



E-FONDO SERIES

Rider Guide

LET'S TAKE THIS INSIDE

**Innovative eSports format,
same great Gran Fondo
experience.**

The first eSports cycling competition to feature timed segments, the series leverages the Zwift's proven e-sports platform recreate SUAREZ Gran Fondo National Series' timed-segment competition format in a virtual environment.



GETTING SET UP

New to Zwift?

Not set up on Zwift yet? You will need to register for a Zwift account and download the app.

[Learn how to get started with Zwift.](#)

GETTING SET UP

Registering for Events

Step one

Download, install, and sign up for a Zwift account. Apps are available for Apple TV, Mac OS, Windows Store (PC). Go to zwiftpower.com to register a separate account for your results.

Step two

Register for E-Fondo Series on the [Gran Fondo National Series website](#). Use an email address you frequently view so you can keep up to date on upcoming events.

Step three

Select your chosen event(s) and from the schedule on the [Gran Fondo National Series website](#) or in the Zwift app.

GETTING SET UP

On the day

Now that you have the app and registered on the Series website, you are ready to take part in your first event.

Log-in

Launch the Zwift app and log-in. Make sure you also have a Zwiftpower.com account, as this is essential for recording your event results.

Connect

Pair your devices:

- Launch app
- Pair Devices: Power meters, direct drive trainers, HR monitors, and cadence sensors transfer your efforts into the world of Zwift. While the pairing process is pretty straightforward — [this article](#) can help you out if you get stuck.

Join

You can find E-Fondo events online by logging in to your account online and visiting <https://www.zwift.com/events/tag/granfondo>. Click on the + symbol to join the event of your choice.

You may also choose to select an event from the public calendar on the website or the app.

We recommend that you join the event at least ten minutes before the start

Start pen

Start pens will open 30 minutes before events start. You will join the start pen of your event automatically once you click 'Join', keep turning your pedals when in the pen

Results

Final event results will combine points earned from segments, KOMs, and standings at the finish line. Highest points total wins. Results will be published on Zwiftpower.com.

Pre-ride checklist

At least 30 minutes before the event starts, it's a good idea to ensure your equipment is ready to go. Check the following points to make sure the race goes smoothly

Internet connection

Check your internet connection and make sure it's strong

Battery levels

Check all your devices are fully charged or plugged in

Updates

Make sure the Zwift app, your trainer, and anything else you are using is running the most up-to date version

All in reach

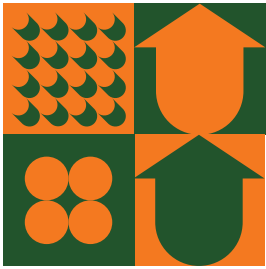
Put anything you may need during the ride easily within your reach, these could be extra bottles, a towel, your phone and importantly a fan

Equipment check

Double check you've paired all of your devices to Zwift, you can find information on how to pair these devices provided by [Zwift Support](#).

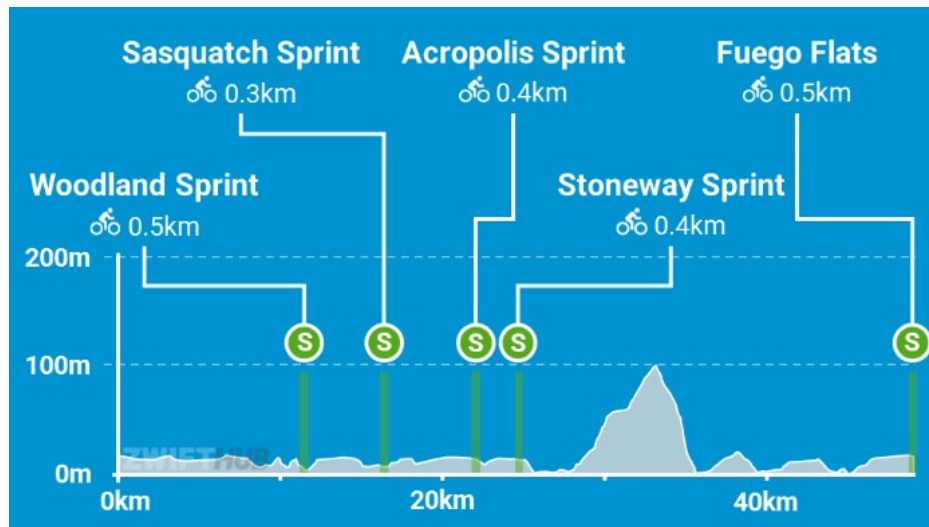
**LET NOTHING
STOP THE RACE**

ROAD BOOK
EVENTS



E-FONDO FLORIDA **SUN 7 JAN**

UK TIME ZONE (GMT)	EAST COAST US (GMT -5)	CENTRAL US (GMT -6)	MOUNTAIN US (GMT -7)	PACIFIC US (GMT -8)
2:00 PM	9:00 AM	8:00 AM	7:00 AM	6:00 AM

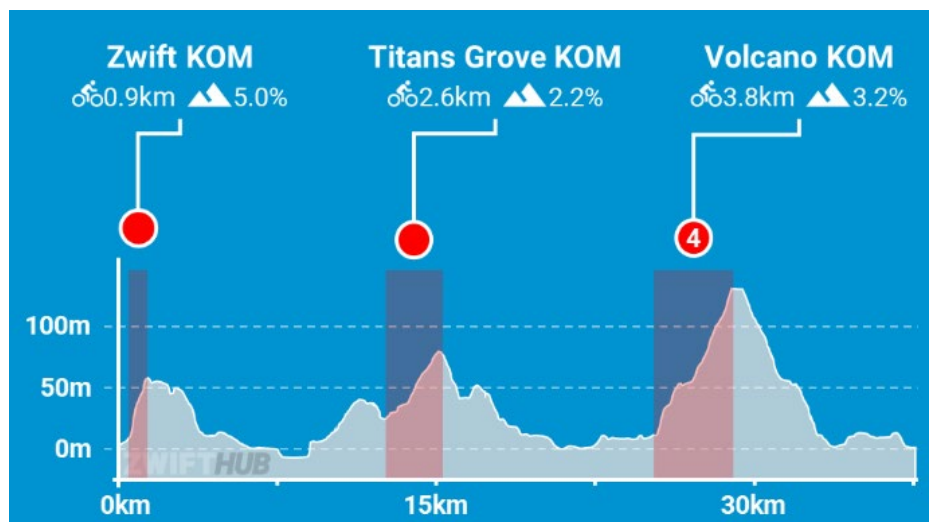


ROUTE: "THE BIG RING"



TOUR OF GEORGIA E-FONDO **SUN 14 JAN**

UK TIME ZONE (GMT)	EAST COAST US (GMT -5)	CENTRAL US (GMT -6)	MOUNTAIN US (GMT -7)	PACIFIC US (GMT -8)
3:00 PM	10:00 AM	9:00 AM	8:00 AM	7:00 AM



ROUTE: "THE THREE LITTLE SISTERS"

ROAD BOOK
EVENTS



E-FONDO CHEAHA **SUN 21 JAN**

UK TIME ZONE (GMT)	EAST COAST US (GMT -5)	CENTRAL US (GMT -6)	MOUNTAIN US (GMT -7)	PACIFIC US (GMT -8)
3:00 PM	10:00 AM	9:00 AM	8:00 AM	7:00 AM

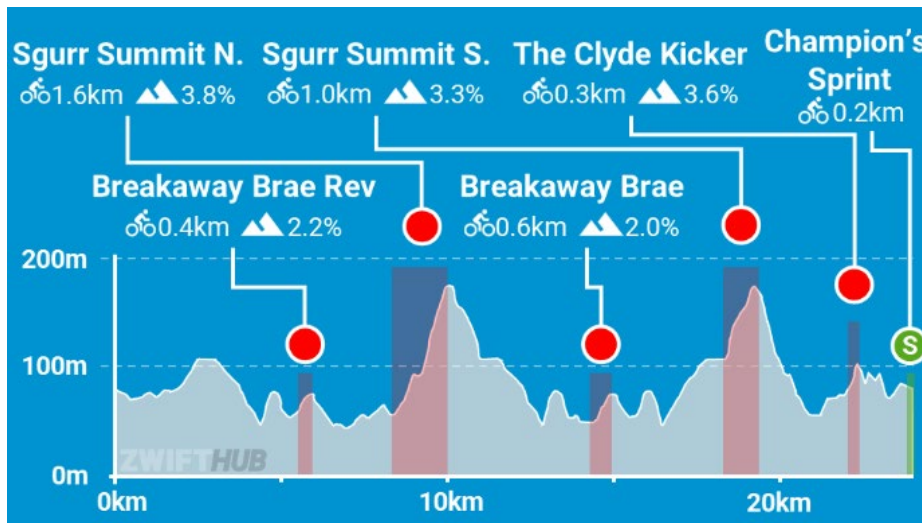


ROUTE: "KNICKERBOCKER"

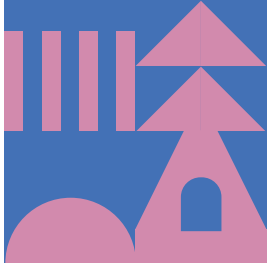


HIGHLANDS E-FONDO **TUE 30 JAN**

UK TIME ZONE (GMT)	EAST COAST US (GMT -5)	CENTRAL US (GMT -6)	MOUNTAIN US (GMT -7)	PACIFIC US (GMT -8)
12:00 PM	7:00 AM	6:00 AM	5:00 AM	4:00 AM



ROUTE: "THE MUCKLE YIN"



E-FONDO ASHEVILLE

SUN 4 FEB

**UK TIME ZONE
(GMT)**

**START #1
2:00 PM**

**EAST COAST US
(GMT -5)**

**START #1
9:00 AM**

**CENTRAL US
(GMT -6)**

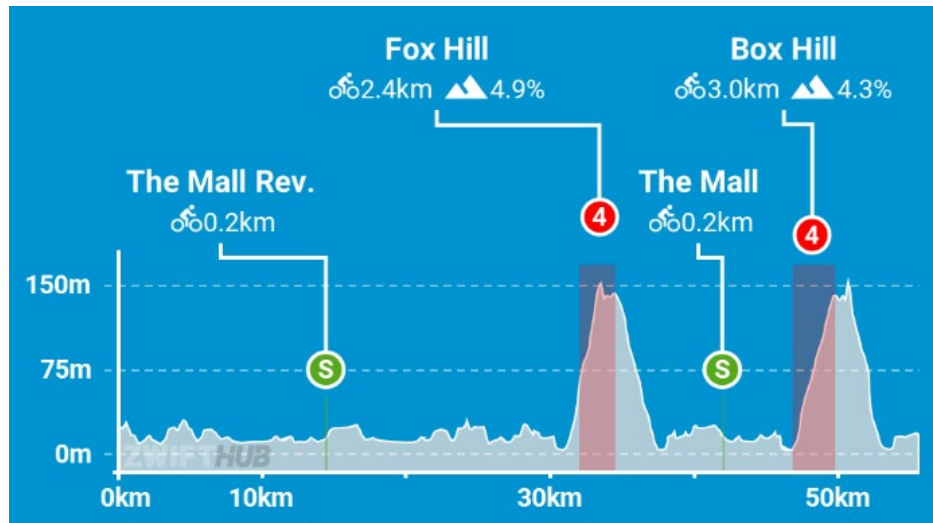
**START #1
8:00 AM**

**MOUNTAIN US
(GMT -7)**

**START #1
7:00 AM**

**PACIFIC US
(GMT -8)**

**START #1
6:00 AM**



ROUTE: "THE LONDON PRETZEL"



CACHE E-FONDO

SUN 11 FEB

**UK TIME ZONE
(GMT)**

3:00 AM

**EAST COAST US
(GMT -5)**

10:00 AM

**CENTRAL US
(GMT -6)**

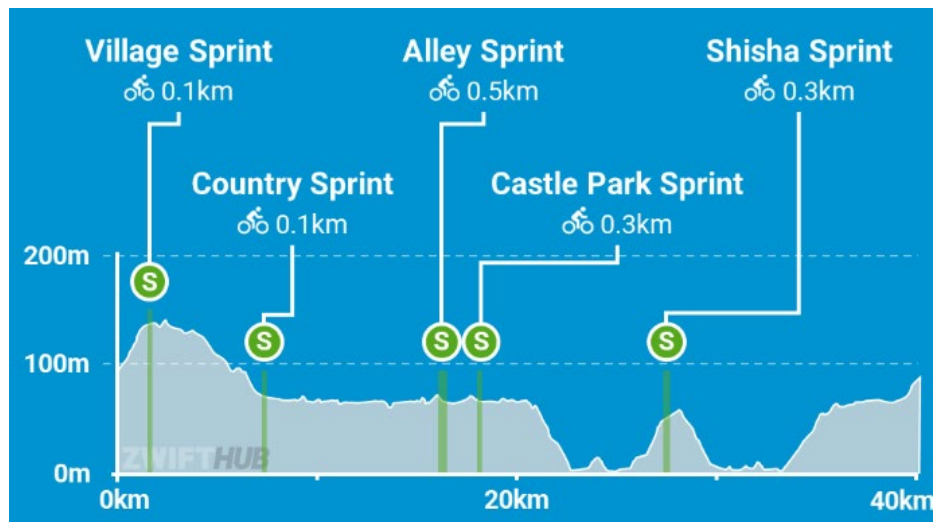
9:00 AM

**MOUNTAIN US
(GMT -7)**

8:00 AM

**PACIFIC US
(GMT -8)**

7:00 AM



ROUTE: "MAKURI 40"



BOONE E-FONDO

TUE 20 FEB

UK TIME ZONE
(GMT)

EAST COAST US
(GMT -5)

CENTRAL US
(GMT -6)

MOUNTAIN US
(GMT -7)

PACIFIC US
(GMT -8)

2:00 AM (WED)

9:00 PM

8:00 PM

7:00 PM

6:00 PM



ROUTE: ["TEMPUS FUGIT"](#)



E-FONDO MARYLAND

SUN 25 FEB

UK TIME ZONE
(GMT)

EAST COAST US
(GMT -5)

CENTRAL US
(GMT -6)

MOUNTAIN US
(GMT -7)

PACIFIC US
(GMT -8)

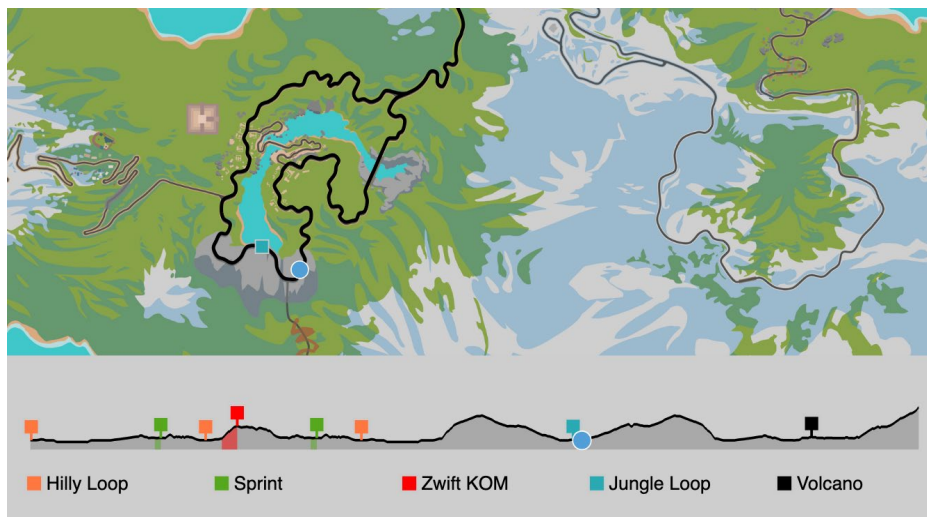
2:00 PM

9:00 AM

8:00 AM

7:00 AM

6:00 AM



ROUTE: ["BAMBINO FONDO"](#)

GENERAL CLASSIFICATION

Points & Qualification

Participants have the opportunity to compete on timed sections within the virtual courses. The E-Fondo Series will use a Points Competition to determine Age Group Points Series Winners. In addition, riders who meet the criteria below qualify to participate in the USA Cycling Gran Fondo National Championships event in Frederick, Maryland on September 15, 2024.

Athletes can qualify for participation in the USA Cycling Gran Fondo National Championships event in the following ways:

E-Fondo Series Points Competition

Racers must complete at least four E-Fondo events to qualify for E-Fondo Points Series titles. See following page for competition format. If you participate in more than three events your worst score will be dropped and only your best four finishes will be calculated towards your overall ranking.

USA Cycling Gran Fondo National Championships Qualification

To compete in the 2024 USA Cycling Gran Fondo National Championships event, riders must first qualify for a starting slot. Qualifications slots will be awarded based on rider's placement in one or more of the 8 official E-Fondo Series events on Zwift.

To qualify, a rider must achieve one of the results below:

Top 15%

Finish in the E-Fondo Series Points Competition in your age group, based on the number of starters in that age group

4+

Complete four (4) or more E-Fondo Series events

How to Win an E-Fondo

Timed Segments & Overall Start-to-Finish Position are used for Scoring

There are multiple sprint points, timed segments, and KOMs throughout the Zwift routes used for the E-Fondo Series. Each of these timed segments as well as riders over-all finish position are all of equal value for a rider's score.

Your position for each segment equates to the points you earn toward your cumulative total in your Zwift age group (AG). First place earns 100 points, second place 99, and so on. Your overall time / placement from start to finish in your AG also counts equally toward your points total.

Example: If you place 1st in your AG on Sprint #1, are 6th fastest in your AG on a KOM, 20th in AG in Sprint #2, and finish 15th overall in you AG, you earned the following: 100 points in sprint #1, 94 points on the KOM, 80 points for Sprint #2, and 85 point for your overall finish (100 + 94 + 80 + 85 = 359 points).

In other words your AG ranking in each sprint, each KQOM, and for overall placement are worth equal value with the highest score for each being worth 100 point for the fastest rider in each AG and the riders with the most points in each AG win.

Note: There are no overall rankings, only rankings by Zwift Age Groups..

Results & Age Groups

E-Fondo Series age groups are based on the Age Groups on Zwift Power.

E-FONDO POINTS SERIES

At the conclusion of the 2024 E-Fondo Series, digital awards will be given to riders who place 1st in their age group in the E-Fondo Series Points Competition.

GRAN FONDO NATIONAL SERIES

Sponsors

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SHIMANO

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BMC

IN GAMBIA
EAT UP THE MILES, DRINK IN THE CULTURE





**E-FONDO
SERIES**

