



Heart and Lung Transplant Trust (Victoria) Inc.

in association with

Phil Anderson Cycling Tours

proudly presents

**Phil
Anderson
Cycling**



A second Tour to help those with a second chance at life!



FOREWORD BY PHIL ANDERSON OAM

Phil Anderson is one of Australia's cycling legends and will lead the Tour de Transplant in 2016.

"Three years ago I was approached by the Heart and Lung Transplant Trust (Victoria) with a request to support the inaugural HLTTV Tour de Transplant. Having had a long association with the Alfred Hospital the opportunity to continue the relationship via HLTTV and their Second Chance program was an obvious step. The rest as they say is history.

The 2014 edition of the Tour de Transplant raised more than \$250,000 towards HLTTV's Second Chance Accommodation Program. The Tour was a staggering success with riders hitting physical, financial and emotional targets that would be difficult to better.

Supporting this Program is a fantastic initiative and I'm proud to be leading the second Tour de Transplant cycling challenge in 2016 with planning for the 2018 edition already underway.

Currently demand for support accommodation is outstripping supply and the cost of maintaining the program is continuing to grow. Our goal remains to raise sufficient funds to increase the availability of support accommodation for more transplant recipients and to allow their families to stay together during this difficult post-operative period.

I will ensure that any 2016 Tour de Transplant participants work very hard on their quest to ride a shorter but perhaps more challenging Tour de Transplant mark II that celebrates one of the oldest and hardest day cycling classics in Australia.

The Melbourne to Warrnambool is one of the world's longest bike races, the oldest race in Australia and the second longest running one day classic in the world. The first race was held in 1895 with only 24 starters and 7 finishers straight down what is now known as the Princes Highway. Of the 90 races held over the history of the race, on 32 occasions the race was run in the reverse direction. Of course we will be riding the route over 5 days, along the Great Ocean Road with challenging inland detours such as the "Hell of the South" through the Otway Ranges and a loop around Lorne that has come to be known as the "Amy Gillett Gran Fondo".

I want this to be an enjoyable and memorable experience and invite you all to get involved in the HLTTV Warrnambool to Melbourne Tour de Transplant 2016."

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ABOUT US: THE HEART AND LUNG TRANSPLANT TRUST (VICTORIA)

The Heart and Lung Transplant Trust (Victoria) Inc. (HLTTV) is a not-for-profit association whose membership consists of heart and lung transplant patients, recipients, their carers and families.



First formed in 1994, five years after The Alfred Hospital performed its first pioneering heart transplant, HLTTV is managed by a committee of dedicated volunteers who have each experienced the heart or lung transplant journey. We are a partner of DonateLife and are a Deductible Gift Recipient.

Our vision is for a bright and active future for all those involved with or in need of a heart or lung transplant. We actively encourage organ donation and support The Alfred Hospital Melbourne, the transplant team, patients, recipients, their families and carers throughout the journey.

HLTTV is in a unique and privileged position to understand the journey and make a difference. We strive to do this through fostering a sense of community and certainty during the most uncertain of times and we are a resource for support, education and advocacy. Over the last few years, the HLTTV has provided treadmills and exercise bikes to The Alfred gym, used continually by pre and post transplant patients; refurbished consulting rooms at the Transplant Clinic; purchased IT equipment for The Alfred; and also provided a 'quiet room' for families on the Heart Transplant Ward. Finally, and mostly importantly, we have provided over 2,500 nights of accommodation to transplant families through our Second Chance Accommodation Program.

WORLD'S BEST PRACTICE: THE ALFRED HOSPITAL – AUSTRALIA'S LEADING TRANSPLANT FACILITY

In 1989, The Alfred Hospital was one of the pioneers of heart transplant in Australia.

The Alfred is widely regarded as one of the leading transplant facilities in the world. Its methods, techniques and holistic program means its success rates are the very best of the best.

Today, The Alfred performs around 90 transplants per year. These fit into four categories:

- Heart
- Single Lung
- Double Lung
- Heart & Lung

The Alfred directly serves all Victoria, South Australia, Tasmania, Northern Territory and southern New South Wales.

Additionally, The Alfred is the Australian centre for paediatric lung transplantation, which means any child in Australia who requires a lung transplant is treated at The Alfred.

Since 1989, thanks to the life-saving work of the brilliant clinicians at The Alfred, over 1,550 people's lives have been changed. Of these, some 600 have needed assistance with accommodation.

For every person who has received a transplant, there are family, friends, coaches, teachers, and work colleagues whose lives too have been changed. It is estimated that nationally this equates to nearly 40,000 people who have been directly impacted.





THE CHALLENGE OF TRANSPLANT

Transplant extends life. It's a second chance but the risks are incredible as shown by the International Society for Heart and Lung Transplants' Australian & New Zealand survival statistics for 2013.

Period	Heart	Single Lung	Double Lung
1 Year	87%	82%	89%
5 Years	81%	47%	62%
10 Years	71%	24%	44%
Waiting List Time	225 days	161 days	161 days



It is important to note that these figures are historical and the management of heart and lung transplant and donor rate continues to improve due to medical advances.

THE PROBLEM

Transplant recipients, and their carers, are required to spend 3 months in a mandatory rehabilitation/recovery program at The Alfred in the immediate aftermath of surgery following the transplant. In many cases this time needs to be extended.

This almost daily regime, from early morning to late afternoon involves a rigorous program of tests; medical procedures and assessments; clinic visits; gym/physiotherapy; and education sessions. However, the 3-month stay is not at The Alfred – the patient and carer must find alternative accommodation close by.

The issue affects almost 1 in 2 heart or lung recipients and their families

Use of public transport to commute to and from The Alfred is not an option due to the elevated risk of infection because of the high levels of immunosuppression required in the early post-transplant stage.

This regime is demanding enough for Melbourne based recipients but for regional Victorians and interstate-based recipients the situation can be overwhelming. Finding adequate and affordable short-term accommodation close to The Alfred is extremely challenging and although each State Government provides a rebate for patients who live more than 100km from The Alfred, this rebate falls well short of actual inner city tariffs. The situation deteriorates rapidly during times such as the Grand Prix, the Australian Tennis Open and other events as accommodation demands peak and in the past patients have occasionally been asked to leave their accommodation facility during these times.

Most families, by the time they receive this life saving procedure, have experienced a prolonged, stressful and financially draining illness followed by a difficult pre-transplant process which includes seriously declining health and increasing psychological stress. Normal work is impossible and financial hardship is usually experienced.

Since the commencement of heart and lung transplants at The Alfred over 1,650 patients have received transplants. Incredibly, half of all transplants have been performed on persons living outside metropolitan Melbourne. Patients from outside metropolitan Melbourne come mainly from country Victoria with smaller numbers coming from South Australia, Tasmania, southern New South Wales and the Northern Territory.

With the exception of Tasmanians, whose State Government provides sufficient funds, the problem is that every single one of these patients is disadvantaged because of the need to fund accommodation during the immediate 3 months post-transplant. In comparison, those from metropolitan Melbourne are able to return to the comfort and security of their own home and so avoid this extra financial and psychological impost.



FINDING AN ANSWER – THE SECOND CHANCE ACCOMMODATION PROGRAM

In May 2012, HLTTV took a bold step and created the **Second Chance Accommodation Program** by partnering with the Park Regis Griffin Suites in St Kilda Road to secure and guarantee funding for 2 one-bedroom apartments for a period of 12 months. Following the success of the 2014 Tour de Transplant fundraising event, HLTTV increased the program to six apartments to supply accommodation to all who need it. We expect the increase in the number of transplants performed to require funding for 8 apartments over the next 2 years.

These apartments are dedicated for ones who need it most - the country and interstate transplant patients. The apartments provide post-transplant patients with quality accommodation, within walking distance of The Alfred. This becomes a place to call home for 3 months while they go through the most traumatic experience of their lives.

There is some assistance for those living more than 100km from Melbourne, each State Government pays an allocation per night to cover costs, but sadly this simply is not enough. There is still a shortfall – this is where the HLTTV comes to the rescue.

In the HLTTV **Second Chance Accommodation Program**, each family contributes a nominal fee of \$15 per day. This, together with the State Government rebate, is paid directly to Park Regis Griffin Suites, with HLTTV making up the balance.

HLTTV's current full year investments are considerable:

- We need to provide 2,200 nights accommodation each year
- \$10,000 per annum for each apartment = \$60,000 for six apartments
- This equates to \$2,500 per recipient & carer for the average 3-month stay

OUR URGENT NEED: APARTMENT DEMAND SNAPSHOT

On average each apartment can house a total of 4 families per year in 3-month blocks. This means with six apartments, a total of 24 families can be supported. The problem is that demand outstrips supply. Right now HLTTV needs a total of 6 apartments per year in order to house all regional and rural transplant families. Here is a snapshot level of demand:

2014

- In 2014, 111 transplants (27 heart, 82 lung & 2 heart/lung) were performed at The Alfred

2015

- As of January 2015, there are already 59 patients on the 'transplant waiting list' (18 heart & 41 lung), with 19 of these expected to need accommodation
- Projections indicate 6 apartments are currently needed, increasing to 8 over the next 2 years
- The investment required to support the increased need is \$80,000 per annum

OUR DREAM

It is our dream that every recipient family from outside Melbourne receives a 'hand up' rather than a financial penalty during this critical 3-month immediate post-transplant recuperation period. That means raising \$80,000 per annum. To give surety, we are structuring this over 3 year period allowing for rapid scale up pending on the level of income and donations achieved.

Year	Apartments	Investment	Total Families
2015	6	\$60,000	24
2016	7	\$70,000	28
2017	8	\$80,000	32



TOUR DE TRANSPLANT: LED BY AUSTRALIAN CYCLING CHAMPION PHIL ANDERSON

In March 2016, HLTTV will conduct the second Tour De Transplant – a second Tour to help those with a second chance at life!

The Event, 600km for 600 recipients needing accommodation help

We have planned a 5 day cycling challenge where participants' goal is to raise money for the Second Chance Accommodation Program.

The route will take us along the Great Ocean Road from Warrnambool, through Port Campbell, Apollo Bay, Lorne, Angelsea and Bells Beach with a few challenging detours. Finally heading through the Bellarine peninsula to Geelong and the return to Melbourne.

The length of the ride is significant - 1km for every heart and lung transplant recipient who has come from regional Victoria or interstate and needed accommodation after transplant. Accommodation is required for 3 months during the necessary post transplant surgery rehabilitation.

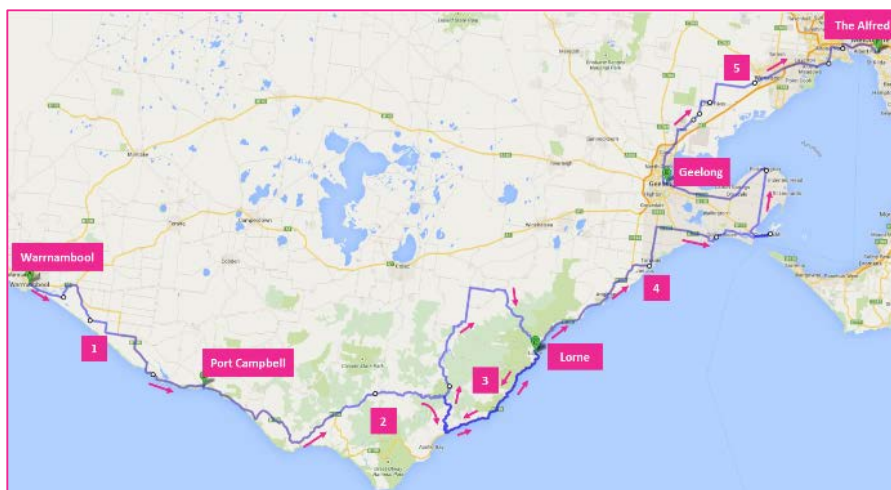


The Tour will be led by Australian cycling legend Phil Anderson. This extraordinary event will be once in a lifetime chance to spend five days in the company of one of Australia's true sporting champions and pioneer. All expenses, covering food, accommodation and train to Warrnambool are included in the minimum target costs with participants strictly limited to maximum 30 riders.

Quick Facts

The ride is scheduled to take place 2-6 March 2016. It will be held over a 5 day period which means participants can minimize the number of days required to take from annual leave as we incorporate a weekend.

Depart	Wednesday 2 March	The Stages		600km
Return	Sunday 6 March	Wednesday	Melbourne – Warrnambool	Transit
Days	5		Warrnambool - Port Campbell	79km
Length	600 kms	Thursday	Port Campbell - Lorne	149km
Max Riders	30	Friday	Lorne - Lorne	129km
Stages	5	Saturday	Lorne - Geelong	149km
Tour Leader	Phil Anderson Cycling	Sunday	Geelong - Melbourne	94km
			Followed by a family BBQ celebration in Fawkner Park	





Support & Stops

Each day the group will be briefed by Phil on the day's itinerary before departing. It is envisaged that 50-75kms will be covered in the morning and then a break for lunch followed by another 50-75km in the afternoon; depending on the planned stage. These rides may also incorporate pre-requisite media and public relations stops.

As this is a fund-raising charity ride, there are no road closures involved. We abide by the road rules and the decorum of group riding under the guidance of Phil and his staff. There will be full support including vehicles, trailers and support from behind to assist with any problems faced on the road.



Gear & Kit

All participants are expected to ride their own bike. We will provide full mechanical support for minor repairs during the campaign.

In addition, HLTTV will provide one riding jersey, a gilet and a cap; all included in the registration fee. HLTTV expects riders to wear the supplied kit to meet our sponsorship obligations. Riders may also purchase an additional jersey at cost should they wish.

Accommodation & Meals

Accommodation and meals are all fully provided together with ride snacks and hydration. Accommodation is in motels and is on a twin share basis. A support trailer will carry your luggage and personal effects.

Stages

Phil is leading the ride but he does not expect you to ride like a pro. Your commitment is your participation and even if you are not on the bike for any reason you will be on the road and part of the team for the full experience. The route has been designed to appeal to both the "elite" rider and the "enthusiast" with options to suit both ability levels.



The full 600km, split over 5 stages, is designed for the "elites" i.e. those capable of riding over 100kms each Tour day, averaging speeds 25-32kph under pressure. We would expect them to be generally cycling 2-3 times a week, covering at least 200kms a week, have experience riding in a pack and have a moderate to high fitness level (with possibly some racing experience, although not essential).



A shorter, but still challenging, route for the "enthusiasts" is an option for those capable of riding 40-70km each Tour day, averaging speeds of 18-25kph. We would expect them to be generally cycling twice a week, for example a long weekend ride and a short mid-week ride, and having a moderate fitness level. It will include those new to road cycling, or wanting to learn the techniques of pack riding or even a "tired elite" rider!



We encourage all cyclists keen on a milestone ride for the HLTTV cause to join us.

Registration Fee

There is a \$1,200 registration fee per rider, which covers the cost of twin share accommodation, breakfast, lunch and dinner for the Tour. *The fee is not considered a donation and therefore is not tax-deductible.*

Limited Places

Tour de Transplant is limited to just 30 riders. Places therefore are at a premium. The 2014 Tour sold out and we expect the same for the 2016 Tour. To register visit www.tourdetransplant.org.au and click on the "Register Now" link.



Fundraising Target

All participants are expected to raise donations, which are fully tax-deductible. While there is not a maximum, each participant is encouraged to raise donations that would support families; with a minimum expectation of \$2,500. HLTTV will assist participants to achieve this aim.

Investing in People and Community

One Apartment for 3 months x \$2,500 = One Family Saved

We invite each participant to consider raising one of the following tiers:

- 2 families = \$5,000
- 3 families = \$7,500
- 4 families = \$10,000 = one apartment for one year!



We will assist participants in their fundraising efforts by providing:

- a personalised fundraising website to facilitate online donations
- a "How to Fundraise" toolkit filled with ideas on easy ways to raise money
- marketing material explaining the cause to convince donors to give
- where necessary, a HLTTV ambassador at your events to reinforce the cause's message
- any other assistance the participant may need (e.g. trivia questions for a fundraiser evening)

Community Fundraising



On Saturday 5 March 2016 when the Tour rides into Geelong, there will be a community fundraising dinner. Your family & friends are strongly encouraged to attend this event, not only to support you but to help us raise further funds to support the Second Chance Accommodation Program.

As 2014 Tour riders know, Phil Anderson's stories of life as a pro-cyclist are not to be missed!



The ticket price includes a three course meal, a drink on arrival and all entertainment, but is provided to riders for free as part of their registration fee.

With Geelong only 50 minutes from Melbourne we are asking all riders to spread the word and encourage as many as possible to attend this event. Enjoy a glass of wine and celebrate your successes with friends and family while you sit back and take in the video of the ride to date.

The event will include a raffle, a silent auction and a mystery game with excellent prizes up for grabs. For booking details, visit www.tourdetransplant.org.au and click on the "Supporting Events" link.

Recognition

Every rider will receive a framed certificate of participation. In addition, all riders will receive one riding jersey, a gilet and a cap to be worn while on the Tour. On the 2014 Tour, the top five riding fundraisers were also rewarded with prizes which had been donated to event by generous organizations, and we expect to reward riders in the same way on the 2016 Tour.

For further information about any aspects of the Tour visit www.tourdetransplant.org.au



2014 Feedback

We asked the riders after the 2014 event to rate their experience:

- **all of them** rated the ride “Excellent” or “Very Good”
- **all of them** would recommend the next event

Here are some direct quotes:

What riders said about the event overall

“A great week on the bike, new friends, a chance to help others, amazing the organisation that went in behind the scenes.”

“It was a special week in my life. I never thought I could ride that far and enjoy it.”

“Absolutely fantastic. Very well organised accommodation, food, structure etc.”

“The purpose and endeavour of all involved was an Inspiration”

“Excellent, both on and off the road”

“Excellent, very well organised”

“Great, I got a lot more out of it than expected”

“Well done. One of the best experiences of my life.”

What riders said about Phil Anderson and the riding staff

“I learnt so much from Phil and his staff, invaluable experience. Phil and his team were professional, friendly and very approachable. Felt like family.”

“Great job. Kept us safe and motivated. Good crew.”

“They were fantastic in all aspects of their organisation of the riding side of the event and great when we were off the road too.”

“It was 11 out of 10 and the whole crew were just fantastic.”

“They were all absolutely fantastic. I couldn't believe how well they ran and managed such a big group of riders with very different needs and cycling ability and experience. Congratulations to Phil and his team!”

What riders said about fundraising

“I greatly enjoyed my participation in the inaugural Tour de Transplant and found the fundraising aspect both rewarding and humbling.”

“I was overwhelmed by the support provided by my family, friends and colleagues. They generously donated to the cause and supported a range of fundraising events and activities, making it easier to fundraise than I had thought it would be.”

“The focus was to help others in desperate need of temporary accommodation following their transplant...it had a huge impact on me personally, it really opened my eyes to how fortunate I am and the need for me to do more in my contribution back to the community.”



Tour Leader Phil Anderson



Phil Anderson OAM is one of our cycling heroes. He won gold in the 1978 Commonwealth Games, turned pro and joined the intensely competitive professional European road circuit with a career spanning 16 years and culminating with another Commonwealth gold in 1994, the year of his retirement.

Anderson is well known for being the first Australian (and first non-European) to win the prestigious yellow jersey in the Tour de France. His daring challenge of the French favourite, Bernard Hinault and his exploits on the road, are stories full of pain, fierce determination and excitement. Ultimately Phil Anderson won the yellow jersey 11 times and rose to number one in the world.

Since his retirement in 1994 Phil Anderson has worked as a consultant / expert to the cycling fraternity in addition to media commitments, sports commentary and sports development. He is also the cycling patron for the Amy Gillett Foundation.



Phil Anderson's Cycling Down Under got roots back in the mid-nineties and today offers premium trips to 'Le Tour' where the cycling aficionado will witness this historic event and have the chance to tackle some of the event's monumental climbs. Phil's boutique tours are designed to capture the enthusiasm, energy and culture of the grand tour, one day classic or the camaraderie of riding weekends to experience challenging locations.

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*Transplant Recipients
Say Thanks!*

