



“Pedals ‘n Medals” 2024 Fundraising Bike Ride



INFORMATION FOR RIDERS

1. 2024 EVENT OVERVIEW

Where

Northern Rivers District of NSW, with Murwillumbah as the base.

When

Friday 11th and Saturday 12th, October 2024 (Briefing very early on Friday morning, riding Friday and Saturday)

Open to

Individuals and Teams (teams of 4 to 8)

Rider Cost

\$575 per Individual Un-sponsored Rider, (payable by riders on receipt of invoice after registration)

The Rider Registration Fee covers the following:

- Rider Kit; 1 Jersey and 1 Bib and Brace (all riders to wear same)
- At least 1 night’s shared accommodation on the Friday evening, and Thursday and/or Saturday evenings for those who need same
- All meals on and off road
- Electrolytes and health bars, fruit and water for on and off road
- Experienced and responsible ride management and peloton vehicle drivers

The fee doesn’t cover transport to and from the event base.

Any Un-sponsored Rider who introduces an extra new Rider to their 2024 Team, can request a \$75 discount/ refund on their 2025 Registration Fee.

A Rider in a Sponsored Team pays no Rider Registration Fee.

The “Pedals ‘n Medals” fundraising Bike Ride is the 4 Aussie Heroes Foundation’s current largest fundraiser, with all funds raised going to either the Foundation’s charitable work including the conduct of its “Triumph over Trauma” Programs, or the construction of its “Camp Courage” rural Retreat at which all of its best practice, live-in rehabilitation programs will then be conducted.

This is our 8th Ride after fantastic and successful efforts in 2017 to 2023.

2. 4 AUSSIE HEROES FOUNDATION LIMITED

The 4 Aussie Heroes Foundation exists to aid, support and rehabilitate those military and first responder personnel, past and present, who are struggling and suffering with PTSD and related mental health issues as a result of their service to our Nation and our Communities.

This is being achieved primarily by way of best practice, short term live-in, rehabilitation programs of varying lengths, being delivered in a rural environment which is relaxed and calming, and where rehabilitation and guidance will have maximum long-term benefits.

The 4 Aussie Heroes Foundation's vision has always been to establish a purpose-built rural Retreat called "Camp Courage". Read about where we are at with construction, in our Newsletter #1 for 2024.

In addition to rehabilitation, Program Participants benefit from the most meaningful, enjoyable, and safe experience possible. Recovery, a better quality of life, and improved future prospects are outcomes earnestly sought for them.

The 4 Aussie Heroes Foundation's rehabilitation model is holistic, unique (in Australia), and innovative.

To see a copy of the Foundation's 2023 Annual Report, [click here](#)

Any enquiries about the 4 Aussie Heroes Foundation or this "Pedals 'n Medals" Event can be directed to Gerry on [Ph 0418 735 257](tel:0418735257) or [E gerry.garard@4aussieheroes.com.au](mailto:gerry.garard@4aussieheroes.com.au)

3. FUNDRAISING

This is a fundraising bike ride, and as such riders are required to seek donations for the 4 Aussie Heroes Foundation, a not-for-profit entity with charitable and tax-deductible status. Donations over \$2.00 are tax deductible.

Fundraising is again through "GoFundraise". To register to fundraise or make a donation. [click here](#)

The nominal target is the same as the last few years, i.e. \$1,250 for each rider.

Any Rider who fundraises over \$3,500 will receive a Coles/Myer Voucher to the value of \$150.

Any Rider who raises over \$6,000 will additionally receive their choice of either two tickets to the 2025 State of Origin rugby league game in Brisbane or a complimentary Registration of a Team of 4 to a Foundation "Shambolic Golfaholic" 2025 Golf Day.

All funds raised will go towards the Foundation's charitable activities, being:

- the conduct of the Foundation's innovative rehabilitation "Triumph over Trauma" Programs, and their related "Refresh" Programs.
- the construction of its purpose built permanent rural Retreat facilities to be known as "Camp Courage".

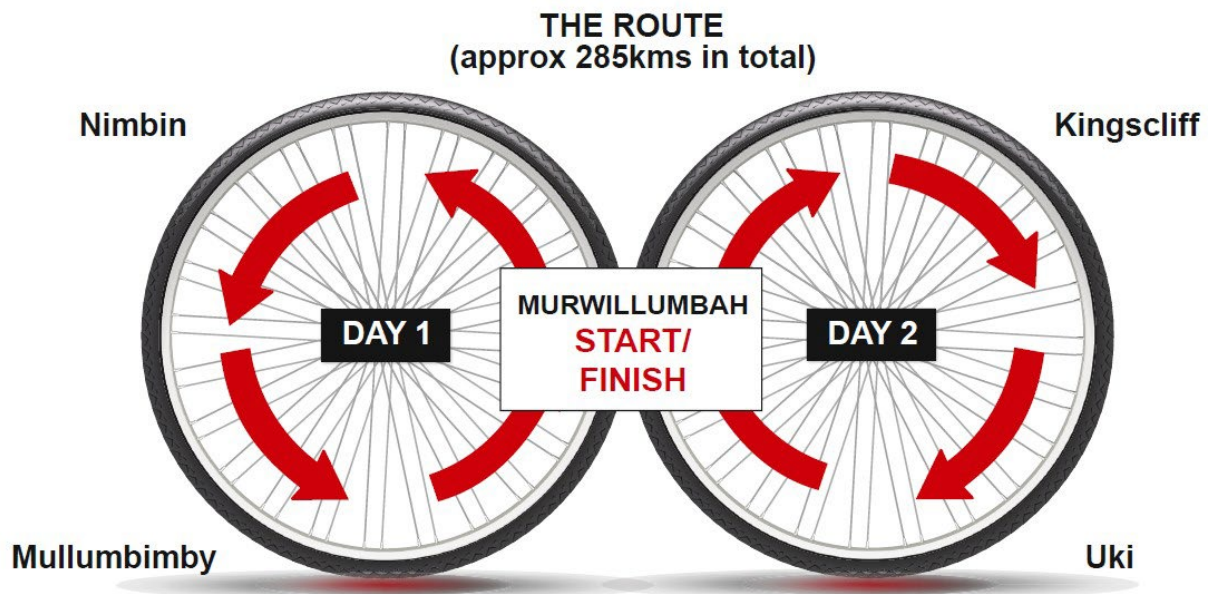
4. MANAGEMENT OF EVENT

The 2024 “Pedals ‘n Medals” ride is a semi supported ride, managed and conducted by the 4 Aussie Heroes Foundation in conjunction with Ride-experienced leadership personnel.

The marketing, catering, accommodation, and administrative management of the Ride is the responsibility of the 4 Aussie Heroes Foundation.

The fundraising administration will again be in the hands of the GoFundraise platform.

5. ROUTES



The event is a peloton supported ride and as such is targeted at experienced cyclists with previous peloton riding experience.

There may be 1 or 2 pelotons depending on rider numbers.

Links to the Ride Route for each day are below:

Day 1 (Friday)

<https://ridewithgps.com/routes/47797638>

Day 2 (Saturday)

<https://ridewithgps.com/routes/47797747>

6. ACCOMMODATION

Accommodation this year will be at the Murwillumbah Motor Inn.

Friday nights' accommodation will be provided for all Participants.

Those riders who wish to arrive Thursday evening will also be accommodated at the same venue on that night.

Accommodation will be two or three persons per unit, all in separate beds.

Saturday night's accommodation is available for those needing/wanting to stay, possibly with a surcharge if "wanting" and not "needing".

7. REQUIREMENTS AND OBLIGATIONS

In registering for this event, all participants are agreeing and committing to the following:

- Be between the ages of 18 and 65.
- Be fit and healthy.
- Be experienced in public road riding and understand safe peloton riding enough to participate in this event.
- Have access to a suitable bicycle in good working condition, capable of such a Ride.
- Be able to ride at the baseline fitness level of 24 kms per hour.
- Be comfortable with their ability to ride the promulgated routes.
- Agree in writing to the Terms and Conditions of the Event, and
- Be prepared to raise funds for the 4 Aussie Heroes Foundation as per Para 3.

It is the responsibility of all potential participating riders to advise us of any health or skill issues impacting their ability to ride in this event safely.

The detail is in our [Terms and Conditions](#) which need to be formally agreed to.

8. KIT

The kit will again be provided through Monton.

The size required will need to be stated on your Registration Form which has a Size Chart attached. [Sizing Chart \(Men and Ladies\)](#) Please get your sizes right as there will be no chance for replacements.

Kits will be provided at Murwillumbah on the evening of Thursday 10/10, or the morning of Friday 11/10 unless pick-ups can be arranged in Brisbane by Riders a couple of days before commencement of the Ride.

9. WHAT TO BRING

- Road bicycle in good working condition
- Australian approved bike helmet
- Kit (if delivered)
- Wet weather gear
- Clothes & Toiletries
- Money for incidentals
- Your best fitness
- Your sense of humour

10. INSURANCE

As part of rider registration, all riders will be provided with Personal Accident Insurance Cover for during the Ride.

11. TRAINING

Training for multi stage on-road events vary from rider to rider, however, it is incumbent on all Riders to ensure that they are comfortable in their capability to take on and complete this ride.

12. REGISTRATIONS ARE EARNESTLY SOUGHT, AND AS SOON AS POSSIBLE.

To complete your Rider Individual Registration Form [click here.](#)