

## Hawaiian Ride for Youth 2022

**Date: 22-26 March 2022**

Well, it's happened again, David has taken on the huge feat in completing the Hawaiian Ride for Youth. David travelled from Albany to Perth (630 kms), along the way raising awareness for youth suicide and depression. The Ride raised an astonishing amount of just under \$3 million dollars for Youth Focus, which is a record for the ride, and a huge thank you to you for your help.



This year the Hawaiian Ride for Youth celebrated their 20th anniversary milestone. Over the last 20 years, this event has grown exponentially from 24 riders who raised \$150,000 to now 210 riders raising almost \$3 million. This is Australia's largest, most successful event for the prevention of youth suicide, raising millions of dollars each year to a total of almost \$29 million.

Youth Focus is a charity that is dedicated to helping prevent youth suicide, depression and to build long-term mental wellbeing to young people to help reach their full potential. They also offer free counselling services to those that are suffering with depression and anxiety, which as you may know is something very close to David's heart.

In the 20 years, the ride has enabled Youth Focus to support more than 30,000 young people and engaged with a further 35,000 regional students during Ride Week. The positive impact this event has on young people in our community is invaluable and long-lasting.

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This year, 210 riders took part in the 2022 Hawaiian Ride for Youth. There were three routes from Albany to Perth: Coastal, Wheatbelt and Inland. David was given the Inland route.



David completed the Inland Route: (middle Route above)

Day One: 202.5 kms – Albany to Tone Bridge Perup (West of Frankland)

Day Two: 115 kms – Tone Bridge to Bridgetown

Day Three: 100 kms – Bridgetown to Collie

Day Four: 113 kms – Collie to Mandurah

Day Five: 82 kms – Mandurah to Perth – FINISH LINE

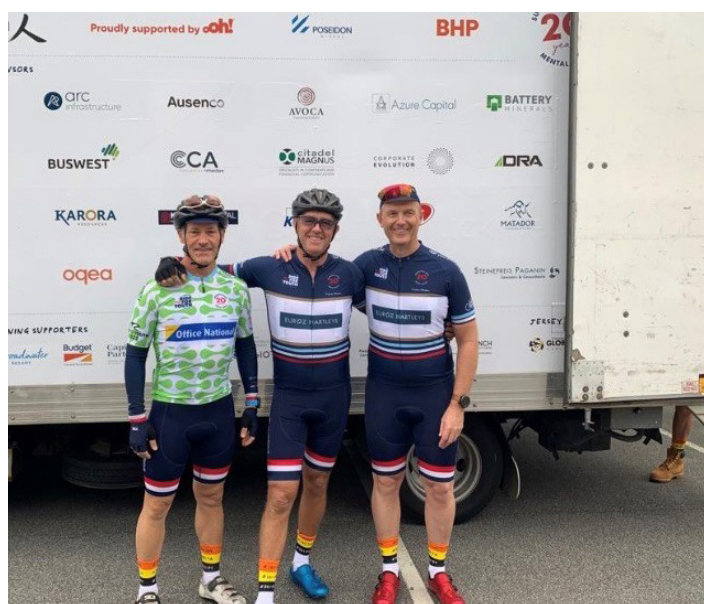
The training for the ride was monstrous training for 6 months, riding 4 times a week, with some very early 4:30am starts, but the comradery built throughout training with team mates, made it that little bit enjoyable, I am sure.





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The team consisted of three riders for Euroz Hartleys, there was meant to be five riders, but due to unforeseen health reasons, two riders could not complete this year. With their matching socks (I hope they washed them), the three remaining soldiered up and continued on with their ride.



Unfortunately, due to covid, there were no school visits allowed this year, but instead a series of videos were organised and have been sent to the schools, with the aim of lessening the stigma associated with mental health and raising awareness of the help offered by Youth Focus, which is vital to continue to get the message out there. Some of the riders also told of their own personal or family stories that involved mental illness each night.

The Euroz Hartleys team combined raised over \$51,000 and the Ride for Youth as a whole, raised nearly \$3 million for funding direct to the counselling services provided by Youth Focus.





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To be part of the 2022 Ride for Youth again, on the 20th anniversary was extremely rewarding, something which is so close to David's heart. It was truly inspiring hearing all the stories, and with the hope that David has somehow made a difference, especially with all your support and generosity, which he is extremely grateful for, so a huge thank you to you all.

