



Team Rynkeby Brussels 2023



TEAM RYNKEBY BRUSSELS 2023

We, Team Rynkeby Brussels, organise a yearly charity cycling event going from Brussels to Paris undertaking just over 1.000km.

For 2023 we have chosen a scenic route taking us from Brussels-Strasbourg-Paris.

As a charity event we collect money for paediatric research supporting two fantastic Belgian charities.



kick cancer

Everyone is welcome to join!

We, take great pride in organising an event for everyone young or old, male or female, experienced or total beginner.

We train together throughout the winter and we will secure that everyone will be fit for the ride.

The event takes place from 8 to 15 July 2023 and enrolment must be completed by end August 2022.



TEAM RYNKEBY BRUSSELS 2023

Am I fit as a rider with Team Rynkeby?

If in doubt if this is an event for you as a rider.....consider this:

- Am I willing to contribute to the project, to learn and support others in learning?
- Do I have a team-player personality?
- Do I have the time to train with the team when spring comes?
- Do I have the basic physical strength to get fit for an endurance ride?

If you can say YES to these four basic questions you are ready to be part of the project as a rider.

Am I fit as a support crew member?

If in doubt if this is an event for you as a crew member.....consider this:

- Am I willing to contribute to the project, to learn and support others in learning?
- Do I have a team-player personality?
- Do I have the time to follow the riders during training weekends and on the way to Paris?
- Am I happy to help and work for others?

If you can say YES to these four basic questions you are ready to be part of the project as a crew member.



ENGAGE YOUR NETWORK

The logo for KickCancer, featuring the words "kick cancer" in a bold, black, sans-serif font. The word "kick" is on the left, "cancer" is in the middle, and "er" is on the right, all slanted upwards from left to right.

The KickCancer Foundation is a young Belgian foundation with a beautiful mission: cure every child's cancer. Find new treatments, improve existing ones, and kick children's cancer to send it far, far away forever and may it never come back!



The mission of The Belgian Kids' Fund is to support research in paediatrics, in all areas of child and adolescent health, by offering annual research grants to young paediatric researchers. This allows them to finish a PhD thesis to improve the health of children!



www.kickcancer.org

www.belgiankidsfund.be



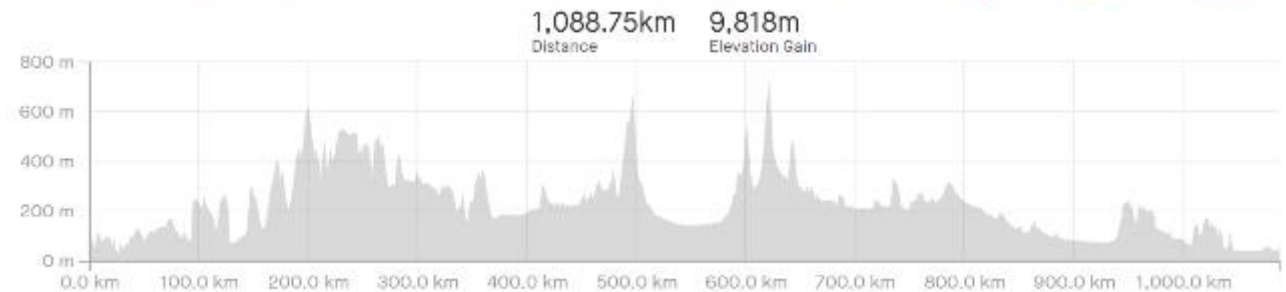
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The route, still to be finalized, will comprise 8 stages of variant length between 120 and 170km with various degrees of climbs.

The route will be composed in the objective of giving the riders an extraordinary experience focusing on not only sports, but also nature and culture.

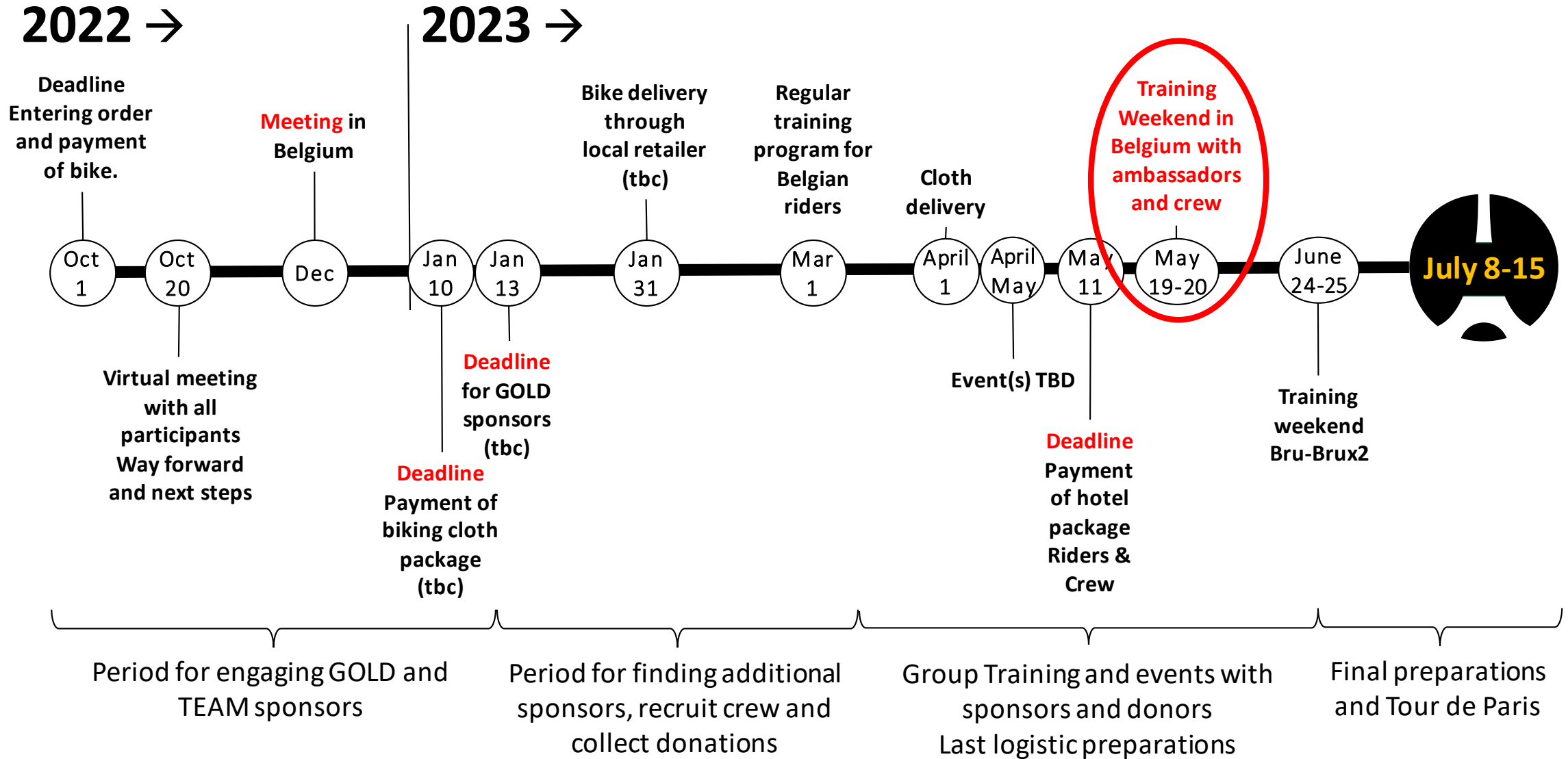
Support vehicles and support staff will secure the comfort and safety of the riders as well as ensuring availability of quality food and drinks needed.

Departure from Brussels on the 8 July with arrival in Paris on the 15 July 2023.



**TEAM
RYNKEBY**

RIDER & CREW - TIMELINE



COSTS & PAYMENT DEADLINES

Signup fee 34 € (*payment due only upon approval of application*)

4 October '22



1.556 €

Bike

Bianchi Carbon
Shimano 105

Ready to ride all
inclusive

10 January '23



Cloths 438 €
Helmet 56 €

Clothing+Helmet

2 sets of jersey
and bib-shorts.
Windbreaker,
cuffs, gloves and
helmet

11 May '23



Riders: +/-870 €*
Crew: +/-590 €*

Hotels

Accommodation
in a double room
with breakfast
and dinner for 8
days

June '23



Miscellaneous
200 - 350 €

Other

Support Vehicles,
mechanical &
medical support.
Snacks, Lunch &
Drinks

* Prices are provisional

Open "winter" rides

We do not need to await spring 2023 to ride together. 50-100Km

"Come with your bike...rides"

Sunday 23 October
Sunday 6 November
Sunday 20 November
Sunday 11 December
Sunday 15 January
Sunday 29 January
Sunday 12 February
Sunday 26 February



Team Rynkeby Brussels – Training rides

"We must train together to form a true team."

Sunday Team Training for Brussels based riders (50-120Km)

Sunday morning 9 or 8:30

Start 12 March 2022

Training Weekends (Two days)

May 19-20 Everyone (2x150km)

June 24-25 Belgium based riders





***Departure:
Team Rynkeby Brussels
Tour de Paris 2022***



**TEAM
RYNKEBY**



#TeamRynkebyBrussels
#TourdeParis2023
#TeamRynkeby2023