



PRE-RIDE GUIDE

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

The East Coast Greenway's second-annual NYC-to-PHL Greenway Ride is coming, May 14-15! 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, April 15, 2022**. 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](#).
- **Bike Rental:** Make reservations through third-party vendor [Unlimited Biking](#).
- **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 April 15, 2022.**
- **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. (You do not need to return the Bike Tune-Up checklist to us.)

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, May 13 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 Courtyard by Marriott 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 the Great Plaza at Penn's Landing 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.
- **Bike Rental Options:** We offer bike shipping via our third-party vendor [Unlimited Biking](#).
- **Saturday night in Princeton:** If you are not camping, you must make your own Saturday night hotel reservation. Crew do not need to reserve a Saturday hotel unless you opted out when you registered. See page 5 for a list of hotels where we have reserved discounted blocks.

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

NYC-PHL Greenway Ride
ATTN: Global Impact Productions
630 Ninth Avenue, Suite 1207
New York, NY 10036

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

The deadline to return all forms is Friday, April 15, 2022. 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, May 14 between 3-7 p.m. at REI SoHo, 303 Lafayette Street, New York, NY 10012, or
- Saturday, May 15 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, April 15.**

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

We have made arrangements for shuttles and bike shipping from Philadelphia to the start of the ride and from the finish back to Jersey City. 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, \$45. **Bike shipping and shuttle tickets may NOT be reserved on-site on May 13, 14 or 15. If you did not do so at registration, [CLICK HERE TO PURCHASE NOW.](#)**

Before the Ride: For Greater Philadelphia Riders

On Friday, May 13, bring your bike to the McCollister's truck, which will be located in the parking lot located at 101 South Christopher Columbus Boulevard. Enter on the north side of the parking lot at the intersection of Columbus Boulevard and Penn's Landing under Market Street. You may arrive any time between 3-7 p.m. Please do not disassemble your bike, but do remove water bottles, your bike computer, mounted pump and any loose items that may be dislodged during shipment.

On Saturday, May 14, 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. Parking is available on-site for \$20/day.

After the Ride: For Metro New York City Riders

On Sunday May 15 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-3 p.m. on Sunday. The shuttle bus will depart the Great Plaza at Penn's Landing 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/riders-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-bicycleonboard>. If permitted at all, typically you must 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. Bike Rentals

We offer bike rentals for the event through our third-party vendor, [Unlimited Biking](#). You must reserve your bike in advance. You will pick up your bike at Liberty State Park on Saturday morning, May 14 during check-in. Unlimited Biking will be at the closing ceremony in Philadelphia on Sunday to pick up your bike. We recommend renting a hybrid bike to better handle the terrain on the trails. Click [here](#) to reserve.

4. Early Check-In, Friday, May 13

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, May 13 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.

5. 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.)

6. Accommodation, Friday, May 13

We have lined up a discount rate for you at our host hotels, Canopy by Hilton and Courtyard by Marriott 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	Address	Phone	Price (Tax Additional)	Bicycle to Check-In
Courtyard by Marriott Jersey City	540 Washington Blvd., Jersey City, NJ 07310	201-626-6600	\$249.00 1 King \$269.00 2 Queens	10 minutes
Canopy by Hilton Code EASCOA	159 Morgan Street, Jersey City, NJ 07302	800-445-8667	\$223.00 1 King \$243.00 2 Queens	10 minutes

7. Accommodation, Saturday, May 14

Riders who are not camping are required to book your own hotel reservation for Saturday nights, May 14. The following hotels in the area have offered discounted rates for our riders.

If you do not know whether you have a camping space reserved, please email nyctophilly@greenway.org. If you are camping, you must bring your own tent. (You may check it with your gear bag and we'll transport it.)

Hotel	Address	Phone	Price (Tax Additional)	YMCA to Hotel by Car
Courtyard by Marriott	3815 US Route 1, Princeton, NJ 08540	609-716-9100	\$159.00 1 King \$159.00 2 Queens	15 minutes
Westin Princeton at Forrester Village	201 Village Boulevard, Princeton, NJ 08540	609-799-0550	\$179.00 1 King	15 minutes
Marriott Residence Inn Princeton	3563 US-1, Princeton, NJ 08540	609-799-0550	\$159.00 Standard Suite	15 minutes

NYC-to-PHL Ride Schedule Summary

Friday, May 13

3-7 p.m.: Early check-in, REI SoHo, 303 Lafayette Street, New York, NY 10012.
3-7 p.m.: Bike drop-off at The Great Plaza at Penn's Landing in Philadelphia

Saturday, May 14

5-5:15 a.m.: Shuttle bus loads at the Penn Plaza parking lot, located at 101 South Christopher Columbus Boulevard. Enter on the north side of the parking lot at the intersection of Columbus Boulevard and Penn's Landing under Market Street.
5:30 a.m.: Shuttle bus departs promptly for Liberty State Park.
7 a.m.: Check-in begins, Liberty State Park's North Field, 1 Audrey Zapp Drive, Jersey City, NJ 07305.
8 a.m.: Opening Ceremony at Liberty State Park's North Field.
8:30 a.m.: The NYC-to PHL Greenway Ride begins!
3-7 p.m.: Complimentary hourly shuttles from Princeton YMCA to host hotels.
6:30 p.m.: Route closes in Princeton, New Jersey

Sunday, May 15

6:30-8 a.m.: Complimentary shuttles from Princeton YMCA to host hotels.
7-8 a.m.: Breakfast, Princeton Family YMCA, 59 Paul Robeson Place, Princeton, NJ 08540
8:15 a.m.: Opening remarks, Princeton Family YMCA, 59 Paul Robeson Place, Princeton, NJ 08540
8:30 a.m.: Route opens
Noon-3 p.m.: Closing Festivities at Great Plaza at Penn's Landing, 101 South Columbus Boulevard, Philadelphia, PA 19106
3 p.m.: Bike shipping departs from 101 South Columbus Boulevard, Philadelphia, PA
4 p.m.: Shuttle bus departs from 101 South Columbus Boulevard, Philadelphia, PA
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 bsttrasser@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 April 15 to reserve. Ask for a room in the East Coast Greenway Ride block. After April 15, all open rooms in the blocks will be forfeited.

Hotel	Address	Phone	Price (12% Tax Additional)	Cycle to Liberty State Park
Courtyard by Marriott Jersey City	540 Washington Blvd., Jersey City, NJ 07310	201-626-6600	\$249.00 1 King \$269.00 2 Queens	10 minutes
Canopy by Hilton Code EASCOA	159 Morgan Street, Jersey City, NJ 07302	800-445-8667	\$223.00 1 King \$243.00 2 Queens	10 minutes

Princeton Host Hotels (Saturday)

Contact the host hotels directly before April 15. You must reserve a hotel room for Saturday night if you are not camping.

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	\$159.00 1 King \$159.00 2 Queens	15 minutes
Westin Princeton at Forrestal Village	201 Village Boulevard, Princeton, NJ 08540	609-799-0550	\$179.00 1 King	15 minutes
Marriott Residence Inn Princeton	3563 US-1, Princeton, NJ 08540	609-799-0550	\$159.00 Standard Suite	15 minutes

Bike Rentals

Bike rentals are available through our third-party vendor, [Unlimited Biking](#).

Pre- and Post-Ride Bike Shipping

Penn Plaza parking lot, 101 South Christopher Columbus Boulevard. Enter on the north side of the parking lot at the intersection of Columbus Boulevard and Penn’s Landing under Market Street. Cost is \$60/bike.

- PRE-RIDE: Friday, May 13, load between 3-7 p.m.
- POST-RIDE: Sunday, May 15, load between noon-3 p.m.

[CLICK HERE TO PURCHASE](#)

Pre- and Post-Ride Shuttles

101 South Columbus Boulevard, Philadelphia, PA to Liberty State Park. Cost is \$45/person. Enter on the north side of the parking lot at the intersection of Columbus Boulevard and Penn’s Landing under Market Street.

- PRE-RIDE: Saturday, May 14, board at 5-5:15 a.m.
- POST-RIDE: Sunday, May 15, board at 3:45 p.m.

[CLICK HERE TO PURCHASE](#)

Note: Shuttle and bike shipping 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 will be assessed for all cancellations and changes. **You must reserve by Friday, April 15.** After that date, we will assess an additional fee of \$10 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 April 15. Please scan and attach both sides of your COVID vaccination card and attach to this form.

Receipt of this document by Friday, April 15, 2022, is mandatory for all Riders and Crew. Scan/email this form to bstasser@globalimpactpro.com, or mail to:

ATTN: Global Impact
Productions
630 Ninth Avenue, Suite 1207
New York, NY 10036

Emergency Contact Name: _____ Relationship: _____ Phone: DAY () _____ EVE () _____	Primary Physician(s) Name: _____ Phone: _____ Name: _____ Phone: () _____	Insurance Information Company: _____ Policy #: _____ Group #: _____ Phone: () _____
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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: _____

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



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

Signature

_____/_____/_____
Date of Birth (MM/DD/YY)

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, April 15, 2022.

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 May 14, 2022, 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:
 - Wear a helmet, properly fastened on my head, at all times.
 - Refrain from using headphones or earphones.
 - Refrain from using a cell phone, smart phone or other handheld device.
4. Consumption of alcoholic beverages is strictly prohibited during Ride hours of 8:30 a.m. – 6:30 p.m. on Saturday, May 14 and 8:30 a.m. - 2:00 p.m. on Sunday, May 15. 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, April 15. 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. (You do not need to return this sheet to us.)

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
