

Maria Strinni

From: Tour de Keuka | Food Bank of the Southern Tier <tourdekeuka@foodbankst.org>
Sent: Friday, July 19, 2019 12:34 PM
To: Maria Strinni
Subject: It's gonna be a hot one ... Keeping safe on ride day.

About that heat wave ...

foodbank
of the Southern Tier

Visit the TDK
Webpage



Hello !

So, it's going to be hot. Really hot. Temperatures are expected to reach the upper 90s with heat indexes at 100 degrees or more. We want our riders and volunteers to stay safe.

Because of safety and logistics concerns, it is crucial riders stick to the departure times scheduled for the route you registered for.

Tour de Keuka is a non-refundable rain or shine event and will only be cancelled in the event a Severe Weather Warning is issued by the National Weather Service for Steuben or Yates counties. We ask that all cyclists please use their best judgment when deciding whether or not to ride. Cyclists assume their own risk if they chose

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none">• Get to a cooler, air conditioned place• Drink water if fully conscious• Take a cool shower or use cold compresses		CALL 9-1-1 <ul style="list-style-type: none">• Take immediate action to cool the person until help arrives

to ride in inclement weather or extreme heat.

Please hydrate all day today as you prepare for the ride tomorrow.

Please use sunscreen. Please stay hydrated and stop if you are overheated. Support and gear (SAG) vehicles are prepared to pick you up. In the event of thunder or lightning, first seek shelter then call the phone number on the back of your bib/bike tag for SAG pick up. **In the event of an emergency, CALL 9-1-1.**

Water/snack stops and restrooms are provided on the route. Available snacks: peanut butter and jelly sandwiches, pretzels, potato chips, popcorn, bananas, apples, Nutrigrain bars and cheese cracker packs.

Read on for details about the big day!

EVENT DAY HEADQUARTERS

Event Headquarters and Check-in/Day-of Registration is at the [Hammondsport Fire Department](#). **Parking is behind the pavilion in the grass.** When you arrive, a parking attendant will direct you to a parking space. Please do not park in the paved area behind the Fire Department, as it must remain clear in the event of an emergency.

Be sure to check in at the registration table to receive your swag bag, bike tag and to confirm your fundraising minimums are met. Please arrive early to allow sufficient time for check-in and to hear announcements regarding your route, which begin 10 minutes before each ride. Before you depart for the day, visit [Wheels Unlimited](#) for a bike check-up at ride headquarters, and have some breakfast courtesy of **Bell's Country Coffee**.

SCHEDULE:

6:00 AM: Check-in and Day-of Registration Opens

6:15 AM: Pastries and Coffee provided by Bell's Country Coffee, courtesy of [Geneva Bicycle Center](#)

7:00 AM: [100 mi Century Ride](#) starts

9:00 AM: [60 mi Vineyard Ride](#) starts

9:15 AM: [45 mi M&T Bank Around the Lake Ride](#) starts

9:30 AM: [17 mi West Lake Ride](#) starts

12:00 – 5:00 PM: Finish Line Celebration

Lunch served by [Wegmans](#), courtesy of [Stan's No Tubes](#). *Vegetarian Options Available. Take-away dinner offered for riders ending after 5:00 PM and \$10 lunch tickets for sale for non-riders. Wine and beer tastings, Ben & Jerry's Ice Cream and music by John Manfredi at the Finish Line Celebration. Visit the Recovery Tent, courtesy of [Seneca Physical Therapy](#).

5:00 PM: SAG Support Ends and Event Concludes

Please visit www.tourdekeuka.com regarding FAQs, fundraising requirements, child participation, safety and preparation for event day.

If you have additional questions after reviewing the website, please [contact us!](#)

A very special thank you to our sponsors:



CORNING



Bell's Country Coffee, Ben & Jerry's, Brewery of Broken Dreams, Burgers & Beer, Corning Credit Union, Corning Inc. Global Latino Organization, Emmy's Organics, Geneva Bicycle Center, Gold Silver & Diamond Store, Hammondsport Fire Department, Keuka Lake Vineyards, Kingsbury's Cyclery, Martin's Bicycle, Mercury Corporation, Sam's Club, Seneca Physical Therapy, The Bike Rack, Upstate Dairy, Walmart, Weavers Bicycle Shop

Help spread the word! If you registered other riders, please share this information with them. See you Saturday!

*You're receiving this email because you've registered for the 2019 Tour de Keuka charity bike ride to help end hunger in our communities.
Thank you for your support!*

Be sure to add our email address to your address book or safe senders list so our emails get to your inbox.

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388 Upper Oakwood Avenue, Elmira, NY 14903