



## Participant Guide

## GBI Europe 2016



**GBI** WE CYCLE  
FOR CHARITY

Dear GBI Participant,

In 2016, following our motto “We cycle for charity,” we will embark on our ninth annual GBI Europe tour.

From a spontaneous idea in 2008, together with motivated cyclists from over 25 countries, we have built our ambitious community.

This year we will cycle with 350 riders from Vienna in Austria via Prague in Czech Republic to Berlin in Germany over the course of a week.

You will have the choice of two challenging routes of between 790 km and 1,020 km and with climbs between 5,800 m (track 1) and 9,100m (track 2), all in aid of a great charitable cause.

In addition to a registration fee 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 Vienna!



Michael Leuenberger  
Tourdirector  
Global Biking Initiative

# Vienna-Berlin

29<sup>th</sup> May - 4<sup>th</sup> June 2016  
750 km (Track 1) / ~ 900 km (Track 2)



Berlin

Krauskick

Radebeul

Ústí nad Labem

Prague

Tabor

Znojmo



Vienna



Germany



Czech Republic



Austria



vodafone



Microsoft

# 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



Make sure that you have appropriate accomodaiton prior and during the ride



Plan your journey to Vienna and your return from Berlin



Check your bicycle



Check your international travel-, health- and accident insurance



# TOURSCHEDULE AND TRACK

... SUNDAY, 29<sup>TH</sup> MAY 2016



## OPENING

Adress: In der Au  
3400 Klosterneuburg (A)  
- OPEN SPACE -  
[48° 18' 25.81" N / 16° 19' 59.33 E]

08:00 - 09:30 Shuttle GBI Hotel - Start (if booked)

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 or Hotel bus

10:30 Start (in teams)

## ARRIVAL

Adress: Fréderica Joliot Curie 3302/5  
669 02 Znojmo (CZ)  
- GYM HALL -  
[48° 51' 31.9" N / 16° 03' 09.2" E]

Hotel: Hotel Prestige \*\*\*\*  
(if booked) Pražská 100  
669 02 Znojmo (CZ)

16:00 GBI Camp opens

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

18:00-21:00 Hotel Bus departure  
(if GBI Hotel booked)

22:00 Lights-off in the dormitory

23:00 GBI Lounge closes



Auwiese Klosterneuburg



Sport Florbal Znojmo

Note: There is the possibility for a early onsite registration on Saturday evening, 28th May 2016, between 6-8 pm at Lena's Donauhotel, Wagramer Str. 52, 1220 Vienna

# TOURSCHEDULE AND TRACK (29<sup>TH</sup> MAY 2016)

## TRACK 1

Distance: 90 km

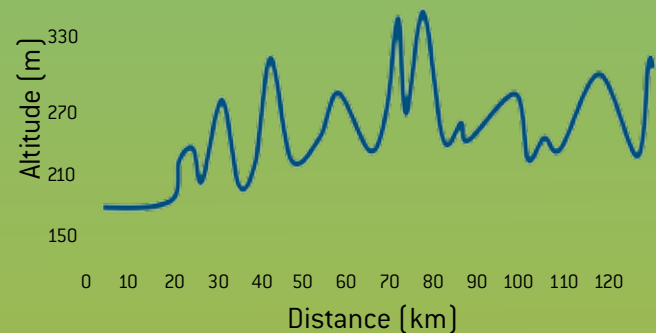
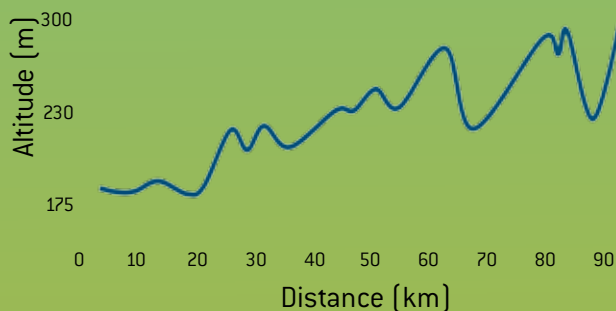
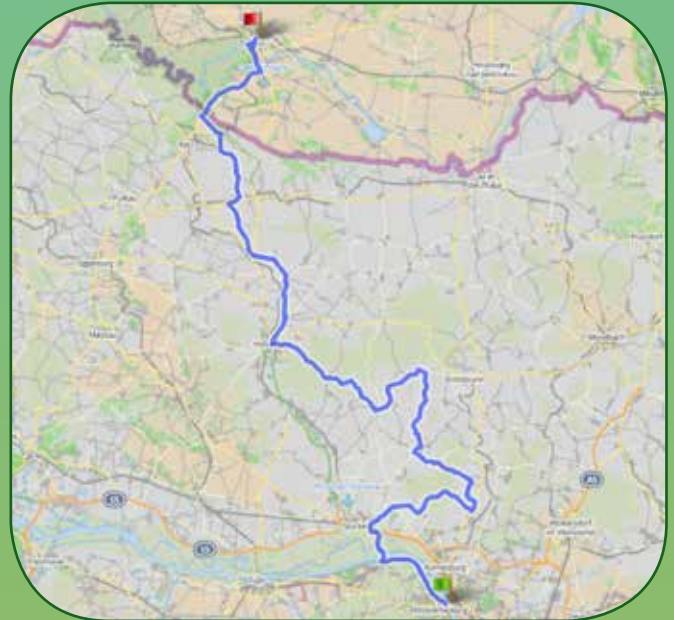
Climb: 702 m



## TRACK 2

Distance: 122km

Climb: 1,269m



Enjoy the river Danube and the Austrian Weinviertel (wine quarter)!

The first 10 km we will cycle along the river Danube. It is nearly the same track as on the GBI 2010. We will cross the Danube at the hydroelectric power station Greifenstein. Then we will reach the village of Stockerau. Up to here, vehicle support is not possible, as we are on a bicycle path. There may be lots of other bikes, so please be careful! Behind Stockerau we will cycle through many small villages, and the route to the city of Hollabrunn is mostly flat. Here you will find some restaurants and shops. Some kilometres behind Hollabrunn you will reach the daily break (nutrition point) at km 46, close to a small soccer field in Aspersdorf.

Maybe there is still a construction area near Wullersdorf, but you will find a way through that village. After passing the Czech border you will cycle along the river Thaya and later on you will see the beautiful city of Znojmo on the right hand side. Near the train bridge, you pass the last nice beer garden before you enter Znojmo. Then you will cross the river and climb (100m) to the city. Our camp is located near the local Football Stadium of the SC Znojmo (2nd national league).

# TOUR SCHEDULE AND TRACK

... MONDAY, 30<sup>TH</sup> MAY 2016



## START

Adress: Fréderica Joliot Curie 3302/5  
669 02 Znojmo (CZ)  
- GYM HALL -  
(48° 51' 31.9" N / 16° 03' 09.2" E)

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

07:30 - 08:30 Hotel Bus departure  
(if GBI Hotel booked)

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 on Sunday)

10:00 GBI Camp closes

## ARRIVAL

Adress: Základní škola Tábor  
Zborovská 2696  
390 03 Tábor (CZ)  
- GYM HALL -  
(49° 25' 21.5" N / 14° 39' 05.3" E)

Hotel: Hotel Palcat \*\*\*  
(if booked) 9. května 2471  
390 01 Tábor (CZ)

16:00 GBI Camp opens

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

18:00-21:00 Hotel Bus departure  
(if GBI Hotel booked)

22:00 Lights-off in the dormitory

23:00 GBI Lounge closes



Základní škola Tábor



Tábor Panorama

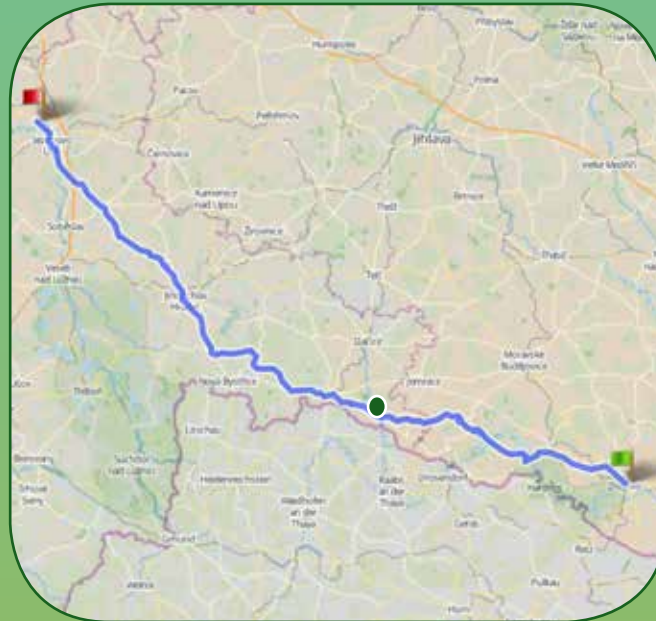


# TOUR SCHEDULE AND TRACK (30<sup>TH</sup> MAY 2016)

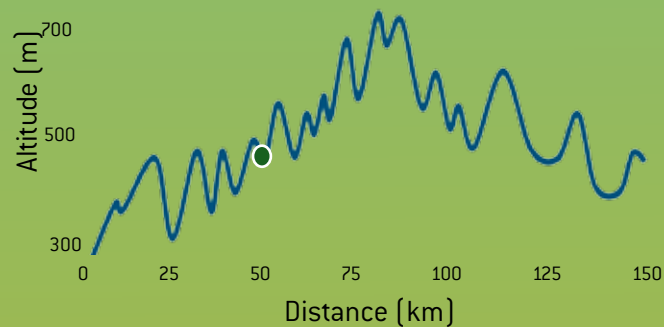
## TRACK 1 & 2

Distance: 147 km [ 100 km with Shuttle ]

Climb: 2,134 m [ 1,650 m with Shuttle ]



Drop-Off Point Shuttle  
48° 57' 30.6" N / 15° 32' 48.0" E



Please check if you are able to cycle the complete day, it is a long distance with a lot of ups and downs. You could also choose the shuttle service, which will bring you to an intermediate starting point in Desna, with about 100 km left. A pre-reservation of the shuttle service is recommended to ensure you will get a seat.

From the start in Znojmo you will follow the main road for the first 4 km, but then you will turn left into nice little roads. A lot of small little villages, very little traffic and only a few shops will follow. After 31 km you are close to a big reservoir lake and you will feel like being in the Alps! After 75 km there will be a huge beer garden and at km 80 there is the daily break close to a little church and hotel near Nova Bystrice.

After 101 km you will reach a larger city called Jindrichuv Hradec. Before you arrive later on in Tabor you have to cycle on a crowded main road for about 3 km, then you will leave this road and cycle close to a river. The last part towards the city will be again a nice uphill of 100 m. In the historic city of Tabor there is a very steep downhill (21%!) right behind the market place. Please be careful and get off the bike, if necessary! However, the finish is near and after another minor ascent you will find a nice old school with 4 gyms for us!

# TOUR SCHEDULE AND TRACK

... TUESDAY, 31<sup>TH</sup> MAY 2016



## START

Adress: Základní škola Tábor  
Zborovská 2696  
390 03 Tábor (CZ)  
- GYM HALL -  
(49° 25' 21.5" N / 14° 39' 05.3" E)

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

07:00 - 08:00 Hotel Bus departure  
(if GBI Hotel booked)

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 GBI Camp closes

## ARRIVAL

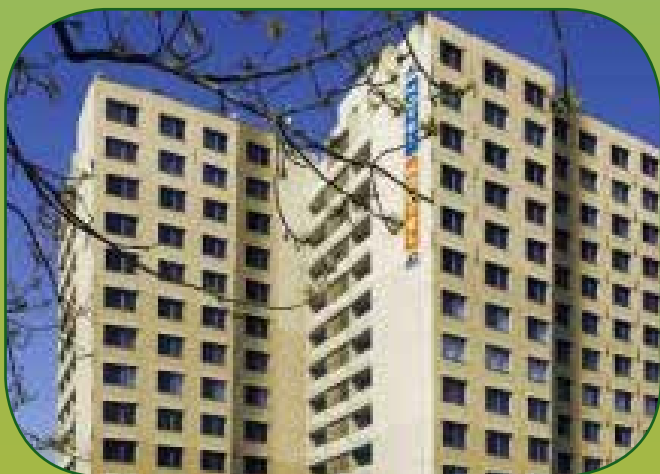
Adress: A&O Hostel  
Děčínská 552/1  
180 00 Praha (CZ)  
- HOSTEL -  
(50° 07' 31.3" N / 14° 28' 57.3" E)

Hotel: Hotel Duo \*\*\*\*  
(if booked) Teplická 492/19  
190 00 Praha

16:00 GBI Camp opens

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

23:00 GBI Lounge closes



A&O Hostel Prague



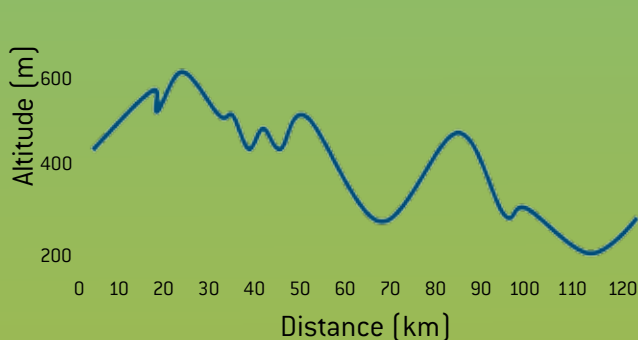
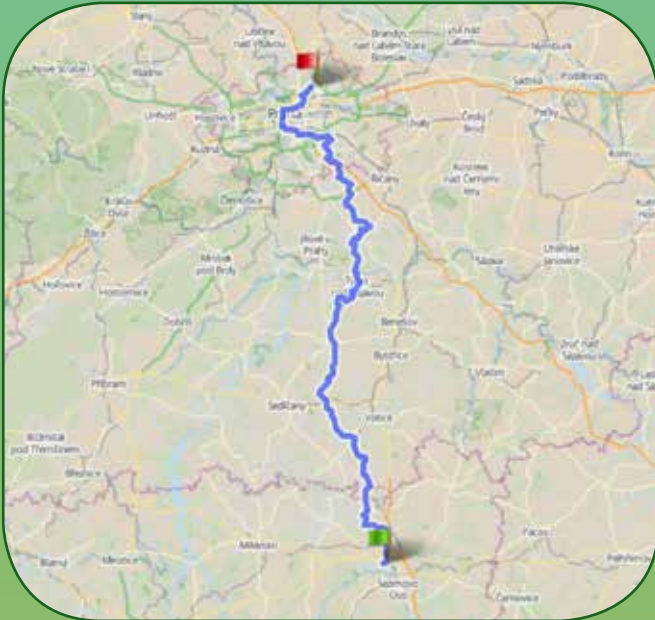
Impression Prague

# TOUR SCHEDULE AND TRACK (31<sup>ST</sup> MAY 2016)

## TRACK 1

Distance: 122 km

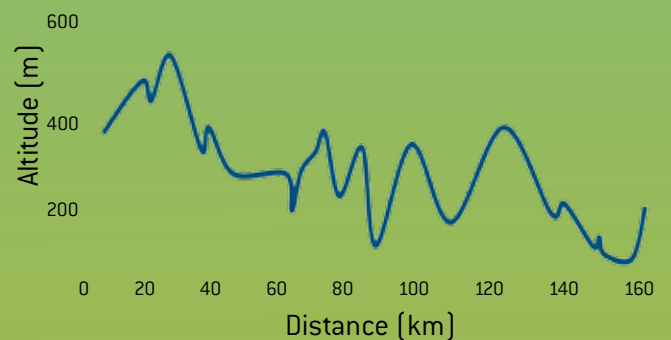
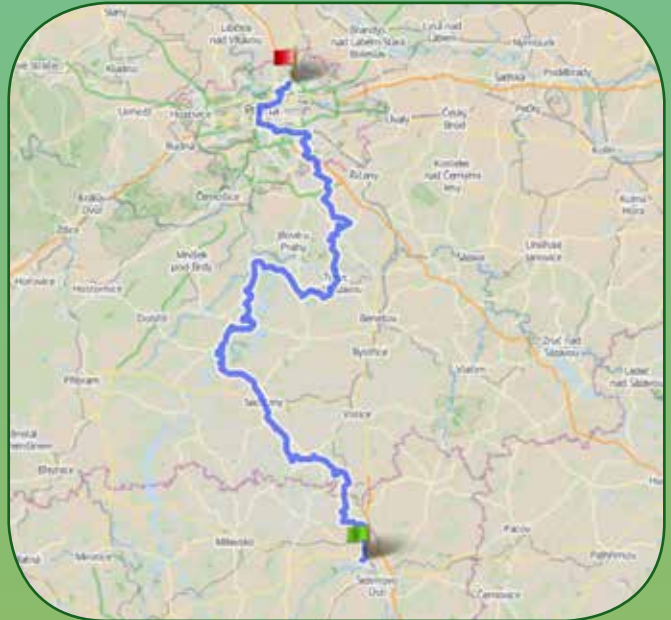
Climb: 1,531 m



## TRACK 2

Distance: 161 km

Climb: 2,187 m



Let's go sightseeing in the Golden City of Prague.

After leaving Tabor you cycle from village to village through a beautiful landscape with lots of lovely fields, lakes and forests. The daily break is planned in Charovice after 60 km.

After the break you have to climb for about 200 m up, but then the route is more or less sloping until we reach Prague. The route will lead us along the river Moldova through the heart of Prague, the capital of the Czech Republic. When you cycle in the city please be careful, there is a lot of traffic and tram tracks. At the river Moldova you can see the famous Charles Bridge soon. Going on further down the river, you will cross the road and go up to our GBI Camp at the AO Hostel in the north of Prague.

# TOUR SCHEDULE AND TRACK

... WEDNESDAY, 1<sup>ST</sup> JUNE 2016



## START

Address: A&O Hostel  
Děčínská 552/1  
180 00 Praha (CZ)  
- HOSTEL -  
(50° 07' 31.3" N / 14° 28' 57.3" E)

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

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

Address: Zimni Stadion  
Masarykova 974/232  
400 01 Ústí nad Labem (CZ)  
- GYM HALL -  
(50° 40' 37.25" N, 14° 0' 51.12" E)

Hotel: Hotel Bohemia \*\*\*  
(if booked) Mírové nám. 2442/6  
400 01 Ústí nad Labem (CZ)  
or  
Hotel Vladimír \*\*\*  
Masarykova 36  
400 01 Ústí nad Labem (CZ)

16:00 GBI Camp opens

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

18:00-21:00 Hotel Bus departure  
(if GBI Hotel booked)

22:00 Lights-off in the dormitory

23:00 GBI Lounge closes



Zimni Stadion Ústí nad Labem



Ústí nad Labem



# TOURSCHEDULE AND TRACK (1<sup>ST</sup> JUNE 2016)

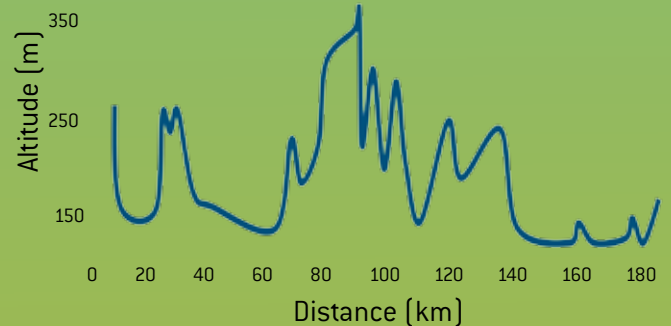
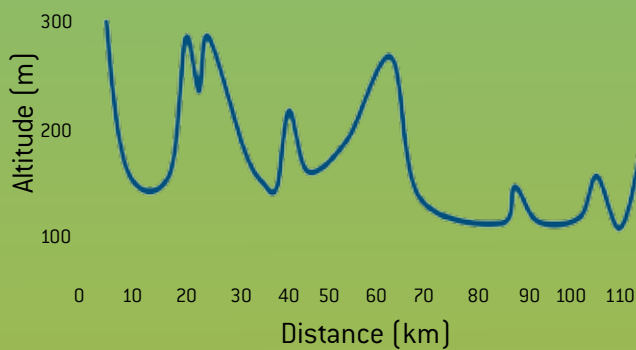
## TRACK 1

Distance: 111 km  
Climb: 887 m



## TRACK 2

Distance: 183 km  
Climb: 1,805 m



Following the rivers Moldova and Elbe to northern Bohemia.

Going down back to the river Moldova you will cycle along the river on a well paved bicycle path. Have a look at the canoe slalom course on the river, maybe also a sport for you? After some kilometres, you will leave the river and climb up to a plateau above the river. Coming back you will cross the river on a very old bridge without traffic. Back on the road the break is near, it will be at km 60 at a beautiful spot with a pool.

We will cross the river Elbe (Czech: Labe) in Litomerice, maybe you know that town from the GBI 2010. From here we have to cycle for some more kilometres close to the river to Usti nad Labem. From the river we have to climb a bit to reach our camp at a large ice hockey hall.

# TOURSCHEDULE AND TRACK

... THURSDAY, 2<sup>TH</sup> JUNE 2016



## START

Adress: Zimni Stadion  
Masarykova 974/232  
400 01 Ústí nad Labem (CZ)  
- GYM HALL -  
(50° 40' 37.25" N, 14° 0' 51.12" E)

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

07:00 - 08:00 Hotel Bus departure  
(if GBI Hotel booked)

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: Sporthalle Radebeul  
An der Festwiese 1  
01145 Radebeul  
- GYM HALL -  
(51° 06' 14.4" N / 13° 37' 36.3" E)

Hotel: NH Hotel \*\*\*\*  
(if booked) Hansastraße 43  
01097 Dresden (D)

16:00 GBI Camp opens

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

18:00-21:00 Hotel Bus departure  
(if GBI Hotel booked)

22:00 Lights-off in the dormitory

23:00 GBI Lounge closes



Sportshall Radebeul

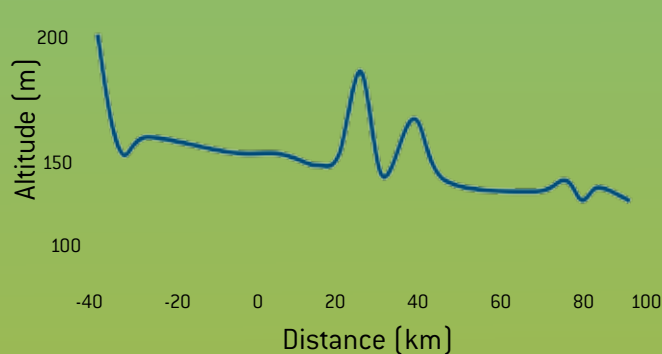


Radebeul

# TOURSCHEDULE AND TRACK (2<sup>TH</sup> JUNE 2016)

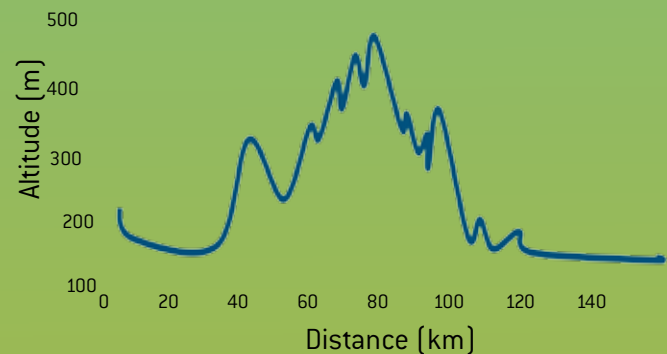
## TRACK 1

Distance: 108 km  
Climb: 807 m



## TRACK 2

Distance: 158 km  
Climb: 1.882 m



Crossing the Elbe valley and exploring Dresden.

Directly after the start you will follow the river Elbe mostly on a bicycle path, with only some sections on the main road. In the city of Decin you have to change the river side and will stay on a bicycle path without cars. Suddenly when you see there German signposts you have entered Germany without passing a border control. In Bad Schandau you will return on the main road for some kilometres. Unfortunately there is the only major uphill of the day. But the break is quite near [at 55 km].

After the nutrition point you will follow the river on a bicycle path again. More and more bikes will use the road, and finally you reach the city of Dresden with its rich cultural heritage. A small detour will lead you through the historic city center with the Semper Opera, the Zwinger or the Frauenkirche. Here you also find historical cobbled road, but it is only in the historical city. Leaving the touristic attractions behind, you will cross the river Elbe for the last time, following another 10 km on the right river side. The GBI Camp is located very close to the river in the lovely village of Radebeul-Altkötzschenbroda.



# TOURSCHEDULE AND TRACK

... FRIDAY, 3<sup>TH</sup> JUNE 2016



## START

Adress: Sporthalle Radebeul  
An der Festwiese 1  
01145 Radebeul  
- GYM HALL -  
(51° 06' 14.4" N / 13° 37' 36.3" E)

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

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: Tropical Island Camping  
Tropical Island Allee 1  
15910 Krausnick  
- Shelter / Tents -  
(52° 01' 54.1" N / 13° 43' 56.5" E)

Hotel: Tropical Island Mobile Homes  
(if booked) Tropical Island Allee 1  
15910 Krausnick (D)

16:00 GBI Camp opens

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

22:00 Lights-off in the dormitory

23:00 GBI Lounge closes



Tropical Island



Tropical Island Camping

Note: There is the possibility to buy discounted tickets for Tropical Island Südsee Resort for Friday evening

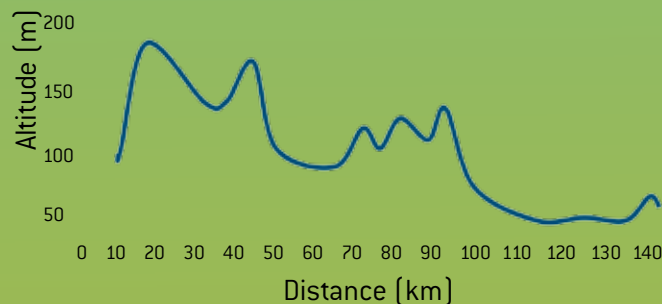
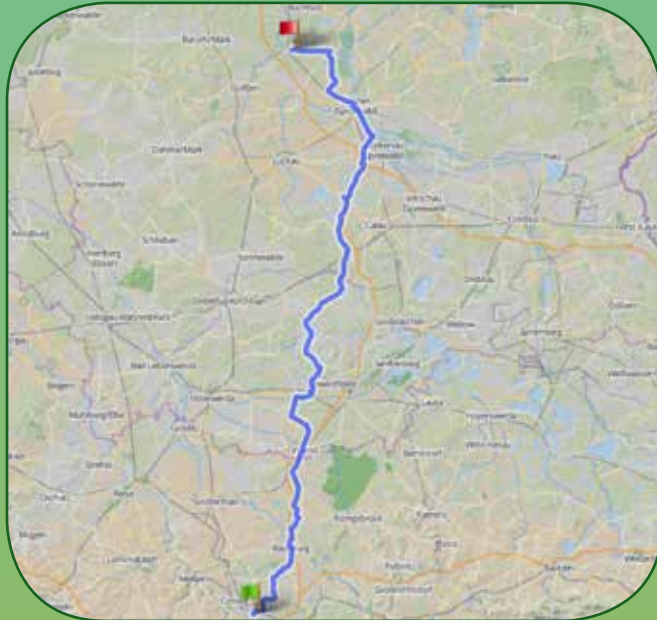


# TOURSCHEDULE AND TRACK (3<sup>TH</sup> JUNE 2016)

## TRACK 1 & 2

Distance: 143 km

Climb: 866 m



Beautiful Spree Woods and tropical fun.

In the morning, you will start with the only major uphill of the day (appr. 100 m), but then a nice even route will follow. Some smaller sections of the first part are rough or cobbled, but later on the roads are getting better and better. You will cycle through ancient brown coal pits. Be careful, do not leave the road here, it is really dangerous! After 73 km the daily break point is located behind a long trip through such a pit.

30 km before you'll reach our destination you will see the lovely Spreewald (Spree Woods) area with numerous small rivers. In this region these rivers are used as regular roads for boats, some areas are only reachable by boat. You will cycle the last kilometres through a forest and then you will see it in a distance - a really huge hall, the largest tropical indoor area of the world: Tropical Islands!

Nearby, at the old military airbase, which is now the official camp site, will be our camp for today. Enjoy the evening in the tropical pools and don't forget your swimwear!

# TOUR SCHEDULE AND TRACK

... SATURDAY, 4<sup>TH</sup> JUNE 2016



## START

Adress: Tropical Island Camping  
Tropical Island Allee 1  
15910 Krausnick  
- Camping / Tents -  
(52° 01' 54.1" N / 13° 43' 56.5" E)

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

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: Vodafone Branch  
Attilastrasse 61  
12105 Berlin  
- OPEN SPACE -  
(52° 26' 52.8" N / 13° 21' 43.9" E)

12:45 Start Group Cycling

14:00 Arrival

14:15 Closing Ceremony  
- Fund Raising Hero Award  
- Cheque handover  
- Announcement GBI Europe 2017

15:00 Closure  
- change into casual clothes  
- pack bike, pick-up luggage  
- head to town or airport

- look forward to 2017



GBI Group Cycling



Closing Ceremony

# TOURSCHEDULE AND TRACK (4<sup>TH</sup> JUNE 2016)

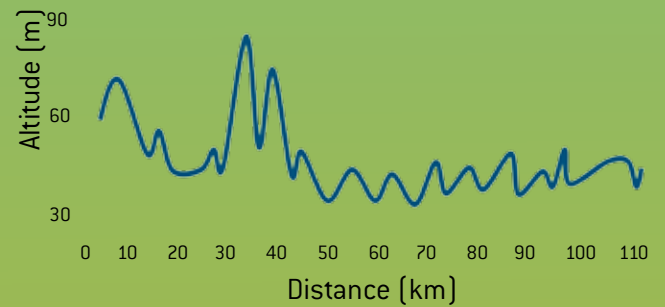
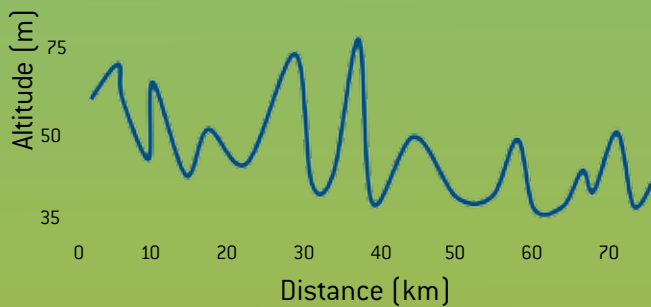
## TRACK 1

Distance: 74 km  
Climb: 468 m



## TRACK 2

Distance: 111 km  
Climb: 633 m



The final stage to Berlin.

After leaving Tropical Islands you will cycle without any hills through the Brandenburg region and pass various fields, villages and forests. After 50 km you will arrive in Dahlewitz for the daily break. From here all GBI cyclists together will start the group cycling at 12:45. The arrival at the final destination at Vodafone Berlin (Attilastrasse) is scheduled for 2 p.m.

Please note that the group cycling is not yet confirmed by the local authorities. We'll keep you informed during the tour. If the group cycling will not be allowed, the teams can cycle the last 23 kilometres individually.

# GOOD TO KNOW

## CURRENCY

The currency of Austria and Germany is the Euro. In Czech Republic, the official currency is Czech crowns but in a few of restaurants Euro are accepted as well (but not outside of cities).

The Euro is the official GBI Tour currency.

1 Euro = 27,05 Czech crowns

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 in Austria and Germany and in Prague, sometimes American Express and Diners Club as well.

## LANGUAGE

German is spoken in Austria and Germany. In Czech republic the official language is Czech - please note that some Czechs speaks better German than Englisch. English is understood mainly in Austria and Germany and in Prague and it is also the official GBI language.

## AIRPORTS

Probably the best way to get to Vienna is via its international airport Wien-Schwechat. It is located ~20 km to the south-east of the city. Public transportation (S7) to downtown departs every 20 minutes, and it takes you to the city within half hour.

In Berlin the two major airports are Schönefeld (22 km south-east from arrival) or Tegel (17 km north-northeast from arrival). Both airports can be reached by public transportation from the station 'Attilastraße' in Berlin.



## 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 Austria and Germany also the CEE 7/5 (E) plug.



## CLIMATE

GBI Europe takes place early June. The average temperature this time of the year in this climate zone is 20°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 Vienna incl. individual starter bag
- ✓ Official Tour Jersey
- ✓ Opening Ceremony in Vienna and Closing Ceremony in Berlin
- ✓ 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 07:00 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, single tent and breakfast (if GBI Camp booked)
- ✓ A lot of fun, unforgettable moments, great international and cross-cultural companionship, challenging moments and radiant eyes

# 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 Berlin 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. GBI will provide a branded drinking bottles at event start.	✓

# WHO IS WHO

Gyöngyi Viczián



Hungary

László Nagy

Ulrich Böhm



Germany

Dirk Rheydt

Mohamed El-Ansary



Egypt

Marouf Mahmoud



Qatar

Jan Rudolf



Czech Republic

Marius Coman



Romania

passeport.avenir



France



Haitham Samman

Moataz Bahei ElDin



UAE



Jordan



Nader Aizakibeh



Spain

Fernando Caballero



Pascal Lauria



Canada



Switzerland



Michael Leuenberger

Ilhan Kesken



Turkey



Italy



Pietro Licata

# WHO IS WHO

Doris Lodea



Luxembourg

Carsten Wiecek



Norway

Melanie Lottering



Netherlands

Fragkiskos Vellis



Greece

Harry Newlands



Ghana

Daniela Wegener



Haidar Liasse



Mozambique

Vivek Lokur



India

Ahmed Alsawfan



Saudi Arabia

Ed Joyce



Ireland

Tim Davy



Great Britain

Kari Naimon



USA

Etienne Gerber



South Africa

Saber Zainal



Bahrain



# 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 only provides shuttle services between GBI Camps and the GBI organized hotels.

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

## IS A HOTEL IN VIENNA INCLUDED

During the registration it was possible to book a hotel accommodation in Vienna 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 Vienna and after the closing ceremony in Berlin 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 reasons 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 Prag we will stay in an A&O Hostel and in Krausnick on a camping ground.

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 2016 --> Downloads

# TEAMS(\*)



**Transylvanian Wolves**  
Marius Coman



**Gemütlich 30**  
Chris Landis



**Gulliver**  
Luca Zaninello



**Brandenbourg Cyclers**  
Mario Stiller



**Why Not?**  
Kari Naimon



**Sharm El Sheikh**  
Moataz Bahyeldin



**Just4Fun**  
Hartmut Genz



**Long Tour Enterprise**  
Hergen von Waaden



**Fast on Track**  
Thomas Küpper



**Heavy on Wire**  
Ulrich Böhm



**To things right**  
Guido Weber



**Olympia**  
Davide Vettore



**Pink Amazons**  
Doreen Köstler



**Tour de Friends**  
Wise Sitsofe Droefenu



**Rum**  
Nader Al-Zakibeh



**DownTown-Team**  
Mohamed El Nokrashy



**Shirzanan**  
Ammoura Amani



**Oriental Mix**  
Haitham Al-Sulaiman



**Euroafricans**  
Laszlo Nagy



**Bike4Fun**  
Frank Kränkl



**Turkish Delight**  
Ilhan Kesken



**Turkuaz**  
Dursun Kucukali



**Yalla Bina Dahab**  
Mohamed El-Ansary



**Lambda Returns**  
Hazem Alaedin

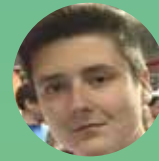
# TEAMS(\*)



**Qatar Cyclists B**



**Qatar Cyclists C**



**The Globetrotters**  
Nils Blach



**Seven Principles**  
Christian Schäfer



**25 - Prairie Lovers**



**30 - Pacers**



**30+ - Cannibals**



**Bahrain Cyclers**  
Saber Zainal



**Quebrantahuesos 1**  
Fernando Caballero



**Quebrantahuesos 2**



**Quebrantahuesos 3**  
Victor Fontecha



**Rum 2**  
Lubna Obeidat



**Espresso Bar**  
Gerd Angress



**Red One**  
Sven Lausberg



**Hellenic Team Deja Vu**  
Achilleas Eftimiou



**BLOXER**  
Alexander Weigmann



**A10-Balancer**  
Wolfgang Fresser



**mVISE**  
Tobias Hillen



**Saudi Cyclists**  
ahmed alsawfan



**Funriders**  
Daniel Adu Appa



**The Tribe**  
Ahmad Badrawy



**Qatar Cyclists D**



**1st Titans**



# SERVICES...

## TECHNICAL SUPPORT



In the GBI Camp 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 Lounge.

Between 18:00 and 20:00 dinner is been offered 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 Vienna directly to Berlin at no additional costs. This items will be ready for pick-up at the final destination and is not accessible during the ride.

## 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

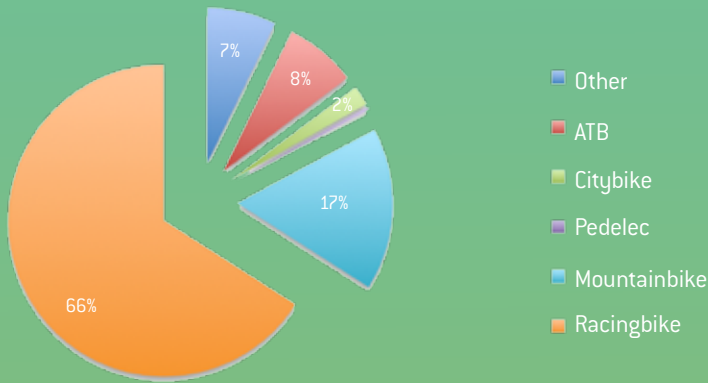
If you have booked GBI Hotel accommodation during the ride, continental breakfast will be provided in the hotels from 06:30 onwards.

If you hold a GBI Camp booking, breakfast will be provided between 07:00 and 09:00. This breakfast contains at least coffee, hot tea, bread, butter, marmelade, egg, ham, cheese and fruits.

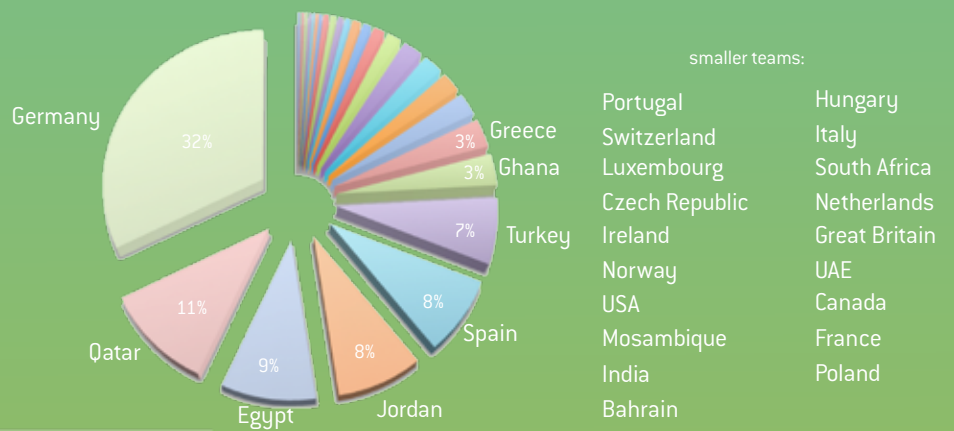
Please accept that if you miss to present your GBI Camp bracelet, you will be rejected from joining the breakfast at the GBI Camp.



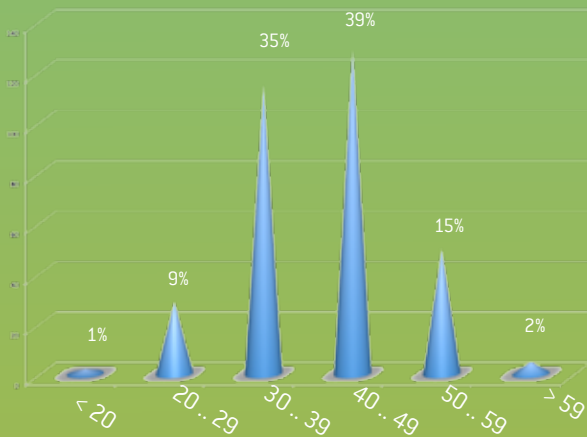
# GBI EUROPE 2016 STATISTICS (\*)



Bicycle Model

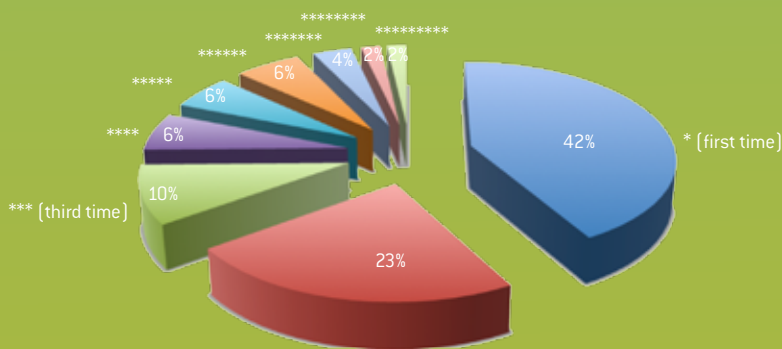


Countries



Age

Average Age: 41



Stars

(how often a rider has participated so far)

(\*) per 9<sup>th</sup> May 2016

# SHOP(\*)



GBI Europe 2016 Jersey 35 .- Euro



GBI Jersey 40 .- Euro



GBI Trousers 60 .- Euro



GBI Windbreaker 75 .- Euro



GBI Rain Jacket 20 .- Euro



GBI Europe 2016 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. If you order them prior the ride, we will deliver the items together with your starter bag in Vienna.

WE LOOK FORWARD TO WELCOMING YOU  
IN VIENNA...

