



**LIFT THE LID**  
*on mental illness*

**D9520 CONFERENCE  
BICYCLE RIDE FROM  
THE OCEAN TO  
THE OUTBACK**

**28 March to 4 April, 2019  
636 kilometres from  
Victor Harbor to Broken Hill  
7 days riding  
1 rest day  
Avg 90km per day**

**The Rotary Club of Victor Harbor is proud to organise this exciting event  
to raise funds for research into mental health.**

**We will be cycling from Victor Harbor to Broken Hill  
arriving in time for the Rotary District 9520 Conference**

The ride has even more significance now that our drought affected rural friends and families are struggling through such a difficult time.

It is not only farmers who need our help here, but entire communities.

All funds raised will go to Australian Rotary Health (ARH) and every dollar raised goes directly into Mental Health Research which has been ARH's main area of focus since 2000.

ARH was established in 1981 and has contributed over \$40 million into health research –  
“In Australia, by Australians, for Australians”.

*"I commend the Rotary Club of Victor Harbor for this wonderful initiative which will not only raise much needed funds for research into mental health through our own Australian Rotary Health, one of the largest independent funders of mental health research within Australia, but will increase awareness of mental health issues within rural communities. This bike ride - from the ocean to the outback - is a great example of Rotarians as People of Action!"*

Kim Harvey, District Governor 2018-2019

**PLEASE SUPPORT US... SUPPORT ROTARY MENTAL HEALTH  
RESEARCH... SUPPORT OUR COMMUNITIES.**

\$100.00 Rider entry fee.

**The route:**

**Thursday 28 March, Victor Harbor to Hahndorf – 74km**

**Friday 29 March, Hahndorf to Nuriootpa – 84km**

**Saturday 30 March, Nuriootpa to Burra – 114km**

**Sunday 31 March Programmed rest day**

**Monday 1 April, Burra to Terowie – 68km**

**Tuesday 2 April, Terowie to Yunta – 101km**

**Wednesday 3 April, Yunta to Olary – 77km**

**Thursday 4 April, Olary to Broken Hill – 118km**

We encourage youth, women and men to join us on this exciting adventure.

Any cyclist wishing to participate will need a minimum standard of 24km per hour solo on a flat road for a minimum of 2 hours.

Every day will be split into 2 sessions.

Starting time and duration between breaks will be advised before each day's ride.

At least one support vehicle will be on the road for the duration of the event thanks to the Rotary Club of Victor Harbor.

All sponsors will be recognised on signage displayed on support vehicles and trailers for the duration of the event.

Safety will be of paramount importance.

All cyclists are to adhere to a code of conduct that will be required to be followed during the event.

Non Rotarians are welcome if you support our cause.

If you are coming to the conference, why not bring a bike or e-bike and roll in to Broken Hill with us in support of this great cause. Alternatively, feel free to walk the last section with us into town.

Looking forward to your participation.

Register your interest in either donating or riding by contacting:

Mark Cox

President, Rotary Club of Victor Harbor

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**Ph: 0414 904 574**