

## And for the THRILLSEEKERS

**“By medicine life may be prolonged, yet death will  
seize the doctor,too”**

SHAKESPEARE

So, if you want to have some real fun in the meantime.....

*GO RIDE A WAVE* Don't be afraid, people of all skill levels can take part in this one. On the West Coast Surf Schools operate from Torquay, Anglesea and Lorne. On the Peninsula, there is the Mornington Peninsula Surf School. Point Leo is a popular beginner's destination. Everyone looks daggy in a wetsuit (all of which are provided) so you can't use that as an excuse. They use special wide floaty boards that you could have a dinner party on and it is amazing what you can ride just playing in the shallows. Instructors are fun, encouraging and incredibly patient. And after 2 hours in the water, you can eat whatever you like!!

*THE MILL Indoor Rock Climbing* Oxford St, Collingwood. This is such a fantastic experience. You don't need to have even contemplated rock climbing to enjoy this. Built in a huge old warehouse, there are climbing walls of all abilities. You work in pairs and are fully trained on climbing and belaying before you are allowed near the walls. You are attached to safety ropes at all times. Wear comfy, stretchy clothes and not too bulky runners. I guarantee you'll get addicted. And it's great just to stand and watch the experts at work. There is a legless fellow who is often there....amazing!!

*ROLLER BLADING ON THE ESPLANADE* There are a couple of places in Kerferd St that will hire, fit and instruct you on how to roller blade. All safety gear included. First lesson is how to stop!! However, it is amazing what you can achieve in a one hour lesson. Again, very patient and encouraging instructors. When finished, pop into Victoria St. Deli, just up the road. Amazing low fat savoury muffins, salads to take home.....

*GOKART SPORT RACING* 244 Chesterville Rd, Cheltenham. This amazing indoor track seems to be a class above the rest. You are kitted out in full Grand Prix outfit. There are driver training programs and timing to .001sec. A viewing lounge for those who prefer to be away from the noise. Great place for those who, even when having a break, have the "Need for Speed".

**“Remember how many physicians are dead after  
puckering up their brows so often over their patients”**

MARCUS AURELIUS