

2023

THOUSAND ISLANDS GRAN FONDO

PARTICIPANT GUIDE



ASSANTE
WEALTH MANAGEMENT
Jay Rayner





1. Registration/Rider Package Pick Up

Early Pick Up Days: Friday, September 8th & Saturday, September 9th

Location: Focus Personal Fitness Studio

Participants can pick up their TI Gran Fondo Kit on Friday, September 8th or Saturday, September 9th between 1–5 p.m. at Focus Personal Fitness Studio. In the registration kit you will find a participant saddle sticker, which will identify you as a TI Gran Fondo rider along the open-road course. **Please place the sticker on your seat post as pictured below.**

Pickup Times:

Friday, September 8th
From 1 p.m. – 5 p.m.

Saturday, September 9th
From 1 p.m. – 5 p.m.

Address:

Focus Personal Fitness Studio

4 Cataraqui St
The Woolen Mill
Basement Unit W22
Kingston, ON
K7K 1Z7



Ride Day Pick Up: Sunday, September 10th

Location: Focus Personal Fitness Studio

On ride day, your rider package can be picked up in the back parking lot of The Woolen Mill, just under the Focus Personal Fitness tent. The Woolen Mill parking lot will serve as the pre-ride and post-ride gathering spot.

Parking is available at The Woolen Mill. Please use the back lots towards the river to keep the starting area clear. Please see the map below. Outlined in red are the designated parking areas.

Pickup Time:

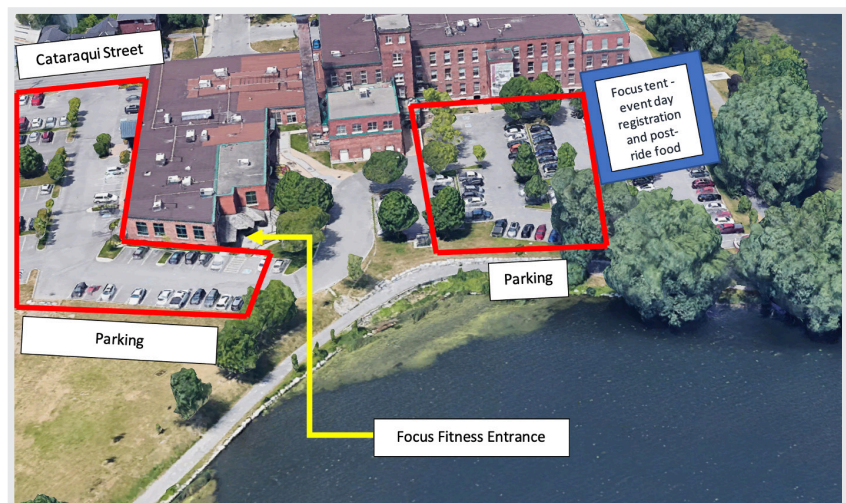
Sunday, September 10th
Pickup opens at 5:30 a.m.

We highly recommend that you arrive at The Woolen Mill starting area by 6 a.m..

Address:

Focus Personal Fitness Studio

4 Cataraqui St
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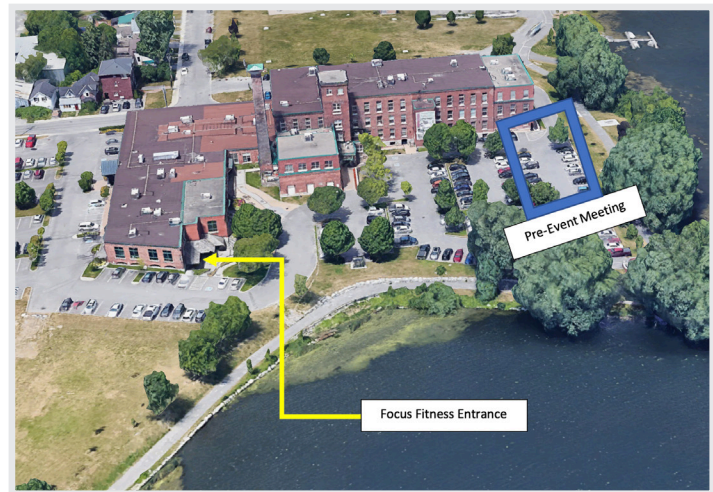
2. Event Day Meeting

Pre-ride Meeting:

Riders will gather at The Woolen Mill parking lot for a final pre-ride meeting at 6:30 a.m., where event instructions will be given. All riders will be escorted down the bike path to the official start and finish line at Douglas Fluhrer Park (just south of The Woolen Mill.) See the maps to the right for more information.

Reminder!

Please note that the rules of the road apply at all times! The course is open and no roads will be closed. Please ensure you follow all traffic rules, including stopping at stop signs and lights.



3. Saddle Up Time

Let's Ride!

The ride's start line will be south of The Woolen Mill at Douglas Fluhrer Park, just off of Wellington St. This will also be the finish line for this year's event.

Please be ready to ride by 6:45 a.m.. Riders will be escorted after the pre-ride meeting down the bike path to the starting line. This will ensure you're prepared for the start time of 7 a.m..



4. Starting Corrals

Please note that riders of similar abilities are expected to position themselves behind the starting line together.

Regardless of the distance you're riding, position yourself at the starting area that's most reflective of the speed you'll be riding. This ensures you start your ride with participants who are riding at a similar speed to you. This will help enhance the safety of the event.

Each corralled area will be marked with flags, indicating where to position yourself at the starting line.

We will have four starting corrals:

- 1) 35+ km/hour
- 2) 30 km/hour
- 3) 25 km/hour
- 4) Casual rider



Reminder!

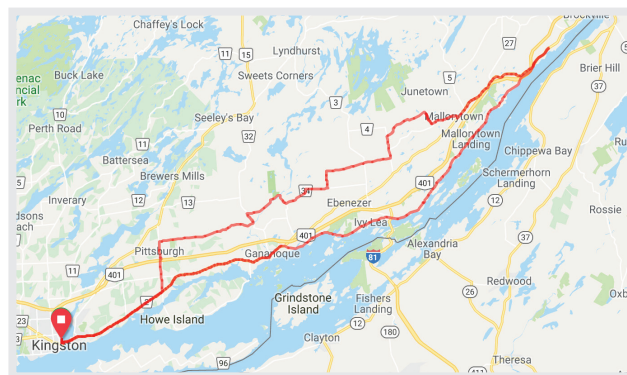
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5. The Big Loop, 160 km Ride:

Section 1: The Wake Up!

Kingston to Gananoque (35 km)

Riders will follow a police escort through downtown Kingston, head east up Fort Henry Hill, and past the Canadian Forces Base Kingston. This section has a few climbs, and it should give your heart rate a wake up (ok, so it's Eastern Ontario we're talking about—not the Rocky Mountains. But it's what we've got!) Riders will travel east along Highway 2, beside the St. Lawrence River, to the small town of Gananoque for the first pit stop. Coffee, fruit, and other refreshments will be provided.



<https://ridewithgps.com/routes/26298064>

Section 2: The View

Gananoque to Brockville, via The Parkway (45 km)

From Gananoque, we'll enter the newly paved trails of the Thousand Islands Parkway. You will have a constant view of the St. Lawrence River over your right shoulder, making this a beautiful ride in Ontario on a Sunday morning in the fall. The Parkway is quite flat, and we'll be following it to where it finishes at the outskirts of Brockville. We'll have our second pit stop 5 km after crossing over the 401.

Section 3: Peaceful Country

Brockville to Marble Rock (40 km)

Riders will cross a bridge over the 401 and ride onto a beautiful network of secondary, country roads. To make the distance an official 160 km, you will be turning right off Brockmere Cliff Road towards Brockville. You will make a 180 degree turn on Highway 2 towards Brockville where a designated official will escort you through the turn.

Kingston is lucky to have quiet, cycle-friendly paved roads in the country. Along this ride, you'll be taking in the relaxing scenery of cows, llamas, chickens and sleepy old towns. You can expect to see very little traffic on this section of the ride back towards Gananoque. We will have our third pit stop in the town of Marble Rock.

Fun Fact:

Marble Rock once had a store, tavern, school, cheese factory, and sawmill. Today, it's a conservation area with excellent hiking trails that we highly recommend!

Section 4: Take Me Home

Marble Rock to Kingston (40 km)

The last stretch takes you from Marble Rock, across Highway 34, to the back roads of Kingston. It's a windy stretch with minimal traffic. You'll pass many cow fields before seeing signs of life as you approach the Colonnade Golf and Country Club. No banquet party yet, but you'll be getting close to the end as you head south of Joyceville, back towards Highway 2 and into the homestretch. Riders will continue along Highway 2 back to Kingston and The Woolen Mill finish line.



Reminder!

Please note that the rules of the road apply at all times! The course is open and no roads will be closed. Please ensure you follow all traffic rules including stopping at stop signs and lights.

6. Kingston to Gan, 120 km Ride:

120 km Route:

This loop starts, and ends, with the 160 km riders in Kingston. This circuit includes a good portion of The Big Loop, with a reduced view of the islands.

Riders start in Kingston with The Big Loop riders and head onto the Thousand Island Parkway. Instead of taking the full ride of The Parkway, you'll turn left at the 50 km marker onto Escott Rockport Rd and head north to join The Big Loop course at Blue Mountain. Depending on your pace, you might join back up with The Big Loop riders as you return to the course going through historic Marble Rock. You'll head past the Colonnade Golf and Country Club, and then back along Highway 2 to the finish at The Woolen Mill.

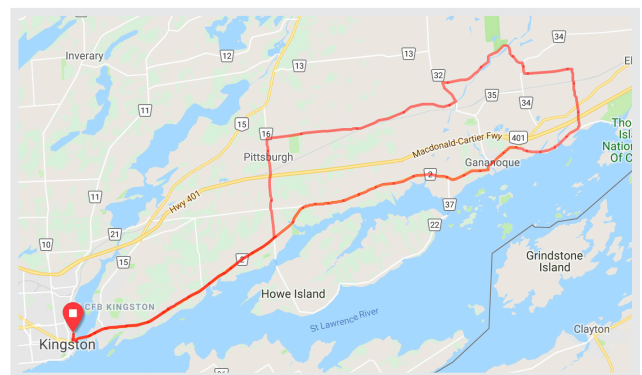


<https://ridewithgps.com/routes/26254098>

7. Touching the Islands, 80 km Ride:

80 km Route:

The 80 km ride also starts in Kingston with the 120 km and 160 km group. You'll go all the way to the islands but turn left on Cliffe Rd at the 35 km marker. You'll then head north to Eden Grove and Marble Rock and join the other two rides again. This ride is basically the start and finish loops of The Big Loop, with a touch of the islands.



<https://ridewithgps.com/routes/26203388>



8. Where Do You Put Your Gear?

Gear Info:

A bag with personal belongings can be left at Focus Personal Fitness Studio, which is the headquarters for ride logistics throughout the day. We'll have a designated spot for gear or a change of clothes to be left during the ride. While it will be supervised, we cannot be held responsible for lost or stolen objects.

9. Refreshment Stations

Stay Hydrated:

We have four main refreshments points along the course. The first point will be about 30 km into the ride, located at the Gananoque Chevrolet Dealership. The service bay of the dealership will be open for washrooms and drinks or food that you may need, all kindly supplied by Gan Chev!

About half way through the ride, you'll visit Purcell's Freshmart. The owner has allowed us to set up a nice spot beside the store where you can grab some donuts, Gatorade, fruit, and water.

The third refreshment point will be at Marble Rock Conservation Point.

The last stop will be at the Colonnade Golf & Country Club on Woodburn Road. This will be your last chance to pick up some fluids for the last stretch to Kingston.

10. Mechanical Bike Support

Tunes on Wheels (TOW):

Hopefully you do not need a TOW :) during your ride but we are pumped to have Tunes on Wheels bike support as part of the Fondo. TOW is a mobile bike repair company that provides bike repair services to all bike brands. Thanks for being part of our event.

Obviously, our course covers a lot of ground but having TOW on the course may help a few riders who need an extra pump to get to the finish line. They will be located at the start and will eventually station themselves on the Parkway at Rockport. We will also have other support vehicles on the route to help get you to the finish line with any issues that may arise. Thank you TOW!



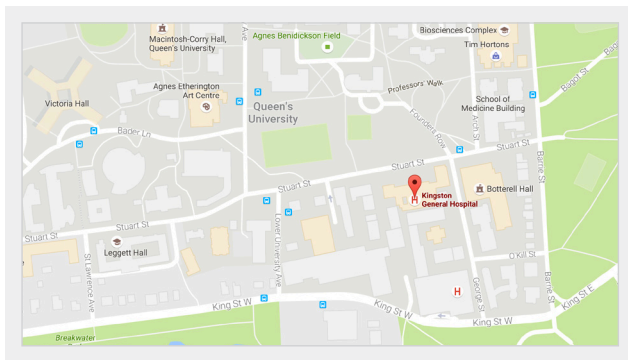
<https://tunesonwheels.ca>



11. Rider Safety - Hospitals

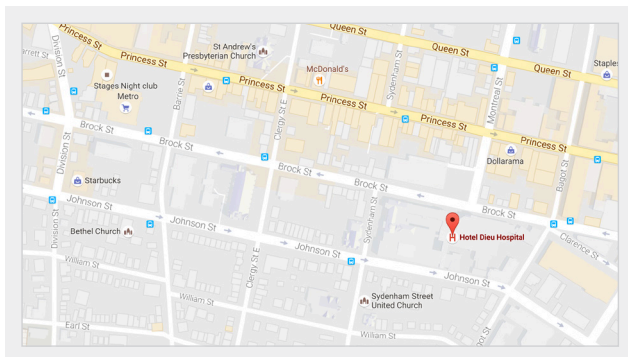
For emergencies call 911.

If you need assistance during the ride, please flag down one of the support vehicles or call ride headquarters at **613-531-1045**. If you require medical attention, please go to one of the following hospitals:



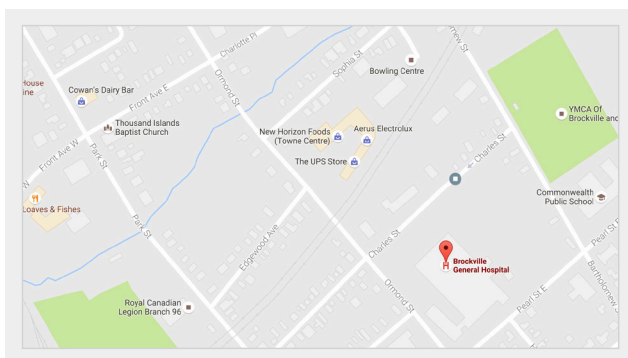
Kingston General Hospital

76 Stuart St.
Kingston, ON
K7L 2V7
Phone: (613) 548-3232



Hotel Dieu

166 Brock St.
Kingston, ON
K7L 5G2
Phone: (613) 544-3400



Brockville General Hospital

75 Charles St.
Brockville, ON
K6V 1S8
Phone: (613) 345-5649



12. Proceeds

In the past, proceeds have been used as an athlete assistance fund for elite/youth development for the IronStride team. Proceeds have also been distributed to the Molly McDermott Memorial Scholarship Fund, the Canadian Police Memorial Ride to Remember and the University Hospitals Kingston Foundation. We will once again donate funds to the University Hospitals Kingston Foundation this year as this is an important component of our community.

This year we will also be making a donation to the Kevin Dunbar Memorial Scholarship Fund. This is a community based education fund in honor of the legacy of Kevin Dunbar. Kevin had a huge impact in the running community as a mentor, coach, volunteer and athlete. He was a passionate lawyer who worked tirelessly to help others. This scholarship fund will give back to the community by supporting track and endurance athletes and individuals in need as they pursue post-secondary education.

kevindundarmemorialscholarship@gmail.com to make a personal donation!

13. Thank You

I would like to thank everyone who's been part of this event in any way. If you're riding, I hope you enjoy the challenge and celebrate a great ride when the day is done with good banter and cheer. If you're helping, I want to thank you for taking the time to make the day great for others.

Many years ago, we started the Gran Fondo ride to promote our community and motivate people to take on a healthy challenge. I hope the event and our summer challenge provided that motivation for you to train a little more and become a bit fitter than yesterday. Congrats on your efforts!

Have a great ride.

— Randy Zabukovec

Contact Us

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w: www.tigranfondo.com



The Woolen Mill
4 Cataraqui Street
Basement Unit W22
Kingston, ON K7K 1Z7





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