

A photograph of three cyclists in a race. The cyclist in the center is a woman with blonde braids, wearing a blue and white jersey with 'HANS' and 'PACTIME' visible, and a white helmet. She is leaning forward on her handlebars. To her left is a man in a red jersey and a black helmet. To her right is another man in a white and red jersey and a black helmet. They are all on road bikes, and the background is a blurred green forest.

RIDER ROADBOOK

BOONE GRAN FONDO



Dear Rider

Welcome to the 2023 Boone Gran Fondo! We are happy to showcase the beauty and scenery of Boone, NC. The courses are in great shape and we have a wonderful weekend planned. New for 2023, we have finisher medals for all riders who complete any course!

In order to have a fun and memorable day in Boone, 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 be conscientious of others at the start area, aid stations, and finish area.

The timed-segment gran fondo format pioneered in the United States by Gran Fondo National Series is perfectly suited for communities like Boone. Outside of timed segments, we ask you to follow traffic laws, watch out for each other, and exhibit grace and patience with drivers as we share these great roads.

The SUAREZ Gran Fondo
National Series Team

Registration & Packet Pickup

Online Registration

Online registration will be open until 1:00 PM Eastern Time on Sat, August 5.

Packet Pickup - Saturday, August 5

Riders may collect packets for 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.

Capua Law Firm

Packet pickup will be in the lot across the street from [164 South Depot Street Boone, NC 28607](#) between 3:00 PM and 6:00 PM. This will also be the start/finish area on Sunday.

Packet Pickup - Sunday, August 6

Riders picking up packets on Sunday morning should do so early. Riders may collect packets for 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 - Capua Law Firm

[164 South Depot Street Boone, NC 28607](#) between 6:00 AM - 7:15 AM

PARKING

Free event parking is in Appalachian State University's Raley Lot, accessible from River Street. This lot is half a block from the start/finish area and has ample parking.



IN YOUR PACKET

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



NOTE: example images from previous event

PREPARING TO RIDE

As you prepare for the Boone 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.
- **Bike plate is mandatory**, mounted to the handlebar so course marshals and law enforcement can distinguish participants and for accurate photo identification. Bike plate should be in front of cables and unobstructed.
- **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 AREA

All riders must be staged by 7:45 am for the start at 8:00am. 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

All foods will be provided in single-serve packages



WATER



SODA



HEED ENERGY DRINK



HAMMER GELS
HAMMER BARS



SAVORY FOOD
Potato Chips



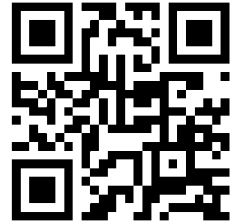
SWEET FOOD
Bananas, Clementines, Fig Bars,
Cookies

Be sure to fill your complimentary bottle from our local sponsor, Noah Niwinski



BOONE 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 **BOONE2023**.



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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FINISH AREA

Upon reaching the finish line, riders will be directed into a one-way finishers' chute to return Timing Chip. Your food and drink tickets are attached to your bib number! Tickets can be redeemed for a meal. Riders with particular dietary needs should be prepared with own post-ride food options.



Gran Fondo National Series Jersey



Cycling kits available from SUAREZ

Roll through 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!

RESULTS & AWARDS

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

Boone 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.

Wahoo 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 July 30, 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](#)

[Tsuga Outdoor Gear Pivot Pro Hip Pack](#)

[Lazer helmet](#)

[Industry Nine hubset](#)

[Cane Creek components](#)

[Swiftwick socks](#)

[Bike Flights travel voucher](#)

[Shimano products](#)

[CTS Trainright Membership](#)

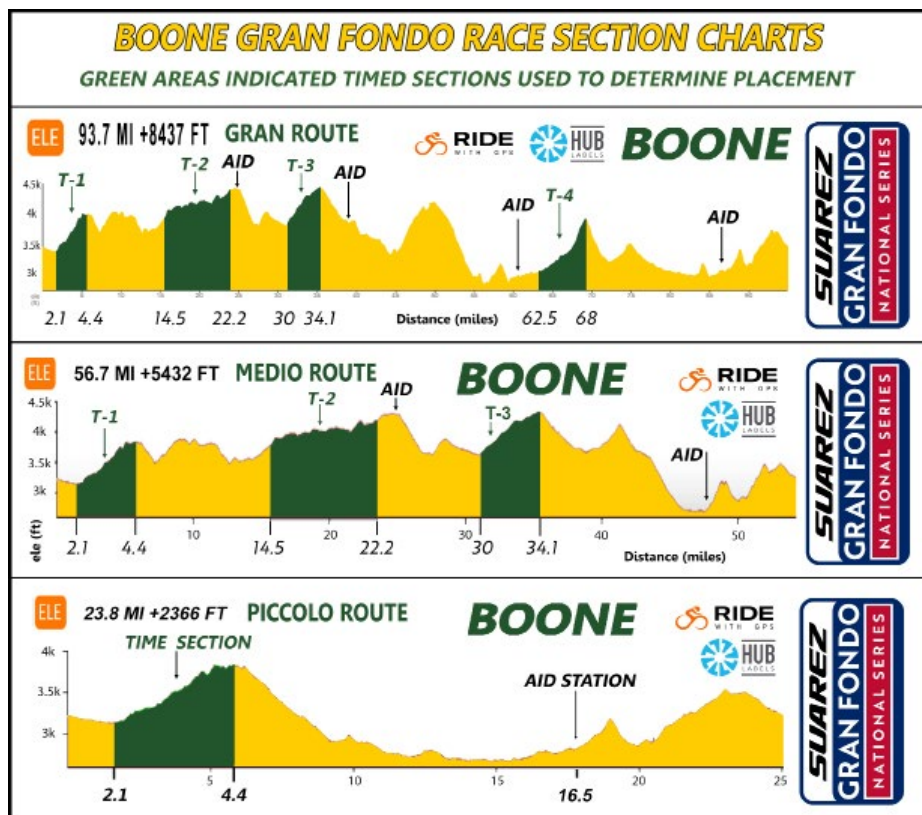
[Jittery Joe's Coffee](#)

[UNDRBUDR anti-chafe cream](#)

[Ride with GPS Premium Membership](#)

(List subject to change)

PROFILES & TIMED SEGMENTS



Downloadable Course Maps

[94 Mile Gran Route](#)

[57 Mile Medio Route](#)

[24 Mile Piccolo Route](#)

Timed Segment Maps and Profiles

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

[Time Section #2 \(Medio and Gran\)](#)

[Time Section #3 \(Medio and Gran\)](#)

[Time Section #4 \(Gran only\)](#)

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: 8:00 am

Distance: 94 Miles

Elevation Gain: 8437 Feet

Timed Segments: 4

Aid Stations: 4 (Mile 25, Mile 39, Mile 62, Mile 87)



Medio Route

Start: 8:00 am

Distance: 58 Miles

Elevation Gain: 5363 Feet

Timed Segments: 3

Aid Stations: 2 (Mile 25, Mile 39)



Piccolo Route

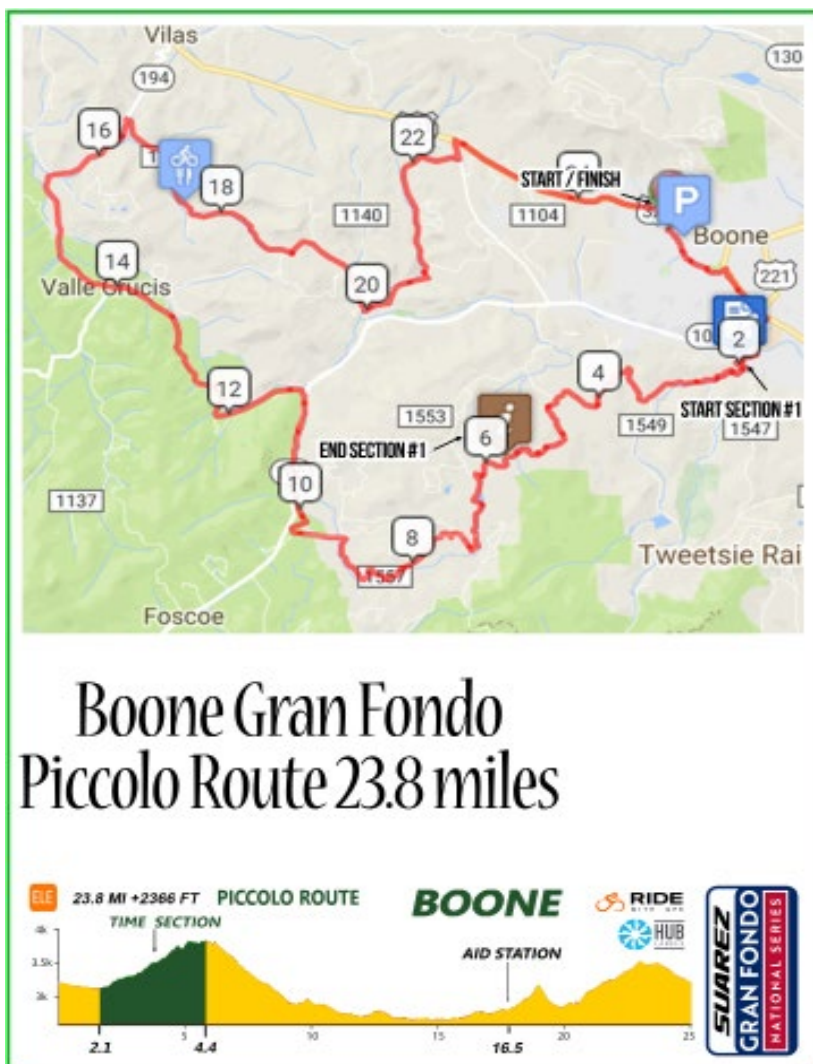
Start: 8:00 am

Distance: 24 Miles

Elevation Gain: 2366 Feet

Timed Segments: 1

Aid Stations: 1 (Mile 16.5)





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
GRAN FONDO MARYLAND* P/B OURISMAN AUTOMOTIVE	SEPT 17, 2023	FREDERICK, MD

* 2023 USA CYCLING GRAN FONDO NATIONAL CHAMPIONSHIPS 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

Partners



Local Partners



