



Celebrating the 2024 Australians of the Year

Prof Richard Scolyer AO and Prof Georgina Long AO, co-medical directors of the Melanoma Institute Australia, were presented as joint winners of the Australian of the Year Awards 2024.

Fundraising tip: Share [TDC's Facebook announcement](#) with your fundraising link to enable your connections to read where their donation goes.



[Find Out More](#)

Watch the Channel 7 Signature Tour Doco

Lock it in your diary and get excited - the Channel 7 Tour de Cure Special airs Australia-wide on Sunday 11 February at 11am (check your TV guide for local viewing times).

The Special follows 2023's Signature Tour and showcases where the money goes.

In today's issue of Wheel2Wheel

- 'Be Fit' Tour readiness indicators for Skill and Fitness
- 'Be Healthy' Q&A session recap including tour route maps!
- Medicals – NEW, now self-assessed forms
- Community Dinner - tickets for sale
- 'Be Happy' Fundraising Marketplace
- Optional jackets for sale

['Be Fit' Training](#)

At six weeks out, Tour de Cure is really focused on every rider being a level 4 or above (for both fitness and skills), following the training program and attending the TDC long weekend rides. Signature Tour requires a level 5 by February as per the [Skill & Fitness Level Calendar](#)

We're focused on safety for all, so we strive for maximum attendance at the TDC rides to increase everyone's peloton skills, even experienced riders. Please ensure you have many hills/elevation in your long rides and back-to-back long rides to prepare for Signature Tour 2024! If your [TDC Hub](#) tour-ready indicator is red, you must join us on TDC long weekend rides.

Please contact us if you have questions regarding your skill and fitness level for tour in March and we can work with you. If you find meeting the minimum 5 TDC rides challenging due to your location, please get in touch with us to discuss.

Training Program

[Signature Tour 2024](#)

[Tour Experience 2024](#)

Bike Fit

Have you had a professional bike fit? A bike fit service by an experienced physio can help to prevent overload injuries. Knee pain, lower back pain and numb hands are three of the most common repercussions of a poorly fitted bike. Saddle discomfort and numbness is another common issue during multiple days in the saddle. Many bike fit services are performed by qualified physios and passionate, experienced cyclists, often offering health fund rebates. Book a fit today to improve comfort, performance and efficiency on the bike and get you ready for tour, it gives you time to train with the new bike fit too. Ask your physio or local bike shop for recommendations.

Safety First

Reminder to please follow all road rules when out on the road such as staying within speed limits and obeying traffic lights. We're great ambassadors for cancer prevention and by wearing identifiable kit or driving branded vehicles, we pride ourselves on being great examples of safe cycling.

As Tour de Cure riders and drivers we don't operate mobile devices to communicate, take photos or video while we are in motion either on a bike or in a car. If needed, you are to pull over and stop to allow for mobile device operation, no exceptions. Definitely no posting photos in motion on Strava and social media.

We also need to hear the traffic around us and we don't wear headphones, bone conduction or ear buds when riding. If you want to record a memory of the stunning scenery you are travelling through, you can use footage from a hands free GoPro and edit into still photos.

Cycling Kit Fit

Tips on how to wear and wash Champ Sys bib knicks

Wearing bib knicks 9 days in a row brings its own daily challenge! [Read the helpful tips from TDC's kit supplier Champ Sys](#)



Ask Anything Signature Tour FAQ Session - Recap

Recap on the recent Q&A session where the daily routes were revealed!

[Watch the recording](#) | [Discover the routes we ride](#)

Medicals

Please complete a [self assessed medical form](#) which will be reviewed by the tour medical director, deadline 14 February. Upload the completed form to TDC Hub. It takes 2 minutes, do it today!

Tour de Cure always encourages participants to have an annual check up with their GP and to complete regular cancer screenings.

Note: We have recently changed the medical form procedure from a GP signed form to a self-assessed form. If you had submitted a GP signed medical in the last 6 months, no further action is required. If there is a change to your medical history after you upload your form, please upload and a new form and [contact us](#) to advise.

Community Dinners on Tour – Purchase Tickets for Friends and Family

Each night on tour we have community dinners to present a \$10,000 cheque to a local cancer grant recipient. As a Signature Tour participant you have the dinners included in your registration. We also make available a limited number of tickets for you to purchase for your friends and family to attend the dinners. Use the link below to purchase friends and family tickets.

Bookings close 1 March 2024

Purchase Community Dinner Tickets



'Be Happy' Fundraising

Our fundraisers are a creative bunch, here's some ideas for you to get involved. Feel free to share your fundraising ideas with us and remember to post on your Team WhatsApp, TDC [Signature Tour facebook page](#) or your state TDC Strava club.

Autumn Affair Fundraising dinner – Friday 1 March

Dress up in your Autumn colours and join Sydney's Southwest Cycling Group for dinner, drinks and dancing to raise money to find a cure for cancer! On the night there will be live auctions, silent auctions and raffles. [Find out more](#)

Soirée For A Cure - Supply auction items and reap the fundraising

Soiree For A Cure will include your prize in their live or silent auction and the proceeds (less any applicable fees) will be added to your Signature Tour fundraising page.



Please contact Paul Egan [0412 840 738](tel:0412 840 738) by 5 February.

Tour Checklist

Please ensure you are up to date with your tour mandatorys

- Sign up to the [TDC Hub app](#) (Support crew and riders) Riders must connect Hub to Strava.
- Upload self-assessed medical form to TDC Hub
- 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 (Riders)
- Reach your fundraising commitment by 14 March 2024

Rainbird Softshell Jackets to purchase

Our generous partners at Rainbird are offering the optional purchase of TDC branded Jackets \$129.99, these are great for early mornings or going to dinner on tour.

Delivery approximately 5-10 days from order.

Rainbird will donate \$30 back to TDC for each jacket purchase.

[Purchase Here](#)



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

[Do you have more questions? - Read our FAQs](#)

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