



XFONDO

OFFICIAL 2023 RIDER GUIDE





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Disclaimer: ChatGPT wrote this because it's 4pm on a sunny Vancouver Friday and we want to get out on our bikes.

We're here to break free from the chains of mundane monotony. And oh, the tales we'll share about those epic ordeals! We've embraced a lifestyle that leads us to unimaginable places, where a splatter of mud is cherished like a hard-earned trophy, and the camaraderie forged is a bond that could fill libraries. Yet, all it takes is a knowing look to say it all.

Now, what sets XFONDO apart? Why is this event rewriting the rulebook, leaving other riders in the dust? Well, let's address the obvious, shall we? Gravel, baby! You're probably rocking a badass gravel bike (or something even beefier, no judgment!). When you think of a "gravel event," you might envision those endless, soul-crushing grindfests popularized in the States. They're gnarly, demanding our utmost respect. But hold up, this is BC, not the US of A! We've unlocked access to ridiculously fun backcountry trails, where loamy singletracks and switchback FSR descents await your wildest dreams. And just for kicks, we'll throw in some smooth tarmac to awaken your inner roadie, plus a generous serving of dirt because, well, why the heck not? Now we're cooking up a biking extravaganza that's worth its weight in cheese! Sure, the 43 or 60k XFONDO Whistler route might sound like a piece of cake, but come back to us at the finish line and brag about doing more. We dare you!

But wait, there's more! We're not just another cycling event peddling its wares. These gatherings are the ultimate celebration, where the ride is merely the warm-up act. It's an excuse for us to come together and party like it's 1999 (or whatever era brings out your youthful spirit). It's about savoring time with incredible folks, igniting the flames of stoke, and, well, you get the picture. So thank you for joining us on this wild ride. The pleasure is all ours, and we're itching to hear what you think about the mind-blowing debut of XFONDO as it bursts into existence!

As for registration for our next mind-bending event? Yeah, we're keeping it mysterious. Stay tuned, folks, because the future holds a whole lot of radness. For now, go out there and soak up every moment. We've got a boatload of faith that you're about to have the time of your life!

Yours,

Will, Dom, Salome, Kerri, Charlie, Maya, Isabella, Evan, Mark, Neil, Oli, Yogi the bandana-wearing dog, and ChatGPT.

Welcome to XFondo.



Schedule of Events

DATE	TIME	EVENT	LOCATION
Friday, June 16th	6pm - 8pm	Package Pickup & Swag	<u>Arbutus Routes,</u> <u>4557 Blackcomb Way</u>
Friday, June 16th	5pm - 9pm	Happy Hour & Live Music at RMU	Next door to Arbutus Routes
Saturday, June 17th	7am - 9:30am	Straggler Package Pickup & Swag	Spruce Grove, Whistler
Saturday, June 17th	9am	Longer Course is underway!	Spruce Grove, Whistler
Saturday, June 17th	10am	Shorter Course is underway!	Spruce Grove, Whistler
Saturday, June 17th	12pm - 4pm	Post-Ride Celebration	Spruce Grove, Whistler
Saturday, June 17th	2:30pm - 3pm	Prizes & Regalements	Spruce Grove, Whistler
Saturday, June 17th	4pm	Time to Vacate, Friends	Your Carriages, Spruce Grove, Whistler





Package Pickup

Package Pickup & Swag

Friday June 16th 6pm - 8pm

Arbutus Routes

Straggler Package Pickup & Swag

Saturday June 17th 7am - 9:30am

Spruce Grove, Whistler

Steps for a Smooth Pickup:

- 1) Bring 1 piece of government-issued ID (that includes your birthdate)
- 2) Receive your rider package
- 3) Put on your wristband
- 4) Attach bike plate
- 5) Get ready for the ride!





XFONDO

Accommodation



Blackcomb Springs Suites is located in a serene area above Whistler Village. This hotel features 186 suites ranging in size from studios to two bedroom condos. Each suite is fully appointed with a kitchen, gas fireplace and private balcony.

[Cheap Rooms Here!](#)

Bike Plate & Wristband

1) Attach Your Bike Plate

Attach the plate to the front of your handlebars and ensure it is clearly visible. **DO NOT BEND THE BIKE PLATE.** While you may have concerns about the placement of the bike plate and the aerodynamics of the bike, remember that the plate affects everyone the same and bending the plate will damage your timing chip inside. This will result in you not receiving a finish time. Your timing results will be available after the ride.



2) Attach Your Wristband

Your wristband must be worn at all times. It's your ticket to all on-course rest stops and post-ride festivities and bag check!



XFONDO

STARTLINE





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The Start Line Experience

Thirsty? Still sleepy? It's your lucky day!



F2C Nutrition will be at the start line for all your electrolyte and hydration needs. Check them out, you'll thank yourself later.



Have any last-minute mechanical issues? The team from Arbutus Routes will be around to help get you on course.



ARBUTUS ROUTES



There will be a hot boost of energy ready for you from Forecast Coffee, and some warm cookies too! The perfect start to any early morning.



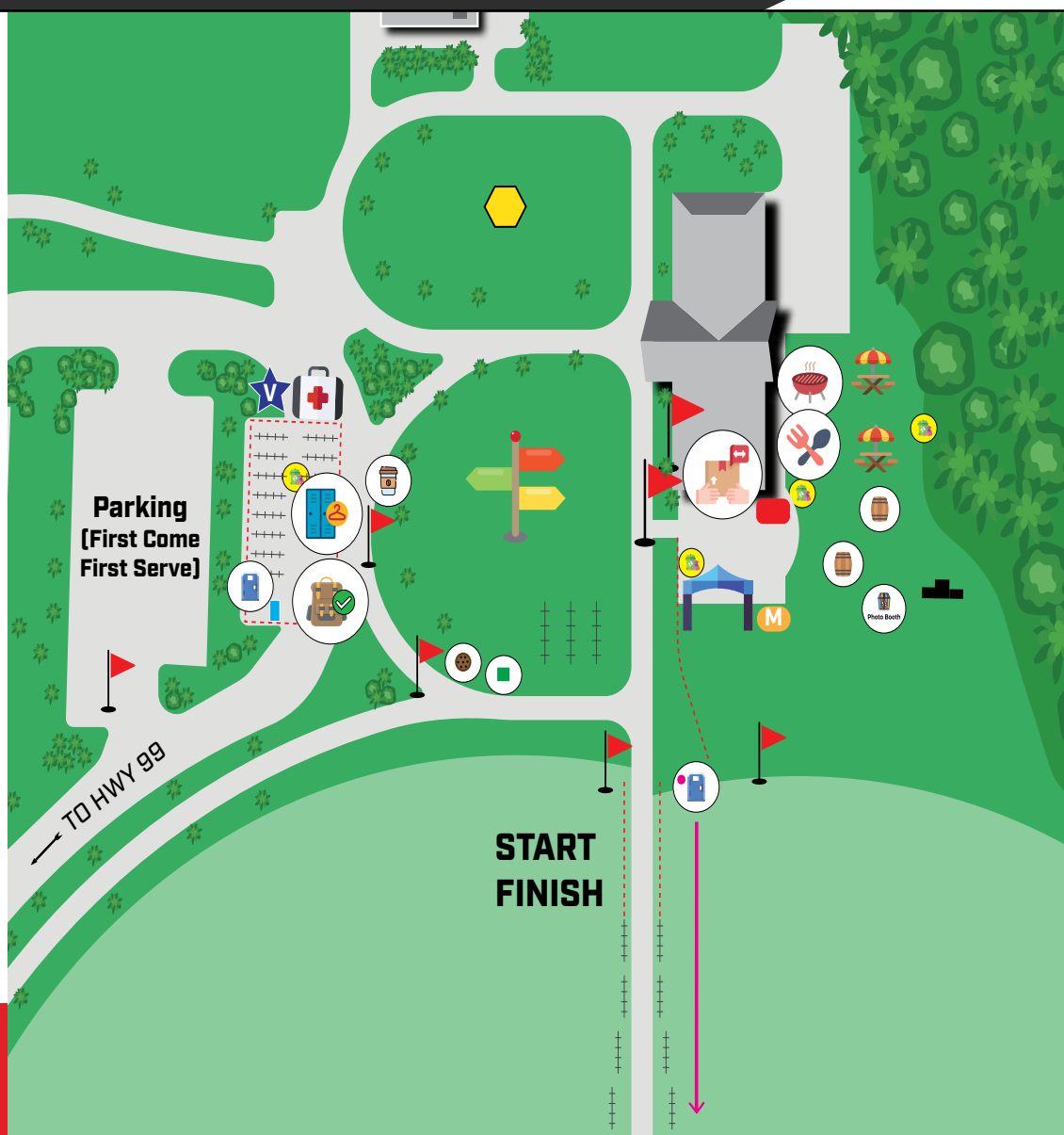


XFONDO

Event Village Map

EVENT VILLAGE XFONDO WHISTLER

- Bike Wash Station
- Park Washrooms
- Jessica Cookies
- Fencing
- Sponsorship Tents
- Barbeque
- Bike Rack
- Food & drink area
- Massage
- Medical
- Portalets
- Garbage, Compost & Recycling Bins
- Wayfinding Sign
- Beverage Bar
- Medals
- Forecast Coffee
- Photo Booth
- Change Room
- Bag Check
- Whistler Cooks
- Package Pick-Up & Clarification Station
- Volunteer Tent
- Water





Transportation

Whistler Transit System buses have bike racks and route 10, 30, and 32 will take you right to Spruce Grove. We also recommend checking out Epic Rides or SkyLynx, who may offer options throughout the event.

Parking

Get your legs warmed up early and ride to the start line if possible. There is limited parking available at Spruce Grove Park on a first come first serve basis. Once the lot at Spruce Grove Park is full, we will direct riders to park in Lot 4 and ride to the start line. If this happens, consider it's about a 15 minute bike ride to Spruce Grove from Lot 4. Plan ahead and leave yourself plenty of time to get to Spruce Grove Park, pick up your rider package, and get to the start line.

Bag Check

Packing layers? Or some fresh clothes for the post-ride euphoria of the Beer Garden? We've got you covered! We'll take care of your bags while you're out conquering the trail. Bag check is located in the bike park.





XFONDO

Le Mans Start

Le Mans start - aka a running start - began in motor racing and has since shifted into cycling. Here's how it works: riders start the race a certain distance away from the start line and their bikes. After the countdown and gunshot, racers run to their bikes and cross the official start line. Knees up! We use the Le Mans start to separate riders and ensure you are single-file as the course starts quite steep and narrow.



When you arrive at Spruce Grove, you will find a series of bike racks set up near the start line. You will rack your bike in the location that matches your starting wave group and leave it there for the start. The first group of you will be asked during the pre-ride briefing to walk a certain distance and line up away from the bikes. After the countdown and gun start, you will run to your bike, safely retrieve it from the racks, and run/ride it down the start chute to the beginning of the course. Then you'll be off to brave trails such as the Sea to Sky, Tin Pants, Donkey Puncher, and Molly Hogan

NOTE: Your time only starts when you cross the start line so it doesn't matter if you start in the 1st or the 7 millionth position.

WAVE 1 - You are riding the longer course. You'll be off first at **9am** to conquer 60 kilometers across 4 different terrains.

WAVE 2 - You are riding the shorter course. You'll be off second at **10am** to conquer 43 kilometers across 4 different terrains.



XFONDO

THE COURSE





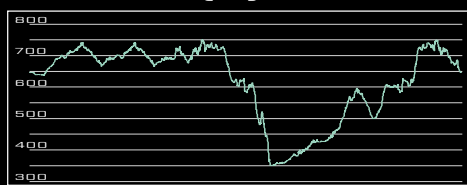
XFONDO

Longer Route Map

LONGER

60 km | 1,310 m

ELEVATION [m]



REST STOP FUEL PROVIDED BY

F2C
NUTRITION

HORNBY
ORGANIC

**FORE
CAST**
COFFEE

xfondo.com

MT. CURRIE

SHADOW LAKE

COUGAR MOUNTAIN

GREEN LAKE

SPRUCE GROVE

LOST LAKE

A

A

REST STOP



START/FINISH



Note: You'll be doing 2 loops of Lost Lake. Twice the fun!



XFONDO

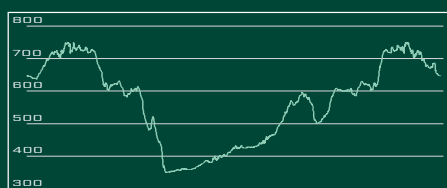
Shorter Route Map

SHORTER

43 km | 997 m

xfondo.com

ELEVATION (m)



SHADOW LAKE

MT. CURRIE

COUGAR MOUNTAIN

REST STOP FUEL PROVIDED BY

F2C
NUTRITION

HORNBY
ORGANIC

**FORE
CAST**
COFFEE



GREEN LAKE



SPRUCE GROVE



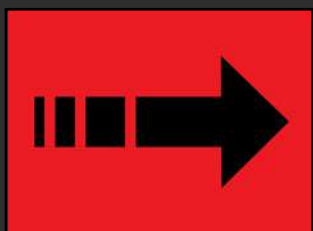
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REST STOP



START/FINISH

Course Signs



The red XFONDO arrows will be your tour guide through the winding trails and rocky descents.



These will keep you from getting into too much trouble throughout the ride.



Self explanatory?
Have fun!

Elevation Maps

Longer Course



Shorter Course



XFONDO

Ride Everything

Road

At XFONDO, we pay homage to the OG. Where we all began. On the road, you'll find dusty shoulders, disappearing verges, cars, and speed. The road portion of the ride will be on the shoulder of Highway 99 and it will be "Rules of the Road", so stick to the right and ride single-file.

Gravel

Small rocks, loose rocks, dust, bumps, sliding, tight butts. Do we have your attention yet? With this dusty thrill, you'll get to discover some of the best stony roads and secret spots in your backyard that you've never even heard of. Think logging roads but smaller; you can expect boulders, rocks and sand all combined into a single terrain. These sections will be wider so a great spot to pass a fellow rider. Good tires will be helpful here, get rid of those 23mm clinchers!

Trail

In our unbiased opinion, the best parts of the course are on trails alongside cliffs or rivers. You'll want to hone your handling skills in, re-tape your handlebars, and be attentive to all the hazards as you'll find yourself amongst compact soil, loam, banked corners, trees within grasp. Good tip for these sections; make sure your tires aren't overinflated. Lower pressure means more grip, so let some air out of those tubes and feel the difference. These sections will be narrow, so give the person ahead of you lots of space and don't slam on the brakes!

Dirt

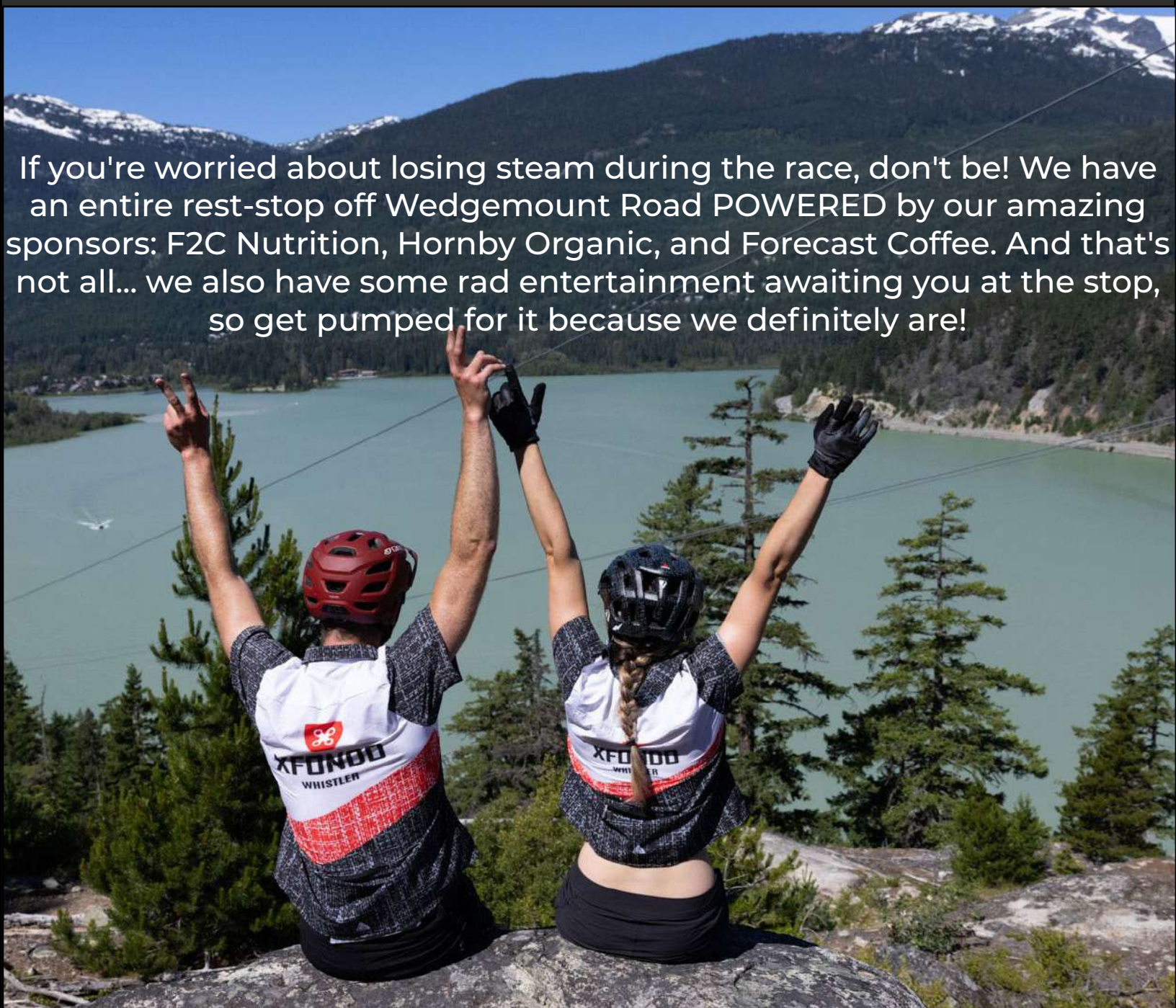
You've ridden over tree roots, you love opaque puddles, please put your hands together for... dirt! When it comes to the backcountry, the only way out of the mud is through it. Keep in mind this is Whistler in June; you can expect some wet mud and puddles galore. You may end up shin deep so don't wear your fancy shoes and bring fenders if you have them, your fellow riders will thank you!



The Rest Stop



If you're worried about losing steam during the race, don't be! We have an entire rest-stop off Wedgemount Road POWERED by our amazing sponsors: F2C Nutrition, Hornby Organic, and Forecast Coffee. And that's not all... we also have some rad entertainment awaiting you at the stop, so get pumped for it because we definitely are!



Course Notes

- No passing Ride Marshals until safely into Lost Lake and they let you through.
 - They will be wearing yellow vests - **hard to miss!**
- Single file ONLY on the highway - stay on the shoulder at all times.
- The highway is active and trails may also have some traffic.
 - Always be aware of other cyclists, hikers, dogs, and wildlife on course. Be safe and vocal.
- Always ride on the RIGHT of the trail, always pass on the LEFT.
 - Make sure to communicate when you want to pass someone.
- Carry a fully charged cell-phone.
- Save this EMERGENCY phone number **236-979-6650** for medical calls or significant mechanical issues (not for flat tires).
- Ride prepared (fluids, food, cell-phone, tire repair kit, etc.)
- Be patient on the single track, let faster riders pass.
- Obey course cut off times.
- Marshals and Volunteers will tell you where to go. Listen to their direction.
- Give each other space, particularly on climbs and descents.
- If you see a caution sign, don't be a hero. There's a technical section ahead.
- Encourage and assist your fellow riders, we are all here to have an amazing time!





XFONDO

APRÈS RIDE





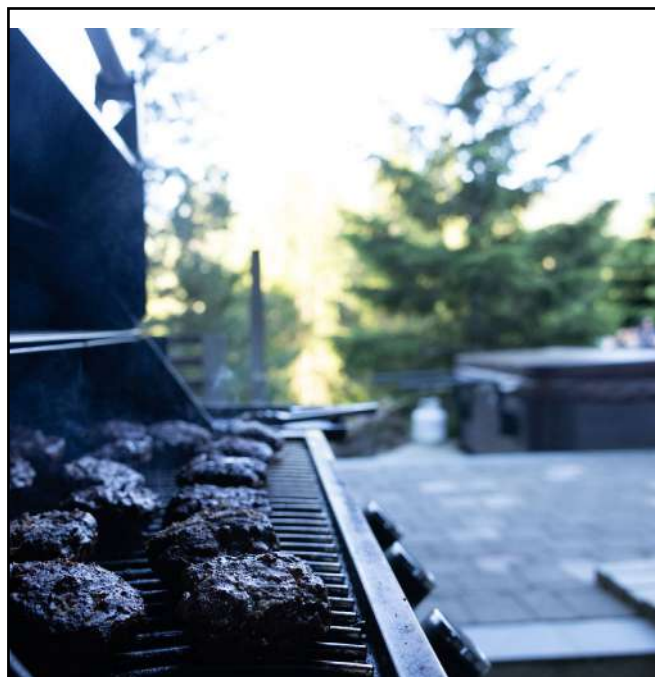
XFONDO



Red Truck Beer Garden

Cycling's Après Ski

While you are away working up an appetite across 4 different terrains, our buddies at Red Truck Beer and Whistler Cooks will be lighting up the BBQ and putting some drinks on ice for your return. There will be non-alcoholic options including WizeTea.



Great news: your registration includes a meal and a beer! We will have extra food tickets for purchase for \$20 at the Clarification Station for your guests.

Need a ride home?

Whistler Taxis 604-932-3333 and Whistle! will get you back safe.



XFONDO

Jessica's Cookies

A freshly baked cookie awaits you on the other side of the finish line!



"Hi, my name is Jessica Shortis. I live here in Whistler BC. I am 13 years old and I am a grade 8 student at Whistler Secondary School. I love to bake, cook, paint, ski and play with my dog. Something I love about Whistler are the black bear families and how they change and grow every year. The cookies I am making will be Anzac and sea salt chocolate chip cookies."

Event Village Partners

Pop by the Event Village in Spruce Grove to visit some of our partners! You'll see...

- 7 Mesh & Arbutus Routes
- Forecast Coffee & Wilder Cookies
- Dilawri
- F2C
- WizeTea
- Vancouver College of Massage Therapy



XFONDO

FAQs

Who can ride?

Roadies, gravel lovers, people who name trees amongst their friends and anyone who likes to get their heart rate up while on two wheels. XFONDO will challenge you. If you're comfortable with steep climbs and winding and rocky descents, XFONDO is the perfect fit!

What bike do I need?

You'll want a bike with lots of offroad capability, disc brakes, gears for ascending, and grippy tires, so your best bet is a gravel bike. That being said, some cross bikes or hard-tails will work too. The key is to bring a bike that can handle a tire size of at least 35mm & 35-50mm; we strongly recommend a tire set up in the range of 36-50mm with disc brakes. Although we ride on road some of the time, your shiny aero bike weighing 400 grams is not the equipment you want to bring. Think about tire pressure as well; it actually helps to reduce the amount of air to get more traction. Also, flared bars and tan walls are essential for that added style! Still wanting more info? Check out our full explainer [here](#)

What type of kit should I wear?

Ideally, your best pair of riding shorts and a jersey with a jacket would be a great place to start. We suggest checking out one of our partners at [7mesh](#); they have some kit guides and gravel collections laid out on their website that would help build your cycling wardrobe.

What type of weather should I plan for?

It's Whistler in June, so who knows. Plan for the worst, hope for the best! Temperatures can range from 7°C to 20°C and it rains half of the month. Warm clothing, some gloves and a shell are recommended, you can always leave them at the bag check if needed.



XFONDO

FAQs

Will there be food and/or water provided?

Be sure to bring a full water bottle (or two) and some snacks with you to the start line. There will be water and food at the rest stop to restock as needed. The rest stop is located around the middle of the course and you will pass by it twice; once as you ride up, and again as you loop back past the same spot. After the ride, you will get to bask in the glory of your athletic achievement, and enjoy a barbecue and a variety of beverages from our partners Red Truck Beer Company. Your food and first drink are on us! If you want to bring some fans along, they can purchase food tickets at the Clarification Station and drink directly from the Red Truck Team.

Is there on-course support?

Mechanical support - If anything happens to your bike on-course, Arbutus Routes will be around at the start and on-course to help with mechanical issues. Bring a credit card just in case you need to pay for parts. The Event Marshals will also be ready to help with minor mechanical problems that might come up, so don't be afraid to ask.

Medical support - First aid will be available at all times. There will be medical tents at the start/finish near the bike park, at the rest-stop, and we will have staff roaming on-course. If you need any support, please call **236-979-6650** to reach our team. We will also have event vehicles in case you need a ride back to the venue.

Where can I go to learn more?

If this rider guide and our [website](#) still leave you with questions, feel free to reach out to us at info@xfondo.com and we would be happy to help!



XFONDO

Rider Etiquette

- **Rules of the Road** - There are no road closures for this event so follow the usual rules of the road. Be careful of cars, pedestrians and other outdoor enthusiasts, and act like you would on any other ride.
- **Leave No Trace** - There will be garbages available throughout the event, so please use them so that we can dispose of waste appropriately. Anyone caught littering will immediately be kicked out of the XFONDO.
- **Respect** - We are here to have fun so be respectful of staff, volunteers, pedestrians, vehicles and most importantly, other riders. This isn't a licensed race with a prize purse, so act accordingly.
- **Passing** - This course has a lot of single track, narrow sections, and hidden corners. Do NOT attempt to pass anyone unless you are certain it's safe, and if so, make sure the others are aware of your intentions.
- **Don't be "That Person"** - All other cycling etiquette rules apply:
 - **Communicate** - Visibility can be limited when riding in a group. It is important to warn others about upcoming hazards and to remain alert at all times.
 - **Hold your line** - This means swerving as little as possible. Be consistent and predictable in your movements. If you need to move left or right, do so gradually after checking the area for other riders. Point out your move to fellow riders to indicate your intentions.
 - **Don't overlap wheels** - Overlapping is putting your front wheel next to someone's rear wheel. If they move, they'll bump your front wheel and may cause you to crash.
 - **If you get tired, move to the rear** - Fatigue causes dangerous riding, so it is safer to go to the back of the group rather than be in the middle. Plus, the trees smell great, so why not pause a second to smell them while others zip by?
 - **Focus on the riders ahead of you** - Don't look at the wheel in front of you. Look around or beyond the riders ahead of you so you can see what's going on and be prepared for any changes.



XFONDO



Psst!

Keep an eye out for the coloured cutouts of three XFONDO bears scattered throughout the course. Remember their locations, as there will be an optional quiz after the ride based on their positions and order. Successfully complete the quiz for a chance to win an XFONDO-themed prize pack.

Good luck!



Outbound Station Promo



Present this promo at checkout to receive your 15% discount at Outbound Station located at 27400 Sea-to-Sky Hwy.



XFONDO

F2CTM
NUTRITION

ATHLETE FOCUSED, SCIENCE DRIVEN



F2C Nutrition has all of your macros covered before and after the race so you can crush the gravel, dirt, road, and trail. Your source for on-bike hydration and recovery at the start line, rest stop, and online.

F2CTM
NUTRITION



WIN WING

ASS SAVERS®

We want to save your a this year so every participant will receive a FREE Win Wing Mudguard from Ass Savers.**

Tangent Hype is Real!

Ultralight gravel mudguard for unparalleled performance. Protection where it really counts. Less weight. Less wet. More winning.

1) Mount Holder

- Place **CLOSE** to tire
- Pull straps **TIGHT**

2) Attach Blade

- Adjust angle
- Fold to shape

Want a custom Ass Savers for your riding group or club?



Scan the QR Code and find out how you can save 15% on your custom order!

Don't forget to visit the Ass Savers Bike Wash Station at the finish line to clean up your steed before bringing it to the bike park!

ASS SAVERS®



XFONDO

Thanks to Our Partners!



Rider Guide Images from the talented Tammy Brimner (@tlbvelophotography) and Graeme Meiklejohn - both Sea to Sky locals!