



Two Million Miles, The Legend Continues The SBMS Fall Bicycling Expedition

9:00 am, Monday, October 22 — 1:00 pm, Saturday, October 27, 2007

Autumn is here and once again we will be heading out on our all-school Fall Expedition. The theme of our Fall Expedition is *Teamwork* and it is a very important part of the SBMS legend. It is an opportunity for the students in all grades to get to know each other better, and it allows the older students to develop their roles as mentors and helpers. Each student becomes part of the SBMS family.

We will be centering our Expedition around Morro Bay and Montana de Oro. This is a magnificent time to be outside exploring the area as the foliage takes on its autumn hues. We will be camping at Morro Bay State Park, while we cycle the surrounding areas, kayak the bay, and hike the sand dunes. On Friday, we will ride over the mountain tops and through apple orchards via See Canyon to Avila Beach and then shuttle back to Morro Bay for our final campfire. On Saturday, we will shuttle everyone to the Santa Barbara Mission where we will bike to SBMS to ride proudly into Homecoming.

The days at this time of year will most likely be warm, but the nights can be quite cold. We often spend over an hour at our evening campfire, so be sure your child has a warm sweater, jacket, and hat.

This is a wonderful opportunity for the students to be away from their families in a caring and supportive, yet challenging environment. Therefore, no cell phones, iPods, or other electronic devices are allowed. Even though we are only a few hours away, we want the students to learn to rely on us and each other to help them through any discomforts or homesickness they may experience.

To help our students have a positive tenting experience with their partners we have the following policy: The 8th and 9th grade returning students may choose their tenting partner. There is a maximum of two to a tent. Staff must approve all choices, and will make final changes for students where deemed necessary. Staff decisions are final. New 8th grade students cannot tent with any other new student. For the 6/7th grade, teachers will determine tenting partners. Students who wish to tent alone will be given that option.

Please do not send your child with bags of candy, 6-packs of soda, or other unhealthy food. The school will provide all of the food students will need while on the trip. Also, the campground has ants, racoons, deer, and wild pigs that would be happy to eat food stashed in tents or duffel bags.

To help keep students' gear dry and protected, Whit's Warehouse offers Ortleib water-proof duffel bags, at **special SBMS-only prices**. We **strongly** suggest you purchase them for your child's SBMS career. These duffel bags are very durable and will last their entire time at the school. (They can also be used on the bike and BOB trips.) The maximum duffel bag size allowed is the size of an Ortleib duffel bag which is 5,431 cubic inches. You will not have to abandon your old duffels, but we **will** enforce packing only what is on the Equipment List.

If your child takes any medication, please fill out the enclosed Authorization for Dispensing Medication form to the SBMS office by Friday, October 12. Double check that your child has his/her medication when departing for the trip. If you will be out of town during our trip, please let the office know how to reach you in case of an emergency.

On the day of our departure, Monday, October 22, your child should come to school with a sack lunch and a beverage for the drive. All other trip gear should be in their duffels to be loaded along with their bikes for transport.

Here is our itinerary:

Friday, Oct. 12	Turn in Authorization for Dispensing Medication form to the SBMS office by this date.
Monday, Oct. 22	Arrive SBMS at 9:00am with bikes and duffels for loading. Drive to and camp at Morro Bay.
Tuesday, Oct. 23	Bike and kayak in smaller groups.
Wednesday, Oct. 24	Bike and kayak in smaller groups.
Thursday, Oct. 25	Bike and kayak in smaller groups.
Friday, Oct. 26	Ride together via See Canyon to Avila Beach.
Saturday, Oct. 27	Shuttle to the Mission Rose Garden. Ride to SBMS. Homecoming at 1:00 pm.

Thank You!
See you at Homecoming!

Erin Finnegan
Trip Coordinator