

# FREEWAY BIKEHIKE

FOR **Asthma**



1km

REGISTER  
RIDE, RAISE

SUNDAY 3 APRIL



10km

30km



FREEWAYBIKEHIKE.COM.AU

TO REGISTER TO RIDE  
& EVENT INFORMATION  
HEAD TO

[FREEWAYBIKE.COM.AU](http://FREEWAYBIKE.COM.AU)



60km



SUPPORTING

# ECU FREEWAY BIKE HIKE FOR ASTHMA

## SUNDAY 3RD APRIL 2016, ELIZABETH QUAY

SUPPORTING  & 

**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

# FREWAYBIKEHIKE.COM.AU

### 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/FREWAYBIKEHIKE2016](http://EVERYDAYHERO.COM/AU/EVENT/FREWAYBIKEHIKE2016)**



The West Australian



Meljen EVENTS

