



Cyclists battle storm for mental health

An intrepid and wind-blown group of cyclists barely made it to Peterborough in the dangerous winds and storms of Monday last week.

They were riding from Port Augusta to Peterborough via Horrocks Pass, when the winds picked up.

Winds were so severe, riders were only able to complete 63km of their planned 133km for the day.

The 19 cyclists, aged between 52 and 70, together with their support team are part of Australia's most ambitious cycling event called The Great Australian Bike Ride.

Organised by Rotary International, the event aims to raise awareness of and

support for continuing research into mental illness issues and improve the quality

of life for those dealing with mental illness.

Starting from Melbourne in March, riders are travel anti-clockwise around the nation, with the group returning to Melbourne on October 10.

Peterborough Rotarian Willy Polomka organised arrangements for the stop-over.

The Peterborough Rotary Club was able to provide riders with rescue and resuscitation activities in the Railway Hotel on Monday night, despite an area-wide power outage.

Ride Director Geoff Kennedy said that the riding team could manage any crisis.

"Fortunately last night we

had our own generators and other kit, so even with the power cuts we had a great night," Mr Kennedy said.

"We really appreciate the support and hospitality of the

people of Peterborough and we hope they can help us in raising awareness of mental health issues."

After a well-deserved rest, cyclists were flagged off on Tuesday morning by Peterborough mayor Ruth Whittle as they headed for Clare.

By September 30, they will arrive in Mildura after visiting Adelaide and enter the home stretch, having cycled more than 20,000 kms.

For more information, visit www.greataustralianbikeride.org.au

Right: Waving the Rotary flag with gusto in front of Town Hall, Peterborough mayor Ruth Whittle sends off the Great Australian Bike Ride team for the next stage of their nationwide ride for mental health awareness.

