

15
MAJA
2022



ATHLETE GUIDE



Gdynia is a young, dynamically developing city, which, thanks to the exemplary cooperation of many environments, stands out due to its innovativeness in comparison to Pomerania and the whole of Poland.

Gdynia is nature. There are kilometers of sandy beaches and soaring cliffs, lots of greenery and dozens of hiking and cycling routes. The variety of the terrain is extraordinary: on the one hand, the sea, and on the other, charmingly wooded hills.

Gdynia is a smile. It is the happiest city in Poland that is not afraid to make its dreams come true. The rich cultural and gastronomic offer makes it impossible to get bored in Gdynia, and every day is treated as a great adventure.

Gdynia is health. It is here that the inhabitants breathe the cleanest air in the country and fully devote themselves to their passions. The broadly understood activity functions here both in magnificent sports arenas and in the city space.

Gdynia is a sport. Gdynia is us!

Wojciech Szczurek, Mayor of Gdynia



Dear Cyclists!

Spring is in full swing and so is another cycling season. We are glad to meet with you again at the events of Gran Fondo Series - both in Gdynia and Poznań.

Thanks to the hospitality and support of the Gdynia Sports Centre, we can invite you to the Gran Fondo Gdynia event village located near the City Stadium. A comfortable access and lots of parking space in the neighbourhood made you, our athletes, choose this location as a preferable option in the athlete survey that was performed after the last year's event. Our finish line at the Olimpijska Str. saw some spectacular sprints in 2021 and we do hope for similar emotions this year!

Gran Fondo Gdynia is meant to be a race for everyone - starting from experienced road cyclists to recreational riders to the youngest generation of bike enthusiasts. That is why the event agenda involves not only Gran Fondo and Medio Fondo competitions, but also a short race in Family Fondo and the Gran Fondo Kids. We believe we will see entire cycling families on our events!

However, there will also be novelties for those who seek some strong racing. 6 climbs on the Gran Fondo Gdynia course will count to the mountains classification. Therefore, we are waiting for the first ever King and Queen of the Mountains on our race!

Counting down days to the event, I would like to sincerely thank each and every one of you for being with us and wish you all a safe and successful race. Special thanks also go to our sponsors and partners who make this event possible - the Gdynia Sports Centre and the Marshal's Office of the Pomeranian Voivodeship in the first place.

Have fun and enjoy the race!

Michał Drelich
Race Director



SCHEDULE

Saturday, 14.05.2022

- 10:00 - 19:00 Race office and Bike Expo - opening hours
- 9:30 - 19:30 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, 15.05.2022

- 7:00 - 15:00 Deposit - opening hours
- 7:00 Start area opening
- 8:00 Start - Gran Fondo
- 8:05 Start - Medio Fondo
- 8:10 Start - Family Fondo
- 8:30 - 15:00 Bike deposit - opening hours
- 10:00 - 15:00 Bike Expo - opening hours
- ~ 9:10 Winner's finish estimated time - Family Fondo
- ~ 10:10 Winner's finish estimated time - Medio Fondo
- ~ 11:10 Winner's finish estimated time - Gran Fondo
- 12:30 Awards - Open category
- 13:30 Awards - age groups
- 15:00 Event ending

GENERAL INFORMATION

	GRAN FONDO	MEDIO FONDO	FAMILY FONDO
DATE OF THE RACE	15.05.2022	15.05.2022	15.05.2022
START TIME	8:00	8:05	8:10
ROUTE	137 km	86 km	25 km
TIME LIMIT	6h	4h 30 min	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	1500	1500	500
AGE LIMIT	18 y.o.	18 y.o.	13 y.o.
RACE OFFICE	14.05.2022, 10:00 - 19:00	14.05.2022, 10:00 - 19:00	14.05.2022, 10:00 - 19:00

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

> Thule TopRide



Opcja premium specjalnie dla rowerzystów

Wysokiej klasy bagażnik dachowy do mocowania rowerów za widelec, który umożliwi szybki i łatwy montaż zarówno dla rowerów z napędem Thru-axle jak i standardowym Quick-release. Przewożenie rowerów na dachu samochodu nigdy nie było łatwiejsze. Wygodny i bezpieczny montaż oraz dopasowanie umożliwiające transport niemal każdego roweru, a także duża pojemność bagażnika sprawiają, że bagażnik Thule TopRide jest uniwersalnym rozwiązaniem na sezon rowerowy.





2022

RACE OFFICE

**GDYNIA SPORTS CENTRE PARKING LOT,
5/9 OLIMPIJSKA STREET 81-538 GDYNIA
14.05.2022, 10:00 - 19:00**

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.

WELCOME BANQUET

**GDYNIA SPORTS CENTRE PARKING LOT,
5/9 OLIMPIJSKA STREET 81-538 GDYNIA
14 - 15.05.2022**

Each Gran Fondo Gdynia competitor will receive a coin in a starting pack, which can be exchanged for a meal from a special Food truck zone.

It is possible to buy the Welcome Banquet service for an accompanying person stationary at the Official Merchandise Store (Expo).



OFICJALNY SKLEP

SYGNOWANA LINIA MERCH GRAN FONDO SERIES



GODZINY OTWARCIA

14.05 (SOBOTA)
10:00-19:00

15.05 (NIEDZIELA)
10:00-15:00

WWW.SKLEP.GFSERIES.PL



2022

OFFICIAL MERCHANDISE STORE EXPO

GDYNIA SPORTS CENTRE PARKING LOT,
5/9 OLIMPIJSKA STREET 81-538 GDYNIA
14.05.2022, 10:00 - 19:00
15.05.2022, 10:00 - 15:00

The entire range of the **sklepgfseries.pl** online store will be available at the Official Merchandise Store on May 14-15.

On site, you will be able to buy a cycling lifestyle collection and other products such as coffee, wine, clasps, water bottles, saddle bags, cycling caps, bicycle mudguards and more.



MARTOMBIKE

Individual sportswear design

martombike.com



2022

DEPOSIT

**ATHLETICS ARENA
GDYNIA SPORTS CENTRE
5/9 OLIMPIJSKA STREET 81-538 GDYNIA
15.05.2022, 7:00 - 15:00**

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

BIKE DEPOSIT

**GDYNIA SPORTS CENTRE PARKING LOT,
5/9 OLIMPIJSKA STREET 81-538 GDYNIA
14.05.2022, 9:30 - 19:30
15.05.2022, 8:30 - 15:00**

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.

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 NUMBER

You will receive two starting numbers in the pack you pick up at the Race Office.

Attach the smaller one, with the chip, to the front of your bike handlebars using the zip ties provided.

Make sure the zips are attached the right way round and hold the number firmly.

Attach the larger one to the back of your jersey Gran Fondo Gdynia.

Remember to place it in such a way that it doesn't make it difficult for you to take things out of your pocket during the race.

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

TIME LIMITS

Gran Fondo
6 hours

Medio Fondo
4 hours
30 minutes

Family Fondo
2 hours

69,5 km*	2h 45 min	Entry to second loop
86 km*	3h 30 min	Mountain no. 4
95 km*	3h 50 min	Mountain no. 5
111 km*	4h 30 min	Mountain no. 6

*Only for Gran Fondo



REFRESHMENT POINTS

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

- **2 buffets on the Medio Fondo route (20 km, 45 km)**
- **4 buffets on the Gran Fondo route (20 km, 45 km, 72 km, 97 km)**

They will be located in the following spots:

- **Bojano**
- **Szemud**

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. 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.

1-2
kwietnia
2023



25-26 czerwca 2022 ROWEROWE BIELSKO-BIAŁA Bielskie Błonia

02-03 lipca ROWEROWE ŚLĄSKIE Park Śląski w Chorzowie



BIKE EXPO

NARODOWY TEST ROWEROWY

www.bikeexpo.pl

PARTNERZY GŁÓWNI:

TourdePologne

LANGTEAM

PARTNER SPORTOWY:

DECATHLON

bike

TURDETUR

bike

TOUR

skionline.pl



VELOPROFIT

BIKEWORLD.PL

SZOSA

MOUNTAIN

On the route of the Gran Fondo Gdynia there are 6 mountain included in the classification which will determine King and Queen of the Mountains.

Location on the route	33 km	43 km	58 km	86 km	95 km	111 km
Lenght	4,9 km	2,8 km	2,1 km	4,9 km	2,8 km	2,1 km
Difference in elevation	111 m	75 m	130 m	111 m	75 m	130 m
Maximum gradient	10%	10%	18%	10%	10%	18%
Category	2	2	1	2	2	1

Mountain Classification you can find [here](#)

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)

NAJWAŻNIEJSZE IMPREZY SPORTOWE NA JEDNEJ PLATFORMIE ONLINE



- Indywidualne konto użytkownika z historią startów i wyników



- Szybka i wygodna rejestracja na wiele eventów



- Innowacyjne usługi z poziomu formularza



- Płatności online



- Ocena eventu



- ZNAJDŹ TRENERA - wyszukiwarka trenerów personalnych w sportach wytrzymałościowych

Za pośrednictwem SlotMarket.pl możesz:

- zapisać się i opłacić swój udział w imprezie
- prowadzić rejestrację na swój event
- korzystać z innowacyjnych usług e-commerce





2022

AWARDS CEREMONY

STAGE (FINISH ZONE)

OPEN

15.05.2022, 12:30

AGE CATEGORIES

15.05.2022, 13:30

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, until 14 June 2022.

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



3
LIPCA
2022



TRASY
CAŁKOWICIE
WYŁĄCZONE
Z RUCHU

DYSTANSE:

111 km

65 km

28 km

OFICJALNA
KOSZULKA
W PAKECIE

PREMIE LOTNE
I KOSZULKA „NAJAKTYWNIJSZEGO KOLARZA”

Partnerzy Strategiczni

POZnań*



Partner Oficjalny



Sponsorzy i Partnerzy

OSOWINIA



Szport

Activejet



THULE

calypso





2022

GRAN FONDO KIDS

GDYNIA

Date: 14 May 2022

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**

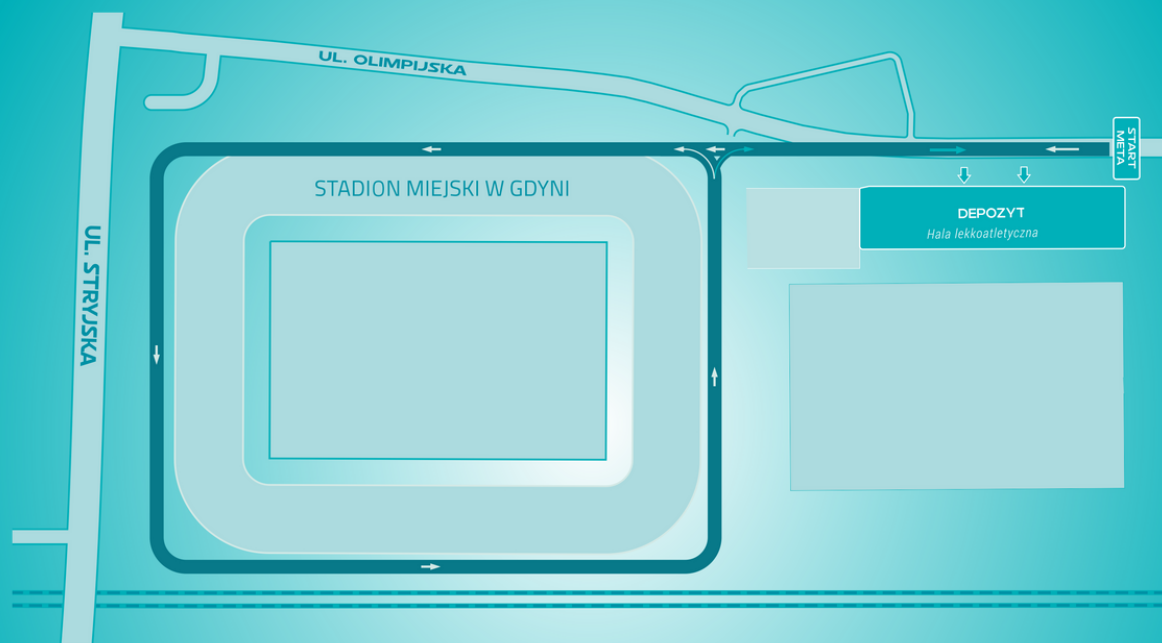
Gran Fondo Kids - 1000 m

It is possible to enroll your child in Gran Fondo Kids at the race office on Saturday, May 14, 2022. The entry fee is 35 PLN, the number of places is limited.

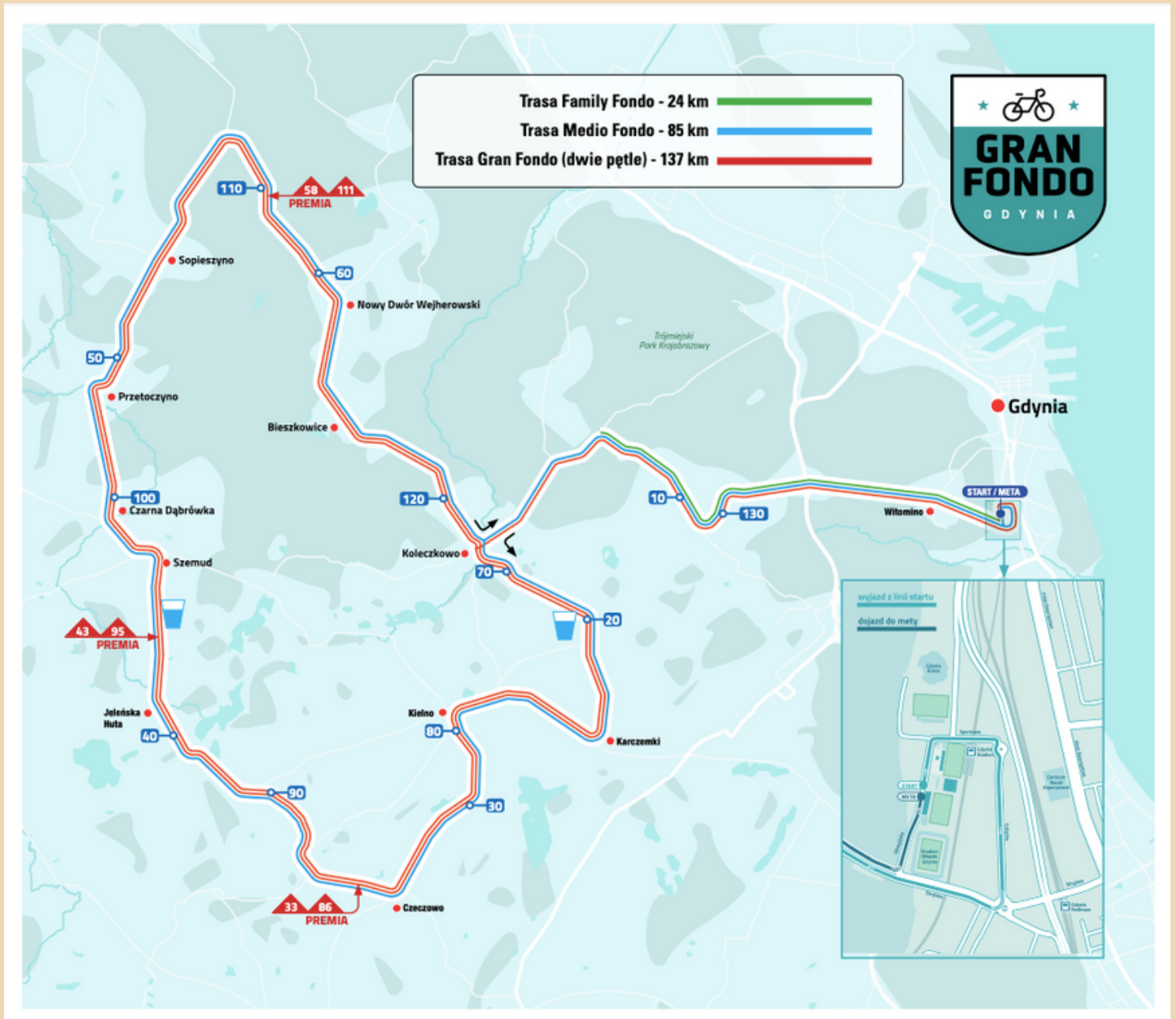
TRASA GRAN FONDO KIDS



GODZINA	KATEGORIA	DYSTANS
12:00	Dziewczynki i chłopcy, roczniki 2010-2011	ok. 3000m
12:20	Dziewczynki i chłopcy, roczniki 2012-2013	ok. 2500m
12:35	Dziewczynki i chłopcy, roczniki 2014-2015	ok. 1500m
12:50	Dziewczynki i chłopcy, roczniki 2016-2017	ok. 1000m
13:30	Dekoracje	



COURSES





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.



GRAN FONDO GDYNIA CHECKLIST

- Helmet
- Bib numbers (attached to the official race t-shirt and handlebars)
- Chip (attached to the bicycle fork)
- Gran Fondo T-shirt from the starter pack
- Water bottle
- Favourite gels and supplements
- Spare inner tube
- Pump or CO2 cartridges
- Smile :)

Host City:



Strategic Partner:



Official Partner:



Sponsors and Partners:

