



WARREN COUNTY "CYCLE CHALLENGE"

Sponsored by
Adirondack Cycling Advocates, Inc



- **The Cycle Challenge** introduces our local and vacationing bicyclists to the natural beauty, scenery, and tranquility of many of Warren County's roads and trails.
- **Accept "The Challenge"** and you will have the thrill of cycling through pristine forests and wide-open farmland, past rivers and lakes, and/or stopping for a well-earned break at any number of historic hamlets - memorable times spent in the North Country.
- To successfully complete the Challenge, riders are required to complete 8 rides. Choose from the list of road routes & off-road trails.
- **Road routes** included in the Challenge are diverse, ranging from the well-known Warren County Bikeway to scenic loops around Brant Lake, Schroon Lake, & Loon Lake, to the challenging Three Mountains route that includes Graphite and Tongue Mountains.
- **Off-road bikers** can explore the trail system at the Gurney Lane Mountain Bike Park, Ski Bowl Park in Johnsbury, or a rolling ride on the Rush Pond Trail, among a few.
- Cyclists of all abilities – beginners through advanced - are welcome to participate. Start at your own convenience. There is no time limit and no fee. Choose your route; ride at your own pace; and enjoy the adventure!
- Anyone who completes the Challenge will receive a Finisher's Certificate & a window decal.
- Detailed route maps/cue sheets are available here:
 - ADKCyclingAdvocates.org/routes/
 - ADKCyclingAdvocates.org/trail-networks/

WARREN COUNTY CYCLE CHALLENGE QUALIFICATIONS

- ⇒ Qualifiers must complete a minimum of eight (8) rides.
- ⇒ All ages may apply, but youth should be accompanied and supervised by adults on all rides.
- ⇒ There is no time limit for completion. There is no fee for participating. Dates must be entered on the list of rides and must be initialed by an adult who witnessed the ride if a child is under age 18. The qualification sheet must have the qualifying rider's legal signature and be dated.
- ⇒ Mail completed qualification sheet to:

Adirondack Cycling Advocates, P. O. Box 64, Glens Falls, NY 12801

Finisher's Certificate, and window decal will be mailed to you.

Enjoy the Rides!

To complete the challenge, ride any 8 routes listed here:

- ADKCyclingAdvocates.org/routes/
- ADKCyclingAdvocates.org/trail-networks/

	Route Name	Date Completed	Initial
1			
2			
3			
4			
5			
6			
7			
8			

ON THE ROAD SAFETY TIPS:

- Wear a properly fitted helmet and bright colors. Be visible and use a blinking light at dawn and dusk.
- Know and obey traffic rules. Follow the same rules as motorists. Ride on the RIGHT.
- Obey traffic signs and signals and yield to pedestrians.
- Be cautious at intersections and stay about a car door's width away from parked vehicles.
- Never wear headphones while riding.
- Ride SINGLE FILE on roads with traffic.
- BE PREDICTABLE. Use hand signals, eye contact, communicate verbally. If you stop, move off the road; well out of traffic.

OFF-ROAD SAFETY TIPS:

- Ride on Designated Trails: abide by posted rules and guidelines.
- Mountain bikes are not allowed on State Wilderness or Canoe areas.

ON THE TRAIL SAFETY TIPS:

- GEAR UP! Always wear a properly fitted helmet and all appropriate safety gear for the conditions.
- LEAVE NO TRACE! Always stay on the trail.
- STAY IN CONTROL! Ride within your ability.
- ALWAYS YIELD TRAIL. A friendly greeting or bell work best and won't startle others.
- BE KIND TO WILDLIFE. Give them adequate space.
- Plan Ahead: Let someone know where you are going and when you expect to return. Know your equipment and ability, wear a helmet, bring nutrition and water, compass, maps, rain gear and repair equipment.
- Ride in Control: Use caution on down hills, turns and when overtaking or approaching other riders.

Disclaimer:

All bicyclists taking part in the "Warren County Cycle Challenge" bear full responsibility for their own safety; assume all risks encountered; and are advised to use good judgment when travelling on the shared bicycle/motor vehicle use roads, or any off-road paths/trails. Cyclists must remain alert to traffic and changing road conditions and have the same responsibility as motorists to obey traffic laws and regulations. Cyclists must choose appropriate trails based on their riding ability and expertise; must check the condition of trails before use and be aware that trail conditions may change due to weather, use and natural causes. WCSQBO assumes no liability for personal injuries or property damage suffered by cyclists riding on these routes, and does not take responsibility for the conditions of, or changes or updates to, the paths/trails or road routes listed.

Name:	_____		
Address:	_____		
Signature of Qualifying Cyclist:	_____	Date:	_____