



NYC 
to PHL **RIDE** 2021
August 28-29

PRE-RIDE GUIDE

Dear New York City-to-Philadelphia Greenway Ride participant:

The East Coast Greenway's inaugural NYC-to-PHL Greenway Ride is coming August 28-29! We can't wait to see you at the start; we hope you're getting excited, too.

This packet contains a wealth of information, as well as forms that EVERYONE needs to return to us by **Friday, July 26, 2021**. Please print out this document for your reference. Here is what is included:

- **Travel Info**: Options to get yourself and your bike to Liberty State Park and where to stay there.
- **Shuttle & Bike Shipping Reservations**: Make all your reservations besides the host hotel using [this link](#).
- **Medical Form and Waiver**: All participants – Riders and Crew – must complete and return this form so that we may best take care of you during the Ride. **Note that all participants must provide proof of COVID vaccination with final shot administered by July 26.**
- **Policies and Protocols**: All participants – Riders and Crew – must complete and return this form.
- **Bike Tune-Up Checklist**: Make sure your bike is in top form before the ride. Take it to a bike shop you trust. Have it checked out and tuned up within a month before the ride. Take the checklist with you to the shop.

Continued

PRE-RIDE GUIDE AT A GLANCE

- **Starting Location:** Liberty State Park’s North Field, 1 Audrey Zapp Drive, Jersey City, NJ 07305.
- **Early Check-In:** If you are free, we encourage you to check in on Friday, August 27 at REI SoHo, 303 Lafayette Street, New York, NY 10012. Check-in will be open from 3-7 p.m.
- **Host Hotels:** Our host hotels are the Hyatt House Jersey City & Canopy by Hilton, both located in Jersey City, NJ. Easy access via PATH train from Manhattan. Details on page 6.
- **Park ‘n’ Ride.** If you would like to park your car for the weekend at the starting location, you may park at the Liberty State Park Park ‘n’ Ride, County Road 612 between Communipaw and Johnston Avenues, Jersey City, NJ 07302. Details on page 4.
- **Pre- and Post-Ride Transport from Philadelphia:** If you would like to park your car for the weekend at the finish, we offer bike shipping on Friday afternoon and a bus early Saturday morning from Rivers Casino in Philadelphia to Liberty State Park. We will also offer a shuttle/bike shipping from Philadelphia back to Liberty State Park on Sunday after the Ride. Details on page 3.
- **Saturday night in Princeton:** If you have a “**standard**” ride registration and are not camping, you must make your own Saturday night hotel reservation. See page 5 for a list of hotels where we have reserved discounted blocks. Hotel rooms for “**premium**” riders will be reserved for you.

Please return the medical form, a copy of your COVID vaccination card, waiver and the policies and protocols form to us:

NYC-PHL Ride
ATTN: Blake Strasser

Scan and email to bstrasser@globalimpactpro.com; Or fax to: 212-807-1853

The deadline to return all forms is Friday, July 26, 2021. Late fees will apply after that date. Feel free to call us with any questions at 212-989-1111.

We’ll see you at the start!

Sincerely,

The NYC-to-PHL Greenway Ride Team

PRE-RIDE GUIDE



All riders must check in either:

- Friday, August 27 between 3-7 p.m. at REI SoHo, 303 Lafayette Street, New York, NY 10012, or
- Saturday, August 28 between 7-7:30 a.m. at Liberty State Park's North Field, 1 Audrey Zapp Drive, Jersey City, NJ 07305

It is your responsibility to get yourself, your bike, and your gear to the start. This Pre-Ride Guide will keep it simple. To avoid a \$10 per person late fee, send in your completed forms by **Friday, July 26.**

You have made a huge commitment by participating in the NYC-to PHL Greenway Ride, so we do everything we can to minimize your out-of-pocket expenses.

1. Bike Shipping and Shuttles

Both Friday evening/early Saturday morning, August 27/28 and on Sunday afternoon, August 29, we will offer shuttles and bike shipping from Rivers Casino in Philadelphia (adjacent to our closing ceremony site) to Liberty State Park. That means you are able to park your car either at the start or the finish and use our host service to ship yourself and your bike. (We're sorry, but other than folding bikes, bicycles may not be brought onto the shuttle buses; you must use our bike shipping service.)

We offer bike shipping at cost through McCollister's Trucking Company. McCollister's is a reputable company that has provided bike shipping for us for nearly two decades. The cost for this service is \$60, payable in advance using the enclosed travel reservation form. Each bike is insured for up to \$500. Shuttle bus tickets for you and your gear bag/tent will also be sold at cost, \$40. **Bike shipping and shuttle tickets may NOT be reserved on-site on August 27, 28 or 29. [CLICK HERE TO PURCHASE NOW.](#)**

Before the Ride: For Greater Philadelphia Riders

On Friday, August 27, bring your bike to the McCollister's truck, which will be located in the Rivers Casino parking lot at 1001 N. Delaware Avenue, Philadelphia, PA 19125. You may arrive anytime between 3-7 p.m. Please do not disassemble your bike, but do remove water bottles, your bike computer, mounted pump, and any loose item that may be dislodged during shipment.

On Saturday, August 28, you must arrive between 5-5:15 a.m. The bus will begin loading in Philadelphia at 5:15 a.m. and will depart no later than 5:30 a.m., arriving at Liberty State Park by 7 a.m. in time for check-in.

After the Ride: For Metro New York City Riders

On Sunday August 29 for those taking our host service back to Liberty State Park after the ride, the McCollister's truck will accept your bicycle at any time between noon and 3 p.m. on Sunday. The shuttle bus will depart Rivers Casino at 4 p.m. on Sunday and arrive at Liberty State Park at approximately 5:30 p.m. We will aim to have all bikes unloaded by the time you arrive, but please be patient. **All bikes being shipped to Liberty State Park after the ride must be retrieved by 7 p.m. on Sunday.**

2. Alternate Travel to Liberty State Park

Travel from New York City

You may take your bicycle on PATH trains with some restrictions (2 bicycles allowed per car). More info is at <https://www.panynj.gov/path/en/rider-info.html>. The closest stop is at Exchange Place, a 15-minute bicycle ride from our starting location. (You may also take NJ Transit light rail to the Liberty State Park station, which is less than a mile from our starting location.)

Travel from New Jersey

NJ Transit also permits bicycles with some restrictions (typically 2 bicycles per car). More info is at <https://www.njtransit.com/Services/bikes-and-other-services>. Take NJ Transit to Newark Penn Station, then take the PATH train to Exchange Place, as above.

Travel from the Philadelphia to Washington, D.C., corridor

Amtrak has relatively strict rules about bicycles on trains: <https://www.amtrak.com/bring-your-bicycle-onboard>. If permitted at all, you must typically make a reservation in advance.

If you plan to arrive earlier on Friday, you may wish to take the train to New York City and check in early at REI in SoHo. (See elsewhere in this guide for details.) On Saturday morning, you may take a PATH train to Exchange Place as discussed in “Travel from New York City,” above.

Alternatively, you may prefer to take Amtrak to Newark Penn Station and transfer to the PATH to Exchange Place, then spend Friday evening at one of our host hotels in Jersey City (see elsewhere in this guide for details). Then on Saturday morning, simply hop on your bike for the 15-minute commute to our starting location to check in.

3. Early Check-In, Friday, August 27

Our event sponsor REI has graciously offered to host an early check-in at their SoHo location in Manhattan, 303 Lafayette Street, New York, NY 10012 on Friday afternoon, August 27 from 3-7 p.m. When you arrive, proceed to the lower level. Checking in early on Friday will let you avoid lines on Saturday and give you a stress-free morning! REI will also be offering special goodies for riders who check in at their location.

4. Liberty State Park: Park ‘n’ Ride

If you are driving to the event, you may park your car at the Liberty State Park Park ‘n’ Ride located on County Road 612 between Communipaw and Johnston Avenues, Jersey City, NJ 07302. **NOTE: Parking at the Park ‘n’ Ride is at your own risk.** Parking for the weekend is free.

The Park ‘n’ Ride location is approximately 0.9 miles from the opening ceremony site at Liberty State Park’s north field. We encourage you to drive first to our opening ceremony site to drop off your gear bag (and tent, if camping), then drive to the Park ‘n’ Ride to park your car. You can then ride your bike back to the opening ceremony site to complete your check-in.

Please note that there is no overnight parking allowed inside Liberty State Park itself. **If you leave your car in Liberty State Park overnight, it will be towed.** Instead, please use the Park ‘n’ Ride lot.

At the conclusion of the ride on Sunday, we encourage you to take advantage of our shuttle and bike shipping, which will take both you and your bike directly to the Liberty State Park Park ‘n’ Ride. (See item 1 on the previous page.)

5. Accommodation, Friday, August 27

We have lined up a discount rate for you at our host hotels, Hyatt House & Canopy by Hilton in Jersey City. The hotels are easily accessible from Manhattan via PATH train to Exchange Place, and are just a 15-minute bike ride from Liberty State Park.

Hotel (click link to book online)	Address	Phone	Price (Tax Additional)	Bicycle to Check-In
Hyatt House Jersey City	1 Exchange Place, Jersey City, NJ 07302	800-993-4983	\$169.00 1 King \$189.00 2 Queens	10 minutes
Canopy by Hilton	159 Morgan Street, Jersey City, NJ 07302	1-844-MY-CANOPY Group: East Coast Greenway	\$179.00 1 King \$199.00 2 Queens Group Code: ECGBLK	10 minutes

6. Accommodation, Saturday, August 28 (Standard Riders)

Standard riders who are not camping are required to book your own hotel reservation for Saturday night, August 28. (**Premium riders'** rooms will be reserved for you for Saturday night. You will receive separate communication about these rooms.) The following hotels in the area have offered discounted rates for our riders.

Please note that the campsite is full at this time, so if you have not yet reserved a camping space, you must reserve a hotel room for Saturday night. If you do not know whether you have a camping space reserved, please email nycctophilly@greenway.org.

Hotel (click link to book online)	Address	Phone	Price (Tax Additional)	YMCA to Hotel by Car
Courtyard by Marriott	3815 US Route 1, Princeton, NJ 08540	609-716-9100	\$89.00 1 King (ECCECCA) \$89.00 2 Queens (ECCECCB) Group Codes in parentheses	15 minutes
Hyatt Place Princeton	3565 US-1, Princeton, NJ 08540	609-720-0200	\$109.00 1 King/2 Doubles Group Code: G-ECGR	15 minutes
Marriott Residence Inn Princeton	3563 US-1, Princeton, NJ 08540	609-799-0550	\$139.00 Studio Suite	15 minutes

NYC-to-PHL Ride Schedule Summary

Friday, August 27

3-7 p.m.: Early check-in, REI SoHo, 303 Lafayette Street, New York, NY 10012.

3-7 p.m.: Bike drop-off at Rivers Casino in Philadelphia, 1001 N. Delaware Avenue, Philadelphia, PA 19125.

Saturday, August 28

5-5:15 a.m.: Shuttle bus loads at Rivers Casino in Philadelphia, 1001 N. Delaware Avenue, Philadelphia, PA 19125.

5:30 a.m.: Shuttle bus departs promptly for Liberty State Park.

7:00 a.m.: Check-in begins, Liberty State Park's North Field, 1 Audrey Zapp Drive, Jersey City, NJ 07305.

8:30 a.m.: Opening Ceremony at Liberty State Park's North Field.

9:00 a.m.: The NYC-to PHL Greenway Ride begins!

6:30 p.m.: Route closes in Princeton, New Jersey.

Sunday, August 29

7:30-8:30 a.m.: Breakfast, Princeton Family YMCA, 59 Paul Robeson Place, Princeton, NJ 08540

8:45 a.m.: Opening remarks, Princeton Family YMCA, 59 Paul Robeson Place, Princeton, NJ 08540

9 a.m.: Route opens

Noon-3 p.m.: Closing Festivities at Penn Treaty Park, 1301 N. Beach Street, Philadelphia, PA 19125

3 p.m.: Bike shipping departs from Rivers Casino, 1001 N. Delaware Avenue, Philadelphia, PA 19125

4 p.m.: Shuttle bus departs from Rivers Casino, 1001 N. Delaware Avenue, Philadelphia, PA 19125

5:30 p.m.: Shuttle bus arrives at Liberty State Park Park 'n' Ride, County Road 612 between Communipaw and Johnston Avenues, Jersey City, NJ 07302

7 p.m.: All bikes must be retrieved from Liberty State Park Park 'n' Ride

Questions?

Please call Blake Strasser at Global Impact Productions if you have any questions, at 212-989-1111 x102. You can e-mail her at bstrasser@globalimpactpro.com. Now let's get ready to ride!

Keep the first four pages and the last page for your records. Send pages 7-9 back to us.

Jersey City Host Hotels (Friday)

Contact the host hotels directly before July 26 to reserve. Ask for a room in the East Coast Greenway Ride block. After July 26, all open rooms in the blocks will be forfeited.

Hotel	Address	Phone	Price (12% Tax Additional)	Cycle to Liberty State Park
Hyatt House Jersey City	1 Exchange Place, Jersey City, NJ 07302	800-993-4983	\$169.00 1 King \$189.00 2 Queens	10 minutes
Canopy by Hilton	159 Morgan Street, Jersey City, NJ 07302	1-844-MY-CANOPY Group: East Coast Greenway	\$179.00 1 King \$199.00 2 Queens Group Code: ECGBLK	10 minutes

Princeton Host Hotels (Saturday)

Contact the host hotels directly before July 26. You must reserve a hotel room for Saturday night if you are a “standard” rider who is not camping. (Premium riders will have rooms reserved for you.)

Hotel	Address	Phone	Price (12% Tax Additional)	One-way time to YMCA
Courtyard by Marriott	3815 US Route 1, Princeton, NJ 08540	609-716-9100	\$89.00 1 King (ECCECCA) \$89.00 2 Queens (ECCECCB) Group Codes in parentheses	15 minutes
Hyatt Place Princeton	3565 US-1, Princeton, NJ 08540	609-720-0200	\$109.00 1 King/2 Doubles Group Code: G-ECGR	15 minutes
Marriott Residence Inn Princeton	3563 US-1, Princeton, NJ 08540	609-799-0550	\$139.00 Studio Suite	15 minutes

Pre- and Post-Ride Bike Shipping

Rivers Casino, 1001 N. Delaware Avenue, Philadelphia, PA 19125. Cost is \$60/bike.

- PRE-RIDE: Friday, August 27, load between 3-7 p.m.
- POST-RIDE: Sunday, August 29, load between noon-3 p.m.

[CLICK HERE TO PURCHASE](#)

Pre- and Post-Ride Shuttles

Rivers Casino, 1001 N. Delaware Avenue, Philadelphia, PA 19125 to Liberty State Park. Cost is \$40/person.

- PRE-RIDE: Saturday, August 28, board at 5-5:15 a.m.
- POST-RIDE: Sunday, August 29, board at 4 p.m.

[CLICK HERE TO PURCHASE](#)

Note: Return shuttle cost is included for Premium Riders, but please register for a ticket. You will be provided with a code for free registration.

Cancellation/Late Fees

A fee of \$20.00 will be assessed for all cancellations and changes. **You must reserve by Friday, July 26.** After that date, we will assess an additional fee of \$10.00 per person and tickets will be issued on a space-available basis only.



CONFIDENTIAL EMERGENCY MEDICAL INFORMATION

NOTE: You must provide proof of COVID vaccination with final shot administered by July 26. Please scan and attach both sides of your COVID vaccination card and attach to this form.

Receipt of this document by Friday, July 26, 2021, is mandatory for all Riders and Crew. Scan/email this form to bstrasser@globalimpactpro.com

Last Name: _____
First Name: _____
Rider/Crew #: _____

Emergency Contact
Name: _____
Relationship: _____
Phone: DAY () _____
EVE () _____

Primary Physician(s)
Name: _____
Phone: _____
Name: _____
Phone: () _____

Insurance Information
Company: _____
Policy #: _____
Group #: _____
Phone: () _____

Last Name: _____	First Name: _____	DOB: _____
Address: _____	Cell Phone: () _____	
City: _____	State: _____	Zip: _____
	Age: _____	Weight: _____

1. Medical and Mental Health History (or attach a sheet) _____

2. a) List any medications you are taking (or attach a sheet) _____

b) Do any of these medications require refrigeration? Yes No If Yes, which? _____

I do not currently take medications

3. Allergies Environmental _____ Food _____

Medication _____ Other _____

No known allergies

4. Is there anyone on the NYC-PHL Ride whom we may contact if you become injured or ill?

Yes: Name: _____ Cell Phone: _____ No

5. Will you have any special medical needs, including dietary restrictions, while on the Ride?

Yes (please describe below) No

I hereby release the above information to East Coast Greenway Alliance and Global Impact Productions, and any other medical personnel who may need to care for me while on the Event.

Signature: _____ Date: _____



MEDICAL WAIVER

All participants, please read this:

WAIVER OF NEGLIGENCE & COMPLETE RELEASE OF LIABILITY

I wish to participate in the East Coast Greenway Ride (“the Ride”) which I understand to be a multi-day bicycling event, including but not limited to pre- and post-Ride events hosted by Global Impact Tours Inc. DBA Global Impact Productions, and the East Coast Greenway Alliance (“ECGA”). I understand that by participating in the Ride, I will be using public streets and facilities where many hazards exist and I am aware of and appreciate the risks which may result. I am also aware that accidents occur during such activities and that I may be seriously injured or killed as a result. I am voluntarily participating in this event with knowledge of the dangers involved and I agree to accept any and all risks of injury or death.

In consideration for being permitted to participate in the Ride, I agree to assume all risks and to release and hold harmless ECGA; its board of trustees, individually and collectively, and its officers, employees, volunteers and agents; Global Impact Tours Inc.; the Ride; all Ride Medical Team members; the Departments of Transportation of the states in which I will ride; their affiliated organizations, sponsors, officials, participating clubs, communities, organizations and all other government or public entities (and all of their respective officers, directors, agents, employees and members) who, through negligence, carelessness or any other cause, might otherwise be liable to me.

I intend by this Waiver and Release to release, in advance, and to waive my rights and discharge all of the persons and entities mentioned above, from any and all claims for damages for death, personal injury, illness or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in the Ride, even though that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective property or equipment owned, maintained or controlled by them or because of their possible liability without fault. I understand and agree that this Waiver and Release is binding on my heirs, assigns and legal representatives.

I am physically capable of participating in the Ride, and my medical care provider(s) has approved my participation. If I am aware of or under treatment for any mental or physical infirmity, ailment or illness, my medical care provider(s) knows of and has approved my participation in the Ride. I acknowledge that I, and I alone, am solely responsible for my personal health and safety, the condition of the gear I will use on the Ride, and any other personal property I bring with me. I will obey the rules for participation in the Ride and I will abide by all rules and regulations established by the Ride organizers and personnel as well as the transportation laws of all states in which I will ride. I agree to wear a properly fitted and adjusted ANSI-, ASTM-, or SNELL-certified helmet during the Ride at all times that I am on a bicycle.

I understand that any physical activity that I undertake in conjunction with my participation in the Virtual Ride will be solely of my own choice and without knowledge or consent of ECGA or GIP. For any physical activity that I undertake in conjunction with my participation in the Virtual Ride, including but not limited to bicycling, walking or running, I will be using public streets and facilities where many hazards exist and I am aware of and knowingly and voluntarily assume the risks which may result. I am also aware that accidents occur during such activities and that I may be seriously injured or killed as a result. I have knowledge of the dangers involved and I agree to accept any and all risks of injury or death. I certify that I have completed a full course of FDA-approved COVID-19 vaccination at least two weeks prior to the start of the Ride.

I understand that my name, photograph, voice, video and film image or likeness may be used by ECGA, by Global Impact Tours Inc., and their licensees, affiliates, and employees. I consent to and authorize, in advance, such use and waive my rights of privacy I have in connection herewith.

I have carefully read this Waiver and Release and fully understand its contents. I certify that I am at least 18 years of age at the time of the Ride; if I am 16 or 17 years of age, this waiver must be accompanied by a signed waiver by my parent or guardian. I am aware that this is a RELEASE OF LIABILITY and a contract between me and the persons and entities mentioned above and all of their respective officers, director, employees, agents and representatives and I sign it of my own free will.

THIS IS AN IMPORTANT LEGAL DOCUMENT. READ IT CAREFULLY BEFORE SIGNING BELOW.

Print name

Date of Birth (MM/DD/YY)

Signature

Date



Policies and Protocols

The policies and protocols below have been established to maximize the safety and enjoyment of the East Coast Greenway's NYC-to-PHL Greenway Ride ("the Ride") for all participants. Please sign and return this form to the Ride office by Friday, July 26, 2021.

1. I understand that I must obey all laws, including traffic laws, during the NYC-PHL Ride. I will follow Ride participation instructions from all Ride personnel, including Global Impact Productions staff, staff of the East Coast Greenway Alliance, and volunteer Crew members. Medical personnel and bicycle technicians may suspend my right to ride or crew if they deem my physical condition, or my bicycle's condition, unfit to continue.
2. I am required to attend the opening ceremony on August 28, 2021, during which time safety protocols will be reviewed, before participating in the Ride, and will abide by the policies and procedures described.
3. While on my bike, I will:
 - a. Wear a helmet, properly fastened on my head, at all times.
 - b. Refrain from using headphones or earphones.
 - c. Refrain from using a cell phone, smart phone or other handheld device.
4. Consumption of alcoholic beverages is strictly prohibited during Ride hours of 9:00 a.m. – 6:00 p.m. on Saturday, August 28 and 9:00 a.m. - 2:00 p.m. on Sunday, August 29. Possession or use of illegal drugs or unauthorized transfer of prescription medication is similarly prohibited.
5. The success of the Ride is based upon the principle of mutual respect among all participants. In that spirit, I may not antagonize, harass, or jeopardize the safety of any Ride personnel, including Global Impact Productions staff, staff of the East Coast Greenway Alliance, riders and/or volunteer Crew members.

Failure to abide by these policies and protocols will result in disciplinary action that may include, at Ride staff's discretion, my expulsion from the Ride.

I have read, understand, and agree to the above.

Print name _____

Signature _____ Date _____

Due Date: Friday, July 26. Scan/email to bstrasser@globalimpactpro.com.



BICYCLE INSPECTION SHEET

Have your bike inspected and tuned up by a professional mechanic during the last month before the Ride. Give this checklist to the shop when you drop off your bike. Keep the completed sheet with you on the Ride to show to our techs if they need to look at your bike.

Rider's Name _____

Bicycle Make and Model _____

Please have your bike inspected by a bike shop mechanic and follow the inspection up with any recommended repairs. Many bike shops offer free inspections, however there is usually a charge for tune-ups.

Items to be inspected:

- | | |
|-----------------------------------|----------------------------------|
| _____ Wheel bearings | _____ Check brake pad wear |
| _____ Check Headset | _____ Check crank bolt tightness |
| _____ Bottom bracket | _____ Check tire pressure |
| _____ Brake/shift levers | _____ Check tire wear |
| _____ Check derailleur adjustment | _____ Check stem bolt tightness |
| _____ Check chain wear | _____ Handlebar plugs secured |
| _____ Check wheel trueness | _____ Check Handlebar bolt |
| _____ Check brake/shift cables | _____ Check pedals/cleats |

Inspector's Recommendations

Inspector/Store Name

Inspection Date
