

# 2020 TRAVEL GUIDE

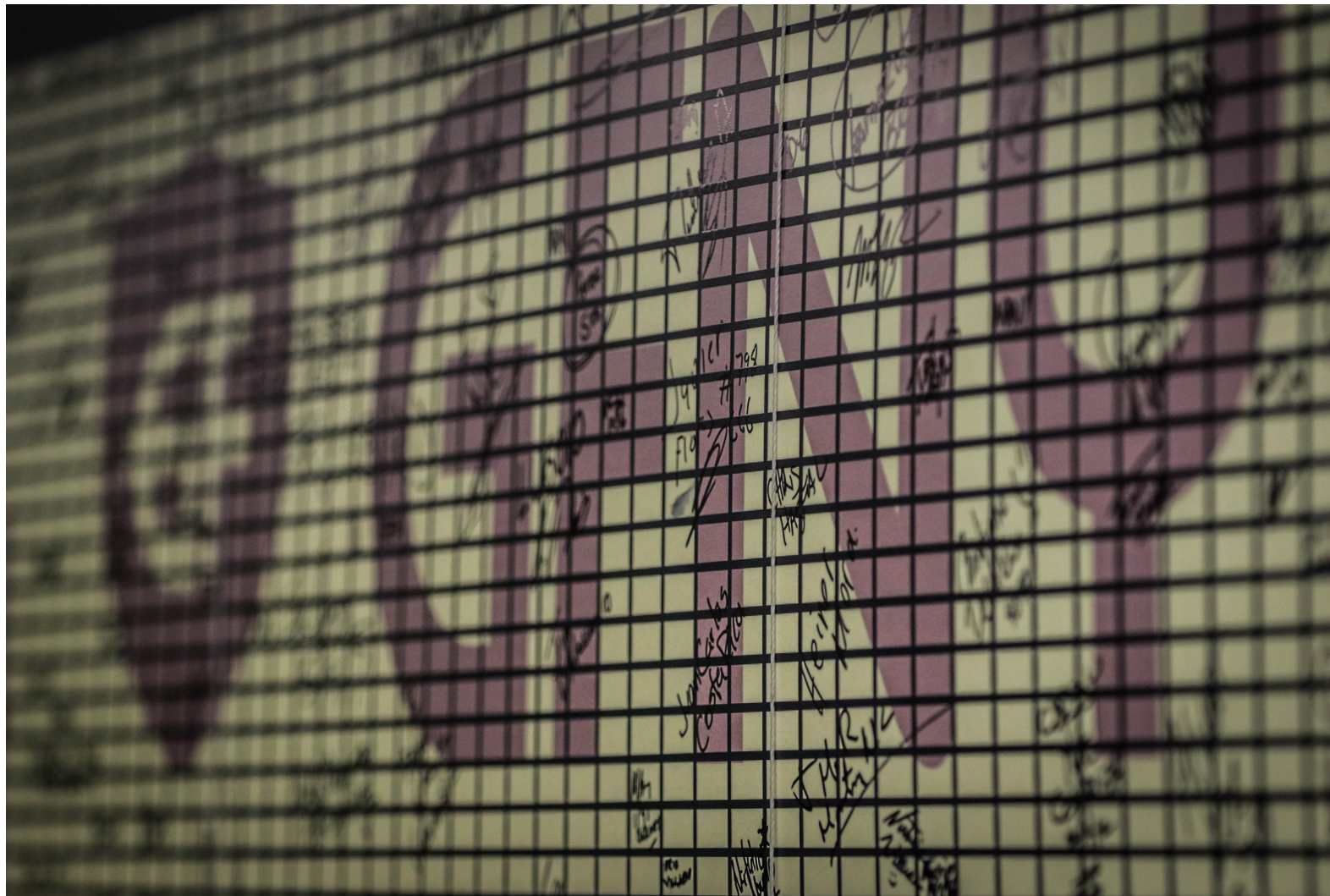


GFNY.COM



# GFNY

WORLD CHAMPIONSHIP  
NEW YORK CITY



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Thank you for joining us at the 2020 GFNY World Championship!

If you have any questions not covered in this Travel Guide, please refer to the GFNY website at [gfny.com](https://gfny.com) where a lot of race information is provided. If you don't find the answer to your question, please email Teresa at [teresa@gfny.com](mailto:teresa@gfny.com).

We look forward to seeing you in NYC in May!

**Consulte la Guía de Viaje  
en español aquí:  
[gfny.com/guiadeviaje.pdf](https://gfny.com/guiadeviaje.pdf)**



# GFNY WORLD CHAMPIONSHIP 2020 TRAVEL GUIDE

## Important Dates for Planning Your Travel to NYC

# MAY 2020

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

If you are flying to NYC, we recommend that you book a flight that lands no later than 1pm on **Saturday, May 16**. 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!

**GFNY race packet pickup hours are: May 15 & 16 at 10am-6:30pm.**

**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 6:30pm on Saturday, May 16 in order to be able to pick up your race packet.**

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



# GFNY WORLD CHAMPIONSHIP 2020 TRAVEL GUIDE

## Schedule of Events

Click here to register for race week happenings:

[gfny.com/raceweek](https://gfny.com/raceweek)

### WEDNESDAY, MAY 13

- 8AM-3PM** GFNY Welcome Zone & Café @ [PIP Park, Fort Lee, NJ](#)
- 9AM** GFNY group ride with Gruppo Sportivo GFNY @ GFNY Welcome Zone

### THURSDAY, MAY 14

- 8AM-3PM** GFNY Welcome Zone & Café @ [PIP Park, Fort Lee, NJ](#)
- 9AM** GFNY group ride with Gruppo Sportivo GFNY and Special Guest Nelson Vails, Olympic Medalist & NYC Cycling Legend @ GFNY Welcome Zone

### FRIDAY, MAY 15

- 8AM-3PM** GFNY Welcome Zone & Café @ [PIP Park, Fort Lee, NJ](#)
- 8:30AM** GFNY group ride powered by NYC Velo East with Bill Ash ([Route](#)) @ [NYC Velo East](#)
- 9AM** Group ride powered by Gruppo Sportivo GFNY @ [PIP Park, Fort Lee, NJ](#)
- 10AM-6:30PM** NYC Bike Expo & GFNY World Championship mandatory race packet pickup @ [PIP Park, Fort Lee, NJ](#)
- 11AM-6:30PM** GFNY BBQ & Beer Garden @ [PIP Park, Fort Lee, NJ](#)

### SATURDAY, MAY 16

- 8AM-3PM** GFNY Welcome Zone & Café @ GFNY Finish Village in [PIP Park, Fort Lee, NJ](#)
- 9AM** GFNY group ride with Gruppo Sportivo GFNY & Special Guests @ GFNY Welcome Zone
- 10AM-5PM** NYC Bike Expo @ [PIP Park, Fort Lee, NJ](#)
- 10AM-6:30PM** GFNY World Championship mandatory race packet pickup @ [PIP Park, Fort Lee, NJ](#)
- 11AM-5PM** GFNY BBQ & Beer Garden @ [PIP Park, Fort Lee, NJ](#)



# GFNY WORLD CHAMPIONSHIP 2020 TRAVEL GUIDE

## SUNDAY, MAY 17

<b>5AM</b>	Opening of start area on lower level of George Washington Bridge (civil twilight 5:02am, sunrise 5:34am)
<b>6:15AM</b>	Closing of start area on lower level of George Washington Bridge
<b>7AM</b>	Start of GFNY World Championship and GFNY BEAR
<b>8AM</b>	Opening of GFNY Café & Fan Zone @ GFNY Welcome Zone
<b>11:15AM</b>	Winner of the GFNY World Championship expected @ GFNY Finish Village
<b>11AM-2PM</b>	Return transport from Bear Mountain for GFNY BEAR riders @ GFNY Finish Village
<b>3PM</b>	Awards Ceremony at the GFNY Finish Village @ GFNY Finish Village
<b>5:30PM</b>	Course closes
<b>7PM</b>	End of festivities





# GFNY WORLD CHAMPIONSHIP 2020 TRAVEL GUIDE

## Airports

New York is served by 3 international airports totaling more than 105 million passengers per year.

### **LGA** (La Guardia airport)

Most convenient airport, smaller airport

Get to your hotel by: yellow NYC taxi, car service, Uber

### **JFK** (John F Kennedy airport)

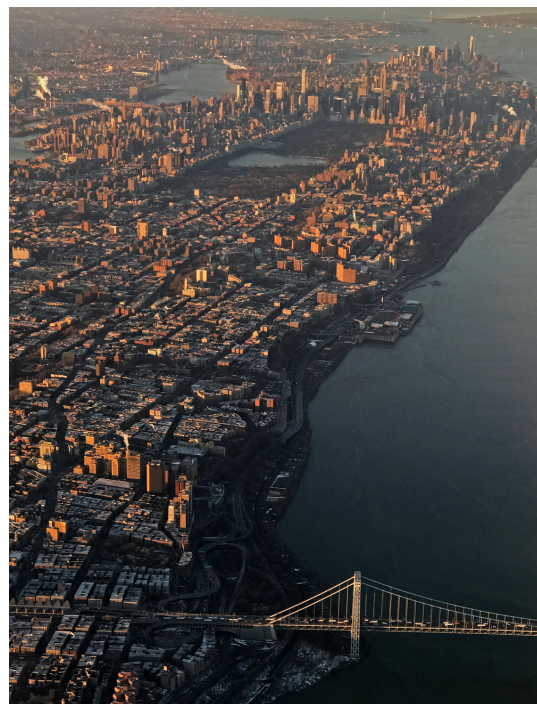
Largest international airport

Get to your hotel by: yellow NYC taxi, car service, Uber, [AirTrain](#) & [Subway](#)

### **EWR** (Newark Liberty airport)

Major international airport

Get to your hotel by: taxi, car service, Uber



## Official Hotels [gfny.com/hotel](http://gfny.com/hotel)

### **Q: Which hotel is the best choice for me?**

If you are traveling to NYC to experience Manhattan and everything New York City has to offer, we strongly recommend staying in a Manhattan hotel.

If you have been to NYC often and are in town only for the race, not for tourism, and want a hotel near the start and finish, we recommend staying in Fort Lee.

### **Q: NYC has a lot of hotel options. Why should I book an official GFNY hotel?**

1. Location: we know what makes sense from a GFNY perspective.
2. They allow bikes in your hotel room, which is rare in NYC.
3. You are around other participants for an impromptu training ride or sharing war stories after the event.
4. Guaranteed availability of a 4am breakfast on raceday to fuel you for the big day.
5. We've done the research; all you need to do is book.
6. The hotels offer discounted rates to you and not a commission to us.

**May is a busy month in NYC. Make sure you book your stay now.**

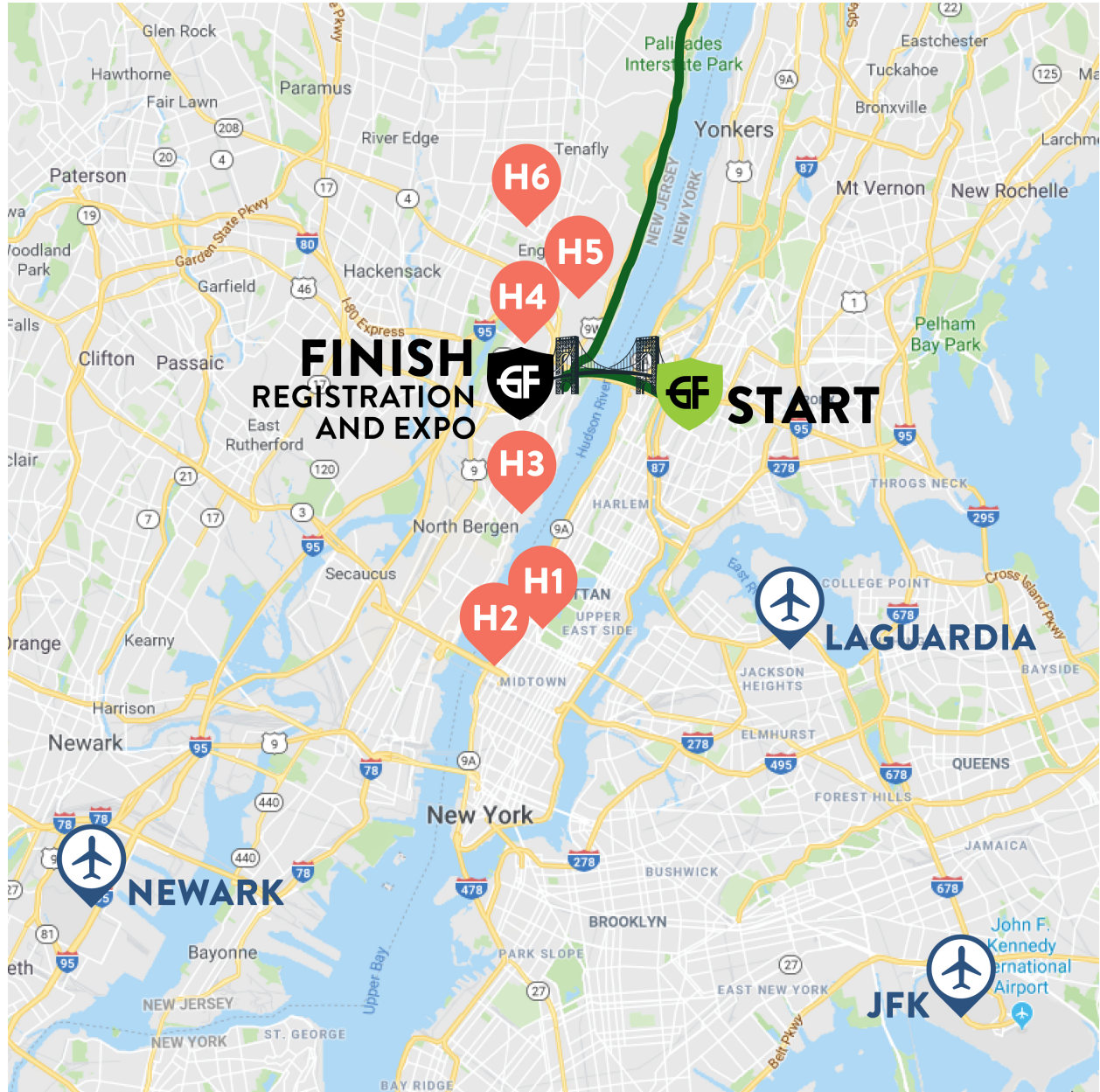
## IMPORTANT!

**The GFNY room blocks (and their discounted prices) expire APRIL 24 – MAY 1 or when the room blocks sell out, whichever comes first.**

**Note that the discounted GFNY rooms have all sold out before April in the past few years.**



# GFNY WORLD CHAMPIONSHIP 2020 TRAVEL GUIDE



#	Hotel name	Hotel location	Breakfast included?	Expiration date	Rate	Tax Rate
H1	Sheraton Times Square	Manhattan, NYC	N	4/24/20	\$294	14.75% + \$3.50
H2	Row NYC	Manhattan, NYC	N	4/30/20	\$249 / \$279	14.75% + \$3.50
H3	Homewood Suites Edgewater	Edgewater, NJ	Y	5/1/20	\$199	15%
H4	Double Tree Fort Lee	Fort Lee, NJ	N	5/1/20	\$189	15%
H5	Holiday Inn Fort Lee	Fort Lee, NJ	Y	4/26/20	\$149 - \$189	15%
H6	Crowne Plaza Englewood	Englewood, NJ	N	5/1/20	\$189	15%



# GFNY WORLD CHAMPIONSHIP 2020 TRAVEL GUIDE

<b>H1</b>	<b>Manhattan, Comfort</b>	<b>7.6</b>
<a href="#">Sheraton Times Square</a>   <a href="#">811 7th Avenue</a>   <a href="#">New York, NY 10036</a>   Phone: +1-888-627-7067		
Sat, 5/9 – Wed 5/20, 2020		
<b>\$294</b> /room/night for up to 2 people, extra \$30 for 3 <sup>rd</sup> person and extra \$30 for 4 <sup>th</sup> person. Daily rate does not include tax – NY – 14.75% + Occupancy fee of \$3.50/room/night.		
Rooms are subject to availability. <b>Offer expires April 24 @5pm ET.</b>		
Free in-room WiFi, a \$16.95 value, per room, per 24 hours. Waived Destination Fee of \$30/day for bookings in the group block. Complimentary fitness center access (\$20/day value per room).		
Breakfast is not included. A 24hr deli, <a href="#">Café 53</a> (212-974-6075) is located on the ground floor of the hotel, on 53 <sup>rd</sup> St, between 6 <sup>th</sup> & 7 <sup>th</sup> Aves. We recommend that you put in your breakfast order on Saturday and the time that you will pick it up on race morning.		
This 4-star mega hotel is the closest GFNY Official Hotel to Central Park for your morning cycling and centrally located in midtown Manhattan. Steps to Times Square, Rockefeller Center, Broadway and shopping. Renovated in 2017 for your maximum comfort and pleasant stay. Spacious rooms, larger than average NYC hotels, make it more comfortable to keep your bike in your sleeping room.		
<a href="#">Book HERE</a> or call +1-888-627-7067 and mention “GFNY20” when making the reservation.		

<b>H2</b>	<b>Manhattan, Budget</b>	<b>7.1</b>
<a href="#">ROW NYC</a>   <a href="#">700 8th Avenue</a>   <a href="#">New York, NY 10036</a>   Phone: +1-212-869-3600		
Wed, 5/15 – Mon, 5/20, 2019		
<b>\$249</b> /room/night for One Queen room, up to 2 people. <b>\$279</b> /room/night for Two Double room, up to 4 people. Daily rate does not include tax – NY – 14.75% + Occupancy fee of \$3.50/room/night.		
Rooms are subject to availability. <b>Offer expires April 30 @5pm ET.</b>		
Rates include complimentary wireless Internet access in all guest rooms. Facility fee of \$39 inclusive of tax per room per night is waived.		
Breakfast is not included. Several 24hr delis are located near hotel: Times Deli 158 W 44 St, Cranberry Café 115 W 45 St, Port Gourmet Deli 681 8 <sup>th</sup> Ave, Olive Tree Deli 1420 Broadway. We recommend that you put in your breakfast order on Saturday and the time that you will pick it up.		
Simple, functional and comfortable mega hotel located steps from Times Square, Broadway, shopping.		
<a href="#">Book HERE</a> and use Access Code: GFNY20. Email <a href="mailto:reservations@rownyc.com">reservations@rownyc.com</a> or call +1-212-869-3600 and mention “GFNY 2020” when making the reservation.		





# GFNY WORLD CHAMPIONSHIP 2020 TRAVEL GUIDE

<b>H3</b>	<b>Edgewater</b>	<b>8.6</b>
<a href="#">Homewood Suites Edgewater</a>   <a href="#">10 The Promenade</a>   <a href="#">Edgewater, NJ 07020</a>   Phone: +1-201-941-4700		
Wed, 5/13 – Mon, 5/18, 2020		
<b>\$199/room/night</b> for Studio Suites and One Bedroom Suites Daily rate does not include tax – NJ – 15%		
Rooms are subject to availability. <b>Offer expires May 1 @5pm ET.</b>		
Spacious suites with fully equipped kitchens. Complimentary daily Suite Start hot breakfast and Welcome Home reception featuring a light meal and beverages Monday-Thursday evenings. Complimentary in-suite high-speed Internet access.		
Daily breakfast included. Grab and Go breakfast at 4am on race day.		
Great location because you can leave your car parked and take the safe, scenic ride along the Hudson on the Hudson bike path that runs from Fort Lee all the way down to Jersey City. Complimentary shuttle within a 3-mile radius. Multi-million renovation completed in 2018.		
<a href="#">Book HERE</a> or call +1-201-941-4700 and mention “Gran Fondo New York” when making the reservation.		

<b>H4</b>	<b>Fort Lee – Double Tree</b>	<b>7.6</b>
<a href="#">Double Tree by Hilton</a>   <a href="#">2117 Route 4 Eastbound I Fort Lee, NJ 07024</a>   Phone: +1-201-461-9000		
Thurs, 5/14 – Mon, 5/18, 2020		
<b>\$189/room/night</b> for King Bed and Double Bed rooms. Daily rate does not include tax – NJ – 15%		
Rooms are subject to availability. <b>Offer expires May 1 @5pm ET.</b>		
Complimentary high-speed internet access. Complimentary parking.		
Breakfast not included. Grab and Go breakfast at 4am on race day is available for purchase.		
Book this hotel if you want to be at the heart of registration/start/finish. The hotel offers daily transportation to NYC for a fee of \$20 round-trip per person. GFNY riders appreciate the close proximity to the start, the Police escorted group ride to the start line and Shuttle Van pickup to bring you back to the hotel. Hotel is located on a busy highway, do not plan to ride directly to/from this hotel.		
<a href="#">Book HERE</a> or call +1-201-461-9000 and mention “Gran Fondo New York” when making the reservation.		



# GFNY WORLD CHAMPIONSHIP 2020 TRAVEL GUIDE

<b>H5</b>	<b>Fort Lee – Holiday Inn</b>	<b>7.6</b>
<a href="#">Holiday Inn Fort Lee</a>   <a href="#">2339 Rte 4 East</a>   <a href="#">Fort Lee, NJ 07024</a>   Phone: +1-201-944-5000		
Wed, 5/13 – Mon, 5/18, 2020		
<b>\$\$149/nt</b> 5/12-5/15, <b>\$189/nt</b> 5/15-5/17, <b>\$149/nt</b> 5/17-5/18 Daily rate does not include tax – NJ – 15%		
Rooms are subject to availability. <b>Offer expires April 26 @5pm ET.</b>		
Complimentary high-speed internet access. Complimentary parking.		
Includes American Deluxe Breakfast Buffet, and Grab and Go breakfast bag at 4am on race morning.		
Book this hotel if you want to be at the heart of registration/start/finish. GFNY riders appreciate the close proximity to the start, the Police escorted group ride to the start line and Shuttle Van pickup to bring you back to the hotel. Hotel is located on a busy highway, do not plan to ride directly to/from this hotel.		
<a href="#">Book HERE</a> or call +1-201-944-5000 and mention “GNY” when making the reservation.		

<b>H6</b>	<b>Englewood</b>	<b>8.1</b>
<a href="#">Crowne Plaza Englewood</a>   <a href="#">401 S Van Brunt St</a>   <a href="#">Englewood, NJ 07631</a>   Phone: +1-201-871-2020		
Wed, 5/13 – Mon, 5/18, 2020		
<b>\$189/room/night</b> for Standard King and Double rooms. Daily rate does not include tax – NJ – 15%		
Rooms are subject to availability. <b>Offer expires May 1 @5pm ET.</b>		
Complimentary high-speed internet access. Complimentary parking.		
Breakfast not included. Grab and Go breakfast at 4am on race day is available for purchase.		
3 miles / 5km from GFNY Finish Village & GFNY Welcome Zone. Safe access by bike via local roads. Comfortable and clean hotel at the heart of registration/start/finish.		
<a href="#">Book HERE</a> or call +1-201-871-2020 and mention “Gran Fondo New York” when making the reservation.		

#	Hotel name	Hotel location	Breakfast included?	Expiration date	Rate	Tax Rate
H1	Sheraton Times Square	Manhattan, NYC	N	4/24/20	\$294	14.75% + \$3.50
H2	Row NYC	Manhattan, NYC	N	4/30/20	\$249 / \$279	14.75% + \$3.50
H3	Homewood Suites Edgewater	Edgewater, NJ	Y	5/1/20	\$199	15%
H4	Double Tree Fort Lee	Fort Lee, NJ	N	5/1/20	\$189	15%
H5	Holiday Inn Fort Lee	Fort Lee, NJ	Y	4/26/20	\$149 - \$189	15%
H6	Crowne Plaza Englewood	Englewood, NJ	N	5/1/20	\$189	15%



# GFNY WORLD CHAMPIONSHIP 2020 TRAVEL GUIDE

## Bike Transport

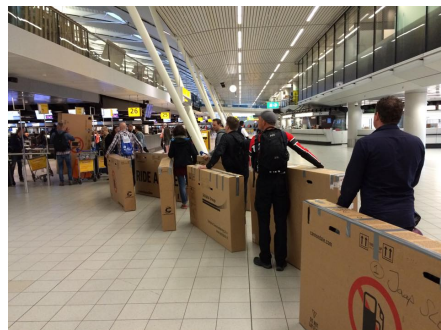
By bringing your bike to the race, you are sure to ride a bike in the right size, with the components that you prefer and in the condition that you as the owner maintain your beloved bike.

Elite is the official travel case sponsor of the GFNY World Championship. The [Elite Vaison](#) hard case is durable and easy to pack and keeps your bike safe. Click here for an instructional video: <https://youtu.be/sQlfHd39mgs>

The newest bike case offering from Elite is the [Elite Borson](#) soft bag. It took years to develop and perfect, and makes bike packing a breeze. Click here for an instructional video: <youtu.be/L6tE7Uwg2b4>

The lowest budget (free) option for a bike carton is visiting your local bike shop and picking up a carton box from a bike sale they've just made. Most bike shops just throw out the cardboard cartons and are happy for you to reduce their trash.

American Airlines and Delta now do not charge oversize fees for bikes, making it more affordable than ever to fly with your bike.





# GFNY WORLD CHAMPIONSHIP 2020 TRAVEL GUIDE

Questions? Email:  
[sales@unlimitedbiking.com](mailto:sales@unlimitedbiking.com)

## Bike Rental

Unlimited Biking is GFNY's exclusive bike rental and has 400 Cannondale road bikes available, both aluminium and carbon.

Renting from Unlimited Biking is very easy:

1. Book your Unlimited Biking rental [here](https://unlimitedbiking.com/events/gran-fondo-new-york-bike-rentals): [unlimitedbiking.com/events/gran-fondo-new-york-bike-rentals](https://unlimitedbiking.com/events/gran-fondo-new-york-bike-rentals)
2. Pick up at PIP Park, Fort Lee, NJ (at Hudson Terrace) on Friday and Saturday during packet pickup hours.
3. Return your Unlimited Biking rental bike directly at the GFNY Finish Village. After you cross the finish line on Hudson Terrace, get your medal & photo then follow the path to the Bike Parking area. Aside the Bike Parking, you will see Unlimited Biking flags, tent and staff waiting to collect your rental bike.



## Bike Shipping

Luggage Free is providing you the option to send your bike ahead to your hotel, to Unlimited Biking, or to one of GFNY's partner bike shops. Be sure to confirm and book the assembly and packing service with Unlimited Biking or the bike shop prior to shipping your bike - many bike shops are very busy during GFNY race week. You can also ship your luggage ahead. Book your luggage and bike shipping here: [luggagefree.com/partners/gfny](https://luggagefree.com/partners/gfny)

Note that we do not recommend shipping your bike internationally. When shipping the bike internationally, you run the risk of the bike getting stuck in customs and potentially not arriving to the race in time. Instead, we recommend flying with your bike.

## Bike Concierge

Unlimited Biking also offers Bike Concierge service. UB's expert team will assemble and tune up your bike, so all you have to do is show up and race.

Book Unlimited Biking's Bike Concierge service [here](https://unlimitedbiking.com/new-york/concierge) : [unlimitedbiking.com/new-york/concierge](https://unlimitedbiking.com/new-york/concierge)

1. **SHIP IT:** Pack your bike and ship it to Unlimited Biking.
2. **UB ASSEMBLES:** Unlimited Biking's professional team of mechanics will assemble and tune your bike.
3. **PICK UP IN FORT LEE:** UB will deliver all bikes to Fort Lee. Your bike ready for pickup at the GFNY packet pickup area in Fort Lee. You will be able to make any pre-race adjustments with the UB team onsite at the expo.
4. **UB PACKS AND SHIPS BACK:** Leave the bike with Unlimited Biking after the race. UB's team will be at the GFNY Finish Village to collect your bike, disassemble it, pack it, and ship it back to you.

## Bike Tune-up:

Tune up your bike with Unlimited Biking. Depending on your bike needs, you can select from the basic tune up to the complete overhaul tune up. 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 your bike tune up here: [unlimitedbiking.com/new-york/concierge](https://unlimitedbiking.com/new-york/concierge)



# GFNY WORLD CHAMPIONSHIP 2020 TRAVEL GUIDE

## Partner Bike Shops

In case you need any assistance or products during race week, stop by GFNY's official partner bike shops. If you'd like a bike shop to receive your shipped bike and assemble it for you, contact the bike shop in advance to notify them of the shipment and check their pricing and availability. Support the Local Bike Shop that supports you!

**NOTE:** GFNY week gets really busy, and even though there are dozens of bike shops in the NYC-NJ-NY area, we recommend calling your preferred shop and booking an appointment for your bike service before & after GFNY.

### STRICTLY BICYCLES

[2346 Hudson Terrace, Fort Lee, NJ 07024](#) – TEL: 201-994-7074

*Offers:* mechanic, gear, apparel, accessories

### NYC VELO

[64 2nd Ave, New York, NY 10003](#) – TEL: 212-253-7771

*Offers:* mechanic, gear, apparel, accessories

### PIERMONT BICYCLE CONNECTION

[215 Ash St, Piermont, NY 10968](#) – TEL: 845-365-0900

*Offers:* mechanic, gear, apparel, accessories

### CRANKWORKS CYCLES

[19 N Broadway Nyack, NY 10960](#) – TEL: 845-358-0101

*Offers:* mechanic, gear, apparel, accessories

### TENAFLY BICYCLE WORKSHOP

[175 County Rd, Tenafly, NJ 07670](#) – TEL: 201-568-9372 / WHATSAPP: +1-310-666-3955

Tenafly Bicycle Workshop will be at the GFNY Welcome Zone Wednesday-Saturday to assist with any of your pre-race bike maintenance needs. Send a WhatsApp for any special requests or to schedule an appointment.

### VELOFIX – NY METRO AREA – MOBILE BIKE SHOP

[velofix.com](#) – TEL & WhatsApp: +1-347-484-9191 / +1-646-732-2920 – email: [newyorkmetro@velofix.com](mailto:newyorkmetro@velofix.com)

*Offers:* a wide range of services and we sell parts, gear, accessories and nutrition. We also unpack & pack your bike after and before transport at your hotel.



# GFNY WORLD CHAMPIONSHIP 2020 TRAVEL GUIDE

## Recommended activities

- Ride portions of the GFNY course. The GFNY Welcome Zone in Fort Lee is a great meeting point for before & after your ride. Location: [PIP Park, Fort Lee, NJ](#). Join GFNY's [Race Week Group Rides](#).
- Ride a few loops in Central Park. Check out the [6-mile / 10km route](#) through Central Park's 778 acres (315 ha) dedicated to nature and recreation. Central Park is one of NYC's most famous tourism attractions.
- Buildings with high-floor observation decks like Empire State Building, Top of the Rock, One World Observatory
- River cruises, ferry taxis or the Staten Island Ferry for sightseeing the Statue of Liberty and the city from water
- Walk or ride through various neighborhoods of NYC, all of which have a history and their unique characteristics. For example: West Village, Greenwich Village, TriBeCa, SoHo, East Village, LES, NoHo, Bowery, Gramercy, Meat Packing, FiDi, Times Square, Upper West Side, Upper East Side and more.
- Shopping
- Broadway shows, performances at Lincoln Center
- NYC landmarks (Brooklyn Bridge, Flatiron building, Wall St, Rockefeller Center, St Patrick's Cathedral, Grand Central Terminal) and museums (The Met, Museum of Natural History, MoMa, Whitney, Museum Mile, 9/11 Memorial & Museum)



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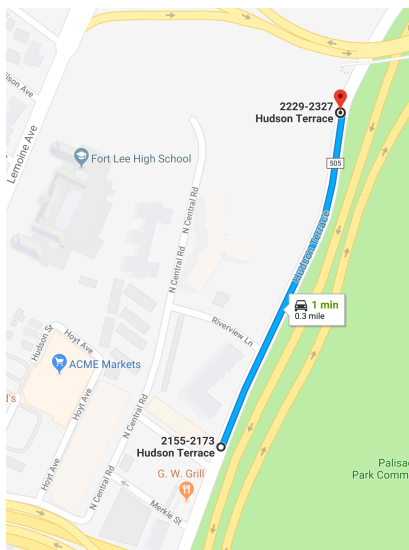
## GFNY Welcome Zone & Café

GFNY week kicks off with a four-day pre-race GFNY Welcome Zone experience at PIP Park in Fort Lee, NJ.

The GFNY Welcome Zone offers riders another way to connect with GFNY, other GFNY riders and their families and friends.

A Café with water, coffee, tea, bagels, muffins, bananas, beverages, music, bike racks, restrooms, a schedule of group rides departing from the Welcome Zone, jumbo screen.

Tenafly Bicycle Workshop will be at the GFNY Welcome Zone Wednesday-Saturday to assist with any of your pre-race bike maintenance needs. Send a WhatsApp for any special requests or to schedule an appointment. Shop: 201-568-9372 / WhatsApp: +1-310-666-3955



### CAR PARKING @ WELCOME ZONE

If you plan to arrive to the Welcome Zone by car, Kim & Bae law firm has generously offered their parking garage to GFNY riders. [The parking garage is located a short .3-mile / 400m walk from the GFNY Welcome Zone.](#)

**From Kim & Bae:** *We know how hard it is to find parking down by the park and along Hudson Terrace, especially on a weekend event as large as GFNY. Our building is a short walk to the festivities and we are located in the perfect spot along Hudson Terrace. We'd like to offer the parking because Kim & Bae supports GFNY and the participants.*

Thank you, [Kim & Bae!](#)



# GFNY WORLD CHAMPIONSHIP 2020 TRAVEL GUIDE

## Airport Transfers

If you land at JFK, the budget option is taking the A train. Not all the stations are handicap accessible, which means there aren't elevators to go up/down stairs with your luggage & bike box. If you want to take the subway, check the subway map to make sure there is handicap accessibility at the stations you'll travel through: 1. the stations where you may need to make a connection and 2. the stop closest to you where you're staying. <http://web.mta.info/maps/submap.html>

Here are travel options from all airports by regional trains: <https://nycmap360.com/nyc-airports-map>

Within NYC and its airports, JFK and LGA, the easiest transport option is hailing a yellow taxi. However, May is a high-tourism month in NYC and you may end up having to wait a long time in line to get a taxi. We recommend using either Uber or Lyft apps or scheduling a car service pickup in advance.

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

**Carmel:** 212-666-6666 (have App) – [carmellimo.com](http://carmellimo.com) & [carmellimo.com/Coupons.shtml](http://carmellimo.com/Coupons.shtml)

**Dial 7:** 212-777-7777 (have App) – [dial7.com](http://dial7.com) & [dial7.com/coupons.html](http://dial7.com/coupons.html)

**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)

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

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

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

### **TAXI COMPANIES BASED IN FORT LEE** (for riders going EWR to Fort Lee Hotels)

**GW Taxi:** 201-363-0555

**Babes Taxi:** 201-944-6899

**A1 Taxi:** 201-944-3737

**Lime Taxi:** 201-461-9999

### **FOR LARGER GROUPS** (groups of 15-40 with bike boxes)

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





# GFNY WORLD CHAMPIONSHIP 2020 TRAVEL GUIDE

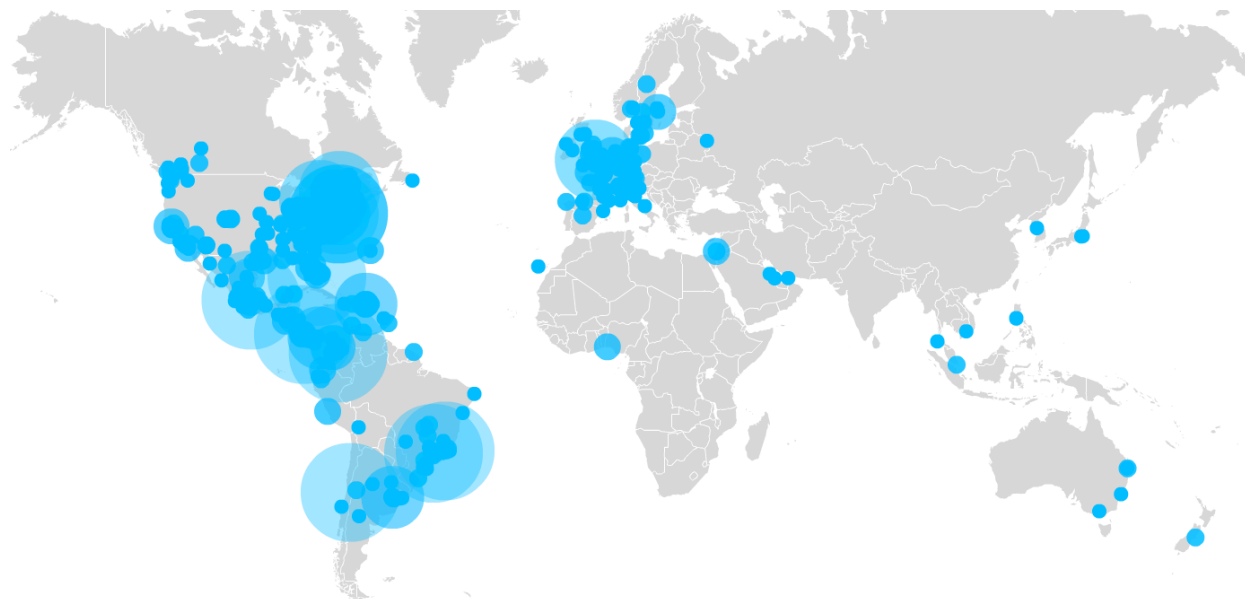
## International Travel Partners [gfny.com/tour-operators](https://gfny.com/tour-operators)

For a peace of mind during your trip to NYC, let the travel pros take care of you and your family. From coordinating your airport transfers, booking show tickets or sightseeing trip, scheduling a pre-race group ride, to renting a bus to take you to the GWB start line and your family to the Finish Village, these Official GFNY Tour Operators know the ins & outs of GFNY and NYC so you just focus on your fun and your cycling and they'll take care of the rest.

COUNTRY	TRAVEL PARTNER AGENCY	EMAIL
Brasil	<a href="#">Special Trip</a>	<a href="mailto:contato@specialtrip.com.br">contato@specialtrip.com.br</a>
Brasil	<a href="#">RendezVous Travel</a>	<a href="mailto:danielle@eurousa.com.br">danielle@eurousa.com.br</a>
Brasil	<a href="#">Barra Soul</a>	<a href="mailto:barrasoul@barrasoul.com.br">barrasoul@barrasoul.com.br</a>
Brasil	<a href="#">Cedaro Travel</a>	<a href="mailto:contato@cedarotravel.com">contato@cedarotravel.com</a>
Chile	<a href="#">Podium</a>	<a href="mailto:lperic@podium.cl">lperic@podium.cl</a>
Colombia	<a href="#">Factory Travel</a>	<a href="mailto:info@factorytravel.com">info@factorytravel.com</a>
Colombia	<a href="#">Abordando</a>	<a href="mailto:ndiaz@abordando.net">ndiaz@abordando.net</a>
Costa Rica	<a href="#">Bike CR</a>	<a href="mailto:henry@bikecr.com">henry@bikecr.com</a>
Costa Rica	<a href="#">Tours Deportivos Costa Rica</a>	<a href="mailto:toursdeportivos@gmail.com">toursdeportivos@gmail.com</a>
Deutschland	<a href="#">Inter Air</a>	<a href="mailto:info@interair.de">info@interair.de</a>
Italia	<a href="#">Bike Division</a>	<a href="mailto:info@bikedivision.it">info@bikedivision.it</a>
Nederland	<a href="#">Velotours</a>	<a href="mailto:info@velotours.nl">info@velotours.nl</a>
Panama	<a href="#">Active Travel</a>	<a href="mailto:asistente@activetravelagency.com">asistente@activetravelagency.com</a>
Panama	<a href="#">Destiny 2 Sport</a>	<a href="mailto:info@destiny2sport.com">info@destiny2sport.com</a>
UK	<a href="#">All Things Ride</a>	<a href="mailto:enquiries@allthingsride.com">enquiries@allthingsride.com</a>
USA	<a href="#">7 Sherpas</a>	<a href="mailto:leticia@7sherpas.com">leticia@7sherpas.com</a>

## 5000 Cyclists from 93 Countries Race GFNY NYC

GFNY World Championship is the most international cycling race in the world. Thanks for joining us!





# GFNY WORLD CHAMPIONSHIP 2020 TRAVEL GUIDE

## Frequently Asked Questions [gfny.com/faq](https://gfny.com/faq)

### **Q: DO I HAVE TO QUALIFY TO TAKE PART IN THE GFNY WORLD CHAMPIONSHIP?**

**A:** No. The qualification is for riders who want to start in the Qualifier Corral, seeded in the front of the field.

If you finished in the top 10% of your age group in the long route at any GFNY World race or in the top 20% at a Championship GFNY (Regional or World Championship), you earn a Qualifier Corral starting position for the following 380 days. To check your qualification status, log into your GFNY account at [gfny.cc](https://gfny.cc).

### **Q: DO I NEED TO BE A LICENSED RACER? I JUST WANT TO RIDE AS A PERSONAL CHALLENGE.**

**A:** GFNY is open to all fitness levels. You don't need to be a licensed racer. Some riders will compete for prizes, others aim to beat the cut-off. GFNY is about doing your best whether it is competing for the win, aiming to earn Qualifier status or beating the time cut-off.

### **Q: I REGISTERED FOR GFNY 100, BUT I PREFER TO RIDE GFNY BEAR 50. IS THAT POSSIBLE?**

### **Q: I REGISTERED FOR GFNY BEAR 50, BUT I PREFER TO RIDE GFNY 100. IS THAT POSSIBLE?**

**A:** You can transfer your GFNY 100 registration to a GFNY BEAR 50 or your GFNY BEAR 50 registration to GFNY 100 registration at no extra cost until 21 days before race day. To make your distance change, log into your [gfny.cc](https://gfny.cc) account and click on the "edit" button beside your ticket to make any changes.

### **Q: I'M TRAVELING FROM ABROAD AND DON'T HAVE US HEALTH INSURANCE. I'M CONCERNED ABOUT IF SOMETHING HAPPENS TO ME DURING MY TRIP AND HOW TO PAY FOR IT.**

**A:** We strongly encourage any rider without a USA-based health insurance to purchase travel insurance and a one-day license from USA Cycling to assist with any potential expenses incurred during your trip or during the event.

**TRAVEL INSURANCE:** Contact the travel agent or website where you booked your flight or contact your credit card company that you booked your trip with. Travel insurance can cost under \$100 but provides you an insurance policy for your trip, and a variety of services should you need them. Check the terms of the insurance policy to know exactly what is covered.

**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 highly encouraged, particularly for riders without US-based health insurance. Visit the USA Cycling booth at the GFNY pre-race expo to purchase your 1-day license.

### **Q: I NEED TO CHANGE MY JERSEY SIZE / TEAM AFFILIATION / CATEGORY. HOW CAN I DO THAT?**

**A:** Log into your [gfny.cc](https://gfny.cc) account and click on the "edit" button beside your ticket to make any changes.

### **Q: WHAT IS INCLUDED WITH THE ENTRY FEE?**

**A:** GFNY full zip cycling jersey Designed in New York City and Made in Italy by GFNY, GFNY bike bottle by Elite, GFNY race poster, GFNY race magazine, various GFNY goodies, course marking, aid stations, chip timing, post race meal, competition and raffle prizes, bike valet service at the expo and at GFNY Finish Village and much, much more.

GFNY BEAR 50 riders receive return transport by bus (your bike travels in an accompanying truck) to GFNY Finish Village.

ITEM	DEPARTURE	ARRIVAL	RETURN	BAG
Pedal wrench	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Torque set	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
T-Handle torque wrench	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Saddle bag with tire levers and Co2 head unit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
<b>REMOVE CO2 CARTRIDGES FROM BAG</b>				<input type="checkbox"/>
TSA Key for bike box	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
<b>BIKE ESSENTIALS</b>				
Floor pump	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Spare tires	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Bike bottles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Spare handlebar end caps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Spare derailleur hanger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Spare spokes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Spare pedals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Spare cleats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX

ITEM	DEPARTURE	ARRIVAL	RETURN	BAG
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**CLOTHES**

Helmet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Fingerless gloves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Wool gloves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Heavy winter gloves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Cover shoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
No show socks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Wool socks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Winter bib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Bib shorts: 1 per day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Jerseys: 1 per day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Cappellini	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Rain jacket	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Winter jacket	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Base layer: 1 per day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX

ITEM	DEPARTURE	ARRIVAL	RETURN	BAG
Sunglasses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Face cover	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX

**ELECTRONICS AND CREATURE COMFORTS**

International Power Adapters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Bike computer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Charge cable for your bike computer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Backup heart rate strap and charger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Charge cables for lights	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
AAA batteries for power meter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Camera cables for both battery and data exchange	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Camera accessories	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Extra phone cables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Spare battery back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Laptop charge cables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Laptop or tablet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX

ITEM	DEPARTURE	ARRIVAL	RETURN	BAG
Laptop video cable and dongle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Headphones	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
VITAL INFORMATION				
Passport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Scan your passport Credit or debit cards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
International driver license	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Your American driver license	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Doctors release	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Racing license	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Provide your itinerary to a friend or family member	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Email to self with confirmations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Add tickets/voucher to phone wallet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Car keys	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX
Airport parking lot ticket	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CARRY ON <input type="checkbox"/> CHECKED BAG <input type="checkbox"/> BIKE BOX



SAFE TRAVELS &  
SEE YOU IN NYC!

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