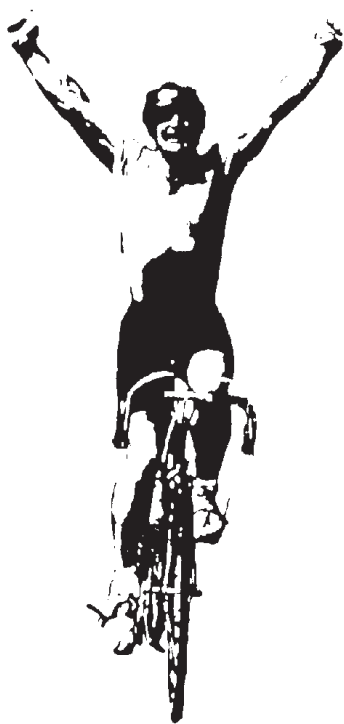


# ADIRONDACK 540

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## 2018 RULEBOOK



# ABOUT THE RACE

Welcome to the 20th Adirondack 540. This race will be on a 136 mile loop which begins and ends in Wilmington, NY.

**REGISTRATION/BIKE INSPECTION/PRE-RACE MEETINGS**

On-site registration will be available for all events, according to the schedule below. We accept credit cards, checks and cash.

All riders and support crew members must fill out and sign the entry form/waiver (even if you've registered online) and attend a pre-race meeting. All bikes and support vehicles (if applicable) must be inspected before they can be used in the race. Riders will be issued a race number and vehicles will be issued a race identification sign that must be posted at all times. Violations may result in a rider's disqualification.

Both sessions will be held at the Alpine Country Inn & Suites, located at: Wilmington, NY. Please note that the Friday evening session will include a pasta dinner and there is not a Friday morning session.

~ **FAILURE TO ATTEND A PRE-RACE MEETING MAY RESULT IN A 3 HOUR PENALTY ~**

**THURSDAY, SEPT.13:**  
**REGISTRATION:** 5:00 PM – 6:00 PM; **DINNER:** 6:00 PM; **MEETING:** 6:30 PM; **INSPECTIONS:** After meeting.

**SATURDAY, SEPT.15:**  
**REGISTRATION & INSPECTIONS:** 7:00 AM – 7:45 AM; **MEETING:** 7:45 AM – 8:00 AM.

**RACES/CATEGORIES/DIVISIONS**

**RACES:** ADK 540 | Golden Gallop 408 | Silver Sojourn 272 | Bronze Blast 136 | les Truffes Voyage 75/61

**CATEGORIES:** Standard | Tandem | Fixed | Single Speed | Antique | HPV | Recumbent | Hand Cycle | Other

**DIVISIONS:** Solo | Teams

**AGE GROUPS:** 540: M/F U 50 | M/F 50 - 59 | M/F 60 - 69 | M/F 70+; ALL OTHER RACES: M/F

**NOTE:** Once the race begins, no one will be permitted to change races or categories. However, if a rider drops out of one event, or wishes to race in a second event after completing their first event, they may sign up for another event.

**RACE SCHEDULE**

All races begin and end at the Alpine Country Inn & Suites, located at: 5647 Route 86, Wilmington, NY.

EVENT	START DATE	START TIME	LAPS	MILES	LIGHTS	LIMIT
ADK 540:	Sept.14.2018	8:00 AM	4	544	YES	52H
Golden Gallop:	Sept.14.2018	8:00 AM	3	408	YES	52H
Silver Sojourn I:	Sept.14.2018	8:00 AM	2	272	YES	52H
Silver Sojourn II:	Sept.15.2018	8:00 AM	2	272	YES	28H
Bronze Blast I:	Sept.14.2018	8:00 AM	1	136	NO	52H
Bronze Blast II:	Sept.15.2018	8:00 AM	1	136	NO	28H
les Truffes Voyage:	Sept.14.2018	8:00 AM	1	136	NO	52H

**WEATHER**

Weather will play an important part in the race, so please be prepared. Highs average between 65°-75°, but it can be as warm as the high 80's. Lows average in the mid 30's, but it can drop down into the 20's. September is a wet month in the Adirondacks, so expect some sort of precipitation (rain, fog, snow...). Sunrise is about 7 AM, sunset about 7 PM.

**FOOD & SUPPLIES**

We'll have an assortment of gels, bars, drinks, snacks and water at each checkpoint. We'll also have basic repair items and lights and other items for sale at each checkpoint. Please note that our food and supplies are meant solely for the use of riders.

**SANCTIONING**

**ADIRONDACK ULTRA CYCLING.** All events are part of the **ADIRONDACK ULTRA CUP.**

**AWARDS**

We will present trophies to all official finisher of the Adirondack 540, as well as the overall male and female winners of the Golden Gallop 408, Silver Sojourn 272 and Bronze Blast 136.

# RULES & REGULATIONS

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## 1. GENERAL

- A. This event is held on open roads and all riders must obey New York State bicycle traffic and safety laws.
- B. All rules and regulations are meant to maximize the safety of the riders. In an emergency, all attention must be focused to resolve the situation. Riders and their crews are expected to help in these situations, and will be given credit for any lost time.
- C. All rules and regulations must be obeyed by all riders and support crew members at all times.
- D. Drafting between race entrants is allowed in all events comprising the Adirondack 540.
- E. Once the race begins, no one will be permitted to change races or categories. However, if a rider drops out of one event, or wishes to race in a second event after completing their first event, they may sign up for another event.
- F. Race numbers and support vehicle identification signs are to be posted according to race official's instructions and must remain visible at all times during the race. Violations may result in a rider's disqualification.
- G. The race director has the authority to override, modify or create rules based on extenuating circumstances, and is the final word in all matters.

## 2. CONDUCT

- A. Riders and support crew members must conduct themselves in a civil manor at all times.
- B. When entering checkpoints, do not act in a loud or disruptive manner, especially late at night or early in the morning. Quiet hours will be imposed from 11:00 PM – 7:00 AM. During this time period we ask that all noise be kept to a minimum.
- C. Riders and support crew members may not act maliciously toward any other person for any reason. Riders and support crew members may not intentionally impede the progress of, or misdirect any other person for any reason.
- D. When staying at the race hotel, park in designated areas only, do not use room towels to clean bikes, do not walk on non-carpeted or non-tiled floors in cleats and do not disrupt the other guests or neighbors. Do not set up a tent without the permission of race officials or hotel management. If you are not staying at the race hotel, ask the race director or hotel manager to be directed to authorized parking areas.
- E. Violation of the conduct rules and/or any other inappropriate behavior by a rider or support crew member will result in the rider's immediate disqualification and possible suspension from future Adirondack Ultra Cycling events.

## 3. PETS

- A. Pets are not allowed anywhere on the course, at either checkpoint or at any race activity or function at any time during the race or at official pre and post race activities, meetings or functions.
- B. Anyone associated with this event that arrives with a pet, will be asked to leave immediately, and the associated rider may be **DISQUALIFIED** or assessed a **THREE HOUR PENALTY**.

## 4. TRAFFIC LAWS

- A. Riders, support vehicles and support crew members must obey New York State traffic laws at all times. This includes, but is not limited to: stopping and waiting at red lights until they turn green, completely stopping at stop signs and checking for traffic before proceeding, using hand signals for all turns, keeping as far to the right as safety permits, using the shoulder whenever possible, wearing headphones in both ears and obeying speed limits.
- B. If a traffic light does not turn green after three minutes, and no other motor vehicles are stopped at the light, a rider may treat the signal as malfunctioning and proceed through the intersection, once traffic is clear.
- C. **VIOLATION OF TRAFFIC LAWS WILL RESULT IN A RIDER'S IMMEDIATE DISQUALIFICATION.**

## 5. DRAFTING

- A. Drafting between race entrants is allowed in all events comprising the Adirondack 540.
- B. Drafting vehicles, support crew members or any other non-race entrants is not allowed

## 6. MECHANICAL SUPPORT

- A. All riders should be self-sufficient and properly equipped, and should have everything necessary to repair or adjust their bicycle and combat the elements. Race officials may help, but take no responsibility or make any guarantees to fix mechanical problems when and where they occur.
- B. Riders and support crew members are encouraged to assist one another with mechanical or other problems, but no time credit will be given unless it is an emergency or there are extenuating circumstances.
- C. We'll have tires, tubes, lights, batteries, reflective gear, cables, CO2 inflators and cartridges, and other basic items for sale at each checkpoint and a mechanic will be on duty for most of the race.

## 7. BICYCLES & AERO AIDS

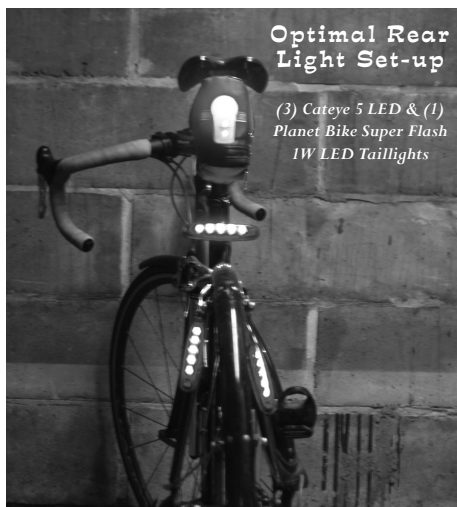
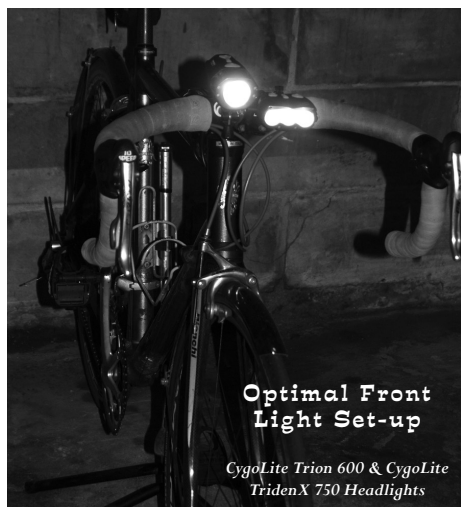
- A. There is no limit to the number of bicycles a rider may use, but all bicycles must be propelled solely by human force. All types of human powered vehicles will be allowed, and will be entered in their appropriate category.
- B. TT, Tri and beam bikes, as well as aero bars, disc wheels, aero wheels, wheel covers and any standard TT, Tri or aero equipment is allowed in the standard category.
- C. Riders may switch between standard, TT, Tri, single speed and fixed gear bicycles within the standard category.
- D. Riders who wish to switch between different categories of bicycles will be entered in the "other" category.

## 8. HELMETS

- A. Riders must wear an approved helmet at all times.

## 9. LIGHTS & REFLECTIVE GEAR

- A. Lights and reflective gear must be used from 7:00 PM – 7:00 AM. **RIDERS CAUGHT WITHOUT LIGHTS AND/OR REFLECTIVE GEAR DURING THIS PERIOD WILL BE IMMEDIATELY DISQUALIFIED.**
- B. Riders must use at least one steady white front light visible from 500' (150 lumens or more), attached to the bicycle; one steady red rear light visible from 300', mounted to the bicycle; and a second flashing red rear light visible from 300', mounted to the bicycle. **NO EXCEPTIONS WILL BE ALLOWED.**
- C. Riders must wear a reflective vest (or sash) and reflective ankle bands during night hours. Additional lighting and reflective gear is also highly recommended.
- D. These are the minimal requirements we will accept, but are nowhere near optimal. This course is very dark in spots, and for optimal lighting, we recommend using a front light of at least 600 lumens, with a secondary front light set to flashing, or to use as a backup. For the rear, we recommend using at least 1 watt LEDs, which will be visible up to 1 mile (5,280'). We will have minimal and optimal light sets available for purchase at the race, but can not guarantee our stock, unless you pre-order a set. Visit our online store at: [www.adkultracycling.com/shop](http://www.adkultracycling.com/shop) for details.



## 10. TEAMS

- A. Teams may be comprised of 2 – 8 members. Each team member must register individually. The same rules and regulations that apply to individual riders also apply to teams and their support crews.
- B. Rider exchanges may take place anywhere on the course, traffic and roadside logistics permitting.
- C. Any number of team members may ride at the same time and drafting is allowed between teammates and any other registered rider.
- D. Team members may support their team when they are not riding, but must obey all rules regarding support crew members, with the exception of the rule banning support crew members from riding on the course (14.F).
- E. Official team time is calculated when the first rider crosses the finish line at the end of the team's final lap.

## 11. SLEEP

- A. Sleep is not mandatory, but is recommended when a rider (or support crew member) needs it. Even a short cat nap can be surprisingly refreshing if you're tired.
- B. Race officials reserve the right to pull a rider and/or support crew member off the course and order them to rest if that person is suffering from sleep deprivation and/or riding and/or acting in an unsafe manner.

## 12. ROUTE

- A. All riders and teams must ride (or walk with their bicycle) every inch of the route.
- B. Riders are allowed to leave the course and may be driven to and from their destination, but must leave from, and return to, the exact same spot. A race official must be notified immediately when this occurs.
- C. No credit will be given for navigational errors or for leaving the course.
- D. The route is not marked, but is easy to follow.

## 13. CHECKPOINTS

- A. Checkpoints are designated as neutral zones and riders may not pass another rider and must slow to 10 MPH. Riders must have their time of passage recorded by the official timekeeper and it is solely their responsibility to make sure their time is recorded. Any violation may result in the loss of a lap, a penalty and/or disqualification.
- B. There will be two checkpoints: the Alpine Country Inn & Suites in Wilmington, NY and the Super 8 Motel in Ticonderoga, NY. Officials will be located near the gazebo, the BBQ pavilion, on the deck or in the official room at the Alpine Country Inn & Suites, and in the lobby, parking lot or race room at the Super 8 Motel.
- C. Riders may use the room at the Super 8 Motel in Ticonderoga to rest and shower, but the use of room facilities at the Alpine Country Inn in Wilmington, is solely at the discretion of race officials and is not guaranteed. To ensure a place to rest and shower, we recommend reserving a room at one or both checkpoints. Riders must check in with the official timekeeper when they arrive, and if they stay for more than 15 minutes, they must check out when they depart.
- D. Checkpoints will be manned and stocked for the duration of the race and riders may leave personal supplies at either one. Please note that our food and supplies are meant solely for the use of riders.
- E. **RIDERS MUST REPORT TO A RACE OFFICIAL PERSONALLY.** If they have a support crew, a support crew member may advise a race official their rider is approaching, but this does not constitute as the rider checking in. Also note that the official finishing time will be when the rider signs the log, not when they arrive, if there is a discrepancy.





## 14. SUPPORT CREWS

- A. We strongly recommend the use of a support crew, but the use of one is purely optional.
- B. Support crews may travel the course, leap frog their rider and provide support via pedestrian hand-off's anywhere on the course (traffic and logistics permitting) during the day, after their rider passes the Olympic Jumping Complex parking lot just outside of Lake Placid; and at night, they may follow directly behind their rider, traffic permitting.
- C. Riders may not be pushed, pulled, towed or otherwise assisted by their support vehicle.
- D. Support crew members must obey all of the rules and regulations. If a support crew member violates a rule, it will result in their expulsion from the race and penalties and/or disqualification for their rider.
- E. Support crew members must be considerate of the surrounding area in which the course travels. They should not play loud music or behave in a disruptive manner, especially late at night or early in the morning. Quiet hours will be imposed from 11:00 PM – 7:00 AM. During this time period we require that all noise be kept to a minimum.
- F. Support crew members are not allowed to ride a bicycle on the course at any time during the race, except if they are also racing in an event.

## 15. SUPPORT VEHICLE REQUIREMENTS

- A. All support vehicles must be less than 78" wide. Most mini-vans and mid-sized SUVs meet this requirement.
- B. Headlights must be used at all times while driving on the course, emergency flashers must be used whenever a support vehicle is pulled over, and no overhead lighting of any kind is allowed.
- C. All support vehicles must display a **SLOW MOVING VEHICLE TRIANGLE** and a sign that states: **CAUTION: BICYCLES AHEAD**, both mounted to the rear of the vehicle. The sign may be hand made and slow moving vehicle triangles may be purchased at most auto parts, farm supply or hardware stores.
- D. As per NY State Police request, no overhead lighting (front or rear) of any kind is allowed on support vehicles.



## 16. FOLLOWING THE RIDER/HAND-OFF'S/PASSING

- A. Support crews may leap frog their rider during the day and provide support via pedestrian hand off's, and at night, they may follow directly behind their rider, traffic permitting.
- B. There will be a neutral zone for the first 14 miles of the race in which support crews are not allowed to follow or assist their rider. There is a large parking lot just outside of Lake Placid at the Olympic Jumping Complex, where crews should assemble. After their rider passes, they may begin to assist them on the course.
- C. Support vehicles must stay as far to the right as safety permits when following their rider. If the shoulder is wide enough for the vehicle to use, they must use it. If not, they must drive as close to the right edge of the pavement as possible.
- D. Support vehicles should never block traffic to the rear while following their riders. If traffic builds up, support vehicles must pull off the road and allow traffic to pass. When it is clear, you may continue to follow your rider. If there is a lot of traffic, or if the road is narrow, support vehicles must pull over and leapfrog their rider, providing aid via pedestrian hand-off's.
- E. Support vehicles must display courtesy to other traffic when supporting their rider. This includes, but is not limited to, dimming your headlights when another vehicle or cyclist is approaching.
- F. Support vehicles may not impede the progress of another rider or their follow vehicle.
- G. Support vehicles may only travel alongside their rider to pass along food, water, information, etc. Continuous travel alongside a rider is strictly prohibited and may result in **IMMEDIATE DISQUALIFICATION**.
- H. All rolling hand-off's to the rider must be made from the passenger side of the vehicle by a person other than the driver, and only when traffic permits. If a rider is caught riding on the driver's side while the vehicle is moving, or if a rolling handoff is attempted in traffic, it will result in the rider's **IMMEDIATE DISQUALIFICATION**.
- I. When a rider with a following support vehicle passes another rider, use this procedure: rider "A" passes rider "B" and gets clear. When a gap of 30 meters forms between the two riders, the follow vehicle of rider "A" may pass rider "B" (and their follow vehicle) and continue to follow their rider. Rider "B" (and their follow vehicle) may not impede the progress of rider "A" or their follow vehicle.
- J. If a rider has a support crew, it is strongly recommended they follow them during the night. When a support vehicle follows their rider, they should stay as close to them as possible and keep them in their headlights at all times. This will provide the maximum amount of protection and light to their rider. A distance between 3 – 5 meters is recommended.
- K. Riders may not be pushed, pulled, towed or otherwise assisted by their follow vehicle.
- L. Make certain you have enough supplies and gas to make it through the entire night before 11 PM. On some parts of the route, it will be impossible to find food or gas after that.



*The completion of a properly executed pedestrian hand-off. Note both rider and crew member are in the shoulder and off the road.*



## 17. PENALTIES

- A. Riders and support crew members must obey all rules and regulations at all times. There will be no exceptions. Unless otherwise noted, the following penalties apply:
- 1ST Offense: 30 minutes, served immediately.
  - 2ND Offense: 60 minutes, served immediately.
  - 3RD Offense: **DISQUALIFICATION.**

### ~ FAILURE TO ATTEND A PRE-RACE MEETING MAY RESULT IN A 3 HOUR PENALTY ~

- B. Race officials reserve the right to immediately disqualify a rider and/or support crew member and ban them from future races for inappropriate behavior or if the situation warrants it.

## 18. RACE OFFICIALS & PROTESTING

- A. Race officials have complete authority and the decision of the Race Director is the final word on all matters.
- B. Race officials may be stationed along the route as well as at checkpoints, in vehicles and on bicycles. A race official may also ride with any crew or in any support vehicle at any time for any reason.
- C. Any rider wishing to make an official protest must do so in writing and submit it to the Race Director no later than one hour after their race's respective time limit has expired. The Race Director will rule on all protests within one hour.

## 19. BANNED SUBSTANCES, METHODS & TESTING

- A. Adirondack Ultra Cycling complies with Union Cycliste Internationale's Anti-Doping Rules, including their banned substance and method list, with the exception of the use of caffeine. All riders and support crew members are subject to testing. Drug tests may be administered at any time during the race and up to 30 days before or after the race. In the event of a positive test, all appropriate sanctioning bodies and/or agencies will also be notified. For the current list of banned substances and methods, visit the UCI website at: [www.uci.ch](http://www.uci.ch).
- B. Riders and support crew members that use a banned substance or method for legitimate medical reasons must present a doctor's letter and/or WADA TUE to that effect to the race director prior to the start of the race.
- C. Intravenous injections are not to be used at any time during the race, except in a medical emergency or due to an existing medical condition, such as diabetes.
- D. If a rider fails a drug test it will result in their immediate disqualification and a ban of three years from any Adirondack Ultra Cycling event. If a support crew member fails a drug test it will result in the immediate disqualification of their rider and a ban of three years from any Adirondack Ultra Cycling event for themselves and their rider.
- E. If a rider or support crew member refuses to submit to a drug test, they will be assumed guilty and will be given the same penalties as if they had failed a test.
- F. In addition to the substances and methods on the list, the consumption of alcoholic beverages and the use of illegal drugs is also banned during the race.
- G. For the most current information about the UCI's Anti Doping Policy, including their banned substance and method list, contact them at: Union Cycliste Internationale | CH-1860 Aigle - Switzerland | PHONE: +41.24.468.58.11 | FAX: +41.24.468.58.12 | WEB: [www.uci.ch](http://www.uci.ch) | E-MAIL: [medical@uci.ch](mailto:medical@uci.ch)



# HOTEL INFORMATION

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Riders should make their own arrangements for overnight accommodations. Below is a list of recommended hotels. During the race, riders may leave supplies at either checkpoint and they will be manned for the duration of the race. Checkpoints will be stocked with bars, gels, drinks and snacks, as well as tires, tubes and other items. Please note that our food and supplies are meant solely for the use of riders.

## WILMINGTON

### RACE HEADQUARTERS:

Alpine Country Inn & Suites | 518.946.2263 | [www.alpinecountryinnandsuites.com](http://www.alpinecountryinnandsuites.com)

### OTHER HOTELS:

Birch Tree Lodge | 518.946.7282

North Pole Motor Inn | 518.946.7733

Grand View Motel | 518.946.2209

Mountain Brook Lodge | 518.946.2262

## TICONDEROGA

### CHECKPOINT:

Super 8 Motel | 518.585.2617 | [www.super8.com](http://www.super8.com)

### OTHER HOTELS:

Belfred Court Motel | 518.585.7000

Green Acres Motel | 518.585.2274

Circle Court Motel | 518.585.7660

Latchstring Motel | 518.585.2875

Please note there is also a Best Western located in Ticonderoga, but we strongly recommend that you do not use it because the management there does not welcome or accommodate bicyclists.

# LOOP DIRECTIONS

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Each loop is 136.1 miles and starts at the Alpine Country Inn & Suites in Wilmington, NY.

Head south on 86 to Lake Placid (12.0 miles).

In Lake Placid make a left at the light onto 73. Bear left at Sentinel Road to stay on NYS 73 and continue past the ski jumps. Descend Cascade Mountain into Keene. Continue through Keene Valley and over Round Mountain to US 9 south (27.5 miles).

Take US 9 south through North Hudson to NYS 74 east (18.1 miles).

Make a left at the stop sign and take NYS 74 east through Severance and over Chilson Hill to Ticonderoga (17.3 miles).

At the traffic light, make a right, then a quick left into the Wal-Mart Plaza. The checkpoint is at the Super 8 Motel, on the left just past McDonald's. Return to NYS 9N/22 and make a right. Continue north to Crown Point (7.9 miles).

In Crown Point, bear right to stay on NYS 9N/22 north and continue to Port Henry. In Port Henry bear right again to stay on NYS 9N/22 north and follow it to Westport (17.7 miles).

In Westport bear left to stay on NYS 9N north and continue to Elizabethtown. In Elizabethtown, turn left at the flashing light, then right just past Stewart's to stay on NYS 9N north. Continue over Hurricane Mountain to Keene (16.8 miles).

In Keene make a right at the stop sign and follow NYS 9N/73 north. At the north end of the village, bear right to stay on NYS 9N north (do not go up the hill!), taking it through Upper Jay to Jay (13.6 miles).

In Jay make a left onto NYS 86 south to Wilmington, across from the park. (Pay attention! This turn is easy to miss.) In Wilmington, make a left at the stop sign to stay on NYS 86 south. The Alpine Country Inn & Suites is on the right, just past this turn (5.2 miles).

CUE SHEET

MILE	DIR	MARK	ROUTE	TOWN	SERVICES	NOTES
0.0	SOUTH	START	NYS 86	WILMINGTON	F, G	CP: ALPINE COUNTRY INN
12.0	L	TL	NYS 73	LAKE PLACID	ALL, H	BIKE SHOPS
12.2	BL		NYS 73	LAKE PLACID		JCT. AVERYVILLE ROAD
12.6	BL		NYS 73	LAKE PLACID		JCT. SENTINEL ROAD
14.0	S		NYS 73	LAKE PLACID		SKI JUMPS
19.9	S		NYS 73	LAKE PLACID		BEGIN 5-MILE DESCENT
26.2	S		NYS 73/9N	KEENE	F, G	JCT. NYS 9N
28.1	S		NYS 73/9N	KEENE		JCT. NYS 9N
33.5	S		NYS 73	KEENE VALLEY	F	BEGIN 4-MILE CLIMB
39.5	S		US 9	NORTH HUDSON		END NYS 73/JCT. I 87
51.0	S		US 9	NORTH HUDSON	F	CONVENIENCE STORE
57.6	L	SS	NYS 74	SCHROON	F, G	CONV. STORE SOUTH OF SS
69.9	S		NYS 74	CHILSON		BEGIN 2-MILE CLIMB
71.9	S		NYS 74	TICONDEROGA		BEGIN 2-MILE DESCENT
74.8	R	TL	NYS 9N/22	TICONDEROGA	ALL, H	JCT. NYS 22/9N
74.8	L		WAL-MART PLAZA	TICONDEROGA		USE 2ND ENTRANCE
74.9	U	CP	SUPER 8 MOTEL	TICONDEROGA		SUPER 8 MOTEL
74.9	R	SS	NYS 9N/22	TICONDEROGA		RETURN TO COURSE
75.0	S	TL	NYS 9N/22	TICONDEROGA		NORTH ON NYS 9N/22
82.6	R		NYS 9N/22	CROWN POINT	F, G, HW	STAY ON NYS 9N/22
100.4	S		NYS 9N	WESTPORT	F, G, AP	JCT. NYS 22
104.4	S		NYS 9N	WESTPORT		JCT. I 87
108.7	L	FL	NYS 9N/US 9	ELIZABETHTOWN	F, G, H	JCT. US 9
109.2	R		NYS 9N	ELIZABETHTOWN		JCT. US 9/BEGIN 4-MILE CLIMB
117.2	S		NYS 9N	KEENE		BEGIN 2-MILE DESCENT
119.3	R	SS	NYS 9N/73	KEENE	F, G	JCT. NYS 73
121.2	R		NYS 9N	KEENE		JCT. NYS 73
127.2	R		NYS 9N	UPPER JAY		STAY ON NYS 9N
130.8	L		NYS 86	JAY		TURN IS EASY TO MISS!
135.0	L	SS	NYS 86	WILMINGTON	F, G	
136.1	S	END	NYS 86	WILMINGTON	CP	CP: ALPINE COUNTRY INN

**DIRECTION KEY:** BL: Bear Left; BR: Bear Right; L: Left Turn; R: Right Turn; S: Straight; U: U-turn

**MARK KEY:** CP: Checkpoint; FL: Flashing Light/Stop Sign; SS: Stop Sign; TL: Traffic Light

**SERVICES KEY:** AP: Auto Parts; F: Food; G: Gas; H: Hospital/Emergency; HW: Hardware

**NOTES:** Most stores and gas stations will be closed between 11PM – 6AM. Make sure you have enough fuel and supplies for the entire night by 11PM. There are 24 hour supermarkets and gas stations in Ticonderoga and Lake Placid. (In Lake Placid, continue on 86 for about 2 miles past 73 South.) There are also several bike shops located in Lake Placid.

IMPORTANT PHONE #'S

John's Cell: 518.583.3708 | Kathy's Cell: 518.587.7801 | Alpine Country Inn: 518.946.2263 | Super 8: 518.585.2617

## COURSE RECORDS

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ADIRONDACK 540	NAME	CITY	ST	TIME	YEAR
MEN'S OVERALL:	John Nobile	Guilford	CT	32H:00M	2012
MEN 50–59:	Mark Herbst	Barrie	ON	36H:04M	2015
MEN OVER 70:	Lew Meyer	Berwyn	PA	52H:52M	2008
WOMEN'S OVERALL:	Caroline van den Bulk	Huntsville	ON	44H:50M	2010
WOMEN 50–59:	Nancy Guth	Stafford	VA	52H:01M	2008
MIXED TANDEM	James & Nichols	Philadelphia	PA	48H:15M	2012
2-MAN TEAM:	Team Weinberg	Middlebury	VT	42H:34M	2009
3-MAN TEAM:	Gears, Years & Beers	Fredericksburg	VA	32H:55M	2010

GOLDEN GALLOP 408	NAME	CITY	ST	TIME	YEAR
MEN'S OVERALL:	Tim Carroll	Cleveland Heights	OH	34H:12M	2007
MEN 60–69:	Ed Dodd	Collingswood	NJ	43H:43M	2009
WOMEN 50–59:	Jo Ann Fafrowicz	Durham	NC	40H:25M	2007

SILVER SOJOURN 272	NAME	CITY	ST	TIME	YEAR
MEN'S OVERALL:	Brett Walker	Salisbury	NH	14H:42M	2008
MEN 50–59:	Graham Hallward	Toronto	ON	19H:12M	2014
MEN 60–69:	Ross Mc Cabe	Albany	NY	25H:56M	2009
WOMEN'S OVERALL:	Barbara Kingsborough	Mount Kisco	NY	29H:59M	2009
6-MAN TEAM	What The Hell Were We Thinking?	Ontario/Quebec	CAN	18H:35M	2017

BRONZE BLAST 136	NAME	CITY	ST	TIME	YEAR
MEN'S OVERALL:	Jase Briggs	Gouverneur	NY	06H:40M	2015
MEN UNDER 25	Jacob Steinfeld	Champlain	NY	08H:57M	2017
MEN 50–59:	John Nobile	Guilford	CT	07H:04M	2014
MEN 60–69:	Ross Mc Cabe	Albany	NY	09H:15M	2008
MEN'S HANDCYCLE:	Bill Schwarz	Kinderhook	NY	15H:05M	2004
WOMEN'S OVERALL:	Barbara Kingsborough	Mount Kisco	NY	09H:14M	2010
WOMEN UNDER 50:	Krista Schepanovsky	Harvard	MA	09H:34M	2012

LE TRUFFES VOYAGÈ 61/75	NAME	CITY	ST	TIME	YEAR
WOMEN'S OVERALL:	Kathy Ceceri	Saratoga Springs	NY	15H:06M	2005

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