



2023 BDF Grand Fondue Event Notes

*Presented by Dirty Kitten Productions; Sponsored by Bike Doctor Frederick
Hosted by Orchid Cellar Meadery & Winery; Benefiting Heartly House*

Join us at [Orchid Cellar Meadery & Winery](#) on Saturday, October 28th for a casual and fun, yet challenging, ride on a variety of terrain (road/gravel/dirt). The routes begin in Middletown, MD and tour through various parts of Frederick County. Be prepared to ride a mixture of terrain both on and off-road (pavement, gravel, and possibly some trail)!

Event entry includes: Prepared routes (along with GPS files and cue sheets), stocked aid stations (Half & Grand routes only), custom glasses with ONE free drink per participant served at Orchid Cellar Meadery following the ride (for participants 21+ only), ride snacks, live music, and various prizes/giveaways!

Location: [Orchid Cellar Meadery & Winery](#) - 8546 Pete Wiles Rd, Middletown, MD 21769

Registration Fees (prices increase 8/1, 9/1, and 10/1):

- Grand Fondue - \$28.69, \$40, \$50, \$60
- Half Fondue - \$28.69, \$35, \$40, \$50
- Mini Fondue - \$28.69, \$30, \$35, \$40

NO refunds, transfers, or deferments. All no-show registration will be donated to Heartly House. Day-of registration will be available only if the event isn't sold out ahead of time (an additional \$5 will be added for all on-site registration).

Parking: Orchid Cellar Meadery & Winery (follow signs & volunteers upon arrival)

Registration: Check-in will open at 7:00am. Please DO NOT arrive earlier than 7am as staff & volunteers may not be available. Start times are fluid (see below).

Start Times: 8:00-9:00am (Grand); 9:00-10:00am (Half); 10:00-11:00am (Mini)

**Grand Fondue (100 mile) participants may start as early as 7:30am after sunrise. Sunset is about 6:30pm so plan to be back before dark. We may direct riders back along a shorter route if timing becomes a safety concern. If you think you will be pushing sunset, bring lights!*

Distance & Elevation: Grand - approx 100 miles & 10,000 ft elevation; Half - approx 50 miles & 5,500 ft elevation; Mini - approx 25 miles & 2,000 ft elevation

Difficulty: Grand (extremely challenging), Half (challenging), Mini (moderate)

Terrain (mixed-surface): pavement, gravel, and some dirt with possible trail options

**Road bikes with narrow tires are NOT recommended*

Routes: GPS files & additional route information will be provided closer to the event date

**Participants will be riding on open, public roads and must adhere to all Maryland Traffic Laws. Routes will be “lightly” marked which means there will NOT be signs at every intersection. Be sure to download the GPS route files and bring a cue sheet so you are prepared. Some areas in the Watershed are more remote and GPS isn't always accurate. We plan to have those areas marked.*

Aid Station: Grand (100 mile) & Half (50 mile) routes ONLY. Other gas stations & stores may be accessible along the route.

1. [Basecamp Frederick](#) - 9033 Hamburg Rd
 - o Grand Fondue ONLY: 50 miles

There will be a “mini” rest stop available with water and some snacks at this location.

2. [ThorpeWood](#) Barn - 13002 Mink Farm Rd, Thurmont, MD
 - o Grand Fondue: 64 miles
 - o Half Fondue: 23 miles

There will be food (grilled cheese sandwiches!), water, and support available.

Support: Pre-ride bike check & support provided by [Bike Doctor Frederick](#)

**Please plan to be mostly self-supported for this ride. There are aid stations, sweepers, and a sag vehicle, but riders won't have full support along the entire route so plan accordingly based on what YOU need for yourself during your ride. Our volunteers are not your own personal bike mechanics or Uber drivers. Everyone is expected to be able to take care of themselves throughout the day. That means pack whatever food, water, and supplies you need for 100, 50, or 25 miles.*

Food: We will have a food truck ([Boxcar Burgers](#)) at Orchid Cellar for the after-party (12-6pm) along with mead, wine, music, and other activities. Feel free to bring your own food and non-alcoholic beverages. **NO OUTSIDE ALCOHOL PERMITTED.**

Drinks: Mead & wine served by [Orchid Cellar](#) (absolutely NO outside alcohol permitted)

Medical: Emergency/EMS personnel will be stationed at the start/finish and ThorpeWood aid station for basic First Aid needs. If a serious emergency arises, call 911. Thank you to [On the Trail First Aid](#) (Wilderness First Aid, Standard First Aid, CPR/AED, Health Care)

Contacts: Alex & Chris Howell - [Dirty Kitten Productions](#) (fondue@dirtykittengravel.com); [Bike Doctor Frederick](#) (bikedrfrederick@gmail.com)



This event benefits [Heartly House](#) in Frederick, MD: A non-profit organization that provides services, free of charge, to survivors of domestic abuse, sexual assault, intimate partner violence, human trafficking, and child abuse. Heartly House also works to develop community awareness programs and prevention education in the area. Proceeds from this event will be donated directly to Heartly House. You may choose to make an additional donation directly through their website.