



9 October 2023

Dear Grade 8 Parent of 2024,

St Stithians Introductory Mountain Bike Ride

You are on the cusp of joining the Boys' College, and because of that, we would like to invite you to an introductory ride so that you can see whether Mountain Biking is a sport option for your son in 2024.

Mountain Biking is one of the sports offered at St Stithians Boys' College, however it differs from other sports in that it takes place throughout the year. We have a group of dedicated parents who often ride with the boys and there are a variety of interschools races in which we take part - especially the XCO (Cross Country) Races, XCM (Marathon) Races and the CycleLab Schools Series. Most of all, Mountain Biking is a family, and as our vision explains (below), it is not just a sport, but a way of life.



Mountain Biking is a sport unlike any other. It is a place where boys find a niche, a home, their own space. It is a sport where any success is celebrated, whether it is a nemesis of a hill conquered or a podium in a National Championship. It is a sport where boys thrive; where they begin a lifelong journey that values healthy exercise, camaraderie and the wild spaces where the best trails can be found. It is an activity where sportsmanship always trumps results; a place where boys support and mentor each other in a way that is not confined to age groups or grades; where respect is always earned with dedication and hard work. Mountain biking is a joyful retreat in the outdoors which fosters clean competition. It is a space where every boy feels valued as an important link in the team. They are part of something bigger than themselves. They feel a sense of spirit. They feel that they are part of something unique.



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Affiliations: Independent Schools Association of Southern Africa (ISASA) | Independent Examinations Board (IEB)
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Even more importantly we have an 8km track around the Saints property that caters for all abilities, and is used for our weekly training sessions. Our trail is maintained weekly, and is one of the best in JHB. We would love to show it off to you!

Therefore, if you would like to explore Mountain Biking as an option, please join us for a "no-strings-attached" morning where you can ride the Saints Trail, meet the team and chat to the parents. So bring a mountain bike, a helmet and some water, and join us **on the field adjacent to Higher Ground at 07:30 on Saturday 21 October**. Parents and boys are welcome.

If this piques your interest, please fill in the form below so that we can plan around numbers:

<https://forms.gle/2Utb2GjsnSs59D5V7>

We look forward to seeing you there,

A handwritten signature in cursive script that reads "Courtney Watson".

Courtney Watson
MIC: Mountain Biking