

# **Bowel Buster 300 Ride Report**

*May 31, 2008*

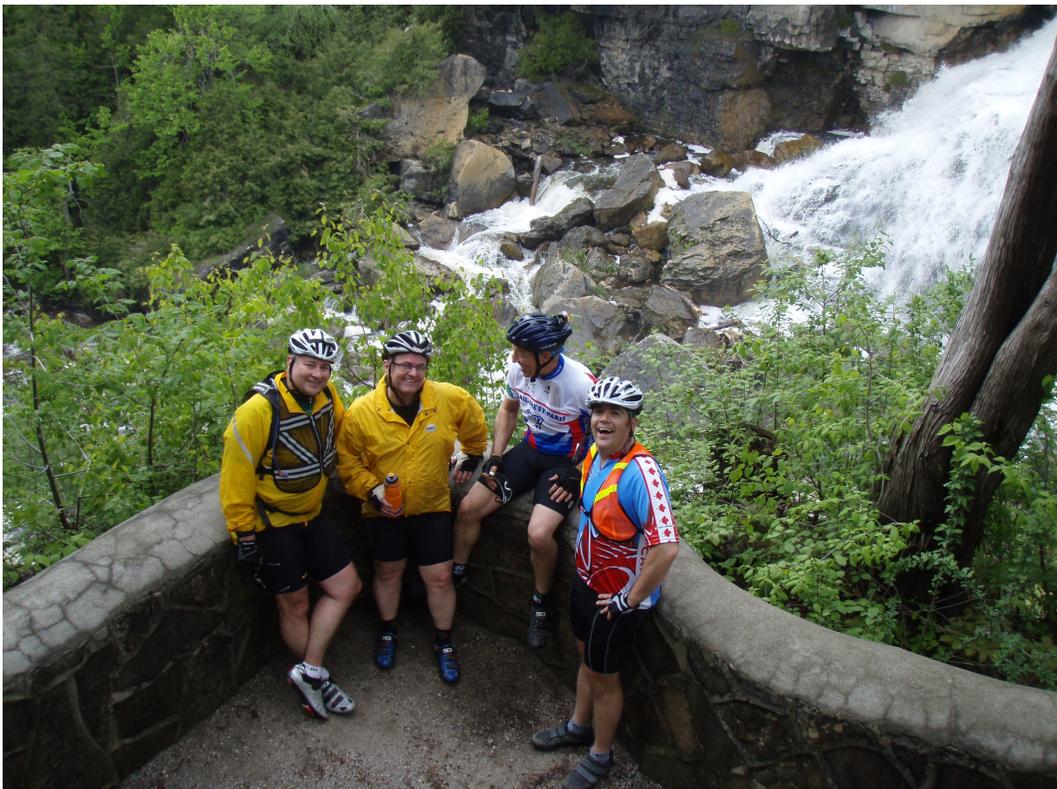
***Carey Chappelle***

The Ontario Randonneurs who successfully completed the 2008 Bowel Buster 300 are John Maccio, Bill Little, Con Melady, Tristan Goguen and Carey Chappelle.

We had a GREAT RIDE on the week-end. On Saturday morning, I didn't put on any cycling clothes after being discouraged by the storm outside and not being able to see other homes in the cul-de-sac..RAIN...RAIN...RAIN!

Maccio thought I turned on his bedroom light to wake him up at 0530, then realized it was simply thunder and lightning waking him up. Around 0630, the thunder storm stopped, so we took our chances.

At Tim Horton's, Con showed up with the wrong pedal cleats for his new bike...so Bill who arrived at 0659 takes him back to his place to get some of his old pedals. They returned around 0730 and off we went. Average speed was 26km/hr, stopped in Owen Sound at The Frog for some snacks, then the Leaky Canoe in Meaford for lunch.



*Inglis Falls..Tristan Goguen, Bill Little, Con Melady and John Maccio*

The Bowel Hill took two riders off their bikes, the other three enjoyed the ride to the top. We stopped in Flesherton for a supper break, the Chef, being a cyclist himself, offered us all a meal that wasn't on the menu and was awesome! While enjoying our feast, we looked out the window and watched it RAIN. For some reason, the rain stopped when we finished our meals, so off we went.



*Beaver Valley 5km Downhill!...Tristan Goguen, Bill Little, Con Melady and John Maccio*

Former riders remember the dirt road section, this time no dog was around and the roads were in good shape. We stopped at the next control in Dornoch, had a scoop of ice cream, hugged the lady running the place and took off.

By now, the grey skies were behind us and the clear blue sky was ahead. I wish I had taken a picture of the gorgeous horses standing in front of the SUN, AS IT SET...UNBELIEVABLE!!!

At the finish, everyone came back to my place where Donna and Erika had a Greek Pizza waiting for us. A few Guinnesses, laughs and some story telling about PBP, entertained us all for a few hours.

John and Con stayed the night then took me out for breakfast. Con is not doing anything longer this year but will join us on the 200's this summer.

John, of course, can't do enough!

Hope to See You All Soon!