



CANNES /// MARCH 24 2024
RACE GUIDE



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WELCOME TO GFNY CANNES 2024

Welcome to the third edition of GFNY Cannes, one of the most glamorous places on the planet.

From a modest fishing village to a world-famous seaside and cultural centre, Cannes has forged a unique history that now attracts visitors from all over the world.

Cannes faces a dream bay bordered by the Lérins Islands, an ideal setting and climate for launching your cycling season and discovering this magnificent region with the whole family.

As well as the magnificent, beautiful and demanding race, you can also enjoy daily tourist activities for cyclists and their families to enjoy all that this beautiful region has to offer.

We'd like to extend a warm welcome to our experienced GFNY participants, as well as to those who are joining us for the first time.



WHAT IS GFNY ?

GFNY , the global endurance sports brand, stands for Gran Fondo New York.

“Gran Fondo” is the Italian term for a “great challenge” inspired by the endurance races in skiing, swimming and cycling that have been known since the 1950s.

The very first Gran Fondo New York took place in 2010. every year since then, almost 5,000 runners have gathered at the starting line on the Washington Bridge for a unique experience.

GFNY is open to everyone, aged 18 and over, whether or not they are members of a federation or a club.

GFNY is committed to sharing its passion for cycling with athletes of all levels from all over the world. Our vocation is also to help participants and their families discover and appreciate magnificent places and legendary routes.

A GFNY is a personal endurance challenge where you measure yourself against others, the clock and yourself. Some athletes will

fight for the podium, others will be doing their best to beat the clock. others will enjoy the scenery.

Everyone will be able to do whatever they want with this moment and take it all in.

Each GFNY offers 2 courses :

The long course is a timed and classified competitive race.

The average route is a non-competitive leisure ride. Your total time is indicated, but there is no ranking.

All riders who reach the finish line will appear in the general classification according to their age category, and will receive their finisher’s medal.

Everything is planned so that each participant can **BE A PRO FOR A DAY**, be a pro for a day with :

- a unique jersey
- professional support
- 4 aid stations
- post-race festivities



>> A STORY OF FAMILY, FRIENDSHIP AND PASSION

Created in 2020, the GFNY association France has nearly 100 volunteers who work hard to make every GFNY event an exceptional experience, so that every runner, whatever their level or talent, **BE A PRO FOR A DAY !**

Proud of its region, the association is one of the Marques Alsace Coeur !

Every participant is our priority, and many people in 2023 congratulated us on the friendliness and hospitality of our events.

“You’re not just a bib number, you can talk to the team in a pleasant family atmosphere”, one of them told us.

Every event we organise is a challenge, but we are committed to preserve our personality and continue to offer participants a unique experience.

It was this unfailing energy and enthusiasm that made our GFNY Alpes Vaujany event the best GFNY 2022 event, according to the runners.

GFNY Cannes came 3rd in the overall category standings !

FOCUS ON CÉDRIC HAAS

He shares his experience and passion as the GFNY France director. He has been a keen cyclist since his teens and was an Elite rider in the 2000s.

In 2017, he set himself a new challenge and took his ticket for the GFNY NYC 2018. He surprised everyone by finishing 11th out of nearly 5,000 runners.

He went on to take part in several GFNY events around the world.

5 years later, Cédric and his team are organising 7 GFNY tours in France.



1 PASSION

6 MAGNIFICENT DESTINATIONS

7 INCREDIBLES ROUTES.

Since 2019, GFNY France has defended these values. We are committed to highlighting the most beautiful and legendary roads in France.

In 2024, 7 races will take participants over the legendary passes, through breathtaking scenery.



MARCH 24 2024

GFNY CANNES

L : 111km / 2000m+

M : 55km / 1000m+

cannes.GFNY.com



MAY 26 2024

GFNY VILLARD DE LANS

L : 165km / 3865m+

M : 70km / 1782m+

villarddelans.GFNY.com



JUNE 16 2024

GFNY LA VAUJANY

ALPE D'HUEZ

L : 145km / 3667m+

M : 60km / 1778m+

lavaujany.GFNY.com



JUNE 23 2024

GFNY LOURDES TOURMALET

L : 157km / 4064m+

M : 100km / 2782m+

lourdes.GFNY.com



JULY 21 2024

GFNY GRAND BALLON

THANN

L : 145km / 3921m+

M : 57km / 1567m+

grandballon.GFNY.com



NOUVEAUTÉ 2024

AUGUST 25 2024

GFNY ORCIÈRES

L : 158km / 4200m+

M : 76km / 2000m+

orcières.GFNY.com



SEPTEMBER 1 2024

GFNY ALPES VAUJANY

CROIX DE FER

L : 120km / 4023m+

M : 45km / 1815m+

vaujany.GFNY.com



>> THE EVENT - 3rd edition - March 24 2024

TO KICK OFF THE SEASON, GFNY FRANCE HAS CHOSEN THE BEST DESTINATION IN THE WORLD !

This spring in Cannes, GFNY is rolling out the red carpet.

Departing from the beautiful beach at Cannes La Bocca, the 2 routes take you along the magnificent roads of the Cannes hinterland. Experience the thrill of racing along the beaches of the Côte d'Azur, past palm trees, luxurious palace hotels and the morning sunrise over the Mediterranean Sea.

One the morning climb up to the Le Tanneron, the abundant mimosa blossom is a bright, fragrant surprise.

You'll almost forget the climb because, make no mistake about it, the surrounding mountains don't seem to have much to offer, may not be the highest, but they're sure to get your legs moving. Other surprises await the members of this great team in the green jersey.

The narrow, vertiginous road above the Siagne Gorges, lined with small stone walls.

The beautiful serenely perched villages, the surprising crossing of Lake Saint Cassien and after the signposted streets of the Adrets de l'Esterel, the salty scent of the sea and the undulating movement of the palm trees for a final stretch along the seafront.

The frontrunners will be racing against the clock and many will be outdoing themselves with the last glass of Coke handed to them by one of the volunteers at the last of the 4 refreshment posts on the route already in their minds. Everyone will savour this moment in their own way and **BE A PRO FOR A DAY.**

The GFNY Cannes 2024 is part of the TROPHÉE LABEL D'OR FFC. Quality, organisation, routes, this calendar highlights the best cyclosporives of the year.

WORLD TRAVEL AWARDS :

After winning the european title in 2021 and 2022, as well as the world totle in 2022, Cannes has once again been crowned Europe's best destination at the world travel award in the "festival and events" category.

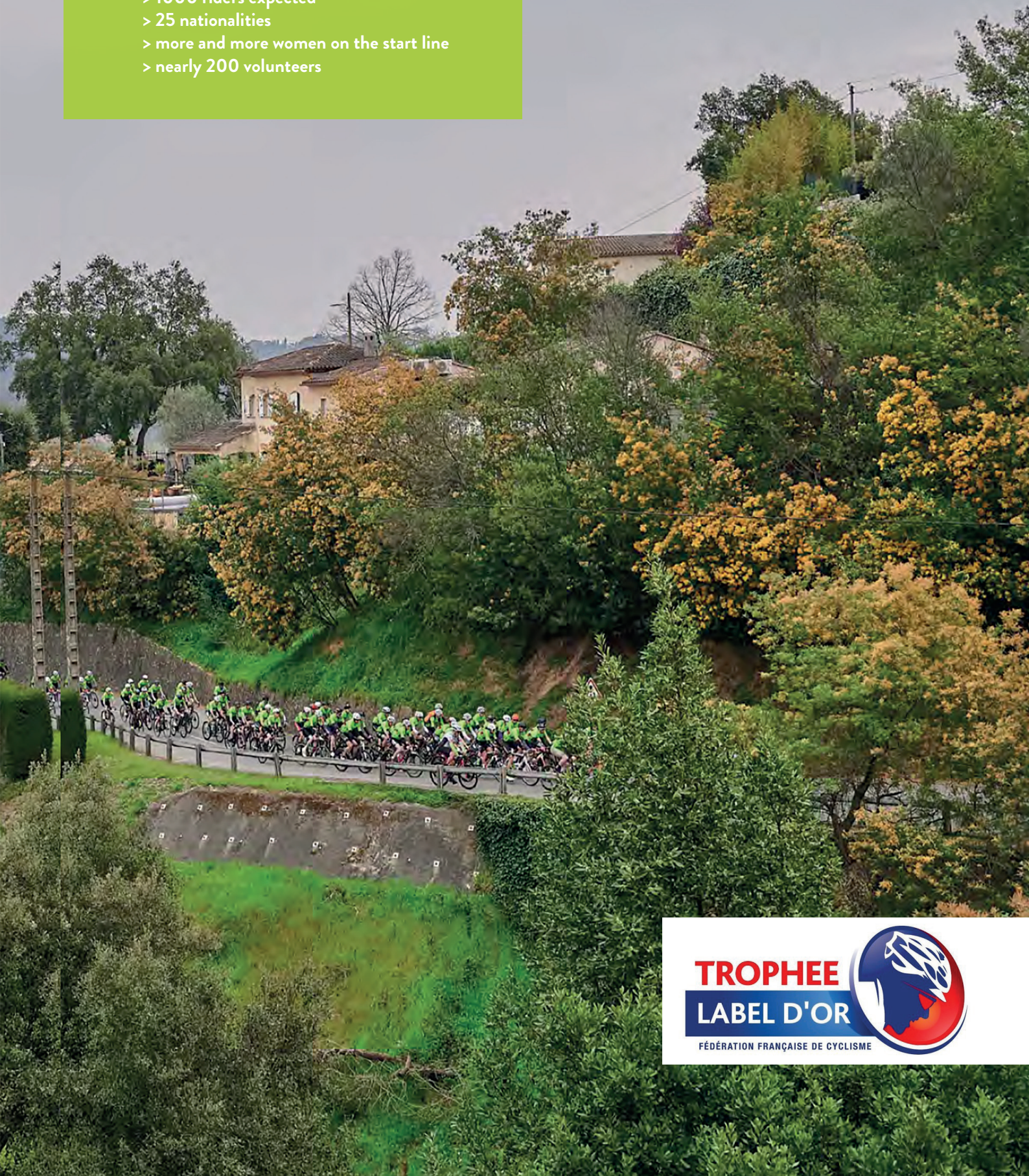


>> SOME FIGURES FOR 2023 :

- > 600 riders
- > 25 nationalities
- > nearly 100 volunteers

>> SOME FIGURES FOR 2024 :

- > 1000 riders expected
- > 25 nationalities
- > more and more women on the start line
- > nearly 200 volunteers





>> PREPARING FOR THE RACE

1 MONTH OUT

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.

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.

Your last chance to upgrade your corral to Club Corral is by the 21 day cutoff.

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

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. 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.

Read the Race Guide to get familiar with all the important race details and safety information.

PACKING

Review the GFNY Packing List to make sure you won't forget anything: gfny.com/pdfs/checklist.pdf

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

Check the Schedule of Events page for all the race week activities like group rides, happy hour, expo hours, and more.

Check your travel itinerary like flight times, hotel info, airport transfers, how to get to the expo & start line.

RACE WEEK

Enjoy all the fun stuff that the destination has to offer.

Ride parts of the course to get comfortable with your new environment.

Don't forget rest & relaxation. Good sleep will be the key to feeling good on race day.





>> MANDATORY DOCUMENTS FOR RACE RANKING

GFNY France is a sanctioned competition under the French Cycling Federation, FFC. Under FFC regulations, only athletes who provide an approved license or a medical certificate are allowed to be ranked in FFC sanctioned races.

By providing the required document (license or medical certificate), you are able to be classified in the competitive long route. Without supporting documents, you can ride the long course with timing but without ranking. The medium course is non-competitive and does not require the documents.

The services provided to you as the event participant, your race packet and goodie bag, timing and safety are identical for both the long and medium routes. Start times are the same for both courses.

APPROVED DOCUMENTS

Only these French license types are the accepted by FFC (only available to French athletes):

- FFC: valid racing license
- UFOLEP: valid cycling racing license
- FSGT: valid cycling racing license
- FFTri: valid racing license

Since January 1, 2024, FFC does not accept UCI licenses that are issued by foreign federations. Hence every foreign participant and every French athlete who does not have one of the above approved licenses must provide a medical certificate in order to be ranked in the long distance at GFNY France.

The medical certificate must have this information:

- First name, last name, date of birth (must match your GFNY ticket)
- Must specify clearance for «cycling in competition». A certificate providing clearance for general cycling, cycle touring or sport in general is not accepted.
- The word «competition» is mandatory
- The date of issue of the medical certificate must be less than one year prior to race day
- Doctor's stamp and signature

In case you don't have a blank medical certificate form, follow the button below to download it and ask your doctor to fill it out.

https://gfny.com/wp-content/uploads/2022/04/medicalcertificatefr_EN.pdf

HOW TO SUBMIT YOUR DOCUMENT TO GFNY?

Your license or medical certificate must be uploaded to your gfny.cc account when you complete your check-in for the race. There is no need to send the document by email or mail and you do not need to bring it to the race.

THE GFNY.CC CHECK-IN PROCESS

You'll receive an email one month before the event advising you that check-in is open. You can log into your gfny.cc account or follow the link from that email to take you to the check-in form.

Check-in is mandatory in order to pick up your race packet. Complete the process early, you can make edits to your check-in selections if something changes before race day.

The check-in process includes important pre-race questions:

- Confirm that you are coming (or not, if your plans have changed).
- Upload your document (license or medical certificate).
- Select your packet pickup day and time.
- Your tourism informations.
- Specify whether or not you will join us for the post-race meal.
- Order additional meals for your supporters.

After you completed your check-in, you will get a confirmation screen. We then review the documents and upload race numbers. **Once your check-in documents have been verified and race numbers have been assigned, you will receive your GFNY Race Pass, which will be in your gfny.cc account and you will receive it also by email.**

Source FFC :

https://ffc.fr/app/uploads/sites/2/2023/11/TITRE_XVI-Reglementation-Cyclisme_pour_tous-18.10.2023-VF.docx-1.pdf



>> YOUR TRAVEL TO CANNES

AIRPORT

Nice Côte d'Azur airport (NCE) has direct flights to 90 destinations and hosts nearly 50 airlines, making your trip to GFNY Cannes so easy! Check out their website for current arrivals and destinations [niced.aeroport.fr](https://niced.aeroport.fr/en/) or check your preferred airline's website.

Cannes is a quick 30-minute drive from Nice airport.

The 26km-long journey has a fixed rate of 80€ for taxis, but be aware of extra costs like highway tolls (about 4€), or night fees. A tip is not expected, it can be 1-2 euros.

There are also private car reservation websites such as : <https://www.azur-car-service.com/service-rates> or [suntransfers.com](https://www.suntransfers.com)

Nice airport has all the major car rental companies: Avis, Budget, Europcar, Hertz, Entreprise, Goldcar and Sixt.

Check the airport website (niced.aeroport.fr/en/services/car-rental) for the rental desk hours. An affordable way to get from Nice Airport to Cannes is via the Express Bus, route 210.

- From Nice airport to Cannes train station: <https://www.niceairportexpress.com/en/timetable/2/retour>
- From Cannes train station to Nice Airport: <https://www.niceairportexpress.com/en/timetable/2/aller>

There are a lot of hotel options near the train station so even if you travel with large luggage, you can have just a short walk to get to your accommodation.



CAR

The A8 highway «La Provençale» (exit 42 Cannes La Bocca or Mougins/Cannes), runs from Aix en Provence to Italy.

Some examples of distances in kilometres: Paris 950 km - Milan 320 km - Geneva 630 km - Barcelona 670 km - Rome 710 km - Munich 810 km - Brussels 1220 km - Amsterdam 1400 km.

TRAIN

The Cannes La Bocca train station is served by TGV, Corail and express trains which connect it to all the French regions and to the largest cities in Europe.

Thello: the new international railway company links France and Italy without changing trains at the border. Thello serves major Italian cities like Milan, Genova, Venice, and more

BUS

FlixBus and OuiBus each have a station in Cannes. Check with the bus operator about their bike policies and fees.

ACCOMODATION

GFNY Cannes has teamed up with Bnetwork to offer GFNY participants a selection of hotels and rooms at the best prices. Book your hotel with Bnetwork on GFNY Cannes - Bnetwork, save and enjoy your stay !

<https://cannes.gfny.com/accommodations/?lang=en>

The screenshot displays the GFNY Cannes website interface. At the top, there's a green navigation bar with the event date '24 MARS 2024 CANNES' and various menu items like 'À propos', 'Compétition', 'Voyage', 'Inscription', 'Boutique', 'Centre d'aide', 'Mon Compte GFNY', and 'FR'. Below this is a search and filter section with dropdowns for 'Dates', 'Rate', 'Distance', and 'Sort hotel list by', along with buttons for 'Reset filters' and 'Book Your Hotel Here'. A sidebar on the left offers filters for 'Sustainable', 'Traveler rating', and 'Luxury'. The main content area lists four hotel options with their prices and distances from the city center:

- JW Marriott Cannes**: Price from 209.00 €, 5-star rating, 720m from Centre Ville de Cannes.
- Novotel Suites Cannes Centre**: Price from 95.00 €, 4-star rating, 660m from Centre Ville de Cannes.
- Nehô Suites Cannes Croisette**: Price from 99.00 €, 5-star rating, 1.1km from Centre Ville de Cannes.
- Hotel Splendid**: Price from 108.00 €, 5-star rating, 110m from Centre Ville de Cannes.

On the right side of the listings is a map of Cannes, France, showing the coastline, major roads, and several green star markers indicating the locations of the hotels.



>> SCHEDULE OF EVENTS

Friday March 22		
10h00	Group Ride - Exclusive to GFNY Club members and VIP riders	Cannes Palais des Festivals
19h00	Welcome Aperitif - Exclusive to GFNY VIP's	
Saturday March 23		
10h00	Group Ride - Exclusive to GFNY Club members and VIP riders	Cannes Palais des Festivals
9h00 - 19h00	Expo & race registration open	
Sunday March 24		
6h00 - 7h00	Last packets pick ups (only available upon reservation during check-in and subject to availability)	Cannes La Bocca
7h00	Opening of Start Area	
7h00 - 7h45	Bike service	
7h45	Closing of Start Area	
8h00	Start of GFNY Cannes 2024	
10h00	First riders of medium route arrive	
10h15	Opening of the post-race meal service	
11h15	Winners of GFNY Cannes expected	
14h30	Awards ceremony	
16h00	Course closes	
17h00	Festivities end, see you next year!	



>> BEFORE THE RACE PARKING

- **Parking PARC PALAIS DES FESTIVALS**

Palais des festivals et des congrès de Cannes - 1 Bd de la Croisette, 06400 Cannes

- **Parking PANTIERO**

Promenade de la Pantiero, 06400 Cannes

- **Parking LAUBEUF**

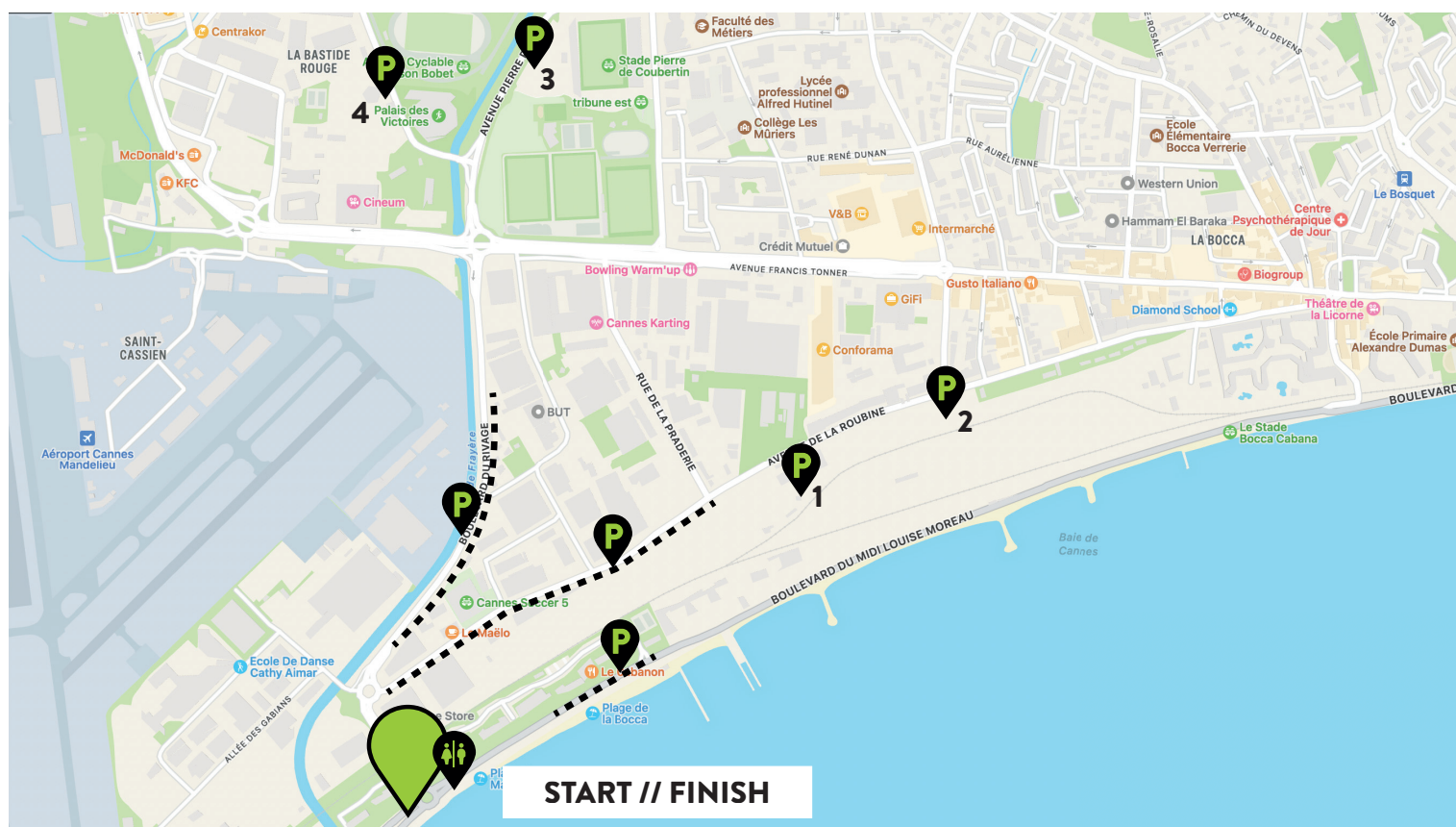
Quai Max Laubeuf, 06400 Cannes



>> BEFORE THE RACE PARKING

Numerous parking spaces are available on Boulevard du rivage, Avenue de la Roubine and Boulevard du Midi Louise Moreau.

- **Parkings ROUBINE 1 et 2** - Avenue de la Roubine
- **Parking 3** - Stade **PIERRE DE COUBERTIN** - Avenue Pierre de Coubertin
- **Parking 4** - En face du **PALAIS DES VICTOIRES** - Avenue Maurice Chevalier



>> PACKET PICK-UP

Documents to be supplied

- Your ID (identity card or passport)
- Your registration confirmation, printed or on your telephone

Your package must contain :

- your race number
- Your bike plate with timing chip
- 2 ties to attach it f to the front of your bike
- 4 safety pins to attach your race number to the back of your jersey
- The race profile sticker

You haven't received your registration confirmation number ?

You will be directed to the **ATHLETE SOLUTIONS**

How can you change your details ?

If you need to change your personal details, go to the **ATHLETE SOLUTIONS** section before leaving the expo to correct them.

Any questions ?

If you have any questions about the course, the race or anything else, the **INFO** point is available to answer your questions.



IN-PERSON RACE PACKET PICK-UP IS MANDATORY. EACH PARTICIPANT MUST COME IN PERSON TO CHECK-IN AND PICK UP THEIR RACE MATERIALS.



>> OFFICIAL JERSEY

Race clothing is compulsory for GFNY Cannes. It is included in your registration fee.

How do you exchange your jersey ?

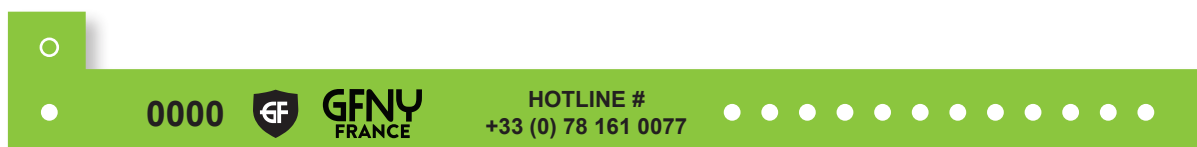
If you need to try on or exchange your jersey, there's an exchange point for that. It has a fitting room and a mirror for your comfort.



>> EVENT WRISTBAND

You will receive a participant wristband that one of our volunteers will attach to your wrist. It shows your race number and the race emergency number

You must wear it throughout the event.



>> BEFORE YOU LEAVE THE EXPO

Pass by the shop to gear up for the race and sign the sign-in wall.



>> CORRECT BIKE PLATE AND BIB NUMBER PLACEMENT

Attach the bike plate to the front of your handlebars.

Make sure the number is clearly visible and not obstructed by cables or your counter. Do not bend or change your bike number. If ("I" manque un S dans la version française) you have a counter, use only the top hole on either side of the frame plate to hand it directly on it, facing downwards, so that the plate is easy to read.



The timing chip will only work if the bike plate is positioned as shown.

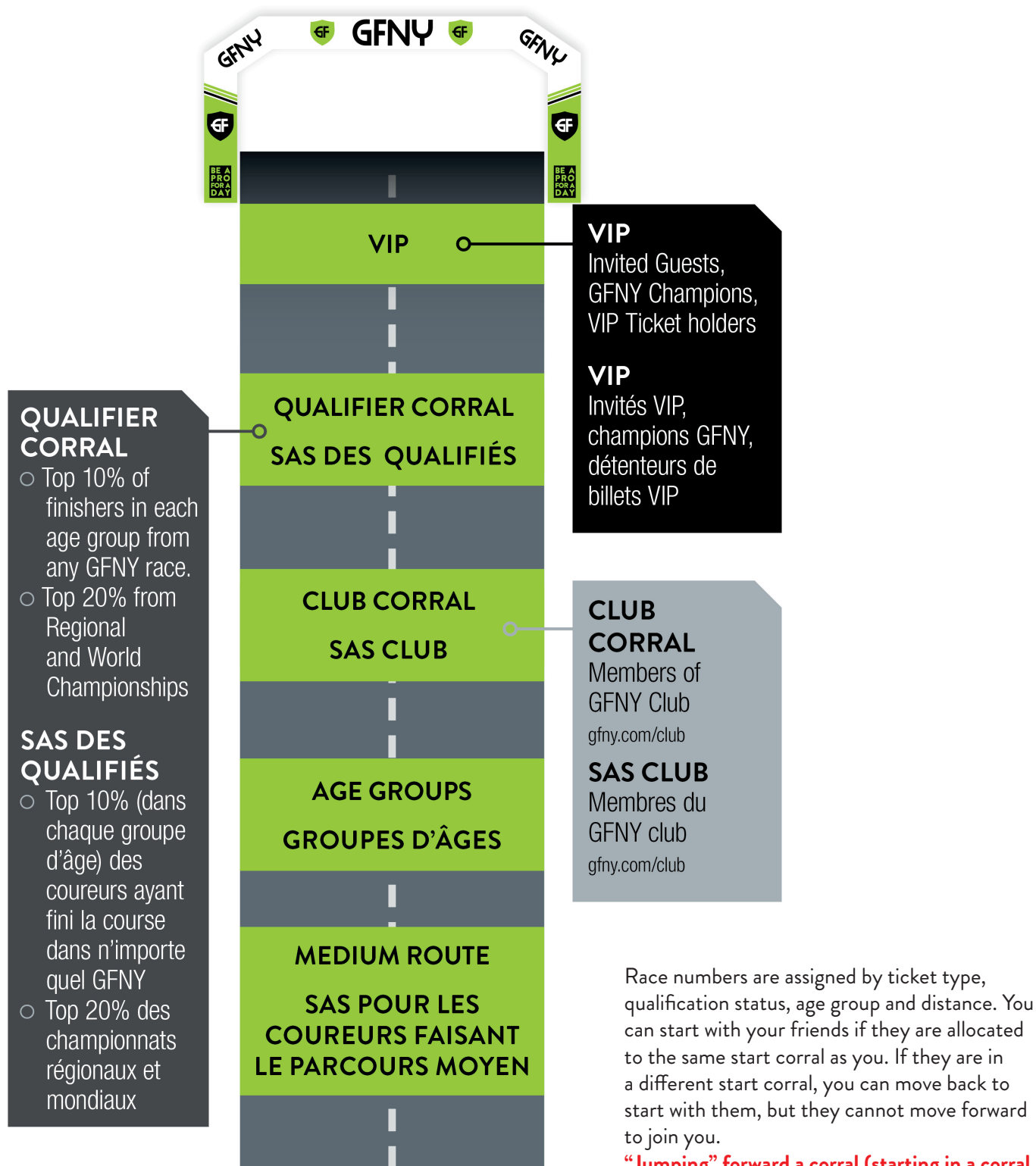


Attach your race number to the back pockets of your compulsory GFNY jersey.

Attach the number to your non-dominant side. If you are right-handed, attach the number to your left and to the centre pockets.



>> START



>> THE COURSE - LONG ROUTE

111km / 2000m+



LONG ROUTE

competitive, timed and graded course

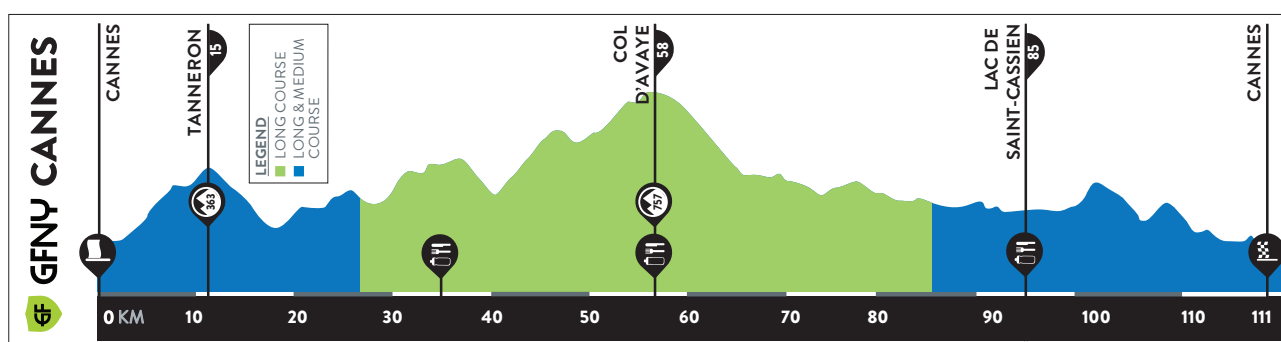
Link to details here:

<https://ridewithgps.com/routes/34812004>

ONLY A FOOL REFUSES TO CHANGE HIS MIND!

Each participant can change their mind, even after the start and choose to do only the medium route if they don't feel up to it, or to go for the long route if their legs decide they want to !

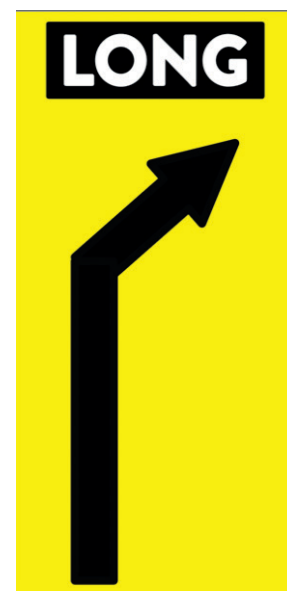
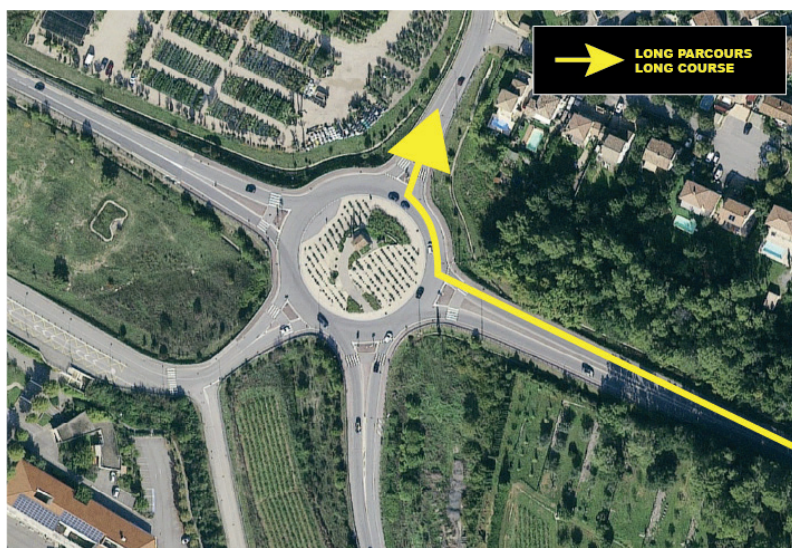
COL DU TANNERON 7,6km 355m 4,6% AVG 10% MAX GFNY	COL D'AVAYE 13,7km 618m 4,1% AVG 12% MAX GFNY
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>> ROUTES SPLIT

The routes are separated at km 33.

At the roundabout, long distance runners will take the first exit on the right.



>> THE RACE - MEDIUM ROUTE

55km / 1000m+



MEDIUM ROUTE

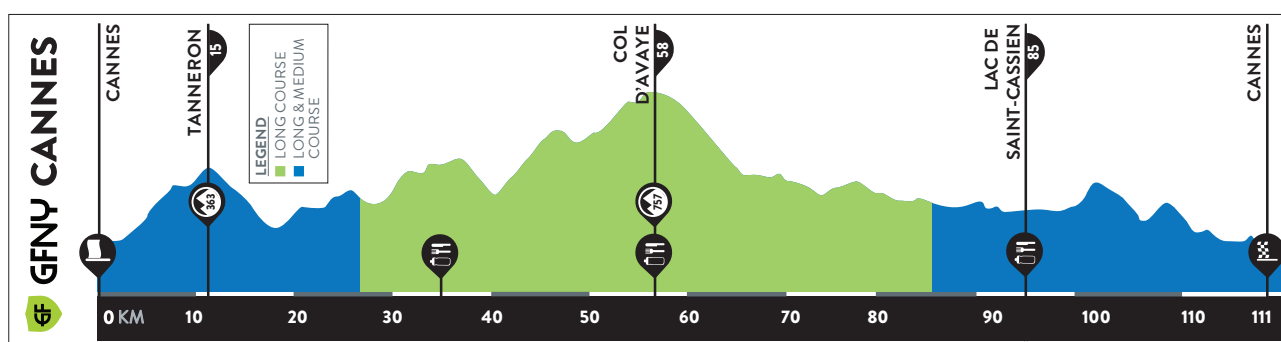
Non-competitive course, timed but not classified.

Link to details here:

<https://ridewithgps.com/routes/38150326>

ONLY A FOOL REFUSES TO CHANGE HIS MIND!

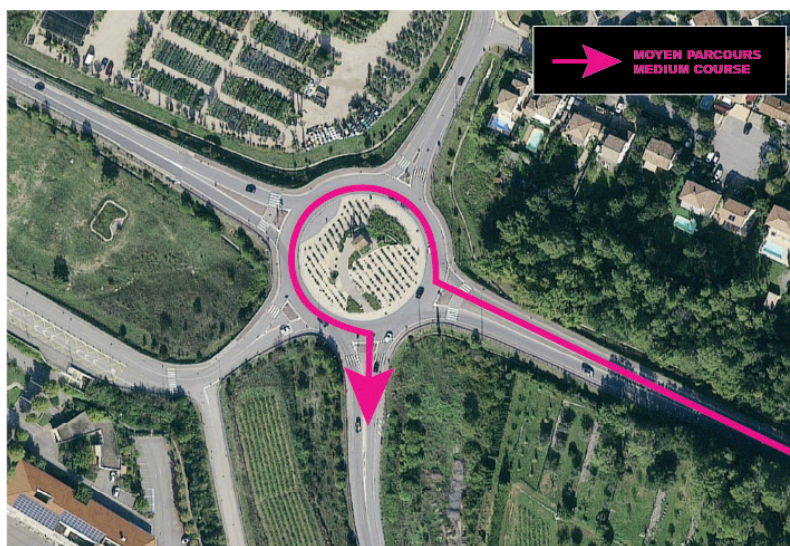
Each participant can change their mind, even after the start and choose to do only the medium route if they don't feel up to it, or to go for the long route if their legs decide they want to !



>> ROUTES SPLIT

The routes are separated at 33 km.

At the roundabout, the middle distance runners will go around the roundabout and take the 4th exit.





>> POINTS OF VIGILANCE

FOR YOUR SAFETY, THE GFNY CANNES ROUTES HAVE BEEN SIGNPOSTED BY OUR TEAM.

Pay particular attention to the following points

ALWAYS STAY TO THE RIGHT

Many of the roads on the GFNY CAnnes route are small, making them more pleasant for cycling and allowing a route with fewer cars. However, the GFNY route uses several sections of road in both directions.

You should always keep as far to the right as possible to leave space for the other cyclists to pass.

You must always stay in the right-hand lane. Never cross the median line. If you have no space to pass, you must stay behind and not overtake.

LONG KM 34.5

ATTENTION STEEP CLIMB

After a sharp right-hand bend, there's a steep climb. You'll have to change for a smaller wheel chain.

LONG KM 96.4

MEDIUM KM 41.7

DANGEROUS CURVE

Crossing the typical village of Les Adrets de l'Esterel you'll have to remain prudent.

A team of volunteer will be on hand all along the route.

A team of experienced motorcyclists will also be on the course with you. Be sure to follow their directions.

**ROULER
À DROITE
STAY TO
THE RIGHT**

**ATTENTION
MONTÉE BRUTAL**



STEEP CLIMB

**VIRAGE
DANGEREUX
DANGEROUS
CURVE**

>> AID STATIONS

Each aid station will provide water, electrolyte drinks, soft drinks and staple foods to keep you energised during the race. If you have special nutritional needs, we encourage you to bring your own food for the race, and enough to last you throughout.

Note that in cycling, there is no distribution on the fly at the refreshment posts. You will have to stop at the refreshment posts if you need to refill your water bottle or eat something.

Please note that receiving assistance from a person standing at the side of the road who is not affiliated with the race or from an unofficial/neutral vehicle is against the rules and may result in disqualifications.

Do not accept outside help, as this is against the GFNY Cannes rules.

You may accept assistance from official GFNY staff and volunteers on the course, either at the refreshment stations or in the neutral rolling support vehicles.

GFNY CANNES						
	DÉPART	1	2	3	ARRIVÉE	APRÈS COURSE
KM	0	36	58	85	111	
ECO ZONE		GFNY ECO ZONE	GFNY ECO ZONE	GFNY ECO ZONE		
EAU, SODA						
NUTRITION SPORTIVE						
SNACKS						
SUPPORT TECHNIQUE						
MÉDICAL						
TOILETTES						
PARKING VÉLOS						
MÉDAILLES ET CÉRÉMONIE						





>> FURTHER IMPORTANT INFORMATIONS

ALWAYS STAY TO THE RIGHT

Many roads on the GFNY Cannes 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 Cannes 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 Cannes 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.

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.

Mechanical assistance is available at the start line and at aid station 3.

TIMING

GFNY Cannes 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.cc/results. If you have any questions about your result, please consult with the timers directly at the finish line or via email to france@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. Le jour de la course au départ et à l'arrivée de la course.

RULES

Please be sure to read the race rules, found at <https://cannes.gfny.com/reglement/> to get familiar with them.

RACE HOTLINE

Every GFNY Cannes 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 emergency call +33 781610077.
Emergency specific number 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 16.00, after 8 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 Cannes rules (cannes.gfny.com/rules).

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 will be available at the start / finish line.

>> 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 / FINISH LINE AND ON THE COURSE

Family members and friends can enjoy the race start and stay at Cannes la Bocca until finish, enjoying the sights. They can also drive to the beautiful Lake Saint Cassien.



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 Cannes La Bocca.

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.



>> MÉDAILLES ET QUALIFICATION

All riders will receive their GFNY Cannes 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.

3X FINISHER MEDAL

Your racing just got a whole lot more rewarding! Besides the great GFNY Cannes medal that you'll receive at the finish line of GFNY Cannes 2024, you also earn a "finish" towards earning the 3x2024 medal.

Finish 3 GFNYs (for example: Cozumel, Uruguay, Cannes) in 2021 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

You can pick up your multi finisher medal at the After Race Festivities.

AWARDS

At 14:30, the Awards Ceremony will take place at the Cannes la Bocca.





>> OFFICIAL PHOTOGRAPHY

Don't forget to smile! Sportograf is the official photography service of GFNY Cannes 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 €24.99. Visit <https://www.sportograf.com> after the race to view and purchase your race photos.



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Profite d'un plan d'entraînement 100% personnalisé pour progresser rapidement et arriver au top sur tes courses.



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>> MOST ASKED QUESTIONS

Q: Can I bring my family and friends with me?

Yes, bring your family and friends! The expo is free admission and open to the public (p.21).

Q: How do the jerseys fit?

The GFNY jerseys are standard race cut, and therefore more fitted in the torso than club cut. We suggest ordering 1-2 sizes larger if you usually wear club cut jersey. Find everything you need to know before picking your jersey size here: gfny.com/jersey-size

Q: What if the jersey size I selected doesn't fit me? Can I exchange my jersey?

We have a limited quantity of jerseys available for exchange. If you find the jersey you ordered is the wrong size, go to the JERSEY EXCHANGE stand and request the size you're looking for. We may not have the exact size you need to swap to, but we'll do our best to get a jersey size as close to your exchange size as possible.

The Jersey Exchange booth has a constant flow of jerseys, if your preferred jersey size is not available, we recommend checking back again before you leave the GFNY Village. Also, we release the jerseys held for registered athletes who didn't come to the race on Saturday towards the end of packet pickup. If your jersey size exchange was not available earlier, it's possible it will be on Saturday towards the end of the day.

Q: Do I have to wear the wristband?

Yes, wearing the wristband is mandatory. It will be attached to your wrist when you come to pick up your race packet at the expo and you must keep it on until you leave the GFNY Village at the end of the event.

Q: Can I buy the matching bib shorts and other GFNY apparel at the expo?

YES, we have a limited quantity of GFNY apparel

and accessories available for purchase at the pre-race expo. The quantities are limited and sold on a first-come-first-serve basis. If you are worried about item availability, we recommend coming to the expo early on Friday to have the greatest selection and size availability.

Q: I'm flying in on Saturday night. Can my friend pick up my race packet for me?

NO. For security reasons (police requirement), every participant has to be present at packet pickup on Friday or Saturday. If you cannot make it to the expo to pick up your race packet, you will forfeit taking part in the event. We recommend changing your flight to arrive in NYC to make it to the expo in time.

Q: Do I need to provide a medical certificate?

No, you don't need to submit a medical certificate, if you have a licence of the UCI, FFC, FSGT, Triathlon or UFOLEP valid. When you check in you'll be able to download your certificate directly in your gfny.cc account.

Q: It looks like the way we are asked to mount the plate is very un-aerodynamic. Can I attach it a different way?

No, you are required to mount the bike plate to the front of your bike. The positioning of the number plate centered at the handle bar is mandatory because it has to be visible to police and security personnel.

While it is not helping aerodynamics, keep in mind that it's in front of the rider's core and GFNY is not a track TT so please don't overthink it. It affects everyone the same way.

Do not bend or alter the bike number. If you bend it or wrap it around the frame, your timing chip may not be read and your bike plate may not be detected by our cameras and due to incorrect

handling or attachment, we may not have you listed in the results and be unable to verify you took part in the race.

Q: Can I wear my own jersey during the race?

NO, the official GFNY race jersey is mandatory attire for the race. It is a police requirement for all participants to wear the official race jersey to be easily identifiable by officials while on the course.

Q: I registered for GFNY but I haven't decided which distance. When do I have to decide by?

You can change your distance even during the race. You have until the course split (see p. 25) to make your decision.

Q: Are triathlon bikes or aero bars allowed?

Triathlon bikes are NOT allowed. Aero bars are NOT allowed. If you have a road bike with aero bars attached, you must remove the aero bars. If you only own a triathlon bike, you will need to ride GFNY on another bike (borrowed or rented road bike, hybrid bike, mountain bike). We check whether your bike is good to go at the entrance to the start.





Cannes.GFNY.com

