



2018 Garrett County Gran Fondo Athlete's Guide

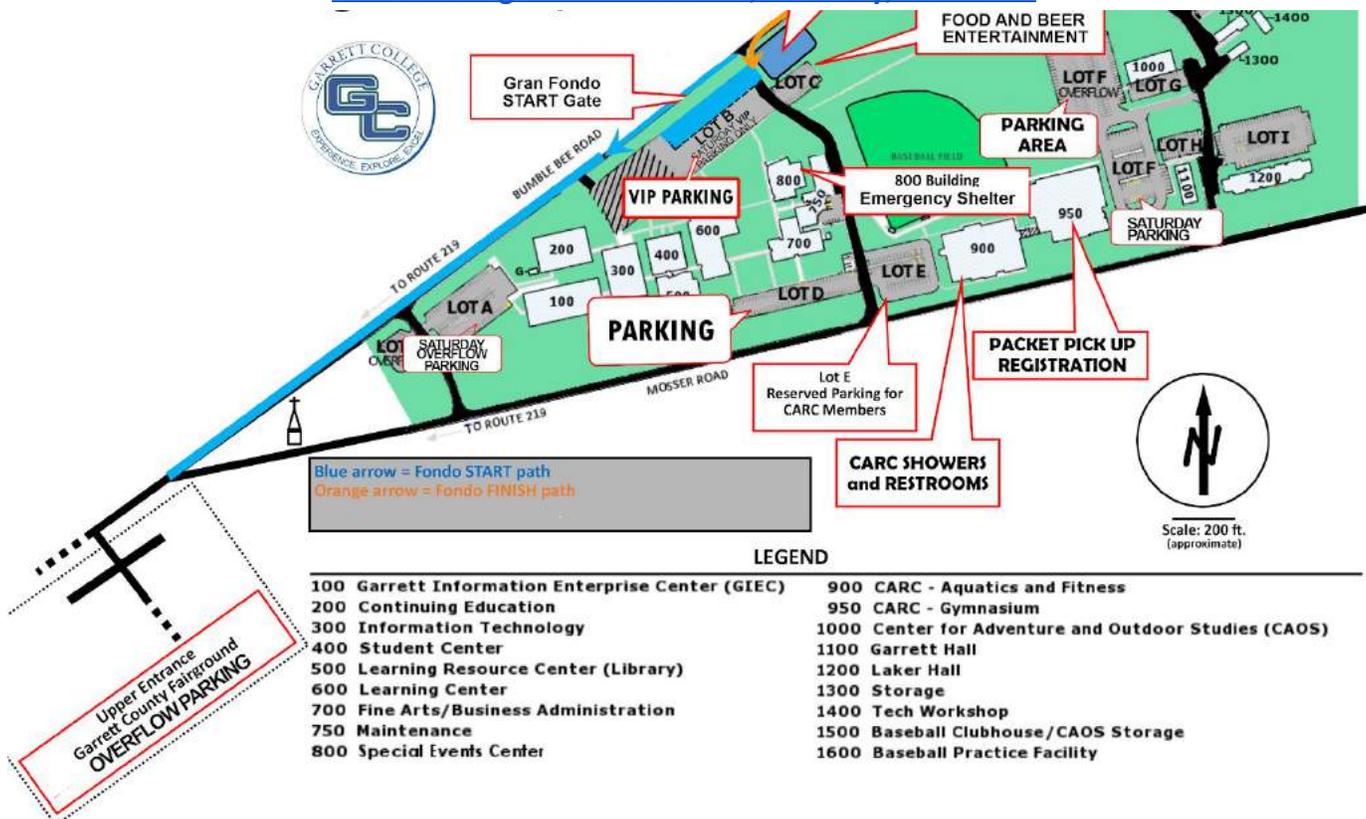
Welcome to the [2018 Garrett County Gran Fondo](#). This Athlete's Guide contains important information you need to know for the event weekend. Please read it in its entirety. This Athlete's Guide is not intended as a replacement for the website. Please consult the website as well, specifically:

- The [Frequently Asked Questions](#) page if any questions remain
- Riders with Garmin or GPS bike computers, please [load the routes into your device](#)
- Print applicable [cue sheets](#) to bring with you (also included at end of Athlete's Guide). Required? No. Helpful to have a copy just in case? Yes.
- Familiarize yourself with your route and [climbs](#) via the course pages

Venue Map

Garrett County Gran Fondo activities, specifically Packet Pickup, The New Dinner Voucher Program, and Saturday's Start, Finish, and Finish Line Festival, are all held at [Garrett College](#). Please note below Friday and Saturday specific parking instructions.

Garrett College - 695 Mosser Rd, McHenry, Md 21541



Friday

Parking in Campus Lots A, D, F, I; no Parking in Lot E

3:00-8:45pm: [Packet Pickup at Garrett College CARC Gymnasium](#). It is strongly recommended that you pick up your materials on Friday rather than Saturday morning. ***All registered riders receive one \$10 voucher to specified area businesses. See Page 3 for a list and description of eateries and businesses.***

Please note there is No Dinner on Friday. See Voucher Info.

Saturday

Parking in Campus Lots A, F, I; no Parking in Lot D or E. Overflow at Fairgrounds

5:45am: **Parking Opens** – Fairgrounds Parking Lot on Mosser Rd - Follow parking marshals

6:00–8:00am: **Last Minute Packet Pickup at Garrett College CARC** – arrive early and expect lines

6:50am: **Diabolical Double** riders only stage behind start line; start at 7:00am

7:10am: **Savage Century** riders only stage behind start line; start at 7:20am

7:30am: **Masochistic Metric** riders only stage behind start line; start at 7:40am

7:50am: **Fabulous 44** riders only stage behind start line; start at 8:00am

9:50am: **Garrett's Greatest 25** riders only stage behind start; start at 10:00am

12:00pm - 9pm **Finish Line Festival Open**. BBQ and vegetarian food available free to athletes, for purchase for spectators. Beer Garden open to all with photo ID. Music, spectator viewing area... *First Beer FREE to all registrants!*

Locker rooms and showers are available in the CARC until 8pm.

Friday Packet Pickup & Voucher Information

Upon receiving your packet at registration, each athlete will also receive a \$10 voucher to the following businesses listed below. These businesses are supporters of the Taste of Garrett Fundraising Event for Garrett Trails. The Garrett Trails Organization encourages economic growth and fully supports local businesses within the county. Garrett Trails hopes each athlete will take full advantage of this new opportunity to explore the Garrett County area outside of the ride. Visitor information will be available at the packet pickup for any questions related to the Garrett County area and local restaurants.



- R Sit down eatery or restaurant
- G Grocery items only
- L Lunch Only

- ACES RUN - Appetizers, Salads, Burgers, Sandwiches, Entrées. (4.7 Miles) R
- BRENDA'S PIZZERIA - Appetizers, Salads, Heros, & Sandwiches, Entrees, Gluten Free Options. (3.5 Miles) R
- CORNUCOPIA CAFE - fresh menu centered around local food, featuring breakfast, lunch and dinner daily. (18 Miles) R
- WISPERS BAR & RESTAURANT - Airy, rustic eatery supplying hefty portions of American comfort eats. (1.5 Miles at Wisp Resort) R
- DEEP CREEK DONUTS (4.6 Miles)
- DEEP CREEK SEAFOOD - Breezy, wood-paneled locale featuring seafood classics. (5.2 Miles) R
- FIREFLY FARMS - Cheeses & Market items available. (7.0 Miles) G
- GOURMET and MORE - Specialty and Gourmet food items. G
- HIGH COUNTRY CREAMERY - Shop in the market or enjoy breakfast and lunch at Farmers Table eatery. (17 Miles) R L
- LAKESIDE CREAMERY - Waterfront standby offering ice cream. (4.6 Miles)
- MOONSHADOW CAFE - Fantastic food & live music venue with Vegan & Gluten Free options. (0.2 Miles) R
- SAVAGE RIVER LODGE - Gourmet dining nestled within Savage River State Forest. (29 Miles) R
- SCHOOLHOUSE EARTH - finest selection of unique gifts, hot collectibles and gourmet items. (3.3 Miles) G
- SHOP'n SAVE & MOUNTAIN FLOUR - Grocery & bakery items available. (0.9 Miles) G
- TRADERS COFFEE HOUSE - Coffee, gluten free, breakfast faves, wraps, salads, & sandwiches. Closes at 6pm (3.5 Miles) R
- BLACK BEAR TAVERN - Sports bar offering American food and drinks. (1.2 Miles) R
- THE GREEN TURTLE - sports-bar chain with a casual menu starring burgers, ribs & a variety of brews. (1.0 Miles) R

Gran Fondo Rides Overview

The Garrett County Gran Fondo is a supported ride, not a race. The only racing on the day are the [seven timed KOM climbs](#). Enjoy the beauty and the extreme challenge of the Appalachian Mountains, but save the racing for another time.

The terrain of the Garrett County Gran Fondo is stunning and the climbing severe. With the exception of the Garrett's Greatest 25, riders should anticipate taking 30-50% longer than a flat course of the same distance. Many riders find the Garrett County Gran Fondo to be more difficult than anticipated and decide that a shorter route than for which they registered is more appropriate. **We encourage this and would rather riders choose at the route divergence points to do a shorter ride rather than to run out of legs later on and require a lift home in a sag vehicle.**

Route Divergence Points

There are several locations where the various routes diverge. Each of these are well marked on the road and with signs. Regardless of the ride signed up for, think long and hard at each of these route divergence points. Courtesy dictates that should you opt for a longer ride than for which you paid, a [\\$10 donation](#) to cover the registration fee difference.

1. **Mile 0.8** - 44/63/100/125 all turn right on to Deep Creek Drive while 25 riders go left.
2. **Mile 26.0** - 63/100/125 all turn sharp, near 180 left onto Sam Friend Rd to start KOM 3- while 44 continues straight.

Savage Century riders can follow the 44 route here (straight) and skip KOM 3 - Sam Friend. The route will re-intersect just a mile up the road. This reduces the Savage Century distance from 106 miles to 101.

3. **Mile 32.1 (63/100/125)**: 100 turns left onto Bear Creek Rd. 63/125 riders turn right.
4. **Mile 45.9 (63/125); 28.7 (44); 33.7 (100)**: 63/125 turn left to climb Collier Rd; 44/100 continue straight on Fish Hatchery Rd.
5. **Mile 54.4 (63/125); 32.2 (44); 37.2 (100)** - The 100/125 will make a slight left onto Legeer Rd and the 44/63 will bear right to continue on Foxtown Rd and head to finish. For the 100/125 riders, the route only gets more challenging to come so if it's been a struggle thus far, give strong consideration to following the 44/63 route to the finish.
6. **Mile 69.9 (125); 52.7 (100)** - Not a course divergence point. But an important decision point! This is effectively the halfway point for both rides and both rides turn left onto Lower New Germany Rd. *For anyone struggling or having difficulty imagining another 53-56 miles of riding as difficult (or more so) than that already completed, an easy and brainless shortcut here removes 25 miles of very difficult*

*terrain. Continue straight rather than making the left onto Lower New Germany Rd and coast 4 gentle downhill miles and re-intercept the route at Savage River Rd. The prescribed 25 miles of actual course that gets you to the same location is very, very difficult and includes the toughest climb of the day. **If you're struggling here, Choose wisely!***

7. **Mile 73.9** (125) and **Mile 57.9** (100) - The 125 turn lefts onto McKenzie Rd. while the 100 continue onto Pea Ridge Rd.
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Equipment decisions

It is no secret that the Garrett County Gran Fondo is extremely hilly with severely steep climbs and descents. Riders should come prepared with adequate gearing for the very steep climbing and ensure the bike is in good, safe condition for the steep descending.

Gearing

The hills are steep. The hills are relentless. For all but the strongest of the strong, triple cranksets or compact cranks with a minimum gearing of 34-28 are highly recommended. If you are amongst the super strong, you know it and are probably not asking the gearing question. If you are asking, the safe answer is "the more the merrier". Rare is the occasion that someone felt they didn't appreciate having put extra climbing gears in back.

Triathlon Bikes or Aerobars

Triathlon bikes or bikes with aerobars are permitted. However, given a choice between a road bike and a triathlon bike, usually a road bike is preferred for this terrain. Your bike choice should be dictated by gearing and handling on descents.

Carbon Wheels

There are many steep descents, many long descents, and even some steep and long descents. Every year at least a few carbon-rimmed wheels melt and warp from the braking generated heat on these descents. We don't recommend carbon rims and definitely do not recommend the cheaper Chinese carbon rims that are available and becoming popular nowadays. Certainly many carbon rims have successfully completed the various rides of the Garrett County Gran Fondo, but we recommend aluminum rimmed wheels.

Tires

The road conditions are 99% paved and by and large in excellent condition. Standard 23mm road tires are fine. A small number of spare 700c tires are available at each aid station, post-event reimbursement appreciated if you take one. If you ride tubular tires or 650c wheels, you are on your own should you need a spare tire.

Tandems, Fixed gears, Single Speeds, Burley Trailers

We are not going to tell you what you are capable of. If you want to ride a tandem or a fixed gear or a single speed bike and think you can handle the hills and descents on it, go for it. We think you are insane, but the Garrett County Gran Fondo attracts insane people. If riding a tandem, separate registrations for each rider are required, though.

Hauling your child or your dog in a Burley trailer (or similar) is something else altogether, though, and we would appreciate you to not attempt this during the event.

Rules of the Road

Riders must all obey traffic laws and there are many road crossings for which riders are responsible for their own safety as there will be no traffic marshals present.

- **All trash and bathroom breaks at aid stations only, please!** No littering! No public urination! This is common courtesy, but miraculously we have had issues with this in the past. If you see a GCGF rider littering or peeing, please say something. If you see GCGF generated litter on the road, kindly pick it up for us. These are the kinds of things that turn the community against us and put an end to the event.
 - **Bike numbers are required to be visibly affixed to bike.** They are intended to mount to front of handlebars, but seatpost solutions are acceptable as well.
 - **Helmets are mandatory at all times!**
 - **Headphones are prohibited.**
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Cutoff Time Limits

In order to ensure that all riders complete by darkness and to keep the support vehicles and motorcycles on plan, there are enforced time limits on course. Riders who do not meet a time limit will either be driven back to the finish or must follow the shorter course option.

- 1:00pm:** **Course cutoff at AS2 - Keyser's Ridge.**
Riders are no longer permitted to leave AS2. Riders at or before AS2 at this time will be driven to the finish.
- 1:15pm:** **Mile 54.4 divergence point (8.7mph for 125 riders).**
All riders arriving at this divergence point after 1:15pm must follow the 44/63 routes to finish and may not follow the 100/125 routes to AS3 - Bittering.
- 2:40pm:** **Mile 69.9 (125), 52.7 (100) shortcut point.**
All riders arriving at this decision/shortcut point after 2:40 must take the shortcut to eliminate 25 miles and enjoy the 4 mile downhill roll to Savage River Rd to re-intercept the route.
- 8:00pm:** **Course cutoff at AS6 - Bittering.**
Riders are no longer permitted to leave AS6. Riders at or before AS6 at 8:00pm will be driven to the finish.
- 8:45pm:** **Course closed.**
All riders remaining on roads will be driven to the finish.
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King of Mountain (KOM) Timed Climbs

The Garrett County Gran Fondo is not a race. However, timing chips are used and there are [seven timed KOM climbs](#) throughout the courses. In 2018 disposable timing chips will be attached to your bike number plate. Keep an eye out for signs announcing upcoming KOMs and for cones and timing mats in the road, which will hug the right side of the road so as not to impede traffic. You must cross both timing mats at base and summit of climb in order for the time to be registered.

The KOM is a competition. Awards will be given to male and female winners overall and Masters (40+). Results for climbs 1-4 will be available by mid-afternoon and posted at the Finish Line Festival. Results for Climb 5-7, and thus also for the overall KOM competition, will not be available until late in the evening due to its late location on the courses.

[Read more](#) about the Timed Climbs, the other climbs of significance, and the KOM competition.

Timed Climbs

Climb	Rides	Length	Avg. Grade
1 - Overlook Pass	44, 63, 100, 125	0.7 miles	11%
2 - White Rock Rd	44, 63, 100, 125	1.0 miles	10%
3 - Sam Friend Rd	63, 100, 125	1.4 miles	9%
4 - Bowman Hill	44, 63, 100, 125	1.7 miles	10%
5 - Big Savage Mountain (Michael Road)	100, 125	4.23 miles	8%
6 - Dry Run Rd	100, 125	2.90 miles	7%
7 - Negro Mountain Rd to Finish	25, 44, 63, 100, 125	Final 2.9 Miles	3%

On-Course Support Vehicles

The Garrett County Gran Fondo utilizes over 160 miles of road, so supporting it all is a challenge. There will be over 25 motorcycles, support vehicles, and sag shuttles on the roads at supporting the event. However, with five different rides and the huge spread of riders all over the county at any given moment, it may take some time for a support vehicle to get to you. Thus, please come prepared to be self-sufficient with tubes, pump, multi-tool, and if you see another rider in need of assistance, please help each other out!

The Gran Fondo routes utilize very remote and narrow roads. These roads typically see very little traffic. While we will have some support cars and trucks sharing these roads with cyclists, the primary eyes and ears on the road will be motorcycles. These motorcycles will carry some bike tools and emergency supplies, but obviously are unable to pick up riders who cannot continue.

If you have had enough and need a ride home, we ask that you give best attempt to get to the next aid station. We have shuttle vans with bike carrying capacity prepared to get riders back to the finish from all aid stations. If you are between aid stations and your bike has broken down or are just simply unable to go any further, we will get you of course; it just may take a bit of time before a sag vehicle with bike carrying capacity can reach you.

Please, please, please do not attempt to have family or friends on the roads as your personal support. The roads are too small and narrow and additional vehicles on the road in this fashion will create a danger for everyone. Please do not do it! Family are welcome to meet you at the aid stations, all of which have easy roads other than the GCGF routes to get to them.

Course Aid Stations

There are six aid stations on the courses:

#	Rides	Distance	Location
1	44, 63, 100, 125	21.2	Friendsville Community Park
2	63, 125	41.7	Stockyards at Keyser's Ridge
3	100, 125	39.8, 57.0	Bittinger Volunteer Fire Hall
4	100, 125	69.2, 89.5	Barton Community Park
5	100, 125	83.6, 103.9	Big Run State Park
6	25, 100, 125	13.5, 95, 115.3	Bittinger Volunteer Fire Hall

Note that Aid Stations 3 & 6 are the same physical aid station encountered by the Diabolical Double and Savage Century at mile 39.8 / 57.0 on the way out and then again as the final stop just 10.8 miles from the finish. This same location is also the single aid station used by Garrett's Greatest 25.

The Diabolical Double and Savage Century section between AS3 - Bittinger and AS4 - Barton is 32.6 miles long and over 3700' of climbing. Due to the length and difficulty of this section a self-serve water station will be set up roughly 22 miles into this section. A table with water coolers will be available to you.

Aid Station Supplies

Please deposit all trash at the aid stations and do not litter the roads of Garrett County! All aid stations have bathrooms, so nature breaks at aid stations only, please.

The following are the supplies that will be available at each aid station:

- Hammer HEED energy drink *
- Hammer Energy Gels
- Hammer Endurolytes *

- Water, Coke
- Oranges, bananas
- PB&J sandwich fixings
- Salty snacks: pretzels, goldfish, nuts.
- Sugary snacks: M&Ms, cookies
- Gluten free option: potato chips or baked potato (depending on station)
- Bike supplies: Pump, tubes, tires, multi-tool, minimal bike supplies
- First Aid supplies
- Cue sheets with map and elevation profile

* - Note that unlike many other energy drinks, Hammer HEED is primarily a calorie source and not a significant electrolyte source, with the expectation that electrolytes come from an external source like salt tablets or FIZZ or NUUN or Endurolytes

Bag Drop

The morning may be cool in the mountains, so if you want to shed excess clothing at aid stations 1 or 2, simply label your packet pickup bag clearly with your name and rider number and bring it with you in a jersey pocket. You may then put excess clothes in this bag and leave it at aid station 1 or 2 and it will await you at the finish line.

Course Navigation

The Gran Fondo rides have many turns and it is the rider's responsibility to stay on route. There are no course marshals at turns, however the roads are very well marked with stenciled arrows and shortly after each turn a marking of how far until the next turn.

Despite well marked roads, we would prefer people rely on more than just these road markings and so we also provide and strongly encourage:

- [detailed cue sheets](#) with maps and elevation profile
- [GPS files for Garmin bike computers](#),
- [RideWithGPS mobile app navigation](#) with voice navigation and offline support

If you have a GPS bike computer, please [load the routes into your device](#).

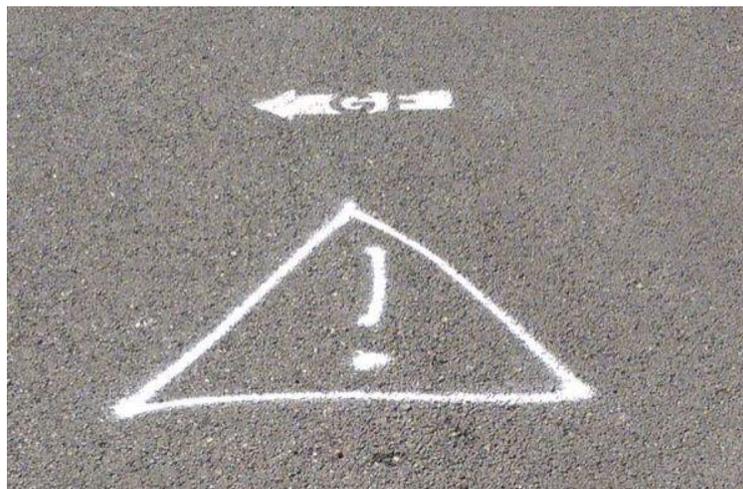
[Cue sheets](#) are provided at the end of this Athletes Guide. It is recommended you print your applicable cue sheet and bring it with you just in case.



The primary means of navigation are yellow, stenciled “GF” arrows painted on the roads as shown in the picture above. These markings are prevalent and obvious, however riders must be on the lookout for these arrows as there are no course marshals at turns.



Immediately after a turn is made, painted on the right side of the road shortly after the prior turn, is the distance to the next turn as shown in the picture above (yellow in 2017). This next turn will, of course, also be well marked with stenciled GF arrows, but it is always helpful to know the distance to the next turn in advance.



Dangerous descents, crossings, or other hazards are prominently indicated with a DANGER symbol: a large triangle (yellow in 2018) with an exclamation mark in it. When you see one of these DANGER symbols on the road, slow down and take care; we do not put these on the road for the fun of it.

Safety Concerns

Traffic Laws

The Garrett County Gran Fondo is a supported ride and not a race. Riders are expected to obey all traffic laws. There are no police or course marshals policing the rides and there are dangerous road crossings. Riders are responsible for their own safety.

Descents

What goes up must come down. There is as much descending as there is climbing, and much of it is steep and technical. Many of the roads are very remote and seldom traveled which makes for beautiful cycling, but also makes for roads that can get gravelly runoff after rains. Take care on descents. And please ensure your brakes and brake pads are in good working condition. You will be using them extensively.

Weather

Be prepared for a wide spectrum. Garrett County is in the mountains and the weather is highly variable. There is a strong chance there will be a 25-degree, or more, difference in temperature during the span of your ride. Do not be surprised to start to a very cool morning. It is not uncommon for there to be a thunderstorm or two on a late June summer day. If it is wet and raining, some steep descents may be particularly treacherous.

Emergencies

The Garrett County rescue squads are on call. If you need medical attention, call 911 and know your location to report in the event rescue help needs to be dispatched to your aid. Due to the remote terrain some locations may not have cell service so be prepared to send another rider to call for help to the next location that may have cell service which will probably be a high point.

Supplies to Bring With You

The Gran Fondo is a supported ride, however, riders should expect to bring supplies of their own as well. There will be sag and support vehicles on course, but with over 160 miles of road to cover across all the rides, riders should be prepared to be self-sufficient or expect to wait quite some time for assistance.

- **Cold / Wet weather gear** – it will be cool at the 7:00am start and downright cold if it is wet. Despite the two timed KOM climbs in the first section, it is primarily downhill to Friendsville. Arm warmers and vest may be desired. Label your packet pickup bag and bring it with you, and you may then stuff excess gear in that bag and leave it at Aid Stations 1 or 2 and the bags will be returned to the finish line for you.
- **Cue sheets** – roads are marked and cue sheets are not required to navigate, but better safe than sorry. The cue sheets do include maps and elevation profiles, which prove quite handy. Cue sheets are included at the end of this Athletes Guide and we recommend you print a copy.
- **Bike equipment** - tubes, hand pump, CO2, multi-purpose tool. Why wait for support to find you?

- **Cell phone** – coverage is spotty, but the majority of the routes have cell service with the best at high points.
- **Money and Photo ID** - it never hurts to ride with some cash just in case. Plus, you will need it and photo id if you want to partake in a celebratory beer in the Finish Line Beer Garden!

Blue Lick Road - Diabolical Double & Savage Century Only



Blue Lick Road is a 2.0 mile road encountered at mile 71.5 / 54.3 of the Diabolical Double / Savage Century routes, of which the first 1.7 miles are gravel. It is a narrow, tree canopied one lane road deep in the woods alongside a stream. It is an extraordinarily beautiful stretch of road. While a detour is possible for those who want to avoid gravel, Blue Lick Road is not to be missed. It is a signature component of the GCGF. Blue Lick Road consists of a 1.2 mile gradual descent, a left bend and then 0.5 mile climb that kicks up to a difficult final 200 meters.

The gravel of Blue Lick Rd varies year-to-year from very smooth and easily rideable to loose and difficult depending on how recently the county has applied fresh gravel. Standard road tires are more than sufficient for Blue Lick.