

Introduction

Welcome to the Alpine Loop's party on wheels! As a Gran Fondo, this ride is a non-sanctioned event for all levels of cyclists. As such, we recommend that you enjoy the time riding through the city and encourage you to treat it as a warm-up for the climb ahead. We also know that once you hit the canyon, you will likely be gunning for a fast split. We invite you to go for it, but please remember to obey the rules of the road and to be cautious and aware of the traffic around you at all times. On the descent, take time to relax and enjoy the views of Mount Timpanogos. Most importantly, have fun and remember to *CRANK IT!*

General Information

Date: June 29, 2013

Venue: Timpanogos HS (1450 North 200 East, Orem UT)

Trigger Time: 6:30 AM

Course Distance: 41.6 miles

Elevation Gain: 4500 feet

Packet Pickup

Packet pickup will be held on Friday, June 28th at SBR Utah from 4:00-8:00 PM. SBR is located at 149 West 400 North in Orem, UT (just west of State Street).

You will be receiving your race bibs, timing chips, shirts, and other swag items at packet pickup. Ride Directors will be present to answer any questions, and the SBR crew will be available to help you out with any tune-ups or gear that you may need.

Morning of the Ride

We encourage cyclists to arrive early in order to ensure an on-time trigger. Parking will be available on the northeast side of the school, just south of the start/finish line. Please enter the neighborhood from the east side of the school (using 400 East), as the road west of the start line will be closed for the start.

The parking lot on the southeast side of school and the adjacent roads may be used as a warm-up area. SBR will be present at the starting area to help out with any last-minute mechanical support you may need.

Prior to the trigger, please make sure that your timing chip is on your ankle and your bib on your chest.

Course

The course begins and finishes at Timpanogos High School, and winds west and north through six cities before entering American Fork Canyon. There are very few turns on this course, which makes it easy to get into a good cadence. After reaching the summit, riders will have the opportunity to wind down past Sundance Ski Resort and out of beautiful Provo Canyon before reaching the finish line. A summary of key points and turns along the route are included below. Please refer to the map at the end of the Guide for a visual on where each of these points is located.

1. Start & finish at Timpanogos High School
2. Turn left (west) on 1600 North
3. Turn right (north) on Geneva Road
4. Turn left (west) on 700 North
5. Continue straight on North County Boulevard
6. Turn right (east) on Timpanogos Highway
7. Enter American Fork Canyon
8. Summit American Fork Canyon
9. Turn right (south) on Provo Canyon Road
10. Turn right (west) on 800 North
11. Turn right (north) on 400 East

King & Queen of the Mountain

Cyclists will receive both their final overall time as well as their climb split from the mouth of American Fork Canyon to the summit. Awards will be based off of the climb, and the top 3 male and female finishers will be included in the awards ceremonies, which will tentatively be held at 9:30 AM (male) and 10:00 AM (female). Exact ceremony times may change based on when participants finish.

Climb Split & Summit Parking Lot

The beginning of your climb split will begin right as you enter the canyon at approximately mile 12.3. Flags will be on the road to indicate where the timing strip is located. Please ride on the right side of the road and between the flags to ensure that your split gets taken.

In order for the mouth to summit split to be taken, cyclists must enter the roadway to the right that leads to the summit parking lot (approximately mile 23.2). The end split is on this roadway right before you get to the parking lot loop. Volunteers will be present to guide you here.

Exact split locations are indicated by orange cyclist icons in the map at the end of Guide.

At the summit, feel free to take a break, grab some fruit or a bagel, use the restroom, and refill your bottles before heading back down the other side.

Aid Stations & Mechanical Support

There will be three aid stations along the course, each of which will include Gatorade, water, and gels provided by SBR. The aid stations will be located at the following locations (see map):

1. Mouth of American Fork Canyon (mile 12.2)
2. Summit parking lot (mile 23.2)
3. Entrance onto Provo Canyon Road (mile 31.9)

SBR will also be following the riders in a sag wagon and will be available for any mechanical support needed along the course. If you are unable to continue for whatever reason, the sag wagon will not be too far behind you. If you see another cyclist that is unable to continue, please notify the next aid station and they can communicate the location of the cyclist to the sag wagon.

Rules of the Road

In order to ensure the safety of cyclists and vehicles, the following rules must be followed at all times. Failure to adhere by any of these rules will result in immediate ejection from the event.

- Helmets are mandatory at all times.
- The use of headphones is strictly prohibited.
- Cyclists are responsible for obeying traffic laws at all times. Please ride cautiously and respect the rules of the road.
- Personal support vehicles are not allowed on the course. Cyclists must pull over to the side of the road and come to a complete stop at aid stations to refuel and rest.

Course Signage

Large signs with the Timpanogos Gran Fondo logo and a directional arrow indicating which direction cyclists should go will mark every turn on the course. Additional signs will be placed at larger intersections indicating where cyclists should proceed straight. Once you notice these signs please keep your eyes open for them as you proceed along the course route.

Volunteers may be present at key intersections as well to ensure that cyclists stay on the correct route. Please take a few minutes to study the course route and familiarize yourself with the turns.

Medical Aid

Each aid station will be equipped with a basic first aid kit that will include bandages, Neosporin, gauze pads, ibuprofen, and other basic items. Should you need any of these items, ask the volunteers at the aid station and they will be able to assist you. Additionally, our medical director, Dr. Thad Barkdull from Tri City Medical Clinic, will be present at the finish to provide necessary medical care.

Photography

Photographers will be placed along the most scenic portions of the course as well as at the finish to capture your sprint across the line.

Photographs will be made available for free shortly after the race through Facebook, and will also be made available at Zazoosh.com.

When You Finish

Immediately after crossing the finish line, a few things will happen. First, you'll be rewarded with one of our huge finisher's medals – enjoy!

Volunteers will also be present to retrieve your timing chip, as these are not disposable. If a volunteer is not present to retrieve your chip please return it to the timing booth, which will be located under the tent adjacent to the finish line.

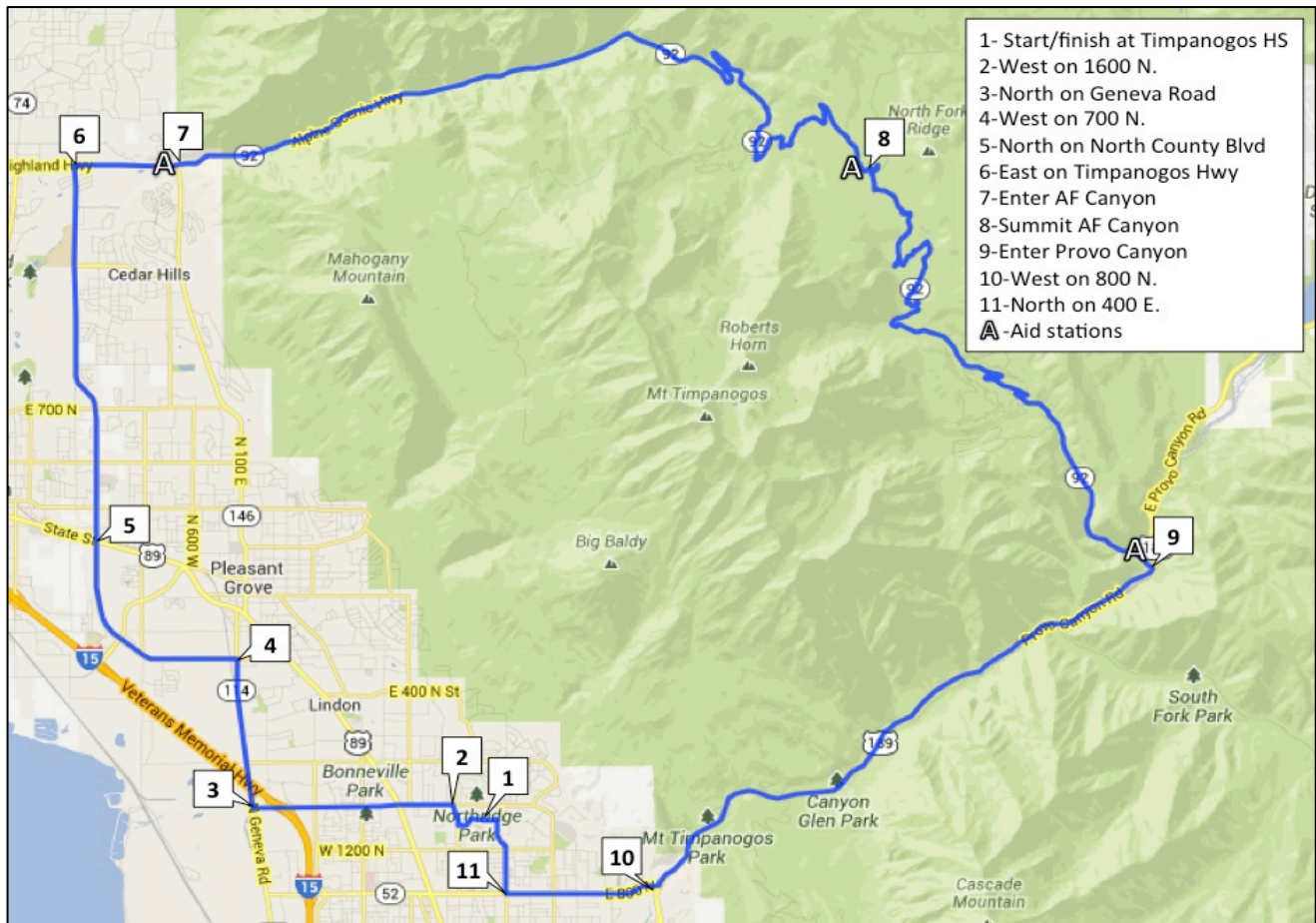
After you get your medal and return your timing chip, take some time to celebrate with some great food, enjoy the music, cheer on your fellow cyclists as they cross the line, and stay for the awards ceremonies.

Timpanogos Gran Fondo jerseys and shirts will be available for sale at the retail booth by the finish area.

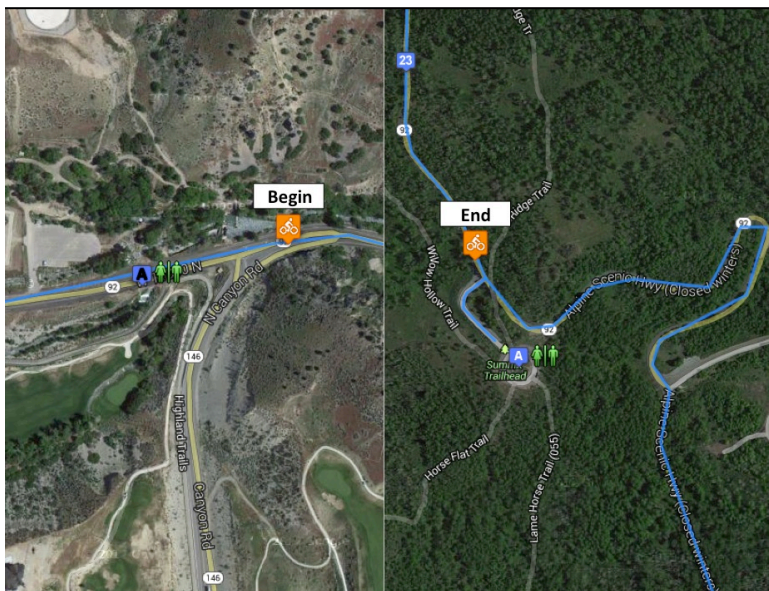
Thank You!

We want to say thank you for joining us for the inaugural Timpanogos Gran Fondo, and we hope you have a great experience! If you have any additional questions, please email us at info@timpgranfondo.com.

Course Map



Climb Split



Timpanogos High School

