

Chase the Sun Italia - Here's what you need to know

We'd like to welcome you to the most romantic of long distance cycling challenges, the first cycle ride of the Italian summer which celebrates the summer solstice. Below is the logistical information on how to best face your Chase the Sun.

What is Chase the Sun? It's a ride; not a race!

It's neither a competition, nor a long-distance hike. There's no final ranking nor medals awarded. There are no winners. But we hope you will be left with the great satisfaction of having finished, tired but happy, and the chance to proudly be in the Chase the Sun Finisher community. It's quite the most romantic long distance cycling challenge. And it's not impossible. There's only one thing to do – to pedal from sunrise to sunset, from east to west, from one coast to another - on the longest day of the year. Chase the Sun is exactly what you do!

Course and climbs

3 climbs: total distance 263km, 2700m to climb, leaving Bientina you chose the way for Vicopisano

4 climbs: total distance 272km, 3300m to climb, leaving Bientina you chose the way for Buti-Colle di Calci

START CESENATICO | MELDOLA | PREDAPPIO | PREMILCUORE | SAN GODENZO | DICOMANO | RUFINA | PONTASSIEVE | FIRENZE | SIGNA | CARMIGNANO | VINCI | FUCECCHIO | BIENTINA | BUTI | CALCI | PISA | MARINA DI PISA | TIRRENIA **FINISH**

Three or four climbs, depending on your choice, and many up and down waiting for you on this route. **First ascent** at km 38 and 305m climbing to arrive to **Rocca delle Caminate**. A very technical descent to Predappio. From here start the **second long gentle climb** to **Valico Tre Faggi**, about 40km and 860m climbing, to reach the top at 930 meters above the sea. Very gentle and easy for first 20kms, then medium difficulty to the summit.

Tre Faggi is the “Cima Coppi”, the highest summit of our course. From the top a long descent to Florence. First check-point at Bar Cavallino – km 93,5 few kilometers after the summit. After Florence the **third long ascent** to **Carmignano**, 380m climbing in about 12 kilometers to arrive at 420m above the sea.

Second check-point km 174 “Il Pinone” restaurant. We suggest to rest and eat (pappardelle with sugo di cinghiale).

The fourth (optional) ascent it starts between Bientina and Buti - km 223. 610m climbing in about 11 kilometers to reach **Colle di Calci - Prato Ceragiola**, last summit of the 4climbs course and third check-point, Cristalli restaurant- km 234. Long, technical and panoramic descent to Pisa. In the end the small country road, from locals called “la Bigattiera”, until Tirrenia Bagno Siria. And so, you are a FINISHER!

Orange ribbon and rider passport

Participants will receive the GPX route and their very own rider passport to be rubber stamped at the checkpoints *en route*, in addition to those given on departure and arrival. In addition to the designated route, the classic roadmap is also available to download in PDF format with an indication of the distances:

As it's not a race, we don't give out any competitor numbers. The numbers you'll be given are only to identify your luggage and the beach bags. Along the route, participants will be able to recognize each other by the **orange “sun ray” ribbon** you can tie under the saddle arch. You'll find it in your riders kit.

Meeting and departure point

We'll all meet up between the afternoon of Thursday 18 and Friday 19 in June at the Hotel Miramare at Cesenatico. The hotel is on the canal port of Cesenatico, not too far away from the lighthouse there. Our meeting and departure point is at dawn on Saturday June 20 (see below).

PERSONAL LUGGAGE (preparation and transportation)

Cyclists will find the following items in their participation kit:

- the numbered adhesive strip to be applied to your baggage transported from the Hotel Miramare at Cesenatico to the Golf Hotel at Tirrenia; the baggage must be delivered in one single piece (e.g. a trolley bag and a bike bag must be securely tied together - two separate pieces cannot be accepted)
- the numbered **beach bag** will be taken by the organizers to the arrival point at the Bagno Siria restaurant, ready for your dip in the sea. Bags will be available for collection upon arrival, and not before 4.30p.m.

The numbered **beach bag** must be delivered to the organizing staff on Friday evening not later than 9.30pm.

All remaining **baggage** must be delivered early Saturday morning between 4.15 a.m. and 4.45 a.m. before setting off

We invite everyone to bring the minimum amount of personal belongings in their luggage for the 48 hours' duration of the event. Aircraft cabin baggage is the ideal size.

Your baggage must be delivered as one single piece. Trolley bags and bike bags must be firmly tied together: two separate pieces cannot be accepted to avoid lost or damage during transport. Please remember to bring your identity documents, smart phones and wallets together with your bike.

Pacing, rest stops and checkpoints.

As this isn't a race, there will be no ranking and no awards - only recognition of having completed the event and the official Chase the Sun Finisher gift for those who arrive by sunset at the beach at Tirrenia. The faster cyclists are kindly asked to adjust their pace to be able to enjoy the route and the scenery as well as the **rest stops and checkpoints**. At Bar Cavallino, don't miss their "focaccia with finocchiona"; at the Pinone restaurant you can enjoy the "pappardelle with wild boar sauce", and at each of the checkpoints there is a bar or restaurant specially chosen for you. *En route* you'll get to try some really good food.

Welcome drink at Cesenatico and Sunset Dinner at Tirrenia

The spirit of the event is to create an atmosphere of unity which goes "beyond the bike". The welcome drink and the sunset dinner are an integral part of the intensive two-day cycling event in **celebration of the summer solstice**. The welcome drink at Cesenatico will offer you the opportunity to get acquainted with many of your fellow cyclists. The sunset dinner at the restaurant reserved for you on arrival at Tirrenia, the chance to take a dip in the sea followed by a shower and the group photo will leave you with an unforgettable memory of the most romantic long distance cycling challenges ever.

Saturday morning breakfast

Breakfast is served from 3.30 a.m. at the Miramare hotel, for all who stay at Miramare, Bristol, Domus Mea hotels (property of sam family)

***En route* pick-ups**

No pick-ups during the cycle ride are possible. Each participant must be able to cycle the whole route independently. However, the drivers of the teams participating in relay mode will be available to assist all participants, if requested and whenever possible. For your information, the second part of the Chase the Sun route from Florence to Pisa often follows the railway line. Below, you will find further information on this. **In case of withdrawal from the event, please notify us via text message on the phone number as shown on the rider passport.**

Participation

Both members (with UCI member-card) and non-members can participate, as long as they present the organization with a valid medical certificate of fitness for competitive sports. Certificates issued more than 11 months prior to the event will not be considered valid, i.e. those that expire before 15 July 2020.

The medical certificate must be uploaded in a clearly legible digital format (scanned or photographed) with the registration form, or sent by email to turbolento@thinkbike.it

Participation in the relay option

This involves the participation of teams comprising three participants including one female cyclist with the support of an auxiliary vehicle. The car will be driven in turn by one of the relay cyclists. The three persons will take turns freely along the entire route which, nevertheless, must be completed between sunrise and sunset. Each one of the three participants will have to cycle two thirds of the entire route, i.e. 180 km, and experience different sections of the route. The driver of the car (one car is allowed for each 3-person team) will have to follow behind their teammates and be available in case of request or need for assistance by all participants in the event. The teams of three cyclists must be complete upon both departure and arrival.

The route

We provide you with the GPX routes for 3 climbs (Vicopisano) and 4 climbs (Buti). The coast to coast route is merely advisory and doesn't need to be followed in its entirety. **However, you have to pass through the checkpoints** to collect the rubber stamps that certify your passage. The only optional checkpoint is the one at the Cristalli restaurant at the Colle di Calci hills in the Prato Ceragiola area.

We strongly suggest using a Garmin navigation device or other similar **GPS navigator** to guide you along the route.

PAY ATTENTION to battery life! Bring spare batteries or a good power bank for those with lithium batteries.

The track can also be downloaded onto a smart phone via a specific app (GPA viewer, open GPX tracker, GPS hiker, etc.). However, we advise against using your mobile phone in navigation mode due to the reduced battery life.

The traditional road map with mileage indications is now available online in PDF format.

The 4.00 p.m. gate closure at the Pinone restaurant and the 3climbs/Vicopisano detour option

At the third checkpoint - the Pinone restaurant - there will be the **gate closure**. Those who are unable to arrive before 4.00 p.m. will have to opt for the Vicopisano detour around the foot of Monte Serra (between Pisa and Lucca), thus avoiding the last climb up the Colle di Calci hills. The detour starts from Cascine di Buti (approx. 2 km from Bientina) towards Vicopisano (a commune 15 km east of Pisa), and goes along the small road that follows the Fosso Serezza water

course. We then pass by the hamlets of San Giovanni alla Vela, Lugnano, Uliveto Terme, Caprona and Campi. In the locality of Mezzana you can rejoin the classic, original route.

Turbolento Ride Pacers

At the tail end of the group, the Turbolento Ride Pacers will accompany the various groups including those without GPS navigators. These ride pacers will manage the gate closure at the Pinone restaurant, inviting everyone to leave no later than 4.15 p.m., thereby skipping the final climb to the Colle di Calci hills while taking the 3climbs/Vicopisano detour option (from the Pinone restaurant, just shy of 100km to the final destination).

Arrival and Sunset Dinner

On arrival at Tirrenia there'll be the Sunset Dinner at the Bagni Siria restaurant. Each participant will then be given their personal bathing bag. **Showers and cabins for changing will be made available.**

Bike parking

For the nights of Thursday and Friday, participants' bicycles can be left in the conference room and other rooms set aside by the Miramare hotel.

On Saturday night, rooms will be provided by the Golf Hotel at Tirrenia. At the Bagno Siria restaurant, bikes can be left near the finish line. **We strongly encourage everyone, however, to take the utmost care in looking after their bikes** throughout the duration of the event.

Self-reliance

En route, each participant must be self-reliant both in their sense of direction and in case of punctures or minor mechanical problems. Everyone will have to set off with a pair of spare inner tubes, a repair kit and a pump. We also recommend you carry a toolkit, i.e. spanners for adjusting the saddle and handlebars. Your bicycle must be in top condition, recently overhauled with good tyres and chains including gears and brakes in perfect working order. Front and back cycle lights will be necessary for use at dawn and possibly after sunset.

Your decision to participate in the Chase the Sun event is entirely personal and undertaken of your own free will. We cannot be held responsible for the decisions you make. Our exclusive role is to promote the challenge and indicate the route. Your responsible behaviour on the roads and with the other cyclists is detrimental to the success of the event.

THE 3-DAY PROGRAM

FRIDAY 19th

2.00 p.m. - 7.00 p.m. Collect your **Rider's Kit** – Hotel Miramare, conference room.

5.00 p.m. **Technical briefing** of the route in Italian and English, Hotel Bristol hall

7.00 p.m. **Welcome dinner** and speech.

Each participant will find the dinner voucher for Cesenatico in the participation kit.

During dinner the staff will collect the beach bags that will then be loaded onto the vehicle; they will no longer be accessible until the following day upon arrival at the Bagno Siria restaurant at Tirrenia.

SATURDAY 20th

3.30 a.m. **Breakfast** at the Hotel Miramare for those staying at Miramare/Bristol/DomusMea.

4.15 - 4.45 a.m. Baggage loaded onto the transport vehicles going to Tirrenia.

4.45 a.m. **Gathering** at the light house **departure point** alongside the canal port near the Hotel Miramare.

5.00 a.m. Countdown to **departure**: 5-4-3-2-1 GoWest! And then off we all go in the dawn silence.

5.00 p.m. - 8.00 p.m. Expected **arrival** time at the Bagno Siria restaurant at Tirrenia.

On receipt of your rider passport stamp upon arrival at the destination, you will be given your beach bag, the official Chase the Sun Finisher gift and the dinner voucher for the Bagno Siria beach restaurant.

SUNDAY 21st

8.00 a.m. Breakfast at the Hotel Golf followed by good-byes and hugs until the Chase the Sun 2021 event.

09.30 a.m. Departure of Chase the Sun Week - 4days cycle tour to Milan via Cinque Terre.

And now come and ride with us!

Paolo Turbolento