



## SYDNEY TO WOLLONGONG RIDE

**A group of students and staff are part of a team who are riding 82KM from Sydney to Wollongong on Sunday 19 November which was rescheduled because of rain.**

Since 1981, the iconic Gong Ride has raised funds to help fight MS. Multiple sclerosis (MS) which is a chronic and often debilitating disease which attacks the central nervous system. It is the most common neurological disease in young adults and often attacks people at the time of their lives when they are planning families and building a career. By taking part in the MS Gong ride and fundraising, riders help raise money for resources that will make a difference to people living with MS.

For over fifteen years, Team Gongballistic - led by Thomas Hassall mum and passionate MS advocate, Tina Ruhs - has been taking part in the Gong Ride. This year, the team is made up of a number Thomas Hassall Students families and staff: Brodie S, Liam S, Christian R, Stefan R, Paul D and Stratos D and staff members Jason Swan, Mr Byron Mark and Mr John Williams.

Both Stratos and Paul will be joining their Dad for the first ride.

I am going to be riding with my Dad. I have been looking forward to it for a while particularly now that we are all at an age where we can all go and ride together. It is really cool being able to ride with my Cousins. My Dad has MS, but it is not a limiting thing. It makes it more special to be doing it with him. - Stratos

This is my first time doing a long bike ride. I am passionate about it and to support the cause and

join the big family of staff, students and parents. We have been training all together and it has been a great experience already. I am looking forward to the ride on Sunday! – Mr Byron Mark

There is an opportunity to support the team raising money for MS. Your support will help people with multiple sclerosis receive the vital support, treatments, and services to help them live well at home, remain connected to work, and be part of the community.

You can support the team here: <https://www.msgongride.org.au/fundraisers/GONGBALLISTIC1636>

**Mr John Williams**

Year 9 Advisor & Assistant Faculty Coordinator - English

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