

# Sue Curtin - Harbour Bays 2009

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Kathryn & I had a great ride. PB's for both of us – 2hours 52.53/5 so 10min faster than we've done on training rides & it has to be said Kathryn found her legs in the last 10km & squeaked past me on the line to beat me by 2secs! Sob; some consolation for me is they have listed our times as 20th equal for our age group. (it is of note that the #1 gal in our age group 45+ was 10th chick OVERALL in a time of 2hrs,14!) We have some way to go, me thinks....

It was my first event of this size & I must say its not for the faint hearted! (Lesson #1 – though it was cold get out to the start line early)

The first corner everyone in front of us braked hard which nearly caused a major bunch snarl up (Lesson #2- hands on brakes ALL the time).

We managed to stay within eyesight of each other for most of the ride; quite hard to do when the bunches kept swelling & falling apart or one of us got stuck in a tight bunch.

(Lesson #3 – let your partner know your moving off at pace or that your still in behind them).

And when your stuffed & think you may just slow down a bit...let your buddy know & hopefully they will YELL at you to get it together gal!

(lesson #4 – get the 'GEL GU' in early before the hills)

And it was great to hear our names being called out as we zipped around the course; a great motivator especially when we were puffing up that step incline of Oxford St before you start Evans Pass; a chap sipping coffee on the sidewalk yelled out 'go Kathryn & Sue'. Spurred us on no end.

The last 4km was the hardest & Kathryn was really spinning it along & all I wanted to do was stop; except I could hear (Hmm, needed more sugar?) Richard 'yelling'; come on dig it in,... Oh dear... & it was noted by a spectator at the finish line; 'you gals were going for it'... most of the other cyclists were slowing & waving as they crossed the line'....Kathryn's reply; 'Imagine if Richard had seen us amble across the line?'...

Yes, I said we'd be doing Worsley Hill repeats for the next 10 sessions! (lesson #5 -NEVER give up!)

Anyway thanks Richard for your encouragement & not letting us ol' gals woose out.