

# Stroke Across America

## Bicycle Options for Your Tour

Thank you for considering cycling with the Stroke Across America team on one of the Segment Tours we have created so that you can join their journey. As you know, BIKEternity is providing the ride support services for Stroke Across America and is offering these Segment Tours.

BIKEternity does not own its own fleet of bicycles. Our guests have two options for our trips: rentals or bringing your own bicycle. Due to the lingering effects of COVID-19, bicycle rentals are in limited supply. If you wish to rent a bicycle for your Segment Tour, you should procure your rental as soon as possible. Alternatively, you can bring your own bike (BYOB) on your Segment Tour.. We recommend BikeFlights as your bike shipping service.

Please click one of the links below to find out more information about your options. Thank you.

[BIKE RENTALS](#) - [SHIPPING YOUR BIKE](#)

## Bike Rentals for Segment Tours

Renting your bicycle for your Stroke Across America Segment Tour can be one of the most cost effective options for your tour. Due to the lingering effects of COVID-19, bicycle rentals are in very limited supply. If you wish to rent a bicycle for your Segment Tour, you should procure your rental as soon as possible to make sure you will have the type and size bike you need.

You should also consider **bringing your own pedals and bicycle seat** (not the post) with you on your tour. Riding with a seat that you are already comfortable using will prevent most saddle issues on the tour. Pedals are important as your cycling shoes are already fit to the type of pedals you already own. BIKETernity will make sure that your saddle and pedals are installed on the rental and will swap them out again at the end of your tour.

Rental prices will vary by location and bike type you rent.

**BIKETernity will pick up and return your rental for you.**

**When renting a bicycle, please:**

- Inform the bike shop that a representative of BIKETernity will be picking up your rental and that you give your permission to release your rental to them.
- Let BIKETernity know that you have rented a bike for your tour so that we know we need to pick up the bike for you. **Please email [saam@biketernity.com](mailto:saam@biketernity.com), your name and the details of your rental.**

Please select your tour below for bike rental information for your SAAM Segment Tour:

**SEGMENT TOUR 1: [COLUMBIA RIVER GORGE CAMPING ADVENTURE TOUR](#)**

**SEGMENT TOUR 2: [MONTANA BIG SKY & NATIONAL PARKS TOUR](#)**

**SEGMENT TOUR 3: [KATY & ROCK ISLAND TRAILS ACROSS MISSOURI TOUR](#)**

**SEGMENT TOUR 4: [NIAGARA FALLS, ERIE CANAL & EMPIRE STATE TRAILS TOUR](#)**

**SEGMENT TOUR 5: [NEW YORK STATE TO BOSTON TOUR](#)**

**SEGMENT TOUR 1: COLUMBIA RIVER GORGE CAMPING ADVENTURE TOUR**  
**Astoria, OR to Touchet, WA - May 18 - 26**

Since we will be meeting you in Portland, OR for the transfer to the coast and returning you back to Portland at the end of the tour, we have contacted a local shop in Portland for bike rentals.

**Bike Shop:** [Everybody's Bike Rentals](https://www.pdxbikerentals.com), 305 NE Wygant St. Portland, OR 97211, 503.358.0152, [pdxbikerentals@gmail.com](mailto:pdxbikerentals@gmail.com)

**Rentals Online:** <https://www.pdxbikerentals.com/bicycle-rentals-portland>

**Pickup Date:** May 17, 2022 **Drop Off Date:** May 26, 2022

## **SEGMENT TOUR 2: MONTANA BIG SKY & NATIONAL PARKS TOUR**

**Missoula, MT to Jackson, WY - June 3 - 14**

**Missoula, MT to West Yellowstone, MT - June 3 - 10**

Although we are starting in Missoula, MT, your trip ends in either West Yellowstone , MT or Jackson, WY. You are not returning to Missoula, but BIKEternity will bring back rentals to Missoula on the 14th. Even if you leave the trip in West Yellowstone, your rental will not return to Missoula until the 14th. You will be charged a rental fee for the entire trip.

**Bike shop:** [Spotted Dog Bicycles](#) , 738 S 1st St W, Missoula, MT 59802, 406.529.0668

Please call the shop to rent a bike. There are only 8 road bikes that can be rented and these are reserved for our group for this trip, but don't delay on getting the one in your size.

**Rentals:** <https://www.spotteddogcycles.com/rentals>

**Pickup Date:** June 3, 2022 **Drop Off Date:** June 14, 2022

**SEGMENT TOUR 3: KATY & ROCK ISLAND TRAILS ACROSS MISSOURI TOUR**  
**Kansas City, MO to St. Louis, MO - July 12 - 20**

Your trip starts in Lee's Summit, MO near Kansas City, MO and will end in St. Louis, MO. You will not be returning to the start point.

No bike rentals are available for this tour.

**Bike shop:** [Bicycle Shack Lee's Summit](#), 3365 SW Fascination Dr, Lee's Summit, MO 64081  
816.761.3233

**SEGMENT TOUR 4: NIAGARA FALLS, ERIE CANAL & EMPIRE STATE TRAILS TOUR**  
**Buffalo, NY to Herkimer, NY - August 13 - 19**

Bike rentals are only available if you are riding **both Segment 4 and Segment 5**, unless you want to pay for a 2-week rental for a 1-week tour. Our vehicles will not be returning to Buffalo until August 27th.

**Bike shop:** [Campus Wheelworks](#), 1330 Niagara Street, Buffalo, NY 14213, 716.248.2372

**Rentals Online :** <https://www.campuswheelworks.com/articles/bike-rentals-pg191.htm>

**Pickup Date:** August 13, 2022 **Drop Off Date:** August 27, 2022

**SEGMENT TOUR 5: NEW YORK STATE TO BOSTON TOUR**  
**Herkimer, NY to Boston, MA - August 19-27**

Bike rentals are only available if you are riding **both Segment Tour 4 and Segment Tour 5**, unless you want to pay for a 2-week rental for a 1-week tour. Our vehicles will not be returning to Buffalo until August 27th.

**Bike shop:** [Campus Wheelworks](#), 1330 Niagara Street, Buffalo, NY 14213, 716.248.2372

**Rentals Online :** <https://www.campuswheelworks.com/articles/bike-rentals-pg191.htm>

**Pickup Date:** August 13, 2022 **Drop Off Date:** August 27, 2022

# Shipping Your Bike for Segment Tours

Having the bike you love on your Segment Tour will provide you with the piece of mind that the bike will fit and be comfortable. However, the cost of shipping a bike to a tour can be more than using a rental. We recommend using the well-respected [BikeFlights.Com](https://www.bikeflights.com) and have provided detailed instructions for doing so. [BikeFlights.Com](https://www.bikeflights.com) provides discounted UPS shipping services, including insurance, to ship your bike between 2 or more points.

The price of shipping a bike varies based on origin, destination, size and weight of bike, value (for insurance), whether you pack the bicycle yourself, etc. The [BikeFlights.Com](https://www.bikeflights.com) website will calculate shipping prices when you book and give them detailed information, and you can ask bike shops for the cost of packing and/or unpacking/rebuilding your bike.

As an example, if you ship your \$3500 bike from Menlo Park, CA with \$3500 of insurance to the Montana Big Sky and National Parks tour and back to Menlo Park, CA, it would cost \$221.50 for shipping. In addition, you would have to have bike shops break down in Menlo Park, build up in Missoula, break down in Jackson, build up in Menlo Park. That cost would be \$65-\$90 each time (\$260-\$360) total.

## SHIP YOUR BIKE

Multi-City ▼ 1 Box/Case ▼ In / Lbs ▼

**STAGE 1** ✕

Ship From  
Menlo Velo Bicycles 433 El Camino Real MENLO PARK, CA 94025, US

Ship To  
Spotted Dog Cycles 738 South 1st Street West MISSOULA, MT 59802, US

**STAGE 2** ✕

Ship From  
The Hub Bicycles 410 West Pearl Avenue JACKSON, WY 83001, US

Ship To  
Menlo Velo Bicycles 433 El Camino Real MENLO PARK, CA 94025, US

← STAGE LAST STAGE →

BOX/CASE #1 - CUSTOM

Length	Width	Height	Weight
54 in	8 in	29 in	45 lbs

Contents  
Complete Bicycle ▼

Market Value  
\$ 3500 USD

Premium Protection  
\$3,500 Coverage (+\$52.80) Preferred Handling + Signature Required ▼

Purpose  
Vacation/Event ▼

SEARCH

### ORDER SUMMARY

<b>STAGE 1</b>	
Shipping	\$57.95
Protection (\$3,500)	\$52.80
<b>STAGE 2</b>	
Shipping	\$57.95
Protection (\$3,500)	\$52.80
<b>Subtotal (USD)</b>	<b>\$221.50</b>

SHIPPING DETAILS ▼

CONTINUE

Using [BikeFlights.Com](https://www.bikeflights.com) will require some coordination with your local bike shop and shops(s) at your destination. There are several steps you follow in order to get your bike to a tour.

1. Identify a bike shop near your home to ship your bike FROM. The bike shop will minimally disassemble your bike, pack it into a bike box (or your bike case if you have one). If you don't have a local bike shop use the [Find a Shop](https://www.bikeflights.com) service provided by [BikeFlights.Com](https://www.bikeflights.com).
  - a. Most shops charge \$65-\$90 for this service (each direction).
  - b. Ask your shop how many days it takes them to prepare your bike for shipment. Typically, 3-5 days.
  - c. If you have shipped your bike yourself before, you can do this preparation yourself. Bike shops can provide you a box; usually at no cost with enough lead time. [Here are some tips for packing yourself](#).
2. Identify and contact a bike shop at your destination(s) that will accept and rebuild your bike; the TO shop. We provide that shop(s) in the sections below). You will need to call them to ask the same questions you asked your local shop.
  - a. Most shops charge \$65-\$90 for this service (each direction).
  - b. Ask the shop how many days it takes them to prepare your bike for pick up. Typically, 3-5 days. This will allow them to schedule the bike rebuild in time for the tour.
  - c. Make payment arrangements so that you do not need to be present to pickup the bike.
3. Book your bike shipment using [BikeFlights.Com](https://www.bikeflights.com) shipping page: [Ship Your Bike](#). You will need to know your: Ship from/to addresses (see the tour specific sections below), the size of your box, the value of your bike, and how much insurance you want to provide on the shipment. You will also tell them when the bike needs to be at the destination, and they will tell you when it needs to ship by to get there on time. You can schedule a one-way, round-trip, or multi-city shipment (see the tour specific section below). You will get tracking numbers and instructions from [BikeFlights.Com](https://www.bikeflights.com).
4. Deliver your bike to your local bike shop for prepping or prep it yourself by the pickup day you specify with [BikeFlights.Com](https://www.bikeflights.com).

**NOTE:** E-bikes take extra preparation when using services like [BikeFlights.Com](https://www.bikeflights.com). Please see the [E-Bike Shipping](#) page for more details.

At the end of your SAAM Segment Tour, you will repeat the process you used for shipping your bike from your locale. Except you do not need lead times. BIKETernity will drop-off your bike at the bike shop specified below to ship back to your local shop, or home. You will pre-pay the boxing fee before we drop off the bike. Here are the steps in detail.

1. Identify a bike shop at the end of the tour to ship your bike FROM (see the tour section below for this detail).
  - a. Most shops charge \$65-\$90 for this service.
  - b. Call the FROM shop to let them know when the bike will be dropped off and if you need a box. They will put this work on their work schedule.
  - c. If you have shipped your bike yourself before, you can do this preparation yourself. Bike shops can provide you a box; usually at no cost with enough lead time. [Here are some tips for packing yourself.](#)
  - d. Make any payment arrangements with the shop.
  - e. Let them know that a representative of BIKETernity will drop off the bike for you.
2. Contact the bike shop at your home locale that will accept and rebuild your bike. It should be the same shop you used to ship the bike originally or your home; the TO shop.
  - a. Most shops charge \$65-\$90 for this service (each direction).
  - b. Some shops will discount the service if you ship it from/to your local shop. Just ask about fees.
3. You may have already booked a round-trip or multi-city trip. If so you can skip this section. If you previously booked a one-way, then book your bike shipment using [BikeFlights.Com](#) shipping page: [Ship Your Bike](#). You will need to know all the same information you used to ship your bike to the tour. Remember you can always ship it to your home if you are packing yourself.
4. Make sure you give BIKETernity the return labels for the shipment so they can give these to the bike shop when your bike is dropped off at the destination.

**BIKETernity will drop off your shipped bike for you. However, all fees must be prepaid to bike shops.**

**When shipping a bicycle, please:**

- Inform the bike shop that a representative of BIKETernity will be dropping off your bike.
- Let BIKETernity know that you will bring your bike on tour so that we know we need to pick up the bike for you. **Please email [saam@biketernity.com](mailto:saam@biketernity.com), your name, make, model and color of your bicycle.**
- Any services arranged with the bicycle shop are your financial responsibility and should be paid before BIKETernity picks up or drops off a bike.

Please select your tour below for bike shipping information for your Stroke Across America Segment Tour:

**SEGMENT TOUR 1: [COLUMBIA RIVER GORGE CAMPING ADVENTURE TOUR](#)**

**SEGMENT TOUR 2: [MONTANA BIG SKY & NATIONAL PARKS TOUR](#)**

**SEGMENT TOUR 3: [KATY & ROCK ISLAND TRAILS ACROSS MISSOURI TOUR](#)**

**SEGMENT TOUR 4: [NIAGARA FALLS, ERIE CANAL & EMPIRE STATE TRAILS TOUR](#)**

**SEGMENT TOUR 5: [NEW YORK STATE TO BOSTON TOUR](#)**

**SEGMENT TOUR 1: COLUMBIA RIVER GORGE CAMPING ADVENTURE TOUR**  
**Astoria, OR to Touchet, WA - May 18 - 26**

We will be meeting and departing from Portland, OR. You can use the same address for the Ship TO and Ship FROM location.

**Ship TO/FROM Bike shop:**

REI Bike Shop 1405 Northwest Johnson Street #150 PORTLAND, OR 97209, US

**Phone:** 503.221.1938

**Lead-time:** 5 days

**Cost (approximate):** \$65-\$90 build up/pack up

**Pickup Date:** May 17, 2022

**Drop Off Date:** May 26, 2022

Note: BIKETernity will return your bicycle to Portland for the return shipping from the same location.

## **SEGMENT TOUR 2: MONTANA BIG SKY & NATIONAL PARKS TOUR**

**Missoula, MT to Jackson, WY - June 3 - 14**

**Missoula, MT to West Yellowstone, MT - June 3 - 10 (YNP Option)**

We have one Ship TO location but the Ship From location will depend on when you leave the trip.

### **Ship TO Bike shop:**

[Spotted Dog Bicycles](#), 738 South 1st Street West MISSOULA, MT 59802, US

**Phone:** 406.529.0668

**Lead-time:** 5 days

**Cost (approximate):** \$65-\$90 build up/pack up

**Pickup Date:** May 17, 2022

### **Ship FROM Bike shop for West Yellowstone, MT:**

[Freeheel and Wheel](#), 33 Yellowstone Ave, West Yellowstone, MT 59758, 406.646.7744

**Phone:** 406.646.7744

**Cost (approximate):** \$65-\$90 build up/pack up

**Drop Off Date:** June 10, 2022

### **Ship FROM Bike shop for Jackson, WY:**

[The Hub Bicycles](#) 410 West Pearl Avenue JACKSON, WY 83001, US

**Phone:** 307.200.6144

**Cost (approximate):** \$65-\$90 build up/pack up

**Drop Off Date:** June 14, 2022

**SEGMENT TOUR 3: KATY & ROCK ISLAND TRAILS ACROSS MISSOURI TOUR**  
**Kansas City, MO to St. Louis, MO - July 12 - 20**

**Please see the details in your Tour Information Packet**

**SEGMENT TOUR 4: NIAGARA FALLS, ERIE CANAL & EMPIRE STATE TRAILS TOUR**  
**Buffalo, NY to Herkimer, NY - August 13 - 19**

**Ship TO Bike shop:**

[Campus WheelWorks](#) 1330 Niagara Street BUFFALO, NY 14213, US

**Phone:** 716.248.2372

**Lead-time:** 5 days

**Cost (approximate):** \$65-\$90 build up/pack up

**Pickup Date:** August 13, 2022

If you are riding both **Segment Tour 4** and **Segment Tour 5** use the FROM bike shop for **Segment Tour 5**.

**Ship FROM Bike shop:**

[Downtube Bicycle Works & Cafe](#), 466 Madison Avenue ALBANY, NY 12208, US

**Phone:** 518.434.1711

**Cost (approximate):** \$65-\$90 build up/pack up

**Drop Off Date:** August 19, 2022

**SEGMENT TOUR 5: NEW YORK STATE TO BOSTON TOUR**  
**Herkimer, NY to Boston, MA - August 19-27**

If you are riding both **Segment Tour 4** and **Segment Tour 5** use the TO bike shop for **Segment Tour 4**.

**Ship TO Bike shop:**

[Downtube Bicycle Works & Cafe](#), 466 Madison Avenue ALBANY, NY 12208

**Phone:** 518.434.1711

**Lead-time:** 5 days

**Cost (approximate):** \$65-\$90 build up/pack up

**Pickup Date:** August 19, 2022

**Ship FROM Bike shop:**

[Urban Cycles: Boston's Downtown Bike Shop](#) 109 Atlantic Avenue BOSTON, MA 02110

**Phone:** 617.670.0637

**Cost (approximate):** \$65-\$90 build up/pack up

**Drop Off Date:** August 27, 2022