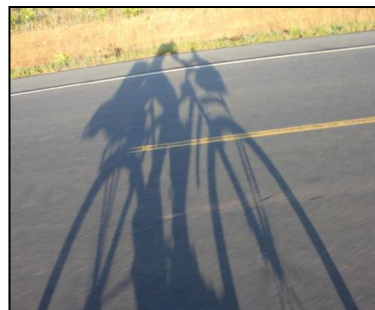


SOUTHERN AFRICAN WORLD BICYCLE RIDER GOES THE EXTRA MILE

On graduating as a photojournalist in 2004. Garth Lezard began an amazing journey with Laonard Cheshire Homes & Services International an organization working with people with intellectual and/or physically disabilities.

As a photographer Garth visited over 20 Cheshire homes around the world. Through this experience Garth decided to support the charity.



On the 4th Dec 2010 Garth embarked on an epic journey to bicycle alone and with no sponsorship through 24 countries on 6 continents over 30 000 kilometers. Garth is preparing to complete his final continent Oceania riding around Australia, New Zealand, Fiji, and Samoa completing a three and a half year journey in which he will also visit the Laonard Chehire Homes of these countries.

As this is the final leg of this journey Garth has been courting various media and sponsors. He intends to raise substantial funds for his local Cheshire home in Durban and hopes to collect many mile dedications along his way as well.

Please support Garth`s attempt to go the extra mile through 1) bicycling a mile or more with Garth 2) sponsoring parts of Garths journey 3) donating to Garth chosen charity 4) follow Garth on facebook (<http://www.facebook.com/garth.lezard>).

NEDBANK LA LUCIA MALL 90 WILLIAM CAMPBELL DRIVE DURBAN SOUTH AFRICA
Account name: Garth Lezard
Branch code: 198765
Account number: 1021421057
Swift code: NEDSZAJJ

ROUTE TRAVELLED BY GARTH:



Africa - Durban to Harare
South Africa - Swaziland - Mozambique - Zimbabwe
Europe - Athens to Barcelona
Greece - Italy - France - Spain
Asia - Hong Kong to Bangkok
China - Vietnam - Laos - Thailand
South America
Brasil - French Guiana - Suriname - Guyana
North America - St George to Willemstad
Grenada - Trinidad - Bonaire - Curacao