

2026 Paddle Pedal FAQ

Saturday October 3rd - CreekRats.org

1. What is a Paddle Pedal?

An outdoor event unlike any other in Syracuse! We paddle down Onondaga Creek from the City kayak launch in Kirk Park to the Bear Street launch, and then we bike the Creekwalk back, stopping along the way to enjoy the festivities at the Syracuse Parks Mile Marketplace event in Lower Onondaga Park, all while supporting the mission of [In My Father's Kitchen \(IMFK\)](#). It's people-powered change 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 are free, but we're requesting donations on behalf of [In My Father's Kitchen](#). Participants must be at least 18 years of age to borrow gear. Those aged 12 to 17 may participate with an experienced boater parent/guardian in a canoe, and the parent/guardian must be present for the entire 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 may be monetary or in-kind donations of goods needed by IMFK. Monetary donations should be made directly to [IMFK through their website](#), and in-kind goods may be delivered to the Creek Rats table at Mile Marketplace. In My Father's Kitchen has requested donations of the following goods:

- Socks
- Gloves
- Toiletries
- Tampons
- Pads
- Towels
- Shirts
- Pants

4. Can I participate in only the bike ride?

Yes! You may choose to participate in only the Pedal leg of the event. Please select the corresponding ticket type 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 the intersection of [Hunt Ave and Onondaga Creek Blvd](#), at approximately 10am. Please arrive promptly at 9:30am to allow time for outfitting and brief discussions on safety and boating techniques. If you are bringing your own bicycle, please lock it at racks provided at the [Bear Street take-out](#) (at the intersection with Van Rensselaer Street) **prior to arriving at the launch!**

The Pedal departs from the [Bear Street take-out](#) (at the intersection with Van Rensselaer Street) between 11:30am and noon. Exact timing will depend on the arrival time of those paddling the creek. If participating only in the Pedal, please arrive at Bear Street no later than 11:30am.

6. Is paddling experience required?

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 paddling in the stern. 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 bow (front) of a canoe with an experienced Creek Rat paddling in the stern (back). 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 to borrow gear.

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 your canoe/kayak, if applicable. 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 the [Bear Street take-out](#) (at the intersection with Van Rensselaer Street) 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 the [Bear Street take-out](#) (at the intersection with Van Rensselaer Street) 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 at the Kirk Park launch following the bike ride. Please return to Bear Street 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 event has to offer! Please collect any gear you put in the shuttle vehicle at the Kirk Park launch following the bike ride. If you left gear at Bear Street, 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 for free ride value will be provided at the event. VEOs will be provided at the Bear Street take-out 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, a backpack or waterproof bag with gear/clothing you'll need for the bicycle ride, 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. 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 backpack to carry your belongings. 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 Bear Street, but not at the Kirk Park launch. 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 Bear Street following the Paddle, and at the Creek Rats table at Mile Marketplace.

16. Will there be parking?

At the Kirk Park launch, parking is available in the City lot at the intersection of [Hunt Ave and Onondaga Creek Blvd](#) as well as on neighboring streets. At the [Bear Street take-out](#), there is a small lot and parking on neighboring streets. 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 north to Bear Street 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.