



**EMPIRE STATE RIDE**  
TO END CANCER

# **Event Guide & Travel Planner 2023**

# Welcome to the 2023 Empire State Ride!



**EMPIRE STATE RIDE**  
TO END CANCER

You are embarking on the adventure of a lifetime, and the funds you raise will power cutting-edge clinical trials and cancer research at Roswell Park Comprehensive Cancer Center. Whether this is your first weeklong ride or you are a seasoned cycling veteran, we welcome you. When you make the commitment to become an Empire State Ride road warrior, you're impacting the future of cancer research and saving lives.

## CONTACT US:

Empire State Ride  
Roswell Park Alliance Foundation  
Elm & Carlton Streets, Buffalo, NY 14263  
(716) 845-3179  
EmpireStateRide@RoswellPark.org  
EmpireStateRide.com

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# TIMELINE



## KEY DATES 2023

**Thursday, June 1**

ESR Travel Survey Due Date

**Monday, July 17**

Shipped bikes must arrive at Campus WheelWorks, Buffalo.

**Thursday, July 20**

2-7 **p.m.** Local bicycles only drop-off at 901 Washington St., Buffalo, NY 14203.

**Friday, July 21**

Bike shuttle truck departs Buffalo for Wagner College, Staten Island (New York City).

**Saturday, July 22**

Charter bus departs Roswell Park, Buffalo, to Wagner College on Staten Island. **Please arrive at Roswell Park by 7 a.m.**; bus departs as soon as it's full, no later than 8 a.m.

Bus arrives at Wagner College around **3:30 – 4 p.m.**

**Saturday, July 22**

**Wagner College Orientation**

631 Howard Avenue, Staten Island, NY 10310.

**Noon-5:30 p.m.** Check-In Open

**After check-in:**

- Hang out at Wagner College **or**
- DIY tour NYC via Staten Island Ferry. **Be back by 5 p.m.**

**3:45 p.m.** Buffalo charter buses arrive

**5-6 p.m.** Welcome dinner

**6:15-8 p.m.** Rider Orientation – mandatory for all riders

On-site camping is provided at Wagner College

**July 23-29**

500+ Miles to Niagara Falls!

**Saturday, July 29**

Finish Line at Niagara Falls!

# ROUTE INFORMATION



EMPIRE STATE RIDE  
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## WHAT'S THE ROUTE?

500+ miles from New York City to Niagara Falls, New York.

ESR rides through cities, towns, villages and the open country along the Hudson River to Albany, then west to Niagara Falls. The route is a combination of paved trails, busy streets and rural roads. ESR is not a closed course; it shares the roads with cars, trucks and pedestrian traffic.

## WEEK AT A GLANCE

SATURDAY	JULY 22 Welcome Day	Check-In & Orientation at Wagner College, Staten Island NYC	APPROXIMATE MILES
SUNDAY	JULY 23 Day One	New York City to Somers	60
MONDAY	JULY 24 Day Two	Somers to Rhinebeck	79
TUESDAY	JULY 25 Day Three	Rhinebeck to Albany	77
WEDNESDAY	JULY 26 Day Four	Albany to Utica: Halfway to the Falls!	100
THURSDAY	JULY 27 Day Five	Utica to Weedsport	83
FRIDAY	JULY 28 Day Six	Weedsport to Spencerport	81
SATURDAY	JULY 29 Day Seven	Spencerport to Niagara Falls	78
Total Approximate Miles		NYC to Niagara Falls	558

# ROUTE INFORMATION



EMPIRE STATE RIDE  
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## NAVIGATION AND SUPPORT

ESR routes are designed and supported in [Ride With GPS \(RWGPS\)](#). You will receive instructions on loading routes to your navigation devices (Wahoo, Garmin, etc.), as well as a RWGPS Experience app as your digital event guide.

The ESR online route maps are at this link in Ride With GPS:

<https://ridewithgps.com/events/188089-empire-state-ride-to-end-cancer-2023>

Route maps are subject to change based on any number of factors. ESR will issue “final” online route maps by July 17 and keep everyone updated on edits after July 17.

ESR road support is managed with the [TraQ Central app](#), which allows users to call for help and to share tracking and social shoutouts with friends and family.

Routes will be marked with coroplast orange arrow signs at eye level, and some orange route arrow stickers on the pavement as necessary. Please use caution, stopping to look both ways prior to crossing any roadways.

ESR will provide daily printed route cue sheets as a paper backup.

## CYCLING SAFETY

ESR is counting on everyone, regardless of cycling experience, to ride safely. We ride in all types of traffic conditions – big city streets, mixed use recreational paths, rural roads, village streets. We share the trails with pedestrians and other cyclists and the roads with all types of vehicles including horses and wagons. Common injuries on the ESR come from careless or unsafe cycling or health issues. Injuries will almost certainly end your ESR adventure. Here are safety highlights that we must follow.

- Follow the rules of the road.
- Learn and use hand signals.
- Make your intentions known well in advance to avoid causing an accident.
- Call out your passes.
- Ensure cars are not coming up from behind before you pass.
- Use a mirror.
- Use your head and taillights each day (charge them overnight).
- Wear bright clothing, wear your ESR issued safety triangle.
- Obey all traffic signs and lights – there are no closed courses on ESR.
- Ride right – safely out of automobile traffic, on the shoulder, to the right on paths.
- Take the lane with care to make turns against traffic.
- Ride no more than two abreast, where safely possible, otherwise ride single file. Do not hog the road chit-chatting.
- Do not ride left of the center yellow line.
- Do not impede traffic. Let cars safely pass.
- If you must stop, pull off to the right, out of traffic.
- Pace lines are dangerous in mixed groups of cyclists, and on mixed use paths.
- On trails, look both ways when crossing a road.
- Beware of trail gates and/or bollards at intersections and trailheads.
- Be courteous to other trail users and alert them to your approach.
- Stay well hydrated.
- Use sunscreen and/or protective clothing
- Ear buds & personal audio are dangerous if you can't hear hazards. Adjust your volume so you can hear vehicles and other people. Use one bud only, or use bone buds that do not go in the ears.

**Safe Cycling Video Resources** <https://www.bikeleague.org/ridesmartvideos>

**New York State Bicycling Laws** [https://www.dot.ny.gov/display/programs/bicycle/safety\\_laws](https://www.dot.ny.gov/display/programs/bicycle/safety_laws)

# ROUTE INFORMATION



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## AVERAGE SPEED

Most cyclists will average 12–16 miles per hour. Some cyclists will average 18+ miles per hour. Weather, elevation and road conditions will slow any cyclist.

## BICYCLE REPAIR

ESR provides professional bicycle safety checks and repairs each day at camps, rest stops and along the route. Flat fixes, basic repairs and adjustments are provided by ESR. Complex repairs and parts are at your expense.

## FINISH LINE: NIAGARA FALLS, NY – 500+ MILES!

Friends and family are invited to cheer riders on and join a brief outdoor program and reception. All gear and luggage are secured at the finish line. There are no ESR luggage or people shuttles from the finish line to the affiliated hotels.

Riding bicycles with the ESR riders is reserved for registered ESR riders only. Friends and family may not join in as riders.

## NOTE ON NIAGARA FALLS



Keep the adrenaline pumping and extend your stay on the other side of New York in Niagara Falls USA! This bucket-list destination features iconic attractions, a myriad of outdoor activities, art and culture, history, and culinary delights for every palate. [Request a complimentary Travel Guide](#) and plan your adventure today!

You can walk to the falls from the finish line and from the hotels. You can also walk across the Rainbow Bridge to Canada if you have a passport or approved travel documents, depending on current pandemic restrictions. If you are organizing a family weekend and want to choose another hotel, it's a good idea to check your hotel's proximity to the falls on a map. There are many hotels in the area that advertise the falls but are far away.

The ESR after-parties are on Thursday, at Weedsport Speedway, and Friday, at Spencerport American Legion! ESR hosts live music both nights, with special presentations to celebrate the week.

## THE BOOSTER BUS

We want everyone to cross the finish line – some days you might need a boost to get there. You can opt for shorter mileage each day. Sign up for the ESR Booster Bus and start off at rest stop #2. A bus will leave camp at 8:00 a.m. every morning (except day one) and take you to the second rest stop. You can start your day's mileage from there. A bike truck will transport bikes behind the bus. Please consider using this rest stop bus service to customize your day's mileage. SAG vans will be available for mechanical and medical incidents.



# BIKE TRANSPORT OPTIONS



## SHIPPING YOUR BIKE

You can ship your bike with Bike Flights. All the details are here: [bikeflights.com](https://bikeflights.com) 

Ship your bike to Buffalo, NY, before ESR, to arrive no later than July 17 at Campus WheelWorks, our Buffalo bike shop and bike shipping partner. Campus WheelWorks will unpack and rebuild your bicycle, and we will transport it to Wagner College on July 21. We will also transport your bicycle from the Niagara Falls finish line to Campus WheelWorks for return shipping. Bike shipping both ways is at your expense.

Call Campus WheelWorks to make arrangements for shipping your bike to and from ESR. Bikes should arrive at Campus WheelWorks no later than Friday July 17, 2023.

Campus WheelWorks  
1330 Niagara Street  
Buffalo NY, 14213  
716-248-2372

## BICYCLE SHUTTLE TRUCK

The bike truck departs from Roswell Park Comprehensive Cancer Center on July 21, 2023, and will bring shipped and local bicycles directly to the start line at Wagner College. If you are in the Western New York area, bring your fully assembled bike, without attachments, to 901 Washington Street, Buffalo, NY 14203 on Thursday, July 20, between 2 and 7 p.m. The bike truck departs Buffalo early Friday, July 21, to Wagner College.

## BICYCLE TRAVELING TIPS

- Get your bike cleaned, tuned and ridden at least once prior to packing. It's also helpful to snap a few pictures of your assembled bike in case you or mechanics need to reference them.
- Flying with your bike? Do NOT let any air out of your tires when packing bikes to fly. The cabin where baggage is stored is pressurized.
- Mark your seat post with a small piece of colored tape. Masking tape works great! This helps to speed reassembly of your bike and ensures you get the saddle height you are used to.
- When shipping your bike, check the insurance limits your carrier offers. Consider adding additional insurance coverage. When in doubt, add more!
- Whether flying or shipping, make sure your contact information is both outside and inside your box/case.
- If you would like to use a pedal-assist (not throttle-assist) E-bike, please call ESR to confirm the type of E-bike and charging requirements.

# TRAVELING TO THE EMPIRE STATE RIDE



Transportation to and from the Empire State Ride is your responsibility. Here are some suggestions to make it easier.

## CHARTER BUS FROM BUFFALO, NY

The bus departs from Roswell Park Comprehensive Cancer Center at 8 a.m. on Saturday, July 22, and arrives at Wagner College at approximately 3:30 p.m. The bus can take riders and luggage but not bicycles (see options on the previous page for bike shipping). The trip can take up to 8 hours. The bus has onboard restrooms and will make one rest stop with limited food & beverage purchase options. Passengers should bring their own boxed lunch, snacks and beverages for the trip. [Charter bus ticket](#) cost is \$150 per person, one way.

## DRIVING AND PARKING

For riders who want to begin their experience in Buffalo and ride the charter bus to Wagner College on July 22, they can drop their bikes for the bike truck on July 20, and be dropped off at Roswell Park on July 22, or drive and park their car in the Roswell Park ramp for the week, free of charge. The bus is for people and luggage only (no bicycles).

Alternatively, riders can be dropped off at Wagner College or drive there and park their car for the week, free of charge. ESR offers a charter bus from Niagara Falls, NY, to Wagner College on July 30. The cost is \$150 per person, one way.

## AIRPORTS

Fly to [Newark](#), [LaGuardia](#) or [JFK](#) airports in New York City, with ground transportation to Wagner College in time for orientation on Saturday, July 22. Travel with your bicycle and luggage, or ship your bicycle to Buffalo by July 17 (see bike shipping above).

## TRAIN

Take Amtrak to Penn Station, New York City. Take the subway to the Staten Island Ferry. From there, take a taxi or Uber/Lyft to Wagner College in time for orientation at Wagner College. Travel with your bicycle and luggage or ship your bicycle to Buffalo by July 17 (see bike shipping above).



# CAMPING



**Catered camping is the standard ESR housing option, starting at Wagner College on July 22 and ending at our final camp site on July 28 at Spencerport. Limited dorms at Wagner College and limited hotel blocks are optional at your own expense.**

The ESR is a camping experience, including catered tent camping, meals, camp program, route support and wellness support. Catered camping is provided every night, starting on July 22 at Wagner College and ending on July 28 in Spencerport for weeklong riders. We will provide and set up your tent, air mattress and camping chair with clean towels daily, and we will replace tents that need repair. Tents are single occupancy, nylon dome tents.

ESR will connect your CPAP or other overnight medical devices requiring power by extension cords to your tent. Power for the CPAP area is limited and calculated based on the number of survey responses. Please keep in mind adding non-medical devices to the system will overwhelm the system and cause power outages to multiple CPAP tents. Power at tents is for medical devices only.

ESR makes every effort to locate team members in tents near each other. For couples, ESR can locate your tents adjacent to each other, if you wish. You may double up and use the second tent for gear, or you may prefer having the space with your gear in the single camper mode.

The luggage truck will deliver your bags to the campsites daily. Each campsite includes rider tents arranged in numerical rows, a shower truck, restrooms, port-a-potties, luggage truck and loading area, large group dining/program tent, catered meals, bicycle racks, bicycle mechanics and the HUB (Hospitality – Updates – Beverages).

The HUB is your central spot for rider information, beverages, snacks, first-aid supplies, cue sheets, electronic devices and E-bike charging stations. Be sure to bring your own (labeled) charging cords, adaptors and plenty of back-up batteries for navigation devices.

The Empire State Ride will test both your physical and mental strength. It's important to make sleep a priority after a long day of riding. To respect everyone's need for rest and sleep, we ask that you observe quiet hours in camp from 10 p.m. to 6 a.m.

# HEALTH & SAFETY



Physical therapy wellness checks by our staff physical therapist and athletic trainer are provided at rest stops and campsites at no charge. Additionally, we will have a registered nurse at camp to assist with medical questions.

Emergencies are covered by the 911 call system along the routes and at camps. ESR is also served by a Telemed connection to University at Buffalo Emergency Physicians for real-time video consultations.

Lastly, licensed massage therapists offer optional massage sessions at your own expense (\$50 per thirty-minute session). Sign up at the designated massage therapy area.

## POST-PANDEMIC REGULATIONS

At this time, neither testing nor proof of COVID-19 vaccination are required to participate in the Empire State Ride weeklong event. We are committed to providing a safe experience for our riders, volunteers, vendors, staff and the communities that welcome us. Please self-monitor your health and stay home if you aren't feeling well. If you plan to use public transportation, wearing a mask is strongly encouraged. We will continue to monitor and adapt to regulations as needed.

## NOTE ON SERVICE

All ESR services, including transportation, luggage, camping, catering, bicycle repair and support, program, rest stops, SAG, SWEEP, medical team, emergency support and bicycle riding each day and riding on the finish line police escort ride are intended for registered participants and staff. Additional requests for friends, family and volunteers must be approved in advance. Contact the ESR office for more details.

# HOTELS



**Limited, optional hotels are available at your expense. Catered camping is the standard ESR housing option, starting at Wagner College on July 22 and ending at our final campsite on July 28 at Spencerport. Limited dorms at Wagner College and limited hotel blocks are optional at your own expense.**

When making your reservations, ask for the room blocks noted below. We encourage you to make any hotel reservations as soon as possible as hotel space requested during ESR will fill up fast. Room blocks for July 22 through July 28 are limited to ESR riders only. Niagara Falls room blocks for July 28 through July 30 are open to friends and family.

Riders finish their route each day at camp. There will be limited school bus shuttles to transport riders to the affiliated hotels (noted here in the Travel Planner). Check-in times usually start no earlier than 2 p.m. Riders are welcome to use Uber or Lyft to go back and forth if they prefer. Riders bring their luggage from camp to check-in at the hotel on the ESR shuttle bus. The ESR luggage truck will pick up hotel luggage in the mornings at the hotels' lobbies.

Please make your reservations as soon as possible. Do not wait for the June 1 Travel Survey deadline.

See the list of affiliated hotels on the next page.

**PLEASE NOTE: Transportation to non-affiliated hotels is your responsibility and expense.**

# HOTELS



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*(Limited, optional hotels are available at the rider's expense.)*

## SATURDAY JULY 22 Welcome Day

**Hampton Inn & Suites**  
1120 South Ave.  
Staten Island, NY 10314  
718-477-1600  
Room Block Reference:  
ESR  
Deadline: June 22, 2023

## SUNDAY JULY 23 Day One

**Hotel MTK Mount Kisco**  
1 Holiday Inn Drive  
Mt. Kisco NY 10549  
914-241-2600  
Room block reference:  
Empire State Ride  
Call directly to book.  
Deadline: June 10, 2023

## MONDAY JULY 24 Day Two

**Holiday Inn Express & Suites  
Kingston-Ulster**  
1835 Ulster Ave.  
Lake Katrine, NY 12449  
845-336-6200  
Room Block Reference: ESR  
[www.hiexpress.com/  
kingstonny](http://www.hiexpress.com/kingstonny)  
Deadline: June 10, 2023

## TUESDAY JULY 25 Day Three

**Hilton Garden Inn  
Albany Airport**  
800 Albany Shaker Rd.  
Albany, NY 12211  
518-464-3302  
Group Code: S12  
Deadline: June 25, 2022

## FRIDAY & SATURDAY JULY 28 & 29 (No camping option on Saturday, July 29)

Niagara Falls room blocks  
are open July 28 and 29 for  
out-of-town friends and family.

## WEDNESDAY JULY 26 Day Four

**Burrstone Inn,  
Ascend Hotel Collection**  
1777 Burrstone Road,  
New Hartford NY 13413  
315-797-2131  
Room block reference:  
call and reference Empire  
State Ride 2023  
Deadline: June 24, 2023

## THURSDAY JULY 27 Day Five

**Rodeway Inn**  
2709 Erie Drive  
Weedsport, NY 13166  
315-834-6623  
First come first serve, there is  
not a designated room block.

**Red Roof Inn**  
9050 Rt 34  
Weedsport, NY 13166  
315-834-6198  
First come first serve, there is  
not a designated room block.

## FRIDAY JULY 28 Day Six

**Hampton Inn**  
4873 Lake Rd S, Brockport,  
NY 14420  
585-391-6747  
Room block reference:  
Empire State Ride  
Deadline: July 7, 2023

**Best Western**  
4908 Lake Rd, Brockport  
NY 14420  
585-395-1000  
Room block reference:  
Empire State Ride  
Deadline: July 7, 2023

**Hyatt Place Niagara Falls**  
Hyatt Place Niagara Falls  
310 Rainbow Blvd South  
Niagara Falls, NY, 14303  
716-285-5000  
Room block reference:  
Empire State Ride Room Block.  
Call directly to book or book  
online at [Hyatt | Select Room &  
Rate](#). The rate code is G-EMPI.

**Sheraton At The Falls Hotel**  
303 3rd St.  
Niagara Falls, NY, 14303  
716-285-3361  
Room block reference:  
Empire State Ride Room Block.  
Call directly to book or [book  
online through this link](#).

**Wyndham Garden Hotel**  
443 Main Street  
Niagara Falls, NY 14301  
716-284-8801  
Room block reference:  
Empire State Ride Room Block.  
Call directly to book.

# PACKING



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Each participant is limited to two medium-sized bags, plus a sleeping bag and pillow. The weight of any single luggage bag **may not exceed 35 pounds**. Your sleeping bag, pillow and sheets may be packed together as a “third” piece of luggage. All personal gear must be packed in your luggage – no loose items, please. If your bag is not waterproof, we recommend protecting your gear with plastic bags in order to keep it dry in the event of rain.

ESR luggage trucks bring all luggage to the campsite each day for you to carry to your tent. Hotel lodgers will take their luggage from camp to the hotel on the hotel shuttle buses, typically on a school bus. ESR luggage trucks will pick up hotel luggage at the hotel lobby every morning.

You will not have access to your luggage until you get to that day’s destination camp. We suggest carrying the following items with you each day: patch kit, spare tubes, a pump, tools, rain gear, gloves, a camera, snacks, sunscreen, valuables, medications and anything else you will use during the day.

Hope for the best but prepare for the worst. The weather along the Empire State Ride is usually nice in July with average temperatures ranging from somewhere in the 80s during the day to the low 60s at night. However, there can be lows near 50 and highs near 100. Storms can occur at any time. When it does rain, it usually comes in fast and quickly subsides.

Riders will receive one custom cycling jersey as part of the fundraising rewards. We ask that riders wear this jersey on Day 1 and Day 7.

You will receive an emergency medical data card at check-in to be filled out and carried with you on the road. You are also advised to subscribe to a service such as Road ID for extra security in case of emergency.

## PACKING LIST

### FOR YOUR BIKE

- Certified helmet (CPSC or ASTM)
- Mounted odometer
- GPS unit for bike navigating such as a Garmin
- Seat or handlebar bag – small, not panniers
- Patch kit
- Tire levers
- Spare tubes
- Water bottles
- Flashing rear red light and flashing white front light
- Mirror

### BIKE CLOTHING ESSENTIALS – Bright Hi Viz Colors

- Cycling shorts
- Cycling jerseys/tops/sleeves
- Cycling socks
- Cycling shoes
- Cycling gloves
- Rain jacket and/or wind jacket
- [Road ID](#) or Personal ID, wallet, insurance cards, credit cards, cash, emergency card.

## PACKING LIST *(continued)*

### OFF BIKE CLOTHING

- Long pants
- Shorts
- T-shirts
- Sneakers or trail shoes
- Flip flops for the shower
- Socks
- Underwear
- Sleepwear
- Enough clothing to avoid doing laundry

### THE OTHER STUFF

- Health insurance card
- Sleeping bag
- Pillow
- Wallet, ID, petty cash, credit card(s)
- Dirty clothes sack
- Cellphone
- Chargers, cords and adaptors (phone, GPS, etc.)
- Portable power pack
- Chamois butter and Desenex
- Prescription glasses
- Sunglasses
- Prescription medication, inhalers, EpiPen

### WHAT YOU DON'T NEED

- A tent and camp chair – we've got you covered
- A towel – that's on us, too
- Breakables – your bags travel in a big truck in a pile with LOTS of other bags

### ISSUED AT CHECK IN

- Custom cycling jersey for Day 1 and 7
- FRONT helmet sticker
- TOP TUBE bike sticker
- Luggage tags/stickers for each bag
- Medical emergency data card to be filled out at check-in and carried with you on the road





## SAMPLE DAILY SCHEDULE

5:15 a.m. .... Hotel shuttle to camp

6-7 a.m. .... Breakfast (Coffee will be available starting at 5:30 a.m.)

7-8 a.m. .... Rolling start line – riders depart in small groups

8 a.m. .... Booster Shuttle Bus leaves start line

(Lunch is served at one of the rest stops)

1 p.m. .... Camp opens

2 p.m. .... Hotel shuttle service begins

3 p.m. .... Route closes — if you don't make the 4th rest stop by 3 p.m., please use our friendly SAG shuttle service

5:30-6:30 p.m. .... Dinner in camp

6:15 p.m. .... Evening program starts while dinner is wrapping. Riders are highly encouraged to attend.

6:15-7:30 p.m. .... Safety briefing

7:30 p.m. .... Evening cycling skills elective sessions and relaxation time

7:30 p.m. .... Hotel shuttles continue — last departure from camp is 10 p.m.

10 p.m. .... Quiet time

### Daily Schedule for Licensed Massage Therapist

3 – 9:30 p.m.

Massage sessions are 30 minutes and cost \$50 at rider's expense. Sign up daily at the Massage Zone.

# FINAL NOTES



Now that you've read through your Travel Planner, take a minute to go through your options and plan your best ESR experience. Once you have your travel plans determined, please complete and submit the [Empire State Ride 2023 Travel Survey](#). **Riders must submit their travel plans to ESR staff no later than June 1.** If you have any questions, please contact the Empire State Ride at 716-845-3179 or [EmpireStateRide@roswellpark.org](mailto:EmpireStateRide@roswellpark.org).

