

I decided to go to Massachusetts for my Aunt Shirley's' funeral. This will be my first flight since COVID-19 pandemic started. I received my second shot of Phisher vaccine on April 26, 2021, thus have been fully vaccinated since early May. My trip had two purposes:

- Go to Aunt Shirley funeral, mass reception and celebration of life gathering.
- Cycle 100 KM in each of the New England states.

I rented a car and drove 3,627 miles in my rental car and cycled 775 miles (1248 KM).

## **New Hampshire**

### **Day 1, Saturday, June 5, 2021**

I walked from my house to the max with my luggage. I wanted to store my stuff at the airport and just take the max, but due to COVID the airport is not allow people to store their luggage. I put \$5.00 in the self-pay at the max for a \$2.50 ticket, the machine only gave me \$1.50 back. The max was shuttling people from 7th NE to gateway due to a car accident with a max line near freeway and Hollywood area. I cut into the line at 7th to quickly get on a shuttle bus, huge line of people waiting to be shuttled to gateway (to get around accident). It was hard to get on bus with my 2 big bags (stuff suit case and bike suitcase). I was next to a man that was mad and kept complaining to the bus driver. Not very easy holding on luggage on bus with all the people (I had to stand up, no empty seats on bus). I finally got to gateway with plenty of time and arrived at the airport way before my flight left. I went to check in, but they said I was too early to check my bags, I was there around 5:20 PM and my flight took off at 10:31 PM. They said I had to wait until 4 hours before my flight to check in my bags, I waited there until 6:31 PM and then checking in my bags. Then I went to the main terminal/ due to COVID the 2 terminals are not connected. Normally I can walk both terminals while waiting for my flight. I could only walk half as far in the terminal while waiting for my flight. The ear doctor called to change my appointment again, they are being a real drag. I kind of wish I would not have gone with getting a new hearing aid. I was getting a bone conduction hearing aid. I have one sided hearing and tried the bone conduction device over 10 years ago to transmit hearing from one side to the other side and it did not work very well. I was hoping the technology was better, I asked about options but I think they wanted the one where they could make the most money.

They had setup the appointment for the wrong person, I just needed the lady that tested my hearing to fit my hearing aid. I boarded the plane on time and they left PDX on time.

### **Day 2, Sunday, June 6, 2021**

All my flights went smooth and I arrived at the Manchester, New Hampshire airport on time. The Thrifty car rental charge extra for Roadside assistance if their cars go bad. That makes me mad, but I paid for the extra so I would not get stranded. I drove to Keene, New Hampshire and easily found my hotel and checked in to my room. Then I biked to find the bike trail and I had trouble. Then I asked people in town and they directed me to the wrong trail, but it was a good trail and I cycled it. Back in town (Keene), a guy commented on my bike Friday (He asked if it was a Pakit – model of Bike Friday) - and I ended up talking to him for about 30 minutes, I really did not want to talk for that long. Mostly I was just curious about the bike trail, he went into great details on how to get there and told me about all the work he had done on the west coast, mostly big construction jobs in Seattle. Then I cycled back to the hotel and then drove to get groceries. I watched TV and worked on my journal until about midnight.

### **Day 3, Monday, June 7, 2021**

I woke up a little before 6:00 AM and started cycling at 6:00 AM. I cycled towards to northwest end of the Cheshire Rail Trail. It was a good dirt trail for a while and then became rough and rocky. I saw a runner near where I turned back and he told me he saw a bear on the hill nearby. I went a little farther looking for the bear, the trail started getting really rough so I turned back, then I went looking for the place the guy told me about the previous day (Bridge and other end of first trail). This time I found the rock arch bridge, I was very close to it the previous day. The trail was like a hiking trail. The person the previous day told me you could take the trail all the way to the Massachusetts border, I was expecting it to be a good, paved trail. I only went a short way on the trail and then headed back towards my hotel, I needed to many miles so I re-cycled some of the trail I already biked on. I got back to the hotel and packed up by the 11:00 AM checkout time.



Bike route Ted took near Keene, New Hampshire.



Bridge on Cheshire Rails Trail with Ted's bike west of Keene, NH.



Bridge on Cheshire Rails Trail with Ted and his bike west of Keene, NH.



Ted's shoe store near Keene, New Hampshire.



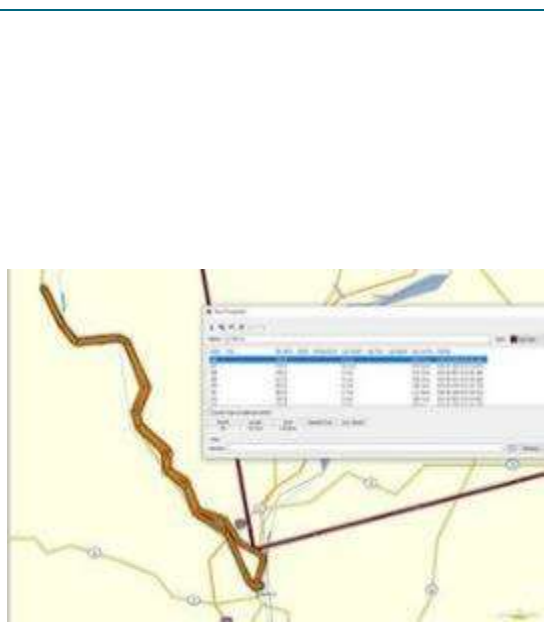
Stone Arch Bridge on Cheshire Rails Trail east of Keene, New Hampshire.



Ted with his bike on sign for Keene, New Hampshire.

# Vermont

Then I drove to the West River Trail near Brattleboro, Vermont. I cycled the dirt trail to a covered bridge. I went to the water and a guy offered to take my photo with my camera. He was friendly and gave me ice-cold water, it was very good. He said the highway was good for cycling, so I cycle west on the road for about an extra 5 miles (10 Miles round trip). Then I cycled the highway back to my car near the West River trailhead in Brattleboro. On the way out I took the dirt trail, the ride back was a little further, but no dirt trail. Then I bought lunch at Wendy's in Brattleboro.



Bike route Ted took near Brattleboro, Vermont.



Ted and his bike at Dummerston Covered Bridge near Brattleboro, Vermont.



Ted at Dummerston Covered Bridge near Brattleboro, Vermont.



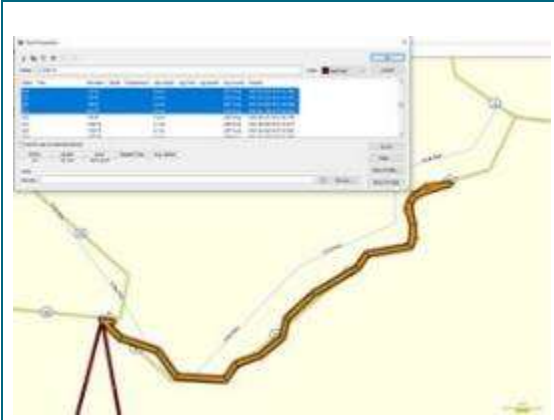
Ted and his bike at near Brattleboro, Vermont.



Ted and his bike at near Brattleboro, Vermont.

Then I drove towards Hartland, I think I did not look at my maps good enough, I actually wanted to go to Toonerville Rails to trails. Oh well the trip changed, I drove north were I found a visitor center and the guy working there made a lot of suggestion, I finally liked his suggestion about going to the ski area and drove towards Killington. I stopped about 9 miles west of Bethel and cycled most of the way to Bethel and then back to my car.





Bike route Ted took near Bethel, Vermont.



Ted and his bike near Bethel, Vermont.



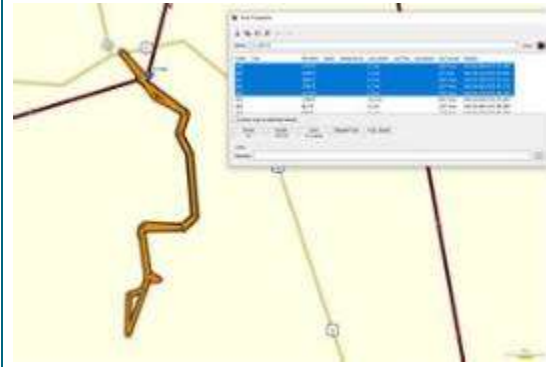
Ted, his rental car and his bike near Bethel, Vermont.

Then I drove to Killington and used Orbitz to find a cheap room, when I went to the hotel, I had trouble getting the internet price (I had to talk to someone on the phone and they brought the price down slightly, but not all the way down to the internet price). I paid cash, but at first, I gave the person my credit card (he seemed confused with the credit card), he used it for a while even though I was paying with cash. The guy seemed strange, but the room was nice. I went for a ride from the hotel, the rear tire on my bike seemed a little low so I pumped it up before leaving my hotel room. I cycled most of the way to the ski area and then back to my hotel in the dark. When I got back to the hotel my bike tire was still full of air. I went to sleep around midnight.

#### **Day 4, Tuesday, June 8, 2021**

I thought my alarm was going off at 5:43 AM, if it did, I did not hear it. I woke up at 7:10 AM and quickly got ready for the day. Then I cycled to the base of the ski area at Killington, it was a lot of uphill, but only about a mile more than I cycled up the previous evening. On the way up the mountain, I noticed my bike tire was low again so I pumped it up. It stayed fine for the rest of the ride. When I went to the store on the way down the mountain, the sign said masks required. Only about 1/2 the people wore mask and even the senior lady (about my age) running the register was not

wearing a mask. I then rode to the main highway and then back to my hotel to make sure I was checked out of the hotel on time.



Bike route Ted took near Killington, Vermont.

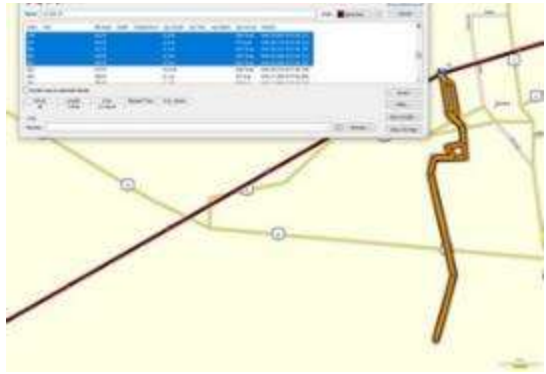


Ted and his bike at ski area in Killington, Vermont.



Ted and his bike with ski area in Killington, Vermont.

I still needed about 9 miles in Vermont, so I stopped at Rutland and parked at a place with lots of mountain bike trail, not great for the road bike. I biked for a while and noticed my bike tire was low again. I filled up the tire and continued to ride. It went low again, I had to fill the tire up a few times on that ride. It was close to flat and I was a block from my car, so I walked my bike back to my rental car. Then I tried fixing the flat, my tubes are too big and it took me a long time to try fixing it and it just went flat again. I did find a very small strain of wire in the tire that I pulled out of the tire, the wire probably causes the slow leak. I think I pinched the tube. I ended up finding a bike shop in Rutland and had them sell me a tube (they only had presto valves). They fixed the flat and the person was only charging me for the tube. I gave him a \$2.00 tip; I should have given him more. He fixed it very fast. He did not look to see if he could figure out what caused the flat, when I tried fixing it, I found a little piece of wire lodged in the tire, I was not sure I got all of the wire out. After he fixed the flat tire, it held air for several days.



Bike route Ted took near Rutland, Vermont.

## New York

Then I drove to Hudson falls, I could not find the falls. Then I drove to Glenn Falls and got a room for the night. Then I cycled the trails to Warren County Bikeway trail to Lake George. I had to use my cell phone google maps to find the trail, about half way to Lake George the trail turned to roads for a couple miles, I had to use my google GPS map to figure that part of the trail. It started sprinkling, then rained for about 3 hours and I ended out getting soaked. I only had one plastic bag and a raincoat. No rain pants and was not able to keep everything dry. Mostly just my journal and cloths got wet, I felt soaked. When I returned to my hotel room, I noticed I had a microwave in the room. Therefore, I went to the nearby store and bought stuff for the microwave (Creamy Tomato Tortellini and Bake Ziti). I plugged the microwave into the lamp and it did not work. Therefore, I ate my food without heating it up. Later that evening I noticed the lamp plugs did not work, might have just needed a better place to plug in the microwave to get it to work. I found the internet needed a guest password and then a notice in the room it said the internet did not need a password. I figured maybe the hotel would charge more for the internet and did not feel like calling the internet help number (from the note). I decided just to use my phone when I needed to look stuff up online. I bought a USB cable from General



Dollar earlier that day to allow me to download my camera photos to my PC, but broke the USB cable trying to get the package open. I watched TV, worked on my Journal and went to sleep around 11:00 PM.

**Day 5, Wednesday, June 9, 2021**

I woke up around 6:00 AM and cycled the Glens Falls Feeder Canal Trail to Hudson Falls (mostly dirt trail) and then back to my hotel. I packed up my rental car, checked out of my room and left hotel at about 9:20 AM.



Bike route Ted took near Glenn Falls, New York.



Ted with his bike at Lake George, New York.



Wood carving at lake George, New York.



Ted with his bike on Feeder Canal Trail between Glenn Falls and Hudson Falls, New York.



Ted with sign in Hudson Falls, New York.



Ducks in Feeder Canal between Glenn Falls and Hudson Falls, New York.

I got breakfast at McDonalds and drove to Mohawk-Hudson bike trail. I cycled the trail, cycled back to the car and then cycled into the Schenectady (town near trail). It started to rain in town. I started back to the car and then it started to pour. I could not find shelter from the rain, I tried next to a wall but I still got soaked. Then I found an awning near a police station to wait out the rain, but I was already soaked. I wanted to get back to the trail before the rain, but no luck. Once back at the car I changed out of my wet shoes, wet shirt and it into dry cloths. Then I bought bike tubs at a bike shop. Next, I drove toward Kate's and got stuck on a toll road. I thought my rental car toll pass was only good for Massachusetts (That is what the guy from Thrifty thought), so I called the number on the billboard to call if you do not have a way to pay the toll and they sent me a link to pay the toll (I never used the link, we (Renan, Kate and I) found out the car toll pass was good for everywhere I was traveling. Then I went to buy wine and there was no wine at the grocery store (beer, but no wine). I found a wine shop nearby and bought wine. I made it to Kate's a few minutes after 5:30 PM (My estimated arrival time was 5:30 PM). Renan made a great dinner, and then took us to the Ashokan Reservoir (supply for New York City water) and then back to their place. I gave them a copy of my American Journey book and they seemed excited about my trip. I got photos with all their animals. They have a mouse, silky chicken,

Chihuahua and puppy German Shepard. I went to sleep at about 11:00 PM. They had a great basement for me to sleep in, TV, Exercise bike, living room and plenty of extra space.

### **Day 6, Thursday, June 10, 2021**

I slept great and did not wake up until about 7:10 AM. We had a great breakfast and watched the birds and deer in Kate's back yard. Kate put bird seed on the table. Then we saw squirrel, chipmunks, Blue Jays, Robins, a deer and other birds eat the seed. What a wonderful place they have. I left around 9:00 AM and drove to the bridge over Ashokan Reservoir to Shokan. I parked and walked part way over the bridge. I could not find a great way to get a photo of the bridge, lots of signs for no parking and sign saying only access trails with special permits. It was a very cool bridge, I should have biked the dam top, but I already had my miles for New York and wanted to keep moving. I then went to Woodstock and it was cool, but it is actually far from where the actual Woodstock concert was (The actual Woodstock concert was a 1.5-hour drive away, in Bethel, New York). The Woodstock Museum did not open until noon and it was called an art museum. I did not want to wait that long and left Woodstock at about 11:00 AM.



Bike route Ted took near Schenectady, New York.



Ted with his bike on Mohawk-Hudson bike trail, New York.



Ted on Mohawk-Hudson bike trail (Part of Empire State bike trail), New York.





View from Mohawk-Hudson bike trail, New York



View from Mohawk-Hudson bike trail, New York



View from Dam on Ashokan Reservoir, New York.



Ted with niece Kate and Renan at Ashokan Reservoir, New York.



Sunset at Ashokan Reservoir, New York.



Ted with niece Kate and Renan at their home in Stone Ridge, New York.



Ted with Kate's pets in Stone Ridge, New York.



Bridge at Ashokan Reservoir, New York.



Ted in Woodstock, New York.



Sign in Woodstock, New York.



Store in Woodstock, New York.



Town Hall in Woodstock, New York.



# Pennsylvania

Then I drove to Delaware Water GAP, Pennsylvania and got a room. I biked down a road with bikeway signs, great ride with low traffic, but no shoulder. Then I biked to the south end of the Delaware Water Gap, nice ride, but a little too much traffic and not a great shoulder. Most of the viewpoints had too much overgrowth and you could not see the water. Then I cycled to the north, the road was not great for biking, then I found a trail along the river, but it was gravel and not great for biking. From the first ride it seems like there is great sightseeing, but not great biking. I drove to the north end of the Delaware Gap on the following morning. I went to sleep around midnight.

## **Day 7, Friday, June 11, 2021**

I woke about 6:00 AM and drove to Milford. During my drive I checked out several river viewpoints and the Visitor center waterfalls. The river viewpoints were not great and seemed to be a waste of time, if I had more time, it would have been better. The waterfall hike at the visitor center was a worthwhile hike and I was glad I checked it out. It took a lot longer than expected, I thought I could take a Freeway back to my hotel. My google map indicated to take the small highway I was on back roads from Milford to my hotel, it turns out that google was set to bike route, not car route. I could have saved about 15 miles if I had taken the freeway back from Milford to my hotel. However, my GPS (in bike mode) had routed me back past the visitor center to return to my hotel. I quickly packed up at the hotel.



Bike route Ted took near Delaware Water Gap, Pennsylvania.



Ted and his bike at entrance sign for Delaware Water Gap National Recreation Area, Pennsylvania.



Ted and his bike at Application trail sign in Delaware Water Gap, Pennsylvania.



Ted and his bike on McDade Recreational trail at Delaware Water Gap, Pennsylvania.

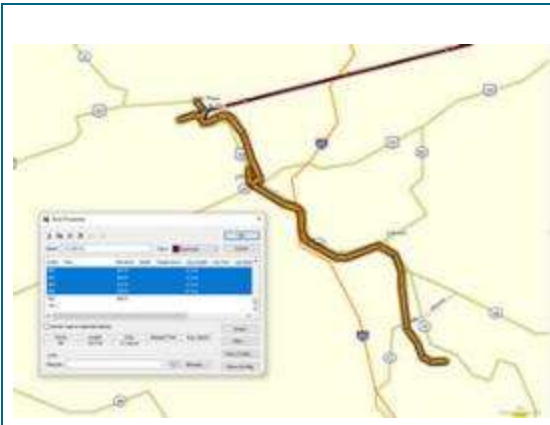


Deer near trailhead to McDade Recreational trail at Delaware Water Gap National Recreation Area, Pennsylvania.



Ted at Dingmans Falls near Dingmans Falls Visitor center at Delaware Water Gap National Recreation Area, Pennsylvania.

I used my phone google maps to go to Jim Thorpe, well google indicated 3 hours to go 60 miles. It turns out my google direction were setup to provide cycling directions (not car driven directions). That might be why the google map did not indicate using the Freeway from Milford back to my hotel. I drove to Jim Thorpe and started biking toward Slatington, after about 5 miles it started feeling humid, then turned to very light rain and then drizzle with a very small amount of heavier rain. I ended up getting wet, but not as bad as the ride to Lake George. Then I cycled back to Jim Thorpe and noticed my bike GPS track was at 95% used, oops, I left the bike GPS in Auto mode (Automatic mode uses up a lot of track memory). Back at the hotel, I found I could not save my track on my laptop (My laptop does not have enough memory to load Basecamp or Mapsource). The laptop was very cheap, my expensive Microsoft surface did not last very long, so I replaced it a very cheap Laptop. I saved the GPS data directly to my thumb drive and then cleared the GPS memory and properly setting the track mode. When I returned from my trip, I tried to get my track from my thumb drive and it would not work, I lost all the detailed GPS track data from day 1 to Jim Thorpe. However, I saved the full track on my GPS and was able to get the pieces of the route from that saved track when I returned from my trip.



Bike route Ted took near Jim Thorpe, Pennsylvania.



Ted and his bike at train station in Jim Thorpe, Pennsylvania.



Ted with his bike on D & L trail near Jim Thorpe, Pennsylvania.



Ted with his bike near D & L trail at Slatington, Pennsylvania.



Ted on bridge to D & L trail next to Jim Thorpe, Pennsylvania.



Ted and his bike near D & L trail with scenic train to Jim Thorpe, Pennsylvania.

## Maryland

I then drove towards Parkton bike trail in Maryland. I could not find any hotels near the trail, so I drove to Baltimore. I still could not find a hotel with vacancies. I finally found a sleazy motel near Baltimore and stayed there for the night. It seemed like a drug outlet type of motel and the rooms were run down. The first room they gave me had stuff piled on the bed, it looked like it was being remodeled. I showed them a picture of the room at the office and they gave me another room. The other room was OK. I hoped my car would be OK in the morning and it was fine in the morning. I went to sleep after midnight

### Day 8, Saturday, June 12, 2021

I woke up at about 7:00 AM and my car was fine. I loaded my bike and belongings into my rental car and left the hotel around 7:30 AM. Then I drove back to Parkton and cycled the Torrey C. Brown Rail Trail from end to end. I also bike the roads a bit. I decided I wanted to bike elsewhere so I hopped in the car and started driving. I did not want to go towards Baltimore so I got off the highway and parked at a park & ride. I started cycling and ended up back in



Parkston, so I cycled a bit on the trail so I could get to 100 Kilometers of cycling in Maryland. The entire day I could hear a buzzing, I believe it was the Cicadas. There were lots of Cicadas everywhere in this area.





Bike route Ted took near Parkton, Maryland.



Ted and his bike on the Torrey C. Brown Rail Trail near Parkton, Maryland.



Ted and his bike on the Torrey C. Brown Rail Trail at Monkton, Maryland.



Ted and his bike on the Torrey C. Brown Rail Trail near Parkton, Maryland.



Ted and his bike on highway near Parkton, Maryland.



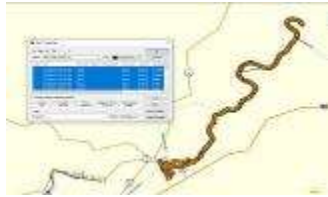
Cicada on road near Parkton, Maryland.

# West Virginia

Then I drove to West Virginia, my phone google map said over 3 hours of travel time, but I did not stop to think how much driving I was doing. I really do not like driving a lot. Once in West Virginia I had trouble finding a hotel, finally I found a Motel 8 by Fairmont. I did not get into the hotel until after 10:00 PM. For that day, I felt I had done way too much driving! When my trip was done, I was glad I added in the additional states of West Virginia and Virginia (not part of my original plan). I worked on my journal and did not get to sleep until about midnight.

## **Day 9, Sunday, June 13, 2021**

I woke up around 6:00 AM and bike around the motel area, to the Veteran's memorial. Then I packed up the car and looked for the West Fork River trail, I could not find it and parked near Palatine Park in Fairmont, West Virginia (by where I thought the trail was accessed), I ended up biking up the hill and found a visitor center at the Marion County parks and Recreation building. At the visitor center, it showed the local bike trails, the trails on the visitor center map were not where I expected to find the trail I wanted to ride. I looked for the trail from the visitor center map and finally found the trail. It was Marion County Rail Trail (I was looking for the West Fork River trail). I then cycled about 15 miles starting on the Marion County Rail Trail and continuing on the Monongahela River trail. It was a cool trail and went through a fair-sized lighted tunnel and next to the historic Pricketts Fort State Park. I realized that I did not bring my bike pump, so I started cycling back (it was a great trail, I probably would have kept going until I reached the Pennsylvania boarder if I would have taken my bike pump). It started raining and then I remembered that I did not bring my raincoat. The rain stopped and I biked back towards my car, I stopped at a sign and that was when I found I was on the Marion County Rail Trail (not on the West Fork River trail like I though).



Route from Motel/ Bike route Ted took from Fairmont, West Virginia.



Ted and his bike in Meredith Tunnel on the Marion County Rail Trail in West Virginia.



Ted and his bike at Pricketts Fort next to the Marion County Rail Trail in West Virginia.



Ted and his bike on the Marion County Rail Trail in West Virginia.



Ted and his bike in front of Meredith Tunnel on the Marion County Rail Trail in West Virginia.



Ted and his bike on the Marion County Rail Trail in West Virginia.



When I got back to my car, I drove to the West Fork River trail, on the way it pored rain, good thing I was in the car. Then I stopped and a man returning from his West Fork River trail ride told me everything about the trail. I then biked to the southernmost end of the West Fork River trail, to the town of Shinnston. On the way back it started thundering and the rain was picking up. I cycled like crazy and just barely made it under that awning near my car in Monongah, when it started pouring. After about 30-minutes it stopped pouring, I cycled to the northernmost point of the trail and around a little, so I could have 100 Kilometers of cycling in West Virginia.



Bike route Ted took from Monongah, West Virginia.



Ted with his bike on the West Fork River trail near Monongah, West Virginia.



Ted with his bike near West Fork River trail in Shinnston, West Virginia.



Ted with his bike on the West Fork River trail in Shinnston, West Virginia.



Ted with his bike next to the West Fork River trail in Shinnston, West Virginia.



Ted with his bike on the West Fork River trail near Monongah, West Virginia.



Ted's bike seen from shelter while downpour in Monongah, West Virginia. – His rental car is the blue car in the background.



Ted with his bike on the West Fork River trail near Monongah, West Virginia.



Sign about mining disaster near Monongah, West Virginia.

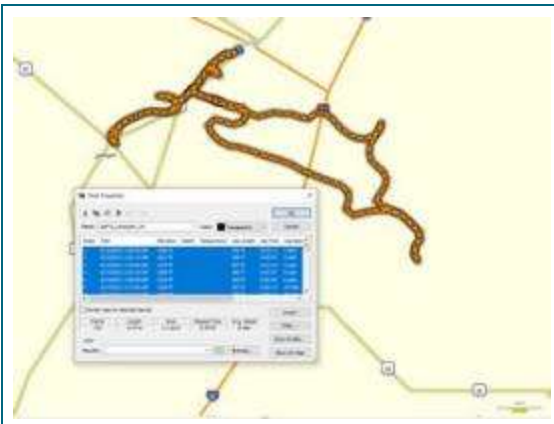


# Virginia

I then started driving to Lexington, Virginia. It was a very long drive and the emergency weather forecast kept warning about quarter-sized hail and flooding. I made it to Lexington a little after 10:00 PM. I used Orbitz to find a Motel 6, got a wet room that they mopped. I did not get to sleep until after midnight.

## Day 10, Monday, June 14, 2021

I woke up around 6:00 AM and biked to look for Chessie nature bike trail in Lexington and I easily found it with the aid of my cell phone and google maps. I was expecting a paved trail. It was a dirt trail with a lot of down trees. The trail was not great for cycling one point there was even cows on the trail. I also cycled around Lexington and found the USA's first Military school, Virginia Military Institute (established in 1839).



Bike route Ted took in Lexington, Virginia.



Ted and his bike at the Lexington, Virginia city limit sign.



Ted and his bike at the Chessie bike trailhead in Lexington, Virginia.



Ted and his bike on the Chessie bike trail in Lexington, Virginia.



Ted's bike with tree damage fence on the Chessie bike trail in Lexington, Virginia.



Ted, a cow and Ted's bike on the Chessie bike trail in Lexington, Virginia.



Ted and his bike at Virginia Military institute in Lexington, Virginia.



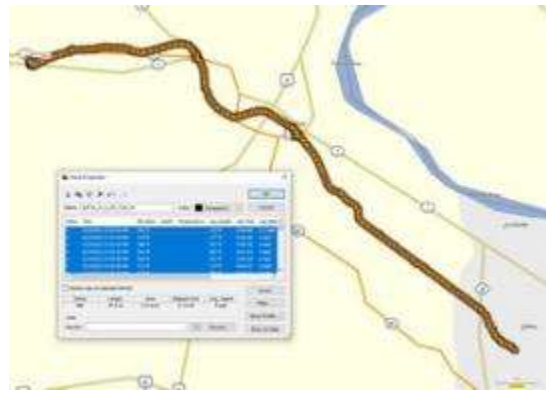
Ted and his bike next to shooting range at Virginia Military institute in Lexington, Virginia.



Ted and his bike at Virginia Military institute in Lexington, Virginia.

Then I drove to Purcellville and bike a round trip ride of 49 miles on the paved trail Washington and Old Dominion Railroad Regional rails trail (W&OD - toward DC).





Bike route Ted took on Washington and Old Dominion (W&OD) Railroad trail, Virginia.



Ted with his bike on the W&OD trail in Virginia.



Flowers next to the W&OD trail in Virginia.



Ted with his bike on the W&OD trail in Virginia.



Ted with his bike at W&OD trail sign in Virginia.



Ted with his bike on the W&OD trail in Virginia.

# Delaware

Then I thought about staying in DC, when I got across the bridge to Washington DC, it seemed very tough, the reasonable priced motels were not near the Tourist area. I did not feel like dealing with DC and decided to continue to Delaware. Once in Delaware, I had trouble finding a hotel. I ended up staying in a not so good Travel Inn hotel.

## **Day 11, Tuesday, June 15, 2021**

I woke up at 6:30 AM and cycled 15 miles on the roads near hotel. Then I drove to look for the Michael Castle Trail, it took me 3 tries with my cell phone google maps to find the trail. I found parking for the trail near highway 13 next to the “Chesapeake and Delaware Canal”. It was a great paved trail. I first cycled to where the Canal dumped out into the Delaware River in the town of Delaware City. I checked out the waterfront at Delaware City. Then I biked back towards my car and continued cycling past my car to the boarder of Maryland. I turned around since I was only working on Delaware cycling miles. Then I cycled back to my car and loaded my bike in the car. I then drove to Wilmington and looked for the bike trail. I parked at Brandywine Park, the trail was hard to following and required a lot of very steep hills. I ended up biking around Rockefeller Park a lot of times and when I got back to the car, I still needed another 4 miles. So, I biked up and down roads in town until I got my 100 KM of cycling in Delaware.





Bike route Ted took near Delaware motel. Bike route Ted took on the Michael Castle Trail in Delaware.



Ted and his bike in Delaware city, Delaware.



Vulture on Michael Castle Trail in Delaware.



Ted and his bike on Michael Castle Trail in Delaware.



Ted, his Bike, other biker and stern wheel on Michael Castle Trail in Delaware.



Ted and his bike at the Maryland boarder on the Michael Castle Trail in Delaware.



Bike route Ted took in Wilmington, Delaware.



Ted and his bike on a trail in Wilmington, Delaware.



Ted and his bike in front of Rockford tower in Wilmington, Delaware.

## New Jersey

Then I drove to Trenton, New Jersey and could not find a place to stay, I used Orbitz to find a hotel and had to go another 15 miles to find a hotel in Bordentown. I had trouble finding groceries and the motel was another low-grade motel, but not as bad as the previous night. I was near the office, but still could not get internet strength, plus they said it was an open internet. I worked on my journal and went to sleep late.

### **Day 12, Wednesday, June 16, 2021**

I started the morning with a 15-mile bike ride from my motel on the highway, good shoulders, easy ride. Then I packed up and checked out of the hotel, normally I get a receipt at check out, so I can track my expenses. The lady at the motel, did not seem to know what to do when I asked for a receipt. I decided not to get a receipt and left without one. Then I drove to Cadwaladers Park in Trenton where the trailhead was supposed to be, but the road in the park where all blocked off with large cement blocks. Then I drove to the trailhead between Trenton (~9 miles to Trenton) and New Brunswick. I cycled toward Trenton and after about 7 miles I was on rough trails and I noticed my tire was getting low.

I noticed the other side of the canal was a better trail. I decided to go over the next pass and make my way to the other side of the creek. I decided to try to make my way in the right direction and cross the creek. That required me going away from the creek for a while and I ended up getting kind of lost (ended up at a train like station – like a large Portland max or San Francisco Bart) and filled my tire with air. Then I went back the same way I came and crossed the creek at the lowest distant spot. My tire went low again when I found the trail back to my car. I still had about 7 miles to go to get back to my car, so I fixed the flat and the tube was not too big. I was able to fix the flat with the tube that seemed to be over diameter (cross sectional it was fine). The tire stayed inflated for the rest of the day and night.



Bike route Ted took near New Jersey motel.

Bike route Ted took near Trenton, New Jersey. (Delaware & Raritan Canal State Park Trail)



Ted with his bike on Delaware & Raritan Canal State Park Trail in New Jersey.



Highway crossing bridge for Delaware & Raritan Canal State Park Trail in New Jersey.





Turtles in canal next to Delaware & Raritan Canal State Park Trail in New Jersey.



Great Blue Heron next to Delaware & Raritan Canal State Park Trail in New Jersey.



Ted with his bike next to Delaware & Raritan Canal State Park Trail in New Jersey.



Ted next to Delaware & Raritan Canal State Park Trail in New Jersey.



Ted's bike next to Delaware & Raritan Canal State Park Trail in New Jersey.



Deer next to Delaware & Raritan Canal State Park Trail in New Jersey.

# Connecticut

Then I drove to New Haven and got a room for 2 nights at the Econ lodge. The TV did not work, the light in the bathroom were dull florescent and I could not connect to the internet. I asked if I could cancel the room and they refunded my room. I then drove to a Motel 6, it was about 7 miles from New Haven, I was glad I made the change, that room was much better than the one at the Econ Lodge in New Haven. I watched TV and worked on stuff until about midnight.

## **Day 13, Thursday, June 17, 2021**

I woke up at 6:00 AM and slowly got ready. Then I drove to New Haven to look for parking near the bike trail. I got tired of looking for good parking and using google to find a place away from town to park next to the trail and drove there to park. Then I cycled from there back to New Haven and to Yale campus. I took several campus photos. I could not find a picture of a big Yale University sign. I then cycled to the other end of the trail. It was supposed to continue on the road to a second section, but I could not figure it out. I then biked back to my rental car. I still wanted another 7 miles of cycling in Connecticut. Therefore, I recycled more miles on the trail.





Bike route Ted took near New Haven, Connecticut.



Ted and his bike at Yale University in New Haven, Connecticut.



Yale bike at Yale University in New Haven, Connecticut.



Ted and his bike at Yale University in New Haven, Connecticut.



Ted's bike at the Engineering building of Yale University in New Haven, Connecticut.



Ted and his bike at Yale University in New Haven, Connecticut.



Ted and his bike at Yale University in New Haven, Connecticut.



Sign for the very good Farmington Canal Heritage Trail that starts near New Haven, Connecticut.



Ted and his bike on the Farmington Canal Heritage Trail in Connecticut.



Ted and his bike on the Farmington Canal Heritage Trail in Connecticut.



Ted and his bike on the Farmington Canal Heritage Trail at Milldale, Connecticut.



This lock as seen from the Farmington Canal Heritage Trail in Connecticut. I believe it is Lock 12.

# Rhode Island

Then I drove to Providence Rhode Island and got a room at the Motel 6, this Motel 6 was not in great shape. The first room they gave me the air conditioner did not work. They gave me a second room, but no TV remote. I asked for a remote, but they gave me one that was not for the TV in my room and they said that was all they could give me. I could use the TV, but had to change the channels using the physical buttons on the side of the TV. Some of the Motel 6s are really run down (like this one), but most of the Motel 6s are very good. I watched TV and went to sleep around 11:30 PM.

## **Day 14, Friday, June 18, 2021**

I woke up around 6:00 AM and went for a ten-mile bike ride near my motel. I packed up my stuff and drove to the trailhead parking for Washington Secondary bike trail. I started out going in the direction of what I thought was Providence, I ended up going towards Connecticut and the trail seemed to end near Summit. I did a short ride looking for a continuation of the trail and got a little lost. Then I got back to Summits and met a couple of local bikers. They suggested better rides than the rails to trails, I like the rails to trails so I stuck with that trail, plus I was afraid of getting lost if I tried random roads. Then I cycled back past my car to where the trail seemed to end. I thought the trail went all the way into downtown Providence. I might just not have been able to find the trail. I then bike back to my car and I was still 10 miles short of my desired 100 kilometers of cycling in Rhode Island, so I biked the extra miles by redoing part of the bike trail going towards Connecticut.





Bike route Ted took near Providence Motel.

Bike route Ted took near Providence, Rhode Island.



Old boat in Rhode Island, I think this was in Providence.



Ted and his bike on the Washington Secondary bike trail in Rhode Island.





Ted's bike on the Washington Secondary bike trail in Anthony, Rhode Island.



Ted's bike on the Washington Secondary bike trail in Anthony, Rhode Island.



Royal Mills Riverpoint Apartments near the Washington Secondary bike trail in West Warwick, Rhode Island.



Caboose near the Washington Secondary bike trail in West Warwick, Rhode Island.



Building seen from the Washington Secondary bike trail in West Warwick, Rhode Island.



Bridge where previous building is seen from the Washington Secondary bike trail in West Warwick, Rhode Island.