

PARKS & TRAILS NEW YORK

CYCLE *THE*
ERIE CANAL

2019

Rider Handbook

WELCOME

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 Parks & Trails New York's 2019 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 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. To sign up, visit: <https://bit.ly/2RLkDPq>

We look forward to meeting you,



April Amodei
Bike Tour Co-Director



Al Hastings
Bike Tour Co-Director



Robin Dropkin
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 more easily access and fully enjoy the outdoors.

Since 1985, Parks & Trails New York has helped create more than 1,500 miles of greenways, bike paths, river walks, and trails across New York and has led a campaign to promote and enhance one of the nation's largest state park systems. Cycle the Erie Canal supports Parks & Trails New York's work in communities across New York State.

Consider making a tax-deductible donation or becoming a member of Parks & Trails New York today. ptny.org/membership

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UPDATES FOR 2019

RETURN SHUTTLE: Riders from Buffalo, Pittsburgh, Toronto, and points west will be happy to hear we'll once again be offering our shuttle from Albany to Buffalo at the end of the ride.

ONLINE ROUTES: 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/cycle-the-erie-canal/annual-bike-tour/itinerary/interactive-daily-route-maps for daily routes, available online and for export to GPS-enabled bike computers and fitness devices. Please be advised *final* routes for 2019 will not be available until May 2019.

NEW MERCHANDISE: There are now more ways to bring Erie Canalway Trail memories home with you in 2019 with official Cycle the Erie Canal swag. In addition to the Cycle the Erie Canal jersey and Cycling the Erie Canal guidebook, PTNY is offering a premium sport tek shirt, a trail decal, and an embroidered Cycle the Erie Canal baseball cap. Visit www.ptny.org/official-bike-tour to learn more.

TRANSPORTATION FOR 4-DAY RIDERS: For a fee, a private shuttle operator, Erie Canal Bike Tours, is offering shuttle service for 4-day riders. For more information, including how to sign up, visit <https://www.gobikeerie.com/ptny>.

TRAINING & PACKING TIPS

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.

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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 your 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 if you get dehydrated? The worst is heat exhaustion, followed by a heat stroke. More often though, riders 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 most importantly, a pair of spare tubes. You may also choose to have 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. There will also be a “How to Change a Flat” workshop provided during the tour.

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.

EMERGENCY ALERTS - SIGN UP NOW

We strongly suggest you keep up to date with any emergency route changes, trail condition reports, or severe weather updates, by signing up for our Emergency Alert System, Rained Out. **To sign up, text CTEC2019 to 84483.**

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: <http://ptny.org/cycle-the-erie-canal/annual-bike-tour/preparing-tour/bike-tour-tips>.

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!

CYCLING EQUIPMENT:

- ◇ Bike
- ◇ Helmet
- ◇ Bike computer
- ◇ Handlebar map holder
- ◇ Small repair kit that includes a multi-tool, mini pump, patch kit, tire levers, spare tubes, and a rag
- ◇ Water bottle cages and extra water bottle
- ◇ Handlebar bag, seat bag, saddle bag, rear rack bag, or pannier
- ◇ Bike lock
- ◇ Rear-view mirror
- ◇ Front and rear lights (for when visibility is low or if you'd like to ride in the evening)

CYCLING CLOTHING:

- ◇ Cycle the Erie Canal jersey (see p. 24)
- ◇ Jerseys or short-sleeve shirts
- ◇ Bike shorts
- ◇ Socks
- ◇ Bike shoes
- ◇ Bike gloves
- ◇ Wind vest or jacket
- ◇ Rain gear
- ◇ Headband or helmet liner
- ◇ Sunglasses

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

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.

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:

- ◇ *Cycling 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

TRANSPORTATION

Cycle the Erie Canal kicks off in Buffalo on Sunday, July 7 and arrives in Albany on Sunday, July 14, with registration, orientation, and pre-tour rides on Saturday, July 6. Long-term parking and a shuttle are available at both ends of the ride. Space is limited on the shuttle so sign up early.

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 11 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 6 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 6 from 2:00pm - 5:30pm and again Sunday, July 7 from 6:30am - 7:30am.

Indoor and outdoor camping at the Nichols School is included on Saturday, July 6. If you will be arriving in Buffalo on Friday, July 5, there are many hotels to choose from - see the list on pg. 17-19. For campsites in the area visit the website listed below. **For more information about Buffalo, go to visitbuffaloniagara.com.**

PARKING IN BUFFALO

You can park your car free of charge in Buffalo for the entire week.

The long-term parking lot is at Buffalo State University, located 1.5 miles from Nichols School. If you are using this parking lot, be sure to indicate this on your registration form. Parks & Trails New York will include a parking pass in your registration packet. This pass must be displayed in the front windshield of your automobile. No valuables should be left visible in your parked car. **Please note: You can park your car at Nichols school anytime up until 8 a.m. on Sunday, July 7 at which time your car must be in the long term parking lot. A shuttle will be provided Saturday afternoon, July 6 from 1:30pm to 6:30pm and Sunday morning, July 7 from 6:00am to 8:00am. Schedule will be posted at registration.**

The University of Buffalo does not take responsibility for any loss or damage that may occur to your vehicle. The return shuttle will drop everyone at the Buffalo State Long Term Parking Lot on Sunday, July 14. **Please note: Long Term Parking lot at Buffalo State is a new location for 2019.**

JULY 6 SHUTTLE

We offer optional long term parking (\$35 fee) and a shuttle (\$90 fee) from Albany to Buffalo before the start of the ride on Saturday, July 6 for you and your bike. (shuttle price increases to \$100 on June 8). The long term parking and shuttle departure location is SUNY Albany Uptown Campus (135 Western Avenue, Albany, NY 12222), at the **Dutch Parking Lot** (follow signs for Dutch Quad). The shuttle will depart 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 in the long term parking area at the Dutch Student Parking Lot at SUNY Albany, take the shuttle to Buffalo and bicycle back to Albany. At the end of the ride, shuttle buses will run on a regular basis back to the SUNY Albany parking lot so you can pick up your car. Cars must be picked up no later than 6pm on Sunday, July 14, 2019. Space on the shuttle is limited so sign up early.

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**. NOTE: You will need to unload your luggage in a holding area and, when the buses arrive, you are responsible for moving your luggage from the holding area to the bus. **Important: If you are delayed and will not be able to arrive for the July 6 shuttle by 9:00am, call (518) 434-1583. 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 17.

PARKING IN ALBANY

We offer long term parking (\$35 fee) at SUNY Albany 1400 Washington Avenue, Albany, NY 12222), at the **Dutch Parking Lot** (follow signs for Dutch Quad). At the end of the ride, shuttle buses will run on a regular basis back to the SUNY Albany parking lot so you can pick up your car. Cars must be picked up no later than 6pm on Sunday, July 14, 2019. Space on the shuttle is limited so sign up early. NOTE: long term parking location is the same as the July 6 Albany to Buffalo shuttle location (\$90 fee).

ENDING POINT

The Finish Line celebration will take place at the SUNY Plaza in downtown Albany (353 Broadway, Albany, NY). 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 line or even spending an additional night in Albany. **For more information about Albany, visit albany.org.** When you roll into Albany you'll be looking for something to eat, a shower and preparing to head home. Here is what to expect:

Dining Options

Stacks Espresso Bar, a few blocks away, opens at 7am. Olde English Pub opens at 10am and Albany Pump Station opens at noon, both located near the Albany Visitors Center a little less than a mile away. Food trucks serving sandwiches and frozen desserts on-site at the Finish Line starting at 10:30am.

Live Music by the Kevin Carey Group

Relax and enjoy jazz, funk, and pop sounds of the Kevin Carey Group.

Get your End-to-End Sticker

All riders who have made the journey from Buffalo will be recognized as one of those elite riders known as End-to-Enders! End-to-end stickers will be given out to all 8-day riders at the finish line, and an end-to-end recognition certificate can be [printed from the PTNY website](#) after registering online!

Shuttle to Albany Long-term Parking

A shuttle bus will run every 45 minutes starting at 10:00 a.m. from SUNY Plaza to bring riders to the UAlbany campus Dutch Quad parking lot to retrieve their vehicles. Riders can then drive back to the Finish Line to load their luggage and bicycles. The last shuttle to the long-term parking lot will leave the Finish Line at 1:00 p.m.

Showers

A shuttle bus will take riders to the YMCA and back starting at 10:00 a.m. Last pick up at the YMCA is 1:30 pm. (NOTE: July 14 Shuttle to Buffalo departs at 1:30). The YMCA is about 2 miles from the Finish Line so you can also cycle or drive there.

Ship Your Bike Home

UPS will provide a way to ship your bike from the Finish Line to your home at a discounted price. Look for their table at the finish line.

ALBANY ROTARY CLUB TRANSPORTATION SERVICE

At the end of the ride, the Rotary Club of Albany will provide, for a donation, a transportation service to bring cyclists from the finish line to the Albany-Rensselaer Amtrak station, the Albany International Airport, the showers at the North Albany YMCA, or other local destinations.

JULY 14 RETURN SHUTTLE

If you would like to return to Buffalo, we are again offering a shuttle at the end of the ride. The price for the shuttle is \$90 (price increases to \$100 on June 8) and includes transportation for your bike. The shuttle will depart from the finish line (SUNY Plaza, (353 Broadway, Albany, NY) at 1:30 pm with an approximate arrival time of 8:00 pm in Buffalo. 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 Albany finish line to help you turn your handlebars. Bicycles must be brought to the trucks for loading no later than one hour before the shuttle departs.

The Shuttle will be returning to Buffalo State arriving at the long-term parking lot, approx. 7-8 pm. There will be rest rooms and showers available at Buffalo State upon the shuttle return.

Rental Agency	Albany	Buffalo
Hertz 1-800-654-3131 hertz.com	Albany International Airport (737 Albany Shaker Rd.) (518) 456-1777 <i>Approx. 5.2 miles from end of bike tour</i>	Buffalo Niagara International Airport (4200 Genesee St.) (716) 632-4772 <i>Approx. 7.6 miles from start of bike tour</i>
National 1-800-227-7368 nationalcar.com	Albany International Airport (518) 242-2323 <i>Approx. 5.2 miles from end of bike tour</i>	Buffalo Niagara International Airport (716) 634-9220 <i>Approx. 7.6 miles from start of bike tour</i>
Budget 1-800-527-0700 budget.com	Albany International Airport 1-800-527-0700 <i>Approx. 5.2 miles from end of bike tour</i>	Buffalo Niagara International Airport 1-800-527-0700 <i>Approx. 7.6 miles from start of bike tour</i>
Enterprise 1-800-261-7331 enterprise.com	Albany International Airport (518) 785-7771 <i>Approx. 5.2 miles from end of bike tour</i>	Buffalo Niagara International Airport (716) 565-0002 <i>Approx. 7.6 miles from start of bike tour</i>

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, or you may register for the 4-day shuttle option provided by Go Bike Erie (www.gobikeerie.com/ptny) All 4-day options include dinner and camping accommodations the night before.

4 Day I (Buffalo to Syracuse): The 4 Day I option begins on Sunday, July 7 in Buffalo and ends on Wednesday, July 10 in Syracuse. Overnights are in Buffalo, Albion, 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. Visit downtownsyracuse.com/lifestyle/explore-downtown/ for more information about parking in Syracuse.

4 Day II (Syracuse to Albany): The 4 Day II option begins on Thursday, July 11 in Syracuse and ends on Sunday, July 14 in Albany. Overnights are in Syracuse, Rome, Canajoharie, and Niskayuna. 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 Sunday, July 7 and ends in Fairport on Monday, July 8. Overnights are in Buffalo and Albion.

2 Day II (Canajoharie to Albany): The 2 Day II option begins on Saturday, July 13 in Canajoharie and ends on Sunday, July 14 in Albany. Overnights are in Canajoharie and Niskayuna. Parking is available in both

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 and Trailways of NY at 1-800-858-8555 or trailwaysny.com.

Albany – The Albany Bus Terminal is located at 34 Hamilton Street, Albany, NY, within a mile of 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.

Albany International Airport	Buffalo Niagara International Airport
(518) 242-2200 albanyairport.com	(716) 630-6000 buffaloairport.com
Cape Air, Delta Air Lines, Southwest Airlines, United Airlines, American Airlines, and Jet Blue Airways	American Airlines, Delta Air Lines, Jet Blue Airways, Southwest Airlines, Sunwing Airlines, and United Airlines
About a 20-minute drive (approx. 5 miles) from the Albany Visitors Center, the end of tour in Downtown Albany.	About a 20-minute drive (approx. 7 miles) to the Nichols School, the start of bike tour in Buffalo.

UBER / LYFT

Ride sharing services are now offered in both the Buffalo and Albany regions.

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.

Albany Taxi Service	Buffalo Taxi Service
Albany Yellow Cab (518) 434-2222	Airport Taxi Service (716) 633-TAXI
Capitaland Taxi (518) 453-8888	Liberty Yellow Cab (716) 877-7111

PRIVATE SHUTTLE OPERATOR

For a fee, a private shuttle operator, Erie Canal Bike Tours, is offering shuttle service for 4-day riders. For more information, including how to sign up, visit <https://www.gobikeerie.com/ptny>.

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 PARKING IN ALBANY

Coming soon. Check back for updates.

DIRECTIONS TO JULY 6 SHUTTLE AND END OF TOUR, JULY 14

SUNY Plaza, 353 Broadway, Albany, NY

From 787S—Take exit 4A toward Colonie St/Columbia St,

Continue onto Water St which turns into Frontage Road

Turn right on Broadway

SUNY Plaza will be on your right and is hard to miss as it is very big.

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 Downtube by Friday, June 29 and by Rick Cycle Shop by Wednesday, June 27.**

BUFFALO

In Buffalo, Rick Cycle Shop (via marked bike lanes, is about 3.2 miles from Nichols School – the start of the bike tour) will accept, inspect, and reassemble shipped bikes. The cost is \$40 for standard bikes. For an additional \$20 they will perform a tune up. Payment must be included with your shipment. Riders will be responsible for shipping their bikes to the shop and coordinating pick-up. For an additional \$20 per bicycle, Rick Cycle Shop will deliver your reassembled bicycle and its reusable shipping container to the Nichols School.

Each rider must confirm all delivery arrangements with Andy by calling (716) 852-6838.

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 will accept and reassemble bikes. The cost is \$50.00 for standard bikes, including tax. For an additional \$35.00 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 Avenue, Albany, NY 12208. You can reach Downtube at (518) 434-1711 or downtubecustomerservice@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 the July 6 shuttle or make your own arrangements to get to the start of the ride in Buffalo.

Downtube Bicycle Works (466 Madison Ave, Albany) rents Trek Verve 2 bicycles. Call (518) 434-1711 or email downtubebicycleworks@gmail.com for more information.

BUFFALO

If you rent a bike in Buffalo, you can sign up for the July 14 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 hybrids and entry-level road bikes. Visit bertsbikes.com to make a rental reservation.

Tom's Pro Bike (3687 Walden Ave., Lancaster, NY – about 12 miles from Nichols School) rents Specialized Diverg road bikes. Call (716) 651-9995 for more information.

Rick Cycle Shop (55 Allen St., Buffalo, NY – about 3.2 miles from Nichols School) offers bicycle rentals for \$170. Call (716) 852-6838 or email rickcycleshop@gmail.com for more information.

Cycle the Erie Canal is a fully-supported bike tour. Fully-supported means we carry your gear, routes are marked,

ON THE RIDE

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 21), or stay at hotels and bed & breakfasts (see page 17-19). Cycle the Erie Canal includes camping accommodations at schools and parks across Canalway Trail corridor with restrooms and shower facilities. We'll also have a shower truck and portable toilets. Indoor camping is available each night. Please be aware that the spaces are not air conditioned and spots may be limited. Typical indoor camping locations include gyms, meeting rooms and ice rinks (without ice).

MEALS

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

BAGGAGE TRANSPORT

Luggage trucks are open from 6:00 to 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, at 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 15-20 miles from the start of the ride, will be open from 8:00-11:00am. Afternoon rest stops, located 15-20 miles before the overnight location, will be open from 11:00am-4:00pm. Rest stops are stocked with complimentary fruit, snacks, and beverages. In an effort to reduce waste we will not offer cups at rest stops, so please be prepared to use your water bottles.

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 if you need assistance. Telephone number will be provided on the cue sheets which are available daily. If you don't have a cell phone, ask another rider or volunteer.

DEVICE CHARGING

All tent cities will have limited access to device charging stations. While we cannot guarantee that you'll be able to charge your phone every day, it's likely you'll be able to recharge several times throughout the week.

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 for miles. 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.

MESSAGE THERAPY

A team of massage therapists will be available by appointment each evening. There is an additional cost for this and may require cash payment.

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 Directors Al Hastings and April Amodei anytime during the tour at (607) 423-2769 or (315) 406-6213.

SCHEDULE FOR SATURDAY, JULY 6, 2019

7:30am – 3:00pm, *Niagara Falls Pre-Tour Ride.* 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 cbsa-asfc.gc.ca/travel-voyage/ivc-rnc-eng.html for information on crossing the Canadian border.

10:00am – 3:00pm, *Buffalo Pre-Tour Ride.* 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.

10:00am – 2:00pm, *Information Booth Open.*

2:00pm – 5:30pm, *Registration Open.* 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.

3:30 – 4:00pm, *Shuttle from Albany Arrives.*

4:00 – 5:30pm, *Reception.* Enjoy beer, wine and snacks with fellow bike tour riders and make new friends!

4:30 – 7:00pm, *Dinner.* Continue your conversations over dinner at Nichols School.

6:00 – 7:30pm, *Historical Talk.* Thomas X. Grasso, President Emeritus - Canal Society of New York

6:00pm *Family Meeting.*

7:45 – 8:45pm, *Orientation.* See what is in store for the upcoming week and meet the Ride Directors, support staff, and volunteers.

SCHEDULE FOR SUNDAY, JULY 7, 2019

6:00– 8:00am, *Breakfast.* Plan to attend breakfast at Nichols School so that you are fueled up for the day's ride.

6:00 – 8:00am, *Luggage Trucks Open.* Say hello to our truck drivers and their assistants, and load your luggage.

6:30 – 7:30am, *Late Registration.* If you didn't register on Saturday, sign in and pick up your Cycle the Erie Canal packet.

6:30 & 7:00am, *Meetings.* Brief meetings will be held twice daily at breakfast at 6:30am and 7am, beginning Sunday.

9:00am, *Site closes at Nichols School.* See you in Albion at the Orleans County Cornell Cooperative Center.

DAILY ROUTES & TENT CITIES

Daily routes for 2019 will be finalized in June. Please visit parksandtrailsny.org/cycle-the-erie-canal/annual-bike-tour/itinerary/interactive-daily-route-maps to access routes.

Saturday, July 6 — Registration, Orientation, and Pre-Tour Rides

Tent City: Nichols School (1250 Amherst Street, Buffalo, NY 14216)

Sunday, July 7 — Buffalo to Albion (53 miles)

Tent City: Orleans County Cornell Cooperative Extension (12690 State Route 31, Albion, NY 1441)

Monday, July 8 — Albion to Fairport (57 miles)

Tent City: Minerva DeLand School (140 Hulburt Road, Fairport, NY 14450)

Tuesday, July 9 — Fairport to Seneca Falls (51 miles)

Tent City: Mynderse Academy (105 Troy Street, Seneca Falls, NY 13148)

Wednesday, July 10 — Seneca Falls to Syracuse (45 miles)

Tent City: Burnet Park (1 Conservation Place, Syracuse, NY 13204)

Thursday, July 11 — Syracuse to Rome (49 miles)

Tent City: Fort Stanwix National Monument (100 North James Street, Rome, NY 13440)

Friday, July 12 — Rome to Canajoharie (62 miles)

Tent City: Canajoharie High School (136 Scholastic Way, Canajoharie, NY 13317)

Saturday, July 13 — Canajoharie to Niskayuna (45 miles)

Tent City: Schenectady Jewish Community Center (2565 Balltown Road, Niskayuna, NY 12309)

Sunday, July 14 — Niskayuna to Albany (28 miles)

Finish Line: Albany—SUNY Plaza in downtown Albany (353 Broadway, Albany, NY).

WHAT IF I DON'T WANT TO CAMP?

If you'd rather not bring your own tent or hire Comfy Campers, you can make your own arrangements to stay at hotels and bed & breakfasts. Here are some accommodations along the route, most within a short ride from the tent cities. **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 and take only what you need for the night.

City/Town	Motel/Hotel	Address	Phone	
Buffalo	The Foundry Suites	1738 Elmwood Ave.	(716) 240-9693	
	Elmwood Village Inn	893 Elmwood Ave.	(716) 886-2397	
	Richmond Place Inn B&B	45 Richmond Ave.	(716) 704-0430	
	Mansion on Delaware	414 Delaware Ave.	(716) 886-3300	
	DoubleTree	125 High St.	(716) 845-0112	
	Hotel Henry	444 Forest Ave.	(716) 882-1970	
	Best Western on the Avenue	510 Delaware Ave.	(716) 886-8333	
	Hotel Lafayette	391 Washington St.	(716) 853-1505	
	Hostel Buffalo-Niagara	667 Main St.	(716) 852-5222	
	Buffalo Marriott Harborcenter	95 Main St.	(716) 852-0049	
	Courtyard Canalside	125 Main St.	(716) 840-9566	
	Medina/Albion	Dollinger's Courtyard	11360 Maple Ridge Rd, Medina	(585) 798-0016
		Garden View B&B	11091 W Center St, Medina	(586) 798-1087
Historic Village B&B		233 W Center St, Medina, NY	(585) 331-1712	
Tent city is between Medina & Albion	Hart House Hotel	113 W Center St, Medina	(585) 735-6031	
	Dollinger's Hotel	213 S Main St., Albion	(585) 589-6308	
	Dollinger's Motor Inn	436 West Ave., Albion	(585) 589-6308	
	Fairhaven Inn	14359 Ridge Rd .W., Albion	(585) 589-9151	
Fairport	Twenty Woodlawn B&B	20 Woodlawn Ave.	(585) 377-8224	
	Hilton Garden Inn	800 Pittsford Victor Rd.	(585) 248-9000	
	Budget Inn	7340 Pittsford Palmyra Rd.	(585) 223-1710	
	The Clematis Inn	2513 Penfield Rd.	(585) 388-9442	
	Springdale Farm B&B	242 Victor Egypt Rd.	(585) 490-8170	
	Del Monte Hotel	41 N. Main St.	(585) 381-9900	
	Woodcliff Hotel & Spa	199 Woodcliff Dr.	(585) 381-4000	
	Canal Lamp Inn	27 N. Main St.	(585) 381-4351	

City/Town	Motel/Hotel	Address	Phone
Seneca Falls	Microtel Inn & Suites	1966 Routes 5 & 20	(315) 539-8438
	VanCleaf Homestead	86 Cayuga St.	(315) 568-2275
	Barrister's B&B	56 Cayuga St.	(315)568-0145
	The Gould Hotel	108 Fall St.	1-877-788-4010
	Hampton Inn	1950 Balsley Rd.	(315) 539-3939
	Holiday Inn	2468 Route 414	(315) 539-5011
Syracuse	Marriott Syracuse Downtown	100 E. Onondaga St.	(315) 474-2424
	Ophelia's Garden Inn B&B	400 S. Avery St.	(315) 488-3621
	Moonstruck Manor B&B	3009 W. Genesee St	(315) 488-1224
	Genesee Grande Hotel	1060 E. Genesee St	(315) 476-4212
	Courtyard Armory Square	300 W. Fayette St.	(315) 422-4854
	Jefferson Clinton Hotel	416 S. Clinton St	(315) 425-0500
	Crowne Plaza Hotel	701 E. Genesee St.	(315) 479-7000
	Downing International Hostel	535 Oak St.	(315) 472-5788
	Parkview Hotel	713 E. Genesee St.	(315) 476-4212
	Hotel Skyler	601 S. Crouse Ave.	(315) 701-2613
	Quality Inn & Suites	454 James St.	(315) 425-0015
	Aloft Syracuse Inner Harbor	310 W. Kirkpatrick St.	(315) 422-1700
	Sheraton Syracuse University	801 University Ave.	(315) 475-3000
	The Convent: Angel's Nest B&B/Mary Davis B&B	404 S. George St.	(315) 334-4618
	Oak & Ivy B&B	600 N. George St.	(315) 337-3065
	Quality Inn	200 S. James St.	(315) 336-4300
	Econo Lodge	145 E. Whitesboro St.	(315) 337-9400
	The Rome Motel	8257 Turin Rd.	(315) 336-4200
Belle Maison Farm B&B	8083 East Floyd Rd.	(315) 865-6190	
Canajoharie	Pineapple House B&B	63 Otsego St.	(518) 673-3923
Niskayuna	Stockade Inn B&B	1 N. Church St.	(518) 346-3400
	Hampton Inn	450 State St.	(518) 377-4500
	The Parker Inn & Suites	434 State St.	(518) 688-1001
	The Inn at Glen Sanders	1 Glen Ave.	(518) 374-7262
	DoubleTree Schenectady	100 Nott Terrace	(518) 393-4141
	Courtyard Mohawk Harbor	240 Harborside Dr.	(518) 579-6620
Albany	Hampton Inn & Suites	25 Chapel St.	(518) 432-7000
	Morgan State House B&B	393 State St.	(518) 427-6063

City/Town	Motel/Hotel	Address	Phone
Albany	State Street Mansion	281 State St.	(518) 462-6780
	Hilton Albany	40 Lodge St.	(518) 462-6611
	Fairfield Inn & Suites	74 State St.	(518) 434-7410
	Holiday Inn Express	300 Broadway	(518) 434-4111
	Renaissance Albany	144 State St.	(518) 992-2500
	TownePlace Suites	22 Holland Ave.	(518) 860-1500
	Hilton Garden Inn	62 New Scotland Ave.	(518) 396-3500
	Washington Park Inn	634 Madison Ave.	(518) 225-4567
Albany Airport	Albany Airport Courtyard	168 Wolf Rd.	(518) 422-8800
	Albany Marriott	189 Wolf Rd.	(518) 458-8444
	Hilton Garden Inn	800 Albany Shaker Rd.	(518) 464-6666
	Radisson Hotel Albany	205 Wolf Rd.	(518) 458-7250
	The Desmond Hotel	660 Albany Shaker Rd.	(518) 869-8100
	Hotel Indigo	254 Old Wolf Rd.	(518) 869-9100
	Best Western	200 Wolf Rd.	(518) 458-1000
	Hampton Inn Wolf Road	10 Ulenski Dr.	(518) 438-2822
	Comfort Inn & Suites Airport	16 Wolf Rd.	(518) 459-3600
	Red Roof Inn, Albany Airport	188 Wolf Rd.	(518) 459-1971
	Homewood Suites	216 Wolf Rd.	(518) 438-4300

COMFY CAMPERS

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 6. 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)

COMFY CAMPERS LLC

RIDE HARD

Sleep Soft



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:

- ___ Standard Tent (1 Person, Single Air Mattress) - \$424.00
- ___ Standard Tent (2 People, Double Air Mattress) - \$544.00
- ___ Standard Tent (2 People, 2 Single Air Mattresses) - \$568.00
- ___ Deluxe Tent (1 Person, Single Air Mattress) - \$560.00
- ___ Deluxe Tent (2 People, 2 Single Air Mattresses) - \$704.00
- ___ Deluxe 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 or signup online at comfycampers.info

Refund Policy: A 10% cancellation 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.

BIKE SHIPPING FORM—ALBANY

If you are shipping your bike to Downtube Bicycle Works in Albany, you must fill out this form and attach it to your bicycle. Unless you have made previous arrangements with the shop, you must attach payment.

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 **\$50.00**.
 Add **\$35.00** to include a tune up. Downtube will contact me if repairs above that amount are needed.

Please Note: Riders must call or email Downtube at (518) 434-1711 or downtubecustomerservice@gmail.com in advance to arrange delivery. Please be prepared to provide the make and model of your bike and estimated date of delivery. **Downtube must receive your bike by Friday, June 29.**

**Mail to: Downtube Bicycle Works, Attn. Cycle the Erie Canal,
466 Madison Avenue, Albany, NY 12208**

BIKE SHIPPING FORM—BUFFALO

If you are shipping your bike to Rick Cycle Shop in Buffalo, you must fill out this form and attach it to your bicycle. Unless you have made previous arrangements with the shop, you must attach payment.

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.
- I need my bicycle box transported to Albany (ride finish) by Cycle the Erie Canal luggage trucks (for an additional fee of \$20).

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 Wednesday, June 26.**

**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 to your registration, fill out an [addition form](https://www.ptny.org/application/files/1215/4523/0635/Erie-Canal-SHUTTLE-Addition-Form.pdf) (https://www.ptny.org/application/files/1215/4523/0635/Erie-Canal-SHUTTLE-Addition-Form.pdf) or call Parks & Trails New York at (518) 434-1583. To order official merchandise, visit <https://www.ptny.org/official-bike-tour>.

CANCELLATIONS

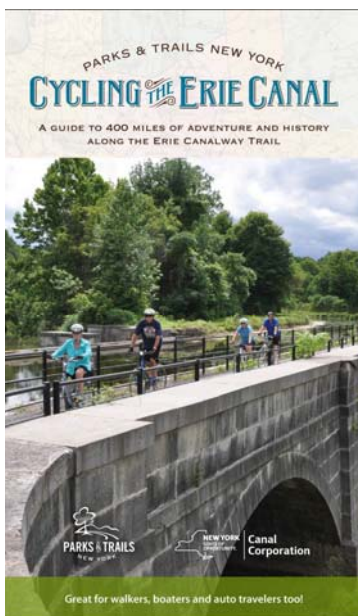
If you need to cancel your registration, fill out a [cancellation form](https://www.ptny.org/application/files/8815/4523/0645/Erie-Canal-SHUTTLE-Cancellation-Form.pdf) (https://www.ptny.org/application/files/8815/4523/0645/Erie-Canal-SHUTTLE-Cancellation-Form.pdf)

CANCELLATION POLICY

Refunds, less a cancellation fee, will be issued with a **written request** if received on or before **June 20**. After June 20, only credits for future tours will be issued, less a cancellation fee, with a **written request** if received by **July 1**. Unfortunately, we cannot offer refunds for jersey orders or shuttle reservations after **June 20**.

Before June 8	On June 8
Shuttle cancellation fee - \$10/rider	Shuttle cancellation fee - \$15/rider
8-day rider cancellation fee - \$100/rider	8-day rider cancellation fee - \$150/rider
4-day rider cancellation fee - \$50/rider	4-day rider cancellation fee - \$75/rider
2-day rider cancellation fee - \$25/rider	2-day rider cancellation fee - \$25/rider

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/official-bike-tour, or call (518) 434-1583, and we'll send your guidebook in the mail. The cost of the guidebook is \$24.95 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

- 152 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
- Companion online interactive Erie Canalway Trail map at ptny.org/cycle-the-erie-canal/trail-map

CYCLE THE ERIE CANAL JERSEY



The Cycle the Erie Canal jerseys are the perfect way to celebrate your Erie Canal adventure!

Visit <http://www.ptny.org/official-bike-tour> , or call (518) 434-1583 to reserve yours today.

Please order by April 30 to guarantee a jersey in your size!

SOCIAL MEDIA ON THE TOUR

During the tour we are encouraging riders and ride supporters to post ride updates and images to their social media networks and to include the **#CycleTheErie** hashtag to help share your story with an audience beyond your social media followers.

For the uninitiated, a hashtag is word or phrase preceded by a hash mark (#) and is used within a message to identify a keyword or topic of interest and facilitate a search for it. In our case, it's the Cycle the Erie Canal bike tour. Using a hashtag in a social post is as simple as adding the '#' sign before a single word or phrase *without spaces or punctuation* (numbers are okay), for example, **#CycleTheErie**. Whenever a user adds a hashtag to their post, it is immediately indexed by the social network and searchable by other users. Once someone clicks on that hashtag, they'll be brought to a page that aggregates all of the posts with the same hashtagged keyword in real-time.

You can also "tag" Parks & Trails New York and the Erie Canalway Trail in your updates by adding the following names before you send your post. Tags allow us to share your photos and memories to all of our followers!



Instagram
@parkstrailsny



Facebook
@parksandtrailsny
@eriecanalwaytrail



Twitter
@PTNY
@cycletheerie

TOURISM PROMOTION SPONSORS

For more information about lodging, restaurant, and attractions along the route, please visit the websites of our tourism promotion sponsors:



Orleans County
orleanscountytourism.com



Visit Rochester
visitrochester.com



Wayne County
waynecountytourism.com



Seneca County
fingerlakesgateway.com/



Visit Syracuse
visitsyracuse.com



Madison County
madisontourism.com



Oneida County
oneidacountytourism.com



Montgomery County
visitmontgomerycountyny.com



Schenectady County
visitschenectady.com



Cayuga County
tourcayuga.com



Albany County
albany.org

QUESTIONS?

CONTACT PARKS & TRAILS NEW YORK

If there is anything else you would like to know about Cycle the Erie Canal 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!

CONNECT WITH FELLOW RIDERS

We encourage you to connect with other riders about training and packing for the tour on our Facebook event page. To sign up, visit the shortened URL: <https://goo.gl/ReuzEa>