



Cornell **CAU** Education Vacations

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Dear Participants,

Welcome to the CAU on-campus Bike the Finger Lakes Program! We are looking forward to sharing adventures, skills, laughs, with you, whether you are a seasoned cyclist or a relative newcomer. It is not the goal of this course to develop world-class bike racers, but rather to inspire a love of cycling and of the places through which we ride. You'll feel the breeze on your face as you coast downhill. You'll smell the flowers and freshly cut grass. You'll hear singing birds and rushing waterfalls. As you watch the pavement roll by under your wheels, you may even start to wonder why you travel any other way.

During our week together, we will ride through rolling farm country on long, nearly carless roads. We will travel along creeks, stopping at some the many waterfalls, and probably even encounter opportunities for ice cream, cool drinks, and perhaps even a yard sale or two. We also have some riding specific goals. We'll touch on bike handling skills, riding in traffic, and safely completing a bike tour. Finally, we'll cover some of the skills needed to keep your bicycle running smoothly, covering repair skills for on the road and maintenance for in between rides.

While our pace will generally be relaxed and leisurely, being in at least moderate physical health is important. You should also be comfortable balancing yourself while maneuvering on a bike, as we will encounter the occasional rough road. Of course, the better shape you are in before the class begins, the more you'll be able to enjoy it. While we will do our best to choose moderate routes, it is impossible to avoid hills in Ithaca. If you get the chance, please ride your bike at least a few times a week. Preparing to sit on a bike and pedal for five days in a row will really pay off. If you don't have a bike, go for a walk or hike and don't forget to include some hills.

Our rides will be primarily on pavement, but may also include some bike paths (stone dust) or gravel roads. Going a bit off the beaten path often results in some truly spectacular rides. That being said, all of our rides will be tailored to the equipment, skill, and interest of everyone in the group. Route distances will also be determined by the interest of the group. While not much is needed for a bike ride, there are a few things you'll need to bring. Please refer to the enclosed equipment list.

Feel free to contact me directly with any questions about clothing, gear, activities, or anything else. I can be reached at 607-592-4576 or mh45@cornell.edu.

Yours in Adventure,
Mark Holton
Co-Director, Cornell Outdoor Education