

# The Area News

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## Emily Adamson is raising money with the Great Cycle Challenge

By STEPHEN MUDD  
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CHARITY: Griffith's young Australian of the Year, 11-year-old Emily Adamson, is riding to raise money for children's cancer research. Picture: Stephen Mudd.

Young Griffith cyclist Emily Adamson will ride 100km in October to raise money for kids with cancer.

"I'm riding in the great cycle challenge to help children with cancer and raise money for them," Emily said.

"We have to ride throughout October to raise as much money as we can for childhood cancer."

The Great Cycle Challenge encourages people of all ages and fitness levels to get on their bikes and raise money for the Children's Medical Research Institute to develop treatments and find a cure for childhood cancers.

The idea to take part in the Great Cycle Challenge came from Lisa Davis, Miss Adamson's mother, who found the event online.

"Mum showed me the page and asked me if I wanted to do it and I said ok," Emily said.

KIDS SHOULD BE LIVING LIFE, NOT FIGHTING FOR IT.- EMILY ADAMSON, 11.

The 11-year-old was bit by the cycling bug when she took part in the City 2 Lake event in March.

Emily came second in the junior female cyclist category, although she said the time was largely because she was trying to keep up with her father.

"It was really fun," Emily said. "I was really surprised when I saw I came second. I was trying to catch up with dad who was very much ahead of me."

Throughout October, Emily will try to ride 100km in total, with sponsors either donating a lump sum or on a per-kilometre basis.

To get ready, Emily had been in training, riding six kilometres a day on weekends and two kilometres a day throughout the week.

"I'm hoping to reach 100km and raise \$500," she said. "I wanted to challenge myself a little bit."

In order to keep track of her progress, Emily used a GPS tracker app.

"I have a few spots I go to but sometimes I'll put on a GPS tracker app and go for it," Emily said.

"I do big weekends and little bits through the week."

According to the Australian Institute of Health and Welfare, cancer is a leading cause of death in people under 14 years of age. Younger children were almost twice as likely to be diagnosed as older children.

Emily said kids should be living life, not fighting for it.

In 2014 the Great Cycle Challenge raised \$2,141,635 to fight kids' cancer.

People were asked to support Emily's challenge by making a donation through her fundraising page to give kids with cancer the brighter futures they deserved.

To sponsor Emily or find out more about the Great Cycle Challenge visit <https://greatcyclechallenge.com.au/Riders/EmilyAdamson>