



● Former Albury man Derek Boyer pushes a Wangaratta bus loaded with people on Saturday. Pictures: BEN EYLES

Thunder drives message home

BY KATE COUGHLAN

IT WAS a task of epic proportions but former Albury strong man Derek "Thunder" Boyer was up to the challenge.

More than 100 people squashed onto a Wangaratta Coachlines bus and watched as Boyer summoned up the strength to push them on a short but impressive trip outside the Wangaratta Indoor Sports Centre.

Squash Victoria had enlisted Boyer to show Wangaratta kids

the importance of fitness and getting involved.

"I love the challenge and that's what it all comes down to," Boyer said.

"It's something I endorse to kids, to embrace the challenge, don't be shy.

"Take on whatever it is that you want to do in life and really embrace it."

Kids were encouraged to try a new sport with five-time squash world champion Sarah Fitz-Gerald helping to inspire them.

"The minute you take up any sport it's got to be about passion and you've got to love it first and the moment you love it you've got that natural determination to get better at it and keep improving," she said.

"That's how it worked for me, I started out when I was four and I started to really love it when I was six."

She encouraged regional kids to join squash coaching programs as part of Squash Victoria's push to raise the sport's profile.



● Derek Boyer raises a 50kilogram weight.