



Ronald McDonald
House Charities®
South Australia

Ride
for
SICK KIDS



GREAT OCEAN ROAD

Sunday 6 - Saturday 12 March 2022

Melbourne to Adelaide



**Ronald McDonald
House Charities®**
South Australia

Ronald McDonald House Charities South Australia (RMHC SA) continually strives to make a positive impact on the health and wellbeing of children with serious illness or injury, and their families.

Our work begins when the family arrives on the doorstep but extends far beyond to the care, support and connection that continues for years to come.

Doctors agree that the House has a dual benefit, as studies have shown that children who have their families close by respond better to treatment.

As RMHC SA receives no ongoing government funding, we rely upon community support and fundraising to assist our mission to provide quality family centred care to hundreds of families each year.

McDonald's Australia and its local franchisees provide major support to the charity's operations so that your donation helps even more families of seriously ill children in Australia.

RMHC has a wide range of programs to help children with illness and disabilities and their families across Australia, all focused on making the journey to recovery as easy as possible. They include:

Ronald McDonald House®

Hospitals can be scary places for children. From a shoulder to cry on to a kiss-goodnight, having family around can make all the difference when you're stuck in hospital. Our 16 Houses give the families of seriously ill children somewhere to stay close to the hospital where they are receiving treatment.

Ronald McDonald® Learning Program

Every day a sick child is out of school, they miss out on valuable lessons. With a Learning Program based in each state, we help children improve their skills and catch up with what they've missed, making a return to school less stressful.



POPPY'S STORY

Little Poppy was born prematurely, weighing only 556 grams due to severe preeclampsia and Intrauterine growth restriction (IUGR). She spent the first 95 days of her life at the Women's and Children's Hospital, a long way away from her family's home town of Moonta. In total, Poppy and her family spent 128 days at Ronald McDonald House South Australia, which became their new home away from home. While mother, Yasmin was at the House in order to be close to her new baby, Poppy's dad, Joe was travelling back and forth from their farm and visiting whenever he could. This was a huge adjustment for the family, having to spend so much time away from everything they know and everyone they love.

Before their journey at Ronald McDonald House SA began, Yasmin says she did not know much about the House and its services until they needed it. During her stay, Yasmin met a number of equally inspiring parents who all had their own story to tell and she still keeps in touch with many of them to this day. The House, its volunteers and staff hold a very special place in their heart and during a difficult time, RMHC SA was able to bring a lot of joy and support to their lives.

Since her time at the House, Poppy has blossomed into a beautiful young and "cheeky" lady as her mum would say, and not a day goes by where they don't think about RMHC SA and the other families they met.

All proceeds from the RMHC Ride for Sick Kids SA will be donated to Ronald McDonald House Charities South Australia to help fund its programs and services.



THE GREAT OCEAN ROAD TOUR

Join us for a unique and challenging event and help make a difference to children with serious illness or injury and their families who stay at Ronald McDonald House® South Australia. The many families that visit the House face daily challenges and it is in that spirit that riders are encouraged to tackle each stage of the ride and embrace the team activities and events along the route.

For the first time in the history of the event we will be starting in Melbourne and riding over 1,000km's back to Adelaide!

The route will take the team along the south coast of Australia, including the stunning Great Ocean Road. What a fantastic way to get involved with the ride and support Ronald McDonald House® Charities South Australia.

So join the team today!





*"It is the highlight of my year.
Having kids come up and say thank you for what
we are doing melted my heart."*

EXPRESS YOUR INTEREST IN THE RMHC RIDE FOR SICK KIDS SA TODAY!

Riding to raise much needed funds for Ronald McDonald House Charities® South Australia

- On road support vehicles & crew
- Accommodation — twin share
- All meals provided
- Community celebration events
- RMHC Ride for Sick Kids SA cycling kit provided and off-bike team uniforms
- Massage provided



"This event is more than a cycling event, it's a community of friends joining together and supporting each other to achieve an amazing result and support families at their time of need"

TOUR OVERVIEW

The team will set off in a peloton of 30 riders, including 3 lead riders and a lead and follow team car to support the team on the road. The course will see the team ride south out of Melbourne headed towards the Mornington Peninsula. Following a long climb the riders will be in awe as they take in the stunning views from the top of Arthur's Seat. The ferry ride from Sorrento to Queenscliff will bring day one to a close.

Day 2 will be one to remember as the team enjoys riding along one of the most picturesque roads in Australia, the Great Ocean Road. From Lorne the course takes the riders to Port Campbell, Mount Gambier, Robe and Meningie before the final day into Adelaide.

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 fuelled up for the long days of riding ahead.

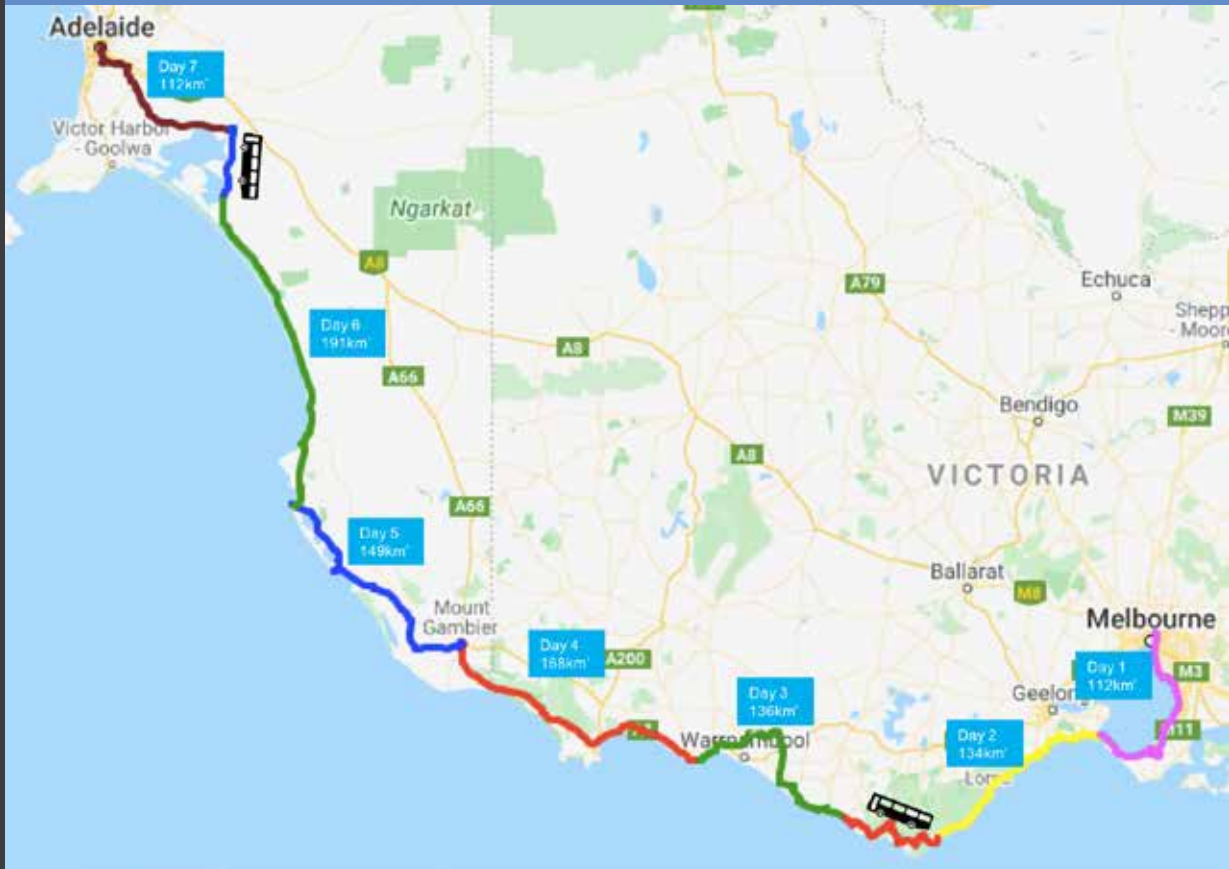
You will be a part of South Australia's ninth RMHC Ride for Sick Kids and identified by a branded cycling kit and off bike uniform.

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 RMHC Ride for Sick Kids SA.

This is your chance to be part of the RMHC Ride for Sick Kids SA, so sign up and help seriously ill kids and their families. It'll be an experience you'll never forget!

THE TOUR



SATURDAY 5 MARCH

Adelaide based riders will be flown to Melbourne for the start of the event. To ensure you are ready for the challenge ahead, you will need to attend the rider briefing which will provide you with details of the first stage route, rider etiquette and we'll introduce you to the Support Crew who will be looking after you. We will then enjoy our first team dinner together to get to know each other. We encourage you all to sit with people you don't know so you get to meet a great new bunch of people.



STAGE 1 **125.3KM & 891M** **MELBOURNE TO QUEENSLIFF** **SUNDAY 6 MARCH**

The ride will start from Ronald McDonald House, North Fitzroy and head south down one of the most popular cycling roads in Australia, the famous Beach Road.

Thousands of cyclists ride along this road each and every day so we'll be sure to see many other cyclists as we make our way down to Sorrento.

Following lunch we will board the ferry and travel across the bay to Queenscliff where we'll spend the night.



STAGE 2 **131.6KM & 1,252M** **QUEENSLIFF TO APOLLO BAY** **MONDAY 7 MARCH**

Today we will visit our first school to share with the school community the wonderful work done by Ronald McDonald House South Australia in supporting families with sick kids.

The Great Ocean Road will offer some of the most beautiful sights we have seen over the 8 year history of the ride. The team arrives at the beachside town of Apollo Bay where they can enjoy a quick swim in the ocean to freshen up the legs after 2 days on the bike.



STAGE 3 **136.4KM & 972M** **TWELVE APOSTLES TO PORT FAIRY** **TUESDAY 8 MARCH**

To ensure we make the most of our time on the Great Ocean Road and get to take in more of the sights we will do a short bus transfer in the morning from Apollo Bay to start day 3 from the famous Twelve Apostles.

We will then enjoy the final kilometres of the Great Ocean Road in the morning before heading more inland as we ride to the beautiful town of Port Fairy.



STAGE 4 167.8KM & 1,051M PORT FAIRY TO MOUNT GAMBIER WEDNESDAY 9 MARCH

Following three amazing days riding along the coast the team will tackle a longer ride as they continue their journey towards South Australia.

We will visit another school today to share with the school community the wonderful work done by Ronald McDonald House Adelaide in supporting families with sick kids.

Today will be an exciting day for the team as they cross the Victorian/ South Australian border before arriving in Mount Gambier.



STAGE 5 148.7KM & 403M MOUNT GAMBIER TO ROBE THURSDAY 10 MARCH

Before we leave Mount Gambier we will ride out to the Blue Lake to see just how blue the water looks in the sunshine. A very unique sight indeed.

Another school visit and lunch at the seaside town of Beachport will ensure this will be another memorable day as the team arrives in Robe.



STAGE 6 191.5KM & 695M ROBE TO MENINGIE FRIDAY 11 MARCH

Our longest day for the week will take the team north from Robe up to Meningie.

For those that are up for the extra challenge there will be an optional extra 9km's so we crack the 200km mark!



STAGE 7 112.2KM TO 1,114M MENINGIE TO ADELAIDE SATURDAY 12 MARCH

The final day will be a more challenging ride than we've had for many years with over 1,100 metres of climbing and 112kms.

By now the team will be riding strong so they will conquer this last test with ease before enjoying the long descent down into Adelaide.

There will be a huge welcoming party to celebrate the team achieving this extraordinary ride of 1,000kms in just 7 days!



TOUR INFORMATION



Commitment to Work

The RMHC Ride for Sick Kids SA is a challenging and rewarding event, dependent on the commitment of riders and support crew to work as a team and support each other. Submitting your Expression of Interest for the 2021 RMHC Ride for Sick Kids SA indicates that you are willing to participate enthusiastically in team activities and Tour events, including the Community Celebrations, school visits and any fundraising activities in localities the Tour will pass through.

Support Crew

Luggage will be transported between tour locations by the support crew. Support when riding each stage includes a mechanic, first aid, support vehicles and a front, middle and rear lead rider.

Dedicated crew members will ensure all aspects of the ride are catered for including hotel check- in, laundry, meals and hospitality. Massage will be available at the end of each day.

Rider Etiquette

Detailed documentation and a daily briefing will be provided to ensure rider safety and enjoyment.

Rider Training

You will be provided with a training program to help you prepare for the event.

Monthly training rides will also be organised for those living in Adelaide.

Our Ride Director, Bade Stapleton from Connect Sport Australia, will also be available to provide further advice on your training and preparation for the event.

Each rider will be expected to arrive fit and ready to ride consistently and confidently at 28-35kmph in a bunch. To ensure the safety of all our team there will be no sustained pushing of riders. If you are unable to keep up with the team you may need to take a break in the support vehicle.

Accommodation

Accommodation will be provided for riders and support crew and will be twin or triple share. In small towns and subject to availability, the team may be spread across multiple accommodation venues.

Meals

Breakfast and evening meals will be provided and all on road meals will be catered.

Kit

To raise awareness of the ride, you will be provided with, and be expected to wear the team kit.

Riders will receive:

- 2 x RMHC Ride for Sick Kids SA jerseys and knicks
- 1 x RMHC Ride for Sick Kids SA vest
- 2 x polo shirts
- 1 x jacket
- 1 x luggage bag



FUNDRAISING TERMS

Riders

- You agree to a minimum fundraising commitment of \$6,000
- You will pay a non-refundable registration fee of \$550 (inc GST) upon signing up online. If you do not pay your registration fee, RMHC Ride for Sick Kids SA reserves the right to cancel your application and re-allocate riders in its sole discretion.
- You agree to meet the following fundraising milestones (or provide plans for fundraising activities to reach your target):
 - \$2,000 by end November 2021
 - \$4,000 by end January 2022
 - **\$6,000 by the start of the ride**
- The \$550 rider registration fee will be refunded if fundraising of \$8,000 or above is reached in recognition of your achievement.
- You understand that should you fail to meet the minimum fundraising commitment (or don't have suitable plans in place to achieve your goal), you will not be able to participate in the event.



Support Crew

- You're encouraged to raise a minimum of \$500 to be part of the Support Crew Team.

Riders & Support Crew

- To assist you in meeting the balance of your Fundraising Commitment, Ronald McDonald House Charities South Australia will provide you with fundraising support including: a fundraising web page which will be supported by a sophisticated online fundraising system with all the tools you need for success.
- A tax deductible receipt will be issued by Ronald McDonald House Charities South Australia on receipt of all payments under these terms.
- The RMHC Ride for Sick Kids SA will set milestones in relation to fundraising activities and you agree to use your best endeavours to reach these milestones.
- You agree to use every effort to reach or exceed your Fundraising Commitment.
- If at any time you withdraw or fail to complete/ participate in the RMHC Ride for Sick Kids SA any donations and funds raised by you will be nonrefundable as all funds will continue to be directed towards Ronald McDonald House Charities South Australia.

To register for the
RMHC Ride for Sick Kids SA
or for more info on the event,
scan the QR code or visit
www.rmhcrideforsickkidssa.com.au

