

Virginia's Blue Ridge Gran Fondo pre-ride information

1. Packet pick-up will be from **5-7 p.m., Saturday, October 9th** at the start/finish in Fincastle (corner of Main & Roanoke St, across from the Courthouse) **and Sunday morning from 7:00 am until 15 minutes before your ride starts** (see start times below) in the same location. If you come Saturday, we encourage you to check out the great food and drink at 1772 Rooftop on Main.
2. There will be ample parking in town, but it may be spread out a bit, depending on our final number of riders. Carpooling is encouraged!
3. All routes will be marked using signs and adhesive "Route Arrows." We'll give you a wrist band that matches the color of your route. **Your wrist band doubles as your post-ride meal ticket**, so don't lose it!
4. Helmets are required and **all roads are open to traffic**. Please obey all traffic laws, especially stop signs!
5. We'll have staggered start times this year. The **Mountain Ride starts at 8 a.m.**, the **River Ride starts at 9 a.m.**, and the **Valley Ride starts at 10 a.m.** Registration/packet pick-up closes 15 minutes before each start time. Please arrive AT LEAST 30 minutes before your start time. Strava route links are available at <http://www.muddysquirrel.com/gran-fondo.html>
6. Aid stations will have water, fruit, sweet & salty snacks, and Hammer products (HEED and Hammer Gel). If there is something special you need to get you through the ride, bring it with you.
7. Valley Ride – aid stations at mile 14* and mile 23* (*= portable toilets available)
8. River Ride – aid stations at mile 11, 26*, and 35*
9. Mountain Ride – aid stations at mile 19, 42*, 57*, and 66*
10. Each ride will have several timed segments. Each segment will be between 2-4 miles long. The Valley Ride will have two timed segments; the River Ride and Mountain Ride will have three. All segments are free of stop signs and railroad crossings. Segment maps can be found at <http://www.muddysquirrel.com/gran-fondo.html>
11. The start/finish of each segment will be clearly marked. Segments will have opening and closing times. Opening times are based on an average speed of 21 mph, and closing times are based on an average speed of 10 mph. Overall and age group awards will be given out for top riders in each ride distance. We'll have finishers awards, too. All awards will be presented at the finish line around 2 pm. Web results will be available throughout the day.
12. More information about your timing chip is attached. Please read it carefully! All chips will need to be picked up Sunday morning before your race.
13. A post-ride meal will be catered by Tizzone's and will be available at the start/finish beginning at noon. It will be boxed for "carry-out" although we plan to have outdoor seating and we'd love for you to stay and enjoy lovely downtown Fincastle.
14. We'll have a "sweep" for each route, but there will be limited mechanical assistance. Be self-sufficient!

15. **Mountain Ride participants:** the descent off Caldwell Mountain is steep and curvy with a tricky S-curve at the bottom. There will be a “Caution” sign at the start of the descent and another one just before the S-curve.
16. We hope you enjoy the gorgeous fall scenery and friendly communities of Botetourt County. We’re glad you can join us and hope to see you back again!
17. **In the event of an emergency, call 911.** If anything else comes up, you can call Tim (540-797-0217) or Lisa (540-520-4988).