

COST TO REGISTER

Participant Cost:

Support Crew:- \$657.00

Riders :-\$717.00 for the whole event,
\$417.00 for the 3 day/3 night option.

This covers:

- 3 or 5 nights accommodation
- All main meals while on the ride
- Logistical support
- A souvenir Polo shirt.

Ride jerseys and Nicks are available for purchase at a special price (see our web site).

Note for the 3 day/night option, the price does not include the cost of transport to or from Albury, you will need to arrange this yourself.

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—from 18 to 90 years old!

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 the 3 or 4 groups (made up of riders with similar ability to you), helping others extending their ability, whilst challenging yourself. If you don't ride, become part of the support team. We always need people to make this event a success. In other words, we have a position on this ride for everyone.

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 'Great Escape Tour' is available from our website

www.rotaryrideforresearch.com

WHAT IS 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 into 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

- 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

In 2000, ARH focused its research funding into finding preventions, treatments and cures for Mental Illness.

Rotary District 9810 has contributed **A\$2.8m** since allocated grants commenced in 1985 and **our ride has contributed over A\$1m** over the past 32 years.

All donations over \$2 are tax deductible.



Ride for Medical Research Bendigo to Wangaratta



The Great Escape Tour "Jail to Trail"



In support of
Australian Rotary Health

**4th - 9th March
2018**

REGISTER NOW AT

www.rotaryrideforresearch.com

EMAIL

rotaryrideforresearchdollars@gmail.com

DETAILS OF THE RIDE

DURATION

Six days/5 nights. Route Distance: approx. 600km riding distance will vary group to group, person to person. A 3 day/night option is available, finishing or starting in Albury.

START & FINISH

- Meet in Knox, load up and drive to Bendigo on Sunday morning of the 4th March, to begin riding at approx. 10-10:30am.
- Finish riding 6 days later in Wangaratta, on Friday 9th in the afternoon, returning back to Knox later that day, arriving back where we departed from.

RIDING

With 3 or 4 ride groups, with a maximum of 10 to 15 riders in each, we are able to group people of similar fitness levels. The ride is quite structured so that we can be together as a large group at each of the meal stops and the end of the 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 each day will vary due to the amount of kilometers we have to travel. You will find that the groups sometimes work in relays and your group may be transported to the next section. By riding in relays the ride covers the entire distance. 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 15 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're with.

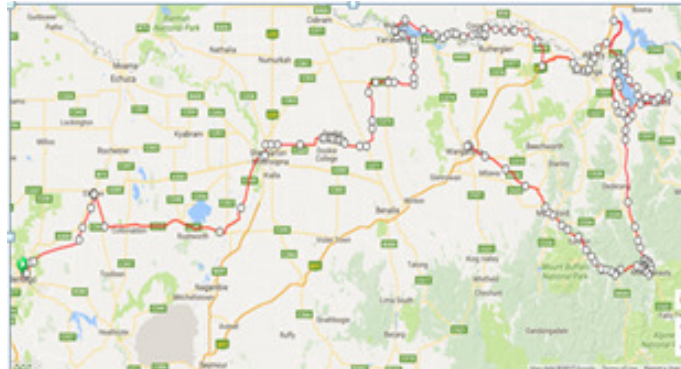
WHAT BIKES

RECOMMENDED Road, flat bar, Hybrid or Tourer
NOT RECOMMENDED Mountain Bikes (too heavy)
If in doubt, please check with us first.

2018, THE 32nd RIDE

APPROX 600KM OVER 6 DAYS

- Day 1– Bendigo to Shepparton (Warm up day)
- Day 2– Shepparton to Mulwala
- Day 3 - Mulwala to Albury/Wodonga
- Day 4 - Albury to Albury around Lake Hume
- Day 5.– Albury to Bright
- Day 6 –Bright to Wangaratta (Warm down Day)



ACCOMMODATION: - We normally stay in motels (room share) and may use cabins or hostels.

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/rest and relief vehicles sponsored by organizations and groups, including Healesville Rotary Bus, and a number of major car companies. Each team has it's own dedicated purpose built Bike Trailer

SAFETY: - Support, scout and patrol 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 \$500 to \$1000 to help ARH really make a difference!

