



Hands Up! for Ride2School



Regular monitoring of the number of students walking and riding to school works as a tool for data collection, and as a behaviour change mechanism. For these reasons, Ride2School developed the Hands Up! Active Travel Count for schools. Once a month students in each class are asked how they got to school – “Hands Up! if you walked, rode, caught the bus, came by car...” Regular monitoring has been shown to hasten behaviour change as it keeps the focus on continual improvement. Teachers have told us that students enjoy the process of being surveyed.

Ride2School communities

For many schools, their local community has helped them to achieve more students walking and riding to school – Lions Clubs have bought school sets of helmets and high-visibility vests, the Red Cross provides healthy breakfasts, local bike stores help with Bike Ed and bike maintenance, the police engrave students' bicycles with an ID number – and all of this with zero cost to the schools involved! We also have to mention the great work of teachers, principals, schools, parents and Bike Ed volunteers who have helped to give students the experience of joy and independence on a bike!

Stretching



18. Gluteal and Lumbar Rotation Stretch

A Special thanks to:



For welcoming us into town



The inaugural Gear up Girl Challenge got off to a great start early in the morning on Saturday 8 March as over 580 women of all ages and abilities set off from Cronulla on the 55km ride to Sydney Olympic Park.

Meanwhile, over 270 women got on their bikes for the 15km loop around Olympic Park, discovering parklands, cycle ways and scenery that they had never discovered before!

All 850 women crossed the finish line at Blaxland Riverside Park where they were able to relax, celebrate their achievements, take advantage of the massage facilities and...eat!

Learn more about this great event, visit www.gearupgirl.com.au



Day 10 - Golden Riding: Denman to Singleton

You ride over the HH White Bridge to cross the Goulburn River that comes all the way from the Mudgee–Cassilis part of the world through the Goulburn River National Park. This was the river that carried all the water downstream into the Hunter in June 2007 and flooded the Hunter River Valley. You can still see where the water got up to on the river banks.

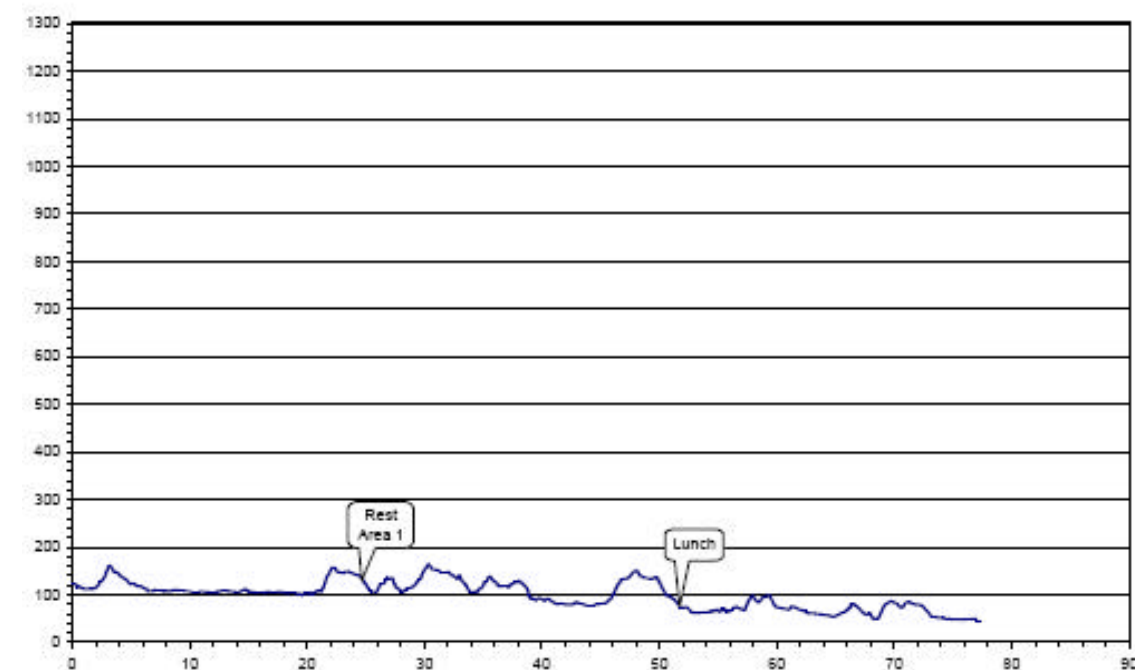
Take a left towards Jerry's Plains. There's a great hill ahead and you ride around the bottom, back into the forest. Wollemi National Park is to the right. Wind along the right bank of the Hunter and take some shots of the scars left by the floods – the water must have really ripped though here!

At about 30 km, stop for a great view right to the mountains of the Great Divide. Over Appletree Creek, roll down into Jerry's Plains, settled in 1822.

At about 43 km there is a long uphill, and you stick in the generous road shoulder. A few kms on you are rewarded by a sweeping downhill, with a couple of big coalmines to look at – one on either side of the road.

At about 60 km, there is a big intersection where Putty Road comes in – there are people to tell you which way to go at every step.

Route Profile



MENU

- Lunch:** Pide filled with roast beef, avocado, cream cheese and tomato relish
- V.** Pide filled with roasted Mediterranean vegetables, avocado and lettuce
- Diner:** Roast Beef, garlic potatoes and fresh vegetables
- V.** Pumpkin Risotto, parmesan cheese and fresh vegetables
- Desert:** Mango sunrise dessert

QUOTE OF THE DAY

If you worry about yesterday's failures, then today's successes will be few.

Riding Tally

Today's Length:
75KM

You've done:
636KM

You've got
114KM
to go!!

Singleton

A delightful mix of history, country hospitality and modern sophistication, Singleton is a great get away destination.

Just a few hours drive from Sydney but a lifetime from the hustle and bustle of the city. Singleton is host to beautiful gardens, historical and cultural sites, vineyards and modern wineries. Singleton maintains its relaxed lifestyle, while forging ahead with style and grace.

Singleton actually boasts Australia's oldest winery, the largest Sundial and the biggest Solar Farm in the Southern Hemisphere.

A thriving main street and shopping precinct, cafés and fine dining restaurants, the water wonderland of Lake St Clair, historic towns and a host of boutique wineries are just some of the experiences awaiting you in Singleton.

Campsite Hints

Glass is prohibited from the Singleton Showground and must not be brought onto the premises in any form. Remember, lets leave the grounds as nice as we found them.

Rest Day

Broke Double Decker Bus Tour

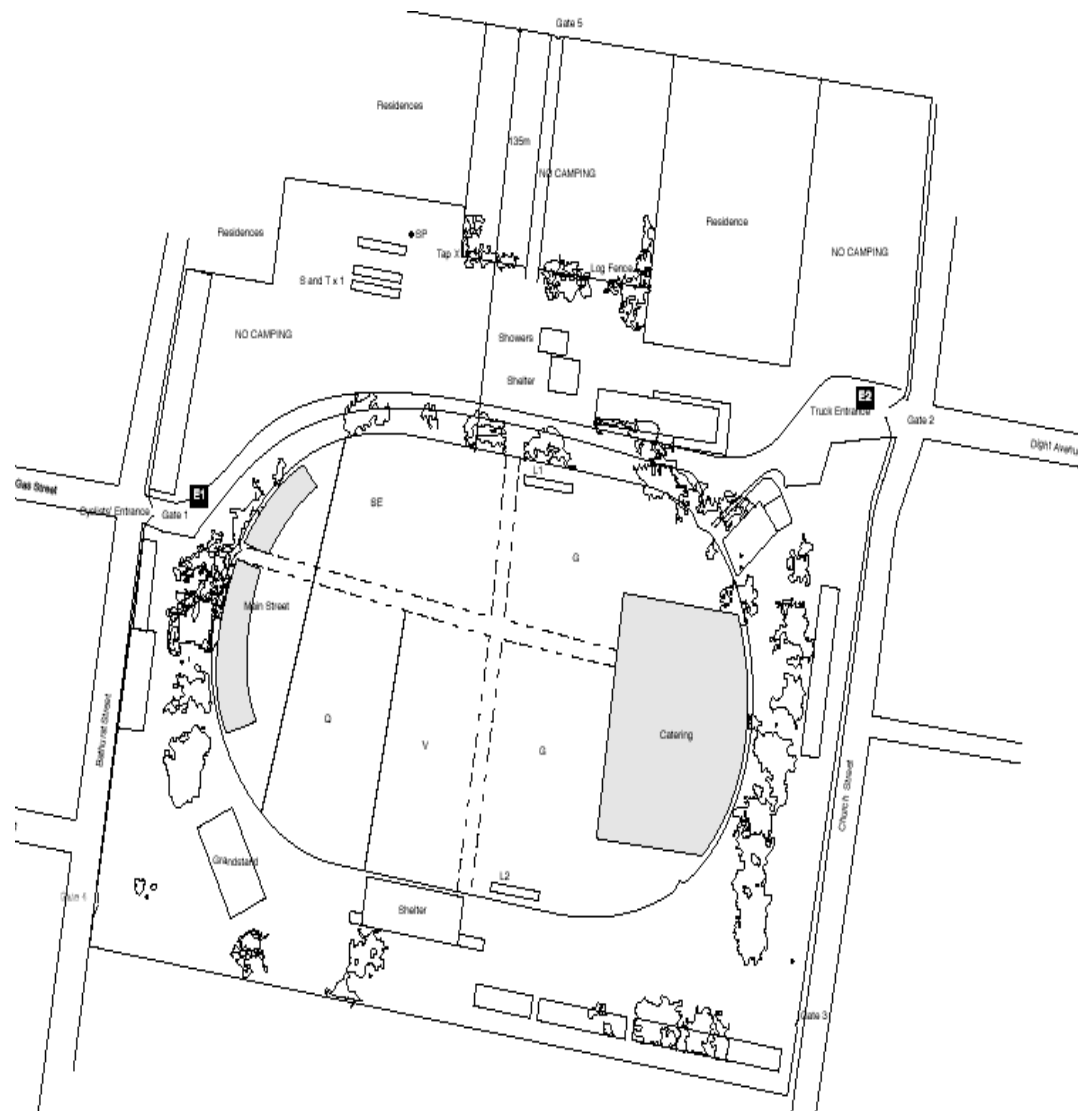
No its not a tour that goes nowhere, its a Double Decker Bus Tour of the beautiful boutique wine region of Broke. The tour will give you an indepth tour through several wineries and the chance to chat to vigneron and hear their stories whilst learning a bit more about the wine making process. The Tour includes tastings at a Macadamia Farm, a selection of Boutique Wineries and Olives and other tasty treats. A delicious two course lunch and complimentary glass of

wine at Nightingale Winery is also included. The tour has limited spaces so its important that you book in advance.

Hermitage Wines Bus Tour

This tour takes you through the magnificent Pokolbin wine region which sits in the shadow of the majestic Brokenback Ranges. During the tour you will visit Australia's Oldest Winery and learn about the wine making process with an in-depth tour.

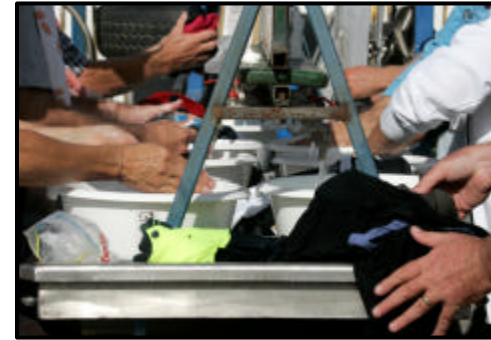
See the Happy Helpers on Main St for more info



ENTERTAINMENT INFO

Café de Canvas

7.30pm—Denise Thorman: Covers and originals



Rest Day Duties!

Use your spare time on your Rest Day to get your clothes washing done! Our Dishwashing station converts to a clothes washing machine during the afternoon!

Do You Know

1. If you forget the time, you can check out Singleton's Big Sundial (in Rose Point Park). Just hope there isn't any clouds around...
2. It is the biggest town for a while, with over 20,000 people living in and around Singleton.
3. Named after Benjamin Singleton who was one of the original settlers in the 1820's
4. The Singleton solar farm, the largest solar farm in the southern hemisphere, was commissioned in 1998. Access the Solar Farm from Camp Road, Singleton.
5. The coal mines around Singleton currently produce about 88 million tonne of coal per annum, from 21 coal mining operations.



Sudoku

9		3		5		8	4	
			9	2	7			3
6	1		8			5		
7	2	6	5				3	
8			7		9			6
	5				6	1	7	4
		8					6	1
			4	9	8			
	3	5		6		7		9

JOKE OF THE DAY

You Know You're Addicted To Cycling When...

9. Your surgeon tells you you need a heart valve replacement and you ask if you have a choice between presta and schrader.
8. A measurement of 44-36-40 doesn't refer to the latest Playboy centerfold, but that new gear ratio you were considering for your Cobra.
7. A Power Bar starts tasting better than a Snickers.
6. The bra your significant other finds in your glove compartment belongs to your Trek and not the cute waitress at Denny's.
5. You wear your heart monitor to bed to make sure you stay within your target zone during any extracurricular activities.
4. You experience an unreasonable envy over someone who has bar end extenders longer than yours.
3. You're too tired for hanky-panky on a Friday night but pump out a five-hour century on Saturday.
2. Your wife tells you the only way she'll let you ride across the country is over her dead body and you tell her, "If that's the case, you'll be my first speed bump!" AND the number-one reason you know you're addicted to bicycling...
1. You no longer require a hankie to blow your nose.