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Josh Williams, 14, will embark on a 150km cycle race to aid critically injured children. Picture: DANIELLE BUTTERS

Josh on his bike to make difference

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NOVICE cyclist Josh Williams knows that at the end of a 150km journey he could be in for a whole new world of pain.

His Dad Mark put it, eloquently: "After that kind of distance, it's his butt that's going to feel it the most."

Getting used to the road bike, the hard saddle, and the clip-on shoes are just some of the obstacles Josh, 14, of Thornleigh, will face in preparation for the 2010 Hunter Valley Entoure Classic next month. It's a steep learning curve but one he feels confident he will conquer.

"I'm doing it as a personal challenge, but also to raise money for the Day of Difference foundation to help critically injured kids," he said.

The Turramurra High School student and Asquith rugby league junior is hoping his natural fitness will carry him through the rigorous journey.

"It's just using the different muscles and getting used to the bike that's giving me a little bit of trouble at the moment," he said.

"I've got another three weeks to get up to speed."

Entoure director Kent Williams praised his nephew Josh for volunteering to complete the ride.

"He is the first teenager to put up his hand to have a crack. I hope his efforts inspire others to follow his lead," he said. Josh hopes to raise more than $2000 for the Day of Difference foundation by competing in the cycling classic.

To donate to Josh's campaign: www.entoure.com.au/riders/joshw/ or find a link to it at