

# 1 ADELAIDE 1,000

Sunday 17 - Saturday 23  
November 2019



# Ride

for

# SICK KIDS



Ronald McDonald  
House Charities®  
South Australia

# RONALD MCDONALD HOUSE CHARITIES®

**Ronald McDonald House Charities South Australia (RMHCSA) continually strives to make a positive impact on the health and wellbeing of children with serious illness and disability, and their families.**

Our work begins when the family arrives on the doorstep but extends far beyond to the care, support and connection that continues for years to come.

Doctors agree that the House has a dual benefit, as studies have shown that children who have their families close by respond better to treatment.

As RMHCSA receives no ongoing government funding, we rely upon community support and fundraising to assist our mission to provide quality family centred care to hundreds of families each year.

McDonald's Australia and its local franchisees provide major support to the charity's operations so that your donation helps even more families of seriously ill children in Australia.

RMHC has a wide range of programs to help children with illness and disabilities and their families across Australia, all focused on making the journey to recovery as easy as possible. They include:

## **Ronald McDonald House®**

Hospitals can be scary places for children. From a shoulder to cry on to a kiss-goodnight, having family around can make all the difference when you're stuck in hospital. Our 16 Houses give the families of seriously ill children somewhere to stay close to the hospital where they are receiving treatment.

## **Ronald McDonald Family Room®**

Not every family visiting a child in hospital needs to stay overnight. But that shouldn't mean long hours spent in an uncomfortable waiting room. Our eighteen Family Rooms provide families visiting a sick child a comfortable place to relax and refresh during their visit.

## **Ronald McDonald® Learning Program**

Every day a sick child is out of school, they miss out on valuable lessons. With a Learning Program based in each state, we help children improve their skills and catch up with what they've missed, making a return to school less stressful.



## **Ronald McDonald Care Mobile®**

Children living in rural or remote communities don't always have access to the same level of healthcare as those living in more populated areas.

In partnership with Royal Far West, our Care Mobile will regularly visit rural areas of NSW, giving local children access to healthcare services they may otherwise miss out on.

## **Ronald McDonald® Family Retreat**

Our six Family Retreats give families with a seriously ill child, or those suffering from the death of a child, the necessary opportunity to take a break, spend some much needed time together and grow stronger.

**All proceeds from the RMHC Ride for Sick Kids SA will be donated to Ronald McDonald House Charities South Australia to help fund its programs and services.**

# RMHC® RIDE FOR SICK KIDS SA THE ADELAIDE 1,000

Join us for a unique and challenging event and help make a difference to children with serious illness and disabilities and their families who stay at Ronald McDonald House® Adelaide. The many families that visit the House face daily challenges and it is in that spirit that riders are encouraged to tackle each stage of the ride and embrace the team activities and events along the route.

For the first time in the history of the event we will be starting from Adelaide, riding 1,000km's and then arriving back in Adelaide, the Adelaide 1,000!

Leaving Adelaide on day 1 will provide more opportunities for riders to join the team for the first 2 days of the ride. There will be transport available back to Adelaide from the end of day 2 in Taillem Bend. What a fantastic way to get involved with the ride and support Ronald McDonald House® Charities South Australia.

So join the team for 2 days or the full 7 days!



"It is the highlight of my year. Having kids come up and say thank you for what we are doing melted my heart."

## 2 or 7 Day Ride Options. Express your interest in the RMHC Ride for Sick Kids SA today!

Riding to raise much needed funds for Ronald McDonald House Charities® South Australia

- On road support vehicles & crew
- Accommodation — twin share
- All meals provided
- Community celebration events
- RMHC Ride for Sick Kids SA cycling kit provided and off-bike team uniforms

# TOUR OVERVIEW

The team will set off in peloton's of 30 riders, including 3 lead riders and a lead and follow team car to support the team on the road. The course will see the team ride south down to Victor Harbor for the end of day 1, then back up to Tailem Bend to finish day 2.

The 3rd day will be our 200km day as we head down to Kingston! The course then heads north up along the SA/VIC border stopping at Bordertown and Pinnaroo before then heading west back towards Adelaide. A ferry across the Mighty Murray River takes the team into Mannum.

The final day will include some climbing at the start of the day but the final roll down into Adelaide will be amazing as we complete the Adelaide 1,000!

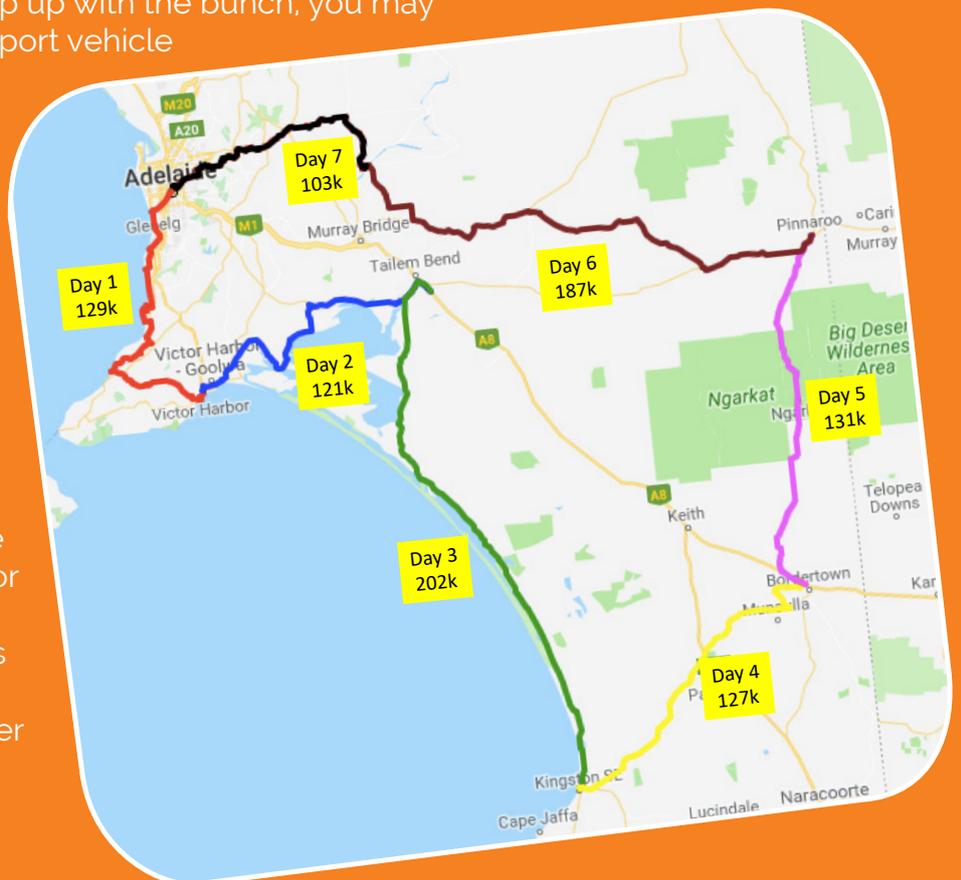
Riders will be fully supported by an on-road support crew including bike mechanic, first aid and massage. Accommodation and meals will be provided to ensure the riders are well rested and fuelled up for the long days of riding ahead.

You will be a part of South Australia's eighth RMHC Ride for Sick Kids and identified by a branded cycling kit and off bike uniform.

Safety is our number 1 priority. We will provide you with training advice to ensure you arrive at the event fit and ready to ride safely in the bunch. However, should you be struggling to keep up with the bunch, you may choose to utilise the support vehicle and take a break.

Riders will be required to provide their own bike, helmet, shoes, wet weather gear, and pay the tour mechanics for any repair costs incurred whilst on the RMHC Ride for Sick Kids SA.

This is your chance to be part of the RMHC Ride for Sick Kids SA, so sign up and help seriously ill kids and their families. It'll be an experience you'll never forget!



# THE EXPERIENCE BEGINS

## Saturday 16 November

To ensure you are ready for the challenge ahead, you will need to attend the rider briefing which will provide you with details of the first stage route, rider etiquette and we'll introduce you to the Support Crew who will be looking after you. We will then enjoy our first team dinner together to get to know each other. We encourage you all to sit with people you don't know so you get to meet a great new bunch of people.

## STAGE 1

**129KMS + 1,268M**  
**ADELAIDE TO VICTOR HARBOR**  
**SUNDAY 17 NOVEMBER**

This will be the very first time that we will start the ride from Adelaide so we expect a great crowd to send us off.

Each peloton of 30 riders will each have 3 lead riders and a lead and follow team car to support the team.

We will ride as a bunch for most of the day but there are a few challenging climbs along the way where everyone will be encouraged to ride their own pace, before we re-group and continue the ride together.

We will arrive in Victor Harbor and enjoy another team dinner. Then it's off to bed to rest those legs for Stage 2!

## STAGE 2

**120KMS + 385M**  
**VICTOR HARBOR TO TALEM BEND**  
**MONDAY 18 NOVEMBER**

Today we will visit our first school to share with the school community the wonderful work done by Ronald McDonald House Adelaide in supporting families with sick kids.

The ride will see us make our way east along the coast before turning north and making our way up to Tailem Bend. The terrain today will be much flatter than the previous day with one third the amount of climbing across the day.

We will be saying goodbye to some of our riders who have joined us for 2 days.

## STAGE 3

**202KMS + 672M**  
**TAILEM BEND TO KINGSTON**  
**TUESDAY 19 NOVEMBER**

Today will be the longest day of the ride with a challenging 202km ride, down along the Coorong National Park before arriving in the seaside town of Kingston.

We will get away nice and early to ensure we arrive at the finish line with plenty of time to run across the road for a quick dip in the cold waters at Kingston Beach.

Some tired legs will appreciate getting into bed tonight!



"The most challenging yet rewarding lifetime experience that starts on a journey with strangers and a common goal and finishes with a fabulous group of life-long friends who are dedicated and passionate to helping sick kids and their families."



## STAGE 4

**124.8KMS + 534M**  
**KINGSTON TO BORDERTOWN**  
**WEDNESDAY 20 NOVEMBER**

After one of our longest days the day prior, a shorter 124kms ride today will be welcomed by many.

We will visit another school today to share with the school community the wonderful work done by Ronald McDonald House Adelaide in supporting families with sick kids.

We will also have some fun just prior to arriving in Bordertown with our annual Team Time Trial. Which team will have bragging rights at dinner?

## STAGE 5

**131KMS + 412M**  
**BORDERTOWN TO PINNAROO**  
**THURSDAY 21 NOVEMBER**

Today's course will see the team travel north, hugging the SA/VIC border up to the small town of Pinnaroo.

These are all new roads that we haven't used over the 7 years of this event. A flat day riding on quiet roads and another school visit.

Only the final few km's will be on the Mallee Hwy as we make our way into Pinnaroo, our first time staying in this town too.

## STAGE 6

**186.7KMS + 724M**

**PINNAROO TO MANNUM**  
**FRIDAY 22 NOVEMBER**

Our 2nd longest day of the ride will be a challenge after already spending 5 long days in the saddle.

The good news is that we are finally heading back towards Adelaide! We finish the stage with a ferry ride across the Mighty Murray River into Mannum.

## STAGE 7

**104KMS + 1,056M**  
**MANNUM TO ADELAIDE**  
**SATURDAY 23 NOVEMBER**

We finish the ride with a slightly more challenging ride than the past few editions. But the good news is that most of the climbing comes in the morning so we can then enjoy the final roll down to the finish line in Adelaide.

There will be a huge welcoming party to celebrate the team achieving this extraordinary ride of 1,000kms in just 7 days!



# TOUR INFORMATION

## Accommodation

Accommodation will be provided for 2 and 7 day riders and support crew and will be twin or triple share. In small towns and subject to availability, the team may be spread across multiple accommodation venues.

## Meals

Breakfast and evening meals will be provided and all on road meals will be catered.

## Kit

To raise awareness of the ride, you will be provided with, and be expected to wear the team kit.

7 day riders will receive:

- 2 x RMHC Ride for Sick Kids SA jerseys and knicks
- 1 x RMHC Ride for Sick Kids SA vest
- 2 x polo shirts
- 1 x jacket
- 1 x luggage bag

2 day riders will receive:

- 1 x RMHC Ride for Sick Kids SA jersey and knicks
- 1 x polo shirt

You will also have the option to purchase additional items prior to the event (prices TBC).





## **Commitment to Work**

The RMHC Ride for Sick Kids SA is a challenging and rewarding event, dependent on the commitment of riders and support crew to work as a team and support each other. Submitting your Expression of Interest for the 2019 RMHC Ride for Sick Kids SA indicates that you are willing to participate enthusiastically in team activities and Tour events, including the Community Celebrations, school visits and any fundraising activities in localities the Tour will pass through.

## **Support Crew**

Luggage will be transported between tour locations by the support crew. Support when riding each stage includes a mechanic, first aid, support vehicles and a front, middle and rear lead rider.

Dedicated crew members will ensure all aspects of the ride are catered for including hotel check-in, laundry, meals and hospitality. Massage will be available at the end of each day.

## **Rider Etiquette**

Detailed documentation and a daily briefing will be provided to ensure rider safety and enjoyment.

## **Rider Training**

You will be provided with a training program to help you prepare for the event. Monthly training rides will also be organised for those living in Adelaide.

Our Ride Director, Bade Stapleton from Connect Sport Australia, will also be available to provide further advice on your training and preparation for the event.

Each rider will be expected to arrive fit and ready to ride consistently and confidently at 28-35kmph in a bunch. To ensure the safety of all our team there will be no sustained pushing of riders. If you are unable to keep up with the team you may need to take a break in the support vehicle.

# FUNDRAISING TERMS

## Riders

### 7 Day Ride Option

- You agree to a minimum fundraising commitment of \$6,000.
- You will pay a non-refundable registration fee of \$250 within seven (7) days of being notified that you are a successful applicant to the RMHC Ride for Sick Kids SA. If you do not pay your registration fee within this time, RMHC Ride for Sick Kids SA reserves the right to cancel your application and re-allocate riders in its sole discretion.
- You agree to meet the following fundraising milestones (or provide plans for fundraising activities to reach your target):
  - \$2,000 by end July 2019
  - \$4,000 by end September 2019
  - \$6,000 by the start of the ride
- The \$250 rider registration fee will be refunded if fundraising of \$8,000 or above is reached in recognition of your achievement.
- You understand that should you fail to meet the minimum fundraising commitment (or don't have suitable plans in place to achieve your goal), you will not be able to participate in the event, or may be reduced to the 2 day ride option subject to amount raised.

### 2 Day Ride Option

- You agree to a minimum fundraising commitment of \$1,500.
- You will pay a non-refundable registration fee of \$250 within seven (7) days of being notified that you are a successful applicant to the RMHC Ride for Sick Kids SA. If you do not pay your registration fee within this time, RMHC Ride for Sick Kids SA reserves the right to cancel your application and re-allocate riders in its sole discretion.





- You agree to meet the following fundraising milestones (or provide plans for fundraising activities to reach your target):
  - \$500 by end July 2019
  - \$1,000 by end September 2019
  - \$1,500 by the start of the ride
- You understand that should you fail to meet the minimum fundraising commitment (or have suitable plans in place to achieve your goal), you will not be able to participate in the event.

## Support Crew

- You're encouraged to raise a minimum of \$500 to be part of the Support Crew Team.

## Riders & Support Crew

- To assist you in meeting the balance of your Fundraising Commitment, Ronald McDonald House Charities South Australia will provide you with fundraising support including: a fundraising Web page which will be supported by a sophisticated online fundraising system with all the tools you need for success.
- A tax deductible receipt will be issued by Ronald McDonald House Charities South Australia on receipt of all payments under these Terms.
- The RMHC Ride for Sick Kids SA will set milestones in relation to fundraising activities and you agree to use your best endeavours to reach these milestones.
- You agree to use every effort to reach or exceed your Fundraising Commitment.
- If at any time you withdraw or fail to complete/ participate in the RMHC Ride for Sick Kids SA any donations and funds raised by you will be nonrefundable as all funds will continue to be directed towards Ronald McDonald House Charities South Australia.

### Personal Details

Name:

Address:

State:    Postcode:

Phone:

Mobile:

Email:

Date of Birth:

Company:

Occupation:

Position:

### Riding Ability

Yes/No

RMHC Ride for Sick Kids SA requires you to ride in a bunch of 28 riders - are you confident riding in a bunch?

Are you able to consistently & confidently ride at 28-35km in a bunch?

How many kilometres do you ride weekly?  km

If you are unable to keep up with the bunch you understand that you may be required to take a break in the support car as there will be no pushing assistance from lead riders.

#### 7 Day Ride Option

Are you capable of riding 150km in a day, over 7 consecutive days?

Are you available between Sun 17th November – Sat 23rd November 2019?

#### 2 Day Ride Option

Are you capable of riding 130km and 120km, over 2 consecutive days?

Are you available between Sun 17th November – Mon 18th November 2019?

### Your Bike

Yes/No

You will use a Road Bike (not a time trial bike) which has been fully serviced prior to the tour? (Note: All riders are encouraged to have new tyres to reduce the instance of punctures).

### Fundraising Terms

Yes/No

#### 7 Day Ride Option

You understand the fundraising requirements detailed in this Expression of Interest, including the requirements to raise a minimum of \$6,000 and a \$250 registration fee.

#### 2 Day Ride Option

You understand the fundraising requirements detailed in this Expression of Interest, including the requirements to raise a minimum of \$1,500 and a \$250 registration fee.

You understand if at any time you withdraw from the Ride for Sick Kids SA your registration fee and funds raised will not be returned.

### I agree to the Fundraising Terms for the 2019 RMHC Ride for Sick Kids SA

Note: As a condition of participating both Riders and Support Crew will be required to sign an additional release/waiver document.

Signature:

Date:

#### By Email:

Please return your completed Expression of Interest by PDF and email to: **bade@connectsport.com.au**

#### By Post:

Connect Sport Australia  
Bade Stapleton, 19/1 Marlin Parade, Cairns Qld 4870.

#### Enquiries:

Bade Stapleton 0407 114 439 or  
Email: **bade@connectsport.com.au**

### Personal Details

Name:

Address:

State:    Postcode:

Phone:

Mobile:

Email:

Date of Birth:

Company:

Occupation:

Position:

### About You

Yes/No

Are you available between Sun 17th November 2019 - Sat 23rd November 2019?

Do you have a heavy vehicle license (please note this is not a requirement)?

Do you have a first aid certificate (please note this is not a requirement)?

Are you a qualified masseuse?

Have you had any experience helping other charity bike rides?

### Other Experience

Please include any other relevant experience which may be relevant:

### Fundraising Terms

Yes/No

You understand the fundraising requirements detailed in this Expression of Interest, including raising a minimum of \$500 to be part of the Support Crew Team.

You understand if at any time you withdraw from the RMHC Ride for Sick Kids SA your funds raised will not be returned.

#### I agree to the Fundraising Terms for the 2019 RMHC Ride for Sick Kids SA

Note: As a condition of participating both Riders and Support Crew will be required to sign an additional release/waiver document.

Signature:

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