

Welcome to Start Location Cortland County Fairgrounds

Saturday, 7/22/2023

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

Cue Sheets - In your packet and at Registration area

Camping Area - open grass area around fairgrounds

Showers - Shower Truck & Small Green building near barn

Restrooms - Port-a-johns & McDonald Complex

Swimming - at Cortland YMCA 11:30am-12:30pm

Dinner - on your own or Gorgers Restaurant (they set up a table onsite) 4-6pm.

Bike Repair - on-site in evening

Indoor camping - on the McDonald Complex Turf

Welcome Party-5-7pm with music

Rider Meeting - 7:15pm

Good Morning from Cortland County Fairgrounds

Registration 6:00am-8:00am

Sunday, 7/23/2023

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:

AM Rest Stop (7-10am) - Otisco Lake Campground Boat
Launch

Lunch - On your own

PM Rest Stop - LONG ROUTE ONLY - Borodino Fire
Department pancake breakfast (8:00am - 1:00pm)

Points of Interest - Lakeshore Grocery (Otisco Lake
general store by the rest stop), Otisco Lake Park, Village
of Skaneateles (shops, restaurants, Clift Park), Mr.

Pudders Ice Cream (west of Skaneateles)

Wine Pickups: No wine pickups

See you in Auburn!!!!

**Welcome to Overnight Location
Emerson Park, Auburn, NY
Arrival Information Hours: 1-6pm
Sunday, 7/23/2023**

Camping Area - Deauville Island

Indoor camping - none

Weather Emergency Area - Pavilion

Restrooms - Island bath house and Port-a-Johns

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

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 - no lifeguard; wading only

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 - 7:15pm - camping area - outdoor pavilion

Music - 7pm- acoustic guitar; outdoor pavilion

Wine Tasting - Izzo's 2:30pm-5:30pm

Beer/Food Truck - 1:00pm-5:00pm; Thirsty Pug Craft Beer Bar & Market - specialty craft beers and pub fare; Beverage tent 12pm - Gatorade, soda, water; beer at 3pm

Good Morning from Auburn
Information Hours: 6-8am
Monday, 7/24/2023

Today you are heading to Ithaca!!

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

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

Bicycle Pumps - at the Information Booth

On Route Highlights-

AM Rest Stop (7-10am) - Venice Center Highway Garage

Lunch - on your own

PM Rest Stop (10am-1pm) - Meyers Park, Pavilion E

Points of Interest - C&Y Convenience Store in Lansing, Rogue Harbor Inn, Salt Point Brewery, Ithaca biking path, Stewart Park, Cayuga Lake (Purity Ice Cream and Ithaca Bakery are off course, but just a couple blocks east at mile 43)

Wineries for Wine Pickup - No wine pickups

See you in Ithaca!!!

Welcome to Overnight Location
Robert Treman State Park, Ithaca NY

Arrival Information Hours 1:00-6:00 pm

Monday, 7/24/2023

Camping Area - all open areas

Indoor camping - None

Rest rooms - Bath house and port-a-johns

Showers - Shower Truck

Concessions - snack trailer on-site

Bike Repair - available at rest stops and at camp

Swimming - Swim at your own risk

Yoga - 4pm

Dinner - 5pm-7pm at the Pavilion

Menu: BBQ pulled pork; Pulled chicken w/peppers & onions;

BBQ veggie entrée options (jackfruit); Coleslaw; Rolls;

Macaroni salad; Tossed salad; Dessert

Rider Meeting - 7pm

Entertainment - 7:00pm-9pm Music

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

Information Hours 6:00-8:00 am

Tuesday, 7/25/2023

Today you are heading to Penn Yan!!

Breakfast - 6:00 -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:

AM Rest Stop (7am-10am) - Clute Park, Watkins Glen

Lunch - on your own

PM Rest Stop (10am-1pm) - Keuka Spring Winery

Points of Interest - Montour Falls, Walmart in Watkins
Glen, Tobey's Donut Shop in Watkins Glen, Village of Penn
Yan (shops, restaurants, Tops, Aldi)

Wine Pickups - Keuka Spring Winery, Barnstormer,
Glenora Win Cellars, Herman J. Wiemer Vineyard

See you in Penn Yan!

Welcome to Overnight Location - Keuka College

Arrival Information Hours 1:00-6:00 pm

Tuesday, 7/25/2023

Dorms - Harrington, air & linens; Davis Hall, non-air

Camping Area - Ostrander Field

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

WIFI - Guest Account

Weather Emergency Area - Weeds Gym, Ball, Harrington

Rest rooms - Port-a-johns

Showers - Shower truck located next to gym

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, 1st floor, 1pm - 9pm, FREE!

Shuttle bus into Penn Yan

Massage Therapy

Yoga - 4pm

Dinner - 5pm-7pm Geiser Dining Hall in Dahlstrom

Menu: Beef barley soup; Fresh salad bar; Composed grain salads; Hamburgers; Hot dogs; Grilled cheese; French fries; Asian grilled pork taco; Roasted turkey breast; Quinoa pilaf; Broccoli; Vegan chickpea w/stewed tomato; Pasta w/marinara and alfredo sauces; Bake shop bread; Cannoli cupcakes; Assorted ice cream

Rider Meeting - 7pm

Entertainment - 7:15-8p, Len Kataskas, Yates County

Historian; 8pm, bonfire at Point Neamo

Good Morning from - Penn Yan
Information Hours 6:00-8:00 am, 1:00-5:00pm
Wednesday, 7/26/2023

Phil Fountain Century Ride Day!!

Breakfast - 6:00 - 8:00am, Geiser Dining Hall in Dahlstrom
Menu - Assorted bagels & breads; Mini apple strudels; Assorted dry cereals; Yogurt bar; Cottage cheese; Eggs made-to-order; Hard-boiled eggs; Fresh fruit; Assorted whole fruit; Oatmeal w/toppings; Scrambled eggs; Cinnamon raisin French toast; Sausage patties; Potatoes O'Brien

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 (7am-10am) - The Olney Place

Lunch - on your own

PM Rest Stop (10am-1pm) - Depot Park, Hammondsport

Points of Interest - Keuka Lake, The Switzerland Inn restaurant, Village of Hammondsport (restaurants and shops)

Points of Interest for Century Ride - Dollar General at mile 35, Kozy Korner restaurant at mile 41

Points of Interest around Keuka College - Abandon Brewing Company, Yates Cellars

Wine Pickups - Abandon Brewing, Yates Cellars

See you back at Keuka College!

Welcome back to Keuka College, Penn Yan NY

Arrival Information Hours 1:00-6:00 pm

Wednesday, 7/26/2023

Dorms - Harrington, 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

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

Laundry Facilities - Davis Hall, 1st floor, 1pm-9pm, FREE!

Massage Therapy

Yoga - 4pm

Dinner - 5pm-7pm, Geiser Dining Hall in Dahlstrom

Menu: Mediterranean turkey vegetable soup; Fresh salad bar; Composed grain salads; Hamburgers; Hot dogs; Buffalo chicken grilled cheese; French fries; Roasted tomato & basil chicken; Roasted red potatoes; Grilled asparagus; Lettuce wraps w/chickpeas, mixed vegetables, and lemon tahini sauce; Pasta marinara & roasted red pepper alfredo sauce; Strawberry lemonade cupcakes; Assorted ice creams

Rider Meeting - 7pm

Entertainment - 7:30pm - bonfire, Point Neamo

Good Morning from - Penn Yan, again!
Information Hours 6:00-8:00 am
Thursday, 7/27/2023

Today you are heading to Geneva!!

Breakfast - 6:00 - 8:00am

Menu - Assorted bagels & breads; Assorted scones; Assorted dry cereals; Yogurt bar; Cottage cheese; Eggs made-to-order; Hard-boiled eggs; Fresh fruit; Assorted whole fruit; Oatmeal w/toppings; Scrambled eggs; Yogurt & oatmeal pancakes; Sliced ham; Tater tots

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

Bicycle Pumps - at the Information Booth

On Route Highlights:

AM/PM Rest Stop (7am-1pm) - Rushville Hose Co.

Lunch - on your own

Points of Interest - The Old Country Store (Middlesex), City of Geneva, Wegmans

Wine Pickups - No wine pickups

Welcome to Overnight Location

HWS Colleges, Geneva, NY

Arrival Information Hours: 1-6pm (red barn)

Thursday, 7/27/2023

Dorms - O'Dells; 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 - O'Dells/Dome

Concessions - snack trailer on-site by O'Dells

Bike Repair - available at rest stops and at camp

Laundry Facilities - Complimentary; laundry key will be available within facility

Library Hours - 8:30am-4pm

Swimming - 3-7pm, Bristol Pool on campus

Yoga - 4pm bring yoga mat or towel

Massage - 2-6pm-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

Entertainment - 7:15pm at Red Barn (at conclusion of rider meeting); 'Finger Lakes Geology', presented by HWS Professor John Halfman

Good Morning from Geneva
Information Hours: 6am-9am
Friday, 7/28/2023

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:

AM (smaller) Rest Stop (7am-9am) - Waterloo Fire Dept.

Second Rest Stop (8am-11am) - Montezuma Winery & Hidden Marsh Distillery

Lunch - on your own

PM Rest Stop (10am-1pm) - Frontenac Park, Union Springs

Points of Interest - Finger Lakes Welcome Center, Lakefront Drive, Geneva; in Seneca Falls take a right on Bridge St to cross the 'It's a Wonderful Life' bridge; explore the downtown Seneca Falls shops and restaurants; in Aurora, visit MacKenzie Childs and explore the lakeside downtown!

Wine Pick up - Montezuma, Quarry Ridge, Heart & Hands

See you in Aurora!!

Welcome to Overnight Location
Wells College, Aurora NY
Arrival Information Hours: 1-6 pm
Friday, 7/28/2023

Camping Area - On grass around Leach Dorm

Dorms - Leach; linens, no air

Showers - shower truck located in Leach Dorm parking lot

Restrooms (overnight) - Port-a-johns

Dinner - 4:30pm-6:30pm, Dining Hall

Menu: Caesar salad; Breadsticks; Roasted Tilapia;
Chicken Parmesan; Brussels sprouts; Vegetable medley;
Rice pilaf; Desserts & beverages

Meatless option - Alfredo Mushroom Cavatappi

Wifi Password- summer2023

Bike Repair - on site in evening

Ride update - 6:30pm by Leach Dorms

Music - 7:00-9:00pm, Paul Strowe - Friday Night Party!

Indoor camping - Clubhouse at top of hill

Weather Emergency Area - Main Building; Fieldhouse at top
of hill; Sommer Center

Yoga - 4 pm bring yoga mat or towel

Golf (Clubhouse at top of the hill) - Call 315-364-8024 to
book a tee time; golf clubs available to rent, drinks & food at
clubhouse for purchase for lunch/dinner

Shuttle- 2-5pm (red van) Fargo, Longpoint Winery, Aurora
Ale, MacKenzie-Childs

Good Morning from Aurora

Information Hours: 6-8 am

Saturday, 7/29/2023

Breakfast - 6:00am-8:00am

Menu: Scrambled eggs; Glazed ham steaks; Hash browns;
Oatmeal; Yogurt with granola; Fruit salad; Coffee & OJ

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

Bicycle Pumps - @ Information Booth

On Route Highlights:

AM & PM Rest Stop (7am-11am) - Fillmore Glen State
Park

Points of Interest - Barb's Diner in Locke, Howland Farm
Museum in Aurora

Wine Pickups - No wine pickups

Lunch - on your own

See you in Cortland!