

CYCLE POLAND 2012

2 – 10 June 2012

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



This year, Cycle Poland will explore the far south of the country – some of the most stunning scenery, yet the most remote and rarely explored by tourists.

- Cycle 1000km in 9 days
- Visit Zakopane, the Czech and Slovak republics, the Tatra mountains, Bieszczady National Park and finish in beautiful Krakow
- Visit the voluntary organizations and hospices who will receive equipment funded by the money you raise, and meet staff and patients.
- Cycle with a team of Polish and British riders, joined by local volunteers and cyclists at the start and finish, creating a great sense of community
- A support van is available throughout – so no carrying heavy packs
- No minimum sponsorship
- Appear in Polish TV, press and radio



Read more about Cycle Poland 2011, see photos and stories and a film from the ride at <http://www.alinafoundation.org/cycle-poland-2011.html>

The ride

The average distance covered in a day is 110km (70 miles). There is a mix of shorter days with some hills, and longer flatter days (see interactive map here: <http://tinyurl.com/mapCP12>). The ride is designed to be a challenge, but with some training we believe anyone can take part. Our youngest rider so far was 16, our oldest was over 50.

We arrange a full programme of training rides around London in the run-up to the ride, and can offer training tips and advice.

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

A mixture of hotels, B&Bs, agro-tourism and hostels. Mostly in twin rooms, with some larger rooms where necessary.

Please let us know if you are vegetarian or have any other dietary arrangements 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. We ask for a £450 payment to cover bike transfers to Poland, all in-country transport including airport transfers, 10 nights' accommodation and most meals for 9 days. The price of flights will depend on the dates you book. For reference, last year return flights cost £150.

We hope that the charity will receive a discount from suppliers on accommodation and transport, and that the 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 £450 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 voluntary organisations throughout Poland that provide care for terminally ill adults and children in their own homes and residential hospices. We work with the organisations that most need help, because they work in areas of greatest need, are based in poorer areas or are just starting up.

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 to beat last year's total of £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.

Timing

The ride will start on the morning of 2 June, and finish on the afternoon of 10 June. There is an option to stay in Krakow for an extra day and sightsee on 11 June – or stay on longer and watch some of the Euro 2012 football matches.

4 and 5 June are bank holidays, so the trip itself will require only 3 days' leave.

You will need to book your own flights. The best options are below. Please indicate on the registration form which flight you plan to use, and confirm once this is booked. We will arrange airport transfers in Poland for each of these flights. Flights will be available from early October. Please note tickets are likely to become more expensive later.

Out		Airline	Dep airport	Arr airport	Dep	Arr
1	01/06/2012	WizzAir	Luton	Katowice	08:10	11:25
2	01/06/2012	WizzAir	Luton	Katowice	20:35	23:50
In						
3	10/06/2012	Ryanair	Krakow	Stansted	21:55	23:15
4	11/06/2012	WizzAir	Katowice	Luton	06:00	07:25
5	11/06/2012	Ryanair	Krakow	Stansted	21:55	23:15

If you would like to take part, please complete the enclosed application form and return it to info@alinafoundation.org

Please email us if you have any questions, and we will be delighted to help



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Registration form

We are delighted that you would like to join the Foundation's third bike ride across Poland in support of Polish hospices.

Please read and complete all sections of this registration form and return by email to info@alinafoundation.org or post to Alina Foundation, 65 Ashley Drive, Penn, Bucks, HP10 8AZ, together with your £100 deposit (either cheque payable to Alina Travel Limited or by bank transfer to Alina Travel Limited, HSBC, sort code 40-03-27, a/c no. 32088088).

If you have any questions please call us on 01494 950472 or email info@alinafoundation.org

Name as it appears on your passport	
Date of birth	
Passport number and country of issue	
Passport issue date	
Passport expiry date	
E-mail	
Mobile	
Emergency contact in the UK while cycling in Poland	
Dietary requirements or food allergies	
Do you have any medical conditions we should be made aware of? If yes, please provide details	
Preferred flight out (please circle)	1 2
Preferred flight back (please circle)	3 4 5

I apply to take part in Cycle Poland 2012. I have read and agree to abide by the Conditions of Entry.

I understand that I have to arrange my own travel insurance for the trip and confirm that I have/will have travel insurance to cover 2 –10 June 2012.

We would be delighted if you would agree to donate any balance between your £450 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, please complete the enclosed **Gift Aid form**)

I declare I am fit and well to take part in Cycle Poland 2012

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



The Alina Foundation

Registered charity no. 1137887
65 Ashley Drive, Penn, Bucks, HP10 8AZ
www.alinafoundation.org
+44 1494 950472
aht@holender.co.uk

SPONSORSHIP AND FUNDRAISING

We do not ask that you raise a minimum amount as we don't want to discourage anyone from taking part. The more we raise the better of course, and our target for this year is to beat last year's total of £15,000.

It would therefore 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.

Sponsorship can be raised in a number of ways, whether by asking friends and family to sponsor you, or holding other 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.

Donations can be made:

- Online through <http://www.alinafoundation.org/support-our-cyclists.html>, where there are options to sponsor an individual or the whole team. We will make a page for each participant – please provide a photo and a short bit of text about why you are taking part in the ride.
- Through mydonate¹ – please feel free to set up your own fundraising page, or direct people to the CP 2012 page (<https://mydonate.bt.com/events/cyclepoland2012>).
- Direct to the Foundation's 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 anyone who sponsors you in this way to email 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
- By text: to give £10 donors can text the message ALIN12£10 to this number 70070. To give £5 they text ALIN12£5, and so on.

A sponsorship form is available online at www.alinafoundation.org/sponsorship-form.html

Please remember that all money raised will go to purchase medical equipment and supplies – the trustees cover all of 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 Poland 2012

¹ Mydonate charges no commission or fees and passes on 100% of donations, less bank credit/debit card charges (1.3% of donation on credit cards and 15p for each debit card transaction), directly to the charity. Commercial sites such as JustGiving charge charities up to 7.5% of donations (including card charges). Just in case anyone asks why we are not on JustGiving!



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CONDITIONS OF ENTRY

1. Cycle Poland 2012 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 £450 payment, to cover bike transfers to Poland, all in-country transport including airport transfers, 10 nights' accommodation and most meals for 9 days. 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 £450 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. Please transfer your deposit (£100) to the following bank account as soon as possible, and in any case by 1 December 2011: Alina Travel Ltd, HSBC, sort code 40-03-27, a/c number 32088088. **Please note that this is a different account to the account for donations, which go direct to the Alina Foundation. For donations and sponsorship, please use the account number given on the Sponsorship page above.**

4. The balance of £350 must be paid to the Alina Travel Ltd account above by 1 May 2012.

5. Should you have to withdraw, we cannot refund the deposit or any sponsorship received. You should 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. 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 their own negligence), or for cancellation of the event for any reasons outside its control. In particular (but without limitation) Alina Travel Ltd accepts no responsibility for the loss of luggage carried for you in support vehicles, which should be adequately covered by your insurance.

8. 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.

9. You must wear a cycle helmet at all times whilst cycling on this challenge.

10. You must have adequate travel insurance that will cover you for the specific activities you will be undertaking.

11. 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.



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12. It is your responsibility to ensure you have the appropriate level of fitness. This event is not recommended for those with any infirmity unless you have checked with your GP who agrees that you are fit to undergo the challenge 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.

13. 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 Poland 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

Please treat

All gifts of money that I have made in the past 4 years and all future gifts of money that I make from the date of this declaration as Gift Aid donations.

You must pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April one year to 5 April the next) that is at least equal to the amount of tax that the charity will reclaim on your gifts for that tax year.

Donor's details

Title ----- Initial(s) ----- Surname -----

Home address -----

Postcode ----- Date -----

Signature -----

Please notify the charity 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.

The charity will reclaim 25p of tax on every £1 you give.

If you pay Income Tax at the higher rate, you can claim tax relief on your donation through your Self Assessment tax return.

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.