



2023 Micro-Tour 6 Ride Program

Trip to Croton Point Park, 1 Croton Point Ave, Croton-On-Hudson, NY 10520, (914) 862-5290,
August 5-6, 2023

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Introduction

This ride is a “No Drop” ride, led by an overall group leader and sweeper. No one will be left behind in case of mechanical situations or otherwise.

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. If you miss the group and head out on your own, you are "on your own", and not covered by our insurance policy (as outlined in the Waiver). Please see our Cancellation Policy [here](#).

Our Ride is 44 miles. 33 miles are on car-free trails (12 miles on the Hudson River Greenway + 21 Miles on the South/North County Trailway). The remaining 11 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. See Safety Exhibits below.

I have done this trip many times. When leaving at 7am, we generally arrive between 1-2 pm. Helmets and lights are required. There are a few stretches of riding and intersections that require additional care to navigate safely, outlined below.

Waiver

Please fill out Waiver [here](#)

Day 1 Safety Exhibits

Day 1 Safety Exhibit 1: Northern Manhattan/Bronx

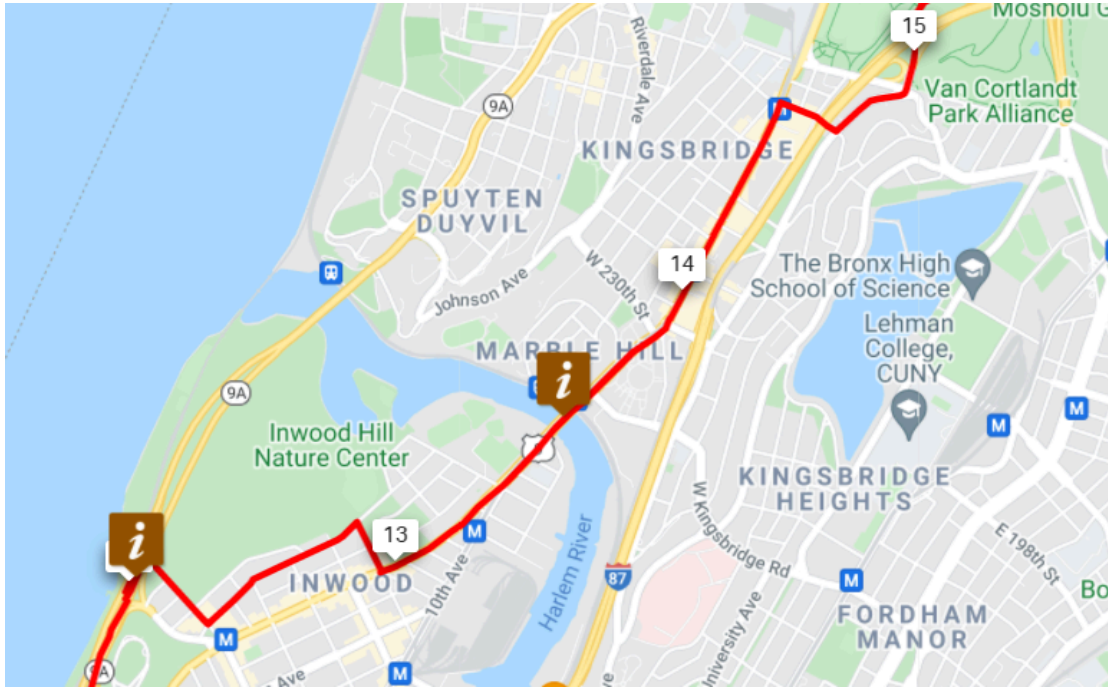


Image 1:1: From Mile 12 to 15 will be on the streets of Northern Manhattan and into the Bronx. It is important to make sure that all traffic lights are observed. Note the surface for the Broadway Bridge is metal grating, and can get slippery. For the Bronx section, we will be riding under the elevated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

Day 1 Safety Exhibit 2: Elmsford



Image 1:2: Mile 28.6,,,,,upon arriving in Elmsford, crossing this street must be done as a pedestrian at the traffic light. This Happens where the South County Trailway ends and the North County Trailway begins.

Day 1 Safety Exhibit 3: Briarcliff and Ossining (in general)

After leaving the North County Trailway, will be riding on the streets of Briarcliff and Ossining for 4 miles (Miles 36-40). These are areas where local drivers are not used to seeing groups of cyclists. Light on, single file, riding predictably and stopping at all light is the best practice here. Also, watch for drivers exiting parked cars.

Day 1 Safety Exhibit 4: Old Post Road Intersection (Mile 40.8)

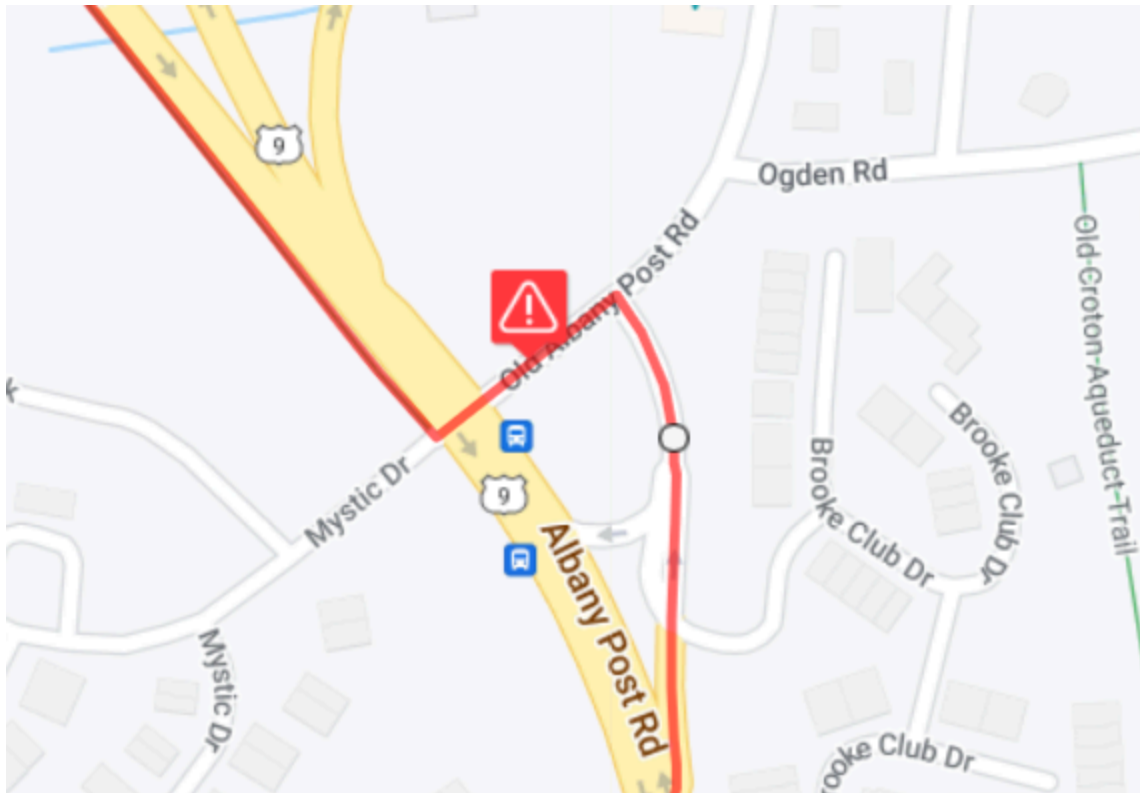


Image 1:4: Mile 40.8. This intersection requires the use of the “Jug Handle” right exit off of Albany Post Road, as riders must cross to the far side to access the northbound protected bike lane. All traffic and pedestrian lights/signals must be observed, as this is a fast moving intersection with southbound cars essentially coming through at highway speeds.

Day 2 Safety Exhibits

On Day 2, all of the Day 1 locations need caution in reverse. In addition, see below

Ride Schedule

Schedule (August 5, 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 (as outlined in the Waiver). Please see our Cancellation Policy [here](#).

Schedule (August 6, Ride Back)

The group will leave at 8am from the campsite on Sunday morning. Those looking to take the train can hop on the Metro-North at Croton. **The ride ends in Van Cortlandt Park in the Bronx**

Ride Planning

Ride Checklist

- Ride Group List (see links in email, please print to have on ride as a reference)
- Cue Sheets (please print to have on ride as a reference)
- Campsite Map (Below, we are Campsites 2 and 5)
- Ride Program (this doc, please print to have on ride as a reference)
- 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 it's 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:** Tents or hammocks will work
- **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
- Also, check out my example [Packing Lists here](#)
- **Put my number in your phone 917 715 2524**

Maps and GPS

- [Maps](#)

Please print out and download cue sheets and maps. **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)

- Aug 5
- Aug 6

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!

Scheduled Stops, Ride Up

These are mandatory stops in order to re-group.

- **Mile 10:** Top of “corkscrew” on Hudson River Greenway. More of a “catch your breath” moment.
- **Mile 15** Van Cortlandt Park Entrance (water, bathrooms)
- **Mile 28.4:** Main rest stop. End of South County Trail (Elmsford Deli...food/water/bathrooms)
- **Mile 36.3:** Briarcliff Library
- **Mile 38.3:** Intersection of Croton Ave and Pleasantville Road
- **Mile 40.6:** Old Post Road Intersection
- **Mile 42.1:** Shoprite Supermarket
- **Mile 43:** Ranger Station
- **Mile 44.3:** Destination

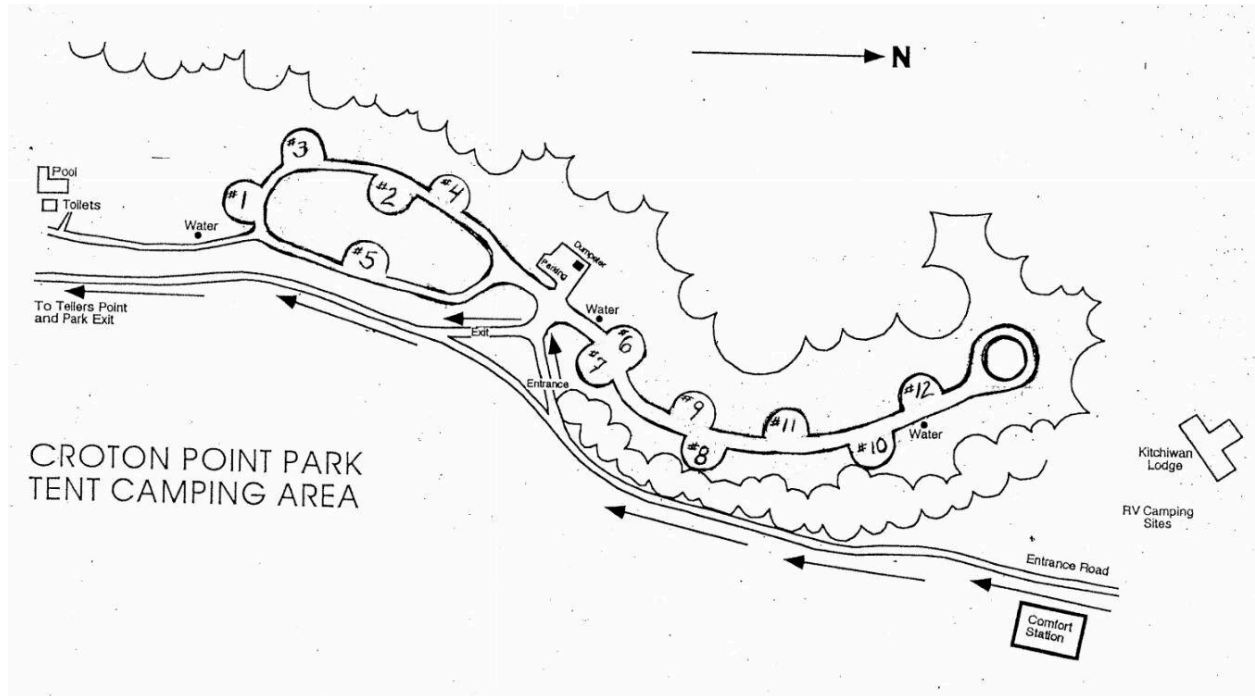
Return Trip

The group will leave at 8am from the campsite on Sunday morning. Those looking to take the train can jump right on the Metro North Train at the Croton Station

Bike Shops (see Maps)

Camping/Campsite

We are Camping/Tents Sites 2 and 5



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 has 2 water pumps

Restrooms

The site has 2 porta-potties and a bathroom/shower building $\frac{1}{4}$ mile 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.

The site has 2 fire-pits (with grills). Firewood will be provided by the park

Shelter

Riders will need to bring their own tent, hammock or bivy.

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 this trip

This plan has been reviewed with 718 Employees as well as Tour Participants. In addition, 718 Cyclery will host an organizational meeting (4/20/22) 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 (See Maps)

- **Mile 18**, Montefiore, 3444 Kossuth Ave # 1, Bronx, NY 10467, (718) 920-2273
- **Mile 33**: 701 N Broadway, Sleepy Hollow, NY 10591
- **Mile 34**: Westchester County Medical Center, 100 Woods Rd, Valhalla, NY 10595, (914) 493-7000

Communication

All Team Leaders and 718 Employees will have charged cel phones and a satellite phone/device (Ride Leader only). **Put my number in your phone 917 715 2524**

Reference

Joe Nocella, Owner
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