gail) going on... but laughter prevailed and we all kept moving forward to make it back slowly but surely... and had plenty of stories to swap at the BBQ afterwards! Big effort on this day to **Karen** for toughing it out on her longest run ever and big thanks to Nicole (now in her comfort zone) for sticking with her through the difficult paddle back to Elanda.

Navigation is an integral part of Adventure Racing and Saturday arvo saw participants tackling a MTBO (mountain bike orienteering) course in the Ringtail State Forest. During the BBQ lunch/recovery from the paddle-run Kim gave an informative briefing on the MTBO course for novices, highlighting things like awareness of the safety bearings and promise of good coffee at the finish. We were



extremely privileged to have world class Adventure Racer Novak Thompson with wife Jo and baby Finn on board joining the group for the afternoon. After only one Nav experience up her sleeve, **Susan** led the Coolool girls on the short course finding every CP and really got to test their skills. Gail, Jules and George blitzed the long course due to Gail's ever-improving Nav skills and the other participants were challenged, but with timely support from the Tri Adventure Aunties they completed the course.... And learned heaps from the experience! Everyone enjoyed the good coffee and eats at CP 12 – Sweet and Lowdown – a great spot to eat and drink at Boreen Pt.

What else could we do after a day like that but enjoy a hearty dinner and a couple of drinks at the local pub – which happened to be the historic Apollonian Hotel at Boreen Pt.

### Day 3 - The Finale

**Easter Adventure Challenge** – a little multisport experience just to put everything together and entice participants to have a go at some of the great events that are coming up later in the year ie: Bribie Multisport, Anaconda Gold Coast...



Calm conditions on the lake put lots of smiles on the faces of the individuals and teams who were planning to tackle the 'event'... Two teams and 5 individuals lined up on the beach for the start which included a 400m swim (..a wade/porpoise really

just to get wet)... **Kai Thompson** with Mum Jo led out the Thompson/Leverton team & he's only 4!! The entire **Bowyer** family entered the event with **Ruby** first up doing the swim & paddle ...and coping brilliantly in the Epic Sport). **Rusty-boy** toughed out the 20k bike leg with Mum **Helen** who then backed up with hubby **Barney** for the final 9k run to picturesque Kin Kin Creek and return. Meanwhile Jo, paddling strongly for the Thompson/Leverton team handed over to **Toby** who (having hardly ridden a bike for 3 years) managed to get the 2nds fastest bike split of the day keeping himself well placed behind the leader and overall winner, Johnboy. Novak, with an impressive 36 min run (he blurred the photo!), finished it off very quickly for the Thompson/Leverton team. Cliff put in a consistent effort the whole weekend... with his wife and 2 year old twins ensconced in a Noosa motel he managed a brilliant balancing act between us and them!! Special mention should go to **Johnboy, Todd** and **Jo** who managed complete all the 'hoops' of the Tri Adventure weekend and backed up on the



final day with impressive individual performances in the Multisport Challenge.....we were happy to reward them with a Tri Adventure cap for Johnboy and a bottle of bubbles for Todd and Jo to take home and enjoy!

So... sitting here on our balcony with a bottle of Red (surprise, surprise!) reflecting on the past weekend adventure we Aunties are already planning the next one....Stay tuned to the website for details of "The Other Noosa Long Weekend" (aka The May Day Adventure)....3-5 May..



We were so happy to meet some new, enthusiastic people who were as excited about adventure as we are.....Thank you all for making **our** weekend so special !!!

See you out there!!!!

xx Jan & Kim (The Aunties)