

## THE ACTIVE CHAMPION CHALLENGE

Ride 3km = Up and down the height of the Eiffel Tower
$\square$ Learn how to correctly fit your helmet and check someone else's tooRide $4 \mathrm{~km}=$ Eight laps around the MCG
$\square$ Get some help to pump up your tyres
$\square$ Ride $9 \mathrm{~km}=$ Scale to the top of Mt Everest
$\square$ Balance on your bike for as long as you can - try for 10 seconds without putting your feet down
$\square$ Ride 18km = Two laps around UluruLearn how to change a tyre!
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