

Wheels in Motion to Help Burns Unit

Most of us struggle to get through a 45 minute spin class, so when cyclists actually manage to ride 520 kilometres in an impressive display of physical prowess, it's a feat that deserves the adulation of all.

This year Team Alfa, The Alfred's resident bike outfit, participated in the Murray to Moyne bike ride where the team of 12 – made up by Alfred staff and friends – completed the course with inspiration provided by Colin Pyper, an ex-burns patient of The Alfred.

Captained by Gavin Burchall, the team raised over \$6000 for the Victorian Adult Burns Service and had a dream ride that was facilitated by clear skies and only the slightest of breezes. The 24-hour ride was uneventful, with two flat tyres causing the only headaches for the day and proved to be another excellent opportunity for team bonding of the lycra variety.

Thanks to the team's sponsors, Energy Safe Vic, BurnAid, Onga and Integra Skin for making the ride possible, and to all the generous donors who supported the team and have helped improve the Burns Unit.



The Alfred's Team Alfa