

20 June 2014

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## Queenstown Trails Trustee in a 4000km Race Against Time

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If mountain-biking for 4000km along rough-hewn tracks, cycleways and gravel roads from the top of New Zealand to the bottom isn't your cup of tea, spare a thought for a Queenstown Trails Trustee who is planning on doing just that within the space of 42 days.

Carey Vivian (40), a Queenstown environmental town planner and business-owner, will start his epic journey in late January next year to raise funds and awareness for Motor Neurone, a disease that affects the nerve cells which control the muscles that enables the body to move, speak, breathe and swallow. Carey officially launches his ambitious ride and fundraising campaign on Saturday which is Global Motor Neurone Disease Awareness day.

Carey, whose father Barrie (69) was diagnosed with the incurable disease two-and-a-half years ago, will cross the country several times, visiting towns and cities along the way to raise awareness of the disease, equating to twice the distance than the actual shortest road route was taken.

Carey, who is an elected life member of the Queenstown Mountain Bike Club, says the feat is his way of illustrating the 'race against time' that people with Motor Neurone Disease face when fighting against the onslaught of the illness.

"Imagine knowing that your body is about to start robbing itself of the ability to do everything you want it to do, or the doctor telling you to do those 'bucket list' items within six months or lose the ability to physically achieve them," Carey, who has lived in Queenstown for more than twenty years, says.

"Not only will my ride raise much-needed funds for the Motor Neurone Disease Association, but it will also enable me to achieve one of my own 'bucket list' items, and give my family an opportunity to do everything we can to help other future sufferers of this cruel disease who will follow our Dad."

Several hundred Kiwis suffer from the disease at any one time, and numbers are increasing despite there being little success with finding out how the disease strikes, and who is most susceptible.

Carey, who will be accompanied at times by friends and family along the way, plans to achieve at least 100km per day, despite possible adverse weather conditions and physical difficulties. He is heartened by offers of support and accommodation from Motor Neurone sufferers and their families along the way.

The ride will kick off at Cape Reinga and use the Far North Cycleway, Twin Coast Cycle Trail, Kauri Coast Cycleway, Missing Link Cycleway, Hauraki Rail Trail, Te Ara Ahi – Thermal by Bike Trail, Great Lake Trail, The Timber Trail, Mountains to Sea Trail, The Wild River, Gorges to Sea Cycleway, Manawatu Cycleway, Route 52, Rimataka Rail Trail, Queen Charlotte Sound Track, Molesworth Muster, St James Cycle Trail, Pioneer Heritage Trail, Coast Road Trail, West Coast Wilderness Trail, Alps 2 Ocean Cycle Trail, Omarama Saddle Trail, Otago Central Rail Trail, the Queenstown Trail, Around the Mountains Trail and the Southern Scenic Route.

The ride incorporates the Motutapu Mountain Race, which attracts more than 4000 riders, between Wanaka and Queenstown and which is owned by the Queenstown Trails Trust.

Those interested in learning more about the Motor Neurone Cycle Challenge 2015, or want to support the fundraising, can go to [www.raceagainstime.co.nz](http://www.raceagainstime.co.nz).

For more information on Global Motor Neurone Disease Awareness Day (June 21) please visit [www.mnda.org.nz](http://www.mnda.org.nz).

Ends.

### **Queenstown Trails Trust**

The Queenstown Trails Trust's vision is to create a world class trail network for walking and cycling. The Queenstown Trail is one of New Zealand's flagship trails and along with 18 other national cycleways is billed as a New Zealand Great Ride. The Queenstown trail covers 100kms of diverse terrain back dropped by outstanding mountain ranges and connects three main hubs –Central Queenstown, historic Arrowtown and Gibbston – Valley of Vines. It crosses three major rivers, the Shotover, Kawarau and the Arrow, and tracks follow alongside both Lake Wakatipu and Lake Hayes. Several bridges and underpasses provide access to new and spectacular areas and en route there are three international golf courses, famous Central Otago wineries, leading cafes and restaurants. The Queenstown Trail is “all things to all people” and families, recreational bikers and “hardcore” cyclists can comfortably share the many different tracks.

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