

## **Some Reflections from a Single Self Sufficient Round Australia Endurance Marathon Cyclist.**

I have always been focused, daring to dream, and for me, this is a journey of great purpose.

To undertake such a long bicycle journey is not without risk and discomfort, but to overcome such, I will benefit. Hopefully some of the people I meet, albeit fleetingly, will be inspired to do something they too have dreamt about.

When cycling in hot conditions, it is important to keep up the fluids lost from perspiration. You must drink sufficient water so you need to pee, and if your pee is yellow, then you are already dehydrating. Dehydration and the loss of concentration can lead to accidents. When a semi is “on your tail” travelling at 110k per hour you need to be alert, or it could be a wide load or another semi approaching head on at a similar speed. Remember these vehicles will always win, and the bigger they are, the higher they are up the “food chain”. Always be alert and concentrate, not sometimes, but always !

Today I travelled again with the second most common species on the road (after the truckies) – the grey nomads ! ! – some of them are still to learn how to tow and drive in a safe way.

The mornings are cool and the afternoons are hot & windy, but if you keep moving the breeze is cool and the flies can't catch you.

I'm exhausted today, the wind was my enemy. It is now time to back off and have a short break and enjoy the sights, otherwise my legs might fall off and my bum start bleeding, ouch ! what a horrible thought !

If the trucks and grey nomads aren't enough, I'm now subjected to another terror of a different kind with violent attacks to my head, the MAGPIES ! ! ! these cowardly morons always strike from behind ! One magpie today swooped at least six times and left holes in my helmet with its beak. When you are under attack from these cowardly morons, it's hard to concentrate on the road whilst you are hurriedly trying to escape from

your attacker.

A magpie attack can draw blood, but a collision from a vehicle can kill. I must continue to concentrate on the traffic lest I finally fall victim to either the magpie or to a vehicle !

The wind and sun will turn your exposed flesh into old “boot leather”. I am now into my 25<sup>th</sup> year of the Nivea 7 Day Beauty Plan !

Some thoughts about some of the Creams a cyclists needs to have, use and enjoy :

Ice Cream. The incentive you need to ride a few more kilometres for a fine reward at the end of a hard day.

Cream Cakes. Don't worry, you will not put on weight, just eat 'em.

Lip Cream. Better than having cracked and sun burnt lips, apply constantly.

Bum Cream. Better than the alternative, ouch !

Sun Protection Cream. Apply three or four times a day, otherwise more than your bum will be red and sore.

Insect Cream. Climbing a hill on a hot day with flies up your nose and in your ears is not that pleasant.

Foot Cream. Not only is Tinea and “smelly foot rot” unpleasant for you, but what about those tired and hapless souls who have to share a room with you ! or what's more, ride next to you !

Dencorub, Voltaren etc. If you have to use this “cream”, spare a thought for your fellow cyclists, please use the odourless variety.