

Subject: [TeamMONASH™] Around the Bay in a Day Update - 5 Weeks to Go

Dear 2009 TeamMONASH™ Around the Bay in a Day participant,

With just less than 5 weeks remaining until the event day, we hope your training is going well. In the coming weeks, we will be sending out e-mails with relevant information to assist you with your preparation.

This week's update will cover the following:

- Cancellation of the uniform collection evening
- Fundraising for Smith Family
- Getting family and friends involved
- Event checklist
- Ride to work day
- TeamMONASH™ EXCLUSIVE offers
- Carpooling

Cancellation of the uniform collection evening

IMPORTANT NOTE:

There will NOT be a uniform collection evening on Wednesday 23 September. If you have not yet picked up your uniform please contact participants@sport.monash.edu.au.

Fundraising for the Smith Family

Following our last appeal TeamMONASH™ has raised an additional \$605 and currently the total funds raised by our team stands at \$1,965 (which still works out at only \$4 per rider on a per head basis). As a team we are currently ranked number 21 (well behind some other academic institutions).

Come on TeamMONASH™! We took out the University fundraising trophy last year and we want to defend that title this year! If each of us raises just \$20 it adds up to an impressive \$10,000 by the team. Let's improve our ranking!

Our official fundraising page is

<http://aroundthebayfundraising.com.au/?TeamMONASH>.

Remember to promote your fundraising and seek sponsorship from your friends, family and colleagues. Please note that none of the funds from your registration go directly to the Smith Family, so please think about raising some much needed funds to help support the Smith Family's Learning for Life program.

Getting family and friends involved

Registrations for the event will close in two weeks time. If you have any family and

friends who would like to take part in this year's event as part of TeamMONASH™, it is best to get them to register as soon as possible to avoid any disappointment.

Monday 5 October - Entries for the 250km, 210km, 100km, 80km will close at 5pm.

Thursday 8 October - Entries for the 50km will close at 5pm.

Event checklist

Attached in this e-mail is a checklist to ensure you and your bike are ready for the event. It is recommended that you go through the checklist before the event.

Ride to work day

Ride to work day is on Wednesday, 14 October. More information can be found at <http://www.sport.monash.edu.au/events/around-the-bay.html#rtw>

TeamMONASH™ EXCLUSIVE offers

As part of our team services we are delighted to announce and bring you the following special offers.

Biomechanical cycling analysis

Ever wondered if your bike was actually set up right? This is a service that you find offered commercially between \$200-250, however we are pleased to announce that a similar service is being offered by students from the Monash Bachelor of Sport & Outdoor recreation (BSOR) degree at the following rates;

Monash students & School Challenge participants \$20

All others - Monash alumni, graduates, staff, family, friends and community \$70

This will give students important practical and developmental opportunities.

IMPORTANT NOTE: All monies raised through this program will be donated to the Smith Family on behalf of TeamMONASH™.

Availability: Monash Clayton & Peninsula campus only

Sessions available: Tuesday and Thursdays

How to book: Email: Andrew.Robinson@sport.monash.edu.au

Bike servicing and preparation

The student and staff volunteers running the Clayton Campus Bikery, are offering the following service:

A clean, oil, adjustment of gears and brakes and report on bike.

Price : \$10 donation*

Venue : Building 10 Room G55 - next to the Post Office

Operating hours : Monday 10:30-3pm
Tuesday 11am-2:30pm
Wednesday 10am-1pm
Thursday 11am-3pm
Friday 11am - 4pm

*ALL monies raised will be donated to the TeamMONASH™ Smith Family fund raising effort.

To take advantage of this offer simply bring your bike(s) into the Bikery and mention that you would like the \$10 ATB service.

Carpooling

Part of being in a community like Monash is extending a helping hand to one another.

If you are participating in the 100km bike ride, and are willing to carpool (offer a lift to) other Monash riders including their bikes, please inform us at participants@sport.monash.edu.au. Please include your contact details, suburb and the number of participants you can accommodate in your vehicle.

For further information about the event please visit the [TeamMONASH™ website](#) or email Monash Sport at participants@sport.monash.edu.au

Go TeamMONASH™!

Kind regards,

2009 TeamMONASH™ Around the Bay in a Day Project Team
Fitness, Fun, Friends and Family

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You received this message because you are a member of TeamMONASH™ in the Around the Bay in a Day 2009.

ATB event checklist

- Water (hydration pack; water bottle w/cage)
- Snacks/energy food
- Sunscreen
- Eye protection (sunglasses and clear lenses)
- Medical info/emergency contact card
- TeamMONASH™ uniform
- Padded shorts or tights
- Helmet
- Ride shoes
- Tyre repair kit

Pre-ride bike inspection

- Tire pressure and condition
- Brake check
- Front/rear wheel quick-releases secured
- Bolt tightness throughout
- Seat and handlebar height
- Lubrication check
- Reflectors in place

Optional

- First-aid kit
- Chain tool
- pump