



PRESENTED BY



2018 RIDE GUIDE



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SANTA YNEZ VALLEY RESOURCE



WELCOME CYCLISTS

Greetings Cyclists,

Welcome to the second edition of the CTS Figueroa Mountain Gran Fondo, presented by Lucas Oil. I've been looking forward to this weekend since the last rider crossed the finish line last year. Our team has worked hard preparing for your arrival, and we look forward to providing you with an unparalleled experience!

I first fell in love with the Santa Ynez Valley in the 1980s when the 7-Eleven Pro Cycling Team used the valley roads for a team time trial training camp. And more than 10 years ago, the valley roads and the narrow, winding path up Figueroa Mountain drew me to select Santa Ynez as the home of a CTS Training Center. The community embraced us and I'm proud we've created a cycling event that showcases the region's beauty, culture, and economy.

In addition to a great weekend of riding, the CTS Figueroa Mountain Gran Fondo is an opportunity to bring cyclists together for a greater purpose. With the Legends Dinner this year we are supporting regional nonprofit Los Padres ForestWatch as well as The Davis Phinney Foundation. I'd like to thank some legendary cyclists and great friends for joining us, including Tejay van Garderen, Mari Holden, Mara Abbott, Alison Tetrick, Matthew Busche, and my 7-Eleven teammates Doug Shapiro, Alex Stieda, and Jeff Pierce.

It takes a small army to put on a cycling event that spans nearly 100 miles of roads, and I'd like to thank everyone in the community and our wonderful volunteers for their help. I also want to thank our law enforcement and first responder friends for their services this weekend. A special thank you goes out to our event director Matt Sills, as well as Kirk Nordgren, Cory Bruno, and the entire CTS staff. And this event wouldn't be possible without the support of Lucas Oil and all our sponsors.

In 2019 we're looking to grow our cycling events in the Santa Ynez Valley with a possible new event held the day after the Figueroa Mountain Gran Fondo. More on this is later...

Most of all, I want to thank you for coming and spending the weekend with us. Have a great ride, and if I don't see you out on the road I hope to catch you at the party afterward!

Chris Carmichael
CEO and Head Coach of CTS

FIG FONDO SCHEDULE



FIG FONDO SCHEDULE - 11.09.18 - 11.10.18

Friday November 9, 2018

VIP FIG FONDO RIDE

2:30pm

Invite only ride with Chris Carmichael, CTS Coaches, and Legends Athletes

PACKET PICKUP

2:00pm to 8:00pm

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

LEGENDS DINNER

6:00pm to 9:00pm

Gainey Vineyard
3950 East Highway 246
Santa Ynez, CA 93460

Saturday November 10, 2018

FIG FONDO EVENT DAY

6:30am

Gates and onsite packet pick up open at Gainey Vineyard.
3950 East Highway 246
Santa Ynez, CA 93460

6:45am

Free breakfast begins near registration

7:30am

Rider staging begins at the Gainey Vineyard startline

8:00am

Fig Fondo Ride Start - all riders must start at 8:00am

FIG FONDO AFTER PARTY

11:00am to 5:00pm

Lunch, wine, and beer will be served with live music.

3:30pm

Awards Ceremony begins.

PACKET PICKUP

Friday, November 9th
2:00pm to 8:00pm

We will have Friday packet pickup at our CTS Training Center in Santa Ynez. Saturday packet pick-up and registration is at Gainey Vineyard. All riders will need to sign a waiver at check-in.



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



Rider Check-in Process

- Sign rider waiver
- Pick up bike number plate/timing chip
- Pick up Fig Fondo t-shirt and swag bag
- Pre-ordered merchandise and merchandise for sale will be available.

START/FINISH LOCATION



GAINNEY
VINEYARD

LOCATION/PARKING



GAINEY VINEYARD
3950 EAST HIGHWAY 246
SANTA YNEZ, CA 93460

**GAINEY VINEYARD WILL BE THE START, FINISH, AND AFTER PARTY LOCATION
OF THE CTS FIGUEROA MOUNTAIN GRAN FONDO**

Free Parking

Free event parking will be located in the field just south of the Gainey Vineyard building.

VIP Parking

VIP parking will be located directly behind the Gainey Vineyard building.



ROUTE INFORMATION



FIG FONDO ROUTES



FIG EPIC - 95 MILES

8,800 Ft Climbing

Challenge yourself with the ascent of Figueroa Mountain. Look out over the Central Coast from the summit and continue on through Los Olivos and out Foxen Canyon Road. The punchy climb of Cat Canyon, the gradual rise of Alisos Canyon, and the short kicker of Foxen Canyon awaits. In between the climbs are miles of uninterrupted countryside.



FIG LOOP - 42 MILES

5,200 Ft Climbing

This is no token easy short route option. All of Figueroa Mountain and none of the extra. The classic climbing route in the Santa Ynez Valley with all of the support to make it an epic day.



VALLEY LOOP - 30 MILES

1,700 Ft Climbing

Even the pros don't climb 4,000-foot mountains every day. That doesn't mean you can't enjoy the beautiful scenery of the valley. Ride out to the base of Fig and turn around to head toward Los Olivos and the featured aid station of the day. Back in Santa Ynez for some Fig Mtn Brew just before all those crazy mountain climbers get there.

FIG EPIC ROUTE

COURSE MAP



ELEVATION PROFILE

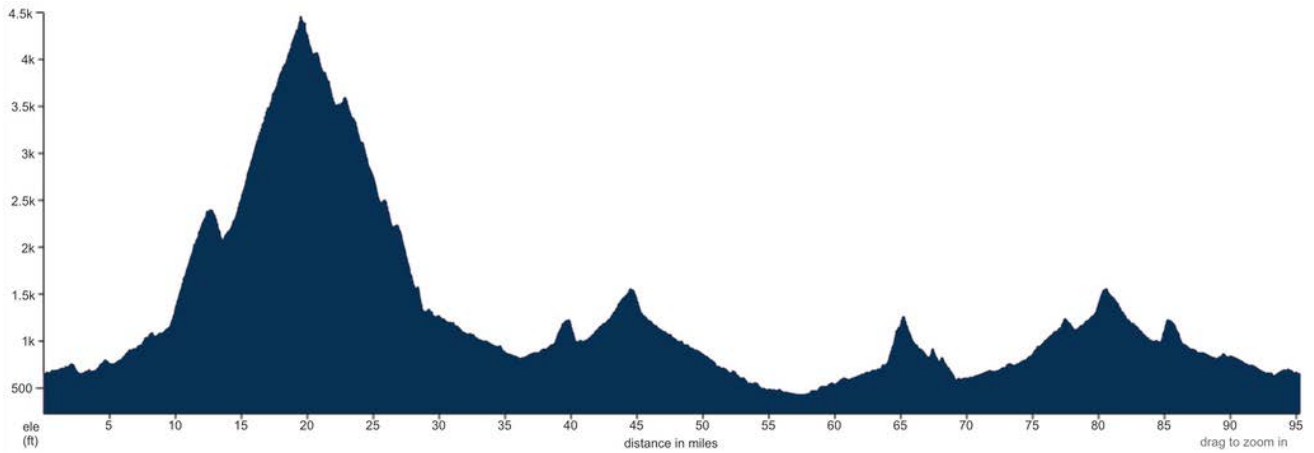
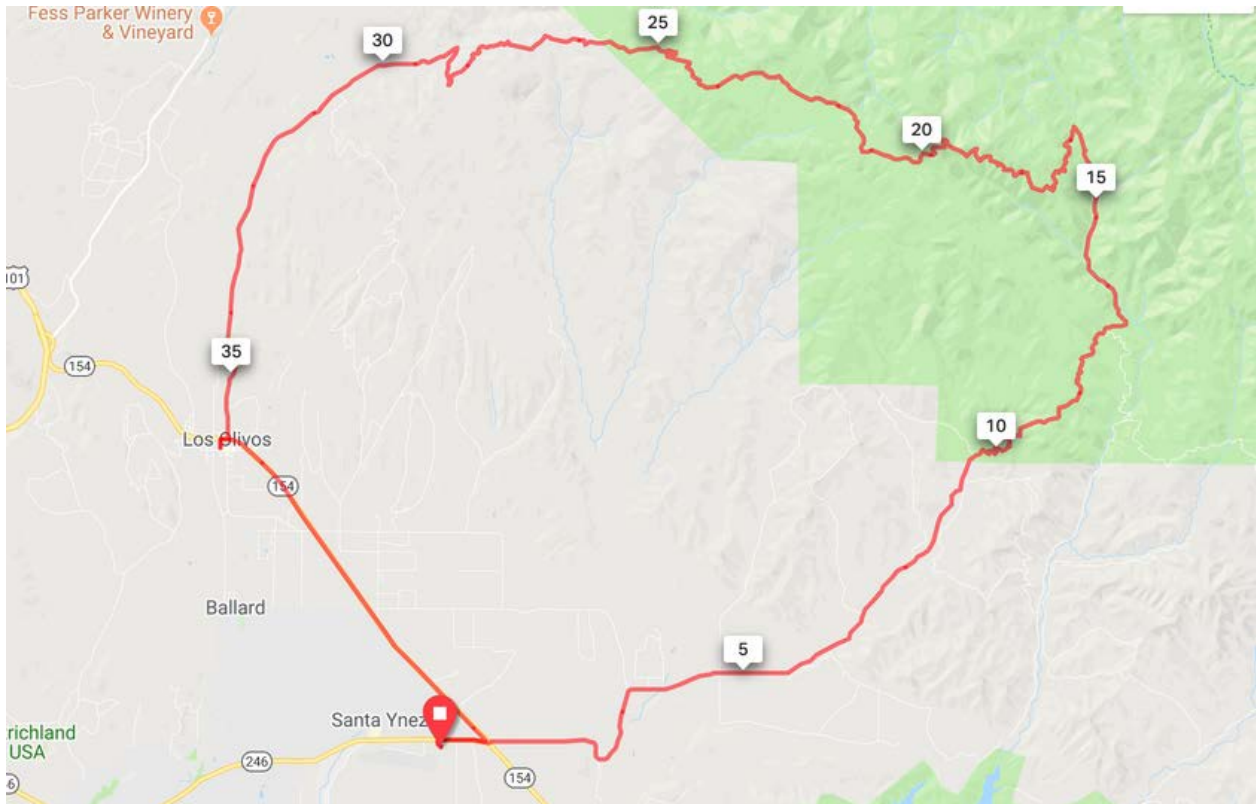
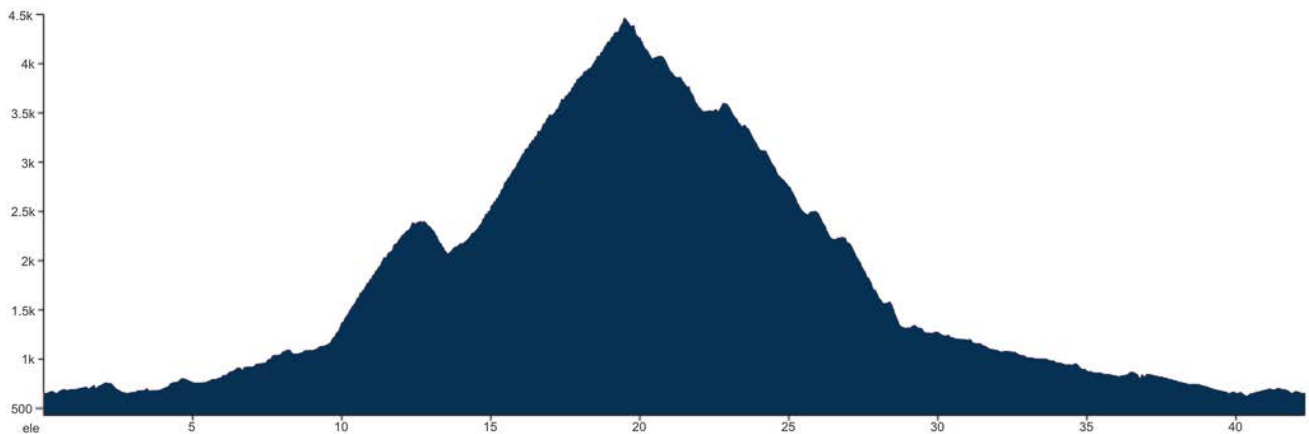


FIG LOOP ROUTE

COURSE MAP

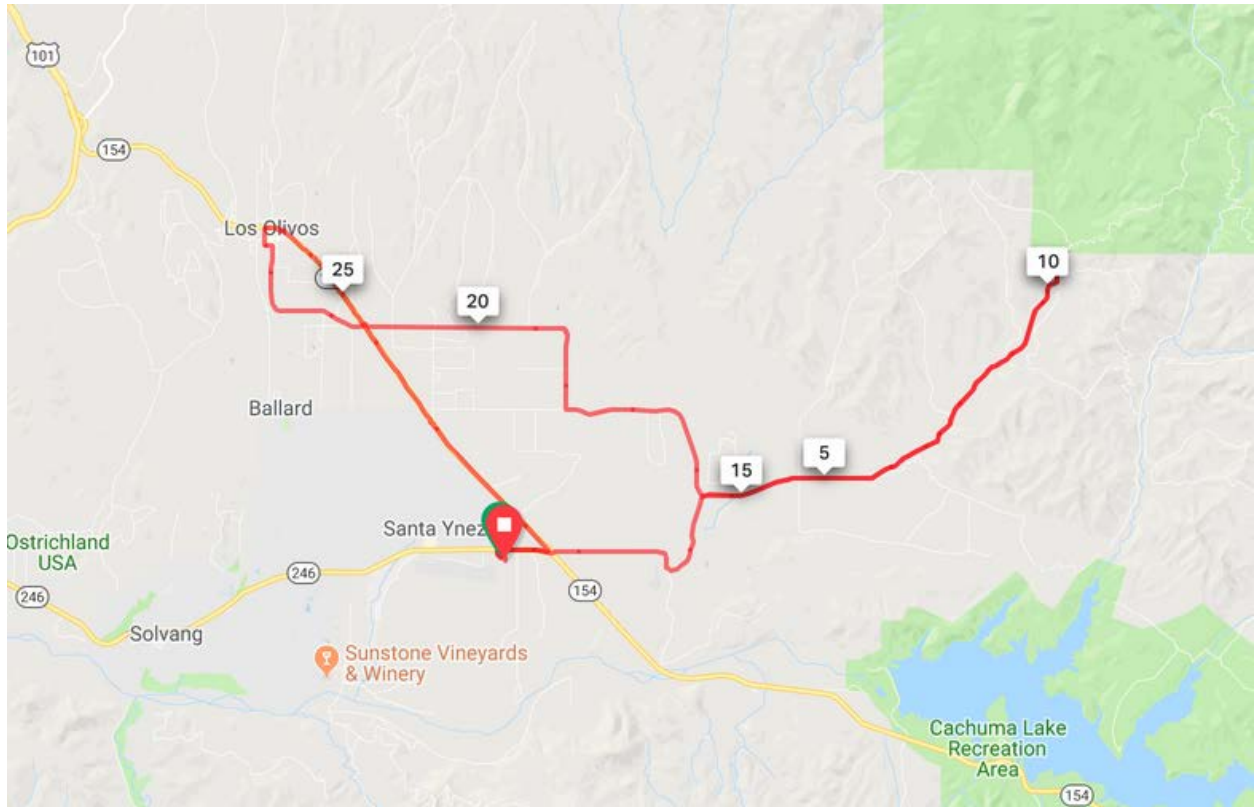


ELEVATION PROFILE

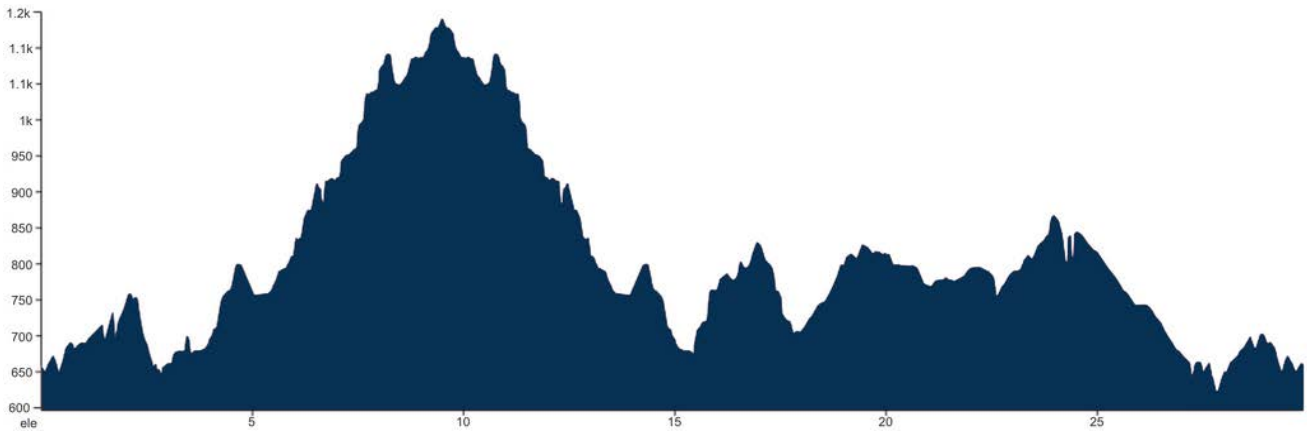


VALLEY LOOP ROUTE

COURSE MAP



ELEVATION PROFILE



AID STATIONS/COURSE INFO

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 Gainey Vineyard by 4:00pm
- Aid stations will be stocked with PROBAR chews and bars, GQ-6 hydration, water, bananas, and other sweet and salty snacks



COURSE IS OPEN TO TRAFFIC
PLEASE OBEY ALL RULES OF THE ROAD
FIG MTN DESCENT IS TECHNICAL, DESCEND WITH CAUTION
ABSOLUTELY NO LITTERING



COURSE INFO

- It's 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.
- Shimano will be out on course providing mechanical support.
- Recommend using 25c tires for the brief gravel section on Figueroa Mountain and the other rough portions of the route.
- Recommended Gearing: Compact with a minimum 28 tooth cassette.

CTS COACH LED PACE GROUPS



PACE GROUPS

PACE GROUP INFO

Whether you are trying to set a course record or just enjoy the many views of the Fig Fondo, we have a CTS Coach led pace group for you. Ride Figueroa Mountain at your own pace and then jump into a pace group for the rest of the ride.

All pace groups start from Aid Station #3 at Fig Mtn Brew Los Olivos (mile 36.7) following the descent of Figueroa Mountain.

CTS Coaches will control the pace of the group to ensure finishing as close as possible to the projected finish time. Find yourself in a group moving way too fast for you? Sit up, take a breather and wait for the next group to catch you. Feeling way too strong for your group? Attack! Go for it! Try to reach the next group on the road.

All pace groups are based on total finishing time and each group departs the Fig Mtn Brew aid station based on that time.

PACE GROUP SCHEDULE

5:30 Hr Finish Time - Departs: 10:20 am

6:00 Hr Finish Time - Departs: 10:35 am

6:30 Hr Finish Time - Departs: 10:50 am

7:00 Hr Finish Time - Departs: 11:05 am

7:30 Hr Finish Time - Departs: 11:20 am

8:00 Hr Finish Time - Departs: 11:35 am

TIMED SEGMENTS



TIMED SEGMENTS



Starts at mile 9.7

Ends at mile 19.5

9.8 miles (15.8 km) at an average grade of 6.1%

Includes 1 mile of hard-packed dirt and a short paved decent

Awards for top 3 in each age group - 19 and under, 20-29, 30-39, 40-49,
50-59, 60-69 and 70+

Award for fastest overall male and female

TIMED SEGMENTS



KING/QUEEN OF THE COBBLES

NEW TIMED SECTION!

Starts at mile 70.4

Ends at mile 71.6

1.2 miles (1.9 km) Perfectly flat with "california cobbles"

Choose the smoothest line to maximize your comfort and speed

(hint: this might not be on the pavement...)

Award for fastest male and fastest female

Aid Station #5 immediately following the segment

Fig Epic Loop Only

FIG FONDO AFTER PARTY



AFTER PARTY



Food



Beverages



Live Music

We will have live music playing from 12:00pm to 3:30pm at the after party.



Awards Ceremony

- Starts at 3:30pm
- Male/Female Overall
- KOM/QOM Awards
- King/Queen of the Cobbles Awards

FIG FONDO CHARITY



FIG FONDO CHARITY



Los Padres ForestWatch is a local nonprofit organization based in Santa Barbara, California that focuses exclusively on protecting the Los Padres National Forest and other public lands throughout California's central coast. We use advocacy, research, education, and volunteer stewardship to safeguard these unique landscapes for the benefits they provide to residents and visitors alike – clean water, wildlife habitat, open space, and outdoor recreation.

Our public lands are facing challenges like never before. ForestWatch advocates for strong science, policies, and laws so that the Los Padres National Forest remains protected for current and future generations to enjoy. Our team of conservation experts attend hearings, write letters, reach out to local residents, and communicate with decision-makers to seek the best outcome possible.

Out in the field, our crews of volunteers tackle the tough jobs that forest officials no longer have the funds to address. During the last decade, we've removed more than 20,000 pounds of trash from the forest, eliminated more than 20 miles of abandoned barbed wire fencing, reduced the proliferation of non-native weeds along mountain streams, and worked with landowners to secure permanent public access to trails.

The Los Padres National Forest spans nearly two million acres, from the famed Big Sur coastline to the Los Angeles County line. The Figueroa Mountain area is one of the crown jewels of the central coast, and we are thrilled to partner with CTS and the Figueroa Mountain Gran Fondo to highlight these special places and to encourage others to get involved.

Visit our website at LPFW.org to learn more about our work and how you can join us in protecting these natural treasures right here in our own backyard.

[CLICK HERE TO DONATE TODAY](#)

THANK YOU TO OUR VALUED FIG FONDO SPONSORS



THANK YOU TO OUR LEGENDS ATHLETES



**TEJAY
VAN GARDEREN**



**MARA
ABBOTT**



**MATTHEW
BUSCHE**



**ALISON
TETRICK**



**MARI
HOLDEN**



**ALEX
STIEDA**



**JEFF
PIERCE**



**DOUG
SHAPIRO**



30-DAY FREE --- COACHING TRIAL

USE CODE: **FIGFONDO18**

OFFER ENDS NOVEMBER 30, 2018

Santa Ynez Shopping/Business Services Guide

ACCOMMODATIONS

CONCERT ENTERTAINMENT
 Chumash Casino Resort - 686-0855
 ForFriends Inn - 693-0303
 Maverick Saloon - 686-4587
 Santa Ynez Inn - 688-5588
 SY Vacation Rentals - 245-9667

BUSINESS/FINANCIAL INSURANCE SERVICES

PROFESSIONAL/LEGAL
 Ameritrust Capital Mgmt. - 688-1001
 Buynak, Fauver, Archibald and Spray - 805-688-8090
 Callign, Inc. - 805-688-5588
 Coastal Copy L.P. - 805-722-1812
 Comcast/Xfinity - 855-319-2161
 ConnectU Media - 530-747-2424
 Excel Personnel Services - 693-4121
 Guild Mortgage - 805-361-0355
 HUB Insurance Services - 688-7775
 Inspired Brand - 415-745-5717
 Lana Clark, Attorney - 688-3939
 Mills Asset Management, LLC
 Montecito Bank & Trust - 686-8605
 George Rasher - 805-564-7972
 Noble Productions and Marketing, Central Coast Now - 904-6904
 One West Insurance - 688-8275
 Owens & Thore Tax Professionals - 688-6317
 Pacific Western Bank - 688-6644
 Rabobank, Santa Ynez - 688-6424
 Reicker, Pfa, Pyle and McRoy, LLP - 805-966-2440
 SBF Payroll/Solving - 805-742-4145
 Shred2You - 805-310-9720
 SY Consulting/Marketing - 252-0036
 SY Wealth Advisors - 805-697-7741
 TKG Financial - 805-845-8883
 Wealth Management Strategies - 805-693-1773

REAL ESTATE

Engel & Volkers - 805-689-4777
 Battaglia Commercial R.E. - 688-5333
 Century 21 Hometown - 550-6305
 Elam, McCoy & Associates - 688-7853
 Jennie Bradley, Broker Assoc. - 686-6644
 Joe Olla Realty - 805-696-5603
 Laura Drammer - 805-448-7500
 Mabeth Real Estate - 805-688-2986
 Radius Commercial R.E. - 985-5500
 Robert Etling, R.E. Broker - 805-5352
 SY Association of Realtors - 688-7744
 Tony Pejsa, Sotheby's - 805-448-9793
 Village Properties - 805-688-1620
 Wayne Natale, Broker Assoc. - 686-7454

RETAIL SHOPPING

PERSONAL SERVICES
 Back at the Ranch - 805-693-0055
 Carmichael Training Systems - 694-8651
 Charlotte's - 805-688-0016
 Costco, Santa Maria - 805-614-1420
 DCH Lexus Santa Barbara - 979-3600
 El Rancho Market - 805-688-4300
 Gold Coast Motors - 805-688-9028
 Heart & Soles - 805-245-8772
 J. Winther Chevron - 805-688-5716
 JillJoanne - www.JillJoanne.com
 Outpost Trading and Grand Junction - 805-686-5588
 Plenty Boutique - 805-688-2221
 Ranch Men's Store - 805-705-0474
 Sage of Santa Ynez - 805-688-0955
 Santa Ynez Valley Florist - 688-4231
 The Salon - 805-686-0035
 Tumbleweeds Clothing - 805-

HEALTH CARE

Dwayne A. Elder, DDS - 805-693-1414
 SYV Vision Source - 805-688-0707
 Star Drugs - 805-688-6898
 SY Tribal Health Clinic - 805-694-2650

HOME IMPROVEMENT HOME FURNISHING CONSTRUCTION HOME & GARDEN

Alvie's Plumbing - 805-245-9090
 Brent & Jeff's Flooring - 805-688-8289
 Coast General Contractors - 697-7530
 Esau Interiors - 805-688-7452
 Gromatic Land Surveying - 691-9112
 Hanly General Engineering - 688-3752
 Harrison Hardware - 805-688-4614
 Home Design & Consign - 688-4235
 MHIC Construction, Inc. - 688-4900
 Monik Electric - 805-688-4514
 Newton Gallery - 805-708-0722
 O'Connor Pest Control - 805-491-4277
 Ranch Hands - 805-691-9462
 Robert Gould Electric - 805-688-8849
 Sagebrush Painting - 805-688-8876
 Santa Ynez Paint - 805-686-5114
 SB Estate Management - 805-729-3814
 Valley Oak Industries - 805-688-2754

LIVESTOCK PET SERVICES

Dogs Unlimited Mobile Grooming - 805-688-0086
 Santa Ynez Feed & Milling - 688-6404
 Santa Ynez Pet Hospital - 688-4944

NON-PROFIT/GOVERNMENT EDUCATION SERVICES

Allan Hancock College - 805-735-3366
 Amer. Cancer Society - 800-227-2345
 City of Solving - 805-688-5575
 College School District - 805-686-7300
 Community Action Commission of SB County - 805-964-8857
 People Helping People - 805-686-0295
 Return To Freedom - 805-737-9246
 San Lorenzo Foundation - 688-5630
 SY Band of Chumash Indians Foundation - 805-688-7997
 SY Community Services Dist. - 688-3008
 Santa Ynez Post Office
 SY Valley Elix Lodge - 805-688-3448
 SY Valley Historical Museum - 688-7881
 SY Valley Star Newspaper - 359-8786
 SY Valley Union High School - 688-6487
 SY Valley Youth Recreation - 688-5804
 Solving Friendship House - 688-8748

Santa Ynez Restaurants & Entertainment



Dining & Entertainment



Wine & Beer Tasting



Shopping & Business Services



PO Box 1738 • Santa Ynez, CA 93460 • (805) 350-8517
www.SantaYnezChamber.org

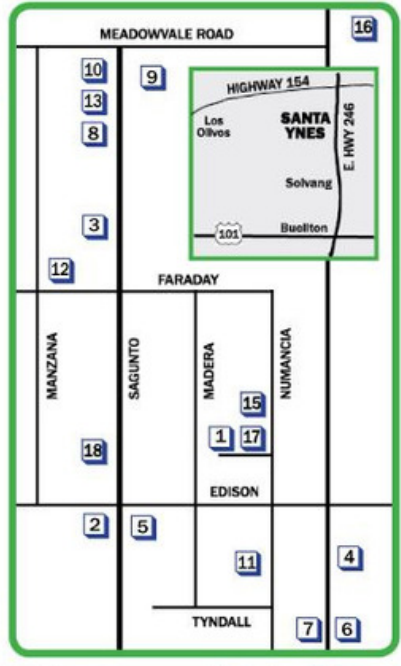
Restaurant & Entertainment Guide

	Breakfast	Lunch	Dinner	Live Concert	Live Entertainment	Dance	Bar	Branch	Wine	Coffee House	Pastorization	Non-alcoholic / No Tip	Indian	Mexican	Pizza/Pasta	Sandwiches	Seafood	Steak	Unique Specials	Tell Us	Beer/Wine Bar	
1 BAKER'S TABLE																						
2 BROTHERS @ RED BARN																						
3 BURGER BARN																						
4 CHUMASH CASINO RESORT																						
5 DOS CARLITOS																						
6 EL RANCHO DELI/MARKET																						
7 LEONARDO'S RISTORANTE																						
8 LONGHORN COFFEE SHOP																						
9 LUCKY HEN LARDER																						
10 MAVERICK SALOON																						
11 PIZZA SHACK																						
12 SY KITCHEN																						
13 TRATTORIA GRAPPOLO																						

Wine & Beer Tasting



- 14 BRADLEY FAMILY WINERY (805) 886-1289 • www.bradleywinery.com
- 15 CARR WINERY • 3563 Numanzia, #101 (805) 688-5757 • www.carrwinery.com
- 16 GAINNEY VINEYARDS • 3950 E. Hwy 246 (805) 688-0558 • www.gainneyvineyard.com
- 17 IMAGINE WINE • P.O. Box 1210 Buellton 40 Industrial Way #D2 Buellton 93427 (805) 688-1769 • www.imaginevine.com
- 18 NAUGHTY OAK BREWERY • 3569 Sagunto (805) 691-9252 • www.naughtyoak.com





FIGUEROA
MOUNTAIN
Gran Fondo

PRESENTED BY

