

DISCOVER HUDSON VALLEY *RIDE*



WE CAN'T WAIT TO SEE YOU!

Read on to get the most out of your ride.

RIDE-DAY UPDATES

Take a moment to opt in to our text alerts to make sure you get important notifications while you ride. [Click here to get started.](#)

RULES OF THE ROAD

Make note of these important tips to have a fun and safe day:

- **Helmets are mandatory on all Bike New York rides**, and [New York State law](#) requires that all bikes be equipped with a bell or horn. No ifs, ands, or buts.
- **Obey all traffic laws.** Keep right, pass left, and use your bell to signal when passing other cyclists.
- **Ride single file**, and do not run red lights or stop signs. It's illegal and dangerous.
- **Pedestrians always have the right of way**, so ring your bell to alert them if necessary.
- **Don't use headphones or cell phones while riding.** This includes taking photos—never cycle and selfie! Safely pull over to the side to snap your pics.
- **Be a gracious guest!** Every time you ride, you're an ambassador for biking. Let's leave a positive impression on the towns that so generously share their streets with us. Please don't litter along the route!

CHECK-IN & ON-SITE REGISTRATION

Check-in and on-site registration are available on Friday and Saturday.

FRIDAY, JULY 12

Where: [Farmers and Chefs, 40 Albany St, Poughkeepsie, NY 12601](#)

When: 12:00PM – 4:00PM

SATURDAY, JULY 13

Where: [Victor C. Waryas Park in Poughkeepsie, New York](#)

When: 6:00AM – 10:15AM (depending on your route distance)

Start Times:

- 100 miles: 7:30AM – 8:30AM (Check-in starts at 6:00AM)
- 75 miles: 8:00AM – 9:15AM
- 52 miles: 8:30AM – 9:30AM
- 33 miles: 9:15AM – 10:15AM
- 15 miles: 9:30AM – 10:15AM

Note: Timing is based on route support and rest area services. Once a route's start window has closed, you will no longer have access to that route and must switch to a shorter option. **All riders must be on the route by 10:15AM.** If you arrive after that time, we will not be able to provide your rider ID kit to you.

BREAKFAST STARTS AT 6:00AM.

ON-SITE REGISTRATION

Do you have friends or family members who missed the online registration deadline? Not to worry—there's on-site registration available on Friday and Saturday during check-in! The on-site price is **\$130 for adults** and **\$110 for kids and Bike New York Members**—cash or credit card.

FOR ALL RIDER ID KIT PICKUP

Bring this email with the QR code at the bottom (on your phone or printed out) and your government-issued photo ID to receive your rider ID kit.

There is no proxy rider ID kit pickup for DHV. **Rider ID kits will not be provided to riders who are not present in person.**

If you are checking in on Saturday, we recommend you allow yourself at least 30 minutes prior to your route's start window to ensure you have enough time to get through the check-in line, pick up your cue sheet, use the restroom, fill up your water bottle, and grab a complimentary breakfast. You should also account for travel time and parking when planning your trip.

Plan to leave within the first 15 minutes of your start time window; the Poughkeepsie Police Department will be halting vehicular traffic on North Water Street during those times to ensure your ride begins smoothly.

GETTING THERE ON RIDE DAY

No matter which distance you're riding, everything starts and finishes at:

[Victor C. Waryas Park in Poughkeepsie, New York](#)

BY TRAIN

Waryas Park is a one-minute bike ride from the Poughkeepsie Metro-North station. Although Metro-North has waived their usual bike limits on the Saturday morning trains, we expect space to be limited and available on a first-come, first-served basis.

NOTE: There is no Metro-North service available for **100-mile riders** on the morning of the ride.

BIKE SHUTTLE

[Unlimited Biking](#) offers a bike shuttle for Discover Hudson Valley Ride participants even if you're not renting a bike. For \$49, you can have Unlimited Biking bring your bike to the Start at Victor C. Waryas Park and back to NYC afterwards. [Find out more and register for the bike shuttle here.](#)

DRIVING

Planning your route? We recommend [Google Maps](#). Enter [Victor C. Waryas Park in Poughkeepsie, New York](#) as your destination.

PARKING

Parking is available within biking distance of Waryas Park; staff and signage will direct you to nearby parking.

[See a map of parking in the area.](#)

WEATHER (AND WHAT TO BRING)

As of now, Saturday's forecast calls for passing showers early in the morning, clearing up to partly

cloudy in the afternoon with temperatures in the high 80s. We recommend you check the forecast and pack/dress appropriately. Also be advised that we may implement route changes or safety precautions if there are unsafe conditions. Here's a handy list to keep you prepared:

- **A helmet.** You gotta wear it. No exceptions.
- **Photo ID,** so you can check in and get your cue sheet.
- **Water bottle(s).** You'll be able to refill them at every rest area. Bottled water will not be handed out.
- **Cash or credit cards,** so you can fuel up at our food trucks and stock up on cool Bike New York gear at the Finish Festival!
- **A spare tube and patch kit.** Bike repair along the route is free, but there's a charge for parts.
- **Sunscreen.** Apply liberally and repeat. And then repeat again.
- **Clothing.** Wear jerseys, shorts, and arm skins with built-in sun protection, and a cap under your helmet to shield your head. Lightweight materials with wicking properties help you cool off quickly. Remember to pack a lightweight rain jacket.
- **Hydrate, hydrate, hydrate!** Check your water levels often and be sure to have a full bottle on hand at all times. Increase consumption of watery fruits and veggies the day before the ride. Sodium helps you hold onto fluids you're drinking, so sip an electrolyte beverage during your ride. Drink little amounts often. Don't wait until you're thirsty; keep sipping from start to finish.
- **There is no bag check,** so bring only what you can carry with you on the ride.
- **Don't forget to pack your best dance moves,** or at least your dancin' shoes! A local DJ will be rocking the party at the Finish Festival.

AT THE FINISH – COME HUNGRY AND THIRSTY!

There are food trucks (Farmers and Chefs, Flavor Bandits, Stuf'd, and Mr. Coo) at the Finish Festival for meat lovers AND vegetarians/vegans (cash and credit cards accepted), and a free beer or hard seltzer from New Belgium Brewing for riders 21 and over – just present your bib to get your beverage!

Make sure to pick up your Finisher's medal and t-shirt at the Finish Festival to commemorate your achievement!

GPS FILES

Want to navigate/track your ride using GPS on your smartphone? We've got you covered. **However, even if you've got the route on your phone, please do not begin riding until your appointed start time and do not rely solely on your phone.**

Here's why: If you leave early, you'll arrive at rest areas before our volunteers and staff are set up and ready to welcome you. Don't ignore the route arrows, blue signs, or directions on your cue sheet.

RIDE WITH GPS

RSVP by clicking link

below: https://ridewithgps.com/auto_approve/Event/317571/KuHqsjfjKxex0Ft3HEK6O4Uf1DChr9ix

After clicking on the link to RSVP, follow these instructions:

- Sign up or sign in to your account
- Download the RideWithGPS app (if you haven't already)
- On Event Day, open the RideWithGPS app and navigate to **My Events**
- Open **DHV24**, choose your desired route, and select **Ride This**
- Click **Save to Pinned** to access the route directly through the app or offline

STRAVA

15-Mile Route: <https://www.strava.com/routes/3245881204486973574>
33-Mile Route: <https://www.strava.com/routes/3245880944431679622>
55-Mile Route: <https://www.strava.com/routes/3245880605515094150>
75-Mile Route: <https://www.strava.com/routes/3245879193150625198>
100-Mile Route: <https://www.strava.com/routes/3245878769820264240>

Want to store the route on your phone? Follow these instructions:

- Download the Strava app and create a profile
- Click on your desired route either on your phone or computer
- Click the star button to save the route
- On Event Day, tap on your profile and scroll down to "Routes"
- Choose the route you would like to ride and select "Use Route"

NOTE: We won't be able to help you put the routes on your phone on Saturday, so make sure to install the app ahead of time.

LAST BUT NOT LEAST: TUNING UP YOUR BIKE

Don't wait until you're out on the route to find out whether your bike is road-ready. We'll have repair stations at the start and at rest areas along the route to address minor issues, but we highly recommend that you get your bike tuned up before the ride. Most bike shops offer this service for a reasonable fee.

THANKS TO OUR SPONSORS!



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PRIMAL

