

**CYCLISTS WITH COMPASSION!**www.facebook.com/cyclistswithcompassionEmail us: contact4cwc@gmail.com

CWC NEWS

So, what is "Cyclists with Compassion"?

The idea for "Cyclists with Compassion" or "CWC" for short was conceived some years ago by Selina and I after we passed on the organisation of another cycling-based charity to a younger generation. In our view, there can never be enough charity in this world! We know that we can't change the whole world, but we hope that by creating CWC we can do our little bit to bring hope and a better life to some..., bit by bit!

Our objective is to combine our love for cycling with our desire to make a difference to the lives of those in need by creating awareness about them and their challenges and... how little it often takes to bring hope for a better life!

Our short term goal is a successful inaugural ride in Thailand in January 2016. We want to make this, our first, charity ride for CWC a success for all involved..., for the cyclists as well as the beneficiaries.

For this ride we support [Effective Aid International](#), an Australian non-profit charity that aims to provide under-privileged and disadvantaged people in North Thailand and Myanmar with the basic necessities that enable them to survive, but beyond that to provide development to communities, thus empowering them to take charge of their own futures! Effective Aid International (EAI) reach goes beyond Thailand and EAI targets a further expansion of their work into the future. This objective is aligned with what CWC is aiming at and hence EAI is a perfect partner for us.

Our first ride will be from January 22nd to January 30th and will go from Bangkok to Chiang Mai. We will transfer by bus from Bangkok to Suphan Buri, where we will start the actual ride on nice, quiet country roads. One of the highlights of the trip will be a visit to **Baan Fah Sighy** - a children's home established in Northern Thailand more than 13 years ago by an Australian man and his Thai wife. Supported by EAI, it has been developed into an "oasis of love" for the abandoned and orphaned children!

We are looking forward for you to be a part of CWC..., as a rider, sponsor or both!

Safe cycling, always! God Bless!

Reiner

The CWC Team!

As in any organisation that hopes to be successful it is the team work that's essential. The same goes with CWC. Here is a brief introduction of the people involved in the organisation of the CWC ride.

Annelise Nesor was born in South Africa, but moved with her family to Australia in the late 1990ties. She is a Dentist by profession, but now spends her time looking after her grand children and charity work! Annelise is a keen cyclist and sportswoman and has completed even some ultra-marathons (84 km)!

Grace Young-Diao. As a three times Singaporean Sportswoman of the Year and winner of a basket full of medals at the SEA Games and Commonwealth Games in ten pin bowling, Grace needs no further introduction. Now married and a mother of an 11 year old boy, she may have retired from competitive bowling, but is still very active with golf, tennis and cycling and of course church and charity work!

Selina Vong Mei Lan, a Singaporean and her German husband **Reiner Ebenhoch** complete the organisation team. After having lived and worked in Singapore for nearly 29 years, where Reiner owned and managed a small, but successful company providing services and infrastructure to publishers, Reiner retired from corporate life in 2014 and Selina and he moved to Australia. They both see retirement as a new and exciting chapter in their lives, especially as they now have the time and the opportunity to apply their skills and experience from their previous corporate careers to charities such as CWC. Both of them are keen cyclists and enjoy the seemingly endless choice of cycling routes in Australia!

While Annelise, Grace and Selina handle all aspects of the donations and the liaison with EAI, Reiner concentrates on the actual cycling tour and the liaison with the tour organiser SpiceRoads!



Annelise Nesor



Grace Young-Diao



Reiner Ebenhoch and Selina Vong

Effective Aid International welcomes the partnership and support of **Cyclists with Compassion!**

For 14 years Effective Aid International (EAI) has been changing the future for displaced, orphaned and abandoned children both in Northern Thailand and on both sides of the Thailand-Myanmar border. Quality education is the single most effective weapon that can be used today, to erase poverty in the future - so education is our key focus. During these past years we have provided more than 13,000 individual years of schooling to children in refugee camps, displaced peoples' villages and children's homes. We have employed, trained and empowered hundreds of refugees as teachers in our schools. We have provided love, food, safety and shelter to abandoned and orphaned children. We have been carriers of compassion to thousands who have been displaced from their homes in Myanmar, as a result of what was our world's longest running civil war. Peace is slowly returning to Myanmar, but the humanitarian needs continue to exist and be largely ignored. EAI has pledged to continue our work. We are currently in transition as we start to establish our work in Eastern Myanmar, while continuing but slowly winding down our activities on the border within Thailand.

The **Cyclists with Compassion** tour in January 2015 will enjoy an amazing day at Baan Fah Sighy - a children's home established in Northern Thailand more than 13 years ago by an Australian man and his Thai wife. Supported by EAI, it has been developed into an "oasis of love" for the abandoned and orphaned children who call it home and know it's founders as "Mum & Dad". During your visit you will enjoy lunch at the home and visit the "Blue Skies School", established onsite to provide primary education to both the Baan Fah Sighy children as well as children from local communities.

You will get a "taste" of EAI's work through this visit. Unfortunately access to our project sites on the Thailand-Myanmar border is both difficult, restricted and sometimes dangerous. Add to this the narrow roads and mountainous terrain and you will understand the reasons. Maybe in the future a tour can be organised from within Myanmar to our projects in that nation? Keep watching - it may be sooner than we think!

EAI is a registered Australian charity that is audited annually to ensure that both our financial management and international aid work complies with all Australian Government regulations.

On behalf of all the children who will benefit from your generosity - THANK YOU!

Kind regards,

Ian Aitchison

Chairman - Effective Aid International

Some Questions, some answers...!

Q: Why have you selected to work with EAI?

A: EAI is an established charity with goals and objectives aligned with the ones for CWC. We were also very impressed with the personal commitment and sacrifices of the people behind EAI. Everybody working at EAI is a volunteer and hence the donations go almost fully to the actual cause with little or no deductions for administrative costs, such as salaries, etc!

Q: How do you intent to raise donations?

A: There will be corporate and private donations. Every participating cyclist is encouraged to convince friends, family, colleagues, etc. to donate. In the next weeks we will send out more info about the donation options, but sponsors will have the opportunity to sponsor the monthly or annual costs of a teacher and/or education cost of a child or sponsor the purchase of goods, such as goats, chicken, class rooms, etc or simply donate money. The sponsor will be able to assign the donation to a particular cyclist.

Q: Is there a minimum donation amount requirement?

A: There is a minimum amount for corporate sponsorship. Corporate sponsors will receive a number of team jerseys and their company logo and URL will be shown on all our collateral , such as newsletters, Facebook pages, jerseys, etc! The actual amount for the corporate sponsorship will be announced soon.

There is no minimum amount for private sponsors and **no** minimum amount to be raised by an individual cyclist. We know that raising money is easier for some than for others and we do not want to exclude those with difficulties to raise money from such a wonderful experience as this ride. However, we do want to see a sincere effort by the cyclist to raise money.

Q: Why is the ride limited to 20 cyclists?

A: There are a few reasons for this! One is that the particular route we are taking is off the regular tourist track and there a few hotels that can accommodate big groups. We also place quality over quantity; as bigger the group as more difficult it is to create the personal atmosphere that bonds people together and makes everybody feel as part of one big family. This is a very important goal for us! We may grow the group for future rides, but for now it is limited to 20!

Q: Will everybody be able to handle the rides and distances?

A: Frankly..., if you are completely untrained as a cyclist? No, then this tour is not for you! You should cycle regularly at least twice a week to be able to enjoy the tour. This tour will not be a race, we will cycle in a group and will aim to maintain a pace that everybody is comfortable with. And of course, there is always the support van and ..., you still have eight months to train. Trust me, it will be worth it.

Q: Can non-cyclists such as my spouse come along and travel in the support van?

A: No! Since we have such limited hotel space, we need to reserve them for the cyclists. Your spouses could perhaps meet you in Chiang Mai for the big celebration party or even the on the last day at the **Baan Fah Sighy**, the children's home!

The Tour!

Day 1 (22 Jan 2016) : Bangkok - Welcome Dinner

Arrive in Bangkok. Airport transfer, welcome dinner and accommodation are under rider own arrangement.

Accommodation: Centara Grand At Central World

(Recommended, a special rate is currently being negotiated).

Day 2 (23 Jan 2016) : Bangkok - Transfer to Suphan Buri - Ride to Chai Nat

At 8 am we leave from the Centara Grand Hotel in Bangkok and transfer for two hours to Suphan Buri. While the guides get the bikes ready take the time for a walk through the National Museum that highlights King Naresuan's defeat of the Burmese Crown Prince in a royal duel on elephant back in 1592. We start our riding north on quiet, flat roads to the small town of Chai Nat.

Ride : 80 km.

Accommodation : 111 Resort

Day 3 (24 Jan 2016) : Chai Nat - Nakorn Sawan

We head into the heartland of Thailand today with our journey to Nakorn Sawan. You'll quickly understand why Thailand is the top exporter of rice when you see the many paddies on your route today. Look out for water buffaloes wallowing in a puddle and for ducks taking a dip in a rice field. This is an area of Thailand which is not visited by many tourists, so you will pique the interest of locals and it is a good opportunity to stop and say Sawadee!

Ride : 95 km.

Accommodation : Bonito Chinoes Resort

Day 4 (25 Jan 2016) : Nakorn Sawan - Khampaeng Phet (B/L/D)

Our day begins early as we have a long ride ahead of us making our way through rural lanscape to Kampaeng Phet, commonly known as the Diamond-Walled city.

Tonight we overnight in the resort by the river.

Ride : 120 km.

Accommodation : Mae Ping Mango Resort

Day 5 (26th Jan 2016) : Khampaeng Phet - Sukhothai (B/L/D)

We take a slight detour this morning to visit the sites of Khampeng Phet, also known as the "Diamond Wall City," a military fortress used to help defend Sukhothai from invading armies. The moss and flower covered ruins give it a quality that is not seen in its more popular and restored neighbor of Sukhothai. The ride to Sukhothai is on pleasant country roads with plenty of activity going on to keep your attention.

Ride : 90 km.

Accommodation : Ruean Thai Hotel

Day 6 (27 Jan 2016) : Sukhothai - Tak (B/L/D)

After four days of flat riding today we'll have our first signs of hills, but they will be very mild. Again, we ride on quiet country roads as we cycle north through rice fields. We overnight at a quaint and quirky resort that has it's own flock of sheep.

Ride : 110 km.

Accommodation : Chatchai Hill Resort

Day 7 (28 Jan 2016) : Tak - Li

Our first hill is on the agenda today, though it will be very gradual. Towards the middle of the day we'll be riding in the forest on the edge of Mae Ping National Park. We overnight at a garden resort.

Ride : 134 km.
Accommodation : Dewo's Home and Garden Resort

Day 8 (29 Jan 2016) : Li - Hot

An easy ride today as we have more down than up to cycle today as we ride to visit Ban Fah Sighy children's home. We have time to spend the afternoon with the children.

Ride : 90 km.
Accommodation : Rose House Hod

Day 9 (30 Jan 2016) : Hot - Chiang Mai

A fast and flat ride takes us to the Lanna Kingdom's capital of Chiang Mai. The afternoon is free to explore the city or to have a massage. We meet up in the evening for a celebration dinner on the river. For those who want to challenge themselves with a ride up to the top of Thailand's highest mountain, Doi Inthanon, can do so. We will spare a van and a guide for this option. Once we have reached the peak, we transfer to Chiang Mai.

Ride : 95 km excl. Doi Inthanon and 80 km incl. Doi Inthanon
Accommodation : Aruntara Riverside Boutique Resort (Deluxe Room)

Day 10 (31st Jan 2016) : Transfer to airport - or stay extra day

After breakfast we provide a group transfer to Chiang Mai International Airport.

Ride : -
Accommodation : N/A

**Total Ride Distance : 814 km. Excl. Doi Inthanon
799 km. Incl. Doi Inthanon**

