

# An Amazing Adirondack Adventure 2010

## Rider Information

July 17-24

### Start/Finish:

Our start finish is in Elizabethtown, NY at the Elizabethtown Central School 7530 Court St., 12932

### Upon arrival:

If you arrive Saturday it is during ETown's "**Town Days**"! There will be food, festivities all day and fireworks that evening. Camping and showers are available at the school beginning Saturday at 2:30 pm. Parking will be coned off for us on the South Side parking lot. (No alcohol consumption allowed on school property)

**Registration:** Saturday 3-5 pm and Sunday 8-10 and 1-4 pm

**Car Parking:** Provided all week at the school-IN DESIGNATED LOCATIONS ONLY

### Meals Provided 4 Dinners & 4 Breakfasts:

Sunday-Dinner	Monday-Breakfast	Tuesday-On Your Own	Wed.-Dinner
Thursday-Breakfast and Dinner		Friday-Breakfast and Dinner	Saturday-Breakfast

### Optional Activities:

Hiking-Sign up at registration if you would like to participate in a hike to Cascade Mountain. The hike will be Tuesday, leaving early (approx 7 a.m.) Usually back by mid-afternoon. There is no fee. This is a fairly strenuous hike. John Lawler will provide more information Sunday evening. On the day of the hike will shuttle you to the trailhead (7 miles away). This hike is scheduled for our lay-over day in Lake Placid.

KAYAK/CANOE TRIP-Visit [www.adirondackoutfitters.com](http://www.adirondackoutfitters.com) to see the different trips they offer. You will make your own arrangements, just let them know you are with In Motion Events. Book your trip for Wednesday, July 21. You will ride 12 miles from Lake Placid to Saranac Lake (our overnite) and leave your bicycles where we are staying-North Country Community College-we will have a staff person there by 9 am to watch everything. The outfitters are a short 1/2 mile walk from the College and they will take you from there. If you are booking a half-day trip the latest you would want to leave would be between 11 and 12.

### To Call/Contact for Information prior to ride:

Al's Cell 607-423-2769      April's Cell 315-406-6213    e-mail: [inmotionevents@aol.com](mailto:inmotionevents@aol.com)

### Emergency Contact during the Adirondack Ride:

Tour Leaders	Site Supervisor Deanna Rizzo	Route Supervisor John Lawler
	Sprint service 1-716-316-1028	Will be given out at registration

For emergency contact: Family/Friends can contact In Motion at 315-406-6213 or 607-423-2769

*We will not be on tour, but can assist in contacting the tour leaders or family.*

### First Three Days Schedule:

Saturday	2:30 & On 3-5	Camping/Showers Open Registration
Sunday	8-10 1-4 5-6:30 6	Registration/Out and Back Rides Start Registration Dinner Group Meeting/Entertainment follows
Monday	6-8 am	Breakfast-leave on your own anytime

**Group Photo-Look at registration for posted day/time of group photo**

## Tour Information Adirondack Adventure 2010-Continued

### BICYCLES

Any brand or kind is fine as long as it's in good condition and tuned up. It doesn't make any sense to spend the time and money to go on a tour only to have it cut short because of major mechanical problems. We're often asked if mountain bikes are okay. Sure, as long as they are prepared for road riding. Slick road tires, rather than knobbies.

### BAGGAGE

Riders are responsible for loading their own baggage. Please remember this when deciding what you want to bring. The rider must carry personal items needed during the day's ride, as they are not accessible enroute. Be sure to have your luggage tagged and easily identifiable. It is highly recommended that you line your duffel with a plastic bag or use a waterproof duffel to ensure none of your gear gets wet.

### SAG VANS

SAG vans will constantly patrol to provide assistance to riders who have mechanical or physical problems. They will carry water, limited first aid supplies and tire pumps. Riders who are "sagged" must be aware that the drivers have obligations to the route and cannot always take them directly to overnight.

### CAMPTEL

Visit [www.comfycampers.net](http://www.comfycampers.net) if you would like tent/towel or coffee service during the week  
Towels and coffee service will be available to sign up for at registration on Sunday afternoon with Comfy Campers.

**INSECTS**-Please bring insect repellent with you, we camp in rural campgrounds several nights.

### List of Overnites: (All in New York State)

Sat/Sun	July 17-18	Elizabeth Town Central School	Elizabethtown
Monday/Tuesday	July 19 & 20	Lake Placid Horse Show Grounds	Lake Placid
Wednesday	July 21	North Country Comm. College	Saranac Lake
Thursday	July 22	Indian Lake Byron Town Park	Indian Lake
Friday	July 23	Olmsteadville Central School	Olmsteadville

### FINAL NOTE!

Please enjoy and stay safe. Better to look "uncool" than to be "unsafe". Have the courage to say something to fellow cyclists if you see unsafe acts or actions that create tension between motorists and cyclists. Let people know how you feel about safety and having fun at the same time.

In Motion encourages bright colors while riding

Make sure your helmet is adjusted where it would protect you in an accident (chin strap not dangling)

Know how to ride safely in villages and towns. (Stop signs, turn lanes, etc.)

Riders must abide by NY State Bicycle Traffic Laws-some common laws we see cyclists breaking

Riding side by side when car is approaching or passing-law states single file only

Not Signaling when Stopping or turning

**So enough of the negative stuff. Get ready to ride and have a good time!**