



# LONDON TO PARIS 2016

• CHARITY CYCLE RIDE FOR SYRIA •

INFORMATION PACK

[www.alikhwaancc.com](http://www.alikhwaancc.com)



# asalamu'alaikum!

## **Jazakallahu Khairan for registering for the London to Paris Cycle Ride 2016.**

The London to Paris charity cycle is a great experience and a fabulous challenge. Cycling over 3 days you will cover over 200 miles.

Over the three days you'll meet like minded people, swap stories and ideas and build brotherhood all the while completing a truly wonderful cycle experience.

Each night the group will stay in hotels and eat together which provides some rest and relaxation time and space to socialise with the brothers who you are cycling with.

The second challenge and most important is to raise the much needed funds to support the project outlined. We will be fundraising for a project for the Syrian people and we urge every participant to push the barriers and set themselves a challenging target that will stretch their abilities and take this cause close to their hearts.

This will be an amazing lifetime achievement and a great opportunity for you to help people in need, a travel experience that will stay with you for a life time.

## fees

The ride will commence on Saturday 13th August 2016. The charity of choice, UWT maintain a 100% donation policy, which means all money raised will go towards the cause with nothing being deducted for administrative purposes. This also means each participant will bore the cost of this challenge. You may fundraise for the cost of the ride but you **MUST** make it clear with donors what the funds are used for.

### **The cost of the ride will be £300 this may go up or down by 10%.**

A £50 deposit is required upon registration and the remaining £250 by 19th June 2016. Payment details will be sent to you after registration.

#### **The cost includes:**

- Accommodation during the 3 day ride
- Breakfast, lunch and dinner during the ride period.
- Ferry tickets
- Support vehicle, spares, guides throughout the ride.
- Transport for your bicycles from Paris back to London.
- Medals, Highest fundraiser trophy and L2P T-Shirts for all participants.

You will have to arrange for your own transport back from Paris. Please book your Eurostar train early to get the lowest price which stands at £34.50

**Your space will be confirmed and reserved once we receive the fee and signed registration form.**



# the cause

Allah, Glory be to Him, refers to Syria (as part of ash-Shaam) as a blessed land due to its harvests and the abundance of Prophets that walked on its soil.

In May 2011, following uprisings in the Maghreb, protests broke out across Syria. The response by the authorities was brutal however and has led to a terrible situation for country's people.

The civil strife has turned into civil war. Hundreds of thousands have been killed, tortured or have disappeared. Thousands more have been displaced, fleeing to country's outer borders.

Ummah Welfare Trust has been supporting displaced families inside the country, providing food and medical supplies. Refugees fleeing to Turkey and Lebanon are also being supported through your donations.

We will be fundraising for projects through Ummah Welfare Trust (Projects to be fundraised for to be confirmed).

# equipment

## Essentials

The following list contains essential equipment required for the bike trek.

Please consider your own personal kit list for the entire trip i.e. personal medication, toiletries, phone chargers and general clothing.

Own Bike (See following page for type of bike required)

Helmet (Please don't turn up without a helmet)

Bike Bell - (Compulsory requirement if France)

Lights - front and rear

Water Bottle and cage

Spare inner tubes and spare tyres x2

Spare bike chain/Links

Puncture repair kit including bike pump

Suitable trainers/SHOWS

Water proof jacket

Cycling Jersey

Padded cycling shorts

3/4 Length pants to wear above padded shorts

Passport and Travel Documents!

## Desirable

Small Ruck Sack or Bike Pouch (for small snacks during ride)

Vaseline/Shammy Cream This potentially could be essential to stop saddle sores.

Sunglasses and Cycling Gloves

# documents

- A current passport
- A European Health Insurance Card (EHIC) – formerly the E111 Form (acquire free from the NHS) (Google it)
- You will also need a small amount of Euros'



Support Vehicle

We will have a large van as a support vehicle which will be used to transport luggage. On the way back from Paris the bicycles will be transported back via road and ferry in the van. The Van will also be used to transport any riders who may have an injury during the ride.

PLEASE NOTE: Any goods or bicycles damaged or lost during transportation will not be the responsibility of Al-Ikhwaan Cycle Club.

## What kind of bike can I ride for this trip?

We strongly advise you get a road bike (Drop handle racer) for this trip. They are lighter and faster. You may also ride a flat bar hybrid bike - they are heavier so you will need to be more fitter to compensate for the extra weight. **Mountain bikes are unsuitable for this ride.** Make sure your bike is in good condition for the ride. Check brakes, gears and tyres etc. BEFORE the ride. A full service at your local bike shop before the ride is strongly advised.



Road Bike



Hybrid Bike

# FAQ'S

## Who can take part?

Any male individual over the age of 18, but you must ensure you can physically take on this challenge. Unfortunately we do not have the facilities in place to take women who are able to travel with a mahram.

## How fit do I need to be?

As a guide you will have to reach a good level of fitness. It is essential that you physically train for this event to avoid putting your body under too much strain. Please see the training guide for a full breakdown on how you should train for this ride. There will be organised training rides which you may attend.

## I don't intend to train much, can I still come?

No. There have been instances previously where some riders didn't train much for the ride, as such they struggled badly during the first 30 miles. The group was held up for hours just so the rider could catch up. This isn't fair on the rest of the group and I reiterate the importance of training consistently leading up to the ride. If you haven't trained sufficiently you will not enjoy the journey.

## Will I have to carry my main luggage during the ride?

No. The support vehicle will transport your main luggage from one accommodation to the next. However, please ensure you have a rucksack with you to carry the essentials you require during the ride. Please ensure your luggage is locked. AICC cannot be held responsible for any lost or stolen luggage. Maximum weight of luggage 15kg.

# FAQ'S (cont.)

## Can I extend my time in Paris after the ride?

Again, you are most welcome to extend your stay after the trek as long as you like in accordance to visa restrictions. Please note that you are responsible for any accommodation and costs outside the stated itinerary.

## What if I get ill or injured during the ride?

If you fall seriously ill or suffer a critical injury, we will transport you to the nearest hospital. However, you will bear the cost of any hospital treatment. If your injury or illness doesn't require a visit to the hospital, we will transport you to the accommodation or travel in the support vehicle until the ride of the day is complete.

## Will it not be difficult having so many people riding at once?

We will split the group based on fitness levels. All participants will rendezvous for evening meals at the hotels.

## How do i follow the route?

You will be sent details of the route shortly before the event starts. The ride is fully accompanied by a team of experienced cyclists who will be guiding you the entire way and additionally, vehicle support.

## Will I be able to have a laugh?

Of course you can. We want you to have fun but you must understand there will be brothers from all different backgrounds and no doubts not everyone may understand your humour. The ride will get difficult and we may become hungry and agitated but we must have the patience and forbearance to behave as best we can according to the Sunnah.

If you have any further questions or need advice please call 07928 635 816.

# Fundraising

“ One of the top fundraisers Eman Ali gives us his insight and some advice into how to fundraise and meet your target...

When it comes to fundraising with a group of friends, I can become very competitive and so can my friends, which is just as well as it has help us hit if not exceed our target sooner.

The most efficient way to raise money is to develop a charity webpage. That way, the sky is the limit in terms of targeting people for sponsors. Justgiving.com is a good site to set up an online charity page and Ummah Welfare Trust are already set up on the site (just search for Ummah Welfare Trust on the homepage).

Justgiving also provides an option for sponsors to pay via Paypal. It's important to provide everyone with details for why you are doing the challenge and provide some background to the cause that you are raising the funds for.

Once you have made the whole world aware, be sure to update your contacts on how the fundraising is going but don't over do it to annoy them!

I usually send out a reminder email a few days before doing the challenge and then send an update email after completing the challenge.

Also try to secure as many verbal pledges as possible, that way you can bug these sponsors as much as you want until they actually donate. You may have to be quite cheeky to secure the verbal pledges but its all for a worthy cause. A good away around this is to arrange a get together with a group of friends and then when you feel it is appropriate, mention your charity challenge and be blunt and pose the question "So are you going to sponsor me?". Believe me, without doing this you probably won't raise as much.

People are so busy these days that they may see your email and intend to sponsor you but then get side tracked and totally forgot.

I hope you can pick up a few ideas from this,

Happy fundraising!

Eman

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**TROPHY FOR HIGHEST FUNDRAISER**

# Training Guide

Here are the details of a 14 week training plan which has been submitted by a participant on the London to Paris Bike Ride. It's important to train consistently leading up to the event only taking a week break before the ride itself. If you don't train, you will not enjoy it!

If the weather doesn't allow you to ride outside - join a gym and use the Spinning/Cycling machine.

## Week 1 (Average speed of 10 mph)

Monday:40 Minutes (Approximately 6 Miles)

Wednesday:40 Minutes (Approximately 6 Miles)

Friday:40 Minutes (Approximately 6 Miles)

Saturday:2 Hours (Approximately 19 Miles)

## Week 2 (Average speed of 10 mph)

Tuesday:15 Miles (Approximately 1 Hour 30 Minutes)

Thursday:15 Miles (Approximately 1 Hour 30 Minutes)

Friday:5 Miles (Approximately 30 Minutes)

Saturday:30 Miles (Approximately 3 Hours 30 Minutes)

## Week 3 (Average speed of 12 mph)

Tuesday:10 Miles (Approximately 50 Minutes)

Thursday:10 Miles (Approximately 50 Minutes)

Saturday:20 Miles (Approximately 1 Hours 40 Minutes)

## Week 4 (Average speed of 12 mph)

Tuesday:10 Miles (Approximately 50 Minutes)

Thursday:10 Miles (Approximately 50 Minutes)

Saturday:20 Miles (Approximately 2 Hours 5 Minutes)

## Week 5 (Average speed of 14 mph)

Monday:8 Miles (Approximately 35 Minutes)

Tuesday:10 Miles (Approximately 45 Minutes)

Thursday:10 Miles (Approximately 45 Minutes)

Sunday:25 Miles (Approximately 2 Hours 50 Minutes)

## Week 6 (Average speed of 14 mph)

Monday:10 Miles (Approximately 45 Minutes)

Tuesday:20 Miles (Approximately 1 Hour 25 Minutes)

Thursday:20 Miles (Approximately 1 Hour 25 Minutes)

Sunday:30 Miles (Approximately 3 Hours 40 Minutes)

## Week 7 (Average speed of 15 mph)

Monday:10 Miles (Approximately 40 Minutes)

Tuesday:15 Miles (Approximately 1 Hour)

Thursday:15 Miles (Approximately 1 Hour)

Sunday:30 Miles (Approximately 3 Hours)

*A spinning bike at the gym will be most suitable if the weather isn't great*

*'Turbo Trainers' are also a great way to train at home. Using your existing bike.*

*Training is compulsory*

*-Everyone must join the strava training page*

*-Add ' The harder you train the easier the ride!'*

*- Ramadhan is 6 weeks prior to the ride.*

# Training Guide (cont.)

## **Week 8 (Average speed of 15 mph)**

Monday:10 Miles (Approximately 40 Minutes)

Tuesday:20 Miles (Approximately 1 Hour 20 Minutes)

Thursday:20 Miles (Approximately 1 Hour 20 Minutes)

Sunday:30 Miles (Approximately 3 Hours 40 Minutes)

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## **Week 9 (Average speed of 15 mph)**

Monday:10 Miles (Approximately 40 Minutes)

Wednesday:10 Miles (Approximately 40 Minutes)

Friday:15 Miles (Approximately 1 Hour)

Sunday:30 Miles (Approximately 4 Hours)

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## **Week 10 (Average speed of 15 mph)**

Tuesday:10 Miles (Approximately 1 Hour 20 Minutes)

Thursday:15 Miles (Approximately 1 Hour 20 Minutes)

Sunday:30 Miles (Approximately 4 Hours)

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## **Week 11 (Average speed of 16 mph)**

Tuesday:10 Miles (Approximately 1 Hour 15 Minutes)

Thursday:15 Miles (Approximately 1 Hour 15 Minutes)

Sunday:30 Miles (Approximately 3 Hours 45 Minutes)

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## **Week 12 (Average speed of 16 mph)**

Monday:10 Miles (Approximately 40 Minutes)

Wednesday:15 Miles (Approximately 1 Hour)

Saturday:20 Miles (Approximately 1 Hour 15 Minutes)

Sunday:40 Miles (Approximately 3 Hours 30 Minutes)

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## **Week 13 (Average speed of 16 mph)**

Tuesday:15 Miles (Approximately 1 Hour)

Thursday:25 Miles (Approximately 1 Hour 30 Minutes)

Saturday:25 Miles (Approximately 1 Hours 30 Minutes)

Sunday:50 Miles (Approximately 4 Hours 30 Minutes)

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## **Week 14 (Average speed of 16 mph)**

Tuesday:25 Miles (Approximately 1 Hour 30 Minutes)

Wednesday:15 Miles (Approximately 1 Hour)

Thursday:25 Miles (Approximately 1 Hour 30 Minutes)

Saturday:25 Miles (Approximately 1 Hours 30 Minutes)

Sunday:60 Miles (Approximately 4 Hours 40 Minutes)

**On the week of your London to Paris ride – short 5-10 mile trips are a good idea with a rest day before the ride itself.**

**Week 19 – London to Paris Week (Average speed of 14 mph)**

**Remember the key to building up stamina is consistency**

**If you don't train adequately for the ride you will not enjoy it.**

# How to Eat for Endurance

## The key to riding long distances is food and drink

Sure, training is important—but nutrition and hydration are even more vital.

For everything from century rides to multi-day tours, remember these time-tested tips:

## Enjoy the Last Meal

Eat well the night before a long ride so your muscles are crammed with glycogen the next morning.

Emphasise carbohydrates such as pasta, vegetables, bread, whole grains, and fruit.

## Don't Skip Breakfast

Cycling's smooth pedaling motion means you can eat just before a long ride without risking stomach upset.

You'll need a full tank. Cycling consumes about 40 calories per mile, or 4,000 calories in a century ride.

Three hours before the start, eat about 100 grams of carbohydrate. (Cereal, skim milk, a banana, and a bagel with jam equals about 90 grams of carb.) Many riders find that adding some protein and fat, like scrambled eggs or an ommelete, keeps their stomach satisfied longer.



## Prehydrate

Fluids are as important as food. Drink at least eight big glasses of water the day before the ride. If you don't, your performance and comfort may plummet early. During the hour before the ride, sip 16 ounces of a sports drink.

## Eat and Drink During the Ride

Drink before you feel thirsty. Your sensation of thirst lags behind your need for liquid, so grab your bottle every 15 minutes and take a couple of big swallows (about four ounces). About every 30 minutes, eat 20 grams of carbohydrate—the equivalent of half an energy bar, 2 or 3 dates or half a banana.

## Hydrate After Ride

No matter how much you drink on a long ride you'll finish dehydrated. Weigh yourself before and after, then compare the figures. Lost weight means you've failed to replace the fluid you've sweated out. Drink 20 ounces of water or sports drink for each lost pound of bodyweight.

## How do you know you've caught up?

Your urine will be pale and plentiful, and your weight will be back to normal. Rehydrating is especially vital during multiday rides. If you get a little behind each day, by the final day you'll be severely dehydrated, feeling lousy, and riding poorly.

## Eat for Tomorrow

Muscles replace glycogen better if you consume carbohydrate immediately after riding. So within 15 minutes of getting off the bike, eat or drink 100 grams of carbohydrate.

# Itinerary

This preliminary itinerary. Subject to change

## day 1

### **Saturday 13th August**

Meet at Whitechapel Road at 7.00am

Ride from London to Newhaven 60+ miles

Overnight stay in Newhaven Hotel.

## day 2

### **Sunday 14th August**

Newhaven to Dieppe/Gournay – Ferry (4 hour journey)

Cycle from Dieppe to Beauvais/Gournay – 60+ miles

Overnight Stay in Beauvais Hotel

## day 3

### **Monday 15th August**

Beauvais/Gournay to Paris – 60+ miles

Overnight stay in Paris

## day 4

### **Tuesday 16th August**

Rest Day in Paris

Chill out meet brothers in Paris and see the sights.

Eurostar Train back to London St Pancras.

Bicycles MUST be collected from the Van from E1 Whitechapel

## Train back to London

You must organise your own transport back to the UK, Eurostar tickets are £41.50 one way from Paris Gare Du Nord to London St Pancras.

(Ticket Price subject to change. Visit [www.eurostar.com](http://www.eurostar.com) for latest prices)



# Registration Form

## Terms & Conditions

- 1 A completed and signed form is compulsory.
- 2 The cost of the ride is £300. Participants must pay a deposit of £50 as soon after you fill in the online registration form and the remaining £250 by 19th June 2016.
3. Participants must also commit to raising a minimum amount of sponsorship money (£250). This must be paid 2 weeks after the ride.
4. All funds raised must be paid to Ummah Welfare Trust (UWT) as soon as is practical. Cheques should be made payable to "Ummah Welfare Trust" and sent to: Ummah Welfare Trust, 578- 600 St Helens Road, Bolton. BL3 3SJ
5. Participants must be at least 18 at the commencement of the ride to be eligible.
6. Should participants have to cancel, the fee is non-refundable
7. Should participants not be able to take up their place on the ride, all donations or sponsorship already paid to UWT can only be refunded directly to the donor on receipt of a written request (letter or email) from them.
8. Whilst we endeavour to follow the itinerary provided, there may be exceptional circumstances when this is not possible. We reserve the right to cancel or modify the itinerary as necessary. Due to the nature of the rides and the advance planning necessary, changes may have to be made and organisers reserve the right to do so. Should a material change be necessary, organisers will inform participants as soon as is reasonably possible.
10. All transfers to and from the appropriate start point for the ride is entirely the responsibility of the participant.
11. Participants must be in possession of a valid passport and any visas required for their journey.
12. Participants should also obtain an EHIC Card which entitles the bearer to varying levels of treatment whilst in the EU. Further information can be obtained from the Post Office and free from the NHS
13. Participants over the age of 65 or with any ongoing medical condition which may be affected by taking part e.g. a heart complaint, epilepsy or asthma, must provide a medical certificate from their doctor.
14. All participants take part at their own risk. The organisers unable to accept liability for any injury or death, loss or damage to property however arising, or for cancellation of the event for any reason outside of its control. Registration fees will only be refundable should the tour be cancelled.
15. It is compulsory to wear a helmet during the duration of the ride.
16. The organisers reserve the right to use any photographs or videos taken of participants on behalf of the charity to raise awareness and / or funds for the project.
17. ACCEPTANCE OF RISK: Your booking is accepted on the understanding that:  
You are aware that the adventure trip, in addition to the usual dangers and risks inherent, has certain additional dangers and risks, some of which may include:
  - Physical exertion for which you may not be prepared for unless you have invested time in training for the event.
  - Weather extremes subject to sudden and unexpected change
  - Remoteness from normal medical services
  - Evacuation difficulties if you are disabled
17. By agreeing to the Terms and Conditions in this form, participants are confirming that to the best of their knowledge their general state of health is good and they take full responsibility for their health and personal well being. It should be noted, regardless of the age of participant, that every care should be made to ensure that they are fit enough to take on the challenge.

In signing the registration form you are agreeing to the Terms and Conditions laid out above

Even though guidance will be provided and First Aiders available, I agree, as an adult, I am responsible for my own safety. I agree to listen attentively to guidance and advice and act as a mature adult to ensure safety for myself and others. If there are any unfortunate incidents or accidents, I agree that no member of the organising team, challengers or Ummah Welfare Trust can be held accountable or responsible.

**Name:**.....**Signed**.....**Date**.....

**Address**.....**Postcode**.....

**Date of Birth:**.....**Phone Number**.....**Email**.....