

**Subject: [TeamMONASH™] Around the Bay in a Day Update - 9 Weeks to Go**

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

Thank you for registering with TeamMONASH™ to take part in the 2009 Around the Bay in a Day event. With just less than 9 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:

- Current team size
- Fundraising for Smith Family
- Uniform collection sessions
- Training
- Carpooling

### **Current team size**

At present TeamMONASH™ have 297 registered riders. 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.

### **Fundraising for Smith Family**

The total funds raised by our team thus far, for the Smith Family is \$1,215 (\$4 per rider). As a team we are currently ranked 19<sup>th</sup> (well behind some other academic institutions). Come on TeamMONASH™! Let's improve our ranking! Remember to promote your fundraising and seek sponsorship from your friends, family and colleagues to help support the Smith Family's [Learning for Life program](#).

### **Uniform collection sessions**

Uniforms are now available for collection. Please refer to the link below for further details about location and collection times.

<http://sport.monash.edu.au/events/around-the-bay.html#uniform>

### **Training**

The best way to know you can cover your chosen distance is to train. Information about training programs catered to your ride distance and other helpful tips can be found by visiting the following link.

<http://sport.monash.edu/events/atb-training.html>

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