Rotary District 9815 | 2027 Ride for Medical Research

Gallivanting in Gippsland

Supporting Australian Rotary Health

Rotary Districts of Australia

The third D9815 ride, supporting AUSTRALIAN ROTARY HEALTH.

28th February to 5th of March 2027



"Gallivanting in Gippsland"

Garfield to Yarragon

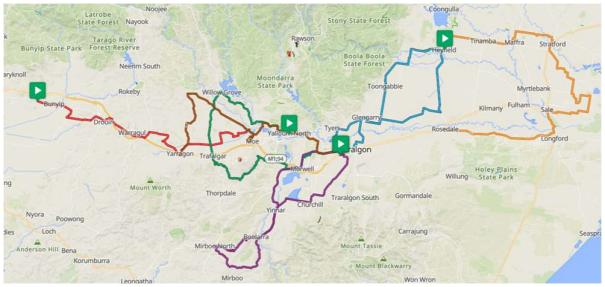
DETAILS OF THE RIDE

6 days and 5 nights. Route of approximately 564kms riding distance, but will vary group to group, person to person. Ride as much or as little of the route as you like.

START AND FINISH

Meet at Bayswater, load up and drive to the start point in Garfield. The ride finishes 6 days later, on Friday 5th of March, in the afternoon, returning to Bayswater later that day to the original departure point. *Note, if you wish to travel by train, we can arrange to meet you at Garfield station at the start and drop you off at Yarragon station at the finish.*

APPROXIMATELY 564KMS OVER 6 DAYS



Day 1: Garfield to Yarragon to Westbury-71kms
Day 2: Traralgon-Toongabbie-Heyfield loop-110kms
Day 3: Yallourn Nth-Willow Grove-Trafalgar-Morwell loop-90kms
Day 4: Heyfield-Straford-Sale-Rosedale-109kms
Day 5: Traralgon-Churchill-Mirboo Nth-Yinnar loop-112kms
Day 6: Traralgon-Moe-Yarragon-72kms
(Distances subject to change due to road/traffic conditions.)

WHO IS THE RIDE FOR?

Anyone 18+ years old with a wish to have a great time and to challenge themselves! The beauty of the ride is that you don't have to be supremely fit or a great rider, just be ready to challenge yourself and enjoy!
This ride is based around working with a group made up of riders of a similar ability to yourself, helping others extend their ability and to challenge yourself. The ride usually runs three groups to cater for varying abilities. Don't ride? Why not become part of the support team as a driver or other logistical support?

RIDING GROUPS

With up to 3 ride groups, with a maximum of 15 riders in each, we can group people of similar fitness and experience levels, you don't have to be supremely fit or a great rider. With the varying groups, we can cater for differing abilities. If you tire, you can stop, get in a support vehicle and get out at the next stop 15-20 kms down the road to continue riding as you wish.
The ride is structured so that we can be together as a large group at lunch each day. The ride structure may vary due to the kilometres we have to travel, road/traffic conditions or weather conditions.

SPEED

Depending on ability, groups travel at different averages, ranging from an average of 16 to 24kph, depending on conditions and terrain.

DAILY PERSONAL DISTANCE

Your distance each day can vary from as little riding as you wish up to 100kms or more, depending on the available riding distance each day and time available. Come along and enjoy this exciting challenge!

WHAT BIKE SHOULD I BRING?

RECOMMENDED: Road (flat or drop bar), Hybrid or Tourer.
ELECTRIC BIKES of a **"Standard" bicycle style, size and not too heavy to lift.**
NOT RECOMMENDED: Mountain Bikes in any style, including electric. **(Too large and heavy, may not fit on our support trailers, particularly electric versions).**

ACCOMMODATION:

Motel accommodation **(Twin share rooms).**
(If available a single room would be an additional $325.00. Availability will be notified closer to the ride date.) To go on the waiting list for a single room please email you request at the time of registration to: - rrfmr9815@gmail.com
MEALS: Continental style breakfast each day, lunch and dinner. Some snacks and drinks are provided in each team, with regular stops for breaks during the day. **(Please bring your own energy bars, gels and sports drinks.)**
LOGISTICS: Support and relief vehicles sponsored by major car companies. Each team has its own dedicated purpose-built bike trailer with fresh water on board.
SAFETY: Support vehicles have radio/mobile phone communications. In each group there is at least a lead vehicle and a following vehicle, towing a bike trailer.
INSURANCE: All participants are covered by Rotary's liability insurance. However, we recommend you have your own Ambulance cover and personal accident/health and bike insurance.



COST TO REGISTER: -
Riders: $ 975.00
Drivers/support crew: $ 795.00
If no Accommodation required, (Note, for Traralgon residents only): - Riders: $650.00, Drivers: $470.00

Included:

- Five night's accommodation in Traralgon.
- All main meals whilst on the ride.
- Logistical support
- A souvenir polo shirt for participants.
- Ride jerseys are available for purchase. (Please see our website).

REGISTER NOW AT: -
https://rotaryrideforresearch.raisely.com

EMAIL: - rrfmr9815@gmail.com

For those who cannot make this year's ride, we have **"The Mad March Cycle Challenge"** running in conjunction. Registration for this is free so, if you can't make it on the ride, why not sign up and use your regular rides to accumulate as many kilometres as you can in March. Get your friends to support and sponsor you and you can still raise money for medical research and help support Australian Rotary Health from home!

https://madmarchcyclechallenge.raisely.com/

2027 marks 42 years of fundraising

In 42 years of fundraising bike rides, Rotary districts D9810 and D9820, now combined as D9815 have helped raise **$2,517,905.00** for medical research and support. The rides continue to raise much needed funds for medical research, last year raising **$41,620.00**, included in the above total.

AUSTRALIAN ROTARY HEALTH

'Supporting healthier minds, bodies and communities through research, awareness and education.'

Australian Rotary Health (ARH) is one of the largest independent funders of mental health research in Australia. They also provide funding over broad range of general health areas with the vision to improve the health and wellbeing of all Australians.

ARH activities include:

- Funding partner PhD scholarships.
- Rural Medical scholarships.
- Evaluation grants.
- Evaluation of mental health service provision.
- Mental health in young Australians.
- Rural and indigenous nursing scholarships.
- Cancer research.
- Parkinson's disease and neurological research.

The funds raised from this year's ride will be directed to supporting Australian Rotary Health and its programs. The current major focus being youth mental health research, with grants directed to many other areas of health research. For more information on ARH please follow the below link: - https://australianrotaryhealth.org.au/

All donations over $2 are tax deductible.

WHAT IS THE RIDE ABOUT?

- Having a great time, as you "Gallivant through Gippsland".
- Understanding your capabilities and challenging yourself.
- Fundraising for medical research through Australian Rotary Health.
- "You do not need to be in Rotary to take part", Everyone is welcome to come along and help support this great cause.

Participants are encouraged to raise sponsorship of $200 to $1000 or more, to help ARH really make a difference!



Rotary District 9815 RIDE FOR MEDICAL RESEARCH SUPPORTING Rotary Districts of Australia

A fund-raising event endorsed by the Rotary Clubs of Boronia & Traralgon, with support of the Rotary Clubs in District 9815.