



Sunshine Coast Daily (Maroochydore)

Thursday 1/05/2014

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Dustin back in saddle for 1000km torture test

IT'S said evidence of stupidity is doing the same thing over and over again in expectation of a different result.

In Dustin Welch's case it is more about accepting that achieving certain goals simply requires putting up with the inevitable pain it takes to get there.

The Savills Sunshine Coast divisional manager suffered so much pain to his knees during the 2013 1000km Chain Reaction Ultimate Corporate Challenge Charity Bike Ride that he hung up his cycle for six months after the event.

But he's back again this year for a torturous 1000km ride that leaves Grafton on May 3 and will include five days of more than 200km including a brutal slog up the Great Dividing Range to Glen Innes and Inverell.

"We're in the saddle at 6am and aren't in until at least 6pm most days," Dustin said.

"I made the distance last year with Voltaren as my

friend. We have a doctor on board but she packs nothing you need."

He will join a team of seven riders for KordaMentha in a pack of 40 riders, mostly from Brisbane and the Gold Coast.

The intent is to raise money for the Starlight Children and AEIOU foundations. Money will go towards the Starlight Express Room at the Mater Children's Hospital and to construct a new

centre providing care for 40 children with autism.

Dustin said he was attracted to both the cause and the ride.

"It's a good way to raise money," he said. "Last year we pulled together \$900,000 as a group."

You can support Dustin by going to the chain-reaction.org.au website and following the links. You'll find Dustin's sponsorship link under Team KordaMentha.



Dustin Welch back on bike.



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PAIN FOR CHARITY: Part of one of the groups on the road in an earlier 1000km Chain Reaction Ultimate Corporate Challenge Charity Bike Ride.

PHOTOS: WARREN JOPSON PHOTOGRAPHY