

CHEADLE MASJID CYCLING CHALLENGE



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Join us
6AM Sunday
12th August 2018

**From Cheadle to Blackpool,
65 miles sponsored cycle ride
for the new Masjid.**

**£25 registration fee. CMA will provide food & transportation.
For more information please contact;
Ashraf: 07946521158**



Cheadle to Blackpool charity bike ride

INFORMATION PACK

Event sponsored by



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Introduction

The route covers over 60 miles from Manchester, along the scenic country lanes of Lancashire, and then finishes on the South Promenade in Blackpool. The Cheadle Masjid team will welcome you over the finish line where cyclists can enjoy a meal.

Charity bike rides bring together a vast array of people from many different backgrounds, all united in the cause of raising funds for the new Cheadle Masjid. You'll meet like-minded people over the day, swap stories and ideas and build brotherhood all the while completing a truly wonderful cycle experience.

As well as the challenge of completing over 60 miles, participants are also challenged to achieve an individual fundraising target of £3000 and a group target of £100,000 has been set and we urge every participant to push the barriers and set themselves a challenging target that will stretch their abilities and take this cause close to their hearts.

When and How much?

The ride will take place on Sunday 12th August 2018.

All participants must arrive outside the Cheadle Mosque, CMA Welfare Trust 377 Wilmslow Road, Heald Green, Cheadle, SK8 3NP at **5am** the very latest - the group will not wait for late comers. CMA maintain a 100% donation policy, which means all money raised will go towards the cause with nothing being deducted for administrative purposes. There is a registration fee.

A £25 registration fee is required by on application by the 31st July 2018.

The registration fee and sponsors will cover the following costs:

- Food – snacks and meal
- Support vehicle and fuel costs
- Transport back from Blackpool

Your space will be confirmed and reserved once we receive the fee and signed registration form.

Cheadle Masjid Redevelopment

The purpose of this event is to support the redevelopment of Cheadle Masjid, a Masjid that is close to the hearts of many and integral to the local community. Through supporting this event, the money you raise will insha'Allah be a Sadaqa Jariah (ongoing charity) for you and those who support you, therefore everyone who prays or learns in the new building will be a blessing for you insha'Allah.

The vision of this redevelopment is simple, to build a beacon centre that the Muslim and wider community can be proud of, a centre whose light permeates its locality, serving the education, social and welfare needs of all those who enter its doors.

The new Centre will hold more events, run additional projects and give even more of the congregation the opportunity to volunteer and carry out good work. By enabling our youth to learn more about their faith, we will be building the foundations for a stronger future by inspiring the next generation to become the teachers of tomorrow.

We must build a new Masjid. We have been blessed to be able to deliver so many services to our community from our existing site, but with a new purpose built Masjid we will be able to do so much more.

- Our vision for the new Masjid is to:
- Build a multipurpose centre for all
- Provide an inspiration for our future generations
- Promote greater community cohesion
- Create a modern centre for families and social activities
- Provide better facilities for ladies and our youth

For further details please see www.newcheadlemasjid.org

For enquiries email us at: fundraising@cmatrust.org



Itinerary

Route



The route will be confirmed closer to the time and a GPX of the route will be made available.

31st July 2018

Deadline for registration

Sunday 12th August 2018

5am

Meet at CMA before Fajr prayers

6am

Riders begin to leave CMA after Fajr, in groups of 10-15
Regular stops every 10-15 miles for refreshments etc

11am

First Cyclists arrive at Blackpool

2pm

Last cyclists arrive at Blackpool
Meal at Blackpool.

3pm

Transport back to Cheadle (minibus and van)

Essentials

The following list contains essential equipment required for the bike trek.

Please consider your own personal kit list for the entire trip i.e. personal medication, toiletries, phone chargers and general clothing.

Own Bike (See following page for type of bike required)



Helmet



Water Bottle and cage



Spare inner tube



Puncture repair kit including bike pump

Suitable trainers or light bike shoes



Water proof light jacket



Cycling Jersey



Padded cycling shorts - Important for a comfortable ride



3/4 Length pants to wear above padded shorts



Desirable

Small Ruck Sack or Bike Pouch (for small snacks during ride)



Energy Bars x2 per day



Dates (good carb source)

Vaseline/Shammy Cream This potentially could be essential to stop chafing and saddle sores.

Sunglasses and cycling gloves



Snood



Cycling cap (underneath helmet to keep wind/rain)



Padded Gel Seat



Support Vehicle

We will have a large van as a support vehicle which will be used to transport luggage. On the way back from Blackpool the bicycles will be transported back via road and ferry the van. The Van will also be used to transport any who may have an injury during the

PLEASE NOTE: Any goods or bicycles damaged or during transportation will not be the responsibility of CMA.

If you are after cheap cycling clothes, Sports Direct do a very good range of clothing which are more than adequate in quality for the trip. You'll also find eBay a good place to purchase cycle accessories eg. lights, tubes, etc.



Frequently Asked Questions

What kind of bike can I ride for this trip?

We strongly advise you get a road bike (Drop handle racer) for this trip. They are lighter and faster. You may also ride a flat bar hybrid bike - they are heavier so you will need to be more fitter to compensate for the extra weight. **Mountain bikes are even heavier.** Make sure your bike is in good condition for the ride. Check brakes, gears and tyres etc. BEFORE the ride. A full service at your local bike shop before the ride is strongly advised.



Road Bike

Who can take part?

Any individual over the age of 18, but you must ensure you can physically take on this challenge. Children must be at least age 14 and accompanied by a parent. The maximum number of people that can attend is 50.

How fit do I need to be?

As a guide, you will have to reach a good level of fitness. It is essential that you physically train for this event to avoid putting your body under too much strain. Please see the training guide for a full breakdown on how you should train for this ride. If you have not trained sufficiently you will not enjoy the journey.

I'm fairly fit, I don't intend to train much - can I still come?

No. There have been instances previously where some riders didn't train much for the ride, as such they struggled badly during the first 30 miles. The group was held up for hours just so the rider could catch up. This isn't fair on the rest of the group. For rider safety any participant who is really struggling will be pulled from the ride and taken to Blackpool in the support vehicle.

What kind of meals should I expect?

Protein bars and energy drinks on the way, meal in Blackpool! You may carry your own snacks with you.

What if I get ill or injured during the ride

Trained medical personnel will be present amongst the support staff. If you fall seriously ill or suffer a critical injury, we will transport you to the nearest hospital. If your injury or illness doesn't require a visit to the hospital, we will transport you to Blackpool in the support vehicle.

Will it not be difficult having so many people riding at once?

You are encouraged to join the CMA cycling club which will give you an opportunity to improve your fitness and learn how to ride in a group.

Will I be able to have a laugh?

Of course you can. We want you to have fun but you must understand there will be brothers and sisters from all different backgrounds and no doubts not everyone may understand your humour. The ride will get difficult and we may become hungry and agitated but we must have the patience and forbearance to behave as best we can according to the Sunnah.

If you have any further questions or need advice please call Ashraf on 07946 521158.



Some advice about how to fundraise and meet your target...

When it comes to fundraising with a group of friends, I can become very competitive and so can my friends, which is just as well as it has help us hit if not exceed our target sooner.

The most efficient way to raise money is to develop a charity webpage. That way, the sky is the limit in terms of targeting people for sponsors.

Crowd funding sites also provide an option to pay online. It's important to provide everyone with details for why you are doing the challenge and provide some background to the cause that you are raising the funds for.

Once you have made the whole world aware, be sure to update your contacts on how the fundraising is going but don't over do it to annoy them!

I usually send out a reminder email a few days before doing the challenge and then send an update email after completing the challenge.

Also try to secure as many verbal pledges as possible, that way you can bug these sponsors as much as you want until they actually donate. You may have to be quite cheeky to secure the verbal pledges but it's all for a worthy cause. A good away around this is to arrange a get together with a group of friends and then when you feel it is appropriate, mention your charity challenge and be blunt and pose the question "So are you going to sponsor me?". Believe me, without doing this you probably won't raise as much.

People are so busy these days that they may see your email and intend to sponsor you but then get side tracked and totally forgot.

I hope you can pick up a few ideas from this, Happy fundraising!

To set up your donation page visit:

<https://mydonate.bt.com/events/cmacyclingclub/467272>

If you require further fundraising materials, posters, sponsorship forms etc. contact Ashraf on 07946 521158.

Training Schedule

Here are the details of a 7 week training plan. It's important to train consistently leading up to the event only taking a week break before the ride itself. If you don't train, you will not enjoy it!

CMA Cycling Club meet every Sunday morning for a long ride, usually starting at 7am. We also have shorter rides on Wednesday and Friday evenings.

Week 1 (Average speed of 10 mph)

Wednesday: 10 miles (Approximately 1 Hour)

Friday: 10 Miles (Approximately 1 Hour)

Sunday: 20 Miles (Approximately 2 Hours 20 Minutes)

Week 2 (Average speed of 10 mph)

Wednesday: 10 miles (Approximately 1 Hour)

Friday: 10 Miles (Approximately 1 Hour)

Sunday: 25 Miles (Approximately 2 Hours 40 Minutes)

Week 3 (Average speed of 11 mph)

Wednesday: 11 miles (Approximately 1 Hour)

Friday: 11 Miles (Approximately 1 Hour)

Sunday: 30 Miles (Approximately 3 Hours)

Week 4 (Average speed of 11 mph)

Wednesday: 11 miles (Approximately 1 Hour)

Friday: 11 Miles (Approximately 1 Hour)

Sunday: 35 Miles (Approximately 3 Hours minutes)

Week 5 (Average speed of 12 mph)

Wednesday: 12 miles (Approximately 1 Hour)

Friday: 12 Miles (Approximately 1 Hour)

Sunday: 40 Miles (Approximately 3 Hours 40 Minutes)

Week 6 (Average speed of 12 mph)

Wednesday: 12 miles (Approximately 1 Hour)

Friday: 12 Miles (Approximately 1 Hour)

Sunday: 45 Miles (Approximately 4 Hours)

Week 7 (Average speed of 13 mph)

Wednesday: 13 miles (Approximately 1 Hour)

Friday: 13 Miles (Approximately 1 Hour)

Sunday: 50 Miles (Approximately 4 Hours 20 Minutes)

Week 8 (Average speed of 13 mph) Ride week, take a rest

Wednesday: 5 miles (Approximately 1/2 Hour)

Friday: 5 Miles (Approximately 1/2 Hour)

Sunday: 65 Miles (Approximately 5-6 Hours)

If the weather doesn't allow you to ride outside – join a gym and use a spinning / cycling machine



'Turbo Trainers' are also a great way to train at home using your existing bike



Remember the key to building up stamina is consistency

Nutrition

The key to riding long distances is food and drink

Sure, training is important—but nutrition and hydration are even more vital. For everything from century rides to multi-day tours, remember these time-tested tips:

Enjoy the Last Meal

Eat well the night before a long ride so your muscles are crammed with glycogen the next morning. Emphasise carbohydrates such as pasta, vegetables, bread, whole grains, and fruit.

Don't Skip Breakfast

Cycling's smooth pedalling motion means you can eat just before a long ride without risking stomach upset. You'll need a full tank. Cycling consumes about 40 calories per mile, or 4,000 calories in a century ride.

Three hours before the start, eat about 100 grams of carbohydrate. (Cereal, skim milk, a banana, and a bagel with jam equals about 90 grams of carb.) Many riders find that adding some protein and fat, like scrambled eggs or an omelette, keeps their stomach satisfied longer.



Prehydrate

Fluids are as important as food. Drink at least eight big glasses of water the day before the ride. If you don't, your performance and comfort may plummet early. During the hour before the ride, sip 16 ounces of a sports drink.

Eat and Drink During the Ride

Drink before you feel thirsty. Your sensation of thirst lags behind your need for liquid, so grab your bottle every 15 minutes and take a couple of big swallows (about four ounces). About every 30 minutes, eat 20 grams of carbohydrate—the equivalent of half an energy bar, 2 or 3 dates or half a banana.

Hydrate After Ride

No matter how much you drink on a long ride you'll finish dehydrated. Weigh yourself before and after, then compare the figures. Lost weight means you've failed to replace the fluid you've sweated out. Drink 20 ounces of water or sports drink for each lost pound of bodyweight.

Registration Form

Terms & Conditions

1. A completed and signed form is compulsory.
2. Participants must pay a registration fee of £25 on application by 31st July 2018. Please speak to a representative if you cannot pay the deposit immediately upon application.
3. Participants must also commit to raising a minimum amount of sponsorship money (£3000). This should be paid 2 weeks after the ride.
4. All funds raised must be paid to CMA Welfare Trust as soon as is practical. Cheques should be made payable to CMA Welfare Trust, 377 Wilmslow Rd, Heald Green, Cheadle, SK8 3NP.
5. Participants must be at least 18 at the commencement of the ride to be eligible
6. Children aged 14-17 must be accompanied by an adult.
7. Should participants not be able to take up their place on the ride, all donations or sponsorship already paid to CMA can only be refunded directly to the donor on receipt of a written request (letter or email) from them.
8. Whilst we endeavour to follow the itinerary provided, there may be exceptional circumstances when this is not possible. We reserve the right to cancel or modify the itinerary as necessary. Due to the nature of the rides and the advance planning necessary, changes may have to be made and organisers reserve the right to do so. Should a material change be necessary, organisers will inform participants as soon as is reasonably possible.
9. All transfers to and from the appropriate start point for the ride is entirely the responsibility of the participant.
10. Participants over the age of 65 or with any ongoing medical condition which may be affected by taking part e.g. a heart complaint, epilepsy or asthma, must provide a medical certificate from their doctor.
11. All participants take part at their own risk. The organisers unable to accept liability for any injury or death, loss or damage to property however arising, or for cancellation of the event for any reason outside of its control. Registration fees will only be refundable should the tour be cancelled.
12. It is compulsory to wear a helmet during the duration of the ride.
13. The organisers reserve the right to use any photographs or videos taken of participants on behalf of the charity to raise awareness and / or funds for the project.
14. ACCEPTANCE OF RISK: Your booking is accepted on the understanding that:
15. You are aware that the adventure trip, in addition to the usual dangers and risks inherent, has certain additional dangers and risks, some of which may include:
16. Physical exertion for which you may not be prepared for unless you have invested time in training for the event.
17. Weather extremes subject to sudden and unexpected change
18. By agreeing to the Terms and Conditions in this form, participants are confirming that to the best of their knowledge their general state of health is good and they take full responsibility for their health and personal well being. It should be noted, regardless of the age of participant, that every care should be made to ensure that they are fit enough to take on the challenge.

In signing the registration form you are agreeing to the Terms and Conditions laid out above

Even though guidance will be provided and First Aiders available, I agree, as an adult, I am responsible for my own safety. I agree to listen attentively to guidance and advice and act as a mature adult to ensure safety for myself and others. If there are any unfortunate incidents or accidents, I agree that no member of the organising team, challengers or CMA can be held accountable or responsible.

CMA Cheadle to Blackpool Charity Bike Ride Registration Form

Name

Address

Postcode

Date of Birth:

Phone Number (mobile).....

Email

Emergency contact

Relation to you

Emergency contact number

Strava Name

Level of fitness 1 2 3 4 5 (1 being very fit)

How many miles per week do you cycle 0 - 10 10-20 20-30 40+

Signed (counter signature if under 18)

Date: