

## Welcome, 2023 Three Port Tour riders

Here is some important information for Saturday's ride (Saturday, August 19, 2023):

### Before the Ride

Check your equipment thoroughly to make sure you are ready to ride. (Tire pressure & condition, shifting, braking). Check the forecast to dress for the weather.

### 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. 1 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 \$80 in cash (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.

### 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.

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.

### Routes

**AS ALWAYS THE ROUTE IS CLEARLY MARKED BY ARROWS PAINTED ON THE ROAD with supplementary maps being provided at the ride.** The following list are links to route maps for each distance, with options to download the route as different file types (fit, gpx, tcx)

- One Port - 50 km: <https://ridewithgps.com/routes/43985127>
- Two Ports - 100 km: <https://ridewithgps.com/routes/43985097>
- Three Ports - 160 km: <https://ridewithgps.com/routes/43985039>

**\*\*Construction changes are unfolding this week, so please watch for email updates to the routes, with particular attention for the 160-km route.\*\***

### Food

All food listed below is included for all registered riders.

**Before the ride:** Coffee, light snacks, Nuun tablets

**Rest Stops:** Fruit (bananas), energy bars, water, Gatorade powder, Nuun tablets

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

**After the ride:** Watermelon, freezies & water

**\*\*Riders with dietary concerns are encouraged to bring a lunch bag labeled with their name. It will be at the lunch stop.\*\***

### Weather

Please check the forecast ([click here](#)) as it may evolve as we approach the ride date. Starting in the mid teens, the expected high is 24 C and fairly humid (be sure to refill bottles at rest stops!). The forecasted light breeze means there may not be much help from tailwinds, but happily the same goes for hinderance from headwinds.

### Repairs/Service

Please bring whatever spare parts (tube/tire) and tools you normally ride with. Route support and stops will have pumps as well as a small supply of tubes and patch kits.

### Finish

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 Saturday morning and have a great ride!**

-Aylmer Bicycling Club