



PENINSULA
HOT SPRINGS



early bird offers

Full day experience
\$160* registration
(RRP \$180)

Half day experience
\$120* registration
(RRP \$140)

Mornington Peninsula fundraiser for mental health

Ride for Relief

Sunday, 6 December 2020

* To receive the early bird offer, register by midnight, 16th August, 2020.



**RIDE FOR
RELIEF**

SUPPORTING MENTAL HEALTH



This year has been a challenging one for many, and it has never been more important to support those experiencing mental health challenges. Peninsula Hot Springs and Mentis Assist reunite for the annual Ride for Relief, a community event to build connection, promote mental health awareness and support the immune system through the benefits of physical activity and hot springs bathing.

According to statistics, depression is the leading cause of disability worldwide with an estimated one in five Australians affected by mental illness every year. Working in partnership with a mental health organisation, Mentis Assist, Peninsula Hot Springs is committed to support the cause with what we offer – opportunities to connect in nature.

the cause

The funds raised from this event will be donated to our charity partner Mentis Assist, a not-for-profit mental health support service that provides specialised mental health services for people living with a diagnosed mental illness in and outside of Victoria's Mornington Peninsula.

Mentis Assist will use these funds to promote accessible mental health and physical wellbeing opportunities that work to build strong and resilient individuals and communities.

the point of difference

Ride for Relief is unique in that it is a boutique event that allows a maximum of only 81 participants in 3 rides. This creates an intimate team environment in which mental health can be discussed and personal stories can be shared throughout the day.

the ride

On the morning of Sunday 6th December 2020, riders will meet at Peninsula Hot Springs to take off on a spectacular scenic ride around Mornington Peninsula. There are four experiences to choose from:

- 51km recreational ride and bathe
Half day experience
- 51km recreational ride and bathe
Full day experience
- 108km intermediate[†] ride and bathe
*Full day experience**
- 108km advanced[†] ride and bathe
*Full day experience**

This professionally arranged and fully supported ride will be assisted by Connect Sport Australia and includes lead riders, a bike mechanic and first aid specialist.

All rides will finish at Peninsula Hot Springs, where participants can unwind, relax and recover by bathing in natural geothermal mineral-rich waters. All full day riders will also enjoy a healthy buffet-style lunch.

COVID-19 policy

With Victoria's current plan on easing of restrictions, we are anticipating bunch rides of 30 cyclists each and an event gathering up to a total of 100 people will be allowed by early December. However, if this is not the case, we will still stage the event with the following modifications;

- **Modification 0** (Current Plan):
3 pelotons x 30 riders (maximum)
- **Modification 1:**
3 pelotons x 10 riders (maximum)
- **Modification 2:** If an outdoor event is not allowed, we will hold a virtual event ride via Zwift App

If the Modification 2 is the only option available given restrictions being in place and you prefer not to be part of the virtual event, you can cancel your participation and receive a 100% refund of your registration fees.

During the lockdown period, many cyclists have reported that a group riding experience on Zwift provided them with a strong sense of mateship and community, with visual and live communication functions for its riders.

In the case that the Ride for Relief may need to be held on Zwift, we will provide more details on the updated plan and provide passes to visit Peninsula Hot Springs in the future.

The health of our riders and team is our priority and we will continue to closely monitor the COVID-19 developments and provide all participants with any updates on our event accordingly.



event outline

Date	Sunday, 6 December 2020			
Time	7.45am to meet at Peninsula Hot Springs car park for a mandatory briefing			
Registration	Half day experience (51km ride) \$140 Full day experience (51km ride, 108km ride) \$180			
Level of ride	Participants should be confident riding in a group of 30 riders			
Experiences	Recreational 51km ride (half day)	Recreational 51km ride (full day)	Immediate 108km ride ** (full day)	Advanced 108km ride** (full day)



early bird offers

Full day experience
\$160* registration
(RRP \$180)

Half day experience
\$120* registration
(RRP \$140)

Registration includes

- Your choice of a 51km Recreational ride, a 108km Intermediate ride or a 108km Advanced ride, all with on-road support vehicles and crew.
- Morning tea and cakes at a café, plus water and bars/gels carried in a support vehicle.
- All full day experiences include healthy buffet-style lunch at Peninsula Hot Springs.
- Recovery bathing session at Peninsula Hot Springs with towel, robe and locker hire.
- Bathing passes for two to potentially invite someone who may have been affected with mental health issues. *Valued at \$110*
- Ride for Relief team jersey offered as an optional purchase.
- Optional 60-minute signature full body recovery massage in the Spa Dreaming Centre at a discounted rate of \$100. *Valued at \$150 – subject to availability*
- A training program to help you prepare for the event.
- Advice and support from Mentis Assist in creating an innovative online fundraising page.
- Hands on support in fundraising. In previous years, our riders have enjoyed the fundraising experience, and the majority of our riders achieve the targets with ease.

Key event terms

- We request that each rider has a fundraising target of \$500. While we understand COVID-19 might affect people's generosity in donation amount, every effort to reach this target is much appreciated.
- It is strongly recommended that a rider seeks and obtains personal insurance over and above the cover (Public Liability Insurance) provided by the event organisers.
- Riders will need to pay the registration fee within seven (7) days of being notified that you are a successful participant in Ride for Relief.
- The Ride for Relief registration fee and all donations made to Mentis Assist are non-refundable†. In the event that you withdraw or fail to participate in Ride for Relief, any donations and funds raised will still be forwarded to Mentis Assist.

course map



Route may change due to weather or other unforeseen circumstances.

* To receive the early bird offer, register by midnight, 16th August, 2020.

** Subject to demand – minimum 10+ riders required per experience.

† Only exception applies if the event has to run virtually on Zwift.





For better mental health

Each year one in five Australians will experience a mental illness and almost half (45%) of Australians will experience a mental illness in their lifetime.

how Mentis Assist helps

For over 30 years Mentis Assist has provided specialised mental health support for thousands of people from all walks of life. Each year, we support hundreds of the most seriously affected people with mental health issues across Melbourne.

Our team of highly trained professionals provide support for people with severe mental illness, long term homelessness, family violence and substance abuse along with depression and anxiety resulting from life's everyday challenges.

Working together with a network of professionals, Mentis Assist helps individuals, to identify their personal strengths, values and goals, with an emphasis on improving health and wellbeing, independence, social participation and enhancing meaningful relationships.

We offer a range of services including NDIS, specialised psychological and community mental health support, activity groups with a mental health focus, access and support to assist those who may find it difficult to access services due to diversity, care coordination, youth specific programs for people aged 16-24 and mental health awareness training.

thank you

Together with Peninsula Hot Springs, we are committed to promoting accessible mental health and physical wellbeing opportunities that work to build strong and resilient individuals and communities.

As a Government funded not for profit service provider, we rely on the generosity of the community to assist us in helping some of the most vulnerable people in our community.

We thank you for your support.

For more information:

Mentis Assist
www.mentisassist.org.au
1300 MENTIS
(1300 636 847)

Proud partners with



personal details

Name:

Address:

State:

Postcode:

Phone:

Email:

DOB:

Company:

Occupation:

Position:

riding ability

How many kilometres do you ride weekly?

Ride for Relief requires you to ride in a bunch of 30 riders – are you confident riding in a bunch?

yes no

Which ride are you interested in participating in?

51km Rec	51km Rec	108km Int	108km Adv
Full day	Half day		

51 km Recreational (*full day or half day*), 108km Intermediate or 108km Advanced.

Full day Half day

108km riders

yes no

Are you capable of riding 108km in a day?

Are you able to consistently and confidently ride at 28–35km/ph (on flat) in a bunch?

51km riders

yes no

Are you capable of riding 51km in a day?

Are you able to consistently and confidently ride at 23–28km/ph (on flat) in a bunch?

* Only exception applies if the event has to run virtually on Zwift.

If you are unable to keep up with the bunch you understand that you may be required to take a break in the support car as there will be no pushing assistance from lead riders.

your bike

yes no

51km Riders will use a Road Bike or Hybrid Bike which has been fully serviced prior to the tour

108km Riders will use a Road Bike (not a Hybrid bike) which has been fully serviced prior to the tour

(Note: NO time trial bikes, BMX, eBikes, mountain bikes, or single speed bikes. All riders are encouraged to have new tyres to reduce the instance of punctures)

event terms

yes no

You understand the fundraising expectations detailed in this event brochure, including the target of \$500.

You understand if at any time you withdraw from the Ride for Relief that your registration fee and funds raised will not be returned.*

You agree that Peninsula Hot Springs has a right to cancel Ride for Relief charity cycling event for reasons beyond the control of the organiser. In the case of the event being cancelled, the registration fee will be fully refunded, however, funds raised up to the point of cancellation will still go to a charity organisation.

Would you like to add a 60 minute Peninsula Hot Springs recovery massage for \$100 (RRP \$150)?

I agree to the Terms for the 2020 Ride for Relief

Note: As a condition of participating both Riders and Support Crew will be required to sign an additional release/waiver document.

Your signature:

Date:

Please download this brochure and return your completed Expression of Interest by:

- Email (as a PDF attachment) to: bade@connectsport.com.au
- Print and post to: **Connect Sport Australia, Bade Stapleton, 14 Apollo Quay Trinity Park QLD 4870**

If you have any enquiries please contact Bade Stapleton on 0407 114 439 or email bade@connectsport.com.au



The Ride for Relief 2020 event kit will be essentially the same design as 2019, however this year it will be offered as an optional purchase. Last year's kit was Performance Pro and was highly regarded among both riders and crew.

event jersey

Performance Pro Jersey	\$129 (including GST)
Tech Pro Jersey	\$94 (including GST)

event bib shorts

Performance Pro Bib Shorts	\$149 (including GST)
Tech Pro Bib Shorts	\$110 (including GST)



Performance Pro

This is the ultimate in versatility for the price-conscious buyer looking for the best-performing garment. This style was selected for our 2019 jersey and the quality was enjoyed by both event participants and support crews.

Jersey features:

- **Front & Rear panels:** Tech fabric with advanced wicking properties and 50+ UV protection designed into the fabric.
- **Side Panel:** Tech Mesh 4-way stretch fabric that moves with you and breathable.
- **Shoulder:** Lycra molds perfectly to shape of shoulders and arms providing a very close fit.
- 3 rear storage pockets with slash side pockets allow for easy access while being secure.
- Zippered water resistant gear pocket with a reflective zipper.
- Silicone rear hem keeps the jersey in correct position while riding.
- Soft feel, tapered collar allowing for ideal comfort.
- Partial flatlock seams allowing additional aesthetic appeal.

Tech Pro

Tech Pro performs in all conditions, no matter what the road throws at you. With 50+ UV protection ingrained in the Tech Fabric and a zipper, water-resistant pocket for your iPhone, you'll be hard-pressed to find a better jersey.

Jersey features:

- Built entirely from our premium Tech fabric providing market leading moisture management and 50+ UV protection.
- 3 rear storage pockets with slash side pockets allow for easy access while being secure.
- Reinforced pocket anchor to ensure maximum storage capacity.
- Zippered water resistant gear pocket with a reflective zipper.
- Soft feel, tapered collar allowing for ideal comfort.
- Full zipper, adapt to all conditions.
- Flatlock seams allowing additional aesthetic appeal.

Sizing

Kit is offered in both Men's and Women's sizing, ranging from X Small, Small, Medium, Large, X Large, 2X Large and 3X Large. Go for the smaller size if you like a tight fit and a larger size if you like a looser fit.

[Click here for more sizing information.](#)

Available Options *(for men's and women's)*

- **Race Cut and Club Cut:** Race cut is a tighter, shortened, closer fitting cut while the Club cut is a longer more relaxed fit.
- Additional sleeve length on jersey.
- Long length on bib shorts.

Orders for the 2020 Ride for Relief event kit will be taken through a Champion System online store. The link to this store will be shared with all registered riders.

**2020 designs may be slightly different.*