



## *Rider's Booklet*

[www.rideforcountrykids.com.au](http://www.rideforcountrykids.com.au)



# Contents

|                                                              |    |
|--------------------------------------------------------------|----|
| ABOUT ROYAL FAR WEST                                         | 2  |
| YOU'RE HELPING TO GIVE COUNTRY KIDS A BRIGHTER FUTURE        | 3  |
| 2022 RIDE ROUTE                                              | 4  |
| COVID-19: PRE-EVENT REQUIREMENTS AND OVERALL EVENT PROTOCOLS | 5  |
| REGISTRATION & ACCOMMODATION                                 | 6  |
| BRIEFINGS                                                    | 7  |
| NOTES ON THE ROUTE                                           | 8  |
| MEDICAL SUPPORT FOR THE RIDE                                 | 8  |
| DAILY RUN SHEET                                              |    |
| PRE-EVENT                                                    | 9  |
| DAY 1                                                        | 10 |
| DAY 2                                                        | 11 |
| DAY 3                                                        | 12 |
| POST EVENT                                                   | 13 |
| BIKE & OTHER DETAILS                                         | 15 |
| BIKE & HOTEL DETAILS                                         | 16 |
| FUELLING                                                     | 17 |
| PELTON GRADING & SIZES                                       | 18 |
| RIDING KIT                                                   | 20 |
| WHAT TO BRING                                                | 21 |
| SOCIAL MEDIA                                                 | 22 |
| RIDE CONTACTS                                                | 23 |



**Sunday 22 May to  
Tuesday 24 May 2022  
430km+**



# Welcome to the 2022 RFCK

## A message from Royal Far West CEO, Jacqueline Emery

I'd like to extend a warm welcome and my heartfelt thanks to you all for joining Royal Far West's 8th Ride for Country Kids. Whether you are a new or returning rider, we have an amazing tour planned for you this year.

The New England region is not only scenic and a wonderful place to ride, it is home to many of our clients. You will find that you are truly welcome in the towns we cycle through. I'm pleased to say you will get to visit some of the wonderful schools and communities we work with too – and will have the chance to hear first-hand how you are helping Royal Far West to change the lives of country children.

We also have some lovely stops, and entertaining post-ride activities planned to ensure you get to experience the best of the region and enjoy some of that wonderful hospitality our country friends are renowned for.

But before we embark on this adventure together, it's important to remember why we are riding. Country children need our help and that's where Royal Far West comes in.

2022 has certainly been another year of twists and turns for us all, but country communities have had an even tougher time. They had just started to recover from the drought and devastating bushfires of 19/20 when they were again challenged by floods, a mouse plague, more floods and COVID-19 finally reached these regional areas, sweeping across their communities.

The lasting and compounding impact of these disasters has seen the demand for mental health and trauma-related support increase significantly. This, coupled with the existing disadvantage of distance and availability of services, has seen the number of country kids in need for our services drastically increase.

Too many kids are falling through the cracks. We estimate over 190,000 children across rural and remote Australia need health and wellbeing support but cannot access services because of where they live. Sadly, even if they can access help, long waiting lists and long distances to travel for these services only exacerbate the problem.

The Australian Early Development Census, released in March this year, paints a similar picture. It shows children in regional areas are more than twice as likely to start school with a developmental vulnerability. It also highlights that the gap between city and country children's developmental health is continuing to grow.

This year, we're riding to connect country kids with complex, undiagnosed developmental and mental health needs to the critical assessments, services and support they need to thrive, through our Paediatric Development Program (PDP).

Each year, we help hundreds of country kids and their families find the answers they need through the PDP. It is our flagship program and is delivered to families at no cost. Early intervention is key but COVID restrictions have placed extra pressure on our waitlists. To reduce wait times, we need to engage more clinicians.

The funding gap – about \$4M per year – is supported through fundraising, partnerships and philanthropy.

The Ride is our most important fundraiser, so we thank you from the bottom of our hearts for pulling together to support those in need. You are truly special people. And we could not run this event without our incredible partners and sponsors, including Richard Crookes Constructions, Prime 7, DUAL, Kayo Sports and WOTSO.

I look forward to cheering you along the Ride. Please know that our Board, staff, client families and I are so grateful to all of you for pledging your best for our country kids and communities in need.

We thank you, and your supporters, for getting behind us and wish you a safe, fun, challenging and inspiring adventure of a lifetime. Go well and see you on the road.

Warm regards,  
Jacqui Emery

# About

## Royal Far West



Royal Far West is the only national charity dedicated to the health and wellbeing of Australia's country kids.



97 years of supporting Australian country communities.



Trusted brand and partner working closely with Federal, State & Local Governments, not-for-profits and the private sector.



We offer health, education and disability services and supported more than 12,000 children, families and professionals last year.



Our team of over 100 paediatric clinicians support country kids with speech and language delays, behavioural and learning difficulties and mental illness.



Our core values: Caring, Connected, Passionate and Impact, sit at the heart of Royal Far West, driving our behaviour and inspiring our outcomes.

### *Our Mission*

**To improve the health and wellbeing of children who live in rural and remote communities**



# You're helping to give country kids a *brighter future*



## Country communities have had a tough couple of years

Many have been affected by relentless drought, devastating bushfires, floods, a mouse plague, and a global pandemic.

The impact of these disasters, coupled with the existing disadvantage of distance and availability of services, has seen the number of country kids in need of developmental and mental health services drastically increase.

In keeping with our long history of innovation and evolution, this program has been adapted over the last two years to meet the challenges and needs of families in rural and remote communities.

Appointments are delivered through a combination of residential visits to Manly, online via Telecare and in community via PDP outreach visits. This hybrid delivery model has allowed us to reach and stay connected with more families who may have otherwise fallen through the gaps.



## Each year, we help hundreds of country kids and their families

find the answers they need through our Paediatric Development Program (PDP).

The Paediatric Development Program is our flagship program, and is delivered to families at no cost.

**The gap – about \$4M per year – is funded through fundraising, partnerships and philanthropy.**

**Your participation in the Ride for Country Kids is helping to close this gap.**



## Our goal is to raise \$300,000

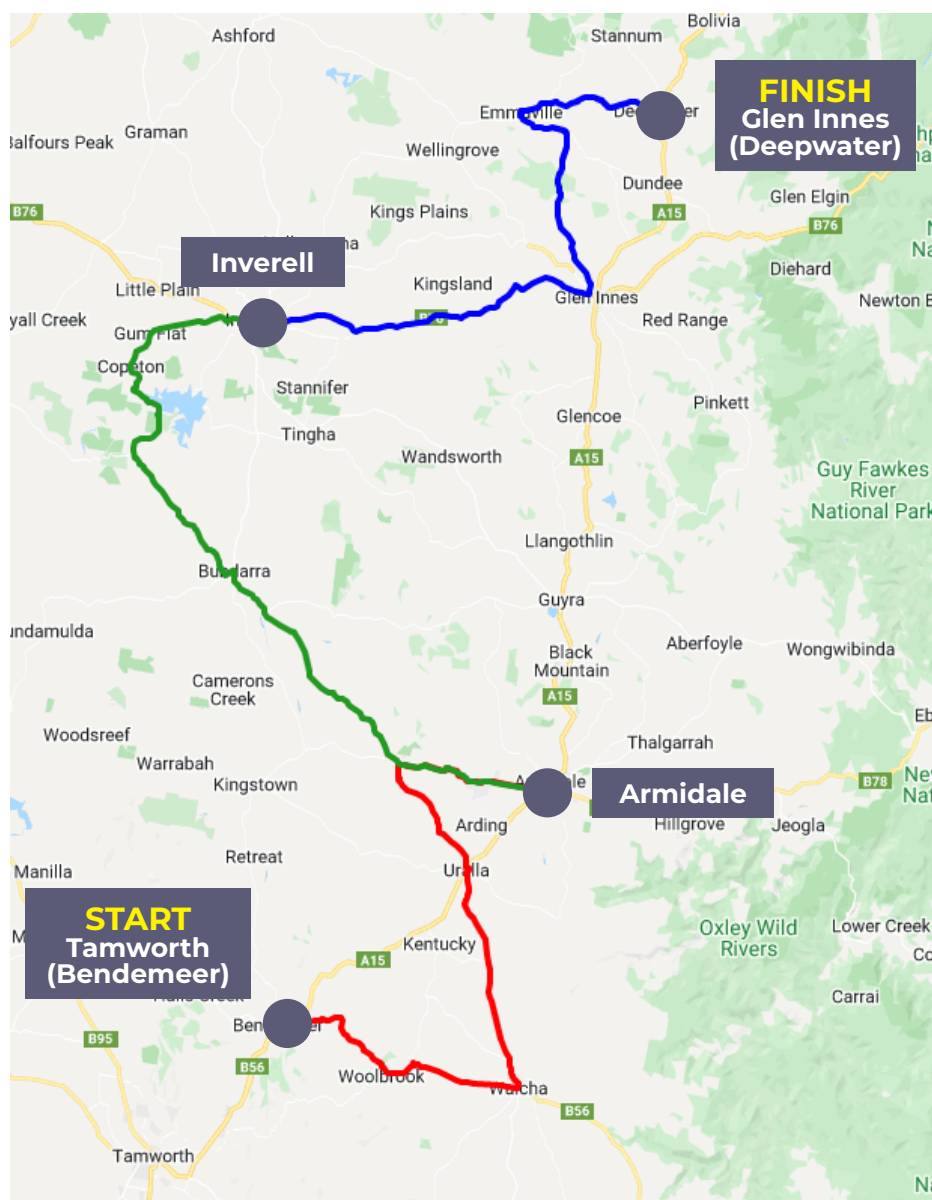
to directly support country kids and families in the Paediatric Development Program.

# 2022 RIDE ROUTE

22 - 24 MAY 2022

TAMWORTH (BENDEMEER) - ARMIDALE - INVERELL – GLEN INNES (DEEPWATER)

| Ride For Country Kids Itinerary |          |           |          |                                                                                               |
|---------------------------------|----------|-----------|----------|-----------------------------------------------------------------------------------------------|
| Date                            | Depart   | Arrive    | Distance |                                                                                               |
| Sunday 22 May                   | Tamworth | Armidale  | 148 km   | <a href="https://ridewithgps.com/routes/38076868">https://ridewithgps.com/routes/38076868</a> |
| Monday 23 May                   | Armidale | Inverell  | 159 km   | <a href="https://ridewithgps.com/routes/38078390">https://ridewithgps.com/routes/38078390</a> |
| Tuesday 24 May                  | Inverell | Deepwater | 133km    | <a href="https://ridewithgps.com/routes/38076930">https://ridewithgps.com/routes/38076930</a> |



# COVID-19: PRE-EVENT REQUIREMENTS AND OVERALL EVENT PROTOCOLS

**The Ride for Country Kids is a COVID-19 Safe event.**

## NSW HEALTH REGULATIONS

- A Public Health Order remains in place in NSW, detailing requirements for mandatory mask-wearing, COVID-19 Safe check-ins and other information.
- The 2022 Ride for Country Kids complies with all current Public Health Order requirements and plans will be reviewed and amended as needed to remain compliant.
- The NSW Health Public Health Order can be found [here](#).

## OVERALL EVENT PROTOCOLS:

All participants (riders, team members and crew) are required to adhere to the following:

- Pre-tour COVID recommendations and compulsory conditions prior to arriving on the Tour. (See below).
- Health and safety directives from RFW Support Crew, Entoure and medical team.
- Respect individual choice to wear face masks should participants wish to do so during transportation on buses and/or cars.
- Do NOT attend the event if presenting with cold, flu, respiratory or COVID-19 symptoms.

## ARRIVE FOR TOUR COVID-FREE

It is key for the success of the tour, for all participants to arrive COVID-free, fit and healthy. We need to demonstrate our commitment to the safety of the communities we are visiting and supporting.

**It is recommended that all participants:**

Minimise travel and movements in the 10 days prior to the tour commencing to avoid, where possible, high risk spreader locations of shopping centres, bars, communal/religious gatherings & public gyms. If you do need to attend these types of venues, please hand sanitise and adhere to social distancing.

**It is compulsory that all participants:**

Take a rapid antigen test prior to departure from home or the location you are immediately prior to departure. A precautionary RAT will reduce the risk of arriving to the Ride with COVID-19 and having to return home or isolate in accommodation.

## DEVELOPING COVID SYMPTOMS DURING THE TOUR

- If any participant shows any cold, flu, respiratory or COVID symptoms during the event, they must:
- Immediately wear a mask, self-isolate in their room, and either take a rapid antigen test or self-drive a RFW vehicle to the nearest testing centre for a COVID test
- RFW will assign a team member to shadow the participant to support them as they await the results of their COVID test.
- Post COVID-19 testing and depending on the turn-around time of the result, participant will be directed about next movements (eg. self-isolate in hotel room or return home).

If test result is negative, the rider/team member may be able to re-join the ride.

If test result is positive:

- Register the positive result via the Service NSW app (unless a PCR test result)
- It will be determined if the rider can be transported home safely, otherwise the rider will need to isolate in accommodation for the duration of their isolation period, at their own expense.
- Anyone who has spent considerable time with the infected rider will be asked to monitor for symptoms and take a rapid antigen or PCR test.



# REGISTRATION, ACCOMMODATION & EVENING EVENTS

## YOUR ARRIVAL

### REGISTRATION

Registration will be open from 12-2pm, Saturday 21 May 2022 at Tamworth Wests League Club in the Ken Chillingworth room. Tamworth West Leagues Club is adjacent to the Mercure Hotel Tamworth, our accommodation for Saturday night.

At registration you will:

- Provide proof of your cycling insurance
- Receive your accommodation allocation for the duration of the Ride
- Receive luggage tags which you are required to place on your personal luggage and is to remain for the duration of the Ride
- Receive your Ride kit and T-shirt
- Receive hand sanitiser or sanitising wipes your use during the event

While our main objective is a safe and fun Ride, we would like to remind everyone that we are riding for a children's charity and as such, representing the charity at all times. We enjoy a drink and celebration as much as the next person, but please do so responsibly.

### ACCOMMODATION

Accommodation has been sourced in each town based on the offerings that are available.

Please note:

- Accommodation is a mixture of shared and individual based on the capacity and room types of each accommodation booked
- All accommodation has now been allocated and no changes will be allowed

### HOTEL DETAILS

|                    |                                         |
|--------------------|-----------------------------------------|
| <b>Tamworth:</b>   | Mercure Hotel, Scully Park, Kent St     |
| <b>Armidale:</b>   | Country Comfort, 86 Barney St           |
| <b>Inverell:</b>   | Twin Swans Motel, 189-199 Glen Innes Rd |
| <b>Glen Innes:</b> | New England Motor Lodge, 160 Church St  |

### CAR PARKING

#### Mercure Hotel, Scully Park, Kent St Tamworth

We have arranged for parking for the duration of the Ride. It is an open-air car park with sun-shades/sails, and is adjacent to the Mercure and patrolled by security at night. There is no cost to utilise this carpark, however it is at your own risk.

### EVENING EVENTS

Each evening, the collective group will be dining together at the following areas:

|                    |                                 |
|--------------------|---------------------------------|
| <b>Tamworth:</b>   | Kumbogie Woolshed, Daruka       |
| <b>Armidale:</b>   | New England Regional Art Museum |
| <b>Inverell:</b>   | Inverell RSM Club               |
| <b>Glen Innes:</b> | Bens Falls Retreat, Emmaville   |

Dress code for each evening is casual.

For the final dinner, we encourage you to put on your best shirt.





# BRIEFINGS

## THE IMPORTANT DETAILS

A digital briefing will be provided by Entoure prior to the Ride. Please take the time to review before arriving in Tamworth.

### WELCOME BRIEFING

We will host a short briefing on the first evening where you will receive all the information you need to know about the Ride. Details as follows, please be punctual.

**Date:**

Saturday 21 May 2022

**Time:**

During dinner

### DAILY BRIEFING

A short de-brief will be held at the end of each day to remind you of the logistics for the next 24 hours and posted to the WhatsApp group should you want to double check the key information for the next day's ride.

There will also be a short briefing just prior to cycling out each morning.





# NOTES ON THE ROUTE

## KENT WILLIAMS ENTOURE

Entoure and Royal Far West have designed the safest route to Glen Innes given the style of the event and the number of riders.

Each peloton will have 2 support vehicles (1 front & 1 rear), a front ride peloton captain and a rear ride captain.



The main priority is to ensure everyone enjoys this ride, sticks together as a collective team and gets to the end safely.

# MEDICAL SUPPORT FOR THE RIDE

## YOUR HEALTH & SAFETY IS OUR PRIORITY

Royal Far West have commissioned Highlands First Aid to be the medical partner on the Ride. Highlands First Aid specialise in medical support for organised events.

Each of the 3 pelotons will have medical support personnel traveling in their support vehicles.





# DAILY RUN SHEET - PRE-EVENT

## WHERE TO BE AT WHAT TIME

The following daily run sheets have been put together as a guide for each day. Please note, these are an approximation and are subject to change pending peloton speeds and ability.

There will be a short reminder of logistics for the next 24 hours each night, however it is your responsibility to be ready and on time – of course we are here to help you with that!

| Date               | Time   | Activity                                                                | Location                                                                                                                                                                        |
|--------------------|--------|-------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Saturday<br>21 May | 12-2pm | Rider registration - collect ride pack, kit and room key                | Ken Chillingworth Room,<br>Tamworth Wests Leagues Club<br><br>(park in Mercure Hotel Tamworth car park, adjacent to the Leagues Club - Scully Park, Kent St, Tamworth NSW 2340) |
|                    | 2-3pm  | Bike construction and maintenance                                       | Ken Chillingworth Room,<br>Tamworth Wests Leagues Club                                                                                                                          |
|                    | 3-4pm  | All riders' bikes loaded into truck - fully assembled and ready to ride | Mercure car park                                                                                                                                                                |
|                    | 4:45pm | Board coach to welcome dinner                                           | Meet in Mercure foyer                                                                                                                                                           |
|                    | 5-9pm  | Welcome dinner                                                          | Kumbogie Woolshed, Daruka                                                                                                                                                       |

# RUN SHEET - DAY 1

## WHERE TO BE AT WHAT TIME

| Date             | Time        | Activity                                                                                                                               | Location                                               |
|------------------|-------------|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|
| Sunday<br>22 May | 6-6:45am    | Breakfast                                                                                                                              | Ken Chillingworth Room,<br>Tamworth Wests Leagues Club |
|                  | 6:30-6:45am | Check out:<br>- bring room key to RFW crew<br>- bring luggage to coach<br>- only bring what is going on the bike with you in the coach | Mercure car park                                       |
|                  | 7am         | Coach to Bendemeer for start of Ride                                                                                                   | Tamworth - Bendemeer                                   |
|                  | 7:30am      | Riders collect bikes                                                                                                                   | Bendemeer oval                                         |
|                  | 7:45-8am    | Ride starts                                                                                                                            | Bendemeer oval                                         |
|                  | varies      | Morning tea - Walcha                                                                                                                   | McHattan Park, Walcha                                  |
|                  | varies      | Lunch - Uralla                                                                                                                         | Alma Park, Armidale                                    |
|                  | varies      | Community finish event - Armidale                                                                                                      | Civic Park, Dumaresq St, Armidale                      |
|                  | 5:15pm      | Board coach to dinner                                                                                                                  | Meet coach outside motel on Barney Street, Armidale    |
|                  | 5:30-9pm    | Dinner                                                                                                                                 | New England Regional Art Museum, Armidale              |



# RUN SHEET - DAY 2

## WHERE TO BE AT WHAT TIME

| Date             | Time     | Activity                                                                                      | Location                                             |
|------------------|----------|-----------------------------------------------------------------------------------------------|------------------------------------------------------|
| Monday<br>23 May | 5:30-7am | Breakfast times will likely vary by peloton                                                   | Country Comfort Inn, Armidale                        |
|                  | 6:30am   | P3 departs for Bundarra:<br>- leave your bag outside your room<br>- hand your key to RFW crew | Country Comfort Inn car park                         |
|                  | 7am      | P2 departs for Bundarra:<br>- leave your bag outside your room<br>- hand your key to RFW crew | Country Comfort Inn car park                         |
|                  | 7:30am   | P1 departs for Bundarra:<br>- leave your bag outside your room<br>- hand your key to RFW crew | Country Comfort Inn car park                         |
|                  | varies   | Morning tea - Bundarra                                                                        | Bundarra Lions Park, Thunderbolts Way                |
|                  | varies   | Lunch - Copeton Dam                                                                           | State Recreation Park                                |
|                  | varies   | Community finish event - Inverell                                                             | Campbell Park, Inverell                              |
|                  | 5:15pm   | Board coach to dinner                                                                         | Meet coach outside motel, Twin Swans Motel, Inverell |
|                  | 5:30-9pm | Dinner                                                                                        | Inverell RSM Club                                    |

# RUN SHEET - DAY 3

## WHERE TO BE AT WHAT TIME

| Date           | Time        | Activity                                                                                            | Location                                                      |
|----------------|-------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------|
| Tuesday 24 May | 5am         | P2 & P3 board coach to breakfast - you do NOT have to be ride ready                                 | Meet coach outside motel                                      |
|                | 5:45am      | P3 board coach back to motel                                                                        | Meet coach outside RSM                                        |
|                | 6am         | P1 board coach to breakfast - you do NOT have to be ride ready                                      | Meet coach outside motel                                      |
|                | 6:30am      | P2 & P3 departs for Emmaville:<br>- leave your bag outside your room<br>- hand your key to RFW crew | Twin Swans Motel, Inverell                                    |
|                | 6:45am      | P1 board coach back to motel                                                                        | Meet coach outside RSM                                        |
|                | 7:30am      | P1 departs for Emmaville:<br>- leave your bag outside your room<br>- hand your key to RFW crew      | Twin Swans Motel, Inverell                                    |
|                | varies      | Morning tea - no formal stop                                                                        |                                                               |
|                | varies      | Lunch - Emmaville                                                                                   | Emmaville Central School                                      |
|                | varies      | Community finish event - Deepwater                                                                  | Deepwater Public School                                       |
|                | 3pm         | Bikes loaded into trailer and truck depending on transport plans                                    | Bring your bike to the truck and trailer outside the school   |
|                | 3:15pm      | Board coach to Glen Innes accommodation                                                             | Meet coach outside the school                                 |
|                | 5pm         | Board coach to dinner                                                                               | Meet coach outside motel, New England Motor Lodge, Glen Innes |
|                | 5:45pm-12am | Dinner                                                                                              | Bens Falls Retreat, Emmaville                                 |



# DAILY RUN SHEET - POST-EVENT

## WHERE TO BE AT WHAT TIME

| Date                | Time     | Activity                                                                     | Location                                        |
|---------------------|----------|------------------------------------------------------------------------------|-------------------------------------------------|
| Wednesday<br>25 May | 7-8:30am | Breakfast - bacon & egg rolls and coffee for all riders and crew             | The Local, 305-309 Grey St, Glen Innes NSW 2370 |
|                     | 8:45am   | Bring luggage to coach if returning to Tamworth                              | Meet coach outside motel                        |
|                     | 9:00am   | Coach departs for Tamworth                                                   |                                                 |
|                     | 11:30am  | Coach will drop riders at:<br>- Mercure Hotel Tamworth<br>- Tamworth Airport | Tamworth                                        |







CONGRATULATIONS!

CONGRATULATIONS!  
YOU MADE IT  
R F W

GOO  
R F W



# BIKE & OTHER DETAILS

## THE PREPARATION

### BIKE TRANSFER

Royal Far West is arranging a bike transfer service leaving from Manly on Thursday 19 May 2022. Bikes will be transported in a bike trailer by Dan Brickell of Chameleon Bike Adventures. Dan is one of our multi-tour logistics crew.

Riders are required to drop off and pick up their bike at the following times:

#### **DROP OFF:**

Saturday: 14 May

9am-2pm

Location: Drummond House,  
18-22 Wentworth St Manly

Weekdays: 16-18 May

9am-4pm

Location: Centre for Country Kids,  
14-18 Wentworth St Manly

Bikes are to be dropped ready-to-ride which means no bike boxes or bags (unless travelling interstate or internationally). Each bike will be individually wrapped in removalist rugs and strapped down to avoid any movement and damage throughout the journey. No helmets or shoes please; bikes only.

Regarding pick up after the Ride:

#### **PICK UP:**

Weekdays: 26-27 May

(or w/c 30 May only by prior arrangement)

9am-4pm

Location: Centre for Country Kids,  
14-18 Wentworth St Manly

Saturday: 28 May

9am-2pm

Location: Drummond House,  
18-22 Wentworth St Manly

### TECHNOLOGY

As there will be multiple phones, garmins, lights, laptops etc on this ride with limited number of powerpoints in each room, it is recommended that you bring your own powerboard and relevant chargers to power up at the end of each day.

### LAUNDRY

There are no laundry facilities within the hotels in which you will be staying therefore it is up to you to wash and dry your own kit each afternoon. Please ensure you do take the time to wash your kit - I'm sure your fellow riders will appreciate it also. A gentle soap and scrub in the shower with your kit will make all the difference.





# BIKE & HOTEL DETAILS

## THE PREPARATION

### BIKE MECHANICS

Entoure will once again be providing Ride Captain / Mechanics throughout the duration of the ride and they will be stationed in each of the 3 pelotons. They will be stocked for day-to-day repairs so there is no need to bring anything. Prior to the Ride please ensure your bike has been recently serviced and is in good repair.

That said, should you have them, it will be handy to bring:

- New tyres and tubes are a must for any bike that's been laying around for a while or shows evidence of wear and tear
- Spare cleats for cycle shoes
- Spare spokes for wheels
- Battery charger if you run electronic gears (also make sure to charge before you depart)
- Front and rear lights in case you depart before sun up (flashers only)

Please note, service during the event will be provided free of charge, however parts will be charged to the rider on a user pays basis.



# FUELLING

## DAILY CATERING & STOP REQUIREMENTS

### DAILY CATERING

Breakfast, lunch and dinner for the duration of the event is covered in your registration fee. Beverages for each meal will be on a cash bar basis.

On the road, the following items will be provided:

- Bananas and mandarins
- Lollies
- Muesli Bars
- Electrolytes

Should you have specific dietary needs please feel free to bring your own range of products.

### PERSONAL HYDRATION

Electrolyte requirements differ from rider to rider but regardless of who you are, everyone needs to ensure they keep their electrolytes topped up. Simply add half a tablet for weak, a tablet for full strength and a tablet and a half if you're looking for something stronger.

The key with hydration is to stay hydrated; once you start to go into deficit it's very hard to stop, whereas the only side-effect from being over hydrated is a requirement for a toilet. All riders should ensure their bikes are fitted to carry 2 water bottles.

### REFUEL STOPS

Your peloton captain will decide on the daily fuel stops required however the expectation is that riders will need a refuel stop every 60 - 90 minutes. If you need one sooner, please simply let your fellow riders and captains know.

Important information for each stop:

- Durations of 10 minutes only, please be efficient
- We will ensure it is a safe area to stop, off the road
- Head count will be taken
- Riders will be given a count down to departure
- Rear car will take the road first, followed by the front car then cyclists; please be attentive

# PELTON GRADING & SIZES

## THE IMPORTANT DETAILS - from Kent Williams

### PELTON GRADING

1. Pelotons are graded into average speeds
2. Riders may ride with team mates **so long as they fit within the grading system and peloton sizes do not exceed 30 including ride captains**
3. Riders must ride together
4. Under no circumstances can anyone ride the route without support
5. Anyone unable to maintain the group speed should request assistance and if anyone needs a rest in a support vehicle, simply let your captain know
6. It is expected that riders will ensure everyone makes it through the day and lend a hand to help those doing it tough

### “CHUNKING”

When riding long distances, it's a good idea to chunk your day into smaller bits. Understanding your morning tea and lunch stops allows you to focus on distances between these points rather than the distance over the entire day.

### DAY 1

<https://ridewithgps.com/routes/38076868>

148km 1890 VM

**Morning tea:** Walcha 50km

**Lunch:** Uralla 92km

**Finish:** Armidale 148km

### DAY 2

<https://ridewithgps.com/routes/38078390>

159km 1701 VM

**Morning tea:** Bundarra 77km

**Lunch:** Copeton Dam 121km

**Finish:** Inverell 159km

### DAY 3

<https://ridewithgps.com/routes/38076930>

132 k 1720 VM

**Morning tea:** Glen Innes 65km

**Lunch:** Emmaville 105km

**Finish:** Deepwater 133km







# RIDING KIT

LYCRA, LYCRA AND MORE LYCRA

## RIDING KITS

Each rider will receive 1 riding kit upon registration in Tamworth.



Special thanks to Oliver Rainbow at Prism for supplying our ride kits this year. We greatly appreciate your support in designing and manufacturing our clothing.

THANK YOU TO OUR PARTNERS, SPONSORS AND LONGTIME SUPPORTERS

**RICHARD CROOKES**  
CONSTRUCTIONS

**PRIME7**

DUAL

**Kayo**  
SPORTS

WOTSO



**PSC** INSURANCE  
GROUP



**Nexia**  
Australia

# WHAT TO BRING

## DON'T FORGET THE BIKE!

### ITEMS TO PACK

Where possible, Royal Far West and Entoure will provide all your support needs throughout the Ride. However there may be some personal items you may wish to bring with you.

All personal items need to fit into a small bag (think aeroplane carry-on). At registration, you will be given a tag to attach to your bag which must remain for the full 4 days.

Critical items you must pack:

- Photo ID (this is a legal requirement)
- Bike - **all bikes must have a bell**
- Bike shoes
- Australian standard approved helmet (AS/NZS 2063:2008)
- 2 x drink bottles
- Gloves
- Socks
- Wet weather gear
- Personal medication
- Casual clothing and shoes
- Jacket for early mornings
- Towel
- Sunscreen
- Insect repellent
- Spare tyres, cleats and spokes (details on page 16)
- Front and rear lights
- Battery charger (if you run on electronic gears)

Personal items you may want to pack:

- Cash and/or card
- Telstra SIM card (recommended)
- Bike lights
- Chamois cream
- Swimming costume & towel
- Extra nutrition, should you need it
- Personal hygiene items
- Powerboard to recharge all your gadgets
- Washing liquid/powder for your kit

NB. We love making your life easier and will place your luggage in your room each day. When packing, please bear in mind that our crew has to move many, many bags, often up and downstairs each day, and heavy and/or oversized bags are challenging. If necessary, please bring two small bags instead of one large or heavy one.

### RESPONSIBILITY – AUSCYCLING MEMBERSHIP

This Event has been sanctioned by AusCycling (formerly Cycling Australia) and as such, it will be mandatory for all participants in the RFCK2022 Tamworth to Glen Innes event to be member of AusCycling to participate.

If you are not already a member of AusCycling, please visit <https://auscycling.org.au/membership/lifestyle> to become a member and be insured prior to the Ride.

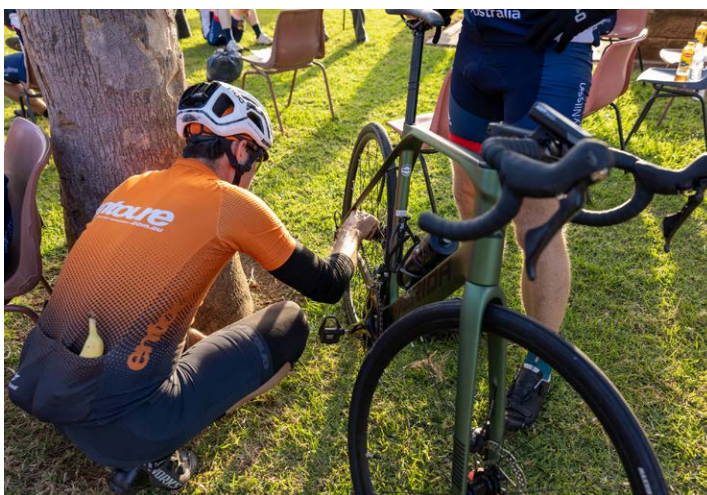
\*Please note that AusCycling Lifestyle membership or higher is required for this event.

\*Please also note that Lifestyle Basic is insufficient

You will need to provide your member number to us either prior to the Ride or upon arrival at registration.

Your safety is our absolute priority.

By participating in a AusCycling sanctioned event you acknowledge and accept the risk associated with cycling on open roads and engage in the Event at your own risk. Cycling and cycle racing can be considered inherently dangerous activities which can result in injury due to an act or omissions of the rider, other riders, other vehicles, spectators, other obstacles and track and road conditions. Whilst all reasonable care is taken by organisers and officials when organising the Event, all participating cyclists have an equal responsibility to ensure they take all reasonable care in adhering to the NSW road rules and other conditions imposed by Police and/or officials to help ensure a safe race environment for all concerned.





# SOCIAL MEDIA

**#RideforCountryKids #Royal Far West | @RoyalFarWest**

## SOCIAL MEDIA

If you use social media platforms such as Twitter, Facebook, LinkedIn or Instagram, we encourage you to regularly post your pre-ride training pics and comments, and your experiences on the Ride to keep your supporters/donors updated and involved.

General tips:

- Use the #RideforCountryKids #RoyalFarWest hashtags across Twitter, Facebook and Instagram, and encourage your supporters, donors and fellow riders to do the same.
- Hashtag your team - #Team (insert team name).
- @Mention Royal Far West in your posts (@RoyalFarWest).
- Ask questions in your posts e.g. 'Why am I participating in the Ride for Country Kids? Check out my profile page and help support our team to raise funds for country kids' etc.
- At the end of each post, provide a link to your profile/team page on the Ride for Country Kids Fundraising page ([www.rideforcountrykids.com.au](http://www.rideforcountrykids.com.au)).
- Like the RFW fundraising page, and always try to share the page.

Ideas for Posts:

- 'Behind the scenes' training pics (photos of you training in an interesting location/on a group ride etc.). Be mindful that your pics reach far beyond your immediate contacts, so please double check before posting.
- A 'thank you' to supporters/local businesses who are helping you/your team (ideally with their photo).
- A short (10-15 second) video from your smartphone of you talking about what has motivated you to become a part of the Ride.
- 'Real time' images/videos when you are on the Ride. Once again, please be mindful of what you are filming – we cannot show images of a child unless we have their parent/guardian's permission.
- Invite local residents to take snaps of the riding group and post, using the hashtag

## ROYAL FAR WEST PLATFORMS

**Instagram @RoyalFarWest**

**Twitter @RoyalFarWest**

**Facebook @RoyalFarWest**

**Best of wishes for a fabulous experience on the Ride, with great fundraising success.**



# RIDE CONTACTS

## WHO TO CALL



**ENTOURE**  
**Route & Safety**

**Kent Williams**  
0414 981 028



**ROYAL FAR WEST**  
**Logistics/events & Rider engagement & fundraising**

**Danielle Chapman**  
General Manager – Fundraising, Marketing & Advocacy  
0405 010 356



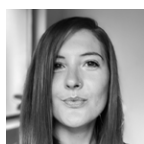
**ROYAL FAR WEST**  
**Accommodation logistics & Rider engagement & fundraising**

**Tara Tan**  
Head of Fundraising  
0434 930 689



**ROYAL FAR WEST**  
**Community stops & events**

**Penny Kaleta**  
Head of Corporate Partnerships  
0438 502 176



**ROYAL FAR WEST**  
**Accommodation logistics & events**

**Hannah Baillie**  
Marketing Specialist  
0452 443 563



