

2019

LOGISTICS GUIDE



Campagnolo
GFNY
WORLD CHAMPIONSHIP
NEW YORK CITY



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HOW TO USE THIS GUIDE

Check the table of contents for the section you have questions about or use command+F / ctrl+F on your keyboard to search for a key word.

This guide will prepare you for the logistics before, during and after the race.

If you have any questions not covered in this Logistics Guide, please refer to the [GFNY website](#). If you don't find the answer to your question, please email Teresa at teresa@gfny.com.

To help prepare you for your trip to NYC, check out the [GFNY Travel Guide](#) o [Guía de Viaje](#) en español.

Thank you for joining us at Campagnolo GFNY World Championship 2019! We look forward to seeing you in NYC in May!

**Consulte la Guía de la
Logística en español aquí:
gfny.com/guiadelalogistica.pdf**



CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

Schedule of Events

Click here to register for any & all of the race week happenings:

gfnyraceweek2019.eventbrite.com

WEDNESDAY, MAY 15

- 8AM-3PM** GFNY Welcome Zone & Café @ [PIP Park, Fort Lee, NJ](#)
9AM GFNY group ride with Gruppo Sportivo GFNY @ GFNY Welcome Zone

THURSDAY, MAY 16

- 8AM-3PM** GFNY Welcome Zone & Café @ [PIP Park, Fort Lee, NJ](#)
9AM GFNY group ride with Gruppo Sportivo GFNY and Special Guest Nelson Vails, Olympic Medalist & NYC Cycling Legend @ GFNY Welcome Zone
12PM-7PM NYC Bike Expo & Campagnolo GFNY World Championship mandatory race packet pickup
LAST ENTRY 6:30PM @ [PIP Park, Fort Lee, NJ](#)
12PM-6PM GFNY BBQ & Beer Garden @ [PIP Park, Fort Lee, NJ](#)

FRIDAY, MAY 17

- 8AM-3PM** GFNY Welcome Zone & Café @ [PIP Park, Fort Lee, NJ](#)
8:30AM GFNY group ride powered by NYC Velo East with Bill Ash ([Route](#)) @ [NYC Velo East](#)
9AM Group ride powered by Gruppo Sportivo GFNY @ [PIP Park, Fort Lee, NJ](#)
12PM-7PM NYC Bike Expo & Campagnolo GFNY World Championship mandatory race packet pickup
LAST ENTRY 6:30PM @ [PIP Park, Fort Lee, NJ](#)
12PM-6PM GFNY BBQ & Beer Garden @ [PIP Park, Fort Lee, NJ](#)

SATURDAY, MAY 18

- 8AM-3PM** GFNY Welcome Zone & Café @ GFNY Finish Village in [PIP Park, Fort Lee, NJ](#)
9AM GFNY group ride with Gruppo Sportivo GFNY @ GFNY Welcome Zone
9AM-5PM NYC Bike Expo @ [PIP Park, Fort Lee, NJ](#)
9AM-7PM Campagnolo GFNY World Championship mandatory race packet pickup
LAST ENTRY 6:30PM @ [PIP Park, Fort Lee, NJ](#)
11AM-5PM GFNY BBQ & Beer Garden @ [PIP Park, Fort Lee, NJ](#)



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SUNDAY, MAY 19

5AM	Opening of start area on lower level of George Washington Bridge (civil twilight 5:02am, sunrise 5:34am)
6:15AM	Closing of start area on lower level of George Washington Bridge
7AM	Start of Campagnolo GFNY World Championship and GFNY BEAR
8AM	Opening of GFNY Café & Fan Zone @ GFNY Welcome Zone
11:15AM	Winner of the Campagnolo GFNY World Championship expected @ GFNY Finish Village
11AM-2PM	Return transport from Bear Mountain for GFNY BEAR riders @ GFNY Finish Village
3PM	Awards Ceremony at the GFNY Finish Village @ GFNY Finish Village
5:30PM	Course closes
7PM	End of festivities





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Recommended activities

- Ride portions of the GFNY course. The GFNY Welcome Zone in Fort Lee is a good meeting point for before & after your ride. Location: [PIP Park, Fort Lee, NJ](#)
- Ride a few loops in Central Park. Check out the [6-mile / 10km route](#) through Central Park's 778 acres (315 ha) dedicated to nature and recreation. Central Park is one of NYC's most famous tourism attractions.
- Buildings with high-floor observation decks like Empire State Building, Top of the Rock, One World Observatory
- River cruises, ferry taxis or the Staten Island Ferry for sightseeing the Statue of Liberty and the city from water
- Walk or ride through various neighborhoods of NYC, all of which have a history and their unique characteristics. For example: West Village, Greenwich Village, TriBeCa, SoHo, East Village, LES, NoHo, Bowery, Gramercy, Meat Packing, FiDi, Times Square, Upper West Side, Upper East Side and more.
- Shopping
- Broadway plays, Lincoln Center
- NYC landmarks (Brooklyn Bridge, Flatiron building, Wall St, Rockefeller Center, St Patrick's Cathedral, Grand Central Terminal) and museums (The Met, Museum of Natural History, MoMa, Whitney, Museum Mile, 9/11 Memorial & Museum)



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Overview



Official hotels	gfny.com/hotels
Course overview	gfny.com/course
NYC Subway map	mta.info
Registration & Expo	PIP Park in Fort Lee, NJ
Welcome Zone	PIP Park in Fort Lee, NJ
Shuttle Bus Stop & Taxi Stand	3000 Lemoine Avenue, Fort Lee
Start from NYC	165th Street & Riverside Drive
Start from NJ	220 Bruce Reynolds Blvd
Top of Bear Mountain	Bear Mountain Observatory
Finish Village	PIP Park in Fort Lee, NJ
Shuttle Bus Stop & Taxi Stand	3000 Lemoine Avenue, Fort Lee



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GFNY Welcome Zone & Café

GFNY week kicks off on **May 15** with the GFNY Welcome Zone experience at PIP Park in Fort Lee, NJ.

The GFNY Welcome Zone offers riders another way to connect with GFNY, other GFNY riders and their families and friends.

A Café with water, coffee, tea, bagels, muffins, bananas, beverages, music, bike racks, restrooms, a schedule of group rides departing from the Welcome Zone, jumbo screen.

Tenafly Bicycle Workshop will be at the GFNY Welcome Zone Wednesday-Saturday to assist with any of your pre-race bike maintenance needs. Send a WhatsApp for any special requests or to schedule an appointment. Shop: 201-568-9372 / WhatsApp: +1-310-666-3955.

Check the Schedule of Events for information & registration for the daily Group Rides departing at 9am that cover parts of the race course.





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NYC Bike Expo & GFNY Registration

LOCATION

NYC Bike Expo is located in [PIP Park in Fort Lee, NJ](#). The expo is the location for picking up your GFNY race materials: race numbers, timing chip, wristband, jersey and goodie bag. Plus the sponsor & exhibitor expo, and GFNY Shop.

HOURS

Expo Hours THURS 5/16 12pm-7pm // FRI 5/17 @11am-7pm // SAT 5/19 @9am-5pm

Registration Hours THURS 5/16 12pm-7pm // FRI 5/17 @11am-7pm // SAT 5/19 @9am-7pm

Last entry 30 minutes prior to closing time.

IMPORTANT!

In-person race packet pickup is mandatory, this is a Police requirement. Each participant must come in person to check-in and pick up their race materials.

You must come to GFNY Registration either Thursday, Friday or Saturday ONLY. You must be at the expo before 6:30pm on Saturday, May 18 in order to be able to pick up your race packet. There is no registration or packet pickup on race day Sunday.

If you do not come to the expo during expo hours, you forfeit your registration and ability to take part in the event.

GETTING THERE

Arrival by Bike

Arrival by Personal Car

Arrival by Car Service

Arrival by Shuttle Bus

Saturday Car Parking

via [Hudson Terrace](#), you must park your bike in Mandatory Bike Parking
Parking at [Fort Lee Municipal Lots](#): [Guntzer](#) and [95 Main St](#) are the closest
Ask your driver to drop you at [3000 Lemoine Avenue, Fort Lee](#)
The GFNY Shuttle Bus stops: 175th St NYC Subway, Fort Lee Parking lots
[Kim & Bae](#) is generously offering [their garage for expo parking](#) on Saturday.

Expo shuttle bus service operates during EXPO HOURS, Thursday-Saturday. The shuttle bus is free: \$0. There is no schedule for the bus, it will operate on the Bus Route loop, with timing depending on traffic. The 5-mile loop can take 20 minutes during lower traffic times and up to 2 hours during afternoon rush hour gridlock. In cases of gridlock traffic, plan to ride your bike or walk, it will be the fastest option. Unfortunately, traffic is out of our control. [It takes 20-30 minutes to walk the 1.5 miles.](#) [Traffic info here.](#)



ALL BUSES ARE DOING LOOPS:

NYC - GFNY STOP - PARKING STOP 1 -
PARKING STOP 2 - PARKING STOP 3 - NYC

FORT LEE PARKING LOTS:

2030 GUNTZER STREET (412 SPOTS)
110 MAIN STREET (50 SPOTS)
1622 GEROME AVENUE (25 SPOTS)
1637 CENTER AVENUE (10 SPOTS)



GFNY BUS ROUTE



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GETTING READY FOR REGISTRATION

Q: Can I bring my family and friends with me?

The shuttle bus and the expo are free admission and open to the public. Yes, bring your family and friends!

A: What do I need to bring with me for registration?

In order to check-in for the race, please bring a government-issued photo ID (driver license or passport). There is no need to print your registration confirmation.

Q: I don't like to wait. What is a good time to come to the expo, with the shortest wait?

The expo is the busiest at opening. The expo is less busy after 1pm on all the days.

Q: How do the jerseys fit?

The GFNY jerseys are standard European/race cut, and therefore more fitted in the torso than typical American size. We suggest ordering 1-2 sizes larger if you usually wear American-cut jersey. Here is the size chart: <http://gfny.com/sizechart.jpg>

Q: Can I try on the race jersey?

Yes, you will be able to try on your jersey for size at the fitting rooms. The jersey pickup booth is only for picking up the jerseys. Please don't try on jerseys or ask to swap jerseys at the jersey pickup booth.

Q: What if the jersey size I selected doesn't fit me? Can I exchange my jersey?

We have a limited quantity of jerseys available for exchange. If you find the jersey you ordered is the wrong size, go to the JERSEY EXCHANGE stand and request the size you're looking for. We may not have the exact size you need to swap to, but we'll do our best to get a jersey size as close to your exchange size as possible.

Q: The waiver asks for my race number. How can I find out my race number before the expo?

You will find out your race number at the expo.

Q: Do I have to wear the wristband?

Yes, wearing the wristband is mandatory. It will be attached to your wrist when you come to pick up your race packet at the expo and you must keep it on until you leave the Finish Village at the end of the event.

Q: Can I buy the matching bib shorts and other GFNY apparel at the expo?

Yes, we have a limited quantity of GFNY apparel and accessories available for purchase at the pre-race expo. The quantities are limited and sold on a first-come-first-serve basis. If you are worried about item availability, we recommend purchasing online in our online shop gfny.com/shop or coming to the expo early on Friday to have the greatest selection and size availability.

Q: My schedule changed and I can't come to NYC. Can my friend pick up my goodie bag for me?

Yes. Send an email to your friend, authorizing them to pick up your goodie bag, along with a copy of your photo ID. Then at the expo your friend can show the email and a copy of your ID at the check-in booth to pick up your goodie bag and jersey for you.

Q: I'm flying in on Saturday night. Can my friend pick up my race packet for me?

No. For security reasons, every participant has to be present at packet pickup on Friday or Saturday. If you cannot make it to the expo to pick up your race packet, you will forfeit taking part in the event. We recommend changing your flight to arrive in NYC to make it to the expo in time.



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REGISTRATION PROCESS



(1) Race packets are organized by your race number. Check the board for your assigned race number. There will be tables with waivers. Please review the waiver, fill in your personal information and sign.

(2) Bring your ID and signed waiver to the stand with your number to receive your race packet.

The race packet includes:

1. **Wristband**, which will be attached to your wrist at packet pickup and must be kept on your wrist until the end of the race
2. **Bike number plate** with timing chip that you must attach to the front of your bike, and two zip ties
3. **Bib number** to attach to your jersey's back pockets plus 4 safety pins
4. **Bike number sticker**
5. **Bag check sticker**
6. **Profile sticker** that you can attach to your bike's top tube to keep track of your progress
7. **Rider sticker**
8. **Standard-size clear bag** that you can check-in on race morning. You'll get it back at the finish.

After you receive your packet, double check that all your personal information is correct. If you have any information changes like updating emergency contact info or changing your team name, please go to the DATA CHANGE / REGISTRATION stand (6).

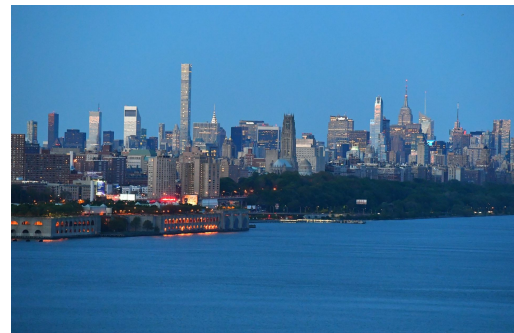
(3) Keep your race packet handy, next you will go to pick up your race jersey. The jersey is mandatory attire for the race. You will receive the jersey size that's marked on your envelope, which is the size you selected during registration. After that, (4) you will receive your goodie bag.

(5) If you think you may need to change your jersey size, you cannot exchange at the jersey pickup stand, you will need to go to the JERSEY EXCHANGE stand. The Jersey Exchange stand is located about 100 meters after the jersey pickup stand. Next to Jersey Exchange, you will also have the chance to try on your jersey in fitting rooms with mirrors to double check if the size is correct for you.

(7) If you have any race questions, stop by the INFORMATION stand and one of our knowledgeable GFNY Gruppo Sportivo ambassadors will be on hand to answer any and all questions.



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REGISTRATION FREQUENTLY ASKED QUESTIONS

Q: Can you advise me how to purchase extra medical insurance?

We strongly encourage any rider without a USA-based health insurance to purchase travel insurance and a one-day license from USA Cycling to assist with any potential expenses incurred during your trip or during the event.

TRAVEL INSURANCE: Contact the travel agent or website where you booked your flight or contact your credit card company that you booked your trip with. Travel insurance can cost under \$100 but provides you an insurance policy for your trip, and a variety of services should you need them. Check the terms of the insurance policy to know exactly what is covered.

ONE-DAY LICENSE: GFNY is a sanctioned event under USA Cycling, the national cycling federation. USA Cycling offers one-day and 12-month medical insurance options. Purchasing this extra insurance is optional, but we strongly encourage purchasing it for every rider without US-based health insurance or riders seeking additional medical coverage for the event.

HOW TO BUY A ONE-DAY LICENSE: USA Cycling has a stand in the Expo tent. You will receive the form to fill out and pay \$10 (cash or credit card) when you visit the USA Cycling booth.

If you have any questions about the optional 1-day and 12-month accident medical insurance, please email USA Cycling's Member Services membership@usacycling.org.

Q: Do I need to provide a medical certificate?

No, you don't need to submit a medical certificate, but we recommend getting a regular annual checkup by a doctor.

Q: It looks like the way we are asked to mount the plate is very un-aerodynamic. Can I attach it a different way?

No, you are required to mount the bike plate to the front of your bike. The positioning of the number plate centered at the handle bar is mandatory because it has to be visible to police and security personnel.

While it is not helping aerodynamics, keep in mind that it's in front of the rider's core and GFNY is not a track TT so please don't overthink it. At the end of the day, it's the same for everyone.



Q: Can I wear my own jersey during the race?

No, the official GFNY race jersey is mandatory attire for the race. It is a police requirement for all participants to wear the official race jersey to be easily identifiable by officials while on the course.

Q: I registered for GFNY but I haven't decided which distance. When do I have to decide by?

A: You can transfer your GFNY BEAR 50 registration to GFNY 100 or vice versa at no extra cost until 21 days before the race. Please log into your gfny.cc account to update your ticket with the distance selection.

Q: Are triathlon bikes or aero bars allowed?

Triathlon bikes are NOT allowed. Aero bars are NOT allowed. If you have a road bike with aero bars attached, you must remove the aero bars. If you only own a triathlon bike, you will need to ride GFNY on another bike (borrowed or rented road bike, hybrid bike, mountain bike).



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Q: How are the race numbers assigned?

Each participant is assigned a race number by category and age group. You can read more about race categories here: gfny.com/race/categories. Your bib number will indicate your start corral.

1st corral: Winners of any GFNY World race

1st corral: Riders who purchased a VIP entry gfny.com/vip

2nd corral: Riders who finished in the top 10% of their Age Group at any GFNY World event of the 2018/19 season and are signed up by April 15, 2019.

OR top 20% of their Age Group at Campagnolo GFNY World Championship or at any GFNY 2018/19 Regional Championship: North American, South America, Europe, Asia, Middle East-Africa

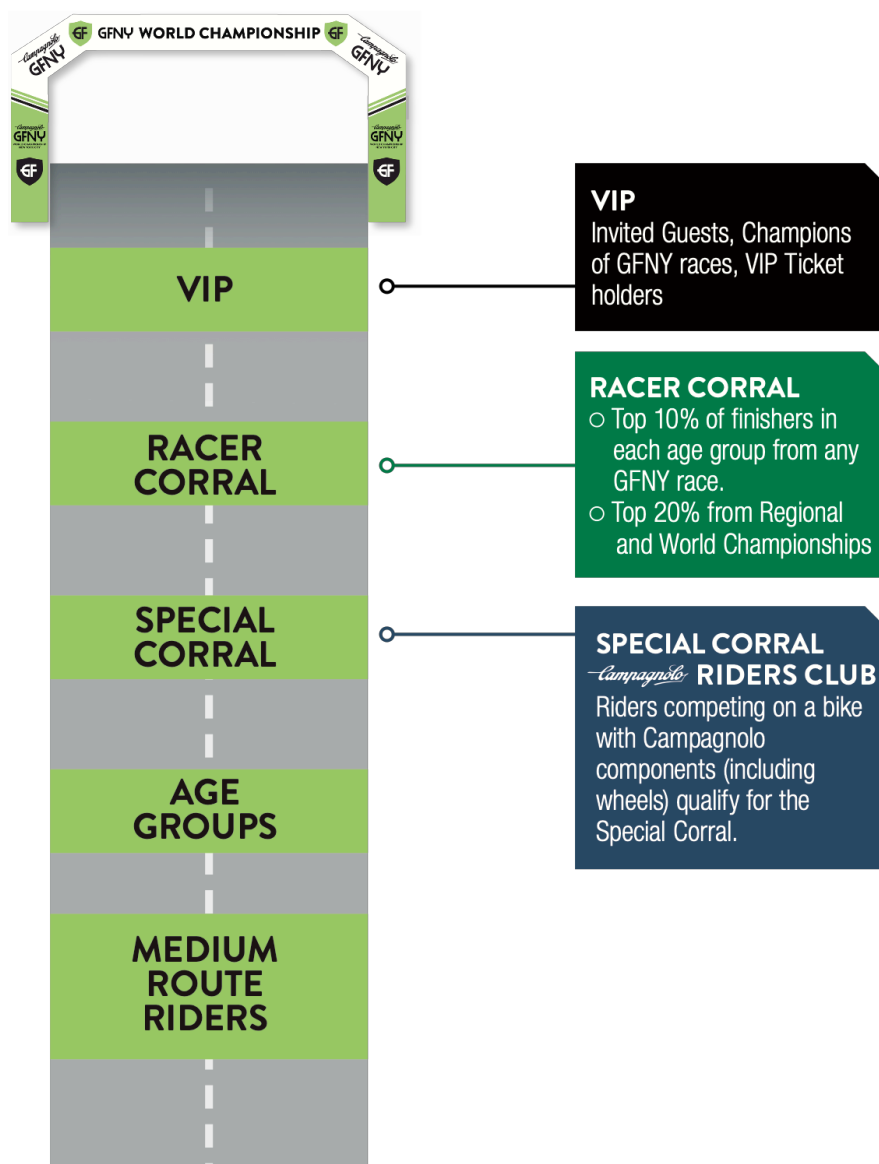
3rd corral: Him & Her teams

3rd corral: Campagnolo Riders Club members

3rd – 11th corrals: Start of race numbers by age group, from youngest to oldest.

Last corral: GFNY BEAR 50 riders are staged after GFNY 100 riders at the end of the peloton.

Last corral: All riders who registered after May 1, 2019.





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Campagnolo & The Campagnolo Riders Club



Get a Special Corral start at the Campagnolo GFNY World Championship NYC by joining the Campagnolo Riders Club. It's free!

How it works

Please bring your bike or a photo of your bike to the Campagnolo booth at NYC Bike Expo, where you will receive a special wristband to get to the corral (your bib number remains unchanged). On race morning, at the entry to the Special Corral, your bike will be checked again.

Thank you for supporting GFNY's long-time title sponsor, Campagnolo!

Upgrade to Campagnolo at GFNY

Get a **20% discount** when upgrading your bike to Campagnolo components or wheels. Pre-order now at Strictly Bicycles or R&A Cycles. Or show up during race week and choose from existing inventory.



READY TO UPGRADE YOUR PERFORMANCE WITH NEW CAMPAGNOLO COMPONENTS AND WHEELS?

CAMPAGNOLO IS OFFERING A 20% DISCOUNT ON COMPLETE GROUPSETS
AND WHEELS RESERVED ONLY TO THOSE PARTICIPATING IN
THE CAMPAGNOLO GFNY

THE DISCOUNT IS VALID FROM MARCH 1ST UNTIL MAY 25TH



Campagnolo

**TO TAKE ADVANTAGE OF THIS ONE-TIME
DISCOUNT. YOU CAN CALL AND PRE-ORDER
THE GROUPSET OR WHEELS OF YOUR CHOICE.**

(SEE BELOW FOR PARTICIPATING SHOPS IN THE NY AREA)

**OR, SIMPLY SHOW UP AND CHOOSE FROM EXISTING
INVENTORY. CALL NOW TO ENSURE WHAT YOU ARE
AFTER IS IN STOCK!**

**PRE-ORDERS AND PICK-UPS
AT THE FOLLOWING CAMPAGNOLO DEALERS:**

R&A CYCLES
105 5TH AVENUE
BROOKLYN, NY 11217
+ 1 (718) 636-5242

STRICTLY BICYCLES
2347 HUDSON TERRACE
FORT LEE, NJ 07024
+ 1 (201) 944-7074

* THIS OFFER IS LIMITED TO PRE-ORDERS AND AVAILABLE INVENTORY
AT THE TWO PARTICIPATING BIKE SHOPS
DISCOUNT VALID FROM MARCH 1ST UNTIL MAY 25TH



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Your Pre-Race Checklist

1. Get a full tune-up for your bike. A complete tune-up is the best way to minimize chances of getting a complicated mechanical during the race. GFNY mechanics have seen broken chains, derailleur problems, broken spokes, and many other difficult mechanical issues during the race. For a mechanical problem that you can't easily fix yourself, one that involves rolling support to reach you, it may mean a wait of anywhere between 5-30 minutes. It's an awful feeling to stand on the side of the road while other people are riding by.

2. Put on new tires. If your tires show any signs of wear, we recommend putting on new tires for the race. You don't want to spend all this time training, maybe traveling to NYC for the race, and then get flats on race day because of old tires.

Also, put on **new bottle cages**, such as from GFNY sponsor [Elite](#), to minimize your bike bottles popping out in sections with rougher roads, like Miles 2-11 and 90-99.

3. Attach the bike plate to the front of your handlebars. Be sure that the zip ties are attached the right way and they hold the bike plate in place. Pull your bike plate to ensure it's securely attached to your bike.

4. Put your bib number on the back pockets of your race jersey. Attach the bib number on your non-dominant side. If you're right-handed, attach the bib number to your left and center pockets.

5. Pack your race nutrition. The GFNY start area does not have any food or drink, make sure you bring enough for your way to the start line, for the wait and to get you to at least the first aid station in Piermont at mile 17. If you have any specific dietary / sports nutrition needs, bring them with you.

6. Plan your race morning. We recommend arriving at the start area no later than 5am. This will give you enough time to go to the bathroom, check your bag if you want, clear security and get into your start corral. At 6:15am, we close the corrals. If you pass security after that, you will be routed to the last corral.

If you're taking public transportation to the start, check how long the trip will take and if you're staying in a hotel, check where to buy breakfast early on a Sunday.

7. Check the weather forecast. Make sure you have the right gear to get you through the race. We always carry a mylar blanket in our bike tool bag in case of unexpected inclement weather.

8. Pack your check bag. Since the GFNY Finish Village offers showers inside Fort Lee High School, take advantage of the option to check a bag on race morning. At race packet pickup, you will be provided a standard-sized clear bag that you will be able to check before getting to the George Washington Bridge.

If you're riding GFNY BEAR, drop your bag at the truck labeled GFNY BEAR. Then your bag will be waiting for you at the GFNY Bear Shuttle Point at Bear Mountain. For the GFNY 100 riders, your bag will be waiting for you in Fort Lee.

You can pack things like clothes, shower gel, towel and footwear. Don't put any valuables in your check bag. GFNY does not assume responsibility for any lost or stolen personal property.

9. Bring your wallet: ID and money – you'll need both to buy beer at the finish or pay for any expenses during the day. **Wear your GFNY wristband** – it's your post-race meal ticket to the GFNY Pasta Party.



ATTACH THE
COURSE PROFILE
STICKER TO YOUR
BIKE'S TOP TUBE



ATTACH THE
BIKE PLATE TO
THE FRONT OF
YOUR BIKE



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GWB and the Start Areas



The George Washington Bridge has the greatest vehicular capacity of any bridge in the world. It carries approximately 106 million vehicles per year, making it the world's busiest bridge.

GFNY closes the entire lower level of the world's busiest bridge to cars and offers you a once-in-a-lifetime experience of riding across from Manhattan to New Jersey on a car-free road.

The NYC and NJ Start Areas open at 4:30am. The Start Corrals open at 5am. We recommend getting to the start area between 4:30am-5:15am. This will give you ample time to use the toilet, check in your bag, go through security and get into your corral before the access to the bridge and corrals close at 6:15am.

IMPORTANT!

Make sure you're wearing your mandatory race jersey, bike plate, bib number and wristband. You will not be allowed on the bridge without them. Security is tight at the GWB.



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Getting to the Start from NYC

Access to the GFNY start line from NYC takes place from 165th St & Riverside Drive. Ride Northbound on Riverside Drive. Bear right at all times to get to the start circle and corrals.

PRIVATE TRANSPORTATION

The fastest and most comfortable way to get to the start is by private transportation like taxi or car service. For groups of 5 or more, we recommend to book a Mercedes Sprinter or Mini Bus.

DROP-OFF POINTS From the south: on Riverside Drive, at approx. 160th St - 162nd St
From the east & north: 165th St & Audubon Avenue

BY BIKE

If you're coming from upper Manhattan, you can use the West Side Highway bike path and follow the below map. We don't recommend riding your bike to the start from midtown, it's over 10km/6-miles.

Bike northbound along West Side Highway Bike Path, make a right at 158th St (There is a metal swinging gate there). You will ride under an overpass, then you'll see a traffic light. At the light, make a left and go up a slight incline. You'll then come to a stop sign (sign says 158th St), make a right at that stop sign. Make the first left turn, a 120-degree left turn onto Riverside Drive. Ride straight on Riverside Drive to 165th St, then onwards to access the start corrals. Bear right at all times.

PUBLIC TRANSPORTATION

The closest subway stop is 168th Street on the A and C trains. NOTE: The 1 train will not stop at 168th Street from Jan 1, 2019 to Jan 2020. If you are taking the 1 train, exit the train at 157th St stop.

You don't need a bike permit to bring your bike on the NYC subway. You can try to fit your bike through the turnstile, but most common way to enter the subway with your bike is going to the agent, having them watch you swipe your MetroCard and turn the turnstile, then they'll release the emergency gate so you can walk through with your bike. Check <http://mta.info> for any weekend service advisories for A, C and 1 trains.

Exit the train and ride to 165th St & Riverside to get to the start corrals. Bear right at all times.

PARKING IN NYC

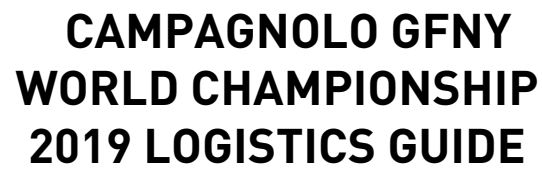
There is limited curbside street parking in the area, check the signs for any parking details, length of stay maximum, and if there are any parking fees at the specific spot you're looking at.

There are many parking garages with abundant parking spaces. Here are a few websites that list area parking garages. Be sure to check the opening hours of the garages, some aren't open 24/7.

<https://www.parkwhiz.com/destination/3959-Broadway-New%20York-NY/?lat=40.8399604&lng=-73.9409478>

https://spothero.com/search?latitude=40.8409822&longitude=-73.94479939999997&search_string=New%20York%2C%20NY%2010032%2C%20USA

Ride from your parking garage along Fort Washington Avenue or Haven Avenue to 165th Street. Make a right onto Riverside Drive and ride northbound on Riverside Drive to access the start corrals. Bear right at all times.





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Getting to the Start from NJ

Access to the GFNY start line from NJ takes place from the lower parking lot of GWB Headquarters Building, 220 Bruce Reynolds Blvd, Fort Lee, NJ.

PARKING IN FORT LEE

The Fort Lee Parking Authority has several parking lot options for GFNY riders. Please review the list of parking lot locations here: <https://www.fortleenj.org/393/Parking-Lot-Locations>

The largest and most convenient parking lot is the Guntzer Parking lot. It will be open for GFNY. Anyone parking in the newly constructed parking lot and garage building will have to pay to park. The garage will be a flat fee \$5 for the day. Anyone parking outside in the lot will have to pay at the pay stations.

DROP-OFF

For any family or friends dropping you off, use [Central Avenue & Hudson Street](#), Fort Lee in your GPS. Drop-off area is on Central Ave, between Lemoine Ave & Park Ave. From there, make a right onto Lemoine Ave, left onto Bruce Reynolds Blvd, ride past the GWB Headquarters building, and make the first left before you pass the SouthPole building, onto the Fort Lee Municipal Parking Road. You will see the start area entrance 100ft down the hill, on the left.

FROM DOUBLE TREE FORT LEE & HOLIDAY INN FORT LEE

For cyclists staying at GFNY Official hotels Holiday Inn Fort Lee (H9) and Double Tree Fort Lee (H4): the Fort Lee Police Department will offer a police escort to the NJ start area. Please ask the front desk of your hotel about the time of departure for the police escort. Please be punctual for the escort. There will be just one departure time for the escort. If you miss the police escort, you should drive to nearby Fort Lee parking lots, it's not possible to ride your bike on Route 4, it's a busy highway.

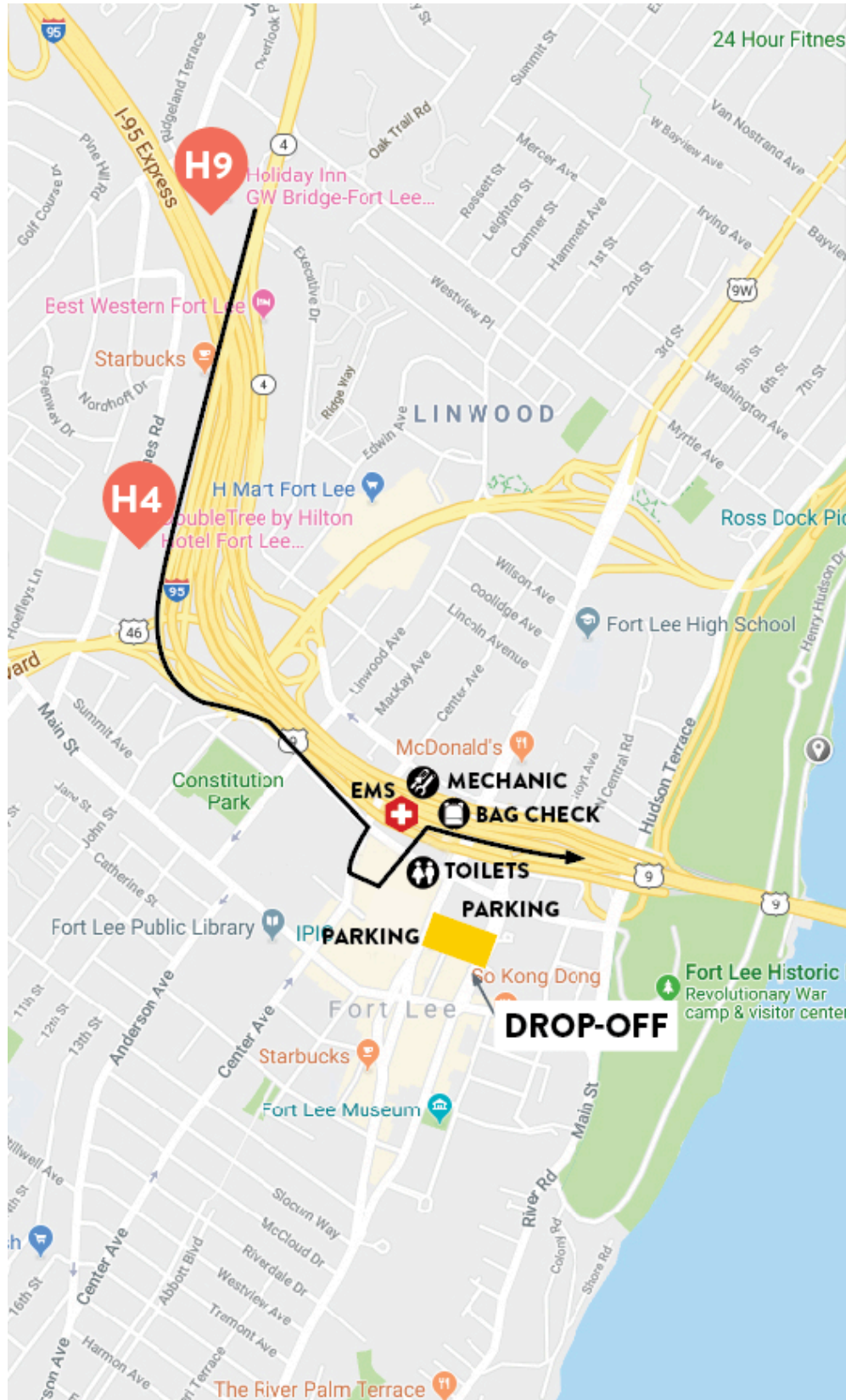
A message from Fort Lee Police Department:

We will provide a police escort from Holiday Inn Fort Lee, make a brief stop to collect riders from the Double Tree Fort Lee, continue up the hill, ending at the GWB NJ start access point.

For riders who want to be part of the escort, punctuality is very important, because as we know, Port Authority Police are not tolerant of tardiness.



CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE





CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE



Race Morning FAQs

Q: Will GFNY's official hotels have shuttles for cyclists from the hotels to the bridge?

No. The GFNY hotels do not offer shuttle service to the start. You can ride your bike, take public transportation or get a ride from family or a car service.

For cyclists coming from our NYC official hotels, we recommend that you take the A & C trains to 168th Street and 1 train to 157th St and ride your bike from the subway to the start. Alternatively, you can book a car service to drive you to the Riverside Drive drop-off point.

Q: Where should I get dropped off?

You cannot get dropped off on 165th Street & Riverside Drive. This is the access road for the cyclists to get onto the bridge and there is a lot of congestion here. If your vehicle stops near 165th St & Riverside, it will be ticketed by Police.

DESIGNATED DROP OFF LOCATIONS

NYC 1: Riverside Drive at approx. 160th St – 162nd St

NYC 2: Along Audubon Avenue and 165th Street

NJ: On Central Ave, between Lemoine Ave & Park Ave

Q: Will there be signage directing me how to get to the start?

While we have ample signage along the race course, but we are not permitted to post signage for race morning. But there are volunteers wearing GFNY t-shirts and they will have GFNY flags.



We recommend that you look at the maps we provide in this guide and get familiar with your route to the start. Be ready that there will be thousands of other riders in their GFNY jerseys riding to the start and likely using the same roads as you.

Q: What services are available at the start area on the George Washington Bridge?

Both the NYC and NJ start areas have: bag check, toilets, mechanical service and medical service.

BAG CHECK: There is a separate bag drop for GFNY BEAR 50 and GFNY 100 in NYC and in NJ. Make sure to drop your bag at the right truck because the GFNY BEAR 50 bag check truck is taking the bags to Bear Mountain and the GFNY 100 bag check truck is taking the bags to Fort Lee.

TOILETS: This is your last chance to use a toilet until Mile 11. There are ample toilets at the NYC and NJ start areas, the wait is short. Bike racks are nearby so your friends don't have to hold your bike.

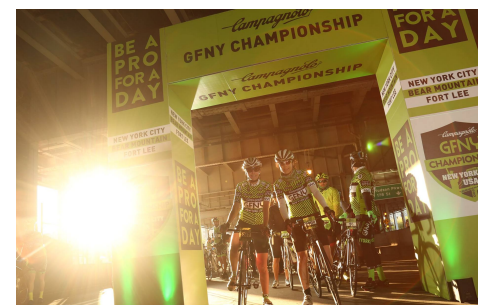
MECHANICAL SERVICE: We strongly recommend traveling with your floor pump, getting a full tune-up and new tires to avoid mechanical problems on race day.

MEDICAL SERVICE: EMS is stationed in both the NYC and NJ start areas.

After you leave the Start Areas, you will then proceed to security and get into the start corrals. Once you pass security, you will proceed forward until you see the corral entrance that has your corresponding bib number.

Please help us keep the start area clean by depositing trash in the bags tied to the barricades lining the start corrals.

The start line is at the halfway point on the bridge. Your timing chip will not begin counting your race time until your chip crosses the start line timing mat.





CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

Q: I want to use the toilet just before the start, what are my options?

There are no toilets on the bridge. Your last chance for the toilets was in the NYC & NJ Start Areas, which has over 50 toilets and short wait times. Please limit your fluid intake on race morning. Be ready that your first chance for toilets after the Start Area is at mile 11.

Q: We are part of a group, can we start together?

You can always move further back if you want to start with a friend but not further ahead. If there are several members in your group, the person with the lower bib number can move to a corral further back. Everyone has to line up in the corral of the group member with the highest number.

You also have the option to update your ticket (until 21 days before the race) by logging onto gfny.cc and select to start in the Group Corral (race numbers 3000-4000) and start together.

We recommend that on race day you take advantage of riding in the world's most international peloton. Challenge yourself and work with whoever is riding at your level, and maybe make new cycling friends along the way. Then at the GFNY Pasta Party at the Finish Village, you can regroup with your teammates to relive your day and share the war stories.



Q: There are joints on the bridge, I'm worried that I'll crash.

The joints are covered by GWB facility crews hours before the riders arrive.

Actually, the George Washington Bridge undergoes a major transformation from the World's Busiest Bridge to the Host of the GFNY World Championship Start Line. Dozens of crews work in unison for 4 hours on closing various ramps and posting detours to reroute vehicular traffic away from the lower level. GFNY crews begin GWB prep at 11pm and work through the night to be ready to open the corrals by 5am.

Q: Do you have advice for race morning?

Advice from Lidia:

1. Moderate your fluid intake on race morning. If you drink a lot, you will also have to pee a lot.
2. Keep your coffee intake minimal in the morning; you will already feel a bit jittery from the adrenaline and nerves. Coffee will also make you pee even more.
3. My goal is to not stop for bathroom breaks during the race. So before a race, I drink almost nothing the morning of the race, and once the race starts, I drink to quench my thirst.
4. Between getting to the bridge, getting into the corrals and waiting for the start, the whole process can be up to 2 hours. Eat a sufficient breakfast to get you through the morning. Bring race nutrition with you because the first aid station isn't until mile 17 in Piermont.
5. It's very likely that you will need a wind jacket while waiting for the start on the GWB. We recommend packing your cycling wind jacket in your jersey pockets for the race. The river valley you are waiting in on the bridge acts as a wind funnel. But on days when they predict hot weather, a cycling vest should be sufficient. Check the weather and err on the side of caution.
6. As you get ready for the start (under 5 minutes to start), you can pack away some of your clothing in your pockets because you'll warm up as soon as you start cycling.
7. Do not stop for anything in the first 4 miles of the race. These roads are closed for a short period of time to allow cyclists a closed road off the bridge. Immediately after the cyclists are off the bridge and off the road, the road reopens. If you pull over for a stop and stay behind as the peloton passes, the road will reopen and you may be stuck riding against traffic on an open roadway. If you have a mechanical in the first 4 miles, you will be picked up by a GFNY van and driven until mile 4 where you can address your mechanical in safety.



CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

Q: What time should I get to the start area?

We recommend arriving to either the NYC or the NJ Start Area between 4:30am and 5:15am. Do not arrive later than 5:30am.

Plan how long it will take you between leaving your home / hotel to arrive to the Start Area. Plan how you will be getting to the Start Area. Have a back-up plan.

Once you arrive to the Start Area, keep in mind that using the restroom, going to bag check and mechanical stations and later going through security and into your corral can take up to 45 minutes.

Port Authority Police close access to the bridge from NYC and NJ at 6:15am. Corrals close at 6:25am.

If you arrive to the Start Area 5:30am-6:15am (late arrival), you will be able to access the start corrals. But, you not make it past the whole Start Area and security check by 6:25am. If you don't pass security and arrive to the corral access by 6:25am, you will find the corrals closed. You will be starting from the last corral.

Q: What do I do in case I miss the 6:15am Start Area closure?

Unfortunately, if you arrive later than the 6:15am Start Area closure, Port Authority Police will not allow you onto the bridge and you will miss the official start of the race. You will not be timed and will not be considered an official finisher of the race.

However, you can still take part in the event - make sure that you have your GFNY race jersey, bike plate and wristband on (your GFNY participant identification). Although you will not get timed or ranked, you will have access to the race course, aid stations and Pasta Party with your GFNY participant identification.

Coming from NYC: Ride your bike over the GWB bike path on the upper level. Proceed to 220 Bruce Reynolds Blvd (GWB Headquarters), upper parking lot. The race course travels past there. You will be stationed there in a Late Arrivals corral and will be able to join the race from there.

Coming from NJ: Ride your bike to 220 Bruce Reynolds Blvd (GWB Headquarters), upper parking lot. The race course travels past there. You will be stationed there in a Late Arrivals corral and will be able to join the race from there.

IMPORTANT!

The start corrals are located on the westbound / outbound lower level lanes of GWB. There is no access to the other (eastbound / inbound) side of the bridge. The nets between the two roadways are meant to collect light debris, there are tears in the nets and the nets aren't certified for humans. They may rip. You cannot walk on the walkways or nets. The other roadway also has joints that aren't covered and your bike wheel will get stuck, don't try to ride there. Also, emergency vehicles traveling at high speeds utilize the other roadway and do not expect any riders to be in those lanes.

There is no safe way to utilize the other (eastbound / inbound) side of the bridge, DO NOT ATTEMPT IT. Any attempts will result in ticketing or detainment by police, for your own safety.

You must adhere to any orders from Police – they are for your safety.

RETURN
TRANSPORTATION
TO FORT LEE, NJ
FOR GFNY BEAR
RIDERS

**GFNY BEAR
FINISH**



**BE A PRO
FOR A DAY**



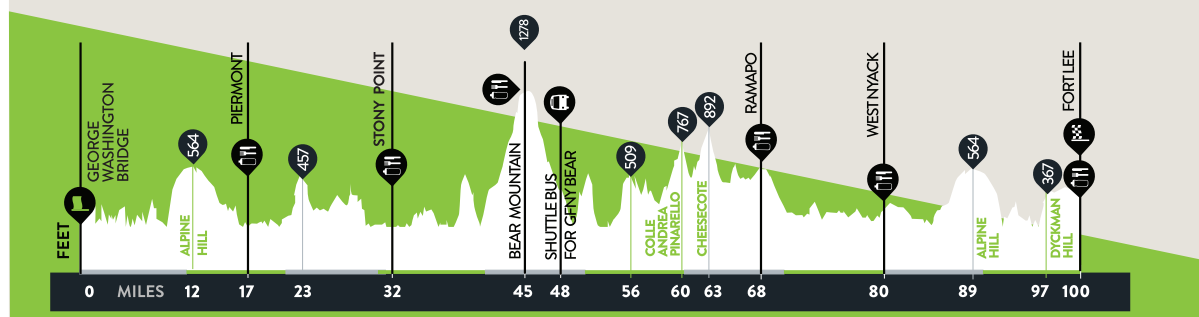
GFNY FINISH
FORT LEE

- WELCOME ZONE & CAFE
- FINISHER MEDALS
- CHECKED BAGS
- SECURE BIKE PARKING
- PASTA PARTY
- WATER & SODA
- BEER & WINE GARDEN
- GFNY SHOP
- SPONSOR EXPO
- VIP TENT SUITES
- SHOWERS
- MEDICAL
- AWARDS CEREMONY
- RESULTS
- LOUNGE CHAIRS
- MASSAGE
- PHONE CHARGING STATIONS

EXPO

- BIKES PICKUP
- REGISTRATION
- WELCOME ZONE
- GFNY SHOP
- SPONSORS & EXHIBITORS
- BBQ
- BEER & WINE GARDEN
- PRE-RACE GROUP RIDES

GFNY START
GEORGE
WASHINGTON
BRIDGE (NYC)





CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

Race Course

The course overview can be found here: <https://gfny.com/course>

Course video: https://www.youtube.com/watch?v=cOGSF_INKKc

Cue sheets and a detailed course map can be found here:

100 miles: <https://ridewithgps.com/routes/10596674>

50 miles: <https://ridewithgps.com/routes/10597214>

GPX download GFNY 100: http://www.gfny.com/GFNY_NYC.gpx

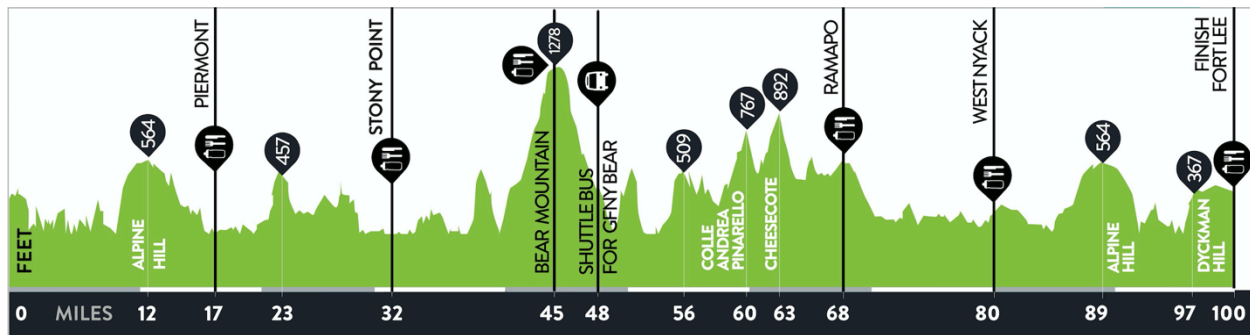
GPX download GFNY BEAR 50: http://www.gfny.com/GFNY_Bear.gpx

Aid stations are located at miles: 17, 32, 45, 68 and 80.

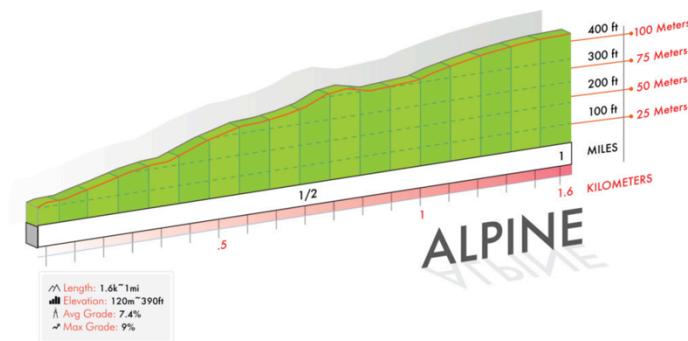
Course Elevation

GFNY 100 miles has about 2,500m/8000ft of elevation gain.

GFNY BEAR 50 miles has about 900m/3000ft of elevation gain.

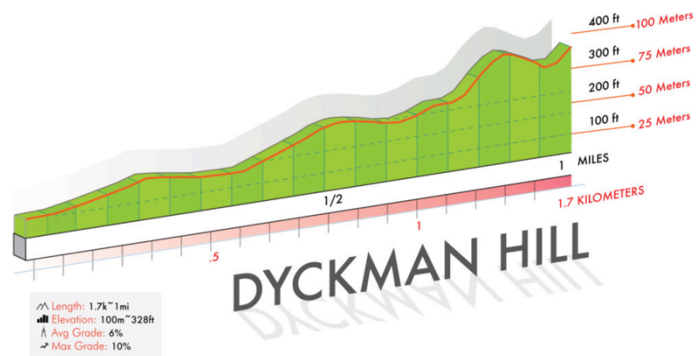
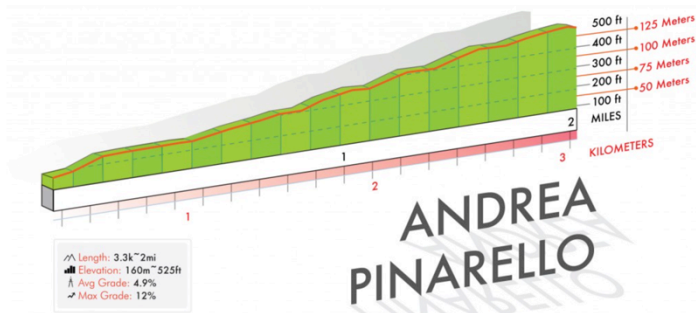
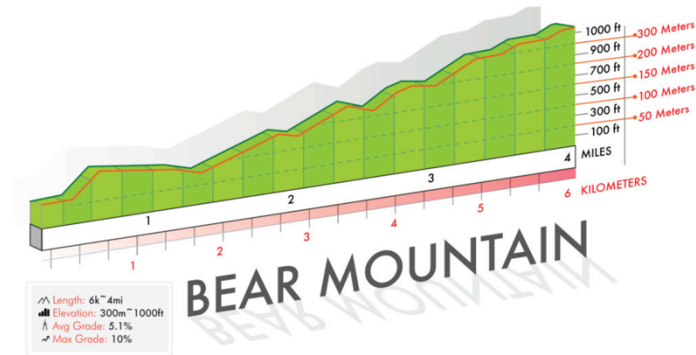


Significant Climbs





CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE





CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

Time Sheet

LANDMARKS	KM	MILE	25MPH	20MPH	15MPH	10MPH
START GEORGE WASHINGTON BRIDGE	0	0	7:00	7:00	7:00	7:00
HENRY HUDSON DRIVE	4	2.5	7:05	7:10	7:10	7:15
START CLIMB ALPINE	15	9	7:20	7:30	7:40	7:55
NJ-NY STATELINE	23	14	7:35	7:40	7:55	8:20
PIERMONT - AID STATION 1	27	17	7:40	7:45	8:10	8:40
NYACK	31	19	7:45	7:55	8:20	8:50
ROCKLAND LAKE	38.5	24	7:55	8:15	8:40	9:25
HAVERSTRAW	48	30	8:10	8:30	9:00	10:00
STONY POINT - AID STATION 2	51	32	8:15	8:35	9:05	10:10
START CLIMB BEAR MOUNTAIN	64	40	8:40	9:00	9:40	11:00
FINISH CLIMB	71	44	8:55	9:25	10:10	11:40
BEAR MOUNTAIN - AID STATION 3	71	44	8:55	9:25	10:10	11:40
MOTT FARM ROAD	87	54	9:10	9:45	10:40	12:30
START CLIMB COLLE ANDREA PINARELLO	95	59	9:20	10:00	11:00	1:00
FINISH CLIMB	98	61	9:25	10:05	11:10	1:10
START CLIMB CHEESECOTE	100	62	9:30	10:10	11:15	1:15
FINISH CLIMB	103	64	9:35	10:15	11:20	1:30
RAMAPO - AID STATION 4	109	68	9:45	10:25	11:30	1:50
SOUTH MOUNTAIN ROAD	113	70	9:50	10:30	11:40	2:00
STRAWTOWN ROAD	120	75	10:00	10:40	12:00	2:30
WEST NYACK - AID STATION 5	129	80	10:10	11:00	12:20	3:00
SPARKILL	137	85	10:20	11:15	12:40	3:30
HENRY HUDSON DRIVE	145	90	10:45	11:30	1:00	4:00
START CLIMB DYCKMAN HILL	155	96.5	10:55	11:55	1:20	4:40
FINISH FORT LEE	161	100	11:05	12:05	1:45	5:05



CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

During the Race

Q: What is the time cutoff for the GFNY BEAR 50 and GFNY 100?

Q: Is there a minimum pace that I have to maintain? Can I ride at my own pace?

You must maintain at least a 10mph / 16kph average speed to be recognized as an official finisher. This includes any stops you make along the course or at the aid stations.

There is also one hard cutoff on the course. If you cannot make this cutoff, you will not be able to continue the event. **YOU MUST ARRIVE TO THE BASE OF PERKINS DRIVE (HALF WAY POINT UP BEAR MOUNTAIN) BEFORE 11:40AM.** If you reach Perkins Drive at 11:40am or later, you will be routed to the shuttle buses and be driven to Fort Lee. You will not be able to continue riding up to the top of Bear Mountain. This is a requirement made by Bear Mountain State Park officials.



For example: if you start at the rear of the field, where the GFNY BEAR 50 riders are staged, it can take you 15-20 minutes to cross the start line – because other riders are staged ahead on GWB and have to get rolling ahead of you. The 11:40am cutoff means that you have 4h20m to complete 43 miles / 70km, which is a 10mph / 16kph average speed.

The riders who have not been successful in reaching this cutoff in past years are people who made excessively long stops at the aid stations 1 and 2.

If you are worried about making it to the finish line, either GFNY BEAR 50's finish line at the top of Bear Mountain or GFNY 100's finish line in Fort Lee, before the cutoff, we recommend making your aid station stops as quick as possible and not stopping along the course – to keep making continuous forward progress.

Q: If I can't continue riding, can a van pick me up and take me to the finish line in Fort Lee?

Yes. There are two options, one will get you back to Fort Lee faster, one will take a longer time.

If you're starting to feel like you're not strong enough to finish, we recommend that you ride to the nearest aid station and stop your race there. Each aid station has buses that can take riders back to Fort Lee. Plus, the aid station also provides the benefit of having food, hydration and toilets that you can utilize while you await the departure of the bus. Ending your race at the aid station is the faster and more comfortable option.

If you're on the course (between aid stations) and cannot continue riding, we have shuttle vans that can pick you up. Call the GFNY HQ hotline phone number on your wristband and we will dispatch a race vehicle to come pick you up. Provide the dispatcher with the mile number on the course or intersection where you are so our van drivers can easily find you. GFNY vans are driving along the course and they can pick you up, but they will only drive you to the nearest aid station. From there, you will board a bus that will take you to Fort Lee.

For riders who end their day after Bear Mountain, but before crossing the finish line in Fort Lee, your result will be automatically categorized into the GFNY Bear 50 category, and you will be considered a GFNY Bear finisher. You can still obtain a medal in Fort Lee, at the GFNY Finish Village.



CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE



Q: Do participants of GFNY BEAR 50 and GFNY 100 receive a medal?

Yes, finishers of GFNY BEAR 50 and GFNY 100 all receive a medal.

Finishers of GFNY Bear receive the medal at the top of Bear Mountain. The medal handout is immediately after you cross the timing mat at the top of Bear. Finishers of GFNY 100 will receive their medal at the GFNY Finish Village in Fort Lee.

Q: What should I do in case of emergency?

If you are involved in or witness a bike crash or another emergency, **CALL 911**. Based on the cell phone tower you are closest to, you will be routed to the closest EMS dispatch center. The dispatch center will ask for the emergency and your location and will route your call accordingly. All local EMS ambulances are on the course and can react at a moment's notice.

Q: What should I do if I have minor road rash to clean but it's not a life-threatening injury?

At each aid station and at the GFNY Finish Village in Fort Lee, there are ambulances stationed that will be able to assist you.

- If you have a crash and you can keep riding, the fastest option will be for you to ride your bike to the closest / next aid station to be assisted by the ambulance located at the aid station.

- If you have a crash that is not serious and does not require an ambulance to drive you to the hospital, but you cannot keep riding, call the GFNY HQ phone number on your wristband. GFNY HQ will dispatch a van to your location to pick you up and take you to the closest aid station to get help by that ambulance. Each aid station has mechanical assistance, if your bike is having a problem, there will be a mechanic available at the aid station to help you with your bike. Note that you will have to wait for the van to pick you up and our vans cannot attend to every rider immediately.

Q: What should I do if I have a mechanical problem?

Bring 2 spare tubes, tire levers and a pump with you to be self-sufficient in case you get a flat. Also bring cash and credit card with you to be able to purchase any equipment (tubes, air cartridges, tires, chain, etc) if you have any larger mechanical on race day.

START: Campagnolo mechanics will be at the start area in case you need assistance with a mechanical problem on race morning.

COURSE: Campagnolo is also offering rolling mechanical support along the GFNY course.

AID STATIONS: A GFNY partner bike shop is offering mechanical service at every aid station.

The fastest way to get mechanical support, if you can keep riding, is to ride to the closest / next aid station.

If you are between aid stations, call the GFNY HQ number on your wristband with your problem and location and we will dispatch Campagnolo to assist you. Note that Campagnolo cannot attend to every rider immediately, so some wait time will be involved. Only Campagnolo vehicles & motorbikes are staffed by mechanics. GFNY vans are operated by drivers who are not mechanics.

Q: I heard that USAC now awards upgrade points for Gran Fondos. How does that work?

Participation in USA Cycling-sanctioned Gran Fondos, including GFNY, now counts towards certain USA Cycling upgrades. Category 5 riders may include up to three USAC-sanctioned Gran Fondos when submitting an upgrade request through their USA Cycling account. USAC license numbers are not collected or tracked by the event, you will have to include a copy of your results from the event for verification.



CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

Q: There were photographers on the course taking my picture, how do I buy my race pictures?

The world's best participant photo company, Sportograf, is on the course taking your race photos. Follow this link and enter your race number to find your photos: sportograf.com/en/shop/event/5035



Q: How does the team competition work?

The four fastest times from a team will be added and ranked to determine the fastest team. If your team has 8 members or more, your team will be broken out as follows: fastest 4 members will be "Your Team Name A", the next 4 fastest members will be "Your Team Name B", etc, in the team results.

Q: I want to avoid disqualification. What are the rules that I should abide by?

The full event rules can be found here: gfny.com/rules. And follow the GFNY Code of Conduct to **avoid time penalties or disqualification**.

TRASH - Please do not pollute the environment. Your GFNY jersey has a pocket at each side for your trash. There are five ECO ZONES along the course with large trashcans for disposal on the fly.

URINATION – Please utilize the designated toilets. Do not pollute private or public land. It's not only offensive to the property owners, but it's also against the law in USA, and uncivil to your fellow riders.

HEADPHONES – Don't wear headphones. No exceptions. We want you to be aware of your surroundings.

RESPECT – Be courteous and respectful to your fellow riders, volunteers, spectators and staff – thank you!

OBEY POLICE INSTRUCTIONS – Worse than being disqualified, disobeying direct police instructions may carry bigger consequences like fines, tickets or even a ride to the police station. Police are working for your safety during the whole event. If a police officer tells you instructions, which are likely for your own safety, you must obey Police instructions.

RIDE THE COURSE - Ride on the route marked by GFNY. We have several checkpoints along the route to verify that you are completing the designated course.

OUTSIDE ASSISTANCE - Do not accept outside assistance at any place other than the official feed zones or from rolling neutral mechanical support. It's unfair to your fellow riders.

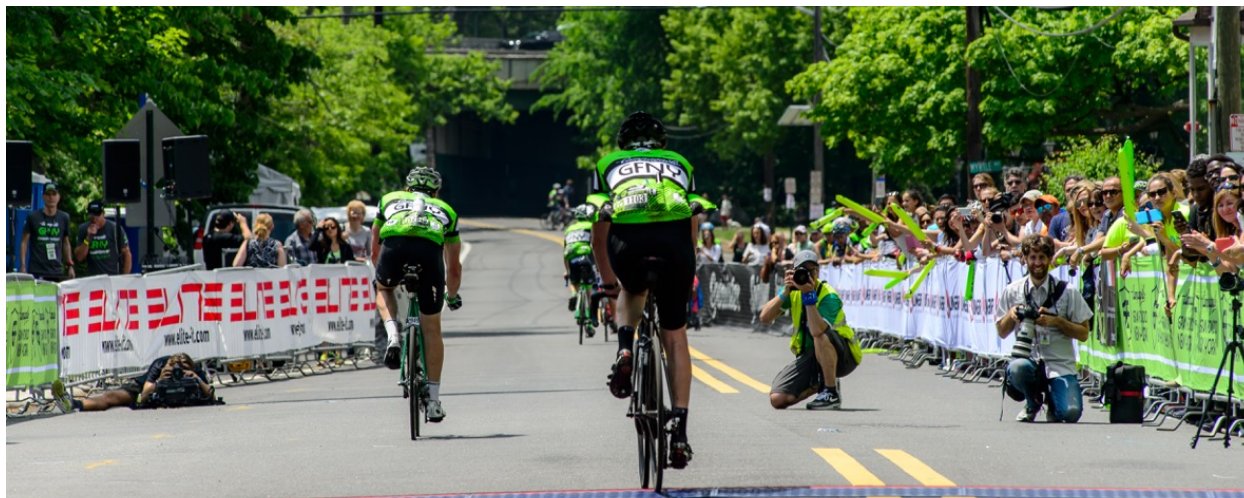
FIRST AID - If a rider is lying on the ground and is visibly in difficulty, stop and help unless there are already at least three people helping. You can continue if a) the victim is fine or b) medical personnel have arrived. Help others, you may need help one day!

OFFICIAL JERSEY & WRISTBAND & BIKE PLATE – You must wear & use them on race day.



CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

Spectator Guide



Things to do for GFNY spectators

- Check out the GFNY expo, New York City Bike Expo. Held at [PIP Park in Fort Lee, NJ](#), on May 16-17 @12pm-7pm and May 18-19 @9am-5pm.
- Watch the start from Fort Lee's [Lemoine overpass](#) on May 19 @7-7:30am.
- Keep up with live race coverage on jumbo screen from 8am at the [GFNY Welcome Zone](#) in Fort Lee.
- Meet your finisher at the GFNY Finish Line [on Hudson Terrace](#).
- Join the festivities at the GFNY Finish Village: awards ceremony takes place at 3pm, you can buy delicious pasta at the GFNY Pasta Party 11am-6pm, cheer on finishers 11am-6pm.

Great spots to cheer on riders for fans without family members participating

- Any spots close to your home along the course: <https://ridewithgps.com/routes/10596674>
- [Dyckman Hill](#), parking available at Englewood Boat Basin, walk up to cheer cyclists

Q: We would like to follow our rider along the race course in our car, is that allowed?

No. GFNY has 5000 participants and if all participants had a personal car following them, it would create a traffic jam and make it impossible for riders to have a clear road to ride on. Plus more than half the course is closed to cars. In addition, outside assistance is not permitted because it is unfair.

Q: We would like to drive to several spots on the course to cheer on our rider, where should we go?

There are a few cheering zones:

Start, Fort Lee	7:00am – 7:20am	watch in Fort Lee
Bear Mountain	8:30am – 11:30am	drive to Bear Mountain Inn (\$10 parking) , and cheer at the road
Finish Village, Fort Lee	10:45am – 5:30pm	Hudson Terrace at the GFNY Finish Line

Q: We would like to follow the race from the GFNY Finish Village while we wait for our rider to finish, is that possible?

Yes. The GFNY Welcome Zone and Café will open at 8am on race day. Coffee and bagels and muffins will be available for purchase. Couches and lounge chairs will be available to spectators as they await your arrival. Aside the GFNY Welcome Zone there will be a large screen that will be displaying live video feed and commentary from the race course.



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Q: I see there is GFNY Pasta Party at the GFNY Finish Village. Can the family eat with GFNY riders?

Yes, all GFNY fans can enjoy the delicious pasta at the GFNY Pasta Party. Each GFNY participant will show their wristband and receive one free meal and spectators are able to purchase a meal ticket directly at the Finish Village.

Q: Can family and fans check out the GFNY Finish Village in Fort Lee? Do we need any tickets?

GFNY spectators, fans and riders' families are very welcome to join GFNY at the Finish Village in Fort Lee, NJ! The GFNY Finish Village is open to the public, they do not need any tickets.

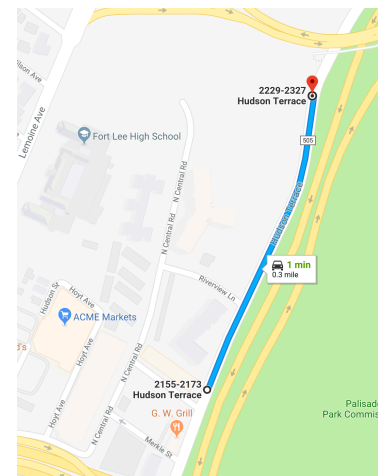
Q: Where can spectators park in Fort Lee?

Please visit <https://www.fortleenj.org/393/Parking-Lot-Locations> for exact locations of Fort Lee Municipal Parking Lots.

Kim & Bae law firm has generously offered their parking garage to GFNY riders. [The parking garage is located a short .3-mile / 400m walk from the GFNY Welcome Zone.](#)

From Kim & Bae: We know how hard it is to find parking down by the park and along Hudson Terrace, especially on a weekend event as large as GFNY. Our building is a short walk to the festivities and we are located in the perfect spot along Hudson Terrace. We'd like to offer the parking because Kim & Bae supports GFNY and the participants.

Thank you, [Kim & Bae - Attorneys at Law!](#)





CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

Q: How could spectators get to the GFNY Finish Village in Fort Lee if we do not have a car?

CAR SERVICE / TAXI / UBER: (fastest option) Spectators can take a car service to GFNY Taxi Stand at [Lemoine Ave & Wilson Ave, in front of Fort Lee High School \(address: 3000 Lemoine Avenue in Fort Lee\)](#).

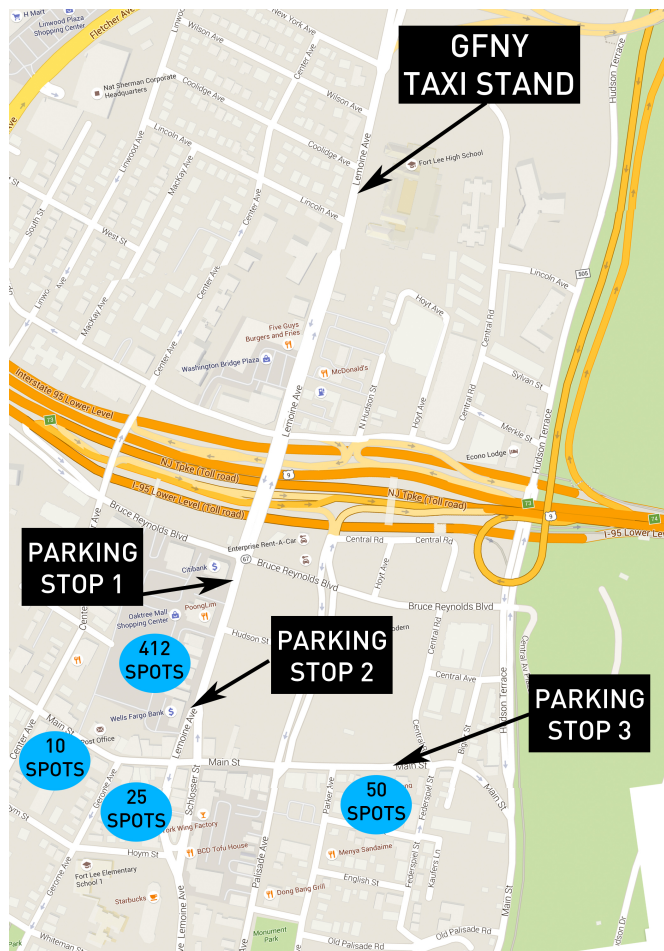
SUBWAY & SHUTTLE BUS: Alternatively, if you utilize NYC subways or Fort Lee municipal parking lots, GFNY offers shuttle bus service.

STOP	STOP LOCATION
NYC	Fort Washington Ave, bet 177th St & 178th St -- (near exit of the A train 175 th Street stop)
Fort Lee 1	Lemoine Ave at Bruce Reynolds Blvd -- (bus stop aside 2071 Lemoine Ave)
Fort Lee 2	Lemoine Ave at Main Street -- (bus stop at 1985 Lemoine Ave)
Fort Lee 3	Main Street Municipal Parking Lot -- (bus stop aside 116 Main Street)
Finish Village	GFNY Finish Village Taxi Stand, 3000 Lemoine Ave -- (Lemoine Ave at Coolidge Ave)

If your fans want to walk from the subway to the GFNY Finish Village, it's a [1.7-mile / 2.7km walk](#).

SHUTTLE BUS INFO

The Spectator Shuttle will begin service at 10:30am in Manhattan and will operate continuously in a loop until 6:30pm. Travel time will depend on traffic on GWB.



ALL BUSES ARE DOING LOOPS:

NYC - GFNY STOP - PARKING STOP 1 -
PARKING STOP 2 - PARKING STOP 3 - NYC

FORT LEE PARKING LOTS:

2030 GUNTZER STREET (412 SPOTS)
110 MAIN STREET (50 SPOTS)
1622 GEROME AVENUE (25 SPOTS)
1637 CENTER AVENUE (10 SPOTS)



GFNY BUS ROUTE



CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

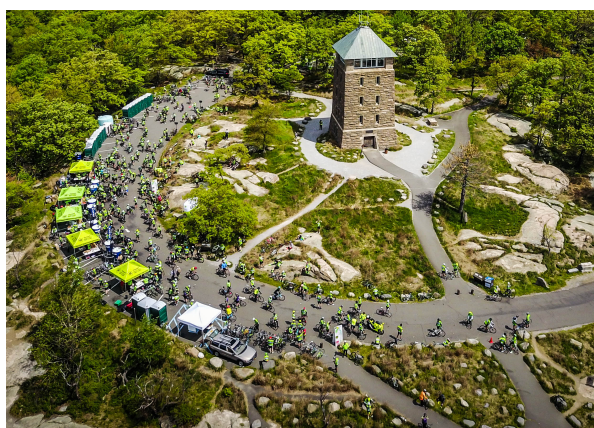
Finish of GFNY BEAR 50 Miles at Bear Mountain

Q: What is the time cutoff for the GFNY BEAR 50?

YOU MUST ARRIVE TO THE BASE OF PERKINS DRIVE ([HALF WAY POINT UP BEAR MOUNTAIN](#)) BEFORE 11:40AM. If you reach Perkins Drive at 11:40am or later, you will be routed to the shuttle buses and be driven to Fort Lee. You will not be able to ride to the top of Bear Mountain.

Q: What is available at the finish of GFNY BEAR 50?

GFNY BEAR 50 finishes at the top of Bear Mountain. When you reach the top of the mountain, you'll see a finish chute, a timing mat and arch to mark the end of the GFNY BEAR 50. You'll then receive your finisher medal. There is an aid station just after the timing mat with food, hydration and toilets.



After you've refueled and taken in the sights, you will descend 2 miles to half-way down the mountain to Perkins Drive to the GFNY BEAR Shuttle Point. If you checked a bag at the GWB, you will receive your checked bag there. If you're getting picked up by a private car at the Bear Mountain Inn parking lot and checked a bag at the GWB, you will need to stop by the Shuttle Point to retrieve your checked bag.

Q: I'm signed up for GFNY BEAR 50. If on race day I feel great, can I continue riding to finish GFNY 100?

Yes! You don't need to do anything or notify anyone, just keep riding. Your timing chip will be read at the next checkpoints on the course and your time will be recorded by the timing company. When you cross the finish line in Fort Lee, you will be automatically added to the list of GFNY 100 finishers and ranked in your age group.

Q: I'm signed up for GFNY 100. If on race day I'm not feeling great, can I just do GFNY BEAR 50?

If you change your distance from GFNY 100 to GFNY BEAR 50 on the race day, we may have no seat for you in the bus. The bus transportation is confirmed only for riders already registered for GFNY BEAR.

Riders who wish to board GFNY buses to Fort Lee from Bear Mountain will line up in one of two lines:

- (1) GFNY BEAR 50 riders with confirmed seating on the bus
- (2) GFNY 100 riders opting to end their day early who do not have confirmed seating on the bus

GFNY BEAR 50 riders will get priority to board the buses.

GFNY 100 riders will wait for any available spaces not taken by GFNY BEAR 50 riders on buses that are departing. GFNY 100 riders will face some delays to their transport back to Fort Lee.





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Q: Can my family cheer me on as I cross the finish line at the top of Bear Mountain?

No, unfortunately not. There is just one two-lane road to get to the top of Bear Mountain. GFNY cyclists utilize both lanes, one lane to ascend and the other lane to descend. There is no space for vehicles to also travel on the road; hence the road is closed to cars on GFNY race day. Unfortunately there isn't a way for family/spectators to go to the top of Bear Mountain.

If your family would like to cheer you at Bear Mountain and also pick you up at Bear Mountain, we recommend that they park at the [Bear Mountain Inn parking lot](#) (parking fee of approx. \$10), then to walk to the road at the base of the mountain to cheer you. Then after you finish (top of Bear Mountain) and pick up your medal, post-race food bag and your checked bag (if you checked a bag at GWB) at the GFNY Bear Shuttle Point, you can descend down Seven Lakes Drive and meet them in the parking lot.





CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

Q: What is the fee for the shuttle bus back from Bear Mountain to Fort Lee?

There is no additional charge; the shuttle bus from Bear Mountain back to Fort Lee is included in your entry fee.

Q: Will my bike be protected while getting transported from Bear Mountain to Fort Lee on the truck?

The packing is managed by a uniformed, experienced crew from a professional moving company who handle the bikes with care. Each bike is wrapped in a moving blanket to avoid damage. Individuals aren't able to load their bikes onto the truck.

If you are nonetheless worried, another option aside from taking the GFNY return bus is to have family or a taxi or car service pick you up at Bear Mountain Inn parking lot.

Q: What time can I expect to be back at the GFNY Finish Village in Fort Lee?

First, it depends how long the 50 miles of cycling takes you to reach the GFNY BEAR 50 Finish line.

Second, it depends how long you spend taking in the sights and experience of being at the top of Bear Mountain. Bear Mountain closes once per year for an event: GFNY. It's a very special occasion to be at the top of Bear Mountain surrounded only by cyclists. On a clear day, you can easily see the skyscrapers of Manhattan in the distance, the beautiful sights will appear in your photos. There are several places for taking photos at the top of Bear. There is also the aid station to refuel you after you cross the GFNY BEAR 50 finish line.

Next, you will ride half way down the mountain, which can be 10 minutes of descending. When you reach the Shuttle Point, there will be the Bag Check Area where you can pick up your checked bag if you dropped your bag with us at GWB before the start. Then you will go to the allocated corral, depending on your race number: riders who signed up for GFNY BEAR 50 get priority seating on buses ahead of GFNY 100 riders who abandoned their day at Bear Mountain.

Once you are escorted to your bus and drop off your bike at the designated truck, the bus will get filled with riders and the trucks will get packed with bikes. This process can take 5-30 minutes (depending if you are the first one or last one on the bus). Then the drive to Fort Lee from Bear Mountain usually takes 1 hour. Then offloading from the bus can take another 15-20 minutes.

The time that you arrive at the Shuttle Point will determine your wait. For example, there may be a larger number of GFNY 100 riders who abandon at Bear Mountain 1hr ahead of you and take up seats on prior buses. Some of the early buses may be having to do a 2nd trip up to Bear Mountain. So after those buses and trucks drove down to Fort Lee, dropped their passengers, they still have to make the 1hr trip back to Bear Mountain to pick up later arrivals. The entire Bear Shuttle Team is very experienced and works hard to get you back to Fort Lee as quickly as possible.

Sometimes riders are concerned for time, either for catching an afternoon flight home or another engagement, we recommend that you prearrange a car service, taxi, friend or family that picks you up at the Bear Mountain Inn to have the most control over your time for the return trip from Bear Mountain.





CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

Q: I don't want to wait for the GFNY shuttle bus. Can a private car pick me up at Bear Mountain?

Yes. You can have your family or friend or private car service pick you up at Bear Mountain. You are not required to take the GFNY Shuttle Bus. Ask your ride to go to the [Bear Mountain Inn parking lot](#). The parking fee is \$10. The car MUST utilize the parking lot because idling on the side of the road while waiting for you is NOT PERMITTED. State Police will be issuing tickets to cars standing on the side of the road, and the ticket fees will be higher than the \$10 parking fee.

Remember, if you're getting picked up by a private car at Bear Mountain and you checked a bag at the GWB, you will need to stop by the Shuttle Point half way down the mountain to retrieve your checked bag.

Q: How do I find the Bear Mountain Inn parking lot where my driver is waiting for me?

From the top of Bear Mountain, descend along Perkins Memorial Drive & Seven Lakes drive for 6.2km / 4 miles. Follow the race course route of the GFNY 100 riders (and the same route you utilized when you were climbing Bear Mountain). Once you reach a roundabout, instead of following the GFNY 100 race course straight past the roundabout, make a left and follow the signs for Bear Mountain Inn. You will see a large parking lot on the left and your car pickup will be waiting for you in the parking lot.

Q: I rented a bike from your official rental company. Where and how do I return the bike?

After getting to the top of Bear Mountain, finishing your ride and getting your medal, you will descend 2 miles to the Shuttle Bus point. You will drop your bike at the truck and board the bus. The truck will travel with your bus to Fort Lee. Once you arrive in Fort Lee, all the bikes are loaded off the trucks. You will follow signs to Bike Parking. Aside Bike Parking, you will see a flag with the rental company logo and you can return the bike to them there.

Q: My spouse is riding the GFNY 100 and I'm riding the GFNY BEAR 50. Where should we plan to meet?

The best place to meet will be at the GFNY Finish Village in Fort Lee. Whoever between you two arrives first can go to bike parking to drop off their bike and hang out at your pre-determined spot at the GFNY Finish Village. One meeting spot can be the large meal tent, or the GFNY Welcome Zone, or the GFNY Lounge Chairs, or GFNY Beer & Wine Garden.

Q: Why are the results of GFNY BEAR 50 not provided by finish time?

GFNY BEAR 50 is a non-competitive ride. Each participant is individually chip timed start-to-finish, but results are provided alphabetically by the rider's last name. If you want to compete and be ranked in your age group, you should take part in the GFNY 100 miles.

Q: Can I ride GFNY BEAR 50 as part of a team or in the Him & Her category?

No. Because GFNY BEAR 50 is a non-competitive ride, there are no competition categories like age groups, team rankings or Him & Her rankings. Nonetheless, riding as a Him & Her duo is still possible: because GFNY BEAR 50 is non-competitive and does not offer rankings, one rider can assist another. You can also be affiliated to a team as part of GFNY BEAR 50, but there are no team rankings.





CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

GFNY Finish Village of GFNY 100 in Fort Lee



Q: What is the schedule of events at the GFNY Finish Village?

- 8am [GFNY Finish Village](#) & GFNY Café are open to the public, live feed of the race on jumbo screens
- 11am First riders are expected to arrive at the GFNY Finish Line
- 11am Pasta Party opens
- 3pm Awards ceremony begins
- 5:30pm GFNY 100 course & GFNY Finish Line closes
- 7pm End of festivities

Q: What is available at the GFNY Finish Village?

- GFNY Welcome Zone & Café
- GFNY Pasta Party
- Mandatory secure bike parking
- Finisher medals
- Checked bags
- Water & soda
- Beer & Wine Garden
- Jumbo screen
- GFNY Shop
- Sponsor expo
- Showers
- Lounge chairs
- Medical
- Awards
- Results
- Lost & Found
- Cell phone charging stations







CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

Q: Is the Pasta Party open to everyone?

Yes. All GFNY riders receive one free meal with their wristband. Additional meals for family and spectators can be purchased directly at the pasta party.

Beer and wine will be available for purchase. The Beer & Wine Garden is open to anyone over 21 years of age, remember to bring a photo ID showing proof of age.

Q: How do I exit the Finish Village?

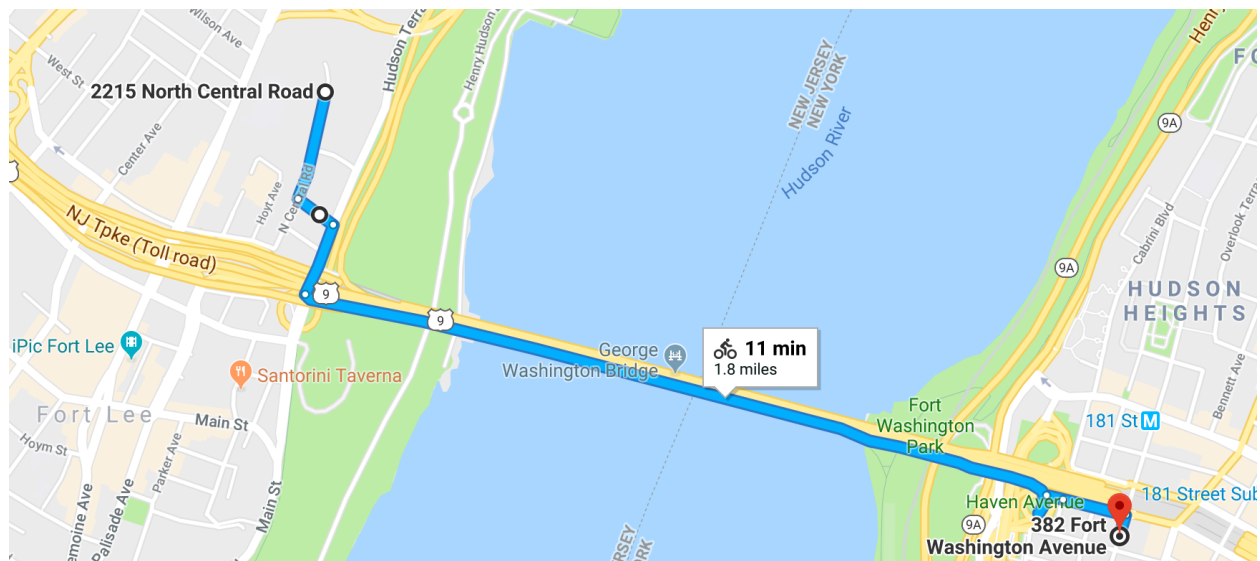
There are 2 exits of the GFNY Finish Village: (a) via North Central Road or (b) via the walking path leading to the Taxi Stand / Shuttle Bus Stop at 3000 Lemoine Avenue. Hudson Terrace is fully closed for the finish chute of the race.

Q: How do I get back to my Fort Lee hotel from the GFNY Finish Village in PIP Park?

Double Tree Fort Lee offers a shuttle service to pick up their guests and drive them to the Double Tree. Please inquire with the Double Tree Fort Lee reception desk directly to book this service. The Double Tree Shuttle Bus will pick you up from the Shuttle Bus Stop, at 3000 Lemoine Ave.

Q: How do I get from Fort Lee back to Manhattan?

You can [ride your bike across the bridge to Manhattan and take the subway](#). It's an easy 1.8-mile ride.



If you don't feel up for riding your bike, we recommend that you book a taxi or car service to pick you up. Book the car directly with the company of your choice. Tell them to pick you up at 3000 Lemoine Avenue in Fort Lee, NJ. Then, follow the signs for TAXI STAND.

The GFNY Spectator Shuttle Buses that travel between the parking lots, NYC and the Finish Village do not allow bikes on board.

Q: I'm getting picked up after the race. Where can I meet my ride in Fort Lee?

We recommend that your car picks you up at one of the Fort Lee Parking Lots. You can [ride your bike there](#), it's less than 1 mile from the finish. Alternatively, your car can pick you up at the GFNY Taxi Stand, at 3000 Lemoine Avenue.

Q: I didn't stay for awards, but I finished in the top 3 of my category. Can you mail me my prize?

No, we do not mail any prizes. You must be present at the awards ceremony to claim your prize.



CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

Ground Transportation

CARS / SUVs / MINIVANS (for people coming without bikes or 1-2 people with 1 bike box)

Carmel: 212-666-6666 (have App) – carmellimo.com & carmellimo.com/Coupons.shtml

Dial 7: 212-777-7777 (have App) – dial7.com & dial7.com/coupons.html

Uber / Lyft: (no pre-booking, reservation real-time upon availability, only by App)

CARS / SUVs / MERCEDES SPRINTERS / MINI BUSES (also great for 5-10 passengers w/bike boxes)

Luxor Limo: 866-998-4111 – luxorlimo.com

Elite NY: 718-472-2000 - eliteny.com

Golden Touch: 718-888-6300 – goldentouchtransportation.com

TAXI COMPANIES BASED IN ROCKLAND COUNTY, NY

Best for pickup along the GFNY course or Bear Mountain -> Fort Lee ride

Empire Car Service: 845-357-7777 - empire-carservice.com

Rockland County Limo & Taxi: 845-553-9090 - rocklandcountylimotaxi.com

TAXI COMPANIES BASED IN FORT LEE (best for spectators & riders to/from Fort Lee)

GW Taxi: 201-363-0555

Babes Taxi: 201-944-6899

A1 Taxi: 201-944-3737

Lime Taxi: 201-461-9999

FOR LARGER GROUPS

Academy Bus: 201-420-7000 ext 2247 - best for groups of 15-40 people w/bike boxes - academybus.com



CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

IMPORTANT GFNY ADDRESSES FOR CARS

REGISTRATION / NYC BIKE EXPO: PIP Park in Fort Lee, NJ

Address: 300 Lemoine Ave, Fort Lee, NJ

Landmarks: Lemoine Ave & Coolidge Ave, Fort Lee, NJ – OR – Fort Lee High School





NYC START AREA: Drop off is on Riverside Drive, around 161st – 163rd Streets. Tell your driver to go to: Riverside Drive & Riverside Drive West

Directions from West Side Highway: get off at 158th St, go 1 block to Riverside Drive, make the first sharp left turn (sharpest left turn), then drive 1 more block to drop you off (see map)





CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

IMPORTANT GFNY ADDRESSES FOR CARS

NYC START AREA: Drop off is on Central Ave & Hudson Street, Fort Lee, NJ

Address for car's GPS is: 2023 Hudson St, Fort Lee, NJ





CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

IMPORTANT GFNY ADDRESSES FOR CARS

GFNY BEAR 50 FINISH, PICK UP AT BEAR MOUNTAIN:

Address: Bear Mountain Inn, 3020 Seven Lakes Drive, Tomkins Cove, NY 10986

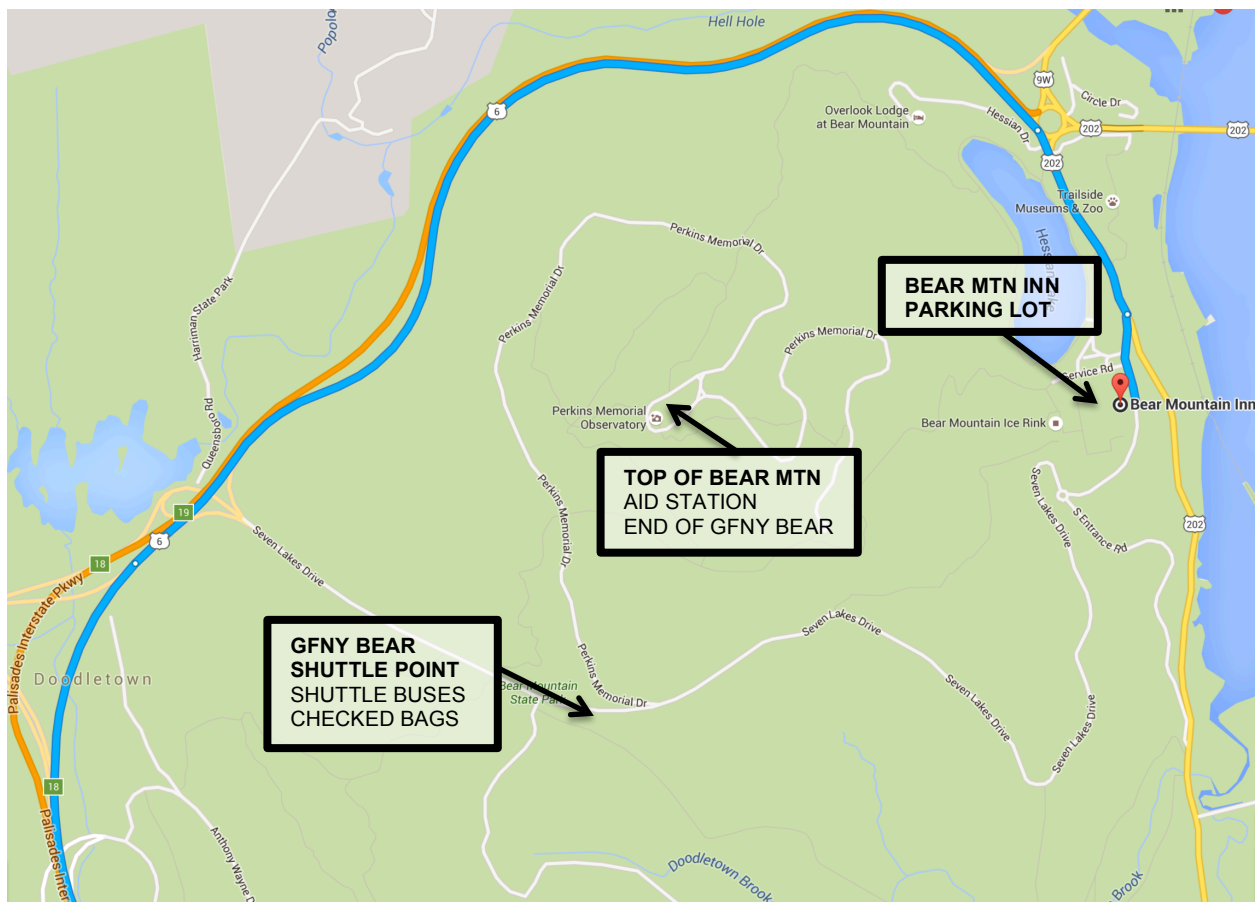
Instructions: Private cars that are utilizing the Palisades Interstate Parkway should travel on Route 6, and then access Bear Mountain Inn parking lot via the Northern entrance from Route 9W. (Exit 19 and Southern entrance from Route 9W is closed to cars.)

Note for Cars: Go to the Bear Mountain Inn parking lot. There is a parking fee of \$10. The car **MUST** utilize the parking lot because idling on the side of the road while waiting for their rider is **NOT PERMITTED**. State Police will be issuing tickets to cars standing on the side of the road, and the ticket fees will be higher than the \$10 parking fee.

Note for GFNY Riders: You can have your family or friend or private car service pick you up at Bear Mountain. You are not required to take the GFNY Shuttle Bus. Ask your ride to go to the [Bear Mountain Inn parking lot](#).

GFNY BEAR 50 finishes at the top of Bear Mountain. At the top of the mountain you will see a timing mat to mark the end of timing. There will be finisher medals. And an aid station just after with food, hydration and toilets.

If you checked a bag at GWB, you will need to stop at the GFNY Bear Shuttle Point, which is located half way down the mountain. After that, you can descend down Seven Lakes Drive and meet them at the Bear Mountain Inn parking lot.





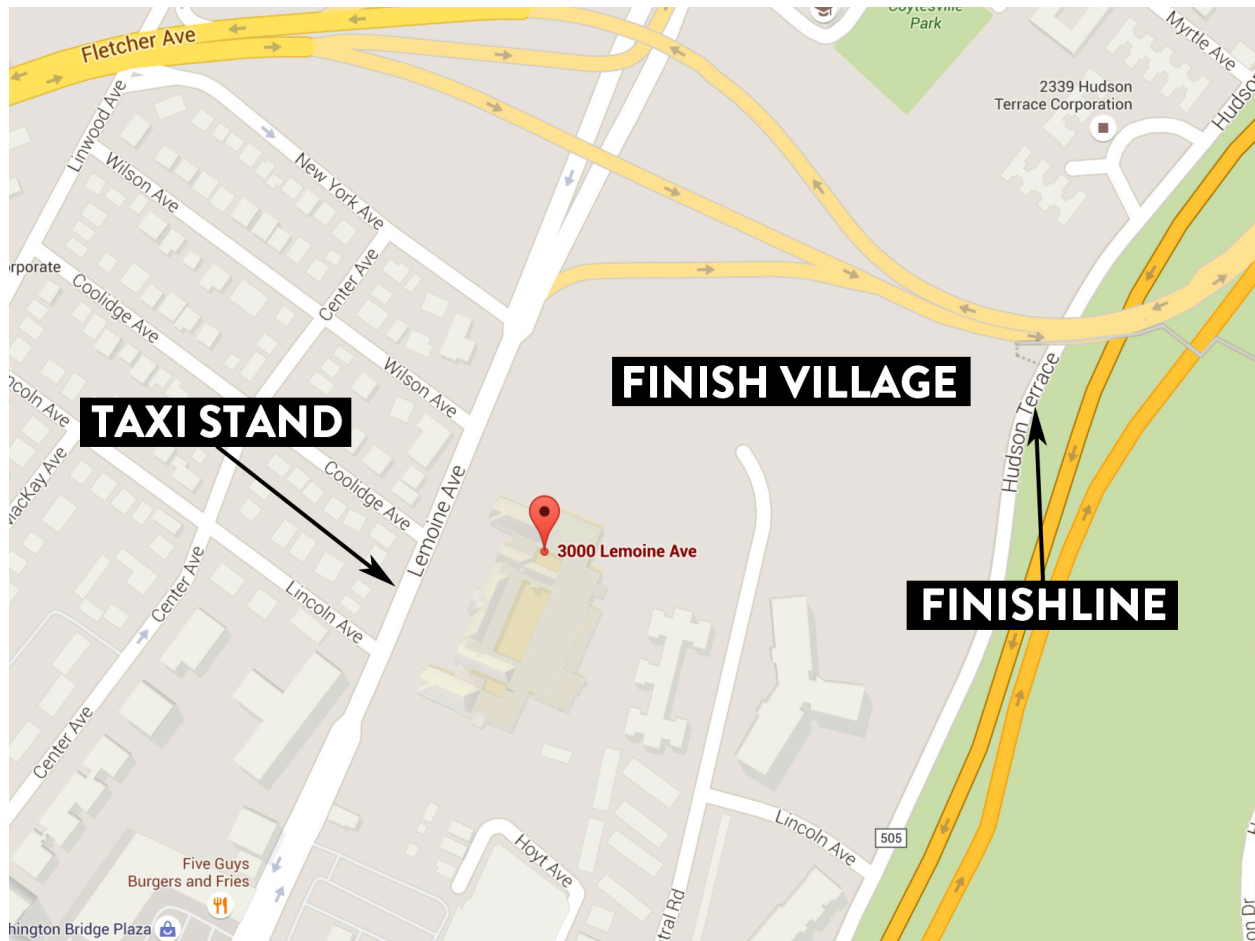
CAMPAGNOLO GFNY WORLD CHAMPIONSHIP 2019 LOGISTICS GUIDE

IMPORTANT GFNY ADDRESSES FOR CARS

GFNY FINISH VILLAGE TAXI STAND:

Address is: 3000 Lemoine Avenue, Fort Lee, NJ

Landmarks: Lemoine Ave & Coolidge Ave, Fort Lee, NJ – OR – Fort Lee High School





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SEE YOU IN NYC!

 **GFNY**
GFNY.COM