

## CYCLE POLAND 2016

25 June – 3 July

**Join us to cycle 1100km and support people with terminal illnesses and their families**



Our seventh annual ride will start in Wrocław, the 2016 European Capital of Culture, and head south through the beautiful mountains and rural villages of Poland, Slovakia and the Czech Republic, finishing in historic Kraków.

- Cycle 1100km in 9 days
- Visit the voluntary organizations and hospices that will receive equipment funded by the money you raise, and meet staff and patients.
- Experience the history and bustle of Wrocław and the old Polish capital of Kraków, stay in atmospheric rural villages, and experience authentic Polish food and hospitality along the way
- Cycle with a team of Polish and British riders, joined by local volunteers and cyclists at the start and finish, creating a great sense of community
- Fully supported and guided – so no carrying heavy packs or reading maps
- No minimum sponsorship
- Appear in Polish TV, press and radio



Read more about Cycle Poland, see photos, stories and films from the ride at [www.alinafoundation.org/cycle-poland.html](http://www.alinafoundation.org/cycle-poland.html)

## The route (provisional)



The average distance each day is 120km (75 miles). There is a mix of shorter and longer days, with a half rest day in the middle of the ride.

Please note that this year's ride will be relatively hilly. We have found that this actually works better for most riders. Although tiring, the top of a climb is a motivating goal with the bonus of cruising down the other side!

The ride is designed to be a challenge, but with some training we believe anyone can take part. We have no specific fitness requirement but we do ask that all riders be comfortable riding 40km in 2 hours.

Our youngest rider so far was 16, our oldest was over 60.

We arrange a full programme of training rides around London in the run-up to the ride, and can offer training tips and advice.

All cycling is on road, though road surfaces can vary (road tyres will be fine). A support van is available to carry all luggage and equipment, food, water and first aid.

## **Accommodation and meals**

A mixture of hotels, B&Bs, agro-tourism and hostels. Mostly in twin rooms, with some larger rooms where necessary.

Please let us know if you are vegetarian or have any other dietary requirements and we will do our best to arrange this.

## **The costs**

We believe charity challenges are about helping a charity's work, and that our cyclists have a fantastic experience by taking part. To recognize this, we ask all participants to pay the full costs of the trip, so that all sponsorship is used directly to support the charity's work.

The ride is organized on a not-for-profit basis by experienced volunteers. We ask for a £550 payment to cover bike transfers to Poland by courier, airport transfers, support van, 10 nights' accommodation, most meals for 9 days and a personalised Cycle Poland jersey. The price of flights will depend on the dates you book. For reference, last year return flights from the UK cost around £150.

We hope that the charity will receive a discount from suppliers on accommodation and transport, and that the actual costs will be lower. We think this is one of the best value challenge events around and therefore hope that you will agree that any difference between the actual costs of the ride and your £550 payment be treated as a donation from you to the Foundation. However, if you would prefer that the Foundation return the balance to you, please let us know and we will be happy to do so – this will, of course, not affect your right to take part in the ride in any way.

## **The charity**

The Alina Foundation provides medical equipment, from life support machines to dressings, for terminally ill adults and children. We do this by supporting voluntary organisations throughout Poland that care for patients in their own homes and in residential hospices. We work with the organisations that most need help, because they work in areas of greatest need, are based in poorer areas or are just starting up.

## **Sponsorship**

We do not ask that you raise a minimum amount of sponsorship as we do not want to discourage anyone from taking part. The more we raise the better of course, and our target for this year is £15,000. We hope everyone taking part will do their best to raise as much as possible to support the charity's work.

You can raise funds through sponsorship from friends, family and companies, or through events such as cake bakes or quizzes. Please let us know if you require any support to do this and we will be happy to provide ideas, text, photos etc. We will also send you regular updates on your fundraising progress.

## Timing

The ride will start in Wrocław on the morning of 25 June, and finish in Kraków on the afternoon of 3 July. The package includes accommodation and breakfast in Kraków for those who want to stay and sightsee on 4 July.

You will need to book your own flights. Please indicate on the registration form which flight you plan to use, and confirm by email once this is booked. We will arrange airport transfers for you. Please note tickets are likely to become more expensive the later you book.

There are many flights to both Wrocław and Kraków, here are some suggestions:

Out		Airline	Dep airport	Dep	Arr airport	Arr
	Friday 24 June	Wizz Air	London Luton	7:55	Wrocław	11:00
	Friday 24 June	Ryanair	London Stansted	8:35	Wrocław	11:45
	Friday 24 June	Ryanair	London Stansted	20:40	Wrocław	23:50
In						
	Sunday 3 July	BA	Kraków	20:55	Heathrow	22:25
	Sunday 3 July	Ryanair	Kraków	21:50	Stansted	23:20
	Monday 4 July	Ryanair	Kraków	06:45	Stansted	08:15
	Monday 4 July	Ryanair	Kraków	16:45	Stansted	18:15
	Monday 4 July	Ryanair	Kraków	21:45	Stansted	23:15

## Half-ride option

We offer a half version of the ride (around 500km) for those new to cycling long distances, or those who just don't have time to join us for the full 9 days. The cost of this option is £370 (to cover bike transfers to Poland by courier, airport transfers, support van, accommodation, most meals and a personalised Cycle Poland jersey).

The two options are as follows.

1. Join us for the start of the ride (fly to Wrocław on Fri 24 June) and leave on the evening of Wednesday 29 June or morning of Thursday 30 June (departure airport TBC depending on timing and exact route); or
2. Join us on Wednesday 29 June (airport TBC depending on timing and exact route) and stay until the finish, flying out Sunday 3 July or Monday 4 July from Kraków.

If you are interested in the half-ride option please email [info@alinafoundation.org](mailto:info@alinafoundation.org) and we will be happy to discuss the various flight and transport options with you.

**If you would like to take part, please complete the enclosed application form and return it to [info@alinafoundation.org](mailto:info@alinafoundation.org).**

**Please email us if you have any questions,  
and we will be delighted to help.**



## Cycle Poland 2016: 25 June – 3 July 2016

# Registration form

We are delighted that you would like to join the Foundation's seventh bike ride across Poland in support of Polish hospices.

Please complete all sections of this registration form and the Gift Aid Form (if applicable) and return them as soon as possible to [info@alinafoundation.org](mailto:info@alinafoundation.org) or 65 Ashley Drive, Penn, Bucks, HP10 8AZ. Places are limited so we will confirm by email whether you have a place and provide you with information for payment of your £100 deposit.

Name as on your passport	
Date of birth	
Passport number and country of issue	
E-mail	
Mobile / cell phone	
Emergency contact while in Poland	
Dietary requirements or food allergies	
Do you have any medical conditions of which we should be made aware? If yes, please provide details	
I would like to take part in:	<input type="checkbox"/> All of Cycle Poland (1100km) <input type="checkbox"/> Half-ride: Option 1 (Sat 25 June - Wed 29 June) <input type="checkbox"/> Half-ride: Option 2 (Wed 29 June - Sun 3 July)
Preferred flight out (date, time and flight number)	
Preferred flight back (date, time and flight number)	
Cycle jersey size (chart on next page)	XXXS / XXS / XS / S / M / L / XL / XXL / XXXL
Where did you hear about the ride?	

I apply to take part in Cycle Poland 2016. I have read and agree to abide by the Conditions of Entry. I declare I am fit and well to take part in Cycle Poland 2016.

I understand that I have to arrange my own travel insurance for the trip and confirm that I have/will have travel insurance to cover 25 June –3 July 2016.

We would be delighted if you would agree to donate any balance between your payment and the costs of the trip to the Alina Foundation to support its work. However, **if you would like the balance to be refunded** to you please tick this box

(If you are happy to donate the balance, and resident in the UK please complete the enclosed **Gift Aid form**)

Signature .....

Name (in capital letters) .....Date .....

We would like to keep you informed about the Foundation and its activities in the future. If you do not wish to receive this information, please tick this box

## Cycle Jersey sizing chart

Size	Circumference of jersey at chest	Length at the back (measured from the collar)	Suggested max chest size	Optimal height with range ( + - )
XXXS	80 cm	58 cm	max 70 cm	140 ( 6 cm )
XXS	86 cm	61 cm	max 76 cm	150 ( 6 cm )
XS	90 cm	64 cm	max 80 cm	160 ( 6 cm )
S	94 cm	67 cm	max 84 cm	165 ( 6 cm )
M	100 cm	70 cm	max 90 cm	170 ( 8 cm )
L	108 cm	74 cm	max 98 cm	175 ( 8 cm )
XL	116 cm	76 cm	max 106 cm	180 ( 8 cm )
XXL	124 cm	79 cm	max 114 cm	185 ( 8 cm )
XXXL	132 cm	82 cm	max 122 cm	190 ( 8 cm )



## The Alina Foundation

Registered charity no. 1137887  
65 Ashley Drive, Penn, Bucks, HP10 8AZ  
[www.alinafoundation.org](http://www.alinafoundation.org)  
+44 1494 950472  
[info@alinafoundation.org](mailto:info@alinafoundation.org)

### SPONSORSHIP AND FUNDRAISING

We do not ask that you raise a minimum amount as we don't want to discourage anyone from taking part. The more we raise the better of course, and our target as a team for this year is £15,000.

It would therefore be fantastic if everyone could commit to raising at least £200 for the charity's work. Please let us know if you require any support to do this and we will be happy to provide ideas, text, photos etc. We will also send you regular updates on your fundraising progress.

Sponsorship can be raised in a number of ways, whether by asking friends and family to sponsor you, or holding other events (cake bakes, quiz nights etc). We will do whatever we can to help – so just please let us know if you have a bright idea and need some advice or support.

Donations can be made:

- **Through mydonate<sup>1</sup>** – please feel free to set up your own fundraising page, or direct people to the CP 2016 page.
- **Direct to the Foundation's account:** The Alina Foundation, Barclays, sort code: 20-67-90, a/c 93503305. This is brilliant as it avoids any credit card charges (which are incurred on donations online), but please ask anyone who sponsors you in this way to email [info@alinafoundation.org](mailto:info@alinafoundation.org) to confirm whether they want the donation to be treated as gift aid and their full name and address (including postcode) – this will allow the Foundation to claim back Gift Aid on the donation, adding 25% to the amount the Foundation receives.
- **Online** through [www.alinafoundation.org/support-our-cyclists.html](http://www.alinafoundation.org/support-our-cyclists.html), where there are options to sponsor an individual or the whole team. We will make a page for each participant – please provide a photo and a short bit of text about why you are taking part in the ride.
- **In cash or by cheque.** Please make cheques payable to: The Alina Foundation and send to Alina Foundation, 65 Ashley Drive, Penn, Bucks, HP10 8AZ

A sponsorship form is available online at [www.alinafoundation.org/sponsorship-form.html](http://www.alinafoundation.org/sponsorship-form.html)

Please remember that all money raised will go to purchase medical equipment and supplies – the trustees cover all of the Foundation's costs, and we ask all cyclists to cover the costs of taking part in the ride.

## Thank you for taking part in Cycle Poland 2016

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<sup>1</sup> Mydonate charges no commission or fees and passes on 100% of donations, less bank credit/debit card charges (1.3% of donation on credit cards and 15p for each debit card transaction), directly to the charity. Commercial sites such as JustGiving charge charities up to 7.5% of donations (including card charges). Just in case anyone asks why we are not on JustGiving!



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# Cycle Poland 2016

## 25 June –3 July 2016

### CONDITIONS OF ENTRY

1. Cycle Poland 2016 is organized on a not-for-profit basis by Alina Travel Ltd (company no. 07783426), a wholly owned trading subsidiary of the Alina Foundation, which donates all its profits to the Foundation. We have to use a separate company to organise the trip for charity law reasons.
2. We ask all participants to cover the costs of taking part in the ride. To do this, we ask for a £550 payment, to cover bike transfers to Poland, all in-country transport including airport transfers, 10 nights' accommodation, most meals for 9 days and a personalised jersey. For those taking part in half the ride, the cost is £370, to cover the same costs for the duration of their participation. We hope that the charity will receive a discount on accommodation and transport, and that the costs will therefore be lower. We think this is one of the best value overseas bike charity challenges around, and we hope that you will agree that any difference between the actual costs of the ride and your payment be treated as a donation from you to the Alina Foundation. However, if you would prefer that the Foundation return the balance to you, please let us know on your registration form and we will be happy to do so – this will, of course, not affect your right to take part in the ride in any way.
3. **Your deposit (£100)** can be paid by cheque payable to Alina Travel Ltd or by bank transfer to Alina Travel Ltd, Barclays, sort code 20-40-71, account number 93810879. If you are resident in a country other than the UK please contact us to arrange payment.
4. For those taking part in the **whole ride**, the balance must be paid as follows:
  - a. £250 on or before 29 February 2016; and
  - b. £200 on or before 30 April 2016.
5. For those taking part in **half the ride**, the balance must be paid as follows:
  - a. £170 on or before 29 February 2016; and
  - b. £100 on or before 30 April 2016.
6. If you need to withdraw for any reason before 29 February 2016 we can refund the deposit in full. After this date we cannot refund the deposit, subsequent payments or any sponsorship received. You may be able to claim at least part of any costs you have incurred under your travel insurance.
7. Itineraries, schedules and accommodation may change and other alterations may occur which are beyond the control of Alina Travel Ltd.
8. All measures will be taken to ensure the safety of all participants, however, cyclists take part at their own risk. Alina Travel Ltd is unable to accept liability for any loss or damage however arising (except for death or personal injury resulting from their own negligence), or for cancellation of the event for any reasons outside its control. In particular (but without limitation) Alina Travel Ltd accepts no responsibility for the loss of luggage carried for you in support vehicles, which should be adequately covered by your insurance.
9. You will be responsible for providing your own personal cycling equipment, for example your bike, helmet, cycle clothing etc, and by registering you declare that your bike is well maintained and in good working order.
10. You must wear a cycle helmet at all times whilst cycling on this challenge.
11. You must have adequate travel insurance that will cover you for the specific activities you will be



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undertaking.

12. Please be aware that by registering you authorise the Alina Foundation and Alina Travel Ltd to process your personal and sensitive data in accordance with the Data Protection Act 1998 for the purposes of this event.

13. It is your responsibility to ensure you have the appropriate level of fitness. This event is not recommended for those with any infirmity unless you have checked with your GP who agrees that you are fit to undergo the challenge prior to the event. You must give full and accurate details of any existing medical conditions on the registration form. Failure to disclose a pre-existing medical condition may invalidate your travel insurance.

14. We produce a short video about the trip each year for promotional reasons and as a memento for those who take part, and we would love everyone to be included. By registering you confirm that you understand that Cycle Poland may be filmed, photographed and recorded and grant permission to the event organizers to use such images and recordings of you. However, if you would prefer not to be included in any film or promotional material, please just let us know.



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## Gift Aid declaration

**I am a UK taxpayer. I would like The Alina Foundation to treat as Gift Aid donations, this, all future donations and any previous donations until I notify you otherwise.**

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify.

The Alina Foundation will reclaim 25p of tax on every £1 that I give. This means that a gift of £100 will be worth £125.

Title ----- Initial(s) ----- Surname -----

Home address -----  
-----

Postcode -----

Date ----- Signature -----

### Notes

If you pay Income Tax at the higher or additional rate you can receive additional tax relief on your donation by including all your Gift Aid donations on your Self Assessment tax return or by asking HM Revenue and Customs to adjust your tax code.

For example, if you donate £80, the total value of your donation to the charity is £100 - and you can claim back:

- £20 - if you pay tax at 40 per cent
- £30 - if you pay tax at 50 per cent

**So a £100 donation would cost you just £60.**

Please notify the Foundation if you:

- Want to cancel this declaration
- Change your name or home address
- No longer pay sufficient tax on your income and/or capital gains.