

Take the Ride of Your Life  
**American Diabetes Association.**  
**Tour de Cure**  
**100 MILE ROUTE**

IN CASE OF EMERGENCY DIAL 911

*Roads are marked for this route in GREEN*

**REST STOPS**

Lewiston #1 Fire Company  
 Fort Niagara State Park  
 Wilson Tuscarora State Park  
 Krull Park

Golden Hill State Park

Royalton Town Hall

Rapids Fire Co

Beach Ridge Free Methodist Church

MILES		INSTRUCTIONS	MILES		INSTRUCTIONS
0.00		NCCC - START LINE	60.74	Keep R	S Carmen Rd
0.10	R	Townline/SR 429	61.29	S	CR 905 (Griswold St)
1.30	L	Grove St	62.07	R	Mountain Road
1.47	L	Upper Mountain Road	64.22	L	CR 55 (Royalton Center Rd)
2.15	R	Meyers Hill Road	66.69		<b>Into Rest Stop - Royalton Town Hall</b>
2.95	L	Lower Mountain Road	66.69	S	Royalton Center Rd
4.85	S	Dickersonville Road	67.71	R	Ernest Rd
5.37	L	Swann Rd	69.52	R	Gasport Rd
		<b>Into Rest Stop Lewiston Fire Co.</b>	69.72	L	Lincoln Ave
7.94	R	Harold Road	72.32	L	Keck Rd
7.97	S	Harold Road	72.88	R	Akron Rd
8.68	L	Pletcher Road	72.98	L	Oak Ln
11.24	R	Park Rd	73.90	L	Dysinger Rd
12.85	R	SR 18F (River Road)	74.58	R	Riddle Rd
15.99	S	onto ramp	78.18	R	Tonawanda Creek Rd
16.15	Keep R	SR 18F	78.52	Keep L	Tonawanda Creek Rd
16.16		<b>Into Rest Stop - Ft. Niagara State Park</b>	79.46	R	Plank Rd
16.16	S	SR 18F			<b>Into Rest Stop - Rapids Fire Co.</b>
16.25	S	onto ramp	79.74	R	Rapids Rd
16.52	L	Lake Rd	83.11	L	Transit Road/ Rt. 78 "Busy Road"
16.76	Keep R	SR 18F (Lake Rd)	83.17	R	Fisk Rd
18.89	L	SR 18 (Lake Rd)	85.16	X	East Canal & Bear Ridge
		<b>Use caution bridge w/no shoulder ahead</b>	85.3	S	Fiegle Rd
26.99	L	<b>Into Rest Stop -Wilson-Tuscarora State Park</b>		X	Campbell Rd
27.00	L	SR 18 (W Lake Rd)	87.02	S	Beach Ridge Rd
28.80	Keep R	SR 18 (Ontario St)	89.5		<b>Into Rest Stop - Beach Ridge Church</b>
34.98	R	Franklin St	89.5	S	Beach Ridge Rd
35.02		<b>Into Rest Stop - Krull Park</b>	90.37	R	Townline Rd
35.02	Keep R	SR 18 (E Lake Rd)	93.08	L	Mapleton Rd
42.06	L	Hartland Rd	94.45	S	Lockport Rd
42.98	S	Lower Lake Rd	94.59	R	Baer Rd
48.32	L	<b>Into Rest Stop - Golden Hill State Park</b>	95.36	L	Raymond Rd
48.44		Rest Stop under shelters	96.88	R	Hoover Rd
48.56	L	Lower Lake Rd			<u>Railroad Tracks</u>
48.97	R	CR 50 (County Line Rd)	97.23	S	Townline Rd
50.37	S	SR 269 (Countyline Rd/County Line Rd)	97.7	X	Saunders Settlement - Rt 31
53.38	R	CR 135 (Town Line Rd)	98.1	R	NCCC
54.68	L	CR 121 (Carmen Rd)	98.21		<b>FINISH!!!</b>
58.46	S	Carmen Rd			
		<b>Use Caution bridge over canal</b>			
		<b>Railroad Tracks</b>			

R = RIGHT; L = LEFT; S = STRAIGHT; X = CROSS

**PLEASE NOTE:**

Helmets are mandatory!

Ride NO MORE than 2 abreast

ROUTE CLOSSES at 4:00 PM

Please obey Fire Police directions