

Cyclists:

Below is information regarding the route details and bike rental opportunities. I've also included some other links that you might be interested in looking at as they are great places to go for runs and leisurely rides & walks.

ROUTE

We will be using the Unknown Cycling Team's route which can be a 10, 18 or 25 mile loop. I hope to do the 25 miler and tack on 2-3 extra miles so that we can ride down into the US National Whitewater Center. The link below has a lot of info regarding that ride. I've done the ride several times and there are some hills but nothing really substantial. Some of the roads are a little worn and have traffic but all in all, a good route. A REMINDER THAT THIS WILL BE AN EASY PACE RIDE, NO DROP POLICY.

We will start the ride at the Westin hotel as close to 2pm as possible. Ride will end at Unknown Brewery which is about a mile from the hotel on Mint Street. Unknown has its own craft beers, serves pizza and occasionally has food trucks.

If there is a desire to do a longer route that is easy to do still using the existing route listed above. I figure we play this by ear and decide on route what the group wants to do. Miles can be tacked on out by the Whitewater center or we can head back out after dropping folks off at Unknown.

ROUTE PAGE : <https://www.unknowncycling.org/bikeandbrew.html>

BREWERY PAGE : <http://www.unknownbrewing.com>

I will carry some spare tubes and CO2 cartridges, but the rentals usually come with a seat bag. The bike shops offering rentals are listed below. Some will provide helmets, some won't. Please confirm helmet availability when you call. They are happy to install clipless pedals if you bring your own set. *Also, if you have them, bring lights for both the front and rear of the bike.* I would start at the top of the list and call Bicycle Sport. I've known the owner, Ben, for a long time (He's built up three of my bikes) and he is a great guy. Mention that you're with the POSNA Orthopedic group coming into town and Kevin Casey recommended calling for a rental bike. He will need to know your frame size. He is happy to deliver the bikes to the Westin if a group of folks rent bikes from his shop. The other guys in the shop can certainly help too.

BIKE SHOPS

1. Bicycle Sport

704.335.0323 Ben Cooley

_ Ben has a selection of Cannondale CAAD 12s and some Treks (I believe). The shop is willing to deliver the bikes to the Westin if enough folks rent from him. The shop has a variety of sizes and is willing to do their best to dial in the fit if you can send your measurements in. I would start with B Sport and if they don't have a bike, call Queen City.

<http://bicyclesport.com>

2.

Queen City Cycles 704.522.7006

_QC has Scott CR1s. They are located a mile or so south of the Westin on the Railway path. Easy walking distance or use light rail. Call the shop for rentals. I am pretty certain they have 61cm frames (thinking of you Steve).

<http://www.queencitybicycles.com>

3.

Uptown Cycles 704.632.7440 Chris Sheehan

_Another really cool shop with rentals. They have Roubaix models and I believe some C'Dales. Visit their website to go through rental process.

<http://uptowncyclescharlotte.com>

4. **Bike Source**

704.525.8410

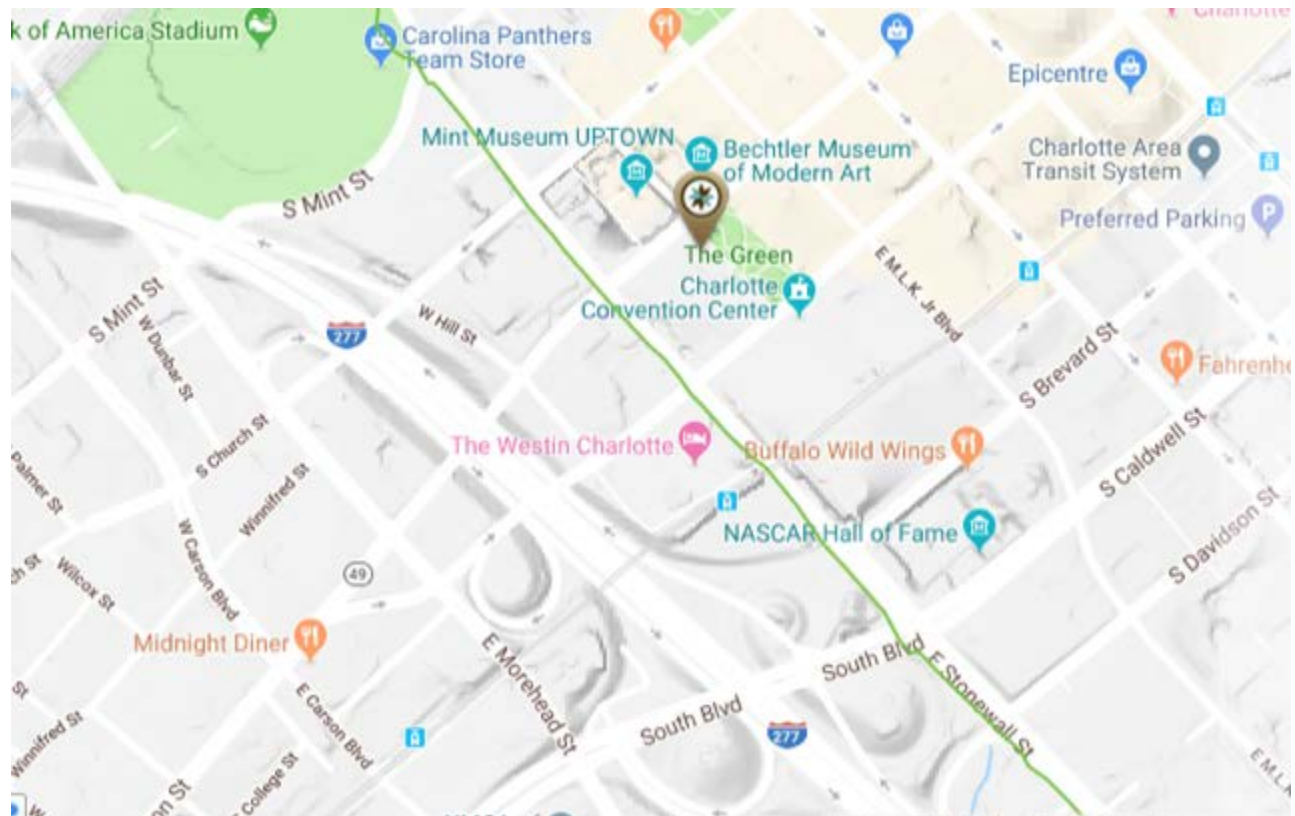
_Sadly B Source is out of road bikes but they have some sweet gravel bikes with sawtooth tires. They make for really good riding on the road. Gearing is such that you will not run out of gears on the hills of CLT. You can see the demos that are available for rent via the website below.

<https://www.bikesourceonline.com/>

MORE INFO:

The following two links are have information regarding Charlotte's Greenway System and the Carolina Thread Trail. Both of these offer safe places to run, walk or go for a leisurely bike ride. Conveniently, a co-section of the Greenway and Thread Trail run adjacent to the Westin, which allows you easy access. See picture below. Here's the link to the Thread Trail's homepage. Click on the TRAIL MAP link at the top & zoom in on the map to see this exact photo and you can navigate from there.

1. <https://www.carolinathreadtrail.org>



2. Charlotte's Greenway System / Cross Charlotte Trail.

Little Sugar Creek Greenway is the closest Greenway to the Westin. It's one of the longer sections of the Greenway and is quite popular with cyclists, runners, walker and shoppers. It connects a lot of shops, restaurants, and businesses. Levine Children's Hospital is along this route, and at its end is Ben Cooley's bike shop, Bicycle Sport.

<https://www.charlotteagenda.com/92571/complete-guide-charlottes-greenways/>

<https://www.mecknc.gov/ParkandRec/Greenways/Pages/default.aspx>

3. And last, the US National Whitewater Center. If you can find time to spend 3-4 hours out here, I highly, highly suggest it. Great hiking, kayaking, paddleboarding and epic mountain biking for all skill levels. They have mtn bikes, kayaks, SUPs and rock climbing gear for rental. The restaurant has excellent food and a wonderful beer and wine list. There happens to be a wonderful music festival out there May 16-18th.

<https://usnwc.org>