

Shine On! Cycle Challenge in Norikura, 2009

Objectives

- To support the Tyler Foundation by collecting charitable donations through a cycling event. For more information about the Tyler Foundation, please see: www.tylershineon.org
- To support the participants before and during the event by offering training opportunities for them to enhance their cycling fitness in order to successfully complete the challenge.



Norikura is a paradise for cycling because the Norikura Echo Line & Sky Line are closed to private motor cars. Moreover, the top of the pass is the highest road in Japan, 2715m above sea level. After traveling through peaceful forests, the rider climbs beyond the tree line and is rewarded with views of the magnificent surrounding mountains, snow-covered fields, and finally the summit. The ride is challenging. Nevertheless, participants will experience an unforgettable sense of accomplishment.

One of the most famous hill climb races in Japan takes place in Norikura every summer.

<http://www.gifu-np.co.jp/hillclimb/index.html>

Limited to 1,000 people, it is over subscribed every year and places are allocated by lottery. Shine On! Cycle Challenge in Norikura covers much of the same course and offers you an extra chance to ride here and at the same time contribute to the Tyler Foundation's ongoing work for children.

The Rides

Two different rides will be offered, based on ability:

- 1) Intermediate riders spend one day aiming for the summit. This is a 1200m vertical climb over 20km distance from Northstar Lodge.
- 2) Advanced riders tackle three 3 hills (including the summit), totaling 2800m of climbing and 70km distance.

Both rides present a significant physical challenge. Both are "Fun Rides", i.e., participants support and encourage each other rather than racing. The idea is to ride as a group and enjoy the day together.

Training rides will be organized for all riders (and others) in the weeks leading up to the event. June 6, 20, July 4, 11 for intermediates. Advanced t.b.c. Training rides will be based around the Tokyo area.

Although the organizers and ride leaders will do their best to ensure a safe event, by

participating in the Shine On! Cycle Challenge you understand that you travel and ride entirely at your own risk.

Recruitment of participants

- Announcement in late May 2009 through Half-Fast Cycling Mob mailing list (more than 350 subscribers) <http://halffastcycling.com/index.html>
- Announcement in late May 2009 through International Adventure Club mailing list (more than 150 subscribers) http://demo.iac-tokyo.org/re_design/
- Multimedia presentation at the Pink Cow restaurant in Shibuya, during monthly meeting of Half Fast Cyclists & friends, 10th June 2009.
- Announcement in late May through existing Tyler Foundation mailing lists.

Event schedule

Advanced Ride

- July 18 (Sat) Ride up to Norikura (route t.b.c., from Shiojiri to Norikura)
- July 19(Sun) Three Hills Ride (One section of the envisaged route appears to be closed until 2011, so the route may change). Ride leader: Mike Sims-Williams
- July 20(Mon) Free time for sightseeing or outdoor activities (Northstar can arrange rock climbing or other adventures for a modest fee)

Transportation : Shinjuku to Shiojiri ¥6,710, one way.

Intermediate Ride

- July 18 (Sat) Meet at accommodation at noon and visit Sanbon waterfall.
- July 19(Sun) Ride to the top! Ride leader: Akiko Murayama
- July 20(Mon) Free time for sightseeing or outdoor activities (Northstar can arrange rock climbing or other adventures for a modest fee)

Transportation : Shinjuku to Norikura ¥8,690, one way.

Saturday night group dinner with speaker from the Tyler Foundation to explain more about the charity and its work.

Depending on the weather, we may adjust the schedule.

Accommodation

Northstar in Norikura - <http://www.ridenorthstar.com/>

Capacity

20 participants at Northstar Lodge.



Entry Cost

¥20,000 includes 2 nights accommodation, 4 meals, insurance and a 20% donation to the Tyler Foundation. Additional donations are of course encouraged.

Detail

2 nights accommodation with 4 meals	¥14,040
T-shirts & goods	¥ 1,000
Donation to the Tyler Foundation	¥ 4,000
Travel insurance*	¥ 500

The group insurance policy provides personal injury and liability cover for all travel on July 18, 19 & 20. Maximum policy benefits are ¥8.5m for injury and ¥10m for accident indemnity. Full details will be given to participants.

Raffle

A raffle will also be held to raise donations. The draw will be held at Northstar after dinner on July 19th.

Organizer contact details

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