

KIELCE BIKE EXPO 2018 THE EXPO PROGRAMME

13 September – Thursday

- 10.00 - 18.00 The exhibition open for business insiders only
- 10.00** The KIELCE BIKE-EXPO Gala Opening Ceremony the stage in E Expo Hall
- 10.00-18.00** Drift-vehicles tests - Razor Crazy Cart - organiser: Razor, C-54 Expo stand
- 10.00-18.00** Strider bicycles test-rides on the obstacle course. Lectures on the children's bicycle motor-balance development - age 1 to 5. Presentations of comprehensive all-year solutions for children to play with - organiser: Strider Polska, D-100 Expo stand
- 11.00 -12.00** Workshops on electric bicycles operation, maintenance and service - the organiser: Ecobike - G1 conference hall
- 12.00-14.00** "How to improve your company" training session - Jan Kubica - E3 conference hall
- 12:00 - 15:00** – “Rommet 2019” conference - organiser: Arkus & Rommet Group LLC - Omega + Alfa, Targi Kielce Congress Centre
- 14.00** Awarding Ceremony of Grand Prix, certificates and distinctions of the 7th Cyclists-Friendly Commune Competition - KAPPA conference hall, Targi Kielce Congress Centre
- 14.30-15.45** "Become a sales champion" training session - Jan Kubica - E3 conference hall
- 16.30-18.00**"Bike Shop 2019 - how not to lose on sales margins?" conference - organiser: VELOPROFIT - E3 conference hall
- 20.30 Gala Awarding Ceremony and Banquet for Exhibitors and Guests - Binkowski Hotel invitation holders only

14 September- Friday

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- 11.00 -12.00** Workshops on electric bicycles operation, maintenance and service - the organiser: Ecobike - G1 conference hall
- 11.00 - 16.00** Conference on Tourism and Bicycle Infrastructure Development in Poland - organiser: Polish Tourist and Sightseeing Association - KAPPA conference hall, Targi Kielce Congress Centre
- 12.00-14.00** "How to improve your company" training session - Jan Kubica - E3 conference hall
- 14.30-15.45** "Become a sales champion" training session - Jan Kubica - E3 conference hall
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15 September - Saturday - The general public open day

Inauguration of the European Sustainable Transport Week

- 9.00-16.00** The general public open day
- 9.00-16.00** Freestyle cycling shows -organiser: BIKE O'clock: Vašek Kolář, Damjan Siriški (silver medallist of the Biketrial World Championships, European Biketrial Champion and four-time Czech national Freestyle MTB and Biketrial champion) and Ondra Šenk (second at the Biketrial World Championships, two-time Czech Biketrial champion) - A Expo Hall
- 9.00-16.00** Drift-vehicles tests - Razor Crazy Cart - organiser: Razor, C-54 Expo stand
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- 10.30, 11.30, 13.30, 14.30** - "The Contestant's Room" - see Valerjan Romanovski behind-the-scenes preparations to beat his records. The Expo stand offers practical classes with the instructor: spinning bikes, back and abdominal muscle exercises (necessary for all cyclists), deep muscle exercises - C-39 Expo stand

11.00 The Bicycle Parade included in the programme of the European Sustainable Transport Week (15-22 September 2018) - a framework plan:

- 9.00 - 10.30 - Registration of participants
- 10.45 - gala opening of the European Sustainable Transport Week – the Kielce Mayor Wojciech Lubawski's address
- 11.00 - the bicycle parade start

The route:the Market Square - Duża Str.- Sienkiewicza Str.- Paderewskiego Str. - Żytnia Str.- Żelazna Str.- Gosiewskiego Str.- 1 Maja Str. - Batalionów Chłopskich Str. - Zakładowa Str.

09.30-12.30 TRIATHLON CONFERENCE – TRI BIKE EXPO – organiser Targi Kielce and BikeBoard Publishing House - **C-42 conference hall in C Expo Hall**

Jakub Chryczyk - Triathlon Magazine editor in chief and bikeBoard - an active sportsman, passionate mountain biker, participant of numerous triathlons. Not only will Mr. Chryczyk chair the conference, he will talk about proper selection of a racing bike used at the Ironman distances competitions.

Natalia Grzebisz - PhD. student, her professional interest encompasses bike-riders' neuroendocrinology and immunology. A dietetics and nutrition lecturer at SGTiR in Warsaw. In winter, she takes part in ski marathons, and in summer she values the bicycle the most. In sports, she loves challenges, adrenaline jumps and the sense of freedom.

The lecture will focus on professional and amateurs cyclists' predispositions monitor. The body composition (especially muscle and fat tissue) and performance parameters (and the methods to check parameters) will be thoroughly investigated. Control and check-up is the key to knowledge on training's impact on our body, the source of information for one to create a constructive plan. Appropriate check-up procedures can save not only time, but also boost your health.

Wojtek Mazurkiewicz - The XTERRA Poland competition organiser. A graduate of the Academy of Physical Education in Krakow, since 2010 he has been a triathlon and swimming coach. An active athlete, a participant of the XTERRA World Championships.

He will talk about the cross triathlon specifics. The differences between the classic and XTERRA competitions as well as various editions organized in the world.

Tomasz Kubiak - a sports camps organizer, blogger (known as Larry Zębatka) and an athlete. For him sport is 100% profession. In his life everything revolves around two wheels. One of the best MTB racers in Poland's history, and the first Pole to be a part of the Age Group in XTERRA competitions.

He will talk about his passion for this discipline, specific preparations and plans to compete in the XTERRA World Championships.

12.30-15.00 EXTREME BICYCLE EXHIBITIONS- the C-42 conference hall in the C Expo Hall

12.30-13.00 – A meeting with Valerian Romanovski. Mr Romanovski was born in Lithuania into a Polish family, an engineer and doctoral student at the Warsaw School of Economics has lived in Poland for many years. Romanovski's Ojmiakon expedition took place in February 2017 and was successful. Valerian Romanovski established the three new Guinness records - 12, 24 and 48 hours uninterrupted cycling in extreme winter conditions. Thus the VR Team has set a new direction in cycling competition development. As the DKMS Foundation ambassador, Valerjan Foundation has dedicated his achievements to all those struggling with blood cancers. Valerjan has set the example – there are no impossible things, you always have to fight to the end.

13.00-13.30 - A meeting with Dorota Chojnowska – a journalist, traveller and What a Wonderful World blog author (www.alepieknyswiat.pl). Mrs Chojnowska is on the quest for beauty, she finds it mainly in people. People are the reasons for her trips to all corners of the world. Conversations and moments she has spent with those people are then recollected on her blog. Two years ago she built a bamboo bike and set off for an expedition in Iran, the first time in her life. Then she discovered that when people see a lonely female cyclist, they open their hearts and doors even wider. What was this trip like? You will see at Dorota's presentation!

13.30-14.00 - A meeting with **Jakub Czajkowski** - A geographer and traveller. Jakub has always been fascinated with exploring the world, on in books and then through every travel opportunity. For many years he has been backpack hiking on the Carpathians mountain paths and Asian off-roads. He travelled in the Beskidy Trails, the Tajikistan Pamir roads and concurred the Tian-shan peak. Ever since he mounted a horse in Mongolia for the first time, he has discovered the wilderness of Central Asia seen from the horse's saddle - the Mongolian steppes and the Tian-shan high-mountain passes. He travelled along the trails of Tibet, Indochina and crossed the pristine Siberian taiga. He also loves to prosper for the unknown in Poland. He is passionate about photography, wild nature and "active recreation" - a distance of 100 km is his favourite, a map and a compass in his hand. He often lectures about his travels.

14.00-14.30 - A meeting with **Paweł Puławski** - a bicycle courier from Wrocław in his day-to-day life. Now he talks about ultra-long-distance bicycle races he has taken part in for about one year.

Paweł's portfolio includes the world's toughest cycling events such as the Transcontinental Race (4200km in Europe), Indian Pacific Wheel Race (5500km in Australia) and TransAtlanticWay Race (2300km in Ireland). All of these are the ultra-long distance, self supported cycling races (without a support team) contestants race on their own. They cannot accept any planned, external help either. There is much more than races - Paweł checks and exceeds his own limits, takes up on new and uncommon cycling adventures. The media does not tell the whole story. Join us and take part in his lecture. Paweł will mainly focus on the Pacific Wheel Race 2018, the Indians, the history of the world's fastest man who travelled Australia from the East to the West on a fixed-gear bicycle.

14.30-15.00 - A meeting with **Mateusz Dużyński (Bicycle Voluntary Ambulance Services)** - since childhood he has been an enthusiast of bicycles and uniformed services, since 2011 he has been the President of the Impossible Initiatives Foundation "Cudosfera". He has also coordinated of numerous cycling and rescue projects. At the age of 9 he decided that he would create ROPR - Bicycle Voluntary Ambulance Services. The bicycle rescue concept has matured over the years in order to materialize in 2015 in the form of Sieradz ROPR unit. Now ROPR has developed into a nationwide bicycle rescue network. He has really ambitious plans for the future - come and find out at his presentation.

Expo accompanying events:

Triathlon Zone - products presentation zone, C Expo Hall

The Test Zone for Electric Bikes A Expo Hall

The testing track electric bicycles - the German ExtraEnergy association - A Expo Hall

PSR Cafe - E-34 Expo stand

Bicycle Voluntary Ambulance Services - first aid demonstrations, presentation of rescue equipment- D-21 expo stand