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Today the MOM 'b' bunch tackled Beach Road - Melbourne's cycling Mecca. Starting from the CBD at 5:15am we headed south, with a nice tailwind, toward Mordialloc. The tempo was quicktime and great to see so many other riders out on the road so early. From the turnaround however it was a different story. Though only just after daybreak, it was already 34 degrees and the headwind was about as welcome as soy milk in coffee. Still, the peloton battled back toward the city in good time and managed to collect our espresso after an average ride speed of 32km/h. Nice work if you can stay hydrated.

Tomorrow we might investigate one of the regular North Road bunch rides and test our fitness against these mexicans.

Hope you enjoyed your ride today.

