

AIDS RIDE FOR LIFE 2019

EVENT DAY SCHEDULE & INFORMATION

Saturday, September 7 Stewart Park, Ithaca

- 6:00am- 102, 90 milers check-in
- 6:30am- Riders assemble for Opening Ceremony
- 6:45am- Opening Ceremony begins
- 7:00am- Ride Out!
- 8:15am- 69 milers check-in at Stewart Park
- 9:00am- 69 miler bus departs for Frontenac Park
- 9:45am- 42 milers check-in at Stewart Park
- 10:30am-42 miler bus departs to Seneca Fls Comm Cntr
- 12:00pm-Riders begin arriving at Cass Park Finish Line
- 12:15pm-25 & 14 milers check-in at Stewart Park
- 1:00pm- 25 & 14 miler bus departs for pit stops
- 5:00pm- Cass Park pit stop closes
- 5:15pm- Victory Ride begins Cass to Stewart Park
- 5:45pm- Riders arrive at Stewart Park

PIT STOPS

There are 8 stops along the entire 102 mile route. They are clearly marked stops and will allow you to replenish food and drinks. Medical staff and restroom facilities are available at each stop.

DIRECTIONS ARE ON YOUR CUE SHEET

- Stewart Park Open 5:30am–9pm
- King Ferry Winery—open 7:30-10:30 am
- Frontenac Park— open 8:00-11:30am
- Verdi Signs— open 9:00am-1:30pm
- Seneca Falls— open 9:45am-2:30pm
- Boathouse Beer Garden—open 10:30am-3:30pm
- Bellwether Hard Cider—open Noon- 4:00pm
- Black Diamond Trail open Noon—4:45pm
- Cass Park Finish Line— open 12:00pm-5pm

FINISH LINE

Riders finish at Cass Park between 12:00pm and 5:00pm. Family and friends are encouraged to gather near the finish line and help celebrate their accomplishments! Riders will leave Cass Park at 5:15 to take part in the Victory Ride. This ride winds its way from Cass to Stewart Park via Buffalo and Cayuga Street. Riders arrive together back at Stewart Park at 5:45pm for the closing ceremony and dinner.

EVENT DINNER CELEBRATION STEWART PARK 6:00PM

Each rider will receive 1 dinner tickets in addition to their own ticket for the dinner celebration.

Our event dinner is open to the public. Additional tickets can be purchased in advance for \$8 or at the event dinner for \$10. For tickets:

<http://aidsrideforlife.org/rider/jerseys>.

DINNER MENU—

Chicken BBQ - By the Trumansburg Rotary.
The following made for you by Ithaca Bakery:
Fresh tomato couscous salad (V)
Green salad w/ dressing (VE,GF)
Watermelon mint and feta salad (V)
Veggie Lasagna (V)
Grilled chicken
Jambalaya & Rice (VE, GF)
Bread, Butter
Drinks Lemonade, Iced Tea, Water
Cake
Gimme! Coffee

GEAR DROP

Riders may either leave clothing at Stewart Park for pick up or have clothing transported to the finish line at Cass Park. Clothing may also be left at any Pit Stop and will be returned to Stewart Park for you. Each Pit stop will have extra zip loc bags and sharpies for labeling. Please label clearly with Rider number and name

SEE OTHER SIDE FOR PACKET INSTRUCTIONS

PACKET PICK UP INSTRUCTIONS – STEWART PARK

Friday, September 6, 4-7pm – Large Pavilion

- Stop at the Rider Check In table in the large pavilion, give the volunteer your name.
- You will be instructed by our volunteers where to go next.
- If you have money to turn in, please go to the Rider Check In table first then to the Donations table.
- If you have fulfilled your fundraising obligation, taken your safety quiz & signed your waiver - go directly to the Rider Gift table located in the big tent!

HEALTH & FITNESS EXPO IN TENT - at Packet Pick Up

- ENJOY OUR 4th ANNUAL HEALTH & FITNESS EXPO IN THE BIG TENT
- OPEN TO THE PUBLIC
- Many health & fitness vendors will be there to give you valuable hands on information, free samples.
- Ice cream by Mega Moos; Music by Rick Pedro

WHAT'S IN YOUR RIDER PACK & WHAT YOU SHOULD DO WITH IT ALL!

- Rider helmet number - remove backing and adhere to your helmet
- Rider bib number - pin on your jersey using the 4 safety pins included in this pack.
- Your emergency contact information is located on the back of your bib. Please check to make sure this is accurate. If not, please change it & notify us!
- 2 Wristbands with rider number on them - Place 1 band on your wrist and 1 on your bike. Your wrist band is also your ticket to our event dinner at Stewart Park!
- 1 extra dinner wristband - This is a free dinner ticket for a guest, they should wear this on their wrist.
- Day of Instructions and explanation - this is your event agenda & other useful information
- Rider cue sheet/map - Carry this with you on your Ride! This contains Emergency Contact information; the cue sheet contains the road instructions and the map outlines the routes and Pit Stop destinations.
- Road Safety sheet - Please read - we can never have enough refresher courses on Safety!
- 5 Rider Raffle tickets - Write your Rider number on the back of the tickets & place in the bag in front of the raffle item you would like to win. The raffle table will be open on Friday at Packet Pick up from 4-7pm and on Saturday from 5am - 9:30am. Winning tickets will be drawn after the 42 miler bus leaves at 10:00 am. Extra tickets can be purchased 2/ \$1 or 24 for \$10

Other

- Glasses cloth - Gift from Ithaca Cayuga Optical
- Bike Reflectors – gift from PrEP, United Health Services
- 69, 42, 25 & 14 miler info & instructions
- Brochures