

Signature Tour 2024 Wheel2Wheel News



Your Tour de Cure adventure starts here

Welcome to Signature Tour 2024's Wheel2Wheel newsletter, we'll ignite the excitement of tour and importantly express how your fundraising can make a difference to cancer research, support and prevention.

We're excited to be taking you from Hobart in the Apple Isle to Adelaide via the Great Ocean Road and from Geelong to Warrnambool for our Tour Experience team members. You will take on a truly transformational and life changing experience where for nine or two days of riding you will be part of a supportive and connected group raising money and awareness for cancer research.

Whether you are joining us for the first time or you're a returning veteran. You may be dipping your toe in the water with our two day Tour Experience or a member of our amazing Support Crew. Whichever group you fall into, you will be part of the caring Tour de Cure family educating children in our Be Fit, Be Healthy, Be Happy schools' program and working towards the dream of a world without cancer.

Today we'll be touching on the basics to get you started on your Tour de Cure journey. We are here to support you along each step of the journey, so please reach out for support wherever you need it.

Tour Logistics [Click here for FAQs](#)

'Be Fit' Training

'Be Healthy' - Connect to TDC

'Be Happy' Fundraising



Read more about the route and [FAQs here](#)

Do you have local knowledge?

If you have a connection to any of the areas we will be travelling through, please get in touch fundraising@tourdecure.com.au. We'd love to hear if you have family or friends along the way or you have a local connection to the cause, or have children at a primary school along the route!

'Be Fit' Training

'Be Fit' and begin your training and fitness journey with our training plan for riders. Over the coming months we will also be keeping our Support Crew involved with wellbeing tips to get you tour fit too.

Signature Tour Skill & Fitness Level [Calendar](#)

Signature Tour [Training Program](#) | Tour Experience [Training Program](#)

Tour de Cure offers training rides in many locations, before work and weekends, you'll find these rides posted on Strava.

All riders must attend a minimum of five Tour de Cure weekend training rides to be tour ready. You can find our [Rider Level descriptions here](#). If you think this may be challenging for you due to location, please contact TDC as soon as possible fundraising@tourdecure.com.au

Join the TDC Strava Clubs

All riders must sign up to the [free Strava app](#) and TDC Strava club, you'll find our weekly training rides are posted here and the app helps you track your training progress.

Click here for this week's ride in your

state [ACT](#) | [NSW](#) | [QLD](#) | [SA](#) | [TAS](#) | [VIC](#) | [WA](#) | [VIRTUAL](#)

Please click 'I'm In' to join the next training club event. If this is your first club event, give the ride organiser a ring and introduce yourself, all details are provided. Before heading out on a TDC ride, please read our [Etiquette Guide](#)

Sign up to the TDC Hub - For Riders and Support Crew



To keep your health, fitness and motivation on track we have developed a free app which connects your Strava data. The app monitors your training and keeps you connected to the Tour de Cure family.

Register today, scan the QR code or [CLICK HERE](#)

'Be Healthy'

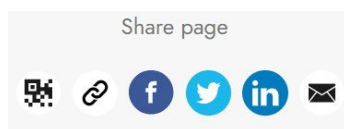
Connect with the Tour de Cure family, join the Signature Tour facebook group and state facebook pages.

1. Sign up to the TDC Hub if you haven't already hub.tourdecure.com.au - support crew too!
2. Join the Signature Tour [facebook group](#)
3. Join state facebook pages [TDC Australia](#) | [VIC](#) | [NSW](#) | [SA](#) | [WA](#) | [QLD](#)

'Be Happy' Putting the FUN in Fundraising

Our mission is to cure cancer and change lives through your fundraising journey, let's get you started.

When you registered for Signature Tour, you automatically received your personal fundraising page (Check your spam folder if you can't find it or [log in here!](#)). You can now share your page by clicking on the icons, send an email, share a facebook post and even create your unique QR fundraising code.



The fundraising commitments can seem daunting, give yourself peace of mind by breaking it down into how you are going to meet your target with expected fundraising milestones:

Full Tour Rider \$12,000 | **2-Day Tour Experience** \$3,500 | **Support Crew** \$2,750

- 25% by 30 October
- 50% by 11 December
- 75% by 5 February
- 100% or more by 14 March

Fundraising resources can be found on the [website](#) and fundraising guidelines [here](#)

Letter of Authority & Certificate of Currency

When you raise funds for a charity, you may be required to produce a letter of authority to enable you to collect donations on the charity's behalf. Please contact fundraising@tourdecure.com.au for a personalised letter.

Download Tour de Cure's Certificate of Currency Insurance [here](#)

Tour Checklist

As part of registering for tour you have some things to check off your 'to do' list. These may seem time consuming right now, but they are important to complete your registration. Get this 'stuff' out of the way as soon as you register and then you can cruise into tour without a worry!

Tour Checklist

Please ensure you are up to date with your tour mandates

- Sign up to the [TDC Hub app](#) (Support crew and riders)
- Complete your medical clearance by visiting a GP and upload your signed [form](#) to the TDC Hub app (Riders and Support Crew). Medicals are valid for one year from your doctor's visit.
- Upload your Working With Children Check (volunteer application) number and expiry to TDC Hub app (Riders and Support Crew). Apply now, these can take time to process.
- Take out appropriate insurance for training (Riders)
- Completed a minimum of 5 TDC Supported 40km+ rides
- Reach your fundraising commitment by 14 March 2024

Please contact me if you have any questions about your fundraising or anything Tour related, let's chat about your fundraising plan!

Claire Robertson

Fundraising Coach & Team Support

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fundraising@tourdecure.com.au



Tour Quick Links

Queries: fundraising@tourdecure.com.au

Donations/Accounts: accounts@tourdecure.com.au

Fundraising [Guidelines](#)

Signature Tour [FAQs](#) | [Tour Logistics](#)

Signature Tour [Fundraising & training](#)

Signature Tour [Where the money goes](#)

Website: [Signature Tour](#) Facebook: [Signature Tour](#)

Strava: [ACT](#) | [NSW](#) | [QLD](#) | [SA](#) | [TAS](#) | [VIC](#) | [WA](#) | [Virtual](#)

Previous Signature Tour Photos: [Signature Tour 2023](#)

TDC Videos: [YouTube](#) to share on social media

[Medical Form](#)

Register on [TDC Hub](#)

Purchase optional additional kit [ChampSys](#)