

Gran Fondo 2019 Information



Elevation East of the Rockies? You betcha!

We have more than just Prairies out here!

The Medicine Hat Gran Fondo course will challenge you with more than 1100m of elevation gain.

Choose from 4 distances:

- Gran fondo (146km)
- Medio fondo (100km)
- Corto fondo (60km)
- Piccolo fondo (30km) – **NEW THIS YEAR**

Register soon for even more value for your money!

Registration Fees & Information:

Gran Fondo – \$85 (plus 5.05 processing fee) 60km, 100km, 146km

Piccolo Fondo – \$65 (plus \$4.45 processing fee) 30km

- At **\$85 (plus \$5.05 processing fee)** the Medicine Hat Gran Fondo is by far the most affordable Gran Fondo in Alberta
- **Register by April 30th and receive custom arm warmers. This effectively puts 30% of the cost of your registration back into your pocket!**
- Four courses designed to provide a ride that is just right for you.

Register before midnight, May 8th, 2019 to:

- Enjoy the best climate for early season cycling! Medicine Hat tops the list of the “Ten Sunniest places in Canada”
- Show off your new arm warmers, custom designed for us by Jakroo. The design of the arm warmers is based on the jersey design that was used last year.
- Replenish your energy at abundantly stocked aid stations
- Have our roaming support team save the day in case of mechanical difficulty
- Challenge yourself during the ride with our King of the Mountain (KOM) competition. Prizes awarded for fastest time in four divisions; Female Open and Masters, Male Open and Masters. Note that the piccolo fondo turnaround is before the KOM climb.
- Feast on a post ride meal catered by the award-winning Zucchini Blossom Cafe!
- You snooze, you lose! Registration received after the Early Bird deadline (April 30th) but before the event registration cut-off (May 31st at midnight) includes all of the above with the exception of the arm warmers.
- **The cost remains at \$85. Registration for the Gran Fondo closes on May 31st at midnight. No registrations will be available after the cut-off.** The Medicine Hat Gran Fondo has a non-refundable policy. Don't Miss Out!
- Registration for the Piccolo Fondo (30km) has the same deadlines, **but cost to enter is just \$65 (plus \$4.45 processing fee)**
- Registration is limited to 250 riders
- Please note the sizing options before you go into the registration site.

NOTES:

FOR PURCHASES OF ARM WARMERS & JERSEYS PLEASE REFER TO OUR WEBSITE OR EMAIL THE CLUB AT admin@medicinehatcyclingclub.ca FOR MORE DETAILS

2019 GRAN FONDO SCHEDULE

June 8 , 2019 7 PM – 9 PM

The package pick-ups on Friday night will be at Cyclepath (2010 Strachan Road S.E.) from 7 P.M. to 9 P.M. All riders are expected to sign a waiver form during package pick-up.

June 8, 2019 7:00 AM – 7:30 AM

Package pick-up at Glenview Church of the Nazarene, (Refer to route map for location, located directly East of Wal-Mart. All riders are expected to sign a waiver form during package pick-up.

June 8, 2019 7:00 AM – 7:45 AM

Timing Chip Pick Up at the start line

June 8, 2019 7:50 Am

Call to start line for all distances.

June 8, 2019 8:00 AM

Start of ride for all distances.

June 8, 2019 11:00 AM

Post ride lunch by Zucchini Blossom begins at Glenview Church of the Nazarene.

First Riders expected back.

June 8, 2019 5:00 PM

Finish line closes.

June 8, 2019 5:30 PM

Post ride lunch closes.

EVENT RULES

1. This is not an official “race”, but a self-paced ride designed for enjoyment.
2. Helmets are mandatory. Approved cycling helmet is required for all riders. Riders must wear a certified cycling helmet with the chinstrap buckled at all times during the ride.
3. All cyclists are personally responsible for obeying all traffic laws. Extra signage and road marshaling will be in place but always remember that this is a public road way and as such, is always subject to Alberta’s cycling and road rules. All riders should be familiar with these rules.
4. No outside support vehicles are allowed along the course. The event is supported by the organizers. No other means of support shall be permitted within the event.
5. Display your event number. All registered cyclists must wear their event number at all times during the ride. Riders who fail to do so will be asked to leave the event.
6. No headphones of any kind, MP3 players, personal stereos or usage of cell phones are permitted while riding. We also encourage riders to maintain grip of their handlebars at all time.
7. All riders under the age of 18 years on race day will require a signed guardian permission waver, in addition to a formal release form.
8. All riders under the age of 16, must be accompanied on course by an adult.
9. No littering – it’s the law. Riders are to dispose of waste in appropriate recycling bins at rest stops. Public urination is against the law and as such, not permitted. Riders are asked to use toilets provided at Rest Stops.
10. Motors are not allowed on or in bicycles. Anyone caught with a motor will be immediately disqualified and removed from the event.

Guideline for the Courteous Gran Fondo Rider

1. Be aware of others around you and communicate clearly and well in advance of your intended maneuvers. Use appropriate gestures in combination with verbal commands. Pass on the left only and call out your pass. Courteously call out “on your left” upon approaching a rider before passing. Ride with your head up. Look down the road, not at the person in front of you.
2. If you require a stop while on the course, ensure it is safe to do so. Maneuver appropriately, giving riders around you room to continue riding safely. Know your skill and limits and stay within them. Be extremely cautious when going down hills and remember that you must have control of your bike and be able to emergency stop at all times.
3. Never overlap your wheels with other riders. Always stay in single file when ever possible.
4. The use of aerobars is strongly discouraged during this event. With so many riders, they can be very dangerous.
5. Thank the volunteers. Without volunteers this event would not be possible. We value our dedicated volunteers and want to ensure that they have a great time. Abuse of any volunteer will not be tolerated. Please thank them for helping make your day a successful one.
6. Remember this is not a race. Ride hard, challenge yourself and enjoy the Medicine Hat Gran Fondo with the safety of yourself and fellow riders in mind.

Routes

Piccolo Fondo Course 30 KM

A 30 km ride through picturesque prairie views with more than 120m of elevation gain. The majority of the elevation gain is in the first half of the course.

The turnaround, including a fully stocked aid station is positioned at Eagle Butte Road and Township Road 112. The Cypress Hills can be seen looking south.

Corto Fondo Course – 60 KM

A 60km ride through picturesque prairie views with more than 400m of total elevation gain.

The majority of elevation gain is in the first half of the course.

The turn around, including a fully stocked Aid Station is positioned at the Little Plume Church.

This aid station features a stunning view of the surrounding area. From here it is all downhill to the finish.

Medio Fondo Course – 100 KM

The Medio Fondo course goes directly south on the Black & White trail climbing into the hills before reaching the first fully stocked aid station and turnaround point 18 km into the ride.

The riders then descend for 11 km before rejoining the Corto Fondo course out to the Little Plume Church. The Church marks the mid-distance of the ride, but you have already completed 70% of the climbing. Be sure to stock up on food and drink, from there the course continues 10 km south through rolling prairies as it approaches the Cypress Hills.

Gravel on the road prevents getting any closer to the Cypress Hills and marks the obvious turnaround point. There are no supplies at the turnaround spot as it is only 10 km back to the Little Plume Church. Once past the church it is all downhill till the finish.

Gran Fondo Course – 146 KM

The Gran-Daddy of the Medicine Hat Practica di Gran Fondo takes you on a grueling 146 km journey with an elevation gain of over 1100 m, rivaling those that take place in the Alberta Rockies.

The Gran Fondo course goes directly south on the Black & White trail climbing into the hills before reaching the first fully stocked aid station and turnaround point 18 km into the ride.

The riders then descend for 11 km before rejoining the Corto Fondo course out to the Little Plume Church. Be sure to stock up on food and drink, from there the course continues 10 km south through rolling prairies as it approaches the Cypress Hills.

Gravel on the road prevents getting any closer to the Cypress Hills and marks the obvious turnaround point. There are no supplies at the turnaround spot as it is only 10 km back to the Little Plume Church.

The riders then have a long downhill, but just when the Corto and Medio riders turn north for the finish, the Gran Fondo riders turn south and head uphill on the Black & White Trail again (if the Giro and Tour can do same climb twice in one day, the MH Gran Fondo can too).

But seriously, the repeat climb is because of that gravel you saw at the last turnaround and the desire to still do 146 km. The aid station is 11 km away, stock up on food and drink (it could be getting hot by now) as there is another out and back south of this aid station. After reaching the Black & White aid station for the third time, it is all downhill to the finish.