

pennyappeal

LEICESTER
TO
CARDIFF

ONE DAY
CYCLE CHALLENGE

BIRMINGHAM
TO
CARDIFF



PEDAL FOR AFRICA

INFORMATION PACK

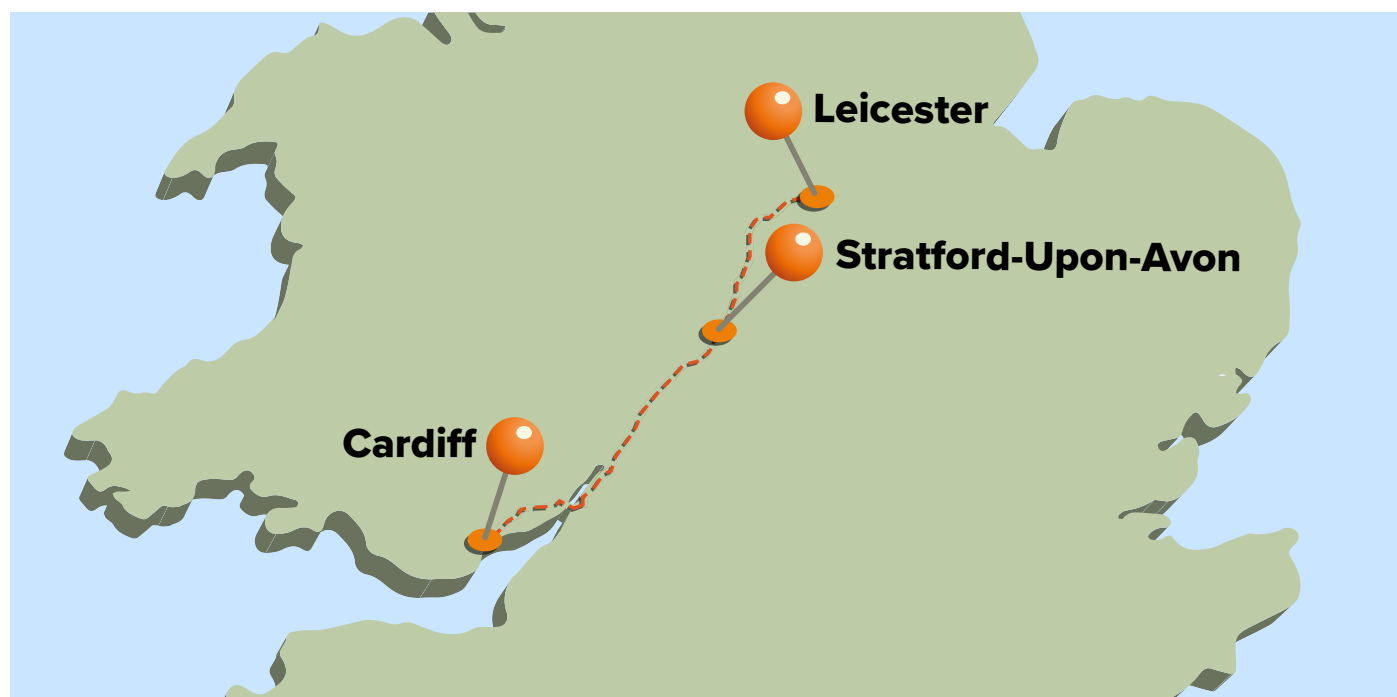


This amazing experience will take you from either Leicester or Birmingham, in the Midlands, across to Cardiff, in one day.



Leicester to Cardiff (160 Miles)

On Saturday the 17th March 2018, we will be departing early morning from Leicester (meeting point to be confirmed). Return date will be Sunday 18th March 2018 and you will be dropped back to Leicester, along with your bike, by mid afternoon.



Birmingham to Cardiff (160 Miles)

On Saturday the 17th of March 2018, we will be departing early from Birmingham (meeting point to be confirmed). Return date will be Sunday 18th March 2018 and you will be dropped back to Birmingham, along with your bike, by mid afternoon.



Both groups will cycle and meet at Stratford Upon Avon. There, we will have a fuel up, and the groups will assemble together and ride towards Cardiff, where we expect to arrive in the evening.

You will meet new people and share many experiences. Leaving early to arrive early will give participants the opportunity to relax and socialise. This will be one of the best travel experiences of your life!



The Cause

Penny Appeal

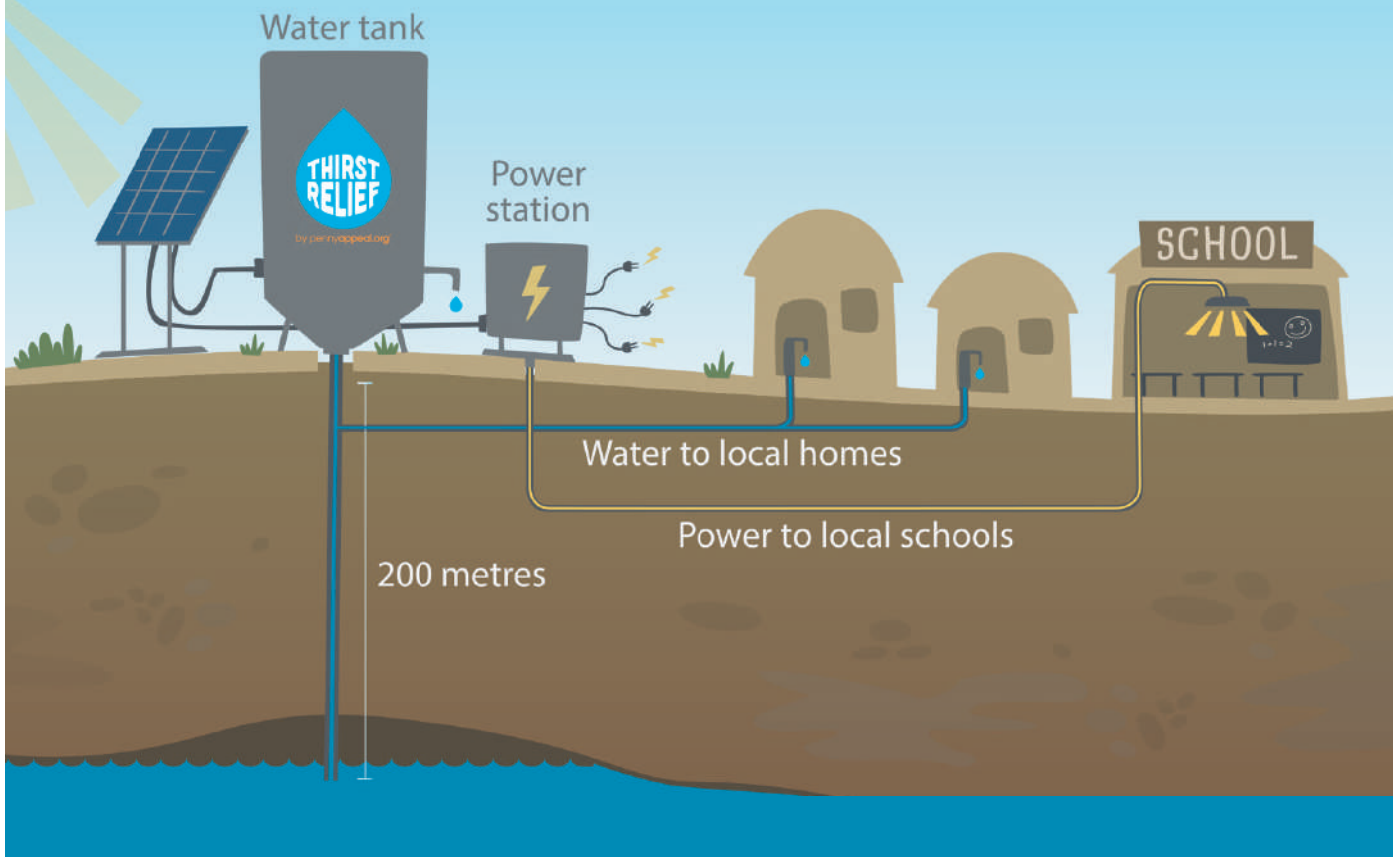
Riders of Shaam / Ladypool Cycles have set out their biggest 'one day challenge' yet. For this challenge we have an aim to raise a target of £10,000. The raised amount will go towards Sadaqah and Lilah, and Penny Appeal work towards a **100% donation policy**.

The project chosen will be to help fulfil an urgent need to provide a Solar Power Water and Electric Station to a Village in The Gambia, and is part of Penny Appeal's Thirst Relief Programme. The cost of the project is £20k and the station takes just 21 days to build. We are hoping to have the work complete and in by this coming Ramadhan insh'Allah.

The cyclists are aiming to raise £10k, with the remaining £10k coming from the Cardiff Community. Any money raised over and above the target amount will go towards either another Solar Panel Water and Power Centre, or will be used for another much needed project, following consultation and agreement between the charity and the event organisers. We are hoping to beat the target, so let's do this and help as many people as possible!



Solar Panel Water and Power Centre



The Centre will provide water and electric to a whole community. A community that currently has to travel long distances to get water, a gift that you and I take for granted but are blessed with. Not only will the community benefit from thousands of litres of clean water every day, but they will also receive electricity, all powered by the Sun. The system will last for decades.





How Much Will It Cost?

The Ride will require a registration fee of just £45. The duration of this trip will be from Saturday 17th March 2018 with a return date of Sunday 18th March 2018. This application and joining fee will cover the following costs (costs may vary);

- Lunch on the ride day
- Support Vehicles
- Evening meal (this will be provided by our hosts in Cardiff)
- Overnight Stay (we will be staying in a madressa in Cardiff so please pack your sleeping Bag)
- Breakfast
- Return of your bikes back to your starting city (Birmingham or Cardiff)
- Return Coach Journey on Sunday 18th March from Cardiff to your starting city (Birmingham or Leicester)
- Free Cycling Jersey

Deadline for registration is the 15th January 2018. Any cancellations after this date will lose their £45 registration fee.

Entry Requirements

We strongly recommend a road bike for this trip. For these events a hybrid (flat bar) is suitable although requires individuals to be a lot fitter as they weigh considerably more.

- ⚠ Mountain bikes are not suitable for this trek.
- ⚠ Experienced riders will only be considered for this ride
- ⚠ Cyclists must average at least 16mph over long distance cycling, over average terrain, and expected to have done long distance rides before.
- ⚠ All applicants will be screened and expected to prove their ability. A common performance monitoring tool to judge applications will be Strava. If an applicant has no existing means of providing their ride capability, they may be requested to register with Strava and record a few of their rides. Unfortunately, if the threshold is not met, your entry may be declined.
- ⚠ Each participant should aim to fundraise a minimum of £350.



Your bike needs to be in good condition, a service must be carried out to all bikes before the ride. Visit your local bike shop to gain the necessary advice needed for a long-distance ride.

Items For Your Luggage

ONE luggage bag **per cyclist**. Space is limited in the support vehicle therefore we have set an allowance as to what we can bring on the trip. Essential items have been outlined in bold text below. We strongly recommend a small gym bag for all the items listed below and a set of casual wear for when we arrive in Cardiff, including footwear.

- | | | |
|--|---|--|
| <input type="checkbox"/> Waterproof jacket | <input type="checkbox"/> Tooth brush & tooth paste | <input type="checkbox"/> Phone charger |
| <input type="checkbox"/> Waterproof trousers | <input type="checkbox"/> Toilet roll | <input type="checkbox"/> Back up battery pack |
| <input type="checkbox"/> Nightwear | <input type="checkbox"/> Sleeping Bag | <input type="checkbox"/> Bicycle Lock |
| <input type="checkbox"/> Change of Clothes | <input type="checkbox"/> Medicines | <input type="checkbox"/> Money OR Bank Card (in case of Emergency) |
| <input type="checkbox"/> Socks x1 | <input type="checkbox"/> Muscle Relief cream | |
| <input type="checkbox"/> Sandals | <input type="checkbox"/> Vaseline, anti-chaffing gel, blister patches | |
| <input type="checkbox"/> Bath /face towel Shower gel & deodorant | | |

Items To Carry With You

Whilst cycling you may want to carry a back pack with you or pannier bags; the following is a list of possible items you may want to carry.

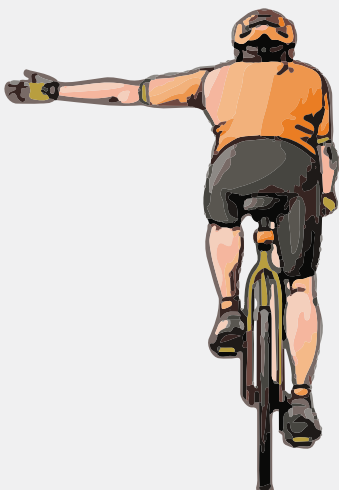
items highlighted in red are a must

- | | | |
|--|---|---|
| <input type="checkbox"/> Frame bag | <input type="checkbox"/> Cycling multi tool | <input type="checkbox"/> Cycling Glasses |
| <input type="checkbox"/> Panniers | <input type="checkbox"/> Energy bars & Energy tablets | <input type="checkbox"/> Waterproof Jacket and trousers |
| <input type="checkbox"/> Bike pump | <input type="checkbox"/> Fruits and Nuts | <input type="checkbox"/> High visibility vest |
| <input type="checkbox"/> Saddle Bag | <input type="checkbox"/> Drinking bottle & Bottle cage | <input type="checkbox"/> Lights |
| <input type="checkbox"/> Inner tubes x2 | <input type="checkbox"/> Helmet | <input type="checkbox"/> Battery pack |
| <input type="checkbox"/> Puncture repair kit and tyre levers | | <input type="checkbox"/> Money |
| | | <input type="checkbox"/> Emergency Contact details |
- *Cyclists are also advised to dress according to the weather and have backup clothing if necessary**

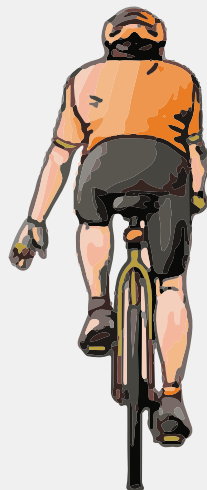
We aim to support you as much as possible with water, lunch, and other supplies to help you along your journey. We want to make this event one that you will cherish for many years. Therefore, we have a support vehicle that will follow our journey ensuring all the cycling needs are met and if you are feeling fatigued then we can always accommodate you with a seat in the van or the support car.

Remember

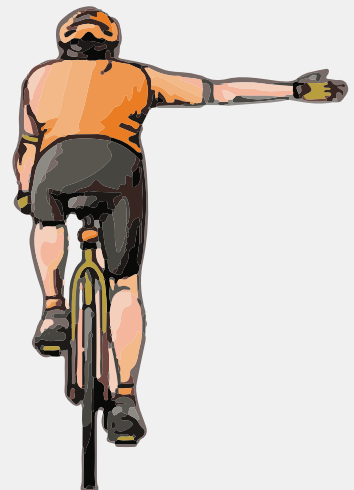
- ⚠️ No over-taking whilst cycling uphill or downhill.
- ⚠️ Be aware of your surroundings before over taking.
- ⚠️ No cycling with head phones in.
- ⚠️ To use the appropriate hand signals for example when slowing down, stopping or turning.
- ⚠️ To warn others of debris/pot holes on the road.
- ⚠️ To notify someone if you are taking a break.
- ⚠️ To cycle in a single file unless advised.



LEFT



SLOWING
DOWN



RIGHT

Long Road Ahead!



That's everything from us! Are you ready...?

For more information or if you have any further questions please contact
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Email: ridersofshaam@hotmail.com

Mobile: **07889 525258**

 RidersofShaam

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Please donate at:

<https://www.justgiving.com/fundraising/pedalforafrica>