

Transalp Charity Tour

Villingen - Bergamo
03.-08. Juni 2012



10 Jahre



ROTARY-CLUB

Villingen-Schwenningen Mitte
2002 – 2012

organisiert vom
Rotary-Club Villingen-Schwenningen-Mitte
mit freundlicher Unterstützung der Fellowships "Cycling-2-Serve"
aus Deutschland, Österreich, Schweiz und Italien
zugunsten der DiaNino-Stiftung
www.dianino.de

Index

Preface from the Organisers	02
The Rotary Club VS-Mitte	03
The Facts about this Tour	04
The Beneficiary	05
The Participants	06
The Route	07
The Stages	08
The Benefits + Costs	14
The Media / Sponsoring + Efficiency	15
The Registration	16
Addendum: "Cycling in a Collective"	17
Addendum: "Jerseys, Sizing, etc."	18
Contact + Info	19

Preface from the Organisers

Dear rot. Friends,

truly in the sense of the rotarian spirit, our club aims at highlighting the adversity and sorrows of our fellow men and at raising money for their support. This is the aim of our roadbike tour to our Contact Club in Italy.

This project is part of our support to the Dianiño-Foundation. Their members and nannies are helping out families after the diagnosis of a diabetes-type1-disease of their kids. Dianino helps to master the necessary and extremely difficult change of life together with their children.

Speaking as president in the anniversary year of our club, I would like to invite you to take part in this project. We are happy about any sportsman and sponsor joining us to support our passion-project.



Dr. Klaus Strasser
President
RC Villingen-Schwenningen Mitte
... in real life: paediatrician

Dear passionate Roadbikers,

probably we are one of the most active clubs in Germany ...at least one of the most crazy clubs; who else would strive for mastering 10 events in the anniversary year of a 10-year-young club.

The spontaneous idea to visit our contact club in Bergamo came fast; and we wanted to forge an open and sportive event. A sign of relatedness with our friends in the Citta Alta and a great chance to experience some of the most beautiful landscapes and challenging passes of the Alps with new friends.

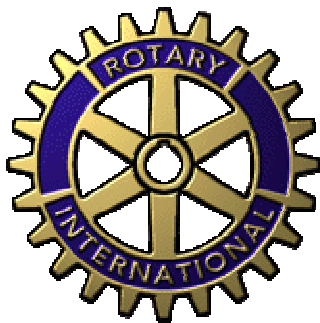
Be thrilled to meet an international "bunch" of cycling fans. Sure, we all want to help, but as well we want to enjoy a great and relaxed Transalp Tour across five beautiful countries.



Helge Hardacker
Tour-Organiser
RC Villingen-Schwenningen Mitte
...in real life: M&A Consultant

The Rotary Club Villingen-Schwenningen-Mitte

Founded in April 2002, our Rotary Club is celebrating its 10th anniversary of our charter. Besides supporting the Kittel Memorial School in Mangalore / India, our 32 members are helping out in the Family-Center in Schwenningen, the Christie-Brown-School for disabled children in Villingen and many more regional projects.



Since 6 years we are one of the anchor-events of "Schwenningen's Long Night of Culture". We are entertaining 2.000 guests, care for good music and financed a major share of the new pipe organ in the central church of Schwenningen.



Together with our founding club, for Rotary's 100-year anniversary we constructed the "Hubenloch" - a children's playground with 32 stations which took us 2 years and 10.000 hours of work including a donation of 70.000 € for the infrastructure.

The project has been rewarded with the medal of merit for "Deserving Municipal Action" of the State of Baden -Württemberg.



Together with the Ski-Club Villingen e.V. we are the organisers of the "1st Villingen Nightsprint", a Nordic Ski-Race downtown in the heart of the historic center of Villingen. You may know that from St. Moritz or Dusseldorf. Ours is somewhat smaller - but still a highlight in the Black Forest area.



The Facts about this Tour

Start	Sunday, 03rd June 2012 at 11.00 in Villingen, Niedere Strasse
Destination	Friday, 08th June 2012 ca. 16.00 in Bergamo Citta Alta, Piazza Vecchia
Tourfacts	550 km touristic tour with 5.800 m difference in altitude in 6 days This is not a race! - Everyone will enjoy the tour.
Participants	approx. 50 roadbike enthusiasts per stage and their guests only for roadbikes / bicilette da corsa
Organiser	Rotary Club Villingen-Schwenningen Mitte, Germany
Supporters	Fellowship Cycling-to-Serve in D, AUS, CH und I.
Costs	290,-€ (full 6 days) + hotel + meals You may join for single stages / days as well
Media	Daily Video Podcasts / specialised press (biking) / Rotary Magazine in D, CH, AUS, I lokal TV / lokal Press
Beneficiary	Dianiño Foundation

The Beneficiary



The Children's Foundation Dianino offers quick support to Children suffering from Diabetes.

Diabetes Type 1 is a non-curable and not finally researched disease. It is the most common metabolic disease for children and juveniles. Normally we get to know about adult onset diabetes which is known as type 2 and is not comparable.

Every child can be taken ill by diabetes. Currently we count 25.000 cases in Germany - converting to 1 of 600 children. Each day we see 6 new cases.

When families get to know about the diagnosis "Diabetes" for their child - it is a breakdown. The Foundation Dianino coaches the families and their children to master this massive change-of-life.

www.dianino.de



The Participants

The Transalp Tour addresses roadbike enthusiasts in the Rotarian World all over Europe.

We do appreciate guests which got to know about this tour by a Rotary Club and who want to share the sportive challenge and the satisfaction of supporting the Dianino Foundation.

We are not going for a race - we want to enjoy the Tour including all sportive and scenic highlights. The pace will be adapted to the group.

Probably we will be starting in all stages with 2-3 groups at different daytimes to allow a joint arrival. Thus everyone will find his challenge or just some time to take a great photo.

We assume that everybody will have some experience of cycling in a collective - if not, someone of the group will show you. You will find a short info about "Cycling in a Collective" in the addendum.

When registering for this tour we will give preference to Rotarian friends from the Fellowship Cycling-2-Serve as well as to friends from Rotary Clubs "along the Tour".
And at least : First come - First Serve!

For this tour we allow roadbikes only. Triathlon handle bars and comparable attachment are not permitted for security issues.

Everyone will surely understand that he has to observe the national rules of public traffic. You have to follow the directions of the tour guide. You have to wear a helmet - no exception.
Everyone is taking part on his own risk.

The Route

We will be starting on Sunday in Villingen passing Constance and Bregenz on our way around Lake Constance - an easy ride to accustom ourselves to the group.

Some smaller hills in the vineyards of the "Bündner Herrschft" indicate that we are proceeding to the Alps. Day 3 will lead us via the first "real" pass to the plateau of Lenzerheide, CH.

The Albula-Pass on the next day is indeed one of the most scenic passes of the Alps and will guide us into the higher Engiadina area. We will allow a small detour through the boulevard of Sankt Moritz and turn into the Bernina-Route. Passing the picturesque Morteratsch-Glacier fields and Piz Palü we take the road leading into the Poschiavo. A left turn after Tirano will bring us on the way to Aprica - one of the favoured "tappe" of the Giro d'Italia - and we can let it roll smoothly into the nice Val Camonica.

South from Edolo / Malonno we will go for the last challenges: Passo del Vivione and the adjacent Passo della Presolana are the last barriers on our way to Bergamo.

To reach our destination Citta Alta, we "just" have to climb the cobble stone pavement of the old town right into Piazza Vechia: Finale Grande; e basta!

Sunday	03.06.	Villingen	Konstanz	95km	300hm
Monday	04.06.	Konstanz	Feldkirch	90km	300hm
Tuesday	05.06.	Feldkirch	Lenzerheide	75km	1.450hm
Wednesday	06.06.	Lenzerheide	Pontresina	75km	1.800hm
Thursday	07.06.	Pontresina	Breno	111km	1.400hm
Friday	08.06.	Breno	Bergamo	86 km	1.200hm

You may want to browse for www.quäldich.de¹ to get more details of the passes, including altitude-profiles and further nice photos.

Browsing GoogleMaps / Streetview on the italian part of the route you will get a good impression about the Tour - It is worthwhile!

¹ Translates into "struggle, you lazy ass" - famous words of Udo Bölts to Jan Ulrich during the Tour de France 1998

The Stages

Day 1 / Sunday, 03. Juni

Villingen - Konstanz / 95 km / 300 hm

Let's go! Following a small farewell-ceremony we are leaving the historic center of Villingen and pass some easy hills of the eastern Black-Forest. We are rolling down the Amtenhaus-Valley via Tuttlingen, pass the castle of Langenstein and will be approaching Lake Constance with marvelous views on the island of Mainau and the northern lakeside. Finally our first stage will take us around the „Horn of Constance“ to our Tourhotel in the City of Constance – an easy-going Tourstart to get accustomed to the group.



Tourhotel / Contingent open until 15.04.

Hotel IBIS Konstanz	www.google.de	h7290@accor.com
Konstanz, D.	Benediktiner Platz 9	+49-7531-45700
Single / 89 € p.Person - Double / 59,50 € p.Person , including breakfast		

Further Hotel Recommendations:

Hotel Restaurant Petershof www.petershof.de

The Stages

Day 2 / Monday, 04. June

Konstanz - Feldkirch / 90 km / 300 hm

What a relaxing start into the day: We will be taking the ferry and change to the northern lakeside for the city of Meersburg – just opposite to Constance. The views via the calm lake to the east will indicate, where to go as we see the mountain tops of the Säntis (CH) and the Pfänder (AUS). At first, we still keep close to the lake but later will escape from the touristic route to the smaller insider-roads in the hinterland of the lake. At the edge of the Bregenz Forest we will be following the river Rhine upwards. At St. Arbongast we take just a small final pass with great views via the Rhine to the Alps of the canton of Appenzell (CH). Finally we smoothly ride to our destination in Feldkirch (AUS).



Tourhotel / Contingent open until 15.04.

Hotel Monfort www.monfort-dashotel.at office@monfort-dashotel.at

Ort Galuragasse 7 +43-5522-72189

Single / 79 € p.Person - Double / 59,50 € p.Person including breakfast

Furter Hotel Recomendations

Hotel-Gasthof Löwen www.hotel-loewen.at

The Stages

Day 3 / Tuesday, 05. June

Feldkirch - Lenzerheide / 75 km / 1.450 hm

Only a few km after the city limit of Feldkirch we are leaving Austria and ride through the principaute of Liechtenstein – just between the Rhine and the Prince's castle. In Balzers we will be testing the smaller gears first time making our way up the Luzisteig (LIE) into the Bündner Herrschaft in northern Grisons (CH). A great ride via the "Kistenpass"¹ and the vineyards of the villages of Jenins and Malans. For a few km we are hitting the roads of Chur – the eldest town of Switzerland and in a second we are on the first "real" pass. In Malix (CH) we need to take a deep breath – the last km up to the saddle of Parpan are quite a challenge. Welcome to the Alps.



Tourhotel / Contingent open until 15.04.

Sporthotel Dieschen

www.hotel-dieschen.ch

info@hotel-dieschen.ch

Lenzerheide, CH

Dieschen Sot

+41-81-358-20-22

Single / 115 CHF p.Person - Double / 105 CHF p.Peron including breakfast

Urther Hotel Recommendations

Hotel Danis

www.hoteldanis.ch

¹ Named by the people of Grisons as they carry the wineboxes on that little road

The Stages

Day 4 / Wednesday, 06. June

Lenzerheide - Pontresina / 75 km / 1.800 hm

Tired legs? – who cares! We can start slowly and roll south. After Lenz we are rolling down the Grünwald on perfect roads to Bad Alvaneu. Directly in front of us: the Landwasser viaduct – the start of the Albula-pass. The world heritage “Rhätische Bahn” crosses our way several times until it disappears in the tunnel at Preda. We can enjoy to climb another scenic 500m to the pass. Done! Down to La Punt: breathtaking views into the Engiadina. We take an extra detour up the fabulous hill of the Cresta Run and the bobsleigh course. Via the grand boulevard of St.Moritz we turn right into the Bernina valley to our Tourhotel – today with SPA.



Tourhotel / Contingent open until 15.04.

Hotel Allegra

www.allegrahotel.ch

info@allegrahotel.ch

Tel.

Via Maistra 171

+41-81-838-99-00

Single / 138 CHF p.Person - Double / 99 CHF p.Person including breakfast
including entrance into the Bellavita SPA

Further Hotel Recommendations

Hotel Schweizerhof

www.schweizerhofpontresina.ch

Hotel Saratz

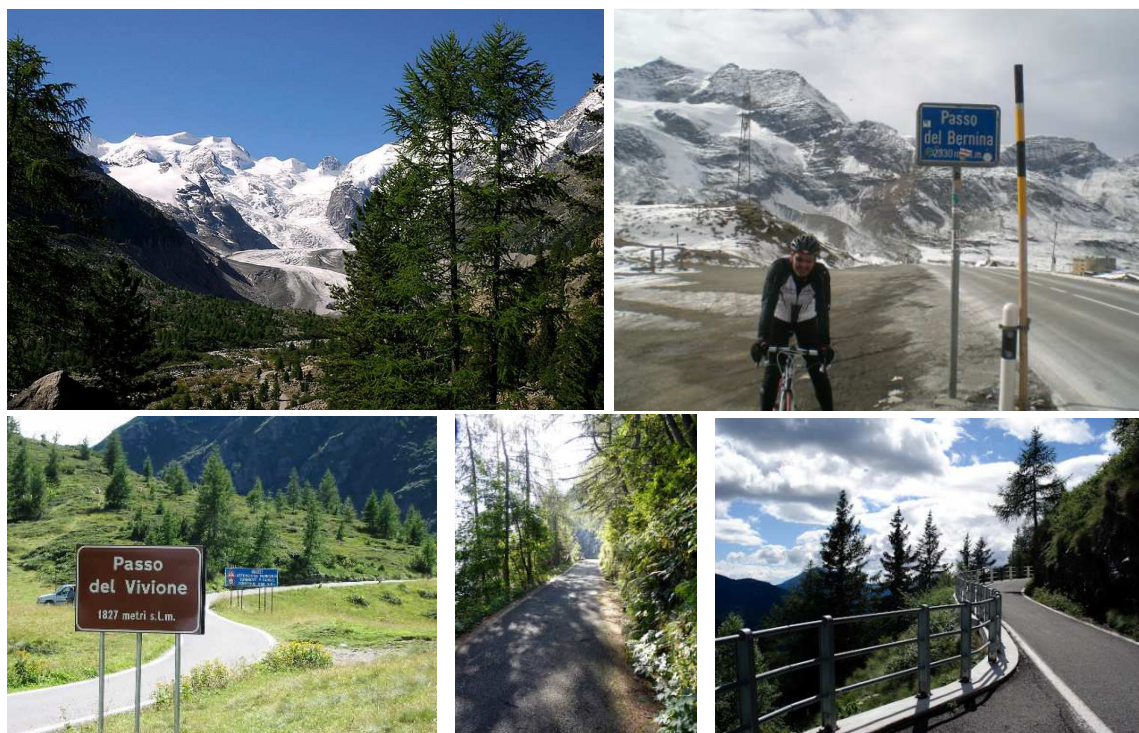
www.saratz.ch

The Stages

Day 5 / Thursday, 07. June

Pontresina - Breno / 111 km / 1.400 hm¹

Going up the Bernina, we have a moderate pass "for breakfast". Just three short serpentines – but a great view via the Morteratsch glacier fields to the summits of Piz Palü and Piz Bernina. On top at the Bernina-Hospiz you will be glad having a wind-vest. Driving down into Poschiavo is a 1.900hm difference ride. In Tirano we are leaving the Valley of Adda. Turning east in Stazzone we are starting the climb to Passo Aprica: one of the often-chosen stages of the Giro d'Italia. Behind the pass we are smoothly cycling down to Edolo – the summits of the Adamello group just in front. Now we need to decide: Those friends still having good reserves may turn right and go for the Passo del Vivione – really picturesque and a tremendous route – but a good piece of work! The others will enjoy rolling down the Val Camonica on the direttissima to Breno.



Tourhotel / Contingent open until 15.04.

Hotel Giardino

www.valcamonicahotel.it

hotelgiardino@cominelli.com

Breno

Via 28 Aprile n. 3

+39-0364-321184

Single / 40 € p.Person / Double 35 € p.Person including breakfast

Further Hotel Recommendations

La Casa Nera, B&B

www.lacasanera.it

¹ Detour including the Passo del Vivione; 156 km / 2.850 hm

The Stages

Day 6 / Friday, 08. June

Breno - Bergamo, Citta Alta / 86 km / 1.200 hm

Final Spurt! Behind Breno we are leaving the Val Camonica and are cycling up the Alps of Bergamo to the Croce di Salvèn; a part of the ride from our “Vivione-Heroes” from yesterday. From Dezzo di Scalve we are tackling the Passo della Presolana – our last pass. Meadows, woods and canyons are bordering our way via Clusone and Punte Nossa out of the Alps. Via minor roads alongside the smaller villages we will pass the city limit of Bergamo. One again we have to flex our muscles: With special permission of the town administration we are cycling up the narrow cobble stone pavement alleys up to the heart of the Citta Alta: the Piazza Vecchia – a great final of a grand tour.



Tourhotel / Contingent open until 15.04.

The Tourhotel in Bergamo as well as further recommendations will be announced shortly.

Further Hotel Recommendations

The Benefits + Costs

Arrival / Hotels on the way

Each participant has to book his accommodation on his own. We recommend to book the Tourhotel and to refer to the contingent under the code "Rotary Transalp" we arranged for. Please observe the conditions and cancellation policies.

In addition we named 1-2 alternative hotels which are close to the Tourhotel.

Meals are not included. But we are organising a dinner for each evening including a briefing for the next stage.

Benefits of the package / Service on the way

Entry Fee including a donation to the Dianino foundation

Information about the stages / a roadbook, to some extent including GPS-Tracks

BIB-short + jersey including your personal name

Transport of your duffle bag or backpack¹ on the tour

Guiding per collective

2-3 Stops / stage including water, beverages, fruits, energy bars , ...

small technical service included / spare parts are not included

Emergency doctor / ambulatory aid

limited bus service

Costs of the complete Tour	290,-€ + accommodation + meals
Costs for one stage / tappe	100,-€ as above, with personal jersey – but no bib-short
Costs for further stages / tappe	50,-€ per stage, as above, no jersey, no bib-short

Return Journey / Additional Benefits

Bus service on Saturday (09.06.) back to Villingen; option to leave in Chur, Feldkirch, St.Gallen and Constance: 120 € / Person incl. roadbike

You have a possibility to drop a bikebox or bikebag in Villingen. We have your box / bag transported to Bergamo: 15 € / Bikebox / Bikebag

Additional jerseys / apparel	46,-€ / Jersey, incl. driver's name
	55,-€ / BIB-short
	54,-€ / Windvest / Gilet (recommended ²)

¹ We recommend to take a backpack, if you do not stay at the tourhotel every time

² Early June it might be still somewhat chilly at 2.300 hm, there are long descents and an easy identification of your tourmates is highly recommended; please do not forget to order!

The Media / Sponsoring + Efficiency

We plan and support reports in following media:

Daily Video-Podcast	Daily Video about the stages on the homepage of the Rotary-Club + upload on Youtube incl. lead trailer of the title- / main sponsors and end titles of the further sponsors / RSS-feed in evaluation
TV	SWR3 / EURO3 / lokal stations
Daily Press	By involving the Rotary-Clubs "alongside the Tour" we assume an active reporting by the daily press
Specialised Press	Tour, Das Magazin 400.000 Readers / AWA-Analysis 2012 radsport-rennrad.de 45.000 visitors/mon. - 160.000 Pageimpressions roadbike 11.300 print run
Rotary-Magazines	58.580 Rotarians in Germany and Austria 12.500 Rotarians in Switzerland and Liechtenstein 45.000 Rotarians in Italy, Malta, San Marino
Tour-Cars	Tour- + Sponsoringposters on all cars / vans

We offer following packages to sponsors; adjustments open for negotiation:

Titelsponsor	Giving the Name to the Tour + exklusive sponsoring on jersey (=chest) + daily trailer in video-podcast + logo on posters, email, etc.
Main Sponsor	Arm- or shortsporing + daily endtitle in video-podcast + logo on posters, email, etc.
Sach-/ Sponsor	daily endtitle in video-podcast / logo on posters, email, etc.
Donators	All Donators supporting our beneficiary will appear on our posters

The organiser Rotary-Club Villingen-Schwenningen Mitte guarantees, that minimum 90% of your contribution will directly accrue to the Dianifno-Stiftung.

The Registration

Deadline: 15.04.

Please fax to +49-7721-903951 or email: hardacker@quantumboard.eu

Driver, Surname _____

Driver, Familyname _____

Street / Nr. _____ / _____

Zip-Code /Town _____ / _____

Land _____

email _____

Telephone _____

I sign in for the complete Tour¹ _____

I sign in for following stages: Sunday / 3. / Villingen-Constance _____

Monday / 4. / Constance-Feldkirch _____

Tuesday / 5. / Feldkirch-Lenzerheide _____

Wednesday / 6. / Lenzerheide-Pontresina _____

Thursday / 7. / Pontresina-Breno _____

Friday / 8. / Breno-Bergamo Citta Alta _____

I order in addition ² in	amount	S	M	L	XL	XXL
-------------------------------------	--------	---	---	---	----	-----

Jerseys	46 €	_____	_____	_____	_____	_____
---------	------	-------	-------	-------	-------	-------

BIB-shorts	55 €	_____	_____	_____	_____	_____
------------	------	-------	-------	-------	-------	-------

Windvest	54 €	_____	_____	_____	_____	_____
----------	------	-------	-------	-------	-------	-------

I order following additional service:

Transport of my bikebox / bikebag from Villingen to Bergamo _____

Returnbus including bike transport from Bergamo to Villingen³ _____

I have read and understood the discription / information about the tour as well as the information about cycling in a collective. I am attending this tour on my own risk and declare that I will not hold the organizer liable in any case.

In the unlikely event of cancellation of the tour, the organiser will refund 70 % of the fee after deduction of the costs for the apparel, which will be shipped to my address..

Name

Date

Signature / Firma

¹ please mark your package

² Please quantify additional apparel / mark your size in any case / see addendum "Jerseys, Sizing, etc."

³ You may drop-off in: Chur, Feldkirch, St. Gallen and Constance

Addendum: "Cycling in a Collective"

1. The groups will be headed by a guide and will cycle in a collective in general. You have to obey the instructions of the guides.
2. After stopping at traffic lights crossings or low-speed turns you have to accelerate at low speed to avoid an accordion-effect of the collective.
3. Turns have to be indicated by hand signal. Keep on cycling in two rows; avoid accumulation. At all stops, please take care not to restrain any other road user.
4. Please do not throw away any litter while cycling. Bins are available in the accompanying busses.
5. Please observe at descents:
 - the collective will be disbanded
 - try to cycle one-by-one
 - keep right
 - please adjust your speed at turns, crossings, etc.
 - the guide will indicate at the end of the descent, how the collective will be completed.
6. Please observe at ascents:
 - disbanding the collective will be indicated by the guide
 - everyone goes his own rhythm and speed
 - at the end of the ascent we wait for all other mates
7. Exemption will be announced by the guide.
8. As we are driving on public roads everyone has to adhere to national road traffic regulations.

Addendum: "Jerseys, Sizing, etc."

Drivers of the complete tour receive a jersey and a bib-short with their package. Drivers of single stages just receive a jersey within their package but no bib-short. Please mark your size in any case when registering.

If you would like to have a second jersey or a bib-short please mark your order on the registration.

We recommend to order the windvest / gilet. This is a good usable and small-sized piece. It might be chilly on the passes in early June; we have long descents and an easy identification of the team-mates is highly recommendable.

Guide line / Size	S	M	L	XL	XXL
Men	42/44	46/48	50/52	54/56	56/58
Women	36/38	40/42	44/46	46/48	48/50

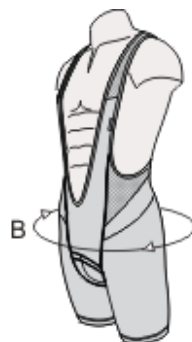
Jersey, short arm, full-Zip, 3 back-pockets

Windvest / Gilets with meshback, 1 Zip-pocket

Guide line / Size	S	M	L	XL	XXL
Chest-perimeter, (B) in cm	82-90	90-98	98-106	106-114	114-118

BIB-short

Guide line / Size	S	M	L	XL	XXL
Bottom-perimeter (B) in cm	90-98	98-106	106-114	114-122	122-130



Contact / Requests

Rotary Club
Villingen-Schwenningen Mitte

Helge Hardacker
Bäregasse 5
78050 Villingen-Schwenningen

+49-7721-903-950
hardacker@quantumboard.eu