

**BIBLE  
SOCIETY  
VICTORIA**

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**EXPRESSIONS OF  
INTEREST**

We want to arrange rides that you are keen to do.

Please **contact Sarah with your ideas** at [swilson@biblevic.com.au](mailto:swilson@biblevic.com.au) or at the Bible Society offices.

**Rides we are considering are.....**

**Rail Trails of Victoria**  
- One Day Rides - great for all the family

**Murray Marathon** -  
Mildura to Albury  
(1 week)

**Turf to Surf**  
Wangaratta to  
Lakes Entrance along the  
Great Alpine Road  
(1 week)

**PLEASE REGISTER your interest in any of these rides with Sarah. Rides will proceed if sufficient interest is expressed**

# Great Stuff

JANUARY 2010

## Round the Bay 2010

It's on again this year - a fun and social ride around Port Philip Bay comfortably spread over 2 days.

Bike for Bibles rides are a great way to keep fit and make new friends whilst raising money for a very worthy cause.

We have riders and roadies of all ages and abilities and everyone with an interest in cycling and supporting the work of the Bible Society is welcome!



Training starts on 30th January 2010, contact our office for more information.

Last year we had a small team of 13 riders who raised over \$7,000 for literacy programs in Tanzania. This year's project is literacy programs in Kenya. Get your friends, family and work colleagues to sponsor you (all donations over \$2 are tax deductible).

### 2009 Round the Bay Team

We are always looking for support crew as well. A successful ride is dependent on support vehicles, people to drive them and help prepare food.

If you are interested or you have friends who don't ride but would still like to be part of the Bike for Bibles experience please have them contact me.

Here is what one of our riders has said about the Bike 4 Bibles experience

*"RTBi2D also has a social side. I've made some great friendships in people I've met on RTBi2D. It seems - sharing common goals and experience, helping each other, and even just sitting next to each other as time and km pass by opens up free flowing conversations and deeper connections..."*

## Training Rides

The training rides are not too scary and are achievable. We always ride at an easy pace for ALL the cyclists. We normally do rides over increasing distances on four alternate Saturdays. The main aim is to get our bodies to adapt to more efficiently convert the food we have eaten and the energy stored in our fat cells into km on the bike.

We also improve our muscle

endurance.

### Preliminary training dates are:

- 30 Jan
- 13 Feb
- 27 Feb
- 13 Mar

### NEXT STEPS:

- Do some cycling in the next 6 weeks. Try riding 20 - 40 km. A good ride is from St Kilda to Black Rock return, or do some rides on some of

the many Bike Trails in Melbourne.

Send me an email to let me know you are interested [swilson@biblevic.com.au](mailto:swilson@biblevic.com.au).

**Do something for the Lord's work and have a great time yourself as well.**