

GABRAKY Route Description

General Description

For the most part, the GABRAKY route follows rural and scenic roads with relatively low traffic. Roads with heavier traffic are included for short distances only where a reasonable alternative is not available. In selecting the route, safety was given top priority with additional consideration given to scenic value and distances.

Definitions

Easy Terrain: Flat, with some hills that are not steep. Examples: north Florida, Netherlands, eastern Wisconsin, western Kentucky.

Moderate Terrain: Frequent hills that rarely exceed a 7% grade and seldom continue uninterrupted for more than a 1/4 mile. Examples: central Kentucky, southwestern Wisconsin, southern Ohio and Indiana.

Difficult Terrain: Frequent hills that exceed 9% grade and continue for more than 1/4 mile. Examples: Alps, Pyrenees, Rockies.

GABRAKY Terrain Descriptions by Day

Day 1 62 miles. 30% easy terrain, 70% moderate terrain. Overall terrain rating: moderate to easy.

Day 2 88 miles. 25% easy terrain, 60% moderate terrain, 15% difficult terrain. Overall terrain rating: moderate.

Day 3 73 miles. 30 % easy terrain, moderate terrain 60%, difficult terrain 10%. Overall terrain rating: moderate to easy.

The above ratings address terrain elevation changes only. Overall difficulty for each day must combine both distance and terrain difficulty.

Comments

The average cyclist in good condition will be able to handle and enjoy the terrain over the three day route.

Each cyclist will be given a detailed route map along with a cue sheet for each day.

Cyclists should be able to average a minimum of 10-12 miles per hour while riding 6-8 hours over a 10 hour day. Cyclists will be permitted to ride at their own pace. SAG support and refreshment stops will be provided along the full route.

While the GABRAKY route is challenging, it is worth noting that all GABRAKY cyclists in past years, including several beginner cyclists, finished the ride.