



Foot goes to pedal for Tour de Kids charity

» From Back Page

The money raised by Tour de Kids will help the foundation grant wishes for seriously ill children.

To prepare for the ride Philip said he had been coming down extra hard on his training.

"I cycle for 10 hours per week in preparation for the event and have to be up at 6 o'clock in the morning," he said.

"It's not easy to balance this with my work and family commitments."

This year the Tour de

Kids will start in Albury, followed by a demanding ride over the Snowy Mountains, then follow winding country roads to Canberra and finally on to Sydney.

Philip said he was only too aware that this wasn't going to be an easy journey.

"To prepare I have also been training on Saturdays and Sundays, riding for 300-400km per week," he said.

As challenging as Tour de Kids will be, there is no doubt that it will make a difference in the lives of sick children.

Meanwhile, North Shore cyclists Justin Nelson and Derek Borg completed their charity cycle from Sydney to Melbourne to raise money for leukemia research.

The duo cycled 1205km in 47hr 32min at an average speed of 25.36km/h.

They raised about \$55,000 for the Peter Nelson Leukemia Foundation and the Royal Melbourne Hospital oncology unit.

» Details: To sponsor Philip or any other riders in Tour de Kids visit www.tourdekids.com.au