



RIDER ROADBOOK

GRAN FONDO MARYLAND



Dear Rider

Welcome to the 2021 Gran Fondo Maryland! We are very happy to be back in Frederick, and so far this season we are breaking participation records and welcoming many new riders to our peloton.

In order to have a fun and memorable day in Frederick, MD, we all need to work together. We have taken unprecedented steps to ensure the health and safety of riders, staff, volunteers, and our host community. Out of respect for one another, and the local officials who are trusting us to put on a safe event, please be conscientious of others at the start area, aid stations, and finish area.

The timed-segment gran fondo format pioneered in the United States by Gran Fondo National Series is perfectly suited for communities like Frederick. Outside of timed segments, we ask you to follow traffic laws, watch out for each other, and exhibit grace and patience with drivers as we share these great roads.

The Colnago Gran Fondo National Series Team

Registration & Packet Pickup

Online & In Person Registration

Online registration will be open until 11:59 PM Eastern Time on Fri, September 17. In-person "standby" registration available during Saturday & Sunday pickup.

Packet Pickup - Friday, September 17

Riders may collect packets for additional riders with your ID, a copy of each rider's photo id and a statement of permission. A text/email with a photo of a rider's ID and statement works.

Spokes Etc. Arlington

[3924 Wilson Blvd, Arlington, VA 22203](#)

between 4:00 PM and 7:00 PM

Packet Pickup - Saturday, September 18

Riders may collect packets for additional riders (see above).

Ourisman Volvo of Frederick

[6001 Urbana Pike, Frederick, MD 21704](#)

between 10:00 AM and 12:00 PM

Monocacy Brewing

[1781 N. Market St. Frederick, MD 21701](#)

between 3:00 PM and 6:00 PM

Packet Pickup - Sunday, September 19

Riders picking up packets on Sunday morning should do so early. Riders may collect packets for additional riders (see above).

Start/Finish Area - Baker Park

[500 Fleming Ave, Frederick, MD 21701](#) between 6:00 AM - 7:15 AM

PARKING

Please follow direction and park responsibly in designated parking spaces. Most on street parking near Baker Park is unmetered, but we encourage you to ensure it's not a "resident only" location. Parking is also available at the high school. Do not park in regulated parking spots, you will get fined.



IN YOUR PACKET

In your packet you will find a bib number & safety pins, bike plate & zip ties, elevation/ race section profile top tube decal, and Gran Fondo National Series name decals (depending on registration date). Your bib number and bike plate will include your name if you registered early enough. Your packet will also contain products from our sponsors.



NOTE: example images from previous event

PREPARING TO RIDE

As you prepare for the Gran Fondo Maryland after picking up your packet, please abide by the following rules and recommendations:

- **Bib number is mandatory**, should be pinned to the back center of your jersey, and cannot be cut or folded.
- **Bike plate** is mandatory, mounted to the handlebar or head tube so course marshals and law enforcement can distinguish participants and for accurate photo identification. Bike plate can be cut to accommodate computer mounts.
- **Timing chip** (provided Sunday morning at start area) is required to be included in official results. For best accuracy, please wear timing chip on your ankle.
- **Elevation/race section and name decals** are provided for your convenience by our sponsor, [Hub Labels](#).

START AREA

All riders must be staged by 7:45 am for the start at 8:00am. All riders must cross the official start line. Though timing begins at the first timed segment, participation will be verified by chip read at the start. Starting without crossing the start line will result in disqualification. The start and finish lines of timed segments only cover the RIGHT SIDE of the road. If you are on the wrong side of the road when you pass the start or finish line of a timed segment, your time WILL NOT BE RECORDED.



SUPPORT



SAFETY

Ride with confidence on the marked and marshaled course, supported by law enforcement, safety motos and sag vehicles, as well as staffed feed stations.

MECHANICS ON COURSE

Professional mechanics will be out on course to provide mechanical assistance. Every participant is expected to be self-sufficient in the case of a puncture.

AID STATIONS

All foods will be provided in single-serve packages



WATER



SODA



HEED ENERGY DRINK



HAMMER GELS

BONK BREAKER
ENERGY BARS



SAVORY FOOD

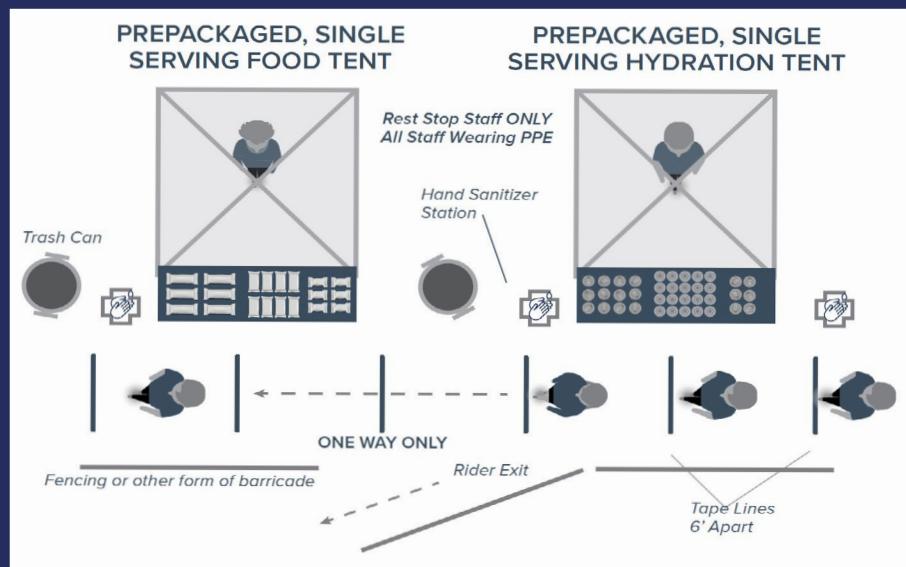
Potato Chips



SWEET FOOD

Bananas, Clementines, Fig Bars,
Cookies

Aid Station Procedure (or similar)



FINISH AREA

Upon reaching the finish line, riders will be directed into a one-way finishers' chute to return Timing Chip. Your food and drink tickets are attached to your bib number! Tickets can be redeemed for your choice of Jerk Chicken Thighs with Vegetable Rice Pilaf or Grilled Vegetable Rice Pilaf, from Brewers Alley. Riders with particular dietary needs should be prepared with own post-ride food options.



RESULTS & AWARDS

Real-time results for the Golden Gran Fondo will be posted to Golden Gran Fondo App by Ride with GPS, and [on our website](#).

Gran Fondo Maryland riders who finish in the TOP 3 in a competition category (overall male & female for Gran/Medio/Piccolo routes, age groups by course and sex) will be invited to the podium presentations. Gran Route age group winners will be awarded custom kits from DNA Cycling.

GRAN FONDO MARYLAND APP, powered by Ride with GPS

All of the information in the Rider Roadbook is available on the free Gran Fondo Maryland App, powered by Ride with GPS. From the Ride with GPS app on your phone, select "Open Shortcut" and scan the QR code or enter the code **MARYLAND2021**.



PRIZE RAFFLE

Any rider who completes any 2021 Gran Fondo National Series event format on the scheduled weekend will be eligible for the raffle. Raffle winners must be present to win.

RAFFLE

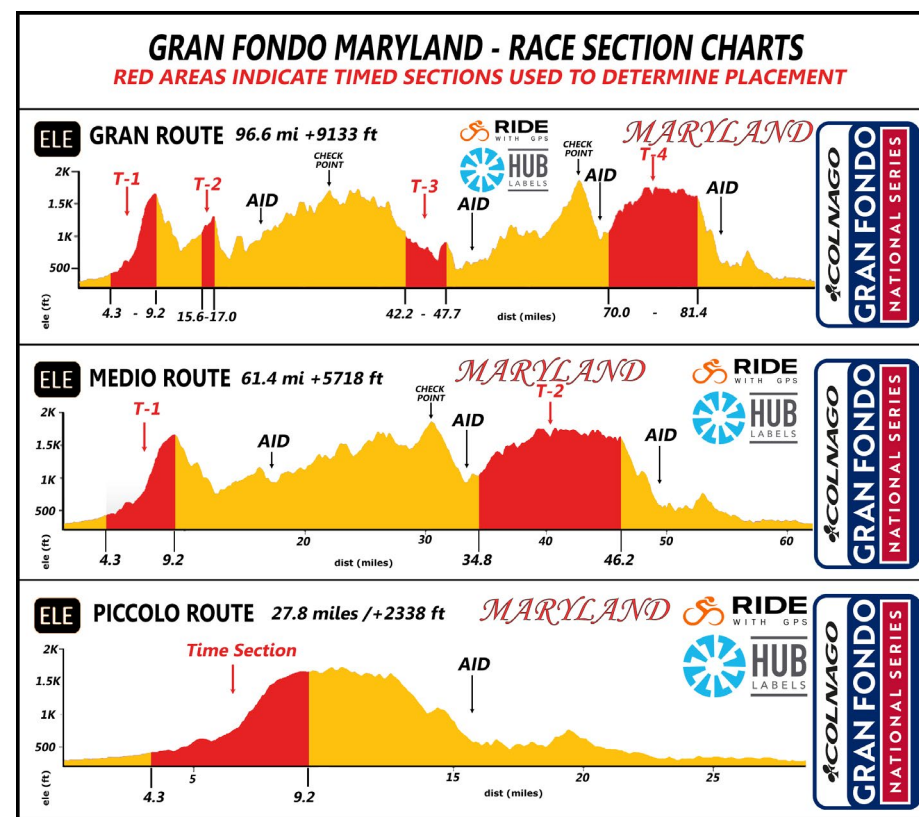
Great prizes from our sponsors such as:

- [Hyperice Hypervolt and Hypersphere](#)
 - 4-night Stay at [Garda Bike Hotel](#) in Italy
 - [Wahoo smart trainer](#)
 - [Lazer Sphere Mips helmet](#)
 - [Industry Nine hubset](#)
 - [Cane Creek brakes and seat post](#)
 - [Bike Flights travel voucher](#)
 - [Shimano products](#)
 - [ENO hammock](#)
 - [Shott Performance coaching packages](#)
 - [Jittery Joe's Coffee](#)
 - [UNDRBUDR anti-chafe cream](#)
- (List subject to change)

Follow us on Social Media #gfondonatseries



PROFILES & TIMED SEGMENTS



Downloadable Course Maps

- [97 Mile Gran Route](#)
- [61 Mile Medio Route](#)
- [28 Mile Piccolo Route](#)

Timed Segment Maps and Profiles

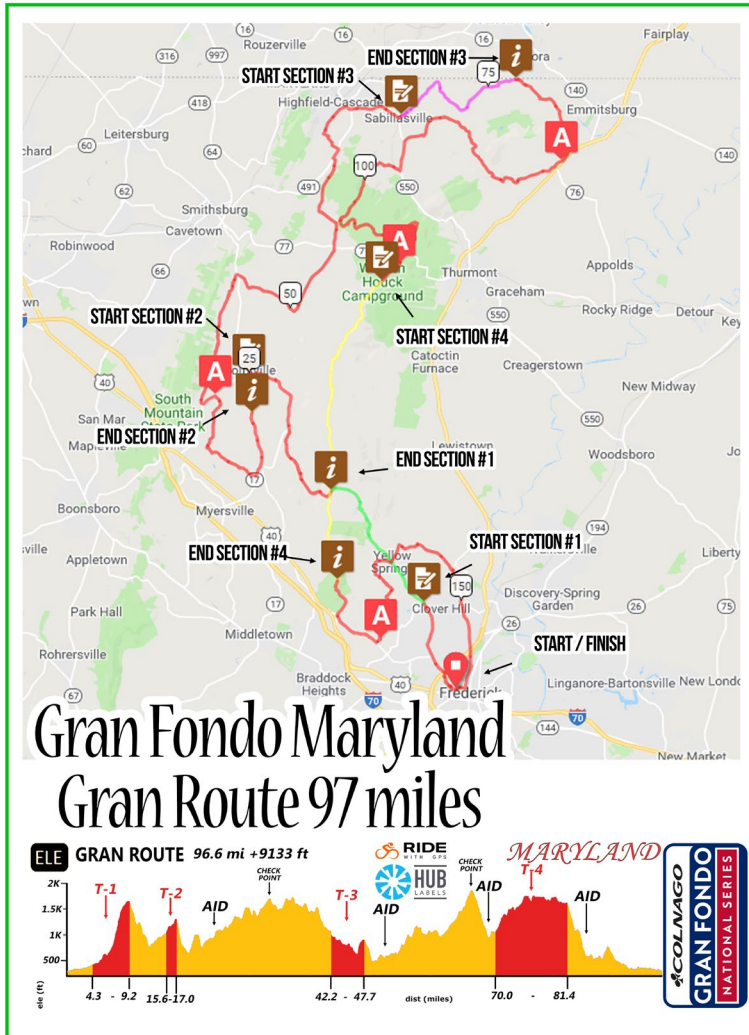
- [Time Section #1 \(all riders\)](#)
- [Time Section #2 \(Gran only\)](#)
- [Time Section #3 \(Gran only\)](#)
- [Time Section #4 \(Medio and Gran only\)](#)

About Timed Segment Competitions

This is not a start-to-finish race. Your overall time from start to finish does not matter for this competition. Your overall, age group, and gender rankings are determined by your combined time for all timed segments on the route you choose.

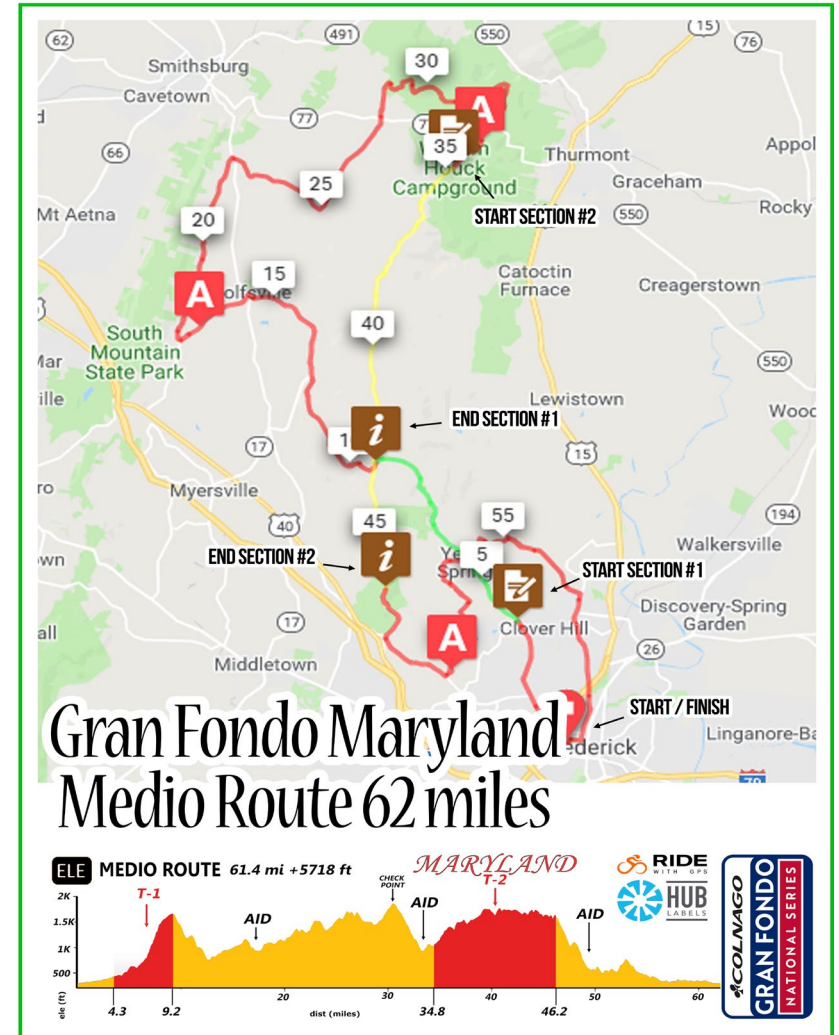
Gran Route

Start: 8:00 am
Distance: 97 Miles
Elevation Gain: 9133 Feet
Timed Segments: 4
Aid Stations: 4 (Mile 23, Mile 52, Mile 70, Mile 85)



Medio Route

Start: 8:00 am
Distance: 61 Miles
Elevation Gain: 5718 Feet
Timed Segments: 2
Aid Stations: 3 (Mile 17, Mile 34, Mile 50)



Piccolo Route

Start: 8:00 am

Distance: 28 Miles

Elevation Gain: 2338 Feet

Timed Segments: 1

Aid Stations: 1 (Mile 16)



CALENDAR

OWNED EVENTS

GRAN FONDO FLORIDA	MARCH 21, 2021	SAN ANTONIO, FL
TTI TOUR OF GEORGIA GRAN FONDO	APRIL 18, 2021	HELEN, GA
HIGHLANDS GRAN FONDO	JUNE 6, 2021	BUTLER, NJ
GRAN FONDO ASHEVILLE*	JULY 18, 2021	ASHEVILLE, NC
BOONE GRAN FONDO	AUGUST 1, 2021	BOONE, NC
GOLDEN GRAN FONDO	AUGUST 29, 2021	GOLDEN, CO
GRAN FONDO MARYLAND	SEPT 19, 2021	FREDERICK, MD
JENSIE SOLO FONDO	SEPT 1-30, 2021	MARIN COUNTY, CA

* 2021 USA CYCLING GRAN FONDO NATIONAL CHAMPIONSHIP EVENT

PARTNER EVENTS

MALIBU GRAN FONDO	APRIL 10, 2021	WESTLAKE VILLAGE, CA
CHEAHA CHALLENGE	MAY 15-16, 2021	JACKSONVILLE, AL
CACHE GRAN FONDO	JULY 9-10, 2021	LOGAN, UT
BOB COOK MT. EVANS HILL CLIMB	JULY 24, 2021	IDAHO SPRINGS, CO
TRIPLE BYPASS GRAN FONDO	AUGUST 21, 2021	EVERGREEN TO VAIL, CO
VIRGINIA'S BLUE RIDGE GF	OCT 10, 2021	FINCASTLE, VA

Partners

Local Partners



Series Partners



