



DUBBO • FORBES • TEMORA • LEETON  
30 MARCH - 1 APRIL 2025

# Rider Information

BOYS  
TO THE  
BUSH

BackTrack





**500 kilometres**

**70 riders**

**30 support crew**

**2 incredible charities**

**1 shared mission—to change lives.**



**Celebrating 35 Years + Counting**

**FDC** | Made personal 



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# Welcome

To FDC Ride to Give 2025.

Since 2014, FDC has had the privilege of co-creating and delivering this special event, and thanks to riders like you and the incredible support from our business partners, we've raised over \$4 million so far. This year, it's your commitment and passion that will help us continue to make a real difference.

None of this would be possible without you and your supporters. Together, we're making a meaningful impact for our amazing charity partners, Boys to the Bush and BackTrack Youth Works. We're so excited to share this fulfilling journey with you.

Along the way, we'll meet local legends and passionate community groups who are doing extraordinary work to uplift their communities. As we ride through the breathtaking countryside of regional NSW, you'll create unforgettable memories and experiences. It's the perfect chance to step away from the hustle and bustle and connect with the incredible people who make these communities so special.

We can't thank you enough for joining us on this adventure. Get ready for a fun, challenging, and inspiring journey that will stay with you for a lifetime. We're so grateful to have you as part of the 'FDC & Friends' family. Let's create some lasting memories and give back in the best way possible.

Thank you for being here. Let's hit the road and make this ride truly unforgettable!



# Charity Partners

## Boys to the Bush

**A rapidly growing group across NSW assisting boys between 8 and 20 years old, on a mission to assist boys to become good men.**

Removing boys from troubled environments and distractions, replacing them with positive influences, mentoring and a sense of belonging, helps build self-respect, mateship, resilience and confidence. These interventions reduce homelessness, addictions, juvenile incarceration, self-harm and suicide. Boys to the Bush (BttB) aim to build better men, partners, husbands, fathers, sons, brothers and employees.

Founded in Albury in 2017, the organisation has expanded to provide services in Forbes, Bathurst, Young, Leeton, Dubbo, Wellington, Wagga Wagga, Wangaratta, Echuca and Bendigo, and are now reviewing options of establishing in Orange, Tamworth, Yass and Canberra.

BttB has positively impacted over 7,000 lives through involvement across a range of programs, including one-on-one MENToring Programs, Camps, School Programs, Education Programs, Alternative Care Arrangements and Community Engagement Days.

In 2022, they were recognised with “The Most Outstanding Community Organisation” award by Business NSW.

During the ride we’ll meet some of the BttB team and the young men who are benefitting from their services. The RTG25 rider team is looking forward to raising funds and leaving a lasting legacy to support the operation and success of BttB.







# Charity Partners

## BackTrack Youth Works

**Empowering young people in regional areas with comprehensive support and life-changing opportunities.**

BackTrack was founded in Armidale, NSW by Bernie Shakeshaft after he saw vulnerable young people struggling within a mainstream system that failed to address their complex needs. This neglect led to a cycle of homelessness, juvenile crime, substance abuse, and unemployment, causing immense psychological distress.

To help young people build a better future, BackTrack offers flexible, long-term support designed to help them discover their purpose, develop independence, and achieve their goals. The organisation takes a holistic approach, supporting every aspect of a young person's life—from connecting them to their community and focusing on their wellbeing, to encouraging personal development and providing learning and employment opportunities.

Over the years, BackTrack has grown into a community that adapts to each individual's

unique needs. By offering a safe and supportive environment, BackTrack provides the stability and foundation young people need to thrive. Their education program empowers students to succeed by teaching various learning methods that help them manage time constraints and overcome challenges. The BackTrack Works program offers real-world experience, with vocational training and on-the-job learning in areas such as agriculture, construction, asset maintenance, fabrication, traffic management, and disaster recovery.

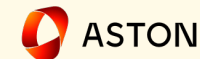
Through a combination of educational support, training, diversionary activities, transitional employment through BackTrack Works, residential accommodation, and flexible youth services at multiple locations—including The Shed and BackTrackfarm—BackTrack is making a lasting difference in the lives of young people across Australia.





# Our Sponsors

Thank you to our sponsors for making this event possible.







# Arrival Day

## Registration

**Saturday 29<sup>th</sup> March 2025 – Let's Pedal into Action!**  
**Here's what you'll roll in to when you check in:**

- **Your accommodation details** – find out where you'll be resting your wheels each night!
- **A luggage tag** – your trusty companion on this journey, so make sure it stays tied up on your bag throughout the ride.
- **Your ride kit** – time to gear up for the road ahead!
- **Your fantastic ride t-shirts** – because we're all about spinning in style.
- **Your room key for the night** – time to brake and unwind!

### When you arrive:

- Head to the FDC RTG25 check-in desk to get your registration in the bag!
- Drop your gear and make your way to your room to freshen up.
- Then, head on over to Lion's Park from 4:00 PM for some welcome drinks and a demonstration from the BackTrack Paws Up Crew.
- We will then head back to the hotel for the FDC Ride to Give Welcome Dinner 2025.

## Dinner

6:00pm

**Welcome Dinner at Motor Inn.**

## Accommodation

We've arranged accommodation in each town to ensure a comfortable and enjoyable stay throughout the ride.

Your specific accommodation details will be listed on the luggage tag you receive upon arrival. Be sure to keep this tag attached to your luggage at all times during the event.

**Please note: All accomodation is shared, and room allocations have been finalised. If your roommate happens to be a snorer, don't worry—the logistics team has earplugs on hand!**

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## Cattleman's Country Motor Inn

8 Whylandra Street,  
Dubbo, NSW, 2830

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## Briefings

Overview of the next three days.





# Day 1

## Route

Entoure and FDC have mapped the safest route for the event.

Each peloton will have two support vehicles (front and rear), a mechanical captain from Entoure, and 2 FDC ride captains from the rider group. Radio comms will connect support vehicles and captains to ensure visibility, safe pacing, and smooth traffic flow.

### Pelotons 1 & 2

*Dubbo to Forbes – 173km, 1189vm*

[ridewithgps.com/routes/48459464](https://ridewithgps.com/routes/48459464)



### Peloton 3

*Dubbo to Yeoval – 66km, 600vm*

[ridewithgps.com/routes/49609726](https://ridewithgps.com/routes/49609726)



Bus uplift to Parkes

*Parkes to Forbes – 60km, 318vm*

[ridewithgps.com/routes/49667677](https://ridewithgps.com/routes/49667677)



## Dinner

6:00pm

**Forbes Sport & Recreational Club**

75 Lachlan Street, Forbes

## Accommodation

### The Plainsman Motel

22 Sherriff Street,  
Forbes, NSW, 2871

### Forbes Victoria Inn

8/12 Sherriff Street,  
Forbes, NSW, 2871





# Day 2

## Route

### Pelotons 1 & 2

Forbes to Temora – 176km, 874vm  
[ridewithgps.com/routes/48270961](https://ridewithgps.com/routes/48270961)



### Peloton 3

Forbes to Bribbaree – 113km, 611vm  
[ridewithgps.com/routes/49667766](https://ridewithgps.com/routes/49667766)



Bus uplift to Trungley Hall

Trungley Hall to Temora – 15km, 86vm  
[ridewithgps.com/routes/49667780](https://ridewithgps.com/routes/49667780)



## Dinner

6:00pm

**Temora Aviation Museum**

1 Tom Moon Avenue, Temora

We will have a coach transfer to  
and from the dinner venue.

## Accommodation

### The Fed & Bed

173 Hoskins Street,  
Temora, NSW, 2666

### Koreela Park Motor Inn

134 Crowley Street,  
Temora, NSW, 2666

### Goldtera Motor Inn

80 Loftus Street  
Temora, NSW, 2666

### Aromet Motor Inn

132 Victoria Street,  
Temora, NSW, 2666

### SkyLodge Temora

1A Tom Moon Ave,  
Temora, NSW, 266





# Day 3

## Route

### Pelotons 1 & 2

Temora to Leeton – 145km, 629vm  
[ridewithgps.com/routes/48271737](https://ridewithgps.com/routes/48271737)



### Peloton 3

Temora to Leeton – 135km, 547vm  
[ridewithgps.com/routes/49667700](https://ridewithgps.com/routes/49667700)



## Dinner

6:30pm

### Whitton Malt House

783 Whitton Darlington Point Road,  
Whitton

We will have a coach transfer to and  
from the dinner venue.

## Accommodation

### Motel Riverina

1 Yanco Avenue,  
Leeton, NSW, 2705

### The Leeton Heritage Motor Inn

29 Yanco Avenue,  
Leeton, NSW, 2705

### Leeton Centre Motel

22 Wade Avenue,  
Leeton, NSW 2705



# Pelotons

## Peloton Grading

Pelotons are graded by average speed, and riders must stay together—no one can ride the route without support. If you're struggling to keep up, let your captain know; you can rest in a support vehicle if needed.

Ride captains lead each peloton, and all riders are expected to follow their directions and support fellow cyclists along the way.



## Peloton Support Vehicles

Each peloton has two support cars ensuring a safe and smooth ride:

### Lead Car

Stays ahead, stocked with water, electrolytes, gels, muesli bars, bananas, and day bags to keep you fueled.

### Rear Car

Follows behind with first aid, a paramedic, and mechanical support to handle any issues on the road.

## Ride Captains & Communication

Each peloton has two FDC ride captains and an Entoure mechanic to provide guidance, motivation, and bike support. They stay in constant communication with both support vehicles to ensure safety and assistance when needed.

With a dedicated team by your side, ride with confidence, support each other, and enjoy the journey!

## Chunking

When riding long distances, divide the day into smaller segments. Focus on reaching your morning tea and lunch stops, rather than thinking about the entire distance. This makes the ride feel more achievable and keeps you motivated along the way.





# Logistics

## Meals & Road Fuel

All meals, snacks, and drinks are provided, including coffee, tea, and cold beverages. A beer or wine is included at the end of each day—any extra alcohol is at your own cost, so bring cash or card.

### Hydration & Electrolytes

Staying hydrated is essential. Electrolyte needs vary, but everyone should keep their levels topped up. We'll provide SIS Electrolyte tablets—just add 1 per 500ml bottle.

### On the road, we'll fuel you with:

Bananas, lollies, muesli bars, electrolytes, and Koda gels.

Drink responsibly and stay hydrated throughout the ride!

## Refuel Stops

Peloton captains will schedule stops every 60–90 minutes, but if you need one sooner, just ask. Stops will be in safe areas, with headcounts and a countdown to departure. Re-enter the road safely, check for traffic, and regroup quickly.

At breaks, refill bottles and use the bathroom first—don't wait until the last minute. **Never** lean bikes on peloton cars. Follow instructions to keep the ride smooth and safe.

**Safety first, always.**

## Laundry

Laundry facilities may not always be available, so it's best to wash and dry your kit in your room each afternoon to ensure it's ready for the next day. The logistics team have a small stash of laundry powder should you need it. A gentle scrub in the shower makes a big difference—your fellow riders will appreciate it! Bring a coat hanger for easy drying.

## Baggage

We've got your bags covered – no need to worry! We'll be transporting them between locations. Make sure your bag has your luggage tag secured. Don't lose that tag!

Here's the daily routine:

### Morning:

- **Pack your bag** – check for toiletries, chargers, and anything else you might have used.
- **Drop off** – put your bag under the sign for the **corresponding hotel for the next town**. This will help our team immensely and ensure your bag gets to your hotel room.
- Don't forget to leave your room key in the room!

### Afternoon:

- When you arrive, **grab your room key** from the support team.
- Our luggage lads would have placed your bags in your hotel room already.

Our support crew is here to make sure everything runs smoothly, but if you're ever confused, just ask! Since your bags will be bouncing around on a truck, **don't pack anything too valuable or fragile.**

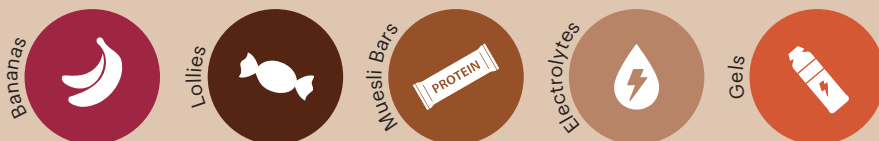
Let's keep it easy – just pack smart, drop, pick up, and ride on!

**Note: Please try and pack everything into one bag. For a full packing list please visit:**

[fdcridetogive.com.au/preparing](https://fdcridetogive.com.au/preparing)



### On the road we'll fuel you with:



*You're welcome to bring your own snacks in addition.*



# Logistics

## Road Safety

### Entoure Cycling Event Management

Kent Williams from Entoure is back for another year! Kent has been working dilligently with all councils, police and traffic management committees to ensure the route and roads we are travelling are safe and approved.

### Peloton Riding

Riding in a group requires extra attention and coordination to ensure everyone's well-being. Here are some key guidelines to follow:

- **Maintain a Steady Pace:** Keep a consistent speed and avoid sudden braking or acceleration.
- **Communicate Clearly:** Use hand signals and verbal cues to indicate turns, stops, and hazards. Clear communication is essential for the safety of the entire peloton.
- **Stay Alert:** Always be aware of your surroundings and the riders around you. Keep an eye out for obstacles, traffic, and changes in the road.
- **Ride Predictably:** Hold your line and avoid weaving. Predictable riding helps others anticipate your movements and maintain a safe distance.
- **Respect the Lead Rider:** Follow the lead rider's pace and signals. The lead rider sets the tempo and direction for the group.
- **Keep a Safe Distance:** Maintain a safe following distance to allow for reaction time. Avoid overlapping wheels with the rider in front of you.

Let's work together to make this a successful and memorable event.

## Medical Team

Your safety is genuinely our number one priority.

FDC has once again engaged Highlands First Aid as our medical partner for this ride. The team at Highlands specialise in medical support for organised events and has done a specacular job for us in the past.

We will have one medic assigned to each Peloton, who will always travel in the rear support vehicle. We have provided any known pre-existing medical conditions noted on registrations to the team at Highlands.

Should you have any concerns at any stage of the event, please see the Highlands team immediately.

Your health and safety are of utmost importance to us.

## Uplifts

We have uplifts each day for our P3 riders. We are grateful to have the support of both a Coach and Truck service to assist us to do so.

The approximate location of these uplifts are noted in the Ride with GPS links.

For each uplift, your bike will be transported by our good friend, Mike from Tumut Freight. We have packing blankets for your bikes to minimise scratches during travel.

Anton from Sapphire Coast Buslines will safely take our P3 riders to the next location to recommence riding! Please ensure you only take your day bag and shoes on board.

## Mechanics

We're excited to say that Entoure will once again be providing Ride Captains and Mechanics throughout the ride! Each peloton will have its very own Entoure Captain. While our Ride Captains will be ready for day-to-day repairs, we encourage all riders to bring two tubes and carry them just in case you get a flat tire in the unlikely event you are away from the main pack.

To ensure a smooth ride, please make sure your bike has been recently serviced and is in top condition.

Here are our recommendations:

- Fresh tires and tubes.
- Spare cleats for your cycling shoes.
- Spare spokes for wheels.
- Battery charger if you use electronic gears (and don't forget to charge before you depart!).
- Front and rear lights for your bike. The mornings are early and the sun may not be up. Don't forget your charger also!

Remember, service during the event is free of charge, but parts will be charged to the rider on a user-pays basis.





# Logistics

## Insurance & Personal Membership

This Event has been sanctioned by Cycling Australia and as such, it will be **mandatory** for all to be members of Cycling Australia to participate.

If you are not already a member of Cycling Australia and do not have any cycling related insurance, please visit [www.auscycling.org.au](http://www.auscycling.org.au) membership to become a member and be insured prior to the Ride. Your safety is our absolute priority.

For those that have never been a Cycling Australia Member or haven't been a member for 2 years or longer, you can sign up to a 4-week trial which will cover you for the duration of the ride: <https://auscycling.org.au/become-a-member/free-trial>.



Note: Lifestyle Basic is not enough coverage. Minimum requirement is the Lifestyle Insurance.

By participating in a Cycling Australia sanctioned event you acknowledge and accept the risk associated with cycling on open roads and engage in the Event at your own risk.

Cycling and cycle racing can be considered inherently dangerous activities which can result in injury due to an act or omissions of the rider, other riders, other vehicles, spectators, other obstacles and track and road conditions. Whilst all reasonable care has been taken while organising the event, all participating cyclists have an equal responsibility to ensure they take all reasonable care in adhering to the NSW road rules and ensure a safe race environment for all concerned.

## Social Media

Use **#fdcridetogive** to share your journey!

Tag us on Facebook, LinkedIn & Instagram:

**@fdc\_group**

**@boystothebush**

**@backtrackyouthworks**

**@kentwilliams\_entoure**

Take plenty of photos, tag teammates and local supporters, and always get permission before posting photos of others—especially at schools. Locals are welcome to snap and share using the hashtag.

FDC will share all event photos after the ride.

## WhatsApp

Stay informed—each night, you'll receive a **WhatsApp update** with ride details, kit, peloton info, bag drop, and breakfast times. If you haven't already, **scan here to join**. [chat.whatsapp.com/GAf1p05R1mAFgVogMUDtjP](https://chat.whatsapp.com/GAf1p05R1mAFgVogMUDtjP)







# Support Crew

**Entoure - Route & Safety**

KENT WILLIAMS  
0414 981 028  
[kent@Entoure.com.au](mailto:kent@Entoure.com.au)

**Entoure - Ride Captain**

DAT LIEU  
0419 746 738

**Entoure - Ride Captain**

DAN BRICKELL  
0421 322 725

**Entoure - Ride Captain**

HAYDEN RICARDO  
0421 704 393

**Entoure - Event Driver**

SOPHIE CRUIKSHANK  
0498 050 120

**BttB**

CASSANDRA TYACK  
ADAM DEMAMIEL  
JARED DEMAMIEL  
JED DEMAMIEL  
AMANDA HUGGET  
LISA HASTIE

**BackTrack**

KRISTEN CHICKTONG  
NATHAN BLISS  
JASON O'CONNELL  
STEVE BRAMLEY

**Highlands First Aid Team**

KIARAN DREW: 0400 805 597  
WENDY BELL: 0490 716 862  
ERIN PHILLIPS: 0412 543 307

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**FDC - Event Support**

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**FDC - Event Support**

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**FDC - Event Support**

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**FDC - Event Driver**

OWEN FRIEND  
0402 040 479  
[owenf@fdcbuilding.com.au](mailto:owenf@fdcbuilding.com.au)



# Our 2025 Riders



**Andrew  
Douglas**



**Andrew  
McKenzie**



**Andrew  
Miller**



**Andrew  
Price**



**Andy  
Harding**



**Andy  
Kaye**



**Anthony  
Howard**



**Anthony  
Scotts**



**Ben  
Cottle**



**Blake  
Cottle**



**Brendan  
Garard**



**Brendan  
Rouse**



**Brett  
Lord**



**Brett  
Todd**



**Cameron  
Andrews**



**Chris  
Maclean**



**Con  
Hart**



**Damian  
Strauss**



**Damon  
Malek**



**Dave  
Walsh**



**David  
Gibbeson**



**David  
Vass**



**Dean  
Goldsmith**



**Eliot  
Reeves**



**Garry  
Lam**



**Gary  
Judge**



**Gerard  
Page**



**Greg  
Nelson**



**Guiseppe  
Graziano**



**Jack  
Buckingham**



**Jack  
Nelson**



**James  
Hamer**



**James  
Munro**



**Jason  
Redman**



**Jock  
Spence**



**John  
Cleland**



**Josh  
Williams**



**Lee  
Gardner**



**Marcel  
Chan**



**Marcus  
Watson**



**Mark  
Guberina**



**Mark  
Tallentire**



**Mat  
Fisher**



**Matt  
Hawkins**



**Matt  
Seiter**



**Monika  
Bayer**



**Nigel  
Harding**



**Nikolas  
Gray**



# Our 2025 Riders



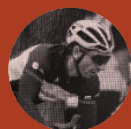
Pat  
Telfer



Paul  
Kennedy



Paul  
McDonald



Paul  
Richetti



Pete  
Mac-Smith



Peter  
Butcher



Peter  
Vicary



Rachael  
McCarthy



Rob  
Gray



Rob  
Wearn



Rod  
Murphy



Russell  
Grady



Tim  
Dreverman



Tim  
Spudic



Tom  
Wearn



Tony  
Heaslip



Tristan  
Wyatt-  
Spratt



Will  
Phillips





# FDC

Made personal®



## Celebrating 35 Years + Counting

Hello there. I am here to share the story of FDC35. It's a tale of growth underpinned by an unwavering and unique ethos that has steered their every triumph, has helped them overcome every challenge and continues to fuel their drive for excellence. This ethos is simple, yet profound; 'Made Personal'.

Now, you might be wondering, what does a black cockatoo have to do with FDC? Well, the truth is, the connection runs deep. The black cockatoo doesn't just fly – it thrives, it builds, and it soars with purpose.

At FDC, we approach every project like it's our own, with passion and dedication. It's more than delivering great projects; it's about creating an experience that truly matters and leaving our communities better than when we found them.

You see, it's not just about where you're going; it's about how you get there. This ethos runs through every aspect of FDC's work, shaping who we are as a company.

But it doesn't stop there. In the face of challenges, we're 'all in.' Our capabilities and talent will take us far, but it's the strength of the flock—our collective effort—that allows us to rise above adversity. Each success, every breakthrough, is shared by all of us.

Our reputation? It's the reputation of the team. We hold it dear and protect it fiercely. We thrive as a collective.

And we understand that a good laugh, a shared moment of joy, is as crucial as the hard work. It's part of who we are.

At FDC, our foundation is built on enduring relationships. Like the bond between a black cockatoo and its flock, the relationships we build are deep, meaningful, and lifelong. These connections fuel us, drive us, and help us grow—not just as a company, but as a community.

After 35 years, we've learned that relationships are everything. Your tribe, the people you trust, the connections you nurture—they make all the difference.

And as we look toward the future, we're more committed than ever to this ethos. It's what's propelled us this far, and it's what will continue to guide us as we move into the years ahead.

So, the next time you see a black cockatoo keeping watch over an FDC project, know this: It's not just a coincidence. It's more than a symbol.

It's personal.







DUBBO • FORBES • TEMORA • LEETON  
30 MARCH - 1 APRIL 2025



Follow Our  
Fundraising:



Bid on Our  
Silent Auction:



Your RTG25  
Playlist:

