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Some engaged couples go to the Caribbean on a trip. Dustin Anderson and Farah Nazarali are biking from Vancouver to Ottawa to promote fitness. Photo by Brian Zinchuk

## Biking back to back for health

BY BRIAN ZINCHUK  
OF THE NEWS-OPTIMIST

Dustin Anderson and his fiancée Farah Nazarali are trying to raise awareness of fitness for health, and they're doing it in a big way.

They're biking 5,000 km from their Vancouver home to their destination in Ottawa, and passed through the Battlefords on Friday morning.

The two are quite noticeable on

the contraption they are riding. Few would recognize as a bike.

Technically, it's a "back-to-back tandem recumbent tandem bicycle." In other words, the pair sit in chairs, as opposed to on typical bike seats. Both pedal. The front of the bike has a nosecone to break the wind. The space between the seats makes for a substantial amount of luggage room compared to most bikes.

The aim of the tour, according

to their web site [www.5000-forhealth.com](http://www.5000-forhealth.com), is "to promote health, an active lifestyle, and cycling as a safe and efficient form of transportation and travel."

Anderson is a children's entertainer, while Nazarali is a yoga instructor and health educator. At some stops, they do shows for children, including one called **FUNDamentals of Fitness**. The purpose is to inspire kids to get active.