



Powered by **Santini**

Join the ride that gives back

tourdekids.org.au

MEDIA RELEASE
August 2025

Join Starlight for the ride that gives back

[Starlight Children's Foundation](#) (Starlight) is encouraging Australians around the country to join *the ride that gives back* this October, for its annual [Tour de Kids](#) virtual cycling challenge.

The challenge aims to raise \$750,000 to deliver happiness to over 19,000 seriously ill children and their families across Australia.

Tour de Kids is the ride that gives back, not only to participants but to sick kids. While riders enjoy the physical and mental health benefits of being active, their fundraising efforts will support Starlight's vital hospital programs for seriously ill children and their families, including [Captain Starlight](#) and the [Starlight Express Rooms](#).

Participants of all ages and abilities are encouraged to clock up their kilometres in any way that suits them. Whether it be a weekend cycle, leisurely family bike ride, cycling to work or in a spin class, every kilometre helps bring happiness to sick kids in need.

Seven-year-old [Harper](#) is an active child who loves being outside and riding her bike. So, it came as a huge shock when mum Katrina noticed her daughter was suddenly in pain and unable to walk. During a trip to emergency, doctors ordered numerous swab and blood tests to try and find out what was causing her to be so unwell.

When there were still no clear answers, doctors arranged an MRI which revealed that Harper had osteomyelitis, an infection of the bone in her hip. While already dealing with one diagnosis, the family was hit with the news that Harper had also developed sepsis a potentially life-threatening blood infection. Harper was immediately put on intravenous antibiotics to fight the infections that were spreading through her body.

It was at this point the family discovered the Starlight Express Room at Monash Children's Hospital and Katrina said it made the world of difference to their stay. "Starlight let Harper just be a kid again. Being in hospital can feel like your whole world has stopped, Starlight brings back some 'normal life' during those really stressful times."

Supported by professional Australian Triathletes Craig Alexander and Emma Jeffcoat, Rugby League legend Sam Thaiday and celebrity cook Hayden Quinn, Tour de Kids encourages all Australians to get active for a good cause.

Starlight's Digital Campaign and Experience Manager Evan Jackson said: "At Starlight, we believe that being in hospital shouldn't mean missing out on the fun of childhood. That's why Starlight exists - to brighten the lives of seriously ill children and their families, turning pain and fear into fun, laughter and joy."

"This year, we've decided to hold the challenge throughout the month of October, which means participants will get an extra day to go the extra mile and fundraise for seriously ill children and their families. So, hop on your bike, get active and join the ride that gives back!"



Starlight Children's Foundation acknowledges and pays respect to the traditional custodians of the lands on which we work, live and play. Starlight is committed to providing inclusive and culturally appropriate programs for Aboriginal and Torres Strait Islander children, young people, their kinship groups and communities.





Powered by **Santini**

Join the ride that gives back

tourdekids.org.au

Fundraisers will be rewarded for their efforts with exclusive merchandise including an official Tour de Kids Santini cycling jersey, sports socks and sweat band, a champion's medal, cooling towel, collapsible cup, exclusive VIP t-shirt and more...

Tour de Kids is proudly supported by major sponsor Santini and event partners 99 Bikes, Bikesportz, Ampol and Medals Australia.

Founded in 2001, Tour de Kids was the first ever charity bike ride in Australia. Since its inception, participants have raised over \$11.5 million supporting more than 294,000 sick kids and their families.

Registrations are now open and participants can sign up as an individual or team and ride the distance any time between 1 - 31 October 2025.

To find out more, visit tourdekids.org.au or follow [@starlighttourdekids](https://twitter.com/starlighttourdekids).

– ENDS –

For more information, please contact:

Alice Spence | Starlight Children's Foundation | alice.spence@starlight.org.au | 02 9436 5116

About Starlight Children's Foundation

Starlight Children's Foundation brightens the lives of seriously ill and hospitalised children and young people by replacing pain, fear and stress with fun, joy and laughter. Since its establishment in 1988, Starlight has expanded to become the broadest reaching children's charity in Australia and has been consistently ranked as one of Australia's most reputable children's charities in Reptrak's Charity Reputation Index. Starlight has also been recognised as a Great Place to Work over the years. There is a Starlight Express Room in every major children's hospital around Australia. In 2024, Starlight created over 4.4 million positive Starlight experiences for children, teenagers and their families, and Captain Starlight brought fun and laughter to 115 hospitals and 125 remote communities. Starlight also granted 491 wishes in 2024, and almost 170,000 online sessions on interactive platform Planet Starlight www.starlight.org.au



Starlight Children's Foundation acknowledges and pays respect to the traditional custodians of the lands on which we work, live and play. Starlight is committed to providing inclusive and culturally appropriate programs for Aboriginal and Torres Strait Islander children, young people, their kinship groups and communities.

