

GRAN FONDO

LAKE HURON

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RIDER HANDBOOK



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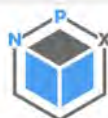
TITLE

PLATINUM

SPECIALTY

GOLD

PRIZE & SWAG

			
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Funds raised this year will help support the new mental health and wellness facility

COURSE MAPS



The Society of United Professionals – 110k



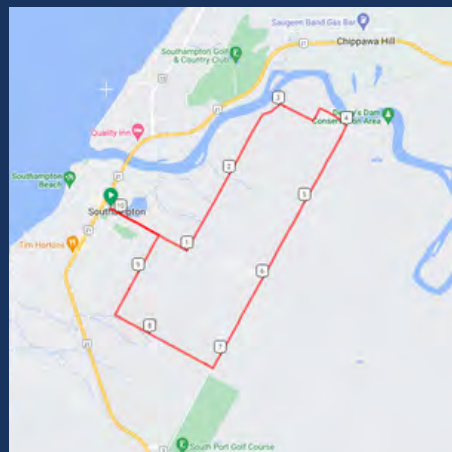
The RBC – 75k



The Shawflex – 30km



The E.S. Fox Nuclear Services 80km – Gravel Ride



10km



Saturday – Kids Fun Ride

SCHEDULE OF EVENTS

Key Event Locations:

Start: Martin's Bike Shop, 235 High St. Southampton, ON - [See Map](#)

Finish Area: 161 High St, Southampton, On - [See Map](#)

Coliseum: 26 Albert St S, Southampton, On. - [See Map](#)

Saturday 19 Aug.	Event	Location
10am-12:30pm	1K Kids Ride	The Plex, Port Elgin
noon – 3:00pm	Kit Pick-Up (all distances)	Coliseum
7:00pm	**Bruce County Bash	Coliseum

****Bruce County Bash** – doors open 6:45, bag check, wristbands, purchase drink tickets.

Come down early and have dinner at any of the 4 food trucks on site.

Please note, there will be NO PARKING at the Coliseum on Sunday.

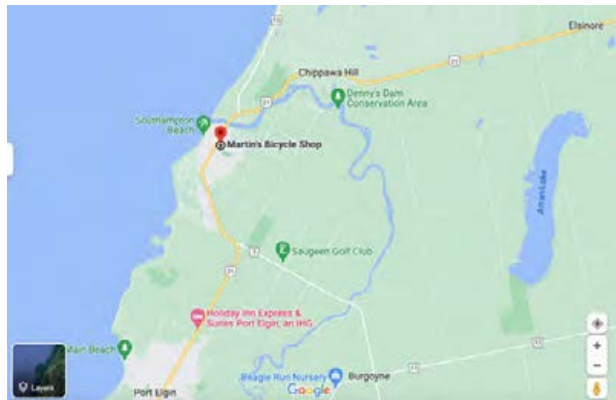
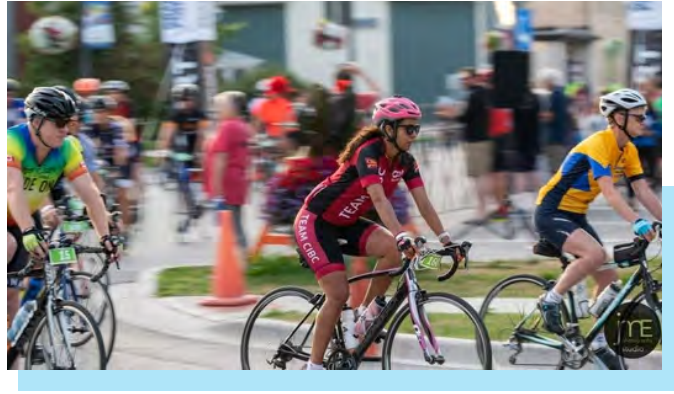
Sunday 20 Aug.	Event	Location
6:00am – 6:45am	Kit Pick Up – 110k Ride	Coliseum
6:30am – 7:00am	Kit Pick Up – 70k Ride	Coliseum
6:30am – 7:30am	Kit Pick Up – 30k Ride	Coliseum
7:00am	110k Ride Start	Start Area
7:15am	80k Gravel Road Ride	Start Area
7:30am	70k Ride Start	Start Area
8:00am	30k Ride Start	Start Area
9:00am	10k Ride Start	Start Area
11am	Post-Ride Picnic	Coliseum
12:15pm	Awards & Prizes Presentation	Coliseum

IMPORTANT INFO

Start Line

All riders are expected to be in position at the starting line no later than 15 minutes before their event start time.

Riders are asked to self-select an appropriate starting position within the start area corral. Finding the right spot that best matches your fitness level, riding skill and experience is important to ensure an enjoyable and safe event for everyone. More experienced and faster riders should place themselves at the front of the group.



*****Please note the change to the start/finish line location. The start will be in front of Martins Bike Shop at 235 High Street Southamptton and the finish line will be at 161 High Street, Southamptton.***

The routes have been slightly altered and reversed this year so that cyclists can enjoy the beautiful view while riding along the shore of Lake Huron at the end of their route.

Controlled Start

When your group leaves the start line, a Lead Vehicle will be driving in front of the cyclists for the first KM or two. These vehicles will depart prior to each group of riders and remain on course to lead the riders safely to the outskirts of town. **Riders must stay BEHIND the Lead Vehicle until the vehicle moves to the side of the road** at which time cyclists can proceed on their course.

For mechanical/medical support, text or call Greg 289-980-2843. For general information, contact Tracy 226-930-1114. In the case of an emergency dial 911.

IMPORTANT INFO

Rest Stops

Rest stop locations (marked on course maps) will provide:

- Toilets
- Assorted snacks (fresh fruit, cookies, granola bars, chips, butter tarts)
- Water and electrolyte mix

Finish Line

The new finish line this year will be in the middle of downtown Southampton at 170 High Street.

We encourage riders and their families to enjoy the downtown shops at the finish line as you cool down and relax after your ride.

Please remember, there is lots of space in the down town core. **Once you have crossed the finish line be sure to move to the side or spread out along the empty street** to allow riders behind you to cross the finish.

After your Ride

After your ride you are encouraged to make your way up High St (heading East) to the Coliseum (behind Martin's Bike Shop). This is where all of the after ride BBQ festivities will take place.

Bike Parking

Once you have completed your ride you can head to the Coliseum and use the provided valet bike parking inside the building. Volunteers will supply you with a valet bike parking wristband so you can easily be matched with your bike after lunch.

Wristbands

Be sure to wear your lunch/beer wristbands provided in your rider kit. You will need these in order to get your lunch.

Event Photography

JMedia will be back this year to provide the live photo booth experience after your ride. You can find the photo booth inside the Coliseum, next to the bike parking area.



EVENT RULES

- This is not an official race but a self-paced ride.
- Participants are permitted to use standard road bicycles, hybrids, tandems, e-bikes, commuters or mountain bikes.
- Certified helmets are mandatory, and the chinstrap must always be buckled while riding.
- Ride within the designated route.
- Ride safely, in control and single file whenever possible.
- All riders are to obey traffic officers, traffic control personnel and course marshals.
- Emergency Vehicles ALWAYS have the right of way. If you see/hear an emergency vehicle in response mode (lights/sirens) you are asked to immediately and safely slow down, pull over to the side of the road and dismount your bicycle.
- Event ID must always be worn/displayed (wristband and bike plate) for safety purposes
- No usage of headphones, personal stereos or cell phones while riding.
- No littering on the course.

Safety Reminders

- Maintain control and speed of your bike.
- Know your limits. Crashes can occur when riders do not have the bike-handling skills to make quick decisions in a pack.
- Never overlap your wheels with another rider.
- Be respectful of other riders.
- Stay on the shoulder/right of the road except to pass.
- Pass only on the left of the rider ahead.
- This event follows the Rules of the Road. Riders need to be aware of the course and their surroundings and ride appropriately and cautiously when required i.e. sharp corners, steep descents, train crossings.

AFTER RIDE FESTIVITIES

The lunch area inside the Coliseum will open at 11:00am.

Please be sure to have your lunch and beer wristband on in order to receive your food.

From 10:45am to 12:15am you can enjoy live entertainment while having your lunch

The awards and prizes portion of the festivities will begin at 12:15pm and should be over by 1:00pm.





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You are saving lives!

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