

RACE TO THE SUN

THE CYCLE EVENT FOR CHANGING LIVES



HOMES FOR VETERANS
SUPPORTING HOMELESS VETERANS



YOUR CHALLENGE AT THE ROCK!

A STUNNING CYCLING ROUTE AMID THE ANDALUSIAN MOUNTAINS
IN SPAIN STARTING AND ENDING AT THE TOWERING ROCK
SYNONYMOUS WITH GIBRALTAR.

This circular ride of 487 kilometers over 5 days sees riders take on Category 1 ascents totalling a breath-taking 8,600 m through the glorious mountains of Andalucía, Southern Spain. By taking part in this Challenge you will be raising funds for excluded and homeless Veterans.

Are you up for breath-taking views, truly memorable experiences, and a greater sense of collective and personal achievement?



THIS INCREDIBLE CYCLING ADVENTURE WILL TAKE YOU THROUGH A WEALTH OF BREATH-TAKING SCENERY, THROUGH MOUNTAINOUS REGIONS AND SUN-SOAKED VALLEYS, UNTIL YOU REACH THE WORLD-FAMOUS ROCK.

The first day will take us away from the coast almost immediately as we head for the hills. It's a gentle start though with approximately 40km of almost flat riding before we start to climb.

The second day is more challenging and more spectacular as we ride into the Parqué Natural de la Sierra de Grazalema, which we will explore thoroughly as we build to a climactic third day, the highlight of which will be the ascent of the magnificent Puerto de Las Palomas, which we will tackle from the tiny village of Zahara de la Sierra, affording us the opportunity to enjoy the climb from its most scenic side.

The fourth day sees us temporarily leaving the Sierra de Grazalema and moving over to the foothills of the Sierra de las Nieves, where we explore the quiet roads and rugged landscape surrounding the historic city of Ronda, the jewel in Andalucía's crown and our home for the evening.

We tone things down just a little for the final stage as we head back to Gibraltar, allowing a network of scenic roads lead us through a series of Andalucía's famous White Villages and away from the mountains, back down to sea level.



THE ITINERARY

DAY 1 : 14TH MAY

Participants arrive in Gibraltar
Meet Ken Hames, support team and team from Alabaré

DAY 2 : 15TH MAY

Participants meet with tour leader and get fitted for bikes (if hiring)

DAY 3 : 16TH MAY

Day one of cycling: Gibraltar to Algar
(approx 90km, 1150m ascent)

DAY 4 : 17TH MAY

Algar to Cortes de la Frontera
(approx. 90km, 2050m ascent)

DAY 5 : 18TH MAY

Cortes de la Frontera to Grazalema
(approx. 87km, 2200m ascent)

DAY 6 : 19TH MAY

Grazalema to Ronda (approx. 105km, 2150m ascent)

DAY 7 : 20TH MAY

Ronda to Gibraltar (approx 115km, 1050m ascent)

DAY 8 : 21ST MAY

Tug of war against the Gibraltar Regiment (optional)
followed by celebration meal, drinks and medals

DAY 9 : 22ND MAY

Return to UK or continue with your adventures in Gibraltar



IT'S TIME TO ENJOY YOUR ACHIEVEMENTS!

A tiny place of history, and recognised as the southernmost point of Europe, Gibraltar is strategically positioned at the western end of the Mediterranean, forming one of the ancient Pillars of Hercules. The town is completely entwined with the British military, where the British and Spanish live side by side enjoying stunning views, British fish and chips and Spanish hospitality.

PREPARATION

To get on board, here are the things we expect you to undertake:

1. To take out all suitable medical insurance for the risks identified for this Challenge.
2. To take out all suitable travel insurance to and from Gibraltar and for the cycle ride, including repatriation. Evidence of suitable insurance will be required before departure.
3. To undertake all necessary training before the Challenge.
4. To communicate with Alabaré, regarding any injury sustained before the Challenge that might call into question your ability to undertake the Challenge.
5. To get all necessary documentation as specified by the Challenge Organiser in the time frame required.
6. To pay Alabaré all necessary fees or sponsorship as per the schedule.
7. To ensure you have all suitable documentation for the country of entry including a passport with a minimum of six months validity from the date of entry.
8. To bring with you all suitable kit.

Alabaré commits to adhering to Government guidelines and best practice to keep you and our team safe during the Challenge. If you have any questions surrounding Covid please contact us.

KEY DATES & FUNDING

It will cost £1,700 to take part. In addition, Ken and Alabaré would like you to raise as much money as possible for our work with homeless and vulnerable Veterans. We ask you to raise a minimum of £2,000 (before gift aid).

£150 payable when you register your interest*

£500 payable by 1st August to reserve your place (non-refundable unless we cancel the event)

£500 payable by 1st October 2021

£1,000 payable by 1st December 2021

£1,000 fundraised and payable by 1st March 2022

£550 fundraised and payable by 1st July 2022

*We will take this payment by telephone after registration

Please see the full terms and conditions for our cancellation and refund policy.

All the profit from the Challenge will fund Alabaré's Veteran Community Self-Build programme lead by Ken Hames. There are two ways of raising the money - you need to decide and tell us which route you are going to use:

SELF FUNDED:

You agree to pay the cost of the Challenge yourself and then raise the money for the charity from friends and family. All of the money you raise for the charity is eligible for gift aid.

SPONSORED:

If you chose to pay the registration fee and then fundraise the rest of the challenge costs, then you are committing to raising a minimum of £3,550 prior to gift aid. This must be paid to us in intervals as per the payment schedule below. If you set up a fundraising platform such as Virgin Money or Just Giving, the charity will receive the donations directly. You must make your sponsors aware that some of the money raised will be paying for the cost of your participation in the trip (close relatives and businesses will not be able to add gift aid to the donations that you raise).

If you chose the sponsorship route (and many do) then please be aware that if you are not able to raise the funds needed against the payment schedule below, then you will be asked to make up the difference personally. Some people chose to ask friends and family to pay into a crowdfunding account for their costs and then raise money for the charity using Virgin Money for example.

INCLUDED IN
YOUR TRIP



- » Accommodation for 8 nights
- » Breakfast and lunch each day
- » Drinking water and cycling snacks for all cycling days
- » Support vehicles, bike tools, water provision and full and comprehensive first aid provision
- » A team of experienced cycling support staff delivered by the cycling company Skedaddle
- » Full route information detailing the climbs and descents for each leg of the Challenge
- » Full back-up support to provide first aid in situ and to organise emergency medivac should this be necessary
- » A full risk assessed route and emergency management planning
- » Alabaré branded cycling jersey
- » Fundraising pack information

GETTING YOU READY FOR YOUR CHALLENGE!

ONCE REGISTERED, YOU WILL BE SENT:

- » A full kit list
- » Advice on training
- » Sponsorship forms and advice on how to set up online fundraising
- » Details of the pre-Challenge Zoom meet and greet event during which Ken will talk through the Challenges and exhilaration that awaits.
- » An overview of how significant the money raised will be to the lives of vulnerable and homeless Veterans, their mental health and future.

YOU ARE EXPECTED TO BRING:

- » A well-maintained road bike*
 - » Spares* (to be carried by one of the support vehicles for your team)
 - » Tools necessary to keep your bike on the road
 - » Clothing (cycling and leisure)
 - » Any medication needed
 - » Additional money for souvenirs
 - » Valid Passport
- *unless you are hiring one from Skedaddle

NOT INCLUDED:

- » Flights in and out of Gibraltar
- » Evening meals and drinks during the meal
- » Personal travel insurance
- » Personal health insurance is advisable now that we have left the EU
- » Alcoholic drinks and drinks during dinner
- » Personal GPS devices



KEN HAMES MBE

From humble beginnings as a boy working on his grandfather's hill farm, he eventually rose to the rank of Major in the Army, commanding an elite mountain unit. Ken has seen action in many parts of the world and has led more than 20 major expeditions.

After years of military service, Ken decided to call it a day and join the world of television and broadcasting.

His first TV show in 1995 (while still in uniform) was The Trek (Meridian) with the help of Princess Diana; he took 12 disadvantaged youngsters to the heart of Africa on a 500-mile journey over desert and mountainous terrain. Diana described Hames as "the master practitioner".

Now Ken focuses his energy on supporting homeless and vulnerable Veterans, working alongside Alabaré's Homes for Veterans.

Pictured below: Ken Hames (back row, third from left), Bowmore Ben Nevis Challenge 2011



OUR COMMITMENT

Alabaré knows that a small but significant number of Veterans struggle in their civilian lives, and tragically find themselves without a home or place to go. Through our homeless service, we have found that the camaraderie Veterans find in others with similar experiences and who understand life in the Forces, is a key asset in their recovery process. Building on this knowledge, in 2009 we were delighted to open our first Home for Veterans in Plymouth.

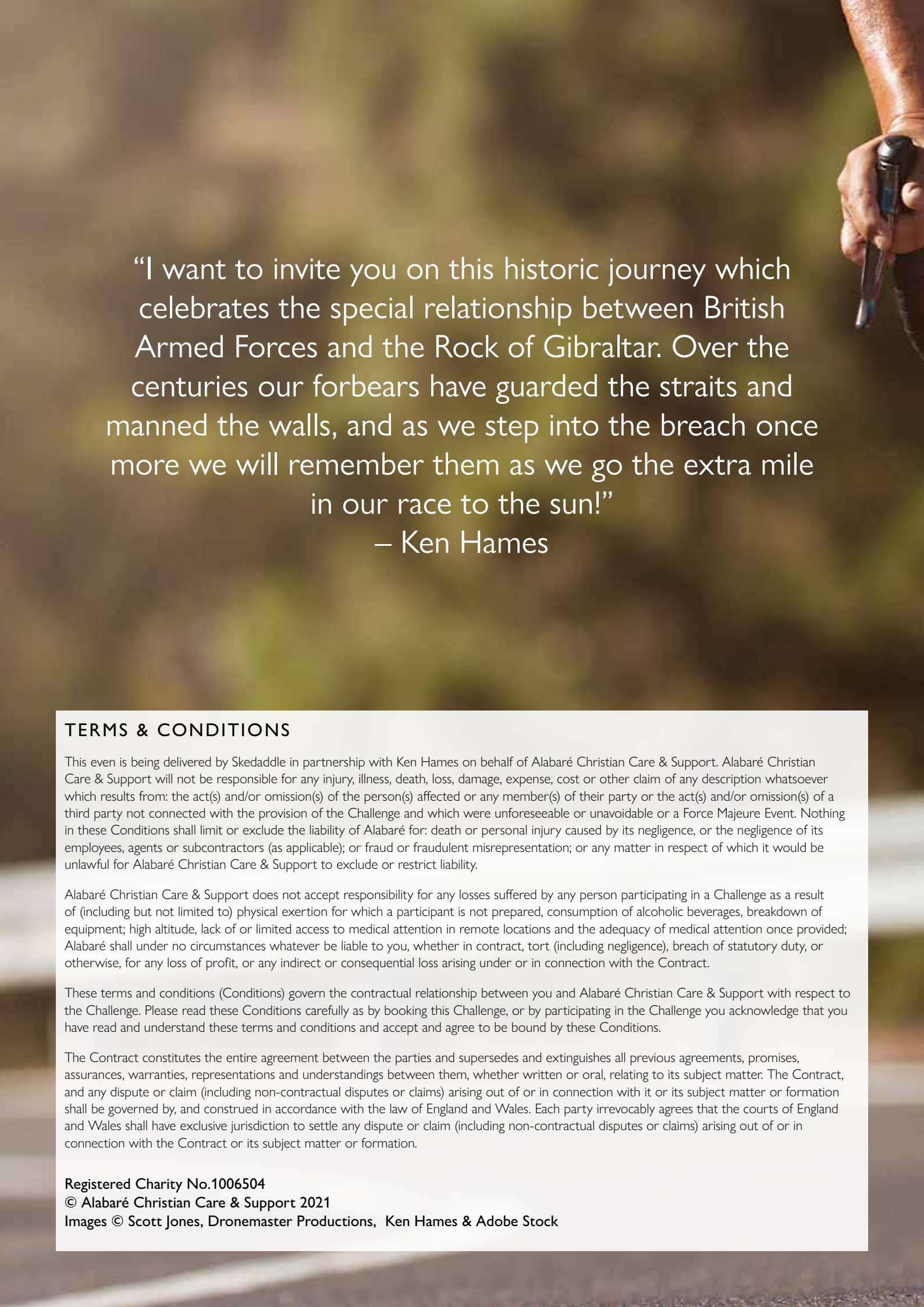
Today we support over 100 vulnerable Veterans every night through 21 homes in England and Wales. The problems that lead Veterans to become homeless are varied but can include poor physical or mental health, addiction, debt, domestic abuse or unemployment.

The majority of Veterans we help have lost touch with their families and friends, becoming isolated with little support. Our teams assist each individual to adapt to their new homes and access professional help to overcome their specific problems. Crucially we are there to help Veterans rebuild their confidence and self-esteem and move on through volunteering, training and employment, and ultimately enabling a more fulfilling life.

COMMUNITY SELF BUILD

CSBA has completed over 178 self-build projects across the UK to date, developing in-excess of 1200 housing units to some of the most disadvantaged members of the local community. As well as providing ex-servicemen with a place to call home, the veterans complete a construction course enabling them develop skills to engage with the project. They are also provided with valuable job-based skills training to find employment within the construction industry. Once completed, the Veterans are given the chance to live in the homes they have helped build. Following the recent success of our Leominster project we have plans for schemes in other parts of the country and hope to start our next Veterans Self Build in 2021.





“I want to invite you on this historic journey which celebrates the special relationship between British Armed Forces and the Rock of Gibraltar. Over the centuries our forbears have guarded the straits and manned the walls, and as we step into the breach once more we will remember them as we go the extra mile in our race to the sun!”
– Ken Hames

TERMS & CONDITIONS

This even is being delivered by Skedaddle in partnership with Ken Hames on behalf of Alabaré Christian Care & Support. Alabaré Christian Care & Support will not be responsible for any injury, illness, death, loss, damage, expense, cost or other claim of any description whatsoever which results from: the act(s) and/or omission(s) of the person(s) affected or any member(s) of their party or the act(s) and/or omission(s) of a third party not connected with the provision of the Challenge and which were unforeseeable or unavoidable or a Force Majeure Event. Nothing in these Conditions shall limit or exclude the liability of Alabaré for: death or personal injury caused by its negligence, or the negligence of its employees, agents or subcontractors (as applicable); or fraud or fraudulent misrepresentation; or any matter in respect of which it would be unlawful for Alabaré Christian Care & Support to exclude or restrict liability.

Alabaré Christian Care & Support does not accept responsibility for any losses suffered by any person participating in a Challenge as a result of (including but not limited to) physical exertion for which a participant is not prepared, consumption of alcoholic beverages, breakdown of equipment; high altitude, lack of or limited access to medical attention in remote locations and the adequacy of medical attention once provided; Alabaré shall under no circumstances whatever be liable to you, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, for any loss of profit, or any indirect or consequential loss arising under or in connection with the Contract.

These terms and conditions (Conditions) govern the contractual relationship between you and Alabaré Christian Care & Support with respect to the Challenge. Please read these Conditions carefully as by booking this Challenge, or by participating in the Challenge you acknowledge that you have read and understand these terms and conditions and accept and agree to be bound by these Conditions.

The Contract constitutes the entire agreement between the parties and supersedes and extinguishes all previous agreements, promises, assurances, warranties, representations and understandings between them, whether written or oral, relating to its subject matter. The Contract, and any dispute or claim (including non-contractual disputes or claims) arising out of or in connection with it or its subject matter or formation shall be governed by, and construed in accordance with the law of England and Wales. Each party irrevocably agrees that the courts of England and Wales shall have exclusive jurisdiction to settle any dispute or claim (including non-contractual disputes or claims) arising out of or in connection with the Contract or its subject matter or formation.

Registered Charity No.1006504

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