



**LEICESTER
2
PEAK DISTRICT**

140 miles over 2 Days

SAT 23RD AUG - SUN 24TH AUG

**£99
REGISTRATION
FEE**

**All in Support of our
Gaza Emergency Appeal**

Registration Fee Includes

- ▶ Hotel Accommodation
- ▶ Food
- ▶ Support Vehicle

**£500
MINIMUM
FUNDRAISING
TARGET**

Register at: challenges4humanity.com

IN SUPPORT OF ONE NATION 100% DONATION POLICY **one nation** www.onenationuk.org

CHALLENGES 4 HUMANITY

LEICESTER TO THE PEAKS

140 Miles with up to 7K FT Elevation

- Saturday Friday 23rd August – Sunday 24th August 2025
 - Registration Fee: £99
 - Minimum fundraising target: £500

KEY CONTACTS

Team Lead	Shabir 07889 525258
Peaks Leads	Shabir 07889 525258 Maulana Mahmud 07930 954376
Charity & Project Leads	Shabir 07889 525258 Yakoob 07764 533129

LEICESTER/WALSALL TO THE PEAK DISTRICT

2 Days of cycling @160 miles. The Team leave from Leicester. The journey will start on **Saturday 23rd August 2025**

ITINERARY

DAY	DATE	START	END	MILES	ELEVATION(FT)
Saturday	23 rd August	Leicester or Walsall	Peak District	60 to 70	3,000 to 3,500 Approx
Sunday	24 th August	Peak District	Leicester or Walsall	60 to 70	3,000 to 3,500 Approx



HOW MUCH SHOULD I FUNDRAISE FOR THE PEAKS RIDE?

We require all participants to make it a priority to fundraise, as these events' sole purpose is to help raise awareness and fundraise for the humanitarian causes we are raising for this year. **The Peak District Ride requires participants to raise a minimum of £500 for the Gaza Emergency Appeal. They are also free to fundraise for any of our Challenges 4 Humanity projects, including projects for our upcoming Sri Lanka Deployment**

TIPS ON FUNDRAISING

To make things easier, try to break down the target into smaller chunks. If your target is £500, this can be split into ten family and friends whereby you can ask them to donate to the cause £50 each. Break down the target into manageable and approachable targets.

- Aim to raise a certain amount and break it down from there.
- Understand the project and what is being offered. There will be a digital flyer for you to share which will have a list of all the projects and their prices that Challenges 4 Humanity are doing.
- Share social media posts, be active, message contacts directly or give them a call personally.
- Each of you will also have your own fundraising link, which you can share.

Charity Partners



- One Nation have been on the ground in Gaza for over 10 years
- They have their own teams on the ground providing humanitarian aid to those in need
- Since Oct 2023 One Nation continue to deliver aid every single day
- 100% Donation Policy



Official Sponsors

We are grateful to have sponsors for generously donating to C4H to help with subsidising our costs. We will have a list of sponsors, please give them a shout out on social media to help promote their good work and their business / services.



BASIC REQUIREMENTS

- Non-road bikes are not suitable for the main event, only road bikes are allowed.



- Cyclists must attend all training sessions unless a valid reason is given. Group training rides will be held regularly, increasing in difficulty in terms of mileage, elevation, consecutive days, as we get closer to the main event. This is to prepare you for the tough ride and to reduce any potential issues on the main ride.
- Cyclists must reach an average speed of 14mph over 40 miles with varying elevation by the time we reach the main event. Cyclists must record their rides on Strava so that they can be logged and monitored. Failure to do this would mean your place on the trip might be at risk.
- Your bike needs to be in good condition, a service must be carried out to all bikes before the main ride. This is your responsibility. Visit your local bike shop to gain the necessary advice needed for a long-distance ride.
- Each participant must aim to the **raise the minimum amount** for the chosen challenges.

The Prophet Muhammed (Peace be Upon Him) said:

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

(Al-Tirmidi)

TRAINING

Training is not to be taken lightly for the main event so it is vitally important to attend training sessions as much as possible. **If you do not train adequately, you will not enjoy the main event.** Please take as much time as you can to put effort into training and partake in our group training sessions.

Furthermore, refer to the guides sent out by the training team, and contact experienced riders with any queries you may have.

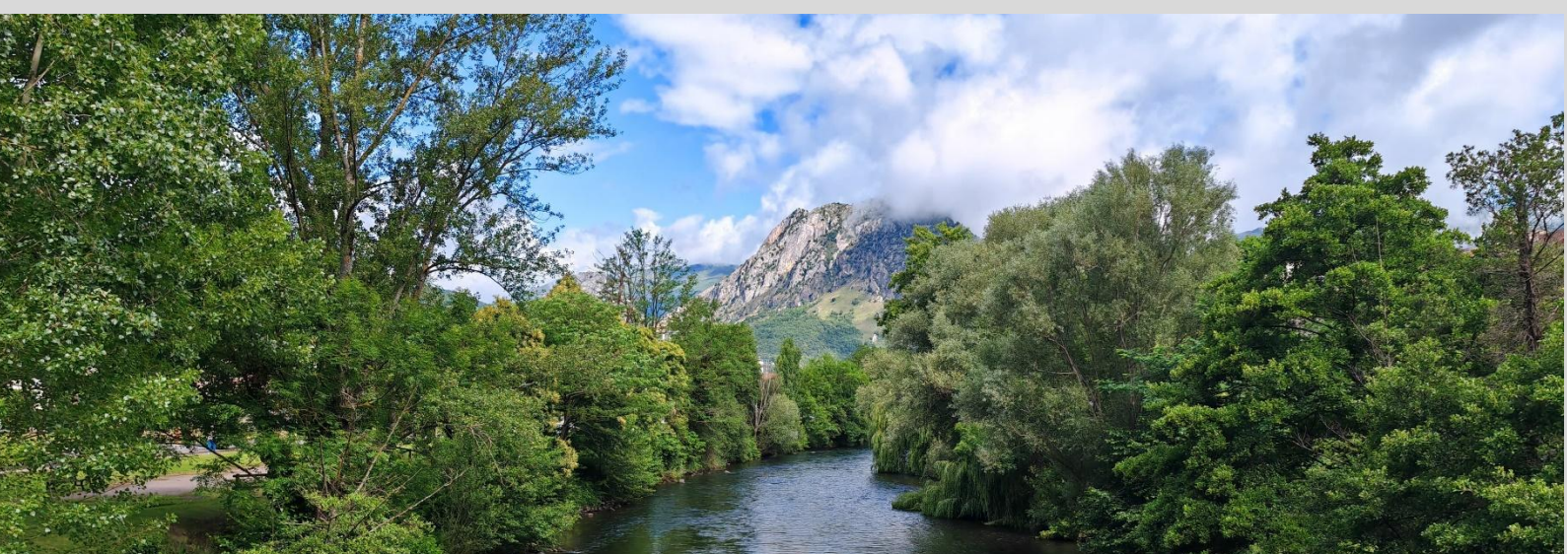
PRE-RIDE CHECKLIST

Before setting out on a ride it is a good idea to go through the following list of requirements and ensuring each one has been met.

Pre-ride meal	☐
Bike with two bottle holders, enough water for duration of the ride	☐
Bottles topped up with energy supplements/electrolytes	☐
Snacks, bananas, nuts or any other energy related snacks	☐
Bicycle checks:	
- Tyres at the correct pressure (check tyre wall for correct pressures)	
- Brakes checked	
- Seat at the correct height	
- Wheels spin freely	
- Spare inner tubes (punctures occur regularly)	☐
- Helmet	
- Lights	
- Portable pump / Multi tool	
- Chain has enough lube (to ensure chain doesn't snap)	
Medication	☐
Appropriate clothing (check weather forecast)	☐
Phone battery charged	☐
Cycle computer charged	☐
Someone aware of your route in case of an emergency	☐
Money – for emergencies, or for spending at cafés etc.	☐
Strava to record the ride	☐

RIDE ETIQUETTES

- Ensure you are registered on Strava and signed up to the C4H Peaks Challenge Strava Club if you are participating in the Event.
- When a training ride is posted on Strava, you must register your attendance on there.
- If you are unable to attend, please give your reasons to your C4H ride lead at least the day before.
- Come appropriately dressed. Our Club Rules are that you wear loose $\frac{3}{4}$ Shorts and they must cover your knees.
- You must arrive before the departure time, for example, if your training is to start at 9:00am then you must arrive before 9:00am. If you arrive late, you will be left behind.
- Riders must be well prepared and well equipped.
- Do not litter, keep rubbish in your pocket/bag to be disposed of later.
- Do not overtake your training leader.
- Be careful when overtaking, call out your position when about to overtake.
- Ride in a straight line as much as possible.
- Avoid braking sharply when people are behind you.
- Do not cycle on the wrong side of the road.
- Do not cycle recklessly / unpredictably.
- Call out / point out potential road hazards such as vehicles, potholes, tramlines, glass/debris etc. as you see them.
- Stick to the group that is equivalent to your level of cycling ability.
- Keep breaks to a minimum.
- Be mindful of other road users.
- Be careful around horses, do not startle them, indicate to their rider you are approaching when approaching from behind, giving them approximately 2 meters space between you & the horse.
- Don't lose your temper and ensure control of yourself at all times.
- Be courteous.
- Be kind to each other and respect each other regardless of cycling ability.
- We are one team, support each other and learn from one another.



ITEMS FOR YOUR LUGGAGE

ONE BAG ENOUGH FOR 2 NIGHTS STAY

Small Duffel/Gym Bag

We recommend all cyclists to bring a small duffel or a gym bag. In previous events we have organised, we found these are easier to load/unload from the van as well as it being spacious enough to carry all our needs. DO NOT bring a suitcase, it will not fit.

We will try to accommodate your needs although we must remind all participants that space is limited in our support vehicles. Therefore, we have had to set an allowance as to what we can bring along with us. Essential items have been outlined below. Your backpack must meet the size requirements for flying and your gym bag will be handed over to the van support crew.



Cycling gear and clothing

- ☐ Waterproof jacket
- ☐ Waterproof trousers
- ☐ Padded tights x2
- ☐ Padded shorts x2 (loose covering navel to below the knee)
- ☐ Cycling gloves
- ☐ Cycling glasses
- ☐ Cycling trainers
- ☐ Cycling overshoes
- ☐ Chain lube
- ☐ Socks x2
- ☐ Sandals
- ☐ Base layers x2
- ☐ T-shirts x2
- ☐ Nightwear

Sanitary items

- ☐ Bath/face towel
- ☐ Shower gel and deodorant
- ☐ Toothbrush and toothpaste
- ☐ Medicines
- ☐ Muscle relief cream
- ☐ Vaseline, anti-chaffing gel, blister patches

Electronic items

- ☐ Phone chargers
- ☐ Back up battery packs
- ☐ Extension lead
- ☐ Travel adapters

Documents and Funds

- ☐ Emergency contact details
- ☐ Emergency funds
- ☐ Travel Insurance Documents
- ☐ Credit / Debit Card

ITEMS YOU SHOULD CARRY WHILST CYCLING

The following is a list of possible items you should be carrying whilst cycling:

- | | | |
|--|--|---|
| ☐ Helmet | ☐ Cycling multi-tool | ☐ Gel seat |
| ☐ Water | ☐ Frame bag | ☐ Panniers |
| ☐ Lights | ☐ Mini pump | ☐ Waterproof jacket and trousers |
| ☐ Snacks | ☐ Saddle bag | ☐ Cycling glasses |
| ☐ Fruit and nuts | ☐ Lock | ☐ Cycling gloves |
| ☐ Energy bars and energy tablets/electrolytes | ☐ Battery packs | |
| ☐ Drinking bottles and bottle cages | ☐ Money | |
| ☐ Inner tubes x2 | ☐ Travel documents | |
| ☐ Puncture repair kit and tyre levers | ☐ Emergency contact details | |

CYCLISTS ARE ADVISED TO DRESS ACCORDING TO THE WEATHER AND HAVE BACKUP CLOTHING IF NECESSARY

CYCLISTS ARE ADVISED TO DRESS MODESTLY ON THE RIDES AND AVOID THE WEARING OF LYCRA AND COVER THEIR AWRA. CLUB RULES ARE CLEAR. YOUR CYCLING SHORTS MUST BE LOOSE AND COVER FROM YOUR NAVEL TO BELOW THE KNEE. AS A PREDOMINANTLY MUSLIM CHARITY CYCLING GROUP, WE ARE REPRESENTING ISLAM SO OUR DRESS CODE AND OUR BEHAVIOUR IS IMPORTANT





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 / have an injury then we can always accommodate you with a seat in the support vehicle, subject to space.



REMEMBER

- Be aware of your surroundings before overtaking.
- Do not cycle whilst using earphones.
- Warn others of potential hazards / potholes / glass and other debris on the road.
- Use vocal communication such as "clear right/left/car left/right" when approaching junctions.
- Notify someone if you need to take a toilet break to do your paperwork.
- Use appropriate hand signals as shown below.

Common Hand signals

