



Clare to Kapunda for mental health

NYP Rotarians Rod Davies and Richard Herbert, after what they say was months of strenuous training, completed their nominated leg (Clare to Kapunda) of the Great Australian Bike Ride on September 23.

The pair was featured in the YP Country Times September 8 issue, in which it was wondered if they would last the distance (approximately 70 kilometres) to help raise awareness of and money for Australian Rotary Health, which funds mental health research.

On a cold and damp morning, Rod and Richard found themselves at the Clare showgrounds waiting to start their ride.

There, they were briefed by the support crew, being told, to get to Kapunda, they had to travel through Saddleworth and Marrabel.

"This was a little bit of a problem because we thought we were going another way, but we pressed on regardless," Rod and Richard said afterwards.

"Pedalling at our own pace, we continued through the wind and rain.

"Our pace was a bit slower than the rest of the riders but we persisted and, after about four and a half hours. we



■ NEARLY THERE: Richard Herbert (left) and Rod Davies at the outskirts of Kapunda.

had made the outskirts of Kapunda."

They continued through the town to the finish at the caravan park where they received a standing ovation from the Great Australian Bike Ride Team.

"Support provided by the Great Australian Bike Ride Team was excellent," Rod and Richard said.

"Thank you especially to the support vehicles' drivers who stayed with us during the ride."