

Pedalling for a Purpose: Q&A with Daniel Borg on the LifeCycle Challenge in Africa

Q: Congratulations on completing the LifeCycle Challenge, Daniel! What inspired you to take on such a tough adventure?

“Thank you! Taking part once again in the LifeCycle Challenge was something I had been considering for a while after completing the challenge in 2005 and 2006. The cause is deeply impactful – supporting renal patients and advancing kidney research is a mission that resonates with me. I also wanted to challenge myself physically and mentally, so this felt like the perfect opportunity to contribute to something meaningful while pushing my limits.”



Q: Can you tell us about the most memorable moments of the ride?

“There were so many incredible moments, but one that stands out is the 189km ride from Riversdale to Caledon. The steep hills and the 2,600m climb were some of the toughest I’ve ever faced. The cold weather added to the challenge, but the camaraderie among the team kept me going. Later in the journey, when the temperatures warmed up, we experienced some light rain, which brought both relief and renewed focus. Seeing the African landscapes and riding alongside such dedicated individuals was truly unforgettable.”

Q: What were the biggest challenges you faced during the LifeCycle Challenge?

“The physical demands were intense – long hours on the bike, steep climbs, and battling various weather conditions. However, the mental challenge was equally significant. Staying motivated day after day while dealing with fatigue tested my resilience. Thankfully, the support team and the other riders provided constant encouragement. Knowing we were riding for such a worthy cause made it easier to persevere.”

Q: How did you prepare for this event?

“Preparation was key. I spent months training, focusing on building both stamina and strength. My training included long-distance cycling, hill climbs, and strength conditioning. Nutrition and recovery were also important parts of the preparation, as the challenge required sustained energy over an extended period. I’m grateful for the guidance and tips from past participants, which helped immensely.”

Q: LifeCycle Foundation has raised nearly €4 million since 1999. What does it mean to you to contribute to such an impactful cause?

“It’s an honour to contribute to an organisation that has made such a difference over the years. The funds raised go directly toward supporting renal patients and advancing critical research. Being part of this initiative reminded me of the power of community and the impact we can make when we come together for a shared purpose.”

Q: Has participating in the LifeCycle Challenge changed your perspective on personal and professional life?

“Absolutely. The experience taught me a lot about resilience, teamwork, and the importance of having a purpose behind your efforts. It has reinforced my belief that challenges, whether personal or professional, can be overcome with determination and the right support. It’s a lesson I’ll carry into my work at DFK Malta and my personal life.”

Q: Any advice for those considering taking part in future LifeCycle Challenges?

“Don’t hesitate – just go for it! It’s a life-changing experience that tests your limits while allowing you to contribute to an incredible cause. Preparation is essential, both physically and mentally. Lean on the support network provided by the foundation and remember to enjoy the journey. It’s not just about the destination but also about the relationships and memories you build along the way.”

Q: Finally, how can others support the LifeCycle Foundation?

“There are many ways to support the foundation, whether by donating, volunteering, or raising awareness about its mission. Every contribution helps, no matter how big or small. I encourage everyone to visit their website and learn how they can get involved: <https://lifecyclefoundation.com/>”

