



Royal Far West



**Ride for
Country Kids
2026**

Rider's Booklet

www.rideforcountrykids.com.au

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Welcome to RFCK 2026

A message from Royal Far West Acting CEO, Mark Driessen

Dear Riders,

I'd like to extend a warm welcome, and my sincere thanks, to each of you for joining us for **Ride for Country Kids 2026**. Your commitment to this event, and to the children and families we serve, means more than words can express.

For more than 100 years, Royal Far West has stood beside children living in rural and remote Australia, working to improve their health, wellbeing and future opportunities. While much has changed over the decades, one thing has remained constant – too many country children still face significant barriers to accessing the developmental and mental health support they need to thrive.

From our early beginnings, Royal Far West has grown into a national specialist child development organisation, delivering innovative, evidence-based care to children and families across the country. Today, this includes a blended approach of face-to-face services, telehealth, strong partnerships with schools and communities, and a deep commitment to listening to the voices of families and those who care for them.

This year's Ride will take you on a journey through **Royal Far West's heartland in regional New South Wales**, beginning in **Parkes** and travelling through **Manildra, Molong, Trundle** and **Eugowra**, before finishing in **Forbes**. These towns and communities hold deep significance for Royal Far West, shaped by enduring relationships, passionate local supporters and a shared commitment to improving outcomes for country kids.

Along the route, you'll have the opportunity to connect with some of the communities we proudly serve and see firsthand the impact of your fundraising efforts. You'll hear real stories from schools, families and local leaders about how early, timely intervention can change the trajectory of a child's life.

This year, we ride with an ambitious goal – to raise **\$500,000** to support children with complex developmental, behavioural and mental health needs. These funds are critical in helping reduce wait times, expand our workforce, and ensure more families can access high-quality care as early as possible, regardless of where they live.

I'm also delighted to share that this Ride will mark a special moment for Royal Far West, as we'll be joined by our new Chief Executive Officer, **Dr. Briony Scott**. This will be the first opportunity for many of you to meet Dr. Scott, and I know she is very much looking forward to experiencing alongside you the passion, purpose and community that define this event.

On behalf of the Royal Far West Board, staff, and the many children and families whose lives you are helping to change, thank you for pledging your time, energy and passion. This event would not be possible without you, nor without the support of our incredible sponsors, partners and volunteers who share your commitment to country children.

I wish you a safe, challenging and inspiring Ride, and I look forward to cheering you along the way.

Good luck, enjoy the journey, and I'll see you on the road.

Warm regards,

Mark Driessen
Acting Chief Executive Officer
Royal Far West



17-19 MAY 2026
380+km

About Royal Far West



Royal Far West (RFW) is a national charity dedicated to the health and wellbeing of Australia's country kids across 424 schools and early learning centres and 387 communities and counting



Over 100 years of supporting Australian country communities, with a proud history of innovating to meet the changing needs of country children



Trusted brand and partner working closely with federal, state & local governments, not-for-profits and the private sector



We offer multidisciplinary health, education and disability services for children aged up to 12



Our team of 130+ paediatric clinicians support country kids with speech and language delays, behavioural and learning difficulties and mental illness



We harness our knowledge, expertise and relationships to give voice to the needs of country children and to advocate for equitable access to services and outcomes

Our Purpose

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



We ride to raise funds, to show our support to country communities and for healthy country kids!

Every child deserves the opportunity to thrive, no matter where they live. However, the health and developmental needs of children in rural and remote communities are often unmet. The gap between the needs of country children and the health services available in their regions is widening.

Data shows that the further a child lives from a metropolitan centre, the greater their risk of developmental vulnerabilities, with consequences that can last a lifetime. The evidence is clear and indisputable: **where you live matters.**

This year's Ride will take you on a journey through Royal Far West's heartland in regional New South Wales. The towns and communities you'll visit hold deep significance for Royal Far West, shaped by enduring relationships, passionate local supporters and a shared commitment to improving outcomes for country kids.



3,967 country children directly supported through RFW services last financial year

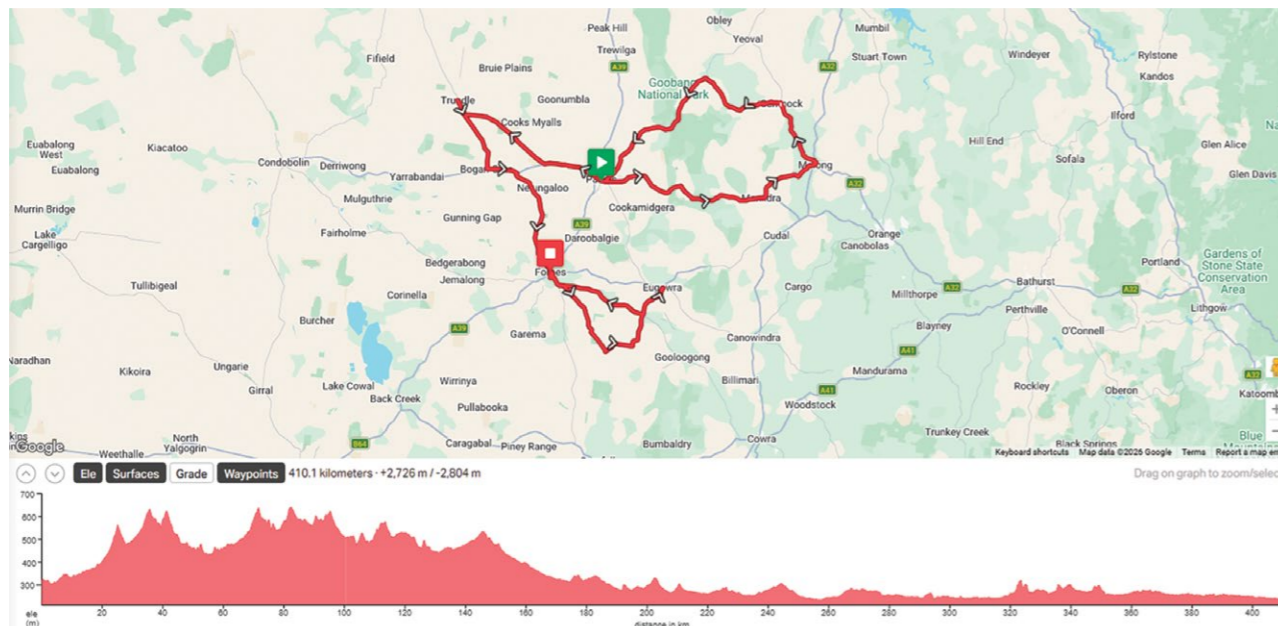


We're aiming to raise \$500,000 to directly support the health and wellbeing of Australia's country kids. We need your help so we can support country kids - helping them achieve their potential

2026 RIDE ROUTE

17 - 19 MAY 2026

Ride For Country Kids Cycling Itinerary			
Map links	Distance	Depart/Arrive	Date
https://ridewithgps.com/routes/52939895 https://ridewithgps.com/routes/52939975	P1/2 - 179km P3 - 123km	Parkes to Parkes via Molong and Manildra	Sunday 17th May
https://ridewithgps.com/routes/52160494 https://ridewithgps.com/routes/52160627	P1/2 - 155km P3 - 121km	Parkes to Forbes via Trundle	Monday 18th May
https://ridewithgps.com/routes/52991858 https://ridewithgps.com/routes/52991870	P1/2 - 151km P3 - 107km	Forbes to Forbes via Eugowra	Tuesday 19th May



REGISTRATION, ACCOMMODATION & EVENING EVENTS

YOUR ARRIVAL

REGISTRATION

Please note all Riders will need to be in Parkes by 5pm on Saturday 16th May for Registration.

Registration is open at Cooke Park Pavilion between 12-5pm on Saturday 16th May.

Location:

Cooke Parkes Pavilion
Clarinda St & Short St. Parkes NSW 2870

At registration you will:

- Provide proof of your AusCycling membership (if not already supplied)
- 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 - RFCK25 jersey & knicks (if not already collected), t-shirt, Rider booklet and day bag
- Collect your bike if it was transported to Parkes by RFW.
- Any issues regarding your arrival time please contact
Zoe Webster zoew@royalfarwest.org.au
0417218267

Please see the Entoure mechanics if you have any bike issues pre-ride.

After registration, we recommend unloading your bike and luggage at your hotel before parking in our designated RFW carpark in Parkes.

Please see page 6 for more information.

ACCOMMODATION

Accommodation has been sourced at all locations throughout the Ride.

Please note:

- Accommodation is limited in these communities, please note we have done our very best to meet any requirements, your understanding is appreciated.
- Accommodation is a mixture of shared and individual based on the capacity and room types available.
- All accommodation has now been allocated and new change requests may not be possible.

HOTEL DETAILS

Saturday 16th May and Sunday 17th May 2026 Parkes

The Coachman Hotel
48-54 Welcome Street, Parkes

Henry Parkes Motor Inn
25 Welcome Street, Parkes NSW

All Settlers Motor Inn
20-24 Welcome Street, Parkes NSW

Moonraker Motel
444 Clarinda Street, Parkes NSW

Monday 18th and Tuesday 19th May 2026 Forbes

Plainsman Hotel
22 Sherriff Street, Forbes

Victoria Inn
8-12 Sherriff Street, Forbes

TOWN MAPS

We will supply town maps on arrival, however you can access our Google Maps with pinned locations via the QR codes below:

Parkes



Forbes



CAR PARKING

Given we are moving towns throughout the ride, rider cars are not to be parked at any of the hotel carparks. Instead, we have arranged exclusive use of two separate car parking areas in Parkes.

After registration, we recommend unloading your bike and luggage at your hotel before parking in our designated RFW carparks, located on the corners of Bogan and Dalton Streets.

The car parks are a short walk from both your accommodation and Cooke Park Pavillion.

A map of the car parking location is below for your reference and there will be signage to direct you.

You are able to leave your car in this location until collection on the morning of Wednesday 20th May 2026. Please note: the carparks will be locked from Saturday night and no one will have access until Wednesday morning.

In case of an emergency, please contact Zoe Webster
zoew@royalfarwest.org.au
0417 218 267



EVENING EVENTS

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

- Saturday 16th May – The Hart Bar, Railway Hotel, 1-3 Caledonia Street, Parkes
- Sunday 17th May – The Parkes Service Club, 9-17 Short Street, Parkes
- Monday 18th May – Club Forbes, Forbes 41-45 Templar Street, Forbes
- Tuesday 19th May – Forbes Town Hall, Town Hall Lane, Forbes

Dress code for each evening is casual. The dress code for the last night is smart casual.

All dining venues are walking distance to accommodation however if a lift is required there will be support vehicles to assist as necessary.

Royal Far West will cover a welcome drink on the first evening and last evenings, however riders will need to purchase any additional drinks.

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.





BRIEFINGS

THE IMPORTANT DETAILS

WELCOME BRIEFING

We will host a detailed briefing on the first evening where you will receive all the information you need to know about the ride.

Date:
Saturday 16th May
Time:
During dinner at the Hart Bar, Parkes

DAILY BRIEFING

A short briefing will be held during dinner 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 around the region 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.

There will also be the support of the RFW minibus, plus bike transport, to manage rider uplifts.



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 travelling 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, and information will be provided in the WhatsApp group, however it is your responsibility to be ready and on time –of course we are here to help you with that!

REGISTRATION AND WELCOME DINNER

Date	Time	Activity	Location
Saturday 16th May	12pm – 5pm	Registration including key collection and bike check before settling into your hotel	Cooke Park Pavilion, Parkes
	12pm-5pm	Car drop off as required	As per map provided
	6:00pm	Welcome Dinner	Hart Bar, located above the Railway Hotel, 1-3 Caledonia St, Parkes NSW 2870 All riders to walk to and from the venue for dinner.
	9.00pm	Return to accommodation	Various

RUN SHEET - DAY 1

WHERE TO BE AT WHAT TIME

Date	Time	Activity	Location
Sunday 17th May	6am	Buffet Breakfast	Parkes Leagues Club, 194 Clarinda Street, Parkes All riders to walk/ride to breakfast with their bikes. Bikes can be left at Cooke Park during breakfast and they will be supervised by RFW staff.
	7am	RFCK26 Ceremony with Ribbon Cutting	Cooke Park Pavilion
	7.30am	Official Ride Start – All Pelotons	Cooke Park, Parkes
	11.45am	P1 Arrive to Lunch Stop in Molong	Essential Energy Depot 43 Watson Street, Molong
	12.15pm	P2 Arrive to lunch stop in Molong	Essential Energy Depot 43 Watson Street, Molong
	1pm	P3 Arrive to lunch stop in Molong	Essential Energy Depot 43 Watson Street, Molong
	2pm	P3 Uplift	Back to Cooke Park Pavilion, Parkes
	2.45pm - 4.30pm	Arrive back to Parkes	Meet at Cooke Park Pavilion, Parkes
	6pm	Dinner	Parkes Service Club, 9-17 Short Street, Parkes All riders to walk to and from the venue for dinner.
	9pm	Return to accommodation	Various

RUN SHEET - DAY 2

WHERE TO BE AT WHAT TIME

Date	Time	Activity	Location
Monday 18th May	6am	Riders leave bags and keys at reception	Parkes Accommodation - Various All riders to walk/ride to breakfast with their bikes. Bikes can be left at Cooke Park during breakfast and they will be supervised by RFW staff.
	6.30am	Breakfast	Parkes Leagues Club, 194 Clarinda Street, Parkes
	6.50am 7.15am 7.30am	P3 Depart P2 Depart P1 Depart	Cooke Park, Parkes
	9am	Trundle Community Visit and morning tea	Berryman Park, Parkes Street, Trundle
	9:30am	All Pelotons Depart	Berryman Park, Parkes Street, Trundle
	1:00pm	Lunch (30 mins)	On road – approx 125km outside of Forbes
	2pm 2.15pm 2.30pm	P3 Arrive to Forbes P2 Arrive to Forbes P1 Arrive to Forbes	Ride to Plainsman Motel for refreshments and key collection
	5pm	Cultural Experience	Plainsman Hotel Car Park, 22 Sherriff St, Forbes Bus departs for Cultural Experience from the Plainsman Hotel. All riders to walk to the hotel prior to departure.
	6.30pm	Dinner	Club Forbes, 41-43 Templar Street, Forbes
	9pm	Return to accommodation	Various

RUN SHEET - DAY 3

WHERE TO BE AT WHAT TIME

Date	Time	Activity	Location
Tuesday 19th May	6am	Breakfast	Club Forbes, 41-43 Templar Street, Forbes All riders to walk/ride to breakfast with their bikes.
	7am 7.15am 8.30am	P2 Depart P1 Depart P3 Depart	Depart from breakfast at Club Forbes
	12:00pm	School & Community visit and lunch at Eugowra Community Children's Centre	Eugowra Community Centre, Eugowra Showground, Noble Street, Eugowra
	2.30pm – 4.30pm	All pelotons arrive in Forbes for Finale	Finale Celebration Victoria Park, Forbes
	4:30pm	All Bikes loaded onto truck. (Bikes will be transported to Parkes for Wednesday morning. Those who wish to take their bikes home in their cars can collect them at Cooke Park Pavilion. All other bikes will be safely returned to RFW Manly for collection.)	Victoria Park, Forbes
	6.30pm	Dinner	Forbes Town Hall, Forbes All riders to walk to and from the venue for dinner.



DAILY RUN SHEET - POST-EVENT

WHERE TO BE AT WHAT TIME

Date	Time	Activity	Location
Wednesday 20th May	6:30am-8am	Checkout - Riders to leave keys at reception	Forbes Accommodation - Various
	6:30am-8am	Breakfast – B&E Rolls	Plainsman Hotel, 22 Sherriff St, Forbes All riders to walk to breakfast with their luggage.
	7:30am	Coach 1 Departs for Parkes (To arrive at Cooke Park, Parkes approx 8am, riders to collect cars and depart)	Plainsman Hotel, 22 Sherriff St, Forbes
	8:30am	Coach 2 Departs for Parkes (To arrive at Cooke Park, Parkes approx 9am, riders to collect cars and depart)	Plainsman Hotel, 22 Sherriff St, Forbes



BIKE & OTHER DETAILS

THE PREPARATION

BIKE TRANSFER

Royal Far West is arranging a bike transfer service leaving from Manly on Friday 15th May 2026. Bikes will be transported by Kevin Dunn / Whirlwind Removals, who have supported the Ride many times over the years.

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

Departure from Manly:

Bikes will need to be dropped at RFW in Manly by 12pm Thursday 14th May

Collected from Manly:

Bikes to be picked up from Royal Far West in Manly by COB Thursday 21st May 2026

Please note drop and collection to be work hours 9am – 5pm Mon-Thurs

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.

SECURITY

We will provide Security where required along the journey however we highly recommend that you keep any valuables on your person at all times.

We will be sleeping under the stars in Bourke – please ensure that you keep your tent closed at all times both for security purposes and to keep out any unwelcome critters!

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 limited laundry facilities within the hotels where you will be staying; therefore, it is up to you to wash and dry your kit each afternoon. Please ensure you take the time to wash your kit - I'm sure your fellow riders will appreciate it too. A gentle soap and scrub in the shower with your kit will make all the difference.



BIKES

THE PREPARATION

BIKE MECHANICS

Entoure will once again be providing ride captains / 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:

- Apples, bananas and other seasonal fruit
- Lollies
- Muesli bars
- Electrolyte tablets and gels

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.





RIDING KIT

LYCRA, LYCRA AND MORE LYCRA

RIDING KITS

Each rider will receive 1 riding kit upon registration



Special thanks to Detour 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

PACKING LIST

As well as all your basic essentials, please also don't forget to bring:

CLOTHING

- Your new RFW kit!
- Smart/casual outfits for dinners.
- Layers – we are hoping for great weather for the days we are away; however it will still be cold.

It's good to be prepared for whatever the weather throws your way so we suggest a number of layers that can be removed as you warm up - ride jackets, rain jackets, gloves, under garments, leg warmers and/or arm warmers.

EQUIPMENT:

- New tyres and tubes are a must for any bike that's been laying around for a while or showevidence 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)
- A bike lock – your bike will either be on the trucks or in your room but a lock may come in handy.

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.



SOCIAL MEDIA

#RideforCountryKids #RoyalFarWest | @RoyalFarWest

SOCIAL MEDIA

If you use social media platforms such as 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).
- 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

LinkedIn @RoyalFarWest

Facebook @RoyalFarWest

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



