



# NEW YORK

RIDE GUIDE

June 8, 2017

# TABLE OF CONTENTS

<p><b>I. INTRODUCTION</b></p> <ul style="list-style-type: none"> <li>a. What is Included in Your Registration?</li> <li>b. Ways to Ride <ul style="list-style-type: none"> <li><i>i. Solo</i></li> <li><i>ii. Tandem</i></li> <li><i>iii. Relay</i></li> </ul> </li> <li>c. Training <ul style="list-style-type: none"> <li><i>i. Training Rides</i></li> </ul> </li> </ul> <p><b>II. ROUTE</b></p> <ul style="list-style-type: none"> <li>a. Century</li> <li>b. Half-Century</li> <li>c. Segment</li> <li>d. Rest Stops</li> </ul> <p><b>III. START LINE</b></p> <ul style="list-style-type: none"> <li>a. Century <ul style="list-style-type: none"> <li><i>i. Address</i></li> <li><i>ii. Important Times</i></li> <li><i>iii. Map</i></li> <li><i>iv. Car Parking</i></li> <li><i>v. Bike Parking</i></li> <li><i>vi. Bag Drop/Luggage</i></li> </ul> </li> <li>b. Half-Century <ul style="list-style-type: none"> <li><i>i. Address</i></li> <li><i>ii. Important Times</i></li> <li><i>iii. Car Parking</i></li> <li><i>iv. Bag Drop/Luggage</i></li> </ul> </li> </ul> <p><b>IV. FINISHLINE</b></p> <ul style="list-style-type: none"> <li>a. Address</li> <li>b. Parking</li> <li>c. Bike Parking</li> <li>d. Showers</li> <li>e. Bag Pick-Up/Luggage</li> </ul> <p><b>V. SOCIAL MEDIA</b></p> <ul style="list-style-type: none"> <li>a. Tags and Handles</li> <li>b. Tips</li> <li>c. Facebook Groups to Join</li> </ul> <p><b>VI. STRAVA AND RIDE WITH GPS</b></p> <ul style="list-style-type: none"> <li>a. Groups for Training</li> <li>b. Ride Day Route GPS</li> </ul> <p><b>VII. PACKET PICK-UP</b></p> <ul style="list-style-type: none"> <li>a. Time and Location</li> <li>b. Items in Packet</li> </ul> <p><b>VIII. PACKING AND LUGGAGE GUIDE</b></p> <ul style="list-style-type: none"> <li>a. Bag Drop Restrictions</li> <li>b. Bike Transportation</li> <li>c. Packing List - REQUIRED</li> </ul>	<ul style="list-style-type: none"> <li>d. Packing List - Recommended <ul style="list-style-type: none"> <li><i>i. On Person</i></li> <li><i>ii. In Luggage</i></li> </ul> </li> </ul> <p><b>IX. BIKE RENTALS</b></p> <ul style="list-style-type: none"> <li>a. Spin Lister</li> <li>b. Bike Shop Rentals</li> </ul> <p><b>X. MECHANIC SUPPORT OVERVIEW</b></p> <p><b>XI. ROUTE MARKINGS/DIRECTIONS</b></p> <ul style="list-style-type: none"> <li>a. Strava/Ride with GPS</li> <li>b. Turn Signs and Markings</li> <li>c. Cue Sheets</li> </ul> <p><b>XII. RIDE FOOD AND NUTRITION</b></p> <ul style="list-style-type: none"> <li>a. Included Items</li> <li>b. For Purchase</li> </ul> <p><b>XIII. TRANSPORTATION</b></p> <ul style="list-style-type: none"> <li>a. Options for getting to the Start <ul style="list-style-type: none"> <li><i>i. Century</i> <ul style="list-style-type: none"> <li>1. Subway</li> <li>2. LIRR and Amtrak</li> </ul> </li> <li><i>ii. Half-Century</i> <ul style="list-style-type: none"> <li>1. LIRR</li> </ul> </li> </ul> </li> <li>b. Options for leaving the finish and getting home <ul style="list-style-type: none"> <li>1. Bus</li> <li>2. LIRR</li> <li>3. Connecticut Ferry</li> </ul> </li> </ul> <p><b>XIV. RIDE AND WEEKEND SCHEDULE</b></p> <p><b>XV. HOTELS AND ACCOMMODATIONS</b></p> <ul style="list-style-type: none"> <li>a. Starting Line and New York Hotels</li> <li>b. Westhampton Hotels <ul style="list-style-type: none"> <li><i>i. Host Hotels and Deadlines</i></li> <li><i>ii. Other Options</i></li> </ul> </li> </ul> <p><b>XVI. MEDICAL SUPPORT OVERVIEW</b></p> <p><b>XVII. SAFETY TIPS</b></p> <ul style="list-style-type: none"> <li>a. Rules of Conduct</li> </ul> <p><b>XVIII. VOLUNTEERS</b></p> <ul style="list-style-type: none"> <li>a. Code of Ethics</li> <li>b. Check-In</li> <li>c. Positions <ul style="list-style-type: none"> <li><i>i. Start-Line/Finish-Line</i></li> <li><i>ii. Rest Stops</i></li> <li><i>iii. Chase Cars</i></li> </ul> </li> </ul>
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## I. Introduction

Bike to the Beach is a fully supported event with a mapped-out route, fully equipped rest stops, bike mechanics, medics, and support. This guide contains all of the pertinent information about the event.

### WHATS INCLUDED IN YOUR REGISTRATION?

- Bike to the Beach Jersey
- Mechanic and chase car support
- Energy snacks: power bars, gels
- Hydration: water and an electrolyte beverage
- Breakfast: coffee, bagels muffins, and other snacks at the starting-line
- Lunch: we typically offer at least one lunch option - sandwiches, pizza, bagels
- Finisher t-shirt
- Finish Line celebration

### WAYS TO RIDE

- Bike to the Beach offers three methods to bike to Westhampton Beach: Solo (on a bike by yourself), relay (switching at the halfway point), or tandem (on a bike with another person).
- **Solo:** Solo riders are riders who ride 1 bike from our Century or Metric Century Starting Lines to the official Finish Line.
  - **Tandem:** Tandem riders are groups of two riders who share 1 tandem bike from our Century or Metric Century Ride Starting Lines to the official Finish Line. A maximum of 2 riders are allowed and the riders must provide their own tandem bike.
  - **Relay:** One rider will bike the first leg, while the other will follow the biker in a chase car. At about the midway point at our World Gym rest stop; the biker will take control of the chase vehicle, and the driver will bike the remaining portion of the ride. Only one exchange is allowed and the participants must provide their own chase vehicle.



## II. Training

Training for B2B is easier than you may think. The key is to get into a fitness schedule.

The best thing that will truly get you ready to ride is to ride your bike. You need to get in the "saddle time" so that the sit bones and muscles surrounding them can withstand 6 to 12 hours on a bike. However, spin classes, lifting weights, swimming, and your favorite class are all good ways to train.

We have developed a training program as a guide for preparation for Bike to the Beach

*You will find our training program on our website in your participant portal.*

### TRAINING RIDES

The Bike to the Beach community will host (free) guided rides leading up to the charity ride. The distance(s) and elevation(s) will be varied to prepare riders for the distance and terrain on the actual ride day. Our training rides are also great opportunities to meet fellow riders.

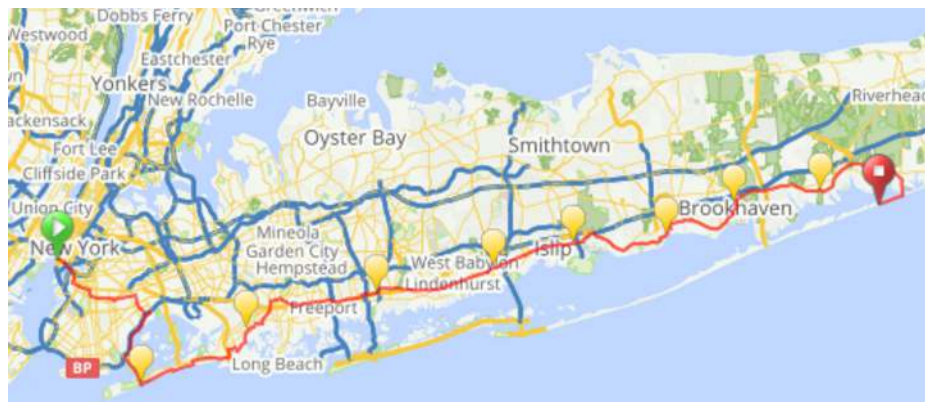
*Anyone can host their own.* All you must do is sign into our online community and post your training ride.

## III. ROUTE

Our Bike to the Beach routes are designed to transform the way our riders see and enjoy their city. Bike to the Beach New York has two ride distances: Our Century Ride (100+ Miles) and our Half-Century Ride (50 Miles).

Bike mechanics and chase cars traverse the entire route. Rest stops are placed approximately every 15 miles with refreshments, hydration, and medical aid.

*The full details will be provided to you in our packet-materials before the ride.*





## CENTURY RIDE (100+ MILES)

Our B2B NY Century Ride is a total of 103 miles. Riders will leave from lower Manhattan, cross the iconic Brooklyn Bridge, to the Rockaways. Once on Long Island, the ride takes you along the shore and through small towns, on Dune Road in Westhampton Beach at John Scott's Surf Shack.

## HALF-CENTURY RIDE (50+ MILES)

Half-Century Ride is a total of 56 miles. Riders will leave from the World Gym Rest Stop. From Wantagh, NY, cruise along the country-roads and shores of Long Island, and finish oceanfront in Westhampton Beach, NY.

## SEGMENTS

The Century ride is consists of nine (9) legs and our half-century consists of six (6) legs, as follows:

- Stuyvesant Plaza to Rockaway Beach - 20.2 miles
- Rockaway Beach to Woodmere, NY - 11.7 miles
- Woodmere to Wantagh, NY - 14.4 miles
- Wantagh to West Islip, NY - 10.9 miles
- West Islip to East Islip, NY - 7.2 miles
- East Islip to Blue Point, NY - 9.3 miles
- Blue Point to Brookhaven, NY - 8.7 miles
- Brookhaven to Center Moriches, NY - 8.1 miles
- Center Moriches to Westhampton Beach, NY - 12.2 miles

Total Route Distance - 103 miles (Mileage may vary slightly according to route changes made prior to the event.)

## REST STOPS

- Rest Stop #1: Jacob Riis Park, Rockaway, NY
- Rest Stop #2: Broadway, Woodmere, NY
- Rest Stop #3: Park Avenue, Wantagh, NY
- Rest Stop #4: Union Boulevard, West Islip, NY
- Rest Stop #5: Union Avenue, East Islip, NY
- Rest Stop #6: Middle Road, Blue Point, NY
- Rest Stop #7: Montauk Highway, Brookhaven, NY
- Rest Stop #8: Montauk Highway, Center Moriches, NY

## IV. Start-Line

### CENTURY

**Address:** Start Line is located outside of Stuyvesant High School, on the plaza facing West St. (West St. & Chambers St.). If driving, enter from Chambers St.



345 Chambers St, New York, NY 10282

**Time:** 3:30am - 5:00 AM

**Start time:** The ride will begin promptly at 5:00 AM

**Cyclist Drop off Zone:** Please drop riders at the corner of the Hudson River Greenway and Chambers St. This area is for drop-off only, not temporary parking.

**Map:**



- 1) Cyclist Drop Off Zone
- 2) Bathrooms
- 3) Check-In
- 4) Mechanics and Nutrition
- 5) Bag Drop
- 6) Start-Line Arch

**Car Parking:**

*Street Parking*

Street Parking is extremely limited and many areas have restrictions on overnight parking if you intend to stay at the beach for the evening. We highly recommend making plans that do not include street parking at the start for the event.

*Parking Garages*

- Icon Parking - 35 Harrison St, New York, NY 10013
- MPS Parking - 325 North End Ave, New York, NY 10282
- Icon Parking Systems - 2 River Terrace, New York, NY 10282



#### Bike Parking:

- Bike racks will be provided for participants to hang their bike prior to the event.

#### Luggage/Bag Drop:

- SEE Packing List
- Bag check is available at the start line, and all items can be claimed at the finish line upon arrival (1 bag per person).
- Participants must tag their bag with a sticker showing their bike number provided to riders at Packet Pick-Up.

### HALF CENTURY START:

Our Metric Century Ride will start in Wantagh, NY, at Rest Stop #3 of the Century Ride.

**Address:** World Gym, 3728 Park Ave, Wantagh, NY 11793

**Time:** 8:00 - 9:00 AM

**Start Time:** 9:00 AM

#### Transportation:

- Getting to the Starting Line & Parking: Public transportation is the best option. The LIRR conveniently travels to Wantagh, NY. If you are coming by public transportation the LIRR Wantagh Stop is a 0.8-mile walk, bike, or Uber ride. Parking is also available onsite at the Wantagh train station.

#### Parking:

- There is parking available on site at World Gym Wantagh

#### Luggage/Bag Drop:

- SEE Packing List
- Bag check is available at the start line, and all items can be claimed at the finish line upon arrival (1 bag per person).
- Participants must tag their bag with a sticker showing their bike number provided to riders at Packet Pick-Up.

### V. Finish

**Address:** John Scott's Surf Shack (540 Dune Rd, Westhampton Beach, NY 11978).

**Map:**





- 1) Check-In, Rider Awards, Food and Nutrition
- 2) Bag Check
- 3) Showers
- 4) Bike Racks
- 5) Finish-Line Arch

#### Parking:

- There is no available parking at the finish line. We ask that participants coordinate their pick-ups as to disturb traffic along Dune Road as little as possible. Bike to the Beach suggests that supporters drop off family and friends at the finish line and park off site at Lashley's Beach or Roger's Beach.
- *Lashley's Beach* (385 Dune Rd, Westhampton Beach, NY 11978) is a short 1 mile walk along Dune Rd to John Scott's
- *Roger's Beach* has expansive parking and is a longer walk, or short bike ride or Uber. It is located at 105 Dune Rd, Westhampton Beach, NY 11978, 3 miles away from John Scott's.

#### Bike Parking:

- Bike racks will be provided at the finish line for participants to hang their bikes while they gather their belongs, celebrate alongside fellow riders, and wait to be picked up. Bike to the Beach asks that all participants take custody of their bikes by 6:00 pm, as our designated area at John Scott's Surf Shack will no longer be available and the bike racks will have to be promptly taken down at that time.

#### Showers:





- Outdoor showers will be provided by in the parking lot of John Scott's Surf Shack. Participants are to be advised that the showers provide little privacy.
- The showers are intended for a quick rinse, not a full scrub. They are similar to beach showers like you would see on a boardwalk.
- Showers are not temperature controlled and are subject to local water temperatures.
- Towels are recommended in the packing list to dry off.

#### Luggage:

- Bags that have been checked at the start line will be available upon riders reaching the finish line.
- Bags must be claimed in the parking lot of John Scott's Surf Shack by 6:00 pm

## VI. Social Media

We encourage all of our riders to be as socially active during the ride to help increase awareness as well as to help them fundraise.

### CONNECTING WITH US

Here is how to connect with us:

- Like us on Facebook:  
<https://www.facebook.com/biketothethebeachforautism/>
- Join the B2BNY Facebook Group:  
<https://www.facebook.com/groups/B2BNY>
- Follow-us on Twitter: <https://twitter.com/BiketothetheBeach>
- Follow-us on Instagram: <http://instagram.com/biketothethebeach>

### TAGS AND HASHTAGS

Here is how to tag us:

- @BiketothetheBeach
- @biketothethebeachforautism (Facebook)

Here are the Hashtags we use:

- #biketothethebeach,
- #B2BNY,
- #autismspeaks,
- #autismawareness,
- #autismfundraiser,
- #charityride,
- #centuryride



## TIPS AND TRICKS

### Facebook

- How to Use: Share posts by the Bike to the Beach page and your fundraising link

### Twitter

- How to Use: Give updates on how your training is going and linking to articles Bike to the Beach has shared.

### Instagram

- How to Use: Post pictures of training, happy hours, and events leading up to the ride

## B<sub>2</sub>BNY FACEBOOK GROUP

Bike to the Beach has created a Facebook group. This group is designed for our Bike to the Beach NY Community - present, past, and future. We want this forum to be a place where our community can ask each other questions, plan bike rides, share news, coordinate transportation, and, simply meet each other.

It is a closed group. To join the group, visit the Facebook Group Page to request membership:

<https://www.facebook.com/groups/B2BNY/>

## VII. STRAVA and RIDE with GPS

### STRAVA GROUPS:

Bike to the Beach is not just a century ride, but a group of cyclists that get together for training rides and fundraisers throughout the year.

Strava is the social network for athletes. By joining our club, you are getting alerts for group rides, tracking to see where you stand in your training. The Bike to the Beach club is ready and waiting for you to join.

1. Sign up online at Strava.com. The website works in tandem with the app called "Strava Running and Cycling" found in the app store on most mobile devices.
2. Once you have signed up online click on the searching emblem in the top left and change the drop down menu to "Club" and search Bike to the Beach NY.
3. The app acts as a workout tracker showing all the information you would want, while the website acts as home base for the community at large.

Our NYC Strava Group — <https://www.strava.com/clubs/b2bnyc>



## STRAVA AS ROUTE DIRECTIONS

In addition, you can use Strava on ride day to make sure that you stay on-course. Our Strava route will give you turn-by-turn directions on your phone while you ride.

Here is how to download the Strava Bike to the Beach route:

1. Go to the Bike to the Beach New York Strava Club [<https://www.strava.com/clubs/b2bnyc>] to join the group.
2. Go to the route you would like and clone it as your own.
3. If you haven't already, download the Strava App onto your phone
4. Log into Strava, and click on Record at the bottom
5. Click on Load Route, and load the route that you duplicated

## RIDE WITH GPS:

Another option is to use "Ride with GPS" to navigate to the beach. Ride With GPS is a great bike route mapping tool for cyclists wanting an easy directions. Ride with GPS routes also work with all Garmin Edge bike computers, Forerunner fitness devices and any GPS unit that can export a TCX or GPX file.

Our New York Ride for autism route should be searchable on [RidewithGPS.com](http://RidewithGPS.com).

Our team will email a link to Ride with GPS route information the week of the event.

## VIII. Packet Pick Up

**Location:** TBD location in Manhattan - Details emailed on May 31st

**Date:** Wednesday Packet Pick-Up:

**Time:** 5:00-8:00 pm

**What's Included:**

- Emergency Bracelet
- Jersey
- Bike Number
- Bag Check Number
- Total Cue Sheet
- Zip-Loc Bag
- How to Change a Flat Tire Guide
- Safety Tips Guide
- Ride Schedule

## IIX. Packing

B2B will transport your luggage/suitcase for the weekend (approximately one backpack or duffel for each of our riders), so please plan to stay the weekend. We will have a drop-off location at the starting-line and a pick-up location at the finish-line.



## BAG DROP RESTRICTIONS

- Luggage must have provided rider number tag attached to bag
- Luggage cannot exceed 20 lbs.
- Do not attach items to the outside of your luggage
- Each participant is limited to one piece of luggage

## PACKING LIST - REQUIRED

- Water bottle
- Rear red blinking light
- Front white headlight
- US CPSC-approved helmet
- At least one spare tire tube

## PACKING LIST - RECOMMENDED

### On Person

- Cell-phone and charging cable (in a Ziploc bag to carry with you)
- Extra water bottles
- Cycling shoes, cycling shorts, socks, and gloves
- Head lamp and tail light (required)
- Identification, money, credit card, health insurance card
- Needed medications
- Diet specific food and nutrition
- Saddle bag with tubes and repair kit
- Portable hand/CO2 bike pump
- Handlebar bag (to keep your phone, food, shades or map within an easy to reach location)
- Sunglasses

*We Recommend that you wear the ride day jersey included at packet pick-up*

### In Luggage:

- Trash bag in your luggage to pack items inside incase rain is forecasted
- Clothing to change into after the ride
- Bike to the Beach Ride Guide
- Keys for car and home
- Towels
- Soap

## IX. Bike Transportation

### PACKING AND PROTECTION

- Bike to the Beach does its best to protect bikes during transportation, commonly wrapping them in moving blankets and/or strapping them to prevent movement.



- Volunteers are careful with your bike while loading it and during transportation, if you are concerned about it being scratched, we do our best to wrap them in protective moving blankets, but please feel free to bring extra packing materials to protect or pack your own bike.
- Bike to the Beach is not responsible for any damage to your bike or bike accessories incurred during transportation.

## TRANSPORTATION PROVIDED

- Bike transportation is included anytime bus transportation is provided or if you have selected it as an add-on option. In New York, this will occur as we shuttle individuals to the Long Island Railroad or transportation back to the starting line.

## X. Bike Rentals

If you do not have your own bike or you are traveling to the starting-line, you can rent a bike for our charity ride.

### Spin Lister

- Spinlister is the peer-to-peer bike rental platform, works with Bike to the Beach in partnership to get our riders on awesome bikes directly from your neighbors. Use the code "B2B" to receive 10% off your bike rental.

### Book through our bike partner:

- Bike rentals are coordinated by Bike to the Beach.
- Payment for bike rentals are made as a registration add-on through Bike to the Beach, and will cost 100.00
- Renters must submit their height and weight so that a bike can be properly fitted for you.
- The bikes provided are road bikes with water bottle cages.
- Renters are expected to provide their own lights for the bike
- Rental bikes collected at the Finish Line to be returned by Bike to the Beach at no additional cost.
- Renters wishing to use bike shoes that clip in must provide their own pedals that can be put on your rented bike by mechanics prior to the day of the event. Pedal changes will not be made at the event.

## XI. Mechanic Support

Bike to the Beach prides itself on our support and response time. If at any point in the ride you need mechanical support, call one or the provided phone numbers, and we will come assist you.

- *Minor issues:* For flat tires and other small adjustments, we typically can fix them in a few minutes on site.

- *Mid-Complexity issues:* For wheel or brake issues we will commonly shuttle you to the next available rest stop for our professional mechanic's team to have space, time, and resources to work through your bikes issues.
- *Major issues:* For significant issues that arise on the ride, we may swap out your bike or exchange a part, putting you on our equipment so that you can continue the ride without having to stop. This is done in a limited capacity, but is provided when possible.

Please ensure that you have tire irons, bike tubes, a CO2 cartridge or pump with you throughout the ride.

## X. Route Markings

A signature of our events is our route guidance. We do this through three methods to ensure ease in following the directions. We highly recommend that you download the electronic version of the route to follow.

### STRAVA/RIDE WITH GPS

We provide named routes on these applications for you to download and follow throughout the day. This matches your exact GPS with the exact route planned. This is the best method for ensuring you are on track.

### TURN SIGNS

We place large turn signs at turn locations throughout the route. At most significant turns, we place multiple signs. In certain situations signs may be taken down throughout the day or turned so that they can not be seen. Please use them as a reference, but not as your only guide.



### CUE SHEETS

We provide riders with a cue sheet of every turn before the event, and we also provide shortened cue sheets with just the directions and maps needed from one rest stop to the next. Please review these cues before you start riding. These are a great reference and make finding the directions that you are looking for quick and easy. Keep these on hand by clipping them to your wires or in a handlebar bags.





## XI. Food and Nutrition

We provide all of the nutrition and needed to accomplish finish the ride. We also provide a variety of food options so that you are not stuck eating the same food all day.

### INCLUDED

Here is an example of the type of food options that you might see at our rest stops:

- Energy Snacks: PowerBar bars, gels, and chews; Amrita Bars; Cliff Bars and gels; Honey Stinger Waffles and energy chews
- Fruits: bananas, apples, oranges
- Hydration drinks: Water, VitaCoco, Motive Pure, Gatorade
- Snacks: fruit chews, trail mix, cheez-its, potato chips
- Breakfast/Lunch options: bagels, sandwiches, pizza, pasta salad

### OPTIONS FOR PURCHASE

Most of our food options will be complementary; however, we may make arrangements with food vendors (food trucks, local shops, etc.) who will provide for-sale food options, so please bring a method of payment.

## XII. Transportation

### GETTING TO THE START LINES:

#### Century Start: Stuyvesant High School

##### *Subway*

- Chambers St. 1, 2, 3, A lines

##### *LIRR and Amtrak*

- Take the LIRR or Amtrak to Penn Station.  
*You can then take the "A" line south to the Chambers Street station, which is less than half a mile to the starting line.*
- Bike from Penn Station, which is roughly 3.5 miles from the starting line. If biking, we recommend that you take the Hudson River Greenway.

#### Half Century Start: World Gym Wantagh

##### LIRR

- Take the LIRR to the Wantagh station.
  - o Bike or walk the approximate 0.75 miles to Word Gym.
    - East on Brooklyn Ave.
    - Make a left on Beech St.
    - Make a right on Park Ave.

##### Driving

- There is parking available on site at World Gym Wantagh.



## GETTING HOME FROM THE FINISH:

### Bus Transportation

- We will have a bus departing for New York City (with a stop in Wantagh, NY) at 6:00 pm on ride day. Bike transportation is included. The cost is \$65 per person (must be reserved and paid for online before ride day).

### LIRR

- Please check and confirm departure times before and during ride day as the LIRR schedule is subject to change.

*Westhampton Train Station:* 15 min Drive from John Scott's

**Shuttle:** Bike to the Beach will provide a shuttle that will leave at 3:15 pm to take individuals to the Westhampton Train Station, bus transportation included. The cost is \$30 per person (must be reserved and paid for online before ride day).

From [Westhampton](#) To [Penn Station](#)

Depart	Arrive	Transfer	Leaves	Trip Duration	
12:24 PM	2:44 PM	Jamaica	2:25 PM	2 hrs. 20 mins	<a href="#">Off Peak</a>
<b>4:02 PM</b>	<b>6:20 PM</b>	<b>Jamaica</b>	<b>5:56 PM</b>	<b>2 hrs. 18 mins</b>	<b><a href="#">Off Peak</a></b>
11:51 PM	2:12 AM	Jamaica	1:52 AM	2 hrs. 21 mins	<a href="#">Off Peak</a>

*Speonk Train Station:* 17 min Drive from John Scott's

**Shuttle:** Bike to the Beach will provide shuttle services to Speonk at 8:15pm (subject to change based on participant interest). You must pre-register for this ride through our pre-ride survey. The cost will be \$15 and payment will occur at the time of the ride.

From [Speonk](#) To [Penn Station](#)

[Next >>](#)

Depart	Arrive	Transfer	Leaves	Trip Duration	
12:37 PM	2:44 PM	Jamaica	2:25 PM	2 hrs. 7 mins	<a href="#">Off Peak</a>
<b>2:00 PM</b>	<b>4:02 PM</b>	<b>Jamaica</b>	<b>3:43 PM</b>	<b>2 hrs. 2 mins</b>	<b><a href="#">Off Peak</a></b>
4:14 PM	6:20 PM	Jamaica	5:56 PM	2 hrs. 6 mins	<a href="#">Off Peak</a>
9:07 PM	11:09 PM	Jamaica	10:50 PM	2 hrs. 2 mins	<a href="#">Off Peak</a>
9:59 PM	12:09 AM	Babylon	11:12 PM	2 hrs. 10 mins	<a href="#">Off Peak</a>

*Mastic Shirley Train Station:* 30 min Drive from John Scott's



From Mastic Shirley To Penn Station

Next >>

Depart	Arrive	Transfer	Leaves	Trip Duration	
12:53 PM	2:44 PM	Jamaica	2:25 PM	1 hrs. 51 mins	Off Peak
<b>2:16 PM</b>	<b>4:02 PM</b>	<b>Jamaica</b>	<b>3:43 PM</b>	<b>1 hrs. 46 mins</b>	<b>Off Peak</b>
4:29 PM	6:20 PM	Jamaica	5:56 PM	1 hrs. 51 mins	Off Peak
9:27 PM	11:09 PM	Jamaica	10:50 PM	1 hrs. 42 mins	Off Peak
10:21 PM	12:09 AM	Babylon	11:12 PM	1 hrs. 48 mins	Off Peak

### Ferry Transportation

*Port Jefferson, NY to Bridgeport, CT -*

- 1:15 minute drive
- Leaves at 2, 3, 4:15, 5:15, 6:30, 7:30, 8:30, and 10pm

## XIII. Ride and Weekend Schedule

Thursday:

**5:00 pm - 8:00 pm**

*Packet Pick-Up* (Sid's Bikes West Side, 151 W 19th St., NY, NY 10011)

Friday:

**4:30 am - 5:30 am**

*Rider Check-In*

*Tire Check and Final Tune-Up*

**5:30 am**

*Ride Start*

**3:00 pm - 7:00 pm**

*Finish Line Celebration* (John Scott's Surf Shack, 540 Dune Rd, Westhampton Beach, NY 11978)

**3:15 pm**

*Westhampton Train Station Shuttle*

**6:00 pm**

*Bus to Wantagh/NYC Departs.* Bus departs (two stops; 1 at Half-Century Start Line in Wantagh, NY and 1 at the Start Line in New York City)

**8:15 pm**

*Speonk Train Station Shuttle*

Saturday:

**5:00 pm - 7:00 pm**



*Happy Hour:* Bike to the Beach tradition has us all gather for Happy Hour at John Scott's Surf Shack  
*Belmont Stakes* 6:10pm

## XIV. Hotels and Deadlines

### START- LINE: NEW YORK HOTELS

If you do not live in the immediate lower Manhattan area, there are a few hotels near the starting line to stay the night before.

Bike to the Beach recommends the following hotels near the starting line at Battery Park in New York City:

**Holiday Inn Wall Street**  
51 Nassau Street  
New York, NY 10038  
P: 1-800-HOLIDAY

### FINISH-LINE: WESTHAMPTON HOTELS

Bike to the Beach suggest that participants wishing to stay the weekend in Westhampton Beach book reservations at one of the following hotels (availability is limited, and booking as far in advance as possible is recommended, individual house rentals are also a viable option):

#### Bike to the Beach Host Hotels

**Westhampton Seabreeze Motel (5 Miles)**

19 Sea Breeze Ave., Westhampton Beach, NY 11977  
(631) 288-6886

[info@westhamptonseabreeze.com](mailto:info@westhamptonseabreeze.com)

Room Rates: \$175/night + Tax (+\$20/Person)

*Bike to the Beach has reserved a limited amount of rooms that must be released by Friday April 7th. Please contact us at [Info@Biketotheseach.org](mailto:Info@Biketotheseach.org) to inquire about availability, rates, and booking instructions*

**The Beehive Bungalows (0.4 Miles)**

496 Dune Rd., Westhampton Beach, NY  
(516) 859-2931

Contact: Harris Brenner

[beehivebungalows@gmail.com](mailto:beehivebungalows@gmail.com)

Room Rates: \$400-\$615/night + Tax (Multi-Occupancy Bungalows)



*Bike to the Beach has reserved a limited amount of rooms that must be released by Friday April 7th. Please contact us at [Info@Biketotheseach.org](mailto:Info@Biketotheseach.org) to inquire about availability, rates, and booking instructions*

## Other Options

### **The Resort at Bath and Tennis (2.1 Miles)**

231 Dune Rd., Westhampton Beach, NY 11978

(631) 288-4021

[info@bathandtennis.com](mailto:info@bathandtennis.com)

Room Rates: \$319/night

### **Grassmere Inn (4 Miles) - Bed & Breakfast**

7 Beach Lane, Westhampton Beach, NY

(631) 288-4021

Perter Kaplan: (914) 234-9462

[perterkaplan2002@yahoo.com](mailto:perterkaplan2002@yahoo.com)

### **Hampton Ocean Resort (8 Miles)**

38 Dune Rd., East Quogue, NY 11942

(631) 653-3600

### **Best Eastern Hotel (8 Miles)**

401 Montauk Hwy., East Quogue, NY

(631) 653-6152

### **Shearwater Inn (9 Miles)**

25 Josiah Fosters Path, East Quogue, NY

(516) 488-3157

Room Rates: \$250-\$300/night + Tax

## XV. Medical Overview

Bike to the Beach medical staff offers basic First Aid coverage only. Any situation requiring greater attention will be treated at the nearest medical facility by way of ambulance. Bike to the Beach does have medical personnel on hand if riders have questions or concerns.

Please keep prescription medications and health insurance cards on you at all time

- **Hydration** - Please remember to keep yourself hydrated before, during, and after the ride. We recommend combining your water with "Motive Pure" for additional electrolytes. Consume roughly one liter of water per hour.
- **Over-Hydration** - Please make sure that you are consuming sodium and other nutrients commonly found in sports drinks to prevent water toxicity.



- Make sure both your hydration products and foods are containing sodium. Over hydration results from drinking straight water lacking other nutrients.
- *Dietary Restrictions* - If you have specific allergy or dietary restrictions, please plan accordingly. We provide a variety of meals, snacks, fruit, and refreshments, but cannot ensure all dietary restrictions will be met.
  - *Emergencies* - Please call 911, then notify the event director (301) 580-7231

Please ensure that you fill out the Medical Restriction and Support Questionnaire emailed out the day of the event

## XVI. Bicycling Safety Tips

### SAFETY TIPS

- *Go With the Traffic Flow* - Ride on the right, in the same direction as other vehicles. Go with the flow – not against it. Motorists aren't looking for bicyclists riding on the wrong side of the road. State law and common sense require that bicyclists drive like other vehicles. Do not ride on the sidewalk.
- *Obey All Traffic Laws* - A bicycle is a vehicle and you're a driver. When you ride in the street, obey all traffic signs, signals, and lane markings.
- *Watch Out at Intersections* - The lead rider should call "slowing" or "stopping" to alert others to the change in speed. Every rider is responsible and should communicate if the way is clear.
- *Give Warnings* - Warn cyclists behind you well in advance of changes in your direction or speed. A group lead should call out "left turn" or "right turn" in addition to giving hand signals.
- *Announce Hazards* - Group leads should indicate hazards (gravel, holes, glass, grates, etc). Point to the hazard and shout "watch hazard".
- *Ride with the Group* – When riding with other bikers, ride with the group in the same traffic lane or in the same shoulder. Ride two-by-two or in a single file line on the right side of the road or in a bike lane. Allow plenty of room for cars and other vehicles to pass on your left.
- *Change Positions Correctly* - Slower riders should stay to the right. Only pass others on their left saying "On your left" to warn the cyclist ahead of you.
- *Stay in Bike-Lanes or on Road Shoulders*- Chose the safest path when on the road and stay to the right.
- *Don't Pass on the Right* - Motorists may not look for or see a bicycle passing on the right.
- *Yield to Traffic When Appropriate* - Almost always, drivers on a smaller road must yield (wait) for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.), you must slow down and look to see if the way is clear before proceeding. This also means yielding to pedestrians who have already entered a crosswalk.
- *Be Predictable* - Ride in a straight line, not in and out of cars. Signal your moves to others.





- *Stay Alert at All Times* - Use your eyes AND ears. Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. You need your ears to hear traffic and avoid dangerous situations; don't wear headphones when you ride.
- *Look Before Turning* - When turning left or right, always look behind you for a break in traffic, then signal before making the turn. Watch for left or right-turning traffic.
- *Watch for Parked Cars*- Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).
- *Follow Lane Markings* - Don't turn left from the right lane. Don't go straight in a lane marked "right-turn only."
- *Turn Signals* - Always use signals to indicate your intentions to switch lanes. Look behind you to indicate your desire to move and to make sure that you can.
  - o *Right Turn* - Arm out to the right or out to the left and bent up at the elbow
  - o *Left Turn* - Arm out the left
  - o *Slowing or Stopping* - Left arm out and bend down at the elbow with palm to the rear

## RIDER RULES OF CONDUCT

- Ride defensively
- Communicate verbally and visually with other riders
- Ride as far to the right as safely possible, except to pass
- Pass only on the left side
- Use hand signals for any change in riding speed or direction
- Cross railroad tracks at right angles
- Obey all traffic signals

## XVII. Volunteers

Our Bike to the Beach Charity rides are fully supported **100-mile Charity Cycling events** to educate our community about the benefits of cycling and to **raise awareness and funding for autism**. It is because of our volunteer support that we can run our events and provide an opportunity for our riders to raise funds for the millions of families touched by autism.

### VOLUNTEER CODE OF ETHICS:

Bike to the Beach infrastructure relies on an army of volunteers who generously donate their time and energy to the event. Failing to stay for your entire shift might unfairly burden fellow volunteers as well as the riders. This can put the event and individual's safety at risk.



## CHECK-IN

- Volunteers must register prior to their participation in the event
- Please arrive at least 15 minutes before your shift to allow for parking and check-in

## POSITIONS AND ROLES

There are three areas where we need volunteer support. Additional information and specifics will be provided before the ride as is appropriate for the position selected. Additional information will also be available on site in our Volunteer Information binder.

- *Start Line/Finish Line:* As a Start/Finish Line volunteer, you will help setup and run the beginning and end of the ride. Throughout the process, you will be getting to know the riders by making sure they receive the proper food, water, and supplies, and also answering any questions they might have. There are tires that need to be pumped, jerseys and t-shirts to be handed out, bags to be packed, and equipment to be set up. It takes a lot of hands to get it all setup, and a great attitude to keep everything running smoothly as riders ready to depart at the start, and start to pour in at the finish.
- *Rest Stop Support:* As a rest stop volunteer, you will setup and run a rest stop with a group of 3-6 other volunteers. Most of our riders stop at each rest stop for food and drinks. The majority of our riders come through the rest stop within a 2-6 hour period. Each rest stop has its own theme of your choosing to keep the riders morale high. Everything needed to run the rest stop is provided on the site including food, first-aid, tables, tents, chairs, etc. When you arrive, set the equipment up, get the area and atmosphere energized, and support the rider's needs as they arrive. Throughout the day you will need to check off riders, ice down water, and cheer.
- *Chase Car Support:* As a chase car driver, you will drive along the bike route and be the first responders to riders in need of assistance, whether the riders has a flat tire, a small scrape, or is reaching exhaustion. Chase Cars are our responders to issues that occur between rest stops. Sometimes riders just need company and a little support; other times a Band-Aid, and, most commonly, a spare bike tube. Our chase cars are there in our rider's time of need to get them back on the road heading towards their goals.