



# Join Breakthrough T1D's One Ride in November 2025!

A boutique cycling event that unites Australia's top corporate minds to advance type 1 diabetes (T1D) research.

## About the event

For 16 years, Breakthrough T1D (formerly JDRF Australia) has hosted One Ride in iconic cycling territory – South Australia's picturesque Barossa Valley.

Thousands of keen cyclists have raised \$14.3M for life-changing T1D research – an incredible feat made possible by the support, commitment and strength of our community and Australia's top businesses who support this fundraiser.

16  
years

4550+  
cyclists

\$14.3M+  
raised

This year, One Ride is taking place from Friday 28 – Sunday 30 November 2025.

Join us for the full weekend or be part of the main event on Saturday 29 November. Choose from professionally managed 40km, 80km, or 160km routes, with full support from Breakthrough T1D at every stage – from training and fundraising to the ride itself.

With bike mechanics on hand and massages waiting at the finish line, your team can focus on what matters: the ride, the connections, and the cause. It's a rewarding experience your workplace won't forget.



40km



160km



80km

## The venue

The One Ride weekend is hosted at the beautiful Novotel Barossa Valley Resort – the perfect base to relax, connect and recharge. After your ride, roll straight back to the resort and enjoy all the onsite comforts.

Bringing a non-riding colleague or guest? They can spend the day wine tasting, unwinding at the Endota Spa, or teeing off at the 18-hole Tanunda Pines Golf Course – all with sweeping views of Jacob's Creek and the Barossa Valley Ranges.

It's more than just a ride. It's a premium experience for the whole team.



Contact Tamara Aitchison at 0402 810 069 or email [taitchison@breakthrought1d.org.au](mailto:taitchison@breakthrought1d.org.au)  
Registrations are now open at [Ride.BreakthroughT1D.org.au](https://Ride.BreakthroughT1D.org.au)

## About type 1 diabetes (T1D)

T1D is a serious autoimmune condition where the immune system mistakenly destroys the insulin-producing cells in the pancreas. Insulin is essential for turning glucose from food into energy. Without it, glucose builds up in the bloodstream, which can lead to dangerous complications like diabetic ketoacidosis (DKA).

T1D is lifelong and requires daily management to keep blood glucose levels stable and reduce the risk of long-term complications. More than 135,000 Australians live with T1D, and over 90% have no family history of the condition. Around 25,000 Australians are currently in the early, undiagnosed stages of T1D.

## Why cycle as a corporate team?



**Engage staff** across all levels of your organisation – including clients, customers, and suppliers – in a shared, purpose-driven experience.



**Be part of a national event** held in South Australia, with the opportunity to unite and represent your company on a powerful platform.



**Showcase your brand proudly** by wearing corporate jerseys and gaining visibility within a passionate community connected to T1D.



**Boost your fundraising impact** by inviting sponsors to support your team and align with a meaningful cause.



**Receive personalised support** from a dedicated account manager to make your One Ride journey smooth, successful, and enjoyable.



**Give your team the chance to do something inspiring together** – build connections, give back, and help drive life-changing T1D research forward.

## Who is Breakthrough T1D?

Breakthrough T1D is a leading global funder of T1D research globally. Our mission is to accelerate life-changing breakthroughs to cure, prevent and treat T1D and its complications. To accomplish this, we fund the best and most promising research, advocate for research investment and improved health policy, and provide support and resources for every age and stage of T1D.



## How to get involved

We can't do it without you! Join a passionate corporate and philanthropic community for an indulgent, inspiring weekend away that's changing lives.

Register at [Ride.BreakthroughT1D.org.au](https://Ride.BreakthroughT1D.org.au). After selecting your package and entering your details, follow the instructions to join or form an Organisation Team, a Community Team, or register as an individual.

Package	Fundraising target	Flights	Airport transfers	Hotel	Food & beverage	Supported cycle route	Sat dinner	Jersey	T-shirt
Full Package	\$5,000	✓	✓	✓	✓	✓	✓	Optional	✓
Non-Riding Package	\$2,700	✓	✓	✓	✓		✓		✓
Weekend Package	\$3,700			✓	✓	✓	✓	Optional	✓
Weekend Supporter Package	\$1,700			✓	✓		✓		✓
Day Package	\$1,500				✓Sat	✓	Ticketed	Optional	✓

