## **Brattia Bike Festival**

# with Ex-Professional Simon Geschke 10-11 October 2025 - INFO SHEET - ENG

Registration, workshops, and starting point of the rides:

Narodna knjižnica Sutivan

Kala o konguli 2, 21403 Sutivan

### Friday, 10 October

### 10:00 - Open Doors - Welcome participants and guests

- Registration and introductions (throughout the day)
- Possibility to test-ride Aurum bikes (throughout the day)

### 12:00 - Training Ride: Gravel / MTB (approx. 2.5-3 hours)

- Ride alongside Simon Geschke
- KOM Challenge

### 14:30 - Session: Motus Natura

- Presentation and discussion about functional movement patterns, common cycling injuries, and how to prevent them
- Post-ride reflection and group exchange
- Q&A with Simon Geschke

### 15:00 - Prize Ceremony

### 18:00 - Day Closing

Lunch will be served during the day.

### Saturday, 11 October

### 10:00 - Open Doors

- Welcome participants and guests
- Registration and introductions (throughout the day)
- Possibility to test-ride Aurum bikes (throughout the day)

### 11:00 - Training Ride: Road (approx. 2.5-3 hours)

- Ride alongside Simon Geschke
- KOM Challenge

### 14:30 - Session: Nutrition for Performance

- Talk and Q&A with a nutrition expert
- Practical tips for fueling before, during, and after rides
- Q&A with Simon Geschke

### 15:00 - Prize Ceremony

### 18:00 - Day Closing

Lunch will be served during the day.

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