

## GUIDO KUNZE RIDES BIKE TRANSALP NON-STOP

### NO SLEEP TILL RIVA!

The legendary BIKE Transalp race takes the riders in eight strenuous stages across the Alps – German endurance athlete Guido Kunze went on the original route on August the 6<sup>th</sup> and finished his non-stop crossing 66 hours later. Starting in Füssen (Germany), Kunze rode non-stop 600 km and 20.000 altitude meters to Riva (Italy). The 44 year old did not only struggle with the sheer strain of the tour without sleep, he also faced heavy rain and flooding on his first day, snow on the Silvretta peaks at night and a thunderstorm in the Dolomites on day 3. Yet, he did it again!

Known as “Guinness-Guido” for his entry in the *Guinness Book of World Records* for crossing Australia on his roadbike non-stop, Kunze is an amateur athlete with extreme projects. He finished the Race Across America, the Bad Water Run, the Ultratrail du Montblanc as well as the Transalpine Run, and cycled the 2009 Tour de France route non-stop. Yet, his latest project was a new challenge: “The BIKE Transalp non-stop was one of the most brutal things I’ve ever done. In Australia and for Race Across America, I was constantly accompanied by a team on the road. Of course, this wasn’t possible on the trails this time and also you cannot relax for a second when you ride your mountainbike. You always have to remain focused, especially going downhill. Looking back, I have to admit that I underestimated the tour.”

For parts of the tour, Kunze was accompanied by a TV crew, bikers from his team CRAFT and Friends and his friend and bike mechanic Silvio Holub. His success strongly depended on perfect logistics and his support team: “I don’t think I would have made it without my crew. They ensured my safety, they helped me navigate and just simply chatting while riding distracted me from the pain.”

But the most difficult passage Guido had to master all by himself! He crossed the Silvretta peaks from Ischgl to Scuol during the first night, which were covered in fresh snow. “My GPS showed me the way, but the trail was hidden beneath 50 cm of snow. That was pretty rough!”

During the three days, Guido only rested about three hours, “but this is not proper sleep. I’m aware of things around me and hear everything, because I’m so tense. It’s more of a stand-by mode. Fortunately I have a lot of experience with sleep deprivation from my previous projects and know how my body works.”



For more information see:

Guido Kunze's Website <http://www.guido-kunze.de>  
Route information <http://www.bike-magazin.de/event/bike-transalp/>  
MDR's tour broadcast <http://www.mdr.de/thueringen-journal/7521003.html>  
Guido's bikewear <http://www.craft.se/de>  
Guido's GPS device <https://buy.garmin.com/shop/shop.do?clID=160&plD=10885>

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