



# Tom keeps on cycling

Mission Beach resident Tom Brown has pedalled into Townsville as part of Rotary Health's Great Australian Bike Ride.

The 17,800 kilometre anti-clockwise ride around Australia to raise awareness of mental health issues, averages 130 kilometres a day and will finish back in Melbourne on October 10, World Mental Health Day.

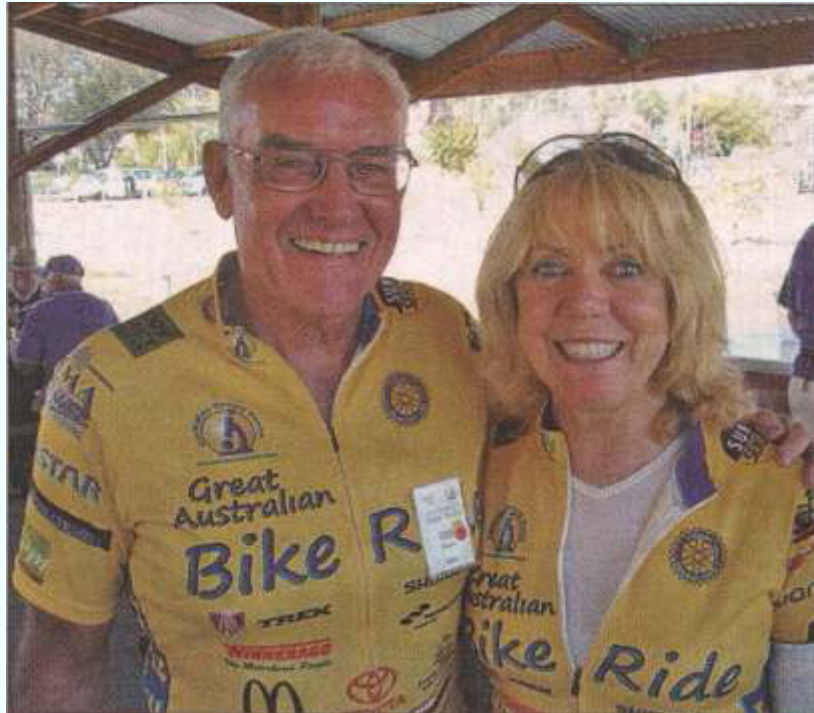
While most riders are participating in one or two stages of the nine-stage ride, 70-year-old Tom is one of the four cyclists who are riding the entire way.

Tom, a grandfather of nine, said he knows the benefits of exercise.

"I feel terrific and I'm looking forward to the Darwin to Perth leg," Tom said. "My family is in Perth and it will be a thrill to see them.

"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 ride started in Melbourne in March and to date Tom has ridden over 5,000 kilometres.



**PART OF THE PELOTON:** Mission Beach's Tom Brown and Noosa's Roberta Gordon are in a team of four cyclists on the Great Australian Bike Ride who will be cycling the entire distance around the country to raise awareness of mental health issues.