

Need Help on Course?

Call event dispatch: **778-808-7922**
For mechanical support, first aid, or a ride to the finish.

Wristband



Must wear all day!
To identify you in an emergency, allow entry to aid stations and match you with your bike at bike parking.

Bike Plate



Hang freely with 2 zap straps
Do not bend, do not attach too tightly and do not let the timing chip touch metal otherwise your timing won't read correctly.

Parking

GranFondo Riders: Fort Langley Historic Site

MedioFondo Riders: Fort Langley Elementary

PrestoFondo Riders: Langley Fine Arts School



For a larger map, visit www.valleygranfondo.com

Start Line

Seed yourself according to predicted finish time:

UCI: Cat, 1, 2 or 3 GranFondo riders only.
Must have official VGF sticker on bike plate.
6:50am start

- 7:00am mass start
- 1: GranFondo under 4hr / Medio under 3hr
 - 2: GranFondo 4-5hr / Medio 3-3.5hr
 - 3: GranFondo 5-6hr / Medio 3.5-4hr
 - 4: GranFondo 6-7hr / Medio 4-4.5hr
 - 5: GranFondo 7hr+ / Medio 4.5hr+ / all PrestoFondo riders

QUEEN STREET

UCI

START

1

2

3

4

MAVIS AVE

5

ROYAL STREET

Event ID

Your event ID consists of: wristband to be worn at all times, rider bib visible on your back, and bike plate attached to your front handle bars.

Getting to the Start

We strongly advise you get dropped off or park away from the start area and ride in. If you need to park close to the start, we do have limited parking available at the Fort Langley National Historic Site (new location this year). Follow the map and directions from volunteers, and park by 6:30am at the latest.

Start Location and Time

The start line is on Mavis Street in front of the Fort Langley National Historic Site. Riders in the GranFondo category with a current racing license in Cat 1, 2 or 3 can start in a separate corral at 6:50am. All remaining riders will start en-mass at 7:00am sharp.

Self-Seeding for Corrals

Riders are asked to seed themselves according to their estimated average speed during the ride and predicted finishing time. This ensures riders of similar ability and pace start together regardless of the distance they are riding. Please be realistic and seed yourself accurately.

Traffic Management

Please be aware this event is on a shared roadway course. Event cyclists will have the right of way at intersections controlled by traffic control personnel. At all other times, cyclists must obey the rules of the road. Use caution at all times and be prepared for the possibility of vehicles, pedestrians, non-registered cyclists, and even animals on course.

On-Course Support

There are 5 aid stations on the GranFondo course, 3 on the MedioFondo course, and 1 on the PrestoFondo course. See our website for locations. At each station there will be water, electrolytes, bars, fruit and washroom facilities.

Post-Ride Festivities

After you finish, enjoy a post-ride meal from one of the food trucks, and a drink from one of our sponsors. You will need your meal and drink tags on your wristband.

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