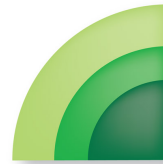




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A ride of hope

TWENTY-TWO dedicated cyclists will test their physical and mental endurance over 800km next month as the second annual Red Sky Ride flies through the Great Southern.

Event coordinator Debbie Young said the aim of the Red Sky Ride was for ordinary people to achieve something extraordinary.

"The ride exists to make a difference to those diagnosed with cancer or those caring for someone with cancer," Ms Young said.

"It is for those who challenge the belief that cancer can be cured," she said.

"We want people to know that you can make a difference,

that you can change a person's life by staying positive."

The event kicks off in Forrest Chase on Sunday, March 1 with former international cricketer Justin Langer riding the first leg to York.

The riders will travel from Narrogin to Kojonup on March 3 and will be stopping in Wagin and Katanning for morning tea.

Ms Young, whose mother died of bowel cancer, said she had felt the full brunt of the disease.

"When cancer hits a close family member, the sense of helplessness is huge and when combined with the desire to care for the family member and provide emotional support at the same time as meeting all

the normal demands of everyday life, it can be overwhelming," she said.

"Through Red Sky Ride we can assist and provide inspiration to those who have been through cancer."

Ms Young said last year's inaugural ride helped provide 400 treatments per month to people with cancer in WA.

"This year's money will be used to support a post doctoral fellowship to research ways to improve cancer-related symptoms such as pain and fatigue, reduction in treatment side effects such as nausea and anxiety and improved overall quality of life," Ms Young added.



Last year's Red Sky Ride participants power through the Great Southern.