

The Adventure of a Lifetime - Palestine Marathon 2018!

Wednesday 21st March – Sunday 25th 2018

Why the Palestine Marathon?

It's the chance for an adventure...

... and an opportunity to peak round the door of the workings of an international charity which enhances the lives of children with disabilities and their families across Palestine.

What are we offering you?

- A life-changing insight into the lives of Palestinians living in the West Bank
- Support running the Palestine Marathon, which has been recently recognised by the International Association of Athletics Federation
- A tour of Jerusalem, one of the most incredible cities in the world.
- The exceptional chance to visit our partners in Beit Jala and Jalazone and Nour Shams Refugee Camps.
- Specialist insurance cover, tailored to the region

What do we ask of you?

- That you pledge to raise £500 towards the work of ABCD Bethlehem
- Pay the entrance fee (\$10-\$70), accommodation (c. £200-£250), and a return flight to Tel Aviv (c. £500), all of which we will advise you on.

What's the next step?

- Join the ABCD Team by filling out the form below
- Contact us with any queries
- Spread the word, so that everyone can join the ABCD Team!



Outline Itinerary

Day 1: Wednesday 21st March

We are flying to Ben Gurion, Tel Aviv on Wednesday 21st March. Those who fly on our suggested flight will be met at the airport and driven by taxi to our hotel in Bethlehem where everyone will have a chance to settle in. If you choose a different flight, we ask that you make your own arrangements to get to the hotel. We can advise you on this should you so wish. The hotel comes with full board. However you may wish to discover some of the wonderful bars and restaurants that Bethlehem has to offer.

Suggested flights:

Outbound flight **Wednesday 21st March:**

Depart London Heathrow 08:05, arrive Tel Aviv 14:55, flight number BA0165

Inbound flight **Sunday 25th March**

Depart Tel Aviv 16:35, arrive London Heathrow 19:55, flight number BA0164

At the time of going to press this return flight costs around **£500**



Day 2: Thursday 22nd March

On **Thursday** you can enjoy a guided tour of some of the most iconic and religious sites of Jerusalem including the Hiram al Sharif (Temple Mount), the Western Wall, and Church of the Holy Sepulchre, finishing the day looking over the Mount of Olives. You will not only visit the historic sights but also walk through the Old City. This tour will cost approximately £50.



Day 3: Friday 23rd March

Friday is Marathon day!

The race starts at the Church of the Nativity in the centre of the Old City of Bethlehem, running through the streets of Al Aida and Ad Dheisha refugee camps, along the Separation Wall bearing amazing art and slogans of hope, defiance, and humility.

Due to the restriction of movement the actual route itself is only six and a half miles long and therefore half marathon runners turn around and run back and full marathon runners run the loop twice making the experience more mentally challenging. Due to the possibility of hot weather the marathon starts at approximately 08:30, which means the event is wrapped up by lunchtime.

The Marathon entrance fees are:

Full marathon = \$70

Half marathon = \$70

10k = \$50

2km = \$10



Each participant must book their own place. Please visit <https://www.palestinemarathon.org> for more information and registration.

For those who wish, there is an opportunity to visit ABCD's partners, the Bethlehem Arab Society for Rehabilitation on **Friday** afternoon and to have a look around their facilities and see the newly built Georgina Mortimer Sensory Garden.

Day 4: Saturday 24th March

For a chance to see real life in the Palestine refugee camps and how your money has helped the lives of so many, there is an opportunity on **Saturday** to visit Jalazone Refugee Camp. This will include a visit to the Rehabilitation Centre that ABCD funds, meeting some of the beautiful children and walking around the Camp.



Day 3: Sunday 25th March

Sunday is fly home day, but there still may be a chance to wander around the Old City of Bethlehem and pick up some fantastic gifts or mementos from the wonderful shops and markets there.



Palestine Marathon Booking Form

Personal Details

Gender (circle as appropriate):

Male/Female/Other

Title (circle as appropriate):

Mr/Mrs/Miss/Rev/Dr

Family Name (Surname):

First Name:

Contact Details

Email Address:

Contact Number:

Home Address:

Which race will you participating in? (circle as appropriate)

Full Marathon

Half Marathon

Website: www.abcdbethlehem.org

UK Registered Charity Number: 1097623

Registered Office: Dovecot House, Winchester Rd, Goodworth Clatford, Hants. SP11 7HN Phone: 01689 82225

Contact: rachel@abcdbethlehem.org

Company Number: 04383155



10km

2km

T-shirt size (circle as appropriate):

Small

Medium

Large

Extra Large

Accommodation required (rates may vary):

Twin (£200)

Name of the person the room will be shared with:

Single (£250)

Emergency Contact Details

Name of person to contact in an emergency:

Your relationship with them:

Their email address:

Their contact number:

Excursions – please indicate if you would like to attend these excursions.

Excursion	Price	Would you like to attend?
Jerusalem Tour	£50	Y/N
Bethlehem Arab Society for Rehabilitation	Free	Y/N
Jalazone Refugee Camp	Free	Y/N

Fundraising

Whilst this is going to be an amazing and fun-filled trip, our ultimate goal is of course to continue to support and enrich the lives of the children we help to support. As such, we ask that each participant raises a minimum of **£500** towards ABCD's work. Do keep us updated via social media about your efforts!

Deadlines

If you would like to come with us and participate in the Palestine Marathon 2018, please fill in and return this form by **January 31st**:

ABCD Bethlehem

Dovecot House

Winchester Road

GOODWORTH CLATFORD

Hants

SP11 7HN



Welcome to the ABCD Team!

We cannot thank you enough for your interest in the Palestinian Marathon 2018. We understand that this is at once an exciting and a daunting trip. If you have any questions at all, do not hesitate to contact us as below, or on Facebook (<https://www.facebook.com/abcbethlehem/>)