

CYCLE. COMMEMORATE. CELEBRATE.

The Ride of Remembrance is to commemorate the 70th anniversary of World War Two – an epic cycle challenge from Brussels to Paris, passing through some of the towns and landmarks associated with the War.

You and the team will cycle 320 miles and climb over 15,700ft taking in fantastic scenery and picturesque towns along the way. The group will pass through Huy, La Roche en Ardenne, Durbuy, Sedan, Novion-Porcien and Soissons; all notable for their involvement in the War, ending your epic challenge under the Eiffel Tower in Paris.

It will be a physical challenge, but one with superb camaraderie and there will be the opportunity to sample local delicacies on an evening.

You will be fully supported by our professional, experienced team to ensure you enjoy the occasion and arrive safely with a great sense of pride and achievement.

The event is organised by and raises funds for Foundation of Light, in partnership with Forward Assist – a veteran support charity based in the North East.

For further details contact Cherie Lauder on 0191 551 5153 or email cherie.lauder@safc.com



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“I have cycled the previous two Foundation challenges, Dublin to Sunderland and the Italian Challenge; and both have been fantastic, a great challenge, but also lots of fun and some excellent memories. I can't wait for the Ride of Remembrance.”

Marco Gabbiadini
Former SAFC striker and Italian Cycle Challenge Team Member 2014

FOUNDATION OF LIGHT

Established in November 2001, Foundation of Light is the registered charity of Sunderland Association Football Club. One of the biggest and most developed Football Club Foundations in the Premier League, Foundation of Light uses the enthusiasm young people and their families in the North East have for football to engage them in learning and sports activity that improve skills, motivation, attainment and independence.

A portfolio of more than 40 programmes address local challenges in the areas of: Education; Health and wellbeing; Sport and Play; and the Work of Work.

Structurally and financially independent of the football club, Foundation of Light relies on fundraising for 90% of project costs.

If you'd like to get involved contact us on 0191 551 5191 or visit foundationoflight.co.uk
@SAFCFoL Like 'Foundation of Light Opportunities'



FORWARD ASSIST

Forward Assist Veteran Support Charity provides advice, information and guidance; life-changing projects; and opportunities to former servicemen and women who are experiencing difficulties in adjusting to a new life as a civilian.

Forward Assist and Foundation of Light are working together to provide opportunities specifically tailored to veterans' needs.

If you'd like to know more visit www.forward-assist.com



30th June - 5th July 2015

EVENT INFORMATION EVENING
Tuesday 2nd December
5.30 – 6.30pm
at the Stadium of Light

RIDE OF REMEMBRANCE

OVER 320 MILES, FOUR DAYS
FROM BRUSSELS TO PARIS
COMMEMORATING THE
70TH ANNIVERSARY
OF WORLD WAR TWO



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CYCLEWORLD

FORWARD ASSIST
VETERAN SUPPORT CHARITY

ALL YOU NEED TO KNOW

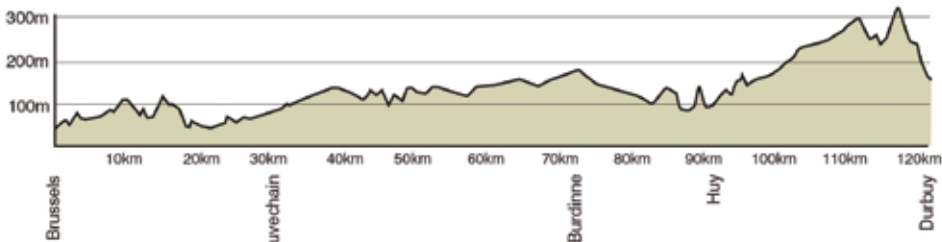


CHALLENGE ITINERARY

JUNE - JULY

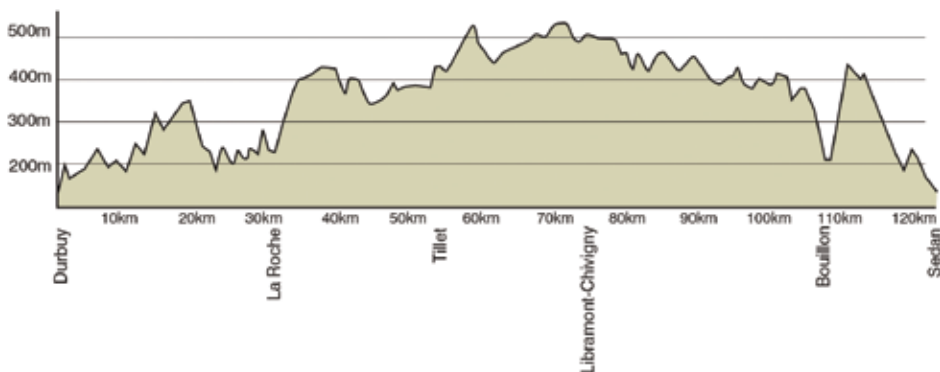
June 30th 5.05pm flight from Newcastle to Brussels

July 1st Brussels to Durbuy Distance: 75m Ascent: 3,900ft



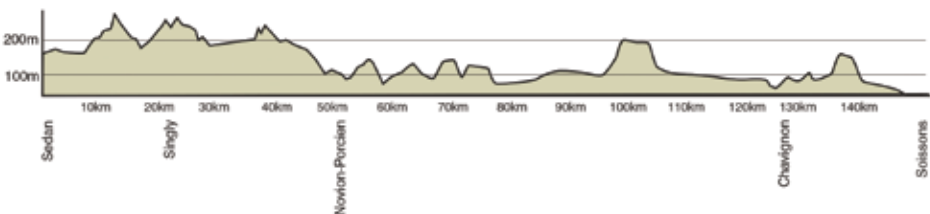
The ride starts predominantly flat as we negotiate small villages and farmland, heading to the Ardennes. We cross the River Meuse at Huy and it is now time to work harder on a long gradual climb to Durbuy - a town of cobbled streets, timber houses and plenty of bars and restaurants congregated around the central square

July 2nd Durbuy to Sedan Distance: 76m Ascent: 5,900ft



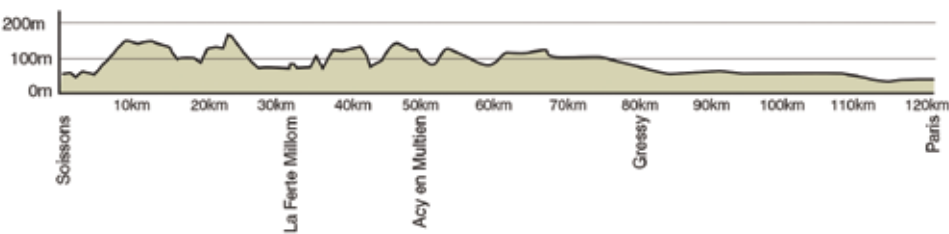
In the heart of the Ardennes, the rugged wilderness offers a stark contrast to day one. The route drops into the pretty town of La Roche en Ardenne which was liberated by British and Allied troops in the Battle of the Bulge. There is a tough climb to Bouillon before climbing over 200m out of Belgium on the 'old route to France' on our way to Sedan. The Germans crossed the Meuse River at Sedan in May 1940, a move that precipitated the fall of France.

July 3rd Sedan to Soissons Distance: 94m Ascent: 3,800ft



The challenge this day is distance! 94 miles of cycling on extremely quiet, gently undulating and pretty roads. We pass Novion-Porcien with its impressive war museum, small villages, and an expanse of open countryside, through the woods and on to Soissons.

July 4th Soissons to Paris Distance: 75m Ascent: 2,100ft



The country roads and charming villages offer perfect cycling county. On the outskirts of Paris we avoid traffic by joining a cycle path following the Canal l'Ourcq. Then it's into the hustle and bustle as we head towards the Seine, past the Notre Dame and to our final destination, the Eiffel Tower.

The evening is celebrated with a special Gala Dinner

July 5th Flight from Paris to Newcastle



The Italian Cycle Challenge 2014

"This is the fourth year we have supported the event and entered as a team of staff. It's a great way to spend some quality time with colleagues, enjoy a superb few days of challenging cycling and support a very worthy charity at the same time."

Gavin Stark - Group CEO of Grafton Group, headline sponsor and Italian Cycle Challenge Team Member 2013

WHATS INCLUDED?

- Flights and transfers
- Luggage transport from Sunderland to Belgium and back, and throughout the event
- Bike transport from Sunderland to Belgium and back
- Nightly accommodation
- Daily breakfast, lunch, dinner, fluids, snacks, fruit and energy products
- Full support team and vehicles
- Trip literature
- Bike mechanics and ride guides

WHATS NOT INCLUDED?

- Drinks and snacks from cafés and restaurants
- Major cycle repairs over and above inner tube replacement
- Bike Hire

WHAT TYPE OF BIKE?

You will need a roadbike. We can give you advice on size, fitting etc

QUESTIONS AND ANSWERS

Whats the terrain like?

Each of the days are different. There are some tough climbs along the route, but the cycling is mostly on quiet roads through picturesque scenery. Please check the day profiles in the 'Challenge Itinerary'.

What kind of support is offered?

The Challenge is fully supported, offering an arrowed route with support vehicles, catering and luggage transfer. Bike mechanics and bike guides make up the full team of professional support.

How fit do I need to be?

Due to the level of riding we do encourage each participant to come with a good level of physical fitness. We always recommend that participants consult with their doctor before coming on an event if there are any concerns. Full training advice and expectations will be given throughout the build up to the event.

How big is the group?

Up to 60 riders

Sharing a room?

If you are undertaking the challenge alone, you will be paired with a roommate of the same gender. We can offer a single supplement option to those participants travelling solo who would like to guarantee their own private room.

Do I need to take my bike and luggage on the plane with me?

No, all bikes and large luggage will be collected from the Stadium of Light BEFORE THE EVENT and transported by van to the start. Bikes and luggage will also travel back to Sunderland in the same way after the event.

How much does it cost?

The cost for the challenge is £1500. A deposit of £250 is payable on registration, and a fundraising pledge of £1,250 by June 1st 2015. 80% of the pledge should be in place by May 1st 2015, and 100% in place by June 1st 2015. The fundraising pledge can be raised by sponsorship or payment by the participant directly.



JULY WEATHER REPORT

Brussels	
Average temperature	18°C
High temperature	22°C
Low temperature	13°C
Hours of sunshine (daily)	6
Rainfall (av monthly)	70mm
Paris	
Average temperature	20°C
High temperature	25°C
Low temperature	15°C
Hours of sunshine (daily)	10
Rainfall (av monthly)	22m

RESERVE YOUR PLACE NOW

Places can be reserved by calling 0191 551 5153 or by contacting cherie.lauder@safc.com. Deposits of £250 can then be charged to credit or debit cards. Payment is also acceptable by cheque or cash.

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Cycleworlds



FOUNDATION OF LIGHT

THE WORLD AT YOUR FEET

foundationoflight.co.uk



FORWARD ASSIST

FORCES - VETERAN - CITIZEN

www.forward-assist.com