

2012 Bon Ton Roulet Rider Handbook

Last updated on February 2, 2012

Future updates will be shown in **RED**



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Dear Cycling Enthusiast,

Welcome to the 16th annual Bon Ton Roulet, the Finger Lakes Region's premier bicycle touring event. Our committee has worked hard to ensure an enjoyable and scenic route that will take you through many charming towns and by several of the beautiful Finger Lakes of New York State.

The Bon Ton Roulet is a completely volunteer-organized and volunteer led event. Proceeds over and above the direct costs of the tour are shared between the Auburn YMCA-WEIU and the Cortland YMCA to further extend the work and mission of both organizations. While enjoying a wonderful and healthy vacation you will also be helping our local Ys provide programs to the area's youth.

This Rider Handbook has been carefully prepared to provide you with essential information about the tour. Familiarizing yourself with this information will answer most of your questions and make your ride more pleasant. For additional information or questions please contact us at 315-253-5304.

We are grateful you have chosen to join us on this adventure and pledge we will do all we can to make your experience enjoyable and worthwhile. Welcome again to the 2012 Bon Ton Roulet.

Don Kline
Executive Director
Cortland YMCA

Kurt Kramer
Executive Director
Auburn YMCA-WEIU

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A Typical Day on the Bon Ton Roulet

What's in a typical day? This page helps you plan your tour through the Finger Lakes Region of New York State!

- Wake-up leisurely and take your gear to the Gear Truck
- Enjoy a hearty breakfast served near the campsite
- Start riding anytime after sunrise, Long or Short course
- A regional map, cue sheets, and roadside route marking direct you to the next overnight Host Community, but first...
 - Enjoy the charm of small towns in New York State!
 - Re-fuel at a local lunch stop along the way! ¶
- Morning Rest Stop is roughly 15 miles from the start
- Afternoon Rest Stop is roughly 15 miles from the finish ††
- Arrive at the next overnight Host Community
- Find your gear laid out neatly near the camping area
- Set up your tent and relax at the Snack Bar* ¶ ††
- Chow down at dinner!*
- Bike Mechanic & Massage Therapists available each day¶
- Relax with local entertainment provided nightly*
- Have a pleasant night's sleep!

Tour Hours of Operation

Tour Registration	Saturday, July 21, 2:00pm-7:00pm Sunday, July 22, 6:00am-7:30am †
Mass Start	Sunday, July 22, 8:00am ONLY
SAG Support	7:00am – 5:00pm ††
Gear Truck	Load until 8:00am * Unload 1:00pm *
Information Tent - Morning	6:00am – 8:00am ‡
Information Tent - Afternoon	1:00pm – 6:00pm ‡
Breakfast	5:30am – 8:30am
Snack Bar	1:30pm – 3:30pm * ¶ ††
Dinner	4:30pm – 7:30pm *
Rest Stop - Morning	8:00am – 11:00am
Rest Stop - Afternoon	11:00am – 4:00pm ††
Special Delivery Registration	2:00pm – 6:00pm * ¶ ††
Special Delivery Transport	2:00pm – 7:00pm * ¶ ††
Dorm Delivery Transport	Wednesday, July 23, 2:00pm – 7:00pm ☞
Shower Truck	2:00pm – 9:00pm ‡
Evening Rider Meeting	7:00pm
Entertainment	7:00pm – 9:00pm *
Quiet Hour Starts	10:00pm

* Not provided by the tour on 7-26

¶ Fee based. Not part of registration fee

† Visit Information Tent after this time

†† Except 8am Send Off on 7-22

☞ Only available on 7-23, Geneva, NY

‡ Hours may vary on 7-26

‡‡ Not provided by tour on 7-28

All hours subject to change

Why Choose the Bon Ton Roulet?

The Bon Ton Roulet is a truly unique vacation in the beautiful Finger Lakes Region of New York. Spend a week with fellow cyclists in an enthusiastic atmosphere. Enjoy a slower pace with family and renew or make-new friendships. Here are some attractive reasons why you should join the Bon Ton this year.

National Historic Sites	Where was movie-sound invented? To whom was the first pilot's license issued? Where did the Ice Cream Sundae come from? All of these were invented right here in the Finger Lakes! In fact this area is rich in American <i>firsts</i> , and it's been home to dozens of national figures as well.
Renowned Wineries	Along the thick fertile hillsides grow the state's finest grapes. These are used by more the 200 wineries to produce the finest wine New York State has to offer. And the best part...? The Bon Ton will pick up your wine from designated wineries along the route for FREE each night!
Nature's Beauty	The Finger Lakes Region takes visitors from wide open farm fields, past stunning overlooks of our lakes, to cavernous water-carved gorges. Enjoy the view from your seat, or take a short hike on one of the many park trails that wind through our area's natural beauty, found no where else in the world!

What Sort of Terrain Can I Expect?

The current landscape in this region dates back 10,000 years when a 1-mile thick ice-age glacier carved its way south, forming the deep valleys of the Finger Lakes. As a result, traveling east or west between towns to the north (Auburn, Skaneateles, and Geneva) have fewer hills than a parallel path between southern towns (Hammondsport, Ithaca, and Watkins Glen) which tend to be hillier. Melting glaciers and natural rain runoff also carved deep gorges along the sides of the lakes, and while north or south travel is more level, it too can offer the occasional tall hill. Despite the hills, this area attracts thousands of bicyclists each year.

Check the elevation graphs found in this handbook for details. Be sure to note the elevation on the left of each chart.

Where Do I Eat?

The Bon Ton Roulet enlists the expertise of a licensed nutritionist, who helps tailor your breakfast and dinner to meet the unique dietary needs of bicycle touring participants. Our nutritionist works directly with our caterers— suggesting menu alternatives, establishing large portion size standards, and making sure there are a wide variety of options across the week, especially for our meatless entrées. Both breakfast and dinner are part of your registration fee.

Where Do I Sleep?

The Bon Ton Roulet is a camping tour that provides wide open spaces for cyclists to pitch their own tents. Our overnight camps are selected specifically to allow our guests to set up in large groups, among friends and family, or off on their own where they can soak up the peace and quiet. We've also arranged for campers who prefer full service camp set-up packages, or you may choose to stay in a local bed & breakfast, motel, or hotel. Review this handbook for details about your own overnight accommodations. Please note that accommodations in this mainly rural setting can be sparse for those who choose off-site lodging. We strongly recommend that you make reservations well in advance of the tour by choosing from the list provided.

Two Tours in One – Long & Short Route

The Bon Ton Roulet is a different kind of bicycle tour, designed for relaxation, and just plain FUN! Part of the Bon Ton Roulet's wide appeal is that it's actually two tours in one! Since 2005 we've offered two fully supported routes; the Long Route and a Short Route. Both routes take cyclists through quaint villages and past picturesque scenic beauty, and both offer Bon Ton Rest Stops along the way. Since there's no need to sign up for the shorter or longer option, riders choose which option they prefer.

The Long Route appeals to those riders who love the challenge of a 65-75 mile ride per day at a pace that's typically quicker than most. The Short Route, typically 45-50 miles per day, tends to attract newer riders and those who plan on spending the day leisurely browsing the markets and attractions along the way. Many riders even switch back and forth between the Long and the Short during the week, making the Bon Ton the perfect tour!

Directions to Start

Use these local addresses at Google Maps to find the tour.

Start Point	Cortland County Fairgrounds Carroll Street Ext Cortland, NY 13045
Syracuse, NY Airport	Syracuse Hancock International Airport 1000 Colonel Eileen Collins Boulevard Syracuse, NY 13212
Syracuse, NY Train / Bus Terminal	Syracuse Regional Transportation Center 131 Alliance Bank Pkwy Syracuse, NY 13208

Shuttles to and from the airport, train, and bus station are available. See page 9 for details.

Free Long Term Parking

Free parking is available from July 21, 2:00pm – July 28, 4:00pm. Check at Registration for the designated lot. The Bon Ton Roulet will not be held liable in the unlikely event of fire, theft, or damage to vehicles and/or contents. Sorry, we do not offer return shuttles to this lot during the tour, except for emergencies.

Pet Policy

For the convenience and safety of fellow bike riders the Bon Ton Roulet does not allow cycling and/or non-cycling participant to have pets on the tour.

Drug Free Zone

New York State prohibits the use of alcohol or tobacco on “Drug Free” school grounds when we stay at these facilities. We ask for your cooperation and compliance during the tour.

Luggage & Tracking Tags

Each rider is allowed one large bag (or two small bags), plus one additional camping gear bag. Bags should be waterproof. All personal items must be stored inside these closed bags. Bungee cords, ropes, or other such fasteners are not permitted to bind luggage together, or to bind items to the outside of the bag. Riders must place a separate colored tracking tag on each bag. Each tag must display your name and rider number. Tags can be found in your registration packet and at the Info Tent. Please make sure your luggage can be carried comfortably.

What to Bring...?

The tour takes place in all kinds of weather – hot days and cool evenings. This list suggests items you should bring. This same list is available as a printable checklist online at BonTonRoulet.com.

Camping	Tent, stakes, poles, rope, ground cloth, tent bag, sleeping bag, air mattress / pad portable, air pump, pillow
Bicycle Gear	Granny gears, spare tire, spare tubes, tire wrench, patch kit, rear view mirror, bike gloves, water bottles, tire pump, bike mounted bag, bike lock, cycling shorts, jersey, bike shoes, HALT spray
Toiletries	Toothbrush, toothpaste, floss, hand sanitizer, soap, shampoo, lotion, shaving supplies, tissues, deodorant, powder, towel, washcloth, clothes pins, nail file & clippers, Q-tips, brush / comb, feminine items, laundry bag, laundry soap
First Aid	Med alert bracelet, aspirin, band-aids, antibiotic cream, alcohol pads, lip balm, sun screen, insect repellent, moisture cream, medication, soft side cooler, rash ointment
Clothing	T-Shirts / shirts, shorts, pants, rain gear, underwear, sports bra, socks, belt, shoes, shower shoes, sleepwear
Essentials	Glasses / contacts, eye prescription, sun glasses, cell phone, camera, batteries, watch, charger / adaptor, knife, identification, money, bankcards, journal, pen, pencil, stamps, address book, fanny pack, flashlight, ear plugs, cork screw

We advise that you do not pack valuables, easily breakable items, items of personal worth, or medications in your luggage. The Bon Ton Roulet is not responsible for any lost, stolen, damaged, or misplaced items.

Medication

Tour participants must maintain responsibility for their personal health care items during the tour. The Bon Ton Roulet and its tour staff are not permitted to, and will not store, transport, or otherwise assume responsibility for participants' personal health care items at any time. Sorry, THERE ARE NO EXCEPTIONS. Personal health care items may include medical devices or equipment (i.e. knee braces, sleep apnea machines, etc.) and/or prescription medications or medically prescribed supplies (i.e. pills, tablets, ointments, gels, liquids, etc.).

Pre & Post Tour Camping

Camping is available at the start on Saturday July 21, but **not on Saturday, July 28**. See page 10 for both pre & post tour lodging options in the Cortland, NY area.

Rechargeable Electronic Devices

Overnight facilities typically have a several standard outlets located throughout the building, which riders can use. The Bon Ton does not provide a dedicated recharging station, cables, connectors, converters, or adaptor cords for electronic devices.

Laundry Facilities

Some overnight communities have coin-operated Laundromats that are usually located within walking distance. A local map will be posted on the Message Board each day to note its location when available.

Mapping Your Route

All three methods of directing riders along the designated routes should be used in conjunction with each other, no matter which route you choose, Long or Short. Conditions that alter the following day's course will be announced at the Rider Meeting each evening and posted on the Message Board.

Regional Maps	An uncharted map of the Finger Lakes Region is available at the Info Tent upon request. A large <i>charted</i> map will be posted on the Message Board to show riders the entire route.
Cue Sheets	Foldable, easy to read cue sheets provide turn-by-turn directions of the route, as well as point-to-point and cumulative distance information. Cue sheets are provided each afternoon for the following day's route at the Information Tent. Riders should re-zero their odometer each day.
Route Marking	Directional markings are painted onto the road surface. Three markings are used at all turns. The first is painted 80-100 feet prior to the turn, the second is at the turn, and the last is immediately after the turn to confirm. Straight markings are used on long routes to reassure you that you're still on the correct path. The Bon Ton has used a variety of colors & markings for more than 14 years. Please identify the symbols & colors used for this year's ride, posted at registration.

Gear Trucks

Our Gear Truck Staff will help you load your gear onto the truck when you bring it to them each morning. A tracking tag is required for each bag. The gear is then driven to the next site and neatly laid out for riders to retrieve.

Sag Vehicles

Several SAG vehicles drive the daily route. Each SAG vehicle can be identified by magnetic door signs and/or small vehicle flags. If a SAG vehicle isn't readily available contact the SAG Coordinator. Please note your cumulative mileage for the day and nearby crossroads to help locate you. For emergencies call 911.

Mass Start

Our mass start is on Sunday, July 22 at 8:00am. Here you'll get to meet some of the tour officials you'll see during the week and receive warm wishes from local dignitaries. Our Ride Director will provide up to date road and weather information followed by the national anthem! The whole thing lasts about 10-15 minutes.

Information Tent

The Information Tent is the focal point of every overnight camp. Here riders will find daily cue sheets, a variety of Bon Ton Roulet merchandise, local maps, bike pumps, and our helpful Information Staff. Most communities will also have a local representative present to answer your questions about area attractions or interests.

Big GREEN Message Board

A large message board, located next to the Information Tent posts upcoming events, maps, special activity announcements, updated weather forecasts, and emergency messages. It also offers a place for riders to post messages to fellow riders. Riders should check this board each day for the latest tour information.

Evening Rider Meeting

At 7:00pm each evening Bon Ton Roulet officials will provide updates about the next day's ride. These brief, but very informative meetings are voluntary and held where the entertainment is provided.

Bon Ton Merchandise

The Bon Ton has a number of souvenir T-shirts, hats, and jerseys for you to purchase! Merchandise is located at the Information Tent during Info Tent hours. Visa, Master Card, Discover and cash are accepted. Sorry, no exchanges.

Route Emergencies / Issues

Call 911 for emergencies, and then call the Ride Director. For road condition issues, or general concerns about the route, please contact the Ride Director. For support issues please contact the SAG Coordinator.

Karen Jetty • Ride Director • 484.629.9470

Don Kline • SAG Coordinator • 607.423.3994

Illness Preparedness Plan

Illness can spread rapidly on a bike tour. As part of our broader Illness Preparedness Plan, we've listed some health safety DO's & DON'Ts to help you keep illness at bay;

DO List:

- DO wash your hands often using antibacterial soap
- DO use hand-sanitizing liquid, versus not washing hands
- DO clean your water bottle mouthpiece before drinking
- DO eat whole & pared fruit served from food-safe gloves
- DO keep hydrated by drinking water regularly
- DO comply with hygiene signage wherever posted
- DO report any unsafe hygienic practices you observe
- DO report any symptom of illness immediately

DON'T List:

- DON'T eat while wearing bicycle gloves
- DON'T replace hand washing with hand-sanitizing liquid
- DON'T "hand wade" in the coolers
- DON'T store personal items in Bon Ton Roulet coolers
- DON'T share fruit or other personal consumables
- DON'T assume you're not sick if you have symptoms

Restroom & Shower Facilities

The Bon Ton relies mainly on the facilities at schools and colleges to accommodate our overnight campers. A mobile shower truck is also available at camp as well as portable restrooms where facilities may be limited. Please report any unsanitary conditions.

Good Hydration

Waiting until you're thirsty to drink is a common mistake. Feeling that you *need* to drink is an early indicator of dehydration. On the other hand, Hyponatremia can result from excessive fluid intake. To maintain proper hydration all riders should carry at least two water bottles and remember to drink at regular intervals. Also, avoid taking any non-steroidal and anti-inflammatory drugs.

Sun Exposure

Whether it's sunny or cloudy, a rider's skin will be exposed to the sun all day. We recommend the use of sunscreen with a high SPF on all exposed skin in order to reduce sunburn.

Thumbs Up, Thumbs Down

Our SAG vehicle drivers often give several quick beeps of their horn as they approach riders along the route. When this happens simply gesture; Thumbs Up = "I'm OK and don't need assistance", Thumbs Down = "Please stop. I need assistance".

Safety Requirements & Recommendations

The following will help make this tour safer and more enjoyable.

Rider Requirements;

- A Consumer Product Safety Commission approved helmet is required to be worn
- Ride single file, with traffic flow, as far to the right as safe
- Verbalize your intentions to other cyclists, especially when passing
- Inform other riders of potential road hazards
- As SAG Vehicles pass... Thumbs Up or Thumbs Down
- Adult supervision is required for riders age 16 or younger
- Cyclists must obey all traffic laws and obey all traffic signs and signage posted by the tour

Rider Recommendations;

- Pace yourself. Have fun! You have all day to travel the tour
- A multi-gear bicycle is recommended
- A rearview mirror is recommended
- You should be in good shape and capable of riding long distances and steep changes in elevation
- Have a health insurance card with you at all times, one that notes all important medical information
- Wear sunscreen on all exposed skin to avoid sunburn
- Use common sense and courtesy with all road traffic

Rare Severe Weather Conditions

The most common severe weather condition involves heavy rainfall, lightning, and/or strong winds. These conditions may force you to seek temporary shelter in a commercial or municipal building, on the porch of a private residence, or even in a SAG vehicle. If shelter is not near during a lightning storm, crouch down away from trees and keep at least 15-feet away from other people, bikes, or metal objects. Overnight camps also have sheltered areas for these rare severe weather conditions. Forecasts are posted on the Message Board and updated regularly as new weather information becomes available.

Breakfast & Dinner

Breakfast & dinner are provided as part of the registration fee and are located either at the overnight camp, or within a short distance. Both meals, including meatless entrees, are offered throughout the week, except for dinner on the Layover Day.

Lunch

Wherever possible, our routes are mapped to take riders near lunch options, which are posted on the daily attractions sheet. We encourage riders to carefully consider their morning pace in order to arrive near lunch options around noon. Or... riders can simply take advantage of our hearty breakfast & dinner, or our well-stocked Rest Stops. Lunch is not provided by the Bon Ton.

Rest Stops

Two Rest Stops are provided along the route during the week. The morning stop is located roughly 10-20 miles from the day's start point, and the afternoon stop is roughly 10-20 miles from the next overnight camp. Riders can refuel with a wide selection of fresh fruit, water, and sports drinks. Rest Stop food and beverages are provided as part of the registration fee.

Water Fill Stations / Beverage Coolers

Each overnight camp has a water filling station for water bottles. Bottled water, sports drinks, and other beverages are also located in ice filled beverage coolers near the Information Tent. For a small fee participants can retrieve beverages and ice (free) from these beverage coolers; however, storing personal items inside, such ice packs or medication, is strictly prohibited.

Snack Bar

Our cash & carry Snack Bar, located near the Special Delivery, offers typical "snackie" fare such as hamburgers, hotdogs, and candy— food to curb a hungry appetite!

Complimentary Wine Pick-Up

We offer free wine pick-up from designated wineries! Simply ask the winery staff to write your name and rider number on your purchase. We'll collect your wine at the end of the day. Our Gear Truck Staff will retrieve it for you at camp, or keep it secured in the Gear Truck until 4:00pm on the final Saturday of the tour. Participating wineries are posted at the Information Tent and on the cue sheets.

Bon Ton Roulet Vendor Services

The Bon Ton works hard to evaluate and partner with top quality vendors who provide services to our guests. We encourage you to offer feedback to our vendors and to Bon Ton officials. Your feedback helps us improve each year!

Bike Repair

The Bon Ton has partnered with a bike mechanic who'll be stationed at the morning rest stop, and then make a brief visit to the afternoon rest stop. SAG vehicles can transport your bicycle to the nearest mechanic. Following that, our mechanic is available at the overnight camp each day. Fees for parts & service apply.

Massage Therapy

The Bon Ton has partnered with *Natural Balance Massage Therapy*, a local licensed group who'll provide the perfect cure for a sore body! Daily scheduling is handled at the massage tent and fees vary depending on your personal massage choices.

Entertainment

Each evening you can relax to the sounds of great local musicians located either in the camping area or nearby, or experience a local establishment found in town, usually just short walk away.

Joke Night

Every year the Bon Ton hosts an informal joke night held near the Info Tent following dinner. From political jokes to "Guy walks into a bar..." jokes to knock-knock jokes... Bring your camp chair and share a joke or enjoy the laughs! Clean jokes only... *relatively!*

Quiet Time

For the convenience of fellow riders we ask that all overnight campers observe a quiet time after 10:00pm each night. For those campers with a later bed time, or are simply *noisy* sleepers, we recommend that you place your tent away from other campers.

Trash

Trash containers are located around the overnight camping area. Please make sure your camp is clear of debris each morning, or contact a Bon Ton volunteer if you observe any trash issues.

Non-Cycling Participants

Non-cycling participants such as spouses or friends may also choose to travel with the Bon Ton tour in their own car or RV. Non-cyclists are required to register and all terms of the tour apply. Each registered participant will receive the same tour amenities as our cyclists, including meals and standard camping & tour services. Vehicle information is required for all non-cycling participants.

For those non-cyclists who plan to enjoy the great attractions throughout the Finger Lakes Region during the day, we ask that you drive on roads separate from our cycling routes for the safety of our riders. Route maps are posted near the Information Tent. Non-cyclists can temporarily park at Rest Stops and park overnight at each camping area, however, no electric, water, or gray water service is available for RVs.

Non-cycling participants wishing to volunteer as a SAG vehicle should contact the SAG Coordinator – Don Kline-at 607-423-3994 or don@cortlandymca.org , prior to the tour.

NON-CYCLING PARTICIPANT MAIL IN REGISTRATION

Registration Fee: \$275 per person, per week (one person per form)

Volunteers are welcomed based on daily tour staffing needs. Please place a check next to each day you're available to volunteer.	Sun 7-22	<input type="checkbox"/>	Mon 7-23	<input type="checkbox"/>	Tues 7-24	<input type="checkbox"/>
	Wed 7-25	<input type="checkbox"/>	Thurs 7-26	<input type="checkbox"/>	Fri 7-27	<input type="checkbox"/>

Vehicle
Make & Model

Year I am not interested in volunteering for the tour.

NON-CYCLING PARTICIPANT BILLING INFO

Please Print. Make a copy for your own records before mailing.

Name

Address

City	State	Zip
Home Phone	Cell Phone	

Email	Circle ▼		
Card or Check No.	Visa	Master Card	Discover
Name on Card	Exp Date		

Signature

Send check payable to "Auburn YMCA" and this form postmarked by July 13 to... ►

Bon Ton Roulet
Auburn YMCA WEIU
27 William Street
Auburn, NY 13021

\$	Total Enclosed Or Authorized
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At Coffee Mania we take great pride in serving our own fresh, locally roasted coffee to our amazing customers, such as the riders and volunteers on the Bon Ton Roulet! Check back to learn more about our service on the 2012 Bon Ton Tour... or visit our website at www.cnycoffee.com

Shipping Your Bicycle: For all issues related to shipping your bicycle, contact our partners at High Country Shipping. They'll make all arrangements to ship your bicycle to and from Kingsbury's Cyclery. Sorry, no other pre-tour receiving destinations are supported by the Bon Ton Roulet.

Beyond Bicycle Shipping: For all issues related to bicycle assembly, disassembly, tune-up work, and transport to and from the tour, contact our exclusive partners at Kingsbury's Cyclery in Elmira, NY.



HIGH COUNTRY SHIPPING
"FACILITATOR OF LUGGAGE-FREE TRAVEL"

877.231.1363

*The Bon Ton Roulet is proud to partner with
Kingsbury's Cyclery in 2012! ★*

Kingsbury's Cyclery will work with High Country Shipping for all bicycles shipped to and from the tour. Please note two options beyond your shipping needs;

Option 1: Kingsbury's Cyclery will transport your assembled bike to the start of the tour. Your reusable shipping box will stay in Elmira. Bikes must be received no later than Wednesday, July 18 for assembly. Bikes will be available at registration at 2:00pm on Saturday, July 21. Kingsbury's Cyclery will also disassemble and ship your bike back to you following the tour.

Option 2: Kingsbury's Cyclery will transport your bike in its original shipping box to the start of the tour. You assemble and disassemble your bike. Tools and packing supplies are not provided. Shipping boxes will be stored at the Cortland YMCA at no charge and returned to the finish following the tour. Bicycles must be re-boxed and ready to be shipped no later than 3:00pm on Saturday, July 28.

*The Bon Ton Roulet is proud to partner with
High Country Shipping in 2012! ★*

Visit the High Country Shipping website where you'll find easy step-by-step shipping instructions as well as bike packing recommendations and pricing & transit date information – all specifically geared to the Bon Ton Roulet. Once you've signed up with High Country Shipping they'll work with Kingsbury's Cyclery to get your bicycle to and from the tour.

http://www.highcountryshipping.com/bon_ton_roulet.html

★ Please note that neither the Auburn YMCA-WEIU nor the Cortland YMCA accept bikes shipped to their facility. High Country Shipping and Kingsbury's Cyclery are partners of the Bon Ton Roulet. Sorry, no other pre-tour receiving destinations are supported by the Bon Ton Roulet.

Comfy Campers LLC

"No Hassle Camping"

The Bon Ton Roulet is proud to partner with Comfy Campers in 2012!

Imagine camping with...

- No** tent set-up or take-down
- No** worries about comfortable seating
- No** lugging wet towels from site to site
- No** ultra-thin air mattress or sleeping pad



Choose a tent size that suits you!
Sleep on a thick, comfortable air mattress!
 (You provide your own sleeping bag, pillow, and/or linens)
 Each Registered "Campteller" enjoys:
 7-days of hands-free, set-up & take-down service
 7-nights rest on a thick, comfortable air mattress
 A fresh towel each day, AND a relaxing camp chair

Comfort A La Carte

Towel Service

One of the first things you'll want to do when you arrive in camp is TAKE A SHOWER! Who wants to use a dirty, wet towel that's been packed all day? With our Towel Service you get a clean, dry towel every day.

Chair Rental

After sitting on your bike seat all day, wouldn't it be nice to have a comfortable camp chair to relax in? Rent a chair from us and we'll carry it all week for you!

Mattress Rental

"Ride Hard, Sleep Soft"... and we mean it! You ride hard every day. Don't you deserve a good night's sleep? Choose from three sizes of air mattress, which will be waiting for at camp each night. Let us do the work, so you can relax.

For service details and on-line registration visit;

www.ComfyCampers.info

...or contact Shawn Stewart 315.283.0220

COMFY CAMPER MAIL IN REGISTRATION

Please select your product, note the quantity, then calculate the total for each

(Sleeping bag, pillow, and/or linens are not provided as part of service)

		Weekly Cost	Quantity	Total
Standard Camptel Tent Packages – (includes tent, towel & chair service)				
1	1 person Single Air Mattress	\$329	X	\$
2	2 person Double Air Mattress	\$434	X	\$
3	2 person, 2 Single Air Mattress	\$455	X	\$
Deluxe Camptel Tent Packages – (includes tent, towel & chair service)				
4	1 person Single Air Mattress	\$434	X	\$
5	2 person Double Air Mattress	\$525	X	\$
6	2 person, 2 Single Air Mattress	\$560	X	\$
7	2 person, 2 Single Air Mattress	\$665	X	\$
8	3 person, 3 Single Air Mattress	\$560	X	\$

Comfort A La Cart Options

Towel Service	\$28	X	\$
Chair Service	\$28	X	\$
Mattress Rental – Single	\$35	X	\$
Mattress Rental – Double	\$42	X	\$
Mattress Rental – Queen	\$49	X	\$

COMFY CAMPER / CAMPTEL BILLING INFO

Check required with mail in registration. Credit Cards through on-line registration only. Make a copy for your own records before mailing. Please Print.

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____

Send check payable to "Comfy Campers" and this form to... ►

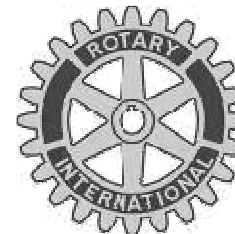
Comfy Campers LLC
 PO Box 292
 Auburn, New York 13021

\$ Total Enclosed in envelope

Refunds: Up to 30 days prior to tour \$50 cancellation fee. 10-29 days before tour 50% refund. No refund if less than 10 days before tour.

Auburn Rotary Transport Services

Bon Ton Roulet is proud to partner with the Auburn Rotary Club to provide these services.



Airport / Train / Bus Shuttle Service

Shuttles are available to the start & from the finish at Syracuse Hancock International Airport, Syracuse Regional Transportation Center (train/bus), and adjacent accommodations. One way & round trip service is available on July 21 & 28 only. Fee based.

Special Delivery Service

This fee based service for guests staying at off-site lodging. Each evening, after riders have collected their luggage, Special Delivery transports*^{##} luggage, bikes, and riders from camp to select local off-site lodging locations. Sign-up before or during the tour!

Dorm Delivery Service

Dorm Delivery is a complimentary service offered **in Geneva only** for select dorm room reservations. See page 15 for reservation information.

Registration for Special Delivery and Dorm Delivery

*Registration for Special Delivery **before** the tour* – Mail your registration form, or register on July 13 prior to the start.

*Registration for Special Delivery **during** the tour* – Near Information Tent*^{##}

On Saturday, July 21: 2:00pm – 6:00pm

During the Tour*^{##}: 2:00pm – 6:00pm

Required information for Special Delivery registration – Please provide the name of your off-site lodging, personal contact information, cell phone number during the tour, and payment for service. Riders must also place a separate tracking tag on each bag.

Registering for Dorm Delivery – Registration for this service is not required. Complimentary Dorm Delivery in Geneva, NY is provided for reservations in Caird, de Cordova, and Emerson Hall, and at Miller House. The Villages at Odell's rooms are located at the overnight camping area.

Transporting Gear and Luggage / Un-Tagged Gear

Transporting gear from the airport / train & bus terminal – We'll contact you prior to the tour to detail your arrival plans.

Transporting gear from camp to off-site lodging – Retrieve your luggage from the Gear Truck each day, then deliver it to the Special Delivery tent. If you're already registered simply sign in with the staff, or you can register on the spot. Shortly after, your luggage, your bicycle and you will be delivered to your lodging. Check transport schedule.

Transporting luggage to the dorm – First, get your room key at the Information Tent. Next, retrieve your luggage from the Gear Truck, then deliver it to the "Dorm Delivery" sign located near the Special Delivery Tent. Tell the Dorm Delivery staff which dorm you're staying in. Shortly after, dorm guest's can travel with their luggage to their dorm. Sorry, Dorm Delivery does not transport bicycles, nor are we able to transport guests after their luggage is delivered. Check transport schedule.

Luggage pick up in the morning for off-site lodging – Please have your luggage in the lobby by 7:00am. Your bags will be picked up, returned to camp, and placed on the Gear Truck for you. Sorry, we do not transport riders or bicycles in the morning.

Luggage pick up in the morning for Dorm Delivery – **Return your room key to the Information Tent on Tuesday morning.** A Gear Truck will park near the dorms on the morning of Tuesday, July 24 where you can load your luggage. Please note Gear Truck loading schedule.

Items you should not pack – We advise that you not pack valuables, easily breakable items, items of personal worth, or medications in your luggage. The Bon Ton Roulet is not responsible for any lost, stolen, damaged, or misplaced items.

Un-tagged, un-claimed, and lost luggage during the tour – All un-tagged or un-claimed luggage will be secured by the Special Delivery staff. Full service fees apply to luggage cared for by Special Delivery staff. The Bon Ton Roulet is not responsible for any lost, stolen, damaged, or misplaced items.

Off-Site Lodging Options

Accommodations on the Tour – Accommodations in this mainly rural setting can be sparse. We strongly recommend that you make reservations in advance of the tour. Please choose from the lists on pages 13-20 when selecting.

PLEASE NOTE: Special Delivery service to lodging not noted on pages 13-20 may not be available. We make every effort to accommodate our guests, but we reserve the right to charge additional fees for unplanned service.

Change in Plans...?

Plane / Train / Bus delays, cancellations, change in plans – Please contact us immediately if cancellations, travel delays, or a change in plans alters your scheduled service.

Changing from camping to off-site lodging – Simply retrieve your luggage from the Gear Truck, then take it to the Special Delivery tent to register for service.

Changing from camping to a dorm – First, reserve your dorm room (page 15). Next, read the *Transporting Gear and Luggage / Un-Tagged Gear* section for service details.

Changing from off-site lodging or a dorm to camping – Contact the Special Delivery staff for off-site lodging, or the Information Tent staff for dorm room reservations on the day you plan to camp. Tell them of your change in plans. Your luggage will already be on the Gear Truck for you to retrieve.

Other Questions

“Why do I need to retrieve my luggage each day?” – We handle hundreds of bags during the tour. Maintaining responsibility to retrieve your own bags from the Gear Truck helps reduce confusion.

Getting back to camp – With lodging options relatively close to camp, guests can return at their convenience by walking or by biking. Most off-site guests prefer to start the daily route directly from their lodging; however, we encourage you to join the tour for dinner, entertainment, and breakfast.

Payment / Refund – All payments must be received prior to services via cash, personal check, Visa, Master Card, or Discover Card. Full refunds are available until 6:00pm on Saturday July 21 for prepaid Airport Shuttle & Special Delivery services only. Sorry, no refund after July 21. We make every effort to accommodate our guests, but we reserve the right to charge additional fees for unplanned service.

SHUTTLE SERVICE MAIL IN REGISTRATION

Cost per person, round trip: \$60 Cost per person, one way: \$30

▼ Arriving (circle one) ▼

Plane	Train	Bus
-------	-------	-----

July 21 Arrival Time
ONLY

Flight or Route Number

▼ Departing (circle one) ▼

Plane	Train	Bus
-------	-------	-----

July 28 Departing Time
ONLY

Flight or Route Number

Add the number
of people ▼

Round trip or
one way ▼

X \$

\$

Total Cost for Shuttle

SPECIAL DELIVERY SERVICE MAIL IN REGISTRATION

Cost per person, per day: \$12 before July 15, \$15 after July 15

Overnight location ▶	Auburn	Geneva	Keuka	Watkins Glen	Watkins Glen	Ithaca
Date ▶	Sun 7-22	Mon 7-23	Tues 7-24	Wed 7-25	Thur 7-26	Fri 7-27
Number of people ▶					LAYOVER DAY * #	

Add the number
of people ▼

Per day,
per person ▼

X \$

\$

Total Cost for Spec. Delivery

SHUTTLE & SPECIAL DELIVERY BILLING INFO

Please Print. Make a copy for your own records before mailing.

Name

Address

City State Zip

Home Phone Cell Phone

Email Circle ▼

Card or Check No. Visa Master Card Discover

Name on Card Exp Date

Signature

Send check payable to “Auburn YMCA” and this form postmarked by July 15 to... ▶

Bon Ton Roulet
Auburn YMCA-WEIU
27 William Street
Auburn, NY 13021

\$

Total Enclosed
Or Authorized

Registration Day in Cortland, NY July 21

Designated Camping on Registration Day, July 21 – Cortland County Fairgrounds

Sorry, no dorm rooms available at this site.

Off Site Lodging at Cortland	Miles from camp
Country Inn & Suites 607.753.8300 http://www.CountryInns.com	0.8
Ramada Cortland 607.756.4431 www.Ramada.com	2.4
Hampton Inn 607.756.4431 www.HamptonInn.Hilton.com	2.5
Quality Inn 607.756.5622 www.QualityInn.com	2.7
Comfort Inn 607.753.7721 www.ComfortInn.com/	2.7
Holiday Inn Express 607.299.0099 www.hiexpress.com	2.2
Hope Lake Lodge & Indoor Water Park 607.835.6300 www.hopelakelodge.com	8.9
Yellow Lantern Kampground 607.756.2959 www.YellowLanternKampground.com	3.6

Cortland, New York is great place to get your first taste of the Finger Lakes. To plan your first overnight you need to check-out Cortland's website to learn more about the area, local dining, and much more!



Visit the website and learn about all that Cortland has to offer;

www.Cortland.org

DAY 1 Cortland to Auburn JULY 22

Designated Camping –
Emerson Park

Sorry, no dorm rooms available at this site.

Off Site Lodging at Auburn	Miles from camp
Holiday Inn 877.410.6681 hiauburn.com	3.0
10 Fitch Ave B & B 315.255.0934 10fitch.com	2.0
Days Inn 315.252.7567 daysinn.com	2.5
Wicher Garden 315.252.1187 www.wichergardeninn.com	3.0
Inn at the Fingerlakes 315.253.5000 www.innatthefingerlakes.com	3.0

Long Route – Day 1

Sorry, we're still refining our map. Check back soon!

Short Route – Day 1

Sorry, we're still refining our map. Check back soon!

DAY 2

Auburn to Geneva

JULY 23

Designated Camping –
Hobart William Smith College Campus

A limited number of dorm rooms are available at the college. To reserve your room contact us via email at Dixie@auburnymca.net, or call Dixie at 315-253-5304. Room reservations also available at the Information Tent during the tour while supplies last. Room keys will be available at the Information Tent on July 23.

Please note that the Odell Dorm will not be available until 2pm.

Off Site Lodging at Geneva	Miles from camp
Ramada Geneva Lakefront 1.800.990.0907 www.GenevaRamada.com/	0.7
Geneva on the Lake 1.800.3.GENEVA www.GenevaOnTheLake.com	0.9
Hampton Inn Geneva 315.781.2035 www.HamptonInn.Hilton.com	1.1
Best Value Inn 315.789.7600 bestvalueinngenevany.com	1.0
Microtel Inn & Suites 315.789.7890 VinehurstInn.commicrotelinn.com	1.0

Long Route – Day 2

Sorry, we're still refining our map. Check back soon!

Short Route – Day 2

Sorry, we're still refining our map. Check back soon!

DAY 3 Geneva to Keuka JULY 24

Designated Camping –
Keuka College Campus

A limited number of dorm rooms are available at the college. To reserve your room contact us via email at Dixie@auburnymca.net, or call Dixie at 315-253-5304. Room reservations also available at the Information Tent during the tour while supplies last. Room keys will be available at the Information Tent on July 24.

Off Site Lodging at Keuka	Miles from camp
Esperanza Mansion 1.866.927.4400 esperanzamansion.com	2.7
Best Western Plus Vineyard Inn & Suites 1.800.823.0612 vineyardinnandsuites.com	3.2
Wagener Estate B&B 315.536.4591 wagenerestate.com	3.2
Los Gatos B&B 1.866.289.7381 losgatosbandb.com	5.1

Long Route – Day 3

Sorry, we're still refining our map. Check back soon!

Short Route – Day 3

Sorry, we're still refining our map. Check back soon!

DAY 4 Keuka to Watkins Glen JULY 25

Designated Camping –
Watkins Glen High School

Sorry, no dorm rooms available at this site.

Off Site Lodging at Watkins Glenn	Miles from camp
Budget Inn 607.535.4800 www.BudgetInnWatkinsGlen.com	0.2
Seneca Clipper Inn 607.535.2441 www.SenecaClipperInn.com	0.3
Echoes of the Glen B&B 607.535.2896 www.EchoesOfTheGlen.com	0.4
Glen Way Motel 607.535.4258 www.GlenwayMotel.com	0.5
1871 Benjamin Hunt Inn B&B 607.535.6659 www.BenHunt.com	0.8
1892 Seneca Inn B&B 607.535.7993 www.1892SenecaInn.com	0.9
Seneca Lodge 607-535.2014 www.SenecaLodge.com/	1.0
Watkins Glen Harbor 607.535.6116 www.WatkinsGlenHarborHotel.com	1.1
Idlwilde Inn 607.535.3081 www.IdlwildeInn.com	1.3

Long Route – Day 4

Sorry, we're still refining our map. Check back soon!

Short Route – Day 4

Sorry, we're still refining our map. Check back soon!

DAY 5 LAYOVER DAY IN Watkins Glen JULY 26

Century Ride – Day 5

Sorry, we're still refining our map. Check back soon!

Designated Camping –
Watkins Glen High School

Sorry, no dorm rooms available at this site.

Off Site Lodging at Watkins Glenn	Miles from camp
Budget Inn 607.535.4800 www.BudgetInnWatkinsGlen.com	0.2
Seneca Clipper Inn 607.535.2441 www.SenecaClipperInn.com	0.3
Echoes of the Glen B&B 607.535.2896 www.EchoesOfTheGlen.com	0.4
Glen Way Motel 607.535.4258 www.GlenwayMotel.com	0.5
1871 Benjamin Hunt Inn B&B 607.535.6659 www.BenHunt.com	0.8
1892 Seneca Inn B&B 607.535.7993 www.1892SenecaInn.com	0.9
Seneca Lodge 607-535.2014 www.SenecaLodge.com/	1.0
Watkins Glen Harbor 607.535.6116 www.WatkinsGlenHarborHotel.com	1.1
Idlwilde Inn 607.535.3081 www.IdlwildeInn.com	1.3

Layover Day Route – Day 5

Sorry, we're still refining our map. Check back soon!

DAY 6

Watkins Glen to Ithaca

JULY 27

Designated Camping –
Robert Treman Park, Ithaca, NY

Sorry, no dorm rooms available at this site.

Off Site Lodging at Ithaca	Miles from camp
Hillside Inn 607.272.9507 www.Hillside-Inn.net	1.6
Grayhaven Motel 607.272.6434 grayhavenmotel.com	
Super 8 Motel 607.273.8088 www.Super8.com	1.6
Hilton Garden Inn 607.277.8900 www.HiltonGardenInn.Hilton.com	2.0
Comfort Inn 607.272.0100 comfortinn.com	
Country Inns and Suites 607.256.1100 www.CountryInns.com	2.3
Ithaca Downtown Holiday Inn 607.272.1000 www.HlIthaca.com	2.5
Rodeway Inn & Suites 607.272.5252 www.RodewayInn.com/Ithaca	4.8

Long Route – Day 6

Sorry, we're still refining our map. Check back soon!

Short Route – Day 6

Sorry, we're still refining our map. Check back soon!

DAY 7 Ithaca to Cortland July 28

CAMPING IS NOT AVAILABLE ON THE FINAL DAY IN CORTLAND ON JULY 28th

Final Day Route – Day 7

Sorry, we're still refining our map. Check back soon!

Off Site Lodging at Cortland	Miles from camp
Country Inn & Suites 607.753.8300 http://www.CountryInns.com	0.8
Ramada Cortland 607.756.4431 www.Ramada.com	2.4
Hampton Inn 607.756.4431 www.HamptonInn.Hilton.com	2.5
Quality Inn 607.756.5622 www.QualityInn.com	2.7
Comfort Inn 607.753.7721 www.ComfortInn.com/	2.7
Holiday Inn Express 607.299.0099 www.hiexpress.com	2.2
Hope Lake Lodge & Indoor Water Park 607.835.6300 www.hopelakelodge.com	8.9
Yellow Lantern Kampground 607.756.2959 www.YellowLanternKampground.com	3.6

The Finger Lakes Region of New York

Visit www.BonTonRoulet.com for larger image

