Cranking up the kilometres to support regional kids, Royal Far West

By Ben Smyth
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Over the course of three days and 380km, 100 riders will be spreading the message of Royal Far West's incredible support of ill children and their families.

Among them, once again, will be Bega-based personal trainer and strength coach Adrian Day.

'Til I die': fitness trainer Adrian Day shared his love for charity cycling, arriving in Cobargo after a three-day event.

"I will do this ride until I can't," Adrian said.

"You hear the stories of families where Royal Far West has changed their lives.

"At the end of the day, people need to realise the support is so much bigger than for the far west.

"It's so much more beautiful too."

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While last year brought the huge charity ride into the Bega Valley and its twists, turns, and hill climbs, this week's ride was straight and flat.

In fact, it's so straight and flat, Adrian joked he was looking forward to day three when there's finally a 90-degree turn they get to take.

"The hardest thing is the ability to continue on the pedals, cranking out the k's.

Adrian Day prepares to cycle 380km through far west NSW in aid of Royal Far West. Picture by Ben Smyth

"There's no working into a rhythm to get up a hill and then switching into a higher gear to zip down the other side.

"[On the flat] you're always using the pedals."

Adrian was passionate about the work RFW does for regional and rural children.

"For families in regional towns with the need for a specialist appointment, it can take 12-18 months to see a paediatrician, or a speech pathologist," he said.

"If you're accepted into the Royal Far West family, they will uplift the whole family to Manly for a week.

"They are housed right on the beach, and while the kids continue to attend school, they have all the clinicians there on site.

"After that week, a list of outcomes is forwarded on to the kid's school and follow-up appointments are held via telehealth - and it's all for free!"

Adrian said the main thing that got him involved in promoting RFW, and taking part in the ride, was the organisation's extensive support following the Black Summer bushfires.

"When the bushfires went through, they got in touch with the guy who had just been promoted to principal at Cobargo," Adrian said.

Graeme Andrews, Cobargo Public School student Evie, and Adrian Day during the 2024 Royal Far West Ride for Country Kids. Picture by James Parker

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"He got a phone call from the CEO of Royal Far West asking, 'What can we do?'

"They ended up there for two years -clinicians, psychiatrists, psychologists, all spending time with the kids and all for free."

When the Ride for Country Kids arrived in Cobargo in 2024 "they were greeted like rock stars".

"The kids were like 'Oh my god, you're back!'," Adrian recalled.

"You don't realise how much of a difference it makes for children who might otherwise have slipped through the cracks."

The aim for the Ride for Country Kids 2025 was to raise $750,000 for Royal Far West's ongoing services across NSW and regional Victoria.

Since its inception over a decade ago, the ride had raised more than $3.9million.

At the time of writing, $699,000 had already been donated in 2025. Adrian's indivual support was already up to $4698.

"And that's before anyone has done any riding, donations by passing drivers, and the gala ball that takes place after the third day," Adrian said.

The 2025 Ride for Country Kids sets off this Thursday, May 15.

The ride's three legs are from Bourke to Cobar, Cobar to Nyngan and Nyngan to Narromine, covering around 380km all up.

To support Adrian, or any of the riders taking part, visit www.rideforcountrykids.com.au

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