

Imagery: Google, Landsat



Finger Lakes Tour
Watkins Glen High School
August 20, 2016
<http://tour.diabetes.org/>



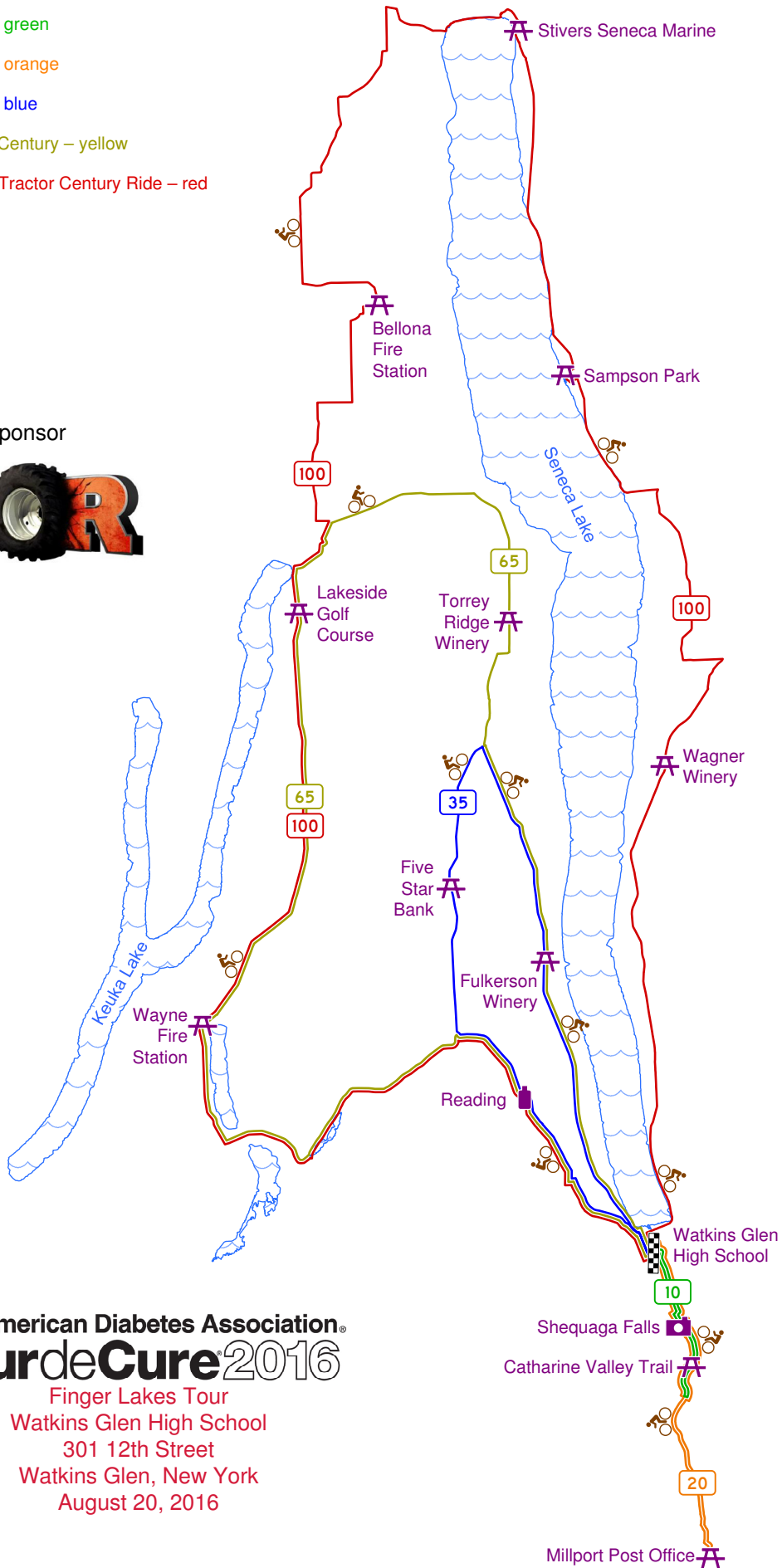
American Diabetes Association
Tour de Cure 2016

Overview

-  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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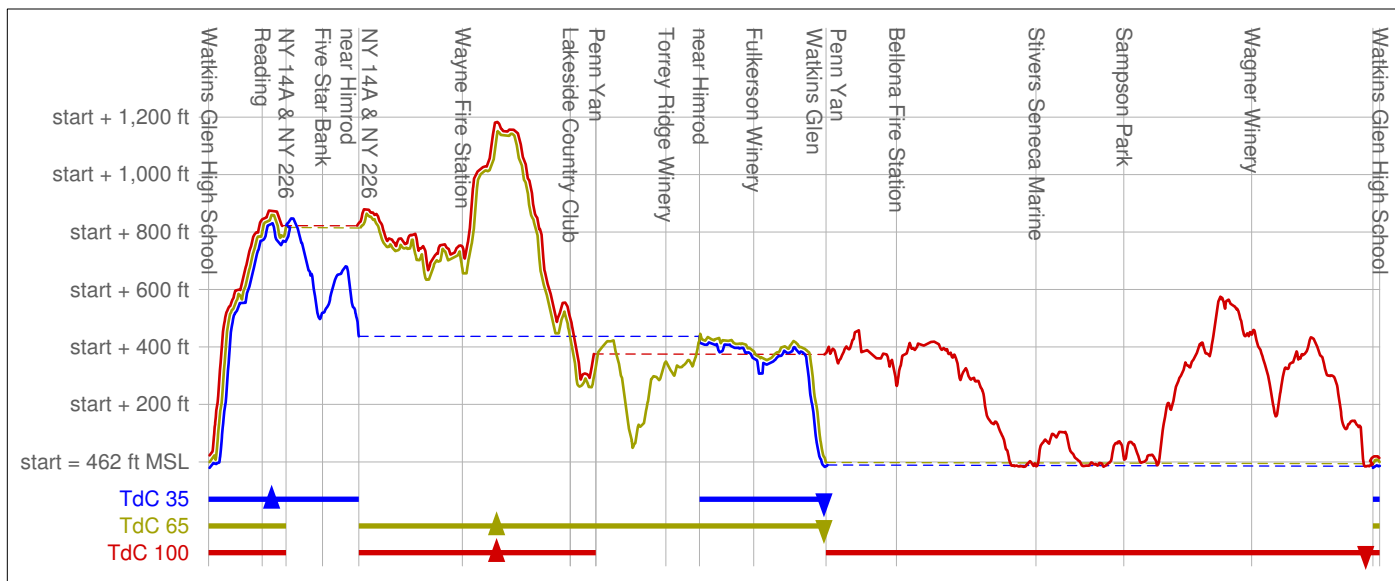
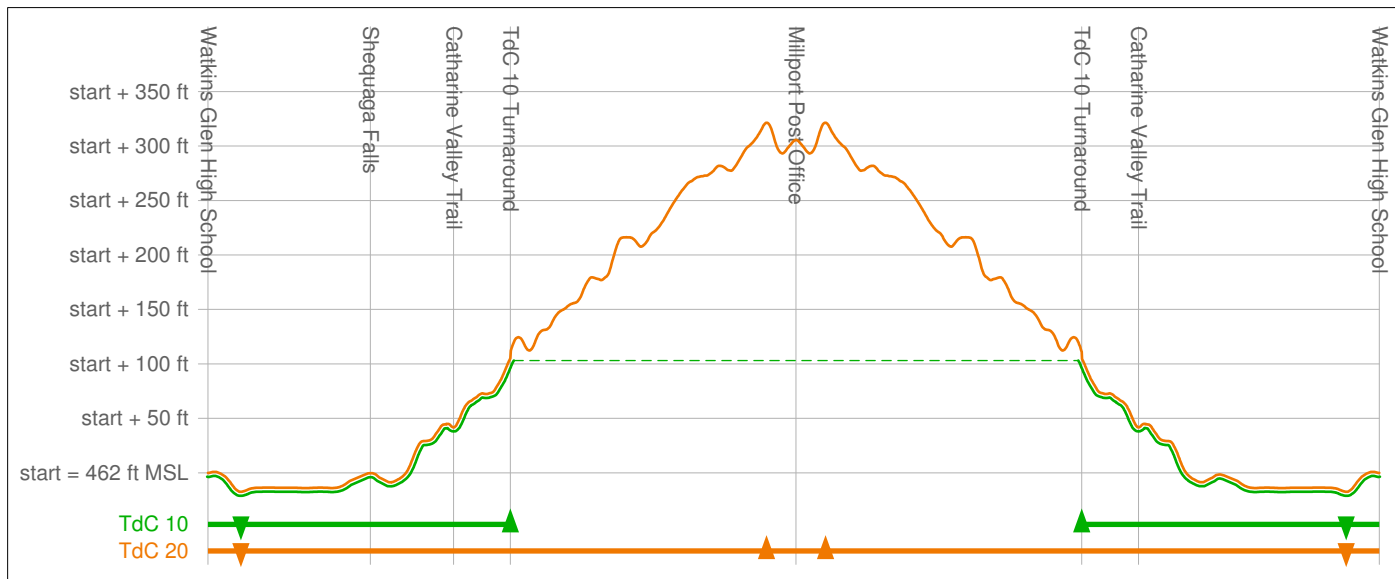


 American Diabetes Association.
TourdeCure 2016


Finger Lakes Tour
 Watkins Glen High School
 301 12th Street
 Watkins Glen, New York
 August 20, 2016



Profile



	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	19.7	33.1	64.4	101.5
Rest & Water Stops	2	3	3	5	7
Lowest Point (ft)	445	445	453	453	445
Highest Point (ft)	562	789	1,321	1,637	1,637
Total Climb (ft)	181	564	1,354	2,746	4,060
Sheets for Riding	2, 3, 5, 6	2, 3, 7, 8	2, 3, 9, 10	2, 3, 11, 12	2, 3, 13-15


TourdeCure2016
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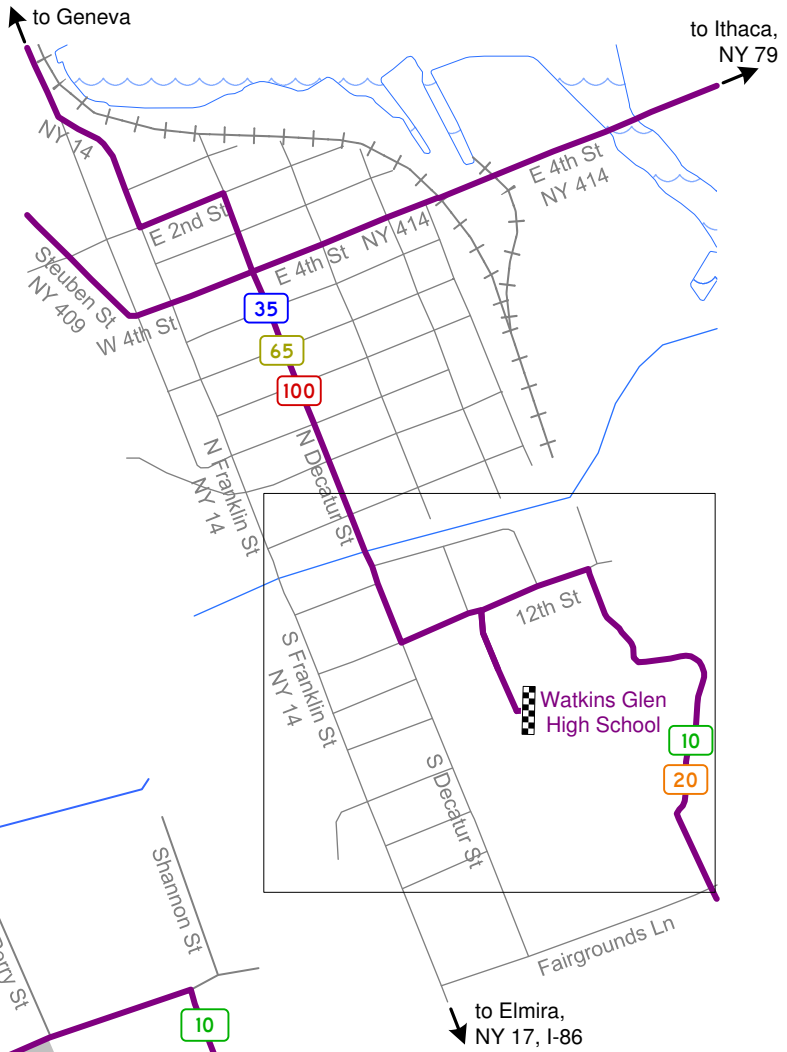
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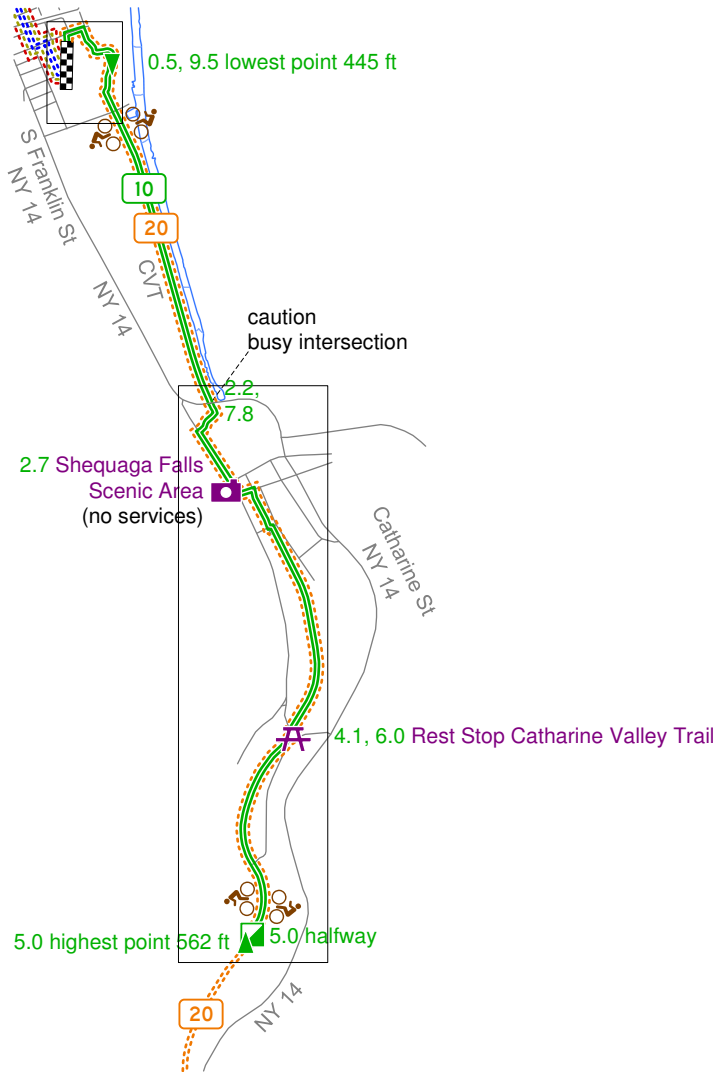
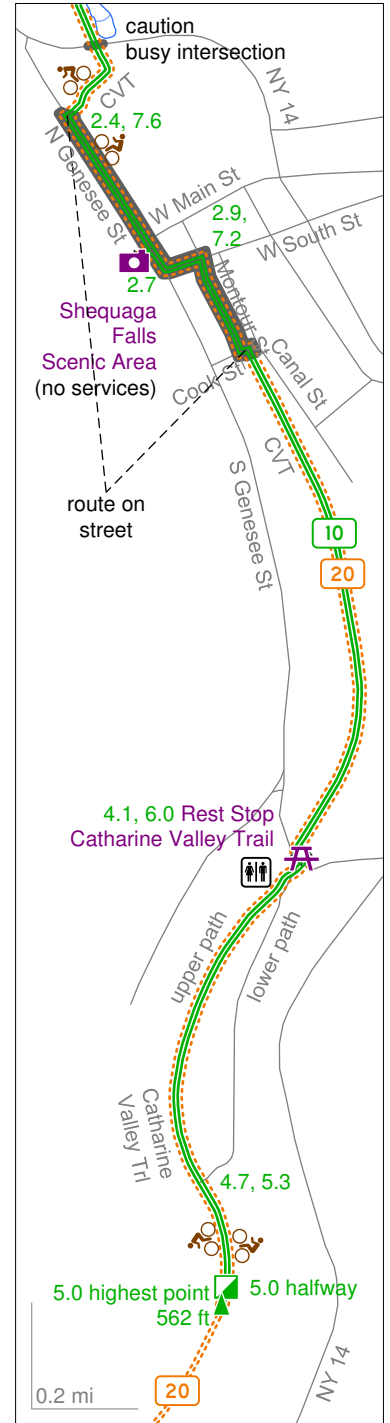
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emergency: 911

roadside assistance: 518-362-6910

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



Much of Catharine Valley Trl runs over former railroad tracks, and is made of unpaired crushed stone.

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

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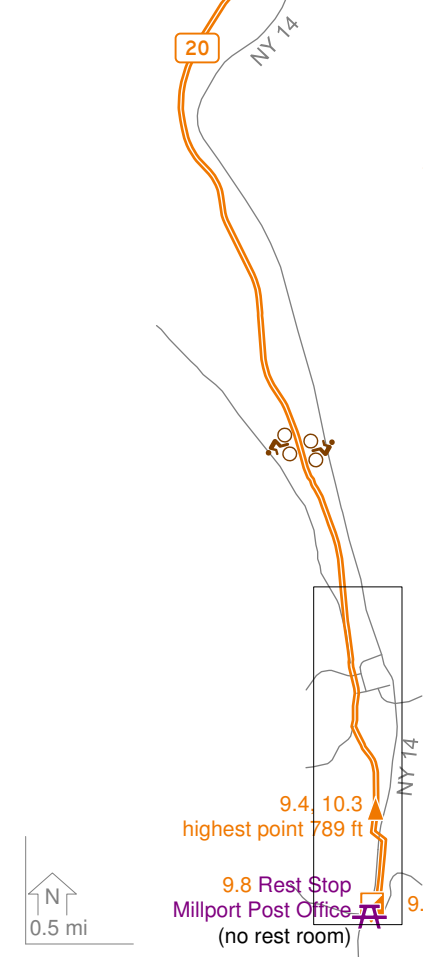
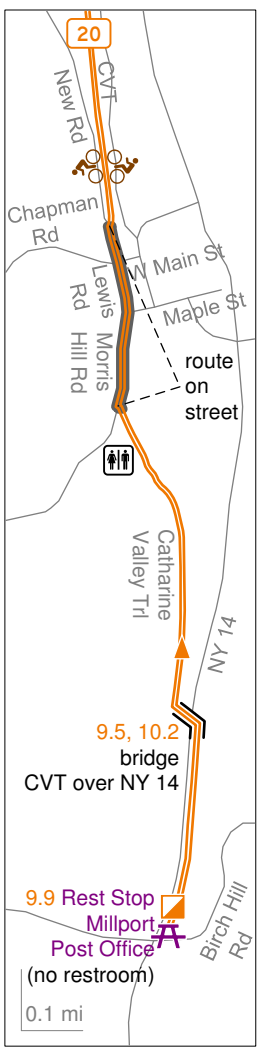
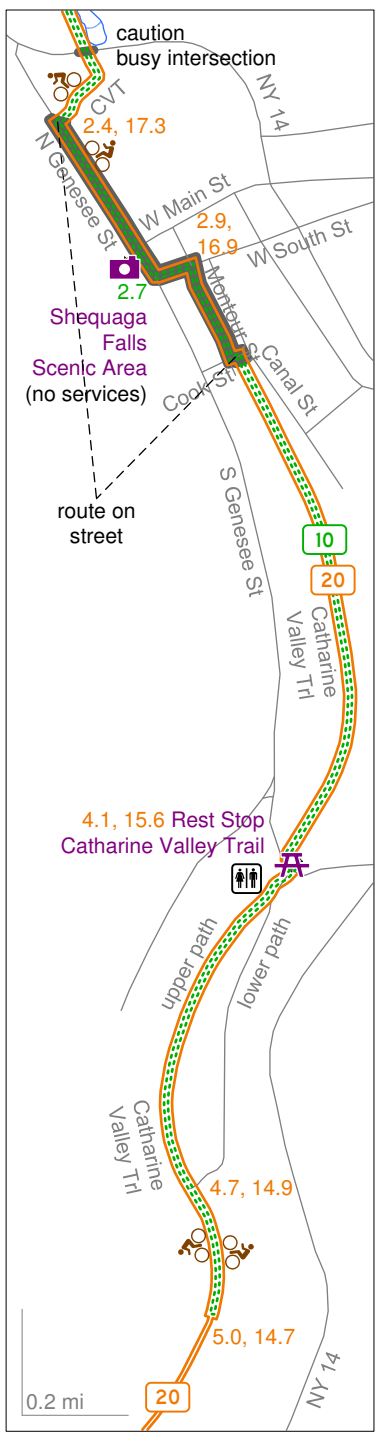
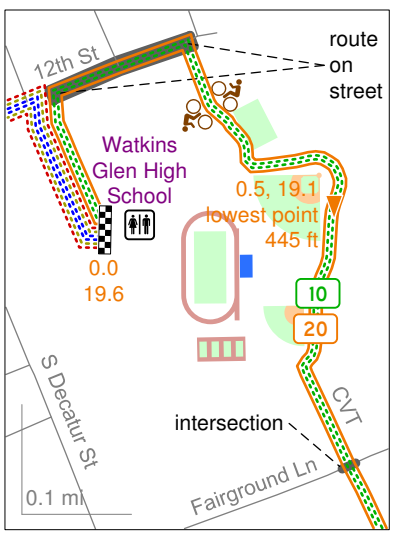
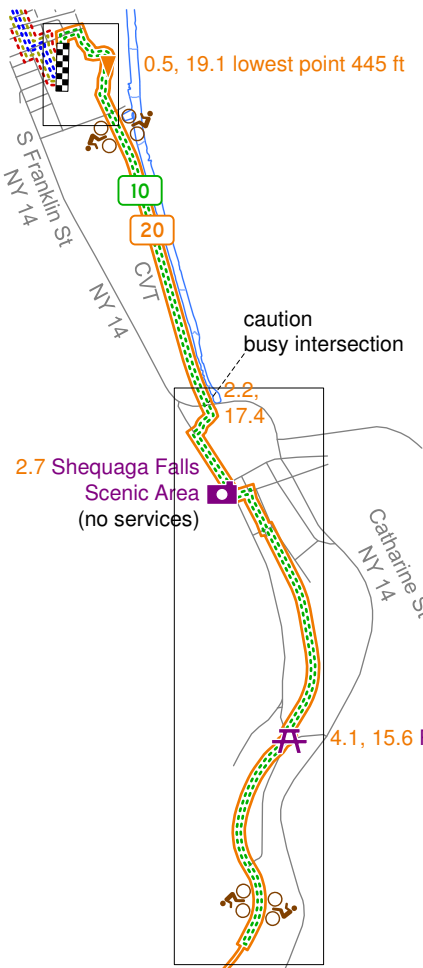


Mile	Directions
0.0	Follow GREEN markings – IN CASE OF EMERGENCY ALWAYS CALL 911 – For roadside assistance call 518-362-6910
0.1	Turn right onto 12th St
0.3	Turn right – follow Catharine Valley Trl markers
0.4	Turn left on trail – follow Catharine Valley Trl markers
0.5	Lowest point 445 ft MSL (17 ft below start)
2.2	Cross N Catharine St / NY 14 – 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
3.1	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
4.2	Slight right to stay on upper Catharine Valley Trl

Mile	Directions
5.0	Halfway
5.0	Turnaround point – retrace route back to WGHS
5.0	Highest point 562 ft MSL (101 ft above start)
5.3	Slight left to stay on upper Catharine Valley Trl
5.9	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
7.6	Turn right – follow Catharine Valley Trl markers
7.8	Cross N Catharine St / NY 14 – Follow trail markers – CAUTION: busy highway crossing
9.5	Lowest point 445 ft MSL (17 ft below start)
9.6	Turn right to stay right of parking lot
9.7	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: 518-362-6910
- FLX TdC Route
 - rest stop
 - start and finish
 - direction
 - mileage
 - high & low points

Much of Catharine Valley Trl 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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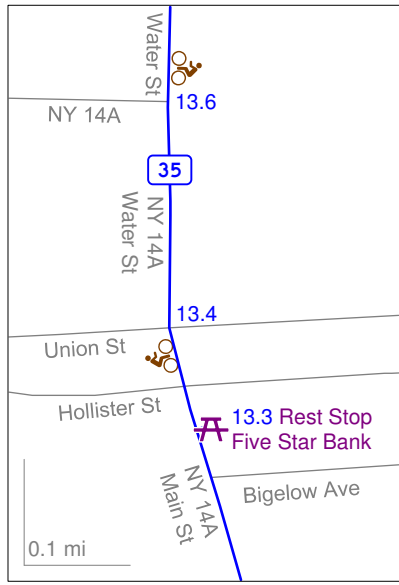
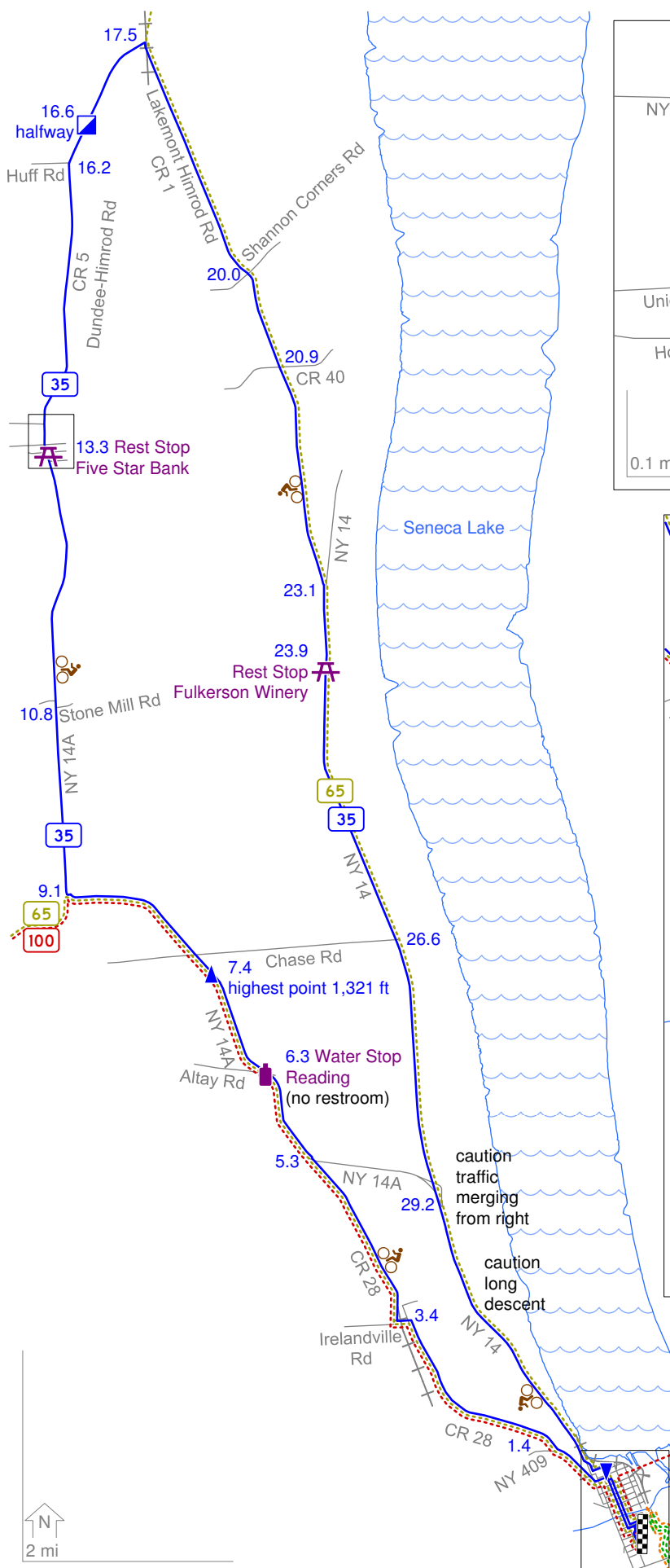
Mile	Directions
0.0	Follow ORANGE markings – IN CASE OF EMERGENCY ALWAYS CALL 911 – For roadside assistance call 518-362-6910
0.1	Turn right onto 12th St
0.3	Turn right – follow Catharine Valley Trl markers
0.4	Turn left on trail – follow Catharine Valley Trl markers
0.5	Lowest point 445 ft MSL (17 ft below start)
2.2	Cross N Catharine St / NY 14 – 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
3.1	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
4.2	Slight right to stay on upper Catharine Valley Trl
5.0	Continue on Catharine Valley Trl – turnaround point for TdC 10
8.7	Turn left onto New Rd
8.7	Continue onto Lewis St
8.8	Continue onto Morris Hill Rd
9.0	Turn left onto Catharine Valley Trl
9.0	Restroom
9.4	Highest point 789 ft MSL (327 ft above start)
9.5	Enter ramp to bridge across NY 14
9.6	Follow trail next to road

Mile	Directions
9.8	Halfway
9.9	Rest Stop – Millport Post Office (no restroom, two options along trail) and turnaround point – retrace route back to WGHS
10.2	Enter ramp to bridge across NY 14
10.3	Follow trail
10.3	Highest point 789 ft MSL (327 ft above start)
10.8	restroom
10.8	Turn right onto Morris Hill Rd
10.9	Continue onto Lewis St
11.0	Continue onto New Rd
11.1	Turn right onto Catharine Valley Trl
14.7	Continue on Catharine Valley Trl – turnaround for TdC 10
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
16.7	Turn right onto Montour St
16.9	Turn left onto W South St
16.9	Turn right onto S Genesee St
17.3	Turn right – follow Catharine Valley Trl markers
17.4	Cross N Catharine St / NY 14 – Follow trail markers – CAUTION: busy highway crossing
19.1	Lowest point 445 ft MSL (17 ft below start)
19.2	Turn right to stay right of parking lot
19.4	Turn left onto 12th St
19.5	Turn left into High School driveway
19.7	CONGRATULATIONS! YOU MADE THE RIDE OF YOUR LIFE! – Don't forget to check in at the finish line!

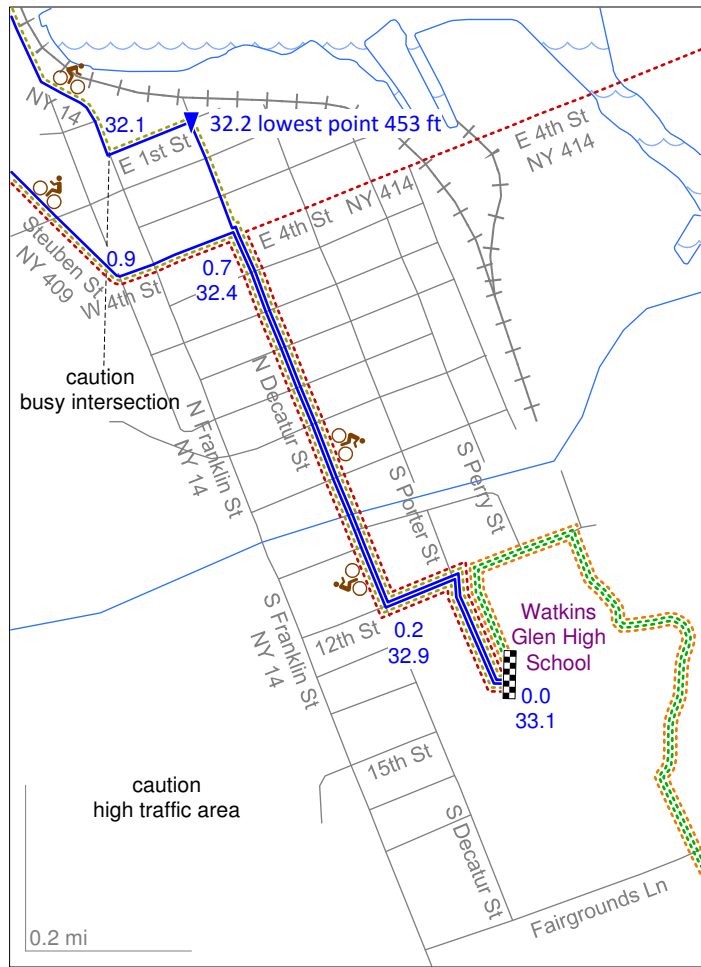
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TdC 35 - Blue



- emergency: 911**
- roadside assistance: 518-362-6910
- 35** FLX TdC Route
- rest stop
- start and finish
- direction
- 16.6 mileage
- high & low points



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Mile	Directions
0.0	Follow BLUE markings – IN CASE OF EMERGENCY ALWAYS CALL 911 – For roadside assistance call 518-362-6910
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	Turn slight left to stay on Steuben St
1.4	Turn slight right onto CR 28 / Lee Rd
3.4	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
6.3	Water Stop – Reading (no restroom)
7.4	Highest point 1,321 ft MSL (860 ft above start)
9.1	Turn right to stay on NY 14A N – Note: TdC 65 & 100 split from TdC 35
13.3	Rest Stop – Five Star Bank
13.4	Continue straight onto Water St
13.8	Continue onto CR 5 / Dundee-Himrod Rd

Mile	Directions
16.6	Halfway
17.5	CAUTION: railroad crossing
17.6	Turn right onto CR 1 / Lakemont Himrod Rd – Note merging with TdC 65
20.0	Continue straight to stay on CR 1 / Lakemont-Himrod Rd
23.1	Turn slight right onto NY 14 S
23.9	Rest Stop – Fulkerson Winery
25.4	Continue on NY 14 S
29.2	CAUTION: traffic merging from right
30.0	CAUTION: long descent and rough road ahead – control speed
31.9	CAUTION: high traffic area
32.1	Turn left onto E 1st St
32.2	Turn right onto N Decatur St
32.2	Lowest point 453 ft MSL (9 ft below start)
32.9	Turn left onto 12th St
33.0	Turn right into High School driveway
33.1	CONGRATULATIONS! YOU MADE THE RIDE OF YOUR LIFE! – Don't forget to check in at the finish line!

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roadside assistance: 518-362-6910

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65 FLX TdC Route

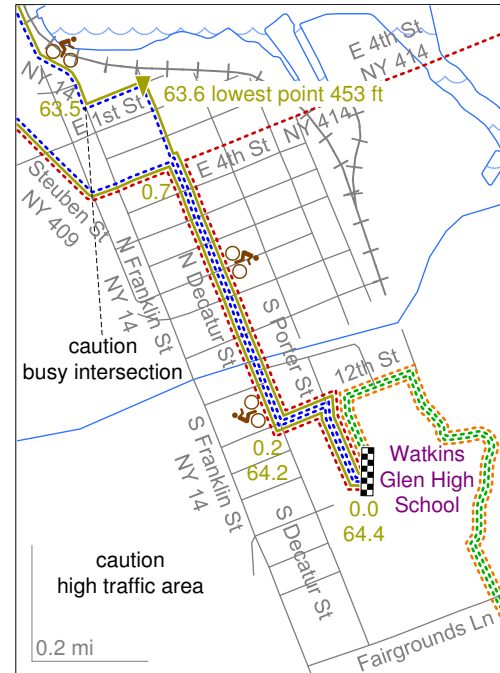
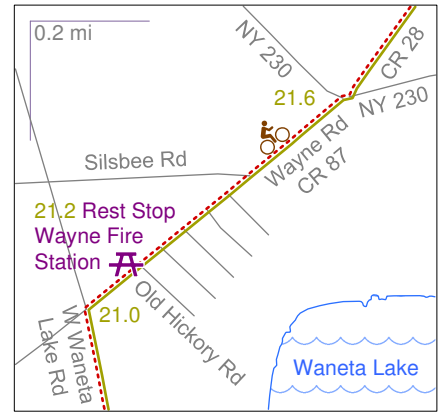
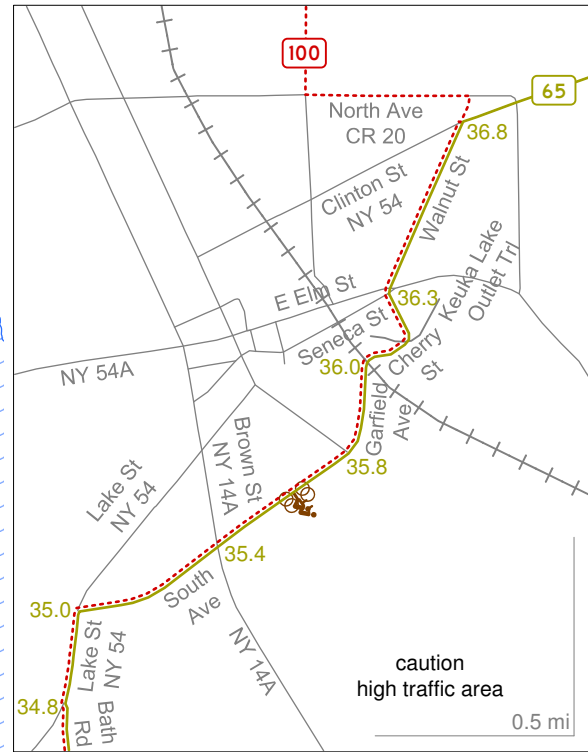
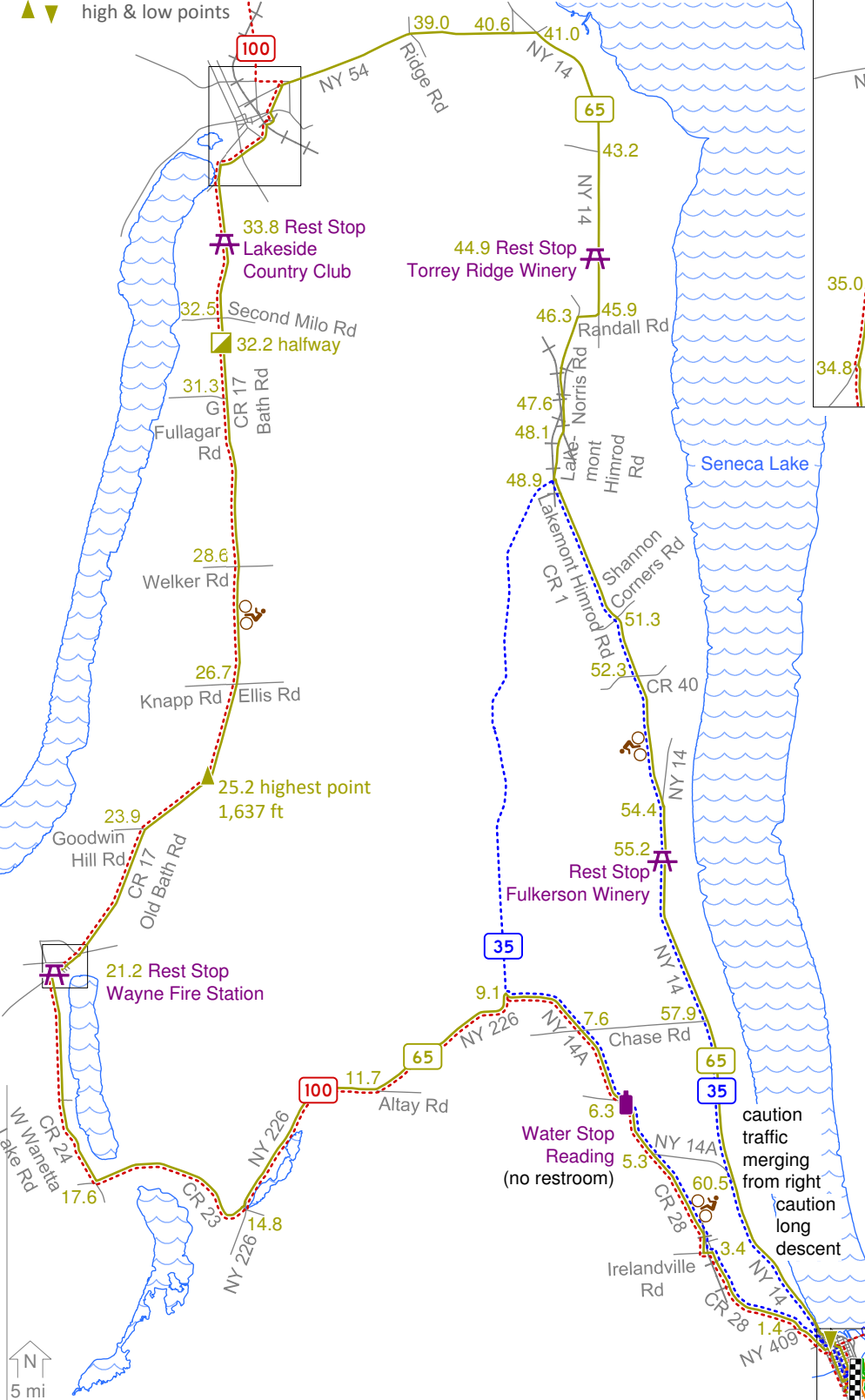
rest stop

start and finish

direction

32.2 mileage

high & low points



Mile	Directions
0.0	Follow YELLOW markings – IN CASE OF EMERGENCY ALWAYS CALL 911 – For roadside assistance call 518-362-6910
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	Turn slight left to stay on Steuben St
1.4	Turn slight right onto CR 28 / Lee Rd
3.4	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
6.3	Water Stop – Reading (no restroom)
9.1	Turn left onto NY 226 S – Note: TdC 35 splits from TdC 65 & TdC 100
14.8	Turn right onto CR 23
17.6	Turn right onto CR 24 / W Waneta Lake Rd
21.0	Turn right onto CR 87 / Hammondsport-Wayne Rd
21.2	Rest Stop Wayne Fire Station
21.6	Turn right onto NY 230 and then immediately turn left onto CR 26
22.8	Continue on CR 17 / Old Bath Rd
25.2	Highest point 1,637 ft MSL (1,176 ft above start)
27.8	Continue on CR 17 / Bath Rd
32.2	Halfway
33.8	Rest Stop – Lakeside Country Club
34.8	Turn right onto NY 54 N / E Lake Rd
35.0	Turn right onto South Ave
35.8	Continue straight onto Garfield Ave

Mile	Directions
36.0	Continue straight onto Cherry St – CAUTION: railroad crossing
36.2	Cross Keuka Lake Outlet Trl and continue on Cherry St
36.3	Cross Seneca St and E Elm St onto Walnut St – Note: Confusing 5-way intersection
36.8	Turn right onto NY 54 E / Clinton St – Note routes split
41.0	Turn right onto NY 14 S
44.9	Rest Stop – Torrey Ridge Winery
45.9	Turn right onto Randall Rd
46.3	Turn left onto Norris Rd
47.6	CAUTION: railroad crossing
48.1	CAUTION: railroad crossing
48.9	Continue straight on CR 1 / Lakemont Himrod Rd – Note merging with TdC 35
51.3	Continue straight to stay on CR 1 / Lakemont-Himrod Rd
54.4	Turn slight right onto NY 14 S
55.2	Rest Stop – Fulkerson Winery
56.7	Continue on NY 14 S
60.5	CAUTION: traffic merging from right
61.3	CAUTION: long descent and rough road ahead – control speed
63.3	CAUTION: high traffic area
63.5	Turn left onto E 1st St
63.6	Turn right onto N Decatur St
63.6	Lowest point 453 ft MSL (9 ft below start)
64.2	Turn left onto 12th St
64.3	Turn right into High School driveway
64.4	CONGRATULATIONS! YOU MADE THE RIDE OF YOUR LIFE! – Don't forget to check in at the finish line!

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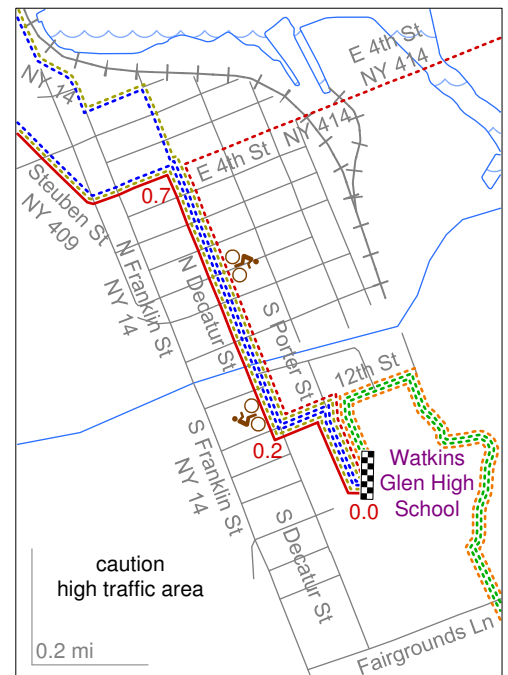
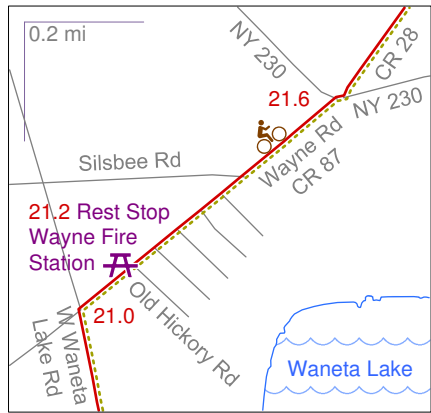
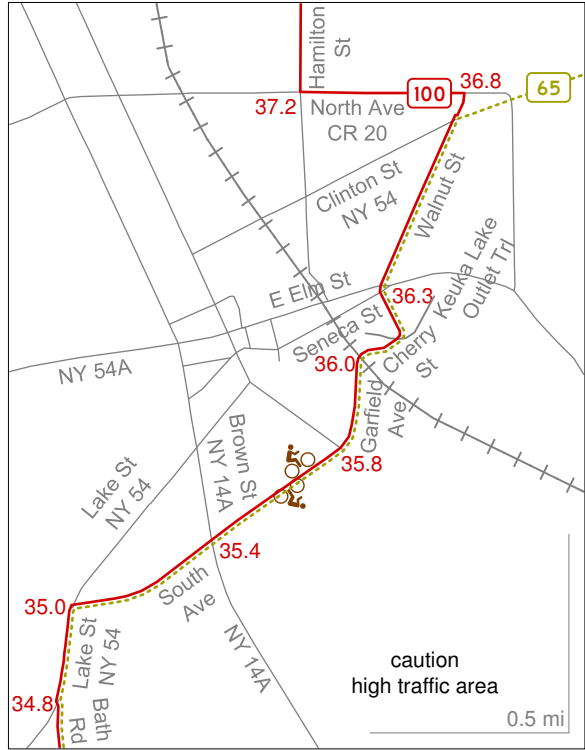
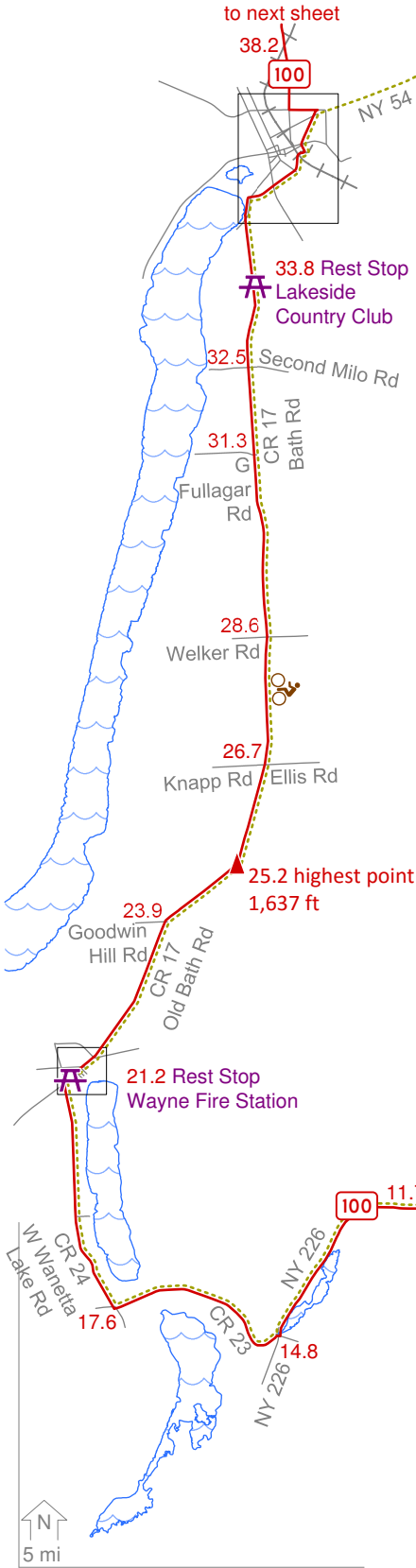


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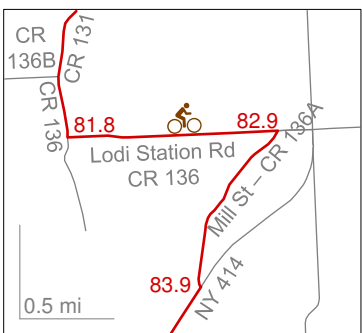
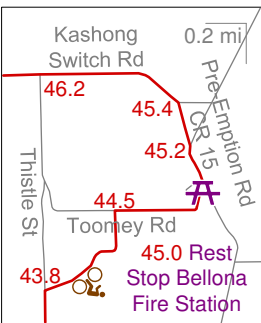
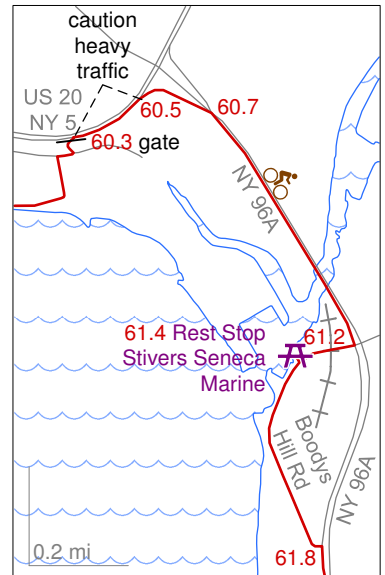
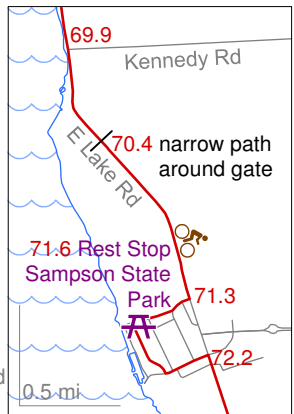
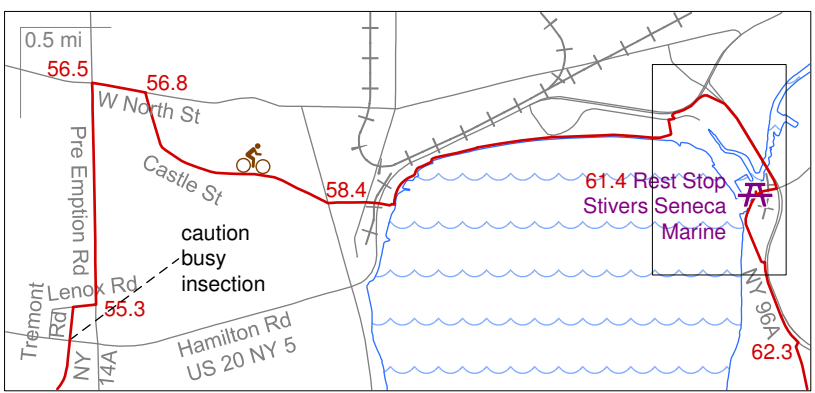
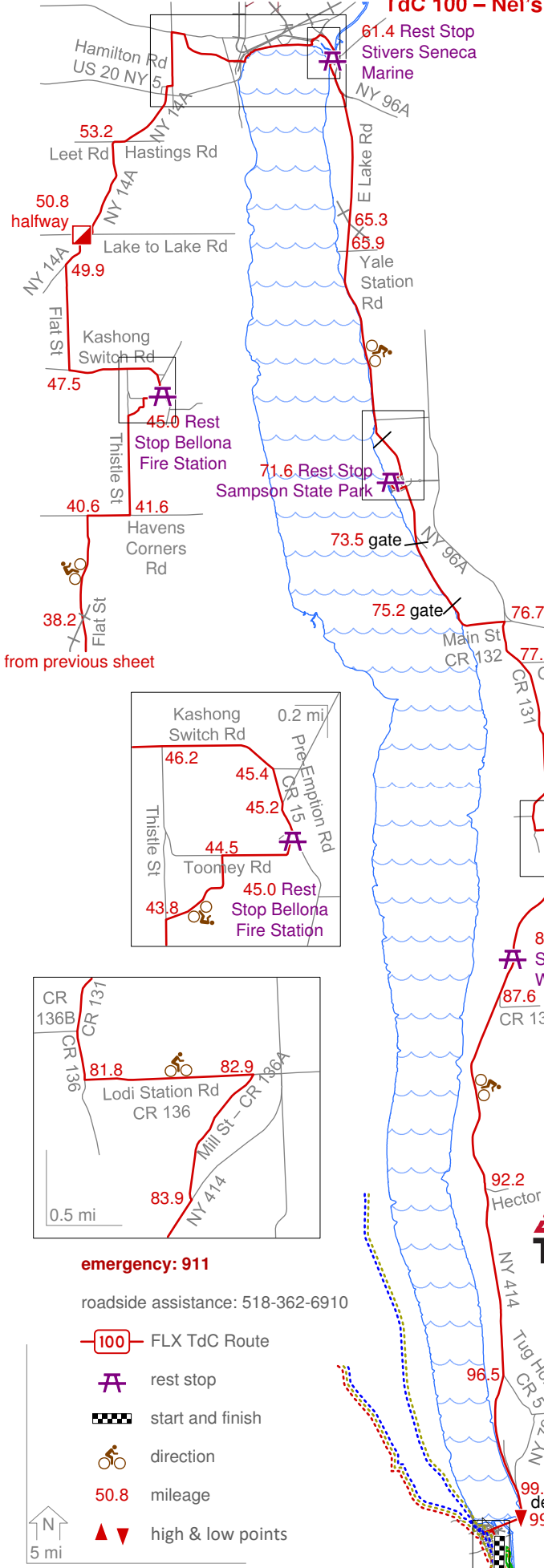


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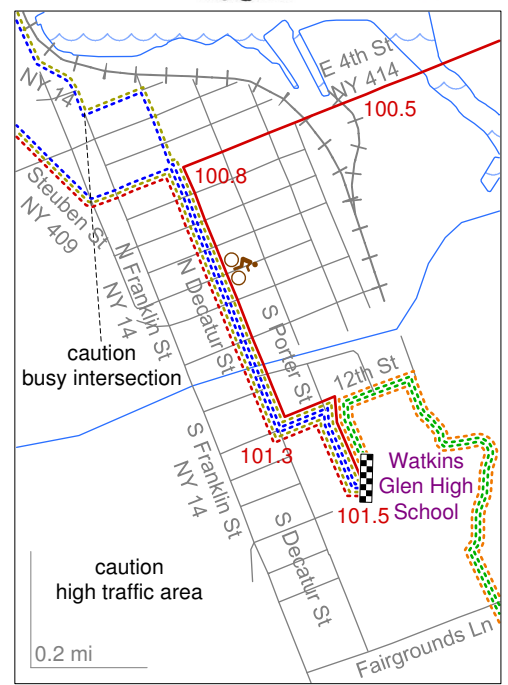
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- emergency: 911**
- roadside assistance: 518-362-6910
- FLX TdC Route
 - rest stop
 - start and finish
 - direction
 - 50.8 mileage
 - high & low points



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- FLX TdC Route
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Mile	Directions
0.0	Follow RED markings – IN CASE OF EMERGENCY ALWAYS CALL 911 – For roadside assistance call 518-362-6910
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	Turn slight left to stay on Steuben St
1.4	Turn slight right onto CR 28 / Lee Rd
3.4	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
6.3	Water Stop – Reading (no restroom)
9.1	Turn left onto NY 226 S – Note: TdC 35 splits from TdC 65 & TdC 100
14.8	Turn right onto CR 23
17.6	Turn right onto CR 24 / W Waneta Lake Rd
21.0	Turn right onto CR 87 / Hammondsport-Wayne Rd
21.2	Rest Stop Wayne Fire Station
21.6	Turn right onto NY 230 and then immediately turn left onto CR 26
22.8	Continue on CR 17 / Old Bath Rd
25.2	Highest point 1,637 ft MSL (1,176 ft above start)
27.8	Continue on CR 17 / Bath Rd
33.8	Rest Stop – Lakeside Country Club
34.8	Turn right onto NY 54 N / E Lake Rd
35.0	Turn right onto South Ave
35.8	Continue straight onto Garfield Ave
36.0	Continue straight onto Cherry St – CAUTION: railroad crossing
36.2	Cross Keuka Lake Outlet Trl and continue on Cherry St
36.3	Cross Seneca St and E Elm St onto Walnut St – Note: Confusing 5-way intersection
36.8	Continue straight on Walnut St – Note routes split
36.8	Turn left onto CR 20 / North Ave
37.2	Turn right onto Hamilton St
37.6	Continue on Flat St
38.2	CAUTION: railroad crossing
40.6	Turn right onto Havens Corners Rd
41.6	Turn left onto Thistle St
43.8	Turn right onto Coleman Rd
44.5	Turn right onto Toomey Rd
45.0	Rest Stop – Bellona Fire Station
45.0	Turn left onto Pre Emption Rd
45.2	Turn slight left onto Rice Rd
45.4	Turn slight left onto Kashong Switch Rd
47.5	Turn right on Flat St
49.9	Turn right onto NY 14A N
50.7	Turn slight to stay on NY 14A N / Lake to Lake Rd
50.8	Halfway
51.0	Turn slight left to stay on NY 14A N
53.2	Turn right to stay on NY 14A N
53.3	Slight right onto ramp then merge right onto NY 14A N / Leet Rd
53.5	Turn slight left to stay on NY 14A N
55.0	Cross US 20 / NY 5 to continue onto Tremont Rd – CAUTION: busy highway and city area

Mile	Directions
55.2	Turn right onto Lenox Rd
55.3	Turn left onto Pre Emption Rd
56.5	Turn right onto W North St – CAUTION: city traffic, watch for parked cars and doors
56.8	Turn right onto Castle St
58.1	Continue onto NY 14 N / Castle St – CAUTION: busy road
58.4	Continue straight on Castle St
58.4	Continue straight across US 20 / NY 5 / Lakefront Dr towards Lakefront Park – CAUTION: heavy traffic, obey traffic signal
58.5	Turn left onto trail
59.1	Enter Seneca Lake State Park and continue on Lake Rd
59.5	Continue on E North St
60.3	Turn right onto Park Rd
60.3	Turn left towards US 20
60.4	Turn right onto US 20 E / NY 5 E – CAUTION: heavy traffic
60.5	Slight right to ramp towards NY 96A S
60.7	Merge onto NY 96A S – CAUTION: heavy traffic
61.2	Turn right onto Boody's Hill Rd – CAUTION: railroad crossing after turn
61.4	Rest Stop – Stivers Seneca Marine
61.8	Turn right onto NY 96A S
62.3	Turn right onto CR 125 / E Lake Rd
65.3	CAUTION: railroad crossing
70.4	Enter Sampson State Park at gate – CAUTION: narrow path around gate
71.3	Turn right toward lakefront
71.6	Rest Stop – Sampson State Park – NOTE – no bikes allowed in boat launch or beach area
72.0	Turn left
72.2	Turn right onto E Lake Rd
73.3	Slight right to follow E Lake Rd to Sampson Lake Trl
73.5	Continue straight to enter Sampson Lake Trl at gate – CAUTION: narrow path around gate
75.2	Exit Sampson Lake Trail at gate – CAUTION: narrow path around gate – continue straight onto E Lake Rd
75.7	Continue onto CR 132 / Main St
76.7	Turn right onto CR 132
77.7	Continue onto CR 131
81.5	Continue on CR 131 / CR 136
81.8	Turn left onto CR 136 / Lodi Station Rd
82.7	Continue on CR 136 / W Seneca St
82.9	Turn sharp right onto CR 136A / Mill St
83.9	Turn right on NY 414 S
86.6	Rest Stop – Wagner Winery
99.3	Slight right at stop sign to continue on NY 414 S – CAUTION: descent ahead – YOU'RE ALMOST THERE!
99.9	Lowest point 445 ft MSL (17 ft below start)
100.5	CAUTION: 2 railroad crossings
100.8	Turn left onto N Decatur St
101.3	Turn left onto 12th St
101.4	Turn right into High School driveway
101.5	CONGRATULATIONS! YOU MADE THE RIDE OF YOUR LIFE! – Don't forget to check in at the finish line!

