



Ride for SICK KIDS



VALLEY TO VALLEY

Sunday 26 March - Saturday 1 April 2023

Adelaide | Second Valley | Barossa Valley | Clare Valley | Adelaide

1,000km in 7 days

www.rmhcrideforsickkids.com.au





**Ronald McDonald
House Charities®**
South Australia

Ronald McDonald House Charities South Australia (RMHC SA) continually strives to make a positive impact on the health and wellbeing of children with a serious illness or injury, and their families.

Our work begins when the family arrives on the doorstep but extends far beyond to the care, support and connection that continues for years to come.

Doctors agree that the House has a dual benefit, as studies have shown that children who have their families close by respond better to treatment.

As RMHC SA receives no ongoing government funding, we rely upon community support and fundraising to assist our mission to provide quality family centred care to hundreds of families each year.

McDonald's Australia and its local franchisees provide major support to the charity's operations so that your donation helps even more families of seriously ill and injured children in Australia.

RMHC has a wide range of programs to help children with illnesses and disabilities and their families across Australia, all focused on making the journey to recovery as easy as possible. They include:

Ronald McDonald House®

Hospitals can be scary places for children. From a shoulder to cry on, to a kiss-goodnight, having family around can make all the difference when you're stuck in hospital. Ronald McDonald House SA is located just a short walk from the Women's and Children's Hospital and gives families somewhere close to stay whilst their child is receiving treatment.

Ronald McDonald® Learning Program

Every day a sick child is out of school, they miss out on valuable lessons. The Ronald McDonald Learning Program helps children improve their skills and catch up with what they've missed, making a return to school less stressful.



MAISEY AND STELLA'S STORY

When mum, Reneya discovered she was pregnant with twin girls, her and partner David were overjoyed with the news.

Unfortunately from 17 weeks, things started to spiral after it was discovered Reneya's cervix was giving way.

Reneya was told she would need to leave her home in Lock and stay in Adelaide, on bed rest (to be close to the Women's and Children's Hospital) until she gave birth. This was incredibly scary and unsettling for the family as they immediately had to make a decision around work commitments and make arrangements for their 5yr old son, Bailey. This is when they discovered Ronald McDonald House SA.

The family stayed in Adelaide until Reneya gave birth prematurely at 33 weeks to two beautiful twin girls, Stella and Maisey. Whilst the babies had to stay in the hospital for monitoring, Reneya and David were grateful to stay within walking distance at Ronald McDonald House SA.

It was only 5 weeks in, whilst the family were still at the hospital monitoring the prem babies that something terrifying happened – Stella went into respiratory arrest. Stella was immediately admitted to the Neonatal Intensive Care Unit (NICU).

The same week whilst in hospital, Reneya saw that Maisey had stopped breathing in her bassinet and notified a nurse immediately as she had also gone into respiratory arrest.

The parents requested genetic testing of the girls to see what was causing these terrifying episodes and soon, a rare condition called 'Congenital Myasthenic Syndrome' (CMS) was diagnosed.

CMS is a diverse group of disorders that have an underlying defect in the transmission of signals from nerve cells to muscles. The disorder is worsened by exertion, which in Maisey and Stella's case, meant any time they cried too much, laughed too much or exerted themselves, it could bring on respiratory arrest.

The family return regularly to the Women's and Children's Hospital for checkups. Every visit to Adelaide, Reneya, David, Bailey, Maisey and Stella are welcomed back to Ronald McDonald House SA which provides them comfort. As Reneya shared, "When we come back to Ronald McDonald House, we always have the same feeling that we're home again".

The twins are now almost 3 years old and to date, Maisey has had 20 respiratory arrests which is terrifying for everyone involved.

The family will be required to visit Adelaide regularly for the future, but feel reassured that they'll have one less thing to worry about when it comes to accommodation. "We don't know what we'd do without being able to stay at the House and to be so close to the hospital if something happens to the girls – we are so grateful for Ronald McDonald House."

All proceeds from the RMHC Ride for Sick Kids SA will be donated to Ronald McDonald House Charities South Australia to help fund its programs and services.

Ride for SICK KIDS

CYCLE VALLEY TO VALLEY

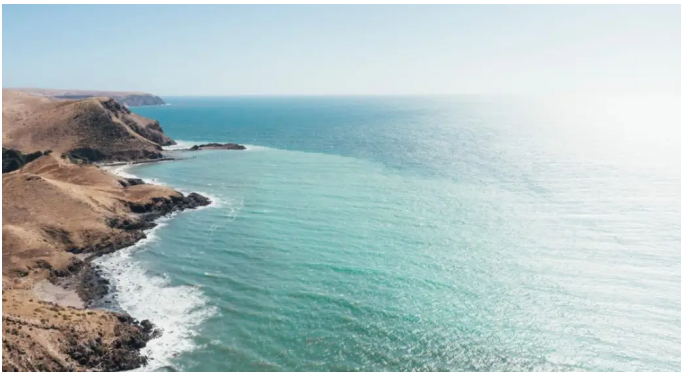
Join the 2023 RMHC Ride for Sick Kids crew on this picturesque
2 day or 7 day tour across the coastline and wine regions of South Australia!

From the moment you register to take part, you will be making a difference to families with seriously ill or injured children who stay at Ronald McDonald House SA.

You will be a part of a peloton of 30 riders that will set off from Adelaide with 3 lead riders, a lead and follow car to support you and the team the entire trip.

The course will commence in Adelaide then continue south along the beautiful coastline of **Second Valley** to commence the journey. You will then ride to the **Barossa Valley** and head north to the **Clare Valley** before making the trip back to Adelaide by the end of the 7 days.

On the final night, riders will celebrate with a dinner where family and friends can join the crew, before cycling to the finish line in North Adelaide as we complete the 2023 Valley to Valley Ride for Sick Kids event!





"The professionalism from the organising committee made this the safest ride I have ever participated in. On top of this, Ronald McDonald House Charities SA is a very worthy charity that I'm so pleased to support."

- 2022 RFSK participant

EXPRESS YOUR INTEREST IN THE 2023 RMHC RIDE FOR SICK KIDS TOUR TODAY!

Riding to raise much needed funds for Ronald McDonald House Charities® South Australia.

- On road support vehicles & crew
- Accommodation — twin share
- All meals provided
- RMHC Ride for Sick Kids SA cycling kit provided and off-bike team uniforms
- Community celebration events
- Massages provided
- E-Bikes permitted



"This event is more than a cycling event, it's a community of friends joining together and supporting each other to achieve an amazing result and support families at their time of need"

TOUR OVERVIEW

The team will set off in a peloton of 30 riders, including 3 lead riders and a lead and follow team car to support the team on the road. The course will see the team ride south down to Second Valley to start our Valley to Valley 7-day ride.

On day 2, the team will ride to the picturesque Barossa Valley where they will stay for two nights. On day 3 there will be an out and back loop from the Barossa Valley before heading north. Days 4 and 5 will consist of a two night stay in another wine drinker's delight in the Clare Valley with an out and back loop.

With only two more days to ride, day 6 will have the team riding south towards Adelaide with a final stop in Mawson Lakes to celebrate with family and friends for a team dinner. Day 7 will be the final day of the 1,000km ride and will be a flat roll down to the Adelaide beaches before arriving at the finish line in North Adelaide as we complete the 2023 Valley to Valley RMHC Ride for Sick Kids!

Riders will be fully supported by an on-road support crew including a bike mechanic, first

aid and massage. Accommodation and meals will be provided to ensure the riders are well rested and fuelled up for the long days of riding ahead.

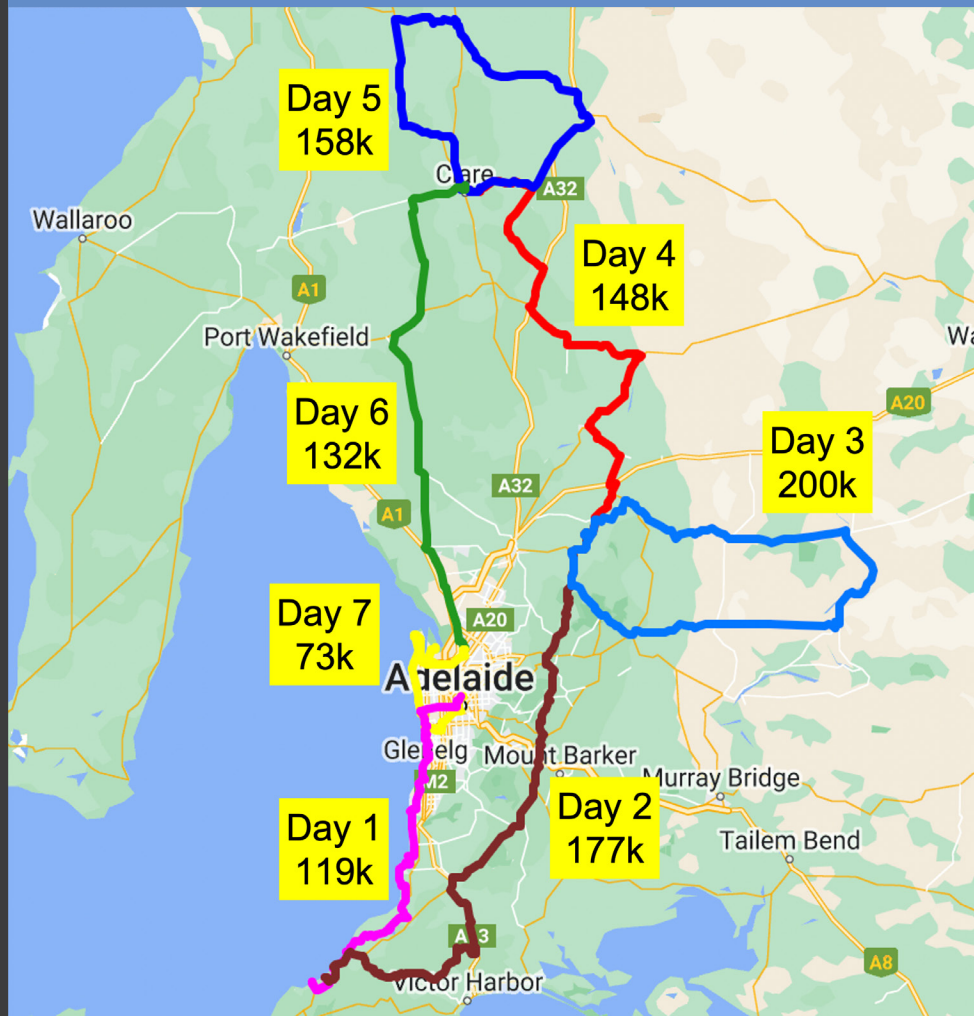
You will be a part of South Australia's 10th RMHC Ride for Sick Kids and identified by a branded cycling kit and off bike uniform.

Safety is our number one priority. We will provide you with training advice to ensure you arrive at the event fit and ready to ride safely in the bunch, however should you be struggling to keep up with the team, you may choose to utilise the support vehicle and take a break.

Riders will be required to provide their own bike, helmet, shoes, wet weather gear, and pay the tour mechanics for any repair costs incurred whilst on the RMHC Ride for Sick Kids SA tour.

This is your chance to be part of the RMHC Ride for Sick Kids SA event, so sign up and help seriously ill and injured children and their families. It'll be an experience you'll never forget!

THE TOUR



SATURDAY 25 MARCH

To ensure you are ready for the challenge ahead, you will need to attend the rider briefing which will provide you with details of the first stage route, rider etiquette and we'll introduce you to the Support Crew who will be looking after you. We will then enjoy our first team dinner together to get to know each other. We encourage you all to sit with people you don't know so you get to meet a great new bunch of people.



STAGE 1 **118.8km & 1,390m** **Adelaide to Second Valley** **Sunday 26 March**

This will be only the second time in the ten-year history of the Ride for Sick Kids that we will start the ride from Adelaide!

Departing from Ronald McDonald House at North Adelaide, we will ride as a group for most of the day. Whilst there are a few challenging climbs along the way, everyone will be encouraged to ride at their own pace before we re-group and continue the ride together.

We will arrive in Second Valley, the first valley of our 'Valley to Valley' ride, and will enjoy the views across the water from the golden sands of Second Valley Beach.

There is a short ride to our accommodation where we will enjoy dinner before heading off to bed to rest those legs for day two!



STAGE 2 **177km & 2,008m** **Second Valley to Barossa Valley** **Monday 27 March**

Today we will visit our first school to share with the school community the wonderful work done by Ronald McDonald House Charities SA in supporting families with sick kids.

The ride will see us make our way north to the Barossa Valley. We will be riding up and down all day with very few flat roads along the way, so thankfully it comes early in the week.

When we arrive in the Barossa Valley we will be saying goodbye to some of our riders who would have joined us for 2 days. There will be some tired legs tonight, and with the longest day ahead tomorrow, we would expect most to be in bed not long after dinner!



STAGE 3 **200.7km & 1,716m** **Barossa Valley loop** **Tuesday 28 March**

We will get away nice and early to ensure we allow plenty of time to get around this lumpy course.

The course will see the riders heading east towards the mighty Murray River. The 10km climb out of Sedan will be a challenge after already completing 152km's that day and two solid days prior, but if you've followed the training program in the lead up to the ride you will conquer this climb! The Barossa Valley will be a welcome sight as we roll into the finish. It will be early to bed this night as we stay in the same hotel again.



STAGE 4 **147.8km & 1,321m** **Barossa Valley to Clare Valley** **Wednesday 29 March**

After one of our longest days, the team will depart one valley and head north to another - the Clare Valley.

We will visit another school today to share with the school community the wonderful work done by Ronald McDonald House Charities SA in supporting families with sick kids.

We will also have some fun just after departing Nuriootpa with our annual Team Time Trial. Which team will have bragging rights at dinner?



STAGE 5 **157.7km & 1,160m** **Clare Valley loop** **Thursday 30 March**

The out and back loop from the Clare Valley will have the team riding on new roads that we haven't used over the 9 years of this event. With rolling hills, it will be another long day in the saddle, but you'll have an amazing support crew and an awesome bunch of riders to help you through to the finish.

The good news is that we are back in the same accommodation tonight and mostly flat roads for the final two days.



STAGE 6 **132.3km & 316m** **Clare Valley to Mawson Lakes** **Friday 31 March**

A shorter and flatter day will be welcomed by many as we depart the Clare Valley to start making our way back to Adelaide.

Following a short climb out of Clare, the team will enjoy a 7km descent before the left turn towards Balaklava. The rest of the day is relatively flat which will be a change from the previous five days.

Family and friends will be invited to join the team for our final team dinner before the final ride into Adelaide the following day.



STAGE 7 **64.4km & 249m** **Mawson Lakes to Adelaide** **Saturday 1 April**

The final day is our easiest of the week to allow everyone to really enjoy the final day on the bikes together.

The team will stop for morning tea at McDonald's Camden Park where we will depart just in time to arrive at our scheduled arrival time at the finish line in North Adelaide.

There will be a huge welcoming party to celebrate the team achieving this extraordinary ride of 1,000kms in just 7 days!



TOUR INFORMATION



Commitment to Work

The RMHC Ride for Sick Kids SA is a challenging and rewarding event, dependent on the commitment of riders and support crew to work as a team and support each other. Submitting your Expression of Interest for the 2023 RMHC Ride for Sick Kids SA indicates that you are willing to participate enthusiastically in team activities and Tour events, including the Community Celebrations, school visits and any fundraising activities in localities the Tour will pass through.

Support Crew

Luggage will be transported between tour locations by the support crew. Support when riding each stage includes a mechanic, first aid, support vehicles and a front, middle and rear lead rider.

Dedicated crew members will ensure all aspects of the ride are catered for including hotel check-in, laundry, meals and hospitality. Massages will be available at the end of each day.

Rider Etiquette

Detailed documentation and a daily briefing will be provided to ensure rider safety and enjoyment.

Rider Training

You will be provided with a training program to help you prepare for the event. Monthly training rides will also be organised for those living in Adelaide.

Our Ride Director, Bade Stapleton from Connect Sport Australia, will also be available to provide further advice on your training and preparation for the event.

Each rider will be expected to arrive fit and ready to ride consistently and confidently at 28-35kmph in a bunch. To ensure the safety of all our team there will be no sustained pushing of riders. If you are unable to keep up with the team you may need to take a break in the support vehicle.

Accommodation

Accommodation will be provided for riders and support crew and will be twin or triple share. In small towns and subject to availability, the team may be spread across multiple accommodation venues.

Meals

Breakfast and evening meals will be provided and all on road meals will be catered.

Kit

To raise awareness of the ride, you will be provided with, and be expected to wear the team kit.

Kit Allocation	2 day rider allocation	7 day rider allocation
Jersey	1	2
Bib Shorts	1	2
Wind Vest	0	1
Socks	1	2
Polo	1	2
Bag	0	1
Hoodie	0	1



FUNDRAISING TERMS

Riders

There are two options when joining the 2023 Ride for Sick Kids tour. You can join for a 2 day Ride or the full 7 day Ride.

When registering for the 2 day Ride, you agree to a minimum fundraising commitment of \$1,500.

When registering for the 7 day Ride, you agree to a minimum fundraising commitment of \$5,000.

- For 2 day Riders, you will pay a non-refundable registration fee of \$220 (inc GST). For 7 day Riders, you will pay a non-refundable registration fee of \$550 (inc GST) upon signing up online. If you do not pay your registration fee, RMHC Ride for Sick Kids SA reserves the right to cancel your application and re-allocate riders in its sole discretion.
- You agree to meet the following fundraising milestones (or provide plans for fundraising activities to reach your target):

2 Day Riders

\$500 raised by end of December 2022
\$1,000 raised by end of February 2023
\$1,500 raised by the start of the Ride

7 Day Riders

\$2,000 raised by end of December 2022
\$3,500 raised by end of February 2023
\$5,000 raised by the start of the Ride

- You understand that should you fail to meet the minimum fundraising commitment (or don't have suitable plans in place to achieve your goal), you will not be able to participate in the event.



Support Crew

- You're encouraged to raise a minimum of \$500 to be part of the Support Crew Team.

Riders & Support Crew

- To assist you in meeting the balance of your Fundraising Commitment, Ronald McDonald House Charities South Australia will provide you with fundraising support including: a fundraising web page which will be supported by a sophisticated online fundraising system with all the tools you need for success.
- A tax deductible receipt will be issued by Ronald McDonald House Charities South Australia on receipt of all payments under these terms.
- RMHC Ride for Sick Kids SA will set milestones in relation to fundraising activities and you agree to use your best endeavours to reach these milestones.
- You agree to use every effort to reach or exceed your Fundraising Commitment.
- If at any time you withdraw or fail to complete/ participate in the RMHC Ride for Sick Kids SA event any donations and funds raised by you will be non-refundable as all funds will continue to be directed towards Ronald McDonald House Charities South Australia.

To register for the RMHC Ride
for Sick Kids SA 2023 or for more
information on the event, scan
the QR code here
or visit www.rmhcrideforsickkids.com.au



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