

After the huge success of the last 4 years rides we have decided to do it again, this time again offering two alternatives. The first option is to start and finish in Shepparton. The second option is to start and finish in Murchison. This way we can cater for faster and long distance riders, as well as those who want to do a slower, shorter ride. Please make sure we know which option you are taking.

Our ride will see us cycling past lush, green dairy farms, equine studs, orchards, beef and sheep properties and eucalypt forests. Stopping for a gourmet lunch at Osickas Winery, nestled in the Greytown granite country, renowned for its fine shiraz and merlot wines. From here we only have 30 kilometres to ride to Heathcote.

Once again we are coinciding with the Heathcote Wine and Food Festival which offers wine tasting from local vineyards and a fantastic variety of food. This year the Shepparton Murchison Heathcote Bike Ride is endeavouring to depart at 7.30am to enable riders to enjoy more time at the wonderful Heathcote Wine and Food Festival. Upon arrival at the Queens Meadow Caravan Park in Heathcote you can have a hot shower and set up your camp for the night. You are then free to head off to enjoy the Heathcote Wine and Food Festival, highly recommended to those of you who like to taste a good drop.

If you are not a wine enthusiast you can visit the Pink Cliffs or the Viewing Rock or see the Powder Magazine which dates back to the gold rush days.

Day Two will begin with a country breakfast and then we are on our way to Colbinabbin, cycling past more wineries and farming land. Lunch is at the old gold mining town of Rushworth. From here those who started at Murchison will head back to Murchison and the rest of us will be on the home stretch around "The Basin", a huge lake of water supplying dairy farms with irrigation in the summer months.

We cycle through the lovely town of Tatura and on to Mooroopna, then back to Shepparton where it all started. Here we will say our farewells and look forward to taking you and your friends again next year.

Cabin Raffle

Riders on the Shepparton Murchison Heathcote Bike Ride can again win their accommodation by purchasing tickets in the Cabin Raffle. The prizes for this year's Cabin Raffle are one cabin that sleeps six (no ensuite) and one caravan that sleeps four (with ensuite).

If you wish to participate in the Cabin Raffle please nominate how many tickets you would like to purchase on the attached Entry Form and include payment for the Cabin Raffle with payment for the Bike Ride.

The raffle will be drawn on 27 September 2008 and winners notified. Winners will be required to bring their own pillows and linen.

Same weekend as the Heathcote Wine and Food Festival



For further information about the
Shepparton Heathcote Bike Ride contact:

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SHEPPARTON MURCHISON HEATHCOTE BIKE RIDE

RIDE FOR
MULTIPLE SCLEROSIS



Sat 4 & Sun 5 Oct
2008



AUSTRALIA
Seeking the Cure.
Providing the Care.

THE DETAILS

depart & return

Option One

Assemble: Victoria Park Lake, Shepparton
Sat 4 October 2008 7.30am
Return: Victoria Park Lake, Shepparton
Sun 5 October 2008 3.00pm (approx.)

Option Two

Assemble: Murchison Bakery, Murchison
Sat 4 October 2008 7.30am
Return: Murchison Bakery, Murchison
Sun 5 October 2008 3.00pm (approx.)

distance

Option One: Approximately 110 kilometres each way.

Option Two: Approximately 75 kilometres each way.

Estimated riding time each day is 5 to 6 hours including rest stops.

accommodation

Queens Meadow Caravan Park Barrack Street, Heathcote
Price includes all meals (1 breakfast, 2 lunches & 1 dinner) and campsite fees.

Alternative accommodation is available at own expense.
Book early. (See www.heathcotewinegrowers.com.au for additional accommodation).

facilities

Fully catered for with back up services; sag wagon, well sign posted route, luggage transported to campsite and back.



WHAT TO BRING

- Wet weather gear (just in case)
- Light clothes for hot and cold conditions (bright clothing is best seen on roads)
- Padded cycling knicks are best for the!
- Cycling gloves to cushion you from handlebar shock
- Bicycle (well maintained). Check bike over before the weekend and ensure roadworthiness.
- Helmet and peaked hat if desired
- Sunglasses, 30+ sunscreen and headwear with neck protection where possible
- At least one water bidon
- Basic first aid kit
- Basic tool and repair kit with spare tube and tyre levers

Camping Gear

- Tent or swag
- Sleeping bag and mat
- Torch
- Toiletries
- Plastic plate, bowl, mug, cutlery, tea towel & wine glass (if required)
- Camp chair

Direct payment details

Westpac - **BSB 033 254** Account number **253738**

Please send receipt of payment with entry form if paying by direct deposit. Confirm entry by email.



ENTRY FORM

One form per person

If you would like to join us on this exciting bike ride and help MS complete this entry form and send it with payment ASAP.

Name _____

Address _____

Phone _____

Option One

Option Two

Adult (18 years & over)

Teenager (13-17 years)

Cabin Raffle

Number	Cost	Total
<input type="text"/>	\$95.00	\$
<input type="text"/>	\$50.00	\$
<input type="text"/>	\$5.00	\$

Total: \$ _____

non riders are expected to pay a fee of \$30.00 to cover the cost of the campsite and all meals.

Vegetarian (please tick)

Gluten Free (please tick)

Please make cheque or money order payable to:
Shepparton- Heathcote Bike Ride

**Send completed
entry form & payment to:**

Shepparton Heathcote Bike Ride
PO Box 7068
SHEPPARTON VIC 3632

Payments and bookings must be received by
27 September, 2008