

GRAN FONDO HUNDO

Important Info & Frequently Asked Questions (FAQs)

Higher Gear

Higher Gear is located at 1515 Sheridan Road, Wilmette. We are towards the back of the Plaza del Lago shopping center, across from CVS.

Higher Gear location:

<http://highergearchicago.com/?p=26>

Emergency Contact – Please put in your phone!

If you choose not to ride on Sunday or voluntarily end short of the finish, or if you should need any assistance during the ride, contact the **Grand Fondo Hundo Coordinator at 773-919-9405**.



Event Day Schedule for Sunday, July 23rd:

All riders are encouraged to arrive to Higher Gear by 9:00am Sunday morning.

8:00am – 9:30am: Day-of registration & gear check

9:30am: Riders assemble in staging area

9:45am: Rider welcome

10:00am: Ride departs Higher Gear

3:05: Historic Simmons Field in Kenosha, WI opens

4:05pm: Game time! Kenosha Kingfish v Wisconsin Rapids Rafters

After the game: Bus departs Simmons Field

Approximately an hour after departure from Kenosha: Riders will be reunited with their bikes at Higher Gear

Come and get it! When is Packet Pickup?

Packet pickup is at Higher Gear. Riders will be asked to sign a release waiver. After signing, you can claim your jersey, bib number, cue sheet & SWAG bag.

Thursday, July 20th: 5:00pm – 8:00pm

Friday, July 21st: 10:00am – 6:30pm

Saturday, July 22nd: 9:00am – 5:00pm

Event day / Sunday, July 23rd: 8:00am – 9:00am

Where can I park on Sunday?

Rider drop-off at the start is encouraged. For those who need to leave cars in Wilmette, parking is available in the lot behind Plaza del Lago.

This isn't the Tour de France - Why do I have to wear a bib number?

Your gear bag and bike check in will correspond with your unique rider number, which you should pin to the left side of your jersey. You will need your bib to be able to collect your gear at the finish and your bike at the end of the day.

Event morning - Should I eat breakfast and what should I eat?

You should eat breakfast before any morning ride, but it's especially important for longer rides. Many riders prefer food that is easy on the stomach and high in complex carbohydrates, like oatmeal with fruit, as a good meal before a long ride.

Eat Before Your Morning Ride: <http://highergearchicago.com/?p=29318>

Should I bring my own water and nutrition?

We will provide light snacks and hydration at the start and at the rest stop located along the route, including nutrition that comes compliments of ride sponsor CLIF, one of the leaders in sports nutrition. If you have preferences for your hydration and nutrition, we encourage you to bring it.

What's In Your Water Bottle? <http://highergearchicago.com/?p=16427>

What should I bring on the ride?

You must wear a cycling helmet to ride with us. Your bike should be tuned-up and ready to ride. You should have your flat kit with you for every ride. (Even if you don't know how to fix a flat, it's important you carry the tools you need.) There are other items that will make your metric century more enjoyable. We outline them on our checklist.

Hundo Checklist: <http://highergearchicago.com/?p=34719>

What if I hate my bike?

Well, you're in luck! Specialized will be joining us Sunday morning with their Demo Fleet of Roubaix, Ruby and Diverge bikes – all equipped with the amazing Future Shock technology. Should you be interested in demoing one of these bikes for the Gran Fondo Hundo, arrive early for registration Sunday morning. To guarantee a bike is available, make sure to reserve a bike in advance.

Specialized Road Show Reservations: https://ti.to/specialized_RR/GranFondoHundoWBR17

Will there be SAG support?

You should have the tools you need and be able to accomplish light support for yourself on the road including simple adjustments and flat repair. However, you're not all alone out there. You will have Higher Gear coworkers riding on Sunday and providing light SAG support.

Should you experience technical difficulties during the ride and need assistance, contact the **Grand Fondo Hundo Coordinator: 773-919-9405**. Inform the Coordinator of your location on the course, referencing the mile marker as noted in your cue sheet.

Where am I going? Will the route be marked?

The route will be clearly marked with our Gran Fondo Hundo signs at every turn. We will provide cue sheets at check-in the morning of the ride. The route will also be available on Strava, for those of you who will want to upload the route to your cycling computers.

2017 Gran Fondo Hundo route: [LINK COMING SOON](#)

If you think you are lost during the ride and cannot locate the route, please first determine where you are and then contact the **Gran Fondo Hundo Coordinator at 773-919-9405**. Should the need arise you will be ushered forward to ensure you remain within the moving group of riders.

What time does the ride end?

With a prompt departure from Higher Gear at 10:00am, a 15mph average pace and one rest stop, we expect most riders to arrive at Historic Simmons Field in Kenosha, WI around 3:00pm, giving riders plenty of time to get cleaned up before the 4:05 game time.

The rest stop will close on a rolling schedule. If a rider does not reach the rest stop before we are packing up, he or she will be transported by car to the finish.

We will have a sweep vehicle for any riders who won't make the cut.

What will I need for the shower and change of clothes at the end?

At check-in in the morning, you may drop off a small gear bag that will be transported for you to the ballpark in Kenosha. Your bag will be tagged with your rider number that is also on your bib. Please limit yourself to one gear bag.

If you plan to shower at the end of the ride, you will need to include a towel, toiletries and a change of clothing in your checked gear bag. We will have your event t-shirt for you at the finish. (See our Rider Checklist at the bottom.)

Can my friends and family to join me at the game?

Additional tickets for family and friends are available in advance. Adult tickets include the game, an all-you-can-eat BBQ, all-you-can-drink and are \$40 per person. Children's tickets are \$20 per children under 10 and include tickets for the children's activities at the ballpark.

Additional tickets for the game can be purchased here:

<https://www.usacycling.org/register/2017-1148>

How will I get back after the baseball game?

Riders will return to Higher Gear, Wilmette after the game via motor coach. The bus will leave at the end of the ballgame.

How will our bikes be transported back to Wilmette?

Upon your arrival to Historic Simmons Field in Kenosha, your bike will be received by RaceTime Transport. They will keep your bike safe during the ballgame and on its journey back to Wilmette. RaceTime Transport is fully licensed, bonded and insured and they pride themselves on having the highest quality of customer service.

Meet Our Bike Transporters: <http://highergearchicago.com/?p=29624>

How do I fundraise for World Bicycle Relief?

Once you register for the Hundo, you can set up your fundraising page. We've detailed the process for you on our website.

And, thanks to our event sponsors Specialized and SRAM, our top fundraiser this year can win his or her dream bike!

A Great Team: Hundo + WBR: <http://highergearchicago.com/?p=34269>

Is it too late to be in the running for the Dream Bike?

There is still plenty of time to get in on the fundraising action and the competition for the 2017 Dream Bike. The fundraising deadline for the top prize is 11:59pm Monday, July 31st. For those who have not yet fundraised or donated, there is still ample time.

2017 Gran Fondo Hundo top fundraiser to win Dream Bike courtesy of Specialized and SRAM: <http://highergearchicago.com/?p=34495>

I can't ride in the fourth annual Hundo. How can I contribute?

Can't make our July 23rd event? We'll sure miss riding with you, but you can still assist our efforts and help us reach our goal to deliver 200 bikes through WBR.

Donate to WBR here: <http://granfondohundo2017.worldbicyclerelief.org/>

Important Details & Rider Checklist

What happens if it rains?

While this is a rain or shine event, in the case of thunderstorms or extreme weather, we will be making a go-or-no-go decision on the ride by 9:30am, before the ride departure.

In case of extreme weather en route, stop riding and seek shelter. You are responsible for ensuring your own safety and making the appropriate judgment call. Seek shelter until the weather has cleared.

If you wish to terminate your participation due to safety concerns you must contact the **Gran Fondo Hundo Coordinator at 773-919-9405** and arrange for transportation to the finish.

Medical Information

All medical expenses incurred are the sole responsibility of the rider and not the event sponsors. Particular dangers include dehydration, hyponetremia , sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint you may need it. You will be withdrawn from the remainder of the ride only if you require transportation, IV fluids or if medical personnel feel your continued participation could result in serious harm.

During events of endurance, the body's pain threshold is raised, and you may be in more trouble than you realize. The medical personnel will do all they can to keep you in the ride and assure a safe finish. Stay with your familiar and proven routine regarding training, nutrition, hydration, and equipment, especially just prior to the event. This also applies to pre-event dietary intake and medications. Adequate salt intake during training and during the event is especially important.

If you are taking any medications, or have any medical problem that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day, and carry information about your medications and medical condition with you. (One convenient way to do so is to use an emergency information service, such as RoadID or ExtremID.) At rider check-in, you are required to notify the medical team, in writing, if there is any change in your medical status/condition after your application has been processed.

If you have a medical emergency please call 911. After contacting 911, and soon as you are able, please call the **Gran Fondo Hundo Coordinator at 773-919-9405**.

PLEASE NOTE: Full disclosure of medical condition(s), general health and surgical procedures within the previous 12 months is required. Medical consultation/clearance may be necessary from an attending physician prior to participating in the event. In all cases, the final decision of medical consideration is at the discretion of the event organizers

Restrooms and Litter

Please hang on to your wrappers and anything else you wish to discard until you reach a public trash can or the garbage bags we will provide at the rest stop along the route and at the finish.

There are places along the route that provide public restrooms. Please be respectful and remove your cycling shoes before walking on wooden floors.

Please also be respectful of private property along the route.

Personal Safety, Traffic Laws and Riding in a Group

On Sunday, you are an ambassador for the sport of cycling and for this event; the impact of your actions is far-reaching. Always obey all traffic laws.

Please remember that members of each local community we ride through will also be using the route. That includes motorists, pedestrians and other cyclists. Adhere to all local traffic laws. Go the extra mile to be courteous and respectful to the residents of the local community. We suggest you balance safety and courtesy by riding as far to the right as is safe, and that you look behind you before moving to the left if you are passing a rider or avoiding something in the road ahead.

Under Illinois law, cyclists are operating vehicles and thus have both rights and responsibilities when sharing the road with motorists. Obey all traffic laws, including stoplights and stop signs.

Riders may ride two-abreast in Illinois, except where required to ride single-file (as in the communities of Winnetka and Glencoe). The communities through which we will be riding experience significant traffic from both motorists and groups of cyclists, and are very likely to enforce the two-abreast rule. Violators may be cited. You are required to carry proper identification at all times. If you are stopped, you must present your identification to the inquiring officer. Failure to do so may result in a citation.

For your own safety, always wear a helmet.

If you are unfamiliar with riding in a group and find yourself in a group on the ride, a few simple tips can keep you and your fellow cyclists safe. If you are riding behind someone else, adjust your speed so that your front wheel is never overlapping their rear wheel. If someone is riding behind you, do not brake abruptly, because the riders behind you may not be able to respond quickly to your braking.

Making your acceleration and braking as smooth and gradual as possible increases the safety of group rides; you should also use a hand signal to indicate that you are braking if you can do so safely and comfortably.

Always pay attention to the road in front of you and the rear wheel of the rider in front of you, even if you are having a nice chat with the rider next to you. Staying alert to changes in the road and in the speed of the cyclists ahead of you will enable you to change your speed gradually. If you and a friend plan to chat during the ride, you should avoid riding with a group, because distracted riding is potentially dangerous to other riders in the group.

When riding on roads with motorists and other cyclists, your ability to signal your intended movements is a key to safety. Using hand signals helps communicate your intentions to motorists and to other riders. The basic hand signals are:

- Left turn: Extend your left arm to the left

- Right turn: Extend your right arm to the right or bend your left arm up at a 90-degree angle
- Stop: Using your left hand, make a “stop” motion with your palm, either at your left hip or behind you in the small of your back

If you intend to pass another rider please call out loudly “On your left” to alert the rider of your intentions.

Group Ride Rules: <http://highergearchicago.com/?p=15760>

Rider Checklist

For Your Ride:

- Bike
- Identification
- Helmet
- Cycling shoes
- Sunglasses
- Riding gloves
- Water bottles (2 are recommended) & drink of choice (if not taking hydration provided on course)
- Snack of choice (if not taking snacks provided on course)
- Cell phone
- Baggie for dry storage
- Printed cue sheet or route downloaded to your cycling computer or smartphone
- Sunscreen
- Windbreaker or rain jacket
- Pain reliever of choice
- BASIC FLAT KIT, including spare tube, tire levers, CO2 and inflator

Post-ride (Checked bag):

- Towel
- Toiletries
- Change of clothing
- Shoes
- Lock (OPTIONAL for riders NOT checking their bike with us for return to Wilmette)
- Waterproof bag for dirty clothes
- Glasses or contacts for the game – and eye/contact drops
- Light jacket or windbreaker for the game