



# Jim is on his bike

## Open heart surgery starts chain reaction

By PETER GARDINER

It was the trip to the doctor no one wants to make – when the GP shoves your mortality right in your face.

Jim Brownnett, who these days is a Noosa Community Radio on-air announcer and trainer coordinator of the new volunteer DJs, sort of saw it coming. He was at that age when life's stresses and lack of proper exercise catch up with you.

He was 49 and wondering why he felt like crap. So he went to the doctor and received a huge jolt.

"The doctor said you will

need open heart surgery otherwise you will have a heart attack. I can book you in Thursday," Jim recalled.

That lifesaving advice was on a Tuesday.

But surgery can only take a recovery so far and does nothing to stop the dark moods which thrive in a climate of such uncertainty and self doubt.

Now the wheel has turned for the former full-time professional photographer and part-time university lecturer, and it keeps on turning as Jim continues to

devote a large part of his week to cycling.

"After the operation I went out and bought a \$400 pushbike and started riding around the city," Jim said.

Jim moved to Noosa more than four years ago and now has a slick road bike and does regular 100km rides.

Because cycling was a big part of Jim coming out of his mid-life slump, he now wants to go the distance as part of Rotary's Great Australian Bike Ride, whose slogan is "together on the road for mental health".

On April 19, Jim will start the Sydney to Noosa leg of the around Australia anti-clockwise fundraiser.

"I just really want to raise awareness as well as funds for mental health, a subject that is very near to me," Jim said.

He has sacrificed his afternoon radio drive-time slot to do the ride, which has set him a \$3000 target. He has raised about \$1800 to date.

To sponsor Jim, go to the Rotary Great Australian Bike Ride website on [greataustralianbikeride.org.au](http://greataustralianbikeride.org.au) and select the sponsors' menu.



Noosa Community Radio 101.3 presenter Jim Brownnett is set to ride his bike from Sydney to Noosa as part of the Great Australian Bike Ride.

PHOTO: GEOFF POTTER/ N22758A