

Cycling4Gaza 2013 Hamburg to Berlin Challenge in partnership with PCRF 18 – 21 September 2013



Dear friends, some words from Tamara Ben-Halim, Cycling4Gaza co-founder.

This time four years ago, a group of friends in London were frantically recruiting cyclists, organising fund-raising events, training on their bikes, and embarking on guerrilla poster-hanging operations around the city. Our mission was to promote an international cycle in support of emergency healthcare work in the Gaza Strip following the 2008-2009 military offensive.

Within weeks, our modest effort had evolved into a 27-strong team of people from all over the world coming together in support of Gaza's population. Over 3 days in July 2009, we cycled 320 km from London to Paris and collectively raised over £90,000 for MAP UK's healthcare projects in the region. It quickly dawned on us that we could not stop our efforts there. Four years on, thanks to the incredible support we have received from you, our supporters, Cycling4Gaza has:

- Raised over £500,000 for healthcare and educational projects in the Gaza Strip and Lebanon's Palestinian refugee camps.
- Touched the lives of 8,000 children through our charity partners' work in education, children's and maternal health, mental health and psychosocial work.
- Made a positive difference to over 3,000 parents, family members and individuals in the communities in which projects have been implemented.
- Mobilised over 90 cyclists worldwide to take part in our efforts.
- Covered a distance of over 1400 km across Europe and the Middle East by bike.
- Raised awareness about the situation in Gaza among hundreds of people in the world cities of London, Paris, Rome, Amman and Istanbul.t
- Spread our message to millions of viewers and readers through coverage on Al Jazeera, CNN, The National, Open Democracy and more.

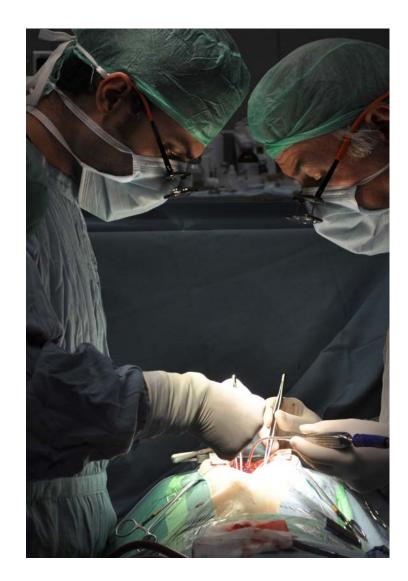


It is with these achievements in mind that we launch our efforts in 2013. As we bear witness to the sixyear long siege that continues to physically and psychologically imprison Palestinians in Gaza, we know that there remains much work to be done. 50% of Gaza's youth are jobless, 85% of schools run on double shifts, 90% of water is unfit for consumption, and over 50% of children need mental health intervention.

Yet we gain our inspiration from the very people living inside the Gaza Strip, who continue to try and live normal lives despite the challenges they face. We take inspiration from the young men practicing parcours (free running) in Gaza's urban jungles, from the children who in 2011 broke the world record for the number of kites flown at the same time, from the artists and filmmakers who tirelessly share their story of Gaza with the world, and from the organisations, community leaders and activists who have not given up and who every day are making a positive difference to people's lives in Gaza.

In 2013, we are honoured to be supporting one of those crucial organisations: the Palestine Children's Relief Fund. This year, the PCRF is launching REACH (Reaching Every Affected Child in Gaza), an ambitious project that we are delighted to be supporting. This new project will identify every child in Gaza in need of medical care, place them in a central database, and begin to provide them with the treatment they need. Sources: UN OCHA tinyurl.com/ccbhnfk

> Guardian/MSF 2010 study tinyurl.com/klroqjn





Our aim in 2013 is to raise £150,000 for this PCRF project by bringing together 40 cyclists from all over the world to embark upon our latest challenge: to cycle over 350 km across Germany this September.

In this registration pack you will find detailed information on how you can take part in the 2013 challenge, the cycling route, registration procedure and FAQs, and information on the PCRF project we are supporting.

If you would like to make a donation, please visit <u>www.pcrf.net/cycling4gaza</u>. Please note that 100% of your donation will go to the PCRF project in Gaza.

It is only thanks to the overwhelming support of our friends, family and personal networks and the commitment of our 92 cyclists that we have been able to turn Cycling4Gaza into the standalone initiative it has become. We hope that your support and involvement will continue to give us the energy and motivation we need to keep contributing positively to the struggle for Palestinian dignity and self-determination.

Thank you

Tamara Ben-Halim Cycling4Gaza Co-Founder

Message from the PCRF





We are honoured to partner with Cycling4Gaza and the many dedicated volunteers from all over the world who support their great deeds, and will enable us to focus on addressing the terrible human crisis facing children in the besieged Gaza Strip. Our goal in this project is to identify every sick and injured child in Gaza in need of specialized medical care, and to provide them the surgery that they need, but cannot get within the exhausted local health care system.

The PCRF was created as a nonprofit, nonpolitical medical relief organization during the first Intifada by concerned people seeking ways to contribute in a positive way to the humanitarian needs of children under Isræli military occupation. Over the past twenty-two years, we have sent over 1,000 children from Palestine, Lebanon, Jordan, Syria and Irag for free surgery in North and South America, Europe, Asia and other parts of the Middle East. Over 10,000 children have had direct surgery by hundreds of visiting teams from all over the world. In addition to being the main organization sending children abroad for free care and bringing in expert surgery teams to provide care and training for local medical personnel, we also run many different humanitarian programs and projects, including opening the first and only public pediatric cancer department in Palestine.

The PCRF has field staff and offices throughout the Gaza Strip, the West Bank and Lebanon to ensure that we are able to identify and support the care of children in need. This year, our goal with Cycling4Gaza is to reach deep into the most neglected and oppressed areas of Gaza to find every child suffering from a medical condition and to provide them the care and support that they need. This includes supporting volunteer surgery teams to treat these children, supporting medical supplies and equipment to improve the infrastructure of hospitals, sending kids abroad for care, and training local staff to improve the long-term viability of the local doctors.

We are honoured to have this new relationship with Cycling4Gaza and are convinced that only through unity and cooperation are we able to overcome the many challenges that face organizations working to better life and the healthcare system in Palestine.

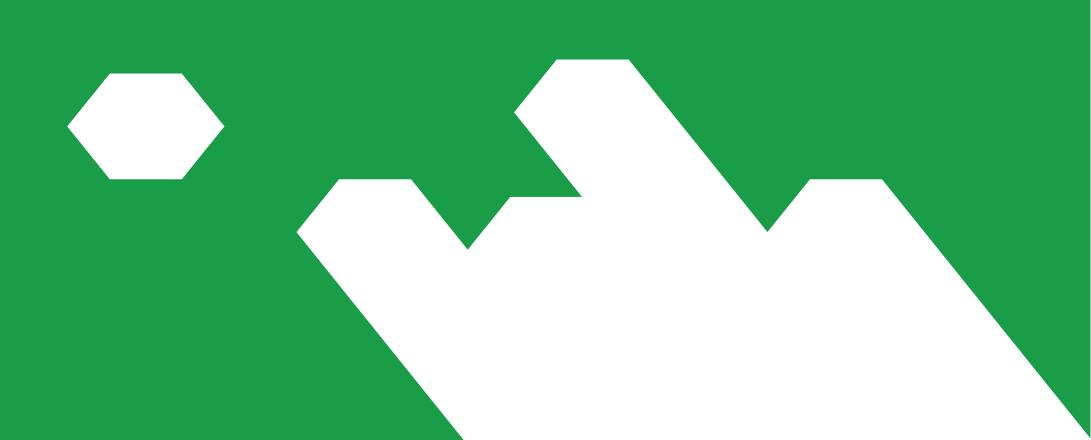
In solidarity and appreciation,

Stine Soubre

Steve Sosebee President and Chief Executive, PCRF



What is Cycling4Gaza?



Cycling4Gaza is a initiative founded by a group of concerned young people in the wake of the 2009 war on Gaza. Our mission is to raise awareness about the ongoing blockade on the Gaza Strip and to raise critical funds for carefully selected non-profit organisations that work to support areas encompassing education and healthcare for Palestinians living under occupation and as refugees.

Visit <u>www.cycling4gaza.com</u> to learn more.

Our mission is:

- To raise awareness of the on-going blockade on the Gaza Strip and its effects on Gaza's population
- To raise funds for carefully selected NGOs that implement sustainable education and healthcare projects to support vulnerable Palestinian communities.

These are achieved by organising annual cycling challenges that mobilise people in a collective effort to raise awareness and funds.



Past Challenges

In 2009 we covered 320 km from London to Paris in 3 days, reaching the Eiffel Tower on the 4th July. We raised over £90,000 for MAP's emergency maternal and neo-natal healthcare projects in Gaza.

2010 saw us making our way across Italy in 4 days, cycling between two of the most famous landmarks in Europe, the Leaning Tower of Pisa and the Colosseum in Rome. We raised over £140,000 for Welfare Association's early childhood education projects in Gaza.

In 2011 we cycled from the coastal city of Aqaba to the Dead Sea just south of the capital, Amman. We raised over £220,000 for Welfare Association's community rehabilitation projects in Gaza.

In 2012 we cycled around the Sea of Marmara in Turkey. We took on the challenge of cycling over a very hilly 300 km around the Sea of Marmara towards Istanbul. We raised over £90,000 in support of MAP's projects in Gaza and Palestinian refugee camps in Lebanon. These projects focused on maternal and child health as well as Primary Trauma Care.

For detailed information on fundraising achievements and up to date reviews on the projects we have supported as part of each of the challenges, please visit <u>www.cycling4gaza.com</u>

Turkey 2012



Challenge Plan and Cycling route

Stage

19 September / Hamburg – Wismar

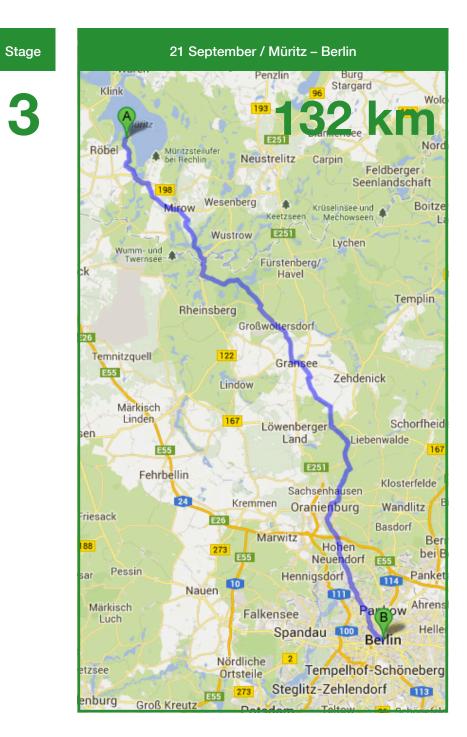


Stage





Routes may vary from the above images. Distances are approximate.



Why Gaza?

"[The blockade] amounts to a collective punishment of all those living in Gaza and is a denial of basic human rights in contravention of international law"

> Valerie Amos, UN Under Secretary-General for Humanitarian Affairs

The Gaza Strip:

- Under siege since June 2007
- A plot of land covering an area of 360 km² (approximately 50 football fields) and home to over 1.59 million people
- 67% of all individuals and 66% of all children living in Gaza are refugees, with over 50% of the population below 18 years of age and an annual population growth rate of 3.3%
- In 2005, the leading causes of death in the occupied Palestinian territory (oPt) among all age groups were: cardiovascular diseases (38.2%), perinatal conditions (9.7%), cancer (9%) and accidents (8.9%)
- Specifically regarding the children of Gaza, there have been found to be approximately 120 new cancer cases and over 300 heart related diseases annually
- Despite constant social and educational challenges faced by people in Gaza, limited healthcare remains to be one of the largest factors hindering the quality of life and standard of living

The above facts are only a snapshot of the reality of life for people in Gaza. Children in Gaza in particular are constantly having to fight for a positive future. Through our partnership with the PCRF, we hope to help provide the strength and support for them to do so.









Reaching Every Affected Child in Gaza



REACH Gaza aims to improve and strengthen the currently underdeveloped health-care system in Gaza, particularly when it comes to providing surgery for children in need of medical care. In addition to causing a chronic shortage of medical equipment and supplies in Gaza, the 6 year long siege on the Gaza Strip has prevented children and their families from travelling freely into the West Bank and abroad in order to receive the urgent care and treatment they need.

The REACH Gaza project will address these issues and work towards creating a more durable and efficient healthcare system by:

- Identifying every sick and injured child in the besieged Gaza Strip in need of specialized medical care through a team of ground staff who will form an intricate network of field offices throughout Gaza
- Creating a pioneering centralised database that will include each child's medical condition and history
- Providing each child with the required treatment through sponsoring treatment locally, visiting international volunteer missions and sending children abroad for care.



Details of the areas of treatment provided are as follows:

- Sponsoring Treatment Locally within the Gaza private medical sector for children who cannot be treated in the public sector, and whose families cannot afford their treatment locally
- Treatment through visiting international volunteer missions coming in from abroad for those children who cannot be treated locally in the public or private sector. The vast majority of children in need of specialized care can be treated through this program in Gaza.
- Sending children who cannot be treated locally in the private or public sector, or through visiting volunteer teams, abroad for sponsored medical care
- Funding treatment abroad for children who cannot be treated through the PCRF efforts to arrange humanitarian care
- Providing medication and supplies to children with chronic medical conditions that cannot be addressed surgically
- Providing medical supplies and equipment for hospitals and obtaining required equipment to support the lives of disabled children

Due to the large nature of the project, Cycling4Gaza will initially be funding treatment through visiting international missions, sending children abroad for treatment and obtaining medical supplies and equipment for hospitals in Gaza.

Over 1,500 children a year can be supported through the implementation of this project. The project aims to alleviate the burden of the current healthcare situation in Gaza by providing accessible and necessary medical treatment to each child in need.

How can I join Cycling4Gaza's 2013 challenge? To join our challenge, please return the below to info@cycling4gaza.com no later than June 30th 2013.

- 1. A completed registration form
- 2. A signed copy of the Conditions of Entry
- 3. Proof of Registration Fee payment of £200 to PCRF
- 4. Scanned copy of the details page of your passport

Registration form content:

A. Cyclist details:	B. Registration Fe	B. Registration Fee and Fundraising:		
1. Name		A minimum fundraising commitment of £1500 per cyclist is required to join this challenge. This is split as follows:		
		Amount	Deadline	
3. Email	Transfer Registration Fee	£200	30 June 2013	
4. Telephone #	Transfer initial fundraised amount	£500	10 August 2013	
5. Passport #	Transfer 80% – of minimum fundraising	£500	10 September 2013	
6. Height7. Weight	Transfer balance of minimum fundraising target	£300	10 October 2013	
8. T-shirt size	Total Fundraised	£1,500		

NOTE: If you have participated in a previous C4G cycle, please make sure you send in your registration pack and deposit as soon as possible as we have a limited number of places available for repeat cyclists. This is in the interest of giving new people an opportunity to take part in a Cycling4Gaza challenge.

Your £1,500 minimum fundraising commitment will go towards:

- £1,000 support for PCRF's project
- £500 to cover for cyclist participation: £375 to cover German Tour Operator cost and £125 to cover Cycling4Gaza costs (Cycling T-shirts, celebration dinner, fundraising and marketing material). All excess monies that remain after covering these costs will be used to support the PCRF project.

You are encouraged to personally cover the cycling participation component.

C. Accommodation:

4 nights full-board accommodation in twin rooms in 3-star hotels are provisioned for cyclists throughout the cycling route. If you would like to share a room with someone in particular, please indicate here:

- □ I am joining solo and would like to be roomed with someone with a similar profile.
- □ I would like to have a single room and agree to pay the difference directly to hotels in Germany. Expected premium: £85 per night.

D. Medical Requirements:

Self-certification. Should you have any known medical conditions please provide us with a medical certificate from your GP to confirm your ability to participate.

I certify that I am in good physical condition and that I am aware of no medical condition that would prevent me from participating in cycling activity.

E. Flights and airport pick-up, travel insurance, and entry visa:

Following registration, we will recommended arrival timings in Berlin to participants. You are responsible for booking your own flights and are encouraged to do so as early as possible. Please communicate your flight detail to Cycling4Gaza at <u>info@cycling4gaza.com</u>

We will provide airport pick-up on 18 September 2013 both from Hamburg and Berlin the day before the cycle. You will be greeted by a Cycling4Gaza representative and transported to our hotel in Hamburg. Cyclists are responsible to purchase Travel Insurance and to obtain their visa for Germany. To avoid disappointment, please verify your visa requirements as far in advance as possible.

Schengen visa to Germany might take up to 15 working days for processing. Booking an appointment in advance is required in some cities. Please contact your nearest German Diplomatic mission.

F. Special Dietary Requirements:

I have the following dietary requirements:

Vegetarian	No fish
🗆 Vegan	□ Allergies
□ No pork	□ Other

G. Bike Hire:

- □ I would like to hire a bicycle throughout the challenge at an additional cost of which I will include in my registration fee transfer.
- □ Roadrace Bike: Aluminium incl. Carbon Fork, Mavic Wheels, Shimano 105. € 99 for all 3 days
- □ Trekking Bike: Aluminium incl. Aluminium Fork, Shimano XT / Alfine. € 72 for all 3 days

Bike Hire does not include helmets.

H. Registration Fee payment and fundraising:

To register for this year's challenge, use one of the three methods listed below.

Cheque:

Write cheque against "Palestine Children's Relief Fund" and mail to:

PCRF, PO Box 1926 Kent, OH 44240 USA

Wire transfer:

Palestine Children's Relief Fund Huntington National Bank Columbus, OHIO USA Routing #: 044000024 Account Number: 01591708043 Swift: HUNT US 33

Online transfer:

www.pcrf.net/cycling4gaza



- For this challenge we require a registration fee of £200 (non-refundable) which should be enclosed with your registration form, to be sent digitally to C4G by the 30 June 2013: <u>info@cycling4gaza.com</u>
- 2. By registering for this challenge you are pledging to raise the minimum sponsorship of £1500 and understand that it is the endeavour of this challenge to raise as much above this amount as possible in aid of PCRF.
- 3. You are required to raise a minimum of £1500 to join Cycling4Gaza 2013. This is to be raised using the following schedule:

	Amount	Deadline
Transfer Registration Fee	£200	30 June 2013
Transfer initial fundraised amount	£500	10 August 2013
Transfer 80% of minimum fundraising	£500	10 September 2013
Transfer balance of minimum fundraising target	£300	10 October 2013
Total Fundraised	£1,500	

- 4. If you cannot raise the £1500 minimum fundraising before the departure date your place will have to be forfeited unless you make up the balance yourself.
- 5. Should you have to withdraw there will be no refund payable to you as your sponsorship was raised for charitable purposes unless received in writing from you on behalf of your donors.
- 6. If you withdraw in circumstances where recovery of cancellation charges is indemnified under your travel insurance, you hereby agree that you will co-operate in the recovery of these charges from the insurers and any sums recovered under the policy will be paid to the charity.
- 7. You must be at least 18 years old before the departure date of the event. 16+ year olds may attend, but must be accompanied by a parent/guardian.
- 8. Itineraries, schedules, and accommodation may change and other alterations may occur beyond the control of PCRF or C4G.
- 9. The tour company is unable to accept liability for any loss or damage arising, or for cancellation of the event for any reasons outside their control.

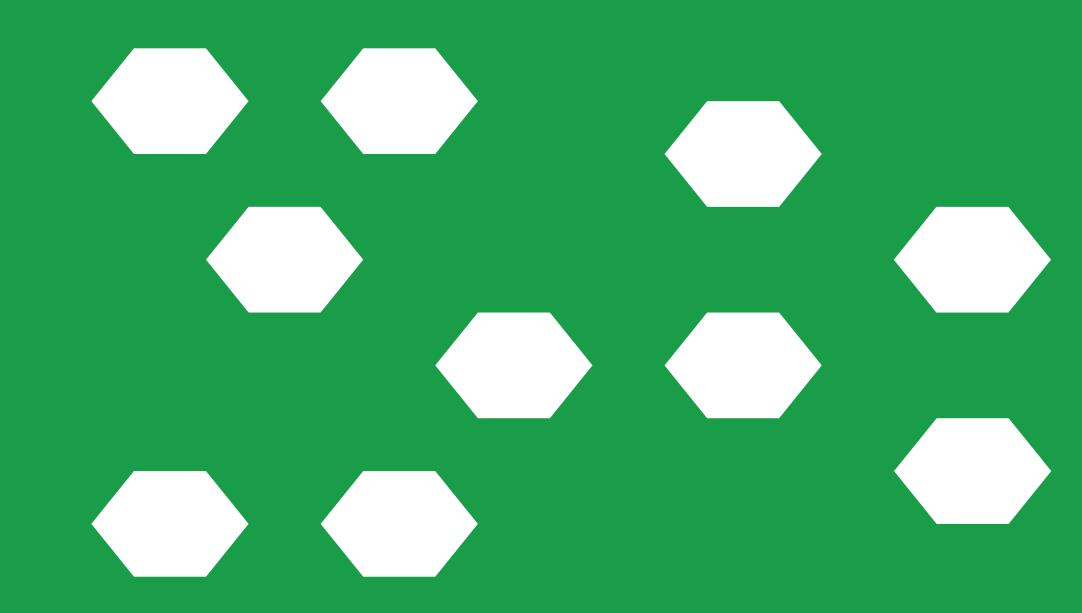
- 10. You must not suffer from alcohol or drug dependency. You should not have any unspent criminal convictions.
- 11. A passport that is valid for 6 months and you may need a visa. You are responsible for organizing your own visa if it is required.
- 12. You participate at your own risk. If you are refused passage and/or exit to or from Germany, any additional costs incurred are your responsibility. You will be responsible for providing your own personal equipment and packing your own bike for the flight (should you bring it). If you need assistance hiring a bike in Germany you will need to notify us in advance.
- 13. It is a requirement that your own bike is a roadworthy, serviced bicycle. You must wear a helmet at all times while cycling on this challenge. No helmet = no cycling!
- 14. You must have adequate travel insurance that will cover you for the specific activities you will be undertaking, including emergency repatriation. You will be asked to provide proof of travel insurance 3 weeks before the departure date or you may forfeit your place on this challenge.

- 15. PCRF and/or Cycling4Gaza may, at their sole discretion, withdraw places on the challenge if it is believed to be in their best interest to do so.
- 16. You must not make any political statement or engage in any demonstrations during the challenge. As a charity PCRF has no political affiliations. PCRF opposes all forms of violence and our sole focus is supporting the most vulnerable Palestinian communities, especially those in the West Bank and Gaza and in the Palestinian refugee camps in Lebanon.

I agree with and accept the Conditions of Entry

Signed by:

Date:



Frequently Asked Questions

How difficult is it to cycle 100+ km a day?

You don't have to be a professional cyclist to join Cycling4Gaza. All you need is training and commitment.

Sporting challenges are meant to be challenging and are meant for committed individuals. Please do not attempt to take part if you are in doubt of your ability to train for this challenge. To be able to participate, you will need to be dedicated, train adequately and regularly to develop both the stamina for a long cycle and condition your body to be in the saddle for extended periods of time.

Upon registration, we will support our cyclists by providing them with information and tips on how to best train for this challenge. With a correct robust training routine and the strong sense of camaraderie of being one of 40 cyclists for a cause, Cycling4Gaza is definitely doable.

Is it safe to cycle in Germany?

Yes. This route has been covered previously by cyclists and has been chosen based on consultation with the Tour Operator in Germany.

We will be escorted by members of the Tour Operator along the way to Berlin for route guidance and technical support for all cyclists.

How much does it cost to join the challenge? When is the deadline to register?

It costs £200 to register and this should be sent to <u>info@cycling4gaza.com</u> by the 30th of June 2013. The following documents are required for registration:

- 1. A completed registration form
- 2. A signed copy of the Conditions of Entry
- 3. Proof of Registration Fee payment of £200 to PCRF
- 4. Scanned copy of the details page of your passport

How do I sign up?

Refer to Registration Form section for a detailed answer. Post registration, you will be contacted by Cycling4Gaza to take you through the next steps.

What shall I bring with me?

- 1. A bike helmet. You will not be allowed to cycle without a helmet.
- 2. Two water bottles or a refillable water source such as a Camelback.
- 3. A fluorescent water-proof cycling gilet/raincoat
- 4. If you're bringing your own bike, ensure you bring replacement inner tyre tubes in case of punctures

I love the idea of providing support for Palestine but I've never fundraised before. Do you think it will be difficult?

Fundraising is a passion more so than a skill. Every year, the Cycling4Gaza team is comprised of firsttimers who have joined because of their passion to the cause and have done great (both on fundraising and cycling fronts). We will support all cyclists with fundraising tips post registration.

Post registration, you will be contacted by the Cycling4Gaza team for training advice and to announce group training sessions in cities with adequate number of registrees: typically London, Dubai, and Riyadh (spinning classes and outdoor cycling). We will work on organising group training sessions in other cities if feasible.

Who is responsible for the logistics?

All logistics arrangements from airport pickup up to the end of cycle are organised by the Cycling4Gaza team in collaboration of the Tour Operator in Germany. This includes your full-board hotel accommodation in 3-star hotels.

How does my bike travel back and forth to Germany?

You must arrange to appropriately pack your bike and inquire about the sports luggage allowance with your airline.

What if I don't own a bike?

No worries. Indicate that you would like a hire bike in Germany in section G of the Registration Form. We're happy to arrange that for you! All hire bikes will be delivered at cycling starting point.

What are the luggage restrictions?

Please limit belongings to a carry-on bag. Throughout the challenge, all luggage will be carried in our support van.

Can you tell me about room-sharing and accommodation?

We will be checking in to different 3-star hotels on arrival day and at the end of each cycling day. All rooms are twin full-board - if you're joining with a friend/sibling/partner, please indicate their name in section C of the Registration Form. If you do not assign a name, we will work on matching cyclists of similar profile together (gender, age, etc...). We tried to cover all possible questions that might come up in the previous FAQ section. Should we have missed something, you can contact us at info@cycling4gaza.com

To learn more about the initiative, visit <u>www.cycling4gaza.com</u>

Facebook: www.facebook.com/cycling4gaza

Twitter: <u>@cycling4gaza</u>





We look forward to seeing you in Germany in September — for Gaza!