



## NEWS RELEASE

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### **Tour Down Under – Cycling without Sight**

The streets of the Adelaide Hills are far from the dirt roads of Sudan where Simon Mboki first learnt to ride a bicycle.

But on Friday, 22 January, Simon will participate in the 35km Mutual Community Challenge Tour from Milang to Goolwa with thousands of recreational riders. The difference is, Simon can't see.

Simon arrived in Australia from war torn Sudan with his wife and four children in 2004. Blinded by torture under the Islamic regime, his prospects for employment in Australia looked grim.

With assistance from the Royal Society for the Blind (RSB), Simon was able to settle his family into Australian life and return to work at RSB's Industrial Services factory at Gilles Plains. He has also been able to continue his passion for cycling, with the assistance of RSB's Recreation and Leisure Services.

"In Sudan, everyone uses a bicycle to get around; I gained skills in repairing bicycles and used this talent to make money after school for my education," said Simon.

"I used to ride more than 600kms over hills and valleys, up to four days per week, transporting oil in Sudan. Although it was hard work, I felt free. I really enjoy cycling," he said.

This will be Simon's third year participating in the Challenge on a tandem bike with a partner from RSB's Recreation and Leisure Services.

"Riding is a challenging sport, especially if you are riding long distance. With help from the RSB, I have purpose and the freedom to do what I love," said Simon.

**The Mutual Community Challenge Tour is the official recreational ride of the Santos Tour Down Under. Cyclists will depart Milang at 9:30am on Friday, 22 January 2010 and ride to Goolwa.**

**For a photo opportunity or for more information please contact:**

**Diana Swanson**

**Manager Marketing & Fundraising**

**(08) 8223 6222**

**[dswanson@rsb.org.au](mailto:dswanson@rsb.org.au)**