

# ESCAPE TO AFRICA NEWS

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CANCER SUPPORT

## Escape to Africa Cycling Challenge

20-31 October 2012

## Welcome to the wild

Congratulations! You have signed up to Macmillan's most adventurous challenge ever: Escape to Africa. This brand-new challenge will test your endurance, perseverance and spirit as you cycle from Nairobi in Kenya to the Ngorongoro Crater in Tanzania taking in spectacular sights along the way. And the Macmillan cycling team will be with you from now until the event and beyond to support you with training information, fundraising advice and answers to any questions as you prepare for your Escape.



Left: inside the Ngorongoro Crater with the inhabitants

## Meet the team

In the run up to the challenge, you will be looked after by Tris Jones (Cycling Events Coordinator) and Lauren Jordan (Cycling Events Assistant). Between us, we have participated in various UK and overseas cycling challenges so we know what you can expect. Both keen cyclists, we'll be on hand to offer a range of advice and if we don't know the answer, then we'll find it out from the experts at Discover Adventure (the tour operator) or CycleSurgery, official partner of Team Macmillan cycling.

We'll be sending you regular updates over the coming months, but you can get in touch with us at any point. Here are the details:

**Tel:** 020 7840 7875    **E-mail:** [cycling@macmillan.org.uk](mailto:cycling@macmillan.org.uk)

And naturally, you can find us on **facebook** if you want to meet fellow challenge participants from our range of events: [www.facebook.com/macmillanbikingevents](http://www.facebook.com/macmillanbikingevents)

Macmillan Cancer Support, 89 Albert Embankment, London, SE1 7UQ  
Tel 020 7840 7875, [www.macmillan.org.uk/biking](http://www.macmillan.org.uk/biking)  
Questions about living with cancer? Call free on 0808 808 00 00 or visit [macmillan.org.uk](http://macmillan.org.uk)

 **CycleSurgery**  
supporting Team Macmillan

## What's it all for?

Taking part in a Macmillan challenge is no easy ride. You'll be required to put in many hours of training and fundraising in the coming months, but the reward of taking part in and completing the challenge will make it all worthwhile.

More importantly, the money you raise during the next few months will enable Macmillan Cancer Support to provide immediate practical and emotional support for people living with cancer.

We are a source of support, helping with all the things that people affected by cancer want and need. We provide practical, emotional and financial support, and we are a force for change, campaigning for better cancer care.

For more information on the impact of your fundraising, take a look at page three of the fundraising guide. You may just be surprised at how much a difference you are about to make.

## Fundraising

We appreciate that £3,750 is a lot of money to raise and the target may seem daunting at times. We hope that the fundraising guide in this pack will give you some ideas and get you started.

We've also included some forms to order fundraising materials and collection tins for you to use at your events. Please allow plenty of time for these to be issued.

### Online giving

Sites such as JustGiving and Virgin Money Giving are an easy way to share your fundraising as wide as possible and the donations are automatically imported against your Macmillan fundraising account. Check out the fundraising guide for further information.

### Matched giving

Some employers will match pound for pound any fundraising you do. This can give you a real boost, but to ensure we are able to add it against your record, please let us know in advance if you are doing matched giving – it can sometimes be tricky to track down!

### Sending in your sponsorship

There are full details of this on the penultimate page of the fundraising guide, but if you have queries, just get in touch and we'll be happy to resolve them.



Left from top to bottom:  
Taking a break from the tarmac  
Traditional Maasai bracelets

## The challenge

For many of you, this will be the first time you have ever done a

Macmillan challenge so here's a little further information on what to expect.

### Discover Adventure

Throughout the challenge, you will hear us referring to Discover Adventure (DA). They are our challenge operators and we have been working with them since 1997. 70 trips down the line, DA have consistently delivered safe and enjoyable trips so you will be in very good hands.



### The Escape itself

Cycling across Kenya and Tanzania will be a fantastic experience with stunning scenery and exotic wildlife.



While cycling, the group will be accompanied by at least three support vehicles – one at the front, one at the back and one roaming – and a number of DA leaders. This

ensures that all members of the group can be monitored and any problems dealt with as quickly as possible.

The support vehicles will be carrying some snacks and water, as well as all the bike spares. However, it is recommended that you bring a basic bike tool and puncture repair kit and spare inner tube with you.

DA will station water stops every 25-30km along the route and there will also be the opportunity to fill up with water at the lunch stop. Distances vary from 75-100km per day, so each day promises to be long and challenging. Our route is mainly undulating on a mixture of metalled- and off-road. Traffic will be mainly light.

### Flights

Full details of the flights will be supplied in later newsletters.

If you wish to extend your stay, this can be arranged by completing the flight extension form with this pack and returning it to DA. Please note that there will be an administration fee for this service and the form must be received by DA at least three months before the trip leaves. Extending your flight may mean that you do not fly out with the main group and therefore your arrival time may differ.

### Luggage and kit

During the challenge, luggage, water, tents and other equipment will be carried in support vehicles. You will only need to carry with you items needed whilst cycling (e.g. sun cream, waterproof, water).

Far left from top to bottom:

Off the beaten track in Tanzania

A gazelle keeps a wary eye on the cyclists

Please ensure you only bring soft kit-bags or holdalls for the challenge as space in the support vehicles is limited. You will also be restricted to a maximum of 20kg for the airline weight limit.

We've included a kit-list with this pack to give you a guide of what to pack and if you need some new cycling gear, read on for details of our discount with CycleSurgery.

### **What's the camping like?**

In a word: basic. In two: very basic.

We will be rough or wild camping. This makes the challenge more exciting, but be aware we will not be staying at official campsites. The ground will be rough, there will be wildlife nearby and you will be responsible for erecting and collapsing your tent (you will receive training in this).

The group will sleep in two-man, single sex tents which will be provided by DA.

### **Toilet and washing Facilities**

Whilst there will sometimes be the opportunity to wash in rivers, water will be limited, and what we do have will be primarily for drinking. You will need to take both wet wipes and anti-bacterial hand wash which does not require water for washing.

When in camp we will arrange our own toilet facilities: a hole in the ground, with a wind breaker for privacy. During the day it is just a case of finding a quiet spot.

### **How fit should I be?**

Whether you're an experienced cyclist or a novice, you will enjoy the challenge a lot more if you put in the

training. October 2012 may seem a way off, but it's never too early to start training.

We have enclosed a bespoke training guide for this challenge, which is an ideal start to base your training on. If you have any questions then please let us know.

## **CycleSurgery**

We want to make sure you're ready for your challenge and to help, we've partnered with CycleSurgery to offer you improved training advice, kit information as well as a 10% in-store discount (for more information, get in touch with us).



In the future, we will be doing exclusive Team Macmillan open evenings for your chance to discuss everything from training to equipment. There will also be suggested training routes and guides on cycling technique and fitness so watch this space for more to come!

## **Good luck**

And so begins your long journey to the Ngorongoro Crater. We'll be here throughout it to help you prepare for your Escape to Africa. Do keep us up to date with how your fundraising and training is going – we're here to help out.

Fundraising is an essential part of the challenge, but it should be fun as well so enjoy it!

Good luck!

Tris and Lauren

**The Macmillan cycling team**