

# Goldfields five cycle for fun and Flying Doctors



*Kalgoorlie's notoriously stony-faced Paddy Hannan (seated left) obviously saw the occasion as a solemn one, as he waited outside the Town Hall for the intrepid five to 'push off' on their epic cycle ride to Esperance. From left to right they are: Ben Sawyer, Kim Phillips-Jones, Grant Pronk, Peter Jones and Warwick Roe.*  
Photo by Graeme Sullivan of *The Kalgoorlie Miner*

WAS this really meant as a joke? This was asked a number of times about a proposal by Sandalwood Business Unit manager Peter Jones, to ride push bikes over the 400 kilometres from Kalgoorlie to Esperance.

Grant Pronk didn't believe he was serious, especially when Peter told him the start was less than two months away, but he was—deadly serious.

Three other staff members, Kim Phillips-Jones and Ben Sawyer from the Sandalwood Business Unit and I overheard the pair's discussion—and the duo became a quintet.

As the region's health and fitness co-ordinator, I saw an opportunity to rack up some brownie points with health and fitness instructor Linda Gilbert by pushing this as part of the region's health and fitness program.

Admittedly, I did not do

by Warwick Roe

a great deal from then on, as I became busy on other personal sporting pursuits, but Peter was a great deputy.

He organised many training rides to help prepare us all for the epic journey.

The training was not without incident.

One rider in particular did his best to get out of the challenge, first embarking on a game of social hockey so he could damage his knee ligaments. Later, he fell off his bike on a training ride, badly grazing his legs.

But on the day we were all there rearing to go. We averaged more than 100 km a day and had it not been for a strong head wind on the first day we would have completed the ride in three days. Honestly!

As it turned out, we completed the ride in a

little more than three days.

Along the way we rattled tins for the Royal Flying Doctor Service and managed to raise just under \$400.

The ride was such a success and everyone enjoyed themselves so much, that plans are already under way for our next challenge (probably next April), when we will tackle a 250-km ride from Lake Barley on Mount Elvire Station to Boorabbin along mountain-bike bush tracks.

If anyone else is interested in taking up this next challenge, they are most welcome to join in.

After travelling on a bicycle seat for hours on end you'll experience the singular sensation of leg muscles melting away, but despite this, you'll find it really is a great deal of fun. Come on, be in it, and phone Ben Sawyer on (08) 9021 2677, or fax (08) 9021 7831 for details.

