

# I N F O R M A T I O N P A C K



Charity No: 1128341

Charity No: 506120

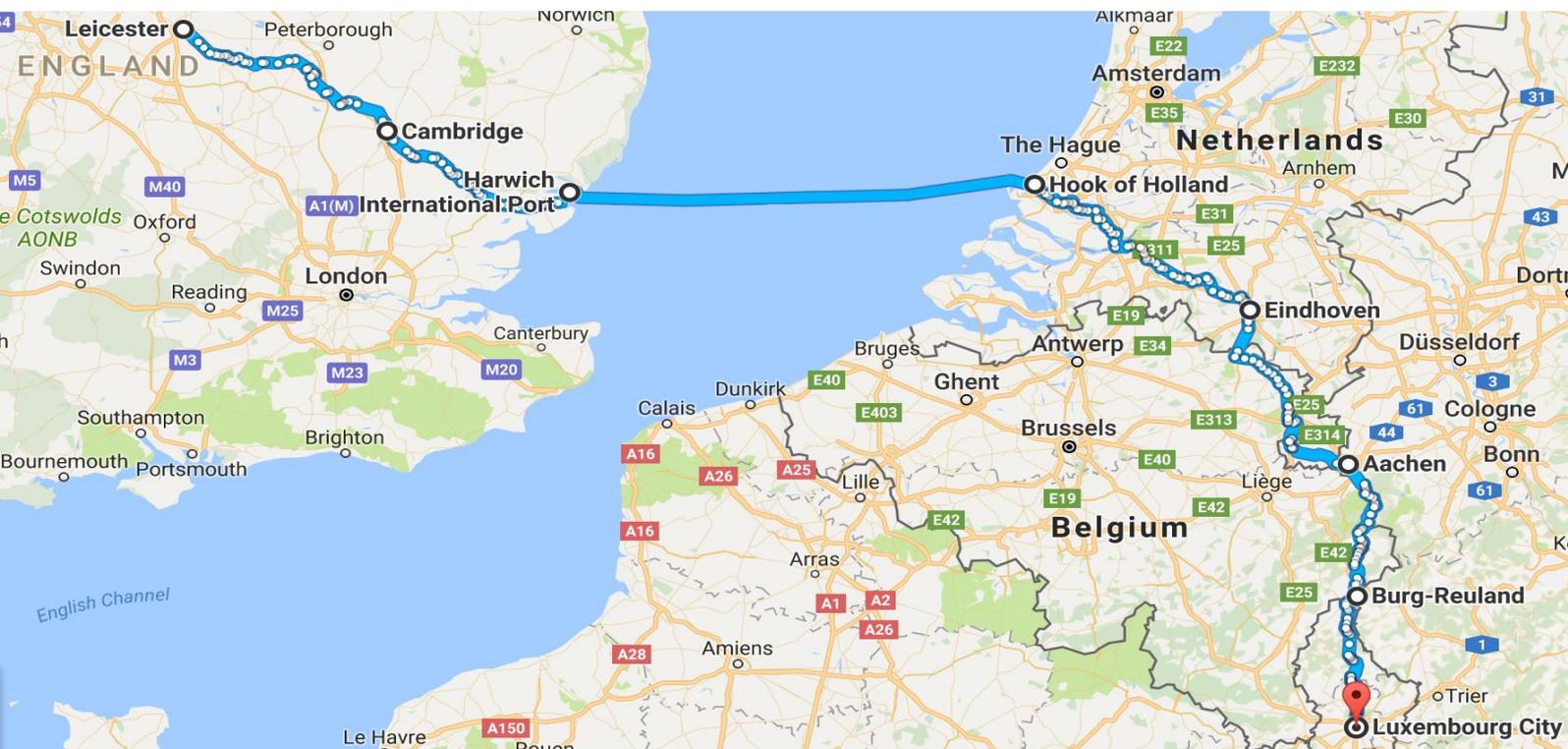


# RIDERS OF SHAAM PRESENTS

## LEICESTER TO LUXEMBOURG CYCLE CHALLENGE

This amazing experience will take you across 5 countries in just 6 days cycling over 410 miles. On the **5<sup>th</sup> of August 2017**, departing from Leicester's iconic Haymarket Clock Tower, the journey will take you towards the East Essex Harwich International Port and then taking an overnight ferry towards the Hook of Holland, and there onward your tour of Europe will begin. Are you up for the challenge?

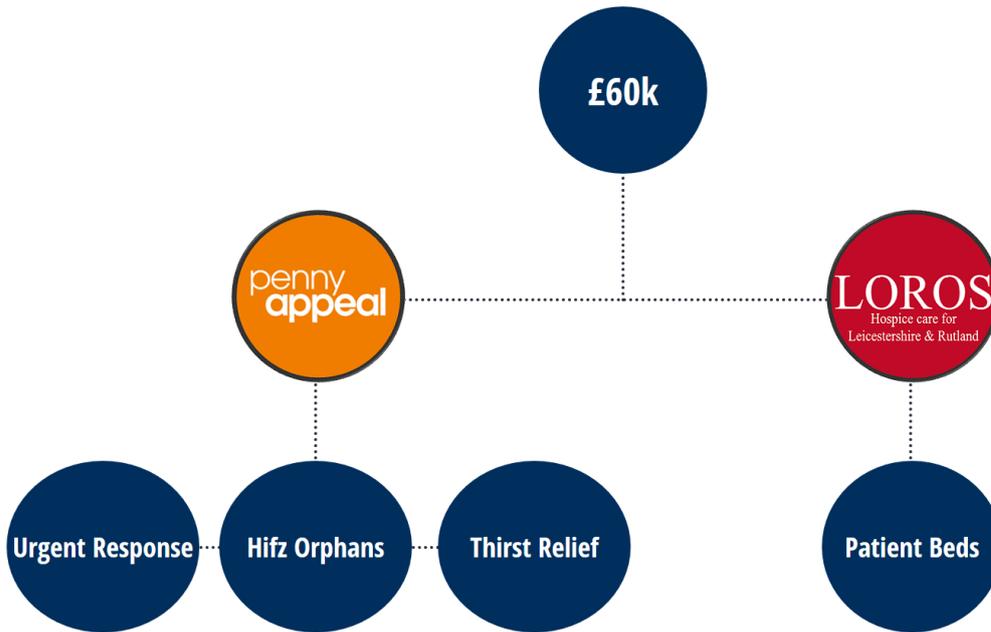
You will meet new people and share many experiences. Leaving early to arrive early will give participants the opportunity to relax and socialise. This will be one of the best travel experiences of your life.



## ITINERARY

Day	Miles	Route		Date
1	77	Leicester	Cambridge	Sat 05-Aug-17
2	67	Cambridge	Harwich	Sun 06-Aug-17
3	88	Hook of Holland	Eindhoven	Mon 07-Aug-17
4	74	Eindhoven	Aachen	Tue 08-Aug-17
5	54	Aachen	Burg-Reuland	Wed 09-Aug-17
6	52	Burg-Reuland	Luxembourg City	Thu 10-Aug-17
7		Rest Day		Fri 11-Aug-17
8		Return to UK by flight		Sat 12-Aug-17

# The Cause



## Penny Appeal

Riders of Shaam have set out their biggest challenge yet. This year we have an aim to raise a target of £60,000 over four projects working alongside two amazing charities. With Penny Appeal being the lead charity for this year, the projects chosen are all eligible for Zakat, Sadaqah and Lillah, and Penny Appeal work towards a **100% donation policy** for its Zakat projects. More information can be found at <https://www.pennyappeal.org/appeal/100-zakat>. The projects chosen will be to provide urgent response to three selected countries of Riders of Shaam's choice (Syria, Somalia and Yemen), sponsoring and supporting a Hifz orphan in Gambia and the Thirst Relief project which will focus on Solar Panel Water and Power Centre in Senegal.

## LOROS

LOROS Hospice is a local charity and every year we care for over 2,500 people across Leicester, Leicestershire and Rutland. Riders of Shaam are teaming up with a local charity to raise funds for new patient beds on their in-patient wards.

## What is Zakat?

Zakat is a pillar of Islam and is a compulsory charitable payment that goes on to benefit the poor and eligible. Your Zakat payment can care for orphans and the elderly, provide food and water, deliver healthcare and education, and even provide emergency aid.

**The Prophet (peace be upon Him) said: "Whoever relieves a Muslim of distress, Allah will relieve him of distress on the Day of Resurrection"**



# PROJECTS

## Urgent Response – Target £20k

### PENNY APPEAL

#### YEMEN, SYRIA, SOMALIA

**Type:** Zakat, Sadaqah, Lilah

**Information:** Riders of Shaam have chosen to provide emergency aid response for Syria, Somalia, and Yemen. Penny Appeal is supporting Syria and neighbouring countries, Yemen – where civilians are targeted amid the conflict and areas that are affected by the famine in East Africa. The urgent response project will deliver aid such as food parcels, clean water, medical supplies and medical assistance.

## Hifz Orphan – Target £10k

### PENNY APPEAL

#### GAMBIA

**Type:** Zakat, Sadaqah, Lilah

**Information:** Hifz Orphan is a unique three-year sponsorship programme that supports orphans in reading, learning and memorising the Holy Qur'an and gives them the quality care they need to build brighter futures. The price of sponsoring an orphan for a year is £786. Penny Appeal also have an option to set up a monthly direct debit. Donations will also provide school uniform, clothing and shoes for each orphan, medical care, foster mothers and nutritious daily meals.

## Thirst Relief – Target £20k

### PENNY APPEAL

#### INDIA, PAKISTAN, BANGLADESH, NEPAL

**Type:** Zakat, Sadaqah, Lilah

**Information:** Three children die every minute from drinking dirty water. With reliable access to clean water, thousands of lives could be saved each day. It costs from just £300 to build a well for a family. Drinking dirty, diseased water is one of the most common causes of death in the developing world, so you could be saving lives for years to come. Through Thirst Relief Penny Appeal are building wells, providing safe water to drink, wash and clean, to grow crops and to water animals. This can lead to healthier lives, a better chance to go to school or work and a route out of poverty.

## Specialised Patient Beds – Target £10k

### LOROS

#### LEICESTERSHIRE & RUTLAND

**Type:** Sadaqah, Lilah

**Area:** Leicestershire & Rutland

**Information:** For patients with an increased risk of falling out of bed, the Völker™ S 582 low-height bed provides maximum protection to reduce the occurrence and severity of falls. Falls can delay rehabilitation and lead to loss of autonomy as well as having other implications for both hospital and patient.

See more at <http://www.hill-rom.co.uk/uk/Products/Products-by-Category/hospital-beds--long-term-care-beds/volker-s-582/>

# HOW MUCH WILL IT COST?

Six days of cycling and a night in Luxembourg the trip will cost **£250 per person**. The duration of this trip will be from **5<sup>th</sup> August - 12<sup>th</sup> August**. This application and joining fee will cover the following costs (costs may vary);

- Food
- Support vehicle
- Multiple ferry journeys
- Hotels
- Return flights

Deadline for applications is the **11<sup>th</sup> June 2017** where any cancellations after this date will lose a £150 deposit fee.

## BASIC REQUIREMENTS

We strongly recommend a **road bike** for this trip. For these events a hybrid (flat bar) is suitable although requires individuals to be a lot fitter as they weigh considerably more.

- ! Mountain bikes are not suitable for this trek.
- ! Cyclists must attend all training sessions unless a valid reason has been given.
- ! Cyclists must average at least 15mph during the training sessions. This will be recorded through various performance Apps such as Strava. Unfortunately, if this threshold is not met your place on the trip may be at risk.
- ! Each participant should aim to raise a minimum of £2000.

Your bike needs to be in good condition, a service must be carried out to all bikes before the ride. Visit your local bike shop to gain the necessary advice needed for a long-distance ride.



The Prophet Muhammad (Peace be upon Him) said:

**“The believer’s shade on the Day of Resurrection will be his charity”**

(Al-Tirmidi)







# ITEMS FOR YOUR LUGGAGE

**ONE luggage** bag per **cyclist**. Space is limited in the support vehicle therefore we have set an allowance as to what we can bring on the trip. Essential items have been outlined in bold text below. The luggage bag must be checked in by **31<sup>st</sup> July 2017**. We strongly recommend a **gym bag** for all the items listed below and a set of casual wear for when we arrive in Luxembourg including footwear.



- |  |  |   |
|--|--|---|
| <input type="checkbox"/> <b><u>Waterproof jacket</u></b>   | <input type="checkbox"/> <b>Bath /face towel</b>                             | <input type="checkbox"/> <b>Phone chargers</b>                  |
| <input type="checkbox"/> <b><u>Waterproof trousers</u></b> | <input type="checkbox"/> Shower gel & deodorant                              | <input type="checkbox"/> <b>Back up battery packs</b>           |
| <input type="checkbox"/> <b><u>Padded tights x3</u></b>    | <input type="checkbox"/> Tooth brush & tooth paste                           | <input type="checkbox"/> <b>Extension lead</b>                  |
| <input type="checkbox"/> <b><u>Padded shorts x3</u></b>    | <input type="checkbox"/> Toilet roll   | <input type="checkbox"/> <b>Travel adapters</b>                 |
| <input type="checkbox"/> <b><u>Cycling gloves</u></b>      | <input type="checkbox"/> <b>Medicines</b>                                    | <input type="checkbox"/> <b>Travel documents</b>                |
| <input type="checkbox"/> <b><u>Cycling glasses</u></b>     | <input type="checkbox"/> <b>Muscle Relief cream</b>                          | <input type="checkbox"/> <b>Passport</b>                        |
| <input type="checkbox"/> <b><u>Cycling trainer x2</u></b>  | <input type="checkbox"/> <b>Vaseline, anti-chaffing gel, blister patches</b> | <input type="checkbox"/> <b>Emergency Health Insurance Card</b> |
| <input type="checkbox"/> Nightwear                         | <input type="checkbox"/> Trimmer   | <input type="checkbox"/> <b>Money (UK and converted EU)</b>     |
| <input type="checkbox"/> Cycling overshoes                 | <input type="checkbox"/> Hair Dryer  | <input type="checkbox"/> <b>Emergency funds</b>                 |
| <input type="checkbox"/> Socks x6                          |  |   |
| <input type="checkbox"/> Sandals                           |  |   |
| <input type="checkbox"/> Base layers x3                    |  |   |
| <input type="checkbox"/> T-shirts x5                       |  |   |

# ITEMS TO CARRY WHILST CYCLING

Whilst cycling you may want to carry a **back pack** with you or **pannier bags**; the following is a list of possible items you may want to carry. \*items highlighted are a must\*

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Frame bag                           | <b>Snacks</b>  | <input type="checkbox"/> High visibility vest                    |
| <input type="checkbox"/> Panniers                            | <input type="checkbox"/> <b>Fruit &amp; Nuts</b>                         | <input type="checkbox"/> Lock                                    |
| <input type="checkbox"/> Bike pump                           | <input type="checkbox"/> <b>Energy bars &amp; Energy tablets</b>         | <input type="checkbox"/> <b><u>Lights</u></b>                    |
| <input type="checkbox"/> Saddle Bag                          | <input type="checkbox"/> <b><u>Drinking bottle &amp; Bottle cage</u></b> | <input type="checkbox"/> Battery packs                           |
| <input type="checkbox"/> <b><u>Inner tubes x2</u></b>        | <input type="checkbox"/> <b><u>Helmet</u></b>                            | <input type="checkbox"/> <b>Money</b>                            |
| <input type="checkbox"/> Puncture repair kit and tyre levers | <input type="checkbox"/> <b><u>Cycling Glasses</u></b>                   | <input type="checkbox"/> Travel documents                        |
| <input type="checkbox"/> <b>Cycling multi tool</b>           | <input type="checkbox"/> <b>Waterproof Jacket and trousers</b>           | <input type="checkbox"/> <b><u>Emergency Contact details</u></b> |
| <input type="checkbox"/> Gel seat                            |  |  |

\*Cyclists are also advised to dress according to the weather and have backup clothing if necessary\*



We aim to support you as much as possible with snacks, nutrients, energy drinks and other supplies to help you along your journey and to make this event one that you will cherish for many years. Therefore, we have a support vehicle that will follow our journey ensuring all the cycling needs are met and if you are feeling fatigue then we can always accommodate you with a seat in the van.

# REMEMBER

- ! No over-taking whilst cycling uphill or downhill
- ! Be aware of your surroundings before over taking
- ! No cycling with head phones in
- ! To use the appropriate hand signals for example when slowing down, stopping or turning
- ! To warn others of debris/pot holes on the road
- ! To notify someone if you are taking a break
- ! To cycle in a single file unless advised



LEFT



SLOWING  
DOWN



RIGHT

Download the Application Form from [www.ridersofshaam.com](http://www.ridersofshaam.com) if you are interested in taking part



# LONG ROAD AHEAD!

**That's everything from us! Are you ready...?**

For more information or if you have any further questions please contact

Email: [RidersofShaam@hotmail.com](mailto:RidersofShaam@hotmail.com)

Mobile: 07545953785

Follow us:



RidersofShaam



ROSCycling



RidersofShaam

Please donate at: [www.RidersofShaam.com](http://www.RidersofShaam.com)