

Ride Report for the Berkshires Farm-to-Fork Fondo September 30, 2018

This was the second time I have done the Farm-to-Fork Fondo. This year the routes were a bit shorter and the temperature was a lot more comfortable than last year. Last year we were riding in the upper 90s and killer humidity. This year was in the lower 60s and beautiful.

This ride is unique because it features a farm-to-table dinner the night before and all of the rest stops are at different farms and feature snacks that are made with products from that farm. Some of the farms were Hilltop Orchards and Bartlett Orchards in Richmond, Taft Farm in Great Barrington and Highlawn Farm in Lee. The barbeque after the ride was delicious and there was food for any type of dietary restrictions.

You can purchase a first class pass that includes a ticket to the dinner, a cycling kit, a great swag bag full of products from Colavita, water bottle, visor, and various snacks. You can also drop off your bike the night before where the mechanics will tune it up and store it for you to pick up the next morning. The best part of the first-class experience is being able to park in the front row!

I left for the ride on Saturday afternoon and was rather tired from work that week. As I got on the Pike, I realized that I had forgotten to pack my jacket. Since the starting temperatures were supposed to be in the 40s, this was a problem. Then I realized that I had also forgotten to pack my water bottles. ARRGGHH! Fortunately, I was able to purchase a jacket at the Arcadian Shop in Lenox and my swag bag included a water bottle. The jacket is pretty nice and it is bright orange so no one will miss me on the road.

The dinner was fantastic and featured products from the Hancock Shaker Village farm where the ride starts and ends. However, I cannot recommend the wines from Highlawn Farms. They make great milk and ice cream, but they are NOT winemakers.

Sunday morning started out chilly as promised in the 40s but not any wind so it was actually pretty comfortable. The ride starts flat and fast but the climbing fun starts after the first farm stop. The good thing about this ride for me is that I pretty much know all of the roads and know where the climbs are that give me trouble. There are three climbs that always give me trouble: Yale Hill Road in Stockbridge, Mahkeenac/Hawthorne Street in Stockbridge/ Lenox, and Richmond Hill Road in Lenox/Richmond. I always end up stopping and catching my breath on these three hills. This time I did not stop on any of them! I plowed my way up all of the hills, not with the greatest of speed but it was a huge accomplishment just to climb them without stopping. I ended up with 12 PRs over 50 miles and 3000 feet of climbing. My average speed was 14mph but considering all of the climbing, I was pretty happy with that. All in all, it was a great day for me on the bike.

There are several Farm to Fork Fondos during the season. Check them out here:

[Farm to Fork Fondo](#)