

**From:** Karen Richards [mailto:mail@karenrichards.com]  
**Sent:** Monday, October 10, 2005 9:46 PM  
**To:** bikerchick@karenrichards.com  
**Subject:** Changing Gears - Australia: October update and another media appearance!

Dear Friends,

Well, the clock is ticking down, and I'm getting ready to leave on Saturday on my great Harley adventure to Australia. A brief note for those of you new to this mailing list, I was chosen this year to be one of 20 young breast cancer survivors to ride Harleys up the coast of Australia in the third and final leg of the 2005 Changing Gears Global Run. My past updates and all info about this incredible event can be found on my website at [www.karenrichards.com](http://www.karenrichards.com).

For the rest of you, I wanted to provide one last update, and to thank you all for your very generous support! I'm happy to report that I'm close to 90% of my base goal of \$5000, (and 50% to my target of \$9000). There is still plenty of time to donate, so if you're still interested, you can go to my website then click on the "donations page" link at the top to donate online, or you can download a form to mail in if you prefer.

In order to have the donation credited to my fundraising efforts online, you must select my name from a drop down list on the donations page. If you forget (or think you forgot) to do that, just send me a note and I'll let the organizers know to reallocate the funds.

When I wrote my last update in August, I had logged nearly 1500 on my bike this season. What I have been doing since then is riding, riding and more riding! Changing Gears has created a monster!! As I put my bike away last night (at least til I get back in Nov. and hopefully it won't be an early winter...), I've logged 3300 miles to date this summer, for a total of over 5300 since last August! And I still have 1000 to go in Australia.

I ride lead and sweep positions for group rides, plan trip routes, take tollways by myself, do long rides alone, and I love it all!! I've ridden in thunderstorms and frozen my butt off too, but it's all part of the experience. It feels like I got my training wheels off this summer, and there's no turning back. I've got a buyer for my bike and am looking furiously for my next one - bigger, better, louder <grin> - and one step closer to my 3rd bike, which WILL be a Harley! I can't wait until next year so I can get in a full season of riding. I got such a late start this year since I was still so tentative on my own and had to wait to meet new people to ride with - but its been worth the wait! I'm hoping to do more and longer trips next year, log many more miles, have lots of new and different experiences with old and new friends.

Even with that though, I still consider myself a novice rider, so I am looking forward to the challenges ahead of me in Australia with a little trepidation but with more confidence than last year. The terrain will be unfamiliar (apparently they have mountains there!), the roads and routes brand new, we'll have a new group of riders of different experience levels and training, and last but not least, we'll be on the wrong side of the road!

I'll be sure to take about a million pictures and will post an album with journal notes as I did last year on my website.

Now for the media opportunity: I was interviewed by a reporter from the Ladies Home Journal earlier this summer, and the article appears in the October issue. I didn't get to talk about Changing Gears (I did try...), but did get to talk about lymphedema - which is a very important topic to me and I was thrilled to be able to help raise awareness of this chronic, debilitating and common after effect of breast cancer. Click here to view the article <http://www.karenrichards.com/Files/LHJ%20Oct%202005.pdf>.

Once again, a heartfelt thank you to all of you who have supported me so far, both financially and emotionally. Everyone has been so excited for me, and that's such a great feeling to take with me on this amazing journey.

Be well everyone, and I'll be in touch when I'm back in November!

Karen

*"It's not the destination, it's the journey"*

*"Four wheels move the body, two wheels move the soul"*

[Click here to find out about my Changing Gears adventure!](#)

