

CANALWAY CHALLENGE FAQs

Can I walk/run/cycle/paddle the same stretch of water or trail repeatedly to reach my goal?

Yes. The Canalway Challenge is all about fitness, so if doing the same mile over and over helps you get moving, do it! However, the challenge is also about discovering all there is to see and do along the canals. Add some adventure to your miles by trying new places or regions.

Can I mix and match cycling, paddling, and running to complete my miles?

Absolutely!

Can I count mileage I've already completed on the trail/waterway toward my Canalway Challenge goal?

Yes. But keep in mind that the Canalway Challenge is about fitness and fun. We encourage you to keep moving and build on the mileage you've completed to date. Choose a goal that's challenging, but within reach!

Do I have to complete each region to qualify for 360 End-to-Ender?

Yes.

If I'm doing 90 miles or 180 miles, do I have to do them all within a region?

No. You can explore various regions to complete your miles. However, if you eventually want to build up to achieve 360 End-to-Ender status, then you must complete all four Erie Canal regions.

What kind of proof do I have to provide when I've reached my mileage goal?

The Canalway Challenge relies on the honor system. When you finish your final miles, take a photo of your finish. Upload the photo to the **finish line** and tell us which mileage goal you've reached (1st Mile, 15, 90, 180, or 360 miles). You'll be able to download your certificate and we'll send you a finisher kit to display your achievement.

Can I do the Canalway Challenge with a group (e.g., scouts, students, workplace)?

Yes! We'll be encouraging groups to sign up.

Can I register multiple family members?

Yes. The Canalway Challenge is great for families! You'll be able to sign up together.

Are there places on the canal where I can rent a kayak or canoe?

You bet! You can find rentals on the Erie Canalway website in the paddling section. (www.eriecanalway.org/explore)

What's the best way to track miles while paddling?

You can use a GPS unit or program to track your miles. Or you can consult the mile markers listed in the NYS Canalway Water Trail Guide to calculate how far you've paddled between put in and take out points. Your best estimation is okay.

Are pets allowed on the Canalway Trail?

Yes.

Are strollers allowed on the Canalway Trail?

Yes.

I'm just getting started and not familiar with the canal. Are there Canalway Challenge group events or meet ups that I can tap into?

Check the "Ideas for Logging Miles" for events on the Canalway Trail and waterway where you can meet people and begin tracking miles. Many communities along the canal have cycling, running, and paddling clubs that offer regular meetups. If you are on Facebook, join the Canalway Challenge group to ask questions about logistics or get suggestions for places to go or things to see and do along the way.

Canalway Challenge Facebook Group: www.facebook.com/groups/canalwaychallenge