



## NEWSLETTER

July 2025 (Volume 3, Issue 7)

# Hike with Us



We are returning to Clark Reservation State Park next month. The previous hike was a success, and we hope to have a turnout equal to or possibly larger than the last.

When: Tuesday, August 12th at 6:00 pm.

Where: [Clark Reservation State Park](#). 6105 East Seneca Turnpike, Jamesville, NY 13078.

We will meet by the restrooms at the main trail entrance. There is only one parking lot. Although there are two trail entrances, the main entrance and restrooms will be obvious.

We will hike for approximately one hour, and we will complete the hike before sunset.

The hike will not take place in the event of rain, extreme heat, or otherwise dangerous conditions. You can join the SUC City Hikes WhatsApp group for up to date information.

As always, you should consult with your physician before any physical activity as neither Syracuse Urbanism Collective nor any of its representatives are health experts, and we are not liable for your health or safety in any way. You hike at your own risk, so please wear comfortable clothes, properly hydrate, and bring anything you need to be comfortable during the hike.

## **SWAG Bike Rides**



SWAG stands for Syracuse Women & Gender Nonconforming People. This is an annual fest that combines workshops, free gear, and camaraderie with the goal of creating a welcoming and nonjudgmental space in the

cycling community for women, gender nonconforming people, and people who may not feel comfortable joining cycling groups. The second SWAG Bike Fest took place last month.

Participants wanted to keep the excitement going, so we had a small SWAG Bike Ride along the Empire State Trail earlier this month. Now, we are adding monthly bike rides, weather permitting. These rides are typically early morning weekend rides. However, since there are so many amazing things happening in the city next month, our August ride will be on Tuesday, August 5, 2025 at 7:00 pm.

SWAG Bike Rides are all about camaraderie and comfort. We stop to talk. We learn about the area, and we learn about each other. We leave no one behind, and the slowest rider sets the pace. The August ride will be at Onondaga Lake Park. We will ride along the water and take in the sights and sounds of this bustling park that is sure to be packed with people walking, running, roller skating, and cycling. The ride is mostly flat.

When: Tuesday, August 5th at 7:00 pm.

Where: [Onondaga Lake Park](#), 106 Lake Dr, Liverpool, NY 13088. We will meet at [Griffin Visitor Center](#), 4 E Shore Trail, Liverpool, NY 13088.

We will ride for approximately one hour, and we will complete the ride before sunset.

The ride will not take place in the event of rain, extreme heat, or otherwise dangerous conditions. You can join the SWAG Bike Rides Whatsapp group for up to date information.

As always, you should consult with your physician before any physical activity as neither Syracuse Urbanism Collective nor any of its representatives are health experts, and we are not liable for your health or safety in any way. You hike at your own risk, so please wear comfortable clothes, wear a helmet, properly hydrate, and bring anything else you need to be comfortable during the ride.

## Stay Cool & Hydrated in the Heat



Did you know [Syracuse](#) has cooling centers and other resources available during extreme heat? We do! We have dedicated cooling centers (for everyone, and some specifically for seniors), city pools, and spray parks. This means people of all ages can stay cool while socializing with others.

Even if you do not take advantage of any of the cooling centers, pools, or spray parks, please stay hydrated! According to the World Health Organization, “[Being dehydrated can affect flexibility, speed, endurance, muscle and mental function. It can also make you feel unwell.](#)” The CDC has a helpful handout that provides information on [heat stress and hydration](#).

## New Meeting Locations: July Meeting at OneGroup Education Center!



We promised changes in 2025, and we have been true to our word. Our meetings are significantly shorter, more interactive, and more collaborative. We are continuing these changes with our meeting locations. Our meetings will highlight various locations in the beautiful city of Syracuse.

Our July 29, 2025 meeting will be at [OneGroup Education Center](#).

The address is 706 North Clinton Street, Syracuse, NY 13204. Enter through the parking lot and in the door on the right side when facing the building from the parking lot. From there, turn to your right and you'll be in the education center at OneGroup

## More Syracuse News



## General Information

Please stay up to date on community events and infrastructure improvements throughout the city. The [Syr.Gov](#) site includes updates on the [Community Calendar](#), the [Public Meeting Calendar](#), the [Municipal Sidewalk Program](#), and [Bicycle Infrastructure](#).

## Call for Features



Would you like your organization, project, or event featured in the Syracuse Urbanism Collective newsletter? Please send the following to [syracuseurbanism@gmail.com](mailto:syracuseurbanism@gmail.com):

- 150-200 word description of your organization, project, or event.
- Picture or image you would like to accompany your feature.
- Deadline/special dates for projects and events.
- Contact person for any follow up questions.

## July Meeting



Our June meeting is Tuesday, July 29, 2025, at **6:00 pm**.

Location: OneGroup Education Center, 706 North Clinton Street, Syracuse, NY 13204.

You are receiving this newsletter because you became a member of the Syracuse Urbanism Collective. If you wish to no longer be a member of the Syracuse Urbanism Collective, please send a message to [SyracuseUrbanism@gmail.com](mailto:SyracuseUrbanism@gmail.com) with “unsubscribe” in the subject line. You will no longer receive any communication from Syracuse Urbanism Collective if you do so.