



RIDER ROADBOOK

GRAN FONDO FLORIDA



A cyclist wearing a blue and white USA-themed jersey with stars and stripes, a white helmet, and blue sunglasses is riding a road bike. The cyclist is leaning forward in a racing posture. The background is a blurred green field. The text is overlaid on the left side of the image.

Dear Rider

Welcome to the 2024 Gran Fondo Florida! We are very happy to be back in Dade City with the ongoing support from Dade City Brewhouse. This is going to be a big year for the SUAREZ Gran Fondo National Series! In addition to hosting the USA Cycling Gran Fondo National Championships later this year at Gran Fondo Maryland, our National Championships event has been designated as a qualifier event for the 2025 UCI Gran Fondo World Championships. That means Gran Fondo Florida can be a step on your pathway to competing at Nationals and World Championships!

Thank you for your support of this great event. The timed-segment gran fondo format pioneered in the United States by Gran Fondo National Series is perfectly suited for communities like Dade City and Pasco County. 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 SUAREZ Gran Fondo
National Series Team

Registration & Packet Pickup

Online & In Person Registration

Online registration will be open until 1:00 PM Eastern Time on Saturday, March 16. In-person registration available during Saturday & Sunday pickup.

Packet Pickup & Cycling Expo - Saturday, March 16

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. Be sure to visit the Cycling Expo and walk over to Dade City Brewhouse.

Church Avenue between 8th and 10th Streets

[Google Map](#)

between 2:00 PM and 5:00 PM



Packet Pickup - Sunday, March 17

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

Dade City, FL - [Dade City Brewhouse](#)

[14323 7th St, Dade City, FL 33523](#)

between 6:00 AM and 10:00 PM

EVENT PARKING

Please follow direction and park responsibly in designated parking areas. There is plenty of free parking at the Courthouse at [38053 Live Oak Ave, Dade City, FL 33523](https://www.dade.gov/38053LiveOakAveDadeCityFL33523). Note: Due to nearby highway construction, expect high traffic volume between the Courthouse parking area and the Start/Finish. This will not affect the start/finish area or the courses.



IN YOUR PACKET

In your packet you will find a bib number & safety pins, bike plate & zip ties, and an elevation/race section profile top tube decal. 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 Gran Fondo Florida and 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 so course marshals and law enforcement can distinguish participants. Bike plate should be in front of cables and unobstructed. If you want to find your event photos make sure your helmet sticker and bike plate are completely visible and unobstructed.
- **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

Riders will stage by start wave, starting at 7:45AM. Following the singing of the National Anthem, the first wave will roll out at 8:00AM, followed by subsequent waves every 5 minutes. All riders must cross the official start line. **All riders must start with assigned wave.** 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 feed stations staffed through local youth police program.



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

For food items, single-serve packages will be available.



WATER



SODA



HEED ENERGY DRINK



HAMMER GELS
HAMMER BARS



SAVOURY FOOD
Potato Chips



SWEET FOOD
Bananas, Clementines, Fig Bars,
Cookies



FINISH AREA

FINISH CHUTE

Upon reaching the finish line, riders will be directed into a one-way finishers' chute to return Timing Chip. Your meal and beverage tickets are attached to your bib number. Redeem tickets for a complimentary meal and beverage. Riders with particular dietary needs should be prepared with own post-ride food options.



EVENT APP, powered by Ride with GPS

All of the information in the Rider Roadbook is available on the free Gran Fondo Florida 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 **FLORIDA2024**.



SYNCING ROUTES TO YOUR DEVICES

Ride with GPS routes will sync wirelessly to your Garmin and Wahoo devices. Garmin Edge users can simply pin routes on the web or in the mobile app to sync to the Garmin Connect companion app. Doing so will sync your event routes to your connected Edge devices. Wahoo users will also sync by pinning routes within your account on the web or in the mobile app. Routes pinned in your Ride with GPS account will appear under Starred Routes on your Wahoo device.

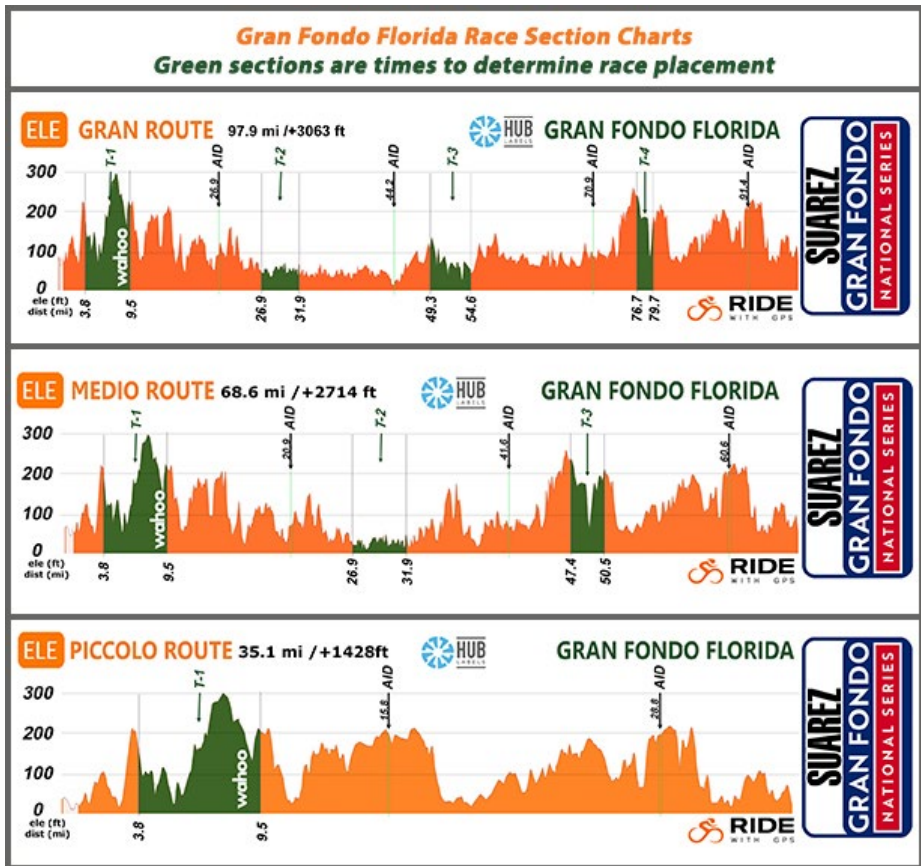
[Sync Your Wahoo Device](#)

[Sync Your Garmin Device](#)

Follow us on Social Media #gfondonatseries



PROFILES & TIMED SEGMENTS



Downloadable Course Maps

[Gran loop, 100 miles](#)

[Medio loop 68 miles](#)

[Piccolo loop, 35 miles](#)

Timed Segment Maps and Profiles

[Time Section #1 \(All riders\)](#)

[Time Section #2 \(Gran and Medio riders\)](#)

[Time Section #3 \(Gran riders\)](#)

[Time Section #4 \(Gran and Medio riders\)](#)

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

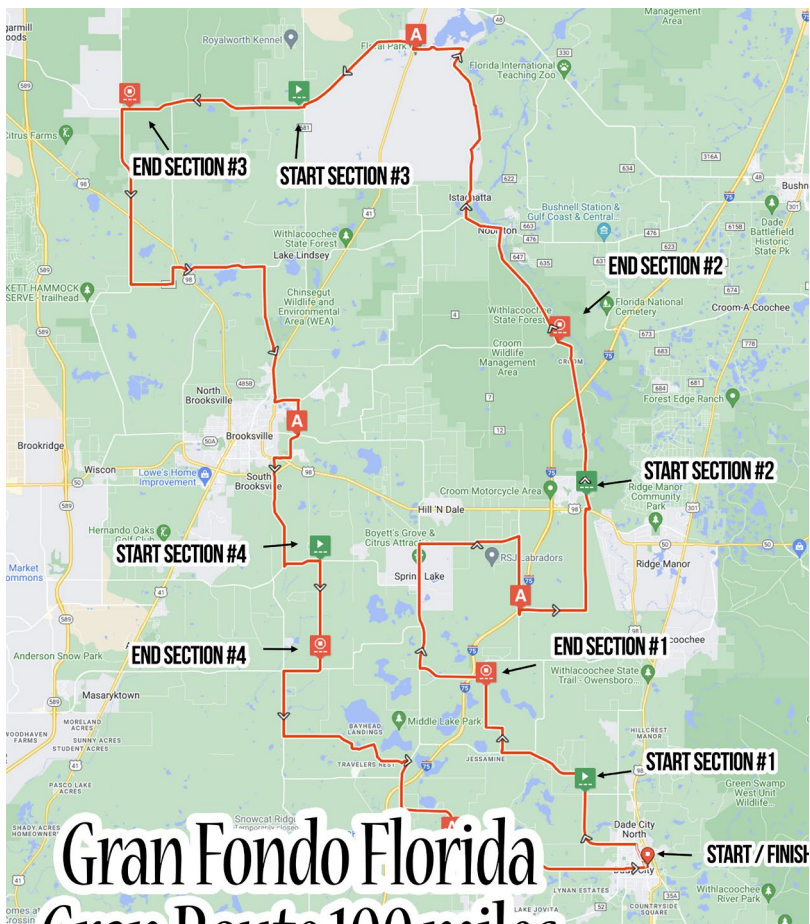
Start Waves: 8:00 am - 8:55 am

Distance: 100 Miles

Elevation Gain: 3100 Feet

Timed Segments: 4

Aid Stations: 4 (Mile 27, Mile 44, Mile 71, Mile 91)



Medio Route

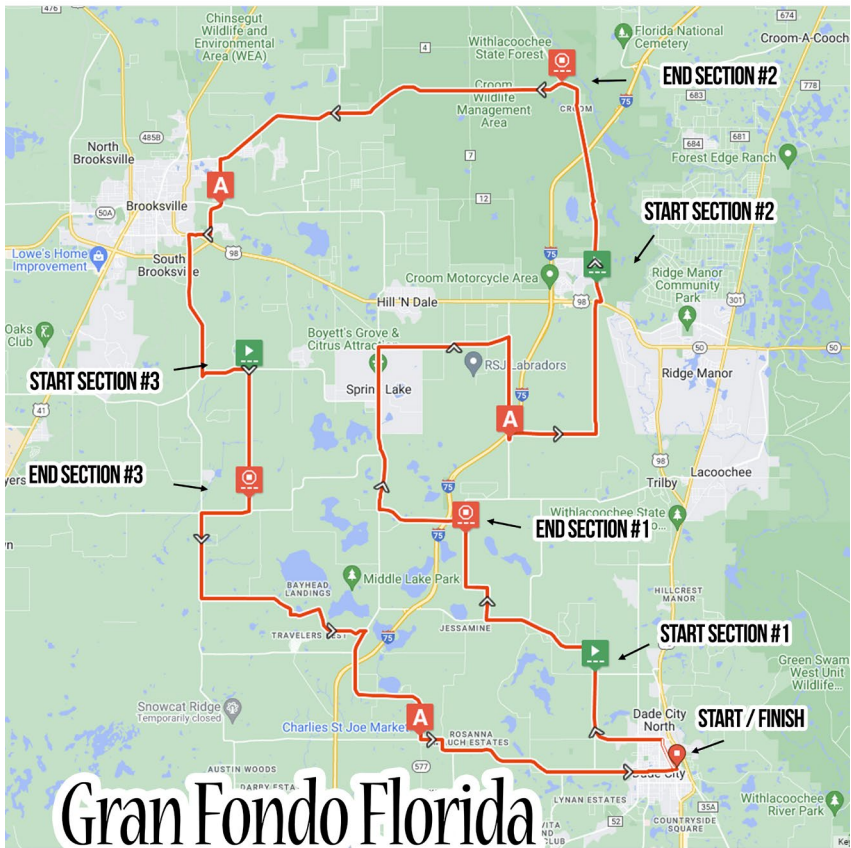
Start Waves: 9:00 am - 9:55 am

Distance: 68 Miles

Elevation Gain: 2200 Feet

Timed Segments: 3

Aid Stations: 3 (Mile 21, Mile 41, Mile 61)



Gran Fondo Florida Medio Route 60 miles

Piccolo Route

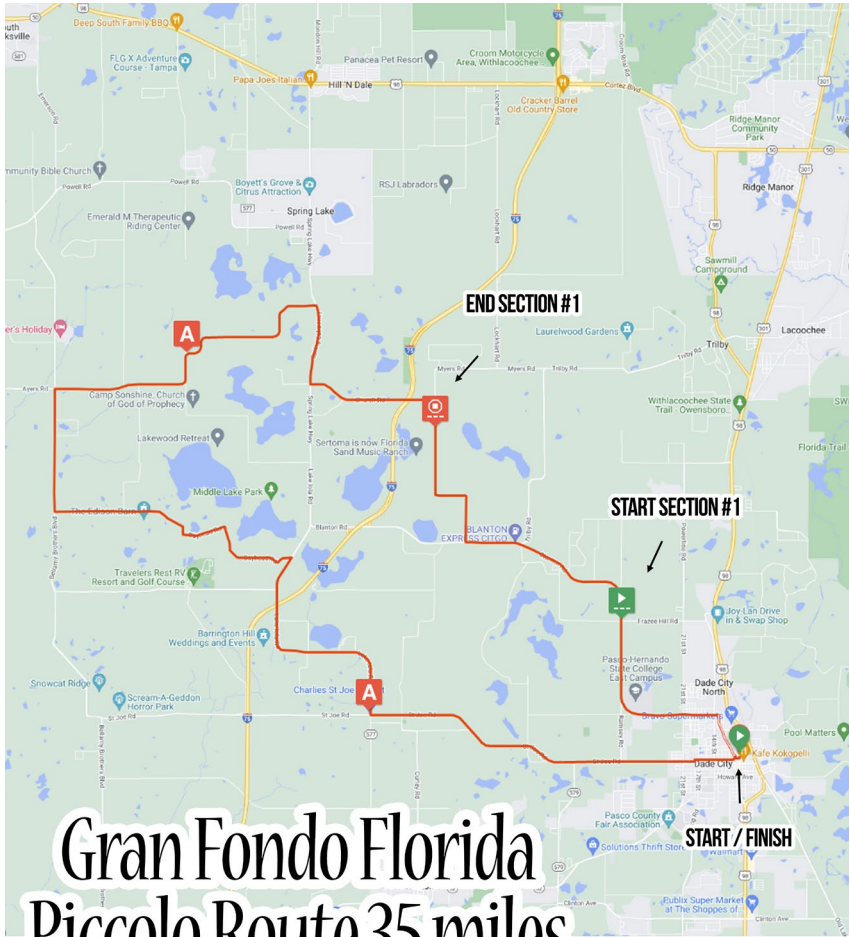
Start Waves: 10:00 am - 10:30 am

Distance: 35 Miles

Elevation Gain: 1430 Feet

Timed Segments: 1

Aid Stations: 2 (Mile 16, Mile 28)



Gran Fondo Florida
Piccolo Route 35 miles

RESULTS & AWARDS

Real-time results for Gran Fondo Florida will be posted [on our website](#).

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

Wahoo Mid-Pack Attack Prize: The rider with the median time in the timed segment all riders complete (Time Section #1 for all riders) will win a [Wahoo ELEMNT ROAM](#).

Podium Prizes: Age-group winners will receive a bottle of Monari Federzoni "Passion of Family" premium balsamic vinegar!



PRIZE RAFFLE

Any rider who participates in 2024 SUAREZ Gran Fondo National Series events 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:

4-night Stay at [Garda Bike Hotel](#) in Italy

[Wahoo KICKR smart trainer](#)

[inGAMBA promotional items](#)

[Lazer helmet](#)

[Industry Nine wheelset](#)

[Cane Creek components](#)

[Swiftwick socks](#)

[Bike Flights travel voucher](#)

[Shimano products](#)

[CTS Trainright Membership](#)

[Jittery Joe's Coffee](#)

[UNDRBUDR anti-chafe cream](#)

[Ride with GPS Premium Membership](#)

(List subject to change)

Gran Fondo Florida Jersey



New for 2024, our partners at SUAREZ designed a special jersey just for Gran Fondo Florida riders! These jerseys were included with registration for athletes who registered at least 26 days before the event. A limited number of jerseys will be available for size exchanges and for sale in the Gran Fondo National Series Tent.

Gran Fondo National Series Jersey



Cycling kits available from SUAREZ

Roll into your 2024 season with a bold new Gran Fondo National Series jersey from SUAREZ. Available online and on-site at the event for just \$75, this top-quality jersey is the best value you'll find in cycling apparel all year!

Matching bib shorts are available too!

CALENDAR

OWNED EVENTS

GRAN FONDO FLORIDA	MARCH 17, 2024	DADE CITY, FL
TOUR OF GEORGIA GRAN FONDO	APRIL 21, 2024	HELEN, GA
HIGHLANDS GRAN FONDO	JUNE 2, 2024	BUTLER, NJ
GRAN FONDO ASHEVILLE, P/B APPLEWOOD MANOR	JULY 14, 2024	ASHEVILLE, NC
BOONE GRAN FONDO	AUGUST 4, 2024	BOONE, NC
GRAN FONDO MARYLAND* P/B OURISMAN AUTOMOTIVE	SEPT 15, 2024	FREDERICK, MD

* 2024 USA CYCLING GRAN FONDO NATIONAL CHAMPIONSHIP EVENT AND QUALIFIER
EVENT FOR 2025 UCI GRAN FONDO WORLD CHAMPIONSHIPS

PARTNER EVENTS

CHEAHA CHALLENGE	MAY 18-19, 2024	JACKSONVILLE, AL
VERMONT GRAN FONDO	JUNE 29, 2024	BRISTOL, VT
BOGUS BASIN HILL CLIMB	JUNE 30, 2024	BOISE, ID
CACHE GRAN FONDO	JULY 13, 2024	LOGAN, UT
719 RIDE	JULY 20, 2024	COLORADO SPRINGS, CO
ALPINE LOOP GRAN FONDO	OCT 6, 2024	HARRISONBURG, VA
VIRGINIA'S BLUE RIDGE GF	OCT 13, 2024	FINCASTLE, VA

Partners

SUAREZ



wahoo



GARDA BIKE HOTEL

LAZER

SHIMANO

swiftwick.



UNDRBUR™



wahoo X



BMC



