

Black Caviar with big teeth a test

OCCASIONAL cyclist and full-time Townsville City councillor, Ray Gartrell, continues to chronicle his preparations for the Hotrock 8 Hour mountain bike even at Ross Dam on June 19. This is the fourth in his six-week buildup to the event.

THIS week has been a disaster for training with only two days of the week in the saddle.

It has been too difficult to find time. I will need to allocate early, cold mornings from here on in for the training in the coming weeks or I will be paying the price on June 19 race day.

There are many unexpected challenges riding bikes.

I was leisurely pedalling along a Mundingburra street when out of the corner of my eye I spotted across the street on the footpath a huge dog who was initially smiling at me.

The smile did not last long as the barking started and all I could see was white flashing teeth. It went from a standing start to being in full stride, I thought it was Black Caviar with teeth coming at me.

I was in trouble and the thought crossed my mind it

Making Tracks

with Ray Gartrell



was going to leap at me and end up crashing into the bike and probably end up in my arms with me spread eagled on the footpath.

The adrenalin kicked in, the legs were pumping and the attack was on. Never mind maintaining 80/90 revolutions, I was in the firing line and with the leg muscles fully stretched I managed to avoid the beast. No road rash this time around.

I was very relieved and will be bypassing that street for fear of a repeat with a different ending.

Managed Easy Street (dirt track) on Saturday and repeated it late Sunday afternoon but I knocked up badly.

Andy ('The Machine') Vann is back in town from a sojourn overseas. He looks fit and has been working out while away. We will all be hooking up in the coming weeks to ride the course proper. A fourth Hotrock 8 Hour team rider has been bandied around by the Advancing Amigos with Basil Ahyick from QNI in the mix?

Check out the website www.rockwheelers.com.au for more information on the event.