

Emergency Contact & Release of Liability Form

FLCC Young People's Bicycle Tour -- Erie Canal Central -- June 22-23, 2013

**Mail this form along with \$15 per person (\$45 per family maximum),
plus any additional voluntary contribution,
checks made out to "Finger Lakes Cycling Club" or "FLCC" mail to:
Steven Powell, 10 Dove Drive, Ithaca, NY 14850**

Names & ages of rider or riders in family:

Name_____	Age_____	M/F_____
Name_____	Age_____	M/F_____
Name_____	Age_____	M/F_____
Name_____	Age_____	M/F_____
Name_____	Age_____	M/F_____

Address_____

City, State, Zip_____E-mail_____

Phone_____Cellphone(if bringing on trip)_____

Emergency Contact(not on trip)_____Relationship_____

Day Phone_____Evening Phone_____

Any food restrictions (vegetarian, allergies, etc)?_____

Any medical conditions that might be relevant to cycling or camping
(explain)?_____

Release of Liability

I accept responsibility for the condition of my bicycle and agree to the wearing of a helmet at all times while bicycling on this trip. I do hereby waive for myself, my heirs, executors, administrators and assigns all claims and rights for damages I might have against the Finger Lakes Cycling Club, its agents, representatives and assigns for any and all injuries suffered by me, including death, or for damage to bicycle or other personal property, while participating in any races, tours, or other activities organized by the Finger Lakes Cycling Club. This pertains to travel to and from the starting point of all such activities. I further certify that I have no physical defects or weaknesses that might make participation in these activities harmful to me.

Signature (18 or over)_____Date_____

Signature (18 or over)_____Date_____

Minor Release: In addition to the above agreement, I, the minor's parent and/or legal guardian, understand the nature of bicycling activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity. This applies to all minors listed above.

Parent/Guardian Signature (for participants under 18)_____

Print Name _____

Date _____

Where to Meet / What to Bring / Food / Contact Info

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Meeting Place

We will meet in the parking lot behind the Bicycle Outfitters bike shop behind Main Street (between Erie St & King St) in Brockport at **9:00 am on Saturday morning**. Overnight parking is allowed in the parking lot. See separate sheet for a map of the parking lot and driving directions from Ithaca. It is a 2 hour 15 min trip from downtown Ithaca, so plan on leaving Ithaca no later than 6:45 am on Saturday morning. It will take a few minutes to get our bikes unloaded, camping gear settled, and take a group photo. Our goal is to start biking by 9:30 am. (FYI, there is a nearby Erie Canal Welcome Center with restrooms & water – see separate map).

What to Bring

Required: A bicycle, helmet, sleeping bag, rain gear (jacket or poncho), small duffel bag with change of clothes and toiletries and a small towel, some money for ice cream or extra snacks. A tent for you or your family is also required, although we will have a 6-person "boys tent" and a separate 6-person "girls tent" available for kids and an adult chaperone.

Optional: A swim suit, bike lock, a spare tube, a basic mess kit (cup, bowl, fork, spoon, but we will have some disposable items if you don't bring these), a small bag on your bike to carry small items (such as rain gear, money, snacks), or a small daypack or fanny pack. Avoid carrying a large backpack -- it may hurt your back and make you unstable as you bike. Consider installing a rack on your bike along with packs (panniers) to carry some of your camping gear. ****New for 2013**** the club has a large quantity of loaner bike panniers that mount to most any rear rack to help get you started -- these are suitable for both kids and adult bikes. You can use them for free during the tour, and if you would like to keep them, then you pay the club \$10 each (\$20/pair). Please let Steven Powell <sp35@cornell.edu> know if you would like a pair of loaner panniers and we can make arrangements to get them to you in advance of the trip so that you can try them out.

Note

We will have vehicles available to transport anything that you can not fit on your bike. Try to limit this to a sleeping bag, a small duffel bag, and a tent.

Food

We will provide a pasta dinner on Saturday night at the campground, and cereal breakfast on Sunday morning. We will also provide lunchtime sandwiches on Saturday and Sunday. Snacks and water at rest stops on Saturday and Sunday will also be provided.

Routine Contact -- before the trip

We've set up a mailing list to communicate about anything to do with the trip. This list will reach everyone who has signed up for the trip, so it's more reliable than personal lists. To post to the list, send your email to: <erie2013@flcycling.org> . You can also send email directly to Steven Powell <sp35@cornell.edu> .

Emergency Contact Information -- during the trip

Everyone must fill out an emergency contact sheet (mail to: Steven Powell, 10 Dove Drive, Ithaca, NY 14850). We will share cellphone numbers for the adult chaperones before the trip begins. The cellphone numbers for the tour leaders: Saturday leader: Steven Powell 607-227-8421, Sunday leader: Rob Ferguson 607-279-1597.

Trip Cost & FLCC Membership

\$15 per person (\$45 per family maximum) which includes camping, rest stop snacks, Saturday lunch, Saturday dinner, Sunday breakfast, Sunday lunch, and admission to the indoor pool and hot showers at the Perinton Community Center. Please note that to participate in this bike tour (and any other FLCC organized bike tour) we require everyone to be a FLCC member. Joining is easy, go to: <http://tinyurl.com/FLCCmembership> . The cost is \$10 for an individual membership, or \$12 for a family membership. These funds are used to support all of the club's activities and club insurance. The FLCC provides a generous subsidy to help make this trip possible, as the total per person cost of the tour is approximately \$30. If you would like to make an additional voluntary contribution (any amount is appreciated), then include that along with your trip fee. Thanks.

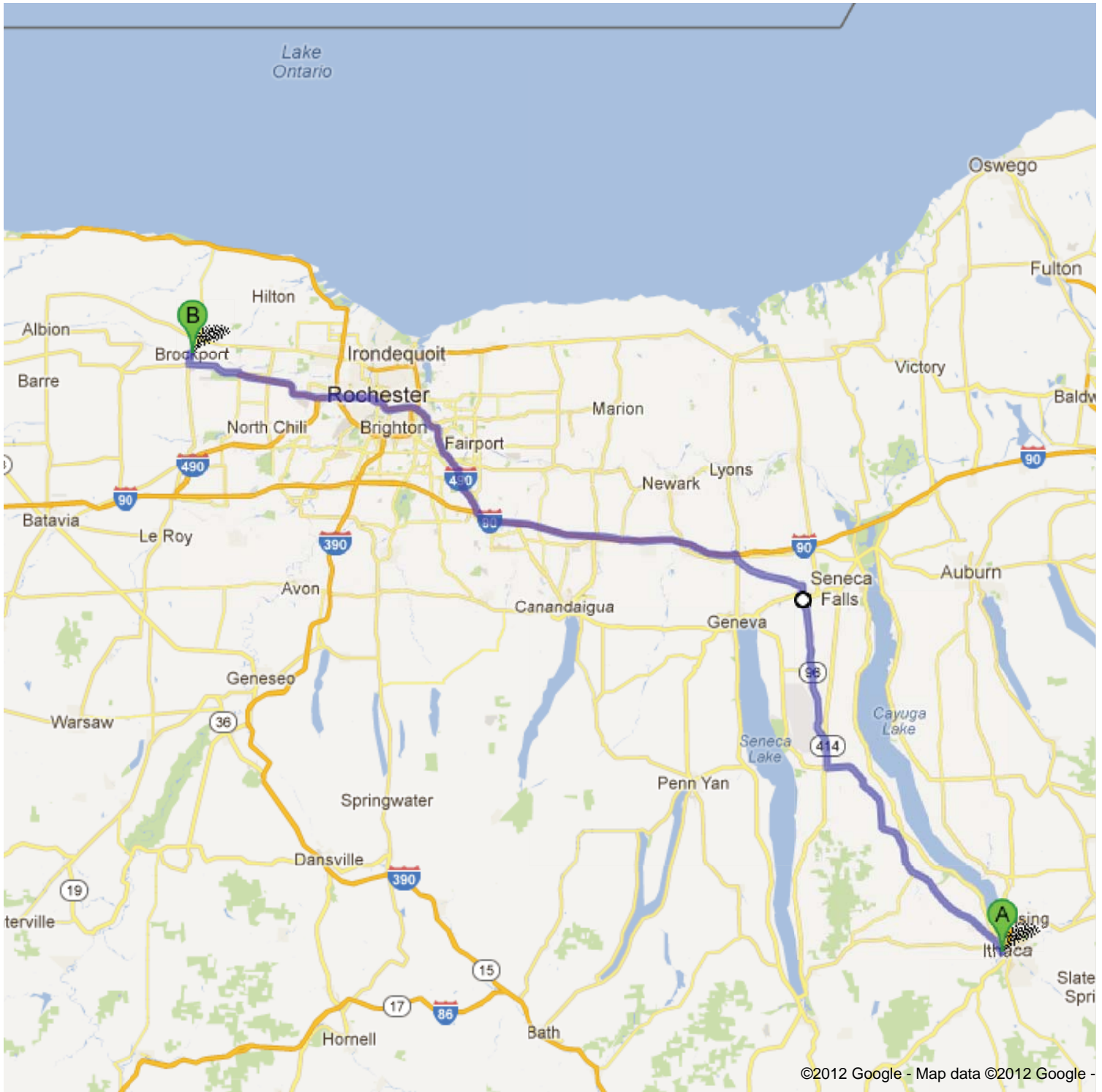
Volunteers Needed

Please contact Steven Powell <sp35@cornell.edu> if you have a car or mini-van and can help staff the rest stops or transport camping gear. You'll get free camping, swimming, meals, and a big thank you. Perhaps a non-biking spouse or friend or neighbor could volunteer?

Driving Directions -- Ithaca to Brockport Meeting Place



















107 mi – about 2 hours 8 mins



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Cliff St

- | | | |
|--|--|-----------------------------|
|  | 1. Head north on NY-96 N/Cliff St toward Vinegar Hill
Continue to follow NY-96 N
About 30 mins | go 24.8 mi
total 24.8 mi |
|  | 2. Turn right to stay on NY-96 N
About 19 mins | go 15.7 mi
total 40.4 mi |
|  | 3. Turn right onto County Rd 117/W River St | go 325 ft
total 40.5 mi |
|  | 4. Turn left onto Washington St
About 2 mins | go 0.3 mi
total 40.8 mi |
| | 5. Continue onto S Virginia St
About 2 mins | go 0.9 mi
total 41.7 mi |
|  | 6. Turn left onto NY-96 N/N Rd
Continue to follow NY-96 N
About 8 mins | go 6.2 mi
total 47.8 mi |
|  | 7. Slight right onto the NY-14 N ramp | go 0.3 mi
total 48.1 mi |
|  | 8. Turn right onto NY-14 N/New York State Bicycle Route 14 | go 0.2 mi
total 48.3 mi |
|  | 9. Turn left onto NY-318 W
Toll road | go 0.2 mi
total 48.5 mi |
|  | 10. Keep left at the fork, follow signs for Buffalo/Interstate 90 W and merge onto I-90 W
Toll road
About 25 mins | go 24.0 mi
total 72.4 mi |
|  | 11. Take exit 45 to merge onto I-490 W toward Rochester
Partial toll road
About 21 mins | go 20.4 mi
total 92.9 mi |
|  | 12. Take the exit onto NY-531 W toward Spencerport/Brockport
About 8 mins | go 7.9 mi
total 101 mi |
|  | 13. Turn right onto NY-36 N/Washington St | go 0.1 mi
total 101 mi |
|  | 14. Take the 1st left onto NY-31 W/Brockport Spencerport Rd
About 8 mins | go 4.7 mi
total 106 mi |
|  | 15. Turn right onto NY-19 N/Lake Rd/New York State Bicycle Route 19
Continue to follow NY-19 N/New York State Bicycle Route 19
About 2 mins | go 1.1 mi
total 107 mi |
|  | 16. Turn left onto Erie St Parking lot will be on your right
About 1 min | go 246 ft
total 107 mi |


Erie St

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.

Map data ©2012 Google

Directions weren't right? Please find your route on maps.google.com and click "Report a problem" at the bottom left.

Brockport Parking & Meeting Place Detail



2013 FLCC Young People's Bicycle Tour -- Erie Canal Central -- Bicycling Route



Notes:

1. Riding will be on the Erie Canal Towpath Trail.
2. The Sunday riding will follow the exact route back to Brockport.
3. Detailed maps & cue sheets & cellphone numbers will be handed out to everyone at the starting place.

