

24 HOUR SPINATHON

FOR THE ROYAL HOSPITAL FOR WOMEN'S NEWBORN INTENSIVE CARE UNIT



FRIDAY 8TH NOVEMBER | STARTS 12 NOON | SCENIC CYCLE, 88 PHILLIP STREET SYDNEY 2000

Teams of up to 12 are encouraged to team up in relay style to cycle for 24 hours in support of equipment for The Royal Hospital for Women's Newborn Intensive Care Unit. There will be stunning scenery, live DJ set, street magician, inspiring talks, fancy dress and a few freebies along the way with room around each bike for your team to cheer you on as you ride for The Royal!

Each rider must fundraise a minimum of \$250.00 | \$10.00 registration fee per rider

GET INVOLVED ROYALWOMEN.ORG.AU/24SPINATHON

1. CREATE A FUNDRAISING PAGE

A) **Creating a team:** Follow the registration form through until you reach create a team. Give your team a name. Invite people to your team using a link or add them manually from your dashboard

B) **Joining a team or individual:** Follow the registration form through and select your team from the list. *If your team has not been made yet you will need to create the team. Skip this step if you are not part of a team.

2. CUSTOMISE YOUR PAGE

Add information about why you're involved, connect your fitness app so that your donors can see your training progress and your efforts on the day

3. CONTACT US

Email mike@fixphysio.com.au your confirmation of registration and for rider payment details. There are limited spaces - register quickly to secure your spot!

4. REGISTRATION PAYMENT

\$10.00 per rider paid to: **SCENIC CYCLE**

BSB: 082-057 | ACC: 150 945 157 | NAB

5. START FUNDRAISING

Share your page via email and social channels all in just a few clicks from your royalwomen.org.au dashboard

FUNDRAISING IDEAS



Ask your employee to sponsor you or your team



Share your page with your colleagues, network family and friends



Check if your donors company gift matches (doubling their donation)



Host an offline event like a BBQ or bake stall and add donations to your page