

# Final Information Session

Tuesday 2 April 2024

## SA Discovery Tour 2024

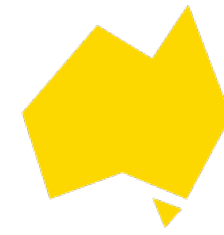
## Curing cancer, changing lives



# TONIGHT'S SESSION

- Thanks to our partners
- Fundraising update
- Comms on tour
- Peloton Management
- Logistics
- Finale details
- Route
- Peloton Allocations
- Values Jerseys
- Questions





# TOUR DE CURE SA discovery

Funding  
Cancer  
Research  
for



Proudly supported by



Hentley Farm



**Drakes.**



# The team on tour



**Ryan Lonsdale**  
TDC Events



**Victor de Sousa**  
TDC Events



**Ross Verschoor**  
On Bike manager



**Jo Buchanan**  
Support Crew manager



**Glenn East**  
Lead Medic



**Julia-Anne Athanasiadis and Sean Goldrick**  
TDC CARING values champions

# People who can help on Tour



## Medics

Glenn East (Rider)  
Sheri Cornish (Rider)  
Phil Worley (Rider)  
Simon Maklin (Rider)  
Theo Athanasiadis (Support Crew)



## Off-Bike Mechanic

Chris Brown  
Gary Davis



## Sports Therapist

Amanda Sheridan  
Rohan Miegel



## Catering Crews

**Eat and Shoot Through**

Chef Rob Jang  
Chiranan & Dayana

Let there be **coffee**, thanks to.....

**"The Power Station Co"**

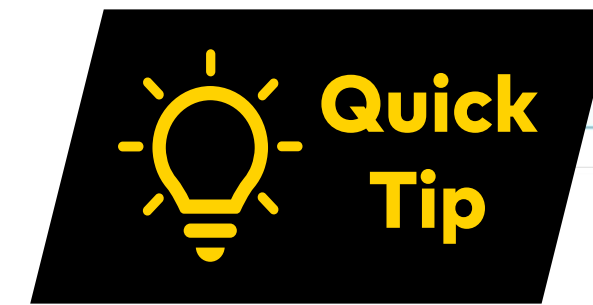
Danny Canfyn

# Fundraising

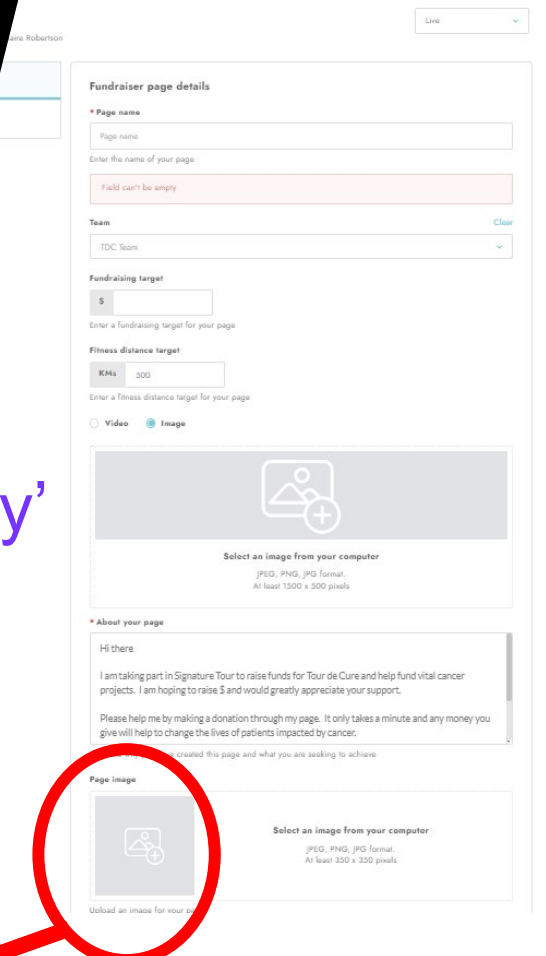
***Claire Robertson***



# SA Discovery Tour | Fundraising update



Log on and update your photo and 'why'



## Top Rider Fundraisers

TOUR DE CURE SA discovery	TOUR DE CURE SA discovery	TOUR DE CURE SA discovery
Neil Collins \$50,487.19	Dee Montague-Jones \$11,385	Paul Crawford \$9,401.05

## Top Support Crew Fundraisers

TOUR DE CURE SA discovery	TOUR DE CURE SA discovery	TOUR DE CURE SA discovery
Edward Brown \$3,000	Theodore Athanasiadis \$1,542.9	Mikaila Bloomfield \$1,075.45

## Fundraising during tour

- Just Ask
- Out of Office on with fundraising link / QR
- Post everyday
- Share the Tour videos and photos
- Thank all your donors



# Cancer Support \$10k grants

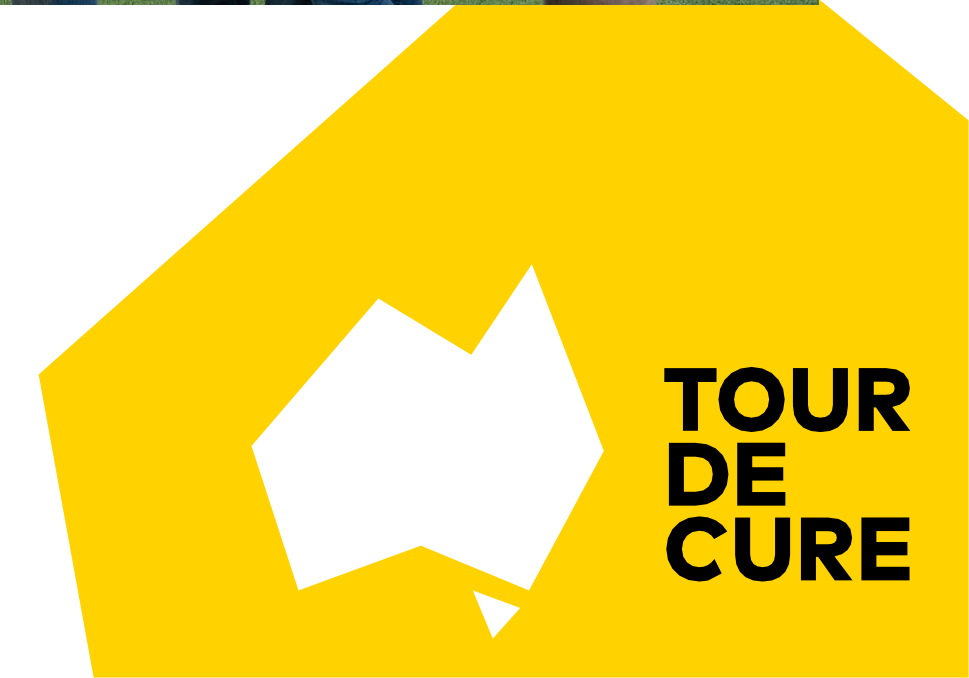
## Adelaide Head and Neck Cancer Support Group

The grant will be primarily used to provide equipment and supplies for newly diagnosis head and neck cancer patients. This diagnosis affects the basic functions of daily life we take for granted, such as breathing, talking, eating with our family and socialising with friends. Often these patients are sent home with alternate airways such as tracheostomy or laryngectomy or having their bone from their leg refashioned to form a new jaw, having had it removed because of cancer. They often require having filtered and warmed air delivered by an alternative means such as baseplates and filters. They may also need the use of suction machines to help clear their airway. This equipment is not funded.

## Fleurieu Cancer Support Foundation

We are a group of dedicated volunteers providing services and support to members of the community and their families and friends who are affected by cancer. We run Women's and Men's Support Groups as well as a wig loan facility.

Another vital part of the support offered by the Foundation is our Transport Service which runs daily to Adelaide and/or Noarlunga taking clients for cancer related treatment and medical appointments.





# SA Discovery Tour | School Visits




We will be visiting 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](http://hub.tourdecure.com.au)



# Communications on tour

- Full Team WhatsApp Messenger chat for ALL tour participants
- If you don't already have this app on your phone, please go to the app store and download it. 
- To join the Full Team chat, scan the QR code with your phone camera.
- This is a 'no banter' group – it will be used to communicate daily itineraries and other important tour information.





# Logistics & Prep

*Victor de Sousa and  
Ryan Lonsdale*

# Pre Tour - Kit Pick up

## 2 options for Kit Pick up:

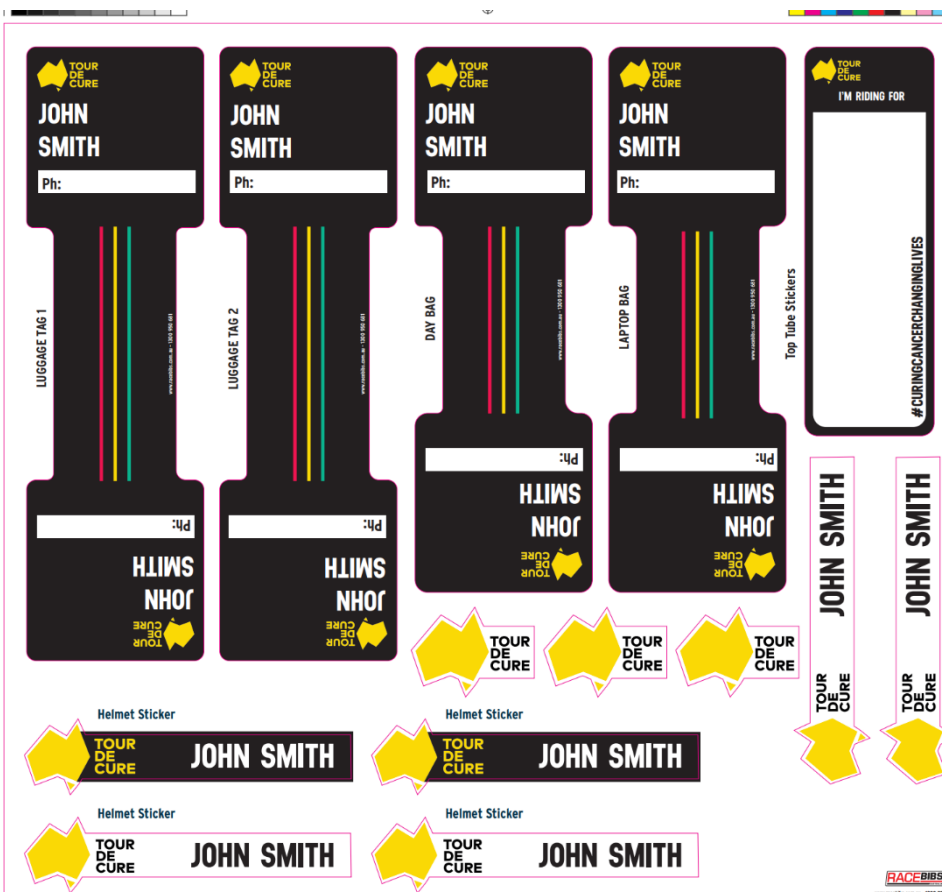
### 1. Sydney NSW

Friday 5th April 4-6pm, TdC HQ, Frenchs Forest

### 2. SA & All Team

Day 0 Wednesday 10th April 3-5pm, Oaks Plaza Pier Hotel, Glenelg – **NOT Friday at FLINDERS**

Kit Swap available in Glenelg, Day 0



## Everyone will receive:

A sticker sheet with two luggage tag stickers, one day bag sticker, one laptop bag sticker, one top tube sticker and 4 name labels.

Write your phone number on the luggage label.

**Riders: please ensure your helmet is labelled on each side.**

**Laptops are carried at own risk, we'd prefer you leave them at home to reduce risk of damage or loss**

# Kit summary for riders

## Riders will receive:

- 2 x sets of tour cycling kit
- 2 x water bottle
- 1 x Dinner Polo (Optional / bring previous tour shirts)
- 1 x Drawstring day bag (Optional / bring previous day bag)
- 1 x Laundry bag (Optional / bring previous laundry bag)
- Sticker sheet with 4 name stickers, luggage tags and top tube sticker

\*\* In case of rain please make sure you bring your own Rain Jacket

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

**Tips: Write your name and phone number on laundry bag and tie a coloured ribbon through the holes. Safety pin the zip shut.**



- Strong safety pin/ carabiner
- Permanent marker
- Coloured ribbon



**SA discovery**

# Kit summary for support crew

## Support crew will receive:

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

Packing list – [Support Crew](#)



# Bike Transportation (SYD)

## Sydney | Bike drop

**Where:** Tour de Cure Head office  
14 Rodborough Rd, Frenchs Forest

**Date:** Friday 5 April

**Time:** 4-6pm

*Syd kit pick available at same time*

*Kit swap = Day 0 in Glenelg*

## Sydney | Bike collection

**Where:** Tour de Cure Head office  
14 Rodborough Rd, Frenchs Forest

**Date:** TBC (Estimated Tue 16 or Wed 17 April)



Please ensure your bike has your name on it. Use a tag or a sticker on the top tube



# Day 0 Team Check In & Dinner

## Team Check In & Kit Pick Up and Exchange:

**Time:** 3:00 – 5:00pm Wednesday 10 April

**Venue:** Oaks Plaza Pier Hotel, 16 Holdfast Promenade, Glenelg

**Room:** Beachside Rm 2

**Bag Drop:** only for those riding to Bridgewater, will be at team check-in. Instructions are TBC

## Dinner:

**Time:** 6:00 – 8:30pm Wednesday 10 April

**Venue:** Oaks Plaza Pier Hotel, 16 Holdfast Promenade, Glenelg

**Room:** Beachside Rms 3 & 4





# Day 1 Start & Uplift from Glenelg

## At Home:

Eat full breakfast and apply 1<sup>st</sup> sunscreen layer before departing home

## Glenelg:

**Arrive Time:** 6:00am Thursday 11 April

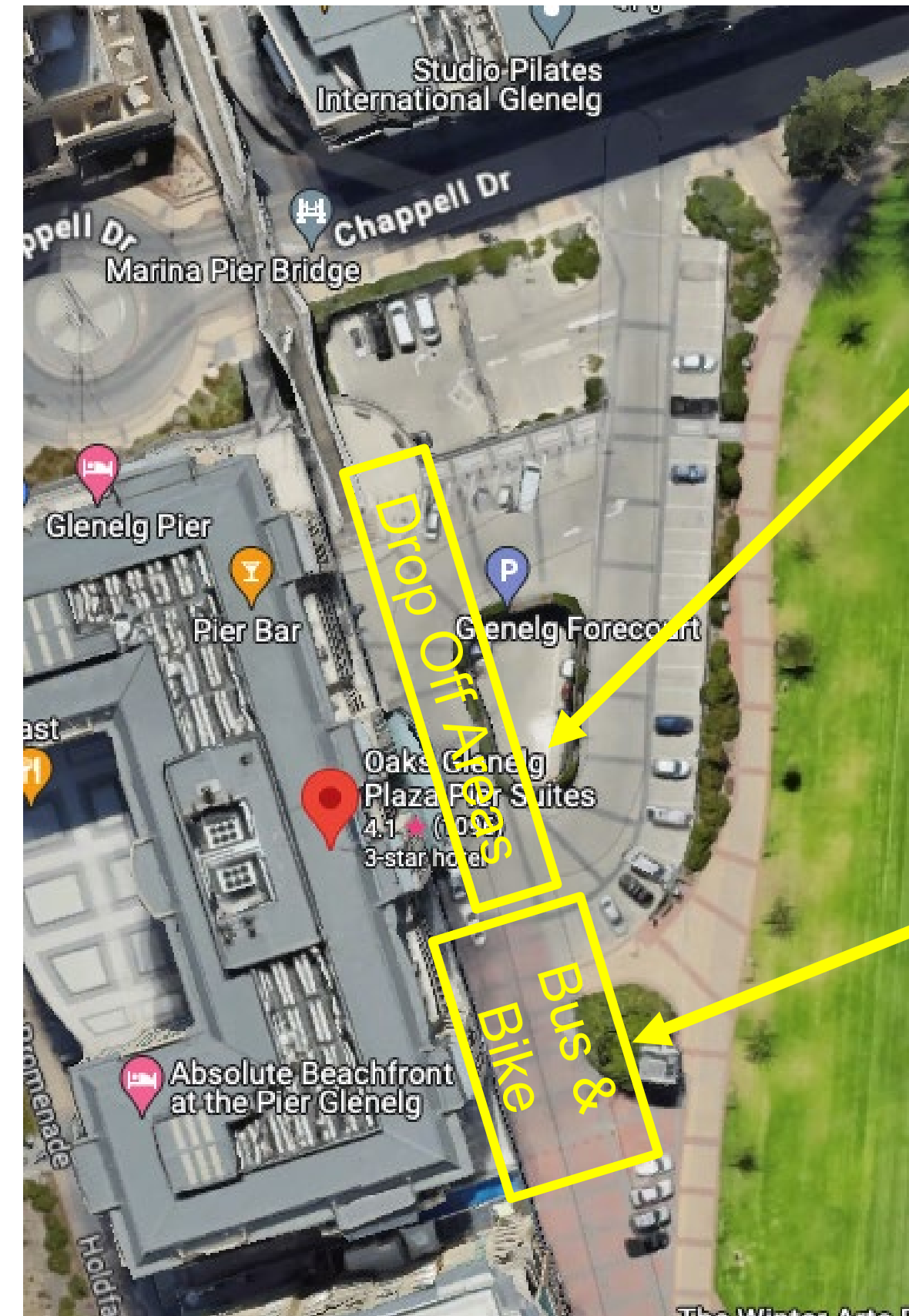
**Venue:** Outside Oaks Plaza Pier Hotel, 16 Holdfast Promenade, Glenelg

**Departure Time:** 6:25am

**Bike Drop:** Directly into Bike Trailer (RedFoo)

**Bags:** place your luggage onto the Bus/Coach as you board. Day bags (shoe bag) carry on board with you

**If running late:** Please contact Victor on 0434 538 140



Drop Off Areas **NOT** for parking

Bus & Bike Drop Area

# Day 1 Start at Bridgewater

## At Home:

Eat full breakfast and apply 1<sup>st</sup> sunscreen layer before departing home

## Bridgewater:

**Arrive Time:** 7:00am Thursday 11 April

**Venue:** Car park at Aztec Oval, Cnr Mount Baker Rd & Anzac Ridge Rd, Bridgewater

**2<sup>nd</sup> 'top up' B/Fast & Peloton Briefing:** 7:30am

**Bags:** Individually move from Bus/Coach and load into your peloton's Logistics Van

**Bikes:** Take off trailer and place on your peloton's bike rack next to your Peloton Logistics Van

**If running late:** Please contact Ryan on 0403 235 683



# Day 1 from Glenelg Nominated Logistics

Please check that your name is in the appropriately nominated choice

Please email Victor if name doesn't appear or is in the incorrect choice - [victor@tourdecure.com.au](mailto:victor@tourdecure.com.au)

The choices are assumed based on the Pre-Tour logistics survey

## Bikes Syd/Glenelg to Bridgewater

Angelo Tantaro	Brent Emmett	Scott Giffen
Clint Bowen	Silas Nolan	Christopher Barnett
David Medhurst	Peter Arena	Alex Martin
Dee Montague-Jones	Chris Brown	
Eoghan Hoganq	Gary Davis	Rob King
Grant Condon	Sheri Cornish	Briony Forbes
Jamie Sinclair	Lachie Pitman	Rian Sinclair
Kerrie Glass	Lee Hanatschek	Heidi Bramberger
Peter Arena	Julian Doyle	Romeo Renee
Lauren Holloway	Chris Reynolds	Ben Tait
Andrea McDonald	Paul Crawford	Anthony Cooper
Brian Mylott	Justine Crawford	
Tony corelli	Nicole Carey (Size)	
Chris Richardson	Gary Caddy	
David Collins	Robert Grigg	
David Mann	Ashley Hopkins	
Brooke Milbourne	Heath Peterson	
Cathy Humpreys	Adam Harris	
Michael Ford	Matt Beanland	
Glen East	Andrew Rowland	
Isaac Scott	Christopher Swan	

## Bus & TdC Vehicle to Bridgewater

Adam Harris	Heidi Bramberger	Silas Nolan	Nathan Godwin
Alex Martin	Isaac Scott	Tony Correlli	Neil Thomas
Andrea McDonald	Jamie Sinclair	Amanda Sheridan	Paul Vuaran
Andrew Rowland	Julian Doyle	Annie Shooter	Philip Martin
Angelo Tantaro	Justine Crawford	Catherine Williams	Bob Nagy
Ashley Hopkins	Kerrie Glass	Colvin Burgess	Rohan Miegel
Ben Tait	Lachie Pitman	Danielle Sibley-cocks	Ryan Lonsdale
Brian Mylott	Lauren Holloway	Danny Canfyn	Sean Goldrick
Briony Forbes	Lee Hanatschek	David Williamson	Simone Holst
Brooke Milbourne	Matt Beanland	Edward Brown	Steph Freet
Chris Reynolds	Michael Ford	Dee Montague-Jones	Stephanie Morton
Christopher Barnett	Nicole Carey (Size)	Heather Martin	Theo Athanasiadis
Christopher Swan	Paul Crawford	Jess Huff	Vance Jala
Clint Bowen	Peter Arena	Jess Logan	Victor de Sousa
David Medhurst	Rian Sinclair	Jo Buchanan	James Humphreys
Eoghan Hoganq	Rob King	Jo Baker	Cathy Humphreys
Gary Caddy	Robert Grigg	Jos Kevan	
Glen East	Romeo Renee	John Weber	
Grant Condon	Scott Giffen	Llyod Thornton	
Heath Peterson	Sheri Cornish	Marta Raubiszko	
Anthony Cooper		Mikaila Bloomfield	

# Day 1 Own Way to Bridgewater

Please check that your name is in the appropriately nominated choice

Please email Victor if name doesn't appear or is in the incorrect choice - [victor@tourdecure.com.au](mailto:victor@tourdecure.com.au)

The choices are assumed based on the Pre-Tour logistics survey

## Own Transport to Bridgewater

---

Aaron Skirrey

---

Anil Gautam

---

Brian Zanker

---

Chien Seong

---

Chris Karapetis

---

Clive Prestidge

---

Denis Koch

---

Geoff Day

---

Jeff Strachan

---

Julie-Anne Athanasiadis

---

Keith Hentschke

---

Matt Auld

---

Matt Brock

---

Neil Collins

---

Nick Turich

---

Paul Cooksey

---

Phil Worley

---

Rob Errigo

---

Rob Hutchison

---

Ross Verschoor

---

Simon Maklin

---

Stuart Wilson

## Day 0 Bag Drop to Ride to Bridgewater

Please email [victor@tourdecure.com.au](mailto:victor@tourdecure.com.au) if you are intending drop your luggage on Day 0.

This is so that we can calculate the appropriate luggage transport for Day 1 uplift to Bridgewater

# Finale – Beresford Estate

## Finale Details:

**ETA Time:** 1:00pm Saturday 13 April

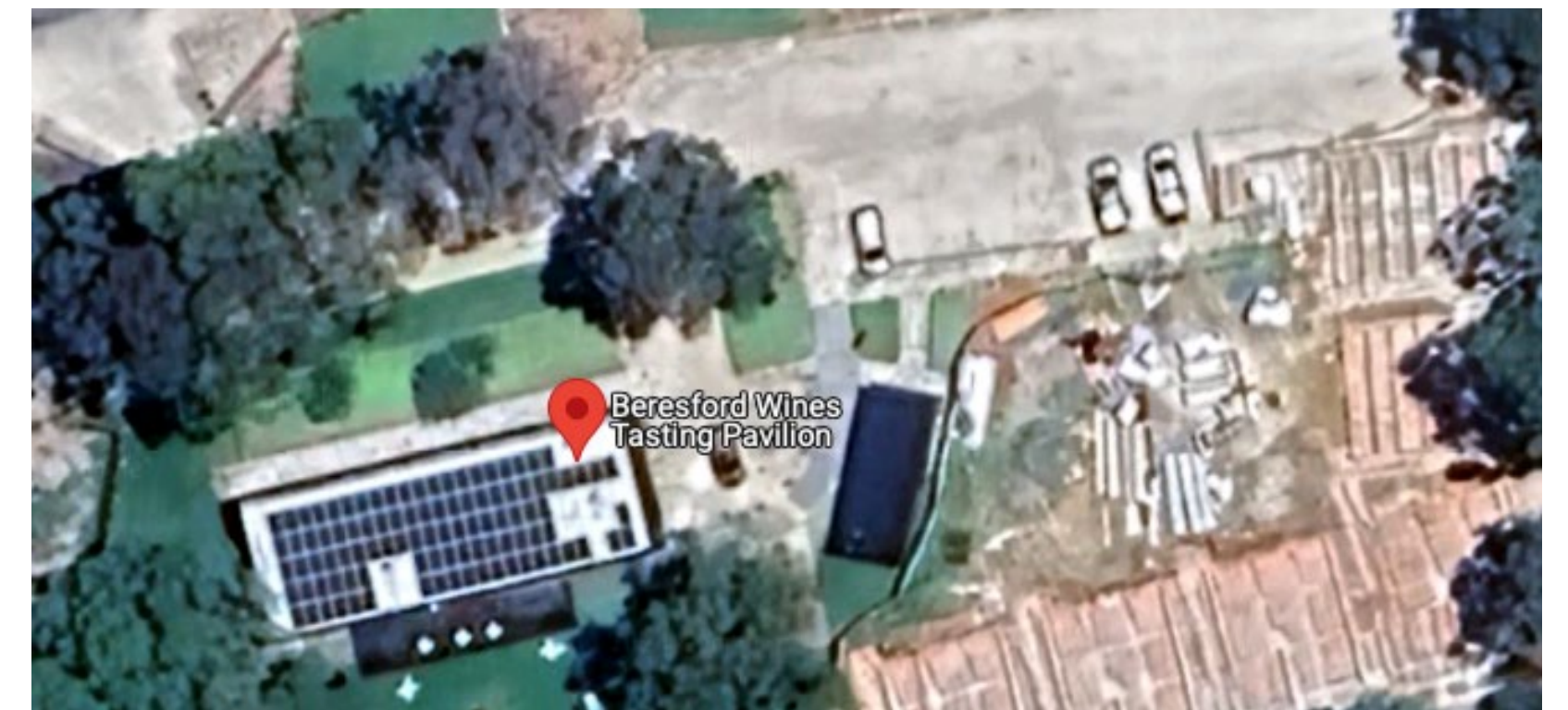
Ask family & friends to:

- arrive no later 12:30pm
- eat lunch before arriving at this venue

**Arrival Venue:** Outside the Beresford Estate Tasting Pavilion,  
252 Blewitt Springs Rd, McLaren Flat

**Finale Celebration:** 1:00– 3:30pm. TdC Team receive Snack & Drink vouchers

**Post-Finale:** Please check the following slide to see the selected post-finale transportation choices



# Post-Finale Nominated Logistics

Please check that your name is in the appropriately nominated choice

Please email Victor if name doesn't appear or is in the incorrect choice - [victor@tourdecure.com.au](mailto:victor@tourdecure.com.au)

The choices are assumed based on the Pre-Tour logistics survey

## Bikes to Syd

Andrea McDonald
Angelo Tantaro
Brian Mylott
Brooke Milbourne
Cathy Humpreys
Chris Richardson
Clint Bowen
David Collins
David Mann
David Medhurst
Dee Montague-Jones
Eoghan Hoganq
Glen East
Grant Condon
Isaac Scott
Jamie Sinclair
Kerrie Glass
Lauren Holloway
Michael Ford
Peter Arena
Tony corelli

## Transport to Adel City (+Bike?)

Briony Forbes	1
Brooke Milbourne	
Catherine Williams	
Christopher Swan	1
David Medhurst	
Jo Baker	
Scott Giffen	1
Lauren Holloway	
Sheri Cornish	1
Nicole Carey (Size)	1
Rob King	1
Ryan Lonsdale	
Vance Jala	
Paul Vuaran	

## Transport to Glenelg (+Bike?)

Brian Mylott	
Chris Brown	
Chris Richardson	
Clint Bowen	
Eoghan Hoganq	
Gary Caddy	1
Grant Condon	
Lachie Pitman	1
Matt Beanland	1
Rian Sinclair	1
Robert Grigg	1
Simone Holst	
Tony Correlli	
Gary Davis	
Annie Shooter	
Isaac Scott	
Mikaila Bloomfield	

## Bus to Airport (+Bike?)

Amanda Sheridan
Andrea McDonald
Angelo Tantaro
Dee Montague-Jones
Edward Brown
Jamie Sinclair
Jo Buchanan
Jos Kevan
Kerrie Glass
Michael Ford
Victor de Sousa

## Lexus cars to Adel & drop off on Monday 15 April

Philip Martin
Heather Martin
Theo Athanasiadis
Julie-Anne Athanasiadis
Peter Arena
Jess Logan
Paul Crawford
Justine Crawford
Marta Raubiszko
Sheri Cornish
David Medhurst
Brooke Milbourne
John Weber

If your name is not featured above = you're making your own non-TdC vehicle arrangements

If you require a seat and/or bike transport post finale to Adelaide = Contact Victor



SA discovery

# Accommodation

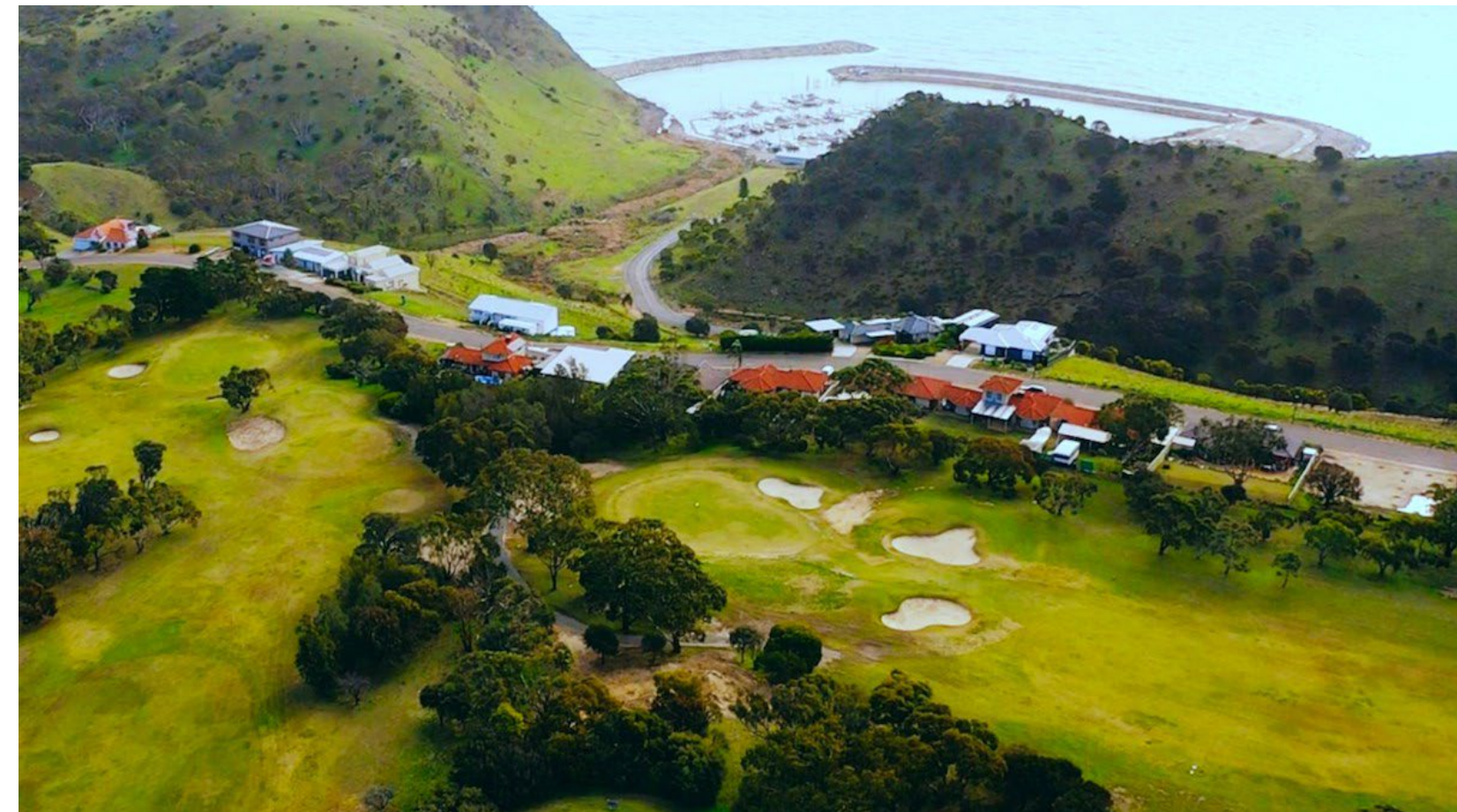
## Accommodation Type:

- You will share with two to three same gender people per room.
- You will be rooming with the same person for both nights.
- We will accommodate couples together
- You will be sharing 1 set of keys per room. Please coordinate with your room mate for accessing your rooms with the 1 key

**Accommodation Venue:** Thursday 11<sup>th</sup> & Friday 12<sup>th</sup> April  
Breakfree Wirrina Cove, 172 Paradise Drive, Wirrina Cove

## Respecting our accommodation:

- Bikes will be stored in the function centre. Ensure you remove drink bottles or anything that needs charging overnight as they are not allowed in rooms/
- All mechanical work to be conducted in the car park areas, not in your room.
- No using hotel towels to wipe down bikes. Please bring your own wipes for this work
- Put away your rubbish when using the pool and other common areas
- Upon check out, leave the keys at reception, and leave your room in a respectable manner





# Safety on tour

*Victor de Sousa*



# Safety is our #1 priority on tour. TdC's goal is zero incidents & injuries.

It's all **our collective responsibility** to help each other to achieve this important goal.

**Key Ritual: No operating mobile devices while on the road, for riders and drivers.** If needed, the peloton or the support vehicle is to pullover and stop to allow for mobile device operation, no exceptions.

**WHS:** Tour de Cure is committed to ensuring the health and safety of workers, contractors, visitors and others that may be affected by our work by preventing work related injury and illness.

**The goal is to manage hazards, ensure safety** so far as is reasonably practicable and reduce WHS risk.

## What we require from each of you on this tour:

- ✓ Every team member prioritises their own and other's health and safety
- ✓ Report all incidents, injuries, near misses and hazards that can't be rectified
- ✓ Look for effective ways to ensure our health and safety, if there is no TdC procedure to cover it. Provide that information to the Tour Management team for assessment and implementation.
- ✓ Participate in briefings and talk to each other about health and safety, to reinforce the priority of safety on the tour
- ✓ Wear the appropriately issued clothing (e.g. hi vis vests in traffic) and keep your workplace (e.g. vehicles) tidy
- ✓ **Under all circumstances, operate not impaired by alcohol or stimulants.**

## On-Bike / On-road

- Peloton vehicles to follow the Support Vehicle and Split Peloton operating procedures
- Ride Leaders to follow the Support Vehicle and Split Peloton and Rider Etiquette procedures
- **Be patient, alert and maintain spacing**
- Apply sunscreen and hydrate regularly
- **Wear the appropriate clothing** (e.g. closed-toed shoes, hi-vis in traffic, etc)
- No operating mobile devices while on the road, for riders and drivers.
- Follow the Tour de Cure Riding Etiquette and take directions from Ride Leaders

## Off-Bike

- At stops: be mindful of vehicle and pedestrian traffic at the stops, particularly car parks, and, when mounting onto pedestrian zones
- All team members to **look after your own health and nutrition at each meal stop**, to sustain energy levels and clear-minded operation
- Follow **hygiene procedures at all times** (i.e. leave your gloves with your helmet, AND, regularly sanitize your hands)

# On Tour

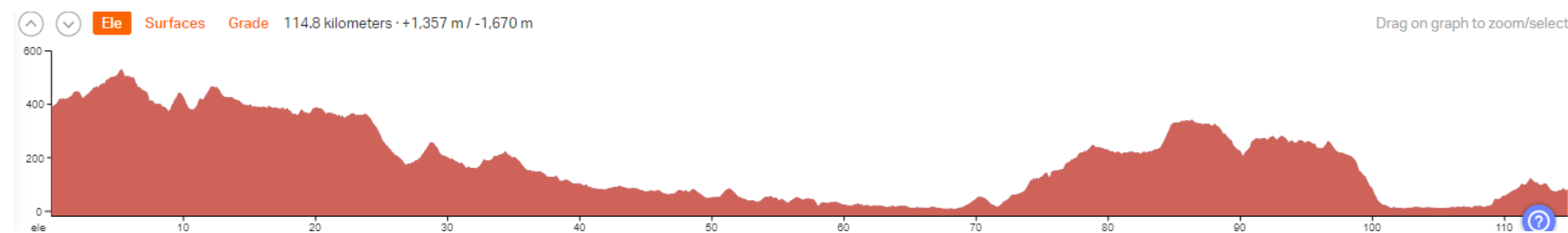
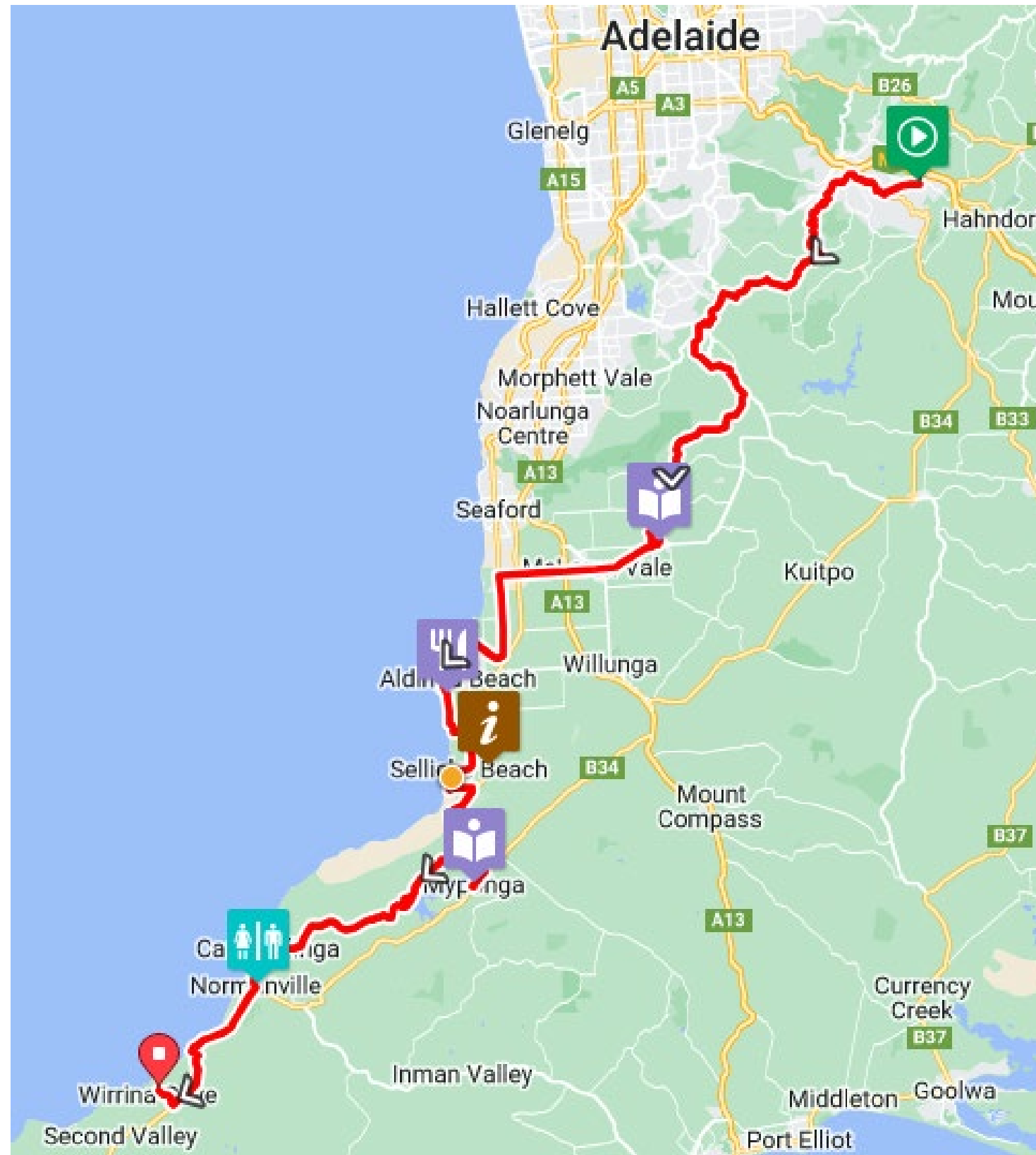
*Ross Verschoor*

# The Route



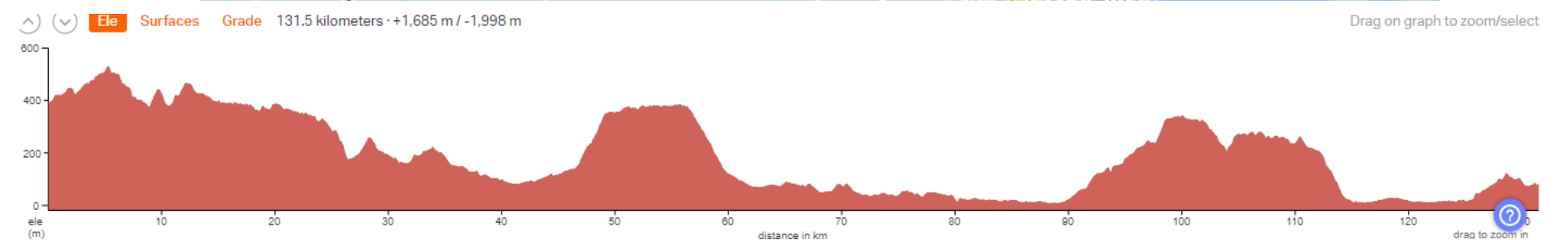
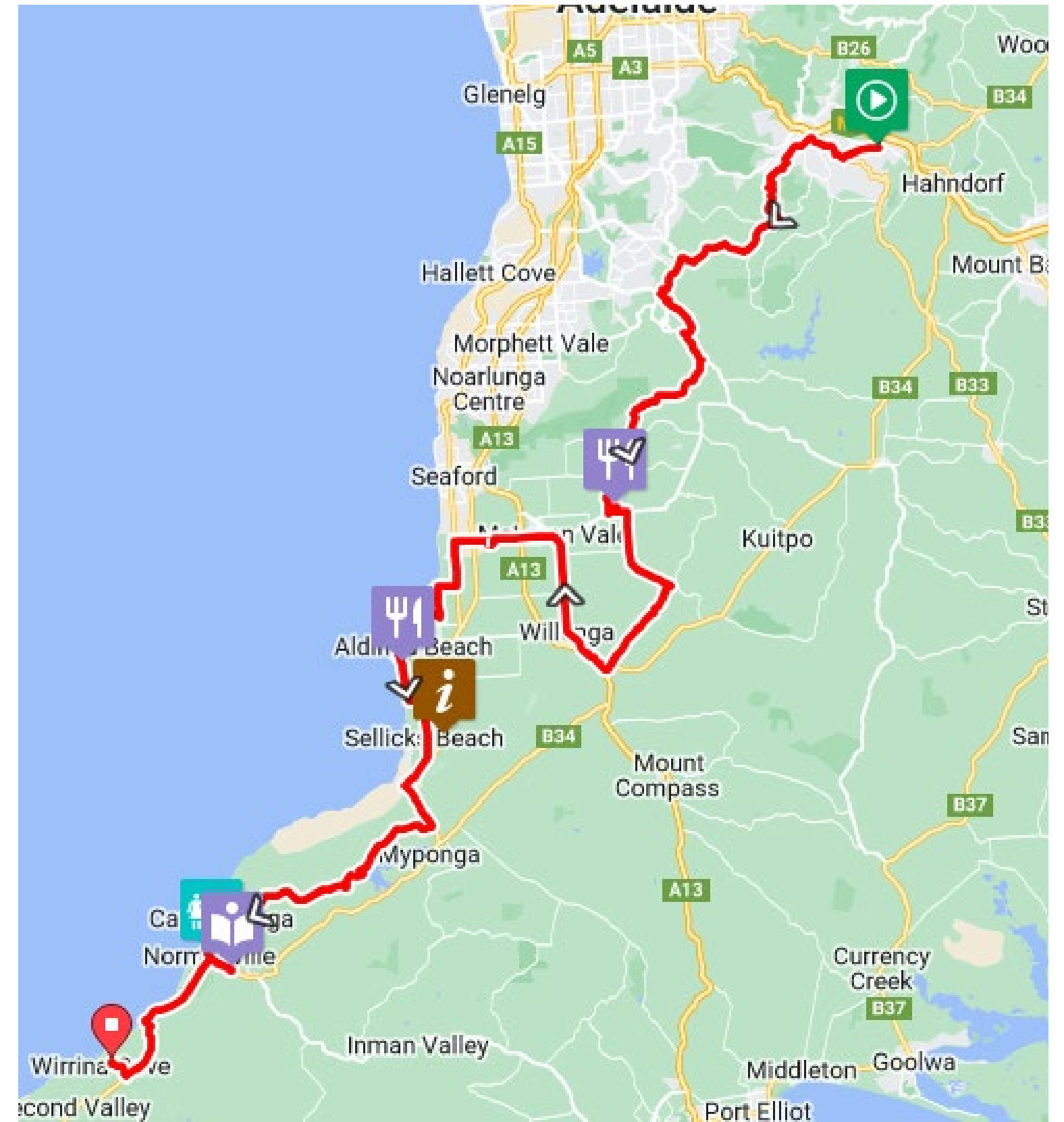
# Day 1: Ride - Bridgewater to Wirrina Cove

115km / 1357m

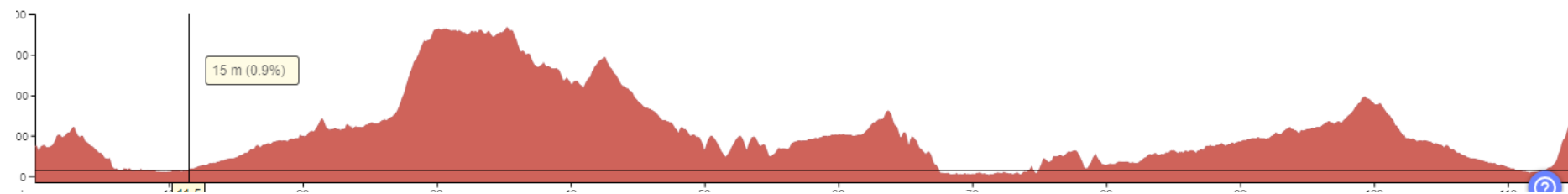
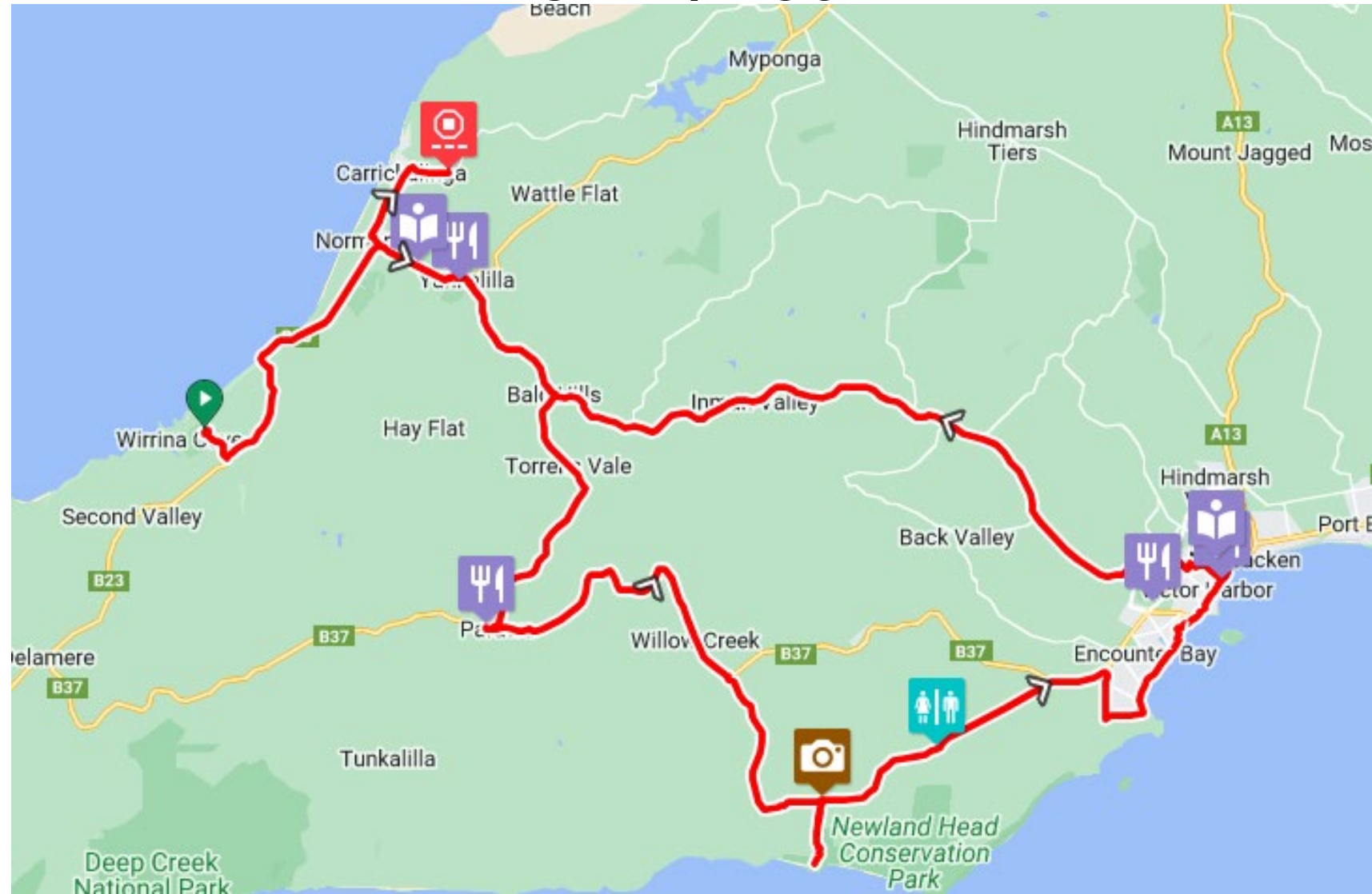


# Day 1: Challenge - Bridgewater to Wirrina Cove

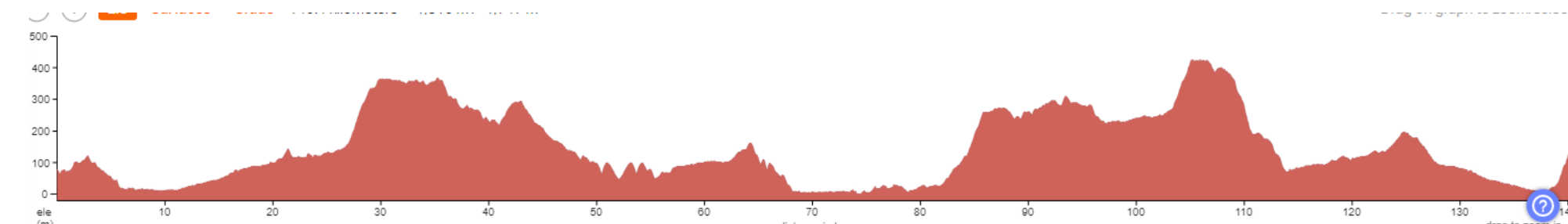
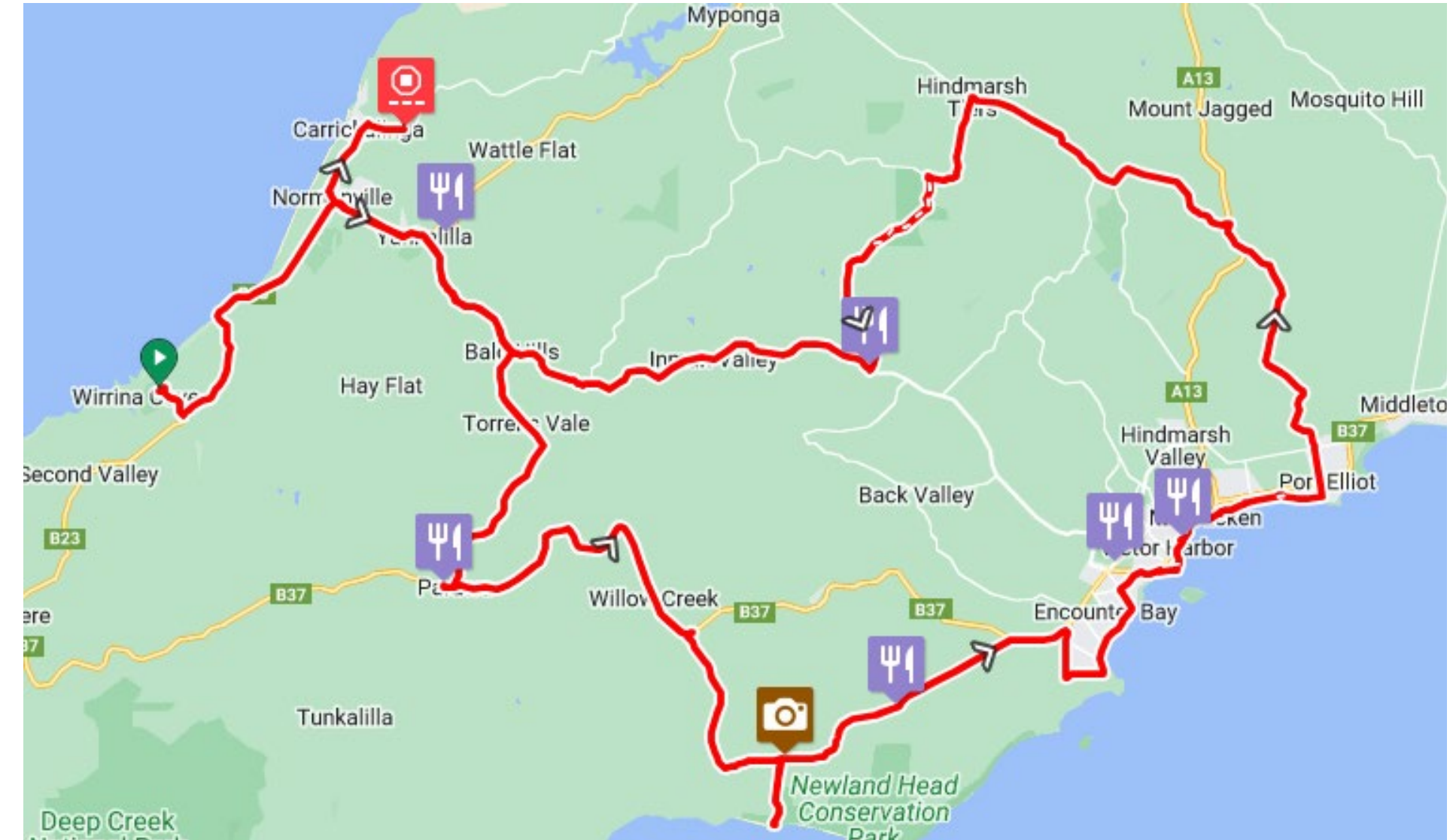
131km / 1685m



## Day 2: Ride - Wirrina to Victor Harbor Loop 115km / 1364m

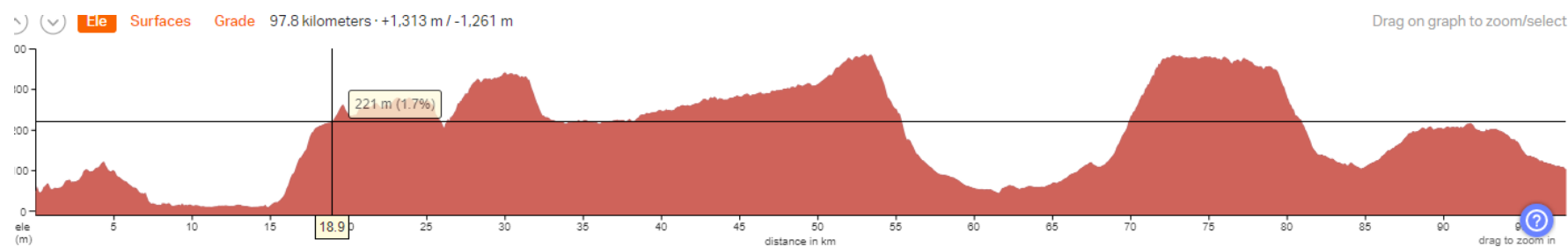
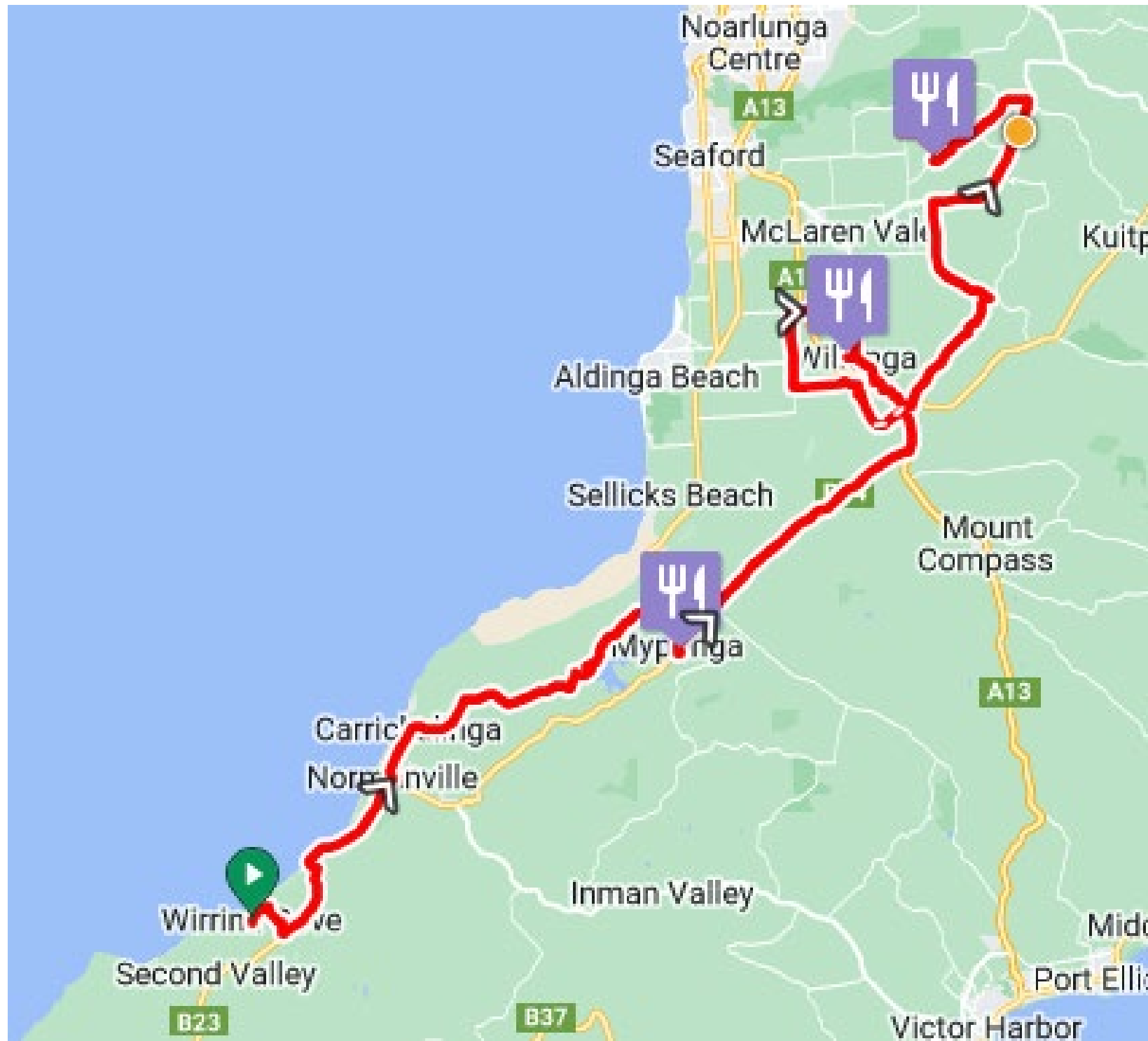


## Day 2: Challenge - Wirrina to Victor Harbor Loop 140km / 1815m



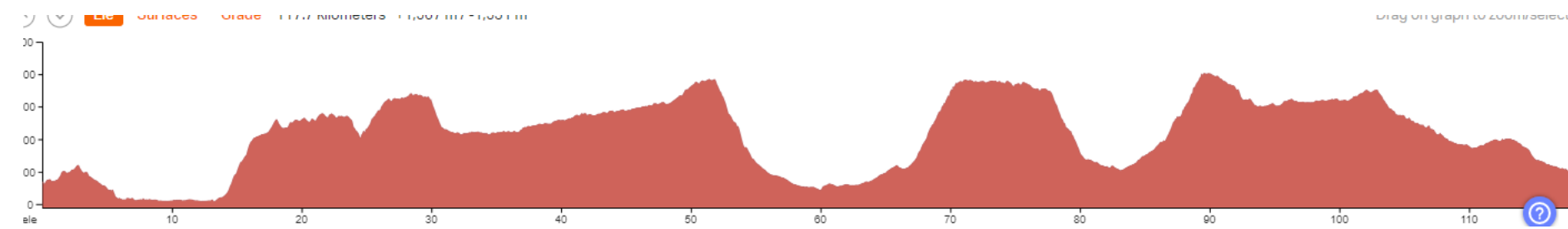
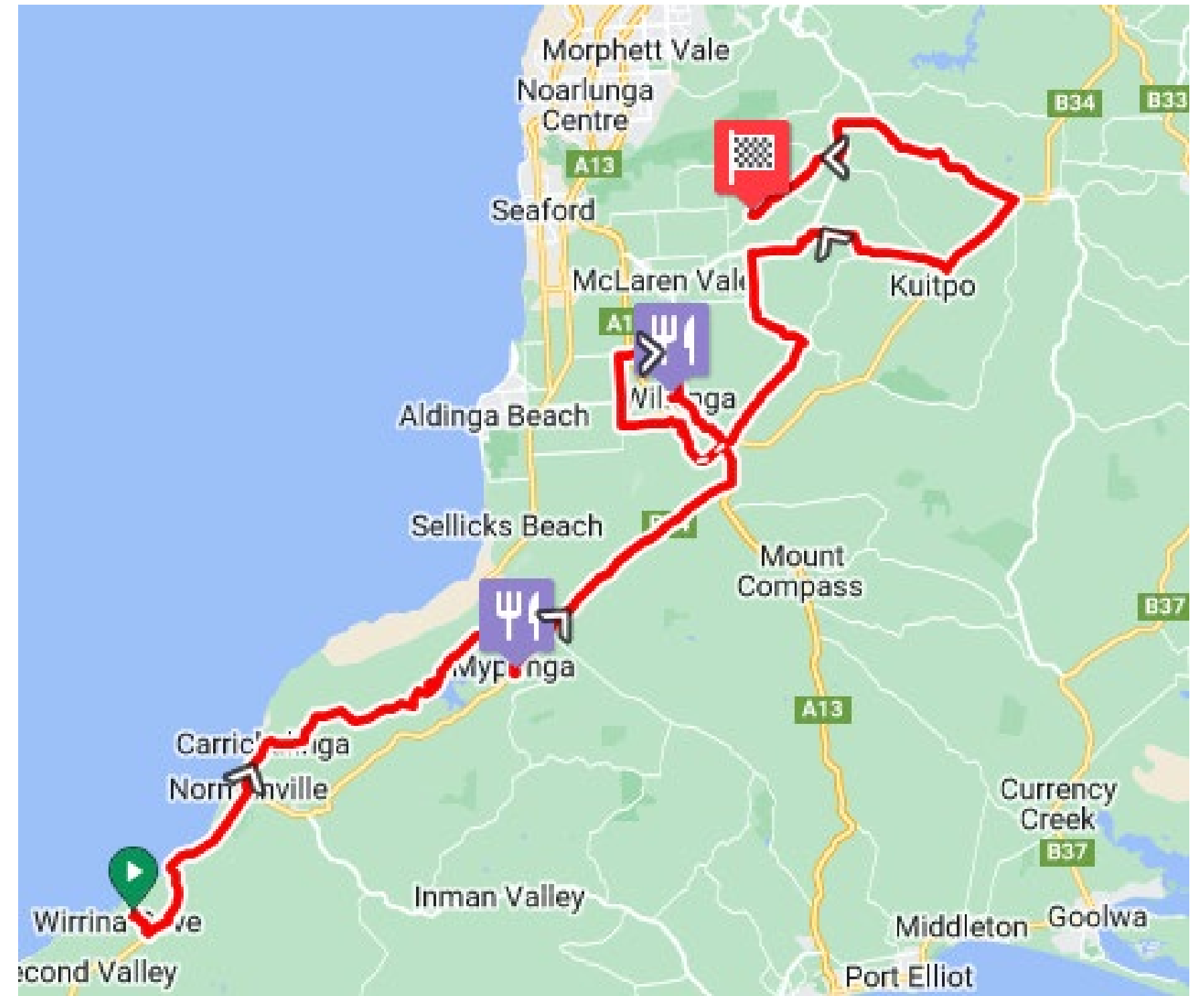
# Day 3: Ride - Wirrina Cove to McLaren Vale

97km / 1313m



# Day 3: Challenge - Wirrina Cove to McLaren Vale

114km / 1460m



# Peloton Allocations - DRAFT

## Peloton Allocations - Day 1

	P1 - RIDE	P2- RIDE	P3 - RIDE+	P4 - CHALLENGE
<b>Peloton Managers</b>	Brooke Milbourne	Chris Richardson	Michael Ford	Silas Nolan
<b>21C</b>	Ross Verschoor	Rob King	Julie-Anne Athanasiadis	Heidi Bramberger
<b>Float</b>	Tony Corelli		Clint Bowen	
<b>Riders on radio</b>	Julian Doyle	Alex Martin	Angelo Tantarò	Ash Hopkins
<b>Riders on radio</b>	Briony Forbes	Ben Tait	Matt Auld	Matt Brock
<b>Mechanics</b>	David Collins	Izzac Scott	Jamie Sinclair	Lee Hanatschek
<b>Medical</b>	Sheri Cornish	Theo Athanasiadis (Support)	Phil Worley & Simon Maklin	Glenn East
<b>Off Bike Mechanic</b>	Chris Brown			
1	Anil Gautam	Aaron Skirrey	Anthony Cooper	Andrea McDonald
2	Brent Emmett	Adam Harris	Christopher Swan	Andrew Rowland
3	Chris Karapetis	Cathy Humphreys	Clive Prestidge	Brian Mylott
4	David Medhurst	David Mann	Grant Condon	Brian Zanker
5	Gary Caddy	Dee Montague-Jones	Keith Hentschke	Chien Seong
6	Geoff Day	Peter Arena	Kerrie Glass	Chris Reynolds
7	Jeff Strachan	Renee Romeo	Rob Hutchison	Christopher Barnett
8	Justine Crawford	Rian Sinclair	Simon Macklin	Craig Robinson
9	Lachie Pitman	Robert Errigo	Stuart Wilson	Deniz Koch
10	Lauren Holloway	Robert Grigg		Eoghan Hogan
11	Neil Collins	Scott Giffen		Heath Peterson
12	Nicole Carey			Matt Beanland
13	Paul Crawford			Matt Brock
14				Nick Turich
15				Paul Cooksey
16				
17				
18				
<b>TOTAL RIDERS</b>	21	17	16	21
<b>Lead Car Driver</b>	Simone Holst	Jo Buchanan	Vance Jala	Jos Kevan
<b>Lead Car Navigator</b>	Bob Nagy	Jo Baker	Catherine Williams	Jess Logan
<b>Rear Car Driver</b>	Sean Goldrick	Paul Vuaran	David Williamson	Philip Martin
<b>Rear Car Navigator</b>	Colvin Burgess	Theo Athanasiadis	Annie Shooter	Heather Martin
<b>Peloton Logistics</b>	Edward Brown	Danielle Sibley-Cocks	Marta Raubiszko	Neil Thomas
<b>Peloton Logistics</b>		Stephanie Morton	Mikaila Bloomfield	
	26	22	21	26

### ***What if I've put the wrong peloton in my survey?***

We're very conscious we are welcoming riders from all over Australia, so don't stress.

We've taken your survey preference Hub data from your TDC training rides.

On Day 1 see how you go and then have a chat to your peloton manager if you have questions. At the Day 1 Dinner, we'll provide you some information on potential opportunities to move into a different peloton.



# Values Jersey

*Claire Robertson*

# Tour de Cure Values Jersey



The jersey represents Tour de Cure's CARING values and will be awarded to the support crew or rider with the most impactful nominations at each of the team dinners. Jerseys are awarded for the following categories to the person who is:

- **Courageous** - They are bold and trusted in our quest to find a cure
- **Achieving** - They inspire others to achieve great things
- **Respectful** - They acknowledge the importance of our community
- **Inclusive** - They embrace and value all
- **Nurturing** - They are a valued part of the TDC family who positively engages and encourages others
- **Growing** - They actively challenge others to grow

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!

Nominate by **Tuesday 9 April** for Day 0 presentation.

[Nominate each day by 5pm](#)

Hosted by:  
**Julia-Anne Athanasiadis and Sean Goldrick**



# 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 #tourdecure

# Questions



FAQs

RESOURCES

MEDICAL FORM

