

VBR Gran Fondo update:

The weather is looking great for Sunday's ride! The morning may start off chilly, but no rain is currently in the forecast. We'll have some hot drinks at the first aid station, so be sure to stop if you need warming up.

We've moved the location of the *Saturday* packet pick-up two miles down the road to the Town Center Tap House (90 Town Center Street #100, Daleville, VA 24083). We'll be there from 5:00-7:00 pm. *Sunday* morning packet pick-up will still be at the Greenfield Center, starting at 7:00 am.

Now for some disappointing news. Since the closing of Ballast Point and our move to the Greenfield Center, we've been working on every possible option, but in the end, our ABC license to serve beer with the post-ride meal fell through. We're really disappointed, as we've tried every possible angle to make it work.

But there is some good news. **Each rider will receive a voucher good for a pint on us at the Town Center Tap House** (just two miles from our start/finish). With 40 beers on tap from across the country (including Ballast Point), we think you'll find something to your liking. <http://www.towncentertaphouse.com/beer.html>

With Town Center Tap House right down the road, you can make this a pre-ride beer on Saturday evening when you pick up your packet, or a post-ride beer after your meal on Sunday. We suggest you have Saturday dinner at Town Center Tap House with friends or family and celebrate all the fun you're going to have the next day. <http://www.towncentertaphouse.com/home.html>

On another note, when looking at the Ride With GPS cue sheet you may have noticed some weird turns toward the very end of all the routes. We'll get that fixed and have a printed cue sheet for you at the start if you want to take one.

Strava links:

Valley Ride <https://www.strava.com/routes/22124042>

Bank of Botetourt River Ride <https://www.strava.com/routes/22124205>

Mountain Ride <https://www.strava.com/routes/22124246>

More "stuff you need to know"

1. All routes will be marked using adhesive "Route Arrows" with signs at some spots. The 30 mile "Valley Ride" will be **yellow**, the 50 mile "Bank of Botetourt River Ride" will

- be **orange**, and the 80 mile “Mountain Ride” will be **green**. You will receive a wrist band that matches the color of your route. Please wear it – it is also your meal ticket!
2. Both the 30 Mile Valley Ride and the 80 Mile Mountain Ride have been modified for 2019. The Valley Ride will get to the Bike 76 route via Wheatland Rd and Hardbarger Rd, rather than Blue Ridge Turnpike (yes, this does add a mile or two, but it’s less bumpy). The Mountain Ride will get to Grove Hill Rd (and the mountain approach) via Breckinridge Mill Rd instead of Blacksburg Rd, bypassing Fincastle altogether.
 3. **It is your responsibility to know the route**. Print a map and/or cue sheet from the web site if you need one – Strava links are available above. It is our intention to mark the route so that you can follow it easily, but if you need some reassurance that you are on course, then be sure to print and take what you need.
 4. We will use self-adhesive bike frame numbers. Attach to either your top tube or your seat post.
 5. All rides will begin at **9 am** on International Parkway in front of the Greenfield Center entrance. One lane of Route 220 will be closed to help facilitate a safe start. Otherwise, *all roads are open to traffic*. **Obey all traffic laws**.
 6. Please be considerate of drivers, especially in the first few miles when there will be **MANY** more bikes than cars.
 7. Aid stations will contain water, Heed, Hammer Nutrition products, pb & j squares, cookies, pickles, peanuts, gummy bears, etc.
 - 30 mile route – aid stations at mile 13 and mile 24
 - 50 mile route – aid stations at mile 13, 27, and 37
 - 80 mile route – aid stations at mile 25, 50, 62, and 73
 8. For 80 mile “Mountain” route riders: the descent off Caldwell Mountain (starting at mile 20) 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. A new aid station is at Cross Roads Church, a short out-and back on Rt 615.
 9. A post-ride meal will be catered will be available from about 11:30 until the last rider finishes. Riders on the 80 mile route should plan to finish **NO LATER** than 5 pm.
 10. We will have several mechanics on the course and a “sweep” for each route. The folks from Downshift will be hanging out at the start and at the Buchanan aid station. If you need mechanical assistance or need to abandon the ride, call Tim at (540) 797-0217. For emergencies, call 911.
 11. We hope you enjoy the gorgeous scenery and friendly volunteers of Botetourt County. Take lots of photos and tag them as #VBRGranFondo.