

## On the Road for Mental Health

SEVENTY YEAR-OLD Tom Brown from Mission Beach in North Queensland is an example to us all.

I met Tom, pictured centre with myself and Anthony Caruana, with fellow Rotarians when the seventh stage of the Great Australian Bike Ride and its large contingent peddled into Geraldton last month.

Tom has been on the road travelling anti-clockwise around Australia since March 21 in a healthy challenge for a great cause - raising funds for, and awareness of, the research into mental illness with the support of Australian Rotary Health.

"It's one of those things I've always wanted to do and to raise funds for mental health gives the Ride a greater sense of purpose," the grandfather of nine said.

Tom has been cycling since he was a teenager competing in road races in the United Kingdom. He relocated to live in WA in 1968 and was soon inducted into Rockingham's Rotary Club before moving east. His entry in the ride has attracted much interest as he aims to raise over \$40,000 for Australian Rotary Health.

Geraldton did its bit for the riders with

Rotary members and other residents meeting them as they rode into Spalding Park around noon, treating them to a fun Rotary BBQ that evening and then billeted 17 riders before letting them enjoy a rest day prior to heading south to Perth.

Right now Tom and his fellow cyclists should be completing day 166 of the ride - the leg from Kambalda to Norseman and will soon embark on a ten day section across the Nullarbor Plain along the cliffs above the Great Australian Bight.

Day 180 is the longest day at 167 kms but after riding two sides of the Iron Triangle, Tom said they intended to enjoy the wine country before rolling into Adelaide. They intend to finish, back where they started, reaching Melbourne on October 10.

