

FREEWAY BIKEHIKE

FOR **Asthma**

REGISTER
RIDE, RAISE

SUNDAY 3 APRIL

10km

1km

30km

60km

FREEWAYBIKEHIKE.COM.AU

TO REGISTER TO RIDE
& EVENT INFORMATION
HEAD TO

FREEWAYBIKE.COM.AU

SUPPORTING



ECU FREEWAY BIKE HIKE FOR ASTHMA

SUNDAY 3RD APRIL 2016, ELIZABETH QUAY



**REGISTER TO RIDE IN WA'S LARGEST COMMUNITY CYCLING EVENT
AND HELP RAISE FUNDS FOR CHILDREN LIVING WITH ASTHMA!**

THERE IS A HIKE FOR EVERYONE

No matter if you are a cycling enthusiast, looking for a fun family day out or just love riding your bike, there is a ride for everyone, every fitness level and every age.

60 KM

FULL HIKE

Recommended age:

Over 16 years

Start time & location:

6.00am at

Elizabeth Quay

30KM

MID HIKE

Recommended age:

Over 14 years

North start time &

location:

8.20am at

ECU Joondalup Campus

South start time &

location:

7.30am at

Kwinana Train Station

10KM

MINI HIKE

Recommended age:

Over 12 years

North start time &

location:

9.45am at

Stirling Train Station

South start time &

location:

9.00am at

Bullcreek Train Station

1KM

TRIKE HIKE

Recommended age:

Under 12 with Parental/

Guardian Supervision

Start time & location:

10.00am at

Point Lewis Roundabout

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THE ASTHMA CAUSE

Asthma is the #1 chronic disease for children, is the leading cause of children's admission to emergency departments and lost days of school, affects 10% of West Australians, and at present there is no cure. The majority of asthma-related deaths are preventable, yet still 400 people in Australia die every year.

**You can help - all funds raised go to asthma services and research through
Asthma Foundation WA and Telethon.**

START FUNDRAISING AT: EVERYDAYHERO.COM/AU/EVENT/FREEWAYBIKEHIKE2016



The West Australian



Meljen EVENTS

