

Climbing Strong for 12 years at the Highlander Cycle Tour!

New This Year

- Courses:

Road - The Quads Hilla, Corkscrew and Yodeler have all been tweaked to make them even better. The Quads Hilla (and DB4D option for the very sick among you) has the biggest changes. Taking in dramatic views of both Canandaigua and Keuka Lakes, and bringing back the infamous climbs of Italy Turnpike (only visited once before in our 12 years) and the incomparable Sliter Hill, we believe these courses are the best of the best we've ever assembled!

Mountain Bike – The Mountaineer will be riding backwards this year for the first time ever, which means an immediate climb from the base. Y'all might want to do some laps in the parking lot first. It's an epic ride with some of the most amazing track anywhere. Don't forget to turn around and catch the views!

- Tech Wear: The Highlander Socks are back! Custom designed with grapes in mind. Huge cudos to our newest sponsor, Getinge, for making these possible!

- Facilities Renovation: The main lodge at Bristol Mountain is being renovated so HCT headquarters will be in the Event Center located to the left of the other buildings. Since there are no restrooms in the Event Center, we will be bringing in a restroom trailer (with running water and flushing toilets) for your use. Please bear with us as we try to make the best of our temporary venue.

- The Inaugural High Tri: This year we are partnering with the Finger Lakes Triathlon on Sunday the 11th. Enter both for chances to win hundreds of \$ in store certificates sponsored by Tri Running & Walking. Categories include:

- Quads Hilla or DB4D and Olympic Tri
- Corkscrew and Sprint Tri
- Yodeler and Sprint Tri

- Custom Water bottles: Stop by at the EXPO and visit Aquavation and design your own keepsake bottle. A portion of the sale will benefit the Highlander charities.

Ride info

- Rider Number Pick up: in the Event Center at Bristol Mountain.

- Friday 3pm-5pm (stay and watch the Mountain Prologue Time Trials up Gannett Hill, with live music on the hill).
- Saturday 6:30am-9:30am
- We suggest you pin the number on the back of your jersey
- BTW, we're on pace for a new HCT record. We hope you are psyched to get out and ride with ~800 other riders

- Time Trials Friday afternoon/evening:
 - Team Time Trial – first riders off at 4pm
 - Individual Time Trial – first riders off at 5pm
 - Note: Thousands of \$ in Bike Store prizes to winners in many categories. Many thanks to Bike Zone, Full Moon Vista, Park Ave, Pedallers, and Mac5Bikes!

- Suggested Start Times for Saturday event:
 - 6:30 am for Death Before Dismount (DB4D)
 - 7:00 am for Quads Hilla and Corkscrew Century
 - 8:00 am for Mountaineer
 - 9:00 am for the Yodeler.

- What to bring on the ride:
 - Water bottle(s) and supplements
 - Course map
 - Extra tubes
 - Air pump
 - Small first aid kit
 - Helmet
 - Cash for HCT store or silent auction purchases
 - Lots of gears ☺

- Routes:
 - Route maps are available on the website so print yours ahead of time. Some copies may be available in the registration area.
 - Due to road work that is out of our control, there may be some slight last minute route changes or some short sections we may ask you to navigate/put up with, so please check the white board at the registration area for reroutes. All will be clearly marked on roads.
 - All road courses will have markings on the roads before and at all turns (see marking scheme board at start area). There will be hot pink ribbons on the trees or spray chalk marks on the ground for the Mountaineer.
 - Please remember the rules of the road! Visit our website for NYS laws.

- Refueling Stops
 - There will be many refueling stops on course. As a precaution, all riders should plan to bring their own extra supplies including at least one bike bottle for refilling.

- Medical
 - **In case of emergency, call 911**
 - Be cautious on turns and watch for loose gravel/stones. It's always a good idea to carry some sort of small aid kit, just in case.

Post-Ride Events

- Friday - At the conclusion of the Time Trials on Friday evening, the annual post-TT wine and cheese party will be held at the Bristol Mountain Event Center. The party will start at approximately 6:30 pm. Awards will be at approximately 7:30 pm.
- Saturday – A delicious and healthy post-ride dinner will be served between 1:00 pm and 6:00 pm at the Bristol Mountain Event Center. Please plan your ride time accordingly. And save room for grape pie – a Finger Lakes delight!

Goodie Bag

- Your Highlander rider bag will include a commemorative bottle of wine or juice from Arbor Hill Winery, custom Highlander tech socks, a Highlander sticker, CLIF product, and more. Please bring your rider number into Event Center after your ride to garner your goods.

Extra Dinner Tickets

- If you purchased extra dinner tickets, they will be in your rider number packet. If you want extra dinner tickets for friends and family and didn't purchase them when you registered, there will be a limited number available for purchase for \$10 each at the registration area.

EXPO/Silent Auction

- Make sure you stop by and check out what's going on at the EXPO, including an opportunity to get a much needed massage (first 25 to get one will receive discount certificate for future sessions), design your own water bottle with Aquavation, sample local products, visit the photo/video booth, peruse the Highlander store, and place your bids at the exciting silent auction (including many incredible deals on bike related equipment from our sponsors like Geneva Bicycle Center and others mentioned previously).

Don't forget CASH as there will not be credit card transaction capability at Bristol Mtn.

Charities

We are again proud to donate proceeds from the event to Mercy Flight Central, the Lance Armstrong Foundation, South Bristol Historical Society, Bloomfield Rotary Club, Genesee Valley Greenway, Boy/Girl Scouts, and other health/fitness/Green space initiatives. Note: If you made an extra donation when you registered, you will find a charitable donation receipt in your rider number packet.

We hope it is the September of your years. So just come and enjoy. Help us climb strong yet again!