



## Participant Guide

**GBI Europe 2015**



**GBI** WE CYCLE  
FOR CHARITY

Dear GBI Participant,

In 2015, following our motto “We cycle for charity,” we will embark on our eighth annual GBI Europe tour.

From a spontaneous idea in 2008, together with motivated cyclists from over 20 countries, we have built our ambitious community.

This year we will cycle with more than 350 riders from Venice in Italy via Switzerland, Liechtenstein and Austria to Stuttgart in Germany over the course of a week.

You will have the choice of two challenging routes of between 750 km and 900 km and with climbs between 7.800 m (track 1) and 14.100m (track 2), all in aid of a great charitable cause.

In addition to a registration fee of €299 an essential part of our philosophy is that every participant raises money for charities in their home country, with the minimum depending on their country’s GDP.

Thanks to these contributions, every year to date we have raised an incredible six-figure sum that we officially hand over on the final day of the tour to representatives of the supported charities.

We look forward to seeing you in Venice!



Michael Leuenberger  
Tourdirector  
Global Biking Initiative

# Venice-Stuttgart

7<sup>th</sup> - 13<sup>th</sup> June 2015

750 km (Track 1) / ~ 900 km (Track 2)



Stuttgart



Venice



HUAWEI



vodafone

# REGISTRATION PROCESS

**Registration on  
[www.gbi-event.org](http://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



Make sure your profile is up-to-date on [www.gbi-event.org](http://www.gbi-event.org)



Align yourself with your teamleader



Train for the ride



Plan your journey to Venice and your return from Stuttgart



Check your bicycle



Order an international travel-, health- and accident insurance

# TOUR SCHEDULE AND TRACK

... SUNDAY, 7<sup>TH</sup> JUNE 2015



## OPENING

Address: Parco San Giuliano, 'Porta Rossa'  
Cavalcavia San Giuliano, 30173 Venice  
- OPEN SPACE -  
[45° 28' 28.63" N / 12° 16' 21.81 E]

09:00 - 10:30 Onsite Registration  
- pick-up your starter bag  
- pick-up your GBI bicycle (if booked)  
- pick-up your bicycle (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

11:30 Start (in teams)

## ARRIVAL

Address: Polisportivo Comunale Palamotta  
Via Alcide De Gasperi 2-11  
36030 Costabissara (I)  
- GYM HALL -  
[45° 36' 02.15" N / 11° 29' 52.02" E]

15:00 GBI Camp opens

18:00 -21:00 Dinner (not included in basic fee)

18:00-20:00 Hotel Bus departure

22:00 Lights-off in the dormitory

23:00 GBI Lounge closes



Parco San Giuliano



Polisportivo Comunale Palamotta

# TOUR SCHEDULE AND TRACK (7<sup>TH</sup> JUNE 2015)

## TRACK 1

Distance: 93 km

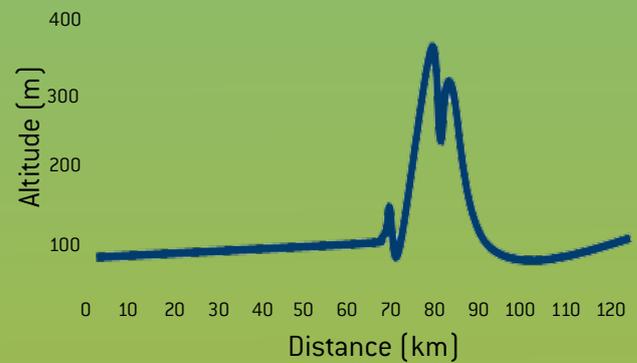
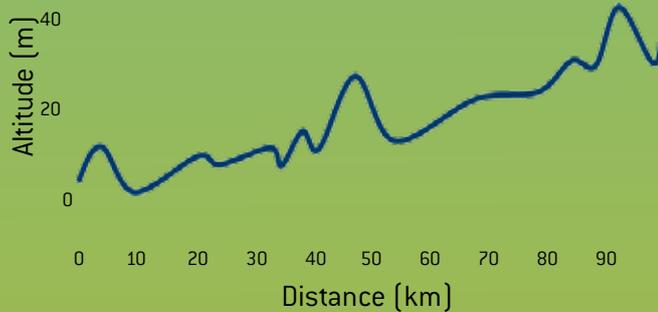
Climb: 370 m



## TRACK 2

Distance: 128 km

Climb: 992 m



We will start in Venice-Mestre in the huge Parco San Giuliano, vis-a-vis to the old town of Venice. Those who take the bus from Düsseldorf or Stuttgart will have one full day of sightseeing and enjoying the wonderful city of Venice with its canals and thousands of bridges. Don't miss to visit St. Mark's basilica, the Piazza San Marco, the bridge of sighs or a boat trip with the vaporettos or even a gondola.

After the official opening we will face a rather short and unchallenging cycling day as warm up without major inclines (Track 1). Leaving Venice behind we are cycling beneath the river Brenta in the direction of Padova. Please beware, there are some railroad tracks on the streets. Half-way on today's route is the city of Padova and not far behind our daily break point. We are cycling through the city of Padova and many of its famous touristic sites like the Piazza dei Signori, Piazza delle Erbe, the basilica di Sant'Antonio and Prato della Valle. After the break track 2 detours to the south into the Colli Euganei, a small ridge. With its three peaks (up to 365 m) on the track you will get a first taste of the mountains you can expect the next days. This area is very popular for cyclists, especially on weekends.

The next major city we will see is the nice city of Vicenza from where we quickly get to our destination, Costabissara.

# TOUR SCHEDULE AND TRACK

... MONDAY, 8<sup>TH</sup> JUNE 2015



## START

Adress: Polisportivo Comunale Palamotta  
Via Alcide De Gasperi 2-11  
36030 Costabissara (I)  
- GYM HALL -  
[45° 31' 43.72" N / 11° 28' 34.52" E]

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

07:00 - 08:00 Hote Bus departure

08:00 - 09:30 Getting ready and Start

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

09:00 Shuttle first 40 km departs  
(for free for track 1, but requires pre-booking)

10:00 GBI Camp closes

## ARRIVAL

Adress: Centro Sportivo Trento Nord  
Via Don Lorenzo Milani 15  
38121 Gardolo (I)  
- GYM HALL -  
[46° 06' 18.20" N / 11° 06' 51.14" E]

16:00 GBI Camp opens

18:00 -21:00 Dinner (not included in basic fee)

18:00-20:00 Hotel Bus departure

22:00 Lights-off in the dormitory

23:00 GBI Lounge closes



Centro Sportivo Trento Nord



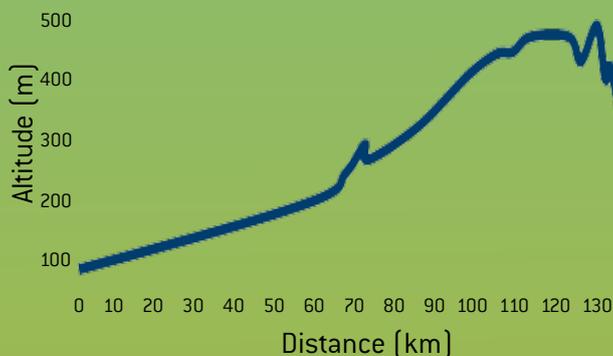
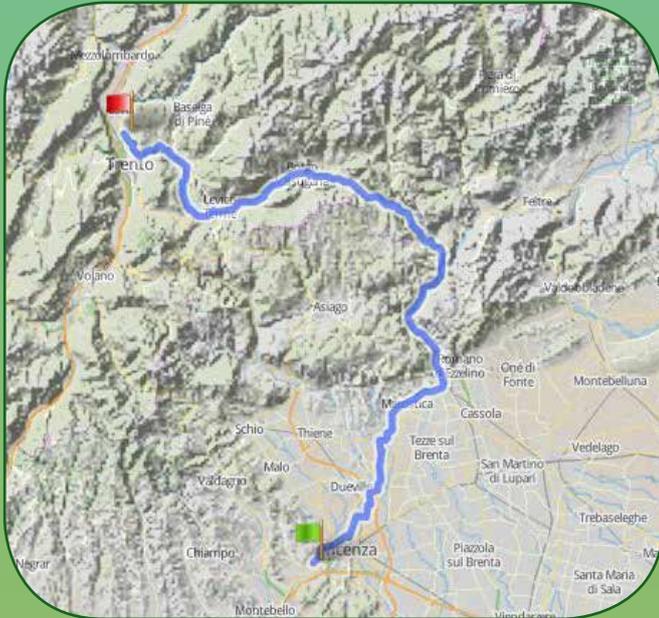
Trento Panorama

# TOUR SCHEDULE AND TRACK (8<sup>TH</sup> JUNE 2015)

## TRACK 1

Distance: 138 km

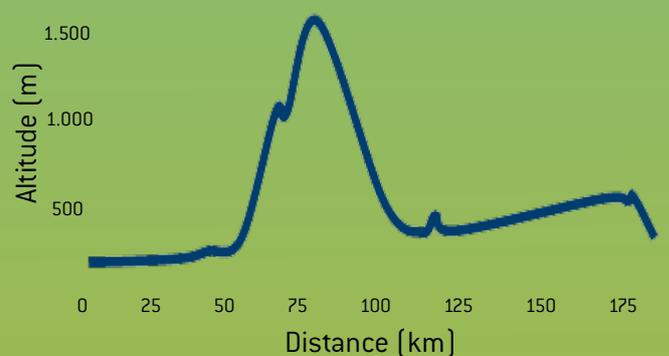
Climb: 1.370 m



## TRACK 2

Distance: 188 km

Climb: 3.700 m



Today's cycle route will lead us to Trento in Alto Adige. From Creazzo we will pass the plain venetian countryside towards Bassano del Grappa. Here the shuttle bus will drop off those cyclists who want to skip the first part of the day.

Track 1 follows the Valsugana, a very beautiful mountain valley. Cyclist of track 2 will face the first real mountain challenge with the Monte Grappa. Later on the tracks follow the river Brenta with moderate incline but beautiful landscape.

Near the break point you will realise that the valley is getting very narrow, you might lose your GPS coverage for a while. After passing the Lago Caldonazzo the track slumps to the valley of the river Adige and reaches Trento, the capital of the area of Trentino-Alto Adige.

Be careful, the streets are very small and often steep. But you will have scenic views.

Our destination is in the far north of Trento in Gardolo.

# TOURSCHEDULE AND TRACK

... TUESDAY, 9<sup>TH</sup> JUNE 2015



## START

Adress: Centro Sportivo Trento Nord  
Via Don Lorenzo Milani 15  
38121 Gardolo (I)  
- GYM HALL -  
(46° 06' 18.20" N / 11° 06' 51.14" E)

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

07:00 - 08:00 Hote Bus departure

08:00 - 09:30 Getting ready and Start  
- check-out  
- meet your team  
- fill your bottles  
- load your luggage onto the GBI truck  
- team departs

## ARRIVAL

Adress: Gymhall near the AQUA-Forum  
Marktstraße 46, 39021 Latsch (I)  
- GYM HALL -  
(46° 36' 38.36" N / 10° 51' 31.30" E)

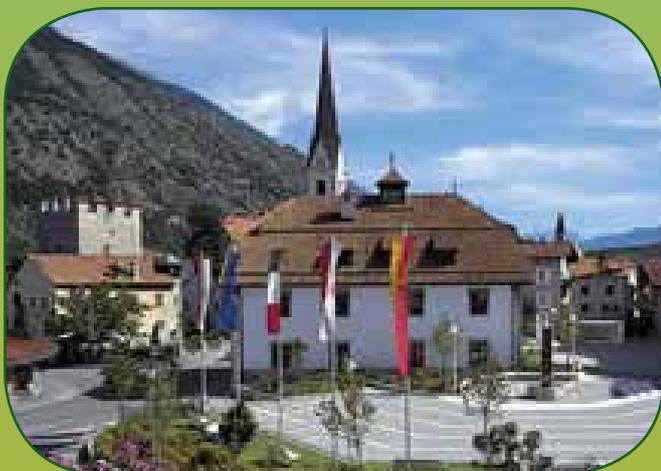
16:00 GBI Camp opens

18:00 -21:00 Dinner (not included in basic fee)

18:00-20:00 Hotel Bus departure

22:00 Lights-off in the dormitory

23:00 GBI Lounge closes



Latsch



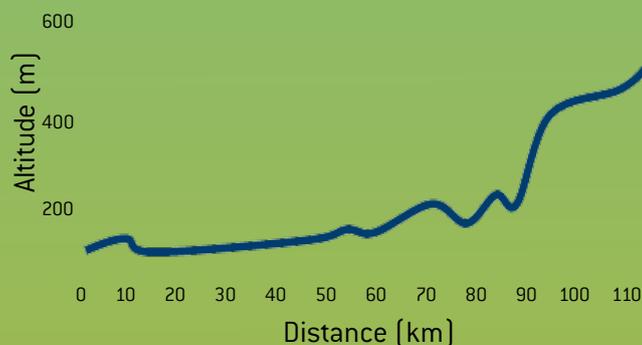
Gymhall Latsch

# TOURSCHEDULE AND TRACK (9<sup>TH</sup> JUNE 2015)

## TRACK 1

Distance: 117 km

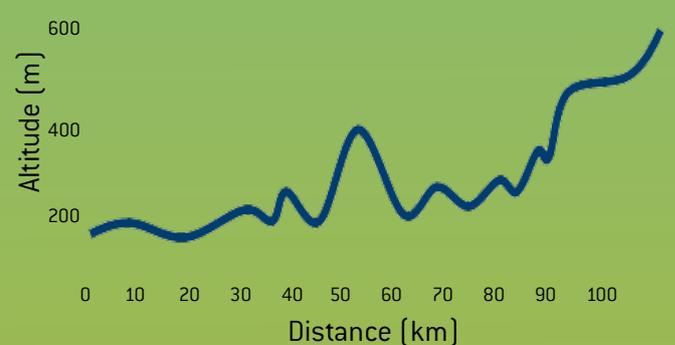
Climb: 1.190 m



## TRACK 2

Distance: 119 km

Climb: 1.500 m



In Trento we will meet the ancient Via Claudia Augusta, the first roman road crossing the Alps, which runs parallel to the river Adige northwards to the cities of Bolzano and Merano and further on into the Vinschgau Valley.

We will follow the cycle path along the river. On this day you will feel like in paradise. Millions of apple trees cover the ground of the valley of the river Adige. Alto Adige is called the fruit garden of Europe.

Track 2 detours through the vineyards and to Lake Kaltern (Lago di Caldaro) with some additional meters of altitude.

The break point is quite close to the city of Bolzano. From there the incline gets a bit steeper, but in Meran, after some serpentines, the hardest part of the day is already done.

The rest of the day we will enjoy the beautiful Vinschgau valley. Our day will end up in the village of Latsch.

# TOURSCHEDULE AND TRACK

... WEDNESDAY, 10<sup>TH</sup> JUNE 2015



## START

Adress: Gymhall near the AQUA-Forum  
Marktstraße 46, 39021 Latsch (I)  
- GYM HALL -  
(46° 36' 38.36" N / 10° 51' 31.30" E)

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

07:00 - 08:00 Hote Bus departure

08:00 - 09:30 Getting ready and Start  
- check-out  
- meet your team  
- fill your bottles  
- load your luggage onto the GBI truck  
- team departs

10:00 GBI Camp closes

## ARRIVAL

Adress: Main School  
Sur Prasuoir 87, 7543 Lavin (CH)  
- GYM HALL -  
(46° 46' 07.62 N / 10° 06' 39.91" E)

16:00 GBI Camp opens

18:00 - 21:00 Huawei GBI Dinner

18:00-20:00 Hotel Bus departure

22:00 Lights-off in the dormitory

23:00 GBI Lounge closes



Lavin



Lavin

# TOUR SCHEDULE AND TRACK (10<sup>TH</sup> JUNE 2015)

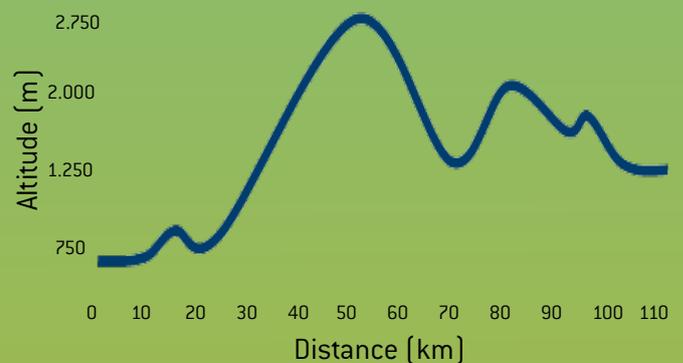
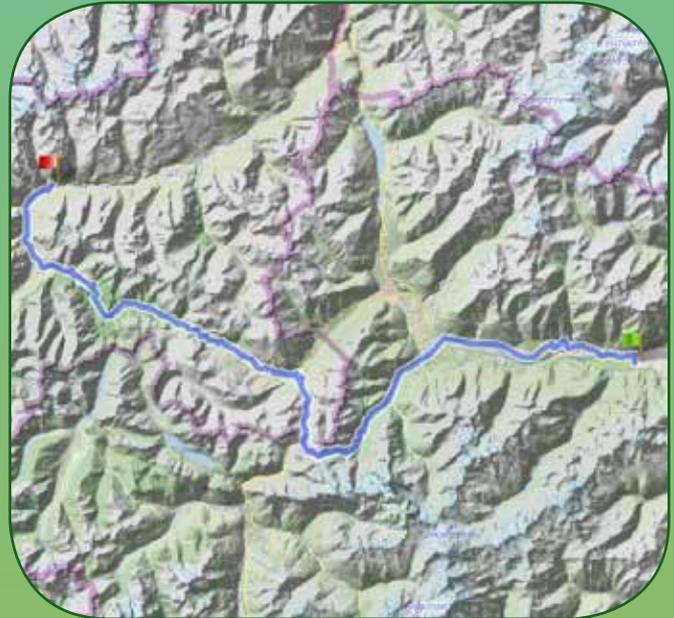
## TRACK 1

Distance: 90 km  
Climb: 2.280 m



## TRACK 2

Distance: 111 km  
Climb: 3.820 m



This will be one of the challenging days of the tour, but after three days of cycling everybody should be well prepared.

We will leave the Vinschgau Valley (there are about 4 km of non-paved track (track 1a) or on the street (track 1b & 2)) and will head further westwards to Switzerland. Here we will cycle up the Fuornpass (Ofenpass), which is a well-paved mountain pass, which starts with a moderate incline. After succeeding the Fuornpass there is another smaller one, the Ova Spin.

Those cyclists who choose track 2 will diverge from the main route in Prad to first climb the famous Passo Stelvio (Stilfser Joch), the second highest paved mountain pass in the Alps (2700 m altitude). Be careful while cycling downhill to the Umbrai valley. There is a 8 km long, non-paved road, which is quite good to cycle also for racebikes.

Later on that day we will come to the valley of the river Inn, which we will follow to our destination Lavin.

# TOURSCHEDULE AND TRACK

... THURSDAY, 11<sup>TH</sup> JUNE 2015



## START

Adress: Main School  
Sur Prasuoir 87, 7543 Lavin (CH)  
- GYM HALL -  
(46° 46' 07.62 N / 10° 06' 39.91" E)

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

07:00 - 08:00 Hote Bus departure

08:00 - 09:30 Getting ready and Start  
- check-out  
- meet your team  
- fill your bottles  
- load your luggage onto the GBI truck  
- team departs

Optional train travel to Klosters  
(at own costs, approx. 35.- EUR, requires pre-booking)

10:00 GBI Camp closes

## ARRIVAL

Adress: Polytechnische Schule Baumgarten,  
Lustenauerstraße 17c, 6850 Dornbirn (A)  
- GYM HALL -  
(47° 24' 19.66" N / 09° 44' 10.27" E)

16:00 GBI Camp opens

18:00 -21:00 Dinner (not included in basic fee)

18:00-20:00 Hotel Bus departure

22:00 Lights-off in the dormitory

23:00 GBI Lounge closes



Red House, Dornbirn



Polytechnische Schule Baumgarten

# TOURSCHEDULE AND TRACK (11<sup>TH</sup> JUNE 2015)

## TRACK 1

Distance: 102 km

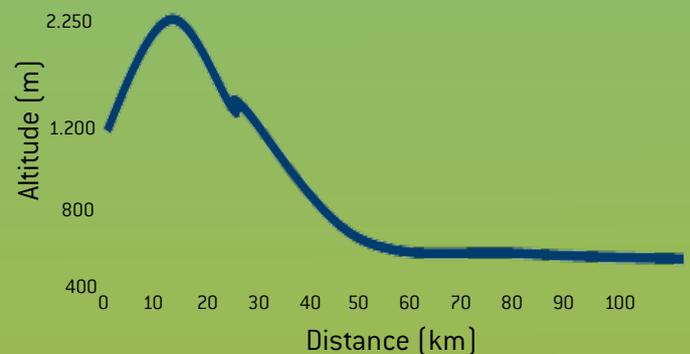
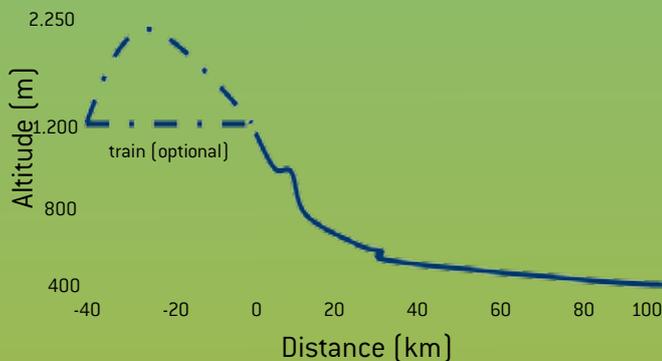
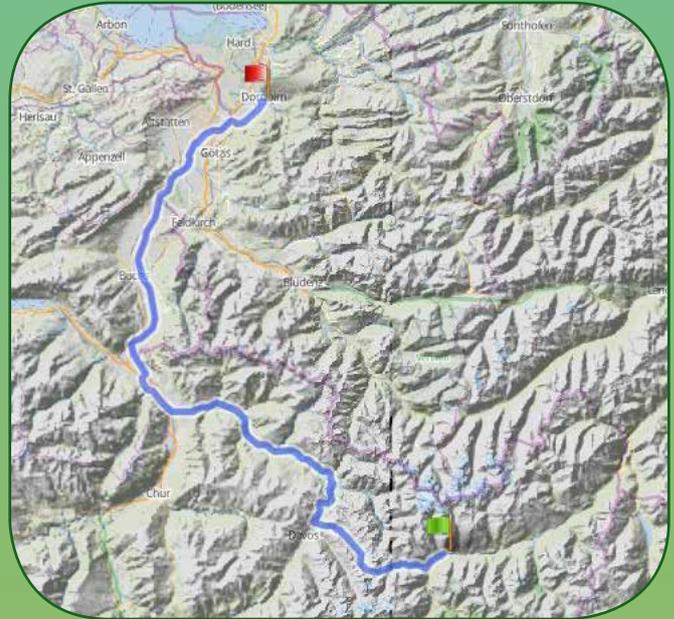
Climb: 550 m



## TRACK 2

Distance: 139 km

Climb: 1.720 m



Those cyclists, who are too exhausted to climb another mountain pass, could take the train to Klosters to bypass the Flüelapass. All others have the last chance to climb a mountain pass on this year's tour.

From the Flüelapass we go down to the city of Davos, the highest city of the Alps and then to Klosters. From Klosters we will cycle all the way down to the valley of the river Rhine. Here we will find the days' break-point.

Following the river Rhine we will cross the border of Liechtenstein and some kilometers beyond we will pass Vaduz, the picturesque capital of Liechtenstein.

It is worth to detour and rest for a while and our destination Dornbirn, the portal to the Lake of Constance, is not very far away.

# TOURSCHEDULE AND TRACK

... FRIDAY, 12<sup>TH</sup> JUNE 2015



## START

Adress: Polytechnische Schule Baumgarten,  
Lustenauerstraße 17c, 6850 Dornbirn (A)  
- GYM HALL -  
(47° 24' 19.66" N / 09° 44' 10.27" E)

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

07:00 - 08:00 Hote Bus departure

08:00 - 09:30 Getting ready and Start  
- check-out  
- meet your team  
- fill your bottles  
- load your luggage onto the GBI truck  
- team departs

09:00 Shuttle first 40 km departs  
(for free for track 1, but requires pre-booking)

10:00 GBI Camp closes



Alenberg-Halle

## ARRIVAL

Adress: Alenberg-Halle,  
Beutenlaystraße 3, 72525 Münsingen (D)  
- GYM HALL -  
(48° 24' 29.59" N / 09° 30' 00.76" E)

16:00 GBI Camp opens

18:00 - 21:00 Dinner (not included in basic fee)

18:00-20:00 Hotel Bus departure

22:00 Lights-off in the dormitory

23:00 GBI Lounge closes



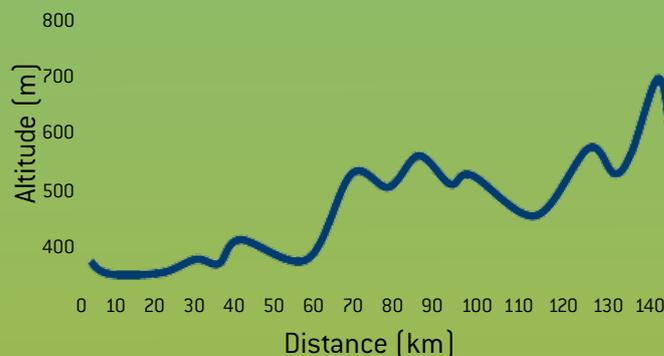
Town Hall Münsingen

# TOURSCHEDULE AND TRACK (12<sup>TH</sup> JUNE 2015)

## TRACK 1 & 2

Distance: 146 km

Climb: 1.470 m



From Dornbirn we will follow the Rhine valley for a short time, then turn eastwards to the city of Bregenz at the Lake of Constance. Here you'll have a fantastic view to the famous floating stage of Bregenz, where each year different operas are performed, this year 'Turandot'.

Following the coastal road we will leave Austria and reach the bavarian city of Lindau with its lovely town with its old town and harbour on a peninsula.

Leaving the Lake of Constance we will now cycle north into the hilly area of the Allgäu with no difficult mountains, but with constant ups and downs.

The city of Ravensburg might inspire you for a short stop and sightseeing. And the valley 'Große Lautertal' will show you the lovely countryside here.

The day will end up in the city of Münsingen. This day only one track is offered, no variation for track 2.

# TOURSCHEDULE AND TRACK

... SATURDAY, 13<sup>TH</sup> JUNE 2015



## START

Adress: Alenberg-Halle,  
Beutenlaystraße 3, 72525 Münsingen (D)  
- GYM HALL -  
(48° 24' 29.59" N / 09° 30' 00.76" E)

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

07:00 - 08:00 Hote Bus departure

08:00 - 09:30 Getting ready and Start  
- check-out  
- meet your team  
- fill your bottles  
- load your luggage onto the GBI truck  
- team departs

10:00 GBI Camp closes

## ARRIVAL

Adress: La Grazia / Spitalwaldhalle  
Spitalwald 1, 70619 Stuttgart-Sillenbuch (D)  
- OPEN SPACE -  
(48° 44' 47.24" N / 09° 12' 11.76" E)

13:00 Start Group Cycling

14:00 Arrival

14:30 Closing Ceremony  
- Fund Raising Hero Award  
- Cheque handover  
- Announcement GBI Europe 2016

17:00 Departure Shuttles to Airport and Trainstation  
Departure Bus to Düsseldorf



Spitalwaldhalle / La Grazia



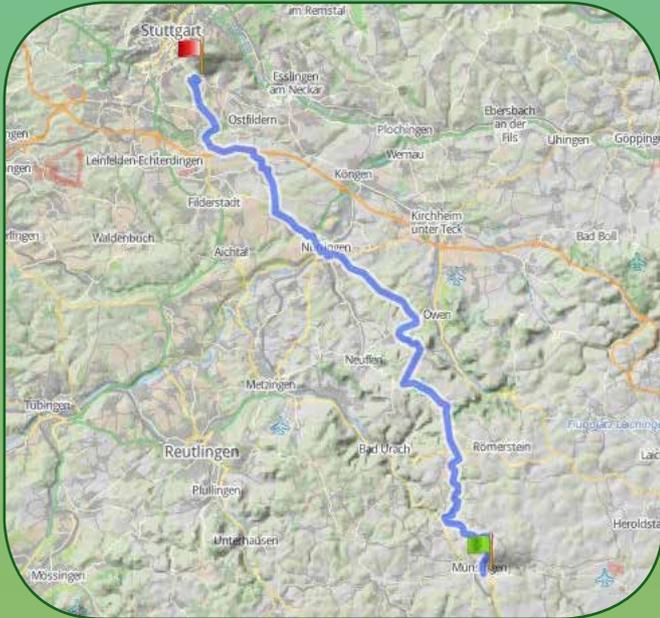
Stuttgart

# TOURSCHEDULE AND TRACK (13<sup>TH</sup> JUNE 2015)

## TRACK 1

Distance: 61 km

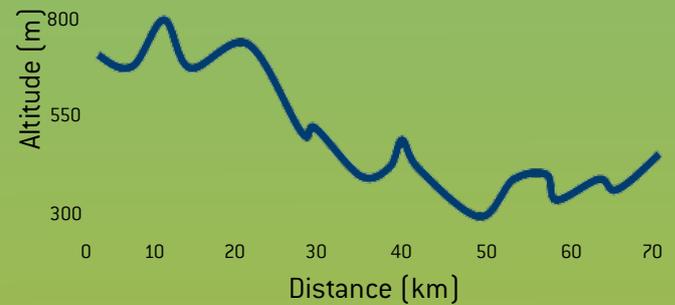
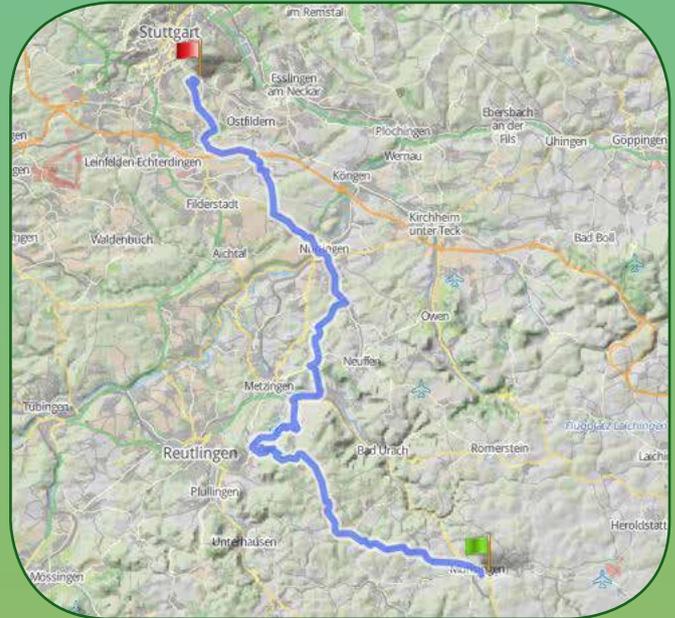
Climb: 765m



## TRACK 2

Distance: 70 km

Climb: 895 m



Our last day will lead us through the Schwäbische Alp, another hilly area in southwestern Germany. But the distance is quite moderate.

The first part of the track we will cycle in teams but for the last part of the tour all teams will line up for the group cycling of the last 15 kilometers to Stuttgart.

Here we can expect a great Welcome Party at La Grazia, invited by Vodafone.

# GOOD TO KNOW

## CURRENCY

The currency of Italy, Austria and Germany is the Euro. In Switzerland and Liechtenstein, the official currency is Swiss Francs but in a lot of restaurants Euro are accepted as well. The Euro is also the official GBI Tour currency.

1 Swiss Franc = 0,95 Euro

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 some parts of Italy, Switzerland, Liechtenstein, Austria and Germany. During the first two days of the ride you will have to speak Italian.

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

## AIRPORTS

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

In Stuttgart, the international airport is located ~10 km to the east of the city.

Vodafone offers a shuttle service which brings you after the ride to the airport or the main trainstation.



## ELECTRICITY

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

You will find in all countries the European CEE 7/16 (C) plug and in Italy, Austria and Germany also the CEE 7/5 (E) plug.

In older buildings in Italy you will also often find CEI 23-50 (L).



## 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 GBIan.

# WHAT IS INCLUDED IN THE REGISTRATION FEE

- ✓ Onsite Registration in Venice incl. individual starter bag
- ✓ Official Tour Jersey
- ✓ Opening Ceremony in Venice and Closing Ceremony in Stuttgart
- ✓ Daily Energy bars, water and energy-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 Touroffce from 06:30 til 23:00 with infocenter
- ✓ Mobile Mediaoffice 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
- ✓ Online near-realtime team tracking (every 15 minutes)
- ✓ Participation Certificate
- ✓ Mattress and breakfast (if GBI Camp booked)

# CHECKLIST

## ... WHAT YOU KEEP IN YOUR LUGGAGE

Item	Comment	Mandatory
<input type="checkbox"/> <b>Sleeping bag</b>	Only necessary if you have booked the GBI Camp	✓
<input type="checkbox"/> <b>Travelling bag / suitcase</b>	Only one single bag per person is allowed (plus sleeping bag)! The weight has to be limited to 22kg. Between 22kg and 30 kg, a one-time extra charge will apply. Luggage over 30kg will be rejected.	✓
<input type="checkbox"/> <b>Bicycle bag</b>	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 Stuttgart and you will get it back after the final arrival.	
<input type="checkbox"/> <b>Clothes pin &amp; line</b>	You might use clothespins to put your clothes up for drying during the night.	
<input type="checkbox"/> <b>Power adapter</b>	You might find different power plug systems then used in your home country along the road. Make sure that you bring your adapter with you if necessary.	✓
<input type="checkbox"/> <b>Casual wear and sneakers</b>	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.	✓
<input type="checkbox"/> <b>Socks</b>	It is recommended not to use brand new socks for longer rides. Use socks which you have used already.	✓
<input type="checkbox"/> <b>Travel detergent</b>	You might have to wash some of your clothes during the ride.	
<input type="checkbox"/> <b>Mattress coversheet</b>	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).	
<input type="checkbox"/> <b>Bathing suit</b>	At some venues swimming pools are available. And most venues have open shower facilities with multiple shower heads.	

# CHECKLIST

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

Item	Comment	Mandatory
<input type="checkbox"/> <b>Bike repair set / toolbox</b>	You might have to replace a broken tube during the ride. Please consider bringing a screw wrench and an alley key as well.	✓
<input type="checkbox"/> <b>First Aid Kit</b>	Just in case you have to provide first aid until the medicals arrive.	
<input type="checkbox"/> <b>Toilet paper</b>	You never know (each team should have at least a roll).	
<input type="checkbox"/> <b>Tube</b>	Essential! You might get a flat tire. Make sure the spare tube fits the tire and you know how to replace it.	✓
<input type="checkbox"/> <b>Brake wire</b>	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.	
<input type="checkbox"/> <b>Air pump</b>	Make sure that your air pump fits your valve / tube (incl. adaptor for your valve).	✓
<input type="checkbox"/> <b>Lock</b>	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.	✓
<input type="checkbox"/> <b>Brake block / -shoes</b>	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).	
<input type="checkbox"/> <b>Front and rear lights incl. (spare) bulbs</b>	You have to make sure that you are visible if you ride at night-time. Therefore: no light: no ride!	✓
<input type="checkbox"/> <b>Vaseline</b>	Some need it to deal with the saddle for days in a row.	
<input type="checkbox"/> <b>Chain oil or spray</b>	Nothing is more annoying than a noisy chain.	
<input type="checkbox"/> <b>Mobile phone incl. charger</b>	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.	✓

# CHECKLIST

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

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

# CHECKLIST

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

Item	Comment	Mandatory
<input type="checkbox"/> <b>Important phone numbers</b>	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.	
<input type="checkbox"/> <b>Health insurance for foreign countries</b>	It is your responsibility to have a valid accident and health insurance for the countries you cycle through.	✓
<input type="checkbox"/> <b>Medicine for personal use</b>	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.	✓
<input type="checkbox"/> <b>Mosquito repellent</b>	It could be a good idea to have some anti-insect spray, etc.	
<input type="checkbox"/> <b>Lip balm</b>	To protect your lips against sunburn and dryness.	
<input type="checkbox"/> <b>Drinking bottle</b>	Keep hydrating yourself regularly while cycling. <u>Please note:</u> The GBI organization will not provide any drinking bottles.	✓

# WHO IS WHO

Gyöngyi Viczián



Hungary

Ulrich Böhm



Germany

László Nagy



Dirk Rheydt



Mohamed El-Ansary



Egypt



France

Marouf Mahmoud



Qatar



Haitham Samman



Moataz Bahei ElDin



UAE



Jordan



Nader Aizakibeh



Spain

Fernando Caballero



Pascal Lauria



Canada



Switzerland

Ilhan Kesken



Turkey



Italy

Mateusz Bukowski



Pietro Licata

# WHO IS WHO

Doris Lodea



Luxembourg

Sergio Pereira



Portugal

Melanie Lottering



Netherlands

Fragkiskos Vellis



Greece

Harry Newlands



Ghana

Daniela Wegener



Haidar Liasse



Mozambique

Vlad Mihalache



Romania

David Calpin



Ireland

Kareem Sharawi



Great Britain



Kari Naimon



USA



South Africa

**GBI** WE CYCLE FOR CHARITY



# 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 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 GBians 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 or GBI hotels, you probably plan to stay in individually booked hotels along the tour.

The GBI organization provides shuttle services between GBI Camps and Hotels along a given route (please check GBI Europe 2015 --> Downloads for routes).

The touroffice can help with contact details for local taxi services, except Lavin where no taxis are available at all.

## IS A HOTEL IN VENICE INCLUDED

It was possible during the registration to book a hotel accommodation in Venice prior the ride. If you haven't booked this option, there hasn't been booked a hotel for you.

In principle, all arrangements prior the registration in Venice and after the closing ceremony in Stuttgart 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](mailto: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 cancellation is, please contact the GBI support immediately.

In such a case, the already raised fund can't be refunded. In case of cancellation more than one month prior the event, the registration fee will be transferred to your bank account (less the cancellation fee of 80.-Euro). Less than one month prior the tour or non-show the registration fee is not refundable.

## TELL ME ABOUT DORMITORIES

In all nights, we sleep in larger dormitories. Those will be sport 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](http://www.gbi-event.org) --> GBI Europe 2015 --> Downloads

# TEAMS(\*)



**Fast on Track**  
Thomas Küpper



**Brandenbourg Cyclers**  
Mario Stiller



**Team Canada**  
Pascal Lauria



**Heavy On Wire**  
Ulrich Böhm



**Gemütlich 30**  
Chris Landis



**Team LTE**  
Hergen von Waaden



**Rückenwind**  
Thomas Straub



**Team Namenlos**  
vacant



**addmore**  
Kay Helten



**Seven PRINCIPLES**  
Christian Schäfer



**Welcome to the edge**  
Guido Weber



**LuxLeaks**  
Gavin Hodgson



**EuroAfricans**  
Laszlo Nagy



**Olympia**  
Davide Vettore



**South Africa**  
Kenneth Pattison



**Tlacit**  
Melany Lottering  
Daniela Wegener



**Team Gulliver**  
Luca Zaninello



**traiescsanatos.org**  
Vlad Mihalache



**Push Your Limits**  
Kari Naimon



**Quebrantahuesos 1**  
Jorge Sanchez



**Quebrantahuesos 2**  
Juan J. Valverde



**Quebrantahuesos 3**  
Jose Antonio  
Rodriguez



Alcatel-Lucent

**Hellas / ALU**  
Fragkiskos Vellis



**Apollo**  
Achilleas Efthimiou

# TEAMS(\*)



**Sandstormers 35**  
Marouf Mahmoud



**Sandstormers 30**  
Mohamed Al-Sada



**Qatar Cyclists Team A**  
Mohammed Alkuwari



**Qatar Cyclists Team B**  
Faleh Almaadheed



**Turkish Delight**  
Ilhan Kesken



**Turkuaz**  
Dursun Kucukali



**Ali Baba**  
Ali Ozturk



**Fun Riders 1**  
Daniel Adu Appea



**Fun Riders 2**  
Wise Sitsofe Droefenu



**Fun riders**  
Daniel Adu Appea



**Heavy Pedal**  
Dirk Rheydt



**TLAČIT – pushing the limit**  
Melany Lottering



**Gouna Power Team**  
Mohamed Abdelaziz



**Sinai**  
Aiman ElSayed



**El Magno Team**  
Ahmad Badrawy



**Petra**  
Al-Zakibeh Nader



**GBI Team**  
vacant



**Transylvanian Wolves**  
Marius Coman



**Ente Party**  
David Calpin



**Huawei**  
Torsten Kuepper



**Vodafone - Kabel Deutschland**  
Oliver Harzen



**RED**  
Moataz Bahyeldin



**Nubia**  
Ahmed Abdelwahab



**Yalla Bina Dahab**  
Mohamed El-Ansary

# SERVICES...

## TECHNICAL SUPPORT



There is a technical support available to help in case of a technical failure during the ride.

The service is free of charge, material has to be paid.

In case, a special asset is not available, there is the possibility to get it shipped to the GBI on one of the following days.

This free of charge service does not exonerates you from turning up at the ride with a well prepared and 100% fit-for-purpose bicycle. Any service requests at the beginning of the tour which are related to missing own preparation (e.g. brake replacement during the first couple of days, not-working lights, adjustments to gears, etc) will be rejected and only delivered at second priority on best effort basis at additional costs.



## PICK-UP SERVICE

There is a pick-up service available between 09:00 and 21:00. This service can be called via the central hotline number in case you have a technical breakdown with your bicycle or a serious issue which prevents you from continue cycling.

The pick-up service will follow the teams on the given tracks and collect the riders who requested help. Once the pick-up bus is full, you will be brought with your bicycle to an assembly point and from there later in the day to the GBI camp. This can take a few hours. Between the second and the fourth day there are some parts of the track where the pick-up bus does not have access to. In this case you might have to walk a few meters to the next access point.

Please consider that this service does not provide technical support on the track or shuttle services to trainstations, airports or hotels. It further does not provide direct transportation from the pick-up point to the GBI Camp.



## LOUNGE AND CATERING

After arrival at the GBI Camp, you will have the possibility from 16:00 till 23:00 to order alcoholic and non-alcoholic drinks at the GBI Huawei Lounge.

Between 18:00 and 20:00 dinner is been served in the GBI Camp for all riders who prefer not to go out to town.

For both the lounge as well the catering booth you will need vouchers which can be bought at the touroffice (operating hours 07:00 - 22:00).



# SERVICES...

## LUGGAGE



There is one piece of luggage of max. 22kg allowed during the ride. For riders with a GBI Camp booking an additional sleeping bag of max. 3 kg is allowed. A one-time oversize charge of 20.- Euro will apply for any luggage exceeding this limit. Luggage of more than 30kg will be rejected at all - no exceptions! If luggage pieces are tied together, they will be untied.



Each piece of luggage has to be marked with the riders name, address-tags will be distributed at the onsite registration.

If you have a bicycle bag or additional luggage, you will have the possibility to ship them from Venice directly to Stuttgart at no additional costs. This items will be ready for pick-up at the final destination.

## MATRESSES AND SINGLE TENTS

If you hold a GBI Camp booking, you will find in your starter bag a voucher for a mattress and a second voucher for a single tent. You can use these vouchers to receive your mattress and as an option a single tent. When you bring back your mattress and your tent in the morning, you will receive in return your vouchers.

If you miss to show your vouchers (most likely because you haven't brought back your mattress and/or tent in the morning), you will have to buy new vouchers at 10.- Euro each.

The mattresses are not personalized, it is therefore recommended to bring your own sheet to cover the mattress.



## BREAKFAST

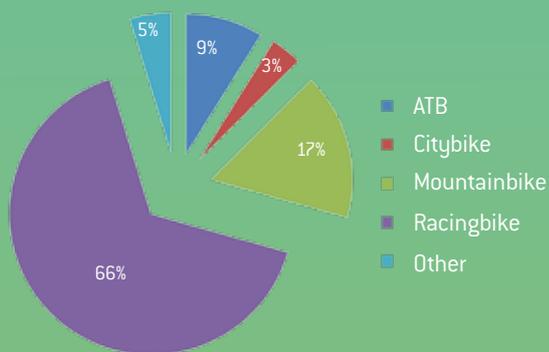
If you have booked Hotel accommodation during the ride, continental breakfast will be provided in the hotels from 06:30 onwards.

If you hold a GBI Camp booking, breakfast will be provided between 07:00 and 08:30. This breakfast contains at least coffee, hot tea, bread, butter, marmelade, egg, bacon, ham and cheese.

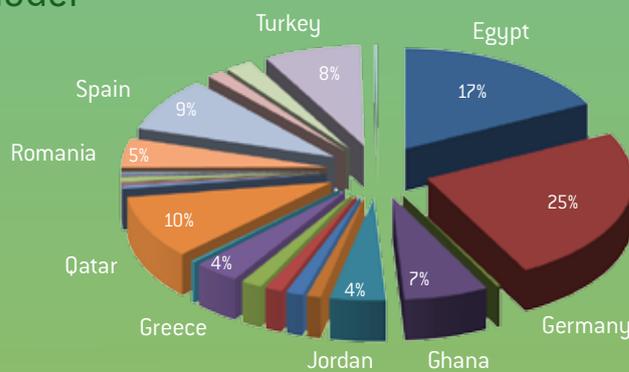
Please accept that if you miss to present your GBI Camp bracelet, you will be rejected from joining the breakfast at the GBI Camp.



# GBI EUROPE 2015 STATISTICS (\*)



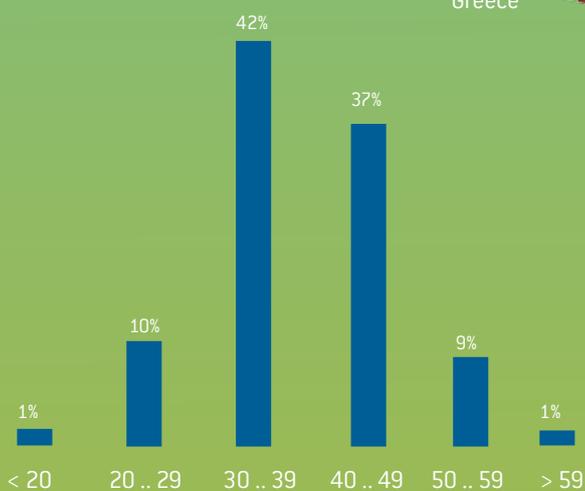
Bicycle Model



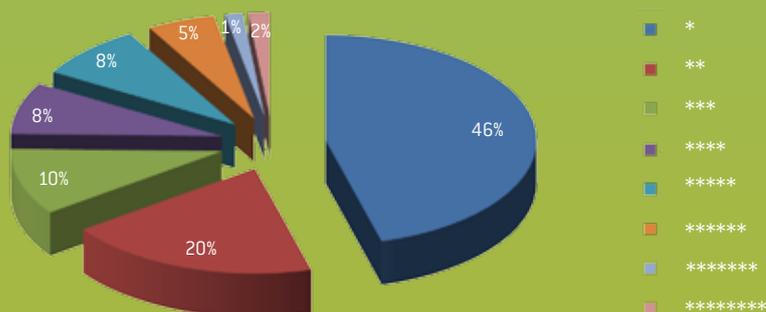
Countries

smaller teams:

- |                |               |
|----------------|---------------|
| Portugal       | Hungary       |
| Switzerland    | Italy         |
| Luxembourg     | South Africa  |
| Czech Republic | Netherlands   |
| Ireland        | Great Britain |
| Norway         | UAE           |
| USA            | Canada        |
| Mosambique     | France        |
|                | Poland        |



Age



Stars

(how often a rider has participated so far)

(\*) per 9<sup>th</sup> May 2015

# SHOP(\*)



GBI Europe 2015 Jersey 35 .- Euro



GBI Jersey 40 .- Euro



GBI Trousers 60 .- Euro



GBI Windbreaker 75 .- Euro



GBI Rain Jacket 20 .- Euro



GBI Europe 2015 Book 15 .- Euro



GBI Tent (old branding) 30 .- Euro

(\*) Merchandising articles can be ordered on [www.gbi-event.org](http://www.gbi-event.org) or at the touroffice during the tour .

WE LOOK FORWARD TO WELCOMING YOU  
IN VENICE...



**GBI** WE CYCLE  
FOR CHARITY

