



Marathon ride from Cairns to Ipswich for Cystic Fibrosis

Ipswich man Rick Faulks had completed 1521km of a 1,800km charity ride from Cairns to Ipswich when he cycled into Hervey Bay last Thursday.

The father of two has suffered from Cystic Fibrosis since birth and is aiming to raise funds and awareness for Cystic Fibrosis Queensland.

Mr Faulks said the ride had been a great experience but very draining on his body.

“Doing this sort of thing with 60 per cent lung capacity is pretty hard, but we’ll get there,” Mr Faulks said.

“Getting the energy up has been the biggest battle, the muscles aren’t sore though which is good.”

Mr Faulks is being joined by his children and wife Megan, as well as the couple’s parents.

“The edge of the trip has been taken off a little by having all the family around.

“The support from the media and the community in general has provided me with a great motivation.”

Mr Faulks is aiming to finish his ride in



Rick Faulks is riding from Cairns to Ipswich to raise money for Cystic Fibrosis Queensland.

Ipswich on Saturday August 29, and raise \$20,000 for Cystic Fibrosis Queensland.

For more information, visit www.rickfaulkscharitycycle.com.