

Greystones men to cycle around the world

As the summer winds down and most of us are anticipating months of winter hibernation, two Greystones men are preparing to embark on the first step of the adventure of a lifetime.

On the 14th of September Fearghal O'Nuallain and Simon Evans, originally from Redford Park in Greystones, will begin a 1,400km bicycle ride from Aswan to Alexandria along the banks of the Nile. The cycle ride, dubbed 'The Dry Run', is the first of a number of preparatory expeditions which will culminate in an amazing circumnavigation of the world by bike and boat in 2008.

One of the main aims of the overall undertaking, aptly named Project

and a healthy mind."

Apart from raising awareness, Project Revolution will also be a thrilling, intense and demanding personal challenge for the friends, one that they have been unknowingly preparing for since they were barely walking! Fearghal stated, "Both myself and Simon have been friends since we were 3. We grew up in Redford Park in Greystones, where we got our first taste of adventure cycling- we used to time each other doing laps of the green. In our teens we got into mountainbiking in a big way, spending most of our weekends tearing down Bray Head our The Big Sugar Loaf." When Fearghal returned from spending time in Australia,

the idea of a big trip really began to take shape. The two friends did a cycle tour from Malin to Mizzen Head and in 2005 Fearghal did a tour from Dublin to St. Petersburg. He noted, "A couple of nights before I left [for the tour], over a few too many guinnesses we made a pact to cycle around the world."

At the core of the Revolution Project is a message of inspiration and encouragement and perhaps that is why AWARE is such an appropriate charity for the expedition. Fearghal states, "It's essentially two best friends of ordinary fitness, and accomplishment, who dreamed of doing something great. And then made a pact to realise that dream and planned to make it a goal." The project motto is simple: Think Big, Be Brave, Take Care. Fearghal adds, "We feel that our connection with A.W.A.R.E is synergistic with the latter two parts of that motto. We would like to inspire people to be brave enough to accept that they or one of their loved ones has depression and to seek help. And to encourage people to take a little more care of themselves and others."

The initial 'Dry Run' cycle from Aswan to Alexandria will see Fearghal and Simon pass by wonders of the ancient and modern world, most notably the Pyramids at

Giza and the Aswan Dam. They are travelling in the month of Ramadan during which Egypt's predominantly Muslim population fast during between sunrise and sunset. Throughout Ramadan the streets are often deserted during daylight hours as people conserve their energy. This will mean that the two hungry travellers will find it hard to find a hearty lunch after being in the saddle since 5am each day. However they are ready for the challenges that lie ahead.

2008 will be a busy year. In preparation for the circumnavigation, Fearghal and Simon will be climbing the highest peaks in the three provinces of Ireland, climbing the highest peak in Europe, Mont Blanc and a cycling from Belfast to Cork in one day.

Fearghal and Simon are currently seeking corporate sponsorship and the people of Wicklow can support the project by giving generously to AWARE's Daisy Days fundraising drive on the weekend that they leave for the 'Dry Run' (14th of Sept). People can also follow their progress by logging on to their website to view maps, videos, blogs and further information: www.revolutioncycle.ie. Fearghal and Simon can be contacted by e-mail at: team@revolution.ie or 086 88 35 743.



Pictured are Fearghal O'Nuallain and Simon Evans who are soon to embark on the first preparatory expedition of Project Revolution which will see them circumnavigate the globe by bike and boat in order to raise awareness and funds for AWARE.