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Join the ride that gives back

tourdekids.org.au

MEDIA RELEASE
July 2023

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 September, for its annual [Tour de Kids](#) 30-day virtual cycling challenge.

The challenge aims to raise over \$1 million to deliver happiness to over 25,000 sick kids 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 sick kids, 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 on a leisurely weekend cycle, a ride to work or in a spin class, every kilometre ridden helps sick kids in need.

For 3-year-old Lexi, who was diagnosed with a ruptured Wilm's Tumour (kidney cancer) and has undergone 26 weeks of chemotherapy, major surgery and radiotherapy, hospital stays are particularly difficult.

Lexi struggles with painful procedures and isolation from kids her own age, and Starlight's hospital programs have been a shining light for the whole family during her treatment, providing a safe and fun space where Lexi can be herself again.

Lexi's Dad Evan said: "It's not 'going to the hospital', it's 'going to the Starlight Express Room' for Lexi. It has become an event we can build our day around and gives us something to talk about before and afterwards."

Supported by professional Australian Triathletes Craig Alexander and Emma Jeffcoat as well as TV personality and cycling enthusiast Tristan MacManus, Tour de Kids encourages all Australians to get active for a good cause.

Starlight CEO Louise Baxter said: "Being diagnosed with a serious illness can change the course of a child's life forever, but being sick shouldn't mean missing out on the fun of childhood. Starlight exists to brighten the lives of sick kids, turning pain and fear into fun, laughter and joy."

"We hope the community will hop on their bicycle to improve their own health and also change a child's life."

Tour de Kids fundraisers will be rewarded for their efforts with exclusive merchandise including an official Tour de Kids x Santini cycling jersey. Plus, participants who sign up before 31 August go into the draw to win a BMC URS One Gravel Bike from 99 Bikes valued at \$4,999.



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.



