

# Black Dog Ride

## 1 DAYER 2019

Black Dog Ride's iconic annual 1 Dayer aims to start a **national conversation about depression and suicide prevention.**

Get the country talking and join your local 1 Dayer at:

**DUBBO NSW**

## “Going Bush” to Mungery Hall

# Sunday 17<sup>th</sup> March

Contact: Wayne Amor; [dubbo@blackdogride.com.au](mailto:dubbo@blackdogride.com.au)

More Info: <https://www.blackdogride.com.au/view/upcomingrides/bdr-rides>

**Start Time & Location:** from 7:30AM, Macquarie Inn, Dubbo

**Total distance:** 175km (85km outbound, 90km return)

Supporting the regional community of Mungery and District.

Meals available and activities on the day will include (approx. 3hour visit);

- The Annual Cricket 'grudge' match between Mungery Hall and Tomingley - rider participation encouraged, so bring your creams & a hat!
- Working Dog jumping demonstrations
- **FREE** Home style roast meats, gravy and salads, country style home cooked slices, cakes & a cuppa – *Please support the community and make a donation*
- Live entertainment – Family & friends welcome to join the fun
- Prizes for best 'St Patricks Day' themed Female & Male riders & Bike
- Unique 'Dubbo 1 Dayer 2019' saw blade to Auction

Register Today: [blackdogride.com.au](http://blackdogride.com.au)

If you, or someone you care for, is experiencing a mental health crisis, call:  
Lifeline 24/7 on 13 11 14 or Suicide Call Back Service 24/7 on 1300 659 467