



**GFNY**

**WORLD CHAMPIONSHIP**

**NEW YORK CITY**

**MAY 21st**

**2023**





# GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE



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# GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

## 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 Race Guide, please refer to the [nyc.gfny.com](https://nyc.gfny.com). If you don't find the answer to your question, please email [support@gfny.com](mailto:support@gfny.com).

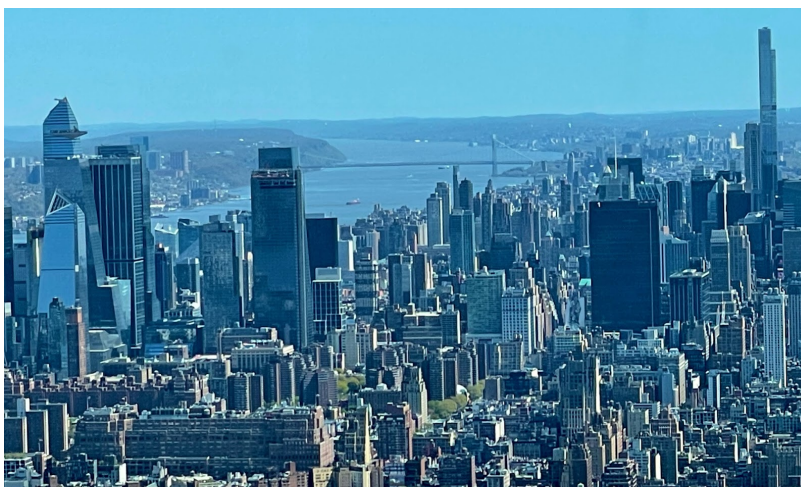
**Consulte Race Guide en español aquí: [nyc.gfny.com/race-guide](https://nyc.gfny.com/race-guide)**

## Travel Info

To help prepare you for your trip to NYC, visit [nyc.gfny.com](https://nyc.gfny.com) and explore the various travel pages.

<b>Getting here</b>	<a href="https://nyc.gfny.com/getting-here">nyc.gfny.com/getting-here</a>	Airports, airport transfers
<b>International tour operators</b>	<a href="https://nyc.gfny.com/getting-here">nyc.gfny.com/getting-here</a>	
<b>Official hotels</b>	<a href="https://nyc.gfny.com/hotels">nyc.gfny.com/hotels</a>	
<b>Ground transfers</b>	<a href="https://nyc.gfny.com/ground-transfers">nyc.gfny.com/ground-transfers</a>	
<b>Bike rental &amp; services</b>	<a href="https://nyc.gfny.com/bikes">nyc.gfny.com/bikes</a>	Bike rental, bike services, bike shipping, bike transport
<b>Activities</b>	<a href="https://nyc.gfny.com/activities">nyc.gfny.com/activities</a>	
<b>Travel &amp; participant insurance</b>	<a href="https://gfny.com/insurance">gfny.com/insurance</a>	

Thank you for joining us at GFNY World Championship 2023! We look forward to seeing you in NYC in May!







## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### Important Dates

MAY 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12 NEW TIRE DAY	13
14	15	16	17 RECOMMENDED ARRIVAL DATE IN NYC	18	19 <b>EXPO</b> LATEST RECOMMENDED ARRIVAL DATE	20 <b>EXPO</b>
21 <b>RACE DAY</b>	22 EARLIEST RECOMMENDED DEPARTURE DATE FROM NYC	23	24	25	26	27
28	29	30	31			

If you are flying to NYC, **we recommend that you book a flight that lands no later than 1pm on Saturday, May 20.** 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 20 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.**





# GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

## Schedule of Events

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

### WEDNESDAY, MAY 17

- 8AM-2PM** GFNY Café @ [PIP Park](#)  
**9AM** GFNY group ride with Gruppo Sportivo GFNY @ GFNY Café

### THURSDAY, MAY 18

- 8AM-2PM** 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 19

- 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](#)  
**10AM-6PM** Live music: 10am-3pm DJ Monca, 3pm-6pm Aqua Cherry  
**11AM-6PM** GFNY BBQ & Beer Garden @ [PIP Park](#)  
**4PM-6PM** Business on Bikes Networking @ Beer Garden, [Business on Bikes - more info & register](#)

### SATURDAY, MAY 20

- 8AM-3PM** GFNY Café @ [PIP Park](#)  
**9AM** GFNY group ride with Gruppo Sportivo GFNY & Special Guests Nelson Vails and Raúl Alcalá @ GFNY Café  
**9AM-3PM** Live music: 9am-12pm DJ Monca, 12pm-3pm Aqua Cherry  
**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

### SUNDAY, MAY 21

- 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 NYC  
**7AM** Opening of GFNY Café & Fan Zone @ [PIP Park](#)  
**10AM** Winner of the GFNY World Championship expected @ [PIP Park](#)  
**12:30PM** First multi-finisher ceremony  
**1PM** Awards Ceremony at the GFNY Finish Village @ [PIP Park](#)  
**2PM** Second multi-finisher ceremony  
**3PM** Course closes  
**4PM** End of festivities





## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### Overview



Course	<a href="https://nyc.gfny.com/course">nyc.gfny.com/course</a>
GFNY Café	<a href="#">PIP Park in Fort Lee, NJ</a>
Registration & Expo	<a href="#">PIP Park in Fort Lee, NJ</a>
Taxi Stand	<a href="#">3000 Lemoine Avenue, Fort Lee</a>
Start from NYC	<a href="#">165<sup>th</sup> Street &amp; Riverside Drive</a>
Start from NJ	<a href="#">220 Bruce Reynolds Blvd</a>
Finish Village	<a href="#">PIP Park in Fort Lee, NJ</a>
Taxi Stand / Pick up point	<a href="#">3000 Lemoine Avenue, Fort Lee</a>

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





## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### GFNY Café

GFNY week kicks off with five days of GFNY Café at PIP Park in Fort Lee, NJ. Open May 17-21, 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 broadcast 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.





## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### 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 5/19 @10am-6pm // SAT 5/20 @10am-5pm**

**Registration Hours** **FRI 5/19 @10am-6pm // SAT 5/20 @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” 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 when you arrive to packet pickup, 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.

#### **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 20 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.

#### **IMPORTANT!**

When you are visiting the expo, be respectful of the host community next to the park. GFNY has restrooms, seating, drinks, food available, and we list recommended parking and drop off areas. Please do not litter or utilize their private property.





## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### GETTING TO REGISTRATION & NYC BIKE EXPO

#### By Bike

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

#### By Personal Car

Parking at [Fort Lee Municipal Lots: Main Street](#) and [95 Main St](#) are the closest and [walk or ride your bike to PIP Park](#).

#### 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 the A train to 175th St and [walk to GWB Bus Terminal](#). All buses depart from Level 3. NJ Transit, Express/Spanish Transportation, OurBus, Greyhound and Rockland Coach. NJ Transit buses are slightly cheaper and depart according to their schedule, and Express/Spanish Transportation are slightly more expensive and depart once a bus has filled its seats. Buses depart regularly and frequently. [Walk from bus stop to PIP Park](#).

Or, take the A train to 181st street and walk to the GFNY Finish Festival, it's a [1.8-mile / 2.7km walk](#).





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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 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.



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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).

**(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](https://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 gear.

### **(10) BIKE ZONE BY UNLIMITED BIKING**

Book and pick up your bike rental: [unlimitedbiking.com/events/gran-fondo-new-york-bike-rentals](https://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](https://unlimitedbiking.com/new-york/concierge)

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







## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### 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](https://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](https://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: 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.





## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### What is not included in my entry fee

Your GFNY entry fee does not include medical insurance or mechanical services or products.

Insurance costs are high, and adding the cost of insurance to every ticket will make the entry fee higher. The athletes who already have medical insurance would end up paying a higher entry fee for a benefit they do not need. If you do not have medical insurance that covers you during GFNY, please check the Insurance section for your available options.

Pre-race mechanical service is not free. Mechanical services are provided by experienced, professional mechanics. Providing free mechanical service would increase the entry fee, dramatically increase the logistics and the athletes who do not need mechanical service would pay a higher entry fee for a benefit they do not utilize. Please check the Unlimited Biking service booking link for the services price sheet.

[nyc.gfny.com/bikes](https://nyc.gfny.com/bikes)

Bike products before the race, at the start and on the race course are not provided for free. Be sure to bring cash, credit card and photo ID to cover the costs of the bike repair products you need.

GFNY does provide both stationary and rolling mechanical assistance during the race, and these support services are free to all riders if you have an emergency mechanical during the race. But if you need new tires or a new chain in the race, you will have to pay for them.

GFNY is keeping the entry fee as low as possible for every athlete. It is not fair to increase the entry fee to all riders when a benefit applies to a small percentage of the total participant base. Make sure you purchase medical insurance if you do not have it. Book a full bike tune up at your local bike shop and get new tires one month before the race to have the smoothest race day possible.

### 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. Make sure to select the medical benefit in addition to the travel disruption coverage.

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

GFNY does not earn any commission, we provide this link simply to help you find a reliable travel insurance, but there are many travel insurance companies to choose from. If you are traveling from abroad by plane to GFNY, travel insurance is the best option because it provides coverage for the duration of your trip, while a 1-day license only provides coverage for the race course only.

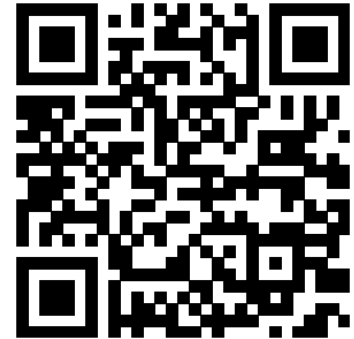




## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### 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 [membership.usacycling.org/one-day/9460](https://membership.usacycling.org/one-day/9460) or the QR code for obtaining your 1-Day License.



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](mailto: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 in addition to the one-day license. 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.



## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### 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 3-10 and 76-83.

**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.

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 main point of access to the start, on the course, and it's your post-race meal ticket to the GFNY BBQ.



## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### 👍 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







## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### 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 the 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 4 aid stations on the course and two extra jersey pockets so you won't need extra storage.



## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### Getting to the Start from NYC

Access to the GFNY start line from NYC takes place from 165<sup>th</sup> 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 165<sup>th</sup> 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 165<sup>th</sup> St & Riverside, it will be ticketed by Police.

From the south: on Riverside Drive, at approx. 160<sup>th</sup> St - 162<sup>nd</sup> St

From the east & north: 165<sup>th</sup> St & Audubon Avenue

#### BY BIKE

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

Bike northbound along West Side Highway Bike Path, make a right at 158<sup>th</sup> 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 158<sup>th</sup> 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 165<sup>th</sup> St, then onwards to access the start corrals. Bear right at all times.

#### PUBLIC TRANSPORTATION

To get to the start line on the lower level of GWB, the closest subway stop is 168<sup>th</sup> Street on the A, C and 1 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. Ask the agent first before swiping. Check <http://mta.info> for any weekend service advisories for A, C and 1 trains.



Exit the train and ride to 165<sup>th</sup> 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 or 1 trains to 168<sup>th</sup> 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 2023 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](https://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](https://spothero.com/search?latitude=40.8409822&longitude=-73.94479939999997&search_string=New%20York%2C%20NY%2010032%2C%20USA)

Ride from your parking garage along Fort Washington Avenue or Haven Avenue to 165<sup>th</sup> 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 2023 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*

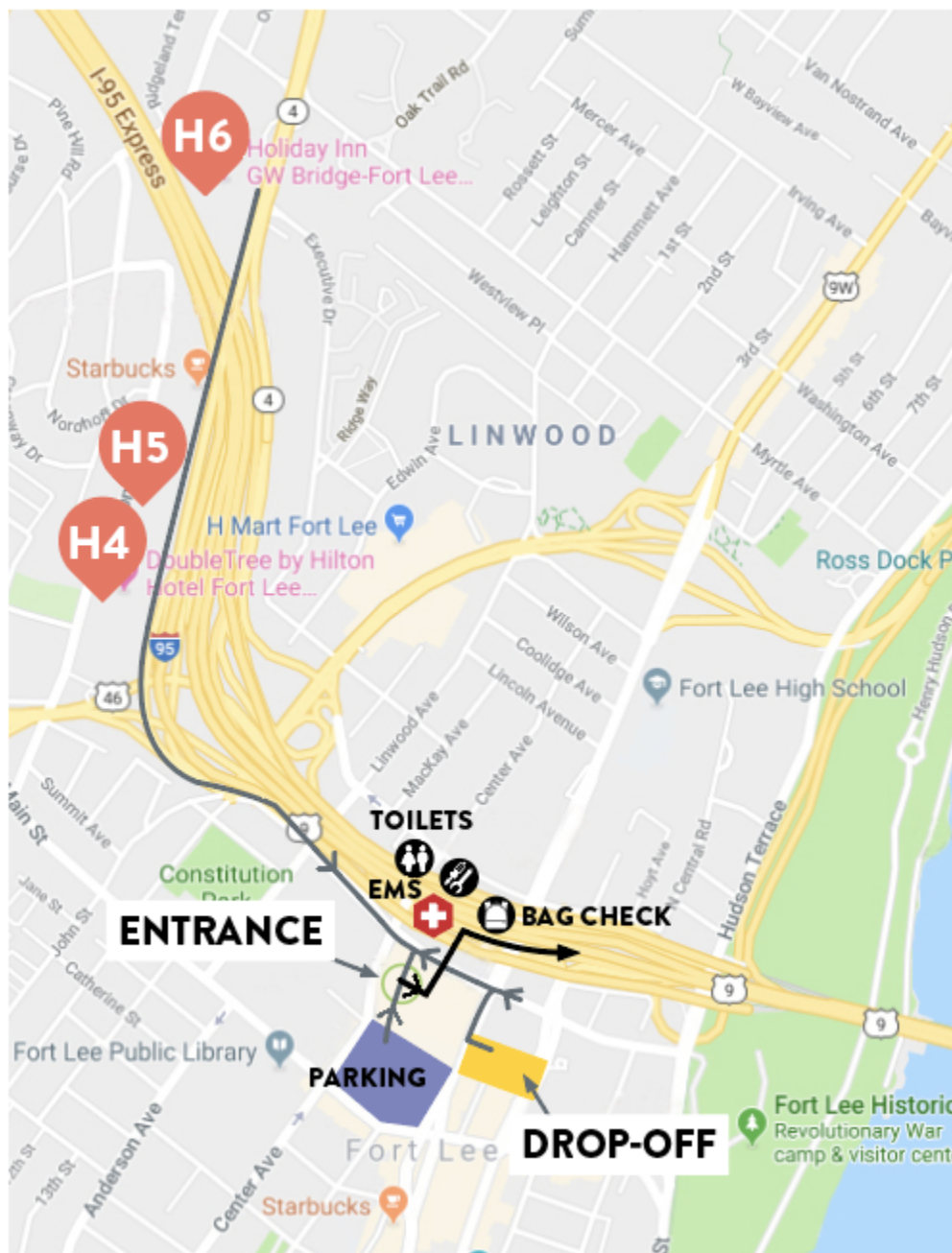
*4:55am departure from the Hyatt*

*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 2023 RACE GUIDE





## GFNY WORLD CHAMPIONSHIP NYC 2023 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 bag drop at both NYC and NJ bridge access points. 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.





## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### 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 and you will crash off your bike, don't 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 are 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.**





## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### 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](https://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](https://gfny.cc) and sign in or create an account with your email and complete your check-in.

**1<sup>st</sup> corral:** Winners of any GFNY World race held since the last GFNY World Championship race

**1<sup>st</sup> corral:** Riders who purchased a VIP entry [nyc.gfny.com/vip](https://nyc.gfny.com/vip)

**2<sup>nd</sup> corral: Qualifier Corral:** Riders who, in the last 380 days, finished in the top 10% of their Age Group at any GFNY or 20% for Continental Championships: North America, South America, Europe, Asia, Middle East-Africa), and are signed up by the 21-day cut-off.

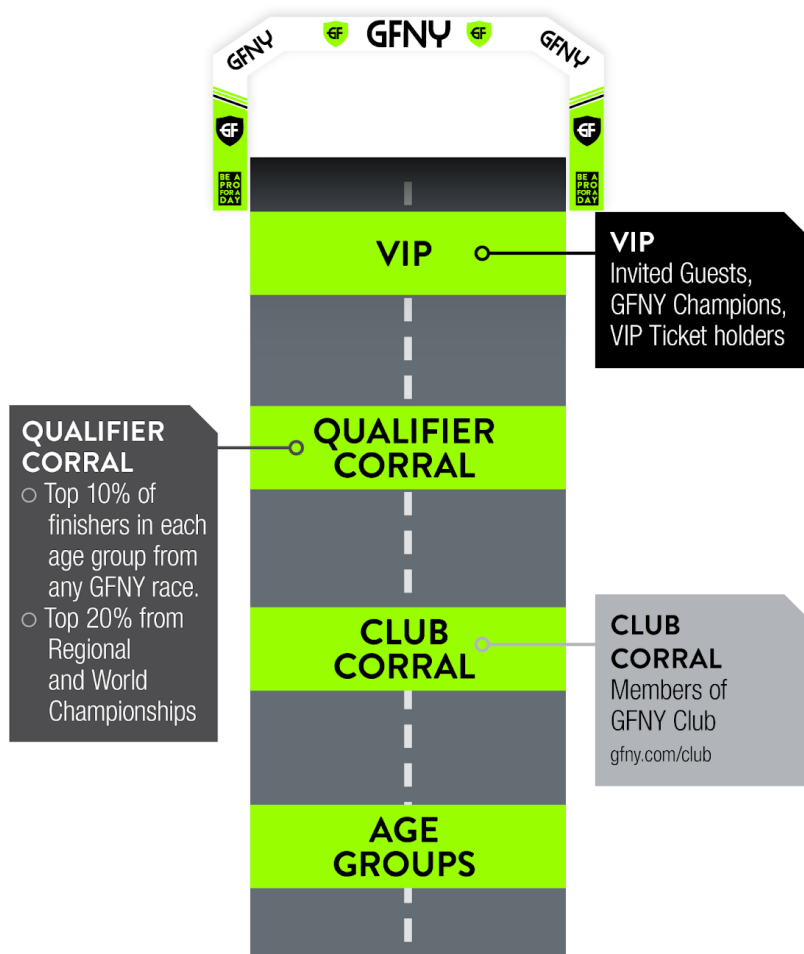
You can check your qualification status and validity / expiration date in your [gfny.cc](https://gfny.cc) account.

**3<sup>rd</sup> corral: GFNY Club Corral:** GFNY Club members [gfny.com/club](https://gfny.com/club)

**4<sup>th</sup> corral:** Him & Her teams

**4<sup>th</sup> – 11<sup>th</sup> corrals:** Start of race numbers by age group, from youngest to oldest.

**Rear corral:** All riders who registered after May 1, 2023.





## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### 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.

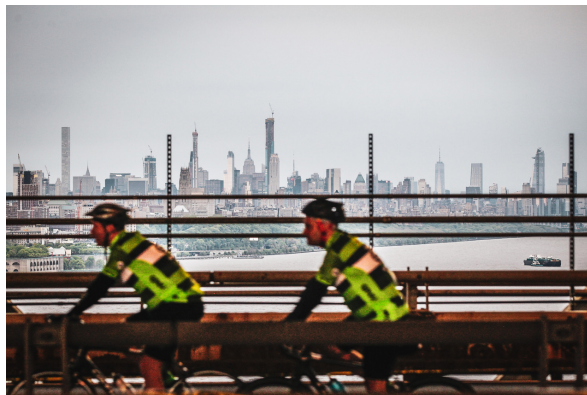


## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### **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.

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.





# GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

## Course Map







## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### Race Course

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

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

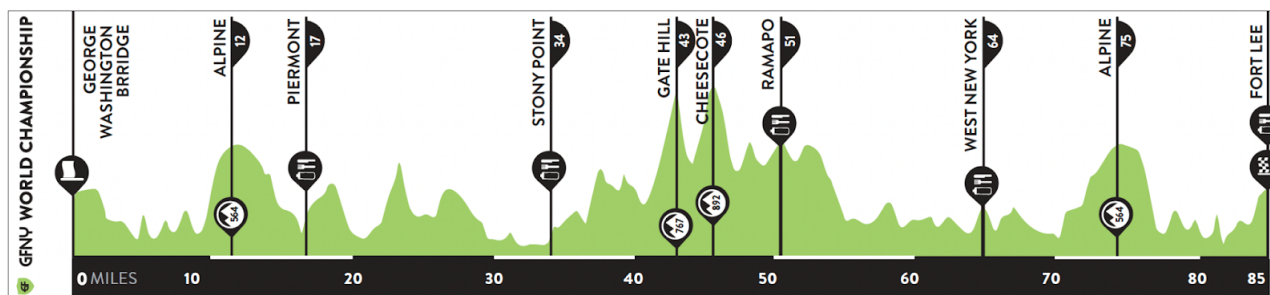
Cue sheets, file download and a detailed course map can be found here:  
<https://ridewithgps.com/routes/10596674>

Aid stations are located at miles: 17, 34, 51 and 64.

GFNY WORLD CHAMPIONSHIP								
	START	1	2	3	4			FINISH
MILE #	0	10	17	34	51	64	77	85
ECO ZONE			GFNY ECO ZONE	GFNY ECO ZONE	GFNY ECO ZONE	GFNY ECO ZONE		
WATER, SODA, ICE								
ELECTROLYTE & SPORTS NUTRITION								
SNACKS								
MECHANICAL								
MEDICAL								
RESTROOMS								
BUS								
BIKE RACKS								
MEDALS & AWARDS								

### PROFILE STICKER

The course is 85 miles long with 6370ft of climbing. /// 137km with 1950m of climbing.

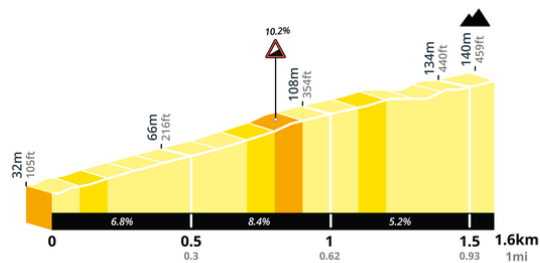




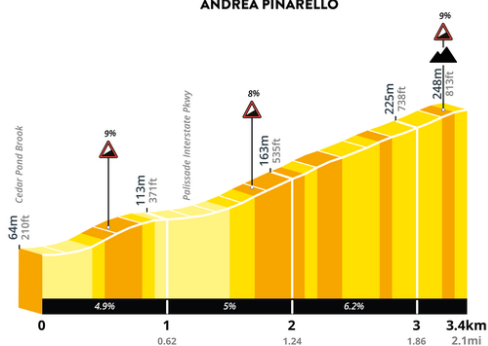
# GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

## SIGNIFICANT CLIMBS

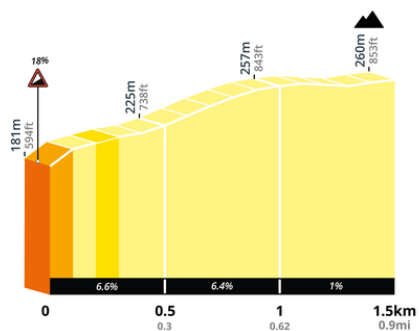
### ALPINE



### GATE HILL ANDREA PINARELLO



### CHEESECOTE





## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

TIME SHEET						
LANDMARKS	KM	MILE	25MPH	20MPH	15MPH	11MPH
<b>START GEORGE WASHINGTON BRIDGE</b>	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	16	10	7:24	7:30	7:40	7:55
NJ-NY STATELINE	23	14	7:35	7:42	7:56	8:20
<b>PIERMONT - AID STATION 1</b>	27	17	7:40	7:51	8:08	8:30
NYACK	32	20	7:45	8:00	8:20	8:50
ROCKLAND LAKE	38	24	7:57	8:12	8:40	9:10
HAVERSTRAW	48	30	8:12	8:30	9:00	9:45
<b>STONY POINT - AID STATION 2</b>	54	33	8:16	8:39	9:12	10:00
MOTT FARM ROAD	59	37	8:30	8:51	9:24	10:24
START CLIMB GATE HILL	65	41	8:36	9:03	9:44	10:45
FINISH CLIMB	69	43	8:43	9:09	9:52	10:50
START CLIMB CHEESECOTE	72	45	8:48	9:15	10:00	11:05
FINISH CLIMB	74	46	8:50	9:18	10:04	11:10
<b>RAMAPO - AID STATION 3</b>	83	51	9:02	9:33	10:24	11:40
SOUTH MOUNTAIN ROAD	89	55	9:12	9:45	10:40	12:00
STRAWTOWN ROAD	93	58	9:21	9:54	10:54	12:15
<b>WEST NYACK - AID STATION 4</b>	103	64	9:33	10:12	11:16	12:45
SPARKILL	112	69	9:45	10:27	11:36	1:15
HENRY HUDSON DRIVE	122	76	10:02	10:48	12:04	1:55
EDGEWATER	136	84	10:22	11:12	12:36	2:35
<b>FINISH FORT LEE</b>	<b>137</b>	<b>85</b>	<b>10:24</b>	<b>11:15</b>	<b>12:40</b>	<b>2:40</b>



## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### During the Race

#### IMPORTANT COURSE POINTS

**At mile 76**, you will be changing lanes, to a closed northbound lane on Rt 9W and ride southbound through Palisades Interstate Park, which is fully closed for GFNY riders. There are marshalls and police to ensure a safe crossing. You should ride under the Alpine arch and make the left into the park.



**At mile 84**, [when you exit the Main Street bike path in Fort Lee](#), there is an angled offramp off the bike path to the street. If you don't make the angled offramp, 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.

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

- Expo & NYC/NJ start areas: [Unlimited Biking](#)
- Station 1: [Piermont Bicycle Connection](#), Piermont, NY, 845-365-0900
- Station 2: [CrankWorks Cycles](#), Nyack, NY, 845-358-0101
- Station 3: [NYC Velo](#), NYC, 212-582-7949
- Station 4: [Hilltop Cycles](#), NYC, 212-254-8503

#### MECHANICAL

Bring tools and spare tubes in order to be able to 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



#### CUTOFFS

You must maintain at least a 11mph / 16kph average speed to be recognized as an official finisher. This includes any stops you make along the course or at the aid stations.

If you are slower than 11mph / 16kph, you can continue riding on your own but the course support will have ended, or you can get into one of the SAG vehicles.

Ramapo aid station closes at 12pm.

West Nyack aid station closes at 1pm.





## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### 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 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.

**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, we have basic first aid supplies and sometimes 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 with the first aid kit or 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.



## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### **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.

### **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/9426](https://sportograf.com/en/shop/event/9426)





## GFNY WORLD CHAMPIONSHIP NYC 2023 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](https://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 2023 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 19 and May 20 @10am-5pm.
- Watch the start from Fort Lee's [Lemoine overpass](#) on May 21 @7-7:30am.
- Keep up with live race coverage on jumbo screen from 7am 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 1pm, you can cheer on finishers and buy burgers at the GFNY BBQ 10am-4pm.

#### 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](#)

Finish Village, Fort Lee 10am – 3pm

[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 2023 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.

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

**CAR SERVICE / TAXI / UBER:** Ask the driver to take you to 3000 Lemoine Ave, Fort Lee. Walk north on Lemoine Ave, then take the staircase before the end of the road, and follow the signs to walk through the wooded park to get to [PIP Park / GFNY Village](#).

**SUBWAY & BUS:** Take the A train to 175th St and [walk to GWB Bus Terminal](#). All buses depart from Level 3. NJ Transit, Express/Spanish Transportation, OurBus, Greyhound and Rockland Coach. NJ Transit buses are slightly cheaper and depart according to their schedule, and Express/Spanish Transportation are slightly more expensive and depart once a bus has filled its seats. In general, buses depart regularly and frequently. [Walk from bus stop to PIP Park](#).

**WALK** Take the A train to 181st street and walk to the GFNY Finish Festival, it's a [1.8-mile / 2.7km walk](#).

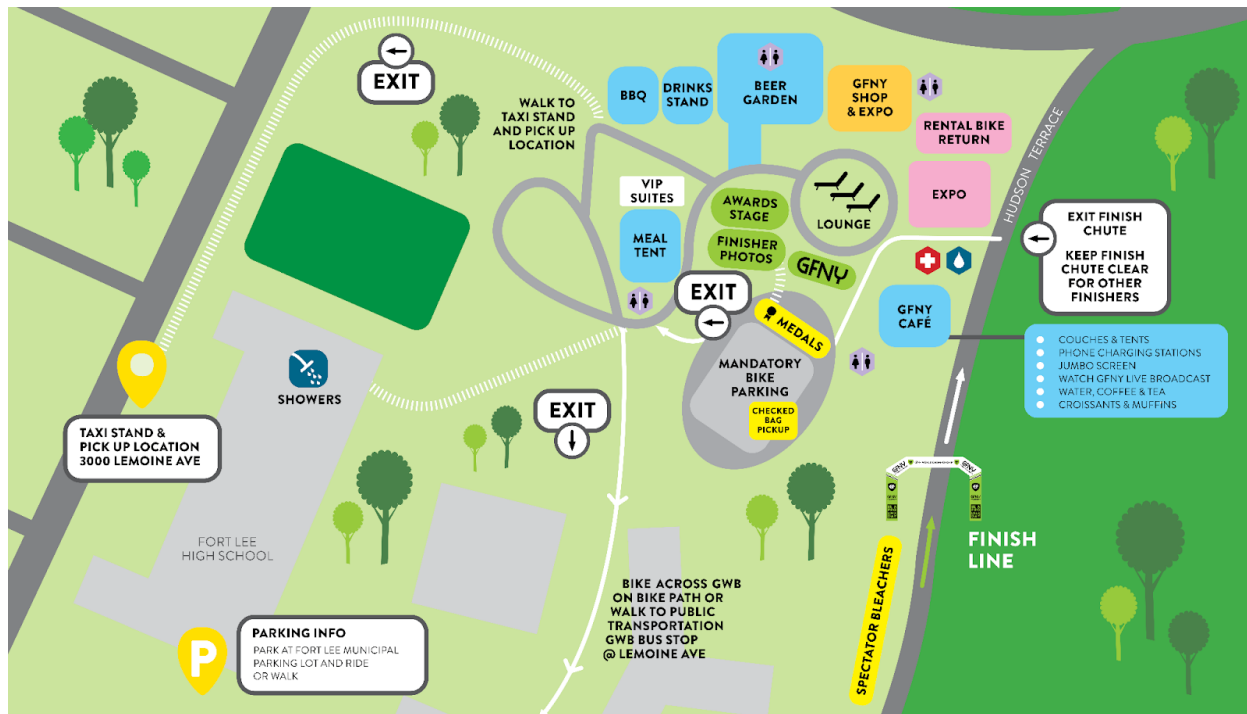






## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### GFNY Finish Village in Fort Lee



### SCHEDULE OF EVENTS AT GFNY FINISH VILLAGE

- 7am [GFNY Finish Village](#) & GFNY Café are open to the public, live race broadcast on jumbo screen
- 10am First riders are expected to arrive at the GFNY Finish Line
- 10:30am BBQ opens
- 12:30pm First multi-finisher awards ceremony
- 1pm Awards ceremony begins
- 2pm Second multi-finisher awards ceremony
- 3pm GFNY course closes
- 4pm 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 2023 RACE GUIDE

### AFTER CROSSING THE FINISH LINE

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

Water and medical are located directly aside the finish line.

**IMPORTANT:** For the safety of the riders who finish after you, please keep the finish chute clear by leaving the chute and walking down to bike parking.

Follow the path to Mandatory Bike Parking. You'll get your finisher medal once you get to 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. You can go to Bag Check and check in any valuables that don't fit in your jersey pockets.



**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.**



**IMPORTANT:** For the safety of all cyclists who are crossing the finish line, the finisher chute is exclusively to allow cyclists to get to bike parking. Supporters cannot enter the chute. Families and supporters can meet their finishers outside of bike parking to take a group or family photo with the Finisher backdrop, on the awards stage and with the GFNY letters.

### 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](https://gfny.cc/results).





## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### 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.



### AWARDS

You must be present at the awards ceremony to claim your prize. We do not mail prizes. If you think you may have earned a podium finish, stay for the awards ceremony. Your fellow podium finishers want to celebrate with you, with all three of you standing on the podium together.

### LIVE MUSIC LINEUP

**GFNY**  
LIVE MUSIC LINEUP

**FRIDAY**  
10am-3pm **DJ MONCA** Colombia  
3pm-6pm **AQUA CHERRY** New York

**SATURDAY**  
9am-12pm **DJ MONCA** Colombia  
12pm-3pm **AQUA CHERRY** New York

**SUNDAY**  
10am-4pm **DJ 11B** New York  
10am-2pm **TAIKO AIKO KAI** New York

**GFNY**  
WORLD CHAMPIONSHIP  
NEW YORK CITY

**AQUA CHERRY**

WILL BE PERFORMING  
AT THE

**GFNY PRE-RACE EXPO**



GFNY PRESENTS

**DJ MONCA**  
COLOMBIA

GFNY

GFNY PRESENTS

**DJ 11B**  
NEW YORK

GFNY



## GFNY WORLD CHAMPIONSHIP NYC 2023 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.

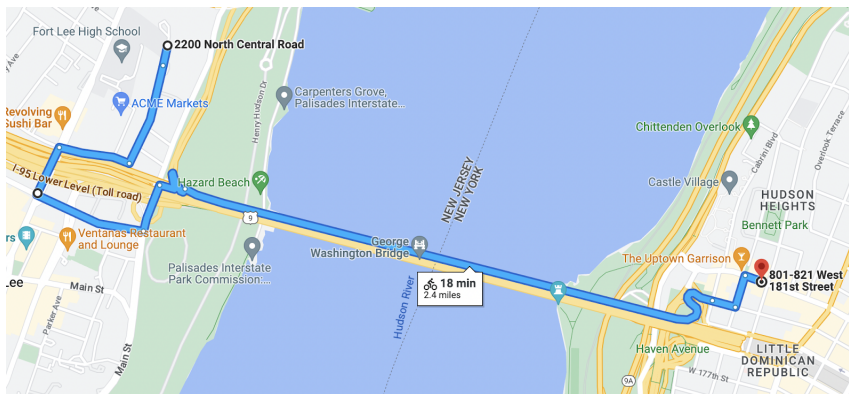
**CAR PICKUP** Tell your car to pick you up at 3000 Lemoine Avenue.

### RETURNING TO FORT LEE HOTELS

You can either (a) drive from your hotel and park at the Fort Lee municipal parking lot to be able to drive back to your hotel after the end of the race, or (b) when you are ready to head back, book an uber or taxi back to your hotel. Use the pickup address: 3000 Lemoine Avenue, and follow the directional arrows to Taxi Stand to await your pickup.

### GETTING TO MANHATTAN

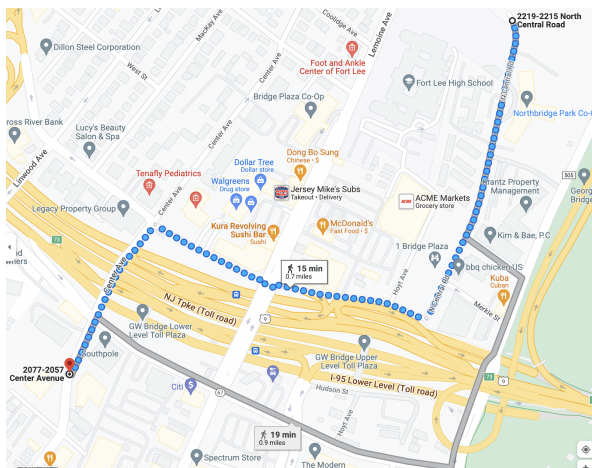
By bike: **IMPORTANT!** Review this designated bike route to GWB bike path. Follow this route to minimize impact with crossing with race finishers: [ride your bike across the bridge to Manhattan and take the subway](#).



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.

### 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 2023 RACE GUIDE

### Ground Transportation

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

**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](http://nyclimousine.com)

**Luxor Limo:** 866-998-4111 – [luxorlimo.com](http://luxorlimo.com)

**Elite NY:** 718-472-2000 - [eliteny.com](http://eliteny.com)

**Golden Touch:** 718-888-6300 – [goldentouchtransportation.com](http://goldentouchtransportation.com)

#### **TAXI COMPANIES BASED IN ROCKLAND COUNTY, NY**

*Best for pickup along the GFNY course*

**AAA Taxi:** 845-553-9090 - [3aaataxi.com](http://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** (best for groups of 15-40 people w/bike boxes)

**Academy Bus:** 201-420-7000 ext 2247 – [academybus.com](http://academybus.com)

**Empire CLS:** 800-451-5466 – [empirecls.com](http://empirecls.com)

**Golden Touch:** 718-888-6300 – [goldentouchtransportation.com](http://goldentouchtransportation.com)





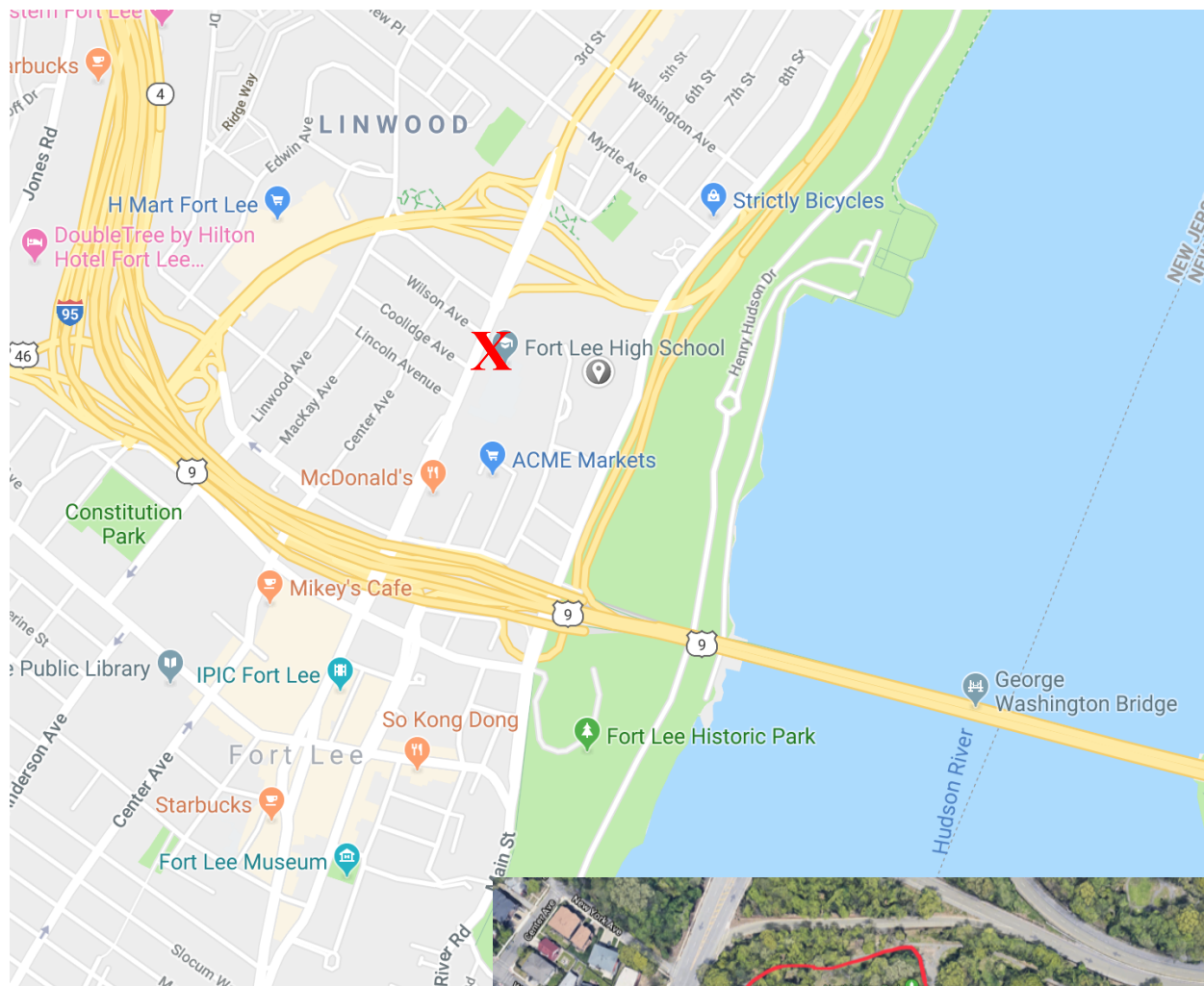
## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### 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.







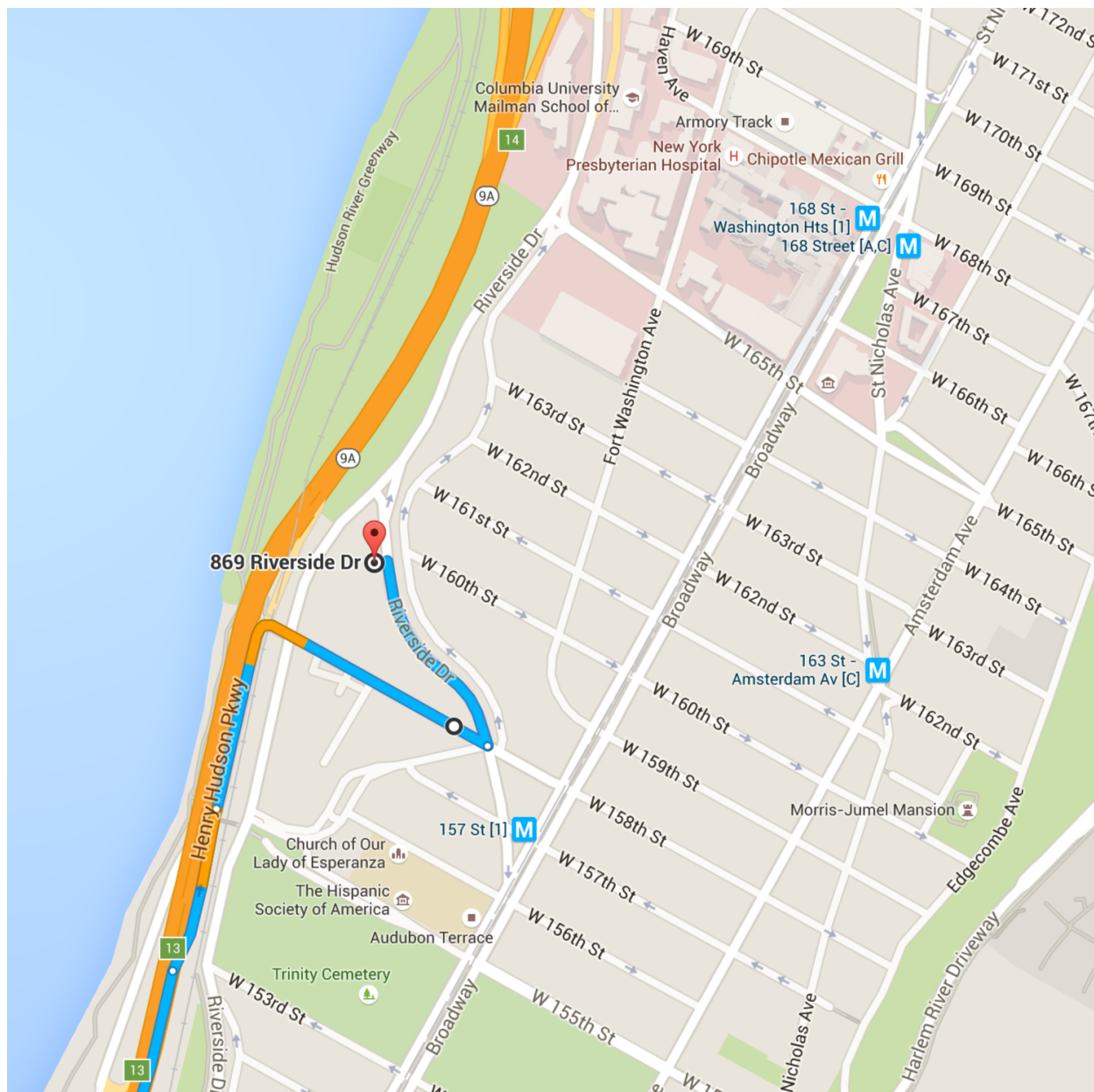
## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### IMPORTANT GFNY ADDRESSES FOR CARS

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

**Address** for car's GPS is: 869 Riverside Drive

Directions from West Side Highway: get off at 158<sup>th</sup> 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 2023 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





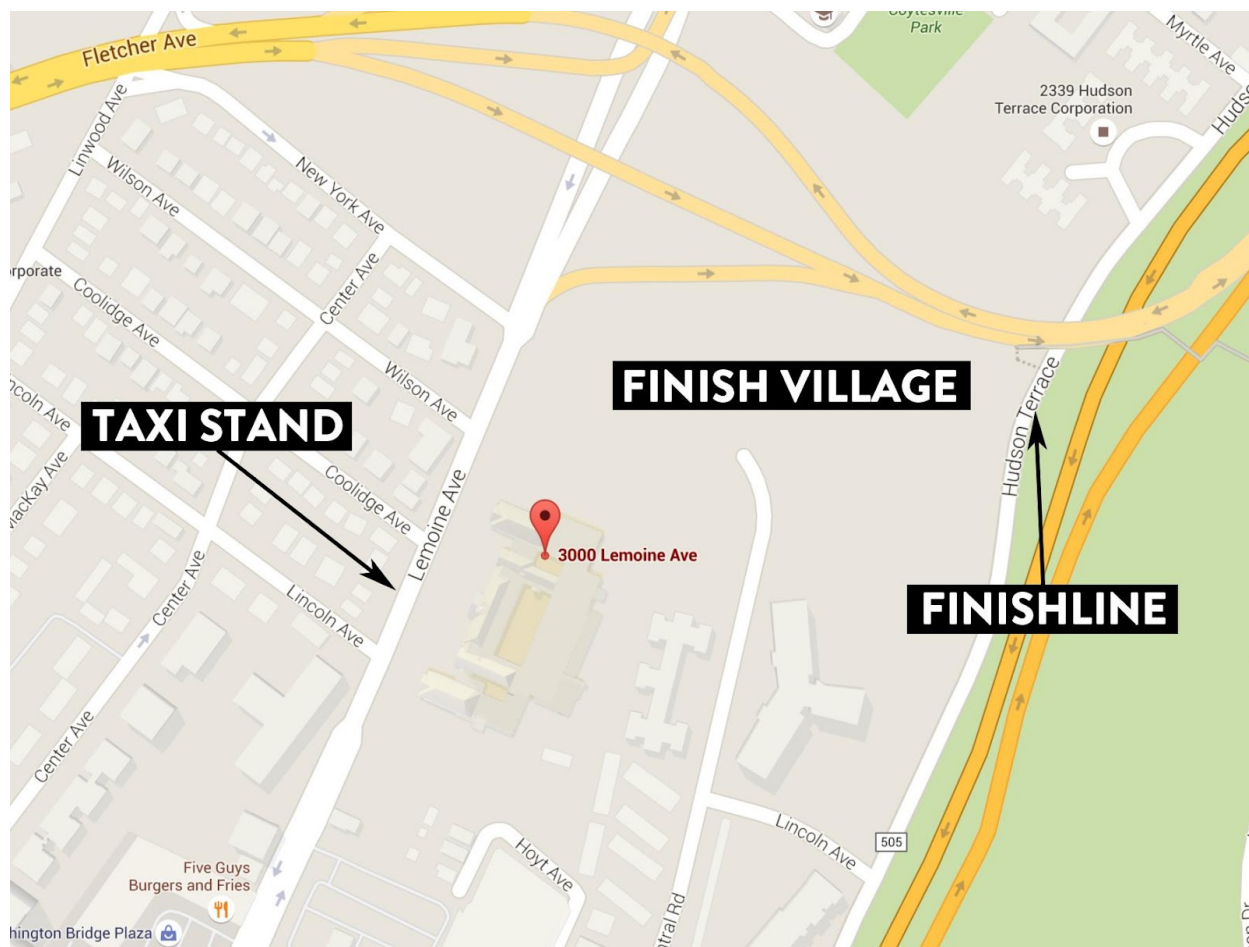
## GFNY WORLD CHAMPIONSHIP NYC 2023 RACE GUIDE

### 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







GP GFNY NEW YORK CITY

MAY 19, 2024