

20 MILE ROUTE

"Ellicott Creek Ride"

REST STOPS

- 8. Ellicott Creek Park, Shelter No. 15
Host: West Herr
- 9. Niawanda Parking Lot, Section D
Host: DuPont

SPONSORED BY:



Day-of-Ride Communications: 716-THE-RIDE (843-7433)
IN CASE OF SERIOUS INJURY: CALL 911

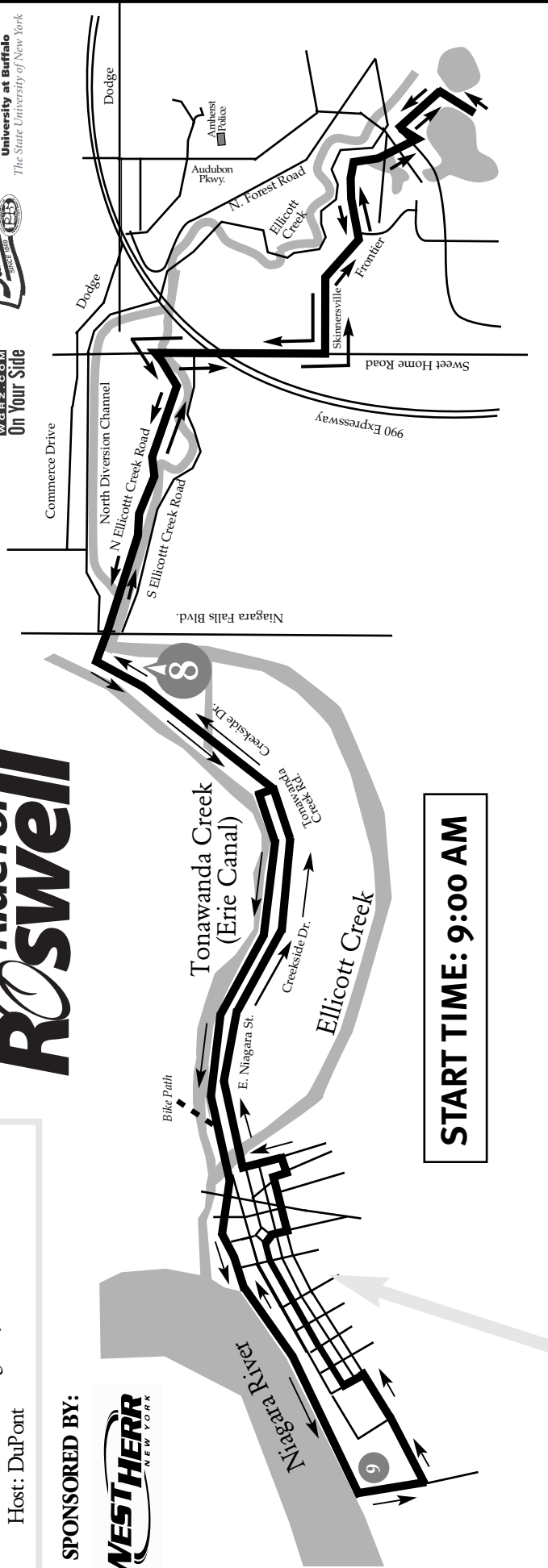
PRESENTED BY



SUPPORTING SPONSORS



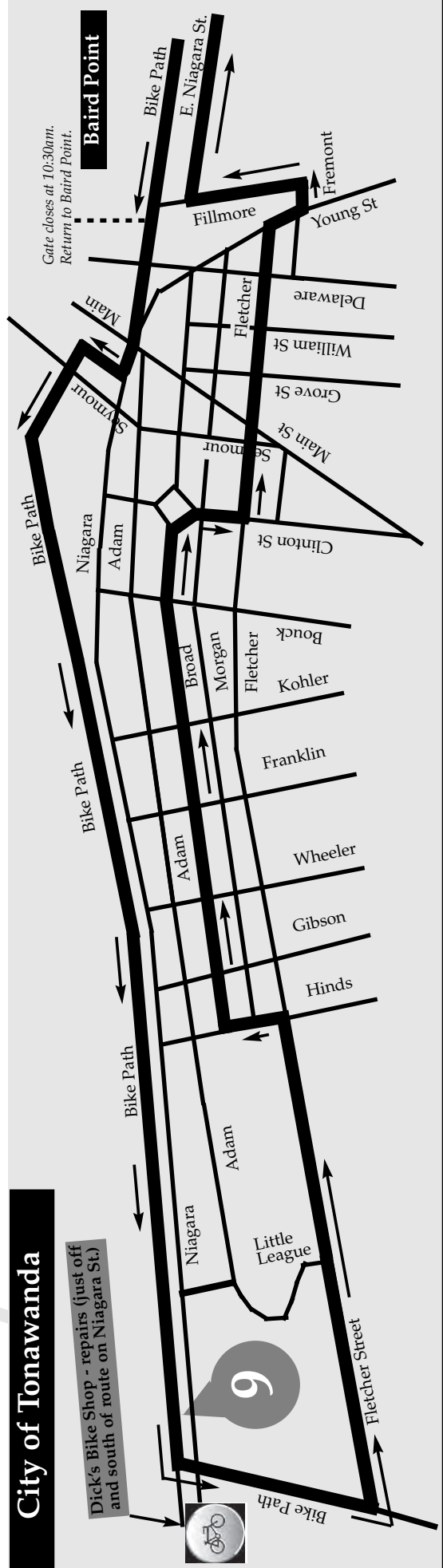
University at Buffalo
The State University of New York



START TIME: 9:00 AM

City of Tonawanda

Dick's Bike Shop - repairs (just off and south of route on Niagara St.)



KEY
L = Left
R = Right
X = Cross
S = Straight

THE RIDE FOR ROSWELL

20 Mile Route (Actual Mileage: 18.3 miles)



<u>Miles</u>		<u>Instructions</u>	<u>Miles</u>		<u>Instructions</u>
0.0		Start-St. Rita's Lane - Baird Pt.	10.5	R	Clinton
0.2	L	Frontier	10.6	L	Fletcher
0.4	X	J J Audubon Pkwy	10.7	X	Seymour / Main
1.0	R	Skinnerville	11.0	X	Delaware
1.2	L	Skinnerville	11.1	R	Young
1.6	R	Sweet Home	11.2	L	Fremont
		<i>Cross to opposite side and ride along coned section of shoulder.</i>	11.3	L	Fillmore
2.3	L	North Ellicott Creek	11.6	R	East Niagara – becomes Creekside
3.6	X	Cross Niagara Falls Blvd.	13.8	R	Ellicott Creek Park Road
3.8	S	Ellicott Creek Park Road	13.9 R REST STOP		Ellicott Creek Park, Shelter 15
4.4	L	Creekside – becomes East Niagara			Host: West Herr
5.6	R	Canalway Trail Bike Path – slower riders	14.6	X	Cross Niagara Falls Blvd.
6.8	R	<i>All riders merge on to bike path before bridge</i>			<i>CAUTION: Merge with riders from 8-mile route</i>
7.0	X	Main, down Niagara	14.6	S	North Ellicott Creek
7.1	R	On to Niawanda Bike Path	15.9	R	Sweet Home
		<i>Please be considerate. Be careful passing other riders, pedestrians, and bladers. Don't take up the whole path. Let others pass you on the left.</i>	16.6	L	Skinnerville
8.3	L	REST STOP	17.0	R	Frontier
		Niawanda Park, Section D		X	Audubon
		Host: DuPont		S	Frontier
8.4	L/X	Left on bike path, cross Niagara Street and on to Two Mile Creek Bike Path	18.1	R	St. Rita's Lane – <i>Smell those hot dogs!!!</i>
		(Note: Dick's Cycle Shop is just off the route on Niagara St. and can provide repairs.)	18.3		Finish
8.9	L	Fletcher			
9.5	L	Hinds			
9.6	R	Broad			

CONGRATULATIONS! ENJOY THE REST OF THE DAY'S EVENTS!

CYCLE SAFETY!

- Wear your helmet
- Obey all traffic signs
- Ride single file on busy roads
- Be careful making left turns

Ride Communications
716-THE-RIDE (843-7433)

DON'T FORGET THE PARTY!

To thank you for your participation in The Ride For Roswell, The Roswell Park Alliance wants you to join us for the post-ride picnic and party at Baird Point. See you there!

IN CASE OF A SERIOUS INJURY, CALL 911 AND:

- Stay by the injured person and send someone for help. Have them flag down a Riding Marshal (green vest) or alert the nearest Route Guide (also green vest).
- Do not move the injured rider. Stabilize and cover the rider if necessary.
- Keep witnesses, family and friends of the injured rider at the scene.
- Ask other riders to keep moving on and to inform volunteers and staff up ahead if necessary.