



43.

**FMF**  
**MARATON**  
**FRANJA**  
— BTC CITY —  
LJUBLJANA

**7.-9. JUNIJ 2024**

**OD FRANJE DO TOURA!**



**GRAN FONDO  
WORLD SERIES**

BTC City  
**LJUBLJANA  
SLOVENIJA**



Mestna občina  
Ljubljana



**Podari  
srečo,**



**prejmi  
nasmeh.**



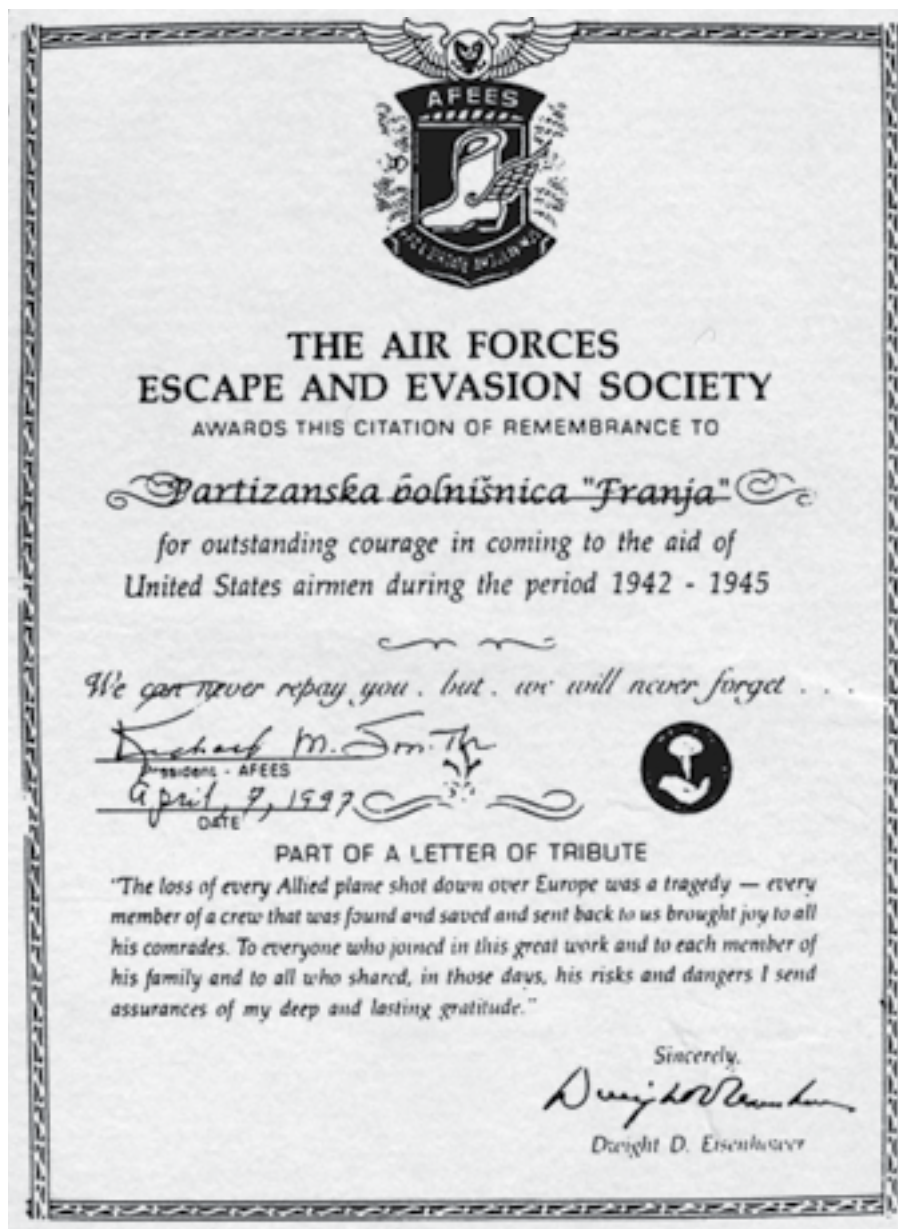
**Darilna kartica BTC City** -  
najpopolnejše darilo,  
s katerim boste narisali  
nasmeh na obrazih svojih  
najdražjih.

**napolni.  
podari.  
osreči.**



# PISMO GENERALA EISENHOWERJA

## GENERAL EISENHOWER'S LETTER



Pismo generala Dwight D. Eisenhower-ja, v katerem se zahvaljuje za pomoč.

Letter of general Dwight D. Eisenhower, thanking Franja hospital for their help during WWII.

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## ORGANIZACIJSKI ODBOR ORGANIZATION COMMITTEE

### PRESEDNIK | PRESIDENT

Jože Mermal

### PODPRESEDNIKI | VICE-PRESIDENTS

Aleš Čerin, Damjan Kralj, Marko Kolenc, Maja Bem

### ČLANI | MEMBERS

Miha Mermal, Jure Marjanovič, Helena Petrin, Sašo Bertoncelj, Sara Bogomolec, Andrej Hauptman, Miro Miškulin, Urška Pintar, Robert Hajdinjak, Matjaž Batič, Helena Dovč, Janez Hribar, Vojko Jezeršek, Boštjan Kavčnik, Rado Kocjančič, Miha Koncilja, Martin Krašek, Igor Špringer, Silvester Krivec, Milena Levstek, Tadej Marinko, Marjan Mirt, Zdenko Mraz, Matic Penko, Matej Primožič, Blaž Žgajnar, Aleksander Škraban.

## MARATON FRANJA BTC CITY 2024 MARATHON FRANJA BTC CITY 2024

### DIREKTOR | DIRECTOR

Gorazd Penko

## ČASTNI ODBOR HONORARY COMMITTEE

### PRESEDNIK | PRESIDENT

Zoran Janković

### ČLANI | MEMBERS

Aleš Černe, Aleša Mižigoj, Marko Dolinšek, Rok Drašler, Tine Radinja, Berto Menard, Milan Čadež, Gašper Uršič, Andrej Bručan, Tone Fornezzi Tof, Primož Kališnik, Marko Lebar, Mateja Bajc.

**ODGOVORNA UREDNIKA** Maja Bem, Gorazd Penko

**IZVRŠNI UREDNICI** Urša Pintar, Marjeta Kirn Kljajič

**PREVODI** Mamblin, prevajanje in izobraževanje d. o. o.

**FOTO** Studio Bomba, Arhiv BTC, Prijavim.se

**OBLIKOVANJE** NICHA d. o. o.

**TISK** Camera d. o. o.

**NAKLADA** 150

**VEČ INFORMACIJ** [www.franja.org](http://www.franja.org), [www.btc-city.com](http://www.btc-city.com)

## PROGRAM

# MARATON FRANJA BTC CITY

## 7.-9. JUNIJ 2024

Maraton Franja BTC City je rekreativno-tekmovalni dogodek z najdaljšo tradicijo, ki v dvodnevem dogajanju povezuje kolesarje in kolesarke vseh starosti. Z izbiro kolesarskih prog je namenjen vsakomur, tako najboljšim kolesarjem kot povprečnim rekreativcem, družinam ter tistim, ki redkeje najdejo čas za skok na kolo.

Nedeljske preizkušnje se začnejo in končajo v BTC Cityju, ki živi s kolesarstvom in za kolesarstvo. Osrednji prireditveni prostor združuje vse aktivnosti v zvezi s posameznimi štarti. Maraton Franja BTC City je član skupine Gran Fondo World Series ter priznana mednarodna prireditev, ki je že dolga leta vpisana v koledar mednarodne kolesarske zveze UCI ter Alpe Adria Tour in privablja vse večje število tujcev iz vse Evrope.

*Organizacijski odbor 43. MF 2024*

## NEDELJA

09. JUNIJ 2024

- 06.30** Prijave, izdaja štartnih števil in čipov
- 08.00** Pričetek spremljevalnega programa
- 08.30 Pogovor z gosti maratona na štartni črti
- 08.40 Pozdravni nagovor Predsednika upravnega odbora BTC, d. d., in Predsednika organizacijskega odbora 43. Maratona Franja BTC City, g. Jožeta Mermala
- 08.45 Pozdravni nagovor župana mesta Ljubljana, g. Zorana Jankovića
- 08.50 Zadnji tehnični napotki
- 08.55 Odštevanje in ....
- 09.00** Štart "Maratona Franja BTC City 154 km"
- 10.00 Pogovori s povabljenimi gosti
- 10.15 Pozdravni nagovor
- 10.20 Zadnji tehnični napotki
- 10.30** Štart "Triglav Malega Maratona Franja BTC City 97 km"
- 15.30 Pričetek razglasitve najboljših po kategorijah
- 18.00 Zaključek prireditve

## PETEK

07. JUNIJ 2024

- 12.00** Prijave, izdaja števil in čipov
- 12.00** Otvoritev EXPO prostora
- 16.00** Kronometer Ljubljana - Domžale - Ljubljana by Union Radler Isotonic 0,0
- 20.30** Pričetek razglasitve najboljših po kategorijah

## SOBOTA

08. JUNIJ 2024

- 08.00** Štart "Barjanka Hervis", Kongresni trg
- 16.00** Štart "Medex družinsko - šolski maraton", BTC City
- 16.30** Štart "Vzajemkov Otroški kolesarski izziv", BTC City



## PROGRAMME

# MARATHON FRANJA BTC CITY

## 7.-9. JUNE 2024

Marathon Franja BTC City is a longstanding recreational and competitive event, which spans two days and brings together cyclists of all ages. Its selection of courses addresses everyone – from elite cyclists to moderate recreational cyclists, families, and all those who only rarely find time for a bike ride.

Sunday races start and finish in BTC City Ljubljana, which breathes with and for cycling. The main event area combines all activities relevant to individual race starts. Marathon Franja BTC City is a member of the elite tier Gran Fondo World Series of marathons and a renowned international event, which has been included in the UCI racing calendar and the Alpe Adria Tour for quite some time; it attracts an ever increasing number of international guests from all over Europe.

*Organization committee 43. MF 2024*

## FRIDAY

7 JUNE 2024

- 12.00 **Registrations, number, welcome package and chip handout**
- 12.00 **Opening of EXPO village in BTC City**
- 16.00 **Time Trial Ljubljana - Domžale - Ljubljana by Union Radler Isotonic 0,0**

## SATURDAY

8 JUNE 2024

- 08.00 **Start of "Barjanka Hervis", Kongresni trg**
- 16.00 **Start of "MEDEX Family - school Marathon", BTC City**
- 16.30 **Start of "VZAJEMNA Trial for Kids", BTC City**

## SUNDAY

9 JUNE 2024

- 06.30 **Registrations, number, welcome package and chip handout**
- 08.00 **Start of animation programme**
- 08.30 Chat with Marathon Franja BTC City guests
- 08.40 Welcome speech by Mr Jože Mermal, Chairman of the Board of Directors at BTC, d. d., and President of the 43rd Marathon Franja BTC City Organising Committee
- 08.45 Welcome speech by Mayor of Ljubljana, Mr Zoran Janković
- 08.50 Technical briefing
- 08.55 Countdown ...
- 09.00 **Start of "Marathon Franja BTC City 154 km"**
- 10.00 Chat with Marathon guests
- 10.15 Welcome speech
- 10.20 Technical briefing
- 10.30 **Start of "Triglav Little Marathon Franja BTC City 97 km"**
- 15.30 Start of flower ceremonies for best riders in respective age groups
- 18.00 Conclusion of the event



# SPOŠTOVANI UDELEŽENCI,

iskreno se veselim, da se Franja vrača v svoji polni veličini po letu 2019, in v izjemno čast mi je, da vas lahko pozdravim v imenu celotne organizacijske ekipe.

## **GORAZD PENKO**

**Direktor Maratona Franja in športni direktor ekipe BTC City Ljubljana Zhiraf Ambedo**  
Director of the Marathon Franja and sports director of the BTC City Ljubljana Zhiraf Ambedo



Vsako leto Franja prinaša občutke radosti, ponosa in navdušenja. Letošnji Maraton Franja bo ponovno trajal kar tri dni, kar pomeni več časa za povezovanje, deljenje trenutkov in ustvarjanje nepozabnih spominov. Kronometer Ljubljana–Domžale–Ljubljana bo nedvomno poudaril vzdušje tekmovalnosti in popolne organizacijske aktivnosti. Sobota bo namenjena druženju, spoznavanju in animaciji na Barjanki – Hervis, Medex Družinsko-šolskem maratonu ter Vzajemkovi preizkušnji za najmlajše. Nedeljska klasika bo kot vedno do zdaj tako tekmovalnega kot družabnega značaja.

Ob tej priložnosti si ne želim izpostaviti samo izjemnega športnega pome-

na Maratona Franja za amatersko in profesionalno kolesarstvo. Franja ima in je imela vedno globlji pomen. Je več kot le kolesarski dogodek – je priložnost za krepitev naših gibalnih navad, animira vse generacije, krepi povezovanje, širi prijateljstva in je ne nazadnje pomembna družbenoodgovorna prireditve. In ne pozabimo na njeno zgodovinsko vlogo pri razvoju cestne infrastrukture, ki je ostala pomembna tudi v današnjem času, saj žal obstoječa cestna infrastruktura na nekaterih odsekih zaostaja za nivojem prireditve.

Zato je ključno, da ohranjamo in negujemo vrednote, ki jih Franja simbolizira. Ne smemo dovoliti, da bi se izničile, saj bi s tem izgubili tudi delo in trud vseh tistih, ki bivajo ob trasi, in tistih, ki so skupaj s pokrovitelji ter Kolesarskim društvom Rog soustvarjali to izjemno zgodbo.

Naj bo letošnji Maraton Franja BTC City zaznamovan s sočutjem, vztrajnostjo in povezanostjo med nami. Da triinštiridesetič skupaj ustvarimo nepozaben dogodek – za nekatere uspešen, za druge poln veselja in neizmerne navdušenja do kolesarstva.

Želim vam uspešno pot do cilja!



## DEAR CYCLISTS,

I am very excited to see Franja returning in all its glory for the first time since 2019 and I am honoured to welcome you on behalf of the entire organising team.

---

Each year, Franja enchants with the feelings of joy, pride and excitement. This year's Marathon Franja BTC City will once again extend over three days which means more time for socialising, sharing moments and creating unforgettable memories. Without any doubt, the Ljubljana–Domžale–Ljubljana time trial will spark a competitive atmosphere and be a testament of impeccable organisational activities. Saturday events will be dedicated to socialising, mingling and having fun at the Barjanka – Hervis event, the Medex Family-School Marathon and Vzajemko's Kids Challenge. As always, the Sunday's classic race will combine both the competitive and the social aspect of the Marathon.

Upon this occasion, I don't just want to highlight the exceptional sports si-

gnificance of the Marathon Franja for recreational and professional cycling, but also the deeper meaning Franja has always had. It is much more than just a cycling event, it is an opportunity to strengthen our physical activity habits, it pushes people of all generations to be physically active, fosters unity, promotes friendship and on top of it all, it is also a socially responsible event. And let's also not forget its historical role in the development of road infrastructure which has remained significant until today, as unfortunately, in some sections, the existing road infrastructure lags behind the standard and level of this event.

Therefore, it is crucial for us to preserve and nurture the values that Franja symbolises. We cannot allow for them to disappear since that would diminish the work and efforts of all those living along the Marathon courses and all those who have been co-writing this exceptional story together with the KD Rog cycling club and all the sponsors.

Let this year's Marathon Franja BTC City be marked by compassion, persistence and unity. Together, let's create an unforgettable event for the 43rd time in a row – successful for some and full of joy and immense cycling enthusiasm for others.

I wish you all a successful race to the finish line!

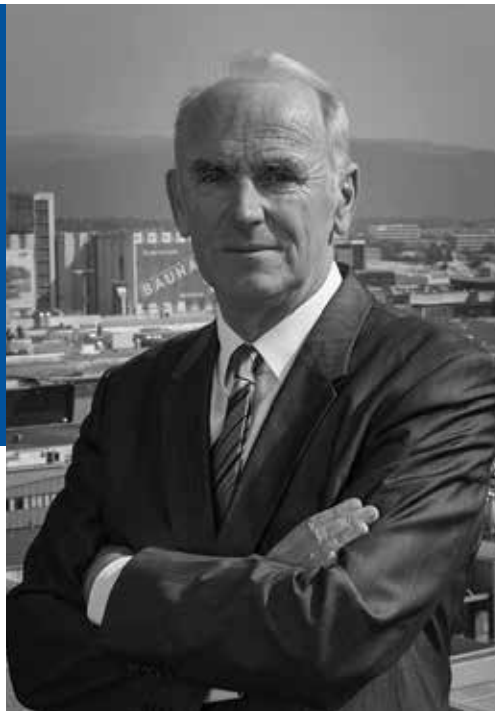
# NAJLEPŠA ZGODBA O POGUMU, VZTRAJNOSTI IN POVEZOVANJU

Za navidezno preprostim poganjanjem pedal se skriva navdihujoča zgodba o pogumu, vztrajnosti, odločnosti, veselju, povezovanju, malih in velikih zmagah.

## JOŽE MERMAL

**Predsednik organizacijskega odbora  
Maratona Franja BTC City in predsednik  
upravnega odbora družbe BTC**

President of the Marathon Franja BTC City  
Organising Committee and Chairman of  
the BTC Board of Directors



Vidimo jo v prav vsakem kolesarju, ki se prepusti trasam naše drage Franje. Piše jo vsak navijač, ki širi dobro energijo preko meja Franjinih kilometrov. Zapisana je tudi v vsakem členu organizacijske ekipe, ki s predanostjo skrbi, da Franja vsako leto zaživi v vsem svojem sijaju.

Napetost in navdušenje tako naraščata z vsakim dnem, ko se približujemo drugemu junijskemu vikendu, ki je že tradicionalno namenjen slovenskemu prazniku kolesarjenja, Maratonu Franja BTC City, ki vsako leto združi več kot 6.000 kolesarjev, 2.600 članov organizacijske ekipe in prostovoljcev ter več tisoč navdušenih navijačev.

Prizadevna ekipa organizatorjev - Kolesarsko društvo Rog, Mestna občina Ljubljana in družba BTC - najbolj množične kolesarske prireditve v Sloveniji, bo tudi v 43. izvedbi poskrbela, da bo kolesarski praznik pisal najlepše zgodbe in povezoval več tisoč prijateljev kolesarjenja s celega sveta.

Veseli smo, da lahko skupaj ustvarjamo zgodbo, ki presega meje tekmovalnosti in povezuje, deli ljubezen do športa in vsem ljubiteljem Franje daje zagon za uspehe tako na kolesu kot širše. Med drugim spodbuja tudi aktivno preživljanje prostega časa in trajnostne načine mobilnosti. Širino in vrednost ene od največjih kolesarskih prireditev za rekreativne in amaterske kolesarje na globalni ravni vedno znova prepoznavajo tudi partnerji in podporniki dogodka.

Verjamem, da bo tudi letošnja Franja navdihovala ter povezovala zgodbo poguma in vztrajnosti.

## MOST BEAUTIFUL STORY OF COURAGE, PERSEVERANCE AND BONDING

Behind the seemingly simple motion of pedalling lies an inspiring story of courage, perseverance, determination, joy, bonding, of small and big victories.

---

It can be seen in every cyclist who indulges in the courses of our Marathon Franja. It is written by every fan who spreads good energy beyond Franja's kilometres. It is also written in every member of the organising team, who with their dedication make Franja come alive every year in all its glory.

The excitement and enthusiasm grow with each passing day as we approach the second weekend in June, which is traditionally dedicated to the Slovenian festival of cycling, the Marathon Franja BTC City, bringing together more than 6,000 cyclists, 2,600 members of the organising team and volunteers, and thousands of enthusiastic fans every year.

The dedicated team of organisers of the – in terms of participants – biggest cycling event in Slovenia – the KD Rog cycling club, the City Municipality of Ljubljana and the BTC company – will make sure that the 43rd edition of the cycling festival will write the most beautiful stories and unite thousands of cycling fans from all over the world.

We are delighted to be working together to create a story that transcends competition, that unites, that shares the love of sport and that gives every Marathon Franja fan the drive to succeed both on the bike and beyond. It also promotes, among other things, active spending of leisure time and sustainable mobility. The amplitude and value of one of the largest cycling events for recreational and amateur cyclists on the global scale is recognised time and time again by the event's partners and supporters.

I believe that this year's Franja will once again inspire and write the story of courage and perseverance.

# KOLE SARJI, DOBRODOŠLI V LJUBLJANI!

Bliža se junij, z njim pa tudi najbolj kolesarski vikend v letu, rezerviran za našo Franjo.

## ZORAN JANKOVIĆ

Župan Mestne občine Ljubljana  
Mayor of the City of Ljubljana



To bo spet pravi kolesarski praznik in komaj čakam, da ceste po Ljubljani in okolici preplavijo kolesarke in kolesarji vseh generacij. Vzdušje na startu je vsako leto izjemno, neverjetna energija, ki preveva kolesarje, je prav nalezljiva. Prepričan sem, da tudi letos ne bo nič drugače, zato res komaj čakam, da se dirka začne. Vzdušje se stopnjuje že nekaj dni prej, ko vse vrvi od pričakovanja in zadnjih priprav kolesark in kolesarjev, ki se bodo podali vsak na svojo pot. Najpogumnejši med njimi bodo pedala vrteli na Veliki in Mali Franji, organizatorjem pa sem še posebej hvaležen, ker veliko pozornosti namenjajo tudi najmlajšim kolesarjem in družinam, za katere pripravljajo družinsko-šolski maraton in otroški kolesarski izziv. Na ta način že od malih nog spodbujajo ta okolju in zdravju najbolj prijazen način mobilnosti, ki mu tudi na Mestni občini Ljubljana posvečamo posebno pozornost. Pri vsaki prenovi cest so vedno v ospred-

ju tudi kolesarjem prijazne rešitve, saj se zavedamo, da so urejene, varne in sodobne kolesarske površine ter druga infrastruktura osnova za to, da se bo še več meščank in meščanov ter okoliških prebivalcev odločilo za vsakodnevne poti po mestu uporabljati kolo.

Organizatorji Maratona Franja BTC City se tudi letos kolesarskega praznika lotevajo z izjemno predanostjo, strokovnostjo in ekipnim duhom, zato lahko upravičeno pričakujemo res vrhunski dogodek. Iskrene čestitke celotni ekipi, ki skrbi za našo Franjo, in hvala, ker skupaj soustvarjamo Ljubljano kot športno in zdravo mesto. Predsedniku organizacijskega odbora in častnemu meščanu Ljubljane Jožetu Mermalu sem izjemno hvaležen za vso podporo trajnostnim in športnim projektom, s katerimi skupaj višamo kakovost življenja v našem mestu. Ob tem izrekam čestitke tudi direktorju Maratona Franja BTC City Gorazdu Penku, ki se v sklopu svojega dela posveča promociji tako rekreativnega kot profesionalnega kolesarjenja, hkrati pa skupaj z ekipo drži vse niti Maratona Franja v svojih rokah.

Vsem kolesarjem na Franji želim izpolnitev zastavljenih ciljev, vse tiste, ki bi se v prihodnjih letih radi pridružili množici kolesarjev na startu tega prav posebnega tekmovanja, pa naj namignem, da lahko prve izkušnje s cestnim kolesarjenjem naberete tudi na brezplačnem programu Gremo na cestno kolo, ki smo ga zasnovali na Mestni občini Ljubljana, poteka pa pod strokovnim vodstvom vaditeljev KD Rog. Morda pa se tudi mi srečamo prav na Franji!

Srečno!

# CYCLISTS, WELCOME TO LJUBLJANA!

June is fast approaching and with it also the biggest cycling weekend in the year, reserved for our Franja.

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Once again, this will be a true cycling festival and I'm eager to see the roads in Ljubljana and its surroundings being overflowed with cyclists of all generations. Each year, the atmosphere at the start area is amazing, boasting unbelievable energy shared by all the cyclists. I am certain that this year it will be the same and that's why I can hardly wait for the Marathon to start. A few days prior to the Marathon, you can already feel the atmosphere, everything is bustling with expectations, the last preparations of cyclists are underway before they embark on their cycling journey, with the bravest among them preparing to push the pedals in the Big or Little Marathon Franja. Personally, I'm especially thankful to all the organisers for giving so much attention also to the youngest cyclists and families by organising the Family-School Marathon and the Kids' Cycling Challenge. This way, they are encouraging children from a very young age to recognise this environmentally friendly and health-orient-

ted mode of mobility, which is also one of the focal points of the City Municipality of Ljubljana. With each road renovation in Ljubljana, we focus on finding cyclist-friendly solutions, since we are well aware that only well-managed, safe and modern cycling paths and other infrastructure are a prerequisite for even more people of Ljubljana and its neighbouring municipalities to jump on a bicycle when running their daily errands around the city.

The same as every year, the Marathon Franja BTC City organisers have shown true commitment, professionalism and team spirit in the organisation of the Marathon, which is why we rightly expect a truly magnificent event. I sincerely congratulate the entire team in charge of our Franja and I want to say thank you to all who contribute to Ljubljana being a sport- and a health-oriented city. I am profoundly grateful to Jože Mermal, the President of the Marathon Franja Organising Committee, for his support of sustainable and sports projects with which we increase the quality of living in our city. I also want to congratulate Gorazd Penko, Marathon Franja BTC City Director, who dedicates his time and effort to promoting recreational and professional cycling while he and his team handle all aspects of the Marathon Franja.

I wish for all the cyclists at Marathon Franja to achieve their set goals. For all those who are thinking of joining the cyclists at Franja in the coming years, I would like to mention the option of gaining their first experience in road cycling as participants in a free-of-charge programme Let's Jump on a Road Bike ("Gremo na cestno kolo"), designed by the City Municipality of Ljubljana under the professional guidance of KD Rog coaches. Maybe, we'll see each other at Franja!

Good luck!

## UVODNIK 43. MARATON FRANJA

Kolesarsko društvo Rog Ljubljana se že tri četrt stoletja uveljavlja kot zibelka mladih in talentiranih kolesarjev.

### ANDREJ HAUPTMAN

**Predsednik KD Rog**  
President of KD Rog



S svojo bogato zgodovino in tradicijo je klub vzgojil številne vrhunske kolesarje in se okitil z medaljami s svetovnih prvenstev in olimpijskih iger. Vsi, ki smo del te skupnosti, smo na naše dosežke izjemno ponosni, še posebej na uspehe, ki jih v zadnjih petih letih dosega naš nekdanji član Tadej Pogačar. Pod okriljem društva delujejo moška kontinentalna ekipa Gusto Santic, ženska mladinska ekipa BTC City Scott Ljubljana in članska kontinentalna ekipa BTC City Ljubljana Zhiraf Ambedo ter otroška in mladinska ekipa Pogi Team UAE Generali.

Kolesarsko društvo Rog se že desetletja izkazuje tudi kot odličen organizator kolesarskih prireditev, pri čemer izstopa Maraton Franja, ki velja za največji slovenski kolesarski dogodek za amaterske in rekreativne kolesarje.

Gorazd Penko in njegova ekipa uspešno vodijo ta priljubljeni dogodek, ki raste in odmeva tudi na mednarodni ravni.

Maraton Franja je praznik za vse: lahko ga jemljemo kot dirko ali kot priložnost za sproščeno vožnjo po cestah, zaprtih za promet. To je izjemen privilegij v današnjem prometnem svetu. Udeleženci lahko izbirajo med različnimi trasami – od krajših izzivov za otroke do makadamskih odsekov za ljubitelje terenske vožnje in večjih maratonov za bolj pripravljene kolesarje.

Od leta 2021 nosi maraton slogan »Od Franje do Toura«, ki simbolizira povezavo med največjim dogodkom v zgodovini društva in zgodovinsko prvo zmago na dirki Tour de France. Tadej Pogačar, ki je v mladosti kot član kluba pomagal pri organizaciji Franje, danes svoj uspeh vrača mladim kolesarjem v klubu. Njegova podpora je pritegnila mnoge mlade in dvignila zanimanje za kolesarstvo v Sloveniji.

Zavedamo se, da nič ni samoumevno in da je treba trdo delati za uspeh naših projektov in klubov. Kolesarsko društvo Rog stremi k temu, da ne bi bilo zgolj športni klub, ampak tudi šola za življenje, kjer mladi skozi šport spoznavajo pomembnost zdravih navad in trdega dela.

Želimo vam varno in navdihujočo vožnjo na Maratonu Franja, ki predstavlja čudovito priložnost za rekreacijo in druženje v naravi. Srečno na Franji!

## EDITORIAL – 43<sup>RD</sup> MARATHON FRANJA

For almost 75 years, the KD Rog Ljubljana cycling club has been recognised as the cradle of young and talented cyclists.

---

With its rich history and tradition, the club has contributed to the rise of numerous top cyclists who won medals from World Championships and the Olympics. All of us who are part of this community are incredibly proud of our achievements, especially the successes achieved in the last five years by our former member, Tadej Pogačar. Operating under the auspices of KD Rog are the men's continental team Gusto Santic, the women's junior team BTC City Scott Ljubljana and the continental team BTC City Ljubljana Zhiraf Ambedo, as well as the children's and junior Pogi Team UAE Generali.

For decades, the KD Rog cycling club has excelled also as an excellent organiser of cycling events, with the Marathon Franja standing out as the largest Slovenian cycling event for amateur and recreational cyclists. Go-

razd Penko and his team successfully lead this popular event, which continues to grow and resonate also at an international level.

The Marathon Franja is a celebration of cycling for everyone. It can be seen as a race or an opportunity for a leisurely ride on traffic-free roads. This is an exceptional privilege in today's traffic-burdened world. Participants can choose among various courses – from shorter challenges for children to gravel sections for off-road enthusiasts and longer marathons for better prepared cyclists.

Since 2021, this Marathon has been accompanied by the slogan »From Franja to Tour«, symbolising the connection between the club's biggest event ever and the historic first victory at the Tour de France. Tadej Pogačar, who in his youth helped organise the Marathon Franja as a club member, now gives back to young cyclists in the club. His support has attracted many young people and contributed to the increasing interest for cycling in Slovenia.

We are aware that nothing should be taken for granted and that hard work is needed for the success of our projects and clubs. The KD Rog cycling club aims to be not only a sports club but also a “school of life” where young people learn through sports the importance of healthy habits and hard work.

We wish you a safe and inspiring ride at the Marathon Franja, which represents a wonderful opportunity for recreation and socialising in nature. Good luck at Franja!



# ***V zavojih Franje se rojevajo sanje***

Maraton Franja, ki že več kot 40 let velja za največji slovenski kolesarski praznik, tudi letos združuje amaterske in rekreativne kolesarje ter obuja njihovo strast do kolesarjenja, športa in narave. Ta izjemno priljubljen kolesarski maraton, ki je zaslužen osvojil naziv zibelke slovenskih kolesarskih šampionov in šampionk, širi svoje vrednote naprej, med drugim spodbuja družinsko kolesarjenje in trajnostno mobilnost. Maraton Franja tako ne le ohranja svojo tradicijo kot vrhunski športni dogodek, ampak gradi tudi povezanost v skupnosti, spodbuja zdrav način življenja in skrbi za ohranjanje okolja za prihodnje generacije.





treniraj.  
vztrajaj.  
zmaguj.



# KOLESARSKI PRAZNIK POVEZOVANJA IN ŠPORTNE ENERGIJE

Maraton Franja predstavlja več kot le športni dogodek – je sinonim povezovanja in združevanja raznolikih generacij športnih navdušencev, ki delijo strast do zdravega načina življenja ter ambicioznosti in vztrajnosti.

## **MAG. DAMJAN KRALJ**

**Glavni izvršni direktor družbe BTC**  
MSc, CEO of BTC, d. d.



Ta praznik športa odpira vrata brezmejnemu entuziazmu ter spodbuja medsebojno podporo in sodelovanje.

V družbi BTC ponosno soustvarjamo Franjino zgodbo že 22 let, saj smo v njej prepoznali vrednote vztrajnosti, predanosti in odgovornosti. Maraton Franja je postal nepogrešljiv del našega letnega koledarja, s katerim delimo energijo, ki sovpada z vibracijami našega BTC Cityja. Hvaležni smo, da se v tej dinamični zgodbi vsako leto prepoznavajo tudi številni poslovni partnerji in podporniki dogodka.

Letos s Franjo praznujemo tudi naš jubilej – 70-letnico delovanja družbe BTC. Franja ostaja del naše zgodbe tudi v prihodnjih desetletjih družbe. Njeno naravo namreč zlahka povežemo z našim jubilejnim sloganom »Narekujemo tempo že 70 let«. V BTC-jevcih je – tako kot v Franji – nenehna dinamika premikanja naprej, ustvarjalni nemir, ki nas žene, da gremo skupaj še dlje, močneje in hitreje.

Franja s svojo nalezljivo pozitivno energijo privlači in povezuje dobre ljudi in prave stvari. Zato vabljeni, da se pridružite temu edinstvenemu kolesarskemu prazniku in postanete del Franjinega navdihujočega duha.

## FESTIVAL OF CYCLING AND CELEBRATION OF UNITY AND SPORTS ENERGY

The Marathon Franja is much more than just a sports event – it is a synonym for connecting and uniting diverse generations of sports enthusiasts who share a passion for a healthy lifestyle, ambition, and perseverance.

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**This festival of sport opens doors to boundless enthusiasm and encourages mutual support and collaboration.**

At the BTC company, we have been proudly co-writing Franja's story for 22 years now, as we recognised the values of perseverance, dedication and responsibility in Franja. The Marathon Franja has become an indispensable part of our annual calendar, sharing the energy that resonates with the vibrations of our BTC City. We are grateful that many business partners and supporters of the event also acknowledge and recognise this dynamic story every year.

This year, we are also celebrating our 70th anniversary of the BTC company's business operations and Franja will remain part of our story for the decades to come. Franja's character can easily be aligned with our anniversary slogan »Setting the Pace for 70 Years.« The same as for Franja, we could say for the BTC employees – there is a constant dynamic of moving forward, a creative restlessness that drives us to go further, stronger and faster together.

With its infectious positive energy, Franja attracts and connects good people and the right notions. That is why we invite you to take part in this unique cycling celebration and become part of Franja's inspiring spirit.



# Asistenco in podporo za kolesarje na 43. Maratonu Franja zagotavlja Zavarovalnica Triglav.

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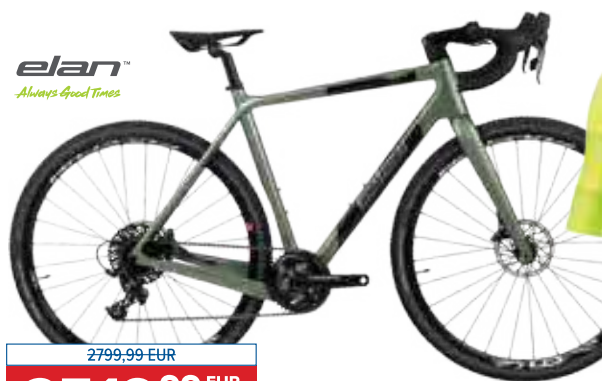
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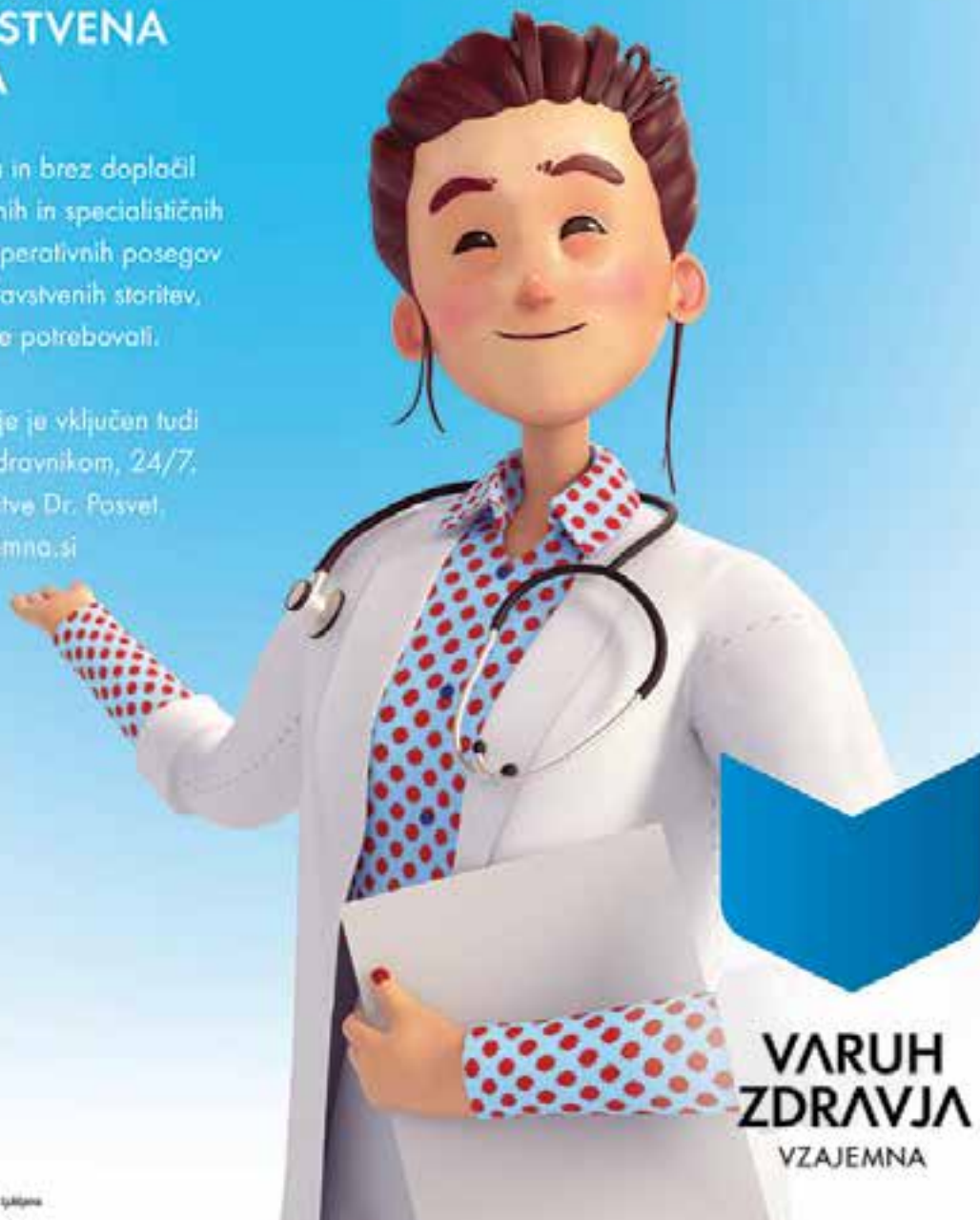
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# VSE NAJBOLJŠE, TONE FORNEZZI TOF!



Že leta **1978** je traso maratona želel prevoziti Tone Fornezzi -Tof, a se je moral zaradi gradnje ceste na Kladje v Cerknem obrniti.

Nato je leta 1979 ekipa Roga pod vodstvom Zvoneta Zanoškarja prevozila traso maratona, ki je tisto leto tudi do-

bil ime. Zvone, Tof in Rogova kolesarska ekipa z Žavbijem in Polončičem na čelu je počivala v Cerknem s pogledom na tablo Bolnišnica Franja. Odločitev je na pobudo Tofa padla nemudoma: Maraton Franja.

Prvi Maraton Franja je bil izveden 22. julija 1982.





# HAPPY BIRTHDAY, TONE FORNEZZI TOF!

Since **1978**, Tone Fornezzi-Tof had the ambition to ride the marathon route, but due to road construction in Kladje, Cerklno, the route was not rideable. In 1979, under the leadership of Zvone Zanoškar, the Rog team finally mana-

ged to successfully complete the marathon route. When the Rog cycling team members Zvone, Tof, Žavbi and Polončič took a short stop in Cerklno, they spotted a historic military WW2 Hospital Franja road sign. The name of the marathon was born and decision was made immediately after Tof's suggestion: Maraton Franja.

The first Maraton Franja took place on July 22, 1982.





OBČINA **DOMŽALE**

**PRIKLJUČILI SMO SE  
USPEŠNI ZGODBI**

A large group of cyclists is riding on a gravel road that winds through a lush green valley. The cyclists are wearing colorful jerseys and helmets, and they are riding in a dense pack. In the foreground, a blue car is visible, leading the group. The car has a license plate that reads "LJ 408-7". The background features rolling hills and dense green foliage, creating a scenic and vibrant setting for the race.

**WE JOINED THE  
SUCCESS STORY**

# RLS MERILNA TEHNIKA D. O. O.



Letos je podjetje RLS prvič ponosni sponzor na Maratonu Franja. Naši zaposleni, z direktorjem Janezom Novakom na čelu, so zagovorniki zdravega načina življenja, ki ga aktivno spodbujajo tako znotraj kot izven delovnega okolja. Redno se udeležujejo tekaških in kolesarskih maratonov, kjer ne le krepijo svojo fizično pripravljenost, temveč tudi navezujejo tesne vezi s sodelavci in gradijo povezanost v podjetju. Naša kultura temelji na poštenih



odnosih in spoštovanju do vseh deležnikov. Spodbujamo trajnostni razvoj in vodenje z zgledom. Naša odgovornost je nenehno ocenjevati in izboljševati svojo vlogo v raznovrstnih dejavnostih, namenjenih ohranjanju naravnega okolja in ustvarjanju pozitivnega vpliva na družbo.

Verjamemo, da je naše sodelovanje s partnerji Maratona Franja ključno za ustvarjanje pozitivnih sprememb v smeri trajnostne prihodnosti. Skupaj si prizadevamo za dobre prakse in inovativne rešitve, ki bodo prispevale k ohranjanju našega planeta za prihodnje generacije.

# RLS MERILNA TEHNIKA D. O. O.

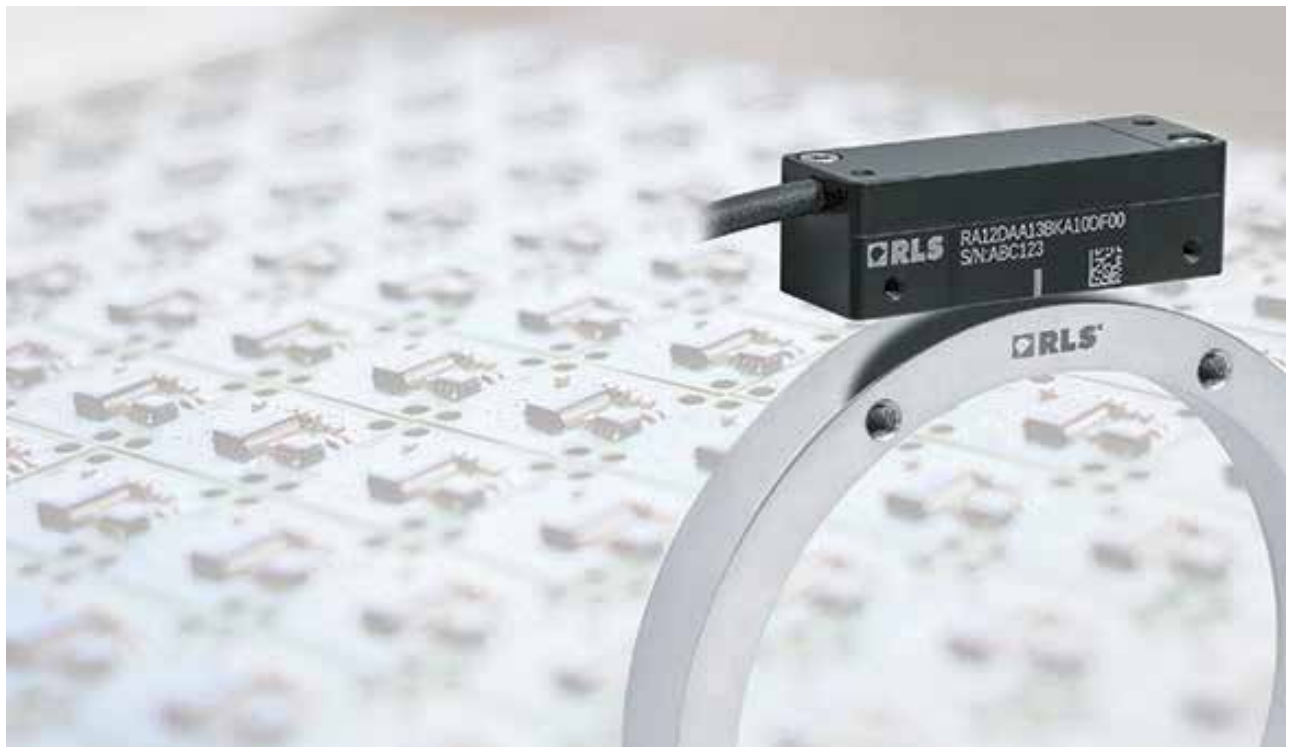


This year, RLS is a proud sponsor of the Franja Marathon for the first time. Our employees, led by Director, Mr. Janez Novak, are advocates of a healthy lifestyle, actively promoting it both within and outside the workplace. We regularly participate in running and cycling marathons, which not only enhances physical fitness, but also strengthens relationships with colleagues and builds companionship within the company. Our company culture is based on fair relationships and respect for everyone involved. At RLS, we promote sustainable development and lead by example. It is our responsibility to constantly evaluate and improve our role in a variety of



activities aimed at preserving the natural environment and delivering a positive impact on society.

We believe that our collaboration with partners of the Franja Marathon is key to promoting positive change towards a more sustainable future. Together, we strive for environmentally friendly practices and innovative solutions that will help preserve our planet for future generations.



# MARATON FRANJA SE VRAČA V OBČINO DOMŽALE

MAG. RENATA KOSEC,  
ŽUPANJA OBČINE DOMŽALE



OBČINA **DOMŽALE**



Športna dejavnost je v Občini Domžale na visokem nivoju, tako v smislu rekreacije kot tekmovalnega športa. V občini delujejo številna športna društva, ki izvajajo programe športa in rekreacije. Športnih objektov je veliko, poleg tistih lokalnega pomena je predvsem v Domžalah tudi nekaj objektov, ki imajo tudi širši regijski pomen – domžalski stadion z atletsko stezo, objekti v Športnem parku Domžale in Športna dvorana Domžale. Trudimo se zagotoviti dostopnost do športnih objektov širom občine, predvsem po posameznih krajevnih skupnostih. Nekaj izzivov na področju športa in rekreacije v Občini Domžale predstavlja pomanjkanje pokritih prostorov za rekreacijo, a tudi tam pričenjamo z novimi investicijami, prva večja investicija je prenova starega kotalkališča, sledi pokrita športna

dvorana ob Osnovni šoli Domžale in prenova kopališča. Veliko poudarka smo v zadnjem času dali na urejanje kolesarskih in pešpoti, ki predstavljajo delček na poti do trajnostne mobilnosti.

Kolesarstvo ima v Občini Domžale posebno mesto. Vrsto let že sodelujemo s številnimi društvi in organizacijami. Občanke in občani so lahko aktivni na številnih objektih za preživljanje prostega časa. Na Šumberku je obiskovalcem na voljo MTB steza, na Viru zelo dobro obiskan kolesarski poligon KOLOvoz', rekreacijska os ob Kamniški Bistrici ponuja prostor za tek, kolesarjenje, fitnes na prostem, telovadna orodja, najmlajše vabijo otroška igrišča, tiste bolj umirjene pa prostor za sprostitev v zelenem objemu narave.

Ponosni smo, da lahko v našem mestu letos spet pozdravimo maraton med maratoni – MARATON FRANJA, prepoznaven in dobro obiskan športni dogodek pri nas.

Občina Domžale bo še naprej podpirala športne in rekreativne dejavnosti in zagotavljala pogoje tako za organizirano rekreativno in tekmovalno športno dejavnost kot za samostojno rekreacijo na prostem. Z zagotavljanjem infrastrukturnih pogojev in s podpiranjem športa, predvsem športa mladih, in rekreacije bo občina razširila možnosti rekreacije občanov in zagotavljala pogoje za vrhunske športne dosežke še naprej.



Foto: Primož Krisper

# MARATHON FRANJA RETURNING TO THE MUNICIPALITY OF DOMŽALE

RENATA KOSEC, M.A.,  
MAYORESS OF THE MUNICIPALITY OF DOMŽALE

In the Municipality of Domžale, sports activities are at a high level, both in terms of recreational activities as well as professional competitive sports. There are numerous sports clubs in Domžale offering sports and recreational activity programmes. We have lots of sports facilities, some are of mainly local significance, while most of the facilities with a broader, regional significance are located in the town of Domžale – the Domžale Stadium with an athletics track, the facilities in the Domžale Sports Park and the Domžale Sports Hall. We try to ensure accessibility to sports facilities across the entire municipality, especially in individual local communities. When it comes to sports and recreational activities, the Municipality of Domžale is facing a challenge due to a lack of covered facilities for recreation. Therefore, we've started securing some new investments, one of the first ones being the renovation of the old roller-skating area, followed by the covered sports hall by the OŠ Domžale primary school and the renovation of the swimming pool complex. Lately, we've given a lot of our attention to developing cycling- and footpaths, which represent a small piece in the mosaic on our way to ensuring sustainable mobility.

Cycling has a special place in the Municipality of Domžale. For many years, we have been collaborating with di-



fferent clubs and organisations. The people of Domžale can take advantage of numerous facilities and areas intended for physical activities. There is a mountain-bike track in Šumberk, a very popular cycling polygon KOLOvoz' in Vir, while everyone can enjoy something they love in the recreational area along the Kamniška Bistrica river – running, cycling, outdoor fitness, exercise equipment, children's playgrounds for the little ones, while those who are seeking for more peace and quiet can relax in the green embrace of the nature.

We are proud to welcome the biggest marathon in Slovenia in our town once again – the Marathon Franja, a renowned and very popular sports event. The Municipality of Domžale will continue to support sports and recreational activities and provide conditions for both the organised recreational activities and the competitive sports, as well as outdoor individual recreational activities. By providing infrastructure and supporting sports and recreational activities, especially among the young, the municipality will provide its citizens with even more opportunities to be physically active and continue providing conditions for top sports achievements in the future.

# PREDSTAVITEV OBČINE DOMŽALE



## OBČINA **DOMŽALE**

Domžale ležijo na južnem obrobju Kamniškobistriške ravnine, na nadmorski višini 300 metrov, odlikuje jih pomembna lega, saj skozi nje poteka prometna povezava med vzhodom in zahodom. So središče istoimenske občine, v kateri je svoj dom našlo preko 37.000 prebivalcev. Skozi te kraje so že od nekdaj vodile pomembne trgovske poti, še posebej pa so se razvile v 19. stoletju, zaradi rastoče slamninarske industrije. Domžale so nastale z združitvijo več vasi in so postale trg šele leta 1925. Razvile so se prav zaradi slamninarstva, zato imamo v svojem grbu tri zlate žitne klase na modrem polju, ki so med seboj prepleteni v slamninarsko kito. Prve delavnice se v teh krajih pojavijo že v 18. stoletju, tovarne pa so tu začeli odpirati predvsem tirolski priseljenci. Na prelomu stoletja je bilo v Domžalah 25 slamninarskih tovarn in delavnic, letno so proizvedli milijon slamnikov, ki so bili zelo cenjeni po vsej Avstriji in v številnih evropskih prestolnicah, domžalske slamninarske pa so zaslužne za to, da se je tradicija prenesla tudi v Ameriko, saj so bili glavni vir zaslужka prenekatere družine, ki je šla s trebuhom za kruhom v Ameriko, prav vrhunski slamniki izpod rok domžalskih žena.

Čeprav Domžale nimajo starega mestnega jedra, ki ga pravzaprav nikoli ni bilo, se je vsekakor vredno sprehoditi po mestu. Začnite pri **Kulturnem domu Franca Bernika**, secesijski stavbi zgrajeni leta 1910 po načrtih Franca Ravnikarja. Nekdanji Društveni dom je postavilo Katoliško izobraževalno in podporno društvo Domžale. Pot nadaljujte do **Flerinove lekarne** in **kavarne**, nekdanje **Müllerjeve vinske kleti** iz leta 1910, ki je bila v tistih časih ena največjih na Kranjskem. Odpravite se



**Kulturni dom Franca Bernika / Franc Bernik Cultural Centre**

še do **Gasilskega doma Stob**, ki je stavba častiljive starosti in je nastal po načrtih tesarskega mojstra **Franca Ravnikarja** in sledi vzorcem dunajske arhitekturne šole. Nato pa se sprehodite do **Cerkve na Goričici** in starega pokopališča. Na mestu današnje cerkve Marije Vnebovzete iz leta 1892 je bila že v 16. stoletju taborska cerkev. Zdaj pa se sprehodite po Cankarjevi cesti do **Menačenkove domačije**. V hiši s konca 19. stoletja je svojevrsten etnološki muzej, ki predstavlja kulturno dediščino in obrtniško tradicijo Domžal. Po Jenkovi ulici se vrnite v mestno središče, do **Godbenega doma**, ki je bil leta 1929 zgrajen za domžalsko godbo in je bil prvi tovrstni dom v tedanji državi. Danes je v stavbi **Slamninarski muzej**, kjer lahko spoznate bogato slamninarsko tradicijo. Skozi **Slamninarski park** se sprehodite do **občine Domžale**, kjer je bila nekoč Slamninarska tovarna J. Mellitzer, Kleinercher & Co. V neposredni bližini občine sta tudi nekdanja Osetova gostilna in Menartova hiša. Pred stavbo nekdanje nemške šole iz leta 1890 je spomenik borbe in dela (Tone Svetina). Na Kolodvorski ulici 1 je Vrečarjeva hiša. Tu je bila mizararska delavnica in domača hiša mizarja in predvojnega domžalskega župana Janeza Vrečarja, ki naj bi nastala po načrtih Jožeta Plečnika. Malce naprej je bila Ravnikarjeva slamninarska tovarna, danes so v stavbi notarske pisarne, in Dom mladih, nekdanja Kolodvorska restavracija. Zanimiva je tudi leta 1910 zgrajena Vila Kuzthaler na Ljubljanski cesti. Malce naprej ob Ljubljanski cesti boste našli znano **gostilno Keber** in **Češminov park**, ki je zelena oaza, namenjena druženju ljudi, in ki še posebej zaživi ob različnih dogodkih in prireditvah (Spoznajmo se – praznujmo skupaj, Sejem za ljubitelje živali, Kino v parku, Godba v parku, Otroško silvestrovanje in druge). Po Slamninarski cesti se nato lahko vrnite do **Povževe slamninarske tovarne** in Tovarne slamnikov in klobukov **Oberwalder & CO** in do centra Krizant, kjer je nekoč stala še ena slamninarska tovarna. Nedaleč stran je v bližini športnega parka star dimnik iz leta 1900, k je bil namenjen energetskega objektu slamninarske tovarne Ladstätter.





**Mlini v Radomljah / Mills in Radomlje**

Sprehod končate na **domžalski tržnici**. Tržni prostor je že od nekdaj predstavljal skupni prostor, kjer so si ljudje izmenjevali blago za denar in obratno, poleg tega pa je predstavljal kraj, kjer so se ljudje srečevali, se družili in si izmenjevali mnenja in izkušnje. Tržni prostor je tako tudi danes stičišče raznoterih poti in opravkov, prostor srečevanja, kjer srečamo znanca ali prijatelja, se za trenutek ustavimo. Na stojnicah lahko kupite lokalno pridelano hrano in domače kulinarčne specialitete. Ob sobotah ste vabljeni k obisku prireditev pod skupnim imenom **Dobrodošli v Domžalah**, kjer se z običaji, kulinariko in kulturo predstavljajo slovenske pokrajine. Od aprila do septembra je vsako prvo soboto na tržnem prostoru še posebej živahno, saj takrat svoje lonce odpira **Kuhna na plac**, dogodek v stilu ulične kuhinje, ki nudi obroke po ugodnih cenah in tako možnost, da gurmanska usta poskusijo več različnih jedi in spoznajo sezonsko ponudbo hrane in pijače. Na stojnicah kuhajo lokalni in slovenski ponudniki. V popoldanskem času je poskrbljeno tudi za dobro vzdušje z živo glasbo, ki prijetno in nevpadljivo boža naša ušesa med okušanjem dobrot in druženjem s prijatelji.

Domžale so danes poznane tudi kot športna občina. Nad športnimi vsebinami bdi Zavod za šport in rekreacijo Domžale, ki ima pod okriljem preko 100 športnih društev in organizacij. Nogometni klub Domžale in Košarkarski klub Kansai Helios sta dva prvoligaša, ki zastopata naše mesto. Imamo dva športna parka, enega v Domžalah, drugega v Radomljah. Domžale se lahko pohvalijo s plezalno steno na Garažni hiši sredi mesta, prenovljenim atletskim stadionom in novo travnato površino na Stadionu Domžale, kolesarskim poligonom KOLovoz', urejeno rekreacijsko osjo ob Kamniški Bistrici, Športno dvorano Domžale, letnim bazenom, teniški in odbojgarski igrišči itn. Domžale s številnimi športnimi dogodki dokazujejo, da so zagotovo mesto športa. In ne nazadnje so Domžale tudi izvrstno izhodišče za obisk drugih krajev in znamenitosti po vsej Sloveniji.

Na krajših ali daljših izletih lahko obiščete številne znamenitosti v okolici Domžal. V Krtini si lahko ogledate gotško cerkvico sv. Lenarta z nižanim taborskim



**Češminov park / The Češminov Park**

obzidjem ali se udeležite predstave v Poletnem gledališču na Studencu. V Goropečah nad Ihanom je cerkev sv. Miklavža, ki se ponaša s prezbiterijem iz poznega 14. stoletja. V Taboru nad Goričico si oglejte cerkev sv. Kunigunde z baročnimi oltarji, na Krumperku stoji mogočen renesančni grad Krumperk, na Gorjuši lahko obiščete Jamarski dom z Jamarskim muzejem in si ogledate Železno jamo, ki jo sestavljata dve dvorani, povezani z rovi in mostovi. V bližini je tudi Babja jama. Vsekakor ne gre izpustiti niti cerkve sv. Mohorja in Fortunata v Grobljah, ki je znana po poslikavah Franca Jelovška, na katerih lahko najdemo tudi domžalski slamnik in pšenični snop. V Radomljah ne gre spregledati pomnikov bogate mlinarske dediščine ter malce naprej obiskati še Rova z okolico, partizansko Lukovo bolnico in Kolovec.



**Pohod ob reki, ki povezuje / Walk along the river that connect**

Domžale so tudi izvrstno izhodišče za aktivno preživljanje prostega časa: vabi vas sedem kolesarskih poti po Domžalah in okolici v skupni dolžini 250 km, ki jih po novem lahko prekosarite z novimi kolesi Dbajk, ki smo jih aprila 2024 predali v uporabo. Pa številne pohodniške poti ob Kamniški Bistrici, rekreacijske poti, igrišča in fitnesi na prostem, trim steza Šumberk, naravna plezalna stena pod Šumberkom in umetna plezalna stena na garažni hiši v centru mesta, kolesarski poligon KOLovoz'. V okolici Domžal je možno jahanje v številnih lepo urejenih jahalnih centrih. Pozimi so ob ugodnih snežnih razmerah v okolici urejene proge za tek na smučeh, vedno dobro obiskano je drsališče v športnem parku.

O vsem opisanem, o dogodkih in prireditvah, o bogati kulinarčni ponudbi in razpoložljivih nastanitvah in še o mnogočem si lahko preberete na spletni strani [www.domzale.si](http://www.domzale.si) in [www.vistdomzale.si](http://www.vistdomzale.si).

# PRESENTATION OF THE MUNICIPALITY OF DOMŽALE



## OBČINA **DOMŽALE**

The town of Domžale lies on the southern edge of the Kamnik-Bistrica Plain, at an altitude of 300 metres; the significance of the town's location can be seen in transport routes connecting East to West. The town represents the centre of the municipality with the same name, which is home to over 37,000 inhabitants. Important trade routes have always passed through this area and saw particularly large advancements in the 19<sup>th</sup> century as a result of the growing straw hat industry. The town of Domžale was formed with the merging of several villages and became a market town as late as in 1925. The town developed thanks to the straw hat industry, which is why its coat of arms features three golden ears of wheat on a blue field, intertwined in a straw braid. The first workshops in the area date back to the 18<sup>th</sup> century, and it was mainly the Tyrolean immigrants who started to set up factories here. At the turn of the century, there were 25 straw hat factories and workshops in Domžale, producing one million straw hats a year, which were highly valued throughout Austria and in many European capitals. The women straw hat makers of Domžale are credited with bringing this tradition to America, since the main source of income for many a family moving to America to earn their living were the excellent straw hats produced by the women of Domžale.

Although the town of Domžale doesn't feature an old town centre, which never really existed, a walk around the town is definitely worth the while. Start at the **Franc Bernik Cultural Centre**, an Art Nouveau building built in 1910 by the design of Franc Rav-



**Slamnikarski sejem / Straw Hat Fair**

nikar. The former Community Centre was built by the Domžale Catholic Education and Support Society. Then continue to the **Flerin Pharmacy and Café**, the former **Müller Wine Cellar** from 1910, one of the largest in Carniola at the time. Onwards to the Stob Fire Station, a building of venerable age, designed by master carpenter Franc Ravnikar and following the models of the Viennese architectural school. Then take a stroll to the Church on Goričica and the old cemetery. There was a fortified church in as early as the 16<sup>th</sup> century at the location of today's Church of the Assumption of Mary which dates back to 1892. Now, walk along the Cankarjeva cesta road to **the Menačenko Homestead**. This late 19<sup>th</sup> century house features a unique ethnological museum, representing Domžale's cultural heritage and craft traditions. Follow the Jenkova ulica street back to the town centre, to the **Band House** of Domžale, built for the Domžale Brass Band in 1929, the first of its kind in the country at that time. Today, the building houses the Domžale **Straw Hat Museum**, where you can learn about the rich straw hat making tradition. Walk through the **Straw Hat Factory Park** to the building of the **Municipality of Domžale**, where the J. Mellitzer, Kleinercher & Co. Straw Hat Factory was once located. The former Oset Tavern and the Menart House can be found in the immediate vicinity of the building. In front of the building of the former German school from 1890, there is a monument dedicated to the fighting cause and work (Tone Svetina). At Kolodvorska ulica 1, you can find the Vrečar House. This was a carpenter's workshop and home of the carpenter and pre-war mayor of Domžale, Janez Vrečar, which was supposedly designed by Jože Plečnik, a renowned Slovenian architect. A bit further down the road, there was the Ravnikar Straw Hat Factory – today, the building houses notary offices –, and the Youth House, formerly the restaurant Kolodvorska restavracija. Another sight to admire is the Kuzthaler Villa on the Ljubljanska cesta road, built in 1910. A bit further along the road, you will find the famous **Keber**



#### Mlini v Radomljah / Mills in Radomlje

**Restaurant and the Češminov Park**, a green oasis for people to come together, which comes to life especially during various events and festivities (Spoznajmo se – praznujmo skupaj (“Let’s Meet – let’s Celebrate Together”), Animal Lovers Fair, Cinema in the Park, Brass Band in the Park, Children’s New Year’s Eve Party, etc.). You can then return along the Slamnikarska cesta road to the **Povž Straw Hat Factory**, the Oberwalder & CO Straw Hat and Hat Factory and to the **Krizant Centre**, where another straw hat factory was once located. Not far away, near the sports park, there is an **old chimney** from 1900, which was used for the Ladstätter Straw Hat Factory’s power station. You finish your walk at the Domžale Market. The marketplace has always been a common space where people exchanged goods for money and vice versa, and a place where people met, socialised and exchanged opinions and experiences. Today, the marketplace is still a crossroads and a meeting place for people to get together, to meet an acquaintance or a friend, to stop for a moment. You can buy locally produced food and home-made culinary specialities at the stalls. On Saturdays, you can visit events in the scope of the “**Welcome to Domžale**” project, where different Slovenian regions present their traditions, cuisine and culture. From April to September, the first Saturday of every month is especially lively in the market area, as the **Kuhna na plac** (“The Market Kitchen”), a street-style cooking event offering meals at affordable prices, offers to all gourmet lovers the chance to taste a variety of dishes and get to know the seasonal food and drinks. You will find local providers as well as providers from all over the country cooking at the stalls. In the afternoon, live music enchants with an excellent atmosphere, pleasantly and unobtrusively caressing your eardrums while you taste the delicacies and enjoy your time with friends.

Today, Domžale is also known as a sports municipality. The Domžale Sports and Recreation Institute oversees sports activities and features over 100 sports clubs and organisations under its auspices. The Domžale Football Club and the Kansai Helios Basketball Club are two first league representatives of our town. There are two sports parks, one in Domžale and the other one in Radomlje. Domžale boasts a climbing wall at the City Garage in the centre of the town, a renovated track and field stadium and a new grass surface at the Domžale Stadium, the KOLovoz’ pumtrack, the recreational path along the Kamniška Bistrica river (photo: Walk along the river that connects), the Domžale Sports Hall, the summer swimming pool, tennis and volleyball courts, etc. Domžale’s many sporting events prove that sport is definitely at home here. On top of it all, Domžale is also an excellent starting point for visiting other places and attractions all over Slovenia.

You can go on short or longer trips and visit many sights around Domžale. In Krtina, you can visit the Gothic church of St. Leonard with its lowered fortified walls, or attend a show at the Studenec Summer Theatre. In Goropeče above the town of Ihan, you can visit the Church of St. Nicholas, which boasts a late 14<sup>th</sup> century presbytery. In Tabor above Goričica, visit the Church of St. Kunigunda with its Baroque altars; in Krumperk, there is the mighty Renaissance Krumperk Castle; in Gorjuša, you can visit the Caving Club with its Cave Museum and visit the Železna jama cave, which consists of two halls connected by tunnels and bridges. The Babja jama cave can also be found nearby. The Church of St. Mohor and Fortunate in Groblje, famous for its paintings by Franc Jelovšek, presenting the Domžale straw hat and wheat sheaf, should not be left out. In Radomlje, you must not miss the monuments to the rich milling heritage. A bit further on, you should visit Rova and its surroundings, the partisan Jože Pirš Luka Hospital and Kolovec.

Domžale is also an excellent starting point for leisure activities: seven cycling routes in Domžale and the surrounding area, totalling 250 km, invite you to cycle on the new Dbajk city bicycles, which were put into service in April 2024. There are also numerous hiking trails along the Kamniška Bistrica river, recreational trails, outdoor playgrounds and fitness equipment, the Šumberk trail, the natural climbing wall under Šumberk, the artificial climbing wall at the City Garage in the town centre and the KOLovoz’ pumtrack. Near Domžale, horse riding is possible in a number of well-equipped riding centres. In winter, when there’s enough snow, there are cross-country skiing trails in the surrounding area and the ice rink in the sports park, which is always popular.

You can find more about the sights, events and activities, about the rich culinary offer, the accommodation available and much more at [www.domzale.si](http://www.domzale.si) and [www.visitdomzale.si](http://www.visitdomzale.si).

## »KAPNIKI« NA FRANJI



# medex

## 70<sup>LET</sup>



Iz Postojnske jame? Ne, ne, »kapniki« je eden od izrazov, s katerim se hudo mušno kar sami poimenujejo bolniki, ki so doživeli možgansko kap. Nekateri med njimi lahko in tudi radi kolesarijo, a udeležba v prometu je za vsakogar od njih velik izziv. Za marsikoga prevelik. In za te je možnost kolesarjenja v varnem in nadzorovanem okolju družinsko-šolskega Maratona Franja enkratna priložnost.

Fundacija Neurotrust s svojimi aktivnostmi nudi oporo osebam, ki jih je doletela nevrološka bolezen ali poškodba. S člani Kluba bolnikov s cerebrovaskularno boleznijo Ljubljana bodo letos tako že tretje leto zapored skupaj kolesarili na Franji. KD Rog na Franji s široko paleto kolesarjenja

različnih stopenj težavnosti skrbi za popularizacijo te čudovite oblike gibanja. Pokrovitelj Družinsko-šolskega maratona, družba Medex, letos obeležuje 70-letnico obstoja. Njihov proizvodni program in vseobsegajoča skrb za zdravje sta ob jubileju še posebej usmerjena v vključevanje vseh, tudi posameznih ranljivih skupin. V taki družbi in takem okolju pa se dobro počutijo tudi »kapniki«.

*Na začetku smo bili negotovi – bodo zmogli? A je šlo in res je lepo. Napove nas uradni napovedovalec in skupaj se fotografiramo na startni črti. Startamo pa med zadnjimi, saj za naše počasnejše reakcije potrebujemo več prostora.*

*Trasa poteka po ravnini, zaprta je za promet, kar je nujno, da smo zraven lahko tudi mi. Odmor na polovici poti je za nas blagodejen, letos napovedana možnost tudi skrajšane trase pa obet, da nas bo lahko še več.*

*Ob prihodu na cilj smo člani naše skupine res pravi zmagovalci! Lep je občutek, da zmoreš in da si med mladimi in starimi enakovredno premagal kar spoštljiv kolesarski izziv.*

*- Lara Slivnik, predsednica Kluba CVB Ljubljana*

# »KAPNIKI« AT MARATHON FRANJA

"Kapniki" or "speleothems" from the Postojnska jama cave? No, no, "kapniki" is a word play and one of the terms by which stroke patients humorously refer to themselves. Some of them can still and love to ride a bicycle, but participating in traffic presents a challenge for all of them. For many, it is actually too much of a challenge. And for them, the opportunity to ride in the safe and controlled environment of the Family-School Marathon Franja is really unique.

The Neurotrust Foundation's activities support people affected by neurological disease or injury. This year, for the third year in a row, they will be cycling together at the Marathon Franja with members of the Cerebrovascular Disease Patients' Club Ljubljana. With a wide range of cycling events of varying difficulty levels at the Marathon, the KD

Rog cycling club promotes this wonderful form of movement. The sponsor of the Family-School Marathon Franja, company Medex, celebrates its 70th anniversary this year, upon which, their product range and comprehensive health care are particularly geared towards the inclusion of everyone, including individual vulnerable groups. In such a company and in such an environment, even "kapniki" feel good.

\*The word "kap" translates to stroke in English. "Kapniki" refers to people who suffered a stroke and survived.

*At the beginning, we were unsure – will they be able to do it? But it worked and it's a really nice feeling. The official announcer announces us and we take a photo together at the start line. We are among the last to start, as we need more space due to our slower reaction time.*

*The course is flat and closed to traffic, which is an essential factor for us to be there. A halfway break comes in handy, and the possibility of a shorter route this year may result in even more of us turning up at the event.*

*When we arrive at the finish line, the members of our group are the real winners! The feeling when you are able to do it and when you overcome a respectable cycling challenge alongside the young and the old is amazing.*

*- Lara Slivnik, President of the Cerebrovascular Disease Patients' Club Ljubljana*



# INTERVJU: DANIELE CANESIN



## 1. Koliko maratonov ste že zaključili in kdaj ste se prvič udeležili Maratona Franja BTC City?

Do zdaj sem se Maratona Franja BTC City udeležil že trinajstkrat, prvič leta 2007, oz. če navedem podrobneje:

2x Maraton Franja:

leta 2007 – 8. mesto v kategoriji  
leta 2008 – 5. mesto v kategoriji

11x Mali Maraton Franja:

leta 2009 – 4. mesto v kategoriji  
leta 2010 – 1. mesto v kategoriji  
leta 2011 – 2. mesto v kategoriji  
leta 2012 – 3. mesto v kategoriji  
leta 2013 – 3. mesto v kategoriji  
leta 2014 – 1. mesto v kategoriji  
leta 2015 – 1. mesto v kategoriji  
leta 2016 – 1. mesto v kategoriji  
leta 2018 – 1. mesto v kategoriji  
leta 2019 – 1. mesto v kategoriji  
leta 2023 – 4. mesto v kategoriji

## 2. Zakaj ste se odločili za nastopanje na maratonih?

Ne samo zaradi lepote narave ob trasi, temveč tudi zato, ker ime Franja v sebi skriva zgodovinske vrednote, kot so človečnost, bratstvo in solidarnost.

Te vrednote se odražajo v velikem številu ljudi ob cestah trase maratona.

## 3. Zakaj radi tekmuje na Maratonu Franja in kolikokrat ste se ga že udeležili?

Na Maratonu Franja rad tekmujem, ker je vedno razburljivo. Od starta do cilja

kolesarje spodbuja množica ljudi s ploskanjem, kar je nekaj, po čemer se Maraton Franja razlikuje od številnih drugih maratonov v okviru serije Gran Fondo.

## 4. Tekmujete že vrsto let. Kako se je kolesarstvo spremenilo v primerjavi z vašim prvim maratonom? Kako so se spremenila kolesa, priprava, organizacija, način tekmovanja ipd.?

Kolesa so se zagotovo spremenila, saj so lažja, boljše izdelave in precej bolj zmogljiva. Tudi priprava na maraton, vključujoč prehranski vidik, se je radikalno spremenila, v nekaterih ozirih celo pretirano.

## 5. Kateri maraton v Italiji je po vašem mnenju najbolj podoben Maratonu Franja BTC City in zakaj?

Težko je primerjati Maraton Franja s katerim koli maratonom serije Gran Fondo v Italiji. Z organizacijskega vidika sta Franji najbližje morda maratona 9 Colli di Cesenatico in Maraton delle Dolomiti di Corvara, ki veljata za najpomembnejša dogodka v italijanskem koledarstvu.

## 6. Kateri maraton v Italiji bi priporočili slovenskim koledarjem in zakaj?

Morda ravno omenjena maratona v okviru serije Gran Fondo, in sicer zaradi velike mednarodne udeležbe, visoke organizacijske ravni in raznolikosti tras.

## 7. Kako bi s tremi besedami opisali Maraton Franja BTC City?

S tremi pridevniki, ki se začnejo na črko F – tako kot Franja:  
fantastična – futuristična – fenomenalna

- Daniele Canesin



# INTERVIEW: DANIELE CANESIN



## 1. How many marathons have you completed and when did you participate in your first Marathon Franja BTC City?

I have completed 13 Marathon Franja BTC City races. The first one I attended was in 2007.

2x Big Marathon Franja BTC City:

year 2007 – 8<sup>th</sup> in category  
year 2008 – 5<sup>th</sup> in category

11x Little Marathon Franja BTC City:

year 2009 – 4<sup>th</sup> in category  
year 2010 – 1<sup>st</sup> in category  
year 2011 – 2<sup>nd</sup> in category  
year 2012 – 3<sup>rd</sup> in category  
year 2013 – 3<sup>rd</sup> in category  
year 2014 – 1<sup>st</sup> in category  
year 2015 – 1<sup>st</sup> in category  
year 2016 – 1<sup>st</sup> in category  
year 2018 – 1<sup>st</sup> in category  
year 2019 – 1<sup>st</sup> in category  
year 2023 – 4<sup>th</sup> in category

## 2. Why did you decide to compete in the marathons?

I decided to compete in this Marathon not only for the beauty of the landscape along the course, but also because its name holds the historical values of Humanity, Brotherhood and Solidarity.

These values are manifested through the large crowds of people along the roads.

## 3. Why do you like competing in the Marathon Franja and how many times have you participated in it?

I like competing in this Marathon because it is very exciting, as the people along the course keep supporting you from the start to the finish. It is a significant detail that distinguishes the Marathon Franja BTC City from all other Gran Fondo marathons.

## 4. You have been competing for many years now. In what way has cycling changed compared to your first marathon (bicycles, preparation, organisation, the way you compete ...)?

Bicycles have certainly changed. They are lighter, more sophisticated and offer better performance. Both preparation and nutrition have radically changed as well, sometimes even too much.

## 5. Which marathon in Italy is most similar to the Marathon Franja BTC City and why?

It is not easy to compare the Marathon Franja to an Italian Gran Fondo. At an organisational level, the most similar marathons are 9 Colli di Cesenatico and Maratona delle Dolomiti di Corvara that are considered one of the most significant events in Italian cycling.

## 6. Which marathon in Italy would you recommend to Slovenian cyclists and why?

I would recommend the two previously mentioned Gran Fondos due to the large international participation, the high level of organisation and the variety of the courses.

## 7. How would you describe the Marathon Franja BTC City in three words?

With three adjectives starting with the letter F, just like Franja:  
Fantastic – Futuristic – Festive.

- Daniele Canesin

# NAJŠTEVILČNEJŠA DRUŽINA NA MEDEX DRUŽINSKO-ŠOLSLEM MARATONU 2024 – DRUŽINA ŠTREKELJ

(odgovarja Sara Štrekelj)

## 1. Lansko leto ste bili najštevilčnejša družina na Medex družinsko-šolskem maratonu. Koliko članov je štešla ekipa in kakšna je bila sestava?

Družina šteje sedem članov: oče, mama in pet otrok (Mark, Naja, Žan, Lara in Ela).

## 2. Kaj vam pomenijo športne aktivnosti, preživete v naravi v krogu družine?

Športne aktivnosti so za nas zelo pomembne, so naš mali pobeg, ker je pri tako veliki družini tudi veliko obveznosti in zna biti kdaj kar naporno. Zato se radi sprostimo ob kakšni športni aktivnosti.

## 3. Kako gledate na kolesarjenje kot rekreativni šport za družine?

Kolesarjenje pri nas povezuje vso družino in res veliko skupaj prekosarimo. Zdi se mi, da res komaj čakamo vreme in vikend, da se lahko kam zapeljemo. Med tednom niti ni časa, saj treningi (vseh 5 otrok tudi trenira košarko) in šolske obveznosti vzamejo kar veliko časa.

## 4. Pogosto kolesarite skupaj? Katera je vaša najljubša trasa ali izlet, na katerem se podate skupaj? Zakaj?

Ja res se trudim, da ogromno časa preživimo skupaj na kolesih. Malo sem povprašala otroke, katera vožnja jim je ostala najbolj v spominu ... Pravijo, da Franja (Medex družinsko-šolski maraton), ker je kot pravi maraton.

## 5. Kako gledate na dogodek Medex družinsko-šolski maraton?

Maraton Franja je zame že vrsto let pomembna prireditev. Ko mi je leta 2004 umrla mama, me je to nekako povežalo s kolesarjenjem. Shujšala sem 50 kg in leta 2006 odvozila svoj prvi Mali maraton Franja. Od takrat vedno vozimo tudi družinskega. Z leti



se je družina večala in nas je vedno več poganjalo pedala v soboto na družinski in v nedeljo potem jaz na nekoliko daljši trasi. V bistvu nismo izpustili nobenega družinskega maratona od leta 2007, takrat sva se ga prvič udeležila še kot par. Jaz pa letos lovim 15 medaljo nedeljske trase, vmes kakšno leto manjka zaradi nosečnosti. Tako da je kar pomembna za nas.

## 6. Kakšni so bili motivi za udeležbo na Medex družinsko-šolskem maratonu v sklopu dogodka Maraton Franja BTC City?

Motiv za udeležbo je čas, ki ga lepo preživimo skupaj, krasna organizacija, čudovito vzdušje, pa tudi dejstvo, da gre nasploh za eno od lepših športnih prireditev v Sloveniji.

## 7. Koga je bilo treba najmanj prepričevati za udeležbo in koga najbolj? Zakaj in kako ste ga/jo prepričali?

Po vseh teh letih mi ni treba nikogar prepričevati. Enostavno so rastle s Franjo že od malega, vedo, da gremo vsako leto, in se veselijo starta.

## 8. Se boste tudi letos udeležili maratona? Ciljate na ponovno zmago?

Ja, seveda, tudi letos pridemo, mislim, da se vedno prijavimo med prvimi. Res že odštevamo dni do kolesarskega praznika. Joj, ne, nič ne ciljamo na zmago, ne gre za to. Pomembno mi je, da vem, da bo to spet en krasen, športno preživet dan z mojo družino. Otroci pa so seveda vedno veseli medalje ali pokala.



# THE FAMILY WITH THE MOST MEMBERS TO RACE IN THE MEDEX FAMILY-SCHOOL MARATHON 2024 – FAMILY ŠTRELJ

(answers provided by Sara Štrekelj)

## 1. Last year, you were the family with the most family members riding in the Medex Family-School Marathon. How many of you rode in the Marathon and who exactly?

We are a family of seven: dad, mum and five children (Mark, Naja, Žan, Lara and Ela).

## 2. What do sports activities in nature with the whole family mean to you?

They are very important to us, they are like our small getaway, since in such large families, there are always a lot of obligations, and at times, it can get quite stressful. That's why we like to relax with sports.

## 3. How do you see cycling as a recreational sport for families?

Cycling brings our entire family together, since we truly make a lot of kilometres on the bikes. I think we all can't wait for some nice weather and a weekend to go for a ride somewhere. During the week, there is barely any time, since there are trainings (all five kids have basketball practice) and school obligations, which take quite a lot of time.

## 4. Do you often ride together? Which is your favourite course or trip on which you like to go together?

Yes, I truly try to have us spending as much time as possible together riding bikes. I asked my kids which ride was the most memorable for them ... they answered Franja (Medex Family-School Marathon), since it is just like a real marathon.

## 5. What are your thoughts on the Medex Family-School Marathon?

The Marathon Franja has been a very important event for me for many years. In 2004, when my mum died, it kind of brought me closer to cycling. I lost 50 kilograms and in 2006, I rode in my first Little Marathon Franja. Since then, we have always ridden in the Family Marathon. With years, our

family grew and there were more and more of us pushing the pedals in a Saturday's Family Marathon. And then on Sunday, I also raced on the longer course. Come to think of it, we have never missed the Family Marathon since 2007, which was the first year my husband and I took part as a couple. This year, I'll try to win my 15th medal on the Sunday's course. There were a couple of years in between when I didn't manage it due to my pregnancy. So, I'd say it is quite important to us.

## 6. What motivated you to take part in the Medex Family-School Marathon as part of the Marathon Franja BTC City?

Our motivation are the time we spend together, excellent organisation, magnificent atmosphere and also the fact that this is one of most beautiful sports events in Slovenia.

## 7. Who needs the least and who the most persuading to participate? Why and how did you persuade him/her?

After all these years, I didn't need to persuade anyone. The kids simply grew up with Franja and since they were little, they have been looking forward to it.

## 8. Will you be taking part in the Marathon again this year? Are you aiming to win again?

Yes, of course, we will participate again this year, we are always among the first to send in the entry form. We are already counting down the days to this cycling festival. Oh no, I'm not aiming to win, it is not about that. For me, it only matters that the entire family will have another sports active day. And the kids are always happy to get a medal or a trophy.



# NAJŠTEVILČNEJŠA ŠOLA NA MEDEX DRUŽINSKO-ŠOLSKEM MARATONU – OŠ JANKA KERSNIKA BRDO

(odgovarja vodja skupine Alenka Perhavec)

## 1. Lansko leto ste bili najštevilčnejša šola na Medex družinsko-šolskem maratonu. Koliko članov je štela ekipa in kakšna je bila sestava?

Natančnega podatka nimam, ker so se nekateri učenci in njihovi družinski člani prijavi sami. Po prijavih na šoli se je maratona udeležilo okoli 40 učencev naše šole, poleg tega pa še nekateri otroci iz vrtca, ki ravno tako spadajo pod okrilje šole. Vsi učenci so prišli v spremstvu vsaj enega od staršev in to nas še posebej veseli.

## 2. Kako na vaši šoli spodbujate zdrav življenjski slog in aktivno preživljanje prostega časa?

V letošnjem šolskem letu smo uvedli 20-minutni rekreativni odmor, kjer se lahko učenci po 3. šolski uri sprostijo ob prosti igri (predvsem ob igranju nogometa, med dvema ognjema, plezanju po igralih itd.). Ocenjujemo, da to zelo dobro vpliva na koncentracijo otrok in na njihovo splošno počutje. Na podružnici, kjer poučujem, so otroci športno aktivni tudi v jutranjem varstvu in podaljšanem bivanju, saj vsak dan namenimo skupno 2 do 3 šolske ure igri na prostem, ob slabem vremenu pa v telovadnici. Učenci imajo tudi možnost vključevanja v športne krožke pred ali po pouku, poleg tega je naša šola vključena še v projekta Zdrava šola in Šolar na smučih.

## 3. Kako gledate na kolesarjenje kot rekreativni šport?

Menim, da je kolesarjenje zelo priljubljen in privlačen šport, s katerim se lahko ukvarja celotna družina. Primeren je tako za otroke kot odrasle. V zadnjem obdobju je vse več urejenih kolesarskih poti, turistična ponudba na tem področju je v izjemnem vzponu, kar še dodatno pritegne ljudi vseh starosti. Kolesarjenje spada med aerobne aktivnosti, to pomeni, da dobro vpliva na srčno-žilni sistem, krepi kapaciteto pljuč, posledično pa ima vpliv na večjo kondicijsko pripravljenost in boljše počutje na sploh. Zdi se mi, da



je kolesarjenje v Sloveniji zelo priljubljeno, še posebej zadnjih 5 let, ko naši kolesarski šampioni nizajo uspeh za uspehom. To pa je predvsem motivacija za otroke, ki tako iščejo vzornike tudi med kolesarji.

## 4. Na kakšen način spodbujate kolesarjenje (na poti v šolo in v prostem času)?

Sama poučujem šport na podružnici od 1. do 5. razreda, kjer učenci šele v zadnjem razredu pridobijo kolesarski izpit in zato prej v šolo ne prihajajo s kolesi. Poleg tega v okolici šole ni ravno urejenih kolesarskih poti in zato je tam vožnja mogoče malo nevarna. Kljub temu pa v okviru neobveznega izbirnega predmeta šport vključimo v praktični del opravljanja kolesarskega izpita, na šolskem igrišču izvedemo kolesarski športni dan s poligonom in drugimi aktivnostmi, ki pripomorejo k boljši vožnji in obvladanju kolesa. Ob večjih dirkah si del etape ogledamo tudi v podaljšanem bivanju in navijamo za slovenske kolesarje.

## 5. Kako gledate na dogodek Medex družinsko-šolski maraton?

Mislim, da je družinsko-šolski maraton odlična kolesarska prireditev, ki je namenjena druženju v dobrem vzdušju in športnem duhu. Je pravi rekreativni dogodek, ki ima vse elemente športnega boja, ravno prav vloženega napora in zabave hkrati. Je zelo skrbno in dobro organiziran in zato pritegne zelo veliko otrok, šolarjev in ostalih kolesarjev.

## 6. Kakšni so bili motivi za udeležbo na Medex družinsko-šolskem maratonu v sklopu dogodka Maraton Franja BTC City? Je bilo težko zbrati ekipo?

Naša šola se dogodka udeležuje že kar nekaj let (7–8 let) in tako smo že pravi veterani. Veseli nas, da je vsako leto več otrok, ki si želijo na Medex maraton, še bolj veseli pa smo, da jih spremljajo tudi starši. Vsako leto pripravimo vabilo, ki je izobešeno na oglasnih deskah šole in na spletni strani, vsi učitelji pa še dodatno povabijo učence in družine, da sodelujejo na tem prazniku kolesarstva. Sodelujoči učenci izpolnijo prijavnice in tako počasi nastaja naša šolska ekipa, kjer sodeluje tudi več učiteljev in ravnateljica.

## 7. Se boste tudi letos udeležili maratona? Ciljate na ponovno zmago?

Tako je, tudi letos se bomo udeležili Medex maratona in že komaj čakamo mesec junij. Ob komentiranju Dirke po Franciji večkrat slišimo, da »kolesarji ne popuščajo«, in tudi mi smo takega kova, da ne bomo popustili. Letos ciljamo na še bolj številčno ekipo OŠ Janka Kersnika Brdo in seveda na ponovno zmago!

# THE SCHOOL WITH THE MOST STUDENTS IN THE MEDEX FAMILY-SCHOOL MARATHON – PRIMARY SCHOOL OŠ JANKA KERSNIKA BRDO

(answers provided by team lead Alenka Perhavec)

## 1. Last year, you were the best represented school in the Medex Family-School Marathon. How many members did your team have and who were they?

I'm not familiar with the exact data because some students and their family members took care of the entry forms themselves. Based on the entry forms gathered at our school, approximately 40 students took part in the Marathon, along with some of the children from the kindergarten, which is part of our school. All the students were accompanied by at least one parent, and we were particularly pleased about that.

## 2. At your school, how do you promote a healthy lifestyle and active spending of leisure time?

In this school year, we have introduced a 20-minute recreational break where pupils can relax after the 3rd period with activities of their choosing (especially playing soccer, dodgeball, climbing on the playground, etc.). We find this has a very good effect on their concentration and general well-being. At the branch school where I teach, children take part in sports activities during morning care and after-school care, as we spend a total of 2 to 3 school hours every day playing outdoors or in the gym when the weather is bad. Students can also join sports clubs before or after school, and our school is also involved in the projects Zdrava šola ("Healthy School") and Šolar na smuči ("Schoolchildren on Skis").

## 3. How do you see cycling as a recreational sport?

I think cycling is a very popular and attractive sport for the entire family to enjoy. It is suitable for both children and adults. Recently, there have been more and more cycling paths set up, and the tourist offer in this field has been on a tremendous upswing, which further attracts people of all ages. Cycling is an aerobic activity, which means that it

has a positive effect on the cardiovascular system, it strengthens lung capacity and, as a result, has an impact on better fitness and general well-being. I believe that cycling has become very popular in Slovenia, especially in the last five years, with our cycling champions achieving success time and time again. This is a great motivation for children, who are looking for role models in cycling, as well.

## 4. How do you encourage cycling (on the way to school and in leisure time)?

I teach sports at a branch school, grades 1 to 5, where students get their cycling licence only in their last year and therefore don't come to school with their bikes before that. In addition, there are practically no cycling paths set up near the school, so it can be a bit dangerous to ride there. However, as part of the optional elective subject sports, the cycling test is included in the practical part, a cycling sports day is organised on the school playground with a polygon and other activities that help to improve cycling skills and bicycle handling. When there are important bicycle races, we also watch parts of stages in the after-school care and cheer for the Slovenian cyclists.

## 5. What are your thoughts on the Medex Family-School Marathon?

I think that the Family-School Marathon is a great cycling event, designed to bring people together in a good atmosphere and sporting spirit. It is a recreational event that has all the elements of a sports competition, with just the right amount of effort and fun at the same time. It is very carefully and well organised and therefore attracts a large number of children, schoolchildren and other cyclists.

## 6. What motivated you to take part in the Medex Family-School Marathon as part of the Marathon Franja BTC City? Was it difficult to put together a team?

Our school has been taking part in the event for a few years now (7 or 8 years), so we are practically veterans. We are delighted that every year more and more children wish to take part in the Medex Marathon, and we are even more delighted that their parents accompany them. Every year, we prepare an invitation which is posted on the school notice boards, on the website, and all the teachers additionally invite students and families to take part in this cycling holiday. The participating students fill in the entry forms and eventually our school team is formed, with several teachers and the head master also taking part.

## 7. Will you be taking part in the Marathon again this year? Are you aiming to win again?

That's right, we'll be taking part in the Medex Marathon again this year and we can't wait until June. When watching Tour de France, we often hear that "cyclists don't give up" – this goes for us, too, we simply won't give up. This year, we are aiming for an even bigger team that will represent the primary school OŠ Janka Kersnika Brdo – and, of course, another victory!



# INTERVJU Z ZŠAM ŽIRI

Marijan Dolenc, predsednik ZŠAM Žiri

## 1. Imate že zelo dolgo zgodovino, koliko let točno pa že sodelujete na Maratonu Franja BTC City?

Združenje šoferjev in avtomehaničnikov Žiri deluje že 45 let v svojem poslanstvu. Društvo trenutno šteje dobrih 200 članov, od tega imamo 60 članov oblečenih v delovne uniforme, ki so usposobljeni za varovanje kolesarskih dirk. Društvo uporablja radijske postaje za boljšo mobilnost na terenu, na Maratonu Franja pa smo prisotni že 21 let. Na začetku smo pokrivali samo relacijo Kladje in pa do Škofje Loke, zdaj pa že vrsto let pokrivamo celotno relacijo z društvi ZŠAM in PGD. ZŠAM Žiri ima vsako leto po dve društvi v rezervi, če katero izmed načrtovanih društev iz kakršnih koli razlogov ne bi moglo sodelovati.

## 2. Na katerih področjih ste aktivni?

ZŠAM Žiri ni aktivno samo na Maratonu Franja – je pa res, da je bila to prva kolesarska dirka, ki jo je varovalo članstvo ZŠAM Žiri. Veliko sodelujemo s Kolesarsko zvezo Slovenije. Varovali smo kolesarsko dirko za Veliko nagrado Istre v Izoli, Veliko nagrado Nove Gorice, kolesarske dirke za Veliko nagrado Kranja, kolesarsko dirko L'Etape Slovenia. Izvajamo varovanja otrok v prvih šolskih dneh v septembru, varovanje Kostanjevega piknika v Besnici in še veliko drugih lokalnih prireditev, ki jih organizira občina Žiri ali pa občina Gorenja vas - Poljane.

## 3. Kako se je začelo sodelovanje na Maratonu Franja BTC City?

Ko smo sodelovali z Milanom Pivkom, policistom s policijske postaje Škofja Loka in našim članom, nas je priporočil Gorazdu Penku, saj sta takrat zelo dobro sodelovala na Maratonu Franja. Takrat smo prvič prevzeli varovanje kolesarske dirke – zelo neizkušeni in neopremljeni za podvig, kot je bil takrat. Od organizatorja smo dobili svetleče brezrokavnike – za prvih nekaj let varovanja se še dobro spomnim, da smo jih morali vračati nazaj organizatorju ali sponzorjem.



#### **4. Kako vi gledate na sodelovanje na Maratonu? Kaj vam to pomeni?**

Na sodelovanje na Maratonu Franja gledamo zelo pozitivno, saj je bila to naša odskočna deska. Z Gorazdom Penkom sodelujemo zelo dobro in igramo na odprte karte glede dela in nagrajevanja naših članov in združenja na vsaki dirki sproti. Naši člani si že zelo zgodaj rezervirajo mesto redarja, da ne bi morebiti kakšno leto izpadli iz igre. Naš poveljnik Vojko Jezeršek je naše vodilno kolo, ki razporeja naše člane po progi in pa tudi druga društva po določenih odsekih proge. Proga je tako pokrita.

#### **5. Koliko vaših članov sodeluje na Maratonu Franja? Se je številka skozi leta spreminjala?**

Aktivni smo s 30 člani, za nas pa naloge izvajajo še ZŠAM Slovenske Konjice, ZŠAM Laško, ZŠAM Savinjska dolina, ZŠAM Trbovlje in ZŠAM Trebnje. Vsi imamo svoje odseke in smo prav veseli, da smo del te zgodbe na Maratonu Franja. ZŠAM pokrijemo približno 100 članov redarjev. Iz leta v leto se število članov ne spreminja, saj imamo točno določeno traso, ki zahteva točno določeno število redarjev. Se pa člani tudi menjajo med sabo, tako da naloge ne opravljajo vedno isti.



#### **6. Kako izgleda dan vaših članov pred in med maratonom? Imate morda kakšne posebne organizacijske priprave?**

ZŠAM Žiri ima usposobljene člane, tako da ni potrebna priprava na varovanje kolesarske dirke. Vsi člani vedo, da se morajo pol ure pred uro prihoda kolesarjev postaviti na svoje mesto. Je pa veliko vprašanj, zakaj morajo biti še na trasi, ko na cesti ni več niti kolesarjev niti mobilne zapore. Avtobus – t. i. metla – je parkiran na Sovodnju ali v Gorenji vasi, vozniki pa v lokalu na kavicah. Ko je konec mobilne zapore, se morajo vozniki koles voziti po predpisih, takrat pa nimajo naši člani nobene vloge ob cesti. Policisti se umaknejo iz križišč, naši člani pa so tam ob cesti in čakajo na metlo, ki je ni.

#### **7. Kaj vam predstavlja največji izziv in zakaj?**

Največji izziv je za Vojko Jezerška, ko ureja druga društva po celotni relaciji. Najbolj zanimivo pa je, ko neko društvo en dan pred dirko odpove, ker nima dovolj pripravljenih članov za varovanje. Takrat je treba takoj poiskati rezervno društvo, ki v rezervi čaka na vpoklic. Izziv je tudi, ko se poveljnik ali predsednik društva ne javi na telefon. Takrat je treba stopiti v akcijo in iskati drugo društvo za zamenjavo tistega, ki je izpadlo, kar pomeni zelo veliko dela za našega poveljnika Vojkota.

#### **8. Se vam je v vseh teh letih morda zgodila kakšna zanimiva prigoda ali neprijetna situacija, ki se ji lahko zdaj smejite?**

Velikokrat se zgodi, ko je mobilne zapore konec, da tudi člani društva zapustijo redarsko mesto ob cesti. Potem pa Gorazd in Vojko skočita v zrak, češ da je eno izmed društev predčasno prenehalo z opravljanjem nalog redarjev ob trasi. Res je, da zaradi tega nikoli ni prišlo do prometne nesreče, vseeno pa se ni prijetno opravičevati v imenu nekoga tretjega, ki je predčasno zapustil delovno mesto. A tudi take stvari smo vedno uredili po lepi poti z dogovori. Gorazd Penko je človek z velikim srcem, zato se da z njim res pogovoriti o vseh problemih, ki se pojavijo na terenu. Organizatorji Maratona Franja že zelo zgodaj postavijo obvestila za zaporo ceste, po kateri poteka dirka. Redarji moramo biti zelo odločni, da ne spuščamo osebnih avtomobilov na cesto v času mobilne zapore. Vsako leto se najdejo posamezniki, ki izsiljujejo dostop na cesto kljub mobilni zavori in kljub 14 dni pred tem objavljeni informaciji o popolni zavori ceste. Veliko lažje je redarsko službo opravljati iz Ljubljane pa do Cerknega kot potem iz Cerknega do Ljubljane. Od Cerknega in Kladija se kolona podaljša, po Poljanski dolini pa so dolge mobilne zapore, kar nekatere domačine zelo moti. Poljanska dolina ima slabe obvoze in ravno takrat imajo nekateri toliko različnih in pomembnih opravil, da ne morejo čakati ob cesti. Zato morajo biti naši redarji resnično odločni, da ne popuščajo pritiskom domačinov. Metla pa čaka in je ni, čeprav je bilo mobilne zapore že zdavnaj konec.

#### **9. Kako gledate na sobivanje avtomobilistov in kolesarjev na cesti?**

Želimo, da Maraton Franja poteka še dolgo in s še več udeleženci kot do zdaj. Bi pa priporočil, da vsi tisti tekmovalci, ki zaostanejo več kot eno uro in pol, potem vozijo na lastno odgovornost, tako kot vsi nedeljski kolesarji, ko trenirajo za Franjo. Avtobus metla bi moral peljati uro in pol zadaj. Vsak kolesar, ki zamuja več kot uro in pol, pa vozi potem na lastno odgovornost po cestnoprometnih predpisih v prometu.

#### **10. Kakšni bi bili vaši nasveti tekmovalcem, navijačem in voznikom, ki jih maraton morda »ovira« med nedeljskim izletom?**

Navijači ob cesti so dobrodošli in želimo, da bi jih bilo še več. Niso moteči in prav popestrijo dirko – kot na vsakem turu. Vsem tistim, ki se odpravljajo na izlet, pa bi svetoval, da izberejo neko drugo lokacijo in ne ravno tiste, kjer poteka Maraton Franja. Naj se odpravijo na izlet bolj zgodaj ali pa se postavijo ob cesti in navijajo za odlične kolesarje, ki tisti dan tekmujejo. Maraton Franja je velika dirka in to je kar slovenski praznik. Hvala organizatorjem za tako veliko dirko, na kateri je največ kolesarjev.

# INTERVIEW WITH THE REPRESENTATIVE OF THE ASSOCIATION OF DRIVERS AND AUTO-MECHANICS ŽIRI (ZŠAM ŽIRI)

Marijan Dolenc, President of the Association of Drivers and Auto-Mechanics Žiri (ZŠAM Žiri)

## 1. Your Association has a long history. How many years have you been involved in the Marathon Franja BTC City?

Our Association has been following our mission for 45 years already. It currently has a little over 200 members, with 60 of our members having been professionally trained to provide safety services at cycling races. Our Association uses radio frequencies making us more mobile in the field. We have been involved in the Marathon Franja for 21 years. In the beginning, we covered the course on the Kladje location and then on the way to Škofja Loka. For several years, we have now been covering the entire course, with the help of the societies included in the Association of Drivers and Auto-Mechanics (ZŠAM) and the volunteer fire brigade (PGD). Each year, ZŠAM Žiri provides two back-up teams if any of the planned teams could not make it for whatever reason.

## 2. Which areas do you cover?

Marathon Franja BTC City is not the only race in which ZŠAM Žiri is actively involved. Franja was the first cycling race for which ZŠAM Žiri provided safety services. We have participated a lot with the Slovenian Cycling Federation. We were also involved in securing safety services for the Istria Gran Fondo in Izola, the Nova Gorica Grand Prix, the Kranj Grand Prix and the L'Etape Slovenia race. We provide services to ensure safety of kids around schools in the first school days of September and are involved in the Chestnut picnic in Besnica as well as many other local events organised by the Žiri or Gorenja vas - Poljane municipalities.

## 3. How did it all start for you at the Marathon Franja BTC City?

When we collaborated with Milan Pivk, a police officer from the Škofja Loka police station who is also our member, he recommended us to Gorazd



Penko with whom they have already been collaborating at the Marathon Franja. This was the first time we provided safety services in a cycling race. At that time, we were very much inexperienced and unequipped to take on such a challenge. We received reflective vests from the organisers, but in the first few years, we always needed to return them to the organisers or the sponsors.

## 4. How do you see your involvement in this Marathon? What does it mean to you?

Our collaboration has been very positive and it was kind of a stepping stone for us. We have been collaborating with Gorazd Penko on a very high level and we always keep our cards open with regard to our work and rewarding our members and Association for each race at a time. Our members book their own marshal spot for each race in advance so they would not miss out. Our chief Vojko Jezeršek is the one who allocates our members along the entire course and members of other associations along specific course segments, resulting in us having the entire marathon course covered.

## 5. How many of your members are involved in the Marathon. Has this number changed through the years?

Thirty of our members are actively involved in this Marathon. But working for us are also members of ZŠAM Slovenske Konjice, ZŠAM Laško, ZŠAM Savinjska dolina, ZŠAM Trbovlje and ZŠAM Trebnje. We each have our own section along the course and are pleased to be a part of the Marathon Franja story. Altogether, ZŠAM contributes about 100 members as marshals. The number does not change from year to year since the course is the same each year so we know how many marshals are needed. Of course, our members who act as marshals are not always the same.

**6. How does a day of your members look like before and during the Marathon? Do you maybe have any special organisational preparations?**

The members of ZŠAM Žiri members are all trained. That's why we do not need any special preparation to provide safety services at cycling races. All the members know that they need to be standing on the allocated spots half an hour before cyclists arrive to that same location. But there are quite a few questions as to why they still need to be along the course when there are no more cyclists on the road as well as no mobile road blocks anymore. The so-called broom wagon (voiture balai) is at that time still parked in Sovodenj or in Gorenja vas with drivers drinking coffee in the nearby bar. When the mobile road block is removed, cyclists need to pay attention to the usual traffic regulations. Police officers move out of the crossroads while our members still remain along the road waiting for the broom wagon that does not come.

**7. What do you see as the biggest challenge and why?**

Vojko Jezeršek has the biggest challenge of managing all other societies along the entire course. It all becomes a bit more stressful when one society backs out a day before the race because it cannot provide enough marshals. In that moment, we need to immediately find a back-up society which is waiting to be called. It becomes challenging when the chief or the president of the back-up society does not answer or return your call and you need to immediately find another – third – society to fill in the spot. That means a lot of work for our Vojko.

**8. In all these years, have you experienced any interesting anecdotes or even unpleasant situations which you are now able to laugh about?**

It happens a lot that when a mobile road block is removed marshals also leave their spot along the course. Gorazd and Vojko then jump up and react to a particular society leaving their marshal spot sooner than planned. Luckily, this hasn't resulted in any accidents yet. It is not pleasant to apologize for actions of others who leave their "workplace" too early. But we have always smoothed over such situations by politely discussing them. Gorazd Penko is truly a man with a big heart and he makes it easy to resolve any issues along the course. The Marathon Franja BTC City organisers put up signs for road blocks along the Marathon course very early. This means that as marshals, we need to be very firm in not letting private vehicles on the road when mobile road blocks are still in place. Each year, there are a couple of individuals who force their way on the road even though there is a mobile road block about which they had received notice 14 days ahead. It is much easier to be a marshal along the course between Ljubljana and Cerklje than in the direction from Cerklje to Ljubljana. In Cerklje and then in Kladje, the traffic congestion is higher, with long mobile road blocks along the Poljanska dolina valley, what some locals find very annoying. The Poljanska dolina valley has very poor detours and exactly at the time of the race, you can always find some locals who need to run errands and cannot wait for the mobile road block to be removed. That's why our marshals really need to stand their ground firmly to not give in to the pressuring demands of the locals. They all wait for the broom wagon to arrive, but sometimes it happens it is nowhere to be seen long after the mobile road block has already been removed.

**9. How do you see the co-existence of cyclists and car drivers on the road?**

We want the Marathon Franja to last for many years to come, with even more racers. I would recommend that all those racers who fall behind the leaders for more than an hour and a half ride on the road on their own responsibility, the same all Sunday riders do when they train for Franja. The broom wagon should drive an hour and a half behind the leaders which would mean that each racer who would find themselves more behind should follow the usual traffic regulations while riding on their own responsibility.

**10. What advice would you give to all the cyclists, the fans and also to all those drivers who see this Marathon merely as an "obstacle" on their Sunday trip?**

We welcome all the fans along the roads and we wish to see even more of them. They are not disruptive and they make the race special, the same as with every other cycling race. To all those who are planning to go on a Sunday trip, I'd recommend picking a different location, one that is not along the Marathon Franja course. They should leave early or simply set camp along the road and cheer on all the amazing racers. The Marathon Franja is a big race, an all-Slovene cycling festival. A big thanks goes to all the organisers for putting together such a large cycling race with so many racers.



Pred 19 leti je Maraton Franja prvič štartal iz BTC Citya.

19 years ago, the Franja Marathon started from BTC City for the first time.

Maraton Franja se včlani v serijo najboljših kolesarskih maratonov na svetu pod okriljem Mednarodne kolesarske zveze UCI – UWCT.

Marathon Franja is included in the series of the best cycling marathons in the world under the auspices of UCI – UWCT.

# 43. LET MARATONA FRANJA



# 1982



Prvi Maraton Franja je bil izveden 22. julija 1982.

The first Marathon Franja was performed on July 22, 1982.

# 2003

Vstopi v povezavo Alpe Adria Tour. Družba BTC, d. d., postane generalni sponzor in tako dobi maraton novo ime – Maraton Franja BTC City.

# 2006

Becomes part of the Alpe Adria Tour. BTC, d. d., becomes the general sponsor of the event, which gets a new name – Marathon Franja BTC City.

# 2010



# 2012

Uvedba kronometra – tekme na čas.

Introduction of the time trial event.





Giro Rosa – ženski kolesarski spektakel s 1. etapo in vožnjo na čas prvič v Sloveniji.

Giro Rosa – A women's cycling race for the first time in Slovenia, with 1<sup>st</sup> stage and prologue.

70 let Kolesarskega društva ROG. Kolesarsko društvo ROG je bilo ustanovljeno daljnega leta 1949 in s svojim delovanjem že več kot 70 let zaznamuje kolesarsko športno disciplino na slovenskih tleh. KD ROG je generator idej za razvoj slovenskega kolesarstva, ustvarjalec vrhunskih tekmovalcev in prireditelj odmevnih kolesarskih dogodkov.

70 years of Cycling Club KD Rog. Cycling Club KD Rog was established in 1949. With its activities, it has influenced cycling in Slovenia for over 70 years. KD Rog is a generator of ideas for the development of the Slovenian cycling, a creator of top racers and an organiser of renowned cycling events.



40. jubilej Od Franja do Tura!  
40<sup>th</sup> anniversary From Franja to Tour!

Udeleženci, ki so prevozili vseh 41. maratonov.

Participants who drove of all 41 marathons.

# 2014

Po trasi Maraton Franja BTC City poteka Svetovno prvenstvo rekreativnih kolesarjev, UWCT Finale.

ARWC and UWCT Finals take place on the course of Marathon Franja BTC City.

# 2015



Barjanka – premierna izvedba novega turistično-športnega dogodka, ki povezuje občine, ponudnike in društva na Ljubljanskem barju.

Barjanka – the premiere edition of the new tourism and sports event that connects municipalities, suppliers, and societies in the area of the Ljubljana Marshes.

# 2018

# 2019

# 2020



Maraton Franja je bil v letu 2020 v času pandemije edini izveden kolesarski maraton v Evropi.

The Franja Marathon was the only cycling marathon in Europe in 2020 during the pandemic.

# 2021

Rekordna udeležba na Barjanki Hervis. Občina Škofljica se je pridružila dogodku.

Record attendance at Barjanka Hervis. Municipality of Škofljica joined the event.

# 2022



# 2023



# PREHRANSKIH NASVETOV PRED MARATONOM FRANJA

ERIKA JESENKO

## DAN PRED MARATONOM NAJVEČJI DELEŽ ENERGIJE ZAUŽIJMO IZ OGLJIKOVIH HIDRATOV

Dan ali že nekaj dni pred dogodkom naj pretežen delež energije v naši prehrani predstavljajo ogljikovi hidrati. Na ta način bomo zapolnili glikogenske rezerve, ki bodo predstavljale glavno zalogo energije med samim maratonom.

## NEKAJ DNI PRED MARATONOM SE IZOGIBAJMO HRANI, BOGATI Z VLAKNINAMI

Dan ali celo nekaj dni pred maratonom se izogibajmo večjim količinam prehranskih vlaknin. Te so težje prebavljive in lahko privedejo do neprijetnih prebavnih težav. Prav tako vlaknina veže nekaj vode, kar pomeni, da smo težji. Če se jim dan ali dva pred dirko izogibamo, zapusti telo tudi nepotrebni balast.

## NE EKSPERIMENTIRAJMO S PREHRANO V ZADNJEM TEDNU PRED MARATONOM

Teden pred samim dogodkom je motivacija običajno na vrhuncu in morda ugotovimo, da lahko mnogo storimo še na prehrani. To je skoraj gotovo res, a nikar se tega ne lotimo teden pred maratonom. Novo prehransko strategijo poskusimo več tednov pred maratonom, saj le tako ugotovimo, ali nam res ustreza.

## ZADNI VEČJI OBROK POJEMO VSAJ 3 URE PRED STARTOM

Zadnji večji obrok naj bo vsaj tri ure pred startom. Telo bo v tem času že prebavilo naš zajtrk in ne bo bojzani, da bi nas zaradi neprebavljene hrane med maratonom doletele težave.

## PAZIMO, DA IZDELKI V ŽEPU NE VSEBUJEJO PREVEČ KOFEINA

Kofein nas poživi in naredi hitrejši. A višji odmerki kofeina (nad 300 mg) lahko povzročijo nemir, nervozo, vznemirljivost, nespečnost, rdečico na obrazu, pretirano uriniranje, prebavne motnje, mišične krče, motnje srčnega ritma in druge neprijetne težave. Za primerjavo, kofeinski geli navadno vsebujejo od 20 mg pa tudi do 150 mg na pakiranje. Preden s kofeinskimi geli napolnimo žepe kolesarskega dresa, se prepričajmo, da kofeina ne bo preveč.

## PAZIMO, DA ŽELODCA NE ZAPOLNIMO DO ZADNJEGA KOTIČKA

V dneh pred tekmovanjem moramo dovolj jesti. Gorivo potrebujemo za regeneracijo od preteklih kolesarskih voženj in za polnjenje glikogenskih zalog. »Dovolj« ne pomeni, da moramo želodec napolniti do zadnjega kotička. Rezervoar glikogena ne bo tako nič bolj poln. Nakopali si bomo le neprijeten občutek v želodcu in se prikrajšali za zlata vreden spanec.

## ENERGIJSKE PLOŠČICE, GELE IN NAPITKE TER OSTALA ŽIVILA, KI JIH BOMO UŽIVALI MED MARATONOM, PREIZKUSIMO ŽE PREJ

Vse, kar bomo zaužili med samim maratonom, preizkusimo že prej na treningu. Le tako se bomo prepričali, da nam ploščica ali gel zares ustreza, in se izognili nepotrebni težavam. Lahko se zgodi, da nam ne spolzijo po grlu ali našemu telesu preprosto ne odgovarjajo.

## NE POZABIMO NA TEKOČINO

V primeru dehidracije bo naše telo delovalo slabše in imelo manj moči. Velika izguba znoja bo lahko povzročila tudi, da bomo na kolesu manj razsodni, kar nas lahko posledično pripelje celo do padca. Ne pozabimo, da lahko Maraton Franja poteka v zelo vročem vremenu in močnem soncu, kar predstavlja dodatno nevarnost za dehidracijo. Pomembno je, da tekočino vnašamo sproti in s tem nadoomeščamo tekočino, ki jo izgubljammo med telesnim naporom. V bidon nikakor ne točimo samo vode. Primešamo ji še nekaj prahu za pripravo izotoničnega napitka. Z njim bomo telo oskrbeli z elektroliti, ki jih izgubimo z znojem, ter s sladkorjem, ki bo poskrbel za hiter vir energije.

## OMEJIMO MAŠČOBE

Tako kot prehranskim vlakninam se pred maratonom izogibajmo maščobam, saj bodo te otežile prebavo.

## NAJBOLJŠA PREHRANSKA STRATEGIJA KOLEGA, KI JE HITER KOT STRELA, NI NUJNO TUDI NAJBOLJŠA PREHRANSKA STRATEGIJA ZA NAS

Kar ustreza našemu kolegu, ni nujno, da bo tudi nam. Vsak posameznik je edinstven, zato tudi različna telesa reagirajo različno. Če je prijatelj presneto hiter po skledi ovsene kaše, je ta za nas lahko recept za prebavne težave. Zato je še posebej pomembno, da prehransko strategijo preizkusimo prej, na treningih, in ne pred ključnim kolesarskim dogodkom.



# NUTRITIONAL TIPS BEFORE MARATHON FRANJA BTC CITY

ERIKA JESENKO

## 1 THE DAY BEFORE AN ENDURANCE EVENT, GET THE LARGEST SHARE OF ENERGY BY CONSUMING CARBOHYDRATES

A day or even a few days before an endurance event, your diet should consist mostly of carbohydrates. This way, you'll stack up on glycogen reserves, which will present the main source of energy during the race.

## 2 A FEW DAYS BEFORE AN ENDURANCE EVENT, AVOID FIBRE-RICH FOODS

A day or even a few days before an endurance event, avoid having large amounts of fibre-rich foods. These are more difficult to digest and can lead to unpleasant digestive issues. Fibre is also known to bind water, which results in gaining weight. If you avoid consuming fibre a day or two before a race, the unnecessary ballast leaves your body.

## 3 DO NOT EXPERIMENT WITH YOUR DIET IN THE FINAL WEEK BEFORE AN ENDURANCE EVENT

A week before the race, motivation usually reaches its peak and you may think that you could also improve your nutrition. This might be true, but you should never experiment with it just a week before the main event. Any new nutrition strategy should be tried several weeks before an endurance event since you'll need enough time to see how effective it is.

## 4 EAT THE LAST BIG MEAL AT LEAST 3 HOURS BEFORE THE START

Eat your last meal at least three hours before the start of the race. During this time, your body will digest your breakfast and there will be no fear of issues arising during the race due to non-digested food.

## 5 THE PRODUCTS YOU KEEP IN YOUR POCKETS DURING THE RACE SHOULDN'T CONTAIN TOO MUCH CAFFEINE

Caffeine invigorates us and makes us faster. But higher doses of caffeine (above 300 mg) can bring restlessness, nervousness, excitement, insomnia, redness in the face, excessive urination, digestive issues, muscle cramps, heart rhythm disorders and other unpleasant issues. For comparison, caffeine gels usually contain from 20 to 150 mg of caffeine per packaging. Before you start putting caffeine gels in your pockets, make sure they don't contain too much caffeine.

## 6 BE CAREFUL NOT TO COMPLETELY FILL UP YOUR STOMACH

In the days leading up to the race, you need to eat enough food. You need "fuel" to recover from your previous rides and stack up on glycogen reserves. "Enough" doesn't mean that you should fill up your stomach completely. That will not make your glycogen reserves any bigger, but only give you a queasy stomach and deprive you of precious sleep.

## 7 LIMIT FAT INTAKE

Before an endurance event, also avoid fats since they make digestion more difficult.

## 8 ENERGY BARS, GELS, BEVERAGES AND OTHER FOODS YOU PLAN TO HAVE DURING A RACE NEED TO BE TRIED BEFOREHAND

Everything you plan to eat or drink during an endurance event needs to be tried beforehand, during training. This is the only way to make sure that a particular bar or gel actually is to your liking and to avoid unnecessary issues. It might happen that you won't be able to swallow something or that a product simply won't agree with your body.

## 9 DON'T FORGET TO DRINK

When you're dehydrated, your body functions poorly and has less strength. Major loss of liquid due to sweating can result in poorer judgment on the bike, which can even lead to a crash. Let's not forget that Marathon Franja takes place in hot weather under the scorching sun, which is an additional risk factor for dehydration. It is important to replace the fluids lost during physical activity. A bidon shouldn't be filled with water alone. Add some isotonic powder to it. You will provide your body with some much needed electrolytes, which you will lose by sweating, and sugar, a quick source of energy.

## 10 YOUR FRIEND'S BEST NUTRITIONAL STRATEGY MAY NOT NECESSARILY BE THE BEST STRATEGY FOR YOU, EVEN THOUGH YOUR FRIEND MAY BE AS FAST AS LIGHTNING

What works for your friend may not work for you. Everyone is unique, which means that different bodies react differently. If a friend eats a bowl of porridge and is lightning fast on the course, the same bowl of porridge may cause you to have digestive issues. That is why it is especially important to test your nutritional strategy beforehand, during training rides, and not right before the main event.

# VTISI ZMAGOVALCEV

## IMPRESSIONS OF WINNERS

### 1. V preteklosti ste dirkali profesionalno. Katere stvari bi izpostavili, da so na maratonu drugačne kot na profesionalnih dirkah?

Maratoni se zelo razlikujejo od dirkanja na polprofesionalnem nivoju. Tukaj nimaš ekipe. Je vse le na posamezniku. Dirka se brezglavo.

### 2. Kako so potekale priprave na Maraton Franja BTC City?

Na Maraton Franja se nisem posebej pripravljaj. Nimam več načrta treningov kot včasih, zdaj grem »dan za dnem«. Sem le vsak dan 8 ur v službi in pride konec tedna že kar naporno. Poleg tega pa sem še trener v Tekuško smučarskem klubu Idrija in vzame tudi to veliko časa. Rad bi poudaril tudi to, da kilometri niso vse; to je postalo na rekreativnem nivoju že malce prehudo.

### 3. Kaj vam pomeni zmaga na Maratonu Franja BTC City?

Zmaga na Maratonu Franja je pokazatelj, da nisem še za v »staro šaro«. Še vedno grem rad na kolo in na njem uživam.

### 4. Kako bi izgledal vaš idealen »maratonski« dan?

Moj maratonski dan bi izgledal tako, da bi še letos zmagal na Maratonu Franja. Upam, da mi to uspe.

### 5. Se spomnite svojega prvega Maratona Franja BTC City? Kdaj je bilo to in kaj se je za vas spremenilo od takrat?

Svoje prve Franje sem se udeležil leta 2014. Takrat smo imeli eno zelo staro »specialko«, ki je ni nihče potreboval. Usedel sem se in potem me je tako navdušila, da sem se prijavil na Franjo z dvema mesecema treninga. Krče sem imel že na Želinu. (Smeh.) Od klanca na Kladju do cilja v BTC-ju je bila še dolga. Tudi v skupini se nisem znal voziti. Takrat sem končal na 60. mestu.

### 6. Kateri je vaš najljubši del trase Maratona Franja BTC City, zakaj? Kje vam je bilo lani najtežje in kateri del se vam morda najbolj »vleče«?

Moj najljubši del trase je skozi domače mesto, Idrijo, in seveda na Kladje, kjer me vedno počakajo moji. Če sem pošten, mi ni bilo nikjer težko. Lani je šlo vse po načrtu. Pomembno je le to, da pridemo celi in zdravi v cilj.

### 7. Se imate tudi letos namen udeležiti maratona? Kakšni so cilji?

Sem se že prijavil. Bomo videli sproti. Je pa na vsaki dirki, na kateri startam, cilj le en.

### 8. Kako bi opisali Maraton Franja s tremi besedami?

Težko ga je opisati samo s tremi besedami. Najboljši maraton daleč naokrog.

### 9. Kakšna bi bila vaša nasveta »starim mačkom« na maratonu in tistim, ki za svoj prvi maraton še zbirajo pogum?

Bodimo potrpežljivi drug do drugega. Na koncu je vsak zmagovalec. Pridite, ne bo vam žal.



# MATIC GROŠELJ

## Zmagovalec Maratona Franja BTC City 2023

### Marathon Franja BTC City 2023 winner

#### **1. In the past, you raced professionally. What would you say is the difference between marathon races and professional races?**

Marathons differ greatly from racing at a semi-professional level. In marathons, you don't have a whole team behind you, it's all on the shoulders of each individual racer. There are really no tactics.

#### **2. How were your preparations for the Marathon Franja BTC City?**

I didn't have any special preparations for this Marathon. I don't have a training plan like I used to, I just go-with-the-flow. I spend eight hours a day at work and weekends can get quite strenuous. Apart from that, I'm also a coach in the cross-country skiing club Tekuško smučarski klub Idrija which also takes a lot of my time. I would like to point out that stacking up on kilometres is not everything – at the recreational level, this is getting out of hand.

#### **3. What does winning the Marathon Franja BTC City mean to you?**

Winning the Marathon Franja is a sign "I'm not old news" just yet. I still like to jump on the bike and enjoy cycling.

#### **4. How would your ideal "marathon day" look like?**

I'd say winning the Marathon Franja again this year. I hope I'll win.

#### **5. Do you still remember your first Marathon Franja BTC City? When was it and what has changed for you since then?**

I raced in my first Marathon Franja in 2014. At that time, we had a very old racing bicycle at home, which no one used anymore. I sat on it and I was immediately so impressed that I sent the entry form to race in Franja with just two months of training under my belt. Muscle cramps appeared already on Želin. (Laughter.) It was still a long way from the Kladje climb to the finish line in BTC City Ljubljana. At that time, I also did not know how to ride in a peloton. I finished my first Franja in 60<sup>th</sup> place.

#### **6. Which part of the Marathon Franja BTC City course is your favourite and why? Which part was the toughest for you last year and which would you say drags out the most?**

My favourite part is riding through my hometown of Idrija and, of course, the Kladje climb, where my family and friends always cheer me on. Honestly, last year, I didn't have any difficulties anywhere, it all went according to plan. The only thing that counts is coming across the finish line in one piece and healthy.

#### **7. Do you plan to take part in the Marathon also this year? If so, what are your goals?**

I've already sent in the entry form. We will see how it goes. But in every race I start, I have only one goal.

#### **8. How would you describe the Marathon Franja with three words?**

It's hard to describe it with just three words. Best marathon around!

#### **9. What advice would you give to the "veterans" for the Marathon and all those who are still building up the courage to attend their first marathon?**

Let's be patient with one another. In the end, everyone's a winner. Come and join us and you won't regret it.

# VTISI ZMAGOVALCEV

## IMPRESSIONS OF WINNERS

### 1. V preteklosti ste dirkali profesionalno. Katere stvari bi izpostavili, da so na maratonu drugačne kot na profesionalnih dirkah?

Profesionalno sem sicer dirkala bolj malo. Razlika je v tem, da je razporeditev intenzivnosti povsem drugačna. Pri profesionalnih dirkah je veliko napadov in menjav ritma med nizko intenzivnostjo in izjemno visoko intenzivnostjo, dirke so bolj dinamične. Vzponi so krajši, a izjemno intenzivni, na maratonih pa je ritem bolj enakomeren in vzponi daljši, tam vseeno potrebuješ veliko moči. Razlika je tudi v tem, da se pri profesionalcih pride na start le nekaj minut pred samim startom, tudi vzdušje na startu je veliko bolj sproščeno in manj napeto. Na maratonih moraš biti včasih tudi eno uro (ali več) že v startnem boksu in vsi so bolj napeti ter živčni.

### 2. Kako so potekale priprave na Maraton Franja BTC City?

Na maraton se nisem posebej pripravljala, saj nastopa na Franji niti nisem načrtovala. Na splošno je moja sezona do Franje izgledala tako, da sem tedensko opravila 5–6 treningov na teden, nekaj intervalov in nekaj odpejanih dirk.

### 3. Kaj vam pomeni zmaga na Maratonu Franja BTC City?

Zadovoljstvo, da se izkupiček vseh treningov pokaže tudi v rezultatu.

### 4. Kako bi izgledal vaš idealen »maratonski« dan?

Kakovosten in okusen zajtrk, ki bi sledil po dobrem spancu. Sproščenost na startu in zmaga na cilju.

### 5. Se spomnite svojega prvega Maratona Franja BTC City? Kdaj je bilo to in kaj se je za vas spremenilo od takrat?

Po dveh kilometrih sem imela defekt, zato sem se nato udeležila Malega Maratona Franja, ki starta uro in pol kasneje. Pet kilometrov pred ciljem sem



ponovno imela defekt, vendar nato še vseeno absolutno zmagala med ženskami. Spomnim se, da sem takrat imela na startu srčni utrip čez 130 udarcev na minuto. Zdaj sem bila veliko bolj sproščena in samozavestna, saj sem imela več izkušenj z vožnjo v skupini.

### 6. Kateri je vaš najljubši del trase Maratona Franja BTC City, zakaj? Kje vam je bilo lani najtežje in kateri del se vam morda najbolj »vleče«?

Vzpon na Kladje, saj vem, da imam tu prednost. Najtežji mi je bil spust od Godoviča, saj moram biti zaradi svoje nižje mase v primerjavi s preostalimi tekmovalci zelo pozorna na zavetrje. Najbolj se mi vleče del do Vrhnike, tam komaj čakam, da je čim prej mimo.

### 7. Se imate tudi letos namen udeležiti maratona? Kakšni so cilji?

Najverjetneje se ga ne bom udeležila. Moj letošnji glavni cilj je odpeljati nekaj maratonov, na katerih bo glavni namen uživanje in neobremenjenost. Če pa bo zraven še kakšna zmaga, pa bo to samo plus.

### 8. Kako bi opisali Maraton Franja s tremi besedami?

Množičnost, živčnost, hitrost.

### 9. Kakšna bi bila vaša nasveta »starim mačkom« na maratonu in tistim, ki za svoj prvi maraton še zbirajo pogum?

»Starim mačkom« ne bi želela ravno »pametovati«. Tistim prvim, ki še zbirajo pogum, pa bi svetovala, naj gredo na maraton predvsem uživati in se ne obremenjujejo z rezultatom.

## **ERIKA JESENKO**

**Zmagovalka Maratona**

**Franja BTC City 2023**

**Marathon Franja BTC**

**City 2023 winner**

### **1. In the past, you raced professionally. What would you say is the difference between marathon races and professional races?**

I raced very little at the professional level. There is a difference in the distribution of intensity. In professional racing, there are a lot of attacks and changes in rhythm between low and extremely high intensity, the races are much more dynamic. The climbs are shorter but much more intense, while at marathons the rhythm is rather even and the climbs longer and you need much more strength for them. The difference lies also in the preparations for the start. Professional racers come to the start area only minutes before the start, the atmosphere is much more relaxed and less stressful. While at the marathons, you may need to be in the start area an hour (or even more) before the start, all the racers are much more nervous.

### **2. How were your preparations for the Marathon Franja BTC City?**

I had no special preparations for the Marathon since, at first, I didn't plan to race at Franja. In general, my season leading up to Franja consisted of 5–6 trainings per week, some interval trainings and a few completed races.

### **3. What does winning the Marathon Franja BTC City mean to you?**

It gives me a sense of satisfaction that all those trainings paid off and reflect in my result.

### **4. How would your ideal “marathon day” look like?**

A high-quality delicious breakfast after a good night of sleep. Relaxation at the start line and victory at the finish line.

### **5. Do you still remember your first Marathon Franja BTC City? When was it and what has changed for you since then?**

Two kilometres after the start, I encountered an issue and that's why I decided to race in the Little Marathon Franja afterwards instead, starting an hour and a half later. Five kilometres before the finish line, I had another defect but I still managed to win the race among all the female racers. I remember having a heartbeat of over 130 bpm at the start line. Now, I am way more relaxed and confident since I have more experience with riding in a group.

### **6. Which part of the Marathon Franja BTC City course is your favourite and why? Which part was the toughest for you last year and which would you say drags out the most?**

The Kladje climb since I know that's my advantage. The toughest part is the descent to Godovič since due to my low weight, compared to other racers, I need to be very attentive to stay in the slipstream. The part of the course toward Vrhnika drags out the most for me, I cannot wait for it to be over.

### **7. Do you plan to take part in the Marathon also this year? If so, what are your goals?**

Most probably, no. This year, my biggest goal is to ride in a few marathons, where my main aim is to enjoy myself and be unburdened by the results. If any victories come my way that would be just an added bonus.

### **8. How would you describe the Marathon Franja with three words?**

Crowded, nervous, fast.

### **9. What advice would you give to the “veterans” for the Marathon and all those who are still building up the courage to attend their first marathon?**

When it comes to giving advice to the “veterans”, I really don't want to sound patronising. To all those who are still gathering the courage to race, I'd say to simply go and enjoy themselves in the Marathon and don't burden yourself with a result.

# VTISI ZMAGOVALCEV

## IMPRESSIONS OF WINNERS

### 1. Kako so potekale priprave na Maraton Franja?

Leta 2023 sem se udeležil Male Franje, kilometrov za sabo pa imel le nekaj manj kot 100 in se nisem več kot to pripravljaj na dirko. Bil sem v dobri formi, ker smo se z ekipo konec aprila udeležili enotedenske dirke po Sardiniji, teden dni pred Franjo pa sem zmagal na MTB maratonu v Italiji. Fizična in mentalna kondicija sta bili torej na višku.

### 2. Kaj vam pomeni zmaga na Triglav Malem Maratonu Franja?

Ker pripadam slovenski manjšini v Italiji, je zame zmaga na Franji velik dosežek. Dirko čutim kot »svojo« dirko.

### 3. Kako bi izgledal vaš idealen »maratonski« dan?

Zanimivo vprašanje ... Po pravici povedano, kadar se odločim za dirko, je nič več ne idealiziram. Pridem na start in naj bo, kar bo.

### 4. Se spomnite svojega prvega Maratona Franja? Kdaj je bilo to in kaj se je za vas spremenilo od takrat?

Bilo je tam okoli leta 2009 ali morda prej. Mala Franja še ni obstajala. Torej, naravnost na Veliko Franjo ... Dobro se spominjam, kako so me približno 30 kilometrov pred ciljem prijeli krči.

### 5. Kateri je vaš najljubši del trase Maratona Franja, zakaj? Kje vam je bilo lani najtežje in kateri del se vam morda najbolj »vleče«?

Na klancu za Vrzedenc so mi štirje ušli. To je bil najhujši trenutek dirke. Ker pa sem dobro vedel, da je do Ljubljane še daleč, sem obdržal hladno kri, in z drugo skupinico nam je uspelo priključiti. Tam pa se je ritem že kar upočasnil. 10 kilometrov pred ciljem,

ko se je velika skupina že čisto ustavila, sem zaznal, da je pravi trenutek. Od takrat pa do cilja sem dal od sebe vse, kar se je dalo v solo vožnji.

### 6. Če bi lahko spremenili eno stvar na lanskoletnem Triglav Malem Maratonu Franja, kaj bi to bilo in zakaj?

Edino, kar bi se moralo po mojem mnenju drugače izpeljati, je to, da na progi prvi z Male Franje ulovijo večje skupine Velike Franje. To pogojuje razplet dirke.

### 7. Se imate tudi letos namen udeležiti maratona? Kakšni so cilji?

Žal, dvomim, da se bom letos udeležil maratona. Marca bom končno postal oče.

### 8. Kako bi opisali Maraton Franja s tremi besedami?

Na Maratonu Franja je publika enkratna, organizacija super in vzdušje edinstveno.

### 9. Kakšna bi bila vaša nasveta »starim mačkom« na maratonu in tistim, ki za svoj prvi maraton še zbirajo pogum?

Svetujem vsem, pa naj bodo to izkušeni kolesarji ali novinci, ker smo ne nazadnje vsi amaterji, naj bodo na prvem mestu zabava, veselje do dirkanja in varnost.





## ROBERTO VIDONI

Zmagovalec Triglav Malega

Maratona Franja 2023

Triglav Little Marathon

Franja 2023 winner

### 1. How were your preparations for the Marathon Franja BTC City?

In 2023, I raced in the Little Marathon Franja with only less than 100 kilometres of training under my belt. And that were all the preparations for that race. I was in good shape, since the team and I took part in a week-long race in Sardinia at the end of April, and a week before Franja, I won the MTB marathon in Italy, which meant that my physical and mental shape were on a very high level at that time.

### 2. What does winning the Triglav Little Marathon Franja BTC City mean to you?

Since I belong to the Slovenian minority in Italy, winning Franja is a big accomplishment for me. I see this race as "my race".

### 3. How would your ideal "marathon day" look like?

An interesting question. Honestly, when I decide to take part in a race, I don't idealise it anymore. I come to the start line and whatever happens, happens.

### 4. Do you still remember your first Marathon Franja BTC City? When was it and what has changed for you since then?

It was in 2009 or maybe earlier. The Little Marathon Franja was not yet introduced, so I started right away in the Big Franja ... I still remember so vividly how I got muscle cramps about 30 kilometres before the finish line.

### 5. Which part of the Marathon Franja BTC City course is your favourite and why? Which part was the toughest for you last year and which would you say drags out the most?

I fell behind four racers on the Vrzdenc climb. That was the toughest part of the race for me. But I knew it was still a long way to Ljubljana, I remained calm and I was able to catch them when joining a small group of riders. When both groups joined, the tempo decreased. Ten kilometres to the finish line, the big group's tempo was really slow and I knew that was the right moment for me to attack. From that moment on, I gave it my all in my solo race to the finish line.

### 6. If you could change one thing at last year's Triglav Little Marathon Franja, what would it be and why?

In my opinion, the only thing that should be carried out differently is the fact that the leaders in the Little Franja are able to catch up with the larger groups of cyclists racing in Big Franja, which affects the result of the race.

### 7. Do you plan to take part in the Marathon also this year? If so, what are your goals?

Unfortunately, I doubt I'll race in the Marathon this year. In March, I'll finally become a dad.

### 8. How would you describe the Marathon Franja with three words?

At the Marathon Franja, the spectators are amazing, the organisation superb, and the atmosphere unique.

### 9. What advice would you give to the "veterans" for the Marathon and all those who are still building up the courage to attend their first marathon?

I would advise all, whether they be experienced cyclists or rookies – since, in the end, we are all amateurs – to put fun, joy of racing and safety above everything else.

# VTISI ZMAGOVALCEV

## IMPRESSIONS OF WINNERS



### 1. Kako so potekale priprave na Maraton Franja?

Pri pripravi na Maraton Franja mi je z načrtom treningov pomagal italijanski trener Davide, s katerim sva sodelovala sezono pred tem. Treningi so bili precej raznoliki, pozimi so vključevali predvsem veliko ur na kolesu v nizkih conah, v tekmovalnem obdobju pa se je volumen treninga manjšal, intenzivnost pa večala. Zadnji mesec priprav na Franjo pa mi je precej pokvaril padec na državnem prvenstvu, kjer sem bila zaradi pretresa možganov prisiljena za dva tedna kolo postaviti čisto v kot in skoraj do zadnjega dne pred maratonom nisem bila stoodstotno prepričana, če bom sploh že dovolj okrevala, da bom lahko uspešno nastopila.

### 2. Kaj vam pomeni zmaga na Triglav Malem Maratonu Franja?

Zmaga na Maratonu Franja mi pomeni zelo veliko in sem je bila izjemno vesela, predvsem zato, ker je bila to moja prva zmaga na našem največjem maratonu. Trikrat sem Veliko Franjo končala na drugem mestu med dekleti, od tega sem dvakrat izgubila prvo mesto prav v zadnjih centimetrih v sprintu, najbolj boleče pa leta 2021, ko sem vodila skoraj do cilja. Ker sem do zdaj že osvojila ostale »majčke« za leteče cilje, manjkala pa mi je le še najprestižnejša – rumena za skupno zmago –, sem je bila še toliko bolj vesela, in ko sem se v cilju zavedla, da mi je uspelo, je bil občutek res nepopisen.

### 3. Kako bi izgledal vaš idealen »maratonski« dan?

Moj idealen maratonski dan bi predstavljal večurni maraton z veliko klanci in z močno konkurenco, kjer bi se bilo treba boriti vse do cilja, na koncu pa bi poleg prikazane moči o zmagi odločala tudi taktika. Pa seveda z mojo zmago na koncu. (Smeh.)

### 4. Se spomnite svojega prvega Maratona Franja? Kdaj je bilo to in kaj se je za vas spremenilo od takrat?

Prvega Maratona Franja sem se udeležila leta 2018, se ga pa precej dobro spomnim. Od takrat se je spremenilo kar nekaj, napredovala sem v formi, predvsem pa taktično zdaj dirkam čisto drugače. To se mi zdi pri Franji bistvenega pomena, saj glede na traso maraton ni tako zelo selektiven, in na koncu res težko zmagaš, če ves čas ne uporabljaš glave in če zamočiš v taktiki. Kar se tiče nivoja pred dirko, pa bi lagala, če bi rekla, da sem čisto »flegma«. Pred vsako Franjo sem čutila kar nekaj adrenalina, v zadnjih letih predvsem zato, ker sem sama od sebe zahtevala dober rezultat.

### 5. Kateri je vaš najljubši del trase Maratona Franja, zakaj? Kje vam je bilo lani najtežje in kateri del se vam morda najbolj »vleče«?

Ker sem po tipu kolesarke »klančarka«, je moj najljubši del trase vzpon. Na Veliki Franji sta bila to vrhniški klanec in Kladje, na Mali Franji pa vzpon na Suhi Dol. Verjetno mi je tudi najtežje prav v ta klanec, saj si tam želim narediti selekcijo in pustiti konkurentke zadaj. Vedno se mi najbolj vleče ravnina na koncu, od Škofje Loke pa do cilja, kjer ni več kakšnih selektivnih klancev in je dosti odvisno prav od skupine, v kateri voziš. Na tem delu vedno upam, da me ne ujame kakšna konkurentka od zadaj in da o zmagi ne bo odločal šprint, ki je moja slabost.

### 6. Če bi lahko spremenili eno stvar na lanskoletnem Triglav Malem Maratonu Franja, kaj bi to bilo in zakaj?

Na lanskoletnem Maratonu Franja ne bi spremenila prav ničesar. Organizacija je tako ali tako vsako leto vrhunska, in kar se tega tiče, samo kapo dol organizatorjem. Enako velja tudi za vzdušje, kjer dobesedno letiš na krilih navijačev. Rezultatsko pa se je zame tudi izšlo, kot sem si najbolj želela.

### 7. Se imate tudi letos namen udeležiti maratona? Kakšni so cilji?

Za letošnjo sezono še nimam praktično nobenih načrtov. Zaradi službenih obveznosti sem precej malo na kolesu. Kolikor vozim, pa je bolj za dušo kot pa kakšen resen trening. Imam sicer še nekaj časa, da se odločim, če pa bi me slučajno spet »zasrbele noge« za dirko, pa je Franja eden izmed tistih maratonov, ki bi se ga gotovo udeležila.

### 8. Kako bi opisali Maraton Franja s tremi besedami?

Hiter, taktičen, nepozaben.

### 9. Kakšna bi bila vaša nasveta »starim mačkom« na maratonu in tistim, ki za svoj prvi maraton še zbirajo pogum?

»Starim mačkom« bi svetovala, naj res dirkajo z glavo, in tudi, če se jim morda rezultatsko še ni poklopilo, kot so želeli, naj nikoli ne obupajo, saj se v športu vse vrne. Tudi sama sem se trikrat morala sprijazniti z drugim mestom, ko sem najmanj pričakovala, pa mi je uspelo zmagati. Tistim, ki za svoj prvi maraton še zbirajo pogum, pa bi svetovala, naj se brez odlašanja prijavijo, saj sem prepričana, da jim ne bo žal. Odpeljati in doživeti Franjo je res nekaj posebnega!

## KATARINA NOVAK

Zmagovalka Triglav Malega

Maratona Franja 2023

Triglav Little Marathon

Franja 2023 winner

### 1. How were your preparations for the Marathon Franja BTC City?

Davide, the Italian coach with whom we worked together one season ago, has helped me prepare for Marathon Franja by setting up a training plan for me. My trainings were very diverse. In the winter, I spent a lot of hours on the bike with lower intensity, while in the racing season, trainings were fewer but their intensity higher. The last month of the Marathon Franja preparation was disrupted due to a fall at the National Championships which resulted in a concussion, when I was forced to “forget” about cycling for two weeks. Almost to the very last day before the Marathon, I was not 100% sure if I was to recover enough to successfully race.

### 2. What does winning the Triglav Little Marathon Franja BTC City mean to you?

A lot and I was especially happy since this was my first win at the biggest cycling marathon in Slovenia. Three times, I finished the Big Marathon Franja in the second place among female racers. On two occasions, I lost the victory in the last few centimetres in a sprint. The most “painful defeat” came in 2021 when I led the race almost to the finish line. In the past, I won all the jerseys for intermediate sprints, the only one missing was the yellow jersey for the overall victory. That’s why I was overjoyed in the finish area, realising I finally made it, the feeling was unimaginable.

### 3. How would your ideal “marathon day” look like?

My ideal marathon day would include a several-hours-long marathon with lots of climbs and a tough competition where we’d need to fight it out to the very end. In the end, tactics would also decide the winner. And, of course, ending the marathon with my win. (Laughter.)

### 4. Do you still remember your first Marathon Franja BTC City? When was it and what has changed for you since then?

I raced in my first Marathon Franja back in 2018, and I still remember it well. Since then, quite a lot has changed, my physical condition is on a higher level, and most of all, now, I have completely different tactics when racing. When it comes to Franja, I find this essential, as the Marathon course is not so selective and you are unable to win in the end if you don’t use your head and the right tactical approach. In terms of nerves, I’d be lying if I said that I have a cool head on my shoulders. Before every Franja, I felt a rush of adrenaline, over the past few years even more so, because I demanded the best possible result from myself.

### 5. Which part of the Marathon Franja BTC City course is your favourite and why? Which part was the toughest for you last year and which would you say drags out the most?

Since I’m more of a “climber”, I’d say climbs are my favourite part of the Marathon course. At the Big Franja, those are the Vrhnika and Kladje climbs and at the Little Franja the Suhi Dol climb. I think the latter is the toughest climb for me, since I push myself to give it my all there and leave the competition behind. The flat part towards the end drags out the most for me, and also the part from Škofja Loka to the finish where there are no more climbs on which you could run away from the group, and a lot depends on the group in which you are riding. On this part of the course, I’m always hoping not to get caught by one of my rivals and that there wouldn’t be a sprint to the finish line, since sprints are kind of my weak point.

### 6. If you could change one thing at the last year’s Triglav Little Marathon Franja, what would it be and why?

I wouldn’t change anything about the last year’s Marathon Franja. The organisation is of the highest level every year and all I can add is just kudos to the organisers. The same goes for the atmosphere along the course – the cheering of fans simply makes you push even more. In terms of the result – last year, everything went just as I wanted.

### 7. Do you plan to take part in the Marathon also this year? If so, what are your goals?

I have no plans for the coming season yet. Due to my work obligations, I spent just little time on the bike. When I ride, I ride more for myself than to put in some serious training. I still have some time to decide if I want to race. Franja is definitely one of those marathons which I would race in.

### 8. How would you describe the Marathon Franja with three words?

Fast, tactical, unforgettable.

### 9. What advice would you give to the “veterans” for the marathon and all those who are still building up the courage to attend their first marathon?

I’d advise all the “veterans” to race with their heads and even if they don’t achieve the results wanted, to never give up since, in sports, every effort pays off. I had to come to terms with coming in second three times, and then, when I least expected it, I managed to win Franja. To all those who are still gathering the courage to race in their first marathon ... just fill in your entry form, without any hesitation. I am certain you won’t be sorry. Racing in Franja and experiencing it is truly something special!

# BTC CITY LJUBLJANA:

## MESTO PRILOŽNOSTI ZA NAKUPOVANJE, KULINARIČNA DOŽIVETJA IN PROSTOČASNE AKTIVNOSTI

### A PLACE OF SHOPPING OPPORTUNITIES, CUISINE AND FREE-TIME ACTIVITIES



**nakupuj.  
okušaj.  
raziskuj.**



BTC City Ljubljana predstavlja idealno mesto za celodnevni obisk ali le kratek postanek, s svojo privlačno in raznoliko ponudbo, ki se razprostira na več kot 475.000 m<sup>2</sup>, pa vas bo vedno znova presenetil. Nahaja se na odlični in lahko dostopni lokaciji, le 3 km oddaljeni od mestnega jedra in 200 m od severne ljubljanske obvoznice, zato je dostop do središča enostaven za vse obiskovalce.

**Nakupujte, uživajte v dobri hrani, privoščite si sprostitve in odkrijte še druge priložnosti v enem največjih nakupovalnih, poslovnih, rekreativnih, zabavišnih in kulturnih središč v Evropi, ki letno zabeleži več kot 21 milijonov obiskov!**

BTC City Ljubljana is the perfect place to stay a whole day long or just make a short stop at. With its attractive and varied programme, provided on a surface area of over 475,000 m<sup>2</sup>, it is sure to surprise you over and over again, while its convenient location, just 3 km from the Ljubljana city centre and only 200 m from the E3 expressway, makes it easily accessible for all.

**Shop, enjoy some good food, relax and discover many more opportunities in one of the largest shopping, business, entertainment, recreational and cultural centres in Europe, which attracts over 21 million visits each year!**



## NAKUPUJ: IZBIRA, KI NAVDUŠUJE.

Najbolje je, ko dobite vse na enem mestu, in BTC City vam omogoča, da najdete nekaj zase. Osvežite svojo garderobo, poživite dom, raziskujte opremo za najmlajše in ne spreglejte športne ponudbe priznanih blagovnih znamk.



**Več kot 450 trgovin:** moda, šport in prosti čas, tehnika, dom, otroška oprema in še mnogo več



**Mednarodno priznane in slovenske blagovne znamke**



**8.500 parkirnih mest**

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It's best when you can get everything in one place, and in this sense BTC City can definitely help you out. Refresh your wardrobe, spruce up your home, get something for your kids, and don't forget about the sports gear and apparel offered by renowned brands.



**Over 450 shops:** Fashion, sport and leisure, hardware, home, for kids, and much more



**Internationally renowned and Slovenian brands**



**8,500 parking spaces**

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Kulinarični ponudniki vas razvajajo s specialitetami bližnjih in daljnih dežel, med njimi pa najdete vse od prigrizkov in hitro pripravljenih jedi do ponudbe à la carte. Ustavite se še na Tržnici BTC City ter odkrijte ponudbo svežega sadja in zelenjave ter domačih izdelkov.



Več kot **70 kulinaričnih ponudnikov**



Tržnica **BTC City**



**Kulinarično** doživetje na prostem

## EAT: LIVE EVERY DAY ACCORDING TO YOUR TASTE.

In **BTC City**, you can enjoy a wide selection of specialties from near and far, including snacks, fast food and meals à la carte. And don't forget to stop by the **Open Market BTC City** for some fresh fruit and vegetables and a variety of homemade products.



Over **70 food and drink vendors**, cafés, bars and restaurants



The **Open Market BTC City**



**Inspiring** outdoor dining





## RAZISKUJ: PREPUSTITE SE RADOVEDNOSTI.

Preпустite se odkrivanju najbolj vznemirljivih kotičkov BTC Cityja in poskrbite za svojo raziskovalno žilico. V BTC Cityju se lahko sprostite in napolnite z novo energijo ali povišate svoj utrip z adrenalinsko zabavo!



**Vodno mesto Atlantis:**  
17 bazenov, 14 savn, masaže



**Športni center Millenium:**  
fitnes center, teniška igrišča



**Arena:** večnivojski karting center, bowling, sobe pobega, casino



Gledališče **SiTi Teater**

## EXPLORE: SATISFY YOUR CURIOSITY.

Discover the most exciting corners of BTC City and satisfy your urge to explore. In BTC City, you can relax and top up your energy levels or raise your heart rate with adrenaline-filled fun!



**Atlantis Water Park:**  
17 pools, 14 saunas, massages



**Sports Centre Millenium:**  
Gym, tennis courts



**Arena:** multi-level karting centre, bowling, escape rooms, casino



**SiTi Teater** theatre



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☎ +386 (0) 1 585 22 22  
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# PARTIZANSKA BOLNICA FRANJA — ZGODBA O POGUMU, KI NAVDIHUJE



Njeni junaki so običajni ljudje, ki so zapustili varna zavetja svojih domov, da bi izborili mir in svobodo. Ob njihovih žrtvah in trpljenju so se gradili temelji današnje povezane in demokratične Evrope.

Partizanska bolnica Franja je bila del razvejane in dobro organizirane mreže skritih partizanskih bolnišnic. Od decembra 1943 do maja 1945 so v soteski zgradili 14 lesenih barak različnih velikosti in namembnosti, za katere so ves potreben material na ramenih znosili na lokacijo. Bolnišnica je že med vojno dobila ime po zdravnici dr. Franji Bojc, ki je januarja 1944 nasledila ustanovitelja in prvega zdravnika dr. Viktorja Volčjaka. V njej se je zdravilo okoli 600 ranjencev in bolnikov različnih narodnosti. Za njen obstoj in delovanje je bila ključnega pomena podpora lokalnega prebivalstva, ki je pomagalo pri prevažanju in prenašanju ranjencev ter skrbelo za nemoteno oskrbo s hrano, zdravili in sanitetnim materialom. Spomladi leta 1944 je začela prihajati tudi zavezniška pomoč, ki so jo na območje Cerkljanskega odmetavala letala.

Danes je Franja edinstven pomnik mednarodnega povezovanja in skupnega boja proti fašizmu in nacizmu, številnim obiskovalcem pa zgled humanosti, vztrajnosti in poguma. »Vsakoletni obisk Franje je navdih za človečnost in junštvo tudi takrat, ko se zdi nemogoče,« je zapisal eden od njih.

**Skrita partizanska bolnišnica, zgrajena med drugo svetovno vojno v težko dostopni soteski Pasice na Cerkljanskem, na severozahodu Slovenije, pripoveduje zgodbo o pogumu, humanosti in solidarnosti.**





# FRANJA PARTISAN HOSPITAL — A STORY OF COURAGE THAT INSPIRES

**A hidden partisan hospital, built during the Second World War in the hard to-reach Pasice Gorge in the Cerkljansko region of north-western Slovenia, tells a story of courage, humanity and solidarity.**

Its heroes are ordinary people who left the safe shelters of their homes to fight for peace and freedom. With their sacrifices and suffering, the foundations of today's connected and democratic Europe were being built.

Franja Partisan Hospital was a part of a diversified and well-organised network of hidden partisan hospitals. From December 1943 to May 1945, 14 wooden barracks of various sizes and purposes were built in the gorge, and all the necessary material was carried to the destined location on the workers' shoulders. During the



war itself, the hospital was named after the doctor Dr Franja Bojc, who succeeded the founder and first doctor Dr Viktor Volčjak in January 1944. Around 600 wounded and patients of different nationalities were treated at the hospital. The support of the local population was crucial for the existence and operation of the hospital, as they helped to transport and carry the wounded and took care of uninterrupted supply of food, medicine, and medical supplies. In the spring of 1944, Allied aid began to arrive, which was dropped on the Cerkljansko area by planes.

Today, Franja is a unique memorial to international collaboration and common fight against fascism and Nazism. Its numerous visitors see it as a model of humanity, perseverance, and courage. "Our annual visit to Franja inspires us to be humane and brave even when it seems impossible," wrote one of them.



FOTO: Bojan Tavčar



## VEČ | MORE INFO

<https://www.pb-franja.si>

## KJE NAS NAJDETE? | WHERE TO FIND US?

Dolenji Novaki, 5282 Cerkno,

## KOORDINATE LOKACIJE | LOCATION COORDINATES:

46.150073, 14.027254

## INFORMACIJE | INFORMATION

Cerkljanski muzej,  
Bevkova 12,  
SI 5282 Cerkno  
Tel.: + 386 5 37 23 180  
E-pošta: [info@muzej-idrija-cerkno.si](mailto:info@muzej-idrija-cerkno.si)



PARTIZANSKA BOLNICA FRANJA  
Franja Partisan Hospital





**PRIDRUŽITE  
SE NAM**



**8. junij 2024 ob 8:00 uri**  
Štart na Kongresnem trgu v Ljubljani



Cilj v Ljubljana BTC City  
Prijave na [www.franja.org](http://www.franja.org)

# BARJANKA HERVIS 2024

Spoznajte lepote Ljubljanskega barja in obujajte spomine na začetke kolesarskih tekmovanj, ki so potekala po makadamskih cestiščih.

Barjanka je turistično športni dogodek, ki povezuje občine, ponudnike in društva. Trasa poteka po vseh občinah v Krajinskem parku Ljubljansko barje in je dolga 77 km. Vabimo vas Mestna občina Ljubljana, Občina Brezovica, Občina Log – Dragomer, Občina Vrhnika, Občina Borovnica, Občina Ig, Občina Škofljica, Krajinski park Ljubljansko barje, KD Rog in BTC.



# KRAJINSKI PARK LJUBLJANSKO BARJE



Zelo redki so primeri na svetu, ko se na pragu glavnega mesta razprostira območje, dosegljivo peš, s kolesom, čolnom ali javnim prevozom, s tako bogato zgodovino, arheološko dediščino, etnološkimi posebnostmi in visoko ovrednoteno naravo, kot ga najdemo na Barju.



Barjanska tla so skozi tisočletja ohranila izjemne arheološke najdbe, kot je 5200 let staro kolo – najstarejše leseno kolo na svetu. Dobrih 150 km<sup>2</sup> močvirne ravnice zaznamuje neskončen mozaik travnikov, steljnikov, njiv, izsuševalnih jarkov in mejic. Na Ljubljanskem barju si ne le oddahnemo od mestnega vrveža, poletne sopare in meglene smoga, Barje je tudi učilnica na prostem. V vsakem letnem času ponuja svojo zgodbo in vabi, da jo preberemo. Od leta 2008 je to območje zaščiteno kot Krajinski park Ljubljansko barje. Kot obiskovalci bodimo vljudni do naših gostiteljev, rastlinskih in živalskih vrst ter njihovih življenjskih prostorov. Če ne bomo preglasni, bomo lahko prisluhnili stoterim glasovom narave. Če ne bomo s seboj ničesar odnesli, niti za seboj ničesar pustili, bodo v naravi lahko uživali še mnogi drugi.



# LJUBLJANA MARSHES NATURE PARK



## Tematske poti Nature trails

### Pot barjanska okna

The marsh springs nature trail

### Pot ob reki Iški

The river Iška meandre nature trail

### Koščeva učna pot

The Corncrake nature trail

### Bevška učna pot

The Bevke nature trail

**There are very few examples in the world where on the threshold of a capital, accessible on foot, by bicycle, by boat, or public transport, there is an area with such a rich history, archaeological legacy, special ethnological features, and precious natural heritage.**

The wetlands soil has preserved exceptional archaeological finds for millennia, such as a 5200-year-old wheel – the oldest wooden wheel ever found. Over 150 km<sup>2</sup> of marshy plains are marked by an endless mosaic of meadows, marshes, fields, drainage ditches, and borders. Ljubljansko barje is not only a place where you can relax from the city hustle and bustle, the summer heat, and smog, but it is also a museum and an open-air classroom. In every season, Ljubljansko barje offers a different story and invites you to read it.

Since 2008, the area is protected as Ljubljansko barje Nature park. Visitors are requested to be considerate to their hosts, the plant and animal species and their habitats. If you do not make too much noise, you may hear a myriad of natural noises. If you do not take anything or leave anything behind, many others will be able to enjoy the natural environment.



### INFORMACIJE | INFORMATION

INFORMACIJSKA PISARNA  
KRAJINSKEGA PARKA  
LJUBLJANSKO BARJE |  
LJUBLJANA MARSHES NATURE  
PARK INFORMATION OFFICE

Podpeška cesta 380  
1357 Notranje Gorice  
T: +386 8 205 23 50  
info@ljubljangokobarje.si  
www.ljubljangokobarje.si





# HIŠA LOKALNIH OKUSOV

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GARDEN UNDER THE TREES

## DNEVNA KOSILA IN A LA CARTE PONUDBA

DAILY LUNCHES AND A LA CARTE DISHES



## TIK OB TEHNIŠKEM MUZEJU

RIGHT NEXT TO THE TECHNICAL MUSEUM



### KUPONČEK COUPON

ZA DREZPLAČNO ZELIŠČNO LIMONADO OB NAROČILU DNEVNEGA KOSILA

FOR FREE HERBAL LEMONADE WHEN ORDERING DAILY LUNCH



# KD ROG SE PREDSTAVI

## KD ROG PRESENTATION







# DEČKI ABC V SEZONI 2024 BOYS A, B, C IN THE 2024 SEASON

Sezono smo dobro začeli. Na velodromu v Češči Vasi pri Novem mestu je Kolesarska zveza Slovenije organizirala skupinske treninge pred državnim prvenstvom, kjer so se dečki A, B, C odlično odrezali. Kolesarji so pridobili nova znanja vožnje na pisti in bili že pozimi aktivni na kolesu, kar je ključno za razvoj dobrega kolesarja.

## Zimski del sezone

Zimski del sezone preživimo v telovadnici, na Šmarni gori, kjer se učimo osnov gibanja telesa, delamo na splošni pripravljenosti, razvijamo gibalne sposobnosti in osvajamo različne športe z žogo, kot so npr. košarka, nogomet, odbojka, nekaj iger pa si kar izmislimo sami. Večino treningov pozimi preživimo tudi v naravi.

Tek in hoja po Šmarni gori sta za nas odlično izhodišče za razvijanje kondicije in moči, ki jo kasneje želimo prenesti na kolo. Na vrhu kot pridni športniki vedno dobimo tudi topel čaj.



Šmarna gora



Dečki A, B na velodromu / Boys A, B at the velodrome

Pozimi smo vsak teden tudi na »spinnerjih« v prostorih Kolesarskega društva Rog, kjer delamo na postavitvi kolesarja na kolo, kadenci in spreminjanju ritma.

Zimske priprave opravimo na Pokljuki, kjer se dečki učijo teka na smučeh in s pohodi odkrivajo bližnje vrhove. Letos smo bili med drugim tudi na Blejski koči in vrhu Viševnika, ki je ena izmed lažje dostopnih višjih gor v Sloveniji. Na koncu priprav imamo interni maraton teka na smučeh, ki je dolg okoli štiri kilometre. Tu udeleženci priprav pokažejo svoje pridobljeno znanje in se v čaru tekmovanja vsi najbolj potrudijo.



Dečki A, B na Pokljuki 2024 / Boys A, B on the Pokljuka plateau, 2024



## Spomlad, začetek tekmovalnega dela sezone

Že pred začetkom pomladi smo se z dečki A in B lahko odpravili na priprave v Poreč, kjer smo pridno nabirali kilometre in se pripravljali na prihajajočo sezono. Na pripravah smo poleg kondicijskega treninga pozornost namenjali tudi ravnotežju, pravilni izpeljavi ovinkov in raznim igram na kolesih. Kot vsako leto pa smo tudi letos imeli delavnico čiščenja in servisiranja koles. Treningi med drugim v veliki meri vključujejo učenje osnov kolesarjenja. Veliko se dela na tehniki vožnje in obvladovanja kolesa. Skupina dečkov A in B je prva, ki skoraj vse treninge opravlja na cesti, zato so soočeni s cestnim prometom. Tako je dobro poznavanje cestnoprometnih predpisov eno izmed ključnih začetnih znanj vadečih. Dečki A in B imajo treninge štirikrat na teden po približno 1,5–2 uri ali od 40 do 60 kilometrov, za vikende lahko tudi več. Delajo na vožnji v skupini, menjavah, krožni vožnji, pospeševanju, sprintih, tempo vožnji itd. Vendar pa so tukaj še zelo pomembne osnove in zato še vedno delajo veliko na kontroli in obvladovanju kolesa preko vaj, kot so pobiranje bidonov, polžja vožnja, naslanjanje na sokolesarja, stanje na mestu.

Ker se vozijo v skupini je tudi zelo pomembna pravočasna signalizacija ostalim v skupini, ki se vozijo za posameznim kolesarjem. Na ta način se lahko cela skupina varno izogne luknjam na cesti ali oviram, ki se nepričakovano pojavijo pred kolesarjem. Da se skupina vozi varno, morajo med drugim tudi vsi poznati primerne kolesarske signale.



Trening Vikrče / Training in Vikrče

Niso pa vsi treningi opravljeni na cesti. Nekaj osnov se utrjuje še na policijskem poligonu v Tacnu, kjer opravljajo večino treningov dečki C, naši najmlajši kolesarji in vsi začetniki.

Na poligonu se učimo kontrole kolesa preko različnih tehničnih poligonov, vožnje v zavetrju, vožnje v skupini, menjav. Redno delamo tudi spremembe ritma, sprinte, vadimo zavoje in dvigujemo telesno pripravljenost.

Z uspešnimi treningi upam, da bomo zavzemali visoka mesta na tekmovanjih za Pokal Slovenije. Cilji pa so jasni: imeti se lepo na kolesu, uživati v tem, kar delajo, si pridobiti veliko novih znanj, razvijati motorične sposobnosti, upoštevati načela »fair play« in se kolesarsko razviti do te mere, da lahko kasneje uspešno nastopajo in tekmujejo v višjih kategorijah.



Dečki A, B tek na smučeh (Rudno polje) / Boys A, B cross country skiing at Rudno polje

**Trenerji** / Coach: Matej Merčun, Jakob Teržan, Luka Muha, Martin Cunder

### Dečki A / Youth A Boys:

Gal Klun, Žiga Gospodarič Orsag, Mark Ahačič, Nejc Čebulj, Franci Kranjc, Tadej Dogša, Urban Hvastja, Urban Prevc, Miha Kovačič, Maks Linke, Jan Bohar, Matevž Erjavec, Maks Rožanec, Sebastian Bauermaister, Lovro Škerget, Žan Volf, Leon Komac

**Dečki B** / Youth B Boys: Luka Zupanc, Andrej Gregorčič, Vanč Albreht, Martin Golob, Oskar Roškar, Blaž Juvan, Matic Weber, Aljaž Weber, Aljaž Šlibar, Gašper Mesec, Črt Glavan, Ažbe Hvastija, Svit Jelič, Oskar Polajnar Pirnat, Jernej Robar, Jure Potočnik

**Dečki C** / Youth C Boys: Nik Mori, Sebastjan Grčar, Lan Kastelic Milovanovič, Jan Ukmar, Nik Plut, Tadej Jovič, Frane Funkl Gruden, Jakob Arnuš Gaber, Tim Mlinarič, Črt Županič, Bor Glavan, Ivan Kandus, Mark Harnold Švajger, Andi Šmerc, Andrej Čampa, Tit Dečman, Krištof Rogelj, Nejc Ravnohrib, Jaka Malovrh, Luka Žagar

We usually spend the winter part of the season on the Šmarna gora hill and in the gym, where we learn the basics of movement, build our base conditioning, develop our motor skills, and play different sports, such as basketball, soccer, volleyball and we even make up some games on the go. A lot of winter trainings are done also in nature.

Running and hiking on the Šmarna gora hill are a good starting point for us to get into physical shape and gain strength which we try to transfer onto our cycling later on. Being good athletes and all, we always drink some hot tea when we reach the top.

In the winter, we train on spinning bikes every week in the facilities of the KD Rog cycling club, where our focus is given to the position of the rider on the bike, cadence and changes in the tempo.

Our winter training camp takes place on the Pokljuka plateau, where the boys learn cross-country skiing and hike to discover the nearby peaks. This year, we went to the Bled mountain hut and also reached the top of the Viševnik, one of the more easily accessible higher mountains in Slovenia.

At the end of our winter training camp, we organise a club cross-country skiing race, which is about four kilometres long. There, training participants can showcase their newly gained knowledge, with everyone giving it their all in the spirit of competition.



Na poti proti Blejski koči 2024 / Boys on their way to the Bled mountain hut, 2024

### Spring – start of the competitive season

Before the start of spring, Boys A and Boys B went to the training camp in Poreč, where we stacked up on cycling kilometres and prepared for the coming season. At our training camps, we focused on our fitness training, balance on the bicycle, proper cornering technique and different games on bicycles.

The same as every year, we also had a bicycle cleaning and servicing workshop.



Dečki A, B Poreč 2024 / Boys A, B, Poreč, 2024

A good deal of the training is dedicated to mastering the basics of cycling. Special attention is paid to the riding technique and bike-handling skills. Boys A and Boys B are the first to do almost all of their training on the road, where they are faced with the usual road traffic. Therefore, good familiarity with road rules is a key part of the trainees' initial skill set. Boys A and Boys B have about 1.5-to-2-hour-long training sessions 4 times a week, where they do about 40 to 60 kilometres, or even more on weekends. The sessions focus on riding in a group, riding in circles, accelerating, sprinting, tempo riding, etc., but since the basics remain a very important part of the training, the riders also work on bike control and bike handling with exercises such as picking up bidons, riding at snail pace, leaning on a fellow cyclist, holding a track stand, etc.

Since they ride in a group, timely signalling to other cyclists riding behind them in the same group is of the utmost importance. That way, the entire group can safely avoid a pot hole or any kind of obstacle that comes up unexpectedly before it. In order for the group to ride safely, all the riders in it must know the proper cycling signals.

Not all training is done on the road, however. Some basics continue to be honed at the Tacen police course,

where training sessions are held for Boys C, our youngest riders and all the beginner cyclists.

They learn how to control the bike by riding different technical courses, and we also teach them how to draft, how to ride in a group, and how to take turns at the front. In addition, they practice tempo changes, sprints, cornering, and improve their fitness and conditioning.

Following successful training, I hope that we will perform well in the Slovenia Cup races. But the goals of our riders are clear: they want to have fun on the bike, enjoy what they do, gain a lot of new knowledge, develop their motor skills, adhere to the principles of good sportsmanship (fair play), and develop cycling-wise to such a degree that they might be able to compete successfully in the higher categories later on.



Poligon 2024 / Training course, 2024



Trening tekma v Kranju / Training race in Kranj

# MLAJŠI MLADINCI U17

## YOUNGER JUNIORS U17

V ekipi Pogi Team UAE Generali v kategoriji mlajših mladincev trenutno aktivno tekmuje 31 kolesarjev.

S kolesarji imamo skupne treninge od trikrat do štirikrat tedensko. Pozimi treninge izvajamo v klubskih prostorih, kjer izvajamo vaje za moč in treninge na »spinnerjih«, poleg tega se na sezono pripravljamo s tekom po Šmarni gori in s treningi v telovadnici OŠ Šmartno pod Šmarno goro. Med vikendi izvajamo daljše treninge v obliki daljših pohodov (Krvavec), če vreme dopušča, pa se zapeljemo na Primorsko, kjer izvajamo treninge na cesti. Poleg tega tradicionalno izvedemo tudi priprave na Pokljuki, kjer se s tekom na smučeh, pohodi in igrami na snegu pripravljamo na novo sezono, poleg tega pa priprave služijo tudi kot »team building«, kjer se kolesarji bolje spoznajo in povežejo med seboj.

Med sezono treninge v celoti opravljamo na kolesih na cesti. Treningi so vnaprej pripravljani in strukturirani, poleg tega pa se tudi prilagajamo lastnostim posameznikov, s čimer poskrbimo za individualizacijo. Obseg in intenzivnost treninga se stopnjujeta glede na program dirk. V avgustu imamo tudi poletne priprave v Kočevju, kjer se poleg kolesarskih treningov radi odpravimo v bližnje hribe ali pa se osvežimo v bližnjem jezeru.

### REZULTATSKI USPEHI

Ekipa mlajših mladincev je v prejšnji sezoni presegla vsa pričakovanja. Kolesarji so v sezoni 2023 dosegli 17 zmag, poleg tega pa se tudi v tujini redno uvrščajo na stopničke. Predvsem smo ponosni na to, da smo zmage dosegali z različnimi kolesarji, kar kaže na to, da gre za zelo nadarjeno generacijo. Med kolesarji izstopajo predvsem Bastian Petrič (8 zmag), Bor Ebner (3 zmage) in Vanja Kuntarič Žibert (4 zmage). Poleg tega pa ne gre zanema-



riti tudi drugih kolesarjev v ekipi, ki z borbena vožnja iz dirke v dirko napredujejo in pomagajo svojim moštvenim kolegom do zmag. Med najodmevnejše rezultate zagotovo sodita zmaga na DP v cestni vožnji v Radovljici, kjer je zmago osvojil Bastian Petrič, in pa zmaga na DP v kronometru na Pokljuko, kjer je naslov osvojil Vanja Kuntarič Žibert.

Naši kolesarji so tudi redni člani slovenske reprezentance, ki je nastopala na Češkem (ZMN Jevičko), kjer so reprezentančne barve zastopali Bastian Petrič, Bor Ebner in Žan Lopatič. Prav tako pa sta Bastian Petrič in Vanja Kuntarič Žibert zastopala slovenske barve na Olimpijskem festivalu Evropske mladine (OFEM) v Mariboru.

V letošnji sezoni si želimo nadaljevati z odličnimi predstavami, predvsem pa si želimo odmevnejših zmag v tujini. Kolesarji so v začetku sezone 2024 pokazali odlično pripravljenost, zato že nestrpno pričakujemo nove uspehe.



In the U17 category, 31 cyclists from the Pogi Team UAE Generali are currently actively racing.

We have joint trainings with the cyclists 3 to 4 times a week. In the winter, we prepare for the upcoming season by training on the premises of our club, doing strength exercises and spinner trainings, running across the Šmarna gora hill and putting in trainings at the gym of the primary school OŠ Šmartno pod Šmarno goro. On weekends, we do extensive trainings by taking longer hikes (on Kravvec) and, weather permitting, we also drive to the Primorska region where we do road trainings. Traditionally, we also carry out our preparations on the Pokljuka plateau by doing some cross-country skiing, hiking and play games in the snow, which all serve as teambuilding activities for cyclists to connect and get to know each other better.

As the season progresses, we do all the trainings on the bikes on the road. The trainings are prepared in advance

and structured, but we also try to adapt them to the characteristics of each individual cyclist to ensure proper individualisation of trainings. The volume and intensity of trainings increase according to the programme of our races. In August, we do our summer preparations in Kočevje, where we train on our bikes, hike to the nearby hills and swim in the nearby lake.

#### TOP RESULTS

In the last season, the U17 team surpassed all expectations. In the 2023 season, the team put in 17 victories and regularly placed on the podium in the races abroad as well. We are particularly proud of scoring victories with different cyclists, which is a testament of us having a very talented generation of cyclists. Among the cyclists, we should especially mention Bastian Petrič with 8 wins, Bor Ebner with 3 wins and Vanja Kuntarič Žibert with 4 wins. But we should also not forget about all the other cyclists in the team who with their fighting spirit keep progressing from race to race and help their teammates achieve victories. Among the most prominent results are most definitely Bastian Petrič's victory in the National Championships Road Race in Radovljica and the victory by Vanja Kuntarič Žibert in the National Championships Time Trial on Pokljuka.

Our cyclists are regular members of the Slovenian national team, which raced in Czechia (ZMN Jevičko) with three of our riders – Bastian Petrič, Bor Ebner and Žan Lopatič. Bastian Petrič and Vanja Kuntarič Žibert also represented Slovenia at the European Youth Olympic Festival in Maribor.

This season, we want to continue putting in excellent results and are mainly looking for a prominent victory at races abroad. At the beginning of the 2024 season, our cyclists have shown that they are in amazing shape. That's why we are eager to see what excellent results they will accomplish.



# STAREJŠI MLADINCI U19

## OLDER JUNIORS U19



V ekipi Pogi Team UAE Generali v kategoriji starejših mladincev trenutno aktivno tekmuje 22 kolesarjev.

S kolesarji imamo skupne treninge od štirikrat do petkrat tedensko (odvisno od obdobja). Pozimi treninge izvajamo v klubskih prostorih, kjer izvajamo vaje za moč in treninge na sobnih kolesih, poleg tega pa se na sezono pripravljamo s tekom po Šmarni gori in s treningi v telovadnici OŠ Šmartno pod Šmarno goro. Med vikendi izvajamo daljše treninge v obliki daljših pohodov (Krvavec), če vreme dopušča, pa se zapeljemo na Primorsko, kjer izvajamo treninge na cesti. Poleg tega tradicionalno izvedemo tudi priprave na Pokljuki, kjer se s tekom na smučeh, pohodi in igrami na snegu pripravljamo na novo sezono, poleg tega pa priprave služijo tudi kot »team building«, kjer se kolesarji bolje spoznajo in povežejo med seboj.

Med sezono treninge v celoti opravljamo na kolesih na cesti. Treningi so vnaprej pripravljani in strukturirani, poleg tega pa se tudi prilagajamo lastnostim posameznikov, s čimer poskrbimo za individualizacijo. V avgustu imamo tudi poletne priprave v Kočevju, kjer se poleg kolesarskih treningov radi odpravimo v bližnje hribe ali pa se osvežimo v bližnjem jezeru.

### REZULTATSKI USPEHI

Ekipa starejših mladincev je v prejšnji sezoni dosegala dobre rezultate tako na slovenskih dirkah kot v tujini, kjer se redno uvrščajo na stopničke. V Sloveniji primanjkuje dirk za starejše mladince, zato naši kolesarji veliko tekmujejo tudi v tujini, predvsem v Italiji, kjer nastopajo na zelo kakovostnih dirkah z močno mednarodno konkurenco. Tam kolesarji pridobivajo dragocene izkušnje, ki jih bodo lahko koristno uporabili v nadaljevanju kariere. Poleg tega so naši kolesarji tudi redni člani slovenske reprezentance, ki nastopa na dirkah za pokal narodov, kjer tekmujejo najboljši kolesarji z vsega sveta. Tudi na teh dirkah naši kolesarji dosegajo dobre rezultate. Nikolaj Gregorič je na dirki Eroica Juniores na ekipnem kronometru osvojil 8. mesto, poleg tega pa je tam na enodnevni dirki osvojil 10. mesto. Gašper Klanjšček je na dirki Medzinárodné dni cyklistiky Dubnica nad Váhom osvojil 6. mesto v etapi. Poleg tega pa je Marcel osvojil tudi 3. mesto na DP v Radovljici.

V sezoni 2024 si želimo še naprej nastopati na mednarodnih dirkah, kjer si želimo doseči odmevnejši rezultat, poleg tega pa si želimo, da čim več naših kolesarjev nastopi za reprezentanco, kjer bodo lahko pokazali svoj potencial.

In the U19 category, 22 cyclists from the Pogi Team UAE Generali are currently actively competing in races.

We have joint trainings with the cyclists 4 to 5 times a week (depending on the time of the season). In the winter, we prepare for the upcoming season by carrying out trainings in our club, doing strength exercises and spinner trainings, running across Šmarna gora hill and putting in trainings in the gym of the primary school OŠ Šmartno pod Šmarno goru. On weekends, we do extensive trainings by taking longer hikes (on Kravec) and, weather permitting, we also drive to the Primorska region where we do road trainings. Traditionally, we also carry out our preparations on the Pokljuka plateau by doing some cross-country skiing, hiking and play games in the snow, which all serve as teambuilding activities for cyclists to connect and get to know each other better.

As the season progresses, we do all the trainings on the bikes on the road. The trainings are prepared in advance and structured, but we also adapt to the characteristics of each individual cyclist to ensure proper individualisation of trainings. In August, we do our summer preparations in Kočevje, where we train on our bikes, hike to the nearby hills and swim in the nearby lake.

#### TOP RESULTS

In the last season, the U19 team achieved good results in the races in Slovenia and abroad where they regularly placed on the podium. There is a lack of races for older juniors in Slovenia; that's why our cyclists race abroad a lot, mainly in Italy where they take part in high-level races with a strong international competition. At these races, cyclists gain invaluable experiences, which they will be able to build on as their careers progress. Apart from that, our cyclists are also regular members of the Slovenian national team who takes part in the Nations Grand Prix races, where many top cyclists also complete. Our cyclists put in great results also in these races. In the Eroica Juniores race, Nikolaj Gregorič placed 8<sup>th</sup> in the team time trial, while placing 10<sup>th</sup> in the one-day race. In the Medzinárodné dni cyklistiky Dubnica nad Váhom race, Gašper Klanjšček placed 6<sup>th</sup> in a stage race. Marcel placed 3<sup>rd</sup> in the National Championships race in Radovljica.

In the 2024 season, we want to continue competing in international races, striving to achieve a prominent result and we also want to see as many of our cyclists as possible competing for the Slovenian national team where they will be able to show if they can live up to their potentials.



# MOŠKA KONTINENTALNA EKIPA LJUBLJANA GUSTO SANTIC

## MEN'S CONTINENTAL TEAM LJUBLJANA GUSTO SANTIC



Ljubljana Gusto Santic je nov, osvežen obraz kontinentalne kolesarske ekipe, iz katere je prišlo nekaj vrhunskih kolesarjev na svetovni ravni, tudi trenutno najboljši kolesar sveta, Tadej Pogačar.

Hrbtenica kontinentalne kolesarske ekipe Ljubljana Gusto Santic je Kolesarsko društvo Rog, ki ima bogato zgodovino vrhunskega kolesarstva in 70-letno tradicijo.

Slovenija leži na križišču mednarodnih poti v srcu Evrope, celine, kjer je kolesarstvo doma. Tudi v Sloveniji je kolesarska tradicija zelo močna. Kolesarsko društvo Rog je v teh sedmih desetletjih razvilo vrhunsko strokovno ekipo, ki nenehno sledi tehnološkemu razvoju in najnovejšim dosežkom na področju strokovnega dela s kolesarji. Rog ima tako eno najboljših kolesarskih šol na svetu.

### POGLAVITNI CILJI

- Vzpostaviti in razvijati profesionalno kolesarsko ekipo na temelju dolgoletnih strokovnih izkušenj.
- Povezati kolesarje in pokrovitelje z vsega sveta v obsežno globalno skupnost.
- Izpopolniti naše procese, da bi zagotovili nadaljnji razvoj uspešne kolesarske ekipe, ki bo zanimiva za kolesarje z vsega sveta.
- Popularizirati kolesarstvo med mladimi, jih spodbujati in jim omogočiti izobraževanje na tem področju.
- S celovitim pristopom zagotoviti dodano vrednost za naše pokrovitelje, tekmovalce, osebje in podpornike ter prispevati k zavedanju o pomenu zdravega načina življenja.





Ljubljana Gusto Santic is a new, refreshed face of the continental cycling team, which has produced some of the world's best cyclists, including currently the best cyclist in the world – Tadej Pogačar.

The backbone of the continental cycling team Ljubljana Gusto Santic is cycling club KD Rog, which boasts a rich history of first-class cycling and a 70-year-long tradition.

Lying at the crossroads of international routes, Slovenia is located in the heart of the continent which is home to cycling – Europe. Slovenia itself also carries a strong cycling tradition. Over the seven decades, KD Rog has developed a top professional team which constantly keeps track of technological advancements and follows the latest achievements in the field of professional work with cyclists. KD Rog's cycling school is among the best in the world.

## MAIN OBJECTIVES

- Establishing and developing a professional cycling team based on many years of professional experience.
- Connecting riders and sponsors from around the world into a broad global community.
- Refining our processes to ensure further development of a successful cycling team that will be of interest to riders from all over the world.
- Popularising the sport of cycling among young people, encouraging them and providing them with education in this field.
- Utilising a comprehensive approach to provide added value for our sponsors, competitors, personnel and supporters, and contributing to awareness when it comes to the importance of a healthy lifestyle.



Moško kontinentalno ekipo Ljubljana Gusto Santic v letošnji sezoni zastopa 11 kolesarjev, ki prihajajo iz Slovenije, Hrvaške, Avstralije in Tajvana / In this season, the Ljubljana Gusto Santic men's continental team comprises the following 11 cyclists from Slovenia, Croatia, Australia and Taiwan:

- |                     |                       |
|---------------------|-----------------------|
| 1. James DERICK     | 6. Ting Wei LI        |
| 2. Natan GREGORČIČ  | 7. Domen OBLAK        |
| 3. Dylan HOPKINS    | 8. Ian PERAN          |
| 4. Gašper KLANJŠČEK | 9. Viktor POTOČKI     |
| 5. Gašper KOKALJ    | 10. Andrew SAMPSON    |
|                     | 11. Dan Andrej TOMŠIČ |



## VODSTVO EKIP / TEAM:

- Tomaž POLJANEC – direktor / director
- Luka PIBERNIK – športni direktor / sports director
- Luka ŽELE – športni direktor / sports director
- Blaž AVBELJ – mehanik / mechanic
- Žiga RUČIGAJ – maser / masseur



# DEKLICE BTC CITY LJUBLJANA SCOTT BTC CITY LJUBLJANA SCOTT GIRLS

V sezoni 2024 ekipo sestavlja sedem kolesark, starih med 12 in 14 let. Aktivno sodelujejo na tekmovanju za Pokal Slovenije, kjer pridobivajo prve tekmovalne izkušnje. Najstarejše, deklice A, se nekajkrat v sezoni odpravijo tudi na dirke čez mejo, v sosednji Italijo in Avstrijo. Najmlajše kolesarke želimo predvsem navdušiti nad tekmovalnim športom, hkrati pa na dirkah pridobivajo dragocene izkušnje, ki jim bodo prišle prav v starejših kategorijah.

V tej starostni kategoriji skrbimo predvsem za razvoj kolesarskih veščin, udeleženske pa postopoma navajamo na kolesarjenje v prometu. Ko deklice postanejo suverene na kolesu, se odpravimo na vožnjo po kolesarskih poteh med Vikrčami in Medvodami, kasneje pa tudi že na ceste v okolici Šmarne gore.

Za dekleta, mlajša od 12 let, pa je skupaj z dečki organizirana KOLESARSKA ŠOLA, kjer otroci spoznavaajo kolesarjenje in skozi igro usvajajo najrazličnejša kolesarska znanja, od poznavanja kolesarske opreme do njenega vzdrževanja in seveda vožnje različnih vrst koles.

In the 2024 season, the team consists of seven riders aged 12 to 14. They are actively participating in the Slovenian Cup, where they are gaining their first competitive experience. The oldest among them, girls from the group Girls A, also attend races abroad in Italy and Austria a few times a season. We wish to inspire the youngest cyclists to take part in competitive sport, while at the same time gaining valuable experience that will come in handy for them in the older categories.

In this age category, we focus on the development of cycling skills, gradually introducing participants to cycling in traffic. Once the girls become confident on their bicycles, we go for rides on cycling paths between Vikrče and Medvode, and later on we ride on the roads around Šmarna gora.

Girls under 12 attend a CYCLING SCHOOL, where along with the boys they learn about cycling and, through play, acquire a wide range of cycling skills, get to know the cycling equipment, learn about bicycle maintenance and, of course, how to ride different types of bicycles.



**Deklice C / Girls C:**  
Neža Kuntarič Žibert,  
Manca Mesarič Kranjec.

**Deklice B / Girls B:**  
Alina Telič Verovšek, Brina Prevodnik,  
Amelii Baranova, Ela Seršen.

**Deklice A / Girls A:**  
Lara Šetina, Neža Ana Pavlin,  
Manca Juvan.

**Trenerski kader / Coaches:**  
Lara Maretič, Martin Krašek.



**Si želiš izpopolniti kolesarske veščine,  
pospešiti svoj srčni utrip in se ob tem zabavati?  
Si neustrašna, vztrajna in odločna?**

Potem se nam pridruži na kolesarskih treningih, ki potekajo vsak ponedeljek in četrtek med 17. in 18. uro na policijskem poligonu v Tacnu.

**Za več informacij nam pišite na: [info@kdrog.si](mailto:info@kdrog.si)**

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**Would you like to improve your cycling skills,  
get your heart rate up and have fun?  
Are you fearless, persistent and determined?**

If so, join us at cycling training sessions which take place every Monday and Thursday between 17.00 and 18.00 at the police training ground in Tacen.

**Additional information: [info@kdrog.si](mailto:info@kdrog.si)**

# MLADINKE BTC CITY LJUBLJANA SCOTT

## BTC CITY LJUBLJANA SCOTT JUNIOR WOMEN



Kolesarsko društvo Rog je klub, ki v svojih vrstah združuje tudi kolesarke. Po starosti jih delimo v tri skupine, in sicer najmlajše deklice, mladinke in najstarejše oziroma najbolj izkušene članice. V kategoriji mladink trenirajo mlajše mladinke (letnika 2009 in 2008) in starejše mladinke (letnika 2007 in 2006). V društvu so dekleta dobrodošla že od nekdaj, sistematično pa smo z njimi pričeli delati leta 2015, ko smo vzpostavili kolesarsko šolo za dekleta, kjer bi se kalile kolesarke za takrat profesionalno ekipo BTC City Ljubljana.

V kategoriji mladink dekleta že resneje spoznavajo tekmovalno kolesarstvo, kjer se preko prvih mednarodnih tekmovanj v kategoriji mlajših mladink podajajo proti selekciji starejših mladink, ki na najvišjem nivoju že tekmujejo na reprezentančnih tekmah svetovnega pokala, evropskega in svetovnega prvenstva. Seveda pa ni edina možnost strogo tekmovalna usmerjenost, skupina združuje tudi dekleta, ki še nimajo veliko kolesarskih izkušenj ali pa so v kolesarstvo prestopila iz drugega športa. Še vedno je eden od najbolj splošnih ciljev, da se dekleta ukvarjajo s športom in da skrbimo za razvoj in širjenje ženskega kolesarstva. Na drugi strani pa

je glavni cilj sezone tekmovali v dresu slovenske reprezentance in doseči dober rezultat v vedno bolj ostri mednarodni konkurenci.

Z mladinkami treniramo od trikrat do štirikrat med tednom, za vikende pa navadno tekmujejo oziroma naredimo še daljši trening, če tekmovalnja ni. Program treningov je prilagojen znanju, sposobnostim in trenažni zgodovini deklet, hkrati pa seveda upoštevamo vremenske pogoje in časovno umestitev glede na tekmovalni koledar.

K starejšim mladinkam priključujemo tudi članice, ki se ne uvrstijo v kontinentalno ekipo, tako da imajo vsa dekleta možnost treniranja in tekmovalnja, tudi ko preidejo od starejših mladink v končno kategorijo članic.



**The KD Rog cycling club includes male as well as female cyclists. The female cyclists are divided into three age groups – girls, juniors and the oldest and also most experienced, elite racers. The junior category includes U17 juniors (born in 2009 and 2008) and U19 juniors (born in 2007 and 2006). The club has always welcomed girls, and we started working with them systematically in 2015, as a cycling school for girls has been set up, enabling them to train to become professional cyclists for the then professional BTC City Ljubljana team.**

In the junior category, the girls are already getting to know competitive cycling more seriously. Their first international competitions in the U17 junior category prepare them for the U19 junior category, where girls are already competing at the highest level in the World Tour, European and World Championships. Naturally, the strictly competitive orientation is not the only option, the team also brings together girls who do not yet have much cycling experience or who have

switched to cycling from another sport. One of the most general objectives is still to get the girls involved in sports and to develop and promote women's cycling. On the other hand, the main goal of the season is to help them compete in the jersey of the Slovenian national team and to achieve a good result in an increasingly tough international competition.

The juniors compete three to four times during the week, and there are usually races during the weekends; if there aren't any, we organise a longer training session. The training programme is tailored to the girls' skills, abilities and training history, while, of course, taking into account the weather conditions and the timing with regard to the race calendar.

We also let the elite racers who do not make the continental team join the U19 juniors, so that all the girls have the opportunity to train and race even after they have moved from the U19 junior category to the elite category.



**Mlajše mladinke / U17 juniors: Neža Šetina, Anika Juvan, Zala Okorn, Lina Mehle, Zara Bukovec, Zala Stare, Tinkara Lampič, Ajda Jakšič, Karina Cuder, Hana Marija Šubič.**

**Starejše mladinke / U19 juniors: Zoja Ferlež, Sara Pestotnik, Ema Podberšič, Tjaša Sušnik, Eva Potočnik, Taja Mehle, Vesna Potočnik, Sophie Walcher, Emilie Patru, Nika Petrič, Izabela Ljubek, Tjaša Gregorič, Tinka Šušteršič, Ema Seršen.**

**Članice / Elite: Neža Zupanič, Maja Perpar, Lucija Hočevar, Katarina Jančič.**

**Trenerski kader / Coaches: Martin Krašek in Lara Maretič.**

# ŽENSKA KONTINENTALNA KOLESARSKA EKIPA BTC CITY LJUBLJANA ZHIRAF AMBEDO AMBEDO WOMEN'S CONTINENTAL TEAM BTC CITY LJUBLJANA ZHIRAF AMBEDO



Kolesarsko društvo Rog je edini klub v Sloveniji, ki je začel graditi temelje ženskega kolesarstva. Skladno s strategijo razvoja mednarodne kolesarske zveze, ki spodbuja žensko tekmovalno in rekreativno kolesarjenje, smo tudi v Sloveniji, stremeli k večji priljubljenosti tega športa med ženskami.

Btc City Ljubljana edina slovenska ekipa v svetovni seriji v zgodovini slovenskega tekmovalnega kolesarstva.

Leto 2014 je postalo prelomno, ekipa BTC City Ljubljana je takrat postala prva profesionalna ženska ekipa v Sloveniji. Ženska ekipa BTC City Ljubljana je nastopala na največjih World Tour kolesarskih prireditvah po svetu (Tour de France, La Vuelta, Flandrija, Valonska puščica, Amstel Gold Race, Giro Rosa,...) in si s tem trla pot v eliti ženskega kolesarstva. Vrsta uspehov in vedno bolj zahtevni pogoji mednarodne kolesarske zveze so Ljubljansko ekipo pripeljali do združenja z Italijansko ekipo ALE. To italijansko-slovensko sodelovanje je

omogočilo tako slovenskim kot italijanskim kolesarkam, da so ostale v stiku z največjo svetovno konkurenco. Novo nastala ekipa **ALE BTC Ljubljana** je prejela World Tour licenco, to je mesto na najvišji ravni v svetovni seriji. Najbolj perspektivnim članicam, med katerimi sta bili le še dve slovenki (Urša Pintrar in Eugenia Bujak) je uspelo stopiti še stopnico višje in se v letu 2022 pridružiti ekipi **UAE Team ADQ**.

Leta 2022 smo ustanovili razvojno **slovensko žensko ekipo BTC City Ljubljana** Scott in dve leti tekmovali le na dirkah prve in druge kategorije. Letos pa se je zgodba ponovno obrnila, ljubljanska ženska ekipa se je združila z italijansko ekipo ASD Born to Win. Novo nastala kontinentalna ekipa **BTC City Ljubljana Zhiraf Ambedo** bo imela letos možnost nastopiti na nekaterih največjih dirkah World Toura v Italiji.





In 2022, we founded the Slovenian women's development team BTC City Ljubljana Scott and for two years competed only in races of the first and second category. But this year, the story has taken a new turn. The Ljubljana women's team has merged with the Italian team ASD Born to Win. The newly formed continental team BTC City Ljubljana Zhiraf Ambedo will have the opportunity to compete in some of the biggest races of the World Tour in Italy this year.



Sestava 2024: V ekipi so poleg italijanskih kolesark tudi slovenske kolesarke, med njimi Urška Pintar, Špela Colnar, Hana Žumer, Ema Pirš in Pija Galof. Članica ekipe je tudi italijanska državna prvakinja v gravel disciplini. Ekipo sestavlja še članice iz Belorusije, Rusije in Kazahstana.

In addition to Italian cyclists, the team also includes Slovenian cyclists: Urška Pintar, Špela Colnar, Hana Žumer, Ema Pirš, and Pija Galof. A member of the team is also the Italian national champion in gravel discipline. The team is further composed of members from Belarus, Russia, and Kazakhstan.









*Svet izgleda drugače, ko imaš svoje navijače!*



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# 'MAM NEO.

# NEO

NEO izkušnja vsakemu pomeni nekaj drugega. Nekdo rad v vsebinah uživa v postelji ali na poti, drugi si želi najtanjše filmov ali pa s prijatelji uživati v prenosih najbolj napetih derbijev. Vse pa družijo neskončno NEO trenutkov in dejstvo, da 'mamo najboljšo izkušnjo, ker 'majo NEO.

## 'MAM DALJINEC, KI ME RAZUME.

Glasovno upravljanje v slovenščini se je še pred časom zdelo nemogoče. Predstavljajte si, da so vaše najljubše vsebine le eno "kriminalko" v daljinec stran. NEO pa razume tudi vaše otroke, ki so le "lisanke" oddaljeni od zabavnega in varnega zavetja Otroškega parka, knjižnice otroških vsebin, izhod iz katere je zaključen s starševskim geslom.



## 'MAM LIGO ZASE.

NEO vam omogoča, da spremljate vse takme najboljših nogometnih lig: Španski, italijanski, nemški in francoski ligi se avtoriza pridružiti le najpopularnejša nogometna liga na svetu - angleška liga. Če vas kakšna atrakcijska poteza še posebej očara, pa izkoristite funkcijo prevrtačanja s klikcami in si jo opijete zvočno.



## 'MAM IGRE NA TVJU.

Video igre so peskovnik, kjer lahko doživite svoje največje sanje. Za igranje iger na televiziji ne potrebujete več drugih konzol. NEO vam ponuja v obliki. Trenutno lahko prek platforme NEO igrate več kot 120 iger, vsajem pa se vse leto povečuje.



## 'MAM FILME IZ KINA.

Oblek kina je zabaven, vendar imate zgled kina na domačem kavču svoje prireditelj. Predstavljajte si bolj sproščeno. V videoteki DKOde se lahko celo družina za pol cene kino vednočasno ogleda. Izbrani film ali risanko, nekatera, pa omaljšajo tem, ko zapustite kinematografijo.

## 'MAM DALEČ NAJHITREJŠI NET.

Razbite tak težave z mojim kakovostno video prenosom vsebin in dolgotrajnih nalaganjnih dokumentov. Z našo hitro odziva in hitrostjo do 1.000 Mbps, ki je vključena v paketih NEO AVLET C in NEO SUPERNE C.

## 'MAM NEO ZA POL CENE.

NEO tako nima zagotavlja najboljšo TV izkušnjo, kar prikazuje tudi več kot 100.000 zadovoljnih uporabnikov, ki se jim vsak mesec pridružujejo novi. Pridružite se tudi vi in si zagotovite neskončno NEO trenutkov, saj vam nujnim in obstoječim naročnikom paketov NEO, ki imajo izbrani mobilni paket poročamo **50 % popusta na naročnina paketov NEO prve štiri meseca**!



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Naš cilj je, da bralci Dela zaspijo pametnejši in bolje informirani, kot so se prebudili. Vsak dan ekipa novinarjev za vas raziskuje teme in področja, ki vam pomagajo razumeti svet in jih ne najdete nikjer drugje. Delo je za vse, ki si želite stopiti korak naprej in poskrbeti, da učenje postane del vašega vsakdana.

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**DELO**

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# D

PODKAST

# DELO

## Več kot podkast



### Od srede do srede

Legendarni podkast vas vabi v svet politike, gospodarstva in mednarodnih dogodkov skozi analitično oko Delovih komentatorjev Alija Žerđina in Janeza Markeša. Z ostrim umom in izkušenim pogledom razkrivata bistvo najaktualnejših zgodb.



### Moč politike

Razgibana pogovorna oddaja, v kateri novinarki Suzana Kos in Barbara Eržen vodita prodorne razprave. Oddaja s prečiščenim dialogom in konstruktivnim soočanjem različnih pogledov ponuja dinamičen vpogled v trenutno politično krajino.



### Supermoč

V podkastu Petra Kovič raziskuje izkušnje slovenskih poslovnežev in odkriva skrivnost njihovih supermoči. Prek osebnih zgodb, polnih preobratov in spoznanj, je to poklon slovenskemu gospodarstvu in ljudem, ki oblikujejo našo prihodnost.



### VAR, nogometni podkast

Analitična nogometna oddaja, v kateri urednik športne redakcije Jernej Suhadolnik, nogometni specialist Gorazd Nejedlý in moderator Neje Grše vsak ponedeljek polemizirajo o ligi prvakov, slovenski ligi ali slovenski reprezentanci.



### Moč gospodarstva

Vsebine podkasta in priznani gostje razkrivajo utrip sodobnega gospodarstva, ko porujejo skozi aktualne gospodarske teme. To je podkast z analitično globino, strastnim vpogledom in navdihom za vaš posel in razumevanje gospodarstva. Zanima nas makro- in mikropogled na poslovanje.



### Na robu

V podkastu novinarka Deja Pija Kapitanovič predstavlja družbene fenomene in spremembe, ki sprožajo vprašanja o prav in narobe, o tem, kar obetom razdvaja in snuje individualno kot tudi kolektivno. S sogovorniki razmišlja o tem, kako se spemlinajo etika, morala, naše vrednote, življenja in aspiracije.

## Dobrodošli v svetu zvočnih zgodb.

Dele-Do.o.s. Ljubljanska ulica 3, SI 1000 Ljubljana



Za poslušanje podkasta uporabi QR kodo.



Delo d.o.o., Ljubljana, ulica 1. maja 111, 1000 Ljubljana, Slovenija

Nedelo pozna ljudi. Ve, kakšna je človeška narava in kako lahko drobni utrinki polepšajo dan in življenje. Kako dogodki in ljudje nimajo le ene dimenzije in kako si želimo nekaj, kar je lepo in dobro. Kar odpira nove življenjske horizonte in prinaša mirno radost v naš vsakdan. Nekaj, kar z veseljem vzamemo v roke in z zadovoljstvom odložimo, saj smo izvedeli nekaj novega, dobrega, zanimivega in koristnega. Nekaj, kar je zanimivo, a nas ne razburi. Kar pritegne, a ne razdvaja. Prepričani smo, da stvari, ki jih beremo, vplivajo na to, kako mislimo in ravnamo.

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- ▶ Naše izdelke odlikujejo visoka točnost in odpornost na zunanje dejavnike, zato se vgrajujejo v napredne sisteme v medicini, robotiki in električnih vozilih.
- ▶ Pri delu spodbujamo inovativnost in ustvarjalnost. Uspešnost gradimo z integriteto, odličnostjo, s spoštovanjem sodelavcev in poslovnih partnerjev ter s posluhom za raznolikost.
- ▶ Priznanja, kot so Najzaposlovalec leta 2017 in 2018, finalist izbora Zlate niti 2023 ter naziv Slovenska gazela, potrjujejo naš trud in uspešno poslovanje v slovenskem gospodarstvu.

**RLS Merilna tehnika d. o. o.**

Pod vrbami 2 | 1218 Komenda

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Zlata niti 2018  
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\* Prodajni podatki farmacevtskega podjetja Krka za leto 2023, podaja v skupni kategoriji tablet z magnezijem.

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Ponudba velja do 31.12.2024 oziroma do razprodaje zalog. Popust velja ob nakupu kateregakoli novega vozila Peugeot na vse originalne nosilce za kolesa (marketinška skupina 966), ki so dobavljivi na dan nakupa pri pooblaščenem serviserju Peugeot, Avtotehni VIS. Pred koriščenjem ponudbe vam svetujemo, da pri Avtotehni VIS preverite razpoložljivost izdelkov. Pridrujemo si pravico do morebitnih sprememb in napak v ponudbi. Za podrobnosti o ponudbi se obrnite na prodajalce Peugeot v Avtotehni VIS ali obiščite našo spletno stran [www.avtotehna-vis.si](http://www.avtotehna-vis.si). Slika je simbolična.



**AVTOTEHNA VIS d.o.o.**, Celovška 228, 1000 Ljubljana, tel. 01 581 85 60, [www.avtotehna-vis.si](http://www.avtotehna-vis.si)

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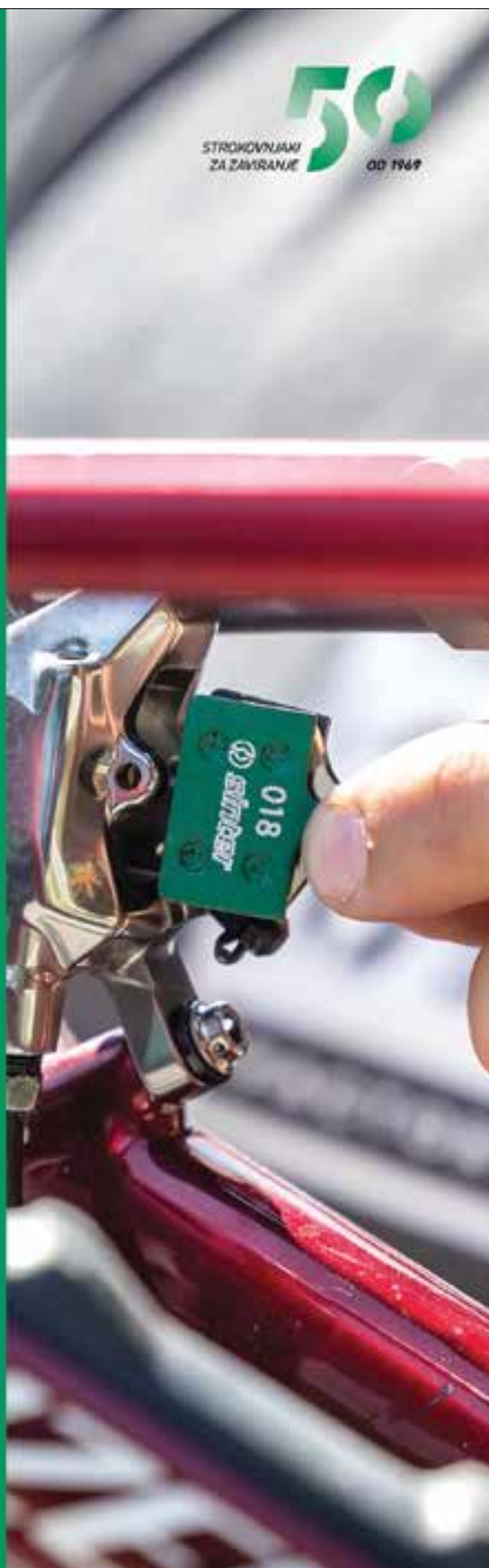
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## ZDRUŽENJE ŠOFERJEV IN AVTOMEHANIČEV ŽIRI

Loška c. 17, 4226 Žiri

Št. transakcijskega računa: SI56 9067 200 0989 440

Davčna številka: 45463760

Predsednik: 041/704-220

Poveljnik uniformiranih članov: 041/350-129

<http://www.zsamziri.org>

Združenje šoferjev in avtomehnikov Žiri je bilo ustanovljeno 24. 5. 1979. Ustanovljeno je bilo s posebnim namenom, to je predvsem pomagati članom voznikom na področju preventive in vzgoje v cestnem prometu in pa po namenu druženja, da se izmenjujejo informacije med člani in med društvi.

V letu 2012 pa je društvo pridobilo status društva, ki delujejo v javnem interesu, na področju preventive in varnosti v cestnem prometu.

Od leta 2005 pa je združenje na samostojni poti zaradi nesoglasja med Zvezo ZŠAM Slovenije in našim ZŠAM Žiri, zaradi nepriznavanja zavetnika šoferjev svetega Krištofa.

Od takrat pa je našemu združenju glavni cilj pomagati in delati v preventivi in vzgoji v cestnem prometu. Združenje se vključuje v vse akcije iz področja preventive v štirih občinah in sicer: Železniki, Škofja Loka, Gorenja vas – Poljane in Žiri, kjer ima tudi svoj sedež.

V današnjem času se še bolj posvečamo preventivi in vzgoji v cestnem prometu, kar imamo zapisano tudi v svojem temeljnem aktu.

ZŠAM Žiri ima trenutno 180 članov, od tega 45 uniformiranih članov in pa 25 delovnih uniformirancev, kateri vsako leto največ časa posvečajo delu v preventivnih akcijah, ki jih združenje izvaja po nalogah iz resolucije o nacionalnem programu varnosti cestnega prometa.

ZŠAM Žiri deluje na naslednjih področjih:

- razvijamo in negujemo tovarištvo, solidarnost in medsebojno pomoč med vsemi udeleženci v cestnem prometu
- V okviru pooblastil posveča posebno pozornost prometni preventivi in izvajanju sprejetih sklepov in priporočil Sveta za preventive in vzgojo v cestnem prometu Republike Slovenije
- Pri izvajanju vzgojnih, varnostnih in preventivnih akcij posveča posebno pozornost mladoletnim udeležencem v cestnem prometu s pomočjo šol in informiranjem učencev srednjih poklicnih in strokovnih šol
- Organiziramo pomoč članom, udeležencem v cestnem prometu in drugih zainteresiranim ter nudimo strokovne napotke s področja varnosti v cestnem prometu
- Kot strokovna organizacija sodelujemo z lokalnim svetom za preventive in vzgojo v cestnem prometu in policijo
- Skrbimo za varnost najmlajših v cestnem prometu ter delujemo na področjih prvi šolski dnevi, varnost pri šolskih prireditvah, kolesarski izpiti, kolesarska tekmovanja, v šolah pri učni uri in drugo
- Organiziramo tečaje o prometu in cestno prometnih predpisih
- Pri športnih prireditvah na področju lokalne skupnosti skrbimo za varnost udeležencev in obiskovalcev
- Organiziramo predavanja za poklicne voznike NPK – nacionalne poklicne kvalifikacije za podaljšanje vozniških dovoljenj za šoferje avtobusov in kamionov.

Predsednik ZŠAM Žiri  
Marijan Dolenc

Poveljnik ZŠAM Žiri  
Vojko Jezeršek



# OBČINA CERKNO

## The municipality of Cerklje

### **Obiščite Cerkljansko** Visit the Cerklje region

Neobičajno bi bilo, da med kraji na trasi Maratona Franja ne bi bilo Cerklje, saj se le pet minut vožnje iz Cerklje nahaja Partizanska bolnica Franja, po kateri je Maraton Franja dobil svoje ime. Kolesarji, ki se pripeljejo iz smeri Idrije, lahko že med poganjanjem pedal občudujejo razgibano hribovito cerkljansko pokrajino z zelenimi dolinami, širnimi gozdovi, slikovitimi vasicami, vršaci in nešteti potmi. Če pred prihodom v Cerklje občasno dvignejo pogled iznad krmila, jih bo že od daleč pozdravil najvišji vrh Cerkljanskega, 1630 m visoki Porezen.





Upravno, kulturno in gospodarsko središče Cerkljanskega je Cerčno, kraj s približno 1600 prebivalci, ki je tudi sedež leta 1994 ustanovljene Občine Cerčno. Občina Cerčno pokriva 131,3 km<sup>2</sup> in ima okrog 5000 prebivalcev, ki živijo v kar 30 naseljih in vaseh. Za lokalno gospodarstvo je še vedno najpomembnejša ETA, d. o. o., Cerčno, članica nemške E.G.O. Group. Veliko prebivalcev najde zaposlitev v bližnjih krajih, razvija se tudi podjetništvo. A v zadnjih letih Cerčno vse bolj stavi na turizem, saj ima kaj pokazati. Poleg čudovite narave, ki ponuja veliko možnosti za pohodništvo in kolesarjenje, je nad Cerknim sodoben, družinam prijazen in večkrat nagradjeni smučarski center z odlično urejenimi progami, ki so se mu pred kratkim pridružile tudi nove mini terme v Cerknem.

Na Cerkljanskem je nekaj turističnih znamenitosti izjemnega pomena. Partizanska bolnica Franja je izreden pomnik človečnosti in solidarnosti med drugo svetovno vojno ter velja za enega najbolj obiskanih muzejev v državi. Leta 2015 je prejela tudi Znak evropske dediščine kot spomeniško območje s simbolno vrednostjo za Evropo. Če vas bolj zanima prazgodovina, vam bodo v arheološkem parku Divje babe lokalni vodiči predstavili najnovejša spoznanja o neandertalcih in več kot 50.000 let stari piščali, ki je revolucionarno spremenila naš pogled na prazgodovino in ljudi, ki so živeli takrat. Piščal je zares zaživela v rokah žal že preminulega ustvarjalca Ljubena Dimkaroskega, ki je na rekonstrukcijo piščali lahko zaigral tudi zahtevna klasična dela.

V času pusta vas bodo navdušili lavfarji, ki spadajo med najbolj znane slovenske pustne maske. 25 različnih likov predstavlja različne človeške značilnosti, posebnosti ter bolezni, družbene in poklicne skupine. Posebno skupino pa predstavljajo arhaične maske, ki izvirajo še iz poganskih časov. Med pustnim obredom je pust obtožen vsega slabega v preteklem letu in spoznan za krivega. Čaka ga kazen – »smrt z botam«. Če Cerknega ne boste obiskali v času pusta, si lavfarje v naravni velikosti lahko ogledate v Cerkljanskem muzeju, kjer boste spoznali tudi lokalno zgodovino. V muzeju večkrat organizirajo občasne zgodovinske, fotografske in čipkarske razstave. Med sprehodom po Cerknem boste zagotovo opazili cerkev sv. Ane iz 18. stoletja, delo domačega arhitekta Gregorja Mačka. Na sprednji strani cerkve so čudovite freske, ki jih je leta 2003 po starih fotografijah ponovno naslikala Maša Bersan Mašuk.

Pešpoti iz Cerknega vas bodo največkrat popeljale do bližnjih vasi, kjer se odpirajo čudoviti razgledi na Cerčno in okolico. V Zakrižu si boste lahko ogledali italijanske vojaške utrdbe, v Novakih zbirko starega kmečkega orodja, na poti v Labinje boste šli mimo spomenika iz 2. svetovne vojne, pot v Planino in Čeplez pa je med najbolj sončnimi na Cerkljanskem. Pohodniki se lahko podajo tudi na bližnje vrhove: Porezen, Kopo, Črni vrh, Bevkov vrh, Kojco, Škofje, Blegoš ali Ermanovec. Veliko poti je primernih za kolesarjenje. Z brezplačnim kolesarskim zemljevidom in s knjižico z opisi poti, ki ju boste dobili v TIC-u Cerčno, navigacija ne bo problem. V TIC-u lahko tudi najamete kolo.

Če ste že izkusili zdravilno moč narave, vas bo mogoče zanimal inovativen pristop k sproščanju v naravi. Gozdni selfness je nov zeleni trend, ki izkorišča naravne danosti in lepote Cerkljanske in obiskovalcem ponuja možnost globinske sprostite in razstrupljanja ter jim pomaga ponovno napolniti baterije. Izbirate lahko med različnimi programi, ki trajajo od 2 do 6 ur in vključujejo različne aktivnosti, na primer: predstavitev učinkovitih tehnik premagovanja stresa, zvočno terapijo, predstavitev različnih drevesnih vrst in njihovih energij ter vaj za prenos energije, osnove refleksoterapije stopal, hojo po smrekovih iglicah, sproščujočo meditacijo v bukovem gozdu in okusno kulinarčno presenečenje. Gozdni selfness je prejemnik dveh nacionalnih priznanj za inovativnost v turizmu, in sicer Snovalec v letu 2014 in Sejalec v letu 2015.

Cerčno je tudi prizorišče različnih festivalov. Najbolj znan med njimi je festival Jazz Cerčno, ki je bil prvič organiziran že leta 1996 in v maju vsako leto privabi številne ljubitelje nekonvencionalne jazzovske glasbe. Čez leto se v baru Gabrijel odvijajo koncerti v okviru festivala Keltika. V Cerknem je zelo aktiven tudi mladinski klub C.M.A.K., ki organizira različne alternativne festivale in umetniške ter družbenoangažirane razstave in prireditve. Aktivna so tudi številna kulturna, športna in druga društva, ki organizirajo najrazličnejše dogodke in tekmovanja, od smučanja po starem do srečanja

pihalnih orkestrrov Pihnfest in festivala Glas piščali, tako da je mesecev, ko se v Cerknem ne dogaja nič, vedno manj. Med športnimi prireditvami je največja prav Maraton Franja. Znanе so tudi Partizanske smučine, tekmovanje, ki je bilo prvič organizirano januarja 1945. Letos na Cerkljanskem potekata še dve kolesarski dirki: Enduro Cerkno v maju in Trans Julius v juniju. Turistom so na voljo različne namestitve: od sodobnega hotela do apartmajev in dveh turističnih kmetij. Poleg Hotela Cerkno je pokrit notranji bazen s termalno vodo, pred kratkim preurejen v terme. V termah so tudi savne, masažni salon in solna soba. Obe turistični kmetiji vam poleg nastanitve in odlične hrane nudita tudi različne aktivnosti. Na turistični kmetiji Želinc imajo mini wellness in apiterapijo, kjer obiskovalci vdihavajo topel zrak, ki prihaja od panjev. Na turistični kmetiji Pri Flandru v Zakojci se lahko peljete z zapravlživčkom ali jahate konje. Gospodar vam odklene tudi rojstno hišo pisatelja Franceta Bevka (1890–1970), kjer si lahko ogledate avtentičen prikaz življenja v pisateljevi mladosti. Turistične apartmaje lahko rezervirate v Cerknem ali Novakih, ki so nekoliko



bližje smučišču. Apartmaji v Novakih so obdani z lepo naravo in s čudovitimi razgledi, kjer si lahko tudi poleti v miru odpočijete od mestnega hrupa.

Obiščite Cerkljansko.

It would be unusual if Cerkno wasn't among towns on the route of Marathon Franja, as the Franja Partisan Hospital, which gave the Marathon its name, is only a 5-minute drive away. Cyclists coming from the direction of Idrija can admire the diverse and hilly landscape of the Cerkno region with its green valleys, vast forests, picturesque villages, peaks and numerous trails already as they approach. If they raise their eyes from the handlebars, they are greeted from afar by the highest peak of the Cerkno region, the 1630-m-high Porezen.

The administrative, cultural and economic centre of the Cerkno

region is Cerkno, a town with about 1600 inhabitants, which is also the seat of the Cerkno Municipality, established in 1994. The Cerkno Municipality covers an area of 131.3 km<sup>2</sup> and has about 5000 inhabitants, who live in as many as 30 settlements and villages. ETA d.o.o. Cerkno, a member of the German E.G.O. Group, is still the most important company for the local economy. Many people find employment in other nearby towns and there is some entrepreneurship as well. However, in recent years Cerkno has put more and more emphasis on tourism, and it definitely has plenty to show. Besides the beautiful nature with many possibilities for hiking and cycling, there is a modern, family-friendly ski resort above Cerkno with excellent, well-prepared ski runs, which has received many awards. The ski resort was recently complemented by a brand new mini spa in Cerkno.

There are a few tourist attractions of exceptional importance in the Cerkno region. The Franja Partisan Hospital is an outstanding monument to humanity and solidarity during WWII and is considered to be one of the most visited museums in Slovenia. It received the European Heritage Label in 2015 as a site of symbolic value for Europe. If you are more interested in prehistoric times, you can visit the Archaeological Park Divje Babe, where local guides will tell you about the most recent findings on Neanderthals and the more than 50,000-year-old flute, which changed our view of prehistory and the people who lived back then in a revolutionary way. The flute truly came to life in the hands of the unfortunately already deceased artist Ljuben Dimkaroski, who could perform even challenging classical pieces on a reconstruction of it.

At carnival time, you will be fascinated by Laufarji, one of the most well-known carnival masks in Slovenia. 25 different characters represent various human

characteristics, peculiarities and diseases, or social and professional groups. A special group are the archaic masks that originate from pagan times. During a kind of mock trial, the main character Pust is accused of everything bad that has happened within the past year and found to be guilty. He can't escape his punishment – death by a wooden hammer. If you aren't going to visit Cerknjo during carnival time, you can take a look at Laufarji in natural size at the Cerknjo museum, where you can also learn more about local history. The museum often organizes temporary historical, photographic and lace exhibitions as well. While walking around Cerknjo, you will most certainly notice St. Ann's Church from the 18th century, the work of Slovenian architect Gregor Maček. On the front side of the church, there are beautiful frescos, which were re-painted in 2003 by artist Maša Bersan Mašuk using old photographs of the church. The hiking trails out of Cerknjo will most often lead you to nearby villages, where magnificent views of Cerknjo and the surroundings open up. In Zakriž you can see Italian military forts, in Novaki a collection of old farming tools, on your way to Labinje you will pass a monument from WWII, and the trail to Planina and Čeplez is one of the sunniest in the Cerknjo region. Hikers can also visit nearby peaks, for example, Porezen, Kopa, Črni vrh, Bevkov vrh, Kojca, Škofje, Blegoš and Ermanovec. Many trails are also suitable for cycling. With the free cycling map and booklet with trail descriptions, which you can get at the Tourist Information Centre in Cerknjo, navigation won't be a problem. You can also rent a bike here.

If you have already experienced the healing power of nature, then perhaps you will be interested in the innovative approach to relaxation in nature. Forest selfness is a new green trend, which makes use of the natural resources and beauty of the Cerknjo region by giving visitors an opportunity for deep relaxation and detoxification, and helping them to recharge their batteries. Visitors can choose between various

programmes, which last from two to six hours and include different activities, such as the presentation of efficient stress management techniques, sound therapy, the presentation of different trees and their energies as well as exercises for the transmittance of this energy, the basics of foot reflexotherapy, walking on spruce needles, relaxing meditation in a beech forest, and a tasty culinary surprise. Forest selfness received two national awards for innovation in tourism, the Snovalec Award in 2014 and the Sejalac Award in 2015.

Cerknjo is also the venue of different festivals. The most well-known is the Cerknjo Jazz Festival, which was first organized in 1996 and attracts many fans of unconventional jazz music every year in May. During the year, concerts take place as part of the Keltika festival at Bar Gabrijel. There is also a very active youth club in Cerknjo called C.M.A.K., which organizes various alternative festivals and artistic and socially engaged exhibitions and events. Active are also numerous cultural, sports and other clubs and associations that organize various events and competitions, from skiing the traditional way to the meeting of wind orchestras Pihnfest and the Glas piščali (Sound of the Flute) festival. There truly aren't many months left in the year when one could say that nothing is happening in Cerknjo. Among sporting events, Marathon Franja is definitely the biggest. Well-known is also the event Partizanske smučine (Partisans' Ski Traces), a competition which was first organized in January 1945. This year, there will also be two other bike races in the Cerknjo region: Enduro Cerknjo in May and Trans Julius in June.

There are various types of accommodation available for tourists: from a modern hotel to many tourist apartments and two tourist farms. Next to Hotel Cerknjo, there is an indoor pool with thermal water, recently converted into a spa. In the spa, there are also saunas, a massage salon and a salt room. Both tourist farms also provide other activities besides accommodation and excellent food. At Tourist Farm Želinc, there is a small wellness, and they additionally provide apitherapy, during which visitors inhale warm air from their beehives. At Tourist Farm Pri Flandru in the Zakojca village you can take a ride in a horse-drawn buggy or ride horses. The owner will also unlock the birth house of Slovenian writer France Bevk (1890–1970) for you. The house is an authentic display of life as it used to be in the writer's youth. Tourist apartments can be booked in Cerknjo or in Novaki, which is a bit closer to the ski resort. The apartments in Novaki are surrounded by beautiful nature and magnificent views, allowing you to take a break from city noise in the summer months as well.

Visit the Cerknjo region.





# OBČINA GORENJA VAS - POLJANE

The  
municipality  
of Gorenja  
vas - Poljane

**Poljanska Dolina –  
Dežela pod Blegošem**  
The Poljane Valley –  
The Land Beneath Blegoš

Poljansko dolino sestavljajo slikoviti kraji, ki so povezani v občino Gorenja vas - Poljane, družijo pa jih tudi skupna zgodovina. Veliko umetnikov je tu črpalo svoj navdih in lepote te doline poneslo v svet. Letos še prav posebno pozornost namenjamo pisatelju Ivanu Tavčarju, saj beležimo stoletnico njegove smrti. Ob tej priložnosti je bilo leto 2023 razglašeno za Tavčarjevo leto.





Dr. Ivan Tavčar je bil namreč nekdanji lastnik kmečkega dvorca na Visokem pri Poljanah ter tako s svojim delom in življenjem pustil Poljanski dolini močan pečat na vseh področjih. V Poljanski dolini se mu bomo poklonili z bogatim celoletnim kulturnim in športnim dogajanjem. Med dogodki velja poudariti 50 pomladi filma Cvetje v jeseni, ki se bo odvil na lokaciji snemanja na Mlaki nad Lušo, Filmske večere na temo Tavčarjevih del, ki bodo vsak četrtek v avgustu na Dvorcu Visoko, in sobotne Visoške filmske matineeje v mini kinu.

Dvorec Visoko je z obnovo zasijal v vsej svoji mogočnosti. Skrbno prenovljeno pritličje dvorca s poročno dvorano, kar štirimi stalnimi muzejskimi zbirkami in z znamenito še delujočo Kalanovo črno kuhinjo obiskovalce kar samo povabi v goste. Tu se lahko razvajajo z dišečo kavo, okusnimi torticami, domačimi buhteljni in tradicionalnim zdravilnim terjakom, pripravljenim na odprtem ognjišču. Senca bujnih dreves, ki jih je nekoč zasadil Tavčarjev vrtnar, obiskovalce neizbežno zadrži v prijetnem hladu.

Gosti se lahko sprehodijo do prenovljene Tavčarjeve družinske grobnice, od koder se odpira čudovit razgled na posestvo in bližnjo cerkvico Sv. Volbenka z dvema stolpoma. Prav mogoče je, da bodo ob koncih tedna priča kateri od pravih visoških porok, ki s svojo izvirnostjo in domačnostjo pustijo mlado-poročencem nepozaben pečat.

Bogat kulturni, razstaveni in ustvarjalni program nudi tudi Kulturni center slikarjev Šubic v Poljanah, ki je poleg Dvorca Visoko pomembna točka kulturnega dogajanja in ustvarjalnega razvoja Poljanske doline.

Dr. Ivan Tavčar je bil tudi predsednik prvega slovenskega kolesarskega kluba, Kluba slovenskih biciklistov Ljubljana, ustanovljenega leta 1887. Tavčarjevo leto bomo 11. junija obeležili tudi na znamenitem, že 43. Maratonu Franja, na katerem bosta podeljeni majici za kolesarja in kolesarko, ki bosta prva prečkala »leteči cilj« na Visokem. V Poljanski dolini je kolesarskim navdušencem pri premagovanju kolesarskih tur na voljo Kolesarski krog občine Gorenja vas - Poljane, ki poteka mimo kulturnih in zgodovinskih spomenikov, prenočišč in gostišč. Zemljevid s kontrolnimi točkami lahko dobite v Kavarni Ajda, v neposredni bližini Info točke Gorenja vas. Skupna dolžina kroga je 115 km, ima 3.400 višinskih metrov vzponov in spustov ter je razdeljen v tri etape. Na voljo je tudi zemljevid, ki kolesarja vodi do najprivlačnejših točk Poljanske doline, kjer se lahko ustavi, razgleda in okrepča.

Poleg kolesarskih ponuja Poljanska dolina tudi številne pohodne in tematske poti, ki vodijo do vrhov, s katerih seže nepozaben pogled daleč naokoli. Vabijo vas Blegoš, Ermanovec, Slajka, Pasja Ravan, Sivka, Žirovski vrh in Stari vrh, ki v zimskih mesecih nudi tudi prijetno smuko po belih strminah. Prav sem, med poljanske hribe, je pisatelj Ivan Tavčar umestil eno najlepših slovenskih ljubezenskih zgodb Cvetje v jeseni, kjer si glavna junaka v objemu planin izpovedujeta ljubezen za vse življenje.



Poljanska dolina se ponaša tudi s pestro kulinarčno ponudbo. Pot poljanskih dobrot vas bo popeljala po idiličnih kotičkih Poljanske doline do gostoljubnih domačij, kjer vas bodo sprejeli prijazni ljudje, domov pa boste lahko odšli s polno košaro okusnih pridelkov in izdelkov.

Ob odkrivanju Poljanske doline se za naravnimi, kulturnimi in kulinarčnimi danostmi skriva tudi skrivnosten svet utrdb Rupnikove linije. Obisk podzemnih utrdb skupaj z gibanjem v neokrnjeni naravi predstavlja nepozabno doživetje, ki je lahko združeno tudi s kolesarskim izletom ali okušanjem lokalne kulinarike. Rupnikova linija je sistem utrdb, ki ga je začela graditi Kraljevina Jugoslavija na ozemlju zahodne Slovenije tik ob rapalski meji pred drugo svetovno vojno kot obrambo pred morebitnim italijanskim napadom. Utrdba na Golem vrhu je ena izmed najosupljivejših utrdb Rupnikove linije. Sestavljena je iz nadzemnega visokega vršnega bunkerja ter podzemnih galerij, ki segajo približno 25 metrov globoko. Glavna galerija je dolga 200 metrov, ob njej pa je razvejan sistem manjših galerij in dvoran. V utrdbi si lahko ogledate stalno razstavo ostalin iz časa gradnje, v prostiranih dvoranah pa vse leto potekajo tudi različne prireditve, med katerimi je najbolj zanimivo balinanje z lesenimi kroglami. Vstop v utrdbo je možen samo v spremstvu vodnika.

The Poljanska dolina valley is home to many picturesque places which are part of the municipality of Gorenja vas - Poljane, and which share a rich history. The beauty of this valley has inspired countless artists, who have in turn showcased its splendour to the world. This year, we are placing special emphasis on the life and work of Ivan Tavčar, as we mark the 100th anniversary of his death. Upon this occasion, the year 2023 has been declared the Year of Tavčar. Dr. Ivan Tavčar, a former owner of the manor in Visoko pri Poljanah, left an indelible mark on the Poljanska dolina valley through his artistic contributions and personal life. In honour of this renowned writer, the Poljanska dolina valley will be hosting a range of cultural and sports events throughout the year. These will include the film event 50 pomladi filma Cvetje v jeseni, which will take place in Mlaka



nad Lušo, as well as Tavčar-themed film evenings every Thursday in August at the Visoko Manor, and Visoko film matinees on Saturdays hosted at the mini cinema. The Visoko Manor has been beautifully restored to its former glory, and now boasts a meticulously refurbished ground floor with a wedding hall, four permanent museum collections, and the famous Kalan's black kitchen, which is still in use today. Visitors are invited to indulge in fragrant coffee, delicious cakes, homemade pastry buhtelj, and traditional therapeutic terjak drink, prepared over an open fire. The shade of the lush trees, once tended by Tavčar's gardener, provides a refreshing refuge in the hot summer days. Guests can take a stroll to the renovated Tavčar family tomb, from where they can enjoy breath-taking views of the estate and the nearby church of St. Volbenk with its two towers. It just might happen that visitors may even witness one of the authentic Visoko weddings that take place on weekends, leaving newlyweds with unforgettable memories of their special day.

The Cultural Centre of Šubic Painters in Poljane offers a rich cultural, exhibition, and creative programme, making it an important hub for cultural events and creative development in the Poljanska dolina valley, alongside the Visoko Manor.

It's worth noting that Dr. Ivan Tavčar was also the president of the first Slovenian cycling club – Club of Slovenian Cyclists Ljubljana, founded in 1887. As part of the 42nd Marathon Franja, a commemoration will be held on 11 June in honour of The Year of Tavčar, where the first male and female cyclist to cross the intermediate sprint-line in Visoko will receive special jerseys. Cycling enthusiasts can also enjoy the Gorenja vas - Poljane Cycling Circuit, which takes them through cultural and historical landmarks, as well as lodgings and guest houses in the Poljanska dolina valley. Cyclists can obtain a map with checkpoints at Kavarna Ajda, located in the immediate vicinity of the Gorenja vas Info point.



The circuit is 115 km long, with 3,400 metres of ascents and descents, and divided into three stages. A map is also available to guide cyclists to the most attractive points of the Poljanska dolina valley, where they can stop to take in the views and treat themselves to some refreshments.

The Poljanska dolina valley has much more to offer than just cycling. It boasts numerous hiking and themed trails leading to peaks with breath-taking views. Visitors are invited to explore Blegoš, Ermanovec, Slajka, Pasja Ravan, Sivka, Žirovski vrh and Stari vrh, where they can also enjoy skiing on white slopes during the winter months. One of the most beautiful Slovenian love stories, *Cvetje v jeseni*, written by Ivan Tavčar, is set among the hills of the Poljans-

ka dolina valley, where the main characters embrace the mountains and profess their love for eternity.

The Poljanska dolina valley also boasts a varied culinary offer. The Path of the Poljanska dolina valley delicacies will take you through idyllic corners of the valley to hospitable homesteads, where friendly people welcome you with delicious produce and products.

When exploring the Poljanska dolina valley, visitors will discover the mysterious world of the fortifications of the Rupnik line hiding amidst the natural, cultural and culinary features. A visit to the underground fortifications, combined with unspoiled nature, represents an unforgettable experience that can also include a cycling trip or a tasting of the local cuisine. The Rupnik line is a system of fortifications built by the Kingdom of Yugoslavia on the territory of western Slovenia next to the Rapallo border before World War II, as a defence line against a potential Italian attack. The fortification on Goli vrh is one of the most impressive fortifications of the Rupnik line. It consists of an above-ground high top bunker and underground galleries that reach about 25 metres deep. The main gallery is 200 metres long, with a system of smaller galleries and halls branching out next to it. The fortification offers a permanent exhibition of remains from the time of construction, with various events being held in the spacious halls throughout the year, including the popular game of boules with wooden boules. Visitors can only enter the fortification accompanied by a guide.



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ZDAJ JE ČAS.  
Za odkrivanje skrivnosti Poljanske doline.

Moja Slovenija

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#visitpoljanskadolina

Poljanska dolina

www.slovenia.info



# OBČINA IDRİJA

## The municipality of Idrija

### **Idrija, slikovita pokrajina s prostranimi planotami**

Idrija, a picturesque landscape  
with high hills and vast plateaus

Idrija, biser UNESCO dediščine, najbolj poznana po drugem največjem rudniku živega srebra na svetu, čudoviti idrijski čipki ter tradicionalnih idrijskih žlikrofih, malo manj pa po svojem čudovitem in neokrnjenem podeželju, ki pohodnikom in kolesarjem ponuja neštete možnosti odkrivanja naravnih znamenitosti ter okušanja tradicionalnih dobrot. Celotno območje Idrijskega namreč spada pod UNESCO globalni geopark Idrija.





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Idrijo z vseh strani obkroža slikovita pokrajina z visokimi bregovi in prostiranimi planotami. V sklopu Geoparka Idrija so po razgibanem terenu speljane tematske pohodniške in kolesarske poti, ki ob ribolovu ali zimskih športih omogočajo aktivno spoznavanje bogate naravne in kulturne dediščine Krajinskega parka Zgornja Idrija ter Črnovrške, Vojskarske in Ledinske planote. Na višinskih pašnikih so idealne razmere botrovale razvoju živinoreje ter izdelavi kakovostnih sirov in drugih mlečnih izdelkov. Prostrani pašniki in neokrnjeni gozdovi so postali dom zeliščarstvu in čebelarstvu, ki ima na Idrijskem že večstoletno tradicijo izdelave vrhunskega medu in čebeljih pridelkov. Turistični ponudniki na podeželju bodo poskrbeli za okusno lokalno okrepčilo med vašim izletom.

Geopark Idrija ponuja pester izbor kolesarskih poti za vsak okus, od lahkih ravninskih prog za družine do najzahtevnejših poti za izkušene kolesarje. Vzponi na idrijske vrhove vas

bodo prevzeli z nepozabnimi razgledi, na svoj račun pa boste prišli tudi ljubitelji spusta. Če vas skrbi kondicija, v Hostlu Idrija ([www.hostel-idrija.si](http://www.hostel-idrija.si)) izposojajo e-kolesa, vendar vam priporočamo, da se na odkrivanje idrijskega podeželja na e-kolesu podate s turističnim vodnikom, saj boste le tako odkrili skrivnostne grape in travnate hribovske planote ob reki Idrijci.

Idrija, a UNESCO heritage pearl, is best known for the second largest mercury mine in the world, the beautiful Idrija lace and the traditional Idrija žlikrofi, and a little less for its beautiful and unspoiled countryside, which offers hikers and cyclists countless opportunities to discover natural sights and taste traditional delicacies. The entire area of Idrija belongs to the Idrija UNESCO Global Geopark.

Idrija is surrounded on all sides by a picturesque landscape with high hills and vast plateaus. As part of the Idrija Geopark thematic hiking and cycling trails run along the varied terrain, which, in addition to fishing or, winter sports, enable an active exploration of the rich natural and cultural heritage of the Zgornja Idrija Landscape Park and the plateaus of Črni vrh, Vojsko and Ledine. In the highland pastures, ideal conditions favored the development of animal husbandry and the production of quality cheeses and other dairy products. Extensive pastures and unspoiled forests have become home to herbalism and beekeeping, which boasts a centuries-old tradition of making top-quality honey and bee products in the Idrija region. Tourist services providers in the countryside will provide delicious local refreshments during your trip.

The Idrija Geopark offers a wide selection of cycling routes for every taste, from easy flat trails for families to the most demanding routes for experienced cyclists. The ascents to the Idrija peaks will charm you with unforgettable views and you will undoubtedly also enjoy the descent. If you are worried about your condition, check out the e-bikes at Hostel Idrija ([www.hostel-idrija.si](http://www.hostel-idrija.si)). We recommend that you go and discover the Idrija countryside on an e-bike with a local tourist guide, since this is the best way to discover the mysterious ravines, grassy hills and various plateaus along the river Idrija and meet lively locals, who persistently nurture and cultivate what their ancestors planted centuries ago. Once a completely wild world, it invites you to indulge in its riches and feel the pulse that is so unique and beautiful.

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Idrija.

UNESCO  
GEOPARK

Razišči Geopark  
Idrija, najemi  
eKolo  
in odkrij skrite  
zaklade idrijskega  
podeželja.

\*\*\*

Z e-kolesi bodo  
planote nad  
1000 m dosegljive  
z lahkotnim  
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pogon in se izklopi  
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UNESCO Geoparka  
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#visitidrija #geoparkidrija



Vznemirjivi svet Zgornje Idrije



Čarobne Idrijske Krnice



Cez Gore in Dole do Črnega Vrha



Skrivnosti Vojskarske planote

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Idrija  
Slovenia.

UNESCO global  
Geopark Idrija  
Astonishing  
natural beauty  
waits to be  
discovered!

\*\*\*

Try hiking or  
cycling on one of  
the many trails;  
**the views on  
the surrounding  
hills and intact  
forests will take  
your breath  
away.**

[www.visit-idrija.si](http://www.visit-idrija.si) • [www.geopark-idrija.si](http://www.geopark-idrija.si)  
#visitidrija #geoparkidrija



The exciting Landscape Park  
Zgornja Idrija



Magical Idrija Krnice



Across the plateaus around Idrija



Secrets of the Vajsko Plateau



# OBČINA ŠKOFJA LOKA

The  
municipality  
of Škofja  
Loka

## **Srčna Franja** Kindhearted Franja

Škofja Loka je slikovito starodavno mesto, ki leži ob sotočju dveh Sor na stiku predalpskega hribovja in ravninskega osrčja naše domovine. Je pisano mesto, bogato z zgodovino in kulturno dediščino ter prelepim zelenim podeželjem.





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Mesto je imenitno izhodišče in tudi vse bolj privlačen cilj za turistične obiske, izletniške poti ter različno zahtevne kolesarske izzive. Škofjeloško že s samo pokrajino vabi na pohodniške, kolesarske in druge tematske poti!

Škofja Loka prav vsako leto prijazno pozdravi udeležence legendarnega kolesarskega Maratona Franja, ki se po zeleni Poljanski dolini spuščate v naše pisano mesto.

Skoraj vsako leto pa je Loka tudi ponosna gostiteljica mednarodne kolesarske Dirke po Sloveniji, ki je z leti dosegla izjemno, celo globalno prepoznavnost.

#### **Loške kolesarske poti in urbana kolesarska mreža**

V objemu škofjeloških hribov in dolin poteka več sto kilometrov označenih in urejenih kolesarskih poti. Te so primerne tako za rekreativne kot tudi za zahtevnejše kolesarje. Kolesarskim navdušencem so po razgibanem Škofjeloškem hribovju in Sorškem polju na voljo urejene in dobro označene kolesarske poti, združene v 390 km dolgo Loško kolesarsko pot. Celotna

pot je razdeljena na 13 etap, nekatere so krajše in manj zahtevne, spet druge so panoramske, tretje pa so primernejše za kondicijsko boljše pripravljene kolesarje.

Vse pa so speljane mimo in do kulturnih spomenikov: od podeželskih cerkvic, zapuščenih vojaških utrd, razgledišč, gostišč, okrepčevalnic, turističnih kmetij in planinskih koč.

Dograjujemo in širimo sistem varnih, povezanih mestnih in medobčinskih (daljinskih) kolesarskih poti.

Škofja Loka je namreč tudi vozlišče treh pomembnih odsekov državnih kolesarskih povezav: regionalnih kolesarskih povezavi R6 –Podbrdo–Železniki– Škofja Loka in R7, ki vodi z Jezerskega vrha, mimo Preddvora in Kranja do Škofje Loke, ter glavne kolesarske poti G3, ki poteka iz Ljubljane v Škofjo Loko in naprej proti Cerknem in Želinu.

Vzpostavili smo sistem izposoje navadnih in električnih koles eKOLOka, ki deluje v okviru regionalne mreže GORENJSKA.BIKE in povezuje kraje praktično po vsej Gorenjski.

Uredili smo tudi sodobno kolesarsko povezavo med mestnim središčem in železniško postajo ter osrednjo industrijsko cono na Trati.

Območji mestne avtobusne postaje in železniške postaje tako postajata osrednji občinski oziroma (sub)regionalni prometni vozlišči in intermodalna prometna terminala.

S projektom Trata, industrijska cona za 21. stoletje, pa spodbujamo zaposlene k spremembi potovalnih navad, povečujemo število prihodov na delo na trajnostni način in s tem prispevamo k ublažitvi podnebnih sprememb.

#### **Škofja Loka je privlačno in prijazno mesto za kolesarje.**

Vabimo vas, da nas obiščete: na dan Maratona Franje, na kak lep poletni dan, ali pa kadarkoli v letu. Pridite. Še bolje - pripeljite se s kolesom: v prijateljski ekipi ali skupaj z vso družino in se podajte na raziskovanje pisanih mestnih ulic in razgibanih podeželskih in hribovskih poti.



Škofja Loka is a picturesque ancient town, situated at the confluence of the two Soras, at the meeting point of the foothills and the flat heart of our homeland. It is a colorful town, rich in history and cultural heritage, surrounded by beautiful green countryside.

It is an excellent starting point and an increasingly attractive destination for tourist visits, excursion routes and cycling challenges of all kinds. Škofja Loka invites solely with its landscape to hiking, cycling and other thematic trails! Every year, Škofja Loka warmly welcomes the participants of the legendary Marathon Franja, who descend through the green Poljane Valley towards our colorful town.

Almost every year, Loka is the proud host of the International Cycle Race across Slovenia, which has achieved exceptional, even global recognition over the years.

#### **Loka's Cycle Routes and Urban Cycle Network**

The hills and valleys of Škofja Loka are intertwined by hundreds of kilometers of marked and well-maintained cycle paths. They are suitable for both recreational and more demanding cyclists. Cycling enthusiasts can enjoy the cycle paths through the diverse Škofja Loka hills and Sorško Polje, which are connected in the 390 km-long Loka Cycle Route. The entire route is divided into 13 stages, some of which are shorter and less demanding, others are panoramic, and some are better suited for more fit cyclists.





All of them pass by many significant cultural monuments: from rural churches, abandoned military forts, lookout points, guesthouses, refreshment bars, tourist farms and mountain huts. A system of safe, connected urban and inter-municipal (long-distance) cycle routes are permanently upgrade and expand.

Škofja Loka is also at the junction of three important sections of national cycle links: the regional cycle links R6 - Podbrdo-Železniki-Škofja Loka and R7, which runs from Jezerski vrh, past Preddvor and Kranj to Škofja Loka, and finally the main G3 cycle route, which runs from Ljubljana to Škofja Loka and onwards to Cerklno and Želin.

We have set up the eKOLOka system for renting regular and electric bicycles, which operates as a part of the GORENJSKA.BIKE regional network and connects practically all Gorenjska region.

We have also set up a modern cycle link between the city center and the railway station and the central industrial zone in Trata.

The areas of the city bus station and the railway station are becoming central municipal and (sub)regional transport junction and intermodal transport terminals.

Along with the project of Trata Industrial Zone, a project for the 21st century, we are encouraging employees to change their travel habits, increase the number of sustainable commutes and thus to contribute to mitigation of climate changes.

### **Škofja Loka is an Attractive and Friendly City for Cyclists.**

We invite you to visit us: on the day of the Franje Marathon, on a beautiful summer day, or any time of the year.

Come. Better still, come by bike: as a team of friends or with the whole family, and explore the colorful city streets and the picturesque green countryside and hills.





# OBČINA LOGATEC

## The municipality of Logatec

### Planinsko polje

Planinsko polje je eno tipičnih kraških polj, nastalih v Notranjskem podolju. Razteza se na okrog 11 km<sup>2</sup> površine. Njegovo dokaj ravno dno je izpostavljeno občasnim poplavam reke Unice, ki priteče na dan iz Planinske jame in se počasi vije do ponorov na drugi strani polja. Reka občasno prestopi bregove, poplavi travnike in njive, ob večjih poplavah pa tudi cesto, ki povezuje vasi na obeh straneh polja.





Ceste in poti so danes dvignjene in prevozne ob manjših poplavah, v preteklosti pa so se ljudje v času poplav od naselja do naselja lahko prevažali samo s čolni. Zaradi svoje z letnimi časi spreminjajoče se podobe je Planinsko polje zanimivo za vse, ki radi zahajajo v naravo. Najbolj priljubljene oblike rekreacije so sprehodi, tek, kolesarjenje, jahanje in pozimi tudi drsanje. Unica omogoča številne vodne športe, med katere sodijo plavanje, ribolov in v času poplav tudi čolnarjenje. Tu je najbolj severozahodno rastišče travniške morske čebulice (*Scilla litardierei*), ki je endemit dinarskih kraških polj. Sicer pa tu gnezdi: kosec (*Crex crex*), pisana penica (*Sylvia nisoria*), rjavi srakoper (*Lanius collurio*) in vodomec (*Alcedo atthis*).

#### Scilkina učna pot

Če si želite pogledati zanimivosti Planinskega polja, se lahko podate na Scilkino pot, kjer boste lahko поблиže spoznali Planinsko polje. Sredstva za pripravo poti je Občina Logatec pridobila preko projekta Kras.Re.Vita, ki je bil financiran s strani Evropskega sklada za regionalni razvoj. Zanki pešpoti povezujeta območji občin Postojna in Logatec. Južna zanka vas popelje po 4,7 km dolgi poti, severna – logaška – pa je dolga 6,8 km. Učna pot je svoje ime dobila po ogroženi rastlini, travniški morski čebulici (*Scilla*

*litardierei*), katere edino slovensko rastišče je ravno tu, na Planinskem polju. Ob poti vas bodo spremljale pojasnjevalne table, ki opisujejo posebnosti Planinskega polja, vse od skrivnosti Planinske jame in značilnosti mokrotnih travnikov pa do življenja tukajšnjih rastlin in živali ter poplavljanja.

#### Vrh Sv. Treh Kraljev

Razložena vas na pobočjih hriba Vrh Sv. Treh Kraljev nad dolino Račeve. Najstarejša omemba kraja (Stanomerichhibu) je v urbarju loškega gospostva iz leta 1501. Naselje je takrat obsegalo le dve domačiji, med letoma 1630 in 1754 pa tri. Šele v drugi polovici 18. stoletja se je število hiš podvojilo, leta 1817 pa bržkone potrojilo. Po ljudskem izročilu naj bi bili na mestu poganskega templja že v 8. stoletju zgradili cerkvico, posvečeno sv. Tomažu. Z Vrha je bil doma podobar Jernej Jereb (ok. 1852–1929), ki se je obrti izučil pri idrijskem podobarju Matiji Ozbiču (1828–1888) v Kamniku, sam pa je pozneje deloval sprva v Kranju, nato v Metliki, kjer je do smrti ustvarjal opremo za cerkve na Kočevskem, v Beli Krajini in za obmejne kraje na Hrvaškem. Skozi kraj je potekala tudi t. i. Rupnikova linija, obrambni sistem podzemnih utrd in bunkerjev za obrambo zahodne meje Kraljevine Jugoslavije, zgrajen po letu 1935; pri osnovni šoli je vhod v slemensko podzemno utrdbo.

#### Jama Sv. Treh Kraljev

Ob cesti, ki vodi na Vrh Sv. Treh Kraljev, je vhod v umetno izoblikovan vodoraven rov, ki prebije celoten vrh. Izkopavanje je potekalo v tridesetih letih v okviru gradnje vojaške obrambne Rupnikove linije. Pri tem izkopu so naleteli na Jamo Svetih Treh Kraljev, ki je več kot kilometer dolg in 70 m globok splet manjših rovo.

#### Kolesa na Vrh Sv. Treh Kraljev

Občina Logatec in Planinsko društvo Rovte sta jeseni 2020 pred Planinsko kočo Vrh Sv. Treh Kraljev predstavila kolesarsko opremo in postavljeno infrastrukturo, pridobljeno v okviru projekta LAS E-nostavno na kolo. Občina Logatec je v okviru projekta sofinancirala nakup treh električnih gorskih koles, solarne polnilnice, stojala in servisnega stebrička. Pridobljena infrastruktura je na razpolago zainteresiranim obiskovalcem in domačinom. Občina se je odločila za postavitve kolesarske infrastrukture na Vrh Sv. Treh Kraljev, saj gre za priljubljeno izletniško točko pohodnikov in kolesarjev. Z vključitvijo v projekt je Občina Logatec izkoristila priložnost vključitve v okviru medregijske mreže kolesarjem prilago-

jene infrastrukture in turističnega proizvoda Gorenjska kolesarska mreža. Izposoja koles je mogoča med vikendi ob predhodnem dogovoru z upravnikom sistema izposoje – Planinskim društvom Rovte.

### Gregorjev sejem

Organizator: Komunalno podjetje Logatec v sodelovanju z Občino Logatec in društvi ter drugimi subjekti  
Čas prireditve: sobota, najbližja 12. marcu

Tradicionalni Gregorjev sejem se po ulicah Logatca odvija vsako marčevsko soboto, ki je najbližja prazniku sv. Gregorja, 12. marcu. Poleg sejemskih stojnic, na katerih je moč kupiti razna semena, zelenje, suho robo in ostale izdelke, je dogajanje popestrjeno še s številnimi razstavami in degustacijami. Sejem vedno spremljajo tudi kulturne prireditve, s katerimi se predstavijo domača kulturna in turistična društva, v goste pa pridejo tudi glasbene skupine, ki prihajajo iz drugih krajev Slovenije.



### Planinsko polje

Planinsko polje is a typical karst field in the Notranjska region. Its surface spreads across 11 km<sup>2</sup>. The bottom is rather flat and exposed to periodical floods of the river Unica, which flows from the cave Planinska jama and slowly meanders to the sinkholes on the other side of the field. The river occasionally overflows its banks, flooding meadows and fields as well as the road connecting the villages on either side of the field during major floods. Today, the roads and paths are elevated and can still be used in the case of minor flooding. In the past, people could only travel from settlement to settlement by boat during floods. Owing to its changing appearance throughout the seasons, Planinsko polje is interesting to anyone who likes to be in nature. The most popular forms of recreation are walk-



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Na spletni strani [visitlogatec.com](https://visitlogatec.com) so vrisane kolesarske in pohodne poti z interaktivnimi zemljevidi, ki jih podpira program Ride with GPS. Če skenirate **QR kodo** z lahkoto prenesete GPS sled na telefon in se odpravite na izlet po občini.

<https://visitlogatec.com/dozivetje/kolesarstvo/>

<https://visitlogatec.com/dozivetja/s-kolesom-med-rozice/>

Pohodništvo

<https://visitlogatec.com/dozivetja/pikelca/>

ing, running, cycling, horseback riding, and skating in winter. The river Unica offers opportunities for numerous water sports, including swimming, fishing, and boating during floods. This is the most north-western location of the amethyst meadow squill (*Scilla litardierei*), an endemic species of Dinaric karst fields. Also found here are nesting birds, such as the corncrake (*Crex crex*), the barred warbler (*Sylvia nisoria*), the red-backed shrike (*Lanius collurio*), and the common kingfisher (*Alcedo atthis*).

### Scilka's educational trail

If you want to see the attractions of Planinsko polje, you can set off on Scilka's trail, where you will be able to get to know Planinsko polje more closely. Funds for the preparation of the route were obtained by the Municipality of Logatec through the project Kras.Re.Vita, which was financed by the European Regional Development Fund. The trail connects the areas of the Postojna and Logatec municipalities through two loops (the south, which is 4.7 km long, and the north, which is 6.8 km long). The educational trail got its name from an endangered plant species, the amethyst meadow squill (*Scilla litardierei*), whose only Slovenian habitat is right here, in the valley Planinsko polje. Along the educational trail, you will be accompanied by explanatory info boards describing the special features of Planinsko polje: from the secrets of the Planinska jama cave and the flooding of the river Unica to the characteristics of wet meadows and the life of the plants and animals thriving there.

### Vrh Sv. Treh Kraljev

An extended village on the slopes of the hill Vrh Sv. Treh Kraljev overlooking the Račeva valley. The oldest mention of the place (Stanomerichhribu) is in the land register of the Loka lordship from 1501. At that time, the settlement consisted of only two homesteads, and between 1630 and 1754 there were three. It was not until the second half of the 18th century that the number of houses doubled, and in 1817 it probably tripled. According to folk tradition, a church dedicated to St. John the Baptist was built on the site of a pagan temple in the 8th century. Vrh Sv. Treh Kraljev was home to Jernej Jereb (ca. 1852–1929), a painter who learned the craft from the Idrija

painter Matija Ozbič (1828–1888) in Kamnik. Later, he worked first in Kranj and then in Metlika, where he created equipment for churches in the Kočevje region, Bela krajina, and the border towns of Croatia. The place was also a point on the Rupnik Line, a defence system of underground fortifications and bunkers for the defence of the western border of the Kingdom of Yugoslavia, built after 1935; there is an entrance to a ridge underground fort at the primary school.

### The cave Jama Sv. Treh Kraljev

Along the road leading to Vrh Sv. Treh Kraljev lies the entrance to an artificially formed tunnel that runs through the entire hill. Excavations in the area were carried out in the 1930s as part of the construction of the Rupnik military defence line. During these excavations, the cave Jama Sv. Treh Kraljev was discovered. The cave consists of a network of small tunnels, which is more than a kilometre long and 70 metres deep.

### Bicycles on top of Vrh Sv. Treh Kraljev

In the autumn of 2020, the Municipality of Logatec and the Rovte Mountaineering Association presented cycling equipment and infrastructure acquired within the "LAS E-nostavno na kolo" project in front of the Vrh Sv. Treh Kraljev mountain cottage. As part of the project, the municipality of Logatec co-financed the purchase of three electric mountain bikes, a solar charging station, a stand, and a service pole. The acquired infrastructure is available to interested visitors and locals. The municipality decided to set up cycling infrastructure on Vrh Sv. Treh Kraljev, as it is a popular destination for hikers and cyclists. By participating in the project, the Municipality of Logatec took the opportunity to be included in the inter-regional network of cyclist-friendly infrastructure and the tourism-oriented Gorenjska Cycling Network. Bicycle rental is possible during the weekends by prior arrangement with the manager of the rental system – the Rovte Mountaineering Association.

### St. Gregory's Fair

Organiser:

The Logatec Municipal Company in cooperation with the Municipality of Logatec, societies and other entities

Date of event:

the Saturday closest to 12 March

In March, the traditional St. Gregory's Fair is held in the streets of Logatec on the Saturday closest to 12 March, St. Gregory's Day. Besides the fair stands, where you can buy various seeds, greenery, woodenware and other products, numerous exhibitions and tastings make the event even more exciting. The fair is always accompanied by cultural events that present local cultural and tourist societies. Bands from all over Slovenia are also invited to perform at the fair.





# OBČINA IG

## The municipality of Ig

Občina Ig je manjša slovenska občina, ki leži južno od Ljubljane. Od nje jo loči le Ljubljansko barje, razglašeno za krajinski park. Glavna vodotoka sta reki Iščica in Iška, večji kraji pa Ig, Iška vas, Golo in Tomišelj.

Več kot 80 % občine spada pod območje NATURA 2000. V občini se nahajata dve skupini prazgodovinskih kolišč, ki sta vpisani na Unescov seznam svetovne dediščine. Leta 2023 je bil za javnost odprt Morostig – hiša narave in kolišč, kjer obiskovalcem z razstavo, tematsko potjo in koliščem v naravni velikosti približamo naravno in kulturno dediščino.





Med pomembnejšimi industrijskimi obrati v občini je KIG, v poslovni coni Ig pa deluje več podjetij. Ig, osrednje naselje občine, se je razvil ob močnih kraških izviroh reke Iščice. Območje je bilo za poselitev zanimivo že v daljni preteklosti, o čemer priča izjemno bogata arheološka dediščina.

Prvi stalni naseljenci tod so bili koliščarji, ki so na ravnino Ljubljanskega barja, takrat delno ojezerjenega območja, prišli v 5. tisočletju pred našim štetjem. Kasneje, v času železne dobe, je na vzpetini Pungart nad Igom stalo večje naselje – gradišče, sledi katerega so arheologi začeli raziskovati pred kratkim.

V času starih Rimljanov so se tukajšnji staroselci prilagodili novemu načinu življenja. Za njimi je ostalo več kot sto kamnitih nagrobnikov, ki pričajo o njihovem življenju. Med njimi je najbolj poseben nagrobnik, ki mu domačini pravijo Stari Dedec – vklesan je kar v živo skalo.

Med izletniki so najbolj priljubljeni: Iški vintgar, ozka soteska reke Iške, ki nudi hladno zavetje v vročih poletnih dneh vrh Krima, s 1107 m najbližjega tisočaka Ljubljani Marijino romarsko središče na Kureščku naravna rezervata Iški morost in ribniki v dolini Drage, s pestrim živalskim in rastlinskim svetom. V občini Ig najdete veliko možnosti za kolesarjenje – za manj zahtevne mreža makadamskih in asfaltiranih cest po Ljubljanskem

barju; bolj zahtevni kolesarji si lahko za gorski cilj izberejo Krim ali Kurešček. Dobrodošli v občini Ig!

The municipality of Ig is a small Slovenian municipality located south of Ljubljana. It is only separated from Ljubljana by the vast Ljubljansko barje (Ljubljana marshes), declared a park of nature. The main rivers are Iščica and Iška, and the largest settlements are Ig, Iška vas, Golo and Tomišelj.

More than 80% of the municipality falls under the NATURA 2000 area. There are two groups of prehistoric piledwellings in the municipality, which are inscribed on the UNESCO World Heritage List. In 2023 the Morostig – the house of nature and piles opened for public. Visitors can visit an exhibiton, a thematic route and a life-size pile dwelling and learn about the nature and cultural heritage of our region.

Among the most important industrial establishments in the municipality Ig is KIG, several companies operate in the Ig industrial estate. Ig, the main settlement of the municipality, developed along the strong karst springs of the river Iščica. The area has been interesting for settlement in the distant past, as evidenced by the extremely rich archaeological heritage. The first permanent settlers here were pile-dwellers, who came to the plain of the Ljubljansko barje, then partially a lake area, in the 5th millennium BC. Later, during the Iron Age, a larger settlement stood on the Pungart hill above Ig - traces of which archaeologists have recently begun to explore. In the time of the ancient Romans, the natives here adapted to a new way of life. Behind them remains more than a hundred stone tombstones that testify of their way of living. The most special amongst them being the one locals named The Old Man - it is carved into the bedrock.

The most popular destinations in Ig municipality for tourists are: Iški vintgar, a narrow gorge of the river Iška, which offers a cold shelter on hot summer days the top of the Krim mountain the closest hill above 1000 m to Ljubljana St. Mary's pilgrimage center in Kurešček the Iški morost nature reserve and the Ponds in the Draga valley nature reserve with its rich biodiversity. In the municipality of Ig you will find many opportunities for cycling - for less demanding network of macadam and asphalt roads in the Ljubljansko barje; more demanding cyclists can climb Krim or Kurešček mountain. Ig welcomes you!

#### **Morostig – hiša narave in kolišč**

Spomladi 2023 je na Igu svoja vrata obiskovalcem odprl Morostig – hiša narave in kolišč. Ta na zanimiv in privlačen način obiskovalcem predstavlja biotsko raznovrstnost Ljubljanskega barja na eni ter prazgodovinska kolišča na drugi strani. Raziskovanje Morostiga se prične na stalni razstavi v središču Iga, kjer

se obiskovalci opremijo z znanjem o zgodovini in načinih raziskovanja kolišč in narave. Tu spoznajo kako se je barje v zadnjih 200 letih spremenilo in kaj to pomeni za ohranjanje ostankov kolišč.

Koliščarji so na Ljubljanskem barju živeli skoraj tri tisočletja. Katera nova znanja in spoznanja so prinesli, obiskovalci izvedo ob ogledu originalnih arheoloških najdb, ki jih spremlja podroben opis posameznih obdobij. Na razstavi so predstavljene številne živalske vrste, ki jim Ljubljansko barje nudi ugoden življenjski prostor. Pomen Ljubljanskega barja v svetovnem merilu dokazuje vpis dveh skupin kolišč pri Igu na Unescov seznam svetovne dediščine ter razglasitev za območje Natura 2000.

Opremljeni z znanjem, se obiskovalci nato podajo na doživetje resničnega Ljubljanskega barja. Iz središča Iga je potrebnih le nekaj korakov, da se pogled odpre na njegove širjave. Tematska pot dvignjena na lesen podest vodi mimo raznolikih barjanskih travnikov in mejic do reke Iščice. Preko nje lesena brv obiskovalce popelje v preteklost, natančneje v 3. tisočletje pred našim štetjem. Čas je za vstop na rekonstruirano koliščarsko naselbino v naravni velikosti! Lesene hiške na kolih stoječe ob obali jezera pričarajo vtis preteklosti. V vsaki od njih je predstavljena ena od dejavnosti, s katero so se ukvarjali koliščarji. Obiskovalci v njih spoznajo lončarstvo, tkalstvo, metalurgijo, s čim so se prehranjevali, kako in iz katerih materialov so koliščarji izdelovali orodje in orožje.

Dobrodošli v Morostigu!



INFORMACIJE | INFORMATION

MOROSTIG – HIŠA NARAVE IN  
KOLIŠČ / MOROSTIG – HOUSE  
OF NATURE AND PILES  
GOVEKARJEVA C. 5, IG

FB: Morostig – hiša narave in kolišč

E-naslov: [info@morostig.si](mailto:info@morostig.si)

T: 01 280 23 05

Več informacij in urniki ogledov na /

More information and schedules at

[www.morostig.si](http://www.morostig.si)



MOROSTIG

HIŠA  
NARAVE  
IN KOLIŠČ  
HOUSE  
OF NATURE  
AND PILES



## Morostig – house of nature and piles

In the spring of 2023, Morostig – house of nature and piles – opened its doors to visitors in Ig. In an interesting and attractive way, it presents to visitors the biodiversity of Ljubljansko barje (the Ljubljana Marshes) and the prehistoric pile dwellings of this area. The exploration of Morostig begins at the permanent exhibition in the center of Ig, where visitors are equipped with knowledge about the history and ways of exploring the pile dwellings and nature. Here they learn how the bog has changed in the last 200 years and what this means for the preservation of the archaeological remains of the pile dwellers.

Pile dwellers lived in Ljubljansko barje for almost three thousand years. Visitors can find out what new knowledge and insights they brought when viewing the original archaeological finds, which are accompanied by a detailed description of individual periods. Many animal species are presented at the exhibition, for which the Ljubljansko barje provide a favorable habitat. The importance of the Ljubljansko barje on a global scale is evidenced by the inclusion of two groups of pile dwellings near Ig on the UNESCO World Heritage List (Prehistoric Pile Dwellings around the Alps) and the declaration of a Natura 2000 area.

Equipped with knowledge, visitors then set out to experience the real Ljubljansko barje. It only takes a few steps from the center of Ig to set eyes on the vast meadows and fields of the marshes. The themed route, raised on a wooden platform, leads past diverse types of marsh meadows and lines of bushes to the river Iščica. Via it, a wooden footbridge takes visitors back to the past, to be precise, to the 3rd millennium BC. It's time to enter the reconstructed life-size pile-dwelling! Wooden houses on piles standing by the shore of the lake conjure the impression of the past.

In each of them, one of the activities that the pile dwellers were engaged in is presented. In them, visitors can learn about pottery, weaving, metallurgy, what they ate, how and from which materials they made tools and weapons.

Welcome to Morostig!





# OBČINA ŠKOFLJICA

## The municipality of Škofljica

Občina Škofljica leži v osrednjem delu Slovenije. Zajema skrajni jugovzhodni rob Ljubljanskega barja z zatoki, Želimeljsko dolino in del gričevnatega sveta, ki se že od Orel in Molnika dviguje proti Vrhju nad Želimljami do vznožja gore sv. Ahaca nad Turjakom. Na severu meji na Mestno občino Ljubljana, na jugu na Občino Velike Lašče, na vzhodu na Občino Grosuplje in na zahodu na Občino Ig. Po velikosti sodi med manjše občine, po razvitosti pa med razvitejše.





## 6 razlogov za obisk Škofljice

1. Kolesarite ali hodite po označenih poteh, speljanih v naravnem okolju, ki jih vsak kolesar lahko prilagodi sebi, tudi družine z otroki.

2. Se sprehodite v gozdnem živalskem vrtu na razgledni in pohodniški točki Orle, občudujete travnike z raznobarnim cvetjem in na Ljubljanskem barju 89 vrst pisanih metuljev.

3. Se udeležite organiziranih pohodov, praznika trenja in predenja lanu, praznika okusov, renesančnega večera.

4. Uživate v bogati sakralni dediščini - freske Janeza Ljubljanskega v cerkvi na Pijavi Gorici ter si spočijete pod Ruskovim kozolcem.

5. Dobro jeste pri naših gostincih, ki pripravijo jedi po načelih sodobne kulinarike, za domov pa vzamete laneno čokolado, ki vas bo spominjala na prijazne gostitelje iz krajev svobodnega sonca.

6. Sprehod in ogled Dvorca Lisičje katerega je v prvi polovici 16. stoletja sezidal Pankracij pl. Baričevič in katerem se v poletnih mesecih prirejajo kulturne prireditve in poroke.





Primož Cimerman  
Župan občine Škofljica /  
Mayor of the  
Municipality of Škofljica

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6. Sprehod in ogled Divorca Lislje katerega je v prvi polovici 18. stoletja sezidal Pantrkraj pl. Barčević in katerem se v poletnih mesecih prirejajo kulturne prireditve in porske.



## MUNICIPALITY OF ŠKOFLJICA

The municipality of Škofljica is located in the central part of Slovenia. It covers the extreme southeastern edge of the Ljubljana Marshes with bays, the Želimelj Valley and part of the hilly world, which rises from Oriol and Mornik towards Vrh nad Želimunji to the foot of Mount Sv. Ahaca above Tarjav. It borders the Municipality of Ljubljana to the north, the Municipality of Velike Lašče to the south, the Municipality of Grosuplje to the east and the Municipality of Ig to the west. It is one of the smaller municipalities in terms of size and one of the most developed in terms of development.

### 6 reasons to visit Škofljica

1. Cycling or walking on marked trails in a natural environment that every cyclist can adapt to himself, including families with children.
2. Take a walk in the forest zoo at the Oriol lookout and hiking point, admire meadows with colorful flowers and 89 species of colorful butterflies in the Ljubljana Marshes.
3. Participate in organized hikes, a feast of friction and spinning flax, a feast of flavors, a renaissance evening.
4. Enjoy the rich sacral heritage - the frescoes of John of Ljubljana in the church in Pijava Gorica and relax under the Ruskov hayrack.
5. Walk and tour of the Lislje Castle, which was built by Pantrkraj pl. Barčević in the first half of the 18th century and which hosts cultural events and weddings in the summer months.
6. Eat well with our caterers, who prepare dishes according to the principles of modern cuisine, and take home flax chocolate, which will remind you of the friendly hosts from the places of the free sun.



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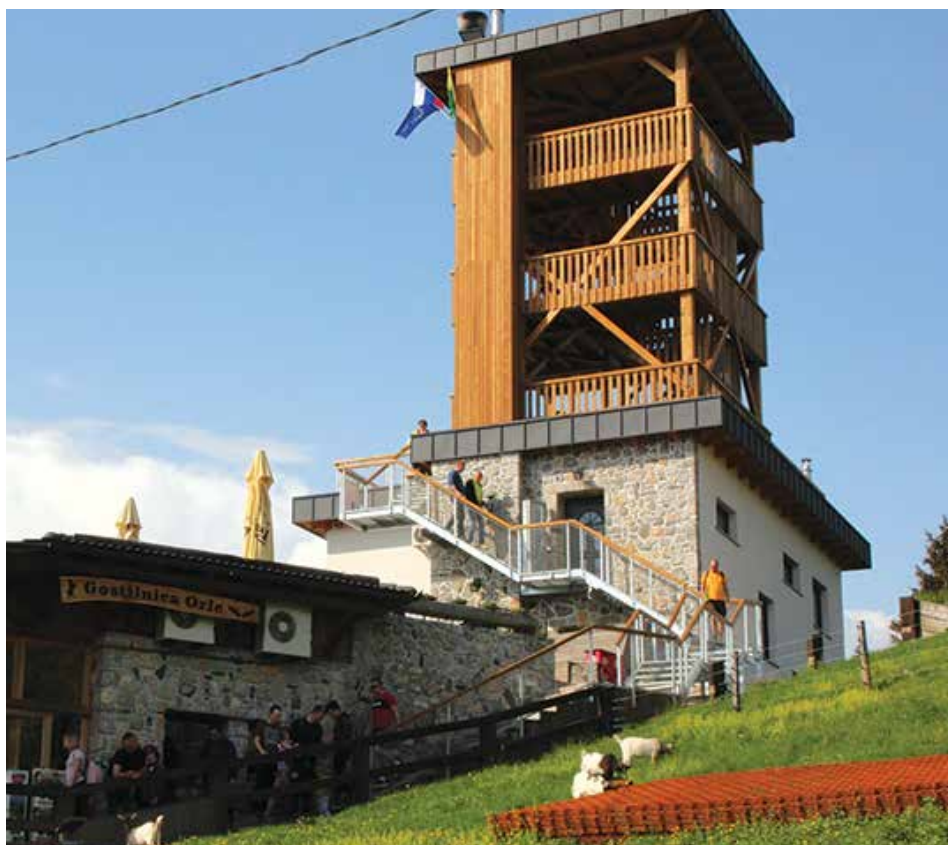
2. Take a walk in the forest zoo at the Orle lookout and hiking point, admire meadows with colorful flowers and 89 species of colorful butterflies in the Ljubljana Marshes.

3. Participate in organized hikes, a feast of friction and spinning flax, a feast of flavors, a renaissance evening.

4. Enjoy the rich sacral heritage - the frescoes of John of Ljubljana in the church in Pijava Gorica and relax under the Ruskov hayrack.

5. Walk and tour of the Lisičje Castle, which was built by Pankracij pl. Baričevič In the first half of the 16<sup>th</sup> century and which hosts cultural events and weddings in the summer months.

6. Eat well with our caterers, who prepare dishes according to the principles of modern cuisine, and take home flax chocolate, which will remind you of the friendly hosts from the places of the free sun.





**3MF**

**MARATON**

**FRANJA**

— **BTC CITY** —  
**LJUBLJANA**

## INFORMACIJE ZA KOLESARJE

Da boste še pred izbrano kolesarsko preizkušnjo kar najbolje informirani o poteku maratona, smo za vas pripravili naslednje informacije, ki vam bodo olajšale priprave na kolesarski konec tedna in omogočile nemoten dostop do prizorišča prireditve. V nadaljevanju boste našli vse informacije, tako o dogajanju nekaj dni pred začetkom 43. Maratona Franja kot tudi po uspešno opravljeni preizkušnji.

### PRIJAVE

**Lokacija:** glavni prireditveni šotor, BTC City  
(Vljudno prosimo, da prijave uredite pravočasno preko spletne strani [www.franja.org](http://www.franja.org).)

### INFO TOČKA

**Lokacija:** prireditveni prostor, BTC City  
**Odprto:** nedelja, 9. junij, od 11.00 do 18.00

## PRIJAVNINA NA MARATON FRANJA BTC CITY 2024

Prijavnino plačate na transakcijski račun odprt pri NLB d.d.

IBAN: SI56 0231 2025 4747 908  
SWIFT/BIC: LJBAS12X

Prejemnik:  
**Kolesarsko društvo Rog,  
Ulica gledališča BTC 10,  
1000 Ljubljana.**

Vse potrebne podatke za plačilo vam pošljemo na vaš e-naslov, takoj ko pravilno izpolnite prijavnico. Račun prejmete na vaš e-naslov ob oznaki plačila.

### Samo velika (154 km) ali mala Franja (97 km)

- 42 €, plačilo do 31. 3. 2024
- 55 €, plačilo do 15. 5. 2024
- 65 €, plačilo do 8. 6. 2024
- 80 €, plačilo na dan 9. 6. 2024

### Popusti:

- 4 €, član KD Rog (plačana članarina 2024)
- 4 €, član kluba VARUH ZDRAVJA
- 4 €, član kluba GENERALI
- 3 €, skupina z več kot 10 prijavljenih

### POPUSTI SE NE SEŠTEVAJO

Skupinska prijava možna do 25. maja 2024!

### Kronometer Ljubljana - Domžale - Ljubljana by Union Radler Isotonic 0,0

- 30 €, plačilo do 31. 3. 2024
- 45 €, plačilo do 15. 5. 2024
- 60 €, plačilo do 4. 6. 2024

## INFORMATION FOR CYCLISTS

In order for you to have as much information as possible regarding the course of the marathon even before the selected cycling trial starts, the following information has been prepared to facilitate your preparations for the cycling weekend and provide you with undisturbed access to the scene of the event. Below, you will find all the information, either on events a few days prior to the start of the 43<sup>rd</sup> Franja Marathon or those following the successfully endured trial.

### REGISTRATIONS

**Location:** Main tent in the Start village, BTC City  
(We kindly ask you to complete the registration on time on the website [www.franja.org](http://www.franja.org))

### INFO POINT

**Location:** Start village, BTC City  
**Open:** Sunday, 9 June, from 11.00 to 18.00

## MARATHON FRANJA BTC CITY 2024 APPLICATION

The entry fee is to be paid to the following bank account with NLB, d. d.

IBAN: SI56 0231 2025 4747 908  
SWIFT/BIC: LJBAS12X

Recipient:  
**Kolesarsko društvo Rog,  
Ulica gledališča BTC 10,  
1000 Ljubljana.**

After you correctly complete the application form we will send you all the necessary information to your e-mail.

### Only Big (154 km) or Little Franja (97 km)

- 42 €, payment deadline: 31 March 2024
- 55 €, payment deadline: 15 May 2024
- 65 €, payment deadline: 8 June 2024
- 80 €, payment on 9 June 2024

### Discounts:

- 4 €, KD Rog members (paid membership for 2024)
- 4 €, members of club VARUH ZDRAVJA
- 4 €, members of club GENERALI
- 3 €, groups of more than 10 participants

### ONLY ONE DISCOUNT APPLIES.

Group application is possible by 25 MAY 2024!

### Ljubljana – Domžale – Ljubljana Time Trial by Union Radler Isotonic 0,0

- 30 €, payment deadline: 31 March 2024
- 45 €, payment deadline: 15 May 2024
- 60 €, payment deadline: 4 June 2024





#### »BARJANKA – HERVIS« ali »Kolesarsko doživetje na Ljubljanskem barju«

- 20 €, plačilo do 31. 3. 2024
- 25 €, plačilo do 15. 5. 2024
- 30 €, plačilo do 7. 6. 2024
- 40 €, plačilo na dan 8. 6. 2024

#### SKUPNO PLAČILO MARATON FRANJA 154 km/97 km in »BARJANKA – HERVIS«

- 50 €, plačilo do 31. 3. 2024
- 60 €, plačilo do 15. 5. 2024
- 70 €, plačilo do 7. 6. 2024
- 80 €, plačilo na dan 8. 6. 2024

#### Popusti (SKUPNO PLAČILO MARATON FRANJA 154 km/97 km in »BARJANKA – HERVIS« )

- 4 €, član KD Rog ( plačana članarina 2024)
- 4 €, član kluba VARUH ZDRAVJA
- 4 €, član kluba MIGIMIGI
- 3 €, skupina z najmanj 10 prijavljenimi (obvezna skupinska prijava)

#### POPUSTI SE NE SEŠTEVAJO

Medex Družinsko-šolski maraton in Vzajemkov otroški kolesarski izziv sta brezplačna.

#### ODJAVA

- Odjava do 15. 5. 2024: povrnitev prijavnine v višini 70% vplačila, prenos v naslednje leto ali na drugo osebo
- Odjava do 31. 5. 2024: možen samo prenos prijavnine v naslednje leto ali na drugo osebo
- Odjava po 1. 6. 2024: možen je samo izbris iz startne liste

#### »BARJANKA – HERVIS« or »Cycling Experience Across the Ljubljana Marshes«

- 20 €, payment deadline: 31 March 2024
- 25 €, payment deadline: 15 May 2024
- 30 €, payment deadline: 7 June 2024
- 40 €, payment on 8 June 2024

#### JOINT PAYMENT: MARATHON FRANJA (154 km/97 km) and »BARJANKA – HERVIS«

- 50 €, payment deadline: 31 March 2024
- 60 €, payment deadline: 15 May 2024
- 70 €, payment deadline: 7 June 2024
- 80 €, payment on 8 June 2024

#### DISCOUNTS (JOINT PAYMENT: MARATHON FRANJA (154 KM/97 KM) AND »BARJANKA – HERVIS«)

- 4 €, KD Rog members (paid membership for 2024)
- 4 €, members of club VARUH ZDRAVJA
- 4 €, members of club GENERALI ZAME
- 3 €, groups of more than 10 participants (group application obligatory)

#### ONLY ONE DISCOUNT APPLIES

Medex Family-School Marathon and Vzajemna Kids' Challenge are free-of-charge.

#### CANCELLATION

- Cancellation before 15 May 2024: 70% refund of the entry fee or transfer into the next year or onto another person
- Cancellation before 31 May 2024: Transfer of the entry fee into the next year or onto another person are the only options
- Cancellation after 1 June 2024: The only option is to be removed from the start list



## PRED ŠTARTOM

Pred štartom je potrebno prevzeti štartno številko. Organizator zagotavlja vsem pravočasno prijavljenim udeležencem na Maratonu Franja in Malem Maratonu Franja tudi začetni paket z darilom. Pravočasno prijavljen pomeni, da je prijava plačana najkasneje 5 dni pred maratonom! Če je število udeležencev večje od pričakovanega in je v zadnjih petih dneh veliko število prijavljenih, imajo prednost pri začetnih paketih tisti, ki so se prijavili pravočasno. Prijavljenim na dan štarta ne zagotavljamo začetnih paketov.

## PREVZEM ŠTARTNE ŠTEVILKE IN PAKETA

### Prevzem štartnih števil za Maraton Franja BTC City (154 km), Triglav Mali Maraton Franja (97 km)

- od ponedeljka, **3. 6.** do četrta, **6. 6.** v **AVTOTEHNI VIS, salon Peugeot, Celovška 228, Ljubljana**, med **12.00** in **18.00**,
- v petek, **7. 6.** in soboto, **8. 6.** v **BTC City Ljubljana**
- v nedeljo, **9. 6.** od **7.00** do **8.00** (minimalno eno uro pred štartom) ure na osrednjem prireditvenem prostoru v **BTC Cityju**. Priporočamo, da s seboj prinesete potrdilo o plačilu.

### Prevzem štartnih števil za MEDEX družinsko-šolski maraton (25 km) in Vzajemkov otroški kolesarski izziv (1 km)

- od srede, **1. maja** do petka, **7. junija** v poslovalnici Vzajemne (BTC City, hala A)
- vsak dan od ponedeljka do petka med **9.00** in **19.00**
- soboto med **9.00** in **16.00**

**Sobota, 8. junij 2024:** od 14.00 do 15.00

Prijave - prireditveni prostor BTC City Ljubljana

### Prevzem štartnih števil za barjanko hervis (77 km)

- od četrta, **6. 6.** do petka, **7. 6.** v Aleji (poslovalnica Hervis) od **18.30** do **21.00**
- v soboto, **8. 6.** od **6.00** do **8.00**, prijave - Kongresni trg

## BEFORE THE START

Before the start, every participant must collect their race number. A welcome package is guaranteed for all participants of the long and short course of Marathon Franja who registered in due time. Registration in due time means that the registration fee was paid no later than 5 days before the marathon. Should the number of participants exceed expectations and should there be a lot of registrations during the last 5 days, priority in terms of welcome packages will be given to participants who registered in due time. Welcome packages are not provided for participants registering on the day of the event.

## WELCOME PACKAGES

### Starting bib pick-up for Marathon Franja BTC City (154 km), Triglav Little Marathon Franja (97 km)

- from Monday, **3 June** to Thursday, **6 June** at **AVTOTEHNA VIS, salon Peugeot, Celovška 228, Ljubljana**, from **12.00** to **18.00**;
- Friday, **7 June** and Saturday **8 June** in **BTC City Ljubljana**;
- Sunday, **9 June**, from, **7.00** to **8.00** (at least one hour before the start) at the main event area in **BTC City Ljubljana**. You are advised to bring the receipt of payment with you.

### Starting bib pick-up for the Family and School Marathon (25 km) and the Vzajemna Trial for Kids (1 km)

- from **1 May** onwards, you can pick up your starting bibs at Vzajemna office (BTC City Ljubljana, Hall A)
- each day (except on Sundays) from **9.00** to **19.00**
- Saturdays from **9.00** to **16.00**

**Saturday, 8 June 2024:** 14.00 – 15.00 Registration - main event area in **BTC City Ljubljana**

### Starting bib pick-up for the Barjanka Hervis (77 km)

- from Thursday **6 June** to Friday **7 June** in Aleja (Hervis) from **18.30** until **21.00**
- Saturday **8 June** from **6.00** to **8.00**, registrations - Kongresni trg

## POSEBNA PONUDBA ZA KOLESARJE

Se želite prebuditi naspani le nekaj metrov od štarta Maratona Franja? Ambient Hotel je za vse kolesarje pripravil posebno ponudbo.

### Ambient Hotel

Ambient hotel se nahaja v mirnem zelenem okolju, na pragu Ljubljane. S svojo lego in dostopnostjo ostaja idealna lokacija za poslovne, kot tudi posamezne goste.

Hotelske kapacitete (70 sob, od tega 30 enoposteljnih in 40 dvoposteljnih sob) omogočajo namestitve več turističnih skupin in individualnih gostov hkrati. Hotelska recepcija je odprta 24/7, hotelski bar ravno tako obratuje vse dni v tednu. Pred hotelom je gostom na voljo veliko brezplačno parkirišče.

## PRIHOD V BTC CITY

### Avtobusni prevozi

Do BTC Cityja vozijo tri številke avtobusov Ljubljanskega potniškega prometa. Avtobusa številka 2 in 7 vas bosta pripeljala po Šmartinski cesti do BTC Cityja, številka 27 pa pelje vse do Koloseja z vmesnimi postajami po BTC Cityju.

### Parkiranje

V BTC Cityju je na voljo okoli 8.500 parkirnih prostorov. Na voljo sta dve parkirni hiši: parkirna hiša Atlantis in parkirna hiša pri Cityparku.

Od vseh parkirišč na območju BTC City se lahko do prireditvenega prostora sprehodite.

## SPECIAL OFFER FOR CYCLISTS

Do you wish to wake up rested only a few metres away from the starting line of Marathon Franja? Ambient Hotel has prepared a special offer for all cyclists.

### Ambient Hotel

Ambient hotel is located in a quiet green environment at the doorstep of Ljubljana. With its location position and accessibility, it remains an ideal location for both business and individual guests.

Hotel capacities comprise 70 rooms (30 single and 40 double rooms), room design is suitable for accommodating tourist groups and individual the guests simultaneously. The hotel reception is open 24/7, the hotel bar also operates every day of the week. A large parking lot in front of the hotel is available for our guests completely free of charge.

## ARRIVAL TO BTC CITY

### Bus transport

Three bus lines of the Ljubljana public transport company LPP run to BTC City. Buses number 2 and 7 will take you to BTC City on the Šmartinska cesta road, while bus number 27 drives all the way to the multiplex cinema Kolosej with intermediate stops across BTC City.

### Parking

BTC City offers around 8,500 parking spaces. Two parking garages are available: Atlantis parking garage and the one next to Citypark.

You can walk to the event area from all the car parks within BTC City.





## MERJENJE ČASA

Vsi udeleženci morajo prevoziti časomerilno preprogo na štartu, da aktivirajo elektronsko merjenje časa.

Na progi so postavljene kontrolne postaje. Prehod preko kontrolnih postaj (preprog) je obvezen, sicer se vam rezultat ne bo priznal.

## KAKO DO ŠARTA?

Štart vseh preizkušenj bo potekal na Ameriški ulici pri Kristalni palači v BTC Cityju.

Do štarta se odpravite po označeni poti. Pri tem pazite, da ne prevozite časomerilne preproge na štartu, da se vam čip za merjenje časa ne bi aktiviral prezgodaj.

## TIMEKEEPING MEASUREMENT

All participants must ride across a timekeeping measuring carpet at the starting line to activate the electronic timekeeping measurement.

Control stations are set up on the track. Passing the control stations (carpets) is obligatory, otherwise, your result will not be acknowledged.

## HOW TO GET TO THE START?

The start of all the trials will take place on the Ameriška ulica, next to the Crystal Palace in BTC City.

Follow the marked path to the starting line. In doing so, make sure not to run across the timekeeping measuring carpet at the starting line to prevent your timekeeping chip from activating prematurely.



## V CILJU

### PRISPELI SMO NA CILJ

Na prireditvenem prostoru bo organizirana prehrana in pijača za vse udeležence. Ob prevzemu štartne številke prejmete bone, ki jih morate predložiti za brezplačno prehrano in pijačo.

## REZULTATI

### OBJAVA IN MOREBITNE PRITOŽBE

Neuradni rezultati bodo znani pol ure po prvem tekmovalcu v cilju. Novi rezultati se bodo dodajali sproti. Neuradni rezultati bodo objavljeni na prireditvenem prostoru. Pritožbe so mogoče do 13.30 pri vozilu Timing Ljubljana.

Ob 15.30 bo sledila podelitvena slovesnost najboljšim kolesarjem.

Uradni rezultati bodo objavljeni na spletnih straneh [www.franja.org](http://www.franja.org) in [www.timingljubljana.si](http://www.timingljubljana.si).

## PODELITVE

Nedelja, 9. junij 2024, ob 15.30, prireditveni prostor

## AT THE FINISH

### WE HAVE ARRIVED AT THE FINISH

There will be organised food and beverages for all participants at the event area. When picking up your starting This will be followed by an award ceremony for the best number you will receive vouchers, which you must submit for free food and beverage.

## RESULTS

### ANNOUNCEMENT AND POTENTIAL COMPLAINTS

Unofficial results will be known half an hour after the first competitor has reached the finish line new results will be added as they become known. The unofficial results will be published at the event area. Complaints are possible until 13.30 onwards at the Timing Ljubljana vehicle.

This will be followed by an award ceremony for the best cyclists at 15.30.

Official results will be published on the websites [www.franja.org](http://www.franja.org) and [www.timingljubljana.si](http://www.timingljubljana.si).

## CEREMONIES

Sunday, 9 June, 2024 at 15.30, event area



# VELIKI MARATON FRANJA BTC CITY

## GRAN FONDO MARATHON FRANJA BTC CITY



📍 154 km

📅 9. junij 2024

🕒 9.00

<b>IME DIRKE:</b>	VELIKI MARATON FRANJA BTC CITY 2024
<b>DATUM:</b>	NEDELJA, 9. 6. 2024
<b>ŠTART:</b>	9.00
<b>ŠTARTNO MESTO:</b>	LJUBLJANA BTC CITY
<b>CILJ:</b>	LJUBLJANA BTC CITY
<b>PROGA:</b>	LJUBLJANA – VRHNIKA – LOGATEC – GODOVIČ – IDRİJA – CERKNO – KLADJE – SOVODENJ – ŠKOFJA LOKA – VODICE – GAMELJNE – LJUBLJANA
<b>DOLŽINA:</b>	154 KM

## OPIS POTEKA MARATONA

### Pozor: uradni štart iz BTC Cityja.

Proga poteka od štarta v BTC Cityju levo na Šmartinsko cesto, zavije levo na Kajuhovo, nadaljuje po Kajuhovi, Litijski in Poljanski cesti, zavije levo na Roško in nadaljuje do Karlovškega mostu, kjer zavije desno na Karlovško, nadaljuje po Zoisovi, Aškerčevi in naprej po Tržaški cesti.

Trasa se nadaljuje po Tržaški cesti do Brezovice, nato do Vrhniške, naprej čez vrhniški klanec (4,6 km vzpona, povprečni naklon 4,1 %, največji naklon 7 %) do Logatca in Kalc, kjer zavijemo desno proti Godoviču. Iz Godoviča se spusti proti Idriji in Želinu (nevaren spust). Zaradi nevarnega spusta bo cesta G101 med Godovičem in Idrijo zaprta za ves promet med 9.40 in 13.05.

V Želinu trasa zavije desno na cesto proti Cerknemu, kjer je na glavnem trgu okrepčevalnica. Sledi glavni vzpon na maratону - vzpon na Kladje (7 km, povprečni naklon 6,3 %, največji naklon 10 %). Na Kladju je naslednja okrepčevalna

postaja. Pot se nato spusti do Trebije. Spust je nevaren zaradi slabe ceste. Cesta od Cerknega preko Kladja do Trebije bo zaradi varnosti za ves promet zaprta od 10.40 do 15.00.

V Trebiji trasa zavije levo proti Gorenji vasi. Pred občinsko stavbo v Gorenji vasi je naslednja okrepčevalna postaja. Pot se nadaljuje proti Škofji Loki. Na vstopu v Škofjo Loko je nevaren desni in takoj zatem še levi ovinek. Čeprav bodo na odsekih kolesarje na nevarnosti opozarjali redarji, vozite previdno. Na vrhu klanca v Škofji Loki je okrepčevalna postaja.

Na izhodu iz Škofje Loke trasa zavije desno, na cesto 314 proti Jepci in Vodiciam, v Vodicih pa nato desno proti Skaručni. Trasa se nadaljuje proti Povodju, kjer zavije levo po makadamski cesti za Gameljne in nadaljuje do Črnuškega mostu, ga prečka in naprej po Dunajski, kjer zavije pri Kardeljevi ploščadi levo na Dimičevo. Trasa se nadaljuje po Kranjčevi do krožišča za Štajersko cesto in do krožišča Žale, od tod pa po Pokopališki cesti do Šmartinske ceste, kjer se maraton v BTC Cityju tudi zaključi.

## ZA VES PROMET BODO MED MARATONOM ZAPRTE NASLEDNJE CESTE:

- Spust od Godoviča proti Idriji (med 50. in 60. kilometrom, G102), med 9.40 in 13.05.
- Vzpon iz Cerknega na Kladje ter spust proti Trebiji (od 80. do 95. kilometra), med 10.40 in 15.00.
- Cesta med naseljem Povodje in BTC Cityem, cilj (med 142. in 154. kilometrom), med 12.00 in 17.00.

## NEVARNI ODSEKI

- Spust med Godovičem in Idrijo med 50. in 60. km (G102). Cesta bo zaprta za ves promet med 9.40 in 13.05.
- Spust med Kladjem in Trebijo (med 80. in 95. km) zaradi slabe ceste. Cesta bo za ves promet zaprta med 10.40 in 15.00.
- Nevaren vstop v Škofjo Loko z ostrim desnim in takoj za tem levim ovinkom na 118. km.



**POLEG TEGA PROSIMO UDELEŽENCE,**  
DA SO PREVIDNI PRI VOŽNJI SKOZI LJUBLJANO,  
KJER JE ZARADI VELIKEGA ŠTEVILA KOLESARJEV  
PRIČAKOVATI GNEČO.



<b>NAME OF THE RACE:</b>	BIG MARATHON FRANJA BTC CITY 2024
<b>DATE:</b>	SUNDAY, 9 June, 2024
<b>START:</b>	9.00
<b>STARTING PLACE:</b>	LJUBLJANA BTC CITY
<b>FINISH:</b>	LJUBLJANA BTC CITY
<b>ROUTE:</b>	LJUBLJANA – VRHNIKA – LOGATEC – GODOVIČ – IDRIJA – CERKNO – KLADJE – SOVODENJ – ŠKOFJA LOKA – VODICE – GAMELJNE – LJUBLJANA
<b>LENGTH:</b>	154 KM

## ROUTE DESCRIPTION

### Attention: Official start from BTC City.

The marathon starts in BTC City (main shopping area in Ljubljana), then turns left to Šmartinska cesta. At the crossroads, it turns left onto the Kajuhova cesta road, continues on the Litijska cesta road and the Poljanska cesta road and turns left onto the Roška cesta road. After that, it continues towards the Karlovški most bridge, where it turns right onto the Karlovška cesta road and continues on the Zoisova cesta and the Aškerčeva cesta roads.

The route continues along the Tržaška cesta road until Brezovica (Prigo), where marathon Franja officially with a flying start at the beginning of the slope at the beginning of slope (4.7 km uphill, average slope 4.1 %, max. slope 7 %) until reaching Logatec. At Kalce, it turns right and runs through and ride through Godovič (dangerous descent) towards Idrija and Želin. There is a complete road block on the descent between Godovič and Idrija (G102 road) between 9.40 and 13.05.

We turn right at Želin, towards Cerknno. A refreshment point is situated on the main square in Cerknno. A principal uphill to Kladje follows (7 km, average slope 6.3%, max. slope 10%). Another refreshment point is situated atop of Kladje hill. The

main climb to Kladje, there is a 10 km long dangerous descent (with bad road paving sections) until the crossroads in Trebija. Road from Cerknno to Kladje and Trebija is closed for all traffic from 10.40 to 15.00. The route turns right in Trebija towards Gorenja vas. You will find another refreshment point in Gorenja vas, in front of the Town Hall. After that, we continue in direction of Škofja loka. There is a dangerous right-sided turn, followed immediately by a left-sided turn at the entry to Škofja loka (please, pay attention at this section, even if it will be secured). Another refreshment point is located after a short ascent in Škofja Loka.

At the end of Škofja Loka, the route turns right (onto road 314) towards Jeprca and Vodice. In Vodice, we turn right onto Skaručna. The route continues towards Povodje, where it turns left along the macadam road to Gameljne and continues to Črnuški most, crosses it and further along Dunajska, where it turns left at Kardeljeva ploščada to Dimičevo. The route continues along Kranjčeva to the roundabout for Štajerska cesta and to the Žale roundabout, and from there along Pokopališka cesta to Šmartinska cesta, where the marathon in BTC City also ends. Take the 4th exit onto the Pokopališka cesta road toward the Šmartinska cesta road, where the marathon is concluded in BTC City.

## THE FOLLOWING ROADS WILL BE CLOSED FOR ALL TRAFFIC DURING THE MARATHON:

- The descent from Godovič to Idrija (from 50<sup>th</sup> to 60<sup>th</sup> km); the road will be closed between 9.40 and 13.05.
- The climb to uphill and the descent from Cerknno to Kladje and Trebija (from 80<sup>th</sup> to 95<sup>th</sup> km); the road will be closed between 10.40 and 15.00.
- The road between Povodje and BTC City (finish) (from 142<sup>nd</sup> km to 154<sup>th</sup> km); road will be closed between 12.00 and 17.00.

## DANGEROUS POINTS

- The descent from Godovič towards Idrija at the 50<sup>th</sup> km (road G102). Road will be closed for all traffic from 09.40 to 13.05.
- The descent from Kladje towards Trebija at 86<sup>th</sup> km (bad road paving sections). The road will be closed for all traffic from 10.40 to 15.00.
- A dangerous right and then left turn at followed by left-sided turn at the entry to Škofja Loka (at 118<sup>th</sup> km).

### IN ADDITION, PLEASE PAY ATTENTION

WHILE RIDING THROUGH LJUBLJANA, WHERE A LARGE CROWD OF CYCLISTS IS EXPECTED.

## OKREPČEVALNE POSTAJE

## REFRESHMENT POINTS

OKREPČEVALNA POSTAJA REFRESHMENT POINTS	RAZDALJA OD ŠARTA DISTANCE FROM START			+	WC	
IDRIJA	60 KM	<i>isostar</i> SPORTS NUTRITION	danā	Pekarna - keksarna ADAMIČ	✓	2 X
CERKNO	80 KM	<i>isostar</i> SPORTS NUTRITION	danā	Pekarna - keksarna ADAMIČ	✓	2 X
KLADJE	87 KM	<i>isostar</i> SPORTS NUTRITION	danā	Pekarna - keksarna ADAMIČ	✓	2 X
GORENJA VAS	100 KM	<i>isostar</i> SPORTS NUTRITION	danā	Pekarna - keksarna ADAMIČ	✓	2 X
ŠKOFJA LOKA	118 KM	<i>isostar</i> SPORTS NUTRITION	danā	Pekarna - keksarna ADAMIČ	✓	2 X
Gameljne, pred Simon Barom Gameljne, in front of Simon Bar	145 KM	<i>isostar</i> SPORTS NUTRITION	danā		✓	2 X

## ČASOVNICA

## TIMELINE

KRAJ TOWN	KM	POVPREČNA HITROST AVERAGE SPEED 33 KM/H	POVPREČNA HITROST AVERAGE SPEED 38 KM/H	POVPREČNA HITROST AVERAGE SPEED 43 KM/H
START - BTC City	0,0	09:00	09:00	09:00
Dolgi most	10,0	09:18	09:16	09:14
Brezovica	14,0	09:25	09:22	09:20
Vrhnika	26,0	09:47	09:41	09:36
Logatec	35,2	10:04	09:56	09:49
Kalce	39,7	10:12	10:03	09:55
Hotedrščica	46,0	10:23	10:13	10:04
Godovič	50,9	10:32	10:20	10:11
Idrija	62,0	10:52	10:38	10:27
Spodnja Idrija	65,5	10:59	10:43	10:31
Želin-križišče	77,4	11:20	11:02	10:48
Cerkno	81,8	11:29	11:09	10:54
Kladje	88,8	11:42	11:20	11:04
Sovodenj	93,6	11:50	11:28	11:11
Fužine	98,4	11:59	11:35	11:17
Trebija	99,8	12:02	11:37	11:19
Gorenja vas	104,0	12:09	11:44	11:25
Škofja Loka	120,0	12:38	12:09	11:47
Jepca	127,5	12:52	12:21	11:58
Vodice	136,4	13:08	12:35	12:10
Povodje	141,7	13:18	12:44	12:18
Srednje Gameljne	144,6	13:23	12:48	12:22
Ježica	149,0	13:31	12:55	12:28
CILJ - BTC City	156	13:41	13:04	12:36

## NAVODILA

Maraton se prične ob 9.00 uri. Vsi udeleženci morajo zapeljati preko kontrolne štartne preproge.

Uradni odprti štart Maratona Franja bo ob 9.00 iz BTC-ja. Kolesarji bodo razporejeni po štartnih boksih (glej tabelo), boksi bodo označeni s številko boksa in barvo kategorij. Vsi boksi štartajo istočasno, ločeni z vozili organizatorja v zaprti vožnji do mesta uradnega štarta.

V času maratona bo vse udeležence, ki za vodilnim tekmovalcem ne bodo zaostajali več kot 60 min, varovala mobilna zapora ceste. Vozilo organizatorja, ki ga bo spremljalo policijsko vozilo, bo vse udeležence z zaostankom več kot 60 minut za vodilnim tekmovalcem opozorilo z zvočnim signalom. Ti udeleženci bodo zunaj mobilne zapore ceste, zato bodo morali strogo spoštovati cestno-prometne predpise in voziti po desnem prometnem pasu, na trasi pa bodo srečevali vozila udeležencev v prometu.

Maraton se bo zaključil s podelitvami priznanj za najboljše, od 15.30 dalje v štartno/ciljni vasi v BTC Cityju.

V času maratona bo popolna cestna zapora na trasi Godovič – Idrija od 10.40 do 15.00 in na odseku Cerčno – Kladije – Trebija od 10.40 do 15.00. Kljub vsemu se moramo zavedati, da za svojo varnost še vedno lahko največ storimo sami, s premišljenostjo. Ne glede na mobilno in popolno zaporo ceste lahko pričakujemo kakšnega nepremišljenega in nepozornega voznika.

## INSTRUCTIONS

Marathon Franja starts at 9.00. All participants have to pass over the timekeeping carpet to activate the timekeeping chip.

The official start of Marathon Franja will be at 9.00 in BTC City Ljubljana. Cyclists appointed to specific start corrals (see table), marked by the number and the colour of the category. Cyclists from all corrals start at the same time and are separated by the organiser's vehicles that accompany them to the location of the official start.

During the marathon, roads will be closed (using a "mobile road block") for all participants who don't fall more than 60 minutes behind the race leader. At the end of the last group, there will be a vehicle of the organiser, accompanied by a police vehicle, signalling (clearly and loudly) the participants that they are falling more than 60 minutes behind the race leader. Those participants will be riding behind the mobile road block and will have to respect the traffic regulations strictly and ride on the right side of the road, since there will be vehicles of other traffic participants present on the route.

The marathon will finish with the award ceremony, starting at 15.30 in the start/finish area in BTC City.

During the marathon, the road will be closed on the route stični pomišljaj Godovič – Idrija from 9.40 to 13.05 and on the section Cerčno – Kladije – Trebija from 10.40 to 15.00. Nevertheless, we have to be aware that our safety mostly depends on our own attentiveness. Despite the mobile road block and the closed road, reckless and distracted drivers can appear.

## KATEGORIJE

	ŽENSKÉ / WOMEN		MOŠKI / MEN	
<b>A</b>	<b>1990 in mlajše</b> (34 let in mlajše) <b>1990 under 34y</b>	<b>Bela/Bianco/White</b>	<b>1990 in mlajši</b> (34 let in mlajši) <b>1990 under 34y</b>	<b>Bela/Bianco/White</b>
<b>B</b>	<b>1989-1985</b> 35-39y	<b>Turkizna/Turchese/Light Blue</b>	<b>1989-1985</b> 35-39y	<b>Turkizna/Turchese/Light Blue</b>
<b>C</b>	<b>1984-1980</b> 40-44y	<b>Roza/Rosa/Pink</b>	<b>1984-1980</b> 40-44y	<b>Roza/Rosa/Pink</b>
<b>D</b>	<b>1979-1975</b> 45-49y	<b>Oranžna/Arancione/ Orange</b>	<b>1979-1975</b> 45-49y	<b>Oranžna/Arancione/ Orange</b>
<b>E</b>	<b>1974-1970</b> 50-54y	<b>Rumena/Gialla/Yellow</b>	<b>1974-1970</b> 50-54y	<b>Rumena/Gialla/Yellow</b>
<b>F</b>	<b>1969-1965</b> 55-59y	<b>Rdeča/Rossa/Red</b>	<b>1969-1965</b> 55-59y	<b>Rdeča/Rossa/Red</b>
<b>G</b>	<b>1964-1960</b> 60-64y	<b>Rjava/Marrone/Brown</b>	<b>1964-1960</b> 60-64y	<b>Rjava/Marrone/Brown</b>
<b>H</b>	<b>1959 – 1955</b> 65-69y	<b>Temnomodra/Blu/Dark Blue</b>	<b>1959-1955</b> 65-69y	<b>Temnomodra/Blu/Dark Blue</b>
<b>I</b>	<b>1954 in starejše</b> 70y and older	<b>Temno zelena / Verde scuro / Dark Green</b>	<b>1954 in starejši</b> 70y and older	<b>Temno zelena / Verde scuro /Dark Green</b>

## CATEGORIES



## POTEK ŠTARTA IN ŠTARTNI BOKSI

**POZOR!** Odprti štart iz BTC-ja.

Kolesarji bodo razporejeni v štartne bokse:

1. vhod – VIP (maksimalno 30 oseb)
2. vhod - Lanskih prvih 100
3. vhod - Licenca KZS/UCI 2024
4. vhod - Vsi ostali s cestnimi kolesi- specialkami
5. vhod - Ostala kolesa: mtb, treck

## KONTROLNE TOČKE

- Na štartu v BTC Cityju (pozor: ne pred 9.00),
- na Brezovici – Prigo, leteči cilj (15. kilometer),
- na Kladju (87. kilometer),
- v Vodicach (136. kilometer),
- na cilju v BTC Cityju (na 154. kilometru).

## START SCHEDULE AND START CORRALS

**ATTENTION!** Flying start in BTC City Ljubljana.

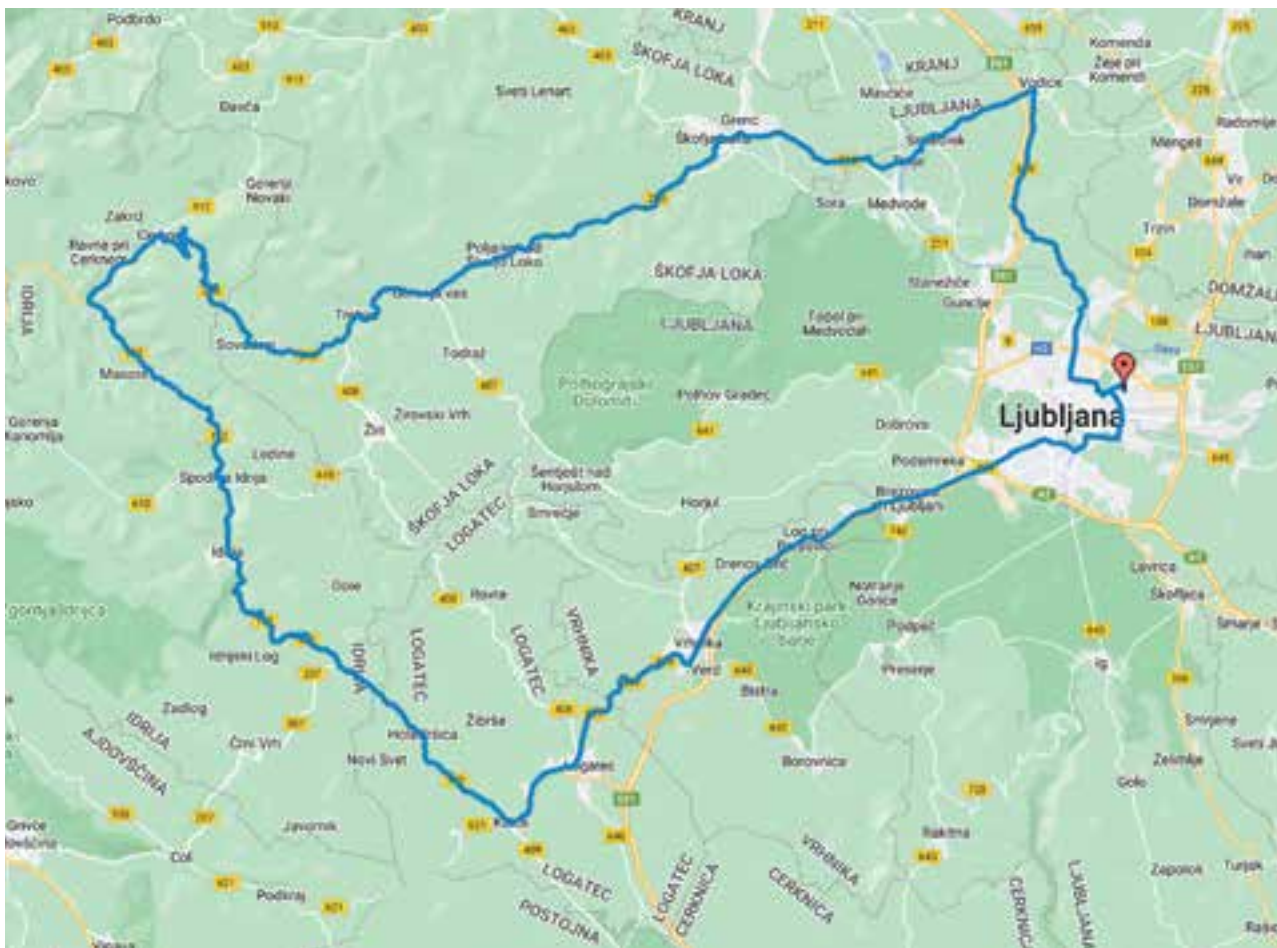
Cyclists will be starting from start corrals:

- Entrance 1 – VIP (MAX 30 persons)
- Entrance 2 – Last year's first 100
- Entrance 3 – KZS/UCI 2024
- Entrance 4 – All others with road bikes
- Entrance 5 – Other wheels: mtb, treck

## CONTROL POINTS

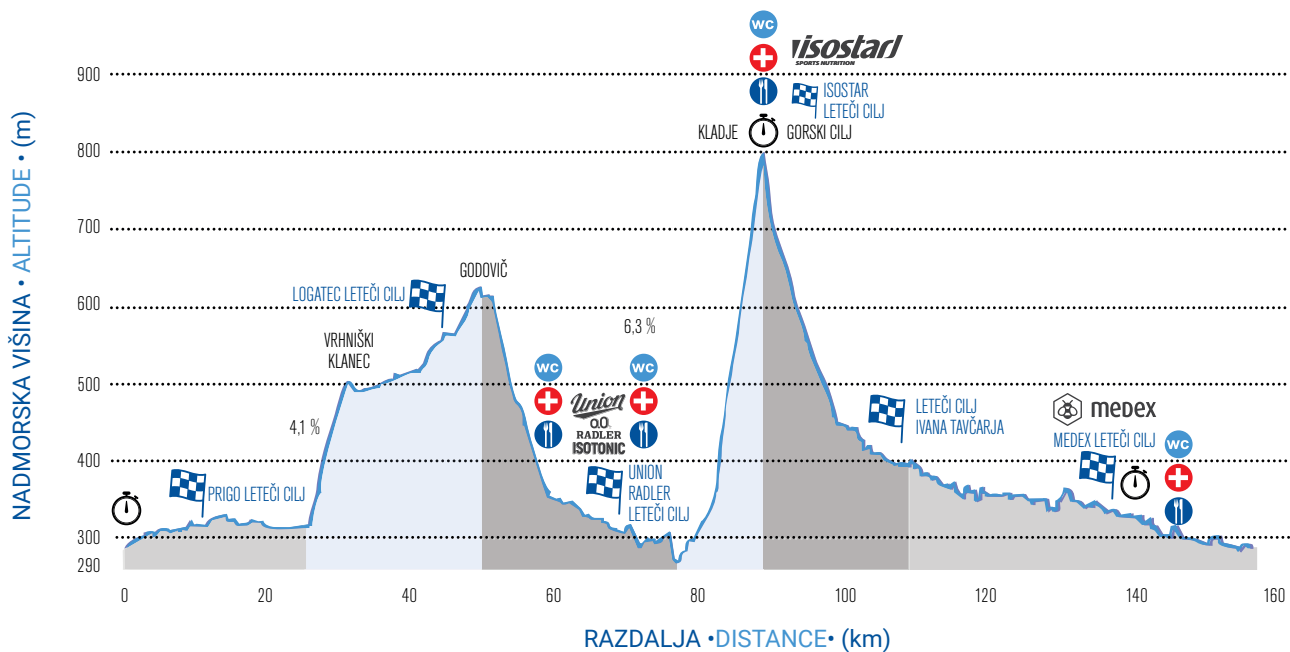
- At start in BTC City, (attention: not before 9.00),
- Brezovica – Prigo intermediate sprint (at 15<sup>th</sup> km),
- Kladje (at 87<sup>th</sup> km),
- Vodice (at 136<sup>th</sup> km),
- at finish in BTC City (at 154<sup>th</sup> km).

Shema trase • VELIKI MARATON FRANJA BTC CITY 2024 Route layout • BIG MARATHON FRANJA BTC CITY 2024



Profil trase • Veliki Maraton Franja BTC City 2024

Route profile • Big Marathon Franja btc city 2024





## POSEBNA OPOZORILA IN POGOJI

- Zaščitna čelada je obvezna.
- Vozi se po cestno-prometnih predpisih.
- Na hrbtni strani štartne številke je obrazec z vitalnimi osebni in kontaktnimi podatki zaradi morebitne nezgode ali poškodbe. Prosimo, da podatke vpišete, saj boste z njimi (v neljubem primeru nezgode) močno olajšali delo reševalni službi na maratonu.
- Udeleženec maratona je vsak, ki se prijavi pri organizatorju, plača štartnino in priloži izpolnjeno prijavnico. Ob dvigu štartne številke in kontrolnega čipa udeleženci maratona s podpisom potrdijo, da so seznanjeni s pogoji razpisa in se z njimi strinjajo.
- Udeleženci maratona štartajo ob 9.00 in vozijo skladno s svojo stopnjo pripravljenosti; maraton se zaključi ob 17.00 uri.
- Skupine udeležencev, ki za vodilno skupino ne zaostajajo več kot 60 min, bo varovala mobilna zapora ceste.
- Udeleženec, ki ga prehiti vozilo z napisom »konec mobilne zapore«, postane običajni udeleženec v prometu in mora voziti po desni strani in upoštevati vozila ostalih udeležencev v prometu.
- Udeleženci maratona, mlajši od 16 let, morajo obvezno imeti spremstvo staršev oziroma organizirane skupine.
- Organizator vsem udeležencem maratona zagotavlja: malico, pijačo, medaljo in okrepčila, ki bodo na okrepčevalnih postajah ob progi.
- Vsi udeleženci maratona vozijo na lastno odgovornost; organizator ne odgovarja za morebitno povzročeno škodo na materialih in ljudeh.
- V rezultatih bodo upoštevani samo kolesarji s klasičnimi cestnimi in gorskimi kolesi.

Prehod preko kontrolnih postaj (preprog) je obvezen, sicer vaš rezultat ne bo priznan.

**Prosimo, spoštujte naravo in ne odmetavajte ovojev energijskih ploščic in pijač na cesto!**

## ZAČETNI PAKET

Organizator vsem pravočasno prijavljenim udeležencem zagotavlja začetni paket z darilom. Pravočasno prijavljen pomeni, da je prijava plačana najkasneje 5 dni pred maratonom! Poleg tega bodo vsem udeležencem na voljo hrana in napitki na okrepčevalnih postajah ob progi ter medalja in kosilo na cilju. Če je število udeležencev večje od pričakovanega in je v zadnjih petih dneh veliko število prijavljenih, imajo prednost pri začetnih paketih tisti, ki so se prijavili pravočasno. Prijavam na dan štarta ne zagotavljamo začetnih paketov.

Medaljo prejmete ob vrnitvi nosilca čipa za elektronsko merjenje časa na cilju! Če je število medalj manjše od števila nastopajočih, jih naročimo dodatno. Medalje so naknadno na voljo udeležencem prireditve na sedežu društva na Ulici gledališča BTC 10 v Ljubljani.

## SPECIAL WARNINGS AND CONDITIONS

- A safety helmet is obligatory as is respecting the traffic regulations.
- On the back side ... of your starting bib, you will find a personal and contact information form that will be used in case of an accident or injury. Please fill in your information to ease the work of the emergency team in case of an accident. If you have a medical condition, you feel we should be aware of in case of emergency, please mark it (eg. asthma, diabetes, allergies...)
- The marathon participant is considered to be everyone who registers with the organiser, pays the starting fee and submits a filled-in application form.
- By signing the registration papers, participants confirm they are familiar with the conditions of the competition and agree with them.
- The participants of the marathon start at 9.00 and are encouraged to ride according to their abilities. The marathon officially concludes at 17.00.
- Groups of participants that are up to 60 minutes behind the leading group will be protected by the mobile road block.
- A participant who is overtaken by a car with the sign "konec mobilne zapore" (end of mobile block), becomes a regular traffic participant.
- Participants younger than 16 years have to be accompanied by a parent or have to ride in an organised group.
- All participants ride at their own risk; the organiser is not responsible for any damage to materials or people.
- Results will be applicable only to cyclists, riding road and mountain bikes.

Crossing the control points (timekeeping carpets) is necessary for the results to be valid.

**Please respect the nature and do not litter along the route!**

## WELCOME PACKAGE

The organiser guarantees a welcome package with a surprise gift for all the duly registered participants. For all the duly registered. In addition, participants will receive a medal at the finish, drinks and refreshments at the refreshment stands along the route and lunch after the marathon.

Medals will be awarded after the electronic timekeeping chips are returned. If there are fewer medals than there are participants, they will be ordered additionally. Subsequently, the medals will be available for the participants to collect at the seat of the club at Ulica gledališča BTC 10 in Ljubljana.



# TRIGLAV MALI MARATON FRANJA

## TRIGLAV LITTLE MARATHON FRANJA





📍 97 km

📅 9. junij 2024

🕒 10.30



<b>IME DIRKE:</b>	TRIGLAV MALI MARATON FRANJA 2024
<b>DATUM:</b>	NEDELJA, 9. 6. 2024
<b>ŠTART:</b>	10.30
<b>ŠTARTNO MESTO:</b>	LJUBLJANA BTC CITY
<b>CILJ:</b>	LJUBLJANA BTC CITY
<b>PROGA:</b>	LJUBLJANA – DOBROVA – HORJUL – VRZDENEC – LUČINE – GORENJA VAS – ŠKOFJA LOKA – VODICE – GAMELJNE – LJUBLJANA
<b>DOLŽINA:</b>	97 KM

## OPIS POTEKA MARATONA

### Pozor: uradni štart iz BTC Cityja.

Trasa in časovnica Triglav Malega Maratona Franja je zasnovana tako, da poteka po isti poti kot originalni Maraton Franja. Oba se začneta v BTC Cityju (Ljubljana); pot je enaka prvih 7 kilometrov, do Dolgega mostu. Tam se Mala Franja odcepi in nadaljuje skozi Kozarje, Dobrovo, Horjul do

Vrzdencu, kjer se prične 8-kilometrski vzpon s 5-odstotnim povprečnim naklonom, največji naklon je 9 %. Proga nato vodi skozi Lučine do Gorenje vasi, kjer se zopet priključi Veliki Franji in poteka skupaj z njo po enaki časovnici ter progi do cilja v BTC Cityju.

## ZA VES PROMET BODO MED MARATONOM ZAPRTE NASLEDNJE CESTE:

- Cesta med Vrzdencem in Gorenjo vasjo (med 27. in 45. kilometrom) med 10.45 in 13.00.
- Cesta med naseljem Gameljne in BTC Cityem, cilj (med 85. in 97. kilometrom) med 12.00 in 17.00.

### NEVARNI ODSEKI

- Nevaren vstop v Škofjo Loko z ostrim levim in takoj nato desnim ovinkom (na 61. kilometru).

### POLEG TEGA PROSIMO UDELEŽENCE,

DA SO PREVIDNI PRI VOŽNJI SKOZI LJUBLJANO, KJER JE ZARADI VELIKEGA ŠTEVILA KOLESARJEV PRIČAKOVATI GNEČO.



<b>NAME OF THE RACE:</b>	TRIGLAV LITTLE MARATHON FRANJA 2024
<b>DATE:</b>	SUNDAY, 9 June, 2024
<b>START:</b>	10.30
<b>STARTING PLACE:</b>	LJUBLJANA BTC CITY
<b>FINISH:</b>	LJUBLJANA BTC CITY
<b>ROUTE:</b>	LJUBLJANA – DOBROVA – HORJUL – VRZDENEC – LUČINE – GORENJA VAS – ŠKOFJA LOKA – VODICE – GAMELJNE – LJUBLJANA
<b>LENGTH:</b>	97 KM

## ROUTE DESCRIPTION

### Attention: Official start from BTC City.

The timeline and the route of Triglav Little Marathon Franja BTC City is designed to follow the route of the original Marathon Franja. They both start in BTC City Ljubljana; the route is identical for the first 7 km, up to Dolgi most, where the route

of Little Franja continues through Kozarje, Dobrova, Horjul, Vrzenec to Lučine and Gorenja vas where it again meets the original Franja route. From there, it continues along the original route of Franja to the finish in BTC City Ljubljana.

## THE FOLLOWING ROADS WILL BE CLOSED FOR ALL TRAFFIC DURING THE MARATHON:

- Road from Vrzenec to Gorenja vas (from 27<sup>th</sup> to 45<sup>th</sup> km) closed between 10.45 and 13.00.
- Road from Gameljne to BTC City (finish) (from 85<sup>th</sup> to 97<sup>th</sup> km) closed between 12.00 and 17.00.

## DANGEROUS POINTS

- A dangerous right turn immediately followed by a left turn at the entry to Škofja Loka (at 61st km).

## IN ADDITION, PLEASE PAY ATTENTION

WHILE RIDING THROUGH LJUBLJANA, WHERE A LARGE CROWD OF CYCLISTS IS EXPECTED.

## OKREPČEVALNE POSTAJE

## REFRESHMENT POINTS

OKREPČEVALNA POSTAJA REFRESHMENT POINTS	RAZDALJA OD ŠARTA DISTANCE FROM START		+	WC		
LUČINE	37 KM	daná	isostar	Pekarna - keksarna ADAMIČ	✓	2 X
GORENJA VAS	45 KM	daná	isostar	Pekarna - keksarna ADAMIČ	✓	2 X
ŠKOFJA LOKA	61 KM	daná	isostar	Pekarna - keksarna ADAMIČ	✓	2 X
Gameljne, pred Simon Barom Gameljne, in front of Simon Bar	85 KM	daná	isostar	Pekarna - keksarna ADAMIČ	✓	2 X

## ČASOVNICA

## TIMELINE

KRAJ TOWN	KM	POVPREČNA HITROST AVERAGE SPEED 33 KM/H	POVPREČNA HITROST AVERAGE SPEED 38 KM/H	POVPREČNA HITROST AVERAGE SPEED 43 KM/H
START - BTC City	0,0	10:30	10:30	10:30
Dolgi most	10,0	10:48	10:46	10:44
Cesta na ključ	11,4	10:51	10:48	10:46
Dobrova	15,3	10:58	10:54	10:51
Brezje pri Dobrovi	22,0	11:10	11:05	11:01
Horjul	26,0	11:17	11:11	11:06
Suhi Dol	36,4	11:36	11:28	11:21
Lučine	38,0	11:39	11:30	11:23
Gorenja vas	46,0	11:54	11:43	11:34
Poljane	49,8	12:00	11:49	11:40
Škofja Loka	62,0	12:23	12:08	11:57
Jeprca	69,5	12:36	12:20	12:07
Vodice	78,4	12:53	12:34	12:19
Povodje	83,6	13:02	12:42	12:27
Srednje Gameljne	86,5	13:07	12:47	12:31
Ježica	90,8	13:15	12:53	12:37
CILJ - BTC City	96,6	13:26	13:03	12:45

## NAVODILA

Pričetek Triglav Malega Maratona Franja BTC City je ob 10.30 v BTC Cityju, Ljubljana. Vsi udeleženci morajo prevoziti časomerilno preprogo na štartu, da aktivirajo elektronsko merjenje časa. Uradni štart Malega Maratona bo ob 10.30 iz BTC-ja. Kolesarji bodo razporejeni po štartnih boksih (glej tabelo).

Vsi boksi štartajo istočasno. Uradni štart in začetek merjenja časa bo v BTC Cityju. V času maratona bo vse udeležence, ki za vodilnim tekmovalcem ne bodo zaostajali več kot 60 min, varovala mobilna zapora ceste. Vozilo organizatorja, ki ga bo spremljalo policijsko vozilo, bo vse udeležence z zaostankom več kot 60 min za vodilnim tekmovalcem opozorilo z zvočnim signalom. Ti udeleženci bodo zunaj mobilne zapore ceste, zato bodo morali strogo spoštovati cestnoprometne predpise in voziti po desnem prometnem pasu, na trasi pa bodo srečevali vozila ostalih udeležencev v prometu. Maraton se bo zaključil s podelitvami priznanj za najboljše, od 15.30 naprej v Štartno/ciljni vasi v BTC Cityju.

V času maratona bo popolna cestna zapora na trasi Vrzdenc–Gorenja vas med 10.45 in 13.00 ter na odseku Gameljne – BTC City med 12.00 in 17.00. Kljub vsemu se moramo zavedati, da za svojo varnost še vedno lahko največ storimo sami, s premišljenostjo. Ne glede na mobilno in popolno zaporo ceste lahko pričakujemo kakšnega nepremišljenega in nepozornega voznika.

## INSTRUCTIONS

The start of Triglav Little Marathon Franja BTC City is at 10.40 in BTC City Ljubljana. All racers must cycle across the timekeeping carpet line at the start over to activate the electronic measuring of time. The start of the ride of the Little Marathon will take place at 10.30 in BTC City Ljubljana. Cyclists will be appointed to specific start corrals (see table).

Cyclists from all corrals start at the same time. The official start of the race and the start of timekeeping will take place at BTC City. Participants that are less than 60 minutes behind the leading group will be protected by the MOBILE ROAD BARRICADE. Those participants will be riding behind the mobile road block and will have to respect the traffic regulations strictly and ride on the right side of the road, since there will be vehicles of other traffic participants present on the route. Despite this we have to be aware that with thoughtfulness we can do the most for our safety. Also in case of a mobile or total barricade we can expect a thoughtless and careless car driver. All participants have to consider the traffic rules and drive on the right side of the road. Marathon will finish with the award ceremony starting at 15.30 at the start/finish area in BTC City.

During the marathon, the road will be closed on the route Vrzdenc–Gorenja vas from 10.45 to 13.00 and at the section Gameljne–BTC City from 12.00 to 17.00. Nevertheless, we have to be aware that our safety mostly depends on our own attentiveness. Despite the mobile road block and the closed road, reckless and distracted drivers can appear.

## KATEGORIJE

## CATEGORIES

	ŽENSKE / WOMEN		MOŠKI / MEN	
<b>A</b>	<b>1990 in mlajše</b> (34 let in mlajše) <b>1990 under 34y</b>	<b>Bela/Bianco/White</b>	<b>1990 in mlajši</b> (34 let in mlajši) <b>1990 under 34y</b>	<b>Bela/Bianco/White</b>
<b>B</b>	<b>1989-1985</b> 35-39y	<b>Turkizna/Turchese/Light Blue</b>	<b>1989-1985</b> 35-39y	<b>Turkizna/Turchese/Light Blue</b>
<b>C</b>	<b>1984-1980</b> 40-44y	<b>Roza/Rosa/Pink</b>	<b>1984-1980</b> 40-44y	<b>Roza/Rosa/Pink</b>
<b>D</b>	<b>1979-1975</b> 45-49y	<b>Oranžna/Arancione/ Orange</b>	<b>1979-1975</b> 45-49y	<b>Oranžna/Arancione/ Orange</b>
<b>E</b>	<b>1974-1970</b> 50-54y	<b>Rumena/Gialla/Yellow</b>	<b>1974-1970</b> 50-54y	<b>Rumena/Gialla/Yellow</b>
<b>F</b>	<b>1969-1965</b> 55-59y	<b>Rdeča/Rossa/Red</b>	<b>1969-1965</b> 55-59y	<b>Rdeča/Rossa/Red</b>
<b>G</b>	<b>1964-1960</b> 60-64y	<b>Rjava/Marrone/Brown</b>	<b>1964-1960</b> 60-64y	<b>Rjava/Marrone/Brown</b>
<b>H</b>	<b>1959 – 1955</b> 65-69y	<b>Temnomodra/Blu/Dark Blue</b>	<b>1959-1955</b> 65-69y	<b>Temnomodra/Blu/Dark Blue</b>
<b>I</b>	<b>1954 in starejše</b> 70y and older	<b>Temno zelena / Verde scuro / Dark Green</b>	<b>1954 in starejši</b> 70y and older	<b>Temno zelena / Verde scuro /Dark Green</b>



## POTEK ŠTARTA IN ŠTARTNI BOKSI

**POZOR!** Odprti štart iz BTC-ja.  
Kolesarji bodo razporejeni v štartne bokse:

- |   |
|---|
| 1. vhod – VIP (maksimalno 30 oseb)                  |
| 2. vhod - Lanskih prvih 100                         |
| 3. vhod - Licenca KZS/UCI 2024                      |
| 4. vhod - Vsi ostali s cestnimi kolesi- specialkami |
| 5. vhod - Ostala kolesa: mtb, treck                 |

## KONTROLNE TOČKE

- Na štartu v BTC Cityju (pozor: ne pred 10.30)
- Vodice (79. kilometer)
- Na cilju v BTC Cityju (97. kilometer)

## START SCHEDULE AND START CORRALS

**ATTENTION!** Flying start in BTC City Ljubljana.  
Cyclists will be starting from start corrals:

- |   |
|---|
| Entrance 1 – VIP (MAX 30 persons)       |
| Entrance 2 – Last year's first 100      |
| Entrance 3 – KZS/UCI 2024               |
| Entrance 4 – All others with road bikes |
| Entrance 5 – Other wheels: mtb, treck   |

## CONTROL POINTS

- At start in BTC City (attention: not before 10.30)
- Vodice (79<sup>th</sup> km)
- at finish in BTC City (97<sup>th</sup> km)

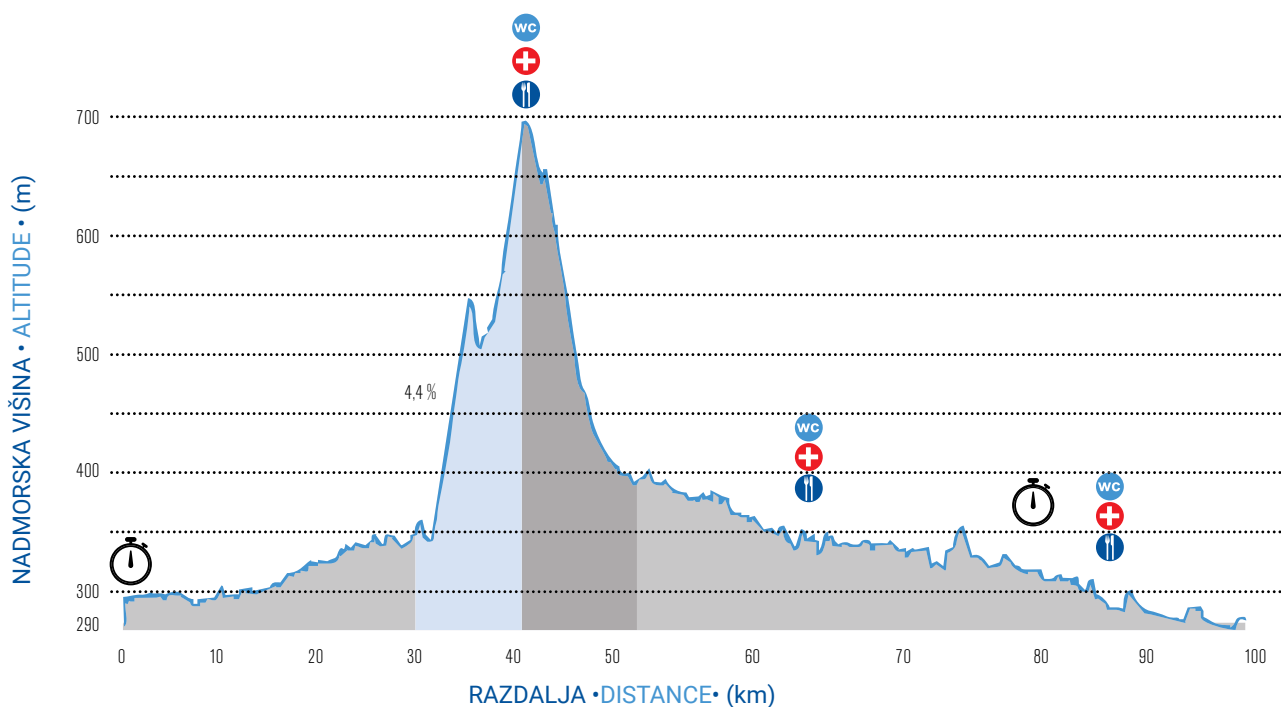
Shema trase • TRIGLAV MALI MARATON 2024

Route layout • TRIGLAV LITTLE MARATHON 2024



Profil trase • Triglav Mali Maraton Franja BTC City 2024

Route profile • Triglav Little Marathon Franja BTC City 2024







## POSEBNA OPOZORILA IN POGOJI

- Zaščitna čelada je obvezna.
- Vozi se po cestno-prometnih predpisih.
- Na hrbtni strani štartne številke je obrazec z vitalnimi osebni in kontaktnimi podatki zaradi morebitne nezgode ali poškodbe. Prosimo, da podatke vpišete, saj boste z njimi (v neljubem primeru nezgode) močno olajšali delo reševalni službi na maratonu.
- Udeleženec maratona je vsak, ki se prijavi pri organizatorju, plača štartnino in priloži izpolnjeno prijavnico. Ob dvigu štartne številke in kontrolnega čipa udeleženci maratona s podpisom potrdijo, da so seznanjeni s pogoji razpisa in se z njimi strinjajo.
- Udeleženci maratona štartajo ob 10.30 in vozijo skladno s svojo stopnjo pripravljenosti; maraton se zaključuje ob 17.00.
- Skupine udeležencev, ki za vodilno skupino ne zaostajajo več kot 60 min, bo varovala mobilna zapora ceste.
- Udeleženec, ki ga prehiti vozilo z napisom »konec mobilne zapore«, postane običajni udeleženec v prometu in mora voziti po desni strani in upoštevati vozila ostalih udeležencev v prometu.
- Udeleženci maratona, mlajši od 16 let, morajo obvezno imeti spremstvo staršev oziroma organizirane skupine.
- Organizator vsem udeležencem maratona zagotavlja: malico, pijačo, medaljo, energijski gel in okrepčila na dveh okrepčevalnih postajah, ki bosta postavljeni ob progi.
- Vsi udeleženci maratona vozijo na lastno odgovornost; organizator ne odgovarja za morebitno povzročeno škodo na materialih in ljudeh.
- V rezultatih bodo upoštevani samo kolesarji s klasičnimi cestnimi in gorskimi kolesi.

Prehod preko kontrolnih postaj (preprog) je obvezen, sicer vaš rezultat ne bo priznan.

**Prosimo, spoštujte naravo in ne odmetavajte ovojev energijskih ploščic in pijač na cesto!**

## ZAČETNI PAKET

Organizator vsem pravočasno prijavljenim udeležencem zagotavlja začetni paket z darilom. Pravočasno prijavljen pomeni, da je prijava plačana najkasneje 5 dni pred maratonom! Poleg tega bodo vsem udeležencem na voljo hrana in napitki na okrepčevalnih postajah ob progi ter medalja in kosilo na cilju. Če je število udeležencev večje od pričakovanega in je v zadnjih petih dneh veliko število prijavljenih, imajo prednost pri začetnih paketih tisti, ki so se prijavili pravočasno. Prijavam na dan štarta ne zagotavljamo začetnih paketov.

Medaljo prejmete ob vrnitvi nosilca čipa za elektronsko merjenje časa na cilju! Če je število medalj manjše od števila nastopajočih, jih naročimo dodatno. Medalje so naknadno na voljo udeležencem prireditve na sedežu društva na Ulici gledališča BTC 10 v Ljubljani.

## SPECIAL WARNINGS AND CONDITIONS

- A safety helmet is obligatory as is respecting the traffic regulations.
- On the back side ... of your starting bib, you will find a personal and contact information form that will be used in case of an accident or injury. Please fill in your information to ease the work of the emergency team in case of an accident. If you have a medical condition, you feel we should be aware of in case of emergency, please mark it (eg. asthma, diabetes, allergies...)
- The marathon participant is considered to be everyone who registers with the organiser, pays the starting fee and submits a filled-in application form.
- By signing the registration papers, participants confirm they are familiar with the conditions of the competition and agree with them.
- The participants of the marathon start at 10.30 and are encouraged to ride according to their abilities. The marathon officially concludes at 17.00.
- Groups of participants that are up to 60 minutes behind the leading group will be protected by the mobile road block.
- A participant who is overtaken by a car with the sign "konec mobilne zapore" (end of mobile block), becomes a regular traffic participant.
- Participants younger than 16 years have to be accompanied by a parent or have to ride in an organised group.
- All participants ride at their own risk; the organiser is not responsible for any damage to materials or people.
- Results will be applicable only to cyclists, riding road and mountain bikes.

Crossing the control points (timekeeping carpets) is necessary for the results to be valid.

**Please respect the nature and do not litter along the route!**

## WELCOME PACKAGE

The organiser guarantees a welcome package with a surprise gift for all the duly registered participants. For all the duly registered. In addition, participants will receive a medal at the finish, drinks and refreshments at the refreshment stands along the route and lunch after the marathon.

Medals will be awarded after the electronic timekeeping chips are returned. If there are fewer medals than there are participants, they will be ordered additionally. Subsequently, the medals will be available for the participants to collect at the seat of the club at Ulica gledališča BTC 10 in Ljubljana.



# BARJANKA HERVIS

# BARJANKA HERVIS



📍 77 km

📅 8. junij 2024

🕒 8.00

<b>IME DIRKE:</b>	BARJANKA HERVIS - kolesarsko doživetje na Ljubljanskem barju
<b>DATUM:</b>	SOBOTA, 8. 6. 2024
<b>ŠTART:</b>	8.00
<b>ŠTARTNO MESTO:</b>	KONGRESNI TRG, LJUBLJANA
<b>DOLŽINA:</b>	77 KM

## KRATEK OPIS

Barjanka je športno-turistični dogodek, ki povezuje skupnosti, občine in različne družbene skupine. Trasa Barjanke, ki se razteza na malo več kot 77 km, poteka skozi vse občine Krajinskega parka Ljubljansko barje.

## OBČINE

- Mestna občina Ljubljana
- Občina Brezovica
- Občina Log - Dragomer
- Občina Vrhnika
- Občina Borovnica
- Občina Ig
- Občina Škofljica

Eden izmed ciljev Barjanke je predstavitev naravnih lepot Ljubljanskega barja in podoživljanje spominov na prva kolesarska tekmovanja iz časov, ko so se dirke odvijale po makadamskih cestah. Ljubljansko barje se ponaša z bogato zgodovinsko dediščino, saj so tu našli pet tisoč let staro kolo z osjo. Kolo so odkrili zgodaj spomladi leta 2002 na območju starodavne vasice Stara Gmajna na jugozahodnem delu Barja.

## POTEK MARATONA

Start maratona je v Ljubljani na Kongresnem trgu in nadaljuje po Aškerčevi ulici, Tržaški cesti do Brezovice in nato po Vrhniški cesti do Loga, kjer se zavije levo za Bevke. Po dobrih 200 metrih se zavije desno na Barjansko cesto na prvi makadamski odsek in nadaljuje do Sinje Gorice.

Na križišču v Sinji Gorici se zapelje na Pot na Tojnice. Pri Ljubljanici se zavije desno na drugi makadamski odsek pod mostom in naprej vse do glavne ceste Ljubljana – Vrhnika. Tam se zavije levo in nadaljuje do glavnega semaforja v centru Vrhnike, kjer se zavije levo na Sternеноvo cesto.

V Verdu se zavije levo proti Bistri, kjer udeležence čaka prva okrepevalna postaja.

Nadaljuje se proti Borovnici po Ljubljanski cesti. Po prečkanju mostu čez Borovniščico se zavije desno na ulico Bratov Debevc. Na koncu ulice Bratov Debevec se zavije levo v hrib in nadaljuje preko mostu stare železnice.

Po tej trasi se nadaljuje vse do naselja Pako, kjer se kmalu za Paškim mostom spusti levo in naprej pod železniško progo desno na glavno cesto.

Po glavni cesti se nadaljuje do Podpeči, kjer se na križišču zavije desno proti Jezeru. Pri gasilskem domu in avtobusni postaji v naselju Jezero zavijemo z glavne ceste desno proti Jezeru pri Podpeči. Pred Gostilnico Jezero je druga okrepevalna postaja.

Od jezera se trasa nadaljuje po tretjem makadamskem odseku okoli celotne ravnice in nazaj do avtobusne postaje Jezero, kjer se zavije desno na glavno cesto proti Igu. Na križišču v Tomišlju nadaljujemo do mostu čez reko Iško, pred katerim se zavije levo na četrti makadamski odsek.

Po slabem kilometru zavijemo desno čez Iško in nadaljujemo nazaj proti Brestu, Mateni, Iški Loki vse do Iga. V Igu je še zadnja, tretja okrepevalna postaja.

Od tam se nadaljuje levo po Ljubljanski cesti do Petrola, kjer se zavije desno proti Ižanskim Toplicam na peti makadamski odsek. Pri toplicah se zavije desno proti Malnarjevi cesti. Hkrati nas ta pot vodi mimo spomeniškega območja UNESCO kolišč. Po Malnarjevi cesti nadaljujemo do Škofljice, nato zavijemo levo na Obrtniško cesto, sledimo po Kočevski cesti in na koncu zavijemo na Žagarsko ulico. Pred železniško progo se zavije levo na Cesto ob Barju. Po dobrih dveh kilometrih se zavije levo na Babnogoriško cesto, nato nadaljujemo do Šinkovega štradona na šesti makadamski odsek in nato zavijemo levo na Hauptmanco.

Na koncu zavijemo desno na Ižansko cesto in na križišču v Črni vasi zavijemo desno na Peruzijevo ulico, kjer nadaljujemo do križišča z Jurčkovo ulico, kjer se zavije levo do križišča s Hladnikovo.

Trasa se nadaljuje proti Karlovškemu mostu, na Hradeckega cesto, desno na Litijsko cesto do križišča s Kajuhovo cesto, kjer zavije levo in se nadaljuje vse do Šmartinske ceste, kjer zavije desno do cilja v BTC-ju.

- Drenov Grič – Sinja Gorica 3,5 km
- Sinja Gorica Chemis – Vrhnika 350 m
- Okoli Podpeškega jezera 1,2 km
- Tomišelj – Tomišelj 3,5 km
- Ig – Ižanske toplice 1,9 km
- Šinkov štradon 2,5 km

<b>NAME OF THE RACE:</b>	BARJANKA HERVIS - Cycling experience across the Ljubljana marshes
<b>DATE:</b>	SATURDAY, 8 June, 2024
<b>START:</b>	8.00
<b>STARTING PLACE:</b>	KONGRESNI TRG, LJUBLJANA
<b>LENGTH:</b>	77 KM

## BRIEF EVENT DESCRIPTION

Barjanka is a sports- and tourism-related event, connecting communities, municipalities, and different social groups. The route of Barjanka will pass every municipality in the local nature park; the approximate length will be just over 77 km.

## MUNICIPALITIES

- City Municipality of Ljubljana
- Municipality of Brezovica
- Municipality of Log - Dragomer
- Municipality of Vrhnika
- Municipality of Borovnica
- Municipality of Ig
- Municipality of Škofljica

Barjanka is an event that aims to present the natural beauty of the Ljubljana Marshes and relive the memories of first cycling competitions of the time when races were raced on gravel roads. The Ljubljana Marshes have great historical heritage due to the finding of a 5,000 years old wheel with an axle. The wheel was discovered in 2002 in early spring on the site of the ancient village of Stara Gmajna in the southwest part of the Ljubljana Marshes.

## ROUTE

The marathon starts in Ljubljana at Kongresni trg and continues along Aškerčeva ulica, Tržaška cesta to Brezovica, and then along Vrhnika cesta to Log, where it turns left towards Bevke. After about 200 meters, it turns right onto Barjanska cesta onto the first gravel section and continues to Sinja Gorica.

At the roundabout in Sinja Gorica, it takes Pot na Tojnice. It turns right at Ljubljanska cesta onto the second gravel section under the bridge and continues to the main road Ljubljana – Vrhnika. There, it turns left and continues to the main traffic light in the center of Vrhnika, where it turns left onto Sternova cesta.

In Verda, it turns left towards Bistra, where the first refreshment station awaits participants. It continues towards Borovnica along Ljubljanska cesta. After crossing the bridge over Borovniščica, it turns right onto Bratov Debevc Street. At the end of Bratov Debevc Street, it turns left uphill and continues over the bridge of the old railway.

The route continues all the way to the settlement Pako,

where shortly after the Paški bridge, it descends left and further under the railway to the main road. It continues along the main road to Podpeč, where it turns right at the roundabout towards Jezero. At the fire station and bus stop in the settlement Jezero, it turns right from the main road towards Jezero near Podpeč. Before Gostilnica Jezero, there is the second refreshment station.

From the lake, the route continues on the third gravel section around the entire plain and back to the bus station Jezero, where it turns right onto the main road towards Ig. At the intersection in Tomišlje, continue to the bridge over the river Iška, before which it turns left onto the fourth gravel section.

After about a kilometer, turn right over the Iška and continue back towards Brest, Matena, Iška Loka all the way to Ig. In Ig, there is the last, third refreshment station. From there, continue left along Ljubljanska cesta to Petrol, where it turns right towards Ižanske Toplice onto the fifth gravel section. At the spa, turn right onto Malnarjeva cesta. At the same time, this road leads us past the UNESCO monument area of pile dwellings. Continue along Malnarjeva cesta to Škofljica, then turn left onto Obrtniška cesta, follow along Kočevska cesta and finally turn onto Žagarska ulica. Before the railway, turn left onto Cesta ob Barju. After about two kilometers, turn left onto Babnogoriška cesta, then continue to Šinkov štradon onto the sixth gravel section and then turn left onto Hauptmanca. Finally, turn right onto Ižanska cesta and at the intersection in Črna vas, turn right onto Peruzijeva ulica, continue to the intersection with Jurčkova ulica, where you turn left to the intersection with Hladnikova.

The route continues towards Karlovški most, onto Hradeckega cesta, right onto Litijska cesta to the intersection with Kajuhova cesta, where it turns left and continues all the way to Šmartinska cesta, where it turns right to the finish line at BTC.

- Drenov Grič – Sinja Gorica 3,5 km
- Sinja Gorica Chemis – Vrhnika 350 m
- Okoli Podpeškega jezera 1,2 km
- Tomišelj – Tomišelj 3,5 km
- Ig – Ižanske toplice 1,9 km
- Šinkov štradon 2,5 km



KRAJ		POVPREČNA HITROST	POVPREČNA HITROST	POVPREČNA HITROST	POVPREČNA HITROST
TOWN	KM	AVERAGE SPEED	AVERAGE SPEED	AVERAGE SPEED	AVERAGE SPEED
BARJANKA		18 KM/H	20 KM/H	22 KM/H	24 KM/H
START - Kongresni trg	0,00	08:00	08:00	08:00	08:00
Aškrčeva/Bleiweissova/Tržaška	0,45	08:01	08:01	08:01	08:01
Dolgi most	3,80	08:13	08:11	08:10	08:09
Odcep za Podsmreko	6,20	08:21	08:19	08:17	08:15
Dragomer	10,00	08:33	08:30	08:27	08:25
Križišče Loška cesta/Barjanska cesta	11,90	08:40	08:36	08:32	08:30
Krožišče v Sinji Gorici	18,40	09:01	08:55	08:50	08:46
Križišče Opekarska cesta/Ljubljanska cesta	20,00	09:07	09:00	08:54	08:50
Križišče Ljubljanska/Tržaška/Sternenova	20,70	09:09	09:02	08:56	08:52
Krožišče Verd	22,05	09:14	09:06	09:00	08:55
<b>Bistra muzej - OKREPNA POSTAJA</b>	<b>25,00</b>	<b>09:23</b>	<b>09:15</b>	<b>09:08</b>	<b>09:02</b>
Doł pri Borovnici	28,00	09:43	09:34	09:26	09:20
Borovnica	29,20	09:47	09:38	09:30	09:23
Breg pri Borovnici	31,10	09:54	09:43	09:35	09:28
Goričica pod Krimom	34,00	10:03	09:52	09:43	09:35
Podpeč	38,00	10_17	10:04	09:54	09:45
Jezero	39,00	10:20	10:07	09:56	09:47
<b>jezero Jezero - OKREPNA POSTAJA</b>	<b>39,60</b>	<b>10:22</b>	<b>10:09</b>	<b>09:58</b>	<b>09:49</b>
Podkraj	44,00	10:47	10:32	10:20	10:10
Podkraj/Tomišelj	45,80	10:53	10:37	10:25	10:14
Tomišelj/ levo makadamski odsek	46,50	10:55	10:39	10:27	10:16
Tomišelj/Brest odcep levo	49,80	11:06	10:49	10:36	10:24
Matena	50,60	11:09	10:52	10:38	10:26
Iška Loka	52,00	11:13	10:56	10:42	10:30
<b>Ig - OKREPNA POSTAJA</b>	<b>53,80</b>	<b>11:19</b>	<b>11:01</b>	<b>10:47</b>	<b>10:34</b>
odcep desno z Ižanske ceste	54,60	11:32	11:14	10:59	10:46
Ižanske toplice	56,10	11:37	11:18	11:03	10:50
Ig/Malnarjeva cesta/Kremenica	56,65	11:39	11:20	11:04	10:52
Malnarjeva cesta/Obrtna cona Škofljica	58,95	11:47	11:27	11:11	10:57
Lavrica	62,00	11:57	11:36	11:19	11:05
Hauptmanca/Ižanska cesta	66,40	12:11	11:49	11:31	11:16
Ižanska cesta/Peruzzijeva ulica	68,15	12:17	11:55	11:36	11:20
Peruzzijeva ulica/Jurčkova cesta	70,00	12:23	12:00	11:41	11:25
Jurčkova cesta/Ižanska cesta	71,40	12:28	12:04	11:45	11:28
Krožišče Ižanska cesta/Hradeckega	72,50	12:32	12:08	11:48	11:31
Hradeckega/Poljanska cesta	74,00	12:37	12:12	11:52	11:35
Litijska cesta/Kajuhova cesta	74,50	12:38	12:14	11:53	11:36
Kajuhova cesta/Zaloška cesta	75,40	12:41	12:16	11:55	11:38
Kajuhova cesta/Šmartinska cesta	76,80	12:46	12:20	11:59	11:42
<b>CILJ - BTC City - CILJ</b>	<b>77,70</b>	<b>12:49</b>	<b>12:23</b>	<b>12:02</b>	<b>11:44</b>



## POSEBNO OPOZORILO

Vse udeležence vljudno prosimo, da vse odpadke in smeti odvržejo na cilju oz. v smetnjake, saj je odlaganje smeti na območju Krajinskega parka Ljubljansko barje strogo prepovedano. Ohranimo Ljubljansko barje čisto.

Udeleženec, ki ga prehiti varnostno vozilo (»konec mobilne zapore«), postane običajen udeleženec v prometu in mora voziti po cestnoprometnih predpisih ter upoštevati ostale udeležence v prometu.

## SPECIAL WARNING

Every participant should dispose of trash at the finish line or in trashcans, since it is forbidden to litter in the the Nature Park. Let us keep the Ljubljana Marshes clean.

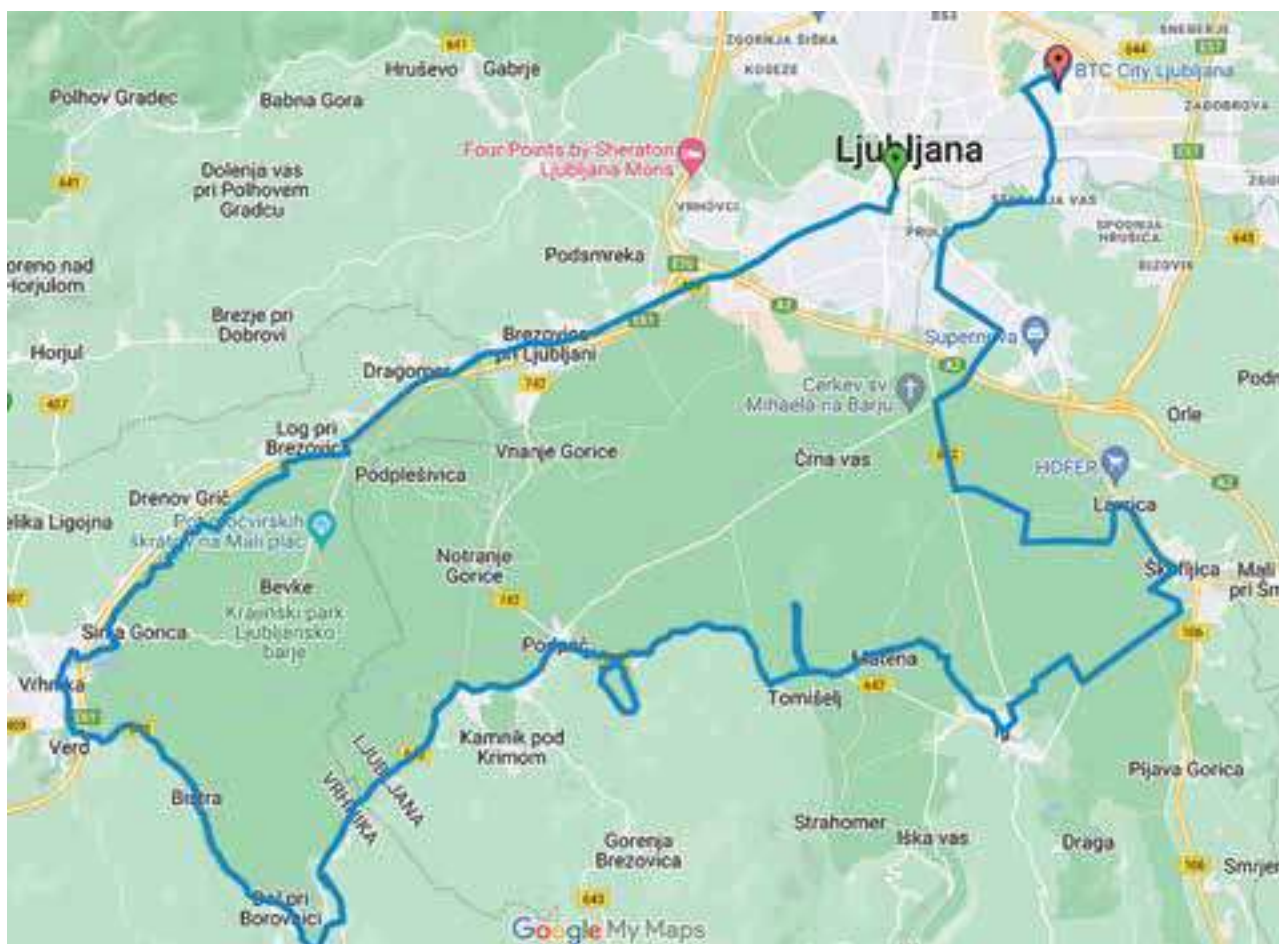
Every participant who is overtaken by the final safety car (the end of the mobile safety zone) should follow road and traffic regulations.





Shema trase • BARJANKA HERVIS MARATON 2024

Route layout • BARJANKA HERVIS MARATHON 2024





# MEDEX DRUŽINSKO ŠOLSKI MARATON

## MEDEX FAMILY SCHOOL MARATHON



📍 25 km

📅 8. junij 2024

🕒 16.00



<b>IME DIRKE:</b>	MEDEX DRUŽINSKO ŠOLSKI MARATON 2024
<b>DATUM:</b>	SOBOTA, 8. 6. 2024
<b>ŠTART:</b>	16.00
<b>ŠTARTNO MESTO:</b>	LJUBLJANA, BTC CITY
<b>CILJ:</b>	LJUBLJANA, BTC CITY do 18.30
<b>PROGA:</b>	BTC CITY - Šentjakob - Dragomelj - Pšata - Bišče - Selo pri Ihanu - Domžale (refreshments 15 min) - Dragomelj - Šentjakob - BTC CITY
<b>DOLŽINA:</b>	25 KM

## NAVODILA

Maraton se prične v soboto, 8. junija 2024 ob 16.00 v BTC City (Ljubljana). Pot vas vodi od BTC-ja čez Šentjakob do Dragomlja, kjer zavijemo desno na Pšato, skozi Bišče in Ihan v Domžale, kjer bo okrepčevalna postaja in obvezni petnajst minutni postanek. Od tu se skozi Dragomelj in Šentjakob vrnete v BTC City, kjer vas čakajo spominska kolajna, malica in pijača.

## OPIS POTEKA MARATONA

Družinsko šolski maraton za vsakogar je namenjen družinam z otroki, šolski mladini ter kolesarjem začetnikom. Proga je dolga 25 km in je popolnoma nezahtevna, brez vzponov. Poteka ob popolni zaporosti cest, tako da se lahko sproščeno podate na vožnjo po Ljubljani in okolici. V želji, da bi se vas udeležilo kar največ, štartnine ni. Ob tem vam bomo poklonili še okrepčilo ob progi ter malico in spominsko kolajno na cilju.

Družinsko - šolski maraton za vsakogar je tako prava promocija rekreacije in kolesarstva in je del posebnega projekta, namenjenenega učencem osnovnih šol. Temeljni cilj projekta je spodbujati otroke k vožnji s kolesom in aktivnemu preživljanju prostega časa s starši. Osrednji del projekta je udeležba vse družine na maratonu, ob tem pa prirejamo še prvenstvo ljubljanskih osnovnih šol v spretnostni vožnji in množičnosti udeležbe. Projekt je deležen tudi precejšnje medijske pozornosti, ki bo prispevala k ukvarjanju s športom, zlasti s kolesarstvom.

## MERJENJE ČASA

Na maratonu ni merjenja časa posameznikov.



<b>NAME OF THE RACE:</b>	MEDEX FAMILY & SCHOOL MARATHON 2024
<b>DATE:</b>	SATURDAY, 8 June, 2024
<b>START:</b>	16.00
<b>STARTING PLACE:</b>	LJUBLJANA, BTC CITY
<b>FINISH:</b>	LJUBLJANA, BTC CITY do 18.30
<b>ROUTE:</b>	BTC CITY - Šentjakob - Dragomelj - Pšata - Bišce - Selo pri Ihanu - Domžale (refreshments 15 min) - Dragomelj - Šentjakob - BTC CITY
<b>LENGTH:</b>	25 KM

## INSTRUCTIONS

The marathon is ridden in a closed fashion, with start in BTC City at 16:00. We will ride on Šmartinska street towards Šentjakob and Dragomelj. Then continue through Ihan to Domžale. There will be a refreshment point with an obligatory 15 minute pause. After that we will continue towards Dragomelj, Šentjakob and Sneberje where we join Šmartinska street again towards the finish in BTC City.

As Family and School Marathon is intended to promote the benefits of an active lifestyle and recreation with cycling as one of the best ways of doing it, there will be no starting fee. To further motivate all partakers, a medal and lunch will be presented to all finishers at the start/finish village. A special attention is given to organised groups of children from elementary schools. The largest group will receive an award.

## ROUTE DESCRIPTION

Family and School Marathon is an event, intended for families with children, for schools and entry level cyclists. The route is 25 km long and completely flat. As safety is of paramount importance, the roads will be completely closed for all traffic so you can enjoy a nice cycling excursion around Ljubljana with your children.

## TIMEKEEPING MEASUREMENT

There will be no timekeeping for individual participants at the marathon.



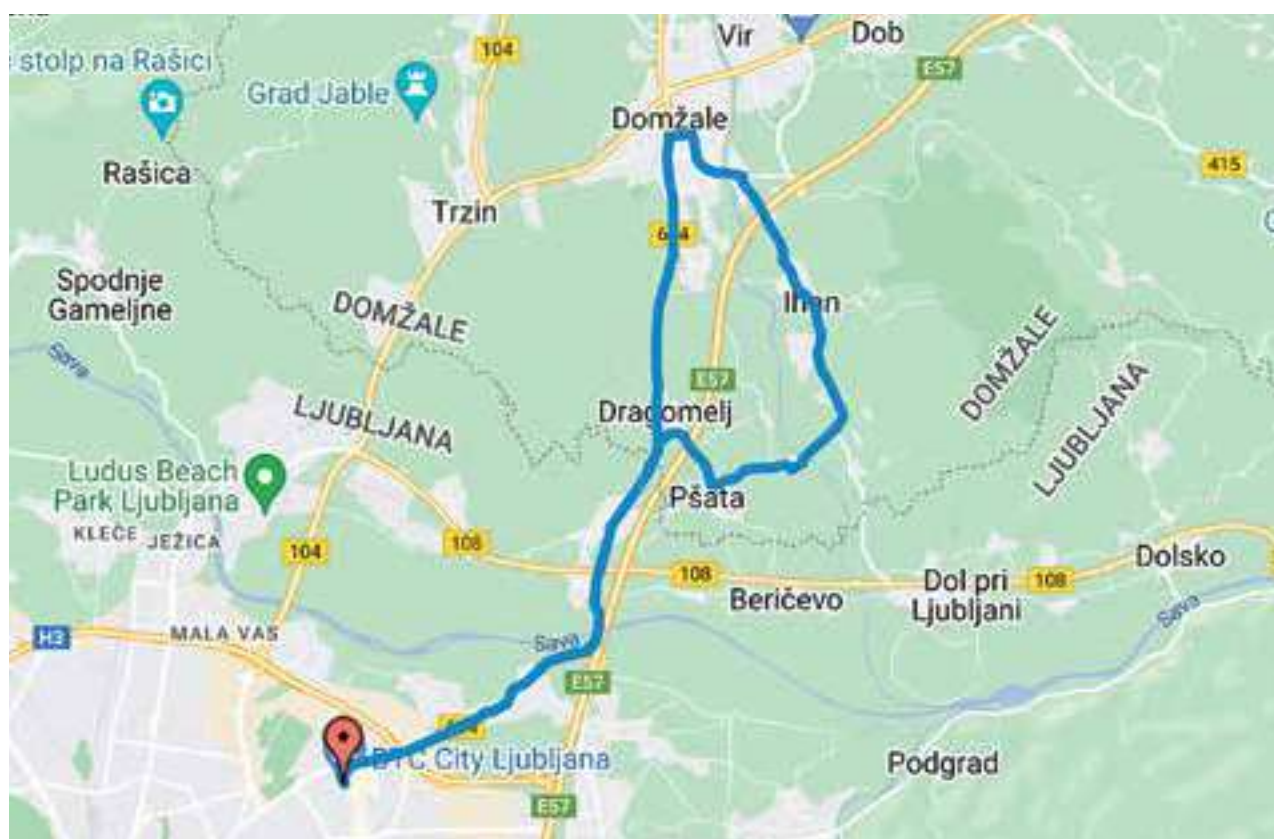
# ČASOVNICA

# TIMELINE

KRAJ TOWN		POVPREČNA HITROST	POVPREČNA HITROST	POVPREČNA HITROST	POVPREČNA HITROST
DRUŽINSKO MARATON	KM	AVERAGE SPEED	AVERAGE SPEED	AVERAGE SPEED	AVERAGE SPEED
FAMILY MARATHON		12 KM/H	15 KM/H	18 KM/H	21 KM/H
BTC City (štart)	0	16:00	16:00	16:00	16:00
Lovše	2.8	16:14	16:11	16:09	16:08
Nadvoz	3.9	16:19	16:16	16:13	16:11
Šentjakob	4.9	16:24	16:20	16:16	16:14
Podgorica	6.8	16:34	16:27	16:23	16:19
Dragomelj	8.6	16:43	16:34	16:29	16:24
Pšata	9.7	16:48	16:39	16:32	16:27
Bišče	10.8	16:54	16:43	16:36	16:31
Selo pri Ihanu	11.8	16:59	16:47	16:39	16:33
Ihan	13.2	17:06	16:53	16:44	16:37
Domžale (Miklošičeva)	15.4	17:17	17:02	16:51	16:44
+15min postanek	15.4	17:32	17:17	17:06	16:59
Dragomelj	18.3	17:47	17:28	17:16	17:07
Šentjakob	20.2	17:56	17:36	17:22	17:12
Sneberje	22.5	18:07	17:45	17:30	17:19
Nove Jarše	24.6	18:18	17:53	17:37	17:25
BTC City (cilj)	25.8	18:24	17:58	17:41	17:28

Schema trase • MEDEX DRUŽINSKO ŠOLSKI MARATON 2024

Route layout • MEDEX FAMILY & SCHOOL MARATHON 2024





# VZAJEMKOV OTROŠKI KOLESARSKI IZZIV

## VZAJEMKO TRIAL FOR KIDS





📍 1 km

📅 8. junij 2024

🕒 16.30



<b>IME DIRKE:</b>	VZAJEMKOV OTROŠKI KOLESARSKI IZZIV
<b>DATUM:</b>	SOBOTA, 8. 6. 2024
<b>ŠTART:</b>	16.30
<b>ŠTARTNO MESTO:</b>	BTC CITY
<b>CILJ:</b>	BTC CITY
<b>PROGA:</b>	KROŽNA VOŽNJA
<b>DOLŽINA:</b>	1 KM

## POSEBNA OPOZORILA IN POGOJI

- Zaščitna čelada je obvezna.
- Vozi se po cestno-prometnih predpisih.
- Vsi udeleženci maratona vozijo na lastno odgovornost; organizator ne odgovarja za morebitno povzročeno škodo povzročeno na materialih in ljudeh.
- S podpisano prijavnico udeleženec maratona potrdi, da je seznanjen s pogoji razpisa (objavljen je v biltenu maratona) in se z njimi strinja.

### Začetni paket

Organizator zagotavlja vsem udeležencem spominsko medaljo, napitek in malico na cilju.



<b>NAME OF THE RACE:</b>	VZAJEMKOV TRIAL FOR KIDS
<b>DATE:</b>	SATURDAY, 8 June, 2024
<b>START:</b>	16.30
<b>STARTING PLACE:</b>	BTC CITY
<b>FINISH:</b>	BTC CITY
<b>ROUTE:</b>	ROUND COURSE
<b>LENGTH:</b>	1 KM

## SPECIAL WARNINGS AND CONDITIONS

- Safety helmet is obligatory.
- You have to respect the road traffic regulations as well as traffic signalization and instructions of the signal men.
- All the participants in the marathon run on his own responsibility, the organizer is not responsible for any damage caused to materials and people.
- The signed application form marathon participant confirmed that he is familiar with terms and conditions (published in the Bulletin of the marathon) and agrees with them.

### Welcome package

Organizer provides all participants a commemorative medal, drinks and snacks at the finish.



**KRONOMETER LJ – DOMŽALE – LJ BY UNION RADLER ISOTONIC 0,0**  
**TIME TRIAL LJ – DOMŽALE – LJ BY UNION RADLER ISOTONIC 0,0**



 11 KM  
21,2 KM

 7. junij 2024

 16.00



<b>IME DIRKE:</b>	KRONOMETER
<b>DATUM:</b>	PETEK, 7. 6. 2024
<b>ŠTART:</b>	16.00
<b>ŠTARTNO MESTO:</b>	LJUBLJANA BTC CITY Ameriška avenija
<b>CILJ:</b>	LJUBLJANA BTC CITY Ameriška avenija
<b>PROGA:</b>	Ljubljana – Domžale – Ljubljana
<b>DOLŽINA:</b>	11 KM in 21,2 KM

## KRONOMETER ŠTEJE ZA ...

- Državno prvenstvo za rekreativne kategorije: Ženske A, B, C, D, Amater, Master A, B, C, D, E, F, G, H, I, J. Pravico do nastopa imajo izključno tekmovalci, ki so državljani Republike Slovenije z veljavno tekmovalno licenco za leto 2024.
- Kvalifikacijo za uvrstitev na finalno dirko svetovnega prvenstva v kronometru za rekreativne kolesarje UCI GRAN FONDO WORLD SERIES. Veljajo uradne UCI kategorije. Pravico do nastopa imajo vsi, ki plačajo startnino in imajo ustrezno rekreativno licenco.
- Kronometer za mlajše mladince/mladinke (11 km), starejše mladince/mladinke (21,2km).

razpisa v soglasju s sodniškim zborom. Vožnja v zavetrju je prepovedana.

### Startni intervali so:

- v razmaku 30 sekund za kategorije Amater, Master A, B, C, D, E, F, G, H, I, J ter Ženske A, B, C, D.
- v razmaku 1 minute za kategorije starejši mladinci in starejše mladinke.
- v razmaku 30 sekund za kategorije mlajši mladinci in mlajše mladinke (start iz Domžal).

## TEKMOVALNI PREDPISI

Tekmuje se po predpisih UCI in KZS ter po določilih tega razpisa. Organizator si pridržuje pravico spremembe tega

- Spremembe tekmovalcev na progi ni dovoljeno.
- OPREMA (cestno kolo, kolesa-obročniki, prenosi, dresi, čelade) mora biti v skladu s pravili UCI za leto 2024.
- OGREVANJE NA PROGI NI DOVOLJENO!!!



<b>NAME OF THE RACE:</b>	TIME TRIAL
<b>DATE:</b>	FRIDAY, 7 June, 2024
<b>START:</b>	16.00
<b>STARTING PLACE:</b>	LJUBLJANA BTC CITY Ameriška avenija
<b>FINISH:</b>	LJUBLJANA BTC CITY Ameriška avenija
<b>ROUTE:</b>	Ljubljana – Domžale – Ljubljana
<b>LENGTH:</b>	11 KM and 21,2 KM

## THE TIME TRIAL SHALL BE CONSIDERED

- National Amateur / Masters Championship in the following categories: women A, B, C, D, Amateur; Master A, B, C, D, E, F, G, H, I, J. The right to participate is reserved exclusively to competitors who are citizens of the Republic of Slovenia with a valid competition license for 2024.
- Qualifying for the final race of the UCI GRAN FONDO WORLD SERIES of the World Chronometer for Recreational Cyclists. Everyone who pays the entry fee and has an appropriate recreational license is entitled to appear.
- Time trial for U17 and WU17 (11 km) & U19 and WU19 (21,2 km).

## COMPETITION REGULATIONS

It competes according to the regulations of UCI and CCIS and according to the provisions of this call. The organiser

reserves the right to amend this call in agreement with the Judges' Assembly. Driving in the leeward is prohibited.

### The starting intervals are:

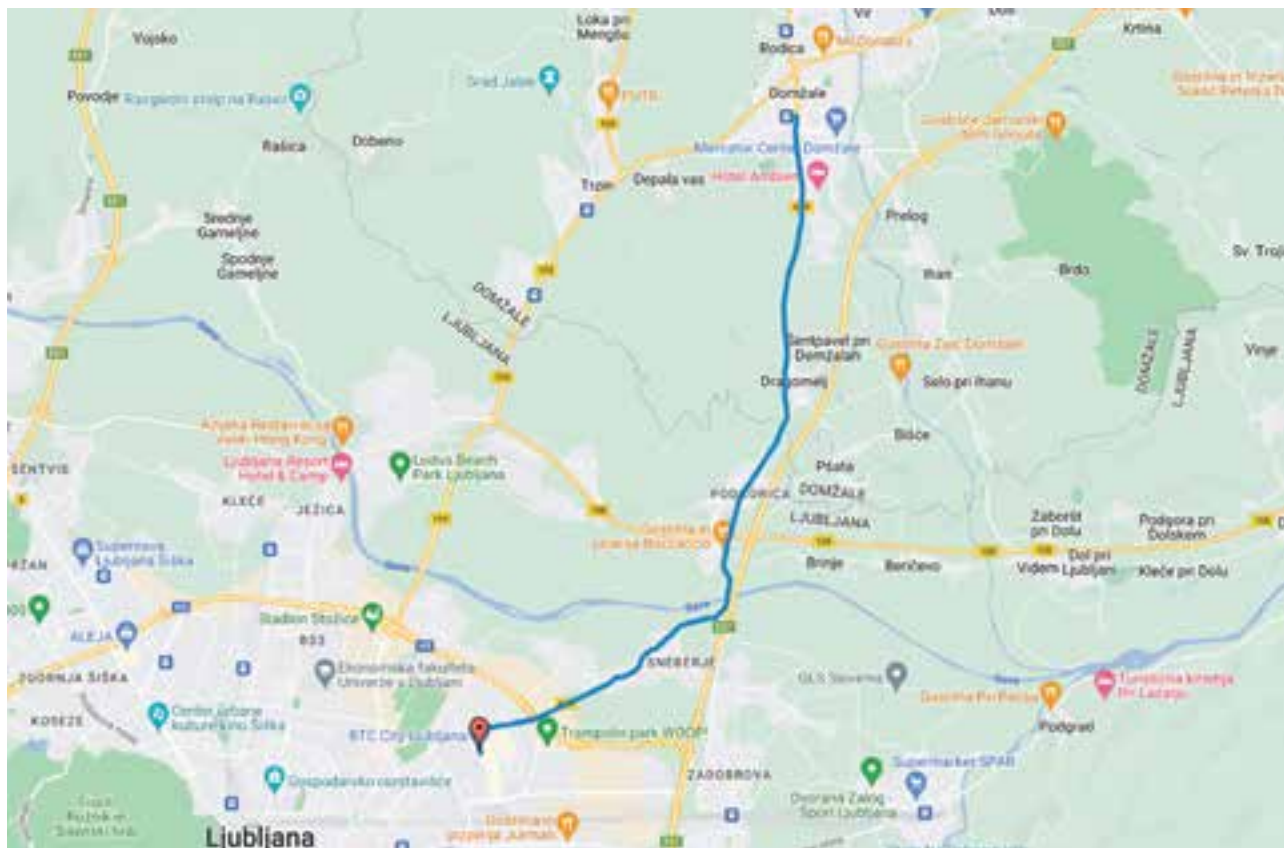
- 30 seconds apart for categories Amateur, Master A, B, C, D, E, F, G, H, I, J and Women A, B, C, D.
- 1 minute interval for the categories U19, WU19,
- 30 seconds interval for the categories U17, WU17 (start in Domžale).

- Escort of competitors on the route is not allowed.
- EQUIPMENT (road bike, wheels, transmissions, jerseys, helmets) must comply with the UCI rules for 2024.
- WARM UP IS NOT ALLOWED ON THE COURSE!!

N.V. ALT.	OBMOČJE AREA	GLAVNE ULICE IN KRAJI NA TRASI MAIN STREETS AND TOWNS ALONG THE ROUTE	POVPREČNA HITROST km/h AVERAGE SPEED km/h				
			RAZDALJA PREVOŽENIH COVERED	DISTANCE DO CILJA TO THE FINISH LINE	38	45	50
			ČASOVNICA TIMEFRAME				
290	Ljubljana	BTC City – Ameriška ulica	0,000	21,200	16.00	16.00	16.00
281	Šmartno	Šmartno – Šmartinska cesta	1,980	19,220	16.03	16.02	16.02
277		Avtocesta – Levo proti Šent-jakobu	3,800	17,400	16.06	16.05	16.04
282	Podgorica	Podgorica	5,300	15,900	16.08	16.07	16.06
287	Dragomelj	Dragomelj	6,600	14,600	16.10	16.08	16.07
290	Študa	Študa – Savska cesta	8,800	12,400	16.13	16.11	16.10
300	Domžale	Ljubljanska cesta	10,500	10,700	16.16	16.14	16.12
290	Študa	Študa – Savska cesta	12,200	9,000	16.19	16.16	16.14
287	Dragomelj	Dragomelj	14,400	6,800	16.22	16.19	16.17
282	Podgorica	Podgorica	15,700	5,500	16.24	16.20	16.18
277		Avtocesta – Desno proti Šmartnem	17,300	3,900	16.27	16.23	16.20
281	Šmartno	Šmartno – Šmartinska cesta	19,100	2,100	16.30	16.25	16.22
290	Ljubljana	BTC City – Ameriška ulica	21,200	0,000	16.33	16.28	16.25

Shema trase • KRONOMETER LJUBLJANA–DOMŽALE–LJUBLJANA 2024

Route layout • TIME TRIAL LJUBLJANA–DOMŽALE–LJUBLJANA 2024







## DOLŽINA PROGE

**11 km** – Za kategorije mlajše mladinke in mlajši mladinci

**21,2 km** – Za kategorije starejše mladinke in starejši mladinci ter vse rekreativne kategorije moški/ženske

## DOPING KONTROLA

Poslovna stavba PIRAMIDA, Šmartinska cesta 140 – 13. nadstropje

## NAGRADE

- za mlajše in starejše mladince in mladinke (po pravilniku KZS)
- za ostale kategorije za prve tri uvrščene v posamezni kategoriji.

Nagrajevanje bo za vse kategorije po koncu tekmovanj približno 30 min po prejetju uradnih rezultatov.

## TEHNIČNI SESTANEK

Tehnični sestanek vodij ekip bo 7. 6. 2024 ob 14.30 v pisarni dirke (avla Kristalne palače).

## STARTNA LISTA

Startna lista bo objavljena sproti na spletni strani organizatorja [www.franja.org](http://www.franja.org) in v pisarni dirke na dan dirke. Organizator ne odgovarja za škodo, ki jo povzročijo tekmovalci prireditve sebi, sotekmovalcu ali tretji osebi!

## DRUGE POMEMBNE INFORMACIJE

V času tekmovanja bo veljala popolna zapora prometa. Tekmovalci in spremstvo vozijo na lastno odgovornost. Organizator ne odgovarja za nastalo škodo, ki si jo tekmovalci in spremstvo povzročijo med seboj ali proti tretji osebi.

### Parkirni prostori klubskih vozil

Za kategorije starejši/ mlajši mladinci/ ke, na parkirišču v BTC City-ju.

### Pritožbe

Pri glavnem sodniku po pravilih sodniškega zbora. Rok za pritožbo je 5 min po objavi neuradnih rezultatov. Pritožbe morajo biti v pisni obliki. Oseba, ki se pritoži, mora imeti veljavno licenco KZS za leto 2024. Pri pritožbi se plača kavcija 25 €, ki se v primeru ugodne rešitve povrne.

## TEKMOVALNE KATEGORIJE

Kategorije za državno prvenstvo	UCI kategorije
Ženske B – 40-49 let	Moški / Ženske 19-34 let
Ženske C – 50-59 let	Moški / Ženske 35-39 let
Ženske D – nad 60 let	Moški / Ženske 40-44 let
Amaterji – 15-29 let	Moški / Ženske 45-49 let
Master A – 30-34 let	Moški / Ženske 50-54 let
Master B – 35-39 let	Moški / Ženske 55-59 let
Master C – 40-44 let	Moški / Ženske 60-64 let
Master D – 45-49 let	Moški / Ženske 65-69 let
Master E – 50-54 let	Moški / Ženske 70-74 let
Master F – 55-59 let	Moški / Ženske 75-79 let
Master G – 60-64 let	
Master H – 65-69 let	
Master I – 70-75 let	
Master J – nad 75 let	

## COURSE LENGTH

**11 km** – For the category WU17, U17

**21,2 km** – For categories WU19, U19 and all amateur our categories men/women

## DOPING CONTROL

PIRAMIDA office building, Šmartinska cesta 140 – 13<sup>th</sup> floor

## PRIZES

- for U17, WU17, U19, WU19 (according to the rules of the KZS).
- for the other categories for the first three placed in each category.

The prize ceremony for all categories after the end of the competitions will be about 30 minutes after receiving the official results.

## TECHNICAL MEETING

The technical meeting of the team leaders will take place on June 7, 2024 at 14.30 in the race office (lobby of the Crystal Palace).

## STARTING LIST

The starting list will be published on the website of the organizer, [www.franja.org](http://www.franja.org) and in the race office on race day. The organizer is not liable for damage caused by the event competitors to themselves, their teammate or a third party!

## OTHER RELEVANT INFORMATION

During the competition, there will be a complete closure of traffic. Competitors and escorts drive at their own risk. The organizer is not liable for any damage caused by the competitors and escorts to each other or against a third party.

### Parking spaces for club vehicles

For the categories Younger juniors, juniors, Pod 23 and Elite and Elite women (U17, WU17, U19, WU19, U23, WU23, E, WE) in the parking lot in BTC City.

### Appeal

To the main judge according to the rules of the Judge's Assembly. The deadline for appeal is 5 minutes after the publication of the unofficial results. Complaints must be in writing. The complainant must have a valid KZS license for 2024. A deposit of 25 € is paid in the appeal, which is refunded in case of a favorable solution.

## AGE CATEGORIES

Categories for national championship	UCI categories
Women A – under 39 years	Men / Women 19-34 years
Women B – 40-49 years	Men / Women 35-39 years
Women C – 50-59 years	Men / Women 40-44 years
Women D – above 60 year	Men / Women 45-49 years
Amateur – 15-29 years	Men / Women 50-54 years
Master A – 30-34 years	Men / Women 55-59 years
Master B – 35-39 years	Men / Women 60-64 years
Master C – 40-44 years	Men / Women 65-69 years
Master D – 45-49 years	Men / Women 70-74 years
Master E – 50-54 years	Men / Women 75-79 years
Master F – 55-59 years	
Master G – 60-64 years	
Master H – 65-69 years	
Master I – 70-75 years	
Master J – above 75 years	

# 10 ZLATIH PRAVIL ZA PREŽIVETJE MARATONA

## 1 NA PRIZORIŠČE PRIDITE PRAVOČASNO.

Vse prijavne formalnosti opravimo že vnaprej. Tako se bomo lažje osredotočili na vožnjo, ki je pred nami in pripravili vse potrebne pripomočke, ki nam utegnejo biti v pomoč na daljši vožnji. Sicer se nam lahko pripeti, da v naglici pozabimo veliko pomembnih stvari.

## 2 PREVERITE OPREMO.

Predvsem to velja za kolo, ki ga še pravočasno prepustite v roke serviserju, da preveri vitalne dele kolesa. Ne pozabite na rezervno zračnico! Na tako dolgo preizkušnjo kot je maraton, se ne podajte s kolesom, na katerega niste navajeni.

## 3 MED VOŽNJO NE POZABITE PRAVOČASNO PITI!

Na vožnjah, ki trajajo več kot eno uro, je priporočljivo piti elektrolitske napitke (izotonike). V toplem vremenu velja pravilo, da je potrebno na uro spiti od 500 do 600 ml napitkov. Čista voda je za dolgotrajne napore neprimerna, ker nima dovolj elektrolitov (soli), katere izgubljam s potenjem. Če ne prenašate izotonikov, si pomagajte tako, da na okrepih postajah zaužijete kako slano pecivo, kreker – zato so tam! Pri kolesarstvu je v vročem vremenu nevarnost dehidracije izredno velika, saj se pot zaradi gibanja zraka zelo hitro suši. Do sedaj je bila večina zdravstvenih težav na cilju povezanih z dehidracijo, izgubo soli in posledičnimi krči!

## 4 HRANA!

Najboljša izbira so ogljikovi hidrati. Na okrepih postajah jih boste našli v obliki piškotov in energetskih ploščic. Če boste čakali na lakoto, bo prepozno. Jesti je potrebno začeti že po prvi uri kolesarjenja. Najbolje se bo obneslo, če boste redno uživali manjše prigrizke.

## 5 MISLITE NA SOTRPINE ZA VAMI!

Postanke pri okrepih postajah je potrebno kolesarjem za nami vsekakor naznaniti, posebej če so hitrosti večje in se večina iz skupine ne namerava ustaviti. Če (na primer) pozno opazimo okrepih postajo in smo na drugi strani cestišča, nikakor ne smemo kar naenkrat zapeljati na nasprotno stran, saj bomo ogrozili sebe in še veliko drugih udeležencev. Najbolje je, da skupino spustimo naprej, počakamo na prazen prostor in šele nato zapeljemo čez cesto do okrepih postaje.

## ARRIVE EARLY!

To allow yourself enough time to get ready, arrive at the start early and try to register in advance to avoid crowds. This will allow you to focus on your ride and prepare all the essentials you need to take along on a longer cycling ride. Last minute haste will only cause nervousness and make you forget a thing or two you might need later on the road.

## CHECK YOUR GEAR!

It is essential that your bike be ready and checked at appropriate bike shop before you attempt a long ride such as marathon. Don't forget to bring a spare tube and never ride a long ride on a bike you aren't accustomed to.

## DON'T FORGET TO HYDRATE!

On longer rides it is advisable to drink electrolyte beverages (such as isotonic) regularly. On a warm day, we advise to drink between 500 to 600 ml of fluids. Try to avoid water as it lacks electrolytes that you inadvertently lose with sweat. While on the bike, air cools us down and makes sweat evaporate rapidly, so dehydration is very common. Majority of health-related problems on Marathon Franja through the years have been caused by inappropriate fluid and salt intake, resulting in cramps.

## FOOD!

As far as food goes, carbohydrates are the right choice. Chose between cookies or energy bars and gels supplied on refreshment points. Don't wait for hunger to strike as it will be too late. Best way to keep well fuelled is to eat small amounts at regular intervals. This way you will avoid the feeling of fullness that may cause an upset stomach and gastrointestinal troubles. For the same reason, don't overload your stomach with food.

## KEEP IN MIND YOU ARE NOT ALONE!

It is essential that we signal to others in the group when we decide to stop. Especially when the speed of the group is high and not everyone intends to stop for refreshment. There will be a notice-board well in advance of every refreshment stop, allowing you to place yourself on the outside of the group and prepare to stop. In case you miss the notice-board and are unprepared for a stop, try not to make any sudden position changes in the group. Such actions may jeopardize you and other riders in a group.



# TIPS TO SURVIVE A MARATHON

GORAŽD PENKO, ROBERT HAJDINJAK

## NE HITITE MIMO OKREPČEVALNIH POSTAJ!

Davek, ki ga boste plačali zaradi dehidracije in izpraznjenih energetskih zalog bo lahko velik. In prijetna izkušnja se bo sprevrgla v moro po kateri bo minilo še nekaj dni preden se boste sestavili.

## SPREMLJAJTE DOGAJANJE OKOLI SEBE!

Za množične prireditve v je pomembno predvsem, da imamo vseskozi dober pregled nad dogajanjem. To pomeni, da moramo stalno opazovati, kaj se dogaja nekaj deset pa tudi sto metrov pred nami. Pomembno je, da se za prostor v množici ne prerivamo brez potrebe, saj je proga dolga in bomo imeli dovolj časa, da bomo posameznika, ki nas morda ovira, na primernem kraju prehiteli.

## VEČER PRED MARATONOM NI PRAVI ČAS ZA PIKNIK!

Na energetske depoje zadnjih šest ur pred naporom vplivamo lahko le delno, zato je zelo pomemben obrok večer prej. Nepravilen obrok pred dirko lahko v vročem vremenu naredi veliko slabega. Jejmo predvsem hrano, bogato z ogljikovimi hidrati. Primerna večerja je na primer krožnik testenin ali riža s paradižnikovo omako, pečeno pusto meso z malo zelenjavne priloge ter sveža solata. Za sladico si privoščimo jabolčno pito ali kos sadja. Ne pozabimo na dovolj tekočine. Kako pivo sicer ni prepovedano, le pravo mero je potrebno imeti in ob njem popiti vsaj 2 dl vode, da se izniči diuretični učinek piva.

## RAZPOREDITE MOČ!

Velikokrat se v fazi adrenalinskega navdušenja, kolesarji že na začetku maratona zapodijo in s tem nevede močno načnejo glikogenske rezerve v mišicah. Maraton je dolga preizkušnja, zato velja tempo prilagoditi svojim sposobnostim in dolžini proge.

## SKRBITE ZA ČISTO OKOLJE

in ovitkov energetskih ploščic, gelov ter praznih bidonov in ostalih odpadkov ne mečite na cesto ali v naravo. Poleg tega je v prejšnjih letih na Franji kar nekaj kolesarjev padlo, ker jim je na ovinkih spodrsnilo na odvrženih ovitkih energetskih ploščic.

## DON'T RUSH PAST REFRESHMENT POINTS!

You might regret it later, when you "hit the wall" and your energy levels become undetectable.

## BE ALERT!

Observe your perimeter; see what is going on hundred meters in front of you, so you are prepared. Try not to force your way in a group, if it isn't safe. It is a long ride and surely you will get many chances to safely overtake slower cyclists that may be blocking you at the start. Special attention should be paid to drafting. Normally the distance between cyclists' wheels should be no more than 40 to 50 centimeters to be effective. Distance should be much longer in a large group ride, since there is enough draft anyways. It will also be much safer as you will have a broader view of your perimeter.

## PICNIC ON THE EVE OF A MARATHON IS A BAD IDEA!

It is important to top off your energy depots with the right food the day before the marathon. There is not much you can do in the last 6 hours before the race, so lunch and dinner the day before should be right. Try to eat carbohydrate rich foods, such as pasta, potatoes, rice and corn with some low fat meat. Dinner should consist of pasta or rice with tomato sauce, fresh salad and some grilled low fat red meat or poultry. Apple pie or fruits are recommended for dessert. Make sure you drink enough. And yes, one beer won't do too much harm. But try to drink an additional glass of water to antagonize diuretic effect of beer.

## SAVE YOUR ENERGY AND PLAN AHEAD!

We see it happen a lot: on the wings of adrenaline rush, majority starts riding at too fast of a pace, draining glycogen reserves. Marathon is a long ride on a rolling terrain and requires cyclist to think ahead and distribute force appropriately.

## RESPECT NATURE

and don't litter with energy bar packaging and water bottles along the route! Foil packaging can be dangerous to other cyclists as it is very slippery if ridden over.

# Hvala, ker kolesarite z nami

## Thank you for cycling with us



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ELES



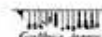
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Pekarne - keksarne  
ADAMIČ



KOLEKTOR



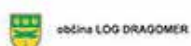
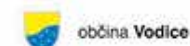
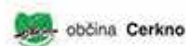
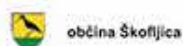
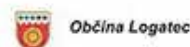
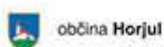
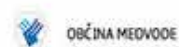
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ABSOLUTNO





Arhiv Maratona Franja BTC City

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**154** KM

**MARATON FRANJA BTC CITY**

**97** KM

**TRIGLAV MALI MARATON FRANJA**

**77** KM

**BARJANKA HERVIS**

**21** KM

**KRONOMETER LJ - DOMŽALE - LJ  
BY UNION RADLER ISOTONIC 0.0.% ALK.**

**25** KM

**MEDEX DRUŽINSKO ŠOLSKI MARATON**

**1** KM

**VZAJEMKOV OTROŠKI KOLESARSKI IZZIV**