



Saturday November 11th, 2017
Santa Ynez, California
www.trainright.com/cts-figueroa-mountain-gran-fondo
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FIGFONDO TECH GUIDE

PACKET PICKUP

Location

CTS Santa Ynez Training Center
3640 Sagunto Street
Suite 100
Santa Ynez, CA 93460

Times

Friday: 2:00p to 8:00p
Saturday: 6:30a to 7:45a

RIDE START TIMES

Start Staging Begins: 7:30 am
Final Call Staging: 7:50 am
All Rides Start: 8:00 am

Location

CTS Santa Ynez Training Center
3640 Sagunto Street
Suite 100
Santa Ynez, CA 93460

PARKING

Free Saturday event parking is located on Meadowvale Road off Highway 246. Follow event parking signs. Street and local parking is available for Friday Packet Pick Up.

CTS COACH PACE GROUPS

All groups depart the Los Olivos Aid Station at Mile 40, KM 64.4.

Schedule:

All pace groups are based on total finishing time and each group departs the Los Olivos aid station based on that time.

5:30 Finish Time - Departs: 10:20 am
6:00 Finish Time - Departs: 10:35 am
6:30 Finish Time - Departs: 10:50 am
7:00 Finish Time - Departs: 11:00 am
7:30 Finish Time - Departs: 11:15 am
8:00 Finish Time - Departs: 11:30 am

COURSE INFORMATION

- The course is open to traffic. Obey all rules of the road and directions from police and volunteer course marshals.
- Stay alert and use caution. This course contains technical descents and some sections of bumpy road surface. Ride within your limits.
- The final 11km take place on Highway 154 and 246 with wide shoulder. Ride **ONLY** in the shoulder on this section.
- Absolutely no littering.

AID STATIONS

- Aid stations are located every 15-20 miles on course.
- Clothing drop at Aid Stations 1, 2 and 3. Clothing will be returned to the packet pick up area by 4 pm.
- Aid stations will be stocked with water, Bonk Breaker Hydration Mix, Bonk Breaker Energy Bars, Gu Energy Gels, Bananas, Trail Mix, Cookies and other sweet and salty snacks.

AWARDS

- Male/Female Overall
- Male/Female Open and Age Groups KOM/QOM
- 3pm at Fig Mtn Brew Post Ride Party

TIME CUT

- It highly recommended you are leaving the **Los Olivos Aid Station** (Mile 39.7, KM 59) by **11:45 am**.
- All riders not reaching **Foxen Canyon and Alisos Canyon** (Mile 47.5, KM 76.5) by **12:45 pm** will be asked to turn around proceed on course to the finish. Riders continuing outbound on the course will do so without support and will likely not have access to the private road at Mile 67.7/KM 109