



**PARITY FOR DISABILITY FARNBOROUGH TO MEUDON
SPONSORED BIKE RIDE
24th - 27th September, 2009**

Dear Supporter,

Thank you for your interest in Parity for Disability's Farnborough to Meudon Sponsored Bike Ride, an exciting event which will help support a vital local charity.

This challenge will provide you with an exhilarating journey through England and France, culminating in a hero's welcome at Farnborough's twin town of Meudon.

We have limited the number of places to 15 to help ensure all the riders enjoy a safe and well-managed journey. Each participant needs to pay a £50 entry fee and raise £450 in sponsorship for Parity for Disability. The charity provides services and support to children and young adults with multiple disabilities, their families and carers, in Surrey, Hampshire and Berkshire. Parity is dedicated to ensuring that people with severe and profound disabilities have access to a quality of life that everyone has a right to expect.

Parity for Disability must raise over £50,000 from the community each year in order to survive, and we hope this event will contribute at least £5,000 to that figure. By participating, you will have helped a local charity continue to provide vital services and support to an extremely vulnerable group of people in the community.

We are grateful to the Farnborough and Camberley Cycling Club and the Twinning Association of Rushmoor for their help in planning this event.

If you would like more information, please don't hesitate to contact Helene or Bernadette on 01252 375581 or info@parityfordisability.org.uk. You can also learn more about Parity at www.parityfordisability.org.uk.

Thank you again for your interest and best wishes from all at Parity for Disability.

INFORMATION FOR PARTICIPANTS

The 3-day event will start at Parity's Farnborough Day Centre on Thursday 24 September and the group will arrive in Farnborough's twin town of Meudon in France on Saturday 26 September. A welcoming party will greet them at Meudon and guests will be treated to a celebratory dinner. They return by train to London next day.

This is not a competitive event, but we expect riders to travel more or less as a group, at an average of 15 mph. If you register to do the challenge, we will provide training guidelines to help you get into the right physical condition for the event.

Although every effort will be made to ensure your safety throughout the event, it is still a physically taxing experience and you should consult with your doctor if you have any doubt about your ability to complete the journey.

A motorbike outrider will accompany riders. There will also be two minibuses carrying luggage, spare equipment, and the nutrition and fluid required for the ride itself.

The English part of the route is the hilliest, but there is a large ridge to climb on the approach to Vernon in France. Virtually all of the French part of the route will be near the River Seine, and most of the roads are minor ones until the group nears Paris.

Each rider will need to arrange their own travel insurance and should consider insuring their bicycles and luggage. Each rider should bring spare tyres, three sets of cycle clothing, and enough casual clothing for the trip. The minibus will transport your equipment and luggage, so personal items will need to be packed in a soft case that can be easily loaded and unloaded.

In addition to travel insurance, other costs that you will need to take into account are:

- Your evening meal on Thursday 24th and Friday 25th.
- The cost of your journey home from St Pancras station on Sunday 27th.

Each rider will need a high visibility jacket which Parity will provide.

Helmets are obligatory, and will be a condition of entry.

ITINERARY

Day One, Thursday 24 September

Farnborough – Portsmouth (48 miles)

The group will enjoy an official send-off from Parity for Disability's Farnborough Day Centre at 94 Whetstone Road in Cove.

From Portsmouth, we will take the overnight crossing to Le Havre on LD Ferries, with horizontal sleeper seats and showering facilities available.

You will need to bring funds for dinner and breakfast.

Day Two, Fri 25 September

Le Havre – Vernon (95 miles)

Accommodation at Hotel Formule 1 Vernon. Clean and comfortable shared rooms (2 to a room). Showering facilities available. You will need to bring funds for dinner at a nearby restaurant.

Day Three, Saturday 26 September

Vernon – Meudon (62 miles)

We will reach the town centre, where the group will be welcomed and treated to a celebratory supper.

Accommodation will be at the new Etape Hotel (again, 2 persons per room), with breakfast included.

Sunday 27 September

The group will return by train to Paris and then take the Eurostar back to London St Pancras. From there you will need to make your own journey home. Parity's minibuses will transport the bikes back to Farnborough where they can be collected at each rider's convenience.

If you wish to make a different return journey, please let us know when you register. If you wish to extend your stay in Meudon, the Etape Hotel is very busy in September but it may be possible to arrange an additional night for you at your own expense.

ABOUT MEUDON

Meudon is a very pretty town in the Southwest suburbs of Paris. It is formed from several villages, which now have become two main towns – Meudon le Foret and Meudon-ville. The two parts of Meudon are divided by a large forest, which has lakes and lots of beautiful walks.

Meudon was the home for many famous French artists and scientists, including the sculptor Rodin.

Nowadays Meudon has many industries, but it used to house Renault's biggest car factory. Like Farnborough, Meudon has links with aircraft and the aerospace industry.

ACKNOWLEDGEMENTS



We wish to thank Donald Ashton of the Farnborough and Camberley Cycling Club, for providing his experience and expertise in planning this event. The Farnborough and Camberley Cycling Club is sponsored by Porsche Centre Guildford and M. Collard Waste Management Services.

We also wish to thank the **Twinning Association of Rushmoor** and their colleagues at Meudon who have helped with the arrangements for this event. The Twinning Association of Rushmoor is an independent association that manages and encourages leisure, educational and cultural links between the people of Rushmoor and the residents in its three twin towns in France, Germany and Poland. Many different types of links have been successfully established with the result that over the years, many thousands of young people and adults have enjoyed the benefits of twin town partnerships. Funds are available, through the Twinning Association, to help with costs associated with exchanges and visits to/from the twin towns. Assistance is also available for clubs/organisations to find a counterpart organisation in one or all of the twin towns.



PARITY FOR DISABILITY BIKE RIDE CHALLENGE ENTRY FORM

<i>Location: England and France</i>	<i>Date: Thurs 24 – Sun 27 September 2009</i>
<i>Name:</i>	
<i>Address:</i>	
<i>Post Code:</i>	
<i>Tel No (Day):</i>	<i>Tel No (Evening):</i>
<i>E-mail address:</i>	
<i>I heard about this event from:</i>	

I have enclosed my individual £50 entry fee Please make cheques payable to Parity for Disability.

I, the undersigned, wish to take part in the event specified above. I fully understand that this is a sponsored event and will endeavour to raise £450 minimum per individual in addition to the £50 entry fee. I fully understand that Parity for Disability reserves the right to cancel the event and to refuse participation if it is deemed necessary and that entry fees are non-refundable.

I certify that I do not have any health conditions that would affect my ability to safely complete the challenge and that should any concern arise I will seek the advice of my doctor.

SIGNED:.....*DATE:*_____

Please complete this form and send it to:

Parity for Disability, 94 Whetstone Road, Farnborough, Hants GU14 9SX

Parity is a Registered Charity No. 1071571