

Vélo against Cancer 2021

Cycling challenge for experienced cyclists

Concept

“Vélo against Cancer” (#VAC21) is a fundraising activity for the benefit of Relay for Life and therefore the Foundation against Cancer. It is a private initiative.

Objectif

Pascal (Sermeus) and Ivan (Woutermaertens) will connect by bike as many of the 38 Belgian Relay for Life municipalities and/or cities as possible. Good for a total of 1.200 km. For the organization they are assisted by Patrick (Van de Vorst), Philippe (Van der Haegen) en Jelle (Casier).

You can support this initiative:

- by driving a ride (or part of a ride) or several rides with them and by having yourself sponsored for this event through donations
- or in case you do not ride through a personal donation to the project via <https://idonatefor.cancer.be/projects/velo-against-cancer>

All donations will go in full to the Belgian Foundation against Cancer. Donation as from 40€ are tax deductible (for Belgian citizens)

What will we do?

7 stages : connect by bike as many of the 38 Belgian Relay for Life municipalities and/or cities as possible. The roads for the different stages will have no signages. If necessary, a GPX track will be made available. We choose to ride on quiet and enjoyable roads.

- Predetermined **schedule** for the 7 stages.
- **Period**: 3 weekends:
 - Saturday 31/7 and Sunday 1/8
 - Friday 6/8, Saturday 7/8 and Sunday 8/8
 - Saturday 14/8 and Sunday 15/8
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- **EXTRA NEWS FOR THE LAST RIDE ON SUNDAY 15 AUGUST:**
 - Anyone who wants, **even cyclists with an electric bicycle**, can join the last +/-30km (from **SCHOTEN** along the Albertkanaal direction **GROBBENDONK**) of the last stage of **Vélo against Cancer 2021**. The average speed will go down to 22km/h.
 - Plenty Survivors (cancer patients) have already subscribed **to this journey**. In the end, they are our VIP's!
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- **Group**: the amount of riders will be determined as per sanitary measures around Covid-19
- **Distances per stage**: between 150 and 200 km. The rides consist of a morning and afternoon ride (each between 75 and 100 km) which allows the participants to ride a full or half a stage.
- **Total distance**: : +/- 1.200 km
- **Target group**: the more experienced cyclists with a racing bicycle. No electric bikes are allowed, nor are speed pedelecs (driving up to 45km/h). The “more experienced cyclist”

refers to cyclists who cycle +/- 5.000 km annually and regularly ride distances between 100 and 150km.

- **Speed:** Essential is the solidarity among the cyclists. This event is not a race to win, but a challenge for a good cause. The road captains determine the pace: for flat rides, the aim is an average minimum speed of 25 km/h. For the hilly rides, the aim will be an average of 22 km/h.
- **Security and road code:** if the group is big enough the regulations around "riding in a group: <https://code-de-la-route.be/english>) must be respected. All the participants wear preferably fluorescent clothing in order to be highly visible. The organisation can assign road captains that will steer the group and define the speed.
- **Free participation:** every participant will look for support by donations through his relatives or donate to #VAC21 through <https://idonatefor.cancer.be/projects/velo-against-cancer>. All donations are tax deductible as from 40€ (for Belgian citizens only). All donations will go in full to the Relay for Life and hence to Belgian Foundation against Cancer.
- **Provisioning:** the participants will take care of their own provisioning.
- **Spare material:** every participant will take care of its own spare material like spare tires or spare tyres. In case of a flat tyre, the complete group will stop and the tyre will be repaired.
- **Follow-up car:** the organisation will foresee a follow-up car which will follow the rider for as long as the road permits. Else the car will drive to the next point which will be agreed beforehand. Participants can leave their personal belongings (spare tyres, spare clothing,...) in the car. In case of irreparable damage to the bike, the participant will be driven to the end point.
- **Insurance:** the participants will foresee in their own insurance.
- **Helmet:** all participants must wear a bicycle helmet.
- **Transportation to start or end location:** every participant takes care of its own transportation to the start and the end location.
- **Accommodation:** the participant wishing to ride different stages will take care of its own overnight stay.
- **Subscription:** use following link: <https://vac213.wixsite.com/veloagainstcancer>

