



Participant Guide

GBI Europe 2020



Update 25.09.2020

Dear GBI participant,

In 2020, following our motto “We cycle for charity,” we will embark on our 13th annual GBI Europe tour. From a spontaneous idea in 2008, together with hundreds of motivated cyclists from all over the world, we have built our ambitious community.

Since the beginning of this year, the world is no longer as we know it. The COVID-19 pandemic has dramatically limited our possibility to travel, social distancing to reduce the infection risk makes events at a large scale almost impossible and meeting friends as well as passionate cyclists and fund raiser from all over the world face-to-face causes huge challenges. And last but not least Noord-Holland incl. Amsterdam has been clasified as risk region only one week prior our tour start and we first had to move our start venue to Tiel and later to Dusseldorf.

Nevertheless, we haven't lost the passion for cycling for charity and our global GBI community and have re-developed this annual event so that all pandemic related restrictions and local legal requirements can be met. The major focus during this years edition will be on personal healthyness so that every single participant can return safty to her and his beloved at home.

This year we will cycle within seven days and because of the pandemic only with approx. 40 riders and staff from Düsseldorf in Germany via the Netherlands to Frankfurt in Germany and you will have the choice of two challenging routes of between 710km and 880 km and with climbs between 4,750 m (track 1) and 6,900m (track 2), all in aid of a great charitable cause.

Our motivated GBI team and myself as well as our committed tour sponsors Vodafone and addmore are looking forward to welcoming you in Düsseldorf soon!



Your Michael Leuenberger
Tourdirector
Global Biking Initiative

Amsterdam/Düsseldorf - Frankfurt

27th September – 3rd October 2020

710 km (Track 1) / ~ 880 km (Track 2)



PRIOR TO THE TOUR



Make sure your profile is up-to-date on www.gbi-event.org



Align yourself with your teamleader



Train for the ride



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



Plan your journey to Düsseldorf and your return from Frankfurt



Check your bicycle



Check your international travel-, health- and accident insurance incl. visa



Submit signed pre-register form in the week prior the event.



Check your health - only travel to Düsseldorf if you feel healthy and with no fever.

TOURSCHEDULE AND TRACK

SATURDAY, 26TH SEPTEMBER 2020



PRE-NIGHT

Address: INNSIDE**** by Meliá Düsseldorf Seestern
Niederkasseler Lohweg 18A
40547 Düsseldorf
[51°14'31.8"N 6°44'05.4"E]

16:00 - 18:00 Onsite Pre-Registration
- pick-up your starter bag



INNSIDE**** by Meliá Düsseldorf Seestern

TOURSCHEDULE AND TRACK

SUNDAY, 27TH SEPTEMBER 2020



START

Address: INNSIDE**** by Meliá Düsseldorf Seestern
Niederkasseler Lohweg 18A
40547 Düsseldorf
(51°14'31.8"N 6°44'05.4"E)

09:00 - 10:00 Onsite Registration

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

10:00 - 10:30 Opening (mandatory)

- Welcome
- Tour Overview
- Logistics

10:30 Tour Start

ARRIVAL

Address: Octopus Hotel ****
Zeithstrasse 110
D - 53721 Siegburg
(50°48'10.0"N 7°13'09.9"E)

16:00 GBI Camp opens



Düsseldorf



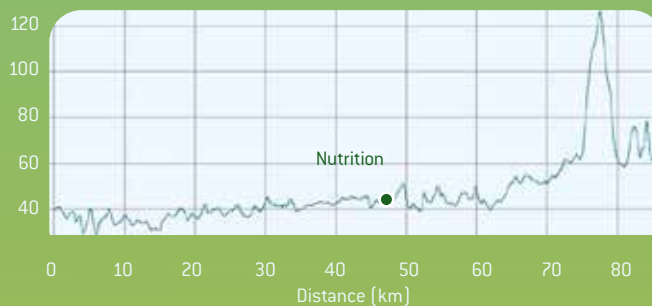
friendly Cityhotel Octopus

TOURSCHEDULE AND TRACK (27TH SEPTEMBER 2020)

TRACK 1&2

Distance: 87 km

Climb: 264 m



General Route Information:

As every year: Please drive carefully and try to stay on the tracks, which we have checked for you!

Most of the time we are on roads with really less traffic, but also here suddenly a car can pass.

When a cycling path is along to the road you need to use! There is a penalty fee when you do not use them and it is dangerous to cycle on roads!

Please note that this track has changes by September 19th/ 21th 2020 due to the change of the start location of the tour. If you have downloaded a previous version of day 1, please make sure that you download the current version of the track [available online by 26.09.2020 10 am].

After the participants have met their teams and the tour director officially started the tour, every team hit the road. From our starting point at Seestern in Düsseldorf, we will more or less follow the Rhine river to the South, passing Cologne and then leaving the Rhine South-East, passing the international airport Cologne airport. After a final climb we arrive at our first destination Siegburg where the hotel provides possibilities to take a swim and celebrate a successful first day.

TOURSCHEDULE AND TRACK

MONDAY, 28TH SEPTEMBER 2020



START

Address: Octobus Hotel ****
Zeithstrasse 110
D - 53721 Siegburg
[50°48'10.0"N 7°13'09.9"E]

07:00 - 09:00 Breakfast

(for GBI booked accommodation only)

08:00 - 09:30 Getting ready and start

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

10:00 GBI Camp closes

ARRIVAL

Address: Fletcher Hotel Bosrijk ****
Maalbroek 102
NL - 6042 KN Roermond
[51°11'58.1"N 6°04'12.8"E]

furhter Hotel Roermond Next Door***

Hotel: Stationsplein 13
NL - 6041 GN Roermond

16:00 GBI Camp opens

17:00-22:00 Hotel Shuttle departure

(if GBI Hotel booked, according daily individual timetable)



Siegburg



Fletcher Hotel Bosrijk

TOURSCHEDULE AND TRACK (28TH SEPTEMBER 2020)

TRACK 1&2

Distance: 117 km

Climb: 299 m



The second day in Germany takes us back West via Troisdorf to Lülldorf where we cross the Rhine by ferry.

On the other side of the river, we will continue heading West and later North-West along wide open cast mining areas and after a second longer climb a former RAF airfield to the German-Netherlands border.

Just after the border, we reach our second destination in Roermond.

TOURSCHEDULE AND TRACK

TUESDAY, 29TH SEPTEMBER 2020



START

Address: Fletcher Hotel Bosrijk****
Maalbroek 102
NL - 6042 KN Roermond
(51°11'58.1"N 6°04'12.8"E)

07:00 - 09:00 Breakfast

(for GBI booked accommodation only)

07:30 - 09:00 Hotel Bus departure

(for GBI Hotel guests only)

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: Jugendherberge Monschau-Hargard
Hargardsgasse 5
D - 52156 Monschau
(50°33'50.7"N 6°15'15.1"E)

further Hotel Michel & Friends****

Hotel: Laufenstr. 82

D - 2156 Monschau, Deutschland

16:00 GBI Camp opens

17:00-22:00 Hotel Shuttle departure

(if GBI Hotel booked, according daily individual timetable)



Roermond



Jugendherberge Monschau-Hargard

TOURSCHEDULE AND TRACK (29TH SEPTEMBER 2020)

TRACK 1

Distance: 112 km
Climb: 954 m



TRACK 2

Distance: 135 km
Climb: 1.216 m



To be on the safe side, everyone should have their passports with them today, as we cross the borders between the Netherlands and Germany several times. Today it will get much more hilly than the previous days. Starting flat while crossing the German border at around 20 kilometers it gets significantly wavier with some first climbs. We pass Aachen in the west and come to the first 'highlight', the Vaals mountain, also known as the tri-border point, where Belgium, the Netherlands and Germany meet at the summit. For the rest of the stage, we cycle on the stunning Vennbahn cycle path to the picturesque Eifel town of Monschau.

Some monuments of the spring classics are on the agenda for track 2 today. First we climb the most famous ascent in the Netherlands, the Cauberg at Valkenburg, which is the traditional destination of the Amstel Gold race. We reach very soon the Gulperberg, also well known to cyclists from the Amstel Gold Race. At the Vaals mountain, the highest mountain of the Netherlands, we join the regular track 1.

TOURSCHEDULE AND TRACK

WEDNESDAY, 30TH SEPTEMBER 2020

addmore
...

START

Address: Jugendherberge Monschau-Hargard
Hargardsgasse 5
D - 52156 Monschau
(50°33'50.7"N 6°15'15.1"E)

07:00 - 09:00 Breakfast

(for GBI booked accommodation only)

07:30 - 09:00 Hotel Bus departure

(for GBI Hotel guests only)

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: Sportschule Bitburg
Charles-Lindbergh-Allee 12
D - 54634 Bitburg
(49°56'44.3"N 6°32'26.8"E)

16:00 GBI Camp opens

17:00-22:00 Hotel Shuttle departure

(if GBI Hotel booked, according daily individual timetable)

1



Monschau



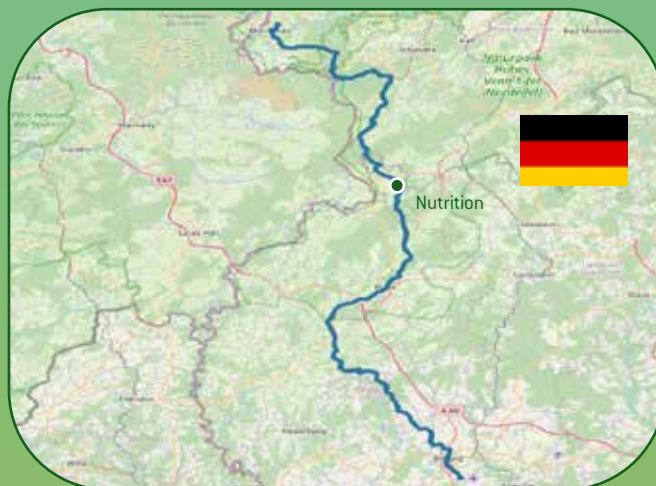
Sportschule Bitburg

TOURSCHEDULE AND TRACK (30TH SEPTEMBER 2020)

TRACK 1&2

Distance: 113 km

Climb: 1.379 m



Today there are no separate tracks, everyone pedals the same route through the breathtaking Eifel region, which is peppered with several challenging climbs and descents.

Later we cycle easily on the Prüm bike path along the river and cross the lovely village of Prüm.

After leaving the bike path there is only one more challenging climb on our way to our destination of the day. The Bitburg sports school on the site of a former US airbase hosts us for that night.

We can set up our camp on the extensive grounds and take care of your physical well-being in the connected sports hotel, where all participants spend the night.

TOURSCHEDULE AND TRACK

THURSDAY, 1ST OCTOBER 2020



START

Address: Sportschule Bitburg
Charles-Lindbergh-Allee 12
D - 54634 Bitburg
(49°56'44.3"N 6°32'26.8"E)

07:00 - 09:00 Breakfast

(for GBI booked accommodation only)

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: Victor's Seehotel Weingärtner ****
Bostalstr. 12
D - 66625 Nohfelden-Bosen

16:00 GBI Camp opens



Bitburg

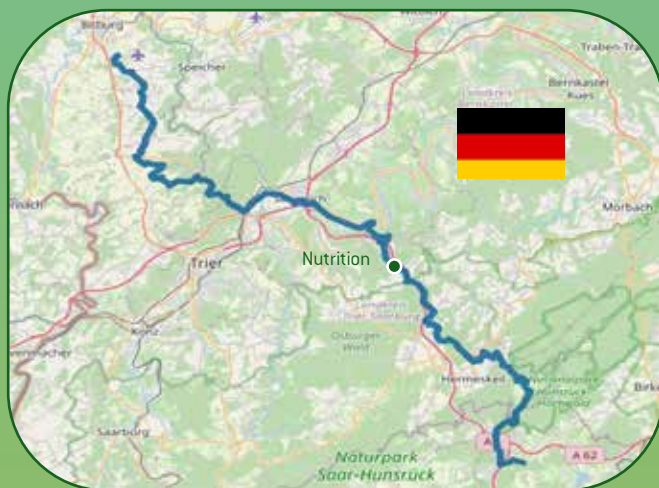


Victor's Seehotel

TOUR SCHEDULE AND TRACK (1ST OCTOBER 2020)

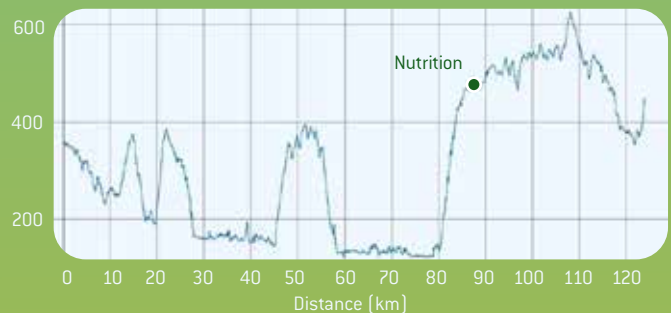
TRACK 1

Distance: 87 km
Climb: 1.188 m



TRACK 2

Distance: 124 km
Climb: 1.831 m



After breakfast we tackle the last hills of the Eifel easily before we descent into the Moselle valley with its countless vineyards. The most difficult part of the stage with a very challenging climb is waiting for us as soon as we leave the Moselle after some kilometers. From the valley there are 350 meters of climb within the next 7 km to get on top of the Hunsrück hills. After we made it, the following wavy Hunsrück hills are much less challenging until we reach our destination.

Track 2 leads right from the start in a wide loop to Echternach in Luxembourg. We follow the river Sauer along the border and continue to Trier on the Moselle, which we follow to the junction with track 1.

TOURSCHEDULE AND TRACK

FRIDAY, 2ND OCTOBER 2020



START

Address: Victor's Seehotel Weingärtner ****
Bostalstr. 12
D - 66625 Nohfelden-Bosen

07:00 - 09:00 Breakfast

(for GBI booked accommodation only)

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: Leonardo Hotel Bad Kreuznach ****
Otto-Meffert-Straße 1
D - 55543 Bad Kreuznach

16:00 GBI Camp opens



Bostalsee



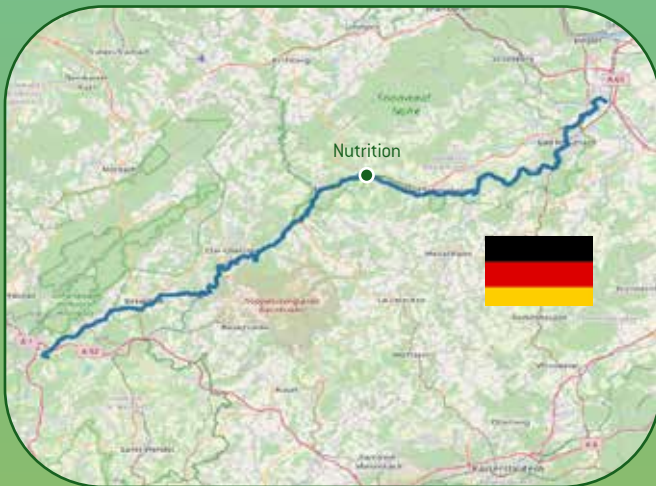
Leonardo Hotel

TOURSCHEDULE AND TRACK (2ND OCTOBER 2020)

TRACK 1

Distance: 105 km

Climb: 698 m



TRACK 2

Distance: 156 km

Climb: 1.638 m



In the beginning of the day we pedal over the Hunsrück hills with some ups and downs. After 25 km we reach the village of Kronweiler and from here we follow the river Nahe for the rest of the day with steady descent until we reach the stage destination in Gensingen.

Track 2 is heading for the queens stage today, at least regarding the distance, but also the climb is very challenging. Before we meet the river bike path at the village of Kirn, a long and challenging descent to the Moselle valley and a climb straight back up to the Hunsrück in on our agenda.

TOURSCHEDULE AND TRACK

SATURDAY, 3RD OCTOBER 2020



START

Address: Leonardo Hotel Bad Kreuznach****
Otto-Meffert-Straße 1
D - 55543 Bad Kreuznach

07:00 - 09:00 Breakfast

(for GBI booked accommodation only)

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: Rebstock Stadion
Am Römerhof 9
D - 60486 Frankfurt am Main
(50°06'36.4"N 8°36'19.1"E)

14:00 Arrival

14:15 Farewell speech

14:45 Wrap-up

16:00 Tour closure



Bad Kreuznach

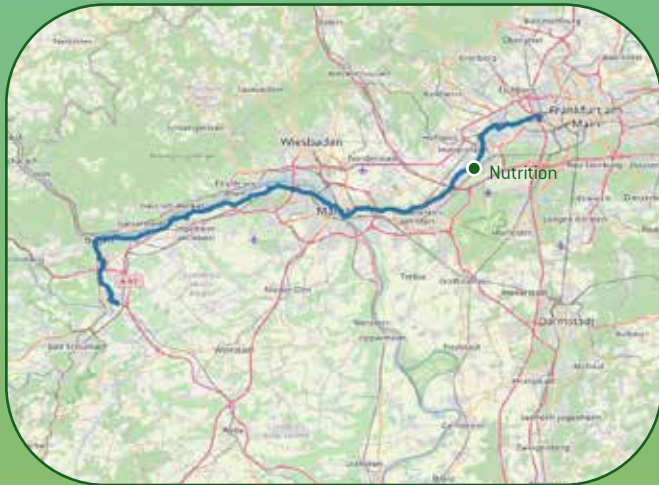


Closing

TOURSCHEDULE AND TRACK (3RD OCTOBER 2020)

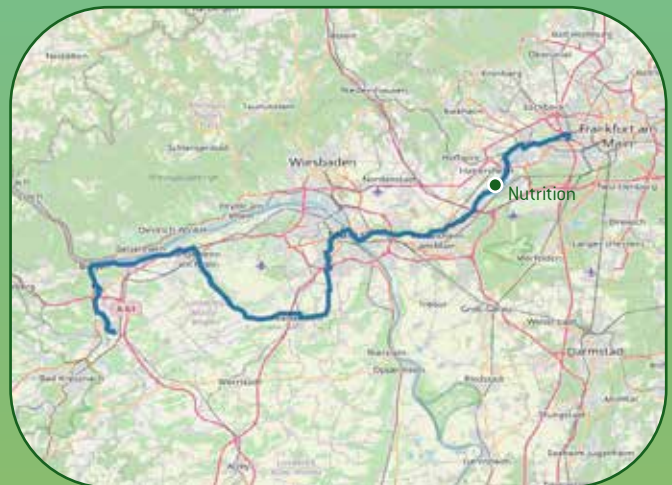
TRACK 1

Distance: 79 km
Climb: 114 m



TRACK 2

Distance: 92 km
Climb: 351 m



The last day starts with a cozy roll-in phase along the river Nahe to Bingen. We follow the river Rhine on the south bank to Mainz. We have a good view to the other side of the river where we can see many vineyards and picturesque towns such as Ruedesheim or Eltville. At Mainz we cross the Rhine and reach the river Main immediately, which we follow to our nutrition point and later our tour finish destination in Frankfurt. After the official farewell speech, the cyclists will scatter in all directions, hoping to pedal together again for the good cause next year.

Whereas track 1 is cycling flat today, track 2 detours into the hilly backcountry of Rhinehessen before we cross the river at Mainz and join track 1.

GOOD TO KNOW

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 Germany the CEE 7/4 (F) plug.



To charge your mobile, routing device and e-bike batteries, please use your sockets in your hotel rooms.

LANGUAGE

The official GBI language is English.

In the Netherlands, the official language is Dutch, but you will also find in the corresponding areas Papiamentu and West Frisian. English as well as German is very popular and spoken by most of the residents.

In Germany, German language is the only spoken language [often in some local dialects].

AIRPORTS

Probably the best way to fly to Düsseldorf is via its international airport "DUS-Düsseldorf" or the near-by international airport "CGN - Cologne".

In Frankfurt, the closest airport is its international airport "FRA - Frankfurt am Main".



CURRENCY

The currency in the Netherlands and Germany is Euro. Euro is also the only accepted currency at the GBI touroffice.

VISA and MasterCard are accepted in most of the shops and restaurants, sometimes American Express and Diners Club as well.

CLIMATE

GBI Europe takes place late September. The average temperature this time of the year in this climate zone is 15-18°C. At night, the temperature can drop down to 5°, and reach a high of 28° during the day.

Although it is generally still quite warm at lower altitudes, it can become very cool at higher altitudes or due to the often quite heavy wind in the Netherlands. Therefore, always appropriate clothing should be carried.

In average, we can expect some rain on two or three of the days of our tour.

End of September, in Central Europe the days are as long as the nights; sunrise is around 07:30 and sunset around 19:15.

LOCAL CYCLING RULES

The bicycles must have a white reflector visible from the front and two yellow reflectors in the spokes, visible from the side.

Using motorways and highways are forbidden for cyclists.

If a dedicated cycling lane is available, you have to use them.

Priority is usually shown with road signs at each cross; there is no differentiation in priority between cars and bicycles, both categories have to follow the road signs. Public transportation usually have priority.

WHAT IS INCLUDED IN THE REGISTRATION FEE

- ✓ Onsite registration in Düsseldorf incl. individual starter bag
- ✓ Official tour jersey
- ✓ Opening speech in and closing speech in Frankfurt
- ✓ Daily energy bars, water and energy-drinks, fruits at departure
- ✓ Two address tags for your luggage and a name tag for your bicycle
- ✓ Two checked tracks for each day incl. gpx tracks for download
- ✓ Garmin routing devices for teamleaders
- ✓ Daily nutrition points on the track with energy bars, drinks and fruits
- ✓ Daily technical bicycle support at departure and arrival
- ✓ Mobile paramedics on motorbikes with emergency equipment
- ✓ Mobile touroffice from 07:00 til 22:00 with infocenter
- ✓ Service busses along the tracks for pick-up service
- ✓ Media service along the tracks for media documentation
- ✓ Luggage transport from GBI Camp to GBI Camp
- ✓ Daily GBI Camp with bicycle storage
- ✓ Participation certificate
- ✓ Hotel accommodation, hotel transfer and breakfast (for GBI Hotel guests only)
- ✓ 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
☐ Travelling bag / suitcase	Only one single bag per person is allowed (plus sleeping bag)! The weight has to be limited to 20kg. Between 20kg and 30 kg, a one-time extra charge will apply. Luggage over 30kg will be rejected.	✓
☐ 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 Munich and you will get it back after the final arrival.	
☐ Power adapter	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.	✓
☐ 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.	
☐ Bathing suit	Along the route there are some public swimming pools. And at some hotels, there are also possibilities for a quick swim.	
☐ Special spare parts	Our technical support provides standard spare parts, which might fit to standard bikes. If your bike has special parts that maybe need to be replaced during such a tour (e.g. bike spokes, tubeless tires, etc.), you should bring these spare parts with you, the mechanics are happy to mount it for you.	
☐ Ear Plugs	If you stay in the GBI Camp, it might a good idea to bring ear plugs with you . There is always some noise in the gym hall when more than 200 people sleep in a single roomr..	

CHECKLIST

... 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. GBI can't cover any cost for lost or stolen bicycles (not even from the bike part)	✓
☐ 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 night-time or in tunnels. 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.	✓

CHECKLIST

... 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 autumn still 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. In particular in the mountain area the weather can change soon and on a long descent a windbreaker/jacket will keep you warm.	
☐ Backup glasses	If you wear glasses.	
☐ Sunglasses	It's autumn, 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.	✓

CHECKLIST

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

Item	Comment	Mandatory
☐ Important phone numbers	You will be accompanied by hundreds of riders from all over the world but to stay in touch with the people who are close to you, despite the distance.	
☐ Health/accident 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. GBI will provide one branded drinking bottles at event start.	✓
☐ Country Flag	Little country flag for your bicycle, showing your origin and for what country you are raising fund for.	

COUNTRY CHAMPIONS

Pascal Lauria



Canada

Melany Lottering



Netherlands



Daniela Wegener

Ulrich Böhm



Germany

Aiman Elsayed



Qatar

Khalid Al-Jalham



Saudi Arabia
Musfer Alzahrani

Haitham Samman



UAE

TEAMS



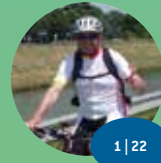
addmore 1
Kai Helten

1 | 25



addmore 2
Dirk Josten

1 | 25



Vodafone Giga Fun
Gerd Angress

1 | 22



Long Tour Enterprise
Hergen von Waaden

2 | 22



Qatar Cyclists A
Ali Alkuwari

1 | 28



Qatar Cyclists B
Abdullah Alhammadi

1 | 28



Qatar Cyclists C

1 | 28



Qatar Cyclists A
Ali Alkuwari

1 | 28



Vodafone Giga Power
Oliver Harzen

2 | 24



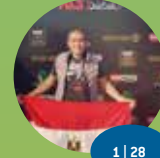
Fast on Track
Thomas Küpper

1 | 20



Masar Group 1
Musfer Alzahrani

1 | 28



Visit Egypt 1
Moataz BahyEldin

1 | 28



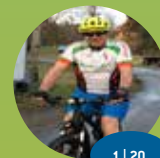
Olymppia
Hardy Schmidt

1 | 28



UAE - Pedal Warriors

1 | 28



Easy
Klaus Miklis

1 | 20



mVISE Road
Manfred Götz

1 | 20

sponsored team
track | avg. speed

open team
track | avg. speed

(*) per 05.09.2020

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 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.

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, road 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. The batteries can't be charged at the standard multi-sockets in the gym-halls and have to be given to the touroffice.

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 bus to the destinations of the daily rides.

IS A HOTELSHUTTLE AVAILABLE

If you haven't booked the 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 for participants who have booked this option.

Hotelshuttle service times are stated every day at the touroffice.

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

WHAT TRACKS ARE PROPOSED

Track 1 follows tarred roads and is typically around 100 km (+/- 20 km) long with moderate climbs.

Track 2 follows tarred roads as well and is approx. 50% longer than track 1 and have typically more climbs - ideal for more ambitious riders.

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

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.

HOTEL IN AMSTERDAM/TIEL

During the registration it was possible to book a hotel accommodation in Amsterdam /Tiel/Düsseldorf 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 opening speech in Düsseldorf and after the closing speech in Frankfurt have to be organized by the participants individually.

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

In theory, you can always change your team. Just talk to your current and your new teamleader and let them accept the transfer.

But as we are cycling during the COVID-19 pandemic, the keep healthy recommendation is to stay with your team at all time. Therefore, please choose your team carefully and try not to change it during the event.

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, COVID-19 travel restrictions have changed, 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. In case of cancelation more than one month prior the event, the registration fee will be transferred to your bank account (less the cancelation fee of 80.-Euro). Less than one month prior the tour or non-show the registration fee is not refundable.

COVID-19

The COVID-19 pandemic in 2020 affects all aspects of our life and the GBI Europe 2020 as well. We will cycle with a limited team only, following all local legal requirements to prevent the spread of the corona virus.

Especially because of COVID-19, we have implemented an optional online check-in prior the ride to reduce the personal contacts onsite to an absolute minimum, contact-free fever measurement, mouth-nose-masks and a multifunctional cloth for every participant as well as disinfection stations at all touch points. Sleeping in gym-halls has been waived and social distancing will be a mandatory guideline during the entire tour. Accommodation in hotels takes place according local anti-pandemic rules. All group activities such as opening and closing ceremonies, group cycling etc. were omitted.

WHERE CAN I GET THE TRACKS

All tracks and some more information can be downloaded from the GBI Homepage under www.gbi-event.org --> events --> GBI Europe 2020 --> Downloads

Please make sure that you have the latest editions installed on your routing device.

COVID - 19

In order to protect our participants as much as possible, we have introduced some changes compared to previous events. These should help to reduce the risk of infection as much as possible.

In addition, all currently applicable local pandemic guidelines and requirements are taken into account in the processes (the countries we are visiting have slightly different regulations in place to reduce infections).

This applies in particular to activities in larger groups such as breakfast and dinner, as well as accommodation in hotels during the ride.

We kindly ask you to follow prior and during the event the following guidelines to stay healthy as a team:

ONLINE CHECK-IN

To reduce personal contacts between GBI participants and GBI staff to an absolute minimum, there is the possibility to submit the signed check-in form prior to the ride. A detailed communication how to do so will be shared with all participants two weeks prior to the event.

STAY AT HOME IF YOU FEEL SICK

If you show or feel any kind of symptom prior to the tour that might be caused by Covid-19, please stay at home for your and the group's safety! Many participants and staff members have family members or friends within a risk group or just can't stay in quarantine after the ride!

ONSITE REGISTRATION

You have the possibility to pick-up your starter bag during the entire day prior to the ride (Saturday) at Hotel Van der Valk in Düsseldorf. If you used the online check-in prior to the tour, this will limit the contact to just a few seconds and will prevent large gatherings when picking-up the starter bags during the onsite registration.

MOUTH-NOSE-PROTECTION AND DESINFECTION

In your starter-bag, you will receive a mouth-nose-protection mask and a GBI branded scarf. At all times and at all major touch points like nutrition point and tour office, you will have the possibility to disinfect your hands or pick-up another mouth-nose-protection. The hotels and restaurants along the route typically also provide disinfection stations.

It is strongly recommended that you bring - in addition to the GBI provided protections - your own mouth-nose-masks.

Wear a mouth-nose-protection whenever you are inside public areas of the hotels and restaurants. At the tables the mouth-nose-protection can be removed, but once you will leave the table, please wear the mask again. You also have to wear masks during GBI transportation (pickup, bus).

COVID - 19 (CONTINUE....)

SOCIAL DISTANCING

At all time during the event, a minimum distance of 1,5 meters between participants has to be considered. If this can't be guaranteed (e.g. whilst entering a restaurant or when being picked-up or shuttled to your hotel), and mouth nose protection must be worn. Please refrain from shaking hands and hugs.

The restaurants will have their own, local regulations and organizational arrangements, that have to be followed as well.

TEMPERATURE MEASURE

Daily, at the start of the ride at luggage drop, we will contact-less measure your temperature. If your temperature should be above 37,5°C, you will be asked to visit a doctor first (or conduct a corona test according to the local health department) before you can (re-)join the ride.

COUGH AND SNEEZE ETIQUETTE

Good cough and sneeze etiquette involves taking steps to minimise the likelihood that someone gets infected. Dispose of single-use tissues immediately after you cough or sneeze. If you cough or sneeze onto a hard surface like a desk or telephone, clean it immediately with a disposable disinfectant wipe to remove possible covid germs.

When cough, please use your elbow rather than your hands to protect the spread of a potential virus.

Wash your hands with soap and water for at least 15–20 seconds every time you cough or sneeze. Wash your hands every time you touch a contaminated object like a tissue.

Avoid touching your face with your hands. Touching the face allows viruses to enter the mucous membranes of the nose and eyes and cause infection.

STAY WITHIN YOUR TEAM

During the entire event, we try to keep the teams as stable as possible, therefore you should request a team change latest at the tour start. A team change at a later date is only possible with a valid reason. Therefore please inform the GBI support team as soon as possible prior to the tour start if you already know that you are going to change the team.



WASH

your hands well and often to avoid contamination



COVER

your mouth/nose with a tissue or sleeve when coughing or sneezing & discard used tissues



AVOID

touching eyes, nose, or mouth with unwashed hands



CLEAN

and disinfect frequently touched objects and surfaces

WE LOOK FORWARD TO WELCOMING YOU
IN DUESSELDORF...

