

Cycling the length of NZ for Kids With Arthritis NZ

Adrienne a KWANZ Mum from Christchurch is cycling the length of the country to raise money for Kids With Arthritis NZ Charitable Trust.

Adrienne is taking up the challenge to cycle 3000km - the length of New Zealand, and at the same time she will be raising money for Kids With Arthritis NZ. The ride starts at 10am on the 28th February 2022 at Cape Reinga and finishes in Bluff some 25 days later. That's cycling about 10 hours per day!



The *Tour Aotearoa Brevet* event is not a race. It is a ride following a set course, via 30 photo checkpoints, which must be completed between 10 and 30 days – no more, no less.

Adrienne's self-supporting ride on a lightweight bike that weighs less than 10kgs will be loaded with the minimal gear she will need on her journey. All up her bike and gear combined will weigh about 22kg! So no pannier bags like in cycle touring. The purpose designed bags for the gear fit in/on the bike frame, attached under the bike seat and handlebars.

Adrienne requires the right gear and bike that will be able to cope with riding long distances and crossing over mountainous terrain. Her loaded bike must also be light enough to lift over the occasional fence and fallen tree. The other number one requirement is; strong legs to complete the 3000km bike fundraiser!



The cycle event will not be a 'walk in the park', and is not for anyone that likes the comforts of home! The cycle gear Adrienne will wear will be washed each night and will be worn the next day. No spares! The gear in the bags on her bike, consist of a small tent, sleeping bag and mat, one set of warm clothing, wet weather jacket and pants and a pair of shorts and t-shirt for wearing off the bike, a first aid kit and a cycle repair parts and tools plus her cellphone.

Adrienne will be camping, sometimes under trees! Staying in cabins at campgrounds and she may even treat herself to an occasional motel. Her food will be bought along the way and only a small amount with emergency supplies will be carried.

As the ride is 'self-supporting', meaning it is to be executed without anyone helping her along the way, and she must sort out any challenges that crop up by herself.

You may wonder why Adrienne has chosen KWANZ as her nominated charity for this event in 2022.

Kids With Arthritis NZ is close to Adrienne's heart. In 2004, Adrienne Crowe's daughter, Rebecca was diagnosed with JIA.

In 2006, Adrienne started a support group in Christchurch for parents of children with Juvenile Idiopathic Arthritis. Then in July 2011 the two NZ groups supporting children with arthritis and their families, being 'Kids With Arthritis', in Auckland, and the 'Juvenile Arthritis Support Group', in the South Island, merged to form 'Kids With Arthritis New Zealand'.

In past years Adrienne also held the role as President for Kids With Arthritis New Zealand.

Over the years Adrienne has been a listening ear and a source of advice, a wealth of information and reassurance for parents whose children have been diagnosed with JIA and other forms of Arthritis.

Adrienne and her husband Richard also advocated strongly and successfully for medications for people with arthritis.

Those who wish to donate to Adrienne's amazing fundraiser for KWANZ can do so at the '*givealittle*' page.

