

30 MILE ROUTE

"Niagara River Ride"

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

START TIME: 8:00 AM

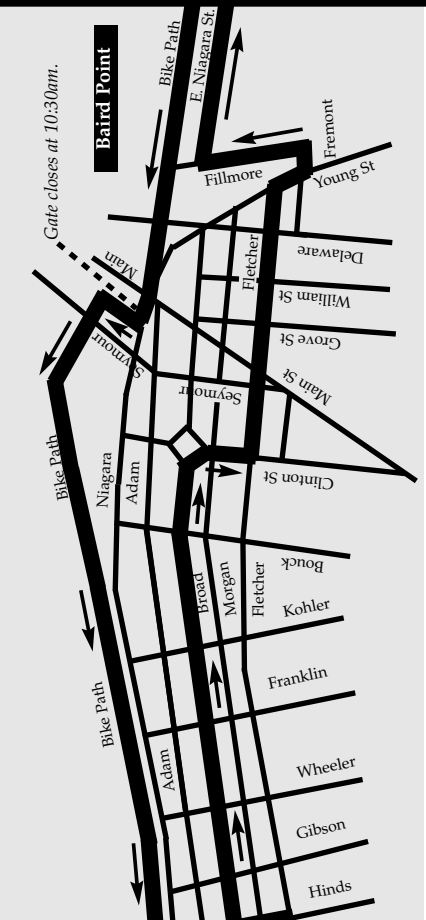
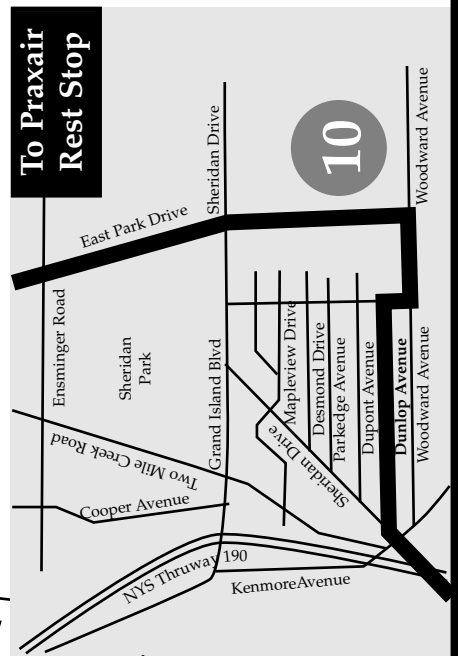
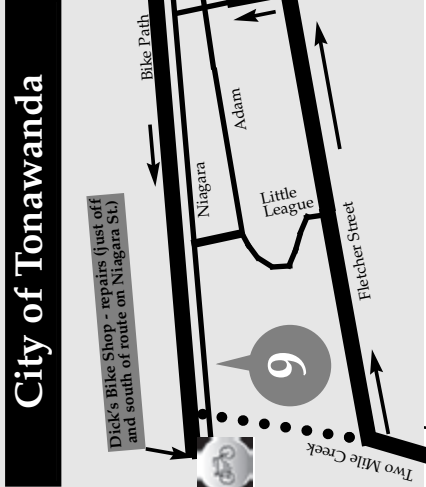
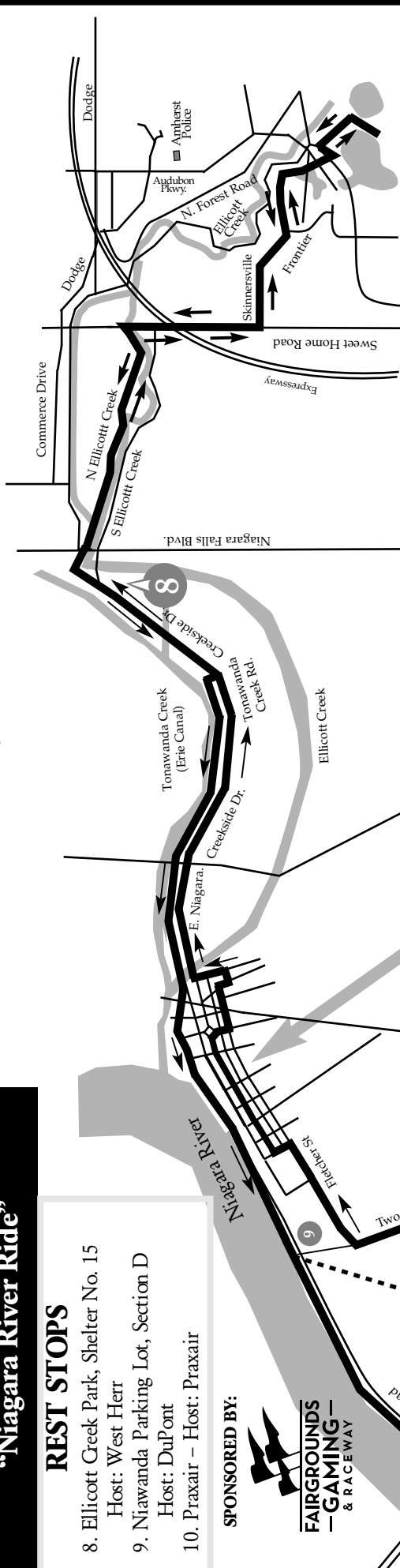
REST STOPS

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

SPONSORED BY:



**FAIRGROUNDS
 - GAMING -
 & RACEWAY**



PRESENTED BY

Wegmans

SUPPORTING SPONSORS

PRAXAIR

WEGMANS
 On Your Side

Sabre's
 PROFESSIONAL

University at Buffalo
 The State University of New York

Gate closes at 9:30am.
 Follow 20-mile route.

Gate closes at 10:00am.
 Turn onto Sheridan.

Gate closes at 10:30am.

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

THE RIDE FOR ROSWELL

River 30-mile Route (Actual Mileage: 29.0 miles)



<u>Total Miles / Leg</u>	<u>Instructions</u>	<u>Total Miles / Leg</u>	<u>Instructions</u>
0.0	Start-St. Rita's Lane - Baird Pt.	18.1	R REST STOP – Praxair, hosted by Praxair
0.2	L Frontier	18.6	X Sheridan
0.4	X J J Audubon Pkwy	19.1	X Ensminger
1.0	R Skinnersville	19.5	L Two Mile Creek Bike Path
1.2	L Skinnersville	20.4	R Fletcher
1.6	R Sweet Home		CAUTION: Merge with riders from 20-mile route
	Cross to opposite side and ride along coned section of shoulder.	21.0	L Hinds
2.3	L North Ellicott Creek	21.1	R Broad
3.6	X Cross Niagara Falls Blvd.	22.0	R Clinton
3.8	S Ellicott Creek Park Road	22.1	L Fletcher
4.4	L Creekside – becomes East Niagara	22.2	X Seymour / Main
5.6	R Canalway Trail Bike Path – slower riders	22.6	R Young
6.8	R All riders merge on to bike path before bridge	22.7	L Fremont
7.0	X Main, down Niagara	22.8	L Fillmore
7.1	R On to Niawanda Bike Path	23.1	R East Niagara – becomes Creekside
	Please be considerate. Be careful passing other riders, pedestrians, and bladers.	24.5	R Ellicott Creek Park Road
	Don't take up the whole path.	24.6	R REST STOP
	Let others pass you on the left.		Ellicott Creek Park, Shelter 15
8.3	L REST STOP	25.3	X Cross Niagara Falls Blvd.
	Niawanda Park, Section D		CAUTION: Merge with riders from 8-mile route
	Host: DuPont		S North Ellicott Creek
	(Note: Dick's Cycle Shop is just off the route on Niagara St. and can provide repairs.)	26.6	R Sweet Home
	S Continue on bike path through Isle View Park		Ride along coned section of shoulder.
12.8	X Sheridan (short cut if desired)	27.3	L Skinnersville
14.6	S Ontario Street Park – continue on path on right	27.7	R Frontier
14.7	L Niagara Street		X Audubon
16.3	R Sheridan		S Frontier
17.2	R Dunlop	28.8	R St. Rita's Lane – <i>Smell those hot dogs!!!</i>
17.7	R Riverview	29.0	Finish
17.9	L Woodward		CONGRATULATIONS! ENJOY THE REST OF THE DAY'S EVENTS!
18.0	L Praxair Rear Gate		

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.