



Participant Guide

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Welcome to Wheels For Wells Gran Fondo Canmore

Embark on a spectacular journey through picturesque, world renowned Kananaskis Country and the surrounding Canmore area. Gran Fondo Canmore offers a unique experience with our all-inclusive day of discovering Canmore; a mountain playground with unsurpassed beauty. Your ride is surrounded by protected parks, the Bow River, and spectacular mountain peaks in every direction.

Riders will enjoy an out and back ride, journeying past beautiful Rocky Mountain scenery. You will start and finish right in Spring Creek Mountain Village. The beautiful Spring Creek Opera House will greet you for our Post Ride Party, which includes cold drinks, and BBQ lunch from 12:00 - 6:00 PM.

Relax and enjoy the ride and take in the mountains! Roll through the breathtaking views while you ride the exciting road through Kananaskis Country. There will be multiple well-stocked aid stations along the Gran Fondo route.

Gran Fondo Canmore is a timed event, but due to safety concerns we ask you treat this with a non-racing attitude, as traffic is permitted on the highways. We encourage our riders to push themselves within their personal limitations and experience the ride in their own way. Always remember that safety is our first concern. We ask that our riders carry this same attitude with them throughout the day. Let's have fun and ride hard in support of Wheels For Wells!

Event Features

Your registration fee includes:

- High Quality Event Tee Shirt
- Finisher Medals
- Muscle Mlk Protein Recovery Shake
- Cytomax Sports Drink
- Yoplait Product Samples
- Spring Creek Mountain Village Post Ride BBQ
- Grizzly Paw Soda
- Beet It Product Samples
- Well Stocked Aid Stations En-route
- Support Vehicles / Sag Wagons
- Velofix Mechanical Assistance (on call)

Event Location

Gran Fondo Canmore start and finish will take place at the historic Opera House located in the heart of Canmore at Spring Creek Mountain Village.

Parking

There are many FREE parking lots located in downtown Canmore. Spring Creek Mountain Village is easily accessed via Spring Creek Drive from Main Street. Map coming soon.

Fondo Package Pick Up

Package pick up will take place at Rebound Cycle at 902 - 8 Street from noon until 5:00 p.m. on Friday, September 08, 2017. www.reboundcycle.com For those unable to join us on Friday at Rebound Cycle you may pick up at the Opera House located at our start / finish area on event morning from 07:30 – 08:30 a.m.

Online Waivers

Visit the event webpage at www.grizzlyevents.ca to download, print and sign the event waiver. Riders must bring their waiver with them to race package pick up.

Event Day Schedule

07:30 – 08:30 AM Opera House Package Pick Up

09:00 AM Ride Mass Start – self seeding recommended

Riders will follow a 'Pace Car' for the first several kilometers, in order to guide you safely out of town. If you're riding in the event, remember to use these first few kilometers to find yourself in an appropriate standing, complementing your experience and energy.

12:00 – 6:00 PM Spring Creek Village Post Ride Party, which includes cold drinks, appetizers and BBQ lunch.

Cut Off Times

GranFondo Canmore event course will officially close at 4:00 PM.

Course Maps

Check out www.grizzlyevents.ca for detailed course maps and elevation profiles.

Rest Stops & Medical Support

Rest stops will be provided at our 60km, 88km and 136km turnaround locations.

All Rest Stops will provide:

1. Cold Water
2. Cytomax Sports Drink
3. Fresh fruit, baked goods, nutritional supplements
4. First Aid attendants ready to assist with any ailments to your body (on call)
5. Toilets - there will be 1 Portable Toilet at each rest
6. Velofix Mechanical assistance and tools (on call). We advise you to check in with the fully trained bicycle mechanics prior to the start of the race to ensure your bicycle is ready for the day.

Changes & Refunds

Gran Fondo entry fees are non-refundable under any circumstances and cannot be rolled over to next year. Please do not email us with requests for refunds or rollovers.

Road Rules & Tips

Whenever manoeuvring in a large group, always make your actions clear to all other riders around you.



LEFT TURN
SIGNAL



RIGHT TURN
SIGNAL



POINTING A ROAD
HAZARD



STOPPING
OR SLOWING

1. This is not an official “race”, but a self-paced ride designed for enjoyment.
2. Helmets are mandatory. Approved cycling helmet is required for all riders. Riders must wear a certified cycling helmet with the chinstrap buckled at all times during the ride. Riders must stay within the designated route. Riders are asked to stay within the designated lane of direction, as described by Alberta transport rules. Should a rider be deemed as riding unsafely, recklessly, or in a discourteous fashion, they will be removed from Gran Fondo Canmore. Any riders found cycling outside the designated cycling lane (in shoulder) will be automatically disqualified and pulled from the course, on the spot. We consider safety as our number one priority and ask all our riders to do the same for themselves, fellow riders, vehicles and pedestrians.
3. No outside support vehicles are allowed along the course. The event is supported by the organizers. No other means of support shall be permitted within the event. Spectators are allowed in designated areas only. It is unsafe for spectators to stop at any other spot along the route.
4. Be aware and always give right of way to all emergency vehicles. When encountering emergency vehicles please pull over, minding your and other riders safety, and dismount your bike.
5. Display your event bib number. All registered cyclists must wear their event bib number at all times during the ride. Riders who fail to do so will be asked to leave the event.
6. Unregistered riders will not be allowed on course during the event. As per the event permit, the road permitted for the event is accessible by registered cyclists only.
7. Registered participants are required to use a standard bicycle. Event officials can refuse use of any other vehicle or bicycle deemed unsafe. If you think that this may concern you, please email us prior to registration on our team page.
8. No headphones of any kind, MP3 players, personal stereos or usage of cell phones are permitted while riding. We also encourage riders to maintain grip of their handlebars at all time.
9. All riders under the age of 18 years on race day will require a signed guardian permission waver, in addition to a formal release form.
10. Course closure: The finish line will close at 4:30 p.m. If the wrap up vehicle has passed you, remember that you are now out of the sanctioned event and regular road rules will apply.

11. No littering - it's the law. Riders are to dispose of waste in appropriate recycling bins at rest stops.
12. All riders are to obey traffic officers, RCMP officers and course marshals. Disobeying instructions from any of the above individuals will result in disqualification from the ride.
13. Public urination is against the law and as such, not permitted. Riders are asked to use toilets provided at Rest Stops, and provincial roadway rest stops.

Road Riders Guidelines

Extra signage and road marshalling will be in place but always remember that this is a public road way and as such, is always subject to Alberta's cycling and road rules. All riders should be familiar with these rules.

Be aware of others around you and communicate clearly and well in advance. Use appropriate gestures in combination with verbal commands. Pass on the left only and call out your pass. Courteously call out "on your left" upon approaching a rider before passing. Ride with your head up. Look down the road, not at the person in front of you.

If you require a stop while on the course, ensure it is safe to do so. Manoeuvre appropriately, giving riders around you room to continue riding safely. Know your skill and limits and stay within them. Be extremely cautious when going down hills and remember that you must have control of your bike and be able to emergency stop at all times.

Be a cautious rider. Always plan your escape route.

Never overlap your wheels with other riders. Always stay in single file when ever possible.

Be respectful of others and help out as needed.

The use of aero bars is strongly discouraged during this event. With so many riders, they can be very dangerous. Remember this is not a race. Ride hard, challenge yourself and enjoy Gran Fondo Canmore with the safety of yourself and fellow riders in mind.