What: 72km Enduro Mountain Bike Race When: Sunday 20 October 2013 Where: Namadgi National Park, ACT

> As an ex-ARA member who has deployed to Iraq and Afghanistan I've seen the toll injuries, both physically and mentally take on returned veterans and their families.

These brave Australians have readily stood up and defended your country, isn't it about time you stood up and helped them!



MOUNTAIN

