



## **FRNSW '400 in 4' Charity Bike Ride**

The 10<sup>th</sup> annual Fire and Rescue NSW '400 in 4' Charity Bike Ride will commence from Wagga Wagga on Tuesday the 16<sup>th</sup> March 2015 and over the following 4 days the team will cycle through Gundagai, Gunning, Goulburn, Yass, Bowral with the ride concluding after a gruelling 400km's in a celebration held at The Children's Hospital at Westmead on Friday 20<sup>th</sup> March.

26 riders and 4 support crew, who are made up of firefighters and representatives from commercial sponsors, will visit schools and local communities promoting various fire safety messages including the 'Change your clock, Change your smoke alarm battery' campaign. Another aim of the ride is to raise money for the Burns Unit at the Children's Hospital at Westmead.

Over the previous 9 years of the event, 400in4 has managed to raise \$350,000 which has seen the charity ride proudly named as a Benefactor of The Children's Hospital. With the help of corporate Australia and a very generous public we hope to increase this amount significantly.

The money we raise goes directly to the Burns unit and is used in the immediate pain management for burn affected children from all over NSW as well as some countries from around the Pacific Rim. Most recently, we raised \$75,000 in 2014 which funded the purchase of two new dermatome machines (surgical instruments used to produce slices of skin of a specific thickness from a donor area, in order to use them for making skin grafts) with money left over that will contribute directly to the Burns Unit.

We welcome any and all donations no matter how large or small and anything over \$2 is tax deductible. The riders will also be selling raffle tickets in our '400 in 4' Monster Raffle to help increase the total.

For all information on the Charity ride, our incredible sponsors and all the prizes and raffle details please visit our website and social media forums which have everything you need to know as well as pictures from the events history and relevant links.

**[www.400in4.org](http://www.400in4.org)**

**[www.facebook.com/Fire400in4](https://www.facebook.com/Fire400in4)**

**[www.twitter.com/Fire400in4](https://www.twitter.com/Fire400in4)**

**[www.instagram.com/Fire400in4](https://www.instagram.com/Fire400in4)**

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