

2nd Annual WinterShines Fatbike SnowFondo – Participant Guide

An Event of the Saskatoon WinterShines Festival

Date: January 25th, 2015 @ 12pm at the Farmers Market Wintershines Area

Distance: 18km, 25km, 35km, 55km – variations available for those wanting to include a few technical singletrack sections along the route.

Cost: No Charge, Self-Supported Ride

Organization: FatLanders FatTire Brigade

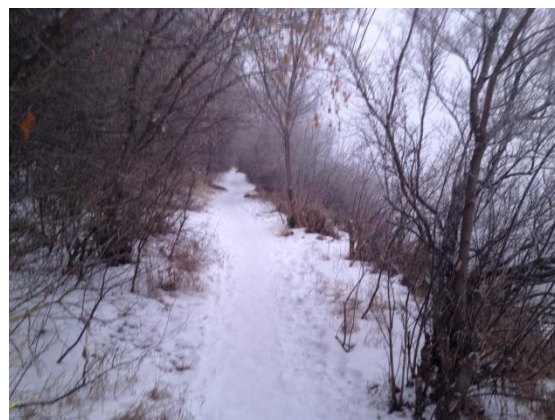
Event Coordinator: Paul Buffel

Email Information:

18km Course: Will leave the Farmers Market area at 12pm and option to include a few of the SnowCross obstacles for those who wish to get rolling on some rollers and berms. Riders will then proceed South along the Meewasin trail toward Holiday Park. At Holiday Park it will cross Spadina and make a small circuit of the Hobbit Trails. These are non-technical single track trails and are typically well packed so should be accessible to any level of rider ability. After exiting Holiday Park, riders will continue South along the scenic riverbank on Spadina Crescent crossing under the Circle Drive Bridge and then turn right along the old landfill access road to connect up with Valley road. After a short <1km section of pavement you will veer right taking the Cedar Villa Estates access route. After a short gravel section riders will find an beautiful wooded area (old tree farm) that will be a combination of non-technical groomed walking and snowshoe trails. There will be a turnaround here for the 18km group and retrace the path to Circle drive and cross under the pedway and then proceed North along the TransCanada Trail through Gabe Dumont park and then make your way to Idylwyld Bridge and back to the Farmers Market.



Photo credit Jeff Hehn



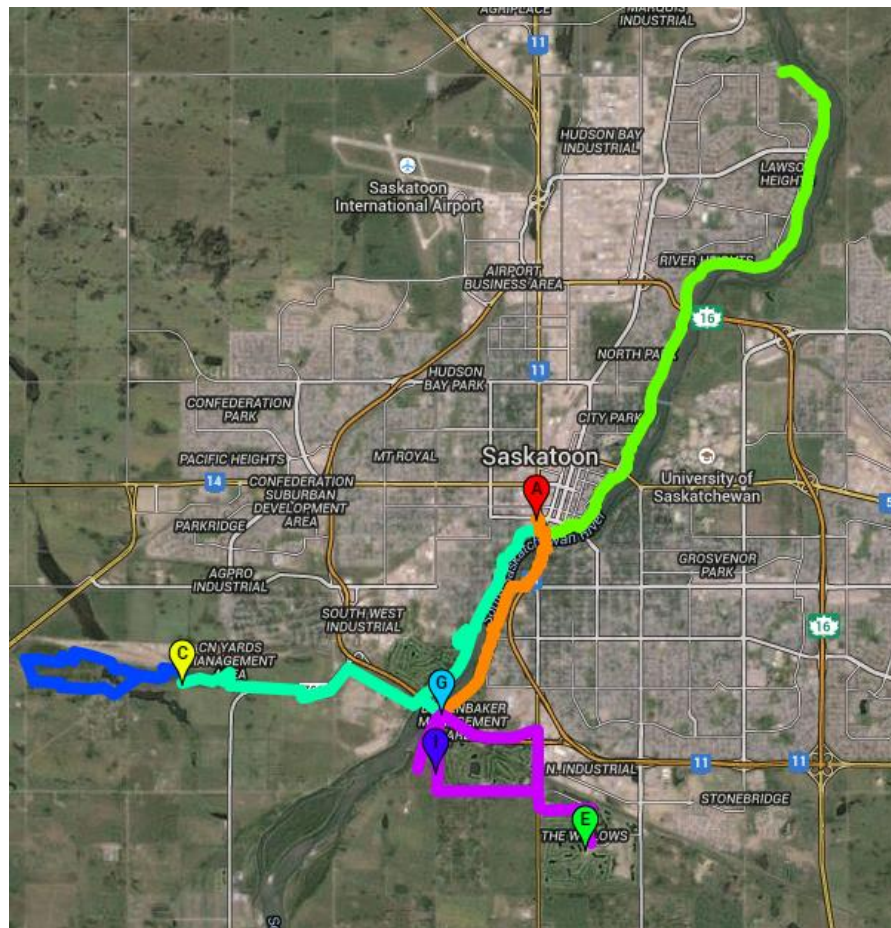
25km Course: Is the same as the 18km turnaround with a 6km extension further out into the cedar villa estates green belt. Unlikely many of even the local riders have traversed these trails so it should be a new adventure for all and why we chose to take the course to this area of the city. Riders will then loop back to where the 18km turnaround point was and then follow the 18km course back to Farmers market.

35km Course: Will make a right turn off the 25km course after Circle Drive Pedway and head south along the newest section of Meewasin/TransCanada Trail – option for riders wanting more technical riding can drop down and pickup G1 and then turnaround and return to rejoin North end of Strathcona Avenue [unable to obtain gate access to get out at south end]. Riders will then head East along Cartwright St to Chief Whitecap Trail (219). Route will either continue along Cartwright St or pickup golf course access road/trail to the Willows Golf Course. Once at the Willows riders will have an opportunity to warmup or take a short snack break. Due to the recent weather we will

be unable to ride on the willows multipurpose trail as originally planned so will retrace path returning to 219/Cartwright Road and backtracking to Circle Drive South. Riders will continue along the TransCanada trail through Diefenbaker and Gabe Dumont Parks. Again technical riders have some options for very knarly singletrack sections that parallel the TransCanada Trail. Riders will exit out of Gabel Dumont park and cross over to Poplar Crescent to Idywyld Crescent and wind their way to Idywyld Bridge where they will cross over and return to the Farmers Market.

55km Course: After a short warmup/snack break at the Farmers Market riders will set out along the Meewasin Trail North and pickup the well travelled single track trails along the Westbank 10km out to Silverwood. These are mostly non-technical single track trails that wind along the riverbank that parallels the paved Meewasin Trail – riders may choose either path. The riders will turnaround at the Silverwood Meeaswin Node and return either on single track or paved Meewasin trail to complete the 50km SnowFondo.

Proposed Route for FatLanders Wintershines Snow Fondo



https://www.google.com/maps/d/edit?mid=zXEapAhBrhyg.kNGQKgCH4q_8

Note: This is an proposed route based on the most recent weather events and access issues.. The actual route may change depending on snow/access/temperature conditions leading up to the event. There are many options along the way to choose a single track technical trail for those wanting an additional challenge. You should not attempt these sections if you are not accustomed to technical trail riding.

IMPORTANT PARTICIPANT INFORMATION

- **Total Time Estimates** – Travel time will greatly depend on snow conditions but generally allow an hour to cover a 10-15km distance.
- This event is held in cold climates – please dress appropriately for the time and level of exertion you anticipate for completing the event – see time estimates above – consider bringing some warmer layers along including additional head/face coverings that have a high likelihood of acquiring moisture during the exertion of the event. Also note that dressing too warm is often a more commonly occurring issue than not having enough protection. If you are overdressed and do not manage your heat and moisture you will get insulation layers wet which will lead to a dramatic loss of insulation ability and increase evaporative heat loss – you soon get cold – especially if you have to stop for some reason. Use layering, venting, and exertion management to keep yourself from excessive sweating and getting wet.
- This is self-supported ride with several opportunities to warmup or replenish energy supplies. Please bring your own fuel (water bottles, gels, energy bars, etc) to consume during the event or money to purchase along the way.
- Bring along a cell phone and have a buddy on call that can pickup up if you find you are unable to complete the course (exertion, mechanical). The course is very accessible along the route and you can easily exit at almost any point if you should choose (Willows GC loop and wooded area of Cedar villa would be the most remote access points (<1-2km from roadway).
- If temperature is below -20C with wind chills below -30C the event routes maybe shortened or altered or even cancelled. Excessive snowfall or warm weather may also lead to cancellation of portions of the event.

Consider the following gear than maybe come in useful during the ride

- **Bar mitts / Cycling pogies** – covers that go over the handlebars and provide an additional layer of protection to the wind and cold.
- **Winter Helmet/Goggles/eyewear:** keeping your head/face warm and dry is the biggest challenge of winter endurance riding. Helmets with ear muffs/insulation and varying ventilation great assist your ability to keep your head warm and dry
- **Additional pair:** dry mitts, gloves, headgear, socks. Some folks use vapor barriers liner (VBLs) socks for longer distance events to keep outer layers dry – others argue against it...
<http://andrewskurka.com/2011/vapor-barrier-liners-theory-application/>
- **Lightweight jacket:** can put this on if you have to stop unexpected for a longer period of time (insurance layer)
- **Toe and Hand warmers:** pouches that can be popped into gloves or boots if you find fingers and toes are not warm enough
- **Thermos or insulated bottle:** find one that fits in your water bottle cage and fill with a nice warm hydrating energy packing beverage
- **Food:** Energy bars, gels, etc (note: these get quite stiff and hard to eat as they get cold)
- **Cash:** bring a small amount of cash or card along in case you want/need something along the way
- **Electronics:** you are encouraged to bring a cell phone and or GPS. If you are doing the 50km distance you should attach an appropriate light for night riding as it could be dusk/dark by the time you finish. A red taillight is always a good idea and we will be on roadways with vehicle traffic for several short segments of the ride