

## Emergency Contact & Release of Liability Form

FLCC Young People's Bicycle Tour -- Pine Creek Trail -- June 21-22, 2014

**Mail this form along with \$35 per person**

**Make check out to "Finger Lakes Cycling Club" or "FLCC" mail to:**

Ted Caldwell, 202 Muriel Street, Ithaca, NY 14850

Names & ages of rider or riders in family:

Name _____	Age _____	M/F _____	Saturday Volunteer _____	Sunday Volunteer _____
Name _____	Age _____	M/F _____	Saturday Volunteer _____	Sunday Volunteer _____
Name _____	Age _____	M/F _____	If you checked one of the above volunteer	
Name _____	Age _____	M/F _____	boxes, then do you have a vehicle to use	
Name _____	Age _____	M/F _____	with your volunteer assignment? <u>Yes</u> or <u>No</u>	
Volunteer position preference (circle):				
<u>Rest stop</u> , <u>Lunch stop</u> , <u>Campground</u> , <u>Truck</u>				

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

### FLCC Young People's Bicycle Tour -- Pine Creek Trail -- June 21-22, 2014

#### **Meeting Place**

We will meet in the parking lot at the trailhead of the Pine Creek rail-trail about 3 miles north of Wellsboro, PA at 10:00 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 1 hour 30 min trip from downtown Ithaca, so plan on leaving Ithaca no later than 8:30 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 10:30 am. (FYI, there is a nearby farm stand/convenience store with a flush toilet).

#### **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 and your family is also required, although we will have a 6-person "boys tent" and a separate 6-person "girls tent" available for teenage kids and adult chaperones. You will also need a small bag on your bike to carry the sack lunches that we will handout at the start. Alternatively, you may use a small daypack or fanny pack for these items, but please avoid carrying a large backpack -- it may hurt your back and make you unstable as you bike.

**Optional:** A swim suit, bike lock, a spare tube, patch kit, small pump, a basic mess kit (cup, bowl, fork, spoon, but we will have disposable items if you don't bring these). Consider installing a rack on your bike along with packs to carry some of your camping gear. The club has a large quantity of loaner bike panniers called "Donkey Boxxes" 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 a vehicle 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 warm dinner on Saturday night at the campground, and cereal breakfast on Sunday morning. We will also provide sack lunches with sandwiches on Saturday and Sunday for you to carry on your bikes. Snacks and water at rest stops on Saturday and Sunday will also be provided.

#### **Routine Contact/Questions -- before the trip**

We've set up a mailing list to answer questions and communicate about anything to do with the trip. This list will reach the organizers and everyone who has signed up for the trip. To post to the list, send an email to: <pinecreek2014@flcycling.org>. You can also email questions directly to Steven Powell <sp35@cornell.edu>.

#### **Emergency Contact Information -- during the trip**

Everyone must fill out an emergency contact sheet (mail to: Ted Caldwell, 202 Muriel Street, Ithaca, NY 14850). We will share cellphone numbers before the trip begins. Note that cellphone service is very limited along the Pine Creek trail.

#### **Campground Information**

We will be staying in the group camping area of the Pettecote Junction campground in Cedar Run, PA. This is located right alongside the bike trail and the Pine Creek. There are flush toilets and hot showers available (25¢ for 3 min). Swimming is allowed in the creek, but there are no lifeguards so parents must supervise their kids.

#### **Trip Cost & FLCC Membership**

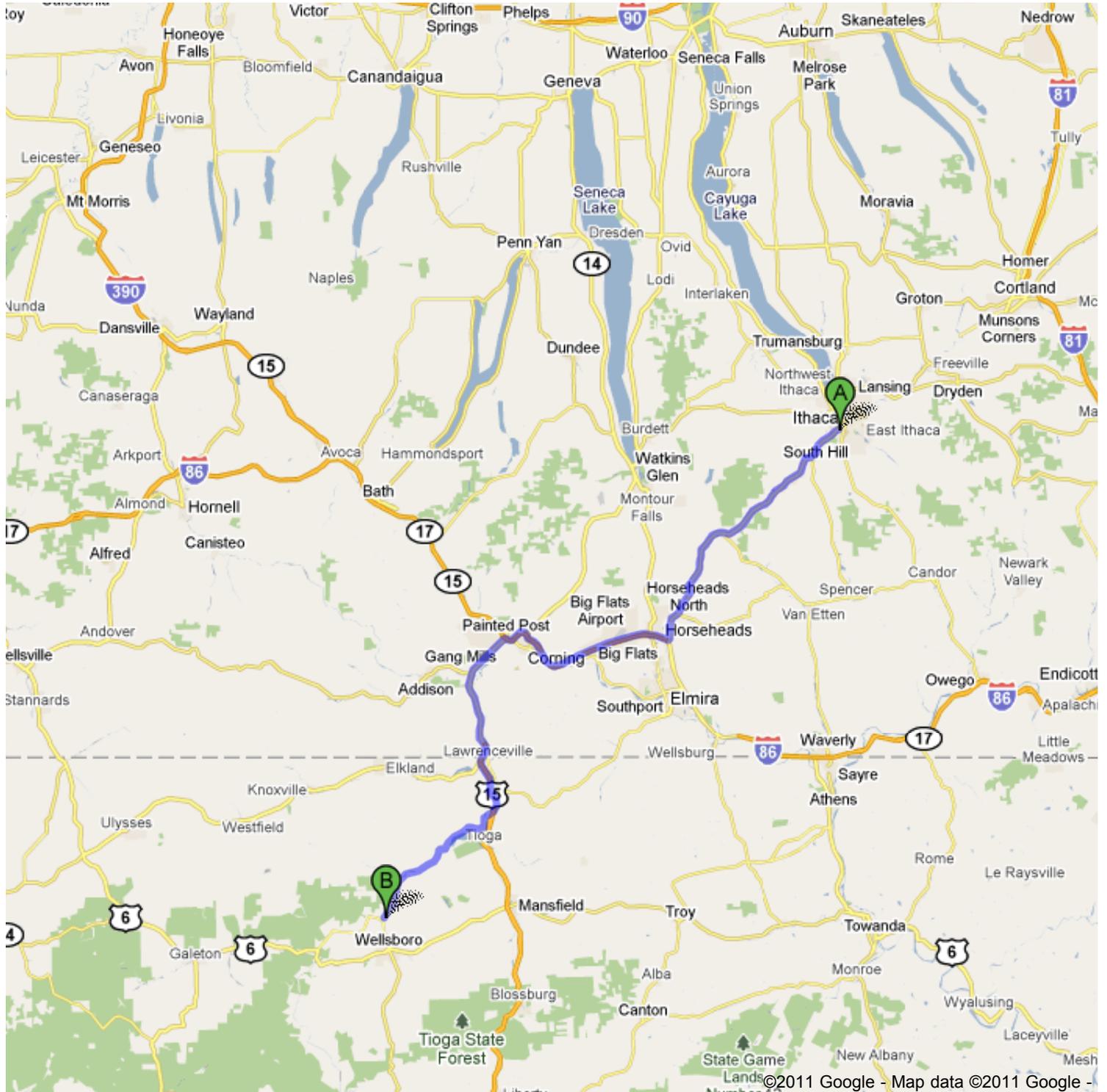
\$35 per person which includes camping, rest stop snacks, Saturday lunch, Saturday dinner, Sunday breakfast, Sunday lunch. Please note that to participate in this bike tour (and any other FLCC organized bike tour) we require everyone to be a FLCC member. Joining is easy, go to: <http://tinyurl.com/FLCCmembership>. The cost is \$12 for an individual membership, or \$15 for a family membership. These funds are used to support all of the club's activities and club insurance.

# Driving Directions -- Ithaca to Trailhead Meeting Place



77.5 mi – about 1 hour 25 mins

Ithaca to Trailhead meeting place of the Pine Creek Rail-Trail



 Elmira Rd

 1. Head **southwest** on **NY-13 S/NY-13 Scenic S/NY-34 S/NY-96 S/Elmira Rd** toward **SW Park Rd** go 3.0 mi  
total 3.0 mi  
About 4 mins

 2. Slight right onto **NY-13 S/NY-13 Scenic S/Elmira Rd** go 23.4 mi  
total 26.5 mi  
Continue to follow NY-13 S  
About 25 mins

 3. Take the ramp to **I-86 W/NY-13 S/NY-17 W/Southern Tier Expy** go 476 ft  
total 26.5 mi

 4. Keep left at the fork and merge onto **I-86 W/NY-13 S/NY-17 W/Southern Tier Expy** go 17.1 mi  
total 43.6 mi  
Continue to follow I-86 W/NY-17 W/Southern Tier Expy  
About 18 mins

 5. Take exit **44A** to merge onto **US-15 S** toward **Williamsport** go 18.0 mi  
total 61.6 mi  
Entering Pennsylvania  
About 18 mins

 6. Exit onto **PA-287 S/Appalachian Thoroughway** go 2.1 mi  
total 63.8 mi  
Continue to follow PA-287 S  
About 4 mins

 7. Turn right onto **PA-287 S/Wellsboro St** go 13.5 mi  
total 77.3 mi  
Continue to follow PA-287 S  
About 16 mins

 8. Turn right onto **Lower Marsh Creek Rd** (small green sign says Pine Creek Rail Trail) go 0.1 mi  
total 77.4 mi

 9. Take the 1st left onto Butler Rd. go 456 ft  
total 77.5 mi

 10. Pag-Omar Farmstand/Deli (with flush toilet) will be on right.

11. Continue short distance to end of road, and turn right into trail parking lot. Yellow gate marks the start of the trail. (There is an outhouse in the parking lot).



# Meeting & Parking Place (Trailhead of Pine Creek Trail)

Get Google Maps on your phone  
Text the word "GMAPS" to 466453



**From US-15**



**To Wellsboro**



# Pine Creek Rail Trail Map



FLCC Pine Creek Bike Trip -- June 21-22, 2014 -- Cue Sheet with Rest Stops Noted -- DRAFT COPY 4/27/14			Sunday
At Mile Marker	Action	Description	Return Miles
0.0	Straight	Head out of parking lot past yellow and black gate -- this is the start of the trail Be sure to pick up your sack lunch to take with you on your bike!	<b>29.5</b>
3.2	Straight	Caution -- Road crossing & stop sign -- Use care crossing road & go around yellow gates (Webster Rd)	26.3
4.7	Straight	Restrooms (pit toilets) at side of trail, also bench to sit	24.8
4.8	Straight	Caution -- Road crossing & stop sign -- Use care crossing road & go around yellow gates (Lower Marsh Creek Rd)	24.7
5.3	Straight	Caution -- Road crossing & stop sign -- Use care crossing road & go around yellow gates (Straight Run Rd)	24.2
5.8	Straight	Caution -- Road crossing & stop sign -- Use care crossing road & go around yellow gates (Asaph Run Rd)	23.7
6.9	Straight	Caution -- Road crossing & stop sign -- Use care crossing road & go around yellow gates (St Route 3027)	22.6
7.5	Straight	Ansonia parking area on right, just after a yellow gate. Continue straight ahead.	22.0
7.8	Straight	Pass under large highway (Route 6)	21.7
<b>8.6</b>	<b>Stop</b>	<b>Rest Stop -- Darling Run</b> -- Picnic tables, benches, information kiosk -- Restrooms (pit toilets) just off of trail near parking lot -- We will have snacks and plenty of water available	<b>20.9</b> <b>(lunch stop)</b>
12.2	Straight	Wood bridge & waterfall (nice short hiking trail) -- Little Four Mile Run	17.3
<b>16.3</b>	<b>Stop</b>	<b>Lunch Stop -- Tiadaghton Campsite</b> -- Picnic tables near the creek -- Restrooms (pit toilets) at side of trail, pump water (maybe) -- We will have snacks and plenty of water available -- Eat your sandwich that you carried from the start -- Swim in creek (weather permitting). Parents & adult chaperones -- must supervise kids in water (no lifeguards)	<b>13.2</b> <b>(rest stop)</b>
16.6	Straight	Tiadaghton Hill Rd joins the trail. Continue straight on the trail.	12.9
<b>24.8</b>	<b>Stop</b>	<b>Rest Stop -- Blackwell</b> -- Make right at cross road and quick left to parking lot -- Restrooms (pit toilets) near parking lot -- We will have snacks and plenty of water available	<b>4.7</b> <b>(rest stop)</b>
26.5	Optional stop	Rattlesnake Rock -- Nice short hike to rock outcropping (follow trail to creek) -- Restrooms (pit toilets) near parking lot. No water.	3.0
29.2	Straight	Cross the creek on a large metal railway bridge.	0.3
<b>29.5</b>	<b>Right/Stop</b>	<b>Campground (Pettecote Junction)</b> -- Watch for small "Private Property" sign on right, and take the small path toward the yellow building (bathrooms). When you reach the bathrooms, make a right and then a quick left by the covered picnic shelter. We are camping in the field adjacent to the picnic shelter. <b>Important note</b> -- Ice cream is available at the General Store in Cedar Run Village approximately 0.3 mile down the trail, past our campground.	<b>0.0</b>