



2024 GRAN FONDO
WORLD CHAMPIONSHIPS

AALBORG
DENMARK



TECHNICAL GUIDE

Welcome to Aalborg, Denmark

WWW.GRANFONDOAALBORG.DK

FINAL VERSION





WELCOME TO AALBORG

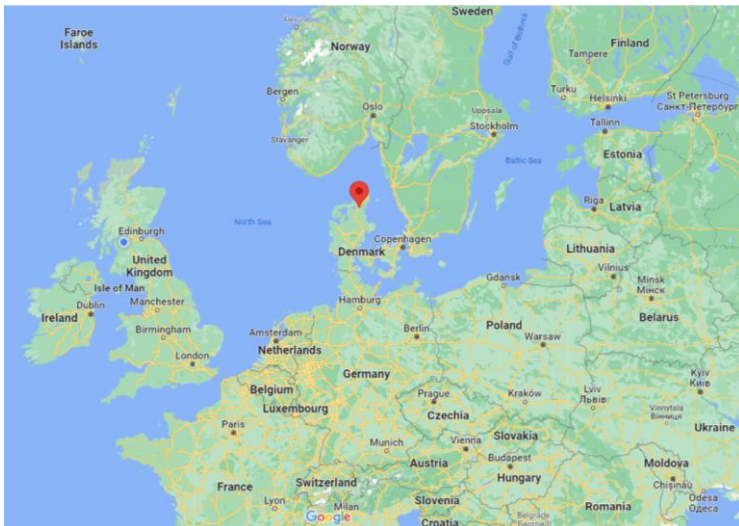
Aalborg is loved by visitors for many reasons and is routinely on national “best of” lists, including *Travel and Leisure’s Best Places to Visit in 2024 – Cultural Immersion*. Aalborg is a charming city with a quaint old town, some interesting museums, and nice green space.

Aalborg is Denmark’s third largest municipality with a population of approx. 223.000 citizens.

The earliest settlements date to around AD 700. Aalborg's position at the narrowest point on the Limfjord made it an important harbour during the Middel Ages and later a large industrial centre. Architecturally, the city is known for its half-timbered mansions built by its prosperous merchants. Budolfi Church, now a cathedral, dates from the end of the 14th century and Aalborg Hus Castle, a royal residence, was built in 1550. Today, Aalborg is a city in transition from a working-class industrial area to a knowledge-based community.

For more than 600 years – up until around the year 1000 AD – people were buried at Lindholm Høje. At each of the around 700 cremation graves from the Iron and Viking Ages, the dead body was burnt on location, and the graves were marked by stone circles. These stone circles are still visible in the landscape in one of Denmark’s best preserved ancient monuments. The story about the Vikings and people who lived and died here is told inside the museum.

Aalborg is today an important cultural hub. The Aalborg Carnival, held at the end of May, is one of the largest festivals in Scandinavia, attracting some 100,000+ people annually. The town's major university is Aalborg University, which has more than 20,000 students keep the city “young and vibrant”.



The Local Organizers (LOC) and UCI welcomes you for the coming World Championships. Looking forward to seeing you and wishing you a successful participation.

We do hope you will ENJOY your stay in Denmark!



2024 GRAN FONDO WORLD CHAMPIONSHIPS

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HOW TO REACH AALBORG

You can reach Aalborg by car from the north as well as the south via motorway E45. This motorway starts at Sicily, Italy.

The nearest airport to Aalborg is Aalborg (AAL) Airport which is 5.0 km away. Other nearby airports include Aarhus (AAR) (95 km), Billund (BLL) (155 km), Copenhagen (CPH) (430 km) or Hamburg, Germany (HAM) (460 km). If you go by car from Copenhagen, you will cross Great Belt link – a payable-bridge – but amazing view.

From Copenhagen airport you find domestic flights (SAS or Norwegian) to Aalborg.

Aalborg is also reachable by train. From Copenhagen approx. 5½ h. and Hamburg approx. 6½ h.





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DENMARK**



OUR PARTNERS

With an unvaluable support of our partners - we are able not only to host but also to create a fantastic setup for the **UCI 2024 GRAN FONDO WORLD CHAMPIONSHIPS**.

We are very grateful for OUR PARTNERS support.

Host Partners



Main Partners



Official Partners



Official Suppliers





EVENT PROGRAM

Wednesday 28th August

Venue: KFUM-hallen, Under Lien 77, 9000 Aalborg

Riders briefing: KFUM-hallen, Under Lien 77, 9000 Aalborg

02.00 pm – 06.00 pm Pre-bike-check

03.00 pm – 06.00 pm Registration & Race-office – open **(ITT only)**
(Licens-check, Numbers, Timing-chip and Q&A)

05.00 pm – 05.30 pm Riders-briefing in KFUM-hallen

Thursday, 29th August

Venue: KFUM-hallen, Under Lien 77, 9000 Aalborg

07.30 am – 05.00 pm Registration & Race-office - **(ITT only)**

09.00 am - 12.00 pm Time Trial - Heat 1

10.00 am Bike-parking - open

01.00 pm - 04.00 pm Time Trial - Heat 2

04.00 pm Podium ceremony

05.00 pm Bike-parking – close

Friday, 30th August

Venue: Musikkens Hus (House of Music), Musikkens Plads 1, 9000 Aalborg

Riders-briefing: Medborgerhuset (City-Hall), Rendsburgsgade 11, 9000 Aalborg

03.00 pm – 03.30 pm Riders-briefing - [Please notice the address for Medborgerhuset](#)

06.00 pm – 06.45 pm Road closes – warm-up on the course

07.00 pm – 08.00 pm Team Relay

06.00 pm – 09.00 pm Expo-area

08.30 pm Podium Ceremony – First World Championships - ever!



EVENT PROGRAM

Saturday, 31th August

Adress: Boulevarden 13, (City Admin. Building), 9000 Aalborg

01.00 pm – 05.00 pm Registration & Race-office – open **(for the Road Race)**
Licens-check, Numbers and Timing-chips.

03.00 pm – 04.00 pm Riders-briefing for the Road Race on Sunday
Please notice the address for Medborgerhuset

Recon for Sunday & Rest-day

Sunday, 1st September

Start & Finish: Budolfi Plads, (Budolfi Sq.), 9000 Aalborg

Race-office: Boulevarden 13, (City Admin. Building), 9000 Aalborg

07.30 am Registration & Race-office – open **(for the Road Race)**

08.00 am Expo-area

09.00 am Road Race. First group of riders start (Gran Fondo)

10.00 am Registration & Race-office - close

10.10 am Last group of riders will start (Medio Fondo)

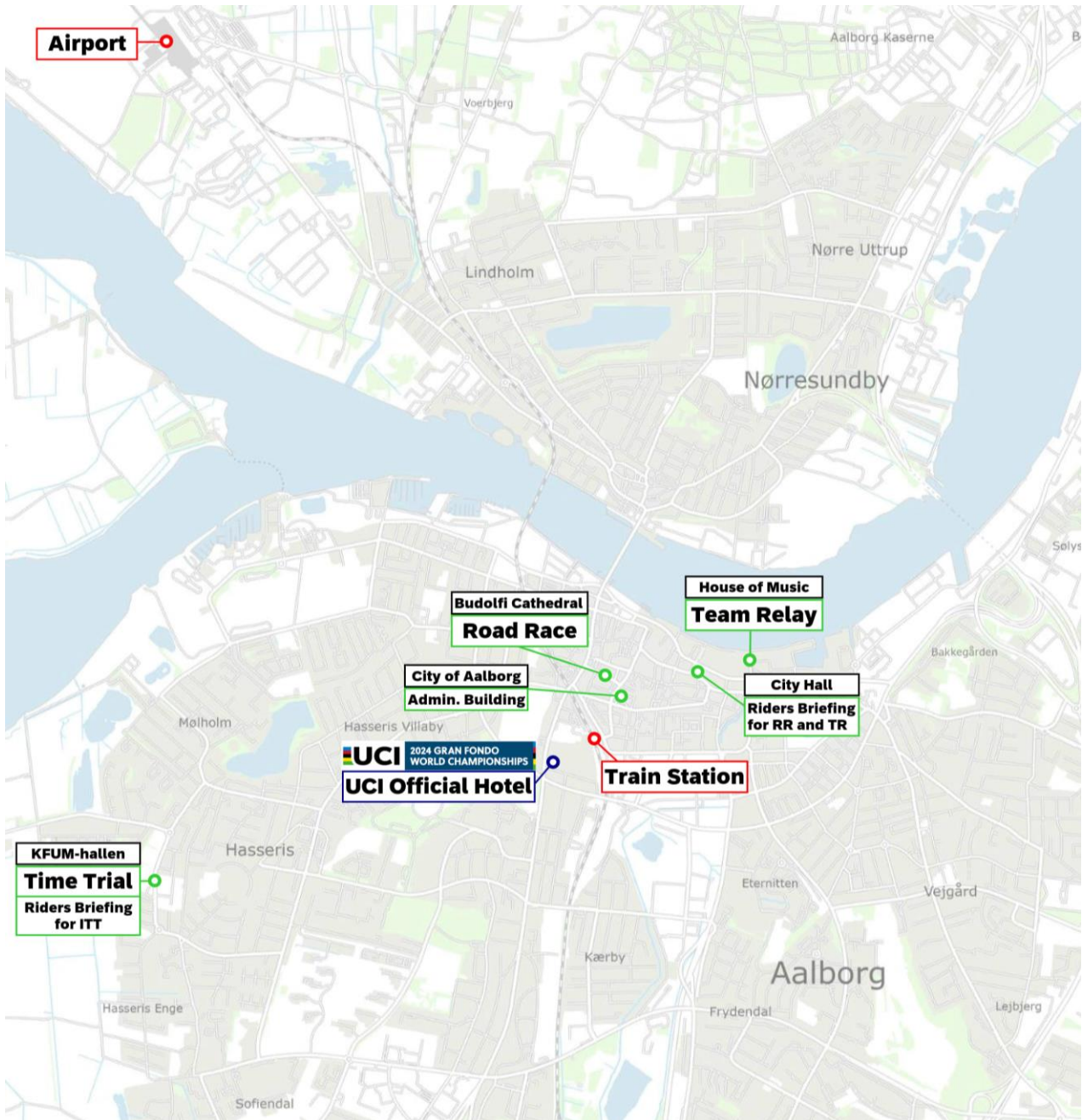
12.45 pm First riders expected to cross the finish-line

01.00 pm Bike-parking - open

01.30 pm Podium ceremonies – Budolfi Plads

05.00 pm Bike-parking - close

EVENT OVERVIEW





OPENING HOURS

RACE OFFICE OPENING HOURS

Wednesday 28th – 03.00 pm – 06.00 pm

Thursday 29th – 07.30 am – 05.00 pm

Saturday 31th – 01.00 pm – 05.00 pm

Sunday 1st – 07.30 am – 10.00 am

BIKE PARKING'S OPENING HOURS

Thursday 29th – 10.00 am – 05.00 pm

Sunday 1st – 01.00 pm – 05.00 pm

OFFICIAL MEETING'S SCHEDULE – Riders Briefing

Wednesday 28th – 05.00 pm – 05.30 pm (KFUM-hallen) – **only ITT**

Friday 30th – 03.00 pm – 03.30 pm (Medborgerhuset) – **only Team Relay**

Saturday 31th – 03.00 pm – 04.00 pm (Medborgerhuset) – **for the Road Race**

The Riders Briefing is not mandatory but gives riders the chance to ask questions afterwards the presentation. The slides of the Riders Briefing will also be sent via email to all riders.

EXPO OPENING HOURS

Thursday 29th – 09.00 am – 04.00 pm

Friday 30th – 06.00 pm – 09.00 pm

Sunday 1st – 08.00 am – 04.00 pm



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HOW TO PARTICIPATE

If you have successfully qualified at one of the Gran Fondo World Series events being held across the world or if you received a wildcard, you will soon receive a personal email from Series coordinator Erwin Verweken. Enclosed will be a private link to register for the 2024 UCI Gran Fondo World Championships. This link will be for qualified riders only and all registrations will be cross-checked with the competitor lists from each event. If you register without being qualified or officially invited, your registration fee will not be refundable and you will be removed from the startlist.

If you have not yet qualified, it is critical that you enter and finish in the top 25% of your age category at a selected UCI Gran Fondo World Series event during the 2023-2024 season. For a full calendar of qualifier events, please visit <http://www.ucigranfondonworldseries.com>

If you think you qualified, but haven't yet received the invitation email, please contact info@ucigranfondonworldseries.com to enquire about your qualification status and invitation. Please also check your spam-box as it might be that your mailing program has blocked the mail which will come from noreply@ucigranfondonworldseries.com



INDIVIDUAL TIME TRIAL | THURSDAY 29th AUGUST

The Individual Time Trial race-setup will be in and outside KFUM-hallen, Under Lien 77, 9000 Aalborg.

- All bikes will be checked before each rider start.
- Distance: 33.3 km, with 127 meters elevation.
- Start & Finish: Under Lien 77, 9000 Aalborg.
- Riders-briefing: Wednesday 28th August, 5pm – KFUM-hallen, Under Lien 77, 9000 Aalborg.

Starts will be given according to UCI age groups as of 09.00am, with 30 second intervals. Woman first to start - from older age groups to younger, followed by older men age groups to younger. Youngest men will be the last to depart. The race-course will be not accessible to riders after 08.00am. Ten Wahoo-trainers (KICKR Core) will be available at the start from 07.30am, for max time of 20 minutes per rider. Drafting is forbidden; any riders not obeying this rule will be disqualified. When overtaking a rider must ensure a distance of 2m separates both riders, and the overtaken rider must then leave a gap of 25m behind the passing rider.

INDIVIDUAL TIME TRIAL - course

This is a flat course – as flat as a “pan-cake” with an evaluation of only 133 m. or 418 ft. in total and 33 km. or 20,7 mi. Eventhough you find 3 minor and short hills. The course follows the Limfjord - so if you look up it will be scenic landscape you find.

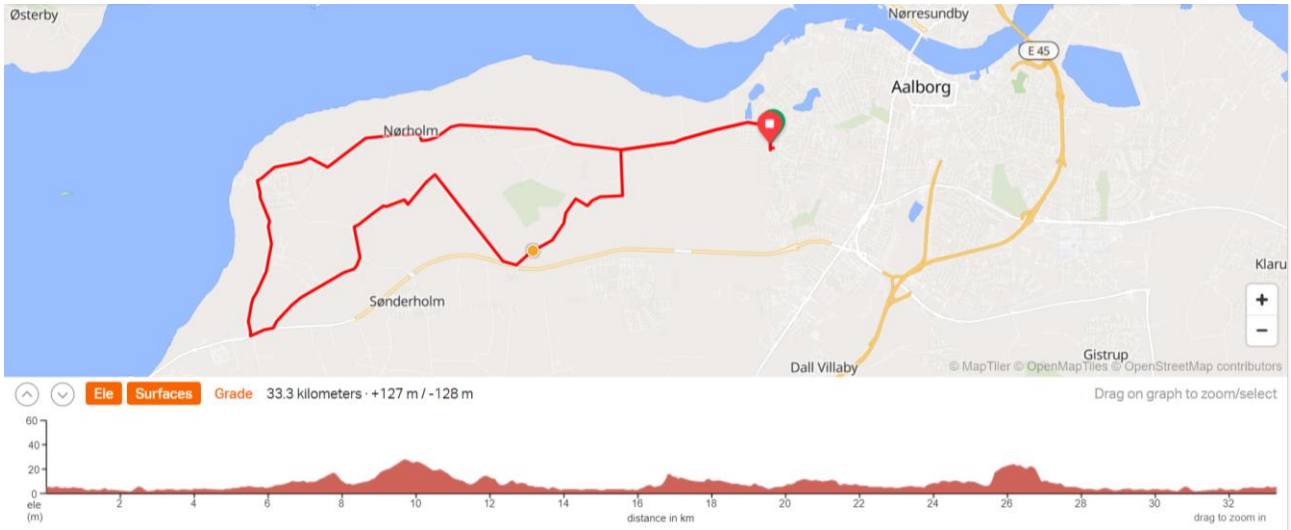
Often you have an both an enemy and a friend on this course. The reason is that in Denmark we have wind from west approx. 220 days/year. This means on your way out you normally will discover a headwind (enemy) and a nice tailwind back (friend).

The course is nearly the same as has been used in 2022 and 2023 for the National Championships in Denmark. In June this year Mrs. Emma Norsgaard Bjerg, Movistar (Winner of the 6th stage at Tour de France 2023 – femmes) won the national championships in TT. And the Men Elite was won by Mr. Kasper Asgreen, Soudal-Quickstep (also stage winner 18th stage at Tour de France 2023 and - of course – the winner of Tour of Flanders 2021.)

Both these riders loved this course and their feed-back was clear – this is a real TT-course. Therefor we will “re-cycle” this for YOU and the UCI 2024 Gran Fondo World Championships.

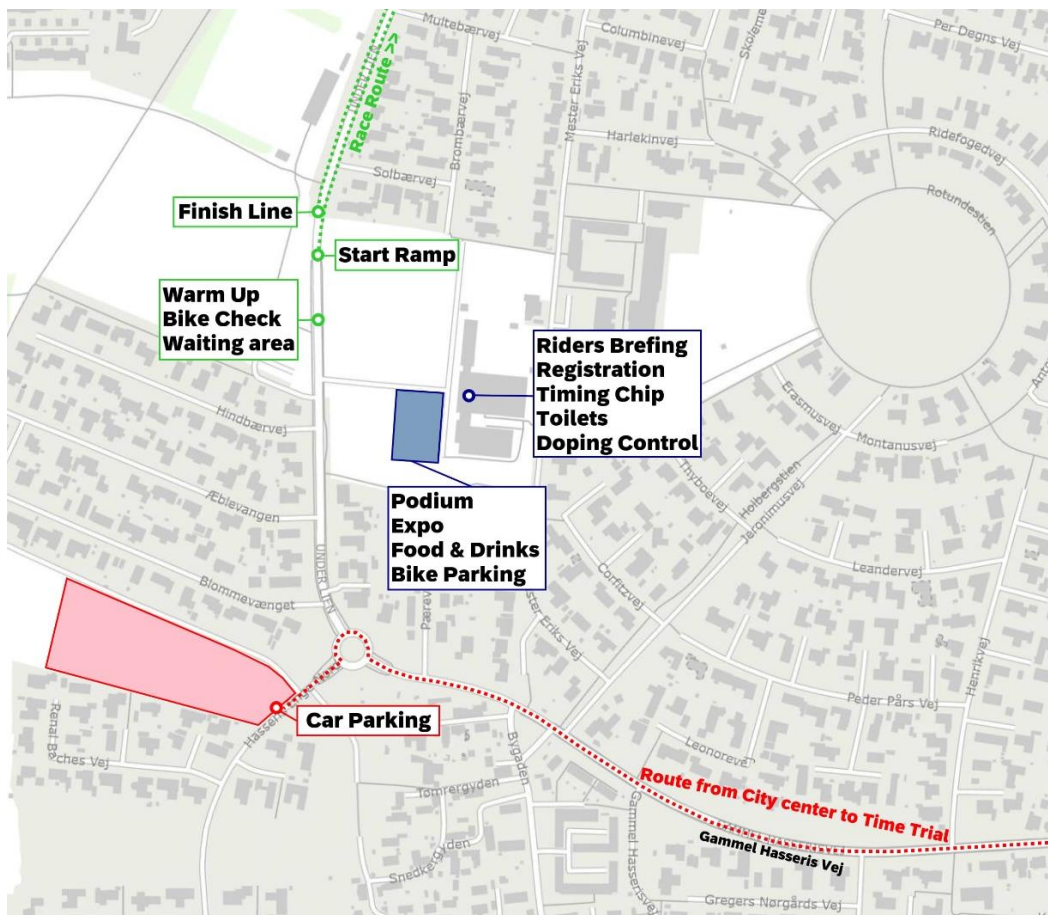


INDIVIDUAL TIME TRIAL - course



<https://ridewithgps.com/routes/43885880>

Venue: KFUM-hallen



TEAM RELAY | FRIDAY 30th AUGUST

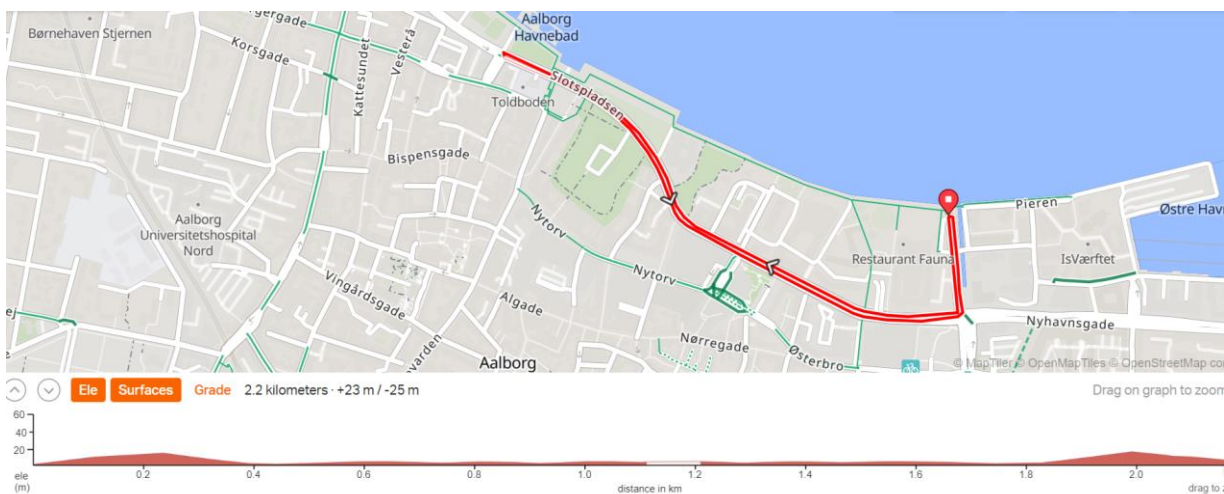
Team Relay is first time ever an official World Championships with rainbow-jerseys and medals. It is open to all athletes who are registered for the time trial and/or Gran Fondo/Medio Fondo. The course is inside the city-center along the Harbour-front and the riversides of the Limfjord. Each rider will complete 3 laps of a 2,2km circuit, before passing the relay to the next rider of the team.

Distance: 2,2 km

Start location and finish line: Musikkens Hus (House of Music)

Riders-brief: 30th August, 03.00 pm – Medborgerhuset (City Hall).

TEAM RELAY – course



<https://ridewithgps.com/routes/44447192>

REGISTRATION PROCEDURE

Riders can enter as a complete team or as an individual rider wishing to join a team. To submit a team or an individual entry, please email the following information to info@ucigranfondoworldseries.com:

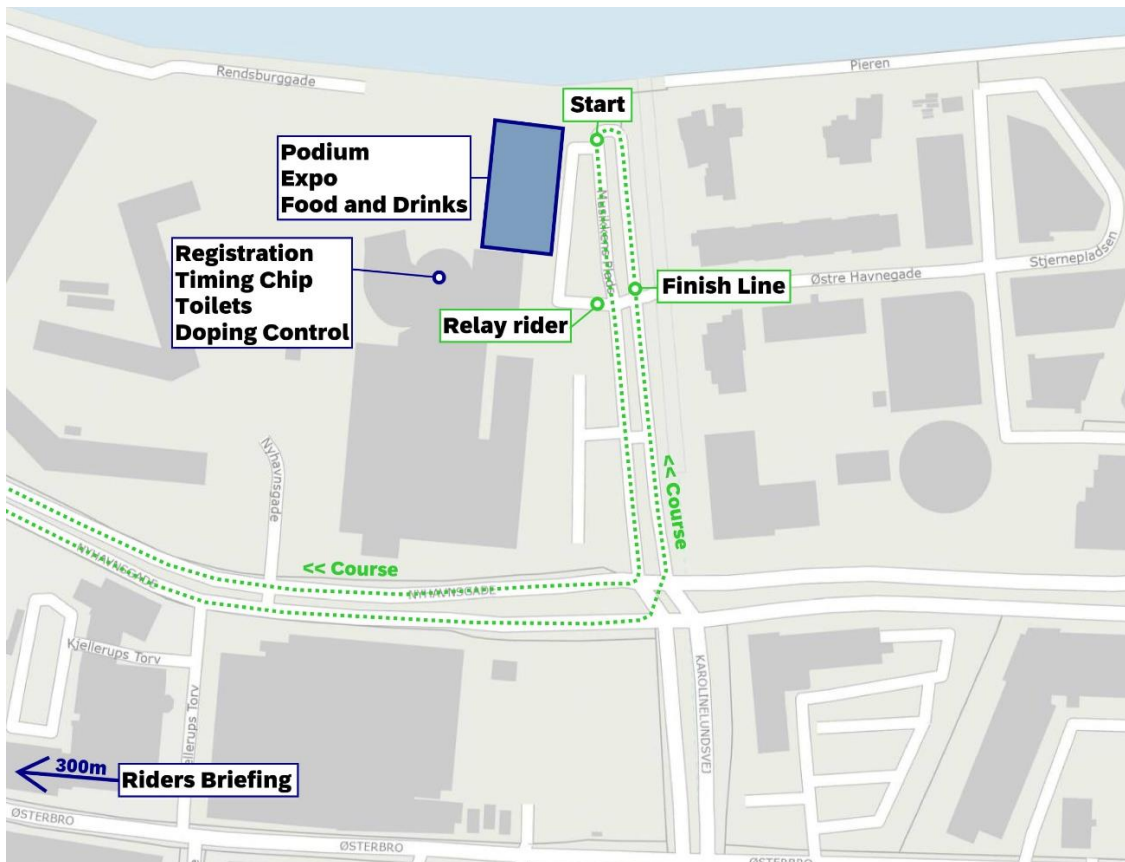
- for 4-person teams: nationality, full name of each rider, date of birth of each rider, email of the team leader.
- for riders who want to form a team with other participants: nationality, full name, date of birth, email.

Note: best endeavors will be made to assist individuals in joining a team but their participation cannot be guaranteed.

Deadline: all teams and individuals must submit their entry via email before or latest August 18th. If all 25 teams will be not filled by 18th August.

Rider briefing: Please be aware that at least one rider pr. team must be present at the Riders Briefing to receive information and deliver the order of departure.

Venue: Musikkens Hus (House of Music)





GRAN FONDO AND MEDIO FONDO | SUNDAY 1st SEPTEMBER

The Road Races course will have a start and finish-line in the very heart of Aalborg. Here you will find a cosy and bike-friendly atmosphere.

You will find yourself in the area where Jonas Vingegaard and Michael Valgren as a young rider often trained. We don't provide mountains, but if you study the course, you will find many small step hills and some technical section. The race is on asphalt paved roads only.

Facts:

Gran Fondo distance: 152.9 km

Elevation gain: 1.326 m

Official World Championships distance for all men 19-59 and women 19-49.

Medio Fondo distance: 114,4 km

Elevation gain: 960 m

Official World Championships distance for all men 60+ and women 50+.

Start location: Budolfi Plads, 9000 Aalborg

Finish line: Budolfi Plads, 9000 Aalborg

Riders-brief: Saturday 30th August, Medborgerhuset (City Hall)

VERY IMPORTANT

The starting pens/grids will be open 30 minutes before the start of each group. The first row of each start group is reserved for the age group winners of the qualifier events and defending world champions, who will be able to access the first row from the sidewalk 5 minutes before their respective start.

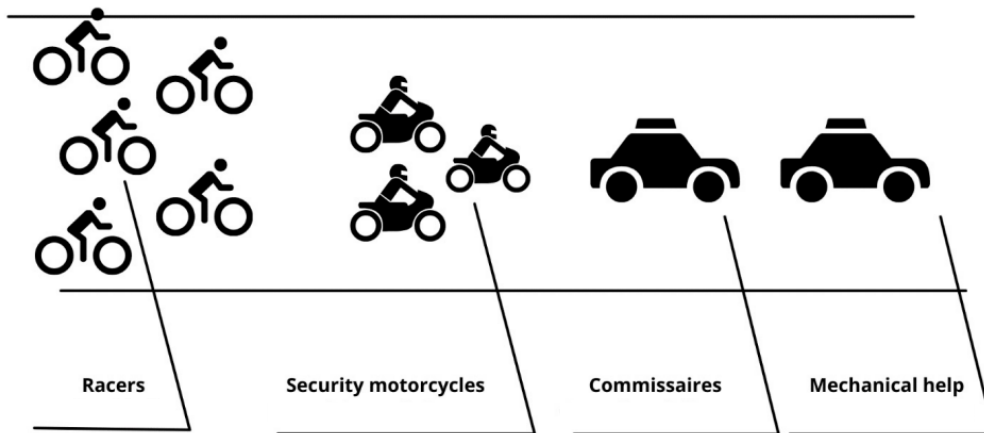
Priority box only for those categories with more than 100 riders.



STARTING SCHEDULE

CATEGORIES	START TIME	
Men 19 - 34	09:00	GRAN FONDO
Men 35 - 39	09:05	
Men 40 - 44	09:10	
Men 45 - 49	09:15	
Men 50 - 54	09:20	
Men 55 - 59	09:25	
Women 19 - 34	09:30	
Women 35 - 39		
Women 40 - 44		
Women 45 - 49		
Men 60 - 64	09:40	MEDIO FONDO
Men 65 - 69	09:45	
Men 70 - 74	09:50	
Men 75 - 79		
Men 80 - 84		
Women 50 - 54		
Women 55 - 59	09:55	
Women 60 - 64	10:00	
Women 65 - 69		
Women 70 - 74		
Women 75 - 79		

ROAD USE RULES



Please note that in front of the first starting peloton there will be a vehicle signed **"STARTING RACE"** and after the last starting peloton there will be a car **"END OF RACE"** (broom wagon). Behind the broom wagon there will be a police-car. If this police-car pass you - and the Police tell you that you are now on your own. This means that you have to follow and obey the general traffic-rules.

To protect and secure each peloton there will be a number of Police-Motorcycles in combination with a number of Race-Marshalls on Motorbikes who will stop or remove (eventual) traffic. Their main-task is to ensure the Riders safety. Therefor please follow their instructions.

In general, all Riders are asked to observe traffic laws, keeping very carefully their right and respecting every road signage. If you are out of the race please do NOT remove your race-number.

The route will be marked with black arrows on a yellow background.

FEED ZONES

Feed zones will be located at the following locations:

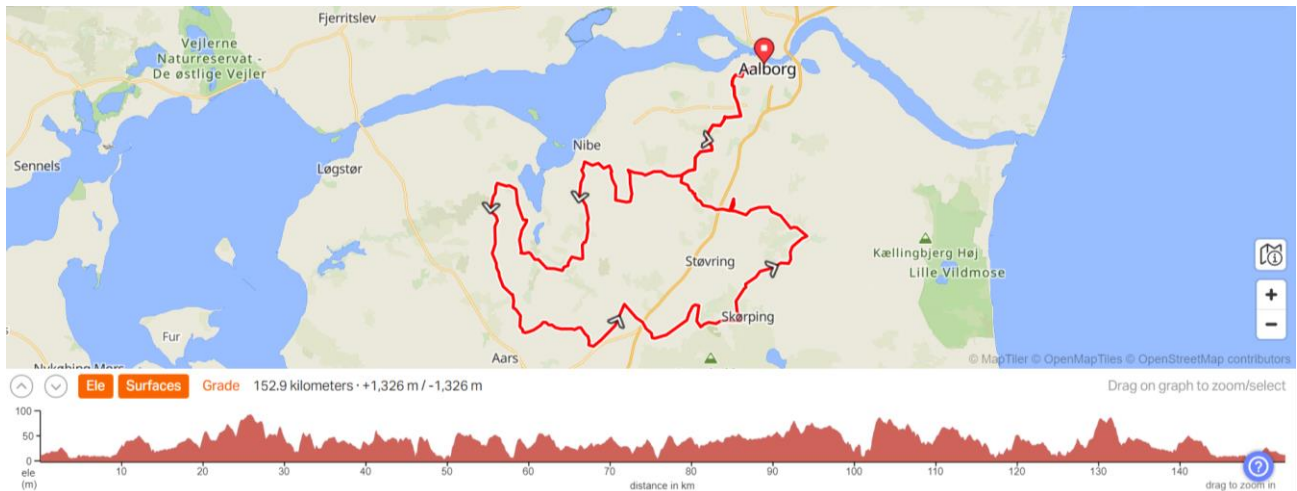
- KM 60 in Skørbæk-Ejdrup (Gran Fondo only)
- KM 90 in Suldrup (Gran Fondo and Medio Fondo)
- KM 128,5 in Ellidshøj (Gran Fondo and Medio Fondo)

From 50m before those locations up to 150m after there will be a waste-zones where to throw waste accumulated during the race. The zones will be marked with beach-flags (start/stop) in the right side of the road. Riders are not allowed to throw any waste out of the waste-zone.

In the Race-offices you can pick-up a route-description: How to find the feed-zones in a car without crossing the course.

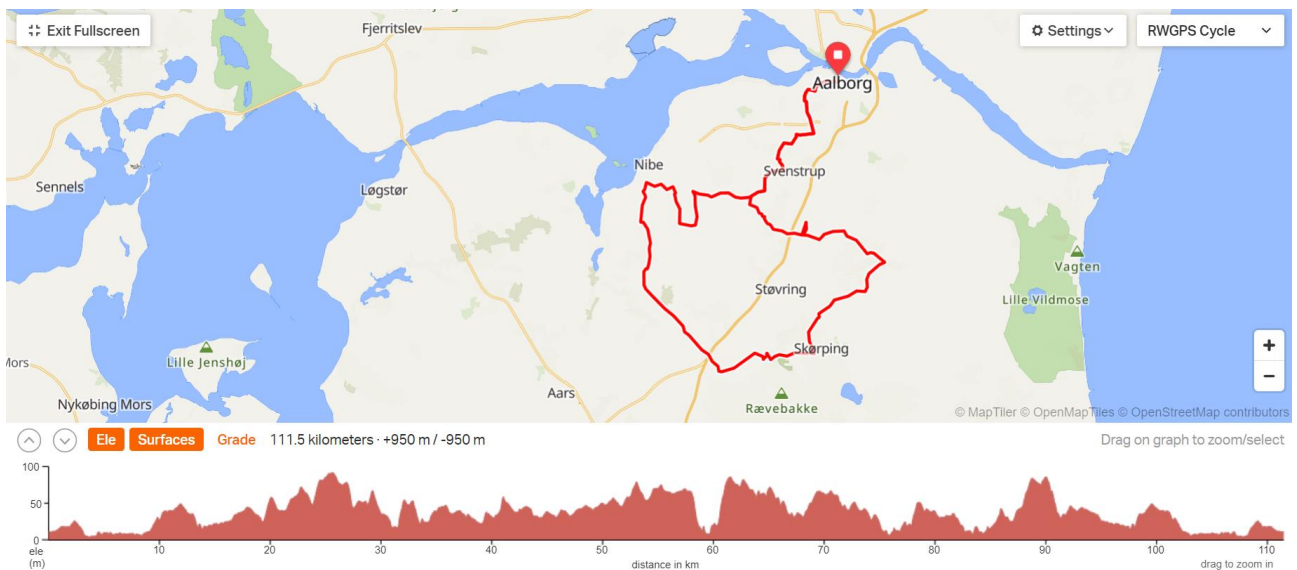


GRAN FONDO – course



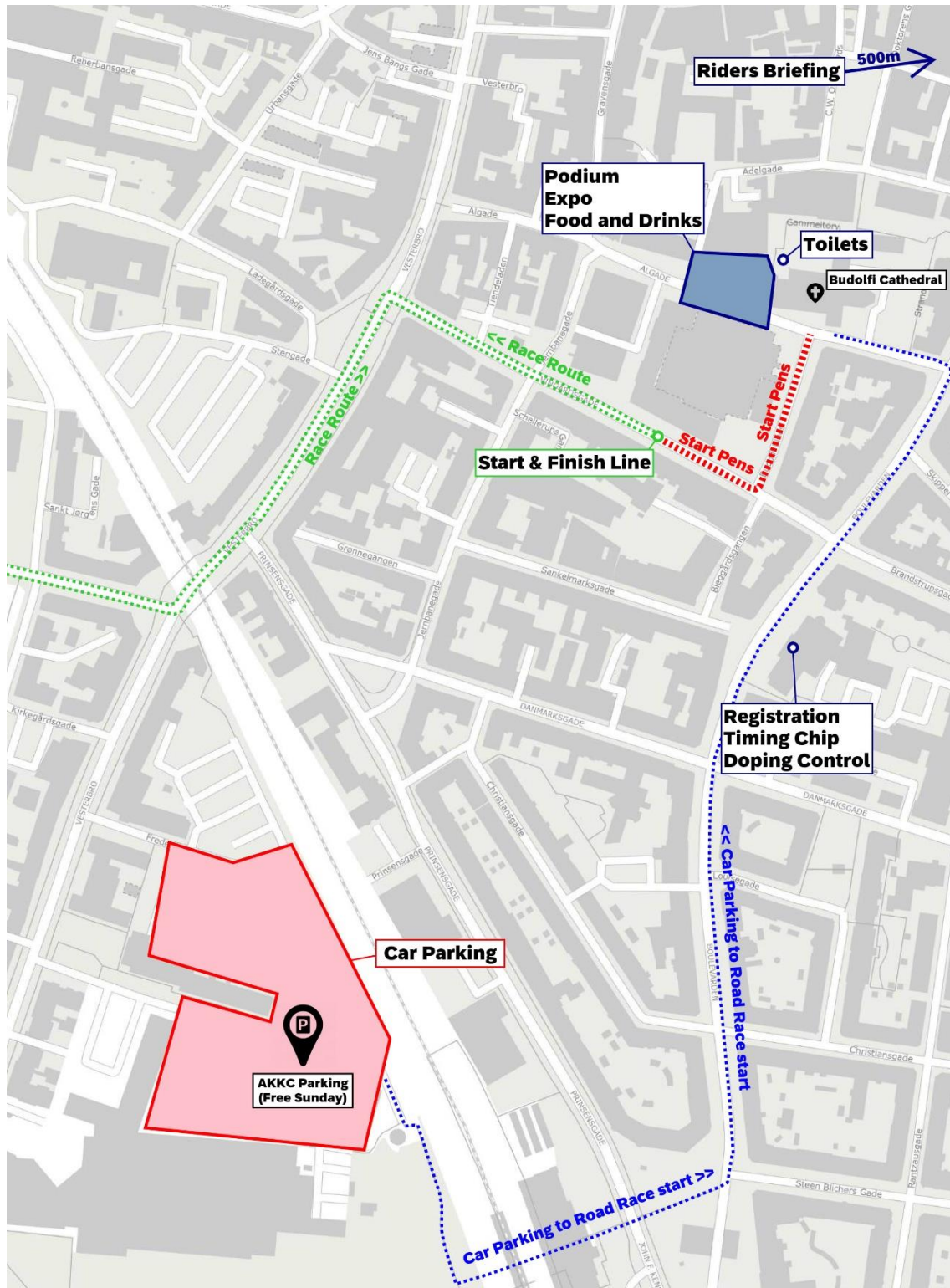
<https://ridewithgps.com/routes/46783648>

MEDIO FONDO – course



<https://ridewithgps.com/routes/46783615>

Venue: Budolfi Plads (Budolfi Sq.)





LICENSES

All riders need a (national) license from a UCI affiliated cycling federation.

You can find the list on <https://www.uci.org/continental-confederations-and-national-federations-information-main-page/6AutcpFCy486Rae3Gs5cKP> **Accepted licenses are: masters, cycling for all, amateurs and elite** license with exception of:

- Any rider who has during the current year been a member of a team registered with the UCI.
- Any rider who has taken part in a World Championships, the Olympic Games, Continental Games, Regional Games, the Commonwealth Games, or a World Cup during the current year.
- Any rider who has scored UCI points in the year of the World Championships in any cycling discipline.

I have a national license and my federation told me I have to buy an international license to participate in the World Championships?

For UCI, a national license with a UCI ID from a UCI affiliated federation is enough. It is however your own responsibility to check if the national license is covering you with insurance for races outside your country. UCI will check the license at registration, not an (eventual) insurance.

MEDICAL CERTIFICATE

No, a medical certificate is not mandatory to race in Denmark.

TIMING PROCEDURE

At the finish-line in all 3 races (ITT, TR and RR) a volunteer will be ready to remove the chip from your bike. For each race there will be distributed and used a new chip.

The Timing transponder must be returned at the end of the race. If you fail to return the chip – the rider will be charged € 100,00 for each not returned transponder.

HOSPITAL

Aalborg Universitetshospital, Syd. Hobrovej 18-22, 9000 Aalborg. Please look for "Akutmodtagelse/skadestue" – emergency.

OFFICIAL HOTEL

The Official UCI Hotel, Comwell Hvide Hus, Vesterbro 2, 9000 Aalborg.



VISAS

Each qualified rider or group of participants are responsible for obtaining the appropriate documentation and the VISA through the Danish Embassy in their own country, if required, to attend the 2024

UCI Gran Fondo World Championships scheduled in Aalborg 2024. In order to proceed accordingly, each participant or group of participants must contact the Local Organizing Committee (LOC) (events@aalborg.dk) providing the following information:

- Name and surname
- Nationality
- Date and place of birth
- Passport number
- UCI code number
- Function (i.e. athlete, coach, accompanying person, etc.)
- Arrival and departure date
- The exact place (hotel or similar) where lodging during the event upon confirmed reservation.

Once received all above, the LOC – under approval of the Danish Cycling Federation - will release an official invitation letter addressed to the applicant(s) with the Embassy in Denmark of the applicant's country, the Danish Cycling Federation, and the UCI in cc.

GENERAL UCI REGULATIONS

- All categories, even starting together will have separate world titles.
- Starts will be given in different intervals. When groups merge together along the course, they can ride together during the Gran Fondo/Medio Fondo. Only exception: a man specifically waiting for his wife/ girlfriend to push/pull during the event will be removed from the race.
- All age groups will have different colours of race numbers so you can see who is your competitor in your age group during the event.
- The start time of your group is the GUN time of your start, meaning that your position at the finish line is also your result in the race!



National jersey

- The wearing of the national outfit representing your nationality is mandatory
- You are allowed to have your private (club) sponsors on your jersey as long as the colours and design is the same as the original
- A club jersey with a flag of your country is not a national team jersey!
- No sleeveless shirts, no compression socks, no rainbow stripes on helmet or socks
- A helmet is mandatory during all training rides and races

Podium ceremonies

- Riders need to be dressed in cycling outfit for the official UCI podium ceremonies (jersey + shorts)
- No glasses, hats, caps, open shoes
- No publicity sticker on the jersey during the ceremony
- From old to young, alternating men and women

Neutral support

- Some neutral support cars will start in front of the race and will only serve the battle for the World titles, not the main peloton. Not all startgroups will have neutral support.
- Riders are advised to bring spare tubular/tyre
- It's forbidden to have your personal car following you during the race
- Neutral support during the Time Trial and Team Relay will be at a fixed location halfway along the course.

Doping control

Chaperons will wait for riders having to go to doping control.

ITT: KFUM-hallen, Under Lien 77, 9000 Aalborg – please look at the map p. 12. Doping control is located inside the Sports-hall.

TR: Musikkens Hus (House of Music), Musikkens Plads 1, 9000 Aalborg – please look at the map p.14.

Doping control is located inside House of Music. Level 0 – next to toilets.

RR: Boulevarden 13, (City Admin. Building), 9000 Aalborg – please look at the map p. 19.

Doping control is located inside City Admin. Building, Level 0.



Bike regulations

In the World Championships, all bikes will be checked for compliance with the UCI's regulations. 2 commissars have been appointed specifically for bike checks on Thursday, Friday and Sunday.

Summary of the bike regulations:

- The minimum weight of the bike shall be 6.8 kilograms (without bottles and computers)
- The peak of the saddle shall be a minimum of 5 cm to the rear of a vertical plane passing through the bottom bracket spindle. For morphological reasons, the rider may request to place the peak of his saddle up to 0cm from the bottom bracket axle.
- For time trials, a fixed extension may be added to the steering-system;

Category 1: Less than 180.0 cm tall: For riders less than 180.0 cm tall, the horizontal distance between the vertical planes passing through the bottom bracket axle and the extremity of the fixed time trial extension handlebar, including all accessories, may be a maximum of 800 mm. The height difference between the midpoint of the forearm support and the highest or lowest point of the extension (including accessory) must be less than 100 mm.

Category 2: Between 180.0 cm and 189.9 cm tall: For riders between 180.0 cm and 189.9 cm tall, the horizontal distance between the vertical planes passing through the bottom bracket axle and the extremity of the fixed time trial extension handlebar, including all accessories, may be a maximum of 830 mm. The height difference between the midpoint of the forearm support and the highest or lowest point of the extension (including accessory) must be less than 120 mm. Riders in Category 2 must submit a rider height attestation application form available from the UCI website.

Category 3: 190.0 cm and taller: For riders 190.0 cm and taller : the horizontal distance between the vertical planes passing through the bottom bracket axle and the extremity of the fixed time trial extension handlebar, including all accessories, may be a maximum of 850 mm. The height difference between the midpoint of the and the highest or lowest point of the extension (including accessory) must be less than 140 mm.

Riders who are uncertain about their bike coping with these regulations can do a preliminary (non-mandatory) bike check on Wednesday- 28th August (1 pm - 5pm) in KFUM-hallen. The bike check prior to your departure on Thursday is mandatory. You won't be allowed to leave the start area after your bike has been checked in the last 15 minutes prior to your start.



CONTACTS

General info: +45 9931 16 21 / +45 2520 16 21, events@aalborg.dk

LOC: +45 9931 16 21 / +45 2520 16 21, events@aalborg.dk

Accommodation: <http://www.granfondoaalborg.dk>– list of hotels and contacts

UCI Official Hotel, Comwell Hvide Hus, +45 98 13 84 00

Lost & Found: kasserer@aacr.dk

USEFUL NUMBERS:

Emergency call 1-1-2

Police HQ – Nordjyllands Politi +45 96 30 14 48

Road Rescue - Falck: + 45 70 10 20 31

Aalborg University-hospital +45 70 15 03 00

Cycling-store: PERFORM SPORT, Kuhlausvej 11, 9200 Aalborg, + 45 98 10 17 05

Turist-information – Visit Aalborg / Destination Nord +45 99 31 75 00

Public Transports +45 99 34 1111

Taxi (DANtaxi) +45 48 48 48 48