

OFFICIAL REGULATIONS – GRINDURO RIDE 26.09.2026

Massa Marittima (Hotel Massa Vecchia, 23 – 58024 Massa Marittima, GR, Italy)

Event start: **08:00**

Event end: **20:00**

Ride start: **09:30** – Finish: **17:00**

1. Nature of the Event – Non-competitive Ride

The Grinduro Ride is a **non-competitive cycling event** with a recreational, sporting, and social character.

There will be **no official rankings or prizes based on completion times**.

Participants:

1. Holders of a **federation membership card**, which requires a **valid competitive medical certificate**.
2. **Non-members** with a **valid competitive medical certificate**, who must obtain a **mandatory day license**.

2. Course

The route will be divided into **two loops**:

- **First loop:** 60 km – 700 m elevation gain
- **Second loop:** 40 km – 700 m elevation gain

At the end of the first loop, a **refreshment stop** will be provided.

After the break, each participant may freely decide whether to:

- **End their ride**, or
- **Continue and complete the second loop**.

Route Navigation

The route will be available via **GPS track**.

If route changes become necessary and the GPS track cannot be updated in time, the following measures will be implemented:

- **Warning arrows** along the route indicating the change

- **A marshal** present to signal and guide riders through the modified section

The organization reserves the right to **modify or adapt the route at any time** for safety reasons, weather conditions, or other force majeure circumstances.

Strava Rider Club Segments

Participants who wish to compare their personal performances may do so through the **official Strava Rider Club**, using the segments indicated along the route.

These segments will be **clearly marked with signs along the course**.

Riders are asked to respect the marked sections and to **prioritize safety**, especially in technical areas or singletrack sections.

The organization reserves the right to **modify the route for safety reasons, weather conditions, or force majeure**.

3. Participation

The ride is open to **all cyclists with adequate physical and technical preparation**.

Important notice:

Grinduro is a format that requires **good physical fitness and technical riding ability**.

The route will include **technically demanding sections**, such as singletrack and other passages requiring attention and riding skills.

Allowed Bike Types

- MTB
- Gravel bikes
- e-MTB

All are welcome.

Requirements

Participants must:

- Hold a **valid day license for the event** (or equivalent membership)
- Present a **valid competitive medical certificate**

Each participant declares, under their own responsibility:

- To be **in good health**
- To be **fit for sporting activity**
- To be aware of the **risks associated with cycling on roads open to traffic and off-road trails**

All participants must **collect their ride number**, which must be **clearly displayed on the bicycle**.

The number will be linked to the participant's name in order to ensure **safety, tracking, and communication in case of emergencies or withdrawal from the course**.

4. Registration Fee

The registration fee includes:

- Participation in the ride
- Refreshment stop at the end of the first loop
- Final **pasta party**
- Use of **showers after the event**

Participation Policy

The organization reserves the right to **cancel the event**, informing participants **at least 6 weeks before the scheduled date**.

In this case, the **registration fee will be fully refunded**.

Registration fees **are not refundable** for reasons other than cancellation by the organization.

Registration is **personal and non-transferable**.

Day License and Last-Minute Registration

It will be possible to obtain the **day license on the morning of the ride**, between **07:00 and 08:00**.

The easiest and fastest method is to **submit your data online before the event** and complete payment **on site**.

Cost of the **day license: €20**.

The day license is **mandatory to participate** and includes **insurance coverage for accidents and third-party liability**.

5. Safety and Rules of Conduct

The use of an **approved helmet is mandatory** for the entire duration of the ride.

Participants must **respect traffic laws** on sections open to traffic.

All riders must maintain **respectful and responsible behavior** toward other riders, volunteers, staff, and the environment.

It is **forbidden to litter along the route**.

The official start of the ride will take place at a **scheduled time communicated by the organization**; however, participants may **start freely whenever they prefer**.

The **official finish time is 16:00**, which is the deadline to complete the entire route.

For safety reasons, participants must **immediately inform the organization**, using their **race number**, in case of withdrawal, delay due to fatigue, accident, or other unforeseen circumstances.

A **doctor and ambulance** will be present at the event.

Emergency contact numbers will be **communicated before the start**.

A **sweeper rider (closing rider)** will be present.

A **technical briefing will take place at 08:30**.

All participants are strongly encouraged to attend, as route information, safety rules, and any last-minute updates will be explained.

The organization may **exclude any participant displaying dangerous or unsportsmanlike behavior**.

6. Liability

Each participant takes part in the ride **under their own responsibility**.

The organization declines any responsibility for **damage to persons, property, or bicycles before, during, or after the event**, except where required by law.

In particular, **damage to bicycles will not be covered by the organization**.

7. Weather Conditions

The event will take place **in any weather conditions**, unless circumstances arise that may compromise participant safety.

In case of cancellation due to **force majeure**, the organization will communicate any **possible rescheduling or refund procedures**.

Refreshments and Hydration

Water refill points will be available along the route and clearly indicated.

Participants are **required to carry at least two water bottles** to ensure proper hydration throughout the ride.

8. Acceptance of the Regulations

By registering for the ride, participants declare that they **have read and fully accepted these regulations**, confirming that they possess a **valid day license and a competitive medical certificate**.