

## COST TO REGISTER

**Riders: \$980.00**

**Drivers/support crew: \$790.00**

Included:

- Five nights accommodation in Bendigo
- 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, with a portion being set aside towards the Australian Rotary Health "**Rob Henry Memorial PhD Scholarship**" for cancer research and mental health research.

All donations over \$2 are tax deductible.

In 37 years of the ride, missing riding in only 2 of those years, we have covered in excess of 29,290km and have raised \$1,243,528.

**REGISTER NOW AT**

<https://rotaryrideforresearch.raisely.com>

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

Rotary  
District 9810



2023 Ride for  
Medical Research



In support of

**AUSTRALIAN ROTARY HEALTH.**

**Lancefield**



to

**Kirwans Bridge (Nagambie)**



**19th TO 24<sup>TH</sup> March 2023**

## DETAILS OF THE RIDE

### DURATION

6 days and 5 nights. Route approximately 590km riding distance, but will vary group to group, person to person.

### START AND FINISH

Meet at Bayswater, load up and drive to Lancefield on Sunday morning 19<sup>th</sup> March.

Ride finishes 6 days later in Nagambie on Friday 24<sup>th</sup> 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).

## 2023 THE 36<sup>th</sup> RIDE

### APPROXIMATELY 590KM OVER 6 DAYS

Day 1: Lancefield to Harcourt - 78km

Day 2: Bendigo-Bridgewater-Bendigo - 92km

Day 3: Bendigo-Dunolly-Moliagul-Bendigo - 112km

Day 4: Bendigo-Maldon-Maryborough-Bendigo - 108km

Day 5: Bendigo-Elmore-Rochester-Bendigo - 123km

Day 6: Bendigo to Kirwans Bridge (Nagambie) – 80km  
(Distances subject to change due to road/traffic conditions.)



### ACCOMMODATION:

This year we will stay in a motel. **(Twin share rooms).**

**MEALS:** Full cooked breakfast each day, lunch and dinner. 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 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.

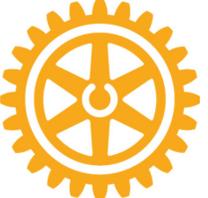
**INSURANCE:** All participants are covered by Rotary's insurance. However we recommend you have your own Ambulance cover and personal accident/health and bike insurance.

## WHAT IS THE RIDE ABOUT?

- Great fun, as you ride the "Bendigo Gold" tour of central Victoria with its wonderful and diverse countryside and sights to see.
- 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!



**Rotary** 

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