



INform

7/11/09

<http://www.swag.org.au>

Div 1 & 2 Bike Ride - South Coast

Dear Parents,

Swag is planning a Bike Ride from Wollongong to Thirroul on **Saturday 14th November, 2009**. This is a fun and easy 15 km bike ride along a cycle track that follows the coastline and has minimal contact with road traffic. Dads are more than welcome to attend also.

We will be meeting at **Hurstville Train Station at 7.45 am** (near the ticket window) to catch the 7.59 am train to Wollongong (make sure you are not late as the trains on the south coast line run once only every hour). Once there we will make our way down to the beginning of the bike track at Flagstaff Point and meander along to Thirroul Beach where we plan to have lunch then go for a swim. We will then catch the 2.32 pm train from Thirroul Station and hopefully arrive back at Hurstville by **3.37 pm**.

Cost \$4.00 for a Child Return Train Ticket
\$12.00 for a Adult Return Train Ticket

What to bring Bike-either a road/mountain/bmx (please make sure your bike is in good working order)
Helmet
Water Bottle
Lunch and snack food
Swimmers and towel
Hat and sunscreen lotion
Back pack (please make sure you are able to carry everything you bring)

Please complete the permission slip and bring it with to Swag by Tuesday 10th November. Bring your money with you on the day. Any questions phone me (Andrew Mills) at home 97731380 or my mobile 0425350986. Look forward to a great day of cycling the south coast.

From the SWAG leadership team
your servants in Christ

Permission Slip

I give my permission for _____ to attend the Bike Ride from Wollongong to Thirroul with SWAG on Saturday 14th November, 2009.

My Son's swimming ability is (weak/average/strong)

I understand that, no responsibility can be taken by Swag or it's leaders, as outlined in the "Form of Indemnity" I signed on my son's Membership Form.

I agree to the procedures as set out in the SWAG form of indemnity.

Signed _____ Date _____

Medicare No. _____ Contact Phone No. _____