

GRAN FONDO

LAKE HURON

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Rider Handbook 2026



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Kit Pick Up

Southampton Coliseum
26 Albert St South
Southampton, ON

We encourage all riders to pick their kit on Friday evening to help make ride morning smooth and stress free.

Kit Pick Up Schedule

Friday, August 14

All Routes:

4:00 pm to 8:00 pm

Saturday, August 15:

Routes	Pick up Time
110km & 80km	6:00am - 6:45am
70km	6:30am - 7:00am
30km	6:30am - 7:30am
10km	7:30am - 8:30am



Group Kit Pick Up

Picking up kits for your group?

If one person will be collecting rider kits for your group, please let us know by **August 11.**

✉ info@saugeenshoresfoundation.ca

☎ 519-797-3230 ext. 3230

Please provide the names of everyone whose kit you'll be picking up. We'll package all of your group's kits together so pickup is quick and easy!

Please note: Make sure each individual knows you'll be picking up their kit.

Event Schedule

Start Line:

High St. & Victoria St.
Southampton, Ontario

Please arrive at the start line at least **15 minutes before** your scheduled ride.



Riders are asked to position themselves within the start corral based on their anticipated pace and riding experience.

Faster, more experienced cyclists should line up near the front, while recreational riders should start farther back. Choosing an appropriate starting position helps create a safe and enjoyable ride for everyone.

Controlled Start:

To safely guide riders through Southampton, each route begins with a controlled start.

For approximately the first 1 to 2 kilometres, riders must remain behind the Lead Vehicle. Once the Lead Vehicle safely pulls off the roadway, riders may continue at their own pace.

Please follow all instructions from event officials and traffic control personnel.

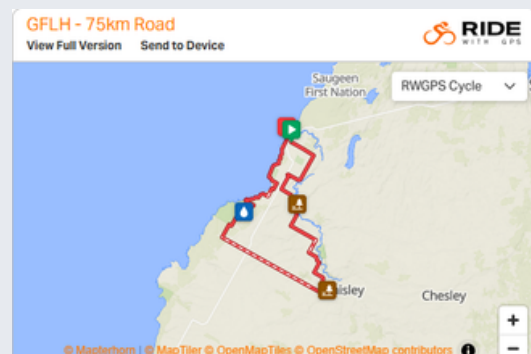
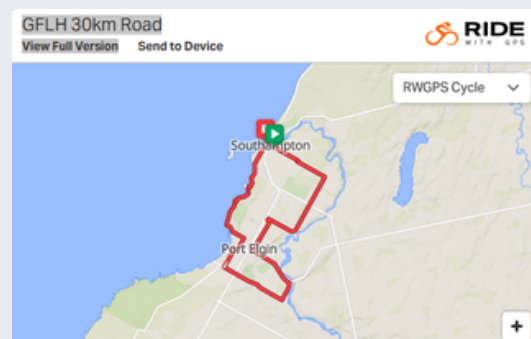
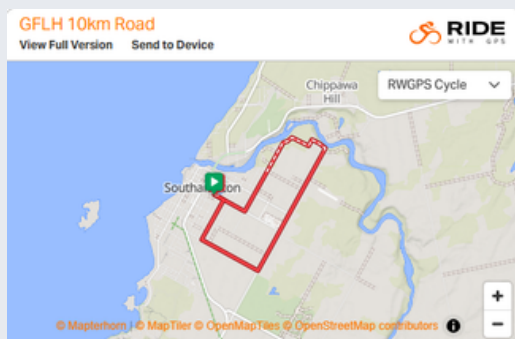
Ride	Time
110 km	7:00 AM
80km Gravel	7:15 AM
75km	7:30 AM
50km	7:45 AM
30km	8:00 AM
10km	9:00 AM
Picnic Opens	10:30 AM
Awards	12:00 PM
Lunch Closes	2:00 PM

Course Maps

Know Your Route

Each route is fully signed and supported by volunteers throughout the day.

Please review your route before ride day so you're familiar with rest stop locations, turnaround points, and course markings. **Click on your route image for more details.**



Ride Day Information

Before You Ride

We recommend bringing:

- ✓ **Certified cycling helmet**
- ✓ **Filled water bottles**
- ✓ **Spare tube and inflation device**
- ✓ **Nutrition for your ride**
- ✓ **Charged cell phone**
- ✓ **Health card or identification**
- ✓ **Weather-appropriate clothing**

Rest Stops

Rest stops offer water, electrolytes, fruit, snacks and washrooms.

Please use the garbage and recycling bins provided to help keep our communities beautiful.

Finish Line

The finish line is at the Southampton Flagpole, 1 High St.

After crossing, continue riding forward before moving to the side to allow riders behind you to finish safely.

Post Ride Picnic

Opens at 10:30 am | Southampton Coliseum

After your ride, head east up High Street to the Coliseum for lunch and a celebration with riders, volunteers, sponsors, family and friends.

Awards begin at 12:00 pm.

Complimentary Bike Valet

Courtesy of Worley | Southampton Coliseum

Leave your bike with our volunteers while you enjoy lunch and the celebration. You'll receive a numbered wristband for secure bike pickup.

Event Photography

Celebrate your accomplishment at our live photo booth inside the Coliseum, beside the Bike Valet.

Professional photographers will also be capturing moments along the course.

Photos will be shared after the event on Saugeen Shores Hospital Foundation social media and the Gran Fondo Lake Huron website.

Ride Support & Safety



Ride Day Contact Information

Mechanical or non-emergency medical issue: Greg at 289-980-2843.

General event information: Tracy Murray at 226-930-1114.

EMERGENCY: Call **911** immediately. Once help is on the way and it is safe to do so, notify an event official or call the Event Support Number.

Inclement Weather

Gran Fondo Lake Huron takes place rain or shine. Rider safety is always our highest priority.

Before the Ride

If severe weather makes it unsafe to start, participants will be notified by email and through Saugeen Shores Hospital Foundation social media.

During the Ride

If conditions become unsafe:

- Stop riding and move to a safe location.
- Seek shelter in a substantial building or vehicle when possible.
- Avoid isolated trees, hydro poles and open fields.
- Arrange for pickup if needed.
- Resume riding only when conditions have cleared and it is safe.

Your safety is always more important than finishing your ride.

Congratulations & Thank You

Congratulations

Whether you rode 10 km or 110 km, congratulations!



Thank you for challenging yourself, supporting local healthcare and making Gran Fondo Lake Huron an incredible day.

To our riders, volunteers, sponsors, donors and supporters, thank you for making it possible.

We hope to see you again next year!

Quick Contacts

Emergency

911

Mechanical & Medical Support

Greg

289-980-2843

General Event Information

Tracy Murray

226-930-1114

Gran Fondo Lake Huron

 granfondolakehuron.ca

 info@saugeenshoresfoundation.ca

 Follow us on [Facebook](#) & [Instagram](#)

Share Your Day

We'd love to see your favourite Gran Fondo Lake Huron moments!

Tag your photos and videos using:

#GranFondoLakeHuron

Be sure to follow us on social media for event photos, fundraising results, and updates on next year's ride.

Everyone has a reason.

For the moments that matter.

GRAN FONDO LAKE HURON

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HOSPITAL FOUNDATION