



May 2017

Dear Parent

As you may be aware this year the school bike club is planning a multi-day cycle challenge. Building on the success of previous year's rides pupils will this year attempt a 160 mile Kielder and Castles Coast2Coast across Northern England. The ride will take us from Carlisle Castle north into Kielder Forest and along the banks of Kielder Water. We will ride east to the coast and pass Alnwick Castle (Hogwarts!) Dunstanburgh Castle and along the stunning coastline at Seahouses to Bamburgh Castle. We will ride across the causeway to Holy Island before reaching our final destination at Lindisfarne Castle.

The Challenge will require high levels of physical fitness and as such all participants are required to attend school bike club training rides each week. These are designed to both develop fitness and importantly teach pupils how to ride safely in a pack on open roads. Prior to the Challenge all pupils will be expected to attend a whole day 50-60 mile ride in the local area. This will take place on a weekend and is designed to gauge fitness and to ensure everything is working as it should (bike / speed / distance / nutrition / support vehicle / communications) as it is still possible to make changes before the trip has begun. This route will take us from the West Coast, finishing at Carlisle Castle, so that in total students will have cycled the full Coast2Coast.

Should your child not have access to a bike then this should not prevent them from taking part. School has a fleet of bikes available for pupils to use. This can be arranged by contacting Mr Young at school. The trip is open to both boys and girls of years 7-10.

In order to keep costs to a minimum an extensive fundraising programme will be run in the build up to the Challenge. This will include, but is not limited to, a raffle, supermarket bag packing and event bike washing. All pupils attending the trip are expected to take part in these fund raising activities. The cost of the trip is £400 with a parental contribution set at £100 (the remainder coming from fundraising, sponsorship and grant donations.) This will include all transport, food and accommodation on the trip. Should you wish for your child to take part please complete the slip below and return to school with a deposit of £40. Any payments made to school which are passed on to a third party (i.e. accommodation deposits) are non-refundable by the school in the unfortunate event that your child does not take part in the Challenge, whatever the reason.

Both the fundraising and training takes up large amounts of staff time in order to make the trip possible. In the past we have welcomed the support we have received from many parents and hope that this continues. I am sure you will have many questions regarding this trip and so would like to invite you to a meeting on Wednesday 17th May at 6pm at school where we will explain how the trip will work in greater detail and answer any questions you may have.

The Challenge will take place between the 15th and 18th July during the final week of term this year. As with all trips and visits high levels of behaviour, effort and attendance are required from all pupils in school prior to the trip leaving. Failure to meet these expectations may result in pupils not being able to take part.

If you require any further information please feel free to contact me at school.

Hopefully your child will join us this summer.

Yours sincerely

Mr Gee

I give permission for my child to take part in this year's cycle challenge.

Date: _____

Name: _____ Signed: _____

Child's Name _____

I enclose a deposit of £40 for the trip

Please use the space below to list any medical conditions / dietary requirements we need to be aware of (please complete even if school is already aware) - continue on separate sheet if necessary.

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