

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-JOEJAMES-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-JOEJAMES-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

Don't be fooled by the miles: its humid, hilly and we have 2 challenges!

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

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

DAY 3 - BAHIA-OCHO RIOS CRAFTMARKET-BAHIA

35 miles/1003ft “Jamaica. Farewell”

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

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

STRAVA CHALLENGES- SATURDAY

Please REGISTER WITH YOUR GROUP LEADER BEFORE RIDE OUT AND NOTE YOUR STRAVA NAME AS OFTEN TIMES IS DIFFERENT TO THE CYCLIST'S 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. 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 5 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 BE FAMILIAR WITH STRAVA BEFORE YOU ARRIVE. ENSURE YOUR SETTINGS ARE SET TO PUBLIC, OR THEY WONT SHOW EVEN IF YOU RESET IT AFTERWARDS! CHECK YOUR APP FROM THE FIRST DAY!**



GROUPS 1 + 2 = CATEGORY 1

GROUP 3 = CATEGORY 2

THERE ARE NO CHALLENGES FOR GROUP 4

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!