

KICK YOUR LIFE KICK FRANCE 2013

TOUR DE FRANCE NA KOLOBĚŽCE



POJEĎ S NÁMI - KICK WITH US



Středočeský kraj

e-kObezka.cz



**Radio
hey!**
Rock & Sport



Sport



www.kickfrance2013.com

TIMETABLE

Pre – entry latest till April 30 2013 by e-mail sent to info@kickfrance2013.com. Please mention these points:

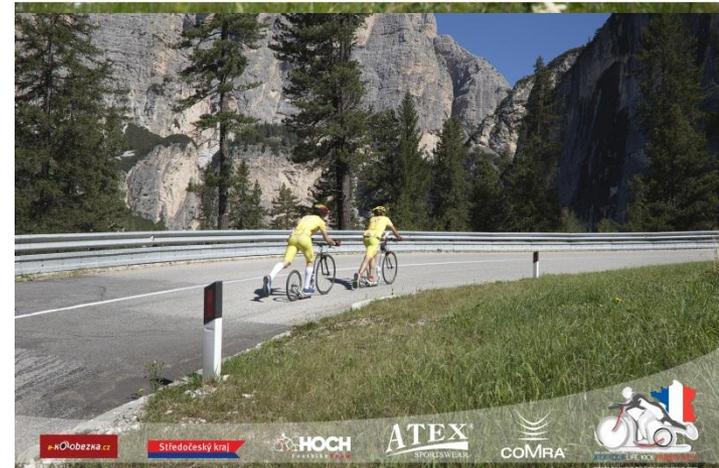
- Name, surname, date of birth, nationality
- Stages, you want to kick
- If you need a transportation from the finish of the stage to the overnight camping site
- Any other questions or ideas

!!! NO LATER ENTRIES WILL BE ACCEPTED !!!

Latest till May 15th 2013 you will receive an e-mail with final terms and conditions of the Kick With Us, final entry fee and detailed specification of the support possibilities.

Then you get 2 weeks to think about your final entry and payment, latest till June 6th 2013.

Every participant will get the final information by e-mail till June 20th 2013. every evening before stage you want to take part in, you get SMS with detailed info about the place and time of start.



Supposed entry fee

- basic entry fee ... cca 30€
- stage fee ... cca 50€

Fee includes

- Team cycling jersey Kick France 2013 with your national flag
- Your name and your presentation on the official website of the project
- Kick France commemorative medal or similar
- Stage support – food and drinks
- Minimum 3 stops of 15mins with refreshment
- lunch
- Transport of your extra clothes and personal belongings
- Mechanical support
- And of course one beer for free

Entry fee will theoretically include– will be decided in May 2013

- Team cycling jersey Kick France 2013 with your own name
- Transport from the finish of the stage to the overnight camping place
- Nutrition during the stage
- Breakfast another day (if you take part in more stages)
- dinner
- Complete healthcare
- other

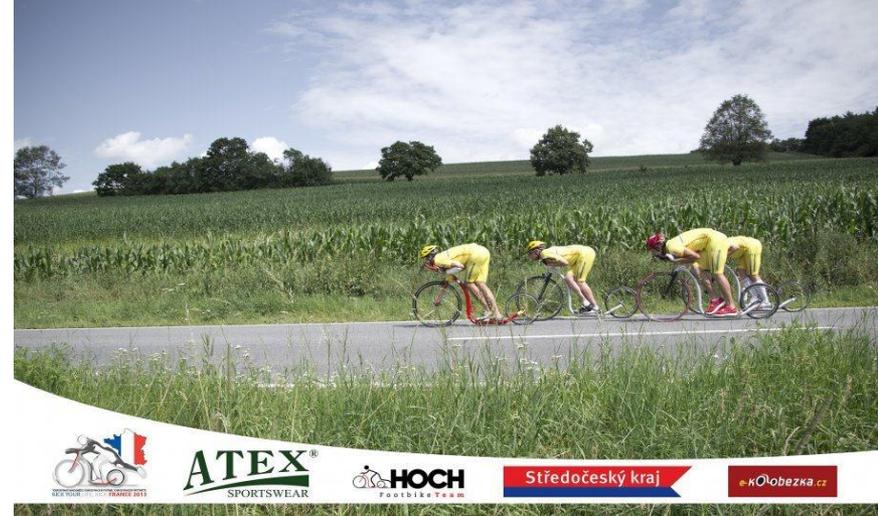


What to expect?

- The absolute priority is to finish whole Tour de France 2013 – anything else is unimportant, anything else would stay aside in crisis moments. Kick With Us is not a travel agency, we just want to give chance to all the footbike freaks to take part in the biggest footbike event ever.
- **A support, in any final decided form, will be held latest till you will be able to keep pace with the last member of our team. If you can not handle the tempo, you will be left abandoned somewhere in France with your backpack in hand. Sure, you need to train a bit for this 😊**

For instance

- We will start the stages between 6:00 – 8:00am
- The average tempo is around 18,5km/h – 20km/h (kicking average). With all the stops, average is around 15km/h. In the toughest mountain stages, the average speed decreases to 15km/h (12km/h with stops) – we will walk some parts of the big hills instead of kicking. The toughest stages height difference climbs to 5500m!!!
- You should be able to kick easily 100km in some 6 hours, 150km in 10 hours.
- If taking part in the longest mountain stages, you should prepare to kick for 15 – 18 hours. In shorter ones it is 10-13hours a day.



Deatiled examples

- Giro d'Italia 2012, stage 17, 190km, 5500m height difference: <http://connect.garmin.com/activity/220820707>
- Hilly 175km – Praha / Třeboň - <http://connect.garmin.com/activity/217998723>
- Medium mountains, Novohradské hory, Šumava, 170km - <http://connect.garmin.com/activity/218874410>

ATTENTION!!!

- Kick France 2013 project shall be terminated due to some unpredictable occasion, major crash or so.

OK. These are the basics. How about you, are you coming?

„PAIN IS TEMPORARY,
QUITTING LASTS
FOREVER“



KICK YOUR LIFE! KICK FRANCE 2013
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Kick France 2013, Civic association

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