
NEWS RELEASE

71 year old Bob Montgomery sets off from Perth to Sydney on 4,000km bike ride raising funds for Motor Neurone Disease

Perth, WA, 12 September 2015 What are these three seniors thinking? Would you challenge yourself to help others? Will you reach your \$50,000 target? What do you know about MND? How come Rotary are helping?

On September 14th this year, semi-retired business person, local cyclist and Rotarian Bob Montgomery, is embarking on a solo charity bike ride from Perth to Sydney...over 4,100km. All money raised will go towards raising awareness and research funds for Motor Neurone Disease. This is Bob's second charity ride, also for MND. In 2013 he rode from the Blue Mountains to Port Douglas raising over \$35,000 for MND. Now aged 71, Bob and wife Jenny, and friend Peter Shehadie are about to set out again and need your support for MND.

Bob's decision to support MND is based on the fact that he has known several young people diagnosed with this fatal disease over the last few years and was personally touched when his cousin Judith was struck down with MND in February 2013. Unfortunately Judith died on Christmas Day 2013 just one week before he completed my Ride to the Reef.

Bob and Peter are Rotarians and members of local club Upper Blue Mountains Sunrise. *"I am enjoying their friendship and was attracted by their enthusiasm to help out those in the community. They are supporting us in this ride and we will participate in many Rotary events over the next month or so."*

- You can follow Bob's epic journey on: www.facebook.com/perth2sydney4mnd
- If you would like to make a donation to MND go to Bob's Everyday Hero website <http://perth2sydney4mnd.everydayhero.com/au/perth2sydney4mnd>
- Rotary: www.bluemountainsrotary.org/

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