

## Katherine Strawser

**From:** Tour de Keuka | Food Bank of the Southern Tier <kstrawser@feedingamerica.org>  
**Sent:** Wednesday, July 5, 2017  
**To:**  
**Subject:** 18 days to go!

Road Rules, Route Signs, Strava, Tips and more as we gear up for a great TDK 2017!

**foodbank**  
of the Southern Tier

Visit the TDK  
Webpage



Hello !

It's almost time to hit the road! With Tour de Keuka in 18 days, we have some tips and tricks to help you prepare and stay safe.

### **ROAD RULES & REMINDERS**

Tour de Keuka does take place on open roads, so please follow the rules of the road. For more information on New York States Road Rules, please visit: <http://bikeleague.org/content/rules-road-0>.

**Pack a few tools:** There will be SAG vehicles to pick you up and assist you during your ride. However, it never hurts to be prepared and have a few items on hand in the event you need them.

**Weather:** Tour de Keuka will continue rain or shine, so please check the weather and be prepared with proper riding gear. Don't forget the sunscreen! TDK will only be cancelled if a Severe Weather Watch is issued for Steuben or Yates counties. In the event of thunder or lightning, please seek the nearest shelter.

## CONNECT TO STRAVA

Did you know that you can connect your Strava account to your everydayhero fundraising page? Connect with other riders and show your progress as you train for and ride to end hunger! [Click here for info on connecting your accounts.](#)

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## NEW ROUTE SIGNAGE!

We've updated and upgraded our route signs this year! Thanks to rider feedback, we made them easier to see from a distance. Please look for these new signs when you're out on the road!



## ROUTES

Check out the routes and know where you are going. We will be sure to have each route marked, and we will provide route details on ride day for your GPS.

[Marion Decker Farmers Insurance Century Ride 100 Miles](#)

[Mengel Metzger Barr Bluff Ride 58 Miles](#)

[Jenny Rhoads Memorial Ride 45 Miles](#)

[Family Ride 16 Miles](#)

## POST-RIDE CELEBRATION

Celebrate your success during the post ride event. The post-ride event will offer, music, food, drinks, chair massages, ice cream, and much more! Each rider and a guest are invited to join us for dinner.

## OTHER QUESTIONS?

Please visit our FAQ page: <https://www.foodbankst.org/tourdekeukafaq>

## DID YOU MISS LAST WEEK'S EMAIL?

[Click here](#)

### TRAINING RIDE OPPORTUNITY

**Gearing up for the 16.4 mi Family Ride? Test it out in advance with one of our TDK cyclists!**

**When: July 15, 9:30 a.m.**

**Who:** All registered riders planning to do the 16.4 mile route. Parents with young children are especially encouraged to take this opportunity do a test run on the route.

**Where:** Meet at Hammondsport Fire Department parking lot

Led by Margaret Johnson, member of the Tour de Keuka committee. Please rsvp to [margaretalicejohnson@gmail.com](mailto:margaretalicejohnson@gmail.com) (607) 227-8315 at least 24 hours before the ride if you plan to come.

A special thank you to our sponsors:

Ben & Jerry's, Brewery of Broken Dreams, Burgers & Beer, Corning Bike Works, Corning Catering, Geneva Bicycle Center, Hammondsport Fire Department, Keuka Peaceful Roots, Kingsbury's Cyclery, Lakewood Vineyards, Marion M. Decker Agency - Farmers Insurance, Mengel Metzger Barr, Mercury Corporation, New York Sport and Fitness, Oswald Cycle Works, Seneca Physical Therapy of the Finger Lakes, Stan's No Tubes, The Bike Rack, Weaver's Bicycle Shop, Wegmans & Wheels Unlimited

**Help spread the word! If you registered others or children, please share this information with them. See you on the 22nd!**

You're receiving this email because you've registered for the 2017 Tour de Keuka charity cycling event to help end hunger in our communities.

To find out more visit [tourdekeuka.com](http://tourdekeuka.com)

Have questions that haven't been answered on our FAQ page? [Contact Katie](#)

**Tour de Keuka | Food Bank of the Southern Tier**



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