

General Practice: Getting fit and having fun!

The "General Practice SA" Tour Down Under team this year comprised of Dr Peter Hamilton [GP Loxton], Dr Jill Maxwell [GP Adelaide], Dr Rob Lecons [GP Kapunda] with his wife Julie & son Sam, Marcus Windle and Amanda Allport-Haller [GPSA staff] and her husband Dan Haller, Dr Peter Delfante [Adelaide Western General Practice Network] & partner Jacqueline, Peter Werner [Mental Health Team, Eyre Division of General Practice] and Peter Wallis [GP Alliance] and his wife Trish... and myself- Dr Alison Edwards [GP Port Broughton & GPSA Board].

The Mutual Community Challenge Ride allows anyone to sign up and ride the same route as the professional riders do later in the day. You can choose to ride the full distance or a shorter version- this year the choices were 160km, 111km or 35km.

We all had a big day on Friday Jan 22. We set out to the start of the Tour Down Under stage 4 at the break of day to head off with 8000 others from Norwood [or Woodside or Milang] to Goolwa.

For those of us doing the 160km, 0630 saw us on our way and we meandered round to the bottom of Gorge Rd. You may be aware that Gorge Rd is a bit steep in places. Fox Creek Rd which is a little further on and was the King Of The Mountain point for the day was even steeper! We all got up it OK then we had a lovely spell of downhill with tail wind for a good few km. It was a warmish day with a change expected.

Well I am not sure where the change got to as the day just got hotter & hotter and the only change seemed to be that the wind got stronger. At about 110km we turned into the wind... and my average speed which was sitting at over 27kph to that point gradually dropped down! We battled into the wind for about 25-30km then bliss- we turned another corner and had the wind behind us for the last 10-15k.

It was a great buzz completing the Challenge and sharing a sense of weariness with the throng on Goolwa Oval rehydrating and replenishing glycogen stores!

We would love to have more join us next year- it is a great way of advertising that as GPs we practice what we preach. [Our Jerseys were resplendent with our team name "General Practice SA"] If anyone thinks they may like to join in next year- drop me an email on aedwards@pbc.mndgp.org.au and be part of the team! Cycling is a great form of exercise for health, fitness, camaraderie & general well-being.



Team leader, Dr Alison Edwards, sports the TDU Community Challenge jersey with General Practice SA emblazoned on the back.



In fine spirits at the start of the Milang to Goolwa leg. From L-R: Amanda Allport-Haller, Jacqui Haseldine, Dr Peter Del Fante and Dan Haller.