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# Today



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## No sweat, local riders ready for charity trek

A 454km bicycle trek sure sounds gruelling.

But Tim Cameron doesn't think so. He expects to find his lengthy adventure on two wheels from Canberra to Mt Kosciusko and back "enjoyable".

He hasn't even been training much, "it's just general fitness".

Cameron, along with 11 other members of team Parsons Brinckerhoff, will today join more than 260 cyclists on the Hartley Lifecare Ability Cycle Challenge, which starts at Boomanulla Oval on Goyder Street, Narrabundah.

Parsons Brinckerhoff regional director for NSW and ACT, David Stuart-Watt, said the team had already

raised more than \$16,000 and had contributed more than \$20,000 in in-kind services to support the charity.

The ride will take about 5½ hours on its first day, two hours on its second day, and another 5½ to get home again. Pit stops for lunch are the only planned breaks during the day for the trek.

Cameron, an Onya Bike mechanic, said enjoyable conversations with fellow cyclists kept him motivated during rides.

"It's good to be able to find a charitable use for my passion for bikes."

Parsons Brinckerhoff team executive Michael Chant is also a member of the team. For him, the real challenge would

be the hills, particularly on the second day between Jindabyne and Charlotte Pass - "They're quite a challenge after 168km of riding in our legs".

The team is admirably fit, each member being a part of cycling clubs around Canberra.

They also race competitively. Chant recently took on the Fitz's Epic, a 207km ride in one day.

He said the Hartley Lifecare challenge is "a pretty tough ride but it's a lot of fun and a great cause. We're looking forward to it". When he's finished the ride, he'll recover with plenty of cold

baths, lots of massage and a few beverages.



**PEDDLE POWER:** Tim Cameron, Adrian Jacobs and Scott Main gearing up for a 454km cycle challenge. Photo: GARY SCHAFER