

2025 Paddle Pedal FAQ

Saturday October 4th - [CreekRats.org](https://creekrats.org)

1. What is a Paddle Pedal?

An outdoor event unlike any other in Syracuse! We paddle down Onondaga Creek from the new City Launch in Kirk Park and then bike the Creekwalk back to the start where we enjoy the festivities at the Syracuse Parks Mile Marketplace event in Kirk Park. It's human-powered fun for a good cause!

2. How do I sign up?

Please visit our website [Events Calendar](#) to register using the Ticket Leap link. Registration is required. Registration and participation is free, but we're requesting donations on behalf of [In My Father's Kitchen](#). Participants must be at least 18 years of age, or have parent/guardian supervision for the duration of the event.

3. It's a fundraiser?

Yes! The Creek Rats are proud to support the work of our friends at [In My Father's Kitchen \(IMFK\)](#) and we're requesting donations to their organization. Donations should be made directly to [IMFK through their website](#).

4. Can I participate in only the bike ride?

Yes! You may choose to participate in only the Pedal leg. Please select the corresponding option during registration. A bike helmet is required to participate in the Pedal leg of the route, please bring your own.

5. When and where do we meet for the event?

The Paddle departs from the Kirk Park launch at 10am, at the intersection of [Hunt Ave. and Onondaga Creek Blvd](#). Those borrowing gear for the paddle should arrive at 9:15am to allow time for outfitting. Other paddlers please arrive by 9:30am at the latest. If you are bringing your own bicycle, please drop it off at [Ollie's Point on Maltbie St.](#) prior to arriving at the launch!

The Pedal departs from [Ollie's Point on Maltbie St.](#) between 11:30am and noon. Exact timing will depend on the arrival of those paddling the creek. If participating only in the Pedal, please arrive at Ollie's Point no later than 11:30am.

6. Is paddling experience required?

No! Those requesting to borrow a kayak must have some experience and comfort paddling in moving water, but we also have limited space available to paddle in the front of a canoe with an experienced Creek Rat. Or, if you'd rather not join us for the trip down Onondaga Creek, you're

welcome to participate in just the Pedal leg of the route - please select the respective ticket option when registering for the event at our website [Events Calendar](#).

7. Do you have gear I can borrow?

Yes! We have a limited number of loaner kayaks, or you can paddle in the front of a canoe with an experienced Creek Rat. A bike helmet is required to participate in the Pedal leg of the route, please bring your own. We also have free VEO rides available, but registration is required and space is limited so sign up today to reserve your spot! Participants must be at least 18 years of age, or have parent/guardian supervision for the duration of the event.

8. Can I bring my own gear?

Yes! If you'd like to bring your own boat and/or bicycle just select the corresponding ticket type when registering for the event. If bringing your own gear please also bring a lock to secure your bicycle, and then canoe/kayak if applicable, at Ollie's Point. Please visit our website for information on what [we recommend in a canoe/kayak](#) for a trip down Onondaga Creek.

9. What do I do with my bike during the paddle?

Space to lock bicycles at [Ollie's Point on Maltbie St.](#) will be provided. If bringing your own bike please also bring your own lock. A supervised vehicle for helmets and small items will be available, though space is limited, please carry what you can in your boat.

10. What do I do with my boat and paddling gear after the float down Onondaga Creek?

Space to lock boats at [Ollie's Point on Maltbie St.](#) will be provided. If bringing your own boat then please also bring your own lock. A vehicle to transport paddles and life jackets back to the Kirk Park launch will be available, though space is limited, please carry what you can in a backpack for the bicycle ride. Please collect any gear you put in the shuttle vehicle from the Creek Rats table near the launch. Please return to retrieve your boat by 3:30pm. The Creek Rats will handle the transport of all loaner boats.

11. What happens after the bike ride?

We enjoy all the Syracuse Parks Mile Marketplace has to offer! Please collect any gear you put in the shuttle vehicle from the Creek Rats table near the launch. If you left gear at Ollie's Point please return to retrieve it by 3:30pm.

12. How do the free VEO rides work?

The free VEO ride requires downloading the VEO app and entering a credit card to create an account. A coupon code of one (1) free ride will be provided at the event. VEOs will be provided at Ollie's Point after the paddle for those pre-registered for ticket types including a VEO. A bike helmet is required to participate in the Pedal leg of the route, please bring your own.

13. What do you recommend that I bring with me?

The Paddle: A USCG approved PFD, a waterproof container to protect your phone, keys, and personal effects in the event of a capsize, sunscreen and/or bugspray, and drinking water. We recommend you wear clothing and footwear that can get wet, and is suitable for the weather conditions. A backpack with gear you'll need for the bicycle ride. For those registered to borrow loaner gear, USCG approved PFDs and paddles will be provided. [Visit our website](#) for more information on gear recommendations.

The Pedal: A bicycle helmet, drinking water, sunscreen and/or bugspray, and suitable clothing and footwear for the weather conditions. A helmet is required to participate in the Pedal leg of the route, please bring your own.

14. Will there be bathrooms?

Yes. Porta-potties will be available at the Mile Marketplace and at Ollie's Point. Facilities will not be available during the paddle as there are limited opportunities to exit the creek once on the water.

15. Will there be food?

Food will be available for purchase from vendors at the Syracuse Parks Mile Marketplace event. Water will be available at Ollie's Point following the Paddle, and at the Creek Rats table at Mile Marketplace.

16. Will there be parking?

At the canoe/kayak launch and Mile Marketplace, parking is available in the City lot at the intersection of [Hunt Ave. and Onondaga Creek Blvd](#) as well as on neighboring streets. At [Ollie's Point](#), limited parking is available along Maltbie Street. Those participating in only the Pedal leg of the route are encouraged to park in the [Progress Park lot](#) at the Inner Harbor and to follow the Creekwalk south to Ollie's Point where the ride will depart.

17. Is there a rain date for this event?

No, both the Paddle and Pedal are weather dependent and either/both may be cancelled in the event of adverse conditions or forecast.