

Roxby Downs Sun

Tuesday October 7, 2014

Zara cycles for a good cause

Oct. 1, 2014, 11:30 p.m.



GET ACTIVE: Zara Daniels is taking part in the Great Cycling Challenge in October. It's another example of Ms Daniels getting active in the name of charity.

In early November last year the Roxby Downs Sun profiled fitness dynamo Zara Daniels.

At the time the princess of "no pain, no gain" had already completed the Tough Mudder hardcore 20 kilometre long obstacle course, the Mudder Arctic Enema - a pure ice bath that had to be swum with 'electric shock therapy' wires that can have as much as 14,000 volts running through them and the Ride Like Crazy 110km bike race through the Adelaide Hills.

All in the name of raising funds for her favourite charities.

This time around Zara has decided to take on the Great Cycling Challenge and raise much needed funds to fight kids cancer.

"The point is to get active," she said.

"You nominate a number of kilometres you want to ride in the month of October.

"It's all about setting yourself your own personal goal, getting fit and raising funds.

"I've set my target at 350 kilometres to start with.

"If you don't have a bike you can do a spin bike challenge."

Over 600 Aussie kids are diagnosed with cancer every year and it's a sad fact that three die every week.

The tough lady with the heart of gold is riding to raise money so the Children's Medical Research Institute can continue discovering ways to prevent or treat birth defects and diseases such as cancer, epilepsy, and a range of genetic disorders in children.

Zara said there were other reasons she is motivated to participate in programs such as the Great Cycling Challenge.

"I find them good on two fronts," she said.

"I like to promote healthy active lifestyles and I think there is an obesity problem with kids.

"If you tackle that when they're young rather than trying to change habits when they are an adult.

"It's an important part of being a member of society by helping others.

"You never know when you might need help yourself."

In the last twelve months Zara has raised about \$5,000 for Legacy and the Children's Medical Institute.

"I would like to encourage kids and adults to get on board with the challenge," she said.

"You can ride by yourself or create a team with your friends or workplace."

At the time of publication Zara has raised \$1,290.68 and her goal is to reach \$2,000.

To sponsor Zara go to <http://greatcyclechallenge.com.au/Riders/ZaraDaniel/d>.