

THE FRIENDLIES



HIGH COUNTRY TOUR 2017

CHARITY RIDE

Supporting The Friendlies Foundation

When:

Long weekend of Sat,
April 29 to Monday, May 1

What:

Choose between a daily ride length of
100km, 150km or 200km.

Where:

Ride will start and end at Friendly Society
Private Hospital with overnight stops at
Biggenden and Mt Perry.

Includes:

- **Fully supported ride with mechanic and support vehicles**
- **All riders cycle as part of a group**
- **Cycling jersey provided**
- **All meals, bottled water and ride food at stops supplied. Riders to provide own nutrition supplements**

Registration:

Registration is \$250, plus a mandatory fundraising minimum of \$500.

Download the application form at thefriendlies.org.au/highcountrytour

To have an application pack emailed or posted to you, contact foundation@thefriendlies.org.au, or call Fiona on 07 4331 1024.

For full details of the event ride, visit thefriendlies.org.au/highcountrytour

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