

## COST TO REGISTER

**Support Crew:- \$640.00**

**Riders :-\$740.00 for the whole 6 day/5 night event.**

**:-\$450.00 for the 3 day/3 night option.**

**See our web site for more details.**

**(1 and 2 day options can be made available if required, contact us to see what can be arranged.)**

Included:

- 3 or 5 nights accommodation, (or as suited to option taken).
- All main meals while on the ride
- Logistical support
- A souvenir Polo shirt for multi day ride participants.

Ride jerseys and nicks are available for purchase, (See our website).

Please note, for shorter than full ride options the price does not include the cost of transport to or from your chosen end or start point, depending on location. You will need to arrange this yourself if needed. Public transport is available to Horsham.

**For those that can't make the ride this year , we have a "virtual rider " category for \$25. Use your training rides to accumulate 600km and get your friends to support and sponsor you. You can still raise money for medical research and support this ride from home!**

## WHO IS IT FOR ?

**Anyone 18 + years old with a wish to have a great time and to challenge themselves!**

The beauty of the ride is you don't have to be supremely fit or a great rider, just be ready to challenge yourself!

This ride is about working in one of up to 3 groups, (made up of riders with similar ability to you), helping others extend their ability, while challenging yourself.

If you don't ride, become part of the support team, we always need the assistance of such people to make this event a success.

**Participate as a rider, or assist as a member of support crew as a driver, first aid, masseur, photographer/video or other logistical support.**

**More information about the ride is available from our website [www.rotaryrideforresearch.com](http://www.rotaryrideforresearch.com)**

# AUSTRALIAN ROTARY HEALTH

*'Supporting healthier minds, bodies and communities through research, awareness and education'*

Australian Rotary Health (ARH) is one of the largest independent funders of mental health research within Australia. In addition to mental health research, they also provide funding over a broad range of general health areas, provide scholarships for rural medical and nursing students, as well as Indigenous health students. ARH has a broad vision to improve the health and wellbeing of all Australians.

## ACTIVITIES SUPPORTED BY ARH

This year the funds raised by the ride will be directed in support of the Australian Rotary Health

**"Rob Henry Memorial PHD Scholarship"** for Cancer Research.

## OTHER ACTIVITIES OF AUSTRALIAN ROTARY HEALTH

- Funding Partner PhD Scholarships (All Health Areas)
- Rural Medical Scholarships
- Evaluation Grants
- Evaluation of Mental Health Service Provision
- Mental Health of Young Australians
- Rural & Indigenous Nursing Scholarships
- Cancer Research
- Parkinson's Disease
- Neurological Research

Rotary District 9810 has contributed over **\$2.8m** since allocated grants commenced in 1985, of which **our ride has contributed in excess of \$1.1m** over the past 34 years.

**All donations over \$2 are tax deductible.**



**REGISTER NOW AT**

[www.rotaryrideforresearch.com](http://www.rotaryrideforresearch.com)

**EMAIL**

[rotaryrideforresearchdollars@gmail.com](mailto:rotaryrideforresearchdollars@gmail.com)

## 2020 Ride for Medical Research

### Silos, Plains, Lakes & Art Tour.



**In support of  
Australian Rotary Health**



**Lake Bolac to  
Lake Daylesford**

**15th - 20th March  
2020**

## DETAILS OF THE RIDE

### DURATION

6 days/5 nights. Route is approximately 540km riding distance, but will vary group to group, person to person. Shorter options are available, finishing or starting in Horsham. For shorter option transport from/to Horsham at participant's expense.

### START & FINISH

- Meet in Knox, load up and drive to Lake Bolac on Sunday morning of the 15th March, to begin riding at approx. 10:30-11:00am.
- Ride finishes 6 days later in Daylesford at lunch time, on Friday 20th in the afternoon, returning to Knox later that day to our original departure point.

### RIDING

With up to 3 ride groups, with a maximum of 10 to 15 riders in each, we are able to group people of similar fitness and experience levels. The ride is structured so that we can be together as a large group at lunch each day. You don't have to be supremely fit or a great rider. With the varying groups, **we cater for differing abilities**. If you're tired, you stop, get in a support vehicle and get out at the next stop 20-40 km down the road to continue riding as you wish.

The ride structure may vary each day due to the kilometers we have to travel. When and if it's safe to do so, we may have open free rides covering some sections of the route.

We are sure you will enjoy this exciting challenge!

### SPEED

Groups average from 18 to 30kph.

### DAILY PERSONAL DISTANCE:

Your distance each day will vary, from as little riding as you wish to do, up to 100km or more, depending on the group you are riding with.

### WHAT BIKES

**RECOMMENDED** Road, (flat or drop bar), Hybrid or Tourer

**Note**, Electric bikes welcome as long as they are of a "Standard" bicycle style and not too heavy to lift. (Removal of battery for transport recommended.)

**NOT RECOMMENDED** Mountain Bikes (too heavy)

*If in doubt, please check with us first.*

## 2020 - THE 34th RIDE

### APPROXIMATELY 540KM OVER 6 DAYS

Day 1 - Lake Bolac to Halls Gap. (O/nite Horsham)

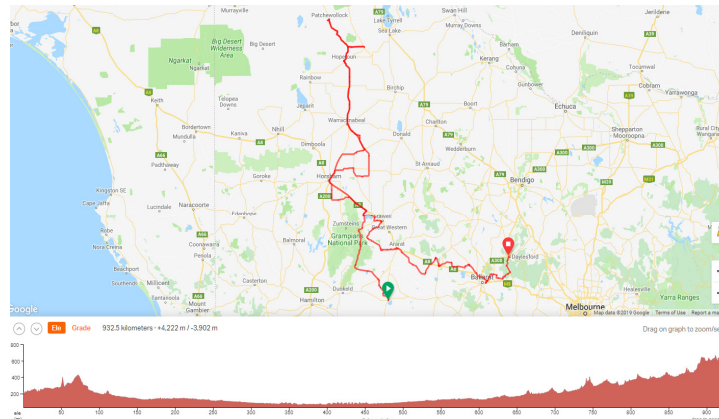
Day 2 - Murtoa to Brim. (O/nite Horsham)

Day 3 - Patchewollock to Rosebery. (O/nite Horsham)

Day 4 - Horsham to Ararat. (O/nite Ararat)

Day 5 - Ararat to Lake Learmonth. (O/nite Ballarat)

Day 6 - Ballarat to Daylesford.



**ACCOMMODATION:** - We stay in motels, cabins or hostels. (Room share)

**MEALS:** - Breakfast, lunch, dinner and some snacks provided. Regular stops for breaks along the ride. (Bring your own snacks, energy bars, gels and sports drinks.)

**LOGISTICS:** - Support and relief vehicles sponsored by organisations and groups, including Healesville Rotary Bus, and a number of major car companies. Each team has its own dedicated purpose built bike trailer.

**SAFETY:** - Support vehicles are used, with radio/mobile phone communications. For safety in each group, we have a lead vehicle and a following vehicle towing a bike trailer.

**INSURANCE:** - All participants are covered by Rotary's insurance, however you should have your own Ambulance cover.

Project of The Rotary Club of Boronia  
in conjunction with  
The Rotary Club of Healesville,  
and support from other Clubs in District 9810

## WHAT IS THE RIDE ABOUT?

- Great fun as you ride through our wonderful and diverse countryside.
- Understanding your capabilities and challenging yourself.
- Fundraising for medical research through Australian Rotary Health.

*Participants are encouraged to raise sponsorship of \$200 to \$1000 to help ARH really make a difference!*

