



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 11th
- 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 call out your intentions at all times. **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.

Route Changes: At this point there are NO route changes from the published routes on the www.bigshark.com Vino Fondo event page.

Hills-Descending: With all of 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.

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 10th 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 11th from 6:15 am until 8:00 am.

Goody Bags: Each Athlete will receive the following:

- Seat Post Bib Number with Timing Chip
- Flyers for all of our partnering Charity Rides, occurring later this summer.
- Drawstring Back-Pack
- Vino Fondo Event Shirt
- Cue Sheets
- Hammer Fizz (2 Flavors)
- Big Shark Bucks

Merchandise: If you ordered a Vino Fondo custom jersey- it will be available post event- arriving on May 13th. We will arrange pick up or mail you your jersey. If you ordered a jersey or would like a commemorative jersey we will have additional jerseys for sale 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 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 two timed sections of the Vino Fondo. The Overall Course time will be recorded as you start and finish. The Schluersberg Hill 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.**

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 at this time 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 of the Katy Trail. Please take it easy, we guarantee you'll be climbing almost immediately after entering Terry Road.

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, GU Gel, Clif Blocks, HEED Energy Mix, Water, Pretzels, Peanut Butter, Bananas, Endurolytes. The Mondo Century Route will have small sandwich packages and protein products at the Warrenton Rest Area.

Saturday Afternoon- The FINISH: The mandatory cut-off time for the course is 6:00 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.

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.

Please Note- the Post Ride Meal will have a vegetarian option. 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.**

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 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.
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 **Course Marshals** 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.
 - a. **For the Start- All 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.

- 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.
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. Mondo Download: <http://ridewithgps.com/routes/6504159>

Weather Alert: It is Spring, and the forecast calls for some 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/Cappeln Osage Road:** This is a very narrow road. Please stay to the side if possible. Accessed by ALL ROUTES. This is the 1st rest stop for the MINI.
5. **Rest Stop #6- Schluersberg Road/Winslow's Farm Driveway:** ALL ROUTES. Last stop before the timed climb.

Awards: We will notify winners of each category post event and arrange your Victory Vino.