

Pedal for Medals

Adirondacks to the Finger Lakes

Bicycle 277 miles in four days.

Abbreviations: BR = bear right, BL = bear left, CR = county road,
STR = straight, TRO = to remain on

Day One Pedal for Medals 2007 -- Saranac Lake to Canton

Mile	Turn	Road	For
0.0		Route 3 from Riverside Park	0.8
0.8	R	Edgewood becomes Ampersand	0.4
1.2	L	Forest Home Road	8.1
9.3	R	NY Rt 30 North	2.7
12.0	L	NY Rt 30 North	7.7
19.7	L	Visitors Interpretive Center (Pavillion #1) -- WATER STOP	0.2
19.9	L	NY Rt 30 North	8.5
28.4	L	NY Rt 458/72 at Lake Meachem	10.3
38.7		Santa Clara -- 2nd morning WATER STOP	0.1
38.8	L	Walker Rd. becomes Waite Rd/Rt 458	12.5
51.3	L	NY Rt 11B	2.0
53.3		Hopkinton -- LUNCH STOP at park	0.2
53.5	L	NY Rt 72 through Parishville	8.5
62.0	L	Co Rt. 58 (70)	7.6
69.6	R	NY Rt 56	0.4
70.0	L	NY Rt 68 -- WATER STOP at gas station	5.7
75.7	BR	NY Rt 68	6.4
82.1	L	US Rt 11	0.1
82.2	L	Hotel	

Day Two Pedal for Medals 2007 -- Canton to Watertown

Mile	Turn	Road	For
0	L	at ACE Hardware (Coakley) onto Old DeKalb Rd; cross CR 15 (@ 7.5 miles) narrow	1.7
1.7	L	at	9.4
11.1	L	CR 812	1.1
12.2	R	CR 17; Mayhew Rd (Amish country -- narrow road)	4.6
16.8	STR	becomes CR 11	2.3
19.1	L	CR 10 (you should see a farm directly in front of you) -- narrow road	9.9
29.0	STR	cross CR 58; WATER STOP on right (CR 10); continue	7.8
36.8	STR	becomes CR 25	1.2
38.0	L	Lunch at Oxbow Fire Station	
38.0	R	out of Oxbow Fire Station	0.3
38.3	L	CR 22	4.1
42.4	L	Vrooman Hill Road	2.0
44.4	R	CR 194	0.3
44.7	L	Ore Bed Road	3.6
48.3	STR	Cross CR 26; becomes Elm Ridge Road	2.0
50.3	STR	Cross Route 20; Elm Ridge Road	5.2
55.5	R	Martin Road which turns into Main Street	0.7
56.2	R	LeRay Road WATER STOP stop at Stewarts)	0.2
56.4	BL	Willow Road	0.1
56.5	BL	Goulds Corners Road	1.7
60.8	STR	Cross Rt. 342 to Bush Road and continue	2.4
63.2	R	NY Route 11	0.1
63.3	L	Patterson Road	1.7
65	R	Rt. 283	1.7
66.7	L	Mill Street	0.1
66.8	R	State Street (downtown traffic oval, stay left for turn)	0.2
67	L	Washington Street to Carriage House on Right	

Day Three Pedal for Medals 2007 -- Watertown to Oswego

Mile	Turn	Road	For
0	R	onto Washington St (front hotel exit) followed by a R onto Mullin St	0.6
0.6	L	onto S. Massey; turns into CR 63; some rough road at start	8.7
9.3	BR	on CR 63	0.2
9.5	L	on CR 63	2.7
12.2	L	CR 75	6.5
18.7	L	WATER STOP at Bellevill Henderson School return to CR 75	0.4
19.1	STR	CR 289 (CR 75 bears to right and CR 289 starts at crossing)	3.6
22.7	STR	across CR 193 onto South Main, turns into South Landing Rd.	2.5
25.2	L	Rt 3	12.9
38.1	R	Selkirk Shores State Park -- LUNCH STOP	2.6
40.7	R	Rt 3	2.8
43.5	BR	NY Rt. 104B	3.0
46.5	L	Rt. 43 South	2.1
48.6	R	Rt 104	0.4
49.0	L	Rt. 44	1.0
50.0	STR	Rt. 64 W	0.9
50.9	BR	Rt. 64 W	1.4
52.3	L	Rt 6 WATER STOP	0.9
53.2	STR	Rt 51 North	1.8
55.0	L	Mud Lake Road	1.5
56.5	R	Rt 4	7.5
64.0	R	Cherry St.	0.7
64.7	L	Cayuga Street	0.7
65.4	STR /BL	EconoLodge Parking lot	

Day Four Pedal for Medals 2007 -- Oswego to Little York

Mile	Turn	Road	For
0.00	R	from Hotel onto East First St	0.10
0.10	R	on Bridge Street/Rt 104	0.20
0.30	L	on West First Street; this will become Rt 48	4.80
5.10	BR	on CR 8; CR 8 becomes Plainville Rd	19.70
24.80	BL	Bridge, continue on Plainville Rd WATER STOP at Plainville Turkey Farm parking lot	1.40
26.20	R	Onto Old Rt 31 at Jack's Reef	0.20
26.40	L	Laird Road	0.70
27.10	L	Rt 31	0.10
27.20	R	Laird Road	1.70
28.90	BR	Stop sign	0.10
29.00	L	Fikes Road	2.00
31.00	R	Rt 5	0.20
31.20	L	Halfway Rd	1.70
32.90	L	Rt 321	1.60
34.50	R	Forward Road	1.20
35.70	R	Rt 174 which becomes North Street in Marcellus	2.73
38.43	R	Main St---this will be followed by a quick left turn	0.05
38.48	L	South St (Rt 174)	0.50
38.98	L	Platt Road	0.20
39.18	L	Marcellus Park second entry road WATER STOP and Rest Rooms	0.00
39.18	R	Platt Road leaving Marcellus Park	0.20
39.38	R	South Street (Rt 174)	0.85
40.23	STR	Rt 174 (cross Lee-Mulroy Rd/Rt 175)	2.30
42.53	STR	Cross Rt 20 onto Sevier Road	0.70
43.23	R	Schuyler Road	0.30
43.53	L	Rt 174	1.45
44.98	STR	Otisco Valley Road	14.90
59.88	BL	onto Preble Road	0.48
60.36	R	Rt 281	1.80
62.16	L	Dwyer Park	0.30
62.46	End	Parking lot End of Ride LUNCH	