

Grußwort von Gunn Rita Dahle Flesjå

MTB is something that most people can enjoy whatever age, with or without goals and on different level. "Bike The Rock" is a great event for everyone riding a bike, even for those who just like to enjoy the great atmosphere among enthusiastic MTB riders. I've been taking part in this exciting race many times and do hope that it can be a part of my racing schedule for many more years. The elite course is very challenging with a very long and steep climb all the way to the top, very short time for recovering before facing a demanding downhill all the way back to the start area. The organizer of this race has done a great job also to get the top of the list racers to come and race in Heubach. This together with activity for all other people besides the elite, makes the entire event outstanding. If you are looking for a day with lots of fun, excitement, new challenge and social time you would love to be a part of Bike the Rock.



Gunn-Rita Dahle Flesjå
Multivan Merida Biking Team

Olympiasiegerin 2004
Weltmeisterin Cross Country 2002, 2004, 2005
Weltmeisterin Marathon 2004, 2005
Europameisterin 2002, 2003, 2004, 2005