



RACE GUIDE

AUGUST 27, 2023

TABLE OF CONTENTS

Schedule of Events	3
Addresses for GPS	4
Preparation for the race	5
Correct bib placement	7
Official Race Jersey	8
GFNY Gear	8
Supporters	9
The Start	10
Course	11
Important Race Information	13
After the race	17
Medal and Qualification	18
Official photography: Sportograf	20

SCHEDULE OF EVENTS

FRIDAY, AUGUST 25			
9AM		Group Ride	TBD
1PM	5PM	Expo & Registration open	Ulva Kvarn
6PM		Aperitif	TBD
SATURDAY, AUGUST 26			
9AM		Group Ride	TBD
1PM	5PM	Expo & Registration open	Ulva Kvarn
12PM	9PM	Uppsala Craft Beer Festival	Märstagatan, Uppsala
SUNDAY, AUGUST 27			
6AM		Start area opens & recommended arrival time to the start area	Ulva Kvarn
6:45AM		Start corrals close	Ulva Kvarn
7AM		Start of GFNY Uppsala	Ulva Kvarn
10AM		Recovery Zone opens & Post-race meal begins	Ulva Kvarn
11:45AM		First multi finisher award ceremony	Ulva Kvarn
12PM		Awards Ceremony	Ulva Kvarn
1PM		Second multi finisher award ceremony	Ulva Kvarn
1:20PM		Course closes	Ulva Kvarn
6PM		End of festivities	Ulva Kvarn

Version August 25, 2023
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 Check <https://upsala.gfny.com/race-guide/?lang=en> for updates.

ADDRESSES FOR GPS

FRIDAY & SATURDAY	SUNDAY
Expo Ulva Kvarn	Parking for riders Ulva Kvarn Parking
Parking Expo Ulva Kvarn Parking	Timing Start Ulva Kvarn
Drop off Ulva Kvarn Parking	Timing Finish Ulva Kvarn
	Post race Celebrations Meal & Awards
	Drop off
	Parking for supporters Ulva Kvarn Parking

PREPARING FOR THE RACE - TIMELINE

3 MONTHS OUT

1. 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.
2. Keep up with any race-related news by checking our website, Facebook page and reading the email news. A lot of details pertaining to GFNY race prep are covered in the GFNY Daily Coffee podcast, available on [Apple Podcast](#), [Spotify](#), [Player FM](#), [Lybsin](#), [Stitcher](#), [Amazon Music](#) or any other favourite podcast streaming service.
3. **Get out and ride!** Get in the mileage and the climbing needed to prepare you for the race.

1 MONTH OUT

1. Go to your [gfny.cc](#) account and review your ticket for jersey size, distance, team name, emergency contact info - you can make changes to this ticket data until 21 days before the race.
2. **Get a complete bike 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, also prepare your bike to be race ready. Last-minute availability of bike parts is not guaranteed on site.
3. Your last chance to upgrade your corral to Club Corral is by the 21 day cutoff.
4. At 21 days before the race, we begin the number assignment process and no further athlete data changes are possible online. If you do have a change, visit us at the Athlete Solutions Desk at the expo.

2 WEEKS OUT

1. You will receive an email once Online Check-in is open, usually 2 weeks before race day. You can access the Check-in either by following the link in the email or by logging into your [GFNY.cc](#) account and clicking the Check-in button aside the race ticket.
2. Upon completing the Online Check-in, you will receive your GFNY Race Pass, which will contain your bib number, QR code and selected packet pickup time.
3. Read the Race Guide to get familiar with all the important race details and safety information.

PACKING

1. Review the GFNY Packing List to make sure you won't forget anything: [gfny.com/pdfs/checklist.pdf](#)
2. 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 an 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.

DEPARTURE TIME

1. Check the Schedule of Events page for all the race week activities like group rides, happy hour, expo hours, and more.
2. Check your travel itinerary like flight times, hotel info, airport transfers, how to get to the expo & start line.

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RACE WEEK

1. Enjoy all the fun stuff that the destination has to offer.
2. Ride parts of the course to get comfortable with your new environment.
3. Don't forget rest & relaxation. Good sleep will be the key to feeling good on race day.

RACE PACKET PICKUP

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

THINGS TO BRING WITH YOU FOR RACE PACKET PICKUP:

1. Government-issued photo identification document (E.g. passport, driver license)
 2. Your Race pass, printed or on your phone
 3. Your ticket, printed or on your phone
- If you received a green race pass and have a race number, proceed to the packet pickup area.
- If you received a yellow race pass and did not receive a race number, go to the Athlete Solutions Desk.

PICKING UP YOUR RACE PACKET

1. Scan your QR code.
2. Show your photo ID.
3. Look over your personal information on the envelope, verify that all your data is correct, and that the race packet belongs to you. Go through the contents of the envelope to check the correct numbers are in the envelope. Your packet should include:
 - Bike number with timing chip. 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 twist ties to attach your bike number to the front of your bike.
 - Jersey number, which you attach to your jersey's back pockets (on your non-dominant side)
 - 4 safety pins.
 - Profile sticker, which you attach to your bike's top tube.
4. You will get the participant wristband attached to your wrist.
5. If you need to make any data changes, visit the Athlete Solutions Desk before you leave the expo to fix the data.
6. Keep your race packet easily accessible, and proceed to the goodie bag and race jersey pickup. When you receive each item, your friendly GFNY volunteers will mark your envelope that you've received the items.
7. If you need to try on or exchange your jersey, stop by Jersey Exchange, it has a fitting room and mirror for your convenience.

If you have any questions, we have a dedicated Information Desk aside the Athlete Solutions Desk. You may have questions about the race course, about the rules, or categories, but the volunteer at Packet Pickup or Jersey Exchange may not have all the race details, please visit us at the Information Desk. We are here and looking forward to answering your questions.

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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. If you have a computer, use only the top hole on each side of the bike plate to hang the bike plate straight down, below your computer.



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.

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

INCORRECT BIB NUMBER & BIKE PLATE PLACEMENT



OFFICIAL RACE JERSEY

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



GFNY GEAR

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

SUPPORTERS

At GFNY, we know the dedication to achieve goals and reach the finish line is not just solely the athlete's, but also involves family, partners, and friends - the people in our lives who support their athlete each day throughout the journey to the race's start line and finish line - through the training, the planning, the logistics, the travel.

We want to bring the GFNY Supporters into the race week experience as much as possible! Below please find some important safety and logistics information, as well as helpful advice to make the race week experience as enjoyable as possible.

EXPO

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

AT THE START

Supporters, family members and friends are welcome to join us at our start line to support our riders.

ON THE COURSE

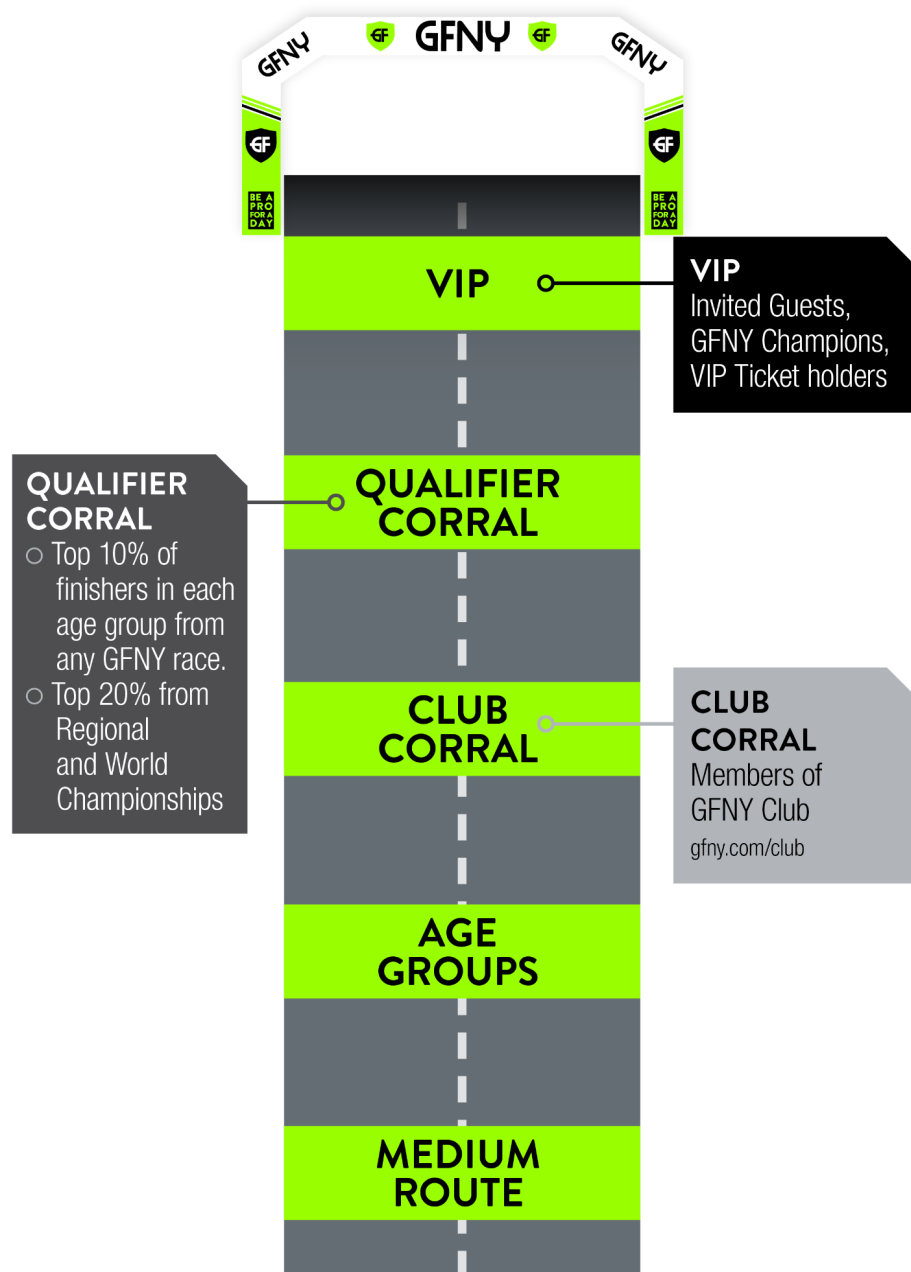
We recommend supporters who want to see the riders along the course to safely park your car next to the road, and support your rider from a safe place. Please don't drive through the course with our riders.

FINISH LINE

Supporters, family members and friends are welcome to join us at our finish line to support our riders.

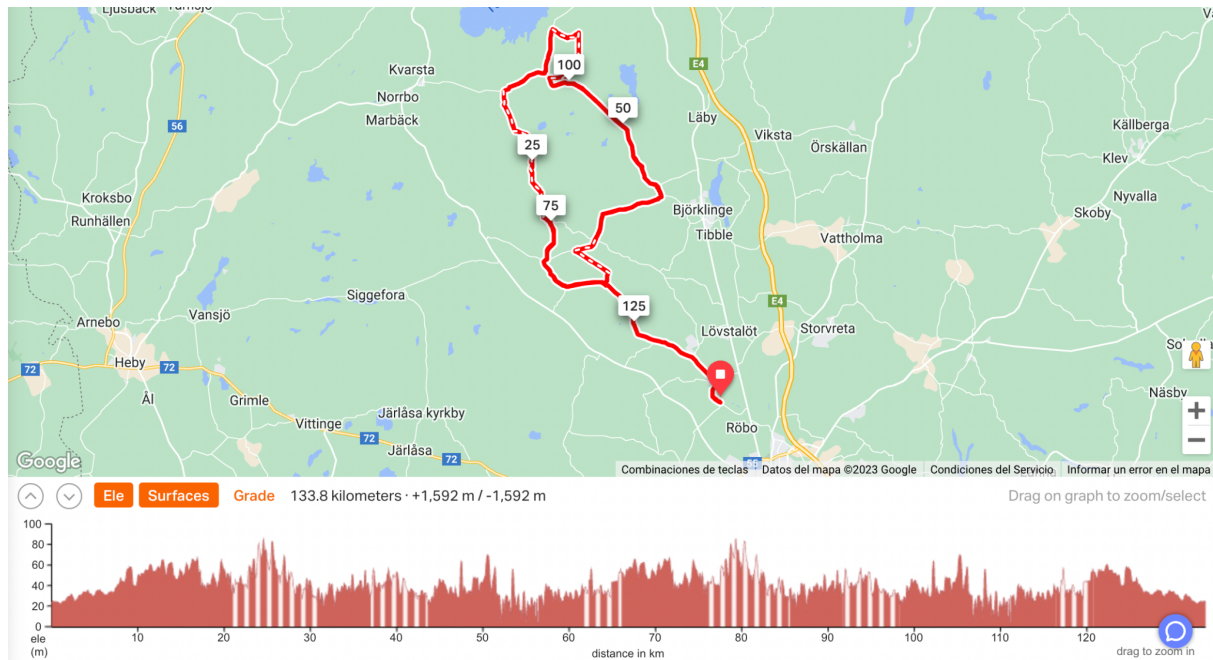
THE START

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



LONG COURSE

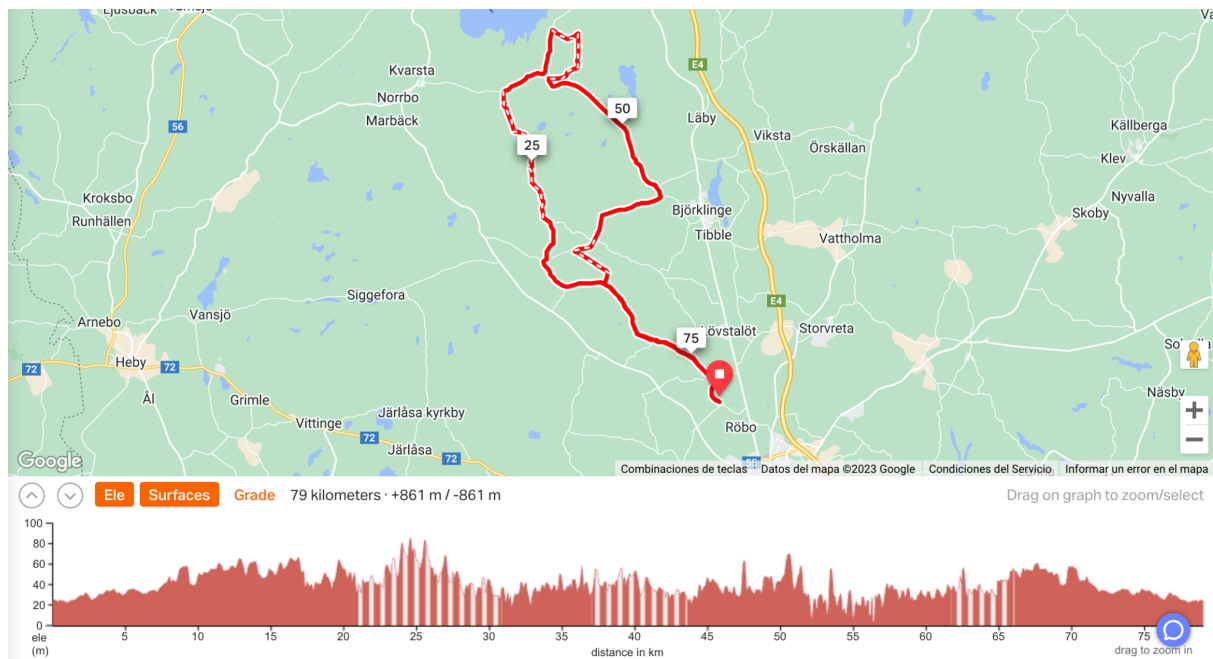
View and download the long course to your GPS here: <https://ridewithgps.com/routes/43632550>



LONG COURSE IS A COMPETITION: Only the finishers of the 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 GFNY Uppsala finishers in each age group earn a spot in the Qualifier Corral at every GFNY World event.*

MEDIUM COURSE

View and download the medium course to your GPS here: <https://ridewithgps.com/routes/43632530>



MEDIUM COURSE IS NOT A COMPETITION: The riders of the 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.

IMPORTANT RACE INFORMATION

ALWAYS STAY TO THE RIGHT

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

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

FOLLOW VEHICLES PROHIBITED

GFNY Uppsala riders have full event support from the race. Imagine all 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.

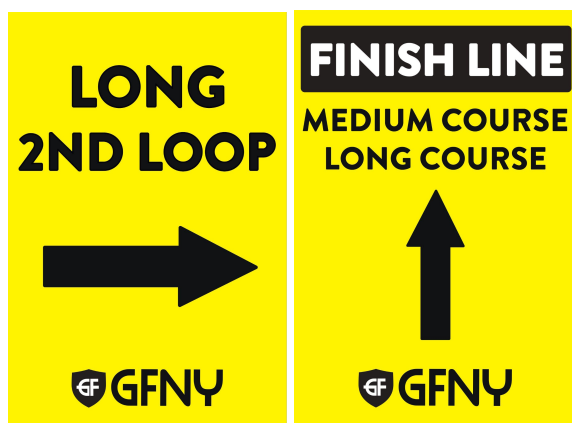
NO PERSONAL ASSISTANCE

GFNY Uppsala 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.

COURSE SPLIT

The GFNY Uppsala course splits at kilometer 50.2. Long course riders will turn right onto C 634, towards Harbo & Åkerlänna, while medium course riders continue straight towards Bälunge heading back to the finish. You will see this sign at the split point itself:

- Turn right if you are doing the long course, to start the second loop.
- Continue straight if you are doing the medium course to go to the finish, or if you are riding the long course and have completed the 2nd loop to head to the finish.





















AID STATIONS

On average aid stations are located at kilometers: 17,45, 72 & 99 along the course and at the finish line.

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

Note that in cycling, there is no handing-on-the-fly at aid stations. You will need to stop at aid stations if you need to refill your water bottle or grab something to eat. Note that receiving aid from someone standing at the side of the road who is not affiliated with the race, or from a non-official/neutral vehicle is against the rules and can lead to disqualification. Do not accept outside assistance, it is against GFNY Uppsala 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.

GF GFNY UPPSALA						
	START	1	2	3	4	FINISH
LONG (KM)	0	17	45	72	99	134
MEDIUM (KM)	0	17	45	-	-	79
ECO ZONE		GFNY ECO ZONE	GFNY ECO ZONE	GFNY ECO ZONE	GFNY ECO ZONE	
WATER, SODA						
SNACKS						
MEDICAL						
RESTROOMS						
MEDALS & AWARDS						

MEDICAL

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

If you witness a serious crash that requires an emergency medical call, you must stop and call 112. Remember that you are obliged to stop and offer assistance unless there are already at least 3 people helping. You can continue if a) the rider is fine or b) the medical personnel arrives.

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

MECHANICAL

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

TIMING

GFNY Uppsala is timed from start to finish. Results will be available in your gfny.cc account immediately following the race. You will also be able to see your race results at gfny.com/results. If you have any questions about your result, please consult with the timers directly at the finish line or via email to santiago@gfny.com.

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

RULES

Please be sure to read the race rules, found at <https://uppsala.gfny.com/rules/?lang=en> to get familiar with them.

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RACE HOTLINE

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

In case of an emergency, call 112. The Hotline number is for non-life-threatening calls for a van pickup.

COMPETITION

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

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

CUTOFF

The course closes at 14.00 after 7 hours.

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 Uppsala rules (<https://uppsala.gfny.com/rules/?lang=en>).

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 throw 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.

RESTROOMS

Restrooms are situated at every aid station, the start & finish line.

CODE OF CONDUCT

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

NO AREOBARS



**STAY ON YOUR
SIDE OF THE
ROAD**



**WEAR THE
OFFICIAL
JERSEY AND
WRISTBAND**



**NO OUTSIDE
ASSISTANCE**



NO HEADPHONES



NO PUBLIC URINATION

**OFFER FIRST
AID ASSISTANCE**



**RESPECT STAFF,
VOLUNTEERS,
SPECTATORS,
AND FELLOW
RIDERS**

**NO LITTERING.
USE ECO ZONES**



**OBEY POLICE
AND STAFF
INSTRUCTIONS**

**FOLLOW
THE COURSE**



**BE A GOOD
GUEST, RESPECT
THE HOST
COMMUNITY**

AFTER THE RACE

REFRESHMENT

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

POST-RACE MEAL & BIKE PARKING

Each rider receives a complimentary meal after the race; make sure you wear your wristband; it serves as your meal ticket. The post race meal is held at [Ulva Kvarn](#). If you choose to eat directly after finishing the race, please note that BIKE PARKING IS MANDATORY utilize the provided bike racks for self-parking.

AWARDS

At 3PM, the Awards Ceremony will take place at the [Ulva Kvarn](#).

MEDALS AND QUALIFICATION

OFFICIAL GFNY Uppsala FINISHER MEDAL

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



QUALIFICATION

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

GFNY 3xYEAR MEDAL

Your racing just got a whole lot more rewarding! Besides the great GFNY Uppsala medal that you'll receive at the finish line of GFNY Uppsala 2023, you also earn a "finish" towards earning the 3x2023 medal. Finish 3 GFNYs (for example: Cozumel, Uruguay, Uppsala) in 2023 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.

PICKUP MULTI FINISHER MEDALS

At the multi finisher awards ceremony.



OFFICIAL GFNY 10x 20x 30x 40x MEDALS

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OFFICIAL PHOTOGRAPHY: SPORTOGRAF

Don't forget to smile! Sportograf is the official photography service of GFNY Uppsala 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 \$29.99. Visit <https://www.sportograf.com/es/event/8729> after the race to view and purchase your race photos.





GFNY UPPSALA

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