



RIDER ROADBOOK

HIGHLANDS GRAN FONDO



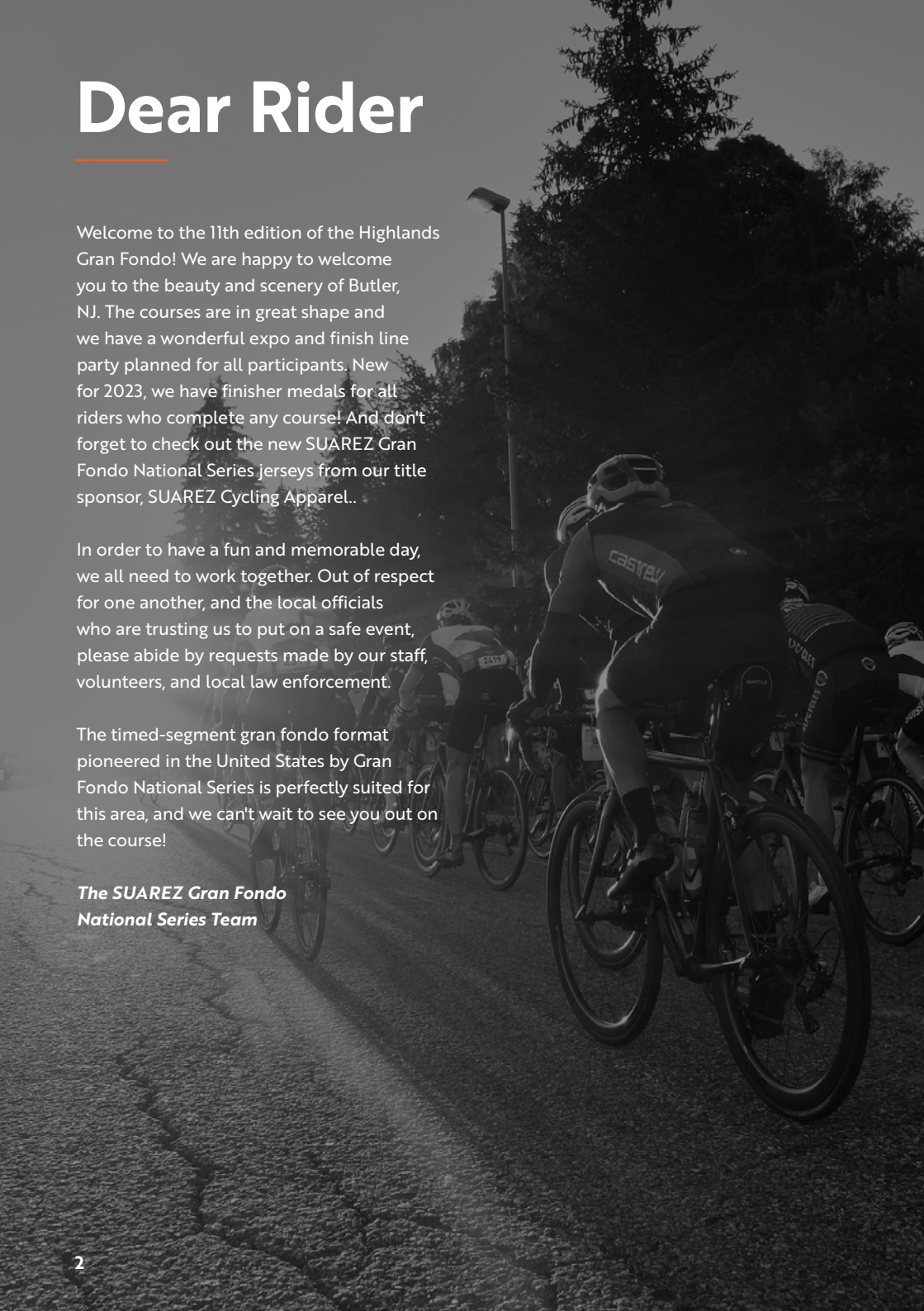
Dear Rider

Welcome to the 11th edition of the Highlands Gran Fondo! We are happy to welcome you to the beauty and scenery of Butler, NJ. The courses are in great shape and we have a wonderful expo and finish line party planned for all participants. New for 2023, we have finisher medals for all riders who complete any course! And don't forget to check out the new SUAREZ Gran Fondo National Series jerseys from our title sponsor, SUAREZ Cycling Apparel..

In order to have a fun and memorable day, we all need to work together. 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 area, and we can't wait to see you out on the course!

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



Registration & Packet Pickup

Online Registration

Registration will be capped at 850 riders. Online registration will be open until the event is sold out or 9:30AM Eastern Time on Sat, June 3, whichever comes first.

In-Person Registration

Riders can register in person at Saturday packet pickup location or the Start Area in Butler, NJ on Saturday afternoon from 1:30 PM - 6:00 PM or Sunday between 5:30 AM - 6:45 AM.

Packet Pickup - Saturday, June 3

Strictly Cycles

[2347 Hudson Terrace Fort Lee, NJ 07024](#)

between 9:30 AM and 11:30 AM

High Point Brewery

[22 Park Pl, Butler, NJ 07405](#)

between 1:30 PM and 6:00 PM

Packet Pickup - Sunday, June 4

Riders picking up packets on Sunday morning should do so early. Riders may collect packets for 3 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.

Start/Finish Area - High Point Brewery

[22 Park Pl, Butler, NJ 07405](#) between 5:30 AM - 6:45 AM for 7:30 AM start.

PARKING

Please park in designated parking areas or utilize street parking legally.

Butler Public Library

1 Ace Road, Butler, NJ 07405

Butler High School

38 Bartholdi Ave, Butler, NJ 07405

Richard Butler School

3 Pearl Pl, Butler, NJ 07405



IN YOUR PACKET

In your packet you will find a bib number & safety pins, helmet sticker, bike plate, elevation/and race section profile top tube decal. Your bib number will include your name if you registered early enough. Your packet will also contain products from our sponsors.



PREPARING TO RIDE

As you prepare for the Highlands Gran Fondo 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.
- **Helmet Sticker and Bike Plate are mandatory**, mounted to the front of your helmet and front of handlebar so course marshals and law enforcement can distinguish participants and for accurate photo identification.
- **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 PROCEDURE

All riders must be staged by 7:15 am for the start at 7:30am. 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 staffed feed stations.



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

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.

BOCA BOWLS



HIGHLANDS GRAN FONDO APP, powered by Ride with GPS

All of the information in the Rider Roadbook is available on the free Highlands Gran Fondo 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 **HIGHLANDS2023**.



SYNCING ROUTES TO YOUR DEVICES

Ride with GPS routes will sync wirelessly to your Garmin and Wahoo devices. Garmin Edge users can simply pin routes on the web or in the mobile app to sync to the Garmin Connect companion app. Doing so will sync your event routes to your connected Edge devices. Wahoo users will also sync by pinning routes within your account on the web or in the mobile app. Routes pinned in your Ride with GPS account will appear under Starred Routes on your Wahoo device.

[Sync Your Wahoo Device](#)

[Sync Your Garmin Device](#)

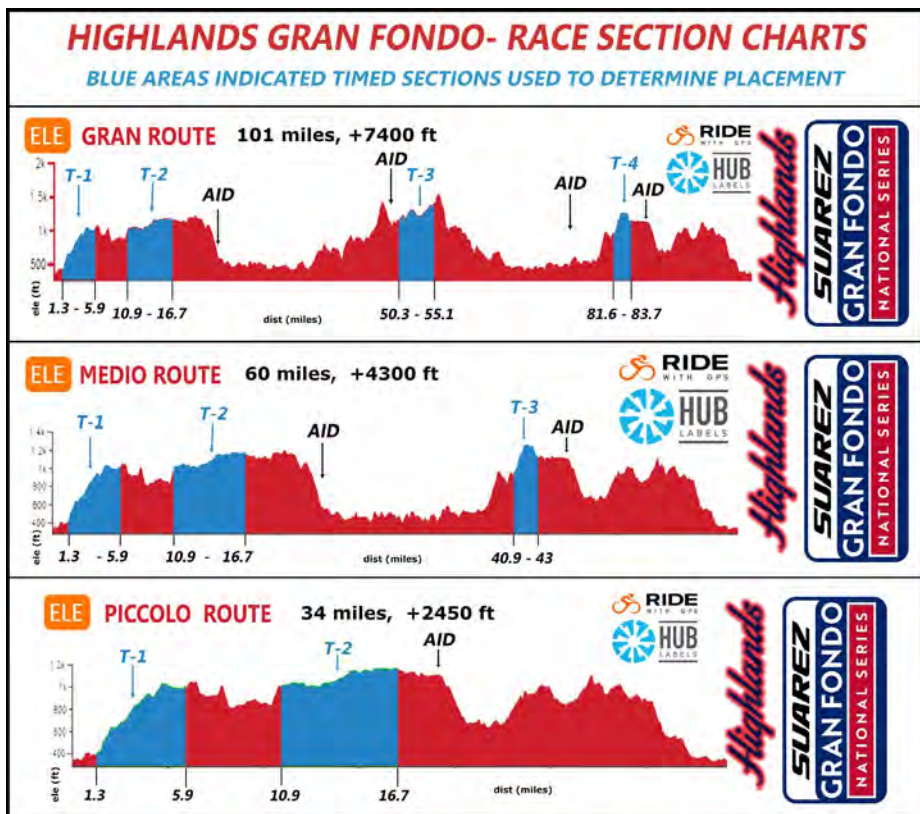
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PROFILES & TIMED SEGMENTS



Downloadable Course Maps

[101 Mile Gran Route](#)

[60 Mile Medio Route](#)

[35 Mile Piccolo Route](#)

Timed Segment Maps and Profiles

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

[Time Section #2 \(All riders\)](#)

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

[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 Window: 7:30 am

Distance: 101 Miles

Elevation Gain: 7400 Feet

Timed Segments: 4

Aid Stations: 4 (Mile 24, Mile 49, Mile 65, Mile 86)



Medio Route

Start Window: 7:30 am

Distance: 60 Miles

Elevation Gain: 4300 Feet

Timed Segments: 3

Aid Stations: 3 (Mile 24, Mile 45, Mile 55)



Piccolo Route

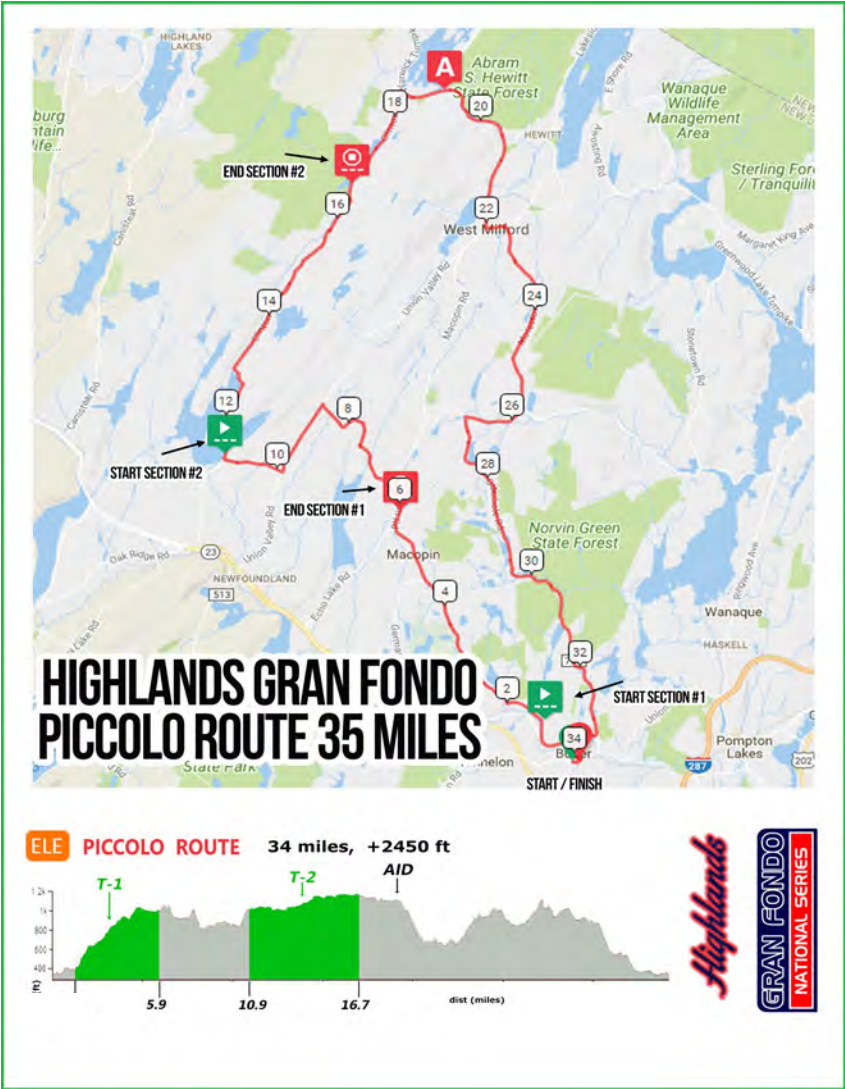
Start Window: 7:30 am

Distance: 35 Miles

Elevation Gain: 2450 Feet

Timed Segments: 1

Aid Stations: 1 (Mile 19)



RESULTS & AWARDS

Real-time results for Highlands Gran Fondo will be posted [on our website](#).

Highlands Gran Fondo 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 the timed segment all riders complete (Time Section #1 for all riders) will win a [Wahoo ELEMNT ROAM](#)

SPECIAL OFFER: Any rider who registered before May 25, 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.

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](#)

[inGAMBA promotional items](#)

[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)

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!

Highlands Gran Fondo Jersey



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



Series Partners



Local Partners



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, 2023	IDAHO SPRINGS, CO
719 RIDE	JULY 15, 2023	COLORADO SPRINGS, CO
VIRGINIA'S BLUE RIDGE GF	OCT 8, 2023	FINCASTLE, VA

