

ROUTE PROFILES

Route Profiles are approximations via the software links of STRAVA. Remember this is a FUN event!
Don't get too geeky. There is a SAG bus with each group. It's possible to stop the ride at any time and ride the sag with the group. Drivers are tour bus drivers with a lot of information to share so its not boring!



LONG ROUTE – GROUPS 1 & 2

DAY 1 - BAHIA-STANNSBAY-RIO BUENO SCHOOL -BAHIA

40 miles /952 ft “Warm Up ride”

<https://www.strava.com/routes/3069472467326669170>

<https://ridewithgps.com/routes/38146574>

DAY 2 - BAHIA TO BURWOOD BEACH - BAHIA

42 miles/2013ft “Challenge Day” 2 Strava Challenges

Do not be fooled by the mileage! Its hilly, it's humid and we have two challenges! Let's do it!

<https://www.strava.com/routes/3069470036880969074>

<https://ridewithgps.com/routes/45042791>

DAY 3- BAHIA-OCHO RIOS-RIO NUEVO BAHIA

50 miles /1639 ft. “Jamaica Farewell”

<https://www.strava.com/routes/3069471633239371024>

<https://ridewithgps.com/routes/45044030>

SHORT ROUTE – GROUP 3

GROUP 4 : Half of the Short Route (one way by bike, one way by bus)

DAY 1- BAHIA-RIO BUENO SCHOOL-BAHIA

20miles/500ft “Warm up ride”

<https://www.strava.com/routes/3069479853641284572>

<https://ridewithgps.com/routes/42715319>

DAY 2 - BAHIA-CAREY PARK - BAHIA

32 miles/1203ft - “Challenge Day” Strava Challenges

<https://www.strava.com/routes/3069478278055521650>

<https://ridewithgps.com/routes/41198419>

DAY 3 - BAHIA-OCHO RIOS CRAFTMARKET-BAHIA

35 miles/1003ft ONE STRAVA CHALLENGE

<https://www.strava.com/routes/3069477220360760592>

<https://ridewithgps.com/routes/41155237>

STRAVA CHALLENGES- SATURDAY

Please REGISTER WITH YOUR GROUP LEADER BEFORE RIDE OUT AND WRITE DOWN YOUR STRAVA NAME AS OFTEN TIMES PERSONS USE A DIFFERENT CYCLIST'S AND NOT THEIR REAL NAME. Cyclists are NOT obliged to participate. It's an option.

- You must be a member of Strava to participate so you show on leaderboards.
- You must upload your data before 5pm on Day 2. If you upload later, we are sorry but its too late as the winners would already have been identified and advised.
- This is like a time trial. So you may have come up first in your group but if someone else in another group has a faster time, they win! Its all about how long it takes you to complete the distance from start to finish.
- It is not a race. It's an informal fun challenge. If you wish to race there are events just for that. Not our event!
- Podium placements are given with trophies for the top 3 finishers, male and female in each category. There are two categories: long distance is Cat 1 and short distance is Cat 2. If you register for long distance and then move on Saturday to ride the shorter distance, your category remains as Cat 1.
- For those not participating, not to worry, as we re-group after each challenge and continue as a group ride.
- Please don't get geeky on us. It's not that serious! Don't spoil the fun for others.
- **IT IS YOUR RESPONSIBILITY TO GET FAMILIAR WITH STRAVA BEFORE YOU ARRIVE. PLEASE ENSURE YOUR SETTINGS ARE SET TO PUBLIC, OR THEY WONT SHOW EVEN IF YOU RESET IT AFTERWARDS!**



GROUPS 1 + 2 = CATEGORY 1

GROUP 3 + 4 = CATEGORY 2

Group 4 can only participate in the Braco Challenge

Challenge	BRACO CHALLENGE
Distance:	1.10 miles
% Grade:	4.6%
Elevation gain:	256 ft
https://www.strava.com/segments/37409545	

Challenge	DUNCANS CHALLENGE
Distance:	0.75 miles
% Grade:	3.80%
Elevation gain:	154ft
https://www.strava.com/segments/37411785	

OUR GUIDES ARE THERE TO ASSIST YOU AT ANY TIME, HOWEVER IF YOU CANNOT GET ANY ASSISTANCE DURING THE STRAVA CHALLENGE IF YOU ARE COMPETING! IF YOU GET ASSISTED, YOU ARE DISQUALIFIED. THE CYCLIST IS TO LET US KNOW IF HE GOT PUSHED AND IS OUT OF THE COMPETITION, AND WE TRUST EVERYONE TO BE HONEST AND A GOOD SPORTSMAN!