



MALE ONLY EVENT

In Support of



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AVIGNON TO MONACO

RIDER REG FEE

£795

SUPPORT REG FEE

£349

**4TH JUNE
12TH JUNE**

2027

**6 DAYS
OF CYCLING**

**22 CYCLISTS
4 SUPPORT**

**320 MILES 17K^{ft}
ELEVATION**

**MIN FUNDRAISING
£4,000**



RIDER REGISTRATION FEE INCLUDES

UK Air Transfers to/from Leicester

Flights

Bike Transport

Transfers in Europe

Support Team

8 Nights Hotel Accommodation with Breakfast

Food and Drink on Ride Days



challenges4humanity.com



info@challenges4humanity.com

INFORMATION PACK

CHALLENGES 4 HUMANITY

THREE CYCLING CHALLENGES CURRENTLY PLANNED FOR 2027

AVIGNON TO MONACO: 320+ Miles with 17,000ft+ Elevation ([THIS INFORMATION PACK](#))
MALE ONLY EVENT

- Friday 4th June 2027 - Saturday 12th June 2027
- Registration Fee: **£795**
- Minimum fundraising target: **£4,000**

FASTED 500: 500km of cycling spread across the month of Ramadhan
OPEN TO ALL

- Event carried out in Ramadhan
- Registration Fee: **FREE**
- Minimum fundraising target: **£500**

THE MALLORCA CHALLENGE 150 Miles with 14,000ft Elevation ([SEE OTHER INFORMATION PACK FOR DETAILS](#))
MALE ONLY EVENT

- DATES TBC
- Registration Fee: **£349**
- Minimum fundraising target: **£3,000**



KEY CONTACTS

Team Lead	Yakoob 07764 533129
Fasted 500 Lead	Shabir 07889 525258
Sponsorship Leads	Muhammad Ebrahim 07763 954296 Nadeem 07596 898683
Avignon to Monaco Leads	Shabir 07889 525258
Mallorca Challenge Leads	Imran 07703 350011
Charity & Project Leads	Shabir 07889 525258

FASTED 500

Open to everyone! Take on the Ramadan Cycling Challenge by cycling **500km (312 miles)** during Ramadan, averaging **17km (11 miles) per day**. Ride indoors or outdoors and track your progress using the **Strava app**.

For outdoor rides, record your activity with your phone, Garmin, or smartwatch. For indoor rides, manually add your distance to Strava if your bike is not connected. You can also upload photos of your bike display or yourself cycling to showcase your effort, inspire others, and encourage donations to your fundraising campaign.

HOW MUCH SHOULD I FUNDRAISE FOR FASTED 500?

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. **Fasted 500 requires participants to raise a minimum of £500.**



AVIGNON TO MONACO

Six Days. 320+ Miles. 17,000+ Ft. One Unforgettable Journey.

Our **flagship cycling event of 2027** will take our team on an extraordinary six-day journey through the south of France, covering **320+ miles** and climbing over **17,000 ft.**

Beginning in the historic city of **Avignon** in **France**, we take on the legendary **Mont Ventoux**, one of cycling's most iconic mountains, before heading south towards **Marseille & the Mediterranean**. From there, we follow the spectacular **French Riviera - the world-famous Côte d'Azur - all the way to Monaco.**

Expect breathtaking coastal roads, turquoise seas, dramatic cliffs, palm-lined resorts and some of the most beautiful cycling scenery in Europe.

The Cycling Team leaves **Leicester** before **5:30 am** on **Friday 4th June 2027**, travelling together by group transport to **Gatwick Airport** for our **11:45 am flight to Montpellier, France**. We will then transfer to **Avignon** for our overnight stay.

Our challenge begins on **Saturday 5th June**, with six consecutive days in the saddle before a spectacular finale in **Monaco** on **Thursday 10th June**.

WHAT DOES YOUR SUBSIDISED REGISTRATION FEE OF £795 COVER ?

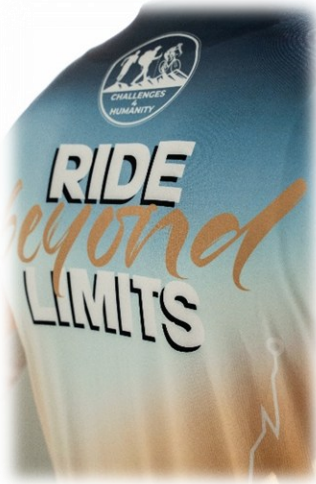
- Return Transfers from Leicester to UK Airport
- International Flights
- Return Bike Transport from Leicester to Europe
- 8 Nights Hotel Accommodation in Europe with Breakfast included
- Food and Drink on Ride Days
- Support Team

ITINERARY

DAY	DATE	START	END	MILES	ELEVATION(F T)
Friday	4 th June	Leicester	Montpellier	NON-RIDE DAY	NON-RIDE DAY
Saturday	5 th June	Avignon	Malaucène	30	1600
Sunday	6 th June	Malaucène	Malaucène	36	6100
Monday	7 th June	Malaucène	Marseille	82	2100
Tuesday	8 th June	Marseille	Hyères	55	3400
Wednesday	9 th June	Hyères	Cannes	76	2900
Thursday	10 th June	Cannes	Nice (via Monaco)	47	1600
Friday	11 th June	Rest Day	Rest Day	Rest Day	Rest Day
Saturday	12 th June	Fly Back from Nice Côte d'Azur Airport	London Luton Airport Coach to Leicester	Return Back to UK	Return Back to UK

HOW MUCH SHOULD I FUNDRAISE FOR A2M?

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. **Avignon to Monaco requires participants to raise a minimum of £4,000**



TIPS ON FUNDRAISING

To make things easier, try to break down the target into smaller chunks. If your target is £4,000, this can be split into thirty family and friends whereby you can ask them to donate to the cause £100 each. We have many amazing projects that vary in cost, as an example, building hand pumps start at £120 and a sustainable bicycle in Malawi is £140. These are one of many mini projects where, if you can approach friends and family and persuade them to donate, you will reach the target with ease.

- Break down the target into manageable and approachable targets.
 - Aim to raise a certain amount for each project or one big project (e.g. Syria/Pakistan Home).
 - Understand each 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. We will also hold a briefing session before Ramadhan, which you must attend which will prepare the team for our fundraising campaign.
 - 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.
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one nation

100% DONATION POLICY

One Nation, our trusted global partner, delivering sustainable development and Emergency Relief in over 30 countries.

A registered UK Charity that operates on a 100% Donation Policy



2027

SPONSORS

— TO BE ANNOUNCED —

We are grateful to have sponsors for generously donating to C4H to help with subsidising our costs to make our events possible.

For sponsorship opportunities please contact partnerships@challenges4humanity.com

We will have a full list of sponsors over the coming months, 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. Non-road bikes can be used for other cycling events such as the Fasted 500 event.



- Cyclists must attend all training sessions unless a valid reason is given. Group training rides for A2M will be held every week by C4H post Ramadhan, 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 Strava Club if you are participating in the Main Event.
- When a training ride is posted on Strava, you must register your attendance there.
- If you are unable to attend, please give your reasons to C4H 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. This is mandatory for all C4H Training Rides & for the A2M Ride
- 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.
- Do not 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 UNDERSEAT BAG



Small Bag

Carry onboard

Must fit under seat in front of you

Can be a handbag, laptop bag or backpack

40 x 20 x 25cm

Free



Cabin Baggage

Carry onboard

Max 10kg

Must be stored in the overhead locker

55 x 40 x 20cm

For purchase

Backpack maximum size is 45x36x20cm only, No Cabin Bags will be allowed on the flight as they are a separate charge. Shoulder bags/waist bags are classed as “small bags” so you may not be able to bring both a small shoulder bag and a backpack on board, however usually they don’t say anything but if challenged, put your small bag into your backpack or wear under your jacket and bring on them on board that way. Backpacks need to be stored under the seat in front of you.

Duffel/Gym Bag

We recommend all cyclists to bring a duffel or a gym bag. This will go in the support vehicle and you will see them on the other side, as they will travel separately. 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. If possible, get a gym bag with wheels. 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.



ITEMS TO PACK FOR THE RIDE

Cycling gear and clothing

- ☐ Waterproof jacket
- ☐ Waterproof trousers
- ☐ Padded tights x3
- ☐ Padded shorts x3 (loose covering navel to below the knee)
- ☐ Cycling gloves
- ☐ Cycling glasses
- ☐ Cycling trainers
- ☐ Cycling overshoes
- ☐ Chain lube
- ☐ Socks x6
- ☐ Sandals
- ☐ Base layers x3
- ☐ T-shirts x5
- ☐ 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

- ☐ Travel documents
- ☐ Emergency contact details
- ☐ Passport
- ☐ Global Health Insurance card
- ☐ Emergency funds
- ☐ Travel Insurance Documents
- ☐ International currency
- ☐ 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 | |

DRESS CODE

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 support vehicles 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 car / van.



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

