



Earth provides enough to satisfy every man`s need but not every man`s greed: Mahatma Gandhi

Cycling for Humanity 2011 **London to Delhi**

Manavata Team
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Introduction

Cycling for Humanity ("CFH") 2011 Program represents an 11,350KM cycle ride interspersed with a noble endeavour towards fostering and nurturing humanitarian activities. It took place from London (UK) to New Delhi (India) and covered 14 countries.

Mission:

To create a **H**ealthy, **H**appy and **H**armonious (3H) world!

Highlights:

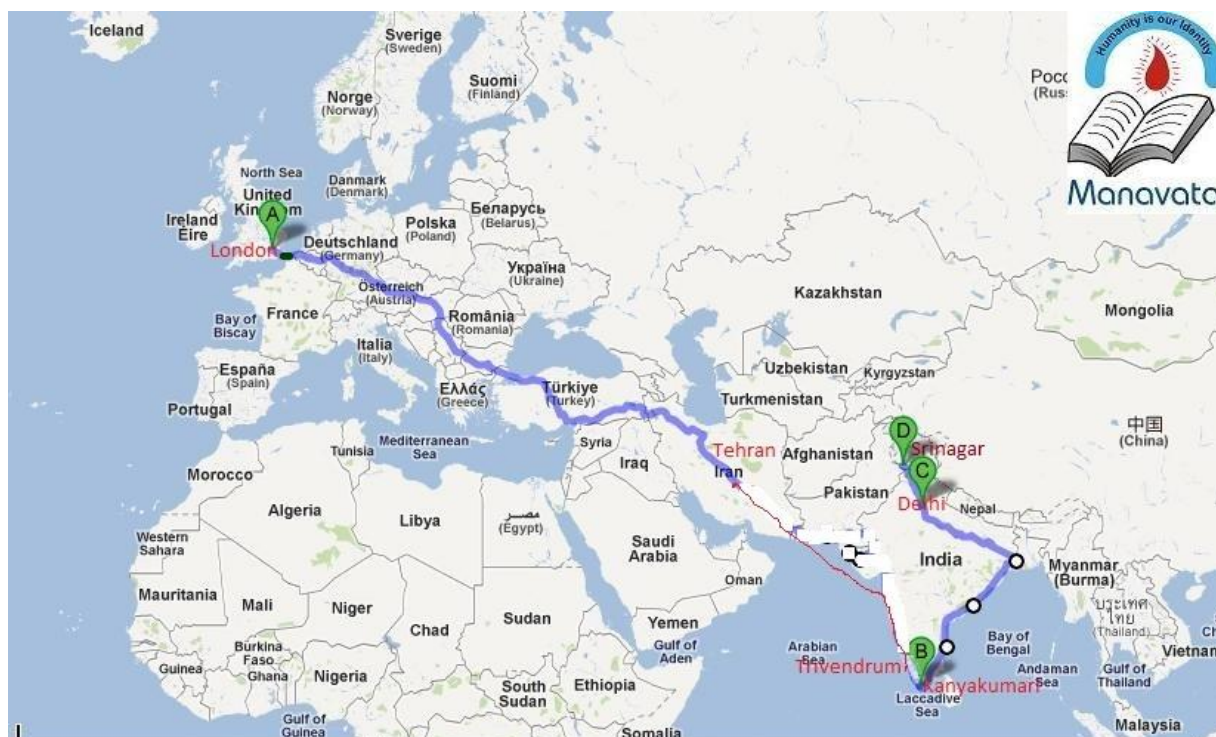
1. Srinivasa Alluri has cycled 11350KM over a span of 109 days, commencing from London and culminating at Delhi (including Kanyakumari to Kashmir)
2. During the course of such an endeavour, he has also had the pleasure, privilege and fortune of coming into fruitful contact with a sea of humanity comprising more than 50,000 and also more than 50 institutions He has also derived and delivered inspirations at various individual meetings, seminars and local media interactions.
3. The CFH programme got enviable support in general from citizen of all the 14 countries traversed and particularly from UK, Germany, Turkey, Iran and India
4. 500 willing volunteers worked together in 500+ different events in CFH
5. This also provided a great platform and a lasting pedestal for serving people.
6. A phenomenal opportunity to lend a helping hand to those in need in various ways
7. Got opportunity to engage in flood relief activities which incidentally was instrumental in lending succour to more than 5000 people in 15 different villages in Jajpur district, Orissa, India.
8. Enlivening commitment from many an inspired young populace by way of enlisting in the 3H mission.
9. Invigorating Medical camps and purposeful plantation drives undertaken the help of motivated volunteers.
10. Great learning from many intellectuals & nature along the route.
11. Around 200 cyclists joined in this movement in different parts of the world for some distance. Raj Marni did 1800KM London to Austria, Prakash Alluri and Sunil M did 700KM from Chennai to Kakinada.

Objectives of CFH at beginning:

- ▶ Cycling for a cause - 10000 KM cycling in 100 days
- ▶ Planting 100,000 saplings
- ▶ 100 Collaborations
- ▶ 500 Volunteers participation in CFH 2011
- ▶ 500 Charity Events
- ▶ Positive change in 2.5 million people
- ▶ Help 25000 people
- ▶ Initiate 500 village adoption program for Sustainable rural development

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Route Map:



Humanity is our Identity

www.cyclingforhumanity.org

— Cycle Route 11,350km
— Bv Air — bv Ferrv

www.manavata.org

London to Tehran: 6350KM:

14 Countries covered: UK, France, Belgium, Luxemburg, Germany, Austria, Slovakia, Hungary, Serbia, Macedonia, Greece, Turkey, Iran and India.

Kanyakumari to Kashmir: 5000KM

In India Srin has cycled through 14 states: Kerala, Tamil Nadu, Andhra Pradesh, Orissa, West Bengal, Jarkhand, Bihar, Uttar Pradesh, Haryana, Delhi, Chandigarh, Panjab, Himachal Pradesh, Jammu & Kashmir.

Route plan Note: Although the original plan was to enter India via Pakistan through the Wagah Border, extreme reluctance and an unbending stance on the part of obstinate Pakistani authorities, to grant a visa to Srin even after 4 months of applying put a spoke in the wheels of such a plan. Even a long and excruciating wait of 3 days in Iran in anticipation and hope of obtaining a visa turned out to be futile. However nothing could be a dampener as Srin decided to embark on a cycling mission from Kanyakumari to Kashmir! With this firm determination, he flew into Trivendrum from Tehran & commenced his cycling mission as there is no other less carbon transport available. He completed 10350KM in 98 days to reach Delhi and further Srinagar after completing a total of 11350KM in 109 days (including the forgettable 5 days spent in seeking Visas!)

Cause:

“Earth provides enough to satisfy every man's need but not every man's greed!” – Mahatma Gandhi

When the greatest harbinger of peace Mahatma Gandhi made this statement, he had in mind the one burning desire to rid man of avarice, hatred and greed. Following in the footsteps of this icon is not only a privilege but also a crying need. Manavata, recognising this need has endeavoured to try

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its best to bring about a change, a change that is revolutionary, a change that is permanent and a change that is humane.

Some of the heart-breaking facts, which we cannot ignore -

- About 1 billion people are hungry
- EU & US have experienced extreme winters & floods
- Torrential rains have rocked Asia and Australia
- About 20,000 species on Earth are listed endangered, due to irresponsible human activity
- People all over the world are suffering from man-made disasters like the oil spill & pollution

Each of us sustain our lives entirely with the resources our planet provides us – so it is our duty & a gratifying act - to protect our planet; take responsibility to change it for better. The change should start from each one of us & at our homes.

A Harmonious Ride for Humanity!

This program is designed to promote humanitarian activities whilst at the same time preserving and protecting the environment. The twin objective is achieved by the most simplistic, safe and sustainable means ofcycling! The primary motives underlying this program are

- ▶ To create awareness and bring about a positive change in humanity towards humanity!
- ▶ To integrate likeminded people for a noble endeavour!
- ▶ To inculcate, imbibe and inspire youth in making them aware of their social responsibilities!

About Organisers



Manavata (meaning 'Humanity' in Sanskrit) is an international (charity registered in UK, USA and India) voluntary, non-profitable and non-religious organization, engaged in a variety of social causes. It is run by a large group of service minded volunteers, aiming to bring together many enthusiastic youth and social service organisations, across continents, in service of humanity.

Great Teamwork

As Manavata has got 7000 committed volunteers, many of the Manavata programs runs with great teamwork. CFH 2011 is one of the examples among them.

Along with Srini's 109 days cycling, around 500+ volunteers worked together in different humanitarian events including Orissa flood relief.

Credits:

The greatest boon to mankind is the facet of teamwork. Any task, purpose or a dream can only be achieved when "I" is transformed into "WE". Without the constant support and consistent help extended by the following kindred souls, this mission would still be at its stage of conception.

- Mahesh's mind boggling route plans and regular support was a blessing

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- Rao & Raj not only extended their support in helping me prepare with all the necessary equipment, but also enthralled me with their bubbly company Austria.
- Bhavani Prasad Polimetla, Ian Price, Phil Dally, Hywel Davies, Matt Hallicar, Jon Slade and other colleagues helped in planning & equipment
- Uma Lade, Gary Thornhill & Babji made great start for blood donation camp in London for inauguration of CFH
- Amir Cheema, Usman, Dr. Nazir helped in Srini's visa processing.
- Sriram & Babji made spectacular efforts for sub events like blood donations and also to build team.
- Surendra & Gayatri made a great contribution for inauguration & campaign
- Roopa & Manish aided and assisted in a great number of ways to make CFH successful. Specifically Roopa by volunteering for healthy living workshops.
- Sudheer, Sudha, Raghu, Sunil & Prakash blended technology with humanitarian concern by providing stunning web & technical support.
- Uma, Pramoda, Varma, Subbaraju, Rambabu, Mahesh J, Vinitha, Kiran, Srinivas Vundavilli, Surendra, Kalyan, Naveen, Madhu and many volunteers helped in organizing sessions/events
- Khalai & Kumar co-ordinated very well in Tamilnadu. Mr. Masanamuthu, IG has given a great support to CFH in throughout Tamilnadu.
- Balamurugan, Anil Bansal, Sanjay Goel and Bahri for organising local events, press conferences.
- Srinivas Balusu, Gyan Pani and Jagadhish for creative multimedia work for campaign
- Vamshi Muniganti (TV9), Suresh and Rambabu (Eenadu), Daniel (Evening post, Bristol), Laura (British safety council), Venkat (Times of India, Luthiana) for their media support .
- Many volunteers helped in Orissa flood relief & other activates
- Though I might have inadvertently missed a few names, I sincerely wish to thank each and every volunteer for supporting this cause and making the whole mission happen.

Campaign through cycling & learning:

CFH Cycle ride itself communicated following messages in a practical approach: *Live simple, eco-friendly, be self-reliant, be self-disciplined, be self-confident, be bold, work without expectations, do self-less service & help people in need, realize self (body, mind and soul), be healthy physically, mentally, socially and spiritually.*

Cycling For Humanity 2011 Campaign:

1. **Help Yourself:** Simple, positive & healthy life style is the key to happiness.



Healthy food + Self-discipline + Positive attitude + self-less service = True Happiness

Enjoy a healthy lifestyle & work towards a harmonious society!

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2. Help Environment: Be a Responsible human & Preserve our environment



Reduce Carbon foot print + Plant More + Cycle to work + Help Children to get right Education & Values

Conserve Water, Food & Energy: Help build a sustainable and brighter future!

3. Help Others:

There are many disadvantaged people, who need our help – the world would be a much happier place if each one of us spared some of our time/money to help those in need. Volunteering activities can be very satisfying & bring happiness to all involved. Please represent humanity positively by being truthful, non-violent, tolerant and loving to all.

Simple lifestyle campaign:

Srini has used limited budget from his pocket to make his 100 days cycling more economical and also to demonstrate self-reliance with minimum resources. He has also proved that living with less dependencies and minimum needs simplifies our life. He has contributed to charity the amount of support he has received from likeminded people for his own stay and food. (eg. If some offers free stay for him, he contributes 10£ to charity).

25th Jun 2011 – Trafalgar Square, London:

Cycling for Humanity 2011 started from London on 25th Jun 2011 with a voluntary blood donation event on 24th. Many volunteers cycled upto Dover. PR Rao cycled till Belgium and Raj Marni cycled upto Austria along with Srini. Around 35 volunteers participated in this including 19 cyclists. A day before Manavata has conducted a blood donation camp in London with the support of National Blood Service. Srini and many Manavata volunteers have donated blood in this camp which is a good start of humanitarian activity in CFH 2011. It is a great team work to make a wonderful start. Mr. Boris Jonson, Mayor of London and many key leaders have wished for the success of this program.

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2nd Oct 2011 - Raj Ghat, New Delhi:

Raj Ghat today was bustling with activity and purpose. Around 50 cyclists from NSS, IIT Delhi had gathered for a noble cause and an endearing purpose. For CFH had after traversing 14 countries congregated at the Capital city on the 142nd Anniversary of Mahatma Gandhi.

The motivated crowd were possessed by a burning desire to make social change a reality. The catchwords were Health, Happiness and Harmony.



Earlier we cycled to the IIT campus and had an invigorating discussion and a fruitful interaction with the illustrious students. Mr. Deepak, Mr. Sravan and his team also lent credibility and direction to the deliberations.

Mahesh Jasti & family lent their unequivocal support for the events. The ever enthusiastic Harsh also made an appearance from Noida to distribute Manavata souvenir T-shirts to the volunteers.

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Mr.Sravan & team in IIT organized this 40km cycling immaculately all the way from IIT Delhi to Raj Ghat & return.

The Experience:

The experience from commencement to culmination has been to say the very least, holistic. Apart from the innumerable challenges faced, the entire episode was one of the greatest learning. The incredible support received from unknown but fascinating individuals who placed the cause of humanity above the barriers of religion, caste, creed and colour was simply astounding. We were all bound by the simple, yet strong thread of love. The one pervading culture amongst all the cyclists was the one of fraternity and brotherhood. And an overwhelmingly common desire to make the world a better place to live and to live with dignity, dedication and determination.

Global Village:

I have experienced global village (Vasudeka kutumbam), wherever I go I felt at home and universal brotherhood; it was a great pleasure to meet so many brothers and sisters directly with love.

Humanists from all 14 countries gathered in strength to make this initiative a resounding success and wholeheartedly lend their physical, moral and spiritual support and appreciation to CFH. One of the most enlightening aspects of this journey has been the involvement of students in this cause. For today's youngsters are leaders of tomorrow.

Nature's response for CFH:

We have a saying "Protect Nature and nature protects you"; In general we all know that by reducing carbon foot print and need of more trees etc helps us to live healthy. But here I have experienced much more.. More than anything in my journey, it was really a wonderful experience to see how nature responds and protects us if we protect nature. Nature is great and real mother. She has taken care of me whole journey irrespective of weather conditions, eg. In Germany one fine evening I faced lot of problem with small insects getting into my eyes, as I didn't carry any spectacles, I had to cycle very carefully. Within 5 minutes weather has changed and started drizzling which made all insects to go away ☺ then I could cycle normally in next 2 hours, similarly I was feeling exhausted on a hot day in Greece, then a cloud started coming along which has protected me from heat ☺ .. like this many experiences with nature..

The original plan was to arrive into India through Pakistan (Wagah Border). However due to an extreme reluctance on the part of the authorities in Pakistan to grant visas (even humanitarian motives strike a brick wall when it comes to aspects of security!), I had to choose the next and most feasible alternative, the same being taking a flight from Teheran in Iran to India. Upon arriving in India in order to both preserve the momentum and make up for the lost miles of cause in Pakistan (in a lighter vein) a decision was made to traverse the length and breadth of the country by cycling from the beautiful rock memorial of the mercurial Swami Vivekananda in Kanyakumari upto the idyllic beauty that is Kashmir, via the capital city of Delhi. The arrival at the capital by a quirk of cosmic coincidence was on the 2nd of October, the birth anniversary of one of the greatest apostles of peace humanity has ever seen – Mahatma Gandhi

As the most often used cliché goes 'there is no gain without pain'. Our endeavour has been no different. During the course of this epic journey, adversity stared at us in our face in a whole horde of different ways and we managed to overcome each and every one of them. A few classic examples being:

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- Opposite winds
- Continuous hilly terrains
- Security issues / threats
- Finding appropriate cycle routes (in central Europe it was a big challenge & missed routes many times)
- Traffic
- Pollution
- Rough roads and terrains
- Extreme weather conditions (Heavy rain, hot sun, strong winds, some times very cold to cycle during initial few weeks)
- Finding right / secure places for camping
- Finding water & food in some areas (made a big challenge in Greece specifically)
- Language issues during CFH campaign

Issues faced:

1. Had a fall 4 times, (attributable to no practice with peddle locking shoes)
 - 2nd day in UK, downhill, while turning suddenly in a very narrow lane in a forest route, fell down while cycling at a speed of 20 KM. Fortunately, barring a bruise on the knee (and an attendant pain for around 3 weeks alleviated with little packs of ice and huge doses of positive thinking!).
 - 2nd week in Germany, whilst cycling up a gradient, fell down on a iron rod and railings. I took a strong blow on my left ribs. It was cured in couple of weeks, and the medicine was the usual magic packs of ice.
 - In Hungary, amidst lashing rains, experienced a skid on a road with tram tracks and fell twice. Luckily, just cracked my helmet which was on the carrier & there was a small bent on the bicycle handle bar.
2. Paucity of water in Greece for an excruciatingly long time on a hot sunny day
3. Robbery in Turkey: To cut a long story short, was threatened by a person at gun point (yes we are talking about real guns here though I had not seen one before!). I stood firm and put my hands up. I was divested of my camera and the thief sped away in his car; As luck would have it, upon calling the police and with the assistance of the armed forces, the culprit was nabbed and the stolen camera recovered.
4. Security issues in eastern turkey (where some terrorism issues there). Lucky that I got enough warning and instructions before hand. Took enough precautions.
5. Wild and aggressive canines in Serbia, Greece and turkey who bared their teeth and were kept at bay courtesy a firm and stout stick which thankfully I was not required to wield on them.

Some interesting facts of cycling:

- Max speed cycled: 65KM/hour (of course on down hills.. achieved in Turkey near Agri on 12th Aug)
- Max RPM: 115 pedalling per minute
- Maximum height cycled: 7500feet altitude
- Number of hills crossed: more than 400 big ones (More hills in Germany, Serbia, Greece, Turkey, India)
- 6 Punctures, 2 tube changes and tires interchange back to front.

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The World is a Paradox:

After embarking and successfully completing this humanistic endeavour, I have learnt a great many lessons imparted to me by the great master that is life. One of the most glaring and yet most profound lesson is the fact that the entire universe seems to be an exercise in paradox. Plenty and poverty both seem to exist in a weirdly yet unwarranted symbiotic existence! I for one am aghast and have no possible answers as to how and when this gaping chasm of difference would be bridged! A combination of an attitude of avarice and selfishness combine in no uncertain fashion to mask the good and permeate evil. People are reluctant to imbibe change within them, but have been used to selfishly expecting the same from others around them! Alas expecting positive results without performing positive tasks is asking for too much. Everyone wants to see a better world, but they don't want to change themselves. Parents couldn't practice self-control to make their children better, teachers couldn't show themselves as example to students, people expect to make money without doing work, people who have money think that they don't need to work and they are giving more importance to show business and luxurious life than real value of their life.

Rich people with Poor habits:

Many economically rich people are ignoring the knowledge and are absolute slaves to their own senses. Indulging in monetary excesses and unceasingly craving for luxuries, these people have ensured that there is a spiritual, social, cultural and environmental degeneration and destruction. Man's search for meaning is lost in this pursuit of trivialities. Precious food is put to waste and extravagant activities such as motor sports, driving too much, and luxuries such as air conditioners create great harm to the eco-system around us.

Poor people who are living in pathetic conditions:

People who are trying to help are making the problem worse. They look at the habits of rich and try to emulate them, for example by taking recourse to alcohol & tobacco abuse. This is making their life worse, many of them reaching an untimely grave plagued by health problems.

Empower poor:

It is impossible to make someone to live happily by infusing a regular supply of money or support. Giving money is a temporary fix. It is important to make them stand on their own and living with moral values and humanity. Educate, Empower and be Eco-friendly by a leading example.

Self-less Service:

Many organizations and individuals who are trying to work for self-less cause are craving for name, fame or money, which is not a self-less service.

Regionalism:

Of course everyone has to live in their motherland and work for the betterment of their motherland. However there are a great many nefarious elements going against this very cause by instigating and promoting regionalism, selfishness and intolerance. People are more interested in political benefit and craving for identity. This is making huge division in society, leading to the undesirable formation of groupism and racism.

Human values:

Humanity, Truth, non-violence, Right Livelihood, Right speech, Equality / Universal brotherhood and care for all.

How is responsibility of people:

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- Many people have no concern about environment or social responsibility & are not taking even minimum responsibilities that they need to undertake in the capacity of human beings. They are seeped into the maze of materialism & luxuries.
- Religion has become a mechanical aspect in many places. Though they advocate a great many human values, they are being twisted and manipulated by the practitioners for espousing their own selfish reasons leaving behind the valuable principles. (eg. Celebration of festivals meant promoting values, but they are more known for being environment spoilers, they use plastic trees rather than real trees for Christmas, irresponsibly buying gifts, they use unhealthy items in temples as Prasad to attract more people, usage of non-biodegradable material like plastics, Plaster of paris in different religions still not banned. People have forgotten that Nature itself is God). They have forgotten the principles of religion which denote serving others and protecting nature.
- People irresponsibly procure things like cloths, electronics, automobiles, gift articles etc much much in excess of their needs.
- On the one hand there is a starving and famished lot, while on the other a set of humans gorging down a whole horde of delicacies, all in the name of celebration.
- Human values and natural principles have taken back seat for many people and societies. Selfishness is taking high priority and creating issues.
- Education system in many countries is not really promoting tolerance and human values
- Governments are spending lot of money on Enforcement (security, armed forces), trying to make people more dependents rather than empowerment & human values. This is a very big problem going forward.

Health: Many people are suffering with problems and exist on pills and medication. It is more because of lack of right education and right conduct with self-control.

Malnutrition problem is growing among poor and obesity & nutrition deficiency problem is growing in rich. Only little percent of the people are trying to maintain sustainable health.

Happiness: Everyone wants to be happy but only temporarily so, for true happiness which is more sustainable is relegated to the background

Harmony: Within the family itself many people are unable to maintain harmony, as disagreements and intolerance abound. This ruins lives, shreds harmony and shatters peace. Even two people in the same family are unable to live with harmony in a long lasting relation. Fighting for boundaries with neighbours and intolerance with other customs are making people's lives more insecure and disharmonious.

Corruption: People are not realizing that selfishness is the root cause of corruption. If one is not performing his/her duty either professionally or personally as a responsible human, if one is causing more pain to others by usurping their needs and engaging in mindless luxuries, then he/she is engaging in an act that is significant of real corruption and robbery. Many people fail to discharge their duties very responsibly as a father, as a mother, as a teacher, as a police or in whatever capacity that duty demands. That is because basic moral and human values are completely bereft in their lives. Corruption is present all over, but at different levels. Corruption at the basic level administration is more in Kashmir, Bihar, Jarkhand, Orissa, AP but present in all other states in India too. Iran and Turkey also are suffering with this problem. Other European countries also have corruption but at an invisible and higher strata.

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Habits are spoiling people: all over the world wrong and despicable habits lead to intense suffering.. Alcohol, drugs & smoking in Europe, smoking in Turkey & Iran, Alcohol in AP, Bihar, Jarkhand, Panjap etc., Eating tobacco & pans in Orissa, West Bengal and Jarkhand, Deterioration in the health of people across the globe attributable to gluttony consumption of junk foods like sweets, fries, cool drinks, over usage of salt & saturated fats etc. Intelligent business people are making money on weaknesses & ignorance of people and making the problem much worse with their advertisement. Interestingly governments are also not taking necessary preventive steps on this to educate and empower people.

Cycling & Self-Reliance:

Things which Srini has Carried on his cycle (less than 50kg including cycle weight)

- Food: 3 to 5 litres water, 3 to 5 kg food (including dry fruits, nuts, sprouts, fruits, turmeric, pepper)
- Kitchen: small multi-fuel stove, small water filter, knife, match box
- Bed room: tent, sleeping bag, cap, jacket, 2 pairs of clothes, toiletries
- Cycle kit: repair tools, puncture kit, spare parts, cycle pump
- Office: Campaign material prints, banners, pamphlets, booklets to distribute, laptop for internet communication & to send updates, travel documents.

Food:

Simple Vegetarian diet, generally maintained healthy diet with more natural foods

- 6 to 8 litres of water a day
- 1 litre of milk
- Sprouts, nuts and dry fruits (500grams)
- Carbohydrates (Whole meal Wheat, rice or bread): 500grams
- Fresh fruits / Veg: 500grams to 1 kg
- Mostly avoided oil and salt (unless someone offered food on some days)
- Weekly 2 days (fruit fasting)

Routine followed in General:

5am getting up & routine

5:30am yoga & meditation

6:30am arrange things for cycling and breakfast

7am talk to team about events

8am start cycling

Conducting awareness events in between or at the evening halt place

Closing cycling for the day between 6pm and 8pm

Cooking food, washing clothes, finding place to sleep & sending updates to team, make plans for next day

11pm Sleep

Some of the Activities:

Cooking and sleeping with Nature:



Health Awareness camps during evening stay!



Food Relief in Orissa:



Personality Development Programs in Schools, Colleges & Universities:



Caring and Sharing:



Related Links:

Program: www.cyclingforhumanity.org

Blog: <http://blog.cyclingforhumanity.org>

Organization: www.manavata.org

Photos: <https://picasaweb.google.com/Manavata/Cycling>

Experiences Summary Video: <http://www.youtube.com/watch?v=KtKvTadel8s>

Email: join@cyclingforhumanity.org



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More Photos:

Some of the Picasa Links of Photos taken in cycling from London to New Delhi:

<https://picasaweb.google.com/Manavata/Cycling>
https://picasaweb.google.com/103698598897364780271/CFH_2011
<https://picasaweb.google.com/103698598897364780271/Cycling02>
<https://picasaweb.google.com/103698598897364780271/Cycling04>
<https://picasaweb.google.com/103698598897364780271/ONgole>
<https://picasaweb.google.com/103698598897364780271/September72011>
https://picasaweb.google.com/103698598897364780271/Cycling_AP
<https://picasaweb.google.com/103698598897364780271/Cycling05>
<https://picasaweb.google.com/101319221476776718895/Eluru?authkey=Gv1sRgCIKG2pT1hajC9wE&feat=email>
https://picasaweb.google.com/101319221476776718895/ApPhotos?authkey=Gv1sRgCM_z5c3lzlS_1AE
News clips of cycling
<http://cyclingforhumanity.org/?q=node/18>

More Videos:

Manavata Promo:-

http://www.youtube.com/watch?feature=endscreen&NR=1&v=ORFWg02_m7g

Which was posted by tv9:-

Starting of cycling event

http://www.youtube.com/watch?v=vD_83Hanbj4

video from Turkey:

<http://www.youtube.com/watch?v=vvg6fjDyUwQ4>

Videos taken while cycling:

<https://picasaweb.google.com/103698598897364780271/Cycling#5632767245786197890>
<https://picasaweb.google.com/103698598897364780271/Cycling#5633004452490273202>
<https://picasaweb.google.com/103698598897364780271/Cycling#5633006459443470674>
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<https://picasaweb.google.com/103698598897364780271/Cycling#5658467979763779266>

Cycling videos while raining

<https://picasaweb.google.com/103698598897364780271/Cycling#5634641842401199698>
<https://picasaweb.google.com/103698598897364780271/Cycling#5653695232214919586>