

Safety is our main concern. Helmets must be worn and fastening during the race. The FGG will have three race distances to choose from.

(See the Registration” page for fees and prizes.)

-19-mile race consists of 53% of gravel and 47% asphalt.

-30-mile race consists of 70% gravel and 30% asphalt

-60-mile race consists of 83% gravel and 17% Asphalt.

All races will start and finish on the beach in Memorial Park.

All roads are open to traffic and all riders should expect light vehicular traffic, farm equipment and wildlife.

We will have a police escort until we get out of downtown Ladysmith.

Please observe all stop signs and listen to our volunteer’s instructions at cross roads.

We will have one pit stops for the 30 and 60 miles races.

You are responsible for your bike repairs, water and food.

Support vehicles are allowed ONLY at the pit stops. All vehicles wanting to go to the pit area will be given direction.

We suggest you use 28cm wide tires with any type of bike that you feel comfortable on, whether that be MTB, Gravel, road or single speed.

Cue sheets will be given to all riders at registration and extras will be available at the start.

Please come for the race then stay for to enjoy the rest of day with fun, food & beer and good entertainment in the beautiful Memorial Park.

Let’s have some fun!