

Q&A Info Session

22 Feb 2024

SA Discovery Tour 2024

Curing cancer, changing lives



TODAY'S SESSION

- Fundraising
- Training
- The Route
- The Tour
- Tour Checklist
- Values Jerseys
- Questions





Fundraising

At 50% of commitment
















Tour de Cure | Fundraising Update

RAISED SO FAR
\$143,705

OUR GOAL
\$500,000

RIDERS **74** CREW **30**

Top Individuals

 TOUR DE CURE SA discovery	 TOUR DE CURE SA discovery			
Neil Collins \$34,449.69	Dee Montague-Jones \$14,385	Paul Crawford \$7,054	Robert Grigg \$7,030.57	Justine Crawford \$6,781.15
 TOUR DE CURE SA discovery	 TOUR DE CURE SA discovery	 TOUR DE CURE SA discovery	 TOUR DE CURE SA discovery	
tom vaughan \$5,371.5	Clint Bowen \$5,000	Tony Payne \$5,000	David Medhurst \$4,820.98	Grant Condon \$3,895.28
		 TOUR DE CURE SA discovery		
ulie-Anne Athanasiadis \$3,279.18	Deniz Koch \$2,869.7	Clive Prestidge \$2,339.65	Matt Auld \$2,239.08	Matt Beanland \$2,137.46

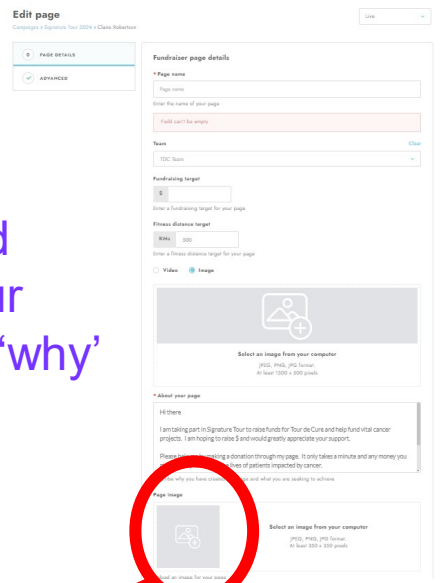
February Fundraising Milestone

50% of your fundraising commitment

Riders: \$1,500
Support Crew: \$500


















Log on and update your photo and 'why'



26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	1-Apr	8-Apr
		4 Book Bike Svc	3	2 Bike Service	1	Tour 11-13 April
		Fundraising 75%			Fundraising 100%	
Level 4	Level 4	Level 4	Level 4	Level 4	Level 4	Tour Ready

Top Teams

 TOUR DE CURE SA discovery	 TOUR DE CURE SA discovery	 TOUR DE CURE SA discovery		
Collins ADELAIDE \$34,449.69	Dee Montague-Jones \$14,385	Cooler Climate Riders \$10,941.06	ride4Tige \$8,769.92	Team SXP \$6,009.73
	 TOUR DE CURE SA discovery		 TOUR DE CURE SA discovery	 TOUR DE CURE SA discovery
Eoghan & Brian \$4,726.8	recision Medicine Grou \$1,237.4	Lindsay Davies \$1,089.1	Fully Boned \$940.24	lartin Family Fundraisin \$498.2
 TOUR DE CURE SA discovery	 TOUR DE CURE SA discovery		 TOUR DE CURE SA discovery	 TOUR DE CURE SA discovery
David Mann \$285	Novartis \$173.1	Steph & Danny \$153.05	Neuro \$78.19	Empower Wealth \$0


Tour de Cure | What's your fundraising plan?

Ways to fundraise

Just Ask 

Sell product, service or merchandise 

Host an event 

Run a raffle or auction 

Self Fund 

Corporate Matching 

Get started in 5 easy steps

Breakdown your target into weekly goals 

Update your fundraising page 

Make a tax deductible donation 

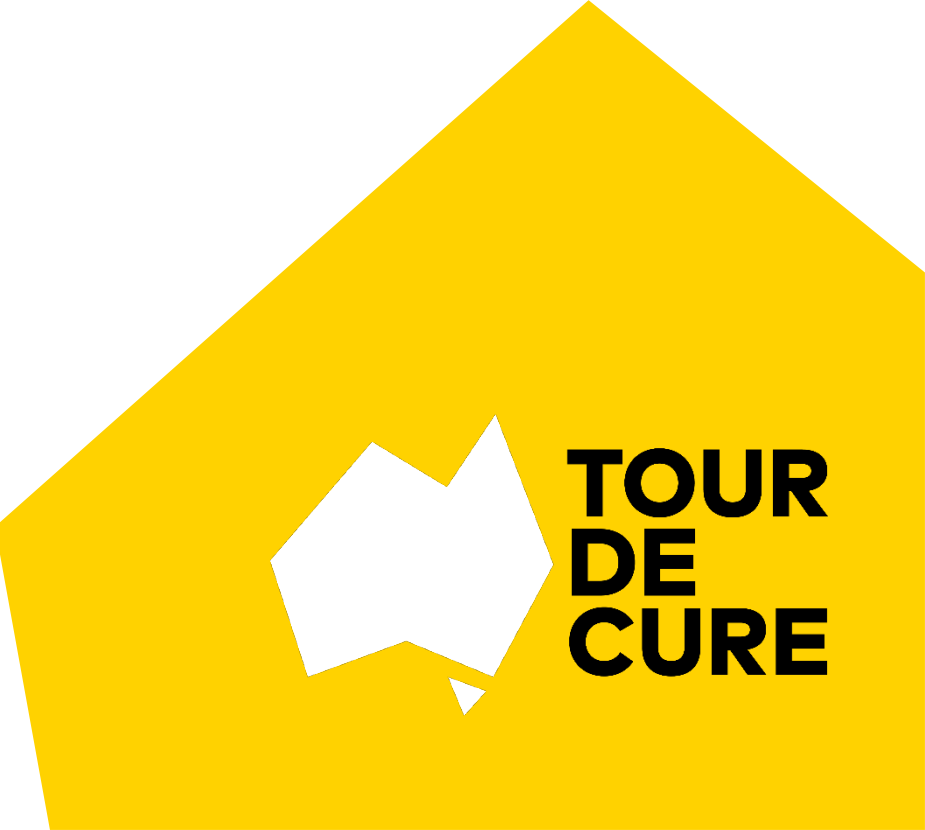
Just Ask 

Have a plan 

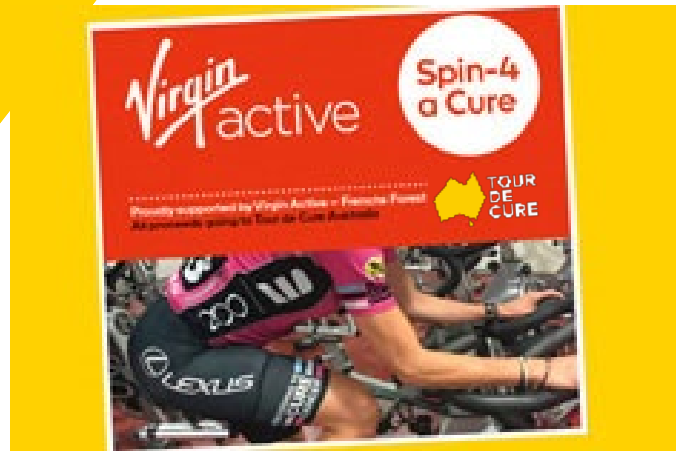
Fundraising commitment

Riders \$3,000
Support Crew \$1,000

February Milestone: 50% 



Tour de Cure | What kind of fundraiser are you?



Sporty or Social?

- **Social Media addict:** Just ask, share your story, sell unwanted 'stuff' on Facebook marketplace
- **Games Night:** Get your friends together for an evening of board games, jigsaws, Cards Against Humanity, Casino night etc. Host at home or go large and hold it at a venue. Charge an entry fee.
- **Themed Fundraising Party:** Organize a themed party and charge an entry fee. You can have a costume party, dance party.
- **Head shave/Leg wax:** Get sponsored to shave or colour your hair. Invite your non-cycling friends to be part of the riding community by each of them getting sponsored to shave or wax their legs!
- **Gala event** – Dinner, speakers
- **Trivia** include raffle & auction



Creative?

- **Creative:** Sell something you've made, chutney, bake sale, cook lunches, sell handmade birthday cards. If you're a handy craftsman, sell your creations
- **LinkedIn photoshoot:** Keen photographers can sell a photoshoot to update your LinkedIn profile photo.
- **Foodie:** Hold a dinner party, wine tasting, afternoon tea. If you're an amazing cake maker – make & sell birthday cakes for your friends' kid's party!
- **Specialised skill:** If you're mechanical hold a Bike Maintenance Workshop, If you're an artist hold a painting class, If you're a cake decorator hold a gingerbread house decorating party



Events not your thing?

- **Return fundraiser:** Give up something for a month e.g. coffee/alcohol/sugar, and donate the money you've saved to your page.
- **Work in a big office:** Sell Cadbury Chocolates, Krispy Kreme, Domino's Pizza, sell lunches, bake sale, car wash in the office car park
- **Time on your hands:** Babysit friend's children, walk neighbour's dog, cut neighbour's lawn, car wash
- **Recycling:** Return & Earn, sell unwanted 'stuff' on facebook Marketplace
- **Online Auction:** Collect donated items from local businesses or individuals and host an online auction event using platforms AirAuctioneer or 32 Auctions.



Well Connected?

- **You've got an Inspiring story:** Just Ask and share your story. email, Social Media.
- **Got a big network of friends or family:** Events such as Barefoot Bowls, Movie Night, Comedy for A Cause, Cork & Canvas, Bike n Blend, wine tasting, dinner party, Bogan Bingo
- **First time fundraiser:** Just Ask, email, facebook, Instagram, LinkedIn. Update your fundraising page, make the first donation.
- **Got a holiday house?** Auction or Raffle off a weekend's stay
- **Cash raffle:** If you don't have anything to auction, create a cash raffle. Use Online platform such as Rafflelink



Fundraising in a Team?

- **Set up a team fundraising page.**
- **I can't ask my friends again!:** Bunnings BBQ or Bunnings Cake Stall, It's Bunnings customers who purchase, you're not relying on your friends to donate!
- **Movie night:** Contact your local arthouse cinema and ask them about hosting a movie fundraiser. Alternatively set up a data projector on your garage wall and have a moonlight cinema in your backyard!
- **Detailed & Organised:** Team up with a social person to put on an event, they do the spruiking, you do the organising.

Tour de Cure | How others have reached their Fundraising Commitment

Person 1	
Self-donations	\$500
Bunnings BBQ	\$1,714
Just asking – shared on social media and email	\$924
	\$3,138

Person 2	
Self Donation	\$100
Just asking - donations	\$1,700
Café tin with QR code	\$198
Dog walking for neighbours/friends	\$150
Car wash for neighbours/friends	\$300
Tamburlaine wine offer	\$200
Sip and Draw 35 friends \$50 pp + raffle	\$1,800
	\$4,448

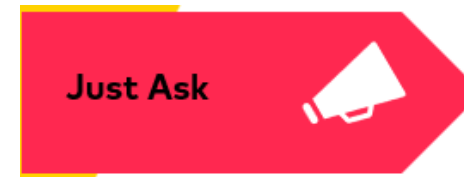
Person 3	
Self Donation	\$50
Just asking	\$780
Trivia	\$1,500
Employer matching	\$1,000
	\$3,300

Person 4	
Self-donations	\$500
Tamburlaine wine offer	\$150
Stationary bike at work	\$1,600
Bunnings #1	\$2,200
Bunnings #2	\$1,750
Just asking - donations	\$940
Candle sales	\$350
Give up take away coffees at work @\$5	\$175
	\$7,665

Person 5	
Self-donations	\$200
Bunning BBQ #1	\$1,800
Tamburlaine wine offer – 7 people	\$350
Dinner Fundraising \$75 pp 12 people	\$900
Cake Stall work	\$1,000
Bunnings #2	\$1,400
Cake Stall work #2	\$800
Employer Matching	\$1,300
Just asking - donations	\$790
	\$8,540

Fundraising Plan Checklist

Method	Audience	Timeline/ Lead time
Just asking	update profile, shared 'Why' story	This weekend, repeat
Passive	Fundraising link on Strava and email signature	This weekend, always on
Tamburlaine wine offer	Everyone	This weekend
Event 1	Work colleagues	3-6 weeks
Event 2	Friend network	6-8 weeks
Event 3	Larger event, friends invite their friends	12 weeks
Cash raffle	Everyone	Quick win – 2 weeks prior to tour
Self Donate	Self - Tax deduction	This weekend / monthly donation on pay day
Give up something	Self – give up take away coffees	Weekly
Corporate /Employer matching	Work	Ask HR this week



- Separate your audience, don't necessarily invite everyone to everything – donation fatigue
- Get fundraising from general public rather than friends ie Bunnings BBQ – relieve donation fatigue
- Are you charging enough? Make sure you are making a good margin. It's for charity therefore people are happy to pay, don't undersell your event or product.



SA Discovery Tour | Community



Tour de Cure events connect communities by donating \$10,000 each day to a local cancer support organisation



We also visit 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

**TOUR
DE
CURE**



Training

Level 4, at February

Only 7 more weekend rides left!

SA Discoverey | Training



3 Day Tour Training Program

Tour de Cure has mapped out a program to enable you to design your own training plan to reach recommended KMs per week

Dependent on your schedule each week, choose sessions from the below program:
 · 3-4 rides (virtual or outside) · 1-2 walks or runs · 1-2 strength and mobility sessions

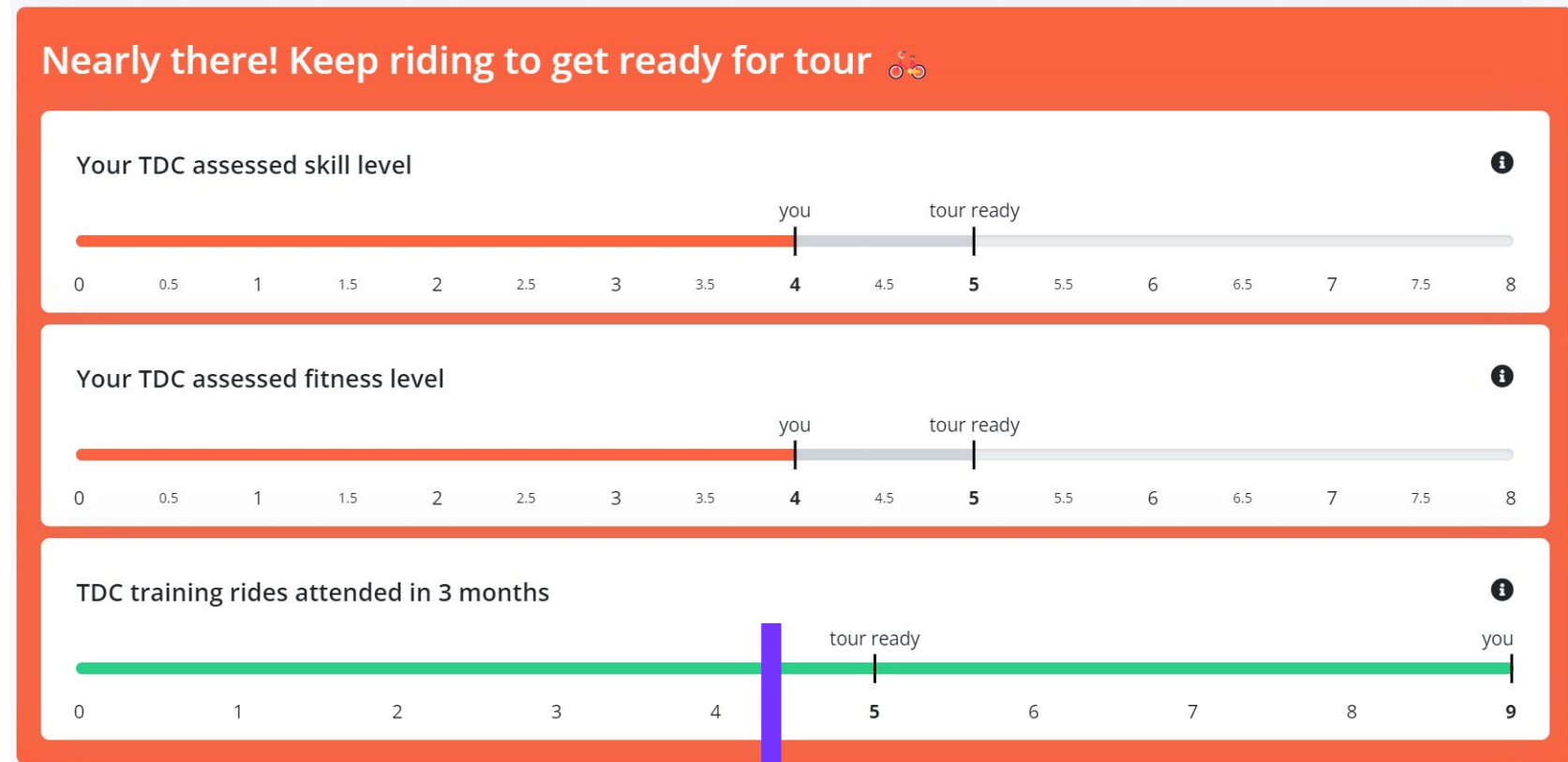
wk		Mon	Tue Ride or Virtual	Tue PM	Wed	Thu Ride or Virtual	Thu PM	Fri	Sat	Sun	Total Kms	Elevation
Reached 50% of Fundraising												
8	Big Week	Rest	25	Strength/ Pilates/ Gym	Rest	40	Strength/ Pilates/ Gym	Rest	100	120	285	3000
7	Build	Rest	25	Strength/ Pilates/ Gym	Rest	40	Strength/ Pilates/ Gym	Rest	50	140	255	3000
Level 4 Skill & Fitness												
6	Rest	Rest	25	Strength/ Pilates/ Gym	Rest	30	Strength/ Pilates/ Gym	Rest	50	100	205	2000
5	Big Week	Rest	25	Strength/ Pilates/ Gym	Rest	35	Strength/ Pilates/ Gym	Rest	100	150	310	3000
Reached 75% of Fundraising												
4	Rest	Rest	25	Strength/ Pilates/ Gym	Rest	25	Rest	Rest	Rest	100	150	1500
3	Build	Bike Service				Rest	Strength/ Pilates/ Gym	30	100	120	250	2700
2	Build	Rest	25	Rest	Rest	Rest	Strength/ Pilates/ Gym	Rest	100	100	225	2500
1	Taper	Rest	25	Rest	Rest	Tour	Tour	Tour	Tour	Tour	Tour	Tour

Support Crew

We will be in contact in the coming weeks to allocate roles on tour. Recommend support crew #BEFIT #BEHEALTHY #BEHAPPY and prepare your fitness for tour too! Add regular exercise into your weekly routine and get good night's sleep in the lead up to tour.

22 February, Rider Tour Readiness

- Level 4
- Following the training plan with Back to Back rides
- Attended 5 TDC rides over 40km – Saturday or Sunday rides, depending on State



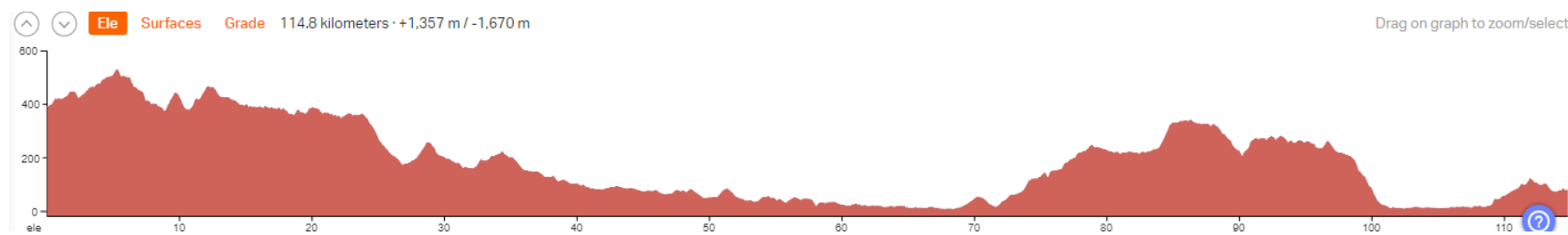
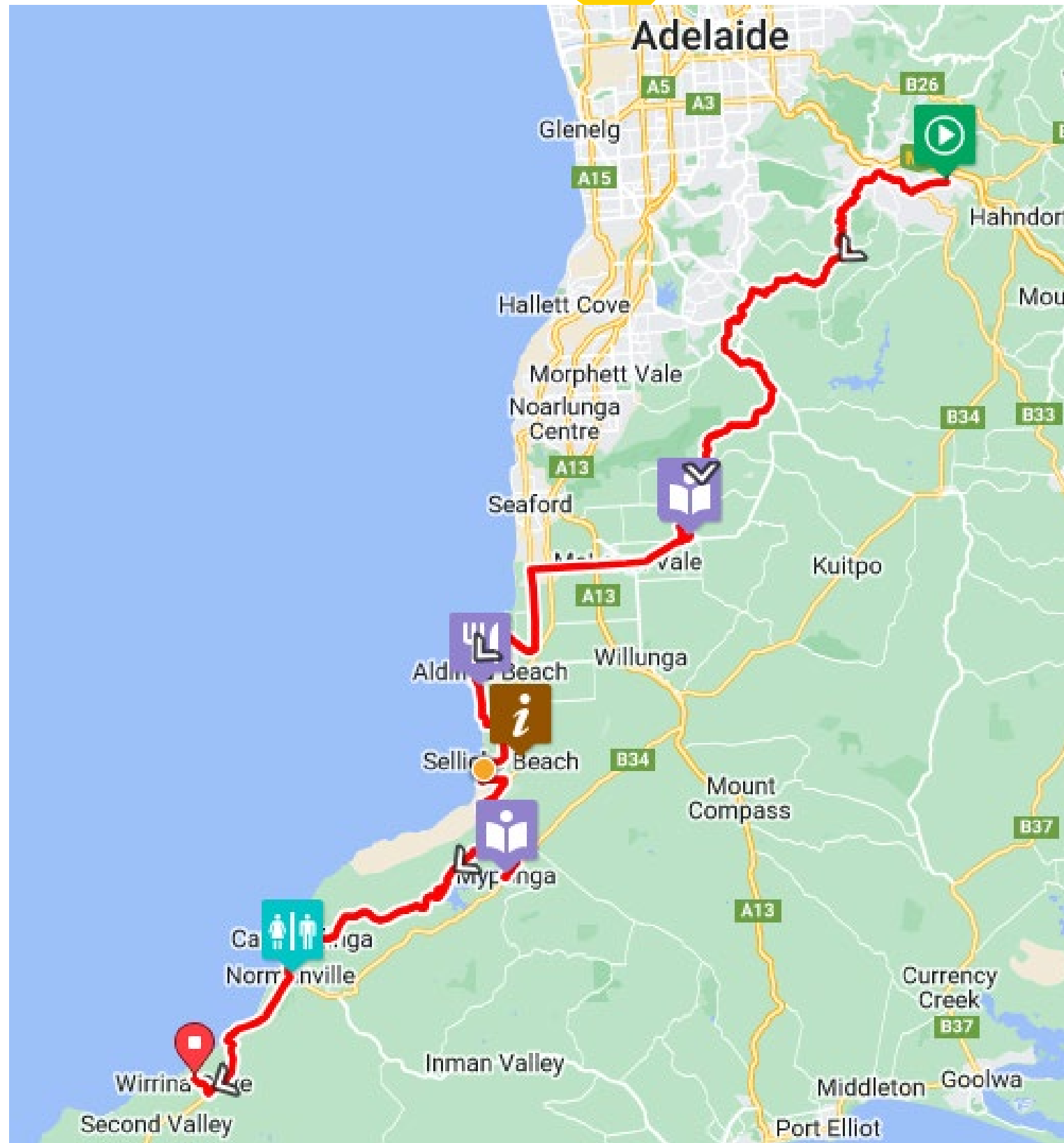
Congratulations! You are ready for tour 🎉



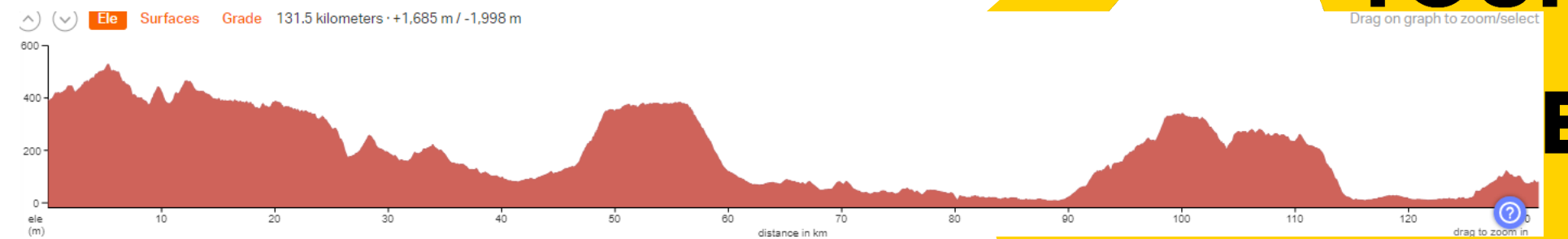
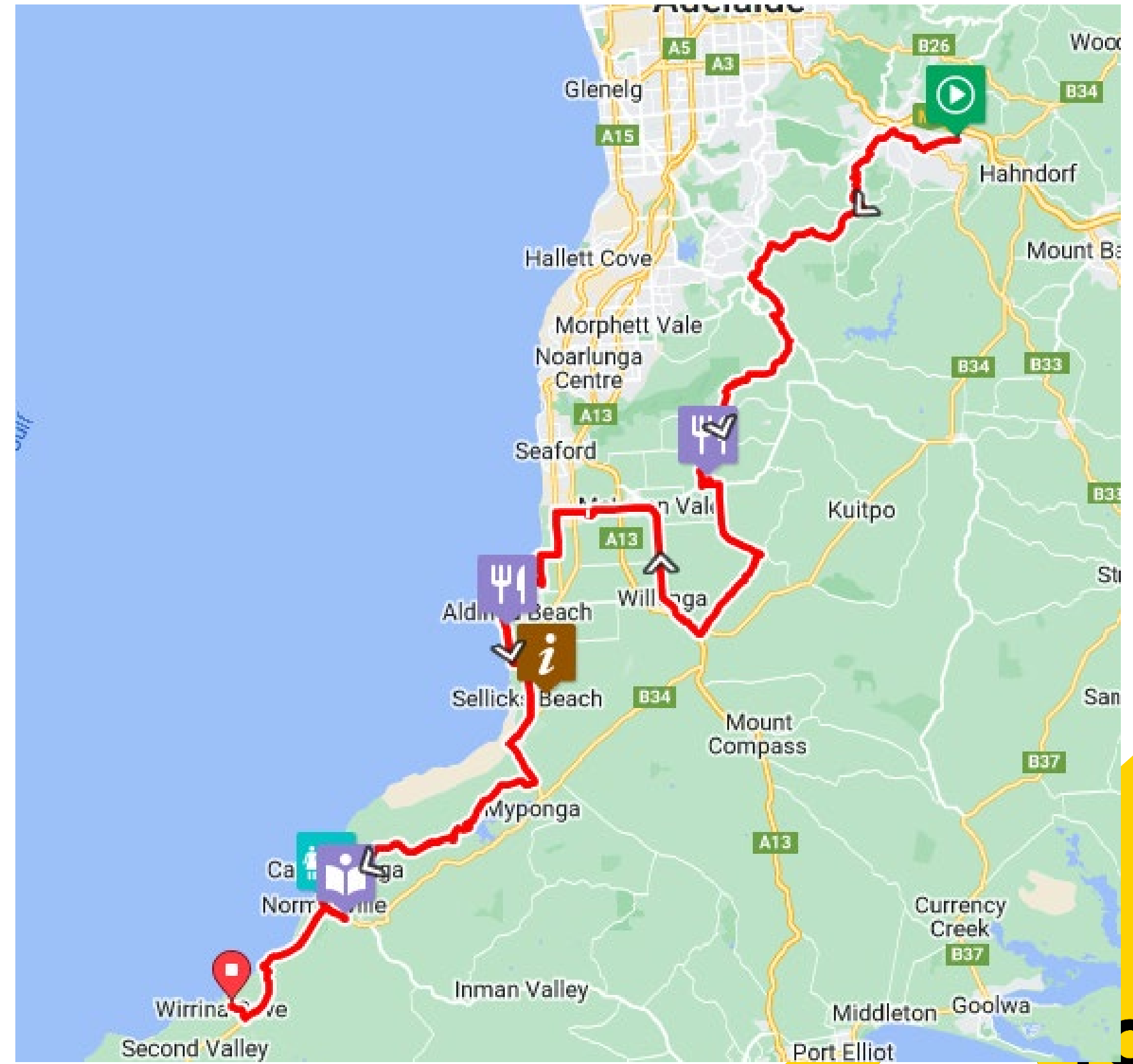
The Route



Day 1: Ride - Bridgewater to Wirrina Cove – 114km / 1357m

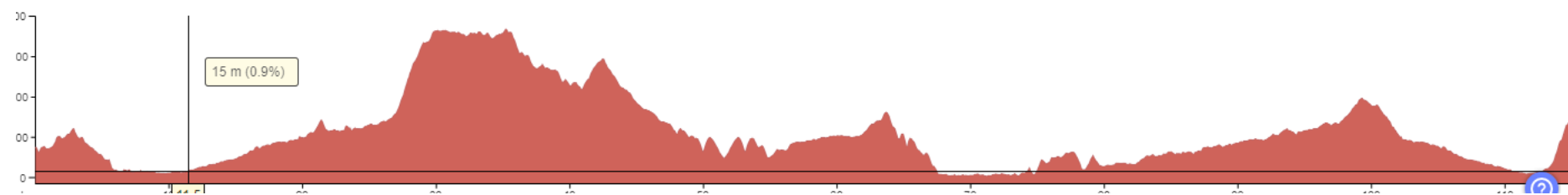
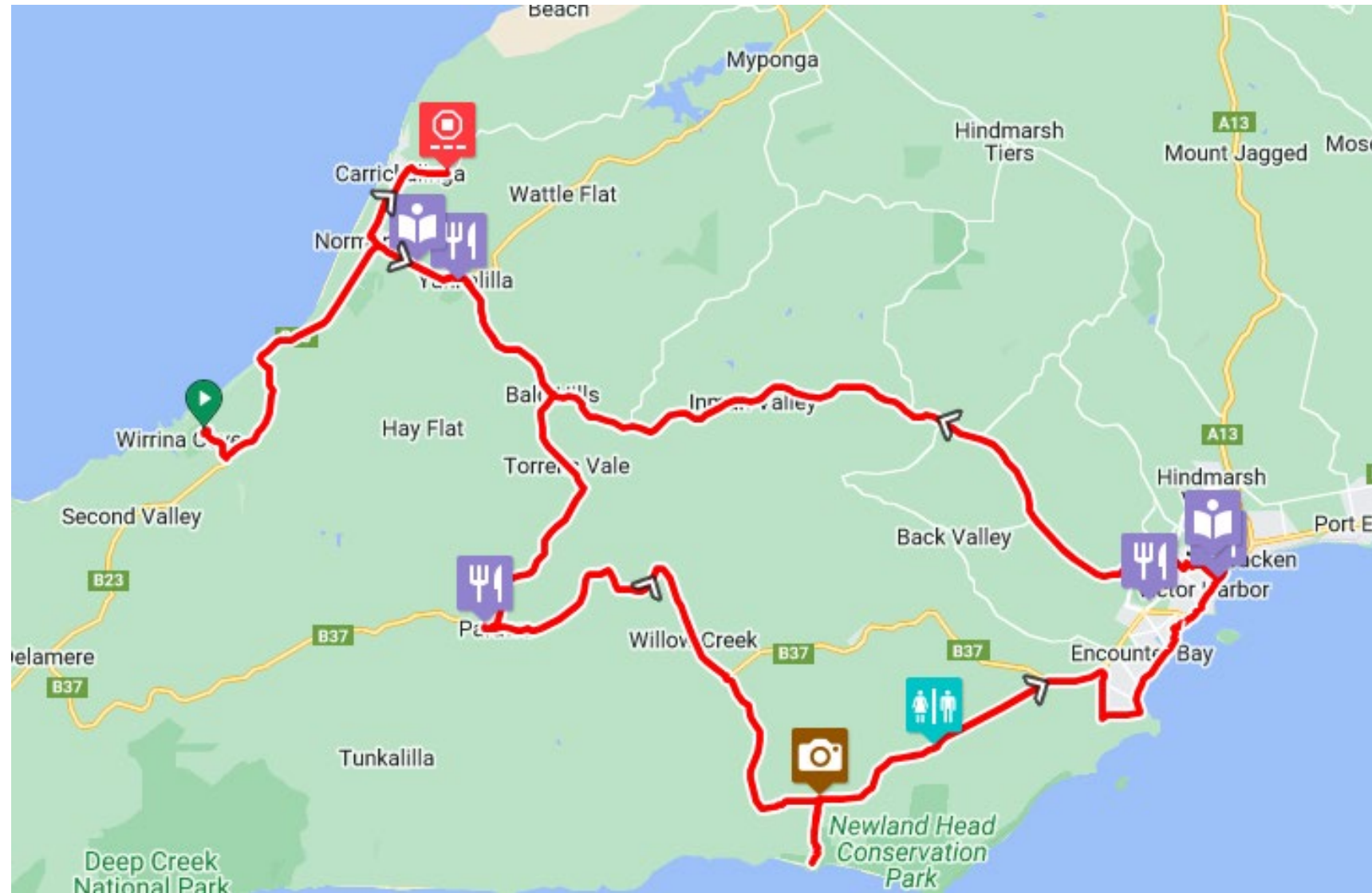


Day 1: Challenge - Bridgewater to Wirrina Cove – 131km / 1685m

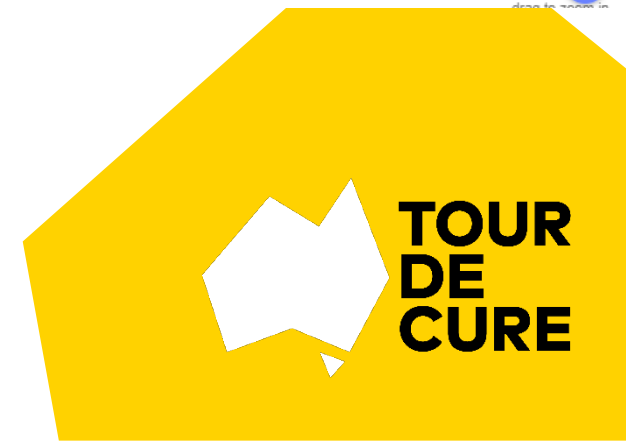
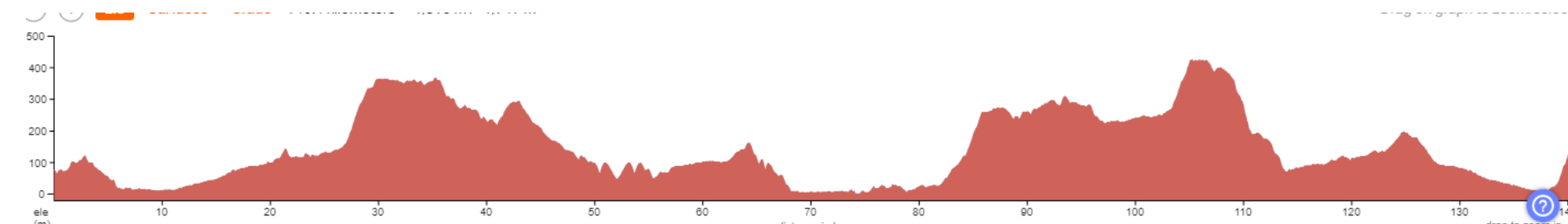
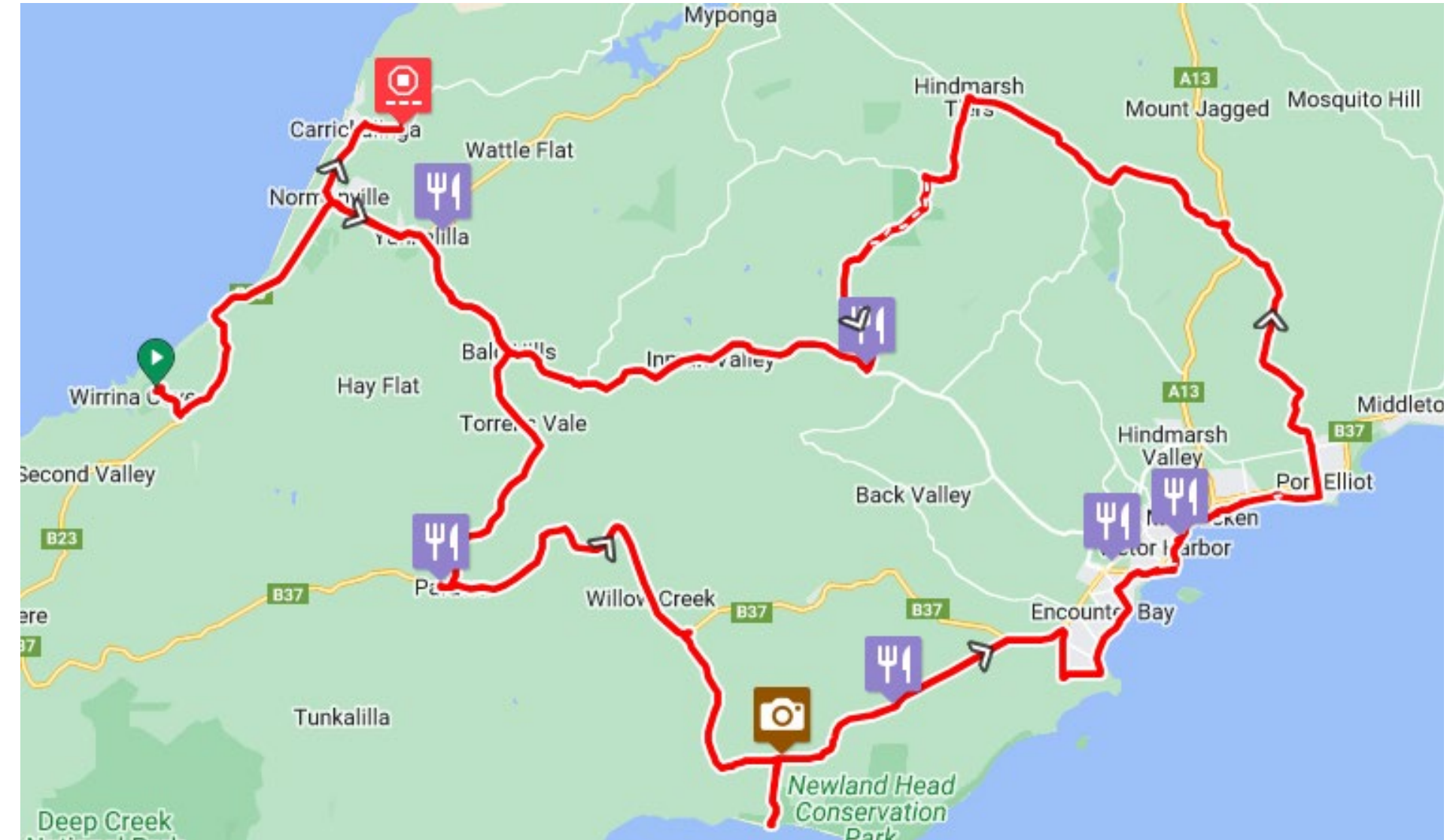


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Day 2: Ride - Wirrina Cove Loop – 115km / 1364m

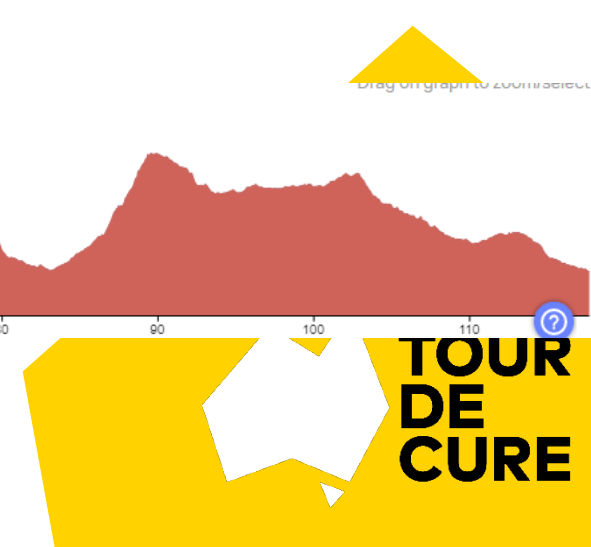
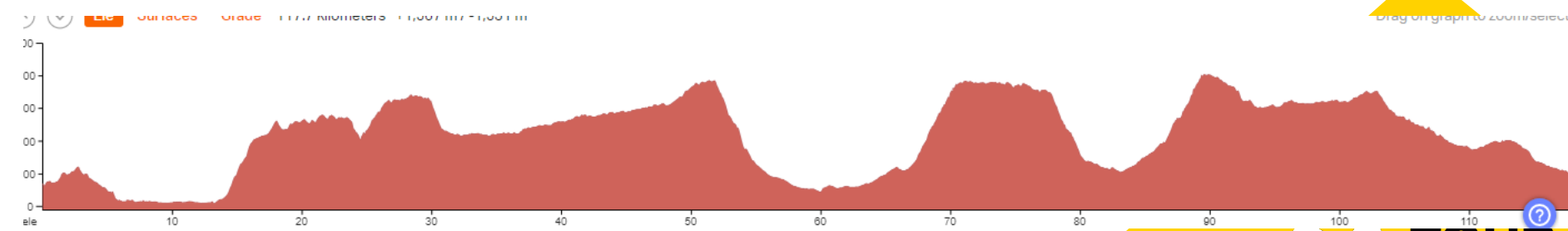
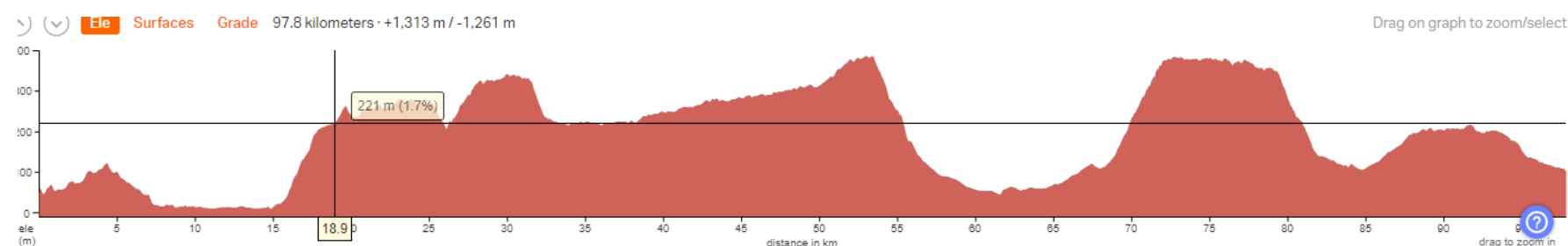
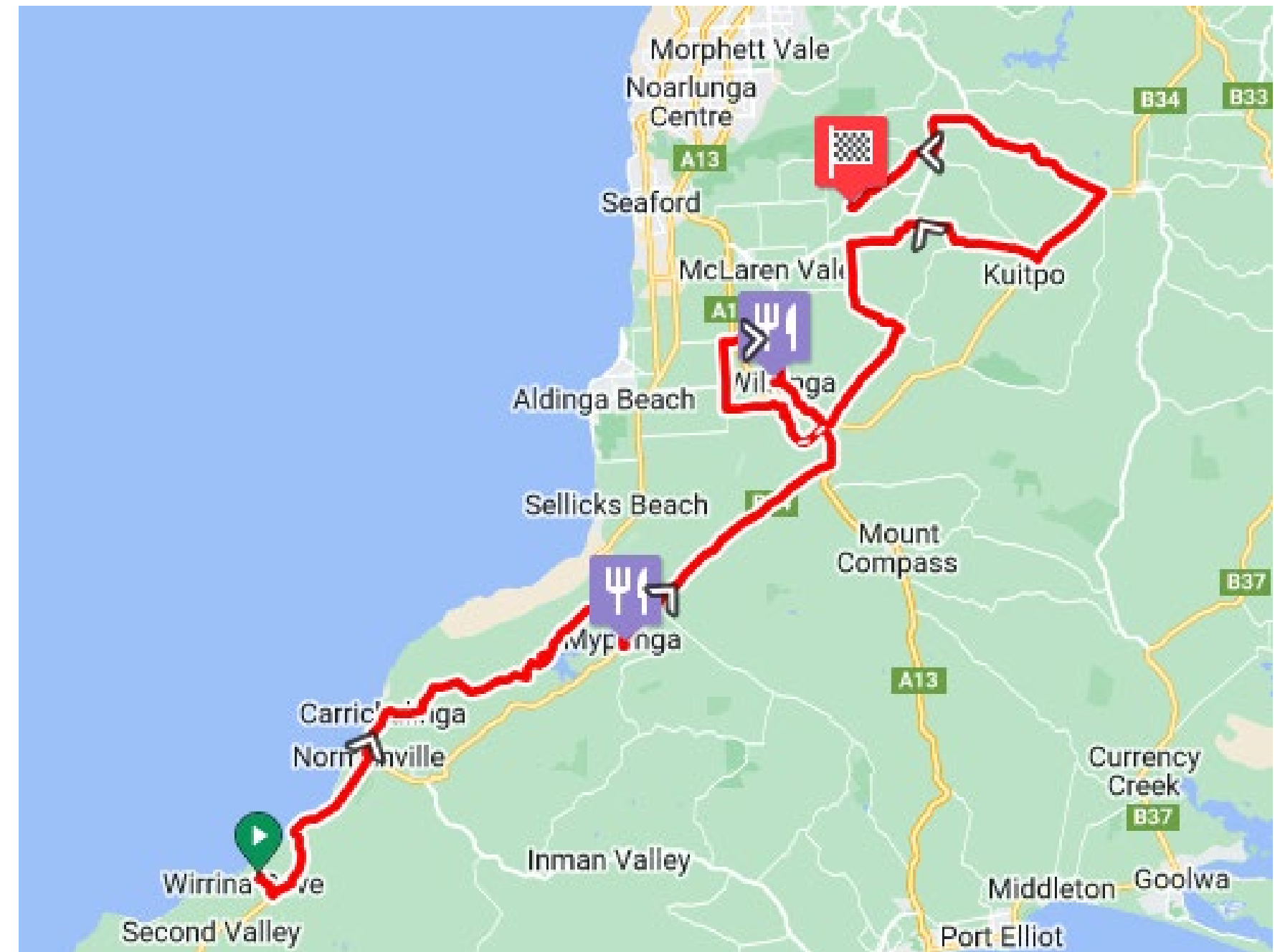
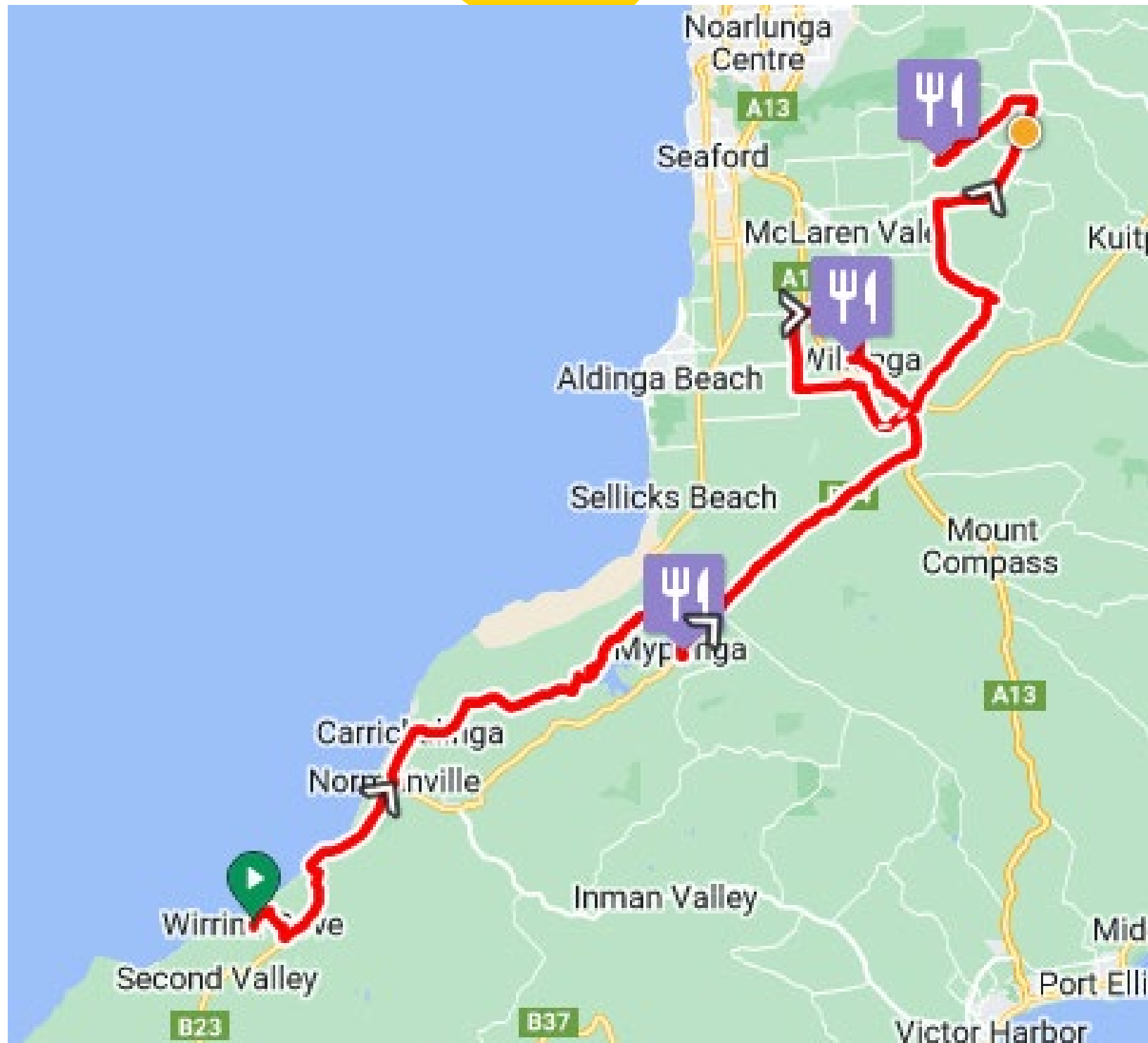


Day 2: Challenge - Wirrina Cove Loop – 140km / 1815m



Day 3: Ride - Wirrina Cove to McLaren Vale – 97km / 1313m

Day 3: Challenge - Wirrina Cove to McLaren Vale 117km / 1567m





The Tour

Pre tour

Bike Transportation

You have nominated one of two options to get your bike to the start of tour via the logistic survey early February:

1. Sydney to SA: TDC's bike trailer can transport your bike racked and fully assembled to SA, no need to use a bike box or bag.
Drop your bike off **Friday 5 April** 4-6pm, TDC car park, 14 Rodborough Road, Frenchs Forest.

2. If you are interstate or unable to drop your bike at Frenchs Forest, please book to travel with your bike.

Please let us know if there are any changes to your survey preferences.



Day 0 – Check in

Wednesday 10th April

Venue: The Pier, Glenelg: 16 Holdfast Prom, Glenelg, SA

3:00pm – 5:00pm: Kit pick up/Swap & Bike Check

4:00pm – 4:45pm: Support crew briefings/Ride Leader Briefing

Dinner: The Pier, Glenelg: 16 Holdfast Prom, Glenelg, SA

5:00pm – 6:00pm: Pre-dinner drinks

6:30pm: Dinner commences

Accommodation

For those who live outside Adelaide and require accommodation for Wednesday 10 April and have requested this through the logistics survey, we will be staying at the Oakes Pier Suites, 16 Holdfast Prom, Glenelg, SA

Day 1 – Getting to Tour

We will be transporting everyone via coach from Oakes Pier Suites, Glenelg rear car park to the start of Tour in Bridgewater Oval on Thursday 11th April. Please be there promptly at 6:00am to load bikes & board the coach.

At Bridgewater, your friends and family can see you off between 8am to 9am dependent on your peloton.



Let there be coffee, thanks to.....
“The Power Station Co”

**TOUR
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Finale Beresford Estate

Saturday 13th April Arrival venue: Beresford Estate, McLaren Flat

Team arrival: Approx 12.30pm - Your friends and family can welcome you into the finale

Celebration: 1:30pm – 4:00pm. Friends and family welcome, at own expense. TDC team members will receive drinks and snacks.

Tour concludes at 4pm

A coach will be available for those who need to get back to Adelaide from McLaren Vale. **Please notify us in your logistics survey** if you require a seat.

Please book your own accommodation if staying in McLaren Vale/Adelaide.



Tour Checklist

Deadline: 15 March

- Working with children check number and expiry uploaded to hub.tourdecure.com.au
- Medicals: Please complete a [self assessed medical form](#) which will be reviewed by the tour medical director. Upload the completed form to [TDC Hub](#).
(We always encourage participants to have an annual check up with their GP and to complete regular cancer screenings.)

Additional Rider Mandatories

- At Level 4 Skill and Fitness
- All riders are required to attend a minimum of five TDC supported training sessions of 40km+, even if you are an experienced cyclist. Only 7 more weekend rides until tour! Follow the weekly training plan including back-to-back long rides. Tracked on hub.tourdecure.com.au
- Purchase a spare derailleur hanger specific to your bike and keep in a safe place.
- Two weeks prior to tour you are required to have your bike serviced then [upload the form](#) to TDC Hub.



A Typical Day on Tour

Kit

Accommodation

Socials

A Typical Day on Tour



Breakfast & bag drop

Team briefing

Ride 25-60km

School visit – week day

Morning Tea

Ride 25-60km

Lunch

Ride 25-60km

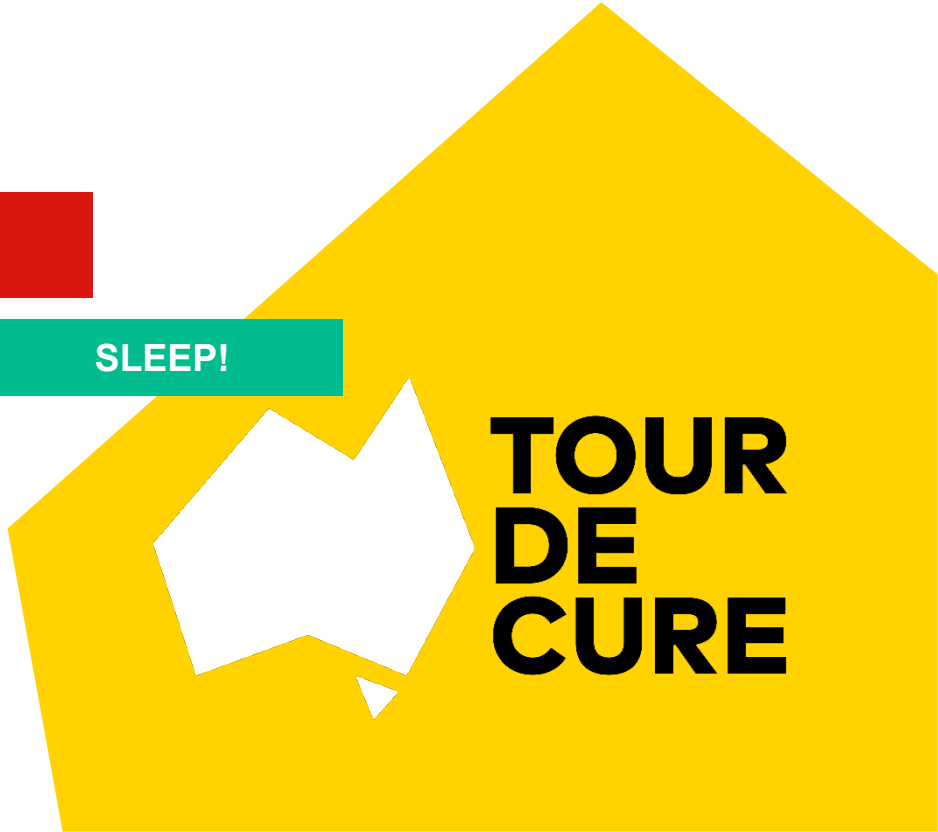
Afternoon Tea

Recovery

Room check in

Dinner, Community Grant presentations, Briefing

SLEEP!



Kit Summary

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

Kit Pick Up Locations:

1. TDC HQ – Sydney – Friday 5th April 4-6pm
2. SA – Flinders Foundation – Friday 5th April 10am-12pm
3. SA Day 0 Wednesday 10th April – Glenelg – 3-5pm

Riders will receive:

- 2 x sets of tour cycling kit
- 2 x water bottles
- Black dinner polo shirt (Optional / bring previous tour shirts)
- Drawstring day bag (Optional / bring previous tour bag)
- Laundry bag (Optional / bring previous tour bag)
- Sticker sheet with 4 name stickers, luggage tags and top tube sticker

Optional Additional Apparel to Purchase

TDC Kit supplier Champ Sys

Additional kit such as waterproof riding/ rain jackets, arm and leg warmers, gloves, booty covers etc

<https://www.champ-sys.com.au/collections/tour-de-cure-retail-1>

Deadline 28 February for 29 March delivery

Champ Sys will donate 20% back to TDC for each order placed.

Rainbird Softshell Jackets

Optional purchase of TDC branded Jackets \$129.99

<https://rainbirdclothing.com.au/pages/friends-of-rainbird>

Delivery approximately 5-10 days from order.

Rainbird will donate \$30 back to TDC for each jacket purchase.

Support crew will receive:

- Black dinner polo (Optional / bring previous tour shirts)
- Black TdC t-shirts (Optional / bring previous tour shirts)
- Baseball cap
- 1 x water bottle
- Laundry bag (Optional / bring previous tour bag)
- Sticker sheet with luggage tags and name labels



Single Accommodation – Supplement

You will share with two of the same gender people per room unless you have booked the single supplement. We will accommodate couples together.

We have limited availability for people to purchase 2 nights (in Wirrina Cove) as single rooms by paying a single supplement. Supplement \$260 excludes \$0.50 ticket fee and \$6.50 processing fee

Purchase through our Try Booking link <https://www.trybooking.com/COOPF>

Limited availability, first in, best dressed.
Bookings close 10 March

The logo for Tour de Cure is located in the bottom right corner. It features a white, stylized star or house-like shape on a yellow background. To the right of this shape, the words "TOUR DE CURE" are written in a bold, black, sans-serif font, stacked vertically.

**TOUR
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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





TDC Values Jersey

Tour de Cure Values Jersey

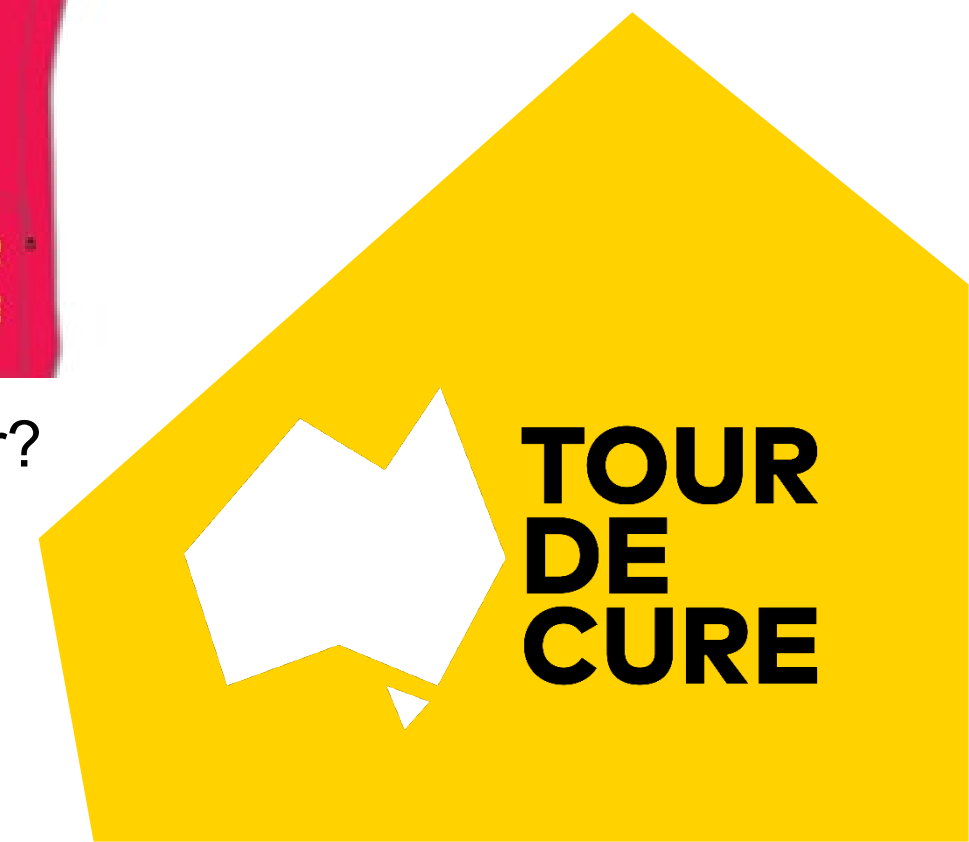
The VALUES jersey is awarded each night on tour to the riders and support crew who display Tour de Cure's CARING values.

- Courageous: We do what we say we will do and what is right
- Achieving: We work with purpose beyond ourselves to ensure we reach our goals
- Respectful: Our actions and words consider others first, me second
- Inclusive: We are committed to diversity and make inclusion a priority
- Nurturing: We provide honest feedback to help each other improve
- Growing: We measure our progress in everything we do

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!

You will be asked the week prior to tour to Nominate for a Day 1 Jersey to be presented on Thursday 11th April. Start thinking who have you met who has displayed the TDC Values in the lead up to tour?



Questions

[FAQs](#)

[RESOURCES](#)

[MEDICAL FORM](#)