



# RANDS FJORD RUNDT

5<sup>th</sup> June – Constitution Day

## The bike race “Rands Fjord Rundt” 2017



**BIKE RACE**  
5<sup>th</sup> June 2017



Register before 15. April and participate in the draw on, among other things, a racing bike from BC BIKESHOP.



Photos: Gert Lykke Jensen



**Fredericia C**



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### CHALLENGES FOR EVERYONE

Fredericia CC welcomes all bike-lovers to the 37. edition of Rands Fjord Rundt. Edition 2017 has five distances 180, 135, 70, 35 and 17 km. All routes are on small and hilly roads in the nature around Fredericia, and the finish area is cosy and situated in the centre of Fredericia.

### THE ROUTES

**The 17- and 35 km routes** are the less challenging and often preferred by families, and those who just want to join and enjoy the feeling of freedom on the bike.

**The 70 km route** is for the further experienced biker who wants challenges.

**The 135 km route** is the popular long route with 18 local Danish climbs, which accumulates 1,300 meters of ascent – absolutely a huge challenging adventure.

**The new 180 km route** is the marathon distance, which we now offer since we have experienced that more and more bikers want extra challenges. The distance and the 2,000 meters of ascent makes the route one of the toughest in category in Denmark.

The two longest routes go through Elbodalen and to the hilly area south of Kolding and west of Vejle, among others to the well-known Munkebjerg Climb.

All routes passes through beautiful nature, and if you take your time you might see a number of rare species of birds near Rands Fjord as well as the historical water mills which are characteristic for the area.

### WELL-SUPPLIED PITS

The distance between the pits is approx. 30 km. In the pits you will find liquids, fruit and other energy for your ride. Fruit and water is available after the exertion.

### SAFETY

All riders must wear helmets. Everybody must observe rules of the road. Police or officials will regulate the most critical spots on the routes. On the three long routes cars and motorcycles will lead the fronts and the pelotons.

### REGISTRATION

You make the registration on [www.sporti.dk](http://www.sporti.dk).

There is timing on all routes. Start package incl. chip will be handed out in the start area – meet minimum one hour before your start. You will find start-time for the distances and other relevant information on [www.sporti.dk](http://www.sporti.dk) and on the web page of the race [www.randsfjordrundt.dk](http://www.randsfjordrundt.dk).

### START AND FINISH IN OLDENBORGGADE NEAR GAMMELHAVN

Start and finish is in the centre of Fredericia, where you can enjoy the view over Lillebælt, let the kids have fun in the bouncing castle and have some food before and after the race.

### SEE YOU MONDAY 5<sup>TH</sup> JUNE 2017

### KEEP IN MIND

- Registration on the web side means lower costs.
- Registration before 15<sup>th</sup> April, and you might be the lucky winner of a new race bike from BC BIKESHOP.
- Free registration if you are younger than 18 years of age.



Scan and register on Sporti.dk

