

Mountains for Murray 2025 / CAMS 2025 Bright Camp

12th to 23rd February

Welcome to CAMS *Mountains for Murray* 2025 Charity Ride, where we will ride to raise awareness and funds for MND research, with the goal of finding a cure.

Before diving into the details, let me give you a quick background on how it all started. In 2014, a group of Brisbane mates decided to take on one of the toughest one-day cycling events in the world - the Peaks Challenge in Victoria. They trained hard throughout the summer, forging strong bonds through the pain, sweat, and exhaustion, to prepare for the gruelling 235 km ride with 4,000 m of climbing at Falls Creek. This challenge soon became an annual tradition.

In 2018 when one of those mates, Murray was diagnosed with Motor Neurone Disease (MND) things changed not only for Murray and his family but for the CAMS crew. MND took Murray off his bike and away from riding with his mates, and we were all devastated.

Then in 2020, *Mountains for Murray* was born from a desire to honour Murray. The name came from Murray's love for mountains, and the challenge this love bought to him and his mates on long rides over the Queensland summers.

For the first *Mountains for Murray* challenge, we set ourselves ambitious goals at Peaks 2020, determined to push beyond our limits. When the going got tough, we reminded ourselves that quitting wasn't an option—just as our mate Murray, in his fight against MND, showed us the true meaning of perseverance.

In 2022, this group of friends honoured their mate by cycling over 2,500 km from Brisbane to Falls Creek to take on the Peaks Challenge. They endured every weather condition imaginable - from scorching heat on the first day to days of relentless rain and headwinds, even making last-minute course changes due to flooding. Yet, giving up was never an option, and together, we completed this incredible journey. It was all in support of MND and Me, a Queensland charity dedicated to supporting MND patients and research, and we proudly raised \$100,000 in the process.

Join us in 2025 to support patients and families, like our mate Murray, and help find a cure for MND. Be part of CAMS *Mountains for Murray* 2025 and make a difference in the lives of those diagnosed with MND. All it takes is 10 days of riding your bike to raise crucial funds and bring hope to those who need it most.

What Are We Doing?

The CAMS *Mountains for Murray* 2025 Charity Ride has been designed to be challenging for all but not impossible with a bit of training, determination, inspiration and some good old fashioned hard work.

The routes are designed to accommodate three groups of varying abilities, ensuring no one feels pressured to ride faster than they're comfortable with. This approach allows everyone to ride at their own pace, giving all participants the best chance to successfully complete the 10-day challenge.

The groups will have these parameters as training begins:

- 1. SPINNERS - an avg. speed between 24-26kph, over 80-95km routes.**
- 2. CHASERS - faster with an avg. speed between 27-30kph, over 85-110km routes.**
- 3. BREAKAWAYS - the fastest with an avg. speed of 30+kph, over 90-120km routes.**

Each group will naturally slow down during climbs, and to ensure plenty of space on the road and avoid congestion, the groups will start about an hour apart each day. For rides over 80 km, all groups will have one main stop, with additional water refuelling stops on longer routes.

For Group 1 (Spinners), there will be a couple of days offering shorter ride options, or the chance to skip a section and rejoin the group later. Riders in Groups 2 and 3 will also have one day with a shorter ride option and, like Group 1, can choose to join later or finish early if needed.

But remember, we're riding to raise money for the MND & Me Foundation and the Murray Geale Research Grant. From past *Mountains for Murray* rides, we've learned that the more we push ourselves, the more support we'll inspire from our friends and colleagues. So, embrace the challenge—it's all for a great cause!

To Help You Prepare!

So, you have decided to take on this incredible ride but aren't sure how to train, how often to ride, or what to eat? Don't worry—CAMS has you covered.

As part of your package, we'll provide comprehensive training programs that include outdoor training rides and Zoom classes for those who prefer indoor sessions; or need an alternative when the weather doesn't cooperate.

These programs will offer a mix of sessions tailored to each of the three rider groups, with longer weekend rides. During the week, you can join CAMS regular rides on Tuesdays, Thursdays, and Fridays. Additionally, we'll offer three Wednesday rides, and two Sunday rides each month for those looking for extra preparation.

We are here to support you every step of the way!

What is the commitment for training?

Well that really is dependent on what you have been doing prior to deciding to join this challenge.

We would recommend the following per month starting in October/November, 2024.

For three weeks you should do:

- 1 strength session on your bike (Mt Coo-tha / Mt Gravatt or Gateway repeats)
- 1 interval session on your bike
- 1 recovery ride
- 1 long ride on the weekend (pending which group you are riding in as to the distance)

For 1 week each month you should do:

- 1 strength session on your bike (Mt Coo-tha / Mt Gravatt or Gateway repeats)
- 1 interval session on you bike
- 1 recovery ride
- 1 back up weekend (1 x long ride / 1 x shorter ride (60% of long ride))

All this will be outlined in the training programs for each group, including suggested rides.

These programs will also include the option to do the sessions on Zwift / Trainer Road / Fulgaz if needed during the week. We will be available to chat about your training when needed.

Your Financial Commitment!

To confirm your spot in this exciting challenge, a payment of \$3,925* will be required in instalments. This fee covers all accommodation, bus transfers, and includes - five breakfasts, mid ride snacks, three dinners (including celebratory winery function), and comprehensive support throughout the event. Also included will be event apparel (two kits plus a vest and polo), massage, bike mechanic, as well as dedicated coaches and daily support vehicles for each group.

Additionally, there will be a fundraising goal of \$1,000 per rider, with the overall team aiming to raise \$100,000 in support of the MND & Me Foundation and the Murray Geale Research Grant (Mountains for Murray).

* we are seeking sponsorship for the event which may decrease the individual cost

Register Here!

Register [here](#) and commit to the challenge so we can create more fun cycling memories!

Not convinced yet? The awesome ride routes on the next page will get you excited!

Your Ride Routes#!

Group 1: Cruisers / Spinners:

- Day 1: [Jindabyne to Jindabyne via Beloka the shorter route](#) 82km / 1464m
- Day 2: [Jindabyne to Thredbo](#) 35km / 904m
- Day 3: [Thredbo to Corryong](#) 104km / 2220m
- Day 4: [Corryong to Tallangatta](#) 86km / 1205m
- Day 5: [Tallangatta to Mitta Mitta](#) 64km / 446m
- Day 6: [Mitta Mitta to Omeo](#) 108km / 2039m
- Day 7: [Omeo to Bright via Mt Hotham](#) 110km / 2130m
- Day 8: [Bright to Buckland Gate Return](#) 48km / 376m
- Day 9: [Bright to Falls Creek Return via Tawonga Gap and Mt Beauty](#) 126km / 2875m
- Day 10: [Bright to Mt Buffalo Return](#) 86km / 1729m

Elevation Total: 15388m, **Distance Total:** 849km

Group 2: Chasers / Group 3: Breakaways:

- Day 1: [Jindabyne to Jindabyne via Beloka](#) 108km / 1664m
- Day 2: [Jindabyne to Charlottes Pass finishing at Thredbo](#) 110km / 2618m
- Day 2: Chasers:* [Jindabyne to Perisher Valley finishing at Thredbo](#) 93km / 2312m
- Day 3: [Thredbo to Corryong via Bringenbrong](#) 113km / 2283m
- Day 4: [Corryong to Tallangatta via Greg Greg](#) 130km / 1653m
- Day 5: [Tallangatta to Mitta Mitta](#) 64km / 446m
- Day 6: [Mitta Mitta to Omeo](#) 108km / 2039m
- Day 7: [Omeo to Bright via Mt Hotham](#) 110km / 2130m
- Day 8: [Bright to Mt Hotham Return](#) 115km / 2082m
- Day 8 Chasers:* [Bright to Buckland Gate Return](#) 48km / 376m
- Day 9: [Bright to Falls Creek Return via Tawonga Gap and Mt Beauty](#) 126km / 2875m
- Day 10: [Bright to Mt Buffalo Return](#) 86km / 1729m

Chasers Elevation Total: 17507m, **Distance Total:** 986km

Breakaways Elevation Total: 19519m, **Distance Total:** 1070km

#! Subject to some tweaks depending on any changes that may occur, including inclement weather.