

# YOUR ADVENTURE BEGINS HERE



22 & 23 SEPT 2018  
[www.docriders.org](http://www.docriders.org)



# AN UNFORGETTABLE HUMAN & SOLIDARITY ADVENTURE

Doctors of the World's Doc'Riders event is a rare opportunity. An intense sporting challenge combined with a tangible act of solidarity to support the most vulnerable people in Belgium and in the rest of the world. A dual challenge through which you will have an unforgettable human experience.

## KEY FIGURES

- > 1<sup>st</sup> ever edition
- > 22 and 23 September 2018
- > Teams of 3
- > Cycling 200 km
- > Maximum 24 hours
- > 450 participants expected
- > 150 volunteers and 300 supporters
- > €250,000 in donations to fund the work of Doctors of the World



**#DOCRIDERS**

# AN EPIC ADVENTURE

You and two of your friends. 150 other teams like yours. All gathered together to have a human experience that will change your life and those of those of the people you are supporting with every stroke of the pedal. The challenge won't be easy, but one thing is for sure: you'll never forget it.

## A DUAL CHALLENGE

In teams of three, you will cycle for 200 km in less than 24 hours, without switching riders or any assistance. A day-night event, accompanied by your supporters, in Wallonia, starting and finishing in the village of Marche-en-Famenne.

This solidarity challenge will fund the actions of the international NGO Doctors of the World. Each team has to raise a minimum of €1,500 in donations from family and friends before they can approach the starting line of Doc'Riders on 22-23 September 2018.



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Register your team now on [www.docriders.org](http://www.docriders.org)

# SUPPORT

In order to give you the best possible support for the Doc'Riders adventure, the Doctors of the World team will provide the following along the course:

-  150 VOLUNTEERS TO SUPPORT YOU
-  50 FIRST-AID RESPONDERS TO ENSURE YOUR SAFETY
-  40 PRACTITIONERS DEDICATED TO YOUR WELL-BEING
-  7 CHECKPOINTS WHERE YOU CAN EAT & DRINK, REST AND MEET YOUR SUPPORTERS
-  800 SIGNPOSTS POSITIONED EVERY 250 METRES
-  24/7 EMERGENCY NUMBER
-  LIVE GPS TRACKING

# THE 2018 ROUTE



80% of the route consists of surfaced tracks. We advise the use of all-purpose hybrid bikes, which are best suited to the route. All individual bicycles are allowed, except those with electric assistance. You can see the detailed itinerary on [www.docriders.org](http://www.docriders.org)



# STRONGER TOGETHER

Doc'Riders is above all a question of team spirit. You don't need to be a high-level athlete to meet the challenge: it's all a question of motivation and team spirit. Whether you're childhood friends, colleagues or members of the same family, it's the team spirit that will help you cross the line.



# NUMBERS

## 2 SUPPORTERS FOR YOUR TEAM

You will need a minimum of two people for your team of supporters. They will be waiting for you at each checkpoint, carrying your things, encouraging you... You won't make it without them.

## 3 PEOPLE FOR YOUR TEAM

Your team is made up of three people, no more, no less. Team spirit is everything, so choose carefully: you need to work as a team, both physically and mentally.

## 150 VOLUNTEERS MOBILISED

Even more than the meals, the drinks or the massages provided by the volunteers, it's the smiles, the exchanges and the encouragement that will make this human adventure unforgettable.

## €1,500 TO RAISE

Our whole team is by your side to support you in your fundraising: with our professional tools, tips and advice, fundraising will become second nature for you and your supporters.



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### SUPPORTING YOU THROUGH ALL OF YOUR ADVENTURE:

#### BEFORE

- Fundraising guide
- Training guide
- Customisable tools (posters, flyers, tombola, Facebook banners, etc.)

#### DURING

- Free campsite available
- Food and drink provided at each checkpoint
- Massage and medical support
- Live GPS tracking of your team

#### AFTER

- Medals for all finishers
- Detailed reporting on how the funds raised by Doc'Riders are used
- Get-together evening one month after the event



Register your team on [www.docriders.org/en/](http://www.docriders.org/en/) or contact our team on +32 (0)2 225 43 45

# PRACTICAL INFORMATION WEEKEND PLANNING

## FRIDAY 21 SEPTEMBER

- **12 p.m. – 8 p.m.:** Welcome for volunteers at the event site, in Marche-en-Famenne, the village that is hosting the start and finish of Doc'Riders. For those volunteers who can only arrive after 8 p.m. or before midday, please contact us at the following address: [benevoles@docriders.org](mailto:benevoles@docriders.org)

## SATURDAY 22 SEPTEMBER

- **8 a.m. – 10 a.m.:** Welcome for volunteers at the event site, in Marche-en-Famenne, the village that is hosting the start and finish of Doc'Riders.
- **10 a.m. – 2 p.m.:** Welcome and registration of participating teams and their supporters (distribution of bib numbers, of one GPS tracker per team, checking of medical certificates and emergency phone numbers, checking of compulsory equipment, etc.). Please note that your team will not be able to start the Doc'Riders event without prior registration.
- **12 p.m. – 2 p.m.:** Solidarity meal with all the participants, supporters and volunteers at the event site, in the start/finish host village.
- **3 p.m.:** Start of Doc'Riders, in the presence of local elected officials from Marche-en-Famenne and representatives of Doctors of the World Belgium.

## SUNDAY 23 SEPTEMBER

- **6 a.m.:** Opening of the finish area (same location as the start).
- **3 p.m.:** Deadline for participating teams to finish (24 hours after the start).
- **5 p.m.:** Closure of the finish area and of the Doc'Riders village.



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## ACCESS TO THE START/FINISH AREA

The village from where the Doc'Riders will start and finish is in the commune of Marche-en-Famenne. Car parks are available to leave your vehicles. You can also get there by train or bus.

## ACCOMMODATION

There are various options for your accommodation. First one is Doc'Riders campsite: Located near the Doc'Riders start/finish village, this campsite is free and open access. Sanitary facilities and showers are accessible in the gymnasium less than 100 m from the campsite. No reservations are needed to stay here. But be careful, space is limited, and the site operates on a 'first come, first served' basis.

Marche-en-Famenne and the neighbouring area offer a wide range of accommodation at various rates. To find out all the options, visit the Tourist Office website: <http://www.tourisme-marche-nassogne.be>

## CATERING

For the participating teams and the volunteers, meals and supplies during the race will be provided directly by the organisers. If your team has any special requirements (favourite snacks, drink, etc.), your supporters are there to provide them.

The organisers will not cater for your supporters. Your team of supporters can therefore bring their own food, or take advantage

of the many restaurants of the region, which you can check out on the website of the Marche & Nassogne Tourist Office: <http://www.tourisme-marche-nassogne.be>

## SOLIDARITY LUNCH ON SATURDAY

We are also organising a big solidarity lunch to gather together all those taking part in the Doc'Riders event – volunteers, participants, supporters. This meal will take place on Saturday 22 September between 12 and 2 p.m. at the start village.

The lunch is free for teams and volunteers. Supporters can buy a ticket at the following prices:

- **Adults (over 16): €15**
- **Children (under 16): €10**

Please note that in order to organise the meal, individual registration is compulsory for everyone, including the teams of cyclists.

Supporters can pay for the meal directly online on our website.



Register your team on [www.docriders.org](http://www.docriders.org)  
or contact our team on **+32 (0)2 225 43 45**





## WE ARE ALL DOCTORS OF THE WORLD

Doctors of the World – Médecins du Monde is an international solidarity association that takes care of people in vulnerable situations: victims of armed conflict or natural disasters, the homeless or people living on the margins of society. Our hundreds of workers and volunteers are the heartbeat of our organisation.

As an independent organisation, we look beyond simply providing care: we fight against all violations of human rights and for an improvement in the lives of our patients.

### EMERGENCIES & CRISES

Conflicts and catastrophes cause health services to implode: hospitals are destroyed, medical personnel have to flee or are killed. In this kind of situation, Doctors of the World sets up emergency teams and sends medical supplies. On the ground, we work with local partners, always looking ahead to the long term: instead of building emergency hospitals, we restore health centres; instead of sending expatriates, we recruit local professionals.

### MIGRANTS & REFUGEES

In 2016, European countries stepped up their repressive migration policies. Political leaders deliberately chose not to come to the assistance of migrants for fear they might 'fuel the fire': the Mayor of Bruges called for refugees not to be 'fed'; on the Greek islands, whole families have spent the winter in tents, under the snow. For an organisation like Doctors of the World, it has been hard to find the slightest glimmer of hope during this dark year of 2016. In spite of everything, our actions have enabled thousands of refugees and migrants to have access to healthcare.

### PEOPLE ON THE MARGINS OF SOCIETY

Homeless people, drug users, undocumented migrants or people in financial difficulty: in our Western societies, these people are often excluded. Out of sight, out of the everyday life and outside the traditional healthcare system. These are the conditions under which we go out to meet them and work with them to improve their health and reintegrate them into the healthcare system.

### EMPOWERMENT OF WOMEN

Doctors of the World want women to be the ones who take decisions about their lives. We therefore invest in projects to combat sexual violence and unsafe abortions, and which promote the independence of each woman.

For more information about Doctors of the World: [www.medecinsdumonde.be](http://www.medecinsdumonde.be)

## YOUR DONATIONS IN ACTION

Your team has pledged to raise at least €1,500 in donations to take the start of this fantastic sporting and solidarity event. We would like to show you here and now how the funds raised might be used, as transparency at Doctors of the World is one of the central pillars of our action.



### OUR RECEPTION CENTRES IN BELGIUM

With €1,500, 150 people will be treated at our health centres in Antwerp and Brussels.



### OUR MEDIBUS IN BELGIUM

With €1,500, you allow the Medibus to provide medical services twice a week for a month.



### MOTHER-CHILD CARE IN THE DRC

With €1,500, ten expectant mothers in the Democratic Republic of the Congo will be able to have a Caesarean that may save their lives and their baby's life.



### STREET CHILDREN IN BURKINA FASO

With €1,500, you will cover school fees, materials, uniforms and shoes for 15 street children in Ouagadougou.

# HOW TO REGISTER

The sooner you register your team, the sooner you can start fundraising and training. You can also enjoy a discount of up to 50% depending on when you register. One piece of advice: don't delay.

The registration fees and the compulsory fundraising target of €1,500 per team are two different things. The registration fees are needed to pay for the operational side of the event – with the support of our partners – while the fundraising is used to fund the missions of Doctors of the World, in Belgium and across the world.

Offer	Registration deadline	Registration fees
50% discount	29 January 2018	€120 / team
25% discount	16 April 2018	€180 / team
Standard rate	10 September 2018	€240 / team

Registration fees are paid in one go for the whole team, directly online by credit or debit card, at the following address: [www.docriders.org](http://www.docriders.org)

## GET YOUR COMPANY INVOLVED IN DOC'RIDERS

Doctors of the World's Doc'Riders event is a great opportunity to bring together your colleagues and partners. If you want to involve your company in one way or another, please contact us to discuss the possibilities and draw up together a tailor-made programme for you and your partners.

Contact us by phone on +32 (0)2 225 43 45 or by email: [hello@docriders.org](mailto:hello@docriders.org)



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# FAQ

## WE'RE NOT SURE WE WILL REACH THE MINIMUM FUNDRAISING TARGET.

Doc'Riders is a unique sporting challenge: your friends, family and acquaintances are bound to be impressed and will want to support you. Think as a team: there are three of you, which means raising €500 each – you'll see how quickly that can happen!

## I'M NOT VERY FIT: CAN I STILL TAKE PART?

Doc'Riders is above all a solidarity challenge. Team spirit is what will carry you across the line, but you will need to train to give yourself the best chance, and to enjoy the event itself.

## WE ALL WORK FULL-TIME: WHEN WILL WE FIND THE TIME TO TRAIN?

Don't worry, that's the case of most people taking part. When you train, focus on quality over quantity. Our training tips and advice can be adapted to your schedule.

## WHAT DOES THE TEAM LEADER DO?

To start with, the team leader is the person who registers the team via our website. Beyond that, they are simply the contact point for the Doctors of the World team during the preparation period.

If you have any other questions, we'll be happy to reply by telephone on +32 (0)2 225 43 45 or by email: [hello@docriders.org](mailto:hello@docriders.org)





