



Dear Empire State Rider,

Who says cycling is a low-impact sport? We're excited to have you join us on the 2017 Empire State Ride! Not only are you embarking on the adventure of a lifetime, but the money you raise will help power cutting-edge cancer research at Roswell Park Cancer Institute. Whether this is your first week-long tour or you are a seasoned cycling veteran, we welcome you. In this packet you'll find important ride information. Please take some time and read it carefully.

Along with this packet, the FAQ section of the [Empire State Ride](#) website can be very helpful in answering any lingering questions you may have. The website contains a suggested equipment list, information on how to prepare for your tour, and our policies.

There is more information about the route and appropriate equipment in these pages. The Empire State Ride provides a tent and air mattress to each rider that is set-up and taken down each day by staff. Hotel options, listed in this packet, are available to you at your expense. You will need to make your own reservations at these locations; however, we will provide luggage drop-off and pick-up for you, if you decide to stay at one of the listed hotels.

We want this to be the best tour ever. To help us prepare for the tour and ensure you have the best experience possible, we need you to complete a **Pre-Tour Survey**. Please take a few moments to complete it as soon as you can. If you are a couple, we do need both of you to complete the survey. **Click here to complete the mandatory Pre-Tour Survey or visit <http://bit.ly/EmpireStateRide>.**

If you have any additional questions or concerns, please don't hesitate to contact the Empire State Ride office directly at 716-845-3179 or [empirestateride@roswellpark.org](mailto:empirestateride@roswellpark.org).

Thank you again for registering for the **Empire State Ride** and joining us in the fight against cancer. We look forward to seeing you in July!

Sincerely,  
The Empire State Ride Team

**Tour Information Packet**  
**Empire State Ride**  
**Saturday, July 29 to Saturday, August 5, 2017**

## **Starting Location**

*Registration will be open from 3 to 6 p.m. on Saturday, July 29 at:*

### **Wagner College**

Spiro Hall

631 Howard Avenue, Staten Island, New York 10310

(718) 390-3100

[Get directions](#)

Dinner will be served from 5 – 6 p.m. and the **Mandatory Rider Orientation Meeting** take place from 6:15 - 8:30 p.m. in Spiro Hall.

If you plan to stay overnight in New York City on Saturday night, you will need to make your own lodging arrangements. The Empire State Ride has secured a limited number of dorm rooms in Harborview Hall at Wagner College on Saturday night at a cost of \$50 per bed or \$100 for a private room. Linens are provided in the dorm room. **Please contact the Empire State Ride by May 29 if you'd like to reserve one of these rooms.** Rooms are available on a first come first serve basis.

If you are arriving early and elect to stay at the designated hotel (see page 10) the night before the tour starts, transportation is available to Wagner College via New York City Bus S62. You can board the bus 0.3 miles from the hotel at Glen St. and Victory Blvd., going toward the Staten Island Ferry. Leave the bus at Victory Blvd. and Clove Rd. then walk 0.8 miles to Wagner College.

## **Parking**

### **New York City**

To park temporarily for registration, enter the Main Gate of Wagner College from Howard Ave. Tell the guard you are with the Empire State Ride. You will be instructed to park in the Visitor's Parking Lot. Free long-term parking for the event will be available at or near Wagner College.

### **Buffalo, NY**

Free, long term parking will also be available in the main Roswell Park Cancer Institute parking garage at the corner of Elm & Carlton Streets. Please park on the roof level and bring your parking ticket with you so that we may validate it.

## Start of Tour Transportation

A low cost shuttle will be available to take riders from Buffalo to New York City on Saturday, July 29 – the day before the ride starts. The Empire State Ride will reach out to all riders in the spring with the cost of the shuttle so you can make appropriate travel arrangements. This shuttle will be for passengers and a carry-on sized bag only. We suggest you pack a separate, carry-on or small overnight bag for use at Wagner College that includes toiletries, clothes you may need Saturday, and your Sunday riding outfit with shoes and helmet. You will need to carry your overnight bag ¼ mile from registration to the dorm and back. Your other luggage will remain in the secure luggage truck on Saturday night. It will not be accessible until the first night at camp – Sunday night. The shuttle will begin loading at 6:30 a.m. on Saturday, July 29 and depart promptly at 8:00 a.m. from Roswell Park Cancer Institute at Elm and Carlton Streets, Buffalo, NY 14263.

### **Bike, Gear, and Luggage Drop:**

If you are not shipping your luggage and gear, you **must** drop off your bike, gear and luggage to the Roswell Park Alliance Foundation office (901 Washington St, Buffalo, NY 14203) on Thursday, July 27 from 2 to 6 p.m. Please note: you will not be able to take your bike or gear on the July 29 shuttle so you will **need** to deliver anything you would like shuttled to New York City on Thursday, July 27.

## Airports

### **Arrival:**

The closest major airports for arriving in New York City are:

**Newark Liberty International Airport (EWR)** is the closest.

3 Brewster Rd, Newark, NJ 07114

panynj.gov

(973) 961-6000

**LaGuardia Airport (LGA)**

New York, NY 11371

panynj.gov

(718) 533-3400

**John F. Kennedy International Airport (JFK)**

New York, NY 11430

panynj.gov

(718) 244-4444

## **Departure:**

The closest airport for departing Buffalo, NY is:

### **Buffalo International Airport**

4200 Genesee St., Buffalo, NY

<http://buffaloairport.com/>

(716) 630-6000

We **highly** recommend that you schedule your return flight or train for the day after the tour ends.

## **Airport Shuttle**

Please call in advance to make a reservation and **let them know if you'll have your bicycle.**

### **New York City, NY**

From Newark Liberty International, LaGuardia, and John F. Kennedy International Airport:

#### **Super Shuttle**

(800) BLUE VAN (258-3826)

[www.supershuttle.com](http://www.supershuttle.com)

### **Buffalo, NY**

To Buffalo International Airport:

The designated hotel, Double Tree by Hilton Buffalo, offers shuttle service from the hotel for a fee.

## **Train Stations**

### **NYC Arrival**

The closest Amtrak Station for arrival in NYC is:

#### **Penn Station**

8th Avenue and West 31st Street

Pennsylvania Station

New York, NY 10001

### **Buffalo Departure**

There is an Amtrak station just two miles from the finish line in Niagara Falls at:

855 Depot Ave. W

Niagara Falls, NY 14305

There is also an Amtrak station located two miles from the designated hotel in Buffalo at:

75 Exchange St.  
Buffalo, NY 14203  
(800) 872-7245

## End of Tour Transportation

The departure airport and train station are approximately 30 miles from the where the ride ends, therefore we are offering a free shuttle from finish line to the designated hotel, the Double Tree by Hilton at Roswell Park Cancer Institute, on Saturday, August 5 after the tour. The Double Tree by Hilton offers shuttle service to the airport and train station. We **highly** recommend that you schedule your return flight or train for the day after the tour ends.

If you need transportation back to New York City, a low cost shuttle will be available from Buffalo to NYC on Sunday, August 6.

The Empire State Ride will reach out to all riders in the spring with the cost of shuttle options, so you can make appropriate travel arrangements.

## Bike Information

### Your Bike

Please make sure your bicycle is in good working order. We highly recommend a complete tune-up before the tour begins. It is much easier to make repairs and get use to new equipment before a tour. Support and Gear vehicles and mechanic support will be available on route as are bike shops, but access and part availability may be limited. We recommend using tires that are 25mm or wider to maximize comfort and minimize the likelihood of punctures. If you are riding a mountain or hybrid bicycle, we recommend slick or inverted-tread tires for maximum efficiency. Come prepared with extra tubes and tools to change or fix flat tires. A mechanic will be following riders along the route to assist you in the event of an equipment problem but being self-reliant may get you on your way more quickly.

### Shipping Your Bike

You can ship your bike via UPS, FedEx or other ground services. Shipping your bike will typically cost less than flying with your bike on board. Keep in mind that you'll need to drop off your bike or arrange for a pickup, and allow enough time for your bike to get to its destination (usually two weeks). Other options for shipping your bike are [www.shipbikes.com](http://www.shipbikes.com) or [www.bikeflights.com](http://www.bikeflights.com).

### Shipping to New York City

If you wish to ship your bike to New York City prior to the ride, please send it to:

#### **NYC Bicycle Shop (Staten Island)**

1178 Bay St, Staten Island, NY 10305

(718) 569-0333

<http://www.nycbicycleshop.com/>

Sun.-Sat. 10-6

The NYC Bicycle Shop is 2.4 miles from Wagner College. They are prepared to receive bikes shipped by Empire State riders. Before shipping, contact the bicycle shop directly to let them know you will be shipping your bike. In order for your bike to arrive and be assembled before the ride, your bike **must** be shipped no later than July 1. Any services and assembly fees must be arranged with the bicycle shop and are your financial responsibility.

We will pick up shipped bikes on Saturday, July 29. Please email Greg Edwards, the Event Director, at [outigo@gmail.com](mailto:outigo@gmail.com) **by Monday, July 24** if your bike needs to be picked up at NYC Bicycle Shop. Include your name and the make, model, color and serial number of your bicycle in the email.

### Shipping from Buffalo

If you wish to ship your bike home after the tour, we will deliver your bike to Campus Wheelworks. They utilize [BikeFlights.com](http://BikeFlights.com) for their bike shipping needs. You should visit [BikeFlights.com](http://BikeFlights.com) to schedule your shipment and pay for the freight.

We will deliver any bikes to be shipped to Campus Wheelworks on Sunday, August 6.

- If you would like Campus Wheelworks to disassemble your bike and pack it for you, please contact them directly to schedule this service. You should arrange payment before we drop off your bike. They charge \$50 to package your bike. They can advise you on when to schedule your return shipment based on their service schedule.
- If you will be breaking down your own bike and packing it, you may schedule your shipment for Monday, August 7.

Please note, if you would like to utilize our shuttle from Buffalo to NYC after the ride, we are able to shuttle your bikes and gear on a truck back to Wagner College. If you would like to use our shuttle to move your bike, please call our staff at 716-845-3179 so that we can make note for our shuttle driver.

### Bike Cases

Your bike cases and other packing materials will be stored during the tour and will be available at the finish line. No further arrangements will need to be made.

## Bicycle Rental

If you wish to rent a bike for the tour, contact:

### Campus WheelWorks

744 Elmwood Ave.

Buffalo, NY 14222

(716) 881-3613

[Campuswheelworks.com](http://Campuswheelworks.com)

Mon.-Sat. 10-6, Sun. 12-5

Rental bikes should be reserved for pick-up on Thursday, July 27, and return on Saturday, August 5. We will pick up rental bicycles from the shop on Thursday, July 27, and transport them to Wagner College in New York City.

If you plan on renting from Campus Cycleworks, please be sure to provide payment information to the shop, prior to the designated pick-up date. Also, please notify the Event Director, Greg Edwards, by email at [outigo@gmail.com](mailto:outigo@gmail.com) that will be renting a bike **by Monday, July 24**. Include your name and the make, model, and size you have reserved in your email.

## Weather

The rule regarding weather is: hope for the best, but prepare for the worst. The weather along the Empire State Ride is usually quite nice in August with average temperatures ranging from 80's during the day to the low 60's at night; however there can be days near 100 and storms can occur at any time. When it does rain, though, it usually comes in buckets and then quickly subsides.

The average high and low temperatures for August at given locations are:

New York City	84/69
Albany	82/61
Utica	80/59
Rochester	80/61
Niagara Falls	80/60

## Luggage Transport

The luggage truck will pick up and deliver your bags to the campsites and our designated host hotels (see "Hotel Options," below) each night. When packing, please keep in mind that you must be able to carry the bags from the luggage truck to your tent site each evening. Each participant is limited to two medium-size bags and the weight of any single bag **may not exceed 35 pounds**. The Empire State Ride will provide tents, air mattresses, and a camp chair. Your additional gear must be packed in your luggage – no loose items, please. If your bag is not waterproof, we recommend protecting your gear with plastic bags in order to keep it dry, in the event of rain.

You will not have access to the luggage truck during the day so bring a pannier, handlebar bag, trunk bag, backpack, or seat pack for day use. Items you might want to carry with you include a patch kit, spare tubes, a pump, tools, rain gear, gloves, a camera, snacks, sunscreen, valuables and items you will use during the day.

## Laundry

Coin operated laundry facilities will be available at camp on Monday, Tuesday and Thursday nights. If you wish to do laundry, consider packing a small laundry soap, laundry bag and quarters.

## Food and Rest/Aid Stops

A caterer will provide hot breakfasts, sack lunches, and great dinners during the event. Breakfast and dinner are served at the campground, while lunch is distributed at a designated stop along the route each day. Catered meal service begins with dinner on Saturday night (after registration) and ends with light fare at the finish on the last day of your tour. There will also be rest stops along the route every 15 – 20 miles, depending on the mileage that day. These rest stops will provide nutritious snacks and drinks; however if you have a favorite brand of energy bar, you may want to bring a supply with you.

## Support Vehicles

Support vehicles (SAG) will drive the route and are available for emergency use (medical emergency or equipment failure). A mechanic will drive sweep during the ride each day and will provide mechanical assistance at the campsites each evening. Although support vehicles are able to assist riders, if necessary, we ask that you come physically prepared to ride the entire route.

## Safety

The most important rule for an Empire State rider is that you have fun! We do have two other rules that are very important and strictly enforced. For your safety you must wear an ANSI, Snell or CPSC-certified helmet and affix the safety triangles (provided at registration) to your bike for **the duration of the ride**. Mirrors, bells, horns, and bicycle locks are also highly recommended accessories.

## GPX & GPS Support

GPX and [RideWithGPS](#) files are provided during our event as a supplement to the paper cue sheets, provided by the event director at the orientation meeting on Saturday, July 29. The accuracy, completeness, reliability, usability, or suitability of these files cannot be guaranteed for accuracy. The data is for general use only and the coordinates should not replace the content provided by actual cue sheets and common sense. The cue sheets, along with changes provided by the event director during the map meeting, are the definitive sources of navigation for the Empire State Ride.

## Emergency Phone Contact

In the event of an emergency, your family members or significant other may relay a message to you by contacting the Empire State Ride office at 716-845-3179. Messages will only be relayed in the event of an emergency.

## Itinerary

### **Gear Drop      Thursday, July 27                      Roswell Park, Buffalo, NY**

2:00 to 6:00 p.m. Bike, gear and luggage drop-off at the Roswell Park Alliance Foundation office for those taking the shuttle on Saturday, July 29 to New York City. Aside from a small carry-on, no luggage, gear or bikes will be allowed on the Saturday shuttle.

### **Shuttle              Saturday, July 29                      Roswell Park, Buffalo, NY**

6:30 to 8:00 a.m. Shuttle loading. You may bring a small carry-on sized overnight bag with you for use at Wagner College that includes your riding clothes and helmet for Sunday. All luggage and gear **must** be dropped off on Thursday at Roswell Park. **Shuttle departs at 8:00 a.m. sharp!**

### **Registration      Saturday, July 29                      Wagner College New York**

3:00 to 6:00 p.m. Registration  
5:00 to 6:00 p.m. Dinner  
6:15 to 8:30 p.m. Orientation

Registration and orientation will be at the [Spiro Hall at Wagner College](#), 631 Howard Avenue, Staten Island, New York 10310. Phone: (718) 390-3100

<b>Day 1</b>	<b>Sunday, July 30</b>	<b>New York City to Stony Point</b>	<b>57.4 miles</b>
<b>Day 2</b>	<b>Monday, July 31</b>	<b>Stony Point to Barrytown</b>	<b>48.4 or 77.6 miles</b>
<b>Day 3</b>	<b>Tuesday, August 1</b>	<b>Barrytown to Schenectady</b>	<b>44.3 or 90.4 miles</b>
<b>Day 4</b>	<b>Wednesday, August 2</b>	<b>Schenectady to Utica</b>	<b>39.8 or 83.6 miles</b>
<b>Day 5</b>	<b>Thursday, August 3</b>	<b>Utica to Weedsport</b>	<b>48.5 or 84.9 miles</b>
<b>Day 6</b>	<b>Friday, August 4</b>	<b>Weedsport to Spencerport</b>	<b>46.0 or 77.8 miles</b>
<b>Day 7</b>	<b>Saturday, August 5</b>	<b>Spencerport to Niagara Falls</b>	<b>40.0 or 74.6 miles</b>

**Please note:** the mileage specified is for either half-day rides or the full-day route.

**Total Mileage: 324.4 – 546.3**

**Average Daily Mileage: 46.3 – 78.00 miles**

**Elevation Gain: 9,557' – 19,163'**

## **Accommodations**

The **Empire State Ride** is designed as a camping event with full-service restrooms and showers available every night. Your tent will be set up for you when you arrive at camp.

We have designated a hotel for each night of the ride if you do not wish to camp. Riders who choose to stay in designated hotels along the route may do so at their own expense and are required to make their own arrangements. Room blocks have been saved at each of the designated hotels, under the name “Empire State Ride” and expire one month before the arrival date. If you choose to stay at a designated hotel, our staff will deliver and pick up you and your luggage to/from these locations.

## **Designated Hotels**

**Friday, Saturday, July 28-29                      New York City**

For the first night or for riders arriving early, a block of rooms has been established at:

### **Comfort Inn Staten Island**

310 Wild Ave.

Staten Island, NY 10314

(718) 370-8555

The rate is \$125.00 plus taxes for a two queen beds. The room block expires July 1st. It is under the name “Empire State Ride.”

**\*\* Remember that riders may also request a dorm room at Wagner College of New York on a first-come first-serve basis before May 29\*\***

**Sunday, July 30**

**Stony Point, NY**

### **Stony Point Center**

17 Cricketown Rd, Stony Point, NY 10980

(845) 786-5674

Rate: \$75.00.00 plus tax. Double occupancy. (Limited number of single rooms available).

Must go directly to website to reserve room [www.stonypointcenter.org](http://www.stonypointcenter.org)

**\*\* The room block for this location expires May 30\*\***

**Monday, July 31**

**Barrytown, NY**

**Barrytown College of UTS**

