

## **THE Chaplain's Junior Bike Challenge INFORMATION SHEET**

**The Chaplain's Junior Bike Challenge** (Year 7) is a fundraising bike ride staged by the Cavendish Road State High Schools' Chaplaincy Committee.

The ride will be held on the **15<sup>th</sup> of May start time 2pm at the Balmoral Cycling Club Track.**

**The event involves getting people to sponsor you to ride your bike around the track as many times as you can in 3 hours. This may be a solo ride, or you might like to be a tag team of 2. Receipt books will be issued to riders to collect their sponsorship money. Sponsorship money and receipt books should be returned before/on the day of the ride to be eligible to win prizes. It is a legal requirement that the receipt books are returned even if no money has been collected.**

**Preparation:** Because this is a large undertaking, riders must be reasonably fit and well prepared. To build stamina, students are asked to participate in circuit riding on school bike paths in their own time in the last two weeks before the ride.

It is your responsibility to ensure that your bike is in good working order. The bike will be scrutineered on the day, and if it is deemed unsafe, you will not be allowed to participate. You will need a road, racing or mountain bike to participate. BMXs are not permitted on the ride. You should pump up the tires to the maximum recommended PSI on the day of the ride, and perhaps bring the pump and spare tube in case of puncture. Parents or caregivers are asked to stay for the duration of the event to support the riders.

### **On the ride you will need to bring:**

- ◆ Water bottle which can be carried on your bike or lightweight hydration backpack. (This is compulsory)
- ◆ Sun and eye protection is compulsory (i.e. sun screen and glasses)
- ◆ Helmet that meets Australian standards for bicycles
- ◆ Puncture repair kit
- ◆ Bright coloured clothes or cycling kit should be worn

The event manager reserves the right to postpone the ride in the event of unfavorable weather conditions. Please return permission forms ASAP.

**How do you sign up?** Simply see your local High School Chaplain for a sponsorship book, parental permission form and a medical form in case of an accident.

**Where:** Balmoral Cycling Club Track at the Murarrie Recreation Grounds, on Wynnum Rd.

**When:** 15<sup>th</sup> of May 2016, registrations at 1:30 pm, **START at 2:00pm.**

**We expect the event to be finished by.....5:30pm..... No student should be still waiting after .....6pm.....**

**All family members are encouraged to stay for the event. There will be a BBQ.**

**Contact Your High School Chaplain/ event director for any enquiries.**

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