



Ride details Pedal Cure 4MND

The Pedal Cure 4MND ride is a fully supported ride from Ungarie, the home town of Neale Daniher and his famous Essendon Bomber brothers Terry, Anthony & Chris, to Windy Hill. Neale is a founding member of the Fight MND Foundation and while suffering MND he has been inspirational in raising awareness & funds to find a cure for this beast of a disease.

Over 95% of all funds raised on this ride go directly to research. That is real bang for your buck and you know your fund raising is having a direct impact!

The ride winds its way South on country roads. Participants are hosted each night at local footy clubs where they can interact with the local community and help raise the profile of FightMND. The ride is in its second year. Over \$140,000 was raised in 2018 with 25 riders completing the whole 6 days (750km). Many others joined in for parts of the ride along the way.

Ride structure – There are a few options for the ride. You can do the whole 750km over 6 days or join for 2-3 days or just do 1 day. Each level has a different cost and you will be required to fund raise as part of your participation. Riders doing the whole ride or riders who raise more than \$1000 receive a free cycling jersey.

Fundraising – The main aim of the ride is to raise funds for MND research. Each rider is required to register & fundraise. You will receive a link to setup your online fundraising page when you register. We ask that you raise a minimum of \$500. Anna from FightMND will provide tips & resources to help you fundraise.

Support crew – The riders are fully supported with escort vehicles, trailers to carry clothes & camping equipment. Meals & rider snacks are provided for all participants completing more than one days ride. You are required to provide your own spares such as tubes, tyres, pumps, lights or anything else you think you may need bike wise.

Overnight accommodation – Participants “camp” at local footy clubs in the towns we stop at each night. Showers and power are provided. Please bring your own toiletries. Many riders sleep in swags on the ground or pack inflatable mattresses to use in the footy sheds & awnings. You are welcome to book any accommodation in the towns but this will be at your expense. Riders can wash their riding kit each day & hang it up to dry overnight. March is a very pleasant time of year with potential for warm or cool weather.

Meals – We have some lovely country ladies who cater for all the riders needs along the way. Breakfast, smoko, lunch & dinner are all provided. No one will go hungry and most of us put weight on during the last ride.

Events – What will we do each night? We have planned functions at Ungarie, Aria Park, Lockhart, North Albury, Nagambie & a wind up party at Windy Hill on the Saturday night. We have guest speakers for each venue. Hawks players Luke Breust & Isaac Smith, Michael Milton Australian Para Olympian, Dees legend Max Gawn, dual Brownlow Medallist Peter Moore & St Kilda young gun Jack Steele. We also have Neale, Terry, Anthony & Chris Daniher booked for our final event in Melbourne. There are always entertaining people on the ride and the community events are warm and welcoming, full of country hospitality.

Rider levels – Like every bunch we will be made up of riders of many different levels. There will be an advanced group (+28km/hr), an intermediate group (23-28km/hr) & a relaxed group who go as slow or fast as they want. So we cater for diverse abilities. You will need to be able to do 70 – 140km in a days riding. This is broken up by as many rest periods as required.

What do I bring – Please limit your kit to the bare essentials as it needs to be packed into a ute or trailer for transport each day. Small is good. An Australian standard cycling helmet, bike gloves, a couple of changes of clothes, 1 warm top, personal toiletries, a towel, sleeping equipment, a well serviced bike, spare tubes, bidon for water, comfy cycling pants for the long haul, sun screen, bike lights, pleasant disposition, strong heart & an attitude focused on safety.

Getting to Ungarie – Ungarie can be reached by car, train & bus. If you are riding from Ungarie train is the best option. You need to pack your bike in a bike box or bag to take it on the train/bus. The XPT goes to Cootamundra & you take the bus from there. Ungarie is a small country town with limited accommodation but West Wyalong has lots & is only 35km away. By car from Melbourne go via Albury, Wagga, Temora & West Wyalong. From Sydney Goulburn, Yass, Harden, Temora & West Wyalong. If you are in Sydney's Western Suburbs you can go via Bathurst, Cowra, Grenfell, West Wyalong. Ungarie can be found on Google maps.

Safety – The safety of everyone involved on the ride is paramount. A safety briefing will be conducted prior to each days ride. Bunch rider training tips will be circulated to each participant. Escort vehicles must be followed and instructions from the organisers diligently adhered to. Each rider level group will have a designated leader who will look after safety in the group. Once you pick a bunch stay with it until the next rest stop and change to another one then. Make sure to let the group leaders know you are changing groups. The best way to have fun is to stay safe.

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Register here: <https://fightmnd.grassrootz.com/pedal-cure-4-fightmnd>



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