

# Back on his bike

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A serious crash won't stop 80-year-old Jim Sonerson's 1000km fundraising ride for Warkworth Wellsford Hospice.

Mr Sonerson is a cancer survivor and plans to spend five days riding his bike on rollers in the town from May 30 as a hospice fundraiser.

The Warkworth resident had planned to ride 570km across Queensland in September but two weeks beforehand, on a training ride along Woodcocks Rd into Warkworth, his wheel hit a driveway lip and he flipped through the air.

"I made like a bird and must have travelled three or four metres in the air," he says.

He landed, coincidentally, right outside the Warkworth Wellsford Hospice Shop and spent the next fortnight in hospital with a broken hip and badly damaged shoulder and left knee.

"Luckily I had a good helmet. Without that I would probably have been dead the way I hit because it was one hell of a bang on my head."

It also hit him in the pocket with his airfare and entry fee to the Queensland ride already paid.

"I was going in that afternoon after I got off the bike to arrange travel insurance. My wife Judy said to go in there first and I said 'no, I'll have plenty of time when I get back!'"

He managed to retrieve half his airfare but could not recoup the \$1500 entry fee, with insurance only paying out to Queensland residents.

"I'm an Australian but I'm not a resident so that's not much good."

But Jim had already raised \$1100 for hospice and felt committed to the cause. His roller ride is a way of seeing it through.

He will start outside New World Warkworth on May 30 and then ride the next two days outside Harcourts in Queen St before returning to New World for two more days of riding, finishing on June 3. He will also ride for another two hours at the Warkworth RSA on June 7, but hopes to have completed his goal by then.

He aims to ride 1000km and at five days of five hours each, that means an average speed of 40kmh.

"I can do that in practice but day-to-day, back-to-back it might be a bit hard.

"But I wanted it to be a decent challenge. I didn't want to just sit there pedalling at 20kmh. Anybody can do that."



**Pictured during fundraising last year, Jim Sonerson did not imagine he would be back on the rollers rather than riding across Queensland as planned.**