



Event Guide

THANK YOU

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Applewood Auto Group





































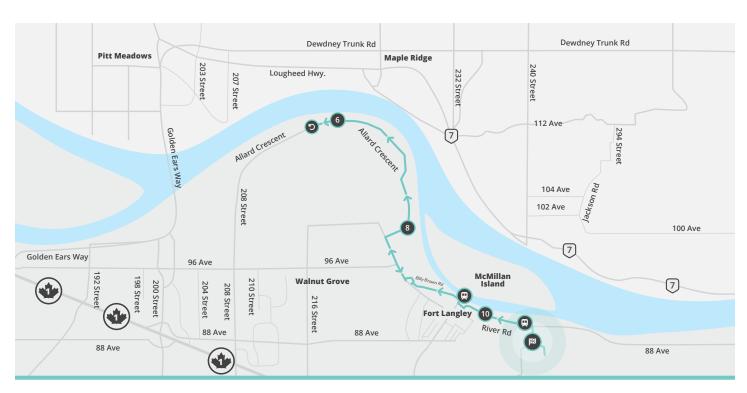




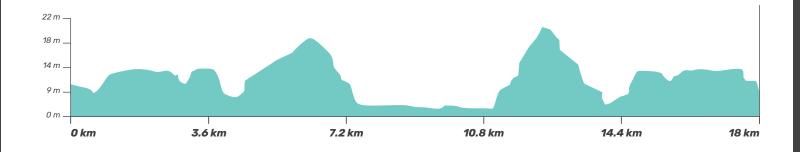
FamilyFondo 18km Ride

The FamilyFondo is a relaxed ride through Fort Langley. This ride is relatively flat and is the perfect opportunity for new cyclists and families to enjoy their first GranFondo together. The ride will be guided from Eagle Acres Dairy Farm around Fort Langley and back to the farm to enjoy the post ride festival, including live music, food and more. **Please note, there are no aid stations on this route.**

- Township of Langley, British Columbia



COURSE LEGEND // 🗗 Aid Station 🖳 Train Tracks





PrestoFondo 50km Ride

The 50km PrestoFondo is a great first fondo for anyone new to the sport. The route is open to all riders and bikes who are able to manage the distance. The course is rolling with just enough hills to challenge all riders through the scenic course. Returning back to Eagle Acres Dairy Farm, all riders will be able to enjoy the post ride festival, including live music, food and more.

- Township of Langley, British Columbia



COURSE LEGEND // 🗗 Aid Station 🖳 Train Tracks





MedioFondo 85km Ride

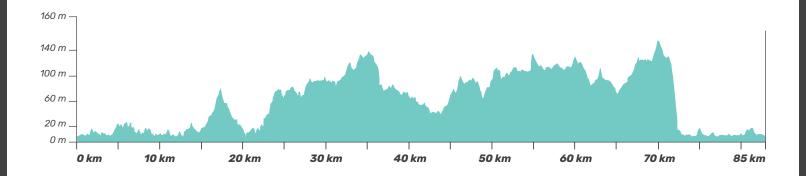
The 85km MedioFondo will both challenge and reward you as you travel around Langley and Abbotsford on this scenic ride. The rolling hills and some steady inclines will be well worth the effort after finishing the route at the post ride festival at Eagle Acres Dairy Farm.



Township of Langley, British Columbia



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GranFondo 120km Ride

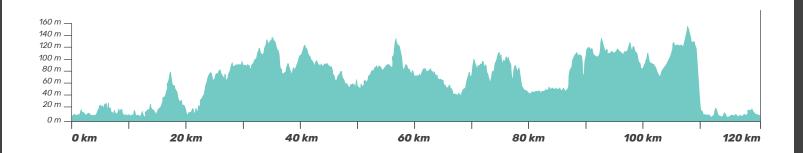
The longest distance of this year's event, the 120km GranFondo is a great way to kick off your GranFondo season. Some rolling hills and steady climbs will challenge you as you make your way around the Fraser Valley. After finishing your ride at Eagle Acres Dairy Farm, you can enjoy your post ride beverage and meal, complete with live music and entertainment.



Township of Langley, British Columbia



COURSE LEGEND // 🗗 Aid Station 🖳 Train Tracks



Schedule of Events

WEDNESDAY, JUNE 7

3:00 PM - 7:00 PM

Package Pickup **Bicycle Sport Pacific**999 Pacific St., Vancouver, BC

SATURDAY, JUNE 10

12:00 PM - 4:00 PM

Package Pickup **Applewood Performance Centre**20383 Langley Bypass, Langley, BC

SUNDAY, JUNE 11

6:45 AM - 7:45 AM

Bag Check Open Eagle Acres Dairy Farm

7:00 AM

Bike Tech Support provided by BSP Open / Start Corrals Open Eagle Acres Dairy Farm Please be in your start corral

by 7:45 AM

7:30 AM - 2:30PM

Official Support Vehicle Access to Eagle Acres ONLY

8:00 AM

Applewood Valley GranFondo, MedioFondo and PrestoFondo Starts Eagle Acres Dairy Farm

9:00 AM

Applewood Valley
FamilyFondo Starts
Eagle Acres Dairy Farm

9:30 AM

Festival Open First PrestoFondo Expected to Finish Eagle Acres Dairy Farm

9:45 AM

First FamilyFondo Expected to Finish

10:15 AM

First MedioFondo Expected to Finish

11:00 AM

First GranFondo Expected to Finish

1:00 PM

Team Challenge Awards & Prizes

3:00 PM - 3:30 PM

Finish Line Closes Festival Closes

Package Pick-up

Vancouver

WEDNESDAY, JUNE 7

3:00pm to 7:00pm

Package Pickup

Bicycle Sport Pacific - Vancouver 999 Pacific Street Vancouver, BC, V6Z 2K2

Fort Langley

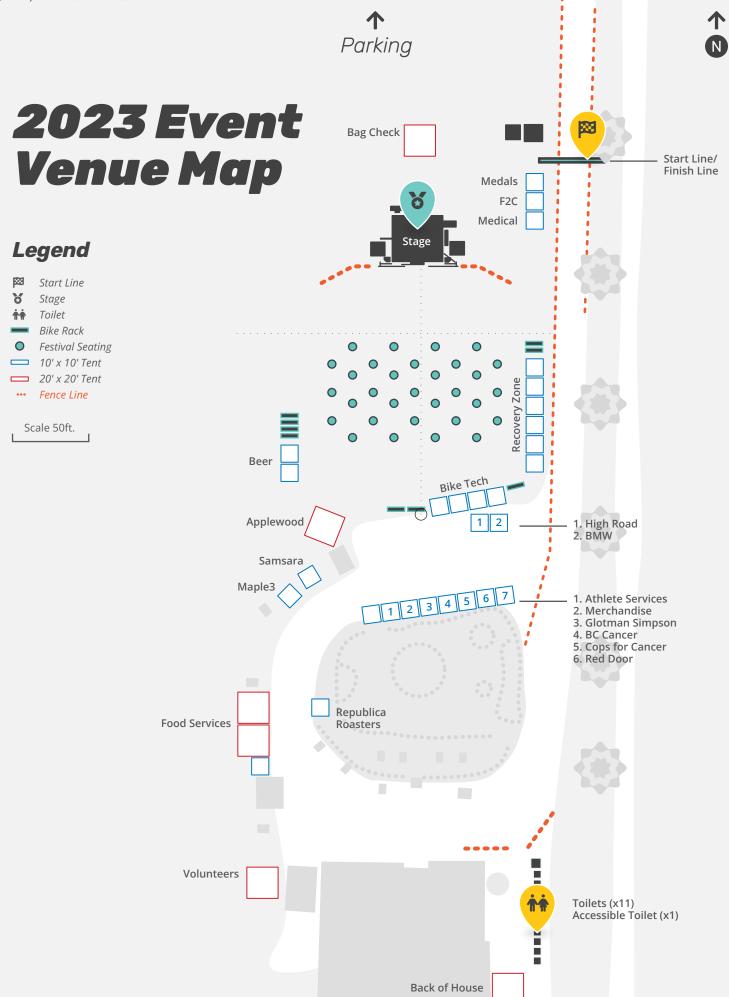
SATURDAY, JUNE 10

12:00pm to 4:00pm

Package Pickup

Applewood Performance Centre 20383 Langley Bypass, Langley, BC, V3A 5E8 !

All riders will need to pick up their rider package at one of the Package Pick Up locations. Photo ID is required for pickup. You may pick up a packet for another rider with their permission and a picture of their Photo ID.





Event Day Schedule

Start Corrals

The start chute opens at 7:00am. All riders are expected to be in position in the start chute no later than 15 minutes before their event start time. **GranFondo, MedioFondo and PrestoFondo start at 8:00am** sharp, after the national anthem. Your official time will not start until you cross the start line. All riders will begin in a controlled start for the first several kilometres so a reminder to settle-in and enjoy the relaxed ride. **The FamilyFondo will start at 9:00am.**

Self-Seeding

Riders are asked to self-select an appropriate starting position within the start chute. Finding the right spot that best matches your fitness level, riding skill and experience and anticipated finish time is important to ensure an enjoyable and safe event for everyone.

Start Corral Classifications

There will be six (6) start corrals. The first corral will be the 120 KM riders corral for fast riders who anticipate riding an average speed of 30km/h or faster. Each successive corral after that will be based on estimated finish time. Riders should consider their estimated stop times at Aid Stations when considering how long it will take them to complete the ride. The timing system uses chip timing and is not activated until you cross the Start Line so it does not matter how far back you start.

PLEASE ENTER YOUR CORRAL FROM THE REAR

Event Day Schedule

Start Corrals

Corral #1 (120 KM in 4 hours or LESS) 8:00 AM Start

For riders in very good shape who anticipate finishing the GranFondo route faster than 4 hours. Riders in this corral will be experienced cyclists and familiar with the etiquette of group riding. Riders in this group may or may not plan to stop at Aid Stations.

Corral #2 (120 KM in 4-5 hours) 8:00 AM Start

The front of this corral is for the experienced rider who has done long rides and expects to finish the GranFondo route in 4 to 4.5 hours. Most riders in this group plan to stop at most of the Aid Stations.

The middle of this corral is for the experienced rider who has done long rides and expects to finish the GranFondo in 4.5 to 5 hours. Riders in this group typically plan to stop at the Aid Stations.

Corral #3 (120 KM in MORE than 5 hours) 8:00 AM Start

This corral is for the more novice cyclist and/or those new to riding in groups who expect to finish the GranFondo in 5 hours or more. If you have a group who plan to ride together casually, this is the place to start. Riders in this group typically plan to stop at the Aid Stations.

Corral #4 (85 KM in 3.5 hours or LESS) 8:00 AM Start

For riders in very good shape who anticipate finishing the MedioFondo route faster than 3.5 hours. Riders in this corral will be experienced cyclists and familiar with the etiquette of group riding. Riders in this group may or may not plan to stop at Aid Stations.

Corral #5 (85 KM in MORE than 3.5 hours) 8:00 AM Start

The front of this corral is for the experienced rider who has done long rides and expects to finish the MedioFondo route in 3.5 to 4 hours. Most riders in this group plan to stop at most of the Aid Stations.

The middle of this corral is for the experienced rider who has done long rides and expects to finish the MedioFondo in 4 to 4.5 hours. Riders in this group typically plan to stop at the Aid Stations.

The back of this corral is for the more novice cyclist and/or those new to riding in groups who expect to finish the

MedioFondo in 4.5 hours or more. If you have a group who plan to ride together casually, this is the place to start. Riders in this group typically plan to stop at the Aid Stations.

Corral #6 (50 KM Riders - ALL) 8:00 AM Start

The front of this corral is for the experienced rider who has done long rides and expects to finish the PrestoFondo route in under 2 hours. Most riders in this group plan to stop at most of the Aid Stations.

The middle of this corral is for the experienced rider who has done long rides and expects to finish the PrestoFondo in 2 to 3 hours. Riders in this group typically plan to stop at the Aid Stations.

The back of this corral is for the more novice cyclist and/or those new to riding in groups who expect to finish the PrestoFondo in 3 hours or more. If you have a group who plan to ride together casually, this is the place to start. Riders in this group typically plan to stop at the Aid Stations.

Corral #7 (20 KM Riders - ALL) 9:00 AM Start

All riders in the FamilyFondo will start in this corral.

Controlled Start

Each ride distance will have a Lead Vehicle at the front of it. These vehicles will depart prior to each group of riders and remain on course to lead the riders safely across the train tracks on River Road (the first left hand turn) and through the downtown of Fort Langley. Riders must stay BEHIND the Lead Vehicle throughout the duration of the event. The first 3km will be a slow and controlled start and riders are NOT allowed to pass the Lead Vehicle. This is to ensure safe riding through the Fort Langley community.

As each Start Corral is preparing to depart, the lead vehicles will depart in advance of the riders. Each Start Corral will be released in order. There will be a bit of a delay between the different routes starting (GranFondo, MedioFondo and PrestoFondo).

Throughout the ride there will also be vehicle support on course including:

- Lead/escort vehicles
- Medical
- Mechanics
- Follow Vehicles

Applewood

Course Details

Safety Notices

Railroad Crossings: Please note this course contains railroad crossings. Trains will NOT stop for bikes. Trains have the right of way and cyclists must stop at the appropriate place if a train is coming.

Bike Lane Dividers: ATTENTION, new bike lane dividers have been added throughout the Township of Langley. Riders are advised to refrain from riding in a large pack so dividers are visible. During sections with bike lane dividers cyclists may ride in the vehicle lane. Please note, you may NEVER cross the centre yellow line.

Follow Applewood Valley GranFondo Arrows

All routes for the Applewood Valley GranFondo will be marked with signage specific to the event. There will be other riders on the road so it is important that you follow the correct signage. These signs will also be supplemented with bright arrows on the pavement to mark turns, course splits or course merge points.

On Course Support

All riders in the GranFondo, MedioFondo and PrestoFondo are fully supported along the course with Aid Stations. There is no need (nor is it permitted) for support crews to follow riders as support is provided.

**There will be no Aid Stations on the FamilyFondo course so ensure you carry enough water and snacks to support yourself (and your family) for the 20 KM ride.

Aid Stations

Absolutely no tolerance for public urination. All riders MUST use the portable toilets provided. Violators will face disqualification and ban from future events.

All Aid Stations will supply:

- Toilets
- Water
- Bike pump
- F2C Nutrition Glyco-Durance electrolyte drink
- Nutrition bananas, oranges, jujubes, M&M's, Chips, pretzels, granola bars

Locations:

PrestoFondo ONLY

Aid Station - Hutchinson Nursery (25 km - PrestoFondo Course - at Course Split)

GranFondo ONLY

Aid Station #2 - Glenwood Elementary School (49 KM -GranFondo Course)

Aid Station #1

ID Farms (30 KM -MedioFondo & GranFondo course)

Aid Station #2

King Traditional School (53 KM - MedioFondo Course & 77 KM GranFondo Course)

Aid Station #3

Mount Lehman School (66 KM MedioFondo Course & 103 KM GranFondo Course)

Medical Support

Medical personnel are stationed at the Start and Finish areas and in vehicles roaming the course. Furthermore, our Medical Response Plan is extensive, and your safety and care are our top priority.

In the event of an incident requiring our medical team to remove a rider from the course, our priority will be the injured rider. Our course team will transport your bicycle back to the Festival and deliver it to the Athlete Services tent for the rider to coordinate pick-up.

In the case of an emergency requiring immediate medical attention dial 9-1-1.

Mechanical Support

Riders are expected to be prepared on course with at least an inner tube, pump and the basic tools required. There will be mechanical support at the Start Line for any last-minute issues should they occur. Bicycle Sport Pacific will also have a mechanical tent in the Festival area that will open at 7:00am for more major repairs.

In the event of mechanical problems during the event, we will have roaming mechanical assistance with the ability to fix flats and minor repairs or adjustments on the ride. For major issues, Mechanics will do their best to get you on your way. If they are unable to fix your bike then they will call the Sweep Vehicle to transport you and your bike to the finish line.

To signal that you need mechanical assistance, turn your bike upside down so it rests on the saddle and handlebars. This will clearly indicate you are waiting for assistance.

Applewood

Course Details

Safety Notices

Sweep Vehicle

Riders in the GranFondo must maintain an average speed of 20km/hour in order to stay within the event. Riders in the MedioFondo and PrestoFondo must maintain an average speed of 15km/hour in order to stay within the event. If you are traveling below the average speeds, the Sweep Vehicle will sweep the course and ask you if you and your bike wish to be picked up and transported to the finish line. If you choose to continue riding, the Sweep Vehicle and other event vehicles will pass you and remove your bike plate. You must then ride according to the rules of the road.

Click link to see the "Bike Sense Manual" with Rules of the Road:

Finish Line

240th Street- Official Timed Finish Line

The official Finish Line for timing is on 240th Street. This is to maximize rider safety and ensure the finish line is located before the Eagle Acres Farm driveway. Please be prepared to slow down and make a left hand turn into Eagle Acres Farm 200 metres after the official finish line.

The timing finish line will be indicated by flagging, a clear line across the road and a timing tent.

After you have crossed the timing finish line please slow down as you will be quickly approaching a sharp turn into Eagle Acres Farm where you will pass under the inflatable Finish Arch.

Eagle Acres Farm - Event Finish

The Event Finish will take place on the Eagle Acres Farm driveway, the same location the event started. Please make sure to slow down as you approach the finish line and dismount your bike slowly and safely.

This is where you will receive your Finisher Medal.

Applewood valley CranFondo

Bike Plate & **Event Timing**

All riders will receive a bike plate with a number on the front and the timing chip on the back. To ensure your time is correctly recorded please do the following:

- 1. Attach the bike plate to your handlebars with 2 zap straps and let it hang freely
- 2. **DO NOT** bend your bike plate or wrap it around your headtube/handlebars
- 3. **DO NOT** attach too tightly
- 4. **DO NOT** let the timing chip touch metal

Rules of the Road apply to this event. Any delays on course due to train crossing delays or unforeseen incidents will not be adjusted in your final time.

Live timing updates/results will be available at https://www.startlinetiming.com/ during the event. Official results will be posted on the event website after the event.

Event **Identification**

All event identification must always be worn. Event ID includes your wristband & bike plate. They are required for entry into all Aid Stations, to retrieve your bike from the Festival Bike Valet and to access Bag Check and Massage services. Please do not rip off the Food and Drink tabs from your wristband. The tabs are valid only if they are attached to the wristband.

Photos

Watch out for cameras on the course and smile when you see them. Marathon Photos Live will be providing all participants with a selection of photos to purchase following the event. Photos will be viewable on **marathonphotos** shortly after the event.



Ride Safety

The Applewood Valley GranFondo has worked closely with local authorities to deliver a unique and safe cycling experience. To ensure the safety of everyone involved please do the following:

- In the case of emergency call 9-1-1
- Review the Ride Rules and Guidelines below
- BC's Rules of Road for bikes apply to this event. Please be familiar with them. Click link to review

bikesense.bc.ca

Event Rules

- This is not an official race but a self-paced ride.
- Participants are permitted to use standard road bicycles, hybrids, tandems, e-bikes, commuters or mountain bikes. No time trial or triathlon bikes will be permitted.
- Certified helmets are mandatory, and the chinstrap must always be buckled while riding.
- The use of aerobars is not allowed.
- Ride within the designated route. Ride safely, in control and single file whenever possible.
- All riders are to obey traffic officers, traffic control personnel and course marshals.
- If a train is crossing the route all riders must stop and wait for it to pass safely. When the train has passed riders will start again and no timing adjustments will be made for any delays incurred.
- The finish line will close at 3:00pm. Riders who are travelling slower than the 15km/hour (PrestoFondo & MedioFondo) and the 20 km/hour (GranFondo) will be permitted to continue, but they must follow the rules of the road.
- Emergency Vehicles ALWAYS have the right of way. If you see/hear an emergency vehicle in response mode (lights/sirens) you are asked to immediately and safely slow down, pull over to the side of the road and dismount your bicycle.
- No outside support vehicles allowed along the course.
- Event ID must always be worn/displayed (wristband and bike plate) for safety purposes and to receive an official finish time.

- No usage of headphones, personal stereos or cell phones while riding.
- Riders under the age of 19 on race day must have their waiver signed by a parent/guardian.
- Please use toilets provided at Aid Stations. Public urination is not permitted.
- No littering on the course.

Ride Guidelines

- Maintain control and speed of your bike.
- Know your limits. Crashes can occur when riders do not have the bike-handling skills to make quick decisions in a pack.
- Never overlap your wheels with another rider.
- Be respectful of other riders.
- Stay on the shoulder/right of the road except to pass.
- Pass only on the left of the rider ahead.
- This event follows the Rules of the Road. Riders need to be aware of the course and their surroundings and ride appropriately and cautiously when required i.e. sharp corners, steep descents, train crossings.



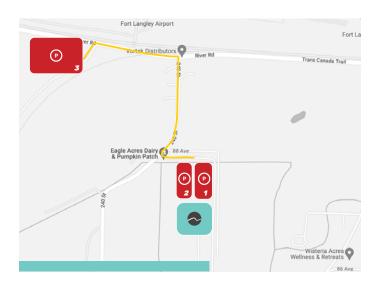
Parking

Cyclists

- See below for the parking lot map. All ride distances may park in all event lots. VIP Parking Pass required for Lot 2.
- On Site Parking: Park in the field right next to the Start/Finish line and the Festival at Eagle Acres Farm. Space will be limited so come early to get a spot here. ***Please note vehicles leaving this parking area prior to the last rider finishing will be directed SOUTH on 240th Street.***
- Overflow Parking: Turn into the marked driveway off of River Road and allow volunteers to direct you to the field parking.
 To get to the Start/Finish Line and Festival Venue you can walk or ride 900m (about a 10 minute walk). Head East on River Road, then turn right on 240th Street. Continue down 240th Street until you see the Start/Finish Arch on the left at Eagle Acres Farm.

Spectators

- Parking is limited at the Start/Finish/Festival area so please walk or ride when possible.
- There will be traffic impacts along the route, please plan accordingly.
- There is no parking along the routes.
- No personal support vehicles are allowed on the routes.
- No littering



Post Ride Festival

We welcome all friends, family and the community to be a part of the Applewood Valley GranFondo experience! If you don't live along the route, we suggest the following locations to view the ride:

- Watch the start of the ride at 8:00 am from Eagle Acres Farm or 240th Street
- Watch the finish of the ride starting at 9:30am from Eagle Acres Farm
- The Festival will take place on Eagle Acres Farm.

First riders are expected to cross the finish line at 9:30am and the Festival will run from 9:30am to 3:30pm. The festival is for riders, friends, family, spectators and the community!

Finish Area (Riders ONLY)

- Bike racks throughout the venue for all riders. No secured bike valet area
- Bag Check Bags need to be picked up before 3:30pm
- Complimentary participant beverage with wristband
- Complimentary participant meal with wristband
- F2C Recovery Tent & Water station
- Massage Services
- Medical tent

Festival

(Riders & Public)

- Beer Garden beverages for purchase
- BBQ food for purchase
- Entertainment stage
- Expo
- Activities for all ages

Merchandise Tent

Event branded jerseys and hats will be available for purchase at the Merchandise tent in the Festival Expo. Sizes and quantities will be limited and available only while supplies last.