



NEWSLETTER NO. 2

DECEMBER 2008

Welcome to the December newsletter with lots of information about arrangements for the Ride.

This newsletter will be distributed far and wide using every means available. E-mail, snail mail, jungle drums, smoke signals, semaphore, flags, beacons and heliographs will be employed to get the message out that now's the time to oil the gears, check the cables and replace the chamois inserts!

More importantly now is also the time to send in a registration form - available from this link to the website <http://www.greataustralianbikeride.org.au/Join.aspx> - so you too can take part in this great event.

The Stage Managers have been out and about checking their roads and working with local Rotary Clubs around Australia on arrangements for feeding and accommodating the riders.

HAVE YOU REGISTERED OR JUST EXPRESSED AN INTEREST?

On the website you will find the Ride registration form and this is the most vital piece of information we need from you if you want to take part as a rider. There have been previous "expression of interest" forms but it's the Registration Form that Alis, our hard working Administrative Assistant, relies on for all information.

NEW LOOK WEBSITE

The website for the Great Australian Bike Ride has now been totally overhauled and updated and looks a clean and lean machine. It took a bit longer than expected as there were a number of technical challenges associated with being able to make donations on a secure basis. There are still a few minor tweaks to be done but it is looking excellent so pop in and have a look and see how you can donate online and support a rider as well. In addition you can see every day's route using the Google maps. Some of the maps are still being updated as Stage Managers finalise the route. To see the map for each day go to the home page, click on which Stage you want in the centre of the home page and this will show you a map of that Stage on the right hand side. Below that map is some text and at the end of the text click on More Info....and then click on the day you want to see.

BE INSPIRED...BY THESE ALL ROUNDERS!

The Great Australian Bike Ride is one long ride but these people have taken up the challenge to raise \$40,000 and ride all the way round. This is an incredible feat but they're doing it because they believe in supporting Australian Rotary Health and the work it does making people aware of the problems associated with mental illness.

ROBERTA GORDON



I am passionate about raising funds for and public awareness of mental health and I have accepted the challenge of riding over 17,800km around Australia. My goal is to raise \$40,000 plus. I am a sixty year old retired teacher/librarian, an experienced ex-triathlete, current lifesaver and an outback cyclist who rode 2,000km to Birdsville in 2006 with two others carrying all our food, water and camping equipment. My bike is my transport so I ride most days with a few longer, latte rides during the week mixing up the pace between 30 to 60kms. Combining that with my usual activities of yoga, pilates, swimming and kayaking will make a good base for the Great Australian Bike Ride. The emphasis in all my activities is enjoyment and usually sharing them with my friends. I am looking forward to meeting fellow cyclists and meeting people along the way as I really loved each day of my last outback ride.

TOM BROWN



Tom Brown from Mission Beach, QLD, turns 70 in January and is rather laid back about the ride. "It's one of those things I've always wanted to do and to raise funds for mental health gives the Ride a greater sense of purpose" said the grandfather of nine. Tom has been cycling since he was a teenager competing in road races in the United Kingdom. He relocated to live in Western Australia in 1968 and was later inducted into the Rotary Club of Rockingham. He moved to Queensland 5 years ago and joined the Rotary Club of Mission Beach. In 2006 he undertook a 200 kilometre walk through WA's harsh Pilbara region on what was described by American National Geographic as "the world's most arduous Outback Survival Course open to civilians". In the process Tom lost 10kg in 10 days. Tom's GABR ride is attracting much interest and he aims to raise over \$40,000 for Australian Rotary Health.

GONNY RUNDELL



Team Rundell have been riding together for over 4 years. Gonny inspired her family to take up cycling through her participation and support of Rotary District 9180's annual "Ride to Conference" for ARH. Gonny has set herself the challenge of riding the full 17,800 kms with John offering support by cycling a 10,000 km "over & back" ride. Gonny's qualities of commitment, passion and inspiration are the underlying motivation for Team Rundell to set itself a target of raising \$65,000.

Gonny & John - are both 57 years young, married for 36 years and have pursued an active life through sport, family holidays, community participation and career pursuits. Gonny still tap dances and regularly volunteers at the community emergency relief centre; whilst John remains a devout "petrol head" with a very soft spot for old Jaguars. They have 3 adult children and their first grandchild, Avah, arrived just over a year ago. (N.B. Gonny has hatched a devious plan to ensure that Avah doesn't forget her "Oma" during the 7 months on the road).

Also travelling for a major part of the Ride will be Ross Andrewartha who will fly in from Solomon Islands to take part in Stages 7, 8 and 9.

ROSS ANDREWARTHA



Ross in July 2008, riding the Alpe d'Huez in southern France prior to the main Tour de France peleton arriving

Greetings from Honiara, Solomon Islands (part of District 9600).

'Turning my dreams into reality' - The GABR provides me with a wonderful opportunity to realise two of my personal dreams - to see Australia by bike and undertake a worthwhile community fundraising event. My fundraising target is A\$19,634.00 or \$A2.00 per kilometre.

I had a taste of combining riding and money raising while in Tasmania during the ABC Giving Tree Rides in 2003 & 04. Also as coach of the Triathlon Solomon Islands team, I was instrumental in raising A\$15,000 to participate in the Melbourne 2006 Commonwealth Games. Both experiences proved to me how supportive Australians are of a 'good cause' like raising money for mental health research.

Raising awareness in Australia's lifeblood 'The Truckies'

A recent survey, commissioned by Australian Rotary Health, into the NSW transport industry revealed that truck drivers work excessive hours, have higher levels of depression and stress, which in turn increases the probability of accidents on our national roads.

So during the ride I intend to raise awareness amongst the 'truckies' about the mental services available to them. These people are the 'lifeblood of Australia'. We are all dependent on them being healthy on our national highways.

SURVEYS

Denis Green, Stage Manager for the Sydney to Brisbane leg, has been on the road from his base at Grafton driving up to Brisbane checking the route and come up with some excellent suggestions which takes the Ride off the main Pacific Highway and on to some of the undulating back roads through wonderful scenic country. Denis has also come up with two great days of riding starting and finishing in Grafton on days 41 and 43 with a rest day in between.

THE OFFICIAL FINISH

The hard working committee looking after the start and finish are planning to have the Ride finish at Government House, Melbourne with the possibility of afternoon tea there. The end of ride night knees up will be held in Geelong on the Friday night before the final ride to Melbourne.

TRAINING PROGRAMME

While the Ride is not going to be a Tour Down Under event or a major race it will require a certain level of fitness for entrants to maintain the daily average distance of 103 kms. Although rest assured that no-one will be left behind if they can't keep up the pace. There is always the recovery wagon to carry rider and bike for a while.

This programme is for people who are not regular bike riders or ride only a day or two a week and can average 20 kph. If you can ride at a higher average speed then keep your average under 26 kph and give yourself at least eight weeks to prepare.

Week 1	Ride 4 days for a total of 5 hours or 100 kms
Week 2	Ride 4 days for a total of 6 hours or 120 kms
Week 3	Ride 5 days for a total of 7 hours or 140 kms
Week 4	Ride 5 days for a total of 8 hours or 160 kms (one ride to be 50 kms)
Week 5	Ride 5 days for a total of 9 hours or 180 kms (one ride to be 75 kms)
Week 6	Ride 5 days for a total of 5 hours or 100 kms (on day 6 ride 100k ms)
Week 7	Ride 4 days for a total of 8 hours or 160 kms
Week 8	Ride 3 days for a total of 5 hours or 100 kms

This suggested regime is by no means definitive and if you want to know more, look for your local Bicycle Association or User Group and see what they recommend on their website.

MCDONALD'S COMES ALONG FOR THE RIDE

The Ride organisers are delighted to welcome McDonald's as a sponsor of the event. They have generously offered to feed the riders wherever there is a McDonald's store on the route. There are close to fifty such stores and where it is practicable the Ride will start from a McDonald's store in the morning so Riders can enjoy a good breakfast before heading off for a serious ride.

In addition to McDonald's the following companies have very generously offered to support the Great Australian Bike Ride

McDonald's www.mcdonalds.com.au

Trek Bicycles Australia. www.trebikes.com.au

Shimano. www.shimano.com.au

Winnebago Industries www.winnebago.com.au

Hansen Yuncken <http://www.hansenyuncken.com.au>

Total Generators. <http://www.totalgenerators.com>

Motorola. <http://www.moto-music.com.au>

OmniTRACK. <http://www.omnitrack.com.au>

Hema Maps <http://www.hemamaps.com.au>

The organisers are also in discussions with a major supplier of outdoor equipment, a car maker, a water supplier, a fuel company and a food distribution company. If you have a contact with a company that might assist with support for the Ride please contact Terry Davies, Corporate Donations Manager at ARH on 02 8837 1900 or terrydavies@australianrotaryhealth.org.au

WHAT WILL YOU NEED

Apart from the obvious items like clothes to ride in and wear in the evening, you will also need a helmet, gloves, shoes, water bottle, sunglasses & strap, waterproof gear, sunscreen and insect repellent. On Stages 4 to 8 you will need a sleeping bag and pillow as there are nights when you will be sleeping out. It will help if you can pack a knife, fork and spoon set plus a plate and mug to cover all catering eventualities! Depending on how long you are riding for, it would help with the luggage trailer if you could pack everything in to a soft sports bag rather than a bulky, rigid suitcase.

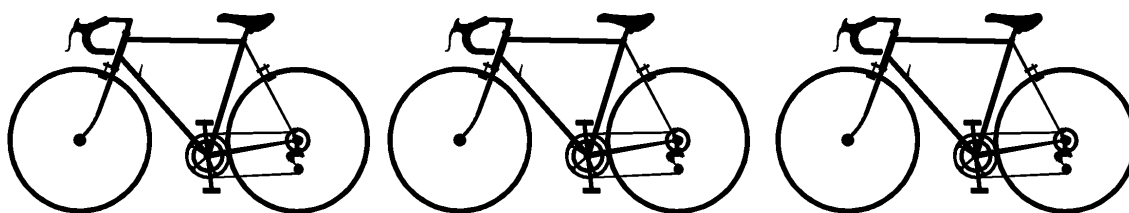
THE LAST WORD

As you can imagine there is a lot of work being done behind the scenes by a number of people both at Rotary Clubs, preparing for when the Ride comes to town and by people who will be part of the team during the Ride. In particular Geoff Kennedy, David Brown and Rob Henry in Melbourne are handling the lion's share of arranging the launch rides on March 21st as well as Stages 1, 2 and 3. In Sydney the Ride committee chairman Dick White is taking care of most of the route mapping and Rotary District liaison. In the Bike Ride office Alis Alexander is the very capable Administrative Assistant who handles all the paperwork and Jenny Towe looks after all the donations.

My thanks go to everyone who is helping to bring all the various parts together to make the Great Australian Bike Ride a memorable event

The office will close from Friday, December 19th until Monday January 5th 2009 and on behalf of all the staff here I wish you all a happy holiday and look forward to a bicycling New Year

JOHN FLOWER
Event Manager



Australian Rotary Health

PO Box 3455,

PARRAMATTA NSW 2124

Phone: 02 8837 1900

www.greataustralianbikeride.org.au