KRONOMETER LJUBLJANA–DOMŽALE–LJUBLJANA TTWE UCI CAT1.2 21,2 KM

KRONOMETER LJUBLJANA–DOMŽALE–LJUBLJANA 21,2 KM

MARATON FRANJA BTC CITY 156 KM

MALI MARATON FRANJA BTC CITY 97 KM

HOFER DRUŽINSKO ŠOLSKI MARATON 22 KM

VZAJEMNA PREIZKUŠNJA ZA NAJMLAJŠE 1,5 KM

PONY ŠTAFETNA DIRKA TROJK 2,4 KM

MARATON FRANJA

BTC CITY LJUBLJANA

9.-11. JUNIJ 2017

FRANJA.ORG

UCI GRAN FONDO WORLD SERIES

BTC City LJUBLJANA SLOVENIJA

BTC CITY 360° LIVE

MESTO PRILOŽNOSTI
CITY OF OPPORTUNITIES

BLAGOVNA ZNAMKA BTC CITY SI JE V DVAJSETIH LETIH IZBORILA SVOJE MESTO V SLOVENSKEM MARKETINŠKEM PROSTORU. DANES NE OZNAČUJE LE NAJVEČJEGA NAKUPOVALNEGA SREDIŠČA. BTC CITY POSTAJA POMEMBEN POSLOVNI CENTER, MESTO S ŠPORTNIMI IN KULTURNIMI VSEBINAMI TER PROSTOR USTVARJALNIH IN POSLOVNIH ZAMISLI. PRAV ZATO BO BLAGOVNA ZNAMKA BTC CITY V PRIHODNJE USMERJENA V USTVARJANJE PRILOŽNOSTI ZA KAKOVOSTNO ŽIVLJENJE, NAPREDNE IDEJE IN NOVE VIZIJE.

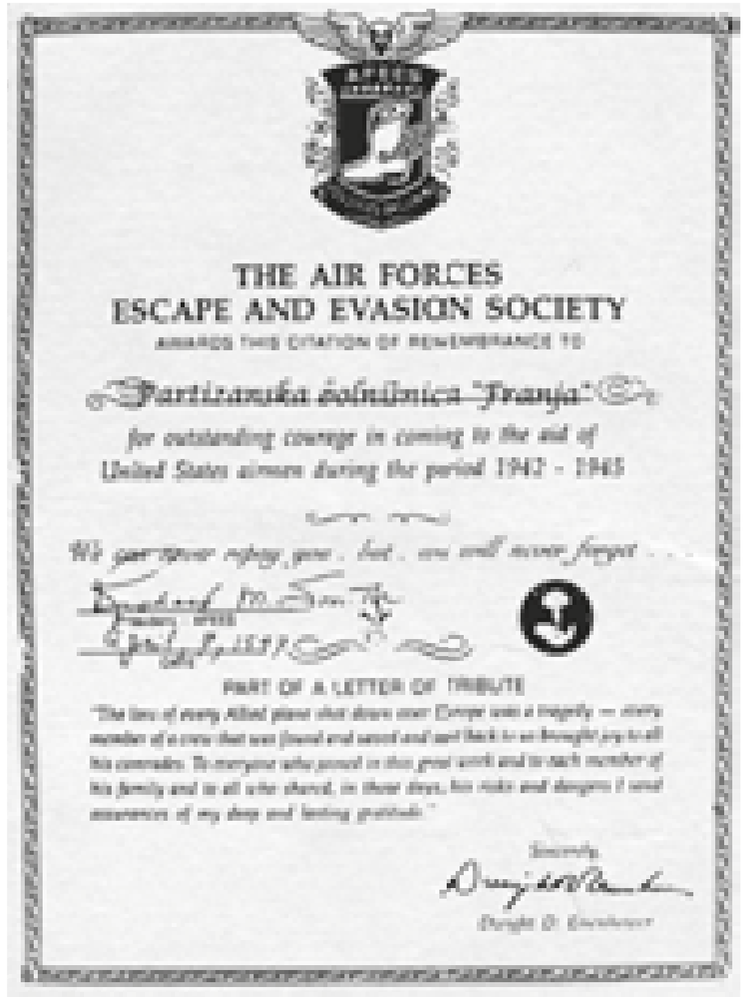
IN THE LAST TWENTY YEARS BTC CITY TRADEMARK HAS FOUND ITS PLACE UNDER THE SLOVENE MARKETING SKY. TODAY BTC CITY IS NOT ONLY THE BIGGEST SHOPPING CENTRE, AS IT HAS ALSO BECOME AN IMPORTANT BUSINESS CENTRE AND A CITY WITH SPORTS AND CULTURAL EVENTS AS WELL AS A PLACE WHERE CREATIVE AND BUSINESS IDEAS COME TO LIFE. THEREFORE THE BTC CITY TRADEMARK WILL ALSO IN THE FUTURE FOCUS ON CREATING OPPORTUNITIES FOR A QUALITY WAY OF LIFE, INNOVATIVE IDEAS AND NEW VISIONS.

BTC CITY

www.btc-city.com

PISMO GENERALA EISENHOWERJA

GENERAL EISENHOWER'S LETTER



THE AIR FORCES
ESCAPE AND EVASION SOCIETY
AWARDS THIS CITATION OF REMEMBRANCE TO

Partizanska bolnišnica "Franja"

for outstanding courage in coming to the aid of United States airmen during the period 1942 - 1945

We can never repay you, but, we will never forget . . .

PART OF A LETTER OF TRIBUTE

"The loss of every Allied plane shot down over Europe was a tragedy — every member of a crew that was found and saved and sent back to us brought joy to all his comrades. To everyone who joined in this great work and to each member of his family and to all who shared, in those days, his risks and dangers I send assurances of my deep and lasting gratitude."

Sincerely,

Dwight D. Eisenhower

Pismo generala Dwight D. Eisenhower-ja, v katerem se zahvaljuje za pomoč.

Letter of general Dwight D. Eisenhower, thanking Franja hospital for their help during WWII.

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ORGANIZACIJSKI ODBOR
ORGANIZATION COMMITTEE

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Jože Mermal

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MARATON FRANJA BTC CITY 2017
MARATHON FRANJA BTC CITY 2017

DIREKTOR | DIRECTOR
Gorazd Penko

ČASTNI ODBOR
HONORARY COMMITTEE

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ODGOVORNA UREDNIKA	Maja Oven, Gorazd Penko
IZVRŠNI UREDNICI	Urša Pintar, Sara Bogomolec
UREDNIŠKI ODBOR	Milena Prša (za Pristop)
PREVODI	Mamblin, prevajanje in izobraževanje d. o. o.
FOTO	Aleš Fevžer, Arhiv BTC, Arhiv KD Rog, Foto Banka, Leon Andrejaš, Studio Bomba, Frane Kranjc (Prijavim.se)
PRODUKCIJA	Saatchi & Saatchi
TISK	Rolgraf Medvode
NAKLADA	4.200 izvodov
VEČ INFORMACIJ	www.franja.org, www.btc-city.com

MARATON FRANJA
BTC CITY 09.–11. JUNIJ 2017

POZDRAVLJENI!

Maraton Franja BTC City je rekreativno tekmovalni dogodek z najdaljšo tradicijo, ki v tridnevnem dogajanju povezuje kolesarje in kolesarke vseh starosti. Z izbiro kolesarskih prog je namenjen vsakomur, tako najboljšim kolesarjem kot povprečnim rekreativcem, družinam, ter tistim, ki si za kolo bolj poredko najdejo čas.

Maraton Franja BTC City spremlja pester zabavni program.

Vse preizkušnje se začnejo in končajo v BTC Cityju, ki tri dni živi z in za kolesarstvo. Osrednji prireditveni prostor na parkirišču P4 (pri Kristalni palači) združuje vse aktivnosti v zvezi s posameznimi starti. Maraton Franja BTC City je član družine najuglednejših UWCT maratonov ter priznana mednarodna prireditev, ki je že dolga leta vpisana v koledar mednarodne kolesarske zveze UCI ter Alpe Adria Tour in privablja vse večje število tujcev iz cele Evrope.

PROGRAM

Petek, 09. junij, 2017

12.00 Prijave, izdaja številk in čipov
12.00 Otvoritev novinarskega središča v BTC Cityju
16.00 Kronometer Ljubljana-Domžale-Ljubljana

Sobota, 10. junij, 2017

10.00 Otvoritev novinarskega središča v BTC Cityju
11.00 Otvoritev sejma kolesarstva (prireditvena vas)
12.00 Prijave, izdaja številk in čipov
13.00 Pričetek spremljevalnega programa
13.00 Pony štafetna dirka trojk kvalifikacije
15.30 Pozdravni nagovori in tehnična navodila
16.00 Štart HOFER Družinsko šolskega maratona
16.30 Štart VZAJEMNA Preizkušnje za najmlajše
18.20 Razglasitev in podelitev nagrad za najštevilčnejše družine, šole in organizirane skupine
20.00 Pony štafetna dirka trojk finalna dirka

Nedelja, 11. junij, 2017

07.30 Prijave, izdaja štartnih številk in čipov
08.00 Pričetek spremljevalnega programa
08.30 Pogovor z gosti maratona na štartni črti
08.40 Pozdravni nagovor Predsednika Uprave BTC d.d., g. Jože Mermal
08.45 Pozdravni nagovor župana mesta Ljubljana, g. Zoran Janković
08.50 Zadnji tehnični napotki
08.55 Odštevanje in ....
09.00 Štart Maratona Franja BTC City 156 km
10.00 Pogovori s povabljenimi gosti
10.15 Pozdravni nagovor
10.20 Zadnji tehnični napotki
10.40 Štart Triglav malega Maratona Franja BTC City
15.30 Pričetek razglasitev najboljših po kategorijah
18.00 Zaključek prireditve in novinarska konferenca

MARATHON FRANJA
BTC CITY 09–11 JUNE 2017

WELCOME!

Marathon Franja BTC City is a longstanding recreational and competitive event, which spans three days and brings together cyclists of all ages. Its selection of courses addresses everyone – from elite cyclists to moderate recreational cyclists, families, and all those who only rarely find time for a bike ride.

Marathon Franja BTC City is accompanied by an exciting entertainment programme.

All races start and finish in BTC City Ljubljana, which breathes with and for cycling all throughout the three days of the event. The main event area in parking lot P4 (next to the Crystal Palace) combines all activities relevant to individual race starts. Marathon Franja BTC City is a member of the elite tier of UWCT marathons and a renowned international event, which has long been entered in the UCI racing calendar and the Alpe Adria Tour, and attracts an ever increasing number of international guests from all over Europe.

PROGRAM

Friday, 9 June, 2017

12.00 Registrations, number, welcome package and chip handout
12.00 Opening of Press centre in BTC City (Start/finish village)
16.00 Time Trial Ljubljana–Domžale–Ljubljana

Saturday, 10 June, 2017

10.00 Opening of Press centre in BTC City (Start/finish village)
11.00 Opening of cycling fair "Bicycle" (Start/finish village)
12.00 Registrations, number, welcome package and chip handout
13.00 Start of Marathon Franja BTC City program
13.00 Pony Relay Race for Teams of Three Qualifications
15.30 Welcome speeches
16.00 Start "HOFER Family and school marathon"
16.30 Start "VZAJEMNA Trial for Kids"
18.20 Flower ceremony for most numerous school and family groups at "HOFER Family and school marathon"
20.00 Pony Relay Race for Teams of Three Final Race

Sunday, 11 June, 2017

07.30 Registrations, number, welcome package and chip handout
08.00 Commencement of animation program
08.30 Chat with Marathon Franja BTC City guests
08.40 Welcome speech by Mr. Jože Mermal, CEO of BTC
08.45 Welcome speech by Mayor of Ljubljana, Mr. Zoran Janković
08.50 Technical briefing
08.55 Countdown ...
09.00 Start "Marathon Franja BTC City"
10.00 Chat with Marathon guests
10.15 Welcome speech
10.20 Technical briefing
10.40 Start "Triglav Little Marathon Franja BTC City"
15.30 Commencement of Flower ceremonies for best riders in age groups
18.00 Closure and press conference

RAZSEŽNOSTI KOLESARSTVA SO BREZMEJNE V VSEH POGLEDIH

CYCLING DIMENSIONS ARE LIMITLESS IN EVERY ASPECT

Začetki mojega spoznavanja in soočanja s kolesarskim športom segajo že – lahko zatrdim – daleč nazaj, v sredino sedemdesetih let prejšnjega stoletja. Nisem si predstavljal, da bom tako zabredel v to športno panogo. Vendar me je vrtinec vrtenja koles in pedal kar posrkal v svojo sredino. Vzklila je ljubezen, ki se težko spremeni v sovraštvo.

Sprva sem tekmovalno plat kolesarstva začel spoznavati kot tekmovalec, pozneje pa kot športni delavec. V tej vlogi sem začel odkrivati razsežnosti kolesarstva, saj z odprtimi očmi vidiš veliko več kot samo kolesarska tekmovanja. Zrasel sem v času, ko je bila tovarna koles Rog sinonim za proizvodnjo koles, Kolesarski klub Rog pa enako na tekmovalnem področju. Čeprav je bil naš namen nekako svetovati tehnologom in vodstvu v tovarni, nam to nikoli ni uspelo. Po toliko letih potovanj po kolesarskih tekmovanjih in priložnostih opazovanja razvoja kolesarske industrije, turizma in kolesarske

„Kolesarji držimo skupaj po vsem svetu."

infrastrukture se mnogokrat vprašam, zakaj tudi pri nas ni vsaj malo tako. Zdi se mi, da od celotne svetovne kolesarske pogače (če izvzamemo kolesarske rezultate), ki zajema dobrih 15 % svetovne športne industrije, ne uspemo odtrgati niti drobtinice. Proizvodnja koles je usahnila, čeprav ta veja vključno z letom 2008 do danes ni občutila nobene recesije. Kolesarska infrastruktura je na zelo nizki ravni. Kolesarski turizem, za katerega imamo naravne pogoje, je zanemarljiv. Mnogokrat se mi poraja vprašanje, ali smo res tako slepi in nesposobni. Ali

GORAZD PENKO

Direktor Maratona Franja BTC City

Director of Marathon Franja BTC City

sintetični ekonomisti in politične ter gospodarske institucije ne vidijo možnosti zaslužka s to res gromozansko pogačo. Ljudi bo vedno več, zavestna potreba po gibanju in skrb za zdravje bosta postali vedno večji.

Kolo je ena od najprimernejših oblik gibanja za vse populacije. Razvoj koles s pomožnim pogonom na elektriko danes omogoča vožnjo s kolesom in s tem zanimivo aktivnost tudi najstarejšim generacijam. Lahko rečemo, da nas kolo spremlja od našega rojstva pa vse do našega konca. Mi pa kot da tega ne vidimo, ne čutimo ali pa se tega dejstva nočemo zavedati. Poskus ponovnega zagona proizvodnje Ponyjev je dober in lep obet. Samo želimo si lahko, da bodo vpleteni v projekt okusili kolesarsko pogačo in jo uspeli razdeliti tudi po naši deželi.

Edino, kar nas uvršča na kolesarski zemljevid in hkrati v svetovno kolesarsko sredino, so kolesarski dosežki slovenskih tekmovalcev in tekmovalk ter redka tekmovanja. Ena od takih prireditev je tudi Maraton Franja BTC City, ki se je preko svoje tradicije pogumno odpravila na pot v svet. Prireditev, na katero smo lahko vsi, ki na njej sodelujemo kot organizatorji ali udeleženci, zelo ponosni, saj prav v ničemer ne zaostaja za podobnimi prireditvami v svetu. Potrebno je bilo iti preko različnih razvojnih stopenj in si ustvariti zaupanje vseh vej oblasti. Tako bo letos po zgledu ostalih prireditev po svetu prvič leteči start iz BTC-ja, ki bo hkrati tudi hitro razpotegnil kolesarsko karavano.

Vsem udeležencem maratona želim obilo užitkov na vseh trasah. Predvsem pa bodite strpni in solidarni do soudeležencev – ti vrlini sta v kolesarstvu potrebni.

My beginnings of getting to know and becoming part of the sport of cycling go way back, to the middle of the 1970s. I never imagined I would fall in love with cycling so much. Yet, the cycling whirl and constant pedalling have paved the way into my heart – such powerful feelings of love cannot be turned into hate.

First, I got to know cycling as a racer and later on as a sports worker – in this role I got to know the true dimensions of cycling, seeing much more than merely races with my eyes wide open. I grew up in the time when the cycling factory Rog was a synonym for the production of bicycles and KD Rog a synonym for competitive racing. Although our role was to give advice to technologists and managers in the factories, we never really accomplished that. After years of travelling to different cycling events, seeing the development of cycling industry, tourism, and cycling infrastructure, I often ask myself why the situation at home is so different. I feel that Slovenia has never really managed to get even a crumble of the cycling pie on a global level (excluding the excellent results of our racers) from an industry that represents approximately 15% of the entire world's sports industry. The production of bicycles came to a halt even though it never really suffered any real crisis on a global level, not even in 2008. Our cycling infrastructure is at a very low level. Our cycling tourism, for which we have all natural prerequisites, is almost non-existent. I often wonder whether we are really that blind and incompetent. Are synthetic economists and political and economic institutions really unable to see the possibilities of profiting from this enormous cycling pie? The world's population will continue to grow – the same goes for people's need to move and take care of their health.

"Cyclists across the entire world stand together."

Cycling is one of the most convenient types of moving for every generation. The development of bikes with an auxiliary electric drive makes riding a bike a fun activity also for older generations. We could say that the bike is our companion from our birth to the last moments of our lives. Yet, it seems that many people do not want to see and feel this, or simply do not want to accept this fact. The attempt to revive Pony bikes is a great promise for the future. We can only wish that all those involved in the project will acknowledge the cycling potential and see to it that our country benefits from it.

The only thing that puts us on the world cycling map and in the midst of the cycling arena are the results of our Slovenian racers and rare racing events. One of such events is Marathon Franja BTC City, which based on its tradition started to gain renown across the world. This event makes all who contribute to it either as organisers or as participants very proud, since it does not fail to follow similar cycling events abroad in any way. We needed to reach and surpass certain developmental levels and build the trust of all branches of authority. This year, BTC City Ljubljana will see – for the first time in Franja's history – a flying start of the race, something completely normal in races across the world. This will surely extend the peloton quickly.

I wish all the participants of the Marathon a lot of fun on all courses. Be tolerant and supportive of fellow racers – these are two important cycling virtues.

PREPROSTO BODI FRANJA

SIMPLY BE FRANJA

Kaj je to? Je zeleno, prebojno in povezovalno. V resnici sta pravilna odgovora dva. To je Franja in to je družba BTC. In prav zato sta Franja in BTC najboljši par.

Franja je zelena, ker spodbuja okolju prijazno mobilnost in hkrati zdrav življenjski slog vseh generacij. Je prebojna, saj vsako leto znova prinaša nova presenečenja za udeležence in navijače. Letos, denimo, bo dogajanje popestrila štafetna vožnja trojk z legendarnimi kolesi Pony. In je povezovalna, ker vsako leto znova v treh dneh s svojo neustavljivo energijo prežame na tisoče kolesarskih zavzetežev – tekmovalcev, navijačev, članov organizacijske ekipe in podpornega osebja.

Tudi družba BTC je zelena. V okviru poslovnega stebra Misija: Zeleno že vrsto let izvajamo niz aktivnosti in projektov, ki prispevajo k trajnostnemu razvoju. Naj omenimo samo prizadevanja za energetsko učinkovitost, ravnanje z odpadki, pa trajnostno prenovo in prometno preureditev BTC Cityja Ljubljana, podporo razvoju elektromobilnosti in, ne nazadnje, projekt za ohranjanje čebel v urbanem okolju. V BTC-ju smo tudi prebojni. ABC pospeševalnik in ABC hub sta postala nepogrešljivi inovacijski središči, ki podpirata podjetniške ideje in prebojno poslovno energijo ljudi odprtih glav. In da, smo tudi povezovalni. BTC City Ljubljana je eno največjih poslovnih, nakupovalnih, rekreativno-zabaviščnih in kulturnih središč v Evropi, ki vsak dan znova povezuje potrošnike, podjetja, civilno družbo, strokovne institucije in številne druge deležnike, ki v raznovrstnih vsebinah BTC Cityja Ljubljana najdejo nekaj zase. Povezujemo pa tudi z množico kolesarskih aktivnosti, ki jih organiziramo v sodelovanju s partnerji. Odličnost naših prizadevanj dokazuje nagrada Zlato pero, ki smo jo prejeli s strani mednarodnega združenja poklicnih komunikatorjev IABC za celovit in uspešen projekt Kolesarska zgodba BTC – Program spodbujanja kolesarjenja v Sloveniji.

Verjamem, da z našo zeleno, prebojno in povezovalno držo vsako leto znova privabljamo istomisleče, ki ljubijo naš planet in svoje zdravje, ki se ne bojijo izzivov in ki uživajo v dobri družbi. Tudi letos, 36-ič po vrsti, smo pripravljeni na to, da bo Franja tri junijske dni, od 9. do 11., obsedla Slovenijo s svojo lepo energijo in privabila v našo deželo in v BTC City Ljubljana prijatelje kolesarjenja iz številnih tujih držav.

Ob vsem tem se mi zdi pomembno razumeti, da ta čarobni učinek Franje ne traja samo tri dni. Franja namreč vsako leto znova prispeva močan impulz k razvoju kolesarske kulture v Sloveniji in širše, ta pa ni omejen samo na dni okoli dogodka. Verjamem, da Franja daje trajno energijo za širitev tega kroga istomislečih: zelenih, prebojnih in povezovalnih posameznikov in organizacij. Pomislite, kakšno premoženje je to. Njegove vrednosti ne merimo v evrih, temveč v zdravju ljudi, v čistejšem okolju, v novih idejah in novih partnerstvih. Neprecenljivo.

In kaj čaka Franjo in družbo BTC v prihodnosti? Upoštevajoč družbene trende bi rekel, da nas za njiju ni treba skrbeti. Ker prihodnost pripada zelenim, prebojnim in povezovalnim. Prijaznost do okolja, drznost in vključevalna naravnanost so že danes in bodo tudi v prihodnje lastnosti tistih, ki tečejo na dolge proge in zmagujejo. Veseli bomo vseh, ki bodo z nami soustvarjali to lepo zgodbo. Lahko bi parafrazirali Gandijevo misel: »Bodi sprememba, ki jo želiš videti v svetu,« in bi preprosto rekli: »Bodi Franja.«

> Franja je zelena, ker spodbuja okolju prijazno mobilnost in hkrati zdrav življenjski slog vseh generacij.

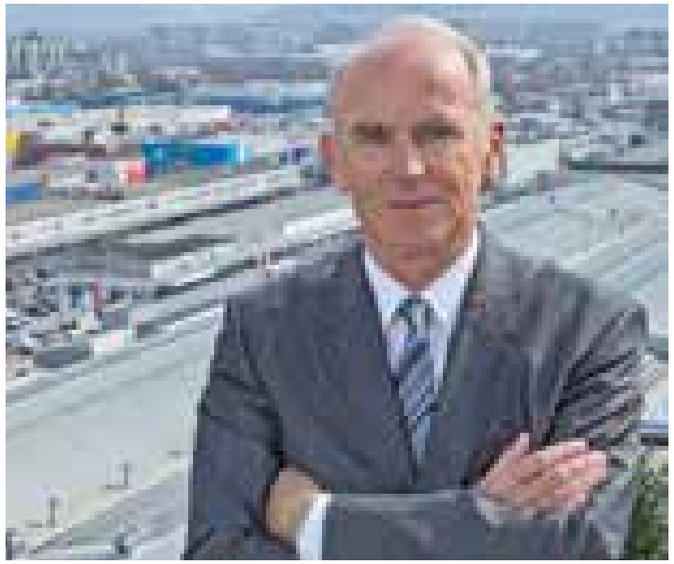


FOTO | PHOTO: ALEŠ BENO

JOŽE MERMAL

Predsednik Organizacijskega odbora Maratona Franja BTC City in predsednik Uprave družbe BTC

President of the Marathon Franja BTC City Organising Committee and President of the BTC Management Board

It is green, it is innovative, and it inspires to connect. What is it? There are actually two correct answers to this question: Franja and the BTC Company. No wonder that they form the best partnership imaginable.

Franja is green because is promotes environment-friendly mobility and the healthy lifestyle of all generations. It is innovative because it surprises with each and every one of its iterations. This year, for example, the event will be spiced up by a team relay race on the legendary Pony bikes. Franja also brings people together: every year it connects and inspires thousands of bike enthusiasts – riders, fans, members of the organising team, and diverse support staff – with its unstoppable energy.

The BTC Company is also green. We have been implementing various activities and projects that contribute to sustainable development for a number of years now as part of our business pillar Mission: Green. We aim for energy efficiency, we undertake efficient waste management, we have performed a sustainable renewal and traffic re-design of BTC City Ljubljana, we support electric mobility, and we promote the preservation of urban bees, to name but a few of our endeavours. BTC also stands for innovation. The ABC Accelerator and the ABC Hub have become indispensable in their support of innovative business ideas and the breakthrough drive of open-minded people. And yes, we also inspire to connect. BTC City Ljubljana is one of the largest business, shopping, recreational, entertainment, and cultural centres in Europe. On a daily basis, it brings together consumers, companies, the civil society, professional institutions, and many other stakeholders, each of whom can find something that suits their interests in the varied content of BTC City Ljubljana. We furthermore bring people together with a host of cycling activities which we organise in cooperation with our partners. The Gold Quill Award, which we received from the International Association of Business Communicators (IABC) for our comprehensive and successful project The BTC Cycling Story – Encouraging Cycling in Slovenia, testifies to the excellence of our efforts.

> Franja is green because is promotes environmentally friendly mobility and a healthy lifestyle of all generations.

With our green, innovative, and connective stance we keep attracting like-minded people, who love our planet, who are dedicated to a healthy lifestyle, who are not afraid of challenges, and who enjoy our good company. Now, for the 36th year in a row, we are once again ready for the annual Franja craze, which will take place from June 9th to 11th and use its wonderful energy to bring to Slovenia and to BTC City Ljubljana friends of cycling from all over the world.

All the while we should bear in mind that, perhaps most importantly, this magical Franja effect does not last only for the duration of the actual marathon. On the contrary. Year after year, Franja provides a strong impetus for the advancement of cycling culture within and beyond Slovenian borders, which transcends the three days of the event. I believe that Franja gives lasting energy to the growing circle of like-minded individuals and organisations: green, innovative, and inspiring to connect. Just think about what assets these are. Their worth is not measured in Euros, but in greater health, a cleaner environment, new ideas, and new partnerships. Priceless.

And what awaits Franja and the BTC Company in the future? Considering current social trends, I would say that we do not have to worry about them. Because the future belongs to those who are green, innovative, and inspire to connect. Being environment-friendly, bold, and inclusive already are and will continue to be the characteristics of those who are in it for the long run, who are in it for the win. We welcome all those who want to help us write this beautiful story. We could paraphrase Gandhi's thought that you should "Be the change you wish to see in the world" simply as: "Be Franja".

LJUBLJANA, PRIJAZNA KOLESARJEM!

Ko v naše mesto pridejo pomladni dnevi, začnemo odštevati čas do sredine junija, ko je na vrsti naš vsakoletni kolesarski praznik – Maraton Franja BTC City. Pričakovanje že narašča in tudi letos se veselimo trenutkov pred starti vseh dirk, ko pozitivna energija in ravno prava mera zdrave tekmovalnosti kolesark in kolesarjev vseh generacij preplavita startno prizorišče v BTC Cityju. Vedno znova z veseljem opazujem snidenja starih prijateljev in se hkrati veselim vseh novih obrazov, predvsem tistih najmlajših, ki jim starši s sodelovanjem na takšnih tekmovanjih dajejo neprecenljiv zgled zdravega življenja, v katerem je kolo vedno nekje pri roki, pa naj bo to za vožnje po vsakdanjih opravkih, rekreacijo ali profesionalno poganjanje pedal.
Ljubljana je kolesarsko mesto, v katerem veliko pozornosti namenjamo spodbujanju kolesarjenja, ki je okolju prijazna pa tudi zdrava oblika mobilnosti. Vseskozi nadgrajujemo in dopolnjujemo kolesarsko infrastrukturo; ob prenovah in gradnjah novih cest vedno zagotovimo tudi prostor za kolesarsko stezo, odpravljamo manj varne točke, postavljamo stojala za kolesa, to pomlad pa smo razširili tudi mrežo postajališč samopostrežne izposoje koles BicikeLJ. Dodali smo kar 13 novih postajališč na različnih koncih mesta in tako še izboljšali možnosti za kolesarjenje po celotni Ljubljani.

FOTO | PHOTO: UROŠ HOČEVAR

ZORAN JANKOVIĆ
Župan Mestne občine Ljubljana
Mayor of the City of Ljubljana

Dobrodošli v naši prelepi Ljubljani, ponosni Zeleni prestolnici Evrope 2016 in zame najlepšem mestu na svetu.

Ponosen sem, da tudi BTC City prepoznava pomen trajnostnega razvoja mesta. Območje največjega ljubljanskega nakupovalnega središča je pravo zeleno mesto v malem in kot tako primer dobre prakse. V zadnjih letih so uvedli številne trajnostne ukrepe – med drugim krožno avtobusno linijo, uredili so sistem enosmernih ulic, na katerih je veliko prostora za kolesarje, skupaj smo postavili postajališče BicikeLJ in izboljšali dostop za mestne avtobuse, zgledno skrbijo tudi za čisto in urejeno okolico, zasadili pa so tudi nova drevesa. Hkrati prepoznavajo izjemen pomen športa za naše mesto – brez njihove pomoči Ljubljana ne bi imela profesionalne kolesarske ekipe – edine v Sloveniji, pod svoje okrilje pa so vzeli tudi našo Franjo in ji tako dali izjemno popotnico za prihodnost. S projektom Akademija Franja, financiranim s sredstvi Evropske unije, so jo še nadgradili in jo popeljali na evropski in svetovni zemljevid kolesarskih tekmovanj. Čestitke!
Spoštovane kolesarke, spoštovani kolesarji, dobrodošli v naši prelepi Ljubljani, ponosni Zeleni prestolnici Evrope 2016 in zame najlepšem mestu na svetu, kjer z odprtimi rokami sprejmemo vsakogar. Ponosni smo, da skupaj živimo v čistem, varnem in prijaznem mestu, v katerem spoštujemo različnost.
Želim vam najboljše kolesarjenje in izpolnitev zastavljenih ciljev! Zame ste prav vsi zmagovalci!

LJUBLJANA – FRIENDLY TO CYCLISTS!

When spring comes to our city, we start counting the days to the middle of June, the time of our annual cycling festival – Marathon Franja BTC City. Our expectations are rising, and we are already looking forward to those moments before the start of each race, when the positive energy and just the right amount of competitiveness among cyclists of all generations flood the starting area in BTC City Ljubljana. It is always great to see old friends meet at Franja, yet I also look forward to seeing new faces, especially those of our young ones, who by participating in such events set a priceless example of a healthy lifestyle that utilises the bike, whether it be for running everyday errands, for recreation, or professionally.
Ljubljana is a cycling-friendly city that gives a lot of attention to the promotion of cycling – an environment-friendly and healthy form of mobility. We constantly upgrade and supplement the city's cycling infrastructure. Upon renovating roads and constructing new ones, we always secure enough room for cycling lanes, we try to eliminate dangerous cycling spots, and set up bicycle stands. This spring, we added thirteen new bicycle stands to the existing infrastructure and provided more (expanded) cycling opportunities across the entire city.
I am proud to see BTC City recognise the significance of sustainable development for Ljubljana. The area of the biggest shopping centre in Ljubljana is a true green city of its own and as such sets an example of good practice. In the past few years, BTC City Ljubljana has introduced numerous sustainable measures – including a round bus route and a system of one-way streets, which offer enough space for cyclists. Together with the City of Ljubljana they set up the rent-a-bike stand BicikeLJ and improved the accessibility of the area by city bus routes. BTC City Ljubljana is also diligent in its care for a clean environment. For example, they continue to plant new trees in the area. At the same time, they are well aware of the importance of sports for our city – without their help Ljubljana would not have a professional women's cycling team – the only one in Slovenia! They also took Marathon Franja BTC City under their wings and gave the event a great starting point for the future. With the Franja Academy project, financed by the EU, they upgraded Marathon Franja and brought it onto the European and global map of cycling events. Congratulations!
Dear cyclists, welcome to our beautiful Ljubljana, the proud holder of the title European Green Capital 2016 and, for me, the most beautiful city in the world, where we welcome everyone with open arms. We are proud to be living in a clean, safe and friendly city, where diversity is respected and where we all live together in harmony.
I wish you all to give it your best and achieve your goals. For me, you are all winners!

Welcome to our beautiful Ljubljana, the proud holder of the title European Green Capital 2016 and, for me, the most beautiful city in the world.

KOLESARJENJE MORAŠ IMETI RAD

Maraton Franja omogoča izkazovanje tekmovalne zagnanosti, neomajne energije in športnega navijanja.

Kolesarjenje mi omogoča nepozabne užitke v življenju. Ta šport je pot do mojega srca našel že, ko sem bila najstnica. Neizmerno veselje spremlja spomin na mladost, ko sem za odličen uspeh v osmem razredu osnovne šole dobila svoj prvi beli Pony. Skozi leta sem nato kolesarila za zabavo, rekreacijo, sprostitev, druženje … pa tudi za premagovanje razdalje, same sebe in včasih tudi drugih kolesarjev. Vselej je bil v ozadju – užitek.

Zavedam se sreče, da lahko v ljubezni do športa, še posebej kolesarjenja, uživam tudi poslovno. V družbi BTC, kjer kolesarjenje podpiramo že več kot 20 let, z radostjo soustvarjam našo kolesarsko zgodbo. Ta iz leta v leto dobiva zanimivejša poglavja, in sicer s kolesarskimi dogodki in aktivnostmi, poslovnimi idejami in zavzeto druščino ljubiteljev kolesarjenja. Še posebej sem hvaležna za priložnost, da lahko sodelujem pri organizaciji Maratona Franja BTC City. Že desetletje namreč opravljam funkcijo podpredsednice Organizacijskega odbora in vsako leto z ekipo sodelavcev stremim k temu, da je dogodek še boljši od predhodnega.

Kot velik športni dogodek, ki krepi tudi svojo družabno, poslovno in turistično dimenzijo, Maraton Franja omogoča izkazovanje tekmovalne zagnanosti, neomajne energije in športnega navijanja. Odličnost organizacije dogodka dokazuje to, da je del svetovne serije najboljših maratonov UCI Grand Fondo World Tour. O razsežnosti priča dejstvo, da je z dvoletnim evropskim projektom My Sport is Franja prerasel nacionalne meje, privlačnost tega tradicionalnega kolesarskega praznika v Sloveniji pa potrjujejo množična udeležba domačih in tujih kolesarjev, bogat spremljevalni program in številne poslovne priložnosti. Franja tako ustvarja edinstveno platformo, kjer lahko vse lepo, kar spremlja kolesarjenje, zasije.

Vsega lepega v kolesarjenju ne bi bilo brez ljudi. Tistih zavzetežev, kot sem sama, ki za višji cilj z zadovoljstvom odtečemo, pardon, odkolesarimo še en krog. Kaj predstavlja moč somišljenikov, lahko vidim kot direktorica prve slovenske profesionalne ženske ekipe BTC City Ljubljana. Od leta 2014, ko smo v družbi BTC v sodelovanju s Kolesarskim društvom Rog in Mestno občino Ljubljana podprli ustanovitev ekipe, ta niza uspešne zgodbe.

Ponosna sem, da smo v družbi BTC že mnogokrat in še posebej pri kolesarkah dokazali, da nam gre za več kot le sponzorstvo. Da gre za odnose, ki jih gradimo z dekleti, društvom, občino, podporniki in navijači ekipe … in da smo doprinesli k temu, da je kolesarstvo v Sloveniji na najvišji ravni v zgodovini.

Izjemno lep je občutek, ko vidiš, da tisto, za kar si si prizadeval, odmeva v svetu. In to smo s podporo kolesark, ki so v treh sezonah osvojile zgodovinske posamične in ekipne uvrstitve na najprestižnejših dirkah na svetu, tudi dosegli.

Tovrstne zgodbe me vedno znova navdušijo in pomirijo, da se osebni angažma obrestuje in splača. V družbi BTC smo kolesarjenje prepoznali kot stično točko naših poslovnih ambicij, družbeno odgovornega delovanja podjetja in kot možnost vpletanja aktivnega življenjskega sloga v delovno okolje.

Ljubezen, zavzetost in predanost dajejo sanjam krila. Kot je rekel Ivan Minatti: „Nekoga moraš imeti rad …" Za mnoge, tudi zame, je to kolesarjenje. Zatorej, prepustimo se užitku skupaj in zapeljimo že en krog na 36. Maratonu Franja BTC City.

CYCLING – YOU JUST HAVE TO LOVE IT

MAJA OVEN

Podpredsednica Organizacijskega odbora Maratona Franja BTC City, direktorica ekipe BTC City Ljubljana in direktorica Sektorja za tržno komuniciranje in odnose z javnostmi

Vice-president of the Organising Committee of Marathon Franja BTC City, Manager of BTC City Ljubljana team and Director of the Market Communications and Public Relations Sector of BTC City Ljubljana

Marathon makes it possible for racers to show their enthusiasm, steadfast energy, and sportsmanship.

Cycling continues to be a source of unforgettable memories. It has found its way into my heart already in my teenage years. My love of cycling is accompanied by the memory of my youth, when I received my first white Pony bike for finishing primary school with flying colours. I cycled mostly for fun, recreation, relaxation, and to be with friends, as well as to conquer distances, test my abilities, and occasionally compete against other cyclists. My companion on the bike has always been – pure pleasure.

I am well aware of how lucky I am to be able to enjoy my love of sports, especially cycling, also on a professional level. In the BTC Company, which has supported cycling for over twenty years, I am co-writing our cycling story with great pleasure. Each year we add new fascinating chapters to it by organising cycling events and activities, having business ideas, and surrounding ourselves with a passionate bunch of cycling enthusiasts.

I am especially grateful for the opportunity of being able to work on the organisation of Marathon Franja BTC City. For the past decade, I have occupied the position of the Vice-president of the Organising Committee. Each year, my co-workers and I strive towards organising an even better event than in the previous year.

As a popular sports event that continuously strengthens its social, business, and tourism dimension, the Marathon makes it possible for racers to show their enthusiasm, steadfast energy, and sportsmanship. The excellence of the event organisation has resulted in the Marathon becoming a part of the marathon world series – the UCI Grand Fondo World Tour. The magnitude of this traditional festival of cycling, which attracts massive numbers of racers from Slovenia and abroad, boasts a rich accompanying programme, and numerous business opportunities, is reflected in the European project My Sport is Franja, which is to span two years and transcend national borders. Marathon Franja has created a unique platform, where everything that is beautiful and is linked to cycling shines brightly.

There wouldn't be such great moments in cycling without the people – enthusiasts like me, who are more than willing to run or, better yet, bike another lap. As the manager of the first Slovenian professional women's cycling team BTC City Ljubljana, I can see firsthand what the power of people sharing the same goals can achieve. Since 2014, when the BTC Company, KD Rog, and the city of Ljubljana established the team, it has written nothing but success stories.

I am proud to see the BTC Company show on numerous occasions that we care about much more than just sponsorship when it comes to women's cycling. It is foremost about the relationships we build with our female cyclists, with the club, the municipality, the supporters, fans of the team, etc. We have helped raise cycling to the highest level yet in Slovenia. It is a truly marvellous feeling to see your efforts not go unnoticed worldwide – we have achieved this with the help of our cyclists, who reached historic individual and team results in the most prestigious races in the world over the course of three seasons.

Such stories continuously excite me and reassure me that that personal involvement pays off. The BTC Company has recognised in cycling a common ground for our business ambitions and the company's socially responsible activities, as well as a possibility for implementing an active lifestyle into our work environment. Love, enthusiasm, and commitment give wings to our dreams. As written by Ivan Minatti: "You have to love someone …" Dear cycling, for many, myself included, that someone is you. Therefore, we should all enjoy ourselves and push the pedal to the metal at the 36th Marathon Franja BTC City.

FRANJA POVEZUJE IN NAVDIHUJE

FRANJA CONNECTS AND INSPIRES

Naziva ljubljanski Rog in Maraton Franja sta skozi desetletja postala prepoznavni sopomenki za bogato tradicijo slovenskega kolesarstva in vsega tistega, kar krasi vrline vsakogar, ki se je odločil pogumno, z veliko energije in vztrajnosti, v slabem in dobrem vremenu poganjati pedala, bodisi tekmovalno ali povsem ljubiteljsko rekreativno. Obema nazivoma se pridružujejo legende in njuni očetje – nepozabni Zvone Zanoškar, Tone Fornezzi - Tof, Ivan Winkler in plejada vseh tistih, ki so z vzorno organizacijo in finančno podporo zaslužni, da se je Maraton Franja za vselej usidral med številne ljubitelje najbolj množične športno-rekreativne prireditve doma in v svetu. Prepričan sem, da bo tudi v prihodnje preživel, ker sloni na vrednotah, ki ljudi združujejo in vodijo k skupnemu cilju, ne glede na različno ideološko, strankarsko, versko ali politično opredeljenost. Tako pač je v kolesarstvu, kjer brez sodelovanja ni uspehov.

Za nas rogovce, direktorja Maratona Franja Gorazda Penka, ki izvrstno nadaljuje poslanstvo Zvoneta Zanoškarja, za prizadevni organizacijski odbor z Mestno občino Ljubljana in upravo družbe BTC na čelu je Maraton Franja ob številnih sponzorjih in sodelujočih občinah in njihovih županih, podpori prometne policije in preko tisoč redarjev ter številnih gasilcev, ki skrbijo za varnost kolesarjev, velik vsakoletni izziv, ki ga je potrebno brezhibno izpeljati. Že sedaj vsem skupaj velja velika zahvala za njihovo prizadevnost.

Maraton Franja pa je hkrati tudi velika spodbuda in podpora za naše delo v društvu. Tudi z njegovo pomočjo naše kolesarke in kolesarji dosegajo vrhunske rezultate na olimpijskih igrah, svetovnih, evropskih in državnih prvenstvih, na večdnevnih etapnih dirkah in na mnogih drugih kolesarskih tekmovalnih prireditvah. Zato veljajo vsem iskrene čestitke, ponosen sem na odlično ekipno delo naših kolesark, kolesarjev in trenerjev ob odlični tehnični podpori serviserjev in ostalih sodelavcev. Brez skupnega, sistematičnega in vztrajnega dela v posameznih sekcijah od najmlajših pa vse do članic in članov takih dosežkov gotovo ne bi bilo. In ne samo to. Ob velikem razumevanju in finančni podpori družbe BTC in Mestne občine Ljubljana se naša profesionalna ženska ekipa BTC City Ljubljana uspešno kosa na mednarodnem kolesarskem tekmovalnem prizorišču in širi ugledno podobo mesta Ljubljane in Slovenije v svetu. Seveda ne morem spregledati tudi ostalih sponzorjev, ki nam pomagajo pri izvedbi vsakoletnega Maratona Franja, ki ni samo najbolj množična rekreativna in tekmovalna kolesarska prireditev v Sloveniji, ampak je z vrhunsko organizacijo in množično udeležbo prepoznavna v svetu. Ni naključje, da smo po uspešni izvedbi pod pokroviteljstvom mednarodne kolesarske zveze UCI brezhibno izvedli svetovno prvenstvo rekreativnih kolesarjev in prejeli številne čestitke in pohvale.

Poslanstvo Maratona Franja pa smo uspeli vključiti tudi v projekt EU Erasmus, ki pod nazivom My Sport is Franja povezuje 5 sosednjih držav in združuje šport, zgodovino, turizem ter pospešuje mednarodno sodelovanje. V ta okvir sodi tudi uspešno sodelovanje KD Rog z Mestnim muzejem Idrija, ki skrbi za ohranjanje spomenika državnega pomena, partizanske bolnice Franja v Cerknem, ki je uvrščena na seznam svetovne dediščine pri UNESCU. Leta 2015 je tudi prejela Znak evropske dediščine kot izjemen simbol človečnosti, solidarnosti in tovarištva med domačini, osebjem bolnišnice in ranjenimi vojaki, ki so se borili proti fašizmu in nacizmu med drugo svetovno vojno. V muzeju bo imela svoj razstavni prostor tudi zgodovina kolesarskega Maratona Franja.

Vključenost Maratona Franja v serijo najprestižnejših maratonov po svetu pa je tudi priznanje organizaciji in jamstvo za prepoznavnost Slovenije v svetu. Nobenega dvoma ni, da je uspešna promocija Franje in ženske ekipe tudi solidna osnova za delovanje ostalih selekcij v društvu. Aktivno sodelujemo v akcijah Gremo na kolo in Varno na kolesu. V naših novih prostorih smo ob podpornikih društva predali svojemu namenu sodobno opremljeno kolesarsko telovadnico, ki ni namenjena samo našim kolesarjem, ampak tudi osnovnim šolam in rekreativnim ljubiteljem kolesarstva. V njej že tretje leto poteka zimska vadba za rekreativne kolesarje pod nadzorom naših strokovno usposobljenih trenerjev. Ponosni smo, da lahko po 68-ih letih še naprej ohranjamo svojo prepoznavno blagovno znamko Rog tudi s pomočjo in podporo družb BTC in Gorenje iz Velenja, ki sta se odločili za skupni projekt proizvodnje legendarnih in izjemno popularnih koles Pony. Hvaležni smo jima za podporo in smel razvojni korak.

Vsem udeležencem tridnevnih prireditev Maratona Franja želim prijetna kolesarska doživetja.

ALEKS ŠTAKUL

Predsednik KD Rog Ljubljana
President of KD Rog Ljubljana

The terms Ljubljana Rog and Marathon Franja have over the decades become distinguishing synonyms for a rich tradition of Slovenian cycling and everything that accompanies the virtues of people who decided to bravely, with a lot of energy and perseverance, in any given weather push the pedals, either in a race or merely as a hobby. Alongside these two synonyms, we will find their founding fathers and legends – the unforgettable Zvone Zanoškar, Tone Fornezzi - Tof, Ivan Winkler, and a pleiad of all those who with their exemplary organisation and financial support have made it possible for Marathon Franja to find its everlasting spot in the hearts of fans of this mass recreational sports event at home as well as abroad. I am certain the event will continue to live, since it represents values that bring people together and towards a common cause, regardless of their ideology, religion, party- or politics affiliation. This is the way the wheels of the cycling sport spin – no cooperation means no success.

Every year, Marathon Franja is a great challenge that needs to be realised flawlessly by us – friends of Rog –, the Marathon Director Gorazd Penko, who successfully continues the mission of Zvone Zanoškar, the committed Organisational Committee, headed by the City Municipality of Ljubljana and the BTC Management Board, with the support of numerous sponsors, participating municipalities, their mayors, traffic police, and the support of over thousand stewards along with numerous fire-fighters who keep the cyclists safe. A big thank you goes out to everyone mentioned.

Marathon Franja also represents a great encouragement and support to our work within the cycling society. With the help of the latter, our cyclists achieve top results in the Olympics, World, European and National Championships, in multi-stage races extending over several days, and in a whole array of other cycling competitions. Thus, I want to congratulate all. I am proud of the excellent teamwork of our cyclists, coaches, and the magnificent technical support of the service team and others. Without joint, systematic and persistent work in individual categories from juniors to senior members such results would not be possible. And not only that. With – especially financial – support of the BTC Company and the City Municipality of Ljubljana our professional women's cycling team BTC City Ljubljana has successfully found its spot in the world cycling arena and has helped spread the renown of the city of Ljubljana and entire Slovenia across the world.

Of course, I must not overlook other sponsors who help us each year with the realisation of Marathon Franja BTC City, which is not only the most attended recreational and competitive cycling event in Slovenia, but also one that carries a great renown in the world due to its top-notch organisation and a large number of participants. It was no coincidence that a successful realisation of Franja led to an impeccable organisation of ARWC under the patronage of UCI, after which we received praise and numerous congratulations.

We successfully implemented the Marathon Franja mission in the EU Erasmus project that under the title My Sport is Franja connects five neighbouring countries and encompasses sport, history, tourism, as well as speeds up international cooperation. In this scope, KD Rog is successfully cooperating with Idrija Municipal Museum that is in charge of preserving the monument of national importance – Franja Partisan Hospital in Cerkno, which has been included on the UNESCO list of world heritage. In 2015, Franja received the European heritage label as an extraordinary symbol of humanity, solidarity, and comradeship among the locals, the hospital personnel, and wounded soldiers, who fought against Fascism and Nazism during World War II. The museum will also give home to the exhibit of the history of cycling Marathon Franja.

The inclusion of Marathon Franja BTC City in the series of the most prestigious marathons in the world also shows recognition to the organisation and a pledge for the recognisability of Slovenia across the world. There is no doubt that a successful promotion of Franja and the women's cycling team represents a solid basis for the activities of other cycling selections within KD Rog. We are actively involved in two campaigns – Hop on the Bike and Safe Cycling. Together with our supporters, we opened a modern, well-equipped cycling gym in our new facilities, which is not only intended for our cyclists but also for primary school children and amateur cyclists. For a third consecutive year, the gym hosts winter trainings for all amateur cyclists under the supervision of our professional coaches. We are proud to be able to continuously support our renowned brand Rog also with the help of the BTC Company and the Gorenje Company from Velenje – together they both decided to join forces in a project of producing the legendary and extremely popular Pony bikes. We are grateful for their support and their bold developmental approach.

I wish all the participants of the 3-day Marathon Franja events a pleasant cycling experience.

ROGOV PONY NA FRANJI

Slaba 2 meseca nas ločita od starta že neverjetne 36. Franje. Letošnja novost je prav gotovo sodelovanje Rogovega Ponyja na tem slovenskem kolesarskem prazniku. Rog je v preteklosti že bil pomemben del Maratona Franja, saj je večina udeležencev prve maratone prevozila prav na Rogovih kolesih. Z oživitvijo legendarne kolesarske blagovne znamke se v Sloveniji ponovno pojavlja proizvajalec koles, kar bo še dodaten pozitiven prispevek k rasti kolesarske kulture pri nas. Glede na trende se kolesarstvu obeta svetla prihodnost, saj ima vedno več zvestih privržencev tako na športnem področju kot v obliki mestnega kolesarjenja.
Oživitev Roga je posledica odličnega sodelovanja dveh partnerjev v projektu, tj. družb Gorenje in BTC. Konec lanskega leta je bil predstavljen prvi model prenovljene znamke Rog, legendarni Pony. Zaradi oblike ogrodja kolo združuje prednosti enostavne uporabe in izvrstne vodljivosti, po kateri je bil znan že njegov predhodnik, ter kakovostnih komponent in sodobnega dizajna, ki je plod lastnega razvoja ekipe Rog. Kolo proizvajajo v proizvodnih prostorih v Velenju, podrobneje pa je predstavljeno v Hali A v BTC Cityju Ljubljana, kjer je Rogov salon te dni odprl vrata.
Seveda Pony kot mestno kolo ne sodi na daljše trase Franje, zato bo organizirana posebna Pony štafetna dirka trojk. Start kvalifikacij bo v soboto, 10. 6. 2017, ob 13.00 na krožišču na Ameriški aveniji med Piramido in Kristalno palačo. Trasa je speljana med obema krožiščema, torej po startno-ciljni ravnini Franje, dirka pa je namenjena mešanim ekipam, kjer mora v trojki sodelovati vsaj ena kolesarka. Tekma bo zasnovana kot zabaven dogodek in hkrati tekmovalno obarvana za dvig zanimanja. Vsa pravila so dostopna na uradni spletni strani www.franja.org, kjer se zbirajo prijave.
Po zaključku Družinskega maratona bo ob 20.00 organizirano še finalno tekmovanje, kjer bodo podelili privlačne nagrade. Naj opozorimo, da kolesa za dirko prispeva podjetje Rog in bodo za vse tekmovalce enaka. Torej, tekmovalci na Pony štafetno dirko trojk pridejo brez koles in jih prejmejo v uporabo na startu.
Ob tej priložnosti lepo vabljeni k udeležbi vsi, ki si želite kolesarskega druženja, zabavnega dogodka in kančka adrenalina na dirki.

ROG'S PONY AT MARATHON FRANJA

Less than two months separate us from the start of the – can you believe it? – already 36th Marathon Franja. A definite newcomer at this year's festival of cycling is Rog's redesigned Pony bike. In the past, Rog was already an important part of Marathon Franja – after all, most riders undertook the first marathons precisely on Rog bikes. Now, with the revival of this legendary brand, Slovenia has once again got its very own bike manufacturer, which will have further positive effects on the advancement of cycling in Slovenia. Considering current trends, cycling has a bright future ahead and should keep gaining loyal fans in sports as well as in city biking.
Rog was revived thanks to the excellent teamwork of two project partners, the companies Gorenje and BTC. At the end of last year, they unveiled the first redesigned Rog model, the legendary Pony bike. This bike combines the advantages of easy access and outstanding handling properties, which were already famous in its predecessor, as well as high quality components and a modern design, which is the result of Rog's in-house R&D team. The bike is manufactured in the company's production facilities in Velenje and is presented in detail in the recently opened Rog showroom in Hall A of BTC City Ljubljana.
Of course, the Pony is a city bike and doesn't belong on longer Marathon Franja routes. This is why we have organised a special Pony relay race for teams of three. Qualifying starts on Saturday, 10 June 2017, at 1 p.m. at the roundabout on the American Avenue between the Pyramid and the Crystal palace. The route proceeds between both roundabouts, that is, through the start and finish stretch of Marathon Franja. The race is intended for mixed teams with at least one female rider. It will be a fun event with just enough competitive spice to make it interesting. Detailed rules are available at the official website www.franja.org, where you can also submit your team relay applications.
The final race will take place upon the end of the Family Marathon, at 8 p.m., and will be followed by an award ceremony with fantastic prizes. Let me alert you to the fact that all racing Pony bikes will be provided by Rog and will be identical for all riders. Riders in the team relay will receive their bikes at the start of the race and will be able to use them for the duration of the race.
On this occasion I kindly welcome you all to take part – experience a fun event, spend some time with fellow bike enthusiasts, and have yourself a bit of adrenaline.

ROK LESJAK
Direktor podjetja GOR Kolesa d. o. o.
CEO of GOR Kolesa d. o. o. Company

FRANJA ZA ODROM

Čeprav ob Maratonu Franja BTC City običajno najprej pomislimo na množico navdušenih kolesarjev, ki v treh dneh na različnih progah preizkušajo svojo kondicijo in pri tem tudi uživajo, pa obstaja tudi »Franja za odrom«. Tam nekaj dni pred prireditvijo in tri dni tekom prireditve preko 100 skrbnih varnostnikov, gasilcev in rediteljev skrbi za to, da Franja ni samo brezhibno organizirana, ampak tudi varna za vse udeležence in gledalce. Prav tako je za izvedbo tako velike prireditve pomembna podpora partnerjev. O varnostnih skrbeh smo se pogovarjali z Marjanom Mirtom, vodjo varnostne službe družbe BTC, o podpori s strani avtomobilske znamke pa z Jožkom Tomšičem, generalnim direktorjem družbe Peugeot.

FRANJA S SVOJO PROFESIONALNOSTJO PLETE PARTNERSTVA

Že vrsto let ste pokrovitelj Maratona Franja. Koliko let točno?
Res je. Gre za pokroviteljstvo z najdaljšo dobo trajanja, saj Peugeot kot uradno vozilo Maratona Franja BTC City sodeluje že od leta 2003.

Zakaj ste se odločili za sodelovanje; kaj je bilo tisto, kar vas je prepričalo?
Ko se je pričelo sodelovanje znamke Peugeot z organizatorji Maratona Franja, sicer še nisem bil sodelavec Peugeota, vendar vem, kaj nas prepriča danes in zakaj to naše sodelovanje traja že tako dolgo. Gre za profesionalen pristop, zaupanje v znamko Peugeot in vzajemni poslovni interes, brez katerega ne verjamem v nobeno sponzorstvo.

Avtomobili Peugeot kolesarje spremljajo na kronometru in tudi maratonu, koliko avtomobilov zagotovite vsako leto?
Skupaj z našimi pooblaščenimi prodajalci nam vsako leto uspe zagotoviti med 25 in 30 spremljevalnih vozil Peugeot.

Kako izberete primerne avtomobile?
Gre za osebna vozila iz celotne naše ponudbe. Res pa je, da skušamo Maraton Franja vsako leto izkoristiti za dodatno promocijo izbranega modela. Letos bo to novi SUV PEUGEOT 3008, ki je že neke vrste zmagovalec, saj je osvojil tako naziv slovenski kot evropski avto leta.

V svojem prostem času kolesarite? Ste že prevozili Maraton Franja?
Sicer se v prostem času rad usedem na kolo, vendar moram priznati, da je moja kolesarska kondicija daleč od tiste, ki bi mi omogočala prevoziti Maraton Franja. V podjetju zelo spodbujamo vsakršne športne aktivnosti zaposlenih in tako je med mojimi sodelavci kar nekaj kolesarskih navdušencev, ki Franjo (Družinsko, Malo in Veliko) prevozijo vsako leto. Jaz jim ob tem lahko samo čestitam.

Sodelujete tudi pri kakšnih drugih podobnih projektih?
Znamka Peugeot skrbno izbira sponzorske projekte, ki morajo biti tudi v skladu z globalno sponzorsko strategijo znamke, in

JOŽKO TOMŠIČ
Generalni direktor družbe Peugeot
General director of Peugeot in Slovenia

FRANJA BEHIND THE SCENES

The first thought that comes to mind when mentioning Marathon Franja BTC City tends to focus on a host of eager cyclists, who enjoy testing their stamina on different routes during the three days of the event. But then there is also a Franja "behind the scenes". That is where a couple of days before the Marathon and all throughout it more than 100 attentive security guards, fire-fighters, and attendants make sure that Franja is not only seamlessly organised, but also safe for all its participants and viewers. The support of partners is a very important part of the organisation of such a large-scale event. We talked about safety concerns with Marjan Mirt, head of security at the BTC Company, and about car brand support with Jožko Tomšič, general director of Peugeot in Slovenia.

FRANJA'S PROFESSIONALISM WEAVES PARTNERSHIPS

You have been a sponsor of Marathon Franja for a number of years now. How many exactly?
Yes, this is true. Peugeot has been the official vehicle of Marathon Franja BTC City ever since 2003, so our sponsorship is the longest.

Why did you choose this partnership? What convinced you to make this decision?
Although I didn't work for Peugeot when the collaboration between the Peugeot brand and the organisers of the Marathon first began, I know what convinces us today and why this partnership has been in effect for such a long time. It is all about professionalism, trust in the Peugeot brand, and mutual business interest, in the absence of which I don't believe in any sponsorship.

Peugeot cars accompany riders in the Time trial and in the Marathon itself. How many cars do you provide each year?
Together with our authorised dealers, we manage to provide between 25 and 30 Peugeot vehicles every year.

How do you select the appropriate cars?
They are all cars from our regular line-up, but it is true that every year during the Marathon we try to focus on the promotion of one specific model. This year we have chosen the new SUV PEUGEOT 3008 – a winner from the get-go since it has already won the titles of Slovenian and European Car of the Year.

ker prodajamo avtomobile, mora biti na koncu zadovoljen tudi naš prodajni interes. V bistvu je Maraton Franja edini tako velik projekt, pri katerem sodelujemo kot sponzor.

Kako vi gledate na Maraton Franja? Kaj vam pomeni?
Po mojem mnenju gre za enega največjih športno-rekreativnih dogodkov v Sloveniji, ki ima tudi pomembno družbeno noto. Gledano s prodajnega vidika ponuja odličen kanal za promocijo naših vozil, z marketinškega vidika pa seveda krepi prepoznavnost blagovne znamke in povezuje vrednote Franje z našimi.

Menite, da bi moralo biti v Sloveniji več takšnih prireditev?
Zagotovo. Slovenci smo znani kot športni narod, zato so vse prireditve, ki spodbujajo rekreativno gibanje, zelo dobrodošle. Je pa to seveda vedno povezano s finančnimi sredstvi, zato vsako leto znova občudujem organizatorje Franje, da jim z relativno omejenimi finančnimi in človeškimi viri uspe „pod streho" spraviti tako velik dogodek.

SAMO VARNA FRANJA JE DOBRA FRANJA

Kako skrbite za varnost na Maratonu Franja?
Na Maratonu kot pomemben del varnostnega osebja sodelujejo gasilci, varnostniki in reditelji. Ti skrbijo za zaporo cest v BTC Cityju, opravljajo rediteljsko službo ob progi in požarne straže ter varovanje.

Koliko let že sodelujete pri pripravah na Maraton?
Osebno sodelujem od leta 2006, ko sta bila start in cilj dirke prestavljena na območje BTC Cityja. Sprva sem sodeloval kot sodelavec družbe BTC, pozneje kot član organizacijskega odbora. Slednje seveda pomeni večjo odgovornost ter več skrbnosti pri pripravljalnih aktivnostih.

Kaj priporočate udeležencem Maratona?
Ob razmišljanju o Maratonu Franja mi najprej pride na misel beseda tovariš. Kot tovariša razumemo človeka, ki nam priskoči na pomoč, ko je potrebno. Tovarištvo še danes živi, denimo med gasilci, ribiči in še kje ... Zelo bi si želel, da bi bilo tudi na Maratonu Franja čim več tovarišev in tovarišic, pripravljenih pomagati drugim udeležencem, ne glede na rezultat na cilju.

Bi se Maratona Franja tudi sami kdaj udeležili?
Kar nekaj vode je že preteklo, ko sem bil bolj aktiven na kolesu, a v tem trenutku nisem v formi za tak nastop. Še vedno pa upam, da bo direktor Maratona Franja Gorazd Penko nekega lepega dne člane častnega odbora in člane organizacijskega odbora odpeljal na izlet v osrčje Cerknega, do mesta, po katerem je Maraton Franja dobil svoje ime, torej do bolnice Franja.

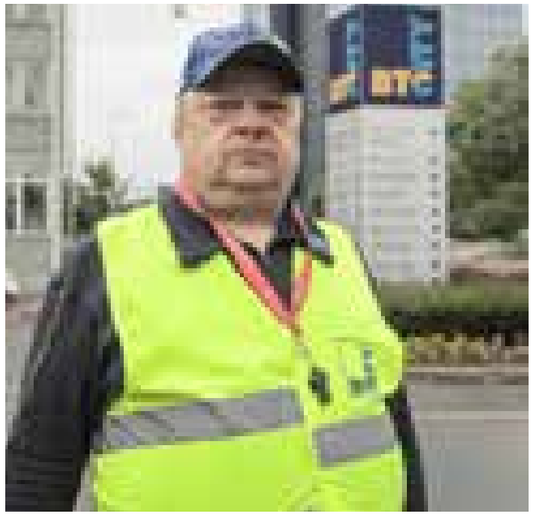
Kaj vam pomeni Maraton Franja BTC City?
Glede na mojo uradno vlogo na Maratonu zame seveda v prvi vrsti pomeni veliko dela in odgovornosti. Vsekakor pa posebno zadovoljstvo sodelovati pri tako množični kolesarski prireditvi.

Kaj se vam je v vseh teh letih najbolj vtisnilo v spomin?
Vsako leto znova se me najbolj dotakne ugotovitev, kako je kljub izredno natančnim pripravam in vnaprejšnjim dogovorom pri izvedbi takega dogodka še vedno prisotna improvizacija.

Koliko ljudi bo v času letošnjega maratona skrbelo za varnost?
Skupno za letošnjo Franjo načrtujemo sodelovanje približno 70 rediteljev, varnostnikov in gasilcev. Ta podatek velja samo za prireditev Maratona Franja znotraj BTC Cityja. Temu je treba prišteti še varovanje dvoran in ostalega dela območja, saj mora biti tudi širše območje ustrezno varovano in pod nadzorom. Ob tem je treba upoštevati, da gre za tridnevno prireditev, pred tem pa intenzivno potekajo še nekajdnevne aktivnosti pri pripravi in postavitvi prireditvenega prostora.

MARJAN MIRT

Vodja varnostne službe družbe BTC
BTC Head of Security



Do you bike in your free time? Have you already undertaken Marathon Franja?
I like to get on the bike in my free time, but I must admit that my stamina is far from what it would need to be if I wanted to take on a marathon. In the company we strongly encourage any kind of pursuit of sports among our employees, so there are quite a few enthusiastic cyclists among my co-workers, who conquer Franja every year – be it the Family marathon, the Little Marathon, or the regular Marathon route. I can only congratulate them.

Do you also collaborate on other similar projects?
The Peugeot brand carefully selects its sponsorship projects, which must comply with the global sponsorship strategy of the brand and, since we sell cars, satisfy our selling interests. Marathon Franja is actually the only such large-scale project in which we participate as a sponsor.

How do you feel about Marathon Franja? What does it mean to you?
I think it is one of the biggest sports and recreational events in Slovenia, which plays an important societal role. In terms of sales, it is an outstanding channel for the promotion of our vehicles, from the marketing perspective it enhances the visibility of our brand and connects the values of Franja with our own.

Do you think Slovenia should host more events like Marathon Franja?
Definitely. Slovenians are considered a nation of athletes, so all events that promote recreational movement are more than welcome. But of course, this is also tied to financial means. Year after year I admire the organisers of Marathon Franja in how they manage to "pull off" such a large-scale event with relatively limited financial and human resources.

ONLY A SAFE FRANJA IS A GOOD FRANJA

How do you ensure safety and security at Marathon Franja?
An important part of security at the Marathon are firefighters, security guards, and attendants. They take care of BTCw City road blocks, attend to issues along the route, maintain a fire watch, and provide other security services.

How long have you been taking part in Marathon preparations?
Personally, I have taken part in these preparations since 2006, when the race moved its start and finish line to the BTC City area. I was first a member of the BTC staff, then a member of the Organising Committee. The latter of course implies a higher degree of responsibility and requires greater care in preparatory operations.

What advice would you give to those who participate in the Marathon?
When thinking about this Marathon, the first word that comes to mind is "comrade". A comrade is someone who is there for you when you need help. Camaraderie is still alive today, for example among firefighters, fishermen, and others. I would like for there to be as much of it as possible at Marathon Franja – comrades willing to help each other, regardless of final race results.

Would you consider riding in the Marathon yourself?
It has been quite a while since I was truly active on the bike, so I'm not in shape for such a challenge at the moment. But I still hope that Marathon director Gorazd Penko will one fine day take all the Honorary Committee and Organising Committee members on a trip to the heart of Cerkno, to the place that gave the Marathon its name – the Franja Partisan Hospital.

What does Marathon Franja BTC City mean to you?
Given my official role in the Marathon, it first and foremost means a lot of work and great responsibility. But it definitely also provides me with a special kind of satisfaction for working on such a massive cycling event.

In all these years of working on the Marathon, what has left the most lasting impression?
Every year I am made aware of how despite the incredibly careful preparations and prior arrangements there is still a fair amount of improvisation involved in the organisation of such an event.

How many people will be handling security at this year's Marathon?
For this year's Franja, we plan to involve altogether 70 attendants, security guards, and firefighters. This pertains only to the Marathon Franja event within the BTC City area. To this we must add personnel providing security at other indoor and outdoor venues, adequately securing and monitoring the wider area of the event. We must also take into account the fact that the event spans three days and requires a couple of days of intensive preparatory activities and venue setup.

MARATON FRANJA PRENAŠA IDEJO DRUŽINSKO-ŠOLSKEGA MARATONA V SOSEDNJE DRŽAVE

Projekt „My Sport is Franja" stopa v drugo leto, v katerem bo Maraton Franja idejo o povezovanju kolesarjenja za vse in o povezovanju s kulturno dediščino prenesel tudi na športne prireditve v tujino. S pomočjo partnerskih organizacij bodo rekreativni športni dogodki potekali od aprila do septembra, v oktobru pa jim bo sledila še druga izvedba Akademije Franja v Ljubljani.

Evropski projekt »My Sport is Franja« se izvaja v sodelovanju s športnimi organizacijami iz Avstrije (SPORTUNION Kärnten), Italije (UISP – Unione Italiana Sport Per tutti), Hrvaške (Sportska zajednica Istarske županije) ter Slovaške (Kolesarska zveza Slovaške) in je usmerjen tudi k večji socialni vključenosti in udeležbi posameznikov in družin na športnih prireditvah. Vsi kolesarsko-kulturni dogodki v tujini bodo po vzoru Družinsko-šolskega Maratona Franja BTC City potekali brez prijavnine. Športna izkušnja bo vsem udeležencem lahko predstavljala navdih za redno športno vadbo in spoznavanje pomena medsebojnega sodelovanja ter spoštovanja tudi izven športnih tekmovanj.

Pri izvajanju aktivnosti v projektu je poudarek na pomenu imena Franja, ki je sestavni del tako izobraževalnih kot športnih prireditev. Kolesarsko društvo Rog je z Mestnim muzejem Idrija v letu 2016 podpisalo Memorandum o sodelovanju, v katerem potrjujeta skupen interes pri razvoju in promociji izobraževalnih, kulturnih in športnih aktivnosti, ki imajo namen prispevati k širitvi in razumevanju skupnih vrednot na področju kulturne dediščine in športa. Solidarnost, prijateljstvo, medsebojno razumevanje, vztrajnost in poštenost predstavljajo pet vidikov skupnih kulturnih in športnih vrednot, ki so del zgodovine Partizanske bolnice Franja in Maratona Franja. Prav zaradi povezanosti je bila v ta namen vzpostavljena tudi spletna peticija „Podpis za Franjo", s katero lahko posameznik izrazi svojo podporo za večjo vidnost vrednot v športu.

Peticija – Podpis za Franjo:
http://my.franja.org/signature-for-franja/

Prireditve, poimenovane „Franja na kolesu", so dvodnevni športno-kulturni dogodek, na katerem bodo udeleženci ob kolesarjenju spoznavali kulturne znamenitosti in dediščino območja. Maraton Franja s tem prenaša idejo družinsko-šolskega maratona v partnerske države, izpostavlja svojo kulturno noto in prepoznavnost med rekreativnimi udeleženci. Vsi dogodki imajo tudi skupen slogan „Moje kolo, moja dediščina", ki so ga partnerji zelo dobro sprejeli.

Datum in kraj prireditev:

AVSTRIJA – 30. april, Wörthersee/Vrbsko jezero,
ITALIJA – 7. maj, Cormons/Krmin,
SLOVAŠKA – 11. junij, Trnava,
HRVAŠKA – 24. september, Vižinada.

Informacije in program posamezne prireditve so sproti objavljeni na spletni strani www.my.franja.org in na socialnem omrežju Facebook. Vabljeni k udeležbi!

AKADEMIJA FRANJA

Dvoletni projekt „My Sport is Franja" se bo zaključil z drugo izvedbo Akademije Franja, ki bo potekala od 10. do 14. oktobra v BTC Cityju v Ljubljani. Ključni cilj Akademije je usmerjen v širjenje in izmenjavo dobrih praks v smislu vsakoletnega dogodka za srečevanje predstavnikov športnih klubov, kulturnih ustanov, turističnih združenj in športnih organizacij. V programu letošnje Akademije se bodo zvrstile predstavitve in delavnice na temo dediščine kolesarstva, kolesarstva in turizma, žensk in otrok v športu in kolesarskih mest. Predavatelji iz partnerskih držav in gostujoči predavatelji bodo podali primere in izkušnje ter bili za vse udeležence dostopni tudi za individualni pogovor. Vzdušje Akademije je zelo sproščeno, zato vabimo vse, ki jih zanimata kolesarstvo in izmenjava različnih idej. Na podlagi izkušenj s prve Akademije bo program tako postal še bolj interaktiven in bližje željam udeležencev Akademije. »My Sport is Franja« z aktivnostmi projekta še dodatno izpostavlja mednarodno dimenzijo Maratona Franja BTC City in povezuje partnerje ter udeležence na področju kolesarstva, izobraževanja in kulturne dediščine.

MARATHON FRANJA CONVEYING THE IDEA BEHIND ITS FAMILY AND SCHOOL MARATHON TO NEIGHBOURING COUNTRIES

As the project My Sport is Franja enters into its second year, Marathon Franja is conveying the idea of the connective power of cycling and its ties to cultural heritage to foreign sports events. With the help of partner organisations, various recreational sports events will be held from April to September, followed by the second Franja Academy in Ljubljana in October.

The European project My Sport is Franja is implemented in collaboration with sports organisations from Austria (SPORTUNION Kärnten), Italy (UISP – Unione Italiana Sport Per tutti), Croatia (Sportska zajednica Istarske županije), and Slovakia (Slovak Cycling Federation), and strives for greater social inclusivity and increased participation of individuals and families at sports events. All foreign cultural events related to cycling will be modelled on the Family and School Marathon Franja BTC City, which means that there will be no entry fee, while participants are bound to be inspired to engage in regular athletic activity and become aware of the importance of cooperation and respect that goes beyond sports. When carrying out project activities, we emphasise the importance of the Franja name, which is an inherent part of both educational activities and sports events. Cycling Association KD Rog signed a Cooperation Memorandum with the Idrija Municipal Museum in 2016, affirming their mutual interest in the development and promotion of educational, cultural, and sports activities which strive to contribute to the proliferation and understanding of common values in the field of cultural heritage and sports. Solidarity, friendship, mutual understanding, persistence, and fairness constitute the five aspects of common cultural values and values of sportsmanship, which are a part of the history of the Franja Partisan Hospital and of Marathon Franja. Precisely because of this connection, we have set up the online petition "A signature for Franja", where everyone can express their support for the greater appreciation of values in sports.

Petition – A signature for Franja:
http://my.franja.org/signature-for-franja/

"Franja on the bike" events are two-day-long sports and cultural events, at which participants get a chance to familiarise themselves with the cultural sights and the cultural heritage of a given area while riding a bike. In this way, Marathon Franja aims to transfer the idea behind the family and school marathon into its partner states. It also highlights its cultural aspect and improves its recognisability among recreational athletes. The events have a common slogan – "My bike, my heritage" – which has been very well received by our partners.

Event schedule:

AUSTRIA – 30th April, Wörthersee
ITALY – 7th May, Cormons
SLOVAKIA – 11th June, Trnava
CROATIA – 24th September, Vižinada

Additional information and individual event programmes will be published on the website www.my.franja.org and on Facebook. You're welcome to join us!

FRANJA ACADEMY

My Sport is Franja, extending over two years, will conclude with the second iteration of the Franja Academy, which will take place between October 10th and 14th in BTC City Ljubljana. The key objective of the Academy focuses on the proliferation and exchange of good practice; it is the annual meeting place of sports club representatives, cultural institutions, tourism associations, and sports organisations. The programme of this year's Academy includes presentations and workshops on topics, such as the heritage of cycling, cycling and tourism, women and children in sports, and cycling-oriented cities. In their talks, lecturers from partner countries and other guest lecturers will provide various examples while drawing on their own experiences, and will also be available for one-on-one conversations with listeners afterwards. The Academy has a relaxed atmosphere – it invites all those who are interested in cycling and the exchange of diverse ideas. Building on our experiences gathered at the first Academy, we have made this year's programme even more interactive and in tune with the wishes of Academy participants. My Sport is Franja further stresses the international dimension of Marathon Franja BTC City, connecting partners and participants in the field of cycling, education, and cultural heritage.

MARATON FRANJA
ACADEMY
AKADEMIJA

PARTNERJI PROJEKTA:
PROJECT PARTNERS:

V SODELOVANJU Z:
WITH THE SUPPORT OF:

EUROPEAN HERITAGE LABEL
PARTIZANSKA BOLNICA FRANJA
Franja Partisan Hospital
Erasmus+
Mestna občina Ljubljana

BTC IN MARATON FRANJA SKUPAJ ŽE 10 LET

BTC AND MARATHON FRANJA HAVE BEEN PARTNERS FOR 10 YEARS

2006

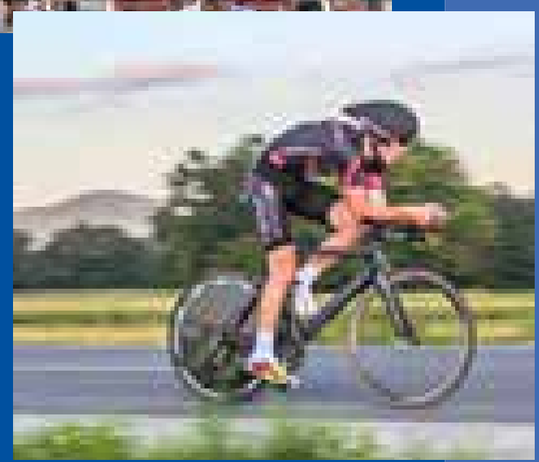
Vstopi v povezavo Alpe Adria Tour
Generalni sponzor postane BTC d.d. in tako dobi maraton novo ime – Maraton Franja BTC City

Inclusion in the Alpe Adria Tour
BTC d.d. becomes the general sponsor of the event, which gets a new name – Marathon Franja BTC City

2010

Maraton Franja se včlani v serijo najboljših kolesarskih maratonov na svetu pod okriljem Mednarodne kolesarske zveze UCI – UWCT

Marathon Franja is included in the series of the best cycling marathons in the world under the auspices of UCI – UWCT



2012

Uvedba kronometra – tekme na čas

Introduction of the time trial event

2013

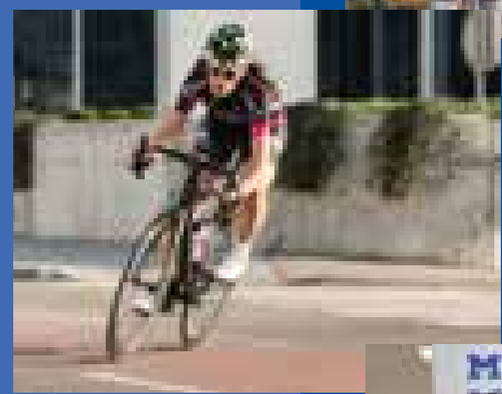
Z marketinško akcijo »S kolesarskih stez na maraton« postane Maraton Franja dobitnik nagrad na SOFu in Sportu

For the marketing campaign "From bike paths to the marathon" the Marathon Franja receives awards at SOF and Sporto

28.–31. 8. 2014

Po trasi Maraton Franja BTC City poteka Svetovno prvenstvo rekreativnih kolesarjev, UWCT Finale

ARWC and UWCT Finals take place on the course of Marathon Franja BTC City



3.–4. 7. 2015

Giro Rosa - Ženski kolesarski spektakel s 1. etapo in vožnjo na čas prvič v Sloveniji

Giro Rosa - Women's cycling race first time in Slovenia with 1st stage and prologue

2016

Maraton Franja z idejo evropskega povezovanja kolesarjenja in kulturne dediščine. V letu 2016 izvedba prve Franja Akademije tudi s podporo Veleposlaništva Kraljevine Nizozemske v Ljubljani.

Marathon Franja promotes the European integration of cycling and cultural heritage. The first Franja Academy, held in 2016, was also supported by the Embassy of the Kingdom of the Netherlands in Ljubljana.

VTISI ZMAGOVALCEV 2016
IMPRESSIONS OF WINNERS

ALOJZ POGLAVC

Kaj vam pomeni zmaga na Maratonu?
Zmaga na Maratonu Franja BTC City mi je v čast. Dirka mi je pisana na kožo, predvsem pa zelo uživam v kolesarstvu.

Koliko časa ste se pripravljali za Maraton?
Datum Maratona Franja BTC City mi ustreza. Pred tem v sezoni naredim že kar nekaj kilometrov in se udeležim nekaj dirk doma in v tujini. Na Franji tako lahko pokažem svojo pripravljenost.

Koliko kilometrov prevozite na leto?
V sezoni 2016 sem premagal 19.000 kilometrov.

Je to vaš prvi Maraton Franja? Se ga boste še udeležili?
Leta 2007 sem kupil staro specialko in se prvič udeležil Franje. Za sabo sem imel 2.000 kilometrov in se poskusno prijavil. Na cilju sem bil zaradi rezultata precej razočaran, vendar pa sem vedel, da se Maratona Franja BTC City naslednje leto ponovno udeležim.

Kakšen se vam zdi Maraton Franja?
Gre za legendaren in edinstven dogodek, ki se ga ne izplača zamuditi.

Zakaj ste se prijavili na Maraton?
Franja me vsako leto znova preseneti. In to je tisto, kar me vedno znova vleče.

Kaj se vam je najbolj vtisnilo v spomin?
Na 35. Franji v letu 2016 sem bil najbolj vesel kolega iz moje ekipe JB Team. Ves obupan sem ga dohitel pred Škofjo Loko in složno sva prikolesarila v cilj.

What does winning the Marathon mean to you?
It was such an honour winning Marathon Franja BTC City. The race fits me perfectly; above all, I enjoy cycling.

How long have you prepared for the Marathon?
The date on which Marathon Franja BTC City takes place suits me. In the beginning of the season, prior to the Marathon, I already manage to pedal through quite a few kilometres and compete in several races at home and abroad. This makes it possible for me to be in the best possible shape for Franja.

How many kilometres a year do you make on your bike?
In the 2016 season, I made 19,000 kilometres on my bike.

Is this your first Marathon Franja? Will you take part in it also in the future?
In 2007, I bought myself an old racing bike and took part in Franja for the first time. I had around 2,000 kilometres in my legs and that's when I decided to test my skills in the Marathon. The results disappointed me, but I was determined to take part in the Marathon again in the coming year.

What do you think of Marathon Franja BTC City?
It is a legendary and unique event that should not be missed.

Why did you sign up for the Marathon?
Franja surprises me time and again – that's what persuades me to race every year.

What is your most memorable moment of Marathon Franja BTC City?
At the 35th Marathon Franja BTC City in 2016 I was so happy to see my colleague from JB Team. I was almost ready to give up, when I caught up with him just before reaching Škofja Loka and we made it to the finish line together.

ANITA DOBROTINŠEK

Kaj vam pomeni zmaga na Maratonu?
Zame je zmaga na Maratonu Franja BTC City v 2016 predvsem osebna. Rada premagujem ovire, zato si vsako leto postavljam višje cilje.

Koliko časa ste se pripravljali za Maraton?
Ne morem trditi, da sem se za Franjo posebej pripravljala. Vseskozi sem športno aktivna; veliko tečem, kolesarjenje pa mi predstavlja drugačno zvrst treninga, v kateri prav tako uživam. Na kolesu se dobro počutim.

Koliko kilometrov prevozite na leto?
Poleg teka sem v sezoni 2016 prekolesarila okoli 3.500 kilometrov.

Je to vaš prvi Maraton Franja? Se ga boste še udeležili?
V letu 2016 sem prvič prevozila traso Velikega Maratona. Pred časom sem se preizkusila na krajši različici. Vsekakor se bom Maratona Franja BTC City še udeležila. Letos sem postala članica KD Rog in bom sodelovala na tekmovanju Alpe Adria Tour 2017, česar se noro veselim.

Kakšen se vam zdi Maraton Franja?
Maraton Franja BTC City je zame izredno lep dogodek, lahko bi se imenoval kar praznik ljubiteljev kolesarstva v Sloveniji. Dogodek zaznamuje res odlična organizacija.

Zakaj ste se prijavili na Maraton?
Ker mi je kolesarjenje zelo pri srcu, na takšnem dogodku vsekakor ne smem manjkati. Ampak, kot rečeno, si vsako leto postavljam nove, višje cilje.

Kaj se vam je najbolj vtisnilo v spomin?
Vedno znova me prevzamejo občutki, ki me obdajajo ob tovrstnih dogodkih. Govorim o celotni energiji sodelujočih, o sproščenosti, dobri volji in odprtosti ... Vse to mi daje energijo in motivacijo. Zato v tovrstnih čustvenih trenutkih na dogodkih neizmerno uživam.

What does winning the Marathon mean to you?
I see my victory at Marathon Franja BTC City in 2016 mostly as a personal win. I enjoy overcoming obstacles, so I tend to set higher goals with every passing year.

How long have you prepared for the Marathon?
I wouldn't say that I prepared especially for Franja. I am always doing sports – I run a lot. Cycling represents a different type of training, which I really enjoy. I feel good on my bike.

How many kilometres a year do you make on your bike?
I mostly run, yet I managed to put in approximately 3,500 kilometres on the bike in the 2016 season.

Is this your first Marathon Franja? Will you take part in it also in the future?
In 2016, I raced on the Big Marathon Franja BTC City course for the very first time; prior to that I tested my skills on the shorter course. I will definitely participate in Marathon Franja BTC City again. This year, I became a member of KD Rog and I am really looking forward to competing in the Alpe Adria Tour 2017.

What do you think of Marathon Franja BTC City?
Marathon Franja BTC City is a marvellous event. It could also be called a festival for all fans of cycling in Slovenia. The organisation of the event is excellent.

Why did you sign up for the Marathon?
Since cycling is close to my heart, I really don't want to miss out on such an event. As I already mentioned, I tend to raise the bar every year.

What is your most memorable moment of Marathon Franja BTC City?
Time and again I am overcome with feelings that tend to emerge at such events. I am thinking about the joint energy of all participants, about the relaxed and fun atmosphere, openness, etc. – all these give me energy and motivation. I really enjoy such emotional moments at these types of events.

ZALA PRAPROTNIK

MALI MARATON FRANJA BTC CITY ★ LITTLE MARATHON FRANJA BTC CITY ★
MF
ZMAGOVALKA
WINNER
KATEGORIJA: ŽENSKE B
WOMEN'S B CATEGORY

Kaj vam pomeni zmaga na Maratonu?
Svojo prvo Malo Franjo sem v absolutni razvrstitvi končala na drugem mestu, v letu 2016 pa sem bila tretja. Zmage v svoji starostni kategoriji sem vesela, vendar se glede na moje dosedanje uvrstitve raje spogledujem s čim boljšimi dosežki v absolutni kategoriji.

Koliko časa ste se pripravljali za Maraton?
Kolesarsko sezono običajno otvorim konec februarja ali v začetku marca. Nato se trudim, da kolesarim tri- ali štirikrat tedensko, če to dopuščajo služba, družinske obveznosti in vreme. Med tednom preprosto ni časa za daljše vožnje, zato se nanje odpravim ob vikendih. Zato, da dovolj samozavestno odpeljem Malo Franjo, moram prevoziti vsaj 2.000 kilometrov. K temu cilju pred Franjo tudi stremim. Ker so mi všeč še drugi športi, cestno kolesarjenje kombiniram z gorskim kolesarjenjem, z vajami za moč (t. i. bootcamp), s tekom, plavanjem in z veslanjem.

Se boste v prihodnosti udeležili tudi Velikega Maratona Franja BTC City?
Že lani sem se prijavila nanj in traso preizkusno že nekajkrat prevozila. Žal je tri tedne pred dogodkom na eni izmed voženj moj mož nesrečno padel in se lažje poškodoval. Temu sta sledila dva tedna kolesarskega premora in s tem izguba tiste kolesarske samozavesti, ki jo potrebuješ za „Veliko Franjo", zato sva se prijavila na krajšo preizkušnjo. „Velike Franje" ne želim le prevoziti, to lahko storim kadar koli. Če se bom nanjo prijavila, jo želim prevoziti suvereno in torej tudi dobro. Trenutno mi za ta podvig primanjkuje časa, saj je za dobro pripravo na "Veliko Franjo" potrebno redno voziti tudi daljše razdalje, kar pa pomeni tudi več prevoženih kilometrov v začetku sezone. Ko se bo teh na kolesarskem števcu nabralo dovolj, bom zopet razmislila o udeležbi na „Veliki Franji".

Zakaj ste se prijavili na Maraton?
Preden sem začela redno kolesariti, sem bila tekačica, udeleževala sem se predvsem polmaratonov. Kot rekreativka sem bila kar uspešna in sem se na tekih doma in v sosednjih državah z rezultati okoli 1:22:00 redno uvrščala med najboljših deset. Zaradi poškodbe stopala sem morala leta 2014 prenehati z intenzivnim tekom. Ker sem bila vajena redne vadbe in tekmovalnega adrenalina, sem iskala druge športne aktivnosti. Za kolesarstvo me je navdušil mož, ki je bil prepričan, da je to pravi šport zame. Kmalu se je izkazalo, da lahko zelo dobro poganjam pedala. Prijava na Maraton Franja BTC City me dodatno motivira, da se še bolj zavzeto pripravljam na kolesarsko sezono.

Kaj svetujete letošnjim udeležencem?
Maraton Franja BTC City je pravi kolesarski praznik, na katerem vladata dobro vzdušje in pozitivna energija. Za vsakogar, ki se ga želi udeležiti, je zagotovo prav posebno doživetje. Pa vendar je treba biti preudaren: tisti, ki se je udeležijo nepripravljeni in želijo v tistih dveh ali več urah preseči meje svojih sposobnosti, ogrožajo sebe in vse ostale. Tega se morajo udeleženci zavedati. Na maraton se je treba pripraviti, kajti le tako lahko v kolesarjenju uživaš. Si pa želim, da bi se Franje udeležilo več kolesark. Če pogledamo razmerje moških in žensk med udeleženci na Ljubljanskem maratonu, je danes, dvajset let od prvega maratona, razmerje tekačev in tekačic skoraj 50:50. Morda se zdijo za kolesarski maraton takšne želje nekoliko preveč optimistične, pa vendar, zakaj pa ne bi čez nekaj let takšno razmerje vladalo tudi na Franji?

Kaj se vam je najbolj vtisnilo v spomin?
Nobene izmed dveh "Malih Franj" nisem odpeljala povsem »v miru«. Ko sem čakala na startu prve, mi je razneslo zračnico. S hitro menjavo smo jo uspeli zamenjati še pred znakom za start. Lani sem bila zelo dobro na poti, da stopim na najvišjo stopničko tudi v absolutni konkurenci, a sem se morala na vrhu klanca na Brodu ustaviti s prazno zračnico. Izkazalo se je, da bom zagato najhitreje rešila tako, da do cilja nadaljujem z moževim kolesom. Moja skupina se je seveda odpeljala naprej in tako sem zadnjih deset kilometrov na dve številki prevelikem kolesu prevozila popolnoma sama, za povrhu še stoje, ker se nisem mogla niti usesti na sedež. Priznam, pri Ruskem carju sem že razmišljala o tem, da odneham. A po drugi strani sem čutila, da moram vztrajati do cilja, da se vsaj nekako oddolžim možu, ki me je spremljal vso pot in tudi žrtvoval svojo uvrstitev s tem, ko mi je odstopil svoje kolo. Trud in trma sta se obrestovala, saj sta bila poplačana z zelo dobro uvrstitvijo. Vse podobne napete trenutke smo s kolesarskimi prijatelji iz kluba Ride podoživeli na pikniku takoj po lanskem Maratonu Franja, pri čemer pa seveda nismo pozabili nazdraviti z zmagovalno penino.

What does winning the Marathon mean to you?
I placed second in the overall classification at my first Little Marathon Franja BTC City, whereas in 2016 I was third. I was overjoyed when I won in my category, but past results make me strive towards better results in the overall classification.

How long have you prepared for the Marathon?
I usually start my cycling season at the end of February or in the beginning of March. I try to ride my bike three or four times a week, my job, family responsibilities, and weather permitting. During workdays I simply do not have time for longer rides, on which I embark on weekends. I need to have at least 2,000 kilometres in my legs to be confident enough to ride the Little Marathon Franja. So prior to Franja, I strive towards achieving this goal. Since I also enjoy other sports, I combine road cycling with mountain biking, bootcamp, running, swimming, and rowing.

Will you participate in the Big Marathon Franja BTC City in the future?
Last year, I already signed up for the Big Marathon Franja and tested the course a couple of times. Unfortunately my husband accidentally fell and suffered minor injuries just three weeks prior to the event. What followed was two weeks of cycling put on hold, which resulted in losing some much needed self-esteem, so we both signed up for the Little Marathon. I don't want to just ride the Big Marathon course – I can do that anytime. If I decide to sign up for it, I want to be well prepared. Currently, I don't have enough time to prepare for the Big Marathon Franja, which demands longer practice rides with more ridden kilometres at the start of the season. When I have enough kilometres behind me, I will think about participating in the Big Marathon Franja once again.

Why did you sign up for the Marathon?
Prior to cycling, I was a runner and mainly ran in half-marathons. As an amateur runner I was quite successful. With times close to 1:22:00 I constantly placed among the top 10 in half-marathons at home and in the neighbouring countries. Due to injuring my foot in 2014, I was forced to give up intense running. Since I was used to regular trainings and the adrenaline of competitions, I started seeking other sports activities I could do. My husband, who was sure that this was the right sport for me, awakened in me an enthusiasm for cycling. Soon it became clear that I am good at pushing pedals. Signing up for Marathon Franja BTC City gives me additional motivation to be even more enthusiastic about the cycling season.

What advice would you give to this year's Marathon participants?
Marathon Franja BTC City is a true festival of cycling, with great atmosphere and a lot of positive energy. Anyone who participates in Franja shares this truly amazing experience. Nevertheless, you need to be wise – cyclists who attend Franja unprepared and want to exceed their abilities in those two hours or more endanger themselves and others. This is a fact we should all be aware of. Only if you prepare properly for the marathon, will you be able to enjoy it. I wish to see more female cyclists attending Franja. The ratio between male and female runners in the Ljubljana Marathon, today, twenty years after the 1st Marathon, is almost 50:50. Maybe such a wish for a cycling marathon is too optimistic, but nevertheless, why not?

What is your most memorable moment of Marathon Franja BTC City?
I didn't bike through any of my Little Marathons Franja completely "in peace". As I was waiting for the start of the first one, my tube exploded. We managed to change it quickly, just before the start of the race. Last year, I was well on my way to stepping on the top podium spot in the overall classification, until I needed to stop at the top of the climb in Brod due to a flat tire. The fastest way to continue on my way was to finish the race with my husband's bike. Of course, the leading group left me behind, while I raced the final ten kilometres on a bike that was two sizes too big for me – on top of it all I had to ride it standing up, since I was not able to sit down on the seat. I admit, when I reached Ruski car I was thinking about giving up. Yet, I felt I needed to be persistent to the very end, so that I could in a way repay my husband, who accompanied me along the entire course and sacrificed his own placement by lending me his bike. My effort and stubbornness paid off, since my result was actually quite good. My friends from club Ride and I relived these tense moments at the picnic following the Marathon. Of course, we didn't forget to toast the victory with champagne.

MARTINELLI ANDREA

MALI MARATON FRANJA BTC CITY ★ LITTLE MARATHON FRANJA BTC CITY ★
MF
ZMAGOVALEC
WINNER
KATEGORIJA: MOŠKI A
MEN'S A CATEGORY

Kaj vam pomeni zmaga na Maratonu?
Zmaga na Maratonu Franja BTC City v letu 2016 je bila zame uresničitev cilja, ki sem si ga postavil za lansko sezono.

Koliko časa ste se pripravljali za Maraton?
Na Maraton Franja sem se pripravljal kar dolgo. Priprave so zahtevale kar nekaj prostega časa in so skupaj trajale okoli tri mesece.

Se boste v prihodnosti udeležili tudi Velikega Maratona Franja?
Seveda – trasa Maratona je odlična! Hkrati je to nekakšen test pripravljenosti za vse amaterske kolesarje.

Zakaj ste se prijavili na Maraton?
Prijavil sem se, ker so mi prijatelji pripovedovali, kako dober je Maraton Franja. Tako sem se odločil, da zgrabim priložnost in da doživim nekaj novega izven Italije.

Kaj svetujete letošnjim udeležencem?
Moj nasvet drugim udeležencem je, naj poizkušajo svoje nasprotnike izzvati na vzponu in naj vsake toliko časa svoje moči malo prihranijo.

Kaj se vam je najbolj vtisnilo v spomin?
Maraton Franja BTC City je zelo dobro organiziran, veliko je gledalcev. Je zelo dobra dirka za vse amaterske kolesarje.

What does winning the Marathon mean to you?
Winning Marathon Franja BTC City in 2016 meant that I reached the goal I set for the past season.

How long have you prepared for the Marathon?
My preparations were rather long. Trainings took up quite a lot of my free time and extended over approximately three months.

Will you participate in the Big Marathon Franja BTC City in the future?
Of course I will. The marathon course is excellent and the Marathon is some sort of a test of stamina for all amateur cyclists.

Why did you sign up for the Marathon?
I signed up because my friends told me how magnificent this Marathon was. Therefore, I decided to grab this opportunity and experience something new outside Italy.

What advice would you give to this year's Marathon participants?
I would advise them to try and challenge their opponents on the climb and try to save up some of their strength on different sections of the course.

What is your most memorable moment of Marathon Franja BTC City?
Marathon Franja BTC City is organised really well and attracts many visitors. It is a great race for all amateur cyclists.

ANDREJA GODEC

VOŽNJA NA ČAS
ZMAGOVALKA
WINNER
KATEGORIJA: ŽENSKE UCI
UCI WOMEN'S CATEGORY
TIME TRIAL

Kaj vam pomeni zmaga na kronometru?
Zmaga na kronometru mi pomeni predvsem potrditev ter nagrado za vložen trud in delo. Trenirati ob vsakodnevnih obveznostih in redni zaposlitvi zahteva veliko predanosti in precej odrekanja, zato ima vsak uspeh še večjo težo. Še posebej sem se zmage veselila zato, ker je bila vožnja na čas vedno tisto, kar sem želela početi oz. v čemer sem želela biti dobra, vendar nisem za trening in ustrezno opremo nikoli imela prave priložnosti.

Se vsako leto udeležite kronometra? Se udeležite tudi maratona?
Kronometra sem se udeležila le nekajkrat, tokrat šele drugič v amaterski konkurenci. Vsekakor si želim udeležbe tudi v prihodnje, saj gre za disciplino, kjer so leta in izkušnje lahko tudi prednost. To je na olimpijskem kronometru v Rio de Janeiru v letu 2016 dokazala tudi 44-letna zmagovalka Kristin Armstrong. Seveda ima svoj čar tudi Maraton Franja, kjer pa v zadnjih letih nisem imela pretirane sreče.

Zakaj ste se prijavili na kronometer?
Na kronometer sem se prijavila zato, da poskušam ubraniti lansko zmago in se ponovno veseliti uspeha. Občutki ob zmagi so odlični. Kdo si jih ne bi želel ponoviti?

Kaj svetujete letošnjim udeležencem?
Letošnjim udeležencem na kronometru želim močne noge in pogumno srce ter zadovoljstvo ob prečkanju ciljne črte. Vsem maratoncem, naj bo to na kratki ali dolgi razdalji, pa mirno glavo in veliko strpnosti do drugih. Predvsem pa, naj se na tekmo tako fizično kot psihično pripravijo po svojih najboljših močeh.

What does winning the time trial mean to you?
Winning the time trial race is a testament to my efforts and hard work. Alongside everyday obligations and full-time employment, training demands a lot of commitment and sacrifice, so every successful result carries an even greater weight. I was especially thrilled by the win, since riding in a time trial race was what I always wanted to do and what I was always good at, but never had the right possibility to train and have appropriate equipment.

Do you take part in the time trial every year? Do you also take part in the marathon?
I took part in a time trial race only a few times, actually. This was only the second time among amateur cyclists. I wish to continue competing in it in the future, since this is a discipline in which age and experience can be an advantage, as the 44-year-old Kristin Armstrong showed us in the Rio 2016 Olympics time trial race. Of course the marathon also has its charm, although I was not particularly lucky in marathons over the past few years.

Why did you sign up for the time trial race?
I decided to take part in the time trial race to try to repeat my last year's victory. The feelings when you win are magnificent – who wouldn't want to feel like that again.

What advice do you have for this year's racers?
I wish them strong legs, a brave heart, and a lot of satisfaction upon crossing the finish line. To all the marathon racers – may they compete in the Little or Big Marathon Franja – I wish a cool head and a lot of tolerance towards others. Above all, they should prepare for the race – mentally as well as physically – to the best of their abilities.

PRIMOŽ ROGLIČ

Kaj vam pomeni zmaga na državnem prvenstvu v kronometru?
To, da lahko nosim dres državnega prvaka na vseh mednarodnih dirkah, si štejem v posebno čast.

Kakšna se vam zdi trasa kronometra?
Trasa se mi zdi precej preprosta. Je res bolj ravninska. Zanjo sta bistveni predvsem moč in aerodinamika.

Kaj svetujete letošnjim amaterskim kolesarjem v kronometru?
Udeležencem Maratona Franja BTC City svetujem, naj se ne obremenjujejo s številkami, ki kažejo na moč, srčni utrip in podobno. Naj raje poslušajo svoje telo in poskušajo iz njega iztisniti svoj maksimum.

VOŽNJA NA ČAS
ZMAGOVALEC
WINNER
KATEGORIJA: MOŠKI ELITE
MEN'S ELITE CATEGORY
TIME TRIAL

What does winning the time trial mean to you?
It represents a special honour for me – to be wearing the national champion jersey in all international races I attend.

What do you think of the time trial course?
The course seems fairly easy. It is really pretty flat, thus mainly power and aerodynamics come to the foreground on this course.

What advice do you have for this year's amateur time trial racers?
My advice for all racers of Marathon Franja BTC City is to not burden themselves with numbers pertaining to power, heartbeat and similar factors. Instead, they should listen to their body and try to push it to the maximum limit.

MATEJ KRAVOS

VOŽNJA NA ČAS
ZMAGOVALEC
WINNER
KAT.: POKAL SLO AMATER
SLOVENIAN CUP
AMATEUR CATEGORY
TIME TRIAL

Kaj vam pomeni zmaga na kronometru?
Zmaga na kronometru je potrditev, da sta se izplačala ves čas in trud, ki sem ju namenil treningom.

Se vsako leto udeležite kronometra? Se udeležite tudi maratona?
Maratona se udeležujem od leta 2011, kronometra pa od leta 2015.

Zakaj ste se prijavili na kronometer?
Na kronometer sem se prijavil zaradi dveh razlogov. Prvič zato, ker je to moja najljubša kolesarska disciplina, in drugič zaradi kvalifikacij na svetovno amatersko prvenstvo.

Kaj svetujete letošnjim udeležencem?
Naj vse skupaj vzamejo za zabavo in po pameti.

What does winning the time trial mean to you?
Winning the time trial race is a testament to all my efforts and time spent training paying off.

Do you take part in the time trial every year? Do you also take part in the marathon?
I have been participating in the marathon since 2011 and in the time trial since 2015.

Why did you sign up for the time trial?
I decided to take part in the time trial for two reasons. Firstly, because this is my favourite cycling discipline, and secondly, because of the ARWC qualification.

What advice do you have for this year's racers?
Have fun and be smart.

ANN-SOPHIE DUYCK

VOŽNJA NA ČAS
ZMAGOVALKA
WINNER
KATEGORIJA: ŽENSKE ELITE
WOMEN'S ELITE CATEGORY
TIME TRIAL

Kaj vam pomeni zmaga na Maratonu?
Na zmago v vožnji na čas v okviru Maratona Franja BTC City v letu 2016 sem zelo ponosna. Leto poprej sem bila druga, a sem si lanske zmage zelo želela. Dogodek je zelo dobro organiziran in na njem z veseljem nastopam. Franja bi lahko služila kot svetovno prvenstvo!

Kaj menite o organizaciji vožnje na čas?
Trasa vožnje na čas je zelo dobra za tekmovanje. Poteka po dobrih cestah in v lepem okolju. Ko zapustiš mestni okoliš, nadaljuješ pot v smeri gora – čudovito je! Lahko smo hvaležni, da nam je vreme v obeh letih, v 2015 in 2016, dobro služilo. Morda se zdi, da je to ravninska trasa, vendar ni. Vedno je prisotnega nekaj vetra. Pomembno je primerno uravnavati tempo.

Kaj svetujete letošnjim udeležencem?
Dajte vse od sebe in uživajte!

What does winning the time trial mean to you?
I am very proud of my victory in the time trial race at Marathon Franja BTC City 2016. In 2015 I was second, so my desire to win the race in 2016 was very strong. The event is excellently organised and I am happy to be a part of it. Marathon Franja could serve as a World Championship race!

What do you think of the organisation of the time trial race?
The course of the time trial race is very good – it extends across well-maintained roads and takes place in a nice environment. When riders leave the city, they continue towards the mountains – absolutely beautiful! We can be grateful that the weather in 2015 and 2016 was good. Maybe the course seems rather flat, but it isn't. And there is always some wind. It is important to pace yourself.

What is your advice to this year's participants?
Give it your all and enjoy yourself!

MESTNI MUZEJ IDRIJA

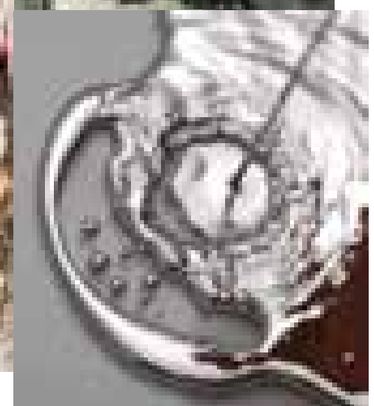
IDRIJA MUNICIPAL MUSEUM

MESTNI MUZEJ IDRIJA
MUZEJ ZA IDRIJSKO IN CERKLJANSKO

Organizacija Združenih narodov za izobraževanje, znanost in kulturo

Dediščina živega srebra. Almadén in Idrija
vpisana na Seznam svetovne dediščine leta 2012

Idrija je znana po svojem rudniku živega srebra. Zaradi bogate in ohranjene dediščine rudarjenja je bila leta 2012 vpisana na UNESCO Seznam svetovne dediščine. Med najpomembnejše pričevalce preteklosti sodi grad Gewekenegg iz začetka 16. stoletja, edini grad na Slovenskem, v katerem ni bivala fevdalna gospoda, ampak je bil zgrajen za potrebe rudniške uprave in administracije. Služil je tudi obrambi in skladiščenju živega srebra vse do srede 19. stoletja. V gradu danes domuje Mestni muzej Idrija. Na 1.800 m² razstavnih površin pripoveduje veličastno zgodbo o 500-letni zgodovini drugega največjega živosrebrovega rudnika na svetu, ki je zaradi pomembne strateške kovine, ki se je tu proizvajala, odigral pomembno vlogo v evropski in svetovni zgodovini, o nastanku in razvoju mesta Idrije, o pomembnih prelomnih dogodkih v zgodovini kot sta 1. in 2. svetovna vojna, o načinu življenja rudarjev, o pomembnih rojakih, znanstvenikih in raziskovalcih, ki so tu živeli in delali. Srečali se boste tudi z nepozabno idrijsko čipko, se poizkusili v klekljanju in izvedeli vse o teh mojstrskih izdelkih ter njihovih izdelovalkah – klekljaricah. Najlepši in najdragocenejši izdelki s čipko so razstavljeni v t.i. »zakladnici čipk«.
Skrbimo tudi za številne druge dragocene spomenike naše preteklosti, ki so posejani na Idrijskem in Cerkljanskem. Od Partizanske tiskarne na Vojskem, tipične rudarske hiše v Idriji ter domačije pisatelja Franceta Bevka v Zakojci in seveda znamenite Partizanske bolnice Franja v Dolenjih Novakih. Za ljubitelje tehniške dediščine velja omeniti Idrijsko kamšt, rudniško črpalno napravo iz konca 18. stoletja, ki nas preseneti s pogledom na velikansko leseno vodno pogonsko kolo premera 13,6 m, v Cerknem pa Cerkljanski muzej, kjer vam s ponosom pokažemo razstavo posvečeno Cerkljanski laufariji – pustni šegi, razglašeni tudi za spomenik nesnovne dediščine državnega pomena.
Zaradi vsega naštetega je Mestni muzej Idrija v slovenskem prostoru izjemen. Obiščite ga in se prepričajte.



Idrija is a town that is well-known for its mercury mine. Due to its rich and preserved mining heritage, it was entered in the UNESCO World Heritage List in 2012. Among the most important witnesses of its past is the Gewerkenegg Castle from the beginning of the 16th century, the only castle in Slovenia that was never inhabited by noblemen, but was built for the needs of mine management and administration. It also served for defence and as a storehouse for mercury up until the middle of the 19th century. The castle is now home to the Idrija Municipal Museum. The exhibition area of 1800 square metres tells a magnificent 500-year-long story about the history of the second largest mercury mine in the world, which played an important role in European and world history due to the important strategic ore, which was produced here, and also about the beginnings of the town and its development, important pivotal historical events such as WWI and WWII, the lives of the miners, and important inhabitants of Idrija, scientists and researchers who lived and worked here. You will also see the unforgettable Idrija lace, try your hand at lacemaking and find out everything about these masterfully made products and the people who make them – the lacemakers. The most beautiful and precious lace is exhibited in the so called Treasure Chest of Lace. We also take care of numerous other monuments of our past, which are spread across the Idrija and Cerkno regions including the Partisan Printing Shop in the Vojsko village, the typical Miner's House in Idrija, the homestead of writer France Bevk in the Zakojca village and, of course, the famous Franja Partisan Hospital in the Dolenji Novaki village. To the fans of technical heritage, we must point out the Idrija Kamšt, a pumping device for the mine from the end of the 18th century, which surprises us with the view of a huge wooden driving wheel with a diameter of 13.6 m. Definitely worth a mention is also the Cerkno Museum in Cerkno where you will be proudly presented an exhibition dedicated to Laufarija – a local carnival custom, which has also been declared a monument of intangible heritage of national importance.
All the above listed makes the Idrija Municipal Museum truly exceptional in Slovenia. Visit the museum and see it for yourself.

VEČ | MORE INFO
www.muzej-idrija-cerkno.si

KJE NAS NAJDETE? | WHERE TO FIND US?
Mestni muzej Idrija (Idrija Municipal Museum),
Prelovčeva 9, 5280 Idrija,

KOORDINATE LOKACIJE | LOCATION COORDINATES:
46.000995, 14.018398

INFORMACIJE | INFORMATION:
Tel. / Phone: ++ 386 5 37 26 600
e-mail: tajnistvo@muzej-idrija-cerkno.si

PARTIZANSKA BOLNICA FRANJA

POMNIK ČLOVEČNOSTI NAS POVEZUJE

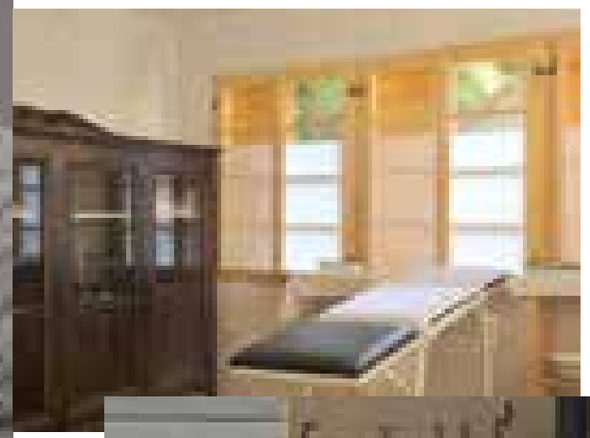
„Bosi in razoglavi bi morali romati v ta kraj – bosi in razoglavi«, je pred leti izjavil obiskovalec iz Nizozemske potem, ko si je ogledal bolnišnico.
V Sloveniji imamo številne kraje in obeležja, ki spominjajo na trpljenje ljudi v času druge svetovne vojne. Med njimi posebno mesto in spoštovanje pripada Partizanski bolnici Franja, ki je dobila ime po svoji zdravnici in upravnici Franji Bojc Bidovec. V njej je našlo pomoč in varno zavetje skoraj šeststo ranjenih partizanov, pripadnikov zavezniških enot, civilistov in drugih pomoči potrebnih. Gruča lesenih barak in več pomožnih objektov skritih v težko dostopni soteski Pasice v Dolenjih Novakih pri Cerknem je danes urejenih v muzej.
Zaradi naravne katastrofe, ki jo je prizadela pred desetimi leti, je bila bolnišnica skoraj v celoti rekonstruirana, a je ohranila svojo simbolno vrednost. Kot pomnik človečnosti, solidarnosti in tovarištva med domačini, osebjem in ranjenimi vojaki, ki so se med drugo svetovno vojno borili proti fašizmu in nacizmu, je bila prepoznana kot del skupne dediščine evropskih narodov in nosi znak evropske dediščine.
S kolesarskim Maratonom Franja jo povezuje več kot zgolj ime. Vrednote, ki so v preteklosti predstavljale temelje, na katerih se je gradila bolnišnica so aktualne tudi v športu. Skupaj jih želimo posredovati mlajšim generacijam.

Franja nas povezuje. Obiščite jo s kolesom.

PARTIZANSKA BOLNICA FRANJA
Franja Partisan Hospital

FRANJA PARTISAN HOSPITAL

A MONUMENT TO HUMANITY THAT CONNECTS US



Franja connects us. Visit it on a bike.

"Barefoot and bareheaded is how we should visit this place – barefoot and bareheaded,' said a visitor from the Netherlands years ago, after seeing the hospital.
There are many places and memorials in Slovenia, which remind us of the suffering of people during WWII. Among them, a special place and respect should be given to the Franja Partisan Hospital, which was named after its physician and administrator Franja Bojc Bidovec. The hospital provided help and a secure shelter to almost 600 wounded partisans, members of the allied forces, civilians and others who were in need of medical assistance. The cluster of wooden barracks and several auxiliary facilities hidden in the not easily accessible Pasice gorge in the village of Dolenji Novaki near Cerkno is now a museum.
Due to a natural catastrophe, which occurred ten years ago, the hospital was almost entirely reconstructed, but it has kept its symbolic value. As a monument to humanity, solidarity and comradeship among the locals, the medical staff and the wounded soldiers who fought against Fascism and Nazism during WWII, it was recognized to be a part of European nations' common heritage and was awarded the European Heritage Label.
What connects it to Marathon Franja is more than just the name. The values that used to represent foundations on which the hospital was built are still very relevant in sports. Together we wish to impart these values on the young generations.

ZNAK EVROPSKE DEDIŠČINE
EVROPA SE ZAČNE V PARTIZANSKI BOLNICI FRANJA

EUROPEAN HERITAGE LABEL
EUROPE STARTS IN THE FRANJA PARTISAN HOSPITAL

VEČ | MORE INFO
www.muzej-idrija-cerkno.si

KJE NAS NAJDETE? | WHERE TO FIND US?
Partizanska bolnica Franja
(Franja Partisan Hospital)
Dolenji Novaki, 5282 Cerkno,

KOORDINATE LOKACIJE | LOCATION COORDINATES:
46.150073,14.027254

INFORMACIJE | INFORMATION:
Cerkljanski muzej (Cerkno Museum),
Bevkova 12, SI 5282 Cerkno
Tel. ++ 386 5 37 23 180
e-mail: info@muzej-idrija-cerkno.si

MEDIJI O NAS 2016
MEDIA ABOUT US

VARNO DO CILJA
SAFELY TO THE FINISH LINE

Kako se pripravljate na Maraton Franja?
Pred samim Maratonom Franja se na sestankih dogovarjamo o varovanju trase s predstavniki prostovoljnih gasilskih društev. Vsako sodelujoče društvo nato poskrbi za zadostno število rediteljev.

Koliko let že sodelujete pri pripravah?
Pri pripravah sodelujem od leta 2012. V Hofer družinsko-šolski maraton sem bolj vpet od leta 2016, ko je bila trasa prvič speljana skozi domžalsko občino.

Kaj je vaša naloga pri maratonu?
Nekaj dni pred maratonom s predstavnikom organizatorja pregledava traso Hofer družinsko-šolskega maratona in se prepričava, če je vse tako, kot mora biti. Naše društvo (PGD Pšata Dragomelj) sodeluje pri varovanju vseh treh prireditev: kronometra, Hofer družinsko-šolskega maratona ter Velikega in Malega Maratona Franja na območju Ljubljane. Moja naloga je tudi, da za vsako preizkušnjo zagotovim do 25 članov iz našega društva.

Kaj bi želeli sporočiti kolesarjem?
Predvsem to, naj pazijo nase in na soudeležence. Kljub temu, da je cesta zaprta, je potrebno biti pazljiv. Kljub varnostnim ukrepom se lahko zgodi, da se kakšen voznik namerno ali nenamerno izmuzne zapori.

Koliko gasilskih društev sodeluje v času celotne prireditve?
Pri kronometru in Hofer družinsko-šolskem maratonu sodeluje 14 društev. Pri drugem je poleg policije na trasi približno 150 članov gasilskih društev.

Bi se maratona tudi sami kdaj udeležili?
Te želje nisem imel nikoli.

Kaj se vam je najbolj vtisnilo v spomin?
Vsekakor prva izvedba kronometra na trasi Ljubljana–Domžale–Ljubljana.

JOŽE ROŽMAN

Koordinator gasilskih društev na trasi Hofer družinsko-šolskega maratona in kronometra Ljubljana–Domžale–Ljubljana

Fire service coordinator of the Hofer Family and School Marathon and the Ljubljana–Domžale–Ljubljana time trial

How do you prepare for Marathon Franja BTC City?
Before the start of Marathon Franja BTC City we hold meetings with representatives of volunteer fire brigades and discuss how to best secure the course. Each brigade then makes sure to provide a suitable crew.

How long have you been taking part in the preparations?
I have taken part in these preparations since 2012. I have been more thoroughly involved in Hofer Family and School Marathon since 2016, when its route first passed through the Municipality of Domžale.

What are some of your tasks?
A couple of days before the Marathon, I review the route of the Family and School Marathon together with a representative of the organiser and make sure that everything is exactly as it should be. Our fire brigade (PGD Pšata Dragomelj) helps secure all three events: the Time Trial, the Family and School Marathon, and the Big and Little Marathon Franja in the Ljubljana area. It is my job to provide an up to 25-strong crew from our fire brigade for each individual race.

What would you like to communicate to the cyclists?
Above all that they should take care of themselves and their fellow riders. Although the road is closed for traffic, one should always be careful. Despite all the security measures, it can still happen that a car evades a roadblock and wanders onto the course, be it intentionally or unintentionally.

How many fire brigades are involved in the event as a whole?
There are altogether 14 fire brigades involved in the Time Trial and the Family and School Marathon. With the latter, about 150 firefighters are positioned along the route in addition to the police force.

Would you consider riding in the Marathon yourself?
I have never had that wish, no.

What would you say has left the most lasting impression on you?
Definitely the first organisation of the Time Trial in Domžale.

DRUŽBA BTC NA PODROČJU TRAJNOSTNE MOBILNOSTI DRVI STO NA URO

Legendarni komik Robin Williams, ki je bil tudi izjemen kolesarski navdušenec, je dejal: „With a bike you go from zero to a hundred in terms of mobility." (v smislu mobilnosti skočiš s kolesom v trenutku od 0 do 100 km/h) S temi besedami je orisal velik pomen kolesarjenja za napredek človeka na področju mobilnosti. Še bolj kot v smislu hitrosti premikanja danes kolesarjenje izstopa kot način mobilnosti, ki je prijazen okolju in zdravju.

Danes kolesarjenje izstopa kot okolju in zdravju prijazen način mobilnosti.

Alternativni načini mobilnosti, med njimi tudi kolesarjenje, postajajo vse bolj priljubljena točka v načrtih držav, mest in organizacij. Val trajnostne mobilnosti je ujela tudi družba BTC, ki pod okriljem poslovne enote Misija: Zeleno uvaja sodobne tehnološke rešitve, izboljšuje infrastrukturo in izvaja aktivnosti ozaveščanja.

PREKLOP NA ELEKTRIKO

Kot svetovni in tudi nacionalni trend na področju trajnostne mobilnosti se pojavlja elektromobilnost. Skladno z Energetskim konceptom Slovenije naj bi država do leta 2055 dosegla 100-odstotno električno mobilnost v osebnem in javnem prometu. Ta trend je že prodrl v delovanje družbe BTC, saj ima ta v svoji floti štiri električna vozila, ki s pozitivnimi napisi tudi ozaveščajo obiskovalce o zeleni mobilnosti.

Hkrati je družba BTC v sodelovanju s podjetjem Avant car v BTC Cityjih v Ljubljani in Murski Soboti vzpostavila sistem za souporabo električnih vozil Avant2Go. Souporaba električnih avtomobilov predstavlja ugodno in preprosto mobilnost, izboljšuje dostopnost BTC Cityjev ter zmanjšuje gostoto prometa in prispeva k čistejšemu zraku.

THE BTC COMPANY IS GOING A HUNDRED MILES AN HOUR IN SUSTAINABLE MOBILITY

The legendary comedian Robin Williams, who was also a big bike fan, once said: "With a bike you go from zero to a hundred in terms of mobility." With a couple of words he outlined the importance of cycling for human progress. Today, rather than the speed of movement it provides, the bicycle is a prominent means of environment-friendly and healthy mobility.

Alternative mobility options – cycling included – are gaining ground on the agendas of countries, cities, and organisations alike. The BTC Company is also riding this wave of sustainable mobility, introducing modern technological solutions, improving infrastructure, and raising public awareness with its business unit Mission: Green.

The bicycle is a prominent means of environmentally friendly and healthy mobility.

SWITCHING TO ELECTRICITY

The emerging global and national trend is electric mobility. According to the Energy Concept of Slovenia, Slovenia is projected to reach 100-percent electric mobility in public and private transport by 2055. This trend has already seeped into the BTC Company's operations, manifesting itself in BTC's four electric vehicles, which raise public awareness on green mobility with decals bearing various positive messages. In cooperation with the Avant Car Company, the BTC Company has also set up the Avant2Go electric car sharing system in BTC City centres in Ljubljana and Murska Sobota. Electric car sharing represents cost-effective and easy mobility, diminishes damaging environmental emissions, improves the accessibility of BTC Cities, lowers traffic density, and contributes to cleaner air.

V BTC CITY LJUBLJANA PEŠ, S KOLESOM ALI VOZILOM

Največ izboljšav na področju trajnostne mobilnosti je družba BTC uvedla v BTC Cityju Ljubljana. To največje slovensko poslovno-nakupovalno, športno-zabaviščno ter kulturno središče namreč letno obišče kar 21 milijonov obiskovalcev, zato je aktivno upravljanje prometa na območju nujno potrebno.

Družba BTC je v sklopu preureditve BTC Cityja uvedla enosmerne ulice in nov prometni režim po konceptu skupnega prometnega prostora, nastal je tudi nov Trg Mladih z bogato vsebino. Družba nenehno vlaga v ureditev kolesarskih stez in pešpoti. Kolesarjem so na voljo tri postajališča v sklopu mestnega sistema samopostrežne izposoje koles BicikeLJ ter več kot 470 parkirnih mest za kolesa. Za dostop do BTC Cityja Ljubljana in premagovanje krajših razdalj na samem območju sta obiskovalcem na voljo še mestni avtobus in brezplačni Citybus.

VISIT BTC CITY ON FOOT, ON A BIKE, OR BY CAR

The most improvements in the field of sustainable mobility have been made in BTC City Ljubljana. This largest Slovenian business, shopping, sports, entertainment, and cultural centre is visited by no less than 21 million people a year, which is why active traffic management in the area is urgent.

In its renewal of BTC City Ljubljana, the BTC Company introduced one-way streets and a new traffic regime that abides by the rules of shared space. It also re-designed the Trg mladih square, which has been endowed with some incredibly rich content. The Company makes continuous investments into new bike lanes and footpaths. Cyclists can make use of three BicikeLJ self-serve bike-sharing spots and more than 470 bicycle parking spaces. Visitors can also use the Ljubljana city bus to access BTC City Ljubljana and the Citybus service, which is provided free of charge, to brave shorter distances within the BTC City area itself.

Z umiritvijo prometa, obogatitvijo ponudbe in ozelenitvijo območja je dostop in pomikanje po BTC Cityju Ljubljana za pešce, kolesarje in voznike hitrejše, varnejše in tudi prijetnejše.

VELIKE SPREMEMBE SO REZULTAT MALIH DEJANJ MNOŽICE POSAMEZNIKOV

S spodbujanjem trajnostne mobilnosti med obiskovalci družba BTC omogoča, da prav vsak posameznik prispeva k zelenemu jutri. Z umiritvijo prometa, obogatitvijo ponudbe in ozelenitvijo območja sta dostop in pomikanje po BTC Cityju Ljubljana za pešce, kolesarje in voznike hitrejša, varnejša in tudi prijetnejša. Živahno dogajanje preveva celotno območje, ki ohranja status atraktivnega javnega prostora.

Širšemu območju BTC Cityja Ljubljana se obeta nagel razvoj zaradi predvidenih naložb domačih in tujih partnerjev. S tem povezane bodo tudi naložbe v prenovo infrastrukture na območju BTC Cityja Ljubljana. Obstoječa in prihodnja vlaganja bodo prispevala k temu, da bosta dostop do območja in gibanje znotraj njega prijaznejša in varnejša za vse obiskovalce. Družba BTC tako stopnjuje svoja prizadevanja na področju trajnostne mobilnosti ali na kratko: drvi sto na uro.

By calming down traffic, enriching the infrastructure, and greenifying the entire area, access to and movement around BTC City Ljubljana has been made faster, safer, and more enjoyable for pedestrians, cyclists, and drivers alike.

BIG CHANGES RESULT FROM THE SMALL ACTIONS OF MANY INDIVIDUALS

By promoting sustainable mobility among its visitors, the BTC Company encourages every single individual to contribute to a greener tomorrow. By calming down traffic, enriching its offer, and greenifying the area, access to and movement around BTC City Ljubljana has been made faster, safer, and more enjoyable for pedestrians, cyclists, and drivers alike. A vivid pulse flows through the entire area, which remains an attractive public space.

The wider area of BTC City Ljubljana is about to undergo some fast development due to the planned investments of domestic and foreign partners. This also entails investments into the renovation of infrastructure in the area of BTC City Ljubljana. Current and future investments will contribute to safer and more pleasant area accessibility and mobility for all visitors. The BTC Company keeps intensifying its efforts in the field of sustainable mobility – in short, it is going a hundred miles an hour.

KD ROG

ZALJUBLJENI V KOLESARJENJE

IN LOVE WITH CYCLING

KD Rog je pestra druščina kolesarjev in kolesark v različnih kategorijah, ki skupno šteje .... članov, od tega .... kolesarjev in .... kolesark. Prav zastopanost vseh selekcij pri obeh spolih je redkost v klubih po vsem svetu. Vse kategorije vadečih – deklice in dečke, mladinke in mladince, moško kontinentalno ekipo Rog Ljubljana in ekipo BTC City Ljubljana – druži ljubezen do kolesarjenja in neomajna energija.

DEČKI IN DEKLICE: NAŠI MLADI UPI

Najmlajšo skupino članov KD Rog predstavljajo dečki in deklice v treh kategorijah: A, B in C. Mladi kolesarji teh kategorij izkusijo prvi stik z organizirano kolesarsko vadbo. Trenerji se trudijo, da je ta izkušnja čim kakovostnejša, saj predstavlja temelj za gradnjo tekmovalne zmogljivosti v starejših kategorijah.
Skupina C združuje vadeče do vključno 12. leta ter letos šteje 7 tekmovalcev in tekmovalk. Njihov ključni cilj je razvoj kondicije in spretnosti vodenja kolesa. V skupini B (13-letniki) je letos 9, v skupini A (14-letniki) pa 10 tekmovalcev in tekmovalk. Cilj obeh skupin je utrjevanje kolesarskih spretnosti in predvsem kondicijski razvoj tekmovalcev.
Trening dečkov in deklic v zimskem času predstavlja vadba v telovadnici, kjer razvijamo moč in gibljivost ter izvajamo športne igre, in vadba vzdržljivosti v naravi. Spomladi pričnemo s treningi na kolesih, ki potekajo do pozne jeseni. Dečki

Cycling Association KD Rog is a diverse team of ... cyclists competing in different race categories. The team consists of ... male and ... female riders. It is precisely this representation of all age groups and both genders that is so hard to find in clubs all over the world. What all of the riders have in common – regardless of whether they are a part of the junior team, the men's continental Team, or team BTC City Ljubljana – is their love of cycling and their relentless energy.

BOYS AND GIRLS: OUR YOUNG HOPEFULS

The youngest group of KD Rog members consists of boys and girls in three categories: A, B, and C. For these young cyclists, this is the first time they come into contact with organised cycling practice. The coaches make sure that their training is of the highest possible quality, since it represents the foundation for building racing stamina in older age groups. Group C consists of members aged 12 and below. This year, there are 7 riders in this group. Their final goal is to develop their stamina and bike-handling skills. Group B (13-year-olds) currently has 9 members, and group A (14-year-olds) 10 members. The aim of both groups is to foster bike handling skills and, most importantly, enhance the riders' stamina.
In the winter months, the boys and girls practice in the gym, where they develop strength and dexterity, play games, and

in deklice skupine C sprva razvijajo kondicijo in pridobivajo tehnično znanje na prometno zaprtem poligonu policijske akademije v Tacnu. Letni treningi skupine B in A pa v celoti potekajo na manj prometnih cestah.

MLADINKE: TALENTI Z MEDNARODNIM POTENCIALOM

Pomemben del postave KD Rog so dekleta. Selekcija mlajših in starejših mladink trenutno obsega deset deklet, ki so stara od 15 do 19 let. Treningom se priključujejo še štiri dekleta kategorije U23, ki so na prehodu proti članski konkurenci.
Glavni cilj dekliških in ženskih selekcij je razvoj ženskega kolesarstva ter vzpostavitev baze kolesark, iz katere bi se lahko kasneje razvile mednarodno konkurenčne tekmovalke v cestnem kolesarstvu. Vadba je zelo raznolika in obsega vse od spretnostnih veščin na kolesarskem poligonu v Tacnu, vsestranskega gibalnega razvoja, vadbe moči, hoje v hribe ter teka na smučeh v zimskem obdobju do gorskega kolesarjenja in kolesarskih treningov na cesti.
Dekleta tekmujejo v pokalu Slovenije, udeležujejo pa se tudi tekmovanj v sosednji Italiji, kjer je žensko kolesarstvo bolj razvito, temu primerno pa so razvite tudi dirke za dekleta. Nekatera dekleta so tudi del slovenske reprezentance, ki bo v letošnji sezoni nastopala na Olimpijskem festivalu evropske mladine (EYOF), na tekmah pokala narodov ter na evropskem in svetovnem prvenstvu.

MLADINCI: ŠESTNAJSTERICA Z OLIMPIJSKIMI AMBICIJAMI

Ekipa mlajših mladincev (letnik rojstva 2001 in 2002) ekipe Rog AS šteje v sezoni 2017 16 članov, ki jih vodi trener Miha Koncilija.
Marko Jeretina, Jaka Čemažar, Gašper Zalar, Blaž Avbelj, Tjaž Čuk, Luka Dragar, Tim Brdnik, Kancijan Kogovšek, Marko Križman, Jaša Bašelj, Gašper Paulič, Vid Praprotnik Čurič, Anže Drašler, Matic Kranjec Žagar, Mark Bogataj in Urban Tkalec so fantje, ki bodo vozili na 40 dirkah za Pokal Slovenije, mednarodnih tekmah v Italiji, Avstriji in na Hrvaškem.
Cilj mladincev v letošnji sezoni je, da se vsaj eden uvrsti v olimpijsko reprezentanco treh kolesarjev za nastop na olimpijskih igrah mladih, ki bodo julija potekale v madžarskem Győru.

train to increase stamina. Spring begins with bike practice, which lasts until late autumn. The boys and girls in group C first build stamina and gain technical knowledge on the testing ground of the Tacen police academy, which is closed for traffic. Summer practice sessions of groups A and B are held entirely on less busy roads.

FEMALE JUNIORS: TALENT WITH INTERNATIONAL POTENTIAL

An important part of the KD Rog line-up are girls. The squad of younger and older juniors currently consists of ten girls aged 15 to 19. They are joined at training sessions by four U23 girls who are in the process of transitioning to the professional team.
The prime objective of the girls' and women's teams is the advancement of women's cycling and the formation of a foundational base of cyclists that would eventually yield internationally competitive road racers. Practice is varied and ranges from honing handling skills at the Tacen testing ground to multidirectional motor-skill development, strength training, hiking, cross-country skiing, mountain biking, and road racing.
The girls compete in the Slovenian Cup and in races organised across the border in Italy, where women's cycling in general and women's bike racing in particular is at a higher stage of development than in Slovenia. Some girls are also members of the Slovenian national team, which will compete at the European Youth Olympics Festival (EYOF), in the Nations Cup, and at the European and World Championships.

KONTINENTALNA MOŠKA EKIPA ROG LJUBLJANA: OSEM PERSPEKTIVNIH

Moško ekipo sestavlja osmerica perspektivnih tekmovalcev, ki spadajo v kategorijo U23, in sicer Tadej Pogačar, Žiga Jerman, Izidor Penko, Žiga Ručigaj, Tilen Finkšt, Matic Grošelj, Aljaž Prah in Matej Merčun. Vodstvo ekipe pa sestavljajo trener Marko Polanc, pomočnik trenerja Lucio Caldo, mehanik Boštjan Kavčnik in maser Tomi Dolinar.
Ambicija osmerice kolesarjev je, da se uspešno vključijo v proces treninga, ki je potreben za razvoj mladih tekmovalcev, kar pomeni učenje tehnike, taktike ter nasploh športno življenje, ki je pogoj za vrhunske rezultate. Poleg treningov in uspešnega nastopa na tekmovanjih je pomembna tudi izobrazba, ki jo morajo v večini ti tekmovalci še pridobiti. Zato je poglavitnega pomena čim bolj učinkovito usklajevanje treningov in šolanja.
Treningi se vsaj trikrat tedensko izvajajo vodeno skupinsko in pod trenerskim nadzorom, kar zagotavlja hitrejši razvoj in napredek kolesarjev. Glavni cilji so podrejeni dirkam, ki so rezervirane za kategorijo U23, medtem ko so ostale tekme namenjene treniranju in dvigovanju forme. Ekipa ima v programu 55 startov, ki se bodo odvijali po vsej Evropi. Pričakujemo, da se bodo vsaj trije tekmovalci vključili v reprezentančni program, vključno s svetovnim in evropskim prvenstvom.

MALE JUNIORS: SIXTEEN BOYS WITH OLYMPIC AMBITIONS

In 2017, the Rog AS younger juniors team (members born in 2001 and 2002) has 16 riders, who are coached by Miha Koncilija.
Marko Jeretina, Jaka Čemažar, Gašper Zalar, Blaž Avbelj, Tjaž Čuk, Luka Dragar, Tim Brdnik, Kancijan Kogovšek, Marko Križman, Jaša Bašelj, Gašper Paulič, Vid Praprotnik Čurič, Anže Drašler, Matic Kranjec Žagar, Mark Bogataj, and Urban Tkalec will compete in 40 races in the Slovenia Cup as well as in international races held in Italy, Austria, and Croatia.
This year, their goal is to have at least one of them qualify for the Olympic squad that will compete at the Youth Olympics in Győr, Hungary, in July.

MEN'S CONTINENTAL TEAM ROG LJUBLJANA: EIGHT PROMISING RIDERS

The men's team consists of eight promising riders in the U23 category, namely Tadej Pogačar, Žiga Jerman, Izidor Penko, Žiga Ručigaj, Tilen Finkšt, Matic Grošelj, Aljaž Prah, and Matej Merčun. Team management is represented by coach Marko Polanc, assistant to the coach Lucio Caldo, mechanic Boštjan Kavčnik, and masseur Tomi Dolinar.
This team of eight aspires to successfully engage in a training process that is necessary for the development of young bike riders. This means learning the technique, tactics, and general athletic lifestyle required to achieve elite results. In addition to training and competing successfully in various races, education is another piece in this mosaic that most of the riders have yet to acquire. It is therefore of the utmost importance that practice sessions and classes are efficiently harmonised.
Group training sessions are held at least three times a week under the supervision of the coaching staff, which facilitates faster development and aids the progression of the cyclists. The team's main goals are related to U23 races, while other races are used to train and enhance athletic form. The team is scheduled to start in 55 races across Europe. We expect that at least three riders will qualify for the national team programme, which includes participation in the European and World Championships.

ŽENSKA KOLESARSKA EKIPA BTC CITY LJUBLJANA

Ženska kolesarska ekipa BTC City Ljubljana se je v sezoni 2016 na lestvici Mednarodne kolesarske zveze UCI uvrstila na visoko, 13. mesto, letošnjo sezono pa začenja s 15. mesta, saj je četverica tekmovalk – Špela Kern, Olena Pavlukhina, Martina Ritter in Anna Plichta –odšla v druge, tuje ekipe, z njimi pa so bile prenesene tudi točke, ki so jih tekmovalke dosegle.

Ekipi se je v letošnji sezoni pridružilo šest novih članic, ekipa tako šteje 13 članic iz različnih držav; sedem Slovenk – Polona Batagelj, Urška Pintar, Urška Žigart, Tanja Elsner ter Hajdi Zajc, Saša Žavbi in Ula Berlan, ki so prestopile iz mladinskih vrst, in šest tujk – Eugenia Bujak, Mia Radotić, Jelena Erić ter tri nove okrepitve: Italijanka Anna Maria Zita Stricker, Švedinja Hanna Nilsson ter Nemka Corinna Lechner, ki je za ekipo sicer že nastopila dvakrat.

Ekipa je letošnjo sezono začela z dirkami ženskega WorldToura, kjer so dekleta že pokazala svojo dobro pripravljenost na novo sezono. Cilji za sezono 2017 so predvsem obdržati mesto med dvajseterico najboljših ekip na svetu ter pokazati nekoliko več na ženskem Giru. Prvo ime ekipe pa zagotovo ostaja Eugenia Bujak, lanska zmaga na WWT dirki v francoskem Plouayu je tako še vedno najodmevnejši rezultat v lanski sezoni.

WOMEN'S CYCLING TEAM BTC CITY LJUBLJANA

In the 2016 season, women's cycling team BTC City Ljubljana placed 13th in the UCI rankings. It will start this season ranked 15th, since four of the team's former members – Špela Kern, Olena Pavlukhina, Martina Ritter, and Anna Plichta – switched teams, which resulted in the loss of their ranking points.

In 2017, six new members joined the team, which now comprises 13 members from different countries. The team includes seven Slovenians, namely Polona Batagelj, Urška Pintar, Urška Žigart, and Tanja Elsner, as well as Hajdi Zajc, Saša Žavbi, and Ula Berlan, who came to the team from the junior categories, and six foreign racers, namely Eugenia Bujak, Mia Radotić, and Jelena Erić, as well as three reinforcements: the Italian Anna Maria Zita Stricker, the Swede Hanna Nilsson, and the German Corinna Lechner – the last has already represented the team on two occasions.

The team started this season with races on the women's WorldTour, where the girls proved that they prepared well for the new season. The goals for the 2017 season are to remain ranked among the top 20 teams in the world and achieve better results in the Women's Giro Rosa race. The star of the team remains Eugenia Bujak, whose victory last year in the WWT race in Plouay, France, is still the most prominent result of the team in the last season.

REZULTATI 2016

1. mesto, GP Plouay WWT: Eugenia Bujak
1. mesto na 6. etapi in 3. mesto skupno na La Route de France 2.1: Eugenia Bujak
3. mesto leteči cilji, Paris: Mia Radotić
1. mesto leteči cilji, La Vuelta WWT: Mia Radotić
1. mesto na etapi in skupno, Gracia Orlova 2.2: Olena Pavlukhina
2. mesto na etapi in skupno, Tour de Feminin 2.2: Anna Plichta
32. mesto, OI Rio: Polona Batagelj
7. mesto ekipni kronometer, Doha, Katar
6. mesto ekipni kronometer, WWT Vargarda, Švedska

REZULTATI 2017

14. mesto, Strade Bianche WWT: Hanna Nilsson
7. mesto, Trofeo Alfredo Binda WWT: Eugenia Bujak
13. mesto, Trofeo Alfredo Binda WWT: Hanna Nilsson
26. mesto, Trofeo Alfredo Binda WWT: Urša Pintar
26. mesto, Ronde Van Drenthe WWT: Eugenia Bujak
8. mesto, Pajot Hills Classic 1.2: Mia Radotić
3. mesto, GP de Dottignies 1.2: Jelena Erić

RESULTS – 2016

1st place in GP Plouay WWT: Eugenia Bujak
1st place in the 6th stage of La Route de France 2.1 and 3rd place in the overall classification: Eugenia Bujak
3rd place in intermediate sprint rankings in Paris: Mia Radotić
1st place in intermediate sprint rankings in La Vuelta WWT: Mia Radotić
1st place in a stage race and overall in Gracia Orlova 2.2: Olena Pavlukhina
2nd place in a stage race and overall in Tour de Feminin 2.2: Anna Plichta
32nd place in Rio Olympics: Polona Batagelj
7th place in team time trial event in Qatar, Doha
6th place in team time trial event in WWT Vargarda, Sweden

RESULTS – 2017

14th place in Strade Bianche WWT: Hanna Nilsson
7th place in Trofeo Alfredo Binda WWT: Eugenia Bujak
13th place in Trofeo Alfredo Binda WWT: Hanna Nilsson
26th place in Trofeo Alfredo Binda WWT: Urša Pintar
26th place in Ronde Van Drenthe WWT: Eugenia Bujak
8th place in Pajot Hills Classic 1.2: Mia Radotić
3rd place in GP de Dottignies 1.2: Jelena Erić

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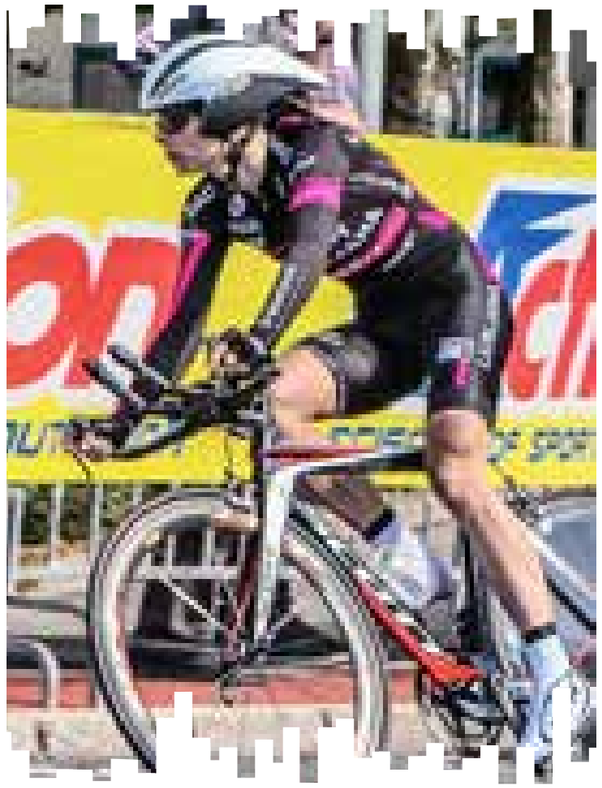

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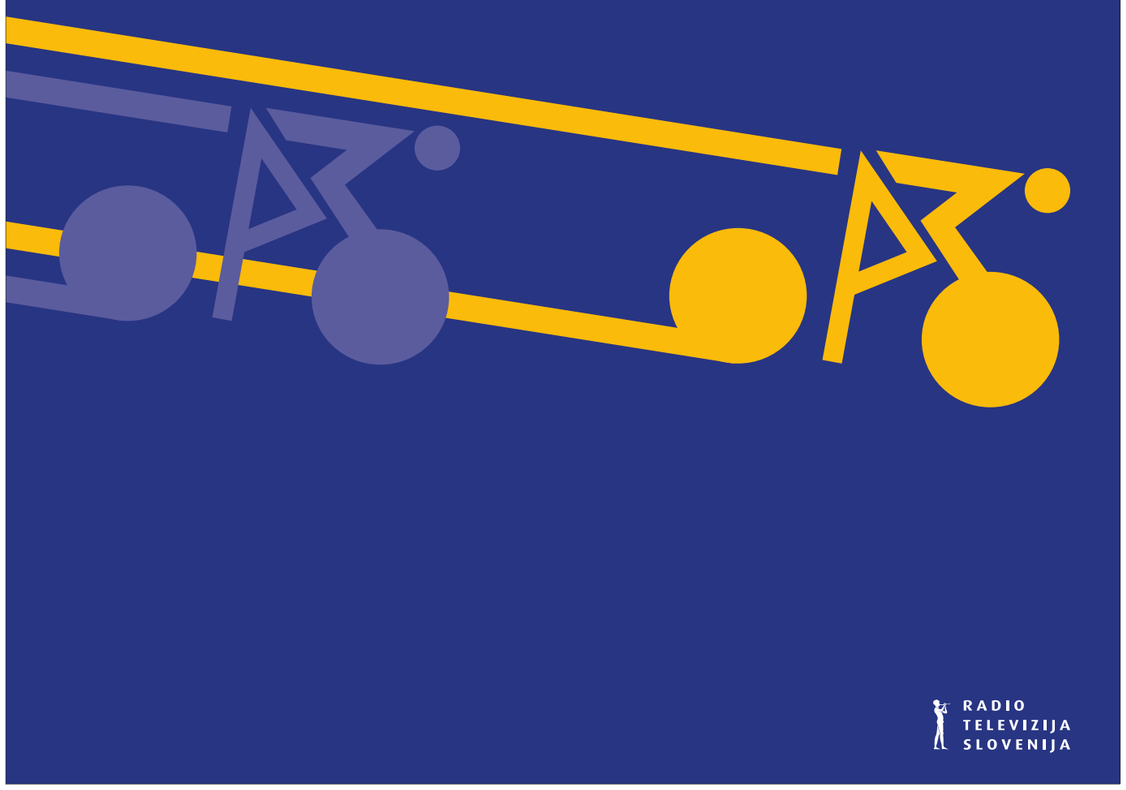

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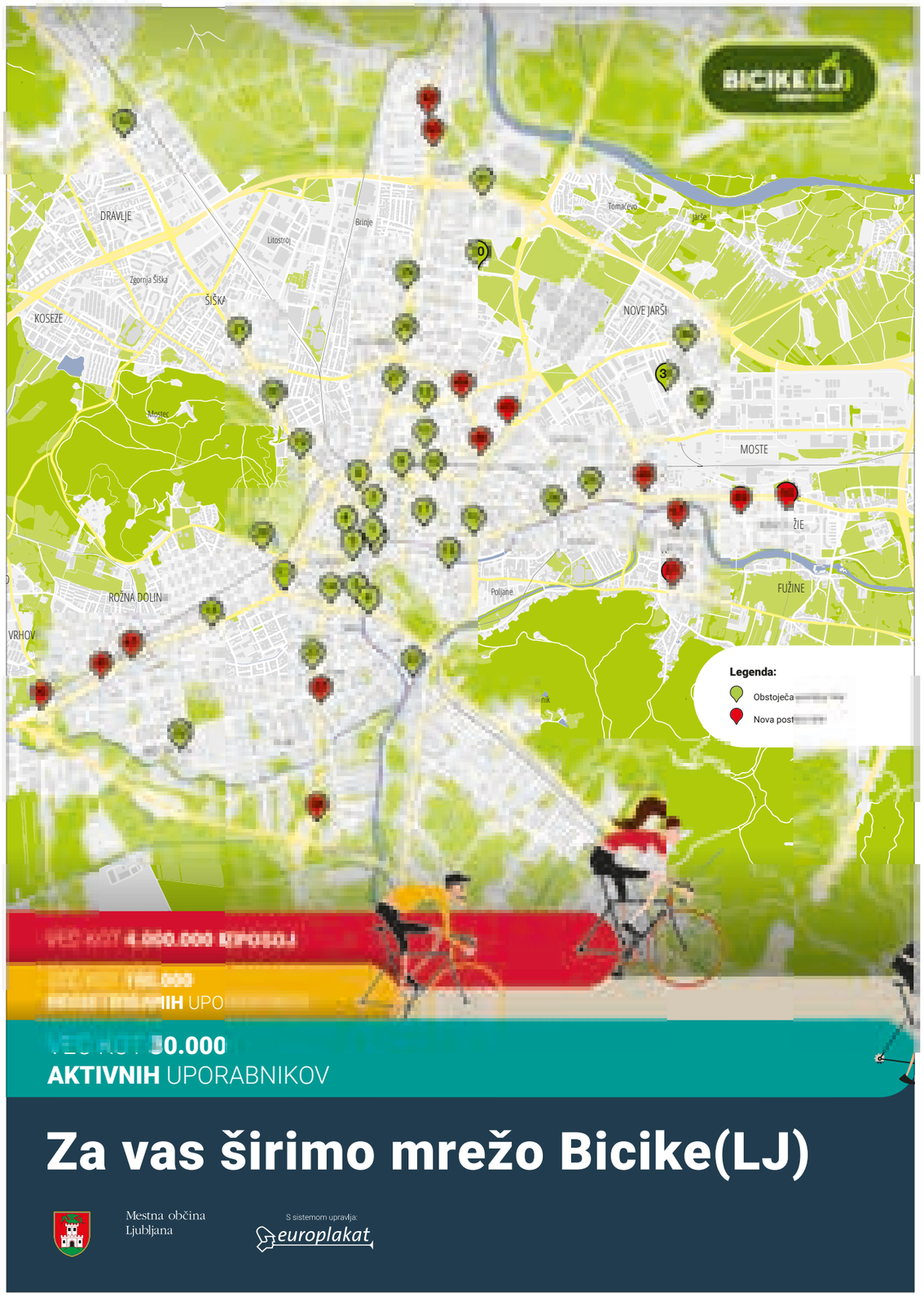

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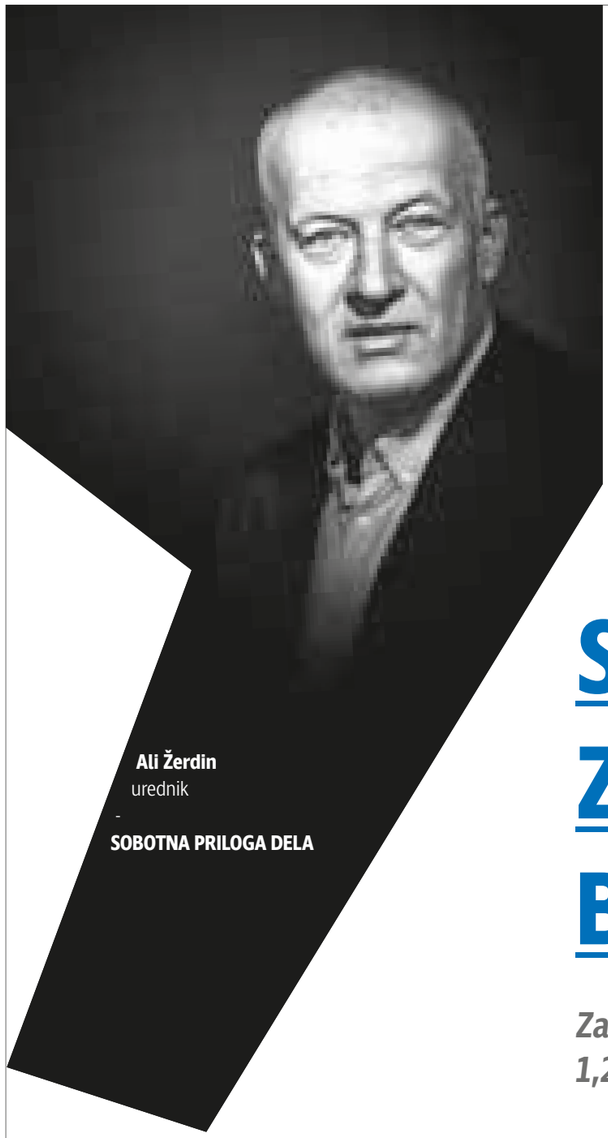

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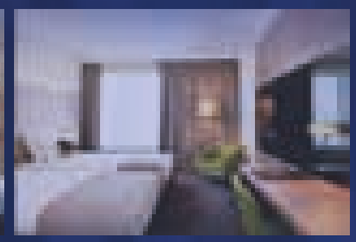

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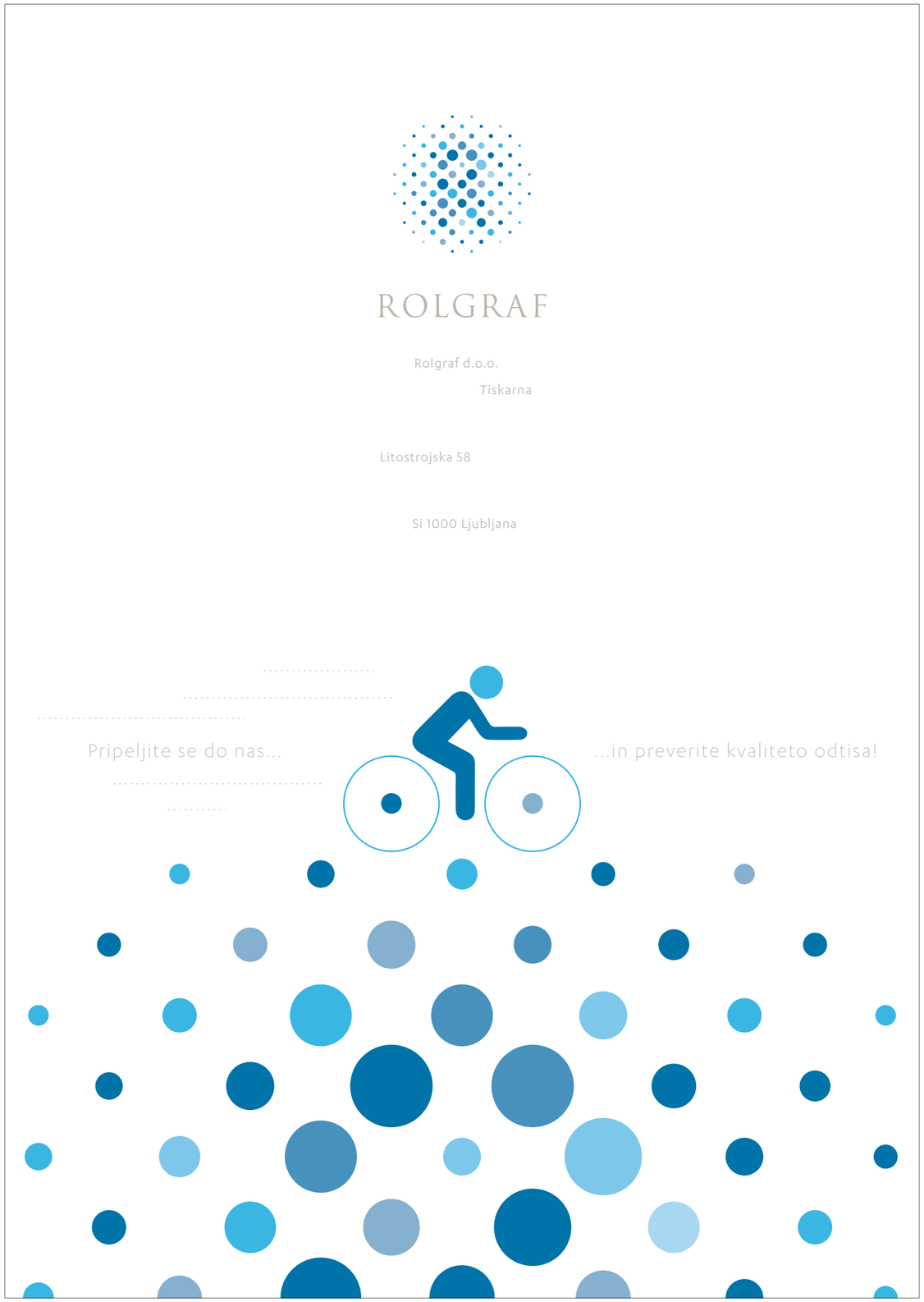

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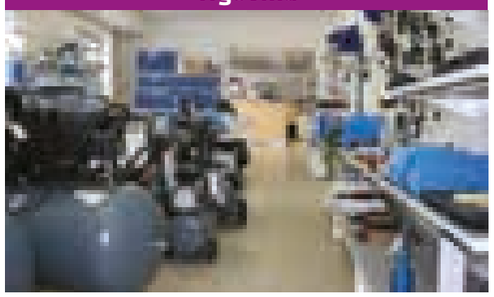

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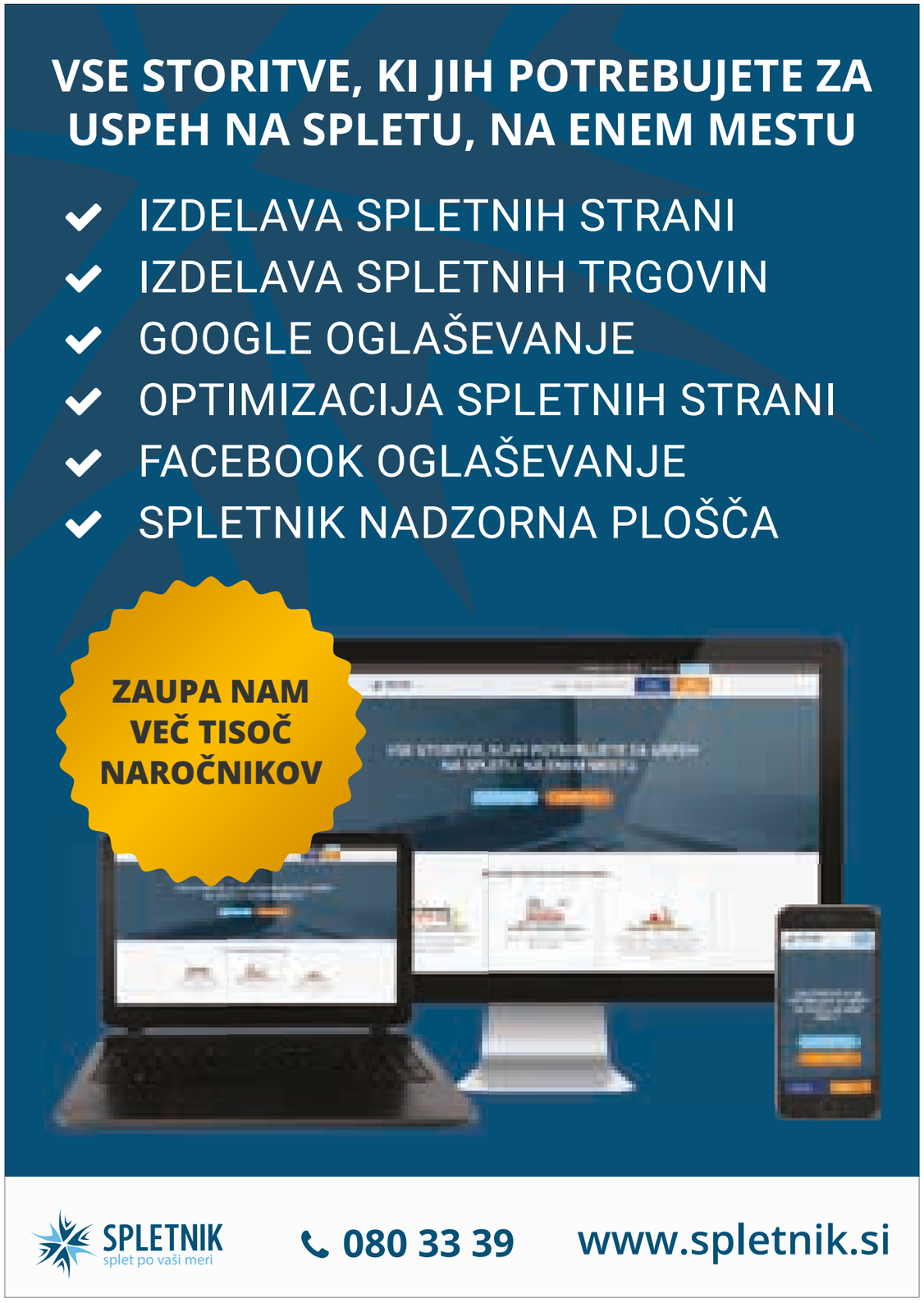

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Združenje šoferjev in avtomehanikov ŽIRI

Loška c. 17, 4226 Žiri
Št. transakcijskega računa: SI56 9067 200 0980 440
Davčna številka: 45463760
Predsednik: 041/704-220
Poveljnik uniformiranih članov: 041/350-129
http://www.zsamziri.org

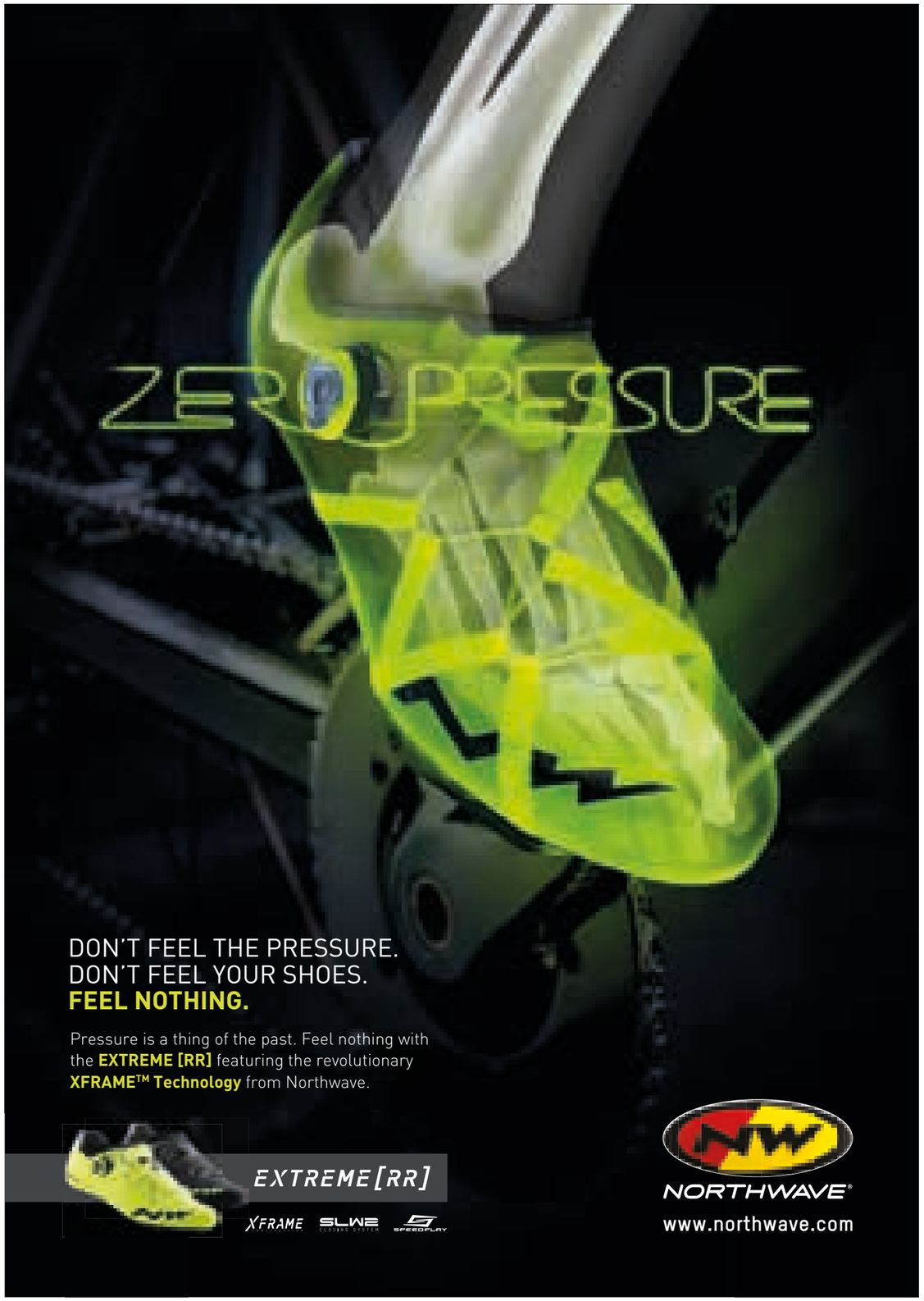
Združenje šoferjev in avtomehanikov Žiri je bilo ustanovljeno 24. 5. 1979. Ustanovljeno je bilo s posebnim namenom, to je predvsem pomagati članom voznikom na področju preventive in vzgoje v cestnem prometu in pa po namenu druženja, da se izmenjujejo informacije med člani in med društvi. V letu 2012 pa je društvo pridobilo status društva, ki delujejo v javnem interesu, na področju preventive in varnosti v cestnem prometu. Od leta 2005 pa je združenje na samostojni poti zaradi nesoglasja med Zvezo ZŠAM Slovenije in našim ZŠAM Žiri, zaradi nepriznavanja zavetnika šoferjev svetega Krištofa. Od takrat pa je našemu združenju glavni cilj pomagati in delati v preventivi in vzgoji v cestnem prometu. Združenje se vključuje v vse akcije iz področja preventive v štirih občinah in sicer: Železniki, Škofja Loka, Gorenja vas – Poljane in Žiri, kjer ima tudi svoj sedež. V današnjem času se še bolj posvečamo preventivi in vzgoji v cestnem prometu, kar imamo zapisano tudi v svojem temeljnem aktu. ZŠAM Žiri ima trenutno 220 članov, od tega 45 uniformiranih članov, kateri vsako leto največ časa posvečajo delu v preventivnih akcijah, ki jih združenje izvaja po nalogah iz resolucije o nacionalnem programu varnosti cestnega prometa.

ZŠAM Žiri deluje na naslednjih področjih:

- Razvijamo in negujemo tovarištvo, solidarnost in medsebojno pomoč med vsemi udeleženci v cestnem prometu.
- V okviru pooblastil posveča posebno pozornost prometni preventivi in izvajanju sprejetih sklepov in priporočil Sveta za preventive in vzgojo v cestnem prometu Republike Slovenije.
- Pri izvajanju vzgojnih, varnostnih in preventivnih akcij posveča posebno pozornost mladoletnim udeležencem v cestnem prometu s pomočjo šol in informiranjem učencev srednjih poklicnih in strokovnih šol.
- Organiziramo pomoč članom, udeležencem v cestnem prometu in drugih zainteresiranim ter nudimo strokovne napotke s področja varnosti v cestnem prometu.
- Kot strokovna organizacija sodelujemo z lokalnim svetom za preventive in vzgojo v cestnem prometu in policijo.
- Skrbimo za varnost najmlajših v cestnem prometu ter delujemo na področjih prvi šolski dnevi, varnost pri šolskih prireditvah, kolesarski izpiti, kolesarska tekmovanja, v šolah pri učni uri in drugo.
- Organiziramo tečaje o prometu in cestno prometnih predpisih.
- Pri športnih prireditvah na področju lokalne skupnosti skrbimo za varnost udeležencev in obiskovalcev.
- Organiziramo predavanja za poklicne voznike NPK – nacionalne poklicne kvalifikacije za podaljšanje vozniških dovoljenj za šoferje avtobusov in kamionov.

Predsednik ZŠAM Žiri
Marijan Dolenec

Poveljnik ZŠAM Žiri
Vojko Jezeršek



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HRVAŠKA
ISTRA - POREČ & RABAC
OTOK KRK

Kolesarji v Valamarju spijo 20% ugodneje

*Ker smo nad kolesarjenjem prav tako navdušeni kot vi, vam ponujamo **20% popust** pri ceni namestitve v kolesarskih hotelih Valamar skozi celo leto* plus brezplačno steklenico za na kolo, dnevno na voljo brezplačen ISO napitek in 20% popust za masažo. Ob rezervaciji sobe preprosto navedite promocijsko kodo **VALAMARLOVESBIKE**.*

**Ponudba ne velja med 15.6. in 01.9.2017.*

Kolesarski hoteli Valamar ponujajo objekte in storitve za neprimerljivo kolesarsko avanturo, ne glede na to, ali potujete z lastnim kolesom ali pa bi ga radi najeli.

Kolesarite v Poreču

*Najpopularnejši turi sta **Lim Fjord MTB toura** v dolžini 67 km in ima 1.400 metrov vzpona, ki ji sledi tura **Motovun-Oprtalj-Grožnjan** s 87 km in 1.350 metr vzpona. Seveda pa so vam na razpolago tudi številne kolesarske ture v okolici Poreča in po celotni Istri.*

Odkrijte lepote Rabca

*Ko se boste namestili v Rabcu, boste kaj hitro ugotovili, da sta najpopularnejši poti **Teran**, ki se vseh 46 km vije skozi vinograde, tako po cesti kot po makadamu, z 785 m vzpona, in **Steza Istarskog razvoda**, ki je dolga 53 km, ima 835 metrov vzpona in je v celoti asfaltirana.*

Raziščite Krk

*Ob številnih obalnih poteh in poteh po notranjosti otoka, na Krku še posebej predstavljamo **pot Dolinama i uzvisinama Krka** (Pot po dolinah in vzpetinah Krka), ki je dolga 61 km, z vzponom 260 metrov. Začetnikom pa predlagamo potovanje po poti **Središnjim dijelom otoka (Po osrednjem delu otoka),** ki je dolgo vsega 35 km in ima 190 metrov vzpona.*

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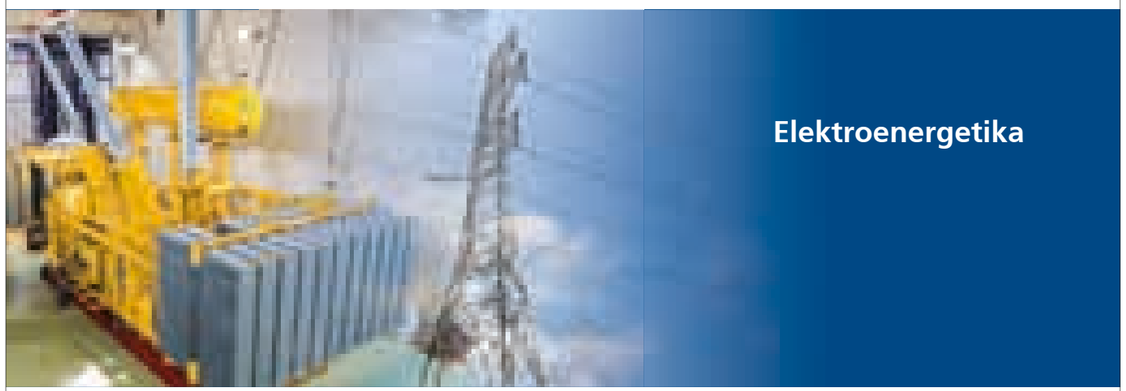

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Kolektor CPG d.d.
Industrijska cesta 2, Kromberk | 5000 Nova Gorica
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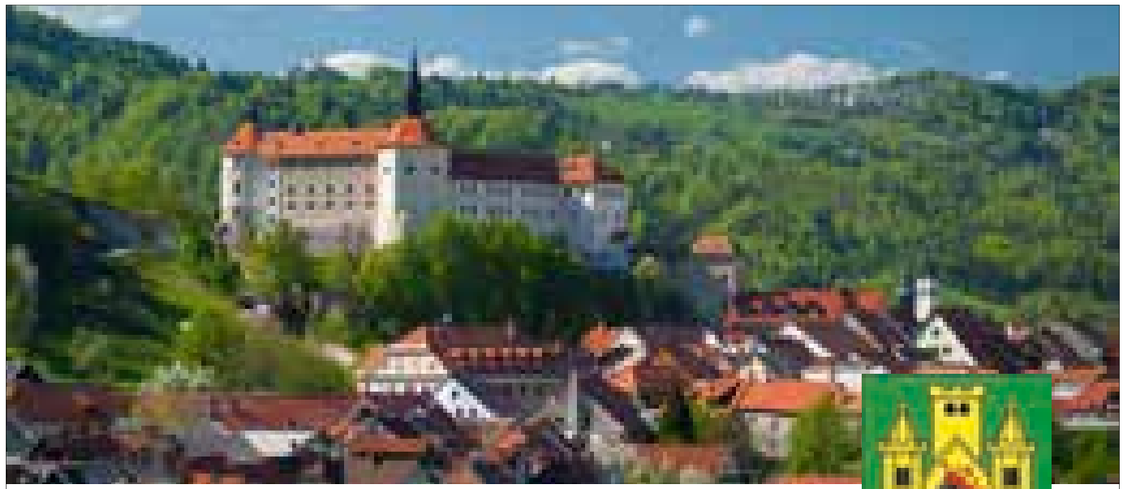


OBČINA ŠKOFJA LOKA

LEGENDARNA FRANJA

Škofja Loka je slikovito starodavno mesto, ki leži na stiku Alpskega hribovja in ravninskega osrčja naše domovine. A z mladim srcem: kreativnim in rekreativnim!
Naše mesto je imenitno izhodišče in vse bolj privlačen cilj za turistične obiske, rekreativne pohode ter različno zahtevne kolesarske izzive. Tudi največje: Škofja Loka tako skoraj vsako leto prijazno pozdravi udeležence Dirke po Sloveniji, prav vsako leto pa pričakamo pogumne udeležence legendarnega kolesarskega Maratona Franja, ko se po Poljanski dolini spuščajo z legendarnih Kladij.
Tako, kot je legendarna sama Franja. Franja je večni simbol upornosti, odločnosti, kljubovanja, humanosti, tovarištva v najtežjem obdobju zgodovine Slovencev. In enako simboliko Franja predstavlja še danes.
Veseli smo, da vsako leto nepregledna kolona kolesarjev - med njimi jih je veliko iz našega mesta - vse več pa tudi iz drugih držav, prevozi tudi Škofjo Loko. Prebivalci smo jo vzeli za svojo in množično pozdravljamo in spodbujamo kolesarke navdušence.
Letos bo kolesarje na vstopu v mesto pozdravilo gradbišče. Prihodnje leto pa najlepši mestni trg s prireditvenim prizoriščem in s staro mestno vinsko trto ter pravljičnim otroškim igriščem pod Loškim gradom.
Pisana Loka bo tako postala še bolj privlačen etapni ali končni cilj obiskovalcev od vsepovsod. Tudi – in predvsem – tistih na dveh kolesih in nožni pogon.

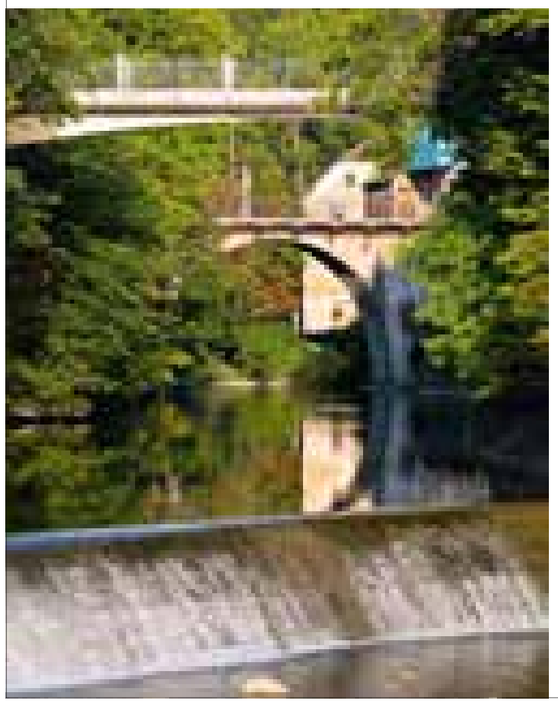
mag. Miha Ješe,
župan Občine Škofja Loka

THE MUNICIPALITY OF ŠKOFJA LOKA

THE LEGENDARY FRANJA

Škofja Loka is picturesque old town on the border between central flatland and Alpine hills in the heart of our pretty homeland. A Town with young heart: active & creative.
Our town is an excellent starting point for touristic and recreational hikes in a beautiful surroundings and is becoming more and more a central starting point for cycling challenges in Škofjeloško hribovje.
Every year Škofja Loka welcomes the brave participants of the two greatest cycling events – Tour of Slovenia and legendary Marathon Franja. We welcome cyclists when they are descending from notorious Kladje pass trough Poljanska valley trough our town.
Franja represents eternal symbol of resistance, decisiveness, stubbornness and companionship refering to the tough times of WWII. Even today Franja remains the symbol of the same values, but in a different environment.
We are happy that a long and colorful peleton, among which number of local and foreign cyclists grows, visits Škofja Loka every year. Our municipality has taken it for our own and crowds are welcoming it on the streets every year regardless of the weather.
This year the cyclists will be welcomed by the construction site at the entrance to the city. This is the price for establishing the most beautiful town square with new events venue and the noble old town vine on a city walls and fairy-tale playground below Loka Castle.
This is another reason to visit our colorful town. Pictures Škofja Loka will become even more attractive milestone or the ultimate destination of visitors from everywhere.
So therefore we hope that even more cyclist will be encouraged to visit our town and beautiful cycling tracks of surrounding hills.

mag. Miha Ješe,
Mayor of Municipality of Škofja Loka



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OBČINA VRHNIKA

BLIZU. ZELENA. ZANIMIVA. PREČUDNA. VRHNIKA!

Le 20 kilometrov iz Ljubljane, a svet zase. Nekaj zanimivih ur, ves dan ali krajši dopust – prepričani smo, da bo Vrhnika prava izbira.

TOPLO PRIPOROČAMO:

- Argonavtski (kolesarski) maraton,
- Argonavtske dneve in Noč na Vrhniki (16.–25. 6. 2017),
- Cankarjevo skodelico kave,
- »craft« pivovarno Human Fish,
- stalno razstavo Moja Ljubljanica v Kulturnem centru Vrhnika,
- izvire Ljubljanice,
- kolesarjenje po barju ali zelenih hribih (K1, K2),
- obisk Cankarjeve spominske hiše,
- razgledni stolp na Planini (733 m.n.v.),
- ribolov in plezanje v naravi,
- štruklje s suhimi slivami,
- Tehniški muzej Slovenije v Bistri pri Vrhniki.

Vabimo vas na sedmi (7.) Argonavtski maraton, nedelja, 18. 6. 2017. Tri trase, program tudi za otroke! www.argonavtskimaraton.si.

THE MUNICIPALITY OF VRHNIKA

NEAR. GREEN. INTERESTING. REMARKABLE. VRHNIKA!

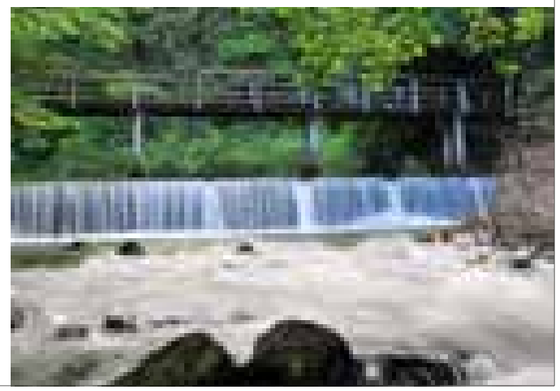
Only 20 kilometres from Ljubljana lies a special place – a special world. Regardless whether it is only a few hours, an entire day or a short vacation – Vrhnika is always the right choice!

OUR RECOMMENDATIONS:

- Argonaut Cycling Marathon,
- Argonaut Days and Vrhnika Night (16th–25th June 2017),
- Cankar's Cup of Coffee,
- Craft Brewery Human Fish,
- Regular exhibition My Ljubljanica in Vrhnika Cultural Centre,
- Source of the Ljubljanica River,
- Cycling across the Ljubljana marshes or across the green hills (K1, K2),
- Ivan Cankar Memorial House,
- Lookout tower in Planina (733 m of altitude),
- Fishing and climbing in nature,
- Struklji (pastry) with dried plums,
- Technical Museum of Slovenia in Bistra pri Vrhniki.

We invite you to join us at the 7th Argonaut Cycling Marathon on Sunday 18th June 2017. The Marathon offers three courses and includes a children's programme.
More info: www.argonavtskimaraton.si.

Turistično informacijski center (TIC) Vrhnika , Tržaška cesta 9, 1360 Vrhnika , 01 755 10 54, 051 660 063, tic@zavod-cankar.si



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OBČINA GORENJA VAS - POLJANE

DEŽELA POD BLEGOŠEM

Poljansko dolino sestavlja več slikovitih krajev, ki jih povezuje skupna zgodovina, danes pa so povezani v občini **Gorenja vas - Poljane**. Veliko umetnikov je tu črpalo svoj navdih in lepote slikovite doline poneslo v svet – pisatelj **Ivan Tavčar** s peresom, **družina Šubic** in **Anton Ažbe** pa s paleto, polno pisanih barv.

Ob odkrivanju Poljanske doline se za naravnimi in kulturnimi danostmi skriva skrivnosten svet utrdb **Rupnikove linije.** Obisk podzemnih utrdb skupaj z gibanjem v neokrnjeni naravi predstavlja nepozabno doživetje, ki je lahko združeno tudi s kolesarskim izletom ali okušanjem lokalne kulinarike. **Rupnikova linija** je sistem utrdb, ki ga je začela graditi Kraljevina Jugoslavija na ozemlju zahodne Slovenije tik ob rapalski meji pred drugo svetovno vojno kot obrambo pred morebitnim italijanskim napadom. **Utrdba na Golem vrhu** je ena izmed najmarkantnejših utrdb Rupnikove linije. Sestavljena je iz nadzemnega visokega vršnega bunkerja ter podzemnih galerij, ki segajo približno 25 metrov globoko. Glavna galerija je dolga 200 metrov, ob njej pa je razvejan sistem manjših galerij in dvoran. V utrdbi si lahko ogledate stalno razstavo ostalin iz časa gradnje, v prostranih dvoranah pa vse leto potekajo tudi različne prireditve, med katerimi je najbolj zanimivo balinanje z lesenimi kroglami. Vstop v utrdbo je možen samo v spremstvu vodnika.

Na **Visokem** pri Poljanah zbudi pozornost kmečki dvorec, v katerem je napisal večino svojih del pomembni slovenski pisatelj **Ivan Tavčar**, nekoč tudi župan Ljubljane. Ob dvorcu stoji pisateljev bronasti kip, na terasi nad njim pa **družinska grobnica**, v kateri pisatelj tudi počiva. V dvorcu si lahko ogledate razstavo iz življenja našega rojaka Ivana Tavčarja, osvežite pa se lahko na letnem vrtu pred dvorcem. Tavčarjev dvorec pa je tudi čudovito prizorišče za vašo **sanjsko poroko**.

Kolesarskim navdušencem je pri premagovanju kolesarskih tur na voljo **Kolesarski krog občine Gorenja vas - Poljane**, ki poteka mimo kulturnih in zgodovinskih spomenikov, prenočišč in gostišč. Skupna dolžina kroga je 115 km, ima 3.400 višinskih metrov vzponov in

THE MUNICIPALITY OF GORENJA VAS – POLJANE

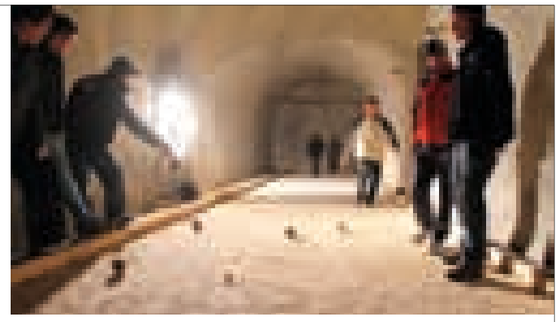
THE LAND BENEATH BLEGOŠ

The Poljane Valley comprises a number of picturesque places which are linked by a common history and are today connected in the **Gorenja vas – Poljane** Municipality. Many artists have found their inspiration here and conveyed the beauty of this picturesque valley to the world; the writer **Ivan Tavčar** with a pen, the **Šubic family** and **Anton Ažbe** with a pallet full of vibrant colours.

Whilst discovering the Poljane Valley, in addition to the natural and cultural attractions, there lie the hidden secrets of the **Rupnik Line** fortifications. A visit to the underground fortifications and enjoying the unspoilt nature presents an unforgettable experience which can also be combined with a cycling trip or tasting of local cuisine. **The Rupnik Line** is a system of fortifications which were built prior to World War II during the time of the Kingdom of Yugoslavia, in the territory of western Slovenia right beside the Rapallo Border, in order to defend against possible attacks from the Italians. **The Fort on Goli vrh** is one of the most prominent fortifications of the Rupnik Line comprising an overhead bunker and underground gallery which extends approximately 25 metres below ground. The main gallery is 200 metres long and is flanked by a diversified system of smaller galleries and halls. Visitors can see a permanent exhibition of remains from the time of construction, whilst the spacious halls annually host various events, the most interesting among them being bowling with wooden balls. Entrance to the fortifications is only possible upon prior arrangement and accompanied by a guide.

At Visoko near Poljane, there is a country manor in which the **Slovenian writer Ivan Tavčar** - who was also the mayor of Ljubljana - wrote most of his works. There is a bronze statue of the writer beside the manor house and in **a family vault** on the terrace above the house, Tavčar rests in peace. Tavčar's manor is also a wonderful place for your **dreamy wedding**.

A map of the **Circular Cycle Route of the Municipality Gorenja vas – Poljane** is available to assist cycling enthusiasts with planning tours



spustov ter je razdeljen v tri etape. Na voljo je tudi zemljevid, ki kolesarja vodi do najprivlačnejših točk Poljanske doline, kjer se lahko ustavi, razgleda in okrepča.

Stari vrh je v zimskih mesecih glavna ciljna destinacija za ljubitelje športov na snegu, saj z urejenimi smučarskimi progami različnih zahtevnosti, sodobnimi žičniškimi napravami ter dodatno ponudbo (tečaji smučanja, nočno sankanje, prireditve ...) ponuja zimske užitke vse dni v tednu. Smučišče se ponaša tudi z eno najboljših smučarskih prog za nočno smuko v Sloveniji.

Pot poljanskih dobrot vas bo popeljala po idiličnih kotičkih Poljanske doline, do gostoljubnih domačij, kjer vas bodo sprejeli prijazni ljudje, domov pa boste odšli s polno košaro okusnih dobrot.

Bogat kulturni, razstavni in ustvarjalni program postavlja **Kulturni center slikarjev Šubic v Poljanah** na čelo kulturnega dogajanja in ustvarjalnega razvoja Poljanske doline, saj gosti tudi več slikarskih kolonij in umetniških festivalov.

and links, which leads pasts cultural and historical monuments, accommodation and restaurants, has a total length of 115 km, a total altitude difference of 3.400 metres and is divided into three stages. A map is also available which shows cyclists the most attractive points of the Poljane Valley, where to take a break, the best views, and where to stop for refreshments.

During the winter months, **Stari vrh** is the main attraction for lovers of snow-based sports thanks to its well-arranged ski pistes of various difficulty levels, modern ski lifts, and additional facilites (ski school, night sledging, events...) which are available daily. The ski centre also boasts one of the best ski pistes for night skiing in Slovenia.

The thematic path ‚The Path of Poljane Treats' will lead you through the idyllic corners of the Poljane Valley, to hospitable homesteads, where you will be greeted by friendly locals and leave with baskets brimming with a variety of goods.

The Cultural Centre of the Šubic artists in Poljane, with its rich cultural, exhibition and creative programme, plays a role in the cultural and creative development of the Poljane Valley. It also hosts artists' colonies and art festivals.

OBČINA CERKNO

OBIŠČITE CERKLJANSKO

Neobičajno bi bilo, da med kraji na trasi Maratona Franja ne bi bilo Cerknega, saj se le pet minut vožnje iz Cerknega nahaja Partizanska bolnica Franja, po kateri je Maraton Franja dobil svoje ime. Kolesarji, ki se pripeljejo iz smeri Idrije, lahko že med poganjanjem pedalov občudujejo razgibano hribovito cerkljansko pokrajino z zelenimi dolinami, širnimi gozdovi, slikovitimi vasicami, vršaci in neštetimi potmi. Če pred prihodom v Cerkno občasno dvignejo pogled iznad krmila, jih bo že od daleč pozdravil najvišji vrh Cerkljanske, 1630 m visoki Porezen.

Upravno, kulturno in gospodarsko središče Cerkljanske je Cerkno, kraj s približno 1600 prebivalci, ki je tudi sedež leta 1994 ustanovljene Občine Cerkno. Občina Cerkno pokriva 131,3 km2 in ima okrog 5000 prebivalcev, ki živijo v kar 30 naseljih in vaseh. Za lokalno gospodarstvo je še vedno najpomembnejša ETA d.o.o. Cerkno, član nemške E.G.O. Group. Veliko prebivalcev najde zaposlitev v bližnjih krajih, razvija se tudi podjetništvo. A v zadnjih letih Cerkno vse bolj stavi na turizem, saj ima kaj pokazati. Poleg čudovite narave, ki ponuja veliko možnosti za pohodništvo in kolesarjenje, je nad Cerknim sodoben, družinam prijazen in večkrat nagrajen smučarski center z odlično urejenimi progami, ki so se mu pred kratkim pridružile tudi nove mini terme v Cerknem.

Na Cerkljanskem je nekaj turističnih znamenitosti izjemnega pomena. Partizanska bolnica Franja je izreden pomnik človečnosti in solidarnosti med drugo svetovno vojno ter velja za enega najbolj obiskanih muzejev v državi. Leta 2015 je prejela tudi Znak evropske dediščine kot spomeniško območje s simbolno vrednostjo za Evropo. Če vas bolj zanima prazgodovina, vam bodo v arheološkem parku Divje babe lokalni vodiči predstavili najnovejša spoznanja o Neandertalcih in več kot 50.000 let stari piščali, ki je revolucionarno spremenila naš pogled na prazgodovino in ljudi, ki so živeli takrat. Piščal je zares zaživela v rokah žal že preminulega ustvarjalca Ljubena Dimkaroskega, ki je na rekonstrukcijo piščali lahko zaigral tudi zahtevna klasična dela.

V času pusta vas bodo navdušili laufarji, ene najbolj znanih slovenskih pustnih mask. 25 različnih likov predstavlja različne človeške značilnosti, posebnosti ter bolezni, družbene in poklicne skupine. Posebno skupino pa predstavljajo arhaične maske, ki izvirajo še iz poganskih časov. Med pustnim obredom je pust obtožen vsega slabega v preteklem letu in spoznan za krivega. Čaka ga kazen – »smrt z botam«. Če Cerknega ne boste obiskali v času pusta, si laufarje v naravni velikosti lahko ogledate v Cerkljanskem muzeju, kjer boste spoznali tudi lokalno zgodovino. V muzeju večkrat organizirajo občasne zgodovinske, fotografske in čipkarske razstave. Med sprehodom po Cerknem boste zagotovo opazili cerkev sv. Ane iz 18. stoletja, delo domačega arhitekta Gregorja Mačka. Na sprednji strani cerkve so čudovite freske, ki jih je leta 2003 po starih fotografijah ponovno naslikala Maša Bersan Mašuk.

Pešpoti iz Cerknega vas bodo največkrat popeljale do bližnjih vasi, kjer se odpirajo čudoviti razgledi na Cerkno in okolico. V Zakrižu si boste lahko ogledali italijanske vojaške utrdbe, v Novakih zbirko starega kmečkega orodja, na poti v Labinje boste šli mimo spomenika iz 2. svetovne vojne, pot v Planino in Čeplez pa je med najbolj

THE MUNICIPALITY OF CERKNO

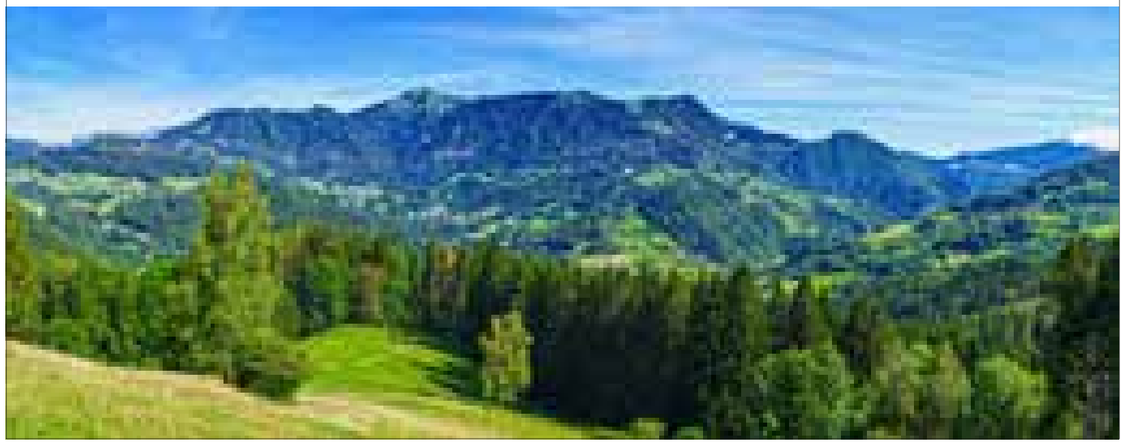
VISIT THE CERKNO REGION

It would be unusual if Cerkno wasn't among the towns on the trail of Marathon Franja, as the Franja Partisan Hospital, which gave the Marathon its name, is only a 5-minute drive out of Cerkno. Cyclists coming from the direction of Idrija can admire the diverse and hilly landscape of the Cerkno region with its green valleys, vast forests, picturesque villages, peaks and numerous trails already while pedalling. If they raise their eyes from the handlebar, they will be greeted from afar by the highest peak of the Cerkno region, the 1630-m-high Porezen.

The administrative, cultural and economic centre of the Cerkno region is Cerkno, a town with about 1600 inhabitants, which is also the seat of the Cerkno Municipality established in 1994. The Cerkno Municipality covers an area of 131.3 km2 and has about 5000 inhabitants who live in as many as 30 settlements and villages. ETA d.o.o. Cerkno, a member of the German E.G.O. Group, is still the most important company for the local economy. Many people find employment in other nearby towns and there is some entrepreneurship as well. However, in recent years Cerkno has put more and more emphasis on tourism, as it definitely has something to show to the tourists. Besides the beautiful nature with plenty of possibilities for hiking and cycling, there is a modern, family-friendly ski resort above Cerkno with excellent, well-prepared ski runs, which has received many awards. The ski resort was recently complemented with a brand new mini spa in Cerkno.

There are a few tourist attractions of exceptional importance in the Cerkno region. The Franja Partisan Hospital is an outstanding monument to humanity and solidarity during WWII and is considered to be one of the most visited museums in Slovenia. It received the European Heritage Label in 2015 as a site of symbolic value for Europe. If you are more interested in prehistoric times, you can visit Archaeological Park Divje Babe where local guides will tell you about the most recent findings on Neanderthals and the more than 50,000-year-old flute, which changed our view of prehistory and the people who lived back then in a revolutionary way. The flute truly came to life in the hands of the unfortunately already deceased artist Ljuben Dimkaroski, who could perform even challenging classical pieces on the reconstruction of the flute.

At carnival time, you will be fascinated by Laufarji, one of the most well-known carnival masks in Slovenia. 25 different characters present various human characteristics, peculiarities and diseases or social and professional groups. A special group are the archaic masks that have their origin in pagan times. During a kind of a mock trial, the main character Pust is accused of everything bad that has happened within the past year and found to be guilty. He can't escape his punishment – death by a wooden hammer. If you aren't going to visit Cerkno during carnival time, you can take a look at Laufarji in natural size at the Cerkno museum where you can also learn more about the local history. The museum often organizes temporary historical, photographic and lace exhibitions as well. While walking around Cerkno, you will most certainly notice St. Ann's Church from the 18th century, the work of Slovenian architect Gregor Maček. On the front side of the church, there are beautiful frescos, which were



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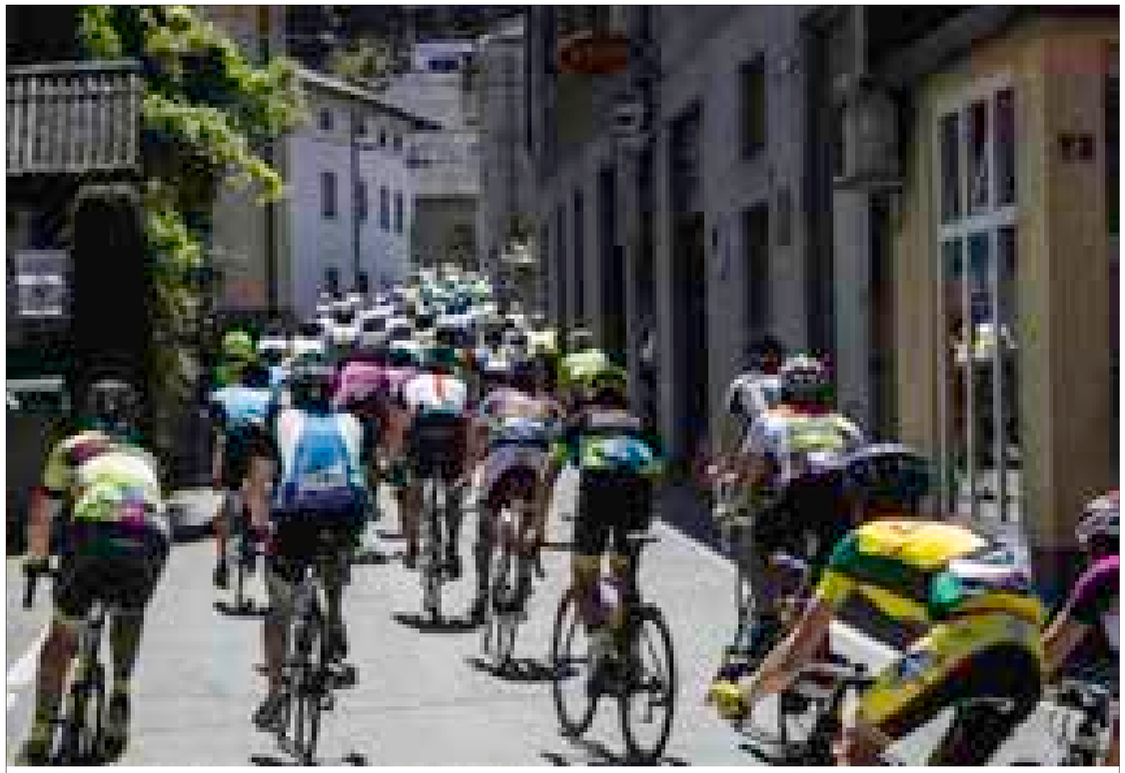

sončnimi na Cerkljanskem. Pohodniki se lahko podajo tudi na bližnje vrhove: Porezen, Kopo, Črni vrh, Bevkov vrh, Kojco, Škofje, Blegoš ali Ermanovec. Veliko poti je primernih za kolesarjenje. Z brezplačnim kolesarskim zemljevidom in s knjižico z opisi poti, ki ju boste dobili v TIC-u Cerkno, navigacija ne bo problem. V TIC-u lahko tudi najamete kolo.

Če ste že izkusili zdravilno moč narave, vas bo mogoče zanimal inovativen pristop k sproščanju v naravi. Gozdni selfness je nov zeleni trend, ki izkorišča naravne danosti in lepote Cerkljanske in obiskovalcem ponuja možnost globinske sprostitve in razstrupljanja ter jim pomaga ponovno napolniti baterije. Izbirate lahko med različnimi programi, ki trajajo od 2 do 6 ur in vključujejo različne aktivnosti, na primer: predstavitev učinkovitih tehnik premagovanja stresa, zvočno terapijo, predstavitev različnih drevesnih vrst in njihovih energij ter vaj za prenos energije, osnove refleksoterapije stopal, hojo po smrekovih iglicah, sproščujočo meditacijo v bukovem gozdu in okusno kulinarično presenečenje. Gozdni selfness je prejemnik dveh nacionalnih priznanj za inovativnost v turizmu in sicer Snovalec v letu 2014 in Sejalec v letu 2015.

Cerkno je tudi prizorišče različnih festivalov. Najbolj znan med njimi je festival Jazz Cerkno, ki je bil prvič organiziran že leta 1996 in v maju vsako leto privabi številne ljubitelje nekonvencionalne jazzovske glasbe. Čez leto se v baru Gabrijel odvijajo koncerti v okviru festivala Keltika. V Cerknem je zelo aktiven tudi mladinski klub C.M.A.K., ki organizira različne alternativne festivale in umetniške in družbeno angažirane razstave in prireditve. Aktivna so tudi številna kulturna, športna in druga društva, ki organizirajo najrazličnejše dogodke in tekmovanja, od smučanja po starem do srečanja pihalnih orkestrov

re-painted in 2003 by artist Maša Bersan Mašuk using old photographs of the church.

The hiking trails from Cerkno will most often lead you to nearby villages where magnificent views of Cerkno and the surroundings open up. In Zakriž you can see Italian military forts, in Novaki a collection of old farming tools, on your way to Labinje you will pass a monument from WWII and the trail to Planina and Čeplez is one of the sunniest in the Cerkno region. Hikers can also visit nearby peaks, for example: Porezen, Kopa, Črni vrh, Bevkov vrh, Kojca, Škofje, Blegoš or Ermanovec. Many trails are also suitable for cycling. With the free cycling map and booklet with trail descriptions, which you can get at the Tourist Information Centre in Cerkno, navigation won't pose a problem. You can also rent a bike here.

If you have already experienced the healing power of nature, then perhaps you will be interested in the innovative approach to relaxation in nature. Forest selfness is a new green trend, which makes use of the natural resources and beauty of the Cerkno region by giving the visitors an opportunity for deep relaxation and detoxification and helping them to recharge their batteries. Visitors can choose between various programmes, which last from two to six hours and include different activities such as presentation of efficient stress management techniques, sound therapy, presentation of different trees and their energies as well as exercises for transmittance of the energy, basics of foot reflexotherapy, walking on spruce needles, relaxing meditation in a beech forest and a tasty culinary surprise. Forest selfness also received two national awards for innovation in tourism, the Snovalec Award in 2014 and the Sejalec Award in 2015.

Pihnfest in festivala Glas piščali, tako da je mesecev, ko se v Cerknem ne dogaja nič, vedno manj. Med športnimi prireditvami je največja prav Maraton Franja. Znane so tudi Partizanske smučine, tekmovanje, ki je bilo prvič organizirano januarja 1945. Letos na Cerkljanskem potekata še dve kolesarski dirki: Enduro Cerkno v maju in Trans Julius v juniju.

Turistom so na voljo različne namestitve: od sodobnega hotela do apartmajev in dveh turističnih kmetij. Poleg Hotela Cerkno je pokrit notranji bazen s termalno vodo, pred kratkim preurejen v terme. V termah so tudi savne, masažni salon ter solna soba. Obe turistični kmetiji vam poleg nastanitve in odlične hrane nudita tudi različne aktivnosti. Na turistični kmetiji Želinc imajo mini wellness in apiterapijo, kjer obiskovalci vdihavajo topel zrak, ki prihaja od panjev. Na turistični kmetiji Pri Flandru v Zakojci se lahko peljete z zapravljivčkom ali jahate konje. Gospodar vam odklene tudi rojstno hišo pisatelja Franceta Bevka (1890-1970), kjer si lahko ogledate avtentičen prikaz življenja v pisateljevi mladosti. Turistične apartmaje lahko rezervirate v Cerknem ali Novakih, ki so nekoliko bližje smučišču. Apartmaji v Novakih so obdani z lepo naravo in s čudovitimi razgledi, kjer si lahko tudi poleti v miru odpočijete od mestnega hrupa.

TIC CERKNO
Močnikova 2, SI -5282 Cerkno
Tel.: 05 373 46 45
E-pošta: info@turizem-cerkno.si
www.turizem-cerkno.si

Cerkno is also the venue of different festivals. The most well-known is the Cerkno Jazz Festival, which was first organized in 1996, and attracts many fans of unconventional jazz music every year in May. During the year, concerts take place as part of the Keltika festival at Bar Gabrijel. There is also a very active youth club in Cerkno called C.M.A.K., which organizes various alternative festivals and artistic and socially engaged exhibitions and events. Active are also numerous cultural, sports and other clubs and associations that organize various events and competitions, from skiing the traditional way to the meeting of wind orchestras Pihnest and the Glas piščali (Sound of the Flute) festival. There truly aren't many months left when one could say that nothing happens in Cerkno. Among the sports events, Marathon Franja is definitely the biggest. Well-known are also Partisans' Ski Traces, a competition which was first organized in January 1945. This year, there will also be two other bike races in the Cerkno region: Enduro Cerkno in May and Trans Julius in June.

There are various types of accommodation available for tourists: from a modern hotel to many tourist apartments and two tourist farms. Next to Hotel Cerkno, there is an indoor pool with thermal water recently converted into a spa. In the spa, there are also saunas, a massage salon and a salt room. Both tourist farms also provide other activities besides accommodation and excellent food. At Tourist Farm Želinc, there is a small wellness and they also provide apitherapy during which visitors inhale warm air from beehives. At Tourist Farm Pri Flandru in the Zakojca village you can take a ride in a horse-drawn buggy or ride horses. The owner will also unlock the birth house of Slovenian writer France Bevk (1890-1970) for you. The house is an authentic display of life as it was in writer's youth. Tourist apartments can be booked in Cerkno or in Novaki, which is a bit closer to the ski resort. The apartments in Novaki are surrounded by beautiful nature and magnificent views and allow you to take a break from city noise in summer months as well.

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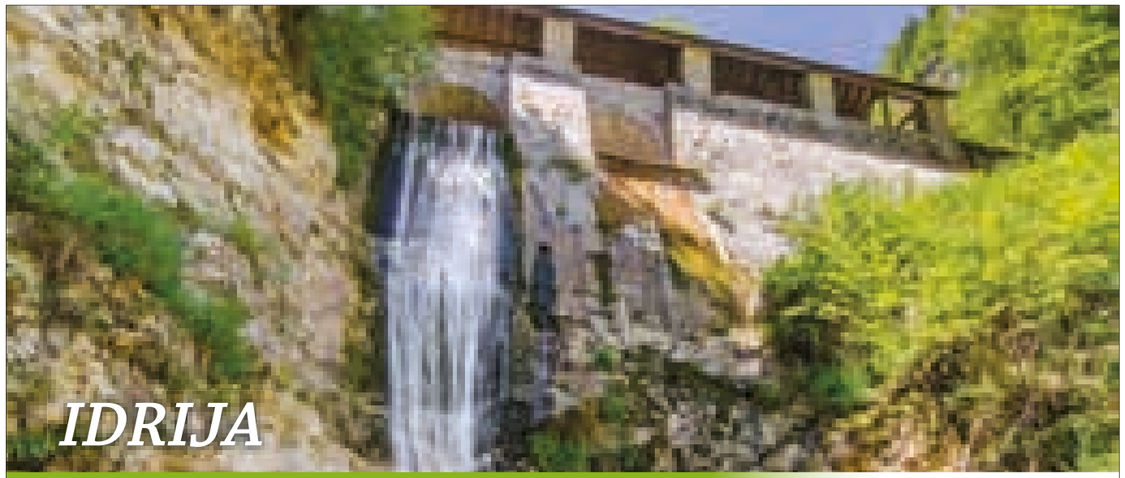

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- Raziskujte naravo, kamnine in druge ostanke preteklosti v UNESCO Globalnem Geoparku Idrija.
- Okusite vrhunske jedi (idrijski žlikrofi z bakalco, zeljševka, ...) v lokalnih gostiščih.

36. idrija lace festival idrijske čipke

16. - 18. junij 2017

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Vrhunske razstave čipk.
Državno tekmovanje v klekljanju.
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www.festivalidrijskecipke.si

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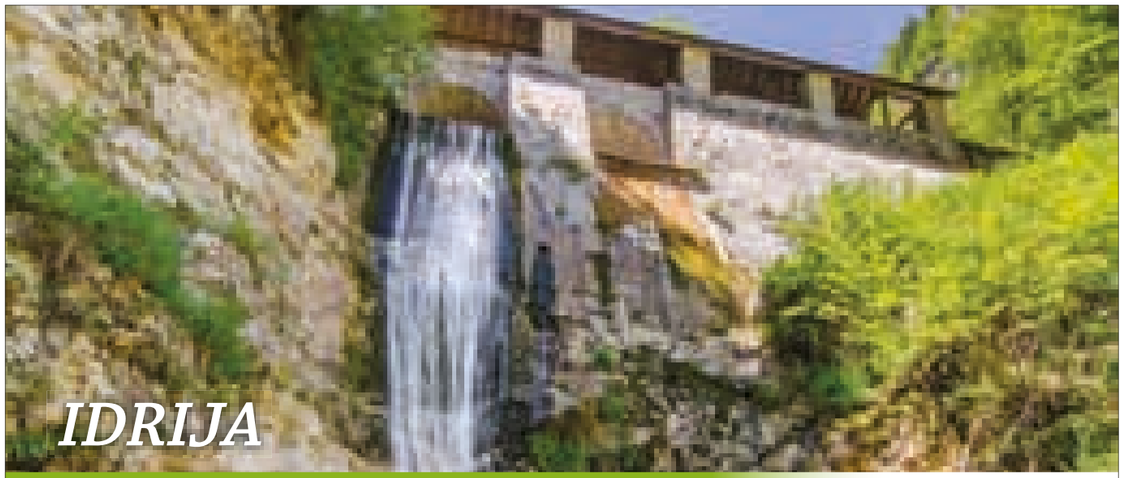

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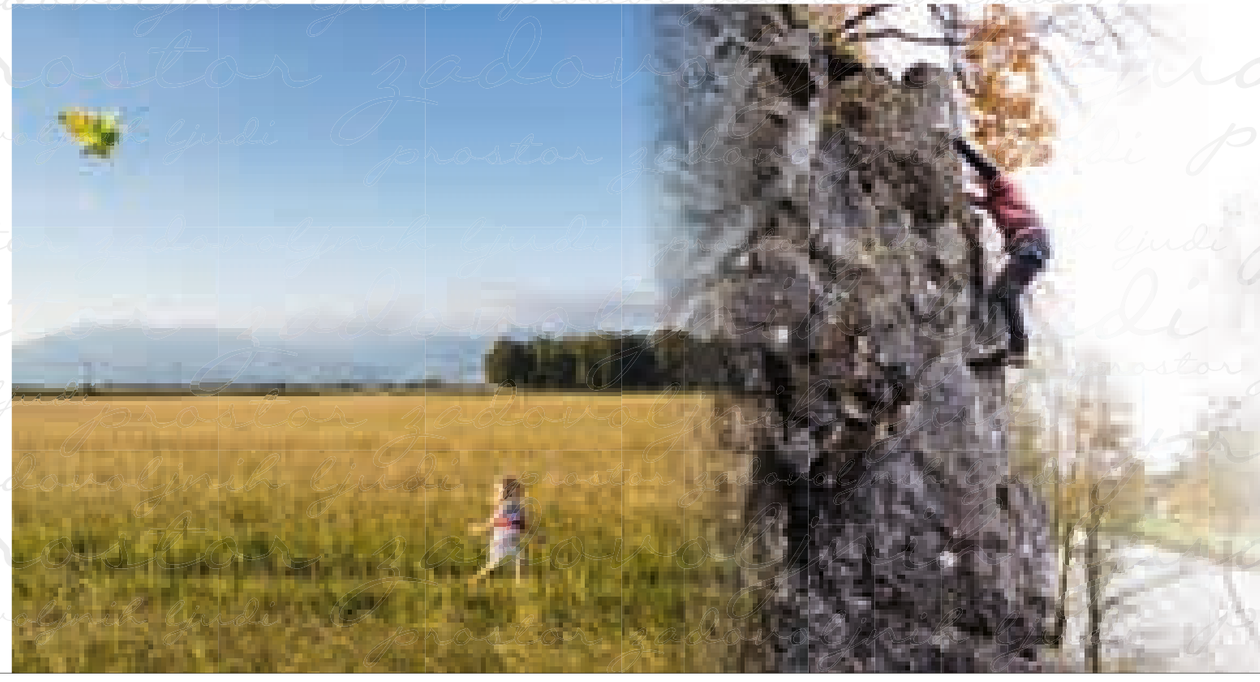
Domžale so uspešno in ugledno podjetniško, športno in kulturno središče. Okolje, ki spodbuja trajnostni razvoj, inovativnost, ustvarjalnost in samoiniciativnost. Skupaj z okoliškimi kraji prijetno in urejeno mesto, ki nudi kakovost bivanja vsem generacijam in ustvarja številne priložnosti za mlade. **Prostor zadovoljnih ljudi**.

Čeprav se **Kamniška Bistrica** vije po najbolj poseljenem delu Slovenije, lahko ob njeni strugi še vedno doživimo modro zeleno spogledovanje z nebom, skrivnostnost šelestenja obrežnega zelenja in občasno divjost vodnega toka. Fantastična doživetja in priložnosti za počitek, sprostitev in rekreacijo, ki jih v sebi združuje reka s svojim obvodnim zelenim pasom, imenovanim kot **zelena os regije**.

Brdo nad Ihanom

Groblje

Kamniška Bistrica



Domžale is a successful as well as a respectable business, sports and cultural centre. It is an area which promotes sustainable development, innovation, creativity along with self initiative. Hand in hand with its surrounding towns it is a friendly, well taken care of town which offers a high quality of life to all generations in addition to creating numerous opportunities for its youth. **It boasts as a place of satisfied residents**.

Even though **Kamniška Bistrica** winds through the most densely populated part of Slovenia, we can still experience a flirting with the bluish green sky above, the secretly rustling greenery along the river bank as well as the occasional wild river flow. Wonderful experiences together with opportunities for rest, relaxation and recreation are combined within the river and its surrounding vegetation. This place is well known as the **region's green axis**.

OBČINA **DOMŽALE**

prostor zadovoljnih ljudi

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Dobrodošli v Logatcu

▪ Občina Logatec leži v osrčju Notranjske, na stiku alpskega in dinarskega sveta, kar ji daje poseben pečat, ki se odraža na naravnih vrednotah, večinoma v obliki kraških pojavov v južni polovici občine,vse od Planinskega polja, do Logatca, Kalc in Hotedršice.

▪ Ob stari, Tržaški cesti, ki vodi iz Vrhnike proti Logatcu in po kateri poteka del Maratona Franja, stoji lipov drevored, eden najdaljših in najbolj znanih obcestnih drevoredov v Sloveniji. 290 lip in lipovcev na 1,9 km s svojo dominantno lego ob vstopu v naselje predstavlja svojevrstno značilnost Logatca. Po ustnem izročilu naj bi jih okoli leta 1810 zasadili v spomin na poroko med Napoleonom Bonapartejem in Marijo Luizo, hčerjo avstrijskega cesarja Franca II, zato je drevored svojčas nosil Luizino ime, kasneje pa se je uveljavilo ime ***Napoleonov drevored***.

▪ Območje Logatca je bilo skozi celotno zgodovino poznano kot ena izmed najpomembnejših strateških točk pri prehodu z Apeninskega polotoka v Srednjo Evropo, zaradi česar so vojske tu vseskozi postavljale velike zgodovinske strateške »meje« vse od rimskega obrambnega sistema z mrežo utrdb in zapornih zidov, imenovanih ***Claustra Alpium Iuliarum***, do Rapalske meje, Alpskega zidu in Rupnikove linije. Ostanki omenjenih meja so še vedno vidni, najlepši primer pa je ***rimska utrdba na Lanišču***. Ta obrambni stolp je bil v začetku sedemdesetih let 20. stoletja obnovljen in kot tak predstavlja edini primer rekonstruirane arhitekture poznoantičnega obrambnega sistema v Sloveniji.

▪ ***Planinsko polje*** je eno najbolj tipičnih kraških polj, ki se razteza na 11 km^2 površine in povezuje občine Logatec, Postojna in Cerknica. Približno dvakrat letno ga poplavi reka Unica, ki priteče na dan iz Planinske jame in izginja v podzemlje skozi okoli 150 ponorov na drugi strani polja. Unica s postrvmi, lipani, ščukami in krapi predstavlja pravi raj za ribiče z vsega sveta. Pohvalijo jo kot najbolj čisto reko daleč naokoli. Planinsko polje je edino slovensko rastišče ogrožene travniške morske čebulice, znano pa je tudi po kar 78. vrstah metuljev. Zaradi ptice kosec, ki je ogrožen že po vsem svetu, sodi v območje Natura 2000. Poleg kosca pa svoj dom tu najdejo še številne druge živalske vrste.

▪ Logatec ima poleg naravnega tudi precej bogato kulturno dediščino. Izstopata ***Grad Logatec*** in ***Tomažinov mlin*** v Hotedršici, ki je še vedno delujoč in se ponaša s posebnostjo, da je postavljen nad naravnim požiralnikom. Mlin si lahko ogledate v okviru krožne poti po Hotedršici.

▪ "Časovni stroj" v Logatcu predstavlja ***Vojni muzej*** z mnogimi artefakti vojaške zgodovine Slovencev in slovenskega ozemlja od prazgodovine, antičnega obdobja, srednjega veka, 1. in 2. svetovne vojne, do vojne za samostojno Slovenijo in razvoja nove Slovenske vojske. Posebnost muzeja je zbirka preko 2800 različnih odlikovanj z vsega sveta.

▪ Logatec ponuja veliko možnosti za užitke na svežem zraku in aktivno preživljanje časa. Najnovejša pridobitev je ***vetrovnik Aerodium***, kjer lahko na močnem toku zraka sami poletite. Za letenje v vetrovniku ni potrebno, da ste izkušen športnik, pomembno je, da si to želite. Kolesarski navdušenci lahko lepote občine najbolje spoznate, če jo prekolesarite. Mnoge pešpoti, kot so Notranjska planinska pot, Jamarska transverzala ter Jamarska pot Laze – Pokojišče ali pa tudi krožna Logaška planinska pot, vas bodo sprostile. Adrenalina željni že poznate hrib Ženček, ki je poleg Sekirice znan kot najboljši (šolski) teren v Sloveniji za jadranje na vetru, primeren za začetnike in za izkušene pilote. Na ribolov vas vabimo v raj za ribiče z vsega sveta, na reko Unico, tiste, ki se s tem šele spoznavate pa na Erikov ribnik – logaško blejsko jezero. Ena izmed najbolj znanih rekreacijskih točk je nedvomno ***hrib Sekirica*** (545m), okoli katerega potekajo pešpoti, ob snežnih zimah tudi do 15 km in več prog za tek na smučeh, smučišče z vlečnico, na severni strani pa tri smučarske skakalnicah. Tisti, ki ste radi v vodi, ste vabljeni na rekreacijo ali pa lahkotno plavanje v pokriti ***Bazen Logatec***, katerega del sta še center savn in masažni salon.

▪ Tudi lačnih vas ne bomo spustili iz naših krajev. Čakajo vas kmetije odprtih vrat Kisovec, Urbanovc, Tumle, Šinkovc, gostilne Turk, Pod Kostanji, Marché, Jeršin, Pri Kramarju, Baron, pizzerije Zvonček, Pr' Krištof', Bolero, in Tavžentroža ter nekaj okrepčevalnic in pestra bera pubov in barov.

▪ Odpočijete pa se lahko na čistih, udobnih in urejenih posteljah pri prijaznih ponudnikih: Villa Tollazzi, Sobe Ivanka Sutter, Bed & breakfast Žigon, Gostišče Jeršin, Gostilna Turk, Center šolskih in obšolskih dejavnosti Dom Medved, Hotel Grajman, Gostinsko rekreacijski center Zapolje in Jamarski kamp Laze. Tisti, ki si želite sprostitve v neokrnjeni naravi, stran od stresnih mestnih središč pa lahko zase, za svojo družino ali krog prijateljev najamete hišo Razglednik, kjer boste lahko čisto na samem spoznavali kako je živeti v hiši, kako je imeti zelenjavni vrtiček in uživali ob čudovitem razgledu vse do Ljubljane, Triglava, Javornikov in Hrušice, … medtem ko vas ne bo videl nihče.

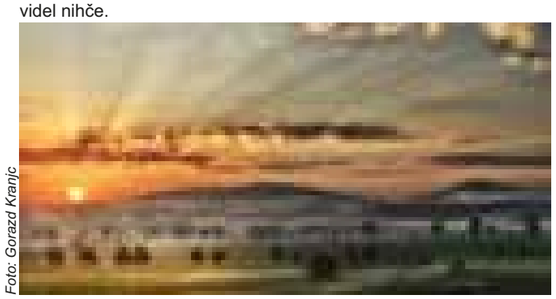


Foto: Gorazd Kranjc

Zato prijazno vabljeni na obisk in preverbo ponudbe na www.logatec.si.

Welcome to Logatec

▪ The Municipality of Logatec lies in the heart of the Notranjska region, where the Alpine landscape gives way to the Dinaric karst. Karst landforms are particularly noticeable in the southern half of the municipality, from Planina Polje to the town of Logatec and the villages of Kalce and Hotedršica.

▪ The old road connecting the towns of Vrhnika and Logatec and leading further on to Trieste is also in use for the Marathon Franja and it's lined with over 290 linden trees, which makes it one of the longest and best known treelined avenues in Slovenia. The trees flanking the 1.9-kilometre-long avenue, which has a dominant position at the entrance to the town of Logatec, are said to have been planted around 1805 to celebrate the wedding between Napoleon Bonaparte and Marie Louise, the daughter of the Austrian Emperor Francis II. Originally named after Marie Louise, it is now known as the ***Napoleon Avenue***.

▪ Throughout its history, the Logatec area has been known as strategic point on the route from the Italian Peninsula to Central Europe. For this reason it has been the site of major strategic borders set up by different armies in different period of history, from the Roman system of defensive walls known as ***Claustra Alpium Iuliarum*** to the borders defined by the Treaty of Rapallo, the Alpine Wall, and the Rupnik Line. One can still see the remains of all these borders. Perhaps the most interesting is the Roman defensive tower, referred to simply as the ***Roman Fort in Lanišče***. The fort, originating from late antiquity and restored in the early 1970s, is the only restored part of the Claustra Alpium Iuliarum defensive system in Slovenia.

▪ ***Planina Polje***, covering an area of 11 square kilometres and stretching across the municipalities of Logatec, Postojna and Cerknica, is one of the most typical karstpoljes. Approximately twice a year it is flooded by the river Unica, which rises from the Planina Cave on one end of the polje and disappears underground through about 150 sinkholes on the other end. The Unica, the cleanest river in the area and beyond, is a fishermen's paradise full of trout, graylings, pikes and carps. Planina Polje, home to 78 different butterfly species, is Slovenia's only habitat of the endangered amethyst meadow squill. It is also home to a globally endangered bird species called the corn crake, due to which it has been included in the Natura 2000 ecological network of protected areas in the European Union.

▪ Beside the natural beauty there are also incredible cultural heritage sights to see. Two most dominant are ***Logatec Castle*** and in Hotedršica a ***Tomažin's Watermill*** which sits above a natural sinkhole.

▪ To learn more about Slovenia's military history, visit the ***Military Museum Logatec***, which holds artefacts relating to the military history of Slovenian-inhabited area from prehistory, antiquity and the Middle Ages to the First and Second World Wars, the war for Slovenian independence and the period of the development of the present-day Slovenian army. One of the museum's major attraction is a collection of over 2,800 military decorations from around the world.

▪ The Logatec area also offers plenty of opportunities for enjoying outdoor activities and fresh air. The latest addition is the ***wind tunnel Aerodium***, where you can fly on a strong wind. You don't need to be an experienced athlete, all you need is a wish to fly. Cycling enthusiasts can explore the beauties off the area on a bicycle. Hikers can choose from numerous hiking routes, such as the Notranjska Mountain Trail, the Cavers' Trail, the Laze-Pokojišče Cavers' Trail, and the circular Logatec Mountain Trail. Fishing enthusiasts should not miss the opportunity to go fishing in the river Unica, a paradise for fishermen from around the world. Adrenaline-fuelled experiences can be found on the Ženček and ***Sekirica hills***, which offer the best gliding terrains in Slovenia for both beginners and experienced pilots. The Sekirica hill (545m), one of the area's best recreation sites, is also popular for the footpaths in its surrounding area, an up to 15-kilometre-long cross-country ski trail and three ski jumps on the northern slope of the hill. Those who like to swim are invited to an indoor ***Swimming pool Logatec*** with sauna centre and massage salon. It operates all days with exceptions of summer holidays.

▪ You will not leave us hungry or thirsty, because there is plenty to choose from: the Kisovec, Urbanovc, Tumle and Šinkovc tourist farms, the Turk, Pod Kostanji, Marché, Jeršin, Pri Kramarju, and Baron traditional 'gostilna' restaurants, the Zvonček, Pr' Krištof', Bolero and Tavžentroža pizzerias.

▪ The Logatec area also welcomes visitors with clean and comfortable beds, so check out the accommodation offerings at Villa Tollazzi, Ivanka Sutter rooms, Bed & breakfast Žigon, Jeršin Inn, Gostilna Turk, CSOD Home Medved, Hotel Grajman, GRC Zapolje and Speleo camp Laze. For those who long to spend some time in the unspoiled nature, away from the stressful urban centers, can rent a Guest house Razglednik. There you can get an experience how it feels to live in a house, you can use their seasonable vegetable garden and enjoy the beautiful scenery view all the way to Ljubljana, Triglav, Javorniki and Hrušica, … while nobody can see you.

Foto: Blaž Korenč

Welcome to visit us and to explore more about us on www.logatec.si.

MARATON FRANJA

BTC CITY
LJUBLJANA

9.–11. JUNIJ

FRANJA.ORG

INFORMACIJE ZA KOLESARJE

Da boste še pred izbrano kolesarsko preizkušnjo kar najbolje informirani o poteku maratona, smo za vas pripravili naslednje informacije, ki vam bodo olajšale priprave na kolesarski konec tedna in omogočila nemoten dostop do prizorišča prireditve. V nadaljevanju boste lahko našli vse informacije, tako o dogajanju nekaj dni pred začetkom 36. Maratona Franja, kot tudi po uspešno opravljeni preizkušnji.

Novinarsko središče

Lokcija: Kristalna palača, BTC City

Odprt: petek, 9. junij, od 11.00 do 16.00
sobota, 10. junij, od 9.00 do 19.00
nedelja, 11. junij, od 08.00 do 19.00

Storitve: internetni priključki
5 desk-top računalnikov
konferenčne mize
informacijska tabla
bar s prigrizki in napitki

Prijave

Lokacija: glavni prireditveni šotor, BTC City

Odprto: petek, 9. junij, od 11.00 do 18.00
sobota, 10. junij, od 11.00 do 18.00
nedelja, 11. junij, od 7.30 dalje

Kolesarski sejem

Lokacija: prireditveni prostor, BTC City

Odprto: petek, 9. junij, od 10.00 do 19.00
sobota, 10. junij, od 10.00 do 18.30
nedelja, 11. junij, od 07.00 do 18.00

Info točka

Lokacija: prireditveni prostor, BTC City

Odprto: petek, 9. junij, od 11.00 do 18.00
sobota, 10. junij, od 11.00 do 18.00
nedelja, 11. junij, od 07.30 do 18.00

Turistične informacije

Lokacija: prireditveni prostor, sejemski del, BTC City

Odprto: petek, 9. junij, od 10.00 do 16.00
sobota, 10. junij, od 10.00 do 18.30
nedelja, 11. junij, od 07.00 do 18.00

INFORMATION FOR CYCLISTS

In order for you to be the most informed on the course of the marathon even before the chosen cycling trial, the following information has been prepared to facilitate your preparations for the cycling weekend and provide you with undisturbed access to the scene of the event. Below you will find all the information, either on events a few days prior to the start of the 36th Franja Marathon or those following the successfully endured trial.

Press Center

Location: Kristalna palača, BTC City

Opening hours: Friday, 9 June, from 11.00 to 16.00
Saturday, 10 June, from 9.00 to 19.00
Sunday, 11 June, from 08.00 to 19.00

Services: internet connection
5 table-top computers
working spaces
info board
snacks and refreshments

Registrations

Location: main tent in the Start village, BTC City

Opening hours: Friday, 9 June, from 11.00 to 18.00
Saturday, 10 June, from 11.00 to 18.00
Sunday, 11 June, from 07.30

Cycling Expo

Location: Start village, BTC City

Opening hours: Friday, 9 June, from 10.00 to 19.00
Saturday, 10 June, from 10.00 to 18.30
Sunday, 11 June, from 07.00 to 18.00

Info Point

Location: Start village, BTC City

Opening hours: Friday, 9 June, from 11.00 to 18.00
Saturday, 10 June, from 11.00 to 18.00
Sunday, 11 June, from 07.30 to 18.00

Tourist Info Point

Location: Start village, BTC City

Opening hours: Friday, 9 June, from 10.00 to 19.00
Saturday, 10 June, from 10.00 to 18.30
Sunday, 11 June, from 07.00 to 18.00

PRIJAVNINE MARATONA FRANJA BTC CITY 2017

Prijavnina na Maraton Franja BTC City 2017:
Prijavnino plačate na transakcijski račun
SBERBANK: SI56 3000 0001 0475 842.

VELIKI MARATON FRANJA BTC CITY (156 km) IN MALI MARATON FRANJA BTC CITY (97 km)

SAMO VELIKA ALI MALA FRANJA

28 € plačilo do 15. 5. 2017
40 € plačilo do 31. 5. 2017
45 € plačilo do 10. 6. 2017
50 € plačilo na dan 11. 6. 2017

POPUSTI

4 € BTC CITY kartica
4 € licenca KZS
2 € lastniški čip
3 € skupine nad 10 prijavljenih
4 € popust za izpolnjen poslani formular za donacijo 0.5% dohodnine za KD ROG

Popusti se ne seštevajo. Razen s popustom na lastniški čip in popustom za donacijo 0,5 % dohodnine za KD ROG.

SKUPNA PRIJAVA 156 km/97 km + KRONO

40 € plačilo do 15. 5. 2017
55 € plačilo do 31. 5. 2017
70 € plačilo do 6. 6. 2017

KASNEJŠA SKUPNA PRIJAVA IN PLAČILO NISTA MOŽNA!!!

POPUSTI

4 € BTC CITY kartica
4 € licenca KZS
3 € skupine nad 10 prijavljenih
4€ popust za izpolnjen poslani formular za donacijo 0.5% dohodnine za KD ROG

Popusti se ne seštevajo. Razen s popustom na lastniški čip in popustom za donacijo 0,5 % dohodnine za KD ROG.

KRONOMETER LJUBLJANA-DOMŽALE-LJUBLJANA (21,2 km)

20 € plačilo do 15. 5. 2017, če oseba vozi samo kronometer popustov ni, kolesarji/kolesarke s tekmovalno licenco ELITE, U23, U19, U17 gratis,
30 € plačilo do 31. 5. 2017
40 € plačilo do 6. 6. 2017

KASNEJŠA PRIJAVA IN PLAČILO NISTA MOŽNA!!!

POPUSTI

4 € popust za izpolnjen poslani formular za donacijo 0.5% dohodnine za KD ROG
4 € amaterska licenca KZS

Ostalih popustov ni!

POKAL SCHNEKOPPE

70€ plačilo do 15. 5. 2017
75 € plačilo do 31. 5. 2017
80 € plačilo do 11. 6. 2017

Cena zajema štartnino na: Maratonu Franja, Pokalu Alpe in na Jurišu na Vršič

POPUSTI

4 € popust za izpolnjen poslani formular za donacijo 0,5 % dohodnine za KD ROG

Ostalih popustov ni!

HOFER DRUŽINSKO ŠOLSKI MARATON (25 km)

Prijavnine ni!

VZAJEMNA PREIZKUŠNJA ZA NAJMLAJŠE (1 km)

Prijavnine ni!

PONY ŠTAFETNA DIRKA TROJK (2,4 km)

Prijavnine ni!

REGISTRATION FEES OF MARATHON FRANJA BTC CITY 2017

REGISTRATION FEE CAN BE TRANSFERRED TO OUR SBERBANK ACCOUNT:
SWIFT: SABRSI2X, IBAN: SI56 3000 0001 0475 842
BANK ADRESS: SBERBANK, DUNAJSKA CESTA 128A, LJUBLJANA.

156 KM/97 km + TIME TRIAL

40 € *until 15. 5. 2017*
55 € *until 31. 5. 2017*
70 € *until 6. 6. 2017*

156 km OR 97 km

28 € *until 15. 5. 2017*
40 € *until 31. 5. 2017*
45 € *until 10. 6. 2017*
50 € *until 11. 6. 2017*

HOFER FAMILY AND SCHOOL MARATHON (25 km)

There are no entry fees!

VZAJEMNA TRIAL FOR KIDS (1 km)

There are no entry fees!

PONY RELAY RACE FOR TEAMS OF THREE (2.4 km)

There are no entry fees!

NAČRT PRIREDITVENEGA PROSTORA
LAYOUT OF THE EVENT LOCATION

PRED ŠTARTOM

Pred štartom je potrebno prevzeti štartno številko. Organizator zagotavlja vsem pravočasno prijavljenim udeležencem na Maraton Franja in Mali Maraton Franja tudi začetni paket z darilom. Pravočasno prijavljen pomeni, da je prijava plačana najkasneje 5 dni pred maratonom! Če je število udeležencev večje od pričakovane in je v zadnjih petih dneh veliko število prijavljenih, imajo prednost pri začetnih paketih tisti, ki so se prijavili pravočasno. Prijavam na dan štarta ne zagotavljamo začetnih paketov.

PREVZEM ŠTARTNE ŠTEVILKE IN PAKETA

Prevzem štartnih številk za Maraton Franja BTC City (156 km), Triglav mali maraton Franja (97 km) in Kronometer (22 km, 44 km)

Ponedeljek 5. junij – četrtek 8. junij: AVTOTEHNA VIS – salon Peugeot, Celovška 228, Ljubljana, med 12.00 in 18.00 uro, petek 9. junij in soboto 10. junija med 12.00 in 19.00 uro ter v nedeljo 11. junija od 07.30 ure dalje na osrednjem prireditvenem prostoru v BTC Cityu. Priporočamo, da s seboj prinesete potrdilo o plačilu.

Prevzem štartnih številk za Hofer Družinsko-šolski maraton (25 km) in Vzajemna preizkušnja za najmlajše (1 km)

Štartne številke lahko prevzamete od 1. aprila dalje v poslovalnici Vzajemne (BTC City hala A) vsak dan razen ob nedeljah med 09.00 in 19.00 uro ter v soboto 10. junija na osrednjem prireditvenem prostoru v BTC Cityu od 12.00 ure dalje.

Prevzem štartnih številk za Pony štafetna dirka trojk (2,4 km)

Ekipe bodo na dan tekmovanja, sobota, 10. junija prejele startne številke, ki jih morajo v času tekmovanja obvezno nositi na sebi.

Prevzem štartne številke na prireditvenem prostoru

Petek, 9. junija, 2017
11.00–14.00 Prijave, izdaja številk in čipov za vožnjo na čas
11.00–19.00 Prijave, izdaja številk in čipov za ostale preizkušnje

Sobota, 10. junij, 2017
12.00–19.00 Prijave, izdaja številk in čipov

Nedelja, 11. junij, 2017
07.30–08.00 Prijave, izdaja štartnih številk in čipov

BEFORE THE START

Before the start, every participant must collect their race number. A welcome package is guaranteed for all participants of the long and short course of the marathon Franja who registered in due time. Registration in due time means that the registration fee was paid no later than 5 days before the marathon. Should the number of participants exceed expectations and should there be a lot of registrations during the last 5 days, priority in terms of welcome packages will be given to participants who registered in due time. Welcome packages are not provided for participants registering on the day of the event.

WELCOME PACKAGES

Race number pick-up for Marathon Franja BTC City (156 km), Triglav Little Marathon Franja (97 km) and the Time trial (22 km, 44 km)

Monday, June 5 – Thursday, June 8: AVTOTEHNA VIS – salon Peugeot, Celovška 228, Ljubljana, from 12.00 to 19.00 Friday, June 9, and Saturday, 10 June, from 12.00 to 19.00 and on Sunday, 11 June, from 07.30 at the main event area in BTC City Ljubljana. You are advised to bring the receipt of payment with you.

Race number pick-up for the Hofer Family and School Marathon (25 km) and the Vzajemna trial for kids (1 km)

From 1 April onwards, you can pick up your starting bibs at Vzajemna office (BTC City Ljubljana, Hall A) each day (except for Sundays) from 09.00 to 19.00 or on Saturday, 10 June, at the main event area in BTC City Ljubljana from 12.00 onwards.

Race number pick-up for Pony Relay Race for Teams of Three

On the day of the race, Saturday 10 June, the teams will receive their starting bibs, which they need to wear during the entire race.

Friday, 9 June 2017
11.00–14.00 Registration, collection of race numbers and timekeeping chips for the individual time trial
11.00–19.00 Registration, collection of race numbers and timekeeping chips for all other courses

Saturday, 10 June 2017
12.00–19.00 Registration, collection of race numbers and timekeeping chips

Sunday, 11 June 2017
07.30–08.00 Registration, collection of race numbers and timekeeping chips

POSEBNA PONUDBA ZA KOLESARJE

Se želite prebuditi naspani le nekaj metrov od starta Maratona Franja? Novo odprti Radisson Blu Plaza Hotel Ljubljana je za vse kolesarje pripravilo posebno ponudbo:

Radisson Blu Plaza Hotel Ljubljana

Radisson Blu Plaza Hotel je prvi hotel v poslovnem in trgovskem središču BTC City. Bivanje v Radisson Blu Plaza Hotelu Ljubljana nudi gostom edinstveno izkušnjo mirnega in udobnega počitka, produktivnega delovnega okolja ter premišljene in dovršene gostinske ponudbe.

Hotel kategorije štiri zvezdice s svojo moderno zasnovo, sodobnimi konferenčnimi dvoranami, osebnim pristopom ter odlično lokacijo, predstavlja gostom edinstveno izbiro za namestitev in poslovna srečanja v Ljubljani.

SPECIAL OFFER FOR CYCLISTS

Do you wish to wake up rested only a few metres away from the starting line of the Franja Marathon? The newly opened Radisson Blu Plaza Hotel Ljubljana has prepared a special offer for all cyclists:

Radisson Blu Plaza Hotel Ljubljana

The Radisson Blu Plaza Hotel is the first hotel in the BTC City business and commercial centre. Stay at the Radisson Blu Plaza Hotel Ljubljana offers the guests a unique experience of a peaceful and comfortable rest, productive working environment, and thoughtful and perfected catering offer.

The four-star hotel with its modern design, contemporary conference halls, personal approach, and excellent location presents its guests with a unique choice for accommodation and business meetings in Ljubljana.

PRIHOD V BTC CITY

Avtobusni prevozi

Do BTC Cityja vozijo tri številke avtobusov Ljubljanskega potniškega prometa. Avtobusa številka 2 in 7 vas bosta pripeljala po Šmartinski cesti do BTC Cityja, številka 27 pa pelje vse do Koloseja z vmesnimi postajami po BTC Cityju.

Parkiranje

V BTC Cityju je na voljo okoli 8.500 parkirnih prostorov. Na voljo sta dve parkirni hiši: Parkirna hiša Atlantis in parkirna hiša pri Cityparku.

Od vseh parkirišč na območju BTC City se lahko do prireditvenega prostora sprehodite.

ARRIVAL TO BTC CITY

Bus transport

Three bus lines of the Ljubljana Public Transport are headed to BTC City. Buses number 2 and 7 will take you to BTC City on the Šmartinska cesta road, while number 27 drives all the way to the multiplex cinema Kolosej with intermediate stops across BTC City.

Parking

BTC City offers around 8,500 parking spaces. Two parking garages are available: Atlantis Parking Garage and the one next to Citypark.

You can walk to the event area from all the car parks within BTC City.

SHRANJEVANJE KOLES IN GARDEROBE

Med petkom, 9. junija in nedeljo, 11. junija je na prireditvenem prostoru organizirano shranjevanje koles. Shranjevanje koles je brezplačno in je na voljo do zapolnitve mest.

Merjenje časa

Vsi udeleženci morajo prevoziti časomerilno preprogo na startu, da aktivirajo elektronsko merjenje časa.

Na progi so postavljene kotrolne postaje. Prehod preko kontrolnih postaj (preprog) je obvezen, sicer se vam rezultat ne bo priznal.

Kako do štarta?

Štart vseh preizkušenj bo potekal na Ameriški cesti pri Kristalni palači v BTC Cityju.

Do štarta se odpravite po označeni poti. Pri tem pazite, da ne prevozite časomerilne preproge na štartu, da se vam ne bi čip za merjenje časa aktiviral prezgodaj.

STORAGE OF BICYCLES AND WARDROBE

Between Friday, 9 June and Sunday, 11 June the event area will have organised bicycle storage. Bicycle storage is free and available until all places are filled.

Time measurement

All participants must ride across a time-measuring carpet at the starting line to activate the electronic time measurement.

Control stations are set up on the track. Passage through the control stations (carpets) is obligatory or your result will not be acknowledged.

How to get to the Start?

The start of all the trials will take place on Ameriška cesta [American Avenue] next to the Crystal Palace in BTC City.

Follow the marked path to the starting line. In doing so, make sure not to run across the time-measuring carpet at the starting line, so that your time-measuring chip does not activate prematurely.

V CILJU

PRISPELI SMO NA CILJ.

Na prireditvenem prostoru bo organizirana prehrana in pijača za vse udeležence. Ob prevzemu stratne številke prejmete bone, ki jih morate predložiti za brezplačno prehrano in pijačo.

REZULTATI

Objava in morebitne pritožbe

Neuradni rezultati bodo znani pol ure po prvem tekmovalcu na cilju in se bodo sproti dodajali novi rezultati. Neuradni rezultati bodo objavljeni na prireditvenem prostoru. Pritožbe so mogoče do 13.30 pri vozilu Timing Ljubljana.

Ob 15.30 bo sledila podelitvena slovesnost najboljšim kolesarjem.

Uradni rezultati bodo objavljeni na spletnih straneh **www.franja.org** in **www.timingljubljana.si**

PODELITVE

Petek, 9. junija 2017: 21.00, Prireditveni prostor
Sobota, 10. junija 2017: 18.30, Prireditveni prostor
Nedelja, 11. junija 2017: 15.30, Prireditveni prostor

MOŽNOST TUŠIRANJA

Udeleženci boste imeli možnost tuširanja v Vodnem mestu Atlantis.

AT THE FINISH

WE HAVE ARRIVED AT THE FINISH.

There will be organised food and beverages for all participants at the event area. When picking up your starting number you will receive vouchers, which you must submit for free food and beverage.

RESULTS

Announcement and potential complaints

Unofficial results will be known half an hour after the first competitor reaches the finish; new results will be added as they become known. The unofficial results will be declared at the event area. Complaints are possible from 13.30 onwards at the Timing Ljubljana vehicle.

This will be followed by an award ceremony for the best cyclists at 15.30.

Official results will be published on the websites **www.franja.org** and **www.timingljubljana.si**.

CEREMONIES

Friday, 9 June 2017: 21.00, Event area
Saturday, 10 June 2017: 18.30, Event area
Sunday, 11 June 2017: 15.30, Event area

OPTION OF SHOWERING

After the event participants will be able to take shower at Atlantis Water Park.

21,2 km

KRONOMETER

LJUBLJANA–DOMŽALE–LJUBLJANA,
WE UCI CAT I.2

TIME TRIAL

LJUBLJANA–DOMŽALE–LJUBLJANA,
WE UCI CAT I.2

PROGRAM

Kolesarsko društvo Rog organizira v BTC City 9. junija vožnjo na čas za kategorijo Ženske elite z imenom KRONOMETER LJUBLJANA–DOMŽALE–LJUBLJANA, ki je v UCI koledarju.

Četrtek, 8. junij, 2017

16.00–18.00 Pregled licenc in razdelitev startnih številk
21.00 Sestanek športnih direktorjev ekip

Petek, 9. junij, 2017

16.00 Start vožnje na čas 1. tekmovalke
17.30 Uradna razglasitev

PISARNA DIRKE

Četrtek, 8. junij, 2017

16.00–21.00 Radisson Blu Plaza Hotel Ljubljana
Bratislavska cesta 8, 1000 Ljubljana

Petek, 9. junij, 2017

12.00–21.00 Startno ciljni prostor, Ameriška cesta, VIP šotor

Direktor dirke:
GORAZD PENKO
tel. + 386 51 666 705, e-mail: gpenko@kdrog.si

UCI komisar:
SIMONA DAVIDKOVA

SCHEDULE

On 9 June, 2017, Kolesarsko društvo Rog organizes in BTC City competition in individual time trial reserved to category Women elite – denominated TIME TRIAL LJUBLJANA–DOMŽALE–LJUBLJANA – entered on UCI calendar.

Thursday, 8 June, 2017

16.00–18.00 Team license check and distribution of identification numbers
21.00 Team Managers Meeting

Friday, 9 June, 2017

16.00 Start of time trial, first competitor
17.30 Finishing, award ceremony

RACE HEADQUARTERS

Thursday, 8 June, 2017

16.00–21.00 Radisson Blu Plaza Hotel Ljubljana
Bratislavska cesta 8, 1000 Ljubljana

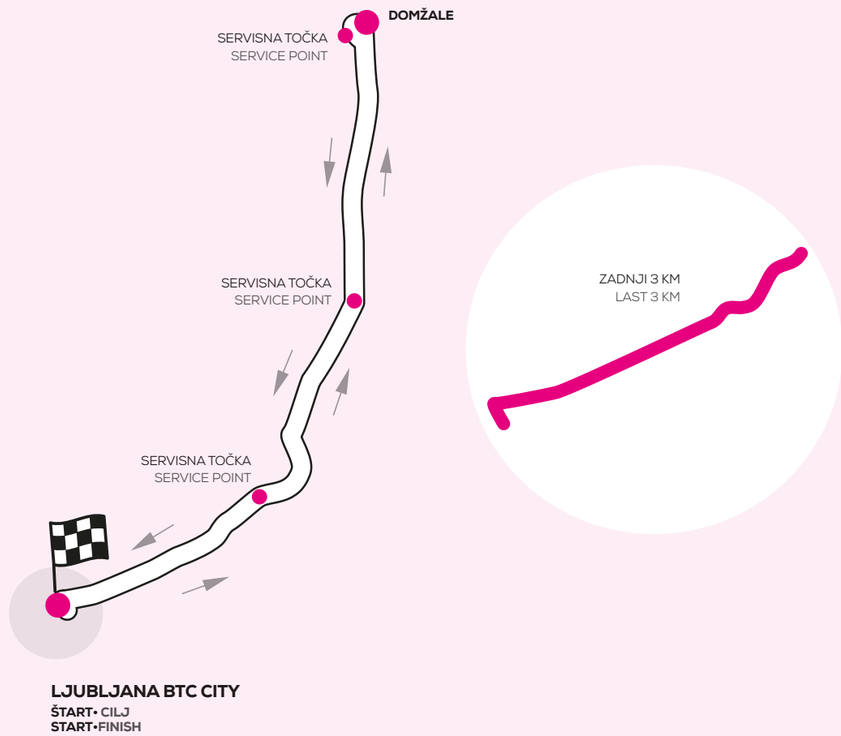
Friday, 9 June, 2017

12.00–21.00 Start finish area, Ameriška cesta in front of No. 8, VIP

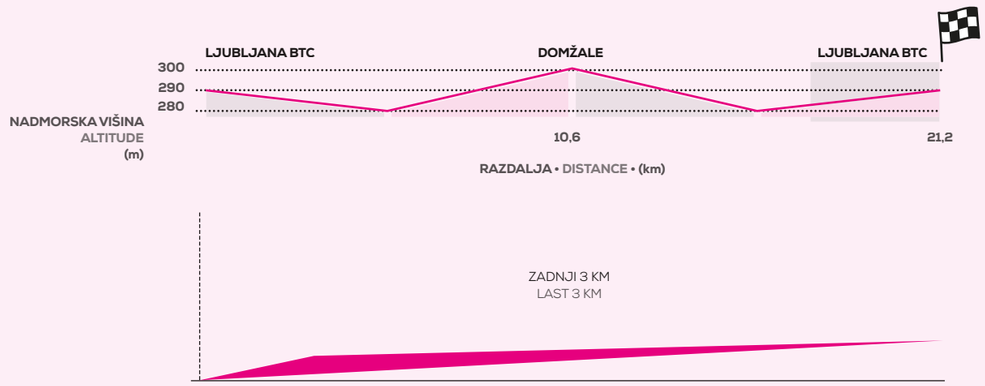
Race Director:
GORAZD PENKO
tel. + 386 51 666 705, e-mail: gpenko@kdrog.si

President of the commissaires panel, UCI international:
SIMONA DAVIDKOVA

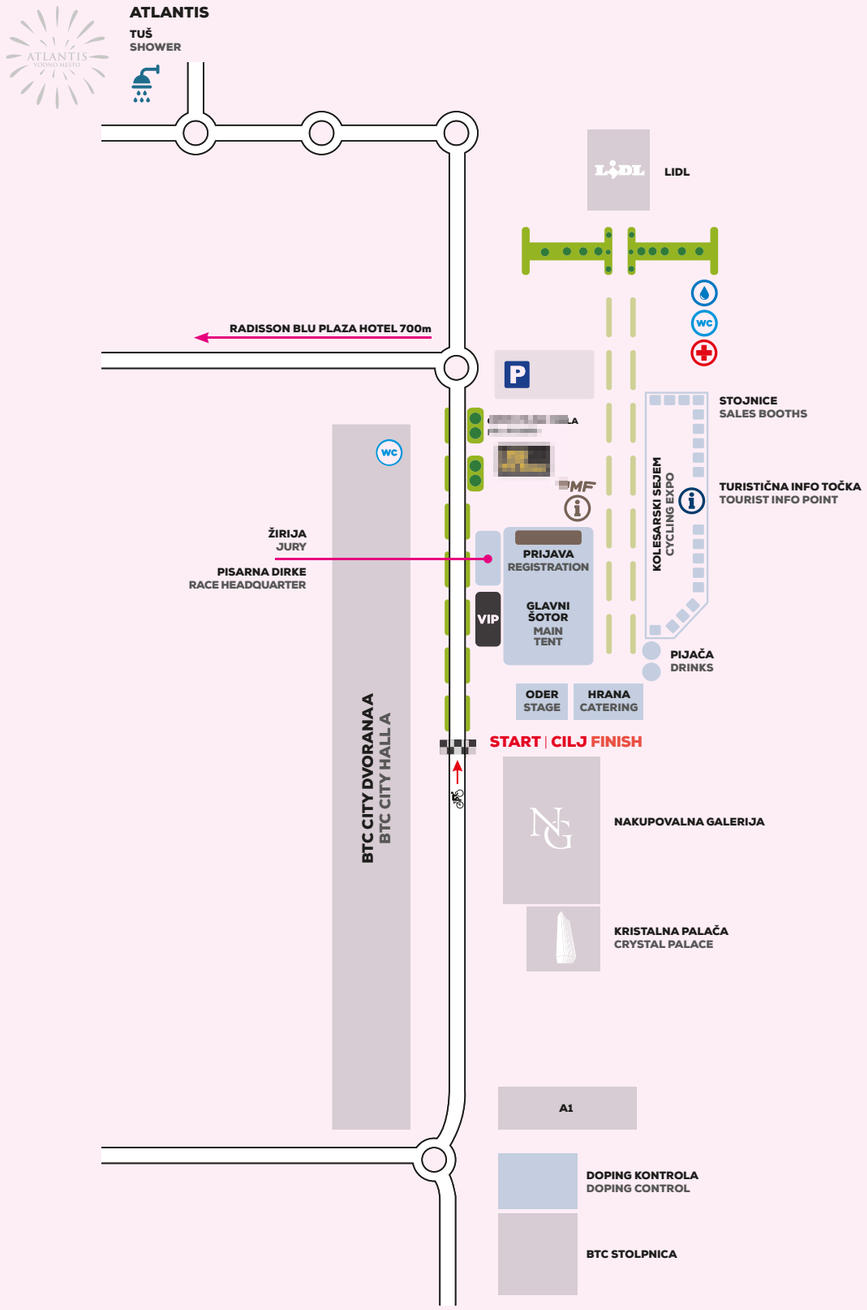
SHEMA TRASE • KRONOMETER LJUBLJANA–DOMŽALE–LJUBLJANA 2017
ROUTE • TIME TRIAL LJUBLJANA–DOMŽALE–LJUBLJANA 2017



PROFIL TRASE • KRONOMETER LJUBLJANA–DOMŽALE–LJUBLJANA 2017
ROUTE PROFILE • TIME TRIAL LJUBLJANA–DOMŽALE–LJUBLJANA 2017



NAČRT PRIREDITVENEGA PROSTORA
LAYOUT OF THE EVENT LOCATION



PRAVILA DIRKE

Delegiranje za Ljubljana - Domžale - Ljubljana, TT UCI 1.2, kronometer WE

Predsednica sodniškega zbora:
Davidkova Simona (UCI-Czech Republic)
simona.davidkova@email.cz

Sodniški zbor:
Peter Judež
Mira Gašparič Petrovič
Irma Baloh
Andrej Fideršek
Peter Kramberger
Matjaž Jelovčan

Sodniki na motorju:
MK1: Egon Bajc
MK2: Franc Gabrovšek
MK3: Aleš Galof

ČLEN 1. ORGANIZACIJA

Kronometer Ljubljana – Domžale – Ljubljana organizira Kolesarsko društvo ROG, Šmartinska 152, 1000 Ljubljana, tel. +386 51 666 705, info@kdrog.si, po pravilih Mednarodne Kolesarske Zveze (UCI) dne 9. 6. 2017.

ČLEN 2. VRSTA DIRKE

Posamična vožnja na čas rezervirana za kategorijo Ženske elite. Dirka je registrirana kot kategorija 1.2. Dirka je točkovana po UCI pravilniku (Art 2.12.009) desetim najboljšim tekmovalkam kot sledi: 40–30 – 16–12 – 10–8 – 6–3 – 2–1 in štejejo za UCI Žensko elite razvrstitev.

ČLEN 3. UDELEŽBA

Dirka je odprta za kolesarke, ki pripadajo Kolesarski zvezi članici Mednarodne Kolesarske Zveze, posebej kolesarkam ki pripadajo: UCI ženskim ekipam, nacionalnim ekipam, regionalnim ekipam, klubom in mešanim ekipam. Pravico do nastopa na dirki imajo največ tri tekmovalke iz iste ekipe.

ČLEN 4. PISARNA DIRKE

Pisarna dirke bo 8. 6. 2017 odprta od 16.00–21.00 v prostorih Radison Blu Plaza Hotel Ljubljana, Bratislavska 8, Ljubljana. Pregled licenc in prevzem startnih številk bo v pisarni dirke 8. 6. 2017 od 16.00-18.00. Sestanek športnih direktorjev bo v skladu z UCI pravili ob prisotnosti sodnikov 8. 6. 2017 ob 21.00 v Radisson Blu Plaza Hotel Ljubljana.

Pisarna dirke bo 9. 6. 2017 v startno ciljnem prostoru na Ameriški aveniji od 14.00 naprej.

ČLEN 5. VRSTNI RED STARTOV

Vrstni red startov bo na tehničnem sestanku določil komisar dirke v soglasju z direktorjem dirke, vsaka ekipa lahko določi vrstni red startov znotraj ekipe.

ČLEN 6. TEHNIČNA ASISTENCA

Tehnično asistenco opravljajo spremljajoča vozila ekip in tri stacionarne servisne ekipe na trasi, zagotovljene s strani organizatorja.

ČLEN 7. OKREPČEVALNICE

Med dirko ni dovoljeno podajanje pijače in hrane.

ČLEN 8. MAKSIMALNI ČAS

Kolesarke, ki bodo zaostale več kot 30 % za prvo tekmovalko ne bodo uvrščene. Maksimalni čas se lahko poveča v posebnih slučajih v dogovoru med sodniki in organizatorjem.

ČLEN 9. NAGRADE

Nagrade bodo podeljene po zaključku dirke v skladu z UCI pravilnikom v pisarni dirke.

MESTO	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
€	326	217	164	136	109	97	87	76	65	53
MESTO	11.	12.	13.	14.	15.	16.	17.	18.	19.	20.
€	43	43	43	43	33	22	22	22	22	22

ČLEN 10. DOPING KONTROLA

Doping kontrola se bo opravljala v 13. nadstropju poslovne stolpnice BTC Piramida, Šmartinska cesta 140.

ČLEN 11. PODELITEV

Prve tri uvrščene tekmovalke se morajo zglasiti na podelitev 15 minut po prihodu zadnje tekmovalke v cilj.

ČLEN 12. KAZEN

Uporabljale se bodo samo kazni, ki jih predvideva UCI.

ČLEN 13. ZDRAVNIŠKA POMOČ

Za zdravniško pomoč bo zadolžen en zdravnik in reševalno vozilo. Bolnišnica v bližini je: UNIVERZITETNI KLINIČNI CENTER LJUBLJANA, Bohoričeva ulica 24, Ljubljana. Zdravnik dirke: Dr. Robert Hajdinjak tel: +386 31 321 299.

ČLEN 14. ODGOVORNOST

Organizator in njegovi sodelavci ne prevzemajo nobene odgovornosti, ne glede na vrsto poškodbe ljudi in stvari zaradi nesreč avtomobilov, motornih koles in koles, ki ne pripadajo Kolesarskemu društvu ROG in njegovim sodelavcem za povzročeno škodo s strani udeležencev prireditve. Upoštevajo se samo predpisi UCI in Kolesarske Zveze Slovenije in zakoni države Slovenije, ki ji organizator prireditve pripada.

KONTAKTI

Prijave: Urša Pintar
+386 40 353 144, e-mail: urska.pintar@kdrog.si

Direktor dirke: Gorazd Penko
+ 386 51 666 705, e-mail: gpenko@kdrog.si

Radisson Blu Plaza Hotel Ljubljana: +386 1 243 0000, reservations.lju@radissonblu.com

UKC: +386 1 522 52 76

SPECIFIC REGULATIONS

Jury's panel Ljubljana - Domžale - Ljubljana, TT UCI 1.2, Time Trial WE

President of the Commissaires Panel:
Davidkova Simona (UCI-Czech Republic)
simona.davidkova@email.cz

Commissaires Panel:
Peter Judež
Mira Gašparič Petrovič
Irma Baloh
Andrej Fideršek
Peter Kramberger
Matjaž Jelovčan

Commissaires Motor:
MK1: Egon Bajc
MK2: Franc Gabrovšek
MK3: Aleš Galof

ARTICLE 1. ORGANISATION

Time trial Ljubljana – Domžale – Ljubljana is organized by Kolesarsko društvo ROG, Šmartinska 152, Ljubljana, tel. +386 51 666 705, info@kdrog.si, under the regulations of the International Cycling Union. It is to be held on the 9 June 2017.

ARTICLE 2. TYPE OF EVENT

Individual time trial is reserved for Women elite category. The event is registered as a class 1.2. Points are awarded according to the UCI rules (Art. 2.12.009) to 10 best riders, as follows: 40 – 30–16 – 12–10 – 8–6 – 3–2 – 1. They count toward Elite Women's Classification of the UCI.

ARTICLE 3. PARTICIPATION

The event is open to riders belonging to federations affilated to International Cycling Union, in particular to the riders belonging to: UCI women's teams, national teams, regional teams, clubs and mixed teams. The right to participate in the race will have maximum three riders of the same team.

ARTICLE 4. RACE HEADQUARTERS

The race office will be open on Thursday, 8 June from 16.00–21.00 at the following address: Radisson Blu Plaza Hotel Ljubljana, Bratislavska cesta 8, Ljubljana. Team representatives are requested to confirm their starters and collect their race numbers at the race office from 16.00–18.00 on Thursday, 8 June. The team managers meeting, organised in accordance with the UCI regulations and in the presence of the Members of the Commissaires' Panel, is scheduled for 8 June at 21.00 at the Radisson Blu Plaza Hotel Ljubljana. On Friday, 9 June, the race office, located in the start-finish area, will be open from 14.00 (address: Ameriška avenija 8).

ARTICLE 5. STARTING ORDER

Starting order will be determined during technical meeting by Commissaires with the acordance of the Race Director, each team shall determine the order in which its riders shall start.

ARTICLE 6. TECHNICAL SUPORT

The technical support is provided by team's vehicle that follows the rider and three stationary technical zones provided by the organizer.

ARTICLE 7. FEEDING

Feeding is not allowed.

ARTICLE 8. FINISHING TIME LIMIT

Any rider finishing in atime exceeding that of the winner by more than 30% shall not be placed. The time limit may, in exceptional circustances, be increased by the Commissaires Panel in agreement with the organizer.

ARTICLE 9. PRIZES

The prizes set bye international rules, will be paid out at the end of the race in race headquarters.

PLACE	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH	10TH
€	326	217	164	136	109	97	87	76	65	53
PLACE	11TH	12TH	13TH	14TH	15TH	16TH	17TH	18TH	19TH	20TH
€	43	43	43	43	33	22	22	22	22	22

ARTICLE 10. ANTIDOPING

The antidoping test will take place in at the following address: BTC Piramida, Šmartinska cesta 140.

ARTICLE 11. AWARDS CEREMONY

The first thre riders must attend the official awards ceremony 15 minutes after the last rider crossing the finishiline.

ARTICLE 12. PENALTIES

The UCI penality scale is the only one applicable.

ARTICLE 13. MEDICAL SERVICE

The medical service is managed by 1 doctor and one ambulance. The hospital related to the competition: UNIVERZITETNI KLINIČNI CENTER LJUBLJANA, Bohoričeva ulica 24, Ljubljana. Race doctor: Dr. Robert Hajdinjak, tel. +386 31 321 299.

ARTICLE 14. LIABILITY

The organiser and relating collaborators do not assume any liability of whatever nature of damages to people and things due to accidents of cars, motorcycles and bicycles not belonging to Kolesarsko društvo ROG or relating collaborators, caused by the participants of the event. For what is not covered by these regulations, only UCI and Slovenian Cycling Federation regulations and Sloveninan laws of the country, to which the organizing society belongs, will apply.

CONTACTS

Permanence: Urša Pintar
+386 40 353 144, e-mail: urska.pintar@kdrog.si

Race director: Gorazd Penko
+ 386 51 666 705, e-mail: gpenko@kdrog.si

Accomodation for teams and race office:

Radisson Blu Plaza Hotel Ljubljana,
Bratislavska cesta 8, Ljubljana, +386 1 243 0000,
reservations.lju@radissonblu.com

Hospital: +386 1 522 52 76

21,2 km

KRONOMETER

LJUBLJANA–DOMŽALE–LJUBLJANA,

TIME TRIAL

LJUBLJANA–DOMŽALE–LJUBLJANA,

IME DIRKE:	KRONOMETER LJUBLJANA-DOMŽALE-LJUBLJANA 2017
DATUM:	PETEK, 9. 6. 2017
ŠTART:	16.00
ŠTARTNO MESTO:	LJUBLJANA BTC CITY
CILJ:	LJUBLJANA BTC CITY
DOLŽINA:	22 km (Ž) / 44 km (M)

DIRKA ŠTEJE ZA

- državno prvenstvo v posamični vožnji na čas v kategorijah mlajši mladinci, mladinci/ke, Pod 23 (samo moški), Elite (moški in ženske),
- državno prvenstvo za amaterje/masterje v naslednjih kategorijah: ženske A, B, C; amater; master A, B, C, D, E, F, G, H, I,
- kvalifikacijo za uvrstitev na finalno dirko svetovnega prvenstva v kronometru za rekreativne kolesarje UWCT.

PRAVICA NASTOPA

- izključno tekmovalci, ki so državljani R. Slovenije, ki imajo veljavno tekmovalno licenco za 2017 za ustrezno kategorijo
- izključno tekmovalci, ki so državljani R. Slovenije, ki imajo veljavno rekreativno tekmovalno licenco za 2017 za ustrezno kategorijo in ki plačajo startnino
- vsi ki plačajo startnino in imajo ustrezno rekreativno licenco

PROGA

Štart kronometra je na Ameriški aveniji pred Kristalno palačo v BTC City-u. Trasa poteka po Ameriški aveniji do Šmartinske ceste, kjer se zavije desno na Šmartinsko cesto. Po Šmartinski cesti se nadaljuje v dolžini dobrih 4 km naravnost do križišča s Snebersko/Zadobrovško cesto. Na semaforju v Šentjakobu naravnost skozi Podgorico, Dragomelj, do Domžal, kjer je obrat na Ljubljanski cesti in po isti trasi nazaj v BTC City. Na Šmartinski cesti se preide na nasprotni pas dvopasovnice, ki bo razmejena s stožci. V cilj se prihaja po nasprotnem voznem pasu.

Udeleženci kronometra morajo uporabiti svoj pravilni prometni pas in ne smejo priti na nasprotni pas in tako sekati zavojev. Vsi pomembni zavoji bodo razmejeni s stožci. Na nasproten prometnem pasu je dovoljena samo vožnja po Šmartinski cesti, kjer bodo stožci ločili oba prometna pasova.

- Za kategorijo Mlajše mladinke je dolžina proge 11 km.
- Za kategorije Mlajši mladinci, Mladinci, Mladinke, Ženske ELITE in vse rekreativne kategorije moški/ženske je dolžina proge 22 km.
- Moški Pod 23 in Elite 44 km (obrat 2× Domžale in 1× krožišče v BTC-u (prvo po prehodu skozi cilj))

ŠTART-CILJ

Štart prvega tekmovalca bo ob 16.00 uri. na Ameriški cesti BTC City.

NAME OF THE RACE:	TIME TRIAL LJUBLJANA-DOMŽALE-LJUBLJANA 2017
DATE:	FRIDAY, 9 JUNE, 2017
START:	16.00
STARTING PLACE:	LJUBLJANA BTC CITY
FINISH:	LJUBLJANA BTC CITY
LENGTH:	22 km (F) / 44 km (M)

THIS EVENT SHALL BE DEEMED AS

- the Slovenian national individual time trial championship for the categories Under 17, Juniors (men and women), Under 23 (men only) and Elite (men and women),
- an event of the Slovenian Cup for Amateurs/Masters for the following categories: Women A, B, C; Amateur; Masters A, B, C, D, E, F, G, H, I
- a qualifying event for the participation in the UWCT Final – the world time trial championship for amateur cyclists.

RIGHT TO PARTICIPATION

In the categories where this event is deemed as the Slovenian national championship, only riders who hold both the nationality of the Republic of Slovenia and a valid race licence for 2017 are allowed to participate.

COURSE

Time trial starts at the American Avenue in front of the Crystal Palace in BTC City. The route runs along American Avenue to Hertford Road, where we turn right on Šmartinsko road. On Šmartinska route continues in length over 4km straight to the junction with snebersko / zadobrovško road where the traffic lights turn left towards Šentjakob. At the traffic lights in Šentjakob- straight through Podgorica, Dragomelj, Studo to Domžale, where the establishment is located around the railway station and along the same route back to the BTC City. On Šmartinska switch to the opposite lane road on which will be demarcated by cones. The objective is coming to the opposite lane.

Riders must use the appropriate lane and may not ride on the opposite lane when cutting corners. All corners will be divided into two lanes using cones. Riders are only allowed to ride on the opposite carriageway along Šmartinska cesta which will be divided into two lanes using cones.

- For category younger women – 11 km.
- For category younger and older juniors, women's elite Women A , B, Masters – 22 km.
- For category male to 23 years / elite – 44 km

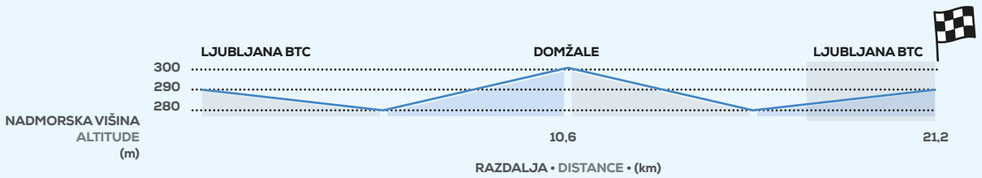
START-FINISH

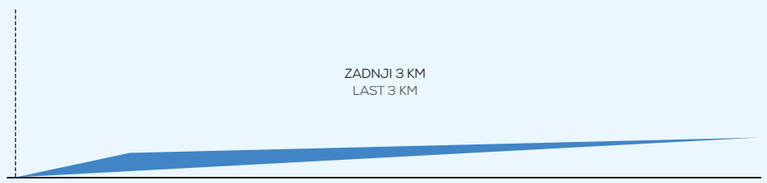
The first rider will start at 16.00 on Ameriška cesta in BTC City.

ČASOVNICA
TIMEFRAME

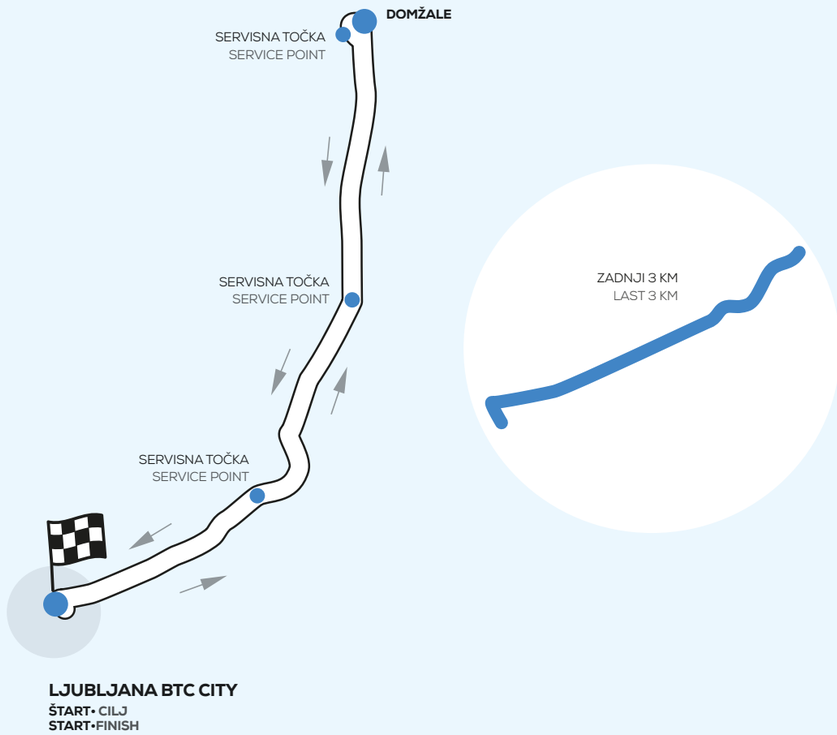
					POVPREČNA HITROST km/h AVERAGE SPEED km/h		
			RAZDALJA DISTANCE		38	45	50
N.V. ALT.	OBMOČJE AREA	GLAVNE ULICE IN KRAJI NA TRASI MAIN STREETS AND TOWNS ALONG THE ROUTE	PREVOŽENIH COVERED	DO CILJA TO THE FINISH LINE	ČASOVNICA TIMEFRAME		
					16.00	16.00	16.00
290	**Ljubljana**	**BTC City – Ameriška ulica**	0,000	21,200	16.00	16.00	16.00
281	**Šmartno**	**Šmartno – Šmartinska cesta**	1,980	19,220	16.03	16.02	16.02
277		**Avtocesta – Levo proti Šentjakobu**	3,800	17,400	16.06	16.05	16.04
282	**Podgorica**	**Podgorica**	5,300	15,900	16.08	16.07	16.06
287	**Dragomelj**	**Dragomelj**	6,600	14,600	16.10	16.08	16.07
290	**Študa**	**Študa – Savska cesta**	8,800	12,400	16.13	16.11	16.10
300	**Domžale**	**Ljubljanska cesta**	10,500	10,700	16.16	16.14	16.12
290	**Študa**	**Študa – Savska cesta**	12,200	9,000	16.19	16.16	16.14
287	**Dragomelj**	**Dragomelj**	14,400	6,800	16.22	16.19	16.17
282	**Podgorica**	**Podgorica**	15,700	5,500	16.24	16.20	16.18
277		**Avtocesta – Desno proti Šmartnem**	17,300	3,900	16.27	16.23	16.20
281	**Šmartno**	**Šmartno – Šmartinska cesta**	19,100	2,100	16.30	16.25	16.22
290	**Ljubljana**	**BTC City – Ameriška ulica**	21,200	0,000	16.33	16.28	16.25

PROFIL TRASE • KRONOMETER LJUBLJANA–DOMŽALE–LJUBLJANA 2017
ROUTE PROFILE • TIME TRIAL LJUBLJANA–DOMŽALE–LJUBLJANA 2017





SHEMA TRASE • KRONOMETER LJUBLJANA–DOMŽALE–LJUBLJANA 2017
ROUTE • TIME TRIAL LJUBLJANA–DOMŽALE–LJUBLJANA 2017



NAGRADE

- za Mlajše mladince,
- Mladince/ke,
- Pod 23,
- Elite in Elite ženske (po pravilniku KZS za Državno prvenstvo),
- za ostale kategorije za prve tri uvrščene v posamezni kategoriji.

Nagrajevanje bo za vse kategorije po koncu tekmovanjcca. 30 min po prejetju uradnih rezultatov.

TEKMOVALNI PREDPISI

Tekmuje se po predpisih UCI in KZS ter po določilih tega razpisa. Organizator si pridržuje pravico spremembe tega razpisa v soglasju s sodniškim zborom. Vožnja v zavetrju je prepovedana. Štartni intervali so v razmaku 30 sekund za kategorije Amater A, B, C, Master A, B, C, D, E, F, G, H, I ter Ženske A in B. V razmaku 1 minute za kategorije Mlajši mladinci, Mladinci, Pod 23, Elite in Elite ženske. Spremstvo tekmovalcev na progi je dovoljeno izključno z osebnim avtomobilom in izključno za kategorije Mlajši mladinci, mladinci/ke, Pod 23 in Elite ter Elite ženske.

Tehnični sestanek vodij ekip bo 9. 6. 2017 ob 14.30 uri v pisarni dirke (avla Kristalne palače).

OPREMA (cestno kolo, kolesa-obročniki, prenosi, dresi, čelade) mora biti v skladu s pravili UCI za leto 2017 (UCI Kolesarska pravila – 1. del Organizacija kolesarskega športa – 3. Poglavje – oprema), s posebno zahtevo v kategoriji mlajši mladinci, kjer se zahteva uporaba klasičnih koles (cevi okvirja v skladu s členom 1.3.24. in izključno klasičnih obročnikov za cestne dirke (za razlago kaj je klasični – standardni – tradicionalni obročnik velja 3. odstavek člena 1.3.18 – … vsaj 16 metalnih naper, ki so lahko okrogle, ploščate ali ovalne, pod pogojem da njihov premer ne presega 2,4 mm, presek obroča pa ne sme presegati 2,5 cm). Nestandardni obročniki testirani s strani UCI niso dovoljeni. Poleg tega je za to kategorijo obvezna tudi uporaba klasičnih krmil (torej člen 1.3.23. ki dopušča fiksne podaljške na krmilu ne velja).

DOPING KONTROLA
V 13. nadstropju poslovne stolpnice BTC Priamida, Šmartinska cesta 140.

OGREVANJE NA PROGI NI DOVOLJENO!!!

DVIG ŠTARTNIH ŠTEVILK
V pisarni dirke, na dan štarta, od 10.00 dalje.

ŠTARTNA LISTA
Bo objavljena sproti na spletni strani organizatorja www.franja.org in v pisarni dirke na dan dirke. Organizator ne odgovarja za škodo, ki jo povzročijo tekmovalci prireditve sebi, sotekmovalcu ali tretji osebi!

PARKIRNI PROSTORI KLUBSKIH VOZIL
za kategorije Mlajši mladinci, mladinci/ke, Pod 23 in Elite ter Elite ženske na parkirišču v BTC City-u.

PRITOŽBE

Pri glavnem sodniku po pravilih sodniškega zbora. Rok za pritožbo je 5 min po objavi neuradnih rezultatov. Pritožbe morajo biti v pisni obliki. Oseba, ki se pritoži mora imeti veljavno licenco KZS za leto 2017. Pri pritožbi se plača kavcijo 25 €, ki se v primeru ugodne rešitve povrne.

OSTALE ODLOČBE

V času tekmovanja bo veljala popolna zapora prometa. Tekmovalci in spremstvo vozijo na lastno odgovornost. Organizator ne odgovarja za nastalo škodo, ki si jo tekmovalci in spremstvo povzročijo med seboj ali proti tretji osebi.

POSEBNA OPOZORILA IN POGOJI

- Zaščitna čelada je obvezna
- Vozi se po cestno-prometnih predpisih.
- Na hrbtni strani štartne številke je obrazec z vitalnimi osebnimi in kontaktnimi podatki zaradi morebitne nezgode ali poškodbe. Prosimo, da podatke vpišete, saj boste z njimi (v neljubem primeru nezgode) močno olajšali delo reševalni službi na maratonu.
- Udeleženec maratona je vsakdo, ki izpolni prijavnico in prečka štartno črto.
- Ob dvigu štartne številke in kontrolnega čipa udeleženci maratona s podpisom potrdijo, da so seznanjeni s pogoji razpisa in se z njimi strinjajo.
- Udeleženci maratona štartajo ob 16.00 in vozijo skladno s svojo stopnjo pripravljenosti; maraton se zaključi najkasneje ob 18.20.
- Vsi udeleženci maratona vozijo na lastno odgovornost; organizator ne odgovarja za morebitno povzročeno škodo na materialih ali ljudeh.

Prosimo, spoštujte naravo in ne odmetavajte ovojev energetskih ploščic in pijač na cesto!

Začetni paket
Organizator zagotavlja vsem prijavljenim udeležencem hrano in napitke na okrepčevalni postaji ob progi ter kolajno in malico na cilju.

PRIZES

For the categories Under 17, Juniors (men and women), Under 23, Elite and Women Elite, prizes in accordance with the regulation of the Slovenian Cycling Federation for national championships. In other categories, the top three riders will be awarded prizes. The awards ceremony for all categories will take place after the end of the competition, approximately 30 minutes after the official results have been received.

RACE REGULATIONS

The regulations of the UCI and the Slovenian Cycling Federation and the provisions of this call for entries apply. The organiser reserves the right to amend this call for entries in agreement with the commissaires' panel. Slipstreaming is prohibited. The starting interval is 30 seconds for the categories Amateur A,B,C, Master A, B, C, D, E, F, G, H, I and Women A and B and 1 minute for the categories Under 17, Juniors, Under 23, Elite and Women Elite. Only passenger cars may be used as following vehicles on the course. Only riders in the categories Under 17, Juniors, Under 23, Elite and Women Elite may be accompanied by a following vehicle.

TEAM MANAGERS' MEETING
will take place on 9 June 2017 at 14.30 in the race headquarters (hall of Kristalna palača).

EQUIPMENT (entire bicycle, wheels, gear ratio, clothing, headgear) must comply with the UCI regulations for the year 2017 (UCI Cycling Regulations – Part 1: General organisation of cycling as a sport – Chapter III: Equipment), including the special requirement for the Under 17 category, where only standard bicycles may be used (frame tubes in accordance with Article 1.3.024 and only standard road race wheels – for explanations on standard/traditional wheels, see paragraph 3 of Article 1.3.018: wheels with at least 16 metal spokes that may be round, flat, or oval, provided that no dimension of their cross-section exceeds 2.4 mm, while the section of the rim may not exceed 2.5 cm). UCI-tested non-standard wheels are not allowed. Furthermore, only the traditional type of handlebars may be used in this category (Article 1.3.023 that allows for the use of fixed extensions does not apply).

DOPING CONTROL will take place on 13th floor of BTC Piramida Šmartinska cesta 140.

WARMING-UP ON THE COURSE IS PROHIBITED!!!

COLLECTION OF RACE NUMBERS
At the race headquarters starting at 10.00 on the day of the race.

THE START LIST
An updated starting list will be published on the organiser's website: www.franja.org and at the race headquarters. The organiser may not be held liable for any damage caused by participants to themselves, to other participants or to third parties.

PARKING FOR TEAM VEHICLES for the categories Under 17, Juniors, Under 23, Elite and Women Elite will be available in the parking lot of BTC City.

COMPLAINTS

Complaints are to be submitted to the president of the commissaires' panel within 15 minutes after the publication of the unofficial results. Complaints must be submitted in writing. The person submitting the complaint must hold a valid licence of the Slovenian Cycling Federation for 2017. A deposit of 25 € shall be paid upon submission and will be refunded if the complaint is upheld.

OTHER PROVISIONS

During the competition, the course will be closed for all traffic. Riders and following vehicles participate in the event at their own risk. The organiser may not be held liable for any damage caused by participants to themselves, to other participants or to third parties.

SPECIAL WARNINGS AND CONDITIONS

- Safety helmet is obligatory.
- You have to respect the road traffic regulations as well as traffic signalization and instructions of the signal men.
- The marathon participant is considered to be everyone who registers with the organizer and submits a filled in application form.
- By signing registration papers, participants confirm they are familiar with the conditions of the competition and agree with them.
- The start is at 16.00. Finish of the marathon is by 18.20 at latest.
- All participants ride their bicycles at their own risk; the organizer is not responsible for any material damage or personal injury.
- On the reverse side of your start number you will find personal information field. Please fill in your name, telephone number and a contact person's name to be called in case of emergency. If you have a medical condition, you feel we should be aware of in case of emergency, please mark it (eg. asthma, diabetes, allergies …)

Please respect nature and do not litter along the route!

Welcome package
Organizer guarantees refreshments at the refreshment point along the route, lunch at the finish and a medal to all registered participants.

156 km

VELIKI MARATON FRANJA BTC CITY 2017

BIG MARATHON FRANJA BTC CITY 2017

IME DIRKE:	VELIKI MARATON FRANJA BTC CITY 2017
DATUM:	NEDELJA, 11. 6. 2017
ŠTART:	09.00
ŠTARTNO MESTO:	LJUBLJANA BTC CITY
CILJ:	LJUBLJANA BTC CITY
PROGA:	LJUBLJANA – VRHNIKA – LOGATEC – GODOVIČ – IDRIJA – CERKNO – KLADJE – SOVODENJ – ŠKOFJA LOKA – VODICE – TACEN – LJUBLJANA
DOLŽINA:	156 km

OPIS POTEKA MARATONA

Pozor: uradni štart iz BTC Cityja.

Proga poteka od štarta v BTC Cityu levo na Šmartinsko cesto, zavije levo na Kajuhovo, nadaljuje po Kajuhovi, Litijski in Poljanski cesti, zavije levo na Roško in nadaljuje do Karlovškega mostu, kjer zavije desno na Karlovško, nadaljuje po Zoisovi, Aškerčevi in naprej po Tržaški.

Trasa se nadaljuje po Tržaški cesti do Brezovice. Nato pot nadaljujemo do Vrhnike, naprej čez vrhniški klanec (4,6 km vzpona, povprečni naklon 4,1 %, največji naklon 7 %) do Logatca in Kalc, kjer zavijemo desno proti Godoviču. Iz Godoviča se spustimo proti Idriji in Želinu (nevaren spust). Zaradi nevarnega spusta bo cesta G101 med Godovičem in Idrijo zaprta za ves promet med 09.40 in 13.05.

V Želinu zavijemo desno na cesto proti Cerknemu, kjer je na glavnem trgu okrepčevalnica. Sledi glavni vzpon na maratonu – vzpon na Kladje (7 km, povprečni naklon 6,3 %, največji naklon 10 %). Na Kladju je naslednja okrepčevalna postaja. Pot se nato spusti do Trebije. Spust je nevaren zaradi slabe ceste. Cesta od Cerknega preko Kladja do Trebije bo zaradi varnosti za ves promet zaprta od 10.40 do 15.00.

V Trebijah zavijemo levo proti Gorenji vasi. Pred občinsko stavbo v Gorenji vasi je naslednja okrepčevalna postaja. Nadaljujemo proti Škofji Loki. Na vstopu v Škofjo Loko je nevaren desni in takoj zatem še levi ovinek. Čeprav bodo na odsekih kolesarje na nevarnosti opozarjali redarji, vozite previdno. Na vrhu klanca v Škofji Loki je okrepčevalna postaja.

Na izhodu iz Škofje Loke zavijemo desno, na cesto 314 proti Jeprci in Vodicam. V Vodicah zavijemo desno proti Šmartnemu, kjer bo zadnja okrepčevalna postaja (14 km do cilja). Nadaljujemo skozi Tacen in nato po Nemški cesti do Dunajske, kjer zavijemo desno proti centru. Po Dunajski nadaljujemo do križišča pri AMZS, kjer zavijemo levo na Baragovo ulico in nato desno na Vojkovo do križišča s Kranjčevo cesto. Po Kranjčevi ulici nadaljujemo do krožišča Žale, od tod pa po Pokopališki cesti do Šmartinske ceste, kjer se maraton v BTC Cityju tudi zaključi.

NEVARNI ODSEKI

- Spust med Godovičem in Idrijo (med 50. in 60. km, G102). Cesta bo zaprta za ves promet med 09.40 in 13.05.
- Spust med Kladjem in Trebijo (med 80. in 95. km)zaradi slabe ceste. Cesta bo za ves promet zaprta med 10.40 in 15.00.
- Nevaren vstop v Škofjo Loko z ostrim desnim in takoj za tem levim ovinkom na 118. km.
- Nevaren krajši spust z desnim ovinkom za okrepčevalno postajo v Šmartnem na 144. km)

POLEG TEGA PROSIMO UDELEŽENCE,

da so previdni na vožnji skozi Ljubljano, kjer je zaradi velikega števila kolesarjev pričakovati gnečo.

ZA VES PROMET BODO MED MARATONOM ZAPRTE NASLEDNJE CESTE:

Spust od Godoviča proti Idriji (med 50. in 60. kilometrom, G102), med 09.40 in 13.05.

Vzpon iz Cerknega na Kladje ter spust proti Trebiji (od 80. do 95. kilometra), med 10.40 in 15.00.

Cesta med Tacnom in BTC Cityjem, cilj (med 146. in 156. kilometrom), med 12.00 in 17.00.

NAME OF THE RACE:	BIG MARATHON FRANJA BTC CITY 2017
DATE:	SUNDAY, 11 JUNE, 2017
START:	09.00
STARTING PLACE:	LJUBLJANA BTC CITY
FINISH:	LJUBLJANA BTC CITY
ROUTE:	LJUBLJANA – VRHNIKA – LOGATEC – GODOVIČ – IDRIJA – CERKNO – KLADJE – SOVODENJ – ŠKOFJA LOKA – VODICE – TACEN – LJUBLJANA
LENGTH:	156 km

ROUTE DESCRIPTION

Attention: Official start from BTC City.

Marathon starts at BTC City (main shopping area in Ljubljana), then turns left to Šmartinska cesta. Then we took Kajuhova cesta, continue to Litijska and Poljanska cesta, then we turn left on Roška cesta, continue to Karloški bridge where we turn right on Karlovška cesta, continue to Zoisova and Aškrečeva cesta.

We continue along Tržaška cesta until Brezovica (Prigo), where marathon Franja officially starts with a fly start at the beginning of slope (4.7 km uphill, average slope 4.1%, max. slope 7%) and then Logatec. At Kalce we turn right and ride through Godovič (dangerous descent) towards Idrija and Želin. There is a complete road block on the descent between Godovič and Idrija (G 102 road) between 09.40 and 13.05.

We turn right at Želin, towards Cerkno. A refreshment point is situated on the main square in Cerkno. A principal uphill to Kladje follows (7 km, average slope 6,3%, max. slope 10%). Another refreshment point is situated atop of Kladje hill. Following Kladje, there is a 10 km long dangerous descent (with bad road paving sections) until crossroads in Trebije. Road from Cerkno to Kladje and Trebije is closed for all traffic from 10.40 to 15.00.

We turn left in Trebije towards Gorenja vas. You will find another refreshment point in Gorenja vas, in front of Town hall. After that, we continue in direction of Škofja loka. There is a dangerous right-sided turn, followed immediately by a left-sided turn at the entry to Škofja loka (please, pay attention at this section, even if it will be secured). Another refreshment point is situated after a short ascent in Škofja loka.

At the end of Škofja loka, we turn right (onto road 314) towards Jeprca and Vodice. In Vodice, we turn right onto road 323 towards Šmartno. Final refreshment point will be in Šmartno (14 km until finish). We continue towards Tacen and then Nemška cesta until Dunajska cesta, where we turn right until crossroads with Baragova cesta, where we turn left. At the end of Baragova cesta we turn right onto Vojkova cesta until crossroads with Kranjčeva cesta, where we turn left. We continue along Kranjčeva cesta until Žale roundabout. Take the 4th exit onto Pokopališka cesta and continue towards crossroads with Šmartinska cesta, where we turn left. Šmartinska cesta will take us to the marathon finish in BTC City.

DANGEROUS POINTS:

- Descent from Godovič towards Idrija at 50th km (road G102). Road will be closed for all traffic from 09.40 to 13.05.
- Descent from Kladje towards Trebije at 86th km (bad road paving sections). Road will be closed for all traffic from 10.40 to 15.00.
- Dangerous right-sided followed by left-sided turn at the entry to Škofja loka (at 118th km)
- Dangerous short descent and left-sided turn right after refreshment point in Šmartno (at 144th km)

IN ADDITION, PLEASE PAY ATTENTION

at the marathon start, where a large crowd of cyclists is expected.

FOLLOWING ROADS WILL BE CLOSED FOR ALL TRAFFIC DURING MARATHON:

Descent from Godovič to Idrija (from 50th to 60th km); road will be closed between 09.40 and 13.05

Uphill and descent from Cerkno to Kladje and Trebija (from 80th to 95th km); road will be closed between 10.40 and 15.00.

Road between Tacen and BTC City (finish) (from 146th km to 156th km); road will be closed between 12.00 and 17.00.

OKREPČEVALNE POSTAJE
REFRESHMENT POINTS

OKREPČEVALNA POSTAJA REFRESHMENT POINTS	RAZDALJA OD ŠTARTA DISTANCE FROM START				✚	WC
SPODNJA IDRIJA	65 KM		dana	Pekarna - keksarna ADAMIČ	✓	2×
CERKNO	80 KM		dana	Pekarna - keksarna ADAMIČ	✓	2×
KLADJE	87 KM		dana	Pekarna - keksarna ADAMIČ	✓	2×
GORENJA VAS	100 KM		dana	Pekarna - keksarna ADAMIČ	✓	2×
ŠKOFJA LOKA	118 KM		dana	Pekarna - keksarna ADAMIČ	✓	2×
BROD nasproti trgovine Mercator Mercator grocery store	147 KM		dana	Pekarna - keksarna ADAMIČ	✓	2×

ČASOVNICA
TIMEFRAME

KRAJ TOWN	KM	POVPREČNA HITROST AVERAGE SPEED 33 KM/H	POVPREČNA HITROST AVERAGE SPEED 38 KM/H	POVPREČNA HITROST AVERAGE SPEED 43 KM/H
BTC CITY (ŠTART • START)	0	09.00	09.00	09.00
VRHNIKA	24	09.43	09.37	09.33
LOGATEC	34	10.02	09.53	09.47
KALCE	38	10.09	09.59	09.53
HOTEDRŠČICA	45	10.22	10.11	10.02
GODOVIČ	50	10.31	10.20	10.09
IDRIJA	60	10.35	10.35	10.24
ŽELIN – KRIŽIŠČE	76	11.20	11.00	10.46
CERKNO	80	11.26	11.06	10.51
KLADJE	86	11.37	11.16	11.00
SOVODENJ	90	11.43	11.22	11.06
POLJANE	105	12.10	11.46	11.26
ŠKOFJA LOKA	118	12.35	12.05	11.45
JEPRCA	127	12.51	12.20	12.57
VODICE	136	13.07	12.34	12.10
ŠMARTNO	144	13.21	12.47	12.21
TACEN	146	13.50	12.50	12.24
JEŽICA	150	14.30	12.57	12.29
BTC CITY (CILJ • FINISH)	156	14.44	13.06	12.38

NAVODILA

Maraton se prične ob 09.00 uri. Vsi udeleženci morajo zapeljati preko kontrolne štartne preproge.

Uradni odprti štart Maratona Franja bo ob 09.00 iz BTC-ja. Kolesarji bodo razporejeni po štartnih boksih (glej tabelo), boksi bodo označeni s številko boksa in barvo kategorij. Vsi boksi startajo istočasno razmejeni z vozili organizatorja v zaprti vožnji do mesta uradnega štarta.

V času maratona bo vse udeležence, ki za vodilnim tekmovalcem ne bodo zaostajali več kot 60 min, varovala mobilna zapora ceste. Vozilo organizatorja, ki ga bo spremljalo policijsko vozilo, bo vse udeležence z zaostankom več kot 60 minut za vodilnim tekmovalcem opozorilo z zvočnim signalom. Ti udeleženci bodo zunaj mobilne zapore ceste, zato bodo morali strogo spoštovati cestno-prometne predpise in voziti po desnem prometnem pasu, na trasi pa bodo srečevali vozila udeležencev v prometu.

Maraton se bo zaključil s podelitvami priznanj za najboljše, od 15.30 dalje v štartno/ciljni vasi v BTC Cityju.

V času maratona bo popolna cestna zapora na trasi **Godovič – Idrija od 09.40 – 13.05** in na odseku **Cerkno – Kladje – Trebija od 10.40 – 15.00**. Kljub vsemu se moramo zavedati, da za našo varnost še vedno lahko največ storimo sami, s premišljenostjo. Ne glede na mobilno in popolno zaporo ceste lahko pričakujemo kakšnega nepremišljenega in nepozornega voznika.

REGULATIONS

Marathon Franja starts at 09.00. All participants have to pass over the timing carpet, to activate chip time measurement.

Official open start Marathon Franja will take place at 09.00. in BTC City Ljubljana. Cyclists will be given fixed starting boxes (see table), marked by the number and the colour of the category. Cyclists from all boxes start at the same time, divided by the organisers' cars in a closed ride to the official starting line.

During the marathon, roads will be closed (using "mobile block") for all participants who are not more than 60 minutes behind the leading group. At the end of the last group, there will be a vehicle of the organizer, accompanied by a police car and will signalize (using a clear and loud sound) to the participants that they are more than 60 minutes behind the leading group. Those participants will be considered outside the mobile road block, and will have to respect the traffic regulations strictly, ride on the right side of the road; they will meet the vehicles of other traffic participants on the road.

Marathon will finish with the award ceremony at 14.30.

During the marathon, the road is closed on the route **Godovič – Idrija from 09.40–13.05** and on the section **Cerkno – Kladje – Trebija from 10.40–15.00**. Despite the closed road, all participants are warned to ride their bicycles with care to themselves and others.

KATEGORIJE / CATEGORIES

	ŽENSKE / WOMEN		MOŠKI / MEN	
A	1983 in mlajše (34 let in mlajše) *1983 and younger (34 let and younger)*	Bela / *White*	1983 in mlajši (34 let in mlajši) *1983 and younger (34 let and younger)*	Bela / *White*
B	1982-1978 (35-39 let/y)	Turkizna / *Light blue*	1982-1978 (35-39 let/y)	Turkizna / *Light blue*
C	1977-1973 (40-44 let/y)	Roza / *Pink*	1977-1973 (40-44 let/y)	Roza / *Pink*
D	1972-1968 (45-49 let/y)	Oranžna / *Orange*	1972-1968 (45-49 let/y)	Oranžna / *Orange*
E	1967-1963 (50-54 let/y)	Rumena / *Yellow*	1967-1963 (50-54 let/y)	Rumena / *Yellow*
F	1962-1958 (55-59 let/y)	Rdeča / *Red*	1962-1958 (55-59 let/y)	Rdeča / *Red*
G	1957-1953 (60-64 let/y)	Rjava / *Brown*	1957-1953 (60-64 let/y)	Rjava / *Brown*
H	1952-1948 (65-69 let/y)	Temno modra / *Dark Blue*	1952-1948 (65-69 let/y)	Temno modra / *Dark Blue*
I	1947 in starejše (70 let in starejše) *1947 and older (70 years and older)*	Temno zelena / *Dark Green*	1947 in starejši (70 let in starejši) *1947 and older (70 years and older)*	Temno zelena / *Dark Green*

Kvalifikacijska norma za Gran Fondo World Championships na Maratonu Franja BTC City:

Kategorija moški
Za starostne kategorije MOŠKI do 60 let velja rezultat v prvih 25 % v svoji starostni kategoriji na VELIKI trasi Maratona Franja BTC City – 156 km. Za starostne kategorije MOŠKI nad 60 let velja rezultat v prvih 25 % v svoji starostni kategoriji na MALI trasi Maratona Franja BTC City – 97 km.

Kategorija ženske
Za starostne kategorije ŽENSKE do 50 let velja rezultat prvih 25 % v svoji starostni kategoriji na VELIKI trasi Maratona Franja BTC City – 156 km. Za starostne kategorije ŽENSKE nad 50 let velja rezultat v prvih 25 % v svoji starostni kategoriji na MALI trasi Maratona Franja BTC City – 97 km.

Qualifying time for Gran Fondo World Championships at Marathon Franja BTC City:

Men
Age category MEN under 60 – the result within the first 25% in the corresponding age group at the BIG Marathon Franja BTC City 156 km. Age category MEN over 60 – the result within the first 25% in the corresponding age group at the LITTLE Marathon Franja BTC City 97 km.

Women
Age category WOMEN under 50 – the result within the first 25% in the corresponding age group at the BIG Marathon Franja BTC City 156 km. Age category WOMEN over 50 – the result within the first 25% in the corresponding age group at the LITTLE Marathon Franja BTC City 97 km.

POTEK ŠTARTA IN ŠTARTNI BOKSI

Pozor: odprti štart iz BTC-ja. Kolesarji bodo razporejeni v startne boxe:

	BOKS
1	VIP (maksimalno 100)
2	Lanskih prvih 200 (156km ali 97km)
3	Alpe Adria Tour, Schneekoppe pokal in licence KZS
4	Ostali

START SCHEDULE AND START BOXES

Attention! Flying start in BTC City Ljubljana. Cyclists will be starting from start boxes.

	START BOX
1	VIP (maximum: 100)
2	Last year's first 200 racers (156 km or 97 km)
3	Alpe Adria Tour, Schneekoppe Cup and licences by the Slovenian Cycling Federation
4	Others

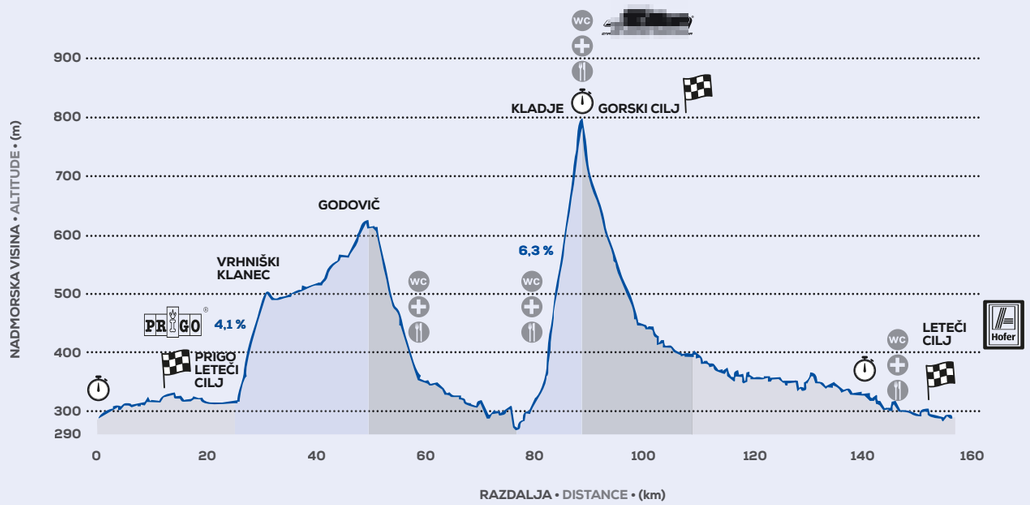
KONTROLNE TOČKE

- Na štartu v BTC Cityju (pozor: ne pred 09.00),
- na Brezovici – Prigo leteči cilj (15. kilometer),
- na Kladju (87. kilometer),
- v Vodicah (136. kilometer),
- na cilju v BTC Cityju (na 156. kilometru).

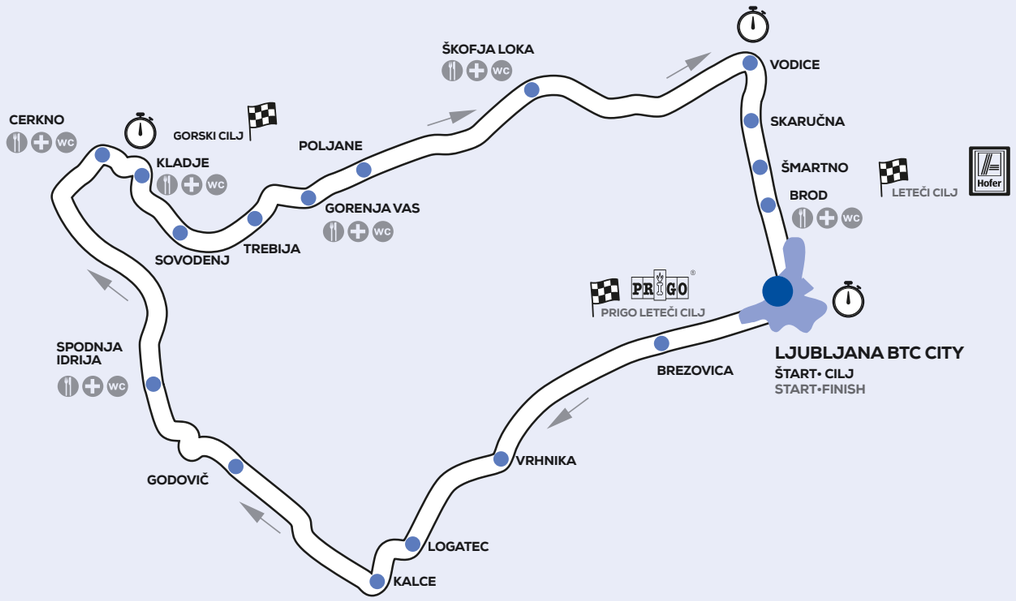
CONTROL STATIONS

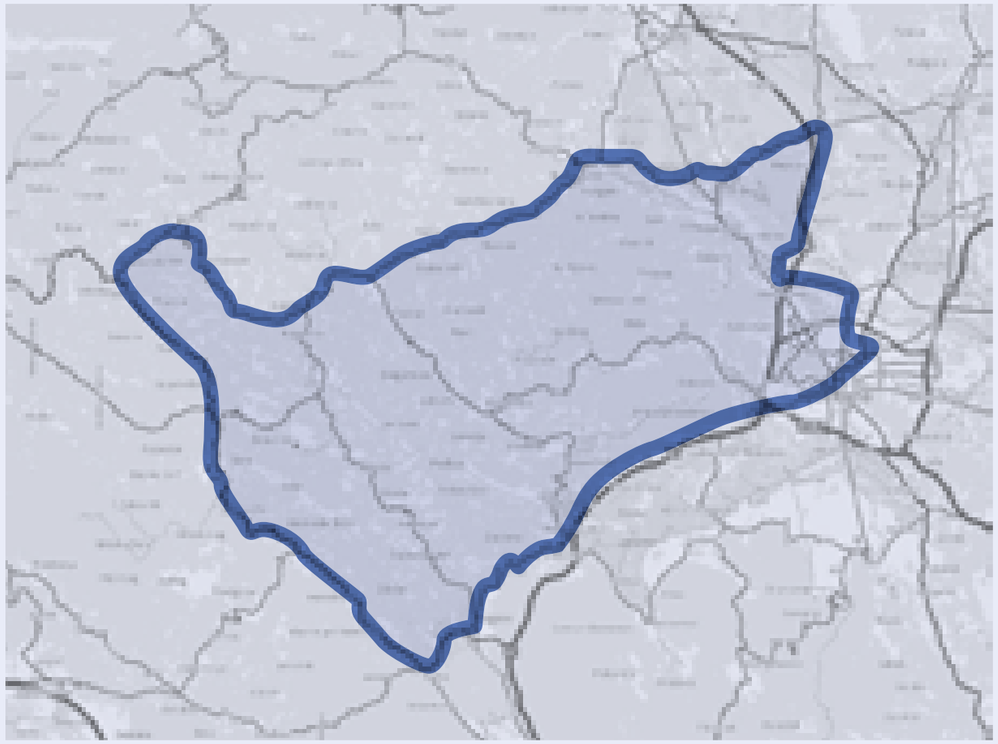
- At start in BTC City, (attention: not before 09.00!)
- Brezovica – Prigo intermediate sprint (at 15th km)
- Kladje (at 87th km)
- Vodice (at 136th km)
- at finish in BTC City (at 156th km).

PROFIL TRASE • VELIKI MARATON FRANJA BTC CITY 2017
ROUTE • BIG MARATHON FRANJA BTC CITY 2017



SHEMA TRASE • VELIKI MARATON FRANJA BTC CITY 2017
ROUTE • BIG MARATHON FRANJA BTC CITY 2017





POSEBNA OPOZORILA IN POGOJI

- Zaščitna čelada je obvezna
- Vozi se po cestno-prometnih predpisih.
- Na hrbtni strani štartne številke je obrazec z vitalnimi osebnimi in kontaktnimi podatki zaradi morebitne nezgode ali poškodbe. Prosimo, da podatke vpišete, saj boste z njimi (v neljubem primeru nezgode) močno olajšali delo reševalni službi na maratonu.
- Udeleženec maratona je vsak, ki se prijavi organizatorju, plača štartnino in priloži izpolnjeno prijavnico. Ob dvigu štartne številke in kontrolnega čipa udeleženci maratona s podpisom potrdijo, da so seznanjeni s pogoji razpisa in se z njimi strinjajo.
- Udeleženci maratona štartajo ob 09.00 in vozijo skladno s svojo stopnjo pripravljenosti; maraton se zaključi ob 17.00 uri.
- Skupine udeležencev, ki za vodilno skupino ne zaostajajo več kot 60 min bo varovala mobilna zapora ceste.
- Udeleženec, ki ga prehiti vozilo z napisom konec mobilne zapore, postane običajni udeleženec v prometu in mora voziti po desni strani in upoštevati vozila ostalih udeležencev prometa.
- Udeleženci maratona, mlajši od 16 let, morajo obvezno imeti spremstvo staršev oziroma organizirane skupine.
- Organizator vsem udeležencem maratona zagotavlja: malico, pijačo, medaljo, dva bidona, energijski gel in okrepčila na dveh okrepčevalnih postajah, ki bosta postavljeni ob progi.
- Vsi udeleženci maratona vozijo na lastno odgovornost; organizator ne odgovarja za morebitno povzročeno škodo na materialih in ljudeh.
- V rezultatih bodo upoštevani samo kolesarji s klasičnimi cestnimi in gorskimi kolesi.

Prehod preko kontrolnih postaj (preprog) je obvezen, sicer se vam rezultat ne bo priznal.

Prosimo, spoštujte naravo in ne odmetavajte ovojev energetskih ploščic in pijač na cesto!

Začetni paket
Organizator zagotavlja vsem pravočasno prijavljenim udeležencem začetni paket z darilom. Pravočasno prijavljen pomeni, da je prijava plačana najkasneje 5 dni pred maratonom! Poleg tega bodo vsem udeležencem na voljo hrana in napitki na okrepčevalnih postajah ob progi ter kolajna in kosilo na cilju. Če je število udeležencev večje od pričakovane in je v zadnjih petih dneh veliko število prijavljenih, imajo prednost pri začetnih paketih tisti, ki so se prijavili pravočasno. Prijavam na dan štarta ne zagotavljamo začetnih paketov.

Kolajno prejmete ob vrnitvi nosilca čipa za elektronsko merjenje časa na cilju! Če je število medalij manjše od števila nastopajočih, jih naročimo dodatno. Medalje so naknadno na voljo udeležencem prireditve na sedežu društva na Šmartinski 152 v Ljubljani.

SPECIAL WARNINGS AND CONDITIONS

- Safety helmet is obligatory as is the necessity to respect traffic regulations.
- On the reverse side of your start number you will find personal information field. Please fill in your name, telephone number and a contact person's name to be called in case of emergency. If you have a medical condition, you feel we should be aware of in case of emergency, please mark it (eg. asthma, diabetes, allergies...)
- The marathon participant is considered to be everyone who registers with the organizer, pays the starting fee and submits a filled-in application form.
- By signing registration papers, participants confirm they are familiar with the conditions of the competition and agree with them.
- The marathon finishes officially at 17.00. Everyone is encouraged to ride in accordance with their level of fitness.
- Groups of participants that are up to 60 minutes behind the leading group will be protected by the mobile road block. The participant that is overtaken by a car with the sign "konec mobilne zapore" (end of mobile block), becomes a regular traffic participant.
- Participants younger than 16 years have to be accompanied by a parent or have to ride in an organized group.
- All participants ride at their own risk; the organizer is not responsible for any damage to materials or people.
- Results will be applicable only to cyclists, ridding road and mountain bikes.

Crossing the control stations (timing carpets) is necessary, in order to be classified in the results.

Obtaining help or assistance from a third party (not belonging to the organization) along the route, will result in immediate disqualification of cyclist.

Please respect nature and do not litter along the route!

Welcome package
Organizer guarantees a welcome package with a surprise gift to all registered participants. In addition, participants will receive a medal at the finish, drinks and refreshments at the refreshment stands along the route and lunch after the marathon.

Medals will be awarded after electronic time-measurement chip is returned.

97 km.....→

TRIGLAV MALI MARATON FRANJA 2017

TRIGLAV LITTLE MARATHON FRANJA 2017

IME DIRKE:	TRIGLAV MALI MARATON FRANJA 2017
DATUM:	NEDELJA, 11. 6. 2017
ŠTART:	10.40
ŠTARTNO MESTO:	LJUBLJANA BTC CITY
CILJ:	LJUBLJANA BTC CITY
PROGA:	LJUBLJANA – DOBROVA – HORJUL – VRZDENEC – LUCINE – GORENJA VAS – ŠKOFJA LOKA – VODICE – TACEN – LJUBLJANA
DOLŽINA:	97 km

OPIS POTEKA MARATONA

Pozor! Uradni štart iz BTC Cityja.

Trasa in časovnica malega maratona Franja je zasnovana tako, da poteka po isti poti kot originalni Maraton Franja. Oba se začneta v BTC Cityju (Ljubljana); pot je enaka prvih 7 kilometrov, do Dolgega mostu. Tam se Mala Franja odcepi in nadaljuje skozi Kozarje, Dobrovo, Horjul do Vrzdenca, kjer se prične 8-kilometrski vzpon s 5-odstotnim povprečnim naklonom, največji naklon je 9 %. Proga nato vodi skozi Lučine do Gorenje vasi, kjer se zopet priključi Veliki Franji in poteka skupaj z njo po enaki časovnici ter progi do cilja v BTC City.

ZA VES PROMET BODO MED MARATONOM ZAPRTE NASLEDNJE CESTE:

Cesta med Vrzdencem in Gorenjo vasjo
(med 27. in 45. kilometrom) med 10.45 in 13.00 uro.

Cesta med Tacnom in BTC Cityjem, cilj
(med 87. in 97. kilometrom) med 12.00 in 17.00 uro.

NEVARNI ODSEKI:

- Nevaren vstop v Škofjo Loko z ostrim levim in takoj nato desnim ovinkom (na 61. kilometru).
- Nevaren krajši spust z desnim ovinkom za okrepčevalno postajo v Šmartnem (na 85. kilometru)

POLEG TEGA PROSIMO UDELEŽENCE,

da so previdni na vožnji skozi Ljubljano, kjer je zaradi velikega števila kolesarjev pričakovati gnečo.

NAME OF THE RACE:	TRIGLAV LITTLE MARATHON FRANJA 2017
DATE:	SUNDAY, 11 JUNE, 2017
START:	10.40
STARTING PLACE:	LJUBLJANA BTC CITY
FINISH:	LJUBLJANA BTC CITY
PROGA:	LJUBLJANA – DOBROVA – HORJUL – VRZDENEC – LUCINE – GORENJA VAS – ŠKOFJA LOKA – VODICE – TACEN – LJUBLJANA
LENGTH:	97 km

ROUTE DESCRIPTION

Attention: Official start in BTC City Ljubljana.

The timeline and the route of Little Marathon Franja BTC City is designed to follow the route of the original Marathon Franja. They both start in BTC City Ljubljana; the route is identical for the first 7 km, up to Dolgi most, where the route of Little Franja continues through Kozarje, Dobrovo, Horjul, Vrzdenec to Lučine and Gorenja vas where it again meets the original Franja route. From there, it continues along the original route of Franja to the finish in BTC City Ljubljana.

THE FOLLOWING ROADS WILL BE CLOSED FOR ALL TRAFFIC DURING MARATHON

Road from Vrzdenec to Gorenja vas (from 27th to 45th km) closed between 10.45 and 13.00.

Road from Tacen to BTC City (finish) (from 87th to 97th km) closed between 12.00 and 17.00.

DANGEROUS POINTS:

- Dangerous right-sided followed by left-sided turn at the entry to Škofja loka (at 61st km)
- Dangerous short descent and right – sided turn in Šmartno, right after refreshment point (at 85th km).

IN ADDITION, PLEASE PAY ATTENTION

at the marathon start, where a large crowd of cyclists is expected.

OKREPČEVALNE POSTAJE (MALI MARATON FRANJA)
REFRESHMENT POINTS (LITTLE MARATHON FRANJA)

OKREPČEVALNA POSTAJA REFRESHMENT POINTS	RAZDALJA OD ŠTARTA DISTANCE FROM START				✚	WC
SUHI DOL	35 KM		dana	Pekarna - keksarna ADAMIČ	✓	2×
ŠKOFJA LOKA	61 KM		dana	Pekarna - keksarna ADAMIČ	✓	2×
BROD nasproti trgovine Mercator Mercator grocery store	88 KM		dana	Pekarna - keksarna ADAMIČ	✓	2×

ČASOVNICA (MALI MARATON FRANJA)
TIMEFRAME (LITTLE MARATHON FRANJA)

KRAJ TOWN	km	POVPREČNA HITROST AVERAGE SPEED 33 km/h	POVPREČNA HITROST AVERAGE SPEED 38 km/h	POVPREČNA HITROST AVERAGE SPEED 43 km/h
BTC CITY (ŠTART • START)	0	10.30	10.30	10.30
KOZARJE	8	10.45	10.46	10.42
DOBROVA	11	11.03	10.52	10.47
BREZJE	19	11.30	11.08	10.59
ZAKLANEC	22	11.39	11.14	11.03
HORJUL	25	11.48	11.20	11.05
VRZDENEC	27	11.54	11.24	11.08
LJUBLJANIC	31	12.06	11.32	11.14
SUHI DOL	35	12.18	11.40	11.20
LUČINE	37	12.24	11.44	11.23
GORENJA VAS	45	12.48	12.00	11.35
POLJANE	49	13.02	12.08	11.41
ŠKOFJA LOKA	61	13.38	12.32	11.59
JEPRCA	70	14.05	12.50	12.11
VODICE	79	14.32	13.08	12.14
ŠMARTNO	85	14.50	13.20	12.23
TACEN	87	14.56	13.24	12.26
JEŽICA	91	15.08	13.32	12.32
BTC CITY (CILJ • FINISH)	97	15.26	13.44	12.41

NAVODILA
(MALI MARATON FRANJA)

Pričetek Malega maratona Franja BTC City je ob 10.40 v BTC City, Ljubljana. Vsi udeleženci morajo prevoziti časomerilno preprogo na štartu, da aktivirajo elektronsko merjenje časa.

Uradni štart Malega Maratona bo ob 10.40 iz BTC-ja. Kolesarji bodo razporejeni po štartnih boksih (glej tabelo), Vsi boksi štartajo istočasno.

Uradni štart in začetek merjenja časa bo v BTC Cityju

V času maratona bo vse udeležence, ki za vodilnim tekmovalcem ne bodo zaostajali več 60 min, varovala mobilna zapora ceste. Vozilo organizatorja, ki ga bo spremljalo policijsko vozilo, bo vse udeležence z zaostankom več kot 60 min za vodilnim tekmovalcem opozorilo z zvočnim signalom. Ti udeleženci bodo zunaj mobilne zapore ceste, zato bodo morali strogo spoštovati cestno-prometne predpise in voziti po desnem prometnem pasu, na trasi pa bodo srečevali vozila ostalih udeležencev v prometu.

Maraton se bo zaključil s podelitvami priznanj za najboljše, od 15.30 ure naprej v Štartno/ciljni vasi v BTC Cityju.

V času maratona bo popolna cestna zapora na trasi Vrzdenec – Gorenja vas med 10.45 in 13.00 ter na odseku Tacen – BTC City med 12.00 in 17.00. Kljub vsemu se moramo zavedati, da za našo varnost še vedno lahko največ storimo sami, s premišljenostjo. Ne glede na mobilno in popolno zaporo ceste lahko pričakujemo kakšnega nepremišljenega in nepozornega voznika.

REGULATIONS
(LITTLE MARATHON FRANJA)

The start of Little Franja BTC City is at 10.40 a.m. in BTC City Ljubljana. All racers must cycle across the timekeeping carpet line at the start to activate Marathon the electronic measuring of time.

The start of the ride of the Small Marathon will take place at 10.40 in BTC City Ljubljana. Cyclists will be given fixed starting boxes (see table). Cyclists from all boxes start at the same time.

The official start of the race and the start of the timing will take place at BTC City.

Participants that are less then 60 minutes behind the leading group will be protected by the MOBILE ROAD BARRICADE. Despite this we have to be aware that with thoughtfulness we can do the most for our safety. Also in case of a mobile or total barricade we can expect a thoughtless and careless car driver. All participants have to consider the traffic rules and drive on the right side of the road.

Marathon will finish with the award ceremony at 15.30.

KATEGORIJE / CATEGORIES

	ŽENSKE / WOMEN		MOŠKI / MEN	
A	1983 in mlajše (34 let in mlajše) *1983 and younger (34 let and younger)*	Bela / *White*	1983 in mlajši (34 let in mlajši) *1983 and younger (34 let and younger)*	Bela / *White*
B	1982-1978 (35-39 let/y)	Turkizna / *Light blue*	1982-1978 (35-39 let/y)	Turkizna / *Light blue*
C	1977-1973 (40-44 let/y)	Roza / *Pink*	1977-1973 (40-44 let/y)	Roza / *Pink*
D	1972-1968 (45-49 let/y)	Oranžna / *Orange*	1972-1968 (45-49 let/y)	Oranžna / *Orange*
E	1967-1963 (50-54 let/y)	Rumena / *Yellow*	1967-1963 (50-54 let/y)	Rumena / *Yellow*
F	1962-1958 (55-59 let/y)	Rdeča / *Red*	1962-1958 (55-59 let/y)	Rdeča / *Red*
G	1957-1953 (60-64 let/y)	Rjava / *Brown*	1957-1953 (60-64 let/y)	Rjava / *Brown*
H	1952-1948 (65-69 let/y)	Temno modra / *Dark Blue*	1952-1948 (65-69 let/y)	Temno modra / *Dark Blue*
I	1947 in starejše (70 let in starejše) *1947 and older (70 years and older)*	Temno zelena / *Dark Green*	1947 in starejši (70 let in starejši) *1947 and older (70 years and older)*	Temno zelena / *Dark Green*

Kvalifikacijska norma za Gran Fondo World Championships na Maratonu Franja BTC City:

Kategorija moški
Za starostne kategorije MOŠKI do 60 let velja rezultat v prvih 25 % v svoji starostni kategoriji na VELIKI trasi Maratona Franja BTC City – 156 km. Za starostne kategorije MOŠKI nad 60 let velja rezultat v prvih 25 % v svoji starostni kategoriji na MALI trasi Maratona Franja BTC City – 97 km.

Kategorija ženske
Za starostne kategorije ŽENSKE do 50 let velja rezultat prvih 25 % v svoji starostni kategoriji na VELIKI trasi Maratona Franja BTC City – 156 km. Za starostne kategorije ŽENSKE nad 50 let velja rezultat v prvih 25 % v svoji starostni kategoriji na MALI trasi Maratona Franja BTC City – 97 km.

Qualifying time for Gran Fondo World Championships at Marathon Franja BTC City:

Men
Age category MEN under 60 – the result within the first 25% in the corresponding age group at the BIG Marathon Franja BTC City 156 km. Age category MEN over 60 – the result within the first 25% in the corresponding age group at the LITTLE Marathon Franja BTC City 97 km.

Women
Age category WOMEN under 50 – the result within the first 25% in the corresponding age group at the BIG Marathon Franja BTC City 156 km. Age category WOMEN over 50 – the result within the first 25% in the corresponding age group at the LITTLE Marathon Franja BTC City 97 km.

POTEK ŠTARTA IN ŠTARTNI BOKSI

Pozor: odprti štart iz BTCja. Kolesarji bodo razporejeni v startne boxe:

	BOKS
1	VIP (maksimalno 100)
2	Lanskih prvih 200 (156km ali 97km)
3	Alpe Adria Tour, Schneekoppe pokal in licence KZS
4	Ostali

KONTROLNE TOČKE

- Na štartu v BTC Cityju (pozor: ne pred 10.30)
- Vodice (79. kilometer).
- Na cilju v BTC Cityju (97. kilometer).

START SCHEDULE AND START BOXES

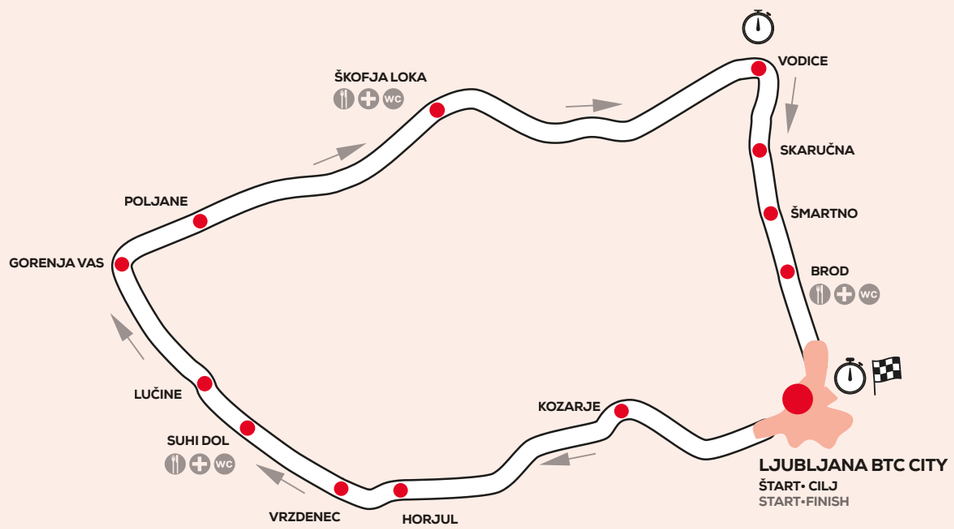
Attention! Flying start in BTC City Ljubljana. Cyclists will be starting from start boxes.

	START BOX
1	VIP (maximum: 100)
2	Last year's first 200 racers (156 km or 97 km)
3	Alpe Adria Tour, Schneekoppe Cup and licences by the Slovenian Cycling Federation
4	Others

CONTROL STATIONS

- At the start in BTC City (attention: not before 10.30).
- Vodice (79th kilometre).
- At the finish in BTC City (97th kilometre).

SHEMA TRASE • MALI MARATON FRANJA BTC CITY 2017
ROUTE • LITTLE MARATHON FRANJA BTC CITY 2017



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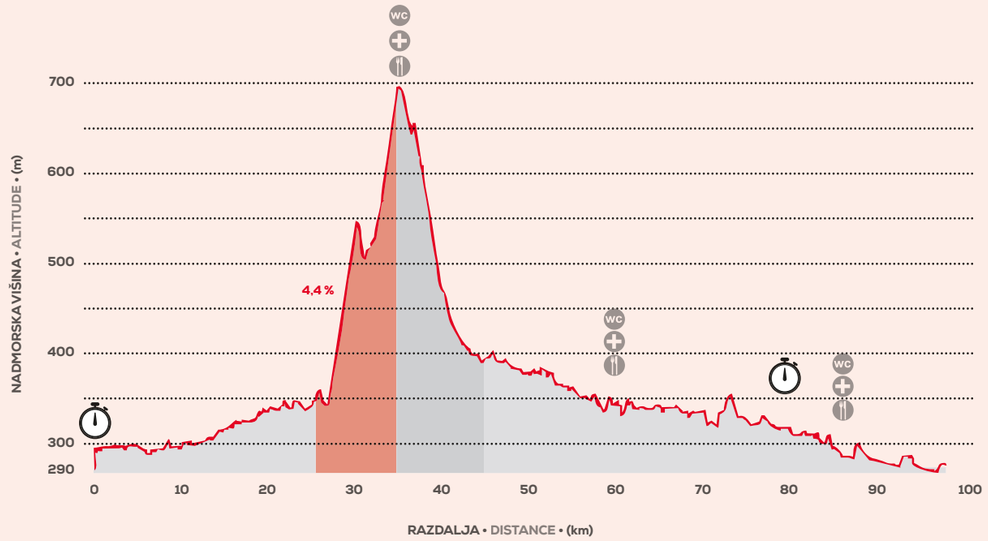

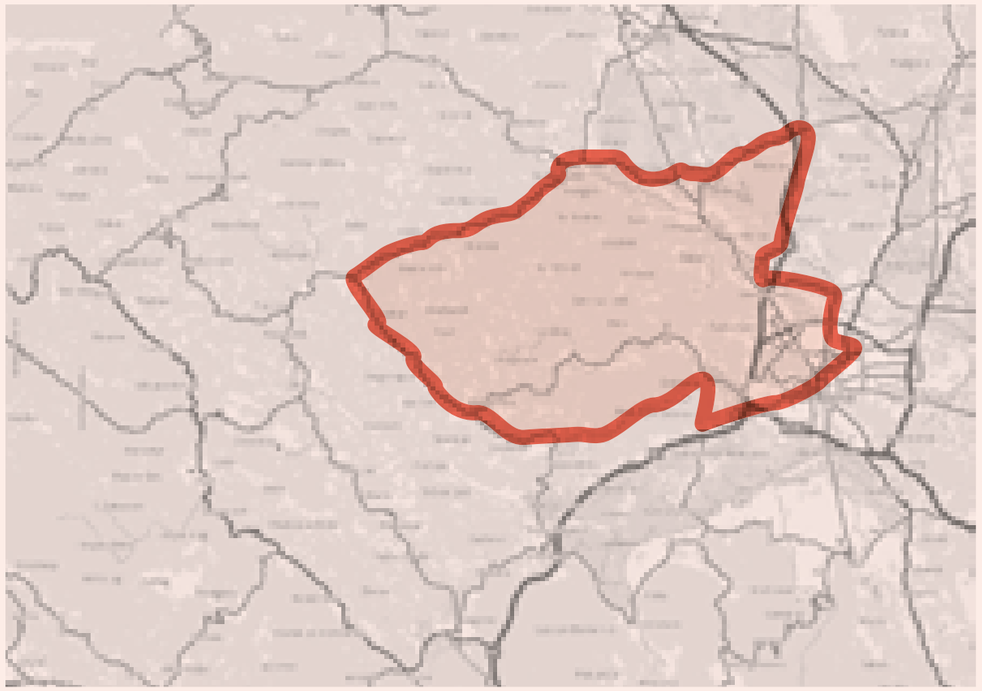

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Crossing the control stations (timing carpets) is necessary, in order to be classified in the results.

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Please respect nature and do not litter along the route!

Welcome package
Organizer guarantees a welcome package with a surprise gift to all registered participants. In addition, participants will receive a medal at the finish, drinks and refreshments at the refreshment stands along the route and lunch after the marathon.

Medals will be awarded after electronic time-measurement chip is returned.

22 km.....→

HOFER DRUŽINSKO ŠOLSKI MARATON

HOFER FAMILY AND SCHOOL MARATHON

IME DIRKE:	HOFER DRUŽINSKO ŠOLSKI MARATON
DATUM:	SOBOTA, 10 6. 2017
ŠTART:	16.00
ŠTARTNO MESTO:	LJUBLJANA BTC CITY
CILJ:	LJUBLJANA BTC CITY, DO 18.30
PROGA:	BTC CITY - Šentjakob - Dragomelj - Pšata - Bišče - Selo pri Ihanu - Domžale (okrepčevalnica in postanek 15 min) - Dragomelj - Šentjakob - BTC CITY
DOLŽINA:	22 KM

NAVODILA

Maraton se prične v soboto, 10. junija 2017 ob 16.00 v BTC City (Ljubljana). Pot vas vodi od BTC-ja čez Šentjakob do Dragomlja, kjer zavijemo desno na Pšato, skozi Bišče in Ihan v Domžale, kjer bo okrepčevalna postaja in obvezni petnajst minutni postanek. Od tu se skozi Dragomelj in Šentjakob vrnete v BTC City, kjer vas čakajo spominska kolajna, malica in pijača.

OPIS POTEKA MARATONA

Družinsko šolski maraton za vsakogar je namenjen družinam z otroki, šolski mladini ter kolesarjem začetnikom. Proga je dolga 22 km in je popolnoma nezahtevna, brez vzponov. Poteka ob popolni zapori cest, tako da se lahko sproščeno podate na vožnjo po Ljubljani in okolici. V želji, da bi se vas udeležilo kar največ, štartnine ni. Ob tem vam bomo poklonili še okrepčilo ob progi ter malico in spominsko kolajno na cilju.

Družinsko-šolski maraton za vsakogar je tako prava promocija rekreacije in kolesarstva in je del posebnega projekta, namenjenjenega učencem osnovnih šol. Temeljni cilj projekta je spodbujati otroke k vožnji s kolesom in aktivnemu preživljanju prostega časa s starši. Osrednji del projekta je udeležba vse družine na maratonu, ob tem pa prirejamo še prvenstvo ljubljanskih osnovnih šol v spretnostni vožnji in množičnosti udeležbe. Projekt je deležen tudi precejšnje medijske pozornosti, ki bo prispevala k ukvarjanju s športom, zlasti s kolesarstvom.

MERJENJE ČASA

Na maratonu ni individualnega merjenja časa.

NAME OF THE RACE:	HOFER FAMILY AND SCHOOL MARATHON
DATE:	SATURDAY, 10 JUNE, 2017
START:	16.00
STARTING PLACE:	LJUBLJANA BTC CITY
FINISH:	LJUBLJANA BTC CITY, TILL 18.30
ROUTE:	BTC CITY - Šentjakob - Dragomelj - Pšata - Bišče - Selo pri Ihanu - Domžale (refreshments 15 min) - Dragomelj - Šentjakob - BTC CITY
LENGTH:	22 KM

REGULATIONS

The marathon in ridden in a closed fashion, with start in BTC City at 16:00. We will ride on Šmartinska street towards Šentjakob and Dragomelj . Then continue through Ihan to Domžale. There will be a refreshment point with an obligatory 15 minute pause. After that we will continue towards Dragomelj, Šentjakob and Sneberje where we join Šmartinska street again towards the finish in BTC City.

ROUTE DESCRIPTION

Family and school marathon is an event, intended for families with children, schools and entry level cyclists. The route is 22 km long and completely flat. As safety is of paramount importance, the roads will be completely closed for all traffic so you can enjoy a nice cycling excursion around Ljubljana with your children.

As Family and school marathon is intended to promote benefits of active lifestyle and recreation with cycling as one of the best ways of doing it, there will be no starting fee. To further motivate all partakers, a medal and lunch will be presented to all finishers at the start/finish village. Special attention is given to organized groups of children from elementary schools. The largest group will receive an award.

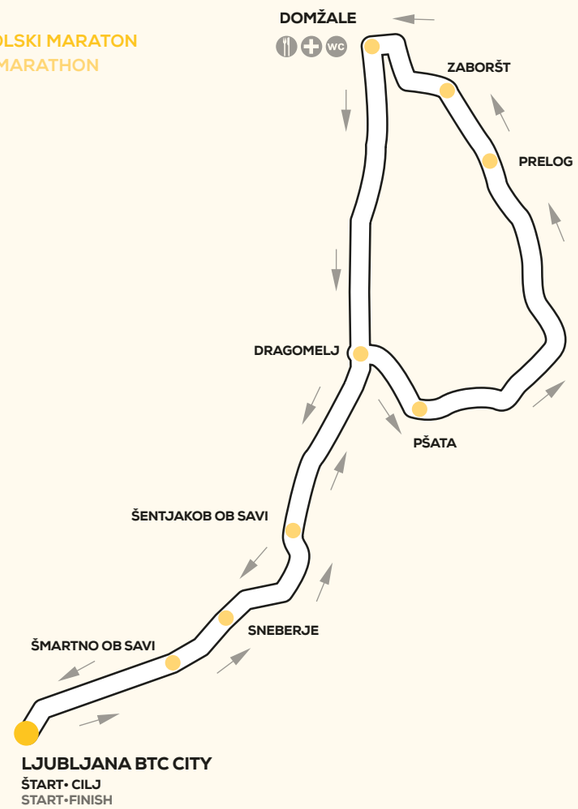
TIME MEASUREMENT

There is no individual time measurement at the marathon.

ČASOVNICA
TIMEFRAME

KRAJ TOWN	km	POVPR. HITROST AVG. SPEED 12 km/h	POVPR. HITROST AVG. SPEED 15 km/h	POVPR. HITROST AVG. SPEED 18 km/h	POVPR. HITROST AVG. SPEED 21 km/h	POVPR. HITROST AVG. SPEED 24 km/h
BTC City (štart)	0	16:00	16:00	16:00	16:00	16:00
Lovše	2,8	16:14	16:11	16:09	16:08	16:07
Nadvoz	3,9	16:19	16:16	16:13	16:11	16:10
Šentjakob	4,9	16:24	16:20	16:16	16:14	16:12
Podgorica	6,8	16:34	16:27	16:23	16:19	16:17
Dragomelj	8,6	16:43	16:34	16:29	16:24	16:21
Pšata	9,7	16:48	16:39	16:32	16:27	16:24
Bišče	10,8	16:54	16:43	16:36	16:31	16:27
Selo pri Ihanu	11.8	16:59	16:47	16:39	16:33	16:29
Ihan	13,2	17:06	16:53	16:44	16:37	16:33
Domžale (Miklošičeva) **+15 min postanek**	15,4	17:17 17:32	17:02 17:17	16:51 17:06	16:44 16:59	16:39 16:54
Dragomelj	18.3	17:47	17:28	17:16	17:07	17:01
Šentjakob	20,2	17:56	17:36	17:22	17:12	17:06
Sneberje	22,5	18:07	17:45	17:30	17:19	17;11
Nove Jarše	24,6	18:18	17:53	17:37	17:25	17:17
BTC City (cilj)	25,8	18:24	17:58	17:41	17:28	17:20

SHEMA TRASE • HOFER DRUŽINSKO ŠOLSKI MARATON
ROUTE • HOFER FAMILY AND SCHOOL MARATHON



ZLATI POKROVITELJ | GOLDEN SPONSOR

1 km.....→

VZAJEMNA PREIZKUŠNJA ZA NAJMLAJŠE

VZAJEMNA TRIAL FOR KIDS

IME DIRKE:	VZAJEMNA PREIZKUŠNJA ZA NAJMLAJŠE
DATUM:	SOBOTA, 10. 6. 2017
ŠTART:	16.30
ŠTARTNO MESTO:	LJUBLJANA BTC CITY
CILJ:	LJUBLJANA BTC CITY, OB 16.45
PROGA:	KROŽNA VOŽNJA PO BTC-JU.
DOLŽINA:	1 KM

Otroška proga je označena z modro črto.

Vzajemna Preizkušnja za otroke je namenjena otrokom **od tretjega do sedmega leta starosti,** proga pa bo dolga 1 km in bo potekala po BTC Cityu.

Ko boste najmlajši opravili s progo, vas na osrednjem prireditvenem prostoru čaka še kolesarski poligon, kjer se lahko preizkusite v spretnostni vožnji.

POSEBNA OPOZORILA IN POGOJI

- **Zaščitna čelada je obvezna.**
- **Vozi se po cestno-prometnih predpisih.**
- Vsi udeleženci maratona vozijo na lastno odgovornost; organizator ne odgovarja za morebitno povzročeno škodo povzročeno na materialih in ljudeh.
- S podpisano prijavnico udeleženec maratona potrdi, da je seznanjen s pogoji razpisa (objavljen je v biltenu maratona) in se z njimi strinja.

Začetni paket
Organizator zagotavlja vsem udeležencem spominsko medaljo, napitek in malico na cilju.

NAME OF THE RACE:	VZAJEMNA TRIAL FOR KIDS
DATE:	SATURDAY, 10 JUNE, 2017
START:	16.30
STARTING PLACE:	LJUBLJANA BTC CITY
FINISH:	LJUBLJANA BTC CITY, AT 16.45
ROUTE:	ROUND COURSE IN BTC.
LENGTH:	1 KM

Kids course is marked with a blue line. Kids course is intended for children from third to seventh years of age, the course will be 1 km long and will be overseen by BTC City.

SPECIAL WARNINGS AND CONDITIONS

- **Safety helmet is obligatory.**
- **You have to respect the road traffic regulations as well as traffic signalization and instructions of the signal men.**
- All the participants in the marathon run on his own responsibility, the organizer is not responsible for any damage caused to materials and people.
- The signed application form marathon participant confirmed that he is familiar with terms and conditions (published in the Bulletin of the marathon) and agrees with them.

Welcome package
Organizer provides all participants a commemorative medal, drinks and snacks at the finish.

KAMORKOLI Z ZAVAROVANJEM TUJINA.

Sklenite zavarovanje z medicinsko asistenco v tujini in se izognite visokim stroškom zdravljenja.

Počitnice ne gredo vselej po vašem načrtu. Zavarovanje vam zagotavlja dodatno varnost v primeru zdravstvenih težav ter krije morebitne stroške zdravstvenih storitev.

* letnega zavarovanja Multitrip

www.vzajemna.si 080 20 60

VZAJEMNA zdravstvena zavarovalnica

2,4 km

PONY ŠTAFETNA DIRKA TROJK

PONY RELAY RACE FOR TEAMS OF THREE

IME DIRKE:	PONY ŠTAFETNA DIRKA TROJK
DATUM:	SOBOTA, 10. 6. 2017
ŠTART:	13.00 – kvalifikacije, 20.00 – finalna dirka za zmagovalce kvalifikacijskih skupin
ŠTARTNO MESTO:	BTC CITY LJUBLJANA, krožišče na Ameriški aveniji med Piramido in Kristalno palačo
CILJ:	Ameriški avenija ob Kristalni palači in ciljnim lokom
PROGA:	BTC CITY LJUBLJANA, Ameriška avenija
DOLŽINA KROGA:	800 metrov – od krožišča pri Kristalni palači do krožišča pri Kratochwillu
DOLŽINA PROGE:	3 krogi – 2,4 km; vsak tekmovalec prevozi 1 krog

Novost v letu 2017 je štafetna dirka trojk s kolesi Pony. Ekipo sestavljajo tri osebe, od katerih mora biti vsaj ena ženskega spola, obvezna pa je uporaba enega kolesa Pony na ekipo, ki si ga člani štafete med seboj predajajo. Kolo Pony dobi vsaka ekipa v uporabo, zato uporaba lastnih Ponyjev ni dovoljena. Ekipa vnaprej določi vrstni red nastopajočih, vsak izmed njih naredi en krog, nato pa preda kolo sotekmovalcu iz ekipe. Predaja je uspešno izvedena, ko tekmovalec, ki je na progi, v prostoru za predaje kolo preda sotekmovalcu iz ekipe. Zmagovalci kvalifikacijskih skupin se bodo ob 20.00 pomerili še v finalni dirki.

Ekipe bodo na dan tekmovanja prejele startne številke, ki jih morajo v času tekmovanja obvezno nositi na sebi.

Start in predajna mesta bodo v krožišču na začetku Ameriške avenije, cilj pa na isti ulici ob Kristalni palači pod ciljnim lokom.

TEHNIČNA NAVODILA

- vsaka ekipa dobi v uporabo eno kolo Pony,
- uporaba lastnih koles Pony ni dovoljena,
- prijave zbiramo do 6. 6. 2017 preko spletnega obrazca www.franja.org,
- startna lista bo objavljena na spletni strani www.franja.org.

NAGRADE

- ekipno 1. mesto – kolo Pony,
- prve tri ekipe – pokali,
- prve tri ekipe – praktične nagrade.

NAME OF THE RACE	PONY RELAY RACE FOR TEAMS OF THREE
DATE:	SATURDAY, 10 JUNE, 2017
START:	1 p.m. – qualifications; 8 p.m. – final race for teams qualified
STARTING PLACE:	BTC CITY LJUBLJANA, roundabout on the American Avenue between the Pyramid and the Crystal Palace
FINISH:	American Avenue beside the Crystal Palace
ROUTE:	BTC CITY LJUBLJANA, American Avenue
LAP:	800 metres – from the roundabout at the Crystal Palace to the roundabout at restaurant Kratochwill
ROUTE LENGTH	3 laps – 2.4 kilometres; each cyclist must finish one lap

A novelty in 2017 is the relay race for teams of three with Pony bikes. The team comprises three cyclists, of whom at least one must be a female. Team members are allowed to use only one Pony bike per team, which is passed among them. Each team receives one Pony bike to use during the race. The use of cyclists' own Pony bikes is not allowed. The order in which cyclists of each team will compete is set in advance, with each of them cycling for one lap. The following cyclist hops on the bike in the exchange area. The exchange is successful when a cyclist passes the bike to the following team member in the exchange area. The winners of qualifying groups will compete against each other in the final race at 8 p.m.

On the day of the race, the teams will receive their starting bibs, which they need to wear during the entire race.

The start and the exchange area are located at the roundabout at the start of the American Avenue, whereas the finish line is located on the same street beside the Crystal Palace.

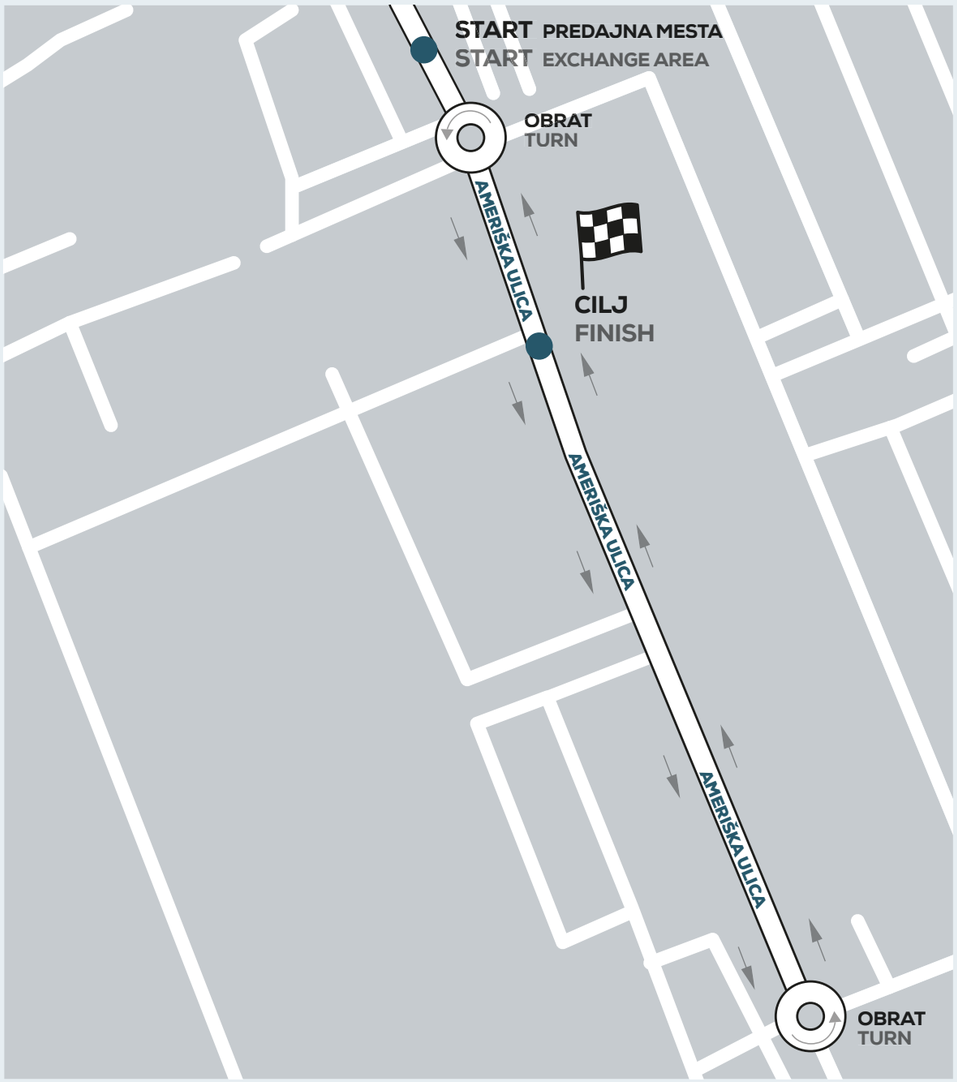
TECHNICAL INSTRUCTIONS

- each team receives one Pony bike for the duration of the race;
- cyclists' own Pony bikes are not allowed;
- applications must be submitted until 6 June 2017 via an online form available at www.franja.org;
- the start list will be available at www.franja.org.

PRIZES

- winning team – a Pony bike,
- first three teams – trophies,
- first three teams – practical prizes.

SHEMA TRASE • PONY ŠTAFETNA DIRKA TROJK
ROUTE • PONY RELAY RACE FOR TEAMS OF THREE



ZLATI POKROVITELJ | GOLDEN SPONSOR

10 ZLATIH PRAVIL ZA PREŽIVETJE MARATONA

1 **NA PRIZORIŠČE PRIDITE PRAVOČASNO.** Vse prijavne formalnosti opravimo že vnaprej. Tako se bomo lažje osredotočili na vožnjo, ki je pred nami in pripravili vse potrebne pripomočke, ki nam utegnejo biti v pomoč na daljši vožnji. Sicer se nam lahko pripeti, da v naglici pozabimo veliko pomembnih stvari.

2 **PREVERITE OPREMO.** Predvsem to velja za kolo, ki ga še pravočasno prepustite v roke serviserju, da preveri vitalne dele kolesa. Ne pozabite na rezervno zračnico! Na tako dolgo preizkušnjo kot je maraton, se ne podajte s kolesom, na katerega niste navajeni.

3 **MED VOŽNJO NE POZABITE PRAVOČASNO PITI!** Na vožnjah, ki trajajo več kot eno uro, je priporočljivo piti elektrolitske napitke (izotonike). V toplem vremenu velja pravilo, da je potrebno na uro spiti od 500 do 600 ml napitkov. Čista voda je za dolgotrajne napore neprimerna, ker nima dovolj elektrolitov (soli), katere izgubljamo s potenjem. Če ne prenašate izotonikov, si pomagajte tako, da na okrepčilnih postajah zaužijete kako slano pecivo, kreker – zato so tam! Pri kolesarstvu je v vročem vremenu nevarnost dehidracije izredno velika, saj se pot zaradi gibanja zraka zelo hitro suši. Do sedaj je bila večina zdravstvenih težav na cilju povezanih z dehidracijo, izgubo soli in posledičnimi krči!

4 **HRANA!** Najboljša izbira so ogljikovi hidrati. Na okrepčevalnih postajah jih boste našli v obliki piškotov in energetskih ploščic. Če boste čakali na lakoto, bo prepozno. Jesti je potrebno začeti že po prvi uri kolesarjenja. Najbolje se bo obneslo, če boste redno uživali manjše prigrizke.

5 **NE HITITE MIMO OKREPČEVALNIH POSTAJ!** Davek, ki ga boste plačali zaradi dehidracije in izpraznjenih energetskih zalog bo lahko velik. In prijetna izkušnja se bo sprevrgla v moro po kateri bo minilo še nekaj dni preden se boste sestavili.

6 **MISLITE NA SOTRPINE ZA VAMI!** Postanke pri okrepčilnih postajah je potrebno kolesarjem za nami vsekakor naznaniti, posebej če so hitrosti večje in se večina iz skupine ne namerava ustaviti. Če (na primer) pozno opazimo okrepčevalno postajo in smo na drugi strani cestišča, nikakor ne smemo kar naenkrat zapeljati na nasprotno stran, saj bomo ogrozili sebe in še veliko drugih udeležencev. Najbolje je, da skupino spustimo naprej, počakamo na prazen prostor in šele nato zapeljemo čez cesto do okrepčevalne postaje.

7 **SPREMLJAJTE DOGAJANJE OKOLI SEBE!** Za množične prireditve v je pomembno predvsem, da imamo vseskozi dober pregled nad dogajanjem. To pomeni, da moramo stalno opazovati, kaj se dogaja nekaj deset pa tudi sto metrov pred nami. Pomembno je, da se za prostor v množici ne prerivamo brez potrebe, saj je proga dolga in bomo imeli dovolj časa, da bomo posameznika, ki nas morda ovira, na primernem kraju prehiteli.

8 **VEČER PRED MARATONOM NI PRAVI ČAS ZA PIKNIK!** Na energetske depoje zadnjih šest ur pred naporom vplivamo lahko le delno, zato je zelo pomemben obrok večer prej.

Nepravilen obrok pred dirko lahko v vročem vremenu naredi veliko slabega. Jejmo predvsem hrano, bogato z ogljikovimi hidrati. Primerna večerja je na primer krožnik testenin ali riža s paradižnikovo omako, pečeno pusto meso z malo zelenjavne priloge ter sveža solata. Za sladico si privoščimo jabolčno pito ali kos sadja. Ne pozabimo na dovolj tekočine. Kako pivo sicer ni prepovedano, le pravo mero je potrebno imeti in ob njem popiti vsaj 2 dl vode, da se izniči diuretični učinek piva.

9 **RAZPOREDITE MOČI!** Velikokrat se v fazi adrenalinskega navdušenja, kolesarji že na začetku maratona zapodijo in s tem nevede močno načnejo glikogenske rezerve v mišicah.

Maraton je dolga preizkušnja, zato velja tempo prilagoditi svojim sposobnostim in dolžini proge.

10 **SKRBITE ZA ČISTO OKOLJE** in ovitkov energetskih ploščic, gelov ter praznih bidonov in ostalih odpadkov ne mečite na cesto ali v naravo. Poleg tega je v prejšnjih letih na Franji kar nekaj kolesarjev padlo, ker jim je na ovinkih spodrsnilo na odvrženih ovitkih energetskih ploščic.

Gorazd PENKO

Robert HAJDINJAK

PREDEN SI PRIPNETE ŠTARTNO ŠTEVILKO, VAS PROSIMO, DA NA HRBTNI STRANI IZPOLNITE OBRAZEC Z VAŠIMI OSEBNIMI PODATKI. V KOLESARSTVU, TAKO KOT TUDI V DRUGIH ŠPORTIH, SE ŽAL DOGAJAJO NEZGODE. PODATKI, KI JIH BOSTE VPISALI NA HRBTNO STRAN, BODO V TAKIH PRIMERIH BISTVENO POMAGALI ZDRAVSTVENI SLUŽBI NA MARATONU.

10 TIPS TO SURVIVE A MARATHON

1 **ARRIVE EARLY!** To allow yourself enough time to get ready, arrive at the start early and try to register in advance to avoid crowds. This will allow you to focus on your ride and prepare all the essentials you need to take along on a longer cycling ride. Last minute haste will only cause nervousness and make you forget a thing or two you might need later on the road.

2 **CHECK YOUR GEAR!** It is essential that your bike be ready and checked at appropriate bike shop before you attempt a long ride such as marathon. Don't forget to bring a spare tube and never ride a long ride on a bike you aren't accustomed to.

3 **DON'T FORGET TO HYDRATE!** On longer rides it is advisable to drink electrolyte beverages (such as isotonics) regularly. On a warm day, we advise to drink between 500 to 600 ml of fluids. Try to avoid water as it lacks electrolytes that you inadvertently lose with sweat. While on the bike, air cools us down and makes sweat evaporate rapidly, so dehydration is very common. Majority of health-related problems on Marathon Franja through the years have been caused by inappropriate fluid and salt intake, resulting in cramps.

4 **FOOD!** As far as food goes, carbohydrates are the right choice. Chose between cookies or energy bars and gels supplied on refreshment points. Don't wait for hunger to strike as it will be too late. Best way to keep well fuelled is to eat small amounts at regular intervals. This way you will avoid the feeling of fullness that may cause an upset stomach and gastrointestinal troubles. For the same reason, don't overload your stomach with food.

5 **DON'T RUSH PAST REFRESHMENT POINTS!** You might regret it later, when you "hit the wall" and your energy levels become undetectable.

6 **KEEP IN MIND YOU ARE NOT ALONE!** It is essential that we signal to others in the group when we decide to stop. Especially when the speed of the group is high and not everyone intends to stop for refreshment. There will be a notice-board well in advance of every refreshment stop, allowing you to place yourself on the outside of the group and prepare to stop. In case you miss the notice-board and are unprepared for a stop, try not to make any sudden position changes in the group. Such actions may jeopardize you and other riders in a group.

7 **BE ALERT!** Observe your perimeter; see what is going on hundred meters in front of you, so you are prepared. Try not to force your way in a group, if it isn't safe. It is a long ride and surely you will get many chances to safely overtake slower cyclists that may be blocking you at the start. Special attention should be paid to drafting. Normally the distance between cyclists' wheels should be no more than 40 to 50 centimeters to be effective. Distance should be much longer in a large group ride, since there is enough draft anyways. It will also be much safer as you will have a broader view of your perimeter.

8 **PICNIC ON THE EVE OF A MARATHON IS A BAD IDEA!** It is important to top off your energy depots with the right food the day before the marathon. There is not much you can do in the last 6 hours before the race, so lunch and dinner the day before should be right. Try to eat carbohydrate rich foods, such as pasta, potatoes, rice and corn with some low fat meat. Dinner should consist of pasta or rice with tomato sauce, fresh salad and some grilled low fat red meat or poultry. Apple pie or fruits are recommended for dessert. Make sure you drink enough. And yes, one beer won't do too much harm. But try to drink an additional glass of water to antagonize diuretic effect of beer.

9 **SAVE YOUR ENERGY AND PLAN AHEAD!** We see it happen a lot: on the wings of adrenaline rush, majority starts riding at too fast of a pace, draining glycogen reserves. Marathon is a long ride on a rolling terrain and requires cyclist to think ahead and distribute force appropriately.

10 **RESPECT NATURE** and don't litter with energy bar packaging and water bottles along the route! Foil packaging can be dangerous to other cyclists as it is very slippery if ridden over.

Gorazd PENKO

Robert HAJDINJAK

BEFORE YOU ATTACH YOUR START NUMBER, PLEASE MAKE SURE YOU FILL IN ALL THE FIELDS ON THE REVERSE SIDE. CYCLING, AS ALL ACTIVITIES, IS UNFORTUNATELY NOT ACCIDENT – FREE. SUCH DATA WILL BE OF GREAT HELP TO MEDICAL PERSONNEL IN THE UNFORTUNATE CASE OF INJURY OR ACCIDENT.

HVALA, KER KOLESARITE Z NAMI

THANK YOU FOR CYCLING WITH US

BTC CITY
Mestna občina Ljubljana
Hofer – VEČ KOT FER. HOFER.
VZAJEMNA – zdravstvena zavarovalnica
triglav
Telekom Slovenije
ELES
Rog
Union – RADLER
Sanolabor – Ko gre za zdravje!
Bayer
ProAction – ZNANOST ŠPORTNEGA PREHRANJEVANJA
RADIO TELEVIZIJA SLOVENIJA
europlakat
DELO

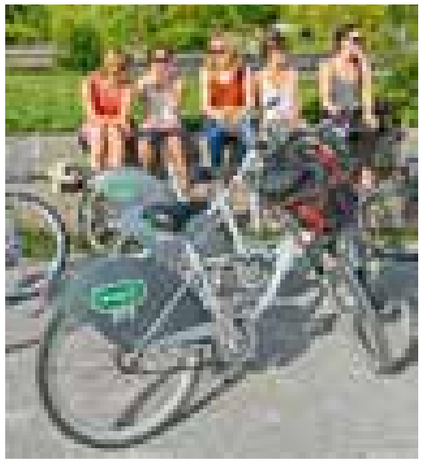
I FEEL SLOVENIA
PETROL
INTERSPORT
MDM
Radisson BLU
Aerodrom Ljubljana
GARMIN
ROLGRAF
SCOTT
Zott Jogobella
OMEGA AIR
PRIGO
Barilla
TePe – We care for healthy smiles
dana
avtotehna|VIS
2S
LOTERIJA SLOVENIJE
:polet
SPLETNIK – spletne rešitve po vaši meri
pika si

ASTORIA WINES
PEKLENK
MULINO BIANCO
RIO mare
erfa
DVIG
Leone – Kraljevski dodatki
BaneM
OBLAK
FRIGOLOGO
SIDI
vittoria
FULCRUM
BAR 2000 – eliksir
ZLATO POLJE
maksi – zanesljivi dobrodošli
NW
Pekarna - keksarna ADAMIČ
VALAMAR – HOTELS & RESORTS
Union
anni
LPP
EURO FOTO
mebloJOGI
KOLEKTOR
ABSOLUTNO
VŽI VO.
VAL 202

OBČINA DOMŽALE
Dol pri Ljubljani
občina Horjul
OBČINA VRHNIKA
Občina Logatec
občina Cerkno
občina Idrija
občina škofja loka
Občina Gorenja vas - Poljane
občina Vodice
OBČINA MEDVODE
CPG
cestno podjetje kranj
Ministrstvo za notranje zadeve
Ministrstvo za šolstvo in šport
Fundacija za šport

LJUBLJANA

IDEALNA ZA KOLO
IDEAL FOR CYCLING



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