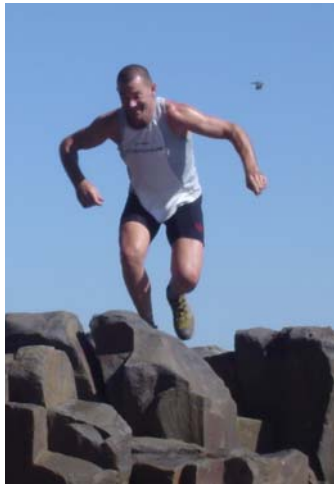


## Tri Adventure “The Other Noosa Long Weekend”

### Wow what a weekend!

38 multisport enthusiasts participated in the Tri Adventure "Other Noosa Long Weekend" from 3rd - 5th May. Participants spent three days working on their swim, run, bike and paddling skills whilst exploring the beautiful Noosa Hinterland.



Saturday included a spectacular ocean swim, followed by a trail run with some challenging coasteering along the way. Then the group relaxed and enjoyed some scrumptious muffins and “Merlo” coffee at Sierra one of Noosa’s special cafés. A paddle followed soon after which allowed participants to explore some of the tranquil parts of Noosa and even have a jump off the famous rope swing! Then just to top the day off some backed up for the Noosa Sunset Orienteering Course which proved challenging yet fun!

Sunday was an 8hr adventure which involved around 50k of great MTB trails through some of Noosa’s most spectacular single tracks and two mountain climbs – Mt and Tinbeerwah Mt Cooroy (home of the famous Mt Cooroy Spring Water). We certainly took the scenic route! This was followed by a social event at Cafe le Monde one of Noosa’s favourite cafes where we showed some of the Anaconda DVD’s on the big screen to potential 2008 competitors! We think we have managed to inspire some!



Monday was the “May-day multisport challenge” which involved an ocean swim, trail run, river paddle & mtb which suited everyone from novice to expert! Most of those who had joined in the previous two days backed up again just to put it all together in a multi sport format! We celebrated after with a BBQ and chat and are now preparing for our next adventure!!!



Special thanks to Glenn Kirby (Bribie Multisport winner) and Novak Thompson (legendary Adventure Racer) for their assistance over the weekend... and thanks to everyone participating – you made our weekend very rewarding and successful!!!