

## Gran Fondos 2019

# LIFE BEHIND BARS

"A Gran Fondo is a type of long-distance road cycling ride originating in Italy in 1970, and roughly translates into English as 'Big Ride'."

At the end of 2018 I sat myself some goals for the next year: Prepare for and actually running a marathon and also spent more time behind bars... That is, behind the handlebar of a bicycle.

I love Strava: For me it's the perfect mix of social media, sport and places to discover. It also helped with the training. So eventually, I decided to do a 5k virtual race, a 10k run and a "Gran fondo" each month in 2019.

Thanks to Strava Routes and the tracks of friends, I discovered so many places around my home, each one feeling a bit like holiday. I shared impressions of those rides on Strava and this little book contains those photos. I selected photos from each months Gran Fondo including a map.

Most of the assorted photos in the end are taken somewhere around Aachen, either in Germany, Belgium or the Netherlands.

2019 would not have been complete without the memories of my running competitions, so they are in here as well.

I hope you like it as much as I do.

# JANUARY

