



Departing Capability Green 15th May 2010

Home to Rome Cycle Challenge

Over 1,000 miles, through 4 countries through spectacular scenery from Luton to Rome on a bicycle in 14 days – Are you up for the challenge?

Driving you on will be the knowledge that you are supporting the Combined Services Disabled Ski Team (CSDST) helping those who have been seriously injured whilst in the Armed Forces.

The ski team helps to rehabilitate serving men and women into a physically demanding routine proving that disability needn't restrict their lives. The aim is to support the CSDST members with their training programme to potentially qualify for the 2014 Paralympic Games in Sochi as part of the GB Disabled Ski Team.

We would like you to join us in this epic journey and to try to raise as much money as possible. In return you'll have the trip of a lifetime.

We are looking for a maximum of 30 riders to take part in the event and the route will be split into manageable chunks covering on average 80 miles per day.

The teams of 4-6 riders will cycle the whole route or can choose to ride in relay. Teams, who choose to take part in the challenge as a relay team, must supply their own support vehicle with a driver and co driver and cover any additional costs. Experience of long distance riding is preferable, although this is not a race; it is a test of endurance. Prior to participation it is the entrants' responsibility to confirm fitness.

The route will take us through some breathtaking scenery as we travel from Calais, through Villeneuve and on through regions of Italy including Casale, Pisa, Tuscania and onto Rome.

The event will be managed by SELEX Galileo, a Finmeccanica company who are proud to support the CSDST and the excellent work they do.

A short version of the Itinerary is as follows:

Day 1 Saturday 15th May – As you're raring to go this is the longest day departing from the SELEX Galileo site in Luton (Capability Green) and travelling 108 miles to Dover.

Day 2 Sunday 16th May – Calais to Bethune - 53 miles
Once arriving in France in Calais there is one last look back over the White Cliffs before heading off to Bethune.

Day 3 Monday 17th May - Bethune to Laon – 92 miles
Day three will find you departing from Béthune which is famous for its Belfry (tower in the central square of the city); where from the top the Belgian border can be seen.

Day 4 Tuesday 18th May – Laon to Vitry – 83 miles
Day four will allow you to view Laon's many medieval buildings whilst cycling on to Vitry.

Day 5 Wednesday 19th May - Vitry to Langres – 84 miles

Cycling through Vitry you will notice it is heavily industrialized, although market gardening and horticulture still persist.

Day 6 Thursday 20th May - Langres to Ornans – 76 miles

Day six will find you in the historical town of Langres with numerous art treasures within the ancient defensive walls surrounding the old city, including a dozen towers and seven gates.

Day 7 Friday 21st May – Ornans to Villeneuve – 81 miles

This will take you through a very pretty town sometimes known as the 'little Venice of Franche-Comté' through on into Villeneuve.

Day 8 Saturday 22nd May– Villeneuve to Aosta – 71 miles

Villeneuve has some interesting buildings and shops to look at as you cycle through the main street.

Day 9 Sunday 23rd May – Aosta to Casale – 83 miles

Aosta is an ancient town with towers that stand at angles making the town a very unusual place.

Day 10 Monday 24th May – Casale to Chiavari – 93 miles

Day ten will take you through Casale which runs on the right bank of the Po Valley.

Day 11 Tuesday 25th May – Chiavari to Pisa – 83 miles

Passing through the Italian Riviera through Chiavari, a tourist town with clear blue seas moving then on to Pisa.

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Day 12 Wednesday 26th May – Pisa to Marina di Grosseto – 85 miles

Day twelve will find you in Pisa with its Leaning Tower, beautiful bridges and historic buildings.

Day 13 Thursday 27th May - Marina de Grosseto to Tuscania – 66 miles

Nearly done and you will travel through the village of Marina de Grosseto now a popular tourist spot before moving on to Tuscania.

Day 14 Friday 28th May – Tuscania to Rome – 79 miles

The Final day and 79 miles from Tuscania to your final destination which will be Pratica di Mare near Pomezia, 30km south of Rome. A good meal followed by a good rest. Celebrations to take place the following day.

Saturday 29th May - Seniores Event

A celebration of the long service of more than 2,000 people within the Finmeccanica family of companies and the Finmeccanica board. The event hosts many dignitaries from Rome, the Italian MOD and Italian government. Finmeccanica are keen to welcome all the participants on the ride to be part of this event, which will include a flying display, static display of FNM equipment and lunch, followed by presentations including one for the cycle team.

Sunday 30th May – Flight home for cyclists and start of return journey for support vehicles.



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All you need to do is confirm that you would like to take part in the event and either put forward a team of between 4-6 people, or indicate that you are willing to be part of such a team.

The entry fee per person is £350 which covers logistics, transport and accommodation whilst in Europe with all additional funds raised going directly to the CSDST.

For more information or an entry pack please phone Jacquie Lawrence-Swan on 01582 886856 or Heather Lawrence on 01268 883540 or email Jacquie.lawrence-swan@selexgalileo.com



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Deadline for entries is Friday 19th March 2010.

We will have a minimum of 3 Support vehicles in attendance to provide assistance for breakdowns, rest stops and general support. If you would like to include a support vehicle for your own team, please advise at time of registration. All such vehicles must have a nominated driver and co-driver with associated insurances. Registration charges are based on 3 standard vehicles and any additional vehicles, or trailers will incur an additional charge.

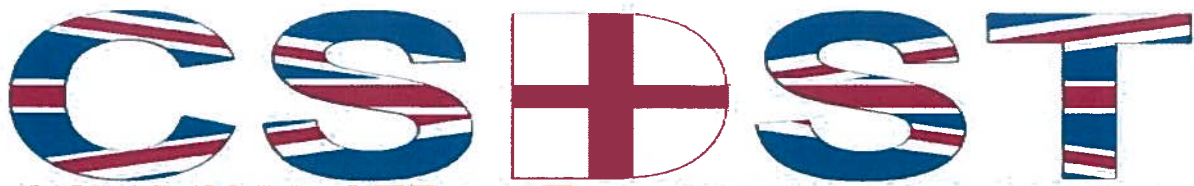
A trained first aider will be accompanying us for the journey. If any entrant is a Doctor or professional medic, please advise us at time of registration.

Additional charges to be considered:

We are able to offer personal travel insurance through Trinity Insurance Limited at a cost of circa £22.50 per person. If you wish to provide your own insurance cover, you will be asked to provide details prior to the cycle challenge.

The aim is for each person to raise a target of £1,500 which excludes your entry fee. For the ambitious amongst you the target to beat is £10,000 which was raised by a team of four last year.

**FINMECCANICA UK**
BATTLESPACE SOLUTIONS
Proud supporters of the Combined Services Disabled Ski Team



COMBINED SERVICES DISABLED SKI TEAM

14 days Cycling – Saturday 15th May – Friday 28th May 2010



Home to Rome Cycle Challenge

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Please complete as many sections as possible and return no later than Friday 19th March 2010

Team /IndividualName

Contact (for correspondence).....

Address

.....

..... Postcode

Company or Organisation

Daytime / Mobile Telephone Number

Evening Telephone Number

Email address

<u>Team Member or Individual</u>	<u>Email Address</u>	<u>Add Insurance * Y/N</u>	<u>Passport Details – number/place of issue/expiry date</u>

* each team member to confirm if personal travel insurance through Trinity Insurance Limited at a cost of circa £22.50 to be purchased. Any member who wishes to provide separate insurance cover must provide details prior to the cycle challenge.



Additional Information (if any):

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Team Registration:

I am submitting this registration document together with the Conditions of Entry and Self Declaration Health Form signed by each team member. I agree to act as team contact for all correspondence, and to pass on all information relating to the event to every team member.

Individual Registration:

Individuals will be assigned to a team and a Team leader will be appointed.

The participants pledge to raise a target of £1,500 per person for the Combined Services Disabled Ski Team (CSDST) which will be delivered to the organisers within 6 weeks of the end of the event.

We enclose £100 deposit per person (balance of £250 per person due by 23.04.2010)

£..... total entry fee (individual or team total)

(Cheques to be made payable to RMAS Academy Central Fund)

Signed..... Date

THE DEADLINE FOR ENTRIES IS FRIDAY 19th MARCH 2010

Please send completed form to Jacquie Lawrence-Swan, SELEX Galileo, 300 Capability Green, Luton, Beds, LU1 3PG

Tel: +44 (0) 1582 886856 Email Jacquie.lawrence-swan@selexgalileo.com



Proud to support the Combined Services Disabled Ski Team



Conditions of Entry

1. Participants must be aged 18 or over and must confirm that they are fit enough to complete an endurance cycle ride of circa 1,100 miles and are not restricted from participating in the event by any medical condition.
2. Entries are not confirmed until the team's entry fee has been paid in full and until each member has signed and returned these Conditions of Entry and the Self Declaration Health Form.
3. Participants agree to pay all funds raised (target of £1,500) no later than 6 weeks after completion of the event.
4. The organisers shall not be liable for any loss, damage or death however caused, arising from or in connection with the participation of any person in the event, except for death or personal injury caused by negligence on the part of the organisers.
5. The event will only be cancelled or postponed due to unforeseen or unavoidable circumstances. In such an eventuality all participants will be notified as soon as possible. The organiser's entire liability in respect of all costs and expenses which may result from such cancellation or delay will solely be the entry price paid to take part in the event.
6. The organisers reserve the right at any time to change any route, accommodation, channel crossing and any other arrangements for the event. As a back up we will provide tents to be carried in case of an emergency which prevents us arriving at our planned accommodation at the end of the day. Participants can provide their own tents if preferred.
7. Any participant who does not accept the travel insurance offered through the organisers must arrange insurance with a reputable insurer sufficient to compensate against injury, death, damages to or loss of property and all other risks. Details of such insurance policy must be provided on request by the organisers.
8. Participants agree that any information provided may be stored, used and disclosed by the organisers in connection with the organisation, and administration of the event.

I confirm that I have read and understood these Conditions of Entry and that, in consideration of being afforded the potential opportunity to participate in the event, I agree to comply with them and be bound by them.

Signed..... Date

Name (print):



PERSONAL SAFETY AND WELFARE INSTRUCTIONS READ BOTH PAGES

The organisers' overriding objective is for everyone involved to return home safely after an enjoyable and successful Challenge. Safety is the personal responsibility of each participant. The Trustees, Organisers, Sponsors and Marshals are not responsible for the participant's safety during this excursion and accept no liability for any death, injury or illness resulting from it.

Both in terms of safety instructions and other implications, the following is not necessarily a complete list. In drawing participants' attention to these issues, the Organisers do not take responsibility for issues not covered. Each participant is responsible for their own and their co-participants' safety and must also ensure that they are adequately insured and prepared for any eventuality that might arise from participating in this Challenge.

The Organisers and Marshals reserve the right to impose sanctions to enforce these instructions. Where considered appropriate these may include disqualification of any individual or entire team from further participation in the challenge. The decision of the Organisers is final.

These instructions may seem rather stern but simply reflect the Organisers' concern for your safety and that of everyone involved in the Challenge.

1. Cyclists and drivers must make themselves fully aware of, and comply with, all applicable local highway codes (or the equivalent), laws and regulations. N.B. all roads on the Challenge will be open to normal traffic throughout the Challenge.
2. **CYCLISTS MUST WEAR BRITISH STANDARD APPROVED CYCLING HELMETS AT ALL TIMES WHILST RIDING.**
3. Cyclists must use fully effective front and rear lights compliant with all applicable local laws when cycling in darkness or reduced visibility.
4. At STOP junctions, riders must place two feet on the ground, Look both ways, remembering that traffic in Europe drives on the right hand side of the road, etc. Be aware that vehicles will be approaching from a different direction from that which your instincts may expect.
5. Support vehicles stopping for a changeover or for non-traffic reasons must fully leave the road with NONE of the vehicle's wheels left on it. Where this is not possible, a manned traffic warning triangle must be placed 20 metres before the vehicle identifying the hazard to other road users and particularly to cyclists.



6. No other changeover must take place within 20 meters either side of a parked vehicle where the vehicles are unable to park completely off the road.
7. When pulling back onto the road in a right-hand drive vehicle after a stop or a changeover, the front seat passenger must also check that there are no cyclists or other road users that will be affected by your vehicle. **This has been identified as a major risk.** Reduce the risk with clear, planned communication, for example, a “yes” or “no” from the front seat passenger before setting off. Use your horn and indicators to alert other road users.
8. **Warning!** Cyclists travel very quickly, particularly downhill when they will often exceed speeds of motor vehicles. Drivers of support vehicles **must not** cause an obstruction to cyclists from their own or any other team at any time. Take extra care if the road surface is wet, when stopping distances will be far longer than in dry conditions, especially for bikes.
9. Cyclists must be very careful when in close proximity to other cycles. The cyclist in front may turn, brake or take avoiding action therefore to prevent a collision please leave sufficient distance between yourself and fellow participants. Please communicate with the cyclists around you to let them know what you are doing before you do it. N.B. “Slipstreaming” following close to the wheel of the bike in front of you is not allowed. This is not a race.
10. Particular caution is urged in congested situations where vehicles are merging with challenge riders
11. Hand signals must be given when turning right and left and an audible warning must be given to the cyclist in front prior to overtaking.

All entrants must read the Conditions of Entry issued by the Organisers and the above Personal Safety and Welfare conditions and agree to comply with them fully. They must also understand that participating in the Challenge may pose physical risks and must not hold the Organisers, Sponsors or Marshals responsible for any death, injury, illness or any aspect of safety, welfare or any other matter relating to or resulting from the Challenge. All entrants **MUST** sign the form issued by the organisers to that effect and return it to the Organisers, SELEX Galileo Ltd.