



## Vino Fondo Athlete Information

Please print and read this document. It contains important information to make the start of your VINO Fondo Gran Fondo and the event in general much easier.

### We will cover:

- Rules of the Road
- Safety
- Accidents
- In Case of Emergency
- Route Changes- An important note to riders who have done training rides on the courses.
- Hills (Descending)
- Mechanical and SAG Support
- Packet Pick-Up and Check-in Instructions
- Goody Bags
- Merchandise Orders
- Parking May 20<sup>th</sup>
- Timing Chip Information – Timed Hill Climb Information
- Saturday morning- The Start
- Cut-Off and Course Closure Times
- Route Markings
- Weather Alert
- Rest Stops
- Post Ride Procedure
- Post Ride Meal
- Awards Redemption

**Rules of the Road:** All roads will be open to normal vehicular traffic. Please remember that all cyclists must obey all traffic laws; this includes but is not limited to traffic lights and stop signs. You are required to observe the instructions of all (police, fire, volunteer) marshals on the course. Violators may be ticketed by local law enforcement and/or disqualified and removed from the event. All riders are personally responsible for knowing Missouri's traffic laws.

**Safety:** Prior to the event, riders should be familiar with the Event Rules and Regulations and must observe them when participating in the event. The roads you will be riding on will vary from busier state and country roads to narrow country lanes. Road surfaces will vary. Be on the alert for traffic, rough

roads, blind turns, and potholes at all times. Pass with care and always call out your intentions. **At no time should you be riding to the left of the center of the roads.**

**Accidents:** You will be sharing the road (Sharing being the operative word here) with the driving public and cyclists of various skill levels and experience. Please do not get lulled into thinking that the roads used in the Vino Fondo are closed. Please do not stop in the middle of the road for any reason, including way finding or at rest stops. Accidents can and will happen when a rider in front of you makes an extreme, unannounced change (sharp turn or slowing down) and gets hit by riders or vehicles coming from behind. Typically, this can happen when a rider or group of riders “misses a turn” and tries to correct by stopping or turning rapidly. If you miss a turn, announce it to the riders behind you and gradually loop back when safe.

**IN CASE OF EMERGENCY:** If you have an emergency, witness a crash, or experience a medical emergency which warrants prompt medical attention immediately call 911, and then call the command center at **636/357-5819, Roger Emmons**. This number is printed on all the cue sheets. Secure the area to the best of your ability, but do not put yourself or others in additional danger while you wait for emergency personnel. Report your location to the command center referring to the Turn (or action) # on your cue sheet with mileage and street information- as well as the route you are riding- Mini, Midi or Mondo or one of the two Grindo routes.

**Route Changes:** At this point there IS ONE route change from the published routes on the [www.bigshark.com](http://www.bigshark.com) Vino Fondo event page. Please be aware that there are a few sections of unpaved road. They are not terribly long and are signed by MODOT. The final descent of the Femme Osage Ridge section of the Grindo Fondo is very rough, please descend with caution.

**Mondo Fondo Change!** Due to Road Damage Hwy U is closed to all traffic. We have adjusted the Mondo Century+ route, we are sorry about this change, but the alternative is certain doom.



**Hills-Descending:** With all the climbing you will be doing during the ride, there will be plenty of opportunity for descending. All routes feature long and sometimes steep and winding downhill sections which require sound bike handling proficiency to navigate safely. Remember that you will be riding the routes with cyclists of mixed abilities. Please follow the below rules for safety:

1. Control your speed. Ride within your comfort zones.
2. Stay in your lane and hold your line.
3. Ride as far to the right as is safely possible.

It is your responsibility to know the course that you are riding and to ride within your skill level.

Remember the roads will be open to traffic so that cars may be entering from driveways.

Key descents that require extra attention:

1. Descending the Schluersberg
2. Descending Augusta Bottom Road
3. Descending Loop Road
4. **Very Dangerous- [Bunker Joerling Road](#)** has an Extremely Steep and Dangerous right hand turn.
5. **Very Dangerous- [Femme Osage Creek Road](#)** (GRINDO Fondos). The Gravel Descent is very steep and loose. Please stay in control
6. **Dangerous- [Callaway Fork Road](#)**, climbing and descending. There are two low water bridges that can be covered in algae and **are very slick**. Take it slow.

**Mechanicals and SAG Support:** If you have a mechanical problem (e.g. a flat or other problem which prevents you from riding) while on the route, announce it verbally to the riders behind you and slowly (not suddenly) move yourself and your bicycle off of the road going the correct direction (with traffic.) Do not impede other riders. If you can make the repairs yourself, you are encouraged to do so. If not, other riders may assist you; you can notify our SAG number/Command Center (**Roger Emmons, 636-357-5819**). We will notify the closet SAG/mechanic and dispatch him to your location as soon as is possible. If your bicycle cannot be repaired, you will be transported to a Rest Stop or to the Start/Finish area. We will have a dedicated SAG vehicle for each route, each equipped with tools, spare parts, rental bikes, and spare wheels.

**Packet-Pick Up:** We strongly encourage pre-event packet pick up on Friday May 17<sup>th</sup> from 12:00 pm until 7:00 pm at the Big Shark Bicycle Company New Big Bend location (1155 South Big Bend Boulevard, St. Louis MO 63117). You will be allowed to pick up a packet for another participant- but we must receive their signed event waiver prior to the event. You can also pick up your packet on ride day- May 18<sup>th</sup> from 6:15 am until 8:00 am.

**Goody Bags:** Each Athlete will receive the following:

- Seat Post Bib Number with Timing Chip
- Drawstring Back-Pack
- Vino Fondo Event Shirt
- Cue Sheets
- Big Shark Bucks

**Merchandise:** If you ordered a Vino Fondo custom jersey- it will be available pre and post event. Some jerseys are in stock now and will be available and assigned at Packet Pick Up. We can arrange pick up or mail you your jersey if you do not collect. If you ordered a jersey or would like a commemorative jersey, we will have additional jerseys for sale at packet pick-up or online on the Vino Fondo event page.

**Parking:** There will be plenty of parking internal to Sugar Creek Winery. Please pull into the winery and continue past the Start/Finish area. We will have marshals to help you to your parking spot. The parking lot closest to the winery is reserved for non-Vino Fondo winery customers, please be sensitive to this.

**Timing Chips:** All athletes will receive a timing chip. The Seat Post Mount Bib Number will have a timing chip on the back. **Please mount your number on your seat post.** We can assist you with proper placement.

There will be THREE timed sections of the Vino Fondo. The Overall Course time will be recorded as you start and finish.

- The **Schluersburg Hill Road Climb** time competition will begin at the base of the climb at the intersection of Moll Road and Schluersberg Road. The top of the climb competition will be after several rolling false flats- near the intersection of Terry Road and Schluersberg Road. **You will HAVE TO RIDE OVER THE TIMING MATS to have a recorded time.**
- **The Callaway Fork Hill Gravel Climb** will begin just past the turn from Highway F. The top of the climb will be just before the pavement at the top. There will be a rest station at the top of the timed climb. **You will HAVE TO RIDE OVER THE TIMING MATS to have a recorded time.**

**Saturday Morning- THE START:** All riders must be signed in and ready to roll at 8:15 am. The Vino Fondo will start promptly at 8:30 am. Please enter the Start/Finish Chute currently for a final briefing and safety instructions. All riders must cross the start line and make the immediate right turn out of the winery to access the Katy Trail heading west. The ride will be NEUTRAL until you turn off the Katy Trail. Please take it easy, we guarantee you will be climbing almost immediately after entering Terry Road. The Road Route signs will be WHITE. Road Route will be marked with **ORANGE** paint.

**Gravel Riders-** Right after the start, you will turn onto the Katy Trail with the road riders. You will ride **STRAIGHT** across the Katy Trail/Terry Road intersection (Road riders will turn right). **Do not turn onto Terry Road**, go **STRAIGHT** on the Katy Trail. Gravel Route will be marked with **GREEN** paint and yellow/green turn signs. We will mark the gravel sections of the course with GREEN tape as well.

This is a challenging timed ride, not a race, please take it easy at the start and have fun.

There will be light food and coffee (while it lasts) provided at the start, but nothing substantial, please eat a nourishing breakfast. We will have fruit and bars available. Once on the road we will have plenty of energy food and beverage at each rest area. You can expect Clif Bars, Clif Bar Chews, Power Bar Energy Mix, Water, Pretzels, Peanut Butter, Bananas, Endurolytes.

**Saturday Afternoon- The FINISH:** The mandatory cut-off time for the course is 5:00 pm. We will not be providing SAG Support or Post Event Food after 6:00 pm. We will begin serving lunch, provided by

Pastaria and Chef Gerard Craft from lunchtime through the finish of the event. When you finish, **YOU MUST RIDE THROUGH THE START/FINISH CHUTE** to get a time. After you cross the line, we will pass you a drink coupon for a complimentary beer (if of age) and give you a Vino Fondo Pint Glass. Sugar Creek Winery has requested that you park your bike and water bottles in the racks provided or on your car. Please use the provided pint glass for beverages once on their premise. This is a strict policy- so do not be surprised if they ask you to leave your bottles on your bike or in your car. There will be a band in the afternoon, please hang out and enjoy the awesome setting and scenery.

**IMPORTANT NOTE** –. The finishing meal will be both grab-and-go and prepared on site. There will be vegetarian options.

**Please Note-** The Meal is for **riders only**- we do not have the ability to service friends and family. **Your Seat Post Bib Number or a Food Ticket will serve as your meal ticket for the Meal.**

If at some point during the ride you changed the distance that you had initially signed up for, please tell the Big River Timing Crew, located at our finish line. You can email [tom@brrm.com](mailto:tom@brrm.com) with changes.

**Route Marking (AKA How Not to Get Lost):** We want to ensure that everyone completes their course with no difficulty or confusion. We have had incidents in the past in which signs were removed, flipped, or vandalized. Here is a list of methods for way finding and navigation:

1. **The route is painted.** Each turn and key deviation for the ride has been painted mid-week. There has been some rain, so it is possible that these will need to be touched up the morning of the event. **GREEN “VFG”** is for **GRAVEL**. **ORANGE “VF”** is for **ROAD**. **GRAVEL SIGNS** will be primarily yellow with a **GREEN** border. **Vino Fondo ROAD COURSE** Signs will be **WHITE**.
2. Each turn and Rest Stop will be marked with a **Real Estate Route Sign**.
3. You will be provided with a turn by turn Cue Sheet- please put in your sandwich bag and bring with you.
4. We will have as many **Course Marshals as possible** at Key Turns all day long. Be nice to them.
5. If you use a GPS device, you can download and upload the course from our website map feature. We strongly recommend downloading the course to a Garmin, Wahoo, or similar. Please note that signs and paint have been tampered with in the past, studying the course will benefit you.
  - a. **For the Start- All ROAD routes.** All three intersections that involve Highway 94 will be monitored by marshals. Please be very careful on Hwy 94/Schluersberg Road, Hwy 94/Church St and Hwy 94/Emke Road. **GRINDO Riders** will only be on HWY 94 for a very short section, please pay close attention to traffic.
  - b. **Important Turn- MINI FONDO-** once you have climbed the Osage Ridge Climb and turned LEFT onto Hwy T- you will make a RIGHT turn on Femme Osage Creek Road. All other distances will go past this turn and make LEFT TURN on Hwy TT.
  - c. **Important Turn- MIDI FONDO and MONDO FONDO-** once you have passed Femme Osage Creek Road- you will make a LEFT TURN on Hwy TT (per the above).

- d. **Important Turn-** Routes Diverge- at Highway 47 Past the Marthasville Rest Stop. MIDI FONDO WILL TURN LEFT, MONDO FONDO WILL TURN RIGHT.
  - e. **On the Return Trip-** MIDI and MONDO route will leave Marthasville and REMAIN ON HWY D (do NOT turn back onto Bluff Road towards Dutzow). Climb Highway D to Highway T and GO RIGHT.
  - f. **Grindo Fondo** – MONDO Grindo riders will head east from the Defiance Rest Stop to the Busch Greenway. MIDI Grindo riders will also head East, however you will turn shortly onto Darst Bottom Road.
6. You can **Download the .GPX or .KML** file from the maps provided on our website and import them into a Garmin or other GPS device.
- a. Mini Download: <http://ridewithgps.com/routes/6504062>
  - b. Midi Download: <http://ridewithgps.com/routes/6503998>
  - c. **NEW** Mondo Download: <https://ridewithgps.com/routes/46657849>
  - d. Midi Grindo Download: <https://ridewithgps.com/routes/31613772>
  - e. Mondo Grindo Download: <https://ridewithgps.com/routes/36011167>
7. **Weather Alert:** It is Spring, and the forecast is clear, but be prepared for possible precipitation. Please dress for variable weather- if you would like to leave apparel at a Rest Stop, we can transport back to the finish line at the end of the day. The event will take place rain or shine. We recommend chamois cream, sunscreen, and hydration. It could be a cool start and humid in the afternoon. Please pay attention to hydration- we will do our very best to make sure that we have adequate water for the duration of the event at all rest stops all day.

#### **Rest Stops:**

1. **Rest Stop # 1 and #4 - Marthasville Katy Trail Head:** This is one block off course. Accessed by the Midi and Mondo rides going Out and Back.
2. **Rest Stop #2- Treloar Katy Trail Head.** Accessed by the Midi and Mondo rides going Out and Back.
3. **Rest Stop #3- Warrenton City Hall:** Accessed by the Mondo ONLY
4. **Rest Stop #5- Lippold Lane/Cappelin Osage Road:** This is a very narrow road. Please stay to the side if possible. Accessed by ALL ROUTES. This is the 1<sup>st</sup> rest stop for the MINI.
5. **Rest Stop #6- Schluersberg Road/Winslow's Farm Driveway:** ALL ROUTES. Last stop before the timed climb.
6. **Grindo Rest Stop #1** – Callaway Fork Climb. This will also serve as the turn-around for the enjoyable descent.
7. **Grindo Rest Stop #2** – Defiance MO, Katy Trail Head. Mondo Riders can visit this rest stop twice, outbound, and inbound.

**Awards:** We will notify winners of each category post event and arrange your Victory Vino. We will not be doing awards at the venue. We hope you have a wonderful ride and enjoy the some of the best roads we can offer. **The Big Shark Events Crew**