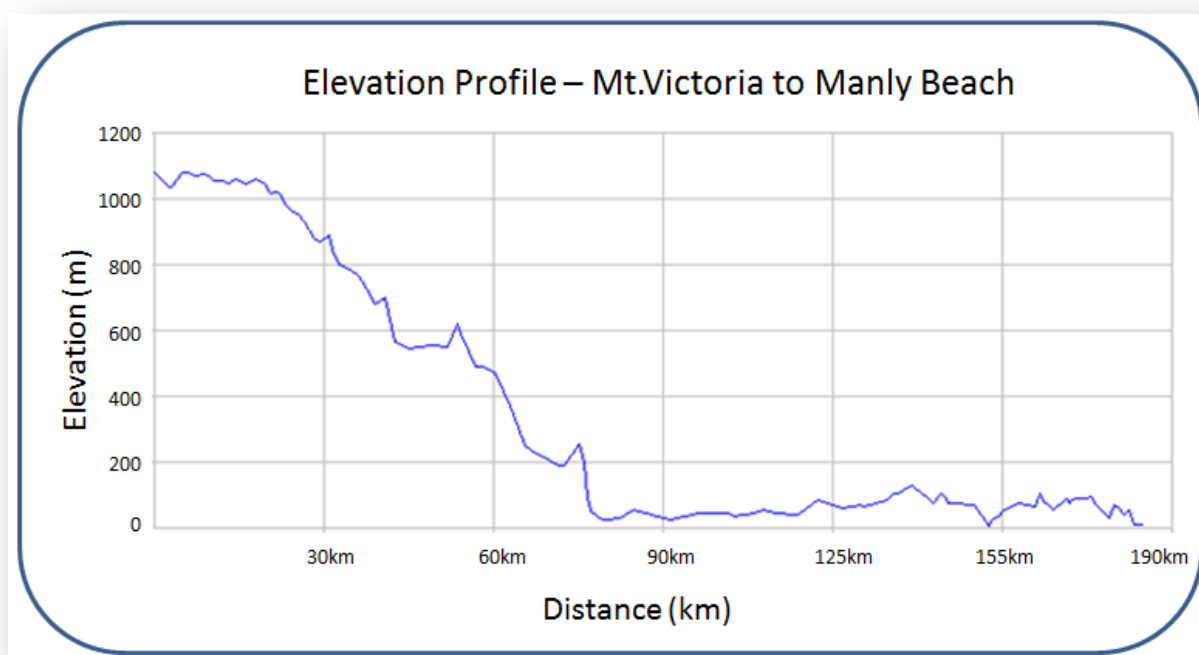


Have you got what it takes to complete the Blue Mountains to Sea?

Being able to say that you are one of the very few individuals who have ridden from the highest point in the Blue Mountains to Manly beach is something that will give you bragging rights for many years to come. But I ask you – have you got what it takes?

While it might sound like it's a little bit of a downhill ride from 1111m high to the ocean there are some tough sections along the way that will test even the most well trained off road rider. Here is the two day profile for you to ponder:-



Initially it's a flat ride for about 20km before the big descents occur. But don't be fooled – riding off road downhill can take a lot out of your body and there are some nasty climbs in the middle of this that will ensure you get plenty of practice dismounting your bike and pushing it uphill!

At the 50km mark there is a nasty uphill section that is infamous to all those who have ridden the Anderson Trail – almost impossible to stay on the bike and ride up it is said. Similarly a nasty climb at about 70km on the Oaks Fire Trail will have you cursing the designer of this ride and have you wondering why you decided to do this in the first place!

Once you reach Penrith and rest overnight here is where we will see who has the real big hearts as the trail turns from downhill to gradual uphill as 60km of path riding means that you need to keep turning those pedals over and over to keep up the momentum.

The final 25km will test your mind over matter as you push yourself to reach the Pacific Ocean. Get mentally ready – do you have what it takes to complete the 2012 BM2C on November 24? If you think you do, stop taking and get training! You'll need it!