

BICYCLES ONLY
NEXT 30KMS



HBF Freeway Bike Hike for Asthma

Sunday 21 March 2010



10 kms

A FAMILY-FRIENDLY RIDE STARTING AT GREENWOOD AND ENDING IN JOONDALUP.

30 kms

THIS COURSE STARTS AT BELMONT PARK AND TAKES YOU THROUGH THE GRAHAM FARMER TUNNEL TO JOONDALUP.

60 kms

THE BIG ONE FOR AVID CYCLISTS. RIDE FROM KWINANA ALL THE WAY UP TO JOONDALUP.

HBF members receive 15% off online entry fees! To register online and start fundraising, visit:

www.freewaybikehike.com.au
(08) 9244 5200



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An asthma attack is a code one for ambulances in Australia. Why? - Because asthma is serious and is responsible for at least one death every day in Australia.

With more than 225,000 people living with asthma in Western Australia, the disease has a huge impact in our community. The Asthma Foundation of WA provides education and support services for the community and health sector.

By riding together we can raise the awareness of asthma, as well as generate much needed funds for the vital work of the Foundation!

Please help people breathe better by joining our quest to raise in excess of \$100,000 for asthma services and medical research. It is very easy to set up your own fundraising page online or by downloading an offline fundraising form from www.freewaybikehike.com.au.

