



# 5th Annual Kep Trio Charity Sports Event 2012 – Information Sheet

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### For more details about the event contact us at:

[kep trio@babcbombodia.org](mailto:kep trio@babcbombodia.org)

### To register or donate log onto:

[www.babcbombodia.org/kep trio](http://www.babcbombodia.org/kep trio)

### To find out more about The Chamcar Bei project log onto:

[www.babcbombodia.org/cdp](http://www.babcbombodia.org/cdp)

[www.handinhandcambodia.org](http://www.handinhandcambodia.org)

## 5<sup>th</sup> Annual Kep Trio – February 18<sup>th</sup> & 19<sup>th</sup>, 2012



The Annual Kep Trio Event was launched in 2008 as a fundraising and sporting event designed to raise cash to support the work of Bridges Across Borders Cambodia and in particular the *Hand in Hand* project created in partnership with Mr. Jef Moons and Mr. Boris Vervoordt, the owners of Knai Bang Chatt resort in Kep

(see Accommodation below). *Hand in Hand Cambodia* is a 6-year community development project developed in collaboration with Belgian foundation Friends of the Rainbow Schools, Knai Bang Chatt and Bridges Across Borders Cambodia, in the village of Chamcar Bei just 21km from Kep City. The project focuses on education, health and livelihoods improvement, affecting and changing the lives of more than 620 families or about 3,000 villagers. The goal is for Chamcar Bei to become a self-sustaining community, with quality educational opportunities, clean water, food security, access to healthcare, and improved livelihood opportunities, 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 Chamcar Bei villages while on a Khmer Friendship Tour in 2007, that she joined forces with BABC and the *Hand in Hand* project to create an annual fundraising event to support the ongoing development of the Chamcar Bei community.

## Past Kep Trio Achievements

The previous events have raised more than US \$140,000 in cash donations to support the community development project and also donated 300 new and locally sourced bicycles – used during the bike events – providing the poorest families with transportation and enabling their children to attend school in the community.

Here are just a few comments from people who have participated over the last few years:

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"The Kep Trio is a fun way to support a great project, gain unique insight to rural life in a developing country, and see firsthand how and where the money raised by the event is being spent."

"...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 organized, all the marshals and water stations worked well...it was all very well done and I thoroughly enjoyed it."**

"..Getting involved in the Kep Trio is not only a fun experience and a unique way to take in the stunning Cambodian countryside, but a way to raise funds and awareness for a truly worthwhile organization. Importantly, as well as a great group of other participants and the event's dedicated organizers, you get the opportunity to meet the Chamcar Bei community members and see with your own eyes what they have been able to achieve through the project's support."

## Event Dates & Times

All running and biking events will take place over the weekend of February 18<sup>th</sup> & 19<sup>th</sup>, 2012 between the coastal city of Kep on the beautiful southwest coast of Cambodia and the rural village of Chamcar Bei.

Participants can choose to sign up for a single event – the fun 10km Bike Ride, Half Marathon, 10km Run or 3km Fun Run / Walk – or as many have done in past years, pair the bike ride on Saturday with one of the running events on Sunday.

10k Fun Bike Ride	Saturday Feb 18 <sup>th</sup> , 2012	3:00pm
Half Marathon	Sunday Feb 19 <sup>th</sup> , 2012	6.00 am
10km Run	Sunday Feb 19 <sup>th</sup> , 2012	6.45 am
3km Fun Run/Walk	Sunday Feb 19 <sup>th</sup> , 2012	7:15am

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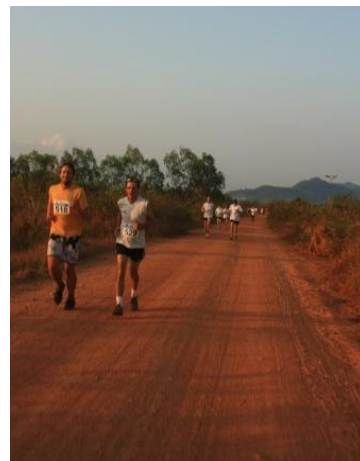
[www.babcbodia.org/cdp](http://www.babcbodia.org/cdp)

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## Routes

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All routes cut through the beautiful countryside with views of rice paddy fields, pepper plantations, mango trees, and a scenic reservoir before ending at the Chamcar Bei Community Learning Center (CLC) on Saturday or further along in the village to the Chamcar Bei Livelihoods Center (CBLC) on Sunday. If you're sporty enough to run the Half Marathon, you will also run along the beautiful coast at sunrise. The route is mostly flat with either dirt track or road surfaces. BE CAREFUL crossing the two old bridges, as tripping or catching a wheel has been known to happen.



## Bike Event

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The bike event is a 10 kilometer fun bike ride at 3pm on Saturday. Registration fees include **locally supplied bikes for all riders which are then donated to selected members of the community** in a short ceremony at the end of the bike event. Afterwards participants are transported back to Kep for the Event Dinner at the Sailing Club. Please bring your own helmets if you wish to use one.

## Running Events

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In addition to the Half Marathon and 10km events from past years, in 2011 we added a 3km Fun Run / Walk – encouraging non-runners and families to participate. **All the events are considered to be 'charity sporting events' and as such the emphasis is on sponsorship and donations for the project instead of professional timekeeping, 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 encourage the 'race psyche'. For both events, top placements are recorded and acknowledged at an award ceremony on the Sunday.

## Registration

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The non-refundable registration fee for all running events – Half Marathon, 10km Run and 3km Fun Run/Walk – is US \$50. The 10km bike event is US \$85 (including purchase of bike), which can be combined with any running event for a combo registration fee of US \$110.

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Included in the registration fee is a race bib, event T-shirt(s), the event dinner at Knai Bang Chatt's Sailing Club, bus transfers between the airport or Phnom Penh and Kep City, and local transportation from within Kep City to the events. Participants must be 18 and over for the Half Marathon and 12 and over for the 10k/3k Run and bike ride with a parent's consent.

To register, log on to [www.babcbodia.org/kep trio](http://www.babcbodia.org/kep trio)

## Donations and Pledges

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As this event was created to be a fundraising event for the *Hand in Hand Cambodia* Community Development Project, each participant is asked to raise a suggested minimum donation of US \$200. We realize that some people, especially local participants, may have a difficult time raising this amount. Others will be able to raise much more. We ask that you make the maximum donation you are able to, within your means and within the means of those willing to sponsor you.

You will have the option to make the suggested donation at the same time as you pay the registration fee. Alternatively, you can download a pledge form and get your friends, family and employers to make pledges, which we will then follow up after you successfully complete the run and/or ride. Your sponsors can also log onto our website directly and make a donation on your behalf at any time at [www.babcbodia.org](http://www.babcbodia.org). Please remind them to indicate who they are sponsoring and that their donation is for the Kep Trio.

## Company Matching Program

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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: [kep trio@hotmail.com](mailto:kep trio@hotmail.com)

## Getting There and Around

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In the early years, the Kep Trio participants hailed mostly from Singapore and as such, flight information and transportation was tailored to meet this audience. In 2012, however, we expect to have participants traveling to Kep from around the region including Thailand, Vietnam, Singapore and Australia. There will still be transportation options provided between Kep and the airport, but these times may not suit everyone. To accommodate as many people as possible, there will be direct buses to/from Phnom Penh as well as bus transportation to/from the airport as indicated below:

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## From Phnom Penh (PP) and the Airport to Kep

Fri Feb 17<sup>th</sup> Depart PP at 9AM - airport pickup at 9:45AM - Arrive Kep at 1PM  
Fri Feb 17<sup>th</sup> Depart PP at 5PM - airport pickup at 5:45PM - Arrive Kep at 9PM  
Fri Feb 17<sup>th</sup> Depart PP at 6PM - direct to Kep - Arrive at 9:30PM  
Sat Feb 18<sup>th</sup> Depart PP at 7:15AM - airport pickup at 8AM - Arrive Kep at 11:15AM  
Sat Feb 18<sup>th</sup> Depart PP at 9AM - airport pickup at 9:45AM - Arrive Kep at 1PM

## From Kep to the Airport and Phnom Penh (PP)

Sun Feb 19<sup>th</sup> Depart Kep at 1PM - airport drop off at 4:30PM - arrive PP at 5PM  
Sun Feb 19<sup>th</sup> Depart Kep at 4PM - direct to PP - arrive PP at 7:30PM  
Mon Feb 20<sup>th</sup> Depart Kep at 1PM - airport drop off at 4:30PM - arrive PP at 5PM

Transportation is also provided between hotels in Kep and the event activities. People who decide to stay outside of Kep City will need to book their own transportation.

## Accommodation



Knai Bang Chatt is an exclusive seaside resort located in the heart of Kep. Consisting of three renovated villas built in the 1970s by protégés of Vann Molyvann, the resort is private and serene. As a primary sponsor of the Hand in Hand Cambodia project, KBC also offers hospitality internships to youth from Chamcar Bei (where the community development project is based) where trainees are given the opportunity to learn about top customer service and develop the experience and skills to find employment in the growing local tourism industry.

As with previous years, Knai Bang Chatt will be hosting the Event Dinner on Saturday night at the Sailing Club, along with an optional brunch on Saturday morning. You can also visit the Sailing Club to view and purchase handicrafts made by the Women's Handicraft and Development Association (WHADA).

**Knai Bang Chatt**

<http://knaibangchatt.com>

\$165-325

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The following resorts and guesthouses have also graciously offered to donate 20% of room bookings for Kep Trio guests and supporters staying with them on the night of Saturday, February 18th. When booking, please mention that you are participating in the Kep Trio.

<b>Kep Lodge</b>	<a href="http://www.keplodge.com">www.keplodge.com</a>	\$35-70
<b>Le Bout du Monde</b>	<a href="http://www.leboutdumondekep.com">www.leboutdumondekep.com</a>	\$25-130
<b>Malibu Estate Bungalows</b>	<a href="http://www.malibuestatesbungalows.com">www.malibuestatesbungalows.com</a>	\$35-120
<b>Natural Guesthouse</b>	Tel: +855 (0) 12 870 465	\$10-30
<b>Palm House Guesthouse</b>	<a href="http://www.palmhousekep.com">www.palmhousekep.com</a>	\$38-58
<b>Seaside Guesthouse</b>	Tel: +855 (0) 92 555 507	\$7-20
<b>The Vine Retreat</b>	<a href="http://www.thevineretreat.com">www.thevineretreat.com</a>	\$25-45
<b>Villa Romonea</b>	<a href="http://www.villaromonea.com">www.villaromonea.com</a>	\$ICB

See below for a list of additional accommodation options in a variety of price range or check: <http://kepcity.com/accommodations.html>.

Kep Botanica	<a href="http://www.kep-botanica.com">www.kep-botanica.com</a>	\$10-25
Kimly Lodge	<a href="http://www.kimlylodge.com">www.kimlylodge.com</a>	\$15-40
N4 Guesthouse	<a href="http://www.nfourguesthouse.com">www.nfourguesthouse.com</a>	\$10-20
Raingsey Bungalows	<a href="http://www.raingsey-bungalow-kep.com">www.raingsey-bungalow-kep.com</a>	\$35-68
Vanna Bungalows	<a href="http://www.vannabungalows.com">www.vannabungalows.com</a>	\$25-80
Veranda Resort	<a href="http://www.veranda-resort.com">www.veranda-resort.com</a>	\$55-250

## Health & Safety considerations; Liabilities and Insurance

Medical supplies and personnel will be available during the event, as well as local ambulance service during both the bike and running events. Medical staff will be in mobile contact with race marshalls all along the route, in case of emergency.

An adequate water supply will be provided at the start of the bike race (in the bike baskets), as well as at the finish line. During the running events, water stations will be provided approximately every 2k and sports drinks and refreshments will be made available at the finish line. Due to the heat and humidity in Cambodia, we highly recommend training for all events.

As this is a sporting event there is always potential for injury. Kep and Chamcar Bei is a beautiful but RURAL and remote location which has restricted facilities – the nearest hospital is 3 hours away. We will organize medical first- aid support, in the form of onsite 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.

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## Map of Kep

<http://www.canbypublications.com/maps/kep-cambodia-map.htm>

