



# RACE GUIDE

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October 23 - 25, 2020 // // // Octubre 23 - 25, 2020

# RACE GUIDE 2020



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## SCHEDULE OF EVENTS

### FRIDAY, 23 OCTOBER

|     |      |                       |                              |
|-----|------|-----------------------|------------------------------|
| 9AM | 11AM | Group Ride            | <a href="#">Civic Center</a> |
| 1PM | 5PM  | Registration and Expo | <a href="#">Civic Center</a> |

### SATURDAY, 24 OCTOBER

|        |      |                                           |                                                     |
|--------|------|-------------------------------------------|-----------------------------------------------------|
| 9AM    | 11AM | Group Ride                                | <a href="#">Civic Center</a>                        |
| 8:30AM |      | GFNY Kids race office opens               | <a href="#">Civic Center</a>                        |
| 10AM   |      | <b>START</b> of GFNY Florida Sebring Kids | <a href="#">North Wall Street / West Center Ave</a> |
| 1PM    | 7PM  | Registration and Expo                     | <a href="#">Civic Center</a>                        |

### SUNDAY, 25 OCTOBER

|        |                                                                       |                                          |
|--------|-----------------------------------------------------------------------|------------------------------------------|
| 6:30AM | Opening of Start Corrals & recommended arrival time to the Start Area | <a href="#">Highlands Sports Complex</a> |
| 7:15AM | Start corrals close                                                   | <a href="#">Highlands Sports Complex</a> |
| 7:30AM | <b>START</b> of GFNY Florida Sebring                                  | <a href="#">Highlands Sports Complex</a> |
| 9:00AM | Race office and Shop open                                             | <a href="#">Civic Center</a>             |
| 10AM   | Recovery Zone opens & Post-race meal begins                           | <a href="#">Civic Center</a>             |
| 2PM    | Awards ceremony                                                       | <a href="#">Civic Center</a>             |
| 4PM    | Course closes                                                         |                                          |
| 4:30PM | Festivities end                                                       |                                          |

### ADDRESSES FOR GPS

#### Parking

[1960 Lakeview Drive, Sebring, FL 33870](#)

[126 West Center Ave, Sebring, FL 33870](#)

#### Timing Start & Finish

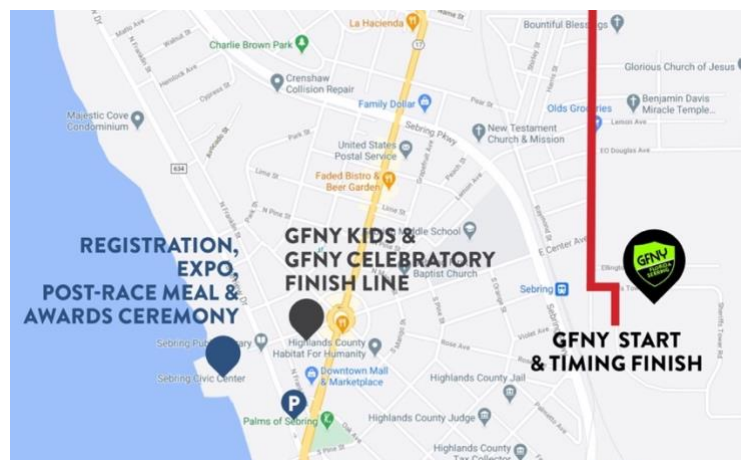
[216 Sheriffs Tower Rd, Sebring, FL 33870](#)

#### Post Race Meal & Award Ceremony

[355 W Center Ave, Sebring, FL 33870](#)

#### Celebratory Finish Line

[North Wall Street / West Center Ave](#)



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## PROGRAMA DE EVENTOS

### VIERNES, 23 OCTUBRE

|     |      |                                            |                              |
|-----|------|--------------------------------------------|------------------------------|
| 9AM | 11AM | Rodada en grupo, 2 horas                   | <a href="#">Civic Center</a> |
| 1PM | 5PM  | Expo y registro abierto - GFNY & GFNY Kids | <a href="#">Civic Center</a> |

### SÁBADO, 24 OCTUBRE

|        |      |                                                            |                                                     |
|--------|------|------------------------------------------------------------|-----------------------------------------------------|
| 9AM    | 11AM | Rodada en grupo a las, 1-2 horas                           | <a href="#">Civic Center</a>                        |
| 8:30AM |      | Se abre la oficina de carrera de GFNY Kids Florida Sebring | <a href="#">Civic Center</a>                        |
| 10AM   |      | <b>INICIO</b> de GFNY Kids Florida                         | <a href="#">North Wall Street / West Center Ave</a> |
| 1PM    | 7PM  | Expo y Registro abierto                                    | <a href="#">Civic Center</a>                        |

### DOMINGO, 25 OCTUBRE

|        |                                                                                                                                    |                                          |
|--------|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|
| 6:30AM | Se abre el área de salida y hora de llegada recomendada al área de salida.                                                         | <a href="#">Highlands Sports Complex</a> |
| 7:15AM | Cierre de corrales                                                                                                                 |                                          |
| 7:30AM | <b>INICIO</b> de GFNY Florida                                                                                                      | <a href="#">Highlands Sports Complex</a> |
| 9:00AM | GFNY Race Office y Shop están abiertas                                                                                             |                                          |
| 10AM   | <ul style="list-style-type: none"><li>• Zona de recuperación abierta</li><li>• Comienza la comida posterior a la carrera</li></ul> | <a href="#">Civic Center</a>             |
| 2PM    | Ceremonia de entrega de premios                                                                                                    | <a href="#">Civic Center</a>             |
| 4PM    | Cierre de Curso                                                                                                                    |                                          |
| 4:30PM | Fin de Fiestas                                                                                                                     |                                          |

### ADDRESSES FOR GPS

#### Parking

[1960 Lakeview Drive, Sebring, FL 33870](#)

[126 West Center Ave, Sebring, FL 33870](#)

#### Timing Start & Finish

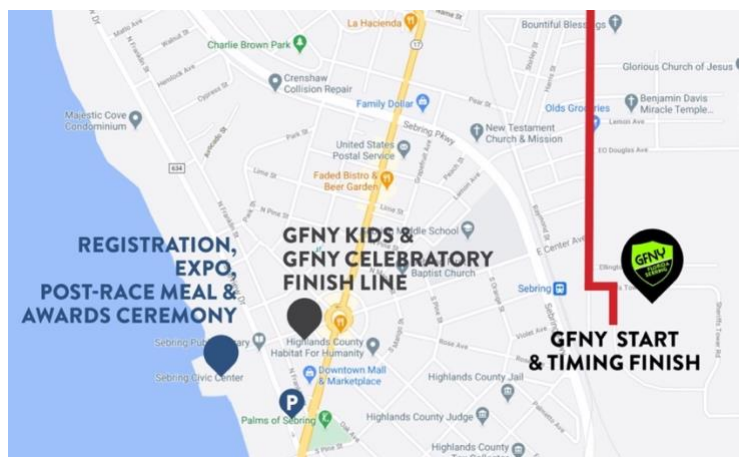
[216 Sheriffs Tower Rd, Sebring, FL 33870](#)

#### Post Race Meal & Award Ceremony

[355 W Center Ave, Sebring, FL 33870](#)

#### Celebratory Finish Line

[North Wall Street / West Center Ave](#)



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## YOUR TRAVEL TO GFNY FLORIDA SEBRING

### MONTHS LEADING UP TO RACE DAY

When you are booking your flight, check the airline's policy for flying with a bike. We always recommend flying with your bike because it's the only way you're guaranteed to have exactly the model and size of the bike you want, with your desired components, saddle and pedals.

Keep up with any race-related news by checking our website, Facebook page and reading the email news. If you have any question that isn't answered by the website, please email [teresa@gfny.com](mailto:teresa@gfny.com).

Get out and ride! Get in the mileage and the climbing needed to prepare you for the race.

A lot of details pertaining to GFNY Florida Sebring race prep are covered in the **GFNY Daily Coffee podcast**, available on [Apple Podcast](#), [Spotify](#), [Player FM](#), [Lybsin](#), [Stitcher](#), [Amazon Music](#) or your any other favorite podcast streaming service.

### PACKING

- Always be ready for all kinds of weather and prepare clothing options for both on and off the bike.
- Be sure to bring your floor pump, spare tires, spare tubes, and tools.
- For warmth, in case of extreme weather, bring emergency mylar blanket, extra headgear, extra gloves, extra cover socks.
- Don't forget your preferred sports nutrition.
- If it's pouring at home, you probably won't go out for a ride. But if you travel to a race, you will probably start, even if the weather is bad. So, make a tough day a little easier by having the right gear.
- To be on the safe side, pack a set of clothing, cycling shoes, pedals and helmet in your carry on, just in case any of your luggage gets lost or delayed. If you are really picky with your saddle, don't check it in either.

Chris Geiser wrote a comprehensive Travel Checklist, check it out here: [gfny.com/travel-checklist/](http://gfny.com/travel-checklist/)

### IMPORTANT! GET YOUR BIKE RACE-READY BEFORE YOU TRAVEL

Before you travel to GFNY Florida Sebring, you must to go to your local bike shop to get a complete tune-up and put on new tires. The leading problem of mechanicals on race day is riding with old, worn-out tires and not maintained bikes. If you are training your body to take part in GFNY Florida Sebring, also prepare your bike to be race ready. Last-minute availability of bike parts is not guaranteed on site.

### HAVE A GREAT RACE WEEK

Traveling is exhausting and arriving in Sebring is exciting. You've spent a lot of time planning and preparing for the trip. Enjoy all the fun stuff that the destination has to offer. But allow some time for rest & relaxation before race day. Get good sleep, this will be the key to feeling good on race day.

Ride parts of the course to get comfortable with your new environment.

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## GETTING HERE

### AIRPORTS

Traveling to Sebring is very easy. There are 6 nearby airports that you can fly into, which gives you a lot of flexibility.

You want to combine GFNY Florida with a trip to Disney World? Fly to Orlando (MCO).

You want to enjoy the Miami scene as part of your GFNY Florida trip? Fly to Miami (MIA).

Flying on Allegiant Air? Fly to PGD for convenient, low-cost, nonstop arrival from 45+ destinations. This airport provides the shortest travel time to Sebring.

Many car rental options are available at each airport to make your trip to Sebring fast and easy. Here are the distances to Sebring from the nearby airports:

**MCO** - driving time 1:45

**TPA** - driving time 1:55

**PBI** - driving time 2:05

**PGD** - driving time 1:30

**FLL** - driving time 2:35

**MIA** - driving time 2:50



### BY TRAIN & BUS

By Train:

Amtrak has a station in Sebring (SBG).

By Bus:

Greyhound has a station in Sebring.

## HOTELS // HOTELES

### H1 Inn On The Lakes

9.2

**3101 Golfview Road Sebring, FL 33870** | Phone: +1 863-471-9400

#### Rates

- Non-lake view \$102 + 11.5% tax
- Lakeview \$112 + 11.5% tax
- Balcony Rooms & Suites 20% off "rack" rate

#### Included in the rate

- Full hot breakfast in Chicanes
- Complimentary Wi-Fi & parking

#### Distance to race locations

- 3.4 miles to Expo/ Post-race meal & awards at Sebring Civic Center
- 3.9 to start/finish line

#### To book

Call +1 863-471-9400 and refer to "GFNY" Group when making the reservation. Rooms are subject to availability. Offer expires September 29, 2020.

### H2 La Quinta Inn & Suites Sebring

8.5

**4115 US 27 South Sebring, FL 33870** | Phone: +1 863-386-1000

#### Rates

- Standard \$99 / \$109
- Upgraded \$129 / \$139

#### Included in the rate

- Breakfast

#### Distance to race locations

- 3.4 miles to Expo/ Post-race meal & awards at Sebring Civic Center
- 3.4 to start/finish line

#### To book

- Call +1 863-386-1000 and refer to "GFNY Florida" Group when making the reservation (code expires 9/29/20).
- [Online booking link](#)
- Rooms are subject to availability. Offer expires September 30, 2020.





## H3 Residence Inn by Marriott Sebring

9.3

**3221 Tubbs Rd Sebring, FL 33870**

### Distance to race locations

- 3 miles to the Expo/ Post-race meal & awards at Sebring Civic Center
- 3.5 miles to the start/finish line

### To book

Call: +1-863-314-9100 and refer to "GFN" (3 letters).

Rooms are subject to availability. Offer expires September 30, 2020.

## H4 Tru By Hilton Sebring

8.8

**1775 US Hwy 27 S Sebring, FL 33870**

### Distance to race locations

- 3 miles to the Expo/ Post-race meal & awards at Sebring Civic Center
- 3.5 miles to the start/finish line

### To book

- Phone: +1-863-471-0000
- Refer to code "GFC" (3 letters)
- [Online booking link](#)
- Rooms are subject to availability. Offer expires September 30, 2020.

## H5 Quality Inn & Suites Sebring North

6.9

**6525 US Hwy 27 N Sebring, FL 33870** | Phone: +1 863-385-4500

### Rates

- 2 Double Beds, Single & Double occupancy \$69.99, \$10 additional person

### Included in the rate

- Breakfast, 4am breakfast on race day
- Complimentary Wifi
- Complimentary parking

### Distance to race locations

- 6.8 miles to the Expo/ Post-race meal & awards at Sebring Civic Center
- 7 miles to the start/finish line

### To book

Call +1 863-385-4500 and refer to "GFNY" Group when making the reservation.

Rooms are subject to availability. Offer expires October 1, 2020.

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## BIKES

### Bike services

Sebring's centrally located bike shop, Legacy Bicycle, is ready to assist all GFNY Florida Sebring riders with their bike, services, nutrition and accessories needs during race week. Also available: bike assembly, bike packing, and bike rentals.

- \$60 road bike assembly, adjustment & tune-up (your bike box is kept in storage at the shop's warehouse)
- \$60 packing your bike back into your bike box for travel home

Pre-booking is mandatory. Email Dan: [sales@legacybicycle.com](mailto:sales@legacybicycle.com) call [863-471-2453](tel:863-471-2453) or visit [Legacy Bicycles booking page](#).

We recommend that you bring your bike in for a full tune up & to put on new tires to your local bike shop 2 weeks before the race.

### Flying with your bike

Packing your bike can be very easy! Elite developed a light, convenient bike case that has made traveling with a bike easier than ever. Here is a video we made packing the Elite Borson soft case. It requires the least amount of assembly, but high amount of protection. [youtube.com/watch?v=L6tE7Uwg2b4](https://youtube.com/watch?v=L6tE7Uwg2b4)

- AA treats a bike like standard luggage: [aa.com/i18n/travel-info/baggage/specialty-and-sports.jsp](https://aa.com/i18n/travel-info/baggage/specialty-and-sports.jsp)
- Delta treats a bike like standard luggage: [delta.com/content/www/en\\_US/traveling-with-us/baggage/before-your-trip/special-items.html](https://delta.com/content/www/en_US/traveling-with-us/baggage/before-your-trip/special-items.html)

### Bike shipping

You can arrange for shipping your bike from your local bike shop or home in case you prefer to ship your bike ahead of time. Go to Luggage Free to check your quote & get a GFNY rider discount: [luggagefree.com/partners/gfny/](https://luggagefree.com/partners/gfny/)

Shipping your bike with Luggage Free not only saves you effort getting to and at the airport, but also makes your travel to Sebring easier by allowing you to rent a smaller car when you fly without your bike box.

You can also use Luggage Free to ship your luggage from your home to your hotel and travel extra light. Enjoy your GFNY rider discount by following this link: [luggagefree.com/partners/gfny/](https://luggagefree.com/partners/gfny/)

### Bike tune-up & new tires

We recommend that you get your bike fully tuned up & new tires put on 2 weeks before race day. You're spending countless hours training your body, then also put in some time to prepare your bike. There is no worse feeling than getting a mechanical in the race and standing on the side of the road while other riders are passing you by.

### On the course

On the race course, there will be Neutral Road Support services at the aid stations and rolling mechanical assistance and broom wagons in case you cannot continue the race. You will get a wristband with a Race day Hotline # to call for assistance as needed.

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## ACTIVITIES IN SEBRING

Visitors to Sebring will experience friendly service and a healthy way to relax for cyclists, anglers, golfers, car racing fans and outdoor lovers.

Just a short southern drive from Tampa or Orlando on US 60 and US Hwy 27, Sebring is the hub of outdoor entertainment in mild year-round temperatures. Enjoy scenic and tranquil cycling, exciting car racing at the Sebring International Raceway, hiking at Highlands Hammock State Park, golfing along the Citrus Golf Trail, freshwater fishing and water sports.

Sebring is nicknamed "The City on the Circle", in reference to Circle Park, the center of the Downtown Sebring Historic District.

### Car racing

The Sebring International Raceway is home to 12 Hours of Sebring and Legends of Motorsports car races. It's one of the oldest continuously operating race tracks in the U.S., its first race being run in 1950.

Having racing heritage from 70+ years of car races at the Sebring International Raceway, being host to GFNY Florida race was a natural fit for Sebring.

### Nature

The city's geography is dominated by 9,212-acre Lake Jackson, but 420-acre Dinner Lake and 137-acre Little Lake Jackson. Sebring lies on the southern end of the Lake Wales Ridge, a chain of ancient islands that is the native habitat for many rare plants and animals. Most of the area is rural and part of the Florida scrub ecosystem, with smaller areas of hammocks and cypress swamps, similar to those found at Highlands Hammock State Park, a popular attraction, located four miles west of Sebring. Visitors of Highlands Hammock State Park can cross the elevated Cypress swamp boardwalk, hike one of the nine trails or enjoy a ranger-led park tour.

[Avon Park Airforce Range](#) is ideal for hunting, fishing, camping, hiking and birding visit Sebring's Nature Guide: [visitsebring.com/wp-content/uploads/Final-Nature-brochure.pdf](https://www.visitsebring.com/wp-content/uploads/Final-Nature-brochure.pdf)

More info: [visitsebring.com/activities/nature](https://www.visitsebring.com/activities/nature)

### Lakes & water sports

Don't go home without taking advantage of the excellent fishing and water sports in the Sebring area. Visitors can choose from one of nearly 100 freshwater lakes in the area, rent a boat or hire a fishing guide and then enjoy a relaxing day of fishing on the water.

More ways to enjoy one of the nearly 100 freshwater lakes: kayaking, canoeing, water skiing, or air boating on a lake or scenic Arbuckle Creek. Visit the Peace River for a Fossil Hunting/Canoe/Kayak.

Fishing info: [visitsebring.com/activities/fishing](https://www.visitsebring.com/activities/fishing)

### Restaurants and bars

Our favorite places for local dining are: Cowpoke's Watering Hole, Chicanes Restaurant, Jaxson's, Eighteen East Restaurant and Bar, Faded Bistro & Beer Garden, Sunset Grille, Morty & Edna's, Don Jose Mexican, Dimitri's Restaurant & Pizza Kitchen

Plus, Sebring's chain restaurants: Ruby Tuesday, Outback Steakhouse, Red Lobster, Olive Garden, Chili's Grill & Bar, Cody's Original Roadhouse, IHOP, Cang Tong Japanese Steakhouse

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Dining in Sebring area: [visitsebring.com/dining-shopping/local-dining](https://visitsebring.com/dining-shopping/local-dining)

Dining in Downtown Sebring: [downtownsebring.org/Business-Directory/agentType/ViewType/PropertyTypeID/1](https://downtownsebring.org/Business-Directory/agentType/ViewType/PropertyTypeID/1)

Nightlife: [visitsebring.com/activities/nightlife](https://visitsebring.com/activities/nightlife)

## Recreation and Relaxation

[Lake Jackson's Pier Beach](#)

Agritourism: [visitsebring.com/activities/agritourism](https://visitsebring.com/activities/agritourism)

Recreation info: [visitsebring.com/activities/sports-recreation](https://visitsebring.com/activities/sports-recreation)

Spas: [visitsebring.com/activities/spas](https://visitsebring.com/activities/spas)

## Historic and Art Enthusiasts

- Historic Downtown Sebring buildings
- Jacaranda Hotel in Avon Park
- Highlands Museum of the Arts (MoTA)
- Historic Train Depot/Museum
- Military Sea Services Museum
- [visitsebring.com/activities/arts-culture](https://visitsebring.com/activities/arts-culture)
- [downtownsebring.org/BusinessDirectory/agentType/ViewType/PropertyTypeID/9](https://downtownsebring.org/BusinessDirectory/agentType/ViewType/PropertyTypeID/9)

For more information and the official Sebring travel guide [visit our website here.](#)





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## GFNY FLORIDA SEBRING KIDS

Now all the excitement of GFNY racing just for Kids! GFNY Kids Florida Sebring will take place on October 24 at 10am, hosted at the Sebring Civic Center and traveling through the heart of Downtown Sebring. Open to children 2yo-13yo, now also GFNY Kids will Be a Pro for a Day.

### EACH REGISTRATION INCLUDES:

- GFNY Kids t-shirt
- Bike number and bib number
- Start-to-finish chip timing
- Finisher medal
- Post-race snack
- Mechanical service
- Heats divided by age
- Podium ceremony for children 8yo and over



### SCHEDULE OF EVENTS

#### OCT 23-24, 2020 – RACE PACKET PICKUP

GFNY Kids riders can pick up their race packets on

- Friday 10/23 1pm-5pm
- Saturday 10/24 8:30am-9:00am.

Friday packet pickup is recommended.



#### OCTOBER 24, 2020 – RACE DAY

- Warm-up time is from 9:00am-9:45am
- Assembly for start corrals is 15 minutes before heat start time.

### ESTIMATED ASSEMBLY TIMES ARE:

- 9:45am 2-3 years old
- 10:00am 4-5 years old
- 10:10am 6-7 years old
- 10:20am 8-9 years old
- 10:30am 10-11 years old
- 10:40am 12-13 years old



Please familiarize yourself and the participating child with the [race rules here](#).



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## RIDER REGISTRATION

### ARRIVING TO THE EXPO

There is no car parking available directly at Civic Center due to limited space.

There is convenient parking directly across the street from the Sebring Civic Center, at 1960 Lakeview Drive. This parking puts you in the heart of GFNY Florida pre-race expo and race day action: The Celebratory Finish Line, Pasta Party and Awards Ceremony.

Additional parking is available at 126 West Center Ave.

### THINGS TO BRING WITH YOU FOR RACE PACKET PICKUP:

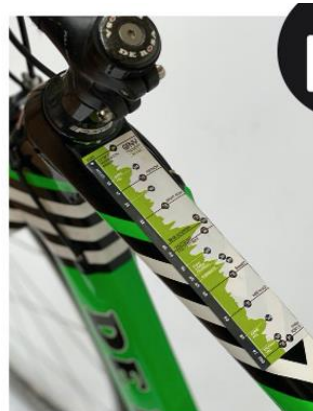
- Photo ID
- Your printed registration confirmation from [GFNY.cc](http://GFNY.cc) or show an email with your ticket on your phone (just page 1 with ticket number and your name).

### 5 STEPS RACE PACKET PICKUP

1. When you arrive at GFNY registration, you will see a board with names listed in alphabetical order, and you will find your assigned race number aside your name.
2. After you find your assigned race number, fill out the event waiver.
3. Pick up your race packet.
4. Pick up your jersey and goodie bag.
5. Take a pre-race picture!

### YOUR RACE PACKET INCLUDES:

1. Bike number with disposable timing chip, which you attach to the front of your bike with provided twists. Do not bend the bike number. Bending the bike number may cause the timing chip to break and not record your time. Be careful!
2. Jersey number, which you attach to your jersey's back pockets (on your non-dominant side) with safety pins.
3. Profile sticker, which you attach to your bike's top tube.
4. Wristband, which needs to be worn for the race and serves as the pasta party coupon. It also has a hotline number in case you need assistance on the racecourse.



## INSCRIPCIÓN DE CORREDORES

### LEGANDO A LA EXPO

No hay estacionamiento disponible directamente en Civic Center debido al espacio limitado.

Hay un cómodo estacionamiento justo enfrente del Sebring Civic Center, en 1960 Lakeview Drive. Este estacionamiento te coloca en el corazón de la exposición previa a la carrera de GFNY Florida y la acción del día de la carrera: la línea de meta de celebración, la Pasta Party y la ceremonia de premios.

Hay estacionamiento adicional disponible en el 126 West Center Ave.

### COSAS QUE DEBES LLEVAR PARA RECOGER EL PAQUETE DE CARRERA:

- Identificación fotográfica
- Confirmación de registro impresa de GFNY.cc o mostrar un correo electrónico con tu boleto en tu teléfono (solo la página 1 con el número de boleto y tu nombre).

### 5 PASOS DE RECOGIDA DEL PAQUETE DE CARRERA

1. Cuando llegues al registro de GFNY, verás un tablero con los nombres enumerados en orden alfabético y encontrarás tu número de carrera asignado a un lado de tu nombre.
2. Después de encontrar tu número de carrera asignado, completa la exención del evento.
3. Recoge tu paquete de carrera.
4. Recoge tu camiseta y tu bolsa de regalos.
5. ¡Toma una foto antes de la carrera!

### TU PAQUETE DE CARRERA INCLUYE:

1. Número de bicicleta con chip de cronometraje desechable, que se coloca en la parte delantera de la bicicleta con los soportes proporcionados. No doble el número de la bicicleta. Doblar el número de la bicicleta puede hacer que el chip de cronometraje se rompa y no registre tu tiempo. ¡Ten cuidado!
2. Número de camiseta, que se adjunta a los bolsillos traseros de la camiseta (en el lado no dominante) con imperdibles.
3. Etiqueta de perfil, que se coloca en el tubo superior de la bicicleta.
4. Muñequera, que debe usarse para la carrera y sirve como cupón de Pasta Party. También tiene un número de línea directa en caso de que necesites asistencia en la ruta.



## OFFICIAL RACE JERSEY

GFNY Florida Sebring jersey – mandatory race attire for GFNY Florida Sebring, included in your entry fee.

## JERSEY OFICIAL DE CARRERA

La Jersey de GFNY Florida Sebring – vestimenta de carrera obligatoria para GFNY Florida Sebring, incluida en la tarifa de inscripción.



## GFNY GEAR

GFNY Florida Sebring & GFNY gear will be available for purchase at the GFNY Florida Sebring expo.

If you want to pre purchase any items to make sure we have the items in your size available for you, you can buy the gear now: [shop.gfny.com](https://shop.gfny.com) and you will be able to pick up your purchase at GFNY Florida Sebring expo. Write in your purchase "Pickup at GFNY Florida Sebring" so we know not to ship your purchase.

For those of you who have made an online purchase, you will need to present your photo ID and a printout of your order when picking up our purchase.

## GFNY KIT

El kit de GFNY Florida Sebring y GFNY estará disponible para la compra en la expo GFNY Florida Sebring.

Si deseas comprar por adelantado algún artículo para asegurarte de que tengamos los artículos de tu tamaño disponibles, puedes comprar el equipo ahora: [shop.gfny.com](https://shop.gfny.com) y podrás recoger tu compra en la expo GFNY Florida Sebring. Escribe en tu compra "Recogida en GFNY Florida Sebring" para que sepamos que no enviaremos tu compra.

Para aquellos de ustedes que hayan realizado una compra en línea, deberán presentar su identificación con foto y una copia impresa de su pedido al recoger la compra.



# RACE GUIDE 2020



## SPECTATORS // ESPECTADORES

### EXPO

Family members and friends are welcome to join GFNY Florida riders at packet pickup.

### START AREA

There is no parking at Highlands County Sports Complex. Spectators who would like to come watch the start area of GFNY Florida are welcome to park at 1960 Lakeview Drive, 126 West Center Ave or another nearby parking and walk to the Start Area. Please note that MLK Jr Blvd and Sheriffs Tower Road will be fully closed to cars so it will not be possible to drive to or park at the Highlands County Sports Complex. The race starts at 7:30am, shortly after sunrise.

### COURSE

If your fans want to see you on the course, they can take road 17 to Avon Park. They can park down the road of County Rd 64 and walk up to the intersection at mile 65 / 13.4 where they can cheer you on mid race action.

[Address: 980 County Rd 64, Avon Park, FL 33825](#)

### FINISH LINE

GFNY Florida has a timing finish line at the Highlands County Sports Complex, which has a full road closure, no available parking and very few facilities or activities. At the Highlands County Sports Complex, riders will pass a timing mat that will record the finish of their racing time but will not be allowed to congregate and will have to continue cycling to the Celebratory Finish Line at West Center Avenue and North Wall Street, less than 1 mile away, in the heart of Downtown Sebring.

We recommend that families wait for their cyclists at the Celebratory Finish Line. There will be a finish arch for finisher photos, and also the finisher medals will be awarded here. There will be an announcer who is calling out the finishers' names and their official finish times - at West Center Avenue & North Wall Street.

### RACE DAY PARKING - SPECTATORS AND CYCLISTS

Parking is limited in Sebring. GFNY Florida riders who have hotels nearby should ride to/from the race and keep their cars parked at the hotel.

There is usually parking available at the Sebring Civic Center, but some of the activities may move fully outdoors and we may block the entire parking lot for event use.

There is convenient parking directly across the street from the Sebring Civic Center, at 1960 Lakeview Drive. This parking puts you in the heart of GFNY Florida pre-race expo and raceday action: The Celebratory Finish Line, Pasta Party and Awards Ceremony.

### EXPO

Los familiares y amigos son bienvenidos a unirse a los corredores de GFNY Florida en la recogida de paquetes.

### ÁREA DE INICIO

No hay estacionamiento en el Highlands County Sports Complex. Los espectadores que deseen venir a ver el área de inicio de GFNY Florida pueden estacionarse en 1960 Lakeview Drive, 126 West Center Ave u otro estacionamiento cercano y caminar hasta el área de inicio. Ten en cuenta que MLK Jr Blvd y Sheriffs Tower Road estarán completamente cerrados a los autos, por lo que no será posible conducir o estacionar en el Complejo Deportivo del Condado de Highlands. La carrera comienza a las 7:30 am, poco después del amanecer.

# RACE GUIDE 2020

## CURSO

Si tus fans quieren verte en la ruta, pueden tomar la carretera 17 hacia Avon Park. Pueden estacionarse en la carretera de County Rd 64 y caminar hasta la intersección en la milla 65 / 13.4 donde pueden animarte en plena acción a mitad de la carrera.

[Dirección: 980 County Rd 64, Avon Park, FL 33825](#)

## LÍNEA DE META

GFNY Florida tiene una línea de meta cronometrada en el Highlands County Sports Complex, que tiene un cierre total de carreteras, no hay estacionamiento disponible y muy pocas instalaciones o actividades. En el Highlands County Sports Complex, los ciclistas pasarán por una alfombra de cronometraje que registrará el final de tu tiempo de carrera, pero no se les permitirá congregarse y tendrán que continuar en bicicleta hasta la línea de meta de celebración en West Center Avenue y North Wall Street, menos de 1 milla de distancia, en el corazón del centro de Sebring.

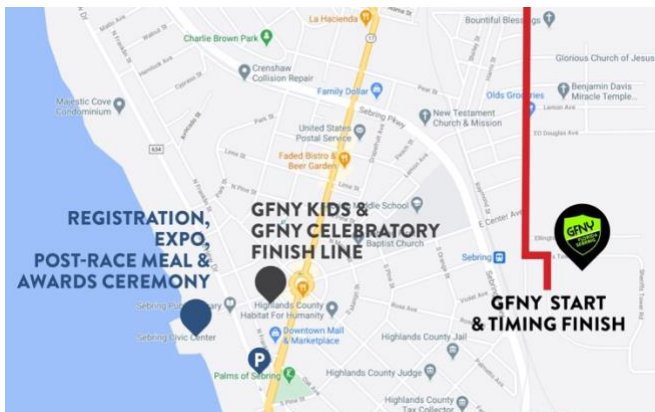
Recomendamos que las familias esperen a los corredores en la línea de meta de celebración. Habrá un arco de meta para las fotos de los finalistas, y también se entregarán aquí las medallas de los finalistas. Habrá un locutor que gritará los nombres de los finalistas y sus tiempos oficiales de llegada, en West Center Avenue y North Wall Street.

## ESTACIONAMIENTO DE DÍA DE CARRERA - ESPECTADORES Y CICLISTAS

El estacionamiento es limitado en Sebring. Los ciclistas de GFNY Florida que tengan hoteles cerca deben viajar hacia / desde la carrera y dejar sus autos estacionados en el hotel.

Por lo general, hay estacionamiento disponible en el Centro Cívico de Sebring, pero algunas de las actividades pueden moverse completamente al aire libre y podemos bloquear todo el estacionamiento para uso del evento.

Hay un cómodo estacionamiento justo enfrente del Centro Cívico de Sebring, en 1960 Lakeview Drive.



Este estacionamiento te coloca en el corazón de la expo previa a la carrera GFNY Florida y la acción del día de la carrera: la línea de meta de celebración, la Pasta Party y la Ceremonia de Premios.

## RESTROOMS

Restrooms are situated at the start area entry, VIP corral entry and inside the [Highlands Sports Complex](#) building.

# RACE GUIDE 2020



## **BAÑOS**

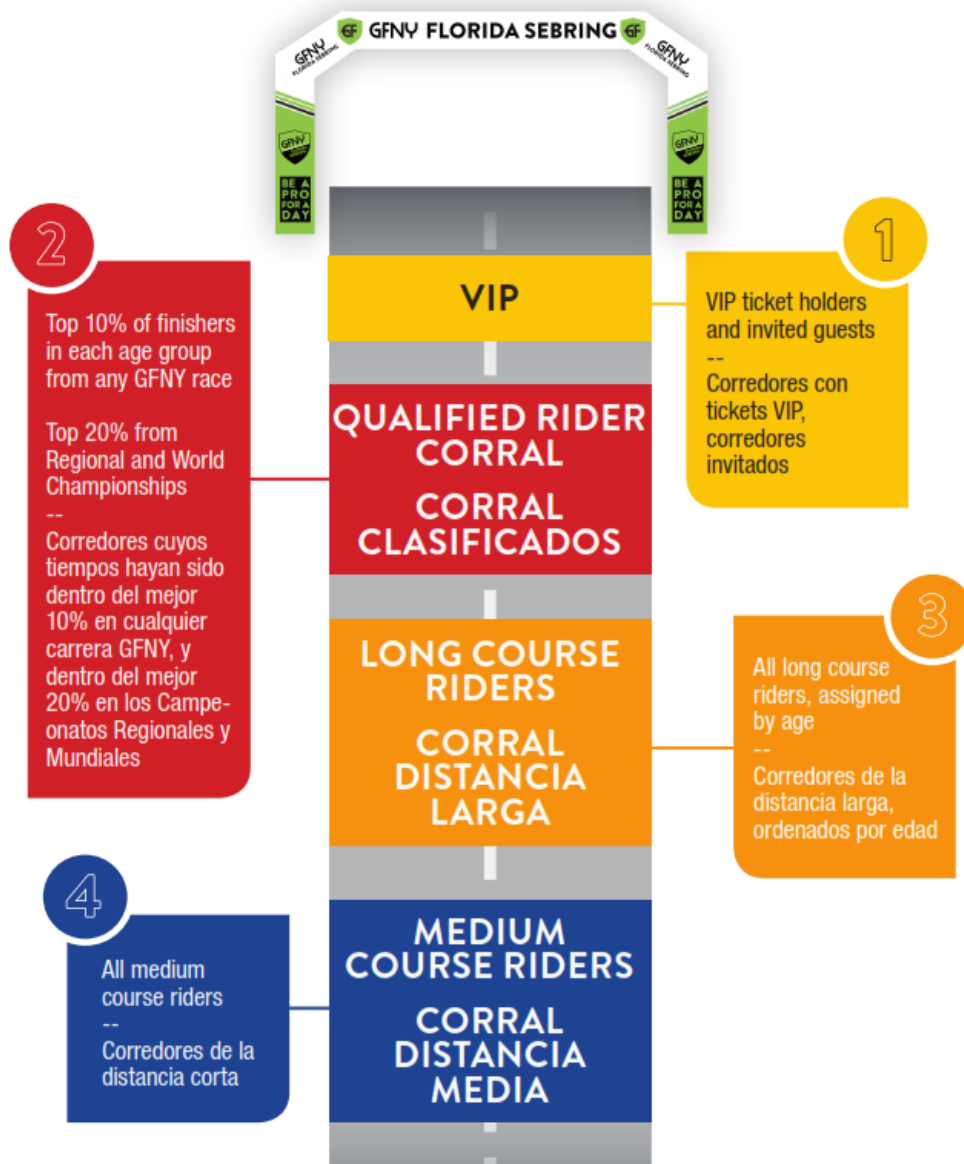
Los baños están situados en la entrada del área de salida, en la entrada del corral VIP y dentro del edificio Highlands Sports Complex.

## THE START

Race numbers are assigned by ticket type, qualification status, age group and distance. You can start with your friends if they are allocated to the same start corral as you. If they are in a different start corral, you can move back to start with them, but they cannot move forward to join you. "Jumping" forward a corral (starting in a corral not assigned to your number) will result in 10-minute penalty added to your finish time.

## EL INICIO

Los números de carrera se asignan por tipo de entrada, estado de calificación, grupo de edad y distancia. Puedes empezar con tus amigos si están asignados al mismo corral de salida que tú. Si están en un corral de inicio diferente, puedes retroceder para comenzar con ellos, pero no pueden avanzar para unirse a ti. "Saltar" hacia adelante de un corral (comenzando en un corral no asignado a tu número) resultará en una penalización de 10 minutos añadidos a tu tiempo de llegada.





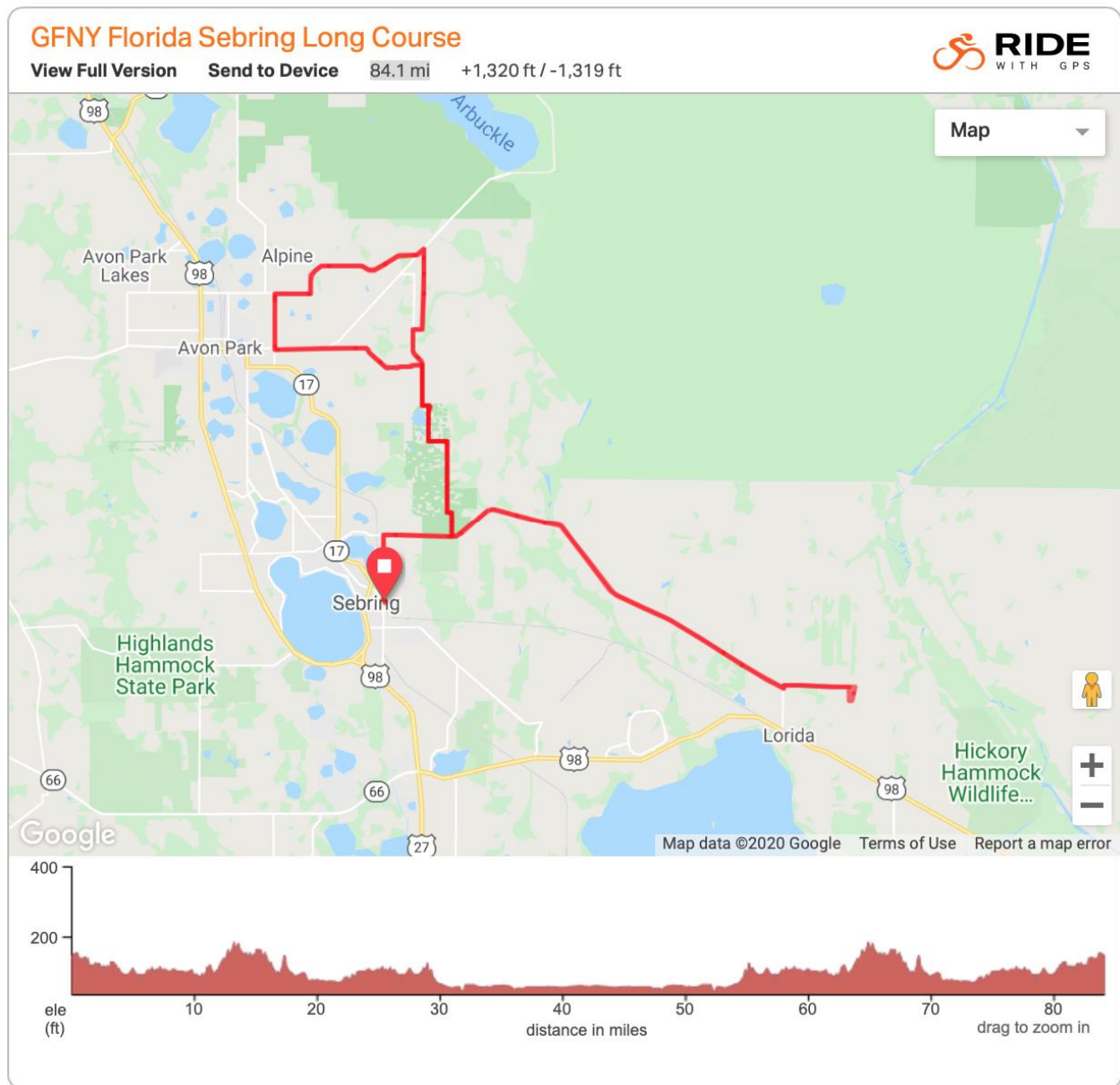
# RACE GUIDE 2020



## LONG COURSE // RUTA LARGA

**LONG COURSE IS A COMPETITION:** Only the finishers of the 84 miles long course are eligible for category rankings and Overall and Podium awards. If you want to race and be ranked in your category, you must complete the long course. Top 10% of finishers in each age groups qualify for the Racer Corral at every GFNY World event.

**LA RUTA LARGA ES UNA COMPETICIÓN:** Sólo los finishers de la ruta larga son elegibles para clasificaciones de categoría y premios generales y de podio. Si quieres competir y ser clasificado en tu categoría, debes completar el curso largo. El top 10% de los finishers en cada grupo de edad califican para el Corral Racer en cada evento de GFNY World.



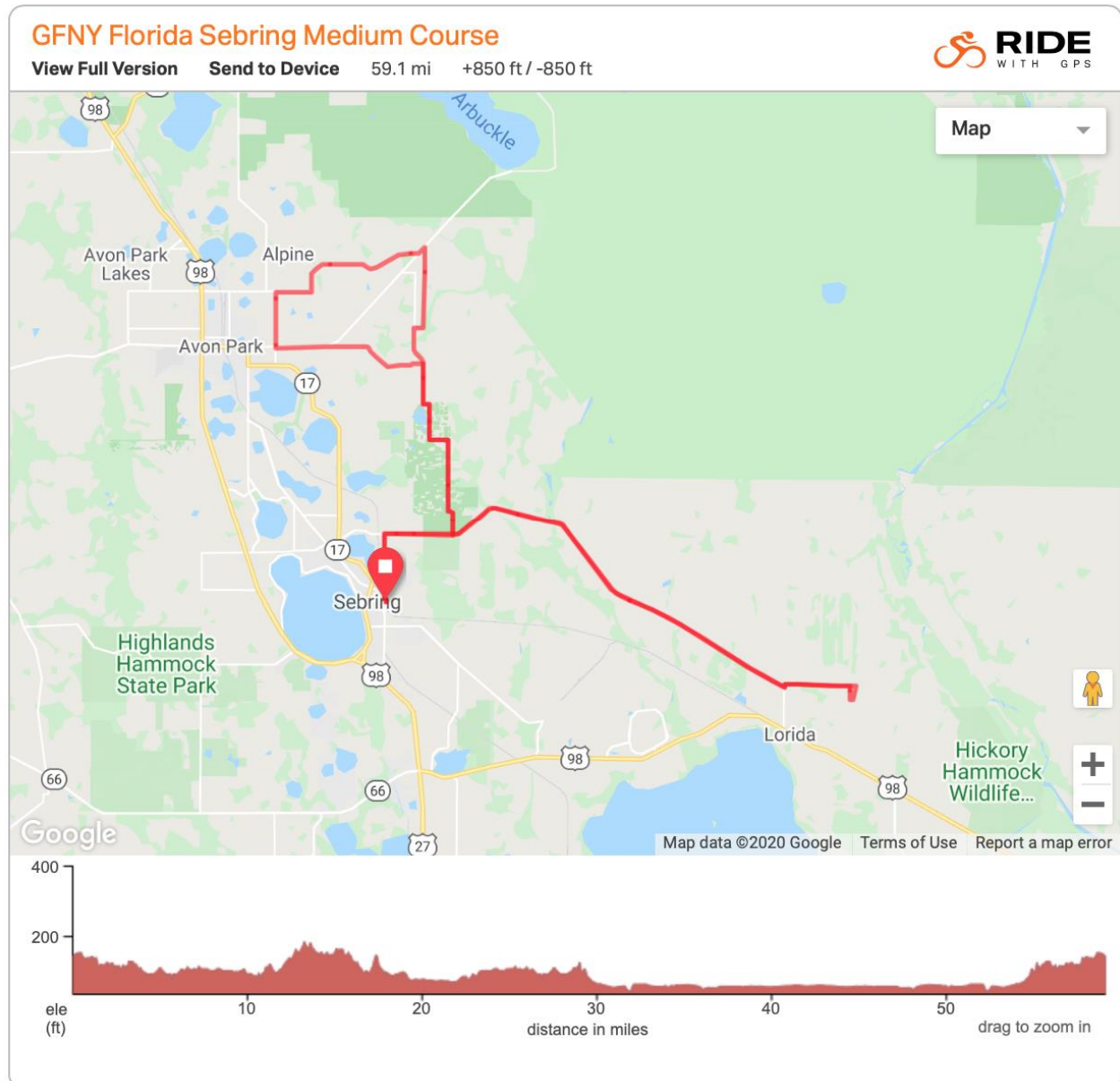
# RACE GUIDE 2020



## MEDIUM COURSE // RUTA MEDIA

**MEDIUM COURSE IS NOT A COMPETITION:** The riders of the 50 miles medium course will be provided their start-to-finish time, but will not be ranked by finish time. All finish times will be listed in alphabetical order.

**LA RUTA MEDIA NO ES UNA COMPETICIÓN:** Los corredores de la ruta media recibirán su tiempo de inicio a fin, pero no se clasificarán según el tiempo de llegada. Todos los tiempos de llegada se enumerarán en orden alfabético.



# RACE GUIDE 2020



## IMPORTANT RACE INFORMATION

### IMPORTANT INTERSECTION - CAUTION

The intersection of Arbuckle Creek Road and Riverdale Road is a key intersection of the race. Medium Course riders will pass this intersection 3 times. Long Course riders will pass this intersection 4 times.

The intersection is narrow and will have cyclists turning or going straight depending on which course they are doing, at various times of the day.

GFNY will have a Safety Team at this intersection with flags and whistles and yellow CAUTION signs advising of the upcoming intersection as well as 8ft directional signs at the intersection to point you in the right direction.

**IMPORTANT:** You must moderate your speed through this intersection to avoid making wide, sweeping fast turns that may force you to leave your lane.

### THE START & FINISH

Just after the start you will have to take a right turn. Also, on your return you turn left at the same intersection to drive up to the Finish Line. Ride with caution to ensure yours and other riders' safety.

### ALWAYS STAY TO THE RIGHT

Many roads on the GFNY Florida Sebring course are small, which makes them more fun for cycling and allows for a course with a lower number of cars. However, the GFNY course utilizes several sections of road in both directions.

You must always stay as far to the right as possible to leave space for other cyclists to pass. You must always stay in the right-hand lane. Never cross the center line. If you don't have space to pass, then you must stay behind, and do not pass.

### UNPAVED ROAD SEGMENT

Take caution during the turn-around section in Lorida. Van Horne Avenue and 3rd Street are not paved. This gravel road will be graded just before race day to smoothen the surface as much as possible. The unpaved stretch is 0.4 mile long, from Mile 41.6 to 42. Riders doing both the medium course and long course will ride over this unpaved section. GFNY will post yellow Caution signs to advise you the section is imminently approaching and to use caution.

### MEDIUM ROUTE RIDERS, AFTER 10:30am

The intersection of Arbuckle Creek Road and Riverdale Road will become like a Stop Sign for medium route riders from approximately 10:30am onwards. Priority at this intersection will be given to the long route riders who are turning right from Riverdale Road onto Arbuckle Creek Road.

When cycling west on Arbuckle Creek Road:

- Long course riders will be turning right from Arbuckle Creek Road onto Riverdale Road. Slow down to make a safe turn.
- Medium course riders will be going straight. Because the long course riders are competing for time and placement, they are given priority at this intersection. The first long course riders are expected at this intersection at 10:30am. The Safety Team will have flags and whistles, when you are given instructions by them to stop, it means there are long course riders entering the intersection. As soon as they pass, you will be able to continue riding, straight through the intersection and onwards to the finish line.

### FINISH CHUTE

Just before the timing finish line, there is a left-right turn combination on a narrow road. Be careful and moderate your speed to avoid crashing.

# RACE GUIDE 2020



## TIMING FINISH & CELEBRATORY FINISH LINE

The timing finish will be at the Highlands Sport Complex, the same place where you started your race. After you cross the timing mat, there will be water, soda and basic food to refuel you if you need it. Congregations of riders at the Timing Finish are not permitted, you need to keep cycling to the Celebratory Finish Line - the best place to rest and socialize is there.

Note that there is limited space and limited infrastructure at the Timing Finish, so your fans are encouraged to await you at the Celebratory Finish Line at North Wall Street and West Center Avenue in the heart of Downtown Sebring. You will get your Finisher Medal there, and there will be music and an announcer who will be calling out your name. The Pasta Party and Awards Ceremony, which your fans are welcome to join, is held 500ft away, at the Sebring Civic Center.

## FOLLOW VEHICLES PROHIBITED

GFNY Florida Sebring riders have full event support from the race. Imagine all 1000 riders having their own personal support car - the traffic it would create, the bad rider experience, and above all the unsafe conditions. **Private support vehicles are not permitted and any riders having support cars causing unsafe conditions for other cyclists and traffic impacts will be disqualified from the race.** Plus, several parts of the course are fully closed to cars.

Please be assured that we take our riders' safety as a top priority, and for this reason private or personal support cars are not permitted for any rider. GFNY takes care of the riders on the race course.

## NO PERSONAL ASSISTANCE

GFNY Florida Sebring riders are not permitted to receive outside assistance. Outside assistance from non-participants, private support vehicles or in any location outside of official race aid stations is prohibited.

In addition, GFNY Florida Sebring riders are not permitted to exchange objects and materials between participants.

## AID STATIONS

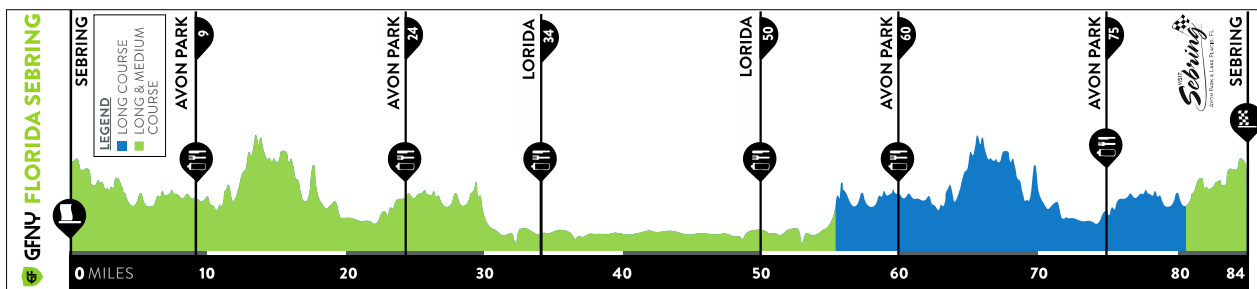
Long course aid stations are located at Mile 9, 24, 34, 50, 60, 75.

Medium course aid stations are located at Mile 9, 24, 34, 50.

Each aid station will provide water, electrolyte drink, soda and basic food to keep you fueled through the race. If you have any special nutritional needs, we encourage you to bring your own race nutrition, and enough to last you for the entirety of the race.

Note that in cycling, there is no handing-on-the-fly at aid stations. You will need to stop at aid stations if you need to refill your water bottle or grab something to eat.

Note that receiving aid from someone standing at the side of the road who is not affiliated with the race, or from a non-official/neutral vehicle is against the rules and can lead to disqualification. Do not accept



# RACE GUIDE 2020



outside assistance, it is against GFNY Florida Sebring rules. You can accept assistance from official GFNY staff and volunteers on the course, either at the aid stations or the neutral rolling support vehicles.

## MEDICAL

Aid stations will have basic medical supplies. In case you have a small crash on the course and road rash and just want to clean a wound and continue, you will be able to do this at the aid stations.

If you witness a serious crash that requires emergency medical call, you must stop and call 911. Remember that you are obliged to stop and offer assistance unless there are already at least 3 people helping. You can continue if a) the rider is fine or b) the medical personnel arrives.

At the Finish Line, there will be an EMS unit stationed.

## MECHANICAL

Bring tools and spare tubes in order to be able to quickly fix your bike issue and continue with the event. Put on new tires to minimize the risk of a puncture; old tires are much more likely to get punctures than new tires.

Mechanical assistance is available at the start line, at each aid station and one mechanic who will be rolling.

## TIMING

GFNY Florida Sebring is timed start to finish. Results will be available in your [gfny.cc](https://gfny.cc) account immediately following the race. You will also be able to see your race results at [gfny.cc/results/2020/sebring](https://gfny.cc/results/2020/sebring). If you have any questions about your result, please consult with the timers directly at the finish line or via email to [info@gfny.com](mailto:info@gfny.com).

The disposable timing chips are attached to the back of your bike plate. Make sure to attach the bike plate at the front of your bike and not bend your race number so the timing chip is read correctly at the checkpoints along the course.

## RULES

Please be sure to read the race rules, found at [florida.gfny.com/rules](https://florida.gfny.com/rules) to get familiar with them.

## RACE HOTLINE

Every GFNY Florida Sebring participant will get the official race wristband attached to their wrist at the time of packet pickup. On the wristband, you will find the race hotline number. In case you have a mechanical or need to abandon your race, you can call the number and we will pick you up with one of our vans. We will need to know your name, participant number and mile # or another way of finding your location.

In case of an emergency, call 911.

The Hotline number is for non-life-threatening calls for a van pickup.

## COMPETITION

Only the finishers of the 84 miles long course are eligible for category rankings and Overall and Podium awards.

The riders of the 59 miles medium course will be provided their start-to-finish time but will not be ranked by finish time. All finish times will be listed in alphabetical order.

## CUTOFF

The course closes 16.00, after 8.5 hours.



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## 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 or disqualification and a lifelong ban at GFNY.

Please refer to point 8 of the GFNY Florida Sebring rules ([florida.gfny.com/rules](https://florida.gfny.com/rules)).

Aid stations are Eco Zones. GFNY aid station teams clean up the area all around their aid station, and we have Eco bins for riders. Do not through trash outside of designated Eco Zones.

And we provide jerseys to all riders that have side pockets to provide extra space for holding trash until the next aid station.

You can read more about the Eco initiatives that GFNY has undertaken at [gfny.com/environment](https://gfny.com/environment).

## CODE OF CONDUCT

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

### AEROBARS

For safety reasons, aero bars are not permitted. Unsafe bikes can be banned at any time during the event.



### RIGHT LANE RULE

You must ride on the right hand side of the road at all times (and the left in countries where that is the law).



### HEADPHONES

Don't wear headphones. No exceptions. You need to be aware of your surroundings.



### OFFICIAL JERSEY & WRISTBAND

You must wear the official race jersey and wristband



### OUTSIDE ASSISTANCE

Do not accept outside assistance at any place other than the official aid stations or from rolling neutral race support. It's unfair to your fellow riders.



### RIDE THE COURSE

Ride on the route marked by GFNY. We have several checkpoints along the route to verify that you are completing the designated course.



### RESPECT

Be courteous and respectful to your fellow riders, volunteers, spectators and staff – thank you!



### FIRST AID

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



### URINATION

Please utilize the designated toilets. Do not pollute private or public land.



### TRASH

Please do not pollute the environment. Your GFNY jersey has a pocket at each side for your trash. There are ECO ZONES along the course with large bins for disposal on the fly.



### OBEY POLICE INSTRUCTIONS

Worse than being disqualified, disobeying direct police instructions may carry bigger consequences like fines, tickets or even a ride to the police station. Police are working for your safety during the whole event. If a police officer tells you instructions, which are likely for your own safety, you must obey Police instructions.



## INFORMACIÓN IMPORTANTE DE LA CARRERA

### INTERSECCIÓN IMPORTANTE - PRECAUCIÓN

La intersección de Arbuckle Creek Road y Riverdale Road es una intersección clave de la carrera. Los ciclistas de la ruta media pasarán esta intersección 3 veces. Los ciclistas de la ruta larga pasarán esta intersección 4 veces.

La intersección es estrecha y habrá ciclistas girando o yendo en línea recta según el rumbo que estén haciendo, en varios momentos del día.

GFNY tendrá un equipo de seguridad en esta intersección con banderas y silbatos y letreros amarillos de PRECAUCIÓN que advierten de la próxima intersección, así como letreros direccionales de 8 pies en la intersección para indicarle la dirección correcta.

**IMPORTANTE:** Debes moderar tu velocidad a través de esta intersección para evitar hacer giros amplios y rápidos que puedan obligarte a abandonar tu carril.

### LA SALIDA Y EL FINAL

Justo después de la salida tendrás que girar a la derecha. También, a la vuelta, giras a la izquierda en la misma intersección para llegar a la línea de meta. Usa precaución con precaución para garantizar su seguridad y la de los demás corredores.

### SIEMPRE MANTÉNGASE A LA DERECHA

Muchas carreteras del circuito de GFNY Florida Sebring son pequeñas, lo que las hace más divertidas para el ciclismo y permite un circuito con un menor número de coches. Sin embargo, el curso GFNY utiliza varios tramos de carretera en ambas direcciones.

Siempre debes mantenerte lo más a la derecha posible para dejar espacio para que pasen otros ciclistas. Siempre debes permanecer en el carril de la derecha. Nunca cruces la línea central. Si no tienes espacio para rebasar, debes quedarte atrás y no rebasar.

### TRAMO DE CARRETERA SIN PAVIMENTAR

Ten cuidado durante el tramo de cambio de sentido en Lorida. Van Horne Avenue y 3rd Street no están pavimentadas. Este camino de grava se nivelará justo antes del día de la carrera para suavizar la superficie tanto como sea posible. El tramo sin pavimentar tiene 0.4 millas de largo, desde la milla 41.6 hasta la 42. Los ciclistas que realizan tanto la ruta media como la ruta larga recorrerán esta sección sin pavimentar. GFNY colocará carteles amarillos de precaución para advertirte que la sección se acerca inminentemente y que tengas cuidado.

### CORREDORES DE RUTA MEDIA, DESPUÉS DE LAS 10:30 am

La intersección de Arbuckle Creek Road y Riverdale Road se convertirán en una señal de pare para los ciclistas de ruta media desde aproximadamente las 10:30 am en adelante. Se dará prioridad en esta intersección a los ciclistas de la ruta larga que estén girando a la derecha desde Riverdale Road hacia Arbuckle Creek Road.

Al ir en bicicleta hacia el oeste por Arbuckle Creek Road:

- Los ciclistas de la ruta larga girarán a la derecha desde Arbuckle Creek Road hacia Riverdale Road. Reduzca la velocidad para hacer un giro seguro.
- Los ciclistas de la ruta media irán en línea recta. Debido a que los ciclistas de recorridos largos compiten por el tiempo y la ubicación, se les da prioridad en esta intersección. Se espera que los primeros ciclistas la ruta larga lleguen a esta intersección a las 10:30 am. El equipo de seguridad

tendrá banderas y silbatos, cuando les den instrucciones para que se detengan, significa que hay ciclistas de la ruta larga entrando en la intersección. Tan pronto como pasen, podrán continuar, directamente a través de la intersección y hacia la línea de meta.

## **CANAL DE META**

Justo antes de la línea de meta de cronometraje, hay una combinación de giro de izquierda a derecha en una carretera estrecha. Ten cuidado y modera tu velocidad para evitar choques.

## **META DE CRONOMETRAJE Y LÍNEA DE META DE CELEBRACIÓN**

El cronometraje final será en el Highlands Sport Complex, el mismo lugar donde comenzaste tu carrera. Después de cruzar la alfombra de cronometraje, habrá agua, refrescos y comida básica para reabastecerte si lo necesitas. No se permiten congregaciones de ciclistas en el meta de cronometraje, debes seguir pedaleando hasta la línea de meta de celebración - el mejor lugar para descansar y socializar es allí.

Ten en cuenta que hay espacio limitado e infraestructura limitada en meta de cronometraje, por lo que tus fans pueden esperarte en la línea de meta de celebración en North Wall Street y West Center Avenue en el corazón del centro de Sebring. Allí obtendrás tu medalla de finalista, y habrá música y un locutor que te llamará por tu nombre. La Pasta Party y la Ceremonia de Premiación, a la que sus fans pueden participar, se lleva a cabo a 500 pies de distancia, en el Centro Cívico de Sebring.

## **VEHÍCULOS DE APOYO PROHIBIDOS**

Los ciclistas de GFNY Florida Sebring cuentan con el apoyo total del evento de la carrera. Imagínate que los 1000 corredores tengan su propio coche de apoyo personal: el tráfico que crearía, la mala experiencia del conductor y, sobre todo, las condiciones inseguras. Los vehículos de apoyo privados no están permitidos y los corredores que tengan vehículos de apoyo que causen condiciones inseguras para otros ciclistas e impactos en el tráfico serán descalificados de la carrera. Además, varias partes del curso están completamente cerradas para los automóviles.

Ten la seguridad de que consideramos la seguridad de nuestros corredores como una prioridad absoluta y, por esta razón, no se permiten vehículos de apoyo privados o personales para ningún corredor. GFNY se ocupa de los corredores en el circuito de carreras.

## **SIN ASISTENCIA PERSONAL**

Los corredores de GFNY Florida Sebring no pueden recibir asistencia externa. Se prohíbe la asistencia externa de no-participantes, vehículos de apoyo privados o en cualquier lugar fuera de las estaciones de asistencia oficiales de la carrera.

Además, los corredores de GFNY Florida Sebring no pueden intercambiar objetos y materiales entre participantes.

## **ESTACIONES DE AYUDA**

Las estaciones de ayuda para la ruta larga se encuentran en las Millas 9, 24, 34, 50, 60, 75. Las ubicaciones en la ruta media están en las Millas 9, 24, 34, 50.

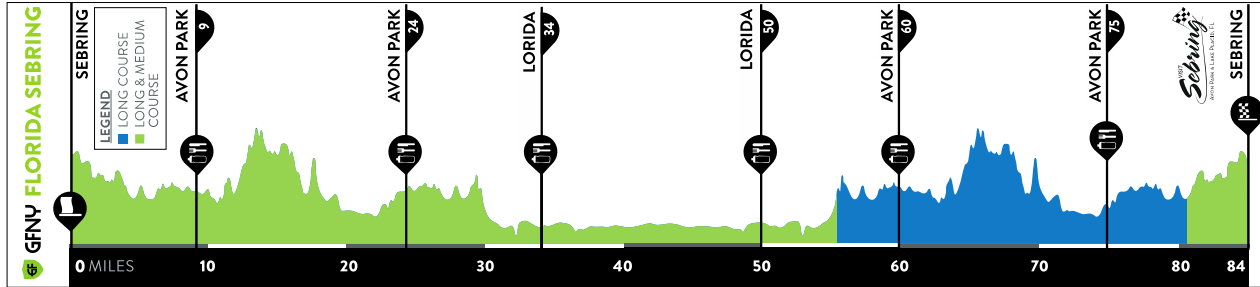
Cada estación de ayuda proporcionará agua, bebidas electrolíticas, refrescos y alimentos básicos para mantenerte alimentado durante la carrera. Si tienes alguna necesidad nutricional especial, te recomendamos que traigas tu propia nutrición para la carrera, y suficiente para que le dure toda la carrera.

Ten en cuenta que en el ciclismo, no hay entregas sobre marcha en las estaciones de ayuda. Deberás detenerte en las estaciones de ayuda si necesitas volver a llenar tu botella de agua o tomar algo para comer.

# RACE GUIDE 2020



Ten en cuenta que recibir ayuda de alguien que se encuentre al costado de la carretera y que no esté afiliado a la carrera, o de un vehículo no oficial / neutral va en contra de las reglas y puede dar lugar a la



descalificación. No aceptes ayuda externa, está en contra de las reglas de GFNY Florida Sebring. Puedes aceptar la asistencia del personal oficial de GFNY y los voluntarios en el curso, ya sea en los puestos de ayuda o en los vehículos de apoyo neutral.

## MÉDICO

Las estaciones de ayuda contarán con suministros médicos básicos. En caso de que tengas un pequeño choque en el recorrido y una erupción cutánea y solo quieras limpiar una herida y continuar, podrás hacerlo en las estaciones de ayuda.

Si eres testigo de un accidente grave que requiere una llamada médica de emergencia, debes detenerte y llamar al 911. Recuerda que estás obligado a detenerse y ofrecer asistencia a menos que ya haya al menos 3 personas ayudando. Puedes continuar si a) el ciclista está bien o b) llega el personal médico.

En la línea de meta, habrá una unidad EMS disponible.

## MECÁNICO

Trae herramientas y tubos de repuesto para poder solucionar rápidamente el problema de tu bicicleta y continuar con el evento. Pon neumáticos nuevos para minimizar el riesgo de pinchazos; es mucho más probable que los neumáticos viejos sufran pinchazos que los neumáticos nuevos.

La asistencia mecánica está disponible en la línea de salida, en cada estación de ayuda y un mecánico que estará rodando.

## CRONOMETRAJE

GFNY Florida Sebring está cronometrado de principio a fin. Los resultados estarán disponibles en tu cuenta [gfny.cc](https://gfny.cc) inmediatamente después de la carrera. También podrás ver los resultados de tu carrera en [gfny.cc/results/2020/sebring](https://gfny.cc/results/2020/sebring). Si tienes alguna pregunta sobre tu resultado, consulta con los cronometradores directamente en la línea de meta o por correo electrónico a [info@gfny.com](mailto:info@gfny.com).

Los chips de cronometraje desechables están unidos a la parte posterior de la placa de tu bicicleta. Asegúrate de colocar la placa de la bicicleta en la parte delantera de tu bicicleta y no doble su número de carrera para que el chip de cronometraje se lea correctamente en los puntos de control a lo largo del recorrido.

## REGLAS

Asegúrate de leer las reglas de la carrera, que se encuentran en [florida.gfny.com/reglamento](https://florida.gfny.com/reglamento) para familiarizarte con ellas.

## LÍNEA DIRECTA DE CARRERA

Cada participante de GFNY Florida Sebring recibirá la pulsera oficial de la carrera sujeta a tu muñeca al momento de recoger el paquete. En la pulsera, encontrarás el número de la línea directa de carrera. En caso de que tengas un problema mecánico o necesites abandonar la carrera, puedes llamar al número y

# RACE GUIDE 2020



te recogeremos en una de nuestras furgonetas. Necesitaremos saber tu nombre, número de participante y número de milla u otra forma de encontrar tu ubicación.

En caso de emergencia, llama al 911.

El número de la línea directa es para llamadas de poco riesgo para un recogida en furgoneta.

## COMPETENCIA

Solo los finishers de la ruta larga de 84 millas son elegibles para clasificaciones de categoría y premios en general y podio.

A los corredores de la ruta media de 59 millas se les proporcionará su tiempo de inicio a fin, pero no se clasificarán según el tiempo de llegada. Todos los tiempos de llegada se enumerarán en orden alfabético.

## CIERRE

El curso cierra a las 16.00, después de 8.5 horas.

## MEDIO AMBIENTE

GFNY se compromete a proteger el medio ambiente. Cualquier desecho de basura o comida fuera de los receptáculos de basura designados en las estaciones de ayuda o "zonas ecológicas" está prohibido y puede resultar en una penalización de tiempo o descalificación y una prohibición de por vida en GFNY.

Consulta el punto 8 de las reglas de GFNY Florida Sebring ([florida.gfny.com/rules](http://florida.gfny.com/rules)).

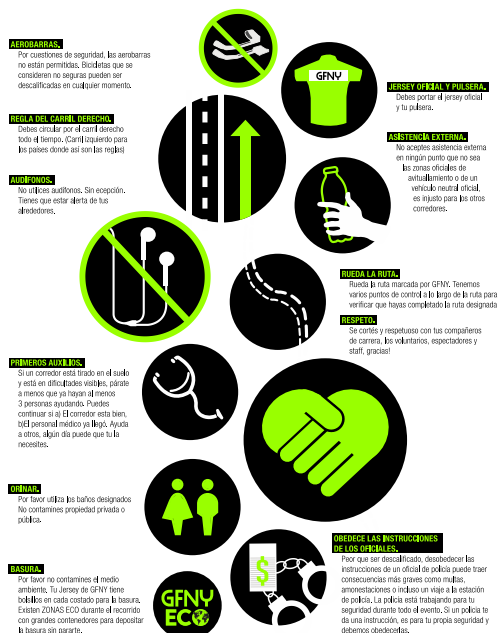
Las estaciones de ayuda son zonas ecológicas. Los equipos de la estación de ayuda de GFNY limpian el área alrededor de tu estación de ayuda, y tenemos contenedores ecológicos para los corredores. No arrojes basura fuera de las zonas ecológicas designadas.

Y proporcionamos camisetas a todos los corredores que tienen bolsillos laterales para proporcionar espacio adicional para guardar la basura hasta la próxima estación de ayuda.

Puedes leer más sobre las iniciativas ecológicas que GFNY ha emprendido en [gfny.com/environment](http://gfny.com/environment).

## CÓDIGO DE CONDUCTA

MANTÉN ESTAS REGLAS EN MENTE PARA EVITAR CUALQUIER PENALIZACIÓN EN TIEMPO O DESCALIFICACIÓN.





## AFTER THE RACE

### REFRESHMENT

At the finish line there will be a tent with water, SiS Rego Rapid Recovery, soda and basic food to refuel you.

### PASTA PARTY & BIKE PARKING

Each rider receives a complimentary meal after the race; make sure you wear your wristband it serves as your meal ticket. The Pasta Party is held at Sebring Civic Center. If you choose to eat directly after finishing the race, please note that BIKE PARKING IS MANDATORY utilize the provided bike racks for self-parking.

### AWARDS

At 14:00, the Awards Ceremony will take place at Sebring Civic Center.

## DESPUÉS DE LA CARRERA

### REFRIGERIO

En la meta habrá una carpa con agua, SiS Rego Rapid Recovery, refrescos y comida básica para restablecerte.

### PASTA PARTY Y ESTACIONAMIENTO DE BICICLETAS

Cada corredor recibe una comida de cortesía después de la carrera; asegúrate de usar tu pulsera, ya que sirve como boleto de comida. La Pasta Party se lleva a cabo en Sebring Civic Center. Si optas por comer directamente después de terminar la carrera, ten en cuenta que ES OBLIGATORIO ESTACIONAR LAS BICICLETAS utiliza los portabicicletas provistos para el estacionamiento sin asistencia.

### PREMIOS

A las 14:00, tendrá lugar la ceremonia de premiación en el Centro Cívico de Sebring.



## MEDALS AND QUALIFICATION // MEDALLAS Y CALIFICACIÓN

All riders will receive their GFNY Florida Sebring medal at the finish line.

Todos los ciclistas recibirán su medalla GFNY Florida Sebring en la línea de meta.



### QUALIFICATION

Top 10% of finishers in each age group qualify for racer corral at the GFNY World Championship NYC on May 16, 2021 and GFNY World races for 380 days.

### GFNY 3x2020 MEDAL

Your racing just got a whole lot more rewarding! Besides the great GFNY Florida Sebring medal that you'll receive at the finish line of GFNY Florida Sebring 2020, you also earn a "finish" towards earning the 3x2020 medal. Finish 3 GFNYs (for example: Bali, Uruguay, Florida Sebring) in 2020 to earn this beautiful, brag-worthy medal.

### GFNY 10x / 20x / 30x / 40x MEDAL

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

### CALIFICACIÓN

El top 20% de los finishers en cada grupo de edad se clasifican para el corral de carreras en el Campeonato Mundial GFNY NYC el 16 de mayo de 2021 y las carreras mundiales GFNY durante 380 días.

### MEDALLA GFNY 3x2020

¡Tus carreras ahora son mucho más gratificantes! Además de la gran medalla de GFNY Florida Sebring que recibirás en la línea de meta de GFNY Florida Sebring 2020, también obtienes un "Finish" hacia tu medalla 3x2020. Termina 3 GFNY (por ejemplo: Bali, Uruguay, Florida Sebring) en 2020 para ganar esta hermosa y digna medalla.

### MEDALLA GFNY 10x / 20x / 30x / 40x

Por cada 10 GFNY que termines (contando desde el primer GFNY en 2011), obtendrá medallas especiales 10x / 20x / 30x / 40x.





## OFFICIAL PHOTOGRAPHY: SPORTOGRAF

Don't forget to smile! Sportograf is the official photography service of GFNY Florida Sebring with photographers stationed along the course and on motos. No one takes better pictures of you. Get a Photo-Flat package including at least 10 personal photos and all event pictures for only €24.99. Visit <https://www.sportograf.com/en/event/6612> after the race to view and purchase your race photos.

## FOTOGRAFÍA OFICIAL: SPORTOGRAF

¡No olvides sonreír! Sportograf es el servicio de fotografía oficial de GFNY Florida Sebring con fotógrafos a lo largo del recorrido y en motos. Nadie te toma mejores fotos. Obten un paquete Photo-Flat que incluye al menos 10 fotos personales y todas las imágenes del evento por solo 24,99 €. Visita [sportograf.com/en/event/6612](https://www.sportograf.com/en/event/6612) después de la carrera para ver y comprar tus fotos de la carrera.



## HOW TO REACH YOUR GOALS AT GFNY FLORIDA SEBRING



by GFNY's resident pro, Matthias Van Aken

### Set Your Goals and Start Planning Your Race Now

Believe it or not, GFNY Florida is just around the corner! Don't worry, we've got you covered no matter what your goal is. Whether you are looking to break the 4-hour mark, challenge yourself to beat the 5-hour mark, or just put in a huge closing effort to the 2020 season, you'll need to train hard and think the race through to meet your goals. Remember, your finish time will be the outcome of your training. Know yourself and know how well you have trained, and plan accordingly.

But remember – no matter what your cycling goal is, racing at GFNY Florida will mean fun in the sun and the authentic Floridian experience.

Set in the City of Sebring, Florida, the beautiful lakes, wildlife, and rows of Orange groves will be a constant reminder throughout the course that you are in the Sunshine State. The Sebring International Raceway – home to racing enthusiasts and auto-racing professionals from all over the world for over 70 years, will remind you that you are here to race.

So let's get to it! The guidelines below will get you familiar with the course, and where and how you want to make your moves and plan your day to meet your goals.





# RACE GUIDE 2020



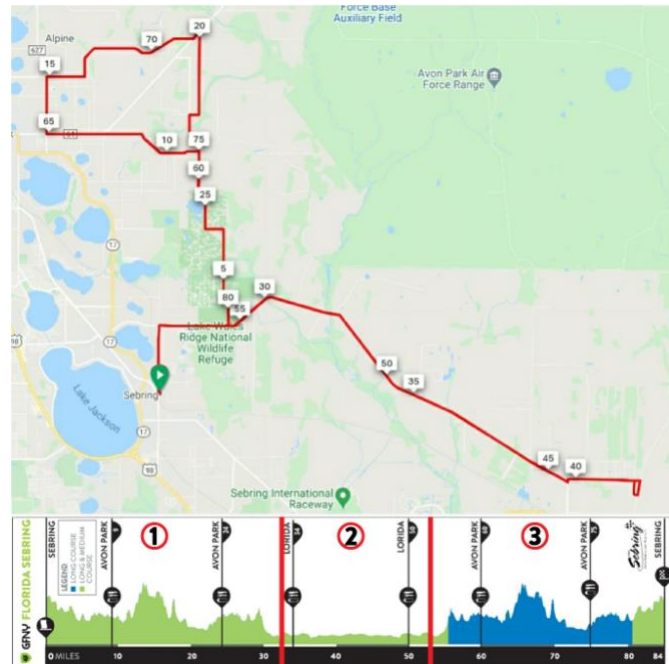
## Finish GFNY Florida in less than 4 hours – get to the front, and hang on!

If your goal is to finish GFNY Florida in less than 4 hours, you will need to get out with the front group from the start, and be ready to stay with that front group all day. Have a look at the course map below. When you look closely at the map and elevation profile you can see that you can split this GFNY into 3 sections: the first section is made up of rolling hills, the second section is the flat out-and-back section and then for the third section returning to the rolling hills for a second loop.

I know what you're thinking – isn't this Florida? Shouldn't this course be flat? Well – sort of, but really, no. Come on! It's just a few hills.

While 1,300 feet (400 m) of climbing over 84 miles isn't much, it's enough that you will want to pay attention to it, and know that you have to get through them twice. The first 30 miles (50 km) will be rolling hills, and because you are trying to break four hours, you will need to stay in the bunch through the rollers and try to save energy.

It's important to keep your focus on eating and drinking (see the nutrition and hydration tips below). The ups and downs may make those wheels tough to follow. But follow them you must!



The second part of the course is a flat out-and-back section of 20 miles (32 km), and, like the rollers in the first 30 miles, it's important to keep your focus, and make sure you are not wasting your energy. Find those wheels, and stay on them! There will always be strong cyclists who would like to go for the win – if this is not your goal, just stay on the wheels, let them battle. Don't be fooled by the flat section – while there is no climbing here, the wind can work against you. If you get caught in a crosswind, the group can split, and you can be out in the cold and lose the group. Stay focused and hold those wheels. After the flat 20 miles (32 km) the course will return to the finish via the same rolling hills you started out on. 30 miles (50km) to go to the finish. You will need to dig deep to stay with the group here and finish strong.

To achieve your goal of breaking 4 hours you will need to ride faster than 20.3 miles/ hour (32,5 km/h). That doesn't leave time for stops if you want to stay with the group. Make sure you have enough food and water with you to make it till the end. If you lose contact with the first group you may be outside of four. Between the rollers, the wind, and the rollers, and the likely speed of the front group as you roll from the start – the race will be “a tutta” or “all-out” as the Italians say. This will be a true test of your ability to leave it all on the course, GFNY style!





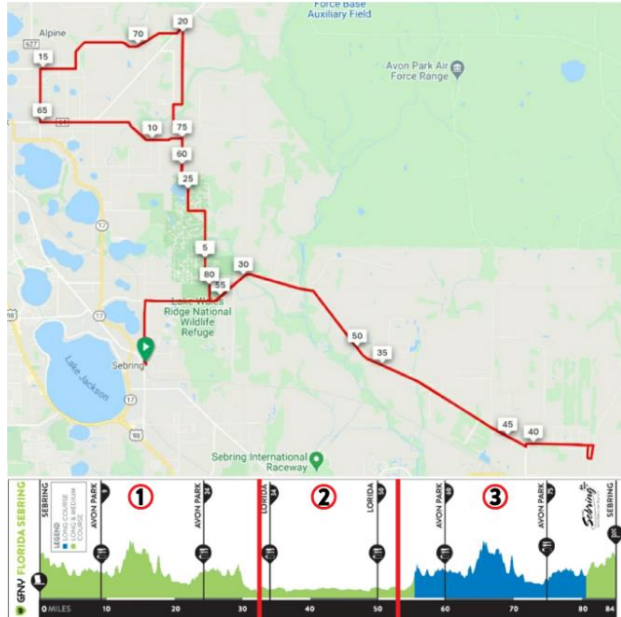
# RACE GUIDE 2020



## Finish GFNY Florida in less than 5 hours

If your goal is to finish GFNY Florida in less than 5 hours, you may be able to afford the luxury of a stop or two. Again, we are thinking about the GFNY Florida course in 3 sections, 2 rolling sections and the flat section in the middle.

Speed is just a question of effort. How hard can you go? To break five hours you will want to get over the rolling hills with the first group (if you can stay on those wheels), and this will give you the time to be able to stop later during your GFNY if you need more nutrition or hydration. But if that first group is going too fast for you to hold on, don't worry, instead, try to find other riders who are riding at the same speed and ability as you and who will have the same goal. Work together with those groups. Do your share. Take your pulls at the front, and your recovery at the back, but hold on to those wheels to maximize your speed without blowing yourself up. Make sure that you have enough food and water with you from the start so you can cover the first 30 miles (50 km) without making a stop.



After the first rolling hills section, you can make your first stop, refill your bottles, grab food, and get back on the road. Try to make your stop as short as possible. As you head into the next section, remember that it's 20 miles (32 km) of flat roads, but again, don't be fooled. If the winds are fierce, get your group organized and share the work. Try to recover during this section, and get your heart rate under control. Cover yourself for the crosswinds if it's windy. Don't waste any energy. Before heading to the last part of the race, you can make another fast stop, fill your bottles up and eat something. This should be your last stop. Again – quick. Grab and go, pee and flee, get back on the road and remember that your goal is to beat five hours. You are back on the same rolling section as the first 30 miles (50km). Once you get to the rolling hills, try to gain speed and momentum on the downhills and pedal into each uphill with some speed. Using your momentum will help you fly over those rollers. To achieve your goal of less than 5 hours, you will need to ride faster than 16.3 miles/ hour (26 km/h). This average is based without your stops. If you have 3 stops at 5 minutes per stop, you will need to ride 17.4 miles/ hour (27.8 km/h). So make those stops short.

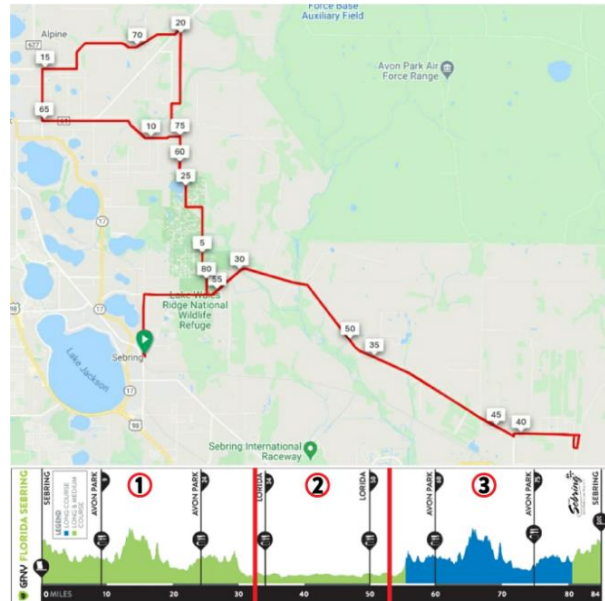


# RACE GUIDE 2020



## Finish GFNY Florida Sebring in 5 or More Hours

If your goal is to finish in between 5-6 hours, or just to finish GFNY Florida, you will be able to make several stops along the course. Finishing in more than 5 hours doesn't mean it's easy. It's important to find your own pace during the course, and to find riders that are going at your pace to work with. This is one of the best ways to make new friends while cycling. Sharing the effort, and sharing in the success at the finish. We again split the course in 3 sections, 2 sections with rolling hills and 1 flat section in the middle. The most important part of the race will be managing your nutrition and hydration during the entire race, and managing your effort to match your level of fitness and training. When you are on the northern loop with rolling hills, you will need to find your own pace and don't worry about what other riders are doing. Make sure you keep your heart rate under control. Recover when you go down hill, give your legs and lungs some rest. If you feel that you need a break, stop at an aid station, have some water and get something to eat. Try to keep your stop time short so that you stay motivated and keep your legs fresh. The longer you stop, the tougher it will be to get going again at your best pace.



The most important section may be the flat section in the middle of the course, this is the section where you will need to save your energy for the final rolling hills coming up in the 3rd section. For the final section ahead of the finish of your GFNY Florida Sebring, you will need to survive the rolling hills one more time. Just like the first time over the rollers, make sure you have control over your heart rate and use the down hills as recovery. Savor the accomplishment of your big finish as you cross the line and celebrate with friends, family, and other riders! You did it!



# RACE GUIDE 2020



## What to Eat and Drink During GFNY Florida

During an intense workout lasting longer than 60-90 minutes, it is recommended to replenish glycogen by absorbing 60-90 grams of carbohydrates (depending on your weight) per hour (partially through sports drink, partially through gels and bars) to slow down fatigue. A sports drink contains quickly absorbable carbohydrates that the body can use directly as an energy source.

Make sure you use big bottles (25oz/750ml) – you will get a commemorative GFNY Florida Sebring water bottle by Elite in your goodie bag, and if you need more, you can buy these bottles in the [GFNY online store](#). The [Elite GFNY bottle](#) holds 25oz/750ml of liquid, and has an easy-to-use spout that makes hydrating while riding easy.



Instead of a sugary sports drink, we recommend the SIS GO Electrolyte mix, it's easily digestible and brings a quick supply of carbohydrates as well as electrolytes that promote optimal hydration. A bottle of 500ml of water and one serving/scoop of the SIS GO Electrolyte contains 36gr of carbohydrates. During an intense race like GFNY Florida Sebring, try to drink 1 bottle every hour, keeping in mind that you may need a little more hydration if it's hot out. This is already the half of the carbohydrates that you will need in one hour. Whatever products you decide to use on race day, make sure that you have used them before during training rides.



During the race, you can use SIS single serving tablets or sachets that are easy to take with you during your ride. Just take 2-3 sachets with you in your GFNY jersey pockets, so you can refill your bottles at the aid station with your own powder. Don't forget – wrappers for nutrition and hydration go in those side pockets on your jersey, or in an Eco Bin or Eco Zone at an aid station. Never on the course!

As you have read above, you are going to need around 60-90 gr of carbohydrate (depending on your weight) in total each hour. Assuming that you have already taken 36 grams of carbohydrates in your bottle, you will need to absorb the remaining carbohydrates through food. During the first hours of the race, you can do this by eating sports nutrition bars. The SIS GO energy bars provide 26 grams of carbohydrates per serving. To reach the necessary amount of carbohydrates in 1 hour you would need to eat 2 SIS GO energy bars and drink 1 bottle of SIS GO Electrolyte mixed with water.



For the last part of your GFNY Florida Sebring, you will want to use gels instead of bars. The SIS GO isotonic energy gel gives you an easily digestible and quick supply of carbohydrates for energy during an intense effort, like a GFNY race. The SIS GO isotonic energy gel will provide you with 22 gr of carbohydrates per gel. You will need 1-3 gels and one bottle SIS GO Electrolyte per hour. Pack those jersey pockets accordingly.

Recovery is critical to getting stronger. After finishing your GFNY Florida Sebring (or an intense training ride that gets you ready for race day), it's important to refuel, and one of the best ways to refuel can be with a recovery shake. A rapid replenishment of your glycogen stores and the addition of protein helps you to get the most from your ride. The SIS REGO rapid recovery contains a blend of 22 grams carbohydrates, 20 grams protein, plus electrolytes, vitamins, and minerals. SIS REGO recovery sachets are available for easy travel. All SIS products come in a variety of flavors. Check out everything SIS has to offer on their website at [scienceinsport.com](http://scienceinsport.com).





# RACE GUIDE 2020



## MEASURES TO CONTAIN SPREAD OF COVID-19

GFNY Florida Sebring is taking a number of precautions to keep GFNY riders, staff and volunteers safe. Measures include social distancing, modifying aspects of the race to prevent congregations of people and avoiding contamination from surfaces.

### REGISTRATION / PACKET PICKUP

Registration and Packet pickup will be conducted in a one-way flow method.

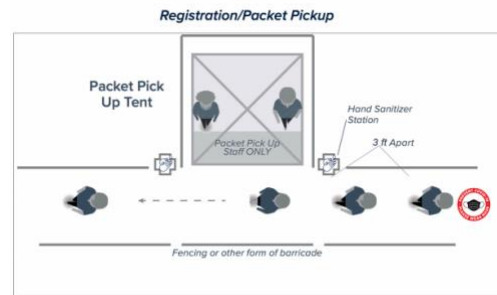
Riders joining the line to access packet pickup are required to uphold at least 3ft distance to the next person.

GFNY is eliminating multiple steps from registration and making one check-in stand for the complete check-in process for each rider, which includes for the rider: providing a signed waiver, picking up the race packet, jersey and goodie bag. All the registration steps will be done consecutively at one registration stand to avoid congestion and mobility, to ensure adequate distance between riders.

GFNY will have a stand with merchandise, which will also operate in the same one-way flow method as the packet pickup. We encourage riders to make online orders at [shop.gfny.com](https://shop.gfny.com) which can be picked up with showing photo ID and purchase receipt.

Several bike industry vendors will be showcasing their products and services at the expo. To avoid congregations of people, the expo will be held in a similar one-way flow method, immediately following the registration step.

Hand sanitizer will be available before and after the packet pickup. Facemasks are required for staff.



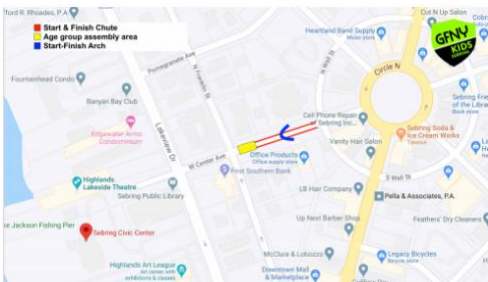
### START AREA

Start corrals are extended for social distancing and each corral has a smaller number of riders allocated to it.

Adults race 10/25 (start corrals are marked with double green line):



Kids race 10/24 (staging area marked in yellow):





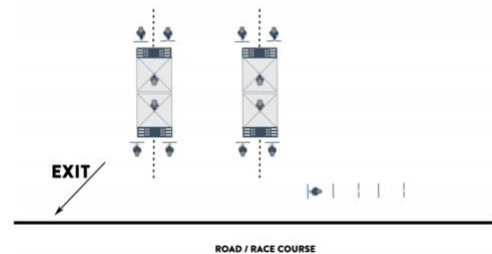
## AID STATIONS

The aid stations are designed to ensure distancing among riders and a one-way flow method.

Each aid station will have a waiting line where riders are required to uphold at least 1-meter distance to the next rider. There will be designated service points. The aid station team member will call the next rider in line to the open service point.

Each service point will contain all available food and hydration options to reduce need to move locations or come in close proximity with another rider.

All food items will be single packed for hygiene. Cups will be pre-filled. Filling of bottles will be done by the aid station team pouring into the rider's bottle to avoid surface contamination.



## NO ASSISTANCE

While it is a general rule that GFNY riders cannot accept outside assistance, at this time GFNY Florida riders also are not permitted to exchange materials between participants either.

## PORTABLE TOILETS

Portable toilets will be set up in a one-way flow with an entry and exit path. Hand sanitizer will be available.

## AFTER THE FINISH

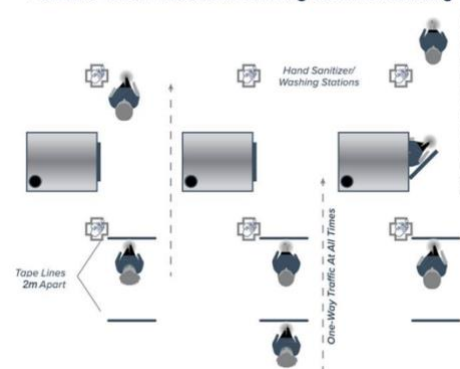
The finish is set up in a one-way flow method. After a rider crosses the finish line, the rider will walk their bike and respect a minimum 3ft distance to the next person. This is done to avoid congregations of people.

Medals unfortunately will not be hung around the neck; they will be handed out.

Riders joining the line for water and Finisher Photos are required to uphold at least 3ft distance to the next rider.

At the post-race meal area, there will not be bike parking available to avoid surface contamination and congregations of people. There will be bike racks available for self-parking. It is not permitted to leave bikes unattended or lay bikes on the ground, which causes a safety hazard.

*Portable Toilet Placement Utilizing Social Distancing*



## MEDIDAS PARA CONTENER LA PROPAGACIÓN DE COVID-19

GFNY Florida Sebring está tomando una serie de precauciones para mantener seguros a los corredores, el personal y los voluntarios de GFNY. Las medidas incluyen el distanciamiento social, modificar aspectos de la carrera para evitar congregaciones de personas y evitar la contaminación de las superficies.

### REGISTRO / RECOGIDA DE PAQUETES

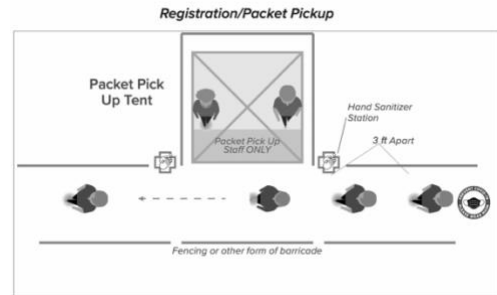
El registro y la recogida de paquetes se realizarán mediante un método de flujo unidireccional.

Los corredores que se unen a la línea para acceder a la recolección de paquetes deben mantener una distancia de al menos 3 pies con la siguiente persona.

GFNY está eliminando varios pasos del registro y haciendo un puesto de inscripción para el proceso de inscripción completa para cada corredor, que incluye para el corredor: proporcionar un documento de exención firmada, recoger el paquete de la carrera, la camiseta y la bolsa de regalos.

Todos los pasos de registro se realizarán consecutivamente en un puesto de registro para evitar la congestión y la movilidad, para garantizar una distancia adecuada entre los corredores.

GFNY contará con un stand con mercadería, que también operará en el mismo método de flujo unidireccional que la recolección de paquetes. Recomendamos a los corredores que hagan pedidos en línea en [shop.gfny.com](https://shop.gfny.com) que se pueden recoger mostrando una identificación con foto y un recibo de compra.



Varios proveedores de la industria de bicicletas mostrarán sus productos y servicios en la exposición. Para evitar congregaciones de personas, la exposición se llevará a cabo con un método de flujo unidireccional similar, inmediatamente después del paso de registro.

El desinfectante de manos estará disponible antes y después de la recolección del paquete. El personal requiere mascarillas.

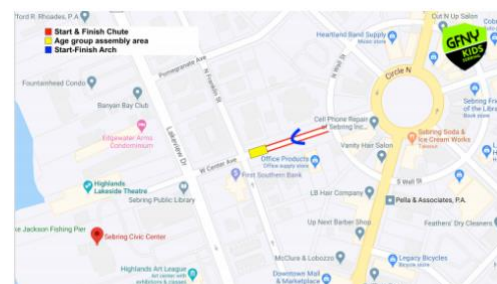
### AREA DE INICIO

Los corrales de salida se extienden para el distanciamiento social y cada corral tiene un número menor de corredores asignados.

Carrera de adultos 25/10 (los corrales de salida están marcados con doble línea verde):



Carrera de niños 24/10 (área de preparación marcada en amarillo):



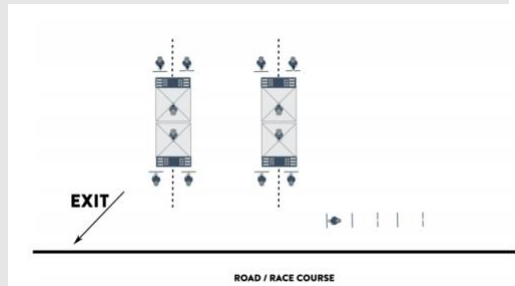
## ESTACIONES DE AYUDA

Los avituallamientos están diseñados para garantizar la distancia entre los corredores y un método de flujo unidireccional.

Cada puesto de ayuda tendrá una línea de espera donde los corredores deben mantener una distancia de al menos 1 metro hasta el siguiente corredor. Habrá puntos de servicio designados. El miembro del equipo de la estación de ayuda llamará al siguiente corredor de la fila al punto de servicio abierto.

Cada punto de servicio contendrá todas las opciones de alimentos e hidratación disponibles para reducir la necesidad de mudarse de lugar o acercarse a otro corredor.

Todos los alimentos se envasarán de forma individual por motivos de higiene. Las tazas estarán precargadas. El rellenar de las botellas lo realizará el equipo de la estación de ayuda vertiendo en la botella del ciclista para evitar la contaminación de la superficie.



## SIN ASISTENCIA

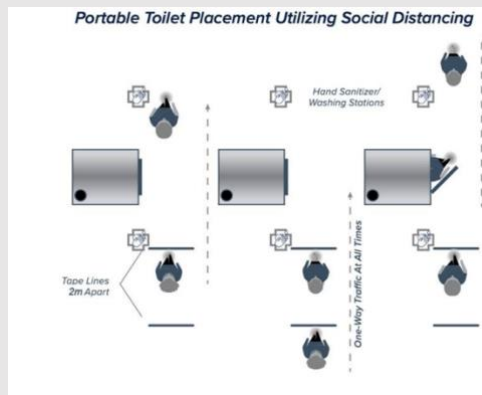
Si bien es una regla general que los corredores de GFNY no pueden aceptar asistencia externa, en este momento los corredores de GFNY Florida tampoco pueden intercambiar materiales entre los participantes.

## INODOROS PORTÁTILES

Los baños portátiles se instalarán en un flujo unidireccional con un camino de entrada y salida. Habrá desinfectante de manos disponible.

## DESPUÉS DE LA LLEGADA

La llegada se configura en un método de flujo unidireccional. Después de que un corredor cruce la línea de meta, el corredor caminará con su bicicleta y respetará una distancia mínima de 3 pies con la siguiente persona. Esto se hace para evitar congregaciones de personas.



Lamentablemente, las medallas no se colgarán del cuello, se repartirán.

Los corredores que se unen a la línea de agua y las fotos del finalist deben mantener una distancia de al menos 3 pies con el siguiente corredor.

En el área de comida posterior a la carrera, no habrá estacionamiento para bicicletas disponible para evitar la contaminación de la superficie y las congregaciones de personas. Habrá estacionamiento para bicicletas disponibles para el aparcamiento. No está permitido dejar las bicicletas desatendidas o dejarlas en el suelo, lo que supone un peligro para la seguridad.



**GFNY FLORIDA SEBRING**

OCTOBER 31, 2021 // OCTUBRE 31, 2021

[florida.gfny.com](https://florida.gfny.com)

Registration opens: October 26, 2020

La inscripción se abre: Octubre 26, 2020