

## CYCLE EUROPE 2022 4 – 12 June

Join us to cycle 1000 km  
and support people with terminal illnesses and their families



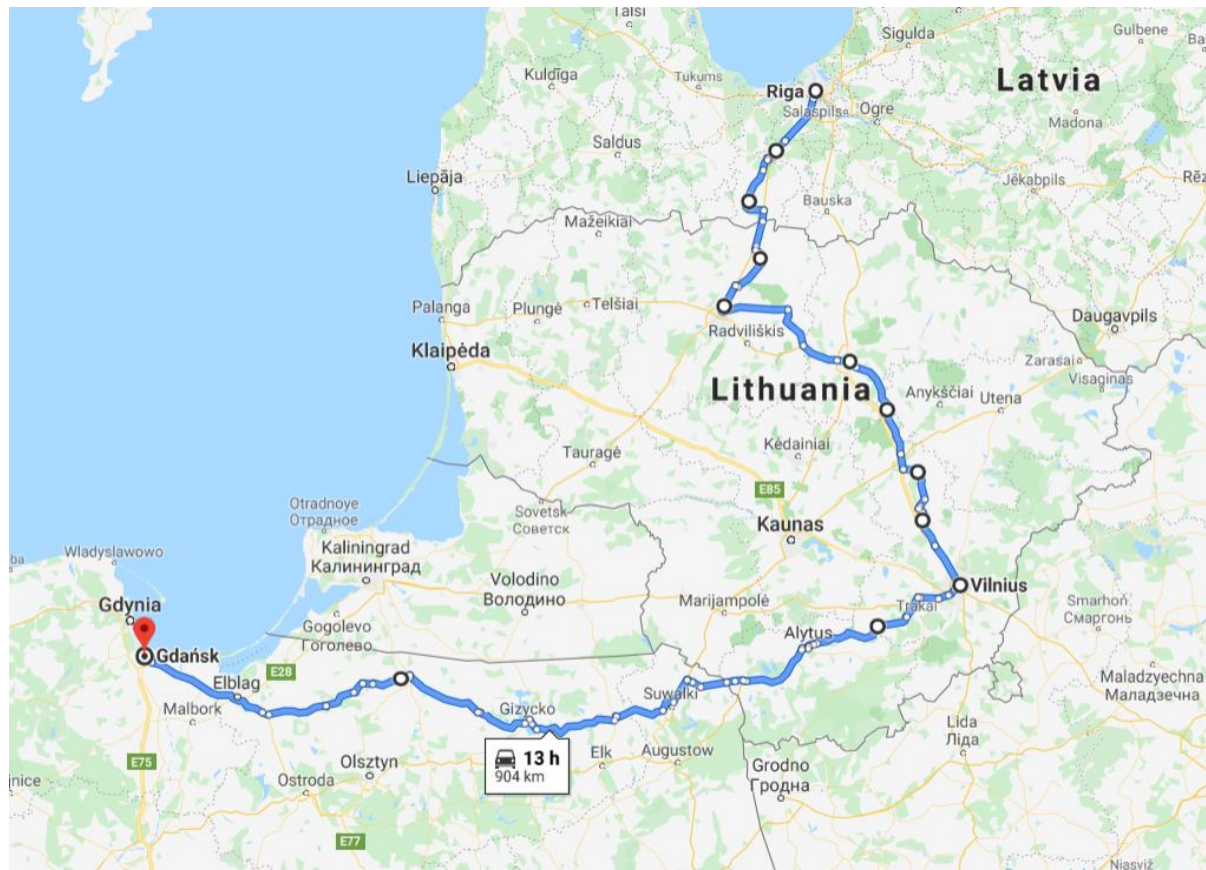
Our twelfth ride will start in Riga and head through rural Latvia and Lithuania to Vilnius, then past the Mazury lakes and finish in Poland in historic Gdańsk.

- Cycle 1000 km in 8 days
- Visit hospices that will receive equipment funded by the money you raise, and meet staff and patients
- Raise essential funds to support hospices and Ukrainian refugees in Poland
- Experience the modern-day bustle and the history of Riga, Vilnius and Gdańsk, stay in pretty villages, and experience authentic food and hospitality along the way
- Cycle with a team of Polish and international riders, joined by local volunteers and cyclists, creating a great sense of community
- Fully supported and guided – so no carrying heavy packs or reading maps
- No minimum sponsorship
- £550 for eight nights' accommodation, most meals for eight days, a personalized Cycle Europe jersey, support van, a beautiful route and an amazing adventure!
- Registration open until 31 January 2022 subject to places being still available.



Read more, see photos, stories and films from the ride at  
[www.alinafoundation.org/cycle-europe-2022](http://www.alinafoundation.org/cycle-europe-2022)

## The route



The average distance each day is 125km (80 miles). There is a mix of shorter and longer days, with time to explore in the evenings. The ride starts at 8:00 am on Sunday 5 June in Riga, and will finish in Gdańsk around 4pm on Sunday 12 June 2022.

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 on flat roads. If you're new to events like this, we can offer lots of training tips and advice. Our youngest rider so far was 16, our oldest was over 70 – so age is not a barrier!

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 and B&Bs. Mostly in twin rooms, with some larger rooms where necessary. The ride includes 8 nights' accommodation (Saturday 4 June to Saturday 11 June, inclusive).

The ride includes breakfast every day, and six evening meals. Dinner in Riga and Vilnius is not included, so you have a chance to explore. Lunches are at cafes and stops along the road. 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. Your £550 payment covers the support van and driver, eight nights' accommodation, most meals for eight days and a personalised Cycle Europe jersey. If you wish to pay in a currency other than GBP, please contact us.

You will need to book your own flights. There are many flights to Riga and from Gdańsk. The cost will depend on the dates you book. For reference, at the time of writing this guide, flights from London to Riga cost £40, and flights from Gdańsk to London are also £40. Please indicate on the registration form when you expect to arrive and confirm by email once booked.

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 organisations throughout Poland that care for patients in their own homes and in residential hospices. We work particularly with the organisations that most need help, because they work in areas of great need, are based in poorer areas or are just starting up.

During the ride you will have the opportunity to visit some of the Polish hospices we support, see their work and personally present new equipment bought with the funds we raise. In the last few years we have also supported a charity building a new hospice in Vilnius, Lithuania. This ride is will be our first visit to this hospice.

Exceptionally this year we will use half of the funds we raise to support the huge number of Ukrainian refugees in Poland. We are working with Polish charities to find the best way to do this and will provide more information soon.

## 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. There is more information on fundraising on page 8.

## Timing

The ride will start from Riga at 8:00 am on Sunday 5 June, and finish in Gdańsk on the afternoon of Sunday 12 June. You will need to be in Riga by the evening of Saturday 4 June to check-in. The price of the ride includes accommodation for the nights of Saturday 4 June to Saturday 11 June inclusive.

## 3 or 5-day option

We offer a 3 or 5-day version of the ride (Riga to Vilnius or Vilnius to Gdańsk) for those new to cycling long distances, or those who just don't have time to join us for the full 8 days. 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.

## COVID

We are closely monitoring travel restrictions in Latvia, Lithuania and Poland and will follow local requirements and safety guidance relating to COVID, including in terms of masks and vaccinations.

While we may be able to run the event, not all guests will be eligible to travel with us. It is important to ensure you have appropriate insurance and to **check that you are eligible to travel, familiarize yourself with the local regulations, and know your home country's post-travel requirements before booking your trip**. We will communicate the Alina Foundation COVID protocols clearly to all guests prior to the start of your trip so you know what to expect. We work closely with local authorities and our partners as well, to ensure that we are adhering to local restrictions and doing our best to keep participants, as well as hospice staff, volunteers and patients safe.

**Please note: The Alina Foundation requires all guests, 12 and older, to be fully vaccinated and carry proof of vaccination on this trip. Proof of vaccination, in the form of a physical or digital record, must be presented at the start of the ride.** Exemptions to this requirement may be granted on a case-by-case basis and must be received at least 30 days before the trip. If granted, exempt guests will also need to provide a negative test at the start of the ride, and wear a mask in all enclosed spaces. Please contact [info@alinafoundation.org](mailto:info@alinafoundation.org) for more details.

If we have to cancel the ride due to COVID restrictions, we will roll your registration over to 2023 but cannot offer refunds.

### **The war in Ukraine**

We are also closely monitoring the situation in Ukraine and the surrounding countries. While we hope peace will be achieved by the time we go, we will make any changes necessary to the ride to ensure the safety of our riders and to be mindful of the communities we visit.

**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 Europe 2022: 4 - 12 June

# Registration form

We are delighted that you want to join the Foundation's 12th bike ride in support of Polish and Lithuanian hospices as well as Ukrainian refugees in Poland.

Please complete all sections of this registration form (and, if you are a UK resident, the Gift Aid Form) 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 deposit.

Name as on your passport	
Date of birth	
Passport number and country of issue	
E-mail	
Mobile phone	
Emergency contact	
Dietary requirements or food allergies? If yes, please provide details	Yes/No
Do you have any medical conditions of which we should be aware? If yes, please provide details	Yes/No
Estimated arrival in Riga (date, time)	
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 Europe 2022. I have read and agree to abide by the Conditions of Entry. I declare I am fit and well to take part in the ride, that I am fully vaccinated against COVID-19 and that I will comply with local regulations related to COVID-19. I understand that I must arrange my own travel insurance and confirm that I will have travel insurance to cover 4- 12 June 2022.

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 )





## SPONSORSHIP AND FUNDRAISING

We do not ask you to raise a minimum amount as we don't want to discourage anyone from taking part. We do encourage you to raise as much as you can! More funds raised means more equipment and medicines for hospices, and more support for refugees fleeing the fighting in Ukraine. Our target as a team for this year is £15,000.

It would 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.

You can raise funds in many ways: by asking friends and family to sponsor you, or holding 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.

The easiest way to raise funds is to set up an online fundraising page:

- **Facebook** – go to [www.facebook.com/fundraisers](http://www.facebook.com/fundraisers), click on “Select Nonprofit” and search for “Alina Foundation”. Facebook covers all fees, so this is a great way to raise funds!
- **JustGiving** – go to [www.justgiving.com/campaign/CycleEurope2022](http://www.justgiving.com/campaign/CycleEurope2022), select “Start Fundraising”, then “Taking part in an event” and under “Find your event” type in Cycle Europe 2022. You can then select Cycle Europe 2022 and set up your own fundraising page.
- Send us a photo and a short text about why you are taking part in the ride, and we will set you up with your own fundraising page at [www.alinafoundation.org/support-our-cyclists](http://www.alinafoundation.org/support-our-cyclists), where people can donate online through PayPal.

Donations can also be made:

- **Direct to the Foundation's UK 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 any UK residents who sponsor you 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.
- 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](http://www.alinafoundation.org/sponsorship-form)

Remember that all money raised will go to purchase medical equipment and supplies – the trustees cover 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 Europe 2022!**



## Cycle Europe 2022

4 – 12 June 2022

### CONDITIONS OF ENTRY

1. Cycle Europe 2022 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 8 nights' accommodation, support van and driver, most meals for 8 days and a personalised jersey. 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. To secure your spot, please pay a **deposit (£100)** 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 (£450) must be paid on or before 31 March 2022.
5. If you need to withdraw for any reason before 28 February 2022 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.
6. Itineraries, schedules and accommodation may change and other alterations may occur which are beyond the control of Alina Travel Ltd.
7. The Alina Foundation requires all guests, 12 and older, to be fully vaccinated and carry proof of COVID-19 vaccination on this trip. Proof of vaccination, in the form of a physical or digital record, must be presented at the start of the ride.
8. You are responsible for checking that you are eligible to travel, familiarising yourself with local regulations related to COVID-19, and knowing your home country's post-travel requirements before booking your trip.
9. 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 the organiser's negligence), or for cancellation of the event for any reasons outside the organiser's control. In particular (but without limitation) Alina Travel Ltd accepts no responsibility for the loss of luggage carried in support vehicles, which should be adequately covered by your insurance.
10. 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.



## 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)

11. You must wear a cycle helmet at all times whilst cycling on this challenge.
12. You must have adequate travel insurance that will cover you for the specific activities you will be undertaking.
13. 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.
14. It is your responsibility to ensure you have the appropriate level of fitness. This event is not recommended for those with any infirmity unless your doctor agrees that you are fit to take part 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.
15. 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 Europe 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.