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CWC NEWS

CWC 2016: Memories That Last Forever!

The inaugural CWC 2016 charity bike ride in Thailand was a success - no doubt! It was an extraordinary ride with extraordinary conditions, but also with extraordinary people! Eight days and nearly 800 km (for some nearly 900 k) from Singburi to Chiang Mai. As if this would not be challenging enough, our good luck had it that we picked the one week, where Asia was hit by the freakiest weather ever. We had it all: scorching 36 c dropping to a freezing 11c, heavy rain complemented by strong winds (of course headwinds) and wet fog with 50 m visibility.

It was a week of pain and suffering, but also a week of friendship, laughter, compassion, camaraderie and team spirit. All the pain, cold and suffering, the wet socks and cold showers, the hard mattresses and bad coffee was forgotten, when we reached the ultimate beneficiary of our ride: the Blue Sky Children home in Hot, North Thailand, supported by Effective Aid International. It was the undisputed highlight of the ride to the visit the Blue Sky or Baan Fah Sighy Children home and to meet the children, the teachers and two of the most amazing, most impressive people I ever met: Phil and Wanida, the mum and dad to the children at Baan Fah Sighy. The mutual love and affection between the children and Phil and Wanida, their unconditional commitment and sacrifices, their achievements and big hearts touched all of us deeply. Phil and Wanida, thank you for welcoming us so warmly, thank you for showing us how love can go beyond borders and move mountains, for creating an oasis of love and harmony for so many young lives! You both are the real heroes of this world and it was a privilege for us to meet you! Well, and you, my fellow riders in this remarkable week, you are heroes, too! In all the tours I rode in before, I never

experienced such great team spirit. 25 individuals rode as one! You have been fantastic. Cold weather, heavy rain, strong head winds, fog, no hot water to shower and more, but you never, not once, complained! Alone this shows what kind of people you are: The Best! It was a pleasure and privilege to ride with you!

Like with almost everything in life, you had a choice ! And I like to thank you for choosing to sign up for the first CWC ride, I like to thank you for the trust and the confidence you have placed in me and CWC and for raising funds for a charity that was unknown to you before. And I am happy that I have not disappointed you!

I like to thank the wonderful people at Spiceroad for their excellent work in organising our trip. Without them, the things we did would have been impossible to do. Krab Khun Mah Krab to Struan, Kamm, Narumon, Ant, Jaew, Korn, Mr. Sit, Charlie, Moo, Wiroj and all those we don't know, but have been working on this epic trip!

Last, but not least, I like to thank the sponsors - both corporate and private - for their financial support. Our humble target for this first ride was to raise AUD 30,000 - but thanks to you we raised **over AUD 40,000**. This much needed funds will go a long way in North Thailand and Myanmar. Thank you so much for your generosity.

Without you, this would have just been an ordinary ride. But thanks to you, we can and will together with you continue to make a difference to the life of children and to give hope for a better and brighter future..., bit by bit, day by day, one by one!

Please see a collage of images from this remarkable eight days.

For now, GOD Bless and safe cycling, always...

Reiner

CWC 2017 In Support Of Effective Aid International Is Now Confirmed!

Meanwhile we have confirmed the next CWC ride in Thailand. It will take place from February 11 to 18, 2017. We will start in Chiang Rai and end the ride in Hot, at the Baan Fah Sighy Children home. The total riding distance will be app. 700 km, much of it following the Mekong river and along the Laotian border as well as an excursion to the border to Myanmar.

For the first time we will also introduce a spouse package. This will allow our non-cycling partners to be part of this wonderful experience. The package includes transfers, accommodation and meals. Details will be communicated within the next few weeks.

As in 2016 we will again support [Effective Aid International](#) (EAI), an Australian non-profit charity that aims to provide under privileged and disadvantaged children 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. EAI's commitment to their donors is to maximise the effect of their donations and minimise the amount spent on advertising and administration. EAI wants to be known for their good deeds - evidenced by the life changing results in the individuals and communities with whom they work.

Effective Aid International's main focus is on children because they believe that the most effective way to change the future is to educate and nurture today's children.

CWC 2017 is limited to 30 cyclists and 10 spouse packages. If you like to join, please express your interest at contact4cwc@gmail.com. We will release 20 slots in the first week of June and another 10 slots in the first week of September.

The cyclists of CWC 2016 and the children of the
Baan Fah Sighy Children Home and school!





Time	03:30:06 ²⁷
Distance	92.9 ^m
Totl. Ascent	131 ^m
Max. Speed	42.9 ^{km/h}
Avg. Speed	26.5 ^{km/h}
Avg. %Max.	13%
Avg. HR	119 ^{b/min}
Temp	25.1 ^{°C}
Calories	1694 ^{kcal}
MENU	

GARMIN	
Time	04:40:03 ⁶⁷
Distance	133 ^k
Totl. Ascent	82 ^m
Max. Speed	45.1 ^{km/h}
Avg. Speed	28.5 ^{km/h}
Avg. %Max.	15%
Avg. HR	122 ^{b/min}
Temp	20.8 ^{°C}
Calories	2328 ^{kcal}
MENU	







Cyclists with compassion raise \$40k for charity

23 riders brave weather woes during 850km trip; they also spend time at Thai orphanage

Alexis Ong

Through fog, heavy rain and temperatures that veered from 36 deg C to 11 deg C, a group of 23 riders from Singapore and elsewhere cycled for eight days in Thailand.

Aged 19 to 65, they were taking part in a cycling event to raise funds for charity.

They cycled 850km from Sing Buri province in central Thailand to Chiang Mai in the north last month. This is roughly equivalent to riding along the perimeter of Singapore four times.

The Cyclists With Compassion (CWC) group, which also had cyclists from Malaysia, the Philippines, Thailand and Australia, raised A\$40,000 (S\$39,500) for charity.

"We are avid cyclists, so the idea of a cycling-based charity was easily conceived," said Mr Reiner Ebenhoch, 59, who organised the ride with his wife Selina Vong-Ebenhoch, 52.

Both are former directors of business and management consultancy Medialive, but have since retired and are based in Australia.

The group encountered numerous obstacles on the way, the worst being the strange weather.

Ms Nikki Suwanee Pereira, the youngest at 19, said: "Even the four layers I was wearing were insufficient due to the cold wind."

Co-organiser Grace Young-Diao, 53, a former national bowler, said a responsibility to sponsors kept her going despite the tough conditions.

The council member of the Singapore Bowling Federation said: "I also believe we are stronger than we know and think, when we dig deep."

On the seventh day of the ride, the group arrived at Baan Fah Sighy, an orphanage in Chiang Mai. They spent the afternoon there and distributed pillows to the children.

Ms Pereira, a former Victoria Junior College student waiting for her A-level results, recounted how a boy not older than 10 started to cry upon receiving his pillow.

He was very thankful to be finally given one of his own, according to translations by the local guide.

"This incident really jolted me into realising how fortunate I was to have a comfortable life back home," said Ms Pereira.

All proceeds from the ride will be given to Effective Aid International (EAI), a non-profit organisation based in Australia that focuses on development for underprivileged communities. It plans to use the money to develop Baan Fah Sighy and build schools in Myanmar.

"There are cyclists with compassion everywhere, and there is a need everywhere," said Mr Ebenhoch. "My dream would be to see CWC expand beyond Thailand and even Asia as independent initiatives, but with a common goal."

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• The public can still contribute by donating at www.effectiveaid.org/cyclists-with-compassion/. Experienced cyclists interested in CWC 2017 can contact organisers at contact4cwc@gmail.com

