



**International Association
for Suicide Prevention**
World Suicide Prevention Day
Cycle Around the Globe

Cycle Around the Globe 2019
10th September - 10th October
in support of World Suicide Prevention Day

INFO SHEET

THE CHALLENGE:

To collectively cycle the globe (circumference of 40,075 kilometers / 24,900 miles).

THE AIM:

Last year, participants (both individuals and groups) from 35 countries cycled 13.91 times around the globe!
This year, we want to bring more people together and cycle further!

THE PURPOSE:

To raise awareness of the risks of suicide and to fund suicide prevention activities. We know that a person dies every 40 seconds by suicide and up to 25 times as many again make a suicide attempt. There are also many more people who have been bereaved by suicide or have been close to someone who has made an attempt. This event is about our global community: to encourage us to engage with each other and to join together to spread awareness of suicide prevention.

THE SPECIFICS:

WHEN: 10 September - 10 October, 2019, although we will not exclude you if you cycle outside these dates. The more people who take part, the greater awareness raised.

WHERE: Anywhere: at home, the gym, on local roads, as part of a race, on holiday...

WHO: Anyone of any age. You do not have to be a professional cyclist!

COST: Nothing!! But we would love it if you would fundraise for us...

REGISTERING: Register by clicking the link to the online registration form on our website, either as an individual or as part of a group.

FUNDRAISING: Everyone is challenged to raise money for suicide prevention. To fundraise for IASP, you can donate directly through Paypal or link to the JustGiving fundraising platform to create your own fundraising page. Funds raised will go towards the establishment of community suicide prevention activities and training.

PRIZES: Furthest cycled (individual and group).

