

2023 Alpine Loop Gran Fondo Technical Guide

1. Contact Information

Alpine Loop Gran Fondo

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Event Date: Sunday, September 24, 2023 – Start at 8 a.m.

Start Location: Turner Pavilion, 228 S Liberty Street, Harrisonburg, Virginia 22801

2. Special Regulations

Participants are required to follow standard equipment and safety regulations.

Riders will be required to comply with these regulations.

(a) Equipment. 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.

(b) Wheels. Wheels must have at least 12 spokes. No wheel may contain special mechanisms to store and release energy. Disc wheels are not allowed.

(c) Handlebar. The handlebar ends shall be solidly plugged and attachments thereto shall be fashioned in such a way as to minimize danger without impairing steering.

(d) Helmets. At all times during the event, riders must wear a securely fastened helmet the laboratory testing standards of the U.S. Consumer Product Safety Commission.

(e) Other Requirements. Riders must comply with other specific equipment regulations, including: carrying a pump and a minimum of one spare inner tube, multi-tool, and water bottles sufficient to carry enough fluids between Rest Stops. All bicycles should arrive at the event in excellent working order. Rider must wear or carry clothing adequate for mountainous, changing weather conditions along the course. Riders must carry identification on their person at all times during the event. Photo ID, Road ID, dog tag or other identification attached to your body will qualify. Riders must obey all laws – traffic and other. Riders must be prepared physically for the conditions, including but not limited to: the ability to safely operate and control their bicycle and equipment; and the experience and ability necessary to bicycle the

routes and descend mountains. It is illegal to wear ear buds/headphones while riding a bicycle on a Virginia roadway. Furthermore, riders are encouraged to wear highly visible clothing and/or front and rear lights.

3. Event History

The Alpine Loop Gran Fondo is in its 12th year.

4. Previous Year's Attendance

The even was not hosted in 2022.

In 2021, there were 350 pre-registered participants.

5. 2023 Field Limits

The Alpine Loop Gran Fondo is comprised of five routes. The event-wide field limit is 400. The route-by-route and combined limits include:

Valley View Challenge / Mt Solon Metric Century: Combined 100

Shenandoah Mountain Adventure / Shenandoah Mountain Century: Combined 100

Alpine Loop: 200

6. Type of Event

The Alpine Loop Gran Fondo is a non-competitive road cycling event.

7. Detailed Description of the Courses / Medical Support

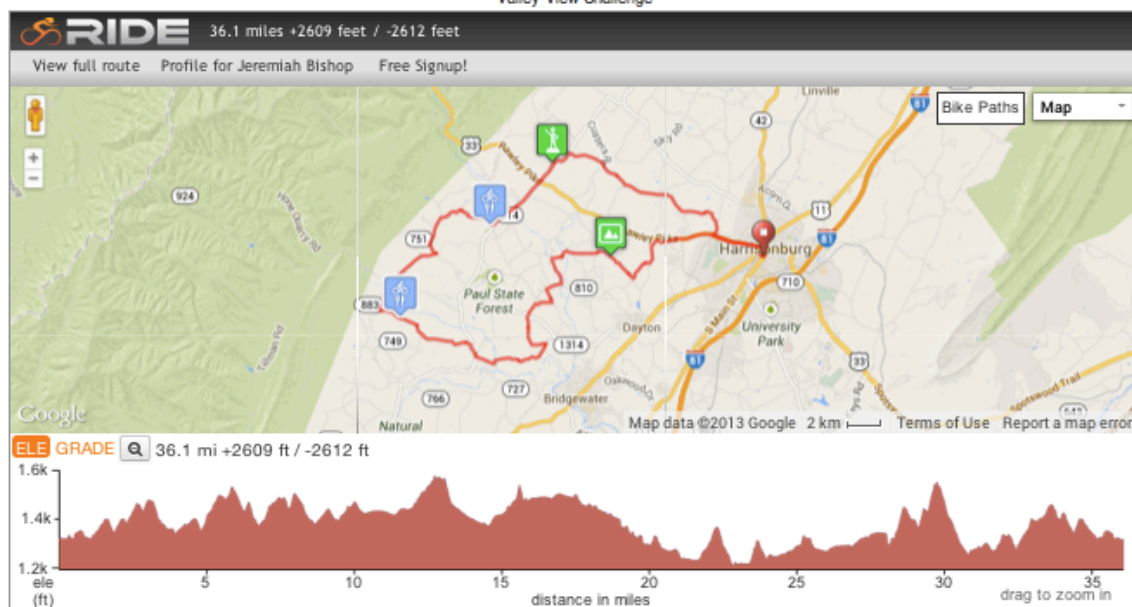
First Aid Kits and Volunteers will be available at all Rest Stations, within Event Vehicles and at the Start/Finish Line. Additional Medical Support provided by Volunteer EMT crews will be stationed at critical locations on the courses. The courses, in their entirety, will be open to vehicular traffic. Cycling participants are required to obey all laws, and are required to stay to the right of centerlines and obey all speed limits.

Continued to next page for course descriptions:

(a) Valley View Challenge

The Valley View Challenge is a 36-mile course featuring 2,612 feet of climbing.

[Click here to view a map of the Valley View Challenge.](#)



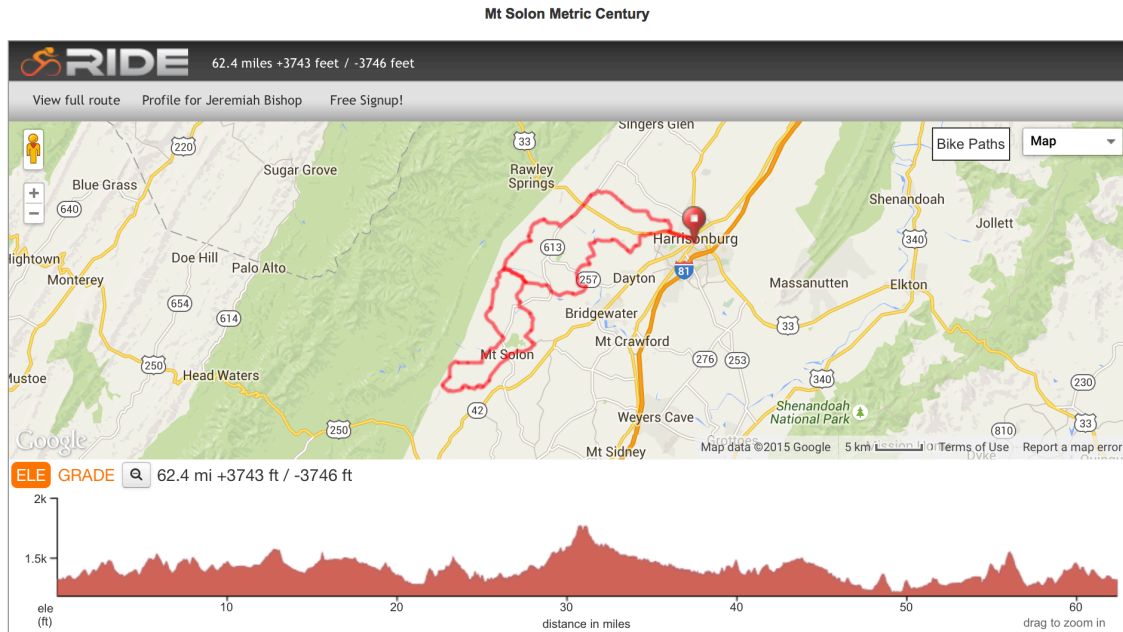
The Valley View Challenge will be supported by one Rest Stop on course, at mile 18: Briery Branch Community Center Rest Stop Staffed by Wyse Cycles. Hydration Station. The Rest Stop will include: cycling-specific bars and gel; fruits; salty snacks; pastries; soda; water. Bathrooms available. Mechanical support provided by East Coast Bicycle Academy. Take a break and relax before a mostly downhill section leading up to the timed King of the Hill segment on Mole Hill. The Finish Line is about 18 miles away.

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(b) Mt Solon Metric Century

The Mt Solon Metric Century is a 62-mile course featuring 3,785 feet of climbing.

[Click here to view a map of the Mt Solon Metric Century.](#)



NEW for the 2015 Alpine Loop Gran Fondo! **The Mt Solon Metric Century** features 62.5 miles of scenic Shenandoah Valley riding, including the beautiful backroads and nearly-secret riverside roads beyond Mt Solon. The total of 3,743 feet of climbing are spread out over the rolling Valley roads

The Mt Solon Metric Century will be supported by one Rest Stop on course: Briery Branch Community Center Rest Stop Staffed by East Coast Bicycle Academy. Riders will pass through the rest stop twice, at miles 18 and 38: Hydration Station. The Rest Stop will include: cycling-specific bars and gel; ham and turkey sandwiches, fruits; salty snacks; pastries; soda; water. Bathrooms available. Mechanical support provided. The Finish Line is about 18 miles away. This route includes one timed King of the Hill segment on Mole Hill.

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(c) Shenandoah Mountain Adventure

The Shenandoah Mountain Adventure is a 76-mile course featuring 7,094 feet of climbing. The route includes three timed KOM segments.

[Click here to view a map of the Shenandoah Mountain Adventure.](#)



The Shenandoah Mountain Adventure will be supported by three Rest Stops on course, at miles 30, 41 and 58.

Brandywine Rest Stop Sponsored by Rocktown Bicycles *Mile 30*: Hydration Station. Cycling-Specific bars, gel, assorted pastries, fruits, water. Bathrooms available. Mechanical support provided.

Sugar Grove Rest Stop Featuring HoneyBaked Ham Sandwiches. *Mile 40*. Hydration Station. You can look forward to a classic ham or turkey sandwich from HoneyBaked Ham Harrisonburg. Cycling-specific bars, gel, fruits, salty snacks, a variety of cookies, brownies, soda and water. Portable toilet on site.

National Forest Restroom *Mile 52* Not a formal Rest Stop, there will be a course sign indicating a National Forest Service toilet-only bathroom. If needed, keep this location in mind, and be on the lookout for the signs.

Briery Branch Community Center Rest Stop Staffed by East Coast Bicycle Academy. *Mile 58.5*. Hydration Station. Cycling-Specific bars and gel; fruits, salty snacks, variety of cookies, soda and water. Bathrooms available. Mechanical support provided. The Finish Line is about 18 miles away.

(d) Shenandoah Mountain Century

The Shenandoah Mountain Century is a 103-mile course featuring 7,873 feet of climbing. The course is paved. The route includes three timed KOM segments and one sprint.

[Click here to view of map of the Shenandoah Mountain Century.](#)



Set out for a fully-paved, 100+ mile challenge on the **Shenandoah Mountain Century**. Don't be fooled by the name – this ride is more than the miles! You'll take on two significant climbs over Shenandoah Mountain.

The Shenandoah Mountain Century will be supported by Rest Stops on course: at miles 30, 41 and 58 and 88.

Brandywine Rest Stop Sponsored by Rocktown Bicycles *Mile 30* Hydration Station. Cycling-Specific bars, gel, assorted pastries, fruits, water. Bathrooms available. Mechanical support provided.

Sugar Grove Rest Stop *Mile 40*. Hydration Station. Rest station is at the base of the second major climb. Cycling-specific bars, gel, fruits, salty snacks, a variety of cookies, brownies, soda and water. Portable toilet on site.

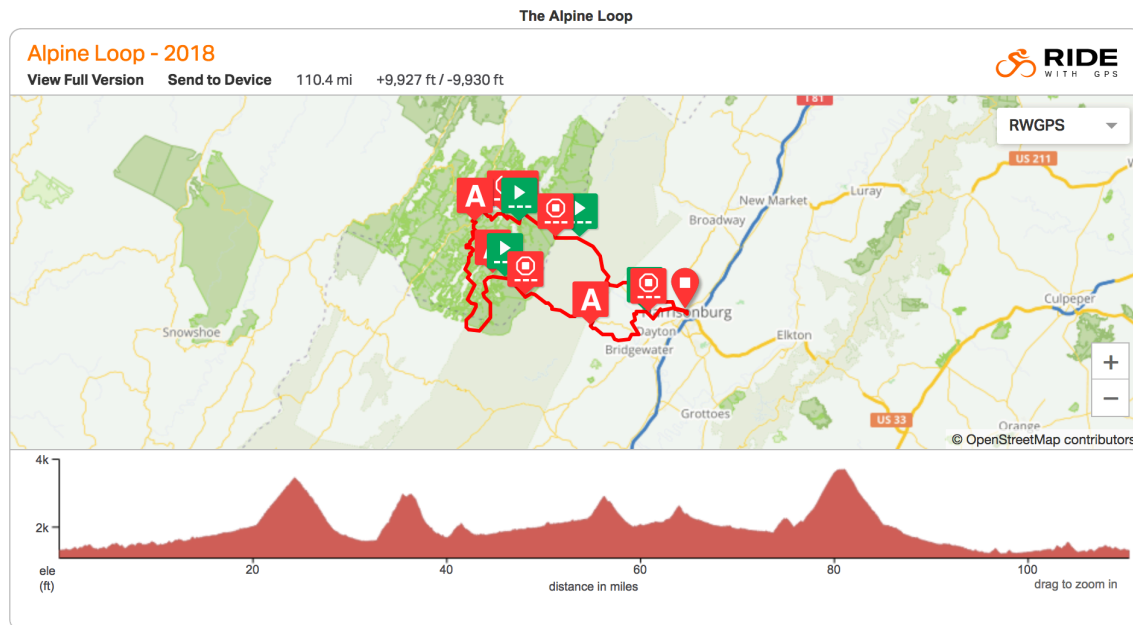
National Forest Restroom *Mile 52* Not a formal Rest Stop, there will be a course sign indicating a National Forest Service toilet-only bathroom.

Briery Branch Community Center Rest Stop Staffed by East Coast Bicycle Academy. Cyclists will pass through this station twice: at *Miles 58.5 and 88*. Hydration Station. Cycling-Specific bars and gel; ham and turkey sandwiches, fruits, salty snacks, variety of cookies, soda and water. Treat your first pass through this station as a "lunch break." Bathrooms available. Mechanical support provided. The Finish Line is about 18 miles away.

(e) Alpine Loop

The Alpine Loop is a 110-mile course featuring 10,000 feet of climbing. The course includes significant (13+ miles) unpaved, dirt/gravel sections and extremely steep terrain. The route includes four timed KOM segments and one Sprint.

[Click here to view a map of the Alpine Loop.](#)



The Alpine Loop will be supported by four Rest Stops on course, at miles 30, 40, 73 and 91.

Brandywine Rest Stop at *Mile 30*. Hydration Station. Cycling-Specific bars, gel, assorted pastries, fruit, water. Bathrooms available. Mechanical support provided.

Franklin Rest Stop Sponsored by Chestnut Ridge Coffee Roasters. Featuring HoneyBaked Ham Sandwiches. *Mile 40*. Hydration Station. You can look forward to a classic ham or turkey sandwich from HoneyBaked Ham Harrisonburg. Cycling-specific bars, gel, fruit, salty snacks, a variety of cookies, San Pellegrino sparkling juices, and water. Consider this Rest Stop your “lunch break” before you roll back toward the big mountain, but don’t linger too long if you’re watching the time cut! Bathrooms are available at this Rest Stop.

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Sugar Grove Rest Stop Mile 73. Hydration Station. Cycling-Specific bars, gels, fruit, a variety of sweet and salty snacks. Get what you need to get over the big climb. Portable Toilet onsite. Mechanical support provided. Volunteers support provided by Shen-Rock Racing team.

National Forest Restroom *Mile 85*. Not a formal Rest Stop, there will be a course signage indicating a National Forest Service toilet-only bathroom. If needed, keep this location in mind, and be on the lookout for the signs.

Briery Branch Community Center Rest Stop serviced by East Coast Bicycle Academy and volunteers from Harmony Harvest Farm *Mile 91*. Hydration Station. Cycling-Specific bars and gel; fruit, salty snacks, variety of cookies, soda and water. Bathrooms available. Mechanical support provided. The Finish Line is about 18 miles away.

8. Description of Services Provided to Riders

Alpine Loop Gran Fondo event entry includes the following:

Choice of registered course

Cue sheets, Course markings and caution signage

Rest Stop amenities: food, drinks, etc.

Neutral Mechanical Support at select rest stations

Finish Line Festival catered meal, desert and drinks

First beverage within Brothers Craft Brewing Beer Garden (21+ only)

Electronic KOM, Sprint and Finish Line timing

USA Cycling supplemental medical insurance (for USA Cycling Licensed riders)

Professional Event Photography and Videography Services

Entry into 5-year age group KOM Competition

Premium Event T-Shirt (if registration is received by Sept. 11th)

Premium Finisher Tokens

Premium Event Sock by Ridge Supply

For complete information about the Alpine Loop Gran Fondo, visit

www.AlpineLoopGranFondo.com

Entry and Rider Obligations

1. 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.
2. 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.
3. By entering the event, the participant agrees to respect the regulations and policies of USA Cycling, and the particular regulations of the event.
4. The participant agrees to accept the directions of the event organizers and all public authorities and emergency service personnel.
5. 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.
6. It is each rider's responsibility to ensure that he is physically capable and healthy enough to participate in the event being entered.
7. Each participant must sign a USA Cycling event waiver acknowledging that he accepts the risks mentioned above.

Conduct of Participants

1. 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.
2. Participants must demonstrate good sportsmanship at all times.
3. Participants must behave in a way that respects the environment. Littering or any similar behavior will not be tolerated.