

Cycling: Bicycling the Byways of Ithaca and Beyond

Faculty: Dr. Mark Holton, Co-Director of Cornell Outdoor Education with Laurie Cuomo from the Cornell Outdoor Education team

Week One: July 6 – 12, 2025

Schedule: Monday - Friday, 9-12 and 1:30-3:30, except Wednesday afternoon.

Location: Daily ride routes will be shared with registered participants.

Bicycling the Byways Equipment Checklist

Thing	Details	Got It? Check here
Bike	Available to borrow from Cornell Outdoor Education. But, If you are bringing your own bike, please also bring a spare tube for your wheel size.	
Bike Helmet	Available to borrow from Cornell Outdoor Education.	
2 t-shirts	Bring at least one shirt that's not cotton since cotton doesn't insulate when wet. Although on a hot day, cotton can be beneficial. Bike jerseys are fine but not necessary.	
2 pair shorts	Padded bike shorts are not necessary, but highly recommended, especially for multiple days of riding in a row. Two different pairs can help alleviate sore spots.	
1 long sleeved shirt	light weight, non-cotton	
Rain jacket	We will ride in light rain or may get caught in a shower away from campus. In the event of severe weather, we have alternate plans.	
Sunglasses		
Sunscreen		
2 bike water bottles or a hydration pack	The included loaner bikes have water bottle cages.	
A small backpack, hydration pack with additional storage or a rack on your bike with panniers.	A rack and panniers are available from Cornell Outdoor Education. We'll be out for the day for longer than a typical fitness ride. We'll carry some food and water and you'll want a place to tuck extra layers	
Bike shoes with matching pedals OR regular athletic shoes.	Loaner bikes have flat pedals.	
Long athletic pants or tights	Optional. For potentially cooler weather. Avoid baggy pants; they get caught in your chain-rings.	
Bike gloves with or without full fingers	Optional. Will help keep your hands warm and will also absorb some shock from the road.	

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Resources

Road Biking for Beginners:

<https://www.rei.com/learn/expert-advice/road-biking-for-beginners.html>

How to ride in Traffic:

<https://www.rei.com/learn/expert-advice/riding-traffic.html>