



London to Paris 24

14 – 16 July 2012

The countdown is on.

www.london2paris24.com

 **actionchallenge**
Challenge Events Worldwide

LONDON
to PARIS **24**

scope



The challenge

London to Paris 24 is the ultimate endurance cycle challenge for charity. The concept is simple – cover 280 miles by cycle from London to Paris in under 24 hours!

“This was, quite literally, one of the best things I've ever done - I learned so much about the limits I can push myself to, finding depths of stamina and endurance I'd never have dreamed I'd have.”

Kath, L2P24 2010 rider

The clock starts as you set off from London. By sunset you will have cycled the first 90 miles. You arrive in France as darkness falls. Only your determination will get you through this gruelling night stage. Dawn hits as you near the French capital. You dig deep for the final push into Paris. 280 miles and 24 hours later, the finishing line is finally in sight...

...the tougher the ride, the greater the reward.

Joining the ride

You can register for the London to Paris 24 event and take part in teams or as an individual

Teams

You and your cycle partner can attempt the route in relay style, resting on stages whilst your partner takes up the baton, or you can both attempt the full distance. The only rule is that at least one rider from every 2-man team must be on the road at all times.

Individuals

As an individual entrant you can ride in a relay style formation or you can attempt the full distance. All individual entrants will be paired up with another cyclist for accommodation.

Choosing to cycle the full distance should not be taken lightly. In 2011 out of 150 riders, 64 attempted the full distance – 11 made it within 24 hours!



What's included?

Fully signed route, rider maps, GPS downloads,
Professional bike mechanics, pace riders, medics, drivers
All food on event including hot meals en-route
Celebratory dinner in Paris
Bike transportation (en-route + return of cycles to UK)
Ferry crossing Dover to Calais
Hotel accommodation in Paris (twin-share)
Return Eurostar to the UK
Event timing system for cyclists
Fundraising advice and support
Pre-event rider information day

Costs and registration

You can choose to sign up as a team of two or as an individual by visiting www.london2paris24.com

- **£99 – registration fee per person**
- **£1,200 – minimum sponsorship per person**

By taking part you commit to fundraise a minimum sponsorship for Scope, which must be paid in two instalments. At least £800 must have been received by Scope by 1st June 2012

The balance of all sponsorship (£400 per person + any excess) must have been submitted to Scope no later than 4 weeks after the event.



Why take part?

Scope is a charity that supports disabled people and their families at every stage of their life. We work with disabled people to achieve our vision of a world where disabled people have the same opportunities as everyone else. We need your support to make this happen.

What does Scope do?

Services – we offer a range of services for disabled children and adults. These include schools, colleges, residential homes and supported independent living.

Help and information – we support disabled people and their families through practical information and support, particularly at the time of diagnosis and in a child's early years.

Campaigns – we work with disabled people on the issues that are most important to them and aim to raise awareness, change attitudes and influence government policy.

Contact us

For further information please email us events@scope.org.uk or call Scope on 020 7619 7272.

www.london2paris24.com



How your money can help

We're Scope. We believe disabled people should have the same opportunities in life as everyone else. We run services and campaigns with disabled people to make this happen.

By choosing to take part in L2P24 you can make a real difference to the lives of disabled people, like Eloise and her family...

Thanks to her new found communication skills, Eloise's family, friends and teachers don't have to second-guess her anymore. In fact, she's only too happy to talk about all of the things she loves to do.

Eloise is not alone. 9 out of 10 of the children Scope works with have communication difficulties. For young people like Eloise, being able to access a computer will open up so many more opportunities in terms of education, jobs and just being able to organise their lives.

Whether it's supporting them in school, or identifying the most appropriate communication aid, Scope makes a world of difference. But we couldn't do it without you. With your support, more children can show off their achievements.

Cycling 280 miles in 24 hours is a huge challenge and you can be very proud knowing that you are supporting those who faces challenges every day of their lives.

With your help:

£36 could buy a digital voice recorder so a disabled child can express themselves

£270 could pay for a home visit to families with a newly diagnosed child with cerebral palsy.

£450 could support 10 disabled people to train for work.

£700 could buy a computer that disabled people can use to learn and communicate



For more information visit

www.scope.org.uk