

Q&A Info Session

18 January 2024

Signature Tour 2024

Curing cancer, changing lives



TODAY'S SESSION

- Fundraising
- Training
- The Route
- The Tour
- Tour Checklist
- Values Jerseys
- Questions





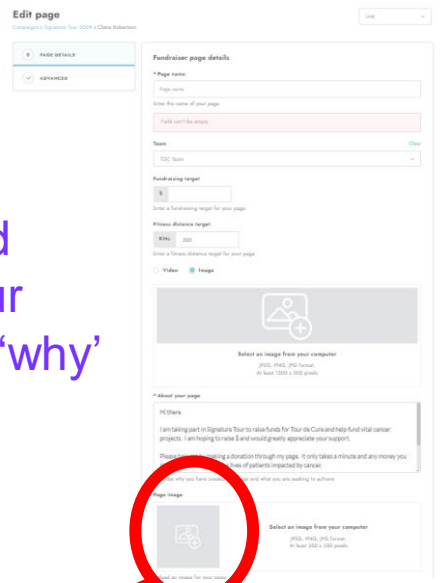
Fundraising

At 50% of commitment

Tour de Cure | Fundraising Update



Quick Tip



Log on and update your photo and 'why'

<p>RAISED SO FAR</p> <h2>\$1,114,692</h2>	<p>OUR GOAL</p> <h2>\$2,000,000</h2>	<p>RIDERS</p> <h2>138</h2>	<p>CREW</p> <h2>48</h2>
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January Fundraising Milestone
50% of your fundraising commitment

Riders: \$6,000
Support Crew: \$1,375

Top Individuals

Top Teams

Clint Bowen	Chris Hennessey	Dennis Meehan	Reg Crawford	Phil Isard	
\$201,000	\$29,254.02	\$27,400.65	\$26,154.15	\$26,050	
Chris Richardson	Mark Beretta	Grant Mcfarlane	Malcolm McComas	Lisa Cashin	
\$21,753.7	\$18,189.15	\$15,200.25	\$14,448.75	\$13,911.33	
Andrew Gersbach	Anna Nicholas	Cherie Huxley	Jo Gomboso	Glenn Screech	
\$13,348.31	\$13,344.54	\$12,999.61	\$12,749.87	\$12,724.55	

Cobbled Nights	Steven's Tour de Cure	Team Richo	Team Hinds	Tassie crew
\$80,237.8	\$30,429.45	\$28,386.34	\$25,462.34	\$22,430.97
Dream Team	Team Gershy	Kat & David	Anna & Sam	Macs Incorporated
\$22,005.83	\$20,772.96	\$19,868.76	\$18,075.03	\$17,141.23
Samsara Women's Health C	HellDogs TdC 2024	Tassie Girls on Tour	The Three Musketeers	Grafton Gang
\$16,494.92	\$14,090.23	\$13,039.42	\$12,475	\$12,250.41

Tour de Cure | What's your fundraising plan?

Ways to fundraise

Just Ask 

Sell product, service or merchandise 


Host an event 

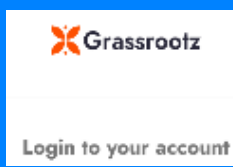
Run a raffle or auction 

Self Fund 

Corporate Matching 

Get started in 5 easy steps

Breakdown your target into weekly goals 

Update your fundraising page 

Make a tax deductible donation 

Just Ask 

Have a plan 

Fundraising commitment

Riders \$12,000 | \$3,500
Support Crew \$2,750

January Milestone: 50% 



Tour de Cure | What kind of fundraiser are you?



Sporty or Social?

- **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?

- **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



Events not your thing?

- **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 Kreme, Domino's Pizza, 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.



Well Connected?

- **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



Fundraising in a Team?

- **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.

Tour de Cure | How others have reached their Fundraising Commitment

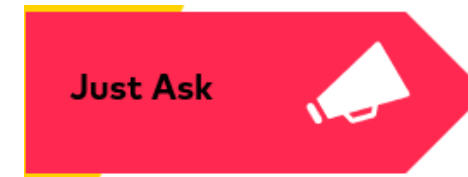
Person 1	
Self-donations (\$500 PD at rego)	\$1,000
Bunnings BBQ	\$1,714
Just asking – shared on social media and email	\$924
	\$3,638

Person 2	
Personal Donation	\$500
Just asking - donations	\$1,700
Café tin with QR code	\$198
Dog walking for neighbours/friends	\$150
Car wash for neighbours/friends	\$300
Tamburlaine wine offer	\$200
Sip and Draw 35 friends \$50 pp + raffle	\$1,800
	\$4,848

Person 3	
Self Donation (\$1,000 PD at rego)	\$2,000
Just asking	\$3,269
Trivia	\$4,500
Employer matching	\$2,500
	\$12,269

Person 4	
Self-donations (\$1,000 PD at rego)	\$2,500
Tamburlaine wine offer	\$150
Stationary bike at work	\$1,600
Bunnings #1	\$2,200
Bunnings #2	\$1,750
Just asking - donations	\$2,950
Candle sales	\$950
Give up take away coffees at work @\$5	\$500
	\$12,600

Person 5	
Self-donations (\$1,000 PD at rego)	\$2,000
Bunning BBQ #1	\$1,800
Tamburlaine wine offer – 7 people	\$350
Dinner Fundraising \$75 pp 12 people	\$900
Cake Stall work	\$1,000
Bunnings #2	\$1,400
Cake Stall work #2	\$1,200
Employer Matching	\$1,300
Just asking - donations	\$2,250
	\$12,200



Just Ask



Sell product, service or merchandise



Host an event



Run a raffle or auction



Self Fund



Corporate Matching



Quick Tip

- Separate your audience, don't necessarily invite everyone to everything – donation fatigue
- Get fundraising from general public rather than friends ie Bunnings BBQ – relieve donation fatigue
- Are you charging enough? Make sure you are making a good margin. It's for charity therefore people are happy to pay, don't undersell your event or product.

Fundraising Plan Checklist

Method	Audience	Timeline/ Lead time
Just asking	update profile, shared 'Why' story	This weekend, repeat
Passive	Fundraising link on Strava and email signature	This weekend, always on
Tamburlaine wine offer	Everyone	This weekend
Event 1	Work colleagues	3-6 weeks
Event 2	Friend network	6-8 weeks
Event 3	Larger event, friends invite their friends	12 weeks
Cash raffle	Everyone	Quick win – 2 weeks prior to tour
Self Donate	Self - Tax deduction	This weekend / monthly donation on pay day
Give up something	Self – give up take away coffees	Weekly
Corporate /Employer matching	Work	Ask HR this week



Signature Tour | 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



Quick Tip

A reminder to upload your Working With Children Check to hub.tourdecure.com.au

**TOUR
DE
CURE**



Training

Currently Level 4, at Level 5 by 29 January

Only 8 more weekend rides left!

Signature Tour | Training

18 January, Rider Tour Readiness

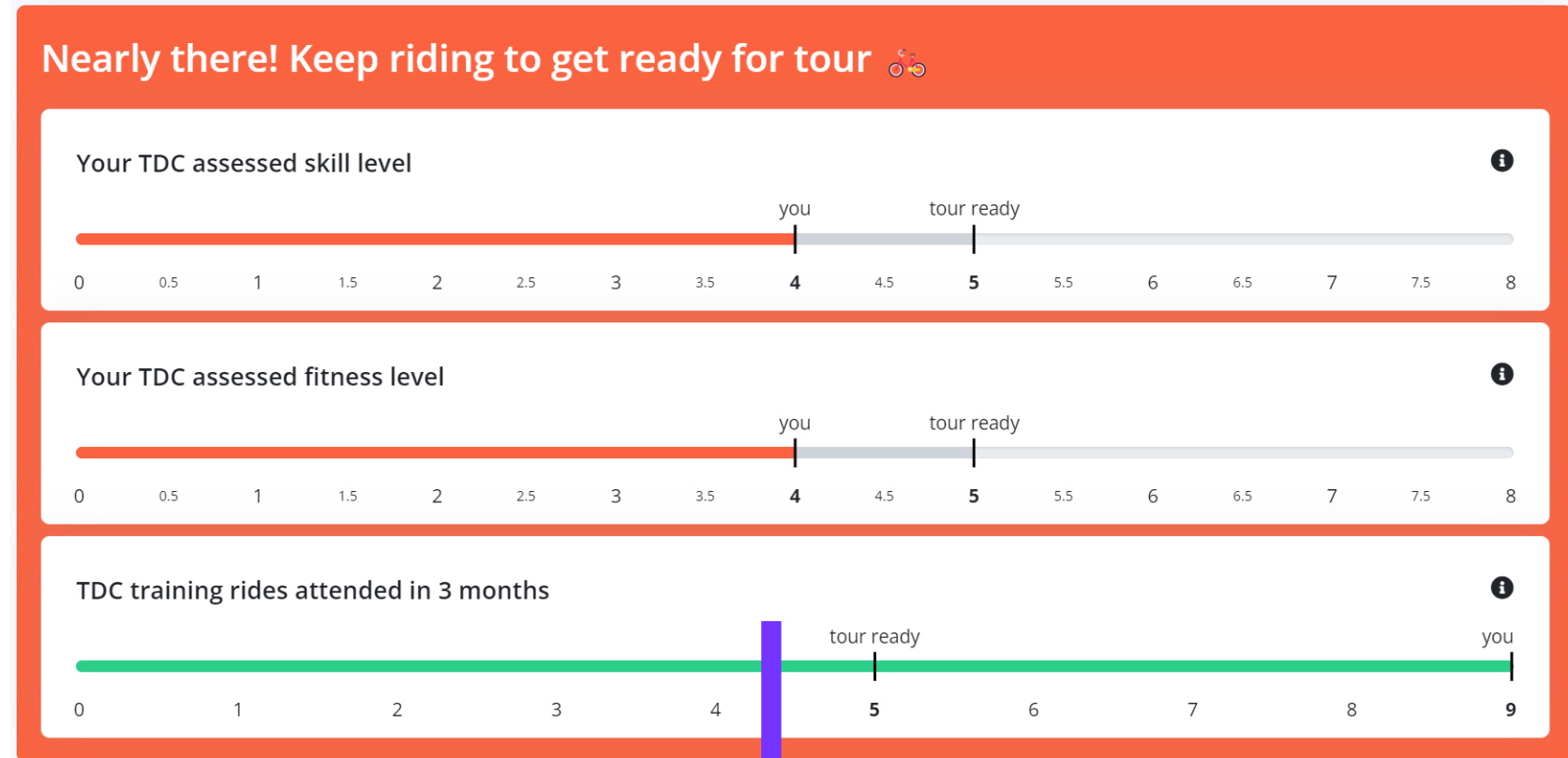
- Currently Level 4, at Level 5 by 29 January
- Following the training plan with Back to Back rides
- Attended 5 TDC rides over 40km – Saturday or Sunday rides, depending on State



Signature Tour 2024- Training Program

Tour de Cure has mapped out a program to enable you to design your own training plan to reach recommended KMs per week
 Dependent on your schedule each week, choose sessions from the below program:
 • 3-4 rides (virtual or outside) • 1-2 walks or runs • 1-2 strength and mobility sessions

wk	Schedule		Mon	Tue Ride or Virtual	Tue PM	Wed	Thu Ride or Virtual	Thu PM	Fri	Sat	Sun	Total Kms	Elevation(M)
Check Strava for TDC supported rides in your location/state. If no TDC rides in your area, use this program as a guide and go for a ride with a buddy													
9	15/1/2024	Big Week	Rest	25	Strength/ Pilates/ Gym	Rest	40	Strength/ Pilates/ Gym	40	100	150	355	3500
8	22/1/2024	Rest	Rest	25	Strength/ Pilates/ Gym	Rest	40	Strength/ Pilates/ Gym	Australia Day	Rest	75	140	1500
7	29/1/2024	Build	Rest	25	Rest	Rest	40	Rest	30	80	120	295	3000
Reached 75% of Fundraising Level 5 Skill & Fitness													
6	5/2/2024	Big Week	Rest	25	Strength/ Pilates/ Gym	Rest	40	Strength/ Pilates/ Gym	30	120	180	395	4000
5	12/2/2024	Build	Rest	25	If not riding Gym/Swim	Rest	40	Strength/ Pilates/ Gym	30	40	140	275	3000
4	19/2/2024	Rest	Rest	25	If not riding Gym/Swim	Rest	30	Rest	20	Rest	100	175	1800
3	26/2/2024	Big Week	Bike Service				Rest	Strength/ Pilates/ Gym	30	130	180	340	3500
2	4/3/2024	Taper	Rest	25	If not riding Gym/Swim	Rest	40	Rest	30	Rest	100	195	1500
1	11/3/2024	Taper	Rest	25	If not riding Gym/Swim	Rest	Day 0	Day 0	Day 1	Day 2	Day 3	Heaps	Heaps!



Congratulations! You are ready for tour 🎉

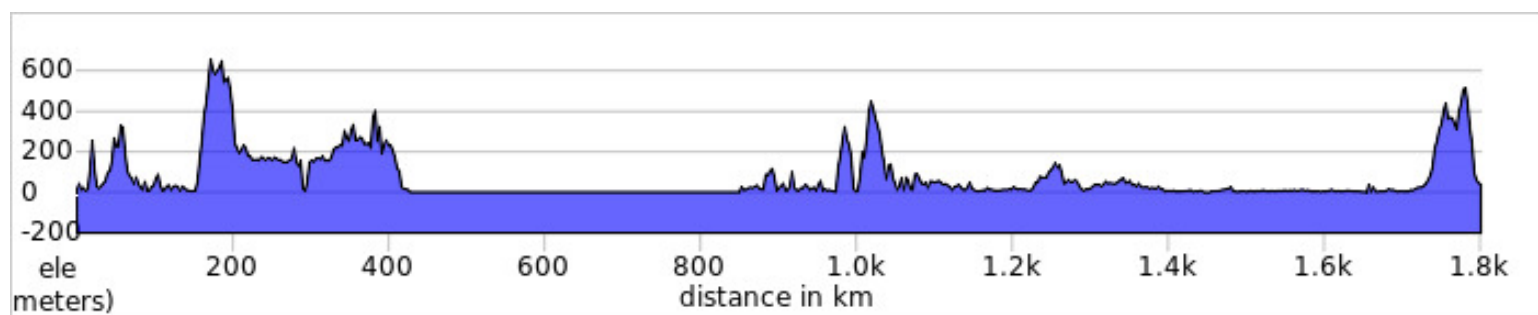
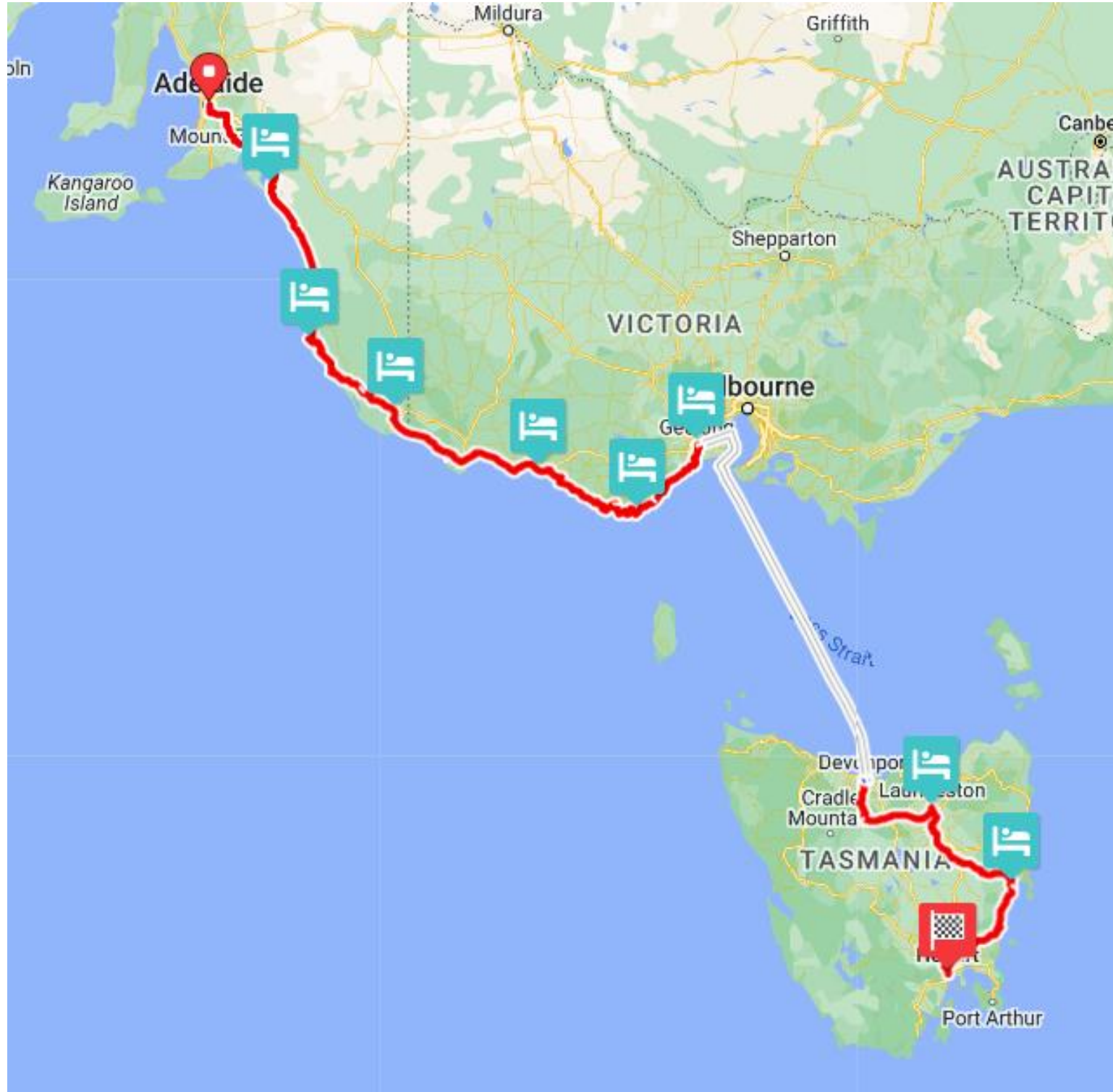
Support Crew

We will be in contact in the coming weeks to allocate roles on tour. Recommend support crew #BEFIT #BEHEALTHY #BEHAPPY and prepare your fitness for tour too! Add regular exercise into your weekly routine and get good night's sleep in the lead up to tour.



The Route



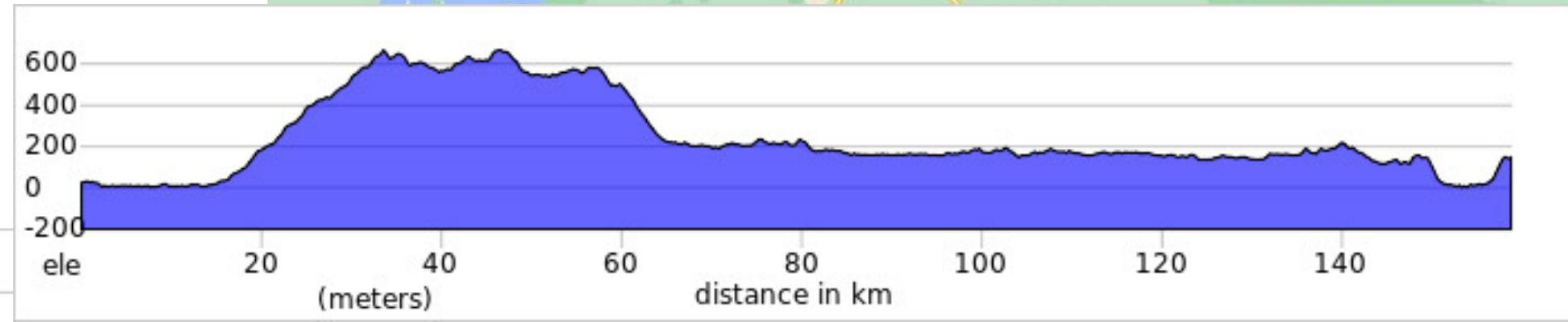
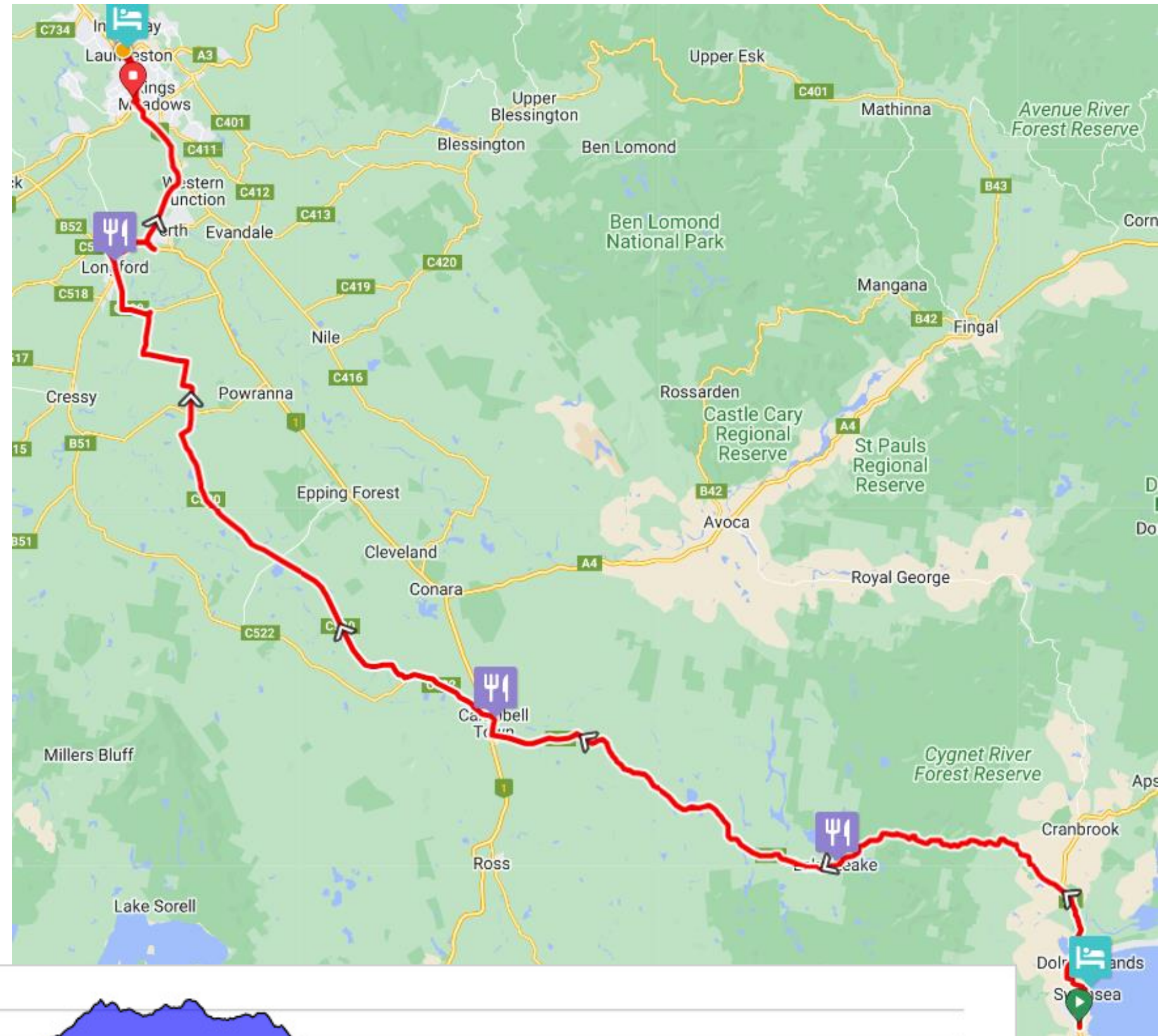
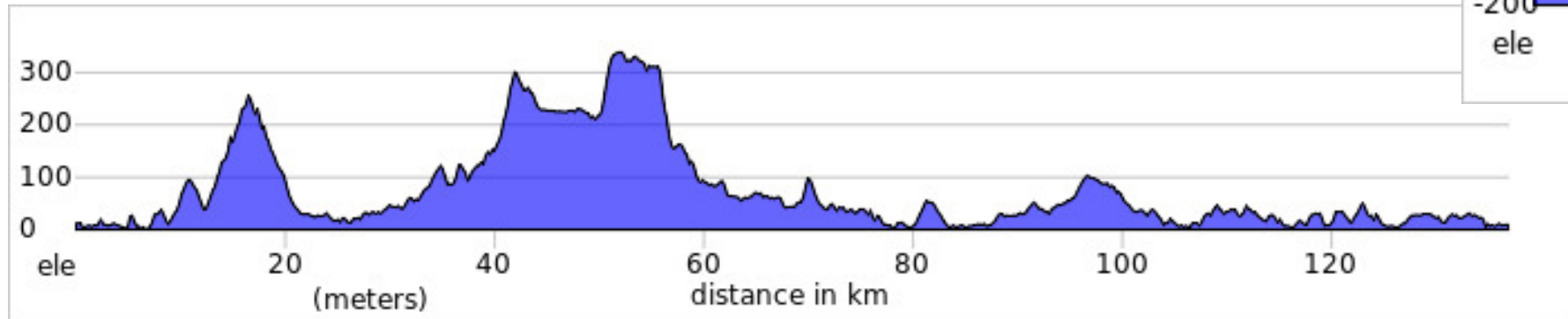


Thu 14 Mar Day 0: Accommodation Hobart
 Fri 15 Mar Day 1: Hobart to Swansea – 143km / 1601m
 Sat 16 Mar Day 2: Swansea to Launceston – 151km / 1561m
 Sun 17 Mar Day 3: Launceston to Devonport – 132km / 1583m
Overnight: Devonport (*Spirit of Tasmania*) to Geelong.
 Mon 18 Mar Day 4: Geelong to Apollo Bay – 121km / 1379m
 Tue 19 Mar Day 5: Apollo Bay to Warrnambool – 162km / 1982m
 Wed 20 Mar Day 6: Warrnambool to Mount Gambier – 194km / 1102m
 Thu 21 Mar Day 7: Mount Gambier to Robe 128km / 532m
 Fri 22 Mar Day 8: Robe to Meningie 185km / 611m
 Sat 23 Mar Day 9: Meningie to Adelaide 160km / 1379m
Distance and elevation may vary based on peloton allocation.

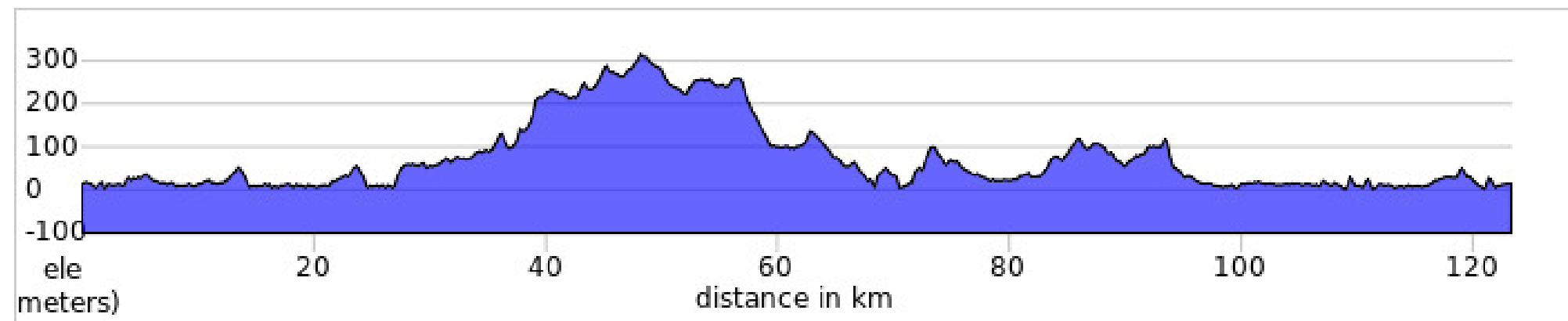
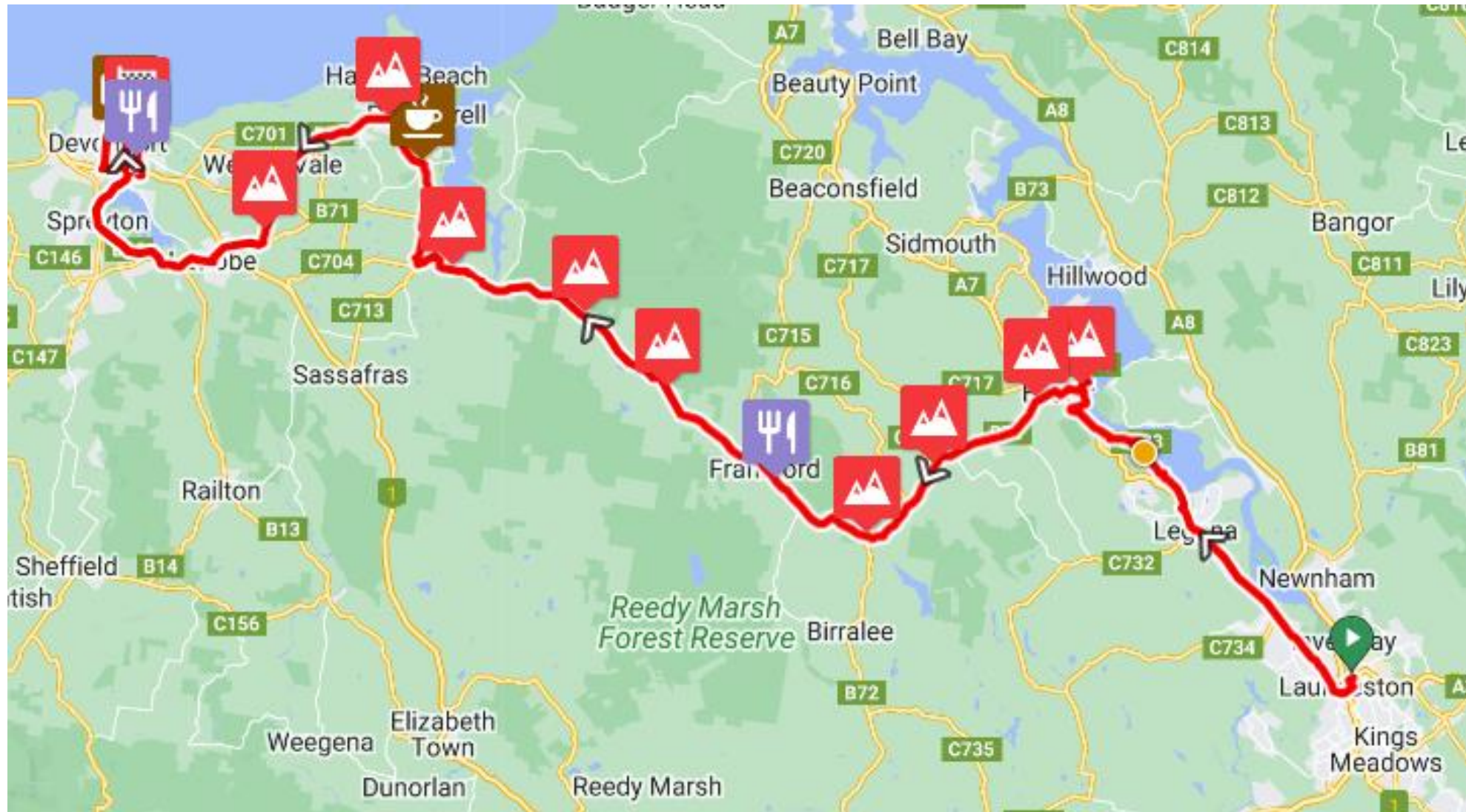


Day 2: Swansea to Launceston

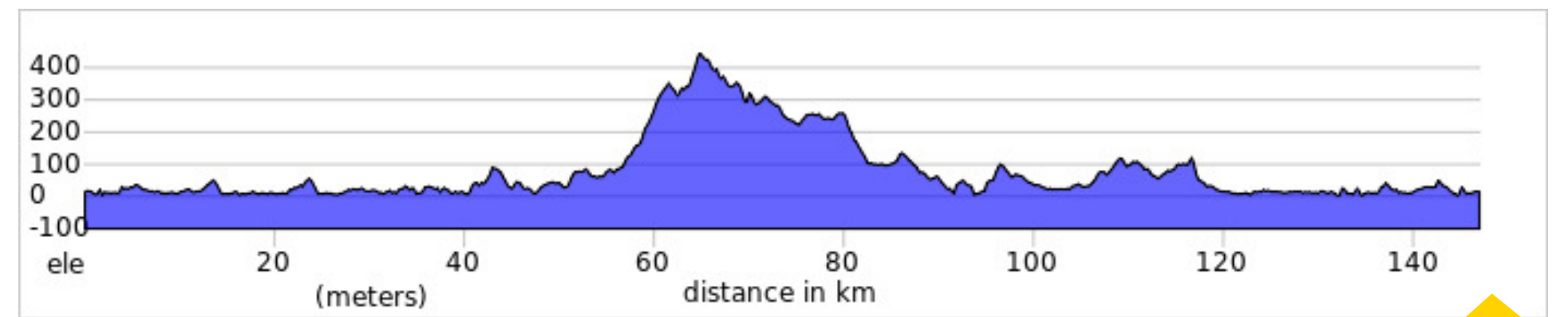
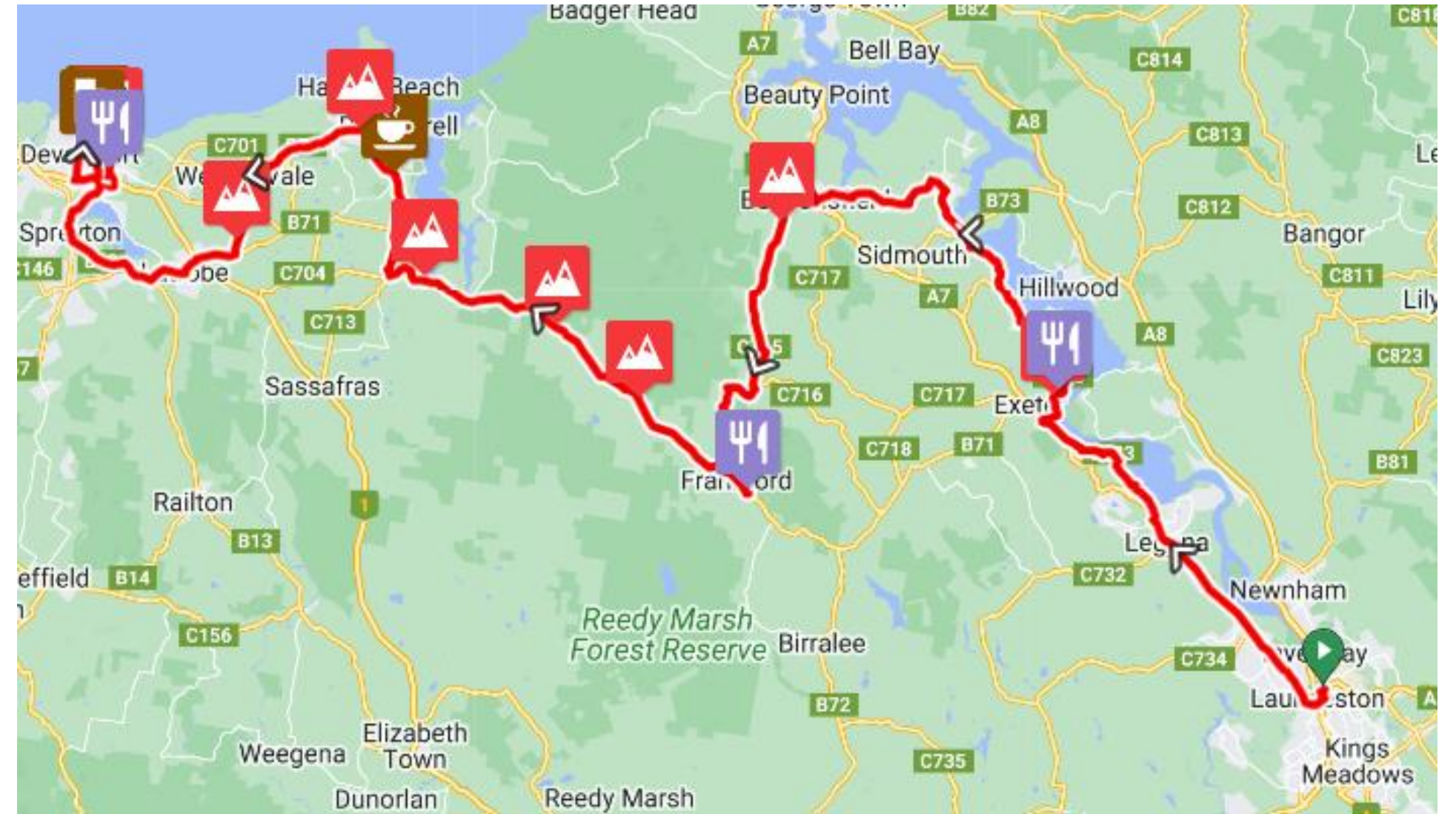
Day 1: Hobart to Swansea



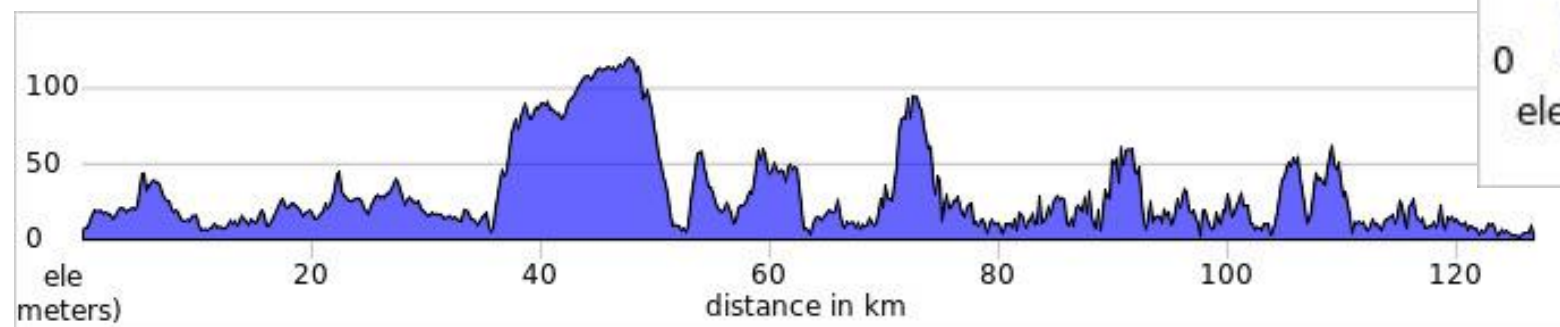
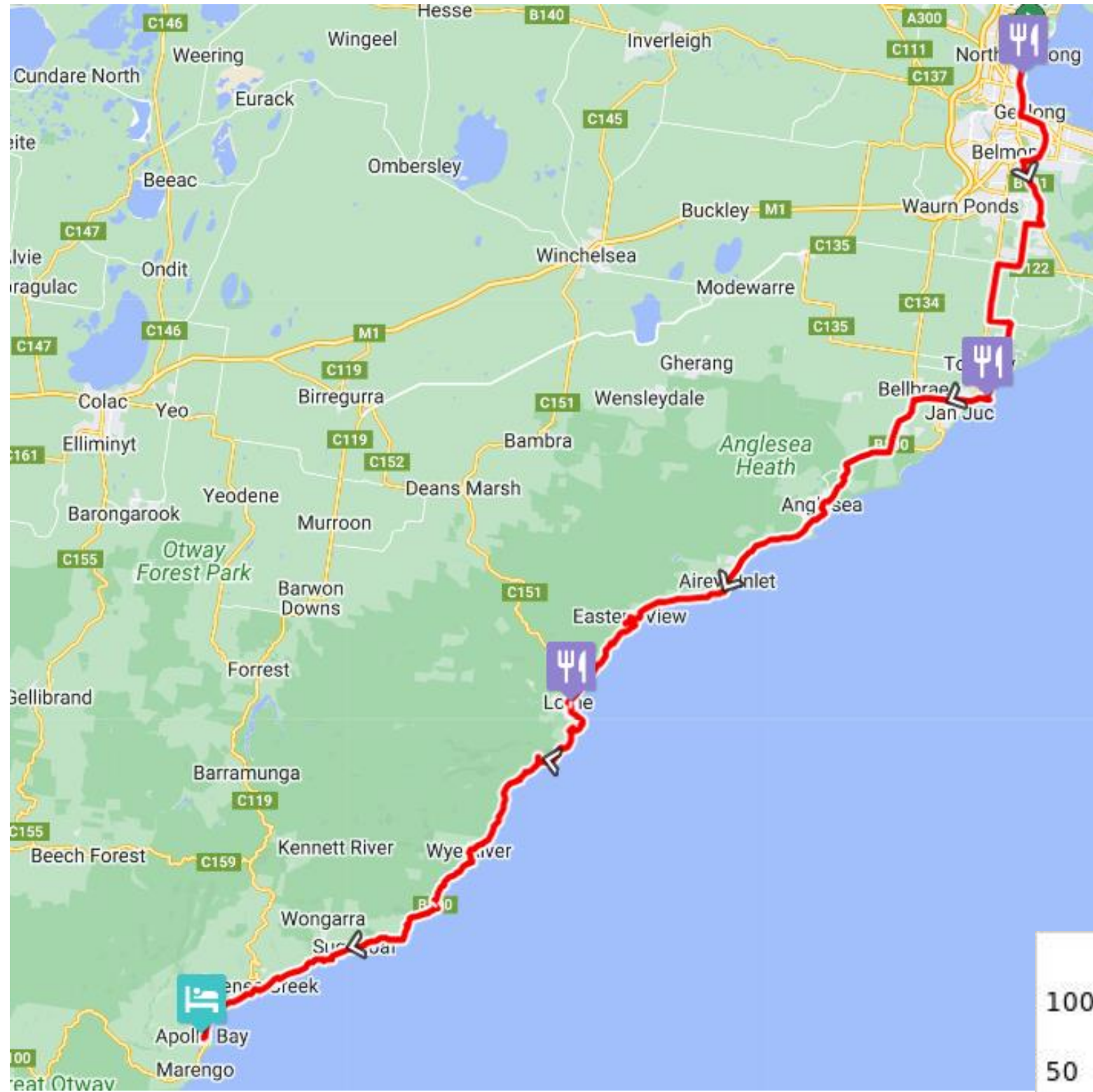
Day 3: Launceston to Devonport - Ride



Day 3: Launceston to Devonport - Challenge



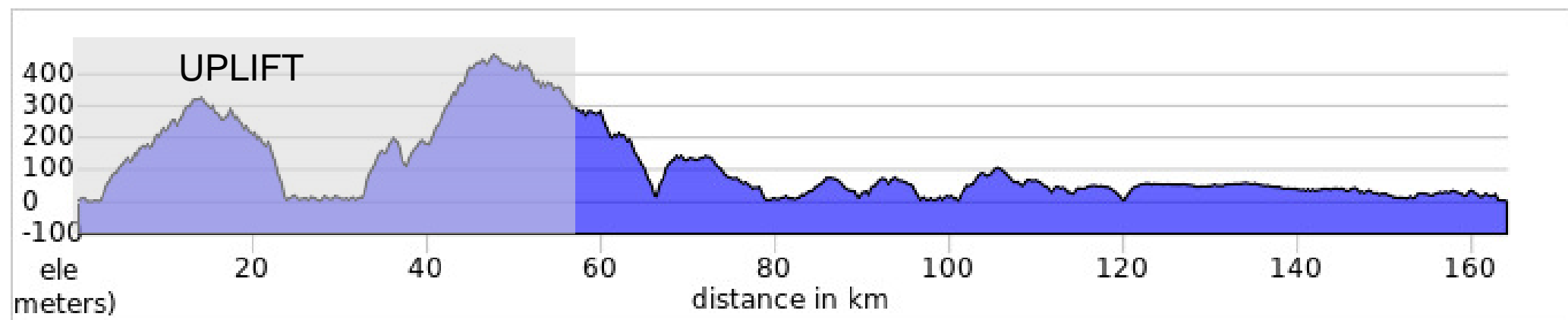
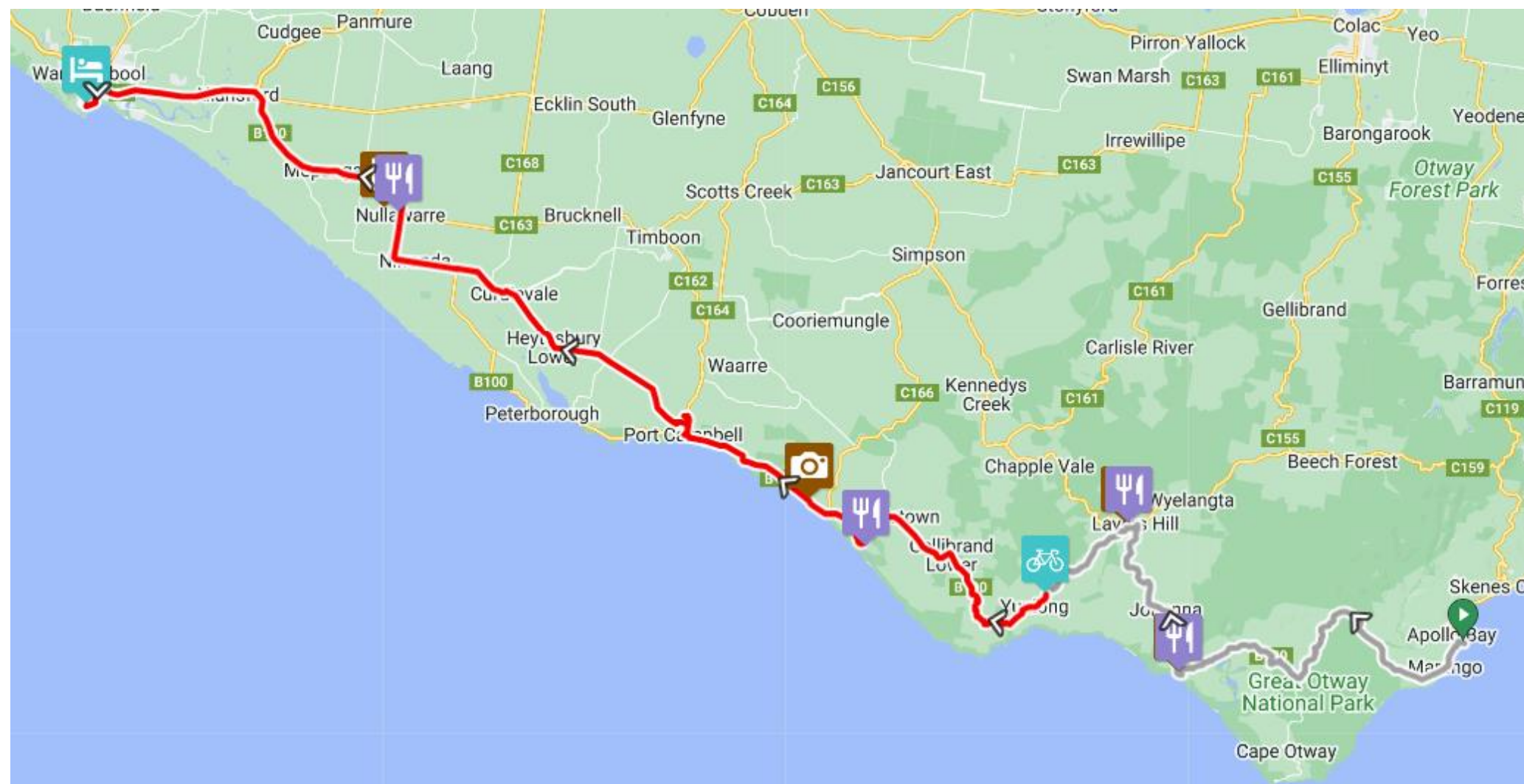
Day 4: Geelong to Apollo Bay - Ride



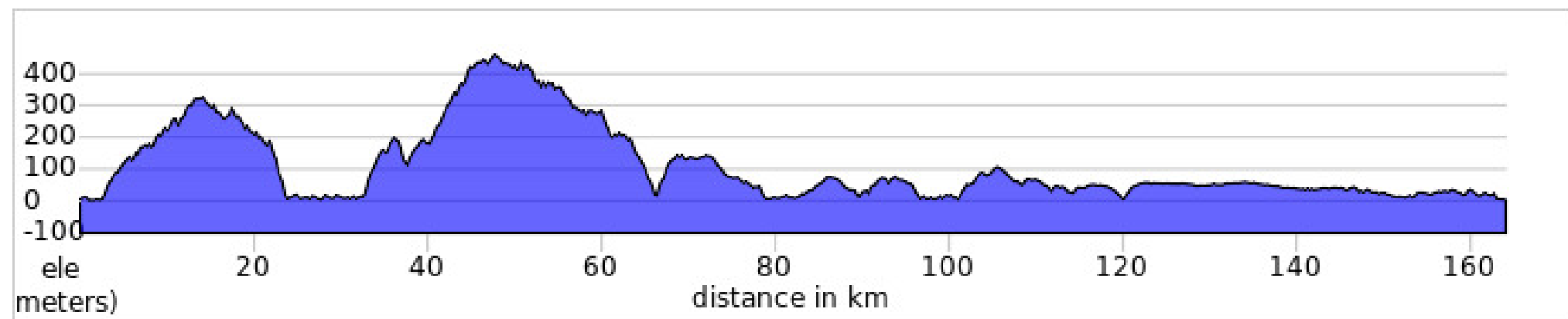
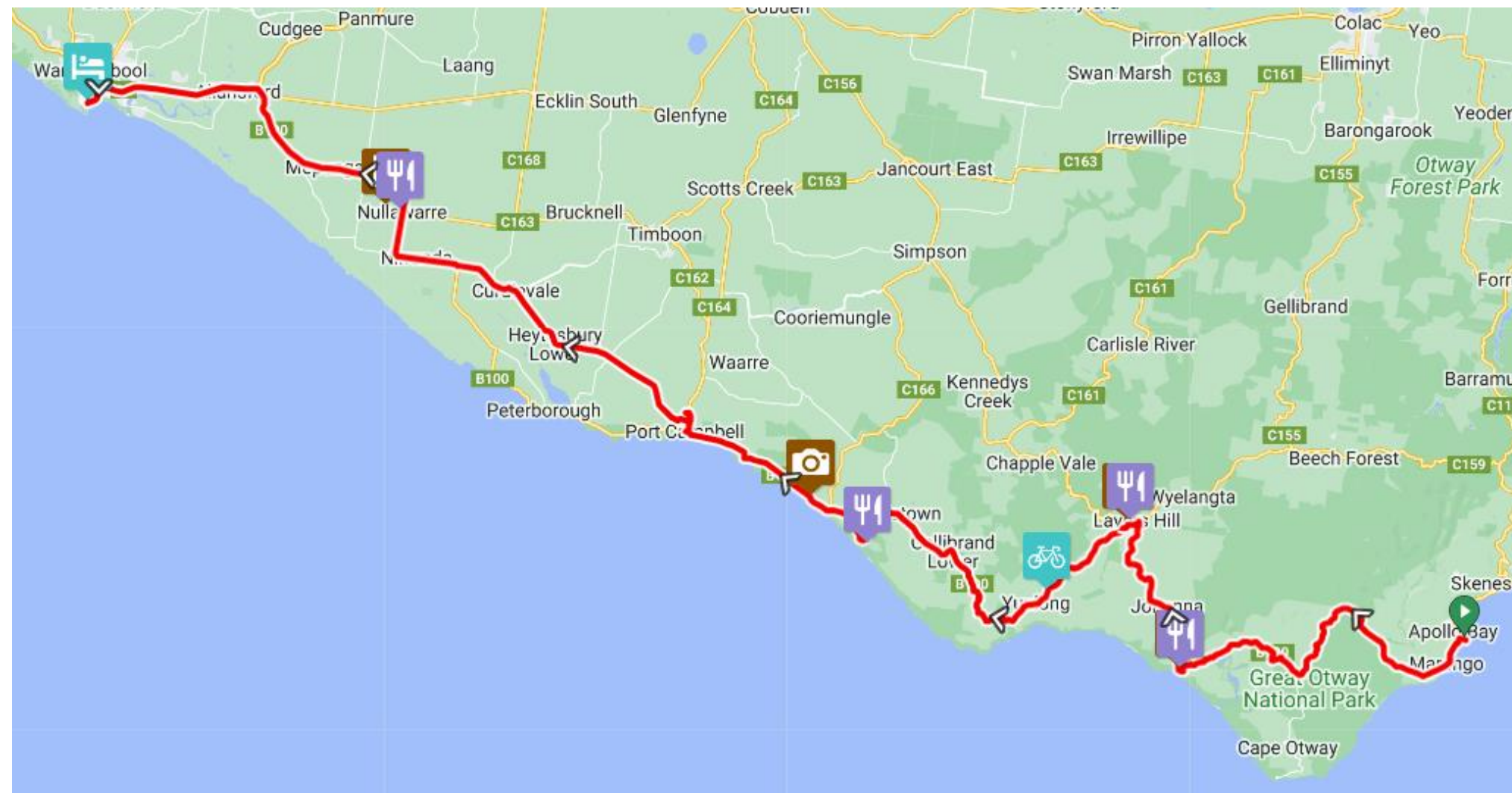
Day 4: Geelong to Apollo Bay - Challenge



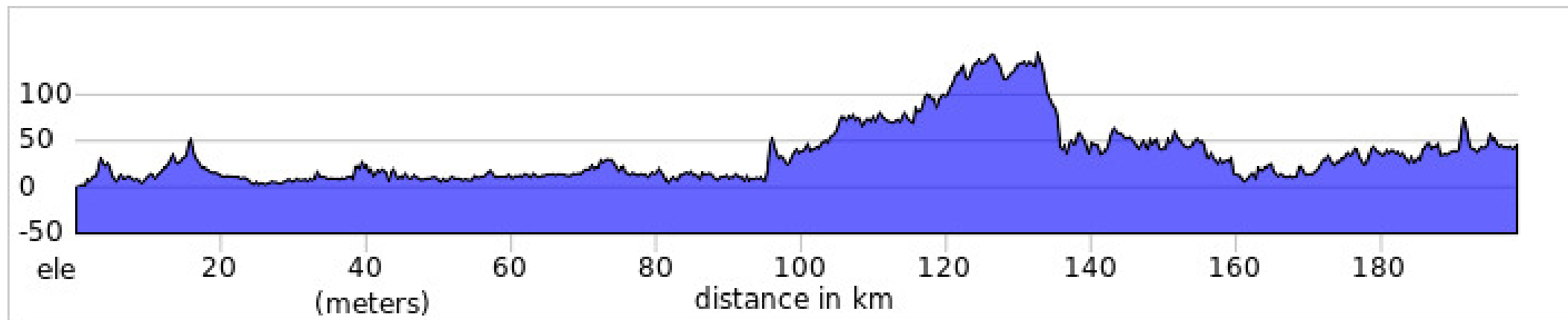
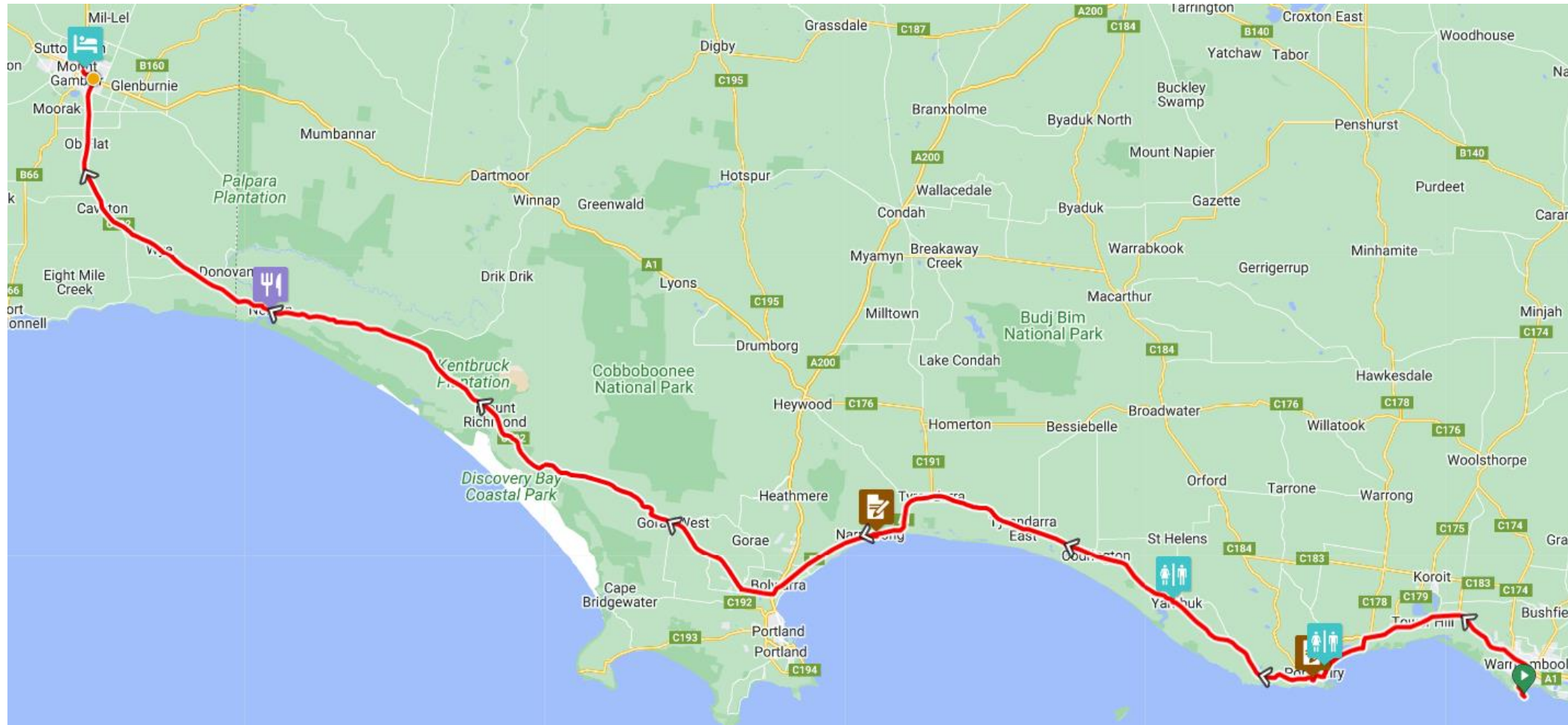
Day 5: Apollo Bay to Warrnambool - Ride



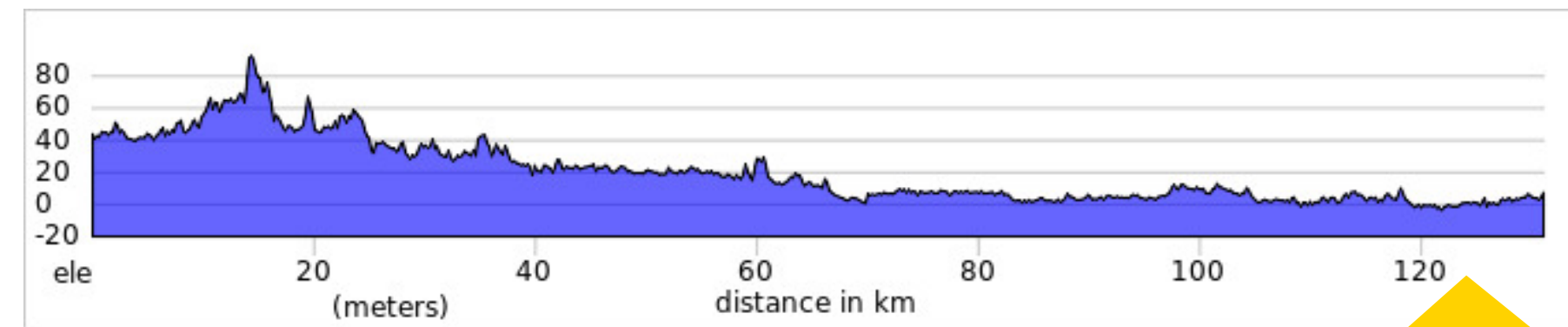
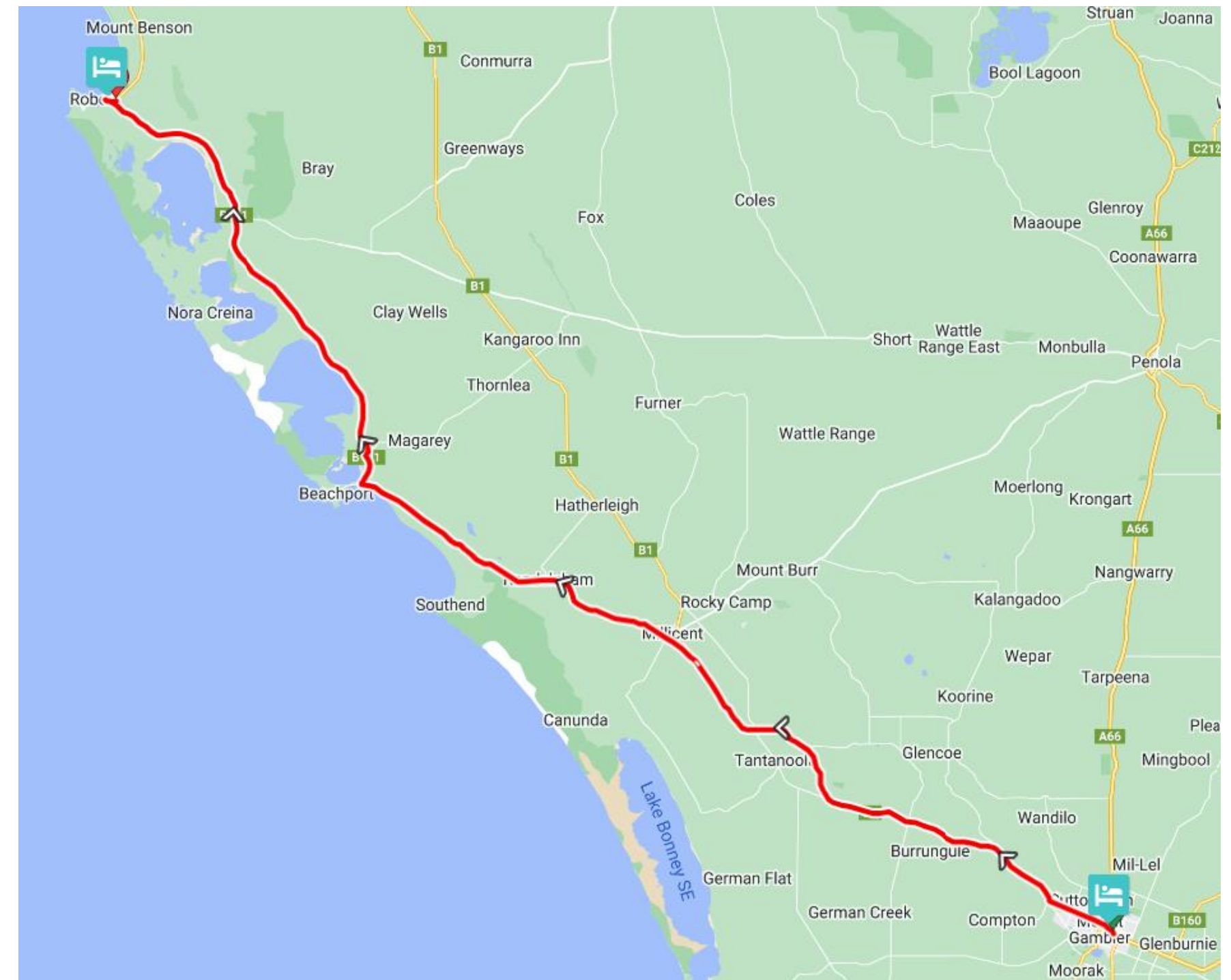
Day 5: Apollo Bay to Warrnambool - Challenge



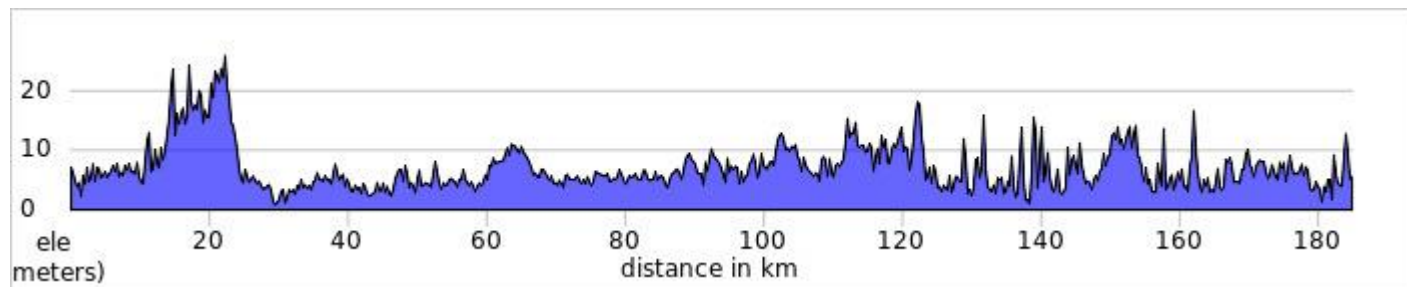
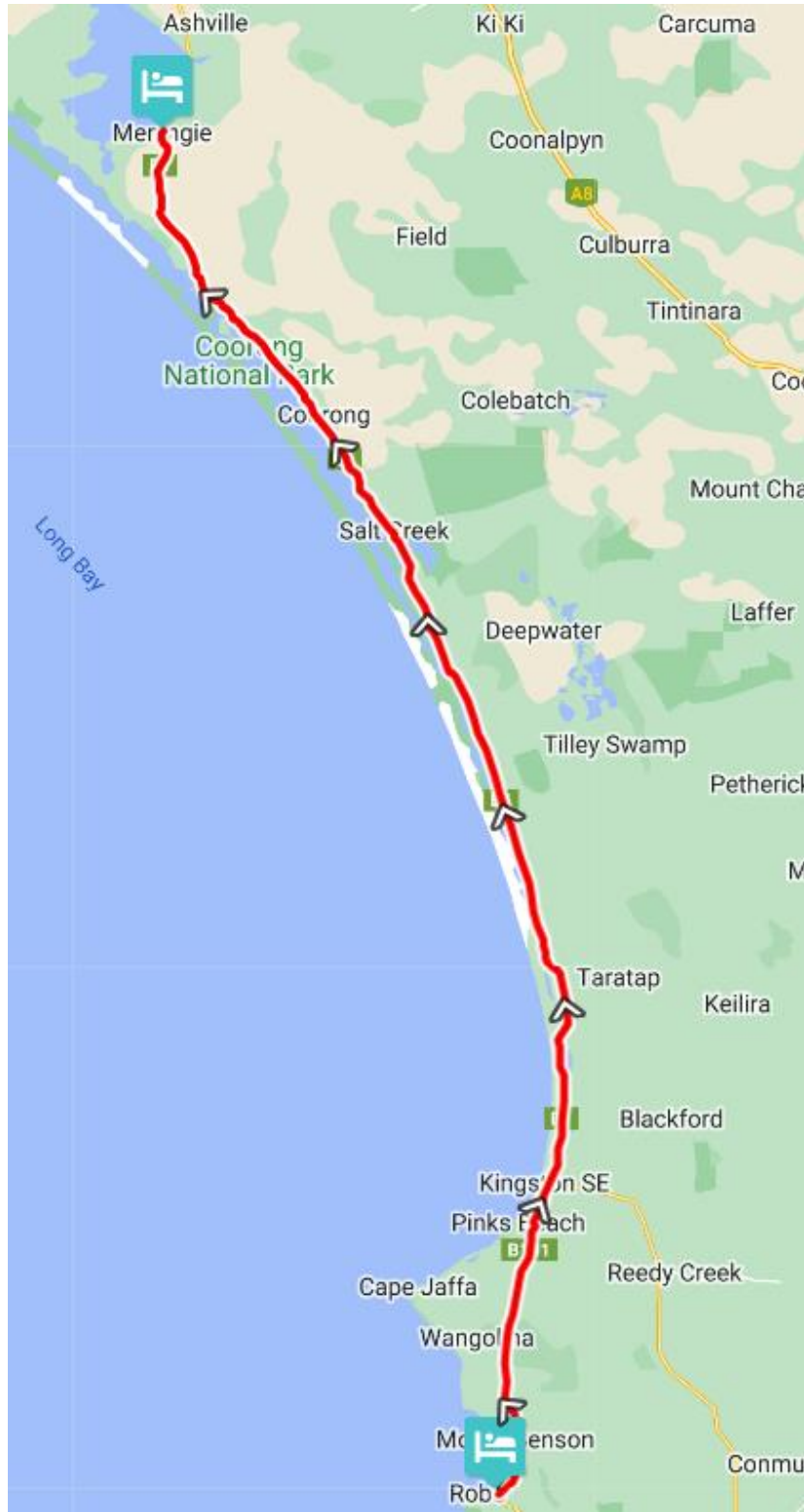
Day 6: Warrnambool to Mt Gambier



Day 7: Mt Gambier to Robe

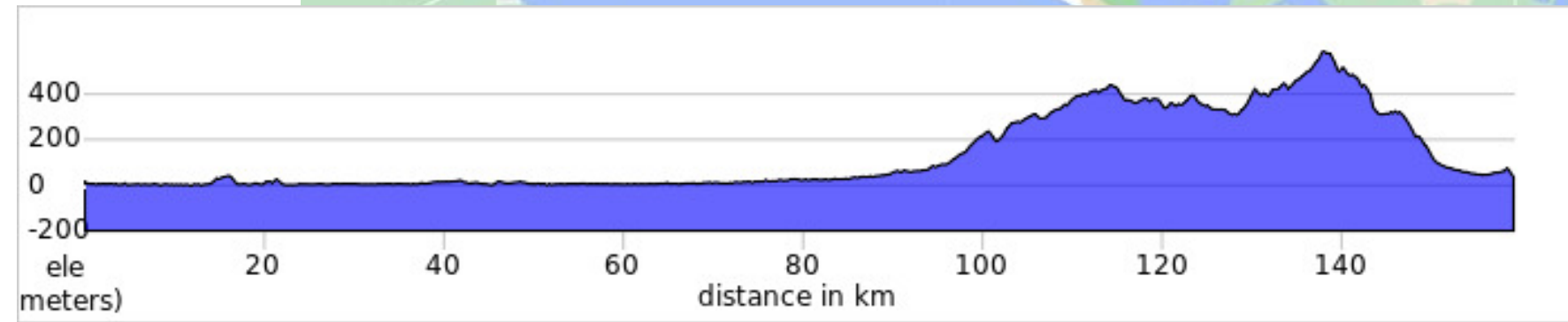
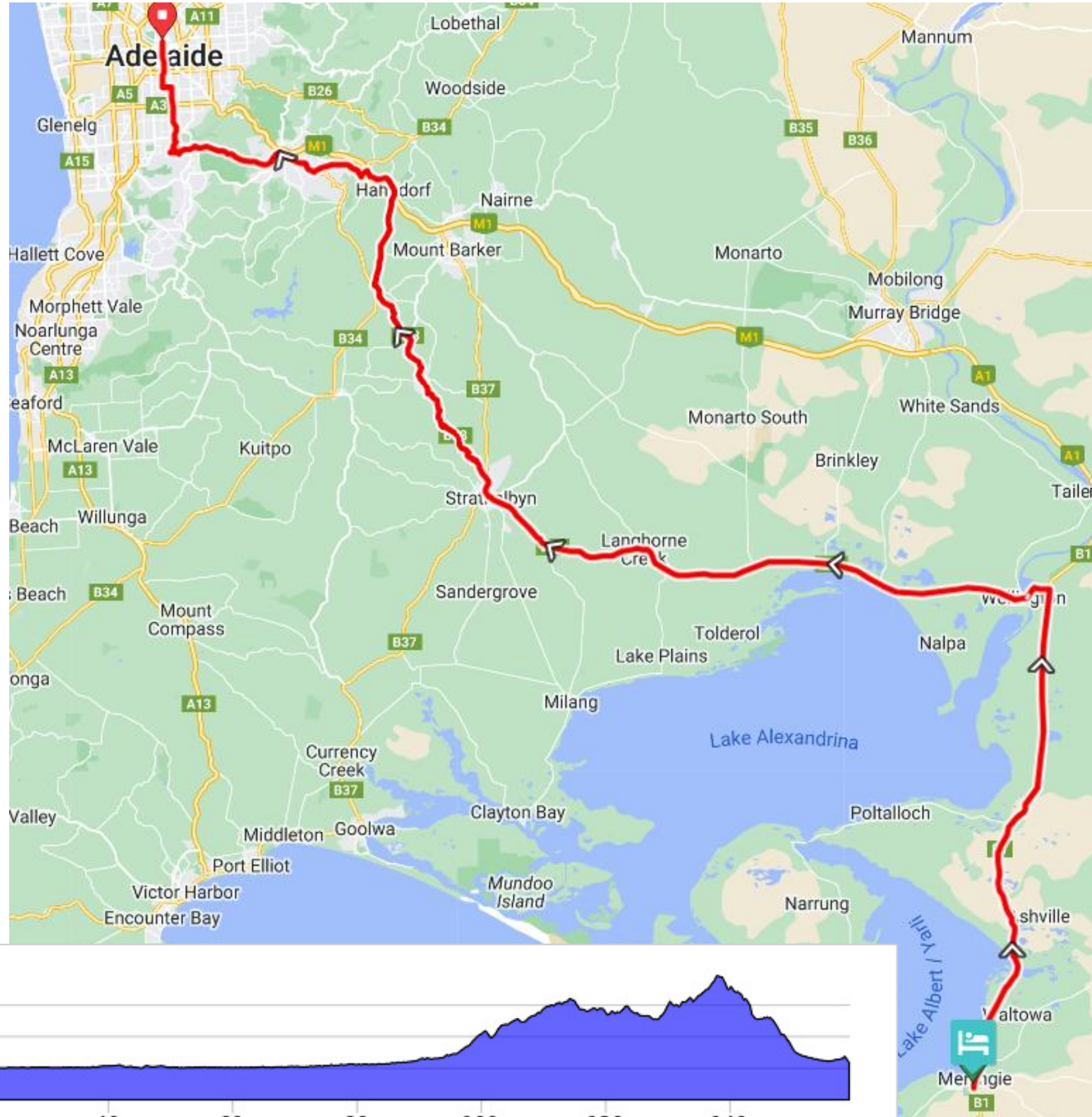


Day 8: Robe to Meningie



Day 9: Meningie to Glenelg

Map will change to finish in Glenelg





The Tour

Pre tour

Bike Transportation

You have nominated one of three options to get your bike to the start of tour via the logistic survey early January:

1. Sydney to Hobart: TDC's bike trailer can transport your bike racked and fully assembled to Hobart, no need to use a bike box or bag.

You will need to drop your bike at Frenchs Forest to be loaded and driven to Hobart the week prior to tour.

Sunday 10 March, after Sunday's training rider, 12noon to 2pm, TDC car park, 14 Rodborough Road, Frenchs Forest.

2. Melbourne: Tuesday 12 March, 9am-10am. Lakeside carpark Albert Park, Melbourne

3. If you are interstate or unable to drop your bike at Frenchs Forest, or Melbourne please book to travel with your bike.

Tour Experience riders will need to get their bike to the start in Geelong and home from Warrnambool.

Please let us know if there are any changes to your survey preferences.



Day 0 – Check in

Thursday 14 March

Check in for tour by 4pm at the Discovery Park you are allocated to. We will advise allocation by end January.

Dinner 14 March – Tickets will be made available for friends and family to join Blundstone Arena, 15 Derwent Street, Bellerive
You will be transported from Discovery Park to/from Blundstone by TDC vehicles

Accommodation

Mornington Hobart Discovery Park

[346 Cambridge Rd, Mornington, TAS 7018](#)

Hobart Discovery Park

[673 East Derwent Hwy, Risdon, TAS 7016](#)

Day 1 – Rolling

We will roll out from Hobart, location advised at Final Information Session.

Your friends and family can see you off between 7am to 9am dependent on your peloton.



Let there be coffee, thanks to Vittoria we are supported by a coffee van at meal stops



Tour Experience Riders

Sun 17 Mar: Accommodation at Novotel in Geelong, check in at 4pm

Mon 18 Mar Day 4: Geelong to Apollo Bay – 121km / 1379m

Tues 19 Mar Day 5: Apollo Bay to Warrnambool – 162km / 1982m

Accommodation provided Warrnambool.

Wed 20 Mar: Leave Tour at Warrnambool after breakfast

Tour de Cure can arrange transport back to Geelong if required, otherwise please arrange your own transport home.

You will need to get your bike to and from Tour Experience

If you have assembled your bike yourself after transportation, a TDC mechanic will check over your bike at breakfast prior to riding.



Finale Glenelg

Arrival venue: Glenelg/West Beach

Team arrival: Approx 2.30pm - Your friends and family can welcome you into the finale

Celebration: 3:00pm – 5:00pm. Friends and family welcome, at own expense. TDC team members will receive drinks and snacks.

Tour concludes at 5pm

Please book your own way home or accommodation if staying in Glenelg/Adelaide



Tour Checklist

Deadline: 14 February

- Working with children check number and expiry uploaded to hub.tourdecure.com.au
- Medicals: Please complete a [self assessed medical form](#) which will be reviewed by the tour medical director. Upload the completed form to [TDC Hub](#).
(We always encourage participants to have an annual check up with their GP and to complete regular cancer screenings.)

Additional Rider Mandatories

- At Level 5 Skill and Fitness
- All riders are required to attend a minimum of five TDC supported training sessions of 40km+, even if you are an experienced cyclist. Only 8 more weekend rides until tour! Follow the weekly training plan including back-to-back long rides. Tracked on hub.tourdecure.com.au
- Purchase a spare derailleur hanger specific to your bike and keep in a safe place.
- Two weeks prior to tour you are required to have your bike serviced then [upload the form](#) to TDC Hub.



A Typical Day on Tour

Kit

Accommodation

Socials

A Typical Day on Tour



Breakfast & bag drop

Team briefing

Ride 25-60km

School visit – week day

Morning Tea

Ride 25-60km

Lunch

Ride 25-60km

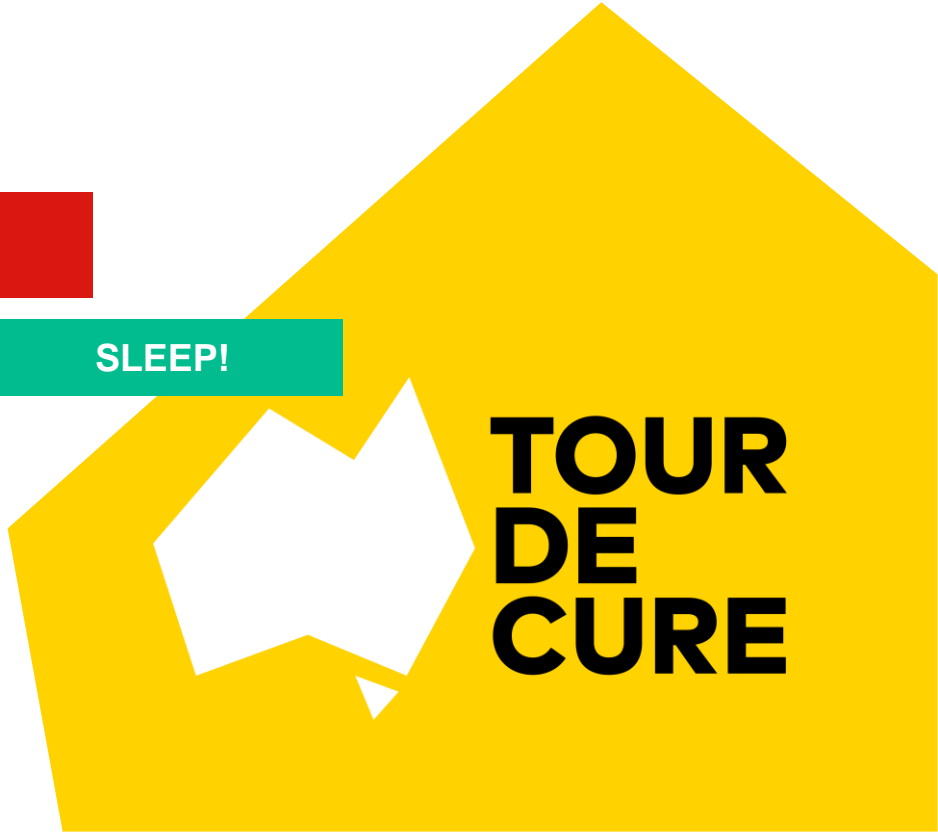
Afternoon Tea

Recovery

Room check in

Dinner, Community Grant presentations, Briefing

SLEEP!



Kit summary

Packing list – [Rider](#) | [Support Crew](#)

Kit pick up: Either at bike drop off in Sydney or Day 0 in Hobart (Geelong for Tour Experience)

Riders will receive:

- 2 x sets of tour cycling kit
- Black dinner polo shirt (Optional / bring previous tour shirts)
- Drawstring day bag (Optional / bring previous tour bag)
- Laundry bag (Optional / bring previous tour bag)
- Sticker sheet with 4 name stickers, luggage tags and top tube sticker
- Race tag

Support crew will receive:

- Black dinner polo (Optional / bring previous tour shirts)
- Black TdC t-shirts (Optional / bring previous tour shirts)
- Baseball cap
- Laundry bag (Optional / bring previous tour bag)
- Sticker sheet with luggage tags and name labels

Optional Additional Apparel to Purchase

Cycling Kit

Optional purchase of additional kit for training through [Champ-Sys](#)

Includes waterproof cycling jackets

Order 19 January for delivery 16 February.

Rainbird Softshell Jackets

Optional purchase of TDC branded Jackets \$129.99

<https://rainbirdclothing.com.au/pages/friends-of-rainbird>

Delivery approximately 5-10 days from order.

Rainbird will donate \$30 back to TDC for each jacket purchase.



**TOUR
DE
CURE**

Single Accommodation – Supplement

You will share with two to three same gender people per room unless you have booked the single supplement. Each afternoon you will be advised who you are sharing with on WhatsApp, we try to mix up the room allocations so you get to meet new people. We will accommodate couples together.

We have limited availability for people to purchase 4 out of the 9 nights as single rooms by paying a single supplement.
Purchase through our Try Booking link available by end of January
Limited availability, first in, best dressed.

The logo for Tour de Cure is located in the bottom right corner. It features a white, stylized star or snowflake shape on a yellow background. To the right of the shape, the words "TOUR DE CURE" are written in a bold, black, sans-serif font, stacked vertically.

**TOUR
DE
CURE**

Fundraising and Social on Tour

Please follow us and also ensure you tag us in any of your posts!

Facebook: @TourdeCureAustralia

Instagram: @tourdecureaus

LinkedIn: @Tour de Cure Australia

X/Twitter: @tourdecure_au

HASHTAGS:

#letscurecancer #Signaturetour #tourdecure





TDC Values Jersey

Tour de Cure 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.

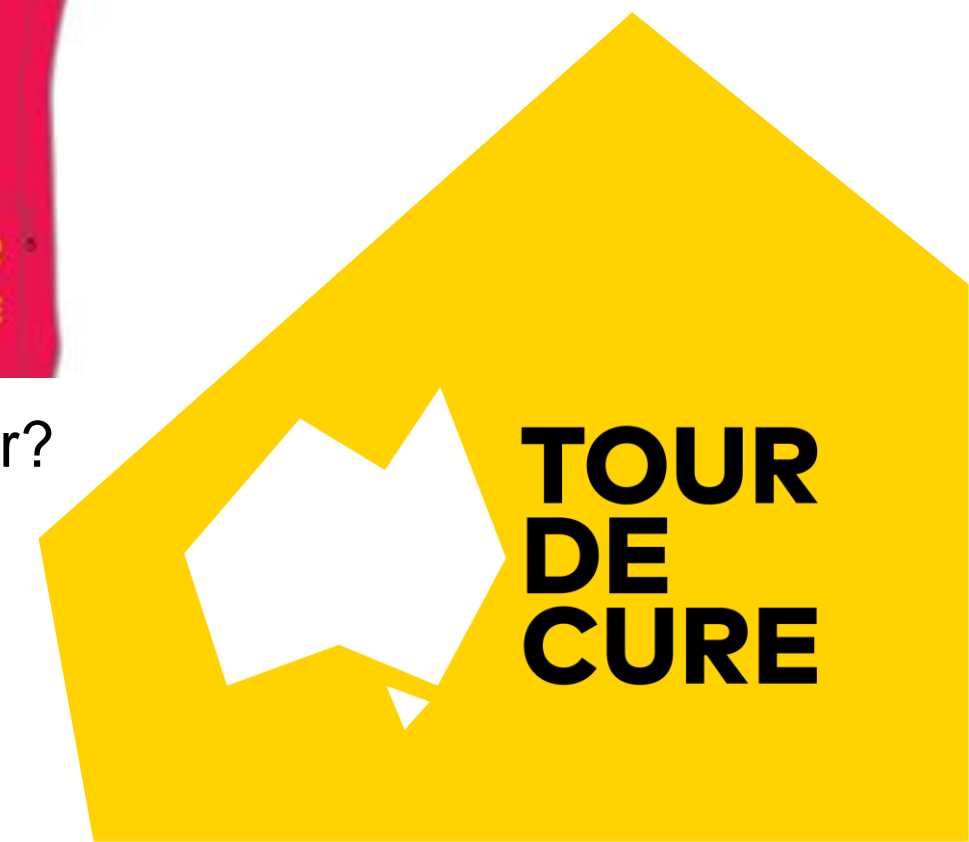
- Courageous: We do what we say we will do and what is right
- Achieving: We work with purpose beyond ourselves to ensure we reach our goals
- Respectful: Our actions and words consider others first, me second
- Inclusive: We are committed to diversity and make inclusion a priority
- Nurturing: We provide honest feedback to help each other improve
- Growing: We measure our progress in everything we do

The winners of this jersey are decided by YOU.

Each day you'll be offered the chance to nominate the people you think deserve to be recognised. Three jerseys are awarded at each dinner. Nominate for many, nominate often!

You will be asked the week prior to tour to Nominate for a Day 0 Jersey to be presented

Thursday 14 March. Start thinking who have you met who has displayed the TDC Values in the lead up to tour?



Questions

[FAQs](#)

[RESOURCES](#)

[MEDICAL FORM](#)