

COST TO REGISTER

Riders: \$860.00

Drivers/support crew: \$665.00

Registration to open Late October 2023

Included:

- Five night's accommodation in Shepparton
- All main meals while on the ride
- Logistical support
- A souvenir polo shirt for participants.

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

For those who cannot make this year's ride, we have "The Mad March Cycle Challenge" running in conjunction. Registration is free for this, so why not sign up and use your regular rides to accumulate as many kilometres as you can in March and get your friends to support and sponsor you. You can still raise money for medical research and support this ride from home!

<https://madmarchcyclechallenge.raisely.com/>

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 that you don't have to be supremely fit or a great rider, just be ready to challenge yourself and enjoy!

This ride is about working with a group made up of riders with similar ability to yourself, helping others extend their ability and to challenge yourself. The ride usually runs three groups to cater for varying abilities.

Don't ride, why not become part of the support team as a driver or other logistical support?

More information about the ride is available on our website <https://rotaryrideforresearch.raisely.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 in Australia. They also provide funding over broad range of general health areas with the vision to improve the health and wellbeing of all Australians.

ARH activities include:

- Funding partner PhD scholarships
- Rural Medical scholarships
- Evaluation grants
- Evaluation of mental health service provision
- Mental health in young Australians
- Rural and indigenous nursing scholarships
- Cancer research
- Parkinson's disease and neurological research

The funds raised from this year's ride will be directed to supporting Australian Rotary Health and its programs. The current major focus is being youth mental health research, with grants directed to many other areas of health research.

All donations over \$2 are tax deductible.

In 38 years of the ride, missing riding in only 2 of those years, we have covered more than 29,880km and have raised **\$1,284,015.00**.

REGISTER NOW AT

<https://rotaryrideforresearch.raisely.com>

EMAIL rotaryrideforresearchdollars@gmail.com



In support of

AUSTRALIAN ROTARY HEALTH.

Seymour to Seymour



Through the Shepparton Region



3rd TO 8TH March 2024

DETAILS OF THE RIDE

DURATION

6 days and 5 nights. Route approximately 595km riding distance, but will vary group to group, person to person.

START AND FINISH

Meet at Bayswater, load up and drive to Seymour on Sunday morning 3rd March.

Ride finishes 6 days later in Seymour on Friday 8th March in the afternoon, return to Bayswater later that day to the original departure point.

RIDING

With 3 ride groups, and a maximum of 15 riders in each, we can 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 kilometres 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

Depending on ability, groups travel at different averages, ranging from 18 to 26kph.

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 available riding distance each day and time taken.

WHAT BIKES?

RECOMMENDED: Road, (flat or drop bar), Hybrid or Tourer.

ELECTRIC BIKES of a "Standard" bicycle style and not too heavy to lift.

(Removal of battery for transport recommended.)

NOT RECOMMENDED: Mountain Bikes (too heavy).

2024 THE 37th RIDE

APPROXIMATELY 595KM OVER 6 DAYS

Day 1: Seymour–Murchison/Shepparton - 71km

Day 2: Congupna-Dookie-Violet Town Loop - 115km

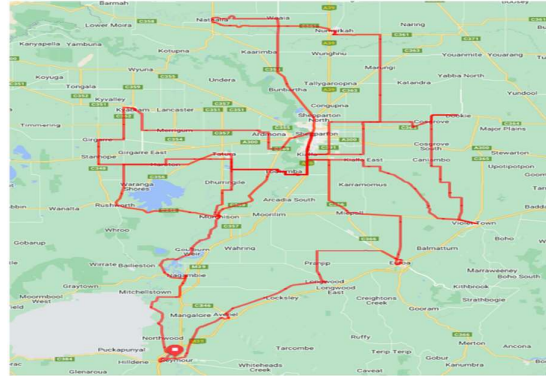
Day 3: Murchison–Rushworth-Toolamba Loop - 104km

Day 4: Waaia-Nathalia-Numurka Loop - 116km

Day 5: Tatura-Kyabram-Mooroopna Loop - 109km

Day 6: Shepparton-Euroa-Avenel-Seymour - 84km

(Distances subject to change due to road/traffic conditions.)



ACCOMMODATION:

Motel accommodation (**Twin share rooms**).

MEALS: Basic continental breakfast each day, lunch and dinner. Some snacks provided with regular stops for breaks along the ride. (**Please bring your own energy bars, gels and sports drinks.**)

LOGISTICS: Support and relief vehicles sponsored by 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. Covid-19 protocols will be in place as applicable.

INSURANCE: All participants are covered by Rotary's liability insurance. However, we recommend you have your own Ambulance cover and personal accident/health and bike insurance.

WHAT IS THE RIDE ABOUT?

- Great fun, as you ride the "Fruit Bowl Roll" tour of North Central Victoria.
- Understanding your capabilities and challenging yourself.
- Fundraising for medical research through Australian Rotary Health.
- You do not need to be in Rotary to take part.

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



A Project of the Rotary Club of Boronia, with support from members of the Rotary Clubs in District 9810.