

Thursday 28 January 2021

650km journey from Bondi to the Blue Mountains and back to raise money for dementia

On Saturday 6 March 40 cyclists will take off from Bondi Beach on the 650km journey to the Blue Mountains and back to Sydney via Lithgow, Goulburn and Kiama.

The Bondi2BlueMtns charity ride is an extension of the annual Bondi2Berry event which has raised more than \$500,000 for Dementia Australia since the fundraising event started in 2016. This money has gone towards supporting the almost half a million Australians living with dementia and vital research into dementia.

Organisers Nick Young and Nicole Stanners have first-hand experience of the disease. Both of Mr Young's grandmothers passed away after living with dementia and his father was diagnosed with Alzheimer's disease in 2011. Miss Stanners' mother was also diagnosed with Alzheimer's in 2016, and sadly passed away in 2019.

Although the ride had to be postponed in 2020 due to COVID-19, Mr Young and Miss Stanners are looking forward to getting back on the bike.

"We have faced some significant roadblocks due to COVID-19 and organising the event has been challenging in ways we haven't encountered before, but we are very excited to be riding again this year." Mr Young and Miss Stanners said.

"Our main priority, as always, is the safety of our riders and event crew, and the communities we visit. We have been training hard and will run the event within government guidelines.

"Everyone is very excited for the challenge of Bondi2BlueMtns ride and we are looking forward to continuing to raise awareness and funds for dementia research."

Dementia Australia CEO Maree McCabe thanked everyone involved with Bondi2BlueMtns this year for their efforts in planning the event and ensuring the safety of all participants.

"The entire Bondi2BlueMtns crew has adapted extraordinarily well to all the setbacks they have faced in organising this event this past year and I commend them for their efforts," Ms McCabe said.

"We are grateful for their commitment to improve the lives of the almost half a million Australians living with dementia and on behalf of Dementia Australia, I extend my heartfelt thanks to all involved."

The Bondi2BlueMtns ride will start at the North Bondi Surf Life Saving Club on Saturday 6 March, journeying to the Blue Mountains via Lithgow, and returning via Goulburn and Kiama, and arriving in Sydney on Tuesday 9 March.

For more information about Bondi2BlueMtns and how to donate please visit www.bondi2berry.com

Dementia Australia is the source of trusted information, education and services for the estimated half a million Australians living with dementia, and the almost 1.6 million people involved in their care. We advocate for positive change and support vital research. We are here to support people impacted by dementia, and to enable them to live as well as possible. No matter how you are impacted by dementia or who you are, we are here for you.

For support, please contact the **National Dementia Helpline on 1800 100 500**. An interpreter service is available, and the Helpline is open 8am to 8pm Monday to Friday excluding public holidays. The National Dementia Helpline is funded by the Australian Government. People looking for information can also visit dementia.org.au



-Ends-

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When talking or writing about dementia please refer to [Dementia-Friendly Language Guidelines](#).

Bondi2BlueMtns is an event organised by a third-party volunteer committee. The committee would like to thank the following supporters:

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Bondi2BlueMtns
Ride to Remember 2021