



30 RIDERS, 3 DAYS

Adelaide to Kangaroo Island
28 to 30 Nov 2019

Project Discovery Classic #4



SAHMRI
South Australian Health &
Medical Research Institute

**NEIL SACHSE
CENTRE
SPINAL CORD
RESEARCH**

SAHMRI, North Terrace,
Adelaide SA 5000 Australia
www.sahmri.org

NEIL SACHSE

Over forty years ago Neil Sachse was a young man when he was injured playing Australian rules football with Footscray (now Western Bulldogs). **He never walked again.**

In 1995 Neil decided to make a difference for people with spinal cord injury and established the Neil Sachse Centre Spinal Cord Research. Since its inception, it has funded a number of research projects and created two web based education programs. He continues to work tirelessly to fund further research and education programs.

EDUCATION



RESEARCH



OUR NEXT STEP

Now that we have raised the \$1 million and utilised the funds for proof-of-principle lab based research, we are now embarking on a clinical trial program. The trial requires additional funding to complete over the next 3 years. The aim of the trial is to allow clinicians to diagnose spinal cord injury acutely and give a more robust prognosis to patients and their families.

Whilst we conduct this clinical trial, we will embark on two new journeys:

Advanced Neuroimaging

Functional Magnetic Resonance Imaging (fMRI)

It is imperative to understand the physiological and anatomical correlates of dysfunctional responses within the brain and spinal pathways. We have exciting new opportunities within SAHMRI to build on recent functional magnetic resonance imaging (fMRI) studies of spinal cord responses. On this journey, we will create new knowledge about functional impairments and how they can be monitored over time.

Regenerative medicine

Stem Cell Therapy

Stem cell transplantation holds great promise for establishing a multifaceted therapeutic strategy for the restoration of the injured spinal cord. However, we need a better understanding of the complex pathways preventing stem cell survival within the injured cord's hostile environment. On this journey, we will explore stable cell lines and implantable technologies to develop a regenerative medicine program for SCI.

30 RIDERS, 3 DAYS

Adelaide to Kangaroo Island

The 4th edition of the Project Discovery Classic takes place on the roads leaving from the Arkaba Hotel on a journey leading us through the Fleurieu Peninsula districts to the Kangaroo Island ferry terminal Cape Jarvis. We catch the ferry from there to Penneshaw where we will base our stay. On day two we will head off towards Seal Bay and on the way back there will be some surprises. The following morning, we will have everybody heading back to Adelaide to the Marion Hotel where we will finish the ride.

On behalf of all of the staff that will support you, good luck with your fundraising and your training! We look forward to having you ride with us.

Please Note: We will be riding as a group, with riders at both the front and back of the peloton maintaining a steady pace but importantly keeping the group relatively tight on the road.

Bruce Colbert

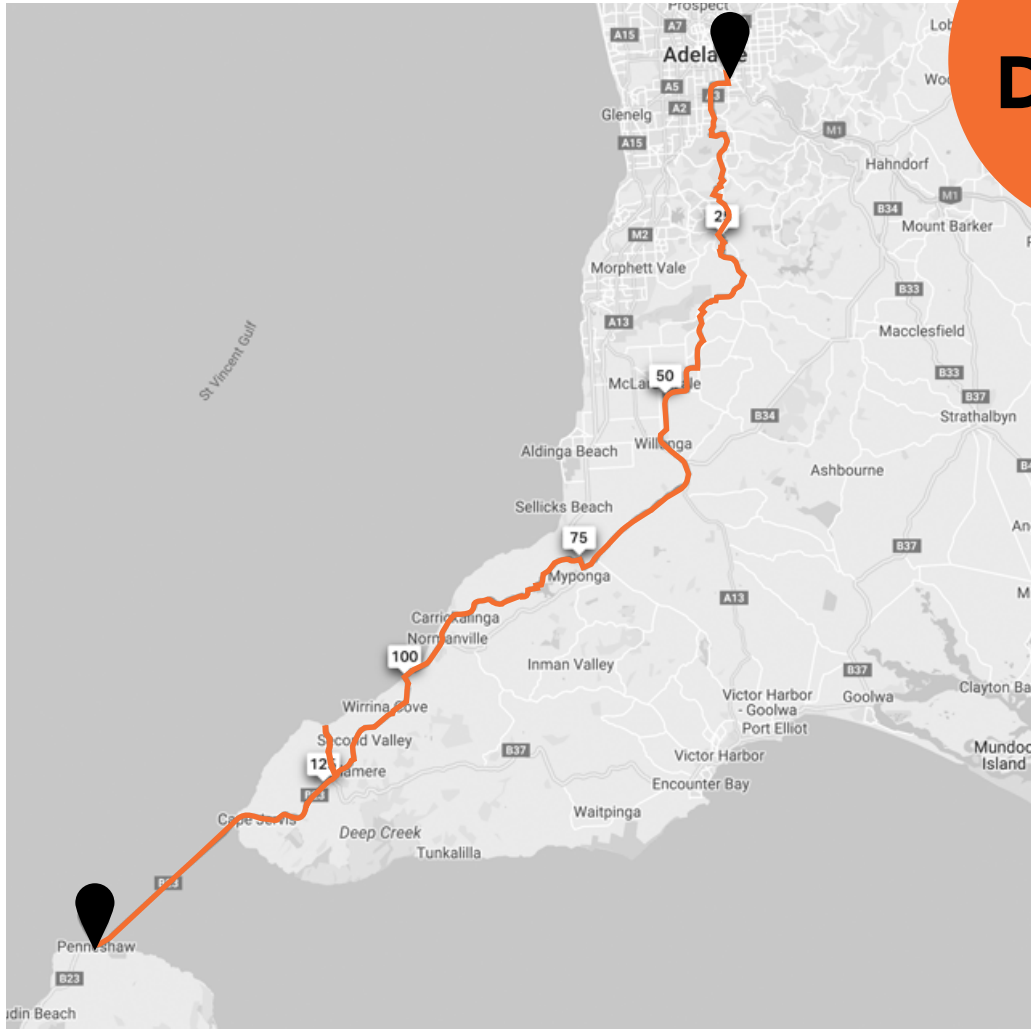
Mondo Cycling Tours



THE TRIP

ADELAIDE TO PENNESHAW

DAY 1



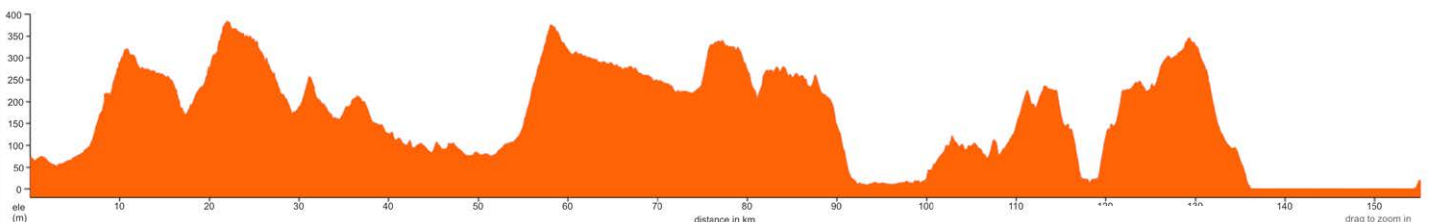
DISTANCE

155.1 km

ELEVATION

+ 2019m

- 2072m



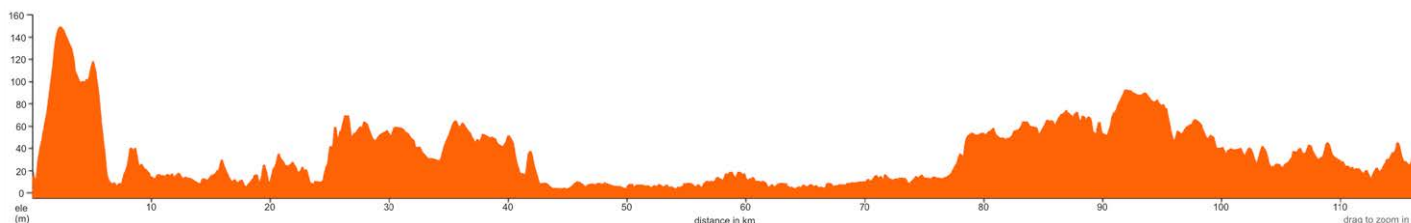
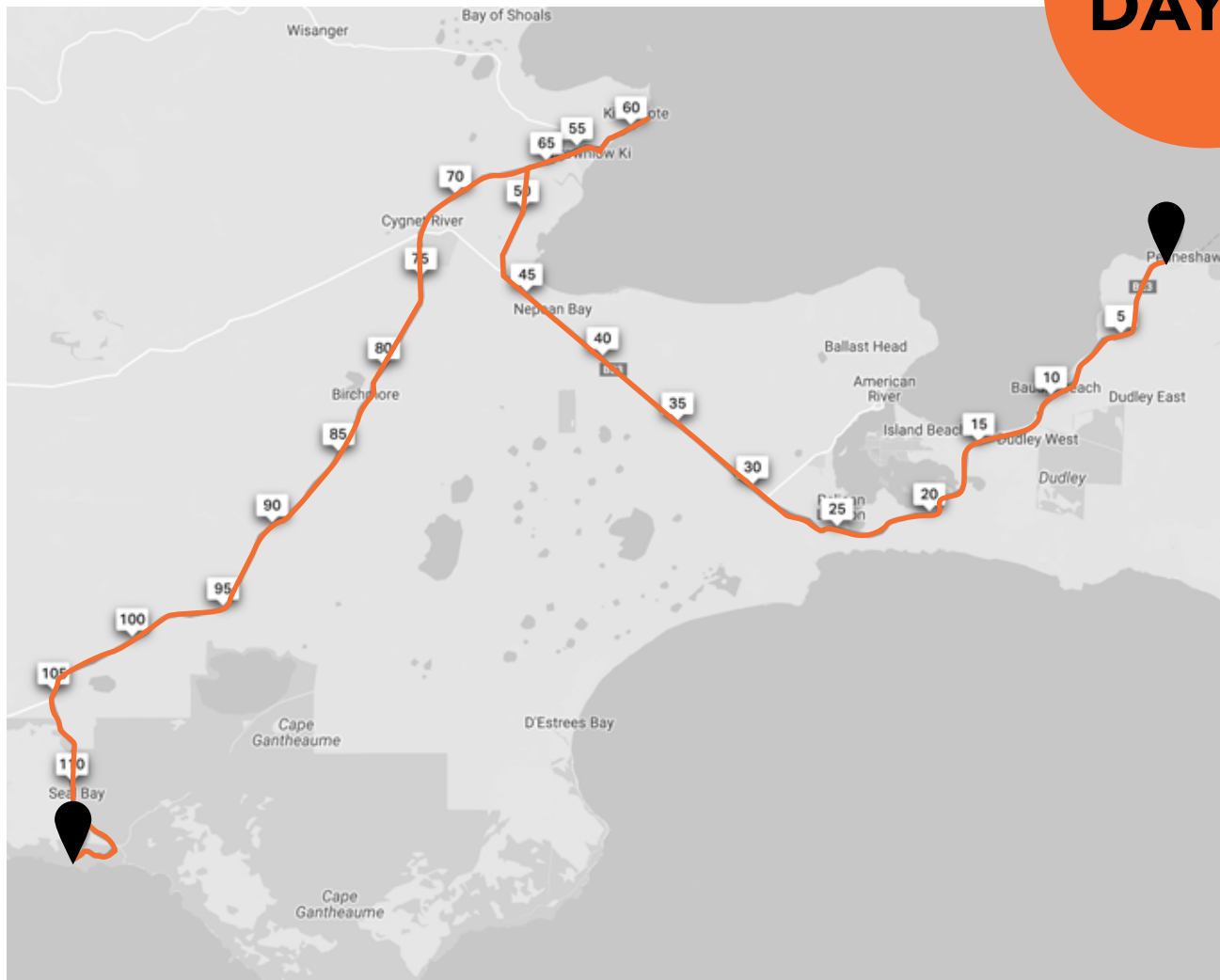
RIDE WITH GPS LINK: <https://ridewithgps.com/routes/29953168>

Departing Adelaide, we head up over Belair to the ranges beyond. Winding our way across the top and down through Clarendon, McLaren Flat on our way through to a fantastic coast run and seaside lunch.

Once we have fuelled up, we will proceed down to Cape Jervis where we will catch a ferry to our Accommodation at Penneshaw, Kangaroo Island.

PENNESHAW TO SEAL BAY

DAY 2



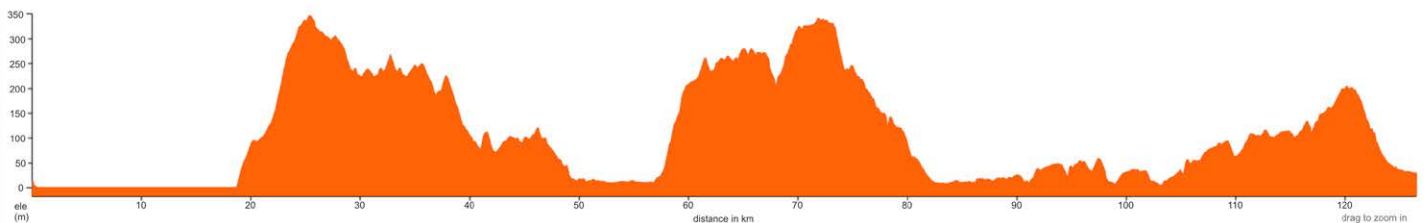
RIDE WITH GPS LINK: <https://ridewithgps.com/routes/29953327>

Kangaroo Island offers many amazing sightseeing opportunities, which will be taken advantage of on our route if possible. We will also add in a few extra kilometres of riding if the weather permits.

Then we will return to Penneshaw via support vehicles for our final night dinner on Kangaroo Island.

A map of South Australia showing a route from Adelaide to Penneshaw. The route is marked with an orange line and includes stops at Glenelg, Morphett Vale, McLaren Vale, Willunga, Sellicks Beach, Myponga, Carrickalinga, Normanville, Worrina Cove, Second Valley, Dismare, Cape Jervis, and Penneshaw. The map also shows the St Vincent Gulf and various roads like A3, A15, M2, A13, B34, B37, and P23. A large orange circle with the letter 'D' is visible on the right side of the map.

- 1671m



ELEVATION
+ 4486m

MEET THE STAFF



BRUCE COLBERT

Director of Mondo Cycling Tours. *"I have always been a bike rider my whole life, however more recently with TDU being here in Adelaide I have made cycling a passion. Cycling has now taken me to many places and cities including Europe to ride the Alps of Italy and France (Tour de France) climbing all the main climbs and enjoying the European way of life. Looking forward to helping make the Project Discovery Classic #4 a very enjoyable and memorable event."*

Charlie was the **national coach for the Australian Cycling from 1980 to 2001.**

He oversaw Australia's rise from 30th in world track cycling to number one in 1993 and 1994. Over his career as coach, Australia won two Olympic gold medals, nine silver, nine bronze and ten world titles. He coached Michael Grenda, Mike Turtur, Dean Woods and Kevin Nichols to win the 4,000m team pursuit at the 1984 Summer Olympics. This was seen as a turning point in Australian cycling at world level.

Charlie won more than 1,000 times in 25 years of racing at national and state level, including the Austral Wheel Race in 1969 on a 50yd handicap!

In 1987 Charlie received an Order of Australia Medal (OAM) for service to cycling as national coaching director. Three years later in 1990 he was awarded the status of World Coach by the Union Cycliste Internationale. He has won nine awards as Australian Coach of the Year for all sports, and was awarded the Australian Sports Medal on 14 July 2000.



CHARLIE WALSH



MAL MORRIS

For all that Charlie has achieved in the sport of cycling, Mal has been his right hand man! Well-travelled Mal is now the **soigneur for the SASI cycling team** as well as having the same level of involvement with the SASI kayaking and swimming teams. Mal has worked the Tour Down Under for many years as the assistant to the Chief Doctor and is a qualified Sports Trainer. He will also assume the role of 'Manager – Social Activities' for us on our journey! If SBS has six million stories and counting, Mal has seven million tales to tell - and still counting... most centre on the Australian Cycling Team when Charlie was in charge... History says Mal WILL get us lost!

Andy is an **unbelievably fit 57 year old strong man of the bunch** and has been nursing for 40 years, cycling for 20 years (mainly for fitness) but he has done the odd race. His claim to fame in his cycling is finishing 2nd at the 2011 Tour of the Riverland.

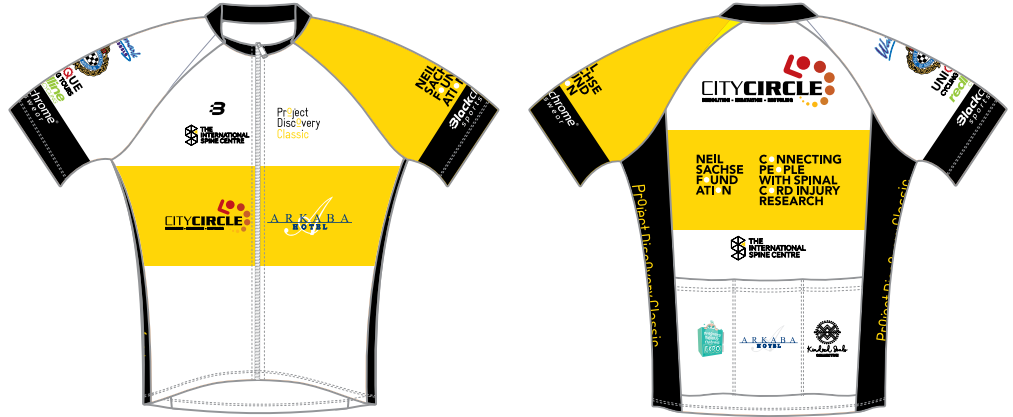
His nickname is Moose, but we are sure he's been called plenty of other things as well. In recent times Andy has been a soigneur with SASI and Euride racing in the National Road Series.



ANDY HOLMESBY

PAST JERSEY DESIGNS

Project Discovery Classic



Project Discovery Classic #2



Project Discovery Classic #3



HALL OF FAME

RECOGNITION OF ALL WHO HAVE RIDDEN THE PROJECT DISCOVERY CLASSIC

Andrew Cooke	1
Ben Taylor	1
Brent Rellly	1
Brett Wheatland	3
Brian Freeman	2
Bridget Sawyer	1
Cam Olson	3
Cameron Wright	1
Charlie Walsh	3
Colin Boyd	1
Danny Kenna	1
Donna Olson	1
Georgina Hayes	1
Grant Feary	1
Greg Horsey	1
Greg Rocke	1
Jemma Zielonka	1
Jimmy Kenna	1
Kevin Farrell	1
Kevin O'Keeffe	3

Linda Kenna	1
Liz Bell	1
Margaret O'Sullivan	3
Martin Lewis	1
Michael Musker	1
Michael Smith	2
Mike Worden	1
Nic Siebert	3
Nicholas Hayes	1
Peter Hayes	2
Peter Skidmore	3
Peter Vincent	1
Rod Bell	1
Ross Abbey	1
Sandy Hayes	2
Stephen Sanders	1
Tania Day	2
Terry Sullivan	3
Tom Hogan	2
Trevor Hall	1

INFORMATION FOR RIDERS



GET INVOLVED

TO JOIN IN, REGISTER TO RIDE (FORMS ATTACHED ON PAGE 13) AND PAY THE REGISTRATION FEE (\$950).

There will be a maximum number of 30 riders in the Project Discovery Classic and the rider who raises the most money will receive a special one off outfit for the ride which will distinguish them from the rest.

Fundraise a minimum of \$3000

Remembering this is a charity event we encourage you to reach the goal before we roll out on day one (the \$950 registration fee can be included)

BSB: 065 000

Acct Number: 1173 1934

Account Name: SAHMRI Neil Sachse Centre

Email confirmation to neil.sachse@sahmri.com

ALTERNATIVELY, REGISTER THROUGH
www.mycause.com.au/events/projectdiscoveryclassic4



WHAT'S INCLUDED

- All meals/drinks/gels and accommodation are covered. Dinner is supplied on the 2 nights we are away (*drinks over dinner are not covered*)
- A 'Ride Name' Limited edition jersey
- We provide a secure website for the purpose of fundraising
- We inform all councils and the SA Police of our route
- We will ensure all kits are laundered nightly
- An information booklet will be provided to all riders with all contact details for key persons and contacts along the route
- 4 star Accommodation
- Daily updates of your ride will be fed through social media sites such as facebook and twitter and updated photos will appear daily on nsf.org.au
- Spare wheels are available to keep the group rolling. Punctures will be repaired during feed stops
- The only time we will not ride is when cyclist safety is at risk

RIDE THE JOURNEY

- For information on registering for the ride, email your contact details to neil.sachse@sahmri.com
- Please remember this is a charity event and we encourage and help you with your fundraising efforts
- Have an available supply of spare tubes and tyres (*which will be carried in a supply vehicle*)
- Have your own helmet (*and we recommend gloves*)
- Have a bike in excellent working condition
- Have your own private health cover or other personal injury insurance
- Bring visible wet weather gear (*which can be packed in the vehicle*)
- Be physically ready and bring a positive attitude
- Have the ability to work as a team – bring some resilience, hardness and a great ethic
- **And finally, get yourself to the start point on the first day, and all the way home to the finish line!**

**OUR COMMITMENT TO YOU IS TO PROVIDE
A SAFE, FUN AND CHALLENGING RIDE.**

HOW YOU CAN FUNDRAISE

Your fundraising can be efficient and time saving with MyCause.

You can see the real impact of your ride on our event and track your fundraising progress against other participants. Take your supporters on your fundraising journey and show them just how much effort you are giving to the Neil Sachse Centre and Project Discovery.

REGISTER WITH THE EVENT AT
www.mycause.com.au/events/projectdiscoveryclassic4



REGISTER TO RIDE FORM

PLEASE COMPLETE THE FORM BELOW ON PAGES 13 & 14.

Name

Date of Birth.....

Address

Suburb Post Code

Phone

Email

Emergency contact name

Emergency contact number

Please explain any medical conditions that you suffer from:

.....
.....

Do you have any special dietary needs?

.....
.....

Jersey Size (sizing, please circle) S M L XL XXL XXXL

FAIR TRADING REGULATIONS 2010 - SCHEDULE 1

Form 1—Recreational services—Exclusion, restriction or modification of rights under the Australian Consumer Law (SA)

Your rights:

Under sections 60 and 61 of the Australian Consumer Law (SA), if a person in trade or commerce supplies you with services (including recreational services 1), there is—

- a statutory guarantee that those services will be rendered with due care and skill; and
- a statutory guarantee that those services, and any product resulting from those services, will be reasonably fit for the purpose for which the services are being acquired (as long as that purpose is made known to the supplier); and
- a statutory guarantee that those services, and any product resulting from those services, will be of such a nature, and quality, state or condition, that they might reasonably be expected to achieve the result that the consumer wishes to achieve (as long as that wish is made known to the supplier or a person with whom negotiations have been conducted in relation to the acquisition of the services).

Excluding, restricting or modifying your rights:

Under section 42 of the Fair Trading Act 1987, the supplier of recreational services is entitled to ask you to agree to exclude, restrict or modify his or her liability for any personal injury suffered by you or another person for whom or on whose behalf you are acquiring the services (a third party consumer).

If you sign this form, you will be agreeing to exclude, restrict or modify the supplier's liability with the result that compensation may not be payable if you or the third party consumer suffer personal injury.

2 . IMPORTANT

You do not have to agree to exclude, restrict or modify your rights by signing this form.

The supplier may refuse to provide you with the services if you do not agree to exclude, restrict or modify your rights by signing this form. Even if you sign this form, you may still have further legal rights against the supplier.

A child under the age of 18 cannot legally agree to exclude, restrict or modify his or her rights.

A parent or guardian of a child who acquires recreational services for the child cannot legally agree to exclude, restrict or modify the child's rights.

Agreement to exclude, restrict or modify your rights:

I agree that the liability of SAHMRI for any personal injury that may result from the supply of the recreational services that may be suffered by me (or a person for whom or on whose behalf I am acquiring the services) is excluded.

Name:

Signature:

Date:

Signature of witness:

Name of Witness:Witness Phone Number:

Address of Witness:

.....

Please post your completed form to:
Neil Sachse Centre, SAHMRI, PO Box 11060, Adelaide SA 5001

or email to: neilsachsecentre@sahmri.com

Definitions

1 Recreational services are services that consist of participation in—

- a sporting activity or similar leisure-time pursuit; or
- any other activity that involves a significant degree of physical exertion or risk and is undertaken for the purposes of recreation, enjoyment or leisure.

2 Personal injury is bodily injury and includes mental and nervous shock and death.

FURTHER INFORMATION:

Further information about your rights can be found at www.cbs.sa.gov.au

RISK WARNING:

Participating in long distance cycling has certain risks associated with it, especially if the participant is trying to ride greater distances than he or she normally does, or if the weather conditions on the day are particularly adverse. Along with the usual risks of riding potential risks include but are not limited to:

PHYSICAL EXHAUSTION, MUSCLE CRAMPS, HEART FAILURE AND FALLS; DANGERS ASSOCIATED WITH COLLISIONS WITH OTHER PARTICIPANTS, VEHICLES, PEDESTRIANS, SPECTATORS, VOLUNTEERS OR FIXED OBJECTS; DANGERS ARISING FROM SURFACE HAZARDS AND EQUIPMENT FAILURE; AND RISKS POSED OR CREATED BY OTHER PARTICIPANTS, SPECTATORS AND/OR VOLUNTEERS. INJURIES RESULTING NOT ONLY FROM YOUR ACTIONS BUT ALSO FROM THE ACTION, OMISSION OR NEGLIGENCE OF OTHERS

By entering in any SAHMRI Ride I agree to the following terms in addition to the Australian Consumer Law Form 1 Waiver:

1. I hereby agree to comply with all the rules and regulations and event instructions of Neil Sachse Centre and any event managers.
2. I hereby release any/all claims I may have against Neil Sachse Centre, its events committee, their officers, directors, members, volunteers, employees or any one or more of them or their executors, including any of them arising out of my participation in the event and its related activities, together with any costs including legal fees that may be incurred as a result of any such claim whether valid or not, and indemnify and hold harmless each of them against any such claim that I may have or assert against any them.
3. I hereby acknowledge that I have sole responsibility for the security of my personal possessions and cycling equipment during the event and its related activities. Neil Sachse Centre will not be liable for replacement of any personal possessions.
4. I hereby acknowledge that participation in the event carries with it potential hazard. I therefore release Neil Sachse Centre from any liability resulting from injury or death during the event and its related activities.
5. I hereby attest and verify that I am physically fit and have sufficiently trained for this competition.
6. I hereby consent to receive medical treatment including ambulance transportation, which may be deemed advisable in the event of injury, accident and/or illness during the event.
7. I have provided on my entry form details of any medical or physical conditions from which I suffer that might affect my performance or be relevant if medical treatment is needed. I accept the risk of participating despite these conditions. I have supplied an emergency contact name and number. This person is contactable both during and after the event and is not another participant.
8. I have my own private health cover or other personal injury insurance for the event.
9. I understand that my entry is non-transferable.
10. Event organisers may change the event format, course or other conditions at their discretion. If that occurs, this agreement applies to the changed conditions.
11. Neil Sachse Centre reserves the right to cancel or postpone the event due to adverse weather conditions, which may deem the course unsafe. In the event of cancellation or postponement (by either party) there will be no refund of entry fee.
12. I agree to abide by all rules and directions issued by the event organiser and/or the relevant governing body.
13. The event is being photographed. By attending the event I consent to having my photo taken. The photographs may be used for the purposes of advertising, editorial or other promotional work.

I REPRESENT AND WARRANT THAT I AM AT LEAST EIGHTEEN (18) YEARS OLD AND I HAVE FULL LEGAL AUTHORITY TO COMPLETE THIS FORM ON BEHALF OF MYSELF.

SPONSORS INFORMATION



PREVIOUS SPONSORS



Schindler



Kindred Souls
COLLECTIVE



SPONSORSHIP LEVELS

PLATINUM	GOLD	SILVER	BRONZE
(\$10,000 plus GST)	(\$5,000 plus GST)	(\$3,000 plus GST)	(\$1,500 plus GST)
Includes 2 riders.	Includes 1 rider.	Your logo on the riding Lycra strip and support vehicle.	Your logo on the riding Lycra strip and support vehicle.
A prime logo position on the riding Lycra strip and support vehicle.	Your logo on the riding Lycra strip and support vehicle.	Rotation of your company name and logo on the large screen at The Arkaba Hotel breakfast.	Two seats at the breakfast at The Arkaba Hotel at the beginning of the ride.
A framed riders jersey.	High rotation of your company name and logo on the large screen at The Arkaba Hotel breakfast.	Four seats at the breakfast at The Arkaba Hotel at the beginning of the ride.	Rotation of your company name and logo on the large screen at The Arkaba Hotel.
High rotation of your company name and logo on the large screen at The Arkaba Hotel breakfast.	Six seats at the breakfast at The Arkaba Hotel at the beginning of the ride.	Opportunity to distribute your company collateral at The Arkaba Hotel breakfast.	Exposure on the Neil Sachse Centre Social Media links.
Your company banner displayed on stage at The Arkaba Hotel breakfast (to be provided by company).	Opportunity to distribute your company collateral at The Arkaba Hotel breakfast.	Exposure on the Neil Sachse Centre Social Media links.	Participate in the finish of the event on the final day at The Marion Hotel (approx 3pm)
One table at the breakfast at The Arkaba Hotel at the beginning of the ride.	Exposure on the Neil Sachse Centre Social Media links.	Participate in the finish of the event on the final day at The Marion Hotel (approx 3pm)	
Opportunity to distribute your company collateral at The Arkaba Hotel breakfast.	Participate in the finish of the event on the final day at The Marion Hotel (approx 3pm)		
Exposure on the Neil Sachse Centre Social Media links.			
Participate in the finish of the event on the final day at The Marion Hotel (approx 3pm)			

SPONSORSHIP TERM

The term of the agreement commences at the execution of this contract and finishes at the conclusion of the media exposure in the aftermath of the ride.

Execution

Signed:

Name:	Position:	Date:
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For an on behalf of the sponsor.

Signed:

Name:	Position:
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For an on behalf of the Neil Sachse Foundation.



Project Discovery Classic #4



SAHMRI
South Australian Health &
Medical Research Institute

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SPINAL CORD
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