



# THE TRAKA GUIDE

THE TRAKA

KLA  
SSM  
ARK  
KLA  
#NOMADIC  
NATURE





## INDEX

1. WELCOME TO THE GRAVEL PARADISE ☀️
2. WHAT SHOULD YOU KNOW BEFORE THE TRAKA?
4. OFFICIAL PROGRAM
5. START & FINISH MAP
6. OTHER ACTIVITIES OF THE TRAKA
7. MAPS, TRACKS & FEED ZONE INFO
8. BIKE RECOMENDATIONS
9. SURFACE
10. CLIMATE
11. 360K BIKE VALIDATION
12. CHECK-IN
13. 200K & 360K GEOLOCATORS
14. MATERIAL
15. LIFE BAG 200K & 360K
16. GRAVA PALS 200K & 360K
17. DEPARTURE AND ARRIVAL
18. START BOXES
19. BOTTLE NECKS
20. NOT PERMITTED
21. ASSISTANCE
22. INTERNAL ASSISTANCE
23. EMERGENCIES
24. EMERGENCY CONTACT
25. ABANDONNING
26. SECURITY
27. MANIFEST





## WELCOME TO THE GRAVEL PARADISE

Welcome to the second edition of The Traka organized by Klassmark, an entity dedicated to the organization of sporting events founded in 2010. More than 150 races behind them.

## WHAT SHOULD YOU KNOW BEFORE THE TRAKA?

The Traka is a non-competitive bike ride.

Roads and highways are open to traffic

The highway code is strictly enforced

You must not exceed 20 km/h in the interior of the villages.

There are no markings or signage

You must be guided by a GPS navigation system

Ethics and companionship are the most important values - We demand respect and love for the environment.

PROGRAM

LOCATIONS

PARKING

A photograph showing large, light-colored wooden letters spelling out 'GIRONA' in a grassy field. The letters are arranged in a row, and the background consists of green trees and a clear sky.

# OFFICIAL PROGRAM

We invite you to live and share an unforgettable week of gravel. Do not miss the program of The

## TUESDAY 25 APRIL 2023

9:30 / **Zipp** Gravel ride · The Traka Climb recon

## WEDNESDAY 26 APRIL 2023

9:30 / **SRAM** Gravel ride

17:30-18:30 / **PAS NORMAL STUDIO HILL CLIMB CHALLENGE CHECK-IN**

18:00 - 18:30 / **PNS HILL CLIMB CHALLENGE START**

19:30 / **PAELLA**

## THURSDAY 27 ABRIL 2023

9:30 / Little XPLR Gravel ride to warm up the legs

10:00 / The W rides

19:00 / PRESENTACIÓN GRAVEL EARTH SERIES

## FRIDAY 28 DE ABRIL 2023

10:00 / **Lauf** Ride

15:00 - 19:00 / BIKE VALIDATION 360K

15:30 - 19:00 / CHECK-IN 360 & 200

18:00 / PRESENTATION CYCLISTS 200

18:30 / PRESENTATION CYCLISTS 360

## SATURDAY 29 APRIL 2023

5:00 - 5:45 / COFFEE BREAKFAST & GO

6:00 / DEPARTURE 360

5:45 - 6:45 / CHECK-IN 200 / COFFEE BREAKFAST & GO

7:00 / DEPARTURE 200

13:30 - 22:00 / ARRIVALS 200

18:30 - 21:00 / CHECK-IN 100 & 50

19:20 - 00:00 / ARRIVALS 360

## SUNDAY 30 APRIL 2023

7:15 - 8:15 / CHECK-IN 100 & 50 / COFFEE BREAKFAST & GO

8:30 / DEPARTURE 100 & 50

00:00 - 14:00 / ARRIVALS 360

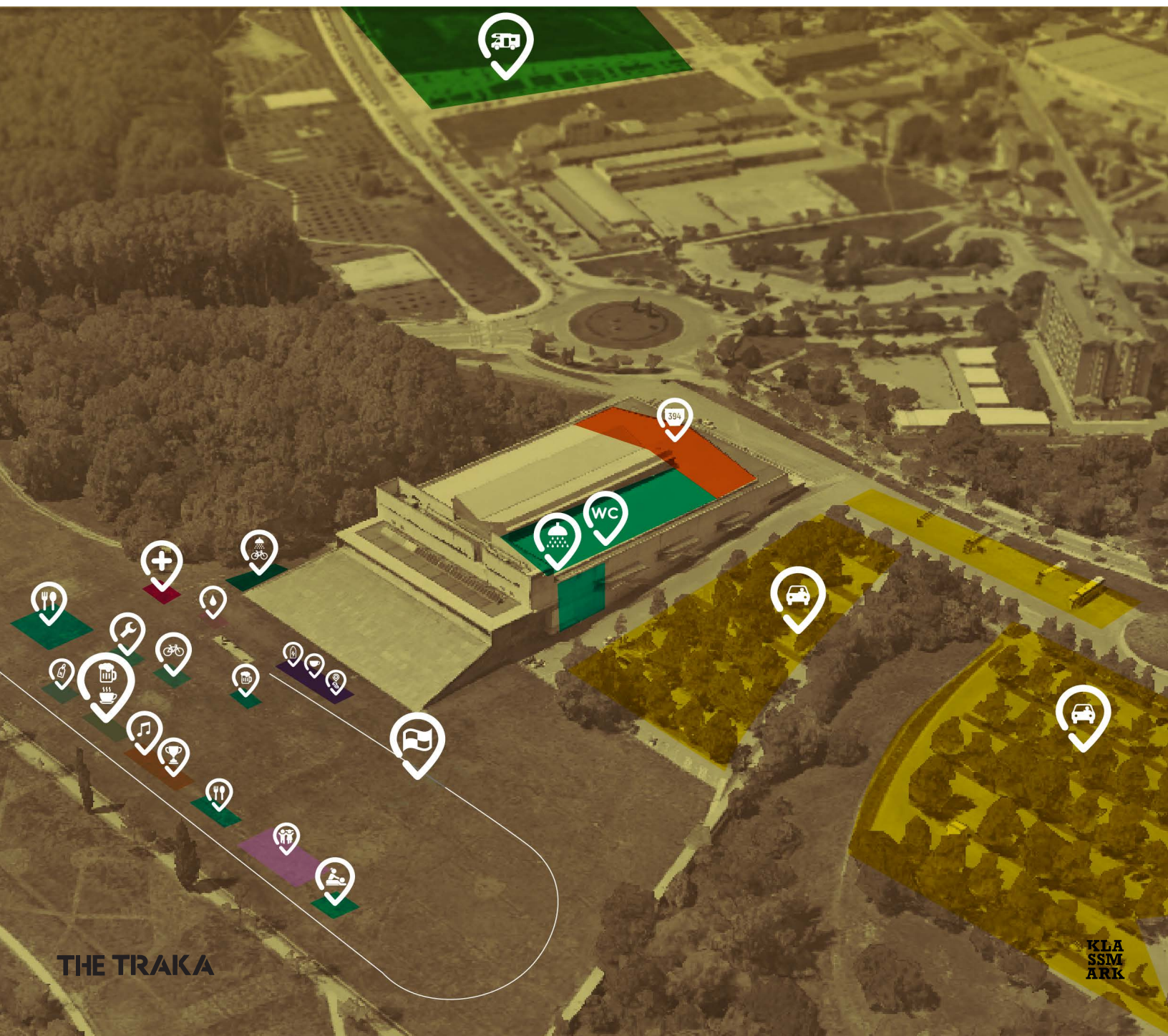
10:15 -12:30 / ARRIVALS 50

11:55 -15:30 / ARRIVALS 100

12:30 / CLOSING CEREMONY



This is the map of the Start & Finish area of The Traka. Here you will find all the information you need to orient yourself in the area and make the most of the experience. In this map you will find the key places such as restrooms, showers, food trucks, the ambulance, the start and finish line, the doctors, the beverage area, where to check-in, and much more. This way you don't miss any details and take full advantage of everything the base has to offer.





OTHER ACTIVITIES OF THE TRAKA

NO NATURE



NO FUTURE

PAS NORMAL  
STUDIOS®

INTERNATIONAL CYCLING CLUB

# HILL CLIMB CHALLENGE

3.5 KM / +250M

SANT MIQUEL CLIMB + SUNSET PARTY  
WEDNESDAY 26 APRIL · 6 PM - 8 PM

THE TRAKA

KLA  
SSM  
ARK



OTHER ACTIVITIES OF THE TRAKA

**SRAM**

&

**ZIPP**

KID S

GIRONA

25, 26 & 27 OF APRIL · 9:30 AM

THE TRAKA

KLA  
SSM  
ARK



OTHER ACTIVITIES OF THE TRAKA

# Gravel Earth Series

THURSDAY 27 APRIL - 7 PM

## GRAVEL EARTH SERIES PRESENTATION

OPENING BY: Jered Gruber y Ashley



## MAPS, TRACKS & FEED ZONE INFO

You will find all the detailed information of the four routes on the website of The Traka. Check the profile, mileage, elevation gain and the location of the refreshment posts.

360K

200K

100K

50K

- The first few kilometers of all four routes are designed to divide and stretch the large group without technical sections to ensure smooth traffic flow.
- The departure schedule is designed to avoid traffic as much as possible during the first few hours.
- The 360K route includes a 7-kilometer singletrack section in the Cap de Creus Natural Park. Please ride slowly and carefully within the towns of El Port de la Selva, Cadaqués and Roses.
- Catalonia is a safe place. You will not encounter conflicts or dangerous animals during the route.
- Respect traffic regulations as well as the rural and human life of the environment throughout the route.
- We may modify the route due to weather conditions up until the day before the event. Any modification will be communicated by email.
- On Thursday, the 27th, we will send an email with instructions and a Komoot code so that you can download the final track for free.
- All provisional tracks before Thursday, the 27th, will not be valid.
- Once you have uploaded the track to your GPS system, make sure it has loaded correctly.
- Remember that the route is not marked. There are no tapes or signalling elements except for the start and finish.
- All paths are clean. If you find a dirty road, you must turn back.
- In the event of finding a road closed due to a traffic accident or construction, you can recalculate to return to the track as soon as possible.
- On the 360K route, you can deviate from the track to eat, drink, sleep, or repair your bicycle. Afterwards, you will have to resume the route at the same point where you left it.

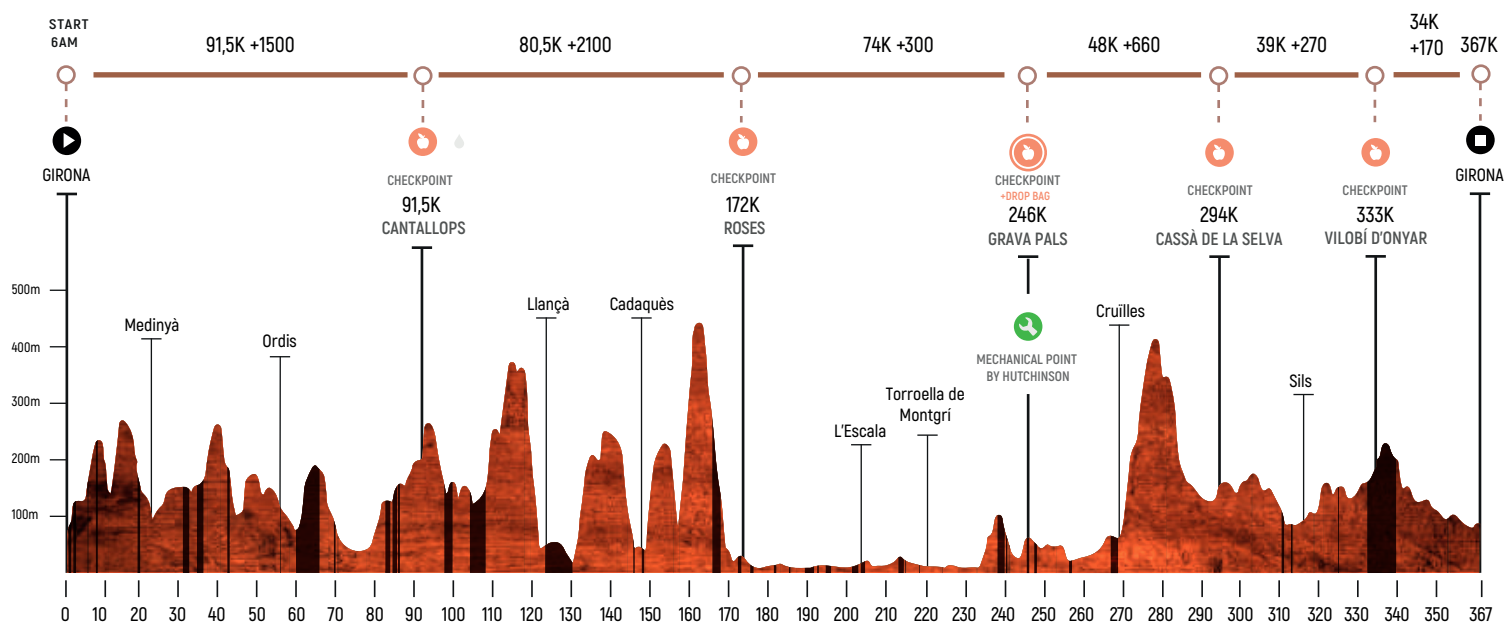




# THE TRAKA 360

PARKING

GRAVEL ●  
ROAD ●



## THE TRAKA 360 FEED ZONE 1

Km 91,5 - Cantallops

FIRST CYCLIST

9.20h

CUTTING TIME

13.30h

CYCLING SPEED (Km/h)	27,5	25	22,5	20	17,5	15	12,5	11,5
ESTIMATED TIME OF ARRIVAL	9.20h	9.39h	10.04h	10.34h	11.13h	12.06h	13.19h	13.58h

## THE TRAKA 360 FEED ZONE 2

Km 172 - Roses

FIRST CYCLIST

12.30h

CUTTING TIME

20.30h

CYCLING SPEED (Km/h)	27,5	25	22,5	20	17,5	15	12,5	11,5
ESTIMATED TIME OF ARRIVAL	12.30h	12.52h	13.38h	14.36h	15.49h	17.28h	19.45h	20.59h



## THE TRAKA 360 FEED ZONE 3

Km 246 - Pals



FIRST CYCLIST	15.00h
CUTTING TIME	18.00h

CYCLING SPEED (Km/h)	27,	25	22,	20	17,5	15	12,	11,5
ESTIMATED TIME OF ARRIVAL	15.00	15.50	16.56	18.18h	20.03	22.24	01.40	03.27

## THE TRAKA 360 FEED ZONE 4

Km 294 - Cassà de la Selva



FIRST CYCLIST	16.45h
CUTTING TIME	9.30h

CYCLING SPEED (Km/h)	27,	25	22,	20	17,5	15	12,	11,5
ESTIMATED TIME OF ARRIVAL	16.45h	17.45h	19.04	20.42	22.48	01.36	5.31h	07.38

## THE TRAKA 360 FEED ZONE 5

Km 333 - Vilobí d'Onyar



FIRST CYCLIST	18.00h
CUTTING TIME	12.15h (+1)

CYCLING SPEED (Km/h)	27,	25	22,	20	17,5	15	12,	11,5
ESTIMATED TIME OF ARRIVAL	18.06	19.19h	20.48	22.39	01.01	04.12	08.38	11.02h



# THE TRAKA 360 FINISH LINE

Km 367 - Fontajau, Girona



FIRST CYCLIST	19.20h
CUTTING TIME	14.00h

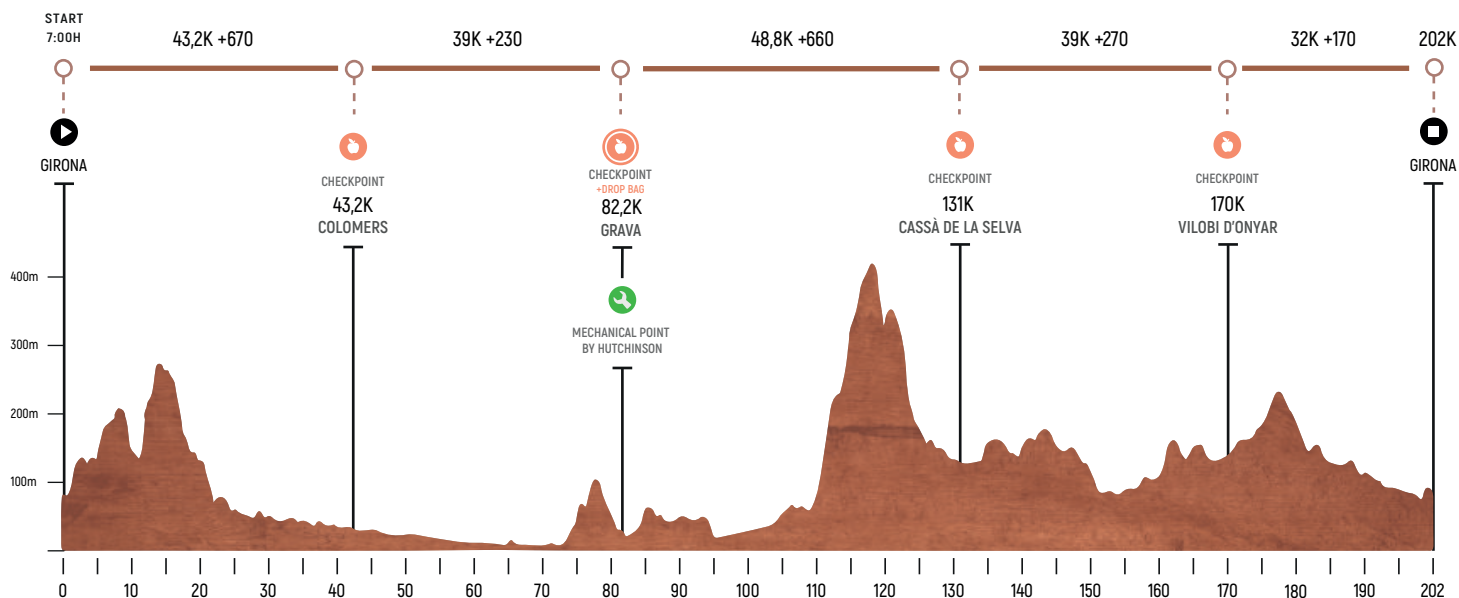
CYCLING SPEED (Km/h)	27,5	25	22,5	20	17,5	15	12,5	11,5
ESTIMATED TIME OF ARRIVAL	19.20h	20.40h	22.18h	00.21h	02.58h	06.28h	11.21h	14.00h





# THE TRAKA 200

PARKING



## THE TRAKA 200 FEED ZONE 1

Km 43,2 - Colomers

FIRST CYCLIST

08.15h

CUTTING TIME

09.30h

CYCLING SPEED (Km/h)	31	30	27,5	25	22,5	20	17,5	15	13,5
ESTIMATED TIME OF ARRIVAL	08.23h	08.26h	08.34h	08.43h	08.55h	09.09h	09.28h	09.52h	10.12h

## THE TRAKA 200 FEED ZONE 2

Km 82,2 - Grava, Pals

FIRST CYCLIST

09.30h

CUTTING TIME

12.45h

CYCLING SPEED (Km/h)	31	30	27,5	25	22,5	20	17,5	15	13,5
ESTIMATED TIME OF ARRIVAL	09.39h	09.44h	09.59h	10.17h	10.39h	11.06h	11.41h	12.28h	13.06h

## THE TRAKA 200 FEED ZONE 3

Km 131 - Cassà de la Selva



FIRST CYCLIST	11.00h
CUTTING TIME	17.00h

CYCLING SPEED (Km/h)	31	30	27,5	25	22,5	20	17,5	15	13,5
ESTIMATED TIME OF ARRIVAL	11.13h	11.22h	11.45h	12.14h	12.49h	13.33h	14.29h	15.44h	16.43h

## THE TRAKA 200 FEED ZONE 4

Km 131 - Vilobí d'Onyar



FIRST CYCLIST	12.30h
CUTTING TIME	20.00h

CYCLING SPEED (Km/h)	31	30	27,5	25	22,5	20	17,5	15	13,5
ESTIMATED TIME OF ARRIVAL	12.29h	12.40h	13.10h	13.48h	14.33h	15.30h	16.42h	18.20h	19.37h

## THE TRAKA 200 FINISH LINE

Km 367 - Fontajau, Girona



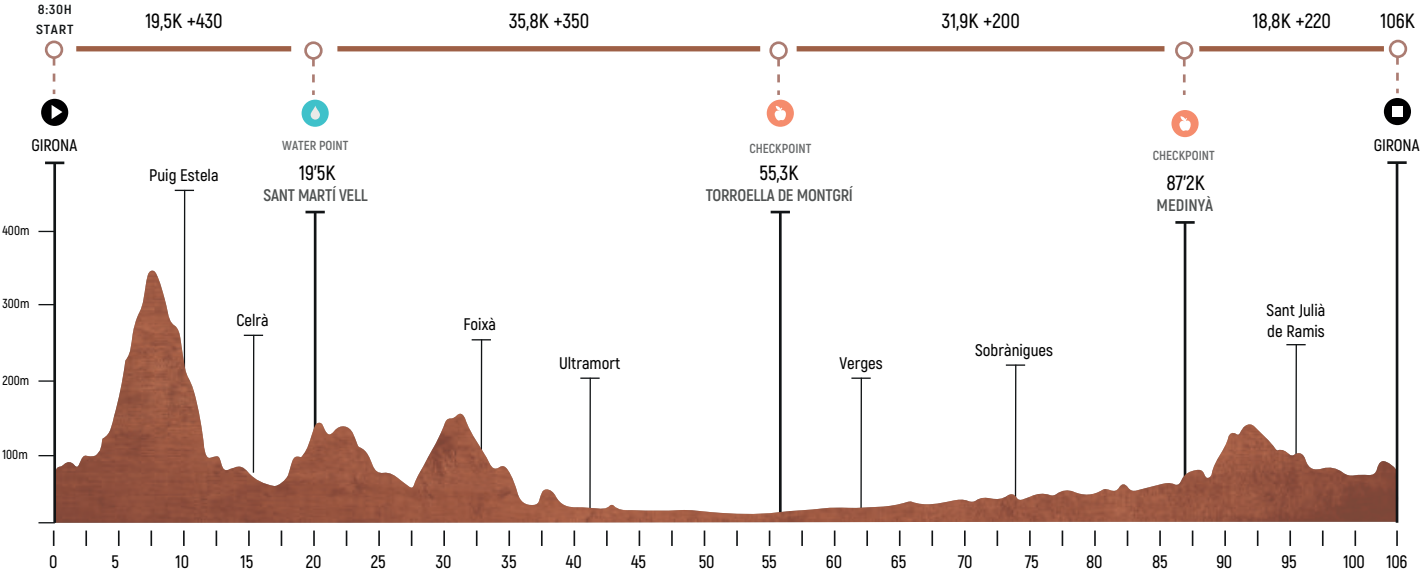
FIRST CYCLIST	13.30h
CUTTING TIME	22.00h

CYCLING SPEED (Km/h)	31	30	27,5	25	22,5	20	17,5	15	13,5
ESTIMATED TIME OF ARRIVAL	13.30h	13.44h	14.20h	15.04h	15.58h	17.06h	18.32h	20.28h	22.00h



THE TRAKA 100

PARKING



THE TRAKA 100 FEED ZONE 1

Km 19,5 - Sant Martí Vell



FIRST CYCLIST

CUTTING TIME

09.15h

10.00h

CYCLING SPEED (Km/h)	31	30	27,5	25	22,5	20	17,5	15
ESTIMATED TIME OF ARRIVAL	09.07	09.09	09.12	09.16	09.22	09.28	09.36	09.47

THE TRAKA 100 FEED ZONE 2

Km 55,3 - Torroella de Montgrí



FIRST CYCLIST

CUTTING TIME

10.20h

12.15h

CYCLING SPEED (Km/h)	31	30	27,5	25	22,5	20	17,5	15
ESTIMATED TIME OF ARRIVAL	10.17	10.20	10.30	10.42	10.57	11.15	11.39	12.09

# THE TRAKA 100 FEED ZONE 3

Km 87,2 - Medinyà



FIRST CYCLIST	11.20h
CUTTING TIME	14.20h

CYCLING SPEED (Km/h)	31	30	27,5	25	22,5	20	17,5	15
ESTIMATED TIME OF ARRIVAL	11:18	11:24	11:40	11:59	12:22	12:51	13:28	14:15

# THE TRAKA 100 FINISH LINE

Km 106 - Fontajau, Girona



FIRST CYCLIST	11.55h
CUTTING TIME	15.30h

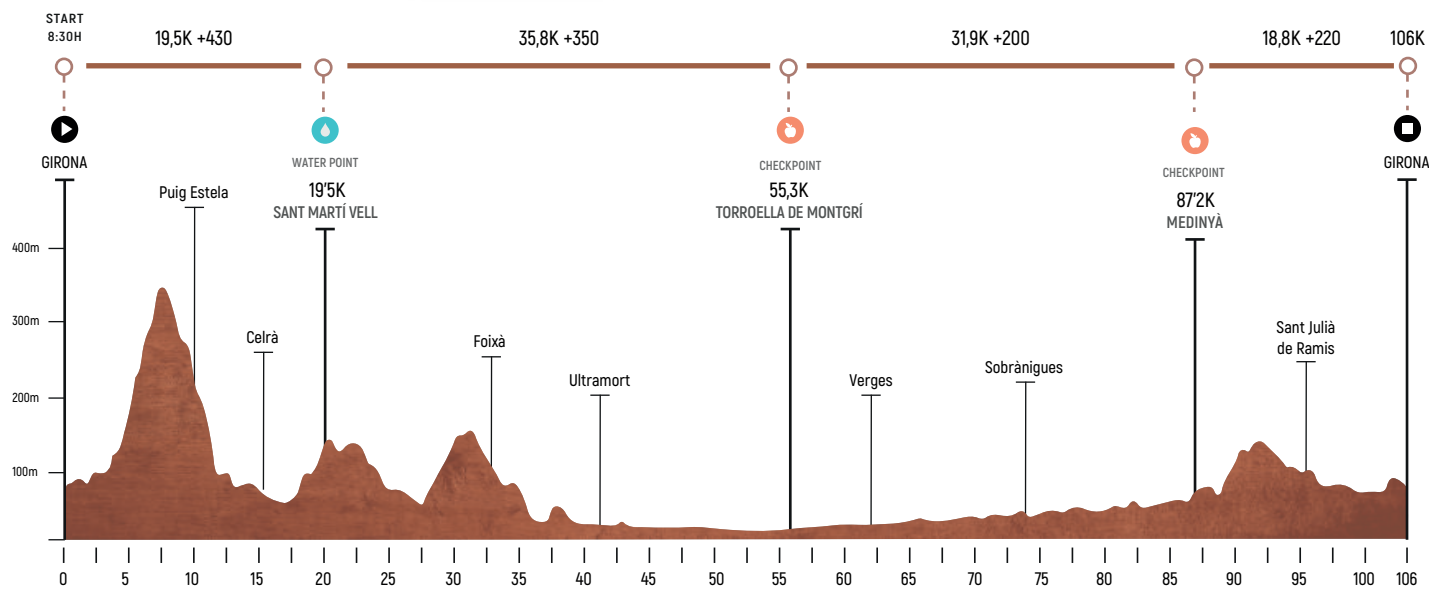
CYCLING SPEED (Km/h)	31	30	27,5	25	22,5	20	17,5	15
ESTIMATED TIME OF ARRIVAL	11:55	12:02	12:21	12:44	13:12	13:48	14:33	15:30





# THE TRAKA 50

PARKING



## THE TRAKA 50 FEED ZONE 1

Km 19,5 - Sant Martí Vell



FIRST CYCLIST | 09.15h  
CUTTING TIME | 10.15h

CYCLING SPEED (Km/h)	28,5	27,5	25	22,5	20	17,5	15	12,5
ESTIMATED TIME OF ARRIVAL	09.11	09.12	09.16	09.22	09.28	09.36	09.48	10.03

## THE TRAKA 50 FEED ZONE 2

Km 30 - Medinyà



FIRST CYCLIST | 09.40h  
CUTTING TIME | 11.15h

CYCLING SPEED (Km/h)	28,5	27,5	25	22,5	20	17,5	15	12,5
ESTIMATED TIME OF ARRIVAL	09.03	09.05	09.12	09.20	09.30	09.42	10.00	10.24

# THE TRAKA 50 FINISH LINE

Km 50 - Fontajau, Girona



FIRST CYCLIST	10.15h
CUTTING TIME	12.30h

CYCLING SPEED (Km/h)	28,5	27,5	25	22,5	20	17,5	15	12,5
ESTIMATED TIME OF ARRIVAL	10.15	10.19	10.30	10.43	11.00	11.21	11.50	12.30





## BIKE RECOMENDATIONS

- You can participate in TheTraka with any type of bike. For us, gravel doesn't worry about handlebars.
- You can participate with bars on your handlebar. We consider that these extensions do not provide any extra benefit in this terrain and very few people use them.
- Remember to always keep an eye on your bike.

## SURFACE

If you are planning to participate in The Traka, it is important that you take into account the terrain specifications and the necessary equipment to enjoy the experience to the fullest.

- 80% of the route consists of well-maintained gravel paths, 5% singletrack and 15% secondary roads.
- The ideal tire choice for good bike handling is 40mm; for less experienced riders we recommend between 42 and 45mm.
- It is also recommended to use 700 wheels to ensure better performance on the terrain.

Don't forget to keep these recommendations in mind in order to make the most of your adventure in The Traka.



# CLIMATE

Girona has a Mediterranean climate with continental influences. For The Traka you should be prepared for changing weather conditions due to its location near the Mediterranean coast and surrounded by mountains.

At this time of year, you may feel comfortable in short sleeves and shorts, but it is also important to note that temperatures can drop during the night and also you may encounter windy and rainy conditions.

- The temperatures during this time of the year range from 10 to 25 degrees Celsius. During the night, they can drop to below 10 degrees Celsius.
- The Mediterranean climate is very varied and changing.
- In the northern parts of the route, there may be Tramuntana winds.
- There are winds for 150 days a year.
- Remember that you may encounter windy and rainy conditions.





## 360K BIKE VALIDATION

Safety is a priority in any race, and the 360K distance at The Traka is no exception. If you are participating in the 360K distance, it is important to know that you must validate your bike before taking the start. Validation will take place on Friday from 3PM to 7PM at the Start & Finish area.

During validation, we will check various safety aspects of your bike:

- The red rear light
- Brakes, steering
- And bottom bracket

Participants with a bicycle without the validation tag will not be able to start the race.

## CHECK IN

The check-in and race number pick-up is an essential process before the race to ensure the correct identification of the participants and their safety during the competition.

- All participants must attend the check-in in person to collect their race number at the Start & Finish area.
- You must present your identification document at the check-in.
- If you did not choose the insurance option at the time of registration, you must present your federation card or the insurance policy that covers you for the activity in case of an accident.
- If you cannot attend the check-in in person, a third person can collect your race number if they have your authorization and provide the documentation required as detailed in the previous points.

So make sure you have everything you need to enjoy the race with total security and peace of mind.



## GEOLOCATORS 200 K & 360 K

To ensure the safety and tracking of participants, it is mandatory that runners of the 200K and 360K distances pick up a geolocator during check-in.

- The geolocator will be delivered turned on. It is strictly forbidden to manipulate it.
- The device must always be placed inside the transparent waterproof bag that you will receive. It is strictly forbidden to carry it outside this bag.
- The lights of the geolocator must always face upwards to emit frequency; never downwards.
- You must place the device on the top of the handlebar bag, in the back pocket of your jersey, or on the top of the hydration backpack.
- Before the start of the race, we will conduct a check to verify all devices
- Participants in the 360K distance who are going to spend the night in a hotel, apartment or house must pick up a charger during the check-in to charge the device overnight. The geolocator restarts constantly when it cannot find a frequency, and the battery would run out.
- Participants of the 360K distance who stop at the Pals checkpoint do not need to collect a charger. They must leave the geolocator outside the room if they enter to rest.
- You can follow the ride via TracktheRace.
- You will receive the tracking link via email. Forward it to your friends and family so they can follow your progress live.

Remember, safety and respect for the rules are fundamental for everyone to enjoy an unforgettable experience at The Traka.





## MATERIAL

In any sporting activity, the choice of material is key to enjoy a safe and satisfactory experience. In The Traka, the organization pays special attention to ensure the safety of the participants, so there are certain mandatory material that you must carry with you at all times.

- The red light at the back, the white light in front, the unsilenced cell phone in case we want to call you and the geolocator that we will provide you with are mandatory at the 360K distance.
- Unmuted cell phone in case we want to call you and the geolocator we will provide you with are mandatory at the 200K distance.
- Unmuted cell phone in case we want to call you is mandatory for 50K and 100K distances.
- It is highly recommended to have a bell to warn pedestrians.
- The rest of the equipment is your responsibility. Keep in mind that you may encounter different weather conditions and pedestrians.
- Remember that for participants in the 360K you may need to bring additional equipment as sleeping bag, food, credit card, etc. depending on your race planning.

Remember that your safety is the most important thing, so make sure you have all the necessary equipment to enjoy a unique experience.



## LIFE BAG

The life bag is a service available to participants of the 200K and 360K distances at The Traka.

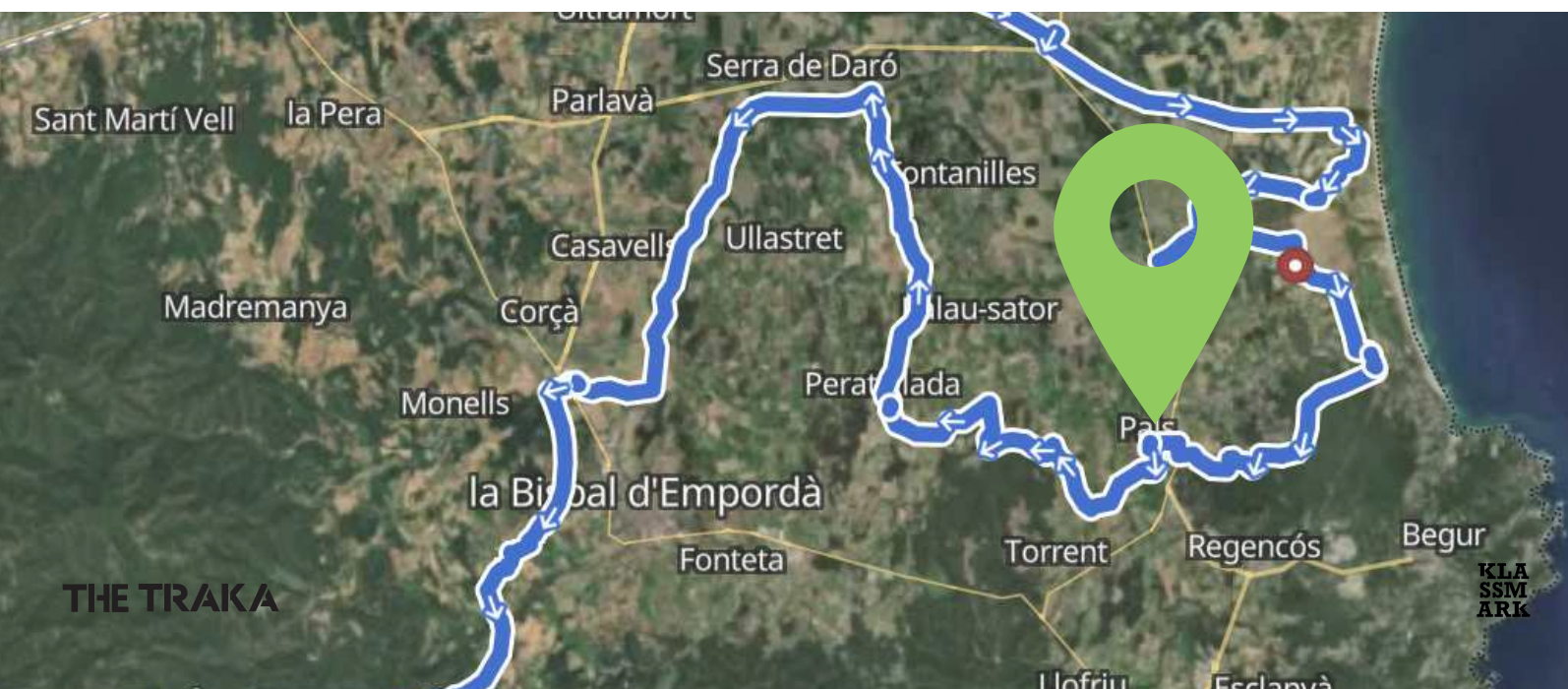
- There will be a life bag service for the 200K and 360K distances.
- You can leave a life bag with the belongings you consider necessary at the check-in area.
- You will find your life bag at the feed station Grava Pals.
- You can collect the bag you leave at Grava Pals upon arrival at the Start & Finish area after finishing the ride; 200K on Sunday at 13:00 at Parc de les ribes del ter.

Don't worry about carrying too much weight or unnecessary things on your bike, take advantage of this free service to have everything you might need at your disposal.

## GRAVA, PALS

Grava Pals is a key point for the participants of the 200K and 360K distances.

- We recommend all spectators to visit the town of Pals and go to the feed station at Grava Pals.
- Remember that you can drop off a life bag during check-in that you will find it at this point.
- Cyclists on the 360K route will have a rest area to lie down and rest for as long as they see fit.
- This rest area is not equipped with mattresses.
- Remember to pack a mat in your life bag if you want to rest comfortably.
- In Grava Pals, you will also find a mechanical point to solve any minor incidents or breakdowns.
- In Grava Pals, there will also be physiotherapy service for participants of the 360K distance from 4:30pm to 10pm.





## DEPARTURE AND ARRIVAL

The start and finish are key moments in any race, and in the case of The Traka, it is important to pay special attention to the first and last kilometers of each distance to follow the track correctly.

- The first and last kilometers of each route will be marked.
- Pay close attention to these sections to follow the track correctly.
- Each distance has a separate start, except for the 50K and 100K routes which are combined.
- If you arrive in Girona early, we recommend reviewing the final kilometers up to the finish line.

## START BOXES

- In the 50K, 100K and 360K distances, there will be a single central start pen without priority that will open 20 minutes before the start.
- In the 200K distance there will be an elite start pen reserved for cyclists with bib numbers 500 to 650.
- Women who fall outside this range and want to start in the elite start pen, should send an email to [info@klassmark.com](mailto:info@klassmark.com). Applications will not be accepted after Thursday 27th at noon.
- The elite start pen for the 200K distance will also have access to the men's and women's Top5 of the Pas Normal Studios Hill Challenge, which will be held on Wednesday, April 26 starting at 6pm.
- Both the elite start pen and the central drawer with the rest of the participants will open 20 minutes before the start. The elite start pen will close 15 minutes before the start. No entries will be accepted after the closing time.
- The first five kilometers are neutralized. You will have time to find your position in the race during this stretch.



## BOTTLE NECKS

- If it rains in the days leading up to the event, it's possible that puddles may form causing some congestion in the first few kilometers.
- A fall can also cause a bottle neck during the first part of the route.
- In these situations, it's important that the good atmosphere and empathy among participants prevails above all.
- We must have patience. This is gravel, and these situations are part of the game, as well as punctures, breakdowns, or slower singletrack sections.

## NOT PERMITTED

In The Traka there are certain actions that are not allowed and, if detected, may result in a time penalty or even disqualification.

- Receiving external assistance outside of the feed stations.
- Exceeding 20km/h inside the villages.
- Overtaking inside the villages.
- Not respecting traffic rules.
- Drafting behind a group without taking turns. Set your own pace and do not rely on anyone.
- Not helping a fellow participant who has had a fall or a mechanical issue.
- Being pushed or dragged.
- Using the same partner throughout the route to benefit from drafting.
- Furthermore, if you throw any object on the ground it will be reason for disqualification. Make sure your empty gels go back into your jersey pocket.

It is important to keep these rules in mind to ensure safety and fairness in the competition.





## ASSISTANCE

The organization of The Traka wants to ensure that the race takes place under fair conditions for all participants and, therefore, a series of rules have been established that must be followed during the course.

- It is completely prohibited to receive external assistance outside of the feed zones.
- All feed zones will have the assistance area marked.
- If you are assisted outside of these zones, you will receive a penalty or be disqualified.

The competition should be run on a level playing field for all runners and outside assistance may give an advantage to some, which is unfair to others. Therefore, a call for responsibility and sporting ethics is made to ensure that The Traka is a clean and fair race.

## INTERNAL ASSISTANCE

Internal support in cycling races is a very sensitive issue, as it can be a determining factor in the final result of the competition. That is why in The Traka, it is strictly forbidden to receive inside help from another participant.

- It is strictly prohibited to receive internal assistance from another participant.
- If you are pushed by a teammate or towed by any means, you will receive a penalty or be disqualified.
- In cases of a compete with yourself and your strength, you cannot benefit from the same teammate throughout the course.

It is the responsibility of each rider to respect these rules and to avoid any unfair advantage.



## EMERGENCIES

The safety of the participants is a priority for Klassmark. In the event of a physical or mechanical emergency during the course, certain measures are put in place to guarantee the integrity and well-being of the competitors.

- In case of a medical or mechanical emergency, you can take any means of transportation, but you must inform the organization beforehand.
- To continue, you must rejoin the route at the same point where you left it.

## EMERGENCY CONTACT

All participants have the organization and emergency number on their race number, but it is good to have more references. Here are some points and emergency contacts near The Traka.

- Citizen assistance: 112
- Hospital Trueta: +34 972 940 200
- Hospital Trueta: [Link Google Maps](#)





## ABANDONING

To ensure the safety of all participants, it is important to follow the rules established in case of abandonment of the race.

- If you abandon due to breakdown or fatigue, you must return on your own means.
- Remember that it is totally forbidden to return by bike on highways and national roads.
- If you want to return with organization vehicles, you must adjust and wait for the scheduled time.  
200k: Colomers: 10AM, Grava Pals: 12PM, Cassà de la Selva: 2PM  
360k: Cantallops: 12PM Roses: 5PM, Grava Pals: 9PM

## SECURITY

Several management and security teams will be present throughout the event to ensure the integrity of the participants. In.

- You will find a contact phone number for emergencies on your race number.
- Remember that you must have insurance to participate.
- If you have your own insurance and haven't arranged it with us, check its' coverage to make sure it covers the activity.
- Keep in mind that in the 360K distance, it must cover you for the entire 36 hours and two days.





# MANIFEST

TheTraka is a unique opportunity to enjoy gravel riding at its finest in one of the most beautiful areas of our territory.

Our goal is to finish; ours is to take care of you and this idyllic environment for the practice of this sport. We must not leave a trace. Only with love and respect for the environment can we enjoy TheTraka for many years more. Ethics, sportsmanship and companionship amongst all participants must rule over any competition.





# THE TRAKA GUIDE

presented by:

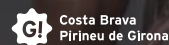
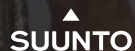


**PAS NORMAL  
STUDIOS®**  
INTERNATIONAL CYCLING CLUB

**SRAM®**

**ZIP®**

sponsors:



THE TRAKA

KLA  
SSM  
ARK