3rd Annual Kep Trio Charity Sporting Event 2010 – Information sheet

January 2010

Contents

- 2009 achievements
- Introduction to the 2010 event
- Date & Times
- Routes
- Running events
- Bike event
- Registration
- Donations & pledges
- Company matching programme
- Travel and accommodation
- Health and safety considerations

For more details about the event contact us at:-
keptrio@babsea.org

To register or donate log onto
www.babsea.org

To find out more about the Chamcar Bei project log onto :
www.handinhandcambodia.org

2009 ‘Kep Trio’ achievements

In February last year, the 2nd Annual ‘Kep Trio 2009’ event – a running and biking charity fundraiser - was bigger and better than ever before, with 114 people and 148 entries, we generated close to USD $50,000 in cash donations, and over 75 bicycles for the villagers and ... hundreds of happy smiling faces!

3rd Annual Kep ½ Marathon, 10k run and 10k fun bike ride, March 2010

The Annual Kep Trio Event was launched 3 years ago as a fund raising sporting event designed to raise cash to support the fantastic work of Bridges Across Borders South East Asia and in particular the "Hand in Hand" project started by Mr Jef Moons and Mr Boris Vervoort, the owners of Knai Bang Chatt resort in Kep (see Hotels below). This is a 5 year community development project developed in collaboration with Friends of the Rainbow School, Sustainable Cambodia and Bridges Across Borders South East Asia, in the village of Chamcar Bei, just 21 km from Kep.

It focuses on education, health and livelihood, affecting and changing the lives of more than 2,500 villagers. Chamcar Bei will become a self-sustaining community, where there are quality educational opportunities, clean water and food security, access to healthcare and improved livelihoods, leading to a better quality of life for all the residents.

The event is the creation of Nikki Wise – a seasoned runner – who was so taken with what she saw in the Phnom Voar villages in 2007, that she joined forces with Bridges across Borders South East Asia and their ‘Hand
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in Hand’ project and created her own fundraising event in the Kep area. The first Kep Half Marathon & 10K Run & 10K Fun Bike Ride was completed in January 2008.

Here are just a few comments from people who have participated in the last 2 years.....

“...A wonderful weekend event that I'm sure is making a huge difference to a great many people in Kep and Cambodia as a whole. I certainly have met a super group of fellow bike riders and runners...”

“...A really well run event...”

“...All it takes to change the world is a small group of committed people...Because of your hard work, we will be able to continue bringing new opportunities and better social services to the poorest families in Chamcar Bei....”

“...Everything was extremely well organised, all the marshals and water stations worked well...it was all very well done and I thoroughly enjoyed it.......”

“..The communications were excellent, the bus ride worked well, the dinners were great (and a pre-race cocktail party! With a coupon!), the race started on time, the water stops were numerous and right on, there were plenty of places to pee, as a runner I never felt alone on the course as there were adequate marshals, there was enough refreshment at the end. All good stuff that makes for a repeat performance...”

Date & Time
The running and biking events will take place in the rural district of Kep, on the beautiful south coast of Cambodia. Interested parties can choose to sign up for 1 or 2 of the three activities over the weekend including the 1/2 marathon, 10K run or a 10k fun bike ride

10k fun Bike Ride Saturday 6th March, 2010 3.30 pm
Half Marathon Sunday 7th March, 2010 6.00 am
10km run/fast walk Sunday 7th March, 2010 6.45 am

Running Events
Both the ½ marathon and the 10k run are considered to be ‘charity sporting events’ and as such the emphasis is on sponsorship and donations as opposed to prize money and medals. For the more serious and competitive runners, official start & finish lines and route
markers are used to structure the event and to help encourage the ‘race psyche’. For both events, placings are recorded and acknowledged at an award ceremony on the Sunday.

Routes
This is a beautiful scenic route right through paddy fields, beside a pepper plantation, and over a reservoir ending at Chamcar Bei village community centre. In the case of the ½ marathon, you will also run along the beautiful coast at sunrise. The route is mostly flat and with either dirt track or road surfaces.

Bike Event
This is a 10 kilometre fun bike ride! Locally supplied bikes are provided for all riders and will be donated to the community centre at the end of the bike event. All participants will be transported back to Kep to the event Dinner at the end of the bike ride. Please bring your own helmets if you wish to use one.

Registration
US$50 Registration fee (non refundable) per running event, $75 per bike event, and $100 for dual event (bike plus running) includes participation, event T-shirt, event dinner and bus transfers between the airport and the event location. Participants must be 18 and over for the ½ marathon and 15 and over for the 10k Run and bike ride. To register, log on to www.babsea.org and click on ‘Kep Trio 2010 Registration Open Now’

Donations and pledges
100% of all the donation monies will go directly to the ‘Hand in Hand Cambodia’ Chamcar Bei village project!

We would like to encourage participants to raise as much money as possible and are suggesting a figure of at least US$200 as a target to aim for per registration. All donations from participants and their supporters can be made on-
line via credit card OR alternatively you can download the ‘Pledge’ form for you to use to record and collect from your sponsors.

You and your supporters can access these at anytime at www.babsea.org, don’t forget to link and reference the donation to the Kep event, and to the participant........if it is left anonymous we won’t be able to thank you!

Company Matching Programme
Do you work for a company that would be prepared to support your efforts by matching your donation? Or, better still, the donations of 5 runners? Or 10 runners?

Help make this money really work, and ask for corporate sponsorship! If you need help with this approach contact. keptrio@hotmail.com

Getting There and Accommodation
If you are coming from Singapore we have researched possible flights. A list of accommodation options are listed below as well as bus transfer times. We recommend you book both your flights and accommodation immediately to avoid disappointment.

Your registration fee includes bus transfers for participants between Phnom Penh airport and Kep, and you are also provided with bus transportation from your hotel to the start and finish lines.

Flights from Singapore to Phnom Penh

**Thurs 4th March**
- SilkAir MI622   08.40 arr PNH 11.25
- SilkAir MI608   16.20 arr PNH 17:15

**Fri 5th March**
- SilkAir MI602   08:15 arr PNH 09:15
- SilkAir MI608   16:20 arr PNH 17:15
2009 achievements

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Registration

Donations & pledges

Company matching programme

Travel and accommodation

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Sat 6th March
JetStar 3K591 06:45 arr PNH 07:35
SilkAir MI602 08:15 arr PNH 09:15
SilkAir MI608 16:20 arr PNH 17:15

Provisional times for bus transfers From Phnom Penh airport to Kep- Fri 5th Mar & Sat 6th March

09.00 arr kep 12.15
10:00 arr Kep 13:30
18.00 arr Kep 21.30

Flights from Phnom Penh to Singapore

Sun 7th Mar
SilkAir MI607 18:10 arr SIN 21:10

Mon 8th Mar
JetStar 3K592 08.20 arr SIN 11.15
SilkAir MI601 10:15 arr SIN 13:10
SilkAir MI607 18:10 arr SIN 21:10

Tues 9th Mar
JetStar 3K599 09.10 arr SIN 12.10
SilkAir MI622 12:20 arr SIN 15:20
SilkAir MI607 18:10 arr SIN 21:10

Bus Transfers from Kep to Phnom Penh

Sun 7th Mar 12:30pm arr PNH 4:00pm
Mon 8th Mar 5:00am arr PNH 8:30am
4:30pm arr PNH 8:00pm

12:30pm arr PNH 4:00pm

N.B. Passengers flying out on Sunday morning flights will need to arrange their own transportation from Kep to Phnom Penh.

Hotels

There are a number of hotels and guest houses in Kep. Most are quite simple but offer clean and friendly services. You can research more information on the internet. www.canbypublications.com/sihnoukville/kepintro.htm is a useful link for both the region and hotels. The following list is a guideline only as are the prices indicators (US Dollars). Please contact direct for availability.

Champeyinn@hotmail.com Tel +855 12 501 742 $66
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veranda-resort.com             Tel +855 12 888 619             $38-140
thebeachhousekep.com          Tel +855 12 240 090             $40-55
vannabungalows.com            Tel +855 12 755 038             $10-20
Tree Top                      Tel +855 97 7863729             $5-20
keplodge.com                  Tel +855 92435330             $30-38
www.kee-botanica.com         Tel +855 1656 2775             under$10
leboutdumonde.new.fr          Tel +855 11964181             $15-85
Star Inn                      Tel +855 11 765 999              $30-50
N4 Guest House                Tel +855 12 789 031             $10-30
malibuestatesbungalows.com    Tel + 855 12 1856833             $30-120
thevineretreat.com            Tel +855 11 706 231             $25-45
Knaibangchatt.com             Tel +855 12879486             $150-250

A little bit about Knai Bang Chatt
Knai Bang Chatt is an exquisite lifestyle resort located in Kep, right on the south east coast of Cambodia. The resort gives you a blend of privacy, serenity and exclusivity. Consisting of three renovated villas built in the 1970s by protégés of Vann Molyvann, a pupil of the world renounced Le Corbusier, the resort is private, serene and exclusive. At Knai Bang Chatt you may see “Trainees” with the “Hand in Hand” project logo. The trainees are members of the village where the project is based. Young men and women interested in the service industry come and work there to develop the experience and skills needed in the job market. The resort has been an overwhelming supporter of the Kep Trio event and not only donates 50% of the monies from participants staying at the resort to the "Hand in Hand" project, but also hosts a marvellous Event Dinner at its fantastic Sailing Club premises.

Health & Safety considerations; Liabilities and Insurance
Medical supplies and personnel will be available in Kep, at several stations on the route, and they will be mobile and in contact with race marshals throughout all events.

Water stations provided every 2k and sports drinks and refreshments available at the finish of all events in Chamcar Bei village.
Training is highly recommended for all events!

As this is a sporting event there is always potential for injury and it is an event which is taking place in a very beautiful but RURAL area which has restricted facilities - the nearest hospital is 3 hours away.

We are of course organising medical first-aid support, in the form of on-site doctors, nurses and an ambulance for any initial assistance, but medical treatment in Kep will be limited to this and the services of a local clinic in Kep.

Please ensure that you organize your own travel and medical insurance and health checks prior to your participation in the event.

In addition, you are required to sign an ‘Event Indemnity form’ in order to participate in the activities.

Detailed information will be e mailed to participants nearer to the event.

**Map of Kep**