FREEWAY BIKEHIKE
FOR Asthma

REGISTER RIDE, RAISE

SUNDAY 3 APRIL

1km 10km 30km 60km

FREEWAYBIKEHIKE.COM.AU

TO REGISTER TO RIDE & EVENT INFORMATION HEAD TO FREEWAYBIKE.COM.AU

SUPPORTING
ECU FREEWAY BIKE HIKE FOR ASTHMA
SUNDAY 3RD APRIL 2016, ELIZABETH QUAY

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

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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