CANTÙ
08
10
23

EVENT GUIDE

EN

PERCORRERE. IMPOSSIBILE DA BESTIALE SEMPLICEMENTE QUESTA SALITA È

The most iconic autumn amateur cycling race is back!
Again this edition it will have as its backdrop the splendid landscapes of Lake Como and the epic climbs of Muro di Sormano and Madonna del Ghisallo.
Inside this Event Guide you will find all the useful information for the Gran Fondo Il Lombardia.

RIDE LIKE A HERO

gfilombardia.it gfilombardia @gfilombardia

#ridelikeahero #gfilombardia

08|10|2023

START
CORSO EUROPA,
Cantù (CO)
7:30

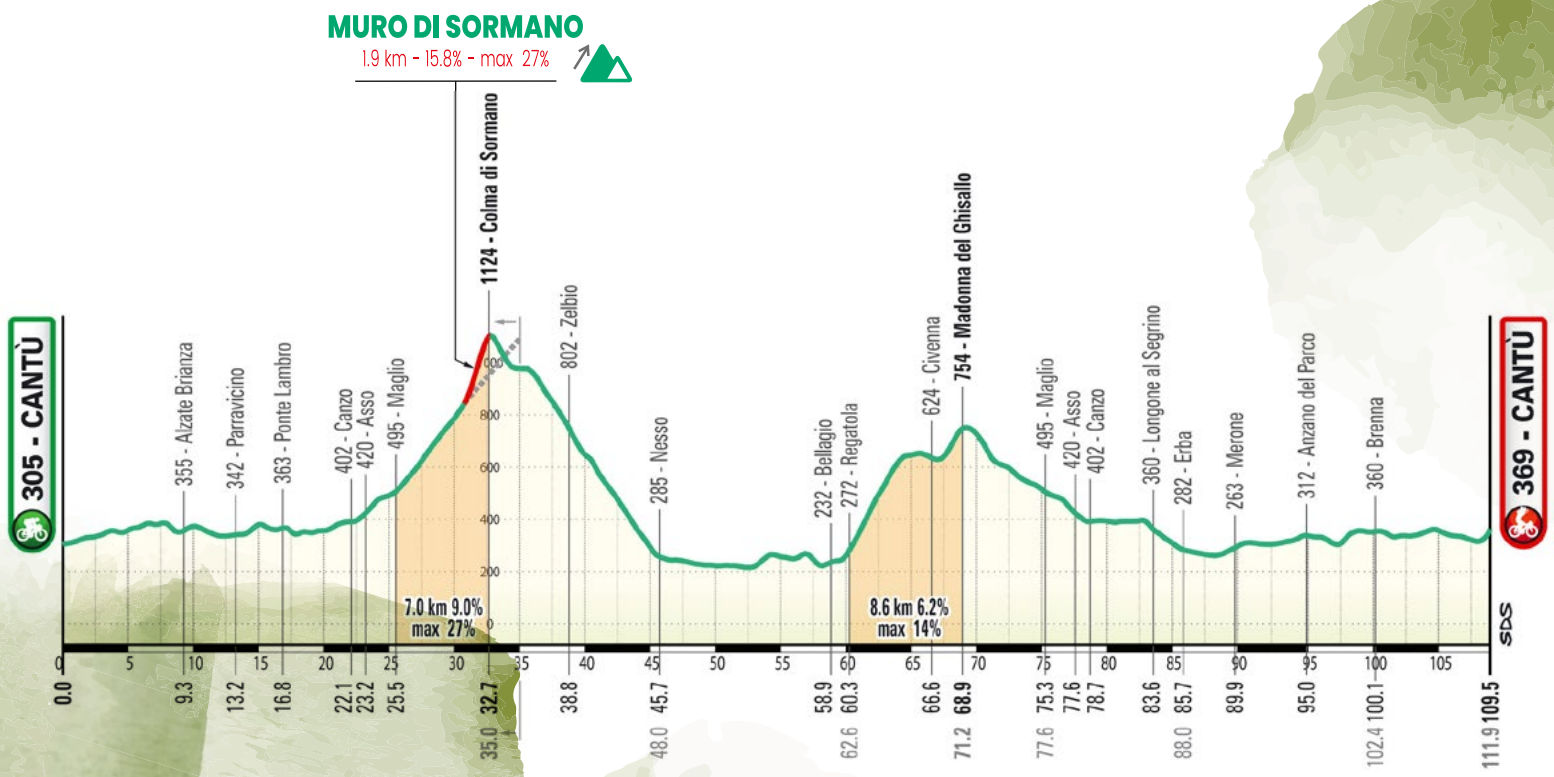
FINISH
PIAZZA GARIBALDI
Cantù (CO)

109,5 Km
DISTANCE

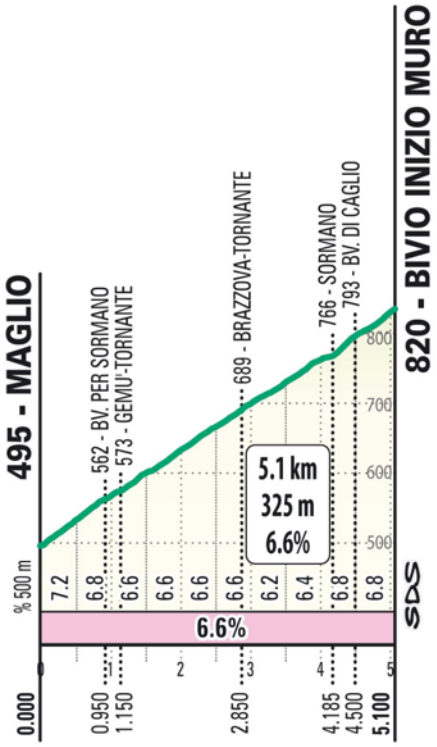
1.700 m
ALTIMETRY

27%
MAX SLOPE GRADIENT

ALTIMETRY

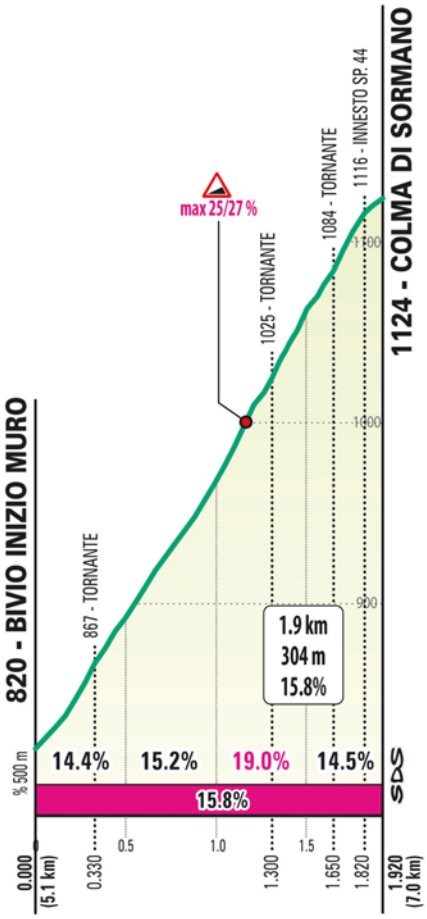


ALTIMETRY sormano



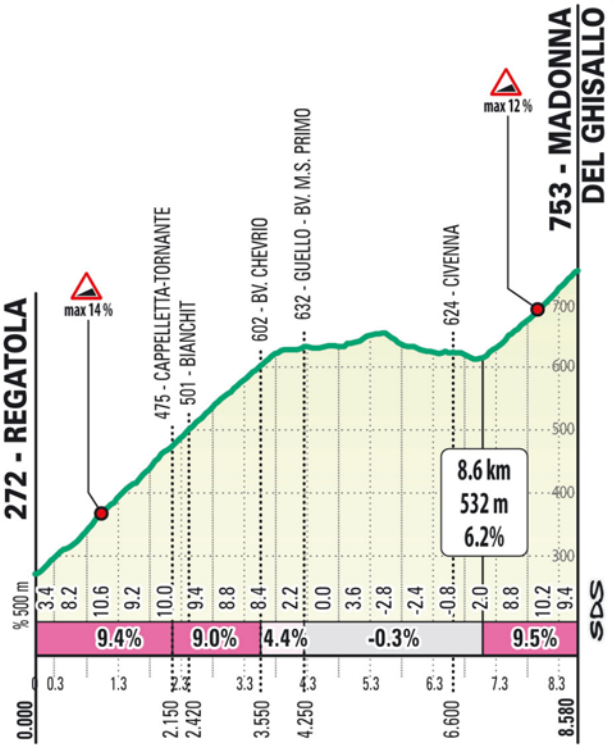
COLMA DI SORMANO

(from Maglio to start of Muro)

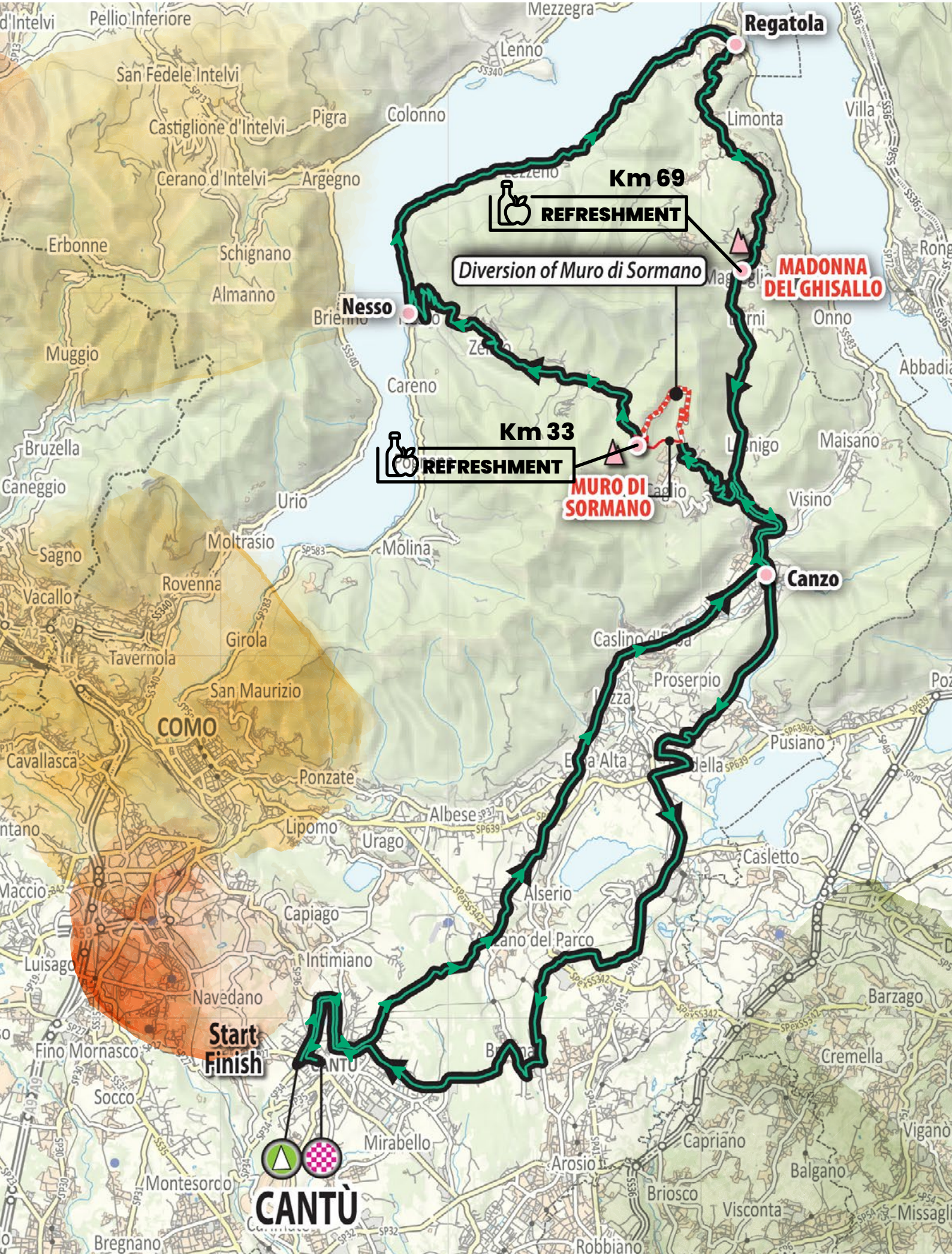


MURO DI SORMANO

ALTIMETRY ghisallo



MADONNA DEL GHISALLO


Regatola
Km 69
REFRESHMENT
Diversion of Muro di Sormano
MADONNA DEL GHISALLO
Nesso
Km 33
REFRESHMENT
MURO DI SORMANO
Canzo
Start
Finish
CANTÙ
COMO
Pellio Inferiore
San Fedele Intelvi
Castiglione d'Intelvi
Cerano d'Intelvi
Argegno
Colonno
Pigra
Lenno
Mezzegra
Limonta
Villa
Erbonne
Schignano
Almanno
Muggio
Bruzella
Caneggio
Careno
Urio
Moltrasio
Molina
Sagno
Rovenna
Vacallo
Tavernola
Girola
San Maurizio
Cavallasca
Ponzate
Lipomo
Albese
Urago
Maccio
Capiago
Intimiano
Luisago
Navedano
Fino Mornasco
Socco
Mirabello
Montesorco
Bregnano
Onno
Abbadia
Maisano
Visino
Proserpio
Pusiano
Casletto
Alserio
Barzago
Cremella
Capriano
Arosio
Balgano
Briosco
Visconta
Robbiano
Vigano
Missagl

CHRONOTABLE
GRAN FONDO IL LOMBARDIA

		KILOMETER			AVERAGE KILOMETER/HOUR					
ALTITUDE	LOCATION	PARTIAL	TRAVELLED	TO GO THROUGH	16	20	24	28	32	36
PROVINCIA DI COMO										
305	Cantù - Corso Europa START	0,0	0,0	109,5	7:30	7:30	7:30	7:30	7:30	7:30
355	Alzate Brianza	9,3	9,3	100,2	8:05	7:58	7:53	7:50	7:47	7:46
342	Parravicino	3,9	13,2	96,3	8:20	8:10	8:03	7:58	7:55	7:52
363	Ponte Lambro	3,6	16,8	92,7	8:33	8:20	8:12	8:06	8:02	7:58
402	Canzo	5,3	22,1	87,4	8:53	8:36	8:25	8:17	8:11	8:07
420	Asso	1,1	23,2	86,3	8:57	8:40	8:28	8:20	8:14	8:09
495	Maglio	2,3	25,5	84,0	9:06	8:47	8:34	8:25	8:18	8:13
1124	Refreshment | Colma di Sormano	7,2	32,7	76,8	9:33	9:08	8:52	8:40	8:31	8:25
802	Zelbio	6,1	38,8	70,7	9:56	9:26	9:07	8:53	8:43	8:35
285	Nesso	6,9	45,7	63,8	10:21	9:47	9:24	9:08	8:56	8:46
232	Bellagio	13,2	58,9	50,6	11:11	10:27	9:57	9:36	9:20	9:08
272	Regatola	1,4	60,3	49,2	11:16	10:31	10:01	9:39	9:23	9:11
624	Civenna	6,3	66,6	42,9	11:40	10:50	10:17	9:53	9:35	9:21
754	Refreshment | Madonna del Ghisallo	2,3	68,9	40,6	11:48	10:57	10:22	9:58	9:39	9:25
495	Maglio	6,4	75,3	34,2	12:12	11:16	10:38	10:11	9:51	9:36
420	Asso	2,3	77,6	31,9	12:21	11:23	10:44	10:16	9:56	9:39
402	Canzo	1,1	78,7	30,8	12:25	11:26	10:47	10:19	9:58	9:41
360	Longone al Segrino	4,9	83,6	25,9	12:44	11:41	10:59	10:29	10:07	9:49
282	Erba	2,1	85,7	23,8	12:51	11:47	11:04	10:34	10:11	9:53
263	Merone	4,2	89,9	19,6	13:07	12:00	11:15	10:43	10:19	10:00
312	Anzano del Parco	5,1	95,0	14,5	13:26	12:15	11:28	10:54	10:28	10:08
360	Brenna	5,1	100,1	9,4	13:45	12:30	11:40	11:04	10:38	10:17
369	Cantù - Piazza Garibaldi FINISH	9,4	109,5	0,0	14:21	12:59	12:04	11:25	10:55	10:33

PROGRAM

Saturday
october 7

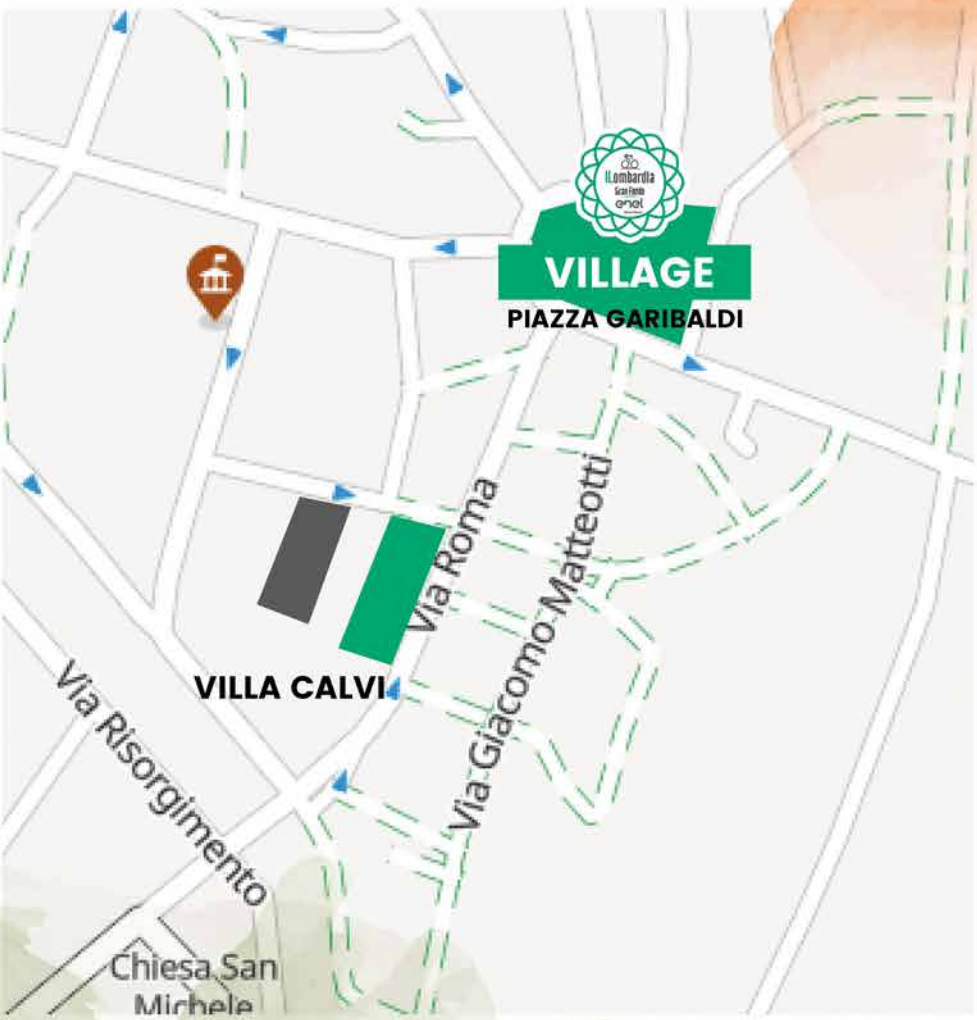
VILLA CALVI, Via Roma 8, Cantù (CO)

9:30

Race Number pick-up and new registration for Gran Fondo Il Lombardia at VILLA CALVI, Via Roma 8, Cantù (CO) with BIKE PARK and opening of VILLAGE

19:00

VILLAGE, BIKE PARK and race number pick-up closing time



Race number pick-up

Bike park

RACE NUMBER PICK UP

October 7
from 9.30 to 19.00

VILLA CALVI Via Roma, 8
22063 Cantù (CO)

It will not be possible to collect the race numbers on the race day.

IT WILL BE POSSIBLE TO DELEGATE THE RACE NUMBER PICK UP

DOWNLOAD THE FOR HERE

BIKE PARK

THE BIKE PARK IS SUBJECT TO AVAILABILITY.

Do you have a UCI Cycling License?

YES

REMEMBER TO BRING:

- THE MEMBERSHIP CARD VALID FOR 2023
- THE MEDICAL CERTIFICATE FOR COMPETITIVE CYCLING EVENTS VALID ON OCTOBER 8TH
- YOUR ID

NO

REMEMBER TO BRING:

- THE MEDICAL CERTIFICATE FOR COMPETITIVE CYCLING EVENTS VALID ON OCTOBER 8TH
- YOUR ID

GO TO THE DAILY LICENCE DESK

DAILY LICENSES

If you did not buy a daily license during the registration process, you can purchase it cash onsite, the cost is 10 euro.

Remember to follow the DAILY LICENSES signs.

CHIP & JERSEY

If you are interested in renting a chip, the cost of the rental is 10 euro, out of which 5 euro are returned at the end of the race once the chip is handed back in.
Also this cost can be paid only cash.

The size of the Castelli shirt that will be given to each participant is the one indicated during registration.

NEW 2023 MEDAL

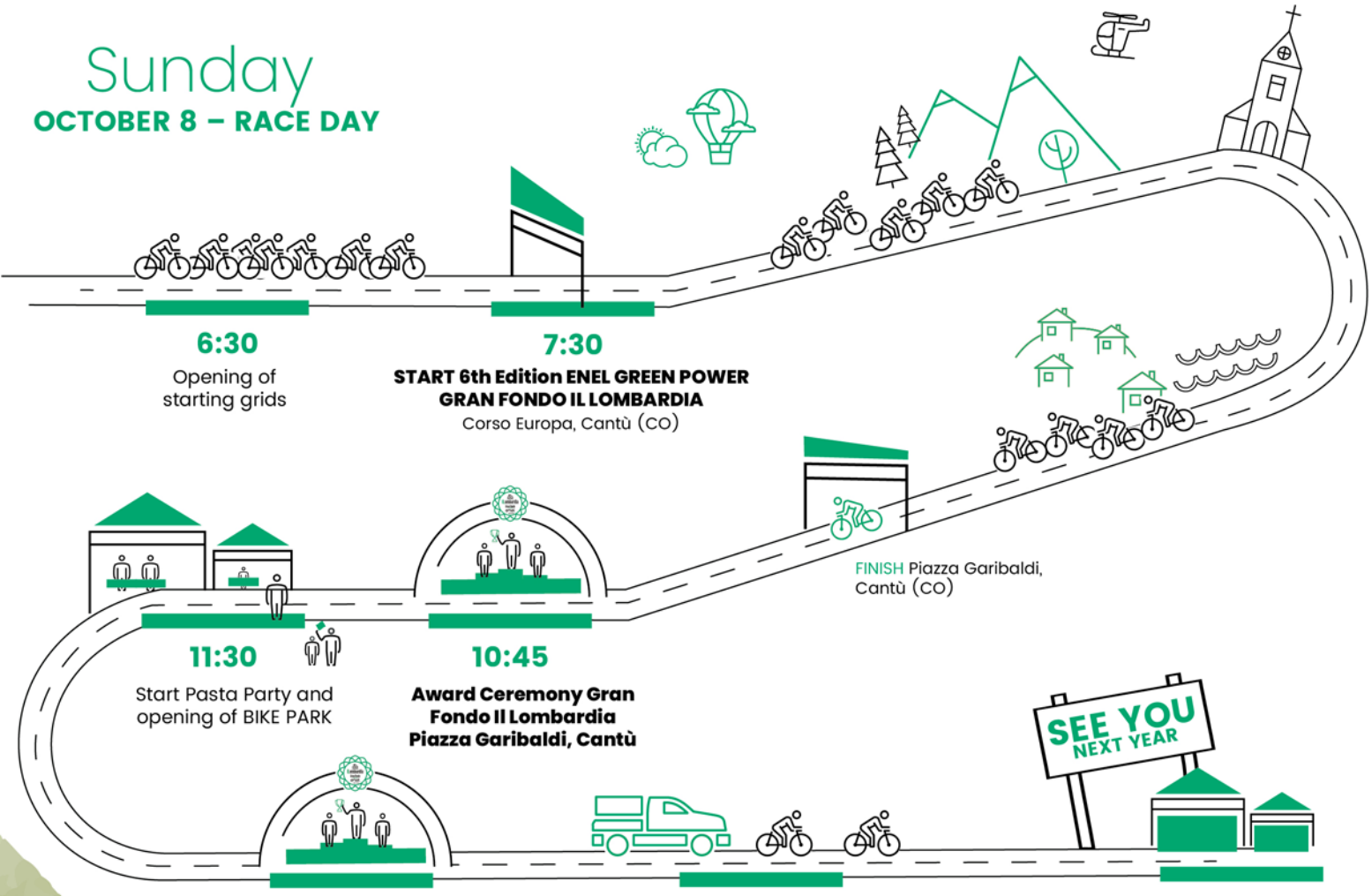
For the first time, the Gran Fondo Il Lombardia will award a medal to the runners who cross the finish line.

THE ALTITUDE OF THE RACE has been carved inside a metal ring, a GRAPHIC CHOSEN DIRECTLY BY THE FOLLOWERS THROUGH A CONTEST LAUNCHED ON THE INSTAGRAM PROFILE @GFILOMBARDIA.

PROGRAM

Sunday

OCTOBER 8 – RACE DAY



6:30
Opening of starting grids

7:30
START 6th Edition ENEL GREEN POWER GRAN FONDO IL LOMBARDIA
Corso Europa, Cantù (CO)

FINISH Piazza Garibaldi, Cantù (CO)

11:30
Start Pasta Party and opening of BIKE PARK

10:45
Award Ceremony Gran Fondo Il Lombardia Piazza Garibaldi, Cantù

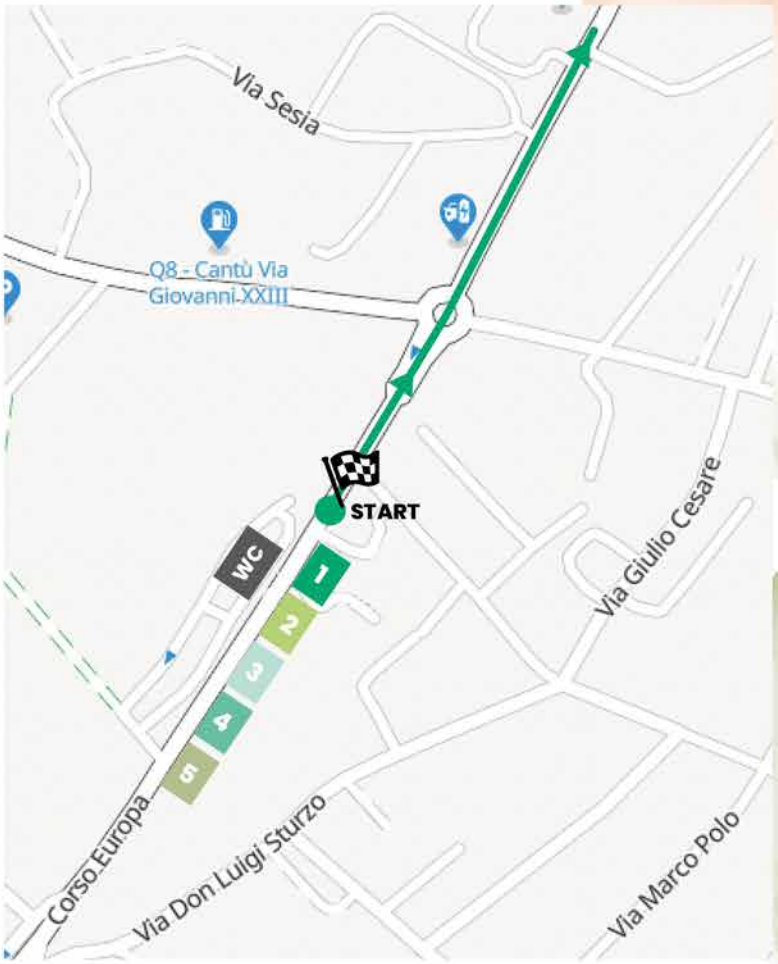
12:30
Age Group Category Award Ceremony,
Cantù

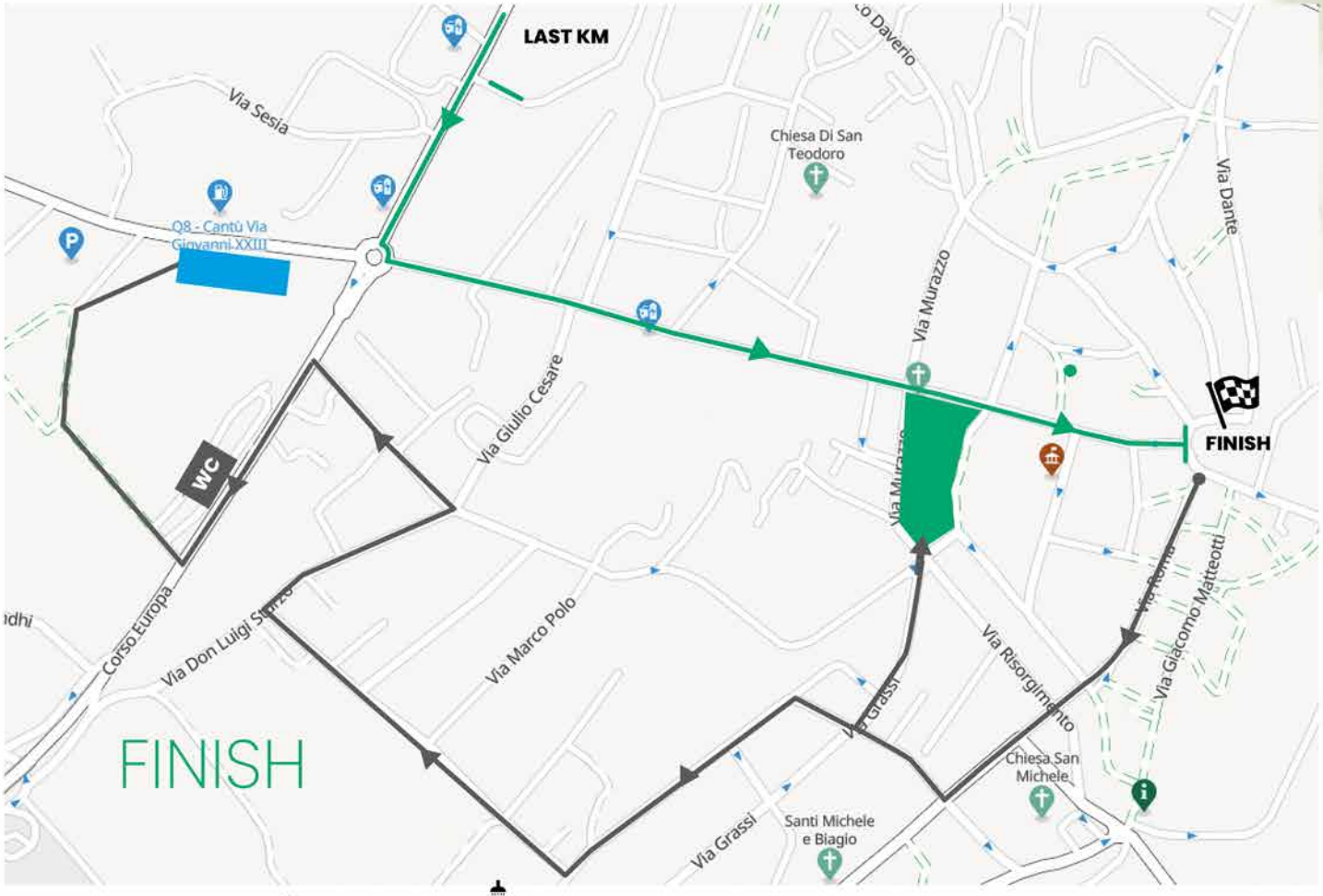
14:30
Official time limit

15:00
Pasta Party and Bike Park Closing time

START

GRID	START NUMBER
1	1 - 200
2	201 - 400
3	401 - 1000
4	1001 - 1800
5	1801 - 2600





Pasta Party & Bike park CHIP return

Showers and changing rooms

Race route

Return path for pasta party and showers

Time limit

7 hours

by 14.30 of October 8, 2023.

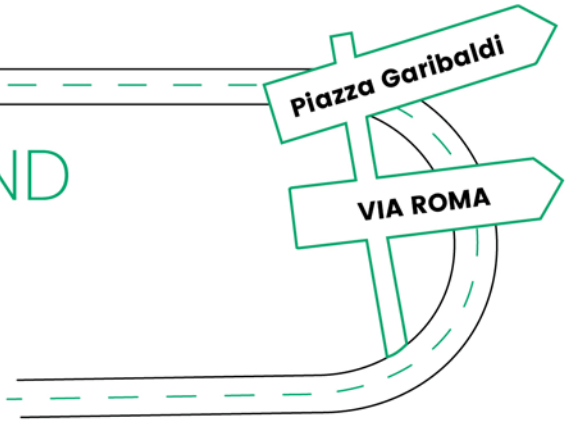
End of race

The vehicle with the sign "FINE GARA CICLISTICA" establishes the end of the road closure. The athletes overtaken by the "end race" car will continue the race as normal cyclists and must observe the traffic laws keeping the race number on their back.

End of the event

The vehicle with the sign "FINE MANIFESTAZIONE", follows the last participant and establishes the closure of the entire event within the maximum of 7 hours, as the race regulations.

WAY BACK TO SHOWERS AND PASTA PARTY



After the finish, we strongly advise to follow the way back indicated from Piazza Garibaldi to the showers and Pasta Party taking street VIA ROMA from Piazza Garibaldi, following the signs and the event personnel indication.

EMERGENCY NUMBER

+39 337 1643577

CHANGING ROOMS - SHOWERS

Sunday

October 8

from 10.00 to 15.00

Centro sportivo ASD Cantù San Paolo
Via Papa Giovanni XXIII, 3,
22063 Cantù CO

PASTA PARTY

Sunday

October 8

from 11.30 to 15.00

Piazza del Mercato
Piazza Guglielmo Marconi,
22063 Cantù (CO)

BIKE PARK

THE BIKE PARK IS SUBJECT TO AVAILABILITY.

BROOM SERVICE

A broom wagon service will be operative at the back of the race.
We remind that the bicycles of the riders that are collected will be deposited at the BIKE PARK in Piazza del Mercato/Piazza Marconi as soon as the vehicles return.

It will be possible to collect the bicycles based on the race number corresponding to the race number fixed on the bicycle and an ID document.

RESPECT

During the race we invite you to **RESPECT THE ENVIRONMENT AND PERSONNEL** that decided to give up their Sunday to allow you to have an unforgettable experience.

OFFICIAL PHOTOS

Thanks to Pica you will be able to purchase your photos at the Gran Fondo Il Lombardia immediately via your smartphone!

HOW DOES IT WORK:
1. Take part in the Gran Fondo Il Lombardia making sure that the race number is clearly visible
2. Go to getpica.com and create your account
3. Enter the 9-digit code printed next to the race number
4. View your photos and share them with friends

Strade Bianche
Gran Fondo
enel
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03/03/2024
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Have a great gran fondo!