

Kisharon=



CHALLENGE EVENTS 2016





CONTENTS

Welcome	5
Challenge Events in 2016	7-10
Do your own thing	12
Volunteering	13

ירושלים מרתון
Winner
סיים \ FINISH

JEM
מרתון ירושלים Winner

Winner



WELCOME

Kisharon was founded in 1976, making this year our 40th anniversary.

During that time, we have enabled children and adults with learning difficulties to live in a world where they have the same opportunities as their mainstream peers. We support each unique person so they can progress, achieve independence, enjoy life and be included in the communities in which they live, through meaningful vocation, and a fulfilling social life.

Taking on a Challenge Event is not only a great way to raise money for Kisharon, but it's a fantastic opportunity to take on a personal challenge, meet new like minded people and get fit!

In 2015 we raised a record £115,000 from challenge events; whether you want to do your first 5km run, or take part in an overseas adventure, we will no doubt have something to suit your ability.

We are really proud of everyone who takes on a challenge for Kisharon, and we will help you through your planning, fundraising and training, to make sure you have the best experience possible.

Take a look through our 2016 calendar to find your perfect challenge – we look forward to welcoming you to the team!

The image shows four handwritten signatures in black ink. From left to right, they are: 'Jo', 'Nicole', 'Adele', and 'Shternie'. Each signature is written in a cursive style and is underlined with a single horizontal stroke.

Jo, Nicole, Adele and Shternie
The Kisharon Fundraising Team

Kisharo

Opportunity
owers for learning

www.kisharo.org



Rachel
Kisharon

Virgin money
40737

6

CHALLENGES IN 2016

MARCH 2016:



FRIDAY 18 MARCH - Jerusalem Marathon

The sixth International Jerusalem Winner Marathon is one of Israel's largest marathons, with 2,500 participants. The various tracks go through fascinating historical sites that illuminate the 3,000 years of Jerusalem's history. It is guaranteed to be a challenging, thrilling and unforgettable experience for all runners.

Alternative 5km, 10km and half marathon routes available

For more information and to apply, visit www.jerusalem-marathon.com



SUNDAY 20 MARCH - Vitality North London Half Marathon

The greatest finish line in the world!

Kick spring off with a bang with this epic and memorable half marathon. Starting outside Wembley Stadium, the route will take you past Allianz Arena, home of Saracens rugby, before heading back towards the famous arch of Wembley Stadium. You are guaranteed to feel like a sporting star as you cross the finish line. The entry fee is just £25 and we ask that you commit to fundraise a minimum of £250.

To obtain one of our charity places, contact Jo Lubbock on 020 3393 0162



THURSDAY 24 MARCH - Purim Collection

Take on the Kisharon Purim collection challenge! Will you be the highest Kisharon collector this Purim? There will be fabulous prizes for the biggest fundraisers and best dressed collectors!

To sign up, please email purim@kisharon.org.uk or contact Jo Lubbock on 020 3393 0162

MAY 2016:



MONDAY 30 MAY – Bupa London 10,000

Starting and finishing at Buckingham Palace, you'll feel like royalty as you take in the best of the capital on this stunning route. This is an amazing way to spend your Bank Holiday while seeing the spectacular sights of London! The entry fee is just £40 and we ask that you commit to fundraise a minimum of £250.

To secure one of our charity places, contact Jo Lubbock on 020 3393 0162

JUNE 2016:



JUNE – DATE TBC – The Color Run

If you're looking for a 5km run with a difference, The Color Run is the race for you. Dates for the 2016 run have not yet been announced, so please watch this space for updates in 2016. At each kilometre interval runners are doused in coloured powder, ending with a gigantic 'Color Festival' party at the finish line. This is a great event for first time runners and families, with free entry for children under the age of 5.

For more information and to apply, visit www.thecolorrun.co.uk



SATURDAY 4 – SUNDAY 5 JUNE – Nightrider

A one-day charity ride with a difference... it's at night! Set off from Lee Valley Velopark, the site of the Olympic Velodrome in East London, and follow a 100km or 60km circular route past more than fifty of London's most famous landmarks. You will cycle over Tower Bridge, through Canary Wharf, around a buzzing Piccadilly Circus, see the London Eye lit up, cycle over the crossing on Abbey Road, and much more.

For more information and to apply, visit www.nightrider.org.uk



JUNE 2016 (CONT'D):



SUNDAY 19 JUNE - Maccabi GB Fun Run

Join us for a fabulous fun run for all the family! Run side-by-side with people supported by Kisharon to make the Maccabi Fun Run 2016 a great day out! Choose from 1km, 5km and 10km routes and be part of one of the biggest sporting events in the community calendar. In 2015 we raised £11,000 - let's see if we can top that in 2016!

To sign up, visit www.communityfunrun.org or for more information, please contact Jo Lubbock on 020 3393 0162



SUNDAY 19 JUNE - THURSDAY 23 JUNE Kisharon Mont Ventoux Cycle Challenge

Are you ready for your biggest challenge event yet? Kisharon will be saddling up for our inaugural bespoke cycle ride through the timeless landscape of Provence. This four-day action-packed trip will cover approximately 300km, allowing you to enjoy far-reaching views whilst tackling some of the famous climbs of the Tour de France, including Mont Ventoux. Registration fee - £250, Minimum sponsorship - £1750

For more information and to apply, contact Jo Lubbock on 020 3393 0162

JULY 2016:



SUNDAY 31 JULY - Prudential RideLondon - Surrey

This is the ultimate 100-mile cycle challenge in London and Surrey starting in the Queen Elizabeth Olympic Park and ending on The Mall. Enjoy the stunning scenery along with 25,000 other riders. The entry fee is £50 and we ask that you commit to fundraise a minimum of £500.

To secure one of our charity places, contact Jo Lubbock on 020 3393 0162

AUGUST 2016:

SUNDAY 7 AUGUST - AJ Bell London Triathlon

This amazing challenge event is the largest triathlon in the world, with over 13,000 participants of all ages and abilities, with 30,000 spectators cheering them on. Sign up today and swim, run and cycle around this spectacular route. Choose from:



- Super Sprint (400m swim, 10km cycle, 2.5km run)
- Sprint (750m swim, 20km cycle, 5km run)
- Olympic distance (1500m swim, 40km cycle, 10km run)

For more information and to apply, visit www.thelondontriathlon.com

OCTOBER 2016:

SUNDAY 9 OCTOBER - The Royal Parks Half Marathon

Join thousands of runners in this 13.1 mile route through Central London, taking in the spectacular sites of the capital. Starting and finishing in Hyde Park, the race takes a scenic route past Green Park, St James Park, the Houses of Parliament, and Victoria Embankment.



To secure one of our charity places, contact Jo Lubbock on 020 3393 0162



DO YOUR OWN THING

Thinking of organising your own event? Looking for inspiration and advice to make sure it's a success?

Whether you're a first time or a regular fundraiser, let us know what you have planned, so we can offer you the support you need to get you started!

Our Top Fundraising Activities

Bake Sale

Sponsored Silence

Sponsored Car Wash

Coffee Morning

Don't hesitate to contact us to discuss it – you never know, it might lead to a new annual event!

Contact Jo Lubbock

Telephone: 020 3393 0162

Email: challenges@kisharon.org.uk

Website: www.kisharon.org.uk/challenges



VOLUNTEERING

Kisharon relies on volunteers - without them we simply wouldn't achieve everything we do.

We are always looking for enthusiastic individuals to join our growing and dynamic volunteering team at Kisharon. There are a wide variety of volunteering opportunities available in each of our services, so whether you are looking for an administrative role or an opportunity to work with the people we support, there is an exciting volunteering opportunity for you. This can be a regular commitment or a more flexible arrangement.

As a Kisharon volunteer, you will receive an induction, training and continual support. There is always a trial period, giving all involved the opportunity to experience volunteering without commitment. No previous experience is necessary.

For younger volunteers, every hour spent with Kisharon counts towards the Yoni Jesner award, or the volunteering element of the Duke of Edinburgh Awards.

Call Lara on 020 3393 0159 to find out more

I WANT
to
ride
my



15% OFF ALL REPAIRS AND SERVICING ALL YEAR*

MAIN STOCKISTS OF RALEIGH, DAWES AND FROG BIKES

BUS STOP BIKES, 27 - 31 CHURCH ROAD, LONDON NW4 4EB

*WITH THIS BOOKLET UNTIL 31ST DECEMBER 2016

Kisharon =



Kisharon

Education - Opportunity - Support

Jewish answers for learning disabilities

www.kisharon.org.uk

020 3393 0162

challenges@kisharon.org.uk

Kisharon is a company limited by guarantee
Incorporated in England & Wales No. 01259900
Charity Registration No. 271519
Registered office: 54 Parson Street, London NW4 1TP