



NEWSLETTER NO. 5

MARCH 2009

As this edition of the newsletter goes to print all the elves and helpers are working themselves to fever pitch as the exciting day of March 21st looms large. For all those who are taking part on Stage 1 or the Rides to Launch the “sleeps to go” countdown is in single figures! This newsletter will be focused mainly on Stages 1, 2 and 3 but we’re still working hard on all the other events planned for the following stages.

RIDES TO LAUNCH

You can still enter the Rides to Launch and listed below are the start times on Saturday March 21st. Check out www.greataustralianbikeride.org.au on the Rides to Launch page or contact Rob Henry on 0417 570 417 or e-mail treborwh@bigpond.com

RIDE	LOCATION	MELWAY REF	Distance	START TIME
Southern R1	Mornington Mornington park C/P, Snapper point	Map 104 - D10	65km	8:00am
Southern R2	Mordialloc Beach car park opp Centre way	Map 92 - E1	39km	9:45am
Northern R3	Darebin Arts Centre Bell St	Map 30 - E1	8.5km	11:00am
Northern R4	Cross Keys Reserve, Strathmore Near car park area behind hotel	Map 28 - K1	13km	10:30am
Eastern R5	Gardeners Creek, from Glen Iris Eric Raven Reserve, Estella St	Map 59 - K9	11.6km	10:30am
Western R6	Werribee Kelly Park Werribee	Map 205 - K7	47km	9:30am
Western R7	Altona Logan’s Reserve, Pier St	Map 54 - H11	15km	10:30am

The launch to which everyone will be riding is on the steps of Parliament House, Spring Street at 1.15 pm with a bbq lunch in Treasury Gardens beforehand.

FINAL PAYMENT FORM

Everyone on Stages 1, 2 and 3 should have finalised their sponsorship and made sure their sponsors have sent the money to the ARH office. For those keeping a check on their sponsorship money or being sponsored on a per kilometre basis there is a form on the website in the “Fundraising” page. You can send money using the website or send it to Jenny Towe at the office address.

RIDE CLOTHING

To make sure you receive the right size jersey and polo shirt please download the Medical/Clothing/Bike form which you will find on the "JOIN" page of the website. All riders and volunteers must submit a medical form. These will be taken on the event in case there is an emergency or medicines are needed. The Shimano Workshop team also needs to know the types of bikes being used.

STAGE ONE WEATHER WARNING

Rob (Trust Me) Henry, Stage Manager for Melbourne to Hobart reports that last week sleet was seen on the higher peaks in Tassie. His advice to Stage One riders is that you need to bring

1. Water proof coats (must)
2. Warm coat to pull on when you stop riding (must)
3. Wind vests or warm riding jacket (suggested)
4. Pull on arm and leggings (suggested)
5. Spare full finger gloves (suggested)
6. Water proof booties if you have them (suggested)
7. Thermal under shirt may be useful (suggested)

DO NOT PACK TOOL KITS, SPANNERS, TYRE LEVERS ETC IN YOUR CARRY-ON BAGGAGE AS THEY MAY BE CONFISCATED AT THE BAGGAGE SECURITY CHECK

BIKES BACK TO MELBOURNE

All riders on Stage 2 are booked in to a motel in Launceston on Saturday night and booked on a flight to Tullamarine on Sunday morning March 29th. Your bikes will be on the trailers aboard the Spirit of Tasmania and they will be at Tullamarine when you land. Regular riders on the District 9810 Rides to Conference will know that all bikes are taken to Wagon Paints in Bayswater for collection. Usually the business will open, possibly for 1 hour on Sunday afternoon or else the bikes can be collected during normal business hours.

SUPPORT VEHICLES ATTRACT ATTENTION



This photo of one of the Bike Ride buses was taken at the recent Australian Rotary Health Golf Day at Riverside Oaks, Sydney. Front and rear are two of the four banners donated by Expandabrand to the event. They certainly stand out! When you add another two similarly decorated buses, a 27 foot long Winnebago Motorhome, a new Toyota RAV 4 V6 and two other support vehicles you just know that the Ride is going to be noticed! Thanks to Signwave Parramatta, in conjunction with Avery Graphics, Graphic Art Mart and the Visual Industries Suppliers Association the support vehicles will all look great.

MEDIA COVERAGE

Gerardine Grace, the Media and Communications Officer for Australian Rotary Health, is now working on media releases to go out to metropolitan and suburban newspapers letting them know about the Rides to Launch from various points around Melbourne as well as the start of the GABR at Parliament House. If you have a story you think Gerardine can use to attract media coverage in your local area contact her on gerardinegrace@australianrotaryhealth.org.au (that's Gerardine with two Rs).

SPONSORSHIP

The event is still attracting sponsors who are donating both goods and services or making generous financial donations. Among the most prominent sponsors to offer their support is the Cardno group of companies. Cardno provides services for geotechnical engineering, urban development, advanced water engineering, transport planning and a diverse range of engineering and professional services with operations in Australia, North America, the UK and Africa. From its foundations as a civil engineering consultancy over seventy years ago, Cardno has expanded to include management and environmental services as well as project management of international development assistance programs. Cardno designed the Telstra Stadium, the venue of the Sydney 2000 Olympics, offering flexibility for reconfiguration post-event. Customers of Cardno's engineering, environmental and management services include the federal, state and local governments, professional firms, including architects and accountants, hospitals, charities, property developers, as well as international development assistance organisations such as the World Bank and the United Nations. Cardno is a leader and an innovator which creates better communities and improves social and physical infrastructure



THE LAST WORD

Even as you are reading this, the Ride is on the move! The support buses are on their way to Melbourne, the Winnebago is having the Ride signage put on and Dick White is criss-crossing Sydney in the Toyota RAV 4 collecting supplies and equipment ready to take everything to Melbourne next week. Terry Davies is arm wrestling sponsors to squeeze the last ounce out of the deals he is doing and Jenny Towe's abacus has nearly melted as, across the rows, her fingers fly furiously finalising funds. In Melbourne Geoff Kennedy, Rob Henry and David Brown are all very relaxed and calm as they finish all those last minute bits and pieces ready for the Big Day!

Many of the sponsors will be at the start at Parliament House along with members of the ARH board including the CEO Joy Gillett. It will be a great opportunity to say thank you to everyone who is being a part of the adventure that is the Great Australian Bike Ride

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