

Protected by

**LifeSAVER**



**GFNY BALI** **IFG** *Life*

**15 - 17 September 2023**

**Download Aplikasi Life by IFG**

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## SCHEDULE OF EVENTS

FRIDAY, AUGUST 5			
9:00	21:00	Bike expo & race packet pickup	<a href="#">Pasar Sayan Ubud</a>
SATURDAY, AUGUST 6			
9:00	20:00	Bike expo & packet pickup	<a href="#">Pasar Sayan Ubud</a>
18:00	20:00	VIP Welcome Dinner	<a href="#">Host Hotel The Mansion</a>
SUNDAY, AUGUST 7			
5:00		Opening of start corrals	<a href="#">Pasar Sayan Ubud</a>
6:15		Start corrals close	
6:30		Start of GFNY Bali IFG Life 2023	<a href="#">Pasar Sayan Ubud</a>
10:00		Bike Expo Opens	<a href="#">Pasar Sayan Ubud</a>
14:00		Awards Ceremony	<a href="#">Pasar Sayan Ubud</a>
18:00		End of festivities	

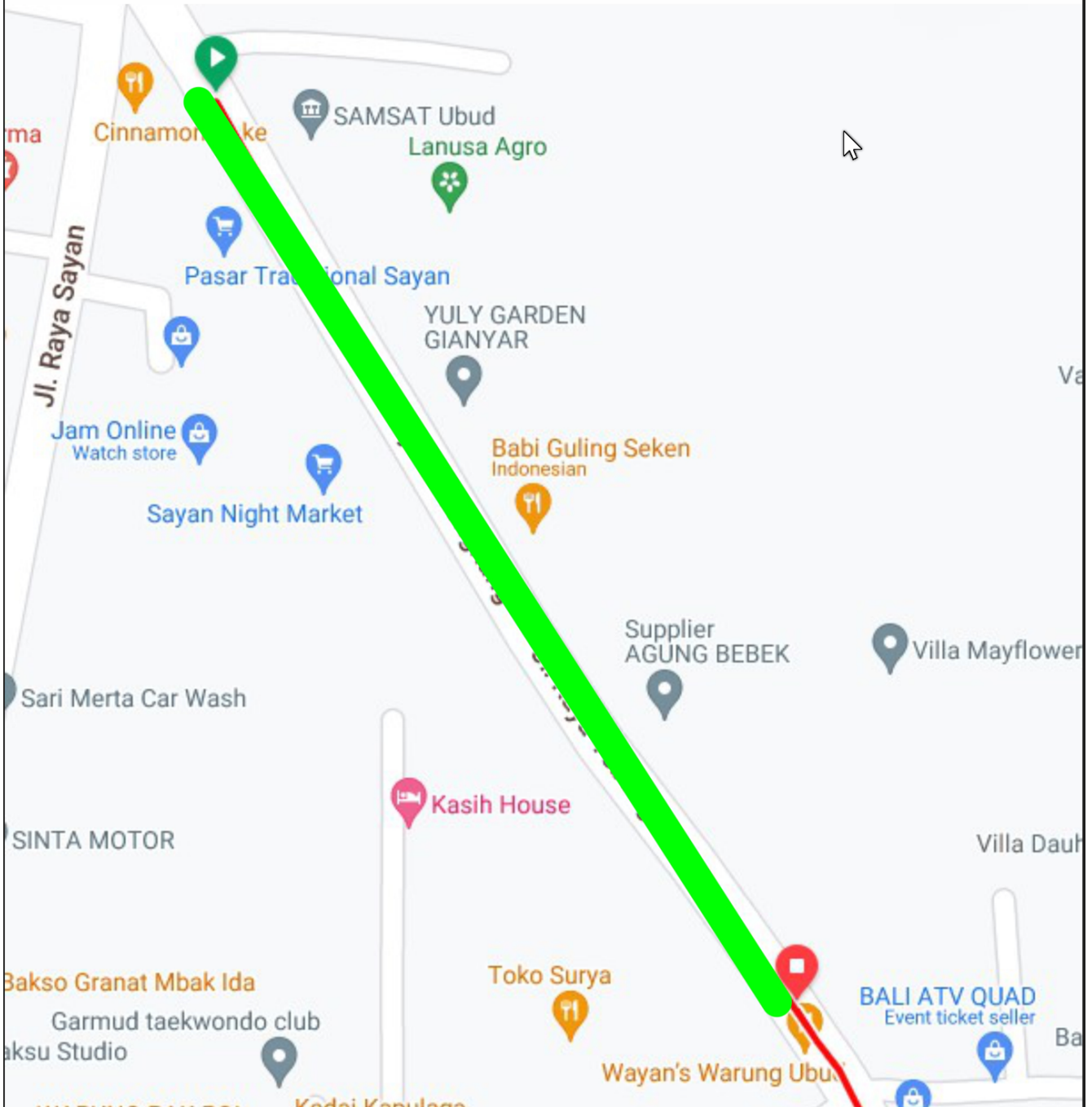
## ADDRESSES FOR GPS

FRIDAY & SATURDAY	
<b>Expo / Check In</b> <a href="#">Pasar Sayan Ubud</a>	<b>Parking Expo / Check In</b> <a href="#">Pasar Sayan Ubud</a>
<b>Start / Entrance</b> <a href="#">Pasar Sayan Ubud</a>	<b>Finish</b> <a href="#">Pasar Sayan Ubud</a>
<b>After Race Buffet</b> <a href="#">Pasar Sayan Ubud</a>	<b>Awards Ceremony</b> <a href="#">Pasar Sayan Ubud</a>

# BIKE EXPO PASAR SAYAN



# START - FINISH AREA PASAR SAYAN



## Our Host Hotel for GFNY Bali IFG Life 2023 – The Mansion



### Location:

Jl. Penestanan, Sayan, Bali · 80571 Ubud

[The Mansion Resort Hotel & Spa - Google Maps](https://www.google.com/maps/@-8.5823866,115.3539359,17.44z)<https://www.google.com/maps/@-8.5823866,115.3539359,17.44z>

## RACE DAY PARKING

There are no parking facilities in the start/finish area. We therefore recommend you to come by taxi.

## PREPARING FOR THE RACE - TIMELINE

### 3 MONTHS OUT

1. When you are booking your flight, check the airline's policy for flying with a bike. We always recommend flying with your bike because it's the only way you're guaranteed to have exactly the model and size of the bike you want, with your desired components, saddle and pedals.
2. Keep up with any race-related news by checking our website, Instagram GFNY Indonesia and reading the email news. A lot of details pertaining to GFNY race prep are covered in the GFNY Daily Coffee podcast, available on [Apple Podcast](#), [Spotify](#), [Player FM](#), [Lybsin](#), [Stitcher](#), [Amazon Music](#) or any other favourite podcast streaming service.
3. **Get out and ride!** Get in the mileage and the climbing needed to prepare you for the race.
4. **Download IFG Life Saver App** and register your insurance. For detail have a look at the next page

### 1 MONTH OUT

1. Go to your [gfnyc.cc](#) account and review your ticket for jersey size, distance, team name, emergency contact info - you can make changes to this ticket data until 21 days before the race.
2. **Get a complete bike tune up and put on new tires.** The leading problem of mechanicals on race day is riding with old, worn-out tires and not maintained bikes. If you are training your body to take part in GFNY, also prepare your bike to be race ready. Last-minute availability of bike parts is not guaranteed on site.
3. Your last chance to upgrade your corral to Club Corral is by the 21 day cutoff.
4. At 21 days before the race, we begin the number assignment process and no further athlete data changes are possible online. If you do have a change, visit us at the Athlete Solutions Desk at the expo.

### 2 WEEKS OUT

1. You will receive an email once Online Check-in is open, usually 2 weeks before race day. You can access the Check-in either by following the link in the email or by logging into your [GFNY.cc](#) account and clicking the Check-in button beside the race ticket.
2. Upon completing the Online Check-in, you will receive your GFNY Race Pass, which will contain your bib number, QR code and selected packet pickup time.
3. Read the Race Guide to get familiar with all the important race details and safety information.

### PACKING

1. Review the GFNY Packing List to make sure you won't forget anything: [gfnyc.com/pdfs/checklist.pdf](#)
2. Always be ready for all kinds of weather and prepare clothing options for both on and off the bike.
3. Be sure to bring your floor pump, spare tires, spare tubes, and tools.
4. For warmth, in case of extreme weather, bring an emergency mylar blanket, extra headgear, extra gloves, extra cover socks.
5. Don't forget your preferred sports nutrition.
6. If it's pouring at home, you probably won't go out for a ride. But if you travel to a race, you will probably start, even if the weather is bad. So, make a tough day a little easier by having the right gear.
7. To be on the safe side, pack a set of clothing, cycling shoes, pedals and helmet in your carry-on, just in case any of your luggage gets lost or delayed. If you are really picky with your saddle, don't check it in either.



## **PACKING SEPTEMBER 11**

1. Activate your IFG Life Saver Insurance. For details have a look on the next page.

## **DEPARTURE TIME**

1. Check the Schedule of Events page for all the race week activities like group rides, happy hour, expo hours, and more.
2. Check your travel itinerary like flight times, hotel info, airport transfers, how to get to the expo & start line.

## **RACE WEEK**

1. Enjoy all the fun stuff that the destination has to offer.
2. Ride parts of the course to get comfortable with your new environment.
3. Don't forget rest & relaxation. Good sleep will be the key to feeling good on race day.



Every Indonesian resident or KTP card holder will be insured by IFG Life to get IFG LifeSAVER. This protection is valid for 1 month from September 11, 2023 to October 10, 2023, and you will get benefits with a total of

- **Rp200 juta for accidental injuries**
- **Rp20 juta for sports injuries**
- **Rp10 juta for physiotherapy**

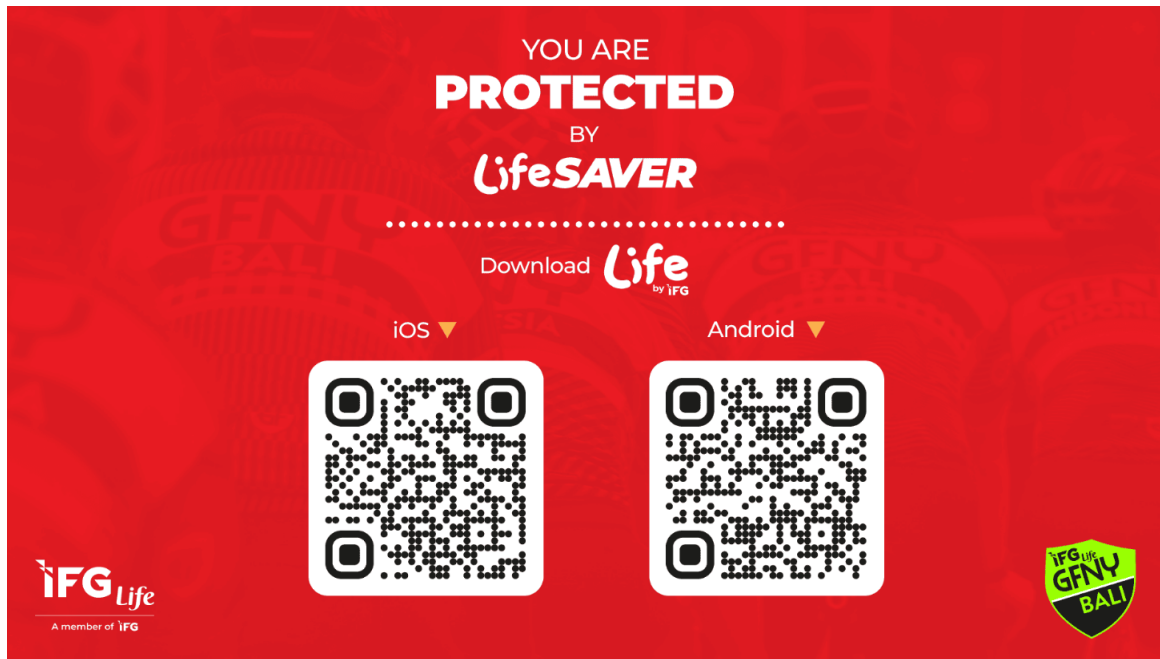
Every participant will be covered by IFG Life SAVER and it's free for you. This insurance is mandatory to enter the race. There is no insurance coverage for foreign participants.

- ✓ **The IFG LifeSAVER Registration is mandatory.**
- ✓ **NO RACE without LifeSAVER registration.**

**To ensure a smooth check in on November 15 and 16, we would like to ask you to complete the following steps prior to the event.**

1. Install LifeSAVER app on you cellphone and register for LifeSAVER
2. Update the LifeCard No. (available at 11 September 2023) in you GFNY Bali IFG Life Registration.

## 1 LifeSAVER app on your cellphone and register for LifeSAVER



**Get ready for GFNY IFG Life Bali 2023 with your LifeSaver protection!**

You will be protected for one month with IFG LifeSAVER for free on **11 September 2023 until 10 October 2023** and your LifeCard will automatically appear on that date.

**For those of you who haven't downloaded and registered on the Life by IFG Application follow these registration steps:**

1. Download Life by IFG IFG by scanning the barcode above according to your cellphone type.
2. Click the "Registration" button on the Life by IFG Homepage.
3. Enter your personal data completely and correctly, please make sure that:
  - **The name must match your KTP or Passport**
  - **The cellphone number must match the one you registered with GFNY Bali Registration**
4. Wait for your policy to be active on **September 11, 2023 on the Life by IFG app.**
5. For those of you who have previously registered and had a Life SAVER Policy before, **your policy and LifeCARD will be active again on September 11, 2023.**
6. We will inform you again if your policy and LifeCard are active.

Learn more: <https://bit.ly/IFGLIFEGFNY2023>.

Update the LifeCard No. (available at 11 September 2023) in you GFNY Bali IFG Life Registration.

**Once you have downloaded the app and registered your details for IFG Life Saver, update your details at IFG Life's GFNY Bali registry:**

- Update your GFNY Bali IFG Life Registration data:
  - **Buka <https://gfny.cc>**
  - Go to your GFNY Bali IFG Life Registration with your email address and password
  - Update the following data:
    - ✓ Are you Indonesian Residen (KTP Holder)
    - ✓ EKTP Number (16 digits): NON KTP Holder: Type NON
    - ✓ Enter your IFG Life Card No. (at least available at 11 September 2023)
    - ✓ Enter your Place of Birth:
    - ✓ Did you download the app: Life by IFG and registered

Additional Questions

Enter your Place of Birth:

Are you Indonesian Resident (KTP Holder)?  Yes  
 No

IFG Life Card No. (If available)  Optional

EKTP Number (16 Digits): NON KTP Holder: Type NON

Did you download the app: Life by IFG and registered?  Yes  
 No

## **Rider Registration / Check In**

### **RACE PACKET PICKUP**

In-person race packet pickup is mandatory. Each participant must come in person to check-in and pick up their race materials.

### **ARRIVING TO THE PICKUP**

To get to the Bike Expo and Race Package Pickup, we recommend using a cab or by bike.

Location:

Pasar Sayan



# CORRECT BIB NUMBER & BIKE PLATE PLACEMENT



**ATTACH THE BIKE PLATE TO THE FRONT OF YOUR HANDLEBARS.**

Make sure the number is fully visible and not obstructed by cables or your computer. Do not bend or modify your bike number. The timing chip will only work if the bike plate is positioned as shown. If you have a computer, use only the top hole on each side of the bike plate to hang the bike plate straight down, below your computer.



**ATTACH THE BIB NUMBER ON THE BACK POCKETS OF YOUR MANDATORY GFNY JERSEY.**

Attach the bib number on your non-dominant side. If you're right-handed, attach the bib number on your left and center pockets.



**ATTACH THE PROFILE STICKER ON THE TOP TUBE, AT THE HEAD TUBE.**

The profile sticker provides easy reference for important points along the race course.

**THE GFNY JERSEY YOU RECEIVED AT PACKET PICKUP IS MANDATORY ATTIRE FOR THE RACE.**

## INCORRECT BIB NUMBER & BIKE PLATE PLACEMENT



## **SUPPORTERS**

At GFNY, we know the dedication to achieve goals and reach the finish line is not just solely the athlete's, but also involves family, partners, and friends - the people in our lives who support their athlete each day throughout the journey to the race's start line and finish line - through the training, the planning, the logistics, the travel.

We want to bring the GFNY Supporters into the race week experience as much as possible! Below please find some important safety and logistics information, as well as helpful advice to make the race week experience as enjoyable as possible.

### **EXPO**

Family members and friends are welcome to join GFNY riders at packet pickup. GFNY Bali & GFNY gear will be available for purchase at the GFNY Bali IFG Life expo.

### **AT THE START**

The start area is not open for spectators.

### **ON THE COURSE**

Good locations to see the riders and to take nice pictures:

- Km 28 - Pantai Pesinggahan
- Km 48 - Climb Bukit Sangyangambu
- Km 66 - 70 - Sibetang - Macang
- Km 83 - behind Muncan
- Km 103 - 106 Kintamani

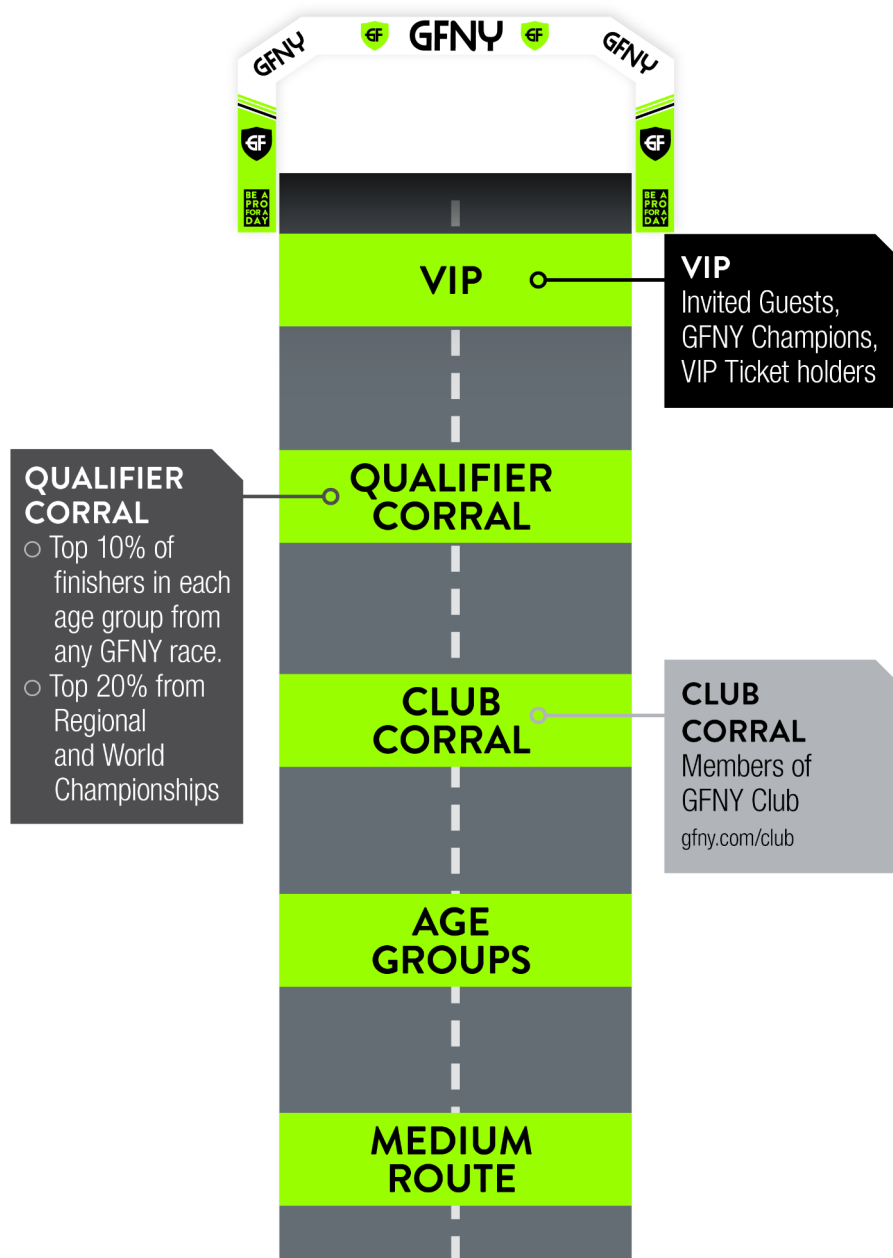
### **FINISH LINE**

The finish line is open for spectators. Come directly to the finish line:

In front of Pasar Saysn

## THE START

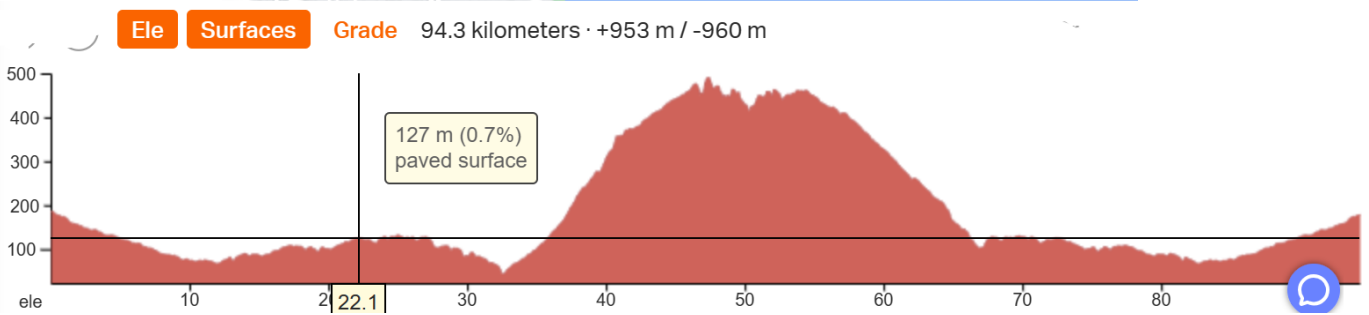
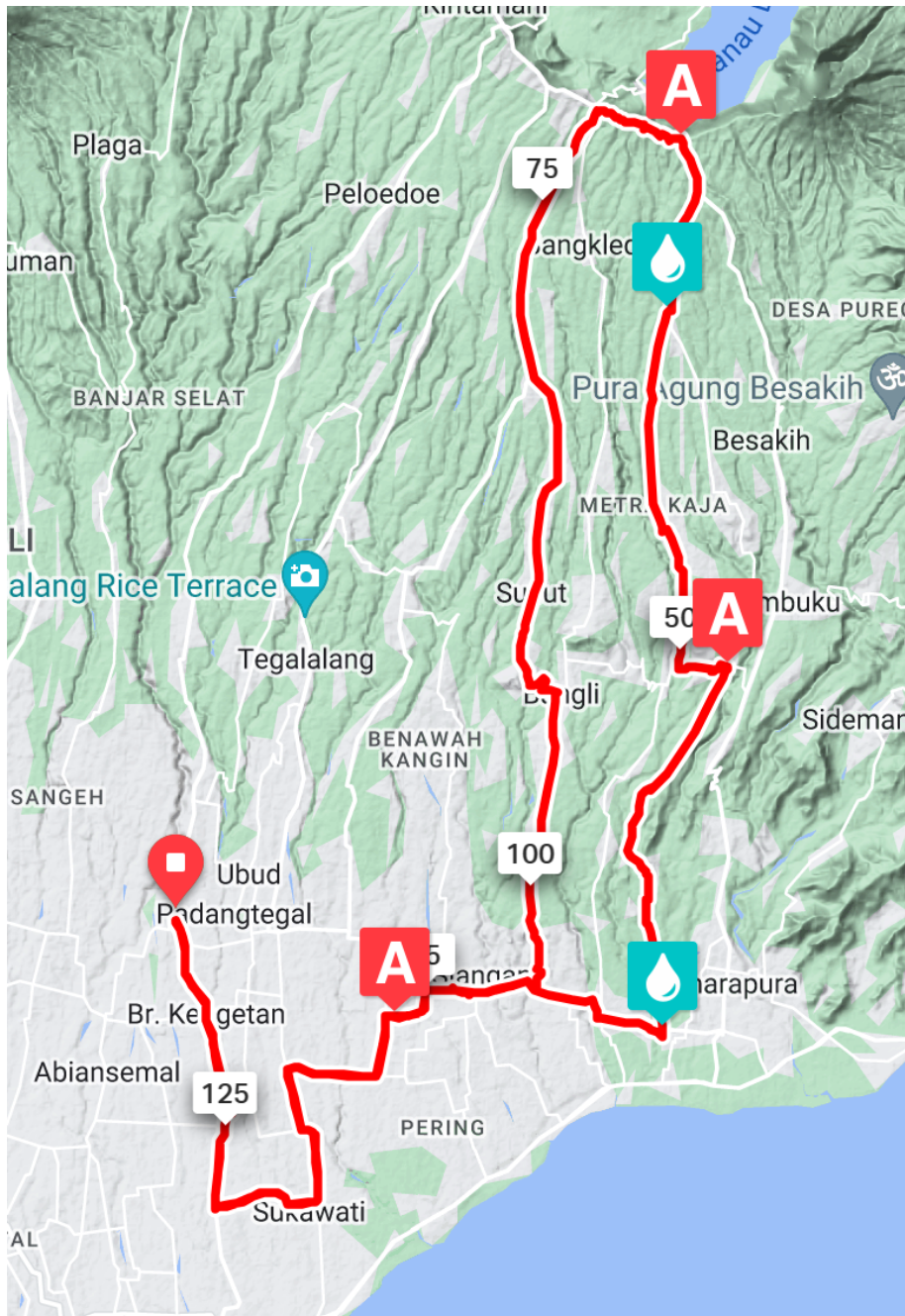
Race numbers are assigned by ticket type, qualification status, age group and distance. You can start with your friends if they are allocated to the same start corral as you. If they are in a different start corral, you can move back to start with them, but they cannot move forward to join you. “Jumping” forward a corral (starting in a corral not assigned to your number) will result in a 10-minute penalty added to your finish time.





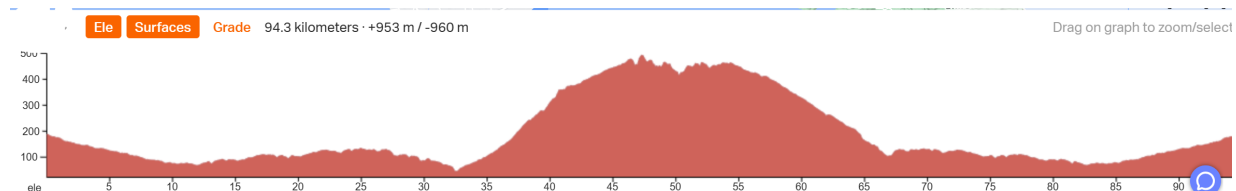
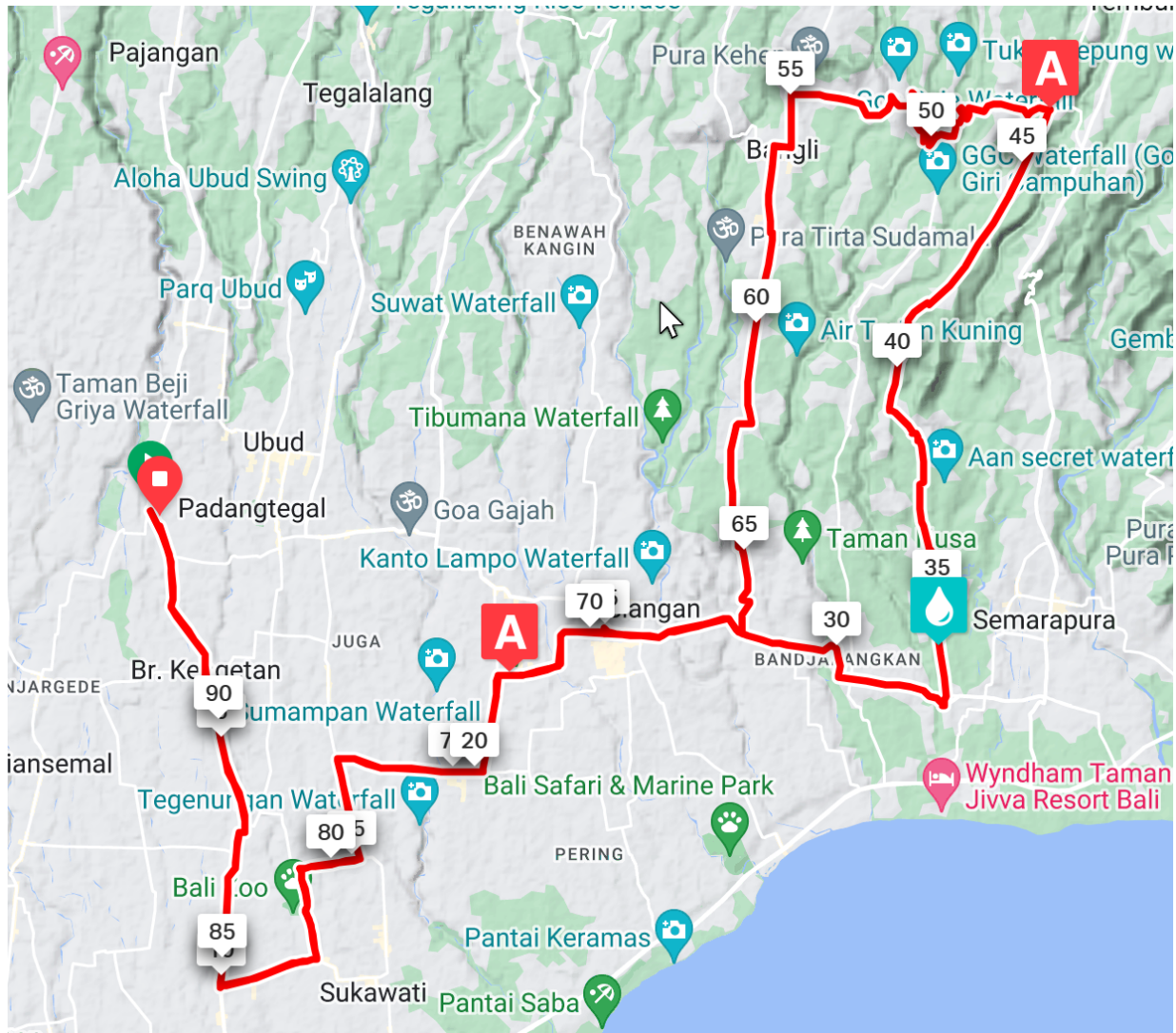
# LONG COURSE

View and download the long course to your GPS here: [GFNY Bali IFG Life 2023 Long Distance Official - A bike ride in Bali \(ridewithgps.com\)](https://www.ridewithgps.com/gpny-bali-ifg-life-2023-long-distance-official-a-bike-ride-in-bali)



## MEDIUM COURSE

View and download the medium course to your GPS here: [Routes · Ride with GPS](#)



**MEDIUM COURSE IS NOT A COMPETITION:** The riders of the medium course will be provided their start-to-finish time, but will not be ranked by finish time. All finish times will be listed in alphabetical order.

## IMPORTANT RACE INFORMATION

### ALWAYS STAY TO THE RIGHT

Many roads on the GFNY Bali IFG Live course are small, which makes them more fun for cycling and allows for a course with a lower number of cars. However, the GFNY course utilises several sections of road in both directions.

You must always stay as far to the left as possible to leave space for other cyclists to pass. You must always stay in the left-hand lane. Never cross the centerline. If you don't have space to pass, then you must stay behind, and not pass.

### FOLLOW VEHICLES PROHIBITED

GFNY Bali IFG Life riders have full event support from the race. Imagine all riders having their own personal support car - the traffic it would create, the bad rider experience, and above all the unsafe conditions. **Private support vehicles are not permitted and any riders having support cars causing unsafe conditions for other cyclists and traffic impacts will be disqualified from the race.** Plus, several parts of the course are fully closed to cars.

Please be assured that we take our riders' safety as a top priority, and for this reason private or personal support cars are not permitted for any rider. GFNY takes care of the riders on the race course.

### NO PERSONAL ASSISTANCE

GFNY Bali IFG Life riders are not permitted to receive outside assistance. Outside assistance from non-participants, private support vehicles or in any location outside of official race aid stations is prohibited.

### COURSE SPLIT

The GFNY Bali IFG Life course splits at km 46.5. Long course riders will go right while medium course riders will go straight ahead heading back to the finish via Bangli.

### AID STATIONS

Each aid station will provide water, electrolyte drink, soda and basic food to keep you fueled through the race. If you have any special nutritional needs, we encourage you to bring your own race nutrition, and enough to last you for the entirety of the race.

Note that in cycling, there is no handing-on-the-fly at aid stations. You will need to stop at aid stations if you need to refill your water bottle or grab something to eat. Note that receiving aid from someone standing at the side of the road who is not affiliated with the race, or from a non-official/neutral vehicle is against the rules and can lead to disqualification. Do not accept outside assistance, it is against GFNY Bali IFG Life rules. You can accept assistance from official GFNY staff and volunteers on the course, either at the aid stations or the neutral rolling support vehicles.

Aid Stations	Location	km	Course	
1	Banjarangkan	34	Long/ Medium Distance	Drinks
2	Bang Bang	42	Long/ Medium Distance	Complete
3	Landih	62	Drinks	Drinks
4	Kintamani	68	Long/ Medium Distance	Complete
5	Gianyar	81	Long/ Medium Distance	Complete
7	Finish Line	142	Long/ Medium Distance	

## MEDICAL

Aid stations will have basic medical supplies. In case you have a small crash on the course and road rash and just want to clean a wound and continue, you will be able to do this at the aid stations.

If you witness a serious crash that requires an emergency medical call, you must stop and call emergency contact. Remember that you are obliged to stop and offer assistance unless there are already at least 3 people helping. You can continue if a) the rider is fine or b) the medical personnel arrives.

At the Finish Line, there will be a car of the Ambulance PMI stationed.

## MECHANICAL

Bring tools and spare tubes in order to be able to quickly fix your bike issue and continue with the event. Put on new tires to minimise the risk of a puncture; old tires are much more likely to get punctures than new tires.

Mechanical assistance is available at the start line, at each aid station and some mechanics who will be rolling.

## TIMING

GFNY Bali IFG Life is timed from start to finish. Results will be available in your [gfny.cc](https://gfny.cc) account immediately following the race. You will also be able to see your race results at [gfny.cc/results](https://gfny.cc/results) If you have any questions about your result, please consult with the timers directly at the finish line or via email to [josh@gfny.com](mailto:josh@gfny.com).

The disposable timing chips are attached to the back of your bike plate. Make sure to attach the bike plate at the front of your bike and not bend your race number so the timing chip is read correctly at the checkpoints along the course.

## RULES

Please be sure to read the race rules, found at <https://bali.gfny.com/rules/> to get familiar with them.

Version September 12, 2023  
This guide is continuously updated,  
Check [bali.gfny.com/race-guide](https://bali.gfny.com/race-guide) for updates.

## **RACE HOTLINE**

Every GFNY Bali IFG Life participant will get the official race wristband attached to their wrist at the time of packet pickup. On the wristband, you will find the race hotline number. In case you have a mechanical or need to abandon your race, you can call the number and we will pick you up with one of our vans. We will need to know your name, participant number and distance # or another way of finding your location.

In case of an emergency, call no of emergency contact. The Hotline number is for non-life-threatening calls for a van pickup.

## **COMPETITION**

Only the finishers of the long course are eligible for category rankings and Overall and Podium awards.

The riders of the medium course will be provided their start-to-finish time but will not be ranked by finish time. All finish times will be listed in alphabetical order.

## CUTOFF

The course closes at 14.00, after 7.5 hours.

GFNY Bali IFG Life 2023 - Cutoff Time					
KM Medio Distance	KM Long Distance	Location	Fasted Rider - Medio Distance	Fastest Rider - Long Distance	Cutoff Time
	0	Start Ubud	6:30	6:30	6:30
10	10	Barung	6:43	6:43	7:00
25	25	Gianyar	7:05	7:06	7:50
35	35	Klungkung	7:19 ↓	7:20	8:25
48	48	Aid Station Bangbang	7:50	7:51	9:14
49	49	Group Splitting	7:53	7:54	9:18
Medio Distance					
55	↓	Bangli	7:13	↓	9:48
Long Distance					
↓	66	Suter	↓	7:51	8:58
↓	68	Aid Station Kintamani	↓	7:55	9:06
↓	71	Geopark	↓	8:01	9:14
↓	93	Bangli	↓	8:28	10:36
120					
71	109	Aid Station Gianyar	0:24	8:52	11:36
85	123	Barung	0:43	9:12	12:29
94	132	Finish Ubud	1:01	9:30	13:02

## ENVIRONMENT

GFNY is committed to protecting the environment. Any discarding of trash or food outside the designated trash receptacles at the aid stations or “eco zones” is prohibited and can lead to a time penalty or disqualification and a lifelong ban at GFNY.

Please refer to point 8 of the GFNY Bali IFG Life rules (<https://bali.gfny.com/rules/>).

Aid stations are Eco Zones. GFNY aid station teams clean up the area all around their aid station, and we have Eco bins for riders. Eco bins are placed before and after the station if you want to get rid of your trash from your pockets, you don't have to go into the aid station, you can drop your trash into the Eco bins. Do not throw trash outside of designated Eco Zones.

And we provide jerseys to all riders that have side pockets to provide extra space for holding trash until the next aid station.

You can read more about the Eco initiatives that GFNY has undertaken at [gfny.com/environment](https://gfny.com/environment).

## RESTROOMS

Restrooms are situated at km 41, Aid Station Amlapura, km 68: Aid Station Muncan, km 95: Aid Station Kintamani.

## RACING IN HEAT

Heat affects all racers differently. Some people love to race in the heat and others have a harder time. If you know the race is happening in a hot climate, then the best thing to do is to prepare for this by training in the heat. If this is not possible, then plan to arrive a few days early for your body to acclimate to the heat as much as it can.

When racing in the heat, make sure to prepare well before the race begins. Hydrating, and especially pre-hydrating with cold fluids prior to the race has been shown to lower one's core temperature. Make sure to have water and electrolyte drinks for your race. If you slack on hydration, you compromise your blood volume and blood circulation to your muscles and skin as well as water in your body needed for sweating and cooling you down.

Adjust your effort level if you start to overheat, since the harder your work the more body heat you will generate. Slowing down a bit may make your race more successful by keeping your body heat down and energy levels up, allowing you to eat and drink easier and avoid stomach issues.

Make sure to protect your skin – apply sunscreen. Sunscreen will minimise burns and damage to your skin, which can help your skin breathe and stay cool. You may also want to wear light colored arm sleeves which can provide a cooling benefit, especially when wet.

# CODE OF CONDUCT

KEEP THESE RULES IN MIND IN ORDER TO AVOID  
TIME PENALTIES OR DISQUALIFICATION

**NO AREOBARS**



**WEAR THE  
OFFICIAL  
JERSEY AND  
WRISTBAND**

**STAY ON YOUR  
SIDE OF THE  
ROAD**



**NO OUTSIDE  
ASSISTANCE**



**NO PUBLIC URINATION**

**NO HEADPHONES**

**OFFER FIRST  
AID ASSISTANCE**



**RESPECT STAFF,  
VOLUNTEERS,  
SPECTATORS,  
AND FELLOW  
RIDERS**

**NO LITTERING.  
USE ECO ZONES**



**OBEY POLICE  
AND STAFF  
INSTRUCTIONS**

**FOLLOW  
THE COURSE**



**BE A GOOD  
GUEST, RESPECT  
THE HOST  
COMMUNITY**



## AFTER THE RACE

### REFRESHMENT

At the finish line there will be a tent with water, soda and basic food to refuel you.

### POST-RACE MEAL & BIKE PARKING

Each rider receives a complimentary meal after the race; make sure you wear your wristband; it serves as your meal ticket. The post race meal is held at the finish area in Psar Sayan. If you choose to eat directly after finishing the race, please note that BIKE PARKING IS MANDATORY utilize the provided bike racks for self-parking in the lower Ground of the Pasar Ubud.

### AWARDS

At 14:00 h, the Awards Ceremony will take place at the Finish Area in Pasar Sayan.

## MEDALS AND QUALIFICATION

### OFFICIAL GFNY Bali IFG Life FINISHER MEDAL

All riders will receive their GFNY Bali IFG Life medal at the finish line.

### QUALIFICATION

Top 20% of finishers in each age group qualify for racer corral at the GFNY World Championship NYC in May and GFNY World races for 380 days.

### GFNY 3xYEAR MEDAL

Your racing just got a whole lot more rewarding! Besides the great GFNY Bali IFG Life medal that you'll receive at the finish line of GFNY Bali IFG Life 2023, you also earn a "finish" towards earning the 3x2023 medal. Finish 3 GFNYs (for example: Krabi, Kuala Lumpur, Bali) in 2023 to earn this beautiful, brag-worthy medal.

### GFNY 10x / 20x / 30x / 40x MEDAL

For every 10 GFNYs that you finish (counting from the first GFNY in 2011), you will get special 10x / 20x / 30x / 40x medals.

### PICKUP MULTI FINISHER MEDALS



### OFFICIAL GFNY 10x 20x 30x 40x MEDALS

## VIP Package



### The VIP Packages includes:

- Accommodation for 2 or 3 days in our Host Hotel The Mansion Resort & Hotel.
- Single or double room occupancy possible. You can stay alone, with a partner or with another rider in the room. If you stay in the room with more than 2 persons please contact us by mail.
- Transfer and bike transport from Airport DPS to hotel on Friday 5th of August 2022 (up to 2 persons) - 1 car for 1 room. Transfer and Bike Transport from Hotel to Airport on Monday 8th of August 2022 (up to 2 persons) - 1 car for 1 room.
- Transfer and bike transport from Airport DPS to hotel on Friday 5th of August 2022 (up to 2 persons) - 1 car for 1 room. Transfer and Bike Transport from Hotel to Airport on Monday 8th of August 2022 (up to 2 persons) - 1 car for 1 room.
- Accommodation for 2 or 3 nights in our Host Hotel The Mansion
- Single or double room occupancy possible. You can stay alone, with a partner or with another rider in the room. If you stay in the room with more than 2 persons please contact us by mail.
- After you arrive in hotel, you will get technical support for your bike assembly and bike packing
- On Saturday 18:00 h until 20:00 h we will serve a Welcome Dinner for VVIPs and VIPs
- Early breakfast starting at 4:00 am on the race day. So you will be fit for the race.
- First Corral Start behind the VVIP Corral in front of the peloton.

### About the transfer and transport:

- We use Avanza cars, because it is the only one to carry 2 bike boxes and 2 riders. If you have oversized bike boxes and it is not possible to carry them in 1 car together with the riders, we can provide a second car and will charge Rp. 400.000 for one way.
- If you share the room with a partner and you don't come together at the same time we can arrange a second tour for you and will charge it separately like above.

→ On Saturday evening from 6:00 to 8:00 h we will serve a Welcome Dinner for the VVIPs and VIPs in the restaurant of our Host Hotel The Mansion in Ubud.

## OFFICIAL PHOTOGRAPHY: SPORTOGRAF

Don't forget to smile! Sportograf is the official photography service of GFNY Bali IFG Life with photographers stationed along the course and on motos. No one takes better pictures of you. Get a Photo-Flat package including at least 10 personal photos and all event pictures for only \$29.99. Visit <https://www.sportograf.com/en/event/9429> after the race to view and purchase your race photos.

