



RIDER ROADBOOK

GRAN FONDO FLORIDA



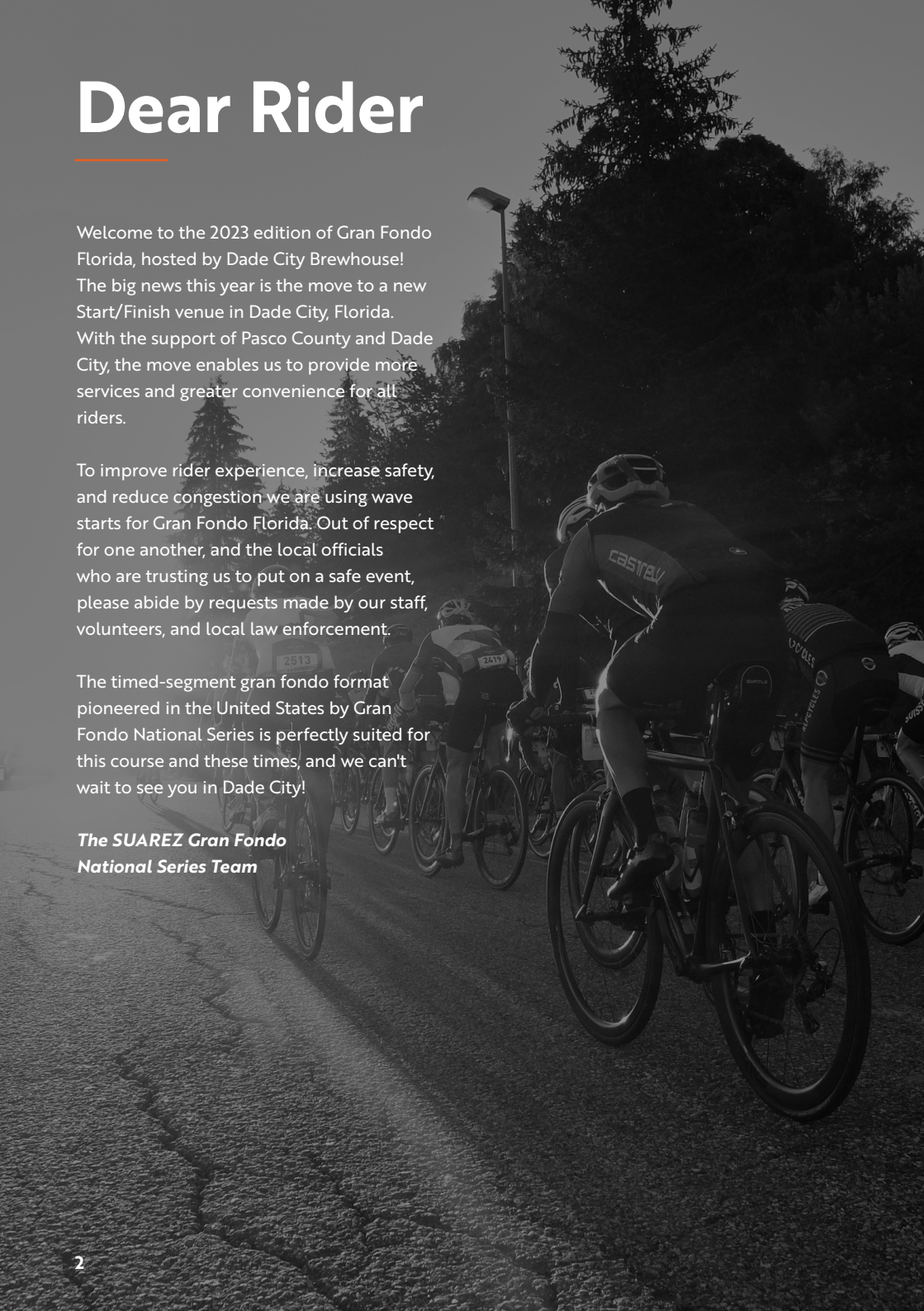
Dear Rider

Welcome to the 2023 edition of Gran Fondo Florida, hosted by Dade City Brewhouse! The big news this year is the move to a new Start/Finish venue in Dade City, Florida. With the support of Pasco County and Dade City, the move enables us to provide more services and greater convenience for all riders.

To improve rider experience, increase safety, and reduce congestion we are using wave starts for Gran Fondo Florida. 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 course and these times, and we can't wait to see you in Dade City!

***The SUAREZ Gran Fondo
National Series Team***



Registration & Packet Pickup

Saturday and Sunday Options Available

Online Registration

Online registration will be open until 1:00pm Eastern Time on Saturday, March 18.

In-Person Registration

Riders can register in person during Sat packet pickup and at the Start Area on Sun morning from 6:00am - 10:00 AM.

Packet Pickup - Saturday - 2:00-6:00PM

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.

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

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

between 2:00 PM and 6:00 PM

Packet Pickup - Sunday - 6:00-10:00AM

Riders picking up packets on Sunday morning should do so 30 minutes prior to the start. 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

PARKING

There is plenty of free parking at the Courthouse at [38053 Live Oak Ave, Dade City, FL 33523.](#)



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 SUAREZ 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

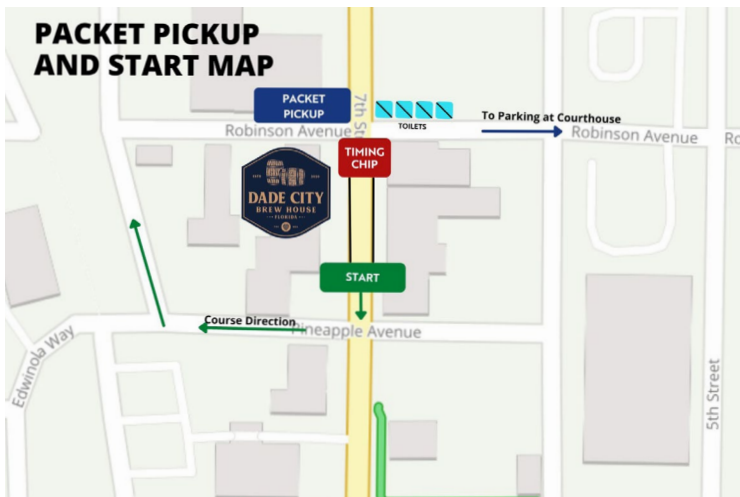
PREPARING TO RIDE

As you prepare for the Gran Fondo Florida 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

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. 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.



RESULTS & AWARDS

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

Gran Fondo Florida 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.

Mid-Pack Attack Prize: The rider with the median time in Time Section #1 will win a [Wahoo ELEMNT ROAM](#)

SPECIAL OFFER: Any rider who registered before March 9, 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.

GRAN FONDO FLORIDA 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 **FLORIDA2023**.



PRIZE RAFFLE

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 \(model TBD\)](#)

[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)

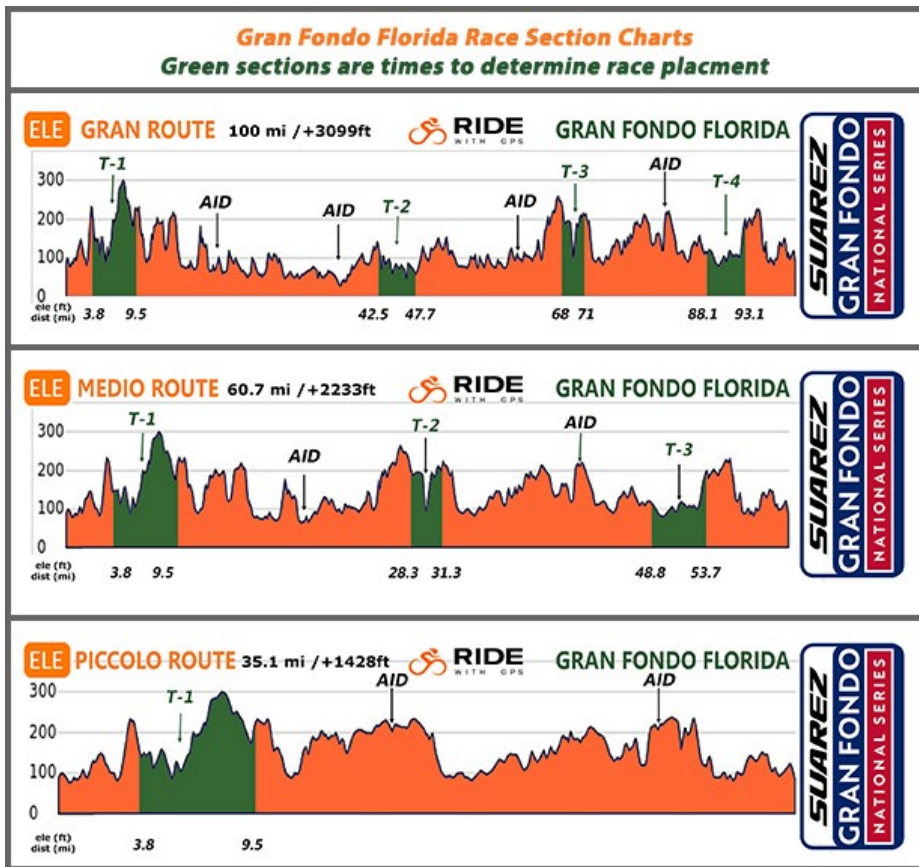
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PROFILES & TIMED SEGMENTS



Downloadable Course Maps

[Gran loop, 100 miles](#)

[Medio loop 60 miles](#)

[Piccolo loop, 35 miles](#)

Timed Segment Maps and Profiles

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

[Time Section #2 \(Gran riders only\)](#)

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

[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

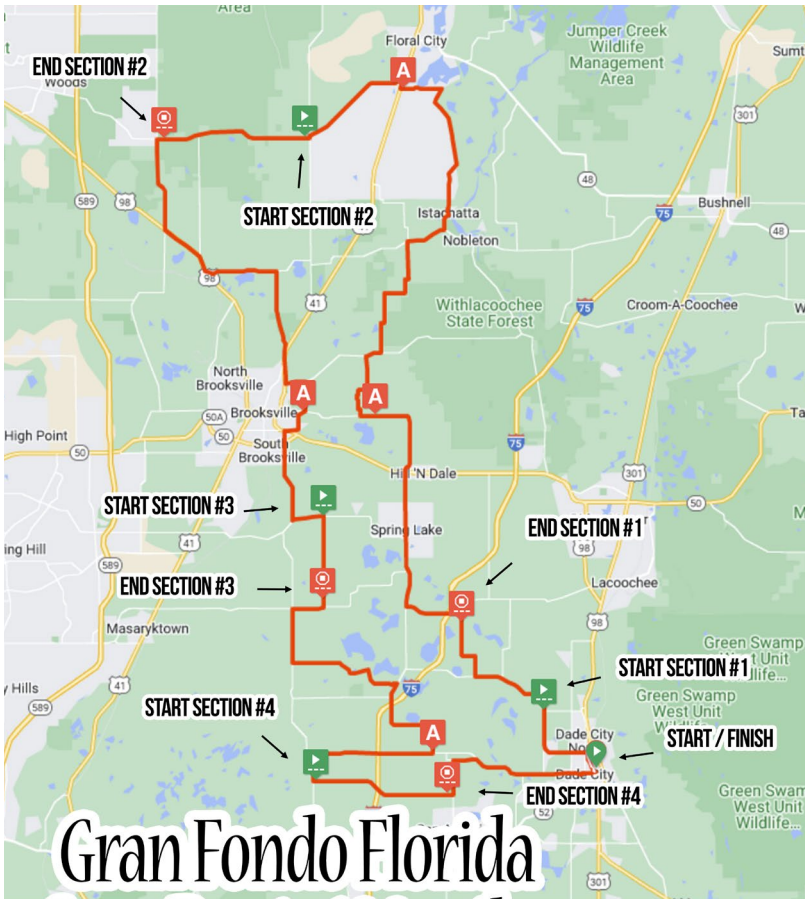
Start Waves: 8:00 am - 8:55 am

Distance: 100 Miles

Elevation Gain: 3100 Feet

Timed Segments: 4

Aid Stations: 4 (Mile 20, Mile 37, Mile 62, Mile 83)



Medio Route

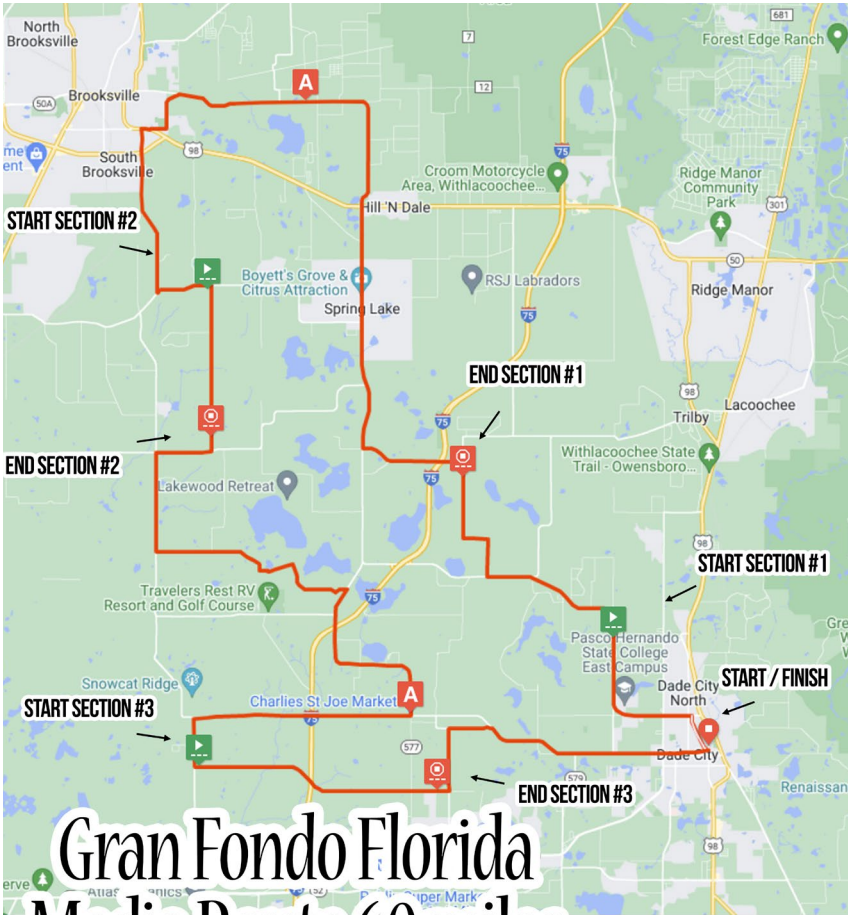
Start Waves: 9:00 am - 9:55 am

Distance: 60 Miles

Elevation Gain: 2200 Feet

Timed Segments: 3

Aid Stations: 2 (Mile 20, Mile 43)



Gran Fondo Florida Medio Route 60 miles

Piccolo Route

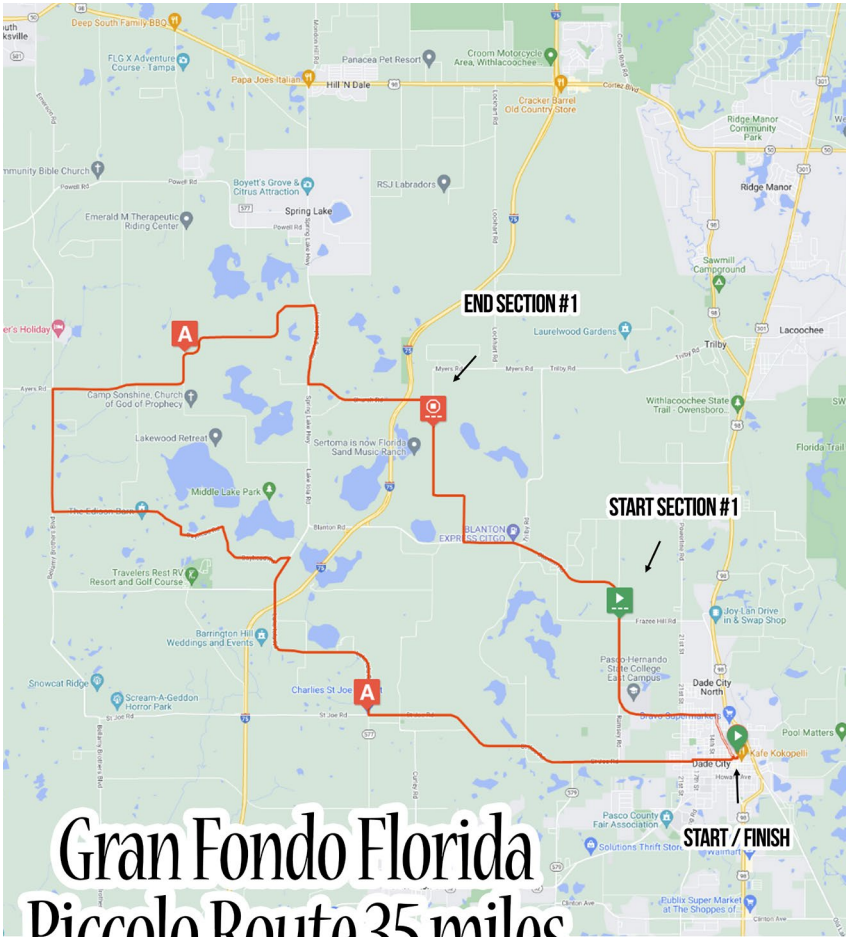
Start Waves: 10:00 am - 10:30 am

Distance: 35 Miles

Elevation Gain: 1430 Feet

Timed Segments: 1

Aid Stations: 2 (Mile 16, Mile 29)



Gran Fondo Florida Jersey



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

Gran Fondo National Series Jersey



Cycling kits available from SUAREZ

Roll into 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!

CALENDAR

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
GOLDEN GRAN FONDO	AUGUST 27, 2023	GOLDEN, CO
GRAN FONDO MARYLAND* P/B OURISMAN AUTOMOTIVE	SEPT 17, 2023	FREDERICK, MD

* 2023 USA CYCLING GRAN FONDO NATIONAL CHAMPIONSHIP 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, 2022	IDAHO SPRINGS, CO
719 RIDE	JULY 15, 2023	COLORADO SPRINGS, CO
VIRGINIA'S BLUE RIDGE GF	OCT 8, 2023	FINCASTLE, VA

Partners

SUAREZ



wahoo



GARDA BIKE HOTEL

LAZER

SHIMANO

swiftwick.



UNDRBLDR™



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