



Tour Logistics

With four months until tour, we are finalising logistics. You can find answers to many of your tour, training, fundraising and logistics questions on the Frequently Asked Questions page of the [Signature Tour website](#)

We'll be in contact with our invaluable **support crew** team in the new year to allocate roles on tour, read our [summary of roles here](#).

[Tour FAQs](#)

In this week's Wheel2Wheel:

- 'Be Fit' - Training, plan your training over the festive season
- 'Be Healthy' - Meet returning rider Kerry
- 'Be Happy' Fundraising - Are you halfway there?

Rider registrations are closing 7 December. If you have riding friends who are at a [level three and above](#) wishing to join us from Hobart to Adelaide, hurry, registrations are closing soon. Support Crew registrations have sold out and are now closed.

[Register for Signature Tour](#)

'Be Fit' Training

The festive season will be here before we know it, therefore, it's time to plan how you are going to keep to your training program over the holidays. A great way to keep on track is to take up the [Rapha 500 challenge](#). The challenge is simple, ride 500km over eight days, 24th - 31st December. If you are away without your bike, is there an opportunity for you to train on a stationary bike?

Tour Readiness Milestones 20 November

- Level 3 in Skill & Fitness - refer to Skill & Fitness Level [Calendar](#)
- Following the weekly km and elevation Signature Tour [Training Program](#) | Tour Experience [Training Program](#)
- 25%-50% of Fundraising completed
- Attended two of five mandatory TDC training rides. Join us for the **TDC Christmas Ride** - Check your local TDC Strava club in the coming days for

a 'Save the Date'. Sprinkle a little Christmas cheer on your bike or wear Xmas kit for a fun ride into the holidays.



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)	
17	20/11/2023	Rest	Rest	25	Strength/ Pilates/ Gym	Rest	30	Strength/ Pilates/ Gym	30	50	100	235	1500
16	27/11/2023	Build	Rest	25	Strength/ Pilates/ Gym	Rest	30	Strength/ Pilates/ Gym	30	65	100	250	2500
15	4/12/2023	Build	Rest	25	Strength/ Pilates/ Gym	Rest	30	Strength/ Pilates/ Gym	Rest	75	120	250	2500
Reached 50% of Fundraising													
14	11/12/2023	Build	Rest	25	Strength/ Pilates/ Gym	Rest	40	Strength/ Pilates/ Gym	60	65	120	310	3200
13	18/12/2023	Rest	Rest	25	Strength/ Pilates/ Gym	Rest	40	Strength/ Pilates/ Gym	Rest	40	120	225	2000
Level 4 Skill & Fitness													
12	25/12/2023	Rest	Xmas Day	Boxing Day	Boxing Day	Rest	40	Strength/ Pilates/ Gym	Rest	80	120	240	600
11	1/1/2024	Build	Rest	25	Strength/ Pilates/ Gym	Rest	40	Strength/ Pilates/ Gym	25	80	120	290	3000

It's all about what you eat before, during and after your training rides

If you're finding the recovery from a big training ride has you lying helpless on the sofa, have you thought about your hydration and nutrition before, during and after your ride? Signing up for Signature Tour is not just putting in the km on the bike, it also means having a nutrition plan including hydration, sleep and recovery.

Global Cycling Network has some great videos and tips on fueling for your rides.

- [How to fuel on the bike](#)
- [More nutrition tips from GCN](#)

Wheel2Wheel will publish further nutrition advice in future issues.

Team Captains

We have allocated support crew and riders into smaller local teams to enable you to get to know each other before tour and help answer any questions you may have. Please share your training and fundraising stories with your team mates on your team WhatsApp chat. Reminder to join hub.tourdecure.com.au to be connected with your Team Captain.

Optional Additional Kit orders by 27 November

You will receive your Tour Kit the day before tour, however, if you are wanting to purchase additional optional TDC kit, the TDC Kit supplier [Champ Sys.](#) have their next



purchase window open until 27 November to receive your order before 22 December. It could be chilly in them there Tassie hills!

Here is a list of kit included in your registration: [Rider](#) | [Support Crew](#)

'Be Healthy'

Meet Returning Rider

Kerry Humphries aka 'Kezzdawg'

Kerry, better known as 'Kezzdawg', the little pocket rocket from the North Coast of NSW completed her first Signature Tour 2023. Shares some of her reasons for returning for round 2 in 2024!



When Kerry signed up for Signature Tour in 2023 riding from Coffs Harbour to Noosa. She had no idea of what to expect from tour, only that she wanted to be part of something - for such an incredible cause. Like many on tour Kerry is riding for people she loved, that had cancer diagnosis. To live in a world 'free from cancer' is something that she's passionate about.

When asked why she's returning in 2024, Kez immediately stated "The TDC bubble that I walked into that first day of my first tour. The inclusiveness, the welcoming feeling! It doesn't matter if you are a millionaire or not, if you are a brain surgeon or work at Coles, you come together as one and for your time on tour you are 'one' ".

A reason which she finds the hardest to admit out aloud is, the challenge. Not just for herself, but to be a role model for her three incredibly beautiful and independent daughters. To show that life is about doing good for the community. That it doesn't matter how old you are and how great the challenge appears to be, but if you work hard enough you can accomplish almost anything. To 'have a crack' at it is a win. "If I can do something that can make a difference then that is the reward."

Kez, thank you for sharing your words! We can't wait to see you back on the bike in 2024!



'Be Happy' Fundraising

A chance to turbocharge your fundraising!

Soirée For A Cure is a team of dedicated TDC community fundraisers, who put together the Brisbane 'Night of Nights' on 10th February 2024. They have an opportunity for you to add to your Signature Tour fundraising by supplying items to their live and silent auctions.

If you have:

Accommodation packages or holiday home stays

Experiences, art, products

Unique sporting memorabilia or bike related 'stuff' - bike fits, shoes, bikes, helmets etc

Soiree For A Cure will include your prize in their live or silent auction & proceeds (less any applicable fees) will be added to your Signature Tour fundraising page. Please contact Paul Egan 0412 840 738 by 24 January.



Last year one of our top fundraisers, Dan Flood, leveraged Soirée For A Cure and raised over **\$40,000** by sourcing prizes for the auction. Don't miss out...let Soirée help you get closer to your fundraising goals while supporting a fantastic cause, or why not [buy tickets](#) to this gala extravaganza!

Fundraising Workshop

If you missed October's Fundraising Workshop, [catch the Webinar](#) or [read the slides](#)

You want to hit your 50% fundraising milestone over Christmas. If you have a great fundraising idea, but not quite sure how to get started, please get in contact fundraising@tourdecure.com.au

Postcards Series



Regards, Robe!

Introducing the town for Night 7 of tour. Robe, a hidden gem on South Australia's stunning limestone coast.

Robe's known for pristine white sandy beaches and seafood! Hopefully we will get the opportunity to satisfy the seafood craving. The town is a seafood haven, boasting an abundance of culinary delights. It is world-renowned crayfish

You won't miss out on opportunity to take in the scenic beauty as we roll along the coastline

Keep the training and fundraising up!

See you out there.
Tour de Cure team



To : Signature Tour 2024 Participant

From : Tour de Cure Team

Tour Checklist

Tour Checklist

Please ensure you are up to date with your tour mandatories

- Sign up to the [TDC Hub app](#) (Support crew and riders) Riders must connect Hub to Strava.
- Upload your Working With Children Check (volunteer application) number and expiry to TDC Hub app (Riders and Support Crew). Apply now, these can take time to process.
- Take out appropriate insurance for training (Riders)
- Completed a minimum of 5 TDC Supported 40km+ rides (Riders)
- Reach your fundraising commitment by 14 March 2024

Please contact me if you have any questions about your fundraising or anything Tour related, let's chat about your fundraising plan! Use the Tour Quick Links below to catch up on previous Wheel2Wheel Newsletters and more.

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Fundraising Coach & Team Support

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Tour Quick Links

Queries: fundraising@tourdecure.com.au
Donations/Accounts: accounts@tourdecure.com.au
Fundraising [Guidelines](#)
Signature Tour [FAQs](#) | [Tour Logistics](#)
Signature Tour [Fundraising & training resources](#)
Signature Tour [Where the money goes](#)
[Training Plan](#) | [Tour Exp](#) | Training [Skill & Fitness Levels](#)
Previous Wheel2Wheel [#1 Jun23](#) | [#2 Jul23](#) | [#3 Aug23](#) | [#4 Oct23](#)

Website: [Signature Tour](#) Facebook: [Signature Tour](#)
Strava: [ACT](#) | [NSW](#) | [QLD](#) | [SA](#) | [TAS](#) | [VIC](#) | [WA](#) | [Virtual](#)
Previous Signature Tour Photos: [Signature Tour 2023](#)
TDC Videos: [You Tube](#) to share on social media
Register on [TDC Hub](#)
Purchase optional additional kit [ChampSys](#)
Letter of Authority and Certificate of Currency
fundraising@tourdecure.com.au