

Chapter 10

Gran Fondos

RULE BOOK



10. GRAN FONDO

10A. Participation

10A1. Gran Fondos are timed road events, such as sportives and gravel grinders, open to all riders.

10A2. If necessary, the rider's age shall be calculated by subtracting the year of the rider's birth from the year the event takes place.

10B. Entry and Rider Obligations

10B1. Riders shall register for the event per the guidelines of the organization, which may include advance registration, whether online or by other means, or day of event registration.

10B2. The organizer shall provide each entrant with at least one body number. The organizer may also provide frame numbers and/or timing chips. The organizer may require a deposit for timing chips.

10B3. By entering the event, the participant agrees to respect the regulations and policies of USA Cycling, and the particular regulations of the event.

10B4. The participant agrees to accept the directions of the event organizers and all public authorities and emergency service personnel.

10B5. Each participant agrees that he is participating at his own risk and accepts the risks inherent in the sport. These risks include, but are not limited to sickness, injuries from falls, accidents, and risks related to road traffic and weather conditions.

10B6. It is each rider's responsibility to ensure that he is physically capable and healthy enough to participate in the event being entered.

10B7. Each participant must sign a USA Cycling event waiver acknowledging that he accepts the risks mentioned above.

10C. Conduct of Participants

10C1. Participants must respect the relevant traffic laws at all times. These laws may include:

- (a) Staying on the right side of the road unless currently inside of a rolling enclosure'
- (b) Stopping for all stop signs and traffic lights unless waived through by a marshal or police officer.

10C2. Participants must demonstrate good sportsmanship at all times.

10C3. Participants must behave in a way that respects the environment. Littering or any similar behavior will not be tolerated.

10D. Organization of Events

10D1. The organizer must provide detailed information to participants, including a technical guide providing the following:

- (a) Full contact details for the organizer
- (b) The special regulations for the event
- (c) The number of times the event has been run previously
- (d) The number of riders that participated in the previous event.
- (e) The number of riders expected and any applicable limits on field size
- (f) The type of event
- (g) A detailed description of the course(s) with profile, distance, feed zones, first aid posts and technical assistance posts.
- (h) A description of the services provided for riders.

10D2. The organizer must take all appropriate measures for the protection of the environment. The organizer must restore the course and its surroundings to its original condition immediately after the event has finished.

10D3. Course and rider safety shall be the primary concern and responsibility of the organizer.

10E. Event Fees and Surcharges

10E1. The permit fee for a Gran Fondo is specified in the “schedule of fees.”

10E2. The organizer shall pay USA Cycling an insurance surcharge per rider per day as specified in the “schedule of fees.”

10F. Courses and Safety

10F1. Directions

- (a) The course must be clearly marked using arrows and signs and by the placement of marshals, or through the use of other navigational aids.
- (b) Where an event uses multiple courses, these must be clearly identified. The points at which the different courses separate must be marked beforehand.

10F2. Marshals

- (a) The organizer shall deploy a sufficient number of marshals in order to ensure rider safety and control traffic.
- (b) Moto marshals will be used as necessary for course safety.
- (c) Where riders are not under rules of the road, a marshal or law enforcement officer must

be stationed at all major junctions and at junctions where riders do not have priority under the normal rules of the road.

- (d) The marshals must be readily identifiable by a distinctive sign or uniform.
- (e) The marshals shall be provided with a flag and/or a whistle. The marshals must be clearly informed about their role and provided with a list of emergency contacts.

10F3. Lead and Follow vehicles

- (a) The organizer's official vehicles must be marked with a distinctive sign.
- (b) Events where riders are not under rules of the road will be run with at least one lead vehicle for the lead/main group of riders.
- (c) The number of following vehicles will be appropriate for the number of participants.
- (d) There will be at least one sag vehicle
- (e) Personal following vehicles are forbidden. If necessary, the rider will be disqualified by the organizer.

10F4. Feeding

- (a) The feed zones or rest stops must be well-located on the course. Their number will be appropriate to the length of the course. The feed zones or rest stops must be marked with signs.
- (b) A panel shall indicate the presence of the next feed zone at least 500 meters beforehand.
- (c) The feed zones must be located far enough off the road that they do not hinder traffic and allow riders who wish to do so to pass without stopping.
- (d) The feed zones must be large enough to accommodate substantial numbers of riders.

10F5. Communications

A suitable communications system must be set up between the members of the organization team and the safety and first aid services.

10G. Classifications and Prizes

10G1. The timing shall be used to produce rankings for the men's and women's categories and age groups. Additional categories may be permitted at the discretion of the organizer.

10G2. When chip timing is used, the rider's start time shall be calculated based upon when the rider crossed the start line. If no chip timing is used, then the start time will be based on a whistle or pistol shot for the event or the wave, as appropriate.

10G3. Awards may be given based on overall time and/or timed segments at one or more points during the event, such as timed hill climbs.

10H. Event Start

10H1. Riders shall present themselves at the staging area at the time required by the specific event regulations, in general no later than 15 minutes before the start.

10H2. Riders will start in waves or all together per the instructions of the organizer.

10H3. Riders will be staged per the event regulations. Generally, riders with higher ability level will be staged towards the front.

10H4. Riders must respect the staging order and/or start in the correct wave.

10I. Event finish

Each Gran Fondo may have specific rules regarding time limits. Riders finishing outside those time limits will not be eligible for prizes. In extreme circumstances, a rider may be called off the course if too far behind.

10J. Equipment

10J1. Bicycles used in a Gran Fondo must be propelled solely by the rider's legs and shall have the following characteristics:

(a) Dimensions. Bicycles may be no more than 2 meters long and 75 cm wide, except that tandems may be up to 3 meters long

(b) There may be **no protective shield**, fairing, or other device on any part of the bicycle, which has the effect of reducing air resistance except that spoke covers may be used.

(c) The **handlebar** ends shall be solidly plugged and attachments thereto shall be fashioned in such a way as to minimize danger without impairing steering. Additional equipment requirements, including restrictions on aero type handlebars, may be specified by the organizer in the event regulations.

10J2. If tandems, recumbents, or hand cycles are allowed, they should generally be staged separately from the standard bicycles and given a separate start time.

10J3. At all times during the event, riders must wear a securely fastened helmet *that meets* the laboratory testing standards of the U.S. Consumer Product Safety Commission (*CPSC standard for bicycle helmets*).

10J4. Riders must comply with other specific equipment regulations given in the technical manual, such as carrying a pump and spare or starting the event with a specified number of full water bottles.