



# RACE GUIDE

September 17 - September 19, 2021

# RACE GUIDE 2021



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## WELCOME TO GFNY SANTA FE

We are very excited to welcome you back for the second edition of GFNY Santa Fe! None of planned for a year like 2020, but with the support of the City of Santa Fe, Santa Fe County and our amazing sponsors, we are thrilled to be able to welcome cyclists from around the country and the globe to join us in our favorite time of the year in northern New Mexico.

Santa is a beautiful city with a unique heritage from Spain, Mexico, and the United States. We hope you enjoy your time here under the huge New Mexico sky. Get ready for a challenging ride and a memorable celebration at the Santa Fe Convention Center.

- Mike McCalla, Director of GFNY Santa Fe



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## SCHEDULE OF EVENTS

### FRIDAY, SEPTEMBER 17

<b>10:00AM</b>	<b>12:00PM</b>	"Shake-out" ride with 1984 Silver Medalist Nelson Vails (open to all riders)	<a href="#">Mellow Velo</a>
<b>3:00PM</b>	<b>7:00PM</b>	Race registration	<a href="#">Santa Fe Convention Center Courtyard</a>
<b>5:00PM</b>	<b>6:30PM</b>	GFNY Santa Fe Happy Hour Ride	<a href="#">Santa Fe Brewing Headquarters</a>
<b>6:00PM</b>	<b>8:00PM</b>	GFNY Kick-Off Party at Santa Fe Brewing Headquarters OG Taproom with Nelson Vails	<a href="#">Santa Fe Brewing Headquarters</a>

### SATURDAY, SEPTEMBER 18

<b>9:00AM</b>	<b>9:45AM</b>	VIP Coffee and Cake with Nelson Vails	<a href="#">La Fiesta Lounge</a>
<b>10:00AM</b>	<b>12:00PM</b>	"Shake-out" ride with 1984 Silver Medalist Nelson Vails (open to all riders)	<a href="#">Mellow Velo</a>
<b>1:00PM</b>	<b>6:00PM</b>	Race registration	<a href="#">Santa Fe Convention Center Courtyard</a>
<b>6:00PM</b>	<b>8:00PM</b>	VIP Food and Wine Experience with Nelson Vails	<a href="#">The Compound Restaurant</a>

### SUNDAY, SEPTEMBER 19

<b>5:30AM</b>	<b>6:45AM</b>	Bag-Drop open at start line	<a href="#">Federal Place</a>
<b>6:15AM</b>	<b>6:45AM</b>	Opening of Start Area	<a href="#">Federal Place</a>
<b>6:45AM</b>		Corrals close	<a href="#">Federal Place</a>
<b>7:00AM</b>		<b>START</b> of GFNY Santa Fe	<a href="#">Federal Place</a>
<b>9:30AM</b>		First riders of medium route arrive	<a href="#">Federal Place</a>
<b>10:30AM</b>		Winners of GFNY Santa Fe expected	<a href="#">Ski Santa Fe</a>
<b>11:00AM</b>	<b>16:30PM</b>	Post-race meal service	<a href="#">Santa Fe Convention Center Courtyard</a>
<b>2:00PM</b>		Award Ceremony	
<b>3:00PM</b>		Finish line closes	<a href="#">Ski Santa Fe</a>
<b>5:00M</b>		Festivities end	



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## IMPORTANT ADDRESSES FOR GPS

Race registration, post-race meal & awards ceremony

[Santa Fe Convention Center Courtyard](#)

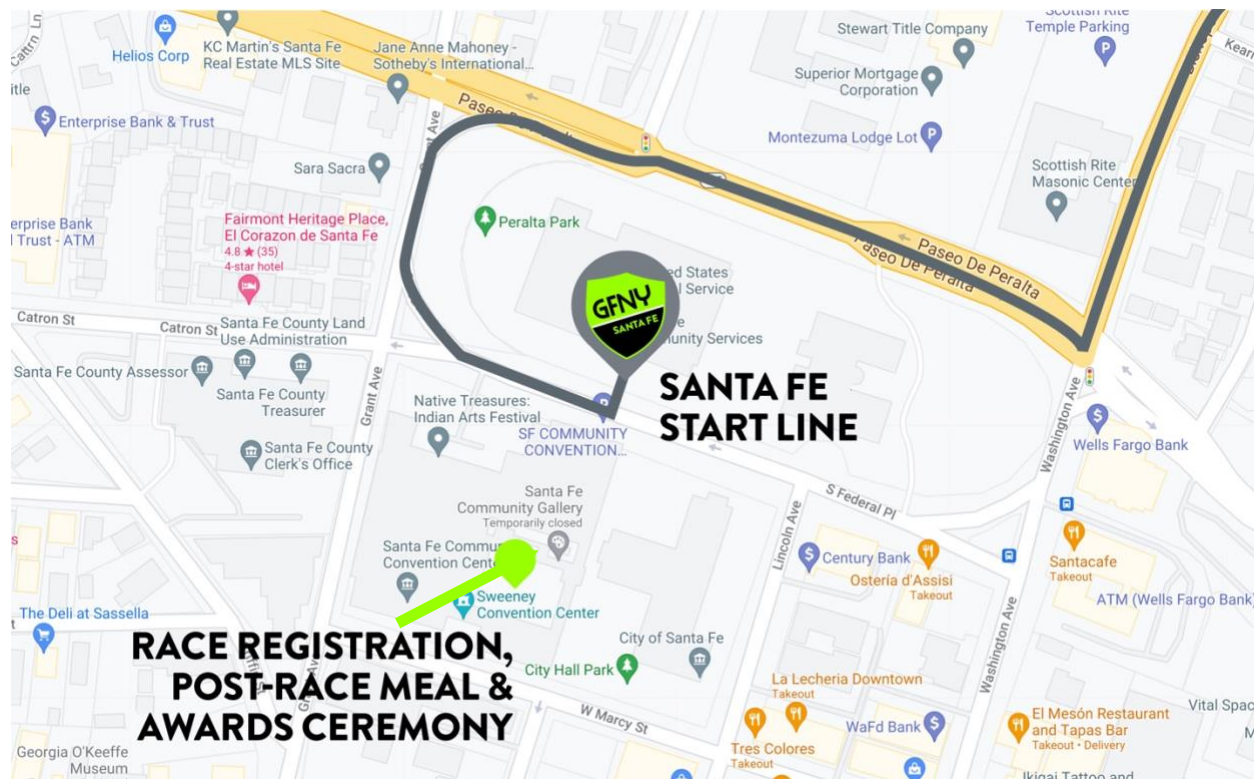
Start line and finish line of medium course

[Federal Place](#)

Finish line of long course

[Ski Santa Fe](#)

## AREA MAP





## YOUR TRAVEL TO GFNY SANTA FE

### 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 [santafe@gfny.com](mailto:santafe@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 Santa Fe race prep are covered in the **GFNY Daily Coffee podcast**, available on iTunes, Spotify, Lybsin, Google Play, 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/pdfs/checklist.pdf](https://gfny.com/pdfs/checklist.pdf)

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

Before you travel to GFNY Santa Fe, 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 Santa Fe, also prepare your bike to be race ready. Last-minute parts availability of bike parts is not guaranteed on site.

### HAVE A GREAT RACE WEEK

Traveling is exhausting and arriving in Santa Fe 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. If you're joining us for the GFNY Santa Fe Camp or VIP Group Rides, we will ride sections of the course as a preview for race day.

For more travel information please visit the race website [santafe.gfny.com/getting-here](https://santafe.gfny.com/getting-here).

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## BEFORE THE RACE

### PACKET PICK-UP

Packet Pick-up is located in the courtyard of the Santa Fe Convention Center at 201 West Marcy Street Friday from 15:00-19:00, and from Saturday from 13:00-18:00. Bring a government issued photo ID with you to pick up your race packet. You will sign a waiver before collecting your race packet. There is no need to print your registration confirmation.

The race packet includes:

1. Bike number, which you attach to the front of your bike with provided zip ties
2. Jersey bib number, which you attach to the back pockets of your jersey with provided safety pins
3. Timing chip
4. Official GFNY Santa Fe jersey, which is mandatory attire for the race
5. Goodie bag, which includes a water bottle made by Elite in Italy

### Things to bring with you for race packet pickup:

1. Photo ID
2. Your printed registration confirmation from [GFNY.cc](https://www.gfny.cc) (just page 1 with ticket number and your name).

### USA CYCLING UPGRADE POINTS/ONE DAY LICENSE

USAC licenses are not needed to compete/ride in GFNY Santa Fe, however, Cat 5 USAC license holders may receive upgrade points towards their Cat 4 license. **One day USAC license holders are eligible for event day cycling –related accidental medical coverage purchased for the day of the event.** You can get one for \$ 10 or \$ 25, depending on your experiences. You can get a license at the venue during registration/packet pick-up or at <https://www.usacycling.org/race-licenses>.

### HOW TO GET TO REGISTRATION

For Friday and Saturday, you can take a City of Santa Fe bus to get downtown. Check their schedules and maps (check here for the map and schedule). Many public buses in Santa Fe include bike racks.

If you come by car, there is metered parking on the streets around the Convention Center, and also a parking garage under the Santa Fe Convention Center, the entrance is on Federal Place on the north side of the building. **Please remember not to enter the parking garage with bikes on the roof rack.** All street parking is FREE on Sunday, but give yourself plenty of time to find a parking spot and get to the start area on time. For Sunday, the schedules of public transportation start too late to be on time to the race.

If you are staying in or near downtown, we recommend that you ride to the start; it's a good warm-up!

### VENUE BIKE STORAGE

There will be bike racks at the Santa Fe Convention Center courtyard Friday and Saturday for registration and packet pick-up. On Sunday for the race, there will be bike storage in the loading dock area of the Santa Fe Convention Center near the start line for the duration of the event and post ride celebration. Bike will be watched by a security guard. Bike storage will not be permitted in the courtyard during the post-ride celebration; please leave it in the dock area or take it to your place of lodging.

### VENUE PARKING

There is a parking garage at the Santa Fe Convention Center (fee required), **please remember not to enter the parking garage with bikes on the roof rack.** Note that all street parking is FREE on Sunday in the City of Santa Fe, but meter payment is required in downtown Santa Fe Monday-Saturday from 8:00-18:00.

## **CORRECT BIB NUMBER & BIKE PLATE PLACEMENT**



### **ATTACH THE BIKE PLATE TO THE FRONT OF YOUR HANDLEBARS.**

Make sure the number is fully visible and not obstructed by cables or your computer. Do not bend or modify your bike number. The timing chip will only work if the bike plate is positioned as shown.

**THE GFNY JERSEY YOU RECEIVED AT PACKET PICKUP IS MANDATORY ATTIRE FOR THE RACE.**



### **ATTACH THE BIB NUMBER ON THE BACK POCKETS OF YOUR MANDATORY GFNY JERSEY.**

Attach the bib number on your non-dominant side. If you're right-handed, attach the bib number on your left and center pockets.



### **ATTACH THE PROFILE STICKER ON THE TOP TUBE, AT THE HEAD TUBE.**

The profile sticker provides easy reference for important points along the race course.

**GFNY.COM**



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## OFFICIAL RACE JERSEY

GFNY Santa Fe jersey – **mandatory** race attire for GFNY Santa Fe, included in your entry fee.



## GFNY GEAR

GFNY Santa Fe & GFNY gear will be available for purchase at GFNY Santa Fe.



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## IMPORTANT DURING THE RACE INFORMATION

### COURSE SAFETY

You must stay on the right-hand side of the road and respect rules of the road at all times. Even if signalmen are securing the course to the maximum, it is not a guarantee that the road is fully closed. All GFNY Santa Fe riders must obey instructions from race staff, signalmen, and officials.

### AID STATIONS

There will be four aid stations along the course at mile 34, 51, 66 and 75. 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, enough to last you for the entirety of the race.

There are no handing-on-the-fly aid stations. You will need to stop at aid stations if you need to refill your water bottle or grab something to eat.

### COMPETITION

Only the finishers of the 76 miles, long course are eligible for category rankings and Overall and Podium awards.

The riders of the 61 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.

### HEAT

GFNY Santa Fe takes place at the end of summer and at altitude, however, be prepared with action steps in case of a heat wave.

1. Use shade whenever possible.
2. Drink water don't let yourself become dehydrated.
3. Refill your water bottle at every chance you get, to not be at risk of running out of water.
4. If you ran out of water and you are near an aid station or a fountain, riding your bike to this station or fountain will likely be the fastest way for you to get the water you need.
5. Keep your body temperature in check by pouring water over your body and head to cool off.

### GEARS

There are no pitches steeper than 12% along the route; however, the length and altitude of the final climb of the long route to Ski Santa Fe should not be underestimated. Bring your climbing gears! A compact or mid-compact crankset with rear cogs of 28 or larger are suggested for all riders. Use your gears and save your legs!

### MECHANICAL

Mechanical service points will be available at several aid stations. Bring tools and spare tubes in order to quickly fix your bike issues 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.

### TIMING

GFNY Santa Fe is timed start to finish. Results will be available in your [gfny.cc](https://gfny.cc) account immediately following the race. If you have any questions about your result, please consult with the timers directly at the finish line or via email to [santafe@gfny.com](mailto:santafe@gfny.com).

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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.

## CUTOFF

The cutoff for the long route is 8 hours and for the medium route is 5 hours. Both routes begin at 7:00; the medium course closes at 12:00 and the long course closes at 15:00. Please follow the directions of law enforcement officers on the course, they are there to keep you safe!

## END OF RACE CAR

If you are passed by the End of Race Car, you can still continue cycling to Santa Fe on your own, outside the race. However, you will have to give your race numbers to the End of Car driver. You will be able to continue along the course, but it will be without support and outside the event. You will not be considered an official finisher and there will not be any time taken because you will no longer have your timing chip.

## FOLLOW VEHICLES PROHIBITED

GFNY Santa Fe 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 Santa Fe 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.

## 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 Santa Fe rules ([santafe.gfny.com/rules](https://santafe.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. Eco bins are placed before and after the station. If you want to get rid of your trash from your pockets, you don't have to go into the aid station, you can drop your trash into the Eco bins. 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).

## RULES

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

You may accept assistance from official GFNY staff and volunteers on the course, either at aid stations or the neutral rolling support vehicles. **Your GFNY Santa Fe is mandatory attire for race day, you must wear it to ride! Please REMEMBER to wear it to ride! Please REMEMBER to wear your race wristband**

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**the day of the race, from before the start all the way to the end of the post-race party!** It will serve as your meal ticket; it will also entitle VIPs to their special seating and free post-race massage.

**REMEMBER to attach the bike number plate** at the front of your handlebar and with the zip ties provided. Your bike identifies you as an official participant to police and to GFNY Santa Fe staff. Affixed to the number plate is your timing chip. The timing chips will only work if the bike plate is unaltered and attached as instructed.

## 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.

### 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.



### 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!



### OBEY POLICE INSTRUCTIONS

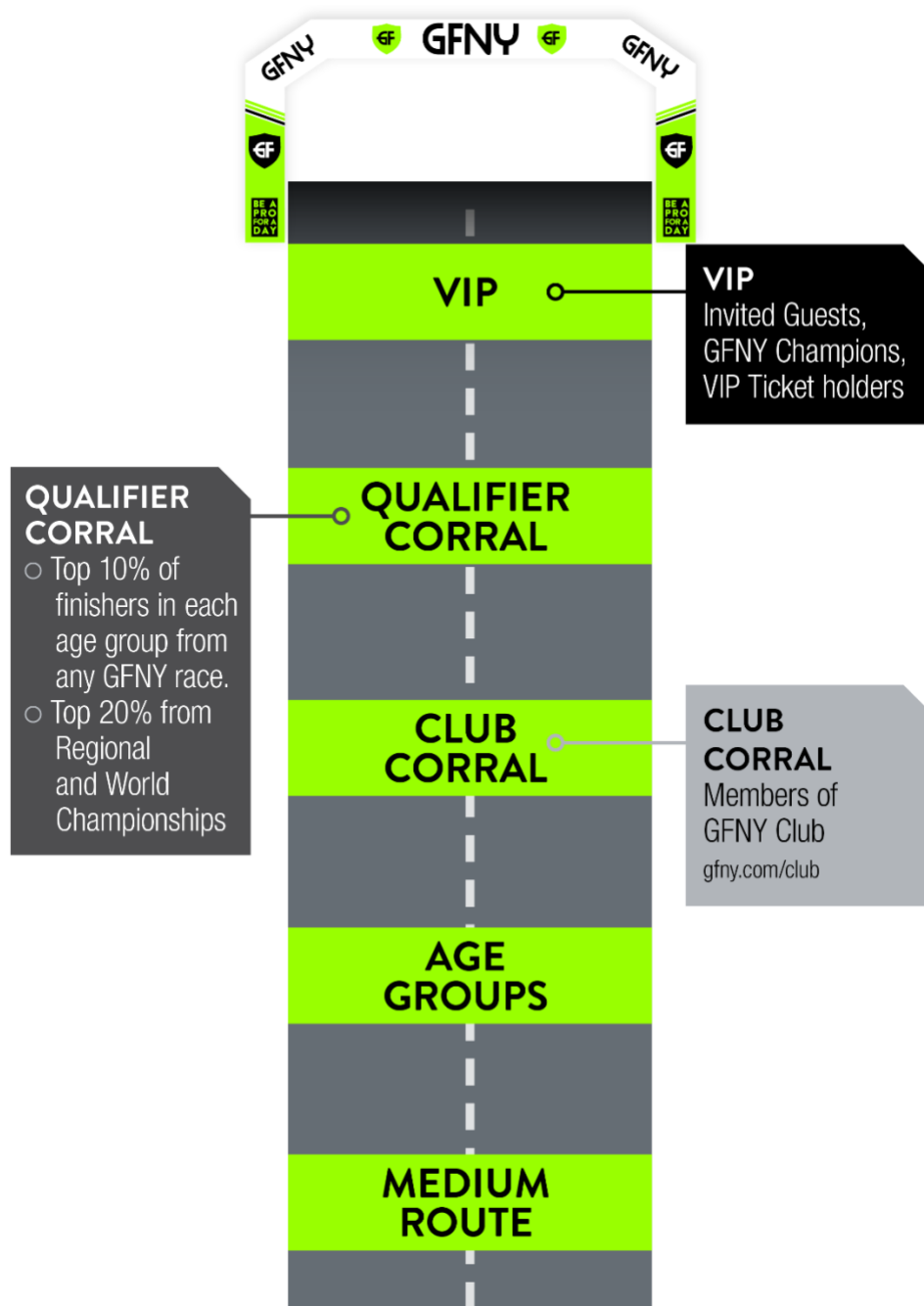
Worse than being disqualified, disobeying direct police instructions may carry bigger consequences like fines, tickets or even a ride to the police station. Police are working for your safety during the whole event. If a police officer tells you instructions, which are likely for your own safety, you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





## 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.



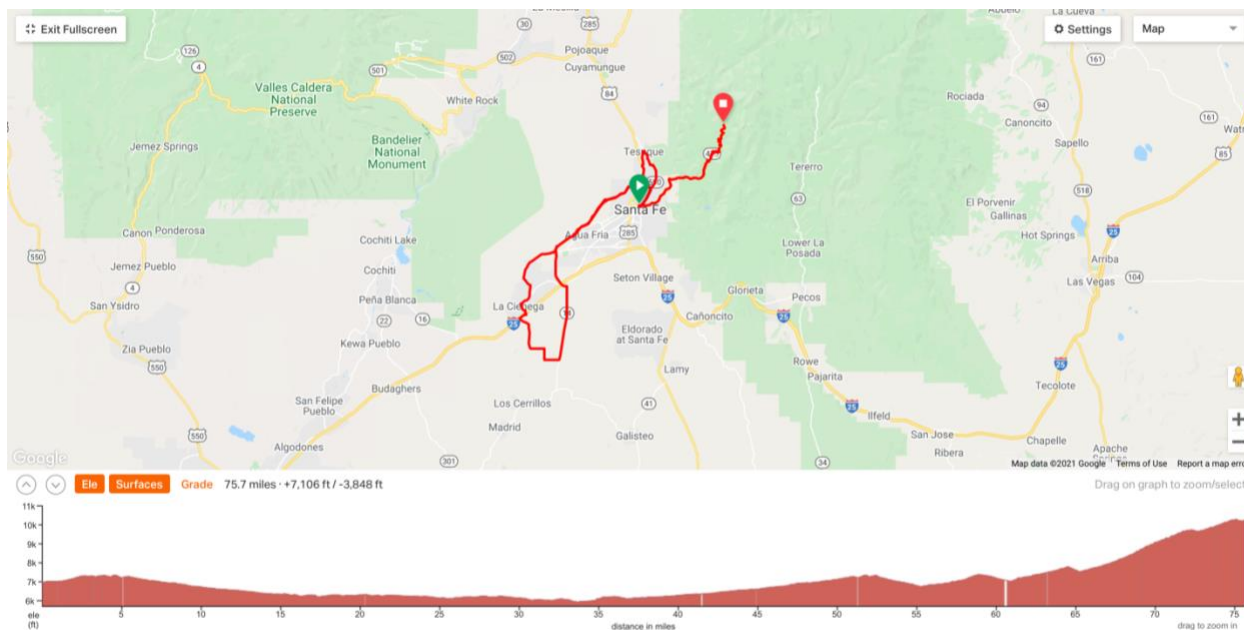
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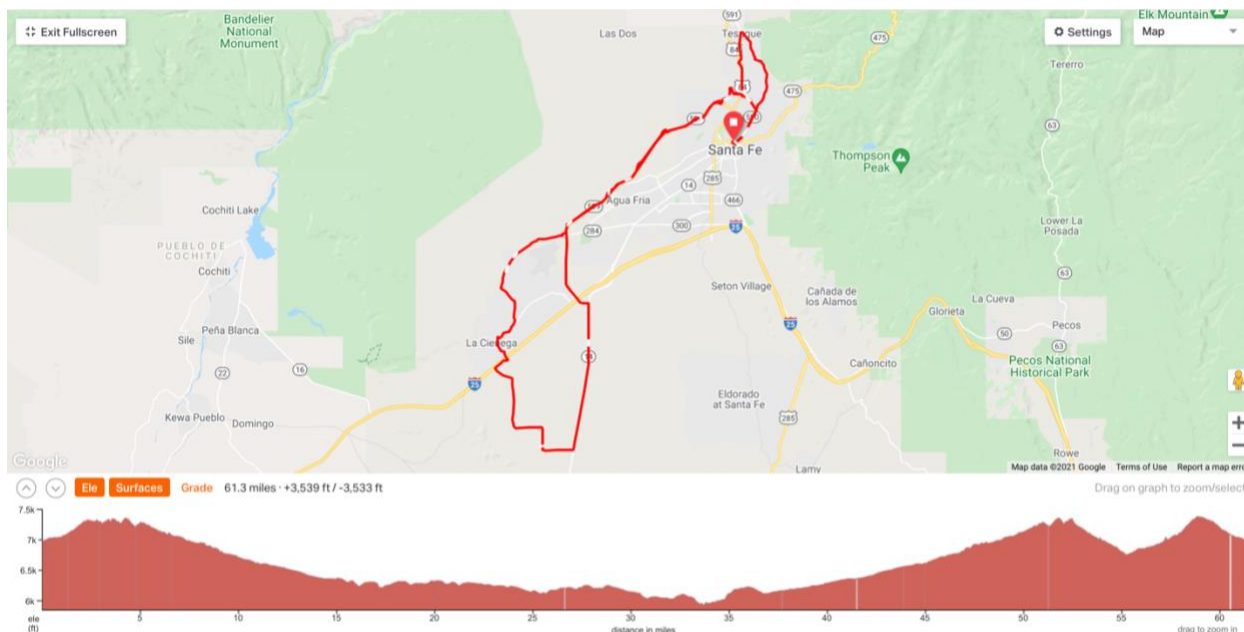
## RACE COURSE

Visit [santafe.gfny.com/course/](https://santafe.gfny.com/course/) for more information about the two route options.

[Click here for a preview of the course.](#)



[Click here to view and download the long course on ridewithGPS.com.](#)

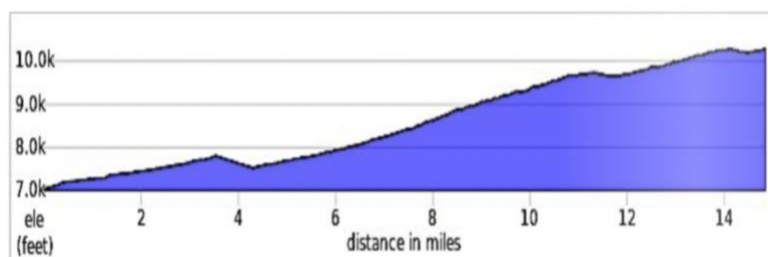


[Click here to view and download the medium course on ridewithGPS.com.](#)



## THE CLIMB TO SKI SANTA FE

The climb to Ski Santa Fe of the long route starts from a base elevation of 7,000' and climbs 14.8 miles to a peak elevation of 10,325 feet. Give this challenging finish to the long route of GFNY Santa Fe its due respect by pacing yourself; it's more important to finish strong than to start fast. There is an aid station about 5 miles into the climb, this is your last chance to refuel before the finish line. Enjoy the transition into the high mountain forest as you climb far above the desert of the Rio Grande valley. Make sure to take in the huge views and not just stare at the road in front of you!



### SKI SANTA FE HILLCLIMB

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**LENGTH: 14.8 MI**

**CLIMBING: 3,670 FT**

**AVG: 4.7%**

**MAX: 12%**

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**GFNY SANTA FE**

## RACING AT ALTITUDE

Santa Fe's high altitude (7,000 feet above sea level) means that the density of the air is about 20% less than at sea level. Although this means that your body can't maintain the same power level that it can at sea level, there is also less air resistance, meaning that you may ride just as fast (or even faster!) over the course of a long ride. Here are a few **tips to have your best race**:

**Pace yourself.** It is easier to become anaerobic at altitude, which means you won't recover as quickly from hard efforts. Try to keep your efforts below the anaerobic "red zone", this will help you stay strong all the way to the finish. Don't try to match your sea level power numbers, ride by perceived exertion and you will closer to the optimum pace for your body.

**Stay hydrated and watch your alcohol intake.** When coming to altitude, your body will lose water weight in order to concentrate your red blood cells, which can easily leave you dehydrated if you don't take in extra fluids. Alcohol intake can also dehydrate the body, so it's best to limit alcohol intake the days before the race.

**Don't be intimidated!** Altitude affects everybody differently, you may find you feel a big difference, or you may not notice much at all. Your legs can actually work a little harder at lower altitude, so your training at sea level prepares the muscles for racing at altitude very well. The air is the same for everybody, focus on riding YOUR best race.



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## AFTER THE RACE

### RESULTS

All results will be posted at the venue and online after the race. The link to results will be provided in the days before the race at [santafe.gfny.com](http://santafe.gfny.com)

### VIP MESSAGE/LOUNGE

VIP riders will receive a 30 minute post-ride massage and exclusive lounge area after the race a ballroom next to the registration/packet pick-up area. You may upgrade your entry to a VIP entry at the venue.

### POST-RACE MEAL/ PARTY

All entries include a post-race meal of local street food, which will also be available for purchase to friends and family. If you choose to eat directly after finishing the race, please note that bikes must be stored in the bike storage in the loading dock area adjacent to the finish line. Santa Fe Brewing will sell a selection of excellent local microbrews.

### AWARDS

At 14:00, the Awards Ceremony will take place in the Santa Fe Convention Center Courtyard.

### POST-RACE PARTY

Please stay with us until the festivities end at 17:00 for our post-race party.







## MEDALS AND QUALIFICATION

### OFFICIAL GFNY SANTA FE FINISHER MEDAL

At the finish line, all riders will receive their finish medal. There will be an aid station at the finish of the long route, riders of the medium route should make their way to the post-ride party at the Santa Fe Convention Center post-ride party through the loading dock right after the finish line.



### QUALIFICATION

Top 10% of finishers in each age group qualify for racer corral at the GFNY World Championship NYC on May 15, 2022 and GFNY World races for 380 days.

### GFNY 3x2020/2021 MEDAL

Your racing just got a whole lot more rewarding! Besides the great GFNY Italia medal that you'll receive at the finish line of GFNY Santa Fe 2020, you also earn a "finish" towards earning the 3x2020 medal. Finish 3 GFNYs 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.

Log into your [GFNY.cc](https://www.gfny.cc) account to track your progress.

Once you are eligible for earning a multi finisher medal, you can pick it up at any GFNY race. Make sure to contact the races organization team to find out where exactly your medal is waiting for you.



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## OFFICIAL PHOTOGRAPHY: SPORTOGRAF

Don't forget to smile! Sportograf is the official photography service of GFNY Santa Fe 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 (~\$30). Visit [sportograf.com/en/event/6271](https://sportograf.com/en/event/6271) after the race to view and purchase your race photos.







**GFNY SANTA FE**

SEPTEMBER 20, 2022

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

Registration opens: September 20, 2021