



Australian Rotary Health

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www.greataustralianbikeride.org.au

NEWSLETTER NO. 1

November 2008

Welcome to the first newsletter for the Great Australian Bike Ride which will bring you up to date with arrangements for the Ride.

This newsletter is going to everyone on our mailing list including riders who have already registered, volunteers for the support team, stage managers, Rotary District Governors, district Co-ordinators for the Ride, ARH Directors and anyone who has expressed an interest in knowing about the Ride.

If you have not already done so, now is the time to send in a registration form (available from the website www.greataustralianbikeride.org.au) so you too can take part in this magnificent event.

We have received a lot of support from Rotary Clubs around Australia wanting to feed and water the riders and a lot of work has been going on behind the scenes planning the actual kilometre by kilometre route, booking accommodation and assembling the support team vehicles and people

SPREADING THE WORD

Over the past week, the brochure and registration form was mailed out to 35,000 Rotarians and others as an insert to the latest edition of Rotary Down Under, the magazine that reports on events and people in the Rotary Districts covering Australia, New Zealand and the South Pacific. In addition, the brochures are now available at the distributors for TREK bikes around Australia and they can be downloaded from our website.



THE OFFICIAL START

The Start Committee is well advanced in planning the official start of the Ride in Melbourne on Saturday March 21st. The start will be from the steps of Parliament House at 1.30 pm with riders from the local rides arriving about 11.30 am at Treasury Gardens for a barbecue lunch before the start. The local rides will be from the south starting at Mornington, where Australian Rotary Health was founded, the north starting at Maribyrnong and from the west starting at Werribee and Altona. More details of these rides when they are finalised.

WEBSITE UPDATE

The Great Australian Bike Ride website is in the process of being overhauled and updated. There is always a lot of behind the scenes work and testing that has to take place before a new site is up and running but the designers are confident the new site will be operational by November 17th. The new website will allow people to make on-line donations to support individual riders. An e-mail will be sent when the site is live.

SAME GOAL, NEW NAME – AUSTRALIAN ROTARY HEALTH

At the recent annual general meeting of the Australian Rotary Health Research Fund, the decision was taken to change the name to Australian Rotary Health. Over the coming months changes will be made to logos, stationery, the website and other places where the name is used. The mission of the organisation is still the same - "Supporting healthier minds, bodies and communities through research, awareness and education"

ACCOMMODATION

During the Ride, accommodation will be provided for riders and the support team every night on a share basis. This will mainly be cabins in caravan parks, or in motels and sometimes there will be home hosting. For those doing Stages 6, 7 and 8 between Townsville and Adelaide there are a lot of nights camping out under the stars and you will have to bring a sleeping bag or swag.

We are currently talking to an outdoor and camping company about sponsoring the provision of tents and other necessary equipment for those overnight stops where a campsite is needed. This is in addition to the lighting and power equipment being supplied by sponsor, Total Generators from Brisbane, who are providing portable generators and lights.

IN THE BEGINNING & AT THE END

A number of riders and support team volunteers will be joining the Ride for certain Stages. It is up to the individual to make arrangements to travel to the start and from the finish of each Stage. Details will be announced about where the Ride will finish at the end of each Stage, where it will be starting from as well as the accommodation venue and contact details for the Stage Manager.



SPARES

Travelling with the Ride will be a specialist bicycle mechanic in a Mobile Workshop supplied by sponsor Shimano. The workshop will carry a range of spares that will be enough to keep all bikes going to the next town or overnight stop where major repairs can be done if necessary. Shimano Managing Director John Bazzano has indicated that he will be driving the Workshop for some of the time on the ride.

MORE PAPERWORK

While we want to keep the administration paperwork down to a minimum, there is one more form we need all riders to fill in and return to us. It is an all-purpose form asking for your medical background, bike type, shirt size (see Apparel) and dietary needs. The form will be available on the updated website.

SUPPORT TEAM

The Great Australian Bike Ride is a major undertaking for all concerned and to make sure all goes well for the seven months of the event there will be a support team travelling with the Ride. This will comprise ten vehicles including three Toyota Commuter coaches, a Winnebago motor home, two trailers each carrying twenty bikes, a medical vehicle, a catering vehicle for morning and afternoon refreshment stops and cars for the Stage Manager and for the front and rear of the bike pack. These vehicles are being sourced now and we are in discussions with major manufacturers.

MEALS

For many meals the Ride will be joining the local Rotary Club at its meeting or the club will be providing the meal but there will be occasions when riders will need to bring their own cutlery and crockery plus a mug. Breakfasts will be mainly cereals, yoghurt, fruit and toast, tea and coffee with occasional cooked food as well. Lunches will be sandwiches or rolls, salad and fruit, sometimes soups, soft drinks, tea and coffee. Dinner will be soup, casseroles, pasta/rice dishes plus drinks. The mid morning and mid afternoon refreshment stops will offer fruit, energy bars, nuts, dried fruit, cake, tea and coffee. If any rider or support team member has a dietary problem please note it on the attached form.

APPAREL

We are working with our sponsor TREK to produce a riding top for everyone taking part. Each rider will receive two of these. They will be produced especially for the ride printed with all sponsors' logos and will be very colourful so they stand out during the Ride. We will also be producing a polo shirt for more casual "après ride" wear. Everyone will receive two of these and you can buy more. We will not be producing nicks.



SURVEYS

Thank you to all the people who have been involved in driving along sections of the route – whether it was in NSW, Victoria or through the backblocks of WA, QLD and the NT. Even given the latest technology and mapping tools available from Google, there is nothing like an eye-witness report on exactly what a camp ground looks like 53 kilometres past Turkey Creek in WA. The notes made during these surveys and the comments on road conditions and campsites are invaluable.

ROTARY CLUBS SUPPORTING THE RIDERS

One idea for supporting the Ride is for a Rotary Club to sponsor the entry cost of one rider in a stage. So if it is a Queensland Rotary Club and they can find someone who wants to ride from Brisbane to Townsville, then that club pays the \$1750 as a donation to Australian Rotary Health and the club nominee takes part in the ride. This would be a great way for those clubs who will be hosting the Ride to have a personal involvement in the event as it makes its way around Australia. This has already been suggested at a couple of Brisbane clubs and has received strong support.

SPONSORS

The following companies have very generously offered to support the Great Australian Bike Ride. This list shows the companies with whom we have reached an agreement on sponsorship but we are currently negotiating with a number of other companies on a range of sponsorships.

Trek Bicycles Australia sells high quality bicycles and components through a network of dealers. Trek is the exclusive Australian distributor for Trek, Gary Fisher, Lemond, Klein and MirraCo bicycles and also distributes Bontrager wheels and parts, Nike Cycling clothing and shoes and Trek Helmets and Wrench Force tools. TBA is the exclusive Australian distributor for Saris Cycling Group's line of products, including; Saris car racks, CycleOps Trainers, CycleOps powertap technology and CycleOps indoor trainers. www.trekbikes.com.au

Shimano's main goal in life and business is to help people get closer to nature through the cycling activities they enjoy most. Team Shimano is people all over the world, working together to fulfil a dream in which more people ride bikes, and the bikes they ride shift better, brake better and perform better overall. Shimano has created the widest range of high quality bicycle components in the world. www.shimano.com.au

Winnebago Industries is the largest motor home manufacturer in Australia and is committed to providing high quality, efficient designs and the best value motor homes in Australia. Currently Winnebago Industries employs over 230 workers who produce approximately 600 Winnebago vehicles per year selling through a network of dealers throughout Australia and New Zealand. www.winnebago.com.au



Hansen Yuncken is a national construction company with offices in Victoria, New South Wales, South Australia, Tasmania and Queensland. Since its inception in 1918, Hansen Yuncken has completed over 4000 projects. The company directly employs over 600 staff, has an annual turnover exceeding \$800 million and is ranked in the top 50 of the largest, private Australian companies. <http://www.hansenyuncken.com.au>

Total Generators is a Brisbane based company specialising in a comprehensive range of diesel generators. Total Generators will provide two portable generators, four halogen lights and cables to ensure there will be light and power wherever the Ride sets up an overnight camp in the Outback. <http://www.totalgenerators.com>

Motorola is a leader in communications technology providing solutions and systems for industrial, telecommunications, computing and portable energy systems markets. Motorola is providing hand held UHF radios for all the officials on the Ride. <http://www.moto-music.com.au>

OmniTRACK. enables businesses to monitor or track all types of assets with a focus on remote operations. Valuable assets can be "seen" in all weather conditions, around the clock and in real time, which protects them against theft, vandalism and misuse. Using the Omni TRACK website the Great Australian Bike Ride will be watched all the way around Australia <http://www.omnitrack.com.au>

Hema Maps is a private company with over 20 years experience in the cartographic industry. The company publishes more than 200 map titles of their own and distributes an unequalled range of maps, travel guides, globes and other products around the world. Hemi Maps has also developed a wide range of world atlases, road atlases, city, state and regional maps. <http://www.hemamaps.com.au>

THE LAST WORD

The Great Australian Bike Ride will be a wonderful adventure and it offers entrants the opportunity to travel through parts of Australia they may never have seen before or at least not from the seat of a bicycle.

Cycling in the Ride will help you keep fit and by taking part you will be helping other people through the work done by Australian Rotary Health.

So now is the time to download the registration form, send in your entry and prepare to take part in a campaign to raise funds for research into the mental health and wellbeing of all Australians and to raise awareness of the work being done by Australian Rotary Health.

My thanks to all the Stage Managers and others who are working on their part of the jigsaw and helping to put together this seven-month odyssey.

On yer bikes – spread the word!

JOHN FLOWER
Event Manager

