

PRESENTED BY
Wegmans

SUPPORTING SPONSORS



University at Buffalo
The State University of New York

SPONSORED BY:



BlueCross BlueShield
of Western New York

Community Blue • Traditional Blue

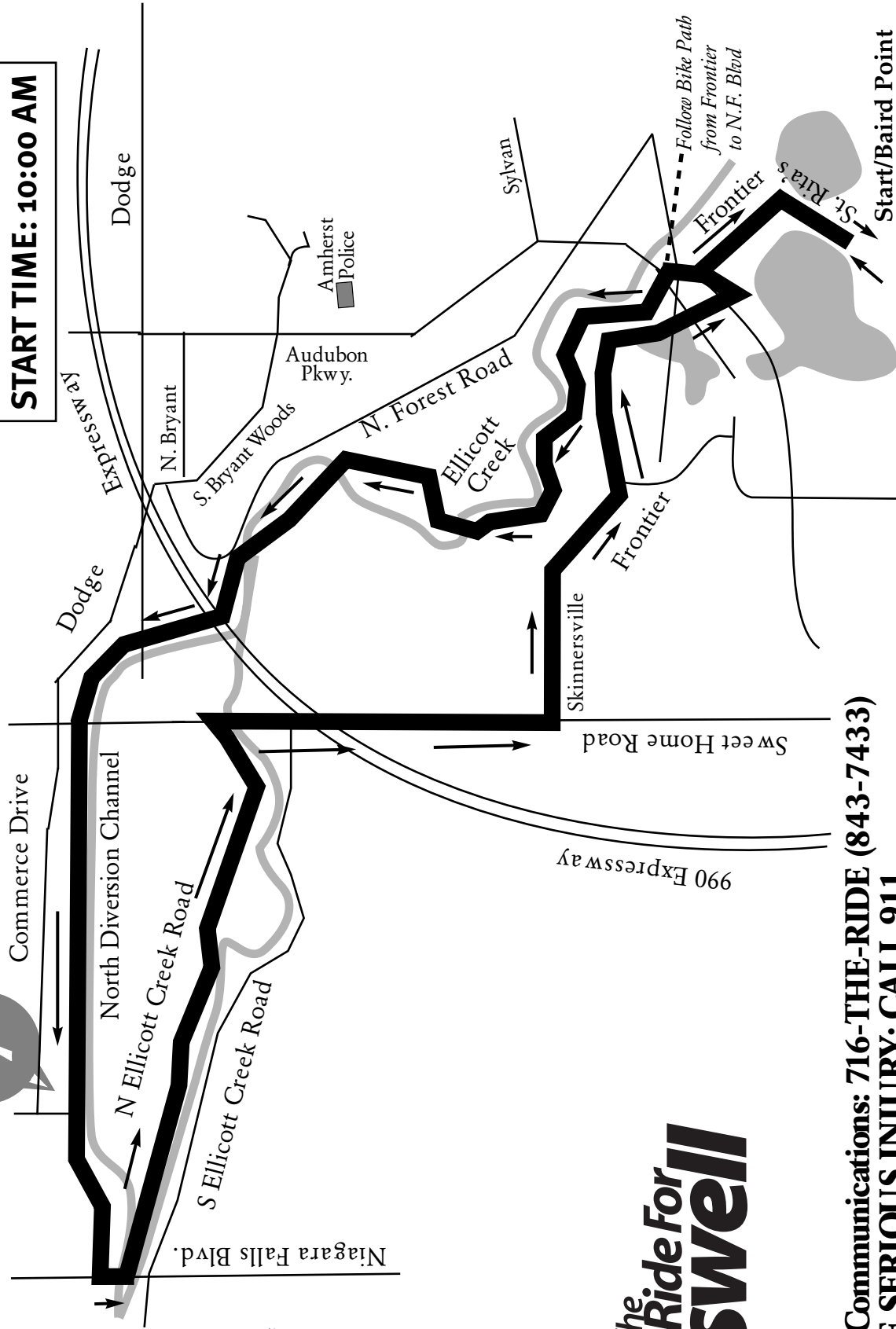
8 MILE ROUTE

"Amherst Ride"

REST STOP

7. Medical Management Services
Host: BCBS of WNY

START TIME: 10:00 AM



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

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

THE RIDE FOR ROSWELL

8 Mile Route (Actual Mileage: 7.3 miles)



<u>Miles</u>	<u>Instructions</u>	<u>Miles</u>	<u>Instructions</u>
0.0	Start – Baird Point	4.8	R Sweet Home
0.1	L Frontier		<i>Ride along coned section of</i>
0.3	R Bike Path -		<i>shoulder.</i>
	<i>Please be considerate.</i>	5.5	L Skinnersville
	<i>Be careful passing other</i>	5.8	R Frontier
	<i>riders, pedestrians and</i>		X Audubon
	<i>rollerbladers. Don't take</i>	6.9	S Frontier
	<i>up the whole path -</i>		<i>– Smell those hot dogs!!!</i>
	<i>let others pass you on the left.</i>	7.1	R St. Rita's Lane
3.3	REST STOP	7.3	Finish
	Medical Management		
	Services.		
	Host: BlueCross BlueShield		
3.5	L Niagara Falls Blvd. -		
	use sidewalk		
3.5	L North Ellicott Creek		
	<i>CAUTION: Merge with riders</i>		
	<i>from 30 and 20-mile routes</i>		

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.