WEEKEND WARRIOR

WITH DAMIEN STANNARD

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NOOSA. Just saying the word conjures images of a laid-back coastal idyll lined with luxurious resorts, beautiful beaches and an array of restaurants.

But there is more to this international tourist destination begging to be explored by adventurous travellers.

Noosa National Park, with its arterial network of trails, is a natural marvel left unexplored by all but a handful of gung-ho trail runners, triathletes and bushwalkers. Until now.

Local public relations guru Nicola Warman-Flood has hit the trails with an adventure tour that exposes some of the lesser known gems.

Noosa Running Tours guides active travellers away from Hastings St and the wellworn coastal routes and into the stunning and secluded heart of the headland.

"So many people follow the coast track and that's great," she said.

"This is about seeing Noosa and getting to know the local gems, spots that people don't

I had previously dabbled in

sections of the national park but was eager to accept Warman-Flood's invitation to join one of her guided tours.

The network of sandy single tracks and fire trails are easy enough to follow, but having the company of an experienced guide removes that unnerving feeling that you will get lost.

"When I travel, I always like to go for a run," Warman-Flood said.

"But I'm always thinking is this the safest way, is it the best way? I get a bit nervous.

"So often people are looking for a safe route, but somewhere they haven't gone before.

"This gives them that." Guests on the tour — Warman-Flood takes no more than six — have their fitness level assessed before they set off.

The tours can be tailored, anything from a 45-minute bushwalk to a challenging 90minute trail run. They take in amazing coastal views, rainforest and shrub land.

Since starting the tours, Warman-Flood and her guests have encountered bush turkeys, echidnas, dolphins, goannas, wallabies and a koala.

By our mid-morning kickoff, most of the smarter creatures had retreated into the cooler, shady undergrowth.

We followed the Tanglewood track to Alexandria Bay, stopping a couple of times to appreciate the sheltered coves and lookouts. Then it was over to Sunshine Beach and back to Hastings St via Noosa Hill.

"It's difficult to decide what to leave out," she said.

Book at noosarunningtours.com.au

CONSUMER ROAD TEST

RUSSELL ATHLETIC

HAVING established its place in activewear and casual gear, Russell Athletic has made a bold dip into the world of technical fitness apparel, encompassing both fashion and performance. Triple Olympic swimming champion Stephanie Rice (above) had a hand in crafting the range, which has functionality as a key objective. The range showcases daring prints and bright colours and includes racer-back tanks and training leggings. The tights have

mesh panelling at the back of the waistband and knees to allow for breathability. And while it should seem an automatic inclusion, Russell has

taken great care to design hidden pockets for car keys. The Cotton Power and Dri Power range delivers the natural benefits of cotton with moisture wicking treatment to keep you cool and dry while you train.

LOOKING AHEAD

Sat Oct 4 River to Reef Charity Ride. river2reefride.com.au Sun Oct 5 Brisbane Trail Running Series Race 1.

brisbanetrailrunningseries.com.au Oct 4-5 Gold Coast Cycle Fest. gccyclefest.com.au

Sun Oct 19 Little Big Dash. Littlebigdash.com.au; Santos Brisbane to Gold Coast Cycle Challenge. b2gc.bq.org.au; Gold Coast Trail Running Series Race 1 gctrailrunningseries.com.au; Queensland Tri Series Race 1. aldtriseries.com.au

Sun Oct 26 Bribie Triathlon Series Race 1. bribietri.com Oct 29-Nov 2 Noosa Triathlon

Multi-Sport Festival, ironman.com

SPORTSWORD

10 25 26 27 33

1 Succeeded John Lang as South Sydney NRL coach 2012 (7). 4 Star Collingwood AFI midfielder touted as Lions trade target (5). 7 Former Australian Test and shortform spinner, -- Doherty (6). 8 Britain's 2009 world Formula One motor racing champion (6). **9** Golf putting malaise (4). 10 Captained Canterbury Bulldogs to 2012 NRL minor premiership (5). 12 - football (5). 14 International women's tennis teams event, -- Cup (3). 16 Football code, abbrev (2).

17 Former long-serving Socceroos captain, -- Neill (5). 19 Collingwood's 2011 Brownlow "The Big Show" (7). Medal winner (4). 21 Motorcycle race for which Isle of backrower, -- Cooper (5).

Man is famous, abbrev (2). **24** South African pace demon

"White Lightning", initials (2). **26** Beat Crime Scene, Mourilyan to win 2009 Melbourne Cup (8).

28 All Blacks wing colossus 1990s (4). 29 Australian allrounder claimed ODI hat-trick v Sri Lanka 2012 (9). 32 Popular club golf competition,

abbrev (3). 33 Nickname former Socceroos

coach Terry Venables. -- Tel (2). 34 Melbourne Storm's 2009 Clive Churchill Medal winner (6). 35 Rugby league brothers won premierships with Penrith and Melbourne Storm respectively (5).

DOWN

1 Australian cricketer nicknamed 2 North Queensland rugby league 3 Golf world No 1, -- McIlroy (4). 4 First Queenslander to score three

tries in State of Origin match (8). **5** Succeeded Tim Nielsen as Australian cricket coach 2011 (6). 6 Dual Cox Plate winner. --line (3). 8 Champion Australian opener of the

Bradman era, initials (2). 11 Sydney sports venue known as

Allianz Stadium, abbrev (3). 13 Cricket shot (3). **15** Former Oueensland Origin

WITH PETER THOMSON

stalwart "Rowdy", initials (2). 18 Popular name for Europe's richest horse race, the -- (3).

20 NSW provincial city produced league's Mortimer brothers (5). 22 Legendary Australian batsman played key role in foundation of

rugby league (7). 23 Tim Horan's long-time $Queens land\ and\ Wallaby\ midfield$

25 Western Bulldogs' 2008 Brownlow Medal winner (6).

27 Former long-time Australian cricket chairman of selectors now serving on new-look panel (5). 30 Part of a tennis match (3). **31** Colloquial term for horse (3). More crosswords sportsword.com.au

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LAST WEEK'S SOLUTION

