



2014 LPAD Sponsored Bike Ride

Raising Money for projects in the Philippines



RULES:

You can choose from several group tours or you can ride solo.

Each rider is to fill out the registration form. The rider's sponsors each fill out one box in the registration form.

To take part, the minimum sponsorship is €25.-

Please fill out clearly and hand back the signed registration form to LPAD before the ride. Note that the two first pages are to be read and signed.

Please put cash donations in a clearly marked envelope, with your name, the rider and sponsorship details and hand in with the registration form.

Wear a helmet and make sure your bike is safe, bring sufficient hydration and snacks.

VENUE:



In Fennange, on route d'Esch, opposite house no 45 turn onto the bicycle track PC-10 François-Faber. This small road goes to the “Kléckebierg” and may not be included in your Navigator. The event takes place 850m down the road on the left side.

Upon completion of their tour, the riders are entitled to a free dinner!

For more information and registration forms contact LPAD or surf to www.lpad.org.lu.

Bike rental will be available, please contact us.

Tour 1: 10 km Ride

Led by: Xenia Winckel-Catacutan
E-mail: eurasia.menes@yahoo.com
Mobile: +352 621 643 924
Meeting time: 10:30am
Leaving: 11:00am

This course avoids riding busy roads and is thus targeted towards the children. The journey follows asphalted roads, most of which are rural. Some parts are ascending, it is recommended bikes have gears or kids may have to walk some parts.



Two areas involve crossing a main road and kids will have to dismount. All along the ride there are benches for resting and even a play area if a mental diversion is required.



Some parts lead along the “Alzette” river and there are even two quiet rail-way crossings offering plenty of different experiences for the young ones.

Tour 2: 20 km Ride

Led by: Vincenzo Sportelli
E-mail: sporvi@pt.lu
Mobile: +352 621 756 685
Meeting time: 10:00am
Leaving: 10:30am

Vince will follow JP's 40 km ride along the Piste cyclable des Trois Cantons (PC6) up to the far side of Parc "Brill" in Schiffflange and then turn around. This ensures that the ride follows asphalted roads and cycle tracks. To join track PC6 you will have to cross over the railway track. After exiting at Kayl you will have to shortly ride the main road to the motorway bridge to join the bicycle-track again.



You will be following the A13 motorway on the bicycle-track which passes under the motorway several times.



The last part is the ride along the "Brill" nature reserve before turning around at km 10 and returning back.

Tour 3: 40 km Ride

Led by Jean-Paul Schmitz
E-mail: jpsschm@pt.lu
Mobile: +352 691 333 955
Meeting time: 10:00am
Leaving: 10:30am

JP will guide you on the longer ride. The triangular loop is composed of three bicycle tracks:

- Piste cyclable des Trois Cantons (PC6)
- Piste cyclable du Faubourg Minier (PC9)
- Piste cyclable François Faber (PC10)



The option on passing via Mondercange (PC6) and adding a few extra kilometers will depend on the situation of the famous Esch landslide and the form of the riders!

Tour 4: >60km MTB Challenge

Led by: Edward Cardew
E-mail: ecardew@gmail.com
Mobile: +352 496 440
Meeting time: 8:30am
Leaving: 9:00am sharp, expect >7 hour ride!

This challenging Mountain Bike (MTB) round trip starts and ends in Kayl, a 5 km ride away. Then the circuit itself is at least 50 km, includes technical challenges and there are many add-ons possible depending on the group's form.



Expect fantastic scenery! To get an idea check: www.wikiloc.com/wikiloc/view.do?id=6396558



Please bring all necessary items for a safe mountain bike ride, including patch or spare tube, pump, hydro, snacks and lunch.