



Dear Parents,

RE: DIVISION 2 OVERNIGHT BIKE RIDE

Due to popular demand from the boys, this term we are planning an overnight bike ride on the weekend of November 20 –21.

We are planning to ride from Wentworth Falls to Glenbrook in the Blue Mountains with an overnight camp somewhere near Woodford. It will be almost entirely on fire trails over a distance of around 60km with spectacular scenery and challenging terrain. It will be an adventure for all of us.

It is therefore important that your boy's bike is in top condition. We strongly recommend that the bike is checked and serviced prior to the ride to minimize the chance of a breakdown on the ride. This should cost around \$50 plus parts at a local bike shop.

IMPORTANT: Especially ensure that wheels (rims, spokes and hubs), tyres and brakes are in good condition. Tyres and wheels can take a pounding because of the rough terrain and the extra load they are carrying. It would not be pleasant to walk any distance because of equipment failure. Also, BMX and Road bikes are unsuitable for this trip. A mountain bike is the only alternative.

Helmets and gloves are necessary in case of a spill. Gloves also protect hands from chafing.

SWAG will provide panniers to carry food and camping gear. You will need to get a bike rack suitable for panniers, fitted to the bike if it doesn't have one already. These are available for around \$15 to \$30 from KMART or the local bike shop.

The following is a checklist of things needed for the trip:

For the boys

- Hiking/biking clothes,
- Sturdy shoes or mountain biking shoes.
- Helmet
- Bike gloves or Work gloves (cotton or leather)
- Raincoat.
- Eating tools.
- Sleeping gear.
- Shared tent.
- Sunscreen.
- Torch.
- Food (menu planned before the trip)
- Toilet paper
- Water - at least 2 litres.
- Money for train fare and snacks.

For the bike

- Mountain Bike (not road bike or BMX).
- At least one Spare Tube (of the right size to fit the bike!).
- Puncture repair kit.
- Tyre Pump.
- Oil for the chain.
- 5 spare spokes.
- Bike tool kit.
- Bike rack suitable for fitting panniers.
- Bike serviced and in good working order.
- Especially check Tyres and Brakes are in good condition.

As always please contact us if you have any questions.

From the SWAG leadership
Your servants in Christ

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Permission Slip

I give my permission for _____ to attend the Division 2 with SWAG on November 20 to 21, 2004. I understand that he will be travelling in a leader's car and on public transport. I agree to the procedures as set out in the SWAG form of indemnity.

Signed _____

Date _____

Name _____

Medicare No. _____

Home Phone _____

Mobile Phone: _____