

2019

PYRENEES

CYCLE CHALLENGE

18th - 24th August 2019



RIDE FROM THE MEDITERANEAN TO THE ATLANTIC & HELP RAISE FUNDS FOR GYNAE CANCER CARE AT ST JAMES'S HOSPITAL



2019

PYRENEES CYCLE CHALLENGE MEDITERRANEAN TO ATLANTIC

Join St James's Hospital Foundation this August for the challenge of a lifetime and take on the Pyrenees Cycle Challenge!

Ride "coast to coast" from the Mediterranean town of Agde to the Atlantic town of San Sebastian. Choose to complete the regular course or you can extend your ride to include three famous pyrenean climbs: Col du Port, Portet d'Aspet & one of the greatest Tour de France climbs, the mighty Col du Tourmalet.

You will be cycling a total of 725km (including all climbs) or 625km (excluding climbs) over the five days, while raising vital funds for Gynae Cancer Care at St James's Hospital, Dublin.

This is a fully supported event and includes return flights, accommodation, full board, airport transfers, daily luggage transfers, bike hire and a donation to St James's Hospital, Dublin.



GYNAE CANCER CARE

AT ST JAMES'S HOSPITAL, DUBLIN



St. James's Hospital is the major public cancer centre for gynaecological cancers, where more than one third of women with cancer of ovary, womb, cervix and vulva are treated in Ireland.

Your support will help us purchase equipment to enhance diagnosis, improve surgical care and reduce the risks of surgery. It will also help us furnish patient rooms, enhance privacy and family access. Improved treatment outcomes result in many more women living longer with, and after cancer diagnosis.

Quality of life after the treatment of these cancers is very important and our appeal is very much linked to better health outcomes for women in our community.

KNOW THE FACTS...

- Gynaecological cancer, including ovarian cancer, accounts for more than one in eight cancers in women in Ireland
- Among all cancer deaths in women, one in twelve is due to gynaecological cancer
- The risk of dying from ovarian cancer in Ireland is one of the highest in the Europe
- Early diagnosis is the key to improved survival
- Centralisation of care to specialist cancer units improves survival
- St James's Hospital treats 30% of all new gynaecological cancers arising in Irish women - approximately 1,200 per year.
- Prevention focuses on identifying women at risk of gynaecological cancer
- St James's GynaeCancerCare offers surgery to prevent the most fatal of these cancers i.e. ovarian cancer prophylactic surgery
- St James's GynaeCancerCare also looks after the gynaecological needs of women with other cancers



2019 ITINERARY

Day 1: Dublin to Perpignan

On arrival to Perpignan Airport, our group will be transferred to our hotel in Agde. Located on the coast of Languedoc in southwest France, Agde will be the starting point for our Pyrenean Cycle Challenge. After checking in to our hotel, members of our support team will go through a full bike set up with you.

Day 2: Agde to Carcassonne

Today, the 2019 Pyrenees Cycle Challenge really begins as we leave Agde and make our way to the stunning fortified city of Carcassonne. The medieval core is fairy-tale like and it is a UNESCO world heritage site of drawbridges, towers and cobbled streets. **Distance: 131km Elevation: 700m**

Day 3: Carcassonne to Saint Giron

Day 3 sees us leave the city of Carcassonne and make our way to Saint Giron which is nestled on the banks of the Salat River. You will have a decision today...choose the standard route of 131km with 1,300m elevation **OR** include the 1st of our Pyrenean climbs **Col du Port**. **Distance: 162km, Elevation: 2,000m**

Day 4: Saint Giron to Bagnères-de-Bigorre

Today provides another challenge for those looking for some TDF glory with the option of tackling Col de Portet d'Aspet. A TDF favourite, the climb is not the longest on the tour but it has a nasty twisted irregular section – low gears are a must! **Distance: 118km, Elevation: 1,700m**. An alternative route is available for those preferring a less strenuous afternoon. **Distance: 101km, Elevation: 1,000m**

Day 5: Bagnères-de-Bigorre to Mauléon-Licharre

Day 5 is the main event...the mighty Tourmalet, one of the TDF's earliest and greatest climbs. It is one of the select few 5 star climbs. Not for the faint hearted as the gradient constantly changes and gets harder at the finish. The summit requires an obligatory photo with the giant metal cyclist statue before the wonderful descent. **Distance: 177km, Elevation: 3,000m (Alt route 124km/1500m)**

Day 6: Mauléon-Licharre to San Sebastian

Today will be your last day in the saddle...I am sure you won't miss it for a while!!! After a well earned rest, we depart Mauléon-Licharre to make our way to the finish line in the seaside resort town of San Sebastian. It's known for Playa de la Concha and Playa de Ondarreta, beaches along its bayfront promenade.

Day 7: Bilbao to Dublin

After a well-earned celebration the night before we will have a few free hours in the morning to completely relax or explore San Sebastian before our transfer to Bilbao and our return flight to Dublin. **Distance: ZERO!!! Elevation: ZERO!!!**



2019

PYRENEES CYCLE CHALLENGE

SUPPORT TEAM - EAT SLEEP CYCLE

From their base in Girona, Spain, **Eat Sleep Cycle** is run by cyclists for cyclists and they specialise in creating & delivering professional cycling experiences for cyclists of all levels all over Europe. Their team will take care of you every step of the way.

You will enjoy first class guiding, vehicle & mechanical support from their dedicated team throughout the tour.

Eat Sleep Cycle ride leaders are experienced professionals from all walks of life. Fun, friendly and patient, you will never be left behind.

On the road, the support vehicle will never be far from the group should you wish to take a break and and they will also help you stay fuelled with lunch stops and ride nutrition along the route.



EAT SLEEP CYCLE



2019 INFORMATION

Booking your place

To secure your place you will need to:

- Fill in and return the enclosed registration form.
- Pay your €250 non-refundable registration fee.

Participation Cost

The total cost of the challenge is €2850.

This includes a fundraising target of €1000.

Please note that the full cost of the challenge must be paid before the 1st of August, 2019. Unfortunately, if the full amount is not paid by this date, you may lose your place on the trip.

Fundraising Support

Our fundraising team will happily work with you to provide any advice and support that you may need. Including:

- Sponsor Cards
- Online fundraising page.
- Fundraising materials.

Training

This cycle crosses the naturally undulating terrain of France. Although not a flat route we will stick mostly to the foothills of the Pyrenees and not seek out any great climbs.

Those seeking a greater challenge have the option to tackle some of the famous climbs in the Pyrenees. These are very challenging climbs. It has to be recognised that strong legs and a good cardiovascular fitness are essential as you will be in the saddle for approximately 6 hours a day.

Support Team

A support team of several staff and vehicles will organise the ride and be responsible for:

- Transferring your luggage from hotel to hotel.
- Mechanical support.
- Medical support.
- Signing the route.
- Water/snack and lunch stops.

Accommodation

After a long day on the bike, you will be able to rest up in beautiful locations along the route.

All accommodation will be in hotels & guesthouses.

It is shared twin rooms so please indicate anyone that you would like to share a room with on your registration form. If you choose to stay on for longer in France, you will be responsible for organising your own accommodation and flights.

Food

Enjoy breakfast, lunch, dinner and ride nutrition prepared especially for cyclists. Start the day with a breakfast buffet at the hotel. On the road, lunch will be served by the support team and stay fueled all day with ride nutrition from the support vehicle.

Dinner is at the hotels and will be hearty meals to help you re-fuel for another day on the bike. **Drinks are at your own expense.**

Bike Hire

Bike Hire is included. All bikes are specced with Shimano 105 11-speed components and a Forza RC23 wheelset. All bikes are supplied with compact 50-34 chainsets & 11-32 cassettes.

We set up the bike to your dimensions for a perfect fit.

Weather

At this time of year, the weather is quite pleasant, however; you should come prepared for all weathers. Ensure you have packed a waterproof cycling top.

Not Included

Travel Insurance is not provided and it is mandatory. Personal spending money is not included.

2019 TERMS & CONDITIONS

Conditions of Entry:

We require a non-refundable deposit of €250 to be paid on registration. In addition, you undertake to raise a minimum of €1000 in sponsorship.

1. If you are unable to meet the minimum fundraising target, you will forfeit your place. However; you are allowed to make up the difference yourself.
2. Should you, for any reason, not take up your place on the trip, all sponsorship cards and money collected must be returned to St James's Hospital Foundation.
3. If you are over 65 years of age, you must have written clearance from your doctor.
4. Your passport must be valid for at least 6 months from the date of your return to Ireland.
5. You must agree not to do anything that will bring St James's Hospital into disrepute.
6. All funds raised should be made payable to St James's Hospital Foundation.
7. All participants take part at their own risk and St James's Hospital Foundation is unable to accept liability for any loss, damage or cancellation of the event for any reason.
8. St James's Hospital Foundation reserves the right to decline an application.

REFER A FRIEND!

If you invite a friend who signs up for the 2019 Pyrenees Cycle Challenge, both of you will benefit from a reduced participation fee of €2700pp



2019 REGISTRATION FORM

To sign up for the 2019 Pyrenees Cycle Challenge in aid of St James's Hospital, please complete this registration form and return it along with your deposit of €250 to: Jamie Conway, St James's Hospital Foundation, St James's Hospital, Dublin 8. To contact Jamie, please phone 01 4103936 or email jamie@supportstjames.ie

Personal Details: (BLOCK CAPITALS PLEASE)

Full Name: (As per passport) _____

Address: _____

Mobile Phone Number: _____

Email Address: _____

Date of Birth: _____

Passport Details:

Passport Number: _____

Nationality: _____

Place of Issue: _____

Date Issued: _____

Date of Expiry: _____

Medical Details:

Special Dietary Requirements: _____

Medical Conditions/Allergies: _____

Emergency Contact Details:

Name: _____

Mobile Phone Number: _____

Do you have Travel Insurance? Yes No

Official Cycle Challenge Cycle Jersey

Please circle required size

S M L XL XXL 3XL 4XL

All accommodation is based on twin sharing. If you have a preference for who to share with, please specify name:

If you do not wish to share, there is a very limited number of single rooms. If you wish to apply for one of these and pay the additional supplement please tick here:

Payment Details:

I enclose a cheque for €250 made payable to St James's Hospital Foundation.

Please deduct €250 from my (Tick card type)

VISA MASTERCARD VISA DEBIT

Name on Card: _____

Card Number: _____

Expiry Date: _____ CVV No: _____

Declaration: I have fully read & agree to the conditions as outlined above.

Signed: _____

Date: _____

