



**Nardy
House**

27th September 2024

MEDIA RELEASE

For immediate release

Dane Waites to ride for Nardy House Pambula to Batemans Bay 18th - 23rd of November 2024

Ultra-distance athlete Dane Waites has today committed to a new fundraising event. Over six days, Dane will cycle from Pambula to Batemans Bay, a distance of over 220 km, which includes visits to local schools.

The ride will start on November 18, 2024, and conclude on November 23.

Dane aims to raise funds and awareness for Nardy House, specifically for therapy services to improve the quality of life for residents at the house.

The event marks a departure from Dane's forte – running.

Often a champion for marginalised and vulnerable members of our community, Dane continues with his charitable work, including the much publicised 4000km Perth to Pambula run, completed in 2017, raising funds and awareness for Autism and Mental Health charities.

Dane aims to involve schools en route and promote good health, both mental and physical, as well as inclusiveness and road safety. "Dane is a legend among the kids in my unit," says Dave Britton, Deputy Principal and Head Teacher of the Special Education Unit at Bega High School.

Route Schedule

- 1st Day - 18/11/2024 - **Pambula to Bega.**
- 2nd Day - 19/11/2024 - **Bega to Nardy House, Quaama.**
- 3rd Day - 20/11/2024 - **Nardy House, Quaama to Bermagui.**
- 4th Day - 21/11/2024 - **Bermagui to Narooma.**
- 5th Day - 22/11/2024 - **Narooma to Moruya.**
- 6th Day - 23/11/2024 - **Moruya to Batemans Bay, via Mogo.**



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Dane training for his fundraising ride.



Dane with Nardy House CEO Denise Redmond.

Statement from Dane Waites.

Hello to all of my supporters.

This is an exciting and important story.

In 1993 my parents and I heard about Nardy House. We were supportive.

In 2001 my book Smiling at Shadows was launched, and at a book signing I met Denise, CEO of Nardy House. It reminded me of my dream to do a charity event for my friends at Nardy House.

Therapy has given me hope and is a huge part of my great life and I want to create an awareness and raise funds for extra therapy for Nardy House.

Thank you very much for your support.

Keep smiling, Dane.

Statement from Denise Redmond, Nardy House CEO.

Dane has shown strong commitment to his fund-raising efforts for Nardy House.

His original plan for a run to raise money for increased therapy for residents was interrupted by the pandemic, followed by Dane sustaining a long-term debilitating injury.

Dane was not dissuaded by setbacks and will undertake his project via a bike ride.

We are really impressed by Dane's persistence and determination and his long-term wish to assist the organisation.

Denise.

For more information, including a schedule of stops, visit: nardyhouse.org

To contribute to the GoFundMe page: [GoFundMe Smile With Dane](#)

Information via Dane's Facebook page: [Smile with Dane](#)

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