

2–5 September 2010

OrchidCycle London to Paris

3 Days, 250 Miles and 2 Capital Cities all for Male Cancer

Dear Enquirer

Thank you for enquiring about our OrchidCycle London to Paris event in 2010. Please find enclosed further information about the ride including the full itinerary and application/medical form.

Cycling from London to Paris in 3 days is no mean feat but we can guarantee that it will be an incredible and worthwhile experience. You'll be in the saddle for three long days but you'll be passing through beautiful countryside in the company of a group of like-minded people all with the same goal – to complete the challenge and raise funds for Orchid. On arrival in Paris you'll have a chance to explore this beautiful city whilst celebrating your impressive achievement.

It is important to read through all the enclosed information before signing up for this event. We have tried to answer some of the questions you may have about the event in the following notes, but if you have any queries then please don't hesitate to get in touch.

We're asking all of our riders to pay a non-refundable entry fee of £100 and raise a suggested minimum sponsorship of £1,200. Just over half of the minimum sponsorship (£700) must be paid in ten weeks before departure (24 June 2010) to cover the costs of the event. The remainder will go directly to Orchid to help fund our important work fighting male cancer and should be paid in before departure. Whilst this may seem a daunting task, we'll support you every step of the way to help you reach and hopefully exceed your fundraising target but if you have any questions at all then please don't hesitate to contact us.

We really hope you decide to join us on OrchidCycle London to Paris in 2010 for this truly life-enhancing experience and look forward to hearing from you very soon.

With very best wishes,

Events Team

Orchid Events Team
020 7601 8259
events@orchid-cancer.org.uk

ORCHID
St Bartholomew's
Hospital, London,
EC1A 7BE

T: 020 7601 8259
F: 020 7600 1155

E: events@orchid-
cancer.org.uk
W: www.orchid-
cancer.org.uk

Registered
in England with
the Charity
Commission
No. 1080540.
Company No.
3963360

Member of
the Fundraising
Standards Board



Information

Further information on the fundraising with tips and ideas

Orchid are asking all of our cyclists to pay a non-refundable entry fee of £100 and raise a suggested minimum sponsorship of £1,200. £700 of this must be paid in to Orchid ten weeks before departure (24 June 2010) to cover the costs of the event. The remainder will go directly to Orchid to fund our important work fighting male cancer and should be paid in before we depart on the ride.

On receipt of your application form and entry fee we will send you a detailed event pack with fundraising ideas and advice for raising the money. Our events team will also be on hand to provide support in every aspect of your fundraising to help you reach and hopefully exceed your target. Although raising £1,200 may seem a daunting task, it is possible to reach your target with a bit of planning, creativity and of course hard-work!

One of the simplest ways to fundraise is to ask your friends, family and colleagues to sponsor you for the challenge ahead. We will provide you with sponsor forms that takes gift aid into account and you can also set up an online fundraising page with our online fundraising partner www.bmycharity.com/orchid

We also recommend organising some events so that your friends and family get something back for their donation. Ideas include pub quizzes, dinner parties, curry nights, barbecues, race nights, pamper evenings, sponsored spinathons/aerobathons etc. Use all your contacts at your local pub, gym, sports club etc. to see whether they can help you.

- Always ask for payment up front. Chasing sponsorship can be time-consuming and often difficult to collect.
- Make the most of Gift Aid – Orchid can claim 28% extra on all donations from UK taxpayers.
- Put a large donation on the top line of your sponsor form to encourage others to follow suit!
- Set up an online fundraising page at www.bmycharity.com/orchid where you can ask all your friends and family to sponsor you online.
- Fundraise around what you enjoy doing in your spare time – if you go down the gym regularly then think of a fundraising event you can hold there, or if you have a good local pub, consider holding a quiz or race night there.

- Think of as many different ideas as possible and then if some of your ideas don't work, you'll have plenty more to fall back on.
- Check with your company whether they have a matched-giving policy – and if they don't, find out if they would be willing to sponsor you.
- Make sure you tell everyone you know about what you are doing and try to get some coverage in your local paper or radio.

Here are just a few ideas to get you to the £1,200

Ask twenty work colleagues for £5	£100
Ask ten friends for a £20 donation	£200
Gift Aid on the above	£84.60
Car boot sale	£150
Non school uniform day at local school	£200
Raffle/sweepstake at local pub	£100
Ask ten business suppliers / clients for £30	£300
Collection at supermarket	£100
Total	£1,200+

Tall Stories frequently asked questions

1. Do I need my own bike?

Yes. You will need to bring your own bike on the trip. If it is a mountain bike or hybrid we recommend slick tyres are put on it. We will arrange for all bikes to be transported back to St Pancras Station (for collection on arrival off the Eurostar). Locks and panniers are not necessary as the bikes will be securely stored over night and the luggage vehicle will take the bags.

2. What is the route like?

The route will predominately cover small country roads in England and France. The exceptions, which are minimal, are where there are no alternatives.

3. How fit do I need to be?

You should have a basic level of fitness, which will allow you to be cycling about 6–8 hours each day over 3 days. Please read the itinerary carefully to make sure you know what it entails. There is a Training Programme available for you to follow. There will be stops for lunch, drinks, photographs, etc.

4. What if I am not fit enough to keep up?

We will split people up into smaller groups of similar fitness levels so that everyone is cycling with a group of a similar standard. There will therefore be faster and slower groups. There will be qualified guides and the Tall Stories organiser who will be able to take care of you and encourage you to get to your next destination, or vans available should you really need.

5. What equipment will I need?

You will need to bring your own on-road bike (or hybrid or mountain bike with slick tyres), helmet (compulsory), 2 bottle cages with 2 bottles and a comfortable back pack with wide, cushioned, shoulder straps and a waist strap to put all your gear in that you may want to carry each day and a separate holdall or backpack for your luggage to be separately transported. You will also need a light waterproof/windproof top. We will provide a thorough kit list on signing up.

6. What will I need to carry each day?

Each day you will need to carry your sunscreen, water, camera, a light top/waterproof, money, etc. Your other luggage will be transported separately to your evening's hotel. Your lunches and refreshment stops will be provided at fixed points.

7. What is the accommodation like?

Each night will be spent in very comfortable 2–3 star hotels. The rooms will be twins and occasionally triples or quads. Doubles and singles can be requested. If you are travelling on your own, we will pair you up with a person of a similar age and the same sex. You may like to take ear-plugs to counteract the affect of snorers!

8. What are the other participants like?

We are looking to recruit a team of around 40–50 cyclists who will cover a whole range of different ages and backgrounds. All will be united by a common cause; they are like minded people who have chosen to give up their personal time to fundraise, train and to go on a unique event which will benefit others whilst having some fun at the same time.

9. What will the weather be like?

You should have warm days and slightly cooler evenings. There is of course a chance of rain. Temperatures can range from early 20°C to 30°C.

10. Can you cater for disabilities?

If you have a note from your doctor that states you are fit and able to do this event, then we will welcome you on the event.

11. Who will be looking after me on the event?

To give you the safety levels you deserve, we always operate a policy of having one guide looking after 10 participants all of a similar standard. The guides on the event are all English speaking, with extensive years experience of bike mechanics and guiding. There will be at least one first aid qualified, Tall Stories organiser. All Tall Stories events are accompanied by a medic.

12. Can I extend my stay?

Yes, but if you decide to extend your stay you will forfeit your return journey on the Eurostar and will have to purchase another ticket at your own expense. Tall Stories unfortunately cannot help you with accommodation for your extension. If you are extending your trip, please advise us of this.

13. What are your top tips for this trip?

There is no replacement for training and spending time in the saddle. The more you train the more you will enjoy the trip. Do your body a favour by building up to distances, which will increase your stamina and muscle strength. If you are going to spend money on clothing buy a technical breathable waterproof jacket that will last you for years.

14. What is included in the price?

3 nights accommodation, full board from morning snack the day you start to breakfast the day you leave, snacks and refreshments along the way, ferry from Portsmouth to Caen, Eurostar from Paris to London St Pancras, guides, Tall Stories events organiser, free day at leisure in Paris, support vehicles, medic, celebration at the finish and celebratory evening meal.

15. What is not included?

Travel and bike insurance. Travel to the start and end of the ride, day 1 breakfast, day 4 lunch and evening meal, drinks with evening meals and personal spending money are not included.

16. Information Day

We will have an information day in London approximately three months before departure. This will be a great chance to meet your fellow cyclists, learn more about Orchid, meet our events team and of course find out more information about the ride.

17. What about Passports and Visas?

A valid 10 year passport is required for all nationalities to enter France and re-enter the UK. The passport expiry date must be 6 months later than the event finish date. There is no visa requirement for UK citizens. If participants hold a non-British passport, please consult the French Consulate for advice.

There will be more information on the event provided in the event pack but again please don't hesitate to contact us if you have any more questions. We hope you decide to sign up for this event and look forward to receiving your forms. Remember places are on a first come first serve basis!