

GEARING UP 2010

Your calendar to *more students riding more often*

July 2010

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August 2010

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September 2010

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2010

S	M	T	W	T	F	S
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

November 2010

S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2010

S	M	T	W	T	F	S
			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- Key**
- Hands Up Survey
 - Public Holiday
 - Ride to Work Day
 - School Holidays
 - Christmas Day
 - Great Vic Training Ride
 - The Great Victorian Bike Ride
 - Father's Day

3 steps to gear up for the Great Victorian Bike Ride:

- 1. Get riding!** To build fitness, frequent short rides are better than occasional long rides. A great way to accumulate some kilometres every day is to ride to school. Match Great Vic buddies together according to locality and map out a safe riding route for each group. The Ride2School Gold Medal Challenge has also been set up to help riders train for the event and build up their kilometres and confidence. Sign up at www.ride2school.com.au
- 2. Get insured!** It's important riders are insured while riding, just in case something goes wrong. One of the many benefits of being a Bicycle Victoria member is being covered to protect the rider and others while riding*. For less than \$2.90 per week, a Bicycle Victoria membership will look after the rider and their family. Sign up at www.join-in.com.au
- 3. Bike Set Up:** Make sure each Great Vic rider's bike is correctly set up, especially the seat height. Seats should be around hip height, so when the rider stands their legs are almost fully extended at the bottom of the pedal stroke.

*subject to the conditions of the policy wording.



LEAVING A LEGACY 2011

Your calendar to *more students riding more often*

January 2011

S	M	T	W	T	F	S
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

February 2011

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	1	2	3	4	5	
6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28					

March 2011

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20	21	22	23	24	25	26
27	28	29	30	31		

April 2011

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

May 2011

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2011

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

- Key**
- Hands Up Survey
 - Valentine's Day
 - Great Vic School Registrations Open
 - School Holidays
 - Mother's Day
 - Ride2School Day
 - Public Holiday

2010 was all about gearing up and enjoying the Great Victorian Bike Ride – the adventure of a lifetime. Along the way participants built life skills, learnt about physical awareness and developed cycling and road skills.

The challenge in 2011 is to enjoy the legacy and one of the best ways to do this is to make your school an active travel school. Bicycle Victoria's Ride2School program will show you how, visit www.ride2school.com.au

For further information on all things riding visit www.bv.com.au

