

# BRAAAAAPP!

PIKES PEAK



## PROGEO® TECHNOLOGY

Metamorphosis started! From now on, PROgression and GEOMETRY are in your hands. The brand-new PROGEO technology allows you to adapt the characteristics of your PIKES PEAK to the terrain on the fly – whether rough, flowing, technical or full speed.

[rosebikes.com/pikespeak](http://rosebikes.com/pikespeak)

**ROSE**  
CYCLE YOUR WAY

# CYCLESTORIES

ISSUE 03/2017



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PRESENTED BY  
**ROSE**



# WILDCAT.

PRO CROSS



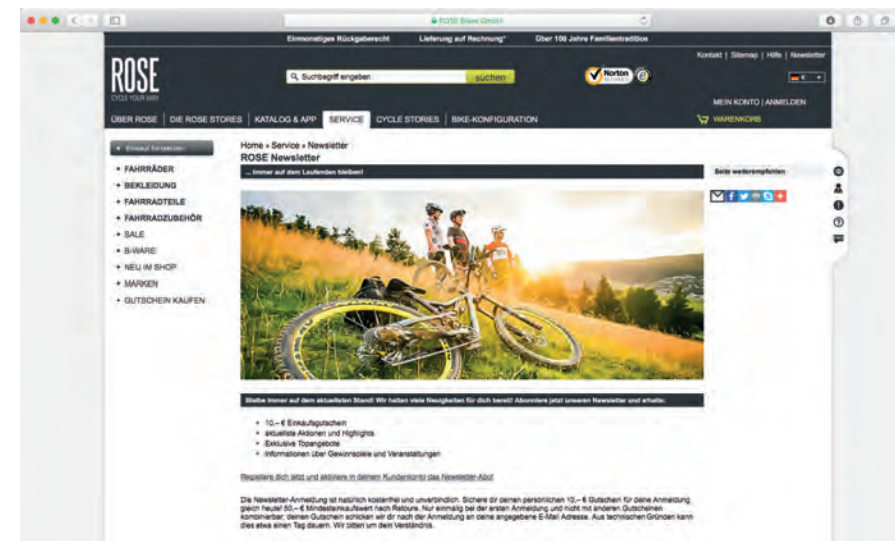
## OFF THE BEATEN TRACK

Born as a cross bike, our new PRO CROSS is especially robust and also rides across the country as fast and smoothly as a thoroughbred road bike. Equipped with 33 mm wide Schwalbe X-One tyres, this tool will help you to easily get through mud, dirt and gravel. Where are you? The forest is calling!

rosebikes.com/procross

**ROSE**  
CYCLE YOUR WAY

SUBSCRIBE TO OUR NEWSLETTER NOW AND GET A €10 VOUCHER FOR YOUR SUBSCRIPTION! BESIDES, YOU WILL RECEIVE INFORMATION ON CURRENT PROMOTIONS AND HIGHLIGHTS, AS WELL AS TOP OFFERS AND INFORMATION ON PRIZE DRAWS AND EVENTS!



## CONTACT

### ORDER HOTLINE:

For orders, product information, ROSE BIKETOWN and appointments with the BIKETOWN service workshop.  
+ 49 (0) 28 71/27 55 55  
customerservice@rosebikes.com

### HOTLINE FRAMES/BIKES:

For sales, advice, orders and order processing regarding new bikes.  
+ 49 (0) 28 71/27 55 70  
bikesales@rosebikes.com

### HOTLINE BIKE SERVICE, REPAIR AND MAINTENANCE:

For appointments and information on sent-in bikes.  
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except on public holidays in North-Rhine Westphalia, Germany

## IMPRINT

### ROSE BIKES ONLINE

On www.rosebikes.com, you can find further information on bikes, fashion, accessories and much more. Take your time for choosing and ordering, with free shipping from 50 euros (within Germany). A one-month right of return applies to all products (except for customized goods, audio and video recordings and software, if the data media have already been unsealed).

### PROVIDER IDENTIFICATION

Indications of weight, geometries and features are information provided by the manufacturer. Technical changes for the purpose of technical progress as well as colour deviations, errors and typing errors are accepted. Delivery is conditional on the availability of stock. The delivery is carried out on the basis of our general standard terms and conditions. All prices are stated in euros and include the German value-added tax (currently 19% or 7%). The final price is calculated in accordance with the VAT rate valid in the country of delivery. You can find our terms and conditions online at www.rosebikes.com.

ROSE Bikes GmbH, Schersweide 4, 46395 Bocholt, Germany, phone: 00 800 22 77 55 55\*, fax: +49 (0) 28 71/27 55 50, headquarters: Bocholt, commercial register: HRB 8315, district court of Coesfeld, management: Erwin Rose, Stefanie Rose, Thorsten Heckrath-Rose, German VAT (USt) ID no.: DE 811 440 544, WEEE Reg. no.: DE 26905420

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# WHICH WAY FROM HERE?



Thorsten Heckrath-Rose,  
managing director

**H**umans are fascinating creatures. Always on the move, always looking for something new. New places, new technologies, new philosophies. Analysing the past, learning from it, improving, creating something new. This is progress, this is how the world moves on. If we take a look at 2017, many interesting things have already happened. It's been a special year for cycling fans, because for the first time in 30 years, the Tour de France started on German soil again. A unique event for the city of Düsseldorf and for everyone who is addicted to the chase for the yellow jersey. It was an extremely exciting Tour, with many little and big stories. With favourites who failed, favourites who lived up to their roles, and underdogs who were in the spotlight. A great Tour from a German point of view, one we will gladly remember.

A man who participated in the Tour de France himself and caused a real road bike boom here in Germany back then gets a chance to speak in this issue: Jan Ullrich.

We visited the former Tour winner and ROSE brand ambassador in Majorca, his new home of choice. We had a long chat with him over there, to look beyond the surface of a man who is not undisputed in Germany. The result is a picture of a man who has never wanted anything else but to ride his bike and whose heart will always belong to cycle racing. Read from page 40 what's on his mind and what his plans for the future are.

When we look ahead, particularly road cyclists can look forward to an exciting year. With the TEAM GF-4 DISC, we present you an interesting new model. Learn more about it on page 50! The cross bikes, too, welcome a new bike model among them, the PRO CROSS. A multi-functional tool among cyclocross bikes, perfect for gravel, dirt and asphalt. Check out whether it would be a good choice for you, too, on page 64!

Besides presenting new bikes and technology, we have also had a look around the world for you again. It's been spectacular at the Kronplatz in South Tyrol, where two of our new speed machines were tested – the PIKES PEAK and the ELEC TEC FS. We had some fantastic trails under our deep-tread tyres and some ice-cream in between. Yet we would like to start with the ladies and the kids, true to the motto "Women and children first". Our BIKETOWN store in Munich was the venue for the first ROSE bike maintenance course for ladies only. Interested female bikers got information on bicycle technology and repair works, a repetition of the course in Bochtolt is already planned. Besides, we also thought of the little ones: On page 18, you will find our kids' shopping mall and the presentation of our first balance bike!

With this in mind, we hope you enjoy browsing through the new issue!

Yours sincerely,  
Thorsten Heckrath-Rose!

A handwritten signature in black ink that reads "Thorsten Heckrath-Rose".

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**M A D E**



**Löffler**

**F O R**

Becoming better - every day. This is the goal which unites every athlete and every LÖFFLER employee. This is why we develop sustainable innovations. **FROM AUSTRIA.**


**B E T T E R .**





The Kronplatz region at the foot of the Dolomites has earned its reputation as a fantastic bike region in recent years. The perfect spot to put our new PIKES PEAK through its paces. Read more on page 20!



A photograph of a forest path. A large, dark tree trunk is in the foreground, slightly out of focus. The path leads into a dense forest of evergreen trees. Sunlight filters through the leaves, creating dappled light on the ground. The overall mood is peaceful and nostalgic.

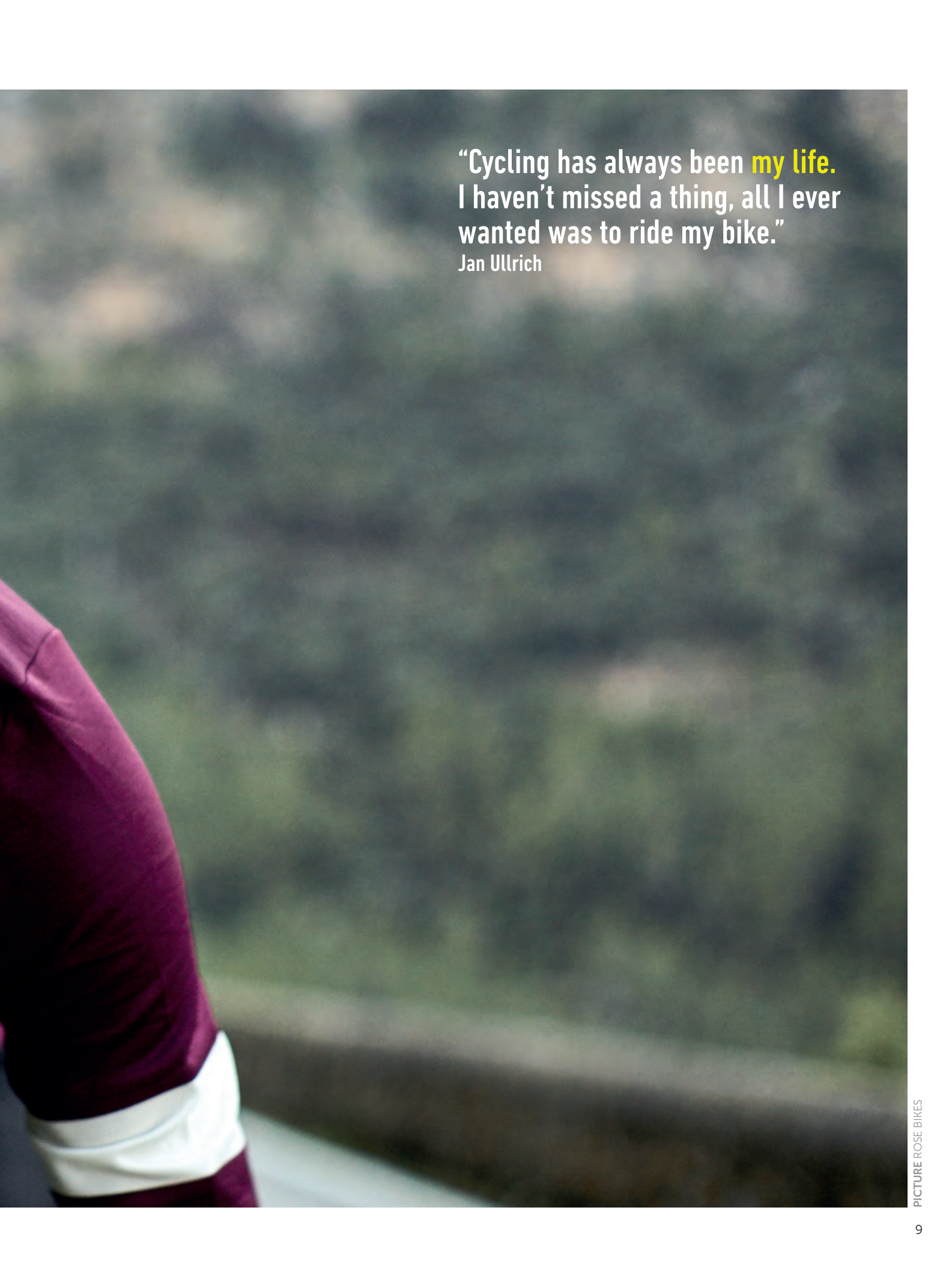
I temporarily feel as if I was part of the favourite series of my **childhood**. Any moment, I expect to overtake little Heidi and Peter the goatherd walking on the side of the road.





A cyclist's heart has its own rhythm. Just like the heart of Jan Ullrich. We visited the winner of the 1997 Tour in Majorca. Discover a new side of Ulle on page 40!





“Cycling has always been **my life**.  
I haven’t missed a thing, all I ever  
wanted was to ride my bike.”

Jan Ullrich





The south-west of Denmark between Blåvand and Ringkøbing is a biker's paradise – we spent a weekend over there, as you can read on page 80!



**It's this relaxed style of riding that impresses me, just like the calmness of the Danish in general. Here, stress and hectic have not yet been invented.**





# INFO POINT

WHAT'S NEW IN THE CYCLING WORLD OF ROSE? THE INFO POINT IS THE SECTION FOR ALL EVENTS, TEAM NEWS, ANNOUNCEMENTS OR ANYTHING ELSE THAT IS CURRENTLY HAPPENING. COME RIGHT IN AND TAKE A LOOK AT THE PRESENT AND THE FUTURE!

## APPRENTICESHIPS WITH ROSE BIKES

"Kids, get a proper job!" Back then, just as today, this sentence belonged to the standard repertoire of parents and grandparents all over the world. If you have a special affinity with bikes and want to reassure your relatives, you should consider undertaking an apprenticeship with us. ROSE Bikes GmbH is not only a family-owned business and a bike expert with 110 years of tradition, but we have also long offered apprenticeship schemes of all kinds. This year alone, we welcome

11 new apprentices at ROSE. For 2018, too, we are looking for young and motivated people to join our team. Among others, we are looking for: cycle mechatronics technicians, retail trade specialists, industrial clerks, warehouse logistics technicians and IT specialists. What are you waiting for? Turn your passion into a career!



## PHOTO CHALLENGE #110WAYS TO RIDE YOUR BIKE

You are creative and bike mad? Then this is your chance! With the photo challenge #110ways to ride your bike, we are looking for the most creative, funniest and most bizarre bike pictures. No matter if it is a headstand on the saddle or a tube stand or if you ride backwards – all that counts is how you ride your bicycle. Post a picture with the hashtag #110ways on facebook or Instagram and, with a bit of luck, you will win a voucher

worth € 1100 for your ROSE dream bike. Why 110? Because ROSE is celebrating its 110<sup>th</sup> anniversary this year. The challenge runs until 11.10.2017 at 23:59. So, go and get your camera and your bike and take part! For the conditions of participation and more information see: [www.rosebikes.com/110ways](http://www.rosebikes.com/110ways).





## 24H RACE IN DUISBURG

8<sup>th</sup> August 2017 – You could see it in the faces of the four men wearing the light blue ROSE jerseys: Holding up the trophy took that last bit of fuel that was still in the tank. No wonder, since the four bike gladiators were the fastest riders of the legendary 24h race in Duisburg! Sebastian Denke (Bocholt WSV), Christoph Krüppel (RC Bocholt 77), Marco Hüwe (RSC Coesfeld) and Adam Ruszin (RG Haldern 03) made up

one of the two four-men teams that started for ROSE Bikes. “24 hours of cycling mean little sleep and tired legs,” the captain of the men’s team Marco Hüwe said honestly. “Yet we are very happy that we could bring the trophy to Bocholt this year.” However, it was a long, strength-sapping way. For a day and a night, around 2000 participants rode the 8-kilometre long track through the Duisburg North Landscape Park –



alone or in relay teams. The course led past former industrial plants, through forests and up the Monte Schlacko. Apart from the already mentioned four-men teams, there were an eight-

men apprentice team and a women’s team. Just like the men, the women rode onto the podium. The eight ladies rode 63 rounds in total and thus finished third overall.

Yet it was not only the riders of ROSE who attracted attention in Duisburg. As the main partner of the event, ROSE Bikes offered all participants an almost 24-hour bike repair service for emergencies and chose the “ROSE Bikes Hero” for the fastest time up the Monte Schlacko. This year, the rockets at the mountain were Alex Gläser of the Mondraker Rockets team with 34 seconds and Kim Anika Ames of the Herzlichst Zypern Team with 48 seconds. We congratulate all participants and are already looking forward to the next 24-hour race in Duisburg!

## ROSE CLEARANCE SALE IN BOCHOLT



If you love cycling, you should take at least one day off and come to Bocholt between 14<sup>th</sup> and 24<sup>th</sup> September.

During these eleven days, it is all about hunting for bargains! The yearly ROSE clearance sale offers a huge selection of branded products at attractive prices. Apart from discounted bikes, suspension forks, wheels and numerous more bike parts, we offer a huge selection of cycling clothing like jerseys, shoes or helmets of different manufacturers. As usual, the event will take place at the ROSE Bikes

headquarters, Schersweide 4, 46395 Bocholt, Germany. So, rent a van for all the bargains you will find and pay us a visit!

### Opening hours:

Mon. – Wed.: 10.00 – 18.30

Thurs. – Fri.: 10.00 – 20.00

Sat.: 10.00 – 18.00

Open Sunday

(24.09.2017): 13.00 – 18.00



# LADIES ONLY!

## BIRDS FLY, FISH SWIM, WOMEN WORK ON THEIR BIKES

AUTHOR PAUL WELLER PICTURES ROSE BIKES



Many questions and even more answers: store manager Gebhard Herzog and his audience, hungry for knowledge.

TALKING SHOP, REPAIRING, TUNING – AMONG WOMEN ONLY. IN THEIR FIRST BIKE MAINTENANCE COURSE FOR LADIES, ROSE MADE DREAMS COME TRUE: FOR AN ENTIRE EVENING, EVERYTHING REVOLVED AROUND THE FAVOURITE TOPIC OF FEMALE CYCLISTS: THEIR BIKE. AMONG THEMSELVES, WOMEN TALK DIFFERENTLY AND THAT'S WHY COURSES, WORKSHOPS AND EVENTS THAT ARE ESPECIALLY ADAPTED TO FEMALE RIDERS ARE BECOMING MORE AND MORE POPULAR.



**A**nd how: After announcement, the course was fully booked within one hour only. So, 14 inquisitive ladies met in ROSE BIKETOWN Munich on a nice evening in July to broaden their bicycle technology horizons. The only men present were store manager Gebhard Herzog and bicycle mechanic Serkan who moderated the evening, answered questions, gave tips and revealed tricks for maintenance, care and repair works.

The number-one topic for the ladies: the right bike fitting. How do I get the perfect bike setup for my body measurements? How do I get the saddle height right? These and other questions were answered by the experts before they were put into practice. The inside leg length was measured and the perfect saddle height determined with the help of an easy formula. With tips on the right riding

position and on how to adjust it with different stems and spacers, the technical part of the course began.

There was a lot to discuss, more than you actually could on a single evening. Of course, such a course does not replace a training as a bicycle mechanic. The bike maintenance course for ladies was rather about the basic techniques, about transmitting basic knowledge in bicycle technology and about overcoming one's inhibitions to set one's hand on a bike. "Some women feel as if their men want to teach them everything about bikes," says store manager Gebhard Herzog. "Here, they are among like-minded people and don't hesitate to ask apparently simple questions or to lend a hand themselves."

It is often the apparently little things that cause huge problems. A flat tyre

for instance. How do I replace an inner tube? How do I remove a tyre with low force and with the right technique? After explanations from Gebhard and Serkan, the gathered knowledge was directly put into practice in two different groups. So, the next flat can come!

Not all works on the bicycle are that easy to carry out though. Particularly safety-relevant repair works, e.g. on the braking system, should be left to the experts in a specialist workshop. Yet, replacing brake pads should no longer be an obstacle for the workshop ladies after detailed explanation. Besides, the specialists showed how to correctly adjust a rim brake and how to detect wear and defects and gave helpful information.

Another permanent topic that attracted wide interest: the shifting system.

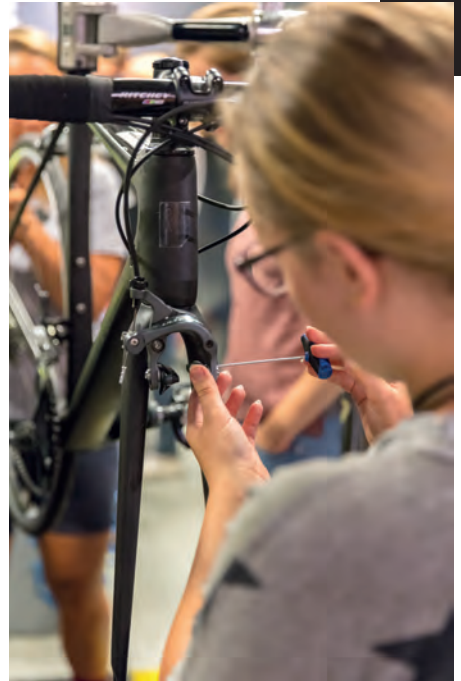


Knows more than the Brain: Mechanic Serkan shows how it's done.





Listening is good, doing it yourself is better: The ladies weren't afraid of dirty fingers.



## After explanation, many things do no longer seem as complicated and incomprehensible as before.

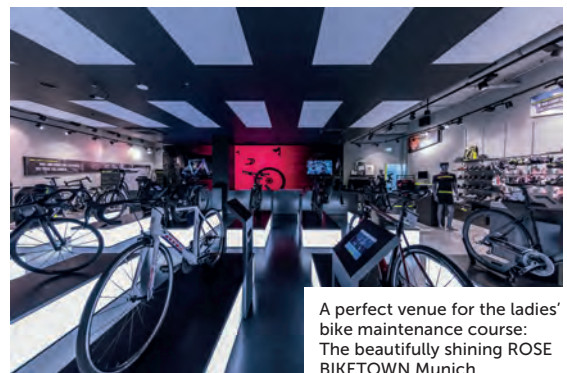
Nothing is more annoying on a tour than an incorrectly adjusted or creaking shifting system that makes the chain jump off. But how does a shifting system actually work? How do I properly adjust the gears? When do I need to replace a drivetrain component? After explanation, many things do no longer seem as complicated and incomprehensible as before. And so, the ladies had fun fine-tuning rear and front derailleurs under specialist guidance until everything ran smoothly again.

Another point of discussion was what chain oil to use for lubrication and how, as well as how much of it. The ladies got many tips on bicycle care, maintenance

and cleaning – an important aspect that will significantly increase a bike's life while providing safety and increased fun on the beloved bicycle.

When the bicycle maintenance course drew to a close late at night, when the goody bags were handed over and the female cyclists had a lot of new knowledge, tips and ideas in their heads, everybody agreed: The event should be repeated. It was a great experience to approach a topic that some women are

a bit afraid of in an informal atmosphere, and among ladies only. To be continued, so stay tuned! ■



A perfect venue for the ladies' bike maintenance course: The beautifully shining ROSE BIKETOWN Munich.



# Our Most Innovative Yet

ONE GORE-TEX® Active Bike Jacket  
with SHAKEDRY™ product technology

Item no.:

Men's jacket: 2201667

Women's jacket: 2252316

**GORE**  
BIKE WEAR®

[www.rosebikes.com/gore](http://www.rosebikes.com/gore)







# ROSE NOOB

## OUR BIKE FOR THE LITTLE ONES

**ROBUST, EASY TO HANDLE AND ABSOLUTELY SAFE – THESE WERE THE REQUIREMENTS FOR OUR FIRST KIDS' BALANCE BIKE. THE RESULT IS THE ROSE NOOB, OUR RACER FOR KIDS THAT ALLOWS THE BIKERS OF TOMORROW TO SOON CONQUER THEIR FIRST TRAILS.**

Just like its big brothers, the mini ROSE bike is equipped with finest components, that all meet the EN-71 toy safety standard at that. The handlebar grips, for instance, come from the Finnish manufacturer Herrmans that designs grips that are especially suitable for children's hands. Their highlight: The 1-component grips come with a secure flange to prevent the hands from slipping and taking the hit when falling with the bike to the side. The ROSE NOOB rolls on Schwalbe Big Apple tyres that smoothly guide the little ones over the roads, thanks to a built-in air suspension. In addition, the tyres feature reflective stripes for good visibility in the dark. A total weight of only 3,35 kg

allows young children to easily get going. If the offspring does not feel like cycling anyway, mummy and daddy can comfortably carry the bike thanks to a handle underneath the saddle. Blue, red or pink? Depending on the child's preferences, the colour of the saddle and handlebar grips can be selected in the bike configurator. As standard, they come in classic black. The frame is available in a bright lime green and in a more discreet deep blue.

The ROSE NOOB will be available for 159 euros on [www.rosebikes.com](http://www.rosebikes.com) in October.





### ALPINA PARK JR.

With the PARK JR. kids' helmet by ALPINA, the little ones are well protected in everyday life. Bright colours, easy adjustment and best ventilation turn this bike helmet into a favourite companion.

€ 39,95

Item no.: 2251280



### CAMELBAK MINI M.U.L.E.

With the MINI M.U.L.E., CamelBak launches a real innovation – a hydration pack for kids! With a 1,5 l reservoir and a clever interior design, this backpack is in no way inferior to its big example. Well then – cheers!

€ 49,95

Item no.: 2254839

### ROSE 4 WAY PRINT KIDS

The 4 WAY PRINT KIDS cycling shorts by ROSE offer young off-road adventurers lots of riding enjoyment. Lightweight, elastic and durable – just the right combination for rough trails and fast downhill rides. Material: 86% polyester, 14% elastane; Inserts: 88% polyester, 12% elastane

€ 39,95

Item no.: 2251577



### FOX YTH 180 RACER

The YTH 180 RACER jersey by FOX turns young adrenaline junkies into real eye-catchers in the bike park! This FOX shirt with long sleeves combines a cool downhill design with high performance. The fabric impresses with great moisture management and high breathability. Material: 100% polyester

€ 24,95

Item no.: 2257109

### FIVE TEN FREERIDER

The popular FREERIDER KIDS shoes by FIVE TEN offer maximum grip for children. Thanks to a STEALTH S1 sole with Dotty Rubber tread, these flat pedal shoes ensure particularly effective grip on the pedal and even on slippery and wet ground.

€ 69,95

Item no.: 2260001











# ROYAL KRONPLATZ

A SWEET BIKER'S PARADISE IN SOUTH TYROL

**AUTHOR** GRETA WEISS **PICTURES** CHRISTOPH LAUE

LOCATED IN THE MOST NORTHERN PROVINCE OF ITALY, SOUTH TYROL, KRONPLATZ IS A REAL TREAT FOR MOUNTAIN BIKERS. THE MAJESTIC PANORAMIC VIEWS OVER HERE ARE AS IMPRESSIVE AS THE LAVISH TRAILS – IT'S A ROYAL OVERALL PACKAGE. THE PERFECT PLACE TO RIDE OUR BRAND-NEW BLUE BLOODS PIKES PEAK AND ELEC TEC FS ACROSS THE TERRAIN!





Manni (not pictured) makes the best ice cream in the pedestrian zone.

t's simply delicious. "So, have I promised too much, Greta?" I answer the question of the person opposite me by smacking my lips with satisfaction.

We are standing in front of Manni's ice cream van, where you can buy the best ice cream of South Tyrol – according to Andi, the previously mentioned person opposite me. Even though I have not yet tested all ice cream parlours over here, he could be right. "By the way: You are spilling lemon-juniper berry ice cream all down over my brand-new enduro bike," he says and points to a huge stain on the top tube of his bike. "Look who's talking," I answer. "The chocolate-straciatella decoration on my handlebar is not part of the standard equipment either."

After having finished the wafer cone, I wipe the silent witnesses of my in-between snack away from the frame and hop on the saddle. "You said you wanted to show me the historic city centre of Bruneck and the panorama trail on Kronplatz. So, get a move one!" I say full of motivation, while Andi is trying to hold his ice cream upright with one hand and to close his helmet with the other. Bruneck is something like the geographic, cultural and economic centre of the Pustertal Valley and the entire Kronplatz region. It primarily was the mountain of the same name that convinced me to spend a few nice days in South Tyrol with my mountain bike mad buddy Andi. "For athletes riding on

knobby tyres, the Kronplatz is one of the most demanding and most beautiful mountains in the world," Andi raved to me. He tersely refused my objection that I'm currently not very well trained with regards to cycling and said: "I'll get you an e-mtb and we'll keep you away from the difficult tracks. You don't have to do high-performance sport over there to enjoy the panoramic view."

So far, we have not yet reached the Kronplatz and yet I'm already impressed by the mountain landscape. The environment of Bruneck that is situated in the middle of a basin valley at a height of 835 metres is simply breathtaking. In the north, it borders on the Ahrntal Valley with





Filling up our drinks bottles in a sea of flowers. What a life!

I look away from the mountain tops and continue to steer my bike through the streets of the medieval town.

the glaciers of the Zillertal Alps. In the south, it borders on the Gadertal Valley with its Dolomite mountain peaks. And then there is the local mountain, the Kronplatz, directly on your doorstep. I look away from the mountain tops and continue to steer my bike through

the streets of the medieval town. A few years ago, Bruneck was awarded the most liveable town of Italy. If you ask the people over here how they would describe their sweet little town, they often say: It's original South Tyrol with a modern flair. And in fact, the people living

in Bruneck manage the balancing act between the times almost perfectly. Here the Bruneck castle on a tree-covered hill, over there the Rainkirche church or the impressive and historic town gates – and on the other side of the road small, regional stores, well-known boutiques,



A natural spectacle: Andi above the earth pyramids of Percha.





A stylish move in front of the stylish Messner Museum.

as well as cafés and wine stores. Simply awesome! As beautiful as it may be down here: "I want to go up! You promised we'll spend our holidays in the mountains!" I press for a change of air. Andi gives me the thumbs up and we ride to the gondola cableway "Kronplatz 2000". It takes us directly to the 2275-metre high peak. If the view during our ride uphill was stunning, the panorama on top of the mountain is almost overwhelming. Here, at the edge of the Dolomites, the alpine

world shows its fascinating variety. "Nice to see that you like it, but now you should shut your mouth," Andi says with a laugh. Yet the mountain itself, too, has a lot to offer. Apart from viewing platforms, sun terraces and the "Concordia 2000" peace bell, one of the world's most famous architectures is located here on top, too: the Messner Mountain Museum Corones. This futuristic building is home to a museum about the theme "Great walls – the supreme discipline of mountaineering" and is widely known





from an ad of a popular car manufacturer. We start to pedal and leave the peak in the direction of the panorama trail. The 29-kilometre long trail winds its way along the back of the Kronplatz down to the valley, through quaint and moss-grown forests and past little streams and meadows with grazing herds of goats. I temporarily feel as if I was part of the favourite series of my childhood. Any moment, I expect to overtake little Heidi and Peter the goatherd walking along the side of the road. Andi described the route as "not too easy, but not really tough either". And he proved to be right.

Yet the panorama trail is no walk in the park. It's not that I'm badly trained, I just cannot keep up with Andi's pace. Fortunately, 256 watts and a torque of up to 90 newton metres provide assistance. For inexperienced people though,

the motor unit and battery are not even visible at first glance. The drivetrain is perfectly integrated into the frame design and turns the ELEC TEC FS into an elegant full-suspension e-bike. The 612 Wh battery can be easily removed for charging. Besides, it offers enough juice for extensive mountain tours. Powerfully and silently, the drivetrain developed by Continental gets me uphill, I can even easily master steep sections. My bike's qualities especially prove advantageous in the second half of the downhill. 140 millimetres of travel at the rear and front offer a lot of reserves when it's getting rough. The ELEC TEC FS offers a surprisingly agile handling, as well as direct and precise steering control, which makes me feel safe at any time. Drivetrain and brake both come from SRAM, the SRAM EX1 provides crisp shifting processes.

**For athletes riding on knobby tyres, the Kronplatz is one of the most demanding and most beautiful mountains in the world."**







Epic views included: each jump is a cover shot.

## There are no less than four trails for downhill enthusiasts here.

The entire system is reliably stopped by a SRAM Guide RE. At the end of the panorama trail, our disc brakes and laughing muscles are both warmed up. Yet the tricky sections were well beaten by the incredible views of the mountain panorama.

The next morning, I sit on the sun terrace of the hotel and enjoy my breakfast. I'm alone. Andi left the hotel early "to shred it", as he had announced the evening before. I order another coffee, tilt my head back and close my eyes. Mountain air is just wonderful. "Greta? Are you still sleeping?" Andi's voice gets me out of

relaxation. He is standing in front of me, dirty and sweaty. He grins like a Cheshire cat. "The trails over here are awesome!" he says euphorically and takes a seat. "Where have you been this early?" I want to know. "On the Herrnsteig. It was quite tough, that's why I decided to let you sleep and go alone." "No problem," I say and take a sip of coffee. There are no less than four trails for downhill enthusiasts here: an easy to moderately difficult trail, two trails of moderate difficulty and the

Herrnsteig, the most difficult trail for freeride pros. In 2010, the demanding Herrnsteig became the first designated downhill trail in South Tyrol. It is closed to pedestrians and opened from June until mid-October. "Did you get down safely?" I want to know. Andi nods. "Yes, but there were some quite demanding sections, so it was good that I chose the enduro version of the PIKES PEAK with 165 mm of travel at the rear. The suspension system is extremely forgiving,



Downhill style: Andi shreds it.



SHIMANO

SH-M088  
LIMITED  
EDITION

# ALL OF THE COMFORT

NONE OF THE STRESS



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PEDAL EFFICIENCY,  
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the rear wheel literally sticks to the ground, great ground traction. It really is an impressive machine, with a long top tube, a short stem, short chainstays – the bike virtually flies around the corners. It offers extremely good handling, yet that’s what you need here on the trail.

It’s a well-designed geometry that is even adjustable.” “What can you exactly adjust?” I ask Andi. “The PIKES PEAK comes with a clever progression and geometry adjustment. It is the first bike from ROSE that offers such an option. It’s called PROGEO,” he answers. “It allows you to easily adapt the bike’s geometry and progression to the trail and your personal preferences. I did it on top of the mountain before I entered the downhill trail.”



Extra sand for the picture raises a lot of dust!

## The Kronplatz region has invested a lot to make a mountain biker’s heart beat faster.

PROGEO offers four different positions: steep head angle, slack head angle, responsive or comfortable suspension – everything can be individually adjusted. For those who want even more variety, the PIKES PEAK is also available in an all-mountain version which offers 150 mm of travel and is thus more touring-oriented.

It is not without reason that Andi and many other bikers are so impressed by this region. The Kronplatz region has invested a lot to make a mountain biker’s heart beat faster. A more than 300-kilometre long cycle path network gets bike enthusiasts to San Vigilio, San Martin, into the Antholzertal Valley, Gsieser Valley or Ahrntal Valley. So, you could say right to the three-thousanders of the main chain of the Alps. All this is topped off by more than 30 bike rentals, the MobilCard – a combi-ticket for train, bus and rental

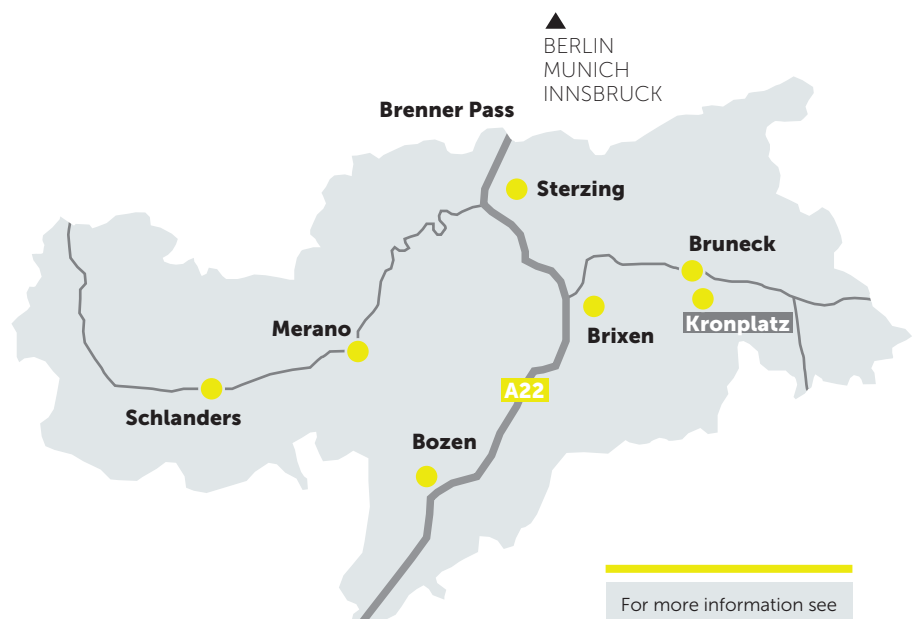
bike – and a bike taxi. Besides, you will find assistance to individually plan a bike tour all over the region. Countless little villages and cities along the cycle paths as well as 13 experience stations and diverse natural spectacles like the earth pyramids of Percha offer rewarding destinations for impressive day trips. In short, the attribute ‘bike-friendly’ is far from sufficient to describe this area. The Kronplatz region is a heaven for two knobby tyres. ■

### Hotel Reipertingerhof

Reipertingerstr. 3/A, I-39031  
Reischach in Bruneck, South Tyrol  
info@reipertingerhof.com

### Sport Hotel exclusive

Str. Al Plan dessorà 2, I-39030  
St. Vigil in Enneberg, South Tyrol  
info@sporthotel-exclusive.com



For more information see  
[www.kronplatz.com](http://www.kronplatz.com)



# MTB MUST-HAVES FOR ENDURO PILOTS

## SIXPACK VERTIC TRAIL

Great to step on: This lightweight, CNC machined aluminium pedal body makes a good impression on all trail and enduro bikes. Inside, there are sealed cartridge bearings used in combination with DU bushings.

€ 109,50

Item no.: 2260189



€ 16,95

Item no.: 1405804



## TOPEAK HUMMER 2

A transportable, pocket size bicycle workshop: mini tool with 16 functions made from chrome-vanadium steel and hardened tool steel, with an ultra-small pack size and a low weight of approx. 167 g.

€ 40,00

Item no.: 2261219

## FOX LEGION LT OFFROAD

Be a cunning fox: This FOX jersey with a logo print not only looks great, but also offers a perfect body climate thanks to a technical fabric and breathable side panels! Material: 100% polyester



## GARMIN FENIX 5X\*

The first choice for athletes and adventurers: with preinstalled and routable outdoor and cycling map, wrist-based heart rate measurement, barometric altimeter, 3-axis compass with gyroscope and much more.



€ 749,95

Item no.: 2261302

## EVOC ENDURO BLACKLINE 16L

Packs a punch: This backpack by EVOC offers enough stowage for your tours, thanks to a volume of 16 litres. In addition, a LITESHIELD BACK PROTECTOR protects your back in case of a fall.



## ROSE FITS ME

Many dots, few polka: This stylish, casual cycling shirt is especially designed for the woman of the world. Made from elastic fabric, with mesh side panels and V-neck. Material: 100% polyester

€ 29,95

Item no.: 2251240

€ 179,95

Item no.: 1988459

\*Please note the battery law information on [www.rosebikes.com/battg](http://www.rosebikes.com/battg)





# INDOOR BIKE PARK WOOD15

TOUCH WOOD!

AGAIN, THE GERMAN SUMMER DOES NOT KEEP WHAT WE HAVE HOPEFULLY READ INTO IT. WHAT NOW? OFF TO THE NETHERLANDS! JUST BETWEEN THE GERMAN AND BELGIAN BORDER, YOU CAN FIND THE INDOOR MTB AND BMX PARK WOOD15. DIRT BIKER CONNER FACKLAM HAS HAD A LOOK AT THE MONSTER HALL FOR US!



## We wanted to create a place where we can do basic work for BMX and mountain bike sports.“

**C**onner was easily persuaded, the WOOD15 bike hall has long been on his bucket list. So, he packed his UNCLE JIMBO into the car and rode off. Located in the Belgian-German border area in the Dutch city of Sittard/Limburg, the hall was opened two years ago and has been continuously further improved since then. The special thing about WOOD15: Not only dirt bikers will find their perfect refuge here, but the wooden trails represent

a great playground for all types of bikers. Whether cross country, enduro, freeride or dirt – the tracks are built to meet different requirements.

Marc Trines and Jaap van Hoof are the ones who thought up this concept. With WOOD15, they fulfilled their dream of a bike hall. The two are passionate mountain bikers themselves and wanted to build a paradise for other bike enthusiasts far away from rain,

snow and mud. With the 6500 m<sup>2</sup> large, old industrial hall, they impressively succeeded.

“We wanted to create a place where we can do basic work for BMX and mountain bike sports,” Marc reveals upon request. “Yet, we didn’t want to exclude anyone, but instead offer anyone with any level the possibility to ride in a hall, especially in bad weather.”



On the right track: The level of difficulty ranges from easy to demanding.





Conners Outfit:  
 Endura cycling shirt: item no.: 2252684, € 49,95  
 Endura cycling shorts: item no.: 2252686, € 99,95



Manager of 6500 square metres of woodwork



**Cross country racers improve their skills, kids speed over the pump track, dirt bikers flip like there is no tomorrow.**

Conner Facklam has pushed his UNCLE JIMBO into the huge hall and rides his first rounds. The enduro track is soon identified, rough wooden beams and steep sections help you improve your technique and are simply fun. Even though the 160 millimetres of the UNCLE JIMBO are not absolutely necessary here, they tempt you to let rip and even make sense in some sections. The robust frame additionally proves advantageous in the hall, as the stresses are significantly higher between concrete and wood than in the forest.

The XC to enduro mountain bike area comes with three levels of difficulty. Coloured arrows sign the different routes: green for beginners, blue for advanced riders and red for experts. All lines are ridden as a circuit. There is also a lot of variety: You often change between different levels and depending on the respective route, you



Lots of wood for professional requirements, too.

will also meet obstacles you have to conquer. In addition, there is a pump track, a foam pit and a kids' trail – the offer is huge, it is just as wide-ranging as the clientele. Cross country racers improve their skills, kids speed over the pump track, dirt bikers flip like there is no tomorrow.

Marc and Jaap even carefully chose the building materials. 99 per cent of the tracks are made from wood. Whenever possible, they used already existing, used material. Besides, they only used wood with the FSC mark made from fair trade natural products.

The attractive bike park is topped off by a cafeteria that definitely lives up to its name. The offer is versatile and original, the food is delicious. Especially for accompanying persons like mum and dad or

grandma and grandpa, it is another reason to visit WOOD15.

Conner, too, ends his day here. After several hours of trail action, the muesli tastes even better. WOOD15 could keep its promise and offered the entire package. It's definitely worth recommending – no matter what kind of biker you are! ■



Skillfully built tracks for skilled bikers

**More information on**

[www.wood15.eu](http://www.wood15.eu)

**Prices**

- Day card adult: € 12,00
- Day card under 16 years: € 8,00
- Evening card (after 18.00): € 8,00
- Kids Bike 'n Ride (entrance + BMX bike + helmet): € 17,50

**Opening hours**

- Wed./Thurs.: 12.00 – 21.30
- Sat.: 9.00 – 17.00
- Sun.: 10.00 – 17.00



# ON THE SHOPPING LIST

## MOUNTAIN BIKE SHOPPING MALL

**MAXIMUM FUNCTIONALITY UPHILL, HIGH DURABILITY  
DOWNHILL – THESE PRODUCTS EASILY MANAGE THE  
BALANCING ACT OF ENDURO!**

### MAGURA MT TRAIL SPORT

The Magura MT Trail Sport front and rear wheel disc brake offers particularly good braking performance on the trail – and at an attractive price. Four pistons at the front ensure high braking power, while two pistons at the rear promise perfect braking power modulation. The ergonomics of the shorter HC lever offers best braking performance and precise control with one finger only.

€ 219,90

Item no.: 2261688



### ROSE LOCK ON SPEED

The ROSE Lock On Speed grips securely hold your hands in position, even during difficult steering manoeuvres. The version made from shock-absorbing Kraton rubber and the special profile with softer, more flexible knobs provide a comfortable feeling, as well as excellent grip. Thanks to integrated screws, the grips can be installed within seconds. Have everything under control on the trail!

€ 7,95

Item no.: 2256713

### BALLISTOL BRAKE AND PARTS CLEANER

The Ballistol brake and parts cleaner allows you to effectively clean your bike's components. The cleaner is the nemesis of oil, grease, dirt and brake dust. It even effectively removes dried stains and coarse dirt on chain and brake shoes without leaving any residues. An extra-strong spray jet maximises the cleaning effect. Also suitable to prepare all surfaces for painting, sealing or sticking.

500 ml € 3,95

(Basic price 1 l € 7,90)

Item no.: 2263574







### MAVIC XA DISC

Mavic Cross Adventure (XA) – the name says it all! The 28 mm wide, welded UST rims are lightweight, yet stable. The hookless rim is 100% tubeless compatible. Inside the high-quality aluminium hubs, Mavic have used their proven and reliable QRM sealed cartridge bearings. In combination with a TS-2 aluminium freehub at the rear wheel, your power will be directly transferred into propulsion. The perfect choice for all-mountain and enduro adventures!

€ 309,00

Item no.: 2263885



### MOTOREX BIKE SHINE

Let it shine – make your bike shine like new with the Motorex Bike Shine spray. It refreshes the colours, preserves your bike and repels dust. Simply spray it on and repolish it to make water and dirt run off the frame. Your bike will shine like new! Thanks to material-friendly properties, the spray is also suitable for carbon bikes. Now you can no longer shrink from cleaning!

300 ml € 9,95

(Basic price 1 l € 33,17)

Item no.: 2154536



### RIE:SEL DESIGN FORK:GUARD

The cool bodyguard for your sensitive fork! The fork:guard by rie:sel design offers protection and even cuts a fine figure in muddiest terrain. The abrasion-proof patches protect your sensitive fork from scratches and abrasions. The best bit? The trendy patterns in comic style will turn your bike into a real eye-catcher on the trail!

€ 24,95

Item no.: 2254729





### GRIPGRAB REBEL MTB

Never lose your grip – the REBEL gloves by GripGrab live up to their name. The palm is made from structured synthetic leather which is particularly durable and non-slip. Additional anti-slip silicone prints on thumb, index and middle finger ensure good grip and handlebar control. A true all-rounder for every intended use – whether downhill, bike park or BMX action!  
Material: 70% polyester, 15% polyurethane, 10% polyamide, 5% elastane

€ 29,95

Item no.: 2251712

### UVEX JAKKYL HDE

A helmet with two faces – the uvex jakkyl hde helmet is the favourite piece of every enduro fan. The highlight: The chin bar made from laminated fibreglass can be removed or attached with a flick of the wrist – easily and without any tools. Thus, you will have both: excellent ventilation uphill and uncompromising protection downhill. A quick-change artist for the trail!



€ 189,95

Item no.: 2164180



### FOX ATTACK WATER

Made for the forest – with the ATTACK WATER rain jacket by FOX, you will be the star on the trail, thanks to its camouflage look. To make sure that neither mud nor rain will mar your riding enjoyment, it features the new TRUSEAL three-layer membrane with C6 DWR finish. Thus, it is not only reliably wind- and waterproof, but also repels dirt and water from the surface – perfect for dirty jobs!  
Material: 100% polyester

€ 184,95

Item no.: 2256996

### FIVE TEN MALTESE FALCON

'Stealth' is the magic word. The Maltese Falcon MTB shoes by FIVE TEN are based on the proven Stealth S1 sole – known for maximum grip, even on wet and very slippery grounds. The cleat area of these trendy shoes is reinforced with nylon for more efficient power transfer to the pedal.



€ 119,95

Item no.: 2259998



## 100% RACECRAFT

Safety meets style – the Racecraft goggles by 100% offer additional safety on the track, thanks to an integrated and removable nose guard. Their robust frame with a gloss finish and large vents is equipped with a mirrored anti-fog lens. A clever positioning of the strap makes sure frame and helmet form an elegant unit.



€ 74,95

Item no.: 2253275



## POC SPINE VPD AIR

Your bodyguard for the trail! The POC Spine VPD Air backpack 13 with an integrated, certified VPD Air back protector offers very good protection in case of a fall. While riding, the protector is flexible and follows your movements. Thanks to a volume of 13 litres, this backpack is perfectly suitable for day trips.

€ 129,95

Item no.: 2254039

## ION TEE LS TRAZE\_AMP

The ION TEE LS TRAZE\_AMP is a trendsetter in a cool design. Thanks to the Nano Bamboo Charcoal fabric with integrated nanoparticles of the bamboo plant, this cycling shirt offers high breathability and a pleasant cooling effect. The Pique surface is resistant to velcros and was treated with an odour-neutralizing Sanitized finish. Get yourself the eye-catcher for the trail!

Material: 91% polyester, 9% elastane



€ 79,95

Item no.: 2262890



## ION SOFTSHELL SHELTER

For cool days, ION has developed the SOFTSHELL SHELTER. These wind-resistant and water-repellent softshell trousers protect you from unpleasant draught and splashing water on the trail. Triple-stitched seams, as well as a reinforced seat panel and cuffs provide even higher durability. A cool highlight surely is the padded front pocket with zip that is especially designed for your smartphone. With these pants, you can also rock the trail in autumn! Material: 88% polyester, 12% elastane; Seat panel and cuffs: 100% polyamide

€ 159,95

Item no.: 2262923



# 12 QUESTIONS FOR

## VIVIANE FAVERY-COSTA



THE BRAZILIAN VIVIANE "VIVI" FAVERY-COSTA IS THE LATEST SIGNING OF THE ROSE VAUJANY FUELED BY ULTRASPORTS TEAM AND AN ABSOLUTE MARATHON SPECIALIST. IN 2015, SHE WON THE LEGENDARY BRAZIL RIDE, THE BIGGEST MTB RACE IN BRAZIL. FROM A LITTLE GIRL FROM SÃO PAULO TO AN INTERNATIONAL MOUNTAIN BIKER – A DREAM THAT HAS COME TRUE. VIVIANE IS A MOUNTAIN BIKER WITH PASSION AND A WOMAN WITH AMBITIONS, HEART AND A GREAT SENSE OF HUMOUR!



**01** **Everyone has a secret, what's yours?** I never give up. I fight till the end and always go to my physical limits, that's my secret. We need to respect our body and think about how we train, and what we eat and drink. Only then we can get the best out of our body. I also have a breakfast secret that comes from nutritionist Dr. W. Feil and my Brazilian background. It is called Crèpioca: two eggs and two spoons of tapioca, some milk and fresh mango.

**02** **If only I had listened to my mum! Viviane, what would you be today, if you hadn't become a mountain biker?** As a Brazilian I should probably say a samba dancer at carnival. However, that's of course not true. I always wanted to work with people. If I hadn't become a bike pro, I would probably be a nutritionist who helps people find their life balance.

**03** **Your discipline is marathon, what's so fascinating about it?** For me, marathons are the extreme side of mountain biking. A marathon takes you to the limits and beyond. You soon realize that the right strategy and good planning can significantly push your limits.

**04** **Let's talk about suffering. How do you feel in a marathon?** For me, preparation is everything. At first, I check out the track: Where are the best places to eat, to drink, to recover? Nutrition is the most important factor in long-distance racing. If you run out of energy, you are out. So, it's important to plan when I can take in carbohydrates, when protein bars and where it's best to fill up my hydration bladder. For me, this sort of preparation is like meditation. The same holds true for my bike: I'm well prepared, I have two pieces of every part with me. Even though this won't keep me from suffering, it makes it easier for me.

**05** **What's your biggest passion apart from cycling?** I love coffee. I have a 30 kg espresso machine from Milano. I spend a lot of time with this machine, carefully choose the beans and regularly check the water temperature. Apart from that, I like all kinds of art and culture.

**06** **Brazil is known for a lot of things, yet not really for mountain biking. Please tell us what the MTB community in Brazil looks like.** It's huge! The people in Brazil live in close touch with nature, they love to be outside and enjoy the sun during the day. For me, mountain biking is the perfect opportunity to combine nature with sports. So, Brazil is the place to be.

**07** **You participate in races all over the world. How much do you miss Brazil when you are travelling?** I miss it very badly – not only the country though, but especially the people. However, it helps to have a great team with a good team spirit. Our team is like a family. We can talk with each other, laugh and even cry with each other. This helps a lot when I'm travelling around the world for an entire year.



**08** **As a cycling pro, you know what it's like to get hurt. Are you very sensitive or do you endure wounds bravely?** Of course, I always do my best to prevent falls and injuries. If something happens anyway, I'll get up and think of something else. I don't know whether that's brave. However, this is how I try to solve all my problems of life.

**09** **What would you say to kids who spend their whole day in front of the screen?** Get your clothes on and go outside! You cannot wait for your dreams to come true, you have to fight for them.

**10** **You are used to be at the top. How does a winner feel when losing?** There are no winners who have never lost a race in their lives. Those moments can hurt, yet I always strive to draw new motivation from them. There is always a reason why you've lost and cutting out those mistakes represents the next challenge.

**11** **If you had the choice, what would you prefer: a day at the beach – sun, sand, a cocktail in your hands – or on the race track in**

**pouring rain with 20 competitors on your tail?** As I said: I love challenges. I like to put my body to the limit and beyond. Rain, cold weather and a race track – sounds like a huge challenge to me. I would fill up my pockets with energy bars and take up the fight.

**12** **Now you are 31. How long do you plan to ride marathons?** I don't want to make any plans! Yet I cannot actually imagine doing something else

in the next period of my life. How long I will be able to ride at world cup level depends on my physical – and mental – health, of course. However, I will also try to do my best in future: to sleep enough every day, to eat healthy and to train. Thus, I can continue doing what I love the most for as long as possible! ■



# A CYCLIST'S HEART

## ABOUT JAN ULLRICH, PASSION AND TRUSTY STEEDS

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IT HAS A VOLUME OF 1300 MILLILITRES, PUMPS UP TO 30 LITRES OF BLOOD EACH MINUTE AND ONLY BEATS ONCE EVERY TWO SECONDS WHILE AT REST. THIS HEART HAS ACHIEVED TOP PERFORMANCES, IT HAS SUFFERED, HAS ALMOST BEEN BROKEN AND HAS BEEN FILLED WITH JOY. AND IT BEAT FOR CYCLE RACING BACK THEN, JUST AS TODAY. IT BELONGS TO JAN ULLRICH, GERMANY'S MOST SUCCESSFUL ROAD CYCLIST. YET, THIS STORY IS NOT ABOUT INCREDIBLE VICTORIES, ABOUT DOPING OR MEDALS. IT IS A STORY ABOUT PASSION. ABOUT THE DEDICATION TO CYCLE RACING. ABOUT A CYCLIST'S HEART.

**O**ur story begins with a call, an invitation and a flight to Majorca. The favourite island of the Germans has recently become Jan Ullrich's place of residence. A few minutes away from Palma at the foot of the Tramuntana mountains, we meet a man who moves the minds like very few other German cyclists.

*This is where Jan lives together with his wife and the three youngest of his four kids. The new brand ambassador of ROSE Bikes looks relaxed, well-adjusted. Full of enthusiasm, he goes into raptures about his bike tour in the morning. Through the Majorcan mountains, down to the sea under the warm Spanish sun.*

"In winter, there has always been a lot of fog over Lake Constance. That's quite different

here," he says with a grin. "At first, we just wanted to stay in Majorca for one year, but now we decided to stay another year, and maybe another. It was a spontaneous decision and I really like living here now. Who knows where life will take us. This is our luxury: We are free. We are not bound to Germany, because I work there. I can work from everywhere in the world."

*Jan's youngest son Toni is with him. He plays, jumps into the pool. Above all, the former cycling pro is a family man.*

"When we decided to go to Majorca, the first thing we did was to look for a school for the kids. We only searched for a house after we had found the right institute. We had a look at this finca and my first thought was that Toni needs to

learn swimming. Because of the pool. Otherwise, we wouldn't have done it."

*Sun, beach, sea – it's no surprise that Jan feels at home in this environment.*

"I love water. I come from the Baltic Sea, from Rostock. When I was in Hawaii for the first time, I was really disappointed and told the people they need to see our beaches. The smell of the forest at the Baltic Sea, the salty air mixed with the smell of conifers. This is where we rode our first cross races – an incredibly good smell. I still have it in my nose today."

*He has gone a long way since then – from the first cycle races until today, from a shy boy of slight build to a cycling pro.*





AUTHOR PAUL WELLER PICTURES ROSE BIKES



"Cycling has always been my life. I haven't missed a thing, all I ever wanted was to ride my bike. My brother Stefan was two and a half years older than me and a very good track and field athlete. In the sports school in Berlin, he used to train a lot on the bike, too. One day, he came home from a holiday camp on such a trusty steed – with one gear, thin tyres, sparkling spokes – and I was totally impressed and directly caught fire! I thought he was riding out of the sun! Back then, my family couldn't afford much, so we took bikes from the scrapyards and my grandpa welded them together. However, the good thing about the GDR back then was that those who got talent were provided with material. I said to my mother: "I also want a road bike!" She answered: "Then you have to become a road cyclist." As there was one kid missing in age class 9, I immediately took part in a race. When I finished first, I got my first road bike. I loved the bike. And not just this one. All of them."

*In these early years when Jan Ullrich was still finding his way to cycle racing, one could already see the signs that he could become a talent of the century.*

"I stood on top of the podium and the second and third were taller by a head, even though I stood 20 cm on top of them! I virtually won every race I could each year. Even though I was physically behind. At 14, my biological age was twelve.

I was a little matchbox: thin, slim, small and yet I beat the older riders. My discoverers Peter Sager in Rostock and Peter Becker in Berlin immediately spotted my talent. Peter Sager always had to restrain me and said 'You are a growing boy, don't do too much, work with your own body weight, do pull-ups, push-ups.' I was so energetic that he always had to slow me down."

*Jan's wife comes home. Hello kiss. We are served cake. Was there a time when he didn't want to train? Jan takes a nip of water and remembers.*

"As for motivation, I had an easy career. Every year, I had my successes. When you go through every stage – youth, junior, amateur, pro – and you win the big races, you are always motivated. I also admired the people of my training group for being just as motivated, because they trained so many kilometres more and were not as successful as I was. They just loved the sport. Just like me. That's it. You don't do it for the money, it's a calling. At first, I used to think 'How can I win this race?', but then the reward came all by itself. Money has never been my motivation. It rather was the inner urge to win the next race, every fibre of my body screamed for it."

*With this motivation, passion and his exceptional talent, the next logical step in Ullrich's development as a sportsman seems almost inevitable.*



On the roads of his home of choice Majorca: Jan Ullrich in the Serra de Tramuntana.



**Back then, my family couldn't afford much, so we took bikes from the scrapyards and my grandpa welded them together."**





"When I joined the pro team, I turned my hobby into a career. It was a whole new world: a completely structured team, mechanics, masseurs, great bikes. I really had to get used to it at first. I trained even more, up to ten hours a day, in any weather, in rain or snow. Pro cycling is one of the toughest sports you can do. You cannot get more out of a human body. We had 100 race days each year. So, you soon learn not to give your all in any race, but to also use the race days for training."

*The shy boy from the East German working-class family has joined the team of the big ones.*

"The team accepted me from the very beginning. They knew I got talent. However, even though I was amateur world champion, I knew: Now I'm an apprentice.

Now I will work for the masters. This was no problem for me at all. It was an honour. I'm very grounded. Arrogance is completely out of place in cycle racing. You have to prove your skills in each race, each year. Otherwise, you will soon be out of the game. I had to fight for everything. During my entire career."

*A career paved with triumphs. With turning points and low points. Then the resignation. Suddenly, nothing was like it used to be before.*

"In 2006/2007, I ceased to participate actively in cycle racing. Afterwards, I fell into a hole. For four long years, I didn't do anything. This was one of the hardest times in my life. Without sport, I cannot think. I had a knot in my head and a little burn-out. Out of boredom. There were too many negative topics I couldn't cope with.

It was really hard. I missed the sense – and I especially missed cycling."

*In this situation in life, the next turning point for Jan Ullrich comes around the corner, in the form of the former skiing world champion Frank Wörndl.*

"Frank is a good friend of mine. He convinced me to participate in the Ötztal marathon. I had never heard of it before and thought 'Okay, no big deal'. But oh no, there were 240 kilometres and 5500 metres of elevation gain waiting for us. There were seven weeks left and I started to train. I immediately enjoyed it. Before, it was a kind of love-hate relationship. Every time I looked at my bike, bad memories flooded back and I let it be. Thanks to the race, I started to enjoy cycling again and felt: That's what I missed."



*Yet the Ötztal marathon had some more, far-reaching consequences for Jan Ullrich.*

"When it became known that I got back into cycling, I got many inquiries about whether I wanted to offer camps for cyclists and go cycling with groups. So, I have come to appreciate those events. Today, I ride together with other cyclists all over the world, I have met so many nice guys and saw so many corners of the world... it's incredible. There are many regular customers who come back frequently. Every time I have a camp I say to my kids: "I go to work." Yet I enjoy it. A nice hotel, cycling, that's like a holiday, too," Ulle says with a grin. "Of course, nobody joining the tour will win the Tour de France. It's not about time or victories, it's just about spending a nice day on the

bike. And in the evenings, it's all about culinary delight. Good food, good wine, good conversations at the fireplace, talking with other cyclists. I'm very open. I'm not afraid of dealing with people and I say what I think. I've always been like that and the people like it. The fact that there are many repeat offenders is a wonderful confirmation. In September, I will do my first own camp here in Majorca. There are so many incredibly beautiful spots here, I'm already looking forward to it."

*A slight breeze blows over the pool.*

*Doesn't he prefer to just ride on his own after so many years of professional sport in different teams?*

"I simply enjoy riding in a group. You share an experience, a passion. This means a lot to me.



Jan Ullrich – even 20 years after winning the Tour, he is still a brand.







**I stood on top of the podium and the second and third were taller by a head, even though I stood 20 cm on top of them!”**

The people joining my camp are all cut from a similar cloth. They get along well with each other. We do not just rush around; the people can get to know each other and talk to each other. Afterwards, we sit together and have a drink. These are moments of happiness. Many people start cycling, because they get knee or tendon problems at an older age. Those people realize that they can still ride 100 kilometres while seeing and experiencing things. I can let out my energy and regain new.”

*Holidays with a Tour de France winner whose passion is catching and who likes to give away something from his huge wealth of experience.*

“I have been working in the hobby business for ten years now and I frequently see that many hobby cyclists overestimate

themselves. 80 per cent ride too fast. The fact is: If you only have two hours for training, you tend to speed along. In my camps, I catch up those who ride too fast, restrain them and say: ‘If you want to ride with me: I’m riding more slowly.’ Not all the time, though. Sometimes I pick up pace at the mountain. Yet I do not ride at full speed all the time – uphill, downhill and on the flat. Many people think they must burn off energy to make progress. But that’s not true. It’s set in stone: If you want to ride fast, you’ll need to start slowly. You need a basis. It’s like building a house. If you have a good foundation, you can build up your form.

The more you have trained your endurance in winter, the better. Your leg muscles grow fast, yet the heart muscle must grow, too. And this takes some time. You need to understand that the cardiovascular system is just as important as the power in your legs. Those who start too fast will soon be

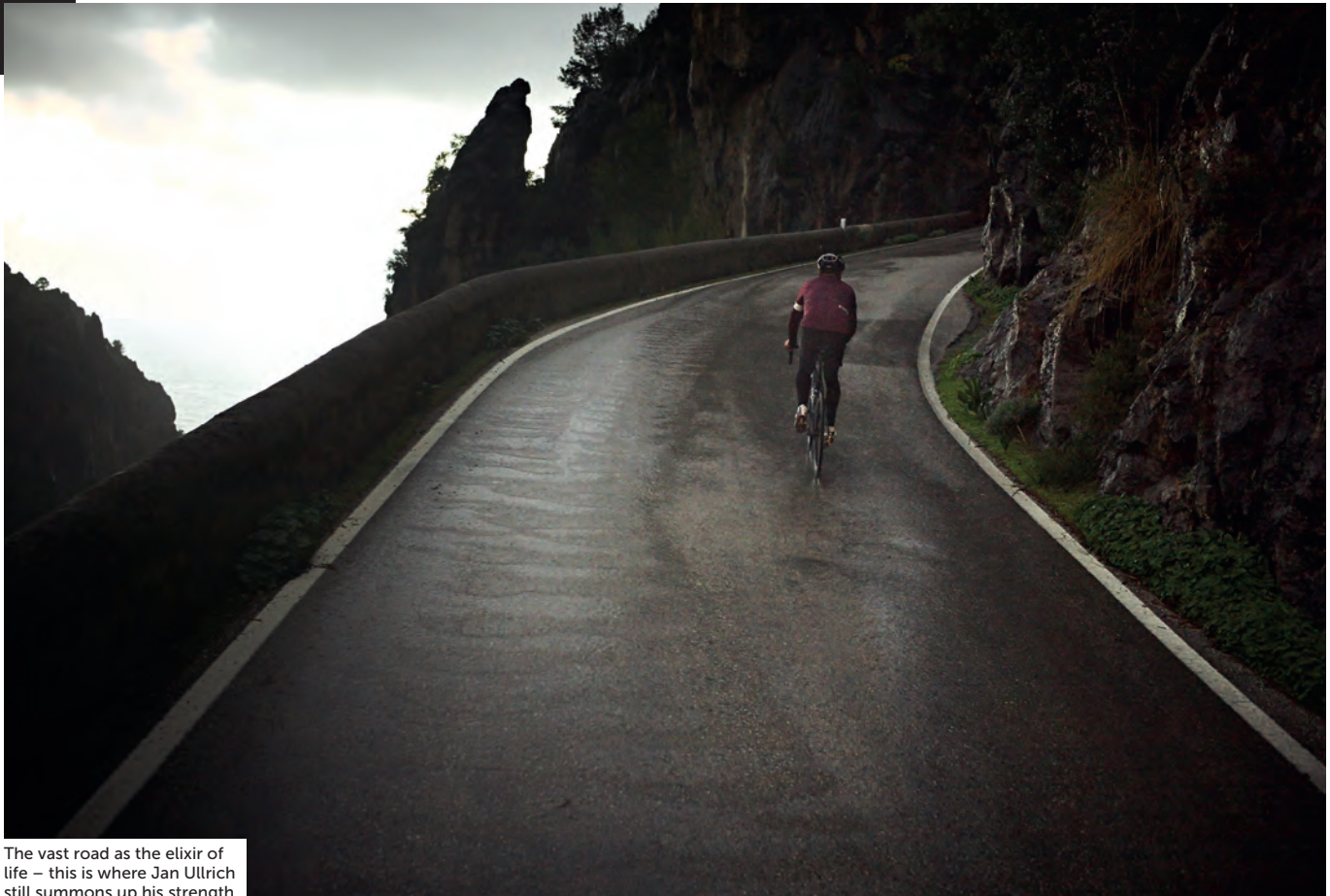
overtaxed. You cannot recover, there is no performance development, since you are permanently shattered. And for hobby cyclists, this is even worse than for pros.”

*Jan’s youngest son Toni comes and asks for gummy bears. Daddy goes into the house and comes back with a bag. He doubts that his kids will follow in his footsteps. Today, there are so many possibilities he didn’t have back then. Passing on his knowledge and experience to young cyclists is especially close to his heart.*

“I have kept up training with a heavy bike for all my life. This is also my tip for young riders – at best with thick tyres and many spokes. Sometimes I have even put lead in my drinks bottle. And only when I enter a competition, when I’m ready and fit, I get out my light bike.



**I often listened to my heart instead of sticking to my training plan."**



The vast road as the elixir of life – this is where Jan Ullrich still summons up his strength.

It is an additional motivation to know that you are already good on a heavy bike. It really pushed me mentally when I got out my light bike for a race, as it rode even better."

*Don't you think the efforts you make and the price you pay for success are too high?*

"You will quickly forget the efforts you made, when you start early enough and take step by step. As long as you are an amateur rider, you should take it lightly. You do not have to let go of everything, you should just build a good basis and strengthen the entire body.

My training partners and I, we were actually track and field athletes. Running, jumping, pullups – we trained more athletics than cycling in sport school. As a cyclist, you can live on this for long. As a pro, you have to slowly grow into it. The organs have to grow through a lot of training – heart, lungs, circulation, muscles. Besides, you should listen to your body. Cycling is no motor sport, you can build up form, but it needs to stay emotional. I often listened to my heart instead of sticking to my training plan."

*The Spanish sun slowly sets behind the mountain tops. The day draws to a close.*

*What does he think of when looking into the future? What are his plans? Lost in thought, Jan leans back.*

"I used to be a UNICEF ambassador, I saw African slums, and I was in the townships. Back then when I was riding for the Telekom team, we already donated 10 per cent of our bonuses. We financed several schools with our prize money. We also supported a children's home at Lake Constance – financially, as well as with bikes and equipment. One day, the kids visited us and we spent a day together. It was great to see the joy in their eyes.





“I feel confident with the **Vittoria Graphene tires** and I never had a flat tire. It’s really good!”

*Steven Kruijswijk - LottoNL-Jumbo Team (Giro d’Italia 2016)*



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**vittoria**<sup>®</sup>  
**NO COMPROMISE.**

[www.rosebikes.com/graphene\\_plus](http://www.rosebikes.com/graphene_plus)





Looking into the future:  
Jan Ullrich has grand plans.

## **We need well-trained coaches, specialists to train young talents.“**

Therefore, I also think about doing something for kids here in Majorca, bringing them closer to the sport and sharing my passion with them. I myself wouldn't have found my way into cycling without support.

And there are surely many kids who are just as enthused about cycling, but whose parents do not have the means to buy them a bike.”

*Would it be an option for him to again take over a function in the professional cycling business?*

“I always say I have no place in pro cycling. They already have everything: great material, the best physios and so on. Supporting young cyclists would be more fun to me. I'm still fired up for cycling and I want to pass this fire on to young people. I haven't

done anything else since I was nine years old, and I cannot do anything else. Yet I know all about pro cycling, so I can offer tips, support and motivation. Otherwise, no young talents will follow and you need to do something against it. Many young riders, Rick Zabel for instance, told me that we were the reason why they started cycling. We need well-trained coaches, specialists to train young talents. Trainers who see what the riders need and who train them individually and holistically. Hobby trainers are scarcely able to do so. We need performance centres and the knowledge of professional trainers. This is incredibly important for future talents. We have to invest into young riders. Our kids are the future. Our future and the future of cycle racing.”

*We say a big thank you for the warm hospitality and leave Spain and a man, whose heart will always belong to cycle racing. ■*



# ROAD BIKE HIGH-END – PASSIONATE AND GOOD



€ 249,95  
Item no.: 2257888

## GORE BIKE WEAR ONE RESCUE GTX SHAKEDRY

Extremely breathable, extremely comfortable and extremely light – this rain jacket by GORE BIKE WEAR is designed for very special guys. The SHAKEDRY finish offers highest breathability and makes sure rain drops will simply run off the surface.

Material: 100% polyamide; GORE-TEX: 100% ePTFE (expanded polytetrafluorethylene)



€ 629,00  
Item no.: 2263931

## ELITE TURNO

No more stress with the neighbours: The ELITE TURNO indoor trainer is particularly quiet and offers a smooth pedal stroke, thanks to direct power transfer and an integrated resistance unit – for a feeling as if you were on the road.



€ 1.899,00  
Item no.: 2258752

## SRAM RED ETAP HRD

Bicycle technology at its best: The SRAM Red eTap group combines performance and design at the highest level. Enormous braking power through hydraulic disc brakes, a clean cockpit thanks to electronic, wireless shifting components.



€ 999,99  
Item no.: 2263927

## GARMIN VECTOR 3

Measures power at the pedals – at the contact point between man and machine. The powermeter is easy to install, easy to swap to different bikes, easy to transport.

## EVERS PRIMO

Striking quality: made from real leather and carbon, high-quality, robust and functional. With a perfect fit thanks to a construction of two x-shaped flaps including dial.



€ 369,95  
Item no.: 2095011

## UVEX VARIOTRONIC S

For lightning-fast views: The lenses of the uvex VARIOTRONIC S glasses tint in only 0,1 seconds. A sensor measures the light conditions: In sunlight, the lenses darken and in the shadows, they brighten up.



€ 269,95  
Item no.: 2164409









NEW IN 2017!

# TEAM GF 4 DISC

LONGER, FURTHER, FASTER

AUTHOR ROSE BIKES PICTURES CARLOS FERNANDEZ LASER

IF THE JOURNEY IS THE REWARD, YOU'LL NEED A ROAD BIKE THAT PERFECTLY COMBINES COMFORT AND STIFFNESS.



**T**hose who sit perfectly in the saddle on long distances and directly transfer their power onto the road save energy and arrive faster. The TEAM GF 4 DISC, our new marathon racer made of carbon, manages this balancing act – and offers great hydraulic disc brake power at that.

The TEAM GF 4 DISC is the successor of the XEON CDX and thus our permanent test winner in a new look. The high-end carbon frame weighs a mere 990 grams and impresses with a balanced riding position – perfectly adapted for gran fondos,

the strength-sapping long-distance races. Thanks to high stiffness values from the handlebar through to the rear derailleur, this bike rides efficiently and turns each watt into pure propulsion. Seat tube and chainstays absorb shocks and vibrations and offer high riding comfort. In addition, you will take every corner as precisely as if you were on rails, thanks to the High-Performance Disc full-carbon fork. Of course, this model comes with internally routed shift cables and brake hoses. This eliminates disturbing air turbulences at high speeds and gives the road bike a cleaner look.









IF THE COURSE AHEAD IS LONG, YOU WILL WISH  
YOUR TOUR WITH THE TEAM GF 4 DISC NEVER ENDS!



The crisp SRAM Force, the electronic Ultegra Di2, the brand-new Ultegra R8000 or the clever 105 groupset? The TEAM GF 4 DISC is available with four different shifting systems – it's in your hands! Thanks to high-quality braking systems with 160 mm brake rotors that offer constant braking power in any weather, this gran fondo bike guarantees precise braking. Apart from the disc version, we also offer our new marathon bike called TEAM GF 4 as a rim brake model. The disc version comes with 1650 g light ROSE DX-1650 wheels for high speeds; 28 mm wide Continental Grand Prix 4000 S II tyres let you fly over the asphalt thanks to a low rolling resistance, and offer additional comfort and safety.

If you spend many hours in the saddle, you should sit comfortably. The TEAM GF 4 DISC comes with the Selle Italia Flite Flow saddle as standard. With a cut-out and a flat seating surface at the rear of the saddle, it offers pleasant pressure distribution. Yet it's also possible to choose other saddles in the configurator. The ROSE RC-170 Flex Carbon seat post adds even more comfort: Thanks to a special Flex layer design, it absorbs shocks and thus protects you from bumps on the road. ■





The TEAM GF 4 DISC is available in the colours Caribbean blue/dark blue/grey and shiny UD carbon/dark red/grey and in size 50 to 64 cm.



### FRAME DETAILS DISC

- Weight approx. 990 grams
- High Modulus Aerospace Carbon Fibre T30/40
- Internal cable routing
- High Performance Disc full-carbon fork with 12 mm thru axle
- FlatMount standard on frame and fork
- 12 mm thru axle on front and rear

### FRAME DETAILS RIM BRAKE

- Weight approx. 925 grams
- High Modulus Aerospace Carbon Fibre T30/40
- Internal cable routing
- ASR II fork, Active Stress Reduce

**TEAM GF 4 DISC & RIM BRAKE** (now available)

For more information see [rosebikes.com/teamgf4](https://rosebikes.com/teamgf4)



# **BRAND-NEW** & *ULTRA-HOT!*

## ROSE

NEWCOMER

### **PREMIUM WIND** **LONG-SLEEVED JERSEY**

Autumn is coming and stormy days are waiting – so, it's important to get the right clothes. Functional, warm, perfectly fitting – that's what the PREMIUM WIND long-sleeved jersey by ROSE stands out for! Designed according to the requirements of our test riders, tested, well-developed, produced. Windproof and water-repellent REOZON material forms the basis. It's incredibly lightweight, skin-friendly and breathable – a real wonder material!

This jersey is absolutely practical and its many interesting details will sweeten your ride. The three-part back pockets are very handy, a zip security pocket holds valuables, a cable port directs the headphone cable into the right channels.

The ROSE long-sleeved jersey is designed to offer a perfect fit when in racing position. Its longer back panel comes with an anti-slip silicone bottom hem, as there is nothing more annoying on a bike tour than a slipping jersey. The sewn-on collar lies perfectly around your neck and offers high comfort, a full-length front zip with a stay-down zipper pull allows you to adjust ventilation. Flat seams don't even disturb you after several hours of riding and reflective details provide high safety. Material: 100% polyester; sleeves: 82% polyester, 18% elastane

€ 119,95

Item no.: 2255663







ROSE



# BEHIND THE SCENES IN THE FIELD! ON A VISIT TO COBI



AUTHOR & PICTURES KARL ALVAREZ

THOSE WHO COME UP WITH THE IDEA OF BUYING A NEW CAR TODAY, WILL SURELY FIND ONE FEATURE ON TOP OF THE EQUIPMENT LIST: CONNECTIVITY. STREAMING THE FAVOURITE MUSIC SERVICE TO THE RADIO, ACCEPTING CALLS THROUGH VOICE COMMANDS, NAVIGATING INTELLIGENTLY – SMARTPHONE CONNECTIVITY IS IN GREAT DEMAND. WHAT IS ALREADY NORMAL IN A CAR, IS STILL UNKNOWN TERRITORY FOR CYCLISTS. UNTIL NOW. THE COMPANY COBI FROM FRANKFURT-ON-MAIN HAS TACKLED THIS ISSUE AND BROUGHT THE FIRST MEDIA CONTROL CENTRE ONTO THE BIKE. REASON ENOUGH FOR OUR ROVING REPORTER TO TAKE A LOOK BEHIND THE SCENES!





At work: the software developers of COBI.



## And where do I get power from when the display is on all the time?"

**W**hile I'm stuck in Frankfurt traffic, I awkwardly dial a number on my smartphone. I hear the ringing tone. "Carsten is speaking!" a voice at the other end of the phone says. "Hi, Cycle Stories," I answer, "I just wanted to let you know that I'll be 15 minutes late!" "No problem," he replies. "I'm still on my bike and will also need another 10 minutes to get to the office. See you there!"

When I arrive at COBI a quarter of an hour later, Carsten is already there. He welcomes me and takes his Bluetooth headphones out of his ears. "Nice to meet you!" he says. "I have just arrived!" "Is this really allowed?" I ask him. "Being on the phone while cycling?" "If you wear headphones and you can still hear the road traffic, it's no problem at all!" Carsten answers. "And with our COBI, you can easily accept calls or telephone somebody yourself." Carsten gets some coffee and we take a seat in the beautiful lobby.

COBI is a very young company, in every respect. It was only founded three years ago and the average age of the employees is far below 30. Four men and one idea were the decisive factor to start the COBI project. Carsten, Andreas, Heiko und Tom have been intensively working together for the car industry for many years, yet their love for bikes made them switch to two-wheelers.

"We have always loved cycling," Carsten says, "especially Andreas, our manager. He is a passionate mountain biker. And as he likes to try new things, he bought an e-bike and immediately felt that this is going to be the future. Then the moment came when he thought to himself: What's the best way to use my smartphone while I'm on the bike? The many little buttons on the touchscreen display of my phone are really hard to use. And where do I get power from when the display is on all the time? There's surely a better solution!"

An idea was born. Andreas and his founding team used to work in an agency that develops software solutions for a big car manufacturer. He presented his thoughts and a roughly outlined basic concept to his best buddies in the agency and they all immediately caught fire.

"First of all, we analysed the technical possibilities you have with the limited installation space available. We had many ideas, all lights were green. 'Connected' has long been an issue for us. And so, we started with the development. Once we had a concept, we asked ourselves: What do cyclists need? Does the market demand for it and what do people think about it? So, we made a reality check and presented our idea on a crowdfunding platform."





Carsten rides through a green Frankfurt on the Main on his EDELROSE METREA.

The four founders wanted to raise 100 000 US dollars for their project. After four weeks, they got more than 400 000 US dollars.

Today, COBI export their products to 34 markets. The first product was launched in September 2016. But what does COBI exactly stand for? What's the idea behind it?

"The term COBI stands for 'Connected Biking'. This is how we define the connection of bike and rider. It's about the entire system, the perfect interaction, not just a chip and the bike is somehow connected, but the whole construct." A cockpit for the bike – this is how the Frankfurters call it. A smartphone cockpit like the cockpit in a plane, where the pilot has

everything in view all the time, but only uses it if necessary. The most important information is shown while riding: reduced, in large numbers and clear contrasts.

"COBI is the only platform in the world that moves your smartphone into the centre to allow for a safe use on the bike," Carsten further explains. "At that, it is well-designed, clear and well-structured, with many possibilities. You don't have to stop, hold your phone between shoulder and ear or ride with no hands, as you can see it often nowadays. The smartphone has a firm place and can even be charged, if need be."

COBI is available for Android and iOS systems and is directly installed on

your personal smartphone. This has the advantage that you theoretically always have the latest smartphone technology available and that no double hardware is needed, as most people already do have a hardware anyway. The smartphone is plugged into a charging station. The entire system is controlled with a remote control.

"From our point of view, a safe, centralised and easy-to-use 'experience' always needs a controller. COBI will never develop a system without a controller. It's a basic requirement to keep the hands on the handlebar while riding."

"What do you understand by 'COBI experience'?" I want to know from Carsten.



**COBI is the only platform in the world that moves your smartphone into the centre to allow for a safe use on the bike."**

It's the feeling that there's absolutely nothing to worry about. You do not need to switch between many different apps that all work differently. You simply plug in your phone and ride off. It already starts with the fact that the phone automatically switches to the correct landscape view. After the ride, all data is uploaded to all respective services like Komoot, Apple Health or similar, depending on the settings. If you only have a break or if you are on a multi-day tour, the data is collected and only uploaded afterwards."

"Sounds quite complex!" I reply. "Yes, but all this happens in the background, the

user won't notice it at all. The key aspect is to make the handling as easy and clear as possible –always keeping in mind that there is somebody riding a bike at the same time. Visually, we have removed everything that is not necessary and might be disturbing. Thus, the units, e.g. km/h, also fade out during the ride to have a clearly structured display. If you stop, the units will again be displayed. We have always searched for the simplest solution. Entering a destination for navigation, for instance, can easily be

done when waiting at the traffic lights." At many levels, the bicycle has already outstripped the car: demand for parking space, speed in dense traffic, costs, ecology, health – to name just a few aspects. COBI offers the luxury of connectivity at that – just like an alarm system for the bike.



Part of the COBI concept: the AmbiSense light system.







Riding home through the vineyard: COBI even knows secret paths!

## This turns the COBI system into the world's first open bicycle app platform."

"The system comes with a vibration sensor," Carsten explains. "When someone meddles with your bike, an alarm is activated. There are three different levels of sensitivity: If you just slightly knock against the bike, you will hear a short confirmation tone, true to the motto 'Go away!'. If you continue nevertheless, the tone will get louder. Finally, there is a third level of escalation where the bike will make a siren-like alarm sound."

"What does the future hold for COBI?" I want to know. "Of course, we have some grand plans and hope that our way of connectivity will make the bike an even better alternative to the car. Just in time for the Eurobike, COBI will be available with the so-called DevKit software

integration, that allows virtually anyone to add own apps to the system. Whether it's a smart, little idea of a hobby developer or a professional business solution," Carsten proudly explains. "This turns the COBI system into the world's first open bicycle app platform."

I say goodbye to Carsten who puts on his helmet and pushes his bike out of the office. He calls up the weather forecast on his COBI and quickly downloads a tour he got from a friend via komoot integration. It's just a little after-work tour with a nice viewpoint over the city of Frankfurt as destination. Carsten hops on his bike and dashes off. And while he is riding away, he answers the next phone call. Completely legally. ■



For more information see: [www.rosebikes.com/cobi](http://www.rosebikes.com/cobi)



# 360° VISIBILITY

Photo: Jens Wegener



## Men's Luminum Jacket

Bike softshell jacket

- 100% windproof, breathable and water-resistant
- 360° visibility, insulating, stretchy
- eco-friendly and fair manufacturing



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# VAUDE

*The Spirit of Mountain Sports*



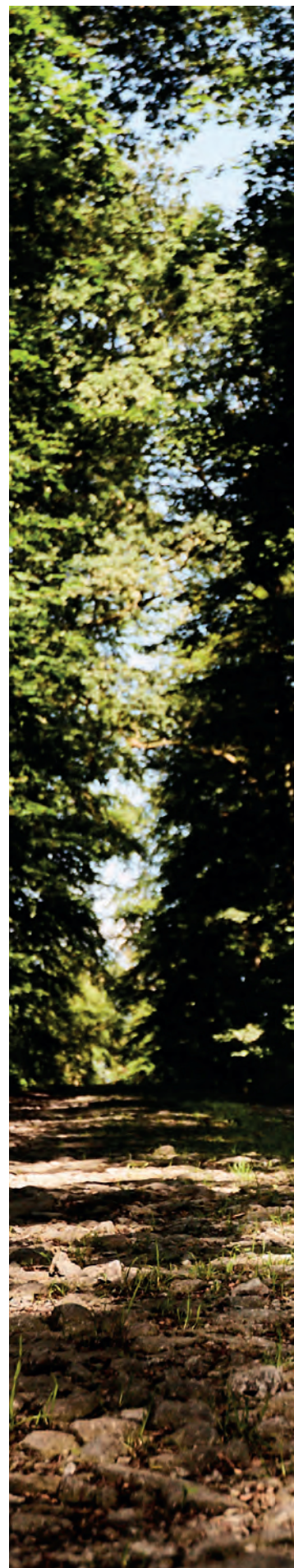
NEW IN 2017!

# **PRO** CROSS

WITH THIS CYCLOCROSS BIKE, BAD WEATHER  
IS NO LONGER AN EXCUSE.

AUTHOR ROSE BIKES PICTURES CARLOS FERNANDEZ LASER

AUTUMN TRADITIONALLY HERALDS THE CYCLOCROSS SEASON.  
WHEN IT'S GETTING WET AND UNCOMFORTABLE OUTSIDE,  
A RELIABLE CX BIKE IS JUST THE RIGHT CHOICE TO SPEED  
ACROSS THE COUNTRY.







Born as a thoroughbred cyclocross bike, the PRO CROSS is especially robust. It is designed for the race track, yet also rides through the forest and over gravel paths as fast and smoothly as real ROSE road bike.





**Just in time for the start of the season, we present you with the new PRO CROSS the perfect tool to easily plough through mud and dirt or to speed over gravel paths.**





**T**he new PRO CROSS impresses with a 1390 g light, completely new, seamlessly finished aluminium frame, as well as with internal cable routing and our High Performance Disc full-carbon fork, that has already regularly been rated best in international tests. Frame and fork come with the FlatMount standard to mount disc brake callipers. This saves weight and perfectly distributes the brake load. Besides, the PRO CROSS knows how to impress with a sporty, balanced geometry and thus offers best conditions for brilliant cross-country acrobatics.

33 mm wide cross tyres offer sufficient control over the bike: The Schwalbe X-ONE EVO BITE with an especially deep tread is used at the front to offer enough grip in corners. At the rear, the X-ONE EVO ALLROUND with a low rolling resistance ensures great propulsion. Both tyres are tubeless-easy and can thus also be used without inner tubes when combined with the DT SWISS P1750. This reduces the risk of punctures to a minimum and allows you to increase traction and grip by lowering the tyre pressure. If you like, you can fit up to 42 mm wide tyres for different intended uses, which turns the bike into a true all-rounder. 160 mm large brake rotors are fitted as standard and offer enough reserves to easily master any terrain and to safely stop the bike in steep sections, too.



The PRO CROSS: available from 1399 euros.









## THE EQUIPMENT IS IN YOUR HANDS.

True to ROSE's philosophy, you can choose the components for the PRO CROSS that best suit your individual needs: Whether you prefer the crisp SRAM Force, the brand-new Shimano Ultegra R8000, the efficient SRAM Apex or the proven Shimano 105 groupset – there is the right shifting system for every intended use and budget available. As it is designed for fast-paced muddy rides, the frame of the PRO CROSS is prepared for the use with mudguards. Lights and kickstand can be fitted, too, so that the PRO CROSS can be easily turned into a touring bike. The model is available in eight different frame sizes from 49 cm to 64 cm and two colour versions from an unbeatable price of 1399 euros.

PRO CROSS – with this bike, there are no more excuses! ■

# PRO CROSS

## FRAME DETAILS

Frame weight of 1390 g

Internal cable routing

Smooth weld seams

High Performance Disc full-carbon fork with 15 mm thru axle

FlatMount standard on fork and frame

Possible tyre width up to 42 mm

Screw connections for rack, kickstand and mudguards



For more information see [www.rosebikes.com/procross](http://www.rosebikes.com/procross)



# ON THE SHOPPING LIST

## CROSS BIKE SHOPPING MALL

IN CYCLOCROSS RACING, THE PERFECT EQUIPMENT PLAYS AN IMPORTANT ROLE. WE SHOW YOU PRODUCTS THAT HELP YOU GET TO YOUR DESTINATION FASTER.



### TACX T7000

With the Tacx T7000 mudguard, road and cross cyclists can protect themselves from flying dirt. Thanks to a quick-release, the mudguard can be easily clipped in at the saddle. To make sure that you even do not have to do without your accessories on wet days, the mudguard also features a mount for the Tacx saddle bag (optionally available).

€ 14,90

Item no.: 2229034

### DEXTRO ENERGY ISOTONIC SPORTS DRINK

The Dextro Energy isotonic sports drink supplies your body with carbohydrates and electrolytes. The fruity, refreshing drink perfectly dissolves in water and can also be used when warm. The drink powder is suitable for use before or during sport activities. Available in the flavours Citrus Fresh and Orange Fresh.

440 g € 5,45

(Basic price 1 kg € 12,39)

Item no.: 1947151 (Orange Fresh)



### ROSE RASTMAXX QR 1

A brilliant invention! The ROSE Rastmaxx QR-1 rear mount kickstand will be the perfect choice, if your bike does not have a stand mount, if an installation on the chainstays is not possible or if you do not want to scratch the frame. Install it within seconds with the help of the quick release, adjust the length and park your bike. There is no easier and cleaner solution!

€ 14,95

Item no.: 2256710







### LUNIVO LYNX F30 II & LYNX R MINI\*

To see and to be seen! With the Lunivo Lynx F30 II and Lynx R mini light set, you will easily manage this balancing act. A light power of up to 30 lux turns night into day. The high-power LEDs offer up to seven hours of brightness and safety. After use, the integrated batteries can be easily charged with the included USB cable.



€ 44,95

Item no.: 2263798

### ORTHOMOL SPORT

For all those who give their all! The perfect diet is the basis to get the best out of yourself. Orthomol Sport contains all micronutrients your body needs to perfectly prepare for a competition and to recover afterwards.

Ranging from magnesium via calcium through to iron and vitamin C, this dietary supplement offers best conditions for best performances.



from € 12,95

Item no.: 2262249



### ROSE SUPERLIGHT REFLEX

The ROSE Superlight Reflex handlebar tape is made from high-quality microfibre and comes with a shock-absorbing PU coating underneath. In the dark, the tape shows its true colours – then you will see a reflective layer through the perforations that increases your visibility in road traffic.

€ 19,95

Item no.: 2251931





### OAKLEY RADAR EV PATH

With the RADAR EV PATH, OAKLEY sets a new milestone in performance and design. The lens has been enlarged to allow for an even wider field of vision. The O MATTER frame with anti-slip UNOBTAINIUM elements on nose bridge and earpieces ensures even more comfort, perfect airflow and a great fit. These glasses keep their promises.

€ 124,00

Item no.: 2132701

### POC OCTAL X

The OCTAL X by POC is based on the award-winning Octal bestseller. Compared to its predecessor, the Octal X offers even better ventilation and an even lower weight. The unibody construction of the outer shell ensures best aerodynamics and offers perfect protection thanks to high durability. Integrated aramid bridges provide additional structural integrity, as well as shock absorption in case of a fall.



€ 219,95

Item no.: 2260453



### ROSE RETRO II

Everybody is talking about the rhombus – in school, when talking about Angela Merkel and now also at ROSE! Get yourself the trendy pattern with the Retro II cycling jersey. The shirt is made from a breathable and fast-drying fabric with mesh panels under the arms for even better ventilation. A total of four back pockets ensure lots of storage space. Main fabric: 100% polyester; Mesh panels: 78% polyester, 22% elastane

€ 69,95

Item no.: 2253933

### ROSE CYW

Our well-known ROSE CYW bib tights are now also available with ¾-length legs! This time too, our top seller comes with the PRO FIBRE 3 seat pad to ensure increased comfort on medium distances. The main fabric used is the PRO FIBRE ELASTIC material, since it has already proven to be very breathable and moisture-wicking in other ROSE textiles. Material: 80% polyamide, 20% elastane



€ 52,95

Item no.: 2253847



## ROECKL RIGA FULL FINGER

For the Riga cycling gloves by Roeckl, cool days are no problem at all. The long-established German company has equipped the back of these gloves with a Gore Windstopper Tornado membrane. It reliably protects you from cold wind, light rain and splashing water. The palm is made from Duradero WR material that offers maximum grip on the handlebar, in combination with the silicone prints. Of course, the gloves are also compatible with the touchscreen display of your smartphone.

Material: back of the hand: 100% polyester;  
Palm: 60% polyamide, 40% polyurethane

€ 49,95

Item no.: 2259685



## GAERNE G. HURRICANE

Quality made in Italy! With the G. HURRICANE MTB shoes, GAERNE makes you an offer you can't refuse. Their MTB 2Density sole made of nylon and fibreglass is especially designed for slippery terrain. It is durable, lightweight, thin and offers maximum grip on every ground. The BOA L6 dial system with stainless steel wires allows for a precise adjustment of the shoes, even while riding.

€ 139,95

Item no.: 2252619

## ENDURA MT500 II

Bad weather? Yes, please! With the MT500 II waterproof jacket by ENDURA, you are perfectly prepared for any weather.

The proven ExoShell60 three-layer membrane is not only wind- and waterproof, but also very breathable. Additional two-way zips under the arms offer extra ventilation when you need it.

With this rain jacket, you will look forward to every rain shower!

Material and membrane: 78% polyamide, 18% polyester,  
4% elastane

€ 229,95

Item no.: 2258842



## ROSE RH 05

Windproof, waterproof and absolutely versatile – the ROSE RH-05 shorts won't say no to a little detour around the forest. The shorts offer high protection in changeable weather and can also be taken along on your tours as 'emergency shorts'. Material: 100% polyester

€ 49,95

Item no.: 2257714



# CYCLE FASHION

SHOPPING IS MY CARDIO!

## Helmet

MAVIC Aksium Elite W  
Item no.: 2252115  
€ 69,00

## Glasses

OAKLEY Evzero Path  
Item no.: 2257521  
€ 124,00

## Jacket

MAVIC Sequence  
Material: 100% polyamide;  
Back insert:  
100% polyester  
Item no.: 2258060  
€ 139,95

## Tights

MAVIC Sequence  
Material: 84% polyamide,  
16% elastane  
Item no.: 2258058  
€ 109,95

## Gloves

ROSE Pro Safety Reflex  
Material: 50% polyester,  
30% polyamide,  
20% polyurethane  
Item no.: 2223739  
€ 34,95

## Shoes

SHIMANO SH-RT4  
Item no.: 2251325  
€ 89,95



## Helmet

GIRO Cinder MIPS  
Item no.: 2253542  
€ 124,95

## Glasses

ROSE PS 07 Photochromic  
Item no.: 2240754  
€ 64,95

## Jacket

CASTELLI Velocissimo 2  
Material: outer main fabric:  
100% polyamide; Inner main  
fabric: 92% polyester,  
8% elastane; Back panel  
and inner collar:  
100% polyester;  
Hems and collar:  
85% polyamide, 15% elastane  
Item no.: 2258836  
€ 179,95

## Bib tights

CASTELLI Velocissimo 3  
Material: 85% polyamide,  
15% elastane; straps:  
77% polyester, 23% elastane  
Item no.: 2258940  
€ 109,95

## Gloves

CASTELLI Scalda  
Material: Back and side of  
fingers: 70% polyester,  
20% polyurethane,  
10% elastane; palm:  
100% polyester; cuffs:  
85% polyamide, 15% elastane  
Item no.: 2258943  
€ 59,95

## Shoes

SIDI Shot  
Item no.: 2251433  
€ 389,95



**Helmet**

GIRO Synthe MIPS  
Item no.: 2174363  
€ 249,95

**Glasses**

ROSE PS 08 Photochromic  
Item no.: 2240790  
€ 59,95

**Jacket**

GONSO Lucite Women's  
Thermo-Active  
Material: Hightex-  
Softshell: 100% polyester;  
Thermofleece:  
85% polyamide,  
15% elastane  
Item no.: 2258621  
€ 99,95

**Bib tights**

GORE BIKE WEAR Element Lady  
Material: 92% polyester,  
8% elastane  
Membrane: 100% polyester  
Item no.: 2129044  
€ 127,95

**Gloves**

ROECKL Reggello GTX  
Material: back of the hand:  
91% polyamide, 5% elastane,  
3% polyester, 1% polyurethane;  
Palm: 91% polyester,  
9% polyurethane;  
Lining: 100% polyester  
Item no.: 2225056  
€ 69,00

**Socks**

ROSE Race High  
Material: 97% polyamide,  
3% elastane  
Item no.: 2197009  
€ 6,95

**Shoes**

SHIMANO SH-RT5 Woman  
Item no.: 2251406  
€ 89,95

**Helmet**

ALPINA Campiglio  
Item no.: 2251258  
€ 99,95

**Glasses**

RUDY PROJECT Tralyx  
Item no.: 2175122  
€ 197,00

**Jersey**

CRAFT Shield 2 M  
Material: front and back:  
100% polyester; coating:  
100% polyurethane; inserts:  
86% polyamide, 14% elastane  
Item no.: 2257708  
€ 139,95

**Arm warmers**

CRAFT Shield  
Material: 86% polyamide,  
14% elastane  
Item no.: 2257702  
€ 54,95

**Bib tights**

CRAFT Verve Glow M  
Material: front and back:  
100% polyester;  
Straps: 87% polyester,  
13% elastane; inserts:  
80% polyamide, 20% elastane;  
Coating: 100% polyurethane;  
Cuffs: 100% polyamide  
Item no.: 2257742  
€ 169,95

**Shoes**

SHIMANO SH-RC9 S-Phyre  
Item no.: 2257510  
€ 359,95



**Helmet**

TROY LEE Designs A1 MIPS  
Item no.: 2251186  
€ 169,95

**Glasses**

OAKLEY Jawbreaker  
Item no.: 2261169  
€ 149,00

**Jacket**

FOX Attack Pro Fire  
Material: 100% polyester;  
Stretch panels: 87% polyester,  
13% elastane  
Item no.: 2257300  
€ 249,95

**Tights**

FOX Attack Fire  
Material: 94% polyester,  
6% elastane  
Back panel: 100% polyester  
Item no.: 2257001  
154,95 €

**Gloves**

FOX Legion  
Material: 65% polyamide,  
16% polychloride,  
13% polyurethane,  
6% elastane  
Item no.: 2257059  
€ 39,95

**Shoes**

FIVE TEN Maltese Falcon MTB  
Item no.: 2169893  
€ 89,95

**Backpack**

LEATT Hydration Cargo 3.0 Dbx  
Item no.: 2253447  
€ 179,95

**Helmet**

POC Tectal  
Item no.: 2254007  
€ 179,95

**Glasses**

OAKLEY Radar EV Path  
Item no.: 2256295  
€ 124,00

**Jacket**

VAUDE Women's Minaki II  
Material and lining:  
100% polyamide; stretch panels:  
90% polyamide, 10% elastane;  
Padding: 100% polyester  
Item no.: 2257379  
€ 159,95

**Shorts**

VAUDE Minaki II  
Material: 100% polyamide;  
Reinforcements: 88% polyamide,  
12% elastane; Membrane:  
100% polyurethane;  
Padding: 100% polyester  
Item no.: 2206945  
€ 119,95

**Tights**

VAUDE Women's Advanced Wool  
Material: 67% wool (merino),  
27% polyester, 6% elastane;  
Inside, support and membrane:  
100% polyester;  
Stretch: 85% polyamide,  
15% elastane  
Item no.: 2257390  
€ 139,95

**Gloves**

ROSE Team Wind  
Material: 76% polyester,  
13% polyurethane, 9% polyamide,  
2% elastane  
Item no.: 2135346  
€ 32,95

**Shoes**

FIVE TEN Freerider  
Contact Women's  
Item no.: 2169723  
€ 119,95





**Helmet**

ABUS Yadd-I  
Item no.: 2253442  
€ 59,95

**Glasses**

ALPINA Kosmic  
Item no.: 2251307  
€ 34,95

**Jacket**

ROSE Hybrid  
Material: softshell outer fabric  
and lining: 100% polyamide;  
Lining outer fabric and padding:  
100% polyester  
Item no.: 2222651  
€ 84,95

**Jeans**

ALBERTO Ecorepel Denim  
Material: 67% cotton,  
31% polyester, 2% elastane  
Item no.: 2259699  
€ 119,95

**Gloves**

ROSE Road Eurotex  
Material: 50% polyester,  
30% polyurethane,  
16% polyethylene,  
4% polyamide;  
Lining: 100% polyester  
Item no.: 2135328  
€ 27,95

**Shoes**

CHROME 415 Pro Workboot  
Item no.: 2255981  
€ 174,95

**Bag**

CHROME Citizen  
Item no.: 2222110  
€ 139,95

**Helmet**

CASCO Roadster Tc  
Item no.: 2182797  
€ 79,90

**Glasses**

OAKLEY Reverie  
Item no.: 2257613  
€ 94,00

**Jacket**

JACK WOLFSKIN Richmond Hill  
Material: 100% polyester; 90/10  
White Duck Down:  
90% white duck down,  
10% feathers.  
Contains non-textile  
parts of animal origin.  
Item no.: 2258353  
€ 179,95

**Jeans**

ALBERTO Bicicletta Superfit  
Denim Slim  
Material: 90% cotton,  
7% polyester, 3% elastane  
Item no.: 2259703  
€ 129,95

**Gloves**

ROECKL Kapela  
Material: 51% modal,  
49% cotton  
Item no.: 2225126  
€ 12,00

**Shoes**

VAUDE Tsali AM Mid STX  
Item no.: 2250115  
€ 159,95



**Helmet**

SMITH OPTICS Overtake MIPS  
Item no.: 2253822  
€ 209,00

**Glasses**

KOO sports glasses kit  
Item no.: 2254783  
€ 199,00

**Jersey**

NALINI Alnilam  
Material: 100% polyester; zip flap, hem and cuffs: 80% polyamide, 20% elastane; zip underflap: 100% polyurethane; Inner collar, lining of back pockets: 100% polyamide  
Item no.: 2259454  
€ 149,95

**Bib tights**

NALINI Schara  
Material: 85% polyamide, 15% elastane; Sides and back of knees: 100% polyester; top back panel: 77% polyamide, 23% elastane; Transition to upper body: 80% polyamide, 20% elastane  
Item no.: 2259459  
€ 159,95

**Gloves**

CASTELLI Lightness  
Material: back of the hand: 82% polyester, 18% elastane; Palm: 60% polyamide, 40% polyurethane  
Item no.: 2039079  
€ 34,95

**Shoes**

SIDI Shot  
Item no.: 2251434  
€ 389,95

**Backpack**

DEUTER Road One  
Item no.: 2169440  
€ 69,95

**Helmet**

KASK Rapido  
Item no.: 2107200  
€ 69,95

**Glasses**

ROSE RB 03 Lady  
Item no.: 2241762  
€ 29,95

**Jersey**

ALÉ Graphics PRR 2.0 Flowers  
Material: 85% polyester, 15% elastane;  
Back: 84% polyester, 15% elastane, 1% other fibres ;  
Side, armpits, wrist: 85% polyamide, 15% elastane;  
Front insert outer material: 59% polyester, 35% elastane, 6% other fibres  
Front insert inner material: 80% polyester, 20% elastane  
Item no.: 2260434  
€ 129,90

**Bib tights**

ALÉ Clima Protection 2.0 Future Be-Hot  
Material: 86% polyamide, 14% elastane; Lower legs: 84% polyester, 16% elastane;  
Coating: 100% polyurethane;  
Back and pocket: 52% polyamide, 32% polyester, 16% elastane;  
Straps and front: 75% polyamide, 25% elastane  
Item no.: 2260432  
€ 148,90

**Gloves**

ROECKL Ravenstein  
Material: back of the hand: 63% polyamide, 35% polyester, 2% elastane;  
Palm: 61% polyamide, 35% polyurethane, 4% polyester;  
Lining: 100% polyester  
Item no.: 2122759  
€ 44,00

**Shoes**

SIDI Level  
Item no.: 2251832  
€ 134,95





**Helmet**

POC Octal AVIP MIPS  
Item no.: 2171791  
€ 299,95

**Glasses**

UVEX sportstyle 803 race vm  
Item no.: 2252034  
€ 119,00

**Jacket**

NORTHWAVE Blade 2  
Total Protection  
Material: 90% polyester,  
10% polyurethane  
Item no.: 2259887  
€ 139,95

**Bib tights**

NORTHWAVE Dynamic Colorway  
Mid Season  
Material: 86% polyamide,  
14% elastane  
Item no.: 2259917  
€ 99,95

**Gloves**

ROSE Team Wind  
Material: 76% polyester,  
13% polyurethane,  
9% polyamide, 2% elastane  
Item no.: 2135346  
€ 32,95

**Shoes**

GAERNE Carbon G.Tornado  
Item no.: 2252589  
€ 184,95



**Helmet**

GIRO Foray MIPS  
Item no.: 2253575  
€ 84,95

**Glasses**

ROSE RBS 27 Lady  
Item no.: 2240897  
€ 42,95

**Jacket**

SPORTFUL Primavera Switch  
Material: 84% polyamide,  
16% elastane  
Inside: 100% polyester  
Item no.: 2259142  
€ 179,90

**Bib tights**

ROSE High End  
Material: 80% polyamide,  
20% elastane  
Item no.: 2262051  
€ 89,95

**Leg warmers**

ROSE Seamless  
Material: 94% polyamide,  
6% elastane  
Item no.: 2183875  
€ 23,95


**Gloves**

ROECKL Mango  
Material: back of hand:  
92% polyamide,  
8% polyurethane;  
Palm: 60% polyamide,  
40% polyurethane  
Item no.: 2252949  
€ 26,00

**Shoes**

SIDI Genius 7 Woman  
Item no.: 2243797  
€ 179,95





**...AND IT SEEMS AS IF  
THERE WAS NOTHING  
A VIEW OF THE SEA  
COULDN'T HEAL.**

**BETWEEN BLÅVAND AND RINGKØBING,  
THE SOUTH-WEST OF DENMARK**





**AUTHOR MAREEN SOMMER PICTURES TONY LOMBARDO**

**DENMARK IS THE HAPPIEST COUNTRY IN THE WORLD. AT LEAST THAT'S WHAT SURVEYS SAY. HOWEVER, SINCE WE DO NOT BELIEVE EVERYTHING WE HEAR, WE WANTED TO FIND IT OUT FOR OURSELVES AND SO WE MADE A LITTLE TOUR AROUND THIS COUNTRY THAT IS BELIEVED TO BE FULL OF SATISFIED PEOPLE. WE EXPLORED THE SOUTH-WEST BETWEEN BLÅVAND AND RINGKØBING ON OUR BIKES, ALWAYS IN PURSUIT OF HAPPINESS...**





Rusty works of arts on an endless beach. The mules in Blåvand brave any weather.

**Y**ou can already see the huge mules from a distance. Relaxed, they lie at the beach of Blåvand, while kids are climbing on them; their heads decorated with a rusty patina. "That's definitely the best thing you can make out of old bunkers!" Carsten says while pushing his bike over the beach. I can hardly contradict, the sculptures are really worth seeing. At the Danish coast, there are still thousands of the old bunkers of the so-called Atlantic Wall. Most of them are unofficial adventure playgrounds for kids, some of them were turned into mule sculptures by the artist Bill Woodrow in Blåvand in 1995. They have become a sort of trademark for the little holiday resort that is one of the oldest and most popular resorts in Denmark.

40 kilometres of beautiful, sandy beach nestle around the town, the headland Blåvandshuk is the westernmost point of Jutland. For us, the perfect place to do our weekend discovery tour along the Danish North Sea coast!

Jutland, this is how the western and largest part of Denmark is called that stretches up to the Skagerrak in the North. We decided for the south-west part of Jutland. Between Blåvand and the city of Ringkøbing, at the waterfront of the fjord of the same name, the landscape is said to be spectacularly beautiful. The area is only a two-hour drive away from the German-Danish border and thus comfortable to reach for German holidaymakers.







**SEAT PAD**  
**CARBON**



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We quickly loaded the bikes onto the hitch rack of our car and rode off to find the secret of happiness. First of all, we were really happy with the choice of our bikes. We had thought long about what bikes to choose for our extensive tours. In the end, I opted for a BLACK CREEK-6. I wanted a sporty and lightweight bike, a zippy one, a mile-eater. Besides, I wanted it to be full-featured and equipped with a rack, so that I can also carry panniers, if need be. The BLACK CREEK-6 is the line's top model. A Shimano XT groupset ensures great performance and is said to be extremely durable. Disc brakes are essential for me, too, as we also like to ride in the mountains with a fully loaded bike and this might get quite fast downhill. This may get quite uncomfortable, especially on wet ground. Disc brakes can handle this with ease and always offer reliable braking performance.

Carsten chose a BLACK LAVA-6 CARBON DRIVE. He wants to ride with the bike to work and so, it was important for him to have a reliable bike that requires low maintenance. These are exactly the criteria this bike meets, as it comes with a gear hub and a belt drive, the Gates Carbon Drive.

The bright red Speedhub gear hub from the German manufacturer Rohloff is known for high quality. It has 14 gears, which should be enough for all situations in life. Moreover, it requires extremely low maintenance, a quick oil change per year is enough. The Gates Carbon Drive is just as low-maintenance. It is extremely durable, does not require any lubrication and runs smoothly.

After a short visit of the mules, we steer our bikes past thatched roof cottages in the direction of the lighthouse. It marks the northern edge of Blåvand and the most western edge of Jutland. It is 39 metres high and from the top, you have a wonderful view of the town, the Kallesmærsk Hede and the beach.

We leave the lighthouse and Blåvand, Vejers Beach is our first destination. We ride through the town again before we continue

northwards through the Kallesmærsk Hede, a training area of the Danish military. "Isn't it dangerous to ride through this area?" I ask my companion. "No," Carsten answers, "there are large globes hoisted on masts every time there is a training. If the globes are down, the area is publicly available!" The ground of the heath is sandy, yet solid. After seven kilometres, we take a left to Vejers.



On the way to Henne Beach. Henne Mølle Å nestles in the landscape.



Cycle paths against a picturesque backdrop as far as the eye can see. The Danish know how to set priorities.





Mareen's BLACK CREEK-6 as the perfect beach bike for the solid, sandy beach in Vejers.

The huge beach in Vejers is rock hard. It is even permitted to drive by car and park here. Yet it is never overcrowded. It's a very special feeling for us to ride along the beach on our bikes. The area is perfect to explore, since you can experience the countryside quite differently. Bolkarts are turning in circles in the sand, a nice scenery in the absolute vastness. From Vejers, we ride to Henne Beach, another popular holiday destination. It is almost 20 kilometres away and so, we ride around an hour over beautiful little roads. Henne Beach is particularly popular among German holidaymakers.

**40 kilometres of beautiful, sandy beach nestle around the town, the headland Blåvandshuk is the westernmost point of Jutland.**

We ride through the busy town to the famous ice cream parlour where we park our bikes. It's good to relax for a while. We already did 35 kilometres and there are 30 kilometres left to ride back. Soft ice cream definitely puts you in a good mood. We observe the hustle and bustle on the street; above us, seagulls are calling. We even have enough time to take a little detour to the beach. We walk through the high dunes and feel like kids, everything is just easy.



All red: Carbon Drive, gear hub and the light of the BLACK-LAVA-6 – an eye-catcher with perfect functioning.





**We even have enough time to take a little detour to the beach. We walk through the high dunes and feel like kids, everything is just easy.**

“Come on, it’s only 30 kilometres back home!” I encourage Carsten when we head off, “that’s a walk in the park!” We need less than 90 minutes to get back to Blåvand, our starting point. Exhausted, we go to bed, with the first moments of happiness to our credit.

The next day is waiting. Today, we want to go to the Ringkøbing Fjord. This means for us: Loading the bikes onto the rack and driving 60 kilometres by car. Our starting point is Årgab, located almost in the centre of the fjord, on the west side. We park in a huge, free car park of which you can find thousands along the North Sea coast. The Ringkøbing Fjord is a lagoon that is separated from the North Sea by a narrow strip of sand, the Holmsland Klit. “Spit” is the correct designation for such a strip of land

that is only a few hundred metres wide at the narrowest point. A wonderful cycle path winds its way through the dreamlike dune landscape – undulating, open, winding. Fortunately, there is only little wind today. Up here, the wind can also blow heavily.

After almost five kilometres, we ride through Hvide Sande harbour, ‘White Sand’. Here, there is a connection between North Sea and fjord, allowing little ships to pass. Yet we don’t stop as we chose a more picturesque town as a destination with Ringkøbing. We continue our way twelve kilometres over the unique cycle path before we arrive at the coastal town of Søndervig. It is a small, relaxed holiday resort and every few years, there is a sand sculpture festival taking place here.

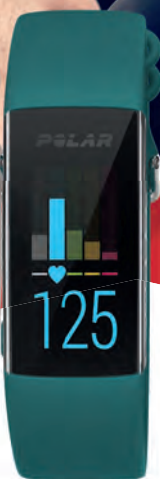


Fantastic cycle path on the spit between North Sea and fjord. Touring enjoyment at its best.



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Picturesque Ringkøbing:  
The destination of our  
second day trip.

“Look over there, this is Ringkøbing!” Carsten finally says and points eastwards. We slowly approach the city on the cycle path that is splendidly constructed, too.

The Danish have a special relationship to bikes, they have a high priority. Not only the bike capital Copenhagen with its unique

cycle path network is a good example, but there are great cycle paths all over the country, where you ride safely and often far away from the road. It’s this relaxed style of riding that impresses me, just like the calmness of the Danish in general. Here, stress and hectic have not yet been invented and it seems as if there was nothing a view of the sea couldn’t heal.

Ringkøbing pours on the charm of a peaceful, little Danish town. Narrow alleys and redbrick houses tell their own stories. “West Jutland’s little capital” has a cosy, pleasant atmosphere – the Scandinavians would call it ‘hyggelig’. The tables of

the restaurants on the market place are all occupied. In the little shops all around, you cannot only buy things of everyday life, but you’ll also find pieces of craftsmanship, pottery, knitting, decoration. From this place, we start our way back. There is actually the possibility to ride completely around the Ringkøbing Fjord to get to know another side, but this tour is around 100 kilometres long – too long for us today. We have another coffee at the harbour before we ride back to our car.

Well, is Denmark the happiest country in the world? We cannot answer this question after one weekend only. However, with an abundance of nature, sea and beach on the doorstep, as well as a healthy portion of nonchalance and the love of bikes, they have damn good conditions. ■



The charm of Scandinavia  
is waiting only two hours  
behind the barrier.



# ESSENTIALS FOR THE TOUR

€ 159,95

Item no.: 2257392



## VAUDE MINAKI

So many good features: fair trade and environmentally-friendly, top performance for cyclists. This VAUDE jacket keeps you warm, is wind- and waterproof, extremely breathable and comes with comfortable stretch panels. Material and lining: 100% polyamide; stretch panels: 90% polyamide, 10% elastane; padding: 100% polyester

## UVEX FINALE

A safety-conscious helmet classic! Perfectly ventilated, made with DOUBLE INMOULD technology and equipped with the ANATOMIC IAS fitting system to fit snugly around every head.



€ 97,00

Item no.: 2164205

## TEASI CORE AND TAHUNA APP\*

Bike computer meets smartphone: The TEASI CORE allows you to enter your destination through a smartphone app. With arrow or voice navigation, smart notifications and track recording.

€ 79,90

Item no.: 2261903



## VITTORIA CITY/URBAN ADVENTURE TECH G+ REFLEX

Gets the bike rolling: The Adventure Tech G+ Reflex touring tyre by Vittoria stands out for good puncture protection, top grip and low rolling resistance..



€ 29,95

Item no.: 2264742

€ 189,95

Item no.: 2262608



## POLAR A370\*

Your personal health expert: The Polar A370 fitness tracker monitors your daily activity, counts your steps, measures your heart rate, and monitors the calories burned as well as your sleep!

\*Please note the battery law information on [www.rosebikes.com/battg](http://www.rosebikes.com/battg)



NEW IN 2017

# XTRA WATT

ROLLS SILENTLY THANKS TO IMPROVED  
BOSCH DRIVETRAIN

AUTHOR ROSE BIKES PICTURES KATHARINA NEUENHAUS & SASCHA HÜBERS

WHETHER FOR CITY RIDES OR LONGER WEEKEND BIKE TOURS – THE XTRA WATT MASTERS MANY TERRAINS AND HAS ALREADY IMPRESSED MANY CYCLISTS WITH A BALANCED GEOMETRY AND EXCELLENT COMFORT. NOW WE HAVE FURTHER UPGRADED OUR BESTSELLER: THE XTRA WATT ALFINE 8 IS NOW AVAILABLE WITH THE NEW AND ALMOST SILENT ACTIVE LINE DRIVE BY BOSCH.









**A** perfect balance of power, a long battery range and smooth shifting processes. Many customers appreciate the powerful and reliable Bosch technology of the XTRA WATT e-bikes. In summer, the third and thus latest generation of Bosch drive units was launched. The Active Line promises an up to 900 grams lighter drive unit, as well as a more silent motor. The product managers of ROSE are convinced of the advantages of this innovative technology. Thus, there was no question about whether to use the system directly after the launch, which is why it now decorates the XTRA WATT ALFINE 8.

The new Active Line drive unit by Bosch is a system for all those who know how to enjoy life: a gentle push lets the rider glide over the roads and ensures perfectly adjusted pedalling assistance up to max. 25 km/h. The Active Line comes with a 400 Wh battery as

standard, which has a range of up to 130 kilometres when used by normal weight riders and in flat terrain. Those who regularly ride in mountainous regions and need more power can easily upgrade to a 500 Wh battery.

Apart from the innovative drive unit, the XTRA WATT ALFINE 8 impresses with even more technical highlights: A Shimano Alfine 8-speed gear hub carries out its duties at the rear wheel and impresses with high reliability and low maintenance. A disc brake by Shimano offers sufficient safety for your e-bike tours. It impresses with a great braking power, even on wet roads. The equipment is topped off by a comfortable Terry saddle, a high-quality B+M headlight and a Speedlifter that allows you to adjust the handlebar height with a flick of the wrist.





The XTRA WATT ALFINE 8 is available from 2749 euros and only for delivery to Germany or the Benelux countries.





In addition, the XTRA WATT ALFINE 8 was repainted in a new, modern look. The frame design in the colour 'pearl grey' is just the right choice for all those who prefer classic, simple elegance. Special attention was paid to a harmonious integration of the battery: The PowerPack takes up the colours of the frame and thus becomes one with the bike.

The proven frame geometry of the XTRA WATT line hasn't changed for the 2018 model: On the men's and unisex

sport model, the battery is elegantly integrated at the down tube for a perfect weight balance. A real gain in agility. The third frame version, the ladies' comfort bike with a low entry, is suitable for all riders who want to get comfortably on and off their bike.

XTRA WATT ALFINE 8 – reach your destination quickly and relaxed! ■

## FRAME DETAILS

High-quality frame made of 6066 T6 aluminium

Smooth weld seams

Internal cable routing

Speedlifter for an easy adjustment of the handlebar height

Suntour suspension fork with 63 mm of travel, lockout control on the handlebar and 15 mm thru axle

## THIS IS WHERE WE WERE: 100 CASTLES ROUTE

The 100 Castles Route leads through the green landscape of the Münsterland region, far off busy streets. It is roughly 960 km long and connects – as the name suggests – 100 castles and manors. Thus, it is one of the most popular cycling routes in Germany.

For more information see:  
[www.muensterland-tourismus.de](http://www.muensterland-tourismus.de)





# Saddle discomfort? Switch saddles now!

Terry saddles are proven to effectively stop seating discomfort. The saddles are available in two widths and are specifically developed and designed for both male and female anatomies. The step-free 3-Zone-Comfort-Principle saddle surface with the ergonomic relief channel is proven effective against seating discomfort while riding.

Sports-Series  
Fly/Butterfly Exera  
from MSRP  
**59,95 €**



Have fun!

Helps fight numbness and pressure in the soft tissue areas

No Pressure!

Helps fight painful pressure

Keep cool!

Relieves heat accumulation

Stay smooth!

Helps prevent chafing



Available for Men or Women



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DISCOMFORT**

## Ergonomically and Medically Approved.

Terry saddles are developed using the latest sensor pressure measuring technologies in collaboration with our expert team consisting of Dr. med. Uwe Niekerken (Urologist), Hedda zu Putlitz (Physiotherapist) and Dr. Kim Tofaute (Sports Scientist and Ergonomist) in our Terry ergonomic laboratory.



# ON THE SHOPPING LIST

## E-BIKE SHOPPING MALL

**EVERYDAY COMFORT MEETS FUNCTIONALITY: THESE ARE OUR PRODUCT HIGHLIGHTS FOR ALL THOSE WHO RIDE WITH BUILT-IN TAILWIND.**



### LINKA SMART LOCK BLUETOOTH\*

The bike lock gets smart! The Linka Smart Lock is a connected bike lock – without key. Thanks to Bluetooth Smart, the lock opens as if by magic when approaching. All you have to do is get on your bike and ride off. The free app will inform you within a range of 120 m, if your bike is carried away by thieves or if the lock is opened by force. An integrated, 110 dB loud warning signal will scare away every bike thief. Discover theft protection 2.0!

€ 169,00

Item no.: 2262123

### ERGON SFC3

Ride comfortably, even without cycling tights on. The comfort foam and special shape of the Ergon SFC3 saddle ensure comfortable tours. The saddle is designed for electric bikes, fitness bikes or sporty touring bikes and effectively relieves the pressure from sensitive body areas. This is thanks to a large seating surface, a slim nose and an orthopaedic foam padding, as well as thanks to gel pads.



€ 49,95

Item no.: 2262494



### ABUS BORDO BIG 6000

Strong bars made of hardened steel with a two-component coating meet a locking cylinder with picking and ice spray protection: The Abus Bordo Big 6000 folding lock with a length of 120 cm allows you to easily secure your bike to street lights or trees. Including a nice transport bag. With this lock, bike thieves will have no chance.

€ 72,95

Item no.: 2256207





### SKS GERMANY AIRWORX PLUS 10.0

The SKS Airworx Plus 10.0 floor pump makes inflating your bike even easier. Thanks to its above-average height, the pump offers even more volume per stroke. An easy-to-read gauge with an integrated pressure release screw makes sure you always know the current tyre pressure while allowing for easy adjustment. A wide steel base ensures a secure stand.

€ 42,95

Item no.: 2253009



### B+M LUMOTEC IQ-X E 150 LUX

Above all, the e-bike headlight B + M Lumotec IQ-X E is a powerful and reliable companion in dusk or dawn, as well as at night. Thanks to the LED IQ2-Tec, a light power of 150 lux perfectly and evenly illuminates the terrain in front of you. Also on board of the e-bike headlight, that is protected from rain and splashing water, is a sensor control unit for automatic switching between daytime and night-time mode. Brightly shining slits make sure you will also be seen from the sides at night.

€ 97,95

Item no.: 2260280

### FAHRER E-BIKE HANDLEBAR COVER

No matter what kind of electric bike, pedelec, touring bike or e-mtb you have – the FAHRER handlebar cover is individually adjustable, protects your cockpit from the elements and prevents unintended corrosion. Thanks to flexible Velcro straps, the cover is easy to attach within seconds.



€ 29,50

Item no.: 2255455





### TRIPLE2 KAPP MAN

The Kapp Man by Triple2 is the full package for all commuters: durable, breathable and environmentally-friendly. What more could you want? Soft merino wool inside offers pleasant comfort. The highlight: The hood comes with an XXL collar that also serves as a face mask. Perfect for cool days!

Material: 70% polyester, 26% wool (merino), 4% elastane

€ 129,95

Item no.: 2255603

### ABUS PEDELEC+\*

Ready for the urban jungle! The ABUS Pedelec+ is the perfect adults' and youths' helmet for everyday use on pedelecs and city bikes. The Double Shell construction with a low temple and neck area offers best shock absorption and effective all-round protection for everyday commutes. An integrated LED light ensures 180° visibility. Including integrated rain cover for changeable weather!



€ 129,95

Item no.: 2262410



### VAUDE MEN'S SESVENNA II

Thanks to a Primaloft Silver Insulation Eco padding, the Sesvenna II by VAUDE is the means of choice when you need additional warmth on cool days. The slim-fit gilet for men offers especially good freedom of movement and high comfort on sporty tours, thanks to stretch panels.

Material: 100% polyamide; stretch panels: 48% polyester, 35% polyamide, 17% elastane; padding: 100% polyester

€ 99,95

Item no.: 2257333

### ALBERTO BICICLETTA SUPERFIT DENIM SLIM

Cycling trousers in sheep's clothing – the Alberto Bicicletta Superfit Denim Slim jeans for women don't look like cycling trousers at first sight. Even though they have much to offer! The skinny jeans in urban style are made from elastic material and come with a surface treatment that repels splashing water and dirt. A special eye-catcher: A reflective print on the trouser cuffs – in proper style, in the form of a bicycle!



€ 129,95

Item no.: 2259703



## SHIMANO SH-XM7

Made for bad weather! The SHIMANO SH-XM7 shoes are well protected from wind and water, thanks to the well-known GORE-TEX membrane. Their Vibram sole with a deep tread ensures good grip, even on slippery ground and in mud. A wider part at the ball of the foot offers increased comfort and stability on all MTB, leisure and city tours.

€ 139,95  
Item no.: 2159294



## CRAFT RIDE

With the RIDE rain pants, CRAFT expands its product range for commuters by functional and discreet rain trousers for everyday use. A Ventair membrane protects you from rain and wind. A two-layer seat panel and a stretch panel additionally offer more durability and freedom of movement. Our tip for all those who ride their bike in any weather!  
Also available for women.  
Material: 100% polyester; back: 100% polyurethane

€ 119,95  
Item no.: 2250633

## ROSE RR07

The casual-fit ROSE RR07 rain jacket is suitable for versatile use. Thanks to a wind- and waterproof membrane, it also withstands short rain showers or cold wind. Two large front pockets and a chest pocket offer enough space to stow away your smartphone, keys and more.  
Material: 92% polyester, 8% elastane;  
Lining: 100% polyester

€ 89,95  
Item no.: 2252901



## ORTLIEB BACK-ROLLER URBAN LINE

The ORTLIEB Back-Roller Urban Line multifunctional pannier is the right choice for all those who are looking for a large, waterproof bicycle bag for their way to work, university or school. Thanks to a simple, textile look, this bag matches every casual or business outfit. The Quick-Lock2.1 system allows you to attach and remove the single pannier with a flick of the wrist. A shoulder strap makes sure you can also use it as a shoulder bag.

€ 69,95  
Item no.: 2092281

# SAVING THE BEAUTIFUL FOR LAST!

IS THIS ALREADY THE LAST CHAPTER? TIME REALLY DOES FLY! OUR CYCLE STORIES HAVE INDEED ALMOST COME TO AN END, BUT WE HAVE SAVED SOME REAL GEMS FOR YOU! PRODUCTS THAT MERIT SPECIAL ATTENTION – SMART, PRACTICAL AND FASCINATING. SIMPLY THE BEAUTIFUL FOR LAST!



## FOX ATTACK

FOX has created the perfect connection for you and your beloved bicycle: the FOX ATTACK gloves. They ensure perfect grip on the handlebar, even when it's getting rougher or wet. Abrasion-resistant and durable four-way STRETCH CORDURA RIPSTOP material and a protective D3O padding on the knuckles are just two of the impressive features of the FOX ATTACK. You want more? Of course, they also offer a lot of additional highlights, such as touchscreen compatibility, close-fitting neoprene cuffs and anti-slip TRUFEEL prints on the fingers. These should definitely be enough reasons to buy them. So quickly visit [www.rosebikes.com](http://www.rosebikes.com) and add the FOX ATTACK gloves to your shopping cart. Material: 41% polyamide, 29% polyester, 18% polyurethane, 7% polychloride, 5% elastane

€ 37,95

Item no.: 2257060





# MAVIC COSMIC PRO H2O VISION

A jacket is an indispensable companion, a practical utensil that can become your white knight. Especially, when it has as many features as the COSMIC PRO H2O VISION by MAVIC. Wind - and waterproof – this winter jacket impresses with lots of features. A waterproof rating of 20 000 millimetres turns it into a mobile refuge. The WARM SHELL ST material comes with a water-, oil- and dirt-resistant surface coating. Besides, this three-layer membrane is especially breathable and very elastic. Thus, this stylish jacket perfectly follows all your movements, while a longer back panel prevents it from riding up. Especially clever: The middle zip pocket on the back has a transparent window for an undisturbed view on your smartphone. This allows you to increase your visibility in road traffic by using the MAVIC Lumo app.

€ 319,95

Item no.: 2258036



# TACX FLUX SMART T2900

Conquer your weaker self! How? With an indoor trainer, of course! And which one? The Tacx Flux Smart T2900, of course! This modern training partner allows you to almost silently eat miles. Besides, it brings interesting tours, high-quality video integration and a realistic riding experience to your home via a PC connection or app. As the motor is directly connected to the freehub body, there is no need for a roller. This results in low running noises and satisfied neighbours. Diverse and direct training analysis options are available when connected to a smartphone or tablet. With a resistance of 1500 watts, the indoor trainer is suitable for both hobby cyclists and pros. So, there are no more excuses! Your weaker self will have no say, if you decide to buy the Tacx Flux Smart T2900 indoor trainer!

€ 695,00

Item no.: 2229025





# TOPEAK JOEBLOW BOOSTER

Tubeless tyres must be inflated very quickly and with extremely high pressure. Otherwise, the tyre won't lie neatly inside the rim base and the sealing milk cannot properly seal the tyre. Topeak has taken care of this issue and developed the floor pump JoeBlow Booster – as an alternative to a compressor. The two-chamber cylinder allows you to preload the floor pump through pumping in the Charge mode and to release the stored air into the tyre at once. This firmly presses the tyre into the rim bead, which ensures correct installation. The JoeBlow Booster can deliver up to 160 psi/11 bars and thanks to a SmartHead DX3 pump head, it is compatible with Schrader and Presta valves. Of course, you can also use this little gem for a standard tyre inflation.

€ 149,95

Item no.: 2257546



# NORTHWAVE EXTREME XCM GTX

No matter how many extra hours Jack Frost will work this year to keep us in our apartments with temperatures below zero: He won't succeed. One reason for this are the EXTREME XCM GTX MTB winter shoes by NORTHWAVE. These thermal mountain bike shoes are especially designed for winter rides. Moisture and cold are the enemies of pedalling feet and so, the EXTREME XCM GTX MTB were especially designed to permanently abandon these two. The integrated GORE-TEX DURATHERM KELVIN membrane is absolutely wind- and waterproof – two essential features warm bike shoes should have. As the area where the trousers meet the shoes is especially sensitive to water and cold wind, a CLIMAFLEX collar made from neoprene with a GORE-TEX RATTTLER membrane ensures best protection. A strategically placed thermal coating on the toe keeps your feet warm. Moreover, the XFRAME construction of the upper provides a snug fit and thus guarantees perfect power transfer. Jack Frost can go back to bed – we'll go cycling.

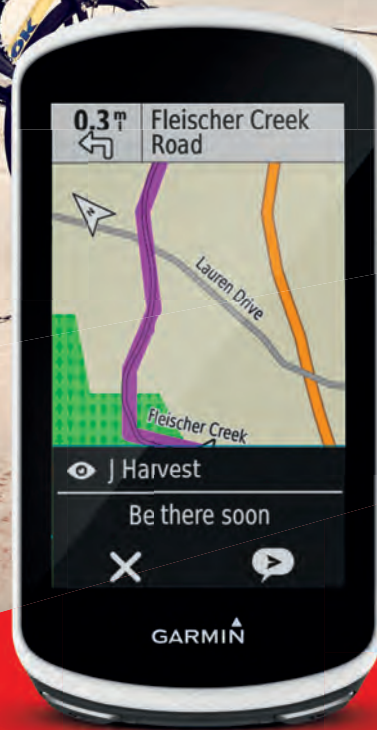
€ 279,95

Item no.: 2259838



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incl. premium heart rate monitor,  
speed and cadence sensor

Edge® 1030  
Order No.: 2263925  
Price: 599,99 €

## EDGE® 1030 | THE ULTIMATE SMART GPS BIKE COMPUTER

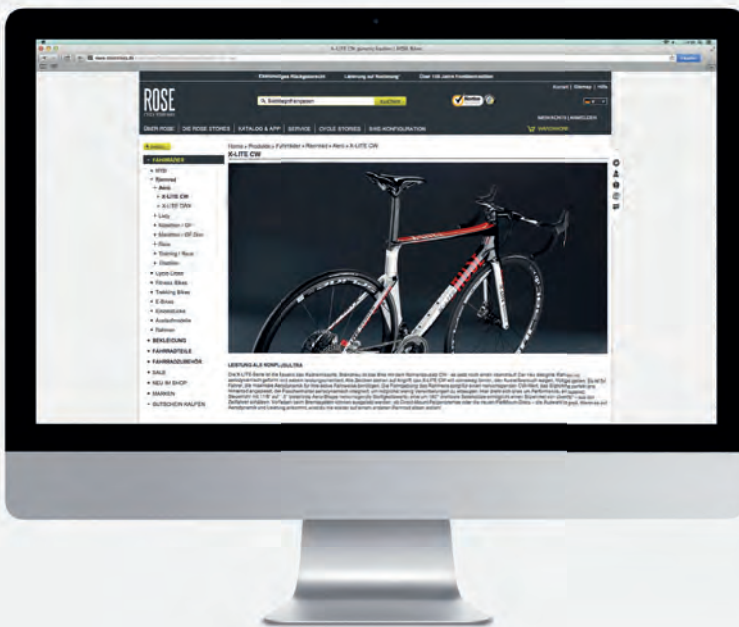
Brilliant 3,5" Touchscreen | Advanced Performance Metrics  
Rider to Rider Messaging | Strava Live Segments

#BEAT  
YESTERDAY.

BIKE

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OF MANY BRANDED PRODUCTS.**

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## **THE ADVANTAGES OF ROSE**

- ✓ Fast delivery
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- ✓ Assembly in Germany
- ✓ 110 years of family tradition
- ✓ Permanently updated range with new products and highlights



# WILDCAT.

PRO CROSS



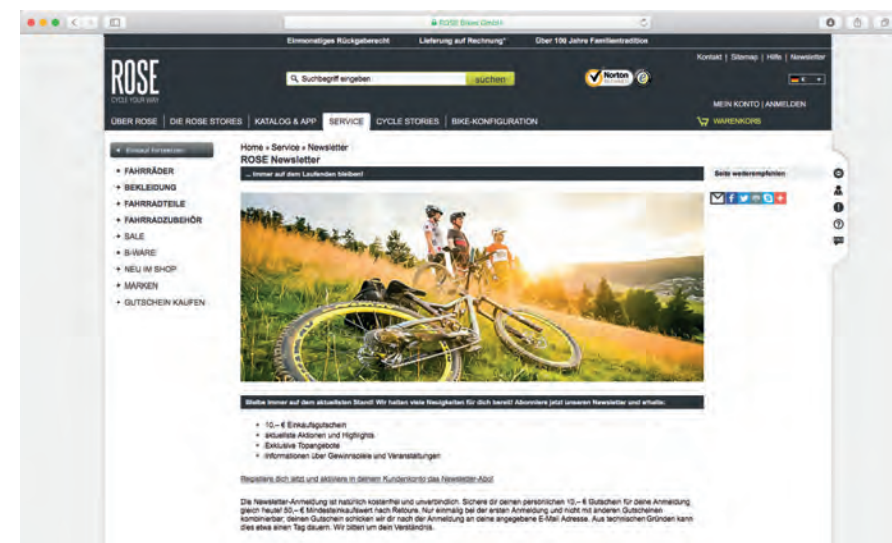
## OFF THE BEATEN TRACK

Born as a cross bike, our new PRO CROSS is especially robust and also rides across the country as fast and smoothly as a thoroughbred road bike. Equipped with 33 mm wide Schwalbe X-One tyres, this tool will help you to easily get through mud, dirt and gravel. Where are you? The forest is calling!

rosebikes.com/procross

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## CONTACT

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For sales, advice, orders and order processing regarding new bikes.  
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## IMPRINT

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### PROVIDER IDENTIFICATION

Indications of weight, geometries and features are information provided by the manufacturer. Technical changes for the purpose of technical progress as well as colour deviations, errors and typing errors are accepted. Delivery is conditional on the availability of stock. The delivery is carried out on the basis of our general standard terms and conditions. All prices are stated in euros and include the German value-added tax (currently 19% or 7%). The final price is calculated in accordance with the VAT rate valid in the country of delivery. You can find our terms and conditions online at www.rosebikes.com.

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