



# ATHLETE GUIDE

5TH ANNUAL MACEDONIA GRAVEL

SUNDAY, AUGUST 9, 2026 • NEW MILFORD, CONNECTICUT

SOUL 40 • ADVENTURE 100K • MEGA 85

# TABLE OF CONTENTS

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|    |                                       |    |
|----|---------------------------------------|----|
| 3  | Welcome                               | 3  |
| 4  | Course Map & Quick Facts              | 4  |
| 5  | Before You Arrive                     | 5  |
| 6  | Weekend Schedule                      | 6  |
| 7  | Saturday Shakeout Ride                | 7  |
| 8  | Rules of the Road                     | 8  |
| 9  | Rules & Regulations                   | 9  |
| 10 | Course Navigation                     | 10 |
| 11 | Safety & Emergency                    | 11 |
| 12 | Course Map — Mega                     | 12 |
| 13 | Course Map — Adventure                | 13 |
| 14 | Course Map — Soul                     | 14 |
| 15 | Race Format                           | 15 |
| 16 | Contact & FAQ                         | 16 |
| 17 | Aid Stations & Nutrition              | 17 |
| 18 | Equipment Recommendations             | 18 |
| 19 | Emergency Information                 | 19 |
| 20 | Volunteers                            | 20 |
| 21 | Sponsors                              | 21 |
| 22 | Follow the Adventure & Final Thoughts | 22 |

# WELCOME

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## Welcome to Macedonia Gravel

You're about to experience some of the finest gravel riding in the Northeast.

From quiet forest roads and scenic lakes to covered bridges, winding climbs, and the rugged beauty of western Connecticut, Macedonia Gravel has earned a reputation as one of the most memorable gravel events in the region.

For our 5th Annual Macedonia Gravel, we've introduced an exciting new race format that we're incredibly excited to share with you. Instead of numerous short race segments, you'll race across two massive Super Segments totaling up to 68 miles of timed racing while still enjoying neutral sections that improve rider safety at key road crossings.

Whether you're tackling the Soul, Adventure, or Mega distance, our goal is simple—to give you an unforgettable day on the bike. Ride hard, race smart, encourage your fellow riders, and don't forget to look around every once in a while. The scenery is every bit as rewarding as the racing.

Thank you for joining us and helping make the Macedonia Gravel community so special.

We'll see you at the start line.

— Head Adventurer Dave & The Ready Set Go Adventures Crew



# QUICK FACTS

|                 |                                                       |
|-----------------|-------------------------------------------------------|
| Event           | 5th Annual Macedonia Gravel                           |
| Date            | Sunday, August 9, 2026                                |
| Venue           | Young's Field, New Milford, CT                        |
| Distances       | Soul 40 / Adventure 100K / Mega 85                    |
| Race Format     | Two Timed Super Segments                              |
| Neutral Rollout | Approximately 3 Miles                                 |
| Timing          | Webscorer + RFID Chip Timing                          |
| Live Results    | Webscorer.com/RSGA                                    |
| Saturday Ride   | Macedonia Gravel Shake Out Ride                       |
| GPS Navigation  | Ride with GPS Event Collection                        |
| Post Race       | Athletic Brewing Party / Live Music / Rice To Meet Ya |



## — DISTANCES AT A GLANCE —

|                                               |  SOUL |  ADVENTURE |  MEGA |
|-----------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| SUPER SEGMENT 1<br>(TIMED)                    | 8 MILES                                                                                  | 8 MILES                                                                                       | 29 MILES                                                                                   |
| SUPER SEGMENT 2<br>(TIMED)                    | 14 MILES                                                                                 | 39 MILES                                                                                      | 39 MILES                                                                                   |
| TOTAL RACE MILES<br>(TIMED SEGMENTS COMBINED) | 22 MILES                                                                                 | 47 MILES                                                                                      | 68 MILES                                                                                   |
| TOTAL COURSE LENGTH<br>(INCLUDING NEUTRALS)   | 40 MILES                                                                                 | 65 MILES                                                                                      | 86 MILES                                                                                   |



All miles are approximate. Course is subject to change.

# BEFORE YOU ARRIVE

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## REQUIRED WAIVER

Ready Set Go Adventures is providing Race Accident Insurance for every registered participant at no additional cost.

To activate this coverage, every rider must complete the online waiver prior to race day. *This is required for all racers so please take care of this now.*

[COMPLETE RACE INSURANCE WAIVER](#)

## DIRECTIONS & PARKING

### Young's Field

Parking is available adjacent to Young's Field.

Primary parking is located along Young's Field Road.

If the main lot fills, additional parking is available on Patriots Way with a short ride to Race Headquarters.

[GOOGLE MAP TO RACE CHECK IN](#)

# WEEKEND SCHEDULE

## SATURDAY

09:00

Macedonia Gravel Shake Out Ride @ Youngs Field

09:00

New Milford Farmers Market (Great For The Family)

05:00

Packet Pickup (5:00 - 7:00 PM) New Milford Green - we will email exact location prior to event.

07:00

Live Music on the New Milford Green

## SUNDAY

07:00

Packet Pickup / Merchandise / Race HQ Opens @ Youngs Field

08:00

Drop Bags Depart / MEGA Start

08:30

ADVENTURE Start

09:00

SOUL Start

12:00

Post Race Party / Athletic Brewing / Live Music

12:30+

Awards: Soul 12:30 / Adventure 2:30 / Mega 3:30

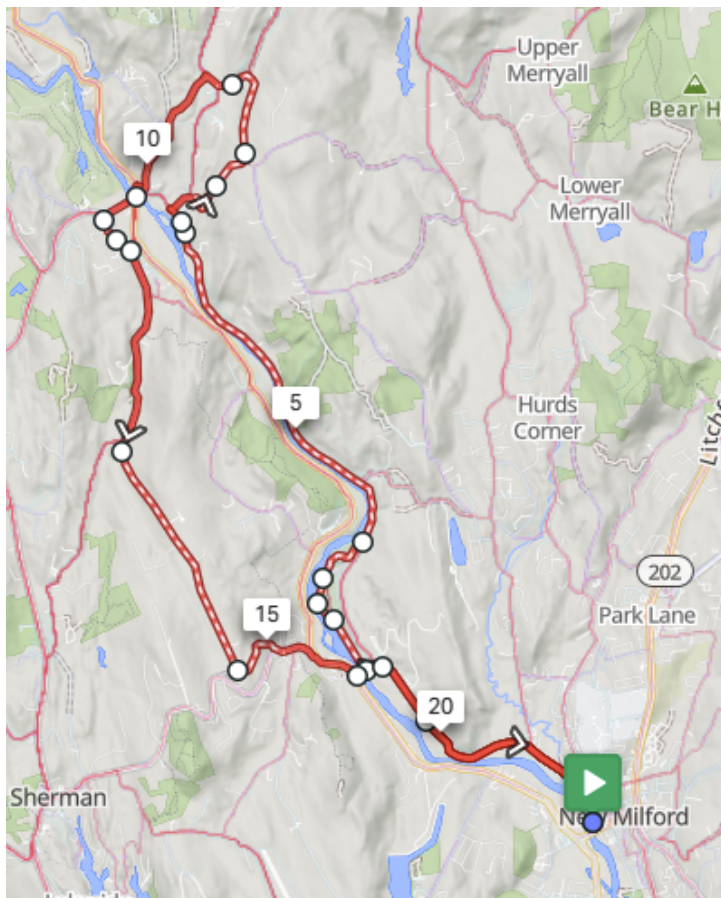
## NOTES

- Pre-Race Briefings will be 10 minutes before each start
- Award times are approximate and may be adjusted based on actual finish times.



# SATURDAY SHAKEOUT RIDE

Join us Saturday morning for a casual no-drop shakeout ride to preview some of the course and shake out the legs before race day.



## RIDE DETAILS

- Start Location: Young's Field, New Milford
- Time: 9:00 AM Saturday
- Distance: 22 Miles
- Pace: No-drop, social pace
- Open to all registered riders



[CLICK HERE TO ACCESS RIDE WITH GPS](#)

# RULES OF THE ROAD

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One of the things that makes Macedonia Gravel so special is that nearly all of the course travels along quiet public roads through some of Connecticut's most beautiful countryside.

## WE ARE GUESTS OF:

- Macedonia Brook & Lake Waramaug State Parks
- Town of New Milford
- Town of Kent
- Town of Sharon

Every rider represents the gravel community.

Please be courteous to residents, motorists, hikers, horseback riders, fellow cyclists, and everyone you encounter throughout the weekend.

## REMEMBER:

- Roads remain OPEN to traffic.
- Ride on the right.
- Obey volunteers and police officers.
- Never cross the center line unnecessarily.
- Ride predictably.
- Be respectful.

Nothing is worth risking your safety—or someone else's—for a few seconds on the clock.

# RULES & REGULATIONS

- 1 All riders must wear an approved helmet at all times.
- 2 Follow all traffic laws on public roads.
- 3 No drafting behind motorized vehicles.
- 4 Riders must be self-sufficient between aid stations.
- 5 No littering on course — carry waste to aid stations. 2 Minute Penalty if you are caught littering.
- 6 GPS device or have RideWithGPS loaded on your Phone.
- 7 Race numbers must be visible at all times.

## RACE BIB POSITION

YOUR BIB. YOUR TIME.  
MOUNT IT RIGHT.

✓ THE RIGHT WAY

**ATTACH WITH TWISTIES**  
Above the bib on the handlebar.

**CLEAR & VISIBLE**  
Bib is flat, fully visible, and easy to read.

**CABLE BELOW BIB**  
Brake cable is below the bib. Chip reads best when unobstructed.

✗ THE WRONG WAY

**WRAPPED AROUND HEAD TUBE**  
Difficult to read and can damage the timing chip.

**OBSTRUCTED & ILLEGIBLE**  
Cables block the bib and interfere with proper chip timing reads.

⚠ **DO NOT WRAP YOUR BIB AROUND THE HEAD TUBE.**  
IT CAN DAMAGE THE TIMING CHIP AND AFFECT YOUR RESULTS.

🕒 **MAKE IT CLEAR. MAKE IT COUNT. THANK YOU!**

# COURSE NAVIGATION

The course is extremely well marked using color-coded directional arrows. All routes start following Purple Arrows.

## ADVENTURE

Follow **Purple Arrows** for the entire course.

## MEGA

At Mile 8, remain RIGHT on Long Mountain Road following **Green Mega Arrows**.

The Mega route rejoins the main course at approximately Mile 28.7 and follows Purple Arrows for remainder of course.

## SOUL

Continue straight at Mile 8 with Adventure riders.

Upon reaching the Macedonia Brook Pavilion Aid Station, Soul riders turn around and follow **Blue Turnaround Arrows** before returning on the Purple route.

Adventure and Mega riders continue beyond the pavilion to complete the upper loop before returning to Macedonia Aid Station for a second visit.



Signs Will Be Removed Following Event  
[info@rsgadventures.com](mailto:info@rsgadventures.com)

# RIDE WITH GPS NAVIGATION

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Every participant is encouraged to download the official Ride with GPS routes before race day. You can have the App provide audio cues for each turn if you run it during the race. Just make sure to download route file for offline use in the App.

Saturday Shake Out Ride

Soul Course

Adventure Course

Mega Course

Having the routes available on your GPS computer or phone provides additional confidence throughout the course.

[CLICK HERE TO ACCESS THE RIDE WITH GPS EVENT COLLECTION](#)

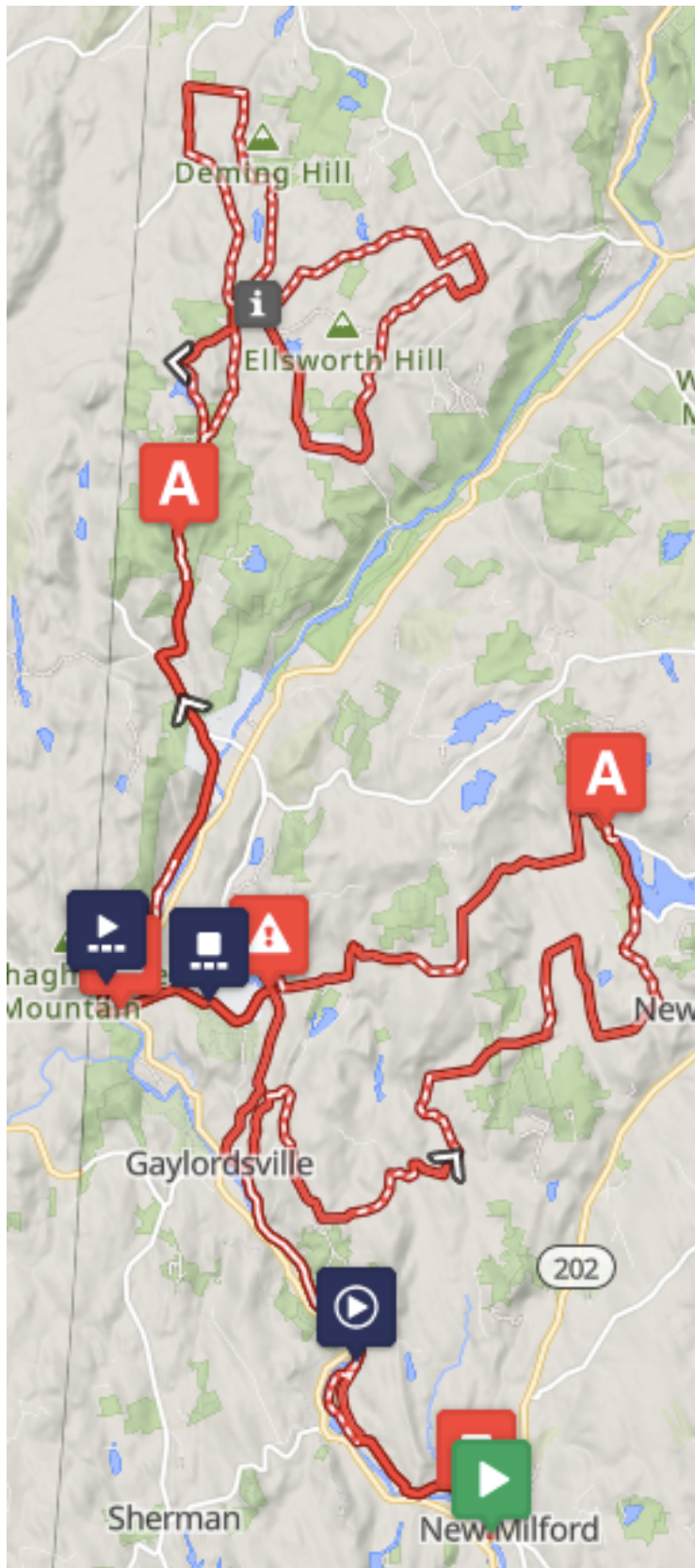
## ROUTE UPDATES

MEGA route has had some changes to the additional loop in that route due to course conditions on a trail that was in original route. Make sure to use current file on RideWithGPS.

We will be out marking the course Thursday and Friday and will email all registered racers if any further course changes are required.

Note that Segment Start/Finish locations have been marked as close as possible in route maps. On race day you will see feather flags marking the start and finish of both super segments.

# COURSE MAP - MEGA 85 Miles

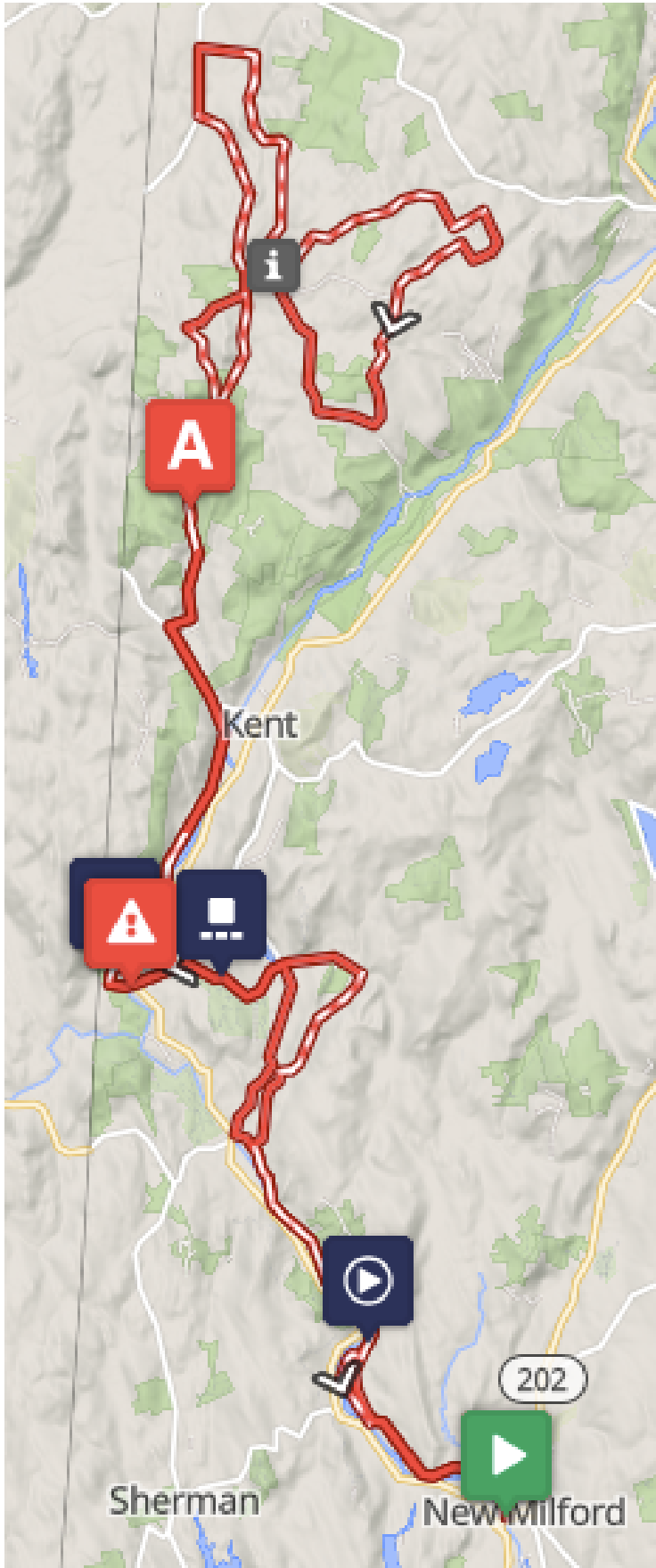


## COURSE NOTES

- Super Segment 1 Start: Mile 3.4
- Super Segment 1 Finish: Mile 31.4
- Super Segment 2 Start: Mile 33.2
- Super Segment 2 Finish: Mile 72
- Aid Station 1: Mile 22
- Aid Station 2: Mile 40
- Aid Station 3: Mile 65

[CLICK HERE TO ACCESS RIDE WITH GPS](#)

# COURSE MAP - ADVENTURE 100K

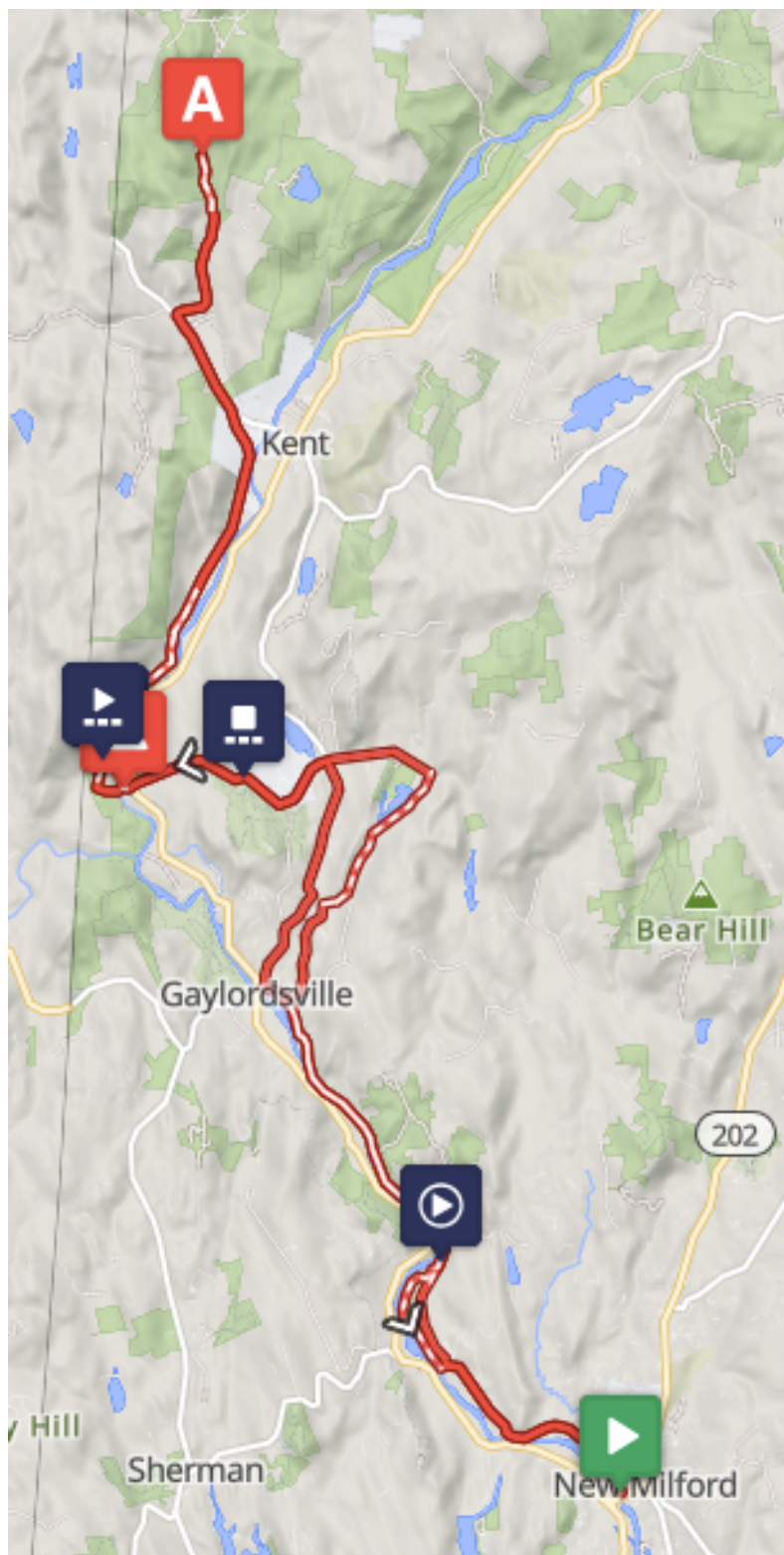


## COURSE NOTES

- Super Segment 1 Start: Mile 3.4
- Super Segment 1 Finish: Mile 11.8
- Super Segment 2 Start: Mile 13.7
- Super Segment 2 Finish: Mile 52.8
- Aid Station 1: Mile 21
- Aid Station 2: Mile 46

[CLICK HERE TO ACCESS RIDE WITH GPS](#)

# COURSE MAP - SOUL 40 Miles



## COURSE NOTES

- Super Segment 1 Start: Mile 3.4
- Super Segment 1 Finish: Mile 11.8
- Super Segment 2 Start: Mile 13.7
- Super Segment 2 Finish: Mile 27.7
- Aid Station: Mile 21

[CLICK HERE TO ACCESS RIDE WITH GPS](#)

# NEW MACEDONIA GRAVEL RACE FORMAT

One of the biggest changes for 2026 is our exciting new racing format. Instead of multiple short race segments, you'll compete over two massive timed Super Segments connected by neutral sections.

This creates significantly longer continuous racing.

Your official race result is the combined time from both Super Segments.



## OPEN COURSE

All traffic laws and  
rules of the road must  
be followed.



## TRAFFIC CONTROL

Police will provide traffic control  
at the left onto Macedonia Road.

- Soul & Adventure: Mile 17.7
- Mega: Mile 38.6



## RACE THE SEGMENTS

Fastest combined  
time wins. Enjoy the  
adventure between  
the segments.

# TIMING & CHECKPOINTS

## LIVE RESULTS

[Webscorer.com/RSGA](https://www.webscorer.com/RSGA)

Final results are calculated by combining your times from both Super Segments.

## SUPER SEGMENT 1

The first timed segment begins on River Road.

*Timing will start for all racers once the first rider crosses the start flags.*

Riders race continuously until the top of the hill climb on Bulls Bridge Road.

Times are recorded using Webscorer at this checkpoint. *It's a good idea to announce your bib # to the timer to make sure they've gotten your bib number.* You'll be in neutral section at that point so don't just blast by them.

## NEUTRAL SECTION

After completing Super Segment 1, riders enter a short neutral section allowing everyone to safely cross the historic one-lane Bulls Bridge. Take your time and please use caution crossing the bridge.

## SUPER SEGMENT 2

Your second timed segment begins on Schaghticoke Road. Suggest you start picking up the pace when you reach the first gravel on the road as the start is about  $\frac{1}{3}$  mile after that. Your start and finish time are based on when you cross the timing area. This segment is fully timed using our new RFID chip timing system.

### IMPORTANT

Once you cross the timing start line, continue riding forward. Do not stop or turn around near the timing equipment, as multiple chip reads may interfere with your results.

## FINISH

Once you cross the Super Segment 2 Finish Line, your racing is complete.

Enjoy the remaining ride back to Young's Field, celebrate with your fellow riders, and join us for the post-race festivities.

# AID STATIONS & NUTRITION

Aid stations are positioned at key points along each course to keep you fueled and hydrated.

## STATION 1 - MEGA Only

Lake Waramaug State Park

[Water, Skratch, Gu gels and chews, Rice Krispie Treats]

## STATION 2 - All Riders

Macedonia Brook State Park Pavilion

[Water, Skratch, Pancakes, Maple Syrup, Bananas, Gu Gels, Rice Krispies Treats]

## STATION 3 - Mega & Adventure

Macedonia Brook State Park Pavilion

[Water, Skratch, Coke, Gu gels, Bananas, PBJ]

## STATION MILE MARKER

MEGA 85 MILE

Mile 22, 40 & 65

ADVENTURE 100K

Mile 21 & 46

SOUL 40 MILE

Mile 21

## NUTRITION TIPS

Make sure to bring at least 2 bottles or Hydration Pack & Nutrition of choice. Drop Bags for Mega & Adventure will be staged at the Macedonia Brook State Park Pavilion. Drop Bags head out at 8:00 AM before the Mega start.

# EQUIPMENT RECOMMENDATIONS

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We recommend every rider have the following:

- Gravel bike in good mechanical condition
- Gravel tires - recommend at least 38mm; 40-45mm ideal. Do not recommend slicks as you'll want traction.
- Helmet (Required)
- At least two water bottles or hydration pack
- Spare tube
- CO2, inflator or mini pump
- Tire plugs (if tubeless)
- Multi-tool
- Chain quick link
- Cell phone & charger
- GPS computer loaded with Ride with GPS route

## IMPORTANT

Mechanical support is limited. Please arrive prepared to be self sufficient to repair common issues while on course.

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## WEATHER

The event takes place rain or shine.

Weather in western Connecticut can change quickly. Please dress appropriately and be prepared for changing temperatures and conditions throughout the day.

# EMERGENCY INFORMATION

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## FOR INCIDENTS REQUIRING MEDICAL SUPPORT:

Call 911 immediately then text us after at 862-314-0584.

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## NON-EMERGENCY ASSISTANCE

For non-emergency assistance, notify the nearest volunteer or course marshal. If you get off course or need sag support text us at 862-314-0584. This number is only for race day assistance and you should store on your phone for easy access.

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## RACE HEADQUARTERS

Race Headquarters is located at Young's Field throughout the event.

# VOLUNTEERS

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This event is only possible because of our incredible volunteers.

Please thank the course marshals, aid station crews, packet pickup staff, and everyone wearing an Macedonia Gravel Race shirt throughout the weekend.

Their enthusiasm and dedication help make Macedonia Gravel the experience it is.

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## WANT TO HELP?

If friends or family are joining you for the weekend, we'd love their help for a few hours.

Volunteer registration is available through the [BikeReg](#) event page.

# SPONSORS

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Special thanks to our 2026 event partners.



Their support helps us provide outstanding courses, professional timing, on-course nutrition, post-race refreshments, and an unforgettable rider experience.



# FOLLOW THE ADVENTURE

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We love seeing your race photos and stories.

Share your weekend using:

**#MacedoniaGravel**

Tag Ready Set Go Adventures on Facebook and Instagram so we can feature your photos after the event.

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## FINAL THOUGHTS

Whether you're chasing a podium, riding your first gravel event, or simply looking for an incredible day exploring western Connecticut, we're honored you've chosen to spend your weekend with us.

Race hard. Encourage one another. Soak in the scenery. And most of all—have fun.

**We'll see you at the start line.**

