

## Pedal and Paddle – Sunday, July 23<sup>rd</sup> 2017

### Event Logistics—Morning

Between 9:45-10:30am, participants must drop off their canoe or kayak, paddle, and life-jacket at the boat launch below the Winooski 1 Hydro Dam in Winooski. The boat launch is accessed via **Champlain Mill Path** off of **West Canal St.** (see [map](#)) **Please do not arrive after 10:30am.**

Drive your vehicle on **Champlain Mill Path** to the top of the dam. From here, follow the access road to the launch. Volunteers will be on site to guide you. **Please drive slowly! You will be driving through the backyard of the Millyard Condos. Please be respectful.**

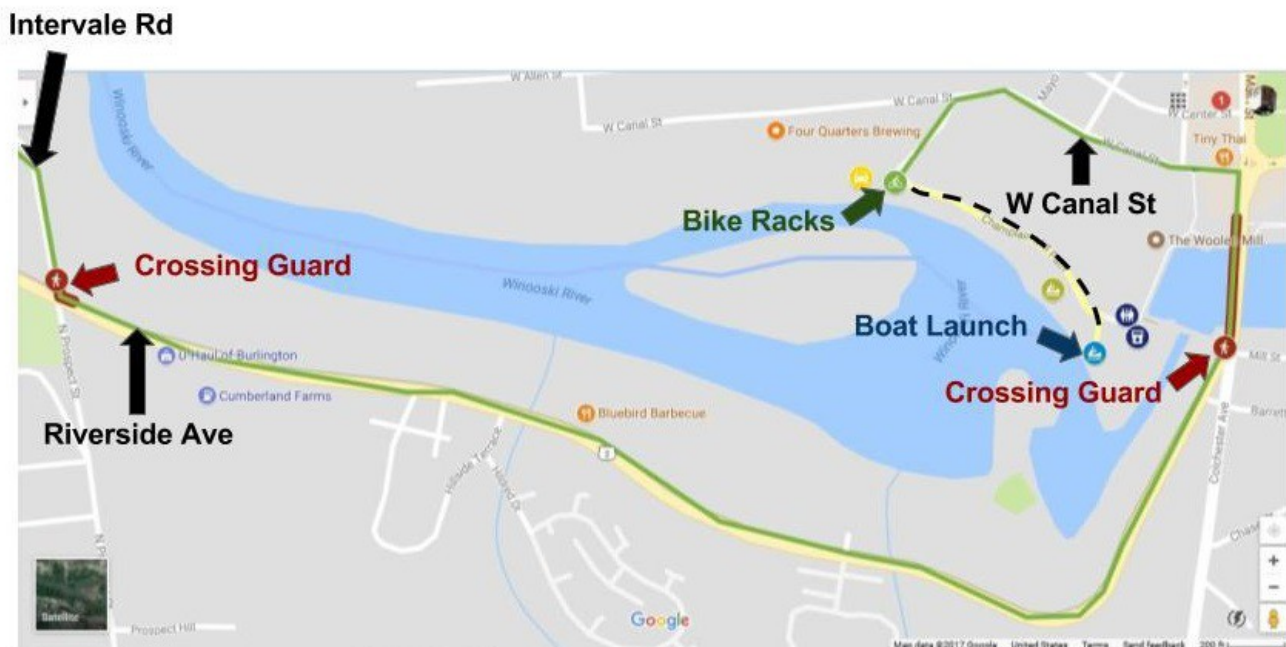
After dropping off your boat, volunteers will direct you back to the main road where you will then drive to the Ethan Allen Homestead in Burlington, for the start of the bike ride. All vehicle parking will be located at the Ethan Allen Homestead, the start/finish of this loop course.

### Course Description (reference the map below)

>**Bike ride, approximately 4 miles from Burlington to Winooski:**

Beginning at the picnic shelter at the Ethan Allen Homestead, participants will follow the flagged trails on Winooski Valley Park District (WVPD) property, through the Intervale and onto **Intervale Rd.** Once on **Intervale Rd,** expect vehicle traffic. Bike on the right shoulder (with traffic) until you reach the intersection with **Riverside Ave** (at the traffic light.) There will be a crossing guard located here to direct you across **Intervale Rd** and onto the wide side walk along **Riverside Ave.** Once on the side walk on Riverside Ave., participants will be riding on the path against traffic. **PLEASE DO NOT RIDE IN THE ROAD ON RIVERSIDE AVE. Participants must obey all traffic lights and walk their bikes across all cross walks.** The bike path on Riverside Ave runs against traffic in this direction.

There are three traffic lights on Riverside Ave. before you reach the bridge that crosses over the Winooski river and brings you into the City of Winooski. You must obey all traffic lights and walk your bike across all crosswalks. Follow **Riverside Ave** until you reach the traffic light just before the bridge over the Winooski River. There will be a crossing guard located here to direct you over the bridge as you enter the City of Winooski (now **Colchester Ave.**)



Participants must walk their bikes from the start of the bridge up to **West Canal St.** Once on **West Canal St**, hop back on your bike and ride to the bike racks which can be accessed via the entrance to the Chittenden County Regional Planning Commission (CCRPC) parking lot. Look for signage and reference the map.

**>Paddle, approximately 3 miles from Winooski to Burlington:**

After parking and securing your bike, walk the access road back to the boat launch (the dotted line on the map.) Volunteers will assist you at the launch. During our test run on July 20<sup>th</sup>, the river was running swift. There is a section of fast water immediately downstream of the launch. The Winooski 1 dam manager said the water should be calmer by Sunday, as long as we don't get any more big rain events. If it's still running swift on Sunday, those that do not feel comfortable navigating the fast water can put in just below them at an alternative launch (see [map](#).)

Once in the river, go to the left of the island that is just below the launch. There is a sweeper tree on the left side of the island that paddlers should avoid.

Follow the river downstream until you see event staff and volunteers on the shore at the Ethan Allen Homestead boat landing. The landing will be located on the left bank of the river. Volunteers will be present to help you and your boat out of the water. **Please check in with staff upon arriving on shore.**

### **Event Logistics—Afternoon**

Once you arrive back at the Ethan Allen Homestead, enjoy your picnic lunch (**reminder: no food will be available for purchase, please bring your own picnic lunch**), as well as music and games. You may bring your own beer or wine as long as there is no glass and no dispensing (for personal use only.) Wine cans will be for sale (for participants over 21 years of age with valid ID) by Shelburne Vineyards.

The event will wrap-up at 3:30pm. Volunteers will monitor the bike racks in Winooski until 4:30pm. **Participants must pick up their bikes by 4:30pm at the latest.** You may drive your vehicle to the [CCRPC parking lot](#) to load your bike. **Access this lot using the entrance you came in via bike.** Do not use Champlain Mill Path, as the gate will be closed at this time.