

ESCAPE TO AFRICA NEWS

WE ARE
MACMILLAN.
CANCER SUPPORT

Escape to Africa cycling challenge

20-31 October 2012

Jambo Team!

Firstly, welcome to the challenge of your life. Welcome to the most adventurous cycling challenge Macmillan has undertaken and welcome to the start of your journey to the interior of the Ngorongoro Crater next October. It's going to be an exciting ride!



Left: the finish line of the Ngorongoro Crater

If you are new to Macmillan challenges, then don't worry as the Macmillan cycling team will be here to help you out along the way. With any challenge of this scale, there will always be a few deadlines so keep an eye on these newsletters for reminders.

If you have any questions, problems or queries about any aspect of the challenge, just get in touch with Lauren and Tris (the cycling events team) at: cycling@macmillan.org.uk or **020 7840 7875** (Mon-Thurs 9-5, Fri 9-4.30).

The story so far

With twelve months still to go, we already have a full team for The Escape. You'll be cycling the dusty tracks with 70 other intrepid road warriors.

If you would like to meet fellow Team Macmillan bikers for the Escape and our other cycling events, you can find us online by pointing your web browser at bit.ly/africachat or by visiting facebook.com/macmillanbikingevents.

Top tip:

In our newsletters, you'll often see us directing you online to a *bit.ly* link. This is a shortened version of a long link that saves you having to type out a line of random letters.

To use these, type the whole bit link as shown into your browser excluding the 'www.'.

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

Fundraising

Escape to Africa will be an incredible challenge and we think you're fantastic for not only putting yourself up for it, but also committing to raise £3,750 for Macmillan. In fact, the Africa team has raised nearly £40,000 so far – well done!

With a year to go to the challenge, you will find it less stressful later on if you focus on your fundraising now. The July fundraising deadline (for £1,350) may seem a way off, but it will come round sooner than you think. So here are some hints to help you drum up support:

- Have a look in our *Little Green Book of Fundraising Ideas* which you can download at bit.ly/littlegreenbook
- Don't let your digital efforts stop at creating an online sponsorship page – why not set up a blog so your sponsors can keep track of what you're doing? Blogging sites such as *twitter.com* are ideal for this, or specialist sites such as *realbuzz.com*, for example.
- Make the most of your neighbourhood. Head down to your local supermarket to make a collection or pack shoppers' bags for a small fee. Get in touch with us if you'd like more info on how to set this up.
- Does your company support matched giving? If so, this is a great way of increasing your fund. Don't forget to let us know about it though!

Training

It's never too early to start training and the fitter you are, the more you will enjoy the challenge. Seeing as summer never really showed up and autumn is upon us, it's going to be harder dragging yourself on to your bike. Try to keep up some riding as the winter months pass to get your body ready for spring and summer training. Try fitting it in to your everyday life – cycle to work or go for a ride with friends and family at the weekend.

You have the training schedule that was available in your pack, but if you need some inspiration, read on for details of how to get in touch with your fellow team members.



Top tip:

Lost all your forms? Download them from our online resource page at bit.ly/africabits

Left: The Escape will include a mixture of on- and off-road cycling. Be prepared!

Meet your team

Enclosed with this newsletter is a list of contact details you allowed us to share with your team members. Please use these to get in touch with

your fellow cyclists and swap training and fundraising tips, or amusing tales.

In Spring 2012, we will also be holding a briefing meeting for this challenge in London so you can find out from DA what to expect in Africa. We'll let you know dates in the next newsletter.

Kit and training

With this newsletter we have included an updated kit list from DA and also a factsheet on Kenya and Tanzania we hope you will find informative.

If you need to stock up on kit, we've also attached a discount card for use in-store at any branch of CycleSurgery, our wonderful cycling partner. This gives you a 15% discount on non-sale items and if you need another at any time, just let us know!

Insurance

It is a condition of your participation that you have adequate insurance for the trip that covers you for the activities you will be undertaking.

DA can provide specific comprehensive insurance cover for the duration of your challenge for £70.77. If you wish to extend your stay, you can simply extend your cover through DA once your change has been confirmed by the airline.

If you have your own insurance policy already, it is your responsibility to ensure that it provides adequate cover for the trip (including repatriation). We will need

to see proof of your policy so please send a copy of the cover letter to DA.

All insurance details must be sent to DA by 17 August 2012. Forms were enclosed in your fundraising pack so please make sure that you return the relevant one ASAP. Just let us know if you need another copy.

Without adequate insurance cover, you will not be allowed to take part in the challenge.

Medical forms

If you have already returned your medical form, thank you! If you haven't, please do so as soon as possible. It is a prerequisite of this challenge that your medical form is with us by **20 July 2012**. Without this form, you will not be allowed to attend the challenge.

Let us know of all medical conditions and please be aware that **failure to mention an existing condition could invalidate your insurance.**

The following vaccinations are recommended and available at your GP or travel clinic: tetanus (essential), hepatitis A, typhoid and polio (recommended). However, medical advice can change so it is essential that you consult your GP about any vaccinations. Please book in for your vaccinations as soon as possible as some jabs may have to be given over a course of weeks and then take further time to become effective.

Top tip:

Getting your medical and insurance forms completed now means two fewer things to worry about. It would make our lives easier as well as we will be chasing!

But if you want to get us one thing for Christmas this year, then sending your forms in before December would be perfect (or a bottle of Pinot Grigio!).

Extending your stay

After some hard graft in the saddle, you may wish to stay on in Africa for some R&R! If so, please complete the extension form and **return it along with your payment to Discover Adventure**. Changes to flights are subject to a £55 admin fee and must be finalised by 20 July 2012 at the **very latest**. For more information, please contact DA directly on 01722 718444.

Cancellations

We appreciate there are times when you don't know what's around the corner and you may have to withdraw from the challenge. If this situation arises, then please let us know as soon as possible as if it's close to the event, Macmillan will still get charged for your place.

If it's far enough in advance for us not to get charged, we will be happy to swap you over to the second challenge (2-13 February 2013) or use your deposit for any of our other events.



Cycle jerseys

We have some fantastic Team Macmillan cycling jerseys available for just £30 each. Made from wicking material with three, easy-access pockets at the back, these are perfect for training and for the

challenge. Available from S to XXL, you can order them by just getting in touch with us. Payment is accepted by cheque or card (over the phone).

Bye for now!

And finally, many thanks again for joining Team Macmillan for this incredible challenge. We know there is a lot of information and deadlines in this newsletter that we will chase you for, but trust us, it will be more than worth it when you're on the plane to Kenya.

Thank you

Tris & Lauren
The Macmillan cycling team

cycling@macmillan.org.uk
020 7840 7875

PS Don't forget you can download all the forms you need from bit.ly/africabits

Left: our Team Macmillan cycling jerseys are fab!