45 YEARS

MS GONG RIDE

RIDE TO FIGHT MS



RIDER GUIDE

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WELCOME TO THE MS GONG RIDE

Thank you for joining us for the 2026 MS Gong Ride.

We are thrilled that you have chosen to take on the Ride to Fight MS and support the more than 37,700 Australians living with multiple sclerosis (MS), while helping fund vital research aimed at finding a cure.

This year promises to be another unforgettable day, bringing together thousands of riders to enjoy some of Australia's most spectacular scenery before crossing the finish line at our vibrant Event Finish Village.

2026 is particularly special as we celebrate the 45th anniversary of the MS Gong Ride.

Reaching this milestone would not have been possible without the incredible commitment of our riders, volunteers, supporters and sponsors. Whether you are taking part for the first time or returning for another year, thank you for being part of this remarkable community.

Every dollar raised helps ensure people living with MS can access the services, support, information and connection they need to live well and pursue their goals. It also helps fund vital research into better treatments, improved understanding of the disease and, ultimately, a cure. Your participation is helping to ensure that no one has to face MS alone.

I would also like to acknowledge our dedicated volunteers, whose enthusiasm and commitment make this event possible. They play a vital role in delivering a safe and enjoyable experience for everyone, so please take a moment to thank them as you ride.

Thank you again for your support, your fundraising efforts and your commitment to making a difference.

Happy training, ride safely, and I look forward to seeing you on 1 November as we celebrate 45 years of the MS Gong Ride.



John Blewonski
Chief Executive Officer
MS Plus

45 MS GONG RIDE YEARS

A MESSAGE FROM NSW POLICE

The NSW Police Force have been working closely with event organisers and key government stakeholders to ensure the safety and security of riders, event staff, local residents and the wider community, throughout the MS Gong Ride.

The policing strategy has consistently been reviewed and all participants are reminded throughout the MS Gong Ride to follow the directions of police, traffic controllers and course marshals for the safety of all riders taking part on Sunday 1 November. The courses are 53km and 80km long, covering various road conditions and terrain. To travel the course safely, please consider your level of fitness, ensure your bicycle is in good mechanical condition, and that you wear clothing that will be highly visible to other riders and motorists. It is a condition of entry in this event that you wear a properly fitted cycling helmet.

Ultimately, we ask that you DO NOT treat this ride as a race. The nature of the event attracts riders of all ages and abilities and participants should modify their riding behaviour to take this into account. Members of the NSW Police Force wish you all the best in completing this enjoyable event and look forward to your assistance in ensuring that it is conducted in a safe manner.



ABOUT THE MS GONG RIDE

Congratulations on entering the MS Gong Ride – the iconic Ride to Fight MS!

Thank you for taking up the challenge to complete Australia's most respected community bike ride. For 45 years, tens of thousands of cyclists have hit the pavement in this legendary ride in support of people with multiple sclerosis. By fundraising, you will be making sure over 37,700 Australians are supported on their journey to fight MS.

More than ever, your support is critical to ensure that no one faces MS alone.

The mission of MS Plus is to provide essential services that help people live well with MS and other neurological conditions, including employment support, allied health services, specialist short and long-term accommodation, NDIS services, diet and nutrition, and peer support groups. These services are provided face-to-face, via video conference and by phone.

A host of other supports continue to be available remotely, including MS Nurse Advisor which provides free, expert advice from qualified nurses, and our free helpline, MS Connect, which is available 5 days a week to people living with MS, their friends, family and carers. It is thanks to YOU that these vital services are possible, and no one has to face MS alone. Thank you! We can't do it without fundraisers like you.

Stay tuned for new cycling challenges that will inspire, great prizes to reward your fundraising and much more!

We are excited to have you onboard for the MS Gong Ride 2026!



"The MS Gong Ride is among Sydney's finest events."

"The opportunity to ride a bike all the way to Wollongong fully supported is a wonderful experience that riders will remember forever.

Couple this with the fact that you are making a massive difference for people living with MS and raising awareness for the struggles they face makes the whole show so worthwhile for every participant whether a rider, volunteer, or supporter."

— Aaron Taylor, Team MICH

TOP 5 FUNDRAISING IDEAS & INSPIRATION

Whether you're putting on a laid-back ride with your mates or rallying the crew online, here are some top ways to raise vital funds for a great cause.

1

Jersey sponsorship

Reach out to local businesses and see who wants to support your fundraising efforts. In return you can pay it forward and wear their logo with pride.

2

Donate to yourself

Kickstart your fundraising and show your supporters how serious you are, by making a personal donation to your fundraising page.

3

Tell your friends & family

Taking on the MS Gong Ride is a life-changing experience, your friends and family will want to support you, they just need to know about it!

4

Facebook fundraising

Most people who use Facebook Fundraiser receive their first donation within 24 hours and raise 10% more! Set it up with one simple click in your MS Gong Ride Dashboard.

5

Host an event

Hosting a fundraising event before the ride can be a great way to involve your friends, family or work colleagues if they can't join you on the day.



LEVERAGE YOUR NETWORKS

Ask your organisation to support your ride.

Reach out to your employer and suggest any of these ways for them to be involved:

1. **Jersey Sponsorship**
   Get their business' logo front and centre on a personalised jersey

2. **Matched Giving**
   Ask your business to match every dollar you raise, it could be over a certain time period, or matching what you have raised by event day.

3. **A donation to your Fundraising Page**
   They could make a once-off donation to your fundraising page in support of your efforts.

Have a company team riding together?

Your employer may pay for registrations, pay for a custom team jersey or full kit, or for a Team Marquee at the Event Village!

Please contact MS Events at events@msplus.org.au or 1300 733 690 for any documentation required, including tax-deductible receipts, or a letter of thanks.



FUNDRAISING REWARDS

In 2026, your fundraising can unlock exclusive rewards!

Whilst the biggest reward for fundraising is knowing that you are making a difference to people living with multiple sclerosis, we like to celebrate your amazing efforts and say **thank you** by giving you a little something extra!

Want to ride in style on the day? Make sure you hit your fundraising target by September 1 to ensure your rewards will be shipped on time.

Please note all rewards are subject to availability while stocks last.

COMPLETE YOUR FUNDRAISING PROFILE

Complete this checklist to receive a pair of stylish and functional MS Gong Ride arm warmers:

1. Update your profile photo
2. Update your blog
3. Share your profile
4. Make a self donation



RAISE $1,000

Raise $1,000 to access the exckusive Gong Cycling Club Lounge at the event village.

Relax like a VIP in an all-inclusive lounge with fully catered lunch, bar service and dedicated bike racks.





RAISE $750

Raise $750 to claim the exclusive 2026 MS Gong Ride cycling jersey.

Cycle with pride knowing you're supporting Australians living with MS.



RAISE $350

Raise $350 and earn yourself a limited edition 45 Years of MS Gong Ride t-shirt!

Wear it with pride so everyone knows you're a legend.

HERO JERSEYS

A little something extra for our incredible fundraising heroes.

Raise $2,500 or more to become an MS Gong Ride Fundraising Hero! You'll be rewarded with one of these awesome jerseys after fundraising closes for the 2026 MS Gong Ride.



BRONZE JERSEY
$2,500 RAISED



SILVER JERSEY
$5,000 RAISED



GOLD JERSEY
$10,000 RAISED



RUBY JERSEY
$20,000 RAISED

Look out for an email after the ride to claim your extra special jersey!

$20 CAN GO A LONG WAY

Kickstart your fundraising to go in the draw!

This year we've partnered with Flight Centre Wollongong to offer the ultimate travel experience.

Donate $20 or more to your MS Gong Ride fundraiser and go in the draw to win a holiday package worth $10,000*.

That's enough to attend a European Grand Tour, or whatever your dream holiday might be.



*Voucher valid for 3 years. Incentive ends on Friday 30 October 2026. Head to the Fundraising Incentives page on our website for the full Terms and Conditions.

GETTING READY TO RIDE

Getting yourself ride ready

- Have your bike serviced before the ride — make sure your brakes are in working order and tyres are pumped
- Adjust your bike to fit you properly to prevent aching backs or knees. You've got to be comfortable to ride!
- Learn how to do basic repairs, especially punctures — this will save you time on event day if you have any pesky tyre issues.
- Ensure you have a working light on your bike — those starting early will be arriving at Tempe in the dark.
- Drink plenty of fluids before, during, and after the ride. Hydration is key.
- Bring a reusable drink bottle.
- Keep an eye on the weather forecast prior to the event to make sure that you're wearing the right gear - layers work wonders!
- Practice basic bike handling skills, such a gear changing, drinking fluids while riding, braking, cornering, descending, riding in traffic, and riding in groups.
- Tell your friends that you are doing the MS Gong Ride and ask for their support!



Bag drop

Got a backpack of belongings that you'd like to get from Tempe or Engadine to the Event Village without having to take it over the Sea Cliff Bridge with you?

We will have luggage trucks operating from Tempe Recreation Reserve and Preston Park. For a $5 donation, you can have a small bag delivered to the Event Village.

There will be a tear-off strip at the bottom of your bib, which we need you to attach to your bag. When you arrive at the Event Village, you simply use the second tear off strip on your bib to collect your bag.

Your bag will be available for collection at Thomas Dalton Park after 10:30am.

Handy on the day checklist

- ☐ Your bike serviced and ready to go
- ☐ Credit card/debit card (for bag drop, food, and drinks)
- ☐ Pre-ordered lunch voucher and train ticket confirmation (if purchased)
- ☐ Bike helmet
- ☐ Event bib, secured to your bike
- ☐ Puncture kit, including spare tube and pump
- ☐ Water bottle and snacks
- ☐ Valid form of ID
- ☐ Your phone fully charged to capture your MS Gong Ride experience and hear about any urgent updates.
- ☐ Pre-paid for your bag to be taken from the start to finish line – make sure you have your receipt on your phone ready to show our friendly Bag Drop volunteers.

CYCLING ETIQUETTE AND RULES



Riding behaviour plays such an important part in the safety and atmosphere of the MS Gong Ride.

From training rides to event day, all road rules must be adhered to. This includes stopping at lights and crossings, and staying to the left at all times.

Remember, the MS Gong Ride is not a race. Following proper cycling etiquette ensures all our riders, with varying levels of skill and fitness, enjoy their ride safely.

Our friends from Bicycle NSW have put together their top tips for successful “Bunch Riding”, that will have you riding like an expert in no time!

Braking and accelerating

- Accelerate steadily and in a controlled manner. This will reduce gaps in the formation being created.
- Only brake when necessary, and in a gentle manner. If possible, indicate by holding a hand above your head.

Formation

- Most common formation is a two by two style, whilst keeping your handlebars level with those next to you.
- You should position yourself behind the rider in front, with your back wheel slightly to the side of theirs. This increases visibility and allows for more reaction time. When you merge into a narrow road or path that requires single formation, the outside rider should move carefully in front of the rider to the left.
- Always remember to keep left unless overtaking.

Distance

- An ideal distance is about 30cm to 1m behind the rider in front.

Pack leaders

- Being the leader of the pack, you’ll be setting the example! You’ll be controlling the speed for the rest of the riders. Make sure you watch out for holes and debris on the road and notify those behind you.

Middle riders

- Take care not to overlap or touch the wheels of the other riders. Watch the rider in front, not their back wheel. This should help to increase your overall awareness. Pass along any important information about upcoming hazards on the road.

Back riders

- Riders at the back of the pack must advise the rest of the gang that cars are wishing to overtake. By using clear communication, you can keep the pack alert and safe. Use the simple call of “Car Back”.

Communicating

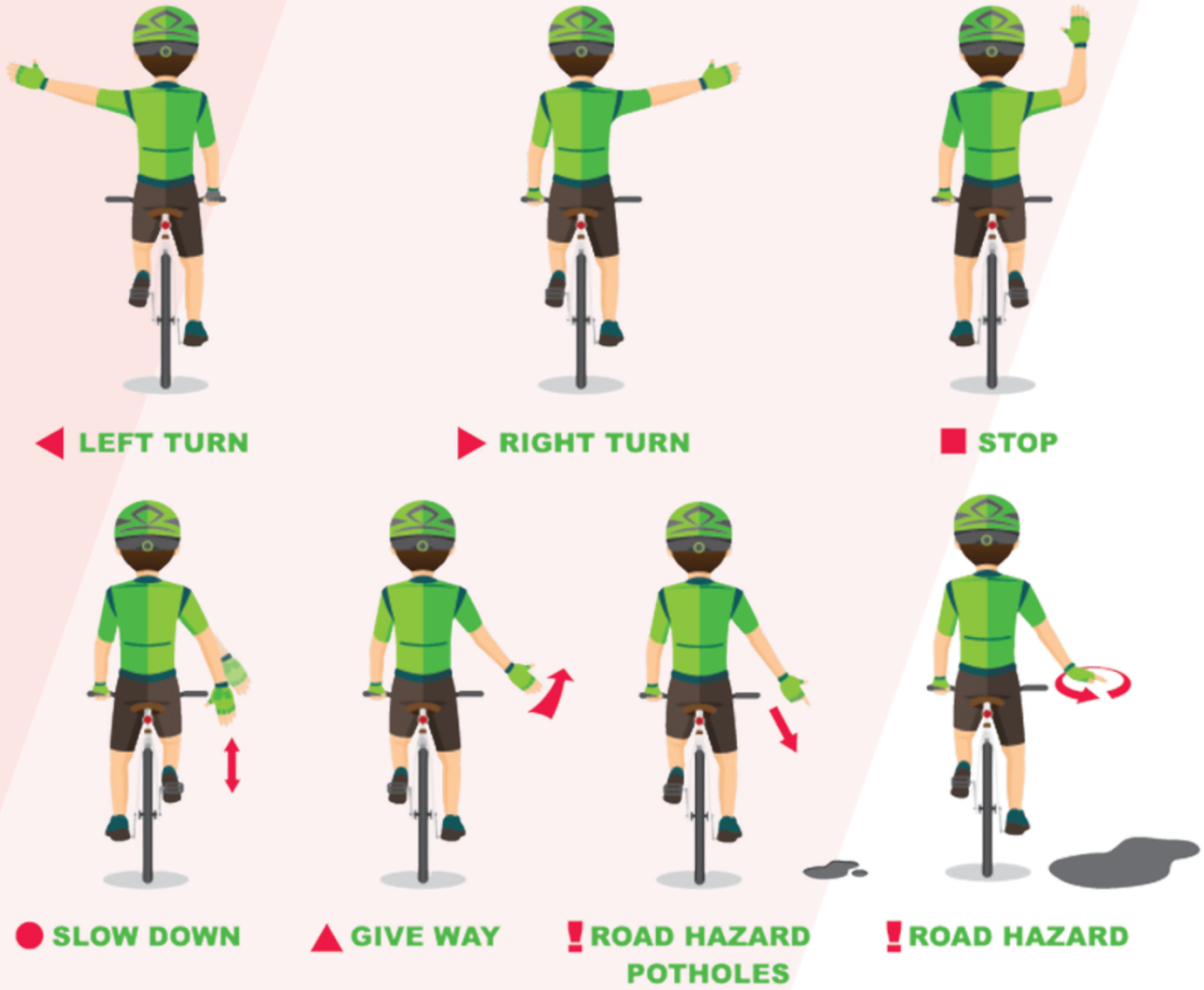
- Clear cycling communication is key for all riders to have a safe and great ride!

Tackling the descent into the Royal National Park

- Remember to always stay to your left, even through the sections of the course that are closed to cars such as the Royal National Park.
- If you are a slower rider then please stick as far left as you can and let faster riders use the right side of the left lane. Always remember to ride to your ability.
- Marshals are stationed along the descent, if you see an incident that needs medical attention, please notify the first marshal you see and first aid will be sent down using the right lane. **This lane must be clear at all times**. This will ensure everyone has a safe and enjoyable ride.

Hand signals

Although signals vary we've included some of the most common for you.



Graphic adapted from illustration courtesy of Bicycle NSW. For more information visit: transport.nsw.gov.au/roadsafety

Top Tip from Brad McGee: Use your Voice

"Rider Up!" – notify the bunch that you are approaching a rider ahead.

"Rider Back!" – notify the bunch a rider is coming up from behind, also if you are the rider approaching, call out to the bunch ahead.

It is crucial that any call that is made is passed both up and down the bunch.

This way, everyone knows what is going on.

Communication is the key!

45 YEARS OF THE MS GONG RIDE!

Take a trip down memory lane as we celebrate 45 years of riding and making a difference together.











MEET YOUR CYCLING COACH

BRAD MCGEE

Over the page you'll find your exclusive 2026 MS Gong Ride six week training program, developed by the legend himself Brad McGee, Australian Olympic Coach and Australian Olympic Gold Medalist.



MS GONG RIDE
6 WEEK TRAINING PROGRAM

Ride Better with Brad McGee, Australian Olympic Gold Medallist and Australian Olympic Coach

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1							Total: 4.5 hrs riding
Skills Focus	Be ready	S1, S2, S3	S6	S1, S2, S3	Off Massage	Endurance + S6	S1, S2, S3
Riding Time	Off	30mins	30mins	30mins	Off	2hrs	1hr
Off Bike	Mindfulness or yoga		Stretch 30mins			Activation 15mins	
WEEK 2							Total: 6 hrs riding
Skills Focus		S1, S2, S3	S6	S1, S2, S3		Endurance + S6	S1, S2, S3
Riding Time	Off	30mins	30mins	1hr	Off	2.5hrs	1.5hrs
Off Bike	Mindfulness or yoga		Stretch 30mins		Massage	Activation 15mins	
WEEK 3							Total: 7 hrs riding
Skills Focus		S4, S5	S6	S4, S5		Endurance + S6, S9, S10	S7
Riding Time	Off	30mins	1hr	30mins	Off	3hrs	2hrs
Off Bike	Mindfulness or yoga		Stretch 30mins		Massage	Activation 15mins	
HALF WAY!							

Skills Focus

S1: Starting off
S2: Stopping and Obstacles
S3: Pedalling ITS
S4: Hand Positions
S5: Balance and Cornering
S6: Pacing
S7: Out of the Seat
S8: Climbing
S9: Following
S10: Stretch

Endurance

Target Heart Rate: 75% MHR

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 4							Total: 9 hrs riding
Skills Focus		S4, S5	Endurance + S6, S7, S8	S4, S5		Endurance + S6, S9, S10	S7
Riding Time	Off	1hr	1.5hrs	30mins	Off	4hrs	2hrs
Off Bike	Mindfulness or yoga		Stretch 30mins		Massage	Activation 15mins	
WEEK 5							Total: 8 hrs riding
Skills Focus		S7, S8	Recovery	S7, S8		Rehearsal Endurance + S6, S8, S9, S10	Relax & enjoy recovery ride
Riding Time	Off	30mins	30mins	30mins	Off	4.5hrs	2hrs
Off Bike	Mindfulness or yoga		Stretch 30mins		Massage	Activation 15mins	
WEEK 6							Total: 3 hrs + MS Gong Ride
Skills Focus		S1, S2, S3	S4, S5, S7	S8, S9, S10	Bike, nutrition and clothing READY for Sunday Gong Ride	Rest	**Enjoy the MS Gong Ride. You've got this!**
Riding Time	Off				Off	None or very easy 30 mins spin	
Off Bike	Mindfulness or yoga		Stretch 30mins		Massage	Switch off	Activation

Skills Focus

S1: Starting off
S2: Stopping and Obstacles
S3: Pedalling ITS
S4: Hand Positions
S5: Balance and Cornering
S6: Pacing
S7: Out of the Seat
S8: Climbing
S9: Following
S10: Stretch

Endurance

Target Heart Rate: 75% MHR



KEY TIMINGS ON EVENT DAY

We can't wait to see you on Sunday, 1 November!

To help you manage your time on the day, and ensure you can get the support you need along your ride, please take note of these key timings for start sites, rest sites and the event village.

Start times

5:00am Tempe Start Site opens

6:00am Ride starts at Tempe

7:00am Engadine Start Site opens

8:00am Ride starts at Engadine

Your start time is published on your fundraising dashboard.

You will start in small waves to reduce congestion.

If you would like to change your start time or distance, please email events@msplus.org.au



Other key times

12.00pm: Award Ceremony on stage at the Event Village

8.00am - 4.00pm: Event Village is open, with live entertainment, bar, food trucks, guest speakers and more!

Rest Site closing times

There are 5 Rest Sites along the course to help you take a break, grab some water, go to the loo and sort out any bike issues should you ride into some trouble.

The Rest Sites do have strict cut off times so it's important that you stay within these times for your safety.

Loftus Oval: **9:30am**

Waterfall Public School: **11:00am**

Red Cedar: **12:00pm**

Bald Hill: **1:00pm**

Scarborough: **1:45pm**

Thomas Dalton Park (Event Village): **4:00pm**

Please note these timings are subject to change. Scan the QR code on the back cover to check the latest timings on our Event Day Hub.

GETTING THERE



Train

80km: Catch a T4 Eastern Suburbs & Illawarra Line train to Tempe.

53km: Catch a T4 Eastern Suburbs & Illawarra Line train to Engadine.

Both start sites are an easy walk (or cycle) from each respective train station, so you don't need to worry about wearing yourself out before the big ride. Engadine is an accessible train station with lifts and ramps. Use the Princess Highway to take you right to the heart of the start site. Make sure that you've got your Opal card, a contactless enabled credit or debit card, or a valid ticket.

Metro

Take the Metro to Sydenham Station where you will need to transfer to a T4 Eastern Suburbs & Illawarra Line train into Tempe. Or cycle from Sydenham station to Tempe Recreation Reserve, roughly a 7-minute cycle.



Car – Getting Dropped Off

Tempe: If you're getting dropped off, you can direct your driver to IKEA in Tempe (our official drop off zone). Address: IKEA, 634-726 Princes Hwy, Tempe.
Please note there is strictly no parking at IKEA Tempe.
Opening times: 5am–7:30am

Engadine: If you're getting dropped off, you can direct your driver to the surrounding streets of Preston Park, Engadine. Access to Preston Park is off Old Princes Hwy (southbound). Coming from the Princes Hwy turn into Engadine Ave. Please be respectful of residents.



Car - Driving

Okay let's cut to the chase… there is very limited street parking, so make sure that you allow enough time to find a park once you hit Tempe (80km ride) or Engadine (53km ride). We recommend public transport, but we know that sometimes the car is the only way to go. Think about carpooling, then you can have a great time with your mates to and from the ride too!

(Keep in mind that there may be some road closures and special event clearways around Engadine and Tempe on event day, so make sure you allow enough time and check signs carefully before parking).

For further information check livetraffic.com.

Support Vehicles

We ask any support vehicles that may be traveling with you on the ride not to stop at Rest Sites. These are vehicle-free zones to ensure the safety of all participants. Please arrange alternate meeting points along the way.

GETTING HOME

Special Event Trains will be running after the MS Gong Ride to help you get home safely.
After the ride additional special event trains will run from Fairy Meadow station back towards Sydney's Central Station.

Event trains will run every 25 to 35 minutes between 9:30am and 5:30pm, stopping at: Thirroul, Stanwell Park, Otford, Waterfall, Engadine, Sutherland, Hurstville, Wolli Creek, Tempe, Sydenham, Redfern, and Central.

Remember to show your MS Gong Ride pre-purchased train ticket when boarding these special event trains.

Purchase your Special Event Train Ticket via our Online Store and leave your car at home. Plan ahead and get home faster! Yes, you can take your bike on the train, even your e-bike*.

To help us help you have a comfortable ride home please always listen to the volunteers and railway staff. Keep an eye out for the large electronic signs at the entry and exit to the Event Village which will be providing live information on wait times at the Station.



**This excludes converted e-bikes (regular pedal bikes that have been fitted with batteries and motors) which are banned on Trains and Metro services effective 1 November 2025.*

Transport Sydney Trains

COURSE INFORMATION

This is the important detail! The MS Gong Ride is not a closed road course. There are sections of the course which have dedicated cycle lanes, they will be coned off, and only cyclists are permitted in them. On other sections of the course, cyclists are riding with cars on shared roads. The only closed road section is between Waterfall and Otford Lookout.

To ensure the wellbeing of all our riders, we have friendly NSW Police and volunteer motorcycle marshals to assist you to get through the road closure in the Royal National Park. Always follow the instructions of NSW Police and traffic management staff. Please be patient with us as your safety is paramount – remember, the MS Gong Ride is not a race!



All information, on the day contacts, donate and sign up links will be available through the helpful Event Hub, which will be available by scanning any of the QR codes around the event sites or the back page of this Guide.



EVENT VILLAGE

FOOD STALLS AND BAR AVAILABLE!

MS Merchandise

Visit the MS Merchandise marquee and take home a memento of your huge achievement. We have a range of MS Plus and MS Gong Ride products to choose from.
Don't forget to order your 2026 Finisher Jersey from the MS Online Shop.

Bag Drop Collection

If you've used our handy Bag Drop service, your baggage can be collected at the Event Village.

Awards

Make sure that you hang around after your ride to see who has been awarded the 'Best Uniformed Team' and the 'Biggest Team'. You'll also be able to hear about the coveted fundraising awards and meet some of our MS Heroes. We cannot thank you enough for your fundraising, so we want to say thank you in a BIG way.

First Aid

St John Ambulance (NSW) will be located at the Event Village to assist if you need medical attention.

Lost Property

Lose something at the Event Village or out on the course? Stop by our Information Marquee and chat with our lovely staff and volunteers who will be happy to help you.

Transport and Parking

If you have friends or family meeting you at the finish line please be aware there will be very limited street parking around the venue. We suggest encouraging them to take public transport to the event.
If driving is the only option then try and carpool with others, and be prepared to park away from the Event Village and walk 10–20 minutes to the finish line. Please note Carters Lane Car Park will be closed to the public on Sunday 1 November.

Photography

This year we will be teaming up with NorthSouth to bring you your participant photos on the same day as the event. Grab your event photos AND raise funds for MS with 10% of every photo sale going towards the fundraising effort.

Fundraising Rewards

Visit the Hero Rewards marquee to collect the rewards you have earnt through your amazing fundraising efforts!

MS Gong Cycling Club Lounge

If you have raised $1,000 or more then be sure to stop by the MS Gong Cycling Club Lounge. Relax after your ride like a VIP in this all-exclusive lounge with a fully catered lunch, bar service and dedicated bike racks.

SUPPORT ALONG THE RIDE

Course Marshals

You'll find our friendly volunteer course marshals along your ride to support you along the course. They offer a helping hand if needed and cheer you on your way. Give them a wave or high five as you ride past to show your appreciation!

Medical

The medical team will be located at both start sites and all Rest Sites along the course and at the Event Village. If you require emergency medical attention throughout the event, please contact 000. For non-emergency medical attention at any time throughout the event, reach out to a volunteer course marshal on the course or at a Rest Site, or contact medical assistance on 0407 910 990 (this number is also on the reverse of your Event Bib). Your safety is of utmost importance, so be rest assured medical attention will never be too far away!

Motorcycle Marshals

Volunteer motorcycle marshals are positioned along the course to assist through some tricky sections of the course and ensure your safety. Please be sure to follow the direction of the NSW Police and motorcycle marshals assisting with the descents through the Royal National Park, please be patient and take care through high traffic areas.

Bike Mechanics

If your bike breaks while on course, and you need assistance, turn your bike upside down in a safe place and look out for the Mobile Support Crew or call 0407 982 145.

Sweep Bus

The MS Gong Ride sweep bus travels behind the last group of riders. The sweep bus will assist you if you break down and our bike mechanics are unable to get you back on your way, or if you are no longer able to continue the ride.

Rest Sites

You'll find our legendary volunteers stationed at all Rest Sites. Take a break at one of our Rest Sites – you'll be able to grab some water, go to the loo (accessible toilets available at all sites), and see our bike mechanics to sort out any bike issues should you ride into some trouble. Any spare parts required will need to be paid for via card.

Rest Site Inclusions:

- **Loftus Oval:** Water, bike mechanic, first aid, toilets.
- **Waterfall Public School:** Water, bike mechanic, first aid, toilets and morning tea.
- **Red Cedar Flats:** Water, bike mechanic, first aid, toilets, prepaid lunch pick up, coffee van, BBQ.
- **Bald Hill:** Water, bike mechanic, first aid, toilets.
- **Scarborough Public School:** Fruit, water, bike mechanic, first aid, toilets.

ESSENTIAL CONTACTS AND LINKS

Website

https://www.msgongride.org.au/

Merchandise, train tickets and pre-purchased lunch tickets

https://shop.ms.org.au/collections/msgongride

On the day contact information

Bike Mechanics: 0407982145
Medical Assistance: 0407910990
Save these on your phone, just in case!

Contact us

Email: events@msplus.org.au
Phone: 1300 733 690

Event Hub QR code

THE MS GONG RIDE WOULDN'T BE POSSIBLE WITHOUT THE HELP OF:

NSW GOVERNMENT

bicycle NSW

HILLBRICK
CUSTOM CYCLE & SPORTSWEAR

Transport Sydney Trains

Transport NSW TrainLink

