

1000 km Challenge South Bunbury Rotary



The Challenge

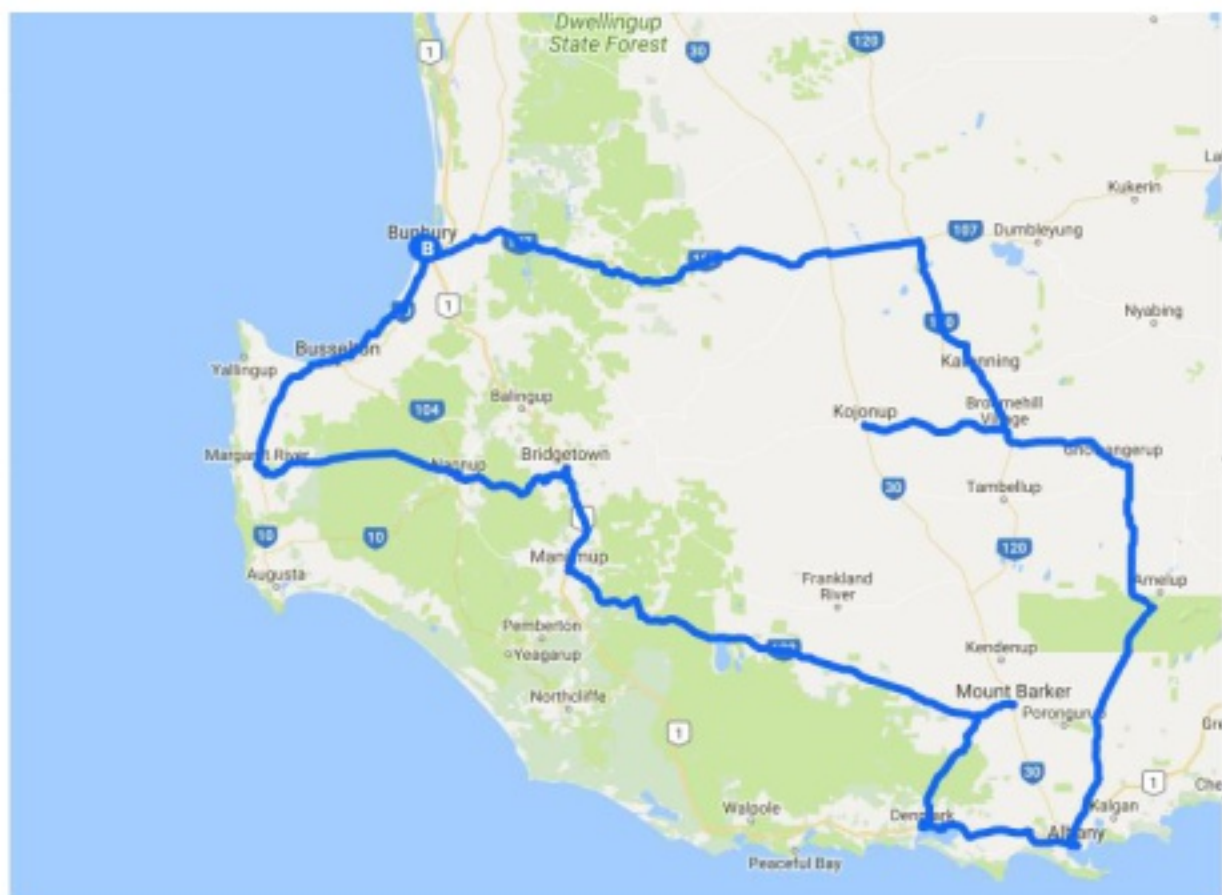
1. Cycle 1000 km around the South West of WA.
2. Raise \$20,000 for Solaris Cancer Care and Australian Rotary Health, Lift the Lid on mental illness.
3. Visit Rotary clubs across the South West.

The Team



Tony, Jo & Dave

The Route.....



1011 km

13 days

Total climb 5337 m

Total cycle time 49 hrs 52 min



Day 1 Bunbury to Busselton



waved off by Gary Brennan (Bunbury Mayor), Nola Marino (Bunbury MP) and Carline Turner (Solaris Cancer Care)

we made the news!



Jo's Journal, 7th June

And they're off! 1000km Bike Ride fundraiser starts today!

Bunbury to Busselton is the first leg. Raising funds for Solaris Cancer Care and Australian Rotary Health Mental Health Awareness

(Lift the Lid on Mental Illness). Tony, Dave and other riders left Bunbury today on the first leg of the fundraising challenge. Check out the GoFundMe page the South West Australian Big Bike Trek - Google: '1000km Bicycle Ride for Charity' to donate. There'll be a short slot on GWN TV tonight - so watch the news.



The crew Day 1:

Tony Critchley, Dave Castro, Bruce Lynch, Kevin Coote, Sandra Tyler, Janine Kenny, Kim Rudd (part), Stuart Ward (part) & Helen Ward (part)



Andrew Diment supported us through his motorcycle ride from Tasmania back to Bunbury

65 km



Day 2 Busselton to Margaret River



Margaret River Rotary donate

\$500

DONATIONS ACCEPTED
Thank you!!



84 km



Jo's Journal, 8th June

For those of you following along on our 1000km Bike Trek

update: We are now happily ensconced warm and dry in Margaret River drinking hot mugs of tea and soon to have the spaghetti I'm cookin' up carbo loading the boys!. This morning Tony and Dave set off from Busselton in the pouring rain with Sandra Tyler who gallantly rode with them to Margaret River despite the atrocious conditions. After lunch the boys did another section towards Nannup (while I snuck off to the Margaret River bakery to connect to the internet and have a steaming mug of coffee) They had decided to take advantage of some good weather after lunch, which resulted in a 84 kms ride in total today. Onwards tomorrow to Nannup. Tonight the boys are going out to pick up a cheque for \$500 from the generous Margaret River Rotary, which is just so great!



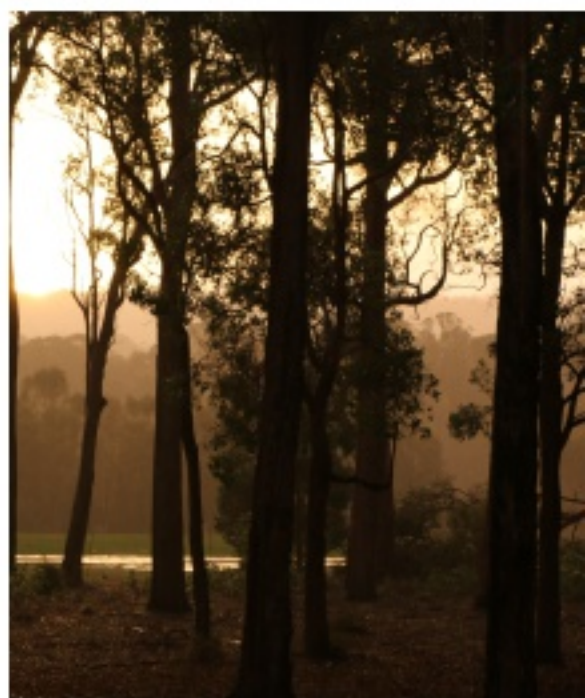
Day 3 Margaret River to Nannup



Jo's Journal, 9th June



Today the boys rode from a point outside Margaret River to Nannup, and now they are doing a section of tomorrow's ride toward Bridgetown. The weather today was off and on, pouring one minute, then sunny the next. Despite the rollercoaster of a road, they kept their spirits up and gained a little solace from the sandwiches, energy bars and lollies I'd packed them to keep them going. A nice cup of coffee in wintry Nannup with the boys sitting there steaming. Tomorrow I'll be writing to you from Bridgetown. They're very very pleased with the Rotary banner they received from Margaret River along with the donation. A big thanks. And a BIG THANK YOU to everyone who's supporting them, on the ground, via donations, accommodation and so much more.



Day 4 Nannup to Manjimup



Alex and Graham from Manjimup join us for the ride to Bridgetown and on to Manjimup



61 km



Jo's Journal, 10th June

We had a wet and wild day yesterday but the boys did well and not only got to Nannup but then knocked off a further 20kms, plus the hellish hill going out of Nannup towards Bridgetown. This morning was again wet. We met up with Alex Alban (President elect Manjimup Rotary) and Graham Blinko also from Manjimup at a cafe in Nannup for a warming cup of coffee. They are cycling with Tony and Dave to Bridgetown. After a wet morning ride to Bridgetown the boys had a bite for lunch and then set off for Manjimup. Bridgetown was all decked out for the winter in the valley and looked so beguiling with 'snow' in all the trees in the main street. The boys had sunshine to start with as they climbed the long steep Yornup hill out of town and later a strong headwind and a bout of full on rain just as they passed under the big timber arch of Manjimup.



Day 5 Manjimup to Rocky Gully



We were waved down along the Muir Hwy by Andy, Maureen and Nicole to receive their generous donation!



Lake Muir



87 km



Jo's Journal, 11th June

We had such a wonderful night at the Manjimup Rotary function.

Everyone was really friendly, hospitable and so kind. Tony

gave a speech and he and Dave received a generous \$1000 donation

from the club plus more than \$2800 was raised on top of that by

members - Wow! Wow! Wow! The cheque from the club was presented

by President Doug Moyles and the cheque from the fundraising was

presented by President Elect (and one of the key motivators) Alex

Alban. We were also so grateful for the hospitality of Rose and Doug

Moyles who kindly put us up for the night in their warm and homely

house - including a wonderful cooked breakfast to send us on our

way. On top of that we were gifted a big fruit box of apples from Alex's

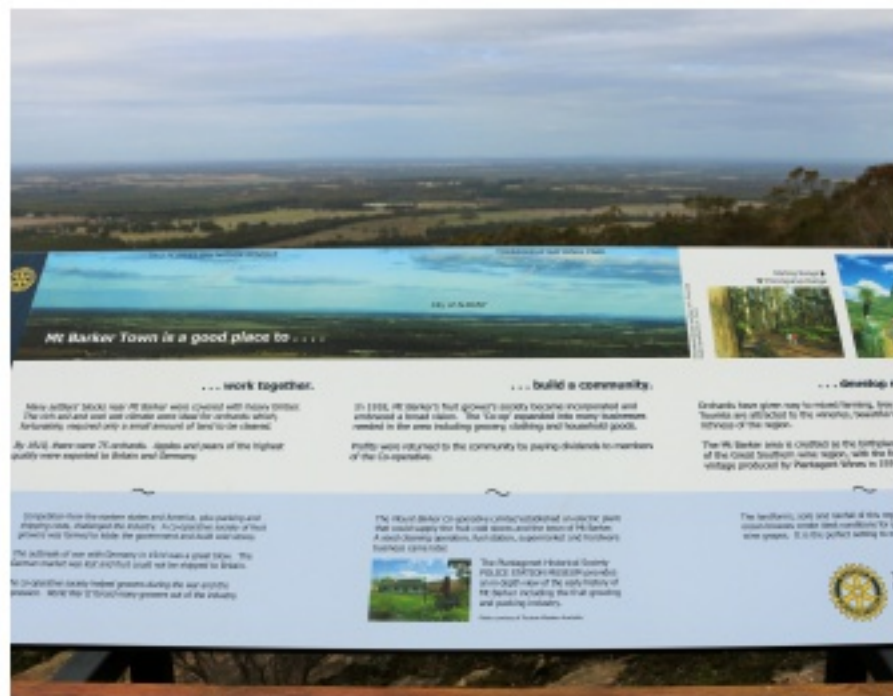
orchard and a big bag of nectarines from Rose's tree in the garden. So

the boys are sorted for fruit for the remainder of the ride. Thank you!!



 Your
donation
is greatly
appreciated

Day 6 Rocky Gully to Mt. Barker



The spectacular view to the Porongurup and Stirling Range from the Rotary Lookout



76 km



Jo's Journal, 12th June



We were invited to the Mount Barker Rotary dinner and met Andrew Whiting President Elect and Sue Assistant DG (who kindly hosted Tony). We also met Robert Stewart, Plantagenet Shire CEO and his partner Allison. Tony and Dave gave a short speech and gave Big Thanks for the generous donations. It was a lovely evening of good fellowship. The Mount Barker Hotel is a great place to eat if you are ever passing through and we were blown away by Geoff, the co-owner, who gave Dave a generous cash donation just as we said goodbye. We also have to mention Nicole from Nic's cafe who donated to the cause and kept us full with coffee while we were in town. And to Annette and Steve, special thanks for so kindly putting Dave and I up in your homely and warm house.



Day 7 Mt. Barker to Albany, via Denmark



Tony with Valmai
(Solaris Cancer Care)





Jo's Journal, 14th June

1000km Bike Ride update: Tony and Dave reached the half way 500km point! Yay!! They celebrated with Annette and Steve Batley's (Mt. Barker hosts) fab home made fruit cake and coffee. Thank you Annette for the sandwiches too! After their longest ride so far, they are in good spirits and riding strong after a rest day in Mt. Barker yesterday. We were hosted by Dianne and Wayne Savill who looked after us like Kings and Queens and I have to say that Wayne makes THE BEST bread ever and Dianne makes the BEST lemon slice ever! Wayne and Dianne hosted a Rotary meeting in their house and Valmai from Solaris Cancer Care in Albany came along, it was a great evening of fellowship.



Diane & Alex

Thank You!

Day 8 Albany to Stirling Range, via Chester Pass



78 km





Jo's Journal, 15th June

Today Tony and Dave rode 78kms up Chester Pass Road from Albany into the Stirling Ranges. It was a gentle, uphill grind all the way. It's a road train route and not for the faint hearted. Most of the drivers were really thoughtful and pulled right across the road to give good clearance but 5% just didn't care. Today was the first totally dry day and there was hardly any wind. It was a really scenic route through the ranges, the mountains looming ahead under a blue sky - big sky country.



 **Annie Malone** They are looking good...no saddle sores? Say a big hi to both.
Like · Reply · 1w

 **Jackie Young** Good luck guys 🚴🚴🚴🚴🚴🚴
Like · Reply · 2w

 Jo Castro replied · 1 Reply

Day 9 Stirling Range to Broomehill



Jo's Journal, 16th June

This morning Tony and Dave set off from Formby Road and rode 97kms along a quiet route which was quite hilly, and riding, stopping in Gnowangerup around lunchtime. The town was practically all closed up as it was Saturday but from the Heritage Trail info-signs I got the feeling it was once a busy and happening place. Tony and Dave posed with a statue of Ned Kelly and then we met with a group of bikers who were having a beer and lunch at the local pub. Tony immediately whipped out our donation bucket and went over rattling it, asking for donations and Dave followed in his wake - with me cautiously hanging back. But, happy to report that little white bucket is pretty heavy as a result of their introductions! The boys cycled on and arrived in Broomehill around 4pm where we've had a wonderful lasagne, and a glass of wine at the quirky Henry Jones Winery and Cafe with Jim and Annabel, the entertaining and very inspiring owners who are renovating this historic building to its former glory.



Day 10 Broomehill to Kojonup & Broomehill to Katanning



69 km





Jo's Journal, 17th June

1000km Bike Ride Update: Tony and Dave rode from Broomehill to Kojonup and had a great sausage sizzle with Kojonup Rotary Club. We drove back to Broomehill and Tony and Dave set off for Katanning, which was 21kms, a pleasant afternoon ride with the sun going down.



Thank You!



Day 11 Katanning to Wagin



80 km





Jo's Journal, 18th June

Monday morning we were up early to set off for Wagin and the weather turned to cold and rainy. The first 15kms out of Katanning were a climb into headwinds which resulted in the slowest ride since they've started. Tony's pedal split along the way. There was a short stop in Woodanilling for coffee at the general store post office, where Tony taped up his split pedal with gaffer tape brought from the store. The ride on to Wagin was 'bloody tough,' says Tony, 'with headwinds gusting in excess of 50kms'. The boys were knackered when they got to Wagin. After a late lunch Tony and Dave rode another 22kms along the road to Arthur River, from where I picked them up to drive back to Wagin for the night, and from where they'll start riding tomorrow heading to Darkin, then on towards Collie. Dave says: 'We're getting so close now, we can smell the coffee at Sears!' Distance so far: 850kms.



Day 12 Wagin to Collie



102 km



Jo's Journal, 19th June

A massive day today. Tony and Dave rode 102kms!! Starting at their finishing off point yesterday, about 20kms outside of Wagin, they cycled to Arthur River. We stopped for a coffee at the roadhouse and then they rode on for 30kms through glorious countryside to Darkin, where they stopped for half an hour. My instruction was that they would probably get to Muja today, but they decided to push on to Collie. So here we are! Officially they only have 48kms to cycle to complete the 1000kms, but I have a feeling they'll want to cycle the 57kms to Bunbury tomorrow to complete the full loop. We should arrive back in Bunbury between about 2.00 - 2.30pm at the Town Hall.



Day 13 Collie to Bunbury



59 km



1000 km Challenge South Bunbury Rotary

we made it!!!!!!!

Tony, Jo & Dave