



Ride of a lifetime

FOR most, the thought of riding a bicycle from Cairns to Ipswich is a daunting one.

But for North Booval man Rick Faulks, 34, the reality of completing the gruelling 34-day charity ride was both a mental and physical challenge.

Affected by a life-threatening genetic disorder that means at his healthiest he has only 60 per cent of the average person's lung capacity, the ride held plenty of dangers.

But the dream was strong enough to overcome the difficulties.

"I just wanted to show that people living with cystic fibrosis are capable of doing anything they put their minds to," he said.

He said it was matter of knowing his limits and being aware of his energy levels.

Of necessity, his 34-day ride included nine rest days and after every 20km in the saddle he had to take a 10-minute break.

His support team included his wife Megan, their four-year-old twins Bella and Griffin, and both Rick and his wife's parents.

On Saturday he completed the 1800km challenge, having raised \$25,000 for Cystic Fibrosis Queensland along the way.



TOUR DE FORCE: Rick Faulks (right) with his family Megan, Griffin and Bella; and (inset) with Cr Paul Pisasale.
Pictures: Renee Melides



SUPPORT: Selwyn Cox, Greg and Joan Stokes, Ruth Roberts, Bella Faulks, Kata Roberts, Griffin Faulks and Preston Mayfield.
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SADDLED UP: Faulks at speed.
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