

NRMA 500km GOLD MEDAL CHALLENGE



NEWSLETTER

AUGUST 2009

Welcome to the first edition of the NRMA 500km Gold Medal Challenge Newsletter!

The NRMA 500km Gold Medal challenge is a race to build up 500km of riding time before March 2010. The competition is free and open to all secondary students across NSW, aiming to increase the levels of physical activity. Cycling is a great way to get fit and strong and enduring a challenge like this will be a great opportunity to get the ball rolling. Students and teachers can include in their log books any cycle time that they put in, including but not limited to: riding to school, riding to the shops, riding at school, riding with friends or riding for sport.

There are plenty of great prizes to be won throughout the competition, CatEye Cyclocomputers, Velodrome workshops, training sessions with IronMan Champion Guy Leech to name a few. Each student who completes the 500km will also win a gold medal to celebrate their hard efforts.

Schools Leader Board

The current leader board (Top 10) for school registrations as of 2/08/09

Hawkesbury HS (20)
Erina HS (12)
Fort Street HS (8)
Mittagong PS (8)
Baulkham Hills HS (3)
Bonville PS (2)
Cudgegong Valley PS (2)
Kellyville HS (2)
Shearwater – The Mullumbimby SS (2)
St Edmunds College (2)
Wagga Wagga HS (2)
Vincentia HS (2)
Scone HS (2)

Facebook anyone? Send us an update...

Are you on Facebook? If so then join our group (NRMA 500km Gold Medal Challenge) and send us an update on how you're going.

How many km's have you achieved so far? What is your average km's a day? When do you expect to complete the challenge? Have you already completed the challenge?

Outstanding results will be published in the monthly newsletter.

You can also email us updates at the address below.

Congratulations to the first 10 student entrants of the NRMA 500km Gold Medal Challenge

Casper Astil of Shearwater – The Mullumbimby Steiner School was the first to take on the challenge, registering on the 2nd of June.

Following closely was

Chad Doering

Hawkesbury High School

Dale Tilden

Hawkesbury High School

David Ellis

Erina High School

Dominc Jones

St Peter's Catholic College

Tuggerah

Cristin Smith

Hawkesbury High School

Aaron Kendrigan

Erina High School

Travis Baker

Hawkesbury High School

Calum Dunsmore

Hawkesbury High School

Callum Simpson

Erina High School

All of you have won a CatEye Cyclocomputer for your bike. The CatEye Cyclocomputer measures trip distance, total distance, current speed and maximum speed - well done!