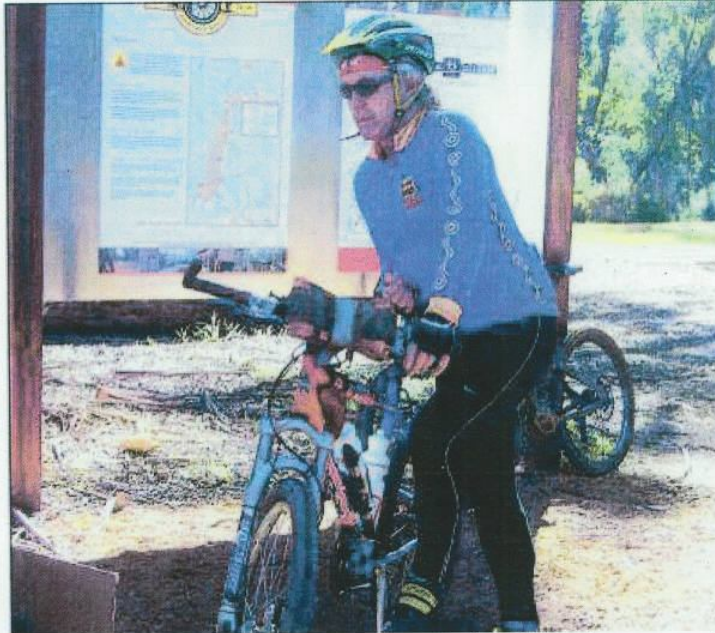




South Western Times
14-Oct-2010
Page: 78
General News
Market: Bunbury WA
Circulation: 12789
Type: Regional
Size: 184.52 sq.cms
---T---



Bunbury athlete Les Somers has a long history of tackling endurance events like the Cape-to-Cape MTB mountain bike race.

Veteran athlete takes epic race in his stride

BUNBURY fitness veteran Les Somers says the hardest part about entering the Cape-to-Cape MTB mountain bike race is getting the time off work.

"It's (the race) not a problem, it's just getting the four days off work," he said.

The confident 60-year-old, who is renowned locally for his performance in endurance events, is competing in the race for the second time.

In 2009, he participated in the final day of competition, but was unable to get enough time off work to contest the entire four days.

Somers' list of adventure achievements include 25 years of participation in the iconic white water marathon, the

Avon Descent, and also riding across the Simpson desert in 1998.

He said he was looking forward to the varied terrain that the event offered.

"It's very scenic country and there's a fair bit of what they call single track, which is very technical," Somers said.

"Then you have the forestry roads through national parks, a bit of riding on the beach, a lot of heritage trail and a little bit over private land.

"It pretty much covers everything so it's quite a good race."

The first stage of the Cape-to-Cape MTB, a four-day mountain bike race from Cape Leeuwin to Cape Naturaliste, begins in Augusta today.