

Eastern Tandem Rally



Saratoga Springs, NY

July 2-4, 2010

Welcome to ETR 2010

Tandemists have been asking for a rally in this far northern area for many years. Some of you may remember the GEAR that was held in Saratoga Springs in 1989 at Skidmore College, which we attended and had fond memories of (and the old map packet!). So once we moved back to the Albany area and rode some club rides we were motivated to host an ETR..

The summer population of this area swells with thoroughbred horse racing season for 6 weeks beginning later in July. We are just a week ahead of the beginning of polo matches & harness racing. Our rides will take you past horse barns and practice tracks where you may be able to witness some morning workouts. You might need to stop for horses crossing the roads.

We are also close to the Adirondacks, Saratoga Lake and Lake George. Although the drivers in the area are used to seeing & sharing the road with bicycles, please remember that this is a holiday weekend with additional traffic on the roads. Helmets are required on all rides, and please be courteous and ride single file in congested areas.

We suggest that you leave your car parked for the weekend. You will find just about everything you need within a 10 minute walk of the hotel. You will get there faster by walking than trying to drive on Broadway. Fine dining and shopping are plentiful in the historical downtown district. You will find a book of restaurant menus in the lobby for you to view.

Saratoga's All-American Celebration has many activities scheduled in Congress Park for the holiday weekend. There will be a Classic Car show in the Park on Sunday afternoon, a BBQ & Dessert festival in restaurants around town and Fireworks in the Park at dark on Sunday. Check out the posters for specific times.

Ride safely & enjoy your weekend!

Sue & Al Berzinis

Welcome to Saratoga Springs

Saratoga has been a popular destination for centuries. It gained renown as a resort town in the late 19th century due to the unique mineral springs, being located on an ancient geologic fault line. Residents and visitors have used the springs to treat a variety of symptoms and promote good health. The springs are famous for their varied and distinct tastes: some are clear freshwater, others are saltier, and some taste strongly of a certain mineral such as sodium bicarbonate or sodium chloride. There is a sulfur odor but mineral analysis of the water consistently shows almost no presence of dissolved sulfur. You may find several of the springs during your weekend in town. Most of the springs are covered by small pavilions and marked by plaques; others, however, are less conspicuous, sometimes just a spigot in a rock.

The Holiday Inn is located at the edge of historic Congress Park. There are stairs leading into the park from the back parking lot of the hotel, and the main entrance is located 2 blocks north of the hotel on Broadway. Congress Park was laid out in the 1820s as a privately owned park and later redesigned by Frederick Olmstead for the public. Stroll along the same paths and enjoy the park as did wealthy society years ago. Take your water bottle to taste the water from the springs located in the park.

Also located in Congress park is the 1870's Canfield Casino, home to several Historical Society exhibits including a High Stakes gambling room and stained glass windows. The building, designated a National Historic Landmark, is now used for special events & weddings (but the rental fee was too steep for our Rally!) On the north side of the Park, check out the recently restored Carousel. Carved in 1910, the 28 horses have real horsehair tails!

Stop by the Visitor Center, located in the beautiful historic Beaux Art style building just across from Congress Park. The exhibits give an overview of Saratoga Springs as the "Queen of the Spas" in the 19th-century. There are also several museums within walking (or biking) distance to check out more about the rich history of the area.

-Saratoga Race Course, also known as "the flat track", is the oldest continually operating Thoroughbred horse racing track in the United States. The track is home to the Travers Stakes, "America's Mid-Summer Derby" which occurs in late August. Many of our rides will pass by the Race Course and the associated horse barns and training tracks.

- Saratoga Gaming and Raceway offers harness racing, casino and nightclub action with fireworks Saturday night.

-Many of our rides pass by the National Museum of Horse Racing and Hall of Fame on Union Ave. showing a renowned equine art collection, trophies, silks, and thoroughbred memorabilia.

-The Saratoga National Historical Park preserves the lands on which the Battles of Saratoga were fought in September and October, 1777 during America's revolutionary war. British Major General John Burgoyne's Northern Campaign moved his army south from Canada towards Albany. He crossed the Hudson River at Schuylerville (the monument) and moved south where the forces were stopped by the Americans near Stillwater. The Visitor's Center at the Saratoga National Historical Park is worth a stop on the Battlefield rides.

-Saratoga Spa State Park was originally designed as a health spa to rival those in Europe. Many of the buildings at the park were constructed under a WPA program during the Depression and were dedicated by President Roosevelt in 1935.

- The National Museum of Dance & Hall of Fame was established in 1986 and is the only museum in the nation dedicated entirely to dance. It is located in the former Washington Bath House, a spacious, airy 1918 Arts and Crafts-style building, on the north edge of the Spa Park.

-The Automobile Museum in Saratoga Spa Park currently has an exhibit of "Woodies", with 14 Chrysler & GM vehicles from the 1940's.

-Yaddo Gardens are being restored to the 1899 plan of a formal Italianate Rose Garden with pergola, fountains and marble statuary. The entrance is on Union Ave. just before I-87.

Schedu

Friday, July 2

- Registration 2:00pm—10:00pm
- Optional afternoon “stretch your legs” ride
- Dinner on your own
- Ice Cream Social 7:30pm—9:30pm
Meet old & new friends while enjoying our old-fashioned 4th of July ice cream social with red, white & blue toppings.
- ETR Board Meeting 8:30pm
Exacta room

Saturday, July 3

- Breakfast 7:00am—8:30am
- Rides leave from rear parking lot 8:30am—9:00am
- Lunch at Moreau Lake State Park 11:00am—1:00pm
Bring your bathing suit to change & go for a dip in the lake!
- Traditional Swap Meet 4:00pm—5:30pm
Place room
- Buffet Dinner 6:30pm—7:30pm
- Annual Meeting immediately after dinner

of Events

Sunday, July 4

- Breakfast 7:00am—8:30am
- Pick-up bag lunch before leaving on your ride 7:30am—8:30am
- Rides leave from rear parking lot 8:30am—9:00am
Wait to depart until after 5K road race goes past
- Saratoga's Celebration in Congress Park 11:00am—3:00pm
- Dinner on your own in town
- Fireworks! in Congress Park at dark

Monday, July 5

- Breakfast 7:00am—8:30am
- Rides leave from rear parking lot 8:30am—9:00am

Have a safe drive home!

Ride Descriptions

Saturday

We have 3 rides to choose from that will bring you to lunch at Moreau Lake State Park and a single, direct return route.

Pretty Darn Flat to Moreau Lake - 16 Miles: The name says it all - this ride is flat to slightly rolling through forests and farmland north and east of town. On your way out of town you will pass alongside the Oklahoma training track where you may see thoroughbreds out on morning training rides.

Rolling (mostly) to Moreau Lake - 25 Miles: On this ride we take you north and west of town up to the border of the Adirondack State Park. The terrain is generally flat to rolling at the start and turns increasingly to pine forests before dropping into a very scenic area where the upper reaches of the Hudson River descends through a series of flood-control dams. There are numerous roadside rests for river and mountain views, and then the road climbs away from the river in the only sustained climb of this ride for about $\frac{3}{4}$ of a mile. The ride is all down hill from the top of the climb to lunch at Moreau Lake.

Hilly Hudson to Moreau Lake - 44 Miles: For those that would like to get a few more miles in before lunch and the best scenery we take you farther north up into the southern edge of the Adirondack Park. The ride leaves town passing through the historic homes on N. Broadway before starting the hills just outside of town. At the northernmost point you will ride along whitewater stretches of the Hudson River to a rest opportunity at scenic Lake Luzerne. The remainder of the ride follows the Hudson River downstream and finishes along the same route as the ride above.

Return from Moreau Lake - 13 Miles: All riders will return along the same route, which takes you through open farmland and golf courses directly back to Saratoga Springs. Rolling back through town you can check out the offerings at the Saratoga Brewing Company or visit the Museum of Thoroughbred Racing.

Sunday

We offer two rides to the east of town that stop at the visitor's center of the Saratoga Battlefield National Park. The visitor's center has very informative displays that tell the story of the major turning point of the Revolutionary War that was known as the Battle of Saratoga. The park offers wonderful views across the hills. If you have time (and energy) you should consider the option to add another 10 miles of riding (some hills) through the scenic one-way drive of the park – you can reset your odometer at the park exit and follow a separate cue sheet home. There is a \$5.00 fee for tandems to ride the loop. You must get a pass at the Visitor's Center (park rangers will be doing compliance checks)

Battlefield Loop – 31 Miles (option 41 miles): This ride takes a direct, rolling to hilly route to the visitor's center and the National Park, and then returns along the shores of Saratoga Lake over flat to rolling terrain.

Battle Monument Loop – 38 Miles (option 48 miles): This ride takes a longer but more gently rolling approach to the National Park in order to pass by the battle monument in Schuylerville, and follows the same return along Saratoga Lake.

Other Rides

Saratoga Lake Loop – 23 Miles: For those that are looking for a shorter ride to stretch your legs upon arrival or before driving home we offer a loop around scenic Saratoga Lake. If you choose to ride this in the evening just be aware of the boating & fishing traffic on a holiday weekend and ride single-file where the road narrows along the shore. The early part of the ride loops out to avoid bridge construction on Rt. 9P; there are sections along Fitch Road which are rough and frost-heaved but you will be rewarded by passing through thoroughbred farms and views above the lake.

Saratoga Heights – 29 Miles: This ride traces a figure-8 east of town over rolling to hilly terrain as a more challenging option for a Friday or Monday ride.

Saratoga Boulevards - 12 miles (option 16 miles): This ride passes through older residential areas and by the Oklahoma training track before finding the older historic section of town on North Broadway, near Skidmore College. The ride continues through back streets and uses a short section of rail-trail to avoid traffic to connect to Saratoga Spa State Park. After passing the Dance Museum, the quiet park roads take you past The Hall of Springs, the Automobile Museum, The Gideon Putnam Hotel and the Performing Arts theaters. The optional 4 mile rolling loops through the picnic areas where you might find several of the 10 springs located in the park. There is no charge for bicycles to ride the park road loop. You'll return to the hotel past the harness training track.

Where to find...

On Broadway....

Restaurants, art galleries, shopping

Off Broadway....

More restaurants, bars & shops on Caroline & Phila Streets— many can be reached by walking through Congress Park to far side past the Carousel)

CVS: west on Congress St.

Ice Cream....

Alexandra's: Left on Broadway, 3 blocks

Ben & Jerry's: Right on Broadway to on Phila St, 1 block right (or walk through Congress Park to far side past the Carousel)

Cold Stone Creamery: Right on Broadway, on left side

General Information

Check-out The staff at the Holiday Inn has been helpful and accommodating with room reservations. While your room cost was pre-paid in your registration fee, we ask that you settle any additional charges on check-out. Please note that check-out time is normally 11:00 am, however they will extend the time on request. We will be holding a few rooms open so you may shower before you leave.

Bicycle storage in your room is prohibited. There is a room designated for bike storage on the first floor. The room will be locked overnight.

Rides leave from the rear parking lot of the Holiday Inn

In case of emergencies: call 911. The rally organizers are carrying cell phones in case you need assistance with mechanical difficulties. Sag support will be limited.

Al: 518-577-5039

Sue: 518-577-5030

Front desk at the Holiday Inn: 518-584-4550

Name Tags Your name tags are required for admission to the Ice Cream Social, Buffet Dinner and to pick-up your Sunday bag lunch.

Meals All food at the Holiday Inn will be served in the Daily Double room. Breakfast tickets are provided to those staying at the Holiday Inn, you will find them in your packet.

Registrants for ETR 2010

Jack & Susan Goertz	Birmingham	AL
Jim, Rebecca, Victoria, Katherine & Stephanie Lawrence	Colorado Springs	CO
Ken Williamson & Lora Miller	New Britain	CT
Glenn & Sue Orcutt	Eastford	CT
Finlay & Mary Ferguson	Ivoryton	CT
Ralph & Anne Hunt	Weston	CT
Phil & Bobbi Schmidt	West Hartford	CT
Dan, Jeanette & Jotham Kildea	Canterbury	CT
Gary & Jo-Ann Carlson	Niantic	CT
Alice & Bob Sawyer	Avon	CT
Jeanienne, Eric, Wesley & Kirby Perler	Woodbridge	CT
Jim & Sari Rosokoff	Glastonbury	CT
Jim & Alzi Platts	Hartford	CT
Brian & Jeanne Hanson	Wilmington	DE
Thom Remington & Margaret Love	Wilmington	DE
Ray & Linda Cannarella	The Villages	FL
Bob & Jan Thompson	The Villages	FL
Don & Dolly Craft	Carmel	IN
Joe & Kathy Marino	North Andover	MA
Peg & Bruce Bonnevier	Pepperell	MA
Beth & Brennan Wall	North Grafton	MA
Tim & Dianne Cosgrave	Harvard	MA
Ilkka Suvanto & Joan Laxson	Concord	MA
Jim & Paula Fines	Tewksbury	MA
Dan & Chanda McKee	Reading	MA
George & Diane Cunha	Douglas	MA
Greg & Maureen Soucy	Lowell	MA
Carol & Bob Anderson	Amesbury	MA
Michael Angeley & Karen Heitzman	Westboro	MA
Judi Burten & Kevin Soll	Newton	MA
Gail & Harry Spatz	Lexington	MA
Andy & Kerry Bramhall	Reading	MA
Gregory & Karen Przybyl	Tewksbury	MA
Alan Schachter & Martha Hoffman	Sharon	MA
Bob Kowalewski & Sally Peters	Easthampton	MA
Alan & Iris Madison	Gaithersburg	MD

Sally & Bill Ryder	Columbia	MD
Ross & Donna Glasgow	Bowie	MD
Frank & Kathy Anders	Cockeysville	MD
Bonnie Chamberlain, Michael & Cassie Bopf	Bethesda	MD
Jamie, Karen & Emma Scharff	Bethesda	MD
Jenny & Stan Sunderwirth	Ellicott City	MD
Keith & Razel Kallberg	South Berwick	ME
Ken & Mary Bills	Farmington Hills	MI
Duncan & Laura McCabe	Wilmington	NC
Jeff & Hilary Warner	Bow	NH
Bob & Linda Harvey	Salem	NH
Don & Carolyn Lane	Salem	NH
Bob Fuller & Cynthia Ward	Deering	NH
Beth Potier, Brent & Holden Bell	Durham	NH
Brian & Audrey Elkinson	Barrington	NH
Phil & Marge Bryce	Deering	NH
Dan & Annette Hurley	Londonderry	NH
Brad & Sue Wyman	Dummer	NH
Bernard & Elizabeth Carlson	Woodbury	NJ
Larry & Brenda Isherwood	Succasunna	NJ
Mark Cook & Cheryl Prudhomme	Annandale	NJ
Ed & Pat Gifford	Toms River	NJ
Norman & Janice Haber	Hammonton	NJ
Hal & Barbara Blumenthal	Millville	NJ
Bruce Wells & Anne Hintermeister	Scarsdale	NJ
Neil & Fran Toombs	Laurens	NJ
Al & Deb Cudworth	Boonton	NJ
Barb Flint & Neil McPhee	Califon	NJ
Tracy & Barbara Cate	Maplewood	NJ
Leonard Diamond & Kathy Hecht	Ridgewood	NJ
David Snope & Susan Nicolich	Califon	NJ
Helen & Robert Bird	Colonia	NJ
Malcolm Boyd & Judy Allison	Medford	NJ
Steve & Brenna Powell	Voorhees	NJ
Mark & Lisa Gobel	Oneonta	NY
Bernard & Celia Mansbach	Scotia	NY
Al & Sue Berzinis	Delmar	NY
Alan & Joann Curtis	Morris	NY
Gary & Lynda Toombs	Oneonta	NY
Brian & Cynthia Heppard	Rochester	NY

Frank & Lethe Lescinsky	Lake Placid	NY
Rich Shapiro & Lindy Ellis	Saranac Lake	NY
Bill Lindenfelser & Shae Hanford	Rochester	NY
Candice & Jeremy Wickham	Elmira	NY
Chuck Dye & Bonnie Dye	Rochester	NY
Susan & Doug Stewart	Altamont	NY
Christopher & Charlene Leary	Lake George	NY
Lee & Alan Dolan	Massillon	OH
Dave & Renée Strauss	Coplay	PA
Dave & Janet Heilman	Mohnton	PA
Rodney & Verna Moseman	Lititz	PA
Sandy, Linda & Adam Morrison	Westchester	PA
Richard & Marie Cochrane	Clarks Summit	PA
Scott & Nan Steketee	Philadelphia	PA
Dan & Georgia Steinbacher	Lancaster	PA
Victor & Gail Barsky	Haverford	PA
Michael Lerner & Mati Molina	Narberth	PA
Andrew MacIlvain & Renée Mateux	Lansdale	PA
Bill & Pat Rock	Dresher	PA
Howard & Bernice Stone	East Providence	RI
Robert & Jill Leichti	Warwick	RI
Reed & Karen Nester	Williamsburg	VA
Paul Walaskay & Jinx Lucas	Richmond	VA
Alex Sallwey & Cathy Hyatt	Annandale	VA
Freddy & Lucia Montoya	Chesapeake	VA
Rod & Susan Rogge	Virginia Beach	VA
Bill & Peggy Morris	Fairfax	VA
Jim & Kelley Odorisio	Chittenden	VT
Stephen & Jeanne Barner	Jericho	VT
Bernie & Colleen Derry	Essex Junction	VT
Mike & Pat Weisel	Underhill Center	VT
Ken Resi & Dorothy Wilson	Jericho	VT
Jim & Louise McDermott	Burke	VT
Dennis & Chris Szilvasy	Brampton	ON
Don & Carol Friedlander	Ottawa	ON
Susan Whyte & Kim Carnegie	Witby	ON
David & Maggie Laidlaw	Guelph	ON
Richard Harris & Yvonne Grace	Pickering	ON
Roger & Wendy Ayotte	Orleans	ON
Jan Earnshaw, Ted, Chase & Maggie Kelly	Komoka	ON

About ETR

Eastern Tandem Rally, Inc. is a not-for-profit organization dedicated to the promotion of tandem bicycling. We have held an annual summer rally since 1973. We currently promote at least two rallies a year: the traditional ETR (usually 100-120 teams) and a smaller MATES (Mid-Atlantic Tandem EnthusiastS) rally with 40-50 teams. We have also co-sponsored the BBC St. Michael's Spring Thaw & Tandem Weekend the past 2 years. Off-Road Tandem Rallies are held periodically.

Each year at the rally, teams are asked to step forward and volunteer to host a rally located somewhere in the northeastern section of the US. This system allows tandemists get to sample the creativity of other teams and the variety of terrain across the region while enjoying riding with other tandems for a weekend. However, without the support of new volunteers every year, these events would not be possible.

The Board of Directors of ETR will be meeting at 8:30pm Friday night. A key agenda item is to review bids for hosting next year's Rally. This would be the best opportunity to present and discuss your proposal for consideration by the whole group on Saturday evening during our after dinner meeting.

We are always open to considering proposals for future rallies from the floor Saturday evening. We try to plan locations 2-3 years ahead. So, if you have been thinking of hosting a rally, we encourage you to talk it up with some other teams in your area and take the leap! It's a great way to give back to the sport we all enjoy and has led to so many friendships over the years.

Special Thanks

We'd especially like to thank Bernie & Celia Mansbach for helping us put together the rally weekend.

