

# 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.

**\$150**

Helps cover lab costs for one day.



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

12 & 13 OCTOBER 2024

CANCER200.ORG.AU #CANCER200RIDE



**CANCER200**

RIDE FOR THE PERKINS



# PREPARING FOR YOUR 200KM RIDE



HARRY PERKINS INSTITUTE  
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**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 weigh 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