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# CWC NEWS

## Cyclists with Compassion - What's in a name?

Dear friends,

The definition of compassion is "feeling for another", compassion is what motivates people to go out of their way to help and try to alleviate the physical, mental or emotional pains of another being. Originating from Latin, compassion means "co-suffering"!

I truly believe that the name chosen for our group, Cyclists with Compassion is very fitting. Participating and riding in a tour such as CWC 2019 is indeed a departure from the normal routine of our usual daily lives; requiring sacrifices in vacation days, time away from family, expenses etc. And yes, there is certainly also a degree of suffering, with long days in the saddle of a bike riding through heat, rain or whatever the weather throws at us. And while not everybody is able, willing or motivated to ride with us, you can all be part of CWC 2019. On behalf of all the riders in CWC 2019 and our chosen charities I am appealing to you for your support. Your gesture of compassion in form of a donation will not only acknowledge your respect for the mental and physical efforts of the riders in CWC 2019, it will also go a long way in helping to alleviate the physical, mental or emotional pains of many young boys and girls in the care of our charities and to give hope for a brighter future.

We have just made the donation process easier by entering into a partnership with Simply Giving. Our dedicated CWC donation page at <https://www.simplygiving.com/appeal/cwc2019> allows for an easy and safe credit card donation in any currency! Any donation, no matter how small or big is highly appreciated and brings us closer to our dream and vision for CWC 2019!

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

# What on earth...? Can't understand you!

Communication is the exchange of signals and for a successful communication it is important that the signals are understood at both ends. Given the difficulties to exchange words while riding, especially in a peloton, you often see cyclists communicating via hand signals. Even for non cyclists, it may be interesting to know the meaning of the signals. Here is a selection of the most common hand signals for cyclists:



## **Slowing**

With your arm outstretched, palm-down, and slightly behind you so cyclists behind you get a clear view of your hand, move your hand up and down at the wrist to indicate that you're about to slow. Use this indication when you're confident that you're going to be pulling the brakes in order to significantly slow your speed.

## **Stopping**

Raise a hand straight above your head to indicate that you expect to stop. This indication supersedes the indication and call to slow.



## **Indicating**

An essential signal for all road users. Outstretch your arm straight out to the side of you to indicate your intended turn. Ensure you make this indication before you edge out to the middle of the road. Always have a quick look behind you to make sure those other road users have seen and reacted to your indication. If you're at the head of a large peloton, it can be helpful to raise your hand to just above shoulder height, and point in the direction of the upcoming turn.

## **Pothole or hazard on road**

If you are approaching a hazard in the road, for example a pothole, manhole cover or drain cover, outstretch your arm on the side that the upcoming hazard will pass your bike and point to the floor. This will sometimes be accompanied by a circling motion – if there's time.

For deep and sharp holes in the road, a clear and loud call of "hole" will help notify your fellow cyclists of the severity of the upcoming obstacle.



## **Oncoming hazard**

As you approach a physical oncoming hazard, take the arm on the side of the hazard behind you and point across your back in the direction the cyclist behind you will need to move in order to avoid it.



# The route and sights of CWC 2019

**DAY 8 (19 OCT 2019)**

**KHAO LAK TO PHUKET**

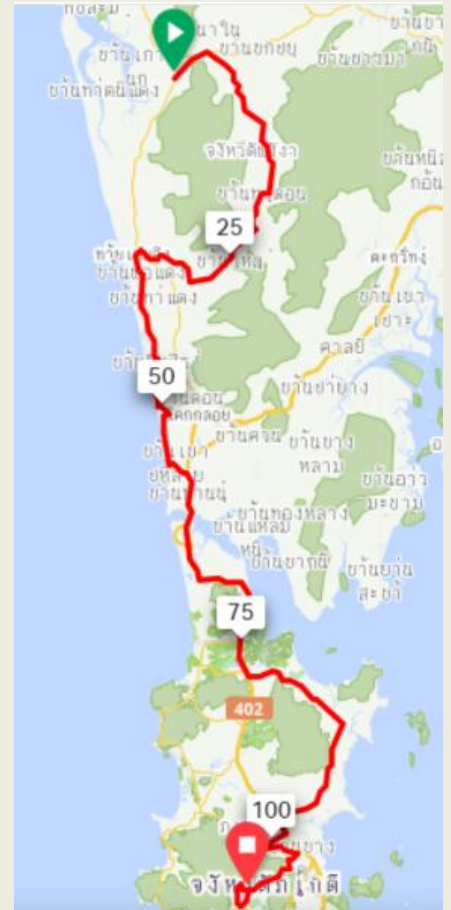
Today is the last day of riding for CWC 2019 and after riding the last 114 km and covering another 900 altitude meters the participants and riders of CWC 2019 will arrive at the Asia Center Foundation for the closing ceremony of CWC 2019!



The ride will be a mix of nice country roads and winding coastal roads. The only busy section could be the crossing of the Sarasin Bridge that connects the mainland to Phuket Island, but here the riders have the

option to cross the bridge in a van. The Sarasin Bridge spans 660 m and the pedestrian section of the bridge is considered one of the most beautiful bridges in Thailand. Shortly after the bridge the main tour will unite with the 36 km one day ride participants.

The last kilometers will be on quiet country roads. A short distance before reaching the Asia Center Foundation the riders will regroup with the rest of the one day riders. Together they will then ride to a warm welcome at the Asia Center Foundation for the CWC 2019 Closing Ceremony.



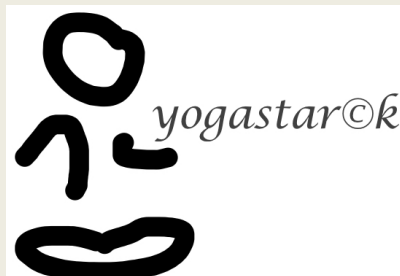
The closing ceremony is always a highlight and while also mixed with a little bit of sadness as it brings an end to a very special week, it is a celebration of achievement, perseverance, commitment, passion and friendship bonded by an extraordinary experience.

Now that the ride has officially ended, the bikes will be packed into the vans and after the closing ceremony riders and participants will transfer to the hotel, the Best Western Bangtao Beach and all look forward for the celebration dinner hosted by SpiceRoads Cycling Tours. The party is on!



A very big THANK YOU to our corporate sponsors. Not only make their logos our jerseys look pretty, their financial contribution forms the foundation of our donation effort. Without our corporate sponsors and their support, CWC would not be possible. We proudly present the

# Corporate Sponsors Of CWC 2019!

**T A R G A****L I T H O G R A P H Y  
S E R V I C E S P T E L T D****S P I C E R O A D S**  
CYCLING

## Our appeal for help from you!



Dear Friend!

**Cyclists With Compassion (CWC)** is a group of like-minded cycling enthusiasts and was started in 2015 with the goal to make a difference to underprivileged children and young people in Asia by raising money to better their education and life circumstances, which in turn will bring them hope and the foundation for a brighter future.

CWC plans and organises long-distance cycling tours to parts of Asia, raising awareness about the needs of children and young people in these areas. By raising money from corporate sponsors as well as donations from friends and family donated in recognition of our mental and physical efforts, we hope to contribute our little part of making their world a little better, a little brighter!

In October 2019 cyclists from around the world will be cycling over 750 km, starting near Bangkok and finishing in Phuket, where two of this year's three charities are based.



**For Freedom International** aims to see the marginalized, vulnerable, and exploited set free from the injustice of oppression by combating human trafficking and sexual exploitation. FFI has begun their work in the province of Phuket, where they work to change conditions that allow exploitation to exist. FFI believes in a holistic approach so that their projects can give women and children the opportunity to be free from oppression before and after it occurs through prevention, intervention, and restoration programs. In partnership with the Royal Thai Police, the Thai Internet Crimes Against Children, the FBI, and the U.S. Homeland Security, FFI also runs the Child Advocacy Center Phuket, a safe and child-friendly place for young victims of trafficking and sexual exploitation.

The **Asia Center Foundation**'s mission since 2002 is to help disadvantaged children and children-at-risk by providing care, training and education. Creating both educational and sports programs, ACF helps children to focus on their education and overall development. Despite the difficult and impoverished situations of the students, ACF aims to give them hope to believe in themselves for a brighter future.

Our third charity for CWC 2019 is based in Pattaya: Founded in 1999 as a ministry of Project L.I.F.E. Foundation, **Tamar Center** is a part of Youth With A Mission Thailand (YWAM). Their mission is helping those trapped and working in the sex industry to find a new life, education and new jobs by reaching out, building relationships, offering shelter and housing, offering vocational training, counseling and providing Bible teaching. Tamar Center also runs a dedicated program for the children of sex workers. <https://www.globalgiving.org/projects/helping-children-from-ex-sex-workers-in-thailand>.

Our ambitious plans can only become reality with the help and support from private and corporate sponsors and I would like to ask your kind support by becoming a sponsor of the CWC ride 2019. No matter how big or small, your contribution matters and will be very much appreciated. Full details about the private sponsorship and the various options for Corporate Sponsorship can be found at the [Sponsorship page](#) on CWC's website [www.cyclistswithcompassion.com](http://www.cyclistswithcompassion.com).

You can donate using the "Donate" feature on <https://www.cyclistswithcompassion.com/donate>. On the payment page you will also have the possibility to name the cyclist, in whose honour you donate. We offer two donation options, one for USD only and another for any currency, both via credit card. For other payment methods, please contact [us](#). For the USD donations, the donations will be collected through the donation portal of FFI and distributed between the three charities. The cyclists pay all expenses for the tour themselves and the proceeds from private sponsors will go fully to the selected charity!

Thank you on behalf of all cyclists and organisers of the CWC 2019 ride and the many, many children and young people benefitting from your generosity!

God Bless!