



PENINSULA
HOT SPRINGS



Peninsula Hot Springs fundraiser for mental health

Ride for Relief

Proudly presented by NAB

6-day tour: Monday, 20 February – Sunday, 26 February 2023

1-day ride: Sunday, 26 February 2023



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Peninsula Hot Springs, hand in hand with the community partner Mentis Assist, is hosting the 5th annual Ride for Relief, a charity cycling event to build connections and promote mental health awareness. The COVID-19 pandemic that posed a threat over the last 2 years has severely impacted on the mental health of millions of people.



The story behind Ride for Relief

"It's been 7 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 initial business. This tragedy underlies our commitment to 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, 25 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 identify 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 the 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 a 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

As a result, more people are at an increased risk of being diagnosed with anxiety or depression when we already were facing a fact that 1 in 2 Australian adults experience a mental disorder during their lifetime.

It has never been more important to support people living with mental health issues.

the rides

Following the successful addition of a 6-day tour in 2022, the event will again offer two options of entry: 6-day tour which will explore beautiful East Gippsland regions then traverse back to Peninsula Hot Springs (PHS) on the Mornington Peninsula via Phillip Island and a ferry across Western Port Bay, and 1-day rides that take riders in pelotons around the scenic terrains of the Peninsula.

On 26th February 2023, riders from both the 6-day tour and 1-day rides will finish at Peninsula Hot Springs, where participants will enjoy an acclaimed buffet-style lunch followed by recovery bathing in natural geothermal mineral-rich waters.

the point of difference

Ride for Relief is unique as it offers a combination of riding and natural hot springs bathing, which offers a perfect recovery that provides **significant benefits** for mental and physical wellbeing.

It is a boutique event that allows only a small number of participants riding together and connecting 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.





event summary

	6-day tour	1-day ride
Event dates	Monday, 20 February – Sunday, 26 February, 2023	Sunday, 26 February, 2023
Ride options	6-day tour with one or two pelotons (a second peloton will be organised if enough bookings are received)	<ul style="list-style-type: none"> • 108km advanced peloton • 108km intermediate peloton • 53km peloton
Ride routes	Day 0 – Arrive in Metung Day 1 – Metung Loop – 86.3km & 946m (elevation) Day 2 – Metung to Sale – 130km & 843m (elevation) Day 3 – Sale to Yarram – 118.3km & 1,220m (elevation) Day 4 – Yarram to Phillip Island – 173.8km & 1,575m (elevation) Day 5 – Phillip Island to Mornington Peninsula – 93.5km and 769m (elevation) Day 6 – Mornington Peninsula Loop – 114.7km and 1,218m (elevation)	<ul style="list-style-type: none"> • 108km (1167m elevation) and 53km (396m elevation) in Mornington Peninsula • Starting and finishing at Peninsula Hot Springs
Capacity of a peloton	27 riders and 3 support crew per peloton	27 riders and 3 support crew per peloton
Entry fee	\$550 (applications close mid-December TBC)	\$240 (applications close mid-December TBC)
Early bird entry	Not offered	\$220 if entered by midnight 16 October 2022
Entry closure		Midnight on 12 December 2022
Fundraising target per rider	\$3,000	\$500
Event inclusions	<ul style="list-style-type: none"> • Transport from PHS to Metung • 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 (bars & gels) • Lunch function and recovery bathing at PHS on Day6 • 2 sets of quality event jersey and knicks • Quality event vest • 2 pairs of event socks • 2 off-bike tee shirts • Cycling training plan 	<ul style="list-style-type: none"> • Ride with on-road support vehicles and crew including lead riders, mechanic and first aid • Coffee + cake stop at a café • Water and nutrition supplies (bars & gels) • Lunch function and recovery bathing at PHS following the ride • Quality event jersey • Quality event socks • Cycling training plan



We acknowledge the Gunaikurnai people, the traditional custodians of the Gippsland regions, and the Boonwurrung people of the Kulin Nation, the traditional custodians of the Mornington Peninsula, the lands which we traverse with the Ride for Relief event. We pay our respects to their Elders both past, present and emerging.



"Awesome event from start to finish, wonderful cause, fun people, classic course, safe and the most divine food and to top it off a soak in the thermal mineral springs to ease the body and mind... spectacular!"

6-day tour

On Monday 20 February, the team will depart Melbourne onboard the team bus, headed for Metung to enjoy the Metung Hot Springs prior to a community celebration dinner to kick off the ride.

The following morning the riders will set off in a peloton of 30 riders, including three lead riders, with a lead and follow team car to support the team on the road. The 6-day course will see the team ride south west towards Melbourne, exploring some of the amazing hot springs along the Great Victorian Bathing Trail.

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. You will also be provided with 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 Ride for Relief.

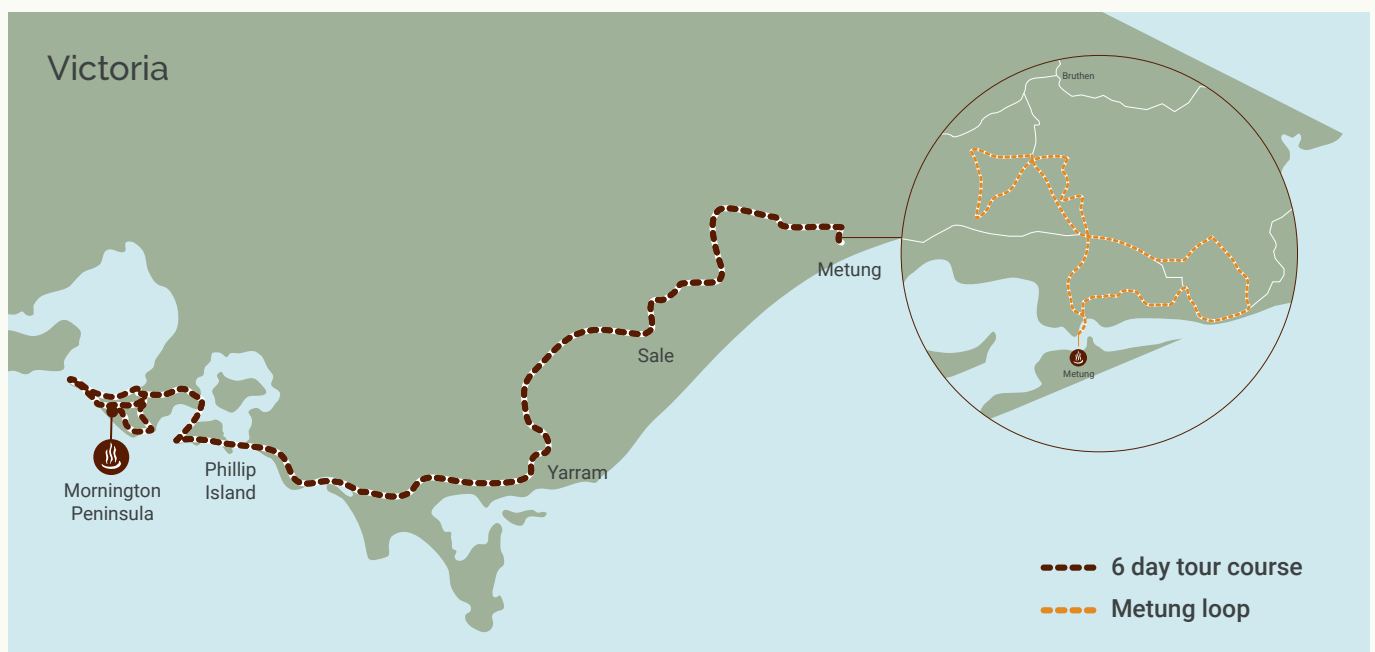
This is your chance to be part of the second Ride for Relief 6-day ride, so sign up and help those facing mental health challenges. It'll be an experience you'll never forget.

the experience begins

Monday, 20 February

The team will meet at the Peninsula Hot Springs before boarding the team bus to start the drive up to Metung. After checking into our accommodation, the team will make their way to the Metung Hot Springs to soak in the thermal springs to prepare for the 6-day ride ahead.

You will need to attend the rider briefing which will provide you with details of the first stage route, rider etiquette and introduce you to the Support Crew who will be looking after you. We will then enjoy our first team dinner with the local community as we celebrate the start of the ride and help raise money for a local mental health charity. We encourage you all to sit with people you don't know so you get to meet a great new bunch of people who you can call friends after this adventure.



stage 1

Tuesday 21 February

Metung Loop

86.3km & 946m elevation

Today will be our shortest day on the bike to help the team settle into riding together. The course takes us through Lakes Entrance, then inland as we loop back towards Tambo Upper. With 946m of climbing in the short 86.3km ride it will still be a challenging first day on the bike.

We will finish the ride just after lunch back in Metung so we allow plenty of time to enjoy the Metung Hot Springs at the end of the ride. The perfect way to rest and recover from the ride and prepare for a longer day in the saddle tomorrow.

stage 2

Wednesday 22 February

Metung to Sale

130km & 843m elevation

The team will depart the beautiful town of Metung after breakfast. Our first stop will see the team enjoying morning tea beside the river in Bairnsdale. You will then ride along quiet country roads as we head towards Sale. The rolling hills come to an end with the last 20km's into Sale relatively flat. A great way to finish day 2.

stage 3

Thursday 23 February

Sale to Yarram

118.4km & 1,221m elevation

The start of the ride today is relatively flat for the first 68km's and then the fun starts. The first climb of the day is

7.4km's long with an average gradient of 6.3% and pinches of 17%. You will then get a short downhill to recover before tackling a 5km climb with an average of 3.5% gradient.

The good news is that once you reach the top of the second climb of the day you will descend a picturesque road through the Tarra Valley, one of the most beautiful roads in Victoria. With 1,221m of climbing today the team will be happy to see the finish line in Yarram.

stage 4

Friday 24 February

Yarram to Phillip Island

173.8km & 1,575m elevation

The 'Queen Stage' of the tour. The ride to Phillip Island will be our longest day in the saddle but we are in for a great day on the bike. There are a few challenging climbs as the team makes its way west towards Phillip Island.

The Phillip Island hot springs will be a welcome sight! Your sore muscles will appreciate the soothing effects of the thermal waters. We will have another community celebration tonight and help fundraise for a local mental health charity.

stage 5

Saturday 25 February

Phillip Island to Mornington Peninsula

93.5km & 769m elevation

The excitement will be building as we ride the final kilometres back to the Mornington Peninsula to join our 1-day Ride for Relief riders who will be joining us on our final day on Sunday. We will start the morning

exploring Phillip Island before enjoying morning tea down by the water in Cowes. The cyclists will then catch the ferry across to Stoney Point while our Support Team drive around to the other side of the peninsula.

It will feel like we've reached the finish line when we arrive at the Mornington Peninsula Hot Springs, but we have one day left! You will enjoy a soak in the hot springs once again, before travelling in the team bus to our accommodation. Tonight, will be a special night as we celebrate our final night together as a team.

stage 6

Saturday 26 February

Mornington Peninsula loop

108km & 1,167m elevation

Today will be a special day as we are joined by three other Ride for Relief pelotons as they tackle the one-day ride around the Mornington Peninsula. Following a quick photo stop at Fort Nepean we will head back towards Arthurs Seat.

Those with any energy left in their legs can then have a crack at the KOM and QOM up the 2.9km climb up Arthurs Seat. We can then all enjoy morning tea at the Eagle Café before heading off on the final leg of our long journey. We arrive back at the Peninsula Hot Springs after six long days of riding, raising awareness and much needed funds to support those facing mental health challenges. Time to enjoy an amazing lunch with the 1-day ride team and the many others who have joined us on the final day, before collapsing 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 26th of February 2023, participating 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:

- **108km advanced ride**
 - paced approx. 30-35km/ph average on flat
- **108km intermediate ride***
 - paced approx. 25-30km/ph average on flat
- **53km recreational ride**
 - paced according to a slower rider

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

The 53km course is a perfect option for riders who are beginners to a bunch ride and 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, 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 managed by a cycling event specialist **Connect Sport Australia** and includes lead riders, a bike mechanic and first aid specialist.

All rides will finish at PHS, 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.

With the Ride for Relief event, each rider is requested to achieve a specified fundraising target and meet 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 which is equal to more than half of the actual cost per entry.

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 \$550 within seven (7) days of being notified that you are a successful applicant to participate in the Ride for Relief 2023 event. If you do not pay your registration fee within this time, PHS 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 September 2022
 2. \$2,000 by end of December 2022
 3. \$3,000 by 19th of February 2023 (a day before the tour starts)
- If a fundraising target of \$4,000 is achieved, in recognition of your efforts, a voucher for a PHS 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, a voucher for a PHS spa package 'harmony for two' (60 mins treatment for two, dine & bathe for two) will be offered.

- If a fundraising target of \$6,000 is achieved, in recognition of your efforts, a voucher for an overnight stay for two at PHS 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 \$240 (or \$220 with early bird entry) within seven (7) days of being notified that you are a successful applicant to participate in the Ride for Relief 2023 event. If you do not pay your registration fee within this time, PHS reserves the right to cancel your application.
- If a fundraising target of \$1,000 is achieved, in recognition of your efforts, 2x PHS Bath House bathing vouchers will be offered.
- If a fundraising target of \$1,500 is achieved, in recognition of your efforts, a PHS spa package 'harmony' (60 mins treatment, dine and bathe) will be offered.
- If a fundraising target of \$3,000 is reached, in recognition of your efforts, a PHS spa package 'harmony for two' (60 mins treatment for two, dine and bathe for two) will be offered.
- If a fundraising target of \$4,500 is reached, in recognition of your efforts, in recognition of your achievement

a voucher for an overnight stay for two at PHS 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, a \$1,000 gift certificate which can be redeemed at PHS 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.
- An online Ride for Relief Fundraising Raffle with great prize items. All the raffle tickets you sell will be added to your fundraising total.
- 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 the funds raised from last Ride for Relief Mentis Assist has developed a partnership program by employing two staff that are assisting in addressing the barrier to participation, reducing social isolation and developing skills to support social, civic and economic participation.

Individuals are supported over a two-month engagement period (on average) with psycho social disability as a result of mental health issues to participate in their own community and work towards becoming and/or remaining independent and engaged.

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 client's 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.

Please note Race Cut jersey is made to fit tightly for your body. You might like to select one size up from your normal order size. No exchange can be made with your order.

- For women, an option to order shorts (strapless) instead of bib-shorts is available.
- For bib-shorts/shorts, there is an option to select extra short or extra long length.

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.](#)

The partner logos on the back of the tshirt, are to be finalised.

event jersey



event bib-shorts



event vest



event socks



off-bike tee



bib/bike short lengths

You will receive a bib/bike short in the standard length, if you don't select an option for an extra or extra long short.



1-day ride expression of interest

personal details

Name:

Address:

State:

Postcode:

Phone:

Email:

DOB:

Company:

Occupation:

Position:

Special dietary requirements:

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?

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 25–30km/ph (on flat) in a bunch?		

53km riders

	yes	no
Are you capable of riding 53km in a day?		
Are you confident in riding?		

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
(Note: eBikes are also usable with the 53km ride option.)

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.)

event kit order We will contact you once the kit design and supply details are finalised (new to 2023).

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.

By checking this box, I agree to the terms and conditions of the 2023 Ride for Relief. Note: As a condition of participating, both Riders and Support Crew will be required to sign an additional release/waiver document in advance to the event.

Your name:

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:

Special dietary requirements:

tour participation 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

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

yes no

Are you available between Monday 20 February – Sunday 26 February, 2023?

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.)

yes no

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.)

event kit order

We will contact you once the kit design and supply details are finalised (new to 2023).

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		Extra short		Extra long		

Option for bike shorts (women only)

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.

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.

By checking this box, I agree to the terms and conditions of the 2023 Ride for Relief. Note: As a condition of participating, both Riders and Support Crew will be required to sign an additional release/ waiver document in advance to the event.

Your name:

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

