

CHEADLE MASJID

CHARITY RIDE

START: LONDON



FINISH: PARIS

JOIN US
NOW



180 MILES CYCLE OVER 3 DAYS
23RD TO 26TH AUGUST 2019

All funds raised will go towards the New Build of the Masjid
Challenge lead by a British Cycling Organisation approved Ride Leader

ac Aziz
Catering
www.azizcatering.co.uk

Noor

Cash & Carry
227 Finney Lane
Heald Green

FOR MORE DETAILS CONTACT: ASHRAF 07946521158



Cheadle Mosque & Community Centre

377 Wilmslow Road | Heald Green | Cheshire | SK8 3NP
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London to Paris Charity Ride

INFORMATION PACK

The Challenge

The London to Paris charity cycle is a great experience and a fabulous challenge. Cycling over 3 days you will cover nearly 180 miles.

Charity bike rides bring together a vast array of people from many different backgrounds, each with their own reasons for taking up the challenge and fundraising. Over the three days you'll meet like-minded people, swap stories and ideas and build brotherhood all while completing a truly wonderful cycle experience.

Each night the group will stay in hotels and eat together which provides some rest and relaxation time and space to socialise with the brothers who you are cycling with.

The second challenge and most important is to raise the much-needed funds to support the project outlined. An individual minimum fundraising target of £1500 and a group target of £75,000 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. This will be an amazing lifetime achievement and a great opportunity for you to help Cheadle Masjid redevelopment, a travel experience that will stay with you for a lifetime.

When and how much?

The cycle ride will commence on **Friday 23rd August 2019** and complete on **Sunday 25th August 2018**.

All participants must arrive outside **Cheadle Masjid at 5am** the very latest - the group will not wait for latecomers. Cheadle Muslim Association maintain a 100% donation policy, which means all money raised will go towards the cause with nothing being deducted for administrative purposes. This also means each participant will bear the cost of this challenge. You may fundraise for the cost of the ride but you **MUST** make it clear with donors what the funds are used for.

The cost of the ride will be £350.

A £100 deposit is required to be paid on application and the remaining £250 by the 1st July 2019.

The cost of the ride includes:

- Transport from Cheadle to London
- Accommodation during the 3-day ride
- Breakfast, lunch and dinner during the ride period (Food will be basic meals)
- Ferry travel
- Support vehicle and fuel costs
- Transport for you and your bike from Paris to Cheadle

Transport back from Paris. Your space will be confirmed and reserved once we receive the deposit and you have completed the 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

Day 1

Friday 23rd August 2019

Meet at CMA at 5am

Take 5.30am train to London, arrive 9am

Start from Gatwick around 9.30am

Gatwick to Newhaven – 72km/ 45 miles

4pm Newhaven – Dieppe ferry (4 hour journey)

Overnight stay in Dieppe hotel

Day 2

Saturday 24th August 2019

Dieppe to Gournay-en-Bray – 72 km / 45 miles

Overnight Stay in Hotel Le Saint Aubin

Day 3

Sunday 25th August 2019

Gournay-en-Bray to Paris – 100 km / 62 miles

Celebratory meal and overnight stay in Paris

Total cycling distance – 244 km / 152 miles

Day 4

Monday 26th August 2019

Rest day in Paris

Chill out, meet brothers in Paris and see the sights.

Eurostar Train back to London St. Pancras



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 _____



Lights front and rear _____

Water Bottle and cage _____



Spare inner tubes and spare tyres x2 _____



Spare bike chain _____



Puncture repair kit including bike pump _____



Suitable trainers or light bike shoes _____



Water proof light jacket _____



Cycling Jersey x2 _____



Padded cycling shorts- Important for a comfortable ride _____



3/4 Length pants to wear above padded shorts



Passport and Travel Documents!

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

Desirable

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



Energy Bars x3 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 out)



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 Paris the bicycles will be transported back via road and ferry in the van. The Van will also be used to transport any riders who may have an injury during the ride.

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

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 fitter to compensate for the extra weight. **Mountain bikes are unsuitable for this ride.** 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 male individual over the age of 18, but you must ensure you can physically take on this challenge. The maximum number of people that can attend is 30. Unfortunately, we do not have the facilities in place to take women who are able to travel with a mahram.

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.

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 whole ride. The group was held up for hours just so the rider could catch up. This is not fair on the rest of the group and we reiterate the importance of training consistently leading up to the ride.

If you have not trained sufficiently you will not enjoy the journey.

Will I have to carry my main luggage during the trek?

No. The support vehicle will transport your main luggage from one accommodation to the next. However, please ensure you have a rucksack with you to carry the essentials you require during the ride. Please ensure your luggage is locked. CMA cannot be held responsible for any lost or stolen luggage. Maximum weight of luggage 15kg.

What kind of meals should I expect?

Shredded Wheat or Weetabix with milk and simple pasta meals for lunch and dinner will be provided. Carb is king! You may also purchase your own food from shops or restaurants if they are suitable.

Can I extend my time in Paris after the ride?

Yes. You are most welcome to extend your stay after the ride as long as you like in accordance to visa restrictions. Please note that you are responsible for any accommodation and costs outside the stated itinerary.

What if I get ill or injured during the trek?

If you fall seriously ill or suffer a critical injury, we will transport you to the nearest hospital. However, you will bear the cost of any hospital treatment. If your injury or illness doesn't require a visit to the hospital, we will transport you to the accommodation or travel in the support vehicle until the ride of the day is complete.

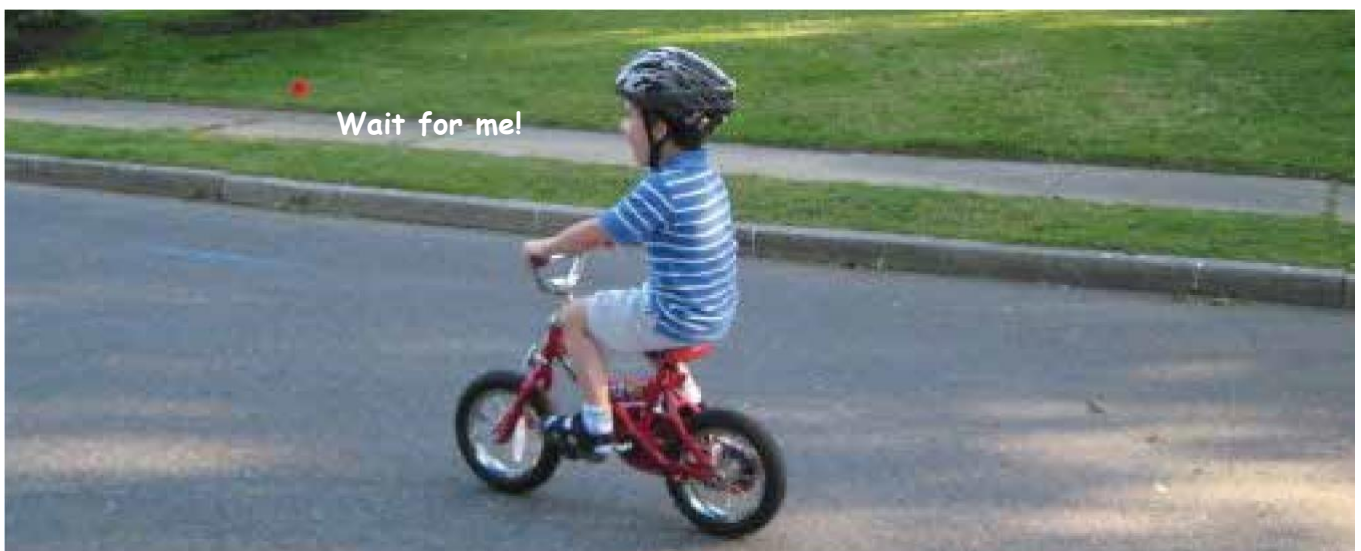
Will it not be difficult having so many people riding at once?

We will split the group based on fitness levels. All participants will rendezvous for evening meals at the hotels.

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 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.



Fundraising

Some advice into 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 overdo 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!



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

Training Guide

Here are the details of a 14-week training plan which has been submitted by a participant on the

London to Paris Bike Ride. 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!

If the weather doesn't allow you to ride outside - join a gym and use the Spinning/Cycling machine.

Week 1 (Average speed of 10 mph)

Monday:40 Minutes (Approximately 6 Miles)
Wednesday:40 Minutes (Approximately 6 Miles)
Friday:40 Minutes (Approximately 6 Miles)
Saturday:2 Hours (Approximately 19 Miles)

Week 2 (Average speed of 10 mph)

Tuesday:15 Miles (Approximately 1 Hour 30 Minutes)
Thursday:15 Miles (Approximately 1 Hour 30 Minutes)
Friday:5 Miles (Approximately 30 Minutes)
Saturday:30 Miles (Approximately 3 Hours 30 Minutes)

Tuesday:10 Miles (Approximately 50 Minutes)

Week 3 (Average speed of 12 mph)

Thursday:10 Miles (Approximately 50 Minutes)
Saturday:20 Miles (Approximately 1 Hours 40 Minutes)

Week 4 (Average speed of 12 mph)

Tuesday:10 Miles (Approximately 50 Minutes)
Thursday:10 Miles (Approximately 50 Minutes)
Saturday:20 Miles (Approximately 2 Hours 5 Minutes)

Week 5 (Average speed of 14 mph)

Monday:8 Miles (Approximately 35 Minutes)
Tuesday:10 Miles (Approximately 45 Minutes)
Thursday:10 Miles (Approximately 45 Minutes)
Sunday:25 Miles (Approximately 2 Hours 50 Minutes)



Week 6 (Average speed of 14 mph)

Monday:10 Miles (Approximately 45 Minutes)
Tuesday:20 Miles (Approximately 1 Hour 25 Minutes)
Thursday:20 Miles (Approximately 1 Hour 25 Minutes)
Sunday:30 Miles (Approximately 3 Hours 40 Minutes)

Week 7 (Average speed of 15 mph)

Monday:10 Miles (Approximately 40 Minutes)
Tuesday:15 Miles (Approximately 1 Hour)
Thursday:15 Miles (Approximately 1 Hour)

Sunday:30 Miles (Approximately 3 Hours)
A spinning bike at the gym will be most suitable if the weather isn't great



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

Week 8 (Average speed of 15 mph)

Monday:10 Miles (Approximately 40 Minutes)
Tuesday:20 Miles (Approximately 1 Hour 20 Minutes)
Thursday:20 Miles (Approximately 1 Hour 20 Minutes)
Sunday:30 Miles (Approximately 3 Hours 40 Minutes)

Week 9 (Average speed of 15 mph)

Monday:10 Miles (Approximately 40 Minutes)
Wednesday:10 Miles (Approximately 40 Minutes)
Friday:15 Miles (Approximately 1 Hour) Sunday:30 Miles (Approximately 4 Hours)

Week 10 (Average speed of 15 mph)

Tuesday:10 Miles (Approximately 1 Hour 20 Minutes)
Thursday:15 Miles (Approximately 1 Hour 20 Minutes)
Sunday:30 Miles (Approximately 4 Hours)

Week 11 (Average speed of 16 mph)

Tuesday:10 Miles (Approximately 1 Hour 15 Minutes)
Thursday:15 Miles (Approximately 1 Hour 15 Minutes)
Sunday:30 Miles (Approximately 3 Hours 45 Minutes)

Week 12 (Average speed of 16 mph)

Monday:10 Miles (Approximately 40 Minutes)
Wednesday:15 Miles (Approximately 1 Hour)
Saturday:20 Miles (Approximately 1 Hour 15 Minutes)
Sunday:40 Miles (Approximately 3 Hours 30 Minutes)

Week 13

(Average speed of 16 mph)

Tuesday:15 Miles (Approximately 1 Hour)
Thursday:25 Miles (Approximately 1 Hour 30 Minutes)
Saturday:25 Miles (Approximately 1 Hours 30 Minutes)
Sunday:50 Miles (Approximately 4 Hours 30 Minutes)

Week 14 (Average speed of 16 mph)

Tuesday:25 Miles (Approximately 1 Hour 30 Minutes)

Wednesday:15 Miles (Approximately 1 Hour)

Thursday:25 Miles (Approximately 1 Hour 30 Minutes)

Saturday:25 Miles (Approximately 1 Hours 30 Minutes)

Sunday:60 Miles (Approximately 4 Hours 40 Minutes)



Remember the key to building up stamina is consistency

If you don't train adequately for the ride you will not enjoy it.

How to Eat for Endurance

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:

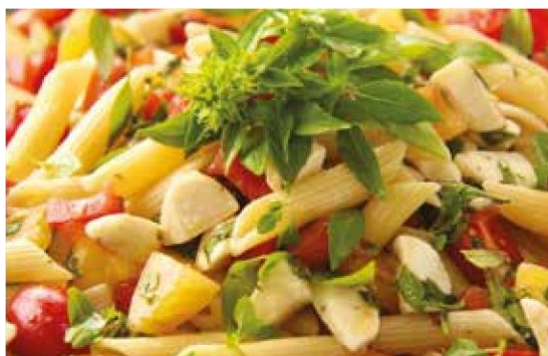
Enjoy the Last Meal

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, skimmed 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.



Rehydrate

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 / 450ml 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 / 100ml). Mix your water with electrolyte tablets to replenish lost salts and avoid cramps. About every 30 minutes, eat 20 grams of carbohydrate—the equivalent of half an energy bar, 2 or 3 dates or half a banana.

Rehydrate After the 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 / 570ml of water or sports drink for each lost pound of bodyweight.

How do you know you've caught up?

Your urine will be pale and plentiful, and your weight will be back to normal. Rehydrating is especially vital during multiday rides. If you get a little behind each day, by the final day you'll be severely dehydrated, feeling lousy, and riding poorly.

Eat for Tomorrow

Muscles replace glycogen better if you consume carbohydrate immediately after riding. So within 15 minutes of getting off the bike, eat or drink 100 grams of carbohydrate.

Terms & Conditions

- 1 A completed and signed form is compulsory.
- 2 The cost of the ride is £350. Participants must pay a deposit of £100 on application and the remaining £250 by 1st July 2019. Please speak to a CMA representative if you cannot pay the deposit immediately upon application.
- 3 Participants must also commit to raising a minimum amount of sponsorship money (£1000). This must be paid 2 weeks after the ride at the latest.
4. All funds raised must be paid to CMA as soon as is practical. Cheques should be made payable to “The CMA Welfare Trust” and sent to CMA Welfare Trust, 377 Wilmslow Road, Heald Green, Cheadle, SK8 3NP.
5. Participants must be at least 18 at the commencement of the ride to be eligible.
6. Should participants have to cancel, the £350 fee is non-refundable
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.
10. All transfers to and from the appropriate start point for the ride is entirely the responsibility of the participant.
11. Participants must be in possession of a valid passport and any visas required for their journey.
12. As the United Kingdom is expected to leave the European Union on March 29th 2019, the European Health Insurance Card may not be in use. You may wish to purchase your own private health insurance for your time in France.
13. 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.
14. All participants take part at their own risk. The organisers are 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.
15. It is compulsory to wear a helmet during the duration of the ride.

16. 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.

17. ACCEPTANCE OF RISK: Your booking is accepted on the understanding that: 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:

- Physical exertion for which you may not be prepared for unless you have invested time in training for the event.
- Weather extremes subject to sudden and unexpected change
- Remoteness from normal medical services
- Evacuation difficulties if you are disabled

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 wellbeing. It should be noted, regardless of the age of the 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.

Registration Form

Full Name:.....

Signed:.....

Date:.....

Address:.....

.....

Postcode:.....

Date of Birth:.....

Phone:.....

Email:.....

Emergency contact number:.....