



...Helping People Breathe Better...

MEDIA RELEASE

2 December 2008

JOINING PERTH'S BIGGEST FREEWAY CYCLING EVENT

The Freeway Bike Hike for Asthma is not only one of Perth's most iconic mass participation cycling events; it is also a popular time for families, friends, colleagues and volunteers to join together to be active, have fun and make friends. The Asthma Foundation of WA is currently on the look out for over 350 people to become volunteers for next year's lively bike event, scheduled for Sunday 22 March 2009.

Volunteer event roles include on-course marshals, team leaders, start line and finish line volunteers – all of which assist to manage the 7000+ bike riders who take to the freeway in the epic cycle.

The Asthma Foundation of WA is urging those who are interested in cycling, events, asthma, meeting new people and doing something positive for their community, to consider helping with the event. Training and briefings will be provided to volunteers in the lead up to the event, and a volunteer appreciation function will be held following the event.

Fundraising and Events Manager of the Asthma Foundation of WA, Georgia Kennedy says "The Freeway Bike Hike for Asthma is a fantastic event that is enjoyable for all involved. We hope that people see this as a great opportunity to lend a hand with one of Perth's most exciting cycling events. Volunteers from previous years have had a great time helping us to stage this big event, whilst learning more about the seriousness of asthma".

The Freeway Bike Hike for Asthma is the Asthma Foundation of WA's largest fundraising event. The event offers the community the chance to ride along the freeway between Kwinana and Joondalup, on the only day of the year when the Freeway closes its lanes to cars for cyclists. Cyclists can choose to partake in 10km, 30km and 60km distances along the course.

Volunteers need to be 15 years of age, or otherwise accompanied by an adult. Please call Michael at the Asthma Foundation of WA for more information on 9289 3656.

For all people interested in riding in the Freeway Bike Hike for Asthma, preparations are also underway for the event and the rider registrations. Please stay tuned to the event website for more information www.freewaybikehike.com.au.

-ENDS-

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Media Spokesperson: John Gummer, CEO of the Asthma Foundation of WA

Photos attached/opportunities: Attached is a photograph taken at last year's event. Volunteers can be seen in the photo.

For information, to schedule a photograph, or to interview the Media Spokesperson, please contact the Media Contact. www.asthmawa.org.au