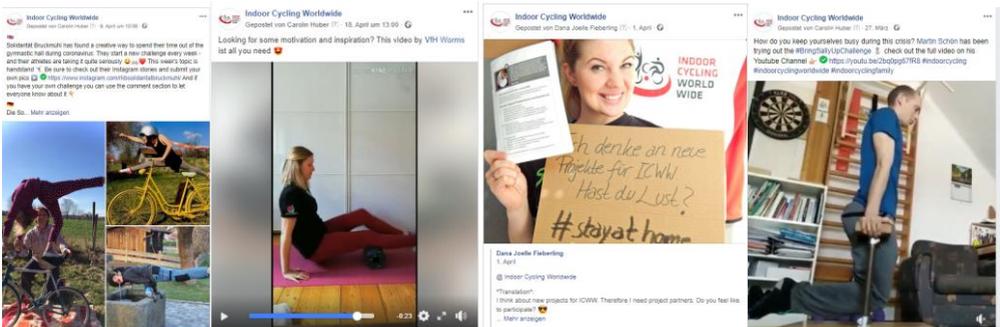


Dear ICWW Members,

On these pages we would like to inform you in a short format what is currently happening in Indoor Cycling Worldwide. Enjoy your read!

MEANWHILE ON SOCIAL MEDIA

We keep ourselves active and also creative during the Corona times. As **#hashtags** are the new trends, we used **#WirBleibenZuhause** to be part of the conjuncture. The RSV Bruckmühl and Martin Schön made other weekly challenges. Dana is looking for new project partners and the VfH Worms publish their video about how to work out under social distance times.



DONATIONS FOR RWANDA'S KIDS

Gymnastic shoes are very expensive for the families in Africa – as Dana found out after the interview with Jonathan Irakiza, Rwanda's trainer. This is how our idea of fundraising came out and was implemented incredibly quickly.

We are very thankful for the great commitment of many people and clubs who have tried to get so many gym shoes together in such a short time and today's circumstances.

The package is now ready to go and is now on the plane to Rwanda. We are really looking forward to the kids' reactions!

A big thank you goes to:

- Rolf Halter
- VfH Worms
- Radfahrerclub Wanderlust Okriftel
- Soli Waldbüttelbrunn
- RSV „Wittekind“ Herford e.V. (Nadine Richter)



Thanks a lot!

INTERNATIONAL COACH EDUCATION POSTPONED

After a long planning period, in November 2019 ICWW was able to invite to an International coach education with a training camp from June 10, 2020 to June 12, 2020. A very experienced and motivated trainers team accompanied the planning: Daniela Keller (SUI) and Kathrin Igel (GER). 23 participants from France, Macau, Peru, Austria, Switzerland and Germany have registered for the event at the sports school in Frankfurt am Main, which we, unfortunately, had to cancel due to the Corona crisis. But it's more a postponement than a cancellation: We are determined to regularly integrate the International coach education into the artistic cycling calendar. The search for a new appointment has already started. The international coach education with a training camp is aimed at artistic cycling trainers who want to expand their knowledge, at newcomers and at athletes who want to participate together with their trainer. The planned topics are: organization of training, methodical training structure, correct assistance, tips for successful training, regular knowledge for trainers and training units for athletes and trainers.

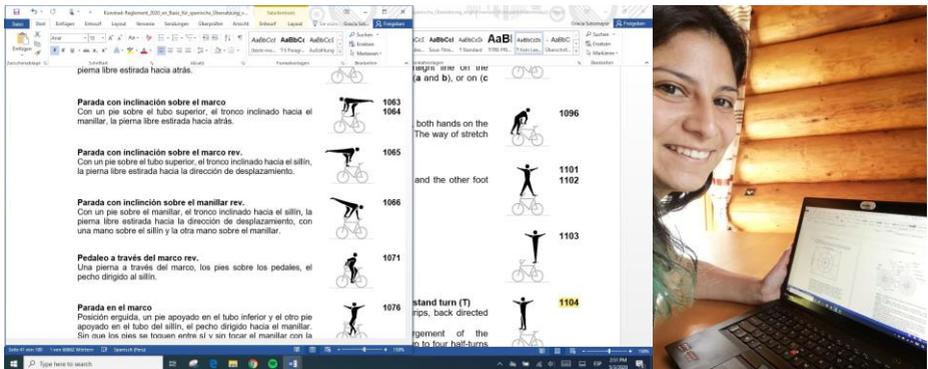
NEWS FROM OUR PARTNER COUNTRIES

We do not want to leave our partner countries alone in the crisis. For this reason, we asked our project partners what activities and measures the athletes and coaches are carrying out during the crisis. Unfortunately, it is the same in all countries. Access to the halls and sports facilities are blocked. So there is no bike training. From England, Marco Wagner reports that the athletes who are still training on converted mountain bikes do one or another training session at home. Marco has not confirmed our concern that there may be a slump in the activity after the crisis. So he only postponed his trip, which was planned at the beginning of the crisis. He keeps in touch via social media channels. The halls are also closed in Asia. The lack of information reduces our possibilities. Training in Hong Kong and Macau has been suspended since the beginning of January. There is also a ban on contact and the obligation to wear a mask. Accordingly, the athletes keep fit with endurance training and general strengthening. Everyone is waiting impatiently for the halls to reopen. Patrick Schwartz also reports France no new news, and Eastern Europe also had to stop all the trainings. Unfortunately there is no feedback from Malaysia and Japan. However, as can be seen from the media, the public facilities and the sports halls are also blocked there. We all hope to return soon, despite the restrictions.

SPANISH REGULATIONS IN PROGRESS

In the autumn edition 2019 of the ICWW member information we introduced Gracia Sotomayor. She comes from Peru, has lived near Worms since late summer 2019, learns German at various language schools, trains at VfH Worms and had already successfully completed her first participation in the individual women category. Gracia is continually building up her knowledge of artistic cycling to locate this sport in her home country. With Gracia's help, we want to establish contacts in Peru and other South American nations. In this context, Gracia has taken on the task of translating the cycling regulations into Spanish. This is not an everyday challenge when you are just getting to know a sport, speak rudimentary German and cannot precisely classify technical terms from the English regulations.

"Since the artistic cycling training at VfH Worms has been canceled, as everywhere, since the shutdown started and I cannot meet Gracia, we have used various video conferences," reports Stefan Born from VfH Worms. "I painted pictures and selected videos to clarify terms such as spinnings, turn on the spot and single rings for Gracia. We came across one or the other need for optimization in the English-language regulations. Claudia Bee has provided valuable support. Gracia is not quite there yet, but the Spanish Artistic cycling Regulations are already taking very concrete forms," says Stefan Born, and with him the ICWW board, about this valuable project work.



ARTISTIC CYCLING WORLD CUP

Hopefully, has the third season of the Artistic Cycling World Cup started. The series made its first stop in Austria. After two years, a calming performance has already started. With Sabine and Adriana Mathis, we also had international experts as partners. But the Corona pandemic also mapped out its shadow on the first round. The Hungarian athletes were advised not to travel abroad. Thus the field of participants shrank, forced masses to the lowest level so far. Nevertheless, we can look back on a successful event. At the time of the event in Koblach, we were still optimistic that the growing concerns would quickly evaporate and that a complete series would also take place this year.

Unfortunately, we all know the effects of private and sports life. In several discussions we decided together that the other two rounds in Komarno / Slovakia and Hong Kong / China will not be carried out. We all have accepted that decision. Both organizers have not resigned from the organization, but have agreed to participate in the new rounds that will take place in 2021. The

development of the event in Tailfingen is still to be seen. Since the corona measures have already eased and the effects of the virus on our lives are being pushed behind us, we want to wait for the summer before making a decision.



! ARTISTIC BIKES WANTED FOR SEATTLE !

In the eighties and nineties there were various World Championships participants from the USA in the individual male category. It was common that these cyclists were artists who wanted to learn artistic cycling for their own shows and who participated in one or another Indoor Cycling World Championships. Therefore, we were unable to take the path to competitive sport cycling in the USA. Now we are faced with the opportunity to establish an artistic cycling club in the USA for the first time.

Mick Holsbeke is an artist. He learned artistic cycling from Luc Tremblay at the circus school in Montreal. Now Mick wants to set up an artistic cycling group in his hometown Seattle on the American west coast. He got input and feedback from Rolf Halter and Stefan Born in various Skype conferences. A circus school in Seattle promised to hold a two-hour artistic cycling workshop on Sundays. He is aiming to work with a cycling club from Seattle. He wants to start with young people aged 15-20, whom he also wants to work as future trainers and mechanics. If he succeeds in establishing the project and spreading it over several shoulders, he wants to practice artistic cycling with children in phase 2. ICWW mechanic Hermann Schön wanted to prepare the first bicycles and bring them to Seattle before Covid19 stopped the project.

Mick has expressed a clear intention to implement his plans after Corona. "Postponed is not canceled," is the motto. In order to successfully push the Seattle project forward, we are urgently looking for well-preserved, used artistic cycling bicycles wheels in 24 "and 26".



ANNOUNCEMENT GENERAL MEETING

The general meeting of ICWW will take place on 29 November 2020 in Stuttgart in the context of the 2020 UCI Indoor Cycling World Championship.

The venue and time of the event are still to be published.