



## End of the ride – got Oz covered

A KNOXFIELD grandmother has spent the past seven months peddling an important message across the country.

Gonny Rundell was one of only four riders to complete this year's 17,800km Great Australian Bike Ride, taking her pushbike through desert, suburbia and everything in between, to raise money and awareness about mental health.

The 58-year-old said she enjoyed every minute of the ride, from March 21 to October 10, and included some gruelling days

where participants rode up to 193km. "We did about 100km a day on average and we cycled about six days a week," Rundell said. "We had this saying ... 'take a teaspoon of cement and toughen up, princess'."

The mother-of-three said the experience had made her appreciate the extreme conditions. The scenery varied from the hustle and bustle of city life to the far reaches of the Katherine and the Nullarbor Plain.

The Rotary Club of Wantirna

member said she and her husband, John – who also completed 10,000km – spent the 12 months leading up to the Rotarian-run initiative training for the ride.

"I've been cycling seriously for eight years, but this has consumed my life for the past year and a half," she said. Rundell said her goal was to raise more than \$40,000 for research into mental health.

 **More details: [greataustralianbikeride.org.au](http://greataustralianbikeride.org.au)**



Gonny Rundell rode her bike around Australia. N17KN313