



LIFT THE LID

on mental illness

CONFERENCE BICYCLE RIDE FROM THE OCEAN TO THE OUTBACK

28th March to 4th April, 2019

636 kilometres from
Victor Harbor to Broken Hill

7 days riding
1 rest day
Avg 90km per day

The Rotary Club of Victor Harbor is proud to organise this exciting event to raise funds for research into mental health.

We will be cycling from Victor Harbor to Broken Hill arriving in time for the last Rotary District 9520 Conference

The ride has even more significance now that our drought affected rural friends and families are struggling through such a difficult time.

It is not only farmers who need our help here, but entire communities.

All funds raised will go to Australian Rotary Health (ARH) and every dollar raised goes directly into Mental Health Research which has been ARH's main area of focus since 2000.

ARH was established in 1981 and has contributed over \$40 million into health research –
"In Australia, by Australians, for Australians".

"I commend the Rotary Club of Victor Harbor for this wonderful initiative which will not only raise much needed funds for research into mental health through our own Australian Rotary Health, one of the largest independent funders of mental health research within Australia, but will increase awareness of mental health issues within rural communities. This bike ride - from the ocean to the outback - is a great example of Rotarians as People of Action!"

Kim Harvey, District Governor 2018-2019

PLEASE SUPPORT US... SUPPORT ROTARY MENTAL HEALTH RESEARCH... SUPPORT OUR COMMUNITIES.

\$100.00 Rider entry fee

The route:

Thursday 28th March, Victor Harbor to Hahndorf – 74km

Friday 29th March, Hahndorf to Nuriootpa – 84km

Saturday 30th March, Nuriootpa to Burra – 114km

Sunday 31st March Programmed rest day

Monday 1st April, Burra to Terowie – 68km

Tuesday 2nd April, Terowie to Yunta – 101km

Wednesday 3rd April, Yunta to Olary – 77km

Thursday 4th April, Olary to Broken Hill – 118km

We encourage youth, women and men to join us on this exciting adventure.

Any cyclist wishing to participate will need a minimum standard of 24km per hour solo on a flat road for a minimum of 2 hours.

Every day will be split into 2 sessions.

Starting time and duration between breaks will be advised before each day's ride.

At least one support vehicle will be on the road for the duration of the event thanks to the Rotary Club of Victor Harbor.

All sponsors will be recognised on signage displayed on support vehicles and trailers for the duration of the event.

Safety will be of paramount importance.

All cyclists are to adhere to a code of conduct that will be required to be followed during the event.

Non Rotarians are welcome if you support our cause.

If you are coming to the conference, why not bring a bike or e-bike and roll in to Broken Hill with us in support of this great cause. Alternatively, feel free to walk the last section with us into town.

Looking forward to your participation.

Register your interest in either donating or riding by contacting:

Mark Cox

President, Rotary Club of Victor Harbor

Email: coxco20@bigpond.com

Ph: 0414 904 574



For Direct Deposits:

Victor Harbor Rotary Club

BSB: 065 511

Account #: 1009 4619

Please advise of your deposit via email to coxco20@bigpond.com