

CARE London to Paris Cycle Challenge 2010

supported by



Frequently Asked Questions

What is the CARE London to Paris Cycle Challenge?

CARE's London to Paris Cycle Challenge is a fantastic 3 day adventure. You will cycle through the tranquility of rural England to Portsmouth, where you will cross the channel by ferry to Ouistreham. The route then winds through peaceful vineyards and quaint villages, where you can sample the fine French cuisine, and ends at Paris! After cycling an impressive 234 miles in 3 days, you'll enjoy an unrivalled sense of achievement on reaching Paris. Knowing you've helped raise much-needed funds to support CARE's work overseas will make your lap of honour around the aptly-named Arc de Triomphe truly significant.

How many people do we need to take part in the CARE London to Paris Cycle Challenge?

This event is for individuals however we also encourage groups if you wish to register with friends or work colleagues.

How fit do we have to be?

You have to be reasonably fit for London to Paris Cycle Challenge, although nearly anyone can take part providing they follow the twelve-week training programme that we provide.

Do we need to book accommodation for the CARE London to Paris Cycle Challenge?

No – accommodation on the Thursday, Friday, and Saturday is organised for you. Each night will be spent in very comfortable 2-3 star hotels. The rooms will be twins or doubles. If you are travelling on your own we will pair you up with someone of a similar age and the same sex.

Will I need insurance cover on the London to Paris Cycle Challenge?

As an event organiser, we have public liability insurance. You will need travel insurance to cover you in Europe. Once you register we can support you with this.

What kit will I need to take part in the CARE London to Paris Cycle Challenge?

A detailed Kit list will be provided when you sign up to ensure that you are dressed appropriately and prepared for the event.

CARE London to Paris Cycle Challenge 2010

supported by



What support will I receive before the CARE London to Paris Cycle Challenge?

- Advice and support relating to fundraising, training and general preparation
- Access to the online resources, which includes all of the event information you will need
- Fundraising resources

What is provided for me on the London to Paris Cycle Challenge?

The following is provided for you:

- Support staff & vehicles
- Medic
- Guides – ratio 1:10
- All food & refreshments
- 3 nights' accommodation
- Ferry to France
- Eurostar back to England

Will I cycle on my own or in a group and how do I find my way during the CARE London to Paris Cycle Challenge?

You will be split into groups according to the self evaluation forms that you fill out at the start location. This will ensure that you can complete the event at a pace that is comfortable for you. You will be able to change groups if you wish to cycle at a faster or slower pace. There will be support vehicles following to ensure that no one falls behind. Each group will have its own guide who will be in radio contact with the support vehicles. The guides will also ensure that you go in the right direction!

Will I need to carry water on the routes?

YES – each participant should carry water. Ensure your water bottles are full for the start of each route. Opportunities to refill your bottles will be pointed out by your guide.

What kind of food should I take on the CARE London to Paris Cycle Challenge?

Food will be provided for you however we do advise that you take extra snacks. If you are planning to use energy gels/drinks please use them in training so that you know what they taste like, whether you enjoy them and lastly (but most importantly) to let your body adapt to them. If

CARE London to Paris Cycle Challenge 2010

supported by



you do not train with energy gels/drinks and you then choose to use them on the event you may find that you get stomach cramps. For an event of this length energy gels/drinks should only be used in conjunction with more substantial savoury foods.

How much do I have to raise?

The minimum fundraising target is £1300 per person which includes all registration fees.

How can I reach and exceed my fundraising total?

There are many things you can – online auctions, quiz nights, five-a-side football tournaments, golf days, dress down days, car washing – these are some of the more popular ways in which teams raise funds. Ask your suppliers, clients and your own personal network of contacts. The following website, www.justgiving.com/carechallenge is an easy and effective way to tell everyone about what you're doing, and enables them to sponsor you online. Contact your local press – newspapers, newsletters and websites – with details of what your company is doing. This can help raise the profile and increase your potential. We will support you in your fundraising. We also offer fundraising workshops to help your team really make the most of all opportunities.

Where does our sponsorship money go?

The money you raise will go directly towards CARE's work. Over 90p in every pound we receive will go directly to our overseas programmes, so you can be confident that your money will be reaching those who need it most. For example:

- £50 could buy a healthcare worker in Cambodia a bike allowing him/her to reach even the most remote parts sharing life-saving information about nutrition, malaria, HIV and pregnancy

To find out more about CARE's work visit www.careinternational.org.uk

What does the CARE Challenge Team do to reduce its environmental impact?

We support a number of environmental and community initiatives in the places where we run our challenges. Here are some examples:

- Through the Glen Nevis Visitor Centre and the Nevis Partnership, we have funded rucksack tags that educate visitors on how to protect the environment
- We support the Lakes National Trust and Lake District National Park initiative – "Fix the Fells".
- We support both the Lochaber and Llanberis Mountain Rescue Teams

CARE London to Paris Cycle Challenge 2010

supported by



- Through Climate Care, we offset all fuel emissions from both participants and staff

For more details on how we reduce our impact on the environment visit

www.carechallenge.org.uk/environment/environment.html

Why should I choose CARE International and the CARE Challenge team?

We are a small, efficient in-house events team with over 15 years' experience in running events. We don't outsource the running of the event to any 3rd party event organisers, meaning more of your funds will go where they are needed – to CARE's projects.

- CARE works in 70 countries with more than 59 million poor and marginalized people each year to find a way out of poverty.
- CARE has staying power. Our mission is to create lasting and long-term change in the poorest communities. This often means instigating radical changes to the wider systems of government or business that keep people trapped in poverty from one generation to the next.
- CARE puts money where it is needed. 90% of our income goes directly to our overseas programming work.
- CARE is always amongst the first to respond when disaster strikes. We make sure the aid gets to precisely where it is needed most.
- CARE has an unparalleled track record of working with communities to help them find sustainable ways of making a living.
- CARE places great emphasis on local presence. Over 90% of our staff is employed locally to ensure that we are really responding to local cultures.

What are the next steps?

If you have any other questions please contact us. To register, please visit

www.carechallenge.org.uk/london2paris. Once you have registered, you will be sent information in the post and will have access to the online resources. We will also be in touch to welcome to your challenge!

Tel **020 7934 9470**

Email **challenge@careinternational.org**

Web **www.carechallenge.org.uk/london2paris**

www.carechallenge.org.uk

www.careinternational.org.uk

CARE Challenge Team T > 020 7934 9470 E > challenge@careinternational.org

Registered Charity No: 292506