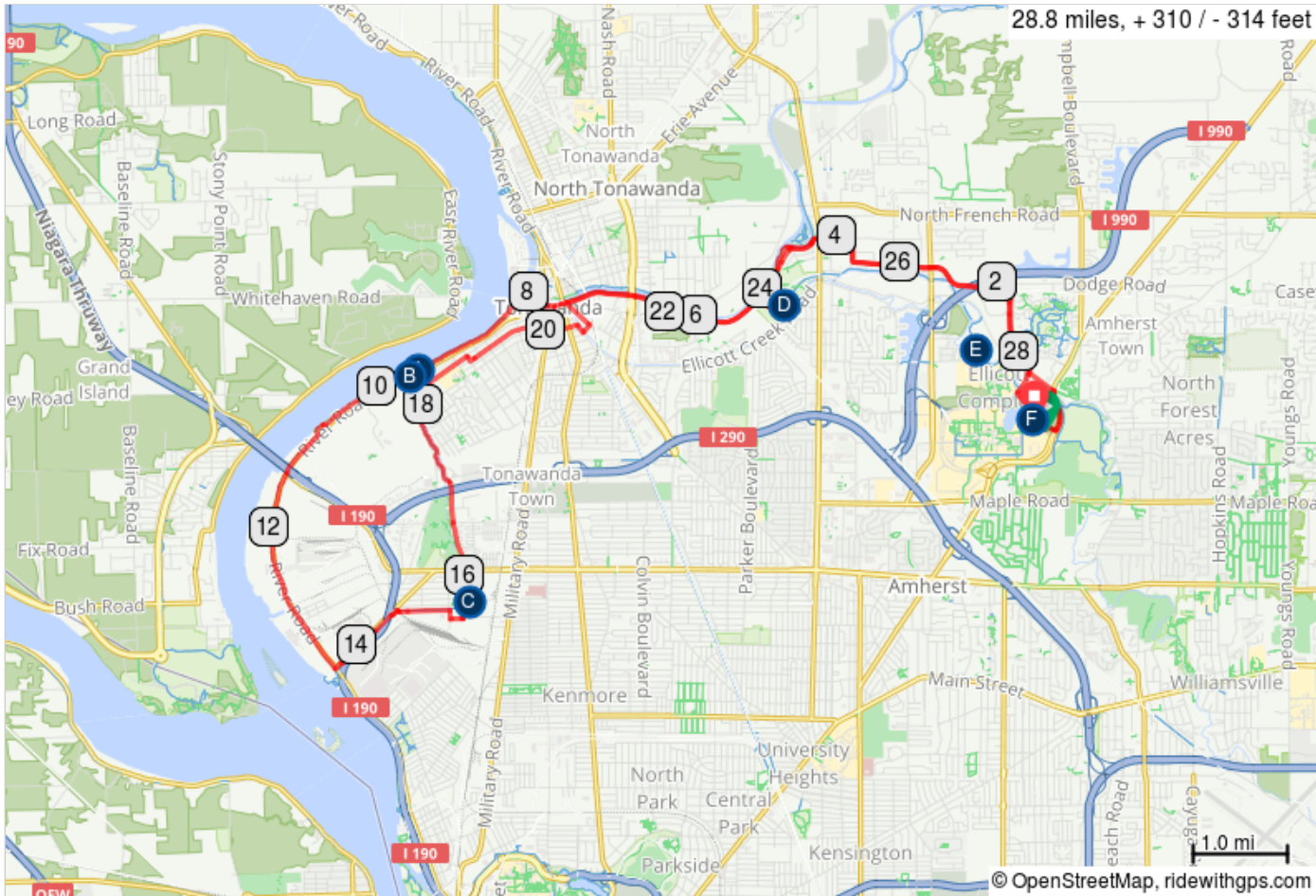


30 Mile River RFR REVISED



- A. Niawanda Park
- B. Dick's Bicycle Shop
- C. Praxair Rest Stop
- D. Ellicott Creek Park
- E. Camp Centerland
- F. UB Finish Line



Total	Action	Note
0	Straight	START – Webster Road
0.1	Left	Millersport Hwy
0.6	Left	North Forest Road
0.9	Right	J.J. Audubon Pkwy
1.9	Left	Dodge Road
2.8	Cross	Sweethome Road
	Straight	Commerce Drive
3.6	Right	Woodridge Drive
3.9	Left	Creekside Drive
4.2	Cross	Cross Niagara Falls Blvd.
3.8	Straight	Creekside Drive - Becomes East Niagara
4.3	Right	Onto bike path.
6.3	Right	ALL riders merge onto bike path before bridge
7.7	Cross	Main, down Niagara
7.8	Right	Sharp Right on to Niawanda Bike Path
9.5	Straight	Niawanda Park, Section D
	Straight	Continue on Riverwalk bike path through Isle View Park
Follow bike path along River Road.		
13.7	Left	Cross River Rd at light & cross Sheridan Dr at light.
13.8	Left	Sherwood bike path.
Follow bike path – RR tracks at Kenmore Ave.		
14.6	Right	Kenmore Ave
	Cross	Kenmore Ave to Woodward Ave
Bike Path along Woodward Ave		
15.1	Right	Riverview Blvd
15.2	Left	Woodward to Praxair Rear Gate
15.4	Left	REST Left in Praxair gate to REST STOP Praxair
	Straight	East Park Drive to Sheridan
16.1	Straight	Cross Sheridan, continue

Total	Action	Note
		on East Park Drive
16.7	Cross	Ensminger Dr
17	Left	Two Mile Creek Bike Path
17.9	Right	Fletcher
CAUTION: - 20-milers merge onto route here.		
18.1	Left	Little League (becomes Adam)
18.5	Veer Right	Adam Street
18.9	Right	Gibson Street
19	Left	Broad Street
19.8	Right	Clinton Street
19.9	Left	Fletcher
	Cross	Seymour/Main
	Cross	Delaware Street
20.3	Right	Young Street
20.4	Left	Fremont Street
20.5	Left	Fillmore Ave
20.9	Right	East Niagara – Becomes Creekside Drive
23.1	Right	Ellicott Creek Park Road
23.4	REST	Ellicott Creek Park, Shelter 10 A&B
	NEW	Rest stop & turn around.
	RIGHT	Creekside
	CROSS	Niagara Falls Blvd to Dodge
	Right	Woodridge
Follow Commerce to Dodge		
	CROSS	Sweethome
	RIGHT	JJ Audubon Pkwy
	LEFT	Frontier
	Right	St. Rita's Lane
30		Finish Line - UB North Campus

The Ride For Roswell is a ride not a race. You must follow rules of the road.
 Ride Safely - Roads are not closed! You will be sharing the road with cars and pedestrians!
 Routes are marked with arrow and directional signs / Have your bike safety checked at your local bike shop
 Ride no more than 2 abreast / Carry water and snacks / Dress for the weather / Wear your helmet
 Use hand signals & announce when passing / Obey police & traffic directors / See rideforroswell.org/routes for more info.

Accident / Serious Injury – Call 911
 For anything else call the Ride Line -
 716-THE-RIDE (843-7433)