What time should I be there?

For those of you doing the River Road route, please arrive by 8:45 am outside of the JCC Manhattan (76th and Amsterdam). We need to get everyone signed in, go over introductions, and have a safety briefing before we hit the road at 9:00 am.

For those of you doing the Fort Lee route, please arrive at 9: 15 am outside of the JCC Manhattan (76th and Amsterdam). We need to get everyone signed in, go over introductions, and have a safety briefing before we hit the road at 9:30 am.

How many miles is it?

We are offering two different routes. One will be 15 miles out and back to Fort Lee Historic Park. The other will be a 35-mile loop along River Road and 9W.

Is it okay if I'm slow/how fast am I allowed to go?

You can ride at whatever pace is comfortable for you. However, as a general rule, our shorter route cyclists average between 8-10 mph and our longer route cyclists average 12-15 mph. If you are averaging a speed slower or faster than that, we cannot promise that the group will stay with you.

What time will the ride finish?

This mostly depends on your pace, but you can assume that the ride will take no more than 3 hours for the shorter route and 4 hours for the longer one, ending at 12:30 pm and 1:00 pm respectively.

What should I wear?

It's going to be chilly, so make sure to wear arm and/or leg warmers if you have them, layers, gloves, a jacket/sweatshirt, and last but definitely not least, a HELMET!

Am I responsible for bringing my own food and water?

Yes! These rides are unsupported, meaning there will be no official rest stops along the way. Please make sure to have enough food and water to last you the duration of the ride (2-4 hours).

Will there be a mechanic around to help me with my bike?

Nope! There will be riders around to help you fix a flat, but we highly suggest you get a tune up **before** Sunday to make sure your bike is in good working condition.

Can I bring a friend?

This ride is open to anyone and everyone so long as they are comfortable riding on city streets.

What if I need to go to the bathroom?

You may use the bathroom inside the JCC before we leave. Once on the road, you can stop in Lee's Bike Shop at the end of the GW Bridge, the Visitor Center at Fort lee Historic Park, or the Palisades Police Station.