

# RIDER ROADBOOK

## GRAN FONDO ASHEVILLE

P/B APPLEWOOD MANOR





# Dear Rider

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Welcome to the 2023 Gran Fondo Asheville, p/b Applewood Manor! We are happy to welcome you to the beauty and scenery of Asheville, NC. The courses are in great shape and we have a wonderful weekend of events planned, including Asheville Bike Fest, p/b Cane Creek and Bicycle Film Festival. New for 2023, we have finisher medals for all riders who complete any course! And don't forget to check out the new SUAREZ Gran Fondo National Series jersey and commemorative Gran Fondo Asheville jersey from our title sponsor, SUAREZ Cycling Apparel.

In order to have a fun and memorable day, we all need to work together. Out of respect for one another, and the local officials who are trusting us to put on a safe event, please abide by requests made by our staff, volunteers, and local law enforcement.

The timed-segment gran fondo format pioneered in the United States by Gran Fondo National Series is perfectly suited for this area, and we can't wait to see you out on the course!

***The SUAREZ Gran Fondo***

# Registration & Packet Pickup

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## Online Registration

Online registration will be open until 10:00 AM Eastern Time on Sat, July 15, whichever comes first.

## Asheville Bike Fest and Packet Pickup - Saturday, July 15

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.

### Rabbit Rabbit

[75 Coxe Ave, Asheville, NC 28801](#)

between 11:00 AM and 6:00 PM

## Packet Pickup - Sunday, July 16

Riders picking up packets on Sunday morning should do so early. 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.

### Start/Finish Area - Rabbit Rabbit

[75 Coxe Ave, Asheville, NC 28801](#) between 5:45 AM - 7:30 AM for Gran Fondo Asheville riders.

# PARKING

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The garage at 52 Coxe Ave and the lot across from Rabbit Rabbit are convenient, but have fees. (Remember bikes on your roof!)

On-street and metered parking is free in Asheville on Sundays. If you choose to go this route, please allocate the appropriate time to find a spot.



# VIP EXPERIENCES

hosted by **Applewood Manor**

## Reconnaissance Rides Friday and Saturday, July 14-15

Join Applewood Manor founder Stephen Collins for recon rides. Friday's rides ([#1](#) at 8:30AM & [#2](#) at 4:00PM) will be the Piccolo course. [Saturday](#) (9:00AM) will be the Medio route, but with Elk Mountain optional. No parking on-site. We recommend riding from your accommodations or [parking nearby](#). RSVP at links above, please.



## VIP Dinner Friday, July 14

Start a great weekend in Asheville, North Carolina with a special VIP Dinner experience at Applewood Manor. Enjoy local farm-to-table ingredients prepared by expert chefs in our Michelin Star chef-tested kitchen. Get ready for the event over a great meal and hand-picked selections from Applewood's extensive wine cellar. Join Applewood Manor founder Stephen Collins, Series Director Reuben Kline, and special guests.

This exclusive VIP Dinner begins at 6:30pm, is limited to 40 guests and costs **\$145/person**. Must be over 21 years old or accompanied by someone over 21. Registration deadline: Wednesday, July 12. [REGISTER NOW](#)

## VIP Reception & Packet Pickup Saturday, July 15

Avoid the crowds at Asheville Bike Fest; we'll have your event packet for you at the Reception. Menu will be light and appropriate for the evening before a big ride. Optional beer and wine will be available.

This exclusive VIP experience is limited to 60 guests and costs **\$75/person**. Registration deadline: Wednesday, July 12. [REGISTER NOW](#)

# IN YOUR PACKET

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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

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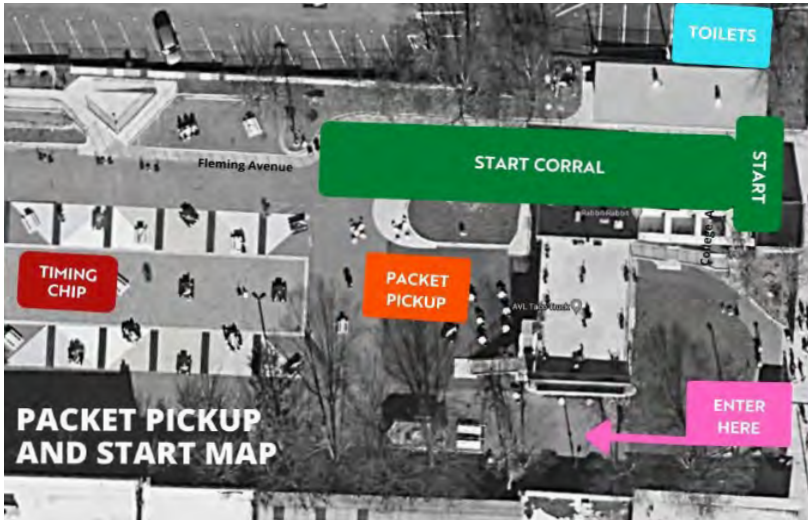
As you prepare for the Gran Fondo Asheville after picking up your packet, please abide by the following rules and recommendations:

- **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 and for accurate photo identification. Bike plate should be in front of cables 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

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Riders must be staged by age group 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

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## 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 available in single-serve packages



WATER



SODA



HEED ENERGY DRINK



HAMMER GELS  
HAMMER BARS



SAVORY FOOD  
Potato Chips



SWEET FOOD  
Bananas, Clementines, Fig Bars,  
Cookies



# FINISH AREA

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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 used at Rabbit Rabbit. Riders with particular dietary needs should be prepared with own post-ride food options.



# ASHEVILLE BIKE FEST

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The Asheville Bike Fest, p/b Cane Creek is a 2-day celebration of cycling that benefits Asheville on Bikes, a local non-profit that advocates for safe cycling infrastructure.

The Asheville Bike Fest is FREE and open to the public, Saturday, July 15 and Sunday, July 16 at Rabbit Rabbit in downtown Asheville, NC. Activities and vendors include:

- 25+ EXHIBITORS
- CYCLING CLINICS
- CHILDREN'S BIKE PARK
- CARGO BIKE EXPO
- GRAN FONDO ASHEVILLE PACKET PICK UP
- LOCAL BEER AND FOOD TRUCKS
- FAMILY FUN ACTIVITIES





# GRAN FONDO ASHEVILLE APP, powered by Ride with GPS

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All of the information in the Rider Roadbook is available on the free Highlands Gran Fondo 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 **ASHEVILLE2023**.



## SYNCING ROUTES TO YOUR DEVICES

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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



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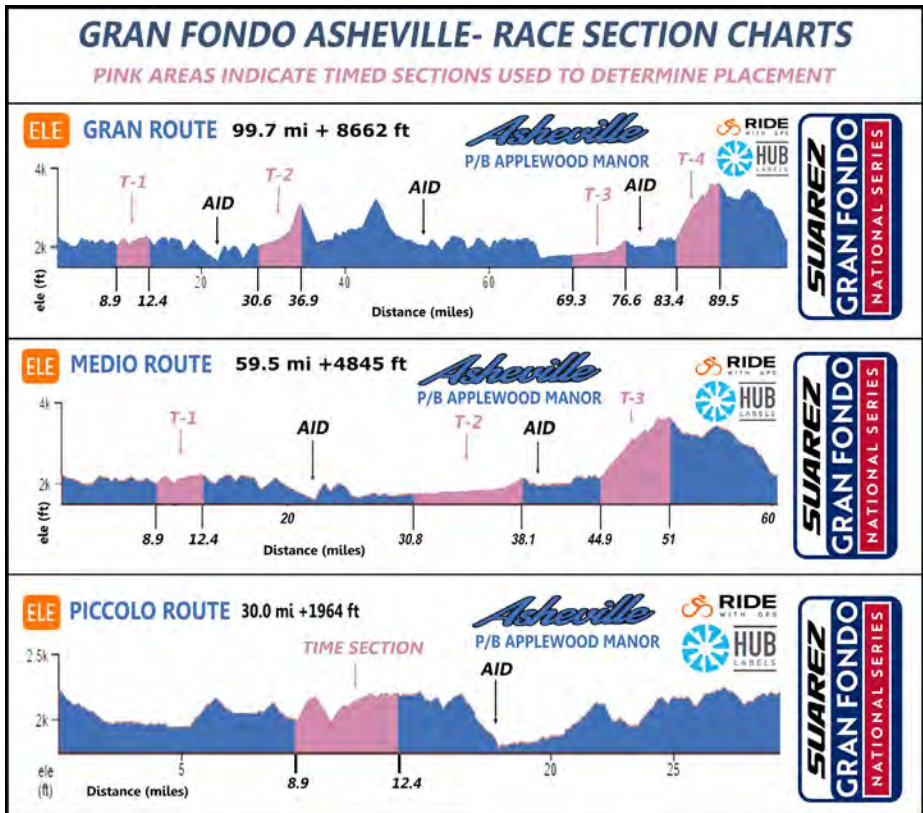


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# PROFILES & TIMED SEGMENTS



## Downloadable Course Maps

[100 Mile Gran Route](#)

[60 Mile Medio Route](#)

[30 Mile Piccolo Route](#)

## Timed Segment Maps and Profiles

[Time Section #1 \(30mi, 60mi & 100mi\)](#)

[Time Section #2 \(100mi only\)](#)

[Time Section #3 \(60 & 100mi\)](#)

[Time Section #4 \(60 & 100mi\)](#)

## 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

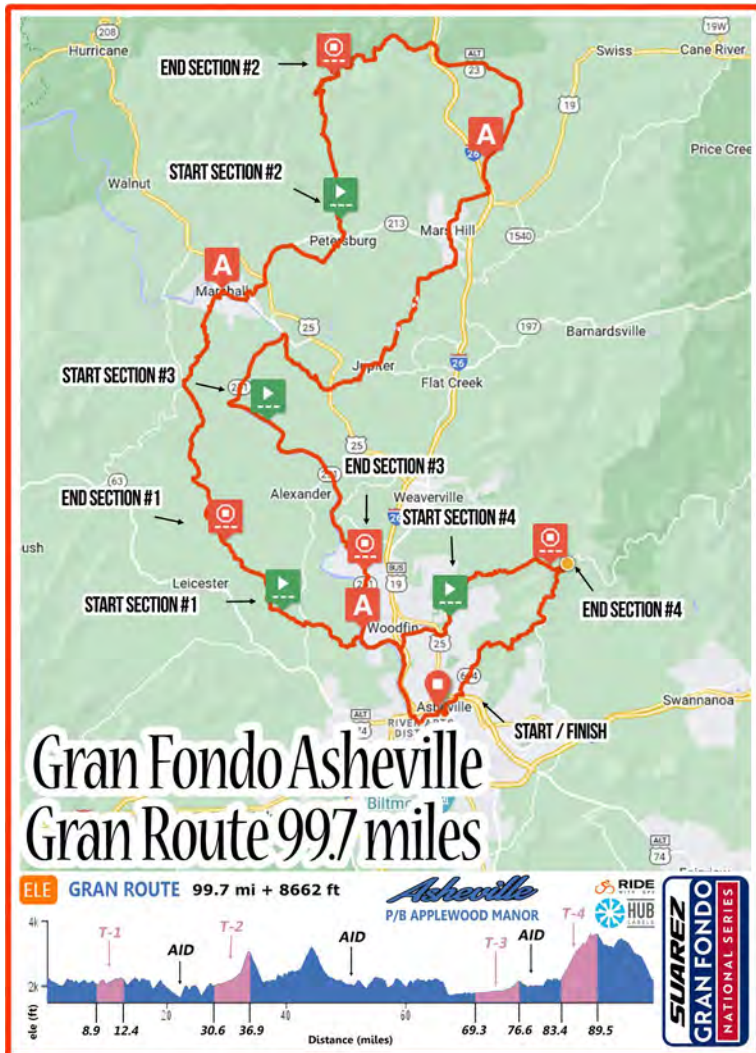
**Start:** 8:00 am for Gran Fondo Asheville

**Distance:** 100 Miles

**Elevation Gain:** 8662 Feet

**Timed Segments:** 4

**Aid Stations:** 3 (Mile 23, Mile 43, Mile 78)



# Medio Route

**Start:** 8:00 am

**Distance:** 60 Miles

**Elevation Gain:** 4845 Feet

**Timed Segments:** 3

**Aid Stations:** 2 (Mile 22, Mile 39)



# Piccolo Route

**Start:** 8:00 am

**Distance:** 30 Miles

**Elevation Gain:** 1911 Feet

**Timed Segments:** 1

**Aid Stations:** 1 (Mile 16)



# RESULTS & AWARDS

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

Gran Fondo Asheville 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](#)

**SPECIAL OFFER:** Any rider who registered before July 10, 2023 can bring your favorite cycling jersey (any brand) to the SUAREZ tent in the Expo area to have your name sublimated onto the fabric.

## PRIZE RAFFLE

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Any rider who participates in 2023 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 hubset](#)

[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 National Series Jersey

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## Cycling kits available from SUAREZ

Roll through your 2023 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!

# Gran Fondo Asheville Jersey

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New for 2023, our partners at SUAREZ designed a special jersey just for Gran Fondo Asheville riders! These jerseys will be available on the weekend of the event, directly from the SUAREZ tent.

# Partners

**SUAREZ**



**wahoo**



ENDURANCE FUELS  
& SUPPLEMENTS



**RIDE**  
WITH GPS



GardaBikeHotel

**LAZER**

**SHIMANO**

**swiftwick.**



UNDRBUR™



BIKEFLIGHTS  
Bicycle Shipping for Cyclists



CAPUA LAW



**IN GAMBA**  
EAT UP THE MILES, DRINK IN THE CULTURE



# Local Partners

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# CALENDAR

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## OWNED EVENTS

GRAN FONDO FLORIDA	MARCH 19, 2023	DADE CITY, FL
TOUR OF GEORGIA GRAN FONDO	APRIL 16, 2023	HELEN, GA
HIGHLANDS GRAN FONDO	JUNE 4, 2023	BUTLER, NJ
GRAN FONDO ASHEVILLE, P/B APPLEWOOD MANOR	JULY 16, 2023	ASHEVILLE, NC
BOONE GRAN FONDO	AUGUST 6, 2023	BOONE, NC
GRAN FONDO MARYLAND* P/B OURISMAN AUTOMOTIVE	SEPT 17, 2023	FREDERICK, MD

\* 2023 USA CYCLING GRAN FONDO NATIONAL CHAMPIONSHIPS EVENT

## PARTNER EVENTS

CHEAHA CHALLENGE	MAY 20-21, 2023	JACKSONVILLE, AL
VERMONT GRAN FONDO	JUNE 24, 2023	BRISTOL, VT
CACHE GRAN FONDO	JULY 8, 2023	LOGAN, UT
BOB COOK MT. EVANS HILL CLIMB	JULY 8, 2023	IDAHO SPRINGS, CO
719 RIDE	JULY 15, 2023	COLORADO SPRINGS, CO
VIRGINIA'S BLUE RIDGE GF	OCT 8, 2023	FINCASTLE, VA

