



Cyclist hitting long road to peddle message

RAISING awareness and money to fight cystic fibrosis has led one Brisbane sufferer to launch a charity bike ride from Cairns to Ipswich.

Rick Faulks, 33, will set off from the Far North on Monday and will spend the following 34 days riding to Ipswich, spreading the message about the disease and raising money for Cystic Fibrosis Queensland.

Mr Faulks, who has suffered from the disease from birth and endured several bouts of illness and hospital stays, said he was determined to show that achieving goals was possible, no matter what the hurdle.

"I have CF myself and that is the point, having it and doing this ride," he said.

"It is one way of getting it out there.

"And it's a really big adventure. I am

modest enough to say dreams can be achieved within reason."

Mr Faulks, who only has 60 per cent lung capacity, said he was a keen cyclist who had taken up the sport about two years ago.

He will be supported on the ride by his wife Megan and expects to complete the journey on August 29.

» To support the cause or make a donation, visit rickfaulks-charitycycle.com or donate at any Westpac Bank branch by specifying the Rick Faulks Charity Cycle account. All money raised will go towards Cystic Fibrosis Queensland.

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— Rick Faulks



Ready to ride: Rick Faulks will ride from Cairns to Ipswich to raise money and spread the word about cystic fibrosis. He will set off on his big adventure on Monday.

Picture: SEAN DAVEY