



# TORTOUR

## INFORMATION-MANUAL TORTOUR 250 / TORTOUR Myself 50

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Version June 2026

Dear participants of TORTOUR 250 / TORTOUR Myself 50

This manual contains all necessary information, which will help you in the planning and preparation for the event, as well as to facilitate the event itself.

We point out that there may be updates to this information. We will inform in such case until begin of the event.

The manual is not passed in printed form to the participants. It is available exclusively in electronic form on our website for download.

We wish you all a good time and preparation.

### **Important:**

#### **1. Registrations and team details**

Is all information stored in the TORTOUR registration tool? Please check the information provided of the athletes. Any adjustments must be communicated via [info@tortour.com](mailto:info@tortour.com).

#### **2. Check-in:**

The check-in is to be attended by a member of each team. The following document must be brought along: By all participants signed athletes declaration

#### **3. Routes:**

You can find the latest track plans or stages any time at [www.tortour.com](http://www.tortour.com) in the respective race formats. Please note that track adjustments are possible until shortly before the event due to the approval procedure.

#### **4. Navigation:**

The participants and teams are responsible for their own navigation. The Roadbook will only contain rough route information. The respective time stations are described in detail. In addition, the TORTOUR 250 and TORTOUR Myself 50 course is signposted.

Tip: Load the gpx files onto the navigation device the day before the start of the race. This ensures that the latest versions are used.

#### **5. Safety:**

The night mode (20:30 - 06:30h) and especially the lighting on the bike will be controlled consistently.

#### **6. Documents & information:**

Important documents and information such as the Regulations and this information manual can be found on [www.tortour.com](http://www.tortour.com) in the respective race format under "Regulations".

#### **7. Important phone number:**

The following telephone number must be saved by all team members:  
TORTOUR race office +41 44 500 39 14

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## **IN GENERAL ABOUT THE TORTOUR ULTRACYCLING**

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### **Routes: Prologue Rheinfallbecken**

- The prologue for TORTOUR 1000, 500 and 250 will take place on 13 August 2026 between 15:00 and 18:00 at the Rhine Falls basin.
- There will be no prologue for the TORTOUR Myself 50.

### **Routes lead back to the IWC-Arena, Schaffhausen**

- TORTOUR 1000 – 2 times: after approx. 950 and after approx. 1'000 km
- TORTOUR 500 – 2 times: after approx. 450 and after approx. 500 km
- TORTOUR 250 – 2 times: after approx. 200 and after approx. 250 km
- TORTOUR Myself – x times: after 50, 100, 150, 200 km etc.

### **Sequence of routes to be ridden - see website:**

- TORTOUR 1000:  
Round 1 950 km – Round 2 50 km
- TORTOUR 500:  
Round 1 450 km – Round 2 50 km
- TORTOUR 250:  
Round 1 200 km – Round 2 50 km
- TORTOUR Myself:  
50 Kilometer Round

### **Community: Together we celebrate our passion**

- Pasta party for all participants and team members
- Briefing before the race
- Finish in the IWC-Arena
- Finisherbrunch and ceremony for all participants and team members

### **Catering Route: For all unaccompanied athletes at timestations incl. IWC-Arena**

- Winforce drinks: Isotone and Carbo Basic Plus
- Winforce nutrition: Ultra Energy Complex, Hydro Energy, Booster, Oat Bite and Panforte
- Water and other snacks

### **Catering Arena: For all athletes and team staff**

- Pasta party before the briefing
- Finisherbrunch
- Foodtrucks

### **Charity: Charity partner**

- Summits4Hope
- Skipstone
- Sporthilfe

## TIMING OVERVIEW

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### TORTOUR 250

- Check-in 1 Thursday, 13.08.2026, 11.00 – 13.00 h
- Pasta Party Thursday, 13.08.2026, 12.15 – 13.30 h
- Briefing Thursday, 13.08.2026, 13.30 – 14.00 h
- Prologue Thursday, 13.08.2026, ab 15.00 h\*
- Check-in 2 (alternative) Saturday, 15.08.2026, 06.00 – 07.15 h
- Briefing short Saturday, 15.08.2026, 07.15 – 07.30 h
- Start Saturday, 15.08.2026, ab 08.00 h\*
- Last finishers Saturday, 15.08.2026, 24.00 h
- Finisher brunch/Ceremony Sunday, 16.08.2026, 09.30 h

*\*The final start times will be announced in advance*

### TORTOUR Myself 50

- Check-in 1 Thursday, 13.08.2026, 11.00 – 13.00 h
- Pasta Party Thursday, 13.08.2026, 12.15 – 13.30 h
- Briefing Thursday, 13.08.2026, 13.30 – 14.00 h
- Check-in 2 (alternative) Friday, 14.08.2026, 15.30 – 16.15 h
- Briefing short Myself 50 24 h Friday, 14.08.2026, 16.15 – 16.30 h
- Start Myself 50 24h Friday, 14.08.2026, 17.00 h
- Check-in 3 (alternative) Saturday, 15.08.2026, 06.00 – 07.15 h
- Briefing short Myself 50 24 h Saturday, 15.08.2026, 07.15 – 07.30 h
- Start Myself 50 Saturday, 15.08.2026, 08.00 h
- Last finishers Saturday, 15.08.2026, 17.00 h
- Finisher brunch/Ceremony Sunday, 16.08.2026, 09.30 h

## OVERVIEW EVENT LOCATION

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### IWC-Arena on Google Maps:

<https://maps.app.goo.gl/SM7vF1NRZU5xyba48>

### Parkings before, during and after the race:

The number of parking spaces for vehicles, which must be parked for the entire duration of the event, is limited. The best way to get there is without a private car, in carpools or by your own "taxi service".

Information on available parking spaces will follow in the athletes' letter shortly before the event.

### Check-in:

IWC-Arena

### Start / Finish:

IWC-Arena

## CHECK - IN

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- When:** See timing overview
- Who:** One athlete or one team member (1 person)
- Where:** KEK Küsnacht

### **Documents:**

#### **Signed athletes declaration**

One declaration for each team **signed by all athletes**. **Exception:** for athletes younger 18 years resp. 16 years (on race day), a separate, personal declaration, signed by parents has to be handed in.

You will find the athletes declaration on the last pages of this info-manual. You have to **print it by your own** and bring it with you to the check-in.

#### **TORTOUR Trikot by X-BIONIC:**

The new TORTOUR jerseys from X-BIONIC are available for collection from their stand. The sizes ordered will be handed out. There is no provision for trying on the jerseys to determine the size.

## PASTA PARTY

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- When:** See timing overview
- Who:** All athletes
- Where:** IWC-Arena
- What:** Pasta with various sauces

## BRIEFING

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- When:** See timing overview
- Who:** All athletes
- Where:** IWC-Arena

### **Comments:**

The briefing is a very important part of the event!

During the briefing, latest news, eventual recent changes to the route, etc. will be announced. Important procedures and instructions will be addressed again.

## PROLOGUE

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**When:** See timing overview

**Who:** All athletes TORTOUR 250

**Where:** Rheinfallbecken <https://maps.app.goo.gl/BPvB4a1rrHPuFS6k9>

**How:**

The TORTOUR Ultracycling 2026 revives the prologue at the Rhine Falls basin. The route covers 750 metres and a climb of just under 50 metres in altitude, from Schössli Wörth up to the Industrieplatz.

Athletes will assemble at the Rhine Falls car park; the start is at Schössli Wörth and the finish is at the Industrieplatz.

**Clothing:**

TORTOUR 2026 jersey by X-BIONIC

X-BIONIC will present each participant with the stylish TORTOUR Ultracycling jersey at check-in.

Wearing this jersey is compulsory during the prologue.

**Timing:**

Via the system. The average total time achieved by each team will then determine the starting order within the race category.

**Comments:**

The prologue will be held as a multi-start event. This means that several teams from the same category will start together.

Solo: 6 Teams

Teams of 2: 3 Teams

Teams of 4: 1 Team

**Non-participation:**

Arriving late or failing to turn up will result in the team starting the race in its category after the teams that took part in the prologue. If several teams are affected, the starting order will be determined by the age of the solo starters or the average age of the teams. The oldest team starts first.

## INSPECTION OF BICYCLES AND HELMETS

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### All Athletes

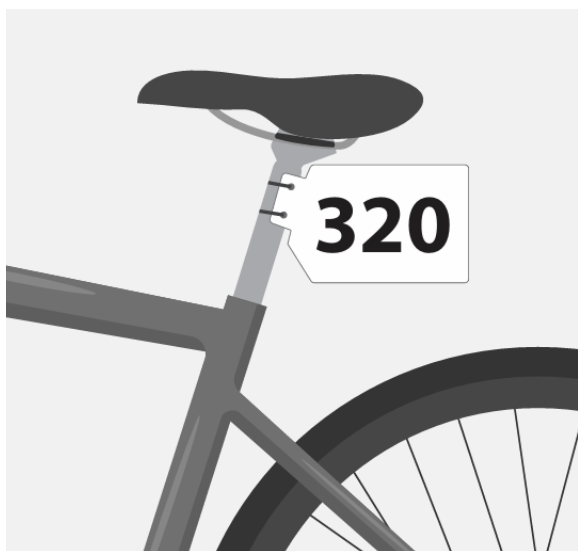
**How:** The inspection of bicycles and helmets will be done shortly before the start in the pre-start area. Care is taken about the reflectors (according to specification) on bicycles on the proper location, the suitability of helmets and the starting number.

**Night mode:** For start times between 20.30 – 6.30 h, participants are obliged to start in night mode. The wearing of the reflective light belt on the upper body as well as functioning front and rear lights are mandatory. This will also be checked during the inspection.

**Please attach the helmet race number at the front and on the left hand side of the helmet.**

**The race number on the racing bike must be mounted exactly as shown. No wrapping around the seat post! The start number must not be changed in any way, e.g. by cutting off parts.**

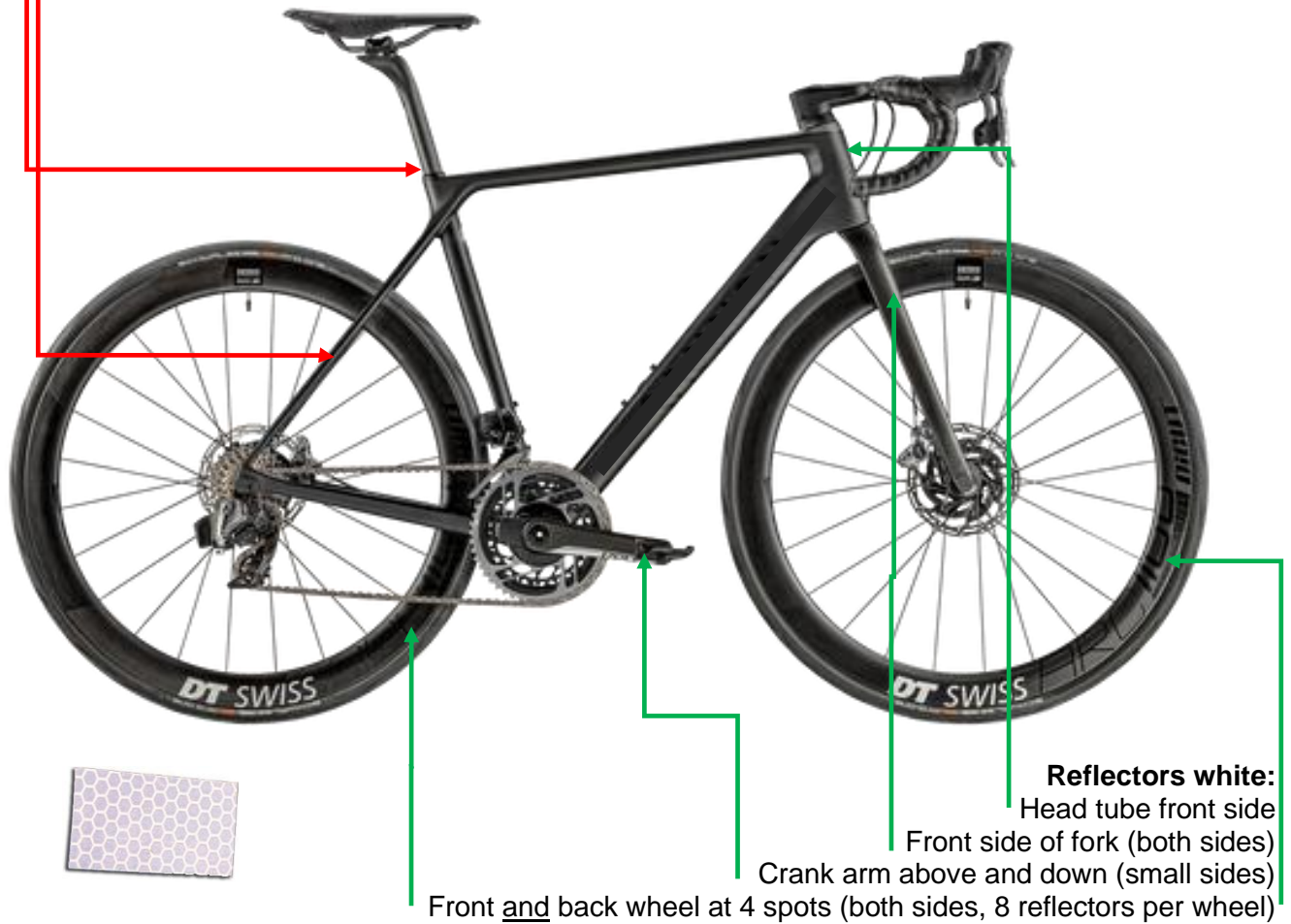
**The start number must be mounted on the bike with which the finish line is crossed, otherwise no timekeeping is possible.**



## BICYCLE MARKING

### Reflectors red:

- back side of seat post and/or seat tube
- back side of back wheel seat stay (both sides)



### Reflectors white:

- Head tube front side
- Front side of fork (both sides)
- Crank arm above and down (small sides)
- Front and back wheel at 4 spots (both sides, 8 reflectors per wheel)

**Athletes with missing reflectors will not be allowed to start.**

**Reflectors have to be organized by the athletes.**

**Exception:** TORTOUR Myself 50 start on Saturday morning do not need reflectors.

**IMPORTANT:** For rides during the night shifts (from 20.30 – 06.30 h) there has to be additional ordinary bicycle lights in place: At the front side an always shining white light (100 m visible), at the back side a not flashing red light (150 m visible).

## RACE START

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The race starts requires a very disciplined, punctual appearance of the participants.

The following information must be observed:

### TORTOUR 250

- Start all categories Saturday, 15.08.2026, from 08.00 h

Individual starts will see the athletes and teams begin the race. The starting order will be determined by the results of the prologue. The start intervals will be a few seconds.

### TORTOUR Myself 50

- Start Myself 50 24h Friday, 14.08.2026, 17.00 h
- Start Myself 50 Saturday, 15.08.2026, 08.00 h

The categories will each start in small groups.

Procedure of the race start:

- Admission of the athletes to the starting area: **race start time minus 20 min.**
- Technical inspection
- Start from IWC-Arena - neutralised
- The race will be released by the leading motommarshalls

N.B. There is the possibility to deposit ONE bag per team with the most important utensils in the start/finish area. This area is not guarded and no liability will be assumed.

## THE RACE

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### Process

All athletes complete the entire course **without** assistance from outside.

At the timestations, the participant or one of the arriving participants makes the entry/signature in the time table - this also applies to the passages at the IWC-Arena. All timestations are approached by the entire team.

The course is described in the Roadbook. It will be handed out as PDF document and can be download from our website. 1 printed copy will be handed out at the check-in.

Next to the race regulations, the Swiss traffic rules fully apply at any time. Violations will be punished with time penalties. All riders arriving after the scheduled time limit must abandon the race if it is excluded that the team can get back in schedule again (final decision by race director).

Wearing the reflective belt on the upper body is required during the night mode. The reflective belt is made available by the organizer (starter bag).



## **Abandoning the race**

Athletes or teams who give up the race must inform the race headquarters by providing their start number and location.

## **FINISH**

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### **Process**

#### **TORTOUR 250:**

The timing for the TORTOUR 250 stops at the entrance to the IWC-Arena.

Upon arrival at the finish, the athletes/teams hand in their trackers.

The arrival of the athletes and teams will be celebrated on the stage at the IWC-Arena.

Each participant will receive the well-deserved finisher's medal when crossing the finish line.

#### **Closing time IWC-Arena**

Saturday, 24:00h

#### **TORTOUR Myself 50:**

The participants will not be judged on the basis of timekeeping, but on the basis of the number of laps completed. Each lap will be counted at the IWC-Arena.

Each participant will receive the well-deserved finisher's medal when crossing the finish line.

#### **Closing time IWC-Arena**

Saturday, 17:00h

**IMPORTANT: On Saturday at 17:00h the counting of laps will be stopped. Laps not completed in full will not be counted.**

#### **Finisher catering**

Cool drinks and delicious catering through food trucks awaits the Finisher and teams at the finish line.

## **FINISHER BRUNCH & AWARD CEREMONY**

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**Where:** IWC-Arena

**For whom:** All athletes

**When:** Sunday, 16.08.2026, from 09.30 h

## REGULATIONS

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**Note:** Download at [www.tortour.com](http://www.tortour.com) in the race format TORTOUR 250 and TORTOUR Myself 50 under "Documents".

The Regulations describe all applicable rules for all involved (racers and crew members) during the whole duration of the event. In addition, the Swiss traffic law has to be followed completely and at any time. Instructions of police will have to be followed without restrictions.

The regulations are the basis for a fair and safe race.

The observance of the regulations will be supervised and controlled by Officials (Moto-Marshalls as well as further Race-Officials). In case of violations, warnings or direct time penalties will be delivered, that can lead up to disqualification.

## SIGNPOSTING

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The route is signposted with black arrows on yellow signs.

## ROADBOOK

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Download at [www.tortour.com](http://www.tortour.com)  
Available approximately two weeks before the event.

### **It includes:**

- Geographical map material with route marked on the map
- Details on time stations (location, infrastructure etc.)

The Roadbook resp. the gpx-data files describe the binding routing from time station to time station.

The Roadbook will be made available via website. Each team will also receive one printed copy at the check-in.

## OFFICIALS / MOTO-MARSHALLS / PENALTIES

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Moto-Marshalls and Race Officials supervise and control the observance of the regulations during the whole event and thus guarantee a safe and fair TORTOUR. Officials can make themselves visible through their clothes or vehicle, but can also carry out their task „incognito“. In any event, officials may identify themselves.

Officials can sanction violations of the traffic-regulations and/or the TORTOUR regulations as follows:

### **Issue a warning**

(3rd warning will automatically be converted into a **time penalty**)

**Issue a time penalty:**

1. time penalty 5 min.
2. time penalty 15 min.
3. time penalty = disqualification

**Direct disqualification/suspension**

Violations that lead to immediate disqualification are listed in the regulations.

**MEDICAL CARE**

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Soon, the adventure TORTOUR is about to begin! In order to minimize the risk of accidents and injuries or other medical-related issues, a good preparation is the most important measure. However, should any medical problems occur, the following procedure should be kept:

In case of an emergency with severe injuries: Alert the official emergency rescue service directly via telephone number 144 (all over Switzerland).

We recommend installing the following apps: echo112 and REGA. With these, the emergency services can be called directly, and your coordinates are transmitted directly.

Hospitals located along the route including their contact details are listed in the routebook.

Basic medical care is available at the start/finish through Motomarsalls.

Generally, we would like to remind all participants that a First-Aid-Kit should belong to the team's equipment.

**NOTES OF THE POLICE – IN CASE OF ACCIDENTS**

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Latest before the start of the race, the organizer has to orient the participants, officials and drivers of support vehicles on the security measures taken as well as the case of an accident.

**Event of an accident****Minor accidents of racers**

Article 51, Section 1-3 SVG do not apply. Assistance and all penalties under unsportsmanlike are the responsibility of the organizer, remains a subject of any complaint of assault within the meaning of Article 123 paragraph 1 and 125 paragraph 1 of the Criminal Code (StGB).

**Accidents involving serious injury in race accidents**

The provisions of Article 51 SVG fully apply. To remain on the scene of the accident but only those directly involved. The indirect participants have to hold on to the target available to the police and may only leave the target without the consent of the police, if they need help in itself. Directly involved in the accident vehicles may not be removed from the end position without previous markings and must remain on the scene of the accident.

**Accidents involving third parties**

The provisions of Article 51 SVG fully apply.

**SVG Article 51 Dealing with accidents**

- 1) If an accident occurs in which a motor vehicle or bicycle is involved, all parties must stop im-

- mediately. You have to ensure as far as possible for the safety of traffic.
- 2) Are people injured, all parties have to provide help. Innocent, where it is reasonable for them. The participants, mainly the drivers have to notify the police. All involved, including fellow passengers also have a role in the determination of the facts. Without the consent of the police, they may not leave the scene of an accident, even if they need help, or to call for help or the police.
  - 3) If only caused material damage, the perpetrator shall immediately notify the claimant and indicate name and address. If this is not possible, he shall immediately notify the police.
  - 4) In case of accidents at level crossings, the parties to notify the Railway immediately.

## **VIDEO / FOTO CREW**

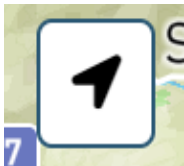
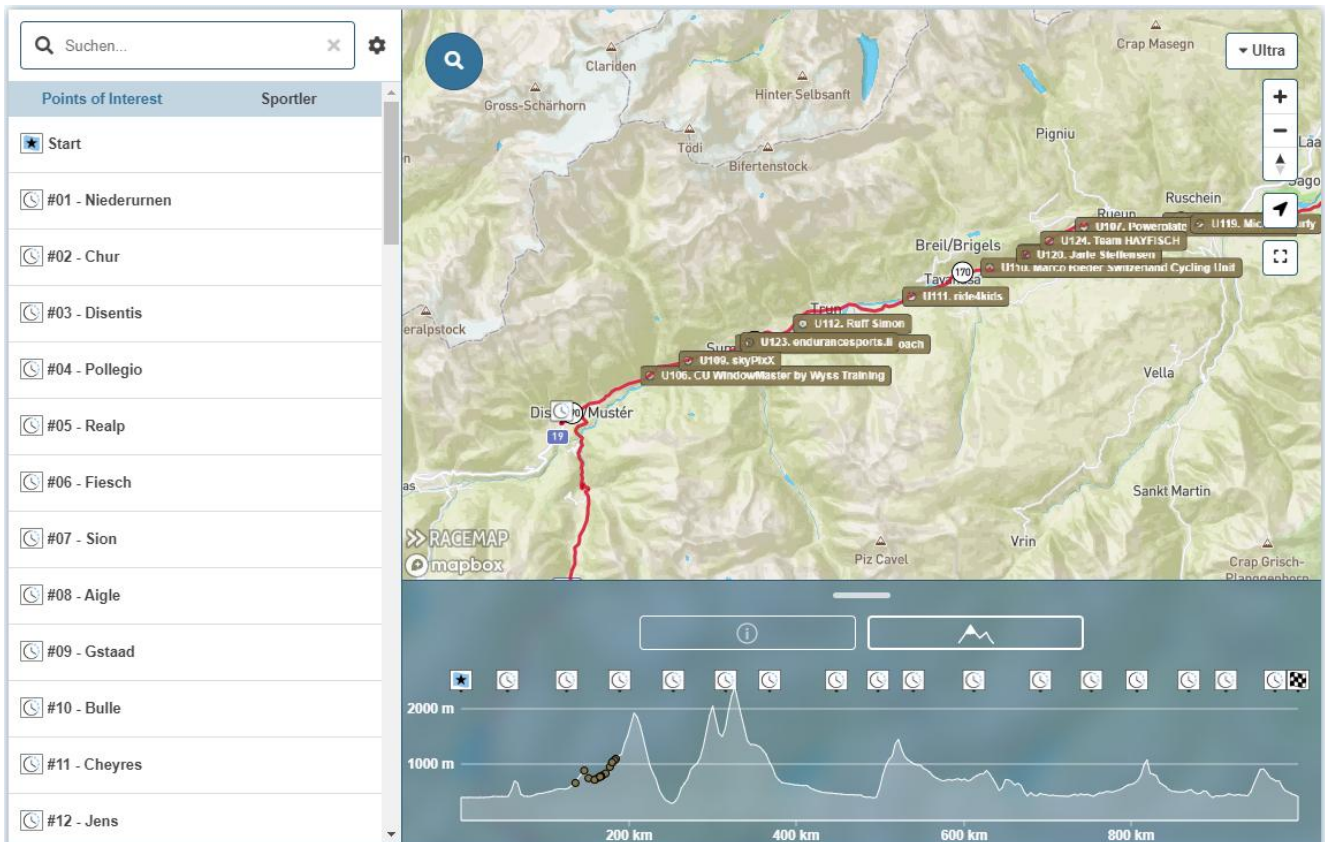
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Several photographers of [www.sportograf.com](http://www.sportograf.com) will be on the track and take pictures of all the athletes. These can be purchased online a few days after the event.

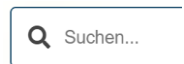
Similarly, iRewind creates personalised video recordings, which can then be purchased.

## NAVIGATION MIT DATASPORT – only for TORTOUR 250

With the tracking of Datasport at <http://www.datasport.com/live/startlist/?racenr=28542> not only the position of the riders can be displayed, but also the own position. This not only allows the crew to follow the race action in real time, but also serves to support their own navigation.



Function for displaying one's own position. To do this, one must give the browser permission to use one's own location. As soon as the position is determined, it is displayed on the map. Tracking cannot be used as navigation in the conventional sense with turn-by-turn directions. It is only used to follow the predefined route.



Function to search for an athlete or team



Function to filter the athletes and teams according to different criteria.



The display of the map can be customized via the settings.

### Requirements/Recommendations

- Mobile device with GPS receiver (tablet/smartphone)
- Mobile data (internet connection with hotspot or data subscription)
- Permanent power supply of the used device
- Switching off the automatic screen lock on the device used

The permanent use of the tracking results in a high energy consumption due to the data usage and the permanent use of the GPS receiver, therefore it can lead to the battery discharging despite permanent power supply.

### Car navigation

Due to the variety of navigation devices on the market, the TORTOUR organization cannot provide support. It is up to each team to use this option.

## NAVIGATION WITH BIKE COMPUTER

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The GPX data can be imported from the download area directly into the bike computers - without further manipulation or adjustment.

## TRACKING SYSTEM – DATASPORT

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### Brief description

The tracking system used conveys the course of the race almost in real time (can have delays of up to 5 minutes, depending on the GPS and mobile reception of the trackers). A web application at <http://www.datasport.com/live/startlist/?racenr=28542> enables the race organizers, participants, media and all interested parties to follow the race progress.

### Tracker specifications



Dimensions:	78 x 40 x 27 mm
Weight:	93g
Battery life:	ca. 60 hours
Water protection:	Splash, jet water protection (IPx5). <b>Not</b> waterproof.

The tracker has an SOS function. By pressing (2-3s until the device vibrates) the black button on the front of the tracker, an SOS is sent. In this case, the current position data will be transmitted to Datasport, which will provide the data to the organizer for further action.

The SOS function may only be used in an emergency. In the case of unjustified use, costs may be incurred for rescue services that have already been called out, which must be borne by the participants.

### Handover

Each solo athlete or team of the TORTOUR will be given one tracker shortly before the race start. The device is checked for function and already switched on. Manipulations by participants are not necessary.

In case of loss or wilful damage of the tracker CHF 200.- will be charged.

### Transport / Handover (Teams)

The starters of all team categories will receive the tracker in a plastic ZIP bag.

The tracker will always be handed over at rider changes.

### Where to stow?

The tracker is ideally stored in the middle back pocket. In the same pocket there should be no liquid food like gels or other items shielding the signal like rain jackets with zippers or similar. Alternatively, the tracker can be permanently mounted on the frame of the road bike or placed in the saddle bag.

### Note

- The tracker, like a baton, must always be with the athlete who is riding the current section of the course.
- If the tracking device is not carried by the rider on the track, this will result in a time penalty (the tracking route also serves as a monitoring tool for the route of the individual teams).
- No manipulation of the device is necessary except on explicit instruction of the race office.

**Important:** Racing bike frames made of carbon or also carbon parts in the saddle bag can interfere with the radio connection and the reception of the GPS signal.

**Note**

- The device has water protection, but is not waterproof. If the device is directly exposed to rain (e.g. mounting on the handlebar) it must be additionally protected.
- If the tracker is mounted on the racing bike and different racing bikes are used, it must always be changed to the currently used racing bike.

**Return**

After the finish the tracking device has to be handed over to the organizer!

If the race is abandoned, the tracker has to be handed in at the finish area or sent by mail to TORTOUR GmbH, Seestrasse 49, 8702 Zollikon (within 3 days after the race), otherwise the tracker will be charged with CHF 200.-.

## ATHLETES-DECLARATION TORTOUR 2026

Athletes and crew members who choose to participate in TORTOUR do so at their own risk and assume full responsibility for their own safety. The organiser (TORTOUR GmbH, Seestrasse 49, 8702 Zollikon) accepts no liability towards the athletes and their crew members for any injury or damages, whether contractual or tort claims, to the extent permitted by law. In addition, liability on the part of the organiser for acts or omissions in connection with the provision of services by third parties is entirely excluded.

Liability claims by the athletes and their crew members against the auxiliary staff themselves are also excluded. Insurance against accident, illness or theft as well as insurance for the liability of the athlete and crew members are the responsibility of the athlete and crew members.

The organiser's liability is entirely excluded in the case of *force majeure* or occurrences that could not be anticipated or averted despite the exercise of due care. If the race has to be cancelled or discontinued at short notice due to external factors such as very bad weather or an accident, there shall be no entitlement to a refund of entry fees and/or to compensation. The decision to cancel or discontinue the event is at the sole discretion of the organiser.

The TORTOUR rules posted on the organiser's website ([www.tortour.com](http://www.tortour.com)) constitute an integral part of this declaration.

I hereby declare

- that me and my crew members have taken out sufficient liability and accident insurance.
- that me and my crew members have read, fully understood and agree to this declaration.
- that I consent to photographs being taken and used by TORTOUR and its designated partners.

Team number / Team name .....

Athlete(s)

Place, date	Name, Surname	Signature

Emergency contact(s) (optional)

Athlete	Emergency contact, Name	Emerg. contact mobile Nr.

**Exception:** For athletes younger 18 years, a separate declaration, signed by parents has to be handed in.

### ISOTONE

Fresh energy for your training with a 1 to 0.8 glucose to fructose ratio

Isotonic thirst quencher for medium or short workouts

Your body needs to be supplied with valuable minerals and sufficient fluids even during relaxed training. This refreshing thirst quencher made from fruit juice concentrate gives you just that and a little energy in the form of quickly available carbohydrates on top. Isotone is easy to dose as a syrup and refreshes with the natural flavour of lemon and blackberry.

#### The science behind it

What your body doesn't need isn't in here: WINFORCE ISOTONE contains only natural ingredients and is free from artificial additives and stabilisers. This ensures optimum tolerability. The approximately 5% carbohydrate content in a 1 to 0.8 glucose to fructose ratio provides your body with energy quickly without irritating your stomach.

#### Ingredients:

##### *Blackberry:*

Sucrose, blackberry juice from concentrate 37%, starch syrup, table salt, natural flavouring, acidifier: malic acid, magnesium citrate, potassium hydrogen carbonate, calcium chloride.

##### *Lemon:*

Sucrose, lemon juice from concentrate 17 %, starch syrup, water, table salt, acidifier: citric acid, natural s flavouring, magnesium citrate, potassium hydrogen carbon at, calcium chloride.



## CARBO BASIC PLUS

Built on milestones

Hypotonic energy drink powder for long efforts

If you are constantly pushing yourself to the limits of your performance, it is no longer just a question of how many watts you can pedal - but how many carbohydrates you can consume per hour. CARBO BASIC PLUS has been developed to exhaust this range - without irritating your stomach. Your body will never have an easier task than consuming this hypotonic energy drink on any stage.

### The science behind it

Back in 2008, we put our heads together with professional riders in search of a solution for the long haul. They were missing a source of energy that would remain tolerable even at the limit - without diarrhoea or nausea.

Its strength: starch! We discovered a water-soluble formula with the highest concentration of long-chain carbohydrates to date. These pass through the stomach more quickly without dehydrating the body, don't taste too sweet and ensure sustained performance in the legs. After winning the Race Across America, CARBO BASIC PLUS shot through the roof - and has worn the yellow jersey in our range ever since.

### Ingredients:

#### *Grapefruit:*

Potato swelling starch, maltodextrin, sucrose, fructose, isomaltulose, acidifier : citric acid, table salt, grapefruit flavouring.

#### *Peach:*

Potato starch, maltodextrin, sucrose, dextrose, table salt, peach flavouring.

#### *Lemon:*

Potato starch, maltodextrin, sucrose, dextrose, acidifier: citric acid, table salt, lemon flavouring.



## ULTRA ENERGY COMPLEX

Your diesel for empty tanks

Energy concentrate for your jersey pocket

Half the distance is behind you, but the finish still seems twice as far away? This practical energy concentrate is your tailwind and is perfect for combining with CARBO BASIC PLUS during constant exertion. The high-quality ingredients based on carbohydrates and high-quality fatty acids conserve your body's own glycogen reserves, keep your blood sugar levels stable and maintain your performance level during continuous exertion.

### The science behind it

ULTRA ENERGY COMPLEX - sounds complex, but follows our principle of uncompromising simplification. Because only the best goes into it. No flavourings, no preservatives, just the natural taste of real nuts or fruit. There are also four vegetable oils that provide you with important omega-6 fatty acids and a good portion of L-carnitine, which promotes both fat metabolism and regeneration.

### Ingredients:

#### *Banana:*

Banana puree 24%, maltodextrin, sucrose, coconut milk powder (coconut milk, maltodextrin, sodium CASEINATE), vegetable oil blend 8% (olive, coconut, sunflower, rapeseed, emulsifier: sunflower lecithin), banana powder 3%, L-carnitine.

#### *Hazelnut:*

Maltodextrin, sucrose, water, HAZELNUT 16%, invert sugar, coconut milk powder (coconut milk, maltodextrin, sodium CASEINATE), vegetable oil blend 8% (olive, coconut, sunflower, rapeseed, emulsifier: sunflower lecithin), L-carnitine.

#### *Salty Peanut:*

Maltodextrin, ERDNUT PASTE 20% water, glucose, vegetable oil blend 10%, (olive, coconut, sunflower, rapeseed, emulsifier: sunflower lecithin), sucrose, table salt, L-carnitine.



## HYDRO ENERGY

Pure energy in liquid form, blood sugar-optimised

Liquid, isotonic energy concentrate

The liquid, isotonic HYDRO ENERGY energy concentrate provides you with enough energy when you need it. Its formula is based on the latest scientific findings and has an optimised carbohydrate ratio so that you can give your body more energy without having to worry about stomach problems or hunger pangs.

We have optimised its use during exercise for you: The stick is easy to open and, thanks to its liquid consistency, can be taken without having to drink more. And you can give your body new energy for maximum performance. Are you preparing for your next endurance competition? HYDRO ENERGY has the same glucose/fructose ratio of 1 to 0.8 as CHO MAXX. This means you can combine both products without hesitation.

### The science behind it

The human body can tolerate a glucose to fructose ratio of 1 to 0.8 and efficiently utilise up to 120 g of carbohydrates per hour. HYDRO ENERGY is a reliable source of carbohydrates that puts little strain on your blood sugar levels. This means you can keep up high-intensity exercise for even longer. The carbohydrates are transported to where your body needs them most - quickly, efficiently and without any notorious side effects. Thanks to the isotonic concentration, the energy concentrate enters your bloodstream quickly without causing stomach problems. HYDRO ENERGY has a pleasant natural taste and consists of water, maltodextrin and fructose in a blood sugar-optimised, balanced ratio.

### Ingredients:

#### *Lemon:*

Water, maltodextrin, fructose, natural flavouring, acidifier: citric acid, preservative: potassium sorbate.

#### *Cola:*

Water, maltodextrin, fructose, natural flavouring, acidulant: phosphoric acid, preservative: potassium sorbate.

#### *Apple:*

Water, maltodextrin, fructose, natural flavouring, acidifier: malic acid, preservative: potassium sorbate.



## BOOSTER

The runner's high for your jersey pocket

Caffeinated sports drink with a mild flavour

Last lap in cross country, your head wants to go further, but your body is running into an inner wall and doesn't want any more. A quick sip of WINFORCE BOOSTER brings you back into performance mode. Refreshed by the flavour of pink grapefruit and boosted by 200 mg of caffeine, you attack again, more focused and alert for the final kilometres. The finish line can come.

WINFORCE BOOSTER is free from lactose and gluten and is also suitable for vegans.

### The science behind it

Quickly available energy and caffeine provide a revitalising adrenaline rush. You feel more powerful and focussed in the short term during prolonged exercise. And because we have 'conjured up' the bitterness from the high caffeine content, taking it is a real pleasure. The closure of the ampoule is also the result of some engineering skill: together with a mechanical engineer, we have designed the mechanism for use during competition.

### Ingredients:

*Pink Grapefruit:*

Water, sucrose, dextrose, acidifier: citric acid, flavouring, caffeine, preservative: potassium sorbate.



## OAT BITE

The small bite with long-lasting energy

Handmade oatmeal-based energy bar

Sports drinks and gels are indispensable. But sometimes you need something with a bite. WINFORCE has the answer: OAT BITE.

Handmade, perfectly balanced and unbeatable in flavour. The OAT BITE is not just a source of energy, but a real flavour experience: the cocoa? 'Oh-so-Yummy' - intense, chocolaty, simply irresistible. The apple cake? A recipe with fruity apple and spices - our best-kept secret. Simply handmade. And the best thing? The consistency is just right - neither too dry nor too sticky. That's how good performance tastes.

At a handy 35 g, the OAT BITE gives you exactly what you need. 24 g of complex carbohydrates for long-lasting energy - without putting a strain on your stomach. Perfect for training, competitions or a snack in between.

### The science behind it

Oatmeal has a low glycaemic index. This means that your stomach takes a relatively long time to digest them. This means that the energy is released continuously. This makes oatmeal an ideal With 24 g of carbohydrates in a portion size of 35 g, the OAT BITE provides you with the ideal amount of carbohydrates that you should consume in one go. On top of this, major energy fluctuations are a thing of the past with the bar. So you can consistently maintain your rhythm during training or competition. Thanks to the ideal portion size with complex carbohydrates and fibre, the bar is very easy to digest and does not feel heavy on the stomach.

### Ingredients:

#### *Apple Cake:*

OAT flakes 40 %, rice syrup, apple flour 8 %, CASHEW NUTS, rice flour, apple syrup 6 %, raw cane sugar, cinnamon, vanilla, natural flavourings, salt.

#### *Cacao:*

OAT FLAKES 37 %, rice syrup, raw cane sugar, maize flour, cocoa 7 %, sunflower oil, vanilla, salt, natural flavourings.



## PANFORTE

Inspired by the Italian original.

Handmade energy bar made from organic almonds and fruit

If you've ever taken a break in one of the typical cafés in Tuscany, you're sure to have come across it: the 'Panforte', the delicious pastry made from almonds, fruit and fine spices. It not only tasted good, but also inspired us - to create an energy bar that you've probably never come across anywhere else and that provides important carbohydrates before, during and after sport. We remain true to the original's claim: 100% handmade from the best ingredients - organic almonds, fruit and the traditional spices of Tuscany.

### The science behind it

Modern science meets strict Italian artisan tradition. Because yes, you could achieve a similar effect with cheaper nuts, but real almonds belong in a panforte, period! And even if it were easier to produce off the production line, nothing comes close to the handmade bars from our Swiss organic bakery. The result is the WINFORCE PANFORTE, which has already found many fans and is increasingly pushing our master baker to his limits. But as they say on the mountain stage? Grit your teeth.

### Ingredients:

#### *Berry Almond:*

ALMONDS\* (23%), whole cane sugar\*, dates\*, cranberries\* (10%), gluten-free flour mix\* (rice flour, corn flour, ground psyllium husks, sugar), sour cherries\* (7%), glucose syrup\*, agave syrup\*, aronia berries\* (3%), lemons\*, beetroot powder\*, vanilla flavouring (natural plant extract), spices\*.

#### *Date Almond Cacao:*

Dates\* (33%), ALMONDS\* (21%), whole cane sugar\*, agave syrup\*, gluten-free flour blend\* (rice flour, corn flour, ground psyllium husks, sugar), glucose syrup\*, cocoa\* (3%), natural vanilla extract\*, natural cocoa extract\*, spices\*.

#### *Citrus Almond:*

Candied citrus fruit\* (35 %) (glucose syrup, orange peel, lemon peel, salt), ALMONDS\* (21 %), whole cane sugar\*, agave syrup\*, gluten-free flour blend\* (rice flour, corn flour, ground psyllium husks, sugar), glucose syrup\*, natural lemon extract\*, natural orange extract\*, spices\*.

