



Charity Mountain Bike Challenge in aid of 500 miles

Sponsorship and Gift Aid Declaration Form

Participant's Name: Start Date of **500 miles** Challenge:
 Address:
 Email: Phone Number:

giftaid it

Gift Aid - Make your gift worth a quarter more! We, who have given our names and home addresses below, and who have ticked the box headed 'Gift Aid', want 500 miles to reclaim tax (currently at the rate of 25p for each £1 given) on the donation detailed below, given on the date shown. We understand that each of us must pay an amount of income tax or capital gains tax equal to the tax reclaimed by 500 miles on the donation.

Sponsor's Name	Home Address	Post Code	Gift Aid?	Total Sponsorship	Date Paid
John Smith	25 St. Clemens Street, Edinburgh	EH21 4ND	√	£30	20/08/09
Total Donations Received					

To be completed by 500 miles:

Date Money Received _____ Total Gift Aid Donations _____ Total Tax Reclaimable _____

500 miles Box 500, 44-46 Morningside Road, Edinburgh. EH10 4BF www.500miles.co.uk

Registered Charity Number: SC038205 Charity Founders: Jamie Andrew and Olivia Giles



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All the money raised using this sponsorship form can only be used to support the work of 500 miles.

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About this Trip



500 miles helps people in Malawi and Zambia who have lost the ability to walk or have lost full use of some of their body parts, by helping them obtain not only surgical operations, but also devices which replace missing limbs (*prostheses*) and supports for body parts which are weak or not working properly (*orthoses*).

In the UK the NHS provides free prostheses and orthoses, but in Malawi and Zambia there is no such provision for unfortunate people. There, many people have to survive on less than £1 a day and there is no free medical help for those who lose a limb or the use of a limb through accident, disease or poverty. They are automatically consigned to a life of extreme poverty, degradation and discrimination - and some will inevitably die. For as little as £60, 500 miles can pay for a prosthetic limb in Malawi or Zambia and as little as £100 can pay for a life changing operation in Zambia. By sponsoring this kind-hearted, adventurous individual, you'll be helping 500 miles in their invaluable work. Thank you for your generosity. For more information on 500 miles please visit www.500miles.co.uk



Trailbrakes are a small and energetic company who specialise in unique mountain biking holidays, weekend breaks and skills courses. Our holidays explore the whole of Scotland and parts of Morocco, and we have developed exclusive itineraries to explore many wild and beautiful areas on fantastic trails.

Our trips have been researched and put together from years of riding and we aim to benefit the rural areas that we pass through by bringing them income from responsible tourism. By working with 500 miles we have developed a once in a lifetime trip across Scotland guaranteed to leave participants with happy memories and a thirst for more! At the same time we hope to bring benefit to people who are a lot less fortunate than ourselves.

For more information on Trailbrakes please visit www.trailbrakes.co.uk



The **500 miles** mountain bike trip is a truly challenging and epic adventure covering 500 miles of Scotland's best mountain biking trails in just 9 days! We begin in the lovely wee fishing town of Port Patrick in the south-westerly corner of Scotland. The route climbs over the Galloway hills, through the largest forest park in the UK and across Border country, arriving in the beautiful historic capital of Edinburgh at the end of day 4.

After a night of taking in the sights, we head west, to Glasgow, the largest of the Scottish cities. There's not much time to enjoy the vibrant nightlife though, because in the morning we head for the Highlands, along the bonny, bonny banks of Loch Lomond, towards Glencoe. The scenery and history (as well as the big hill climbs!) in and around Glencoe are guaranteed to take your breath away. We then travel the full length of the Great Glen, Scotland's biggest and deepest and, by the end of day 9, after 500 miles of amazing biking, we'll be more than ready for a night in a luxury hotel in Inverness, Scotland's vibrant and most northerly city.