



**Niagara Falls, NY
to Albany NY
June 7 - June 11, 2004**

**Sponsored by the New York State Department of Transportation
and the New York Bicycling Coalition**

Please join us for a ride across New York State in honor of the 10 - Year Anniversary of State Bike Route 5. The 5 is 10 challenge is a 5-day ride that will begin in Niagara Falls on Monday, June 7th and will end in Albany on Friday, June 11th.

Day 1 - Monday, June 7
 NIAGARA FALLS TO ROCHESTER - Total Distance 85 miles
 9:00am depart Niagara Falls - Goat Island State Park
 5:45pm approximate arrival in Rochester - Genesee Valley Park

Day 2 - Tuesday, June 8
 ROCHESTER TO SYRACUSE - Total Distance 80.6 miles
 8:00am depart Rochester - Genesee Valley Park
 4:45pm approximate arrival Baldwinsville (Syracuse)

Day 3 - Wednesday, June 9
 SYRACUSE TO UTICA - Total Distance 73 miles
 9:00am depart Syracuse
 6:30pm approximate arrival in Herkimer

Day 4 - Thursday, June 10
 HERKIMER TO AMSTERDAM - Total Distance 46.4 miles
 7:00am depart Herkimer
 2:00pm approximate arrival in Amsterdam

Day 5 - Friday, June 11
 AMSTERDAM TO ALBANY - Total Distance 35 miles
 8:30am depart Amsterdam
 12:00pm approximate arrival in Albany - Empire State Plaza

Riders can choose to ride the entire length of the route, as well as portions of the ride, beginning 10 miles west from major urban centers along the route.

There is no entry fee to register for this event. All those who participate will receive an official race tee shirt and water bottle. Participants will be responsible for meals, hotel rooms, as well as transportation home.

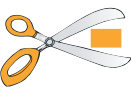
A random prize drawing will be held after each leg of the challenge. One lucky rider from the bicyclists completing the entire statewide challenge will be randomly selected to receive a grand prize of a bicycle tour of the Adirondacks.

To register for this event, return the completed entry form below or call:

The New York Bicycling Coalition
 5 New Scotland Avenue
 Albany, NY 12208
 518.436.0889
 e-mail: chelsea@nybc.net



For additional information please call the New York Bicycling Coalition or visit our websites:
www.dot.state.ny.us
 or
www.nybc.net



First Name: _____ Last Name: _____
 Street Address: _____
 City: _____ State: _____ Zip: _____
 Day Phone: _____ Evening Phone: _____
 Fax: _____ E-Mail: _____
 Day(s) participating: Monday Tuesday Wednesday Thursday Friday
 Duration: Entire day Final 10 miles