

FREEWAY BIKE HIKE FOR ASTHMA

SUNDAY 3RD APRIL 2016, ELIZABETH QUAY

FUNDRAISE FOR ASTHMA

Slip on your lycra and join the peloton to keep kids with asthma out of hospital and to find a cure.

THE CAUSE

Asthma is a condition that affects 10% of our population, it is the #1 cause of children's admission to emergency departments and lost days from school, 400 Australians die from asthma every year, and currently there is no cure.

All funds raised through the Freeway Bike Hike for Asthma will help Asthma Foundation WA explore new ways to support those suffering from the condition. Asthma Foundation WA funds local research into asthma and provides education and support services for people with asthma, their families and carers. With your help, we can improve the health of kids with asthma and save lives.

HOW YOU CAN MAKE A DIFFERENCE

1. **Nominate a team fundraising captain**
2. **Recruit and register your team for the ride at** www.freewaybikehike.com.au
3. **In 2 minutes, create your fundraising page**
 - Visit <https://everydayhero.com.au/event/freewaybikehike2016>
 - Click "Start Fundraising" and personalise with a photo and story
 - Click "Edit this Supporter Page", then the Join or Create a Team link
 - Share the team page with your team
4. **Start fundraising**
 - Have fun raising donations! Challenge your team to dream big, make it a competition or tackle it together
 - Ask your company to match your fundraising or provide prizes to motivate the team
 - Spread the word, ask people for support via email and social media

BE AN ASTHMA HERO

Smash your fundraising goal then enjoy a great day cycling the freeway, knowing you and your team have made a real difference in the lives of kids with asthma! Afterwards, all fundraisers are invited to the Appreciation Party, which includes:

- Free entry for all teams who fundraise
- Food, drinks, and entertainment provided
- Great door prizes, like an overnight stay for two people at Crown Perth and Dyson vacuums
- Hold an in-person event like a free dress day or theme party, ask for donations to support your team, and contact fundraising@asthmawa.org.au to submit your funds raised

Your fundraising will help thousands of adults and children with asthma in WA live healthier, safer lives.

So what are you waiting for, get started today!

We are happy to support your fundraising efforts.
For more information please contact fundraising@asthmawa.org.au.



SUPPORTING

