

riding coast to coast to
**MAKE THE
KILOMETRES
count**

raising awareness and funds for mental wellbeing



we need **your support**

We have joined forces with Team Jefferson to improve the mental wellbeing of the Townsville community, as they attempt to break a record by riding Coast 2 Coast from Perth to Sydney.

Through this record breaking attempt we aim to raise money so we can continue operating our Bike Sheds and raise awareness so that people struggling with their mental health seek the support they need.

how you **can help**

You can show your support and make the kilometres count by purchasing part of the 3950 cycling route!

For just \$10 a kilometre you can help to improve the mental wellbeing of regional Queensland...and support Team Jefferson to break a record in the process.

In return we work with you to tailor the benefits to your business. These could include social media posts, logo placement, blogs, videos, interview mentions to name a few!

You can also donate via our website.

Note: support can be cash or in-kind.

bike **shed**

Townsville's suicide rate is 1.5 times higher than the national average.

Loneliness is a key trigger for suicide. Our Bike Sheds aim to help the Townsville community overcome loneliness and get more active.

Our innovative facility, provides an inclusive space for locals to connect, work on projects, join in group bike rides and improve their mental wellbeing.

"Working with selectability and its Bike Shed initiative is an obvious fit...we get to combine our passion for cycling with a cause that is very close to our hearts."

- Allan Jefferson

COAST TO COAST

PERTH TO SYDNEY | 7 DAYS



coast to coast

Coast 2 Coast will cover 3950 km starting at Cottesloe Beach in Perth and finishing at the Sydney Opera House. The current record is six days, ten hours and 58 minutes.

Eight support crew will accompany the rider in shifts ensuring he is supported at all times.

Start date

21 AUGUST 21

Stage one

Cottesloe Beach WA to Balladonia WA
(989km)

Stage two

Balladonia WA to Puntabie SA (984km)

Stage three

Puntabie SA to Monak NSW (983km)

Stage four

Monak NSW to Sydney Opera House (986km)

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about allan

Rescue helicopter crewman Allan Jefferson is an experienced multi-sport athlete who has a reputation as a fierce competitor.

His list of Ironman races is endless, qualifying and competing in the Ironman World Championships at Kona 8 times. His time trialling prowess is something to behold and will be invaluable as he travels Coast to Coast.

New Zealand born AI who now calls Townsville home will embark on the Coast to Coast journey on August 21.

Want to know more? Contact us today to arrange a meeting with our team.

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