









Imagery: Google, Landsat

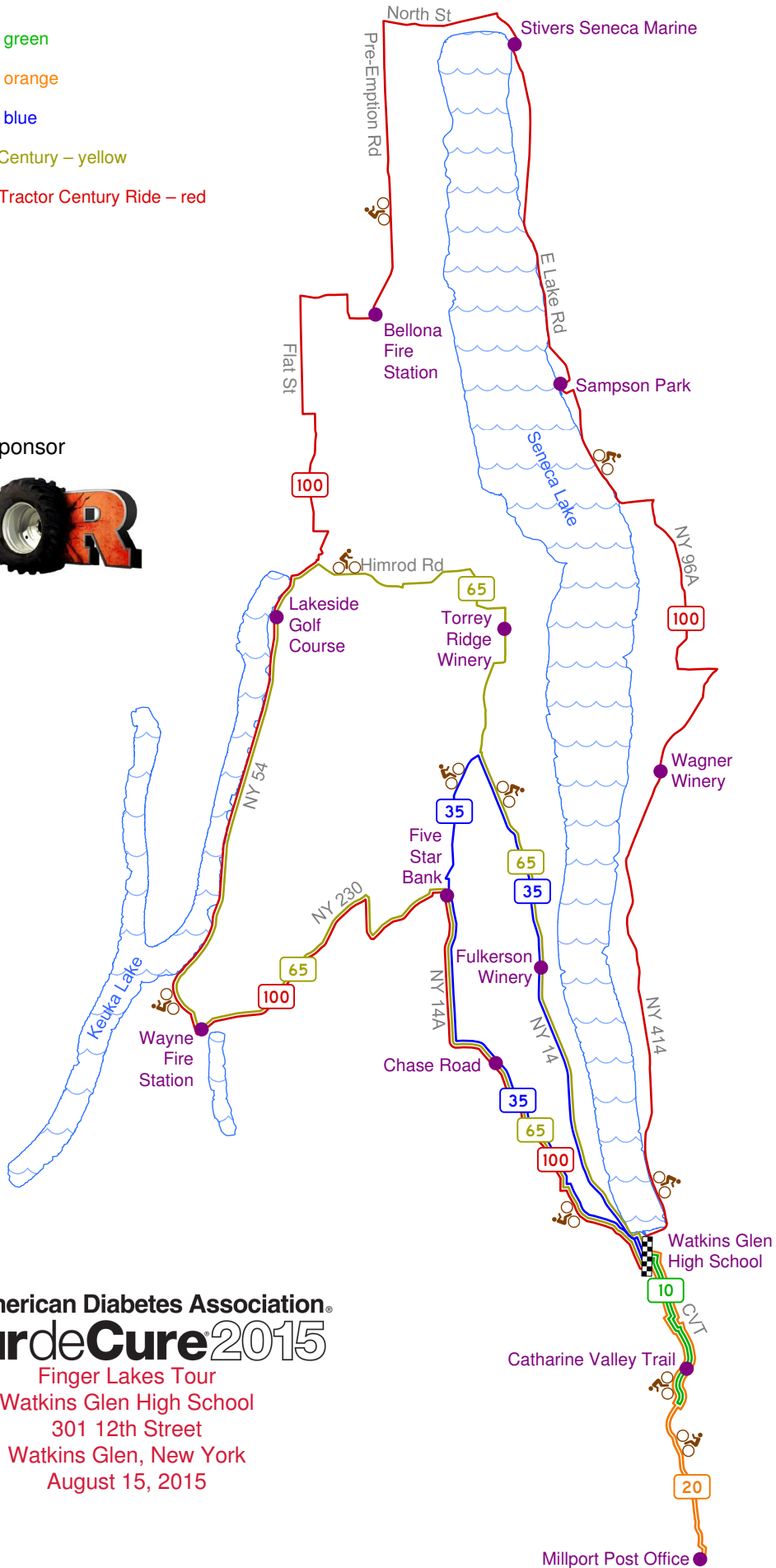
Finger Lakes Tour
Watkins Glen High School
August 15, 2015
<http://tour.diabetes.org/>



 American Diabetes Association®
Tour de Cure 2015

-  10 mile route – green
-  20 mile route – orange
-  35 mile route – blue
-  65 mile Metric Century – yellow
-  100 mile Nel's Tractor Century Ride – red
-  rest stop
-  start and finish
-  direction

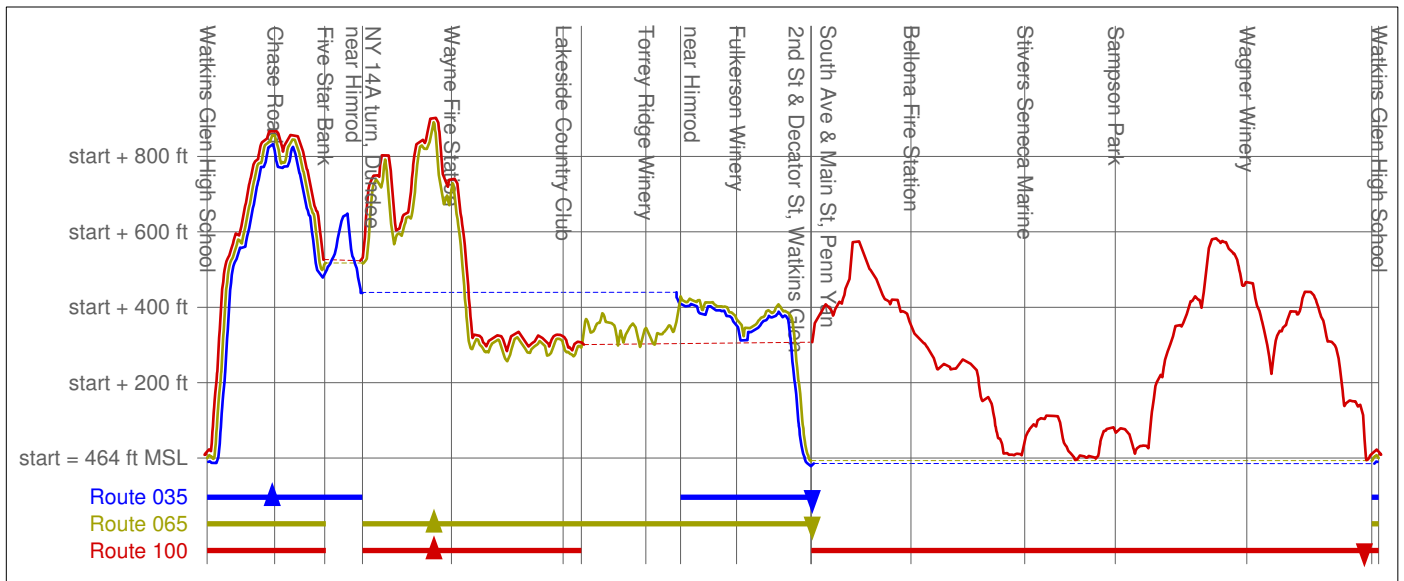
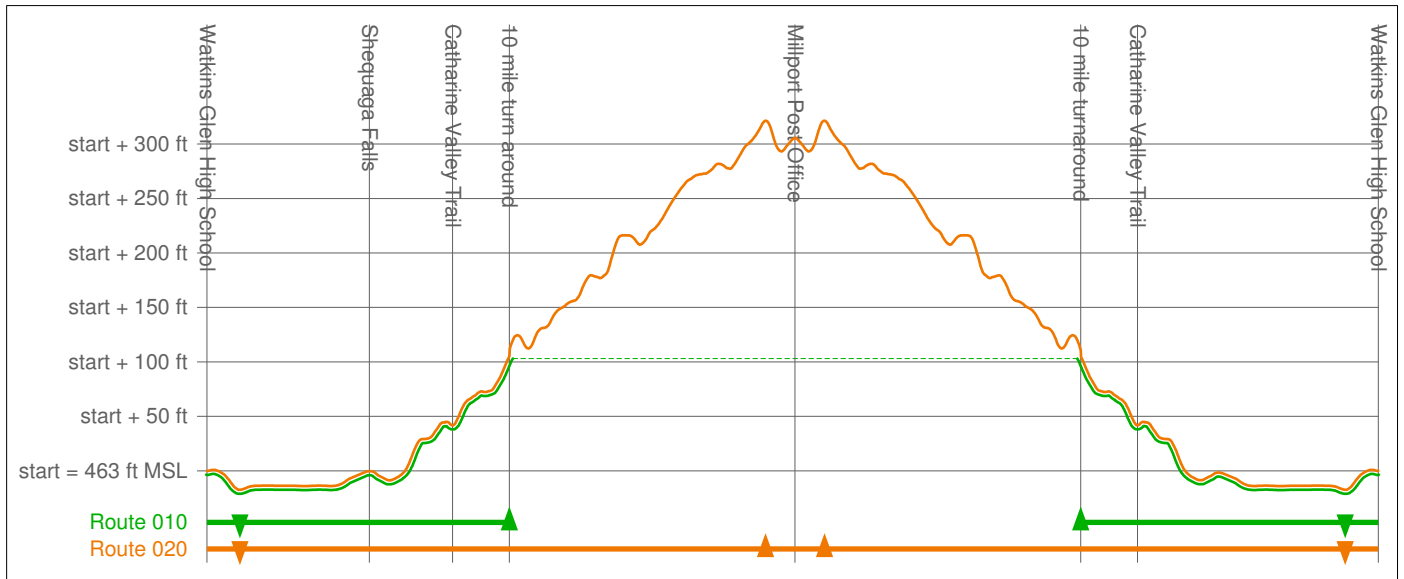
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TourdeCure2015

Finger Lakes Tour
 Watkins Glen High School
 301 12th Street
 Watkins Glen, New York
 August 15, 2015





	10	20	35	65	100
Check-In	9:15	8:45	7:45	6:45	6:30
Start	10:00	9:30	8:30	7:30	7:00
Route Closure	2:00	2:00	3:00	3:00	4:30
Minimum Speed (mph)	4	6	7	11	13
Total Distance (mi)	10.0	19.6	33.0	64.9	102.3
Rest Stops	2	3	3	6	8
Lowest Point (ft)	444	444	454	454	445
Highest Point (ft)	572	794	1,323	1,360	1,360
Total Climb (ft)	296	863	1,398	2,690	4,231
Sheets for Riding	3-6	3, 4, 7, 8	3, 4, 9, 10	3, 4, 11, 12	3, 4, 13-15

American Diabetes Association
TourdeCure 2015
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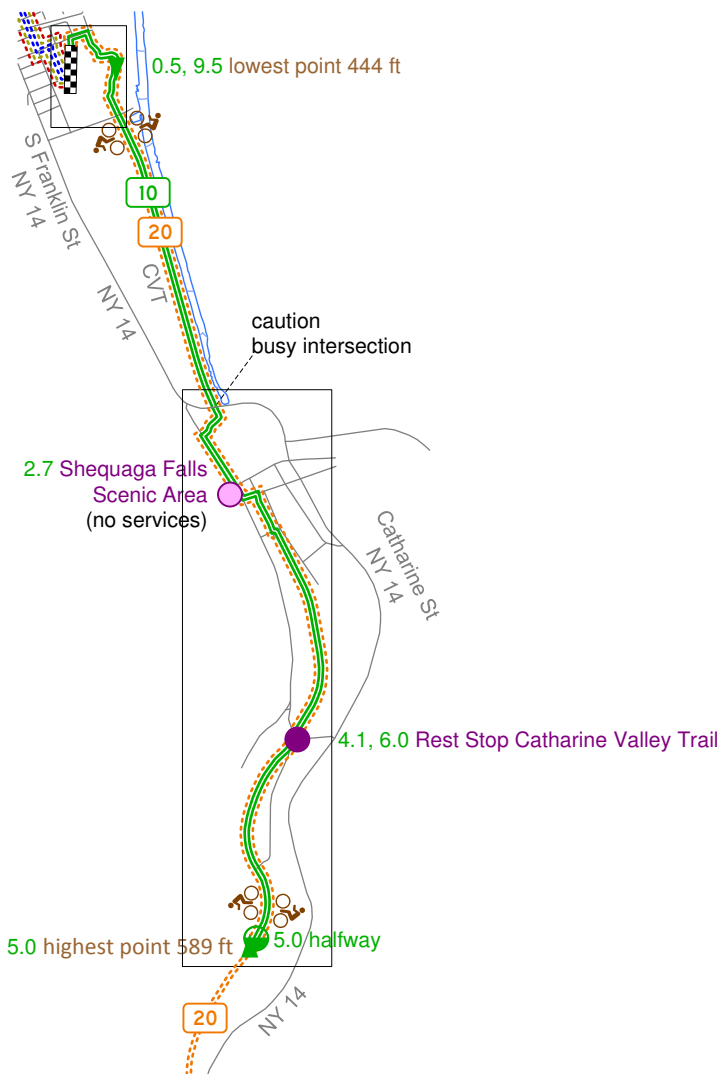
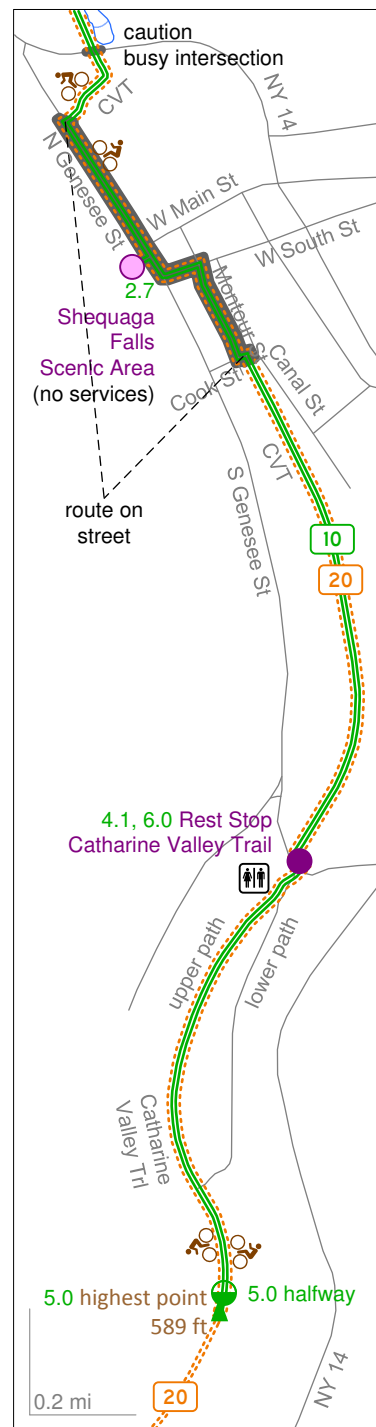
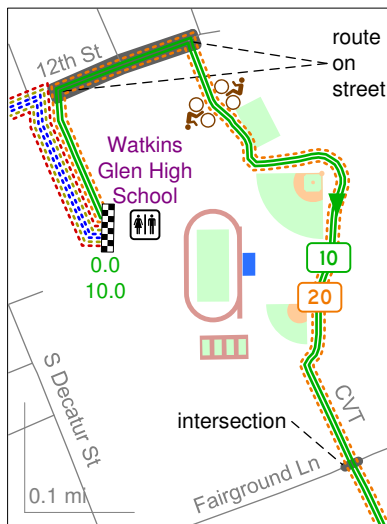
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emergency: 911

roadside assistance: 315-243-9258

- FLX TdC Route
- rest stop
- start and finish
- direction
- 5.0 mileage
- high & low points



Much of the Catharine Valley Trial runs over former railroad tracks, and is made of unpaved crushed stone.

Some of the trail runs on public streets with traffic, so caution is needed.



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TourdeCure2015
 Finger Lakes Tour
 Watkins Glen High School
 301 12th St
 Watkins Glen, New York
 August 15, 2015

Mile	Directions
0.0	Follow GREEN markings – IN CASE OF EMERGENCY ALWAYS CALL 911 – For roadside assistance call 315-243-9258
0.1	Turn right onto 12th St
0.3	Turn right – follow Catharine Valley Trl markers
0.4	Turn left on trail – follow Catharine Valley Trl markers
0.5	Lowest point 444 ft MSL (17 ft below start)
2.2	Cross NY 14/N Catharine St – Follow trail markers – CAUTION: busy highway crossing
2.4	Turn left onto N Genesee St
2.7	Scenic area – Shequaga Falls Park
2.8	Turn left onto W South St
2.9	Turn right onto Montour St
3.0	Turn left onto Cook St
3.1	Turn right onto Catharine Valley Trl
4.1	Slight right to stay on Catharine Valley Trl – CAUTION: traffic at street crossing
4.1	Rest Stop
4.1	Slight left to stay on Catharine Valley Trl – CAUTION: traffic at street crossing
4.1	Slight right to stay on upper Catharine Valley Trl

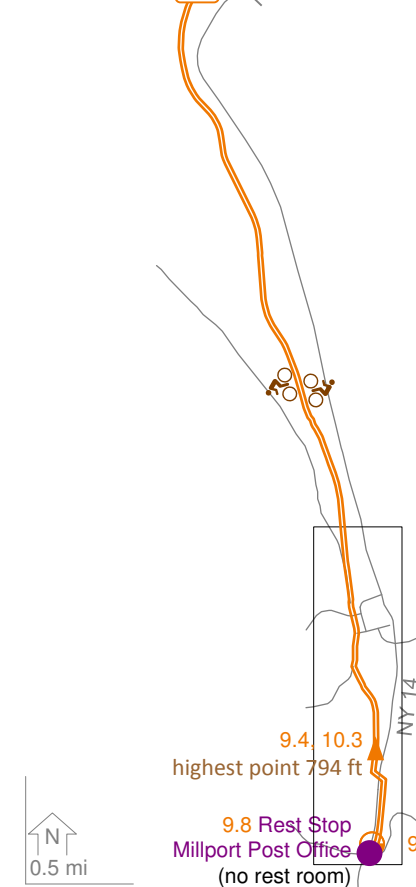
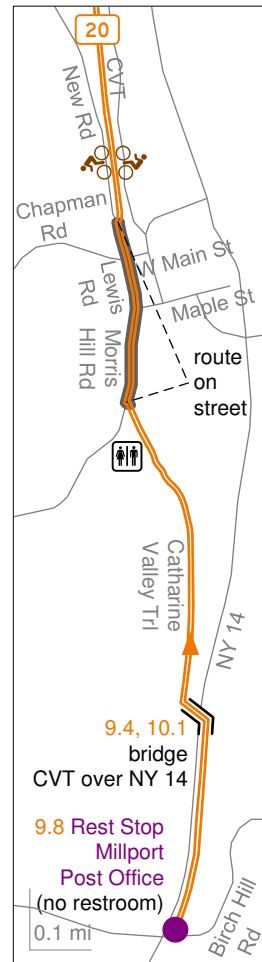
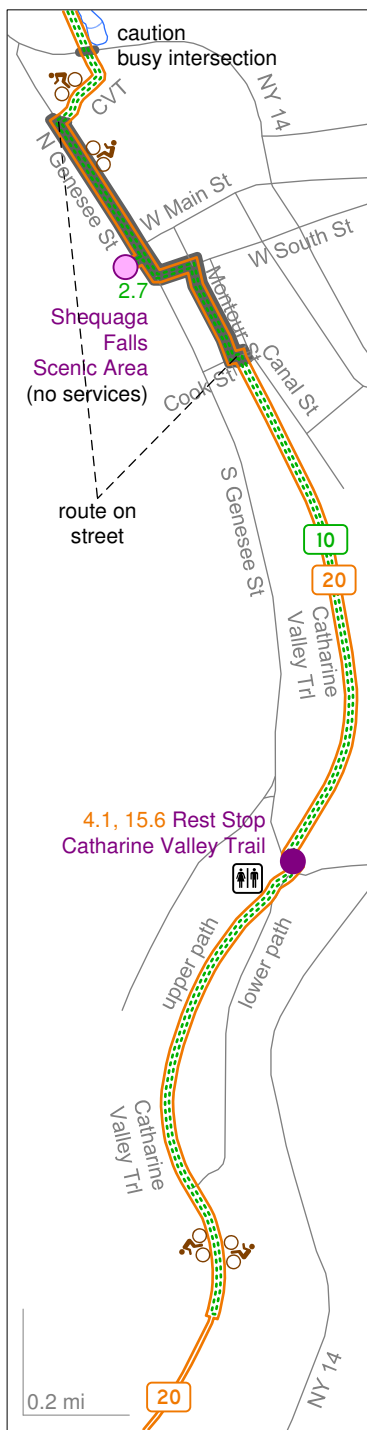
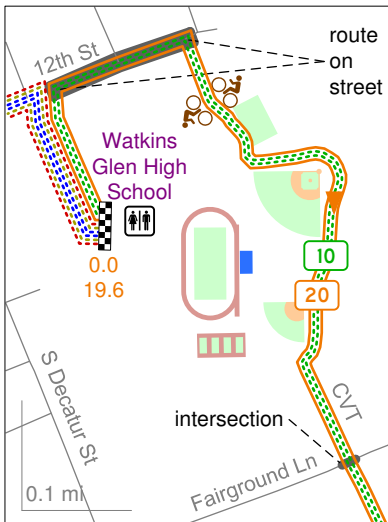
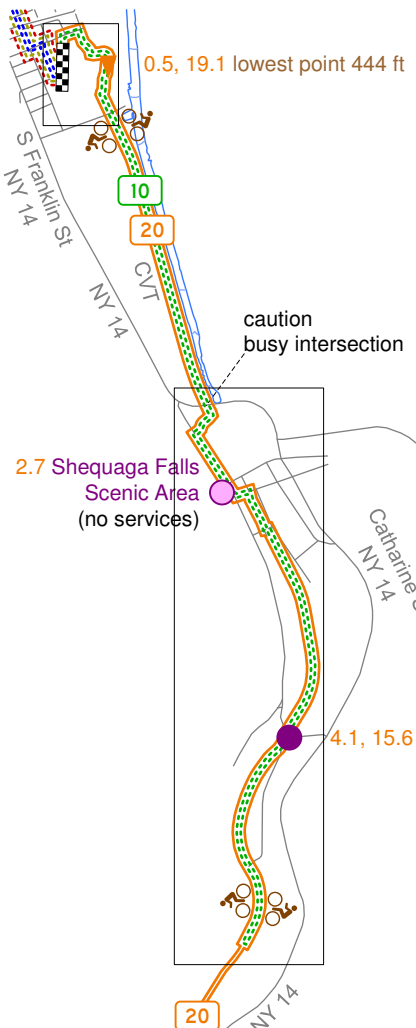
Mile	Directions
5.0	Halfway
5.0	Turnaround point
5.0	Highest point 572 ft MSL (111 ft above start)
5.3	Slight left to stay on upper Catharine Valley Trl
6.0	Slight left to stay on Catharine Valley Trl – CAUTION: traffic at street crossing
6.0	Rest Stop
7.0	Turn left onto Cook St
7.0	Turn right onto Montour St
7.2	Turn left onto W South St
7.3	Turn right onto S Genesee St
7.7	Turn right – follow Catharine Valley Trl markers
7.8	Cross NY 14/N Catharine St – Follow trail markers – CAUTION: busy highway crossing
9.5	Lowest point 444 ft MSL (17 ft below start)
9.6	Turn right to stay right of parking lot
9.8	Turn left onto 12th St
9.9	Turn left into High School driveway
10.0	CONGRATULATIONS! YOU MADE THE RIDE OF YOUR LIFE! – Don't forget to check in at the finish line!

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- emergency: 911**
- roadside assistance: 315-243-9258
- FLX TdC Route
 - rest stop
 - start and finish
 - direction
 - mileage
 - high & low points

Much of the Catharine Valley Trial runs over former railroad tracks, and is made of unpaved crushed stone.

Some of the trail runs on public streets with traffic, so caution is needed.

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TourdeCure2015
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 Watkins Glen High School
 301 12th St
 Watkins Glen, New York
 August 15, 2015



Mile	Directions
0.0	Follow ORANGE markings – IN CASE OF EMERGENCY ALWAYS CALL 911 – For roadside assistance call 315-243-9258
0.1	Turn right onto 12th St
0.3	Turn right – follow Catharine Valley Trl markers
0.4	Turn left on trail – follow Catharine Valley Trl markers
0.5	Lowest point 444 ft MSL (17 ft below start)
2.2	Cross NY 14/N Catharine St – Follow trail markers – CAUTION: busy highway crossing
2.4	Turn left onto N Genesee St
2.7	Scenic area – Shequaga Falls Park
2.8	Turn left onto W South St
2.9	Turn right onto Montour St
3.0	Turn left onto Cook St
3.1	Turn right onto Catharine Valley Trl
4.1	Slight right to stay on Catharine Valley Trl – CAUTION: traffic at street crossing
4.1	Rest Stop
4.1	Slight left to stay on Catharine Valley Trl – CAUTION: traffic at street crossing
4.1	Slight right to stay on upper Catharine Valley Trl
5.0	Continue on Catharine Valley Trial – turnaround for 10-mile route
8.6	Turn left onto New St
8.7	Continue onto Lewis St
8.8	Continue onto Morris Hill Rd
8.9	Turn left onto Catharine Valley Trl
8.9	Restroom
9.4	Highest point 794 ft MSL (333 ft above start)
9.4	Enter ramp to bridge across NY 14
9.5	Follow trail next to road

Mile	Directions
9.8	Halfway
9.8	Rest Stop – Millport Post Office (no restroom, two options along trail) and turnaround point – retrace route back to WGHS
10.1	Enter ramp to bridge across NY 14
10.2	Follow trail
10.3	Highest point 794 ft MSL (333 ft above start)
10.7	Restroom
10.7	Turn right onto Morris Hill Rd
10.9	Continue onto Lewis St
11.0	Continue onto New Rd
11.0	Turn right onto Catharine Valley Trl
14.6	Continue on Catharine Valley Trial – turnaround for 10-mile route
14.9	Slight left to stay on upper Catharine Valley Trl
15.6	Slight left to stay on Catharine Valley Trl – CAUTION: traffic at street crossing
15.6	Rest Stop
16.6	Turn left onto Cook St
16.6	Turn right onto Montour St
16.8	Turn left onto W South St
16.9	Turn right onto S Genesee St
17.2	Turn right – follow Catharine Valley Trl markers
17.4	Cross NY 14/N Catharine St – Follow trail markers – CAUTION: busy highway crossing
19.1	Lowest point 444 ft MSL (17 ft below start)
19.2	Turn right to stay right of parking lot
19.3	Turn left onto 12th St
19.5	Turn left into High School driveway
19.6	CONGRATULATIONS! YOU MADE THE RIDE OF YOUR LIFE! – Don't forget to check in at the finish line!

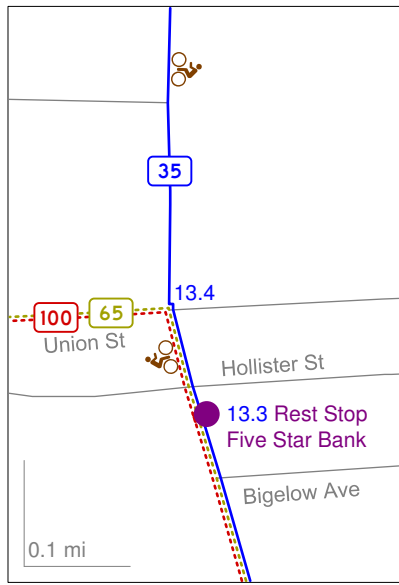
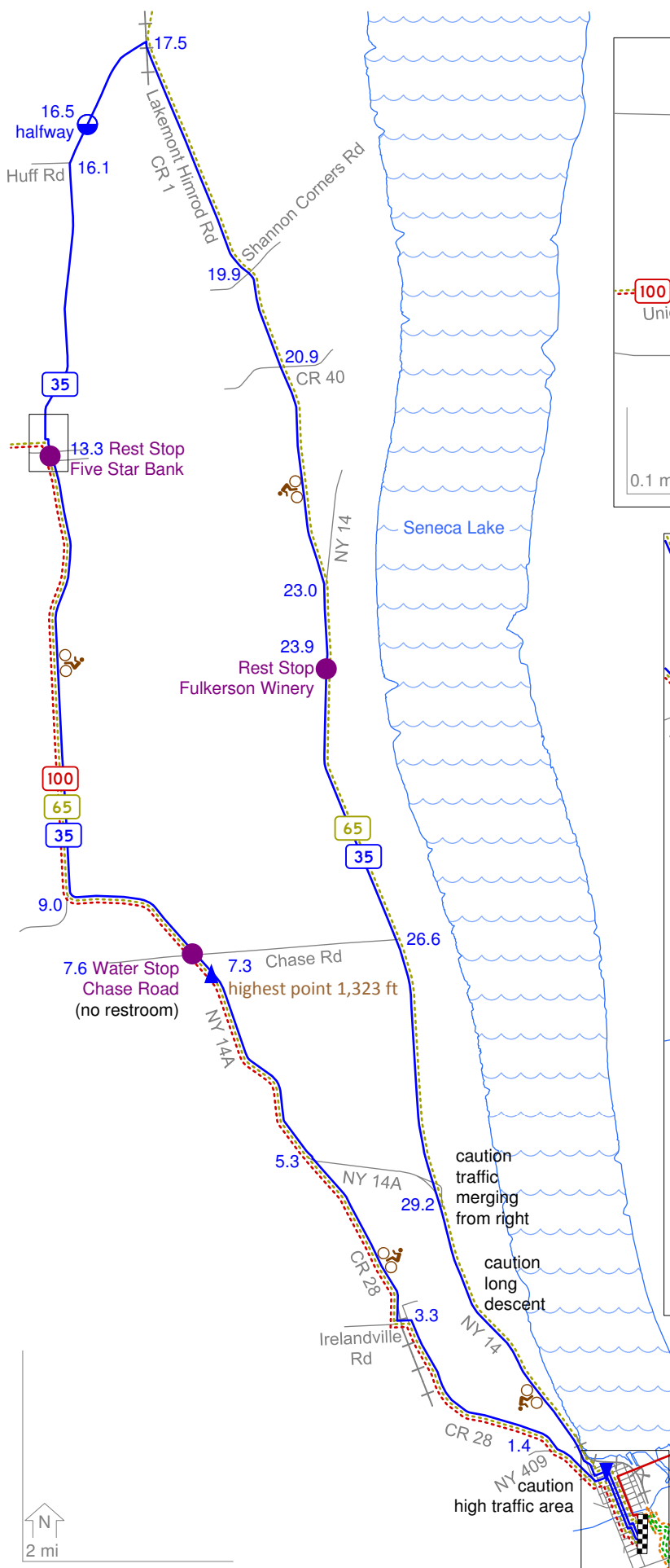
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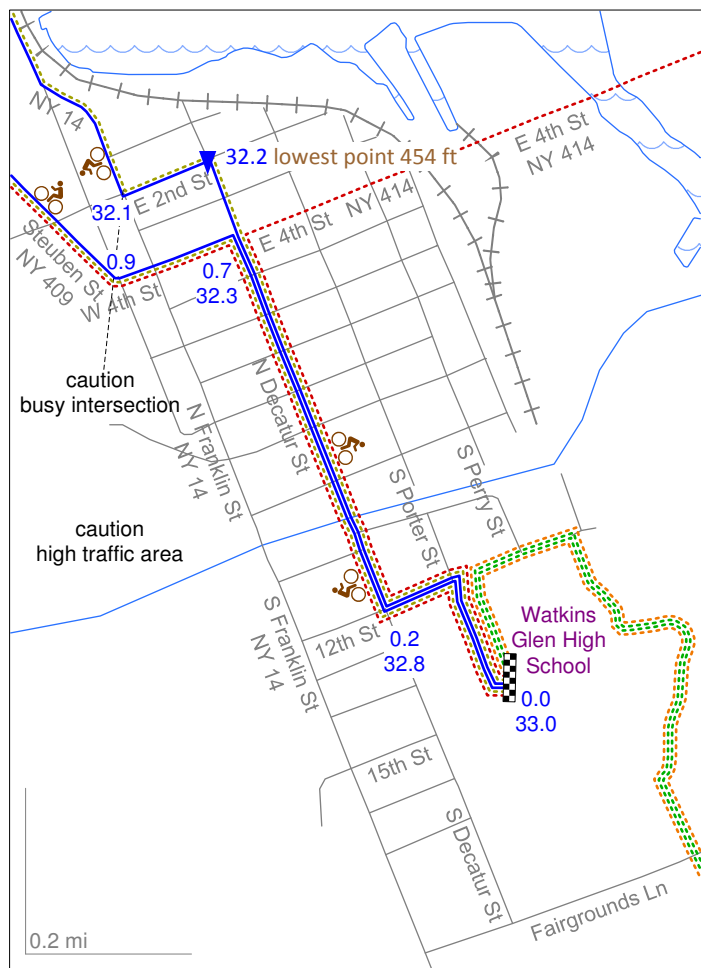
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35 Mile Route – Blue



- emergency: 911**
- roadside assistance: 315-243-9258
- FLX TdC Route
- rest stop
- start and finish
- direction
- 16.5 mileage
- high & low points



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2 mi

Mile	Directions
0.0	Follow BLUE markings – IN CASE OF EMERGENCY ALWAYS CALL 911 – For roadside assistance call 315-243-9258
0.1	Turn left onto 12th St
0.2	Turn right onto S Decatur St
0.7	Turn left onto E 4th St
0.9	Continue onto Steuben St
1.2	Slight left to stay on Steuben St
1.4	Slight right onto CR 28/Lee St
3.3	Turn left to stay on CR 28
3.4	CAUTION: railroad crossing
3.5	Turn right to stay on CR 28
5.3	Continue onto NY 14A N
7.3	Highest point 1,323 ft MSL (862 ft above start)
7.6	Water Stop – Chase Road (no restroom)
9.0	Turn right to stay on NY 14A N
13.3	Rest Stop – Five Star Bank
13.4	Continue straight onto Water St – Note routes split
13.7	Continue onto CR 5/Dundee-Himrod Rd

Mile	Directions
16.5	Halfway
17.5	CAUTION: railroad crossing
17.5	Turn right onto CR 1/Lakemont Himrod Rd -- Note merging with 65 mile route
19.9	Continue straight to stay on CR 1/Lakemont-Himrod Rd
23.0	Turn right onto NY-14 S/NY Bike 14
23.9	Rest Stop – Fulkerson Winery
29.2	CAUTION: traffic merging from right
29.9	CAUTION: Long descent and rough road ahead – control speed
31.9	CAUTION: high traffic area
32.1	Turn left onto E 2nd St
32.2	Turn right onto N Decatur St
32.2	Lowest point 454 ft MSL (7 ft below start)
32.8	Turn left onto 12th St
32.9	Turn right into High School driveway
33.0	CONGRATULATIONS! YOU MADE THE RIDE OF YOUR LIFE! – Don't forget to check in at the finish line!

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LOCKHEED MARTIN



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301 12th St
Watkins Glen, New York
August 15, 2015

emergency: 911

roadside assistance: 315-243-9258

65 FLX TdC Route

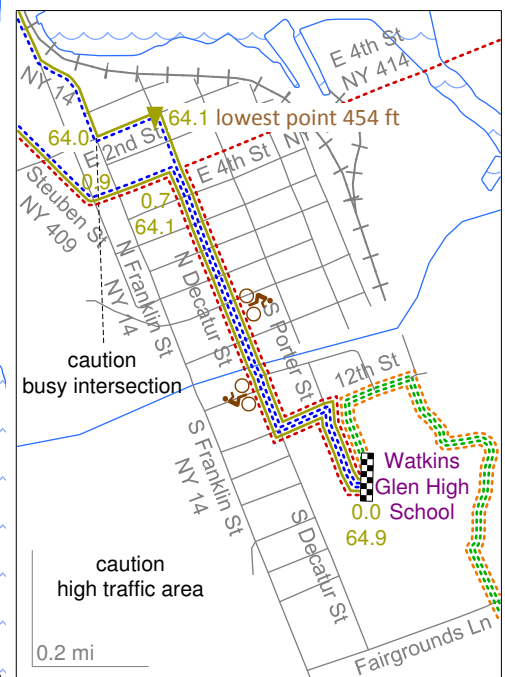
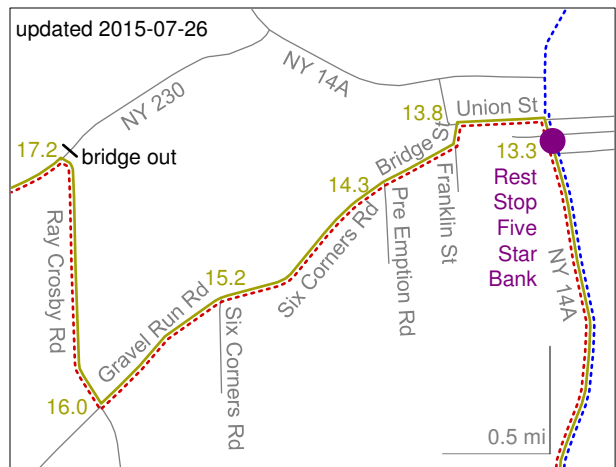
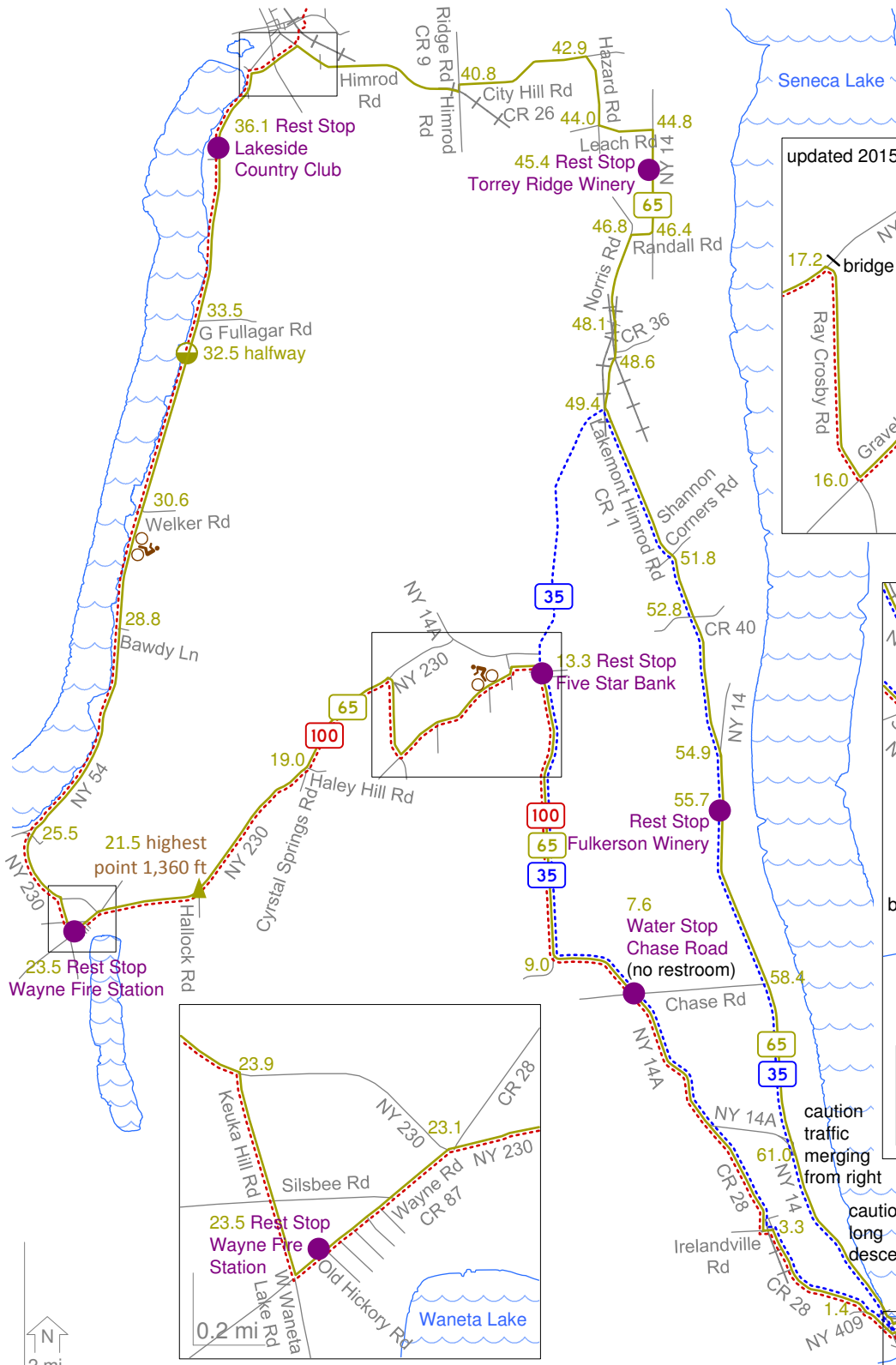
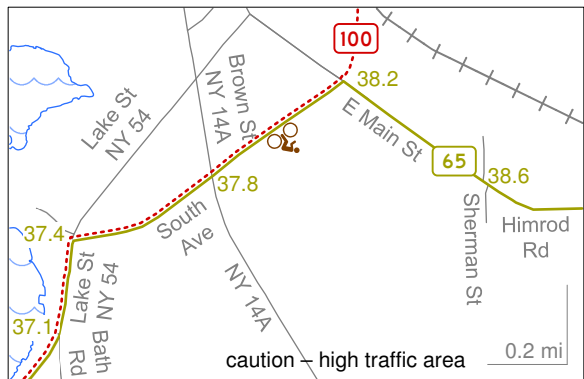
rest stop

start and finish

direction

31.9 mileage

high & low points



Mile	Directions
0.0	Follow YELLOW markings – IN CASE OF EMERGENCY ALWAYS CALL 911 – For roadside assistance call 315-243-9258
0.1	Turn left onto 12th St
0.2	Turn right onto S Decatur St
0.7	Turn left onto E 4th St
0.9	Continue onto Steuben St
1.2	Slight left to stay on Steuben St
1.4	Slight right onto CR 28/Lee St
3.3	Turn left to stay on CR 28
3.4	CAUTION: railroad crossing
3.5	Turn right to stay on CR 28
5.3	Continue onto NY 14A N
7.6	Water Stop – Chase Road (no restroom)
9.0	Turn right to stay on NY 14A N
13.3	Rest Stop – Five Star Bank
13.4	Turn left onto Union St – Note routes split
13.8	Turn Left onto Bridge St
13.9	Slight right to stay on Bridge St
14.3	Continue onto Six Corners Rd
15.2	Continue onto Gravel Run Rd
16.0	Turn right onto Ray Crosby Rd
17.2	Turn left onto NY 230 W
21.5	Highest point 1,360 ft MSL (899 ft above start)
23.0	Turn left onto CR 26/Wayne Rd
23.1	Continue onto CR 87/Wayne Rd
23.5	Rest Stop Wayne Fire Station
23.6	Turn right onto Keuka Hill Rd
23.9	Turn left onto NY 230
25.5	Continue onto NY 54 N – CAUTION: busy road, keep right on shoulder
32.5	Halfway
36.1	Rest Stop – Lakeside Country Club – restrooms in locker rooms – Please avoid the restaurant.
37.1	Merge to stay on NY 54 N/Lake St – CAUTION: high traffic area
37.4	Turn right onto South Ave
38.2	Turn right onto E Main St – Note routes split

Mile	Directions
38.6	Continue onto Himrod Rd
40.8	Sharp left onto CR 9/Ridge Rd
40.8	CAUTION: railroad crossing
40.9	Turn right onto CR 26/City Hill Rd
42.9	Turn right onto Hazard Rd
44.0	Turn left onto CR 28/Leach Rd
44.8	Turn right onto NY 14 S/NY Bike 14
45.4	Rest Stop – Torrey Ridge Winery
46.4	Turn right onto Randall Rd
46.8	Turn left onto Norris Rd
48.1	CAUTION: railroad crossing, two sets of tracks
48.5	Norris Rd turns slightly left and becomes CR 1
48.6	CAUTION: railroad crossing
49.4	Continue straight on CR 1/Lakemont Himrod Rd -- Note merging with 35 mile route
51.8	Continue straight to stay on CR 1/Lakemont-Himrod Rd
54.9	Turn right onto NY-14 S/NY Bike 14
55.7	Rest Stop – Fulkerson Winery
61.0	CAUTION: traffic merging from right
61.8	CAUTION: Long descent and rough road ahead – control speed
63.8	CAUTION: high traffic area
64.0	Turn left onto E 2nd St
64.1	Turn right onto N Decatur St
64.1	Lowest point 454 ft MSL (7 ft below start)
64.7	Turn left onto 12th St
64.8	Turn right into High School driveway
64.9	CONGRATULATIONS! YOU MADE THE RIDE OF YOUR LIFE! – Don't forget to check in at the finish line!

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emergency: 911

roadside assistance: 315-243-9258

100 FLX TdC Route

rest stop

start and finish

direction

50.6 mileage

high & low points

to next sheet

40.5

Flat St

36.1 Rest Stop
Lakeside
Country Club

33.5

G Fullagar Rd

30.6

Welker Rd

28.8

Bawdy Ln

25.5

21.5 highest
point 1,360 ft

23.5 Rest Stop
Wayne Fire Station

19.0

Crystal Springs Rd

17.2

bridge out

16.0

Ray Crosby Rd

15.2

Six Corners Rd

14.3

Six Corners Rd

13.8

Union St

13.3

Rest Stop
Five Star
Bank

13.3

Rest Stop
Five Star
Bank

9.0

Chase Rd

7.6

Water Stop
Chase Road
(no restroom)

3.3

Irelandville Rd

1.4

NY 409

3.3

CR 28

23.9

Keuka Hill Rd

23.1

Silsbee Rd

23.5 Rest Stop
Wayne Fire
Station

23.5

Wayne Rd

CR 87

Old Hickory Rd

Waneta Lake

0.2 mi

0.2 mi

0.2 mi

0.2 mi

0.2 mi

0.2 mi

0.2 mi

0.2 mi

0.2 mi

0.2 mi

0.2 mi

0.2 mi

0.2 mi

0.2 mi

0.2 mi

0.2 mi

0.2 mi

0.2 mi

updated 2015-07-26

NY 230

NY 14A

17.2

bridge out

16.0

Ray Crosby Rd

15.2

Six Corners Rd

14.3

Six Corners Rd

13.8

Union St

13.3

Rest Stop
Five Star
Bank

13.3

Rest Stop
Five Star
Bank

9.0

Chase Rd

7.6

Water Stop
Chase Road
(no restroom)

3.3

Irelandville Rd

1.4

NY 409

3.3

CR 28

23.9

Keuka Hill Rd

23.1

Silsbee Rd

23.5 Rest Stop
Wayne Fire
Station

23.5

Wayne Rd

CR 87

Old Hickory Rd

Waneta Lake

0.2 mi

0.2 mi

0.2 mi

0.2 mi

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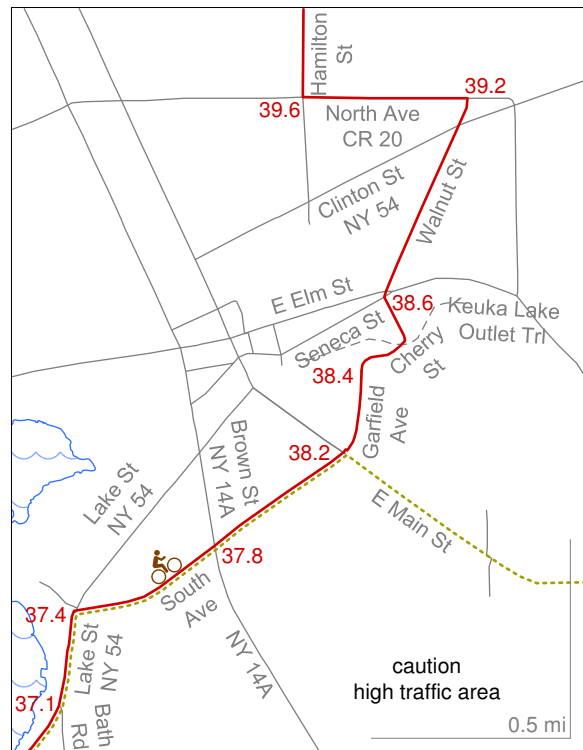
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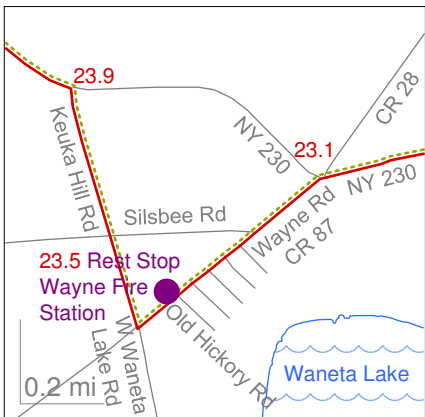
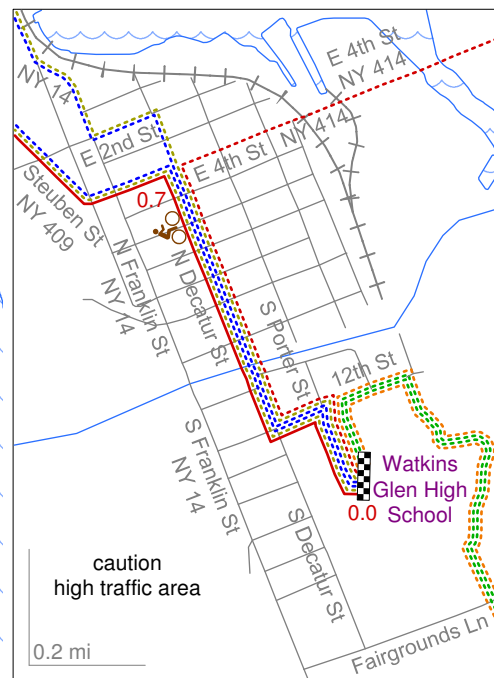
0.2 mi

0.2 mi

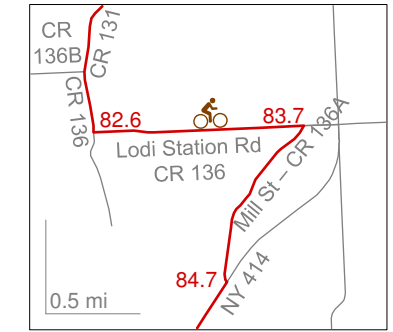
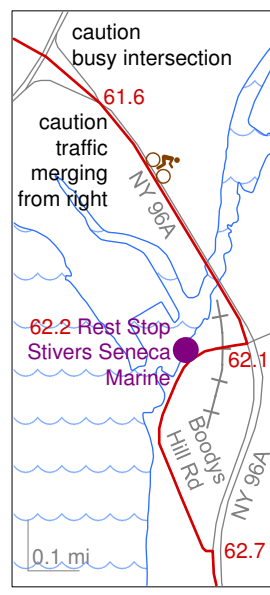
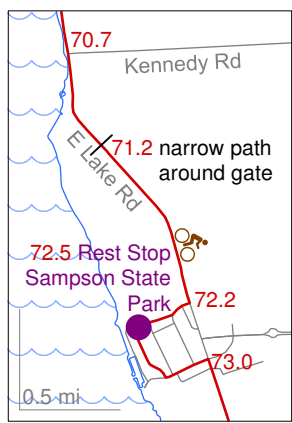
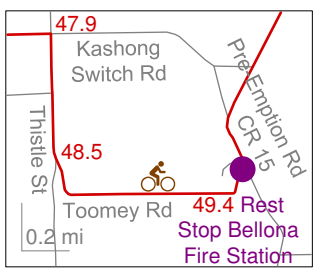
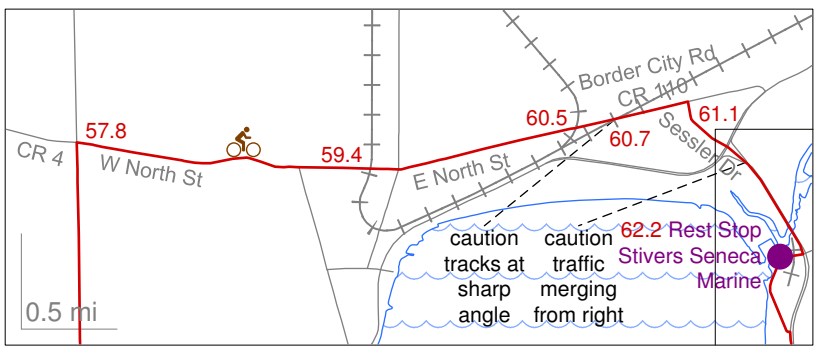
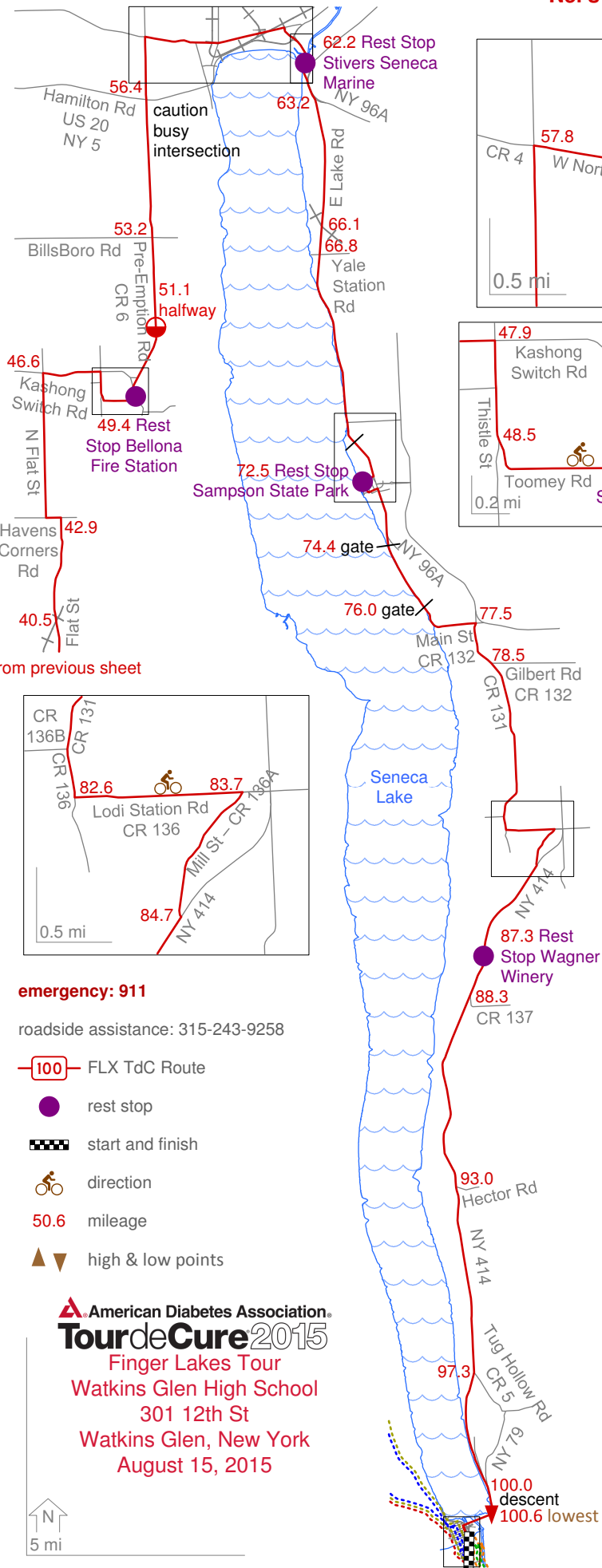
0.2 mi



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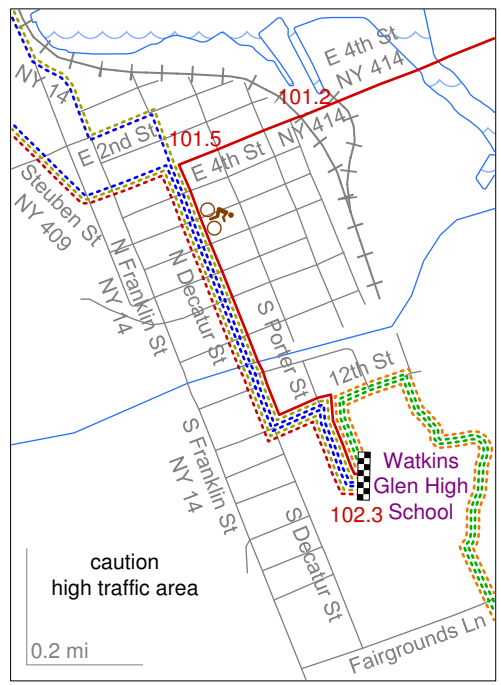
Nel's Tractor Century Ride - Red



emergency: 911
roadside assistance: 315-243-9258

- FLX TdC Route
- rest stop
- start and finish
- direction
- 50.6 mileage
- high & low points

American Diabetes Association
TourdeCure2015
Finger Lakes Tour
Watkins Glen High School
301 12th St
Watkins Glen, New York
August 15, 2015



Mile	Directions
0.0	Follow RED markings – IN CASE OF EMERGENCY ALWAYS CALL 911 – For roadside assistance call 315-243-9258
0.1	Turn left onto 12th St
0.2	Turn right onto S Decatur St
0.7	Turn left onto E 4th St
0.9	Continue onto Steuben St
1.2	Slight left to stay on Steuben St
1.4	Slight right onto CR 28/Lee St
3.3	Turn left to stay on CR 28
3.4	CAUTION: railroad crossing
3.5	Turn right to stay on CR 28
5.3	Continue onto NY 14A N
7.6	Water Stop – Chase Road (no restroom)
9.0	Turn right to stay on NY 14A N
13.3	Rest Stop – Five Star Bank
13.4	Turn left onto Union St – Note routes split
13.8	Turn Left onto Bridge St
13.9	Slight right to stay on Bridge St
14.3	Continue onto Six Corners Rd
15.2	Continue onto Gravel Run Rd
16.0	Turn right onto Ray Crosby Rd
17.2	Turn left onto NY 230 W
21.5	Highest point 1,360 ft MSL (899 ft above start)
23.0	Turn left onto CR 26/Wayne Rd
23.1	Continue onto CR 87/Wayne Rd
23.5	Rest Stop Wayne Fire Station
23.6	Turn right onto Keuka Hill Rd
23.9	Turn left onto NY 230
25.5	Continue onto NY 54 N – CAUTION: busy road, keep right on shoulder
36.1	Rest Stop – Lakeside Country Club – restrooms in locker rooms – Please avoid the restaurant.
37.1	Merge to stay on NY 54 N/Lake St – CAUTION: high traffic area
37.4	Turn right onto South Ave
38.2	Continue straight onto Garfield Ave – Note routes split
38.4	Continue straight under bridge onto Cherry St
38.5	Cross Keuka Lake Outlet Trl
38.6	Cross Seneca St and E Elm St onto Walnut St
39.2	Turn left onto CR 20/North Ave
39.6	Turn right onto Hamilton St
39.9	Continue on Flat St
40.5	CAUTION: railroad crossing
42.9	Turn left onto Havens Corners Rd
43.3	Turn right onto N Flat St
46.6	Turn right onto Kashong Switch Rd
47.9	Turn right onto Wabash Rd
48.2	Continue onto Thistle St
48.5	Continue onto Toomey Rd
49.4	Rest Stop – Bellona Fire Station

Mile	Directions
49.7	Slight left onto CR 15/Pre-Emption Rd
51.1	Halfway
56.4	CAUTION: high traffic area
57.8	Turn right onto W North St
59.4	CAUTION: railroad crossing
60.3	Continue onto CR 110/Border City Rd
60.5	CAUTION: railroad crossing
60.7	CAUTION: railroad crossing at sharp angle
61.1	Turn right onto Sessler Dr
61.4	Continue onto NY 96A S
61.6	CAUTION: traffic merging from right
62.1	Turn right onto Boody's Hill Rd – CAUTION: railroad crossing after turn
62.2	Rest Stop – Stivers Seneca Marina
62.7	Turn right onto NY 96A S
63.2	Turn right onto CR 125/E Lake Rd
66.1	CAUTION: railroad crossing
71.2	Enter Sampson State Park at gate – CAUTION: narrow path around gate
72.2	Turn right onto Sampson State Park toward lakefront
72.5	Rest Stop – Sampson State Park – NOTE – no bikes allowed in boat launch or beach area
72.8	Turn left to stay on Sampson State Park
73.0	Turn right onto E Lake Rd
74.1	Slight right to follow E Lake Rd to Sampson Lake Trail
74.3	Continue straight to enter Sampson Lake Trail at gate – CAUTION: narrow path around gate
76.0	Exit Sampson Lake Trail at gate – CAUTION: narrow path around gate – continue straight onto E Lake Rd
76.5	Continue onto CR 132/Main St
77.5	Turn right onto CR 132
78.5	Continue onto CR 131
82.6	Turn left onto CR 136/Lodi Station Rd
83.7	Make sharp right on CR 136A/Mill St
84.7	Turn right on NY 414 S
87.3	Rest Stop – Wagner Winery
100.0	Slight right at stop sign to continue on NY 414 – CAUTION: descent ahead – YOU'RE ALMOST THERE!
100.6	Lowest point 445 ft MSL (16 ft below start)
101.2	CAUTION: railroad crossing
101.3	CAUTION: railroad crossing
101.5	Turn left onto N Decatur St
102.0	Turn left onto 12th St
102.1	Turn right into High School driveway
102.3	CONGRATULATIONS! YOU MADE THE RIDE OF YOUR LIFE! – Don't forget to check in at the finish line!

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