

*Vermont*

# CHALLENGE™

*Are you up for the Challenge?*





## Welcome to The Vermont Challenge 2017!

*Wednesday, August 16 to Sunday, August 20, 2017*

The Vermont Challenge team & people of Vermont welcome you to tour Vermont's beautiful landscape, replete with rolling farmlands, bucolic villages, and quiet country roads. The Vermont Challenge is a friendly experience drawing on the qualities of the people of Vermont. The Town of Manchester & Stratton Mountain are our host venues.

### Our Benefactors:

The Vermont Challenge takes \$30 of your registration fee and donates that money to 6 benefactors through the Stratton Foundation:

- Black River Good Neighbors food bank, Ludlow, VT
- Jamaica/Wardsboro Community Food Panty, Jamaica VT
- BROCC Community Action "Feed the Freezer" Food Bank, Rutland VT
- Meals on Wheels, Bennington County, VT
- Grace Cottage Hospital – Townsend VT
- Stratton, Carlos Otis Urgent Care, Stratton VT

This year to help us raise even more money for these great organizations we're holding a raffle with the following great prizes:

**Grand Prize** VBT tour for one person to Provence France

**Second Prizes** 7 nights of beachfront accommodations (excludes airfare and requires a supplement fee ranging from \$115-140 pp/night)

- St. James's Club Morgan Bay, St. Lucia
- Palm Island, The Grenadines
- Los Establos, Panama
- St. James's Club Antigua
- The Verandah, Antigua

**Third prize** - a gemstone bead wrap bracelet with high polish gold elements. Valued at \$1445

**Fourth prize** Wheelset, compliments of Battenkill Bicycles & Trek Bikes

**Fifth prize** Complimentary expert fitting by Fit Werx

**Sixth prize:** 2017 Vermont Challenge complete kit

### And other assorted prizes

Purchase raffle tickets in advance at: <https://www.bikereg.com/vermont-challenge-raffle-tickets> (subject to a service fee) or at check-in or at our lunches or dinners where you may pay by check (made out to Stratton Foundation) or by credit card. Drawing will be held on Sunday at lunch at Stratton around 1:00. You don't have to be present to win.



### **Special offers, compliments of the Manchester 20/20 Task Force**

The Manchester 20/20 Task Force promotes Manchester as a Premiere Cycling Destination and welcomes the Vermont Challenge riders to the “Shires”. We’ve included a separate pdf file that outlines all the special shopping and dining offers in Manchester & Stratton during your stay with us. Just show them your VT Challenge wristband to receive the special offer.

### **Daily Route Highlights**

#### **Rest Stops:**

All rest stops will offer water & Hammer’s Heed, the fuel of choice for endurance athletes. We’ll be offering Hammer Gels and Electrolyte pills at each rest stop. We will also offer a combination of nutritional bars from Raw Revolution, and Cliff bars, chips from Deep River, peanuts, PBJ, trail mix, banana’s, watermelon and pickles. Raw Rev bars are GF. While we try to cover those with special needs, if you have special food allergies please bring along your own nutritional foods

#### **Northshire Brewery**

Our beer sponsor, Northshire Brewery, welcomes you to the Vermont Challenge, with special thanks to Farrell Distributing. Northshire Brewery is one of Vermont’s finest craft beer companies. Given the strict alcohol laws in the state, we are limited to how we offer free alcohol. Therefore, all riders of age will be given one coupon at each of the following meals for a complimentary beer compliments of Northshire Brewery.

- Dinner, Wednesday, 8/16: Taconic Hotel
- Dinner, Friday 8/18: Stratton Mountain Resort
- Lunch, Saturday, 8/19: Stratton Mountain Resort

### **Wednesday 8/16**

Welcome to the Vermont Challenge kick-off dinner hosted by Taconic Hotel in Manchester at 3835 Main St, Manchester, VT 05255. Enjoy a fabulous buffet dinner and meet your fellow riders. Riders can check-in for the Challenge from 5:00-8:00 pm at the Taconic Hotel. Dinner is served from 6:00-8:00 pm. Our made-in-Vermont beverage sponsor, Northshire Brewery, welcomes you to the Vermont Challenge. All riders 21 years or older will be given one coupon for a complimentary beer. You are welcome to purchase more libations at happy hour pricing after your complimentary drink.

In addition, we have a special guest, Ian Buchanan, former SICI Advanced Fit Instructor and founder of Fit Werx ,who will be conducting at Bike Fitting seminar from 7:00-8:00 pm. Fit Werx is a Sponsor of the Vermont Challenge and they have locations in VT, MA and NJ. Fit Werx serves people from around the country and the world who travel to them for bike fittings and to select and purchase properly matched new bikes. [www.fitwerx.com](http://www.fitwerx.com). A proper fitting ensures you are comfortable on your bike and that you’ll using all muscle groups to create power.



## **Valley Routes Day 1 & 2**

**Start location: Dana Thompson Park**

**340 Park Recreation Rd, Manchester Center, VT (802)-362-0200**

### **Thursday 8/17**

#### **Host Town:**

Manchester is one of Vermont's picture postcard towns. Manchester was once the summer home of Robert Todd Lincoln at the 500-acre estate "Hildene". Hildene is now a museum and offers an English garden full of over 1000 peonies. Hildene boasts the largest residential pipe organ in the U.S. It's open for tours, check their website for details.

#### **Lunch:**

This year we begin and end all day 1 routes at Dana Thompson Park for a great farm to table lunch catered for the Vermont Challenge by Manchester's very own Erik Peckel Catering. The park's pool house and activities center will host our lunch and our riders are welcome to use the pool for a small fee.

#### **The Route:**

All routes begin with a police-escorted parade up to the Equinox hotel. For the Challenge team, this is our highlight ride as we work to ensure you have an awesome experience. The Parade is organized for us by Manchester's 20/20 Task Force whose goal is to make welcome bicyclists of all types and make it the most bike friendly town in Vermont.

We travel along the Battenkill river valley and pass under 2 or 3 covered bridges depending on the route you choose. The Battenkill is one of the premier fly-fishing rivers in the U.S. You can also rent canoes or tubes for a lazy trip down the river in the afternoon. Check Battenkill tubing and canoeing for the local providers. They provide pick-up and rentals. Long route riders have the option to stop at Wilcox Ice cream early in the ride while the short and medium distance riders will be treated with a stop at Wilcox Ice Cream on the return back. Wilcox is the finest ice cream in VT and still is family-owned. We travel along the Battenkill to a rest stop for the medium or long routes at the Chapel on the Green Church in Arlington, crossing Vermont's most photographed covered bridge. Here the medium route returns and you have a choice of traveling down a hard-packed, road bike friendly dirt road for 4 miles so you can enjoy a ride along the river. If you'd prefer to avoid the dirt road, simply double-back on route 313 and rejoin the route. Long routes continue for a loop into NY briefly and passes under the Eagleville Rd covered bridge and then back along VT 30 farm valley, called the "Stone Valley". Short routes enjoy a route that simply travels along the Manchester-Arlington Battenkill river valley with a couple of short climbs to keep the ride interesting.

The "Stone Byway" wanders along Route 30 through the very scenic Mettawee River Valley from the town of Manchester in the south, through Dorset, Rupert and Poultney in the north. The area is known for its early stone quarries including the oldest marble quarry in the U.S. first quarried in 1785. Here's a great link to read more about Vermont's marble industry:

<http://dimensionsofmarble.org/thetrail/VermontMarbleTrailWeb.pdf>. Most of all of the marble headstones in Arlington Cemetery and 2/3<sup>rd</sup> of all the marble found in the Washington DC's government buildings come from Vermont's Stone Valley. Today, mining of the headstones for Arlington Cemetery still come from deep inside Danby Mountain!



## **Friday 8/18**

### **Host Town:**

Day 2's host town is again the town of Manchester VT and begins at Dana Thompson Park, the same as Thursday's start.

### **Lunch:**

Join us again for a second great farm to table lunch catered for the Vermont Challenge by Manchester's very own Erik Peckel Catering. The park's pool house and activities center will host our lunch and our riders are welcome to use the pool for a small fee.

### **The Ride:**

We leave Dana Thompson park and all routes travel north on Route 30 towards Dorset and Pawlet. This route offers riders many panoramic views of some of Vermont's farm country and the "fragrance of Vermont" (guess what that is ☺) Our first rest stop is at the Pawlet Fire Department for all levels. From here, the short route retraces the route back to Dana Thompson Park. The Long route travels north towards Middletown Springs. Middletown Springs is the home of The Barn Shop at Sissy's Kitchen which is not to be missed. It's an unofficial "rest stop" for some of the best baked goods in VT. So go ahead and check out their site: <http://sissyskitchen.com/> and then be ready to take a break for an amazing scone and coffee - you've earned it!! Both the medium & long route merge back together in Tinmouth for amazing panoramic views of expansive farms and the Green Mountains in front of them. Both the Long & Mid routes will enjoy a twisting 1000 ft descent on Brook Rd to Danby for our final rest stop at the Silas Griffith Inn, a 19<sup>th</sup> century restored Inn that was the home of Silas Griffith.

### **Dinner:**

Dinner will take place at Grizzly's or outside the Stratton Mountain base lodge near the music weather permitting. Dinner will be a special chicken, pasta, grilled veggies and salad feast so you can fuel up for Fondo Saturday. Our made-in-Vermont beverage sponsor, Northshire Brewery, welcomes you to the Vermont Challenge. All riders 21 years or older will be given one coupon for a complimentary beer. You are welcome to purchase more libations at happy hour pricing after your complimentary drink.

## ***Mountain Routes & Fondo Day 3 & 4***

### **Medio (mountain Start) & Gran Fondo Rides: Stratton Mountain**

5 Village Lodge Rd, at the Welcome center, Stratton Mountain VT 05155 802-297-4000

### **Medio (non-mountain top start, Gran Piccolo and Piccolo starts: Mountain School Winhall, VT community**

**center:** 9 School Rd, Winhall, VT 05340. Mountain School is off route 30, across from the Winhall Police station. Medio Riders please take note: If you start at the top of Stratton Mountain Resort, the 70.0-mile ride versus 62.0, you will need to ride the final 4 miles up Stratton Mountain access road, with about a 1500 ft elevation gain.

This is Vermont and we are the Green Mountain, we rode the valleys on days 1 & 2 but the mountains are calling all cyclists looking for a climbing challenge. We try to create as easy a route for the short distance riders, but there's still some climbing involved but you'll be rewarded with some terrific downhills. The medium & longer routes will test your climbing legs so pace yourselves. Please a word of caution, please pay attention to our signs and the great state signs noting the downhills. Use



**common sense and caution on roads you aren't familiar with especially on switchback downhills.** Those long route riders will challenge themselves on both Saturday & Sunday – Saturday with a climb up the front of Stratton Mountain & then the backside on Sunday 8/20 – 100 & 73/65 miles respectively. It's about as true a Grand European Tour mountain top finish you'll find in the Eastern U.S.

### **Fondo Saturday 8/19**

#### **Host Resort**

Today's host is Stratton Mountain Resort, Southern Vermont's highest peak at just under 4000 ft with a base elevation at 2100 ft. You are welcome to hike up the fire tower, Stratton's highest point and where the Appalachian Trail was conceived. If you're a skier, come back and enjoy some of the best skiing & riding in Vermont.

#### **Lunch:**

Lunch will be a special BBQ hosted by Stratton Mountain Food & Beverage. Each rider will receive a \$12 voucher to be redeemed for the BBQ. If you exceed that amount, you'll need to cover the difference. Our made-in-Vermont beverage sponsor, Northshire Brewery, welcomes you to the Vermont Challenge. All beers and wines will be served up in Stratton's Beer Garden behind the base lodge. All riders 21 years or older will be given one coupon for a complimentary beer. You are welcome to purchase more libations at happy hour pricing after your complimentary drink.

#### **Entertainment:**

First there's "Long Road Home" playing in Stratton Village or Beer Garden area from 3 pm to 6 pm. Then Stratton Magazine is offering a performance by "Three Dog Night", from 6:00-8:00 pm under the big tent behind the Stratton Mountain base lodge. Grammy-nominated music legends take the mountain stage with their Billboard #1 hits "Joy to the World," "One," "Mama Told Me (Not to Come)" and many more iconic tunes for a weekend of mountain music and cycling at the Vermont Challenge. Doors open - 5pm. Three Dog Night - 6pm. Tickets \$25 in advance and \$30 day of. To purchase tickets in advance: [Three Dog Night advance tickets](#)

#### **The Route:**

Today we offer our elite level riders and those looking for the ultimate challenge a chance to finish the day with the East's only mountain resort finish. The Gran Fondo route offers 7260 ft elevation gain, with a mountain finish in the true spirit of the Grand Tours of Europe. Beginning at mile 90 you'll climb 2400 ft over the last 10 miles in two sections: from mile 90-94 out of Jamaica VT and the miles 96-100 to finish at the base of Stratton Mountain. Each climb is about 1200 ft each.

Fondo & Medio (option to start at the Stratton base lodge or in Bondville) routes: Depart Stratton Mountain with a 4 mile fast downhill before climbing through the back roads of Winhall Hollow. Once back on route 30, you'll be treated to a spectacular view of Bromley Mountain, opened in 1936 by the founder of Pabst Blue Ribbon Beer, Fred Pabst, yes PBR's!! At the junction of route 11/30 we'll head towards Londonderry for a rest stop at the Lodge at Bromley and then you'll enjoy another fast downhill. From there we'll head towards Weston for a rest stop at the Vermont Country Store before climbing the challenging 3 mile climb of Terrible Mountain. Please use caution when descending on the other side of Terrible Mountain into Ludlow. We have another rest stop at Okemo Valley Chamber and then we head toward Chester and Grafton.

The Medio route splits from the long route in Chester and it heads towards a rest stop at one of Vermont's best known bakeries – Baba Louis. From there the Medio route continues on route 11 back to Londonderry and returns to Stratton. The Gran Fondo route continues onto Grafton which is one of Vermont's most picturesque historic towns. The entire town is a



historical district managed by our sponsor of our rest stop, the Windham Foundation, at Grafton Ponds. Enjoy some Grafton cheese along with all the other nutritional items. From Grafton we travel south to Townsend for a stop at Grace Cottage Hospital, one of our benefactors. Grace Cottage is a rural full-service hospital that services the rural communities along the West River. From Townsend the fun begins, as you begin a slow but steady ascent over the next 16 miles. We offer a final water stop at Jamaica Fire Dept. before you begin the first ascent with a 3 mile climb out of Jamaica and then the final climb up Stratton Mountain's access road – a 4 mile climb with a final elevation gain of 1500 ft. You'll be greeted by volunteers ringing cow bells welcoming you to the finish and a job well done.

The Gran Piccolo & Piccolo routes offer a lovely but challenging ride from Stratton up towards Londonderry. The Piccolo & Gran Piccolo utilize the same rest stop at the Lodge at Bromley while the Gran Piccolo adds one more at the Vermont Country Store in Weston. Each tour returns to the Mountain School at Bondville for the finish.

### **Sunday 8/20**

#### **Host Town:**

Stratton Mountain Resort

#### **Start Locations:**

**Long Route:** Stratton Welcome Center, 5 Village Lodge Rd, South Londonderry, VT 05155

**Mid & Short routes:** Town of Stratton Recreation Center, Old Town Rd, off West Jamaica Rd, Stratton, VT.

[\(802\) 297-2119](tel:8022972119) office, [\(802\) 681-8510](tel:8026818510) cell

#### **Lunch:**

Today's lunch is catered by Stratton mountain food & beverage. Lunch will be a selection of gourmet sandwiches, panini's and wraps plus gourmet salads. Riders are welcome to use the showers at Stratton Sports center for a small fee before your drive back home.

#### **The Route:**

The final day of the Vermont Challenge another mountain stage. Today we offer another challenging ascent for the longer distance riders, this time up the backside of Stratton for another mountain top finish in the true traditions of the Grand Tours of Europe. Longer distance and stronger riders begin at the Base of Stratton Mountain and Travel down the back side and then meet up with the medium and shorter route riders.

Start locations – long routes, Stratton Mountain Welcome Center. Medium and short routes, Town of Stratton recreational center on Old Town Rd. off West Jamaica Rd on the back side of Stratton. All routes travel south into the Mount Snow Valley and Dover Vermont. The short route returns by doubling back. The medium & long routes continue traveling the same route. The only difference between these two routes is the starting point for the medium routes is 5 miles down from Stratton's base. The long & medium routes travel along the West River valley through the farms and forest and the towns of Newfane where we have a rest stop at the beautiful Four Columns Inn, then through Townsend and Jamaica where we have a rest stop at the town ball field at the corner of route 30 & 100S.

### **Event Logistics**

#### ***Vermont Challenge hosts***

Please note our mobile phone numbers in case you need to reach us during the Tour:



John Sohikian – 203-668-0194  
Donna Sohikian – 203-668-0186

### **General Check-in for each tour**

All Check-in locations are noted on the daily schedule in this riders guide or on our web site at:  
<http://www.vtchallenge.com/AboutChallenge.htm#Logistics>.

### **Check-in times and locations:**

- Wednesday 8/16 - 5:00-8:00 pm: Rider Check-in: Taconic Hotel: 3835 Main St, Manchester, VT
- Thursday 8/17 – 7:00-8:00 am: Dana Thompson Park, 340 Recreation Park Road. Manchester
- Friday 8/18 – 7:00-8:00 am: Dana Thompson Park, 340 Recreation Park Road. Manchester
- Friday 8/18 – 5:00-8:00 pm: Stratton Mountain Base Lodge, backside facing mountain, 5 Village Lodge Rd. Stratton Mountain Resort, Stratton VT
- Saturday 8/19 – 6:30-8:30 am: Stratton Mountain Welcome Center, Stratton Mountain Resort, 5 Village Lodge Rd., Stratton VT

At check-in, you will receive your Vermont Challenge goodie bag, jersey (while supplies last otherwise the jersey will be mailed to you in about 6 weeks), any clothing items that you have purchased, and all will receive the Vermont Challenge T-shirt, and Vermont Challenge water bottle. You will receive a wristband which you must wear during the duration of the ride and show at all rest stops and meals to which you are entitled as part of your package fee. You will be required to sign a liability form.

### **Bike maintenance/SAG support**

Local bike shops will be providing pumps and will be available for general bike maintenance at the start and along our routes, however please ensure that your bicycle is in good working order before the ride. We strongly encourage you check your tires and tune up your bike prior to riding the Vermont Challenge. Please pump up your tires to the recommended PSI each morning. Pumps will be available for you at the starts.

### **Bike Shop on-route SAG Support**

GENERAL MEDICAL EMERGENCY: 911

### **SAG & Tech Support Access:**

Many areas of VT have weak cell service, so if you're near a home, stop in and ask them if you can use their home phone

John Sohikian - 203-668-0194  
Donna Sohikian – 203-668-0186

### **Bike Shops:**

Stratton Area: Norse House 802-297-1755  
Manchester Area: Battenkill Bikes 802-362-2734



Ludlow, Chester Area: Tygart Sports 802-228-5440

### **Cue sheets and course markings**

You will receive a file with all of the cue sheets in advance of the ride and a set of appropriate printed cue sheets in your registration packet. The courses will be well marked such that route arrows from routearrows.com will appear before and after each turn, and in the absence of arrows, you will proceed straight. Each day's routes are marked with a different color and route split signs will be clearly marked.

**Day 1 - Green**

**Day 2 - Yellow**

**Day 3 - Orange**

**Day 4 - Pink**

### **Access to Ride with GPS route files for downloading to Garmin devices – please load these files if you have a garmin, or garmin like device**

#### **Valley, Day One routes:**

Short - <https://ridewithgps.com/routes/23269077>

Mid - <https://ridewithgps.com/routes/23261036>

Long - <https://ridewithgps.com/routes/23261017>

#### **Valley, Day Two routes:**

Short - <https://ridewithgps.com/routes/23269161>

Mid - <https://ridewithgps.com/routes/23269396>

Long - <https://ridewithgps.com/routes/23269421>

#### **Mountain, Day Three: Fondo Saturday**

Piccolo - <https://ridewithgps.com/routes/23275052>

Gran Piccolo - <https://ridewithgps.com/routes/23275173>

Medio - <https://ridewithgps.com/routes/23275289>

Gran - <https://ridewithgps.com/routes/23275915>

#### **Mountain, Day Four routes:**

Short – <https://ridewithgps.com/routes/23269852>

Mid – <https://ridewithgps.com/routes/23272688>

Long - <https://ridewithgps.com/routes/23272732>

### **Road etiquette**

**The Vermont Challenge is not a race.** The ride is conducted on open roads. Motor vehicle traffic is present. Riders are responsible for their safety by riding with caution and respect for all others on the road. You must obey all rules of the road, and stay to the right of the road in single file. Road traffic in Vermont is light. We do not offer police support, so you **MUST** stop at all lights and stop signs before proceeding. Please watch for Vermont DPW road signs and follow them as Vermont does an excellent job of alerting you of downhills and RR crossings, and our Vermont Challenge signs will alert you to upcoming sharp turns and places where you should use caution.



## **Medical**

If you require any medical assistance, the first call should be to Emergency 9-1-1. We have alerted the local EMS that we are riding through their communities.

## **What to bring**

- US CPSC-approved helmet
- Cycling shoes, shorts, jersey, socks, gloves (enough for each day of riding unless you plan on doing laundry)
- Extra water bottles
- Two spare inner tubes and repair kit
- Cell phone
- Identification and health insurance card (to carry with you)

## **Bike storage**

Bikes will be housed overnight either in your room (if your place of lodging permits this) or at a secure storage location based on your resort's guidelines.

## **Parking**

All rides begin and end at the same location. Depending on where you're staying you can either ride or drive to end start location

**Day 1** - Dana Thompson Park, 340 Park Recreation Rd, Manchester Center, VT: Back lot to the right of the Football field, by the basketball courts

**Day 2** - - Dana Thompson Park, 340 Park Recreation Rd, Manchester Center, VT: Back lot to the right of the Football field, by the basketball courts

**Day 3** – Stratton Mountain Resort, 5 Village Lodge Rd, Stratton VT – Parking lot 1, immediately after Long Trail Condo on Village Lodge Rd. Piccolo, Gran Piccolo & Medio riders beginning and ending at the bottom of the Stratton Access Rd: Parking at the Mountain School, School Rd, Bondville

**Day 4** - Town of Stratton Recreation Center, Old Town Rd, off West Jamaica Rd, Stratton, VT. In the parking area or ONLY on the right side of Old Town Rd.

## **Breakfasts**

You are responsible for breakfast. Black Bear Lodge at Stratton will be offering breakfast to our riders – check their schedule. If you're staying in Manchester there's quick breakfast options at Bagel Works and yes, McDonalds. Those of you at Stratton, there's the Village Pantry in the village that offers breakfast & coffee available for purchase from 6:30-8:00.

## **Timing considerations**



We suggest that you consider your average riding speed when deciding whether to ride the longer or shorter routes each day. Riders with an average speed of 12- to 14-mph may wish to choose the shorter routes to ensure they are able to benefit from the rest stops and participate in the lunches.

### The Vermont Challenge Schedule

- Rest Stop timings are estimates. Rest stops will remain open on or about the times listed. If a rider or riders are well off the pace, then we will offer that rider(s) a “ride” up to remain within a reasonable pace to utilize our rest stop services.
  
- **Wednesday, August 16, 2017**
  - 5:00-8:00 pm - Rider Check-in: Taconic Hotel, 3835 Main St (route 7A), Manchester, VT 05255
  - 6:00-8:00 pm - Welcome Dinner for all 4-day riders & 2-day Valley riders: Taconic Hotel, 3835 Main St (route 7A), Manchester, VT 05255
  - 7:00-8:00 pm – Fit seminar hosted by Ian Buchanan former SICI Advanced Fit Instructor and founder of Fit Werx
  
- **Thursday, August 17, 2017**
  - 6:30-8:00 am – Rider Tech support sponsored by Battenkill Sports, Manchester – Dana Thompson Park, 340 Recreation Park Road. Manchester
  - Parking at Dana Thompson Park – follow signs
  - 7:00-8:00 am Rider check-in at Dana Thompson Park 340 Recreation Park Road. Manchester, Pool house building or Picnic pavilion
  - 8:00 am – Riders depart from Dana Thompson Park for a Parade through town and day 1 routes
  - Rest stop 1 – 9:00-10:30 am, Chapel on the Green, off Route 313, West Arlington
  - Rest stop 2 – 10:00-12:00 pm, West Pawlet FD, 2806 VT Route 153, West Pawlet
  - Rest stop 3 – 9:00 -11:30 am: Wilcox Ice Cream, Old Camp Rd, Arlington VT
  - Lunch – 11:30-2:00 pm - Farm to Table lunch, catered by Erik Peckel Catering: Dana Thompson Park, 340 Recreation Park Road. Manchester
  - Evening: Riders are on their own for shopping, dinner and more.
    - You’ll find a separate pdf file listing all the shops & restaurants offer specials for you and family
  
- **Fondo Saturday, August 19, 2017**
  - 6:30-8:30 am – Rider Check-in: Stratton Welcome Center 5 Village Lodge Road, Stratton Mountain
  - 6:30-8:30 am – Gran & Medio (long): Rider Tech support by Welcome center sponsored by Battenkill Bikes
  - 7:30-9:30 am – Rider Tech support at Norse House 31 – VT RT 30 at the base of Stratton Mountain Access rd, Bondville
  - Parking Gran & Medio (long) only at Stratton Lot 1 – follow signs
  - Parking Gran Piccolo & Piccolo - Mountain School, School Rd, Bondville
  - Gran Fondo Riders depart 7:00 am Stratton Mountain welcome center parking area
  - Medio Long Fondo Riders depart 7:30 am Stratton Mountain or 8:00 Medio Short at Mountain School, School Rd, Bondville Center



- Gran Piccolo Riders depart at 8:30 at Mountain School, School Rd, Bondville
- Piccolo Fondo riders depart 9:30 am at Mountain School, School Rd, Bondville
- Rest stop 1 - 7:30 -9:30 am, Lodge at Bromley, 4216 VT Route 11, Peru
- Rest stop 2 – 8:30-11:00 am, Vermont Country Store 657 Main Street, Weston
- Rest stop 3 – 8:30-11:00 am, Okemo Valley Chamber, 57 Pond St, Ludlow
- Rest Stop 4 – 9:00-11:30, Baba Louis Bakery, 92 VT Route 11, Chester
- Rest stop 5 – 10:00-2:00 pm, Grafton Cheese @ Grafton Ponds, 783 Townshend Rd, Grafton
- Rest stop 6 – 10:30—3:00 pm, Grace Cottage Hospital, 185 Grafton Rd, Townshend
- Rest stop 7 - 11:00-4:00 Jamaica FD 4017 VT RT 30 Corner of Water St & RT 30 N, Jamaica VT
- Lunch 1:00-5:00 pm – BBQ, Stratton Mountain resort behind Base Lodge
- Lole Yoga 3 pm: low impact and high energy cardio workout to music. For more info, stop by the Lole shop in the Stratton village.
- Band – Lost Nation – 3:00-6:00 pm
- Three Dog Night 6:00-8:00 pm under the tent behind the Base Lodge. Tickets are \$25 in advance or \$30 at the door: For more information or to purchase tickets go to: [Three Dog Night](#)
- Evening: Riders are on their own for shopping, dinner and more.
  - You'll find a separate pdf file listing all the shops & restaurants offer specials for you and family

- **Sunday, August 20, 2017**

- Start locations:
- Long: Stratton Welcome Center, 5 Village Lodge Rd., Stratton, parking Lot 1
- Medium & Short: Town of Stratton Recreation center, Old Town Rd, Stratton. Parking at recreation center. This start is approximately 5 miles down from Stratton on the backside of the mountain. Please use your GPS and drive your car there.
- 6:30-8:00 am – Rider Tech support sponsored by Battenkill Bikes – Stratton Welcome Center, 5 Village Lodge Rd., Stratton
- 8 am – Riders depart for day 4 routes
- Rest stop 1 - 8:30-10:00 am, Dover Town Park, Route 100 and Country Club Road, Dover
- Rest stop 2 – 9:30-11:30 am, Four Columns Inn, 21 West Street, Newfane
- Rest stop 3 – Ballfield at the corner of routes 100S & 30, Jamaica
- 11:00-2:00 pm Stratton lunch behind the base lodge. Panini's, wraps and healthy salads
- Showers available at Stratton Sports for a small fee ☺

***We look forward to welcoming you to Vermont from August 16-20.***

***John & Donna.***