

Cycle from **Dublin to Galway** CHALLENGE



Hospice Africa Ireland



Join us in our **2 day cycle**
from **Dublin to Galway**
in aid of **Hospice Africa Ireland**
on **Saturday 19th** and
Sunday 20th June 2010

All funds raised go towards the adults palliative
care programme in Hospice Africa Uganda
so please support this worthy cause

All accommodation, food, snacks &
backup support & guides provided.

Contact:

To find out more, call **01 4068708/**
email **info@hospiceafrica.ie** or
log onto **www.hospiceafrica.ie**
and check out **News & Events**

Charity No: 13431



Hospice Africa Ireland

HAI Dublin-Galway Cycle Challenge, 2010

Get on your bike and join Hospice Africa Ireland on our fun 2-day cycle from Dublin to Galway taking place 19th and 20th June 2010, to raise much needed funds for palliative care services for people living with HIV/AIDS and/or cancer and their families in Uganda. Hospice Africa Ireland (HAI) raise funds for 3 hospices in Uganda which provide hospice & palliative care to over 2,500 patients, including terminally ill children, each year. It was set up in 1993 and it provides palliative care to over 2,500 patients per year at 3 sites in Uganda: Kampala, Mbarara and Hoima.

Following the huge success of our inaugural Dublin-Galway Cycle in October 2009, dates for our 2010 cycle have been set for 19th and 20th June 2010. This cycle will take place during National Bike Week 2010, which is promoted by the Department of Transport as part of its 'Smarter Travel' initiative and is a great way to get involved and raise funds for hospice care patients in Uganda, by taking part in this fun charity cycle from coast to coast in Ireland.



Itinerary

Day 1 Meet in the Phoenix Park for registration and photo shoot followed by a 6 to 7 hr cycle to Athlone, where everyone will stay on Saturday night. Lunch is provided at half way mark, with lots of snacks along the route (yes, there will be lots of muffins and jam tarts for those cyclists from last year's cycle who have already enquired!). Dinner will be provided Saturday evening in Athlone in the hotel.



Day 2 After a hearty breakfast, we will depart Athlone by 9am on the final day of our challenging cycle to Galway: day 2 will be a slightly shorter cycle and most participants will make it from Athlone to Galway in about 5 or 6 hours comfortable cycling. As on the previous day, lunch is provided and there will also be lots of snack breaks en route, before we arrive into Galway that afternoon. Full shower and change facilities will be provided before our celebration drinks and dinner.

We hope that most cyclists will stay over in Galway on Sunday evening to celebrate their fantastic achievement and maybe check out a few of the wonderful traditional pubs in the great city of Galway.

On Monday, you and your bike will get a well-deserved rest and we will transport you back to Dublin by private coach,

pedal power not required! If however you prefer to return to Dublin on Sunday night, that can be arranged, so please state this on your application form.

All accommodation (shared room basis), food, snacks, cycle backup support and professional cycle guides will be provided. The cycle will be broken down into groups of 7 or 8, depending on what speed you want to cycle at, and we will accommodate all fitness levels from beginner to advanced. A guide will be assigned to each group to encourage you, navigate the route and make sure you are well looked after. All snacks, water and lunch is provided en route, and each evening, dinner will be provided for everyone to relax and exchange cycling stories from their day on the road!

How do I sign up?

The sponsorship requirement for the cycle is a minimum of €500. To sign up for this event, a completed registration form and non-refundable deposit of €250 must be submitted by 30th April. The balance of funds should be sent to us no later than 4th June. All proceeds will go directly to the adults palliative care programme in Hospice Africa Uganda.

Please bear in mind – the sooner Hospice Africa Ireland receive your funds, the sooner these funds can be actually used to fund hospice care and medications on the ground in Uganda and **make a real difference.**

Please download the application form from HAI's website at www.hospiceafrica.ie

More information overleaf 

To find out more about registration, the route, fundraising ideas and training days, contact info@hospiceafrica.ie or call 01 - 4068708.

You will be provided with advice on how to fundraise and lots of fundraising materials and information on this very worthy cause and photos of the amazing staff and patients in the hospices in Uganda. Also, we can help you set up your own fundraising page on www.mycharity.ie, which is an ideal way to raise funds and also update your friends and colleagues of your progress as you train for the cycle.

Also the official training schedule will be sent to you upon registration, complete with information on equipment, tips for training and nutrition – and you can join the group training days we have scheduled to take place on Sunday's from April onwards.



Facts & Figures

The route from Dublin to Galway is not technically difficult, but strong legs and good cardiovascular fitness is definitely needed.

A support team will ensure that your luggage is transported from the starting point in the Phoenix Park to the next destination. Full mechanical support

is also supplied, for flat tires and other emergencies en route. Medical support and ambulance service will be provided en route also. The route will be fully guided and also sign posted and of course, all snack stops and lunch stops will be prepared in advance of the cyclists arriving to ensure you have a comfortable break.

You should use your own bike that you have been training on, for the cycle and please ensure that it has been recently serviced. We will arrange for your bike to be transported safely back to Dublin after the cycle, where you can pick it up from Cycling Safaris if required.

If however, you need to hire a bike for this event, please do so directly through Cycling Safaris at 01 2600749 who will help you decide upon the most appropriate model for your experience/level of fitness.

Terms & Conditions

We strongly recommend that you have your own private health care insurance for this trip, and on signing the application form; all participants acknowledge that they take part in this event at their own risk. Safety approved cycling helmets are compulsory.

You may not deviate from the official route and must follow your guide's instructions at all times. For further information, please contact us for a full and comprehensive terms and conditions booklet.

Contact: To find out more, call **01 4068708/** email info@hospiceafrica.ie or log onto www.hospiceafrica.ie and check out **News & Events**