

## Highlights from our vast selection of events include:

200 km Brevet to roll into the cycling season.

300 km Brevet A hilly distance to build up the strength.

400 km Brevet The first route from dawn till night time.

600 km Brevet He/she who has made it this far, may consider him/herself a Super Randonneur.

10. Flèche Allemagne 24 h rally 360km every year at Pentecost

### Etappenfahrt Berlin-Köln 700 km

A great way to prepare for the challenge of the Hamburg-Berlin-Cologne-Hamburg tour and get to know a section of the Super-Brevet ahead of time.

### Permanent long-distance tours

#### HaLaRa A-tours

These A-tours are the core of the HaLaRa, they lead from the centre of the world, i.e. Hamburg, to the following geographical regions in Germany:

- Hamburg – List (Sylt) (260 km)
- Hamburg – Oberstdorf (1000 km)
- Hamburg – Görlitz (550 km)
- Hamburg – Selfkant (525 km)

### Honours:

- Super Randonneur
- 5000 km in Deutschland
- 10000 km – usw. in Deutschland

## 1500 km Germany

### Hamburg-Berlin-Cologne-Hamburg

### 3rd German Super Brevet

The Randonneurs Mondiaux rules , established 1974, apply.

Cycling will be according to route description.

At the control-points the brevet card is to be filled with passing time and date and is to be stamped.

The maximum time corresponds to a speed of 12 km/hr

Start and finish will most probably be in Grosshansdorf by Hamburg.

The cycle must be equipped with adequate cycle lighting, reflective belts are a night-time requirement.

#### Organiser:

Audax Club Schleswig-Holstein v.2000 e.V.

The ACSH promotes long distance cycling according to the Randonneurs Mondiaux rules..



Please contact us for additional information in English

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## 3rd German Super Brevet

**14. bis 19. August 2010**

**Hamburg**

**Berlin**

**Köln**

**Hamburg**

**1.500 km**

**in maximal 125 Stunden**

**Info: [www.r-s-h.de](http://www.r-s-h.de)**

# 1.500 km Deutschland

## 3rd Super Brevet „Hamburg-Berlin-Köln-Hamburg“

All long-distance cyclists should mark the date in their calendars and get started on their training because in Aug. 2010 we are rolling: we have started preparations for the 3rd German Super-Brevet.

The tour takes its course in a southeasterly direction until just before Berlin (Nauen), then heading southwest. Board and lodging is planned at control point Quedlinburg (km450)

Half way through the tour, the road leads through the Harz, the Weser-Leine and the Sauerland mountain ranges providing abundant changes in altitude. Turning points are Brilon (km 750) and Rösrath (shortly before Cologne, km 950). During this stretch a minimum of one overnight stay is advisable. From Rösrath onwards the general route goes in a northeast. 100 km of low mountain range are to be crossed before the land flattens again between Werl and Soest. Here along the way we are planning the second main control point.

On the way back to Grosshansdorf all we need to do is pass the Teutoburger Forest and cross the Elbe- and we have made it!

We will organise a luggage transport to the two main control points (roughly at km 450 and km 1100). Everything else must be taken along on the bike.

Note: Such a tour is very different from the Tour of France for instance. No one will assist you in changing your wheel or hand you bottled water. Plus it is your own responsibility to find the right direction in which to go.

However, we do not compete against one another but cycle with one another. And everyone can say at the end: Victory- I'm a winner!

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