



Mountain mission

MCDOWALL'S Angelo Vernados is as fit as a fiddle leading up to his 1100km bike ride through the Victorian Alps next month.

The 45-year-old father of three daughters will join 32 other cyclists riding through the Victorian and New South Wales countryside to raise funds for the Starlight Children's Foundation.

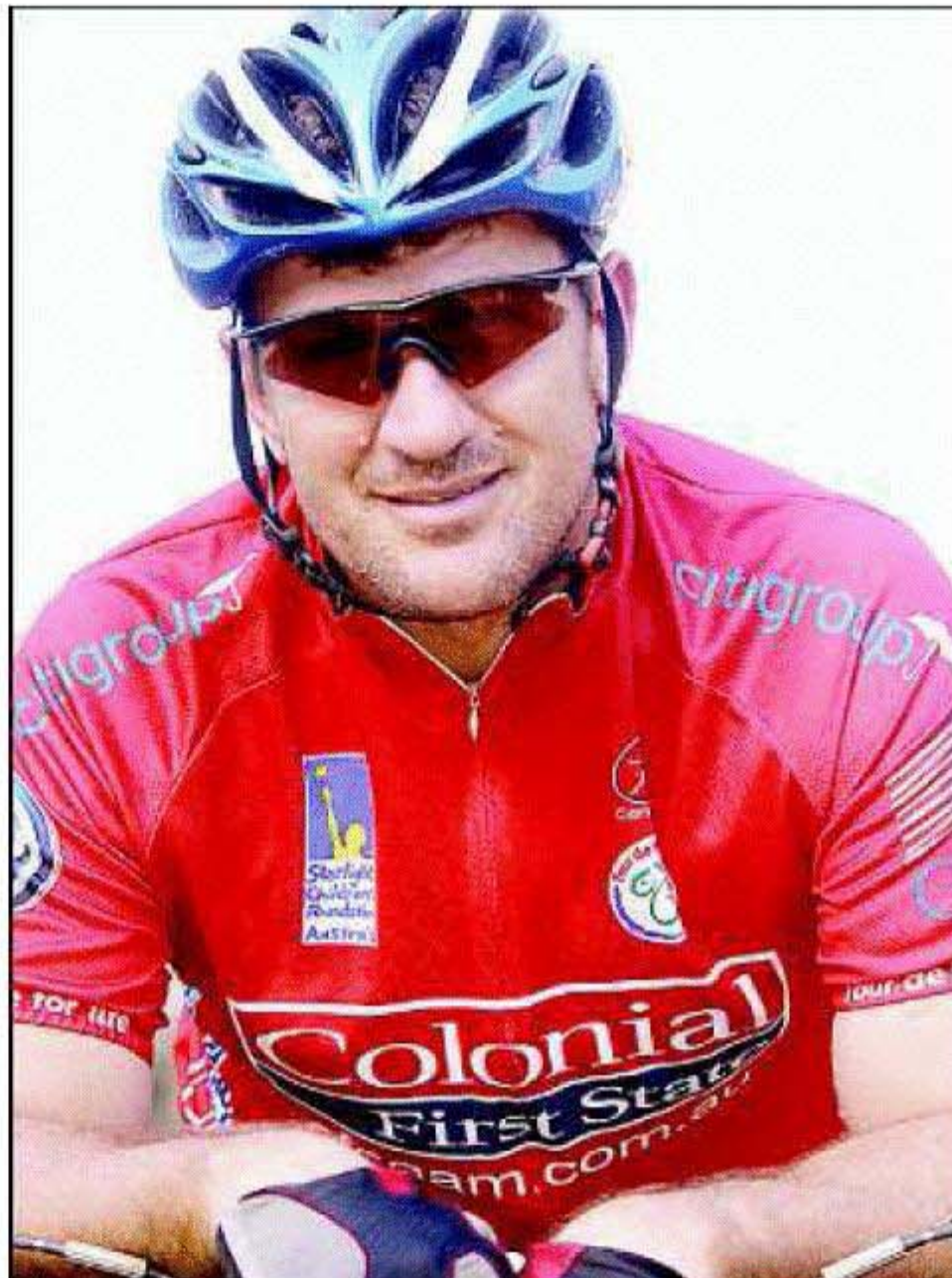
"I got involved in 2005 as a member of the support crew. That year the guys rode from Melbourne to Canberra in seven days," Mr Vernados said.

"I was inspired by their effort and the difference they were making to the lives of sick kids and their families, so I set myself a goal to buy a bike and get myself ready to ride in the 2006 tour."

The Tour de Kids riders will cycle from Albury to Sydney via the mountain ranges from March 30 until April 6 in the hope of raising \$700,000.

"I do about 250 to 350km a week to prepare. I try to ride on the weekends as well and vary my training."

Mr Vernados also participates in rides from Bris-



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■ Mountain rider ... Angelo Vernados who is preparing to ride 1100km through the Victorian Alps to raise money for the Starlight Foundation.

bane to Coolangatta and up to the Sunshine Coast.

"Last year we rode from Hobart to the top of Tasmania and from Mel-

bourne to Thredbo," he said.

■ For more information about Tour de Kids visit www.tourdekids.org.au.