



Media Release

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Tough Guy Matt Takes on the Outback

Tough by name and by nature, Canberra's Matt Tough is aiming to ride more than 5,000 kms across the Outback from Perth to Canberra to raise \$10,000 for the Royal Flying Doctor Service (RFDS).

His four-month odyssey will take him down the west coast of Western Australia, across the Nullarbor Plain to Adelaide, north through Victoria, over the Snowy Mountains to the finish at Narooma on the New South Wales coast.

"Many others have ridden across the continent on road bikes with a support crew or by sourcing provisions from towns along the way. My journey will be completely self-supported and will be the first continent crossing I know of on a "fatbike" (mountain bike with 4 inch wide tyres)," said Matt, a 37 year-old Canberra-based public service worker.

"Although there are so many great charities, I chose the RFDS because of the vital support it gives to those living in rural and remote areas."

"People in metropolitan areas seem to take medical services for granted, but people living outside those areas really rely on the RFDS to provide access to many healthcare services they would otherwise be without."

"The RFDS also seemed a good 'fit,' given the remote nature of my challenge."

Matt is aiming to follow available four-wheel drive and other dirt tracks in an attempt to stay 'off-road,' which will add to the distance and the challenge he has set himself.

"Although the ride itself will be very hard physically, I will get to see some of the most amazing landscapes in Australia while raising money for a great cause," said Matt.

"The 1,350 kms stretch across the Nullarbor Plain will be the most difficult leg and crossing the Snowy Mountains will provide a different type of challenge."

Support Matt's fundraising effort by logging on to Everyday Hero <https://rfdsse-fundraisers.everydayhero.com/au/FatRideAustralia> or following him on Facebook <https://www.facebook.com/FatRideAustralia>. Matt will harness SPOT tracking technology to allow friends and supporters to follow his progress in "real time." Once activated at the start of the day, SPOT will update his location data on a dedicated webpage every 10 minutes.

Matt leaves Canberra to begin his challenge on 4 October and aims to be back in Canberra in late January.

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For more information or photographs, contact:

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ABOUT THE ROYAL FLYING DOCTOR SERVICE

The not-for-profit Royal Flying Doctor Service has been taking the finest care to the furthest corners of Australia since 1928. The Service not only provides 24 hour emergency cover to 90% of the Australian continent, via a modern fleet of specially equipped aircraft, but also delivers a wide range of primary healthcare to the Outback.