

# TWIN LIGHTS RIDE

## SUNDAY'S THE BIG DAY

Read on to get the most out of your Twin Lights Ride!

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.](#)

**Weather note:** Although the current ride day forecast calls for occasional showers with a high of 68 degrees, this may change. Please check the forecast before heading out to Highlands, NJ.

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### PACKET PICKUP

Whether you want to pick up your rider ID kit on Saturday (and skip the check-in lines on ride day), or are planning to check in on Sunday, we've got you covered!

#### SATURDAY SOCIAL (OPTIONAL)

**Saturday, September 28:** 1:00PM – 4:00PM

**Location:** Inside [et al Fine Food, 300 Shore Drive, Highlands, NJ 07732](#)

- Check in and pick up your rider ID kit (bib and bike plate) early!
- Enjoy food and drink specials at [et al's outdoor patio](#).
- Friends and family are welcome to join, and can register for the ride during the Social.
- Shop Twin Lights and BNY merchandise, and get all your questions answered so you're ready for ride day.

#### SUNDAY (RIDE DAY) CHECK-IN

**Sunday, September 29:** 6:00AM – 10:15AM (depending on your [route distance](#))

**Location:** Parking lot, [et al Fine Food, 300 Shore Drive, Highlands, NJ 07732](#)

**Start Times:**

- 100 miles: 6:00AM – 8:00AM (**route opens at 7:30AM**)
- 75 miles: 8:00AM – 8:30AM
- 55 miles: 8:30AM – 9:30AM
- 30 miles: 9:15AM – 10:15AM
- 15 miles: 9:45AM – 10:15AM

**Note:** Start times are based on route support and rest area services. Once a start window has closed, you may no longer ride that route and must switch to a shorter distance.

**ALL RIDERS MUST BE ON THE ROUTE BY 10:15AM.** After 10:15AM, we cannot provide your rider ID kit to you.

#### FOR ALL RIDER KIT PICKUP

Bring this email and your government-issued photo ID to receive your rider materials.

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

**If you are checking in on Sunday,** we recommend you plan to arrive at least 30 minutes prior to your start time 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. **BREAKFAST STARTS AT 6:00AM.**

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### GETTING THERE

Check-in for all routes will take place at [et al fine food, 300 Shore Drive, Highlands, NJ 07732](#).

#### OUR CHARTERED FERRY TO HIGHLANDS

If you purchased ferry tickets during registration, please bring your confirmation email and government-issued photo ID with you to [Pier 11](#) on Sunday. Please give yourself ample time to arrive, check in, and board the boat—we recommend getting there at least 30 minutes before your departure time.

We will not provide return ferry service back to Manhattan. [Learn more about the ferry here.](#)

## **BIKE SHUTTLE**

If you signed up for the bike shuttle, please visit our [Bike Rental and Shuttle Service](#) page.

## **DRIVING**

Planning your route? We recommend [Google Maps](#). Enter [300 Shore Drive, Highlands, NJ 07732](#) as your destination.

## **PARKING**

Parking is available within biking distance of the Start/Finish; staff and signage will direct you to nearby parking. [View the area parking map here](#).

**Do not park in prohibited areas** (local business parking lots or restricted streets) to avoid being ticketed or towed.

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## **RULES OF THE ROAD**

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

- **Helmets are required on ALL Bike New York rides**, and New Jersey State law requires that all bikes be equipped with a bell or horn.
- **RIDE SINGLE FILE**. Keep right, pass left, and use your bell to signal when passing other cyclists.
- **Pedestrians always have the right of way**, so ring your bell to alert them if necessary.
- **Obey all traffic laws**, and do not run red lights. It's illegal and dangerous.
- **Don't use headphones or cell phones while riding**. This includes taking photos—never cycle and selfie! If you want to snap a pic, pull over in a safe fashion to the side of the road or trail and stop there.
- **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.

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## **WEATHER & WHAT TO BRING**

As of now, the ride day forecast calls for occasional rain showers, and a high of 68 degrees. This ride is rain or shine, so check the forecast and pack/dress appropriately. **Be advised that we may implement route changes or safety precautions if there are unsafe weather conditions.**

Here's a handy list to get you prepared:

- **Bike helmet**. You gotta wear it. No ifs, ands, or buts.
- **Photo ID**, so you can check in and get your cue sheet (and purchase an adult beverage at the Beer Garden).
- **Clothing**. Layer up! Bring a lightweight rain jacket to wear over your jersey, and pack a water-resistant cap to put on under your helmet to shield your head.
- **Water bottle(s)**. You'll be able to refill them at every rest area. Bottled water will not be handed out. Don't have a water bottle? You can purchase one during Saturday check-in or Sunday at the Start area!
- **Cash or credit cards**, so you can 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.
- **Hydrate, hydrate, hydrate!** Check your water levels often and be sure to have a full bottle on hand. Sodium helps you hold onto fluids you're drinking, so sip an electrolyte beverage during your ride.
- **There is no bag check**, so bring only what you can carry with you on the ride.

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## **AT THE FINISH**

After you're done riding, get your 2024 finisher medal and t-shirt, buy a bite to eat from the food trucks (cash or credit card), then relax and recharge with live music at the Finish Festival—make sure to stop by our bicycle wash station and get your bike cleaned up for free. Don't forget to head over to the Bike New York merch tent for jerseys, t-shirts, water bottles and more!

And for riders over 21, visit the beer garden hosted by our friends at the Highlands Business Partnership (cash only).

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## GPS FILES

Want to navigate/track your ride using GPS on your smartphone? See below for downloads and instructions.

**Note:** Please do not begin riding until your appointed start time; if you leave early, you'll arrive at rest areas before volunteers and staff are set up and ready to welcome you.

### STRAVA

TLR participants can redeem a 60-day Strava trial subscription [here](#), available to the first 500 new subscribers.

- [15-Mile Route](#)
- [30-Mile Route](#)
- [55-Mile Route](#)
- [75-Mile Route](#)
- [100-Mile Route](#)

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 Sunday. (As long as you already have the app installed, Strava will open automatically.)

### RIDE WITH GPS

[Ride With GPS Invite Link](#)

Ride With GPS how-to video:

<https://www.youtube.com/watch?v=j-YvpqorRX8>

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

- Click Invite Link for Auto-Approval Link to automatically RSVP for the event
- Sign in or Sign up to use Ride With GPS features for free.
- Click Events
- Select Route
- Save Route
- Navigate and enjoy the ride!

If you use Ride With GPS, you may use all of their features for free during the ride!

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## ROUTES

Don't ignore the posted signs or the colored arrows for your route; please visit our [Routes and Services page](#) for complete details. We'll also have this info posted on Ride Day.

15-mile route update: This route has changed due to expected crowding at Sandy Hook for another event. Most of this route is on the Henry Hudson Bike Trail.

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## 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 bike 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.