



GRAN FONDO

NATIONAL SERIES



Solo Fondo Maryland
September 19-20, 2020 | Frederick, MD

EVENT GUIDE

WHAT IS SOLO FONDO MARYLAND?

A Solo Fondo is a Gran Fondo you complete on your own any time within a specific date range and on an official course. For years we've worked with RidewithGPS.com to provide riders with downloadable routes and turn-by-turn directions, and with assistance from Ride with GPS, we can now post the timing results of your ride on any of our Maryland routes on the leaderboard for Overall and Age Group competitions.

Participants must join the event through the Ride with GPS RSVP links sent to them in the confirmation email received after registering.

Awards / Prizes / Raffle

Participants must join the event through the Ride with GPS RSVP links sent to them in the confirmation email received after registering.

Riders must have ride data uploaded to Ride with GPS by midnight on Monday September 21st. Results will be finalized on Tuesday September 22nd and awards, prizes and swag will be sent by October 1, 2020.

Raffle Prizes. All riders who complete a Solo Fondo Maryland route and upload their files - regardless of pace or performance - will be entered into a raffle for prizes that include:

- **Stay for two at the Garda Bike Hotel in Lake Garda, Italy**
 - **Wahoo Kickr Snap Trainer**
 - **ENO Hammock**
 - **Industry Nine Hubset**
 - **CaneCreek eeBrakes**
 - **Shimano S-Phyre Shoes**
 - **Lazer Century Helmet**

PARKING

There are many free parking areas in and around Frederick

Verify that the spot is free before leaving your car.



RIDE NOTES AND NAVIGATION

The route will be marked on road surface with **Orange** chalk/paint.

Split points for various distances will be indicated on pavement, follow the distance indicated to stay on your route distance. All Routes will be marked with the same color chalk/paint.

While we take pride in our course marking; we also provide online maps that can be loaded into your GPS device, you can download the RideWithGPS app, or easily print a detailed cue sheet. A

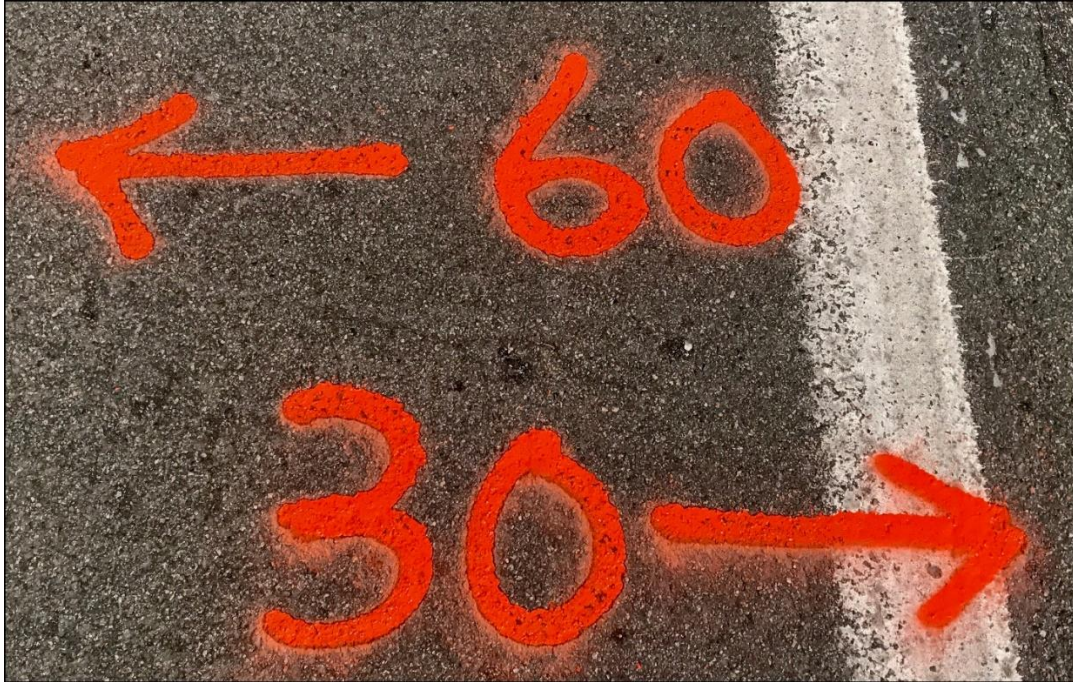
Ride with GPS RSVP links will be riders after they register.

You only need to complete ~90% of the course so you can park wherever you like and merge into the course, there is no need to go to the start or finish of the published route.

Riders do not need to start and finish from any exact location, you can conveniently merge onto the route (no need to go to the start/finish at Baker Park.). We expect riders to be following their chosen route by the time they get to Hamburg Rd and the start of Time Section #1. Riders are expected to ride about 90% of their route and complete all time segments that count in the distance they are riding.

Examples of route marking





Time start and finishes are marked like this (Time 2 Start)



WATER AND FOOD LOCATIONS

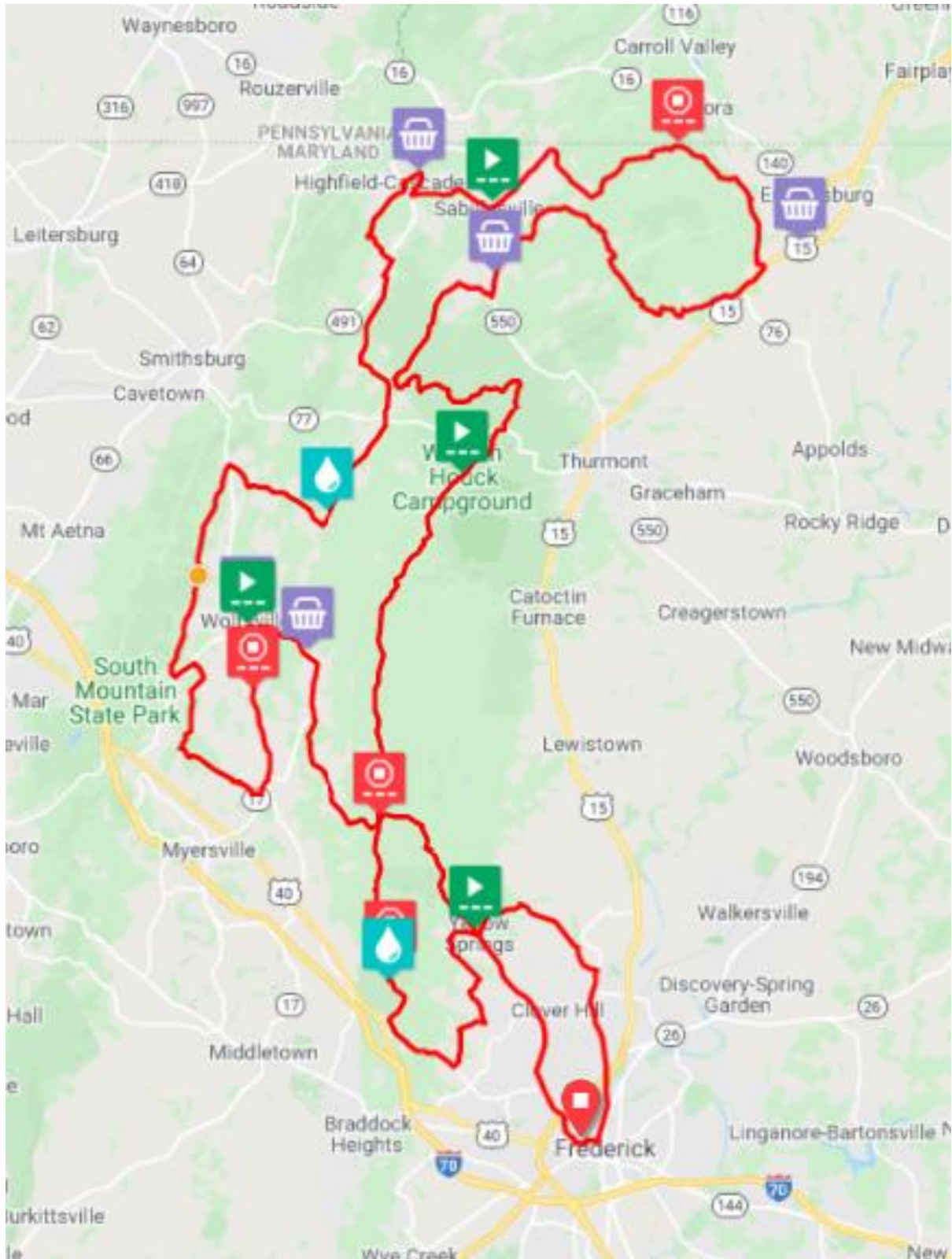
Water and food locations are indicated on the maps as well as in the cue sheet

Start the ride well supplied and stop at convenience stores for extra food and water. **We strongly recommend** you look at the water stop and food stop locations in the online maps. Some are simply water spigots.




































Solo Fondo Routes are different than Gran Fondo Routes

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Gran Route



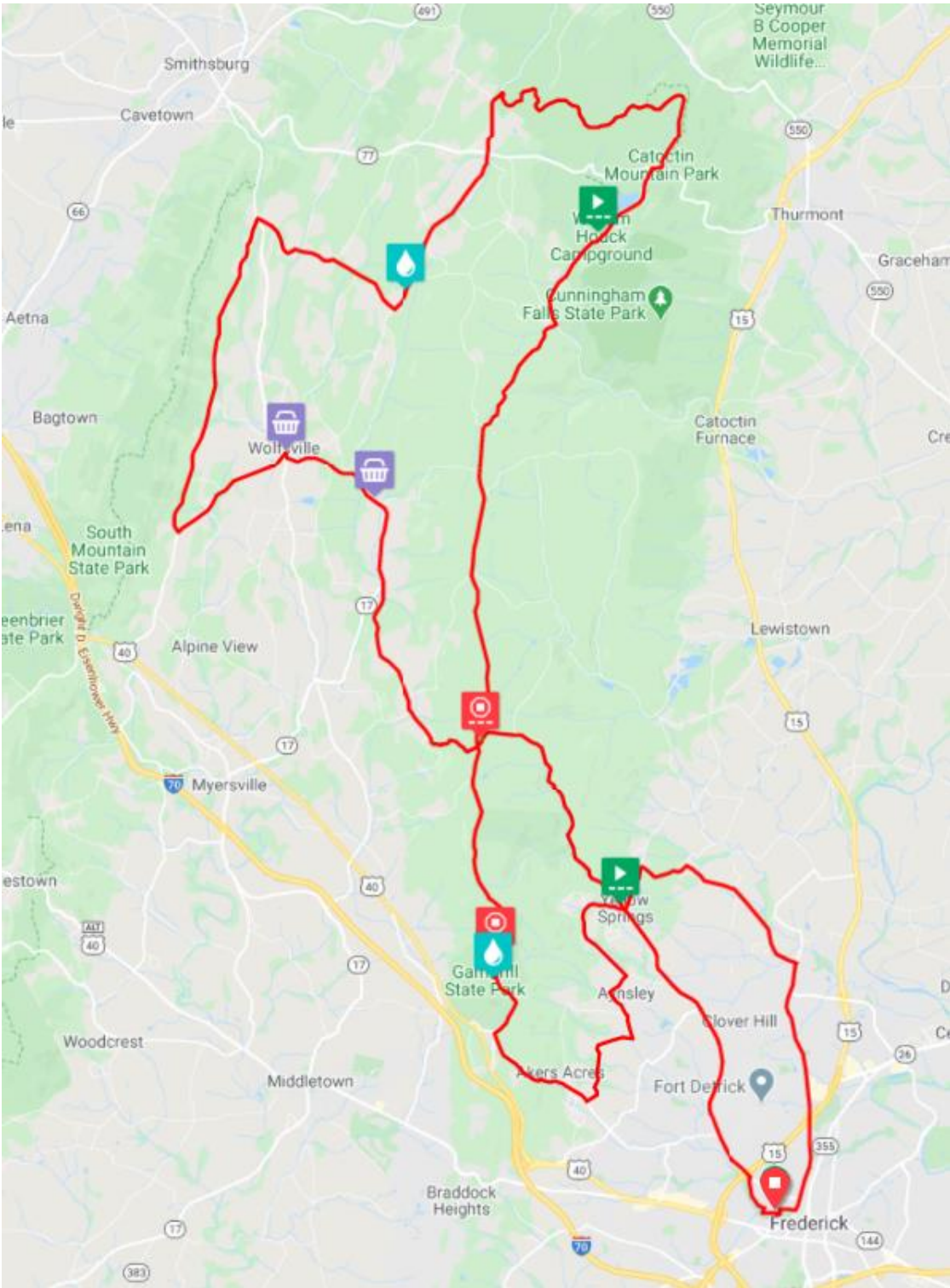
Solo Fondo Maryland Gran Route

1.	0.0		Start of route	0.2
2.	0.2		R onto W College Terrace	0.1
3.	0.3		L onto W 2nd St	0.5
4.	0.8		L onto Rosemont Ave	1.2
5.	2.0		Continue onto Yellow Springs Rd	3.4
6.	5.4		Continue onto Hamburg Rd	0.1
7.	5.5		Start time Section 1 Start time Section 1	3.8
8.	9.2		End Time Section 1	0.1
9.	9.3		Continue onto Highland School Rd	3.3
10.	12.7		R onto MD-17 N	1.4
11.	14.0		Store Food Water Closed on Sunday	1.5
12.	15.5		100 mile 60 mile Split 1	0.0
13.	15.5		Store to R, is 100 meters off 100 mile route. Closed on Sunday	0.0
14.	15.5		L onto Harp Hill Rd	0.0
15.	15.6		Start Time Section 2	1.4
16.	17.0		End Time Section 2	1.9
17.	18.9		Continue straight onto MD-17 S	0.0
18.	18.9		R to stay on MD-17 S	0.4
19.	19.2		R onto E Church Hill Rd	0.6
20.	19.8		L onto Ward Kline Rd	1.5
21.	21.3		R onto Easterday Rd	2.1
22.	23.4		L onto Pleasant Walk Rd	0.0
23.	23.4		100 and 60 mile routes merge	0.5
24.	23.9		R onto Loy Wolfe Rd	4.8
25.	28.7		R onto Garfield Rd	2.6
26.	31.3		L onto Stottlemeyer Rd	0.3
27.	31.5		Water spigot front of Church	2.3
28.	33.8		Continue onto Foxville Deerfield Rd	0.4
29.	34.2		L to stay on Foxville Deerfield Rd	0.5
30.	34.7		100 Mile 60 Mile Split #2	0.0
31.	34.7		Continue onto Foxville Church Rd	0.8
32.	35.5		R onto Quirauk School Rd	1.3
33.	36.8		Continue onto Mt Zion Rd	0.7
34.	37.5		R onto MD-491	0.4
35.	37.9		L onto Wise Rd	0.8



































36.	38.7	→	R onto Ritchie Rd	1.3
37.	40.0	←	L onto MD-491/MacAfee Hill Rd	0.1
38.	40.1	→	R onto MD-550/Military Rd	0.3
39.	40.5	ψ↓	Store Food Water	0.1
40.	40.5	→	Sharp R onto Royer Rd	0.5
41.	41.1	←	L onto Fort Ritchie Rd	1.5
42.	42.6	↑	Continue onto MD-550	0.2
43.	42.8	;	Option to short cut and skip 20 miles To short cut and skip time section 3 Continue straight	0.1
44.	42.9	←	L onto Harbaugh Valley Rd	0.1
45.	43.0	▣	Start Time Section #3	1.8
46.	44.7	→	R onto Sunshine Trail	0.8
47.	45.6	←	L onto Friends Creek Rd	2.3
48.	47.9	→	Slight R onto Hornets Nest Rd	0.7
49.	48.5	▣	End Time Section 3	1.5
50.	50.0	↑	Continue onto Riffle Rd	0.5
51.	50.5	←	Slight L onto Hampton Valley Rd	0.1
52.	50.6	→	R onto Annandale Rd	1.5
53.	52.1	ψ↓	R and travel 1 mile off route to store for food and water	0.0
54.	52.1	→	R onto John Walsh Way	0.9
55.	53.1	→	Slight R onto Kelbaugh Rd	1.3
56.	54.3	→	R onto Eylers Valley Rd	1.0
57.	55.4	→	R to stay on Eylers Valley Rd	1.4
58.	56.8	←	L to stay on Eylers Valley Rd	1.1
59.	57.9	←	L onto Browns Quarry Rd	2.4
60.	60.3	←	L onto MD-550	0.6
61.	60.8	ψ↓	Fruit stand with Food & Water on L	0.5
62.	61.3	→	R onto Foxville Deerfield Rd	0.0
63.	61.3	→	R to stay on Foxville Deerfield Rd	3.3
64.	64.6	←	L onto Park Central Rd	4.7
65.	69.4	→	R onto MD-77 W	0.2
66.	69.5	←	L onto Catocin Hollow Rd	1.3
67.	70.9	▣	Start Time Section 4	1.5
68.	72.4	→	R onto Mink Farm Rd	3.0
69.	75.4	↑	Continue onto Gambrell Park Rd	6.9
70.	82.3	▣	End Time Section 4	0.3

71.	82.6	💧	Water spigot straight ahead just past park office	0.0
72.	82.6	←	L to stay on Gambrell Park Rd	1.1
73.	83.7	←	L onto Shookstown Rd	1.8
74.	85.5	←	L onto Old Receiver Rd	1.4
75.	86.9	←	L onto Rocky Springs Rd	1.1
76.	88.0	←	L onto Indian Springs Rd	1.8
77.	89.8	↑	Continue onto Bethel Rd	0.7
78.	90.5	→	R onto Ford Rd	0.8
79.	91.2	→	R to stay on Ford Rd	0.8
80.	92.0	→	R onto Opossumtown Pike	1.5
81.	93.5	→	R to stay on Opossumtown Pike	2.2
82.	95.7	↑	Continue onto Motter Ave	1.0
83.	96.7	↑	Continue onto N Bentz St	0.4
84.	97.1	→	R onto W 2nd St	0.2
85.	97.4	←	L at the 1st cross street onto College Ave	0.1
86.	97.4	→	R onto Fleming Ave	0.0
87.	97.5	📍	End of route	0.0

Medio Route

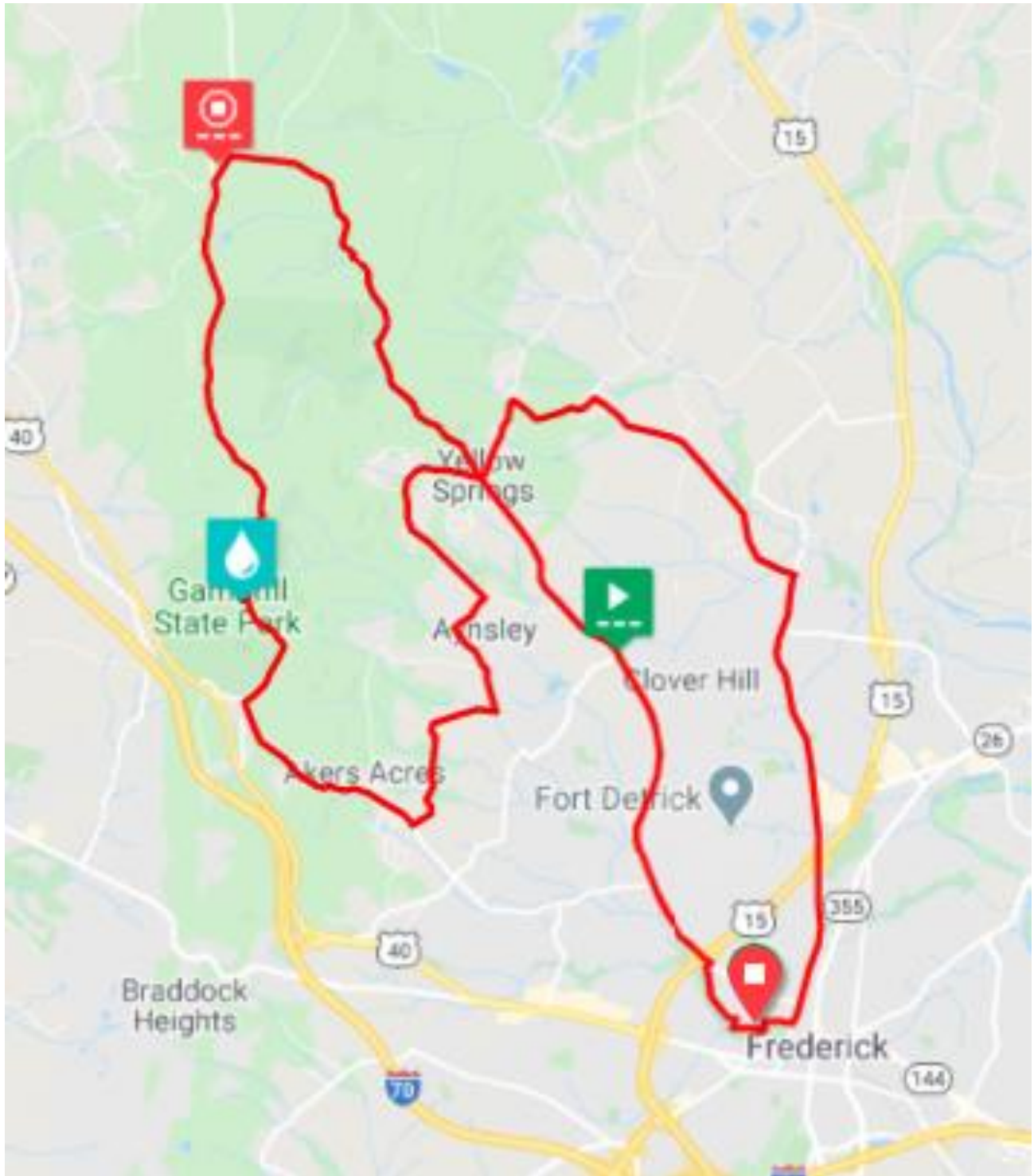


Solo Fondo Maryland Medio

1.	0.0		Start of route	0.2
2.	0.2		R onto W College Terrace	0.1
3.	0.3		L onto W 2nd St	0.5
4.	0.8		L onto Rosemont Ave	1.2
5.	2.0		Continue onto Yellow Springs Rd	3.4
6.	5.4		Continue onto Hamburg Rd	0.1
7.	5.5		Start Time Section 1 Start Time Section 1	3.8
8.	9.2		End Time Section	0.1
9.	9.3		Continue onto Highland School Rd	3.3
10.	12.7		R onto MD-17 N	1.4
11.	14.0		Store Food Water Closed Sunday	1.5
12.	15.5		100 mile / 60 mile Split	0.1
13.	15.6		Store Food Water Closed Sunday	0.0
14.	15.6		L onto Pleasant Walk Rd	1.5
15.	17.1		100 mile / 60 mile Merge	0.5
16.	17.6		R onto Loy Wolfe Rd	4.8
17.	22.4		R onto Garfield Rd	2.6
18.	24.9		L onto Stottlemeyer Rd	0.3
19.	25.2		Water Spigot on front of church	2.3
20.	27.5		Continue onto Foxville Deerfield Rd	0.4
21.	27.9		L to stay on Foxville Deerfield Rd	0.5
22.	28.4		100 mile / 60 mile Split	0.0
23.	28.4		Slight R to stay on Foxville Deerfield Rd	0.2
24.	28.6		R onto Park Central Rd	0.0
25.	28.6		100 mile / 60 mile Merge	4.7
26.	33.3		R onto MD-77 W	0.2
27.	33.5		L onto Catoctin Hollow Rd	1.3
28.	34.8		Start Time Section Start Time Section	1.5
29.	36.3		R onto Mink Farm Rd	3.0
30.	39.3		Continue onto Gambrell Park Rd	6.9
31.	46.2		End Time Section	0.3
32.	46.5		Water - continue straight 100 meters for Water just past park office	0.0
33.	46.5		L to stay on Gambrell Park Rd	1.1
34.	47.6		L onto Shookstown Rd	1.8

35.	49.4	←	L onto Old Receiver Rd	1.4
36.	50.8	←	L onto Rocky Springs Rd	1.1
37.	51.9	←	L onto Indian Springs Rd	1.8
38.	53.8	↑	Continue onto Bethel Rd	0.7
39.	54.4	→	R onto Ford Rd	0.8
40.	55.2	→	R to stay on Ford Rd	0.8
41.	56.0	→	R onto Opossumtown Pike	1.4
42.	57.4	→	R onto Willowbrook Rd	0.0
43.	57.4	↑	Continue onto Opossumtown Pike	2.2
44.	59.7	↑	Continue onto Motter Ave	1.0
45.	60.6	↑	Continue onto N Bentz St	0.4
46.	61.1	→	R onto W 2nd St	0.2
47.	61.3	←	L at the 1st cross street onto College Ave	0.1
48.	61.4	→	R onto Fleming Ave	0.0
49.	61.4	📍	End of route	0.0

Piccolo Route



Solo Fondo Maryland Piccolo route

1.	0.0	📍	Start of route	0.2
2.	0.2	➡	R onto W College Terrace	0.1
3.	0.3	⬅	L onto W 2nd St	0.5
4.	0.8	⬅	L onto Rosemont Ave	1.2
5.	2.0	⬆	Continue onto Yellow Springs Rd	3.4
6.	5.4	⬆	Continue onto Hamburg Rd	0.1
7.	5.4	⬆	Start Time Section	3.8
8.	9.2	⬅	End Time Section	0.1
9.	9.3	⬅	L onto Gambrill Park Rd	3.6
10.	12.9	💧	Water - continue through stop sign just past park office	0.0
11.	12.9	⬅	L to stay on Gambrill Park Rd	1.1
12.	14.0	⬅	L onto Shookstown Rd	1.8
13.	15.8	⬅	L onto Old Receiver Rd	1.4
14.	17.2	⬅	L onto Rocky Springs Rd	1.1
15.	18.3	⬅	L onto Indian Springs Rd	1.8
16.	20.1	⬆	Continue onto Bethel Rd	0.7
17.	20.8	➡	R onto Ford Rd	0.8
18.	21.5	➡	R to stay on Ford Rd	0.8
19.	22.3	➡	R onto Opossumtown Pike	1.4
20.	23.8	➡	R onto Willowbrook Rd	0.0
21.	23.8	⬆	Continue onto Opossumtown Pike	2.2
22.	26.0	⬆	Continue onto Motter Ave	1.0
23.	27.0	⬆	Continue onto N Bentz St	0.4
24.	27.4	➡	R onto W 2nd St	0.2
25.	27.7	⬅	L at the 1st cross street onto College Ave	0.1
26.	27.7	➡	R onto Fleming Ave	0.0
27.	27.8	📍	End of route	0.0

SERIES SUPPORTERS

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GRAN FONDO NATIONAL SERIES



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