
Western Advocate [\(1\)](#)

Off on an adventure

By EMILY FOSTER July 31, 2014, 4 a.m.



THE LONG RIDE: Rick Foster, pictured with his daughter Charlotte, will ride from Port Augusta to Bathurst to raise awareness of Crohn's disease. Photo: PHILL MURRAY 072514p[bikes]

BATHURST dad Rick Foster has started training for a marathon charity bike ride to raise funds for The Children's Hospital at Westmead and Crohns and Colitis Australia (CCA).

The ride is called A Little Adventure.

It has come about due to his daughter, Charlotte, being diagnosed with Crohns disease in 2009.

Since then, Charlotte has spent a total of 305 days in hospital – 105 days at Bathurst Base Hospital and 200 days at The Children's Hospital at Westmead.

“This is our chance to give something back to two fantastic organisations. The Children's Hospital at Westmead is just a remarkable place and any support we can give to CCA in finding a cure for this horrible disease is surely time well spent,” Rick said.

“In March next year, I'll spend two weeks riding from Port Augusta, South Australia to Bathurst, NSW and, to make it interesting, will return home via the Blue Mountains.”

The aim of 'A Little Adventure' is to raise \$50,000 which will be split equally between the two organisations.

The money raised will assist Crohn's & Colitis Australia with research into this incurable disease, and will support The Children's Hospital at Westmead to provide specialist care for sick kids and their families.

Rick has a number of local businesses supporting A Little Adventure: Kenny Spring Solicitors and Belly's Bikes, while Dedicated 2 Fitness, as well as being a sponsor, is charged with getting Rick ready for the ride.

Mark Simmons from D2F said he was delighted to help Rick prepare for the adventure.

“We're excited about the challenge of having Rick ready to ride,” he said.

A page has been set up on the Everyday Heroes website where donations can be made. All donations over \$2 are tax deductible.

“I’m hoping to have the support of not only Bathurst locals but also the Bathurst business community,” Rick said.

“A mere \$100, which is tax deductible, from just 500 business and we meet our goal.

“I have a number of sponsors helping me with this cause, however there’s always room for more. I am also seeking a naming sponsor for A Little Adventure and would welcome corporate inquiries.”

For more information on A Little Adventure you can contact Rick on 0438 406 820 or at ricko66@bigpond.com.au

Tax deductible donations can be made directly at <https://give.everydayhero.com/au/ALittleAdventure>.

A Little Adventure Facebook page will also be launched in the coming weeks.

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