

26-27
CZERWCA
2021



**ATHLETE
INFORMATION
GUIDE**



PROGRAM

Saturday, 26.06.2021

- 11:00 - 20:00 Race office and Bike Expo - opening hours
- 11:00 - 20:00 Mobile Bicycle Museum - opening hours
- 10:30 - 20:30 Bike deposit - opening hours
- 12:00 Gran Fondo Kids - 3000 m
- 12:20 Gran Fondo Kids - 2500 m
- 12:35 Gran Fondo Kids - 1500 m
- 12:50 Gran Fondo Kids - 1000 m
- 13:30 Gran Fondo Kids - awards

Sunday, 27.06.2021

- 6:00 - 14:00 Deposit - opening hours
- 6:00 Start area opening
- 7:00 Start - Gran Fondo
- 7:05 Start - Medio Fondo
- 7:10 Start - Family Fondo
- 7:30 - 14:00 Bike deposit - opening hours
- 9:00 - 14:00 Bike Expo - opening hours
- 9:00 - 14:00 Mobile Bicycle Museum - opening hours
- ~ 8:10 Winner's finish estimated time - Family Fondo
- ~ 9:10 Winner's finish estimated time - Medio Fondo
- ~ 10:10 Winner's finish estimated time - Gran Fondo
- 11:30 Awards - Open category
- 12:30 Awards - age groups
- 14:00 Event ending

GENERAL INFORMATION

	GRAN FONDO	MEDIO FONDO	FAMILY FONDO
DATE OF THE RACE	27.06.2021	27.06.2021	26.06.2021
START TIME	7:00	7:05	7:10
ROUTE	127 km	84 km	30 km
TIME LIMIT	7h	4h	2h
START & FINISH	5/9 Olimpijska Street next to the City Stadium	5/9 Olimpijska Street next to the City Stadium	5/9 Olimpijska Street next to the City Stadium
COMPETITORS LIMIT	2000	2000	1000
AGE LIMIT	18 y.o.	18 y.o.	13 y.o.
RACE OFFICE	26.06.2021, 11:00 - 20:00	26.06.2021, 11:00 - 20:00	26.06.2021, 11:00 - 20:00

ALLOWED BIKE TYPES

Typ roweru	Dystans Gran Fondo	Dystans Medio Fondo	Gran Fondo Family	Gran Fondo Kids	Bike type
Czasowy	✗	✗	✗	✗	TT Bikes
Triathlonowy	✗	✗	✗	✗	Triathlon Bikes
Szosowy	✓	✓	✓	✓	Road Bikes
Gravel	✓	✓	✓	✓	Gravel Bikes
Cyclocross	✓	✓	✓	✓	Cyclocross Bikes
MTB	✗	✓	✓	✓	Mountain Bikes
Trekingowe	✗	✓	✓	✓	Trekking Bikes
Miejskie	✗	✓	✓	✓	City Bikes
Fitness	✗	✓	✓	✓	Fitness Bikes
Crossowe	✗	✓	✓	✓	Cross Bikes
Rowery z napędem elektrycznym	✗	✗	✗	✗	E-Bikes
Rower z lemondką	✗	✗	✗	✗	Bikes with aerobars
Rowery poziome, tandemy, bicykle, monocykle	✗	✗	✗	✗	Recumbent Bikes, Tandem Bikes, Monocycles



RACE OFFICE

**GAME HALL OF GDYNIA SPORTS CENTER,
5/9 OLIMPIJSKA STREET 81-538 GDYNIA
26.06.2021, 11:00 - 20:00**

On Sunday 27.06.2021 race office will be closed.

In order to collect the starting pack each contestant is obliged to:

- provide an identity document in order to verify the data entered in the application.
- present the QR code (on a mobile device or printout), received at the e-mail address provided during registration.



EXPO / OFFICIAL MERCHANDISE STORE

Expo Gran Fondo Gdynia and Official Merchandise Store will be located in game hall of Gdynia Sports Center at 5/9 Olimpijska street.

Opening hours:

- Saturday, 26 June 11:00 – 20:00
- Sunday, 27 June 9:00 – 14:00

The entire range of the sklepgfseries.pl online store will be available at the Official Merchandise Store on June 26-27. On site, you will be able to buy a cycling lifestyle collection and other products such as coffee, wine, helmets, clasps, water bottles, saddle bags, tire repair kits, panniers and more.

WELCOME BANQUET

Each Gran Fondo Gdynia competitor will receive a coin in a starting pack, which can be exchanged for a meal from a special menu in one of 20 restaurants in the food court of Riviera at 2 Kazimierz Górski street from Saturday, June 26 to Sunday, June 27.

Restaurants offering WELCOME BANQUET:

BERLIN DONER KEBAP - A.BLIKLE - BOBOQ - BURGER KING - CAFE SCHOLLER - COSTA COFFEE - CUKIERNIA SOWA - EXPRESS ORIENTAL - GRYCAN - LUNA EXPRESS - MCDONALD'S - MIŁO MI - PAPA DIEGO - PIZZA HUT - SALAD STORY - SMAK NA TAK - SUSHI EXPRESS - TCHIBO - THAI WOK - WAFFEL - XOCOLAT'S

It is possible to buy the Welcome Banquet service for an accompanying person, online via slotmarket.pl and stationary at the race office.



DEPOSIT

The general deposit will be located in the Athletics Arena, Gdynia Sports Centre at 5/9 Olimpijska street. It will be open on Sunday, June 27, 2021 from 6:00 am to 2:00 pm.

Items for deposit will be accepted only in deposit bags included in the starter packs.

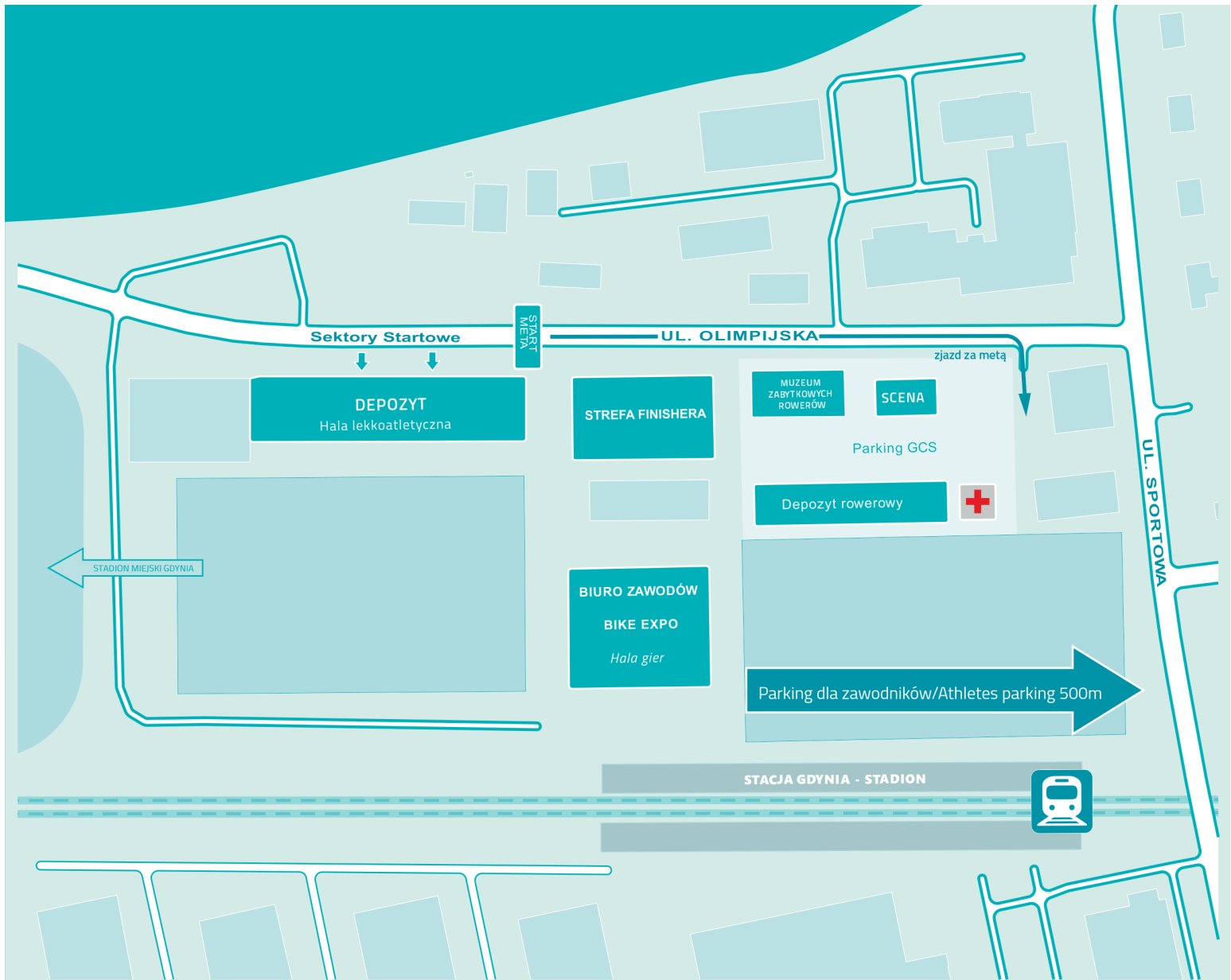
BIKE DEPOSIT

The bike deposit is the guarded place near by the race office, in the Gdynia Sports Centre parking lot, where without any charge you can leave your bike before and after the race.

It will be open on Saturday, June 26, 2021 from 10:30 a.m to 8:30 p.m and on Sunday, June 27, 2021 from 7:30 a.m to 2:00 p.m.

You can use it on Saturday when picking up your starter pack. It will not be possible to enter the race office with a bicycle.

EVENT SITE

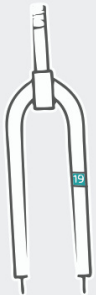


BIB NUMBERS

Prawidłowe oklejenie kasku
Correct placement of stickers on your helmet



Prawidłowe umiejscowienie chipa
Correct placement of the chip



Widelec rowerowy
Bicycle fork

Prawidłowe oklejenie roweru
Correct placement of stickers on your bike



Sztyca rowerowa
Bicycle seatpost

It is also obligatory to put the bib number on your back while cycling.



REFRESHMENT POINTS

On the Gran Fondo Gdynia route there will be refreshment and nutrition points:

- 3 buffets on the Medio Fondo route (20 km, 37 km, 60 km)
- 6 buffets on the Gran Fondo route. (20 km, 37 km, 60 km, 64 km, 80 km, 104 km)

They will be located in the following spots:

- Bojano
- Szemud
- Koleczkowo

The buffets on the route will provide various products so that each cyclist can choose the option that is best for them at the moment. We will serve you water, isotonic drinks and fruits. For the sake of the health and safety of the Competitors, all products will be served in hermetically sealed packages. Next to the buffet area there will be a toilet area, and about 50 meters further - waste bins.

SAG

SAG cars will run on the Gran Fondo and Medio Fondo routes, to collect cyclists (along with their bicycles) who will not be able to complete the race due to, for example, a defect.

Collection will take place on a first-come, first-served basis.

RED BULL BONUS

Red Bull - partner of the Gran Fondo Gdynia, is the sponsor of the award for the winner of the racing bonus.

The competitor who achieves the shortest travel time of the designated section of the Gran Fondo Gdynia route will be invited to a co-drive with Jakub Przygoński, a rally driver, the fourth competitor of the 2019 Dakar Rally.

Co-drive is a unique opportunity of an extreme ride on the pilot's seat of a rally car on a closed, properly secured section of the road or a professional race track.

RECOVERY MEAL

At the finish area, Competitors will receive a recovery refreshment, which will allow them to supplement their caloric expenditure and quench the thirst.

The meal includes:

- lunch box CityDiet
- isotonic drink
- Cisowianka water
- Lech Free non-alcoholic beer
- Red Bull energy drink
- fruit (banana or apple)



AWARDS

The awards ceremony will take place on Sunday at 11:30 a.m. on the stage (Finish zone). The decorations of the age categories will start at 12:30 p.m. Prizes in individual categories can only be collected in person on the day of the competition. Statuettes that, for justified reasons, are not collected during the decoration process, will be available for collection at the Organizer's office in Gdynia until 27 July 2021.

Please note that unclaimed statuettes will not be sent individually.

MEDAL ENGRAVING

People who have purchased the medal engraving service can do it on the basis of the starting number. You should report to the engraving point in the Finish Zone with your bib number and medal.

The service can also be purchased at slotmarket.pl until the registration is closed or at the race office and in the engraving point.

RESULTS

The results will be available after the competition at www.gfseries.pl and at www.wyniki.datasport.pl



GRAN FONDO KIDS

GDYNIA

Date: 26 June 2021 r.

Location: Olimpijska Str.

Starts schedule:

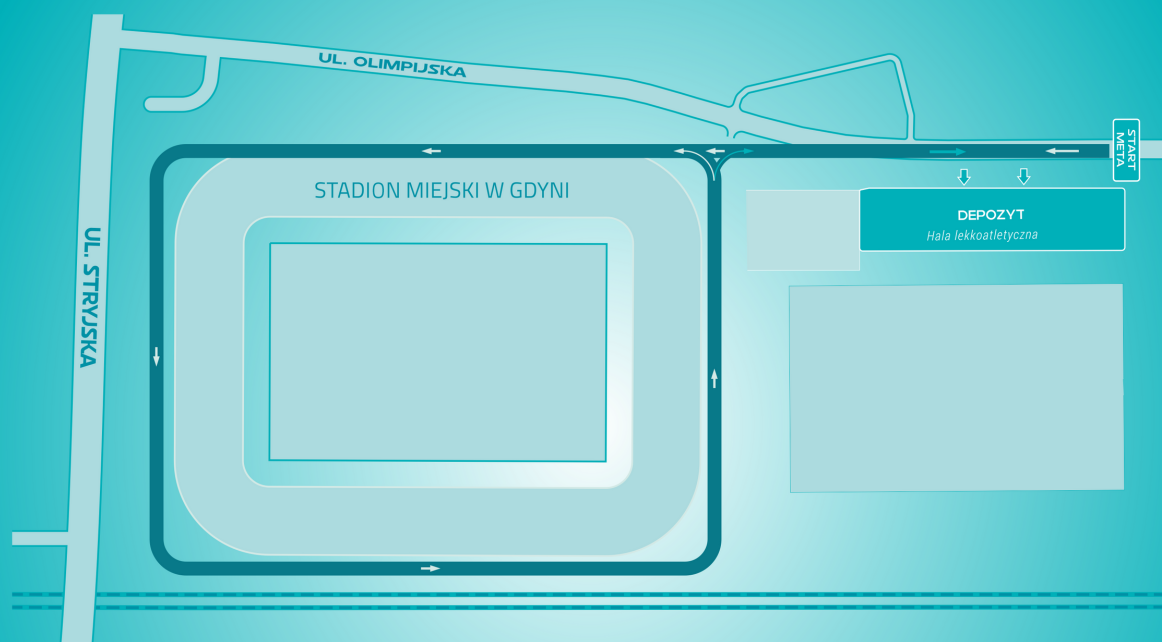
- **12:00**
Gran Fondo Kids – 3000 m
- **12:20**
Gran Fondo Kids - 2500 m
- **12:35**
Gran Fondo Kids - 1500 m
- **12:50**
Gran Fondo Kids - 1000 m

It is possible to enroll your child in Gran Fondo Kids at the race office on Saturday, June 26, 2021. The entry fee is 25 PLN, the number of places is limited.

TRASA GRAN FONDO KIDS



GODZINA	KATEGORIA	DYSTANS
12:00	Dziewczynki i chłopcy, roczniki 2009-2010	ok. 3000m
12:20	Dziewczynki i chłopcy, roczniki 2011-2012	ok. 2500m
12:35	Dziewczynki i chłopcy, roczniki 2013-2014	ok. 1500m
12:50	Dziewczynki i chłopcy, roczniki 2015-2016	ok. 1000m
13:30	Dekoracje	



GRAN FONDO GDYNIA ROUTES



GOOD TO KNOW

- For safety reasons, using headphones while cycling is prohibited.
- Remember to stick to the right side of the road throughout the race course.
- During the competition, it is not allowed to push, physically support another competitor or to be assisted by someone from the outside.
- If one of the participants is on the ground and needs help, stop and help as you pass them, unless there are at least three other people already with him. Continuation of the race is possible after the arrival of medical assistance or after it has been confirmed that the assistance is no longer needed.
- Be polite and respect other participants on the route, volunteers, supporters, staff - we are all here for each other and we have the same goal!
- Remember to throw your rubbish away only in designated areas. We are against littering the environment and making it difficult for other cyclists to ride.
- The decisions of the medical service regarding the continuation of the competition are final and indisputable. They should not be opposed.
- Shimano's neutral service will be running along the Gran Fondo Gdynia route. Defects and competitors (SAG) will also be brought from the route according to the order of reporting.

Each participant is obliged to:

- wearing a fastened helmet throughout the competition;
- start wearing the official t-shirt of the competition;
- affixing the starting numbers in the places indicated by the Organizer;
- wearing a wristband from the moment of collecting the package until the end of the competition (including collecting the bike and items from the deposit - in the case of using this service);
- having a replacement inner tube and a pump or CO2 cartridges.



SAFETY FIRST!

- During Gran Fondo Gdynia, it is absolutely obligatory to comply with all regulations of sanitary regime currently in force in Poland concerning public areas - both outdoors and indoors.
- Please keep social distance - suggested distance: min. 1.5m from other people.
- In closed areas - e.g. the race office - it is obligatory to wear masks that cover the mouth and nose.
- In the starting zone of the race, where it will be difficult to maintain an appropriate distance between competitors, masks will be available, issued at the competitor's request.
- When entering / leaving the race office, expo, bicycle deposit or other event zones, please disinfect your hands. In these key places, dispensers with disinfectant liquid will be located and masks will be available at the competitor's request.
- Starts of particular distances will take place in groups not exceeding 250 people, in accordance with the current government restrictions regarding the number of participants in outdoor sports events. Fully vaccinated people who can show proof of this status are not counted in the given limit.



GRAN FONDO GDYNIA CHECKLIST

Helmet

Bib number (attached to the official race t-shirt)

Chip (attached to the bicycle fork)

Stickers (3 on the helmet and one on the seat post)

Gran Fondo T-shirt from the starter pack

Water bottle

Favourite gels and supplements

Spare inner tube

Pump or CO2 cartridges

A mask to cover your nose and mouth when entering the race office, etc.

Gel / disinfectant liquid



PARTNER STRATEGICZNY:



PARTNER OFICJALNY:



SPONSORZY I PARTNERZY:



PATRONI MEDIALNI:

