

A WARM WELCOME TO ESTEEMED MEDIA GUESTS

The 13th annual international GFNY WORLD CHAMPIONSHIP NYC - world's most international cycling event

and the second running of GRAN PREMIO NEW YORK CITY - NYC's first UCI professional road cycling race

We are delighted you could join us to experience GFNY and learn more about our vision for the future of road cycling and professional cycling, as well as seeing it in action.

At GFNY, we believe that the strength of cycling lies in its inherent nature as an endurance sport, the compelling stories of human endeavor, and its remarkable accessibility.

There has been quite a bit of buzz about the future and format of granfondo racing, pro racing, and road cycling in the United States in the past few months. Much of it is in line with the philosophy we have held and have been striving toward, since our first GFNY race in 2011. Since then, we have been working non-stop to create a race series and format that espouses our vision for both the professional and amateur experiences with the singular goal of growing cycling in a sustainable way.

In 2018 we began a series of whitepapers called <u>"The Future of Pro Cycling"</u>, that we <u>published on gfny.com</u>. In that series we identified the patterns and trends that would provide for sustainable growth and the health of the sport that we love, as well as calling out some of the issues and problems we saw with some of the decisions and trends that, while well meaning, have not moved cycling forward.

- 1. We question the prevailing trend to shorten races, prioritize television appeal, and over-reliance on technology, arguing this approach risks alienating core fans and diluting the sport's essence. Instead, we advocate in the series for strengthening the foundation and building growth from a deep-rooted base.
- 2. Our philosophy champions a return to cycling's core values, emphasizing endurance, hardship, individual skill, and "Grinta!"
- 3. We propose longer race stages, reminiscent of the 1960s and 70s, and the removal of technological aids like race radios, power meters, and routine bike changes to shift the focus back to the riders' abilities, strategic thinking, and the compelling narratives that arise from true competition. These elements, the drama, suffering, and hardship, are what initially drew many of us to the sport and should remain at its core.
- 4. Rather than conforming to outdated media formats, we propose leveraging new internet and mobile technologies to enhance fan engagement. We envision bringing fans "inside the peloton" through multiple on-board cameras and interactive commentary, allowing viewers to choose their perspective and engage directly with the race, thereby bypassing the limitations of traditional television.

A crucial component of our vision is the mass participation model, races where amateurs and professionals compete on the same course, as you will see here in New York City on May 18th, 2025.

This format provides scale, increased visibility for sponsors, and aligns with cycling's inherent accessibility, allowing fans a closer connection to the pros.

Furthermore, mass participation races as a vital proving ground for developing professional talent, particularly for riders suited for general classification roles who require endurance and climbing ability over long distances. Mass participation races force riders to develop crucial self-sufficiency skills, such as managing their own pacing, nutrition, and tactical decisions independently, leading to more mature and resilient racers. Our "Be a Pro for a Day" concept embodies this, and events like GP NYC offer a direct pathway for top GFNY finishers to compete in a UCI race.

We are committed to strengthening and sustaining cycling by focusing on its unique merits, rather than trying to force it into the mold of unrelated sports. We believe this approach, grounded in tradition and embracing appropriate new technology, offers a sustainable path forward for the sport we love.

We hope your experience at the GFNY provides insight into this vision.

Sincerely,

Lidia and Uli Fluhme
Founders of GFNY and GP NYC

GFNY - The Global Endurance Sports Series

GPNYC.gfny.com NYC.gfny.com

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PLEASE REACH OUT FOR DIGITAL PRE AND POST RACE MATERIALS SUCH AS PHOTOS OR VIDEOS!

What is GFNY & What Can Riders Expect When They Do A GFNY

GFNY is a cycling marathon where everyone starts together, gets timed from start to finish, with age group rankings and podium prizes across all categories. People of different ages, genders and fitness levels line up aside each other to take on a challenging route.

Riders get to **BE A PRO FOR A DAY** by competing against others, themselves and the clock in a personal endurance challenge. A finisher medal is awarded at the finish line.

Some people are in it to win overall, some to place well in their age group and others just want to make it to the finish line before the cutoff. You can expect fierce competition and tactics at the front peloton, but also camaraderie among the riders.

The **mandatory jersey unifies** riders in their common goal: no matter where they come from and what they do in their daily lives, they all took time out of their lives to take on the challenge, stand aside each other at the start line, all with the goal to get to the finish line and do their best along the route.

Police moderate traffic and/or close roads to give cyclists the right of way at all intersections so they can compete without ever having to stop.

Signage along the course is posted to direct riders along the route and show the distance covered and remaining.

Cycling marathons are most common in Europe, and particularly in Italy, where gran fondo first started in 1970. But outside of Italy and France, cycling marathons aren't as prevalent, or even don't exist in many countries. In some countries, events use the name 'gran fondo' but these are bike tours that don't offer start-to-finish chip timing, rankings based on finish time or podium prizes. Others only have paced group riding. Neither is a gran fondo. At all GFNY races, riders can expect to compete in an actual cycling marathon.

What is Gran Premio New York City?

It is a one of a kind race: the 2nd **GP NYC** is a **UCI pro race held on the same course as the 13th annual mass participation race Michelob ULTRA GFNY World Championship NYC** - and starting just 10 min. earlier. There has never been another cycling race like it.

Background About GFNY

Uli Fluhme first started racing granfondos in Italy in 1996 and raced as an elite cyclist and Ironman triathlete in Europe. Lidia Fluhme completed 20 Ironmans, including 7 consecutive Ironman World Championships, and raced professionally for a year.

In 2010, two years after moving to NYC, Uli put his adoration for NYC and passion for the sport of cycling together. Uli introduced Lidia to gran fondo racing in Italy. It was one of the most incredible sports experiences for Lidia. A week later, Lidia and Uli co-founded Gran Fondo New York.

NYC has a marathon and a triathlon, but there was no cycling marathon. Gran Fondo New York brought a true cycling marathon to NYC. The key rules of GFNY are modeled after the granfondo rules of the Italian Cycling Federation.





Background about GFNY World

GFNY NYC was first held in 2011 with riders representing 56 countries. It has quickly become the world's most international cycling event, with riders representing over 90 countries. More than half of the riders travel from outside the US to take part in GFNY NYC. Because of the riders' diversity, GFNY is among the coolest experiences on a bike available to anyone.

The GFNY World series kicked off in 2014 and brought GFNY to other locations across the globe. A similar rider experience, a similar set of rules, and attractive destinations for riders and families alike are the benchmarks of the series. At each event riders can expect to be fully timed along the race course, get ranked based on finish time and celebrate an awards ceremony for podium winners across all categories.

Participating in a GFNY is an extraordinary experience for a cyclist because people from other parts of the world who share the passion for cycling and quest for the finish line will surround him.

About GFNY World

The GFNY World series kicked off in 2014 and brought GFNY to other locations across the globe. A similar rider experience, a similar set of rules, and attractive destinations for riders and families alike are the benchmarks of the series. At each event riders can expect to be fully timed along the race course, get ranked based on finish time and celebrate an awards ceremony for podium winners across all categories.

Today, **GFNY** is the Global Endurance Sports Series. Over 30 races are scheduled for the 2025/26 season. The original race, GFNY NYC, serves as the GFNY World Championship. Five additional races are regional championships.

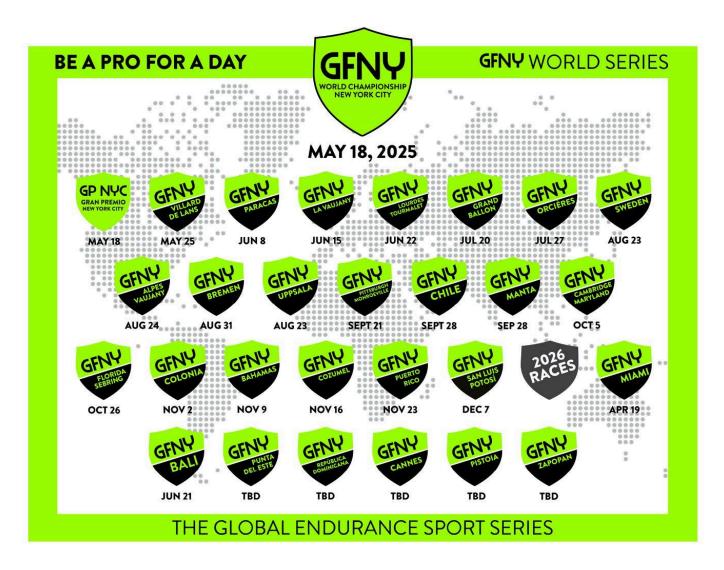
All GFNY World races offer participants the established, trusted GFNY experience complemented with each location's local flair.

At each GFNY event, riders enjoy

- Closed roads or police moderated traffic with right of way at all intersections
- The chance to do their best on a challenging course without having to worry about anything but riding
- · Chip timing, results and rankings
- Competition prizes across all age groups
- The chance to qualify for a racer corral starting position at the GFNY Championship in NYC
- Uniform set of rules and familiar participant experience great tourism and family experience in an appealing destination

GFNY WORLD

2025/2026 SEASON



AT EACH GFNY EVENT, YOU CAN EXPECT:

- · Closed roads or police moderated traffic with tight 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 coursee
- The chanfe to qualify for the elite starting corral at the Campagnolo 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

COURSE MAP



TIME SHEET

TIME SHEET						
LANDMARKS	км	MILE	25MPH	20MPH	15MPH	11MPH
START GEORGE WASHINGTON BRIDGE	0	0	7:00	7:00	7:00	7:00
HENRY HUDSON DRIVE	4	2.5	7:06	7:07	7:10	7:15
START CLIMB ALPINE	16	10	7:24	7:30	7:40	7:55
NJ-NY STATELINE	23	14	7:35	7:42	7:56	8:20
PIERMONT - AID STATION 1	27	17	7:40	7:51	8:08	8:30
NYACK	32	20	7:45	8:00	8:20	8:50
ROCKLAND LAKE	38	24	7:57	8:12	8:40	9:10
HAVERSTRAW	48	30	8:12	8:30	9:00	9:45
STONY POINT - AID STATION 2	54	33	8:16	8:39	9:12	10:00
MOTT FARM ROAD	59	37	8:30	8:51	9:24	10:24
START CLIMB GATE HILL	65	41	8:36	9:03	9:44	10:45
FINISH CLIMB	69	43	8:43	9:09	9:52	10:50
START CLIMB CHEESECOTE	72	45	8:48	9:15	10:00	11:05
FINISH CLIMB	74	46	8:50	9:18	10:04	11:10
RAMAPO - AID STATION 3	83	51	9:02	9:33	10:24	11:40
SOUTH MOUNTAIN ROAD	89	55	9:12	9:45	10:40	12:00
STRAWTOWN ROAD	93	58	9:21	9:54	10:54	12:15
WEST NYACK - AID STATION 4	103	64	9:33	10:12	11:16	12:45
SPARKILL	112	69	9:45	10:27	11:36	1:15
HENRY HUDSON DRIVE	122	76	10:02	10:48	12:04	1:55
EDGEWATER	136	84	10:22	11:12	12:36	2:35
FINISH FORT LEE	137	85	10:24	11:15	12:40	2:40

SIGNIFICANT CLIMBS

ALPINE

Alpine becomes Muur van Alpine: For the 2025 GFNY NYC, the Alpine climb will be renamed "Muur van Alpine", inspired by Belgium's iconic Muur van Geraardsbergen. This is the first significant ascent of the race course and it is set in Alpine, New Jersey.



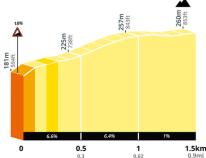


Gate Hill becomes Côte de la Porte, with a classic European flair: This new name gives a nod to Belgium's iconic cycling culture, with "Côte" meaning "hill" or "slope" in French, and "Porte" referencing the original name "Gate." Known for its punishing gradients and key role in the race, Côte de la Porte now carries a European flair.

Cheesecote becomes Côte de Fromage: the iconic Cheesecote climb has been given a fun, thematic makeover to become the Côte de Fromage. It starts out with a very steep incline and while it tapers off quickly, the road conditions have mostly been "Belgian" (rough!) over the years. It's a tricky climb that has been decisive for the outcome of the races in most years.



CHEESECOTE



PACKET PICKUP + EXPO

IMPORTANT!

In-person race packet pickup is mandatory, this is a Police requirement. Each participant must come in person to check-in and pick up their race materials.

You must come to GFNY Registration either Thursday, Friday or Saturday ONLY. You must be at the expo before 6:00pm on Saturday, May 18 in order to be able to pick up your race packet. There is no registrations or packet pickup on race day Sunday.

If you do not come to the expo during expo hours, you forfeit your registration and ability to take part in the event.



NYC Bike Expo is located in PIP Park in Fort Lee, NJ. The expo is the location for picking up your GFNY race materials: race numbers, timing chip, wristband, jersey and goodie bag. Plus the sponsors & exhibitor expo, and GFNY Shop.



EXPO HOURS: FRI 5/16 10am-6pm SAT 5/17 10am-5pm Last entry 30 minutes prior to closing time.

REGISTRATION HOURS: FRI 5/16 10am-6pm SAT 5/17 10am-6pm Last entry 30 minutes

prior to closing time.

Arrival by Bike: via Hudson Terrace, you must park your bike in Mandatory Bike Parking

Arrival by Personal Car: Parking at Fort Lee Municipal Lots: Guntzer and 95 Main St are the closest

Arrival by Car Service: Ask your driver to drop you at 3000 Lemoine Avenue, Fort Lee

GETTING READY FOR REGISTRATION

Q: Can I bring my family and friends with me? The expo is free admision and open to the public. Yes, bring your family and friends!

Q: What do I need to bring with me for registration? In order to check-in for the race, please bring a government-issued photo ID (driver license or passport). There is no need to print your registration confirmation.

Q: I don't like to wait. What is a good time to come to the expo, with the shortest wait? The expo is busiest at opening. The expo is less busy after 1 pm on all the days.

Q: How do the jerseys fit? The GFNY jerseys are standard European/race cut, and therefore more fitted in the torso than typical American size. We suggest ordering 1 size larger if you usually wear American-cut jerseys. Here is the size chart: https://gfny.com/jersey-size/

Q: Can I try on the race jersey? Yes, you will be able to try on your jersey for size at the fitting rooms. The jersey pickup booth is only for picking up the jerseys. Please don't try on jerseys or ask to swap jerseys at the jersey pickup booth.

Q: What if the jersey size I selected doesn't fit me? Can I exchange my jersey? We have a limited quantity of jerseys available for exchange. If you find the jersey you ordered is the wrong size, go to the JERSEY EXCHANGE stand and request the size you're looking for. We may not have the exact size you need to swap to, but we'll do our best to get a jersey size as close to your exchange size as possible.

Q: The waiver asks for my race number.

How can I find out my race number before the expo? You will find out your race number at the expo.

Q: Do I have to wear the wristband? Yes, wearing the wristband is mandatory. It will be attached to your wrist when you come to pick up your race packet at the expo and you must keep it on until you leave the Finish Village at the end of the event.

Q: Can I buy the matching bib shorts and other GFNY apparel at the expo? Yes, we have a limited quantity of GFNY apparel and accessories available for purchase at the pre-race expo. The quantities are limited and sold on a first come, first served basis. If you are worried about item availability, we recommend purchasing online in our online shop gfny.com/shop or coming to the expo early on Friday to have the greatest selection and size availability.

Q: My schedule changed and I can't come to NYC. Can my friend pick up my goodie bag for me? Yes. Send an email to your friend, authorizing them to pick up your goodie bag, along with a copy of your photo ID. Then at the expo your friend can show the email and a copy of your ID at the check-in booth to pick up your goodie bag and jersey for you.

Q: I'm flying in on Saturday night. Can my friend pick up my race packet for me?

No. For security reasons, every participant has to be present at packet pickup on Friday or Saturday. If you cannot make it to the expo to pick up your race packet, you will forfeit taking part in

the event. We recommend changing your flight to

arrive in NYC to make it to the expo in time.



Bike Parking is mandatory at all times if you are planning to enter any of the areas within the GFNY Village. Bikes cause tripping hazards and add to congestion. Bikes are not allowed inside the Registration / Expo and Jersey Pickup / Shop tents. If you are heading to pick up your race packet and arrived by bike, head over to Bike Parking upon your arrival.

If you are just walking through or visiting GFNY Café, you do not need to park your bike at Bike Parking.

REGISTRATION PROCESS

(1) RACE PACKET PICKUP Bring your government-issued photo ID and your GFNY Race Pass (on your phone or printed). Go to the Registration tent, and go to the stand with your race number. Show your photo ID and Race Pass and you will receive your race packet.

The race packet includes:

- Wristband, which will be attached to your wrist at packet pickup and must be kept on your wrist until the end of the race
- 2. **Bike number plate** with timing chip that you must attach to the front of your bike, and two twist ties
- 3. **Bib number** to attach to your jersey's back pockets plus 4 safety pins
- 4. Bike number sticker
- 5. Bag check sticker
- 6. **Profile sticker** that you attach to your bike's top tube to keep track of your progress
- 7. Rider sticker
- 8. **Standard-sized clear bag** that you can check-in on race morning. You'll get it back at the finish.

After you receive your packet, double check that all your personal information is correct on the label at the front of your race packet envelope. If you have any information changes like updating emergency contact info or changing your team name, please go to the DATA CHANGE / REGISTRATION / ATHLETE SOLUTIONS stand (5).

- **(2) GOODIE BAG PICKUP** Keep your race packet handy, go to GOODIE BAG stand to pick up your goodie bag. Present your race packet envelope to get your goodie bag.
- (3) JERSEY PICKUP Head over to the Jersey handout. Keep your race packet handy, go to JERSEY stand to pick up your race jersey. Remember: The jersey you receive is mandatory attire for the race. Present your race packet envelope with your jersey size to pick up your selected jersey size. To keep the jersey pickup process moving smoothly, please don't try on jerseys or ask to exchange jerseys at the jersey pickup booth.
- (4) JERSEY EXCHANGE If you think you may need to change your jersey size, you cannot exchange at the jersey pickup stand, you will need to go to the JERSEY EXCHANGE stand. Next to Jersey Exchange, you will also try on your jersey in fitting rooms with mirrors to double check if the size is correct for you.
- **(5) ATHLETE SOLUTIONS** If you need to make any data changes, stop by the booth and fill out a data change form. If you did not receive your GFNY Race Pass because you made an online registration during race week or did not complete your gfny.cc online check-in, we will assist you with checking-in, assigning your race number, and handing you your race packet.
- **(6) INFO BOOTH** You have questions, we have answers! The INFO BOOTH is run by GFNY's Gruppo Sportivo Ambassador Team, and they are GFNY & local experts. They are looking forward to meeting you and answering your questions! Please help keep packet pickup flowing smoothly for you and other athletes, please keep your race questions for the Info Booth and not ask your packet handout volunteer.
- (7) SIGN IN BOARD After you picked up your race packet, sign the Sign-in board. Photo op!
- (8) GFNY SHOP Pick up matching bib shorts, t-shirt, hat, helmet, or the complete GFNY kit.
- **(9) NYC BIKE EXPO** Check out exhibitors in cycling products and services, as well as meet other GFNY World races!

(10) BIKE ZONE BY UNLIMITED BIKING

Book and pick up your bike rental: <u>unlimitedbiking.com/events/gran-fondo-new-york-bike-rentals</u> Unlimited Biking also offers Bike Concierge service. UB's expert team will assemble and tune up your bike. Book your bike tune up in advance, then bring your bike to the packet pickup area where you will meet UB's expert mechanics. Book here: <u>unlimitedbiking.com/new-york/concierge</u>

(11) GFNY LETTERS Another photo op, for you and the whole family, club, group!



GFNY CAFÉ

GFNY weekend kicks off with a three-day pre-race GFNY Welcome Zone experience PIP Park in Fort Lee, NJ.

The GFNY Welcome Zone offers riders another way to connect with GFNY, other GFNY riders and their families and friends.

CAFÉ: A Café with water, Café de GFNY coffee, tea, bagels, muffins, bananas, beverages, music, bike racks, restrooms, jumbo screens.

MECHANICAL SERVICE: Bike Zone By Unlimited Biking will be at the GFNY Welcome Zones Friday and Saturday to assist with any of your pre-race bike maintenance needs.

GROUP RIDES: Check nyc.gfny.com/schedule-ofevents for detailes information about daily Group Rides departing at 9am that cover parts of the race course.



PIP PARK IN FORT LEE, NJ



FRIDAY 5/16 8

8AM-3PM

SATURDAY 5/17

8AM-3PM

SUNDAY 5/18

8AM-3PM



SPECTATOR GUIDE



Things to do for GFNY spectators

- Check out the GFNY pre-race expo, New York City Bike Expo. Held at Hudson Terrace, Fort Lee, NJ, on May 16 @10am-6pm and May 17 @10am-5pm.
- Watch the start from Fort Lee's Lemoine overpass on May 18 @7-7:30am
- Keep up with live race coverage on jumbo screen from 8am at the GFNY Welcome Zone in Fort Lee.
- Meet your finisher at the GFNY Finish Line on Hudson Terrace.
- Join the festivities at the GFNY Finish Village: awards ceremony takes place at 1pm, you can buy a delicious post race meal 11am-4pm, cheer on finishers 10am-3pm.

Q: We would like to follow the race from the GFNY Finish Village while we wait for our rider to finish, is that possible?

Yes. The GFNY Welcome Zone and Café will open at 8am on race day. Coffee and bagels and muffins will be available for purchase. Couches and lounge chairs will be available to spectators as they await your arrival. Aside the GFNY Welcome Zone there will be a large screen that will be displaying live video feed and commentary from the race course.

Q: We would like to follow our rider along the race course in our car, is that allowed?

No. GFNY has 3000 participants and if all participants had a personal car following them, it would create a traffic jam and make it impossible for riders to have a clear road to ride on. Plus more than half the course is closed to cars. In addition, outside assistance is not permitted because it is unfair.

Q: I see there is GFNY post race food at the GFNY Finish Village. Can the family eat with GFNY riders?

Yes, all GFNY fans can enjoy the delicious post race meal. Each GFNY participant will show their wristband and receive one free meal and spectators are able to purchase a meal ticket directly at the Finish Village.

Q: Can family and fans check out the GFNY Finish Village in Fort Lee? Do we need any tickets?

GFNY spectators, fans and riders' families are very welcome to join GFNY at the Finish Village in Fort Lee, NJ! The GFNY Finish Village is open to the public, they do not need any tickets.

Q: Where can spectators park in Fort Lee?

Please visit fortleepa.org/parking-lot-locations for exact locations of Fort Lee Municipal Parking Lots. You can use any metered parking available, plus any side street parking except for "residents only" parking.

Q: How could spectators get to the GFNY Finish Village in Fort Lee if we do not have a car? CAR SERVICE / TAXI / UBER:

(fastest option) Spectators can take a car service to GFNY Taxi Stand at Lemoine Ave & Wilson Ave, in front of Fort Lee High School (address: 3000 Lemoine Avenue in Fort Lee).

SUBWAY: If your fans want to walk from the subway to the GFNY Finish Village, it's a 1.7 mile / 2.7km walk.

ALÉ x GFNY APPAREL

At GFNY, every decision we make starts with one question: what would we want as riders? That mindset shaped GFNY Apparel from the ground up—gear designed by racers, for racers, tested across the globe in every condition imaginable. Over 200,000 riders later, we know what it takes to make a jersey that feels right at 5am on the start line and still delivers 100km later.

Our new partnership with Alé isn't a shift—it's a continuation of that philosophy. With Italian heritage and decades of experience outfitting the world's top teams, Alé shares our obsession with quality, function, and feel. Together, we're building gear that lives up to task — and to you, the riders, who make GFNY what it is.





Alé Bib Shorts "Muur



IDEAL GEAR



The GFNY World Championship is a one-day race that not only has a challenging course but also can present challenging weather conditions. Temperatures can range from 40F/5C at sunrise on the George Washington Bridge to 85F/30C in the afternoon at the finish.

While nine of ten editions of GFNY were held in good racing weather, the 2013 edition will long be remembered as extra tough due to unseasonably cold temperatures and relentless rain.







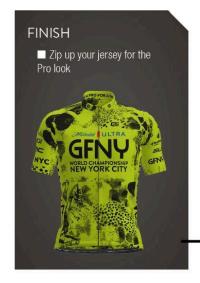
We've created this guide to help you prepare for the big day. Proper clothing is a deciding factor when it comes to your race day experience and safety. Smart apparel choices will make the day unforgettable for the right reasons.

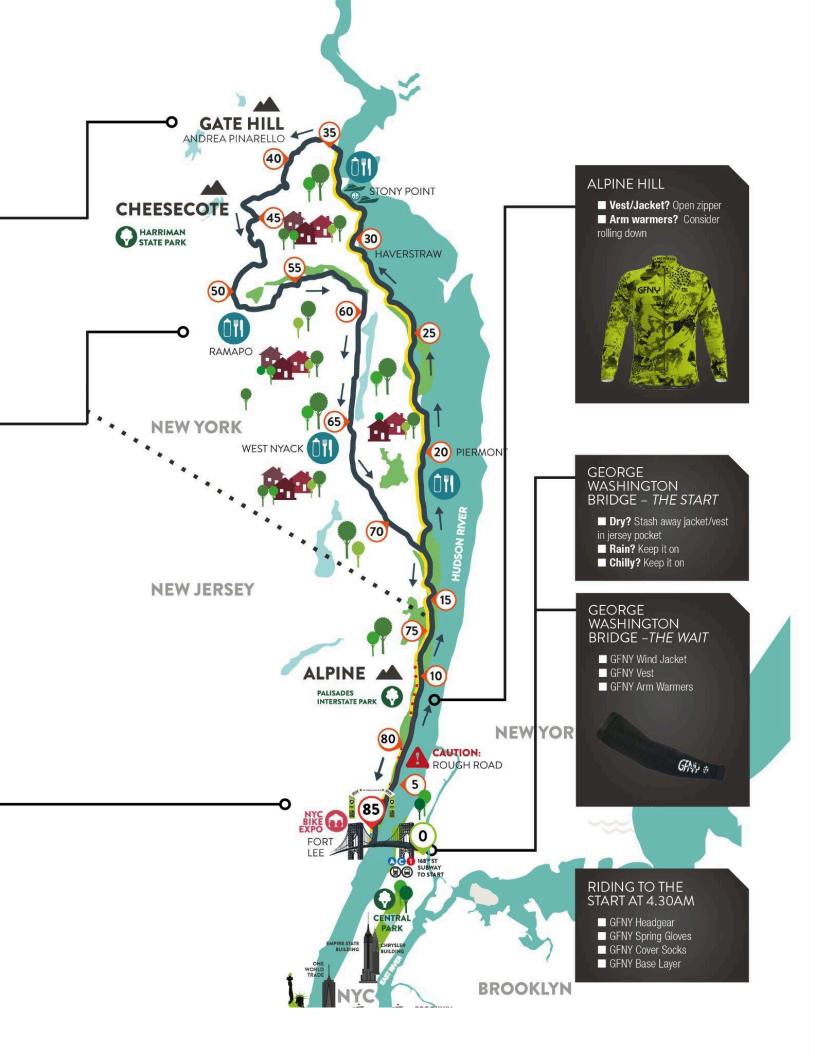
GFNY's motto **BE A PRO FOR A DAY** also applies to GFNY clothing: we are not taking shortcuts when it comes to materials and fit. You will be wearing the same quality apparel as a professional cyclist.



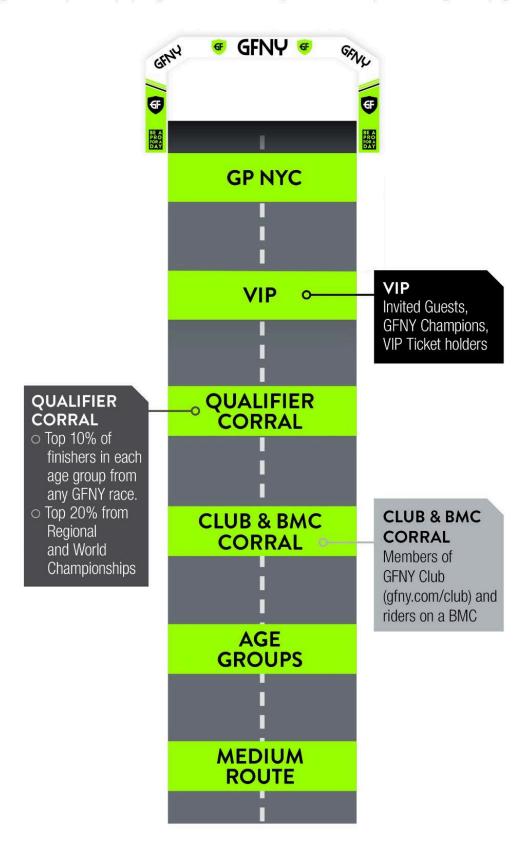








START CORRALS AT GFNY WORLD CHAMPIONSHIP



EXAMPLES OF COURSE SIGNAGE

















CATEGORIES



OVERALL WINNER

The female and male overall winners celebrate with the official GFNY spraying bubbly.

INDIVIDUAL COMPETITION:

The age groups are: 18-34 male/female

35-39 m/f

40-44 m/f

45-49 m/f

50-54 m/f

55-59 m/f

00-03 11/1

60-64 m/f

65-69 m/f 70-74 m/f

75-79 m/f

80 + m/f



CHAMPION'S JERSEY

Overall winners, age group champions, all members of the wining 4-person team and the members of the winning him&her teams receive the Champion's Jersey.



TEAM COMPETITION

Individuals can register as members of a team to take part in the GFNY Team Competition.

- The four fastest times from a team will be aded and ranked to determine the fastest team.
- All team members splits are totaled and ranked.
- The podium 4-person teams will be awarded prizes.
- All members of a Cycling Team are eligible for individual age group prizes.



HIM&HER CATEGORY

A female and male rider have to cross the finish line within thirty seconds of each other. Because it's tough to find two riders of the same ability and fitness, pushing, pulling, dragging, encouraging, shouting and any other means of working together is allowed.



BECOMING A GFNY THREE TIMER

DON'T DELAY YOUR DREAMS





If you finish 3 GFNYs in 2025, you will receive the special GFNY 3x FINISHER 2025 medal.



10x

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

Of course, you will receive a finisher medal at the finish line of every GFNY World race you complete. (GFNY NYC 2025 medal shown here)

Track your medal progress in your gfny.cc account.



CODE OF CONDUCT

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



RULES

ANNUAL INTERNATIONAL GFNY WORLD CHAMPIONSHIP ON MAY 18, 2025

GFNY World Championship NYC ("GFNY")

1. GFNY is a cycling event where riders are individually timed.

2. ENTRY

- 2.1. The entry to GFNY is open to riders aged 18 or older. GFNY has the sole discretion over entry numbers and cut off dates.
- 2.2. Riders who are serving a ban by a federation for a doping violation will be refused. Riders who have served their ban are allowed to ride in the event but will neither be timed nor be in the results and will start at the back.
- 2.3. Each rider has to ensure that his/ her health condition is sufficient for the event.
- 2.4. Each rider is responsible for having sufficient insurance coverage. 2.5. Entries are not refundable, transferrable or deferrable. No rider shall be entitled to an entry fee refund in case of disqualification.
- 2.6. GFNY reserves the right, in its sole and complete discretion, to deny entry, to revoke the entry application of any applicant at any time, and/or to disqualify any individual from the Event.

3. EQUIPMENT

- 3.1. Bike: any roadworthy Bicycle. The following are not permitted: triathlon bikes, time trial bikes, triathlon/aero bars, tandems, e-bikes, prone bicycles, recumbent bikes and bicycles with chair seating (except for para-athletes) or mono cycles. Unsafe bikes can be banned at any time during the event.
- 3.2. Helmets must be worn by all riders at all times and have to be securely fastened with a chinstrap at

all times while riding.

- 3.3. Jersey: the official event jersey must be worn at all times. No exceptions. Wearing a different jersey will lead to a severe time penalty or disqualification.
- 3.4. Bike number: the number plate with the chip timing strips on the back must be attached to the handlebar and be clearly visible from the front at all times. Any alteration of the number will lead to a time penalty or disqualification or the timing chips may not work properly.
- 3.5. Jersey number: the jersey number must be worn on the jersey pockets, attached by safety pins. Any wrong positioning or alteration of the number can lead to a time penalty or disqualification.
- 3.6. Wrist band: the wrist band must be worn at all times during the event.3.7. Riders have to carry equipment to repair a flat tire.
- 3.8. The use of headphones and/ or playing music on any device will lead to timing penalty or immediate disqualification.

4. START

- 4.1. Entry to the start area is only from the designated spots. Riders without their GFNY jerseys, bike number, jersey number, helmet and wristband at the checkpoint will be refused access to the start area. Not allowed at the start are large bags such as backpacks, handlebar bags or similar.
- 4.2. If a rider arrives after the designated corral closure time, they may be denied access to the start.
 4.3. Start order:
- (1) VIP: Returning champions from the previous year (overall, age groups), guests, and GFNY Club members

(2) Competitive corrals

(2.1) Top 20% of each age group of the previous GFNY World Championship and all GFNY Regional Championships.

Top 10% of all other GFNY World events since the last 380 days. (2.2) Licensed racers in several corrals according to their ranking. Minimum requirement: active Pro, Cat 1-3 Men (-39), Cat 1 Masters (40+) Men, Cat 1 Women and their international equivalent. GFNY reserves the right to limit the

GFNY reserves the right to limit the front corral to qualifiers at GFNY World events if there are space constraints.

Race corral requests are at full discretion of the organizer.

- (3) General GF riders according to their age group (younger to older)(4) Challenged athletes with hand cycles
- Riders have to start in their designated corral. Riders are allowed to start in a corral further back than their designated corral. If a rider attempts to get in a corral further ahead than allocated he/she will be put in the last corral, get a time penalty or are disqualified.

5. COMPETITION

5.1. All riders are timed by chip timing from start to finish. Overall rankings are determined by gun time. Age group rankings are determined by net (chip) time. GFNY reserves the right, in its sole and complete discretion, to change the rules if deemed appropriate.

5.2. Categories:

Category is determined by rider's age on December 31.

- (1) overall m/f
- (2) 18-34 m/f
- (3) 35-39 m/f
- (4) 40-44 m/f

- (5) 45-49 m/f (6) 50-54 m/f (7) 55-59 m/f (8) 60-64 m/f (9) 65-69 m/f
- (10) 70-74 m/f (11) 75-79 m/f
- (12) 80 + m/f

(13) under 90 him and her: times of a mixed sex team added. Riders have to be within 30 seconds at each checkpoint. Outside assistance between teammates is permitted and encouraged. No devices to push or drag are allowed.

(14) 90 and over him and her: times of a mixed sex team added. Riders have to be within 30 seconds at each checkpoint. Outside assistance between teammates is permitted and encouraged. No devices to push or drag are allowed.

(15) Team of four (any sex): times of the fastest four riders of a team added.

(16) An age group exists as a competitive category if there is at least one rider of that age and sex taking part in the race.

(17) Sex categories are defined as sex at birth (male or female).

5.3. Prizes will be awarded to the top three in each category. Distribution of the prizes is at the sole discretion of GFNY. Prizes not picked up at the awards will be distributed to other riders. Prizes will not be shipped or handed to anyone but the winner. 5.4. All protests concerning the order of finish shall be examined and resolved by the chief judge, whose decision is final and without appeal. It is the rider's responsibility to familiarize themselves with the rules of the event and the course before the start. Taking alternate routes or cutting the course short leads to disqualification from the current competition and to a ban at future GFNY.

6. ABUSE

6.1. No rider may be disrespectful toward race directors, officials, staff, riders, volunteers, local residents or spectators.

6.2. No rider may use foul or abusive language during GFNY.

6.3. No rider may assault (an unlawful attempt, coupled with the present ability, to commit a violent injury on the person of another) or do battery (any willful and unlawful use of force or violence upon the person of another) to anyone connected with GFNY (including but not limited to riders, spectators, public officials, volunteers, staff, etc.). 6.4. Any of the above will lead to disqualification and a lifelong ban for Gran Fondo New York Inc. events

7. CONDUCT

World events).

7.1. Cyclists have to obey all laws of the road including traffic lights and stop signs unless overwritten by police. Violators may be ticketed by local law enforcement and/or disqualified and removed from the event.

(including but not limited to GFNY

7.2. No rider may make an abrupt motion so as to interfere with the forward progress of another rider, either intentionally or by accident. 7.3. Any rider who appears to present a danger to the other riders may be disqualified by GFNY either before, during, or after the event. 7.4. Pushing or pulling or any other

physical assistance among riders is prohibited in all categories except the Him and Her categories where pushing or pulling is encouraged. 7.5. No outside assistance is allowed (incl. but not limited to team cars, personal support cars handing in supplies from roadside).

7.6. If a rider is laying on the ground and is visibly in difficulty, any following rider has to stop and help unless there are already at least three people helping. You may continue if a) the victim is fine or b) medical personnel has arrived. Help others, you may need help one day. 7.7. Any misconduct with respect to the above can lead to disqualification

and a lifelong ban at Gran Fondo New York Inc. events (including but not limited to GFNY World events).

8. 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, disqualification or lifelong ban at Gran Fondo New York Inc. events (including but not limited to GFNY World events). Any urinating in public is prohibited and can lead to disqualification, ticketing by local law enforcement or a lifelong ban at Gran Fondo New York Inc. events (including but not limited to GFNY World events).

9. PERFORMANCE ENHANCING DRUGS

9.1 GFNY is committed to a drug free sport. Performance Enhancing Drugs (PED) are prohibited in preparation for and during GFNY. GFNY reserves the right to enforce doping controls before, during and after the event. 9.2 Any violation of World Anti Doping Association (WADA) rules will lead to disqualification, reclaim of prizes and a lifelong ban at Gran Fondo New York, Inc. events (including but not limited to GFNY World events). GFNY shares positive doping controls with other event organizations as well as the public at large if a rule violation has been determined.

9.3 If a rider declines to be tested, they will be banned.

9.4 A rider who tests positive at GFNY will have to reimburse the cost of the doping control. Furthermore, such rider has to reimburse GFNY for any damages to its reputation that are a consequence of their positive doping control. If the rider is part of a team participating at GFNY, the team can be held liable for this damage.

10. ACCEPTANCE OF RISK All those who ride and compete under these rules do so at their own risk. No liability shall attach to GFNY or any of its officials with respect to any loss or injury sustained or caused by anyone competing or riding in GFNY.

11. RULE CHANGES

Course, date, rule or any other changes pertaining to the Event can be altered if deemed necessary at the sole discretion of GFNY.

ANTI DOPING

While GFNY is not a WADA Code signatory, we recognize the importance of clean competition, and have taken an unusually proactive stance in implementing an anti-doping program on behalf of clean athletes and the integrity of our sport, which includes adherence to the WADA Prohibited List.

In 2012, GFNY was the first amateur competition in the world in testing athletes out-of-competition (OOC) in addition to the traditional in-competition (IC) testing. The more costly and more difficult OOC testing is widely recognized as the superior testing method.

The use, possession and/or trafficking of banned substances, methods, or the encouragement or counseling to use banned substances, or methods, and/or taking measures to mask the use of banned substances, or methods by any participant in competitions is unacceptable and will not be tolerated.

GFNY has adopted WADA's anti-doping policies and procedures in order to ensure a clean, healthy and fair sporting atmosphere for all athletes.

The rules and regulations of GFNY's Anti-doping Policy aim to:

- Promote GFNY as a drug-free event;
- Uphold and preserve the ethics of sport;
- Ensure that all athletes have an opportunity to compete equally;
- Safeguard the physical health and mental integrity of the athletes;
- Encourage Affiliate Federations to execute similar regulations with their athletes.

Athletes who test positive at GFNY, receive an immediate lifetime ban for all GFNY events. Furthermore, GFNY reserves the right to ask the doper for any damages to its reputation that are a consequence of his/her positive doping control. If the rider is part of a team participating at GFNY, the team can be held liable for this damage.

Race history:

In 2012, two male riders in the top 10 tested positive for EPO at GFNY.

In 2015, the first man across the finish line and the third woman across the finish line rider tested positive for testosterone.

In 2017, a rider was caught for EPO during out-of-competition testing. The rider paid for the testing.

In 2019, two riders were caught for EPO during out-of-competition testing.

We see these results as a positive sign that our testing works. You can't find cheaters unless you look for them.



GP NYC PAST RESULTS

GRAN PREMIO NEW YORK CITY 2024



1st Tibor Del Grosso

Alpecin - Deceuninck Development Team Netherlands 03:04:20

2nd Wilmar Andres Paredes

Zapata

Team Medellin - EPM

Colombia 03:04:20

3rd Johannes Adamietz Lotto

Lotto Dstny Development

Germany 03:04:20

Team

PAST RESULTS

TOP 50 WOMEN GFNY WORLD CHAMPIONSHIP NYC 2024



SEX PLACE	FIRST NAME	LAST NAME	COUNTRY REPRESENTED	GUN TIME
1	Lorenza	Beccaria		03:47:32
2	Emma	Drabbe		03:47:39
3	Saure	Tyffen		03:48:26
4	Kae	Takeshita		04:00:33
5	Erialis	Otero	>	04:09:49
6	Donelys	Carino	>	04:09:52
7	Susan	Haid		04:14:04
8	Paolina	Allan	I+I	04:14:35
9	Yury	Beltran		04:16:23
10	Cecilia	Caillabet	•	04:17:35
11	Maria Francisca	Gonzalez	*	04:21:50
12	Patricia	Beltran		04:25:24
13	Dwindally	Rosado- Rivera		04:28:03
14	Mirna	Ponguta		04:29:38
15	Diana	Cano	**	04:29:56
16	Valeria	Amaya Arias		04:32:28

17	Beatrix	Ueberheide		04:33:54
18	Beatriz E	Vanegas		04:34:03
19	Brigitte	Sims		04:36:24
20	Edith	Guillen Chavarria	0	04:37:44
21	Diane	Soto		04:39:30
22	Noella	Pita	- T	04:39:43
23	Lorena	Beccaglia	-W-	04:39:49
24	Priscila	Chamorro Vargas	0	04:41:40
25	Anyeli	Solarte		04:48:03
26	Olga	Torres		04:53:09
27	(Maria) Noel	Baca Castex		04:54:53
28	Mayte	Velazquez Santiago	>	04:56:40
29	Yarilu	Roman		04:58:38
30	ldy	Judowitz		05:03:41
31	Lin-Yu	Wen	*	05:04:17
32	Loren	San Diego		05:06:07
33	Amy	Desmarais		05:06:45
34	Michelle	Araque		05:08:17
35	Andrea	Chala Pulido		05:09:35
36	Flavia	Muraro	♦	05:11:51
37	Ivanett	Barreto	•	05:13:54
38	Karen	Burbella		05:14:27
39	Aurora	Garcia V	*	05:14:36
40	Jolie	Goldstein		05:19:14
41	Lex	Pitney		05:19:15
42	Vanesa	Daher		05:19:29
43	Laura	Villarreal Jaramillo		05:20:20
44	Ana Karina	Orellana		05:23:30
45	Librada	De La Cruz		05:23:48
46	Paula	Vega		05:24:12
47	Maria Pia	Raffo Cuneo		05:24:19
48	Anna	Garancsi		05:26:00
49	Sabrina	Tonso		05:26:14
50	Nina	Acevedo		05:26:22

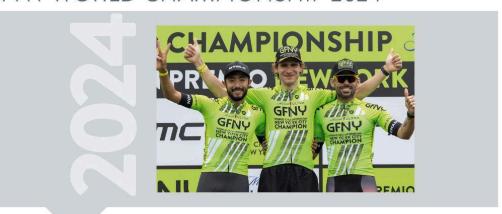
TOP 50 MEN GFNY WORLD CHAMPIONSHIP NYC 2024



SEX PLACE	FIRST NAME	LAST NAME	COUNTRY REPRESENTED	GUN TIME
1	Manuele	Caddeo		03:30:21
2	Diego	Vazquez		03:30:24
3	Ruben	Companioni Blanco		03:30:25
4	Brent	Bookwalter		03:30:26
5	Wells	Willett		03:30:27
6	Daniel	Gomez Mill N		03:30:28
7	Bruce	Bird	*	03:30:28
8	Ben	Gorodetsky		03:30:29
9	Cormac	Daly		03:30:29
10	Joshua	Kelly		03:30:30
11	Sebastián	Carvacho	*	03:30:30
12	Jonathan	Jimenez		03:30:40
13	Elvys	Noel	•	03:30:42
14	Daniel	Feldman		03:31:00
15	Christopher	Morales	*	03:31:08
16	Roberto Timothy	Bonapace		03:31:47
17	Kyle	Devine- Szymonek		03:31:48

18	Michele	Bertaina		03:32:20
19	Julian	Molina	*	03:33:17
20	Mattia	Magnaldi		03:33:22
21	Ricardo	Pichetta		03:33:22
22	Steven	Nino		03:33:40
23	Haakon	Sheffield		03:36:44
24	Francesco	Zantedeschi		03:37:41
25	Derek	Johnson		03:40:18
26	Chris	Mazzei		03:40:19
27	Vince	Rhino		03:40:19
28	Sebastian	Colorado		03:40:19
29	Alex Juan Pablo	Zapata Unas		03:40:20
30	Leon	Santamaria		03:40:20
31	Andrea	Crotta		03:40:20
32	Hernando	Rueda		03:40:21
33	Oscar	Camargo		03:40:22
34	Mateo	Garcia		03:40:22
35	Dixon	Vargas	→	03:40:22
36	Guillaume	Nelessen		03:40:23
37	Steve	Marshall		03:40:23
38	Daniel	Martinez		03:40:24
39	Malik	Graves- Pryor		03:40:24
40	Andreas	Buser		03:40:26
41	Jacob	Neely		03:40:27
42	Jose Jaime	Velez		03:41:06
43	Nicolas	Aguirre		03:41:35
44	Juan Jose	Ferreira		03:41:41
4 5	Juan David	L Pez Gu Rrez		03:41:42
46	Ben	Wolfe		03:42:22
47	Calcagno	Matteo		03:42:38
48	Pablo	V Lez		03:44:35
49	Dorel	Рор	-	03:46:54
50	Lucas	Zuleta		03:47:03

GFNY WORLD CHAMPIONSHIP 2024



Male overall podium

1st / #317 / 234136 Manuele Caddeo OFFICINE MATTIO A III Italy 03:30:21

2nd / #002 / <u>Diego Vazquez</u> - **Colombia 03:30:24** 209686

3rd / #367 / 235337 Ruben City Bikes United 03:30:25

States

Companioni Blanco

Female overall podium

1st / #549 / 234141 Lorenza Beccaria OFFICINE MATTIO B | Italy 03:47:32

3rd / #314 / 234456 Saure Tyffen OFFICINE MATTIO B France 03:48:26

GFNY WORLD CHAMPIONSHIP 2023



Male overall podium

Eguiguren

1st Mattia Gaffuri Swatt Club Italy 03:27:32
2nd Benjamin De Vicente Cyclingwolf Chile 03:34:26

3rd Jonathan Jimenez Zipaquira Tierra de Colombia 03:34:27 campeones

Female overall podium

1st Chiara Doni Swatt Club Italy 03:43:09

2nd Annalisa Prato Officine Mattio Italy 03:47:56

3rd Samantha Arnaudo Officine Mattio Italy 03:47:56

GFNY WORLD CHAMPIONSHIP 2022



Male overall podium

1st Luca Vergallito Team OM.CC II Italy 04:17:52

2nd Mattia Gaffuri Swatt Club I Italy 04:17:53

3rd Adrian Alvarado Teneb Team Velo'Z Lorile 04:21:32

Female overall podium

1st Samantha Arnaudo - Italy 04:42:24

2nd Hannah Fandel Team Stuttgart Germany 04:45:55

3rd Jill Patterson - United States 04:47:38

CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019



Male overall podium

1st Jeremiah Bishop Canyon United States 04:19:25

2nd Ricardo Pichetta PLB Cycling Team Italy 04:19:26

3rd Jochen Wallenborn Percy Mash Germany 04:19:28

Female overall podium

1st Jill Patterson - United States 04:31:17

2nd Camila Cortes - Colombia 04:31:35

3rd Janine Meyer LeXXi Smartsuits powered by Germany 04:31:41

Tune

CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2018



Male overall podium

1st / #128 / 117007 The Weather 04:22:23 United <u>Michael</u> <u>Margarite</u> Channel / States Specialized 2nd / #002 / 106841 Ricardo Pichetta Officine Mattio 04:22:26 Italy Israel Cycling 04:22:27 3rd / #020 / 108587 Luis Enrique Mexico Lemus Davila Academy Female overall podium 04:47:13 Colombia 2nd / #475 / 109101 Jill Patterson **Artemis Racing** United 04:53:26 States 3rd / #180 / 103957 Paola Monroy ■ Mexico 05:00:14

CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2017



Male overall podium

1st Ricardo Pichetta **RDV Team** Brazil 04:28:47 2nd Victor Gras CRCA/Rockstar Games 04:28:47 France 3rd Chase Goldstein Team Weather Channel / United States 04:28:48 Specialized Cycling Team Female overall podium

1st Camila Cortes Colombia 04:45:30 2nd Marcella Toldi 04:47:32 LABA Cycling Brazil 3rd Maria Camila Giannella -Brazil 04:56:08

CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2016



Male overall podium

1st Michael Margarite - United States 04:30:25

2nd Allan Rego - United States 04:36:51

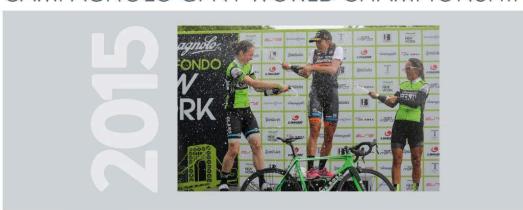
3rd Adderlyn Cruz - Dominican Republic 04:36:58

Female overall podium

1st Camila Cortes - Colombia 04:51:21

2nd Marcella Toldi - S Brazil 05:12:16

CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2015



Male overall podium

1st / #060 / 129572 Raul Alexander Montana - Colombia 04:15:27

2nd / #040 / 126429 Timo Krieger - Switzerland 04:15:30

3rd / #037 / 117007 Michael Margarite - United States 04:15:47

Female overall podium

2nd / #222 / 126405 Andrea Myers - W United States 04:58:46

3rd / #067 / 117141 Paolina Allan - Canada 05:11:39

CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2014



Male overall podium

1st / #035 / 117064 Gabriel Corredor - Colombia 04:21:49

2nd / #253 / 128087 J Ludewig - Germany 04:21:54

3rd / #203 / 128088 Ricardo Giraldo-Sierra - Colombia 04:40:14

Female overall podium

1st / #218 / 127953 Amparo Del Pilar Gonzalez - Colombia 05:01:01

2nd / #072 / 117141 Paolina Allan - Canada 05:03:26

GRAN FONDO NEW YORK 2013



Male overall podium

1st Stefano Nicoletti - Italy 04:24:26

2nd Bruce Bird - ■ Canada 04:29:15

3rd Anthony Fatuzzo - United States 04:33:49

Female overall podium

1st Camila Cortes Severino - Colombia 04:59:42

2nd Susan Jones - Canada 05:21:02

3rd Kate Veronneau - United States 05:26:35

GRAN FONDO NEW YORK 2012



Male overall podium

1st Wladimiro D'Ascenzo SC Melania

2nd Anthony Fatuzzo Team Cosmic United States 00:32:34

00:31:53

3rd Igor Volshteyn Champion System p/b United States 00:33:06
Stan's NoTubes/CRCA

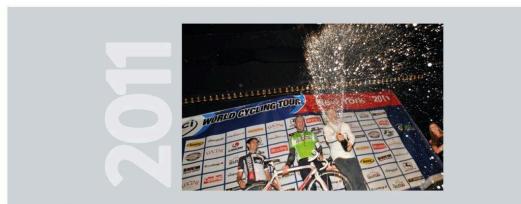
Female overall podium

1st Susan Jones - Canada 00:41:40

2nd Ana Maria Bonilla Paez - Colombia 00:43:13

3rd Tara Kupersmith TargeTraining United States 00:43:14

GRAN FONDO NEW YORK 2011



Male overall podium

1st Clayton Barrows	Stan's No	United States	00:24:53
2nd Maurizio Coccia	Pro Bike	Italy	00:25:01
3rd Michael Margarite	Stan's No	United States	00:25:19

Female overall podium

1st Marti Shea	Destinati	United States	00:29:17
2nd Kristen Gohr	Cycling F	United States	00:29:51
3rd Molly Van Houweling	Metromint	United States	00:30:24