

# PRESS RELEASE

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## CYCLISTS TO HIT THE SADDLE FROM DUBLIN TO PARIS FOR HOSPICE CARE

Cyclists, either novice or expert, are being invited to hit the saddle and take to the road in the Irish Hospice Foundation's (IHF) inaugural Dublin-Paris Cycle next Summer.

The 500km trip will start in Dublin on Sunday, July 19<sup>th</sup> and end in Paris on Thursday, July 23<sup>rd</sup> 2009. The timing will give participants the opportunity to spend the weekend in Paris and watch the end of the Tour de France on Sunday, July 26<sup>th</sup>. People are being encouraged to register their interest in participating in the cycle by March.

The cyclists, who must be over 18 years, have to raise €3,500 to take part in the five-day event. The funds raised will be used to support the work of the IHF.

Eugene Murray, Chief Executive Officer of the IHF, stated: "We are very excited by this fundraising initiative. We believe we will offer people an exciting opportunity to see some of the most beautiful and historic regions of Ireland and France while also contributing to a worthwhile cause. The participants will be cycling an average of 100 kms per day. It is not a challenge for the faint hearted. We will support our cyclists in meeting the physical demands involved and make sure they also have fun along the route."

The event is being organised by the IHF and Irish Cycling Safaris which is an award-winning, family-run company that provides cycling tours in Ireland and Europe. Guides, back-up vehicles and a full-time medic will be available to ensure that the experience is as comfortable as possible for participants.

As part of the effort to prepare people for the cycling challenge ahead, two training camps will be organised in March and May 2009. The March camp will allow organisers to assess bike and basic fitness levels. The overnight camp in May will involve a more challenging ride and further fitness assessments will be conducted.

The cyclists will arrive in France at Cherbourg which was the world's most important port in 1944. Their journey through France will take the pedallers past the famous Normandy landings beaches of World War II. They will visit the preserved medieval town of Bayeux which is also famous for its tapestry depicting the 1066 Norman conquest of England at Hastings. They will stop at the pilgrimage town of Lisieux, famous for Saint Thérèse as well as the medieval towns of Bernay and Evreux which is home to one of France's finest cathedrals. On the last day of cycling, participants will have lunch at the royal Palace of Versailles, make their way to the famous Arc De Triomphe and relax with a drink under the Eiffel Tower.

The IHF is a national charity (Chy 06830) which promotes the hospice philosophy and supports the development of hospice and palliative care in all settings including the home, hospitals and hospices. Our vision is that no one should face death or bereavement without the appropriate care and support.

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**For more information, please contact:**

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