

Auld Alliance Cycle Ride

www.prenticeevents.com

(Scottish charity sco39404)





sponsored by :

Main sponsor

West Lothian Council

and supported by:



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Introduction

This is a charity cycle ride to raise funds for partner charities .
The event is in it's fifth year, and has in the past years raised funds for :

Ekwendeni Hospital in Malawi
Mamie martin fund (girls education in Malawi)
Through linkage with West Lothian Council , the Pakistan flood disaster fund .

We aim to broaden the extent of the support the event and the recommended charities are:

- Mercy Ships : providing medical aid to the needy in the third world .
- The Bluelamp-foundation .org: a charity set up by PC David Rathband who was injured on duty and provides funds and support to anyone injured on duty in the blue light services.
- Mamie Martin Fund : supporting girls education in Malawi
- Hope4China : providing a home for abandoned baby girls and education for girls in China

Riders taking part in the Auld Alliance can either be recruited direct to Prenticeevents and will be encouraged to support one or more of the above, and also by the charities listed above recruiting riders to support the particularly charity.

The cycle ride starts from the Scottish Parliament to the outskirts of Edinburgh, then via minibus to Hull and an overnight ferry to Zeebrugge in Belgium.

The overnight sail from Hull to Zeebrugge and back with full meals on board is included in the entry cost. The accommodation on board the ferry is shared within 4 berth inside cabins(if single occupancy is requested this is an additional charge)

We then cycle from Zeebrugge to the Champs Elysee in Paris over 4 days, supported by Prenticeevents support minibuses, with luggage being taken direct to overnight hotels.(based on sharing twin bedded rooms and on a bed and breakfast basis)

We then have 2 nights in Paris (based on sharing twin bedded rooms on bed and breakfast basis) before heading back to the UK by minibus and ferry.(single occupancy if requested and available will be extra charge in all hotels)

The total cycling distance is approximately 250 Miles where we average about 50/60 miles per day apart from the short cycle to the outskirts of Edinburgh which is about 7 miles.

The ride usually splits into three groups after the first day, with the top group averaging about 16 miles per hour , the second group 12 to 14 miles per hour and the third group about 10 to 12 miles per hour.

Cyclists of different abilities can therefore be catered for , but we do ask that cyclists are able to do at least an average of 10 miles per hour.

Who takes part in cycle run?

Everybody who enjoys cycling is the simple answer! Over the past two years we've had people from all walks of life, from a Post Office Manager 3 hours south of Melbourne, Australia to independent financial advisors from Aberdeen, Scotland.

Ages of participants range from their mid 20's to their early 60's. Everybody encourages each other to complete the trip and add support when the going gets tough.

We welcome people that would like to take part from the rest of the United Kingdom, Europe, and all around the world to come and join this charity cycle from Edinburgh to Paris. We can assist with accommodation in Scotland if necessary.

So, why not achieve something special in your life, give yourself a goal and Cycle from Edinburgh to Paris! You'll feel fitter, healthier and you can always say "I didn't think that was possible, but it was!"

Starting and Finishing point of charity cycle

Starting Point: Scottish Parliament (Holyrood, Edinburgh)

Finishing Point: Champs Elysee/Eiffel Tower, Paris

About Us

Prentice Events are a Registered Scottish Charity (sc039404), that aims to create and deliver charity events (primarily cycling), to raise funds for schools and related organisations to improve the health of our youth and promote environmentally friendly transport and to support causes that help the education and health of the needy.

Our Charity raise's money for causes such as Ekwendeni Hospital in Malawi and Radio Forth's Help a Child, Mercy ships with young farmers , Maggies Centres , Mamie Martin appeal as well as other charities and good causes.

Nominated charities:



Mercy Ships is an international charity that provides free medical care, relief aid, community development and long-term sustainable development in the poorest countries in the world, via its hospital ship *The Africa Mercy* and a number of land based projects.

Just over 30 years since it was set up, Mercy Ships has visited 70 countries providing services valued at more than £537 million, directly transforming the lives of 2.5 million people. The charity has treated more than 230,000 people in village medical clinics, performed more than 41,000 surgeries, 205,000 dental treatments and completed over 1,200 community development projects. Entire communities have been changed through the provision of medical equipment and medicines, as well as water sanitation projects, infrastructure development and agriculture and construction training.

The ship is staffed entirely by an international crew of dedicated volunteers, one of the main reasons behind the success of Mercy Ships. Volunteers from over 50 nations ranging from seamen, engineers, surgeons, doctors and nurses through to teachers, kitchen staff, administrators and laundry staff all pay crew fees for the time they serve onboard. All medical services on board the ship are offered free of charge.

For further information on Mercy Ships please visit www.mercyships.org.uk or contact Susie Hope, Fundraising Manager (Scotland) on 01899 830 475 or email susie.hope@mercyships.org.uk.

Registered Charity No: 1053055/A Registered Charity in Scotland SCO39743

MAMIE MARTIN FUND

The Mamie Martin Fund was established in 1993 by the family and friends of Mamie Martin, to advance the education of girls in secondary school, within the catchment area of the Synod of Livingstonia in Malawi. The Mamie Martin Fund gives direct grants to girls in need. See www.mamiemartin.org for more information.

BLUELAMP_FOUNDATION.org

This organisation helps raise money to relieve the financial hardship that some personnel of the Emergency Services may face after being criminally injured whilst on duty. See www.bluelamp-foundation.org

HOPE4CHINA

Hope 4 China is a UK Charity dedicated to raising awareness of and funds for children in orphanages & girls from poor homes in rural areas with little hope of a formal education. See www.hope4china.info for more information.

Who can go?

You need to have a good level of fitness bearing in mind that you will be covering on average 60 miles per day. That's the equivalent of cycling from Glasgow Airport to Edinburgh Castle every day for 4 days.

We have training sessions throughout May, June, July and August so the quicker you build your fitness level up the easier you will find the cycle trip to Paris.

We in the past have organised a number of training runs as follows:

1. **The Canal Run** – Starts at Spiers Wharf (centre of Glasgow), Falkirk Wheel, Linlithgow, Ratho, finishing at Cargo (Fountainbridge) Edinburgh
Mileage = 57
Type of bike suitable for run: Mountain Bike/Hybrid
2. **North Berwick Run** – Starts on top of Roseburn Bridge, follow cycle path to Ocean Terminal, Portobello promenade, Musselburgh, Port Seton, Aberlady, Gullane, finishing at Nether Abbey Hotel (North Berwick).
Mileage = 30
Type of bike suitable for run: Road Bike/Hybrid
3. **Fife Run** – Starts and finishes at Kinkell Caravan Park, St Andrews. Route takes in Crail, Anstruther, Pittenweem, Saint Monance, Kilconquhar, and back to Kinkell Caravan Park
Mileage = 40
Type of bike suitable for run: Road Bike/Hybrid
4. **Cramond/Aberdour/Cramond Run** – Starts at Cramond Brig, cycle path to South Queensferry, Forth Road Bridge, Inverkeithing, cycle route to Aberdour. Route in reverse back to Cramond Brig
Mileage = 25
Type of bike suitable for run: Road Bike/Hybrid

Although there are organised training runs it is imperative that you 'Ride For Fitness' on a regular basis on the run up to the event.

A tip by a regular long distance cyclist was to aim to do an hour a night for about three weeks out of the month pre the event as a minimum and aim to do about 10 miles per hour

Sponsorship/Charity

There is no maximum amount of money for you to raise.

If you are riding for a charity partner, they will expect a target set by that charity, for example Mercy Ships are looking for £1000 per rider in sponsor money.

Sponsor Sheets – As soon as you have paid your deposit of £200 a Sponsor Sheet will be sent to you. Please make sure you put the sponsors **NAME, ADDRESS** and most importantly the **POSTCODE** onto the form. Also remember to tick the box for gift aid if your sponsors are taxpayers.

When you come back from the cycle ride, please make every effort to collect the sponsor money as soon as possible to get the aid to Malawi early to where it is needed.

Transport to start of Event

There will be pick up/drop off points at Saline (Fife), Balerno (Edinburgh), and Holyrood (Edinburgh).

Support Vehicles

We usually have two 17/19 seater support minibuses for our cycle ride to Paris but this year we plan to have a third vehicle as we are expecting the numbers to increase. However, there is a limit to the number of people that we can take so apply early to avoid disappointment. Each bus will carry a maximum of 15 to allow for luggage.

We have one bike trailer carrying 18 bikes and the use of a tow a van which carries luggage and additional bikes.

If we need a third minibus a further bike trailer will be part of the support team.



Ferry

We sail from Hull to Zeebrugge returning from Zeebrugge to Hull. More information will follow in due course.

Note: the ferry from Roysth only does Road Haulage now.



Ferry at Port of Hull

Accommodation

This will be in Campanile hotels throughout the journey in France. These can best be described as American style motels which are basic but provide clean and comfortable accommodation where you can relax after a hard day on the bike. Rooms are generally equipped with two single beds as participants are expected to share.

For those of you cycling as couples we will endeavour to request a room with a double bed. However this cannot be guaranteed.

An excellent continental style breakfast is included at each hotel.



About to depart Campanile hotel in Lille

Types of Bike required for Charity Cycle

A Hybrid or a Road bike. (We would advise against mountain bikes to be used on the trip)

The bikes need to be of a reasonable standard and well maintained but you certainly don't need to go out and spend thousands on a fancy racing bike!

If you are thinking about buying a new bike for this trip then a entry level Road Bike would be more than sufficient e.g. Carrera Virtuoso

Tyres

In **2007** we had over **30 punctures**. These started happening 15 minutes after we left the port of Zeebrugge all the way to riding the last few miles to the Champs Elysee in Paris. Out of the 16 cyclists that took part only 4 made it to Paris without a puncture! These 4 cyclists had puncture resistant tyres.

In **2008** we only had **1 puncture**. We suggested that cyclists (if they had not done so already) switch to Swalbe Marathon puncture resistant tyres. Out of the 26 cyclists that took part only one cyclist got a puncture – This cyclist did not have puncture resistant tyres fitted to his bike! We cannot guarantee a puncture free trip, however experience would suggest that these types of tyres are very effective.

In **2009** we only had **2 punctures** and **2 Chains snap!** One of the punctures was on a spare bike. However, the two chains that snapped, did so on the final day into Paris – luckily before we met the police escort. Please make sure your chains are in good working order before the trip and if in doubt, please replace. Remember Swalbe marathon tyres are the way forward!

In **2010** we had **1 puncture** in Belgium and **1 puncture** once we reached the Eiffel Tower in Paris, France

Luggage

We suggest a small suitcase or large holdall but please note only one piece of luggage is allowed per person, the maximum weight for any luggage is 15 kgs , unless agreed with the organisers.

Remember you are carrying your luggage from the ferry deck to your cabin and back to the ferry deck, so make it as easy for yourself as possible and try not to make it too big.

You will also be carrying your luggage from the minibus each day to your hotel room and back to the minibus in the morning. The luggage will be put in an enclosed trailer and transported by minibus to your hotel each day.

Age restriction

You must be 18 or over.

For all taking part they should ensure that they have no underlying medical conditions and have if any doubt consulted their doctor that they are fit to take part.

Each entrant must have their own medical insurance.

Cost

The cost of the charity cycle will be approximately £600 per person, which includes the £100 deposit. This covers transport, buffet breakfast/dinner on ferry, accommodation and breakfast at the hotels. Further clarification will come in due course once ferry route has been confirmed.

Checklist

Bungee ties (to secure your bike on the rack)			
		Batteries (for camera/lights)	
		Bell	
Mobile Phone Charger		Bicycle pump	
Passport			
Spare Inner tubes x 1			
Towel		Cycling Gloves	
Travel Adaptor			
Bike Lock		E111 European Health Insurance Card (this is vital to be kept on you at all times on the trip – you will be charged if you forget to take this with you should you have an accident)	
Mobile Phone		Helmet	
Multitool		Water bottles	
Puncture repair kit		Lights (back and front)	
Small First Aid Kit		Lip Balm (optional)	
Spare Inner tubes x 1			
Sun Block			
Sunglasses			
Tyre levers			
Bike lock			

Insurance

You must have travel insurance cover in order to participate in this challenge. You can either arrange this yourself (make sure your insurance company is aware of the nature of what you are doing and that it is a charity event) or we can help you arrange this.

You will also need to apply for (if you haven't already got one) an E111 Insurance card.

There are three ways to apply (see next page)

1. You can apply on-line at <http://www.e111.org.uk/apply.html>
2. **By Telephone** - You can telephone the NHSBSA EHIC Application Line on 0845 606 2030. Your application should be processed within 10 days.
3. **At the Post Office®** - You can collect an application form and post it yourself or you can use the Post Office® Check & Send service, where they will check the application form and post the form off for you. This service offers the convenience, ease and reassurance that the form is completed correctly and the charge is £2 per application form. Your application should be processed within 21 days.

This E111 used to be free but there may now be a charge.

The European Health Insurance Card (EHIC) can be used to cover any necessary medical treatment due to either an accident or illness within the European Economic Area (EEA). The EHIC entitles the holder to state-provided medical treatment within the country they are visiting and the service provided will be the same as received by a person covered by the country's 'insured' medical scheme.

This card must be in the holder's possession on arrival at an emergency department/medical service otherwise you will be charged and you will have to recover it from your insurance.

In Summary, the EHIC will cover:

- Any medical treatment that becomes necessary during your stay because of either illness or an accident.
- The card gives access to reduced-cost or free medical treatment from state healthcare providers.
- It allows you to be treated on the same basis as a resident of the country you are visiting i.e. you may have to pay a patient contribution (also known as a co-payment). You may be able to seek reimbursement for this when you are back in the UK if you are not able to do so in the other country (and limited to the equivalent cost on the NHS).
- It includes treatment of a chronic or pre-existing medical condition that becomes necessary during your visit.
- It includes routine maternity care, (provided the reason for your visit is not specifically to give birth).
- It includes the provision of oxygen, renal dialysis and routine medical care.

It does not cover:

- The EHIC is not a substitute or replacement for private travel insurance. You should always take out an appropriate private policy in addition to carrying your EHIC.
- It will not cover the costs of private healthcare or services that are not part of the state healthcare system.
- It will not cover the costs of being brought back to the UK.
- It will not allow you to go abroad to specifically receive treatment (including going abroad to give birth).
- The card may not be used in some regions, as there may be no state provided healthcare available.

Itinerary

Day 1 08:00 Meet at Holyrood Car Park
08:30 Pictures taken outside Parliament
09:00 Depart Parliament

We meet at Holyrood car park just around the corner from the Parliament at 08:00 then cycle to front of Scottish Parliament where photos will be taken.



Outside the Scottish Parliament in Edinburgh

We Depart the Parliament at 09:00 and cycle to outskirts of Edinburgh via the Old Innocent Railway Line where we meet up with the minibuses at the Asda Car Park at near the start of the A1 and load the bikes onto the trailers. We then travel to Hull by minibus with 2/3 stops on route. Around 4pm we board Ferry for Zeebrugge. All you can eat buffet dinner & breakfast with a cabin is included in the price of the trip. The cabins are 4 berth so you will be expected to share. There are several bars, a cinema and casino to keep you occupied on the crossing, not to mention duty free shopping.

Day 2 09:00 Arrive Zeebrugge
09:30 Depart Zeebrugge

When we arrive in Zeebrugge at 9:00am and set off through the Belgian countryside on narrow but quiet back roads. As it's the first day in Belgium we tend to stick together as one large group regardless of ability. This lets everybody get used to cycling on the continent especially on the other side of the road!



A quiet country lane in Belgium under threatening skies

We usually stop for lunch in a quiet town called Torhout. From there we cycle onto Menen and stop for a small refreshment before setting off on the final leg to Lille and to our first Campanile hotel. Although dinner is available in these type of hotels there is the option of going to a restaurant in Lille town centre.

Day 3 08:00 Depart Hotel

We set off from our hotel in Lille and cycle through the villages of Seclin, Carvin and Henin Beaumont and through the rolling countryside for our lunchtime stop at Vitry-en-Artois. From there we cycle through the small, seemingly deserted villages of Etaing, Dury, Cagnicourt, Queant, Lagnicourt and Morchies passing a number of war graves including a small Australian cemetery.



Quiet country roads on route to Peronne

We eventually arrive in Peronne and our second Campanile Hotel.



The people of Peronne being kept awake to the sound of bagpipes!

Day 4 09:00 Depart Hotel

Just as we leave our hotel in Peronne there is the opportunity to stop at a war memorial for a few minutes silence to honour the dead from the 1st & 2nd World Wars. Then it's off to Compiègne through the villages of Licourt, Morchain, Nesle, Ognolles, Lagny, Thiescourt, and Ribecourt where we stop for a late lunch. For the past two years it's rained on day 4 so we are hoping 2009 will be third time lucky! After lunch it's a short trip to Compiègne, cycling through the centre of the town and through the other side to arrive at our third Campanile hotel. Again, there is the opportunity to go into town and head for a restaurant. Please note that all Campanile hotels do serve dinner, so if you are totally exhausted you can just stay at the hotel and eat at your leisure.



Campanile hotel reception & restaurant in Compiègne

Day 5 08:30 Depart Hotel

We aim this year to leave at 8:15am sharp to give us slightly more time to get to the meeting point on the outskirts of Paris where we meet the Paris Police. As we leave the hotel and cross the roundabout there is a cycle path on the left hand side of the main road for several miles. We head through the villages of Lacroix-Saint-Ouen, Verberie, on route to the town of Senlis. Just before the town of Marly-la-Ville we stop at a cafe for lunch. From here we head through the village of Marly-la-Ville and into the countryside through the village of Fontaney-en-Paris and then onto town of Sarcelles to our meeting point with the police on the outskirts of Paris (if police escort is provided and depends on availability by the Paris Police)

If escort provided :-

We have a 15 minute rest before the Police Escort all the way to the Champs-Elysee.

The end of the cycle!!! Loads of pictures are taken, phone calls made and everybody congratulates themselves on cycling approximately 260 Miles!!!

If no escort, we will split into groups and cycle to centre of Paris



Finishing point! Just beside the Champs Elysee

After a short while you are presented with medals for completing the trip and we all jump in the minibuses to be taken to our hotel on the outskirts of Paris. We usually arrive at the hotel around 4/5pm. At this point you are free to do whatever you like, whether that be staying at the hotel, eating out around the hotel or catching the train into the centre of Paris for a meal at one of the many restaurants Paris has to offer.

In 2009 just after we arrived in the Champs Elysee, we were invited to the British Embassy in Paris for Tea on the Lawn with homemade cakes! We then cycled up the Champs Elysee to the Arc de Triumph and down to the Trocadero for a photo shoot with the Eiffel Tower in the background (see picture below). Then we cycled along the banks of the Seine and back to the vehicles. This year we do not expect a embassy tea and will instead do the scenic tour round Paris centre on our bikes as above .



There is the opportunity to go into Paris for a meal and if you wish to travel as a group then please let Allan Prentice know once you arrive at the hotel in Paris. The return train fare last year was approx 8 Euro.

Day 6

A free day in Paris to do whatever you like. Some of us usually catch a tour bus and jump on and off at different sightseeing locations, including Notre Dame, Champs-Elysee, Arc-de-Triump, Eiffel Tower, and the Louvre – a great way to get around – last year cost 24 Euro. We discovered in 2008 that because we had arrived in the first Sunday of the month of September, all the museums

were FREE to get in – and each year since it has been Free as well! Alternatively, as the hotel is on the main line to Disneyland Paris you could have a fun day out at the theme park.



Why not jump onboard an open tour bus!

Day 7 07:30 Depart Hotel

Early rise for a 7:30am departure to Zeebrugge. We then travel to Bruges by minibus for lunch and free time (4 hours)to do some sightseeing and tourist shopping. Bruges is the capital and largest city of the province of West Flanders in the Flemish region of Belgium. Then it's onwards to the ferry for a 18:00 departure with dinner and drinks to follow.

Day 8

Breakfast on ferry and minibus back to Edinburgh. Please make your preference known before the trip starts which drop off point you require. These drop off points will be decided upon at the time dependent on individual requirements.

Receptions

This charity cycle ride to Paris is different from other charity cycles that operate from London to Paris.

This event was originally started by a group of Police Officers and Police Staff to raise money for Malawi. Because of the strong links between Scotland and France (Auld Alliance) and the police connection the French Police look after our safety when we approach large towns. Each year we have had a police escort from the outskirts of Paris to the Champs Elysee. At the finish line there has been a Police Band playing for us as we arrive. Each of us is then presented with a medal by the Paris Police for completing the journey.

However, in 2008 we had a police escort into the centre of Lille and were invited to breakfast at the Lille Police Headquarters before we set off for the next stage. In Peronne we were invited to the Town Hall by the Mayor for a champagne reception. In Compiègne the police escorted us through the centre of the town to their main Police Station where another reception was arranged.

The organiser requests that as far as possible participants enter into the spirit of the event and reciprocate the hospitality and warm welcome being offered to us by giving of their time and attending any receptions that might be arranged for our benefit.

Note: The police escorts are not guaranteed and depend on police commitments. Notification is usually received on the day and escorts have always been provided in previous years.

If you happen to have a Kilt, then bring it along – it always goes down well with the French people.

These receptions only last approximately 30/45 minutes but are a unique event. Also, you don't have to speak French either! All you need to do is listen to a couple of speeches, smile and sample some French Champagne and the rest of the time is yours! – Any attempt at speaking French is very much appreciated by the locals – so have go!

Personal stereos and headsets

We advise against wearing personal stereos or any headsets whilst cycling for safety reasons.

Bike Spares

There will be a limited amount of bike spares including tyres, inner tubes etc which will be transported on the minibus. If you use any of these spares you will need to pay for them on your return to the UK. Please insure your equipment as we are not responsible for loss or damage.

Travel Documents

Please make sure you have the following:

1. Valid Passport (valid for at least 6 months before travel)
2. Travel Insurance (which includes your bike)
3. EHIC European Health Insurance Card - see <http://www.ehic.org>
4. Emergency contact details

Punctures

To go on this cycle trip you **MUST** be able to fix a puncture and at least be able to replace an inner tube. We advise that you carry a spare inner tube with you at all times during the cycle ride. However, as we always cycle in groups then there are always people willing to assist.

Instructions on how to change a tyre can be given at any of the training sessions.



above: the only puncture of 2008 but our participants can still laugh!

Cycle Maps

Maps will be available to those who have booked on the trip and will be sent by email as a PDF. If you need a hard copy please inform us as soon as possible. There will be a short meeting before we break for dinner on the ferry where there will be additional copies available if required and any questions will be answered.

Mobile phones

It's a good idea to carry your mobile phone at all times in case you get lost or somebody needs help. However, please make sure you are stationary in a safe place off the road before making or taking a call.

What to wear

Cycling: Helmet, Gloves, Sunglasses, cycle tops/T-Shirts, Shorts, Lycra shorts, Trainers, socks, waterproof jacket, waterproof trousers (two out of the four days in 2007 and 2008, we had spells of rain!

Evening: Casual wear, i.e. Polo Shirts, Jeans, Chinos, whatever you feel comfortable in, etc. It is also advisable to bring a light jacket with you as it can sometimes get a bit chilly in the evenings.

Morning of each Cycle Ride

It is important that you are ready to cycle at 8:30am sharp each day. A short briefing will take place giving you all the necessary information for the day ahead. We would advise going for breakfast around 7:30 – 7:45am and be ready and packed to depart each hotel no later than 8:30am

Cycle Groups

We have 3 cycle groups - slow, medium, advanced.

Slow : 10 – 12 mph
Medium : 12 – 14 mph
Advanced: 14mph +

On the 2nd day we stick as one group until the town of Seclin. We then stop and join the cycle group we feel most comfortable in. By this point you will have a good idea which group suits your riding ability. At lunchtime you may decide the pace is too slow and you want to join a faster paced group – no problem – you can float between the groups.

Bike Trailer(s)

We currently have two bike trailers but plan to have a third to cope with the rising number of participants.

Please make sure your bike is loaded on the trailer each day we arrive at the hotel. It is YOUR responsibility to make sure your bike is loaded and **locked**.

Bring some plastic bubble wrap to protect your wheels on the trailer and bungee jumps to secure (4)

Before we leave Paris to head back home also make sure your bike is securely fastened to the trailer – bungee ropes are good for this.