
The Breakthrough Ride 2017



What is The Breakthrough Ride?

The ride is an initiative by a group of paramedics to invite all emergency service workers to a travelling forum that openly discusses and promotes positive mental health management within the first responder environment. The format of the ride allows us to take that message 'on the road'.

Q: When and where does it start?

A: On Tuesday November 28th we gather at Parliament House steps from 09:15 hrs for a 10:00 hrs mass ride off.

Q: Where do we go from there?

A: We ride down to Lorne and back to Geelong. Wednesday 29th we ride from Geelong to Bendigo. Thursday 30th we ride from Bendigo to Wangaratta, and finally on Friday 1st December we ride from Wangaratta to finish back in Melbourne with a rousing night of music and fun at Trades Hall in Carlton.

Q: What happens each day?

A: Each day we set off and tour through the towns between the major venues and see what Victoria has to offer. A leisurely pace allows all riders and drivers to enjoy the trip however they prefer.

Q: What happens each night?

A: Each night we have guest speakers, entertainment, food & drink in a safe, family friendly environment where the message of positive mental health management and support for PTSD and associated injuries is promoted. The evenings will be hosted by the talented and renowned Melbourne comedian Mr. Dave Tulk.

Q: Do I have to do the whole ride, or in fact any of it?

A: Not at all. People can do as much or as little as they like. We would love to see you for any time or distance you like, even if it is just a quick trip between towns or if you would simply like to attend the evenings to see what it is we are talking about.

Q: What if I don't have a motorbike?

A: No worries – anything that moves at highway speed is welcome. We would love to see cars, bikes, Goggomobils, Vespas or anything else you think you would enjoy doing the trip in or on.

Where can I find out more?

A: Go to our Facebook page **The Breakthrough Ride** to check all the details, times and venue locations, our website <https://www.breakthroughride.com/> or our email btrvic@gmail.com for any queries.

