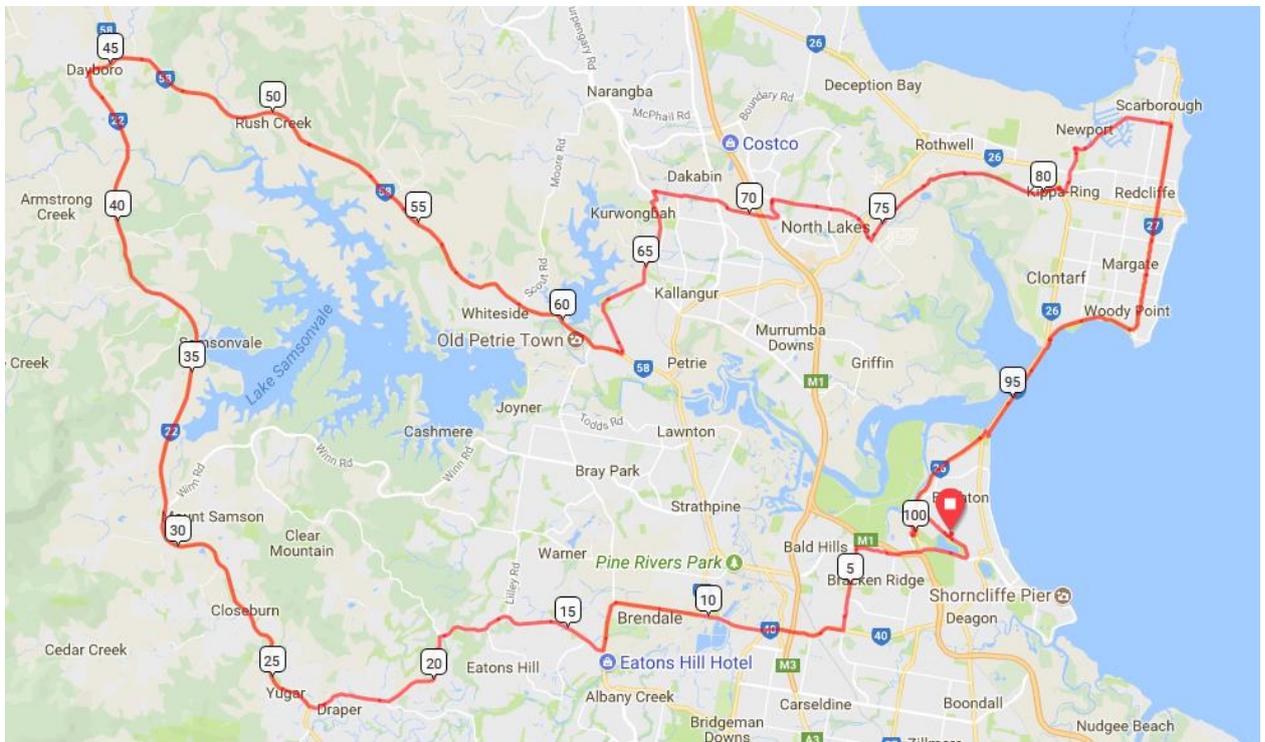


Mangroves to Mountains 100km – March 18 2018



This ride is described as a scenic loop through the Samford Valley, returning via Dayboro and Redcliffe Peninsula. It encompasses approximately 1000m of elevation including the climb up Eatons Hill crossing, posted at 14% and about a kilometer in length.

Laura and I decided this would be a good ride to test equipment and our readiness for a slightly more extreme event the following weekend and so set out with others covering different distances.



We remained with the group until Albany Creek at which point the faster riders vanished into the distance as the road pointed upwards into the hills. This was expected as our pace is typically “leisurely” to “even more leisurely” and in line for what we had planned. At the top of the Eatons crossing climb we paused for breakfast and had a chat with a group of riders who were on the last part of their ride and somewhat surprised at the distance we had planned for the day.



From there we continued together in our usual leapfrog manner owing to one being faster uphill and the other faster downhill. On the flatter parts of the ride we cruised together and continued like this for the rest of the day.

We arrived at Dayboro as others were departing to head up Mt Mee. Olivia enquired about the Mt Mee/Campbells Pocket Road part of the course. We replied that it's a most excellent adventure – and so Olivia decided to go there instead of staying on the 100km route. I admired her adventurous spirit because while it's a good ride, a slight drizzle had moved in which is not what you need up there.

Laura and I set out from Dayboro back towards the coast. The drizzle stopped shortly thereafter and the sun emerged revealing a flaw in our plan which would become painfully obvious much later in the day. Sunscreen. May have forgotten to apply any. Oops. Post ride I now have impressive tan lines including one right across the forehead. Lesson learned.

There was another lesson imparted as well. In the immortal words of Steve Winwood, “if you see a chance, take it...” - should have paused for a comfort stop at Dayboro as it happens. Did not pass the opportunity at the park on Torrens Road and we had a bite to eat in the shade before heading out to the flat lands by the bay.



We were beginning to feel the heat now and quite literally rolled through North Lakes to the bike path in search of water. Channeling my inner Brian, water was divined at Rothwell Railway station where we paused to snack again. Hydrated, fortified and energized, we hit the road. The normal bayside headwind was a welcome relief, offsetting the heat somewhat. The rest of the course proved uneventful, although the run to the finish along the Brighton bikepath seemed especially long in the heat.

Arriving at the end of the course, we were greeted by Peter, handed in our cards, related tales from the road and glowed impressively from sunburn. Ouch. Reinvigorated after the short stop and some cold water, I quickly hit the road to ride home while I still had the energy. Laura was greeted by her support team, but given she had already ridden 30km before starting, I guess that's allowed.

In short an excellent ride, just the right amount of everything, no gravel trucks on Sundays, don't forget the sunscreen. Many thanks to Peter for organizing this event.