

# GRAN FONDO

LAKE HURON

SAUGEEN MEMORIAL  
hospital  
foundation

PRESENTED BY **BrucePower**<sup>™</sup>

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## 2025 RIDER HANDBOOK

[granfondolakehuron.ca](http://granfondolakehuron.ca)

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RESPECT THE ROCK  
**97.9 THE BRUCE**  
91.9 IN THE NORTH

TODAY'S **HIT** MUSIC  
**mix1065**

 **SHAWFLEX**



**AECON**

 **CUSW**

 **Candu**  
An Alstom/GE company



**accenture**



 **TETRA TECH**

**bird**

 **CCNUCLEAR**



 **Westinghouse**

 **worley**

**STOW-IT**  
SELF STORAGE

**WALKER HOUSE**  
\* est. 1915 \*



**MURPHY'S**  
BICYCLE SHOP

**SaugeenShores**

**Rotary**  
Club of Southampton

**Home**  
hardware  
building centre

**LAKESIDE**  
Emerson Impact Partner

 **NUVIA | CANADA**

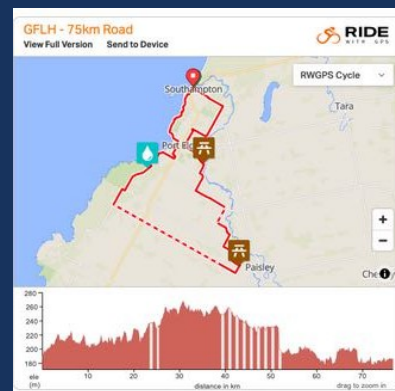


This year's funds will support essential equipment upgrades to enhance patient care.

# COURSE MAPS



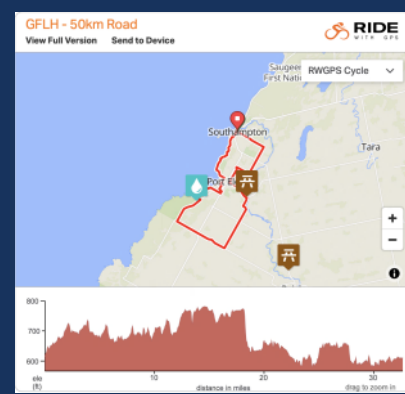
- 110k



75k



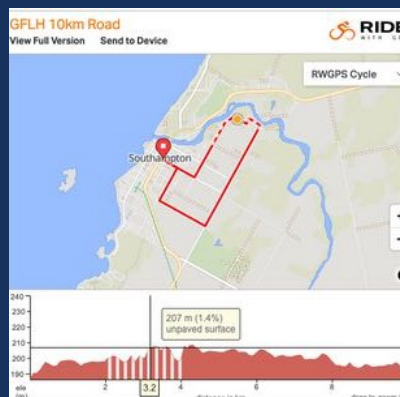
30km



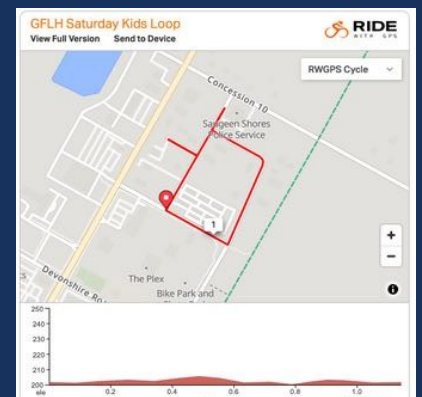
50km



80km  
- Gravel Ride



10km



Sunday - Kids Fun Ride



# SCHEDULE OF EVENTS

## Key Event Locations:

**Start:** Corner of Victoria and High St, Southampton, ON - [See Map](#)

**Finish Area:** Flagpole, Southampton, On - [See Map](#)

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

Friday, August 15	Event	Location
4 - 8PM	Kit Pick Up (all distances)	Coliseum
Saturday, August 16	Event	Location
6:00am - 6:45am	Kit Pick Up - 110K & 80K Ride	Coliseum
6:30am - 7:00am	Kit Pick Up - 75K Ride	Coliseum
6:30am - 7:30am	Kit Pick Up - 30K & 50K Ride	Coliseum
7:00am	110K Ride Start	Start Area
7:15am	80K Gravel Road Ride	Start Area
7:30am	75K Ride Start	Start Area
7:45am	50K Ride Start	Start Area
8:00am	30K Ride Start	Start Area
9:00am	10K Ride Start	Start Area
11:00am	Post-Ride Picnic	Coliseum
12:15pm	Awards & Prizes Presentation	Coliseum
2:00pm	Lunch Closes	Coliseum
7:00pm - 11:00pm	Street Party - <a href="#">Get your tickets here!</a>	Coulter Parkette, Port Elgin
Sunday, August 17	Event	Location
10:00am	Kid's Ride	Nuclear Innovation Institute

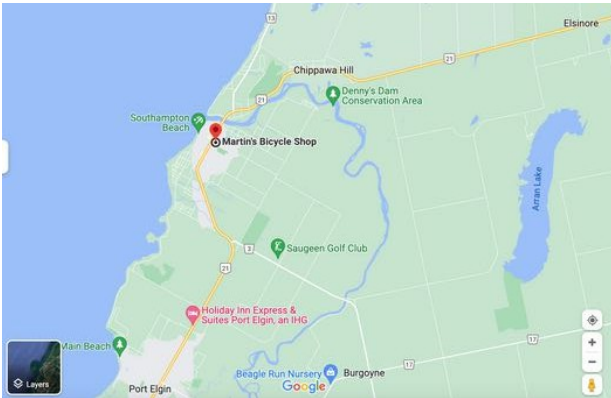
**Please note, there will be NO PARKING at the Coliseum on Saturday.**

# 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.



## 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 Heather Mehlenbacher 519-835-1129. 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 will only be at the Thede side Rd Rest Stop*
- Water and electrolyte mix

## Finish Line

The finish line will be at the flagpole in Southampton..

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 downtown 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. There will also be a photographer on the route taking pictures.



Don't Miss the Saturday Night Street Party!

Join us for an unforgettable **Saturday night street party**, proudly hosted by **Three Sheets Brewing**, with proceeds benefiting the **Saugeen Memorial Hospital Foundation!**

 **Location:** Port Elgin at corner of Green and Goderich St.

 **Date:** Saturday August 16, 2025

 **Time:** 7:00 – 11:00 p.m.

 **Featuring:** Live local music

Reserve your tickets now! Purchase online, at the **Foundation office (Southampton Hospital)**, or at **Three Sheets Brewing (1246 Goderich St, Port Elgin)**.

# 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 12:15pm 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.





# Weather & Cancellation Policy

The safety of our participants, volunteers, and community is our top priority. The Gran Fondo Lake Huron will proceed rain or shine; however, in the event of severe weather or other conditions that pose a risk to safety, a decision to delay, modify, or cancel the ride may be made.

This decision will be made jointly by MultiSport Canada and the Foundation, based on the best available information at the time. Should a cancellation or significant change occur, participants will be notified via email. We also encourage riders to monitor our official Facebook page for timely updates.

If hazardous weather (such as lightning, high winds, or extreme conditions) occurs while riders are on the course, participants are advised to seek shelter immediately in a safe location and wait until conditions improve before continuing.

Please note: *No refunds will be issued* in the event of cancellation. As this is a charitable fundraising event, all expenses are committed well in advance, and proceeds support vital local healthcare initiatives. We appreciate your understanding and continued support of this meaningful cause.