



# GFNY PHILIPPINES



# 2019

# RIDER GUIDE



# GFNY PHILIPPINES 2019 RIDER GUIDE



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**THANK YOU TO OUR SPONSORS FOR MAKING THE EVENT POSSIBLE!**



**LA COURSE VÉLO**





# GFNY PHILIPPINES 2019 RIDER GUIDE



## WELCOME TO THE GFNY CHAMPIONSHIP ASIA AT GFNY PHILIPPINES!

We are so excited that you've decided to join us at the GFNY Asia Championship 2019 in the Philippines, an official qualifier for the GFNY World Championship 2020 in New York City. We'd like to extend a warm welcome to our seasoned GFNY participants as well as those who are joining us at GFNY for the first time.

Also, a big welcome to those who have traveled from Singapore, Indonesia, Colombia, Japan, Israel, Germany, United Kingdom, United States, China to race at GFNY Philippines.



## FROM LIDIA AND ULI FLUHME, FOUNDERS OF GFNY



After our first ever GFNY in the Philippines in January, we are excited to return to a new location to hold the GFNY Asia Championship: Iloilo. Get ready for beautiful scenery, a fast course and great local support as you make your way to the finish line at Festive Walk Mall. Iloilo is a bike-friendly city and we are excited to bring the GFNY international cycling marathon race to Iloilo.

But don't let your GFNY fun end here! GFNY awards riders who finish 3 GFNYs in a year. With over 20 GFNYs to choose from for 2020, consider joining more GFNYs to get even more rewards! Lots of memorable cycling travel adventures await, we look forward to seeing you!



# GFNY PHILIPPINES 2019 RIDER GUIDE



## Message



The Province and City of Iloilo is honored to become host of the GFNY, an international cycling race, this coming September 22, 2019.

I laud Trygon Corporation for organizing this prestigious event which aims to promote unity and sportsmanship through bicycling and at the same time serve as an avenue for tourism promotion.

The Province of Iloilo assures full support to this event and I am also enjoying all our local government units, consisting of 42 municipalities and one component city, to support the same.

I wish the bikers, both Filipinos and foreigners, all the best as they show up their competitiveness and at the same time share their advocacy. If you have time please visit our various tourist attractions and heritage destinations so that you would know the Province of Iloilo better.

The Province of Iloilo is a safe place and our people would be very glad to meet visitors and guests from other places.

May the holding of the GFNY here in Iloilo be successful and peaceful. In behalf of the people of the Province of Iloilo, we extend our warmest welcome to all the participants and may your stay here in our beloved province be full of happy and unforgettable memories.

ARTHUR R. DEFENSOR, JR.  
Governor



REPUBLIC OF THE PHILIPPINES  
CITY OF ILOILO  
OFFICE OF THE CITY MAYOR



Regular physical activity can help protect us from serious diseases such as obesity, heart disease, cancer, mental illness, diabetes, and arthritis. Riding your bicycle regularly is one of the best ways to reduce your health problems associated with sedentary lifestyle.

As Trygon Corporation, in partnership with Megaworld Corporation, bring Gran Fondo New York (GFNY) to Iloilo City, allow me to acknowledge your stellar contribution in promoting Iloilo as a tourist destination and in strengthening Iloilo's position as the biking capital of the country. Iloilo City, with its biking infrastructure, has established biking communities promoting overall health and wellness among their members.

As you bring the GFNY to Iloilo to host the Asian Championships, hundreds of cyclists across the Philippines and 15 other nations are coming to the City of Love for a world-class experience as they finish the cycling course.

On behalf of the Iloilo City Government, as Local Chief Executive, with strong collaboration with the private sectors and other stakeholders, we are aiming to make Iloilo City a prime Meetings, Incentives, Conferences, Exhibitions (MICE) capital/destination, that's why we are doing our best to upgrade our facilities and improve our services to cater the needs of the influx of events in Iloilo City.

By bringing the GFNY in our humble city, both local and foreign tourists will appreciate the urban hub with its great fusion of rich heritage and contemporary facet, further promoting Iloilo as an apt venue for various events, and I am very much grateful for that.

My warmest congratulations to the men and women behind this significant event in the biking history of Iloilo City.

JERRY P. TREÑAS  
City Mayor



Republic of the Philippines  
Province of Iloilo  
Municipality of Duenas



OFFICE OF THE MUNICIPAL MAYOR

MAMERTO L. PELOPERO III  
Municipal Mayor

## MESSAGE

My warm and heartfelt greetings to the ~~Trygon~~ Corporation, mover of ~~Egoda~~ Manila for bringing the country's rising biking capital and undeniably one of the country's most bike-friendly communities-the GFNY (Gran Egodo New York) in the Province of Iloilo. My ~~high~~ salute to all the organizers for choosing our beloved municipality to be included in the main route for GFNY Iloilo cycling race.

The success of this memorable event is an attestation to your great service in promoting a huge impact in the Tourism Industry to every province in the Philippines. I also laud the efforts of the men and women behind the continuous success of this International Cycling Race. As you continue to provide tourism opportunities and promote the entire Province of Iloilo to the world, we promise to give the participants and their families a fun, enjoyable and safe experience!

In behalf of the people of ~~Duenas~~, I welcome you to the home of peaceful, loving, God-centered and historical town-~~Duenas~~, Iloilo, Philippines.

~~Himokas.Duenas!!!~~

MAMERTO L. PELOPERO III  
Municipal Mayor



Republic of the Philippines  
Province of Iloilo  
Municipality of Lambunao

**OFFICE OF THE MAYOR**

Tel. No.: 533 0076 ; Telefax: 533 0076  
Email: mayor.reynor.gonzales.igulambunao@gmail.com

**Message to Gran Fondo New York  
From Mayor Reynor Gonzales of Lambunao, Iloilo**

On behalf of the municipal officials of Lambunao, it is with great pride that I welcome the GFNY participating cyclists to the Municipality of Lambunao, the 'Little Baguio' of Iloilo. Our town is 55 kilometers from Iloilo City and is situated 576 feet above sea level, the highest elevation among the forty two (42) municipalities in the province.



Marathon cyclists and runners are shining examples of people who believe that anything achieved without a struggle is less satisfying. You are the engine of your bicycles and the pain you feel is your mark of excellence. Yet, it is also cycling that allows you to see and appreciate more of this world. As you pass through our town, I invite you to lift your head and look around. Although Lambunao had progressed a lot in the recent years, you will see that it had retained its beauty. May you enjoy the green landscapes, fresh air and scenic mountain views in the horizon as you pass through our lovely town. May you let these sights soothe and motivate you to push harder and continue on the rest of your journey.

Thank you and we look forward to seeing you race through Lambunao!



Republic of the Philippines  
Province of Iloilo  
Municipality of Cabatuan  
*Office of the Municipal Mayor*

Tel. No.: (033) 522 7861  
Telefax: (033) 522 89 40

Email: cabatuanlgu@yahoo.com  
FB: Cabatuan Igu



**Message**

It is with great pleasure that I welcome all the participants of the GFNY 2019 to the Municipality of Cabatuan-the home of the Iloilo International Airport.

On behalf of the people of Cabatuan, Iloilo, I am conveying my gladness and appreciation for putting our beautiful town in the international limelight being included in the route of this international cycling race. Through this event, our townspeople can be able to witness an exciting endurance sports competition participated in by biking enthusiasts, both Filipinos and foreigners.

Again I warmly welcome you all and Mabuhay!

**RONILO O. CASPE**  
Municipal Mayor

ARANGKADA CABATUAN!

*Proud to serve you!*



Republic of the Philippines  
Municipality of Calinog  
**OFFICE OF THE MUNICIPAL MAYOR**  
Email Address: [lgucalinog@yahoo.com](mailto:lgucalinog@yahoo.com)  
Website: [www.calinog.gov.ph](http://www.calinog.gov.ph)

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**Message**

Greetings from the Local Chief Executive!

On behalf of the Municipality of Calinog, let me congratulate and welcome you to our humble town.



Let me commend the Trygon Corporation, mover of Fondo Manila, through its local technical team, Fitstop Bike Tours, in partnership with Megaworld Corporation, Iloilo Business Park, Iloilo City Government and Iloilo Provincial Government for bringing the Gran Fondo New York (GFNY) to Iloilo, especially in the Municipality of Calinog on September 22, 2019.

There is nothing like a long bicycle ride to bring a sense of accomplishment for beginners and seasoned pros alike. Furthermore, regular cycling stimulates and improves the heart, lungs and circulation, reducing the risk of cardiovascular diseases. Research also shows that people who cycle to work have two to three times less exposure to pollution than car commuters, so their lung function is improved. After all, biking isn't just a sport or hobby. It's a way of life.

With more than 300 expected bikers, it will surely strengthen Iloilo's position as the biking capital of the country.

We eagerly look forward to the success of the event that will also be one way or another boost our country's economy and business standing in the coming years.

To all the participants and technical team, I warmly welcome you all and may your stay in our town be an enjoyable and productive one.

**FRANCISCO L. CALVO**

Municipal Mayor



**"MANY GREAT THINGS SPROUTED FROM  
HUMBLE BEGINNINGS."**

The Municipality of Janiuary extends its warm greetings and welcome to Gran Fondo New York and its local counterparts. We are also grateful that you have placed Janiuary in the GFNY map for international cycling. Janiuary has been a bike friendly community; in fact, we have our own cycling group called the Janiuary Mountain Bikers Association (JAMBA). We are jubilant knowing that you have chosen the Province of Iloilo as the host of your cycling event.

Your efforts, dedication and passion in organizing the GFNY internationally are laudable. Every significant achievement requires significant commitment. Knowing your humble but persistent beginnings make our hearts warm and your advocacy more meaningful.

We begin to look at GFNY in a new perspective; that every twist and turn that your cyclist tread are medals from overcoming hindrances; every uphill and rugged terrain are trophies in conquering pains and weariness; every tire marks you leave are ribbons in the highways of our municipal history.

We are deeply humbled in your coming to our town!

**WELCOME TO JANIUAY!**

**BIENVENIDO P. MARGARICO, M.D.**  
MUNICIPAL MAYOR



With the distinctively hospitable character of Zarraganhons, I warmly welcome the GFNY to our locality, the "Home of the Sitting National Hero" and the "Pantat Capital of the Philippines."

As the visitors and participants traverse through our town, we let them feel the generous and friendly treatment that we embody. Just what our landmark (the statue of the sitting Jose Rizal) portrays, we let every visitor feel our cordiality. Of course, we also showcase our famous "pantat" (catfish) industry. Everyone who came to visit and pass by our place should taste the mouth-watering, juicy, and freshly grilled pantat! The "Adobadong Pantat" should also not be missed! Aside from the palatable pantat dishes that we have, Zarraganhons have rich culture and tradition, as intertwined in the catfish industry. We invite guests to witness our Pantat Festival every third week of December to learn deeper of what we are and what we have.

Enjoy, as you make your way through our beloved Zarraga. See the vastness of our agricultural lands, which have been the backbone of Zarraganhons. Breathe the freshness of air as you pass-by our century-old acacia trees, in the heart of our town.

We welcome you all in this Clean, Green, and Safe Zarraga!

  
**JOHN H. TARROSA**  
 Municipal Mayor  
 Zarraga, Iloilo



**Welcome Message GFNY**

Good day, welcome to the country's most child-friendly town, Municipality of New Lucena!

It is an honor and privilege to be chosen as one of the hosts to hold a prestigious international event like GFNY. It is a great opportunity to showcase not only our beautiful and friendly municipality but to taste the Ilonggo hospitality as well. I hope all our guests, especially all bikers and their supporters will get to enjoy the amazing landscape of Iloilo Province as they traverse and race towards the finish line.

Biking as a hobby has long been around. But only until recently that it gained much popularity and strong growth among the Ilonggos, thanks to strong government support and better infrastructures. As an additional result, businesses that supply and cater to the needs of Ilonggo biking community also flourished and I hope their growth will continue in the years to come. These are proof that as long as the government provides better infrastructures for a hobby or a sport like biking to grow, then more than expected results can be achieved.

As Mayor of the Municipality of New Lucena, every time I see a biker or group of bikers pass by our town, it brings a smile to my face. I am thrilled that our small town gets a share of attention from the biking community. Never did I realize how conducive our town for bikers as one of their destinations until I saw a growing number of enthusiasts passing along the town weekly.

I hope that the combination of rolling hills and flat road network, add as a positive challenge. Our long stretch of rice fields, green landscape, and clean air brings the energy of inspiration as they continue their journey. And our friendly demeanor forges a better bond of amity among all bikers.

I hope this event will inspire others to continue their biking pursuits, whether it is for health or leisure. Hobbyists may eventually decide to turn to pros. And aspiring bikers will eventually decide and start riding their bikes soon.

To all bikers, I wish everyone good luck! May the best biker win!



Republic of the Philippines  
 Province of Iloilo  
 City of Passi  
**OFFICE OF THE MAYOR**


Warmest greetings from the people of Passi City.

I am deeply honored and proud that the City of Passi has been included by Trygon Corporation in the main route for Gran Fondo New York (GFNY) Iloilo. This is a rare opportunity for us to witness this grand event and we are privileged to be a part of it.

Passi City is centrally located in the heart of Panay and its terrain is both friendly and challenging to our bikers. We do hope that the competitors will have a fun, memorable, and unforgettable experience in this event and to come back in the future.

On behalf of the Passinhon community, I warmly and sincerely welcome you to our city to explore and enjoy the best we have to offer.

Congratulations to the organizers and good luck to all the participants. God bless us all!

  
**ATTY. STEPHEN A. PALMARES, CPA**  
 City Mayor



Republic of the Philippines  
 Province of Iloilo  
*Municipality of Sta. Barbara*  
**OFFICE OF THE MUNICIPAL MAYOR**

**MESSAGE**

It is with great pleasure that you have chosen the municipality of Sta. Barbara, Iloilo as part of your bike race route in the course of your tour in the country. Our strategic location in going to and from the airport, the proximity of our location to the City of Iloilo and being identified as one of the Historic Towns in the country were among the reasons why we have established a stronghold in the Tourism Industry in the region.

Cycling nowadays is widely regarded as very effective and efficient mode of transportation which provides numerous health benefits to the body. Such exposure you will be showing and bringing us through your organization is one venue to prove that cycling is indeed thriving in the roads today. An alternative that would diffuse traffic congestion and offers reduced consumption of fuel that would lessen air and noise pollution.

Congratulations to your team and to every cyclist for their safety as they complete the course of your journey.

  
**REMY B. SOMOS**  
 Municipal Mayor



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## SCHEDULE OF EVENTS

### Thursday, September 20

- 7:00-17:00 Mechanical service @ Mall
- 8:00 Group Ride Departing @ Mall
- 16:30-19:30 Food Bike Tour powered by FitStop Bike Tours @ Mall  
Book via email to [info@fitspot.ph](mailto:info@fitspot.ph) or message 0917-575-8040

### Friday, September 20

- 7:00-17:00 Mechanical service @ Mall
- 8:00 Group Ride Departing @ Mall
- 13:00-17:00 Race Packet Pickup, GFNY Shop, Race Office, Expo @ Mall
- 15:00 Press conference @ Mall
- 16:30-19:30 Food Bike tour powered by Fitstop Bike Tours @ Mall  
Book via email to [info@fitspot.ph](mailto:info@fitspot.ph) or message 0917-575-8040
- 17:00-19:00 GFNY Philippines Welcome Social @Courtyard Marriott  
Attendance is free and open to all. Beverages & food will be available for purchase from the bar.

### Saturday, September 21

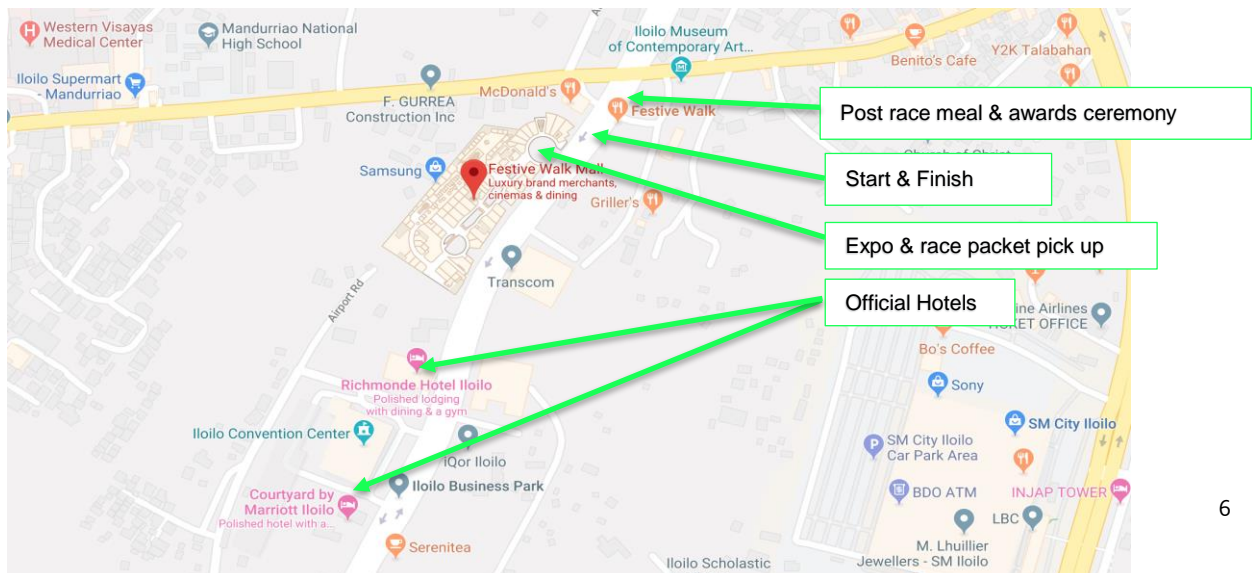
- 5:00 Sunrise group ride – Guimbal
- 7:00-17:00 Mechanical service @ Mall
- 8:00 Group Ride Departing @ Mall
- 13:00-18:00 Race Packet Pickup, GFNY Shop, Race Office, Expo @ Mall
- 16:00 Rider Briefing @ Mall Cinema - Welcome Reception with popcorn and drinks
- 18:00 Anticipated Mass @ Mall Chapel, 3<sup>rd</sup> floor

### Sunday, September 20

- 5:30 Start corrals open and mechanical service
- 6:15 Start corrals close
- 6:30 START of GFNY Philippines 2019 – GFNY Championship Asia
- 8:00 Recovery Zone and Post Race Meal opens @ Mall
- 8:30 First riders of medium route arrive
- 10:00 Winners of GFNY Philippines – GFNY Asian Champions arrive
- 13:00 Award Ceremony
- 15:30 Course closes (9hr cutoff for both long & medium routes)
- 16:30 End of event
- 19:00 Post-event entertainment @TBD

### Monday, September 20

- 5:00 Sunrise group ride - Guimaras





# GFNY PHILIPPINES 2019 RIDER GUIDE



## GFNY Philippines is proud to host the 2019/2020 GFNY CHAMPIONSHIP ASIA

If you finish a GFNY Regional Championship or the GFNY World Championship long course in the top 20% of your age group, you will earn a starting spot in the Qualifier Corral at all GFNYs for the next 380 days.

At all other races, too 10% of finishers in each age group earn a spot in the Qualifier Corral.

The overall man and woman champions of GFNY Philippines - GFNY Championship Asia will win the special prize: flights, hotel and free entry to the GFNY World Championship in NYC, held on May 17, 2020

### At each GFNY event, you can expect:

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

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

**GFNY**  
WORLD CHAMPIONSHIP  
NEW YORK CITY  
MAY 17, 2020

GFNY PORTUGAL SEP 8	GFNY PHILIPPINES SEP 22	GFNY ECUADOR OCT 12	GFNY PANAMA OCT 20	GFNY ARGENTINA NOV 3	GFNY COZUMEL MEXICO NOV 10
GFNY CHILE NOV 24	2020 RACES	GFNY BALI FEB 23	GFNY MONTERREY MAR 8	GFNY URUGUAY MAR 15	GFNY COLOMBIA MAR 22
GFNY DOMINICANA MAR 22	GFNY JERUSALEM APR 3	GFNY ITALIA APR 5	GFNY SANTA PE JUN 7	GFNY COSTA RICA JUL 5	

**THE GLOBAL CYCLING MARATHON SERIES 2019/20**





# GFNY PHILIPPINES 2019 RIDER GUIDE



## GFNY PHILIPPINES TRAVEL GUIDE

### ABOUT THE PHILIPPINES

The **Philippines** is one of the world's largest archipelago nations. It is situated in Southeast Asia in the Western Pacific Ocean.

Its islands are classified into three main geographical areas – Luzon, Visayas, and Mindanao. Because of its archipelagic nature, Philippines are a culturally diverse country.

With its topography consisting of mountainous terrains, dense forests, plains, and coastal areas, the Philippines are rich in biodiversity. It is considered as one of the mega biodiversity countries in the world with a high percentage of flora and fauna endemism.



### ABOUT ILOILO

The **City of Iloilo**, Panay's largest and highly urbanized city, is located and the tip of the island. Iloilo also referred to as "the heart of the Philippines" is the center of the Iloilo-Guimaraes Metropolitan Area and the Western Visayas region.

Iloilo has kept its old charm and fascinating history while being a fast-growing modern city offering a buoyant nightlife and modern infrastructure. On top of that, Islets of Iloilo are filled with white sand beached and tropical palms.

### WEATHER

There are five types of climates in the Philippines: tropical rainforest, tropical savanna, tropical monsoon, humid subtropical and oceanic and two seasons - the wet season and the dry season.

Weather is tropical hot year-round with average temperature throughout the year is 24-32 degrees Celsius with relative high humidity.

### ADDITIONAL INFORMATION



#### Time Zone

The Philippines is UCT/GMY +08:00



#### Currency

The local currency in the Philippines is called the Philippine Peso.

1 \$USD = PHP 51.09 as of July 22, 2019



#### Language

Filipino, English



# GFNY PHILIPPINES 2019 RIDER GUIDE



## MONTHS LEADING UP TO RACE DAY

GFNY Philippine's Official Travel Partner is Ark Travel Express. You can contact Maria from Ark Travel by email: [mariaalberto@arktravelexpress.com](mailto:mariaalberto@arktravelexpress.com) to make flight and hotel bookings.

Be sure to check the airline's policy for flying with a bike and baggage size and weight limits and regulations.

Keep up with any race news by checking our website, Facebook page and reading the email newsletters. If you have any questions that aren't answered in this guide, please email [teresa@gfny.com](mailto:teresa@gfny.com) so that you can be best prepared for the race and your visit.

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

## PACKING

Always be ready for all kinds of weather and prepare clothing options for both on and off the bike. Even when heading to the tropics, you may need a sweater in the evenings or air-conditioned areas as well as a rain jacket and umbrella.

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. Make a tough day a little easier by having the right gear.

We recommend traveling with a floor pump, spare tires, spare tubes, and tools. Don't forget your preferred sports nutrition. Write a checklist if you're worried about forgetting something.

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 picky with your saddle, don't check it in either.

GFNY published a comprehensive Travel Checklist, check it out here: [gfny.com/checklist.pdf](http://gfny.com/checklist.pdf)

## GET YOUR BIKE RACE-READY BEFORE YOU TRAVEL

**IMPORTANT!** Be sure to get a complete bike tune-up and check your tires, and possibly put on new tires: to avoid last-minute mechanical problems or even mechanicals during the race. A leading problem to getting a flat on race day is riding with old, worn-out tires. If you are training your body to take part in GFNY Philippines, also prepare your bike to be race ready.

Last-minute parts availability of bike parts is not guaranteed on site in Iloilo. Make sure to address any mechanical issues prior to leaving your home to avoid last-minute stress at the race.





# GFNY PHILIPPINES 2019 RIDER GUIDE



## TRAVELING WITH YOUR BIKE

If you are planning other travel, we recommend checking the airports where you are connecting, some airports or other service points have “leave luggage” or “left luggage” or “luggage storage”. Also, some hotels allow for leaving luggage beyond your stay, if you stay at an airport hotel and later return in your trip you return to that airport hotel, maybe the hotel can keep your luggage.

## BIKE RENTAL

For bike rental please contact Soi at [wilfredosyjr@gmail.com](mailto:wilfredosyjr@gmail.com).

## MECHANICAL ASSISTANCE

There will be mechanics at Festive Walk Mall to assist with last-minute mechanicals caused by travel.

On race day, mechanics will be available at the start area, at aid station 1,3 and 5 several rolling mechanics along the race route.

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

GFNY Bike Service	Information	Price in PHP
Full service	<ul style="list-style-type: none"> <li>✓ Wash, tune, disassemble in Manila</li> <li>✓ Unpack, assemble, final check in Iloilo (pre-race)</li> <li>✓ Disassemble and pack in Iloilo (post-race)</li> <li>✓ Unpack, assemble, wash and tune in Manila</li> <li>✓ Includes bubble wrap and foam               <ul style="list-style-type: none"> <li>○ Box/bag not included</li> <li>○ Transport not included (can be arranged separately)</li> </ul> </li> <li>✓ Optional               <ul style="list-style-type: none"> <li>○ Bike Porter Rental (PHP 1,500.00)</li> <li>○ Bike Box (PHP 500.00)</li> </ul> </li> </ul>	PHP 3,000.00
Pre & Post-race set-up	<ul style="list-style-type: none"> <li>✓ Unpack, assemble, final check in Iloilo (pre-race)</li> <li>✓ Disassemble and pack in Iloilo (post-race)</li> </ul>	PHP 2,000.00
Unpack and assemble	<ul style="list-style-type: none"> <li>✓ Unpack/assemble upon arrival in Iloilo</li> </ul>	PHP 1,000.00
Disassemble/pack	<ul style="list-style-type: none"> <li>✓ Disassemble/pack before leaving Iloilo</li> </ul>	PHP 1,000.00
Pre-race Tune-up	<ul style="list-style-type: none"> <li>✓ Torque check</li> <li>✓ Drivetrain tune-up and lubing</li> <li>✓ Brake check</li> <li>✓ Brake and gear cable check</li> <li>✓ Tire check</li> </ul>	PHP 350.00
Minor component replacement	<ul style="list-style-type: none"> <li>✓ Bartape</li> <li>✓ Saddle</li> <li>✓ Pedals</li> <li>✓ Stem</li> <li>✓ Clincher tires/ tubes</li> <li>✓ Brakepads</li> </ul>	PHP 250.00
Major component replacement	<ul style="list-style-type: none"> <li>✓ Handle bar</li> <li>✓ Drivetrain</li> <li>✓ Bearing (head/crank/wheelset)</li> <li>✓ Tubular tire</li> </ul>	PHP 350.00



# GFNY PHILIPPINES 2019 RIDER GUIDE



## TRAVEL TO THE PHILIPPINES

Traveling in the Philippines is made easier by nearly everyone speaking English.

### INTERNATIONAL TRAVEL

The fastest way to travel to Iloilo City is by plane to Iloilo International airport. You can fly to Iloilo directly from many domestic airports, and from Singapore and Hong Kong.



Manila is the capital of the Philippines and home to Ninoy Aquino International Airport (MNL), the main port of entry for international travelers coming to the Philippines. Nearly every airline flies to Manila, check the full airline list on this non-official Manila Airport website: <https://www.manila-airport.net/airlines.php>

Philippine Airlines offers the most direct flights from around the world to Manila. Cebu Pacific and Philippines Air Asia are budget airline options.

### DOMESTIC TRAVEL

From Manila, Iloilo airport is just a short flight away. You can find domestic flights from Manila, Davao, Cebu, Puerto Princesa and Cagayan de Oro y General Santos.

## GETTING AROUND ILOILO

### SEAPORT TRANSFER

VEHICLE	SEAPORT TO HOTEL (1-WAY)			SEAPORT TO HOTEL (RT)		
	PUBLISHED RATE	GFNY RATE	GFNY DISCOUNT	PUBLISHED RATE	GFNY RATE	GFNY DISCOUNT
BUS (45 PAX)	3,500.00	3,000.00	500.00	6,800.00	5,500.00	1,300.00
COASTER (18 PAX)	2,500.00	2,000.00	500.00	4,800.00	3,500.00	1,300.00
VAN (12 PAX)	700.00	600.00	100.00	1,300.00	1,000.00	300.00
CAR (4 PAX)	500.00	450.00	50.00	900.00	800.00	100.00

For booking and/or inquiries, you may email [info@fitstop.ph](mailto:info@fitstop.ph) or message Nikki under 0995-150-3175.

### AIRPORT TRANSFERS

Iloilo International Airport is located 20km far from the city.

For booking and/or inquiries, you may email [info@fitstop.ph](mailto:info@fitstop.ph) or message Nikki under 0995-150-3175.

VEHICLE	AIRPORT TO HOTEL (1-WAY)			AIRPORT TO HOTEL (RT)		
	PUBLISHED RATE	GFNY RATE	GFNY DISCOUNT	PUBLISHED RATE	GFNY RATE	GFNY DISCOUNT
BUS (45 PAX)	4,500.00	4,200.00	300.00	8,800.00	8,300.00	500.00
COASTER (18 PAX)	3,000.00	2,700.00	300.00	5,800.00	5,300.00	500.00
VAN (12 PAX)	850.00	750.00	100.00	1,500.00	1,350.00	150.00
CAR (4 PAX)	650.00	600.00	50.00	1,100.00	1,000.00	100.00



# GFNY PHILIPPINES 2019 RIDER GUIDE




## TAXI


From the airport you can grab a cab which will take you to your destination. Make sure your driver switches on the taximeter to avoid higher pricing for your ride. The usual costs for your trip from the airport to Iloilo city is around 400 PHP for a 30-minute drive.

## POINT TO POINT SERVICE

Southwest offers a P2P shuttle service between Iloilo airport and Festive Walk Mall, where GFNY official hotels are located.

### PREMIUM POINT TO POINT BUS SERVICE






**ILOILO INTERNATIONAL AIRPORT**

**MEGAWORLD FESTIVE WALK MALL**

From Iloilo International Airport	From Megaworld Festive Walk Mall
05:30 AM	06:40 AM
06:40 AM	07:50 AM
08:50 AM	10:00 AM
09:50 AM	11:00 AM
10:50 AM	12:00 PM
11:50 AM	01:00 PM
01:50 PM	03:00 PM
03:15 PM	04:25 PM
04:05 PM	05:15 PM
05:30 PM	06:40 PM
06:35 PM	08:00 PM
07:40 PM	09:00 PM
08:50 PM	09:55 PM
09:20 PM	
10:20 PM	

₱ **80**  
REGULAR FARE

₱ **64**  
DISCOUNTED FARE  
Senior Citizen, PWD & Students



# GFNY PHILIPPINES 2019 RIDER GUIDE



## OFFICIAL HOTELS

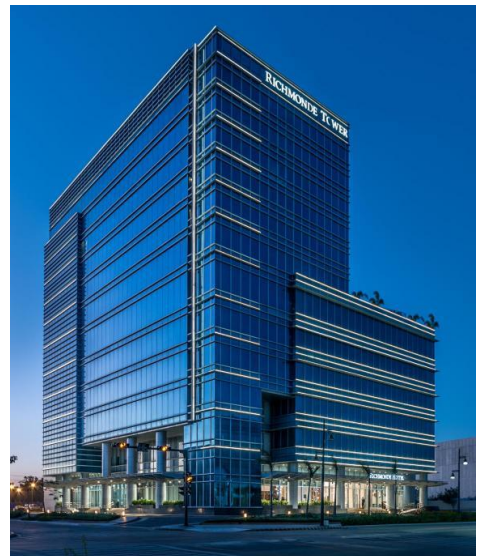
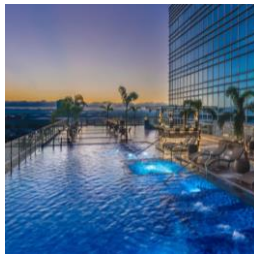
### Benefits of staying at the Official GFNY Host Hotel:

- Convenient location to all the race activities like race packet pickup, mechanical service, start & finish of pre-race group rides, start & finish of the race route
- Being around other GFNY riders to meet up for an impromptu ride together or sharing post-race war stories
- Convenient spectating for family members
- Early breakfast service on race morning
- The guarantee that you can keep your bicycle in your sleeping room.

### Richmonde Iloilo Hotel

#### Rates

Deluxe single occupancy	PhP 3,800 /night
Deluxe double occupancy	PhP 4,000 /night
Deluxe triple occupancy (Deluxe twin + extra bed)	PhP 5,500 /night
Premier single occupancy	PhP 4,300 /night
Premier double occupancy	PhP 4,500 /night
One Bedroom Suite single occupancy	PhP 7,000 /night
One Bedroom Suite double occupancy	PhP 7,200 /night



Book your stay at Richmonde under:

<https://reservations.richmondehoteliloilo.com.ph/reservation/availCalendarPromo/21154/GFNYPH2019>

### Courtyard by Marriott

#### Rates

Deluxe single occupancy	PhP 4,000 /night
Deluxe double occupancy	PhP 4,000 /night



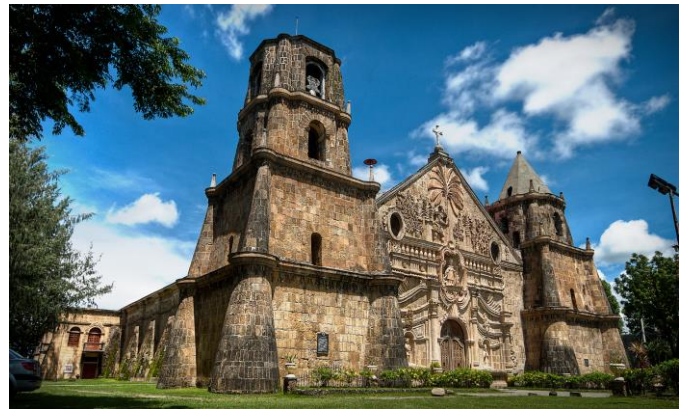
Book your stay at Marriot under:

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1565771222833&key=GRP&app=resvlink>

## THINGS TO DO



Museo Iloilo



Miagao Church



Metropolitan Cathedral



Nelly's Garden



Calle Street Fair



Iloilo Museum of Contemporary Art



# GFNY PHILIPPINES 2019 RIDER GUIDE



## OFFICIAL TOUR OPERATOR: ARK TRAVEL EXPRESS INC.

GFNY Philippines has partnered with Ark Travel Express to provide all GFNY Philippines riders with a great experience for getting to and staying in Iloilo.

Ark Travel can quote airfare at competitive rates, provide airport transfers, Iloilo tours like Guimaraes Island hopping tour, and more. Ark Travel Express is an expert in GFNY travel and can assist you before your trip and will be in Iloilo taking care of you during race week.



**GFNY PHILIPPINES**

# ILOILO

## GUIMARAS ISLAND HOPPING TOUR

SEPTEMBER 22, 2019

**HOTEL: RICHMONDE HOTEL ILOILO**

**INCLUSIONS**  
 3 NIGHTS HOTEL ACCOMMODATION  
 DAILY BUFFET BREAKFAST  
 GUIMARAS DAY TOUR TRANSFERS AND ENTRANCE FEES

**\$ 318\***  
 PER PERSON  
 MINIMUM 2

\*EXCLUDING : - TAXES - WEEKEND SURCHARGE - PEAK SEASON  
 RATES ARE SUBJECT TO AVAILABILITY / RATES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

**ARK TRAVEL EXPRESS, INC.**  
 YOUR COMPLETE TRAVEL SERVICE PROVIDER

TEL NOS. (602) 816-1999 / 816-2201 / 893-3372  
 FAX NOS. (602) 892-1781 / 816-5782  
 EMAIL: [inquiry@arktravelexpress.com](mailto:inquiry@arktravelexpress.com)



**GFNY PHILIPPINES**

# ILO-ILO & BORACAY

WITH ILO-ILO CITY TOUR & BORACAY ISLAND HOPPING

6 DAYS & 5 NIGHTS  
 SEPTEMBER 22, 2019

**HOTEL: RICHMONDE HOTEL ILO-ILO  
 BORACAY TROPICS RESORT HOTEL**

**INCLUSIONS:**

- Daily Buffet Breakfast
- 3 Nights Hotel Accommodation in Ilo-Ilo
- 2 Nights Hotel Accommodation in Boracay
- Tours Entrance fee based on the Program
- Transfer from Ilo-Ilo to Boracay
- Round trip Airport transfers

**\$ 558\***  
 PER PERSON  
 MINIMUM 2

\*EXCLUDING : - TAXES - WEEKEND SURCHARGE - PEAK SEASON  
 RATES ARE SUBJECT TO AVAILABILITY / RATES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

**ARK TRAVEL EXPRESS, INC.**  
 YOUR COMPLETE TRAVEL SERVICE PROVIDER

816-1999 | 816-2201 | 893-4979  
[inquiry@arktravelexpress.com](mailto:inquiry@arktravelexpress.com)

### HAVE A GREAT RACE WEEK

You've spent a lot of time planning and preparing for the trip. Enjoy all the fun activities 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.

Enjoy the atmosphere of the race. Race weekend is thrilling because you get to be surrounded by likeminded people, all brought together to one place at the same time with the same goal: doing their best at the race.

You may come away from a race feeling like it changed you. Or maybe it wasn't the race as much as the whole trip that was so enjoyable, maybe a memorable family bonding experience or some fun tourist attraction that took your breath away. Either way, take lots of pictures and make memories.





# GFNY PHILIPPINES 2019 RIDER GUIDE



## OFFICIAL RACE KIT

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

If you'd like to purchase an extra jersey, they will go on sale on Sunday, September 22 at the Finish Shop.

At the GFNY Philippines Expo in the Festive Walk Mall, you will have the chance to try & buy the official GFNY gear.





# GFNY PHILIPPINES 2019 RIDER GUIDE



## REGISTRATION AND EXPO

Race packet pickup takes place in the Festive Walk Mall.

You just need to bring a photo ID with you to pick up your race packet.

STEP 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.

STEP 2: After you find your assigned race number, fill out the event waiver.

STEP 3: Pick up your race packet. Your race packet includes:

1. Bike number, 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.

STEP 4: Pick up your jersey and goodie bag.

NOTE: The official GFNY Philippines jersey is mandatory attire for the race.

STEP 5: Take a pre-race picture!

## PLACE YOUR NUMBER LIKE THIS



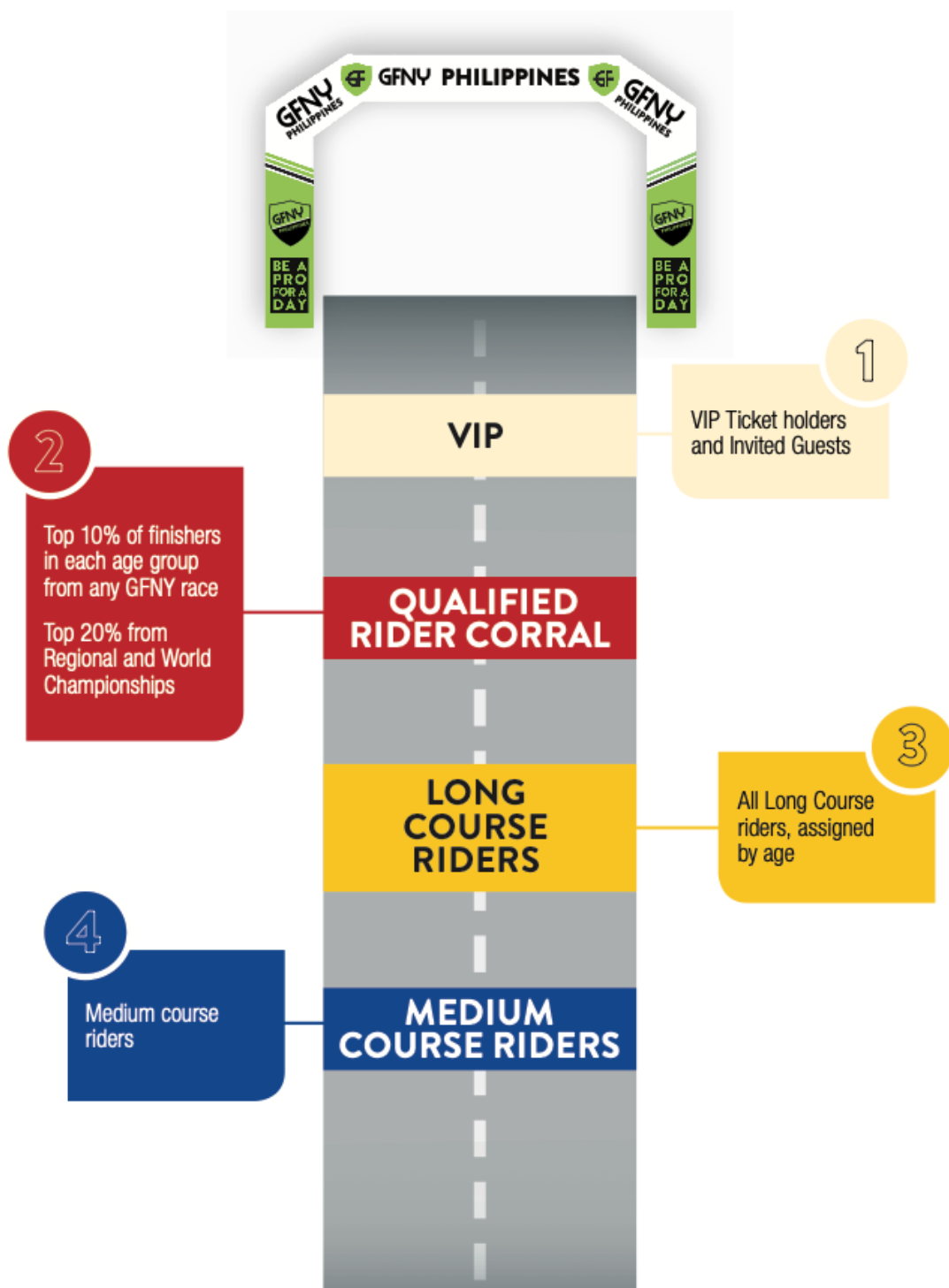


# GFNY PHILIPPINES 2019 RIDER GUIDE



## THE START

Every rider is assigned a race number corresponding to his or her ticket type, qualification status, category and age. Your start corral depends on your pre-assigned bib number. “Jumping” a corral (starting in a corral not assigned to your number) will result in 10-minute penalty added to your finish time.





# GFNY PHILIPPINES 2019 RIDER GUIDE



## RACE COURSE

### LONG ROUTE - 133KM & 650M of climbing

The main two climbs of the GFNY Iloilo course are only on the 133km long course.

The Janiuay climb comes at KM27.

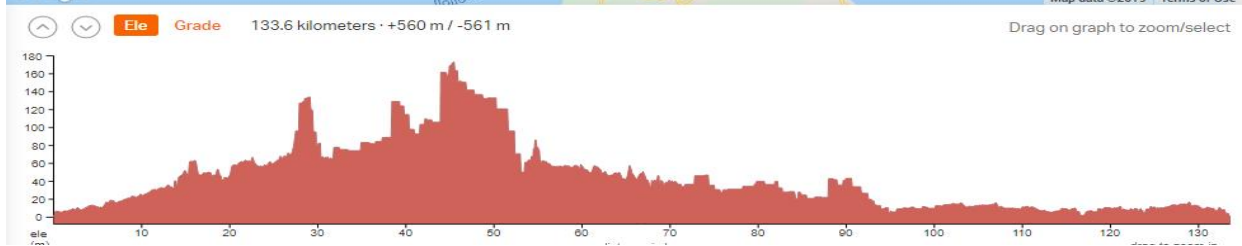
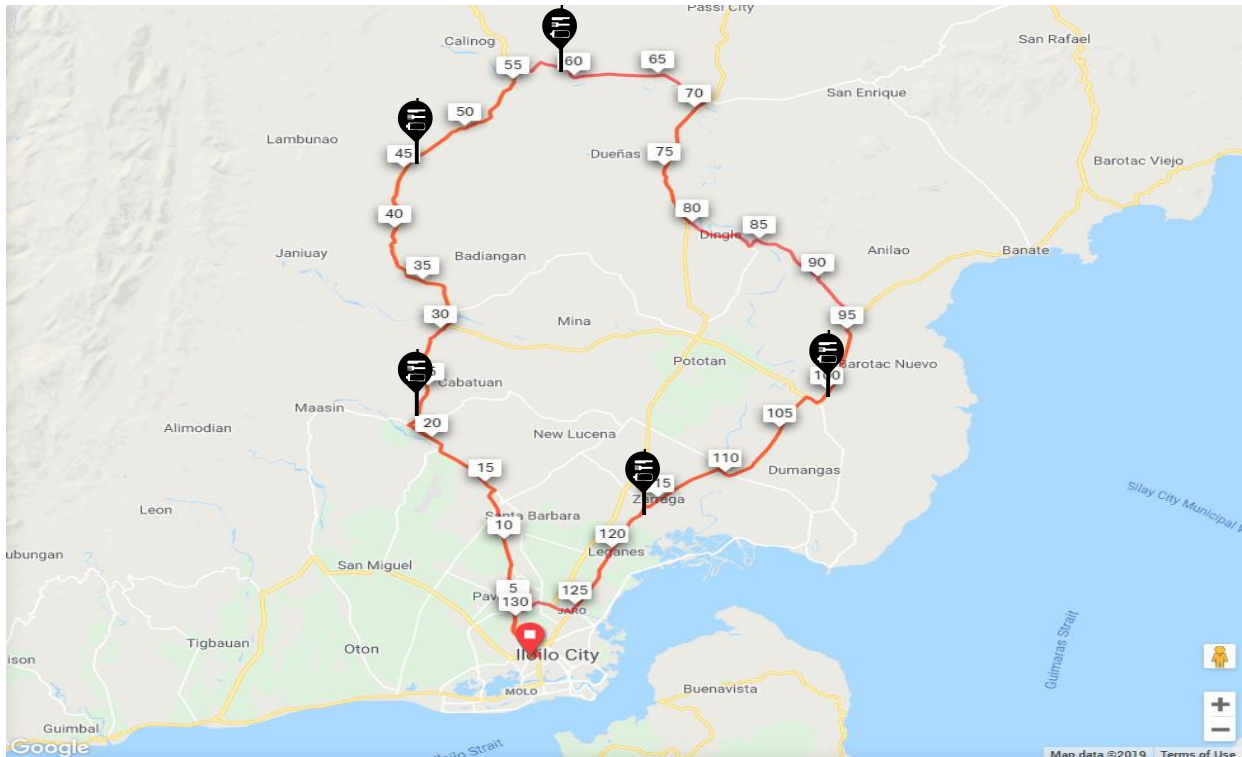
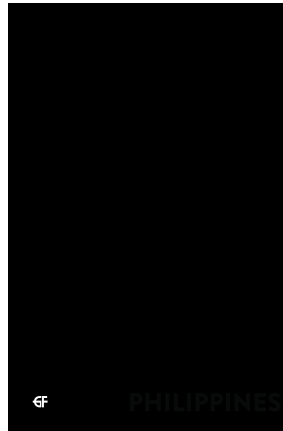
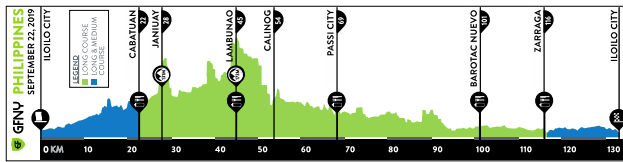
The Lambunao climb comes at KM44.

#### Detailed course map

<https://ridewithgps.com/routes/30846130>

#### Aid station locations

22KM, 45KM, 69KM, 101KM and 116KM





# GFNY PHILIPPINES 2019 RIDER GUIDE



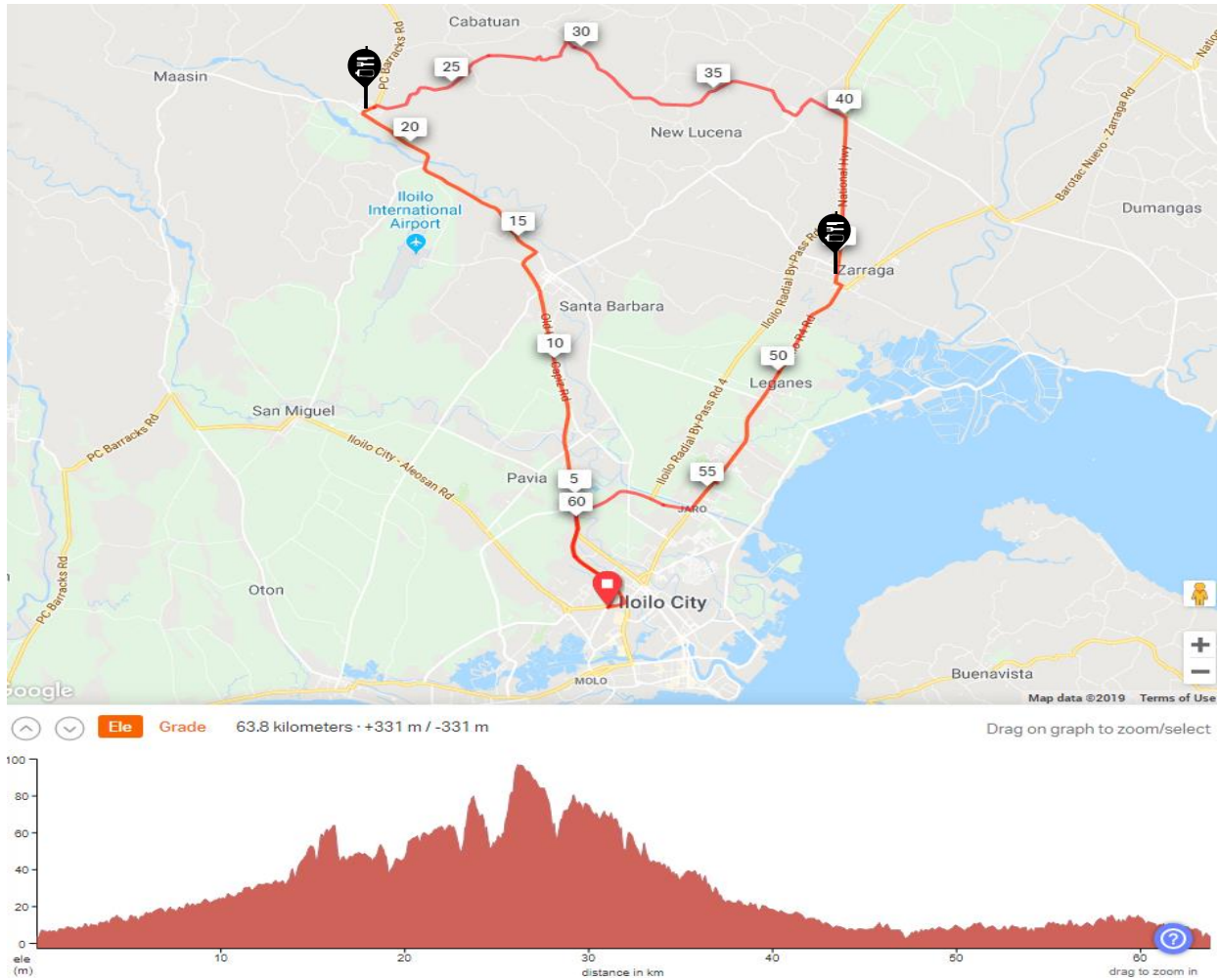
**MEDIUM ROUTE - 63KM & 219M of climbing**

**Detailed course map**

<https://ridewithgps.com/routes/30603652>

**Aid station locations**

22KM and 46KM





# GFNY PHILIPPINES 2019 RIDER GUIDE



## IMPORTANT RACE INFORMATION

GFNY Philippines riders have full event support from the race. Imagine all 400 riders having their own personal support car - the traffic it would create, the bad rider experience, and above all the unsafe conditions. **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.

### TIMING

GFNY Philippines is timed from start to finish. The timing company will be at the finish line if you have any questions about your result or your chip. Your timing chip is disposable; you do not need to return it.

### AID STATIONS

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 outside assistance, it is against GFNY Philippines' 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.

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.

### RULES

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

### COMPETITION

Only the finishers of the 133km 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.

Because GFNY Philippines serves as the GFNY Asian Championship, the top 20% of all finishers in each age group will Qualify.

The riders of the 63km 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 first cutoff will be at KM 22 at 8am. Any rider arriving to KM 22 at 8am or later will be routed to do the medium route.

The course closes 15:30, after 9 hours.



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## AFTER THE RACE

### OFFICIAL FINISHER MEDAL

At the finish line, all riders will receive their official GFNY Philippines finish medal.



### GFNY 3x2019 MEDAL

Your racing just got a whole lot more rewarding! Besides the great GFNY Philippines medal that you'll receive at the finish line of GFNY Philippines 2019, you also earn a "finish" towards earning the 3x2019 medal. Finish 3 GFNYs (for example: Bali, Uruguay, Philippines) in 2019 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.



### POST RACE MEAL

Each rider will get a complimentary post-race meal. If you choose to eat directly after finishing the race, please note that **bike parking is mandatory** at the designated bike parking area.



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## QUALIFICATION

Top 20% of finishers in each age group qualify for racer corral at the GFNY World Championship NYC on May



17, 2020 and GFNY World races for 380 days.

The qualification will be reflected on [gfnyc.com/results](http://gfnyc.com/results). Additionally, it will show in your [gfnyc.com](http://gfnyc.com) account once the results are posted.

## YOUR PERSONAL PHOTOS BY SPORTOGRAF

Don't forget to smile! There will be photographers from Sportograf on motos and stationed along the course to take photos of your race. You can visit [sportograf.com/en/shop/event/5666](http://sportograf.com/en/shop/event/5666) after the race to view and purchase your race photos. A Photo-Flat with 15+ photos is just \$29.99.







**GFNYPH.COM**

THANK YOU FOR JOINING  
**GFNY PHILIPPINES! SEE YOU IN 2020!**