



**11-22 March  
2024**

**DAY 1**  
**MON 11/3**

Toolleen - Shepparton

Distance: 97.5 KM

**DAY 2**  
**TUES 12/3**

Shepparton - Jerilderie

Distance: 137 KM

**DAY 3**  
**WED 13/3**

Jerilderie - Griffith

Distance: 135 KM

**DAY 4**  
**THU 14/3**

REST DAY  
Griffith

Distance: 0 KM

**DAY 5**  
**FRI 15/3**

Griffith - Leeton

Distance: 59 KM

**DAY 6**  
**SAT 16/3**

Leeton - Wagga Wagga

Distance: 127 KM

**DAY 7**  
**SUN 17/3**

REST DAY  
Wagga Wagga

Distance: 0 KM

**DAY 8**  
**MON 18/3**

Wagga Wagga - Gundagai

Distance: 81 KM

**DAY 9**  
**TUE 19/3**

Gundagai - Yass

Distance: 99 KM

**DAY 10**  
**WED 20/3**

REST DAY  
Yass

Distance: 0 KM

**DAY 11**  
**THU 21/3**

Yass - Canberra

Distance: 63.5 KM

**DAY 12**  
**FRI 22/3**

Canberra - Parliament House

Gather & handover petition @ 11AM

## WAYS TO GET INVOLVED

**1**

### SIGN THE PETITION

Meet us at one of the signing locations OR print out copies of the petition from the MowDownMND Facebook group, gather signatures in your local area and express post it to Woz in Canberra by Monday 18th March.

**2**

### MAKE A DONATION

Make a donation to help cover the cost of the trip at [www.mowdownmnd.com.au](http://www.mowdownmnd.com.au). Any leftover funds will be donated directly to MND Australia.

**3**

### MEET IN CANBERRA

Be one of the 800 people to meet us in the public assembly area in Canberra on Friday 22nd March @ 11AM.

By signing the petition and/or supporting this cause, you are supporting the request of the House to make MND a notifiable disease.