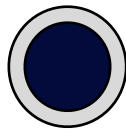


Kurt.....it rhymes with "hurt"



Top Gun III

A beautiful day for climbing, but aren't they all.

A little disorganised at the start with no-one's clock on their computer matching with anyone else's.

So let's get this right and everybody sync (with mine).

But after one climb we were mostly all together.

Repeat number 2 and Kurt put the pain through the bunch (see attached chart).

Drastic was seen to pull over and vomit at the top of the climb before getting back on for the ride to the toll booth.

Effort was carried to toll booth and back to ranger station.

Repeat 3 and Kurt again inflicted more pain. Imagine how strong he'll be if he can put a whole month together.

Going up the shallow side and Green P punctures after 1 km. Not willing to concede an inch (how unusual) he does the next 2km to the top on his rim.

Luckily, his team car (driven by Stu) was waiting at the top to get him home to a rather impatient Director Sportiff who was waiting to go to her physio appointment.

Two virgins on today's ride, Toby and Emilio, who had their cherries popped. Hope your first time didn't hurt too much.

Which brings us to Smashton who rides with Zio for an hour before Top Gun. Next time make sure you're on time or you'll be chasing the bunch for another 50km uphill like you were today.

How hard was today's ride? I was wearing the leader's polka dot armband which fitted nicely for the first two climbs but started slipping off on the 3rd ascent. I was losing weight!

Smashton was hurting so much he took the day off work.

The polka dot armband has been passed to Kurt, but we're only half-way through the mountains. Expect plenty more drama to unfold.

Great work by all today. See you Thursday.

Climber	Stage III	General Classification
Kurt	4	12
Il Postino (aka DOG - Delusions of Grandeur)	4	12
Drastique	4	11
Smashton	4	11
GREEN P	4	11
ZIO F	7.5	7.5
STU	0	7
EMILIO	4	4
Effetist	0	3
TOBY	3	3
Gary,Luke, Tormentor, Nathan	0	0