

PRESIDENT of the Rockwheelers Club, Haydn Tilley, gives Ray Gartrell (left) some last-minute mountain bike riding tips ahead of the Hotrock 8-Hour race J8257930



Training done, now for the fun

OCCASIONAL bike rider and fulltime Townsville City councillor, Ray Gartrell, winds up his reports on his preparation for the Hotrock 8-Hour mountain bike race at Lake Ross on Sunday.

THIS week I have done little training but on the long weekend I managed to fit in a ride on Saturday and Monday which will help with the fitness.

I rode with team member Bruce Macdonald on Monday at Easy Street (riding track) with no hiccups and he is in fine fettle.

Our third team member, Andrew Vann, was "performing" at the Palm Creek Festival on the stage rather than in the saddle.

In the past six weeks I have discovered muscles that I never knew I had.

Making Tracks

with Ray Gartrell



The gluteus maximas (the buttocks to those unfamiliar with medical terms) have suffered at times on that tiny seat of my mountain bike kindly loaned to me by the crew at Top Brand Cycles on Charters Towers Rd.

I would have liked one more session on the Lake Ross course as the scenery is beautiful and it is a lovely spot for a ride.

There may be a need for me to walk some of the areas as the terrain has some up and down spots which may be a little wet depending on the weather.

I will be having the hard tail MTB serviced before the ride as

the chain has been coming off.

My main worry is if I have a flat tyre as to date I have been lucky. The last time I changed a flat tyre you needed to use a clamp and light up the patch. It has got to be easier than that surely.

I can see how bike riding could become addictive and talking to many of the riders they have all lost considerable amounts of weight which is a positive aspect of the sport.

Those wanting to take part should go to the www.rockwheelers.com.au or ring Haydn Tilley on 0410 684 891.

HOTROCK 8 HOUR CHALLENGE

19TH JUNE 2011

VALUED AT \$5,000

ROCK WHEELERS

Townsville Invites you to enter the Hotrock 8 hour challenge & go in the draw to

WIN
A TOPBRAND MOUNTAIN BIKE

WWW.ROCKWHEELERS.COM.AU