

MEGA-TRI 2020

KAYAK TREK CYCLE

An exhilarating 2 day multi-disciplinary challenge in the Verdon Gorge, France

SATURDAY 2 MAY — TUESDAY 5 MAY

the **extreme leaders**
DEVELOPING LEADERS THROUGH EXPERIENCE

Gane & Marshall

THE
LEWIS MOODY
FOUNDATION
TOGETHER WE CAN TACKLE BRAIN TUMOURS

ABOUT THE LEWIS MOODY FOUNDATION

- **Brain tumours are the biggest cancer killer of children and adults under 40**
- **Treatment options have not changed in over 40 years**



Lewis with Joss, the inspiration behind The Foundation

The Lewis Moody Foundation is dedicated to changing the story around brain tumours.

But we need your help. We inspire people to take on bold challenges like the Mega-Tri to raise vital funds, as we know the challenges taken on every day by those living with a brain tumour.

By joining the Mega-Tri team, you can raise money to help fund support to improve lives, fund pioneering research to change lives and raise awareness to save lives.

Together we can tackle brain tumours.

#wecanyoucan

THE CHALLENGE

Join Lewis Moody on this bespoke triathlon as you kayak, trek and cycle along a majestic but demanding route around Europe's largest canyon, the Verdon Gorge.



The Lewis Moody Mega-Tri is a bespoke challenge where 10 team members will join England Rugby Legend Lewis Moody as he journeys through the spectacular Verdon Gorge by kayak, bike and on foot. This bespoke annual challenge has been developed by The Lewis Moody Foundation with an aim to raise over £20,000 to help defeat brain tumours.

For sheer, jaw-dropping drama, few sights in France can match the epic Gorges du Verdon. The Canyon of Europe' slices a 25km swath through Haute-Provence's limestone plateau all the way to the foothills of the Alps. With their sheer, plunging cliffs – in some places 700m high, twice the height of the Eiffel Tower – the gorges offer a demanding terrain. Not to be taken lightly, this bespoke triathlon will test your physical limits as you travel across water, through canyons and on road to conquer the Gorge.

Team support and the leadership of Lewis Moody and Extreme Leaders Wayne Hoyle will help you overcome any personal challenges to make it to the finish!



DAY 1: THE KAYAK

SUNDAY 3 MAY

The first day of the challenge begins with kayaking the length of the **Lac De Saint Croix** in the majestically beautiful Verdon Gorge.

You will travel by coach to the pretty village of Bauduen, where you will receive a final safety briefing before taking to two man kayaks. You will have the opportunity to practise your technique in the calm waters near the sailing club before paddling 10km, the length of the Lac St Croix and explore the Gorge finishing back at the Pont St Croix.

We will have lunch at one of the restaurants on the beach at St Croix before heading off to prepare for the next leg of our challenge.

Kayak time is estimated at approximately 4 hours depending on weather conditions.

DAY 1: THE TREK

SUNDAY 3 MAY

The second element of this multi-disciplined day will take you on a route through Grand Canyon du Verdon.

This demanding trek is along the Martel Trail, one of France's most famous and greatest hiking routes.

The trail follows the Western bank of the Verdon Gorge for a spectacular 15km. Steep descents and ascents, dark tunnels and the famous iron steps will all contribute to the second phase of a particularly tough day!

You will return to the hotel for dinner and a briefing ahead of day 2.





DAY 2: THE CYCLE

MONDAY 4 MAY

The third and final phase of this unique Triathlon is a demanding cycle ride of over 100km, taking in elements of the Gorge, the lake and the beautiful region of Provence.

The scenery is stunning but be under no illusion, the steep ascents and technical descents will present difficult challenges for even the most accomplished of cyclists.

We will stop for lunch in one of the villages amongst the lavender fields of Riez, Roumoules and Moustieres Saint-Marie.

Completing the Mega Tri will be a significant achievement, and the end of the challenge will be marked with a celebratory dinner back at the hotel.

You will return home on
Tuesday 5th May.



THE SPONSORSHIP

With your help, we aim to raise over £20,000 through this challenge to help tackle brain tumours.

We ask that each participant raises a **minimum of £2,000 in sponsorship** and we hope that many will be able to smash this target!



Brain tumours are the biggest cancer killer of children and adults under 40 and survival rates have not increased over the past 40 years.

That's why The Foundation funds vital scientific research into brain tumours to understand them better and ultimately to defeat them.

The money raised through the Mega-Tri can help fund a **pioneering clinical trial called PNET5**, which aims to tailor treatments for children to reduce damaging side effects such as blindness, hearing problems and loss of balance, from aggressive chemotherapy regimes.

£2,000 can cover the cost for a child with a medulloblastoma brain tumour to have a biomarker test to see how aggressive their treatment will need to be. If they have a lower risk tumour they will be treated with a reduced dose of chemotherapy and radiotherapy, which will have less impact on their overall quality of life.

Four-year-old Alex was the first to join the PNET trial. His Mum Anthea said; *"The side effects of chemotherapy and radiotherapy treatment are brutal and the long-term effects can often have a severe impact on quality of life. Any research that can help us get closer to a cure, whilst reducing the long-term effects, has got to be worth it for Alex and for future generations."*

DEMANDING

CHALLENGE

DETERMINATION

WE CAN

TACKLE

EFFORT

EXCITING

UPLIFTING

EXHAUSTING

IMPACT

IMPROVE LIVES

REWARDING

FUN

MEGA-TRI =

SUPPORT

MEGA PEOPLE + MEGA MEMORIES!

ACTIVE

CURE

MOTIVATING

RESEARCH

BRAIN TUMOURS

YOU CAN

TOGETHER

INSPIRING

FOCUSSED

ADVENTURE

SAVE LIVES

HOW THE LEWIS MOODY FOUNDATION MAKES A DIFFERENCE

FUNDING SUPPORT TO IMPROVE LIVES

We fund a series of Family Days each year, in partnership with The Brain Tumour Charity, to reduce isolation and create happy memories.



FUNDING RESEARCH TO CHANGE LIVES

As only through new treatments and options will the dire survival rates for those with a brain tumour change.



RAISING AWARENESS TO SAVE LIVES

We help fund the lifesaving and award-winning HeadSmart campaign, to drive down diagnosis times. Earlier diagnosis can save lives.

Headsmart.org.uk



**“AN EXPERIENCE LIKE NOTHING I’VE EVER DONE. THE HARDEST
YET MOST REWARDING CHALLENGE WITH BRILLIANT PEOPLE.”**

MARK SPOORS, 2019 TEAM MEMBER



WE HOPE YOU CAN JOIN THE TEAM! TO SECURE YOUR PLACE CONTACT

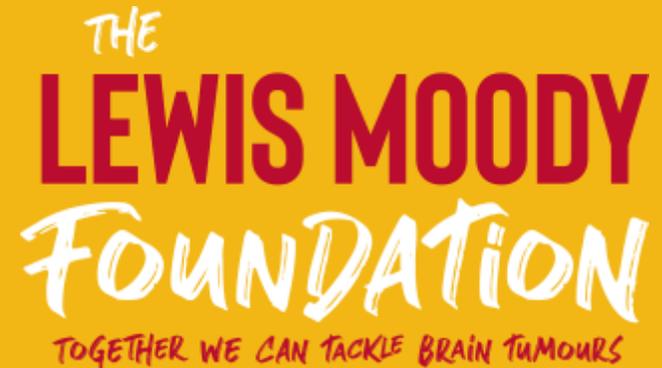
Tai Bishop or Claire Wormley
01252 749990

info@thelewismoodysfoundation.org

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The Lewis Moody Foundation is administered by The Brain Tumour Charity. Registered Charity no. 1150054 (England and Wales) SC042081 (Scotland)