

#### Dear GBI Participant,

This year, following the motto "We cycle for charity," we are setting out on our 7th annual GBI Europe.

Based on a spontaneous idea nourished by a small group of people back in 2008, the GBI has become an international challenge involving a growing community of over 400 motivated ITC experts from over 20 countries, all with a strong personal connection to the telecommunications and IT industries.

During this year's challenge we are cycling from Budapest via Vienna and Salzburg to Munich along one of the two challenging routes we propose, covering a distance of 750 km or 1.050 km respectively.

By registering for the GBI you have committed to raising significant funds and thus support a charitable cause in your home country! Therefore, one of our major aspirations this week is to raise as much funds as possible for people in need.

This riding-for-charity week will also take you away from your daily and familiar routine so use this chance to enjoy the fresh air to meet old friends and make new ones from among riders who come from across the world. This is a unique opportunity, don't miss it!

We look forward to seeing you in Budapest!



Michael Leuenberger Tourdirector

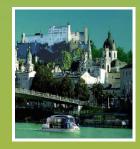
# Budapest - Munich

15<sup>th</sup> - 21<sup>st</sup> June 2014 750 km (Track 1) / ~ 1.050 km (Track 2)

















# REGISTRATION PROCESS

Registration on www.gbi-event.org

Registration notification E-Mail

Pay your registration fee

Registration confirmation E-Mail

Pay your additional options (if any)

Raise your (minimum) fund

Participation confirmation E-Mail

Take the Challenge

# PRIOR THE TOUR



Align yourself with your teamleader

Train for the ride

Plan your journey to Budapest and your return from Munich

✓ Check your bicycle

Order an international travel-, health- and accident insurance

#### ... SUNDAY, 15TH JUNE 2014

#### OPENING

Adress: Vodafone Hungary HQ, Lechner Ödön Fasor 6, Budapest 1096, Hungary (open space)

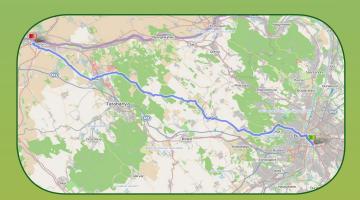
09:00 - 11:00 Onsite Registration

- pick-up your starter bag
- pick-up your GBI bike (if booked)
- pick-up your bike (if transported by GBI)
- meet your team members
- fill your bottles
- put on your cycling outfit and GBI jersey
- load your luggage onto the GBI truck

11:00 Opening Ceremony

#### TRACK 1

Distance: 95 km Climb: 1.050 m



# 400 (E) 300 400 (D) 400 (E) 300 100 100 100 20 30 40 50 60 70 80 90 Distance (km)



#### ARRIVAL

Adress: Kempelen Szakképző és Kollégium 2900 Komárom, Frigyes tér 2-3, Hungary (School)

15:00 GBI Camp opens

18:00 -21:00 Dinner (not included)

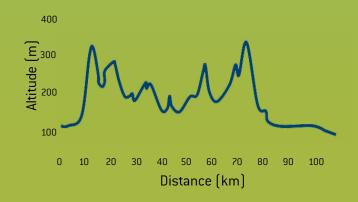
22:00 lights-off in the dormitory

23:00 GBI Lounge closes

#### TRACK 2

Distance: 116 km Climb: 1.138 m





#### $\dots$ MONDAY, $16^{TH}$ JUNE 2014

#### START

Adress: Kempelen Szakképző és Kollégium 2900 Komárom, Frigyes tér 2-3, Hungary (School)

07:00 - 09:00 Breakfast (if booked)

08:00 - 10:00 Getting ready and Start

- meet your team
- fill your bottles
- load your luggage onto the GBI truck
- team departs

10:00 GBI Camp closes

#### ARRIVAL

Adress: Patio Hostel & Hostel Blues, Spitálska 2 & 35, SK-81108 Bratislava, Slovakia (Hostels)

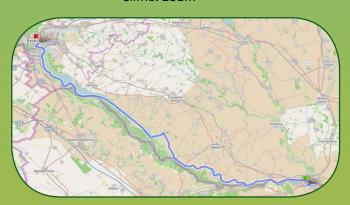
15:00 Bedrooms ready - check-in (if booked)

Evening: at your disposal - Sightseeing

Please note: no dinner provided by GBI

#### TRACK 1

Distance: 115 km Climb: 291m

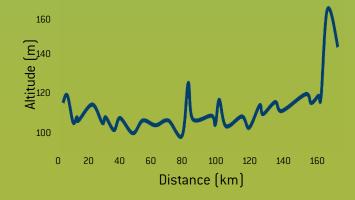


#### TRACK 2

Distance: 173 km Climb: 443 m







#### ... TUESDAY, 17TH JUNE 2014

#### START

Adress: Patio Hostel & Hostel Blues, Spitálska 2 & 35, SK-81108 Bratislava, Slovakia (Hostels)

07:00 - 09:00 Breakfast (if booked)

08:00 - 10:00 Getting ready and Start

- check-out
- meet your team
- fill your bottles
- load your luggage onto the GBI truck
- team departs

#### 10:00 Latest check-out

#### TRACK 1

Distance: 91 km Climb: 52 m





#### ARRIVAL

Adress: Aupark, In der Au, 3400 Klosterneuburg, Austria (Tent)

15:00 GBI Camp opens

18:00 -21:00 Dinner (not included)

22:00 lights-off in the tent

23:00 GBI Lounge closes

#### TRACK 2

Distance: 175 km Climb: 1.218 m





0 10 20 30 40 50 60 70 80 90 100 110 120 130 140 150 160 170

Distance (km)

#### ... WEDNESDAY, 18TH JUNE 2014

#### START

Adress: Aupark, In der Au, 3400 Klosterneuburg, Austria (Tent)

07:00 - 09:00 Breakfast (if booked)

08:00 - 10:00 Getting ready and Start

- meet your team
- fill your bottles
- load your luggage onto the GBI truck
- team departs

10:00 GBI Camp closes

#### ARRIVAL

Adress: Messe Wieselburg, Volksfestplatz, 33250 Wieselburg/Erlauf, Austria (Fair)

15:00 GBI Camp opens

18:00 -21:00 Dinner (not included)

22:00 lights-off in the dormitories

23:00 GBI Lounge closes

#### TRACK 1

Distance: 113 km Climb: 690 m

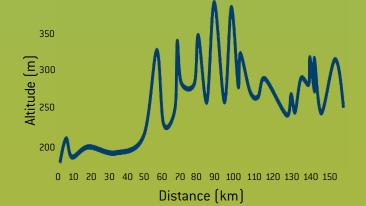


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#### TRACK 2

Distance: 153 km Climb: 1.562 m





#### ... TAURSDAY, 19TH JUNE 2014

#### START

Adress: Messe Wieselburg, Volksfestplatz, 33250 Wieselburg/Erlauf, Austria (Fair)

07:00 - 09:00 Breakfast (if booked)

09:00 Shuttle for first 30 km departs (on request)

08:00 - 10:00 Getting ready and Start

- meet your team
- fill your bottles
- load your luggage onto the GBI truck
- team departs

10:00 GBI Camp closes



Adress: Freizeitzentrum am Spitzberg, Badgasse 34, 4800 Attnang-Puchheim, Austria (Tennishall)

TRACK 2

Distance: 196 km

15:00 GBI Camp opens

18:00 -21:00 Dinner (not included)

22:00 lights-off in the dormitory

23:00 GBI Lounge closes

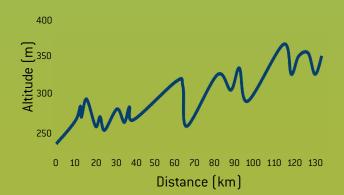
#### TRACK 1

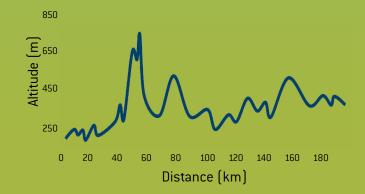
Distance: 137 km Climb: 1.086 m



# Climb: 2.908 m







#### ... FRIDAY, 20TH JUNE 2014

#### START

Adress: Freizeitzentrum am Spitzberg, Badgasse 34, 4800 Attnang-Puchheim, Austria (Tennishall)

07:00 - 09:00 Breakfast (if booked)

09:00 Shuttle for first 30 km departs (on request)

08:00 - 10:00 Getting ready and Start

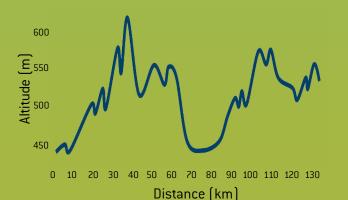
- meet your team
- fill your bottles
- load your luggage onto the GBI truck
- team departs

10:00 GBI Camp closes

#### TRACK 1

Distance: 137 km Climb: 1.228 m







#### ARRIVAL

Adress: Chiemseestr. 1, 83132 Pittenhart, Pittenhart, Germany (Sporthall)

15:00 GBI Camp opens

18:00 -21:00 Dinner (not included)

22:00 lights-off in the dormitories

23:00 GBI Lounge closes

#### TRACK 2

Distance: 161 km Climb: 1.483 m





#### ... SATURDAY, 21TH JUNE 2014



#### START

Adress: Chiemseestr. 1, 83132 Pittenhart, Pittenhart, Germany (Sporthall)

07:00 - 09:00 Breakfast (if booked)

08:00 - 10:00 Getting ready and Start

- meet your team
- fill your bottles
- load your luggage onto the GBI truck
- team departs

10:00 GBI Camp closes

#### TRACK 1

Distance:  $67 \text{ km} + \sim 20 \text{ km}$ Climb:  $572\text{m} + \sim 80 \text{ m}$ 





#### ARRIVAL

Adress: will be confirmed later (as well as last 20 km track)

15:00 Arrival

#### 15:30 Closing Ceremony

- Fund Raising Hero Award
- Cheque handover
- Announcement GBI Europe 2015

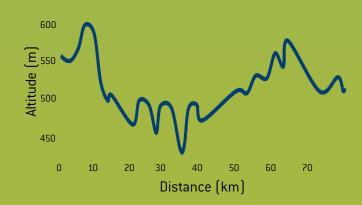
#### 17:00 Closure

- change into casual clothes
- pack bike, pick-up luggage
- head to town or airport

#### TRACK 2

Distance:  $79 \text{ km} + \sim 20 \text{ km}$ Climb:  $534 \text{ m} + \sim 80 \text{ m}$ 





# GOOD TO KNOW

#### CURRENCY

The currency of Austria, Germany and Slovakia is the Euro. The Euro is also the official GBI Tour currency.

In Hungary, you will pay with Forints. (1 Euro = 304 Forints)

No other currencies are accepted (except in airports and some tourist gift shops). VISA and MasterCard are accepted in most of the shops and restaurants, sometimes American Express and Diners Club as well.

#### LANGUAGE

German is spoken in Austria and Germany.

In Hungary, the official language is Hungarian but a lot of people speak German as well.

In Slovakia the language is Slovakian, but many locals speak German here too.

English is understood in all four countries and it is also the official GBI language.

# AIRPORTS

Probably the best way to get to Budapest is via its international airport. It is located ~20 km to the east of the city. Public transportation to downtown departs every 20 minutes, and it takes you to the city within on hour.

In Munich, the international airport is located ~35 km to the nord-east of the city. The public train S8 takes you from the main train station in 47 minutes to the airport.

#### ELECTRICITY

240 Volts and 50 Herz, this is what you will find everywhere alongside the route.

In Hungary, Slovakia, Austria and Germany you will find the European CEE 7/16 (C) and CEE 7/5 (E) plugs. In Hungary, you will also find the British Commonwealth plug BS 1363 (G).







#### CLIMATE

GBI Europe takes place in the middle of June. The average temperature this time of the year in this climate zone is 25°C. At night, the temperature can drop down to 10°, and reach a high of 30° during the day.

We can expect some rain on two or three of the days of our tour.

The weather forecast will be posted every evening at the tour office.

#### BICYCLE

A bicycle, often called a bike, is a human-powered, pedal-driven, single-track vehicle, having two wheels attached to a frame, one behind the other. A bicycle rider is called a cyclist, or bicyclist.

If the cyclist takes a week to cover several hundred kilometers across several countries somewhere in the world, all for a good cause and in the company of friends and colleagues, then this cyclist is most likely a GBlan.

#### WHAT YOU KEEP IN YOUR IUGGAGE

Item	Comment	Mandatory
Sleeping bag	Only necessary if you have booked the GBI Camp	✓
Travelling bag / suitcase	Only one single bag per person is allowed! The weight shall not exceed 20 kg.	✓
Bicycle bag	You might use a special bag to transport / ship your bicycle. You can use your bicycle bag as suitcase but a second bag is not allowed. If you have two items, your bicycle bag will directly be brought to the final destination and you will get it back after the final arrival.	
Clothes pin & line	You might use clothespins to put your clothes up for drying during the night.	
Power adapter	You might find different power plug systems along the road.  Make sure that you bring your adapter with you if necessary.	✓
Casual wear and sneakers	Remember that you are not only cycling. You might want to go out for dinner in the evening. Therefore consider packing some casual trousers / shirts / shoes.	✓
Socks	It is recommended not to use brand new socks for longer rides. Use socks which you have used already.	✓
Travel detergent	You might have to wash some of your clothes during the ride.	
Mattress coversheet	The mattresses are covered but the sheets will not be washed on a daily basis and you will get a different mattress every day. Using your own clean bed sheet can be a solution for hygiene related expectations (applicable only if you have booked the GBI Camp).	
Bathing suit	At some venues swimming pools are available. And most venues have open shower facilities with multiple shower heads.	

#### WHAT YOU TAKE WITH YOU DURING THE DAY

Item	Comment	Mandatory
Bike repair set / toolbox	You might have to replace a broken tube during the ride. Please consider bringing a screw wrench and an alley key as well.	✓
First Aid Kit	Just in case you have to provide first aid until the medicals arrive.	
Toilet paper	You never know (each team should have at least a roll).	
Tube	Essential! You might get a flat tire. Make sure the spare tube fits the tire and you know how to replace it.	✓
Brake wire	Our technical support team provides standard wires but if you need to repair your brake wire during the day or if you have a special need, bring your own along.	
Air pump	Make sure that your air pump fits your valve / tube (incl. adaptor for your valve).	✓
Lock	A stolen bike is a very unfortunate event! Especially for you.  Therefore: always lock your bicycle when you don't ride it. Don't forget your second key for the lock. Please also note that the GBI bicycles don't come with a lock.	✓
Brake block / -shoes	Make sure that your brakes are new or bring your replacements along. These are standard consumables that need to be replaced from time to time (approx. every 1.000 – 5.000 km).	
Front and rear lights incl. (spare) bulbs	You have to make sure that you are visible if you ride at nigth-time. Therefore: no light: no ride!	✓
Vaseline	Some need it to deal with the saddle for days in a row.	
Chain oil or spray	Nothing is more annoying than a noisy chain.	
Mobile phone incl. charger	It is always good to have a mobile phone on you when you get lost, in case of accidents, etc. but make sure that your battery is charged at all times.	✓

#### . WHAT YOU TAKE WITH YOU DURING THE DAY (CONT.)

Item	Comment	Mandatory
Magnesium pills	It might be a good idea to bring some magnesium with you to prevent or deal with muscle cramps.	
Suncream	A must! Cycling all day in summer requires sun protection.	✓
Helmet	It is mandatory to wear a helmet at all times whilst you are cycling. No helmet, no ride!	✓
Hat	Just to cover your head when not riding.	
Warning vest	It is not legally compulsory but you might prefer to wear one while cycling.	
Cycling trousers	It is recommended to wear special cycling trousers for such long distances.	
Windbreaker	To prevent cooling-out and in case of bad weather conditions.	
Backup glasses	If you wear glasses.	
Sunglasses	It's summer, so we expect some sunny days	
Passport / identity card / Visa	Make sure that you have all required personal documents to enter the European Union / Schengen Agreement countries (http://en.wikipedia.org/wiki/Schengen_Agreement)	✓
Airpressure checker	A nice tool to make sure that your tire pressure is optimal.	
Money / Credit card	You need some (local) currency during the ride, e.g. for refreshments, emergency issues, lunch, dinner, etc.	✓

#### WHAT YOU TAKE WITH YOU DURING THE DAY (CONT.)

Item	Comment	Mandatory
Important phone numbers	You will be accompanied by almost 400 riders from all over the world but to stay in touch with the people who are close to you, despite the distance.	
Health insurance for foreign countries	It is your responsibility to have a valid accident and health insurance for the countries you cycle through.	✓
Medicine for personal use	You are the only one who knows your medical needs. If there are any specific medical aspects the tour organization should know about, please inform the tour office upon registration.	✓
Mosquito repellent	It could be a good idea to have some anti-insect spray, etc.	
Lip balm	To protect your lips against sunburn and dryness.	
Drinking bottle	Keep hydrating yourself regularly while cycling. <u>Please note:</u> The GBI organization will not provide any drinking bottles.	✓

### WHO IS WHO























# WHO IS WHO





















# FAQ

#### WHAT IS THE GBI

GBI stands for Global Biking Initiative.

Since 2008, a fast growing global community spends time and effort in cycling for the good cause.

Each year, new countries are joining the GBI community, and more and more GBI events are organized on a yearly basis. The main event remains the GBI in Europe, which takes about 400 participants from all over the world on week-long rides across several countries.

Participants raise funds for different charities of their choice in their home country. Local GBI organisations look after fund raising and fund spending - making sure that the donations are made for long term intended causes.

#### CAN I CHARGE MY MOBILE

When we stay in sport halls or other budget locations like hostels, you will have the possibility to charge your mobile. There are usually multiple sockets available where you can charge your mobile phone.

Voltage: 240 V (alternating current) Frequency:  $50 \, \text{Hz}$  Supported connector (plug) types: Type C (CEE 7/16) and Type E (CEE 7/7).

Please note that we don't have adapters for plugs other than the ones mentioned above.

#### DO I HAVE TO CYCLE EVERY DAY

In principle, a GBI tour is designed in a way that you can cycle all stages without a break in between. However technical issues with your bicycle or personal medical problems might prevent you from riding one or more legs of the tour. If such is the case, we will bring you by car to the destinations of the daily rides.

#### WHAT BICYCLE SHOULD I USE

You can bring any kind of bicycle to a GBI ride, as long as it only has two wheels. On a GBI tour you will mostly see ATBs, city bikes, racing bikes or mountain bikes. Though rare, you may also see some e-bikes.

If you plan to join the GBI with an e-bike, please consider that a typical cycling day covers approx. 100 - 120 km. An average e-bike battery lasts for approx. 50 km or 4 hours before you have to recharge it.

#### WHAT TRACKS ARE PROPOSED

Track 1 usually follows a paved road but on parts of the track you might encounter gravel or non-paved surfaces.. In this case, there will be two different tracks, 1a and 1b where 1b is on tar only. This is the optimal track for users of racing bikes who don't cycle track 2.

Track 2 follows tarred roads only and is therefore optimal for racing bikes riders who prefer longer daily distances.

#### ALCOHOL, DRUGS, ...

All that is legally allowed in the country we are cycling through is also allowed during a GBI. If you use, own, sell, buy or share illegal substances, you will be taken out from the GBI ride. This is especially valid for drugs and doping. Illegal behavior will further be brought to the attention of the local authorities. It is that simple.

If you are unsure whether a specific substance is allowed, please contact the tour office during the ride, or contact our support team prior to an event.

Regarding the use of alcohol: You can drink alcohol, especially during the evening hours. We will even offer beer and sometimes cocktails. But please respect the fact that some cultures don't allow the consumption of alcohol and some GBlans will therefore not drink alcohol. Please make also sure that your consumption of alcohol doesn't affect your behaviour in a negative way that might affects your fellow riders.

# FAQ

#### IS A HOTELSHUTTLE AVAILABLE

If you haven't booked the GBI Camp, you probably plan to stay in individually booked hotels along the tour.

The GBI organization does not provide any shuttle services between GBI Camps and Hotels.

The touroffice can help with contact details for local taxi services.

#### IS A HOTEL IN BUDAPEST INCLUDED

A hotel in Budapest is not included in the registration fee. Services and material are been provided from Sunday, 15th June, 9 am until Saturday, 21st June, 5 pm.

All arrangements prior the registration in Budapest and after the closing ceremony in Munich have to be organized by the individual teams and participants.

#### WHERE DO I GET HELP

Prior the tour you can reach the GBI Support by e-mail on support@gbi-event.org.

During the tour you can reach the touroffice on +49 174 3000 123

In case of emergency during the tour you can contact the official emergency rescue service on the international short number 112.

#### CAN I CHANGE MY TEAM

You can always change your team. Just talk to your current and your new teamleader and let them accept the transfer.

If you are unsure which more appropriate team you should choose, contact the touroffice. They are more than happy to help you.

#### I CAN'T ATTEND

There are always good reason why in the last minute a participation has to be canceled. The employer rejects the planned annual leave because of important work to be completed, somebody in the family or even the participant gets ill and can't travel, etc.

Whatever the root cause for a cancelation is, please contact the GBI support immediately.

In such a case, the already raised fund can't be refunded, but the registration fee will be transferred to your bank account (less the cancelation/non-show fee of 80.-Euro).

#### TELL ME ABOUT DORMITORIES

In most of the nights, we sleep in larger dormitories. Those can be large tents, sporthalls or fair halls.

In every case males and females have the chance to sleep in individual areas, separated by walls or even different locations.

There is also the possibility to use GBI provided single tents to create your own little privacy.

#### CAN I USE THE GBI LOGO

The GBI logo is an international registered trademark and all related rights belong to the GBI organization.

If you plan to use the logo for whatever reason (branding of your jerseys, printmaterial for fund raising activities, etc.) please contact the GBI Support in advance. In a lot of cases the use of the logo can be agreed on without any costs.

#### WHERE CAN I GET THE TRACKS

All tracks and some more information can be downloaded from the GBI Homepage under www.gbi-event.org --> GBI Europe 2014 --> Downloads

# TEAMS(\*)



**Team Huawei** Stefan Turzer





**Team Microsoft-Nokia**Guido Weber





**Team addmore** Kay Helten





**Team 7-P** Kay Helten





**Pytheas** Fragkiskos Vellis







**Die Wilde 13** Anja Richter



**The-4** Dieter Kluger



**Heavy on Wire** Ulrich Böhm



**Sandstormers A**Marouf Mahmoud



**Fast on Track**Thomas Kuepper



**Just for Fun** Hartmut Genz



**Olymipa**Davide Vettore



**Nashama** Maram Elfauri



**Casablanca** vacant

# TEAMS(\*)



**Turquaz** Dursun Kucukali



**Sandstormers B**Ibrahim ElSenousy



**Quebrantahuesos 2**Raul Sanz Martinez



**Ar Nos Na Gaoithe** Edward Joyce



**Turkish Delight** Ilhan Kesken



**Quebrantahuesos 1**Juan J. Valverde



**Initech Cycling Team**Norman Tischer



**Long Tour Enterprise** Hergen von Waaden



Gemütlich 30 vacant



**Fun riders**Daniel Adu Appea



**Heavy Pedal** Dirk Rheydt



**TLAČIT – pushing the limit**Melany Lottering



**Luxor** Aiman ElSayed



**Asswan** Walid Galal



**Basata** Hesham Sherif



**Team Canada**Pascal Lauria



**GBI Jordan Team** vacant



GBI UAE Team vacant



**Team Hungary** Laszlo Nagy



**Scorpy Boys** Keith Mc Laughlin



IRELAND - Team 3 Jamie O Toole



**TraiescSanatos.org** Vlad Mihalache

# WHAT IS INCLUDED

- ✓ Onsite Registration in Budapest incl. individual starter bag
- ✓ Official Tour Jersey
- Opening Ceremony in Budapest and Closing Ceremony in Munich.
- ✓ Daily Energy bars, water and engergy-drinks, fruits at departure
- ✓ Four address tags
- ✓ Two confirmed and checked tracks for each day
- ✓ Garmin routing devices for teamleaders.
- ✓ Daily Nutrition points on the track with energy bars, drinks and fruits
- ✓ Daily Technical Support at departure and arrival
- ✓ Mobile paramedics on motorbikes with emergency equipment
- ✓ Mobile Tourofffce from 06:30 til 23:00 with infocenter
- ✓ Mobile Mediaofffce from 07:30 til 21:00
- ✓ Service busses along the track for pick-up service
- ✓ Media service along the track for media documentation.
- ✓ Marshal service along the track for participant guidance
- ✓ Daily GBI Camp with arch, lounge, kitchen, facilities and bicycle parc
- ✓ Luggage transport from GBI Camp to Camp
- $\checkmark$  Online near-realtime team tracking (every 15 minutes)
- ✓ Participation Certificate
- ✓ Mattress and breakfast (if GBI Camp booked)

# SHOP(\*)

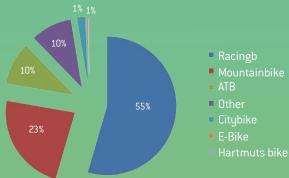


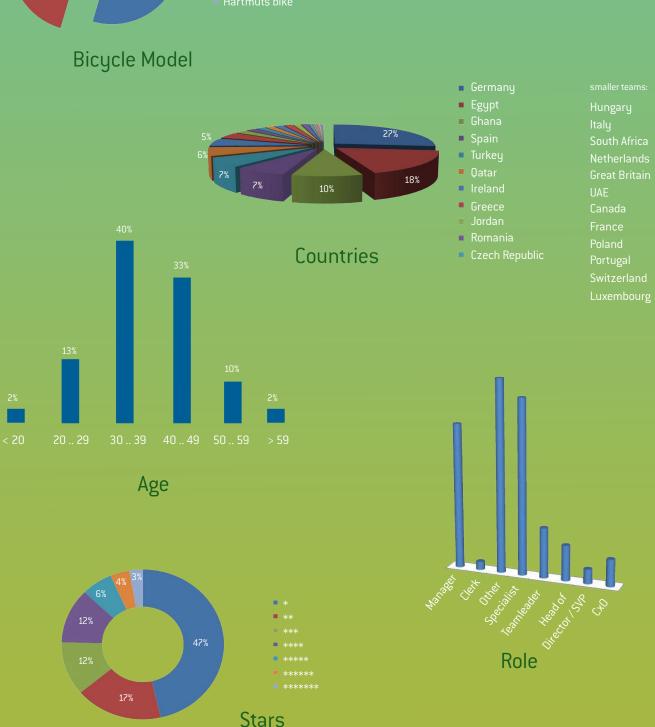
# GBI EUROPE 2008 ... 2013

	2008	2009	2010	2011	2012	2013
Route	Dusseldorf -	Milan -	Prague -	Amsterdam -	Oslo -	Paris - 
Donation	Newbury 23.680 €	Dusseldorf 100.652€	Dusseldorf 211.382€	Dusseldorf 264.000€	Dusseldorf 206.405€	Neuss 196.000€
Participants	63	212	260	265	366	354
Countries	5	7	13	18	20	22



# GBI EUROPE 2014 STATISTICS (\*)





(how often a rider has participated so far)

# WE LOOK FORWARD TO WELCOMING YOU IN BUDAPEST...

























