



RAM to Ride and Meal



Join us for a 60km cycling event and/or learn about being a great cook to help support **Rotary against Malaria (RAM)**



When: Sunday 13 October 2019

Where: Devonport Tasmania

Starting Point Devonport Bluff (Cycling)

Cooking lesson -Charlotte Jack Restaurant.

All ages and levels welcome!

Relay and composite teams welcome.

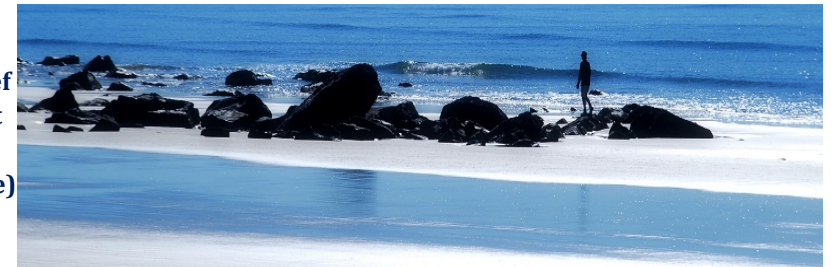


Cycling option

- Route will go to via lovely countryside between Devonport, Port Sorell and Latrobe .
- A slower (travelling at 15-20 km/hr) and a quicker group (25-30Km /hr) will be planned. Slower group will leave 10 am, quicker group 11 am. Aim to finish 14.30 – 15.00 hrs.
- If cyclists are uncertain about their level we recommend to start with the slower group, (opportunity to wait for quicker group will be available if too slow).
- There will be a front and rear vehicle supporting groups and cyclists are asked to remain between these vehicles for safety.
- The cycle is not a race / time trial but rather an enjoyable challenge. Experienced riders are encouraged to mentor less experienced cyclists. The cycle maybe a recovery cycle after Around the Bay cycle in Melbourne and Sally's Ride in Launceston.
- In the event of bad weather, the cycle may be modified.
- We plan this as an annual event for the Devonport region. The first cycle is planned to support efforts of Rotarians Against Malaria (RAM).
- Entrance fee is \$200, which is expensive, we ask each participant to fund raise for RAM.
- 2 rest stations are planned on the route.

Cooking Option

- Event commences at 4.30 pm at Charlotte Jack Restaurant. Hear renowned local chef Ben Milbourne talk on his career and tips on how to be a great cook, then talk about food on the menu and planning. Finally partake in a delicious meal.
- Entrance fee is \$100 (which is expensive but will be part of the fund raising venture)



Entry fees: Cycle: \$200; Cooking and meal preparation: \$100

Contact: <https://theislandcreative.wixsite.com/cyclingevent> - to enter or for information.