

## || Shree Swaminarayano Vijaytetaram ||

Jay Shree Swaminarayan,

**Congratulations, you have completed the registration process for participating in the Trikon Trifecta Challenge event.**

As part of the grand 25<sup>th</sup> Anniversary celebration of the inauguration of Shree Ghanshyam Maharaj at SKSST Harrow, we have launched our Trikon Trifecta event successfully and we have a lot of people interested in taking part in the running, walking and cycling elements of the event. We are pleased to let you know that the cycling event is oversubscribed and we now have over 100 cyclists who will be taking part in this event which is quite a feat in itself! We have closed off any new registrations; however, if you are no longer able to attend, please do let the organisers know using the information at the bottom of this letter.

With just a few weeks to go, we thought it would be best to give you some details of the day and how things will happen.

### **Before the Event – Plan and Tips**

1. Make sure you have completed at least one 30mile cycle ride within the next 2 weeks leading up to the event to build that stamina;
2. Please have your bike serviced and fixed if necessary. It will help prevent any issues happening on the day. There are a number of local retailers who can provide a bike service for you for a fee;
3. Get used to your bike (not that you are not) and know how to use it and make easy fixes. We will have a team of experts riding along with us, should you need help with your bike at any point.
4. We recommend you using Road bikes or Sports Hybrid bikes for this event because of less weight and more agility. It will be very tough on Mountain bikes!
5. Make sure you are eating right and have the energy to complete the event. Rest days are very important too!

### **On the Day – What to expect**

1. Date of ride: Sunday 8<sup>th</sup> August 2021
2. Arrive promptly at SKSS Temple Kenton-Harrow (HA3 9EA) at **6.15am** and we will aim for the first cycle group to be out by **7.00am**. We will provide snacks in the morning to get your energy levels up. If you are coming by car or van, we kindly request that you park your car in the mandir basement or outside of the mandir grounds so that devotees can have access to the temple car park during the day and evening. Basement car spaces are limited and on first come first served basis.
3. You will be split into groups based on ability and your sign-up data. If you have registered to be a Lead Cyclist, you will be given an orange Hi-vis which will need to be returned back to us at the end. Please stay with your group at all times.
4. Lead Cyclists will have a briefing one week before the event. We will contact you separately.

Each group will have 2 lead cyclists. Cycle within the designated groups. No over-taking of other groups and listen to any instructions given by lead cyclist. Lead cyclists will brief you on the day and will know the route/stops.

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5. We aim to release the groups at a 3minute intervals so that there isn't too much congestion on the roads.
6. At each temple, you will be given a 15minute window for a break and to do darshan of the deities inside. Please adhere to these timing so that you have enough time to complete the miles you have to cover.
7. There will be support vehicles at the front, middle and end of the groups with first aiders and they will be available for any assistance on the day.

### **The Route and other break stops.**

We have attached a Strava image of the entire route. Here is the link for an in-depth view: <http://www.strava.com/routes/2852294333444547698>

We have attached a PDF which follows which roads are on our route. Please familiarise yourself with some of the route roads but always follow the lead cyclists at all times.

### **Riders Responsibilities**

1. Wear appropriate cycling clothing. Try and wear reflective or bright coloured clothing as you will be on the road majority of the time and will need to be visible to other road users.
2. Helmets are compulsory. Riders without a helmet will not be able to participate.
3. Water, snacks and fruits will be provided at the temple and various stops on route. (Feel free to bring your own).
4. All riders are responsible for making arrangements to get home safely to and from SKSS Temple – Kenton-Harrow. If you have opted for the 40mile option, your bike will be transported back to SKSS Temple Kenton- Harrow and we have arranged transport for you as well. We will only drop to SKSS Temple Kenton-Harrow and then you need to arrange the pick-up of your bike and the journey back home.
5. Bring inner tubes for your bike in case of a puncture or a puncture kit.
6. Strictly no headphones apart from Leaders. The roads can be busy so full concentration is required.
7. OBEY all traffic lights, even if it is a red light with no-one crossing the road. A red light is a red light.
8. This is NOT a race, ride safely, be courteous to each other and other road users.

Once again, thank you for taking part in this event and we hope to see you on the day, bright and early.

As we are fundraising for our nominated Charities: Go Dharmic and St. Luke Hospice the suggested amount is £250 per participant so you can get your friends and family to donate. We will send out a further email soon on how to raise your donations. In light of the current situation involving Coronavirus restrictions, the temple has decided to add a 3<sup>rd</sup> Charity called the Centre for Mental Health. We have attached a summary of what each charity does.

Finally, from the organising team, we wish you the best of luck and we hope you can complete the toughest part of the Trikon Trifecta!

If you have any queries or you want to change any of your details, please email back on [utsav@sksst.org](mailto:utsav@sksst.org) or contact Bhavesh on 07875661002.

<u>Start Point</u>	<u>Via which roads and areas</u>	<u>Break Stop</u>	<u>End Point</u>	<u>Estimated Time Allocated inc breaks</u>
Harrow Temple (HA3 9EA)	Kenmore Avenue, Abercorn Road, Stanmore Hill	n/a	Stanmore Temple (HA7 4LF)	45 mins
Stanmore Temple (HA7 4LF)	A5, Walm Lane, Willesden Lane	n/a	Willesden Temple (NW2 5RG)	1 hour
Willesden Temple (NW2 5RG)	Willesden Lane, A5, Buckingham Palace, Trafalgar Square, Strand, St Pauls Cathedral, Leadenhall, Street, Whitechapel Road, Romford Road	St Pauls Cathedral Courtyard (15mins)	East London Temple (E7 8PD)	1 Hour 45 mins
Lunch at East London Temple (30mins)				
East London Temple (E7 8PD)	Lonsdale Ave, Woolwich Manor Way, Woolwich Foot Tunnel, A205	n/a	Woolwich Temple (SE18 7RL)	1 Hour
Woolwich Temple (SE18 7RL)	Shooters Hill Road, A2, Queens Road, Coldharbour Lane, Brixton Hill, Streatham High Road	Camberwell Green (15 mins)	Streatham Temple (SW16 5JZ)	1 Hour 45 mins
Streatham Temple (SW16 5JZ)	Tooting Bec Road, A214, East Hill, A3, A205, Putney Bridge, Fulham Palace Road, A219, Wood Lane, Scrubs Lane, Craven Park Road, Church Road, Neasden Lane, Blackbird Hill, Fryent Way, Kenton Road.	Shephards Bush Green (15 mins)	Harrow Temple (HA3 9EA)	2 Hours
Grand Finale followed by Refreshments at SKSST – Kenton Harrow for all participants and drivers.				

**STRAVA**

High Barnet

Loughton

Chigwell

Ilford

Wembley

Stratford

East Ham

Ealing

London

Woolwich

slow

Ride

**57.8 mi**

Elev Gain

**1,815 ft**

Time Bromley

**4h 41m**

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Please see information about the three nominated charities:



**St Luke's** is a charity providing specialist end of life and palliative care to people in Harrow and Brent, enabling them to achieve the best possible quality of life. Their vision is a world where everyone with an incurable illness can access the care they need to live well, to know that their family and carers are supported, and to die with dignity in the place of their choice. All their services are provided free of charge. That is only possible because of the generous support they receive from the local community like us. We have provided them with much needed high quality medical adjustable specialist beds in the year 2017 which are still being used to date.



**Go Dharmic** exists to help make a more compassionate, non-violent world. Inspired by the philosophical concept of Dharma, their calling is to equip themselves and others with the knowledge and practical means to reduce the suffering of all living beings. This is an international charity and SKSS Temple has opened up a food bank with them since May 2021. This is one of the first project by the temple with Go Dharmic.

Centre for  
Mental Health



**Centre for Mental Health** is an independent, not for profit thinktank. They are dedicated to eradicating mental health inequalities and fighting injustice by changing policy and practice. They have been at the heart of some of the most important changes in policy and practice including government investment in the NHS (through the Five Year Forward View and Long-Term Plan), widespread adoption of mental health support in workplaces, maternal mental health provision, liaison and diversion services, planned reform of the Mental Health Act, and importantly in the pursuit of mental health equality. The charity in conjunction with SKSS Temple will aim to provide bespoke packages to support the local and national community including schools. Funding will also be used to further strengthen their work related to 100s of other organisations affiliated to them.

**“Vasudhaiva Kutumbakam”**  
**“The World Is One Family”**



Vasudhaiva  
Kutumbakam



SKSST PRESENTS

CHARITY FUNDRAISER

Go  
Dharmic

St Luke's  
HOSPICE

Centre for  
Mental Health



# TRIKON TRIFECTA

CHOOSE ONE - CHOOSE ALL -  
CAN YOU RULE THEM ALL?



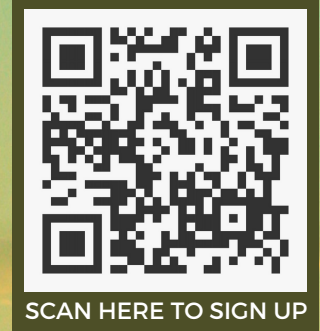
**RUN** • 5 MILES



**WALK** • 10 MILES



**CYCLE** • 40/60 MILES



SCAN HERE TO SIGN UP

## 07-08 AUGUST 2021

#VK25TRIKONTRIFECTA

MINI  
UTSAV

*Celebrating 25 years of*  
GHANSHYAM MAHARAJ'S INAUGURATION

FOR MORE INFO CONTACT  
UTSAV@SKSST.ORG  
07875661002

Shree Kutch Satsang Swaminarayan Temple (Mandir) London Westfield Lane, Kenton, Harrow, Middlesex HA3 9EA



020 8909 9899



info@sksst.org



www.sksst.org



/sksst



@sksstharrow



/sksstharrow



SKSST PRESENTS

## CHARITY FUNDRAISER

To celebrate our Ghanshyam Maharaj's 25th anniversary since inauguration, we are aiming to circle our Mother Earth collectively which is around 25,000 miles.

To help us achieve this target in August, we are launching our toughest physical challenge yet. We will be bringing together our temple family by visiting various temples across London by way of three different physical sporting activities to raise money for our nominated charitable organisations. You have the choice of either doing one event, two events or, if you feel brave enough, all three to achieve 'THE TRIKON TRIFECTA'.



Centre for  
Mental Health



### SATURDAY 7TH AUGUST 2021



**RUN** • 5 MILES

START : 📍 SST WILLESDEN AT 8AM  
FINISH : 📍 SKSST HARROW AT 11AM



**WALK** • 10 MILES

START : 📍 SKSST HARROW AT 12PM  
MIDDLE : 📍 SST STANMORE  
FINISH : 📍 SKSST HARROW AT 6PM

### SUNDAY 8TH AUGUST 2021



**CYCLE** • 40 / 60 MILES

START : 📍 SKSST HARROW AT 7AM

→ 📍 SST STANMORE → 📍 SST WILLESDEN → 📍 SKSST EAST LONDON  
→ 📍 SKSST WOOLWICH → 📍 ISSO STREATHAM (40 MILES\*)  
→ 📍 SKSST HARROW (60 MILES)

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/sksst



@sksstharrow



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