



Second trip in mind after long ride home

JUST back from a 34-day cycle from Cairns to Ipswich, cystic fibrosis sufferer Rick Faulks is making plans for another long ride in November.

This time he'll be on an organised ride from Sydney to Surfers Paradise to raise money for Cystic Fibrosis Australia.

"It's 900kms in 10 days," Mr Faulks said.

"We'll be doing 100kms a day when previously I've done 80kms a day.

"I've got some good riding legs now."

The hardest part of his 1800-kilometre trip from Cairns was knowing he had to get up every day and stick to a time schedule.

And not having time to properly celebrate his twins'

fourth birthday.

"Overall I think we did as good as we possibly could (with fund-raising and awareness)," Mr Faulks said.

"There's a lot of good that came out of it.

"There were a few days there I thought it was never going to end.

"It was enjoyable but exhausting."

The 33-year-old from Booval was welcomed home at Queens Park on Saturday.

His journey was followed closely by the University of Southern Queensland's (USQ's) community radio station, Phoenix Radio.

Co-ordinator Ashley Jones said the radio station had mon-

itored Mr Faulks' progress by doing daily live-crosses.

"Rick's journey has been incredibly inspiring," Mr Jones said.

"Not only is he a great role model for those suffering from this debilitating illness, but he has raised more than \$25,000 for a great cause."

CF is a disorder that affects organs in the body, especially the lungs and pancreas, clogging them with mucus.

"I wanted to show cystic fibrosis families that if you have a dream, you can still go for it – you can still do it," Mr Faulks said.

To sponsor Mr Faulks visit www.rickfaulkscharitycycle.com.



Rick Faulks returns to Ipswich with wife Megan and children Griffin (front) and Bella after riding from Cairns.

Photo: Rob Williams AU2909WJ