

Cycling4Gaza 2014

Philadelphia to Washington DC
in partnership with the PCRF
18th - 21st September 2014

Cycling
4Gaza



Dear friends, A Few words from The Cycling4Gaza Team

It is that time of year again, and Cycling4Gaza is gearing up for its next challenge. As many of you know, we have organised five cycles since 2009, covering over 1800km across the UK and France, Italy, Jordan, Turkey and Germany, with a sixth cycle just around the corner. We have raised over 650,000 GBP in support of healthcare and education projects in the Gaza Strip and in Palestinian refugee camps in Lebanon.

Together with our wonderful charity partners, we have directly impacted the lives of over 8,000 children in projects focused on early childhood education, mental health support and psychosocial work, rehabilitation for children with disabilities, and maternal and child healthcare. Your passion and support continue to give us the inspiration we need to make a positive difference to the lives of some of the most vulnerable Palestinians.

The Palestinian Children's Relief Fund (PCRF) is one such charity partner that has worked tirelessly to implement healthcare projects across the West Bank and in the Gaza Strip. The PCRF, a non-profit, non-political medical relief organisation, was founded in 1991 by concerned people who were looking for ways to contribute to the humanitarian needs of children under Israeli military occupation.

- Over the past twenty-two years, the PCRF has treated 10,000 children through direct surgery carried out by hundreds of visiting teams of doctors and specialists from all over the world.
- The PCRF has also sent over 1,000 children from Palestine, Lebanon, Jordan, Syria and Iraq for free surgeries in North and South America, Europe, Asia and other parts of the Middle East..

In 2013, the Palestinian Children's Relief Fund launched the REACH (Reaching Every Affected Child in Gaza) Gaza Project in partnership with us. The long-term aim of the REACH project is to support every child in need of serious medical care in the Gaza Strip.

- Last year, together with our 39 cyclists, and thanks to the commitment of our supporters, friends and families, we raised over 150,000 GBP which supported the treatment and care of 630 children through the REACH project. The funds raised will continue to treat more children throughout 2014.

Turkey
2012



Continued...

Khalid Shorab, a two year old living in the Khan Younis refugee camp, is one of those children. He was treated as the first case by a visiting team of doctors from France, led by Dr. Dominique Metras, a long-time PCRF volunteer. Khaled suffered from a congenital defect known as atrial septal defect (ASD); more commonly known as a hole in his heart. The defect prevents normal blood flow through Khalid's heart leading to reduced oxygen levels within the blood, and affects his brain and other organs. Like most families living in Gaza, Khalid's family do not have the means to find medical care for him, neither through local private hospitals nor hospitals outside Gaza. Khalid was operated on by Dr Metras and his team on January the 18th of this year, and has now fully recovered. He is one of the 11 children treated by Dr. Metras and his team. Clearly, there are many other children in the Gaza Strip who do not receive such support, and it is our mission, with the PCRF, to reach as many of them as possible.

This year, we are aiming to increase the amount we have raised by a further 150,000 GBP in order to continue to support the PCRF's worthwhile project and ensure that as many children as possible receive the care and support they need.

Khalid, shown to the right with his sister





You can be a part of this effort. Join us on our upcoming cycle! The 2014 cycling challenge is taking place in the US; we will be cycling over 300km from Philadelphia to Washington D.C. this September. In this registration pack you can find detailed information on the 2014 cycling challenge, the route, the registration procedure, FAQ's, the PCRF and the REACH Gaza project we are supporting. If you are unable to join, or if sitting on a saddle for 7 hours a day is simply not your thing, you can still support us by helping to spread the word; and by visiting www.pcrf.net/cycling4gaza if you would like to make a contribution. 100% of all donations go directly to the PCRF REACH project in Gaza.

To help us spread the word on social media, please visit:

www.facebook.com/cycling4gaza

Twitter and Instagram - @cycling4gaza

Thank you again and we hope to see many of you soon!

Warmest Regards,
Cycling4Gaza Team
Zara Hannoun, Miral Alaraj, Tala Fahoum and
Tamara Ben Halim

Message from the PCRF



Palestine Children's Relief Fund

The Palestine Children's Relief Fund is a registered non-political, non-profit, 501(c)3 tax-exempt organization and all US donations are tax deductible



The partnership between the Palestine Children's Relief Fund and Cycling4Gaza has resulted in a new era of healthcare services being provided to the 1.7 million Palestinians living under siege in the Gaza Strip. In 2012, before the relationship with the PCRF and Cycling4Gaza, there were 18 volunteer surgery teams that went to Gaza through the PCRF. In 2013, we more than doubled the number of medical missions to Gaza, thanks to the support and assistance of Cycling4Gaza through the REACH Gaza, Reaching Every Affected Child in Gaza, project. In addition, in April 2013 we started a new project in Gaza to build up the pediatric cardiac surgery services for children born with heart disease. This project aims to identify sick babies and provide them the life-saving surgery that they need, but which is not available to them locally, as well as to train the local doctors and nurses as a way to upgrade the quality of care in Gaza.

In 2013, with the support and cooperation of Cycling4Gaza, the PCRF provided 630 children in Gaza major surgery in cardiac and cardiology, neurosurgery, plastic and reconstructive surgery, urological surgery, hand and orthopedic surgery and general pediatric surgery. We sponsor missions from all over the world to volunteer their time and experience to come into Gaza and operate on children locally. In 2013, we sponsored teams from the USA, Canada, Chile, Mexico, New Zealand, Japan, Italy, Switzerland, Germany, France and Belgium to Gaza. In addition, we are providing

children with a variety of specific medical needs sponsorship for care locally, such as hearing aids, wheelchairs, eyeglasses and other support that their families are too poor to provide for them.

The results of the relationship between the PCRF and Cycling4Gaza has been one in which thousands of children in Gaza are getting direct humanitarian and medical support that they otherwise would not have access to. We are grateful to the hard work and dedication of the Cycling4Gaza volunteers to make this project successful and we hope that we can continue to partner for the sake of more children in besieged Gaza. Until the siege is lifted and children have access to quality medical care, we will continue to do our best to bring support and care to them directly.

In solidarity and appreciation,



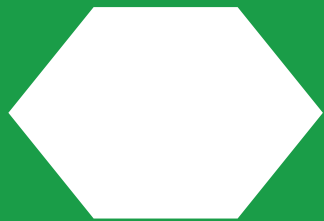
Steve Sosebee

President and Chief Executive, PCRF





What is Cycling4Gaza?



Cycling4Gaza is an 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 www.cycling4gaza.com to learn more.

Our mission is:

- To raise awareness of the ongoing 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.

We work to achieve this by organising annual cycling challenges that mobilise people in a collective effort to raise awareness and funds.



The background is a solid green color. In the top-left corner, there is a white square. A large white chevron points from the top-left towards the bottom-right. Another white chevron points from the top-right towards the bottom-left. These two chevrons intersect in the center. In the bottom-right area, there is a white hexagon.

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 \$150,000 (£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 \$230,000 (£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 \$360,000 (£220,000) for The 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 \$150,000 (£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.

2013 highlighted Cycling4Gaza's fifth cycle covering over 400km from Hamburg to Berlin. This was the largest cycle yet; with 39 riders successfully raising over \$250,000 (£150,000) for the REACH Gaza project, in partnership with the Palestinian Children's Relief Fund. The REACH Gaza

project aims to identify and treat every child in Gaza in need of medical care through supporting both local and international medical efforts.

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 www.cycling4gaza.com.

Turkey 2012



Why the US

At Cycling4Gaza, our main goals are to:

- Support the education and healthcare of vulnerable Palestinian communities
- Raise awareness of the ongoing blockade on Gaza and its consequences on Gaza's population

Each year, we plan our cycle with these aims at the forefront of our minds. In the past five years, we have taken on the UK and France, Italy, Jordan, Turkey and Germany. This year, we wanted to ensure that Cycling4Gaza would continue to grow as well as to tap into unchartered communities and territory.

The US is the prime place to do just this. Washington is the political capital of the world, and a place where big decisions are made. Through our US initiative, we hope to contribute even in the smallest way to raising awareness of the ongoing crisis that the population of Gaza is in, in a region where a different perception of what "Palestine" or "Gaza" mean is desperately needed.

We hope to make huge waves in the US and take this initiative to the next level. We can only do this with your participation, support and encouragement!

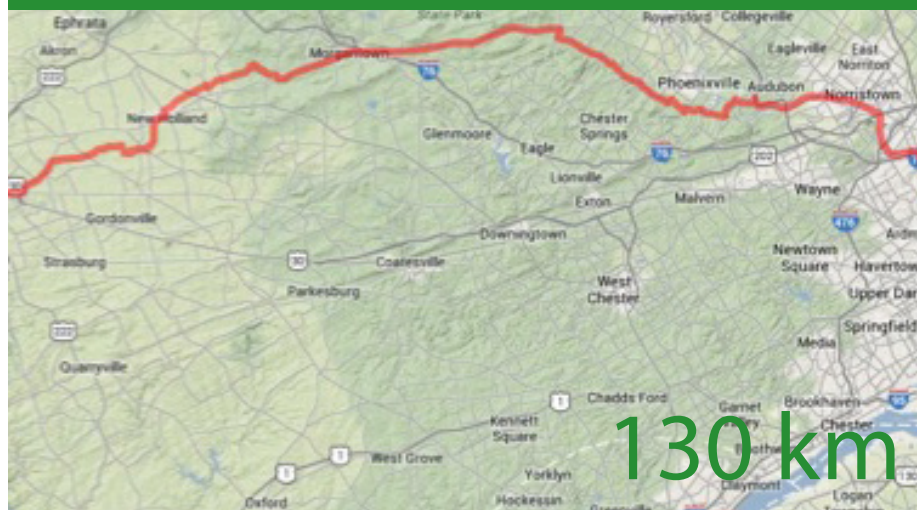
We are thrilled with the multinational cycling family we have created at C4G so far, and we look forward to keeping this family growing.



Stage

1

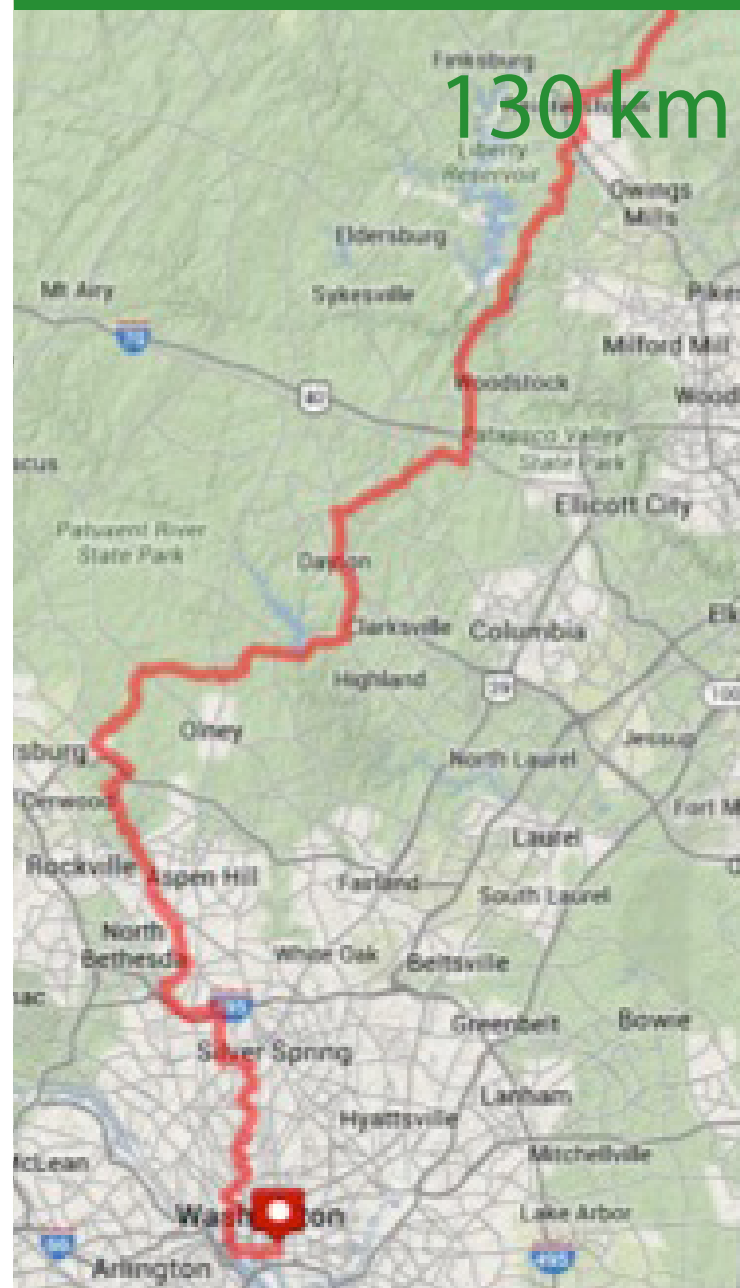
19 September / Philadelphia – Lancaster



Stage

3

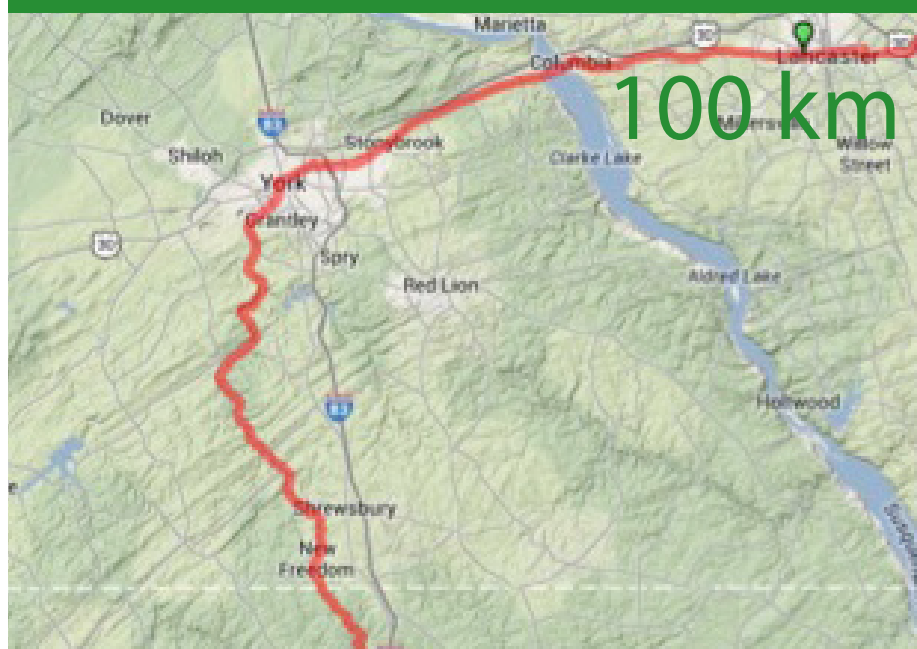
21 September / Cockeysville– Washington DC



Stage

2

20 September / Lancaster, PA – Cockeysville



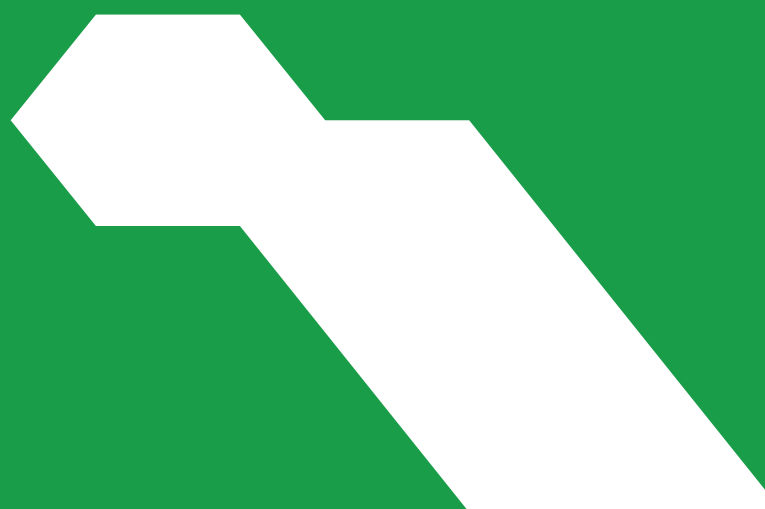
Routes may vary from the above images. Distances are approximate.



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 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.



REACH Gaza

2nd Year Running



Reaching
Every
Affected
Child in Gaza

PCRF 
Palestine Children's Relief Fund

REACH Gaza aims to improve and strengthen the currently underdeveloped healthcare 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 seven-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 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.


In 2013 \$250,000 (£150,000) was raised in support of the REACH Gaza project. 53% of these funds directly resulted in:

- The treatment of 630 children in Gaza.
- Through the work of 18 volunteer international medical teams.
- Caring for children in need of cardiac, orthopedic and general medical treatment.

The funds also allowed the development of the first medical database in Gaza with 496 child cases registered.

The remaining funds will be used to continue providing essential medical treatment to the children in Gaza, in addition to all the funds raised in 2014. With these two cycles we aim to support the REACH Gaza project up to the end of 2015; caring for over 1,000 children in Gaza.



The background is a solid green color. Overlaid on this are several white geometric shapes. At the top, there are two large, irregular white shapes that resemble stylized mountain peaks or jagged lines. Below these, there are several smaller white hexagons of varying sizes. One prominent hexagon is located in the lower right quadrant. Another smaller one is to its left, and a third is further left, partially obscured by the text. The overall effect is a modern, abstract design.

How can I join
Cycling4Gaza's
2014 Challenge?

To join our challenge, please return the below to cycling4gaza@gmail.com no later than July 23th 2014.

1. A completed registration form
2. A signed copy of the Conditions of Entry
3. Deposit of £200 (USD \$335) to PCRf as Proof of Registration Fee payment to secure your place on the cycle
4. Scanned copy of the details page of your passport

Registration form content:

A. Cyclist details:

1. Name _____
2. Address _____

3. Email _____
4. Telephone # _____
5. Passport # _____
6. Nationality of Passport _____
7. Weight/Height _____
8. T-shirt size _____

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.

B. Registration Fee and Fundraising:

A minimum fundraising commitment of £1,200 (USD \$2,015) per cyclist is required to join this challenge. This is split as follows:

	Amount	Deadline
Transfer Registration Fee Deposit	£200 (USD \$335)	23 July 2014
Transfer remaining registration fee and initial fundraised amount	£500 (USD \$840)	23 August 2014
Transfer balance of minimum fundraising target	£500 (USD \$840)	18 September 2014
Total Fundraised	£1,200(USD \$2,015)	

Your £1,200 (USD \$2,015) minimum fundraising commitment will go towards:

- £700 (USD \$1,172) support for PCRF's project
- £500 (USD \$840) to cover for cyclist participation: US Tour Operator costs and cover other 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 of £500 (USD \$840)

We encourage each participant to obtain one corporate sponsor which not only helps with fundraising but also to increase awareness of our initiative and the ongoing situation in Gaza. Please email Zara Hannoun on zhannoun@gmail.com for more information on the benefits of obtaining a corporate sponsor and the ready-made corporate sponsor packs and project information that may help you when approaching companies.

D. Accommodation

4 nights full-board accommodation in twin rooms in 3 and 4-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 the US. Expected premium: \$150 per night

E. Medical Requirement

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

Signed by:

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

Following registration, we will recommended arrival timings in Philadelphia to participants. You are responsible for booking your own flights and are encouraged to do so as early as possible. Please communicate your flight details to Cycling4Gaza at cycling4gaza@gmail.com

We will provide airport pick-up on 18 September 2014 from Philadelphia - the day before the cycle. You will be greeted by a Cycling4Gaza representative and transported to the hotel in Philadelphia.

Cyclists are responsible for purchasing travel insurance and for obtaining their visa for the US. To avoid disappointment, please verify your visa requirements as far in advance as possible.

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. Bike hire will cost an additional \$150 per cyclist for the 3 days.

(Tick if you require a bike)

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



Conditions
of Entry

1. For this challenge we require a deposit (part of the registration fee) of £200 (USD \$335) (non-refundable) which should be enclosed with your registration form, to be sent digitally to C4G by the 23rd July 2014:
cycling4gaza@gmail.com
2. By registering for this challenge you are pledging to raise the minimum sponsorship of £1,200 (USD \$2,015) 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 £1200 (USD \$2015) to join Cycling4Gaza 2014. This is to be raised using the following schedule:

	Amount	Deadline
Transfer Registration Fee Deposit	£200 (USD \$335)	23 July 2014
Transfer remaining registration fee and initial fundraised amount	£500 (USD \$840)	23 August 2014
Transfer balance of minimum fundraising target	£500 (USD \$840)	18 September 2014
Total Fundraised	£1,200 (USD\$2,015)	

4. If you cannot raise the £1,200 (USD \$2,015) 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 the United States of America, 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 the USA you will need to notify us in advance.
13. It is a requirement that your own bike is a road-worthy, 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.

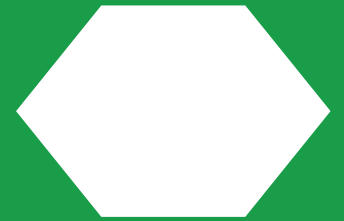
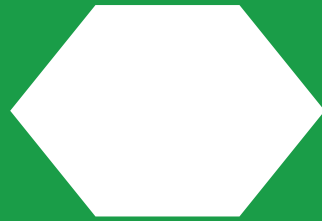
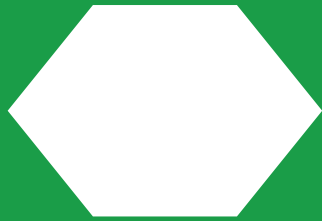
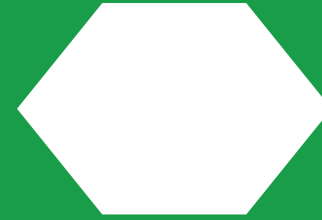
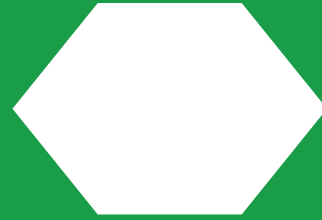
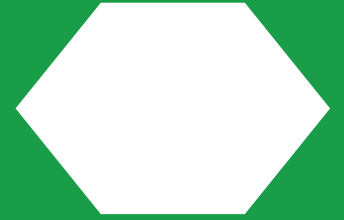
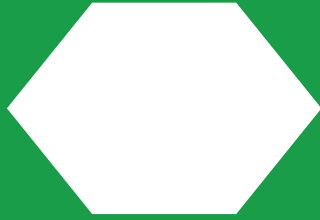
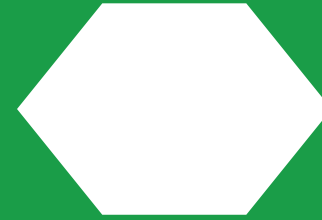
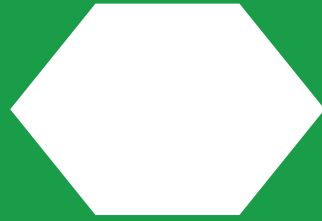
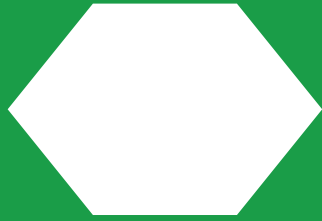
15. PCRF and/or Cycling4Gaza may, at their sole discretion, withdraw places on the challenge if it is believed to be in their best interest to do so.

16. You must not make any political statement or engage in any demonstrations during the challenge. As a charity both the PCRF and Cycling4Gaza have no political affiliations. PCRF and Cycling4Gaza both oppose all forms of violence and our sole focus is supporting the 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?

One of our key considerations when choosing a route is accessibility. We aim to balance the 'challenge' aspect with the objective of keeping the cycle open to all abilities. Therefore, you certainly don't have to be a professional cyclist to participate in Cycling4Gaza. Having said that, as a sporting challenge, it will require a big commitment to training, as it is certainly no cycle in the park! Each cyclist should condition their body to be in the saddle for extended periods of time. This sounds daunting, but upon registration, a huge support network will open up to each cyclist. C4G will provide training materials containing information, calendars and tips on training, and the committee is always available to help.

Some group training sessions in cities with adequate number of registrees are often arranged: typically in London, Dubai, and Riyadh (spinning classes and outdoor cycling). We will work on organising group training sessions in other cities if feasible.

Finally, it goes without saying that the strong sense of purpose and camaraderie with the other 40 cyclists will give that extra push when you most need it!

How many hours do we cycle per day?

We aim to limit your time on the saddle to 6 full hours a day, excluding water and meal breaks. This could mean early starts so as to ensure we arrive at our destination before dark each evening.

Is it safe to cycle in US?

Yes. We work very carefully to select a tour operator whose priorities are in line with ours, and safety is utmost among them. This route has been covered previously by cyclists and has been chosen based on extensive consultation with our Tour Operator in the US.

The Operator has also personally covered the route by car and on bicycle to ensure we are cycling the correct distance and terrain as safely as possible.

Is there a typical cyclist age group?

Cycling4Gaza always boasts an impressive range of cyclists each year, with our youngest rider being 16 and our oldest over 60. This makes for an interesting group dynamic and a wonderful experience across the board, from cycling to socialising. It should be noted that any participant who is under 18 will require an adult (18+) guardian to accompany them.

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

It costs \$840 (£500) to register which includes all the expenses for the 4 days including food, accommodation and transport etc., A deposit (part of the registration fee) of \$335 (£200) should be sent along with the required documents highlighted below to cycling4gaza@gmail.com by the 23rd July 2014 to confirm your place on the cycle. Please note that in addition to the \$840 (£500), the minimum fundraising amount is \$1,170 (£700) which goes directly to the PCRf's REACH Gaza project (making a total of \$2,015 (£1,200) to be submitted by the 18th of September 2014). The PCRf is as US registered, 01(c)3 tax-exempt, charity and all US donations are tax deductible - Tax ID:93-1057665.

How do I sign up?

You will need to fill in the relevant areas in this pack and provide the following documents for registration:

1. A completed registration form
2. A signed copy of the Conditions of Entry
3. A deposit of £ 200 (USD \$335) to PCRf as proof of Registration Fee payment to secure a place on the cycle
4. Scanned copy of the details page of your passport

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 does my registration fee cover, and what do I need to take care of?

Your registration fee will essentially cover the costs of the tour, namely:

- Hotels/ accommodation for four nights (first night arrival, three days' cycling)
- Food throughout the cycle (3 meals plus snacks and hydration)
- The tour and support staff
- Transport from the airport to the hotel upon arrival.

The things you will need to cover are as follows:

- Flights to and from our destination
- Rental of bikes (if necessary)
- Transport back to the airport after the cycle
- Travel insurance costs
- Visa costs (if necessary)
- Additional bike materials (as below)

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 are bringing your own bike, ensure you bring replacement inner tyre tubes in case of punctures

What if I don't own a bike?

No worries. Indicate that you would like a hire bike in the US 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 and must be paid for separately.

Does C4G arrange visas?

C4G does not personally arrange for cyclists' visas, but we facilitate the process by providing appropriate documentation required by the relevant authorities. We will also provide further details on the visa process for your respective nationalities upon registration.

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.

How does my bike travel back and forth to the US?

You must arrange to appropriately pack your bike and inquire about the sports luggage allowance with your airline. So far, all airlines have been accommodating to cyclists' needs, and we are happy

to provide packing tips.

Do you arrange our flights?

No. Flights logistics are the responsibility of each cyclist. However, we will provide cyclists with recommended flights to ensure that everyone arrives at similar and respectable hours. We will also track your booking and ask for details prior to the cycle.

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 D of the Registration Form. If you do not assign a name, we will work on matching cyclists of similar profile together (gender, age, etc...).

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

Fundraising can seem daunting but with time, it becomes a passion as well as a skill. Every year, the Cycling4Gaza team is comprised of first-timers who have joined because of their passion for the cause and have done great (both on fundraising and cycling fronts). We will support all cyclists with fundraising tips post registration. These include:

- The provision of materials such as posters and corporate presentations.
- Country-group allocations to encourage groups to fundraise together.
- Suggestions on fundraising events and techniques.

How can people make donations?

Cyclists are required to create an online donation page (instructions to be sent upon registration). We encourage donations online as your donation pages are linked and therefore funds raised can easily be tracked. Of course, cash donations can be accepted, as well as bank transfers and cheques (details on the registration pack).

Where do the donations go?

Cycling4Gaza operates on a volunteer basis. Therefore, each year, 100% of the funds raised go towards healthcare and educational projects in Gaza. Our charity partner, the PCRF, focuses on healthcare projects for children in the Gaza strip and specifics of this year's projects will be announced upon confirmation. Following the cycle, the PCRF provides detailed reports on the progress of the projects C4G has contributed to, and we can provide this to cyclists to circulate amongst their network and their donors.

Who is responsible for the logistics?

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

What if I do not make the minimum fundraising amount?

Upon registration, we will provide you a timeline with certain fundraising deadlines for incremental donation amounts. This aims to keep you on track and mitigate the risk of not making the minimum fundraising amount. There is also lee-way for further fundraising to reach the minimum amount after the cycle.

In the event that you have not made the pre-cycle fundraising deadline, then we encourage the cyclist to continue to raise the funds after the cycle is completed, or to provide additional non-financial contributions.

What happens if I cannot make the cycle?

Most of the cycle costs are paid as a group lump sum to our tour operator and respective stakeholders (hotels, food providers, bike rentals) prior to the cycle taking place as we are a big group. This means that should you not be able to make the cycle, you will not be able to recoup the amount required to cover your share of the above expenses unless

I. You manage to find a replacement participant who will shoulder the expense burden on your behalf (\$840 (£500) registration fee) and who is also able to meet the minimum fundraising amount according to our deadlines or

II. We have adequate time to get a waitlisted cyclist registered, on track with our minimum fundraising amounts and with no foreseeable hurdles (visa processing time, 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 cycling4gaza@gmail.com

To learn more about the initiative, visit www.cycling4gaza.com

Facebook: www.facebook.com/cycling4gaza

Twitter and Instagram: [@cycling4gaza](https://www.instagram.com/cycling4gaza)

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

