



## Tour de Keuka FAQs

### What time will the ride start?

Your start time depends on the ride you selected:

**100-mile ride** goes off at **7 a.m.**

**60-mile ride** goes off at **9 a.m.**

**45-mile ride** goes off at **9 a.m.**

### Will there be rest stations?

Yes, there will be rest stations and water stops along the way. All rest stations will have fresh fruit, salty snacks, cold water and sports drinks. Rest stations will also have restrooms and/or port-o-potties.

### Will there be support in case of a flat tire, etc.?

Yes! Tour de Keuka will have SAG (support and gear) vehicles driving back and forth along the routes to help with breakdowns. Look for the cars with the yellow flags.

### What about food before and after the ride?

Riders can fuel up at the start of the ride with **complimentary** bagels, fruit, juice, nuts, and more. Following the ride, **complimentary** lunch will be available. Plus, we'll have wine and beer tastings and ice cream to celebrate your ride! Did we mention this is **complimentary** for riders? It is, of course!

### I have received some cash donations. What do I do?

**Please DO NOT bring cash to the event.** If you have received cash donations for your ride, you have two options:

1) Make a donation equal to the amount of cash received using a credit card on the website.

**OR**

2) Bring a **SINGLE** check to event registration made out to United Way of the Southern Tier. (If your donors have written checks to United Way of the Southern Tier, you can bring those to registration as well.)

### What if I run into a mechanical issue?

We'll have SAG (support and gear) vehicles out on the routes all day to help you if you run into a problem. Look for the cars with the yellow flags.

### What about the weather?

If only we knew! We are riding **rain or shine**. Please know your limits and hydrate, hydrate, hydrate! We will have water and sports drinks at the start/finish and all rest stations. You will need to **bring your own** sunscreen and bug spray.

### Can I switch to a different ride on ride day?

Yes! Just let us know your plan so we're not looking for you on a course you're not riding.

**Can I ride an e-bike on the course?**

Yes, you can! Please note, however, outside of tires and tubes, we won't have equipment to service your e-bike in our SAG (support and gear) vehicles.

**Can I ride my recumbent bike on the course?**

Yes, you can!

**Is the course marked?**

Yes! The courses will be marked. You can view the rides, download to your device, or download a cue sheet for your ride at this link. Please note: Routes are subject to change, so we suggest you check back for any updates prior to the event.

[All 2022 Routes](#)

[100-mile course](#)

[60-mile course](#)

[45-mile course](#)

**Can children ride in Tour de Keuka?**

- Age requirement is 7 years and up (as of ride day). Children between the ages of 7-12 must ride a tandem or tag-a-long bike with adult guardian.
- All children under the age of 18 must have an adult guardian with them at all times on the route.
- An adult must sign waiver of liability on behalf of any child under age 18.
- Child and guardian are both required to meet the fundraising minimum.

**What about trailers or child/pet carriers?**

No trailers, child carriers or pet carriers are allowed on the ride.

Do you have a question we didn't answer here? [Email us!](#)