

Ride for a Cure

New Rider Info Session

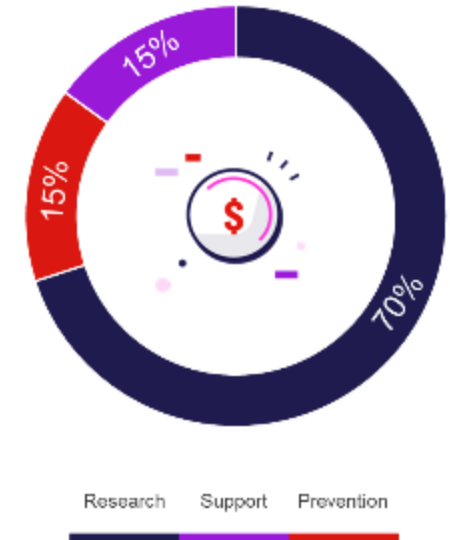


Agenda

- Where does the money go?
- Highlights from 2023 tour & introducing 2024 tour
- TheTour
- Fundraising
- A Typical day on tour
- What you need to get started
- Register today!

Where does the money go?

- **Research:** Traditional research projects, which include Senior Research Grants, Young Researcher Grants, Pioneering Cancer Research Grants and the Collaborative Grants. These four grants account for approximately **70%** of our annual funding
- **Support:** Support projects to help those affected by cancer and their families and carers, account for approximately **15%** of funding
- **Prevention:** Awareness projects that address the fact that 1 in 3 cancers are preventable account and we can all reduce the risk of getting cancer by making simple lifestyle choices account for **15%** of funding



Spending your money wisely

- 70.3 cents goes to cancer projects
- 25 cents is invested in events to generate future income
- 4.7 cents is spent on essential administration



What has been achieved?

Thanks to the generosity and support of Westpac Move for a Cure, you have raised over \$8.35 million since the first tour in 2017 and substantially contributed to the success of Tour de Cure.

Since 2007 Tour de Cure has:

- Raised over **\$114 million**
- Funded over **823** cancer projects
- Contributed to **139** significant cancer breakthroughs
- Educated over **175,000** children with our **Be Fit, Be Healthy, Be Happy** cancer prevention program



Westpac Ride for a Cure 2023 | Highlights

Canberra to Sydney



[Westpac Ride for a Cure 2023 Highlights](#)

The Tour



Westpac Ride for a Cure 2023 | The Tour



MUDGEE – BATHURST – LEURA - SYDNEY

Depart Sydney on Saturday 2nd March

Welcome dinner: Saturday 2nd March in Mudgee

3 day ride: Sunday 2nd March to Tuesday 5th March

Distance: 305km to 422km

Elevation: 4,100m to 5,825m
(Ride to Ride+/Challenge)

Westpac Ride for a Cure 2023 | Who is tour for?

WESTPAC RIDE FOR A CURE IS FOR EVERYONE!

Rider safety is our #1 priority

Pelotons of 24-26 riders each – based on experience and ability.

Tour de Cure ride leaders in each peloton + radio contact.

Westpac and sponsor riders in each peloton

16 week training program to get everyone ride ready
CHALLENGE pelotons / RIDE pelotons

FULLY supported - safety cars plus medical & mechanical assistance

An incredible support crew made up of Westpac employees and sponsors



Westpac Ride for a Cure 2023 | Community



**Tour de Cure events connect communities
by donating \$10,000 each day
to a local cancer support organisation**

**We also visit primary schools
to share our cancer
prevention message**

**#BEFIT #BEHEALTHY
#BEHAPPY**



Fundraising



Fundraising | What is your commitment and how can we help?

RIDERS
\$2,500

SUPPORT CREW
Encouraged

WE ARE HERE TO HELP YOU REACH YOUR GOAL

All team members will receive fundraising support from both Tour de Cure and Westpac

Fundraising sessions will be held to help you understand:

Westpac Matching Gifts

Westpac fundraising event policies

How to create a fundraising plan

How to choose the best fundraising activities for you

Fundraising workshop will be held Thursday 1 February 12pm AEDT

Ways to Fundraise

Ways to fundraise

Just Ask 


Sell product, service or merchandise 

Host an event 

Run a raffle or auction 

Self-Fund 

Get started in 5 easy steps


Breakdown your target into weekly goals 

Update your fundraising page 

Make the first donation 

Just Ask 

Have a plan 

Get Started! 

What type of fundraiser are you?



**Sporty
or social?**



Creative?



**Events not
your thing?**



**Well
Connected?**



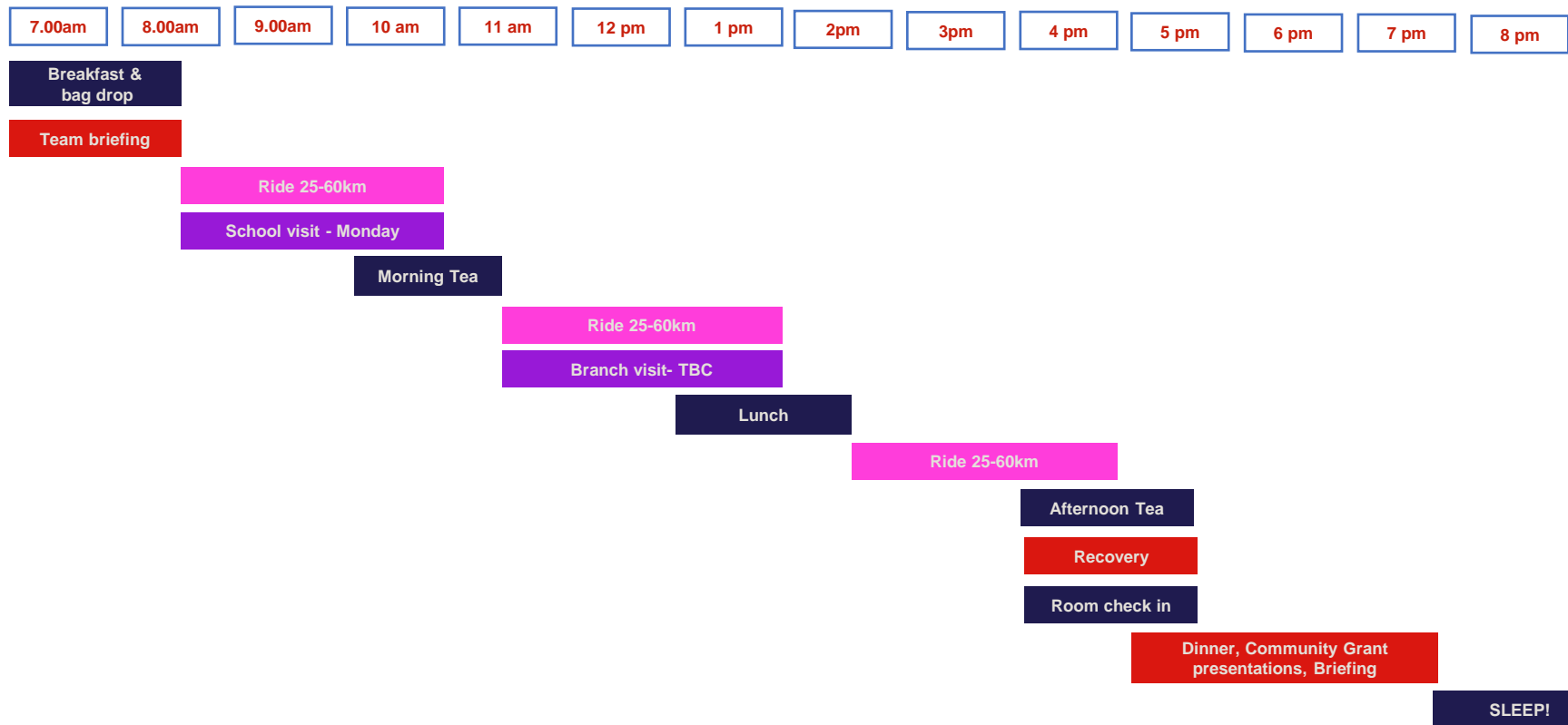
**Fundraising
in a Team**

- **Social Media addict:** Just ask, share your story, sell unwanted 'stuff' on Facebook marketplace
- **Games Night:** Get your friends together for an evening of board games, jigsaws, Cards Against Humanity, Casino night etc. Host at home or go large and hold it at a venue. Charge an entry fee.
- **Themed Fundraising Party:** Organize a themed party and charge an entry fee. You can have a costume party, dance party.
- **Head shave/Leg wax:** Get sponsored to shave or colour your hair. Invite your non-cycling friends to be part of the riding community by each of them getting sponsored to shave or wax their legs!
- Gala event – Dinner, speakers
- Trivia include raffle & auction
- **Creative:** Sell something you've made, chutney, bake sale, cook lunches, sell handmade birthday cards. If you're a handy craftsman, sell your creations
- **LinkedIn photoshoot:** Keen photographers can sell a photoshoot to update your LinkedIn profile photo.
- **Foodie:** Hold a dinner party, wine tasting, afternoon tea. If you're an amazing cake maker – make & sell birthday cakes for your friends' kid's party!
- **Specialised skill:** If you're mechanical hold a Bike Maintenance Workshop, If you're an artist hold a painting class, If you're a cake decorator hold a gingerbread house decorating party
- **Return fundraiser:** Give up something for a month e.g. coffee/alcohol/sugar, and donate the money you've saved to your page.
- **Work in a big office:** Sell Cadbury Chocolates, Krispy Krems, Domino's Pizza, sell entertainment guides, sell lunches, bake sale, car wash in the office car park
- **Time on your hands:** Babysit friend's children, walk neighbour's dog, cut neighbour's lawn, car wash
- **Recycling:** Return & Earn, sell unwanted 'stuff' on facebook Marketplace
- **Online Auction:** Collect donated items from local businesses or individuals and host an online auction event using platforms AirAuctioneer or 32 Auctions.
- **You've got an Inspiring story:** Just Ask and share your story. email, Social Media.
- **Got a big network of friends or family:** Events such as Barefoot Bowls, Movie Night, Comedy for A Cause, Cork & Canvas, Bike n Blend, wine tasting, dinner party, Bogan Bingo
- **First time fundraiser:** Just Ask, email, facebook, Instagram, LinkedIn. Update your fundraising page, make the first donation.
- **Got a holiday house?** Auction or Raffle off a weekend's stay
- **Cash raffle:** If you don't have anything to auction, create a cash raffle. Use Online platform such as Rafflelink
- **Set up a team fundraising page.**
- **I can't ask my friends again!:** Bunnings BBQ or Bunnings Cake Stall, It's Bunnings customers who purchase, you're not relying on your friends to donate!
- **Movie night:** Contact your local arthouse cinema and ask them about hosting a movie fundraiser. Alternatively set up a data projector on your garage wall and have a moonlight cinema in your backyard!
- **Detailed & Organised:** Team up with a social person to put on an event, they do the spruiking, you do the organising.

A Typical Day on Tour



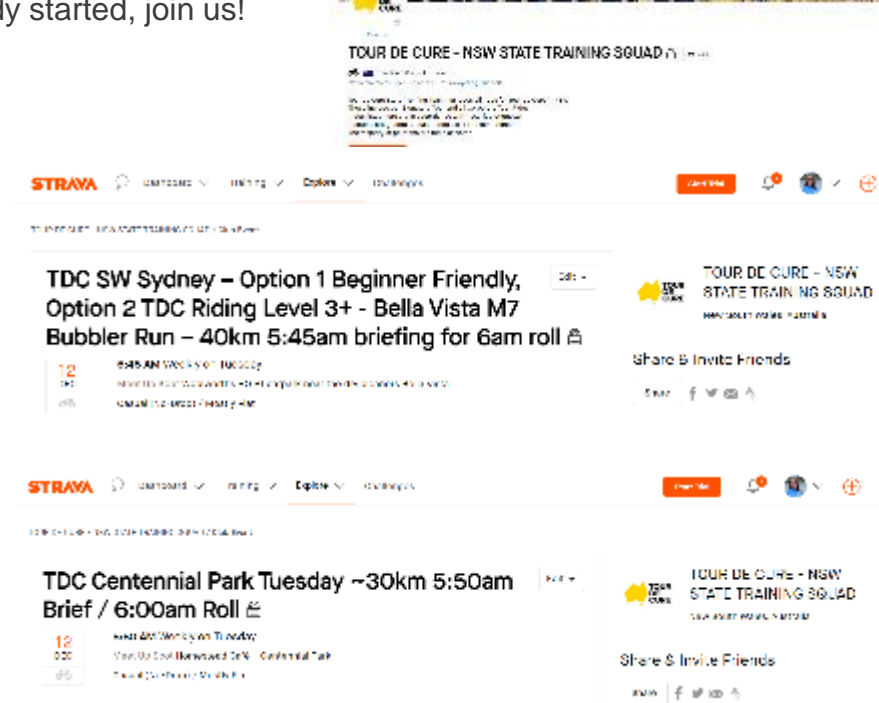
Westpac Ride for a Cure 2024 | A typical day on tour



Westpac Ride for a Cure 2024 | Getting ready for tour

Tour de Cure will work closely with you to make sure you have the skills and fitness you'll need to take on Westpac Ride for a Cure 2024

- **16 week** training program starting November 2023 – Already started, join us!
- Regular group training rides for all levels of rider. Posted weekly on **Tour de Cure NSW State Training Squad Strava Group**. You need to attend minimum of **5 TDC training rides of 40km+**
- **Join the TDC Hub and connect to Strava**
- **Join your local state Strava group** for team specific news
- Logging all training and assessment rides on Strava will help Tour de Cure trainers provide focused coaching and make sure you get the most out of your tour experience
- Buddies and mentors will be assigned to new riders to help with ride preparation
- Training has already started with easy flat rides available for new riders.



Westpac Ride for a Cure 2024 | What you'll receive

All participants will receive:

- Personal fundraising page
- Fundraising coaching support
- **3 nights** shared accommodation on tour
- All meals on tour
- Team polo shirt for dinners
- Bus transport from Sydney to Mudgee

All riders will receive:

- Cycling kit to wear on tour
- Coaching from Tour de Cure ride leaders
- On tour medical and mechanical assistance

All support crew will receive:

- Daytime polo shirt and cap to wear on tour
- Team polo shirt for dinners



Westpac Ride for a Cure 2024 | What you really need



- Ride for a Cure [Training Plan](#)
- Ride for a Cure [Training calendar and rider levels](#)
- Packing List - [Rider](#) | [Support Crew](#)
- [TDC bunch riding etiquette guide](#)
- [Tour Survival Guide](#) - An informative and fun essential read for Support Crew and Riders
- [Nutrition Guide](#). What to eat and drink prior to and during training rides.



Westpac Ride for a Cure 2024 |and what you don't!



Regular Bike Maintenance

Service your bike and clean it after every ride. [Download this easy to follow checklist](#)

Westpac Ride for a Cure 2024 | What's Next

1

Complete your application at Move for a Cure by 18th December

2

Personalise and share your fundraising page!

3

Complete the participant checklist: Join TDC Hub, WWCC etc

4

Start training and fundraising!

Questions

