

GENY

WORLD CHAMPIONSHIP



NEW YORK CITY

MAY 21st

2023

A WARM WELCOME TO

**THE 11th ANNUAL
INTERNATIONAL
GFNY WORLD CHAMPIONSHIP
IN NEW YORK CITY**

Thank you for joining us at the GFNY World Championship in NYC, the world's most international bike race. You'll witness cyclists from over 90 countries race this challenging course.

One of the things we love most about GFNY is that it brings people from different cultures together. And this is now more so important after what we all have been through. Whether it's in NYC, Italy, Colombia or Bali: we don't have to speak the local language to enjoy riding and racing aside each other because we all speak cycling.

The 11th annual GFNY World Championship NYC on May 21 is being transformed to a test race for a new UCI 1.2 pro race: the Gran Premio GFNY New York City. It is planned to start minutes ahead of the amateur field and will run on the same exact course on May 19, 2024. The race will draw pro teams from Europe and the Americas to the iconic start line on George Washington Bridge in New York City.

This Sunday, a number of select pro cyclists will join the race to test the course. Cash prizes for the first three to summit Alpine Hill, Gate Hill and Cheesecote will animate the race. The first six non-pro finishers overall will get to race the GP GFNY NYC pro race in 2024 as "Team GFNY".

We're using this year to test the road closures on the updated course which now fulfills the criteria for a UCI Pro Race. Pros, even from World Tour teams, have raced GFNY in the past. But an actual pro race just ahead of the amateurs will bring GFNY a step closer to integrating professional racing in a mass participation race setting. It will also elevate the excitement of GFNY to another level due to the heightened media attention given to the best in the sport.

Thank you for bringing the story of GFNY to the world. We look forward to working with each of you and hope you enjoy your experience.

Lidia and Uli Fluhme
GFNY Founders

GFNY - The Global Endurance Sports Series

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**PLEASE REACH OUT FOR DIGITAL PRE AND POST RACE MATERIALS
SUCH AS PHOTOS OR VIDEOS!**

What is GFNY & What Can Riders Expect When They Do A GFNY

GFNY is a cycling marathon where everyone starts together, gets timed from start to finish, with age group rankings and podium prizes across all categories. People of different ages, genders and fitness levels line up aside each other to take on a challenging route.

Riders get to BE A PRO FOR A DAY by competing against others, themselves and the clock in a personal endurance challenge. A finisher medal is awarded at the finish line.

Some people are in it to win overall, some to place well in their age group and others just want to make it to the finish line before the cutoff. You can expect fierce competition and tactics at the front peloton, but also camaraderie among the riders.

The mandatory jersey unifies riders in their common goal: no matter where they come from and what they do in their daily lives, they all took time out of their lives to take on the challenge, stand aside each other at the start line, all with the goal to get to the finish line and do their best along the route.

Police moderate traffic and/or close roads to give cyclists the right of way at all intersections so they can compete without ever having to stop.

Signage along the course is posted to direct riders along the route and show the distance covered and remaining.

Cycling marathons are most common in Europe, and particularly in Italy, where gran fondo first started in 1970. But outside of Italy and France, cycling marathons aren't as prevalent, or even don't exist in many countries. In some countries, events use the name 'gran fondo' but these are bike tours that don't offer start-to-finish chip timing, rankings based on finish time or podium prizes. Others only have paced group riding. Neither is a gran fondo. At all GFNY races, riders can expect to compete in an actual cycling marathon.

Background About GFNY

Uli first started racing granfondos in Italy in 1996 and raced as an elite cyclist in Europe for 3 years. Lidia completed 20 Ironmans, including 7 consecutive Ironman World Championships, and raced professionally for a year.

In 2010, two years after moving to NYC, Uli put his adoration for NYC and passion for the sport of cycling together. Uli introduced Lidia to gran fondo racing

in Italy. It was one of the most incredible sports experiences for Lidia. A week later, Lidia and Uli co-founded Gran Fondo New York.

NYC has a marathon and a triathlon, but there was no cycling marathon. Gran Fondo New York brought a true cycling marathon to NYC. The key rules of GFNY are modeled after the granfondo rules of the Italian Cycling Federation.



Background about GFNY World

GFNY NYC was first held in 2011 with riders representing 56 countries.

It has quickly become the world's most international cycling event, with riders representing over 90 countries. More than half of the riders travel from outside the US to take part in GFNY NYC. Because of the riders' diversity, GFNY is among the coolest experiences on a bike available to anyone.

The GFNY World series kicked off in 2014 and brought GFNY to other locations across the globe. A similar rider experience, a similar set of rules, and attractive destinations for riders and families alike are the benchmarks of the series. At each event riders can expect to be fully timed along the race course, get ranked based on finish time and celebrate an awards ceremony for podium winners across all categories.

Participating in a GFNY is an extraordinary experience for a cyclist because people from other parts of the world who share the passion for cycling and quest for the finish line will surround him.

About GFNY World

GFNY World, the global cycling marathon series, is continually expanding its portfolio of events. A total of 34 races will be held in 2023.

The original race, GFNY NYC, serves as the GFNY World Championship. Additionally, there are regional championships: GFNY Villard de Lans was the GFNY Championship Europe, GFNY Quito was the GFNY Championship South America, GFNY Puerto Rico was the GFNY Championship North America and GFNY Bali was the GFNY Championship Asia.

All GFNY World races offer participants the established, trusted GFNY experience complemented with each location's local flair.

At each GFNY event, riders enjoy

- Closed roads or police moderated traffic with right of way at all intersections
- The chance to do their best on a challenging course without having to worry about anything but riding
- Chip timing, results and rankings
- Competition prizes across all age groups
- The chance to qualify for a racer corral starting position at the GFNY Championship in NYC
- Uniform set of rules and familiar participant experience great tourism and family experience in an appealing destination

At all GFNY events, riders have the chance to qualify for the elite racer corral at the GFNY World Championship in NYC by placing in the top 10% of their age group, top 20% at regional championships.

The 11th annual GFNY World Championship New York will be held on May 21, 2023. The race features the world's most international peloton with riders from over 90 countries.

GFNY WORLD

2023/2024 SEASON

BE A PRO FOR A DAY  **GFNY WORLD SERIES**

MAY 21, 2023

 MAY 28	 JUN 11	 JUL 2	 JUL 9	 JUL 9	 JUL 9	 AUG 6	 AUG 20
 AUG 27	 AUG 27	 SEP 3	 SEP 10	 SEP 17	 SEP 17	 SEP 24	 OCT 1
 OCT 1	 OCT 8	 OCT 15	 OCT 21	 OCT 22	 OCT 29	 NOV 12	 NOV 26
 2024 RACES	 FEB 25	 MAR 10	 MAR 10	 MAR 10	 MAR 17	 MAR 24	

THE GLOBAL ENDURANCE SPORT SERIES

AT EACH GFNY EVENT, YOU CAN EXPECT:

- Closed roads or police moderated traffic with tight of way at all intersections
- The chance to do your best on a challenging course without having to worry about anything but riding
- Chip timing, results and rankings based on the full start-to-finish course
- The chance to qualify for the elite starting corral at the Campagnolo GFNY World Championship in NYC
- Competition prizes across all age groups for podium winners
- Uniform set of rules
- Great participant and family experience
- An event organized by fellow cyclists with a passion for cycling and GFNY

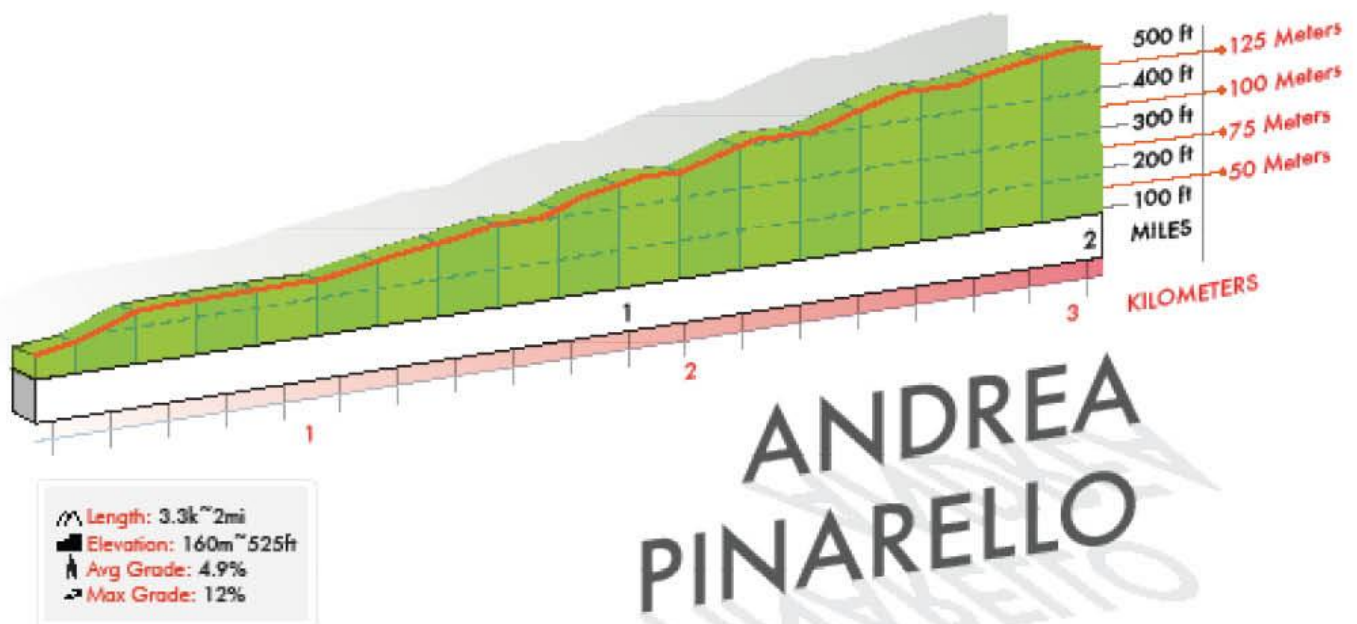
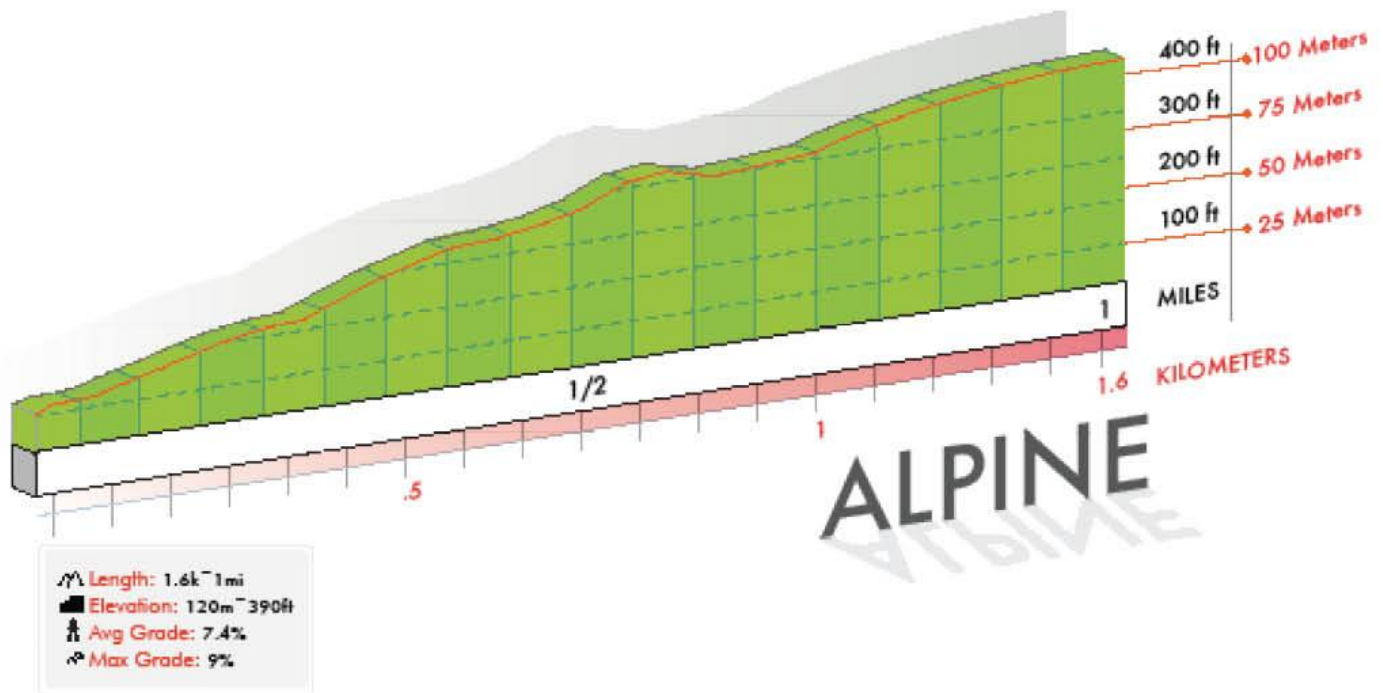
COURSE MAP

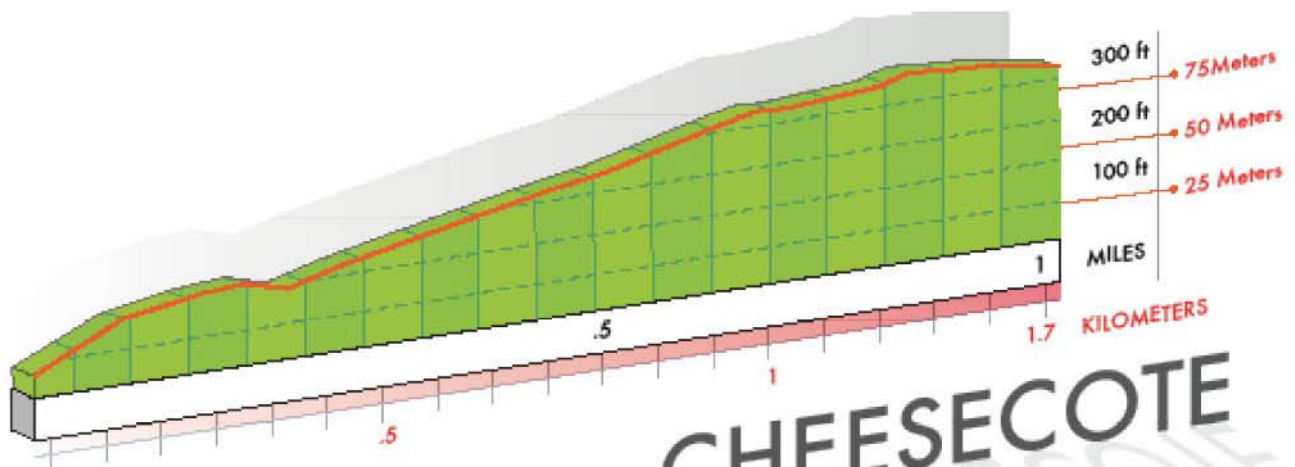






TIME SHEET

TIME SHEET						
LANDMARKS	KM	MILE	25MPH	20MPH	15MPH	11MPH
START GEORGE WASHINGTON BRIDGE	0	0	7:00	7:00	7:00	7:00
HENRY HUDSON DRIVE	4	2.5	7:06	7:07	7:10	7:15
START CLIMB ALPINE	16	10	7:24	7:30	7:40	7:55
NJ-NY STATELINE	23	14	7:35	7:42	7:56	8:20
PIERMONT - AID STATION 1	27	17	7:40	7:51	8:08	8:30
NYACK	32	20	7:45	8:00	8:20	8:50
ROCKLAND LAKE	38	24	7:57	8:12	8:40	9:10
HAVERSTRAW	48	30	8:12	8:30	9:00	9:45
STONY POINT - AID STATION 2	54	33	8:16	8:39	9:12	10:00
MOTT FARM ROAD	59	37	8:30	8:51	9:24	10:24
START CLIMB GATE HILL	65	41	8:36	9:03	9:44	10:45
FINISH CLIMB	69	43	8:43	9:09	9:52	10:50
START CLIMB CHEESECOTE	72	45	8:48	9:15	10:00	11:05
FINISH CLIMB	74	46	8:50	9:18	10:04	11:10
RAMAPO - AID STATION 3	83	51	9:02	9:33	10:24	11:40
SOUTH MOUNTAIN ROAD	89	55	9:12	9:45	10:40	12:00
STRAWTOWN ROAD	93	58	9:21	9:54	10:54	12:15
WEST NYACK - AID STATION 4	103	64	9:33	10:12	11:16	12:45
SPARKILL	112	69	9:45	10:27	11:36	1:15
HENRY HUDSON DRIVE	122	76	10:02	10:48	12:04	1:55
EDGEWATER	136	84	10:22	11:12	12:36	2:35
FINISH FORT LEE	137	85	10:24	11:15	12:40	2:40

CLIMB PROFILES





 Length: 1.7k ~ 1mi
 Elevation: 80m ~ 262ft
 Avg Grade: 4.6%
 Max Grade: 18%

CHEESECOTE

PACKET PICKUP + EXPO

IMPORTANT!

1 In-person race packet pickup is mandatory, this is a Police requirement. Each participant must come in person to check-in and pick up their race materials.

2 You must come to GFNY Registration either Thursday, Friday or Saturday ONLY. You must be at the expo before 6:00pm on Saturday, May 20 in order to be able to pick up your race packet. There is no registrations or packet pickup on race day Sunday.

3 If you do not come to the expo during expo hours, you forfeit your registration and ability to take part in the event.



NYC Bike Expo is located in PIP Park in Fort Lee, NJ. The expo is the location for picking up your GFNY race materials: race numbers, timing chip, wristband, jersey and goodie bag. Plus the sponsors & exhibitor expo, and GFNY Shop.



EXPO HOURS:

FRI 5/19 10am-6pm

SAT 5/20 10am-6pm

Last entry 30 minutes prior to closing time.

REGISTRATION HOURS:

FRI 5/19 10am-6pm

SAT 5/20 10am-5pm

Last entry 30 minutes prior to closing time.

Arrival by Bike: via Hudson Terrace, you must park your bike in Mandatory Bike Parking

Arrival by Personal Car: Parking at Fort Lee Municipal Lots: Guntzer and 95 Main St are the closest

Arrival by Car Service: Ask your driver to drop you at 3000 Lemoine Avenue, Fort Lee

Saturday Car Parking: Kin & Bae is generously offering their garage for expo parking on Saturday.

GETTING READY FOR REGISTRATION

Q: Can I bring my family and friends with me?

The expo is free admission and open to the public. Yes, bring your family and friends!

Q: What do I need to bring with me for registration?

In order to check-in for the race, please bring a government-issued photo ID (driver license or passport). There is no need to print your registration confirmation.

Q: I don't like to wait. What is a good time to come to the expo, with the shortest wait? The expo is busiest at opening. The expo is less busy after 1 pm on all the days.

Q: How do the jerseys fit? The GFNY jerseys are standard European/race cut, and therefore more fitted in the torso than typical American size. We suggest ordering 1 size larger if you usually wear American-cut jerseys. Here is the size chart: <http://gfny.com/sizechart.jpg>

Q: Can I try on the race jersey? Yes, you will be able to try on your jersey for size at the fitting rooms. The jersey pickup booth is only for picking up the jerseys. Please don't try on jerseys or ask to swap jerseys at the jersey pickup booth.

Q: What if the jersey size I selected doesn't fit me? Can I exchange my jersey? We have a limited quantity of jerseys available for exchange. If you find the jersey you ordered is the wrong size, go to the JERSEY EXCHANGE stand and request the size you're looking for. We may not have the exact size you need to swap to, but we'll do our best to get a jersey size as close to your exchange size as possible.

Q: The waiver asks for my race number.

How can I find out my race number before the expo? You will find out your race number at the expo.

Q: Do I have to wear the wristband? Yes, wearing the wristband is mandatory. It will be attached to your wrist when you come to pick up your race packet at the expo and you must keep it on until you leave the Finish Village at the end of the event.

Q: Can I buy the matching bib shorts and other GFNY apparel at the expo? Yes, we have a limited quantity of GFNY apparel and accessories available for purchase at the pre-race expo. The quantities are limited and sold on a first come, first served basis. If you are worried about item availability, we recommend purchasing online in our online shop gfny.com/shop or coming to the expo early on Friday to have the greatest selection and size availability.

Q: My schedule changed and I can't come to NYC. Can my friend pick up my goodie bag for me? Yes. Send an email to your friend, authorizing them to pick up your goodie bag, along with a copy of your photo ID. Then at the expo your friend can show the email and a copy of your ID at the check-in booth to pick up your goodie bag and jersey for you.

Q: I'm flying in on Saturday night. Can my friend pick up my race packet for me?

No. For security reasons, every participant has to be present at packet pickup on Friday or Saturday. If you cannot make it to the expo to pick up your race packet, you will forfeit taking part in the event. We recommend changing your flight to arrive in NYC to make it to the expo in time.



REGISTRATION PROCESS

(1) Race packets are organized by your race number. Check the board for your assigned race number. There will be tables with waivers. Please review the waiver, fill in your personal information and sign.

(2) Bring your ID and signed waiver to the stand with your number to receive your race packet.

The race packet includes:

1. Wristband, which will be attached to your wrist at packet pickup and must be kept on your wrist until the end of the race
2. Bike number plate with timing chip that you must attach to the front of your bike, and two zip ties
3. Bib number to attach to your jersey's back pockets plus 4 safety pins
4. Bike number sticker
5. Bag check sticker
6. Profile sticker that you can attach to your bike's top tube to keep track of your progress
7. Rider sticker
8. Standard-size clear bag that you can check-in on race morning. You'll get it back at the finish.

After you receive your packet, double check that all your personal information is correct.

If you have any information changes like updating emergency contact info or changing your team name, please go to the DATA CHANGE / REGISTRATION stand (6).

(3) Keep your race packet handy, next you will go to pick up your race jersey. The jersey is mandatory attire for the race. You will receive the jersey size that's marked on your envelope, which is the size you selected during registration. After that, (4) you will receive your goodie bag.

(5) If you think you may need to change your jersey size, you cannot exchange at the jersey pickup stand, you will need to go to the JERSEY EXCHANGE stand. The Jersey Exchange stand is located about 100 meters after the jersey pickup stand. Next to Jersey Exchange, you will also have the chance to try on your jersey in fitting rooms with mirrors to double check if the size is correct for you.

(7) If you have any race questions, stop by the INFORMATION stand and one of our knowledgeable GFNY Gruppo Sportivo ambassadors will be on hand to answer any and all questions.



GFNY CAFÉ

GFNY week kicks off with a four-day pre-race GFNY Welcome Zone experience PIP Park in Fort Lee, NJ.

The GFNY Welcome Zone offers riders another way to connect with GFNY, other GFNY riders and their families and friends.

CAFÉ: A Café with water, Café deGFNY coffee, tea, bagels, muffins, bananas, beverages, music, bike racks, restrooms, jumbo screens.

MECHANICAL SERVICE: Bike Zone By Unlimited Biking will be at the GFNY Welcome Zones Friday and Saturday to assist with any of your pre-race bike maintenance needs.

GROUP RIDES: Check nyc.gfny.com/scheduleofevents for detailed information about daily Group Rides departing at 9am that cover parts of the race course.



PIP PARK IN FORT LEE, NJ



WEDNESDAY 5/17	8AM-3PM
THURSDAY 5/18	8AM-3PM
FRIDAY 5/19	8AM-3PM
SATURDAY 5/20	8AM-3PM



SPECTATOR GUIDE



Things to do for GFNY spectators

- Check out the GFNY pre-race expo, New York City Bike Expo. Held at 401 Seventh Avenue (between 32nd St & 33rd St), on May 18 @11am-7pm and May 19 @11am-6pm.
- Watch the start from Fort Lee's Lemoine overpass on May 20 @7-7:30am
- Keep up with live race coverage on jumbo screen from 8am at the GFNY Welcome Zone in Fort Lee.
- Meet your finisher at the GFNY Finish Line on Hudson Terrace.
- Join the festivities at the GFNY Finish Village: awards ceremony takes place at 1pm, you can buy a delicious post race meal 11am-4pm, cheer on finishers 10am-3pm.

Q: We would like to follow the race from the GFNY Finish Village while we wait for our rider to finish, is that possible?

Yes. The GFNY Welcome Zone and Café will open at 8am on race day. Coffee and bagels and muffins will be available for purchase. Couches and lounge chairs will be available to spectators as they await your arrival. Aside the GFNY Welcome Zone there will be a large screen that will be displaying live video feed and commentary from the race course.

Q: We would like to follow our rider along the race course in our car, is that allowed?

No. GFNY has 5000 participants and if all participants had a personal car following them, it would create a traffic jam and make it impossible for riders to have a clear road to ride on. Plus more than half the course is closed to cars. In addition, outside assistance is not permitted because it is unfair.

Q: I see there is GFNY post race food at the GFNY Finish Village. Can the family eat with GFNY riders?

Yes, all GFNY fans can enjoy the delicious burgers. Each GFNY participant will show their wristband and receive one free meal and spectators are able to purchase a meal ticket directly at the Finish Village.

Q: Can family and fans check out the GFNY Finish Village in Fort Lee? Do we need any tickets?

GFNY spectators, fans and riders' families are very welcome to join GFNY at the Finish Village in Fort Lee, NJ! The GFNY Finish Village is open to the public, they do not need any tickets.

Q: Where can spectators park in Fort Lee?

Please visit fortleopa.org/parking-lot-locations for exact locations of Fort Lee Municipal Parking Lots. Note that the Guntzer

lot is currently closed due to construction. You can use any metered parking available, plus any side street parking except for "residents only" parking.

Kim & Bae law firm has generously offered their parking garage to GFNY riders. The parking garage is located a short .3-mile / 400m walk from the GFNY Welcome Zone. From Kim & Bae: We know how hard it is to find parking down by the park and along Hudson Terrace, especially on a weekend event as large as GFNY. Our building is a short walk to the festivities and we are located in the perfect spot along Hudson Terrace. We'd like to offer the parking because Kim & Bae supports GFNY and the participants.

Q: How could spectators get to the GFNY Finish Village in Fort Lee if we do not have a car? CAR SERVICE / TAXI / UBER: (fastest option) Spectators can take a car service to GFNY Taxi Stand at Lemoine Ave & Wilson Ave, in front of Fort Lee High School (address: 3000 Lemoine Avenue in Fort Lee).

SUBWAY: If your fans want to walk from the subway to the GFNY Finish Village, it's a 1.7-mile / 2.7km walk.

GFNY APPAREL



GFNY®: QUALITY APPAREL

We use the GFNY Apparel in all our own cycling because like you, we want to ride in clothing that not only looks good, but also performs. We personally developed each item based on our apparel use with specifications that meet the demands of even the longest day in the saddle.

GFNY Apparel is 100% Made in Italy, produced in the world's leading cycling apparel factory. With decades of experience in cutting and sewing cycling clothing, the factory produces apparel for most top-level cycling brands and more than half the World Tour peloton, so you can be confident your GFNY Apparel is produced by cycling apparel experts.

We spent months for R&D of each GFNY Apparel item, using the latest fabrics that react to your body and wick away moisture. We focus on cuts that provide ideal fit for your utmost comfort and performance.

GET GFNY RACE READY

GFNY Apparel is climate-tested across the globe, from tropical conditions in Bali, to a chilly, wet descent off the 3365m-high La Cuchilla mountain in Colombia, to the World Championship course in New York.

GFNY apparel is worn by cyclist from 120 nations and stands among the most widely-used cycling brands in the world.



GFNY CREATED THE 5-POCKET JERSEYS IN 2012. EVERY GFNY JERSEY HAS THE SIGNATURE 5 POCKETS THAT YOU'VE COME TO KNOW AND LOVE FROM GFNY.

APPAREL AVAILABLE AT
NYC BIKE EXPO AND ONLINE
AT GFNY.COM/SHOP





OFFICIAL COFFEE OF THE
GFNY WORLD CHAMPIONSHIP NYC

CAFE DE GFNY



**100% COLOMBIAN
COFFEE**

ROASTED IN NEW YORK CITY

NET WT 12 OZ (340 GR)

GRAN FONDO NEW YORK INC.

CAFE DE GFNY

100% COLOMBIAN COFFEE

GFNY Coffee is made only with 100% prime grade pure Colombian coffee, roasted, and steel-cut ground in a way that honors Colombia's rich coffee heritage.

Our commitment to quality is the reason why GFNY Coffee tastes so good. This 100% Colombian coffee was roasted in New York City.

ROASTED BY *Coperaco*



IDEAL GEAR



The GFNY World Championship is a one-day race that not only has a challenging course but also can present challenging weather conditions. Temperatures can range from 40F/5C at sunrise on the George Washington Bridge to 85F/30C in the afternoon at the finish.

While nine of ten editions of GFNY were held in good racing weather, the 2013 edition will long be remembered as extra tough due to unseasonably cold temperatures and relentless rain.



We've created this guide to help you prepare for the big day. Proper clothing is a deciding factor when it comes to your race day experience and safety. Smart apparel choices will make the day unforgettable for the right reasons.

GFNY's motto **BE A PRO FOR A DAY** also applies to GFNY clothing: we are not taking shortcuts when it comes to materials and fit. You will be wearing the same quality apparel as a professional cyclist.



DESCENT

- **Vest/Jacket?** Optional
- **Cycling Cap?** Optional



RAMAPO

- **Warm day?** Lower the zipper on your Jersey

FINISH

- Zip up your jersey for the Pro look





ALPINE HILL

- Vest/Jacket? Open zipper
- Arm warmers? Consider rolling down



GEORGE WASHINGTON BRIDGE - THE START

- Dry? Stash away jacket/vest in jersey pocket
- Rain? Keep it on
- Chilly? Keep it on

GEORGE WASHINGTON BRIDGE - THE WAIT

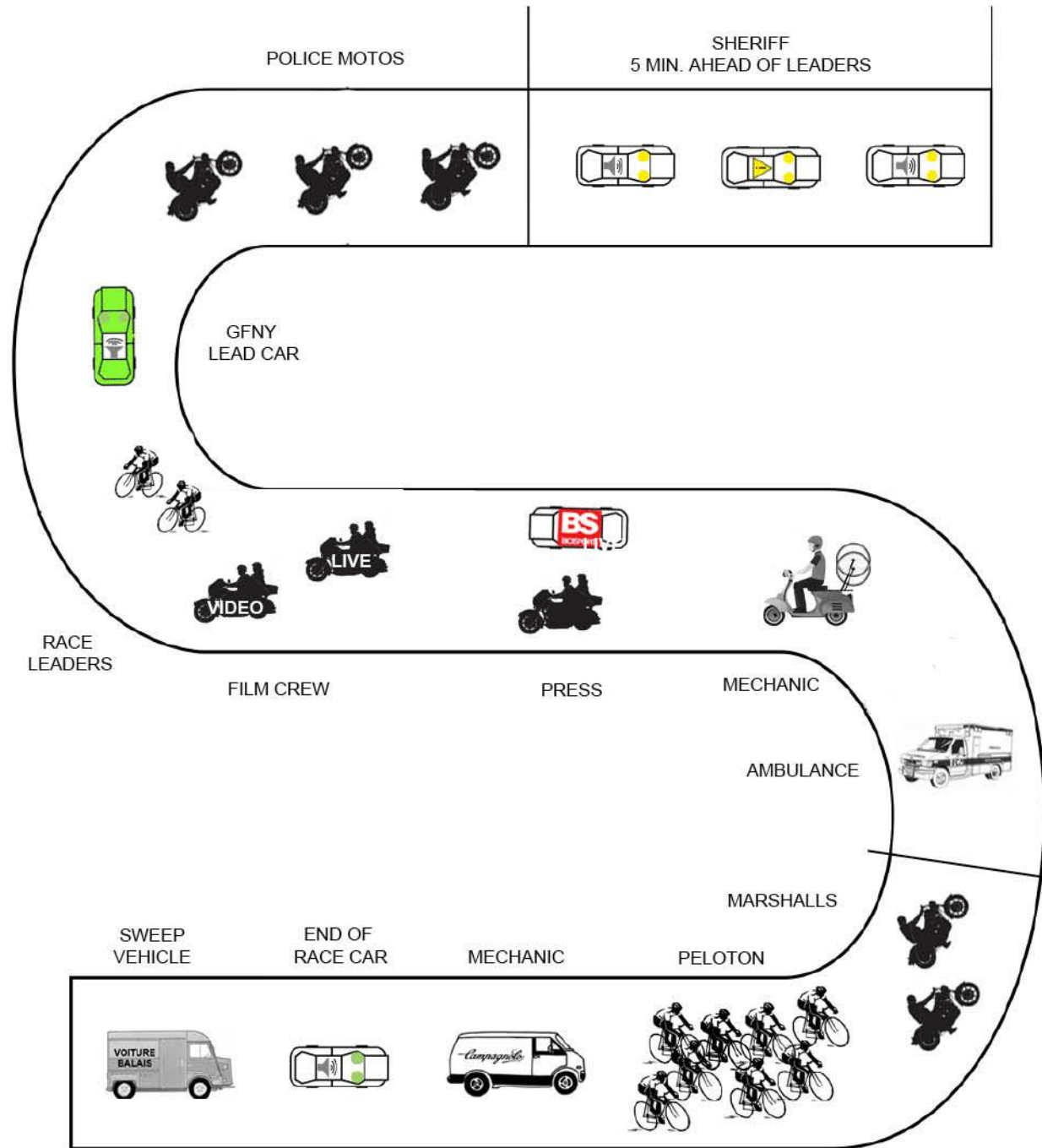
- GFNY Wind Jacket
- GFNY Vest
- GFNY Arm Warmers



RIDING TO THE START AT 4.30AM

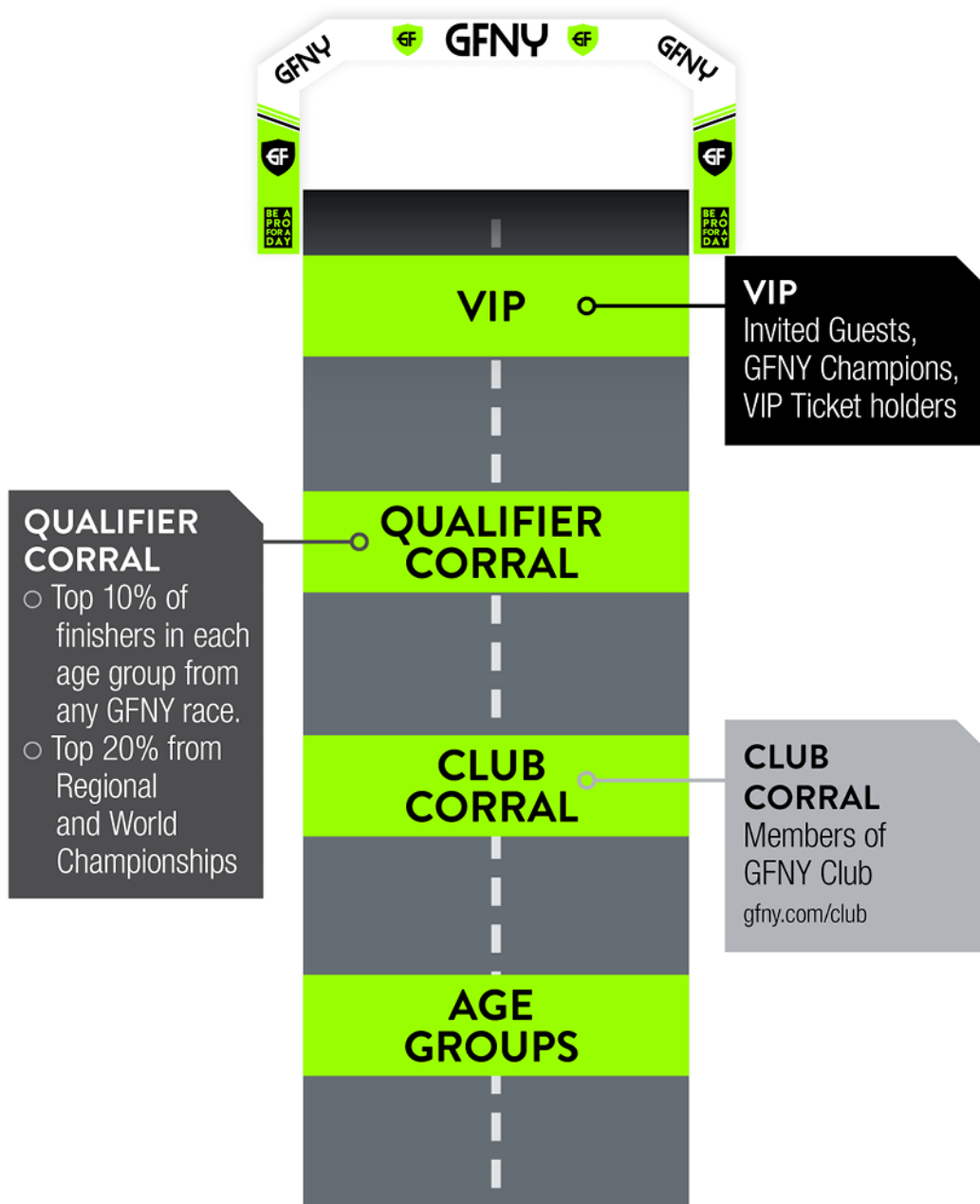
- GFNY Headgear
- GFNY Spring Gloves
- GFNY Cover Socks
- GFNY Base Layer

RACE CARAVAN

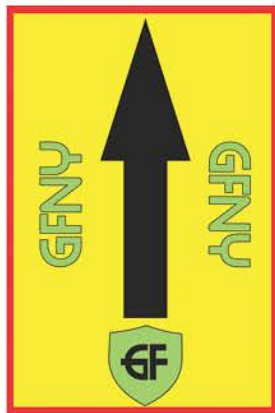


START CORRALS

AT GFNY WORLD CHAMPIONSHIP



EXAMPLES OF COURSE SIGNAGE



CATEGORIES



OVERALL WINNER

The female and male overall winners celebrate with the official GFNY World Championship Winner Trophy.

INDIVIDUAL COMPETITION:

The age groups are:

18-34 male/female

35-39 m/f

40-44 m/f

45-49 m/f

50-54 m/f

55-59 m/f

60-64 m/f

65-69 m/f

70-74 m/f

75-79 m/f

80+ m/f



CHAMPION'S JERSEY

Overall winners, age group champions, all members of the winning 4-person team and the members of the winning him&her teams receive the Champion's Jersey.



TEAM COMPETITION

Individuals can register as members of a team to take part in the GFNY Team Competition.

- The four fastest times from a team will be added and ranked to determine the fastest team.

- All team members splits are totaled and ranked.

- The podium 4-person teams will be awarded prizes.

- All members of a Cycling Team are eligible for individual age group prizes.



HIM&HER CATEGORY

A female and male rider have to cross the finish line within thirty seconds of each other. Because it's tough to find two riders of the same ability and fitness, pushing, pulling, dragging, encouraging, shouting and any other means of working together is allowed.



BECOMING A GFNY THREE TIMER

DON'T DELAY YOUR DREAMS





3

If you finish 3 GFNYs in 2023, you will receive the special GFNY 3x FINISHER 2023 medal.



10x

For every 10 GFNYs that you finish (counting from the first GFNY in 2011), you will get special 10x / 20x / 30x / 40x medals.

Of course, you will receive a finisher medal at the finish line of every GFNY World race you complete. (GFNY NYC 2023 medal shown here)

Track your medal progress in your gfny.cc account.



CODE OF CONDUCT

KEEP THESE RULES IN MIND IN ORDER TO AVOID
TIME PENALTIES OR DISQUALIFICATION

NO AREOBARS



**WEAR THE
OFFICIAL
JERSEY AND
WRISTBAND**

**STAY ON YOUR
SIDE OF THE
ROAD**



**NO OUTSIDE
ASSISTANCE**



NO PUBLIC URINATION

NO HEADPHONES

**OFFER FIRST
AID ASSISTANCE**



**RESPECT STAFF,
VOLUNTEERS,
SPECTATORS,
AND FELLOW
RIDERS**

**NO LITTERING.
USE ECO ZONES**



**OBEY POLICE
AND STAFF
INSTRUCTIONS**

**FOLLOW
THE COURSE**



**BE A GOOD
GUEST, RESPECT
THE HOST
COMMUNITY**

RULES

ANNUAL INTERNATIONAL GFNY WORLD CHAMPIONSHIP ON MAY 21, 2023

GFNY World Championship NYC
("GFNY")

1. GFNY is a cycling event where riders are individually timed.

2. ENTRY

2.1. The entry to GFNY is open to riders aged 18 or older. GFNY has the sole discretion over entry numbers and cut off dates.

2.2. Riders who are serving a ban by a federation for a doping violation will be refused. Riders who have served their ban are allowed to ride in the event but will neither be timed nor be in the results and will start at the back.

2.3. Each rider has to ensure that his/her health condition is sufficient for the event.

2.4. Each rider is responsible for having sufficient insurance coverage.

2.5. Entries are not refundable, transferrable or deferrable. No rider shall be entitled to an entry fee refund in case of disqualification.

2.6. GFNY reserves the right, in its sole and complete discretion, to deny entry, to revoke the entry application of any applicant at any time, and/or to disqualify any individual from the Event.

3. EQUIPMENT

3.1. Bike: any roadworthy Bicycle. The following are not permitted: triathlon bikes, time trial bikes, triathlon/aero bars, tandems, e-bikes, prone bicycles, recumbent bikes and bicycles with chair seating (except for para-athletes) or mono cycles. Unsafe bikes can be banned at any time during the event.

3.2. Helmets must be worn by all riders at all times and have to be securely fastened with a chinstrap at

all times while riding.

3.3. Jersey: the official event jersey must be worn at all times. No exceptions. Wearing a different jersey will lead to a severe time penalty or disqualification.

3.4. Bike number: the number plate with the chip timing strips on the back must be attached to the handlebar and be clearly visible from the front at all times. Any alteration of the number will lead to a time penalty or disqualification or the timing chips may not work properly.

3.5. Jersey number: the jersey number must be worn on the jersey pockets, attached by safety pins. Any wrong positioning or alteration of the number can lead to a time penalty or disqualification.

3.6. Wrist band: the wrist band must be worn at all times during the event.

3.7. Riders have to carry equipment to repair a flat tire.

3.8. The use of headphones and/or playing music on any device will lead to timing penalty or immediate disqualification.

4. START

4.1. Entry to the start area is only from the designated spots. Riders without their GFNY jerseys, bike number, jersey number, helmet and wristband at the checkpoint will be refused access to the start area. Not allowed at the start are large bags such as backpacks, handlebar bags or similar.

4.2. If a rider arrives after the designated corral closure time, they may be denied access to the start.

4.3. Start order:

- (1) VIP: Returning champions from the previous year (overall, age groups), guests, and GFNY Club members
- (2) Competitive corrals

(2.1) Top 20% of each age group of the previous GFNY World Championship and all GFNY Regional Championships.

Top 10% of all other GFNY World events since the last 380 days.

(2.2) Licensed racers in several corrals according to their ranking. Minimum requirement: active Pro, Cat 1-3 Men (-39), Cat 1 Masters (40+) Men, Cat 1 Women and their international equivalent.

GFNY reserves the right to limit the front corral to qualifiers at GFNY World events if there are space constraints.

Race corral requests are at full discretion of the organizer.

(3) General GF riders according to their age group (younger to older)

(4) Challenged athletes with hand cycles

Riders have to start in their designated corral. Riders are allowed to start in a corral further back than their designated corral. If a rider attempts to get in a corral further ahead than allocated he/she will be put in the last corral, get a time penalty or are disqualified.

5. COMPETITION

5.1. All riders are timed by chip timing from start to finish. Overall rankings are determined by gun time. Age group rankings are determined by net (chip) time. GFNY reserves the right, in its sole and complete discretion, to change the rules if deemed appropriate.

5.2. Categories:

Category is determined by rider's age on December 31.

- (1) overall m/f
- (2) 18-34 m/f
- (3) 35-39 m/f

- (4) 40-44 m/f
- (5) 45-49 m/f
- (6) 50-54 m/f
- (7) 55-59 m/f
- (8) 60-64 m/f
- (9) 65-69 m/f
- (10) 70-74 m/f
- (11) 75-79 m/f
- (12) 80+ m/f

(13) under 90 him and her: times of a mixed gender team added. Riders have to be within 30 seconds at each checkpoint. Outside assistance between teammates is permitted and encouraged. No devices to push or drag are allowed.

(14) 90 and over him and her: times of a mixed gender team added. Riders have to be within 30 seconds at each checkpoint. Outside assistance between teammates is permitted and encouraged. No devices to push or drag are allowed.

(15) Team of four (any gender): times of the fastest four riders of a team added.

(16) An age group exists as a competitive category if there is at least one rider of that age and gender taking part in the race.

5.3. Prizes will be awarded to the top three in each category. Distribution of the prizes is at the sole discretion of GFNY. Prizes not picked up at the awards will be distributed to other riders. Prizes will not be shipped or handed to anyone but the winner.

5.4. All protests concerning the order of finish shall be examined and resolved by the chief judge, whose decision is final and without appeal. It is the rider's responsibility to familiarize themselves with the rules of the event and the course before the start. Taking alternate routes or cutting the course short leads to disqualification from the current competition and to a ban at future GFNY.

6. ABUSE

6.1. No rider may be disrespectful toward race directors, officials, staff, riders, volunteers, local residents or spectators.

6.2. No rider may use foul or abusive language during GFNY.

6.3. No rider may assault (an unlawful attempt, coupled with the present ability, to commit a violent injury on the person of another) or do battery (any willful and unlawful use of force or violence upon the person of another) to anyone connected with GFNY (including but not limited to riders, spectators, public officials, volunteers, staff, etc.).

6.4. Any of the above will lead to disqualification and a lifelong ban for Gran Fondo New York Inc. events (including but not limited to GFNY World events).

7. CONDUCT

7.1. Cyclists have to obey all laws of the road including traffic lights and stop signs unless overwritten by police. Violators may be ticketed by local law enforcement and/or disqualified and removed from the event.

7.2. No rider may make an abrupt motion so as to interfere with the forward progress of another rider, either intentionally or by accident.

7.3. Any rider who appears to present a danger to the other riders may be disqualified by GFNY either before, during, or after the event.

7.4. Pushing or pulling or any other physical assistance among riders is prohibited in all categories except the Him and Her categories where pushing or pulling is encouraged.

7.5. No outside assistance is allowed (incl. but not limited to team cars, personal support cars handing in supplies from roadside).

7.6. If a rider is laying on the ground and is visibly in difficulty, any following rider has to stop and help unless there are already at least three people helping. You may continue if a) the victim is fine or b) medical personnel has arrived. Help others, you may need help one day.

7.7. Any misconduct with respect to the above can lead to disqualification and a lifelong ban at Gran Fondo New York Inc. events (including but not limited to GFNY World events).

8. ENVIRONMENT

GFNY is committed to protecting the environment. Any discarding of trash

or food outside the designated trash receptacles at the aid stations or "eco zones" is prohibited and can lead to a time penalty, disqualification or lifelong ban at Gran Fondo New York Inc. events (including but not limited to GFNY World events).

Any urinating in public is prohibited and can lead to disqualification, ticketing by local law enforcement or a lifelong ban at Gran Fondo New York Inc. events (including but not limited to GFNY World events).

9. PERFORMANCE ENHANCING DRUGS

9.1 GFNY is committed to a drug free sport. Performance Enhancing Drugs (PED) are prohibited in preparation for and during GFNY. GFNY reserves the right to enforce doping controls before, during and after the event.

9.2 Any violation of World Anti Doping Association (WADA) rules will lead to disqualification, reclaim of prizes and a lifelong ban at Gran Fondo New York, Inc. events (including but not limited to GFNY World events). GFNY shares positive doping controls with other event organizations as well as the public at large if a rule violation has been determined.

9.3 If a rider declines to be tested, they will be banned.

9.4 A rider who tests positive at GFNY will have to reimburse the cost of the doping control. Furthermore, such rider has to reimburse GFNY for any damages to its reputation that are a consequence of their positive doping control. If the rider is part of a team participating at GFNY, the team can be held liable for this damage.

10. ACCEPTANCE OF RISK

All those who ride and compete under these rules do so at their own risk. No liability shall attach to GFNY or any of its officials with respect to any loss or injury sustained or caused by anyone competing or riding in GFNY.

11. RULE CHANGES

Course, date, rule or any other changes pertaining to the Event can be altered if deemed necessary at the sole discretion of GFNY.

ANTI DOPING

While GFNY is not a WADA Code signatory, we recognize the importance of clean competition, and have taken an unusually proactive stance in implementing an anti-doping program on behalf of clean athletes and the integrity of our sport, which includes adherence to the WADA Prohibited List.

In 2012, GFNY was the first amateur competition in the world in testing athletes out-of-competition (OOC) in addition to the traditional in-competition (IC) testing. The more costly and more difficult OOC testing is widely recognized as the superior testing method.

The use, possession and/or trafficking of banned substances, methods, or the encouragement or counseling to use banned substances, or methods, and/or taking measures to mask the use of banned substances, or methods by any participant in competitions is unacceptable and will not be tolerated.

GFNY has adopted WADA's anti-doping policies and procedures in order to ensure a clean, healthy and fair sporting atmosphere for all athletes.

The rules and regulations of GFNY's Anti-doping Policy aim to:

- Promote GFNY as a drug-free event;
- Uphold and preserve the ethics of sport;
- Ensure that all athletes have an opportunity to compete equally;
- Safeguard the physical health and mental integrity of the athletes;
- Encourage Affiliate Federations to execute similar regulations with their athletes.

Athletes who test positive at GFNY, receive an immediate lifetime ban for all GFNY events. Furthermore, GFNY reserves the right to ask the doper for any damages to its reputation that are a consequence of his/her positive doping control. If the rider is part of a team participating at GFNY, the team can be held liable for this damage.

Race history:

In 2012, two male riders in the top 10 tested positive for EPO at GFNY.

In 2015, the first man across the finish line and the third woman across the finish line rider tested positive for testosterone.

In 2017, a rider was caught for EPO during out-of-competition testing. The rider paid for the testing.
















In 2019, two riders were caught for EPO during out-of-competition testing.


































We see these results as a positive sign that our testing works. You can't find cheaters unless you look for them.

PAST RESULTS

TOP 50 WOMEN GFNY WORLD CHAMPIONSHIP NYC 2022



















































SEX PLACE	FIRST NAME	LAST NAME	COUNTRY REPRESENTED	GUN TIME
1	Samantha	Arnaudo		04:42:24
2	Hannah	Fandel		04:45:55
3	Jill	Patterson		04:47:38
4	DANIELA CAROLINA	ZAMBRANO ESTUPINAN		04:59:57
5	Silvia	Visaggi		05:08:27
6	LORENA	VARGAS		05:18:35
7	Marcia	Barrios		05:23:15
8	Paolina	Allan		05:26:05
9	Nidia Yazmin	Vargas Sosa		05:30:41
10	ANA MARIA	HERNANDEZ DELGADO		05:31:45
11	Maria del Carmen	RODRIGUEZ LUCERO		05:31:47
12	Katrina	Niez		05:34:18
13	Anahi	Amado		05:34:33
14	Carola	Acosta		05:42:13
15	Marta	Rodrigues Sangirardi		05:42:44
16	Natasha	Bornhorst		05:44:27
17	Alejandra	Almaguer		05:46:43

18	Alejandra	Echeverri		05:48:21
19	ANA	MENA		05:48:22
20	Yury	Beltran		05:48:22
21	MARIA margarita	Zapata paredes		05:48:44
22	Katherine	Escobar		05:50:03
23	Beatrix	Ueberheide		05:50:04
24	Laura	Schulte		05:51:09
25	Josune	Uribe		05:54:23
26	Heather	Shapiro		05:57:30
27	Caroline	Lindsay		06:00:46
28	MAURA	HAYS		06:00:47
29	Mary	Krasovec		06:01:31
30	DIANA	GONZALEZ		06:02:45
31	Diana	Garzon		06:03:42
32	Michael	Vitrano		06:06:52
33	Isabel	Rojas		06:06:58
34	Maria Fernanda	Gaitan		06:08:00
35	Brigitte	Sims		06:08:35
36	Therese	Andersson		06:08:40
37	paola	González ruiz		06:13:55
38	maria alejandra	gaona delgado		06:14:05
39	Diana	Cano		06:15:06
40	Claudia	Gutierrez		06:15:30
41	María de la Luz	Mesa		06:17:08
42	Daniela	Endara		06:19:01
43	Carolina	Serrano Ardila		06:20:56
44	Sheila	Cooley		06:21:06
45	Ivana	Leone Mancilla		06:22:32
46	Luisa	Scandola		06:23:23
47	Isabelle	Holanda		06:23:29
48	BERTHA	GARCIA		06:23:37
49	dora	chirva		06:23:41
50	Natalia	Jacome		06:24:18

TOP 50 MEN GFNY WORLD CHAMPIONSHIP NYC 2022





SEX PLACE	FIRST NAME	LAST NAME	COUNTRY REPRESENTED	GUN TIME
1	Luca	Vergallito		04:17:52
2	Mattia	Gaffuri		04:17:53
3	Adrian	Alvarado Teneb		04:21:32
4	Fortunato	Ferrara		04:23:31
5	Francesco	De Candido Romole		04:24:13
6	Omar salim	Azzem		04:24:13
7	FELIPE	AROS PLAZA		04:24:14
8	Camilo	Salazar		04:24:17
9	Matteo	Draperi		04:24:31
10	Flavio	De Luna		04:24:59
11	Ricardo	Pichetta		04:25:03
12	Bruce	Bird		04:28:11
13	Daniel	Hernandez		04:28:11
14	medici	matias		04:28:14
15	cristian rodrigo	diagama piñeros		04:29:04
16	Nick	Wheatley-Schaller		04:29:43
17	Leon	Santamaria		04:32:08

18	Bastian	Rose		04:32:11
19	Julián	Mejia		04:32:16
20	Ross	Baldwin		04:36:02
21	Gary	Hand		04:37:30
22	Sebastian	Mejia		04:37:36
23	Cameron	Hoffman		04:37:53
24	Luiz	Lanfredi		04:37:55
25	Steven	nino		04:38:12
26	Jaime	Vergara		04:38:31
27	William	Jimenez		04:38:34
28	Ben	Gorodetsky		04:38:39
29	Roberto Timothy	Bonapace		04:38:50
30	Luis	Lemus		04:39:13
31	Adderlyn	Cruz		04:40:12
32	Deiby	Bayona		04:41:10
33	Ludwig	Gomez		04:41:55
34	Connor A	Pulvidente		04:42:12
35	Juan carlos	Canosa		04:43:06
36	Christophe	Palazzi		04:43:30
37	Andres	Hernandez Puyo		04:43:39
38	George- Henri	Simon		04:43:43
39	Santiago	Cordoba Villegas		04:45:25
40	Davide	Minotti		04:45:27
41	Armand	Wilhelm		04:45:28
42	Ismael	Collado Acosta		04:45:28
43	Robert	Longo		04:45:29
44	Alfredo Esteban	Ajpacaja tax		04:45:29
45	luis	espinosa		04:45:30
46	Aidan	Charles		04:45:32
47	JOSE JAIME	VELEZ		04:45:32
48	OSCAR	CAMARGO		04:45:39
49	Dieter	Egli		04:45:44
50	Arnaud	Enjalbert		04:45:45

GFNY WORLD CHAMPIONSHIP 2022



Male overall podium

1st	Luca Vergallito	Team OM.CC	 Italy	04:17:52
2nd	Mattia Gaffuri	Swatt Club	 Italy	04:17:53
3rd	Adrian Alvarado Teneb	Team Velo'Z	 Chile	04:21:32



Female overall podium

1st	Samantha Arnaudo	-	 Italy	04:42:24
2nd	Hannah Fandel	Team Stuttgart	 Germany	04:45:55
3rd	Jill Patterson	-	 United States	04:47:38




CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019



Male overall podium

1st	Jeremiah Bishop	Canyon	 United States	04:19:25
2nd	Ricardo Pichetta	PLB Cycling Team	 Italy	04:19:26
3rd	Jochen Wallenborn	Percy Mash	 Germany	04:19:28

Female overall podium

1st	Jill Patterson	-	 United States	04:31:17
2nd	Camila Cortes	-	 Colombia	04:31:35
3rd	Janine Meyer	LeXXi Smartsuits powered by Tune	 Germany	04:31:41

CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2018



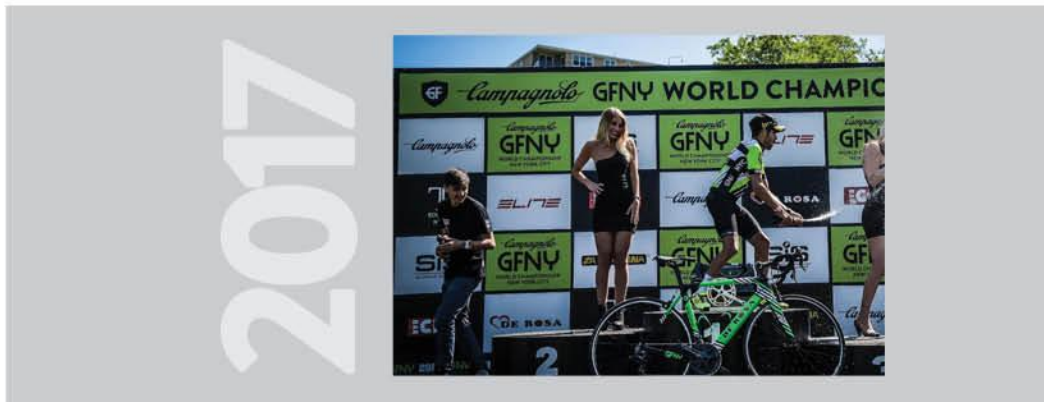
Male overall podium

1st Michael Margarite	The Weather Channel / Specialized	United States	04:22:23
2nd Ricardo Pichetta	Officine Mattio	Italy	04:22:26
3rd Luis Enrique Lemus Davila	Israel Cycling Academy	Mexico	04:22:27

Female overall podium

1st Camila Cortes	-	Colombia	04:47:13
2nd Jill Patterson	Artemis Racing	United States	04:53:26
3rd Paola Monroy	-	-	05:00:14

CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2017



Male overall podium

1st Ricardo Pichetta	RDV Team	Brazil	04:28:47
2nd Victor Gras	CRCA/Rockstar Games	France	04:28:47
3rd Chase Goldstein	Team Weather Channel / Specialized Cycling Team	United States	04:28:48

Female overall podium

1st Camila Cortes	-	Colombia	04:45:30
2nd Marcella Toldi	LABA Cycling	Brazil	04:47:32
3rd Maria Camila Giannella	-	Brazil	04:56:08

CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2016



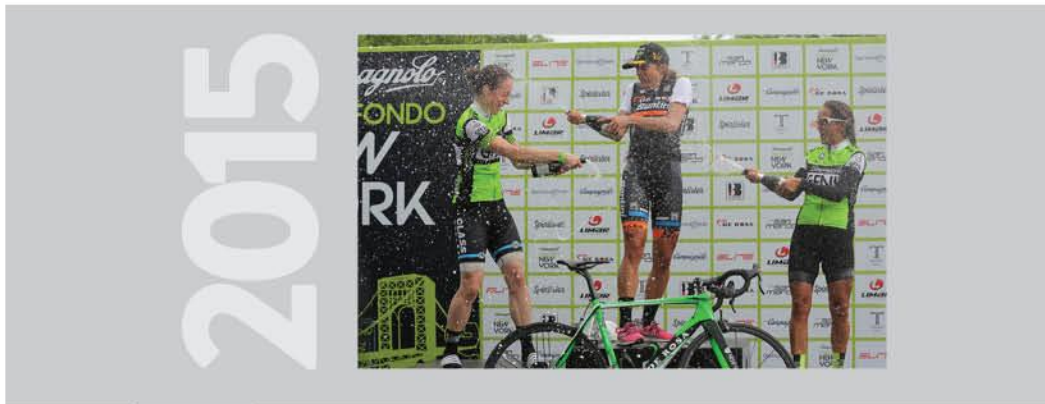
Male overall podium

1st Michael Margarite	-	 United States	04:30:25
2nd Allan Rego	-	 United States	04:36:51
3rd Adderlyn Cruz	-	 Dominican Republic	04:36:58

Female overall podium

1st Camila Cortes	-	 Colombia	04:51:21
2nd Marcella Toldi	-	 Brazil	05:12:16
3rd Heather Low	-	 Canada	05:19:06

CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2015



Male overall podium

1st Raul Alexander Montana	-	-	04:15:27
2nd Timo Krieger	-	 Switzerland	04:15:30
3rd Michael Margarite	-	 United States	04:15:47

Female overall podium

1st Camila Cortes	-	 Colombia	04:38:40
2nd Andrea Myers	-	 United States	04:58:46
3rd Paolina Allan	-	 Canada	05:11:39

CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2014

2014



Male overall podium

1st	Gabriel Corredor	-	 Colombia	04:21:49
2nd	J Ludewig	-	-	04:21:54
3rd	Ricardo Giraldo-Sierra	-	 Colombia	04:40:14

Female overall podium

1st	Amparo Del Pila Gonzalez	-	 Colombia	05:01:01
2nd	Paolina Allan	-	 Canada	05:03:26
3rd	Camila Cortes	-	 Colombia	05:11:18

GRAN FONDO NEW YORK 2013

2013



Male overall podium

1st	Stefano Nicoletti	-	 Italy	04:24:26
2nd	Bruce Bird	-	 Canada	04:29:15
3rd	Anthony Fatuzzo	-	 United States	04:33:49

Female overall podium




1st	Camila Cortes Severino	-	 Colombia	04:59:42
2nd	Susan Jones	-	 Canada	05:21:02
3rd	Kate Veronneau	-	 United States	05:26:35

GRAN FONDO NEW YORK 2012

2012



Male overall podium

1st	Wladimiro D'Ascenzo	SC Melania	 Italy	00:31:53
2nd	Anthony Fatuzzo	Team Cosmic	 United States	00:32:34
3rd	Igor Volshteyn	Champion System p/b Stan's NoTubes/CRCA	 United States	00:33:06

Female overall podium




1st	Susan Jones	-	 Canada	00:41:40
2nd	Ana Maria Bonilla Paez	-	 Colombia	00:43:13
3rd	Tara Kupersmith	TargetTraining	 United States	00:43:14

GRAN FONDO NEW YORK 2011

2011



Male overall podium

1st	Clayton Barrows	Stan's No	 United States	00:24:53
2nd	Maurizio Coccia	Pro Bike	 Italy	00:25:01
3rd	Michael Margarite	Stan's No	 United States	00:25:19

Female overall podium

1st	Marti Shea	Destinati	 United States	00:29:17
2nd	Kristen Gohr	Cycling F	 United States	00:29:51
3rd	Molly Van Houweling	Metromint	 United States	00:30:24