

Media Kit



Across Australia bike ride by 15 year old Jack Sinclair

February 2008

The Ride

At 6 am on Thursday September 11, 2008 **Jack Sinclair** will set off from Perth, Western Australia to begin a **4,500 km ride across Australia** to Surfers Paradise.

The ride will take 30 days - finishing under the Surfers Paradise sign at the end of Cavill Mall, Surfers Paradise on **Friday October 10, 2008 at midday**.

Jack's dad (Brendon Sinclair) will ride the 4,500 kms with him, whilst Mel Sinclair (Jack's mother and Brendon's wife) is in charge of support.

The Motivation

The motivation for the ride is simply to have some fun and push ourselves a little out of our comfort zones.

Jack originally conceived the idea of cycling across Australia after watching the Ewan McGregor documentary "Long Way Round" – a motorbike trip McGregor completed with his friend Charley Boorman.

When Jack suggested such a trip across Australia with his Dad, Brendon readily agreed.

(Brendon assumed Jack meant doing the trip on motorbikes and was looking forward to an easy ride in a few years time once Jack got his motorbike license.)

But the agreement was already reached, so cycling training began!

The Charities

Jack and Brendon felt such a ride would be an ideal way to generate increased awareness and donations for charities that help youth who lack positive role models and the resources to follow their dreams.

Jack has a strong sense of community and helping others – each year he volunteers at a camp for disabled children during his school holidays for a week, he donated (and maintains) the Sydney to Surfers Charity Bike Ride web site (www.sydneytosurfers.org.au) and also takes exchange students on bushwalks in South East Queensland.

Ride Ambassador

Robbie McEwen is the official Ride Ambassador.

The Charities (cont.)

Big Brothers Big Sisters Australia

Big Brothers Big Sisters was established in Australia in the late 1970's to provide vulnerable young people, in need of additional support and friendship, with a caring mentor and positive role model. Their programs are based on the simplicity and power of friendship.

The Riders

Jack Sinclair

Jack is a 15 year old Grade 10 student at Elanora High School on the Gold Coast.

A keen Scout and Air Cadet, Jack enjoys a huge range of outdoor activities including:

Bush walking,
Abseiling,
Rock climbing,
Water skiing.

- Attending Elanora High on an **Academic Scholarship**
- Member of the school's **Student Representative Council**
- **Patrol Leader** with Palm Beach Scouts
- Youngest competitor at the 2006 **Noosa Triathlon** (Jack does the race each year in a team with his dad and 16 yo sister Laura)
- Plays AFL with his local club (Palm Beach AFL)
- Opening batsman for the Palm Beach Under 16 cricket team

Brendon Sinclair

Brendon is a 41 yo Gold Coast resident who owns a web development business.

Brendon is the author of **The Web Design Business Kit** - a book aimed at the web developer market.

He also writes the **SitePoint Tribune** - an e-newsletter for web developers with 140,000 subscribers.

He is a former Ironman triathlete, marathon swimmer and runner, long distance bike ride and whatever else he can do to try and convince himself that he is still young.

In March 2007 Brendon completed the Sydney to Surfers bike ride (1,000 kms in 7 days).

Ride Itinerary – Perth to Paradise

Date – Day	From	To	Distance (km)
Thursday Sep 11, 2008 – Day 1	Marine Parade, Cottesloe, Perth	Meckering	144.2
Sep 12, 2008 – Day 2	Meckering	Walgoolan	162.1
Sep 13, 2008 – Day 3	Walgoolan	Yellowdine	106.4
Sep 14, 2008 – Day 4	Yellowdine	Kalgoorlie	194.1
Sep 15, 2008 – Day 5	Kalgoorlie	Norseman	186.6
Sep 16, 2008 – Day 6	Norseman	Balladonia	214.7
Sep 17, 2008 – Day 7	Balladonia	Caiguna	161.0
Sep 18, 2008 – Day 8	Caiguna	Madura	175.8
Sep 19, 2008 – Day 9	Madura	Eucla	175.8
Sep 20, 2008 – Day 10	Eucla	Nullarbor Nat Park	203.9
Sep 21, 2008 – Day 11	Nullarbor Nat Park	Nundroo	140.0
Sep 22, 2008 – Day 12	Nundroo	Ceduna	154.4
Sep 23, 2008 – Day 13	Ceduna	Minnipa	173.0
Sep 24, 2008 – Day 14	Minnipa	Kimba	139.3
Sep 25, 2008 – Day 15	Kimba	Port Augusta	155.2
Sep 26, 2008 – Day 16	Port Augusta	Oodla	155.5
Sep 27, 2008 – Day 17	Oodla	Olary	141.9
Sep 28, 2008 – Day 18	Olary	Broken Hill	117.5
Sep 29, 2008 – Day 19	Broken Hill	Little Topar	111.6
Sep 30, 2008 – Day 20	Little Topar	Wilcannia	104.5
Oct 1, 2008 – Day 21	Wilcannia	Noona	112.5
Oct 2, 2008 – Day 22	Noona	Cobar	129.5
Oct 3, 2008 – Day 23	Cobar	Nyngan	132.1
Oct 4, 2008 – Day 24	Nyngan	Gilgandra	163.8
Oct 5, 2008 – Day 25	Gilgandra	Gunnedah	201.0
Oct 6, 2008 – Day 26	Gunnedah	Uralla	165.2
Oct 7, 2008 – Day 27	Uralla	Ebor	100.9
Oct 8, 2008 – Day 28	Ebor	Grafton	117.1
Oct 9, 2008 – Day 29	Grafton	Kyogle	132.3
Friday Oct 10, 2008 – Day 30	Kyogle	Surfers Paradise	122.6

MEDIA INFORMATION

For immediate release: 14 February 2008

15 Year Old To Ride Across Australia For Big Brothers (And Sisters)

15 year old Gold Coast boy Jack Sinclair is well into his training to take on the Holy Grail of Australian ultra endurance cycling – a trek from Perth to Surfers Paradise – and is dragging his old dad along for the ride.

Jack, who is currently training 6 days a week in readiness to cover the grueling **4,500 kms in just 30 days** starting on September 11, 2008, says he was inspired to do the ride after watching Scottish actor Ewan McGregor's documentary detailing a "Long Way Round" motorcycle trip from London to New York.

"My dad (Brendon) does lots of cycling and I said to him it would be great to do what Ewan did, but across Australia," said Jack.

Brendon's not so convinced.

"It's all a terrible mistake – I thought he meant ride across Australia on motorbikes and I thought I had a couple of years before he got his license," said Jack's father Brendon.

"I've been trying to wiggle out of this but I gave my word – I'm 41 and just want to sit on the couch and eat pies.....but he won't let me!" said Brendon.

Jack will use the trek to raise funds for disadvantaged youth via the **Big Brothers Big Sisters Australia** charity (provide vulnerable young people, in need of additional support and friendship, with a caring mentor and positive role model) and **Keith Payne Flying Scholarships** (providing flying scholarships to youth would be otherwise unable to afford them).

MEDIA INFORMATION

For immediate release: 15 February 2008

Robbie McEwen Sprints To Help Kids

Australian cycling legend Robbie McEwen has thrown his support behind 15 year old Jack Sinclair's quest to complete the Holy Grail of Australian ultra endurance cycling – cycling across Australia from Perth to Surfers Paradise – by becoming the **Ambassador for the “Perth to Paradise” ride**.

“To dedicate and use the ride to raise funds and awareness for the great work of Big Brothers Big Sisters of Australia is a testament to Jack and I've been extremely impressed by his preparation, his dedication and his commitment to supporting those who need a helping hand,” said Mr. McEwen.

McEwen's commitment to the ride was evidenced by him meeting up with Jack to shoot some promotional video just hours before he flew to his Belgium base to begin preparation for his assault on the world cycling stage for 2008.

“Robbie's a great guy, an incredible cyclist, a fantastic dad and to have him help me out with tips, encouragement and support is a huge boost,” said Jack.

The Perth to Paradise ride is a grueling **4,500 kms ride in just 30 days** starting on September 11, 2008 in Perth and finishing under the Surfers Paradise sign on October 10, 2008.

Jack will use the trek to raise funds for disadvantaged youth via the **Big Brothers Big Sisters of Australia** charity (provide vulnerable young people in need of additional support and friendship, with a caring mentor and positive role model).

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MEDIA INFORMATION

For immediate release: 21 February 2008

Across Australia Trek Gets A Trek

15 year old Gold Coast boy Jack Sinclair, who is training to tackle the 4,500 km ride across Australia from Perth to Surfers Paradise in September, received a huge boost today with the donation of a state-of-the-art bike to replace his 14 year old “rust bucket”.

“Jack’s been bringing his 14 year old bike in for years getting repairs done (mostly we brush off the rust!). I heard about his ride and thought the least we could do was make sure he has one of the best road bikes available to do this incredible ride – a brand new all carbon Trek Madone,” said Roger Campbell of Palm Beach Supercycles of Palm Beach, Queensland.

The Trek Madone, valued at \$3,500, will be handed over to Jack at Miami Beach tomorrow (in front of Piccolo the café on the corner of Hythe St and Marine Parade) at 10 am for a test ride along the boardwalk.

“My dream bike has always been a Trek Madone and I can’t believe that I have one now – it just shows how kind people are here on the Gold Coast and the support I’ve been receiving has been amazing,” said Jack.

The Trek Madone has been fully fitted to Jack’s exact measurements by Mr. Campbell, the former Head Bike Mechanic for the Australian Triathlon team.

“Having the bike perfectly fitted and kitted out just right, along with the Trek’s full carbon frame will make riding these enormous distances just that little bit easier,” said Mr. Campbell.

“I’m kind of sad to see my old trusty bike go, but really excited to be getting a new carbon bike,” said Jack.

ENDS

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Big Brothers Big Sisters Australia

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