

Canadian Feed The Children KILOMETRES FOR KIDS '09

Please let me introduce you to the father and daughter from who will cycle from Ottawa to Halifax to raise funds for Canadian Feed The Children. You can visit their web site at:

<http://www.km4kids.ca/sponsors.html>

Terry Kelly

Terry's love for "endurance cycling" began in the mid-80s when he started commuting to work. Long-distance cycling has since become one of his passions. He rides between 4,500 to 6,000 kilometres every year during the cycling season.

In May of 1999, Terry rode from Stanley Park in Vancouver to Lansdowne Park in Ottawa to raise funds for Canadian Feed The Children. He did so under the banner of 'Kilometres for Kids'. He rode alone and without technical support. He made his way east by riding 5-day sequences of four days on the bicycle, and one day of rest. Thirty-six days later, and with 4,700 kilometres behind him, he arrived in Ottawa.

The 2009 trip – called "Kilometres for Kids '09" – comes almost exactly a decade later. It will symbolically complete the route that started at the Pacific in May 1999. The ride will resume at Lansdowne Park in Ottawa, and terminate at the Public Gardens, in Halifax. The roughly 1450 kilometres will be completed in two weeks – a distance more appropriate for someone who is now 57 years old.

There will be a few other differences between this ride and the 1999 fundraiser. No Rocky Mountains! No strong headwinds on the prairies (which occurred seven of 10 days – and he can still tell you about each and every one of those days!). No riding through areas north of Lake Superior that were still smoking from massive forest fires. And importantly – no more solo cycling. His daughter, Meghan will ride with him on her first long-distance cycling venture. And his son, Brendan and several friends will make a documentary about the trip.

When Terry is not cycling, he runs a small aviation safety consultancy in Ottawa. His other passions include reading, music, hiking and life.

Meghan Kelly

Meghan is in the final days of her final year of medical school at the University of Toronto. By the time of the fundraiser, she will be just weeks away from starting her training in Vancouver as a general practitioner. Over the years, she has become familiar with disadvantaged persons. She has volunteered with organisations such as Medecins Sans Frontiers, Dignitas International and Canadian Feed The Children. She has travelled and worked in developing countries in Africa, South East Asia and Latin America. In addition to medicine and travel, her passions include hiking, bicycling, yoga, devouring a great book, and spending time with friends and family.

Meghan is very excited about supporting her father and Canadian Feed The Children. It is a wonderful opportunity to raise funds and awareness, to spend quality time with her father, to get some exercise in the outdoors, and to see a beautiful part of Canada in a way that very few are privileged to be able to do.

Please see the web page on the Canadian Feed The Children web site for more information. If you wish, you can make a secure donation on this site.

http://www.canadianfeedthechildren.ca/youHelp/km_for_kids.htm