

## **Road Memo # 3-NYC Update (May 25, 2000)**

Date: May 25, 2000  
To: Odyssey 2000® Riders & Staff  
From: Tim Kneeland & Associates, Inc.  
Re: New York City Update

### **Special thanks to KAS**

Newsletters have always been a “road goal” of TK&A, but finding the writing time has been a constant challenge. Not too worry, though, Karen-Ann and her crew of roving contributors have published our first of many issues of the Roadie Rag. If at all possible, we will try to get an issue out at least every two weeks. On occasion, we may substitute and/or augment a more formal Road Memo for conveying technical Odyssey information.

### **Don't let up, even for a second!**

Unfortunately, Odyssey has experienced more than its fair share of accidents. Though many of them have been totally unavoidable, we must always remind ourselves to remain vigilant. Remember, even when tired and wet, staying alert and aware of what's going on around you will help eliminate most accidents.

As a reminder: never let your guard down; ride single file unless the conditions allow two-abreast; ride well right; watch for changing road conditions and hazards (grates, rocks, parked cars, glass, debris, etc.) sprinkled along your path; keep visible; checkout both the oncoming and approaching traffic before passing; communicate your intentions when coming up on and/or passing another cyclist; make eye contact with drivers before turning in front of them; watch for opening car doors; don't drink alcohol until after your rides completed for the day; etc.

Always wear your helmet, even when testing your bike around camp. Make sure you have a mirror and a rear blinking light. If you don't have an Odyssey helmet, please get a helmet cover from Karen-Ann or Brit-Simone.

## **Here's what's coming up for the USA & Canada**

### **Thursday, May 25. NC to Barryville, NY**

Glad to be back on your bike? Hopefully you had a cool day, even though it's a century (101 mile) ride from the hostel in New York City. The weather is supposed to improve (right??) and the route is very scenic. Busy New York traffic, the George Washington Bridge, scenic New Jersey and upstate New York. Flat and rolling terrain.

We are being hosted by the Kittatinny Campground, who will be preparing dinner and breakfast as well. In addition to being the “best campground on the Delaware River”, it offers a variety of activities to its guests.

River rafting. If you arrive before 3 pm, it is possible to rent a raft and float the river to Pond Eddy (you pedal past Pond Eddy on your way to camp), about 7 miles downstream. They will pick you up around 5:30 and bring you back to camp. The cost is \$28. If we have more than 10 rafting, the cost drops a little. The river is great for rafting and should be a lot of fun. Ask for reservation number 178866.

Paintball. Yes, here is your chance to shoot and splatter all your friends while still enjoying peace on earth. The cost is \$29 per person and you can play for quite a period of time.

**Friday, May 26. Barryville to Otego, NY**

89.8 scenic miles with some rolling terrain. Great day through upstate New York. The community and school system are looking forward to our visit.

**Saturday, May 27. Otego to Verona, NY**

72.3 miles. Relatively flat, but the traffic will increase as the Memorial Day weekend begins. The Rome-Verona KOA is hosting our stay and the local church will be feeding us.

**Sunday, May 28. Verona to Ivy Lea, Ontario, Canada**

97.3 miles. Great backroads and relatively easy terrain. Great bridge crossing. Welcome to Canada. Don't forget your passport or some type of ID. The Thousand Island KOA is our host and has arranged all the details of our stay.

**Monday, May 29. Ivy Lea to Ottawa, Ontario**

100.6 miles of beautiful terrain. Some rolling landscape and then a super stay in Canada's National Capital. Our host, Carleton University, is about 15 minutes from the heart of town. Dorm rooms with 2 people per room.

**Tuesday, May 30. Ottawa layover day**

Laundry and exploration.

**Wednesday, May 31. Ottawa to Chute-à-Blondeau**

91.6 miles of relatively flat but scenic river lands. We are camping in Voyageur Provincial Park.

**Thursday, June 1. Chute-à-Blondeau to Montreal**

59.9 miles of moderate, but scenic cycling. We have mostly single person dorms at McGill University in the heart of the action.

**Friday, June 2. Montreal layover day.**

Super city to enjoy. Brush up on your French.

**Saturday, June 3. Montreal to Nicolet**

87.9 miles of modest cycling in the beautiful Province of Québec. Excellent campground and place to stay.

**Sunday, June 5. Nicolet to Québec City**

92.9 miles. A full day of river riding along the beautiful St Lawrence. Your last major ride in North America until the end of the year. We are staying at Laval University, 2 to a room. Québec is a world class city, so enjoy.

**Monday, June 5. Nicolet to Québec City**

Layover day/travel day. We will be leaving for Paris around 7:00 pm or a little later. The gear trucks must be loaded about 4 hours before flight time. Plan to pedal 9.6 miles to the airport. It's a 7-plus hour overnight flight to Paris on the same airline that brought us to America.

## **Tuesday, June 6. Paris Arrival**

We will likely arrive in Paris about 8:00 or 9:00 am. We are planning to use a truck for the bikes and buses to get us to the Etap Hotel (2 Bd Leon Gaumont) in Paris. As usual, please psyche yourself for delays at the airport.

## **Mailstops**

Finally..... Attached are mailstops though Belfast. We plan to post these and others at [www.odyssey2000.com](http://www.odyssey2000.com) as they become available.

## **Dr. Darin P. Cherniwchan, the Travel Doctor, has a useful website for Odyssey.**

Checkout [www.the-travel-doctor.com](http://www.the-travel-doctor.com). Dr. Cherniwchan sent a note suggesting we checkout his website. Lots of useful information and you can even post Odyssey related travel questions.

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## **English speaking docs via IAMAT**

In the USA and Canada, it's generally not a problem finding qualified medical opinions and treatment. In foreign countries, however, it can be difficult and even frustrating locating an English speaking physician who understands the dilemmas travelers face. IAMAT can help.

IAMAT (International Association for Medical Assistance to Travelers) has located and published a list of recommended and qualified English speaking physicians in most of Odyssey's countries. TK&A has been a member of IAMAT for several years. Each year they publish an updated directory of physicians (and medical facilities) who speak English and agree to a specified price for a visit. The following information may prove helpful.

FRANCE-Paris. Contact the Iamat Center –36 Rue du Colisée at 01-4563-1843. Coordinator-Nancy Salzman, M.D.

American Hospital of Paris, 63, Boulevard Victor Hugo, Neuilly-sur-Seine at 01-4641-2525.

ENGLAND-London-Bloomsbury. Iamat Center-53 Brunswick Centre, P. J. Skolar, 0171-837-3811.

ENGLAND-London-Westminster, Chelsea and Kensington. Iamat coordinators M. Clarke and N. G. R. Page at 0171-584-6718/9.

Iamat Coordinator Peter Walden at The Practice, 47 Hugo St at 0171-834-6389.

IRELAND-Dublin. Iamat coordinator Graham Fry at the International Vaccination Center, 34 Grafton St. 1-671-9200.

NORTHERN IRELAND-Belfast. Iamat coordinator Patrick McGeough at the Salisbury Medical Center, 474 Antrium Rd 01232 777 905.

Dr. J. E. Donnelly at the Iamat Centre at 01232-322-330.

SCOTLAND-Glasgow. Iamat Eric Walker at the Scottish Centre for Infection and Environmental Health, Clifton House, Clifton Place at 141 300 1131.

## **No doc yet**

We are still working on a locating a doc for Odyssey. Sorry about not having this issue resolved.

### **Personal Bikes**

TK&A has again re-examined its stand on personal bikes for Odyssey. This is a tough area, but we are willing to try a compromise for those people who absolutely have to have their own bike for the remainder of Odyssey. Here are our revised thoughts and conditions:

You can bring your own personal individual bike providing: you are prepared to take care of and carry your own spare part inventory (except what is compatible with the Global 2000); you are willing to pay for any service TK&A provides that would not normally be required with an Odyssey bike; you agree that TK&A and the Odyssey riders and staff will not be responsible for scratches and damage during handling or transit; you sign a waiver stating TK&A nor anyone associated with Odyssey is not responsible for damage to your personal bike; and you agree to provide your own transportation between overnight locations when you are unable to keep your bike maintained and running properly. This list is not exhaustive and additional requirements might be added as TK&A learns the ramifications of allowing folks to bring their own bikes.

### **Bikes on planes**

Please remember to tighten your turned handle bars and to remove your bags, aerobars, computers, pedals, etc. when preparing your bike for shipping. Also release about half the air from your tires. Bike bags or boxes can not be used-we simply don't have the room.

### **Web pages**

Don't forget to check out what your fellow riders are saying about their personal experiences on Odyssey. Some positive and some not so positive. It is amazing how the same trip can be viewed and reported so differently.

The books are normally available at end-of-day check-in. You can often find them with Pat in the morning as well.

### **Our gear trailers are in Baltimore**

The two trailers we used in South Africa have finally arrived on US soil, and for the original price negotiated.

Since the trailers require some major electrical work to make them operational on US roads, we have decided to send them directly to Seattle. Unfortunately, they will not be with us on this leg of the journey. Sorry about this, but the added expense for a few days of use is not cost effective.

### **Bags**

To make life a little easier, we are willing to let you store some bags in the large truck, providing you mark the bag so that it is easily identified. Dennis will tell you how to make this happen. If you are leaving the trek for a day or so, you can also take advantage of this service, providing you ask someone to look after your bags. If they get chucked off the truck, it isn't the staff's responsibly to put them back on the truck.

Please make sure your equipment is completely dry, especially if you are leaving for more than a couple of days. Thanks.

### **Keep us informed**

We must know if you are going to be gone, miss a checkpoint or even miss end-of-day check-in. Please make sure you comply with this request. Make use of our emergency numbers. Tim in USA is 1.206.601.6149 and Karen-Ann is 1.206.295.5385. Overseas Tim's GSM is 001.206.390.2397 (drop the 001 if using AT&T or a major calling card) and Karen-Ann's is 001.206.295.5385. If you can't get through, please keep trying.

If everything else fails, leave a message on our Seattle phone (however, this isn't checked until the last thing) at 1.800.433.0528 or 206.322.4102.