# WEEKEND WARRIOR

WITH DAMIEN STANNARD

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# An uplifting attempt

# **Privilege** to join in at Gabba

SOMETIMES we get this exercise thing all wrong.

The alarm goes off at 5.30am, we hit the snooze button and eventually skip it.

Or we negotiate with our personal trainers over one less round of burpees.

But according to organisers of a world record attempt at the Gabba on March 15, exercise should be its own reward.

"It's a privilege," said marathon runner Pat Carroll, who has lent his support to the record attempt and fundraiser for Motor Neurone Disease support.

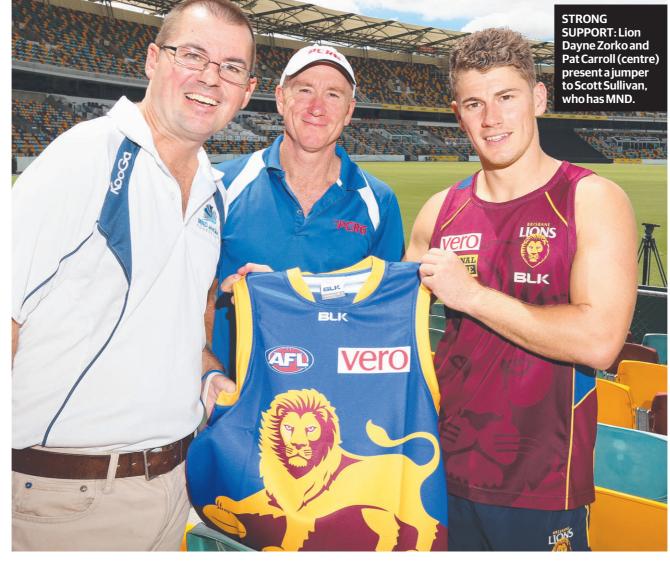
"So many people would love to be healthy and active but have had that taken away from them. You should never take your health for granted."

The Pat Carroll Run Group and the Brisbane Lions are rounding up participants for the Muscle Up For MND event, an awareness and fundraising campaign to inspire the community to muscle up for those who can't.

The goal is to break the record set last year by former ironman Guy Leech for the world's largest circuit-based personal training session.

About 600 have to date registered to be trained by Carroll, the Lions and an assortment of bootcamp-style trainers.

They need more than 2061 to break Leech's mark, with



Lions midfielder Dayne Zorko challenging Brisbane to rip the record out of Sydney's hands.

"The whole community needs to get behind it and show support," said the Lion midfielder, who will join a handful of players and fitness staff at the Gabba for the record tilt. "Hopefully we can pack out the Gabba.

Participants in the onehour session will be rotated through different stations set up around the ground.

Exercises at each station will last four minutes and will cater for different fitness levels. allowing for maximum public participation.

You don't have to be a regular gym goer to complete the session. Each station will be managed and supervised by qualified trainers.

"This is something for the boot campers and crossfitters

to get behind," Carroll said.

"It's not every day you get to run on the Gabba, rub shoulders with some of Australia's elite athletes and brag about being a world record holder.'

Register at muscleupformnd.com.au

## **CONSUMER ROAD TEST**

## TOMTOM WATCH

THE TomTom Runner GPS watch can map your progress with a combination of time, distance and calorie measurements. It looks a little chunky yet is lightweight, sleek and comfortable. The one-button control takes practice but a userfriendly instruction manual, online guide and "How To" video help make using the watch intuitive. Race mode allows you to compete against a previous run or push yourself towards a set time and distance. Goal mode shows your progress towards a distance, time or calorie-burning target and the zone function displays how you are tracking towards a pace or heart-rate goal. GPS watches can take time to find

a satellite fix but TomTom uses QuickGPSFix technology, downloading satellite locations for coming days when you connect your watch to your computer and delivering quicker GPS fix times as a result.

RRP \$199

VALKERIE BAYNES

## **LOOKING AHEAD**

Sunday, March 9 Kings of the Coast Ocean Swim. weekendwarriorevents.com.au; International Women's Day Fun Run. womensdayfunrun.com.au March 14-16 Mooloolaba

Triathlon Festival. usmevents.com.au

Saturday, March 15 Muscle up for MND. Muscleupformnd.com.au Saturday, March 22 Kathmandu Adventure Series. maxadventure.com.au

# **SPORTSWORD**

# 12 16 30

1 Captained Manly to 2011 NRL grand final win v NZ Warriors (4).

3 Roosters premiership and World Club Challenge-winning coach (8). **7** Australian paceman current South African campaign (9).

8 Gridiron position, tight -- (3). 9 NZ's 2011 Rugby World Cup-

winning fullback -- Dagg (6). 12 Former Queensland league

winger dubbed Smokin' Joe (6). 14 Australian golfer boasts two match-play victories over Tiger Woods, initials (2).

15 Rider 2013 Melbourne Cup winner Fiorente, initials (2).

17 Injury-dogged Australian allrounder made Test debut v Pakistan 2005 (6).

18 Queensland Reds Super rugby scrumhalf trump (5). 20 Swans prize AFL recruit (8).

of AFL premiership glory days (6). 2 Open spectator viewing area (5). 3 Brazilian three-time FIFA World Player of the Year (7).

4 Australian motorsport's legendary "King of the Mountain" (5).

WITH PETER THOMSON

23 Collingwood's 2011 Brownlow Medal winner (4). 25 Major limited-overs cricket match.abbrev(3).

of selectors 2006 (8)

Footballer of the Year (5).

27 Cricket's Proteas, abbrev (2). 28 Succeeded Queensland's Trevor Hohns as national cricket chairman

**30** Disgraced seven-time Tour de France cycle race winner, initials (2).

31200-game Lion featured in two AFL premiership successes (7). 32 Argentina's four-time world

1 Member Brisbane Lions' "Fab Four"

**5** Condemned as dangerous play in rugby union, rugby league and Australian rules football, -- tackle (5). 6 Nickname former Australian rugby

league halfback Brett Kimmorley (5). **10** NSW rugby league five-eighth made State of Origin debut 2011 (6). 11 English Premier League soccer

club, -- Villa (5). **13** Wallaby fullback switched to league with Parramatta 1988 (5).

16 Australian swimming's famed "Madam Butterfly" (6).

19 Russian former tennis glamour girl, -- Kournikova (4).

20 Manly's Kiwi rugby league fiveeighth (5).

21 National elite sports training facility, abbrev (3).

22 Boom Indian batsman to Australian 2011-12 (5).

24 Symbol of Anglo-Australian cricket supremacy (5).

26 Rising Queensland Reds Super rugby backrower. -- Gill (4). 29 NRL's former long-serving salary cap auditor. -- Schubert (3).

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LAST WEEK'S SOLUTION

