



Bike the Lake 2018

When: 17th June

Meet: 07.00am at Stade du Colovray carpark, Nyon, 1295

We look forward to seeing you for the twelfth year of Bike The Lake.

Simply visit the Facebook group "[Bike the Lake](#)".

There are two options, *whole lake (180km)* or *towards Lausanne and back* (short version) please join accordingly.

Bike the Lake is an informal, social, charity cycle ride for fit cyclists who want to cycle around the Lake Geneva, in one day.

For starters, Bike the Lake is not a day for cyclists who are cycling against the clock, or want to beat a personal best. It's a day to cycle socially in groups of similar paced cyclists or to help get first timers around the lake with some old hands acting as bike buddies throughout the day.

What Bike the Lake offers is:

- **An opportunity to cycle socially in groups of similar paced riders**
- **Bike buddies cycling as part of each group, so we can cycle at different paces but still cycle socially**
- **Refreshment stops across the day at defined points around the lake**
- **Support vehicles in case of technical problems**
- **A chance to chat, meet and cycle with other social cyclists**
- **An opportunity to raise some money while enjoying one of the best days out in the year.**

Please note while there is no cost to enrol for Bike the Lake we recommend a CHF100 contribution, either personally or through sponsorship to the nominate charity.

This year – as last - we are helping the community in Bungamati and have asked them to propose how we should best help them this year' [Click here to donate](#).

The Bike the Lake team has been biking for good for 12 years now and your participation has had incredible impact on people all around the world!! Just last year, all of you who participated in the event: helped empower a young, talented teacher to educate children in some of the most remote regions of Nepal; and brought a rainwater harvesting system to a group of highly entrepreneurial women living on the outskirts of Kathmandu. Every penny you have raised and donated has made a difference and has gone directly to those who are best placed to flourish with the funds. This year, we are giving you the opportunity to build on the wonderful achievements in Nepal so far and reach even more women, men and children.

So thanks for bringing out those bikes and wheeling around to make this world a better place, for everyone!!!

Feel free to get friends, family or your company to sponsor you. If you don't fancy that, then we just ask that your charitable donation (for adults only) is made either directly to the charity by credit card via the [GoFundMe](#) page before the day, or paid in cash on the day. Thank you and to find out more about local organizations you are contributing to, visit [Teach for Nepal](#) and [Sabah](#)

Keeping the informal and social spirit of Bike the Lake in mind, don't just come along yourself this year, but find other friends, work colleagues and social cyclists who would like to cycle round the lake with you.

Challenge them and tell them you'll be there to get them round. Use your own Facebook, LinkedIn and other social media networks to get people involved and, if possible, to also make a donation.

Logistics

This is how the rough timings work across the day.

Meet time : 07.00 - Stade du Colovray, Nyon

Start time : 07.30 (note : you can park for free all day)

Breakfast stop: from 08.30 to 09.30 - Hermance cafe on RHS as you cycle through

(note : this is an optional stop but as there's no coffee and croissant at the early start so here's your chance to wake up and relax by the lake – thanks to Real Estate Partners Knight Frank for their generosity in sponsoring this pit stop)

Mid-morning stop: from 10.00 to 11.00 - Evian Les Bains PMU, 4 rue de la Monnaie

(note : this is where those who are cycling half the lake catch the ferry to Lausanne – ticket with bike to Nyon, approx. CHF30)

Lunch stop: from 11.30 to 13.30 - Vevey Main Square (north side)

(note : we park the support vehicles in the main square and everyone takes their pick from several cafés/restaurants on the north side of the square.)

Ice-cream stop! : from 13.30 to 14.30 - Lausanne Quai D'Ouchy (Movenpick Hotel, for those still hungry or hot)

Finish line at Colovray: as usual you will receive a warm welcome at the finish line from the Whibleys and can collect your cycling cap.

Tea from 16.00 : Stade du Colovray, Nyon

(note : our loyal tea-making volunteers will be providing us with tea, cold drinks, cakes and maybe even some beer to celebrate.

Celebratory Dinner

An informal dinner will take place at the restaurant next to the car park from around 6pm.

restaurantdecolovray.ch for those who want to attend.

There are showers in the Stade Du Colovray or at the Piscine du Nyon across the road.

Thanks to our sponsors; **Media Frontier, Partner Real Estate Knight Frank, Brogue Shoes and to Liam Anderson.**

Food, money and other important stuff

As always we don't book cafés and restaurants along the route. We simply tell them that a group is going to be arriving across a range of rough times as we never know the exact numbers for the day.

We keep the final refreshment options up to you and groups generally stop wherever there are facilities and where support vehicles can park close by.

All costs need to be covered personally on the day, including your own personal insurance. (Bike the Lake is an informal, volunteer-run day and cycling Bike the Lake is entirely at your own risk).

We provide free water and energy bars in the support vehicles, as well as tools and for simple bike repairs and room for spare bags and clothes. We advise carrying a puncture repair kit, spare inner tube and sun cream on your bike.

The day is free (apart from the charity bit). There is no formal registration but we do ask you to confirm your attendance on the [Bike the Lake event page on facebook](#) so we can gauge numbers.

We have a very rough limit of 100 cyclists before the police and authorities require notification of an official event but do feel free to share this flyer among friends and colleagues.

So, there you go. See you on Sunday 17th June 2018. Set your alarm for early.

BIKE THE LAKE ORGANISING TEAM



Sunday 17th June 2018

Wishing you an enjoyable and fulfilling day and hope you like your vintage cycling cap courtesy of Media Frontier, Partner Real Estate Knight Frank and Brogue shoes.

If for any reason you need some support please find below some useful numbers:

Just in case...

112 is the international emergency phone number which works whether you are in France or Switzerland

Mobile phone numbers:

• **Support vehicules:**

Mark Butcher	+41 79 598 74 09
Arnaud Duret	+41 78 630 05 00

Riders:

• Tim Whibley	+33 6 52 54 85 61
	+44 7937 978599
Peter Sibley	+41 78 739 78 30
Neil Archer	+41 78 934 49 84
Rob Lawton	+41 79 724 85 90
Jon Bastow	+41 79 500 01 30
Fulvio Honneger	+41 78 886 60 65

Thanks to everyone who has volunteered their time to support his event.

Thanks also to Partner Real Estate Knight Frank, Media Frontier and Brogue shoes for sponsoring the cycling caps.

Waiver

Bike the Lake is organized by a group of unpaid volunteers who want to facilitate a great cycling challenge. There is no event insurance and we need everyone to acknowledge that they take personal responsibility for this cycle (including any personal or house insurance)

Email

Signed

NAME IN CAPITALS