



PENINSULA
HOT SPRINGS



Peninsula Hot Springs fundraiser for mental health

Ride for Relief

presented by NAB

6-day tour: Monday, 21 March – Sunday 27 March, 2022

1-day ride: Sunday, 27 March 2022



**RIDE FOR
RELIEF**
SUPPORTING MENTAL HEALTH



Applications to participate close on the 31st of December.

This past year has been a challenging one for many, and it has never been more important to support people with mental illness. Peninsula Hot Springs and Mentis Assist reunite for the 4th annual Ride for Relief, a community event to build connection, promote mental health awareness, raise funds and support the immune system through the benefits of physical activity and hot springs bathing.



The story behind Ride for Relief

"It's been 6 years since the passing of my brother and our co-founder Richard Davidson. His lasting signature can be seen everywhere you look at Peninsula Hot Springs.

It was a visceral shock for everyone when he took his own life in February 2015 just when he had decided to move on to the next phase in his life after 18 years of contribution to the initial business. This tragedy underlies our commitment in supporting mental illness.

As an accomplished environmental scientist, Richard helped to create the vision for this remarkable business, transforming the landscape from pastoral land to the regenerated oasis you see today, 24 years on.

As we take a moment to reflect on Richard's contributions in creating Peninsula Hot Springs, it is important we acknowledge the very real mental health issues he faced

which ultimately led to the difficult and tragic choice he made.

With wellness at the heart of everything we do, Richard's passing drove our focus to supporting community physical and mental health and to identifying how we can all contribute to helping those in need.

Championed by my wife Yuki and supported by myself, business partners, our board, our leadership team and all of our Peninsula Hot Springs family, the desire to connect and build a strong and resilient community runs deep.

We chose local organisation Mentis Assist, as one of our key charity partners and created the Ride for Relief event to raise funds and awareness for mental health and to emphasize the importance of caring for our physical wellbeing and connection to others.

Personally I feel big commitment to support those in the community facing mental health challenges like that with which Richard struggled. We are very grateful, happy and honoured to see more people, businesses and organisations joining us in delivering Ride for Relief and building awareness of this life-threatening yet common illness.

As the seasons come and go here at Peninsula Hot Springs, Richard's spirit lives on."

Charles Davidson, *Co-Founder & Chairman Peninsula Hot Springs*

This year we will build on the success of Ride for Relief, by introducing an epic 6-day tour along the Great Victorian Bathing Trail from Mallacoota and concluding at Peninsula Hot Springs on the Mornington Peninsula in addition to the original 1-day ride.

the cause

The funds raised from this event will be donated to our charity partner Mentis Assist, a not-for-profit mental health support service that provides specialised mental health services for people living with a diagnosed mental illness in and outside of Victoria's Mornington Peninsula.

Mentis Assist will use these funds to promote accessible mental health and physical wellbeing opportunities that work to build strong and resilient individuals and communities.

the point of difference

Ride for Relief is unique as it is a boutique event that allows only a small number of participants riding and socialising together on the event day(s). This creates an intimate team environment in which mental health can be discussed and personal stories can be shared throughout the day.

the rides

On 27th March, riders from both the 6-day tour and 1-day ride will finish at Peninsula Hot Springs, where participants will enjoy a healthy buffet-style lunch followed by recovery bathing in natural geothermal mineral-rich waters.

"Highly recommend anyone join. The rewards far out weigh the km's ridden."





event summary

	6-day tour	1-day ride
Event dates	Monday, 21 March – Sunday 27 March, 2022	Sunday, 27 March 2022
Ride options	<ul style="list-style-type: none"> 6-day tour (Mallacoota to Peninsula Hot Springs, Mornington Peninsula) x 1 This tour will trace part of the Great Victorian Bathing Trail 	<ul style="list-style-type: none"> 108km advanced peloton x 1 108km intermediate peloton x 1 53km peloton x 1
Ride routes	<ol style="list-style-type: none"> Mallacoota Marlo (147km / 1804m elevation) Metung (94km / 866m elevation) Traralgon (169km / 759m elevation) Cape Kitchen, Philip Island (150km / 1280m elevation) Peninsula Hot Springs, Fingal, Mornington Peninsula (121km / 872m elevation) Mornington Peninsula (108km / 1167m elevation) 	<ul style="list-style-type: none"> 108km (1167m elevation) and 53km (396m elevation) in Mornington Peninsula Starting and finishing at Peninsula Hot Springs
Riding peloton capacity	<ul style="list-style-type: none"> 27 riders and 3 support crew 12 supporters in support vehicles 	<ul style="list-style-type: none"> 27 riders and 3 support crew per peloton 15 supporters in support vehicles
Registration fee	\$500 (applications close 31 December)	\$220 (applications close 31 December)
Fundraising target (pp)	\$3,000	\$500
Event inclusions	<ul style="list-style-type: none"> Transport from Peninsula Hot Springs to Mallacoota Ride with on-road support vehicles and crew including lead riders, mechanic and first aid Accommodation for 6 nights Luggage transportation between tour locations All meals Rest stop snacks Water and nutrition supplies (bar & gels) Lunch function and recovery bathing at Peninsula Hot Springs on Day 6 Quality event jersey and knicks x2 Quality event vest Quality event socks x2 Team off-bike uniform (T shirts) x2 Complimentary cycling training program 	<ul style="list-style-type: none"> Ride with on-road support vehicle and crew including lead riders, mechanic and first aid Coffee + cake stop at a cafe Water and nutrition supplies (bar & gels) Lunch function and recovery bathing at Peninsula Hot Springs following the ride Quality event jersey Quality event socks Complimentary cycling training program

COVIDSafety at Ride for Relief event

The health and wellbeing of the riders and team is our priority. To make Ride for Relief a COVID safe event and in line with Government Health Directions, we ask all Ride for Relief attendees to prepare;

- to stay home if you don't feel well

- to prove your fully vaccinated status with a valid certificate
- to bring a mask for wearing at an indoor space
- to maintain social distancing keeping 1.5m from other attendees

We will notify all the event attendees with the most updated guidelines towards the event dates in March 2022.



"It was so comforting to know that all the money we raised together goes directly to those struggling with Mental Health."

6-day tour

On Monday 21 March 2022, the team bus will depart Peninsula Hot Springs, headed for Mallacoota. The group will ride south west back towards the Mornington Peninsula, exploring some of the emerging bathing destinations along the Great Victorian Bathing Trail.

The first morning riders will set off in a peloton of 30 riders, including 3 lead riders, with a lead and follow car to support the team on the road.

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 fueled for the long days of riding ahead. They will also be

provided with branded cycling kits and off-bike uniforms.

Safety is our number 1 priority. Riders will be provided with training advice to ensure they arrive at the event fit and ready to ride safely. 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 participating in Ride for Relief.

the experience begins

Monday 21 March

The team will meet at Peninsula Hot Springs before boarding the bus to Mallacoota. Upon arrival, they will attend the rider briefing which will provide details of the first stage route and then enjoy the first team dinner.

stage 1

Tuesday 22 March

Mallacoota to Marlo
147km & 1,804m elevation

This will be the biggest climbing day as they make their way to Marlo, with a number of longer climbs between 5 and 10 kilometers along the way.



stage 2

Wednesday 23 March

Marlo to Metung

94km & 866m elevation

Stage 2 will be a shorter distance but still with many climbs to tackle. The ride will finish at the new Metung Hot Springs where the riders will have the opportunity to kick back and relax in the hot springs.

stage 3

Thursday 24 March

Metung to Traralgon

169km & 759m elevation

This stage is the longest ride of the tour as the team travels from Metung to Traralgon. The peloton will enjoy a well-earned lunch in Sale before the final 65km journey to the finish of Stage 3.

stage 4

Friday 25 March

Traralgon to Phillip Island

150km & 1,280m elevation

The Eagles Nest lookout on the southeast coast of Victoria will be the stunning location to enjoy lunch while taking in the views across the ocean. After crossing the bridge onto Phillip Island, the team will arrive in Newhaven, where they are currently planning to construct another hot spring as part of the Great Victorian Bathing Trail.

stage 5

Saturday 26 March

Phillip Island to Mornington Peninsula

121km & 872m elevation

The team will ride the final kilometers back to the Mornington Peninsula and join the 1-day Ride for Relief riders for the final day on Sunday. Lunch will be served at the Boo Boo Café in Somerville, one of the events big supporters. The evening will be a special night event as they celebrate the final night together as a team.

stage 6

Sunday 27 March

Mornington Peninsula Loop

108km & 1,167m elevation

The team will be joined by 3 other Ride for Relief pelotons as they tackle the 1-day ride around the Mornington Peninsula. A quick photo stop at Fort Nepean before heading back towards Arthurs Seat. Morning tea at the Eagle Café before heading off on the final leg of the journey. The team will arrive back at Peninsula Hot Springs after 6 long days of riding, raising awareness and much needed funds to support people with mental illness. The ride will end with an amazing lunch together with the 1-day ride team in Mornington Peninsula, before blissfully relaxing in the hot springs. Time to celebrate!



"Ride for Relief was a terrific experience, and even though I didn't really know anyone at the start, I felt very looked after and at home and loved getting to know the other riders on the ride."



1-day ride

On the morning of Sunday 27th of March 2022, riders will meet at Peninsula Hot Springs to take off on a spectacular scenic ride around the Mornington Peninsula.

There are 3 ride options to choose from:

- **53km recreational ride***
- **108km intermediate ride***
 - paced approx 25kph
- **108km advanced ride***
 - paced > 25kph

The original 1-day ride is exploring the picturesque Mornington Peninsula, which has Bass Strait on one side and Port Phillip Bay on the other offering beautiful stretches of beaches, charming seaside villages and gorgeous countryside with established vineyards and farmland in Red Hill.

The ride will be joined by the 6-day tour riders as their finale after having peddled 678km in the previous 5 days.

The 53km course is a perfect option for riders who enjoy cycling in a relaxed and supportive atmosphere. This is a chance to meet and be inspired by experienced riders at the pre and post event activities.

The 108km course takes you to some of the top-rated attractions and towns of the region such as Sorrento, Point Nepean National Park, Mornington Peninsula National Park and Flinders golf course.



It includes the challenges of hill climbing including Arthurs Seat and the 'corkscrew' section of Boneo Road near Cape Schanck.

This professionally arranged and fully supported ride is assisted by a cycling event specialist Connect Sport Australia and includes lead riders, a bike mechanic and first aid specialist.

All rides will finish at Peninsula Hot Springs, where participants and support team members get together and enjoy a celebrating presentation over lunch followed by a relaxing recovery bathing in natural geothermal mineral-rich waters.

* Subject to demand – minimum 10+ riders required per ride



Ride for Relief is a fundraising event in support of mental health awareness and to raise funds for Mentis Assist.

As a participant of Ride for Relief, we request that each rider achieves a specified fundraising target and meets the conditions outlined below.

Part of the total funds raised will go towards the associated running costs of the event which enables riders to be offered a reduced registration fee equal to more than half of the actual event costs.

fundraising terms and conditions

6-day tour riders

- You agree to a minimum fundraising commitment of \$3,000.
- You will pay a non-refundable registration fee of \$500 within seven (7) days of being notified that you are a successful applicant to participate in the Ride for Relief 2022 event. If you do not pay your registration fee within this time, Peninsula Hot Springs reserves the right to cancel your application.
- You agree to meet the following fundraising milestones (or provide plans for fundraising activities to reach your target):
 1. \$1,000 by end of October 2021
 2. \$2,000 by end of January 2022
 3. \$3,000 by 20th of March 2022 (a day before the tour starts)
- If a fundraising target of \$4,000 is achieved, in recognition of your efforts, a voucher for a Peninsula Hot Springs spa package 'harmony' (60 mins treatment, dine and bathe) will be offered.
- If a fundraising target of \$5,000 is achieved, in recognition of your efforts, your \$500 registration fee will be refunded and 2x Peninsula Hot Springs bathing vouchers will be offered.

- If fundraising of \$6,000 is achieved, in recognition of your efforts, your \$500 registration fee will be refunded and an overnight stay for two at Peninsula Hot Springs glamping accommodation (including breakfast, wellness classes and bathing) will be offered.
- You understand that should you fail to meet the minimum fundraising commitment (or do not 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 one-day option subject to the amount raised and a spot availability.

1-day riders

- You agree to a minimum fundraising commitment of \$500.
- You will pay a non-refundable registration fee of \$220 within seven (7) days of being notified that you are a successful applicant to participate in the Ride for Relief 2022 event. If you do not pay your registration fee within this time, Peninsula Hot Springs reserves the right to cancel your application.
- If a fundraising target of \$1,000 is achieved, in recognition of your efforts, 2x Peninsula Hot Springs bathing vouchers will be offered.
- If a fundraising target of \$1,500 is achieved, in recognition of your efforts, your rider registration fee will be refunded and 2x Peninsula Hot Springs bathing vouchers will be offered.
- If a fundraising target of \$3,000 is reached, in recognition of your efforts, your rider registration fee will be refunded and a voucher for a Peninsula Hot Springs spa package 'harmony' (60 mins treatment, dine and bathe) will be offered.
- If a fundraising target of \$4,500

is achieved, in recognition of your achievement, your rider registration fee will be refunded and an overnight stay for two at Peninsula Hot Springs glamping accommodation (including breakfast, wellness classes and bathing) will be offered.

- If a fundraising target of \$6,000 is achieved, in recognition of your achievement, your rider registration fee will be refunded and a \$1,000 gift certificate which can be redeemed at Peninsula Hot Springs will be offered.
- You understand that should you fail to meet the minimum fundraising commitment (or do not have suitable plans in place to achieve your goal), you will not be able to participate in the event.

fundraising support

To assist you in meeting your fundraising commitment, Peninsula Hot Springs and Mentis Assist will provide you with fundraising support including:

- A dedicated Ride for Relief fundraising website with Grassrootz, a sophisticated online fundraising platform, which allows you to create your own personalized fundraising page to share with your family, friends and colleagues to help you reach your target.
- A fundraising handbook specifically prepared by Mentis Assist for Ride for Relief participants, providing you with ideas on how to plan your fundraising activities.
- Tips and tricks from past participants who have achieved success with their fundraising efforts for Ride for Relief.
- Dedicated support through Mentis Assist for any queries you may have along your fundraising journey.



Each year one in five Australians will experience a mental illness and 45% of Australians will suffer from a mental illness in their lifetime. An estimated 54% will suffer in silence and not seek treatment or support. That means you, or someone you know is suffering.

In partnership with Peninsula Hot Springs, Mentis Assist is committed to changing the lives of people with mental illness. Together we are building stronger and more resilient individuals and communities.

Thanks to your generous donations, Mentis Assist has been able to provide some of the most vulnerable people in our community with the opportunity to access services they would not otherwise be able to afford.

100% of all funds raised go directly towards helping their clients.

With your help, they have already been able to provide:

- Specialist neuropsychiatric, psychiatric and Occupational Therapy Assessments required for access to the National Disability Scheme (NDIS);
- Drivers licence fees to build independence in the community;
- Computers and laptops to meet study goals and improve employment opportunities;
- House moving and set up costs for clients to live safely and independently;
- Food access to help with nutrition and encourage a healthy lifestyle;
- Respite care for carers of those with mental illness to provide a break from the stress of daily challenges.

about Mentis Assist

For more than 35 years Mentis Assist has provided specialised mental health support for thousands of the most seriously affected people with mental illness across South East Melbourne.

Working with a network of professionals, together with the client and their personal support network, they help individuals to recognise their own values, strengths and goals, with an emphasis on improving health and wellbeing, independence, and enhancing meaningful relationships with family and significant others.

Mentis Assist has a range of mental health services that meet the individual needs of people with severe mental illness. Their programs focus on the clients recovery journey so that they can become the best version of themselves.

Your generosity provides Mentis Assist with flexible funding to help support those living with mental illness to access treatments, re-engage in their community, re-build their lives and to ultimately reduce the number of people who lose their lives to suicide each and every year and provide them instead, with hope for the future.

Melissa's* story is just one example of how Mentis Assist works with people with mental illness, together with other professionals to achieve the best outcome for individuals.

Melissa* is a single woman in her late 40's, diagnosed with schizophrenia in her 20's, who has experienced multiple hospital admissions over the years.

Although Melissa is experiencing a full remission of psychotic symptoms, she continues to experience periods of high anxiety and post psychotic depression following each additional psychotic episode, leading to an overall reduction in her day to day functioning.

Prior to Melissa's first episode of psychosis, she had completed undergraduate studies, was working full time and had a supportive network of friends and family. However, following her mother's death, her substance misuse increased and she continued to use cannabis until her referral to Mentis.

Mentis Assist provided Melissa with regular appointments with an experienced clinician who monitored her mental state and compliance with medications and was linked to a psychologist, to address her longstanding trauma and anxiety, together with a drug and alcohol service to address her cannabis misuse.

Mentis Assist also arranged a supportive GP for Melissa, who was able to sustain the professional relationship throughout the Covid outbreak, and with brokerage money sourced from Ride for Relief funds, Melissa was linked with a psychiatrist for ongoing reviews.

Melissa has recently applied for and has been approved, for a NDIS package.

** Not her real name*

For more information about Mentis Assist visit www.mentisassist.org.au or call **1300 MENTIS (1300 636 847)**

Partners in
supporting
mental health
awareness



To help raise awareness of Ride for Relief on the road and to encourage a sense of team spirit, you will be provided with, and be expected to wear the quality custom designed kit throughout the event.

6-day riders will receive:

- 2x event jersey, 2x bib-shorts, 2x socks and 1x event vest
- 2x off-bike uniform (team T-shirts)

1-day riders will receive:

- 1x event jersey and 1x socks

Both 6-day and 1-day riders will have the option to purchase additional items via an online store prior to the event.

Sizing

Kit (jersey, bib-shorts and vest) is offered in both Men's and Women's sizing, ranging from X Small, Small, Medium, Large, X Large, 2X Large and 3X Large. Go for the smaller size if you like a tight fit and a larger size if you like a looser fit.

Available Options (for men and women)

- **Race Cut and Club Cut:** Race cut is a tighter, shortened, closer fitting cut while the Club cut is a longer more relaxed fit.

Event socks are available in unisex sizing, ranging from X Small, Small, Medium, Large and X Large.

Off-bike tee is offered in both Men's and Women's sizing ranging from XS, S, M, L, XL, 2XL and 3XL.

[Click here for more sizing information.](#)

event jersey



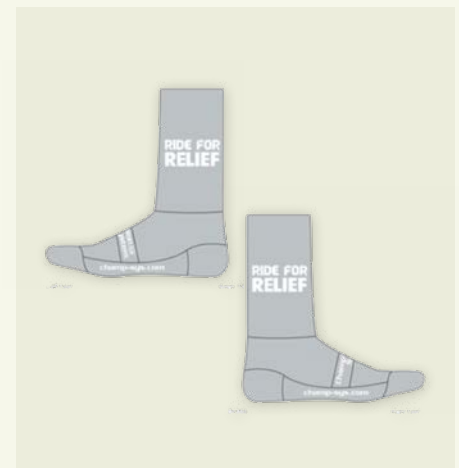
event bib-shorts



event vest



event socks



off-bike tee



1-day ride expression of interest



personal details

Name:

Address:

State:

Postcode:

Phone:

Email:

DOB:

Company:

Occupation:

Position:

riding ability

How many kilometres do you ride weekly?

Ride for Relief requires you to ride in a bunch of 30 riders – are you confident riding in a bunch?

yes no

Which ride are you interested in participating in?

53km Rec | 108km Int | 108km Adv

53km Recreational, 108km Intermediate or 108km Advanced.

108km riders

yes no

Are you capable of riding 108km in a day?

Are you able to consistently and confidently ride at 28–35km/ph (on flat) in a bunch?

53km riders

yes no

Are you capable of riding 53km in a day?

Are you able to consistently and confidently ride at 23–28km/ph (on flat) in a bunch?

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.

your bike

yes no

53km Riders will use a Road Bike or Hybrid Bike which has been fully serviced prior to the tour

108km Riders will use a Road Bike (not a Hybrid bike) which has been fully serviced prior to the tour

(Note: NO time trial bikes, BMX, eBikes, mountain bikes, or single speed bikes. All riders are encouraged to have new tyres to reduce the instance of punctures)

event kit order (please tick your options)

Jersey Size	XS	S	M	L	XL	2XL	3XL
Men	Women				Race cut	Club cut	

Sock Size	XS	S	M	L	XL
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event terms

yes no

You understand the fundraising expectations detailed in this event brochure, including the target of \$500.

You understand if at any time you withdraw your registration fee and funds raised will not be returned.

You agree that Peninsula Hot Springs has a right to cancel Ride for Relief charity cycling event for reasons beyond the control of the organiser. In the case of the event being cancelled, the registration fee will be fully refunded, however, funds raised up to the point of cancellation will still go to the charity organisation.

I agree to the Terms of the 2022 Ride for Relief

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

Your signature:

Date:

Please download this brochure and return your completed Expression of Interest by:

- Email (as a PDF attachment) to: bade@connectsport.com.au
- Print and post to:
Connect Sport Australia, Bade Stapleton,
PO Box 15, Redlynch QLD 4870



6-day tour expression of interest



personal details

Name:

Address:

State:

Postcode:

Phone:

Email:

DOB:

Company:

Occupation:

Position:

tour participation ability

How many kilometres do you ride weekly?

yes no

Ride for Relief requires you to ride in a bunch of 30 riders – are you confident riding in a bunch?

yes no

Are you capable of riding 100km – 150km in a day over 6 consecutive days?

yes no

Are you available between Monday 21 March – Sunday 27 March, 2022?

yes no

Are you willing to get along with other tour participants and support crew over the 6 days?

yes no

Will you be able to share a twin room with other tour participant of the same gender? (unless you are entering the event with your partner and sharing a room.)

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.

your bike

yes no

6-day Tour Riders will use a Road Bike (*not a Hybrid bike*) which has been fully serviced prior to the tour

(Note: NO time trial bikes, BMX, eBikes, mountain bikes, or single speed bikes. All riders are encouraged to have new tyres to reduce the instance of punctures)

event kit order (please tick your options)

Jersey Size	XS	S	M	L	XL	2XL	3XL
Men	Women			Race cut		Club cut	

Bib-shorts Size	XS	S	M	L	XL	2XL	3XL
Men	Women						

Vest Size	XS	S	M	L	XL	2XL	3XL
Men	Women		Race cut (men only)			Club cut (men only)	

Off-bike tee	XS	S	M	L	XL	2XL	3XL
Men	Women						

Sock Size	XS	S	M	L	XL
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event terms

yes no

You understand the fundraising expectations detailed in this event brochure, including the target of \$3,000.

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I agree to the Terms of the 2022 Ride for Relief

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

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