

WOMEN'S AID EAST COAST CYCLE CHALLENGE

Date for your Diary:
Saturday 15th May
2010

Dublin to Arklow 70K Fun Cycle

Join the Women's Aid East Coast Fun Cycle Challenge from Dublin to Arklow and help raise funds for the Women's Aid National Freephone Helpline (1800 341 900).

Departing from Dublin at 11am on **Saturday 15th May 2010** we will cycle along the beautiful East Coast of Ireland. The 70K (44miles) route takes in Bray, Newcastle and the stunning Brittas Bay before finishing in the scenic town of Arklow in Co. Wicklow.

Cyclists of all abilities take part as individuals or as part of a team and are encouraged along the way by an excellent **support team** of motor-bikers, car support, puncture repair and first aid experts and the Gardaí. It is not a competitive cycle and the emphasis is on fun and completing the challenge. The route will be well marked and signposted and regrouping points will make sure cyclists are not out on the route alone, if they don't want to be.

Refreshments, including bananas, water and lollipops, are available along the route and we stop off for lunch halfway at the Newcastle Inn.

The **celebrations** begin as soon as we arrive at the luxurious Arklow Bay Hotel. After receiving our goody bags and medals we can relax and recuperate with a free massage and the use of the hotel's 5-star leisure facilities including a pool, steam room, sauna and Jacuzzi.

We **stay overnight** at the hotel and enjoy a three course meal and a night of entertainment, prize giving, raffles and, of course, ceol agus craic. The **next morning** a coach takes our tired but happy cyclists back to Dublin.

Sign up today and become a member of our exclusive online cycle community. We have our own social networking site that will include training plans, fundraising tips, event details, route maps, directions, promote fundraising events and much more as we count down to the big challenge - Saturday 15th May 2010!



Helping Women Escape and Survive Domestic Violence

"Only for Women's Aid, I really don't think I'd be alive today." - Jenny

Every day thousands of women are beaten, raped and trapped by those closest to them - their boyfriends, husbands and partners. But, **with your support, Women's Aid can help** women living with domestic violence through our vital services like our **National Freephone Helpline 1800 341 900**.

Each year the Women's Aid East Coast Fun Cycle Challenge raises over **€20,000** and this year we need to raise more. Sign up today and be part of a cycle challenge that makes a difference to women like Jenny.

Sign up today for the 2010 Cycle Challenge

Take part in the 70K Cycle on Saturday 15 May 2010 in aid of the Women's Aid National Freephone Helpline 1800 341900

Individual sponsorship is €450

Team up!

You and your friends can raise funds for Women's Aid by taking part in the fun cycle as a team (between 4-6 cyclists). Special sponsorship rates are available and there will be a prize on the night for the first and last team!

Sponsorship: Team of 4 - €1600 (€400 each) Team of 5 - €1850 (€370 each)
Team of 6 or more - €2100 (€350 each)



It Takes Two - Do the 70K Your Way!

Not sure if you can do the whole 70K by yourself? Then why not share the experience of the Dublin to Arklow journey by having a **Bike & Car Relay Team**. You and your teammate can split the cycle to suit your own abilities! Sponsorship is €800 between both of you.

Make a Night of it - Bring a Friend for €70!

Have your partner or friend waiting at the finish line to share in the fun of the night. For an additional cost of just €70 you both can enjoy the luxurious spa & leisure facilities at the **Arklow Bay Hotel**. The special rate includes bed & breakfast, evening dinner and entertainment on Saturday night!



Help us promote the cycle!

Each year, Women's Aid hopes to see all the cyclists from the past year join us again. We also hope to reach new audiences and participants every year, in order to raise the most funds possible for our National Freephone Helpline. Not only is your own participation vital and so appreciated, but you can help us to grow the cycle as well!

- ◇ Ask us for fliers or posters to put up in your workplace, gym, or any other public space.
- ◇ Invite your friends along to join a team with you, and you can all save a bit on the sponsorship.
- ◇ Advertise the cycle in your company or organisational newsletter, or on a blog.

Women's Aid Top 10 Fundraising Tips

1. Sponsorship Card and Mycharity.ie

& Facebook: Ask your friends, family and colleagues to sponsor you. Don't forget to get your most generous sponsor to donate first as others will follow. Or raise money online by creating your fundraising page at <http://www.mycharity.ie/charity/womensaid>, then email the URL of your personal page to your mailing list and watch the donations roll in! You can also join the Women's Aid group on Facebook and promote your fundraising endeavours to all your friends.



2. Organise a Raffle: Ask your local shop, hotel, restaurant to donate a prize.

3. Casual Day: Have your office pay for the privilege of coming to work in their jeans!

4. House/Pet/Babysitting: How many friends do you know that would jump at the chance to get away from it all for a night? Offer to look after their baby, their cat, their home for a fee!

5. Shave: Get friends to sponsor you and shave off your beard, chest or flowing locks!

6. Coffee Morning/Sunday Brunch/BBQ: Invite friends, neighbours and family over for a bite to eat (for a fee!) and ask your local shop/butchers to donate the food and drink!

7. Make Sandwiches: Arrange a day per week when you make sandwiches for your colleagues. How much would they pay to eat your homemade sandwiches?

8. Bag Packing: This is great fun and can be very lucrative. Phone your local supermarket to book a date to pack bags at the checkout. Pick a busy day and get your friends involved as helpers!

9. Pub Quiz/Race Night: Arrange a great night's entertainment for friends and colleagues. Most pubs will give you the room for free knowing that they will have a busy bar!

10. Company Donation: Ask your company to match any funds you raise. They boost your funds and it is also very good PR! Everyone wins.

Interested? Call Women's Aid on 01 868 4721 or email cycle@womensaid.ie or simply fill in the attached form to book your place **today!**

Booking Form

Please indicate which applies: Individual cyclist Cyclist & Friend Bike & Car Relay Team
 Team of 4 Team of 5 Team of 6

Individual Cyclist

Name:

Address:

Phone:

Email:

Cyclist & Friend (staying over)

Bike & Car Relay Team

Name:

Address:

Phone:

Email:

Name:

Address:

Phone:

Email:

Team

Teams of 4-6 members can participate in the cycle. Please list the details below:

Team Leader (main contact)

Name:

Address:

Phone:

Email:

Team Members

**please enter all details in the interest of information dissemination.*

No	Name	Email	Phone
1			
2			
3			
4			
5			
6			



