

## Next stop: Udon Thani!

HELLO everyone. By the time you read this, it will be less than a month away from when TTOH 2014 riders meet in Udon Thani on Oct 31 to start the tour the next day. So this newsletter will focus on final updates and preparations for the trip.

### MONEY, MONEY, MONEY...

We have about USD 55,000 in our books as of Sept 24 versus a target of USD 76,000. About USD 5,000 is from private donations while about USD 50,000 is from corporate donors and the reserve from last year.

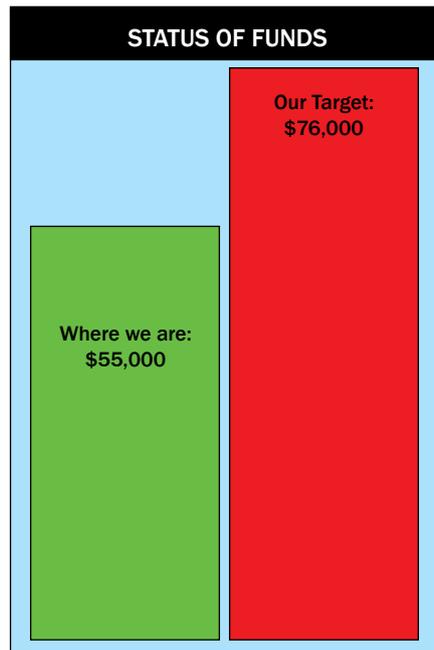
The remaining USD 21,000 to reach our target has to come from private donations and we need a good part of this to be received in the next 2-3 weeks to manage our cashflow and commit to the bicycles we want to buy.

On Day 7 we will visit the 2011 school, donate some improvements to the library and bicycles, before we cycle to the 2014 school to hand over the library. In total we will be donating 95 bicycles and helmets to the two schools.

Our tracking shows that about half of all riders have yet to send in any funds, while many have yet to reach the minimum USD 200 mark. This follows previous years, when donations come in late. Yet, with USD 21,000 to go, it is a source of anxiety.

Please speed up your donation drive and transfer of funds. If someone has promised to make a donation, now is a good time to send a gentle reminder.

Keep organisers informed - as some of



you have already done - when friends donate directly, so we can link the donor to you.

Also, we understand that in some cases, funds will come in late. If that is going to be the case, please let the organisers know how much you expect to raise, so we can include it when budgeting. If you have already collected some donations, or if a well-wisher wants to contribute, the portals are already open:

[http://www.worldvision.or.th/donationpg\\_TTOH.html](http://www.worldvision.or.th/donationpg_TTOH.html)

You may also transfer the funds to the following account:

“The Tour of Hope e.V.”  
EURO-Account: 200363689  
BLZ: 50050201  
Frankfurter Sparkasse  
BIC: HELADEF1822 IBAN: DE13500502010200363689

“The Tour of Hope e.V.”  
US\$-Account: 254011080  
BLZ: 50050201  
Frankfurter Sparkasse  
BIC: HELADEF1822 IBAN: DE19500502010254011080

### UDON THANI MEET-UP

Note that the tour will start from the Panarai Hotel early morning on Nov 1. If you are not booked into that hotel for Oct 31 night, please make sure you are there by 7.30 am with your assembled bicycle and luggage.

Jerseys will be distributed at the hotel at 6 pm on Oct 31. This will be followed by an informal self-paid dinner at 7 pm.

### TRANSFER & HOTEL

Please make your own arrangements with SpiceRoads about the transfer from Udon Thani airport to the hotel. Let SpiceRoads know flight details and whether you'd like to share a room in Udon Thani. SpiceRoads will try to find a room-share partner for you. If you do not indicate a preference, it will be assumed that you want single occupancy.



Edition 2014 - 01-08 Nov 2014 - Udon Thani - Chiang Mai

SUPPORT THE CHILDREN

Our 2014 Sponsors: Diners Club International, DISCOVER

Our 2014 Project: DONATE, JOIN THE TOUR, ABOUT US

## New website for TTOH 2014

Now, there is a new website (left) to which you can go to get news and information specifically about TTOH 2014. The address is: [www.thetourofhope.asia](http://www.thetourofhope.asia)

The existing website (right) will continue to be updated and of service. It contains information and photos on our long history. The address is: <http://www.thetourofhope.com/>



World Vision, Jhpiego

HOME TOUR INFO ACTIVITIES ABOUT US EVENT GALLERY CONTACT & IMPRINT

"The Tour of Hope" = go for it!

With roadbike in Asia ...

Our sponsors: CLINIPAGE

# Library almost complete

The library that TTOH is building is nearing completion. See the progress in photos below.



# New corporate donors

TWO new corporate donors have stepped forward to support this year's ride.

One of them is KPMG Services Pte Ltd, a Platinum donor. It is part of a global network of professional services firms providing audit, tax and advisory services. It helps clients in cutting through the complexities of the global business environment, turning knowledge into value for the benefit of its clients, its people, and the capital markets. Its professionals help clients in their pursuit of business growth, enhanced performance, governance and

compliance objectives.

The second new corporate donor is Digital Collections, a Gold supporter.

DC is a leading supplier of Digital Asset Management systems, providing the capabilities to organise, retrieve and to process text, photos and many other types of digital assets

It has about 180 installations in more than 20 countries. Prominent customers include Axel Springer in Germany, Fairfax in Australia, South China Morning Post in Hongkong, and Japan Times.



DIGITAL COLLECTIONS

# Other corporate donors of TTOH 2014

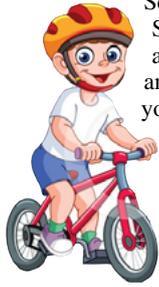


# Get ready, pack... ride!!

COME Nov 1, TTOH riders will start a 750+ km journey around Thailand on their saddles. The trip is not a race meant for super-fit athletes but a charity ride, fully supported by guides and vehicles from a professional bike-tour company.

Still, it is best to prepare yourself for the event. Some preparation will help make it a more enjoyable ride. Here are some tips and links to some Internet sites that give advice on aspects of long rides.

## TRAINING



Several sites give advice. Some are for the novice and others, for triathletes and extreme sportsmen. Suit yourself.

However, note that during the tour, there will be rest stops, such as one between breakfast and lunch, and one between lunch and the day's end-point. So it's not a

torturous ride; go at your own pace.

<http://www.doitforcharity.com/cycling-training-guide.aspx>

<http://www.bikeradar.com/fitness/article/training-how-to-ride-long-16961/>

<http://www.theguardian.com/environment/bike-blog/2012/aug/30/distance-longer-bike-rides>

<http://www.bicycletouringtales.com/training%20info.html>

## HYDRATION & NUTRITION

The need to eat and drink right cannot be over-emphasised. Again,

many sites give advice. Something that is not often noted: It is better to have one bottle of electrolyte and another of plain water – the latter will

be more useful if you need to cool down, pour on a cramped muscle or do a spot of washing.

Good to know: Support vans



will be well-stocked with cold water and other soft drinks as well as snacks such as chocolates and fruits such as bananas and water melon.

<http://lovingthebike.com/cycling-nutrition/what-your-body-needs-at-different-phases-of-your-ride>

<http://www.bicycling.com/training-nutrition/how-and-when-hydrate>

[http://www.performancebike.com/bikes/Content\\_10052\\_10551\\_-1\\_CyclingHydrationGuide](http://www.performancebike.com/bikes/Content_10052_10551_-1_CyclingHydrationGuide)

<http://beta.active.com/articles/triathlon/how-much-fuel-do-you-need-during-long-rides-874195>

## PACK LIST

Apart from general travel items, do consider items that may be needed specially for a cycling trip. Hence a spare tube and spare tyre come to mind. Then there is a tube repair kit.

Support vehicles will be equipped with some tools but, if your bike needs non-standard ones or has non-standard size wheels and tubes, it is best to have your own. Saddle sores are not often talked about, so here is the lowdown:

<http://www.roadbikerider.com/injuries/how-solve-saddle-sores>



[http://bicycling.about.com/od/howtoride/tp/Avoid\\_chafing.htm](http://bicycling.about.com/od/howtoride/tp/Avoid_chafing.htm)

So don't forget the petroleum jelly. For some people, what works best as an avoidance tactic is a Brazilian...

## PACKING YOUR BIKE

About half of the riders this year are expected to fly in their own bikes. An advantage of this is that they will be riding on already-set-up bicycles.

If you plan to bring your own bike, there are two basic options. Firstly you could take it to a bike shop and tell them to pack it for you. Secondly you can DIY. Here are some examples of the latter (Pls copy-paste URL):

<http://www.youtube.com/watch?v=jnVagFM-1Xs>

<http://www.youtube.com/watch?v=mzS8mo79EjM>

## TUBE AND TYRE REPAIR

Should you have a flat, support vehicles will most likely reach you and help you before you have to DIY. But just in case you have to go it alone, here are some tutorials (Pls copy-paste URL):



<http://www.youtube.com/watch?v=6RDK9F3jx4U>

<http://www.youtube.com/watch?v=kdVAqfUFc98>

## Scenic Week 2 ride beckons...

WE HAVE more than 30 riders for Week 1 but just a handful for Week 2. This is a pity as Week 2 offers a well-known classic ride in northern Thailand.

It features scenic hill-tribe country and this is what travel site Travefish, from which the photo on the right was taken, says:

"This is one of northern Thailand's most famous multi-day excursions.

"It's a loop that starts and finishes in Chiang Mai, taking in splendid mountain and river scenery along with interesting towns to explore and, of course, great food."

This is a great alternative for people who cannot make it for Week 1 or prefer smaller groups.

