

**Welcome to Overnight Location**  
**Emerson Park, Auburn, NY**  
**Arrival Information Hours: 1-5pm**  
**Sunday 7/21/2024**

**Camping Area** - Deauville Island

**Indoor camping** - none

**Weather Emergency Area** - Pavilion

**Restrooms** - Island bath house and Port-a-Johns

**Swimming** - open from 11am to 7pm. Wading is allowed outside of those hours.

**Showers** - shower truck located on Deauville Island

**Concessions** - snack trailer on-site

**Bike Repair** - available at rest stops and at camp

**Yoga** - 4 pm by water; bring yoga mat or towel

**History Speaker**-5:15pm outside of dinner pavilion facing the lake

**Dinner** - Green Pavilion across bridge 5:00-7:00 pm

**Menu:** Mixed green salad w/assorted dressings; Artisan harvest rolls; Sliced top round; Chicken breast w/velouté sauce; Penne pasta; Grilled vegetable medley; Quinoa-stuffed portobello mushroom (v); Freshly baked assorted cookies; Beverages

**Swimming** - open dawn till dusk

**Sip Beverage Truck**-2pm-5pm Hot coffee, cold brew and more

**Ward O'Hara Agricultural & Country Living Museum** - across the street from the Emerson Park main entrance, 10am-4pm

**Seb's Green Shutters** - Ice Cream/food - across the street, 11:30am-8:30pm

**Rider Meeting** - 7pm - camping area - outdoor pavilion

**Music** - 7:15pm- acoustic guitar (Jim Van Arsdale); outdoor pavilion

**Good Morning from Auburn**  
Information Hours: 6-8am  
Monday 7/22/2024

Today you are heading to Hobart & William Smith Colleges in Geneva!!

**Breakfast** - 6-8am, Green Pavilion across bridge

**Menu:** Seasonal fresh fruit salad; Seasonal whole fruit; Assorted muffins; Individual yogurt cups (w/a side of granola); Shredded hash browns; Pancakes; Ham & Swiss quiche; Broccoli & cheddar quiche; Maple sausage; Beyond breakfast sausage (v); Coffee, tea, juices

**Sip Beverage Truck**-5am-8am Hot coffee, cold brew and more

**Water for Water Bottles** - Water Bottle Fill Station by shower truck

**Bicycle Pumps** - at the Information Booth

**On Route Highlights-**

**Rest Stop (8-12:30pm)** - Montezuma Winery

**Lunch** - on your own

**Points of Interest** - Montezuma National Wildlife Refuge, Border City Cone and Grill (ice cream), Finger Lakes Welcome Center (35 Lake Front Drive, Geneva)

**Wineries for Wine Pickup - Montezuma, Trestle Thirty One  
(436 Exchange Street)**

**See you in Geneva!!!**

# Welcome to Start Location Cortland County Fairgrounds

Saturday, 7/20/2024

Registration - 1:00pm-5:00 pm on Turf

Cue Sheets - In Registration area

Camping Area - open grass area around fairgrounds

Showers - Shower Truck & Small Green building near barn

Restrooms - Port-a-johns & McDonald Complex

Dinner - on your own or Gorgers Restaurant (they set up a table onsite) 5pm-7pm.

Beer - 4pm-7pm Cortland Beer will be set up to sell beer from

Bike Repair - on-site in evening

Indoor camping - on the McDonald Complex Turf

Welcome Party- 6-8pm with music JazzHappensBand

Rider Meeting - 5:30pm

# **Good Morning from Cortland County Fairgrounds**

**Registration 6:00am-8:00am**

**Sunday, 7/21/2024**

**Today you are heading to Emerson Park in Auburn!**

**Breakfast** - 6:00am-8:00am McDonald Complex

**Menu** - Scrambled eggs; Sausage; Home fries; Bacon;  
Oatmeal; Assorted baked goods; Fresh fruit; Coffee, tea,  
juice, milk

**Water for Water Bottles** - Water Bottle Fill Station behind  
Fairgrounds shower & restroom Building

**Cue Sheets** - In your packet and at Registration area

**Bicycle Pumps** - at the Information Booth

**No Mass Start** - Begin your tour when you are ready!

**On Route Highlights:**

**Rest Stop (8am-12:30pm)** - Filmore Glen State Park

**Lunch** - On your own

**Points of Interest** - Owasco Bluffs Nature Preserve,  
Ward O'Hara Agricultural Museum

**Wine Pickups:** No wine pickups

**See you in Auburn!!!!**

# Welcome to Overnight Location

## HWS Colleges, Geneva, NY

Arrival Information Hours: 1-5pm (red barn)

Monday 7/22/2024

Dorms - deCordova; air and linen-check in at red barn

Camping Area - Behind Dome, grass area around O'Dells

Weather Emergency Area - Red Barn

Overnight Restrooms - port-a-johns by dome and Red Barn

Showers - shower truck in parking lot by O'Dells/Dome

Concessions - snack trailer on-site by Red Barn

Bike Repair - available at rest stops and at camp, by Red Barn

Laundry Facilities(deCordova) - Complimentary; laundry key will be available on 1st floor

Library Hours - 8:30am-4pm

Swimming - 4-7pm, Bristol Pool on campus

Yoga - 4pm bring yoga mat or towel

Massage- 4-7:30pm-sign up ahead of time at the info tent

Dinner - 5-7pm - Scandling Center Dining Hall

Menu: London broil; Chicken stir fry; White rice; Pasta w/roasted vegetables; Vegetables du jour; Sweet & sour tofu (v); Salad bar w/soup; Desserts; Beverages

Rider Meeting - 7pm at Red Barn

**Good Morning from Geneva**  
Information Hours: 6am-8am  
Tuesday 7/23/2024

**Phil Fountain Century Ride Day!**

**Breakfast** - 6-8am, Scandling Center Dining Hall

**Menu:** Scrambled eggs; French toast; Sausage;  
Home fries; Assorted baked goods; Breads & bagels;  
Fresh fruit; Fruit salad; Yogurt; Cottage cheese;  
Assorted healthy cereals; Beverages

**Water for Water Bottles** - Water Bottle Fill Station near shower truck

**Cue Sheets** - at the Information Booth

**Bicycle Pumps** - at the Information Booth

**On Route Highlights:**

Main Rest Stop (8am-3:00pm) - Abbey Park

Second Rest Stop (9:00am-11:30am) - Sodus Point Beach

Lunch - on your own

Century Ride Rest Stop (11am-1:30pm) - Chimney Bluffs State Park

**Points of Interest** - Sodus Point Lighthouse, Third Creek (Sawmill Cove)

**Wine Pick up** - WeBe Brewing (opening specially for us at 1)

**Welcome Back to Overnight Location**  
**HWS Colleges, Geneva, NY**  
**Arrival Information Hours: 1-5pm (red barn)**  
**Tuesday 7/23/2024**

**Dorms** - deCordova; air and linen

**Camping Area** - Behind Dome, grass area around O'Dells

**Weather Emergency Area** - Red Barn

**Overnight Restrooms** - port-a-johns by dome and Red Barn

**Showers** - shower truck in parking lot of O'Dells/Dome

**Concessions** - snack trailer on-site at Red Barn

**Bike Repair** - available at rest stops and at camp at Red Barn

**Laundry Facilities(deCordova)** - Complimentary; laundry key will be on 1st floor

**Library Hours** - 8:30am-4pm

**Swimming** - 3-7pm, Bristol Pool on campus

**Massage**- 2-7pm, sign up ahead of time at the info tent

**Dinner** - 5-7pm - Scandling Center Dining Hall

**Menu:** Pork Tenderloin w/Orange Marmalade Glaze; Pulled Turkey w/Small Kaiser Rolls; Eggplant Rollitini; Roasted Red Potatoes; Pasta Primavera; Vegetable du Jour; Salad Bar & Soup; Garden Tossed Chicken Taco Salad; Assorted Desserts; Beverages

**Rider Meeting** - 7pm at Red Barn

**Entertainment** - 7:15pm at Red Barn (at conclusion of rider meeting); Paul Strowe



# **Good Morning from Geneva, Again!**

**Information Hours: 6am-8am**

**Wednesday 7/24/2024**

**Breakfast** - 6-8am, Scandling Center Dining Hall

**Menu:** Scrambled Eggs w/ & w/o Cheese; Regular & Blueberry Pancakes; Bacon; Homefries; Assorted Bagels & Breads; Assorted Healthy Cereals; Assorted Baked Goods; Fresh Fruit; Fruit Salad; Yogurts; Cottage Cheese; Beverages

**Water for Water Bottles** - Water Bottle Fill Station near shower truck

**Cue Sheets** - at the Information Booth

**Bicycle Pumps** - at the Information Booth

**On Route Highlights:**

**Rest Stop (8:00am-12:30pm)** - Rushville Hose Company

**Lunch** - on your own

**Points of Interest** - Fresh Produce Peaches Cookies Flowers (farm stand), Vineyard View Winery (off Williams Hill Road), Keuka Amphitheater

**Wine Pick up** - Abandon Brewing

**See you at Keuka College in Penn Yan!!**

# Welcome to Overnight Location - Keuka College

Arrival Information Hours 1:00-5:00 pm

Wednesday 7/24/2024

**Dorms** - Keuka Park Apartments, air & linens; Davis Hall, non-air

**Camping Area** - Ostrander Field

**'No Camping' Area** - Main campus lawn & Weeds Gym

**WIFI** - Guest Account

**Weather Emergency Area** - RAC (gym) and Davis Hall

**Rest rooms** - Port-a-johns

**Showers** - Shower truck located next to gym

**Entertainment** - 7:00 p.m. Yates County Historian

Leonard Kataskas

**Concessions** - snack trailer on-site

**Bike Repair** - available at rest stops and at camp

**Wolf-Den Café** - 8:00am - 2:00pm

**Swimming** - 12:00pm - 5:00pm, waterfront (Point Neamo)

**Laundry Facilities** - Davis Hall, 1<sup>st</sup> floor, 1pm - 9pm, FREE!

**Massage Therapy**- 4:45-7:45pm sign up at info tent

**Yoga** - 4pm

**Dinner** - 4pm-6pm Geiser Dining Hall in Dahlstrom; cash bar available during dinner hours

**Menu:** Vegetable Minestrone; Fresh Salad Bar ; Composed Grain Salads; Smokehouse Chicken, Cheese, & Pepperoni Pizzas; Garlicky Greek Grilled Chicken ; Roasted Potatoes; Roasted Cauliflower Barley Pilaf; Pasta w/Marinara and Alfredo Sauces; Bake Shop Bread; Lemon Meringue Tart; Assorted Ice Cream

**Rider Meeting** - 7pm - Lightner Library

**Good Morning from - Penn Yan**  
**Information Hours 6:00-8:00 am**  
**Thursday 7/25/2023**

**Breakfast** - 6:00 - 8:00am, Geiser Dining Hall in Dahlstrom

**Menu** - Assorted Bagels & Breads; Waffle Station; Assorted Scones; Assorted Dry Cereals; Yogurt Bar ; Cottage Cheese; Hard Boiled Eggs; Fresh Fruit; Assorted Whole Fruit; Oatmeal with Toppings; Scrambled Eggs; Cinnamon Roll Pancakes; Pork Bacon; Home Fried Potatoes

**Water for Water Bottles** - Water Bottle Fill Station next to shower truck

**Cue Sheets** - at the Information Booth

**Bicycle Pumps** - at the Information Booth

**On Route Highlights:**

**AM Rest Stop (8am-10am)** - The Olney Place

**Lunch** - on your own

**PM (Small) Rest Stop (10:30am-12:30pm)** - Red Jacket Park

**Points of Interest** - Keuka Lake, Penn Yann (village with small shops), Swimming at Red Jacket Park

**Wine Pickups** - Rooster Hill Vineyard

**See you back at Keuka College!**

# Welcome back to Keuka College, Penn Yan NY

Arrival Information Hours 1:00-5:00 pm

Thursday 7/25/2024

Dorms - Strong Apartments, air & linens; Davis Hall, non-air

Camping Area - Ostrander Field

'No Camping' Area - Main campus lawn and Weeds Gym

WIFI - Guest Account

Rest rooms - Port-a-johns

Showers - Shower truck located in parking lot of gym

Concessions - snack trailer on-site

Bike Repair - available at rest stops and at camp

Wolf-Den Café - 8:00am - 2:00pm

Shuttle bus into Penn Yan - 11:00am - 5:00pm

Swimming - 12:00pm - 5:00pm, waterfront (Point Neamo)

Laundry Facilities - Davis Hall, 1<sup>st</sup> floor, 1pm-9pm, FREE!

Massage Therapy - 2:00pm-7:00pm, sign up at info tent

Yoga - 4pm

Dinner - 4pm-6pm, Geiser Dining Hall in Dahlstrom; cash bar available during dinner hours

Menu: New England Clam Chowder; Fresh Salad Bar; Composed Grain Salads; Bruschetta, Pepperoni, & Cheese Pizzas; Cuban Pork Loin; Yellow Rice; California Blend Chipotle Lentil Chili; Pasta w/Marinara and Alfredo Sauces; Bake Shop Bread; Piña Colada Cupcakes; Assorted Ice Cream

Rider Meeting - 7pm

Entertainment - 7:30pm - bonfire, Point Neamo

**Good Morning from - Penn Yan, again!**

**Information Hours 6:00-8:00 am**

**Friday 7/26/2024**

**Today you are heading to Robert Treman State Park in Ithaca!!**

**Breakfast - 6:00 - 8:00am**

**Menu** - Assorted Bagels & Breads; Waffle Station; Banana Bread; Assorted Dry Cereal; Yogurt Bar; Cottage Cheese; Hard Boiled Eggs; Fresh Fruit; Assorted Whole Fruit; Oatmeal with Toppings; Scrambled Eggs; Texas French Toast; Turkey Sausage Patties; Triangle Hash Browns

**Water for Water Bottles - Water Bottle Fill Station near shower truck**

**Bicycle Pumps - at the Information Booth**

**On Route Highlights:**

**AM Rest Stop (8am-10:30am)** - Tabora Winery (The Winery will not open until 10:00am)

**Lunch** - on your own

**PM Rest Stop (10:30am-1:30pm)** - Odessa Fire Department

**Points of Interest** - Town of Watkins Glen (Walmart off route 414), Watkins Glen State Park, Shequaga Falls Park, McClary's Ice Cream Stand, Newfield Covered Bridge

**Wine Pickups** - Tabora Winery (Winery opens at 10am), Glenora Wine Cellars (can start tastings at 10am)

**See you in Ithaca!**

**Welcome to Overnight Location**  
**Robert Treman State Park, Ithaca NY**

Arrival Information Hours 1:00-5:00 pm

Friday, 7/26/2024

**Camping Area** - All mowed areas near North Pavillion.

**Indoor camping** - None

**Rest rooms** - Bath house and port-a-johns

**Showers** - Shower Truck

**Swimming** - 11am-7pm in lifeguarded waterfall area only

**Concessions** - snack trailer on-site

**Bike Repair** - available at rest stops and at camp

**Swimming** - Swim at your own risk

**Massage** - 2pm-7pm, sign up at info tent

**Yoga** - 4pm

**Dinner** - 5pm-7pm at the Pavilion

NOTE-Each rider will get a ticket from the info tent for one meal from a food truck. Additional items can be purchased by the rider.

**Luna Food Truck:** Tacos: Gochujang Short Rib Tacos (GF), Thai Shiitake Tacos (VG,GF), Fried Baja Fish Tacos served with spanish rice and black beans

**On The Street Pita:** Greek Gyro, Chicken Pita, Souvlaki Pita, Falafel Pita, Hummus Pita, Greek Style Salads, Fresh Cut Curly Fries

**Entertainment** - 6:00pm-8:00pm Music Motherwort

**Good Morning from - Robert Treman State  
Park, Ithaca NY**

**Information Hours 6:00-8:00 am  
Saturday 7/27/2024**

**Today you are returning to Cortland!!**

**Breakfast - 6:00am -8:00am**

**Menu - Scrambled eggs; Sausage; Bacon; Home fries;  
Oatmeal; Fruit; Assorted baked goods; OJ, coffee, tea**

**Water for Water Bottles - Water Bottle Fill Station  
near shower truck**

**Bicycle Pumps - at the Information Booth**

**On Route Highlights:**

**Rest Stop (8am-11am) - Groton Memorial Park**

**Lunch - on your own**

**Points of Interest - Ithaca Farmers Market, Stewart  
Park, East Shore Park, Ludlowville Park (hike to the falls),**

**Wine Pickups - none**

**See you back in Cortland by 3:00pm!**