



2023 Micro-Tour 4 Ride Program

Trip to Ward Pound Ridge Reservation, NY

6 Reservation Rd, Pound Ridge, NY 10576, (914) 864-7322 May 27-28, 2023

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Introduction

This ride is a 57 mile “No Drop” ride, led by an overall group leader and sweeper. No one will be left behind in case of mechanical situations or otherwise. **This ride will obey all traffic lights and rules at all times, no exceptions.**

We will be leaving at **7:00am** from the intersection of Chambers Street and the Hudson River Greenway in lower Manhattan. Leaving at 7:00am means you should arrive beforehand to get set as we will start the orientation discussion at 6:45am.

40 miles of our trip (12 miles on the Hudson River Greenway + 28 Miles on the South/North County Trailway) are on car-free trails. The remaining 17 miles are on the road.

Safety

This ride will observe all traffic lights and controls (no questions asked), and will not make “forced left turns”. The left turns we have to make across traffic will be made as pedestrians. There are a few stretches of riding and intersections that require additional care to navigate safely, outlined below. **Familiarity with the route and map is a must, and is the responsibility of each rider**

Day 1 Safety Exhibits

Safety Exhibit 1 (Day 1): Northern Manhattan/Bronx

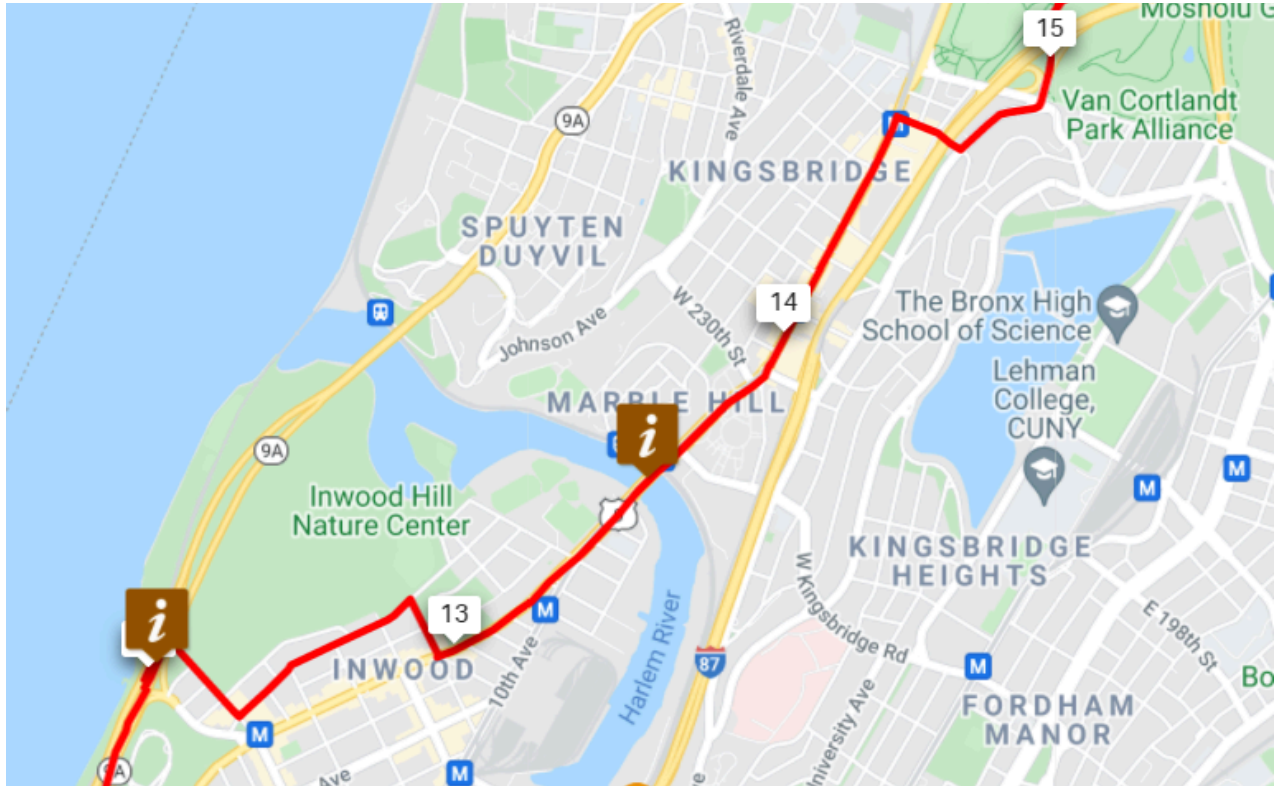


Image 1: From Mile 12 to 15 will be on the streets of Northern Manhattan and into the Bronx. It is important to make sure that all traffic lights are observed. Note the surface for the Broadway Bridge is metal grating, and can get slippery. For the Bronx section, we will be riding under the elevated subway line, so utmost caution and attention is required.

Safety Exhibit 2 (Day 1): Elmsford



Image 2: Mile 28.6,,,,upon arriving in Elmsford, crossing this street must be done as a pedestrian.This Happens where the South County Trailway ends and the North County Trailway begins

Safety Exhibit 3 (Day 1): Route 35



Image 3: Route 35 is a busy road (Mile 47.9 to Mile 49,2). For some parts of it, the shoulder is tiny/insignificant. Please take care in this section. Lights on, single file.

Safety Exhibit 4 (Day 1): Route 22/Route 309

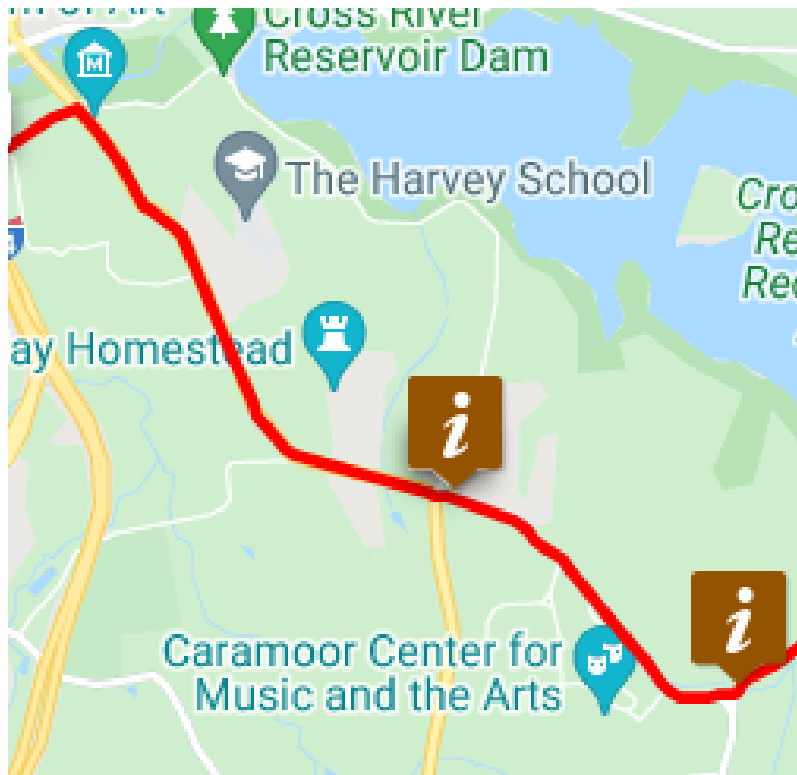


Image 4: Route 22/Route 309/Upper Hook Road (Miles 50.4 to 53.0) is a 2 lane country road with a small shoulder. Here, we will ride single file with all lights on.

Safety Exhibit 5 (Day 1): Upper Hook Road



Image 5: Upper Hook Road (Miles 53.0 to 54.2) is a gravel road that has some large loose sections along with elevation changes. Please take special care if you are on tires smaller than 700x32

Safety Exhibit 6 (Day 1): Old Post Road / Route 111



Image 6: Old Post Road / Route 111 (Miles 54.2 to 55.5) is a 2 lane country road with a small shoulder. Here, we will ride single file with all lights on. This leads to the entrance to the Reservation

Day 2 Safety Exhibits

On Day 2, all off the above sections still retain their characteristics in terms of safety and attention, except in reverse,

Safety Exhibit 7 (Day 2): Route 35 Intersection



Image 7: Route 35/Route 100 Intersection (Mle 8.9) is not made for bikes. We will cross to the far side of Route 35 in the right lane. We will then stop at the far corner and cross Route 100 a pedestrians using the appropriate traffic signals. **We will not take this intersection as a forced left turn, no exceptions**

Checklist

- Rider Contact List (see link in email, please print to have on ride as a reference)
- [Cue Sheets](#) (please print to have on ride as a reference)
- [Campsite Map](#) We are at the Pell Hill Group Campsite
- Ride manual (this doc, please print to have on ride as a reference)
- **Put my number in your phone 917 715 2524**

Ride Schedule

Schedule (May 27, Ride Out)

We will be leaving at **7:00am** from the intersection of Chambers Street and the Hudson River Greenway in lower Manhattan. If you miss the group and head out on your own, you are "on your own", and not covered by our insurance policy (see waiver). Please see our Cancellation Policy [here](#).

Schedule (May 28, Ride Back)

The group will leave at 8am from the campsite on Sunday morning. Those looking to take the train have an option 6 miles away at Goldens Bridge (Metro-North Harlem Line)

Ride Planning

Rider Contact List

Please have a printed copy of the Rider Contact List with you. Please note that I try to balance people's privacy with our safety requirements. Please do not share this contact list with others not on the ride

Ride Checklist

- Have a look at our [Micro-Tour Primer](#) to make sure you don't forget anything.
- Your bike must be in good working order, with the ability to carry gear ([see Micro-Tour Primer](#)). 718 Cyclery is in no way responsible for your bike. Road/touring bikes are recommended, suspension bikes are not advisable. All riders should have the basic ability to patch/change a tube, and get air into the tube. There will be plenty of folks available to help, but as a rider it is good to know how to do these things. Your bike

should also be equipped with lights, and preferably a reflective safety panel/flag at the rear. This ride is during daylight hours, but you never know what sort of delays might happen.

- **HELMETS ARE REQUIRED**

- **Reflective Gear:** It's a good idea to wear something reflective to increase visibility as much as possible
- **Lights:** Front and rear. We are riding during the day, but its good to be prepared
- **Tube:** You should have a tube for your wheel size. You might not know how to use it, but it will help if we need to get a flat fixed.
- **Tools:** Multi-tool, Tire Lever, Pump, Patch Kit
- **Food:** People will be cooking dinner at the campsite, but an alternative is to just bring something that doesn't need to be prepared, or pick something up at our rest stops. These trips are a great time to experiment (and share) with cooking equipment and methods.
- **Water:** Bring at least 2 water bottles to start the ride. Drink regularly, even if you're not thirsty. We will have 2 rest stops to refill. If you have a hydration pack, even better!
- **Shelter:** There are 4-8 slots in the site lean-to that would just require a sleeping bag. Otherwise, bring a tent. Let us know if you are planning to not bring a tent and stay in the lean-to
- **Sleeping Bag and Pad:** Please note weather forecasts, and check and understand the temperature rating of your bag. Bring a sleeping pad for comfort (and consider a camp pillow). In addition, the thermal qualities of a pad will make sleeping more comfortable.
- **First Aid:** Best practice is to bring at least a basic first aid kit
- **Bug Spray:** Yes! (in cold weather, not so much)
- **Sun Screen:** Yes! (in cold weather, not so much)
- **Lighting:** Flashlight, headlamp etc.
- **Rain Gear:** Always a good idea to have something in case of rain
- **Padded Shorts and/or Chamois Cream:** Trust me
- Check out our [Pinterest Boards](#) for gear ideas
- Alao, check out my example [Packing Lists here](#)

Maps and GPS

All Maps and GPS Files [here](#)

Please print out and download cue sheets and maps. Cue sheets are a paper turn-by-turn set of directions that can be easily be printed out and acts as a companion to a digital map. When viewing map link above, in the "More" menu, select "Print Map and Cue Sheet" to print Cue Sheets

Assume the worst case scenario of being separated from the group. Please don't just rely on digital versions, as batteries can die. TCX files are for Garmin and GPS devices, KML files can be loaded into Google maps, Cue Sheets are turn by turn directions that can be printed.

Please note we use the term “OUT” and “RET” (return) in file names to signify the 2 days of rides (out day and return day)

A safe group is a group where everyone is more than familiar with the route. Don't rely on your friend or your phone; know the route. Too many people go on these rides with no idea where they are going.

Weather (projected)

- Saturday May 27 (TBD)
- Sunday may 28(TBD)

I will be monitoring the weather closely, and will cancel the trip if there is weather that would make the ride unsafe (snow, existing snow/ice on trail, icy conditions, rain/freezing rain). If canceled, riders can get a refund or a credit for a future trip.

It is the responsibility of each rider to monitor the weather and ultimately make the decision to ride or not. Although we don't offer refunds for weather cancellations if the ride is going on, I will credit you for a future trip. There is no shame in waiting for a better trip!

It is the full responsibility of the participant to ensure their sleeping gear and shelter will be adequate given the projected weather. I will have with me a few survival blankets, hand warmers and an electric hand warmer for the groups use if necessary.

Scheduled Stops, Ride Up

These are mandatory stops in order to re-group.

- **Mile 10** Top of Hill (“The Corkscrew”) Hudson River Greenway
- **Mile 15** Van Cortlandt Park Entrance, We will meet a few riders here, as well as re-evaluate our group structure.
- **Mile 28.4:** Main rest stop. End of South County Trail (Elmsford Deli...lunch/food/water). Bathrooms available at Hardware Store (sometime), and at the Subway
- **Mile 42.4:** Reservoir Bridge
- **Mile 50:** Town Gazebo in Katonah. Group will meet up/fan out for local food purchases
- **Mile 57:** Destination

Return Trip

The group will leave at 8am from the campsite on Sunday morning. Those looking to take the train have an option 6 miles away at Katonah (Metro North Harlem Line)

Bike Shops

- **Mile 27**, Endless Trail Bikeworx, 56 Main St, Dobbs Ferry, NY 10522 [\(914\) 674-8567](tel:(914)674-8567)
- **Mile 46**, Bicycle World, 7 East Main St, Mt Kisco, NY 10549, (914) 666-4044
- **Mile 50**, Yorktown Cycles, 1899 Commerce St, Yorktown Heights, NY 10598, [\(914\) 245-5504](tel:(914)245-5504)

Camping/Campsite

We are at the Pell Hill Group Campsite. [See map here](#)

Water

It is incredibly important that Tour Participants and 718 Employees stay properly hydrated during this trip. Before starting off for the day, 718 Employees will ensure that all Tour Participants have adequate hydration. Regular stops have been planned to replenish water along the way.

The site itself does not have water. Bathroom and shower building is visible from the site

Restrooms

The site has 1 porta-potty. In the whole scheme of things, it is kept quite clean (in my past experiences). Bathroom and shower building is visible from the site

Food

It is incredibly important that Micro-Tour Participants and 718 Employees have proper nutrition during this trip. Before starting off for the day, 718 Employees will ensure that all Tour Participants have adequate nutrition. Regular stops have been planned to replenish food along the way. Food for campsite meals can be bought during our stop in Katonah.

Shelter

Riders will need to bring their own tent, hammock or bivy. There is 1 lean-to at the campsite.

Emergency Action Plan

Introduction

The purpose of the Emergency Action Plan (EAP) is to ensure the safety and well being of Tour Participants and 718 Employees while on 2021 Micro-Tour 12.

This plan has been reviewed with 718 Employees as well as Tour Participants. In addition, 718 Cyclery will host an organizational meeting (12/1/21) to get all riders prepared. All Micro-Tour Participants have signed Waiver.

Ride Organization

In order to ensure a safe ride environment, the ride will be organized with a Group leader and multiple riders at the rear ("sweep") position. Each leader will have a charged cel phone repair supplies and a 1st Aid kit.

All riders have provided emergency contact numbers, which will be in possession of 718 Employees on trip.

Medical

In case of any real or apparent medical issue while riding, the group will be stopped at once. Cel Phones will be used to alert all 718 Employees and Ride Leaders of the situation. In the case the group is stretched out over a long distance, the group will be brought together by 718 Employees. All 718 Employees are trained in Wilderness First Aid, and will be carrying First Aid kits.

If a medical emergency is declared, 718 Employees will use cellular phones to reach 911 emergency services, noting exact mile markers on trail during call.

If no communication is available due to lack of cellular phone service, one 718 Employee will ride to the nearest town to alert emergency services. All 718 Employees will have a detailed map on them to facilitate this.

718 Employees have studied maps of route ahead of time, and are familiar with towns and distances for that day.

Hospitals

- **Mile 18**, Montefiore, 3444 Kossuth Ave # 1, Bronx, NY 10467, (718) 920-2273
- **Mile 34**: Westchester County Medical Center, 100 Woods Rd, Valhalla, NY 10595, (914) 493-7000
- **Mile 56** Four Winds Hospital, 800 Cross River Road, Katonah, NY 10536, (914) 763-8151

Communication

All Team Leaders and 718 Employees will have charged cel phones and a satellite phone/device (Ride Leader only).

Joe Nocella, Owner
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