



In today's issue of Wheel2Wheel

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Tour Logistics

Mandatory Final Info Session – Tuesday 5 March 6-7pm AEDT

Save the date for the mandatory virtual Information Session for all riders and support crew. This essential briefing session will provide you with all the information you need for tour including our safety protocols. Please diarise to attend on MS Teams. Microsoft Teams meeting, Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 445 951 261 221 Passcode: RbwF9V

[Download Teams](#) | [Join on the web](#) | [Learn More](#) | [Meeting Options](#)

Where Am I staying Thursday 14 March in Hobart?

We are staying across the Hobart Discovery Park and the Mornington Hobart Discovery Park, click below to find out which park you will be staying at. If you are arriving a few days earlier and staying at the other park to which you have been allocated, don't worry, let us know and we'll have transport.

[Hobart Accommodation](#)

What's it REALLY like on tour?

A bunch of tour veterans got together and combined their experience of Signature Tours over the years. Take a moment to [peruse this informative and fun essential read](#) for all support crew and riders.



Packing lists

With 3 weeks to go, it's time to think about what you need to bring on tour in case you need to purchase anything.

Remember, less is more on tour! Please use a soft duffel bag and not hard or wheelie cases, we get up at silly-o'clock and we don't want to wake the other hotel guests and soft duffles are easier to load into the minibuses on tour. Our wonderful support crew need to move the bags around, therefore keep it light, around 8kg, to save their backs!

[Rider packing list](#) | [Support Crew packing list](#)



'Be Fit' Training

The training focus is now on endurance, please ensure you are including back-to-back solid training sessions and prioritising attending as many long TDC rides as possible. The Ride Training team are mapping out the pelotons based on your preference through the survey and importantly your [TDC Hub](#) numbers and adherence to the training program, that's why it's important to attend the TDC training rides.

A message from the TDC Experience Committee and Safety Committee, "Riders can't afford to miss any training sessions, please follow the training program. If it rains then you need to be on the indoor trainer or alternate gym session, don't skip the session and try to catch up tomorrow."

[Skill & Fitness Level Calendar](#)

Training Program

[Signature Tour 2024](#)

[Tour Experience 2024](#)

[Book in your Bike Service](#)

You will need to have your bike serviced two weeks before tour, please book in your service now and order a spare derailleur hanger which is specific to your brand and model of bike. [Download the Bike Service Checklist](#) then upload to [the Hub](#) when signed off by the bike shop. Mandatory new tyres, tubes and cleats. To Tube or Not To Tube? Check out our [FAQs](#) on the subject.

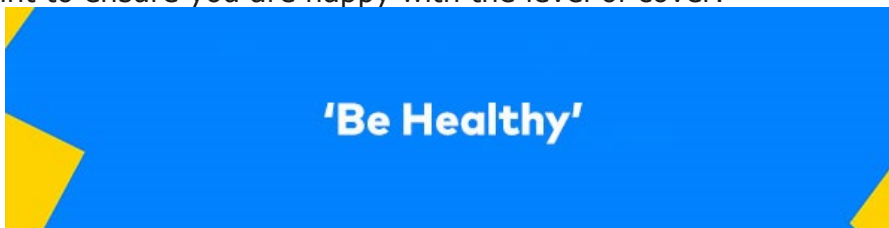
[Why a spare derailleur hanger?](#)

If your bike takes a tumble, usually the first thing to go is your derailleur hanger and these are specific to your bike. If you have your spare in your day bag, our friendly TDC off-bike mechanic can have you back on the road quickly. Our trailer can't carry spares and that means game over for your ride.



[Insurance for Riders](#)

A reminder, during training rides and the participation on a Tour de Cure event is at your own risk. We recommend you take out the necessary insurance to cover yourself, your bike and other possessions, including third party liability for personal and property damage. This is easy to obtain and is often included in your membership of a professional body such as AusCycling or Bicycle NSW. Please check the fine print to ensure you are happy with the level of cover.



[Medicals are now a self-assessed form – Overdue](#)

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

[Community Dinners on Tour – Purchase Tickets for Friends and Family](#)

Check the link for availability and Mt Gambier Community Dinner tickets have just been released.

Bookings close 1 March 2024

[Purchase Community Dinner Tickets](#)

Watch the Channel 7 Signature Tour Doco

If you missed the recent airing of the TDC Signature Tour Doco, catch up on Channel 7plus, (search for Tour de Cure). A great way to show your friends and family what you will be doing 14-23 March. Remember to include your fundraising link and QR code to capture donations when you share your posts!



Fundraising Milestone

Please reach out to us at TDC if you require guidance to meet your fundraising commitment by 14 March, to be able to join us on tour.

Community Fundraisers

Special mention to our Soirée For A Cure fundraising community who raised over \$400k at their annual gala event in Brisbane on 10th February. Thank you to those of you who provided prizes to be auctioned, you will receive the funds onto your page in the coming weeks.

Volunteer committees such as Soirée For A Cure, Cobbled Nights and Heart of Courage to name a few, prove that anything is possible when a group of committed and proud TDC supporters get together to raise funds for cancer research, support and prevention. If you're interested in putting on a large fundraiser in the future, get in touch.



Fundraising Marketplace – Win a Single Supplement

At Fundraising Marketplace you have the opportunity to share your fundraising ideas.

Today's Fundraiser shout out is a chance to win the Signature Tour Single Supplement, brought to you by Matt Glass with proceeds supporting his Signature Tour fundraising.

[Buy Raffle Ticket](#)

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

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](#)

Another great source of tour information is to chat to your TDC friends in your team WhatsApp Chat or when you are on a training ride.

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You have received this email because you have registered for the Signature Tour 2024.
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