**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](https://www.google.ca/maps/place/East+Elgin+Community+Complex/@42.7735405,-81.0014866,17z/data=!3m1!4b1!4m2!3m1!1s0x882e6324dd6da03b:0x45eb1095f259b0c9?hl=en). **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. 2 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.  
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.  
  
**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/40609571>
* Two Ports - 100 km: <https://ridewithgps.com/routes/40611185>
* Three Ports - 160 km: <https://ridewithgps.com/routes/40611284>

***\*\*Two/Three Port (100/160km) Riders:\*\*****EVERYONE IS REQUIRED TO DISMOUNT AND WALK ACROSS THE BRIDGE ON RICHMOND ROAD.*

**Food**  
All food listed below is included for all registered riders. \*\*Riders with dietary concerns are encouraged to bring a lunch bag labeled with their name, and it will be waiting for them at the lunch stop.\*\*  
**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  
  
  
**Weather**  
The forecast ([click here](https://www.theweathernetwork.com/ca/weekend-weather-forecast/ontario/aylmer)) looks like a great day for a ride! Staring in the low twenties, the expected high is 27 C and quite 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 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 Bicycle Club