



PENINSULA
HOT SPRINGS



Peninsula Hot Springs fundraiser for mental health

Ride for Relief 2024

6-day tour: Monday 19 February – Sunday 25 February, 2024

1-day ride: Sunday 25 February, 2024



10km walk: Sunday 25 February, 2024



**RIDE FOR
RELIEF**

SUPPORTING MENTAL HEALTH



Peninsula Hot Springs, sharing its mission with community partner Mentis Assist, is hosting the 6th Ride for Relief, an annual charity cycling and walking event to raise awareness and funds for supporting mental health and wellbeing.

One in two Australian adults experiences a mental disorder during their lifetime. 8.6 Australians die every day by suicide. That's more than double the road toll. Since 2020, there has been a growing number of people within Australia making use of established mental health services. It's time to support people living with mental health challenges and make a difference to these devastating statistics together.



The story behind Ride for Relief

"It's been 8 years since the passing of my brother and our co-founder, Richard Davidson.

It was a shock for everyone when he took his own life in February 2015 soon after he sold his shares in a business he helped steer through the first 18 years of conceptualisation and operation.

As an accomplished environmental scientist, Richard helped to create the vision for this remarkable business, transforming the landscape from pastoral land in 1997 to the regenerated oasis you see today, 26 years on. His lasting signature can be seen everywhere you look at Peninsula Hot Springs.

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 our Community Relations Director, 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 our mental health partner, and created the Ride for Relief event to raise funds and awareness for mental health and to emphasise the importance of caring for our physical wellbeing and connection to others.

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

The intention behind Ride for Relief is to help build a connected, caring and loving community in which we can live in happiness and harmony together. "

Charles Davidson, Co-Founder & Chairman
Peninsula Hot Springs

the rides

Building on the success of the six-day tour delivery in the last two years, we will again offer two options of entry: six-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 one-day ride that takes riders in pelotons around the scenic terrains of the Peninsula.

On 25th February 2024, riders from both the six-day tour and one-day ride will finish at Peninsula Hot Springs, where participants will celebrate the achievements together over an acclaimed buffet-style lunch followed by recovery bathing in natural geothermal mineral-rich waters.

the new walk event

We are thrilled to announce the inaugural walk event at Point Nepean National Park, as an optional entry for Ride For Relief, on Sunday, 25 February 2024. Join us for a 10km walk and support the dedicated work of Mentis Assist by helping raise funds for a great cause.

the point of difference

Ride for Relief is unique as it offers a combination of riding and natural hot springs bathing, which assists 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 through the event.

This creates an intimate team environment in which mental health can be discussed and personal stories can be shared on and off the bicycle.





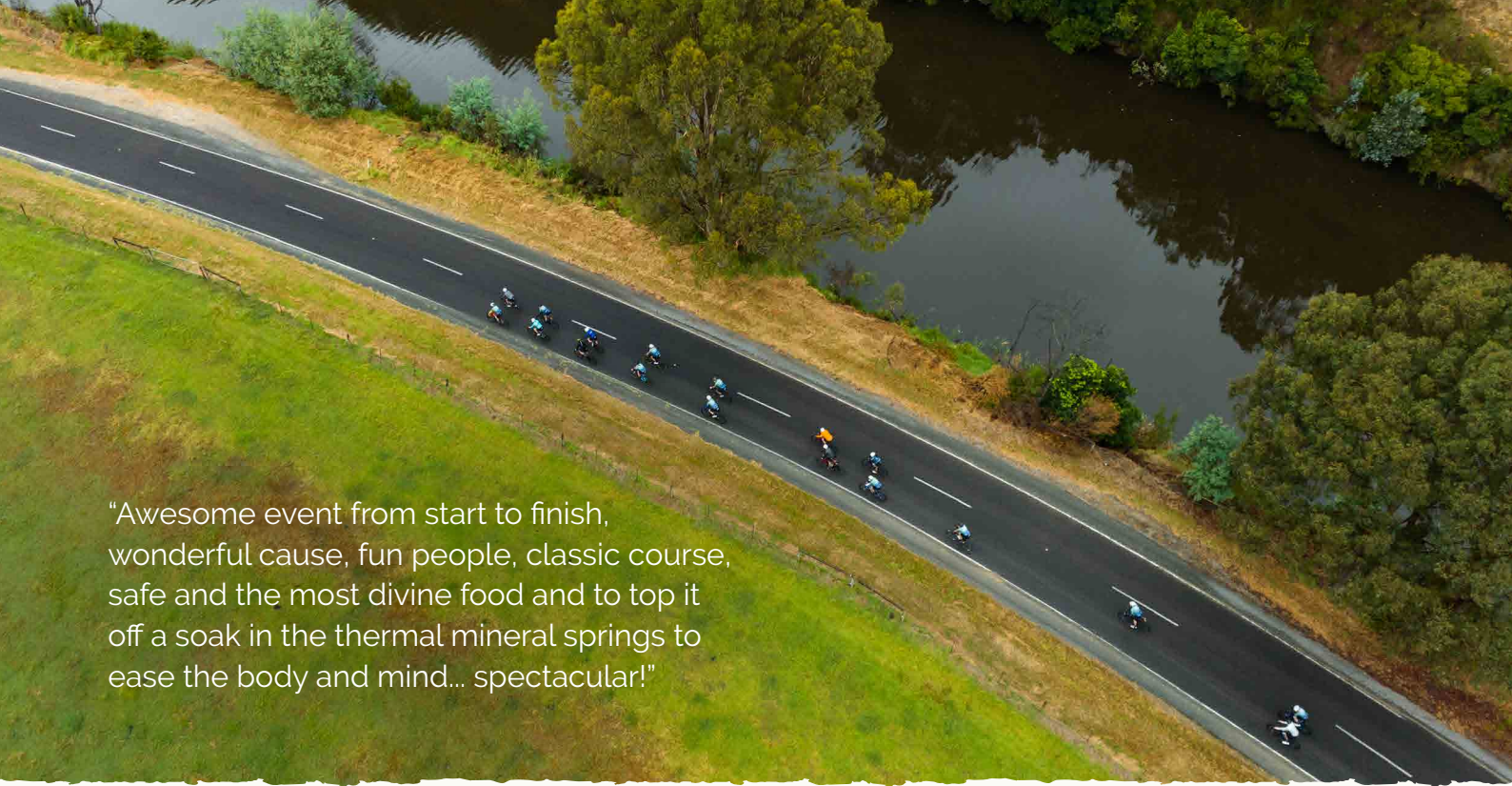
event summary

	6-day tour	1-day ride	1-day walk	
Event dates	Monday, 19 February – Sunday, 25 February 2024	Sunday, 25 February 2024	Sunday, 25 February 2024	
Ride routes	Starting from Metung in Gippsland and finishing at Peninsula Hot Springs in Mornington Peninsula. The course will be confirmed soon.	Starting and finishing at Peninsula Hot Springs a 108km and 1167m (elevation) ride in Mornington Peninsula.	10km walk start & finish at Point Nepean Park, Portsea	
Capacity of a peloton	27 riders and 3 support crew in one peloton. If capacity is reached a stand-by list will be created.	27 riders and 3 support crew in one peloton. There is a capacity of up to 2 pelotons (54 riders).	First 50 entries will receive a complimentary t-shirt	
Entry fee	\$650	\$240	\$50 walk entry	\$125 walk entry + post-event bathing at Peninsula Hot Springs
Entry closure	13 December, 2023	13 December, 2023	16 February, 2024	
Fundraising target / rider	\$3,000	\$500	\$150	
Event inclusions	<ul style="list-style-type: none"> • Transport from Peninsula Hot Springs to a starting point • Ride with on-road support vehicles and crew including lead riders, mechanic and first aid • Accommodation and all meals for 6 nights • Luggage transportation between tour locations • Rest stop snacks, water and nutrition supplies (bars & gels) • Recovery bathing at Metung Hot Springs on Day 0 and Day 1 • Lunch function and recovery bathing at PHS on Day 6 • 2 sets of quality event jersey and knicks • Quality event vest • 2 pairs of quality event socks • Cycling training plan • 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 	<ul style="list-style-type: none"> • 10km walk event entry • Yoga stretch • Event t-shirt (to be worn at the walk) – first 50 entries only* 	<ul style="list-style-type: none"> • 10km walk event entry • Yoga stretch • Event t-shirt (to be worn at the walk) – first 50 entries only* • Post-event Revitalise bathing at Peninsula Hot Springs • Complimentary robe, towel & locker hire at Peninsula Hot Springs
Expression of interest	Submit Expression of Interest	Submit Expression of Interest	Walk Registration	Walk & Bathe Registration

* If you miss the first 50 entries, you have an option to purchase the event tee.



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

Submit Expression of Interest

the experience begins

Monday 19 February

Arriving in Metung

The team will meet at Peninsula Hot Springs before boarding the bus headed for Metung. Upon arrival, the members will enjoy bathing at Metung Hot Springs prior to attending a community fundraising dinner at Metung Country Club.

The funds raised from the dinner will be

donated to not-for-profit organisation Wellways and their Bairnsdale branch.

For over 45 years Wellways have provided inclusive mental health and disability support for people, their family, friends, and carers. Within the Gippsland community, Wellways supports people's social, emotional, and physical wellbeing through community-based services.



Subject to change slightly

stage 1

Tuesday 20 February

Metung Loop

90.5km & 841m 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 841m 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 21 February

Metung to Sale

128.1km & 564m elevation

The team will depart the beautiful town of Metung after breakfast at the Metung Country Club. Our first stop will see the team enjoying morning tea opposite the NAB branch in Bairnsdale. You will then ride along different roads from the 2022 ride as we head southwest 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 22 February

Sale to Yarram

122.7km & 1,321m 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 1,321m of climbing today the team will be happy to see their finish line in Yarram.

stage 4

Friday 23 February

Yarram to Phillip Island

162.4km & 1,415m 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 24 February

Phillip Island to Mornington Peninsula

104.1km & 863m 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 25 February

Mornington Peninsula loop

108km & 1,167m elevation

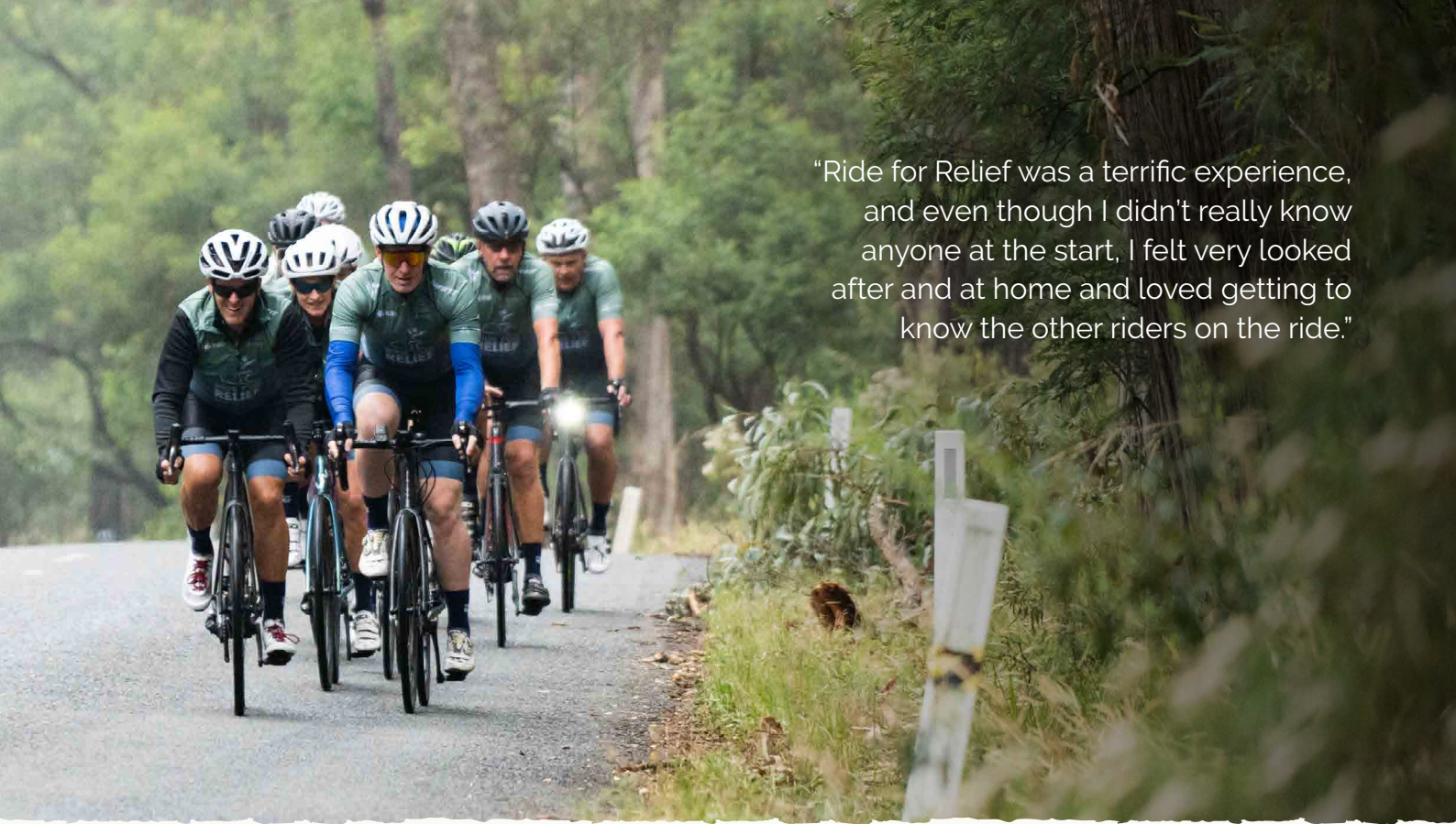
Today will be a special day as we are joined by three other Ride for Relief pelotons as they tackle the one-day ride around the Mornington Peninsula. Following a quick photo stop at Fort Nepean we will head back towards Arthurs Seat.

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 25 February 2024, participating riders will meet at Peninsula Hot Springs to take off on a spectacular scenic ride around the Mornington Peninsula.

Submit Expression
of Interest

(A second 108km peloton will be organised if enough bookings are received.)

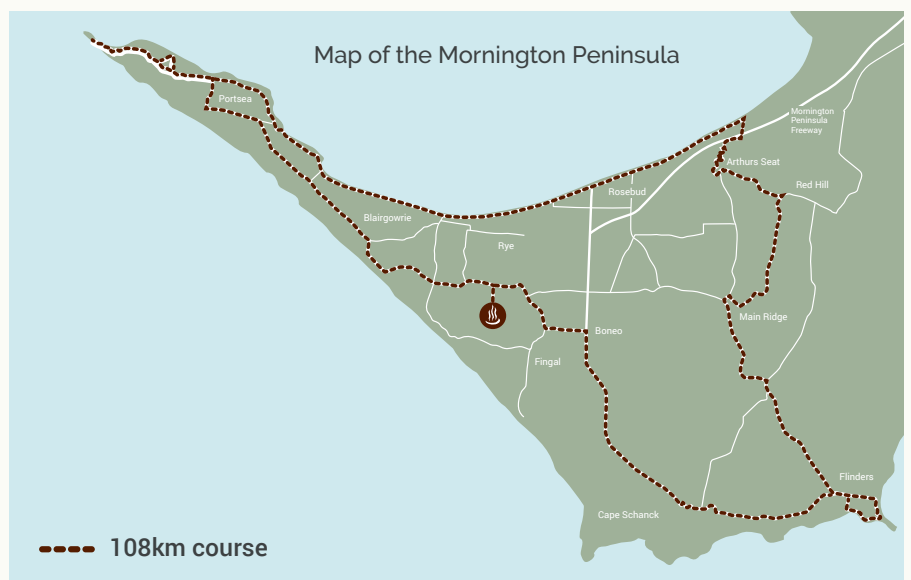
The one-day ride will explore the picturesque Mornington Peninsula, which has Bass Strait on one side and Port Phillip Bay on the other offering beautiful stretches of beaches, charming seaside villages and gorgeous countryside with established vineyards and farmland in Red Hill.

The 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 cycling event specialist **Connect Sport Australia** and includes lead riders, a bike mechanic and a first aid specialist.

The ride 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

10km walk

On the morning of Sunday 25 February 2024, participating walkers will meet at Pt Nepean Park, Portsea for a spectacular scenic walk around the Mornington Peninsula.

Walk
Registration

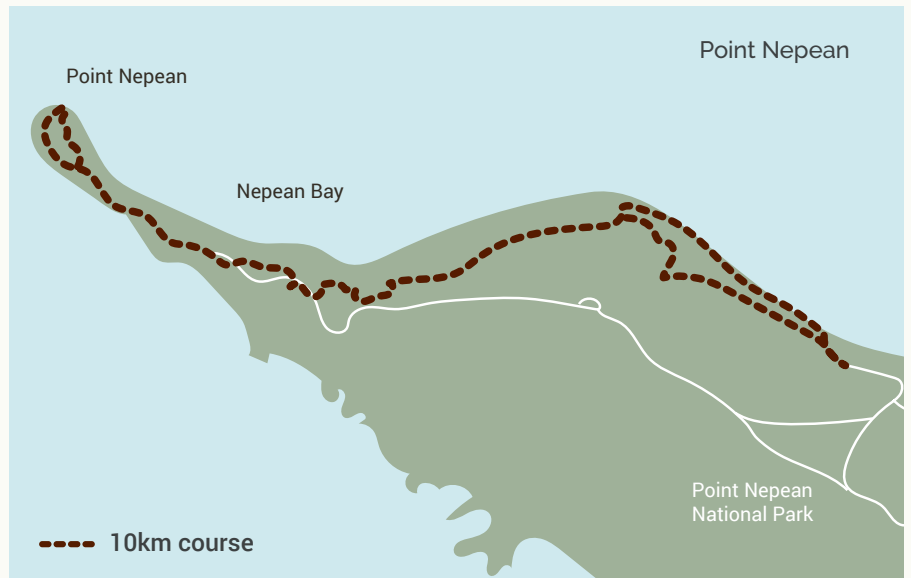
Walk & Bathe
Registration

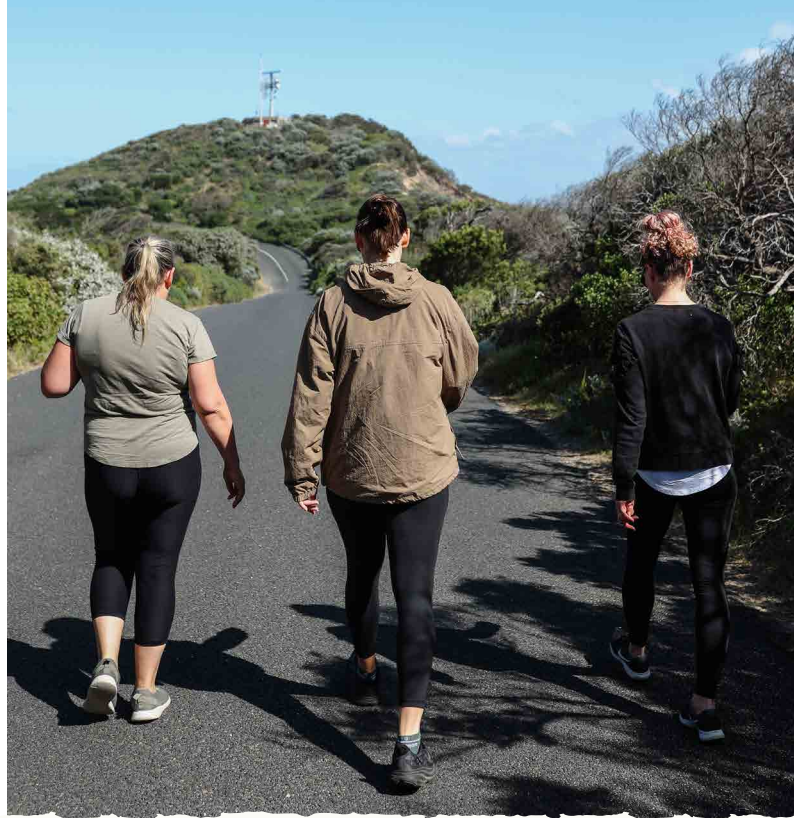
Take a 10km nature walk for mental health with 'Walk for Relief'

The only thing better than taking a nature walk in a pristine environment (with optional hot springs bathing afterwards) is helping improve mental health for fellow Australians while you do it.

For the first time ever, our annual charity cycling event, Ride for Relief, is expanding to include a 10km walk option.

On Sunday, February 25, 2024, Walk for Relief participants will stroll through the





stunning natural beauty of Portsea's Point Nepean National Park — which is flanked by crystalline bay and marine sanctuary on one side, and wild ocean on the other — all in the name of mental health.

Like Ride for Relief, Walk for Relief is an opportunity to help raise funds and awareness for the one in two Australians who will experience mental illness in their lifetime.

Walkers will begin in Point Nepean at 8am with a nourishing yoga stretch class and travel in a loop around the park, journeying all the way out to the historic Point Nepean right on the tip of the Mornington Peninsula.

The walk will finish around 11am — and walkers can choose to recover afterwards by immersing themselves in geothermal pools, cold plunge pools, saunas and other bathing experiences at Peninsula Hot Springs.

Ride for Relief began six years ago to honour Peninsula Hot Springs Co-Founder, Richard Davidson. The event was developed not only to raise funds and awareness for mental health, but to encourage the meaningful conversations we have when we're exercising with others in the open air.

Entry to Walk for Relief is \$50, or \$125 if participants would like to add on Revitalise bathing (robe, towel and locker included). Walkers are asked to reach a \$150 fundraising target, with funds going to our charity partner, local organisation Mentis Assist, to help facilitate their Breaking Barriers initiative.

Meanwhile, spots are still available for our one-day cycling event, also occurring on February 25, 2024. Cyclists will take off from Peninsula Hot Springs and tour through some of the Mornington Peninsula's most picturesque areas — from Sorrento and Point Nepean to Red Hill, Flinders and the challenging hill climb of Arthur's Seat.

Connect Sport Australia will assist riders at each stage of their journey, and cyclists end their ride with a gourmet lunch and bathing at Peninsula Hot Springs. Entry for the one-day ride is \$240, and the fundraising target is \$500.

Together, let's help improve the lives of Australians and make mental wellness a priority.

7:30am

Participants meet at Point Nepean Park

8:00am

Yoga Stretch class offered

8:30am

From the Polo Fields to Point Nepean and return via Defence Road, the beach or Coles track.

9:30am

Stop at the Point, take in the beautiful view, possible Yoga stretch. Walk back along track and sand to Pt Nepean Park

11:00am

Arrive back at Pt Nepean Park



Fundraising terms and conditions

Ride for Relief is an event that raises awareness of mental health challenges and funds for Mentis Assist.

Each rider is asked to achieve a specified fundraising target and meet the conditions outlined below.

A portion of the total funds raised will go towards the associated running costs of the event. This enables riders to be offered a reduced registration fee that is equal to just over half of the actual cost per entry of the ride per person.

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 within seven (7) days of being notified that you are a successful applicant to participate in the Ride for Relief 2024 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):
 - \$1,000 by end of September 2023
 - \$2,000 by end of December 2023
 - \$3,000 by 18th of February 2024 (a day before the tour starts)
- If a fundraising target of \$4,000 is achieved, a voucher for a 'Harmony' spa package at PHS (60 mins treatment, dine and bathe) will be offered in recognition of your efforts.
- If a fundraising target of \$5,000 is achieved, a voucher for a 'Harmony' spa package for two at PHS (60 mins treatment for two, dine and bathe for two) will be offered in recognition of your efforts.

- If a fundraising target of \$6,000 is achieved, a voucher for an overnight stay for two at PHS glamping accommodation (including breakfast, wellness classes and bathing) will be offered in recognition of your efforts.
- 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 availability.

1-day riders

- You agree to a minimum fundraising commitment of \$500.
- You will pay a non-refundable registration fee within seven (7) days of being notified that you are a successful applicant to participate in the Ride for Relief 2024 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, 2x PHS Bath House bathing vouchers will be offered in recognition of your efforts.
- If a fundraising target of \$1,500 is achieved, in recognition of your efforts, a 'Harmony' spa package at PHS (60 mins treatment, dine and bathe) will be offered.
- If a fundraising target of \$3,000 is achieved, a 'Harmony' spa package for two at PHS (60 mins treatment for two, dine and bathe for two) will be offered in recognition of your efforts.
- If a fundraising target of \$4,500 is achieved, a voucher for an overnight stay for two at PHS glamping accommodation (including breakfast, wellness classes and bathing) will be offered in recognition of your efforts.

- If a fundraising target of \$6,000 is achieved, a \$1,000 PHS gift certificate will be offered in recognition of your efforts.
- 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 personalised fundraising page to share with your family, friends and colleagues.
- 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.

Where your donations go

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 develop a new program - Breaking Barriers. The Breaking Barriers program provides one-to-one case management to some of the most vulnerable people in our community and assists them to access services and supports. The funds you raise go directly towards helping the Breaking Barriers clients. Staff in the program assist with addressing their client's barriers to participation in receiving help, accessing the community, overcoming social isolation, and building their civic and economic participation.

About the Breaking Barriers Program

Individuals experiencing psychosocial disability because of mental health issues are supported, over a three month period (on average) in the Breaking Barriers program. Together with their Breaking Barriers mental health practitioner, they develop a goal plan to improve their mental health and work towards becoming and/or remaining independent and engaged. With your help, the Mentis Assist Breaking Barriers program has already been able to provide:

- Specialist neuropsychiatric, psychiatric and Occupational Therapy Assessments required for access to the National Disability Insurance Scheme (NDIS);
- Driver's license fees to build independence in the community;
- Computers and laptops to meet study goal needs 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 people with mild, moderate, and severe mental illnesses across South East Melbourne.

Mentis Assist helps these vulnerable clients to navigate the mental health system and links people with clinical and community mental health services, as well as wider system networks including housing, drug and alcohol programs, family violence, Centrelink, and more. Addressing these issues helps the individual to recognise their own worth, values, strengths and goals, with an emphasis on improving health and wellbeing, independence and meaningful relationships with family and significant others.

Mentis Assist has a range of mental health services that meet the specific needs of people with mental health issues. 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 provide the most appropriate support to those living with mental illness and help them access the treatments, they need, re-engage within their community, and re-build their lives. Ultimately Mentis Assist programs reduce the number of lives lost to suicide each year and instead provide them with hope for the future. to suicide each and every year and instead provide them with hope for the future.

Melissa's* story is just one example of how Mentis Assist, alongside other professionals, work with experiencing mental illness to achieve the best outcome.

Melissa* is a single woman in her late 40s, who was diagnosed with schizophrenia in her 20s and has been admitted to hospital multiple times over the years.

Although Melissa's is in full remission when it comes to her 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 Assist.

Mentis Assist provided Melissa with regular appointments with an experienced clinician who monitored her mental state and compliance with medications. Melissa was also linked to a psychologist for assistance with her longstanding trauma and anxiety, as well as 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, thanks to funds sourced from Ride for Relief, Melissa was connected with a psychiatrist for ongoing review.

Melissa has recently been approved for an 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 expected to wear the quality custom designed kit throughout the event.

The uniform orders will be collected from each rider once all the supply details are finalised with a supplier.

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. Opt 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 are to be updated with 2024 event partners.

event jersey



event bib-shorts



event vest



event socks



off-bike tee



bib/bike short lengths

