

I'M RIDING 200KM TO BEAT CANCER

HELP ME REACH MY TARGET!



HARRY PERKINS INSTITUTE
OF MEDICAL RESEARCH

WRITE YOUR NAME AND FUNDRAISING TARGET HERE



\$15,000

Can provide investment for state-of-the-art research equipment that may unlock the next global breakthrough.

I'M A DIAMOND RIDER!

\$10,000

Helps to support the research pipeline, which takes promising discoveries from bench to bedside.

I'M A HARRY'S HEROES MEMBER!

\$6000

Helps sequencing cancer tumours into individual parts to assist in new treatment discovery.

\$4000

Helps fund life-saving melanoma research focused on prevention and early intervention - giving more hope to patients.

I'VE MADE IT TO THE HONOUR ROLL!

\$2500

Helps progress promising drugs from the benchtop to clinical trials.

I'VE REACHED THE RIDE'S MINIMUM FUNDRAISING GOAL!

\$1200

Helps continue the honeybee venom research that's proven successful in the lab.

\$550

Helps fund equipment that targets breast cancer tissue in surgery.



SCAN THE QR
CODE AND VISIT MY
FUNDRAISING PAGE
TO DONATE!

4 & 5 OCTOBER 2025

CANCER200.ORG.AU #CANCER200RIDE



CANCER200

RIDE FOR THE PERKINS

PREPARING FOR YOUR 200KM RIDE



HARRY PERKINS INSTITUTE
OF MEDICAL RESEARCH

A good-fitting helmet should be snug but not annoyingly tight. It should sit level on your head (with the front edge 2-3 cm or less above your eyebrows so that your forehead is protected).

To support your back, check your bike position first. Once you've got this sorted, focus on building your back extensor muscle endurance. And don't worry, at the end of each Ride day, there's stretching equipment and massage staff ready to ease the pain.

Good knicks or bibs make a considerable difference to long rides. Riders have personal preference for what they choose but comfort is key. And don't forget the butt cream or you'll know about it.

The shape of your saddle will depend on your gender, the type of riding you do and the distance between your sit bones.

While you can ride a bike with sneakers, using cycling-specific shoes will provide a greater connection to the bike, save weight, and improve overall performance.

The longer you ride, the more energy you'll consume and need to replace. Otherwise, you'll likely "hit the wall," which is where you run out of glycogen stores and start relying on burning fat for energy. But we've got you covered with Ride pit stops every 20kms or so where you can grab a snack or three.

Gel handlebar tape is great for decreasing contact point pain in your hands. **Padded bike gloves** can also offer much relief on long rides.

The longer you ride, the more dehydrated you can get. How much you need to drink is dependent on your body type, intensity of activity and weather conditions. A simple way of figuring out how much fluid you'll need is to weigh yourself before and after a ride. If you've drunk enough, your weight won't change.

A bike fit is a process of adjusting the bike to the individual needs of the cyclist. Pre-ride, consider booking in for a bike fit with your local physio or bike fitter. Think of it like a workstation assessment. You wouldn't sit at a desk all day with the screen and chair at the wrong height.

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RIDE FOR THE PERKINS