



St Michael's Youth Group  
Faith Fun & Friendship

## Upcoming Activities

As you should already know, next week (15 March 2009) will see us trying out a new Sunday activity – cycling. As the nights are still dark, this will be an afternoon activity, and therefore we won't be meeting in the evening.

First things first... to ride, you'll need a road worthy bike (no badly rusted chains and brakes that don't stop you please!), and a **helmet**. Please don't come without a helmet, as we won't be able to let you ride. The Raleigh shop in the centre of town (amongst others) does a free safety check if you're concerned about the state of your bike.

We are expecting to have two groups, one fast and one a bit more leisurely. You are welcome to join whichever group you want. We will also be happy to have any other members of your family to ride with us, on the understanding that anyone not yet old enough to be in the youth group (not yet year 6) **must** have a grown-up with them... and everyone must wear a helmet.

In a slight deviation from the program, we will meet at Pete and Annie's house at 2pm, rather than the advertised Splash Point at 2:30pm. The main reason for this is that it should be easier to drop people off at our house (there's building work going on at Splash Point), and we'll be able to give your bike a once over and do any last minute adjustment, pumping and oiling that may be required.

The route will be East, off-road, along the cycle path through Lancing. We anticipate that the slower group will get to the end of Wide Water lagoon, where (hopefully) the snack bar will be open, and we can buy refreshments. The faster group will go on from Wide Water to the North Downs link, There may be a little road riding to get to the North Downs link, but once there, it's all off-road again (and likely to be muddy and wet!). We'll ride up the North Downs link towards Bramber, and see how far we can get before coming back on the same route.

We'll head back to Pete and Annie's place, where we can offer a free bike wash if it's been muddy, and hopefully some refreshments too. We expect to be finished by around 5pm.

Pete and Annie live at 16 Wyke Avenue, BN11 1PB. A map is on the back of this sheet. To call us to confirm you're coming, or to let us know that you can't make it, ring on 01903 200750 or 07952 578 562.

Please bear in mind that you **must** follow the instructions of the leaders in order to stay safe. Although the ride is mostly off-road, there are still plenty of hazards and we expect everyone to ride sensibly and show respect to other users of the route we take.

St Michael's  
Roman Catholic Church  
19 Hayling Rise  
Worthing  
West Sussex  
BN13 3AL  
Tel: 01903 264770  
www.sfc.org.uk



Part of the reason for the cycle ride is to give people a taster of our proposed summer camp adventure. As last year, we are hoping to go to the new forest for some camping and cycling. This year though, we're going to be a little more ambitious, and have two nights camping. We'll use the extra day for some non-cycling fun, hopefully on the Isle of Wight. We're not sure of the costs yet, but anticipate around £50-£60. We'll keep the costs as low as possible, whilst still having as much fun as possible! The date is likely to be June 13<sup>th</sup> – 14<sup>th</sup> (leaving on the evening of Friday 12<sup>th</sup>), but we'll let you know as soon as we've finalised the plans.

As last year, we'll spend a full day cycling mostly off-road on the new forest cycle tracks. This year we'll all be cycling though – there won't be a hiking option. More details will come over the next few weeks, but we'd be really grateful if you'd let us know as soon as possible if you're interested, and if you have any other date preferences in June/July that we can look into. For more information or to express an interest, please talk to one of the leaders, either at the session, or contact Annie by phone (07952 578 562).

And the map I promised you...

**15 March 2009**

Meet at 2:00pm @ 16 Wyke Avenue, BNI1 1PB

Collect at 5:00pm

