



RIDER ROADBOOK

GRAN FONDO MARYLAND

P/B OURISMAN AUTOMOTIVE GROUP

2023 GRAN FONDO
NATIONAL CHAMPIONSHIPS



A cyclist wearing a blue and white American flag patterned jersey, a white helmet, and blue sunglasses is riding a road bike. The cyclist is leaning forward in a racing position. The background is a blurred green forest. The text is overlaid on the left side of the image.

Dear Rider

Welcome to the 2023 Gran Fondo Maryland! We are very happy to be back in Frederick, where the Gran Fondo National Series began, and the first Gran Fondo National Championship was held in 2012. We are proud to bring the Championships back to Maryland as the official 2023 USA Cycling Gran Fondo National Championships!

Thank you for your support of this great event. The timed-segment gran fondo format pioneered in the United States by Gran Fondo National Series is perfectly suited for communities like Frederick. 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 & In Person Registration

Online registration will be open until 2:00 PM Eastern Time on Saturday, September 16. In-person registration available during Friday, Saturday & Sunday pickup.

Packet Pickup - Friday, September 15

There is no on-site parking at the dealership. There are several public garages within 1 block, and nearby Metro stops. The Capital Crescent Trailhead on Bethesda Avenue is also close by, for cyclists who want to ride to packet pickup.

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.

Ourisman Honda in Bethesda

[4800 Bethesda Ave, Bethesda, MD 20814](#)

between 3:00 PM and 6:30 PM

Packet Pickup - Saturday, September 16

Riders may collect packets for additional riders (see above). Please enter to park via Francis Scott Key Drive at rear of dealership ([use google link for directions](#)).

Volvo Cars of Frederick/ Audi Frederick

[6001 Urbana Pike, Frederick, MD](#)

between 2:00 PM and 6:00 PM

Packet Pickup - Sunday, September 17

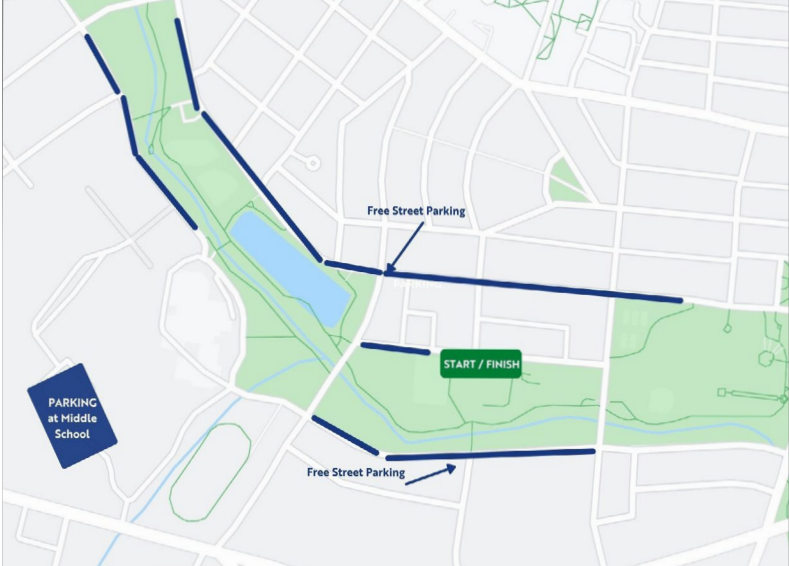
Riders picking up packets on Sunday morning should do so early. Riders may collect packets for additional riders (see above).

Start/Finish Area - Baker Park

[500 Fleming Ave, Frederick, MD 21701](#) between 6:00 AM - 7:15 AM

EVENT PARKING

Please follow direction and park responsibly in designated parking spaces. Most on street parking near Baker Park is unmetered, but we encourage you to ensure it's not a "resident only" location. Parking is also available at West Frederick Middle School ([Google Map Link](#)). Do not park in regulated parking spots, you will get fined.



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

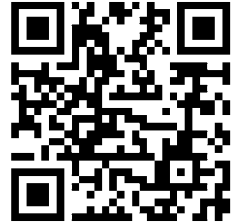
PREPARING TO RIDE

As you prepare for Gran Fondo Maryland and #GFNats 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](#).

EVENT APP, powered by Ride with GPS

All of the information in the Rider Roadbook is available on the free Gran Fondo Maryland/GFNats 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 **MARYLAND2023**.



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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START AREA

National Championships riders must be staged by age group by 7:45 am for the start at 8:00 am. Non-championship (all age groups and courses) will stage at 8:15 and start at 8:30 am. Timing chips will be issued immediately before riders enter the start area. National Championships vs. Gran Fondo participation will be verified by chip read at the start. Starting in the incorrect field 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.

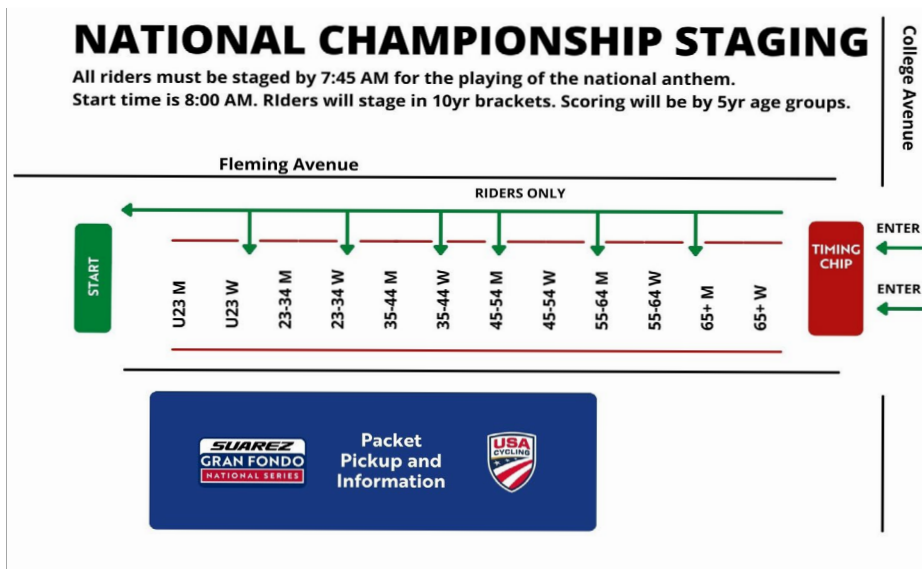


MECHANICS ON COURSE

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.

NATIONAL CHAMPIONSHIPS START PROCEDURE

Riders competing in the Gran Fondo National Championships will be staged by age group. Pick up your timing chip before entering the start corral and proceed into the start corral (see illustration below). There will be gaps in the barricades. Riders must be in the start corral by 7:45 am for the national anthem and briefing. Riders will depart at 8:00 am. National Championships vs. Gran Fondo participation will be verified by chip read at the start. **Starting in the incorrect field will result in disqualification.**



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.

AID STATIONS

There will be food available in single-serve packages



WATER



SODA



HEED ENERGY DRINK



HAMMER GELS
HAMMER BARS



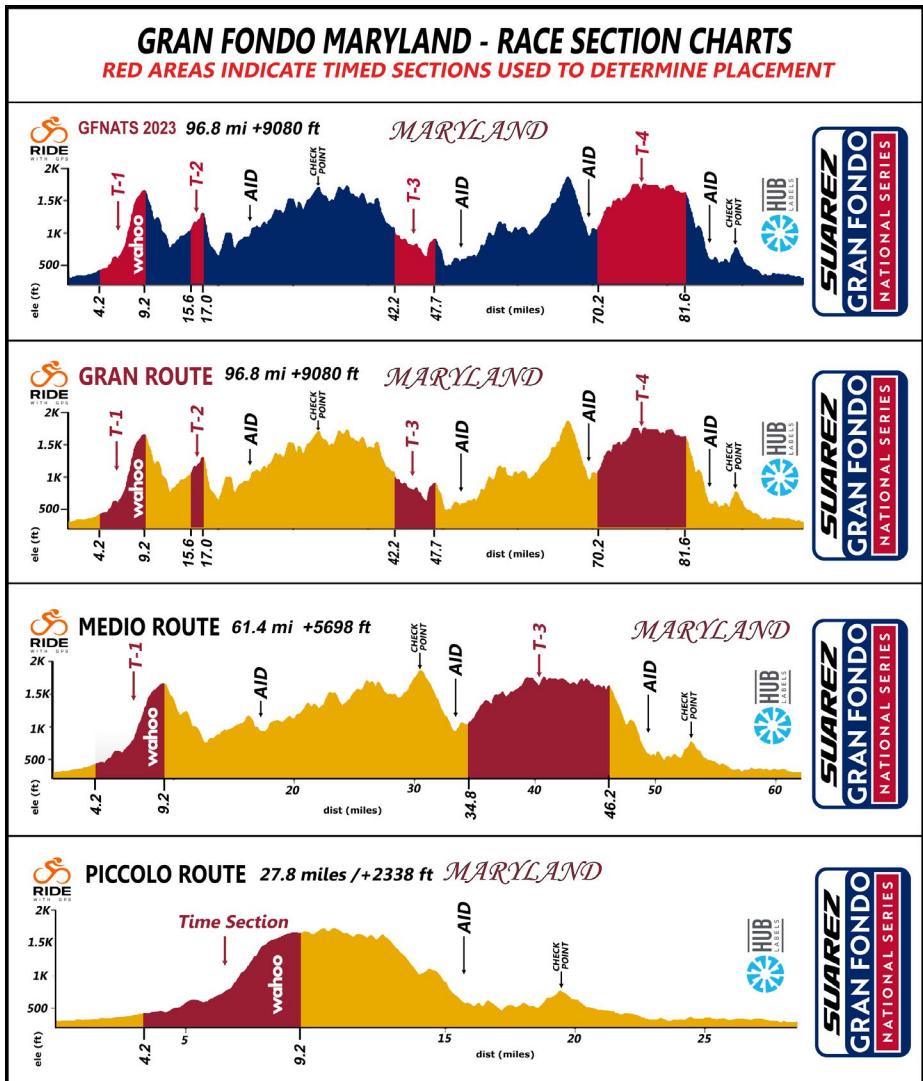
SAVORY FOOD
Potato Chips



SWEET FOOD
Bananas, Clementines, Fig Bars,
Cookies



PROFILES & TIMED SEGMENTS



Downloadable Course Maps

- [97 Mile Gran Route](#)
- [61 Mile Medio Route](#)
- [28 Mile Piccolo Route](#)

Timed Segment Maps and Profiles

- [Time Section #1 \(all riders\)](#)
- [Time Section #2 \(Gran only\)](#)
- [Time Section #3 \(Gran only\)](#)
- [Time Section #4 \(Medio and Gran only\)](#)

#GFNats & Gran Route

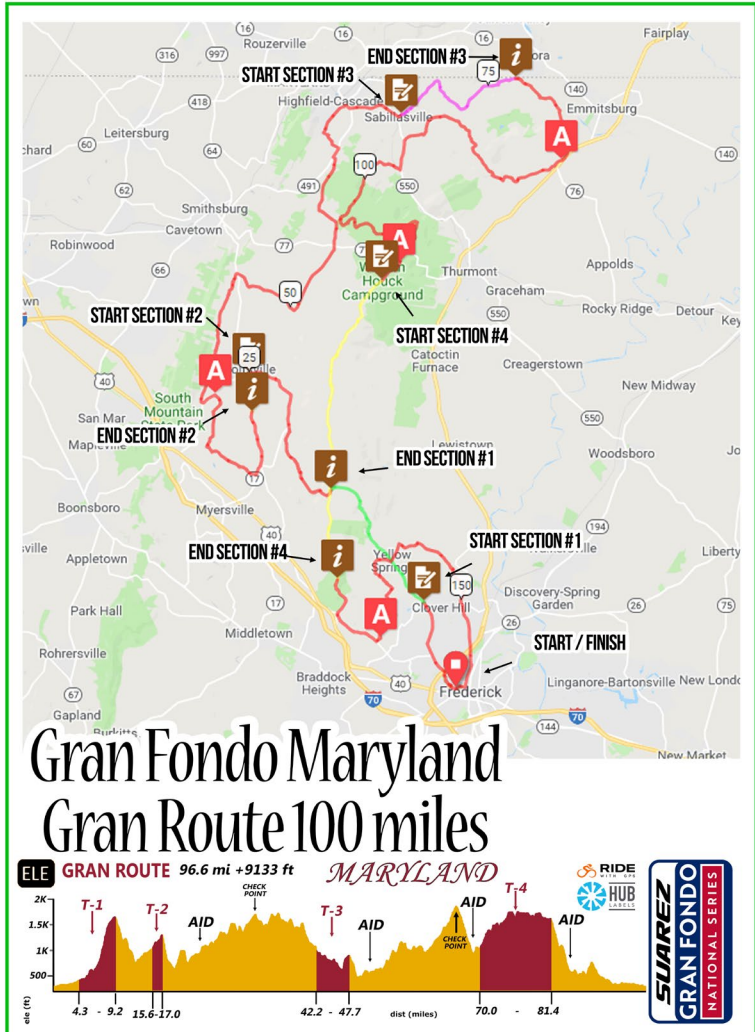
Start: 8:00 am for Gran Fondo National Championships; 8:30 am for Gran Fondo Maryland

Distance: 97 Miles

Elevation Gain: 9133 Feet

Timed Segments: 4

Aid Stations: 4 (Mile 23, Mile 52, Mile 70, Mile 85)



Medio Route

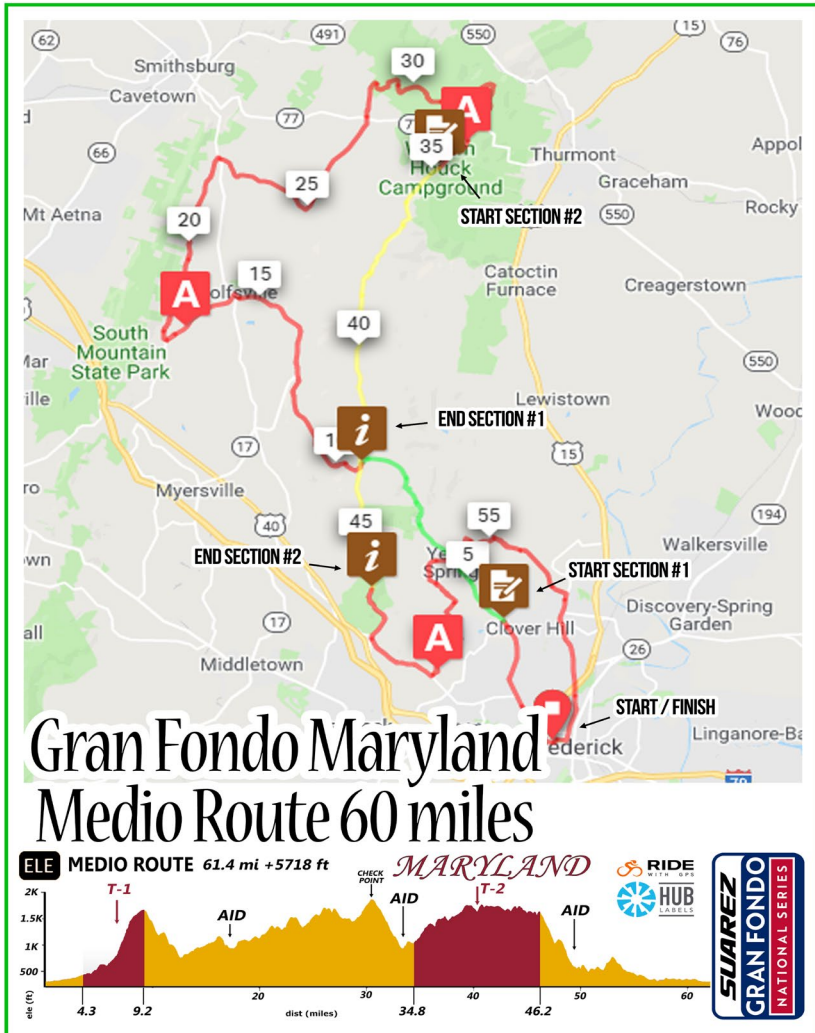
Start: 8:30 am

Distance: 61 Miles

Elevation Gain: 5718 Feet

Timed Segments: 2

Aid Stations: 3 (Mile 17, Mile 34, Mile 50)



Piccolo Route

Start: 8:30 am

Distance: 28 Miles

Elevation Gain: 2338 Feet

Timed Segments: 1

Aid Stations: 1 (Mile 16)



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 your choice of Jerk Chicken Thighs with Vegetable Rice Pilaf or Grilled Vegetable Rice Pilaf, from Brewers Alley. Riders with particular dietary needs should be prepared with own post-ride food options.



#GFNATS JERSEY

Gran Fondo National Championships participants will receive the commemorative jersey pictured below, from SUAREZ Cycling Apparel. Only age group winners will receive official National Champion jerseys from USA Cycling.



RESULTS & AWARDS

Real-time results for Gran Fondo Maryland and Gran Fondo National Championships will be posted [on our website](#).

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.

Gran Fondo National Championships riders who finish TOP 5 in a competition category (male and female by age group) will be invited to the podium presentations. National Champions will be awarded USA Cycling National Champion jerseys.

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](#).

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

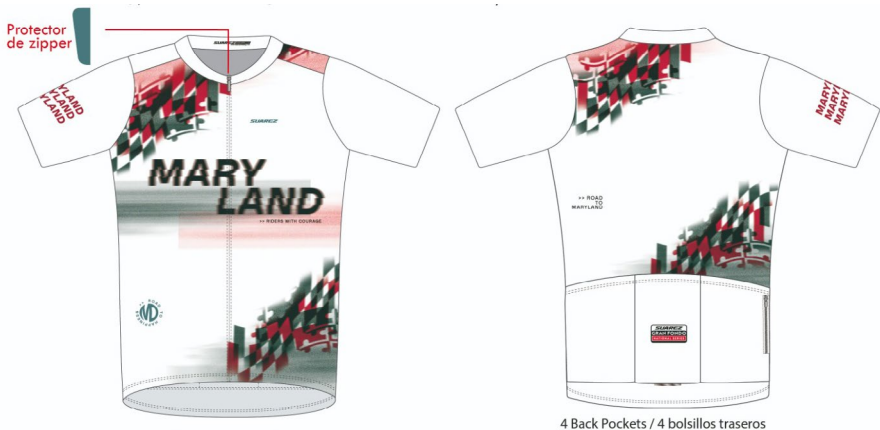


Cycling kits available from SUAREZ

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!

SPECIAL OFFER: Any rider who registered before Sept 10, 2023 can bring your favorite cycling jersey (any brand) to the SUAREZ tent to have your name sublimated onto the fabric. .

Gran Fondo Maryland Jersey



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

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

SUAREZ



wahoo



LAZER

SHIMANO

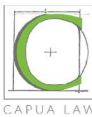
swiftwick



UNDRBUR™



BMC



IN GAMBA
EAT UP THE MILES, DRINK IN THE CULTURE

Local Partners



