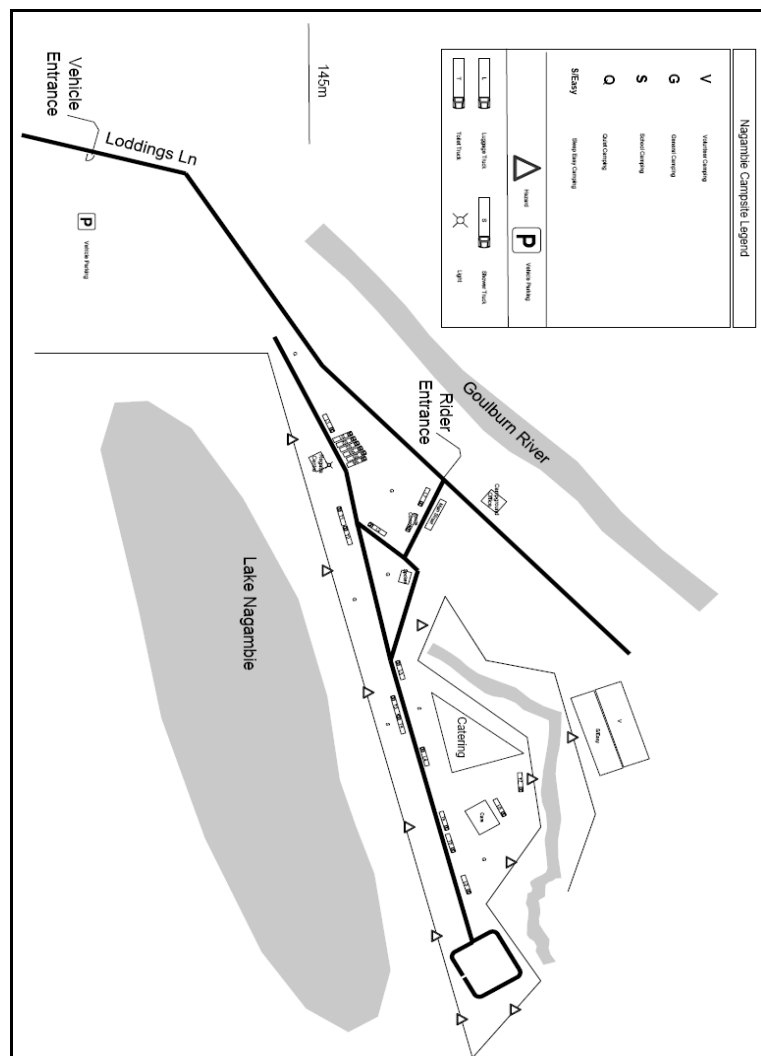


When your parents were young, 80% of school students rode their bike, or walked to school. Today, only 20% of students are active on their way to school and only 5% ride bikes. This could be because our lifestyle is generally inactive, we are more reliant on cars and our environment is not as cycle friendly. This contributes to more traffic around schools, which makes our streets less safe and reduces your ability to move around the neighborhood independently. A great way to reverse this trend is to ride your bike around your community, encourage your friends and family to follow your lead and make sure your school is registered with the Ride2School program. Schools registered with us receive practical, and wherever possible tailored, strategies, guidance and advice to offer healthy and active learning opportunities. Make sure your school registers at www.ride2school.com.au



Happy Birthday!

David Cook	Leigh Naunton
Jan Lawrence	Gloria Moscattini
Colin Ellison	Claudio Basso
Rob Gardner	Michael Greenham
Stephen Bean	Andrew Webster
Phillip Turner	Lisette Verheij
Darren Elder	Darren Weitering
Amanda Simes	Allana Sjo
Mark Doble	Craig Souter
Damian Webber	
Bernadette Griffin	



Day 4: Nagambie

Did you know... Reindeer like bananas!

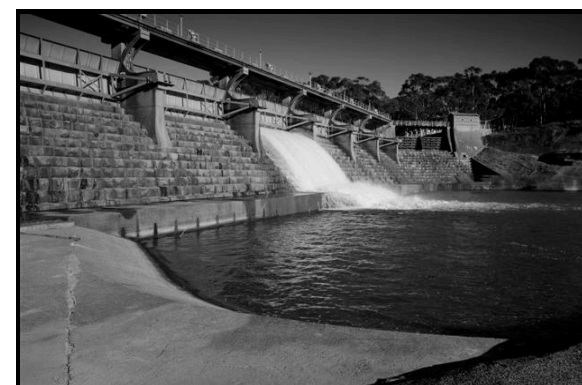
Maybe leaving some bananas out this Christmas will get you more presents!

Tomorrow is rest day!

No need to think about kilometres and road types, enjoy your well deserved rest day.

Welcome to Nagambie riders!

Your cycle today was a mega 69km (So give yourselves a big pat on the back!).



Tonight's Entertainment

There will be live performances from some of your favourite legends in the Spokes Bar and movies playing from dusk.

The Volunteer party will run from 8pm til 10pm at RACV Café de Canvas. Drink vouchers will be provided to all volunteers, and are only redeemable at the party.

We hope that you have a fabulous night, you all deserve it!

Tomorrow's Rest Day

What does this town have in stall for you?

Shannon Noll, *presented by Mitchelton Wines*, live in concert! Sit back and relax in the beautiful surroundings, whilst listening to the live entertainment. For more details about the concert check out page two of this edition.



In this Edition

Everything you need to know about the rest day in Nagambie!

Concert Details

Shannon Noll concert information.

Page 2

Nutrition Tips

Check out the great nutrition tips to help you along your ride.

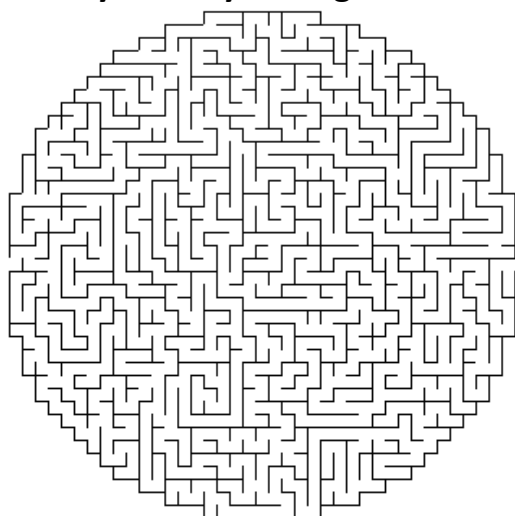
Page 3

Fun & Games

Today's edition includes a word-search and a Sudoku puzzle; so get those thinking caps on!

Page 4

Make your way through the maze



Difficult

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

Did you know... Macadamia nuts are toxic to dogs!

Shannon Noll Live in Concert



- **4:30pm** - Gates open for Concert Patrons
- **4:30pm** - Transport to the Concert from the campsite starts. The winery will offer onsite wine tastings, several bars, local community food vendors and much more!
- **5:30pm** - Official opening & welcome to the concert
- **5:45pm** - Supporting Shannon Noll will be Moto, with their sophisticated, smooth styling's. Perfect for kicking back and relaxing with a glass of wine! Moto will perform a few sets to open the show
- **7:10pm** - Welcome to the concert from Bicycle Victoria & Mitchelton Wines
- **7:15pm** - Shannon Noll and band Live!
- **8:30pm** - Concert finishes - aside from the odd encore or two...
- **8:30pm** - Transport back to the Campsite from the Concert starts.
- **10:30pm** - Mitchelton Wines closes & last transport back to the campsite departs.

Other Community Activities

- Canoeing
- Sky- Diving
- Wine Tasting
- Tennis and Croquet
- Circus Skills Session
- Bike Riding Trails
- Beauty and Therapy Centre

Activities planned in Nagambie

It's nearly time for a well deserved break!

At the rest day tomorrow, visit the RACV marquee from 10am - 3pm located at Jacobsen's Outlook. There will be activities and give-aways for members so come along to join in on the fun.



Tomorrow's Menu

**Subject to change*

Breakfast

Hot Meal: Porridge

Fruit: Fresh Fruit Salad
Apples, Oranges and Bananas

Juices: Apple or Orange

Yoghurt: Flavoured Yoghurt

Cereal: Cereals (Muesli, Weet-Bix or Nutri-Grain)

Bakery selection: Muffins, Croissants or Danish Pastries

Breads: White, brown or wholemeal

Milk: Full Cream, Rev or Soy Milk

Condiments: Butter, Jam, Peanut Butter, Vegemite or Sugar

Lunch

Rest Day: Please buy your lunch in town - No lunch will be provided by Bicycle Victoria

Dinner

Non-Vegetarian: Mexican Lamb with steamed rice and country harvest vegetables

Vegetarian: Chilli Beans with steamed rice and country harvest vegetables

Special Diet Non-Veg: Gluten Free Mexican Lamb with steamed rice and country harvest vegetables

Special Diet - Veg: Gluten Free Chilli Beans with steamed rice and country harvest vegetables

All: Dinner Bread Roll, Corn Chips

Dessert: Choc Raspberry Mouse, Gluten Free Caramel Panna Cotta

Nutrition Tips

Have you heard of carbohydrate loading?

Here's your guide on how to get the most out of your body through your diet.

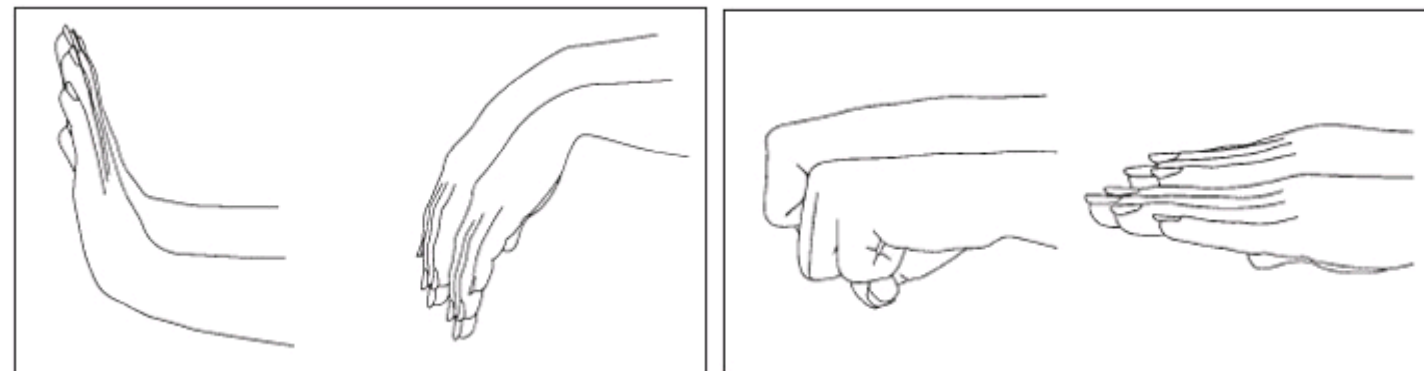
Carbohydrate loading is a strategy used to increase muscle glycogen stores before a prolonged exercising event. Building up on your glycogen stores will give you more energy to burn on the ride.

As tomorrow is your rest day, you can use this opportunity to fuel up on carbohydrates and undergo a lighter training session than usual.

Choose foods and fluids rich in carbohydrates and low in fat. Possible foods could include fruits, cereals, bread, pasta and skim milk.



Don't Forget to Stretch!



Your hands are a major component to a successful ride. To ensure you keep them in tip-top condition, practice these hand and wrist stretches each day.

Bicycle Victoria Members VIP Dinner Table

Are you the lucky member who will sit at tonight's VIP dinner table and enjoy a restaurant like dining experience? If not, listen out for your name at tonight's briefing, because tomorrow it could be you!