

Welcome, riders

Here is some important information:

Start/Registration

Start/Finish for all riders is at [East Elgin Community Complex, 531 Talbot Street West, Aylmer, ON](#). **All pre-registered riders need to check in** where you'll be given bracelets and maps, and a t-shirt (earlybird only). ONLY those who signed up by Aug. 8 receive shirts. If we have extras we will make them available for sale after the ride. WE WILL BE ACCEPTING DAY-OF REGISTRATION - Cost is \$65 in cash or cheque (there is an ATM on site). **Riders with special dietary needs can drop their pre-packed lunches here and we'll get them to Port Bruce.** See below for details on the food offered. Please check in here when your ride is complete for a certificate.

Checkout Times

160 km - Checkout 7:00-8:30 a.m. Please be on the road by 8:30 a.m.

100 km - Checkout 7:30-9:00 a.m. Please be on the road by 9:00 a.m.

50 km - Checkout 8:00-9:30 a.m. Please be on the road by 9:30 a.m.

The suggested times correspond with when volunteers, food and rest stops will be present along the route. Support cannot be guaranteed if you leave outside of this window. **The route is clearly marked by arrows painted on the road with supplementary maps being provided only at the ride**, as road construction changes daily.

Food

All food listed below is included for all registered riders.

Before the ride: Coffee & light snacks

Rest Stops: Fruit (bananas), energy bars, water, Gatorade

Lunch: Sub (meat or veggie), macaroni salad, banana bread, melon, water & pop

After the ride: Watermelon & water

****Riders with special dietary concerns are encouraged to bring a lunch bag labeled with their name, and it will be waiting for them at the lunch stop.****

Finish - PLUS Beer

Finish where you started. Come to the registration tent for your **certificate of completion** and to fill out a **comment card**. Please let us know how we did and what we might improve.

We are excited to have the Aylmer Kinsmen Club host a CASH beer garden at the finish again this year from noon until about 4 p.m. There will also be the customary complimentary watermelon and freezies at the finish area. You'll probably be happy to not see any more bananas or granola bars by then!

See you soon!

-Aylmer Bicycle Club