



WHEEL DEAL: Aneta Horne, with Ben Woodford and Peter Gibson, is getting into gear for the popular Paluma Push bike ride challenge

Photo: MEGAN TAYLOR

Riding high on New Year plan

ANETA HORNE, 33, isn't wasting any time putting her New Year's resolution into action.

The Cranbrook local is already lacing up her sneakers to get into gear for the annual Paluma Push mountain bike challenge.

The ride, to be held on Sunday, July 22, is a 42km recreational or 65km competitive ride.

Ms Horne said she decided to take on the challenge after getting encouragement from friends.

"It's my New Year's resolution to get fit and get out there," she said.

"I've been supporting a lot of my friends doing a lot of rides and they've been bugging me for a few years."

She said she was looking forward to starting training for the daunting event.

"It is definitely a challenge and I'm a little bit scared, but I do like big challenges," she said.

"I'm a very sporty person.

"I can't sit still.

"I just have to do a lot of practice runs up Castle Hill or Mount Stuart once or twice a week."

BNG Sports owner and ride sponsor Ben Woodford said the race was suitable for people of any fitness level.

"We get a whole mix of people, from new people right through to all the fast guys," he said.

"You just need a basic fitness level because you've got a 42km ride and a 65km ride.

"It's one of those events that pulls people into the fun around mountain biking.

"It can make mountain biking addictive because there's just a great atmosphere."

For more information visit the Townsville Rockwheelers Mountain Bike Club at www.rockwheelers.com.au.

Kate Higgins