



**CYCLISTS WITH COMPASSION!**



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Email us: [contact4cwc@gmail.com](mailto:contact4cwc@gmail.com)

# CWC NEWS

**Just a few more days...**

... and the inaugural CWC ride will commence on January 23. Over eight days 23 riders will embark on a ride from Bangkok to Chiang Mai, over 800 km through some of Thailand's most beautiful country side. Over 800 km in the saddle of a bicycle can and will be challenging and some of us may curse ourselves for having committed to this, but from experience I know that at the end we will all be rewarded. Rewarded with the feeling of achievement, rewarded with the knowledge that we did something special to make the world a little better, a little brighter for some children. In this ride old friends will meet again and new friendships will be made.

We are pleased with the donations so far. The participating riders have done a marvellous job to promote our ride and the charity we are supporting, Effective Aid International to their friends and family. We are close to the target of AUD 30,000 we set ourselves, but still not there. So, please, as hard as we will work on reaching our target destination in Chiang Mai, please help us to also reach our target amount of donations. Only you can make it happen!. Please share this newsletter and the donation link <http://www.effectiveaid.org/cyclists-with-compassion/>.

Regretfully two of our signed up riders had to withdraw in the last moment due to medical reasons. We will miss you badly, Whee Kee and Madelaine and we wish you a very fast, complete recovery. Our thoughts will be with you and your ears will be ringing, as the sentence " Oh, I wish Whee Kee and Madelaine would be here now" will be said a lot. We already placed you on top of the list for the CWC 2017 ride.

For now I wish the riders a safe journey to Bangkok and to all of those that have supported and continue to support CWC: Thank you! We will keep you updated daily throughout the ride on our Facebook page.

Safe cycling, always! God Bless!

*Reiner*

This newsletter will be produced monthly and it will be sent to the cyclists as well as friends, family and sponsors of our initiative. If you do not want to receive this newsletter, please mail the word "Unsubscribe" to [contact4cwc@gmail.com](mailto:contact4cwc@gmail.com).

# Our Corporate Sponsors...!



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### ***Tips for cycling in hot weather!***

Whatever season it may be... cycling in Thailand means cycling in a tropical climate... and it can be hot! However, training, acclimatisation and the proper use of sport drinks will help you perform your best in the heat. The bottom line on all of this is to know your body and take care of it. If you use common sense and prepare properly for cycling in the heat, nothing should stand between you and a great, fun time. Remember, you can't change the weather, but with a little planning, you can beat the heat.

Here are some tips from some of us that learned it the hard way:

- Hydrate, hydrate, hydrate. Start drinking water or a sports drink early and keep drinking lots during the day. Hot weather and physical exertion dehydrate the body very quickly.
- Freeze water bottles the night before - they stay cold longer.
- Try to keep at least one water bottle with only water in it, not a sports drink. This way you'll have something to dump on your head to cool yourself.
- Find a helmet with good ventilation and many air vents.
- Wear gloves to keep your hands from slipping off the handlebars and to efficiently wipe sweat from your face.
- Apply sunscreen, the higher the Sun Protection Factor the better (SPF 30 or above). Since you'll be sweating quite a bit, look for sunscreen that's waterproof.
- Especially for those of you with a "lollipop" hairstyle: wear a bandana on your head or you will get a tribal sunburn tattoo in the shape of your helmet's air vents - may look cool, but is painful!
- Soak a bandana in cold water and wear it around your neck.
- Protect your lips. Lip balm is just not enough. Try a scarf or a mouth mask. Burned lips are painful - trust me, I know from experience!
- Protect your eyes! Wear good sun glasses - always!
- Invest in some good arm sleeves; you can get the tattoo-look-alike ones, but I suggest get the real thing!

### ***Help us and ...***



### **Donate to EAI!**

Our beneficiary for the CWC 2016 ride is [Effective Aid International](#), an Australian-based charity, which over the past 14 years has been changing the future for many displaced, orphaned and abandoned children both in Northern Thailand and on both sides of the Thailand-Myanmar border. They have done marvellous work, but they need our, your help to ensure that their beautiful mission to give hope for a better life for so many children will continue into the future!

You can donate via PayPal or credit card by clicking [here!](#) Any donation - no matter, how big or small - will be appreciated and will go fully to EAI and their mission!

Please note that EAI is an Australian-based charity and the donation currency will be in AUD. Hence you may want to do a currency conversion before you input the donation amount. For donors based in Australia, EAI will issue a tax receipt to be used in your income tax declaration.

EAI has no office in Thailand or elsewhere outside Australia and hence there will be no tax benefits for donations from outside Australia. However, unless the donation amount is in the thousands of dollars, the benefit from that is rather marginal anyhow and neither this nor the donation currency should prevent you from donating!

## Introducing: More Heroes of CWC 2016!

It is so easy to say: "Not my problem!" or "What can I do?" and to ignore the plights and challenges of others. But then there are some that take up the challenge to make a positive difference to people's life. Such as the riders in CWC 2016! Over the next newsletters we will introduce some of those heroes to you and their motivation to embark on such a physically and mentally challenging tour as the CWC ride 2016 from Bangkok to Chiang Mai.



Quentin (Malaysia): "Figuring out the motivation for doing the ride was tricky as the goals kept changing from before I joined it. It started with Ernest Balasingam constantly talking about the tour, which intrigued me and when there was a spot available, I decided to join it 'for the sake of doing it'. However as the days went and where the status of my health came into question, my priorities changed to reflect the next years of my life.

Charity was always on my mind but was never one to volunteer to go to an old folks home to paint the place. This opportunity now has given me a direction as to how I could make a difference for the better in some other person's life in the near future....could be a new beginning....."

Annelise (Australia): "My heart is for the displaced children and orphans. I have been interested in Effective Aid's International since its founding and I am happy to be part of this tour to see the support grow."



Selina (Australia): "It's wonderful to be able to help out in a cause that I believe in and at the same time to enjoy the camaraderie amongst friends."

Victor and Anslem (Malaysia): "Renew old friendship, making new friends and do the little we can to make the World a better place while cycling "

