

[www.cyclingdevelopment.org.au](http://www.cyclingdevelopment.org.au)

### Charity Ride Hope2Day

The Cycling Development Foundation (CDF), alongside the Veris Racing team, are pleased to host its inaugural charity ride. It is our intention to raise \$20,000 to fund this outreach program, which will be staffed and delivered by athlete recipients of the CDF; via the nationally registered racing team [Veris Racing](#).



The purpose of this event is to raise funds for Hope2Day in an effort to host a 'Project ReCycle' event in Laverton, Western Australia. Project ReCycle is an 8-10 session program where young people – with the support of a mentor - learn the skills required to rebuild a bike in small groups. It's more than learning skills; it's about making strong foundations for life. Stripping down and rebuilding a bike teaches mechanical proficiency, and enables young people to work through challenges. By working in small groups, students have opportunities to build connections and positive relations with mentors that will have an effect on other aspects of their lives. Participants also rebuild a bike for a child or young person in another remote or

neighbouring community – therefore having a direct impact on that child's and family's wellbeing. This aspect is again performed in partners or small groups within the program. Two key indicators are around Social Impact and Engagement.

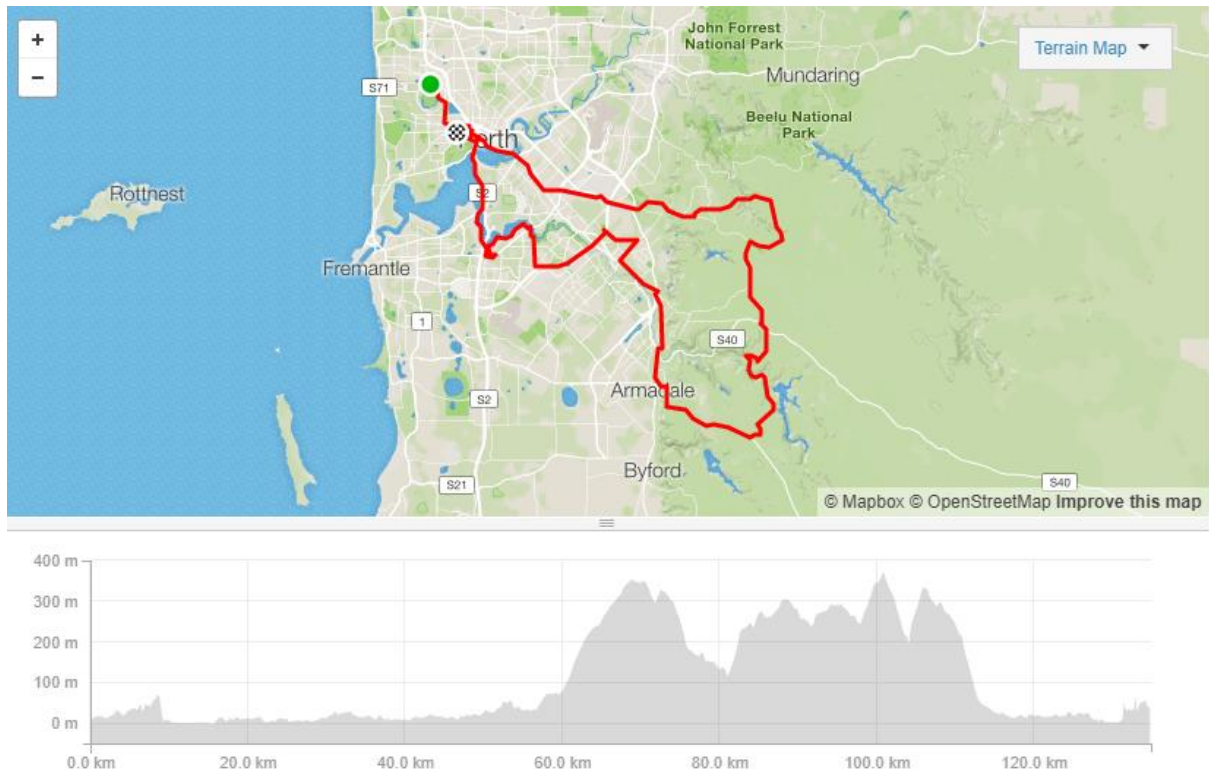
Read more about Project ReCycle [here](#)

### The outcomes that have been identified during programs are:

- Improved school attendance
- Increased engagement in the school community
- Improved engagement in Education (classroom behaviours and work attitudes)
- 100% of participants completed a bike for another person
- 100% of participants engaged in rewards based programs – now also being linked to school community behaviours
- 30% of participants would like to return as a 'Bike Buddy' on future programs
- 30% of participants are now actively engaged in other youth/community or mental health services that they were previously not engaged with prior to the program

## Event Information

**Route:** <https://www.strava.com/routes/9592080>



*Garmin map files will be made available for all registered participants*

## Proceeds

All proceeds from the ride to Hope2Day

## Date

Sunday 25<sup>th</sup> November 2018

## About the ride

Start, Rubra on Swan; <https://goo.gl/maps/dSbUyeM6gDx>

6am (23-25km/hr group)

630am (25-27km/hr group)

7am (27km/hr + group)

Finish, Rubra on Swan

11.00am

120km, 1528m climbing

## **Format**

The aim of the ride is to start and finish as a group at a designated group speed: 24-25km/hr, 27-28km/hr, or 30km/hr. Average speed is timed through the bike computer, so only moving time is recorded, not elapsed time. The ride is not a race and all road rules must be adhered to.

The ride will start and finish from Rubra on Swan, near the bell tower on the east side of Elizabeth Quay. Refreshments will be made available at the start and finish of the ride event.

The ride will be supported by a vehicle, experienced riders and accredited coaches. The ride will be a moderate pace, but there will be an expectation of a level of fitness required to maintain a group average speed for the 120km distance. Please indicate fitness levels and riding history in the registration form.

The ride is for men and women and is open to all members of the public but will be limited to 200 registrations.

## **Support vehicle**

One support vehicle from Vault Cycle Services will be on course for assistance through the day.

## **Rider care**

Qualified first aid will be provided on course. If riders cannot complete the ride they will need to notify the group leader.

## **Rider's responsibilities**

- Riders will be responsible for providing their own ride worthy bike, Australian safety approved helmet, shoes, tyre's and spare tubes
- Mechanical assistance will be available on the ride
- Bikes should be serviced prior to the ride. Vault Cycle Services will offer all riders a 10% discount on a standard service prior to the ride
- Riders will be responsible for their own nutrition and hydration specific to their needs

## **Included as part of fundraising commitment**

- Coffee and food post ride from Rubra on Swan
- Mechanical and on ride support
- Transfer by service vehicle to Perth if rider can no longer return

## **Fundraising**

You are welcome to establish your own fundraising to raise much-needed resources for the Hope2Day charity. Individuals to set up their own fundraising account here:

<https://au.gofundme.com/>

## **Event Costing**

### **Registration**

\$99 per person payment on registration, plus a \$200 minimum fundraising amount.

Please register here: **Ride for Hope2Day**

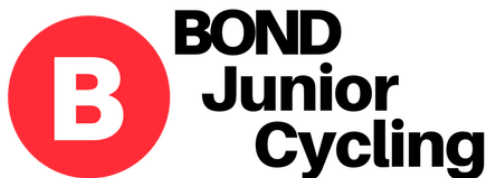
### **Donation via Fundraising**

Minimum \$200 per rider via Gofundme [webpage](#)

### **Jersey**

Ride Jerseys will be available to purchase for \$90

Cycling Development Foundation Partners



## **Project ReCycle Proposal Information: Laverton**

**Rationale:** The program implementation opportunity would provide the program participants and the local community three significant benefits specific to: the Program; Community impact; Social impact.

### **Program:**

1. *The Program* could be implemented in the local school community of approximately 10 – 20 students in Laverton. Project Recycle will run an intensive program with 10 sessions running over 2 weeks. During this time participants will be engaged in workshops for approximately 2 hours. Further conversations with Laverton School and stakeholders would take place to determine how we best implement with the local community. Hope2day would propose to run two programs consecutively with one starting on the Monday and the follow starting on the Tuesday for the Bike program and running mentoring sessions with targeted engagement sessions on the alternative days with support from the local youth team. This will allow us to have maximum impact and engage with 10 students in a meaningful way. Bikes from the program would stay within the community at the school with access provided based on attendance at school. Program Mentors will be engaged to work alongside the Project Recycle team. The volunteer mentors will be recruited locally to partner with participants. Mentors will also undergo training.
2. *Trained Mentors:* Trained mentors will continue to meet with the group over sessions during the following weeks. Participants will be actively engaged with their completed bikes. They will feel an increased sense of belonging to experience the excitement of the event in their own regional community. Obtaining input from the local community in the design and delivery of the mentoring component will be critical to the success of the mentoring framework. Working collaboratively to connect with other services and youth connections in the region is also a focus. A goal is to establish strong local mentoring partnerships which become strong lasting mentoring opportunities.
3. *Community Engagement:* Participants and mentors feel an increased sense of connection and belonging to experience both the program leading up to and the events themselves in their own regional community.

### **Community Impact:**

Project Recycle will provide significant opportunities for community engagement within school and community. There will also be an increased sense of community engagement around the event weekend. Apart from event connection, participants will continue their relationship with their mentors providing the opportunity to build better locally supported mentor partnerships. Ideally – program mentors come from various community sources that may be connected to organisation that are embedded across the region. These connections may provide organisational mentoring opportunities also.

## **Social Impact:**

Social Impact measures to look the effectiveness of program implementation has become a strength of Project Recycle to examine outcomes and gauge the effectiveness of such program opportunities. This will also provide data to consider future program opportunities within the region also.

### **Contact**

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