



Michelob **ULTRA**
GFNY

WORLD CHAMPIONSHIP
NEW YORK CITY



RACE GUIDE

NEW
YORK
CITY

MAY 18,
2025



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How to Use This Guide

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

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

If you have any questions not covered in this Race Guide, please refer to the nyc.gfny.com. If you don't find the answer to your question, please email support@gfny.com.

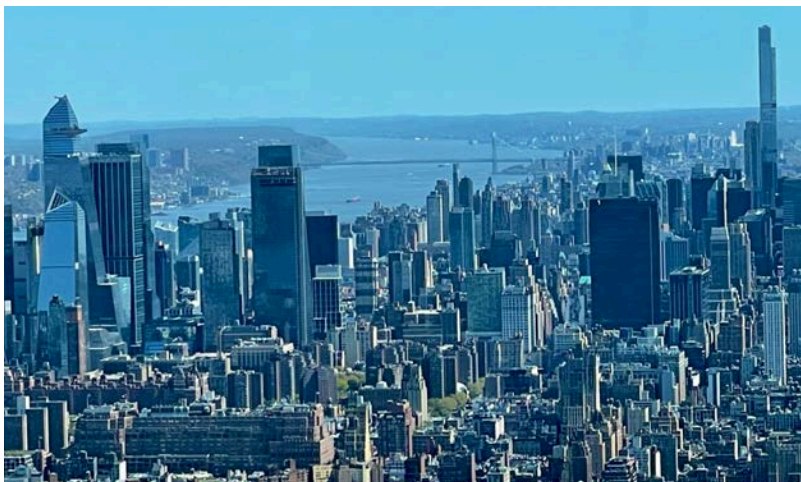
Consulte Race Guide en español aquí: nyc.gfny.com/race-guide

Travel Info

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

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

Thank you for joining us at GFNY World Championship 2025! We look forward to seeing you in NYC in May!





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Important Dates

MAY 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9 NEW TIRE DAY	10
11	12	13	14 RECOMMENDED ARRIVAL DATE IN NYC	15	16 EXPO LATEST RECOMMENDED ARRIVAL DATE	17 EXPO
18 RACE DAY	19 EARLIEST RECOMMENDED DEPARTURE DATE FROM NYC	20	21	22	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 17.** 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 17 in order to be able to pick up your race packet.

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



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Schedule of Events

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

WEDNESDAY, MAY 14

9AM BMC group ride with Gruppo Sportivo GFNY (GS GFNY) @ GFNY Café

THURSDAY, MAY 15

9AM Ekoï group ride with Nelson Vails, Olympic Medalist & NYC Cycling Legend @ GFNY Café

FRIDAY, MAY 16

8AM-3PM GFNY Café @ [PIP Park](#)

9AM Michelob ULTRA Group ride with Raúl Alcalá and Nelson Vails @ GFNY Café

9AM-3PM Live music: 9am-3pm DJ Monca @ Main stage

10AM Visit Flanders Group ride with Sven Nys and Jan Bakelants, Belgian former professional cyclists.
@ GFNY Café

10AM-6PM GFNY World Championship mandatory race packet pickup @ [PIP Park](#) (last entry 6pm)

10AM-6PM NYC Bike Expo @ [PIP Park](#)

10AM-5PM Bike Zone by Unlimited Biking @ [PIP Park](#)

10AM-6PM GFNY BBQ & Michelob ULTRA Beer Garden @ [PIP Park](#)

SATURDAY, MAY 17

8AM-3PM GFNY Café @ [PIP Park](#)

9AM GFNY group ride with Special Guests Nelson Vails and Raúl Alcalá @ GFNY Café

9AM-3PM Live music: 9am-3pm DJ Monca @ Main stage

10:30AM Ekoï Helmet Presentation with Pedro Delgado @ Main stage

11AM-12:30PM Gran Premio NYC - Pro Teams Presentation @ Main stage

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](#)

10AM-5PM GFNY BBQ & Michelob ULTRA Beer Garden @ [PIP Park](#)

SUNDAY, MAY 18

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 Gran Premio NYC professional race expected @ [PIP Park](#)

10:15AM 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

Overview



Course	nyc.gfny.com/course
GFNY Café	PIP Park in Fort Lee, NJ
Registration & Expo	PIP Park in Fort Lee, NJ
Taxi Stand	3000 Lemoine Avenue, Fort Lee
Start from NYC	165th Street & Riverside Drive
Start from NJ	220 Bruce Reynolds Blvd
Finish Village	PIP Park in Fort Lee, NJ
Taxi Stand / Pick up point	3000 Lemoine Avenue, Fort Lee

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



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Gran Premio New York City

At GFNY, innovation is one of our core values. From bringing the first ever cycling marathon to NYC back in 2011, GFNY morphed into a global series of international events providing you the chance to Be A Pro For a Day ® at 30+ races in over 20 countries around the world.

GFNY has always stayed at the forefront of pushing into new segments, like technology, apparel, gear, and more. GFNY NYC was the first to perform out-of-competition drug testing to ensure fairness at the race. GFNY NYC has been a leader among cycling races by providing a live broadcast show of the race since 2016.

At the same time, GFNY has been bringing a unique experience to the world of cycling: the world's most international cycling race with athletes from almost 100 countries, closing the world's busiest bridge for a cycling start line and bringing a cycling marathon to the world's capital city.

Now, GFNY will provide more ground breaking experiences on May 18, 2025 at the Michelob ULTRA GFNY World Championship NYC.

In the second year of holding Gran Premio NYC, GFNY is again organizing this incredible event: a UCI professional cycling race in the world's capital city, NYC. A metropolitan area as densely populated as NYC combined with a complex course that travels through two states and over a dozen jurisdictions makes GFNY and GP NYC a monumental logistical feat.

GFNY in this second edition of GP NYC still remains the only cycling race that offers a professional race taking on the same course at the same time as an open race. We envisioned from the beginning to offer a race where pros and amateurs race the same race, similar to marathon running. GFNY NYC has for many years been where hopeful or retired professionals come and race their best. However, road cycling has an established professional points ranking system that today makes combining pros and amateurs into one race impossible and not viable.

Fast forward 15 years, GFNY is continuing to break cycling ground by offering a professional race on the same day at the same time as an open race. The pro peloton will be starting 10 minutes ahead of the GFNY open race. It provides further unknowns and complexities to race, but will also provide some world-firsts and some nail biters: which riders from the pro peloton will get caught by the amateur field?

Back in 2023, for the first time ever in cycling, GFNY created the most unique prize: the top six finishers of GFNY NYC 2023 earned spots on Team GFNY to race the inaugural Gran Premio New York City 2024 pro race. For 2025, Team GFNY will be even more unique by bringing GFNY World race champions or runners up to race together at GP NYC:

Italo Junior De Oliveira Feletti (Brazil) - 1st GFNY Colonia & GFNY Punta del Este
Ben Gorodetsky (NYC, USA) - 1st GFNY Ann Arbor and GFNY York
Uriel Omar Espinosa Lopez (Mexico) - 1st GFNY Cozumel
Steven Polanco (Dominican Republic) - 2nd GFNY Republica Dominicana
Oscar Fabrizio Stangoni (USA) - 1st GFNY Florida and GFNY Miami
Ward Wauters (Belgium) - 2nd GFNY Cannes

Join us in Fort Lee to watch the finish line and enjoy the race atmosphere. The pro racers will be hanging out in the finish village and celebrating the race together with you. Join for photo ops and meet-and-greet with pro cyclists from around the world who took on the same race as you.



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We're presenting you an incredibly exciting lineup of professional teams and the most international pro cycling peloton you'll see on US soil in 2025.

Saturday

11:00am Team Presentation @ GFNY Finish Village, Main Stage

Sunday

6:00am Live Broadcast begins, English & Spanish
 7:00am Start of GP NYC
 8:00am GFNY Finish Village opens, live broadcast on jumbo screen
 10:00am Finishers expected @ GFNY Finish Village
 10:30am GP NYC Awards ceremony @ GFNY Finish Village, Main Stage
 10:30pm GFNY BBQ opens
 1:00pm GFNY Awards ceremony @ GFNY Finish Village, Main Stage
 4:00pm End of Festivities



GP NEW YORK CITY

**MAY
18
2025**

UCI CONTINENTAL TEAMS

NATIONAL TEAMS



 Team Skyline



 Hustle Pro Cycling



 Canel's - Java



 NU Colombia



 National Team of Barbados

REGIONAL AND CLUB TEAMS



 Team GFNY



 Competitive Edge Racing



 Cannondale Echelon



 Swatt Club



 Above and Beyond Cancer Cycling



 Good Guys Racing NYC



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New for 2025: GFNY Rankings

Plan Your Race Calendar - Complete Your Goals - Earn Your Ranking

With the GFNY Ranking, you can compare yourself against cyclists from different parts of the world, even if you don't ever go head-to-head at a race.

GFNY Rankings isn't just about the champions, the rankings offer all riders a fun way to see how you fare against riders in other parts of the world. The rankings will motivate you to do your best both in training and on race day.

The GFNY Ranking system provides objective criteria. The ranking takes place during each calendar year. For each GFNY race completed, you will earn points based on your finish placement in the competitive long route, or a flat number of points for completing the medium route.

Your best three results per calendar year will be factored into the ranking. If you complete more than three races, your next-ranked finishes will be awarded a flat 100 points per long distance finish and a flat 50 points will be added per medium distance finish.

Earn more points at certain key races: GFNY Regional Championships are a 2x multiplier and the Michelob ULTRA GFNY World Championship NYC is a 3x multiplier.

With your top three results counting towards your ranking, you get to pick the best opportunities to put your strengths on display. Additional points for every GFNY finish help you accumulate more points and climb in the rankings. As the racing season unfolds, your points achievements and real-time progress updates will help you to tailor your training and race calendar. Planning will help you achieve your goals and rise through the overall rankings.

GFNY Rankings are calculated in two ways: (1) overall, to determine the GFNY series-wide male and female standings, and (2) per age group, to compare yourself against others just in your age group. Each athlete is ranked both in overall and age group rankings.

Choose the best races for your cycling capabilities, time of year, location, and travel goals. And more than anything, have fun seeing the comparison with riders from all over the world.

To read more information and see the current standings, visit: <https://gfny.com/rankings/>



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GFNY Café

GFNY week kicks off with three days of GFNY Café at PIP Park in Fort Lee, NJ. Open May 17-19, 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-5pm**

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.





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NYC Bike Expo & GFNY Registration

LOCATION

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

HOURS

Expo Hours **FRI 5/17 @10am-6pm // SAT 5/18 @10am-5pm**

Registration Hours **FRI 5/17 @10am-6pm // SAT 5/18 @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.

GETTING TO REGISTRATION & NYC BIKE EXPO

By Bike

via [Hudson Terrace](#), you must park your bike in Mandatory Bike Parking. **IMPORTANT:** Do not use the bridge roadway with cars. [Use the bike path](#) for your pre-race bridge crossing. Bikes are not allowed on the roadway, it's a special once-in-a-lifetime experience as part of the race to get a glimpse of the bridge roadway by bike. [Access the GWB North Walk from Cabrini & W 180th St.](#)

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](#).

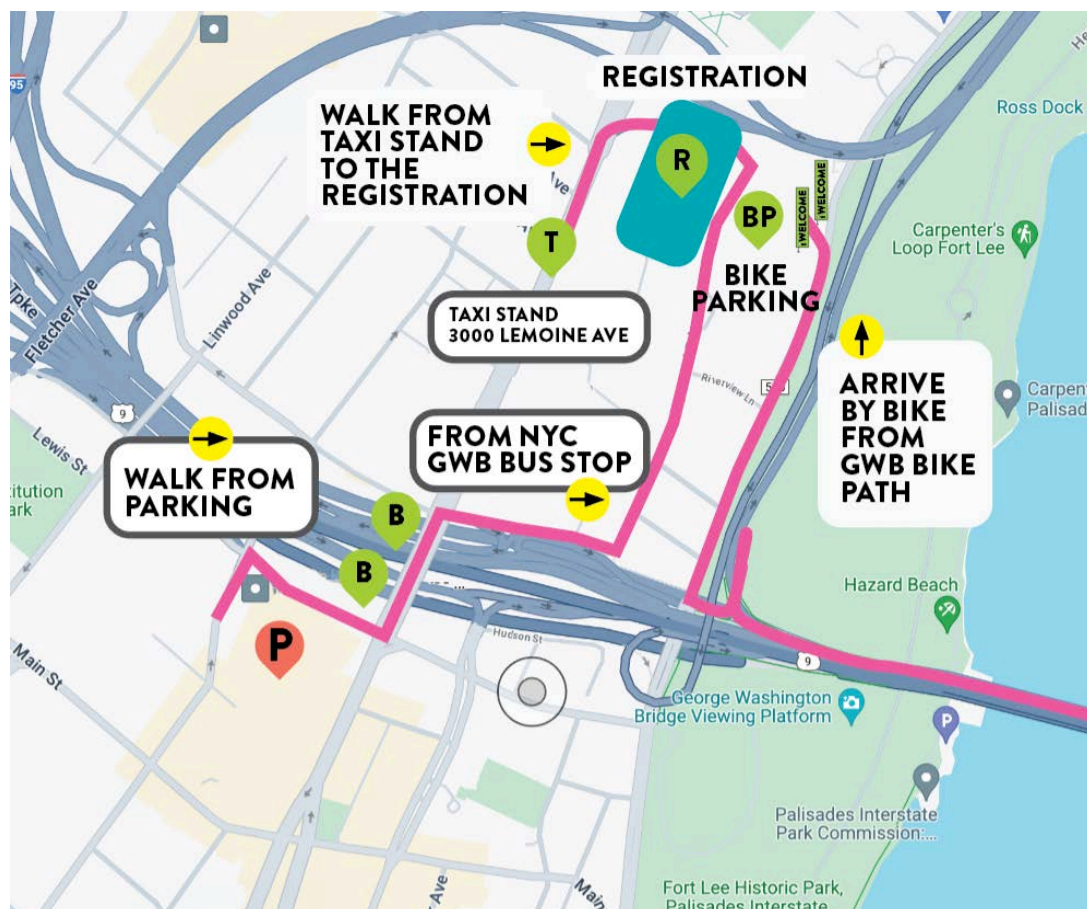
By Car Service

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](#).



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.

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 (5).



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

(3) JERSEY PICKUP Head over to the Jersey handout. Keep your race packet handy, go to JERSEY 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.

(4) 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.

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

(6) 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.

(7) SIGN IN BOARD After you picked up your race packet, sign the Sign-in board. Photo op!

(8) GFNY SHOP Pick up matching bib shorts, t-shirt, hat, helmet, or the complete GFNY kit.

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

(10) BIKE ZONE BY UNLIMITED BIKING

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

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





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Registration Frequently Asked Questions

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

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

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

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



Q: How do the jerseys fit?

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

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

There is a limited quantity of jerseys available for exchange. If you find that the jersey you requested 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, or an alternate jersey in your size.

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. Towards the end of packet pickup on Saturday, we release the reserved jerseys that haven't been picked up by riders, it's possible we'll have your size available then. Also, there will be other athletes coming to exchange, so maybe you could swap jerseys with another rider who was also coming for the end-of-registration exchange.

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.

YOUR WRISTBAND: The wristband that the GFNY Volunteer Crew attaches to your wrist at the expo is your all-access pass to the race.

- 1) The wristband shows police, medical crews, security and other race officials that you're an official participant of the race for accessing the start area on GWB, roads that are closed for GFNY and aid stations.
- 2) The wristband has the hotline number printed on it, you can call us if you need mechanical assistance or need us to pick you up (be sure you enable WHIP live tracking on your phone, it helps us locate you in real time!).
- 3) The wristband serves as your meal ticket for the post-race meal.
- 4) The wristband has your race number for bike parking.





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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

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.



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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 to purchase your USA Cycling 1-day license: <https://membership.usacycling.org/one-day/13262> .

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

SPOT

Note that the 1-day license from USA Cycling has a high deductible. To help cover some more medical costs, we recommend that you purchase the USA Cycling Ride+ membership, which includes Spot coverage. Not related to the country of residence of the athlete. Check out their website for more information about their terms: <https://www.getspot.com/injury-insurance/usa-cycling-ride>

REFUNDABLE BOOKING

At the time of registration, you can accept or decline the purchase of Enhanced Refund Protection, which covers you if you cannot participate in GFNY events for certain reasons.

Refunds are payable under covered reasons. The terms and conditions for enhanced refund protection can be found here:

<https://static.protecht.com/policy/f8e8f78b-01a7-470e-8828-9e015c859457/coverage/87e0ed58ab954261aff9a54f5f1f498e.pdf> .

If you purchased Enhanced Refund Protection coverage, you'll receive a confirmation email with more information in the same email as your registration. If you do not receive this email, please contact help@requestmyrefund.com .

If you purchased Enhanced Refund Protection and cannot locate the email, you can receive a refund request link by logging into your gfny.cc account. In the Race Check-in process, click on "I can't attend." You can then start your refund request here:

<https://requestmyrefund.com/enhancedrefundprogram/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.



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Your Pre-Race Checklist

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

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

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



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CORRECT BIB NUMBER & BIKE PLATE PLACEMENT

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.



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.

GFNY.COM

INCORRECT BIB NUMBER & BIKE PLATE PLACEMENT



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.



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Getting to the Start from NYC

Access to the GFNY start line from NYC takes place only from 165th St & Riverside Drive. Ride Northbound on Riverside Drive. Bear right at all times to get to the start circle and corrals. **It is not possible to access the start corrals from any other street or location; you must access the start from 165th Street.**

PRIVATE TRANSPORTATION

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

DROP-OFF

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

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

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

PUBLIC TRANSPORTATION

To get to the start line on the lower level of GWB, the closest subway stop is 168th 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 165th St & Riverside to get to the start corrals. Bear right at all times.

FROM NYC HOTELS

GFNY hotels do not offer shuttle service to the start. You can ride your bike, take public transportation or get a ride from family or a car service. To get to the start with public transport, we recommend that you take the A, C or 1 trains to 168th 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.

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

PARKING IN NYC

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

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

- parkwhiz.com/destination/3959-Broadway-New%20York-NY/?lat=40.8399604&lng=-73.9409478
- spothero.com/search?latitude=40.8409822&longitude=-73.94479939999997&search_string=New%20York%2C%20NY%2010032%2C%20USA

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





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Getting to the Start from NJ

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

PARKING IN FORT LEE

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

The largest and most convenient parking lot is the 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, Hyatt Fort Lee and Executive Inn Fort Lee: 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 Executive Inn Fort Lee

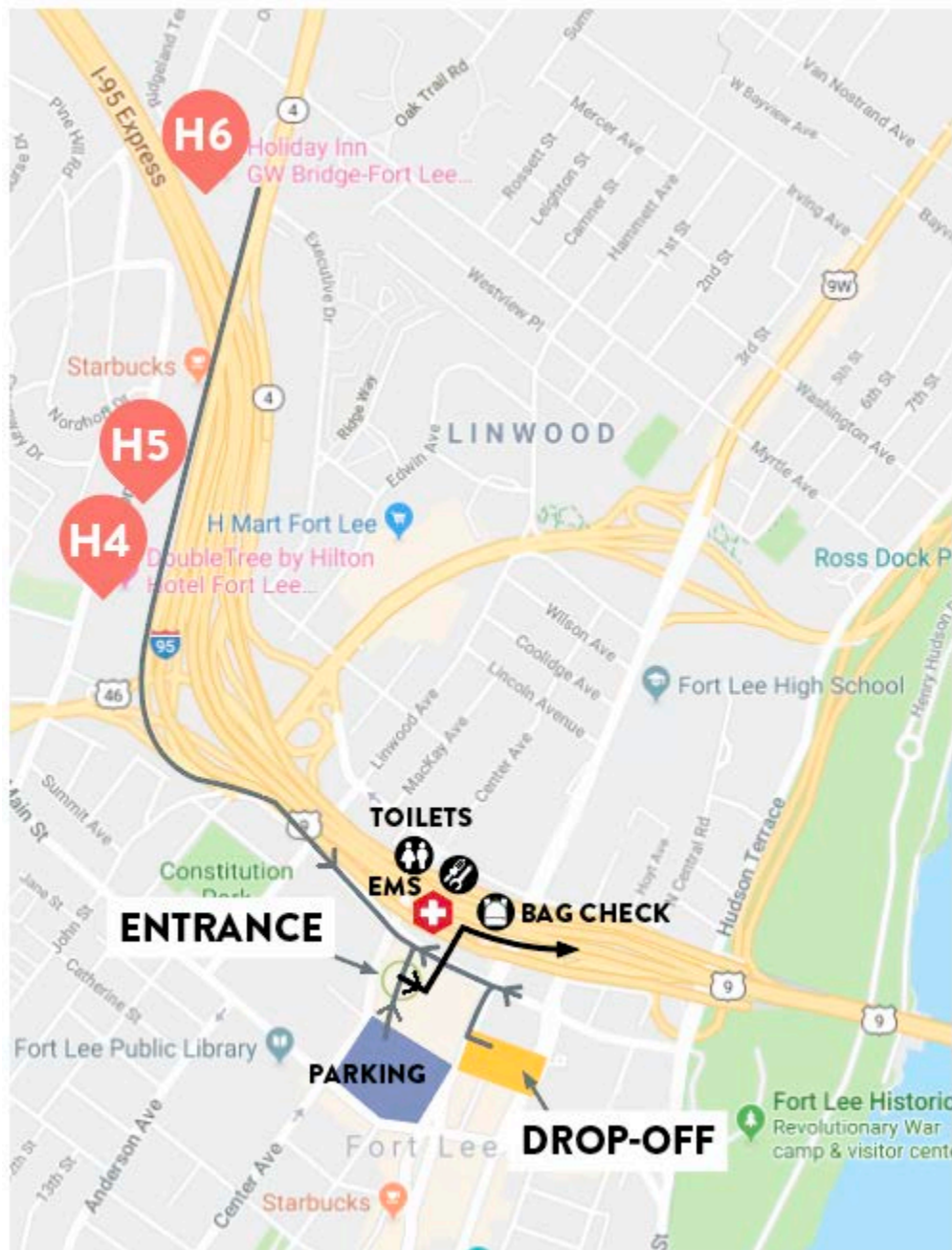
4:55am departure from the Hyatt Fort Lee

5:05am departure from the Double Tree Fort Lee

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.



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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.





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IMPORTANT!

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

If you come from NYC Start, you're already in the correct lanes for the start.

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.



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Start Corrals

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

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

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

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

2nd corral: Qualifier Corral: Riders who, 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 account.

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

4th corral: Him & Her teams

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

Rear corral: All riders who registered after May 1, 2025.



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.

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.



Course Map



Race Course

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

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

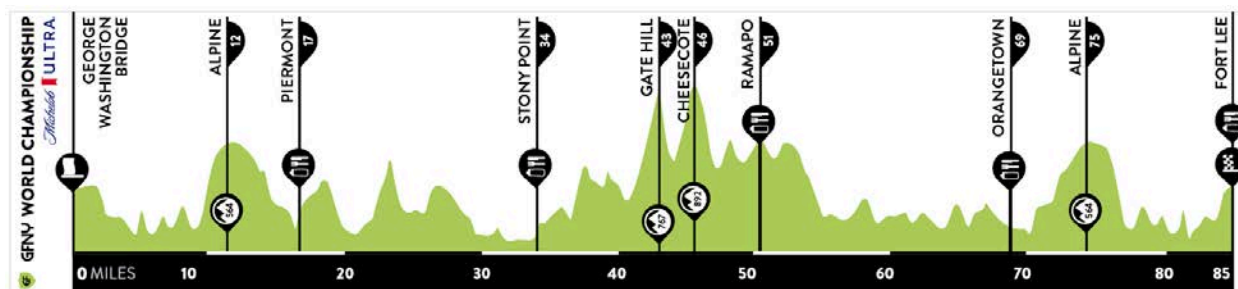
Cue sheets, file download and a detailed course map can be found here:
<https://ridewithgps.com/routes/10596674>

Aid stations are located at miles: 17, 34, 51 and 69.

GFNY WORLD CHAMPIONSHIP								
	START	1	2	3	4	FINISH		
MILE #	0	10	17	34	51	69	76	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								
BIKE RACKS								
MEDALS & AWARDS								

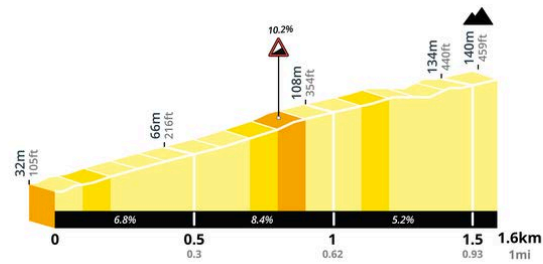
PROFILE STICKER

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



SIGNIFICANT CLIMBS

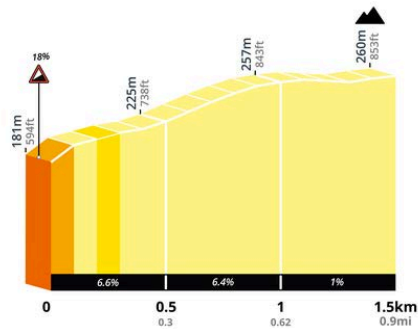
ALPINE



GATE HILL ANDREA PINARELLO



CHEESECOTE





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TIME SHEET						
LANDMARKS	KM	MILE	25MPH	20MPH	15MPH	11MPH
START GEORGE WASHINGTON BRIDGE	0	0	7:00	7:00	7:00	7:00
HENRY HUDSON DRIVE	4	2.5	7:06	7:07	7:10	7:15
START CLIMB ALPINE	16	10	7:24	7:30	7:40	7:55
NJ-NY STATELINE	23	14	7:35	7:42	7:56	8:20
PIERMONT - AID STATION 1	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
STONY POINT - AID STATION 2	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
RAMAPO - AID STATION 3	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
GREEN ROAD	103	64	9:33	10:12	11:16	12:45
SPARKILL - AID STATION 4	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
FINISH FORT LEE	137	85	10:24	11:15	12:40	2:40

During the Race

IMPORTANT COURSE POINTS

Mile 4.9 - 5.15 uphill and mile 81 - 81.25 downhill // km 7.9 - 8.3 uphill and 130.4 - 130.8 downhill

The road is very bumpy and there are cobbles. In particular, for the return (descent) make sure that you hold onto your bars tightly as you ride through the very bumpy section. There is shade from the trees, which makes it difficult to accurately see and interpret the road condition.



At mile 76, you will be changing lanes into 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. Ride under the Alpine arch and make the left into the park.



At mile 83, you will exit the Palisades Interstate Park's Henry Hudson Drive onto a coned-off lane that is closed for GFNY riders. Immediately after entering the coned lane, you start a steep climb.



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

- Expo & NYC/NJ start areas: [Unlimited Biking](#), [Pure Cycling Bike Fit](#)
- Aid Station 1: [Passion Bike Shop](#), Piermont, NY, 845-613-7332
- Aid Station 2: [Clubhaus x The Cyclery](#), Stony Point, NY 518-964-2251
- Aid Station 3: [NYC Velo](#), NYC, 212-582-7949
- Aid station 4: [Collado.live](#), Nyack, 203-524-5009
- Rolling: [Strictly Bicycles](#), Fort Lee, 201-944-7074

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



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.



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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 assist every rider immediately.



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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: <https://www.sportograf.com/en/event/13983>



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

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



TRASH - Do not pollute the environment. Your GFNY jersey has a pocket at each side for your trash. There are four 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.

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 17 and May 18 @10am-5pm.
- Watch the start from Fort Lee's [Lemoine overpass](#) on May 19 @7-7:30am.
- Keep up with live race coverage on jumbo screen from 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 12pm, you can cheer on finishers and purchase a GFNY BBQ meal ticket 10am-3:30pm.

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

Any spot close to your home along the course: <https://ridewithgps.com/routes/10596674>

Where to cheer for fans with family members participating

There are a few cheering zones:

Start, Fort Lee	7:00am – 7:30am	watch in Fort Lee
Finish Village, Fort Lee	10am – 3pm	Hudson Terrace at the GFNY Finish Line

Do not attempt to drive on the race course or near it. GFNY has 3000 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. On the course, there are also local residents who need to travel places and adding GFNY follow vehicles would create immense traffic. Join us at the Finish Village and enjoy the fun with other supporters, fans and families.

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.



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Getting to the Finish Village for Spectators

Drive & Park

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

Arriving by taxi or public transportation

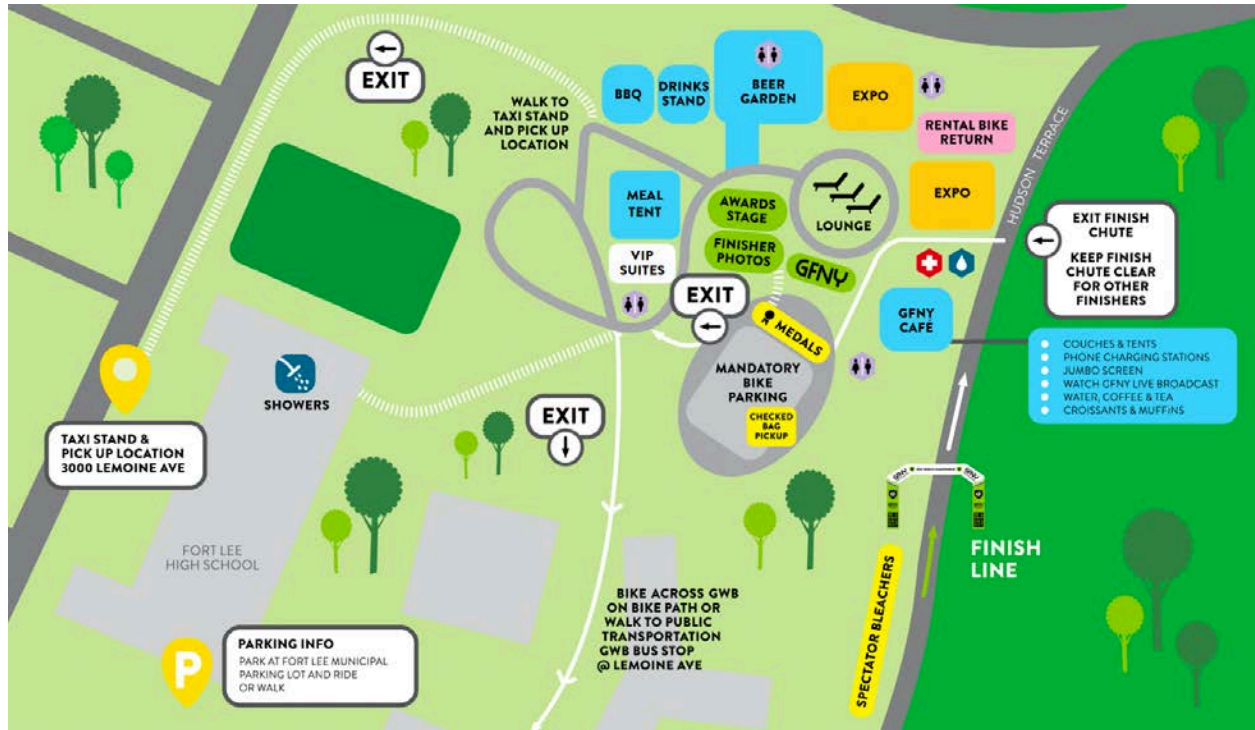
CAR SERVICE / TAXI / UBER: Ask the driver to take you to 3000 Lemoine Ave, Fort Lee. Walk north on Lemoine Ave, then take the staircase before the end of the road, and follow the signs to walk through the wooded park to get to [PIP Park / GFNY Village](#).

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 Finish Village in Fort Lee



SCHEDULE OF EVENTS AT GFNY FINISH VILLAGE

- | | |
|---------|---|
| 8am | 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 |
| 10am | BBQ opens |
| 10:30am | GP Awards ceremony |
| 12:30pm | First multi-finisher awards ceremony |
| 1pm | Awards ceremony begins |
| 2pm | Second multi-finisher awards ceremony |
| 3pm | GFNY course closes |
| 3:30pm | Showers close, food service ends |
| 4pm | End of festivities |





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AMENITIES AT THE GFNY FINISH VILLAGE

GFNY Café
BBQ
Michelob ULTRA Beer Garden
Mandatory secure bike parking
Finisher medals
Checked bags
Drinks Stand
Water
Jumbo screen
GFNY Shop
NYC Bike Expo
Showers
Lounge chairs
Medical
Awards & Results
Lost & Found
Cell phone charging stations
Rental bike return





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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 at the finish line.

IMPORTANT: We need your help to keep the medal chute traffic free so that other finishers behind you can have ample space to finish. Proceed through the finisher chute to park your bike. Medals are located inside bike parking. Your family can join you for finisher photos in the space directly in front of bike parking.



Bike parking is mandatory. Bikes left unattended are not safe, and bikes lying on the ground cause safety hazards. 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. Any bikes left unattended or leaning anywhere in the finish village will be deposited into bike parking.

IMPORTANT: We suggest you put an Airtag or other bluetooth tracker on your bike. This is useful not only for event participation, but also for your everyday life. You and your bike may become separated for various reasons and having a tracker on your beloved equipment may make finding your bike easier.



**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.

We're trying to reduce trash: bring your bike bottle to refill at the Water Monsters that are located in the Finish Village.





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MICHELOB ULTRA BEER GARDEN

Thank you to Michelob ULTRA for enhancing the GFNY post-race experience! When you receive your medal, you'll also receive an ULTRA token, which you can present to claim for a free Cheer Beer at the Michelob ULTRA Beer Garden. Celebrate the day's accomplishments and relive unforgettable memories with your crew.

Drinks are available for purchase. The Beer 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. ApplePay is the fastest way to pay.

LIVE TRACKING

GFNY and ENDU have partnered to offer you tracking for all GFNY 2025 races with the WHIP LIVE app!

1. Your family and friends can follow you during the race.
2. You are safe because we always know exactly where you are.
3. The app only uses 10% of your battery during the whole race

Here is how:

1. Download the WHIP app
2. Tap on "Join an event"
3. Enter the following event PIN: AGFN-AHIL

Tracking will automatically start on the day of the event without the need to launch the app. Remember to carry your phone during the ride. The tracking will automatically end at the conclusion of the event.

Your friends can follow your location live on the ENDU map at this link: link.whip.live/in/event/GFNYYNC25
Share the link and activate the app now!

RESULTS

On race day, all results will be printed and posted at the GFNY Finish Village. After the event, the results will be at gfny.cc/results.

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.





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There are three food service options at the GFNY Finish Village:

- 1) **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.
- 2) **GFNY BBQ** is located inside the beer garden. Serving hamburgers and veggie burgers.
- 3) **GFNY Drink Stand** is located next to the GFNY BBQ. After aid stations close and return from the course, we put out any leftover food at the Drink Stand (bagels, bananas).

There are four locations for drinks:

Use your bike bottle to refill at the Water Monsters that are located throughout the Finish Village.

- 1) **Finish chute:** water
- 2) **GFNY Café:** water, coffee, tea, gatorade, sparkling water, flavored water, Michelob ULTRA Zero
- 3) **GFNY Drink Stand:** water, gatorade, sparkling water, flavored water, Michelob ULTRA Zero
- 4) **Michelob ULTRA Beer Garden:** Michelob Ultra, Michelob Ultra Gold, Michelob Ultra Seltzer, Michelob ULTRA Zero, water, gatorade, sparkling water, flavored water



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.

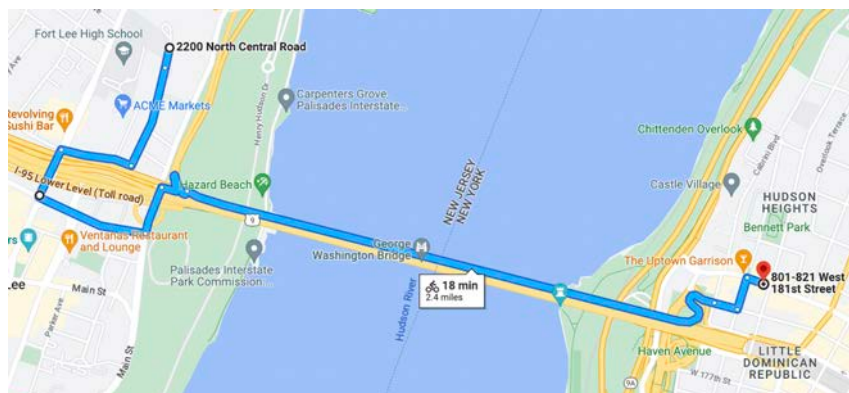
CAR PICKUP Tell your car to pick you up at 3000 Lemoine Avenue.

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

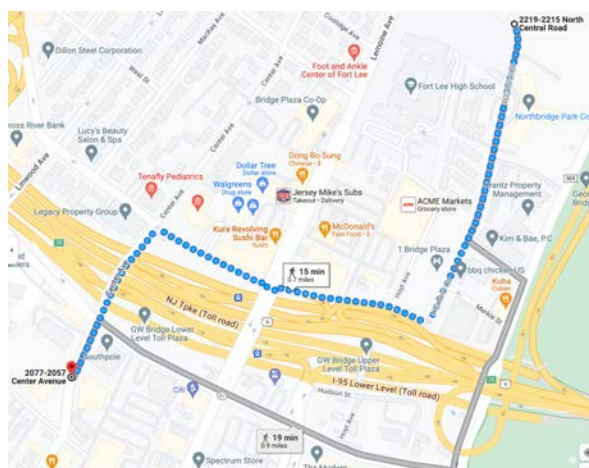
By bike: **IMPORTANT!** Review this designated bike route to GWB bike path. Follow this route to minimize impact with crossing with race finishers: [ride your bike across the bridge to Manhattan and take the subway](#).



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](#).





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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

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

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

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

TAXI COMPANIES BASED IN ROCKLAND COUNTY, NY

Best for pickup along the GFNY course

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

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

Babes Taxi: 201-944-6800

A1 Taxi: 201-944-3737

FOR LARGER GROUPS (best for groups of 15-40 people w/bike boxes)

Academy Bus: 201-420-7000 ext 2247 – academybus.com

Empire CLS: 800-451-5466 – empirecls.com

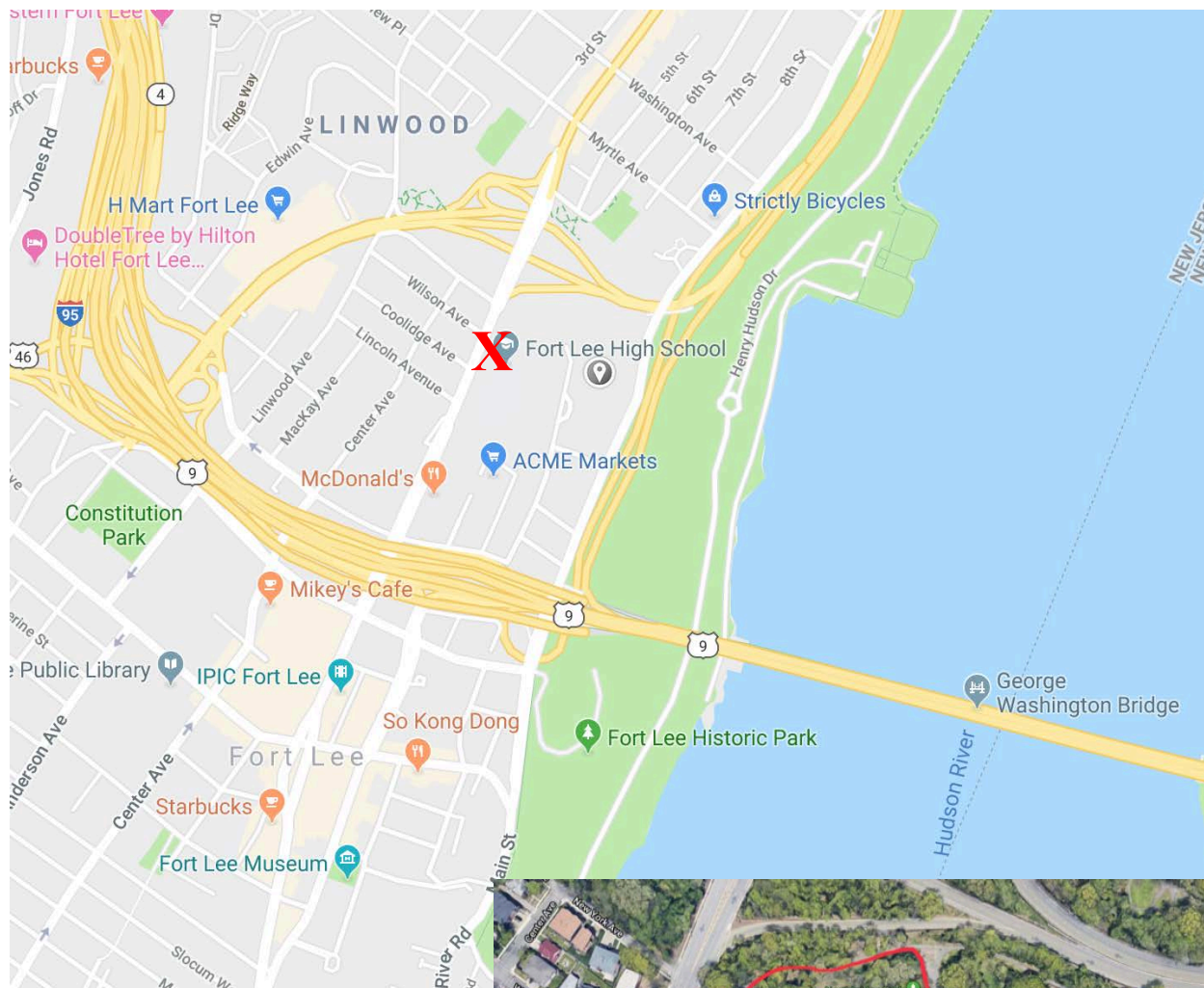
Golden Touch: 718-888-6300 – goldentouchtransportation.com

IMPORTANT GFNY ADDRESSES FOR CARS

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

Address: 300 Lemoine Ave, Fort Lee, NJ

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



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

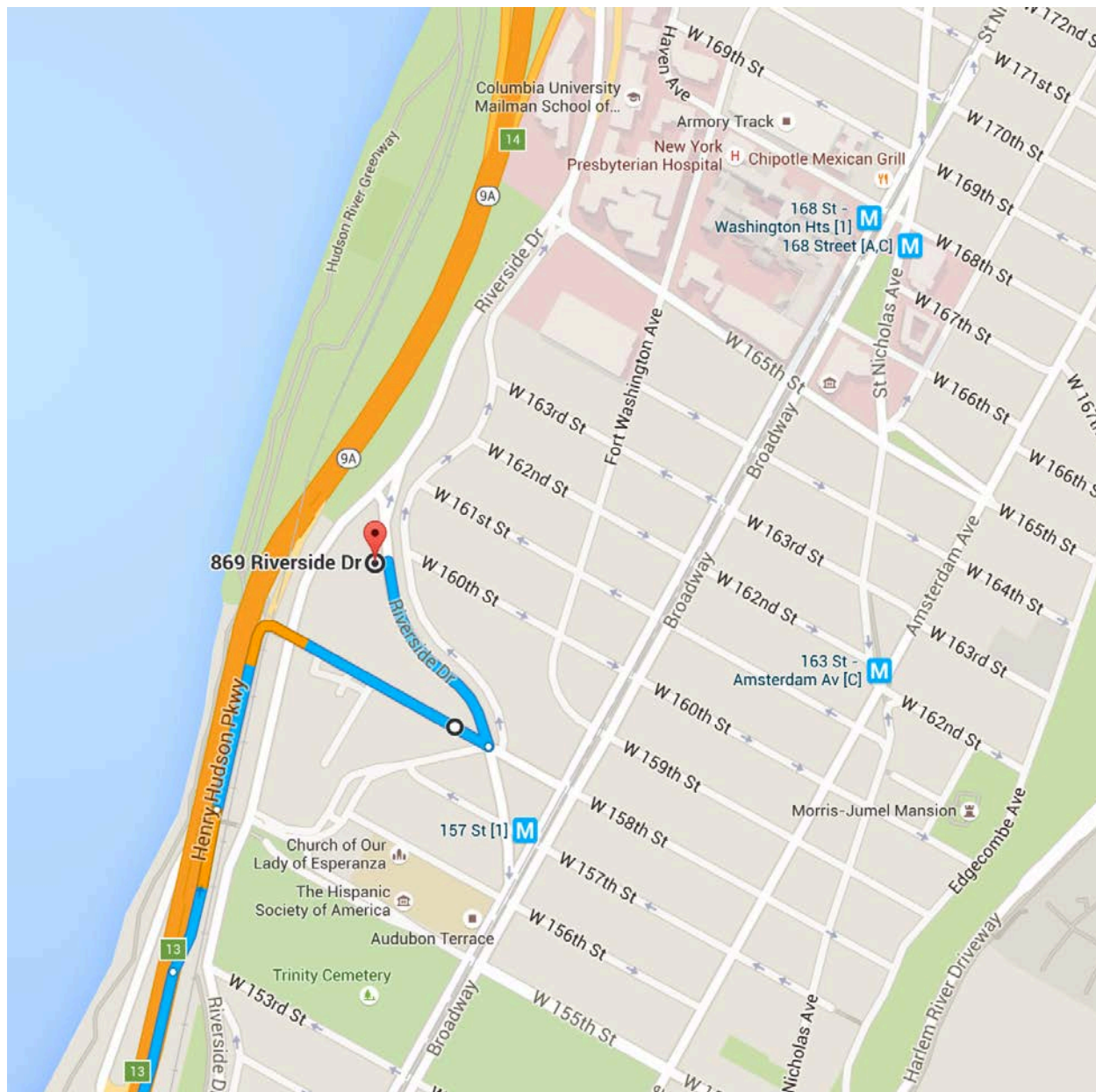
You will see signs that will point you to REGISTRATION from the Taxi Stand through the wooded park.





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

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



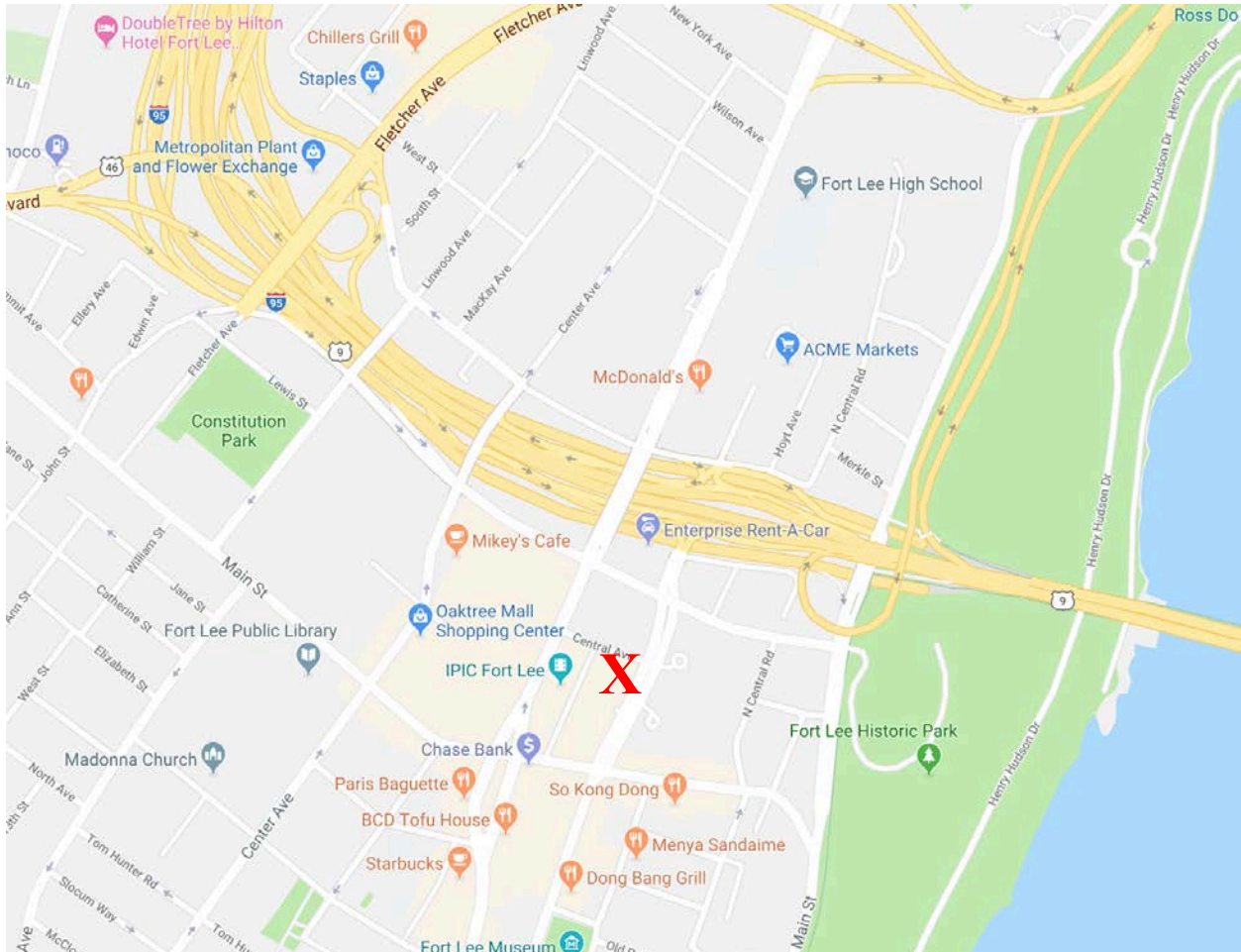


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IMPORTANT GFNY ADDRESSES FOR CARS

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





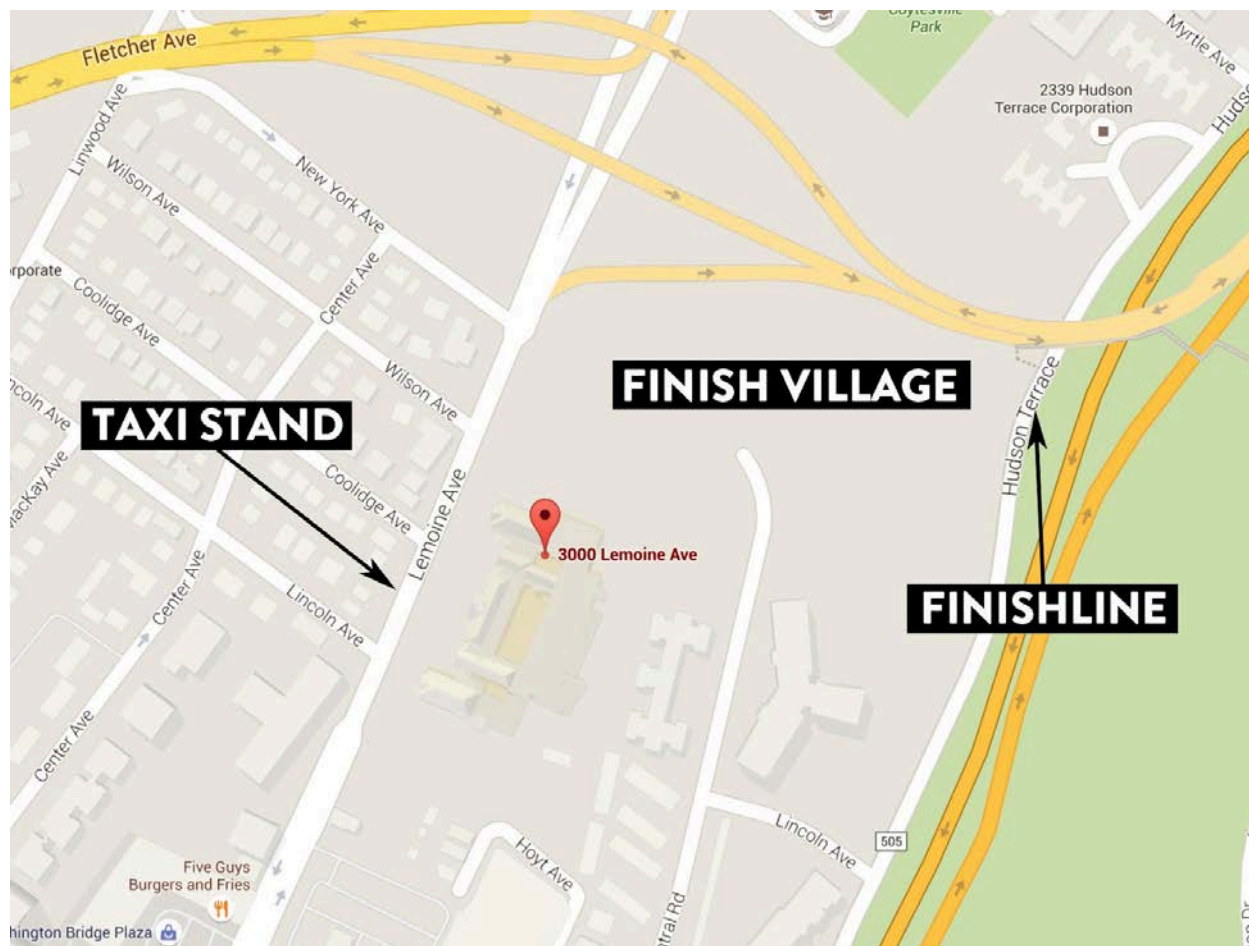
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IMPORTANT GFNY ADDRESSES FOR CARS

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





GFNY

WORLD CHAMPIONSHIP
NEW YORK CITY

Michelob
ULTRA



REGISTRATION OPENS MAY 1ST at nyc.gfny.com/register2026

MAY 17, 2026