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If yesterday's 'recovery' ride was like the Battle of Agincourt, then today must have seemed more akin to a walk in the park. At least that was until Green P decided to show everyone his private training ground on the way home.. Don't worry though, the search parties have now recovered all the lost and disillusioned riders left wondering why seats were ever invented. Seems that Green P's training circuit is so tough that you simply never get to sit down.

Day 24 dawned and with forecasts of 40 degrees in the shade, Tiger woman brought out 24 bottles of Corona with which to slake the early morning thirst. Nothing like a beer at 6am – Patsy made it over from the other side of the bridge, Kathy and Lauren were both there too. A group of about 20 including Caveman and Woman, Sandy, Luke, Stu, Mark, Boneman Scott, James who is becoming a regular and many others. (apologies to those not named but you all tend to look the same with your helmets on)

Chardonnay was so keen to get going that he and Mc Muscle almost bowled Green P over as he made his way to the starting line on the stroke of 6.15. One second more and this MOM would have been ended once and for all, maybe tomorrow he'll sleep in!

UF was as usual, both succinct and clear in his briefing - "we're going to Brooklyn then back through Bobbo". It will be interesting to see how we all fare at Roadies Day off with instruction following capabilities as demonstrated today - Note only Patsy and Kathy made it back through Bobbo , everyone else went somewhere else. (oh yeah, to work or something like that)

The traffic on the Old Road was light (as you'd expect smart people were still in bed) the pace easy and everyone made it up pig hill as one group.



The Cowan sprint was a non event except that at Chardonnay's urging, McMuscle raced himself and managed to win ?? I think Rob is still trying to work out what happened with Chardonnay insisting he was there at the finish line.

Some turned around at the Freeway half way down to Brooklyn while most went down only to then come back up . Green P picked up KOM and that as they say was that. Some left PITS early to get to home before 9am and we all arrived back at TC in one piece. Apres Velo / coffee is back again at Pierre's now that the Christmas rush is over. Preparations are well underway for tomorrow – MOM Day 25. Akuna Bay, West Head and Akuna Bay again.

Only two weeks left in MOM. It's only 1000kms to go !!



