



Course Routes

All routes start and finish at Onanda Park on West Lake Road (County Road 16), Canandaigua. Courses available on mapmyride.com. Search Tour de Thompson.

■ Premier Route

(Metric Century - 62.5 miles) For experienced riders who want a challenging ride with spectacular views. Over 6,800 feet of elevation gain. (Gannett Hill bypass option available).

■ Intermediate Route

(30 miles) With 2,600 feet of climbing in just 30 miles, this is a challenging shorter alternative with many of the same great views that are on the longer ride.

■ Shortest Route

(15 miles) For less experienced riders. This route has some challenging hill climbing (825 feet) but the elevation change is more gradual than on the other two routes. This ride rewards you with an exhilarating descent at the finish.

Recommended gearing is a triple chain ring. More experienced riders may get by with a 39x27.



Directions to Onanda Park

From the Thruway: Exit 44. Take Rte 332 South into the City of Canandaigua (about 15 minutes). Rte 332 becomes Main Street. Stay on Main Street through the business district (over the railroad tracks, and down the hill). Turn right onto Parrish Street, turn left onto West Lake Road. The Park is 7 miles down on West Lake Road.

From Rte 5 & 20: At intersection of Rte 332 Main Street, go North on Main Street. Turn left onto Parrish Street. Turn left onto West Lake Road. The Park is 7 miles down West Lake Road.

Registration and free parking on the west side of the Park in the "Uplands" section.



Saturday, July 27, 2019

Onanda Park, Canandaigua

Presented by



Proceeds to support Thompson Health's Rehabilitation Services Aftercare Program

Ride Features

- ▶ Cue sheets and maps
- ▶ Rest stops with snacks and drinks
- ▶ Sag vehicle with bike mechanic; cell number provided to riders
- ▶ Scenic routes
- ▶ Post-ride massage
- ▶ Post-ride cookout for participants
- ▶ Three ride lengths available to challenge riders of different abilities
- ▶ Tech shirt for the first 100 registered riders
- ▶ Family activities such as swimming, volleyball, basketball, tot playground, tennis and hiking available at the 80-acre park. (Lifeguard on duty 10am to 6pm for swimming)
- ▶ Restrooms and showers available
- ▶ Scenic lakeside pavilion for post-ride festivities close to the beach/showers
- ▶ Plan early and make this a weekend event getaway. Visit TownOfCanandaigua.org or call (585) 394-1120 for more information.



Sponsor Form

Ask your friends, family and co-workers to sponsor you! Sponsor forms and donations must be received on or before race day. Checks should be made payable to **F.F. Thompson Foundation**.

PRIZES FOR THE TOP FUNDRAISERS

Your Name _____

Name of Sponsor	Amount

2018 SPONSORS INCLUDED



Constellation Brands



www.cdgasailboard.com



Helping individuals with chronic disease maintain their level of function and independence in the community.

Registration Form

Please return completed form and payment to:

F.F. Thompson Foundation
350 Parrish Street
Canandaigua, NY 14424

To register online, go to
www.ThompsonHealth.com/TdT

Recommended minimum donation of \$30 to enter if registration is postmarked by June 15; \$35 by July 15; \$40 after July 15 and day of event.

Name _____

Address _____

Phone _____

Email _____

Age on Day of event _____

Ride distance (circle one)
 62 mile 30 mile 15 mile

T-shirt size (circle one) S M L XL XXL

Waiver and Release

In consideration of this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against Thompson Health and/or the Town of Canandaigua, County of Ontario, Ontario County Sheriff, sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for this event. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever.

Signature _____

(Parent or guardian must sign if under 18 years of age)

Date _____

A12362 / TH20A

Start Times

7:00 am	Registration begins
8:00 am	All rides mass start
8:00-9:00 am	Individual riders start
11:00 am-4:30 pm	Cookout
4:30 pm	Support ends
9:00 pm	Park closes

For More Information

- ▶ dudley.hallstead@thompsonhealth.org
- ▶ www.ThompsonHealth.com/TdT
- ▶ (585) 396-6050

HELMETS ARE REQUIRED FOR ALL PARTICIPANTS