2015
Rider Handbook
Dear Cycle the Erie Canal rider,

We are excited that you will be joining us and fellow cyclists from across the country and around the world this summer for the 17th annual Cycle the Erie Canal bike tour.

This rider handbook will help you prepare for the ride and give you a sense of what to expect on your week-long Cycle the Erie Canal adventure.

If you have any additional questions, feel free to give us a call (518) 434-1583 or e-mail eriecanaltour@ptny.org and we’d be glad to help.

We encourage you to connect with other riders before the tour on our Facebook event page or Google Group. To sign up, visit:

   tinyurl.com/eriecanal2015facebook       tinyurl.com/eriecanal2015google

We look forward to meeting you,

Al Hastings                     Rohan Parikh                     Robin Dropkin
Bike Tour Director              Asst. Bike Tour Director         Executive Director

PARKS & TRAILS NEW YORK

Parks & Trails New York is the leading nonprofit working statewide to create a network of parks, trails, and greenways so that New Yorkers can enjoy the outdoors.

**Cycle the Erie Canal supports Parks & Trails New York’s work on the Erie Canalway Trail and in communities across New York State.**

Consider becoming a member of Parks & Trails New York today. [ptny.org/membership](http://ptny.org/membership)

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*Parks & Trails New York is a registered 501c3 organization. Contributions and membership dues are tax-deductible to the fullest extent of the law.*
NEW FOR 2015

Here's what's new for 2015!

4-DAY OPTIONS: If you can't take off a full week, consider joining us for half the tour! With new 4-day options from Buffalo to Syracuse and Syracuse to Albany, you're halfway to becoming an Erie Canalway Trail End-to-Ender! Weekend options are also available.

NEW RETURN SHUTTLE: Riders from Buffalo, Pittsburgh, Toronto, and points west will be happy to hear of a first-ever return shuttle from Albany to Buffalo at the end of the ride. Less driving means more time to discover the Erie Canal, and there is so much to discover!

ERIE CANAL TRAILBLAZERS: Interested in cycling the whole tour for only $100? Become a Cycle the Erie Canal Trailblazer and fundraise to help PTNY Close the Gaps in the Erie Canalway Trail! Registration is only $100 and includes a free Cycle the Erie Canal jersey and guidebook and special recognition on the tour. Visit ptny.org/canaltour/register.shtml to learn more.

ONLINE ROUTES: We all know that there is so much to do along the Erie Canalway Trail, and now riders will be able to think ahead and make plans to take in the best of Upstate New York, all before the tour begins. Visit ptny.org/canaltour/routes.shtml for daily routes, available online and for export to GPS-enabled bike computers and fitness devices.
To make the most of your time on Cycle the Erie Canal, it is important for you to prepare yourself and your bike. This way you can enjoy yourself on the tour and have the energy you need to meet your fellow cyclists and visit some of the communities and historic sites along the route.

GETTING FIT
There is no substitute for miles and minutes spent riding your bicycle prior to Cycle the Erie Canal. If you could take the time to ride 400 miles or more before the bike tour, you would be in excellent shape to ride each day. However, some training is better than none. Set a reasonable goal given your schedule, and stick to it. Your work will pay off. Try working some organized rides into your schedule and consider joining your local bicycling club. You'll meet great people who can help you train and give you tips for the tour.

BASIC TRAINING SCHEDULE
The plan here is simple – start with 5-mile bike rides. Begin with a few 5-mile rides as soon as possible. If it is too cold where you live, consider a spin class or using a trainer indoors. Short rides will help you build your endurance gradually. The trick is, once you are used to riding 5 miles, add another 5 miles to the ride. Do these 10-mile rides until you feel comfortable adding on 5 more miles. Soon, you should be able to put together four or five 5-mile rides, and do 20 or 25 miles at a time. When you are ready, move up to 30-35 mile rides. Then, before the bike tour, do at least two 40-60 mile rides like you would on Cycle the Erie Canal. This means stopping often, doing some sightseeing, and trying to pace yourself so that you have enough energy to enjoy the rest of your day!

CHILDREN NEED TO TRAIN, TOO
Cycle the Erie Canal is a very family-friendly ride, but it is especially important for families with children to spend the time beforehand to help them get ready. Practice helps children ride confidently in a straight line and obey traffic laws, important safety skills on the road or trail. If you plan to bring your child in a trailer, this is the time to find out if this is a good fit.

STRETCH
As you are training, remember to stretch you major muscle groups, not just your legs. Stretching is essential to injury prevention and muscle recovery.

STAY HYDRATED
It is important to drink water before, during, and after cycling, even if you’re not thirsty. This rule applies no matter what the weather is like. When you bicycle, you create a 10-20 mile-per-hour wind across your skin that dries sweat almost immediately. This fools some riders into believing they aren't sweating, and therefore they don't drink the water their bodies need.

So what happens? The worst is heat exhaustion, followed by a heat stroke. More often though, rider pedal on, wondering why they feel terrible and why biking seems so hard. If they would just stop to drink water, they would be amazed at how much better they would feel!

EAT WELL
One mistake riders make while cycling is under-eating, or eating at the wrong times. On the tour, you will burn up 10,000 or more calories. If you don't eat breakfast, or if you skip lunch, eventually your body will run out of its glycogen reserves and be unable to maintain a stable blood sugar level. When your body’s glycogen reserves are depleted, you suffer what is known as “bonking.” “Bonking” can easily be prevented by consuming adequate carbohydrates before the ride. However, if you do “bonk,” eating simple sugars will quickly get your blood sugar levels back to normal, and eating carbohydrates while riding will keep them stable.
YOUR BICYCLE
We recommend you bring a bike that is in good mechanical condition and that is comfortable to ride. Be aware of how well your bike is functioning during your practice rides and how you feel riding it. You may need to visit your local bike shop to make adjustments.

Most Cycle the Erie Canal riders use hybrid bikes because of their comfort and versatility, but touring bikes, cyclocross bikes, and gravel grinders are also good options. Tandems, recumbents, and trikes are welcome.

Keep in mind that you will be riding 40-60 miles per day, both on stone dust and paved surfaces, so it is important to think about your tires. We recommend tires with puncture protection, 28-42mm wide for 700c wheels and 1.3-1.6” wide for 26” wheels. If you ride a road bike, we suggest the widest tires the frame will accommodate for a smooth ride. For mountain bikes, we suggest non-aggressive tires or “slicks” to reduce rolling resistance. Trike riders should know that small portions of the Erie Canalway Trail are single track. If you have questions about your tires, ask at your local bike shop.

For information on shipping a bike or renting a bike, see pages 13-14.

BICYCLE ACCESSORIES
The most important accessory is a good helmet. You must wear a helmet on Cycle the Erie Canal. Find one that fits and that passes CPSC (Consumer Product Safety Commission) standards.

If you don’t already have one, we recommend you install a bike computer. While daily routes are marked, it can be helpful to have distance information to follow along with the cue sheet. If you have a handlebar map holder, you can refer to your cue sheet while riding and won’t have to stop to know which way to go.

Other things we suggest you carry on your bike are a cycling-specific multi-tool, mini pump, patch kit, tire levers, and spare tubes. You may also choose to have as are front and rear lights for when visibility is low, or if you’d like to ride in the evening. If you don’t know how to replace a flat, you shouldn’t be embarrassed. Stop by your local bike shop when they aren’t busy, and they will probably be happy to show you, or ask the bike club in your town for assistance. A number of online resources are also available. And, of course, there will be plenty of other cyclists on the tour who can help you, as well as bicycle and vehicle SAG support.

You’ll need a place to carry these repair items, along with money, sunglasses, sunblock, and snacks, so think about bringing a bag. A handlebar bag, seat bag, saddle bag, rear rack bag, or pannier on your bicycle is best, but a belt bag, fanny pack, messenger bag, or backpack are also options. Remember that you won’t be able to access your luggage until you’ve reached that day’s destination, so you may also need to bring rain gear or a windbreaker. You should also bring a bike lock for when you stop in communities along the route and for the evenings.

All riders receive a Cycle the Erie Canal water bottle, but you’ll need water bottle cages on your bike and an extra water bottle or CamelBak. Nothing will stop you in your tracks on a bike faster than dehydration.

BICYCLE CLOTHING
For a week, the entire weight of your body is going to be on the three places where your body meets your bike: your hands, rear, and feet. The clothing you choose can make a huge difference in how you feel. We recommend bicycle gloves, bicycle shorts, and shoes that you find comfortable both on and off your bike.

Bicycle gloves improve grip, reduce pressure on your hands, dampen shock, and provide crucial protection against road rash in the event of an accident.

Bicycle shorts allow perspiration to dry quickly, protect the skin against repetitive friction, and have a sewn-in pad for comfort. If tight bike shorts are not your style, consider mountain or touring shorts. These have the appearance
of normal shorts, but are also constructed with extra padding in the seat. Regardless of the shorts you use, applying chamois cream before riding can be helpful to prevent chafing and rashes.

Shoes for cycling come in many shapes and styles, from sneakers to shoes designed for clipless pedals. If you decide to use cycling shoes with clipless pedals, mountain or touring shoes with recessed cleats will be better for all the sightseeing you will do off your bike.

You can cycle in most any shirt on a dry summer day, but in cool or damp weather, some materials have a clear advantage. Synthetic materials will keep you dry and warm even when it’s wet and cold outside. Consider pre-ordering an official Cycle the Erie Canal jersey on page 24.

WEATHER
Weather in Upstate New York during July tends to be moderately hot and humid. Average highs are between 80° and 83° and average lows between 58° and 62°. Keep a windbreaker, rain jacket, or poncho with you for a possible rain shower.

CONNECT WITH FELLOW RIDERS
We encourage you to connect with other riders about training and packing for the tour on our Facebook event page or Google Group. To sign up, visit:

    tinyurl.com/eriecanal2015facebook  tinyurl.com/eriecanal2015google

WHAT TO PACK

For 20 Tips to Make the Most of Your Bicycle Tour, advice from Buzz Gamble, a long-time Cycle the Erie Canal volunteer, including packing tips, visit: ptny.org/canaltour/biketourtips.shtml.

Cycle the Erie Canal riders are limited to two bags per person, each weighing no more than 40 pounds. Sometimes luggage does get wet, so please pack anything you would like to stay dry in plastic or use waterproof bags, or both!

<table>
<thead>
<tr>
<th>CYCLING EQUIPMENT:</th>
<th>CYCLING CLOTHING:</th>
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<tbody>
<tr>
<td>◊ Bike</td>
<td>◊ Cycle the Erie Canal jersey</td>
</tr>
<tr>
<td>◊ Helmet</td>
<td>◊ Jerseys or short-sleeve shirts</td>
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<tr>
<td>◊ Bike computer</td>
<td>◊ Bike shorts</td>
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<tr>
<td>◊ Handlebar map holder</td>
<td>◊ Socks</td>
</tr>
<tr>
<td>◊ Small repair kit that includes a multi-tool, mini</td>
<td>◊ Bike shoes</td>
</tr>
<tr>
<td>pump, patch kit, tire levers, spare tubes, and a</td>
<td>◊ Bike gloves</td>
</tr>
<tr>
<td>rag</td>
<td>◊ Wind vest or jacket</td>
</tr>
<tr>
<td>◊ Water bottle cages and extra water bottle</td>
<td>◊ Rain gear</td>
</tr>
<tr>
<td>◊ Handlebar bag, seat bag, saddle bag, rear rack bag, or pannier</td>
<td>◊ Headband or helmet liner</td>
</tr>
<tr>
<td>◊ Bike lock</td>
<td>◊ Sunglasses</td>
</tr>
<tr>
<td>◊ Rear-view mirror</td>
<td></td>
</tr>
<tr>
<td>◊ Front and rear lights (for when visibility is low or if you’d like to ride in the evening)</td>
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</tr>
</tbody>
</table>
CAMP CLOTHING:
- Short-sleeve shirts
- Shorts
- Pants
- Underwear
- Socks
- Walking shoes
- Shower shoes
- Pajamas
- Swimsuit
- Fleece jacket
- Hat

To ensure clothing stays dry, pack clothes in large plastic bags, press flat to remove excess air, and seal.

Should you wish, you will have an opportunity to wash your clothes halfway through the trip. There is a laundromat less than a mile from Burnet Park in Syracuse and one right across the street from Fort Stanwix in Rome.

TOILETRIES:
- Towel and washcloth
- Toothbrush and toothpaste
- Skin lotion
- Sunscreen
- Lip balm
- Chamois/rash cream
- Soap and shampoo
- Deodorant
- Personal hygiene items
- Mirror
- Toilet paper (just in case)
- Medication such as aspirin or ibuprofen, antacids, and personal prescriptions
- Other—Band-Aids, insect repellent, and handi-wipes

CAMPING GEAR:
- Duffel bag(s) marked distinctively
- Tent and rain fly
- Ground cloth or footprint
- Sleeping bag
- Sleeping pad
- Camp pillow
- Flashlight or headlamp, extra batteries
- Camp chair
- Clothesline and clothespins
- Clothing detergent and universal sink stopper (for handwashing clothes)

If you mark your luggage distinctively with a bandana or ribbon, it will be easier to find each evening. Be sure to include your name and phone number on each piece of luggage.

OTHER:
- Cycle the Erie Canal Guidebook
- Glasses
- Watch
- Cell phone and charger
- Camera
- Personal identification
- Health insurance card
- Passport (for the Niagara Falls pre-tour ride)
- Cash and credit/debit card
- Pocket knife
- Ear plugs (for sleeping)
- Journal and pen
- Postage stamps
- Book
- Deck of cards
- Yoga mat
- Extra plastic bags
- Separate bag for dirty laundry

DOs AND DON’Ts
- Each bag should weigh no more than 40 pounds. Be kind to our truck drivers and luggage volunteers—weigh your luggage beforehand!
- Please do not fasten items to the outside of your luggage. Bungee cords have been known to snap unexpectedly and cause injury.
- Please do not pack anything fragile as Parks & Trails New York cannot be responsible for broken items.
TRANSPORTATION

Cycle the Erie Canal kicks off in Buffalo on Sunday, July 12 and arrives in Albany on Sunday, July 19, with registration, orientation, and pre-tour rides on Saturday, July 11. Long-term parking and a shuttle are available at both ends of the ride.

GETTING HERE
Albany and Buffalo lie along a major transportation corridor. If you are not driving your own car or being dropped off by a friend or family member, one-way car rental is an option worth considering, as are air, rail, and bus travel. The New York State Thruway and Amtrak parallel the Cycle the Erie Canal route. There are international airports in both Albany and Buffalo and Greyhound bus service is also available.

STARTING POINT
The bike tour begins at the Nichols School (1250 Amherst Street, Buffalo, NY – see page 12 for directions). 8-day, 4-day Buffalo to Syracuse, and 2-day Buffalo to Fairport riders must register at the Nichols School.

An information booth will be open on Saturday, July 11 from 9:00am - 2:00pm for riders who will be arriving early and would like information about the Buffalo area. Registration will open on Saturday, July 11 from 2:00pm - 5:30pm and again Sunday, July 12 from 6:30am - 7:30am.

Indoor and outdoor camping at the Nichols School is included on Saturday, July 11. If you will be arriving in Buffalo on Friday, July 10, there are many hotels to choose from - see the list on pg. 14-16.

For more information about Buffalo, go to visitbuffaloniagara.com.

PARKING IN BUFFALO
You can park your car free of charge for the entire week at Nichols School in Buffalo. Nichols School is where registration and orientation take place and is the overnight location for Saturday, July 11. Be aware that Nichols School does not take responsibility for any loss or damage that may occur to your vehicle. Parks & Trails New York will include a parking pass in your registration packet. This pass must be displayed in the front window of your vehicle.

JULY 11 SHUTTLE
We offer a shuttle from Albany to Buffalo before the start of the ride on Saturday, July 11 for you and your bike for an additional fee of $90 (price increases to $100 on June 12). The shuttle will depart from the Albany-Rensselaer Amtrak station (525 East St., Rensselaer, NY – directions on page 12) at 9:30am with an approximate arrival time of 4:00pm in Buffalo, stopping along the way for lunch. If you choose this option, you can park your car for a fee at the Amtrak station in Rensselaer, take the shuttle to Buffalo and bicycle back to Albany. Spots on the shuttle are limited.

Bikes will be transported to Buffalo by truck. Handlebars must be turned 90° to the right before the bikes are loaded. There will be a booth at the shuttle departure site to help you turn your handlebars. If you need help, arrive by 8:30am to allow adequate time before the first departure at 9:30am. If you can turn your handlebars on your own, please arrive no later than 9:00am.

Important: If you are delayed and will not be able to arrive by 9:00am, call (518) 929-5043. The first shuttle bus will leave promptly at 9:30am.

For information on accommodations in Albany, see the list of hotels and motels, starting on page 18-19.
PARKING IN ALBANY
You can park your car for the entire week at the Albany-Rensselaer Amtrak station, the shuttle departure site. Outdoor parking is available for $7/day or $30 for 7 days, so the full eight days would be $37. A second outdoor lot is $8/day or $35 for 7 days, so the full eight days would be $43. Indoor garage parking is available for $12/day or $50 for 7 days, so the full eight days would be $62. If you have any questions, please call Standard Parking at (518) 433-0049.

ENDING POINT
The bike tour finishes on Sunday, July 19 at the Albany Visitors Center (25 Quackenbush Square, Albany, NY—see page 12 for directions).

If you have family or friends picking you up, plan on a 11:00am - 2:00pm arrival time, depending on how fast you bicycle from Schenectady, which is about 30 miles from Albany. Plan some time for photos and farewells at the finish and consider staying for lunch at Albany Pump Station or The Olde English Pub & Pantry near the finish line or even spending an additional night in Albany.

For more information about Albany, visit albany.org.

If you parked at the Albany-Rensselaer Amtrak station, it is a quick bike ride across the river, about 1.7 miles from the finish line. The route will be marked and there will be instructions at the finish line. You could also get a ride with the Albany Rotary Club. Showers will be available at the Steuben Athletic Club, walking distance from the finish line, so you can freshen up before you explore Albany or continue on your way.

ALBANY ROTARY CLUB TRANSPORTATION SERVICE
At the end of the ride, the Rotary Club of Albany will provide a transportation service to bring cyclists from the Albany Visitors Center to the Albany-Rensselaer Amtrak station, the Albany International Airport, or other local destinations for a donation.

JULY 19 RETURN SHUTTLE
If you would like to return to Buffalo, we are offering a shuttle at the end of the ride for the first time! The price for the shuttle is $90 (price increases to $100 on June 12) and includes transportation for your bike. The shuttle will depart from the Albany Visitors Center – directions on page 12) at 2:30pm with an approximate arrival time of 8:00pm in Buffalo, stopping along the way for dinner. Spots on the return shuttle are limited.

Bikes will be transported to Buffalo by truck. Handlebars must be turned 90° to the right before the bikes are loaded. There will be a booth at the finish line to help you turn your handlebars.

4-DAY & WEEKEND OPTIONS
If you register for our 4-day or weekend options, you must make your own arrangements for transportation to and from the tour. All options include dinner and camping accommodations the night before.

4 Day I (Buffalo to Syracuse): The 4 Day I option begins on Saturday, July 11 in Buffalo and ends on Wednesday, July 15 in Syracuse. Overnights are in Buffalo, Medina, Fairport, and Seneca Falls. Parking is available in Buffalo, but you will have to make your own arrangements if you would like to park in Syracuse.

4 Day II (Syracuse to Albany): The 4 Day II option begins on Wednesday, July 15 in Syracuse and ends on Sunday, July 19 in Albany. Overnights are in Syracuse, Rome, Canajoharie, and Schenectady. Parking is available in Albany, but you will have to make your own arrangements if you would like to park in Syracuse.

2 Day I (Buffalo to Fairport): The 2 Day I option begins on Saturday, July 11 and ends in Fairport on Monday, July 13. Overnights are in Buffalo and Medina. Parking is available in both Buffalo and Fairport.
2 Day II (Canajoharie to Albany): The 2 Day II option begins on Friday, July 17 in Canajoharie and ends on Sunday, July 19 in Albany. Overnights are in Canajoharie and Schenectady. Parking is available both in Canajoharie and Albany.

CAR RENTAL
If you would like to make your own arrangements to get to Buffalo and home from Albany, one-way car rental may be the easiest option. In order to rent a car in New York, you must be 18 or older, have a valid driver's license, and pay with a major credit card. Additional surcharges may apply to those under 25. Keep in mind that some car rental agencies may not allow bike racks.

<table>
<thead>
<tr>
<th>Rental Agency</th>
<th>Albany</th>
<th>Buffalo</th>
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<tbody>
<tr>
<td>Hertz</td>
<td>Albany International Airport (737 Albany Shaker Rd.) (518) 434-6911 Approx. 5.2 miles from end of bike tour</td>
<td>Buffalo Niagara International Airport (4200 Genesee St.) (716) 632-4772 Approx. 7.6 miles from start of bike tour</td>
</tr>
<tr>
<td>National</td>
<td>Albany International Airport (518) 242-2323 Approx. 5.2 miles from end of bike tour</td>
<td>Buffalo Niagara International Airport (716) 634-9220 Approx. 7.6 miles from start of bike tour</td>
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<tr>
<td>Budget</td>
<td>Albany International Airport (518) 242-4450 Approx. 5.2 miles from end of bike tour</td>
<td>Buffalo Niagara International Airport (716) 632-4662 Approx. 7.6 miles from start of bike tour</td>
</tr>
<tr>
<td>Enterprise</td>
<td>Albany International Airport (518) 785-7771 Approx. 5.2 miles from end of bike tour</td>
<td>Buffalo Niagara International Airport (716) 565-0002 Approx. 7.6 miles from start of bike tour</td>
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RAIL TRAVEL
Amtrak is another option for Cycle the Erie Canal riders. Call 1-800-872-7245 or visit amtrak.com for more information. All Amtrak trains allow foldable bicycles on board, but keep in mind that full-size bicycles must be boxed and are only allowed on trains with baggage service at stations with baggage facilities. As the only train with baggage service in New York State is the Lake Shore Limited, and it only runs once daily in each direction, shipping your bike beforehand may add flexibility to your trip.

Here are some tips for packing your bicycle on Amtrak. Please note that Amtrak will not accept any boxes weighing over 50 lbs.
- You may bring your own box or purchase one at the station for $15.
- Bicycles usually must be partially disassembled, so you will need your own tools.
- Check your bicycle at the station at least one hour before departure.
- The fee for checking a bike as baggage is $10.

Parks & Trails New York and a coalition of bicycling organizations across the United States are currently working with Amtrak to provide roll-on roll-off bicycle service in the future.

Albany-Rensselaer Station (ALB) – Amtrak’s Albany-Rensselaer Station, also the staging location for the July 11th shuttle, is located at 525 East Street, Rensselaer, NY, about a 10-minute taxi ride (approx. 2.1 miles by car, 1.7 miles by bike) from the Albany Visitors Center, the end of bike tour. You can reach the station at (518) 462-7823.

If you would like to travel by train to Albany from/via New York City with your bike, there is only one train that has baggage service, the 3:40pm 49 Lake Shore Limited, but Amtrak does not sell tickets on this route from
New York City to Albany. One option is to buy a ticket on this train to Schenectady, the next station, but check your bike as baggage to Albany and disembark early. You could also continue to Schenectady. Amtrak’s Schenectady Station (SDY) is located at 332 Erie Boulevard, Schenectady, NY, a half hour from Albany. Another option is to check your bike on the Lake Shore Limited and take another Amtrak train (Adirondack, Empire Service, Ethan Allen Express, or Maple Leaf) to Albany.

If you would like to travel by train from Albany to/through New York City with your bike, there is only one train that has baggage service, the 2:00pm 48 Lake Shore Limited from Schenectady (SDY). If you prefer to travel from Albany-Rensselaer Station, you will have to check your bike on the Lake Shore Limited and take another train to New York.

**Buffalo-Exchange Street Station (BFX)** – Amtrak’s Buffalo-Exchange Street Station is located at 75 Exchange Street, Buffalo, NY. It is about a 15-minute taxi ride (approx. 6 miles) to Nichols School, the start of bike tour. **Please note that here is no baggage service at the Exchange Street station.**

**Buffalo-Depew Station (BUF)** – Amtrak’s Depew Station is located at 55 Dick Road, Cheektowaga, NY. It is about a 30-minute taxi ride (approx. 10 miles) to Nichols School (start of bike tour). You can reach the station at (716) 683-8441.

If you are taking the train to Buffalo, you may want to ship your bike in advance. The 7:05pm 48 Lake Shore Limited is the only train with baggage service and does not arrive until 11:55pm at the Buffalo-Depew Station, about a 30-minute taxi ride to the start of the ride in Buffalo. You can check your bike on the Lake Shore Limited and take another train the next day. One-way train fare from Albany to Buffalo can range from $47-94.

**BUS TRAVEL**

Greyhound Lines and Trailways of NY partner to provide bus service between Albany and Buffalo. For more information, you can reach Greyhound at 1-800-231-2222 or [greyhound.com](http://greyhound.com) and Trailways of NY at 1-800-858-8555 or [trailwaysny.com](http://trailwaysny.com).

**Albany** – The Albany Bus Terminal is located at 34 Hamilton Street, Albany, NY, within a mile of the Albany-Rensselaer Amtrak Station, the staging location for the July 11th shuttle, and the Albany Visitors Center, the end of the bike tour.

**Buffalo** – The Buffalo Metropolitan Transportation Center is located at 181 Ellicott Street, Buffalo, NY and is about a 10-minute taxi ride (approx. 5.3 miles) to the Nichols School, the start of the bike tour.

**AIR TRAVEL**

If you plan to fly to Cycle the Erie Canal, we recommend that you fly into Buffalo and out of Albany. There are a number of major airlines that serve both airports.

<table>
<thead>
<tr>
<th>Albany International Airport</th>
<th>Buffalo Niagara International Airport</th>
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<tbody>
<tr>
<td>(518) 242-2200</td>
<td>(716) 630-6000</td>
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<tr>
<td><a href="http://albanyairport.com">albanyairport.com</a></td>
<td><a href="http://buffaloairport.com">buffaloairport.com</a></td>
</tr>
<tr>
<td>Cape Air, Delta Air Lines, Southwest Airlines, United Airlines, and US Airways</td>
<td>American Airlines, Delta Air Lines, Jet Blue Airways, Southwest Airlines, Sunwing Airlines, United Airlines and US Airways</td>
</tr>
<tr>
<td>About a 20-minute drive (approx. 5 miles) from the Albany Visitors Center, the end of tour in Downtown Albany.</td>
<td>About a 20-minute drive (approx. 7 miles) to the Nichols School, the start of bike tour in Buffalo.</td>
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TAXI SERVICE
While taxis should be readily available at train stations, bus stations, and airports in both Albany and Buffalo, we recommend that you call in advance to make arrangements, especially if you will be travelling with a bike.

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<thead>
<tr>
<th>Albany Taxi Service</th>
<th>Buffalo Taxi Service</th>
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<tr>
<td>Albany Yellow Cab</td>
<td>Airport Taxi Service</td>
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<tr>
<td>(518) 434-2222</td>
<td>(716) 633-TAXI</td>
</tr>
<tr>
<td>Capitaland Taxi</td>
<td>Liberty Yellow Cab</td>
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<tr>
<td>(518) 453-8888</td>
<td>(716) 877-7111</td>
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DIRECTIONS

DIRECTIONS TO START OF TOUR
Nichols School
1250 Amherst Street, Buffalo, NY
From I-90, (Exit 51 West), take Route 33 (Kensington Expressway) towards downtown Buffalo. Pick up Route 198 (Sacajawea Expressway). Exit right towards Delaware Avenue, go straight across Delaware Avenue, to Nottingham Terrace. Continue to Amherst Street and take a right, Nichols School will be on your left.

DIRECTIONS TO JULY 11 SHUTTLE
Albany-Rensselaer Amtrak Station
525 East Street, Rensselaer, NY
From I-787 take Empire State Plaza/Rensselaer Exit. Follow sign to Rensselaer. Cross the Dunn Memorial Bridge. Turn left onto Broadway. Take the first right after Dunkin Donuts onto a bridge that leads to the train station. To get to the long-term parking lot, go straight through to East Street and take a left on East Street. Long-term parking and the shuttle staging location will be on your left.

DIRECTIONS TO END OF TOUR
Albany Visitors Center
25 Quackenbush Square, Albany, NY

From East and West on I-90: I-90 to I-787 South to Exit 4B (Clinton Avenue). At the bottom of the exit ramp, turn right onto Broadway. The Visitors Center is located to your immediate right.

From North: Northway (I-87) South to I-90 East to I-787 South to Exit 4B (Clinton Avenue). At the bottom of the exit ramp, turn right onto Broadway. The Visitors Center is located to your immediate right.

From West/ Thruway Exit 24: I-90 East to I-787 South to Exit 4B (Clinton Avenue). At the bottom of the exit ramp, turn right onto Broadway. The Visitors Center is located to your immediate right.

From South/ Thruway Exit 23: Take I-787 North to Exit 4 (Downtown Albany). At the bottom of the exit ramp, follow signs for Clinton Avenue. At the bottom of the Clinton Ave. exit ramp, turn right onto Broadway. The Visitors Center is located to your immediate right.

For parking, take a right onto Spencer St. and another right on Montgomery St. Continue to the parking area straight ahead. Please do not park in spaces for the Albany Pump Station.
BIKE SHIPPING & BIKE RENTALS

SHIPPING YOUR BIKE
Shipping your bike to Buffalo or Albany ahead of time may help facilitate bus, rail, or air travel. Please call or email Rick Cycle Shop in Buffalo or Downtube Bicycle Works in Albany to make arrangements for shipping and attach a completed Cycle the Erie Canal bike shipping form to your bike (see pages 22-23). **Bikes must be received by Saturday, July 4, one week before the tour.**

BUFFALO
In Buffalo, Rick Cycle Shop (about 3.2 miles from Nichols School – the start of the bike tour) will accept and reassemble shipped bikes. The cost is $40 for standard bikes. For an additional $20 they will perform a tune up. Riders will be responsible for shipping their bikes to the shop and coordinating pick-up, unless you make alternate arrangements with the shop. Rick Cycle Shop can deliver bikes and bike boxes to the Nichols School at 2:00pm on Saturday, July 11.

The address for shipping your bike is Rick Cycle Shop, Attn. Cycle the Erie Canal, 55 Allen St., Buffalo, NY 14202. You can reach Rick Cycle Shop at (716) 852-6838 or rickcycleshop@gmail.com.

ALBANY
In Albany, Downtube Bicycle Works (about 2.4 miles from the Albany-Rensselaer Amtrak station – the shuttle departure site) will accept and reassemble bikes. The cost is $43.20 for standard bikes, including tax. For an additional $43.20 they will perform a tune up. Riders will be responsible for shipping their bikes to the shop and coordinating pick-up.

The address for shipping your bike is Downtube Bicycle Works, Attn. Cycle the Erie Canal, 466 Madison Ave, Albany, NY 12208. You can reach Downtube Bicycle Works at (518) 434-1711 or downtubecycleworks@gmail.com.

GETTING YOUR BIKE HOME
There will be a UPS Store booth at the finish line in Albany to disassemble, box, and ship your bike. Payment can be made by credit card. Parks & Trails New York will transport your bike box from Buffalo to Albany if you let us know you will need it for shipping at the end of the tour.

PACKING YOUR BIKE
You can usually get a bike box for free from your local bike shop. If you don't know how to disassemble and pack your bike for shipping, they should be able to help you. If you expect to travel with your bike regularly, you could also purchase a hard case or reusable bike box. Hard cases are available from Trico Sports (818-899-7705, tricosports.com) and Tri All 3 Sports (1-800-733-7231, triall3sports.com). Rigid and collapsible boxes can be ordered from Crateworks (1-800-934-5214, crateworks.com).

Visit BikeFlights.com or check with UPS (1-800-742-5877) for the cost of shipping. Shipping takes from 2-8 days depending upon the distance. To be safe, we recommend that you ship your bike at least 7 days in advance.

UPS SHIPPING REQUIREMENTS
- Maximum weight is 150 pounds
- Maximum measurements are 165 inches, length and girth combined
- Maximum length is 108 inches
- UPS recommends placing 2-4 inches of packing material around your bike to protect it. Tape an address label inside your box and attach an address label on each side of the outside box.
RENTING A BIKE
There are bike rental options for Cycle the Erie Canal in both Albany and Buffalo, but keep in mind that you’ll have to return your bike at the end of the tour.

ALBANY
If you rent a bike in Albany, you could sign up to take July 11th shuttle or make your own arrangements to get to the start of the ride in Buffalo.

Downtube Bicycle Works (466 Madison Ave, Albany – about 2.4 miles from the Albany-Rensselaer Amtrak station – the shuttle departure site) rents Trek Verve 2 and Trek FX hybrids. Call (518) 434-1711 or email downtubecycleworks@gmail.com for more information.

BUFFALO
If you rent a bike in Buffalo, you can sign up for the July 19th shuttle or make your own arrangements to return to Buffalo at the end of the ride.

Bert’s Bikes and Fitness (7510 Transit Rd., Williamsville, NY 14221 – about 12.5 miles from Nichols School – the start of the tour) rents Schwinn Voyager hybrids and entry-level road bikes. Call (716) 634-4882 for more information.

Tom’s Pro Bike (3687 Walden Ave., Lancaster, NY – about 12 miles from Nichols School – the start of the tour) rents Fuji Roubaix road bikes with clearance for 700c x 28mm tires. Call (716) 651-9995 for more information.

Rick Cycle Shop (55 Allen St., Buffalo, NY – about 3.2 miles from Nichols School – the start of the bike tour) will sell you a bike and buy it back from you when you return from the tour, the difference amounting to a rental fee. Call (716) 852-6838 or email rickcycleshop@gmail.com for more information.

ON THE RIDE
Cycle the Erie Canal is a fully-supported bike tour. Fully-supported means we carry your gear, routes are marked, two rest stops are stocked each day with drinks and snacks, and a team of cyclists and vehicles provides support along the way! All you have you do is ride 40-60 miles a day, make new friends, and discover the Erie Canal!

CAMPING ACCOMMODATIONS
The choice is yours: bring your own tent, hire Comfy Campers and have one set up for you (see page 20), or stay at hotels and bed & breakfasts (see page 18-19)! Cycle the Erie Canal includes camping accommodations at schools and parks across Upstate New York with restrooms and shower facilities. We’ll also have a shower truck and portable toilets. There will also be charging stations to charge cell phones and other electronics.

MEALS
Cycle the Erie Canal includes 8 breakfasts and 6 dinners. Breakfast is served each day from 6:00 to 8:00am. Dinners are served from 5:00 to 7:00pm. Lunch is on your own each day in communities along the trail, as are dinners in Seneca Falls on Tuesday night and in Rome on Thursday night.

BAGGAGE TRANSPORT
Luggage trucks are open from 6:00-8:00am each morning for you to load your bags. Your bags will be waiting for you at the end of the day’s ride.
MARKED ROUTES, CUE SHEETS, & MORNING BRIEFINGS
The Cycle the Erie Canal route is marked with paint and cue sheets are provided each evening with turn-by-turn directions for the next day’s route. Twice at breakfast each morning, 6:30 and 7:00am, Cycle the Erie Canal volunteers and staff brief riders on the day’s route, tour opportunities, and special events. Riders leave on their own each morning and ride at their own pace.

REST STOPS
Morning rest stops, located 10-15 miles from the start of the ride, will be open from 8:00-12:00 noon. Afternoon rest stops, located 10-15 miles before the overnight location, will be open from 11:00-4:00pm. Rest stops are stocked with complimentary fruit, snacks, and beverages.

BIKE REPAIR
Kingsbury’s Cyclery of Elmira, NY will be accompanying Cycle the Erie Canal, stationed at each rest stop and overnight location, providing bike repair and selling parts and accessories. Kingsbury’s Cyclery sells Co-Motion, Giant, Surly, and Trek bikes, so if you are looking for a new bike for Cycle the Erie Canal, call or email Paul Kingsbury at 607-733-3465 or kcyclery@gmail.com.

SAG SUPPORT
A team of bicycle and vehicle SAGs follow the route each day and are available for help if you have a problem. Call the Assistant Bike Tour Director Rohan Parikh at (845) 853-2047 if you need assistance. If you don’t have a cell phone, ask another rider or volunteer.

MEDICAL SERVICES
In addition to the team of bicycle and vehicle SAGs along the route each day, a medical professional will accompany Cycle the Erie Canal, holding office hours each evening.

SAFE CYCLING
Communication and predictability are key to safe cycling. Follow the rules of the road and obey stop signs and traffic lights. If riding in front, warn cyclists behind you of potholes, broken glass, or other dangers. If riding in back, alert cyclists ahead of you of cars coming from behind. If you’d like to pass someone, let them know you are passing by saying clearly, “on your left.” Use hand signals to indicate turns and stops, and never stop suddenly in the middle of a road shoulder or trail. It’s easy to let your guard down after you’ve been cycling on a traffic-free trail. Use caution at road crossings and while riding on roads between sections of trail.

BIKE CLINICS
Learn all about bike maintenance at evening clinics along the ride. Check back for information.

MASSAGE THERAPY
Miriam Sherman, LMT leads a team of massage therapists available by appointment each evening on Cycle the Erie Canal. Licensed in New York and Florida, Miriam is a graduate of the Florida School of Massage and has advanced training in Myofascial Massage, Chinese Hand Therapy, Shiatsu, Craniosacral Therapy, Reflexology, and Reiki. If you have any questions for Miriam, feel free to email miribflo@yahoo.com. The cost for massage is $1/minute.

YOGA
Bring your yoga mat and join fellow riders for gentle yoga. Check back for information.

EMERGENCY CONTACT
In an emergency, family members can contact Parks & Trails New York at (518) 434-1583 from 9:00am to 5:00pm Monday through Friday or Ride Director Al Hastings anytime during the tour at (607) 423-2769.
### SCHEDULE FOR JULY 11, 2015

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30am – 3:00pm</td>
<td><strong>Niagara Falls Pre-Tour Ride.</strong> Join fellow Cycle the Erie Canal bike tour riders on a 45-50 mile round trip pre-tour ride to Niagara Falls. The ride will cross the Peace Bridge into Canada and follow the Niagara River Recreation Trail to the falls. You will need an enhanced driver license or a passport to enter Canada and money for lunch and souvenirs at Niagara Falls. If you are interested in joining this ride, you should plan to be at Nichols School by 7:00am. Visit <a href="http://cbsa-asfc.gc.ca/travel-voyage/ivc-rnc-eng.html">cbsa-asfc.gc.ca/travel-voyage/ivc-rnc-eng.html</a> for information on crossing the Canadian border.</td>
</tr>
<tr>
<td>10:00am – 3:00pm</td>
<td><strong>Buffalo Pre-Tour Ride.</strong> Join fellow Cycle the Erie Canal bike tour riders on a pre-tour ride around Buffalo. Visit Canalside and see the importance of art and culture in Buffalo’s past, present and future. There will be a lunch break at Elmwood Avenue, where you’ll find great shops and cafes. If enough people are interested, the ride may even stop for a tour of Frank Lloyd Wright’s Darwin Martin House.</td>
</tr>
<tr>
<td>10:00am – 2:00pm</td>
<td><strong>Information Booth Open.</strong></td>
</tr>
<tr>
<td>2:00pm – 5:30pm</td>
<td><strong>Registration Open.</strong> All Cycle the Erie Canal riders must check in to pick up their registration packets, as well as sign up for tour opportunities throughout the week.</td>
</tr>
<tr>
<td>3:30 – 4:00pm</td>
<td><strong>Shuttle from Albany Arrives.</strong></td>
</tr>
<tr>
<td>4:30 – 6:00pm</td>
<td><strong>Reception.</strong> Enjoy beer and wine with fellow bike tour riders and make new friends!</td>
</tr>
<tr>
<td>5:30 – 7:30pm</td>
<td><strong>Dinner.</strong> Continue your conversations over dinner at the Nichols School Dining Hall.</td>
</tr>
<tr>
<td>7:30 – 8:15pm</td>
<td><strong>Orientation.</strong> See what is in store for the upcoming week and meet the Ride Director, support staff, and volunteers.</td>
</tr>
</tbody>
</table>

### SCHEDULE FOR JULY 12, 2015

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30– 7:30am</td>
<td><strong>Breakfast.</strong> Plan to attend breakfast at the Nichols School Dining Hall so that you are fueled up for the day’s ride.</td>
</tr>
<tr>
<td>6:00 – 8:00am</td>
<td><strong>Luggage Trucks Open.</strong> Say hello to our truck drivers and load your luggage.</td>
</tr>
<tr>
<td>6:30 – 7:30am</td>
<td><strong>Late Registration.</strong> If you didn’t register on Saturday, sign in and pick up your Cycle the Erie Canal packet.</td>
</tr>
<tr>
<td>7:45 – 8:00am</td>
<td><strong>Kick-Off.</strong> After a short send-off ceremony, Cycle the Erie Canal kicks off at 8:00am!</td>
</tr>
</tbody>
</table>
Saturday, July 11 — Registration, Orientation, and Pre-Tour Rides
Tent City: Nichols School (1250 Amherst Street, Buffalo, NY 14216)

Sunday, July 12 — Buffalo to Medina (48 miles)
Route: tinyurl.com/eriecanal2015day1
Tent City: Clifford H. Wise Middle School (1016 Gwinn Street, Medina, NY 14103)

Monday, July 13 — Medina to Fairport (59 miles)
Route: tinyurl.com/eriecanal2015day2
Tent City: Martha Brown Middle School (665 Ayrault Road, Fairport, NY 14450)

Tuesday, July 14 — Fairport to Seneca Falls (55 miles)
Route: tinyurl.com/eriecanal2015day3
Tent City: Mynderse Academy (105 Troy Street, Seneca Falls, NY 13148)

Wednesday, July 15 — Seneca Falls to Syracuse (45 miles)
Route: tinyurl.com/eriecanal2015day4
Tent City: Burnet Park (1 Conservation Place, Syracuse, NY 13204)

Thursday, July 16 — Syracuse to Rome (49 miles)
Route: tinyurl.com/eriecanal2015day5
Tent City: Fort Stanwix National Monument (100 North James Street, Rome, NY 13440)

Friday, July 17 — Rome to Canajoharie (62 miles)
Route: tinyurl.com/eriecanal2015day6
Tent City: Canajoharie High School (136 Scholastic Way, Canajoharie, NY 13317)

Saturday, July 18 — Canajoharie to Schenectady (45 miles)
Route: tinyurl.com/eriecanal2015day7
Tent City: Schenectady Jewish Community Center (2565 Balltown Road, Niskayuna, NY 12309)

Sunday, July 19 — Schenectady to Albany (28 miles)
Route: tinyurl.com/eriecanal2015day8
Finish Line: Albany Visitors Center (25 Quackenbush Square, Albany, NY 12207)
If you’d rather not bring your own tent or hire Comfy Campers, you can make your own arrangements to stay in hotels and bed & breakfasts! Here are some accommodations along the route. **Make your reservations early as many places will fill up quickly.** Keep in mind that you will be responsible for transportation to and from each overnight location. An easy way to do this is to leave most of your gear on our luggage truck and bike to your hotel or bed & breakfast with only what you need for the night.

<table>
<thead>
<tr>
<th>City/Town</th>
<th>Motel/Hotel</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buffalo</td>
<td>The Foundry Suites</td>
<td>1738 Elmwood Ave.</td>
<td>(716) 240-9693</td>
</tr>
<tr>
<td></td>
<td>Elmwood Village Inn</td>
<td>893 Elmwood Ave.</td>
<td>(716) 886-2397</td>
</tr>
<tr>
<td></td>
<td>Richmond Place Inn B&amp;B</td>
<td>45 Richmond Ave.</td>
<td>(716) 881-3242</td>
</tr>
<tr>
<td></td>
<td>Mansion on Delaware</td>
<td>414 Delaware Ave.</td>
<td>(716) 886-3300</td>
</tr>
<tr>
<td></td>
<td>DoubleTree by Hilton</td>
<td>125 High St.</td>
<td>(716) 845-0112</td>
</tr>
<tr>
<td></td>
<td>Holiday Inn</td>
<td>620 Delaware Ave.</td>
<td>(716) 886-2121</td>
</tr>
<tr>
<td></td>
<td>Best Western on the Avenue</td>
<td>510 Delaware Ave.</td>
<td>(716) 886-8333</td>
</tr>
<tr>
<td></td>
<td>Hotel Lafayette</td>
<td>391 Washington St.</td>
<td>(716) 853-1505</td>
</tr>
<tr>
<td></td>
<td>Hostel Buffalo-Niagara</td>
<td>667 Main St.</td>
<td>(716) 852-5222</td>
</tr>
<tr>
<td>Medina</td>
<td>Garden View B&amp;B</td>
<td>11091 W. Center St. Ext.</td>
<td>(585) 798-1087</td>
</tr>
<tr>
<td></td>
<td>Historic Village B&amp;B</td>
<td>233 W. Center St.</td>
<td>(585) 331-1712</td>
</tr>
<tr>
<td></td>
<td>Medina Stone Farm B&amp;B</td>
<td>255 North Gravel Rd.</td>
<td>(585) 798-9238</td>
</tr>
<tr>
<td></td>
<td>Dollinger’s Courtyard Motel</td>
<td>11360 Maple Ridge Rd.</td>
<td>(585) 798-0016</td>
</tr>
<tr>
<td>Fairport</td>
<td>Twenty Woodlawn B&amp;B</td>
<td>20 Woodlawn Ave.</td>
<td>(585) 377-8224</td>
</tr>
<tr>
<td></td>
<td>Hilton Garden Inn</td>
<td>800 Pittsford Victor Rd.</td>
<td>(585) 248-9000 Pittsford</td>
</tr>
<tr>
<td></td>
<td>Budget Inn</td>
<td>7340 Pittsford Palmyra Rd.</td>
<td>(585) 233-1740</td>
</tr>
<tr>
<td></td>
<td>The Clematis Inn</td>
<td>2513 Penfield Rd.</td>
<td>(585) 388-9442</td>
</tr>
<tr>
<td></td>
<td>Springdale Farm B&amp;B</td>
<td>242 Victor Egypt Rd.</td>
<td>(585) 490-8170 Victor</td>
</tr>
<tr>
<td>Seneca Falls</td>
<td>VanCleef Homestead</td>
<td>86 Cayuga St.</td>
<td>(315) 568-2275</td>
</tr>
<tr>
<td></td>
<td>Barrister’s B&amp;B</td>
<td>56 Cayuga St.</td>
<td>1-800-914-0145</td>
</tr>
<tr>
<td></td>
<td>The Gould Hotel</td>
<td>108 Fall St.</td>
<td>1-877-788-4010</td>
</tr>
<tr>
<td></td>
<td>Starlite Motel</td>
<td>101 US Route 20</td>
<td>(315) 568-9426</td>
</tr>
<tr>
<td></td>
<td>Hampton Inn</td>
<td>1950 Balsley Rd.</td>
<td>(315) 539-3939</td>
</tr>
<tr>
<td></td>
<td>Microtel Inn &amp; Suites</td>
<td>1966 Routes 5 &amp; 20</td>
<td>(315) 539-8438</td>
</tr>
<tr>
<td></td>
<td>Holiday Inn</td>
<td>2468 Route 414 Waterloo</td>
<td>(315) 539-5011</td>
</tr>
<tr>
<td>City/Town</td>
<td>Motel/Hotel</td>
<td>Address</td>
<td>Phone</td>
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<tr>
<td>Syracuse</td>
<td>Ophelia’s Garden Inn B&amp;B</td>
<td>400 S. Avery St.</td>
<td>(315) 488-3621</td>
</tr>
<tr>
<td></td>
<td>Moonstruck Manor B&amp;B</td>
<td>3009 W. Genesee St.</td>
<td>(315) 488-1224</td>
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<tr>
<td></td>
<td>Genesee Grand Hotel</td>
<td>1060 E. Genesee St.</td>
<td>(315) 476-4212</td>
</tr>
<tr>
<td></td>
<td>Courtyard Armory Square</td>
<td>300 W. Fayette St.</td>
<td>(315) 422-4854</td>
</tr>
<tr>
<td></td>
<td>Jefferson Clinton Hotel</td>
<td>416 S. Clinton St</td>
<td>(315) 425-0500</td>
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<tr>
<td></td>
<td>Crowne Plaza Hotel</td>
<td>701 E. Genesee St.</td>
<td>(315) 479-7000</td>
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<td></td>
<td>Downing International Hostel</td>
<td>535 Oak St.</td>
<td>(315) 472-5788</td>
</tr>
<tr>
<td>Rome</td>
<td>The Inn at the Beeches</td>
<td>7900 Turin Rd.</td>
<td>(315) 336-1775</td>
</tr>
<tr>
<td></td>
<td>The Convent: Angel’s Nest B&amp;B</td>
<td>404 S. George St.</td>
<td>(315) 334-4618</td>
</tr>
<tr>
<td></td>
<td>Oak &amp; Ivy B&amp;B</td>
<td>600 N. George St.</td>
<td>(315) 337-3065</td>
</tr>
<tr>
<td></td>
<td>Quality Inn</td>
<td>200 S. James St.</td>
<td>(315) 336-4300</td>
</tr>
<tr>
<td></td>
<td>Econo Lodge</td>
<td>145 E. Whitesboro St.</td>
<td>(315) 337-9400</td>
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<tr>
<td></td>
<td>The Rome Motel</td>
<td>8257 Turin Rd.</td>
<td>(315) 336-4200</td>
</tr>
<tr>
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<td>Belle Maison Farm B&amp;B</td>
<td>8083 East Floyd Rd.</td>
<td>(315) 865-6190</td>
</tr>
<tr>
<td>Canajoharie</td>
<td>Pineapple House B&amp;B</td>
<td>63 Otsego St.</td>
<td>(518) 673-3923</td>
</tr>
<tr>
<td></td>
<td>Window Box Guest House</td>
<td>29 Front St.</td>
<td>(518) 673-3131</td>
</tr>
<tr>
<td></td>
<td>Budget Inn</td>
<td>93 E. Grand St.</td>
<td>(518) 673-3233</td>
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<td></td>
<td></td>
<td>Palatine Bridge</td>
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<tr>
<td>Schenectady</td>
<td>Stockade Inn B&amp;B</td>
<td>1 N. Church St.</td>
<td>(518) 346-3400</td>
</tr>
<tr>
<td></td>
<td>The English Garden B&amp;B</td>
<td>205 Union St.</td>
<td>(518) 630-6760</td>
</tr>
<tr>
<td></td>
<td>Hampton Inn</td>
<td>450 State St.</td>
<td>(518) 377-4500</td>
</tr>
<tr>
<td></td>
<td>The Parker Inn &amp; Suites</td>
<td>434 State St.</td>
<td>(518) 688-1001</td>
</tr>
<tr>
<td></td>
<td>The Inn at Glen Sanders</td>
<td>One Glen Ave.</td>
<td>(518) 374-7262</td>
</tr>
<tr>
<td>Albany</td>
<td>Hampton Inn</td>
<td>25 Chapel St.</td>
<td>(518) 432-7000</td>
</tr>
<tr>
<td></td>
<td>Morgan State House B&amp;B</td>
<td>393 State St.</td>
<td>(518) 427-6063</td>
</tr>
<tr>
<td></td>
<td>The Inn on South Lake B&amp;B</td>
<td>145 S. Lake Ave.</td>
<td>(518) 438-7646</td>
</tr>
<tr>
<td></td>
<td>State Street Mansion</td>
<td>281 State St.</td>
<td>(518) 462-6780</td>
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<tr>
<td></td>
<td>Hilton Albany</td>
<td>40 Lodge St.</td>
<td>(518) 462-6611</td>
</tr>
<tr>
<td></td>
<td>74 State Hotel</td>
<td>74 State St.</td>
<td>(518) 434-7410</td>
</tr>
<tr>
<td></td>
<td>Holiday Inn Express</td>
<td>300 Broadway</td>
<td>(518) 434-4111</td>
</tr>
<tr>
<td></td>
<td>Pine Haven B&amp;B</td>
<td>531 Western Ave.</td>
<td>(518) 482-1574</td>
</tr>
</tbody>
</table>
No Hassle Camping! Comfy Campers provides full service camping for Cycle the Erie Canal. When you ride into camp at the end of the day, you'll find your tent, air mattress, towel, and camp chair waiting for you. Services begin Saturday, July 11. Visit ComfyCampers.info or call (315) 283-0220 for more information.

Comfy Campers packages include:
- Tent (choose size below)
- Air Mattress (choose size below)
- Fresh Towels (one for each registered Comfy Camper)
- Camp Chair (one for each registered Comfy Camper)

Comfort à la carte options:
- Fresh Towels (per person)
- Camp Chair (per person)
- Air Mattress (choose size below)
- Morning Coffee/Tea Service (per person)

Sign up for Comfy Campers online at ComfyCampers.info.

---

Comfy Campers Registration Form/Cycle the Erie Canal

Name: ________________________________________________________________________________________

Address:_______________________________________________________________________________________

City: ___________________________________________ State: _________________ Zip: ___________________

Home Phone:____________________________________ Work Phone: __________________________________

Email:_________________________________________________________________________________________

Tent Packages:

___ 8x9 Tent (1 Person, Single Air Mattress) - $424.00  
___ 8x9 Tent (2 People, Double Air Mattress) - $544.00  
___ 8x9 Tent (2 People, 2 Single Air Mattresses) - $568.00  
___ 10x12 Tent (1 Person, Single Air Mattress) - $560.00  
___ 10x12 Tent (2 People, Double Air Mattress) - $644.00  
___ 10x12 Tent (2 People, 2 Single Air Mattresses) - $704.00  
___ 10x12 Tent (3 People, 3 Single Air Mattresses) - $824.00  
___ 10x12 Tent (2 People, Queen Air Mattress) - $704.00  

Comfort à la carte options:

___ Fresh Towels - $40.00  
___ Camp Chair - $40.00  
___ Single Air Mattress - $48.00  
___ Double Air Mattress - $56.00  
___ Queen Air Mattress - $64.00  
___ Morning Coffee/Tea Service - $40.00  

Total Enclosed: $ ____________________

Send check or money order to: Comfy Campers, PO Box 292, Auburn NY 13021

Refund Policy: A 10% cancelation fee will be charged up to 30 days before our services start. A 50% fee will be charged for canceling 29 to 11 days before our services start. No refund will be given 10 days or less from the time our services start.
If you are shipping your bike to Downtube Bicycle Works in Albany, you must fill out this form and attach it to your bicycle.

Name and Address:

Phone:

Cell Phone:

Email:

List items included in box (e.g. Racks, panniers, pump, lock, water bottles, lights, mirrors, helmet, accessories, shoes, clothing, gloves). **Make sure there are no loose items!**

Special Instructions:

( ) I have enclosed a check or money order for the bike assembly fee of **$43.20**.
( ) Add **$43.20** to include a tune up. Downtube Bicycle Works will contact me if repairs above that amount are needed.

**Please Note:** Riders must call or email Downtube Bicycle Works at *(518) 434-1711* in advance to arrange delivery. Please be prepared to provide the make and model of your bike and estimated date of delivery. **Downtube Bicycle Works must receive your bike by Saturday, July 4.**

Mail to: Downtube Bicycle Works, Attn. Cycle the Erie Canal, 466 Madison Avenue, Albany, NY 12208
If you are shipping your bike to Rick Cycle Shop, you must fill out this form and attach it to your bicycle.

Name and Address:

Phone:

Cell Phone:

Email:

List items included in box (e.g. Racks, panniers, pump, lock, water bottles, lights, mirrors, helmet, accessories, shoes, clothing, gloves). Make sure there are no loose items!

Special Instructions:

( ) I have enclosed a check or money order for the bike assembly fee of $40.00.
( ) Add $20.00 to include a tune up. Rick Cycle Shop will contact me if repairs above that amount are needed.

Please Note: Riders must call or email Rick Cycle Shop at (716) 852-6838 or rickcycleshop@gmail.com in advance to arrange delivery. Please be prepared to provide the make and model of your bike and estimated date of delivery. Rick Cycle Shop must receive your bike by Saturday, July 4.

Mail to: Rick Cycle Shop, Attn. Cycle the Erie Canal,
55 Allen Street, Buffalo, NY 14202
NEED TO MAKE A CHANGE TO YOUR REGISTRATION?

ADDITIONS
If you have already registered for Cycle the Erie Canal and would like to add a shuttle or a jersey to your registration, fill out an addition form at ptny.org/canaltour/addition.pdf or call Parks & Trails New York at (518) 434-1583.

CANCELLATIONS
If you need to cancel your registration, fill out a cancellation form at ptny.org/canaltour/cancellation.pdf.

CANCELLATION POLICY
Refunds, less a cancellation fee, will be issued with a written request if received by June 24. After June 24, only credits for future tours will be issued, less a cancellation fee, with a written request if received by July 6. The cancellation fee is $75 and increases to $125 on June 12. Unfortunately, we cannot offer refunds for jersey orders or shuttle reservations after June 24.

CYCLING THE ERIE CANAL GUIDEBOOK

With full-color maps and a great overview of places to visit and things to do along the trail, Parks & Trails New York’s Cycling the Erie Canal guidebook is the best resource to plan ahead for your Erie Canal vacation. Order when you sign up for the tour, visit ptny.org/guidebook/erieguide.shtml, or call (518) 434-1583, and we’ll send your guidebook in the mail! The cost of the guidebook is $23.95 and we offer free shipping for Cycle the Erie Canal riders.

Cycling the Erie Canal: A Guide to 400 Miles of Adventure and History Along the Erie Canalway Trail

- 144 pages packed with detailed information about the outstanding bicycling and sightseeing waiting for you along the Erie Canal
- 42 easy-to-read, full-color maps
- Comprehensive listing of attractions, historic sites, visitor centers, parks
- High-quality spiral binding and convenient 9" x 5" size - just right to tuck in your saddle bag or backpack
- An indispensable resource for dedicated cyclists planning to bike across the state or the casual rider looking to take the family out for a couple of hours. Great for walkers, hikers, in-line skaters, boaters and auto travelers, too.
- Companion online interactive Erie Canalway Trail map at ptny.org/bikecanal/map
Not only are Cycle the Erie Canal jerseys the perfect way to celebrate your Erie Canal adventure, but they make great gifts for your cycling family and friends!

Cycle the Erie Canal jerseys are made in the United States and feature a three-fourths hidden zipper, three rear pockets, and sun protection with a UPF rating of 28+.

Jerseys cost $80 and help support Parks & Trails New York's work to develop and promote trails across the state and to Close the Gaps in the Erie Canalway Trail.

The 2015 jersey features an 1852 watercolor of Little Falls from the collection of the Albany Institute of History & Art.

Order your jersey when you sign up for the tour, visit ptny.org/canaltour/jersey.shtml, or call (518) 434-1583. Please order by May 15th to guarantee a jersey in your size!
Not sure what size jersey to order? Take a look at these sizing charts! While it usually is possible to swap sizes on the ride, this is not something we can gar

### Men's Sizing

<table>
<thead>
<tr>
<th>Size</th>
<th>Waist</th>
<th>Weight</th>
<th>Height</th>
<th>Chest</th>
</tr>
</thead>
<tbody>
<tr>
<td>X Small</td>
<td>26-29</td>
<td>100-120</td>
<td>5' 5 and under</td>
<td>33-35</td>
</tr>
<tr>
<td>Small</td>
<td>29-31</td>
<td>120-145</td>
<td>5' 4 to 5' 8</td>
<td>35-37</td>
</tr>
<tr>
<td>Medium</td>
<td>32-34</td>
<td>145-170</td>
<td>5' 7 to 5' 11</td>
<td>38-40</td>
</tr>
<tr>
<td>Large</td>
<td>35-37</td>
<td>170-190</td>
<td>5' 10 to 6' 2</td>
<td>40-42</td>
</tr>
<tr>
<td>X Large</td>
<td>38-41</td>
<td>190-220</td>
<td>6' 1 to 6' 5</td>
<td>42-44</td>
</tr>
<tr>
<td>2X Large</td>
<td>42-45</td>
<td>220-250</td>
<td>6' 3 and up</td>
<td>44-48</td>
</tr>
<tr>
<td>3X Large</td>
<td>46-50</td>
<td>250-260</td>
<td>6' 3 and up</td>
<td>46-48</td>
</tr>
</tbody>
</table>

### Women's Sizing

<table>
<thead>
<tr>
<th>Size</th>
<th>Waist</th>
<th>Hips</th>
<th>Height</th>
<th>Chest</th>
</tr>
</thead>
<tbody>
<tr>
<td>X Small</td>
<td>0-2</td>
<td>22-24</td>
<td>31-33</td>
<td>5' 2 and under</td>
</tr>
<tr>
<td>Small</td>
<td>4-6</td>
<td>25-27</td>
<td>34-35</td>
<td>5' 1 to 5' 5</td>
</tr>
<tr>
<td>Medium</td>
<td>8-10</td>
<td>27-29</td>
<td>36-38</td>
<td>5' 4 to 5' 8</td>
</tr>
<tr>
<td>Large</td>
<td>12-14</td>
<td>30-32</td>
<td>39-41</td>
<td>5' 7 to 5' 11</td>
</tr>
<tr>
<td>X Large</td>
<td>16-18</td>
<td>33-35</td>
<td>42-44</td>
<td>5' 10 and up</td>
</tr>
<tr>
<td>2X Large</td>
<td>20-22</td>
<td>36-38</td>
<td>45-47</td>
<td>5' 10 and up</td>
</tr>
<tr>
<td>3X Large</td>
<td>22-24</td>
<td>38-40</td>
<td>47-50</td>
<td>5' 10 and up</td>
</tr>
</tbody>
</table>

**QUESTIONS?**

If there is anything else you would like to know about Cycle the Erie Canal 2015 that we haven't addressed here, feel free to give us a call (518) 434-1583 or e-mail eriecanaltour@ptny.org and we'd be glad to help. We look forward to meeting you in July!