

2022

RACE GUIDE



GFNY

WORLD CHAMPIONSHIP
NEW YORK CITY



GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE



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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 keyword.

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 nyc.gfny.com. If you don't find the answer to your question, please email Caroline at caroline@gfny.com.

Consulte Race Guide en español aquí: nyc.gfny.com/race-guide

Travel Info

To help prepare you for your trip to NYC, visit nyc.gfny.com and explore the various travel pages.

| | | |
|---|---|---|
| Getting here | nyc.gfny.com/getting-here | Airports, airport transfers |
| International tour operators | nyc.gfny.com/getting-here | |
| Official hotels | nyc.gfny.com/hotels | |
| Ground transfers | nyc.gfny.com/ground-transfers | |
| Bike rental & services | nyc.gfny.com/bikes | Bike rental, bike services, bike shipping, bike transport |
| Activities | nyc.gfny.com/activities | |
| Travel & participant insurance | gfny.com/insurance | |

Thank you for joining us at GFNY World Championship 2022! We look forward to seeing you in NYC in May!





GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE

Important Dates

| MAY 2022 | | | | | | |
|---------------------------|---|---------|---|----------|--|-------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 1 | 2 | 3 | 4 | 5 | 6 NEW TIRE DAY | 7 |
| 8 | 9 | 10 | 11 RECOMMENDED ARRIVAL DATE IN NYC | 12 | 13 EXPO LATEST RECOMMENDED ARRIVAL DATE | 14 EXPO |
| 15 RACE DAY | 16 EARLIEST RECOMMENDED DEPARTURE DATE FROM NYC | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |

If you are flying to NYC, **we recommend that you book a flight that lands no later than 1pm on Saturday, May 14.** This will still give you sufficient time to get your luggage and travel from the airport and get to the expo before it closes. If you booked your flight already, call the airline to change your ticket.

IMPORTANT!

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

You must come to GFNY Registration on Friday or Saturday ONLY. You must be at the expo before 6pm on Saturday, May 14 in order to be able to pick up your race packet.

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



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Schedule of Events

Click here to register for race week happenings: <https://nyc.gfny.com/schedule-of-events>

WEDNESDAY, MAY 11

- 8AM-3PM** GFNY Café @ [PIP Park](#)
9AM GFNY group ride with Gruppo Sportivo GFNY @ GFNY Café

THURSDAY, MAY 12

- 8AM-3PM** GFNY Café @ [PIP Park](#)
9AM Group ride powered by Gruppo Sportivo GFNY and Special Guest Nelson Vails, Olympic Medalist & NYC Cycling Legend @ GFNY Café

FRIDAY, MAY 13

- 8AM-3PM** GFNY Café @ [PIP Park](#)
9AM Group ride powered by Gruppo Sportivo GFNY and Special Guest Raúl Alcalá @ GFNY Café
10AM-6PM GFNY World Championship mandatory race packet pickup @ [PIP Park](#) (last entry 6pm)
10AM-6PM NYC Bike Expo @ [PIP Park](#)
10AM-6PM Bike Zone by Unlimited Biking @ [PIP Park](#)
11AM-6PM GFNY BBQ & Beer Garden @ [PIP Park](#)
2PM-4PM Business on Bikes Group Ride @ GFNY Café, [Business on Bikes - more info & register](#)
4:30PM-6PM Business on Bikes Networking @ Beer Garden, [Business on Bikes - more info & register](#)

SATURDAY, MAY 14

- 8AM-3PM** GFNY Café @ [PIP Park](#)
9AM GFNY group ride with Gruppo Sportivo GFNY & Special Guests Nelson Vails and Raúl Alcalá @ GFNY Café
10AM-6PM GFNY World Championship mandatory race packet pickup @ [PIP Park](#) (last entry 6pm)
10AM-5PM NYC Bike Expo @ [PIP Park](#)
10AM-5PM Bike Zone by Unlimited Biking @ [PIP Park](#)
11AM-5PM GFNY BBQ & Beer Garden @ [PIP Park](#)
12PM Course Strategy Panel with Jill Patterson, Raul Alcalá, Luis Lemus @ GFNY letters

SUNDAY, MAY 15

- 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 GFNY World Championship and GFNY BEAR
8AM Opening of GFNY Café & Fan Zone @ [PIP Park](#)
11:00AM Winner of the GFNY World Championship expected @ [PIP Park](#)
11AM-2PM Return transport from Bear Mountain for GFNY BEAR riders @ [PIP Park](#)
3PM Awards Ceremony at the GFNY Finish Village @ [PIP Park](#)
5:30PM Course closes
6PM End of festivities



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Overview



| | |
|-------------------------------|---|
| Course | nyc.gfny.com/course |
| GFNY Café | PIP Park in Fort Lee, NJ |
| Registration & Expo | PIP Park in Fort Lee, NJ |
| 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 (Shuttle Bus only operates on race day) |

Check **Addresses for Cars** section at the end of this guide for details for drop off, pick up and parking.



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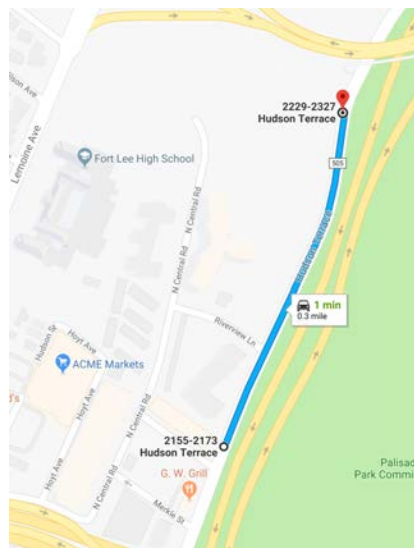
GFNY Café

GFNY week kicks off with five days of GFNY Café at PIP Park in Fort Lee, NJ. Open May 11-15, GFNY Café offers riders another way to connect with GFNY, other GFNY riders and their families and friends.

GFNY Café offers: water, coffee, tea, bagels, muffins, bananas, beverages, music, bike racks, restrooms, jumbo screen, and a schedule of daily group rides that depart at 9am.

Unlimited Biking will present at the GFNY Bike Zone Friday-Saturday to assist with any of your pre-race bike maintenance needs. **FRI & SAT @ 10am-6pm**

On Sunday, the jumbo screen will be screening a live feed of the GFNY race unfolding from our race cameras and announcers. Spectators and fans are welcome to join us and follow the race live, at PIP Park in Fort Lee. Coffee, bagels, muffins, bananas, beverages will be available for purchase.



CAR PARKING @ GFNY CAFÉ

If you plan to arrive to the GFNY Café by car, 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 Café.](#)

From Kim & Bae: *We know how hard it is to find parking down by the park and along Hudson Terrace, especially for an event as large as GFNY. Our building is a short walk to the Saturday 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!](#)



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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.

HOURS

Expo Hours **FRI 5/13 @10am-6pm // SAT 5/14 @10am-5pm**

Registration Hours **FRI 5/13 @10am-6pm // SAT 5/14 @10am-6pm**

WHAT TO BRING

Your government-issued photo ID and your GFNY Race Pass.

You can obtain your race pass by visiting [gfny.cc](#) and logging in or creating a new account with your email address. Once in your account, click on the button “Check in” in your race ticket box and fill out the questions.

Once the race numbers are assigned, we upload them to your [gfny.cc](#) account and your Race Pass will be emailed to you. If your email server is blocking emails from [gfny.cc](#), you can create an account with an alternate email or you can download your Race Pass from your [gfny.cc](#) account.

If you do not have your Race Pass, complete your check-in online or visit the Athlete Solutions stand so we can help you complete your check-in and generate a Race Pass for you.

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.

The GFNY wristband must be worn during the entire duration of the event (from packet pickup until exiting GFNY Village after the race) for identification purposes.

You must come to GFNY registration on Friday or Saturday ONLY. You must be at the expo by 6pm on Saturday, May 14 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.



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GETTING TO REGISTRATION & NYC BIKE EXPO

By Bike [via Hudson Terrace](#), you must park your bike in Mandatory Bike Parking

By Personal Car Friday Parking at [Fort Lee Municipal Lots](#): [Main Street](#) and [95 Main St](#) are the closest and [walk to PIP Park](#).

By Personal Car Saturday [Kim & Bae](#) is generously offering [their garage for expo parking](#) on Saturday.

By Car Service Ask your driver to drop you at [3000 Lemoine Avenue, Fort Lee](#) and walk from the Taxi Stand to Registration tent via the wooded upper portion of PIP Park.

By Public Transport Take NYC Subway [A to 175th St, walk to GWB Bus Terminal](#). From there, take any NJ Transit bus for one stop to Fort Lee. Simply pay in cash when you board the bus. You can also [take a minibus](#) for one stop to Fort Lee. A minibus departs when it's full and NJ Transit bus departs when it's scheduled. [Walk from bus stop to PIP Park](#).

Or, [it takes 20 min to walk the 1.5 miles](#) from 175st St A train stop to PIP Park.





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GFNY VILLAGE - EXPO



IMPORTANT: Bike Parking is mandatory at all times if you are planning to enter any of the areas within the GFNY Village. Bikes cause tripping hazards and add to congestion. Bikes are not allowed inside the Registration / Expo and Jersey Pickup / Shop tents. If you are heading to pick up your race packet and arrived by bike, head over to Bike Parking upon your arrival.

If you are just walking through or visiting GFNY Café, you do not need to park your bike at Bike Parking.

REGISTRATION PROCESS

(1) RACE PACKET PICKUP Bring your government-issued photo ID and your GFNY Race Pass (on your phone or printed). Go to the Registration tent, and go to the stand with your race number. Show your photo ID and Race Pass and you will 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 twist 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-sized 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 on the label at the front of your race packet envelope. If you have any information changes like updating emergency contact info or changing your team name, please go to the DATA CHANGE / REGISTRATION / ATHLETE SOLUTIONS stand (3).



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(2) GOODIE BAG PICKUP Keep your race packet handy, go to GOODIE BAG stand to pick up your goodie bag. Present your race packet envelope to get your goodie bag.

(3) DATA CHANGES / NEW REGISTRATIONS / ATHLETE SOLUTIONS If you need to make any changes to your data, stop by the booth and fill out a data change form. If you did not receive your GFNY Race Pass because you made an online registration during race week or did not complete your gfny.cc online check-in, we will assist you with checking-in, assigning your race number, and handing you your race packet.

(4) INFO BOOTH You have questions, we have answers! The INFO BOOTH is run by GFNY's Gruppo Sportivo Ambassador Team, and they are GFNY & local experts. They are looking forward to meeting you and answering your questions! Please help keep packet pickup flowing smoothly for you and other athletes, please keep your race questions for the Info Booth and not ask your packet handout volunteer.

(5) NYC BIKE EXPO Check out exhibitors in cycling products and services, as well as meet other GFNY World races!

(6) SIGN IN BOARD After you picked up your race packet and goodie bag in the Registration Tent, head over to the stage and sign the Sign-in board. Photo op!

(7) JERSEY PICKUP Head over to the Jersey handout in the Shop tent. Keep your race packet handy, go to JERSEY HANDOUT stand to pick up your race jersey. Remember: The jersey you receive is mandatory attire for the race. Present your race packet envelope with your jersey size to pick up your selected jersey size. To keep the jersey pickup process moving smoothly, please don't try on jerseys or ask to exchange jerseys at the jersey pickup booth.

(8) JERSEY EXCHANGE 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. Next to Jersey Exchange, you will also try on your jersey in fitting rooms with mirrors to double check if the size is correct for you.

(9) GFNY SHOP Pick up matching bib shorts, t-shirt, hat, helmet, or the complete GFNY kit. Check out GFNY Sunglasses and take a look at the newest GFNY item: GFNY Passista mechanical watches in titanium and steel. gfny.com/watch

(10) BIKE ZONE BY UNLIMITED BIKING

Book and pick up your bike rental: unlimitedbiking.com/events/gran-fondo-new-york-bike-rentals

Unlimited Biking also offers Bike Concierge service. UB's expert team will assemble and tune up your bike. Book your bike tune up in advance, then bring your bike to the packet pickup area where you will meet UB's expert mechanics. Book here: unlimitedbiking.com/new-york/concierge

(11) GFNY LETTERS Another photo op, for you and the whole family, club, group!





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Registration Frequently Asked Questions

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

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

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

Packet pickup slots are selected when you complete the check-in process in gfny.cc. The slots are distributed by capacity to reduce congestion. Generally after 1pm, the packet pickup is less busy than the morning.



Q: How do the jerseys fit?

The GFNY jerseys are standard race cut, and therefore more fitted in the torso than club cut. We suggest ordering 1-2 sizes larger if you usually wear club cut jersey. Find everything you need to know before picking your jersey size here: gfny.com/jersey-size

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.

The Jersey Exchange booth has a constant flow of jerseys, if your preferred jersey size is not available, we recommend checking back again before you leave the GFNY Village. Also, we release the jerseys held for registered athletes who didn't come to the race on Saturday towards the end of packet pickup. If your jersey size exchange was not available earlier, it's possible it will be on Saturday towards the end of the day.

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 GFNY 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 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 (police requirement), 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.

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.



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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. It affects everyone the same way.



Do not bend or alter the bike number. If you bend it or wrap it around the frame, your timing chip may not be read and your bike plate may not be detected by our cameras and due to incorrect handling or attachment, we may not have you listed in the results and be unable to verify you took part in the race.

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?

You can change your distance even during the race. You have until the course split on Bear Mountain to decide which distance to complete.

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). We check whether your bike is good to go at the entrance to the start.





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Insurance

We strongly encourage any rider who doesn't have medical insurance to purchase an insurance option that fits their needs, for example a travel insurance, a USA Cycling license and/or SPOT insurance.

TRAVEL INSURANCE

GFNY has partnered with Pacific Prime to offer GFNY athletes and companions a worldwide travel insurance. Pacific Prime is an award-winning health insurance broker with over two decades of experience in the insurance sector. Pacific Prime selected the VUMI Travel VIP insurance, which provides the most comprehensive worldwide coverage. Only valid if you took a commercial flight and left your home country.

Purchase travel insurance here:

<https://www.pacificprime.com/health-insurance-plans/short-term/gfny-travel-insurance/>

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. Follow this link <https://membership.usacycling.org/one-day/7052> or the below the QR code for obtaining your 1-Day License.



USA Cycling will be in the Registration Tent. You can visit the USA Cycling booth at the race and speak with them and obtain the 1-Day license at their booth as well.

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.

SPOT

Note that the 1-day license from USA Cycling has a high deductible. To help cover some more medical costs, we recommend that you purchase Spot Insurance. Spot covers medical expenses incurred in the US only. Not related to the country of residence of the athlete. Check out their website for more information about their terms and costs: <https://product.getspot.com/consumers>

REFUNDABLE BOOKING

If you purchased Refundable Booking at the time you registered for the race and can't make it to the race, you may be eligible to get your money back. Refunds are payable under covered reasons. Here are the Terms and Conditions of Refundable Booking: <https://www.refundable.me>

Here is the link to the claim form: <https://form.refundable.me/forms/refund>

When filling out the form, the ID number of your policy is the Bluesnap ID from your registration. The service provides replies generally within 24hrs, if you don't get a reply, please check your spam box or go back to the form and click Ask a question in Step 4.



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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 waste all the time you spent on 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, as per the instructions provided by GFNY.

4. Put your bib number on the back pockets of your race jersey, as per the instructions provided by GFNY.

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 4:30am - 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 rear of the peloton.

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 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 if you want to buy beer at the finish or pay for any expenses during the day. GFNY accepts all major credit cards, Apple Pay and cash.

10. Wear your GFNY wristband – it's your post-race meal ticket to the GFNY BBQ.



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👍 CORRECT BIB NUMBER & BIKE PLATE PLACEMENT



ATTACH THE BIKE PLATE TO THE FRONT OF YOUR HANDLEBARS.

Make sure the number is fully visible and not obstructed by cables or your computer. Do not bend or modify your bike number. The timing chip will only work if the bike plate is positioned as shown. If you have a computer, use only the top hole on each side of the bike plate to hang the bike plate straight down, below your computer.

THE GFNY JERSEY YOU RECEIVED AT PACKET PICKUP IS MANDATORY ATTIRE FOR THE RACE.



ATTACH THE BIB NUMBER ON THE BACK POCKETS OF YOUR MANDATORY GFNY JERSEY.

Attach the bib number on your non-dominant side. If you're right-handed, attach the bib number on your left and center pockets.



ATTACH THE PROFILE STICKER ON THE TOP TUBE, AT THE HEAD TUBE.

The profile sticker provides easy reference for important points along the race course.

INCORRECT BIB NUMBER & BIKE PLATE PLACEMENT





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GWB and the NYC & NJ 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 & corrals closes 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.

IMPORTANT!

For security reasons, bags are not allowed on George Washington Bridge. This includes, but isn't limited to backpacks, camel bags, handlebar bags, very large saddle bags that go beyond holding a tube and emergency tools, large frame bags, pannier bags etc.. GFNY offers 5 aid stations on the course and two extra jersey pockets so you won't need extra storage.



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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

IMPORTANT: 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.

From the south: on Riverside Drive, at approx. 160th St - 162nd St
From the east & north: 165th St & Aubudon 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 6 miles / 10km.

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.

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 the 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.

FROM NYC HOTELS

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. To get to the start with public transport, we recommend that you take the A & C trains to 168th Street or the 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.

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



GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE

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.

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.

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





GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE

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 Main Street Parking lot. 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 FORT LEE HOTELS

For cyclists staying at DoubleTree Fort Lee (H4), Hyatt Fort Lee (H5) and Mitchell Executive Hotel Fort Lee (H6): 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 highway.

Check with your Rt. 4 hotel about how you'll be getting back to your hotel. If your hotel does not offer a shuttle bus to pick you up from the GFNY Finish Village, you shouldn't utilize the Ride-from-hotel Police Escort. You should drive your car to the Fort Lee Municipal Parking Lots and ride from there.

A message from Fort Lee Police Department regarding the Police Escort to the start:

We will provide a police escort from Mitchell Executive Hotel Fort Lee, make a brief stop to collect riders from the Hyatt Fort Lee, DoubleTree Fort Lee, continue up the hill, ending at the GWB NJ start access point.

Timetable is as follows:

4:45am departure from Mitchell Hotel

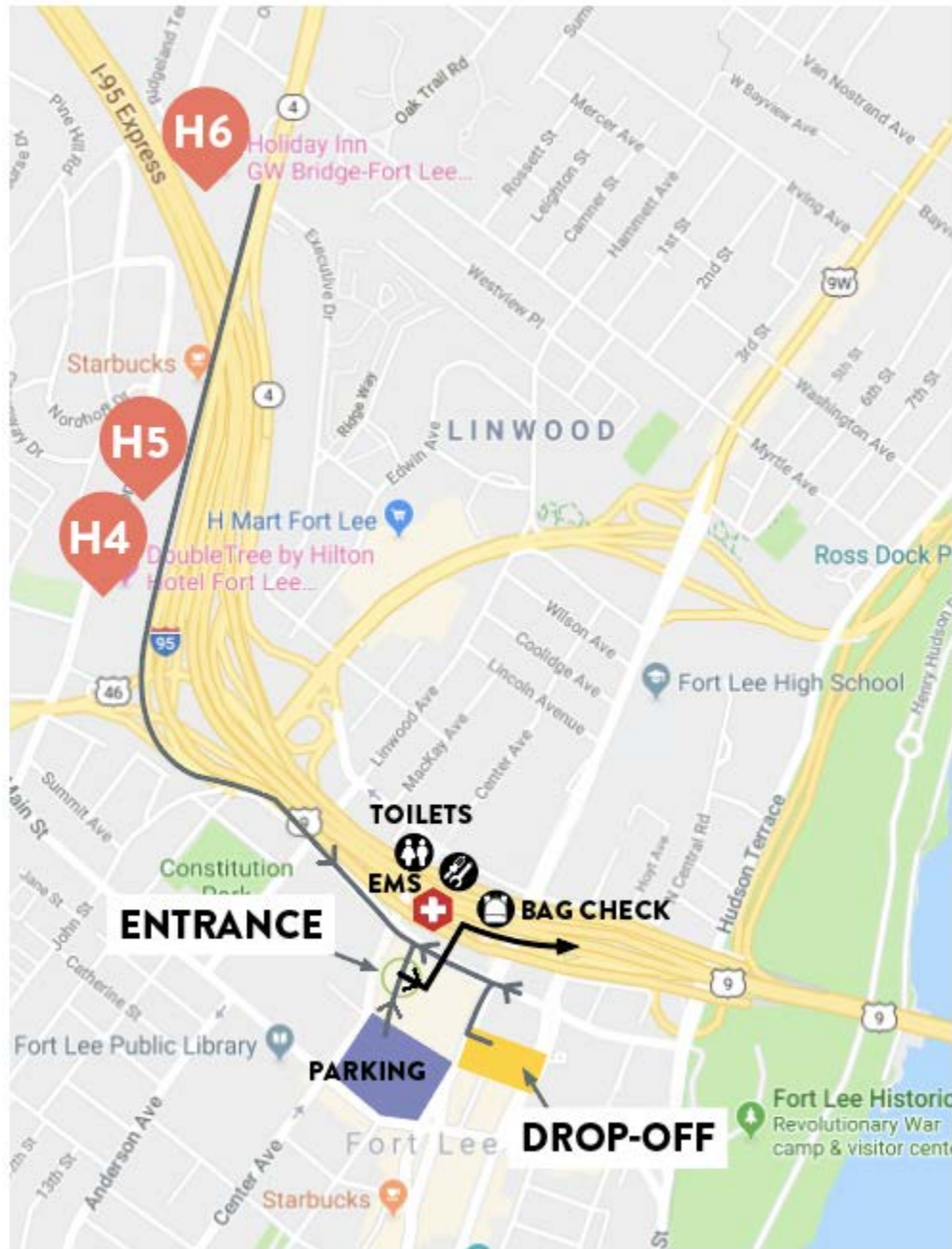
4:55am departure from the Hyatt

5:05am departure from the Double Tree

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.



GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE





GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE

NYC & NJ Start Areas

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.



Bring the clear plastic bag that was provided to you at packet pickup and attach the bag check sticker that was in your race packet, which matches the number on your wristband.

TOILETS: The NJ / NYC Start area is your last chance to use a toilet until Mile 10. 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 recommend that you travel with your floor pump, get a complete bike tune-up and put on new tires to avoid mechanical problems on race day.

There are mechanical teams available at the circles to assist with mechanical problems. Be ready that if you arrive to the start area with aero bars, we will remove them for you. You will be able to pick up your aero bars at the Bag Check in Fort Lee after the race.



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

GROUP GATHERING

The NYC start circle has toilets arranged inside the start area circle. If you're waiting for members of your group while they're using the restroom, go into the circle while you wait. It's tempting to stay on the road, but if you move off the road, you help reduce the congestion and help with keeping the access to the start area moving. Please give space for people to pass and move. After you passed the toilets, mechanical service is located further on.

The NJ start area has portable restrooms, bag check and mechanical near the located at the Toll Plaza. After you enter through the parking lot, continue onto the bridge span, to the far end of the lanes. After you passed the bag check and toilets, mechanical service is located further on.

ACCESSING THE BRIDGE: 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.

THE BRIDGE

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 a little past 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.



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IMPORTANT!

The start corrals are located on the westbound / outbound lower level lanes of GWB.

If you come from NYC Start, you're already in the outbound span.

If you come from NJ Start, you are accessing the start corrals from inbound span. You must stay inside the dedicated coned-off lane. **There is no access to the other (eastbound / inbound) side of the bridge outside the coned-off lane.**

The outer lanes of the inbound span have 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 these outer lanes and do not expect any riders to be in the two lanes outside the coned-off lane.

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. DO NOT WALK ON THE NETS.

The walkways between the two roadways are metal and not secure for use, ever. There are no safety devices at the walkways. DO NOT WALK ON THE WALKWAYS.

Do not climb over any railings at the edge of the bridge. There are no safety devices to catch anyone who goes over the railing. DO NOT CLIMB OVER RAILINGS.

Always stay on the paved roadway of the bridge. Use common sense.

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. **Do not climb over railings or on walkways or nets to attempt to relieve yourself at the edge of the bridge.** Please limit your fluid intake on race morning. Bring full water bottles, drink to thirst once the race gets rolling. **After the start, your first chance for toilets is at mile 10, at the top of Alpine Hill.**

There is no safe way to utilize the other (eastbound / inbound) span 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.



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Start Corrals

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

Race numbers are only assigned to athletes who completed the check-in for the race. Go to gfny.cc and sign in or create an account with your email and complete your check-in.

1st corral: Winners of any GFNY World race held since the last GFNY World Championship race

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

2nd corral: Qualifier Corral: Riders who finished in the top 10% of their Age Group at any GFNY World event and are signed up by the 21-day cut-off.

OR top 20% of their Age Group at GFNY World Championship or at any Continental Championship: North America, South America, Europe, Asia, Middle East-Africa.

You can check your qualification status and validity / expiration date in your gfny.cc account.

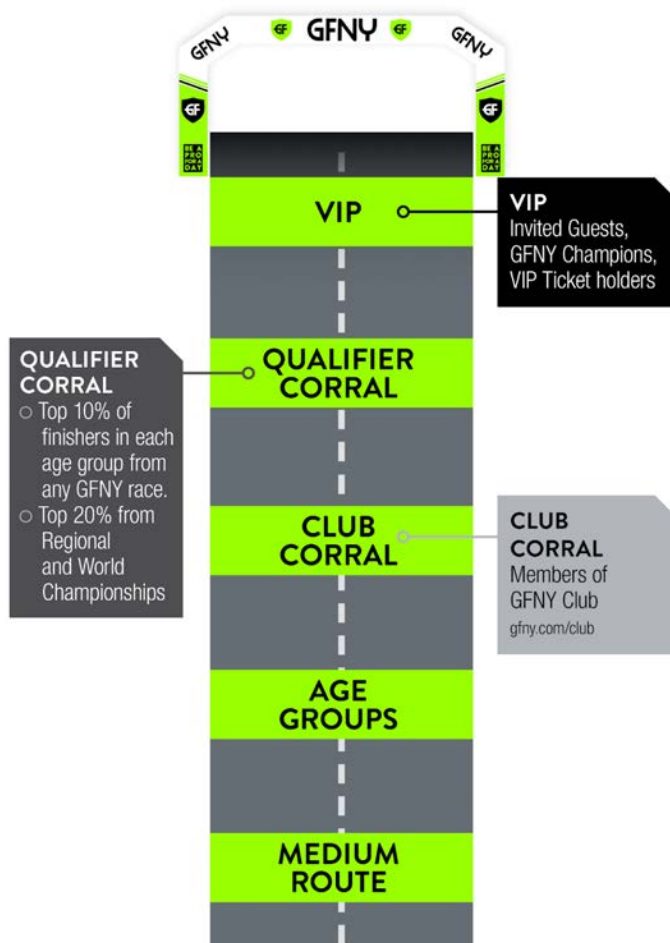
3rd corral: GFNY Club Corral: GFNY Club members gfny.com/club

4th corral: Him & Her teams

4th – 11th corrals: Start of race numbers by age group, from youngest to oldest.

Rear corral: GFNY BEAR 50 riders are staged after GFNY 100 riders.

Rear corral: All riders who registered after May 1, 2022.





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Start Area FAQs

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

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

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 10pm 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, Race Organizer:

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.

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.



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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 BBQ 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.

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 BBQ at the Finish Village, you can regroup with your teammates to relive your day and share the war stories.





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Course Map





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Race Course

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

Course video: <https://www.youtube.com/watch?v=JiHT1hN9EKM>

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

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

GFNY Bear 50: <https://ridewithgps.com/routes/10597214>

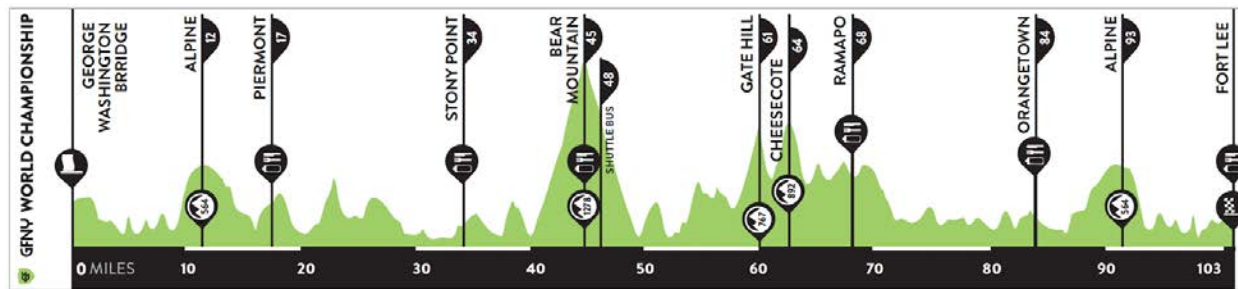
Aid stations are located at miles: 17, 34, 45, 68 and 84.

| GFNY WORLD CHAMPIONSHIP | | | | | | | | | | |
|-------------------------|-------|----|---------------|---------------|---------------|---------------|---------------|--------|-----|--|
| | START | 1 | 2 | 3 | 4 | 5 | | FINISH | | |
| MILE # | 0 | 10 | 17 | 34 | 45 | 68 | 84 | 94 | 103 | |
| ECO ZONE | | | GFNY ECO ZONE | GFNY ECO ZONE | GFNY ECO ZONE | GFNY ECO ZONE | GFNY ECO ZONE | | | |
| WATER, SODA, ICE | | | | | | | | | | |
| SIS | | | | | | | | | | |
| SNACKS | | | | | | | | | | |
| MECHANICAL | | | | | | | | | | |
| MEDICAL | | | | | | | | | | |
| RESTROOMS | | | | | | | | | | |
| BUS | | | | | | | | | | |
| BIKE RACKS | | | | | | | | | | |
| MEDALS & AWARDS | | | | | | | | | | |

PROFILE STICKER

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

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

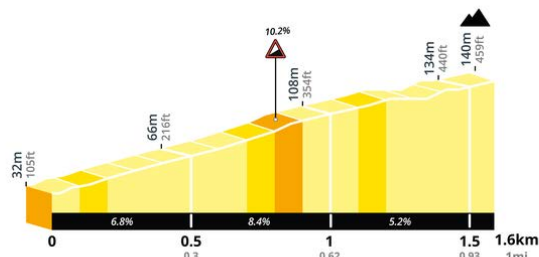




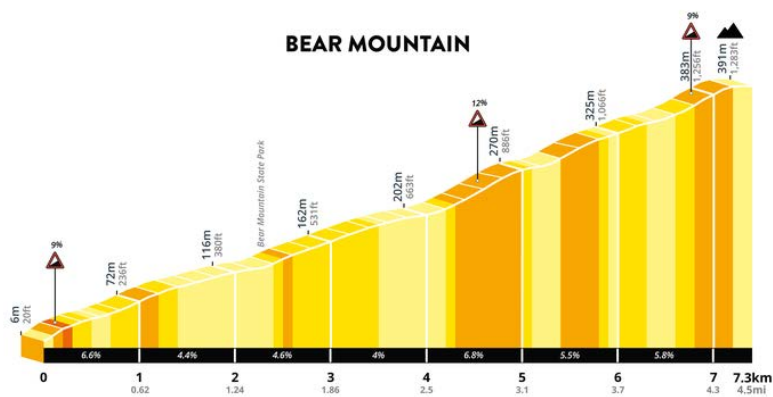
GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE

SIGNIFICANT CLIMBS

ALPINE



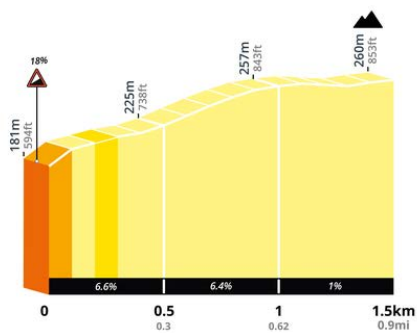
BEAR MOUNTAIN



GATE HILL ANDREA PINARELLO



CHEESECOTE





GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE

TIME SHEET

| LANDMARKS | KM | MILE | 40 KPH/ 25 MPH | 32 KPH/ 20 MPH | 24 KPH/ 15 MPH | 15 KPH/ 10 MPH |
|---------------------------------------|-----|-------|-------------------|-------------------|-------------------|-------------------|
| START GEORGE WASHINGTON BRIDGE | 0 | 0 | 7:00 | 7:00 | 7:00 | 7:00 |
| HENRY HUDSON DRIVE | 4 | 2.5 | 7:06 | 7:07 | 7:10 | 7:15 |
| START CLIMB ALPINE | 14 | 9 | 7:21 | 7:27 | 7:36 | 7:54 |
| NJ-NY STATELINE | 22 | 14 | 7:33 | 7:42 | 7:56 | 8:24 |
| PIERMONT - AID STATION 1 | 27 | 17 | 7:40 | 7:51 | 8:08 | 8:42 |
| NYACK | 30 | 19 | 7:45 | 7:57 | 8:16 | 8:54 |
| ROCKLAND LAKE | 38 | 24 | 7:57 | 8:12 | 8:36 | 9:24 |
| HAVERSTRAW | 48 | 30 | 8:12 | 8:30 | 9:00 | 10:00 |
| STONY POINT - AID STATION 2 | 51 | 32 | 8:16 | 8:36 | 9:08 | 10:12 |
| START CLIMB BEAR MOUNTAIN | 66 | 41 | 8:38 | 9:03 | 9:44 | 11:06 |
| FINISH CLIMB | 72 | 45 | 8:49 | 9:16 | 10:02 | 11:33 |
| BEAR MOUNTAIN - AID STATION 3 | 72 | 45 | 8:49 | 9:16 | 10:02 | 11:33 |
| MOTT FARM ROAD | 86 | 55 | 9:11 | 9:43 | 10:38 | 12:27 |
| START CLIMB COLLE ANDREA PINARELLO | 94 | 59 | 9:21 | 9:57 | 10:56 | 12:54 |
| FINISH CLIMB | 98 | 61 | 9:26 | 10:03 | 11:04 | 1:06 |
| START CLIMB CHEESECOTE | 101 | 63 | 9:31 | 10:09 | 11:12 | 1:18 |
| FINISH CLIMB | 102 | 64 | 9:33 | 10:12 | 11:16 | 1:24 |
| RAMAPO - AID STATION 4 | 110 | 69 | 9:45 | 10:27 | 11:36 | 1:54 |
| SOUTH MOUNTAIN ROAD | 117 | 73 | 9:55 | 10:39 | 11:52 | 2:18 |
| STRAWTOWN ROAD | 123 | 77 | 10:04 | 10:51 | 12:08 | 2:42 |
| ORANGETOWN - AID STATION 5 | 131 | 82 | 10:16 | 11:06 | 12:28 | 3:12 |
| SPARKILL | 141 | 88 | 10:31 | 11:24 | 12:52 | 3:48 |
| HENRY HUDSON DRIVE | 150 | 94 | 10:45 | 11:42 | 1:16 | 4:24 |
| EDGEWATER | 164 | 102.5 | 11:06 | 12:07 | 1:50 | 5:15 |
| FINISH LINE FORT LEE | 166 | 103.5 | 11:07 | 12:09 | 1:52 | 5:18 |



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During the Race

CHANGES FOR 2022

Returning GFNY NYC participants will note three changes to the usual race course as a result of road construction or road damage in place for GFNY 2022:

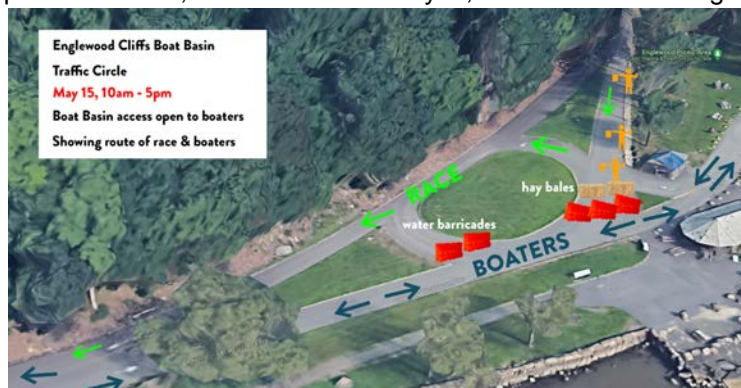
1. Mile 16, you will continue straight on 9W instead of turning right to River Road, plus a new location for aid station 1
2. Mile 82, a detour around the closure on Western Highway, plus a new location for aid station 5.
3. Mile 97, continue straight along Henry Hudson Drive (aka River Road) in Palisades Interstate Park, and climb up Main Street bike path in Fort Lee instead of Dyckman Hill. Approach the Finish Line from the south.

IMPORTANT SAFETY POINTS

Mile 4.5 you will reach a section of heavily damaged road. It is uphill. The middle part is rideable. There will be GFNY staff with flags warning you as well as ample signage. Take a good look, that's where you will descend towards the very end of the race again.



At mile 100, you will descend that same road. There will be ample GFNY staff with flags and whistles plus CAUTION, SLOW DOWN and yes, SPEED LIMIT 10 signs.



Then there will be signs saying BE PREPARED TO STOP, because you have a sharp 90 degree turn at the bottom of the descent where you turn from the left side of the road into the roundabout.

You must adhere to the signs and staff in this location. Please use your brain and brakes.



























































At mile 102, [when you exit the Main Street bike path in Fort Lee](#), there is an angled offramp off the bike path to the street, otherwise be ready to hop off the sidewalk to the street, a 6 inch / 15cm drop. There is also a light pole in the middle of this corner.



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AID STATIONS

Aid stations are located at miles: 17, 34, 45, 68 and 84.

| GFNY WORLD CHAMPIONSHIP | | | | | | | | | |
|-------------------------|---|---|---|---|---|---|---|---|---|
| | START | | 1 | 2 | 3 | 4 | 5 | FINISH | |
| MILE # | 0 | 10 | 17 | 34 | 45 | 68 | 84 | 94 | 103 |
| ECO ZONE | | | GFNY ECO ZONE | GFNY ECO ZONE | GFNY ECO ZONE | GFNY ECO ZONE | GFNY ECO ZONE | | |
| WATER, SODA, ICE | |  |  |  |  |  |  |  |  |
| SIS | | |  |  |  |  |  | |  |
| SNACKS | | |  |  |  |  |  | |  |
| MECHANICAL |  | |  |  |  |  |  | | |
| MEDICAL |  | |  |  |  |  |  | |  |
| RESTROOMS |  |  |  |  |  |  |  |  |  |
| BUS | | |  |  |  |  |  | | |
| BIKE RACKS |  |  |  |  |  |  |  |  |  |
| MEDALS & AWARDS | | | | |  | | | |  |

Each aid station is a mini GFNY oasis offering many amenities: food, drinks, portable toilets, first aid kits, bike racks, mechanical service from one of our partner shops and shuttle buses to provide transport back to Fort Lee in case you cannot continue on the course.

Thank you to our Official Bike Shop partners for supporting GFNY athletes on your race day:

- Expo/NJ Start: [Unlimited Biking](#)
- NYC Start: NRS Neutral Rolling Service
- Station 1: [Piermont Bicycle Connection](#), Piermont, NY, 845-365-0900
- Station 2: [CrankWorks Cycles](#), Nyack, NY, 845-358-0101
- Station 3: [Julio Bicycles](#), Chappaqua, NY, 914-238-1312
- Station 4: [NYC Velo](#), NYC, 212-582-7949
- Station 5: [Hilltop Bicycles NYC](#), NYC, 332-249-6278

MECHANICAL

Bring tools and spare tubes in order to be able to quickly fix your bike issue and continue with the event. Put on new tires to minimize the risk of a puncture; old tires are much more likely to get punctures than new tires.

ROLLING SUPPORT

GFNY has a large fleet of vehicles rolling along the course to offer support and assistance to GFNY athletes.

- Police cars and motos
- Follow and safety motos
- Follow and safety cars
- Rolling passenger vans
- Rolling mechanical assistance
- Ambulances
- Coach buses





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CUTOFFS

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 are also three hard cutoff locations on the course. If you cannot make these cutoffs, you will not be able to continue the event.

1. 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.

2. YOU MUST REACH THE RAMAPO AID STATION BEFORE 1:50PM

3. THE ORANGETOWN AID STATION BEFORE 3:10PM

If you are arriving after the cut-off time at either station, you are out of the race. Please take the provided GFNY bus to the finish.

HOTLINE

Every GFNY NYC participant will get the official race wristband attached to their wrist at the time of packet pickup. On the wristband, you will find the race hotline number. In case you have a mechanical or need to abandon your race, you can call the number and we will pick you up with one of our vans. We will need to know your name, participant number and distance # or another way of finding your location.

In case of an emergency, call 911. The Hotline number is for non-life-threatening calls for a van pickup.

Race FAQ

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



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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.

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

COURSE: We are 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 mechanical support to assist you. Note that support cannot attend to every rider immediately, so some wait time will be involved. Only mechanical support vehicles & motorbikes are staffed by mechanics. GFNY vans are operated by drivers who are not mechanics.



GFNY WORLD CHAMPIONSHIP NYC 2022 RACE 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: 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 heard that USAC awards upgrade points for Gran Fondos. How does that work?

Participation in USA Cycling-sanctioned Gran Fondos, including GFNY, 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.

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/8019





GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE

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

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

CODE OF CONDUCT

KEEP THESE RULES IN MIND IN ORDER TO AVOID
TIME PENALTIES OR DISQUALIFICATION



TRASH - 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 trash cans for disposal on the fly.

URINATION – You must 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 the 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.



GFNY WORLD CHAMPIONSHIP NYC 2022 RACE 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 13 and May 14 @10am-5pm.
- Watch the start from Fort Lee's [Lemoine overpass](#) on May 15 @7-7:30am.
- Keep up with live race coverage on jumbo screen from 8am at the [GFNY Café](#) 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 burgers at the GFNY BBQ 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>

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: Can we follow the race from the GFNY Finish Village while we wait for our rider to finish?

Yes. The GFNY 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 Café there will be a jumbo screen that will be displaying live video feed and commentary from the race course.

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

Yes, all GFNY fans can enjoy the burgers (beef or veggie) at the GFNY BBQ. 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.



GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE

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?

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





GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE

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

CAR SERVICE / TAXI / UBER: (fastest option) Ask the driver to take you to 3000 Lemoine Ave, Fort Lee. Follow the signs to walk through the wooded park to get to PIP Park / GFNY Village.

SUBWAY & SHUTTLE BUS: Take the GFNY Shuttle Bus from NYC subway or Fort Lee Parking Lots.

The Spectator Shuttle will begin service at 10:30am in Manhattan and will operate continuously in a loop until 6pm. Travel time will depend on traffic on GWB. Sunday afternoon traffic on GWB can cause long wait times outside of GFNY's control.

| 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) |



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

WALK Fans can walk from the subway to the GFNY Finish Village, it's a [1.7-mile / 2.7km walk](#).



GFNY WORLD CHAMPIONSHIP NYC 2022 RACE 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 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, priority seating on the bus
 - (2) GFNY 100 riders opting to end their day early who do not have confirmed seating on the bus
- 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.

PRIORITY
1-200
4000+

STANDBY
201-3999





GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE



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.

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.



GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE

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. The aid station has food and drink 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.





GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE

Q: Is there a fee for the shuttle bus back from Bear Mountain to Fort Lee?

There is no additional charge; the shuttle bus from Bear Mountain 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.

We recommend that you remove your computer from your bike and put it in your pocket or bag for the bus/truck drive back to Fort Lee.

Bus transport and truck transport is at your own risk.



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 meal tent, the Café, the lounge chairs, or beer 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.

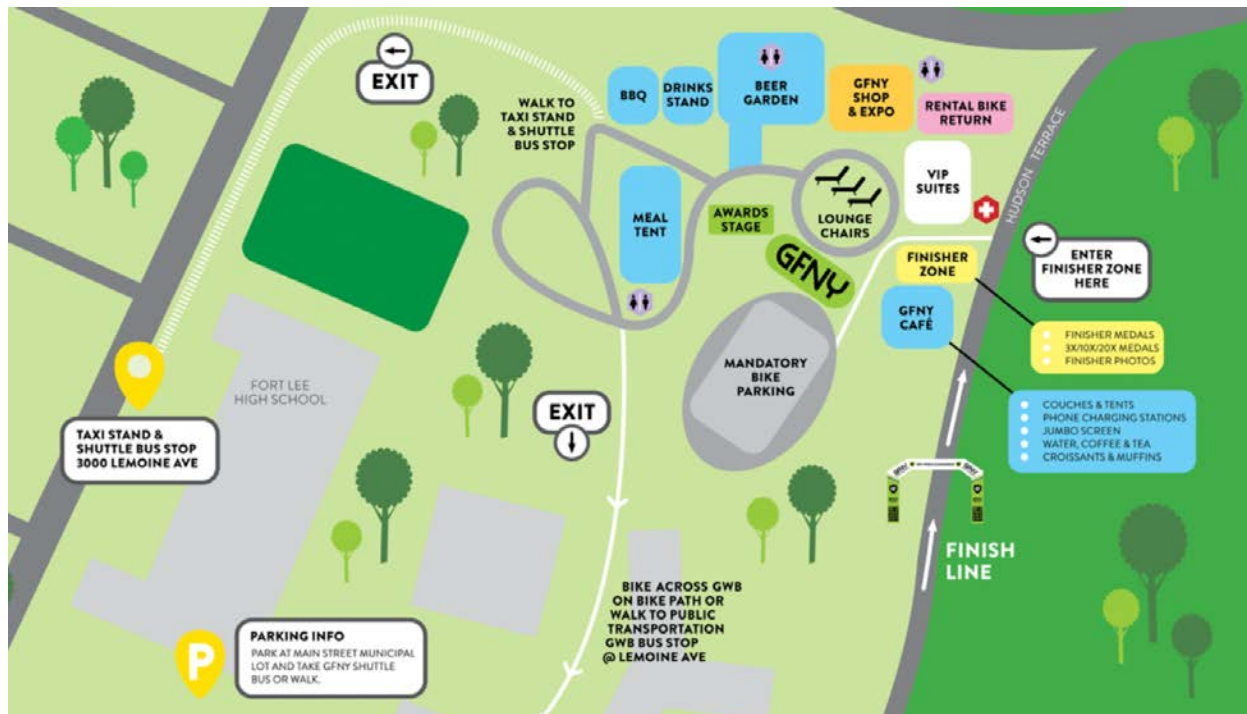
Q: Can I ride GFNY BEAR 50 as part of a team or in the Him & Her category?

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.



GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE

GFNY Finish Village of GFNY 100 in Fort Lee



SCHEDULE OF EVENTS AT 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 BBQ opens
- 3pm Awards ceremony begins
- 5:30pm GFNY 100 course & GFNY Finish Line closes
- 7pm End of festivities

AMENITIES AT THE GFNY FINISH VILLAGE

- GFNY Café
- BBQ
- Mandatory secure bike parking
- Finisher medals
- Checked bags
- Water & soda
- Beer & Wine Garden
- Jumbo screen
- GFNY Shop
- Showers
- Lounge chairs
- Medical
- Awards
- Results
- Lost & Found
- Cell phone charging stations
- Rental bike return





GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE

AFTER CROSSING THE FINISH LINE

Sportograf is the official photography service of GFNY, their team will be capturing your finish line photo.

You'll then get your finisher medal and finisher photo. Water and medical are also located in the Finisher Zone.

Follow the path to Mandatory Bike Parking. You must leave their bike in the mandatory secure bike parking.

Bikes left unattended are not safe, and bikes lying on the ground cause a tripping hazard. **Bike parking is mandatory.** Remove your valuables from your bike.



**REMOVE VALUABLES
FROM YOUR BIKE
(COMPUTER, GPS, ETC).**

**TAKE YOUR VALUABLES
WITH YOU IN YOUR
POCKET OR BAG, OR
CHECK THE ITEM INTO
BAG CHECK.**



RESULTS

On race day, all results will be posted at the GFNY Finish Village in Fort Lee. You and your family will be able to also track you and see your result online. The live tracking link will be posted on fb before the race. After the event, the results will also be on gfny.cc/results.

BBQ & BEER GARDEN

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

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. Credit cards, ApplePay and cash accepted.



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.



GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE

Exiting the GFNY 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.

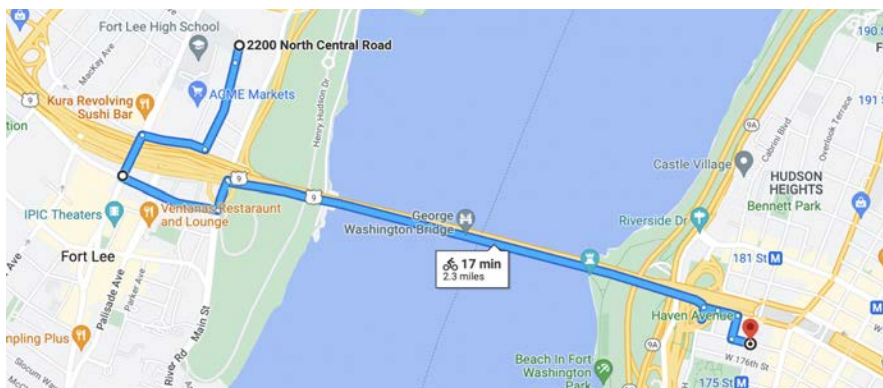
CAR PICKUP Tell your car to pick you up at 3000 Lemoine Avenue.

GETTING TO FORT LEE HOTELS

Check with your hotel's reception whether they offer a shuttle bus pickup to bring you back. Hyatt Fort Lee does not have a shuttle, you will need to drive from the Hyatt to Fort Lee municipal parking lot to be able to return to that hotel after the end of the race. The Shuttle Bus Stop is at 3000 Lemoine Ave.

GETTING TO MANHATTAN

By bike: **IMPORTANT!** Review this designated bike route to GWB bike path. Follow this route to minimize impact with crossing with race finishers: [ride your bike across the bridge to Manhattan and take the subway](#).

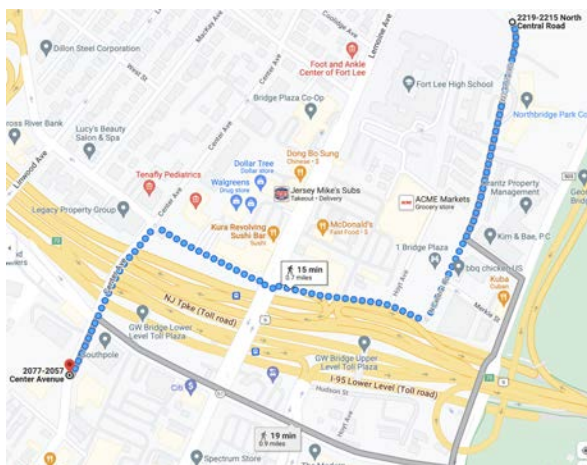


If you don't feel up for riding your bike, then book an uber or car service to pick you up. The pick up address is 3000 Lemoine Avenue in Fort Lee, NJ. Then, follow the signs for TAXI STAND.

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

GETTING TO FORT LEE MAIN STREET PARKING LOT

If you parked at the Fort Lee Main Street lot, or if your family is idling waiting for you, ask them to stand by at Fort Lee Parking Lot. [Ride your bike back to the Fort Lee municipal parking lot](#).





GFNY WORLD CHAMPIONSHIP NYC 2022 RACE 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)

NYC Limo: 212-366-6600 – nyclimousine.com

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

AAA Taxi: 845-553-9090 - 3aaataxi.com

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

Babes Taxi: 201-944-6800

A1 Taxi: 201-944-3737

FOR LARGER GROUPS

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



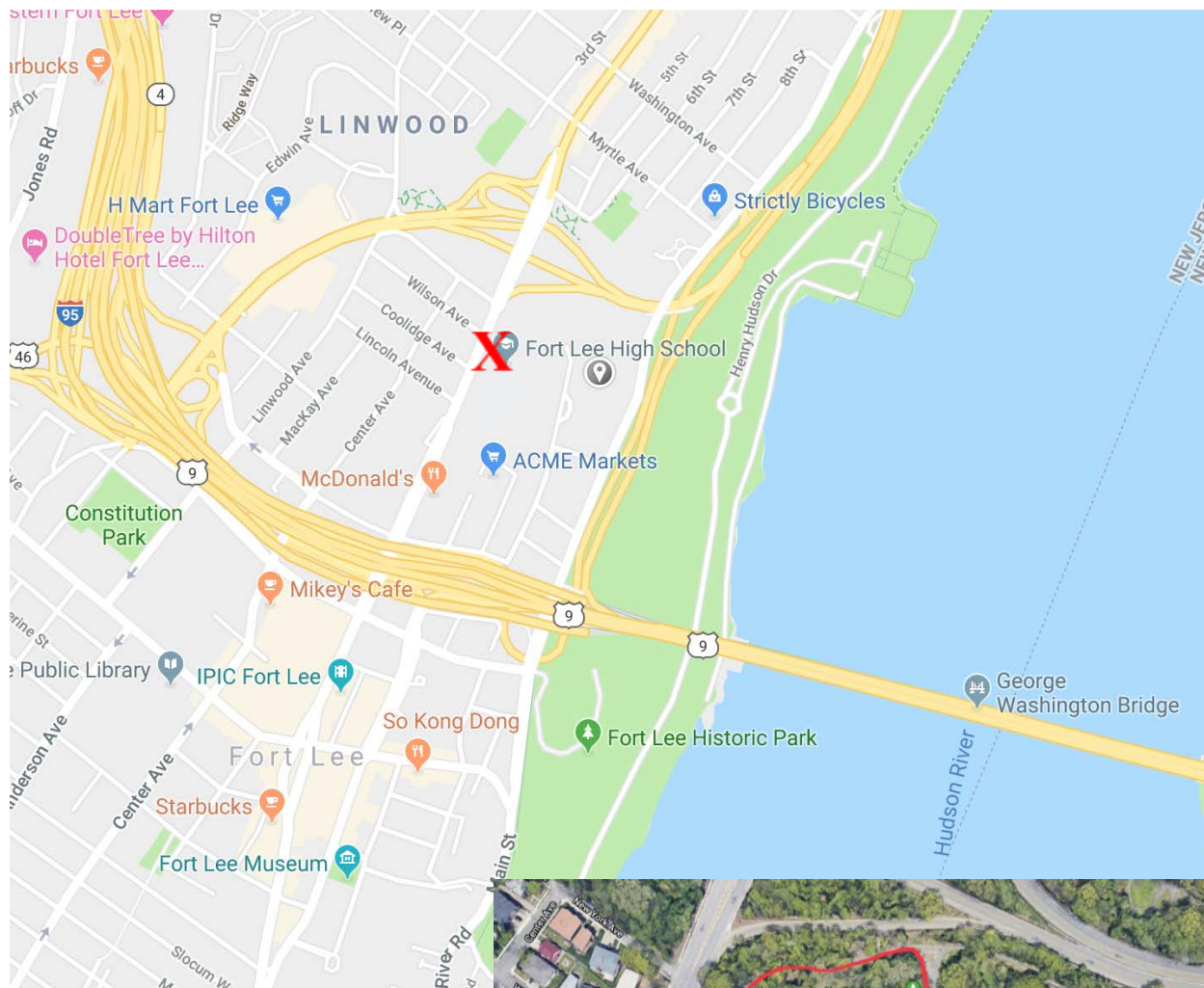
GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE

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



Refer to the diagram on the right how to walk from the Taxi Stand to Registration Tent.

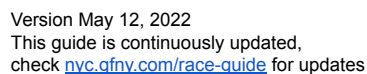
You will see signs that will point you to REGISTRATION from the Taxi Stand through the wooded park.





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)



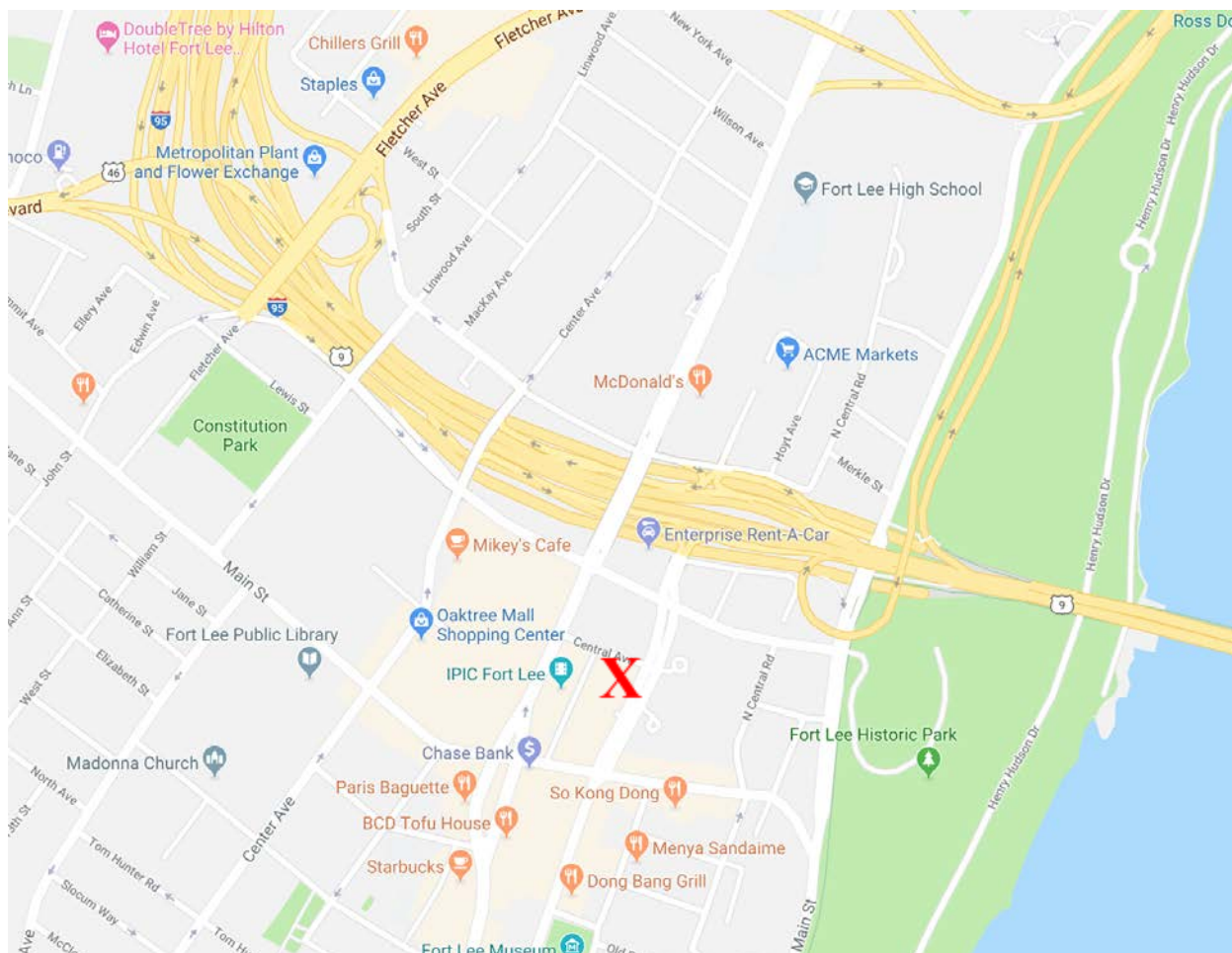


GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE

IMPORTANT GFNY ADDRESSES FOR CARS

NJ 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





GFNY WORLD CHAMPIONSHIP NYC 2022 RACE 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

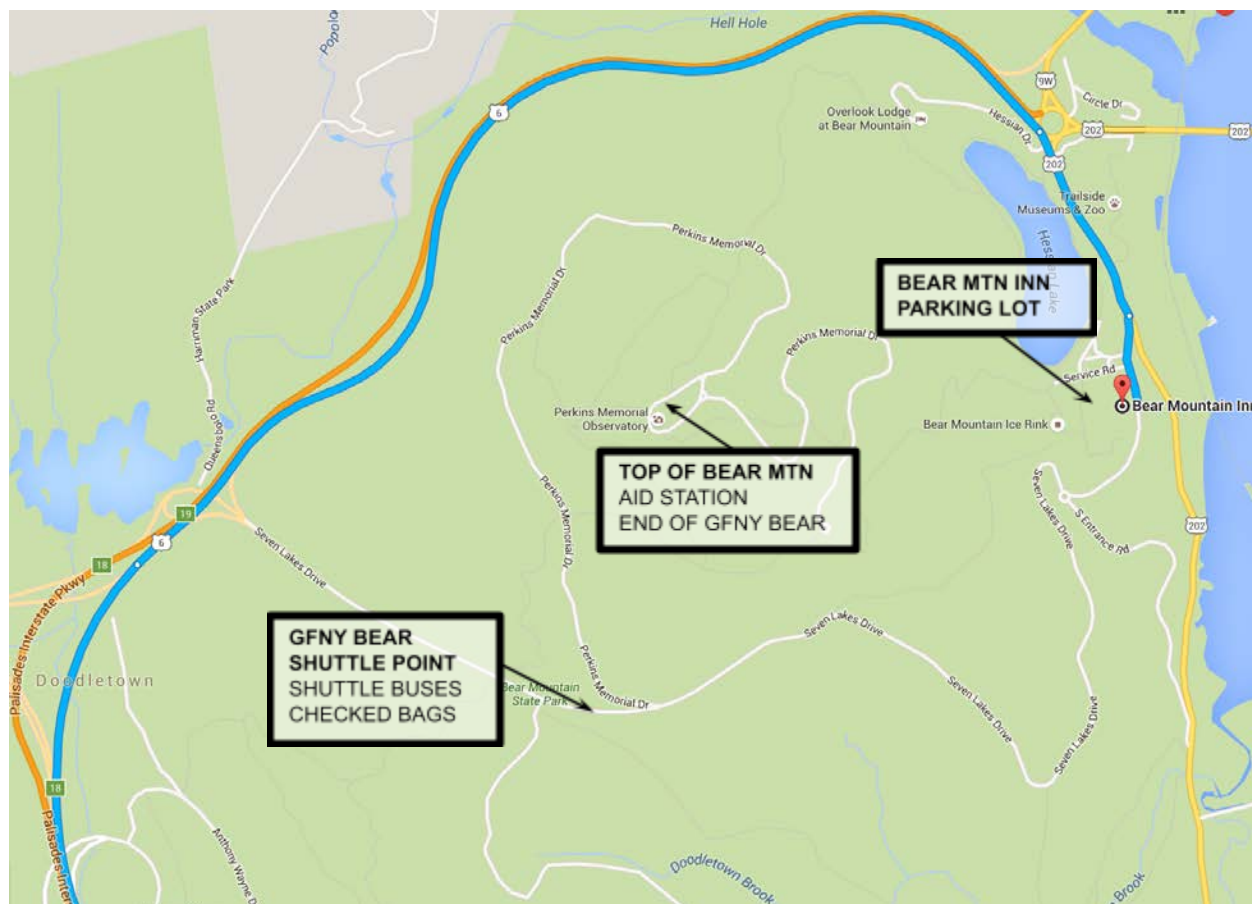
Instructions: Private cars that are utilizing the Palisades Interstate Parkway should travel on Route 6, and then access Bear Mountain Inn parking lot via the Northern entrance from Route 9W. (Exit 19 and Southern entrance from Route 9W is closed to cars.)

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.





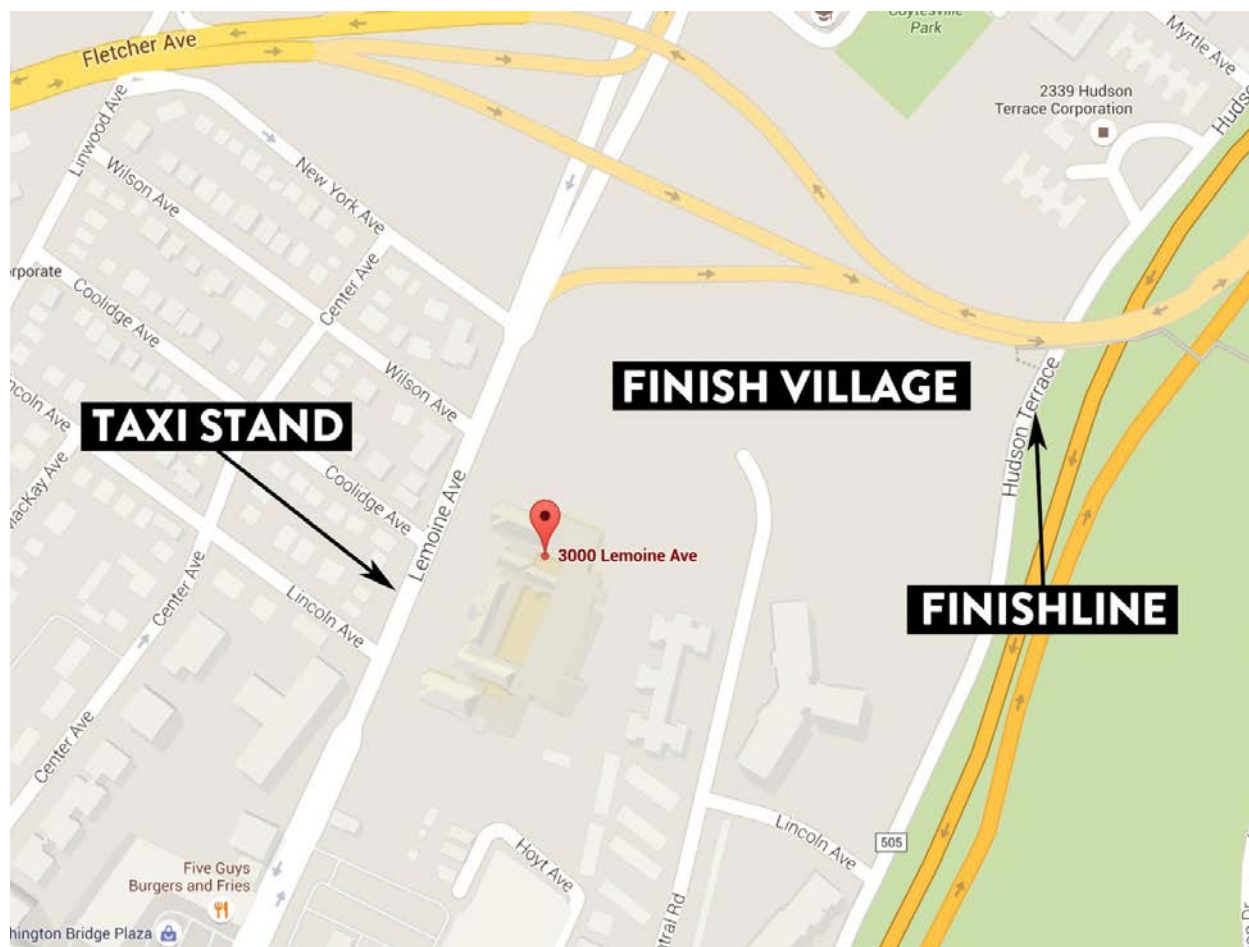
GFNY WORLD CHAMPIONSHIP NYC 2022 RACE GUIDE

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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