

16 NEWS

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GOSSIP GURU



**HEARD SOMETHING FABULOUS OR
SEEN SOMETHING I HAVEN'T?**

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End of the road for amazing ride

Can you believe it, I finally made it! After tantrums, tears and 1000km, I've arrived in Melbourne as part of this year's DBH Road Raise. Here's how my week on a bike unfolded

DAY 1: Adelaide to Meningie – 151km. Shortly after Strathalbyn we had our first casualty. My friend Sue Charlton clipped the back wheel of a fellow rider and hit the pavement. It was about then that I thought: "What the hell have I got myself into?" But with the sun shining for our first day we pressed on, arriving in Meningie at 2.30pm, an hour ahead of schedule.

DAY 2: Meningie to Robe – 188km. As we pulled into Robe about 3pm, the wind was blasting our faces and the rain was pelting. Of course this had to be the moment we missed the turn-off for our motel, adding another few kilometres to our journey. Thankfully the rain managed to camouflage my tears.

DAY 3: Robe to Mt Gambier – 131km. We had a fabulous

lunch in Millicent where we met up with some amazing CanTeen members and heard their inspirational stories before rolling into Mt Gambier.

DAY 4: Mt Gambier to Warrnambool – 198km. Breakdown No.2 happened just before lunch. I think I sobbed even more than the first time I sat through *Beaches*. The hills going into Warrnambool were a grind and I had a fair bit of assistance from cycling guru and ironman Shane Farley.

DAY 5: Warrnambool to Apollo Bay – 150km. The most challenging day of the ride! We left at 7am in the pouring rain and blistering wind, not ideal conditions for a dirt road. Unfortunately, that was easy compared to the massive hills that hit us on the Great Ocean Road into Apollo Bay. I ended up back in the

truck for another short stint and watched my dad get off his bike, walk it up a hill and then get back on again. He was amazing!

DAY 6: Apollo Bay to Geelong – 110km. We were treated to the most spectacular strip of road in the country with some of the most stunning views. I managed to break a cleat on my shoe for the second time, meaning I rode 40km with one shoe.

DAY 7: Geelong to Melbourne – 132km. We made it! Even more of an achievement than cycling 1100km was raising more than \$140,000 for CanTeen.

The DBH Road Raise was probably the hardest thing I've done in my life and it was amazing to watch the strength and spirit of my fellow riders and to share this experience with them.



ROAD RAISE: Matt Gilbertson on the Great Ocean Road.