



Cycling race «Russia C2C» - 10 000 km solo across Russia - Wolfgang Fasching set a new long distance world record

On the 13th of August at 9.42 pm in St. Petersburg the major cycling challenge “Russia – Coast to Coast” (C2C) was completed. The Austrian cyclist Wolfgang Fasching arrived in the northern capital of Russia. He covered the distance of 10 000 km from Vladivostok to St. Petersburg in just 21 day 19 hours 31 minutes thereby setting an unprecedented world record.

Within the framework of the project «Russia C2C» the Austrian cyclist has completed a large-scale cycling race and arrived in St. Petersburg. In 22 days Wolfgang Fasching crossed 10 000 km, 7 time zones and the total vertical altitude difference of 80 000 m. His path led through dozens of cities in Russia, Lake Baikal - the deepest lake on the planet, the North-Siberian lowland and the Ural Mountains separating the western and eastern parts of the country. Daily Wolfgang overcame just under 500 km per day with an average speed of 25 km / h, and he spent no more than 3-4 hours for his sleep every day. "The unknown was ahead of me: bad roads and so many unpredictable circumstances, which I had to cope with on the spot. It can't be compared to any of my past experiences, "- says Wolfgang Fasching who overcame all the difficulties.

This race was a difficult experience both for the extreme sportsman and for the Project Director Alexander Schachner, General Director of ALPE consulting, who did all the best for the race to be successful. After 300 km of the track on the main bike the wheels had to be changed three times, and during the first night Wolfgang had to change the speed bike for the mountain bike due to the poor state of the roads. The headwind was blowing him off, and because of the rigidity of the saddle and the road conditions the Austrian cyclist had problems with his health. One time he was even hit by a car on the track. However, in spite of the difficult conditions of the cycling race Wolfgang Fasching arrived in St. Petersburg 2 days before the scheduled time and set a new world record.

Fasching as he had promised before the start of the race poured into the Baltic Sea the water from the bottle which had been filled in the Sea of Japan, and thus, symbolically completed his major bike ride, following the primary mission: to draw attention to the cycling sport and its promotion and to strengthen friendship between people and cultures.

On the way from Vladivostok to St. Petersburg Wolfgang Fasching and his support team was accompanied by Volkswagen cars. In total Volkswagen handed over to the organizers of the race five vehicles: two of the four-wheel-drive vehicles Touareg and three Multivan cars, additionally equipped with luggage boxes on the roof and fixtures for transporting bicycles on the back door. One of the escort cars illuminated the road at night and protected the cyclist from freight transport. The support team was going after Fasching in other vehicles. It's 24 people who drove the entire route on its different parts: doctors, mechanics, physical therapists, representatives of the media, bilingual drivers.

The project is under patronage of Vyacheslav Fetisov, a member of the Federation Council of the Federal Assembly of the Russian Federation. Throughout the route Wolfgang Fasching and his team were being warmly welcomed. In some of the cities the team stayed in the hotels of the Azimuth chain, which is one of the sponsors of the cycling race «Russia C2C». In Moscow the sportsman and his team were cordially welcomed by «Swissôtel Krasnye Holmy».



Wolfgang Fasching is the winner of many honors and awards, is a world champion in the cycling Race Across Australia 1999, in bicycle races 2x in 24 hours, the winner of the cycling race XXALPS, which runs through 44 mountain peaks, the winner of the Race Across America in 1997, 2000 and 2002. Wolfgang also conquered the summit of Mount Everest and the seven highest mountains in the world.

One could follow the race in real-time mode using the mobile application Russia C2C developed by ALPE consulting together with SAP - Platinum Sponsor and Technology Partner of the project. SAP is one of the world leaders on the corporate applications market. SAP solutions allow increasing the efficiency of interaction between employees and the enterprise creating a deep understanding of business and to create the competitive advantage. Over 258 000 clients use SAP solutions and services, and their advanced technologies guarantee high profitability and favor uninterrupted localization and sustainable growth.

The main organizer of the cycling race “Russia – Coast to Coast” (C2C) is ALPE consulting – SAP Silver Partner and ALPE consulting General Director Alexander Schachner. ALPE consulting provides the full range of services in SAP implementation, Roll-Out projects, trainings, support and maintenance. ALPE consulting was founded in 2006 with offices in Moscow, Saint-Petersburg, Kazan.

All the information about the project is available on the website www.russiaC2C.com created by ALP Group. The goal of the website is to provide the users with the opportunity to follow the race in real-time mode, to read the news, get detailed info about the project, its participants and sponsors, to see the photos and video materials, to leave comments and to share opinions. The website is integrated with the popular social media (Facebook, Twitter, Vkontakte), Instagram and Youtube services. For the mobile devices a special responsive version of the website has been developed. The site is available in 3 languages (Russian, English and German).

«Swissôtel Krasnye Holmy» has developed a healthy sport menu for the project Russia C2C, and the recipes were used for Wolfgang’s diet during his grand cycling race. The menu has been developed within the framework of the hotel corporate program “Vitality”, which is aimed at the gain in health of the hotel guests. All the dishes have low fat and are wholesome, also have a positive effect on a human body and are indispensable in sustaining of the vitality. «Swissôtel Krasnye Holmy» is an official partner of the project «Russia – Coast to Coast».



PROJECT OF THE RACE «RUSSIA – COAST TO COAST» IN QUOTES ...

Wolfgang Fasching: „I couldn't believe that it would be possible to drive across the whole of Russia in 21 days. Had I known from the very beginning about the quality of the roads and about the strong pain I would feel in my knee and my thigh... The fact that we are here is almost a miracle. The old wisdom says: «All what is imaginable is possible, one just needs to dare.» And you need to really want it for yourself. And the key word is patience. To handle every situation in real-time mode, to accept them. It seems to me that people are capable of more when they believe that it's possible.“

Alexander Schachner, the main organizer of the project: „What Wolfgang has done in Russia for the past 3 weeks is incomprehensible. He wrecked all our schedule and the project organization and we arrived in Saint-Petersburg 2 days (!!!) before we had expected. It's a fantastic and a unique project during which everything that could go wrong went wrong. There was no day when we didn't have to solve a problem. Wolfgang Fasching is an incredible man and a great sportsman. The world needs such people as Wolfgang, and we all could learn something from him.“

Andreas Sachs, the initiator of the project: „Wolfgang I would say outdid himself at this distance and has opened a new dimension of the extreme sports. And if last year we aspired to prove that one could cross Russia on a bicycle at speed, this year Wolfgang has opened new horizons by this excellent achievement. His body and spirit were tried very hard, and this shows how important are the will and the perseverance and how little is needed to recover in order to maintain a very stable working capacity for several weeks. However I would like to express my gratitude also to the whole team that has proved that despite the individual and cultural differences people can become one team united by joint efforts and goals.“

Helmut Ocenasek, authorized physician of Fasching (sportmediziner.at): „Unimaginable motion, noise, signals, passing trucks... It was a trial that Wolfgang had to go through. Let alone the main task that no human being had faced before – to overcome the distance of 10 000 km on a bicycle. “Will a human machine endure this or will the running gear fail?” That's what I was thinking when preparing for the project. Nevertheless, it all went well. The medical department was not overloaded; we just had to mix hundreds of drinks with carbohydrates, fats and proteins. Several salt tablets and potassium in powder and that's it! We were able immediately to stop the pains in Wolfgang's knee as well as his light tonsillitis. It was more difficult to deal with the open bruises on his bottom. But we managed it as well.“



... AND IN FIGURES:

- 21 days, 19 hours, 31 minutes of travel
- Total 9991 km
- A lap of honor 7,4 km long in Moscow
- Total 85 000 m of vertical altitude difference
- 110 hours out of bike saddle (physiotherapy, shower, waiting at level crossing gates of the Trans-Siberian railway, hygiene stops, press conference in Kazan and Moscow, official reception in Tatarstan, interviews etc.)
- out of them 66 hours of sleep (in 36 hours the first stop for sleep, the second stop only after the next 30 hours of travel, and then 3 hours stops for sleep every 24 hours)
- 192 000 calories burnt (equals to 12 000 pieces of sugar or 2 700 cans of Coca Cola)
- 19 km/h average speed including all the stops
- 25 km/h speed on the bike
- 400 km across the road construction sites
- 60 times bicycles changed (mountain and speed bikes)
- 100 km of traffic jam
- 7 time zones
- +35 ° C max. temperature
- +7 ° C min. temperature
- 170 000 trucks overtook Fasching
- 75 trucks overtaken by him (74 – at the construction sites, and 1 going up the mountain)

Team productivity:

- drank 1000 l of mineral water – Vittel
- ate 1000 chocolate bars
- burnt 25 distribution blocks
- humbly received 800 mosquito bites



Organizers of «Russia C2C» project:



ПЛАТИНОВЫЙ СПОНСОР & ТЕХНОЛОГИЧЕСКИЙ ПАРТНЕР:



ПЛАТИНОВЫЙ СПОНСОР:



СЕРЕБРЯНЫЕ СПОНСОРЫ:



СПОНСОРЫ:



swissôtel KRASNYE HOLMY
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