



## **ON THE ROAD FOR MENTAL HEALTH**

The Great Australian Bike Ride is a nine-stage ride around the country that began in Melbourne on March 21st and will finish back there on October 10th. This is a wonderful opportunity to be involved in a healthy challenge for a good cause. Whether it's for a few days or a few weeks here's your chance to be part of a great cycling event that is raising funds for, and awareness of, the research into mental illness being supported by Australian Rotary Health.

**Perth to Adelaide:** After a leisurely start riding around Margaret River, Mount Barker and Denmark, you head east to Esperance and then north to Kalgoorlie. For ten days ride the Nullarbor Plain and along the cliffs above the Great Australian Bight. Day 180 is the ride's longest day at 167 kilometres but after riding two sides of the Iron Triangle enjoy the wine country as you roll into Adelaide. For more information go to <http://www.greataustralianbikeride.org.au>

Kojonup Rotary Club will provide lunch for the riders when they come through Kojonup on 21st August. There are three registered riders joining in from Boyup Brook to Katanning and there may be five more who are interested. All riders will be looking for people to sponsor them per kilometre.

All funds raised go to Australian Rotary Health and donations of over \$2 are tax deductible. If you want to join in please contact Tim Trethowan 9834 1056 or Cathy Wright 9832 8034