

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

SUPPORTING



Asthma  
Foundation WA



# ECU FREEWAY BIKE HIKE FOR ASTHMA

SUNDAY 3RD APRIL 2016, ELIZABETH QUAY

SUPPORTING



& telethon

**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

## FREEWAYBIKEHIKE.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/FREEWAYBIKEHIKE2016](http://EVERYDAYHERO.COM/AU/EVENT/FREEWAYBIKEHIKE2016)**



The West Australian

