



2019

Bon Ton Roulet Handbook



Dear Cycling Enthusiast,

Welcome to the 23rd 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 many of the beautiful Finger Lakes of New York State.

The Bon Ton Roulet is a fundraiser for the Auburn YMCA-WEIU and the Cortland YMCA. While enjoying a wonderful and healthy vacation you will also be helping our local Y's provide programs to youth in our community.

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 visit, www.bontonroulet.com or call 315-253-5304 ext. 107.

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 2019 Bon Ton Roulet.

Noah Beck, Executive Director
Cortland YMCA

Vicki Darrow
Ride Director

Chris Nucерino, CEO,
Auburn YMCA-WEIU

A Typical Day on the Bon Ton Roulet Ride

- 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 Regular 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!
- Morning Rest Stop is roughly 15-25 miles from the start
- Afternoon Rest Stop is roughly 10-20 miles from the finish
- Arrive at the next overnight Host Community
- Find your gear laid out near the camping area
- Set up your tent and relax!
- Chow down at dinner!
- Bike Mechanic & Massage Therapists available each day (additional fees apply).
- Relax with local entertainment, yoga or speakers, provided most nights.



New Jersey Design by Primal Wear

7/20-Sat.-Cortland County Fair Grounds, Cortland NY-Registration
 7/21-Sunday-Cortland to Aurora (Wells College)
 7/22-Monday-Aurora to Taughannock Falls State Park
 7/23-Tuesday-Taughannock Falls State Park to Watkins Glen
 7/24-Wednesday-Watkins Glen to Geneva (HWS College)
 7/25-Thursday-Geneva to Geneva
 7/26-Friday-Geneva to Auburn (Emerson Park)
 7/27-Saturday-Auburn to Cortland-Finish (Closes at 3pm)

NEW! E-BIKES WELCOME



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Tour Hours of Operation

Tour Registration & Packet Pick-Up

Saturday, July 20, 1:00-6:00pm

Sunday, July 21, 6-8:00am

NEW! NO MASS START..START WHEN YOU ARE READY!

Camping is available at the start on Sat. July 20, but not on Sat., July 27. Dinner is not provided Sat. July 20.

SAG Support	7:00 am-5:00 pm	(July 21...7 am-3 pm)
Gear Truck	Load until 8:00 am	Unload 1:00 pm
Information Tent	6:00-8:00 am	1:00-6:00 pm
Breakfast	6:00-8:00 am	
Cash Snack Bar	Afternoon	
Dinner	5:00-7:00pm	
Rest Stop	8:00-11:00 am	11:00 am-3:00 pm
Special Services:	1:00-6:00 pm	Lodging & Dorm Delivery, Transportation
Shower Truck		

Shower Truck Schedule			
		5-7:30am	2-9pm
Sat., 7-20	Cortland		Cortland
Sun., 7-21	Cortland-Aurora	Cortland	Aurora
Mon., 7-22	Aurora-Ithaca	Aurora	Ithaca
Tue., 7-23	Ithaca-Watkins Glen	Ithaca	Watkins Glen
Wed., 7-24	Watkins Glen-Geneva	W. Glenn	Geneva
Thur., 7-25	Geneva-Geneva	Geneva	Geneva
Fri., 7-26	Geneva-Auburn	Geneva	Auburn
Sat., 7-27	Auburn/Cortland-Finish	Shower truck closes at 3pm in Auburn.	

Evening Rider Meeting 7:00 pm

Evening Program 7:00-8:30 pm

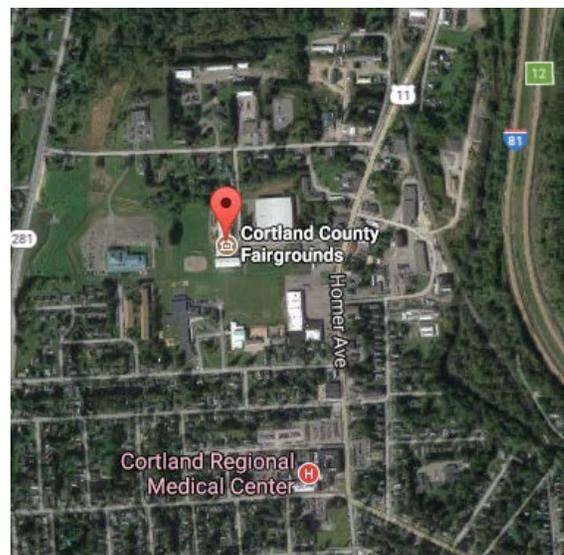
Quiet Hour Starts 10:00 pm

Start Point: Cortland County Fair Grounds
2 Carroll Street
Cortland, NY 13045

Syracuse, NY Airport: Hancock Intern. Airport,
1000 Colonel Eileen Collins Blvd.
Syracuse, NY 13212

Syracuse Train/Bus: Syracuse Regional Trans. Ctr
131 Alliance Bank Pkwy,

Shuttles to and from airport, train & bus station available.



Miscellaneous

Free Long Term Parking: Free parking is available from July 21, Noon - July 28. 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. Return shuttles to this lot during the tour are available in case of emergencies.

Pet Policy: For the safety of fellow bike riders & volunteers the Bon Ton Roulet does not allow pets on the tour.

Medication: The Bon Ton Roulet and its tour staff are not permitted to store, transport, or otherwise handle any personal medication at any time.

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.

Rechargeable Electronic Devices: Overnight facilities typically have standard outlets located throughout the building, which riders can use. The Bon Ton will provide a recharging station, please bring your own connectors, converters, or adaptors. There will also be a CPAP power plug in station.

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.

Pre & Post Tour Camping: Camping is available at the start on Sat. July 20, but **not on Sat., July 27.**

Long and Regular Route: The Bon Ton Roulet is a different kind of bicycle tour, designed for relaxation, and just plain FUN! 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 regular or long option, riders choose which option they prefer. The **Long Route** appeals to those riders who want the challenge of a 65-75 mile ride per day at a pace that's typically quicker. The **Regular 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 switch back and forth between the Long and Regular routes during the week, making the Bon Ton the perfect tour!

Luggage & Tracking Tags: Each rider can have one large bag (or two small) plus camping gear. Riders must place a separate colored tracking tag on each bag. Each tag must display your rider number. Tags can be found in your registration packet and at the Info Tent. Please make sure you can carry and transport your luggage comfortably.

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, 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: 7:00pm each evening Bon Ton Roulet officials will provide updates about the next day's ride.

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

Gear Trucks: Our Gear Truck Staff will 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 laid out for riders to retrieve.

SAG: 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. Sag vehicles will have with them bike pumps, water and first aid supplies.

Vicki Darrow, Ride Director, 607.745.3515

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

Vicki Darrow, Ride Director, 607.745.3515

Meals/Rest Stops: Breakfast & dinner are provided as part of the registration fee. Meals, including meatless entrees, are offered throughout the week. Wherever possible, 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, & well stocked Rest Stops. Lunch is not provided by the Bon Ton. Two Rest Stops are provided along the route. The morning stop is located roughly 15-25 miles from the day's start point, & the afternoon stop is roughly 10-15 miles from the next overnight camp. Riders can refuel with a selection of fruit, water, & sports drinks. Rest Stop food & 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 non-water beverages are located in ice filled beverage coolers near the Information Tent. A small donation for drinks is appreciated. Sorry, storing personal items in the coolers is not allowed.

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!

FREE Wine Pick-Up: Great Bonus!! 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 Saturday, July 28. Participating wineries are posted at the Information Tent and on the cue sheets. Wine pick-ups will be to campsite by 7pm

Bike Repair: The Bon Ton has partnered with a couple of bike mechanics who'll be stationed at the campsite in the morning and at the am & pm rest stops, and at the overnight campsites. SAG vehicles can transport your bicycle to the nearest mechanic.. Fees for parts & service apply.

Bike & E-Bike Rentals: : Mello Velo Bicycle Shop, 790 Canal St. Syracuse, NY 13210, 315-307-3104
e-mail: info@mellovelobicycles.co...website: www.mellovelobicycles.com.

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.

Evening Program: Most evenings you can relax to the sounds of a great local musician, enjoy listening to a historical speaker or learn interesting facts about the area you are visiting. This program is located either in the camping area or nearby. Or experience a local establishment, usually just short walk away.

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.

What to Bring This tour takes place in all kinds of weather...hot days ...cool evenings. This list is just a suggestion of what you should bring. We advise that you do not pack valuables, easily breakable items, items of personal worth or medication in your luggage. The Bon Ton Roulet is not responsible for any lost, stolen, damaged or misplaced items.

Camping	Tent, stakes, poles, ground cloth, tent bag, sleeping bag, air mattress, air pump, pillow
Bicycle Gear	Granny gears, helmet, 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	Tooth brush, tooth paste, floss, hand sanitizer, soap, shampoo, lotion, shaving products, tissues, deodorant, powder, towel, washcloth, clothes pins, nail file and clippers, q-tips, brush/comb, feminine items, laundry bag and soap
First Aid	Med alert bracelet, aspirin, band-aids, antibiotic cream, alcohol pads, lip balm, sun screen, insect repellent, moisture cream, rash ointment, soft side cooler
Clothing	T shirts/ shorts, pants rain gear, underwear, sports bra, socks, belt,shoes, shower shoes, sleepwear
Essentials	Glasses, contacts, sun glasses, cell phone, eye prescription, watch , chargers, knife, identification, fanny pack, flashlight, extra batteries, ear plugs, cork screw

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.

FAQ'S:

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. We work 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. Both breakfast and dinner are part of your registration fee. A menu from a previous ride can be viewed on the Bon Ton website.

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. 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. Please refer to the website for lodging information.

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.

➤ **Mapping your Route:** We strive to keep methods consistent but there are occasionally reasons we need to change a route on short notice. The pavement markings are placed a week or so before the tour and checked each morning. When in doubt, follow the markings. If you are off the route or feel lost call one of the Bon Ton staff numbers.

➤ **Regional Maps:** A map of the Finger Lakes Region is available at the Info Tent upon request. A large charted map will be posted on the Message Board to show riders the entire route, broken down by day/route.

➤ **Digital Routes from Ride with GPS:** Digital Map Downloads: The Bon Ton is offering digital route downloads from Ride with GPS. As with any digital navigation product, please consider this to be supplementary to the cue sheets and route markings.

➤ **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 available in your registration packet and at the Information Tent. Riders should re-zero their odometer daily.

➤ **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 18 years. Please identify the symbols & colors used for this ride, posted at registration.

SPECIAL SERVICES:

◆ **COMFY CAMPERS LLC** "No Hassle Camping" The Bon Ton Roulet is proud to partner with Comfy Campers in 2019! Imagine camping with :



No tent set-up or take down* No lugging wet towels from site to site

No worries about comfortable seating * No ultra thin mattresses Comfy Campers offers: Towel Service, Chair Rental and Mattress rental visit our website for full details... www.comfycampers.info.

◆ **BIKE RENTALS: Mello Velo Bicycle Shop, 790 Canal St. Syracuse, NY 13210, 315-307-3104**
e-mail: info@mellovelobicycles.com...website: www.mellovelobicycles.com

◆ **BIKE SHIPPING** Bikes can be shipped to Cortland County Family YMCA
22 Tomkins Street, Cortland NY 13045 Phone – 607 756 2893

Must include return shipping label

mellovelo

If riders choose to ship their bicycle there are 2 options:

Option 1: Riders can have their bike assembled and delivered to the start of the tour on registration day. Upon completion of the tour we will pick up your bike from the finish, disassemble, pack and dropped off at the shipping point. Bikes must be received no later than Wednesday, July 17th for assembly. Your bike will be available at registration at 2:00 pm on Saturday, July 20th. This service is a \$60.00 charge (Shipping charges are NOT included.)

Option 2: You can also choose to have your bike brought to the start point of the tour in its original shipping box for you to assemble. Tools 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 boxed and ready for shipping no later than 3:00 pm on Saturday, July 27th. We will arrange for the boxes to be dropped off at the shipping point. There is no charge for this service. (Shipping charges are NOT included)

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

DO List:

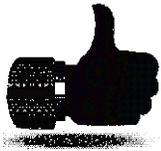
- DO wash your hands often using antibacterial soap
- DO use hand-sanitizing liquid, versus not washing hands
- DO clean your water bottle mouthpiece before drinking
- DO eat whole & pared fruit served from food-safe gloves
- DO keep hydrated by drinking water regularly
- DO comply with hygiene signage 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

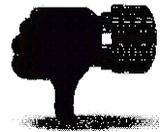


Thumbs Up, Thumbs Down



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".



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

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 17 & younger
- Cyclists must obey all traffic laws and obey all traffic signs and signage posted by the tour.
- NEW! Bike light are recommended.

Rider Recommendations:

Pace yourself. Have fun! You have all day to travel the tour

- A multi-gear bicycle and 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
- Use common sense and courtesy with all road traffic

Rare Severe Weather Conditions: The most common severe weather conditions 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.

2019 Bon Ton Roulet Points of Interest

Sunday, Day 1, July 21, 2019 Cortland to Wells College, Aurora

- Departing Cortland ride past Blue Creek, Dry Creek and Fall Creek on the way to the village of Groton
- Ride north from Groton to Locke to the Historic Village of Moravia along Owascolntlet
- Waterfalls at Filmore Glen State Park
- Scenic West Lake Rd past the southwest end of Owasco Lake
- From the shores of Owasco Lake to shores of Cayuga Lake.
- Travel down the Main Street of Historic Aurora to Wells College

Monday, Day 2, July 22, 2019 Wells College, Aurora to Taughannock Falls SP

- South through Genoa and Lansing along Salmon Creek.
- Salmon Creek Falls just north of Lansing
- Stewart Park, Ithaca Farmer's Market, Cayuga Waterfront Trail, Ithaca Children's Garden
- Cayuga Nature Center
- Finish Ride at Taughannock Falls State Park. Take the short hike to see the tallest single drop waterfall east of the Rockies. Catch a sunrise on the shore if you are an early riser.
- The BonTon Triathlon, a modified sprint distance triathlon. This is scheduled so that you can ride and participate in this if you wish.

Tuesday, Day 3, July 23, 2019 Taughannock Falls SP to Watkins Glenn

- Ride along Taughannock Creek through Trumansburg (home of the famous Grassroots Music Festival.)
- North to Interlaken passing by Americana Winery and Bandwagon Farm Brewery.
- Lodi, Hector, Watkins Glen wineries, breweries and distillery galore: Lamoreaux Landing, Wagner Vineyards, Hazlitt Vineyards, Damian Wine Cellars, Two Goats Brewing, Finger Lakes Distilling...the list goes on!
- Seneca Lake Southeast shore, Hector Falls.
- Arrive at Clute Park in Watkins Glen on the South Shore of Seneca.

Wednesday, Day 4, July 24, 2019 Watkins Glen to Geneva

- Downtown Watkins Glen
- Watkins Glen, Dresden, Geneva
- Lakewood Vineyards, Barnstormer Winery, Magnus Ridge Winery, Rock Stream Vineyards, Glenora Wine Cellar, Climbing Bines Hop Farm and Brewery, Fox Run
- Kashong Creek and Conservation Area
- Western Shores of Seneca Lake – Belhurst Castle and Winery.
- Lake front part, Geneva, ending the ride at Hobart & William Smith College

Thursday, Day 5, July 25, 2019 Geneva to Geneva

- Phil Fountain Century Ride travels from Geneva, Canandaigua, Bristol, Gorham back to Geneva
- The regular route travels from Geneva, Canandaigua, Gorham and back
- Enjoy Canandaigua, Kershaw park, city pier and view of the smallest state park in NY (Squaw Island)
- Enjoy the beautiful town of Geneva – eateries, historic buildings and idyllic lakeside locale.
- DeLago Casino bus tour provided, \$20 per person. Sign up by calling the Auburn YMCA.

Friday, Day 6, July 26, 2019 Geneva to Emerson Park, Auburn

- Ride takes you along the Montezuma Wildlife Refuge north of Route 5
- Seneca Falls – Central in the Women's Suffrage Movement and Town in "It's a Wonderful Life", Bedford Falls, base off of Seneca Falls.
- Rest stop at the Montezuma Winery
- Cayuga, Union Springs, Fleming
- Emerson Park for camping, swimming and our Bon Ton party!

Saturday, Day 7, July 27, 2019 Auburn to Cortland

- Owasco Lake, through town of Owasco
- Bear Swamp State Forrest
- Over Bear Swamp Creek, Grout Brook, Factory Brook.
- Origins Café in Homer for one last pick-me-up
- Historic Main Street Homer
- Finish the ride back at JM McDonald Center in Cortland.

**Each route will have an interesting facts and history document called On The Route. Please read these for more detailed information about each ride. Copies of these sheets will be available at the information desk. Stop by.