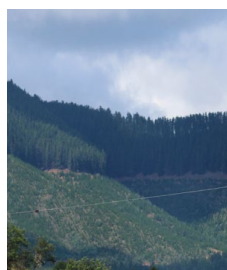


# THE MALE BAG FOUNDATION RIDER KIT 2018



Through iconic postie bike rides we raise funds for specialist prostate equipment and services to boost the detection, treatment and recovery from prostate cancer. Each participant pays for the ride costs so every dollar we raise goes to patient care that helps individuals, families and regional communities.



[www.themalebagfoundation.org.au](http://www.themalebagfoundation.org.au)

# PATRON'S STATEMENT



*We have the bikes, we have the riders and lots of enthusiastic supporters – but we also need your help with sponsorship.*

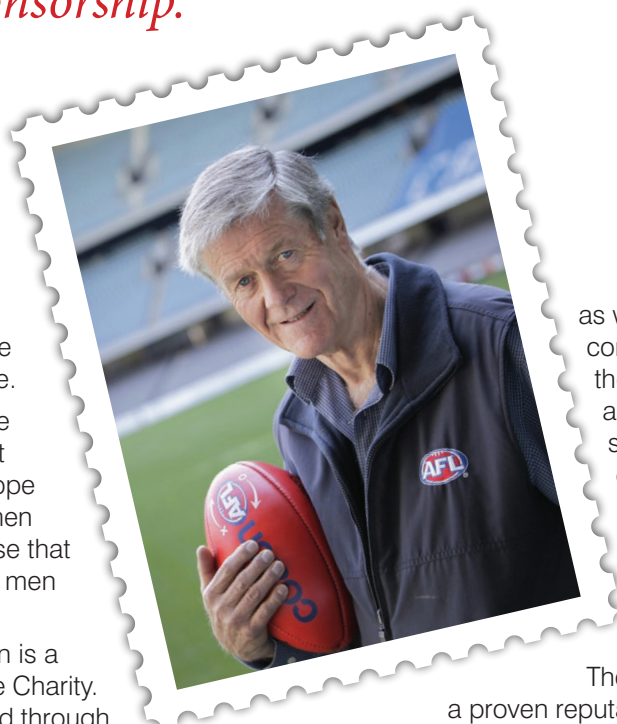
I'm honoured to be the official patron of The Male Bag Foundation and Ride.

It's important we continue to spread the word about prostate cancer, in the hope that we can save more men from this insidious disease that kills over 3300 Australian men annually.

The Male Bag Foundation is a registered Tax Deductible Charity. 100% of the money raised through sponsorship goes to supporting prostate cancer, to fund awareness campaigns, diagnostic equipment and nurse support for this uniquely male disease.

## **A call to our valued sponsors, service clubs, regional communities, riders & event volunteers – Your invitation**

Please accept this note as an invitation to actively support our iconic ride in 2018, an epic 2,000km tour to raise money for a great cause. By joining us you will raise awareness in prostate cancer, help patients and their families,



as well as the regional communities in which they live. Join us as a sponsor, rider, service club or event support and achieve lasting personal and community goals and lifelong memories.

The Foundation has a proven reputation as a charity that makes a difference, especially for people living in regional Australia. It's also a great team and, in joining us on The Male Bag Ride 2018, make friendships that will be valued for life, and help others. I so look forward to seeing among us.

I encourage you to consider being a part of The Male Bag Ride 2018.

**David Parkin, OAM**  
*Patron and Rider*  
*The Male Bag Foundation*

# THE MALE BAG RIDE, OCTOBER 2018



## Building on Success

The Male Bag Ride 2018 follows in the tread marks of our 2013 trans-Australian ride from Perth to Melbourne, a ride in Tasmania, followed by rides in Gippsland and the Murray River and District. To date we have raised over \$800,000 for research and specialist equipment and services for regional centres including Ballarat, Bairnsdale, Echuca and Bendigo.

## Our 2018 Mission

In 2018 our donations will be directed to improved prostate services in regional NSW centres. We have set a fund-raising target of \$300,000 so we can supply biopsy machines to regional centres. But we want to raise more and improve the lives of patients, families and communities.

## The Male Bag Ride, October 2018

From Saturday 20 to Sunday 28 October.

The ride leaves and ends in Melbourne, with a hosted reception for all supporters.

It covers 2000km in 9 days for 30 riders. There are openings for those who wish to join the ride for a day or weekend.

The ride visits some major NSW cities and Canberra.

There will be evening events with service and community groups, and VIP events in Canberra and on return to Melbourne.

Day	October	Route	Ride Features
1	Sat 20	301 km – Melbourne, Heathcote, Echuca, Deniliquin	Start day, please meet early. Ride groups will be formed, with traffic and safety in mind, and will be adhered to for the next 8 days. Media, photos, load gear and roll off by 9am. Finish the day with some barefoot bowling before dinner.
2	Sun 21	219 km – Deniliquin, Jerilderie, Griffith	An easy day, following breakfast at a riverside café, we travel through bushranger country.
3	Mon 22	322 km – Griffith, Marong, Rankin Springs, Nardahan, Lake Cargelligo, Condobolin, Bogart Gate, Parkes	Our longest day, but easily manageable and fairly lightly travelled roads.
4	Tues 23	197 km – Parkes, Orange, Bathurst	Up early and away by 8am. A 20km ride on the Newell Hwy to the Dish for breakfast and photos, returning to Parkes along quiet unsealed roads. Refuel and travel 152km to Bathurst and a chance to ride the Mt Panorama circuit.
5	Wed 24	277 km – Bathurst, Trunkey Ck, Crookwell, Goulburn, Canberra	Early start, hoping to reach Canberra by mid afternoon and spend some time at the War Memorial and experience 'The Last Post'.
6	Thu 25	236 km – Canberra, Yass, Gundagai, Tumblong, Wagga Wagga	Heading out of Canberra to Yass then riding at top speed along the Hume Highway to the Dog on the Tuckerbox.
7	Fri 26	191 km – Wagga Wagga, Collingullie, Lockhart, Urana, Cowora	Lunch at a Rutherglen winery followed by a short ride into Cowora accommodation.
8	Sat 27	194 km – Cowora, Mulwala, Katamatite, Congupna, Murchison, Nagambie	Should arrive in Nagambie in time to rest and prepare for final dinner.
9	Sun 28	148 km – Nagambie, Seymour, Trawool, Kirresdale, Strath Creek, Flowerdale, Kinglake, Whittlesea, Melbourne	A short day, a late start possible, still allowing Melbourne return around 12 noon.





# SADDLE UP FOR THE MALE BAG RIDE 2018



You don't have to be an experienced rider to join The Male Bag Ride 2018. For Melbourne residents we also offer half day rides once a month. These are fun and ride experience opportunities.

## Hero 2,000km Rider

The overall ride number is limited to 30, so don't hold back from registering your interest in doing the entire Male Bag Ride 2018. You must have a current motorcycle license. A \$200 deposit with secure your place on this great event.

## Day or Weekend Hero Rider

If you have a motorcycle license but limited time, register your preferred day or weekend ride dates.

## Hire a postie bike

We have a limited number of postie bikes for hire. Again, be quick to register your interest

## Apply or Register Your Interest ASAP!

Register for The Male Bag Ride 2018 and receive your application. Email along the following lines to [mbf@themalebagfoundation.org.au](mailto:mbf@themalebagfoundation.org.au) with the following details:

Name ..... Postal address .....

Email ..... Mobile/Phone .....

Dear Male Bag Foundation

1. Count me in as a rider for the full The Male Bag Ride 2018
2. Count me in for a weekend/Day Rider for the following dates:
3. I am thinking about joining the The Male Bag Ride 2018 so please keep me updated

## Contact

Chairman Robert Glover  
Mobile 0407 849 111  
Email [mbf@themalebagfoundation.org.au](mailto:mbf@themalebagfoundation.org.au)  
Web [www.themalebagfoundation.org.au](http://www.themalebagfoundation.org.au)  
Facebook Male Bag Foundation  
Twitter @male\_bag  
On the ride UHF Channel 13  
Media [plkadvisory@gmail.com](mailto:plkadvisory@gmail.com)

# RIDER ENTRY FORM



For The Male Bag Ride 2018  
Saturday 20 October to Sunday 28 October 2018

Rider name .....

Bike registration number ..... Expiry date .....

Insurance policy number .....

Insurer ..... Expiry date .....

Address .....

Mobile number ..... Occupation .....

License number ..... Expiry date .....

Email address .....

Facebook ..... Twitter .....

Signature ..... Date .....

Emergency contact name ..... Number .....

Do you hold a current first aid certificate? .....

1. Entry fee is \$1950 per rider. \$200 deposit with balance of \$1750 due 1 September 2018  
Westpac BSB 033-039 Account number 763946
2. An additional \$2000 to \$3000 in donations and sponsorship is required as fundraising by each entrant. The Foundation will assist if required
3. Please complete and sign a Riders Release and Indemnity and attach to entry form
4. Each entrant receives an event polo shirt as part of their entry. Please stipulate size required

**Mens** ☐ Small ☐ Medium ☐ Large ☐ XL ☐ XXL ☐ XXXL ☐ 5XL

**Womens** ☐ Size 10 ☐ Size 12 ☐ Size 14 ☐ Size 16 ☐ Size 18

Additional event polo shirts can be ordered at \$45 each. Number .....

# YOUR MACHINE



It is expected your machine is in excellent roadworthy condition as per requirements set out by current statutory authorities. It is compulsory your machine has current and full registration and insurance.

Only standard Honda CT90 or 110 machines will be allowed to participate. Modified or custom 'step through' machines are not permitted. The determination on 'modified' will be made by the event organisers and that decision will be final.

Daily pre-ride inspections of your motorcycle is solely the rider's responsibility and is essential. As we will be traveling on sealed and unsealed roads it is important to make sure your machine stays in one piece. Rough roads tend to vibrate things loose. Keep an ear open for any 'new' noises your machine may be making and if you see anything is coming loose on another rider's machine while underway, let them know as soon as possible to avoid any potential damage.

Event organisers will have mechanics on hand to help you with any inspections / checks you are unsure about. Remember – when in doubt just shout! We can provide you with a hard copy pre-ride inspection sheet to help.

Your CT Honda is not a sports bike and this event is not a race. Ride to your own capabilities. For less experienced rider, we recommend to buddy up with a rider who has much more practical skill and hours in the saddle. This is particularly advisable on the unsealed and bush track sections.

*Love your Postie Bike and it will love you back.*



# RIDER CHECK LIST



- ☐ Helmet, Riding Jacket and Riding Boots
- ☐ Gloves ( suggest a second Pair in the event of rain )
- ☐ Dragon Jeans or Riding Pants
- ☐ Wet Weather Riding Gear
- ☐ Spare Bike Key
- ☐ Seat Covers - Air Hawk , Sheep Skin or whatever suits you bum
- ☐ Miners LED Head Lamp & torch
- ☐ Rider Drink Bottle
- ☐ Personal Medication
- ☐ Ambulance Insurance
- ☐ Personal First Aid Kit
- ☐ Windex Wipes
- ☐ Legal Release Signed
- ☐ Medical Authority Signed and handed to Dr Dave Ross
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ Don't forget to start each day with a full tank of fuel

# THE MALE BAG RIDE DECLARATION AND CONDITIONS OF ENTRY



1. I, the undersigned, in consideration of and as a condition of acceptance of my entry for myself, my heirs, executors and administrators hereby release and indemnify, as separate releases and indemnities, each and all of –
    - > The Male Bag Foundation Ltd
    - > The Sponsors; and
    - > The Organisers
  2. Of the Male Bag Ride (the Ride) and their respective employees, representatives, members and agents from or in respect of any liability claims, rights or causes of action which I or my heirs or any other person may have in respect of my death or any injury, loss or damage to my person, property or possessions arising out of my entry or participation in the Ride or any related activities and occurring as a result of the action, inaction or negligence of the named parties or their employees, representatives, members or agents.
  3. I voluntarily assume the risks of participation in the Ride.
  4. I am physically fit and am able to safely participate in the Ride and I am not aware of any medical condition which may affect my ability to safely participate in the Ride. I warrant that I am able to Ride a postie bike unaided.
  5. I consent to receive first aid or medical treatment which may be deemed advisable in the event of injury or illness during the Ride.
  6. I, by signing this form, acknowledge the rights of the organisers of the Ride to use, without restriction, any images or photographs captured or taken before, during or after the Ride.
  7. I agree to abide by any rules and directions made in respect of the Ride by the organisers of the Ride and their employees, representatives or agents.
  8. I have read and understand this declaration and the conditions of entry.
- Name .....
- Signature .....
- Date .....



# DAILY PRE-RIDE INSPECTION



## 1. General Visual Check

Ensure the bike is clean before you inspect; otherwise you might miss a potential problem.

- Check if the bike is Tagged out, on right handle bar adjacent to throttle
- Centre stand the bike on firm, level ground
- Inspect for loose, damaged or worn parts
- Make sure that both the registration label and numberplate are secure and entirely visible.

## 2. Mirrors

The law requires you to have two fully operational mirrors. Check that they are:

- Not damaged
- Firmly attached
- Adjusted to suit you

## 3. Throttle

Check the following in all steering positions (lock to lock):

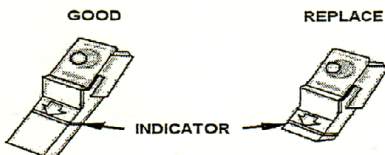
- For smooth operation/rotation of the throttle grip from fully open to fully closed position.
- For throttle grip freeplay, approx 3-5mm

## 4. General Check items

- Kick-Start/Foot pegs
- Check that the kick-start lever/foot pegs are firmly attached. Also check that the rubber are seated correctly and in good condition

## 5. Side Stands

- Check that the side stands are secure and in good condition.
- Check for wear to each rubber 'foot' by looking at the wear indicator:



## 6. SafePak

- Check SafePak frame for security and condition
- Check grey box security and condition including lock
- Check pannier bags and handles for security/condition

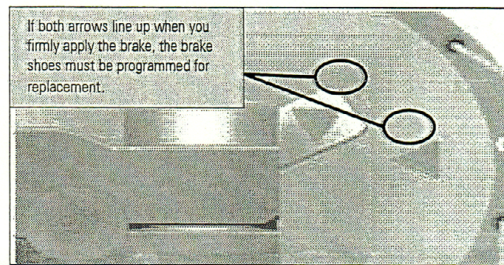
## 7. Wheels and Spokes

- Feel for loose or broken spokes, Visually check wheel nuts and Rims are free from dents.

## 8. Brakes

Check the brake cables, brake operation and brake shoe wear.

- Check Free-play:
  - Front lever – 10 to 20mm
  - Rear pedal – 20 to 30mm.
- Check front brake cable for kinks and signs of wear
- Check hand brake function (Using 2 hands)
- Check front/rear brake rod/arm and spring for condition
- Use the indicator to check brake shoe wear (see below figure)

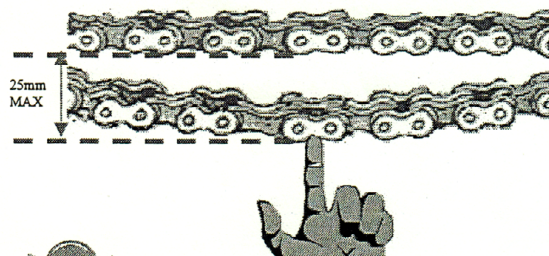


### How to Check Brake Shoe Wear

- Apply the brake - An arrow attached to the brake arm moves towards the reference point on the brake panel (as above).

## 9. Drive Chain

- Check the chain's free play in the centre of its lower rung (refer to figure below). Rotate the wheel and then check the chain again. Free play should be – 15 to 25mm maximum.



Don't lubricate the chain while the engine is running. Lubricate if necessary ie, dry. If you use an aerosol lubricant, be careful not to get oil on the tyre. Keep your fingers away when oiling the chain.



# DAILY PRE-RIDE INSPECTION



## 10. Fuel System

The Honda CT110 has a four-stroke engine and uses *unleaded* petrol.

- Check the fuel level and top up if necessary.
- Tighten the fuel fill cap firmly by turning it clockwise
- Turn on fuel tap and check for leaks.

Remember, always turn off fuel tap when you've finished for the day.

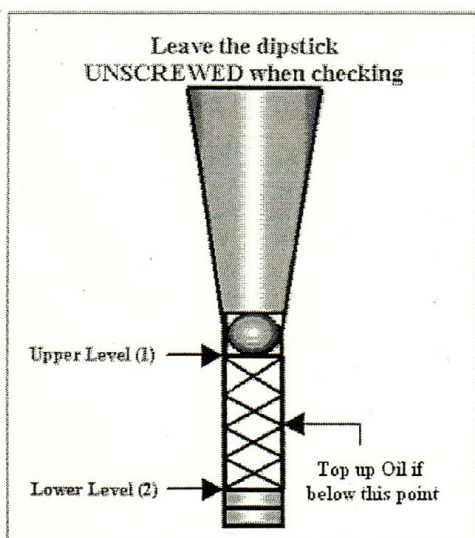
## 11. Engine Oil

Running the engine with insufficient oil may cause serious engine damage.

- Be aware of the amount of oil your bike consumes. Serious engine damage may occur if you ignore:
  - excessive oil consumption
  - oil leaks
  - blowing smoke
  - running rough

### How to Check Engine Oil Properly – Cold Start

- The oil level should be showing no less than halfway between the upper and lower crosshatch marks on the dipstick.
- Unscrew the oil filler cap/dipstick and wipe it clean.
- Reinsert the oil filler cap/dipstick without screwing it in. Remove the oil filler cap/dipstick. The oil level should be between the Upper Level mark and Fill level (indicated on the diagram below) on the oil filler cap/dipstick.
- Top up if necessary. Be careful not to overfill.
- Reinstall/secure oil filler cap/dipstick secure



## 12. Electrics

Check that the lenses are clean and undamaged. Also check that the following are working:

- Start engine from the appropriate right hand side of motorcycle. Must not be sitting on seat or standing on foot pegs when starting motorcycle.
- Headlight/tail light (engine must be running and checked in all 3 steering positions lock to lock):
- Check both high and low beam
- Speedometer light, neutral, turn signal, high beam indicators and horn
- Indicators – front and rear
- Brake lights: Using front and rear control
- Check that the brake light comes on as soon as you apply the brakes. Report if this timing isn't right
- Engine stop switch

## 13. Tyres

To safely operate your motorcycle your tyres must be in good condition, correctly inflated with adequate tread.

### Check tyres for the following:

Using Tread Depth Gauge ensure the tread depth is at least 2mm or more.

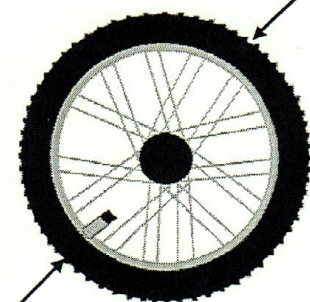
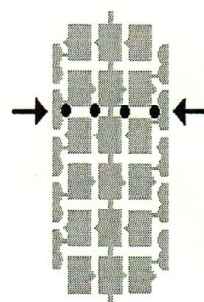
Step 1. At the inflation valve, check the 4 points across the tyre (Refer to tyre tread figure below).

Step 2. Repeat this process 180° across from the inflation valve.

Step 1.

Step 2.

180° from Valve



Valve

*Note: To increase visibility of the rear tyre, lift the mud flap.*

- Damage – splits or cracks, bumps or bulges, fabric or cord.
- Slowly rotate the tyre to check for foreign objects ie, nails or other sharp objects.
- Wetness or leaking green sealant (Tuffup tube only).

### 13.1 Tyre Pressure.

This is different for front and rear tyres:

- Front – 32psi (220kPa) Rear – 38psi (262kPa)

# A CALL TO OUR VALUED SPONSORS



## Your invitation to our valued sponsors, service clubs, regional communities, riders and event volunteers

Please accept this note as an invitation to actively support our iconic ride in 2018, an epic 2,000km tour to raise money for a great cause. By joining us you will raise awareness in prostate cancer, help patients and their families, as well as the regional communities in which they live. Join us as a sponsor, rider, service club or event support and achieve lasting personal and community goals and lifelong memories.

The Foundation has a proven reputation as a charity that makes a difference, especially for people living in regional Australia. It's also a great team and, in joining us on the BIG RIDE, make friendships that will be valued for life, and help others. I so look forward to seeing among us.

The Male Bag Foundation is always actively looking for sponsorship support. Every one has a network of companies and contacts that could support this great event.

If you could assist with three companies / contacts it would be appreciated. The board could then assist you if required to secure sponsorship.

	Company	Expected Sponsorship	Your Connection	Contact details
Contact 1				
Contact 2				
Contact 3				

## How can the Board assist you with sponsorship?

Email through to The Male Bag Foundation  
[mbf@themalebagfoundation.org.au](mailto:mbf@themalebagfoundation.org.au)

# SPONSORS



Masthead Sponsor	
------------------	--

Business Partners					

Business Support Partners					

Destination Partner				

Red Rider Sponsor			



# CONTACTS



To sponsor please phone or email

**Robert Glover** Chairman

p 0407 849 111

e robert.glover@bestsolutions.net.au

**David Parkin OAM** Patron

p 0413 116 666

e dpa11376@bigpond.net.au

**Tony Clayton** Ride Leader

p 0488 444 699

e tclayton@people.net.au

**Julian Dewan**

p 0418 329 704

e julianpeterdewan@gmail.com



# THANK YOU

Thank you for taking the time to consider our partnership request.  
The Male Bag Foundation

The Male Bag Foundation  
52B Winterton Road  
Clayton, Vic 3168  
malebagfoundation@gmail.com

ABN 52 602 823 496  
ACN 602 823 496