



Glen Helen Resort  
Namatjira Drive  
West MacDonnell Ranges  
Via Alice Springs NT 0870 Australia

Telephone: +61 8 8956 7489  
Fax: +61 8 8956 7495  
Website: [www.glenhelen.com.au](http://www.glenhelen.com.au)  
Email: [res@glenhelen.com.au](mailto:res@glenhelen.com.au)

## RIDE TO THE RED CENTRE

Glen Helen Resort is pleased to be the official accommodation partner for the Black Dog Ride to the Red Centre for 2010.

### About the Ride to the Red Centre

The Ride to the Red Centre is an event hosted by Black Dog ride that involves a number of rides leaving from various spots around the country, to eventually end in one major ride stretching from Alice Springs to Glen Helen Resort.

Black Dog Ride is a not for profit organisation that aims to raise awareness of depression across Australia through the organisation of controlled Motorcycle Rides. Proceeds raised by the rides go towards administering help for those suffering mental illness.

The concept started as one man's (Steve Andrews), personal mission to ride around Australia to help raise awareness of depression. Thinking he could do more, he then went about planning rides across Australia where everyone could join in the fun, and help to break the stigma that surrounds mental illness.

The Ride to the Red Centre is the second group ride organised for this year, and the first event scheduled as part of the Black Dog Institute's "Exercise Your Mood Week".

The ride will start at various capital cities around the country, with the final mass group ride leaving from Alice Springs Saturday September 11<sup>th</sup>, to finish here at Glen Helen Resort. A special Outback BBQ and live entertainment hosted at Glen Helen Resort, to mark the end of the ride.

## **Accommodation**

The resort has a number of accommodation options available to suit all tastes and budgets including Motel, Bunkhouse, and Permanent Tent and Camping options.

Riders to the Red Centre will receive a registration number which you will need to quote when booking your Glen Helen accommodation, including the camping area. This is necessary for us to ensure all registered riders can be accommodated.

Please book as soon as possible as spaces will fill up fast.

As an early bird bonus Glen Helen Resort would like to offer all Black Dog Riders a 10% discount on Motel Room bookings made before 31st June 2010.

## **How do I get involved?**

If you would like to join Steve at the Red Centre or participate on any section of this awesome ride please register to become a rider now. You can do this online at the Black Dog Ride Official Website; [www.blackdogride.com.au](http://www.blackdogride.com.au)

Once registered as a rider, return to the Glen Helen Resort website with your registration number handy as you will need this to confirm your accommodation

Registration is \$50.00 per bike and 100% goes directly as a tax deductible donation to the Black Dog Institute to aid in their ongoing work on mood disorders.

All registered riders receive a BDR Red Centre 2010 cloth badge, a BDR sticker, a unique BDR laser cut metal key tag and entry into a raffle to be drawn at Glen Helen Resort on Saturday Sept 11<sup>th</sup>.