



Indiana University Health

# MOMENTUM INDY



## Fondo Athlete Information

Please print and read this document. It contains important information to make the start of your Fondo and the event in general much easier.

### We will cover:

- Rules of the Road
- Safety
- Accidents
- In Case of Emergency
- Routes
- Mechanical and SAG Support
- Registration and Packet Pick-Up
- Timing Chips
- Merchandise
- Parking
- Saturday Schedule
- Fondo Finish
- Post Ride Hospitality
- Route Marking
- Rest Stops
- Post Ride Procedure
- Post Ride Meal
- Weather Alert

**Rules of the Road:** All roads will be open to normal vehicular traffic. Please remember that all cyclists must obey all traffic laws; this includes, but is not limited to traffic lights and stop signs. Violators may be ticketed by local law enforcement and/or removed from the event. All riders are personally responsible for knowing Indiana's traffic laws.

**Safety:** Prior to the event, riders should be familiar with the Event Rules and Regulations, and must observe them when participating in the event. The roads you will be riding on will vary from busier city roads to country roads and lanes. Road surfaces will vary. Be on the alert for traffic, rough roads, blind turns and potholes at all times. Pass with care and call out your intentions at all times. **At no time should you be riding to the left of the center of the roads.**



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**Accidents:** You will be sharing the road (Sharing being the operative word here) with the driving public and cyclists of various skill levels and experience. Please do not get lulled into thinking that the roads used in the Fondo are closed. Please do not stop in the middle of the road for any reason, including way finding or at rest stops. Accidents can and will happen when a rider in front of you makes an extreme, unannounced change (sharp turn or slowing down) and gets hit by riders or vehicles coming from behind. Typically this can happen when a rider or group of riders “misses a turn” and tries to correct by stopping or turning rapidly. If you miss a turn, announce it to the riders behind you and gradually loop back when safe.

**IN CASE OF EMERGENCY:** If you have an emergency, witness a crash or experience a medical emergency which warrants prompt medical attention **immediately call 911**, and then call **Mechanical Support at 317-964-9450 Jacob Boberg or 801-403-7088 Brandon Street**. These numbers are printed on your wristband that you will receive at Registration. Secure the area to the best of your ability, but do not put yourself or others in additional danger while you wait for emergency personnel. Report your location to the Mechanical Support referring to the Turn (or action) # on the Ride with GPS cue sheet with mileage and street information- as well as the route you are riding- Piccolo, Medio, Gran.

**Routes:** At this point there are NO route changes from the published routes on [Ride with GPS](#) and the [Fondo event page](#). Any route changes will be published live on the Ride with GPS link.

**Mechanicals and SAG Support:** If you have a mechanical problem (e.g. a flat or other problem which prevents you from riding) while on the route, announce it verbally to the riders behind you and slowly (not suddenly) move yourself and your bicycle off of the road going the correct direction (with traffic.) Do not impede other riders. If you can make the repairs yourself, you are encouraged to do so. If not, other riders may assist you; you can notify our **SAG Mechanical Support at 317-964-9450 Jacob Boberg or 801-403-7088 Brandon Street**. If your bicycle cannot be repaired, you will be transported to a Rest Stop or to the Start/Finish area. We will have dedicated SAG vehicles for the routes, equipped with tools, spare parts, rental bikes and spare wheels.

SAG and mechanical support are generously provided by Gray Goat Bicycle Co. SAG support will conclude at 2:00 PM.

**Registration / Packet-Pick Up:** Packet pick-up will occur Saturday morning, August 26 from 6:30 AM – 7:15 AM EST. [240 N. Meridian St., Indianapolis, IN 46204](#)

You will receive:

- Seat post timing chip
- T-shirt if registered by 8/14/23
- Wristband – must be worn on ride and for entry to post-ride Fondo Hospitality Brunch

*Wristband*





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**Timing Chips:** All Fondo riders will be timed. A seat post tag with a disposable timing tag will be issued to each rider at check-in. You **MUST ATTACH THE TAG TO YOUR BICYCLE SEAT POST** according to the example in image to the right.



- **DO NOT** swap your tag with other riders, it is only assigned to you.
- **DO NOT** place the timing tag anywhere other than seat post AND affix as shown in image.
- **DO NOT** return the timing tag, it is disposable. Remove it after the ride.
- **NO TAG = NO TIME**, please apply it correctly to ensure proper results.



**Merchandise:** If you ordered a custom jerseys, they will ship directly to you. If you ordered additional t-shirts, they will be available at Registration Saturday morning. Custom jerseys may still be purchased [online at our CCN store](#). The store will remain open through 8/31/23 and orders will ship late September.

### Parking Options:

- [Old National Centre](#) - \$10 - 399 E. North St. 46202 – ALL DAY, \$10
- Meter Parking - Many areas of downtown Indianapolis are metered. Meter hours are 7AM - 11PM, Monday-Saturday. For detailed meter locations, please visit [Park Indy here >](#)
- [Explore Downtown Parking Options >](#)

### Saturday Schedule:

<b>Check-In</b>	6:30 - 7:15 AM	<a href="#">240 N. Meridian St. Indpls, IN 46204</a>
<b>Opening Ceremonies</b>	7:45 AM	Drew Blair, WISH-TV
<b>Rider Staging</b>	7:50 AM	Safety Instructions
<b>Ride Start</b>	8:00 AM	
<b>Post Ride Hospitality</b>	9:30 AM – 2:00 PM	<a href="#">University Park</a> – southwest quad

The ride will be NEUTRAL for the first 5.5 miles until riders pass 19<sup>h</sup> St. onto Cold Spring Road. A police escort will maintain the pace at an average of 13-14 miles until this point.

**Fondo Finish:** Police will assist with crossings along the finishing stretch of New York St. starting at White River Parkway West Dr. to the Finish Line on New York. Police support starts at 9:00 AM and ends at 1:00



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PM. When you finish, **YOU MUST RIDE THROUGH THE START/FINISH CHUTE** to get a time. After you cross the line, you will proceed to University Park for meal service and secure, onsite bike parking managed by our friends at Pedal & Park and Bike Indianapolis.

**Post Ride Hospitality:** Brunch will be served from 9:30 AM – 2:00 PM provided by Rize, Cunningham Restaurant Group. [Sun King](#) beer and [Cardinal](#) canned spirits will be available for purchase along the [Start/Finish](#) stretch of the Indy Crit race course.

**Please Note-** The Meal is for **riders only**- we do not have the ability to service friends and family. **Your Wristband will serve as entry into the Hospitality Tent for your meal.**

**Route Marking:** We want to ensure that everyone completes their course with no difficulty or confusion. Here is a list of methods for wayfinding and navigation:

1. **The route is marked.** Each turn and key deviation for the ride will be marked with Route Arrows and Real Estate Route Signs. You can find turn by turn cues on the [RideWithGPS routes >](#)

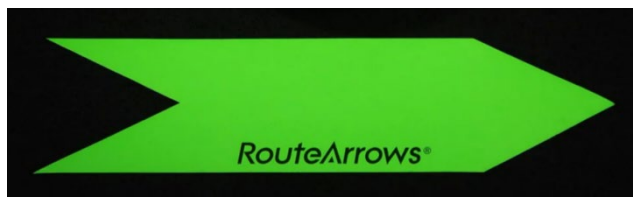
### PICCOLO – 14-mile markers



### MEDIO – 30-mile markers



### GRAN - 65-mile markers





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## Rest Stops/SAG Locations:

<b>Rest Stop #1:</b>	8:00 – 10:30 AM	<a href="#">Major Taylor Velodrome</a> (Mi 6 - All)
<b>Rest Stop #2:</b>	8:30 – 10:30 AM	<a href="#">6408 Hoover Rd.</a> (Mi 13 - Medio)
<b>Rest Stop #3:</b>	8:30 – 10:30 AM	<a href="#">9014 Moore Rd.</a> (Mi 20 - Gran)
<b>Rest Stop #4:</b>	9:30 – 12:00 PM	<a href="#">Towne Meadow Elementary</a> (Mi 45 - Gran)

**Weather Alert:** The event will take place rain or shine. We recommend chamois cream, sunscreen and hydration. Please pay attention to hydration- we will do our very best to make sure that we have adequate water, Gatorade and Propel for the duration of the event at all rest stops.