

Ride for a Cure 2024

FINAL INFO SESSION

30th April 2024



TOUR DE CURE

Curing Cancer, Changing Lives

What has been achieved

Thanks to the generosity and support of **Westpac Move for a Cure**, now in its 8th year, you all have collectively **raised over \$8.35M** since the first tour in 2017 and substantially contributed to the success of Tour de Cure.

Since 2007 Tour de Cure has:

- Raised over **\$118 million**
- Funded over **1000** cancer projects
- Contributed to **150** significant cancer breakthroughs
- Educated over **200,000** children with our **Be Fit, Be Healthy, Be Happy** cancer prevention program



Thank you to our sponsors



Allens > < Linklaters



protiviti®
Face the Future with Confidence



FUNDRAISING

Claire Robertson

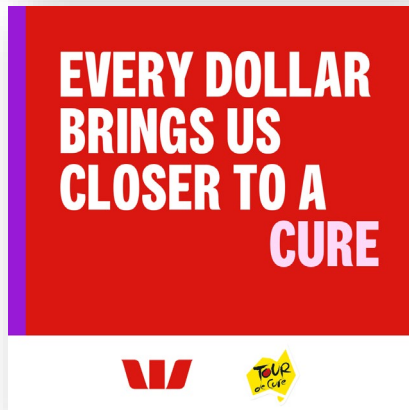


Fundraising update for Move for a Cure 2024



So far, Move for a Cure 2024 has raised **\$731,300** with the ride component raising **\$150,000**

If you've not reached your \$2,500 target yet, make the most of this last week to share your story and hit your fundraising goal!



If you need any fundraising help or support, contact fundraising@tourdecure.com.au

Local cancer groups we are supporting on tour



Hunter Valley

This grant will go towards funding a scalp cooling machine for the Maitland Oncology department. It will help patients combat hair loss during cancer treatment by preserving hair cells and managing chemotherapy induced alopecia.



Blue Mountains

The Supportive and Palliative Care Volunteers Service is a free service that supports people with life limited illness and their carer's and families. The Volunteers have been trained in grief, loss and bereavement and offer their time freely for tasks, transport, letter writing, bereavement support and companionship for adults in the Blue Mountains and Lithgow area

LOGISTICS & TOUR PREP

Kristy Andrews

Where are we going?

Your adventure begins on **Saturday 4th May**

The entire team will be transported from Sydney to Port Stephens where you will enjoy a welcome dinner and accommodation ahead of Day 1 of the tour.

Over 3 days, you will ride approximately:

Ride – 329km with an elevation of 3022m

Ride + Challenge – 419km with an elevation of 4521m

Saturday 4 May, Day 0: Bus transfer to Nelson Bay, Port Stephens, Welcome dinner and accommodation Nelson Bay

Sunday 5 May, Day 1: Nelson Bay to Hunter Valley – 110km to 144km, accommodation Hunter Valley

Monday 6 May, Day 2: Hunter Valley to Wyong – 109km to 146km, accommodation Wyong

Tuesday 7 May, Day 3: Wyong to Sydney Barangaroo – 108km to 129km
(Ferry ride from Ettalong to Palm Beach)

Logistics will be covered later in the session

What do riders wear?

Cycle kit for 2024 is the same as 2023. If you have been on a previous tour and have requested one new set of kit, please remember to bring one set of your 2023 kit with you.

Riders will receive:

- 2 sets of tour cycling kit (unless you have requested only one new set OR no new kit)
- Water bottle x 2
- Black dinner polo shirt (unless you are wearing previous tour shirt)
- Day bag (unless you are using previous tour bag)
- Laundry bag (unless you are using previous tour bag)
- Sticker sheet with name stickers, luggage tags
dog-bone bike number sticker and helmet stickers
- **Please bring your own waterproof jacket, arm & leg warmers, long finger gloves**
- If you haven't collected your kit, or need to make any swaps, you can do this when you arrive in Port Stephen on Saturday 4th May.
- Packing List: [Rider](#)



What do support crew wear?

Support crew will receive:

- 2 x red polo shirts (unless you have been on a previous tour)
- 1 x baseball cap
- 1 x water bottle
- Black dinner polo shirt (unless you have requested you didn't need one)
- Laundry bag (unless you have requested you didn't need one)
- Sticker sheet with luggage tags and name labels

Packing List: Support crew



Support crew kit not collected can be picked up from
Port Stephens on Day 0, From 3pm on Saturday 4th May

How do I label my stuff?

Everyone will receive a sticker sheet with:

- 2 luggage tag stickers
- 1 day bag sticker,
- 1 laptop bag sticker,
- 1 top tube sticker
- 4 name labels
- Please ensure your helmet is labelled on each side
- You will also receive a Race Tag to be attached to your bike (*Please do this on-arrival at Port Stephens as some bikes will travel on roof of cars*)



Getting ready for tour



NO MEDICAL = NO RIDE

Applies to riders and support crew – Easy Self Assessed Medical Form on-line

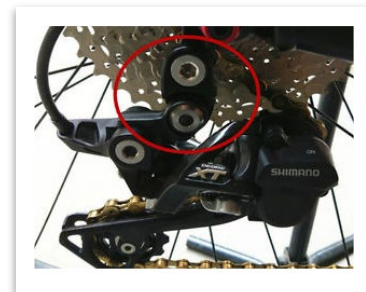
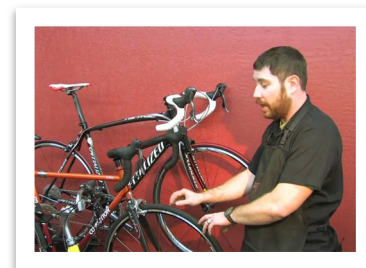
Make sure your bike has been serviced and has NEW TYRES and new cleats!



Pack, tag and weigh your bag.
Max 8kg. See packing list for what to bring

Packing List: [Rider](#) | [Support crew](#)

Please purchase a rear derailleur hanger for your **own** bike and bring it with you on tour.



Transport to Start

Saturday 4th May 2024

TdC HQ (14 Rodborough Road, Frenchs Forest)

- NB – Not a lot of parking, please park on Rodborough Road (northern side i.e. same side as HQ driveway.)
- **Night before:** Label luggage, helmet, and attach race number to bike
- **Morning of:** Breakfast at home

11:00am: Arrival

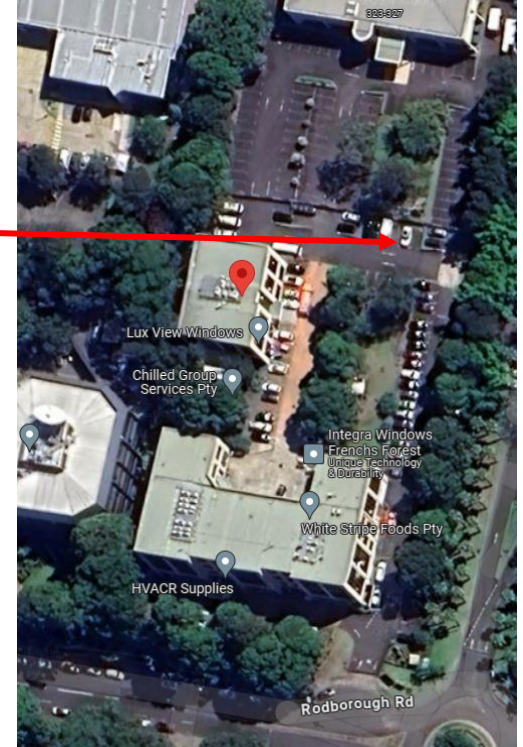
- **Self check-in** on your way to TdC HQ
- **Drop bike off** into Bike Trailer or Bike Truck
- Place your **luggage** onboard the same bus that transports you to Port Stephens

11:30am: Bus departs for Port Stephen's

Bring \$\$ with you for a meal stop along the route to Port Stephen's

If you are **running late**, please contact Nanette Bowen #0419 225 228

*If you are **making alternate arrangements** to get to Port Stephens, please ensure you advise Kristy Andrews – kristy@tourdecure.com.au*



On Arrival into Port Stephens

Saturday 4th May 2024

3:00pm: Arrive Mantra Nelsons Bay, 1A Tomaree St, Nelsons Bay

- Collect your luggage from your bus
- Assist in getting bikes out of trucks & trailers
- Check-In
- Kit Swap available (if required) at Mantra Nelsons Bay

4:00pm: Briefings commence for Support Crew & Ride Leaders

Please keep an eye on WhatsApp messages

5:30pm: Pre-Dinner Drinks (Nelson Bay Bowling Club – At own expense)

6:15pm: Dinner Commences – Nelsons Bay Bowling Club, Nelson Room
REST, SLEEP & GET READY TO ROLL TOMORROW



Finale

Tuesday 7th May 2024

The Loft, Barrangaroo, Sydney

- We will roll in between 3.00pm - 3:30pm
- Leave bikes and bags in secure area in Bungalow 8, prior to walking up the stairs to celebrate

At conclusion of the event:

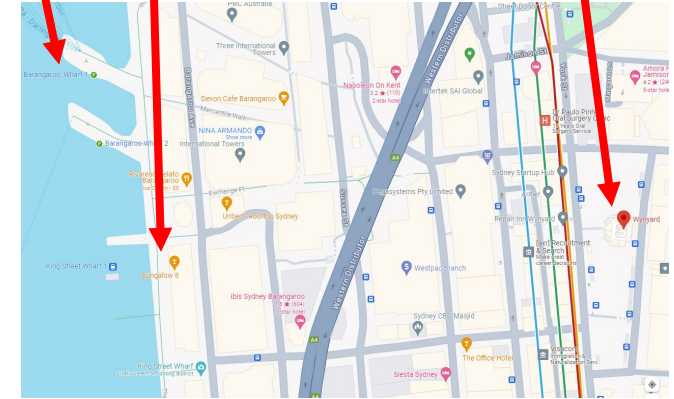
- Your items to be **collected by Tuesday 5pm**
- Team members to make their own way home post event
- Train options from Wynard Station
- Ferry from Darling harbour Wharf or Barangaroo

**CELEBRATION FOR EVERYONE ON COMPLETING
WESTPAC TOUR 2024**

Finale Location

Ferry to Circular Quay

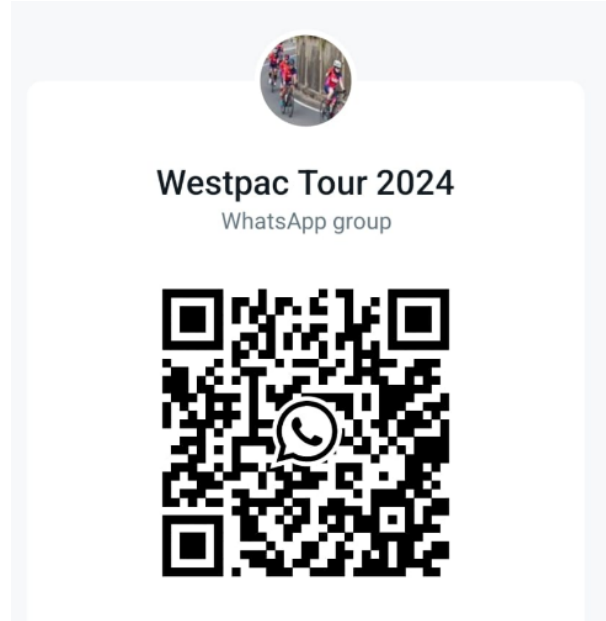
Train – Wynard Station



Tour Logistics

Please Scan

To Receive All Important
Daily Information



Or Join with this link

<https://chat.whatsapp.com/CKPt374cgyF7G87YQsbtJN>

ON TOUR & SAFETY

Kristy Andrews



Tour Safety & WHS

Safety is our #1 priority on tour. TdC's goal is zero incidents & injuries.

It's all **our collective responsibility** to help each other to achieve this important goal.

Key Ritual: No operating mobile devices while on the road, for riders and drivers. If needed, the peloton or the support vehicle is to pull over and stop to allow for mobile device operation, no exceptions.

WHS: Tour de Cure is committed to ensuring the health and safety of workers, contractors, visitors and others that may be affected by our work by preventing work related injury and illness. The goal is to manage hazards, ensure safety so far as is reasonably practicable and reduce WHS risk.

What we require from each of you on this tour:

- ✓ Every team member prioritises their own and other's health and safety
- ✓ Report all incidents, injuries, near misses and hazards that can't be rectified
- ✓ Look for effective ways to ensure our health and safety, if there is no TdC procedure to cover it. Provide that information to the Tour Management team for assessment and implementation.
- ✓ Participate in briefings and talk to each other about health and safety, to reinforce the priority of safety on the tour
- ✓ Wear the appropriately issued clothing (e.g. hi vis vests in traffic) and keep your workplace (e.g. vehicles) tidy
- ✓ **Under all circumstances, operate not impaired by alcohol or stimulants.**

Tour Safety & WHS

On-Bike / On-road

- Peloton vehicles to follow the Support Vehicle and Split Peloton operating procedures
- Ride Leaders to follow the Support Vehicle and Split Peloton and Rider Etiquette procedures
- Be patient, alert and maintain spacing
- Apply sunscreen and hydrate regularly
- Wear the appropriate clothing (e.g. closed-toed shoes, hi-vis in traffic, etc)
- No operating mobile devices while on the road, for riders and drivers. If needed, the peloton or the support vehicle is to pullover and stop, to allow for mobile device operation, no exceptions.

Off-Bike

- At stops: be mindful of vehicle and pedestrian traffic at the stops, particularly car parks and when mounting pedestrian zones
- All team members to look after their health and nutrition at each meal stop, to sustain energy levels and clear-minded operation
- Follow hygiene procedures at all times

ROUTES & PELOTONS

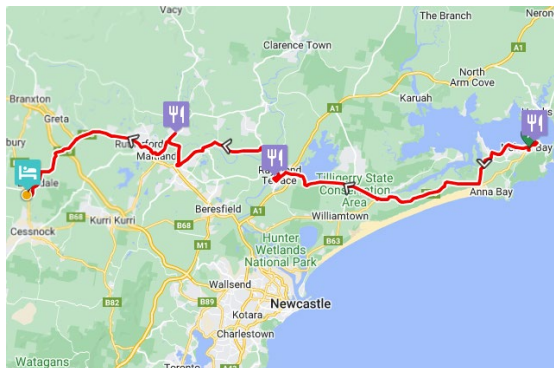
Grant Morrell



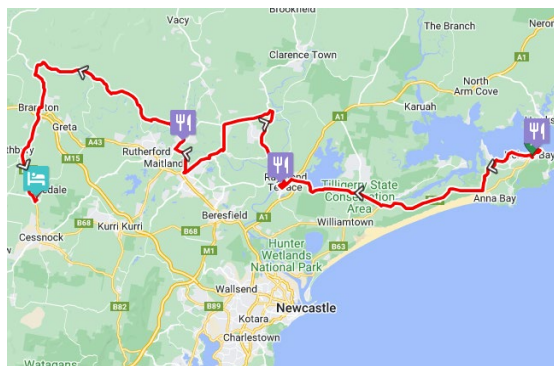
Day 1 – Port Stephens to Hunter Valley

More detailed maps/digital maps will be shared before tour in WhatsApp chat

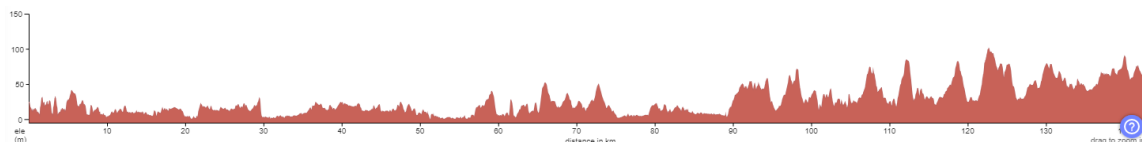
Ride (P1-P2)



Ride+, Challenge (P3-P4)

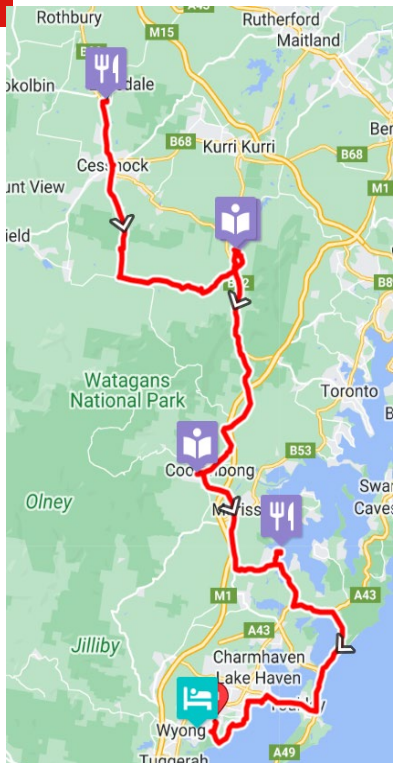


	Ride, Ride + & Challenge
Start	Port Stephens
Breakfast	Fly Point Park
Morning Tea	Riverside Park
KM Marker	51km (Ride, Ride+, Challenge)
Lunch	Bolwarra Heights Lookout
KM Marker	78km (Ride) / 90km (Ride+, Challenge)
Overnight	Rydges Hunter Valley
Total daily KM's	110km (Ride) 144km (Ride+, Challenge)
Elevation	779m (Ride) / 1370m (Ride+, Challenge)

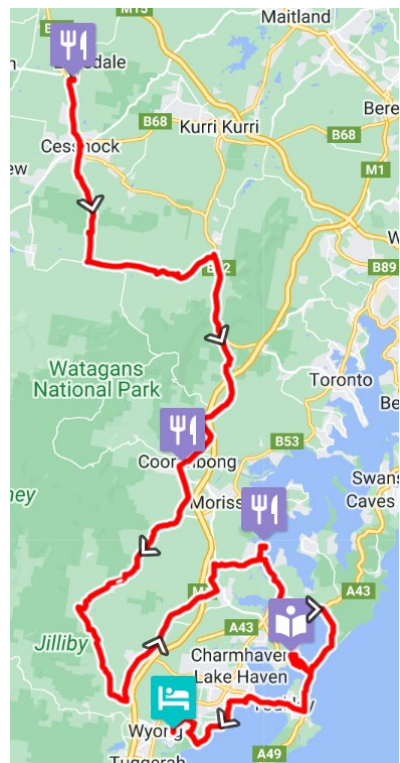


Day 2 – Hunter valley to Wyong

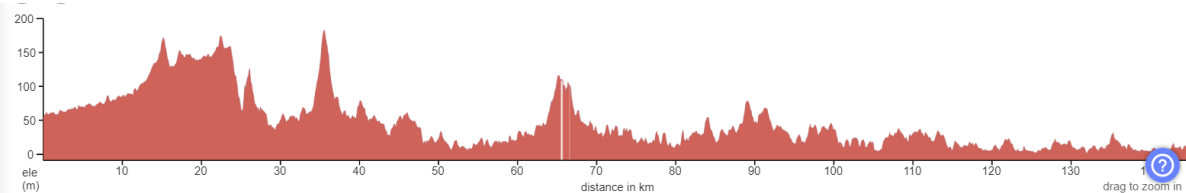
Ride (P1-P2)



Ride +, Challenge (P3-P4)

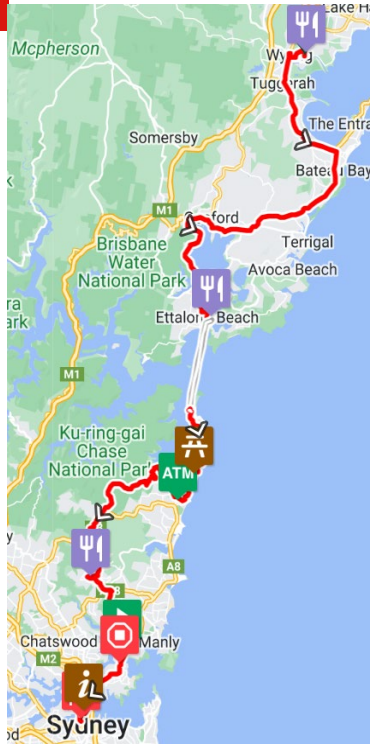


	Ride, Ride + & Challenge
Start	Rydges, Hunter Valley
Breakfast	Grass Area, Rydges
Morning Tea	Mulbring Park (Ride) Cooranbong Reserve (Ride+ Challenge)
KM Marker	32km (Ride) 53km (Ride+, Challenge)
Lunch	Wyee Point Reserve
KM Marker	68km (Ride) / 102km (Ride+, Challenge)
Recovery	Mercure Koindah Waters
KM Marker	109km (Ride) / 141km (Ride+, Challenge)
Overnight	Mercure Koindah Waters
Total daily KM's	109km (Ride) 146km (Ride+, Challenge)
Elevation	981m (Ride) / 1,339m (Ride+ Challenge)

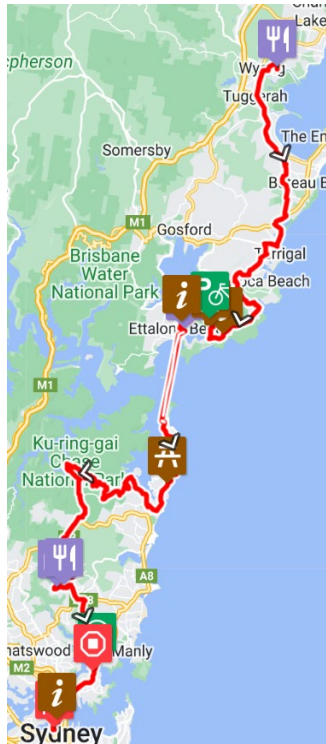


Day 3 – Wyong to Sydney

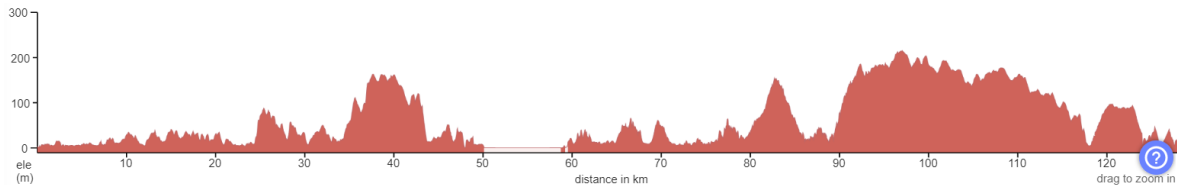
Ride (P1-P2)



Ride +, Challenge (3-P4)



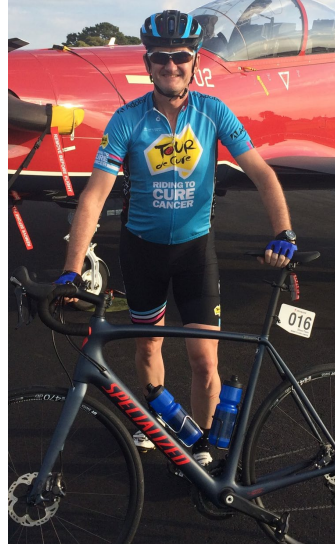
	Ride, Ride + & Challenge
Start	Mercure Kooindah Waters
Breakfast	Grass Area Kooindah Waters
Morning Tea	Ettalong Wharf
KM Marker	50km (Ride, Ride +, Challenge)
Lunch	Lional Watts, Blackbutts Rd Belrose
KM Marker	86km (Ride) / 107km (Ride+, Challenge)
Finale	The Loft
KM Marker	108km (Ride) 1km (Ride+, Challenge)
Total daily KM's	108km (Ride) 129km (Ride+, Challenge)
Elevation	1,300m (Ride) / 1,812m (Ride+, Challenge)



Peloton Management



P1 - Jacqui Logan-Powell



P2 - Steve Thom



P3 - Zac Morris



P4 - Chris Kearney

Peloton Allocations – DRAFT

Peloton Allocations - Day 1

	<u>P1 - RIDE</u>	<u>P2 - RIDE</u>	<u>P3 - RIDE +</u>	<u>P4 - CHALLENGE</u>	
Peloton Managers	Jacqui Logan Powell	Steve Thom	Zac Morris	Chris Kearney	Peloton Managers
21C	Troy Smith	Julie-Anne Athanasiadis	Blaine Pickering	Georgia Millar	21C
Float	Grant Morrell	Richard Nelson			
Riders on radio	Jensen Yem	Paul Hamilton	Andrew Sully	Thomas Bauch	Riders on radio
Riders on radio	Jamie Ingram	Ben Lockley	Brett St Pierre	Cameron Malone	Riders on radio
Mechanics	Dat Lieu	Paddy Ryle	Fraser Black	Jason Auland	Mechanics
Medical	Sheri Cornish		Margaret Murphy	Glenn East	Medical

	7	6	6	6
1	Ajay Kumar	Ben Ley	Adrian White	Claire Gazzard
2	Angelo Tantarò	Deb Spence	Anna Kauffmann	Ian Nguyen
3	Brent Wilson	Hugh McElduff	Chelsea Zadravec	Jonathan Gibson
4	Chris Hampton	James Macdonald	David Kissane	Michael Bolt
5	Claire Forster	John Kearney	James Holland	Nicholas Weaver
6	Linda Burgess	Leanne Cash	Jamie Simon	Nigel Bond
7	Lisa Cottingham	Martin Ley	Kent Lin	Patrick McElduff
8	Melysha Turnbull	Matthew Prumm	Mark Lewis	Paul Roe
9	Nasreen Twitchen	Michael Gates	Martin Chapman	Richard Turley
10	Phil Goulstone	Peter Cribbin	Michael Cole	
11	Stephanie Harrison	Rachel Maumill	Michael Rembach	
12		Sachin Deole	Mike Hall	
13		Stephen Davison	Simon Doak	
14			Tom Howe	
15				
16				
TOTAL RIDERS	11	13	14	9
	18	19	20	15

Lead Car Driver	Leon Berkovich	Tash Evans	Jo Buchanan	Kelly Edmonston	Lead Car Driver
Lead Car Navigator	Renee Ingram	Sara Troisi	John Collias	Michael Blazic	Lead Car Navigator
Rear Car Driver	Simon Rountree	Marg Bailey	Jayson Bricknell	Kris McCarthy	Rear Car Driver
Rear Car Navigator	Michelle Johnston	Ros Turner	Mark Bateup	David Williamson	Rear Car Navigator
Peloton Logistics	Rupesh Mahto	Connie Nguyen	Janine Hill	David Weiss	Peloton Logistics
Peloton Logistics	Maureen Ngeow	Katherine Holt	Majella Knobel	Heather McDonald	Peloton Logistics

Peloton Allocations

To be sent out by
WhatsApp on Friday 3rd
May

Please ride in your
allocations on Day 1 and if
you have any queries,
please see your peloton
manager

*NB – These allocations
may change*



People who can help you on Tour



Tour Manager
Kristy Andrews



2IC
Nanette Bowen



On-Bike Manager
Grant Morrell



Support Crew Manager
Jo Buchanan



Off-Bike Mechanic
Steve Brown



Sports Therapist
Amanda Sheridan & Brian Elder



Coffee
Danny



Medics
Sheri Cornish
Ros Turner
Margaret Murphy
Glenn East

VALUES JERSEYS

Claire Robertson



Values Jersey



The **VALUES** jersey is awarded each night on tour to the riders and support crew who display Tour de Cure's CARING values.

C Courageous
A Achieving
R Respectful
I Inclusive
N Nurturing
G Growing

Westpac Ride for a Cure 2024-
Value Jersey Nomination



The winners of this jersey are decided by **YOU**. You'll be offered the chance to nominate the person / people you think deserve to win.

Nominate by 3 May COB

<https://forms.office.com/r/SzhhW206RF>



**VIP Suitcase
Award**

VIP Suitcase



Awarded to:
Highest fundraiser



Michael Rembach
\$10,719

The **VIP Suitcase** Award includes:

- Single Room Accommodation
- Stormtech Luggage Bag
- VIP coffee and meal service
- Chairs at all breaks

Raffle winner – Mike Hall

Communications on Tour

- **Out of Office on, with your fundraising link**
- **Keep your networks up-to-date via social media.** We will post an album of photos from Day 2. Overall tour highlight video incorporating grant recipients, and Day 2 footage will be available approx 8 May.
- **Please talk to us** – we want to know why you're doing this!
- **Use your personal social media platforms** but remember you are representing Westpac at all times
- **Tag Tour de Cure** in all your posts
 - Facebook: @TourdeCureAustralia
 - Instagram: @tourdecureaus
 - LinkedIn: @Tour de Cure Australia
 - Twitter: @tourdecure_au
 - Hashtags: #rideforacure #curingcancer #changinglives #westpac
- You'll receive **a link to daily highlights** to share with your supporters.
- Make sure your insta-bio has your unique fundraising link!
- Need help? Reach out to us!

QUESTIONS....

Westpac Ride for a Cure 2024-
Value Jersey Nomination



Westpac Tour 2024
WhatsApp group

