



Get Training - Spring is on its way

Our events team are on the road next week visiting the towns you will be riding or driving through, the excitement is building! In the coming weeks we will be sharing with you where we are staying and the highlights we'll be encountering along the route.

Do you have a connection to where we are riding through? We are keen to hear if you have a special story that links you to the route, perhaps your children go to a primary school along the way? Please get in touch today and we'll try to incorporate your affiliation and make tour extra special!

I've got a connection to Hobart to Adelaide route

'Be Fit' Training, join us on a training ride this month

'Be Healthy' - Meet Caitlin who's swapped the steering wheel for handlebars

'Be Happy' Fundraising - Get a headstart

'Be Fit' Training

As the weather is starting to warm up and spring is on the horizon, now is the time to build a Signature Tour base fitness. Signature Tour 2024 is a beautiful yet challenging route so make sure you join us on a TDC ride in the next few weeks - See Strava for details. If you are daunted by joining your first TDC ride, give us a call and we'll talk you through [TDC etiquette](#) and welcome you along.

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

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

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

'Be Healthy'



Transitioning from Support Crew and learning to ride for the first time. "I swapped the steering wheel for handle bars"

Caitlin Richardson began riding in May 2023, prior to that she hadn't even sat on a road bike! She is now four months into her preparation and training for her first ever ride event - Signature Tour 2024. We caught up with Caitlin to hear how things are going.

You've been on Signature Tour for three years in Support Crew what made you want to strap on the helmet?

I had so much FOMO while being a Support Crew member on Signature Tour this year! Seeing the riders get to the top of Mt Cootha during Signature Tour 2023 made me go "Holy s#\$% I want to do that!". From the cancer research side of things, I want to do more and make an even greater impact on breakthroughs and ultimately finding a cure.

How have you found the process of learning to ride in cleats and in a peloton?

So easy. I feel it's easier than I thought it would be – I have the best coach in the world, my dad (Chris 'Richo' Richardson, TDC Peloton Manager). He was very much 'if you want to ride you have to show me you want to ride'. Ironically, I have been the one having to ask *him* and drive *him* on 'when we are going to ride, when can we go out and do it and do it properly'!

How have those around you supported you?

Dad has been a big help with my training. The rest of the family and my partner are super supportive. I am even trying to convince my partner Nathan to join Support Crew for the tour!

Everyone from TDC that knows I am riding for the first time has been so helpful and including me in rides – very supportive!

What is your plan to reach the increased fundraising target?

I want to try and do something at my café Shaka in Freshwater (if you haven't already been, where are you and come and say hi over a coffee!). It would be niche to use that as a great night to bring people together for a meaningful cause, raise funds and some fun!

Registrations are open - Bring a mate!

Do you have friends or family members like Caitlin who want to join the challenge of Signature Tour as support crew or a rider whilst making a difference to cancer research? Get them to sign up today!

[Register for Signature Tour 2024](#)

'Be Happy' Fundraising Workshop

If you missed the fundraising workshop, you can catch up here: [Fundraising Webinar](#) or [download the presentation](#) In 45minutes you'll hear:

- Different ways to fundraise
- What kind of fundraiser are you
- Fundraising as an individual or in a team
- How to get started



If you have a great fundraising idea, but not quite sure how to get started, please get in contact fundraising@tourdecure.com.au

Tour Checklist

Tour Checklist

Please ensure you are up to date with your tour mandatorys

- 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!

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Fundraising Coach & Team Support

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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 resources](#)

Signature Tour [Where the money goes](#)

[Training Plan](#) | [Tour Exp](#) | Training [Skill & Fitness Levels](#)

Previous Wheel2Wheel [#1 Jun23](#) | [#2 Jul23](#)

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

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

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

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

[Medical Form](#)

Register on [TDC Hub](#)

Purchase optional additional kit [ChampSys](#)

Letter of Authority and Certificate of

Currency fundraising@tourdecure.com.au

