

WILMOT WARRIOR WEEKEND

leaving cancer in the dust

2024 EVENT HANDBOOK

September 21-22, 2024

Rochester, NY

Table of contents

3. Schedule of events

- Weekend schedule
- Packet pickup times

4. Start times

- Wilmot Breakaway Ride
- Wilmot Warrior Walk + 5K

Packet pickup and registration

5. Parking + event map

6. Wilmot Warrior village admission and entry

- Entrance directions
- Participant credentials
- Spectator information

7. Attractions and amenities

- Entertainment
- Food and beverage information
- Photography

8. Wilmot Breakaway ride course and safety information

- Bike rentals and mechanical support
- Course routes and markings
- Aid stations
- Support and Gear (SAG) and first aid support
- What to bring
- Gear check
- Inclement weather
- Rules of the road

13. Wilmot Warrior Walk + 5k course and safety information

- Course routes and markings
- Aid stations
- First aid support
- What to bring
- Inclement weather

15. Volunteer information

- Volunteer expectations
- Volunteer opportunities

19. Contact information

Thank you to our sponsors

Schedule of events

Wilmot Warrior Weekend packet pick-up

Saturday, September 21, 9:30 a.m. – 3:30 p.m.

Larry and Cindy Bloch Alumni and Advancement Center, 300 E River Road, Rochester, NY 14623

Wilmot Warrior Weekend Kick-Off Celebration

Saturday, September 21 | 6 – 8 p.m.

George Eastman House, 900 East Avenue, Rochester, NY 14607

The evening includes an inspirational program, food and drink. All participants who have raised \$250 or more are invited.

Program will begin at 6:30 p.m.

Wilmot Breakaway Ride and Wilmot Warrior Walk + 5K

Sunday, September 22 | 7 a.m. – 4 p.m.

Xerox Campus, 1350 Chiyoda Drive, Webster, NY 14580

- 12.5, 25, 50, 75 mile rides, 1-mile walk and 5K (see page 4 for start times)
- Post-ride celebration with lunch, beer tent, live music, team tents, and more
- Post-walk/run celebration with food, an award ceremony, and musical entertainment.
- *Parking lots will be closed from 10:15 a.m. – 11:00 a.m. for the 5K*

Please also reference the [event schedule](#) on our website.

Start times

Wilmot Breakaway Ride, Sunday, September 22

- **7 a.m.** Breakaway Challenge 75-mile ride
- **8:15 a.m.** Breakaway Challenge 50-mile ride
- **9:15 a.m.** Breakaway Challenge 25-mile ride
- **9:45 a.m.** Breakaway Challenge 12.5-mile ride

All rides are mass starts. Please plan to arrive in the start chute 15 minutes prior to your start. To ensure participant safety and optimize aid stations, please ensure you start at your designated ride's start time.

Wilmot Warrior Walk + 5K, Sunday September 22

- **10 a.m.** Wilmot Warrior Walk 1-mile
- **10:15 a.m.** Wilmot Warrior 5K
- **11:15 a.m.** Program and award ceremony

Packet pickup and registration

Participants can pick up their packets at the tent at the times and locations listed below. Please bring identification with you. If you are picking your packets up on event days, please plan to arrive one hour prior to your event start.

Packet pickup times and locations

- **Saturday, September 21, 9:30 a.m. – 3:30 p.m.**
Larry and Cindy Bloch Alumni and Advancement Center, 300 E River Road, Rochester, NY 14623
- **Sunday, September 22, 6 – 9:45 a.m.**
Main Tent, Xerox Campus, 1350 Chiyoda Drive, Webster, NY 14580
- *Packets available upon request at Kickoff Celebration at the George Eastman Museum for participants who have committed to and/or raised \$250 or more and earned an invitation.*

All participants are responsible for picking up their own packets and should be prepared to show a current ID for verification.

Parking + event map

Saturday night parking

- Parking will be available at the George Eastman House. Please follow “Special Event” parking signs.

Sunday parking

- Parking will be available in two eastern lots on the south side of Chiyoda Drive. Cars must enter from Phillips Road, as Panama Road will be closed to traffic at Orchard Street. VIP parking will be in the lot directly east of the event site and will be monitored by volunteers. Those who qualify for VIP parking will be notified in advance. **Parking lots will be closed from 10:15 a.m. – 11 a.m. for the 5K**
- Overflow parking is located off Mitcheldean Drive (east of Phillips Road) and shuttle service will be available. See map for more detail.

Map



Admission and entry

Entrance to Wilmot Warrior Village

Entry to the Wilmot Warrior Village is free. This is a controlled entrance. No firearms are permitted inside the event footprint. This is a smoke-free environment. We reserve the right to refuse entrance at our sole discretion.

Participant credentials

Every registered participant will receive a bib based on the event they registered for when they pick up their packets at the registration tent. Registered participants with All-Access credentials will also receive their wristbands. In order to enjoy all the amenities of the All-Access area, participants **MUST** wear their wristbands at all times. You will **NOT** be able to access the All-Access area, nor will you be able to ride without your wristband.

Spectators

Spectators are welcome to join for all event weekend activities and share special moments with family and friends. Entry to the event is free, but some amenities require purchase. If spectators wish to eat at the event, they will be required to purchase a ticket at the meal ticket tent.

Attractions and amenities

Entertainment

- Sunday, September 22 | 12 – 3 p.m. The Dawgs

Food and beverage

Saturday, September 21

- 6 – 7:30 p.m. Hors d'oeuvres, pasta station, and drinks for all guests at Warrior Weekend Kick-Off Celebration
 - 9:30 a.m. – 1 p.m. Macarollin' food truck and Bruster's Real Ice Cream available to all participants
- ### Sunday, September 22:
- 6 – 9 a.m. Light breakfast (coffee, juices, fruit, granola bars, bagels, and more)
 - 9:30 a.m. – 1 p.m. Macarollin' food truck and Bruster's Real Ice Cream available to all participants
 - 11:30 a.m. – 3 p.m. BBQ Lunch (vegetarian options included) and Beer Tent available to All-Access participants

Event photography

- Finish Line photos will be available for all Wilmot Breakaway riders. Please make sure your ride placard is affixed to the front of your bike.
- Make sure to stop by our Wilmot Photo area in the main tent on Saturday.
- Share your personal Wilmot Warrior photos and videos on social media!
- Tag Wilmot Cancer Institute in your posts and use the hashtag #WilmotWarrior

NOTICE: Photography, audio, and video recording may occur during this event. By entering the event premises, you consent to photography, audio recording, video recording and its/their release or publication to be used on URMC websites, social media, or for any other purpose by URMC. Photographs and/or videos may be used to promote similar events in the future. You release URMC against any claims related to the use of photography, audio and video materials related to this event.

WILMOT BREAKAWAY RIDE



**COURSE AND SAFETY
INFORMATION**

Wilmot Breakaway ride course and safety information

Bike rentals

Bike rentals are available through our cycling partner Towpath Bike in Pittsford, NY. Please visit towpathbike.com or call 585-381-2808 for more information about rentals.

Mechanical support

Towpath Bike will provide light, complimentary mechanical support on site at packet pickup on Saturday from 9:30 a.m – 12 p.m. as well as on site Sunday from 6 – 9 a.m. Please make sure your bike is “ride ready” prior to the event.

Course routes and markings

Courses will be marked with colored directional arrows on the pavement. Key safety signage will also be placed along the courses. Wilmot Breakaway is a rules of the road ride, please obey all local traffic laws.

Riders should be familiar with their own course cues. To review or download your course’s specific cues, click the links below:

- [Breakaway Challenge 12.5-mile ride](#) (Pink road arrows)
- [Breakaway Challenge 25-mile ride](#) (Green road arrows)
- [Breakaway Challenge 50-mile ride](#) (Yellow road arrows)
- [Breakaway Challenge 75-mile ride](#) (Blue road arrows)

Wilmot Breakaway aid stations

Aid stations are placed along each course. Each aid station will be equipped with the following:

- Water and Gatorade
- Restrooms (portalets)
- Mechanical support
- Snacks (apples, bars, trail mix, etc.)
- Light first aid

When you arrive at an aid station dismount and immediately move out of the path of fellow bikers. There will be bike racks that you can store your bike on while you refuel. When heading back out on course, please be aware of other riders around you.

Wilmot Breakaway ride course and safety information

Aid station locations

Location	12.5 mile route	27 mile route	50 mile route	75 mile route
Conrose Car Depot	Yes - mile 6.5	Yes - mile 6.5	Yes - mile 6.5	No
Young Sommer Winery	No	No	Yes - mile 18.6	Yes - mile 18.6
Sodus Community Health	No	No	Yes - mile 27	No
Alton Fire Department	No	No	No	Yes - mile 32
Wayne County Water & Sewer Authority	No	No	No	Yes - mile 45.8
Ontario Volunteer Ambulance	No	Yes - mile 14.8	Yes - mile 38.1	Yes - mile 38.1

First aid support

- In a medical emergency, call 911 first and then alert Support and Gear (SAG)
- SAG support number: 585-444-FALL (3255)

How to request SAG assistance

The Wilmot Warrior Support and Gear (SAG) team will be comprised of on-course SAG drivers as well as stationary mechanical support at aid stations.

- Wilmot Breakaway will have SAG vehicles patrolling all courses. They can provide light mechanical support on the road.
- If they are unable to get riders back on the road, they will shuttle riders to the next Aid Station with more robust mechanical support.
- If you need support, please call Support and Gear team at 585-444-FALL (3255).

What to bring for your ride

- Helmet (required)
- Personal ID and insurance card (please carry with you at all times)
- Bike tag/bib
 - Using 3 twist ties, affix your bike placard to the front of your bike, with two twist ties around your handlebars and one at the bottom around one of your brake cables.
 - Your bike placard is chip timed and will allow us to know where you are on the course as well as match up your finish line photos.
 - Using safety pins, affix your bib to the back of your jersey
- Wristband
- Spare tubes and flat tire changing equipment
- Water bottle (provided in registration packet)

Wilmot Breakaway ride course and safety information

Gear check

- Wilmot Breakaway will have “Gear Check” at the Conrose Car Depot and Young Sommer Winery Rest Stops. If you would like to check any gear (extra clothes or jacket that is no longer needed for the ride), please see a volunteer at the rest stop. They will put your clothes in a bag, mark it with your name, and you can retrieve it at the registration table inside the big tent at the Start/Finish area after your ride.

Inclement weather

- In case of inclement weather, visit our Facebook/Instagram/Twitter accounts or website, warriorweekend.urmc.edu, for the latest updates. In the event that further instructions are needed, an email will be sent.

Rules of the road

- Helmets must be worn at ALL times—NO EXCEPTIONS
- Carry ID and relevant medical information
- Headphones, iPods, and radios are NOT permitted while riding in the Wilmot Breakaway Ride
- Bike trailers of any kind are prohibited
- Rules of the road apply; you have the same rights and duties as the driver of any other vehicle
- Ride single file and as far right of the road as possible. Ride a MAXIMUM of two abreast when conditions allow
- Obey ALL traffic signs/signals and all police officers and course marshals
- Communicate with your fellow riders about hazards
 - Point out hazards like potholes, gates, branches, and other items in the road.
 - Yell “car back” if there is a car coming from behind
 - Yell “clear” when coming upon an intersection if it is clear of traffic
 - Yell “car up” if there is a car coming from ahead
 - Pass on left and yell “left”
- Obey instructions from Wilmot Warrior staff and ALL course marshals
- Ride in control of your bike at all times (i.e. be able to stop within a reasonable distance)

Wilmot Breakaway ride course and safety information

Bicycle laws

- All states consider cyclists vehicle operators, and give them the same rights and duties as other drivers
- Know and obey all traffic laws: The golden rule of bicycling in a group is to be predictable!
- Stay right: Ride in the right portion of the rightmost lane in the direction you are traveling and leave at least four feet between your handlebars and parked cars or other hazards such as other users.
- You may move left when passing slower vehicles or preparing for a left turn.
- Obey all traffic signs and signals: Avoid “following the leader” through traffic signs and signals; you are required to stop at red lights and stop signs.
- Look and signal before you move: Always scan behind you before changing lanes or making turns.
- A continuous arm signal is required prior to a turn or lane change (unless arm is needed to control the bike) and while stopped waiting to turn.
- Two at a time: Ride no more than two abreast and do not impede traffic. If a part of the road has been closed and dedicated to “bicycle travel only” you may ride more than two abreast.
- Hands on the handlebars: Do not carry anything that prevents keeping one hand on the handlebars.
- Pass with care: Do not pass at intersections

ABC quick check

All cyclists are responsible for keeping their riding equipment in good working order, so getting into the habit of checking your equipment before every adjustment can make a significant difference in your experience. The “ABC quick check” is an overall, yet brief bicycle safety check.

- **A is for air:** Check your wheels for worn tires, loose spokes, warped rims and tires for proper inflation. Check your handlebar for looseness at the headset and stem.
- **B is for brakes:** Check brakes for function, cable tightness, worn pads, frayed cables, and alignment of the pads with the rims.
- **C is for cranks, chain, and cassette:** Check your pedals and cranks for tightness. Check for chain looseness and bad links; clean regularly.

Other tips:

- Lubricate with bicycle chain lube. Check the derailleur for worn cogs and adjustment. Check that your gears change smoothly.
- Check to ensure that the wheels are clamped securely in the drop-outs before each ride.
- Check your helmet for cracks and make sure it fits properly. Check your shoes for tight cleats and straps and buckles in good repair. Make sure your bicycle saddle is the right height and the bolt is tight.

WILMOT WARRIOR RUN/WALK



**COURSE AND SAFETY
INFORMATION**

Wilmot Warrior Run/Walk course and safety information

Course information and markings

Courses will be marked and key safety signage will also be placed along the courses. Participants should be familiar with their course. To review or download your course route visit:

- [Wilmot Warrior 5K](#)
- [Wilmot Warrior Walk 1 mile](#)

Wilmot Warrior aid stations

Aid stations are placed along the 5K course. Each aid station will be equipped with the following:

- Water and Gatorade

First aid support

In a medical emergency, call 911 first, then alert staff.

What to bring

- Personal ID and insurance card (please carry with you at all times)
- Running/walking shoes

Inclement weather

- In case of inclement weather, visit our Facebook/Instagram/Twitter for the latest updates. In the event that further instructions are needed, an email will be sent.

Volunteer information

Volunteering is a great opportunity for service groups and individuals who want to show their community spirit! We are incredibly grateful to our volunteers for giving their time, energy, and talents, and we recognize the valuable role they play in Wilmot Warrior Weekend.

Volunteer expectations

- **Honor your commitment.** The Wilmot Warrior team is incredibly grateful for the time and energy our volunteers donate. In order to make the event as successful as possible, it is important that every volunteer position be filled. If you are unable to participate, we ask that you contact WarriorWeekend@rochester.edu by September 17. When registering to volunteer we kindly ask that you make a commitment to work your full volunteer shift from beginning to end.
- **Remain flexible.** While all volunteers have registered for specific roles and time frames, you may be asked to switch areas within a shift. If you signed up for multiple shifts, please report back to the volunteer check-in area after the end of each shift. We ask that you please pitch in where you are needed and let your volunteer leader know if you have physical limitations that preclude you from fulfilling certain tasks.
- **Have fun!** We are incredibly grateful for your time and support and hope that you enjoy your day volunteering with us. When you have the time, take a moment to pause and reflect on the incredible impact that we are making on cancer research as a community!

General volunteer info

Parking

- Same as participant parking information. See page 5. Limited parking is reserved at each volunteer location (if volunteering on Breakaway Ride or 5K/Walk courses), we strongly encourage carpooling as parking is limited.

Check in and role assignment

- All volunteers who are working on site will need to check in and get their shirt. There will be a volunteer lead that will explain the check in system when you arrive for your shift. This captain will be able to answer volunteer questions and handle any issues that come up.
- Please check in 15 minutes prior to your volunteer shift at the volunteer tent.
- Volunteering on the course: Please arrive at your off site location 15 minutes early and check-in with your volunteer leader to get a t-shirt and instructions. All volunteers are welcome at the post-ride and walk events at the main venue following their shift.

Food and beverage

- New this year: The volunteer tent will have additional tables and seating to take a break, have something to eat, and have a dedicated area just for our volunteers!
- Volunteers have access to food trucks.

Volunteer information

Attire:

- Please dress appropriately for an outdoor event including layering clothes, comfortable closed toe shoes, sunscreen, hats, rain gear, etc.
- Every volunteer will receive a Wilmot Warrior Volunteer T-Shirt.



Volunteer opportunities

Packet pickup and registration

- **Saturday, September 21**, 9:30 a.m. – 3:30 p.m.
Larry and Cindy Bloch Alumni and Advancement Center, 300 E River Road, Rochester, NY 14623
- **Sunday, September 22**, 6:00 a.m. – 9:45 a.m.
Registration Tent

Set up, clean up

- **Sunday, September 22**
Set up: 5 – 8 a.m., Clean up: 2 – 5 p.m.
Xerox Campus

Cheering

- **Sunday, September 22**
Rides begin at 7 a.m., 1-mile walk begins at 10 a.m. and 5K begins at 10:15 a.m.
Xerox Campus

Volunteer opportunities

Aid stations – Wilmot Breakaway Ride

- Aid station #1: Conrose Car Depot
Location: 155 County Line Road, Webster, NY 14580
Key times: 7:30 a.m. – 10:30 a.m.
- Aid station #2: Young Sommer Winery
Location: 4287 Jersey Road, Williamson, NY 14589
Key times: 7:00 a.m. – 10:30 a.m.
- Aid Station #3: Sodus Community Health
Location: 6341 Ridge Road, Sodus, NY 14551
Key times: 9:00 a.m. – 11:15 a.m.
- Aid station #4: Alton Fire Department
Location: 5755 NY-14, Alton, NY 14413
Key times: 7:45 a.m. – 11:00 a.m.
- Aid Station #5: Wayne County Water & Sewer Authority
Location: 6460 Joy Road, Sodus, NY 14551
Key times: 8:15 a.m. – 1:00 p.m.
- Aid Station #6: Ontario Volunteer Ambulance
Location: 6132 Furnace Road, Ontario, NY 14519
Key times: 9:15 a.m. – 2:15 p.m.

Wilmot Breakaway course

- Course signage: opportunities on Thursday through Saturday, including course marking, signage and pick-up
- Lead and tail car drivers: Sunday, September 22
- On-course Safety Marshalls: Saturday September 21

Wilmot Warrior 5K

- On course Road Marshalls: Sunday, September 22

Wilmot Warrior 1 Mile Walk

- On course Road Marshalls: Sunday, September 22
- Golf cart movers and clean up:
Key times: 9 a.m. – 2 p.m.

Please contact Barbara Balcaen at barbara.balcaen@rochester.edu for more information about volunteering. Thank you volunteers!

Contact

Contact information

- For general questions, warriorweekend@rochester.edu

Thank you to our sponsors

Our sponsors are crucial to the success of Wilmot Warrior Weekend, as they offset all event and administrative costs. We are incredibly grateful for their support.



Doug and Diana Phillips in honor of the Fields family



Thank you for participating! Your support provides critical funding for breakthrough cancer research and survivorship initiatives at the Wilmot Cancer Institute. Our goal is to significantly advance new treatments, cures, and diagnostics for cancer. We aim to:

- Build bridges and synergy between basic science and clinical research to invest in a Development Therapeutics Initiative to perform early-phase clinical trials.
- Focus on this community's cancer needs. Seeking understanding and treatments for the cancers most prevalent to our families, friends, and neighbors will be a priority.
- Fund survivorship initiatives of the Judy DiMarzo Cancer Survivorship Program including support groups and specialty care clinics.

Together we will Leave Cancer in the Dust!



warriorweekend.urmc.edu | [#WilmotWarrior](https://twitter.com/WilmotWarrior)