

MS **Brissie** to the **Bay**

YOUR RIDE

GUIDE

SUNDAY 14 JUNE 2026



Queensland



1300 090 923



EVENTS@MSQLD.ORG.AU

THE RIDE OF

Hey team,

Just wanted to drop you a quick note and say a massive thanks for signing up for the MS Brissie to the Bay. Whether you're tackling the Circuit Challenge or taking on one of the bigger distances, it's awesome to be riding side by side with people who are showing up for something bigger than just a ride.

A bit about me – I was diagnosed with MS five years ago, and life changed fast. One week I was up on roofs in the Queensland sun, surfing and kicking a footy around... the next I was sitting in a neurologist's office trying to wrap my head around something I'd never even thought about before. It took time, a lot of support, and a few reality checks to figure out the new normal.

That's why this ride means so much to me.



YOUR LIFE

MS Brissie to the Bay isn't just a cycling event - it's a day where people come together for Queenslanders living with neurological conditions. The money you raise helps people get real, practical support and feel connected. It also pushes research forward, which gives all of us a bit more confidence about the future.

Inside your pack you'll find your helmet sticker, rider plate and safety flyer - everything you need for the day. Stick it all on, have a look, and you're good as gold for event day.

You've never seen MS Brissie to the Bay like this. Fresh location, great feel, and a morning that's worth the early alarm.



See you on the start line,
Alex



YOUR IMPACT CHANGES LIVES...

One in four Queenslanders live with a neurological condition such as multiple sclerosis (MS), Parkinson's disease, dementia, epilepsy, stroke, motor neurone disease (MND), and more. **Behind these numbers are real people facing life changing challenges every day.**

Your fundraising makes vital support possible. Without the commitment of MS Brissie to the Bay participants, **many essential services simply wouldn't exist.** The funds you raise keep critical, often unfunded programs running - including the NeuroAssist Helpline, specialist MS nursing care, NDIS guidance and essential MS research.

Every dollar you raise helps ensure people facing MS or a neurological condition are met with **hope, support and care** when they need it most.



BE A HERO

\$150

funds access to compassionate guidance, information & support so that people living with a neurological condition feel confident and connected

\$250

contributes to new Neuro Wellness Hub developments so more people living with MS or a neurological condition can have life-changing treatment and physical support

\$500

helps fund life-changing treatment research to support people living with MS or a neurological condition



OUR NEW HOME

We've moved! See you at the Brisbane International
Cycle Park - 1238 Wynnum Rd, Murarrie QLD 4172



*Map subject to change

YOU'RE A
CHAMP

You are a champion in the eyes of those living with neuro conditions here in Queensland, don't forget to collect your medal at the finishers' village!



GET YOUR FRIENDS AND FAMILY INVOLVED!

**JOIN THE
CHEER CLUB**



**VOLUNTEER
WITH US**



**CIRCUIT
CHALLENGE**

Supported by NeuroMoves



Scan the QR code to login and download your personalised fundraising resources



YOUR CHECKLIST

BEFORE MY RIDE

- Get my bike serviced
- Check my helmet is ready to go
- Get training
- Share my fundraising page
- Hit my fundraising goal!

BRING TO THE RIDE

- Rider plate & helmet sticker
- Rider info flyer
- Water bottle
- Snacks to refuel
- Sunscreen

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 **morgans**

PURE
SPORTS NUTRITION

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HILLBRICK

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QUEENSLAND



Brissie to the **Bay**