



ST ANDREW'S HOSPITAL
MEDICAL & SURGICAL EXCELLENCE

Choose to
Walk!

Sunday 29th March 2009
Ride 'n' Stride

Choose to
Ride!



Want to enjoy a great day out and support St Andrew's Hospital?



Riders, start 9.00 am

Option 1 – 30km route

Option 2 – 60km route










Walkers, start 10.00 am

4.5 km route

Both groups to start and finish at
St Andrew's Hospital
350 South Terrace
Adelaide SA 5000



Registration cost includes:

-  Professional bike jersey for the cyclists
-  Sports T-shirt for the walkers
-  Gourmet BBQ lunch including beer, wine and refreshments
-  Drink bottles
-  Raffle draw – win some great prizes
-  Goodie bags with giveaways
-  On course refreshments and support

To register, contact Gabrielle: T: 8408 2005 E: gcespi@stand.org.au

Book Online: www.standrewsfoundation.org.au (By 20th March 2009)

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Bring your bike • Bring your sneakers • Bring your family • All ages welcome!