



MEDIA RELEASE – 22 April, 2021

General Sir Peter Cosgrove to Assist Veterans as Long Ride Home Patron

Former Australian Governor-General Sir Peter Cosgrove AK, CVO, MC (Retd) will serve as honorary patron of The Long Ride Home, a series of international bike rides being undertaken by Vietnam veteran and amputee Laurie 'Truck' Sams SC, OAM to raise awareness for post-traumatic stress disorder and veteran suicide.

Welcoming the appointment, Sams said: "Sir Peter will provide strong endorsement for The Long Ride Home's primary objective of raising extra government and community support for injured military veterans and civilian first responders suffering from PTSD."

Sir Peter takes over from former Governor-General the late Major General Michael Jeffery AC, CVO, MC (Retd), who raised broad-based awareness for Sams' first ride from Hanoi to Sydney in 2016 – full details of Hanoi-Sydney ride at thelongridehome.com.au.

Before becoming Australia's 26th Governor-General in 2014, Sir Peter served as an Army officer in Malaysia and Vietnam. He went on to achieve international attention as Commander of INTERFET in East Timor, served on a series of Boards including Qantas and the Australian Rugby Union, and headed up Queensland's Cyclone Larry recovery program and the nation's community rebuilding initiative after the 2019-20 bushfires.

Married to Lynne since 1976 and the father of three boys, Sir Peter has authored two memoirs - *My Story*, published in 2006, and *You Shouldn't Have Joined*, which came out last year.

Commenting on his latest role, Sir Peter said: "I'm delighted and humbled to accept the role of honorary patron of The Long Ride Home. It's a terrific cause highlighting an important public issue: the need for greater awareness of how post-traumatic stress disorder is impacting veterans and first responders. I'm sure many Australians will be in awe of the inspirational efforts Laurie is undertaking to shine a light on this issue. I encourage everyone to get behind Laurie in supporting this cause."

A former Special Air Service Regiment Warrant Officer who lost his left leg below the knee in a parachute accident in 1995, Thailand-based Sams has logged more than 20,000km in marathon rides mainly around South-East Asia and in the Western Australia wheat belt.

At age 72 he is in training for future ride marathons that will include, subject to COVID-19 limitations:

- ANZAC ride from Malaysia's Nong Pladuk to Three Pagoda Pass Myanmar, April 25-28, 2021, 315km
- Malaysian Special Forces Comradeship Ride from Johor Bahru to Bukit Kayu Hitam, August-September, 2021, 800km
- Spring Ride through the Western Australian Wheat Belt, October 2-9, 2021, 500km
- Silk Road-ANZAC ride from Beijing to Gallipoli, May 26-November 11, 2022, 13,000km, and
- Trans-America ride from Los Angeles to New York via Miami, March 11-September 11, 2023, 6,500km.

For further information see The Long Ride Home's latest [website](#) or [Facebook page](#). Photos at <https://www.dropbox.com/sh/bwul4txz8yjmkb1/AAArEUa5ns4-fZSLYpxh2vela?dl=0>.