

# The Sydney to Townsville Bike Ride - September 2004

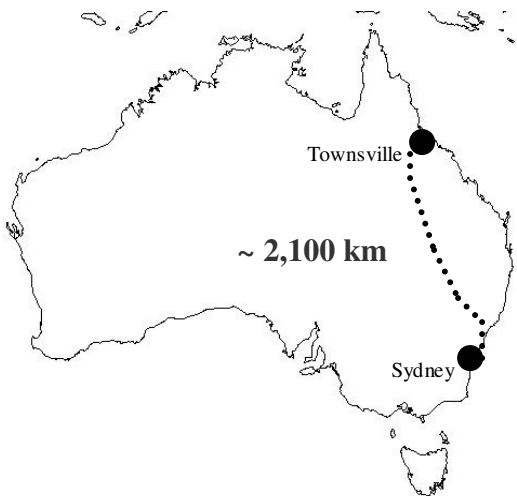
## Riding for Bowel Cancer Awareness and Research

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**Who am I:** My name is John Masson, I'm a 42 yr old gastroenterologist (a doctor that looks after patients with diseases of the bowel). I have worked at the Townsville Hospital for the last 7 yrs since my wife and I migrated from the UK.

**Bowel Cancer:** The lifetime risk of bowel cancer is 1 in 20. It is the 2nd commonest cause of cancer related deaths in Australia and each year kills 4,500 Australians. Bowel cancer is largely a preventable disease. Large studies have shown that screening for bowel cancer reduces deaths. Population screening has been accepted in many countries but Australia is yet to implement a screening policy.

**Why the ride:** In September 2003 I started bike riding, initially commuting and later training with more enthusiasm. In what I consider a "midlife" challenge I decided to take 4 weeks leave during September to cycle from Sydney to Townsville. The route is 2100 kms through country NSW and Qld (a shorter and quieter route than the coast road!)



Such an endeavour deserves a reason and I have chosen Bowel Cancer, a condition I see most days at work. I am hoping to attract sponsorship towards Bowel cancer research and equipment for detecting bowel cancer. A research fellow investigating bowel cancer for 1 year and two colonoscopes requires funding of \$110,000. Fundraising is supported by Townsville Hospital Foundation. The trip will also provide an opportunity to raise public awareness about the risk of bowel cancer and screening options. I plan to organise evening public information and discussion meetings both in Townsville and in the rural centres I will be cycling through.

**Also on the trip:** I will be accompanied by my brother-in-law from Brisbane, Doug Herd, aged 32 yrs. My 72 yr father, who has had first hand experience of the benefits of screening for bowel cancer, will drive our support vehicle.

**How can you help:** Donations to the ***Townsville Hospital Foundation Bowel Cancer Research and Prevention fund*** are fully tax deductible. Sponsors of \$1000 will be noted at all presentations in Townsville and en route and will have their crest on the tour shirts. Donations over \$100 will be listed at all presentations. Please consider supporting this charity event.

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Where we'll visit:

Day	Date	Day	From	To	Km
Thursday	02-Sep-04	<b>Car</b>	Townsville	Rockhampton	731
Friday	03-Sep-04	<b>Car</b>	Rockhampton	Brisbane	726
Saturday	04-Sep-04	<b>Car</b>	Brisbane	Sydney	1000
Sunday	05-Sep-04		<b>Preparation</b>		
Monday	06-Sep-04	1	Sydney	Bucketty	112
Tuesday	07-Sep-04	2	Bucketty	Sngleton	78
Wednesday	08-Sep-04	3	Sngleton	Murrurundi	114
Thursday	09-Sep-04	4	Murrurundi	Gunnedah	116
Friday	10-Sep-04	5	<b>Rest</b>	<b>Subtotal</b>	<b>420</b>
Saturday	11-Sep-04	6	Gunnedah	Narrabri	96
Sunday	12-Sep-04	7	Narrabri	Moree	101
Monday	13-Sep-04	8	Moree	Mungindi	122
Tuesday	14-Sep-04	9	Mungindi	St George	118
Wednesday	15-Sep-04	10	<b>Rest</b>	<b>Subtotal</b>	<b>437</b>
Thursday	16-Sep-04	11	St George	Surat	117
Friday	17-Sep-04	12	Surat	Roma	79
Saturday	18-Sep-04	13	Roma	Injune	92
Sunday	19-Sep-04	14	Injune	Carnarvon	100
Monday	20-Sep-04	15	<b>Rest</b>	<b>Subtotal</b>	<b>388</b>
Tuesday	21-Sep-04	16	<b>Rest</b>		
Wednesday	22-Sep-04	17	Carnarvon	Rolleston	78
Thursday	23-Sep-04	18	Rolleston	Emerald	139
Friday	24-Sep-04	19	Emerald	Clermont	110
Saturday	25-Sep-04	20	<b>Rest</b>		<b>327</b>
Sunday	26-Sep-04	21	Clermont	Belyando	142
Monday	27-Sep-04	22	(2 days)		
Tuesday	28-Sep-04	23	Belyando	Ch Towers	232
Wednesday	29-Sep-04	24	(2 days)		
Thursday	30-Sep-04	26	Ch Towers	Townsville	133
Friday	01-Oct-04			<b>Subtotal</b>	<b>507</b>
Saturday	02-Oct-04				
Sunday	03-Oct-04			<b>Total Bike</b>	<b>2079</b>

This trip provides the opportunity to achieve personal goals, whilst increasing the public's awareness of this common but preventable cancer and will help to fund local research into the problem. Please consider a donation for a worthy cause

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