As I woke up Sunday morning, I was glad to see the wind had died down a bit from Saturday and there was no rain to be seen. I got ready and headed down to the Esplanade for the Ride for Muscular Dystrophy 2016.

I kinda felt like the lone warrior at first (being the only Wuchopperen warrior doing the ride this year) but once I got there and saw some friendly faces some I recognised and some I didn’t (I am crap at remembering names), I relaxed and it turned out to be a great ride. For a change I went with the slow pack lead by the great Group Leader David Spowart.
32 riders, escort drivers and the Cairns Coral Coast riders met at 6am for a 7am start at the Sea Eagle BBQ on the Esplanade for a 100km ride.

The ride started off good and the slow pack managed to get a flat just before the highway heading south along Ray Jones Drive. There was so much glass on all the roads I am surprised there weren’t more flats.

First loop headed south through the city to the Edmonton Boat Ramp, back along the highway up McCoombe Street and Pease Street to the first drink stop and toilet stop at the Gardens on Greenslopes Street.
Once we were all refuelled and rehydrated we then headed north along McManus Street, up the torturous “up and over “on Reservoir Road, then through Redlynch (including the lovely climb up Harvey Road), then out onto the highway north to Ellis Beach which was where the second drink stop was.

Then the ride headed back to the esplanade. Lucky the head wind wasn’t that bad and the cool wind made for a pleasurable ride back along the highway. The slow pack was a bit unlucky though as we managed to get thee separate flats along the way back.

On arrival back at the Esplanade all the riders, volunteers and escort drivers were treated to a sausage sizzle and some light refreshments from the hard working Lions Club volunteers.

CHRIS’S STORY

When Chris Wiles’ only son, Harper, was 5 and started school, they noticed some physical challenges he seemed to be having compared to the other kids. They decided a routine visit to the GP would solve the problem and initially it was presumed to be an iron deficiency. However after a series of tests and a muscle biopsy, they received the diagnosis of Becker’s Muscular Dystrophy. He seemed so healthy and had such a promising physique, they were shattered. They started reading everything they could find about MD as did their family. They discovered Becker’s is not as aggressive as other varieties of the disease, but will likely still lead to mobility problems and reduced life expectancy. Through their family, they also discovered The Ride 4 MD and Muscular Dystrophy QLD Ride.
In 2013 Chris Wiles rode from Innisfail to Cairns raising funds. In 2014 a team of 4 riders completed the first official Cairns Ride4MD raising much-needed funds also. In 2015 42 Riders completed the Ride4MD; as supporters of the Muscular Dystrophy community come together to make a difference, raise awareness and raise funds for those living with MD in Queensland.

Chris created the Team Ride4MD because he wanted to raise money and make a difference. The more people that knew about this, the greater the impact it would have. It means a great deal to the 500+ families in Queensland living with muscular dystrophy.

The Cairns Ride for MD 2016 raised $9356 which is excellent. Why don’t you come along next year and make the ride even bigger and better?