

# OCEAN POOL ODYSSEY

AKA "CRAZY RIDE"

ODYSSEY NOUN [ C USUALLY SING ] US / 'ɒd.ə.si / A LONG TRIP OR PERIOD INVOLVING A LOT OF DIFFERENT AND EXCITING ACTIVITIES, ESP. WHILE SEARCHING FOR SOMETHING:



Yamba Rock Pool : Photo ABC News

**1838 kilometres along the NSW Coast by eBike, visiting as many ocean pools as we can along the way to swim and reflect.**

**Why?** To raise awareness for our charities of choice, and to promote the benefits of exercise, fun and friendship. We also hope to raise awareness as to how riding an eBike has allowed each of us to ride further and longer - a reference to both distance and age - and to promote cycling in general as a great sport for all.

This ride is **fully self-funded** by Linda, Meg and Jeanette - any monies raised during our Ocean Pool Odyssey will go directly to the charities we promote and support, ie,

- [National Breast Cancer Foundation](#)
- [Uki Refugee Project](#)
- [Myeloma Australia](#)

## ABOUT US

### Linda Cash AKA "A Girl and her eBike"

When COVID forever changed Linda's day job in international tourism, she decided to turn that lemon into lemonade - her first JobKeeper payment bought "Sparky" and riding is now part of her passion for life and making a difference. Starting the blog "A Girl and her eBike" has kept Linda busy over the past 2 years, sharing her love of nature and a sustainable lifestyle. She has travelled over 12,000 kms on Sparky in that time. With a family history of breast cancer, and having many inspirational friends who've navigated the breast cancer journey, Linda's charity of choice to support is the "National Breast Cancer Foundation", providing Breast Cancer Research in Australia.



### Meg Main

Meg, the oldest of our riders at 73, has many interests but only two abiding passions - riding her bicycle and Human Rights. Meg's eBike "Arty" (short for Artichoke Green - a reference to its beautiful colouring) came into her life in late 2020.

Meg's charity of choice is the "Uki Refugee Project" - borne out of a small group of concerned citizens in the Tweed Shire distressed at Australia's treatment of those seeking refuge in Australia. The Uki Refugee Project is a member of Community Refugee Sponsorship Australia and have applied to sponsor two people in danger in Afghanistan to safety in Australia.

### Jeanette Mouatt

Jeanette decided to rekindle her love of bike riding just over 3 years ago upon retirement, but found in her late 60's that the hills were a little too challenging on her regular road bike. Jeanette met Linda and Meg through their shared love of Dragon Boating. Both were keen cyclists and, with some encouragement, she purchased her CUBE eBike (CUB-E). This opened new horizons for exploring the beautiful Tweed Valley and beyond. Jeannette also loves swimming - especially in ocean rock pools. Her grandfather swam every day in the Bondi Ocean Pool, dragging her along during school holidays. In 2021 Jeanette lost her brother Keith to Multiple Myeloma and her life long friend Heather to Breast Cancer. Any money raised will be donated to these causes.



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Kiama Rock Pool : Photo oceanpoolsnsw.net.au



Currarong Rock Pool : Photo oceanpoolsnsw.net.au

## THE LOGISTICS

Our team will be following the route of the [NSW Coast Cycle Trail](#) - with detours to the ocean pools detailed on the [NSW Ocean Pools](#) website. Our team will also be making a donation to each of these websites as their information has been invaluable in planning and preparing for our Ocean Pool Odyssey.

We estimate riding between 50 - 80km each day. The amount of time it takes to complete will depend on many factors, including weather, however we estimate somewhere between 4 - 6 weeks commencing the first week of February 2022.

A support crew will transport the team's camping gear and other essentials and will follow the team on a daily basis in case of emergency. The support crew are also **fully self-funded**.

## HOW CAN YOU HELP?

### FOLLOW US ON SOCIALS



Linda will be sharing the Ocean Pool Odyssey on her social channels, "A Girl and her eBike". You can show your support by following along:

**Facebook:** <https://www.facebook.com/AGirlandHerEBike>

**Instagram:** [https://www.instagram.com/agirlandher\\_ebike/](https://www.instagram.com/agirlandher_ebike/)

## TESTIMONIAL

"I am proud to support this group of cyclists on this challenge. I know them as committed to their cycling, their dragon boat paddling and their bush walking. There is no stopping them. If there is a challenge then they are ready for it. They are team players who are committed to the wellbeing of those in their team and those suffering adversity. They also manage to find the time to care for and promote care for the environment around them and across the planet.

I proudly endorse this fundraising project of theirs and wish them the greatest of success."

**Anne Bowden**

**President**

**Wollumbin Dragon Boat Club and  
Dragons Abreast Wollumbin**

## SUPPORT OUR CHARITIES

We have set up a GoFundMe page here to support our 3 charities:

<https://www.gofundme.com/ocean-pool-odyssey-a-crazy-ride-for-charity>

- [National Breast Cancer Foundation](#)
- [Uki Refugee Project](#)
- [Myeloma Australia](#)

Any monies raised during our Ocean Pool Odyssey will be divided equally between our 3 charities. If you wish to support a particular charity, please make a notation on your GoFundMe donation, and we will ensure your donation is handled accordingly.

**For further information, contact Linda Cash : A Girl and her eBike**

**email : [linda@agirlandherebike.com.au](mailto:linda@agirlandherebike.com.au)**