

## Hi 305+ Gravel Cyclists!

Below are the instructions for those joining us at the in-person NEW [305+ Gravel Night Ride](#) in Homestead.



# EVENT INSTRUCTIONS

## 2021 305+ Gravel Homestead

### Event Date

Saturday, May 8, 2021

### Start Times

WAVE 1: RACE START 7:00 PM

WAVE 2: RACE START 7:15 PM

WAVE 3: RACE START 7:30 PM

**\*Arrivals no earlier than 30 minutes before race time.**

### Location

[Schneibly Redland's Winery & Brewery](#) - 30205 SW 217<sup>th</sup> Ave, Homestead, FL 33030

### Registration

Race cap – 305 in-person | 305 virtual

### Packet Pick-Up - Saturday, May 8, 2021

6:00 p.m. – 7:30 p.m.

Arrive no earlier than 30 minutes prior to YOUR respective wave race start time. Bike plate numbers with timing devices will be available for pick-up only on race day according to your assigned start waves\* This will allow for a socially distanced process with marked queue lines and staggered pick-up times. Face coverings are required upon arrival to the race site/parking lot, within packet pick-up areas and prior to crossing the start line.

*\*Start times will be assigned and emailed to all participants prior to race day.*

**Your bike plate number corresponds to your race registration; no transferring of plates is allowed. Government issued valid ID Required. Packet pick-up is at the race site only.**

### What To Bring

-> Headlamp/frontward-facing bike headlight – headlamp purchase option available (\$7) within online registration. *Limited supply available.*

-> Helmets required – no exceptions

-> Taillight

-> Self-supporting hydration/nutrition

-> Bug spray

-> Face covering

-> Valid ID

-> Reflective or bright colored clothes

-> Cell phone (charged)

-> Long sleeve shirt/leggings (optional)

## **Course (30K/50K)**

The race begins with daylight as sunset is at 7:56 pm, however, you must be prepared for no lighting on the gravel trails and **you MUST provide your own lighting**. A headlamp affixed to your helmet and/or a frontward-facing bike headlight is sufficient. The course is a single loop for both the 30K and the 50K. The gravel trail paths are adventurous with uneven surface and some loose gravel limestone. Expect some dirt, gravel and, if there is rain prior to race day, maybe some mud puddles. The course is marked with directional arrows and cones. We will also be sharing a GPX file and map on our website and through our social channels and email.

Course Map – coming soon!

## **Start Line Protocol**

You will start in a staggered process separated by 6 feet as first come first for your respective wave during a 15-minute window in 5-10 second intervals. Face coverings must be worn at all times; however, you may remove your face covering 50 meters after you cross the start line.

**Your BIKE PLATE MUST BE FULLY VISIBLE AT ALL TIMES AND AFFIXED ON THE FRONT of your bike handlebars.** (*Diagram at the bottom of this document*)

## **Self-Supported Hydration and Nutrition**

Due to concerns with Covid we are asking all athletes to provide their own hydration and nutrition support for consumption during the race. We will have one emergency hydration refilling station on the course. Post-race, we will provide you with light recovery snacks and water.

Suggested self-support gear includes:

- > Refillable hydration bottle
- > Electrolyte replenishment (Gatorade, salt tabs, etc.)
- > Nutrition (gels, fruit, bars, etc.)

## **Restrooms**

Portable restrooms will be available near the start/finish area. We ask that you line up adhering to social distancing guidelines of at least 6 feet.

## **Hygiene**

Hand sanitizer will be available throughout the venue.

## **Safety**

To provide the safest possible experience we will be requiring the following from all race participants (and immediate support staff where applicable):

- > Face coverings must be worn pre- and post-race
- > Please follow announcements reminding of social distancing and other safety requirements
- > Hand sanitizer will be available
- > Social distancing is required during the race, so make your passes quick and with 6' spacing
- > No large group gatherings at the event

## **Medals**

Finisher medals will be awarded upon completion. Awards will be announced post-race at the Miami Brewing Company Beer Garden. Results will be posted online.

## Post-Race

Your post-race celebration will take place at the Miami Brewing Company. One free drink per athlete. There will be live music and other entertainment.

## Spectators

Family and friends are allowed at the venue, however, we ask you to remind them to always wear a mask, follow social distancing guidelines and to refrain from coming too close the athlete areas. Post-race snacks and refreshments provided by the event are for athletes; food and drink will be available for purchase at the venue.

## Communication

All information necessary is included here within these participant instructions. We will also post event updates on our event website and social media channels. Announcements will be repeated via our PA system in the check-in and start areas during the event. The cycling community is a very respectful and cultured community. If you are uncomfortable with something you see or have any questions, please don't hesitate to tell a staff member on site.

## Virtual Option

A virtual race option will be available for those who are unable or choose not to participate in the in-person event. If you don't feel comfortable, feel free to opt into this option by sending us an email **by Tuesday, May 4 (11:59 pm ET)** Registrants have from May 7 – 9, 2021 (11:59 pm ET) to complete the 10K Run and submit results online. *Registration is available through May 9, 2021 at 3:00 pm ET, space permitting. Finisher kits will be mailed in June 2021.*

**Registration Changes** Given the limited number of spots available for both the in-person and virtual events, any registration changes must be emailed to us by **Tuesday, May 4, 2021 (11:59 pm ET)**. This includes distance changes, and any switches from in-person to virtual.

**Please be aware that the status of the race is subject to change at any time.** We realize that the COVID-19 pandemic is a dynamic situation, and we will continue to monitor all updates from the CDC and Florida Department of Health. If the status of the event changes, we will notify participants as soon as possible.

## Event Beneficiary

A portion of event proceeds will be donated to [The Everglades Foundation](#). The organization is a 501-C3 responsible for advocating for the Everglades. We thank you in advance for supporting their efforts.

## Parking

There is plenty of parking available at the designated lots to the south of [Schnebly Redland's Winery & Brewery](#). The start line is three blocks south of the parking lot adjacent to the canal. [Google Map](#)

**No gear check is available. We will provide a car key check-in.**

Please consider not bringing any valuables with you on race day. Any valuables you do have, please hide them from plain sight securely inside your car. Life Time and race organizers are not responsible for damaged or stolen items.

## Other Considerations:

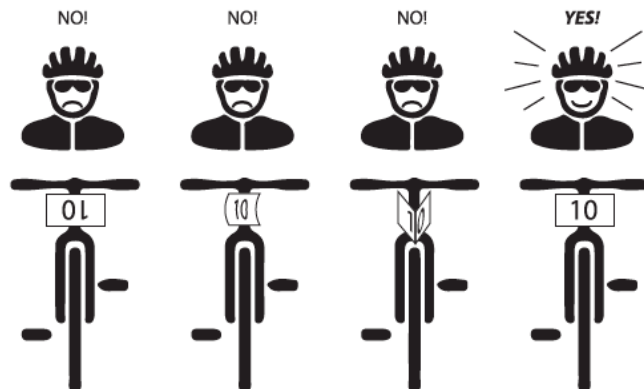
- > Rider etiquette – be courteous of others
- > Pay attention
- > **Headlamp/bike headlight and taillight required**
- > Stay right, pass left
- > Don't yell or startle when coming up on a fellow cyclist – politely say: ON YOUR LEFT
- > Don't point your light directly ahead towards the eyes of another cyclist
- > Consider wearing a blinking red light
- > Don't litter!!!
- > Don't stray off the designated marked course
- > Consider starting with the later waves if you are not an advanced gravel cyclist
- > There will be runners out there taking part in 305+ Gravel in the 10K running race. Keep an eye out for them.
- > You may encounter wildlife during the race (wild pigs, snakes, deer, gators, turtles, etc.) and you may spot python hunters in their vehicles.
- > Medical assistance available
- > Mechanical support – carry your own repair tools and tubes
- > Lighting Tips - battery operated lights are no good. Re-chargeable lights with a lumen of at least 500 are needed, we recommend 800 lumens to be the lowest lumen light. Set to the medium level for most of the ride to ensure your light does not drain too quickly while on-course.
- > You can use any kind of self-propelled bicycle. No electric bikes allowed.
- > Do not ride beyond your means (don't go out too hard and bonk early on the course)
- > Tires should be fit for off-road/gravel terrain
- > Eye protection

**We can't wait to see you out there on Saturday, May 8<sup>th</sup> to UNLOCK more of Miami!!**

## Proper Bike Plate Display

**MUST BE IN FULL VIEW ON FRONT OF BIKE!**

"How To" and "How Not To" mount your number plate.



No cutting. No bending. No folding . No Joking!