

2025 Ready to Roll Guide

October 4th | New York

BEST BUDDIES
CHALLENGE.
NEW YORK

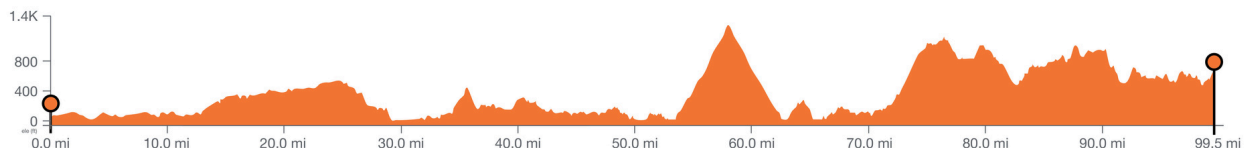
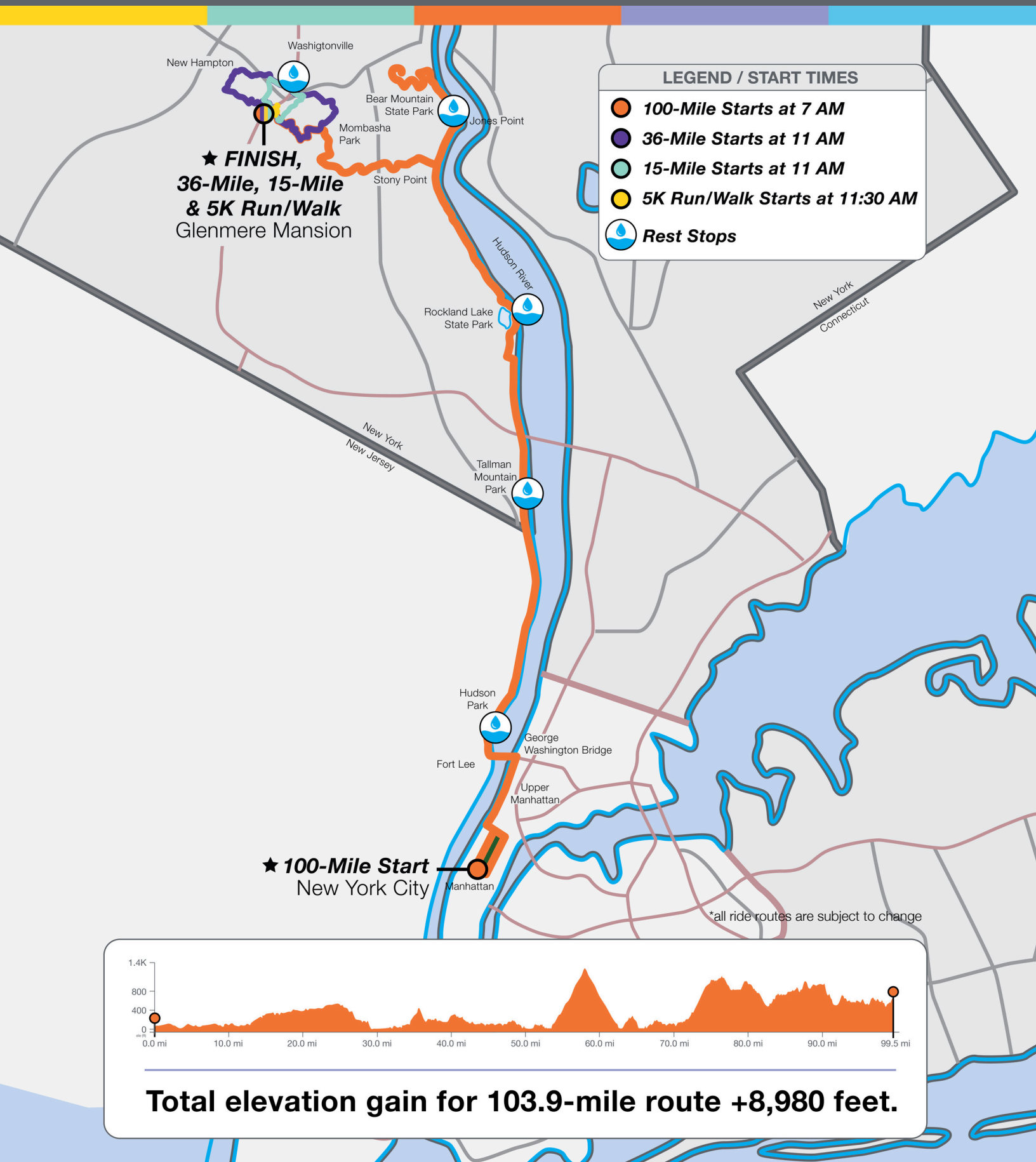
PRESENTED BY



BEST BUDDIES



Route Map



Total elevation gain for 103.9-mile route +8,980 feet.

Table of Contents

<u>Welcome to the Challenge</u>	01
<u>Mission Impact</u>	02
<u>Schedule of Events</u>	03
<u>Rest Stop Location & Parking</u>	04
<u>Shuttles, Bike Valet, Rental & Purchase</u>	06
<u>Route Info</u>	07
<u>Rules of The Road</u>	08
<u>Where to Stay</u>	10
<u>Personal Items, Packing List & Finish Line</u>	11
<u>Meet the Pros</u>	12
<u>Event merch & Sponsor Thank You</u>	16



Welcome to the Challenge!

We are excited to see you at the inaugural [Best Buddies Challenge: New York presented by Jersey Mike's Subs and Wells Fargo](#). Your support helps create friendships, job opportunities, leadership development, inclusive living, and family support for individuals with intellectual and developmental disabilities. Every mile you ride and dollar you raise supports Best Buddies! This guide has all the details, schedules, and locations you will need to know for the Challenge on October 4, 2025. Please take a few minutes to read this guide and contact us with any questions. See you in the saddle!

In friendship, The Best Buddies
Challenge Team

Our Impact

3,738
Chapters

147,663*
Participants

1,476,630
Impacted

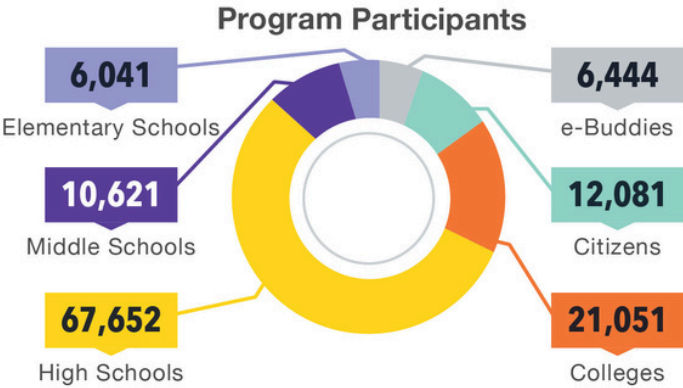
50
States

43
Countries



One-To-One Friendship

130	Elementary School Chapters	1,675	High School Chapters
513	Middle School Chapters	483	College Chapters



Integrated Employment

2,279 Participants Employed

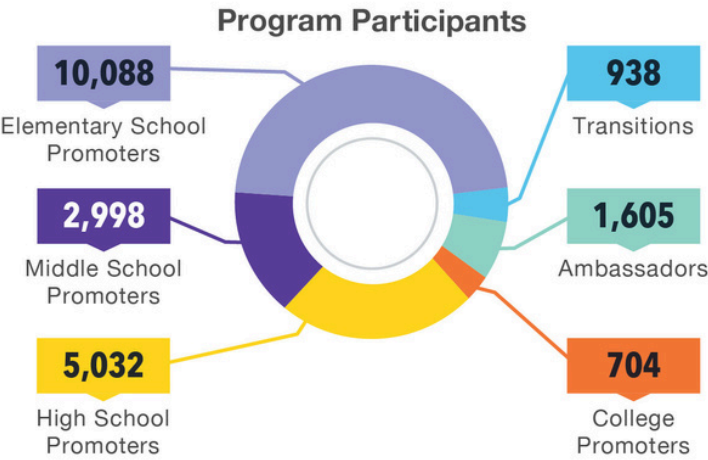
Average Total Participant Stats

44,486	2,179,818	\$6,875,146	\$34,375,729
Weekly Hrs. Worked	Yearly Hrs. Worked	Yearly Taxes Paid	Yearly Wages Earned
Avg. hrs worked per week 19.52, Avg. hrly wage \$15.77 (in the U.S.).			



Leadership Development

455	Elementary Schools Promoters Chapters
172	Middle School Promoters Chapters
271	High School Promoters Chapters
39	College Promoters Chapters



Inclusive Living

10	Living Residences	71	Living Participants
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Family Support

58	Eunie's Buddies Participants
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*All program stats are as of 12/31/2024, and reflect the most recent Best Buddies program year (July 1, 2024 – June 30, 2025).

Schedule of Events

The Day Before –

Friday, October 3, 2025

4:00 – 7:00 PM

Early Packet Pick-up

Hilton Hotel Midtown, 1335 6th Ave,
New York, NY 10019

Event Day –

Saturday, October 4, 2025

7:00 AM

100-mile ride starts

W 59th St & 7th Ave

Check-in & breakfast open at 5:30 AM

Sarabeth's

40 Central Park South, New York, NY 10019

7:30 AM

Shuttles will depart from the W 59th St.
& 6th Ave to Glenmere Mansion
(36, 15, 5k-start lines)

**All Parking for the 36/15/5k and Finish
Line is at 15 New St., Florida, NY 10921.*

***Parking is not available at Glenmere
Mansion. Shuttle service will be
provided to the start lines and the
Finish Line celebration.***

11:00 AM

36 & 15-mile ride starts

Glenmere Mansion – 634 Pine Hill Rd,
Chester, NY 10918

Check-in & breakfast opens at 9:00 AM

11:30 AM

5K Trail Run/Walk starts

Glenmere Mansion – 634 Pine Hill Rd,
Chester, NY 10918

Check-in & breakfast opens at 9:00 AM

12:00 PM

Finish Line showers, massages and
luncheon open at Glenmere Mansion

1:00 – 6:00 PM

Post-event party featuring gourmet food,
open bar, Buddy speakers, awards, and
private concert.

5:00 – 8:00 PM

Shuttles from Glenmere Mansion back to
NYC will depart on a rolling basis.

**Please expect a minimum 90-minute trip
back to the start line in New York City.*

6:00 PM

After-party ends

6:00 – 8:00 PM

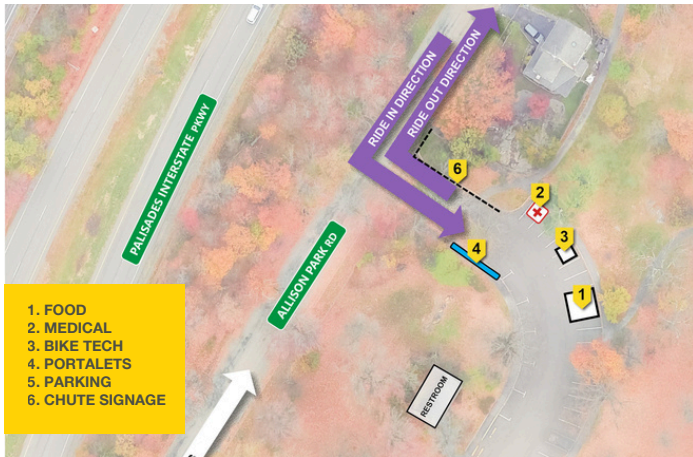
Post-event VIP reception, invitation only

8:00 PM

Last shuttle back to NYC will depart
Glenmere Mansion

Rest Stop Locations

Our five Rest Stops will be ready for you to rest and refuel along the route. Each Rest Stop will be equipped with food, beverages, restrooms, bicycle mechanics, and medical aid.



REST STOP 1

Mile 17, Miles to go: 82.9

Allison Park

Allison Park Road, Englewood Cliffs, NJ 07632

Rest Stop Times: 7:30 AM – 9:00 AM



REST STOP 2

Mile 39, Miles to go: 60.9

Rockland Lake State Park-Parking Field #1

299 Rockland Lake Rd, Valley Cottage, NY 10989

Rest Stop Times: 8:30 AM – 10:00 AM



REST STOP 3

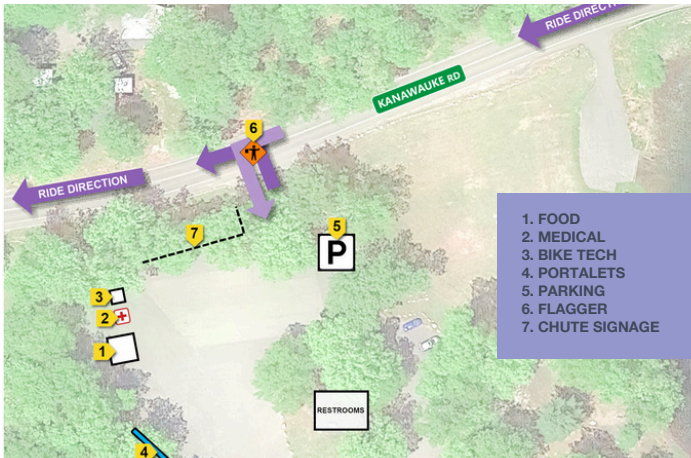
Mile 51.2, Miles to go: 48.7

Turning Point Church

12 Old Ayres Rd, Tomkins Cove, NY 10986

Rest Stop Times: 9:30 AM – 12:00 PM

Rest Stop Locations



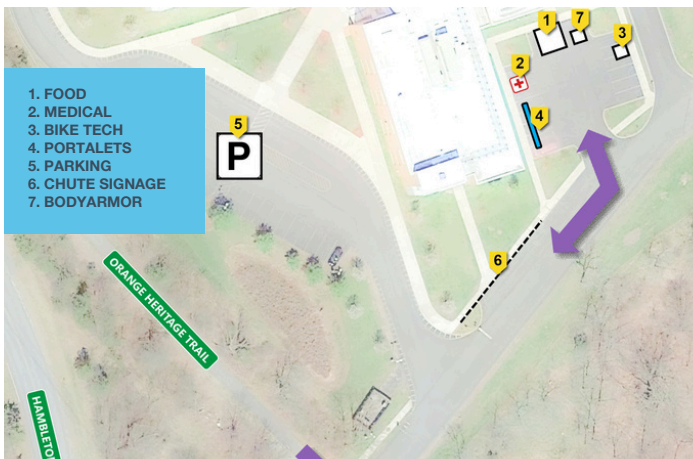
REST STOP 4

Mile 78.4, Miles to go: 21.5

Kanawauke Picnic Area Parking Lot

Kanawauke Rd, Bear Mountain, NY 10911

Rest Stop Times: 10:30 AM – 2:00 PM



REST STOP A

Mile 18.9 (36M), 8.3 (15M)

Miles to go: 17.9 (36M), 7.5 (15M)

Chester Union High School

64 Hambletonian Ave, Chester, NY 10918

Rest Stop Times: 11:00 AM– 1:00 PM

Please note: Rest Stop A is only for the 36 and 15-mile routes.

Parking



Paid parking is available at the start line.

36/15/5k & Finish Line Parking

All parking is at 15 New St., Florida, NY 10921. Please follow event signage. Shuttles will provide transportation to the 36/15/5k start lines and the Finish Line celebration. **Parking is not available at Glenmere Mansion.**

Shuttles & Bike Valet

As part of the five-star experience, the Best Buddies Challenge provides our participants with shuttle transportation.

Shuttles to the 36, 15, and 5k-start lines

Shuttles will depart from W 59th St. & 6th Ave. to Glenmere Mansion (36, 15, 5k-start lines) at 7:30 AM. Registered participants will receive a shuttle pass via text message to board the shuttle on Saturday morning.

The shuttle is only for registered participants of the Challenge.

If you require a shuttle to Glenmere Mansion, please email us at Coach@bestbuddies.org and we'll be happy to assist you!

Return Shuttles

Shuttles from Glenmere Mansion back to New York City will depart on a rolling basis starting at 5:00 PM. The last shuttle will depart Glenmere Mansion at 8:00 PM.



Bike Valet & Bike Pick Up

After you cross the Finish Line, drop your bike at Bike Valet for safe storage so you can enjoy the Finish Line Festival. When you are ready to depart, a Bike Valet assistant will help you retrieve your bike.

If you are utilizing a return shuttle, retrieve your bike from Bike Valet and bring it to the shuttle. It will be loaded on a bike transport truck that will follow your shuttle back to New York City.

Bike Rental & Purchases



We are proud to partner with Unlimited Biking for your rental bike needs. All rental bikes will be available for pickup by renters at the 100-mile start line. Once you finish the ride, drop your bike at Glenmere and we'll take care of the rest!

Reserve your bike with Unlimited Biking today! Fill out the Bike Rental form on our website: <https://www.bestbuddieschallenge.org/newyork/bike-rentals/>

Route Info

Best Buddies provides support to help riders tackle the Challenge. Riders on the 100-mile route have four fully stocked rest stops with food, beverages, mechanics, medics, and support (SAG) vehicles. Riders on the 36 and 15-mile routes will have one rest stop with the same amenities and services. Riders in need of service should call on Domestiques and/or advance to the next intersection to await vehicle (SAG) support. Please note: ride routes are subject to change.

Given October conditions, riders are advised to start the 100-mile event with proper clothing. Riders may shed layers at each of the rest stops and use bags and markers as provided. Those bags will be forwarded to the baggage tent at the finish venue.

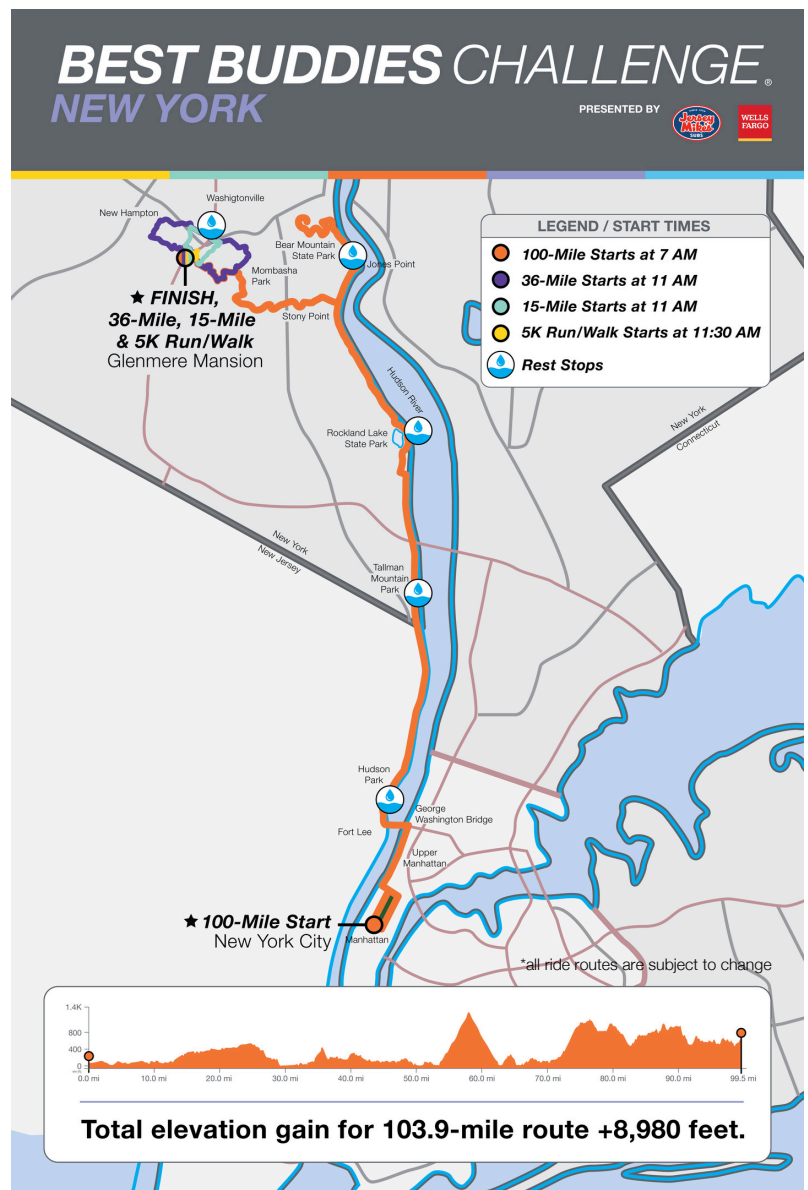
Along the route, we provide rolling support in the form of mechanics, SAG vehicles, bicycle medics, and Domestiques, who will be in pink jerseys.

The Domestiques and medics strive to provide guidance and support to every rider on the course and leave no rider unattended for extended distances. They travel with extra tools, supplies, radios, nutrition, and knowledge to help riders of any ability to reach the next rest stop or finish line.

Riders in need of support are advised to pull off the road in an area that is safe and visible to support staff. If a rider needs logistical, mechanical, or navigational support, call 781-953-8928. Cell phone coverage is comprehensive for most of the course, but it may not be reliable. Staff and most Domestiques will be on radios.

In the event of foul weather and/or hypothermia, seek shelter before calling.

Should a rider be unable to get off the road, other riders are advised to first secure the area and protect the grounded rider from traffic before tending to the situation. In an emergency call 911.



Rules of The Road

The Best Buddies Challenge organizers strive to conduct the ride in a safe way for all participants and courteous to all road users. Below are some general rules and regulations that all cyclists must follow. Please read these guidelines before you participate. All riders must adhere to the rules of the road as stated by the New York and New Jersey State Police and the New York and New Jersey departments of transportation.

This ride is conducted on open roadways. While there will be rolling police support in New York City for the main group, riders are subject to the rules of the road. Intersections warrant caution. Stop signs and traffic signals must be obeyed.

The route will use the bike path over the George Washington Bridge. Courtesy and caution are advised. There will be course marshals and Domestiques to guide the group through the entrance and exit of the bridge.

Please follow these group riding guidelines:



1. Helmets Required.

Helmets are mandatory to participate in the event. The Best Buddies Challenge does not provide helmets to participants.



2. Official Start Locations and Times.

Riders must start at the announced start times. Any rider who starts from an unofficial start area or before the start time will ride at their own risk without route support from State and Local Police or event staff. Such rides will not be covered under the Best Buddies Challenge ride insurance and ride at their own risk.



3. Ride Tight and Right.

Riders must ride no more than two abreast. In the absence of a bike lane, we advise riders to stay single file, especially on climbs and in heavy traffic, staying as far to the right as feasible. Aside from making a left turn, a rider should never cross the center line.



4. Listen to State and Local Police and Domestiques.

Riders must adhere to the guidance of State and Local Police and the Domestiques for instructions and warnings. They will be on the route supporting the ride.



5. SAG (Support and Gear).

Support and Gear (SAG) service will be on the course with experienced bike mechanics, on-bike medic personnel, and our Domestiques. The SAG system will transfer riders and bikes forward in the event a rider cannot continue. There will be a SAG shuttle service from each rest stop. A sweep van, designated by flashing yellow lights, will follow riders at the back of the course. Domestiques will also escort the slowest riders to ensure every rider finishes safely. Per order of state and local authorities, the route closes at 4 PM.



6. Carry a Pump and Spare.

Riders must carry a spare tube and a means of inflation.



7. Headphones and Handheld Electronics Prohibited.

Headphones will not be allowed. The use of handheld cameras, phones, and electronic devices while riding is prohibited.



8. Signage.

Every effort will be made to inform riders of hazardous road conditions with signage. Mileage markers will be placed at 10-mile intervals until the final 10 miles, where they will be placed at every mile thereafter.



9. Clothing and Equipment Drops.

Riders may drop off clothing or equipment at any of the rest stops, using bags provided. Riders must mark the bag with their bib number and name. Clothing bags and other lost and found items will be at the Luggage Tent at the Finish Line.



10. Medical Plan.

A complete Emergency Medical Plan is available to all support staff. If you need assistance on course, call 781-953-8928. If you have a serious injury, medical emergency, or incident, please call 911.



11. Communications.

There will be staff radio communication along the route and in all SAG vehicles. Mobile phone service may not be reliable throughout the course.



12. Ride With Caution.

The Best Buddies Challenge: New York is conducted under the special event guidelines set forth by State and Local authorities. Riders are subject to state guidelines and rules pertaining to operating bicycles on open roads, unless directed otherwise by State and/or Local police.

Where to Stay

NEW YORK CITY

NYC, Hilton Midtown

1335 6th Ave,
New York, NY 10019,
(212) 586-7000

[Make a reservation here](#)

Park South Hotel

JDV by Hyatt, 124 E 28th St,
New York, NY 10016,
(212) 448-0888

[Make a Reservation Here](#)

The Quin Central Park by Hilton Club

101 W 57th St,
New York, NY 10019,
(212) 245-7846

[Make a reservation here](#)

Royalton Park Avenue

420 Park Ave S,
New York, NY 10016,
(212) 317-2900

[Make a reservation here](#)

Warwick New York

65 W 54th St,
New York, NY 10019,
(212) 247-2700

[Make a reservation here](#)

Le Méridien

120 W 57th St,
New York, NY 10019,
(212) 830-8000

[Make a reservation here](#)

Ritz Carlton Central Park

50 Central Park S,
New York, NY 10019,
(212) 308-9100

[Make a reservation here](#)

1 Hotel Central Park

1414 6th Ave,
New York, NY 10019,
(212) 703-2001

[Make a reservation here](#)

Park Lane Hotel

36 Central Park S South,
New York, NY 10019,
(212) 371-4000

[Make a reservation here](#)

The New York EDITION

5 Madison Ave,
New York, NY 10010,
(212) 413-4200

[Make a reservation here](#)

The Plaza Hotel

768 Fifth Avenue,
New York, NY 10019,
(212) 759-3000

[Make a reservation here](#)

JW Marriott Essex House New York

160 Central Park South,
New York, NY 10019,
(212) 247-0300

[Make a reservation here](#)

GLENMERE MANSION

Sleep Inn & Suites

Monroe - Woodbury

1 Sleep Way,
Monroe, NY 10950,
(845) 492-2050

[Make a reservation here](#)

Hampton Inn Middletown

20 Crystal Run Crossing,
Middletown, NY 10941,
(845) 344-3400

[Make a reservation here](#)

Courtyard by Marriott Middletown Goshen

24 Crystal Run Crossing,
Middletown, NY 10941,
(845) 695-0606

[Make a reservation here](#)

Inn at Stony Creek

34 Spanktown Rd.,
Warwick, NY 10990,
(845) 986-3660

[Make a reservation here](#)

The Orange Inn Boutique Hotel

159 Main St,
Goshen, NY 10924,
(845) 294-1881

[Make a reservation here](#)

Tru by Hilton Middletown

41 Dunning Rd,
Middletown, NY 10940,
(845) 343-4100

[Make a reservation here](#)

Personal Items & Packing List

We will transport a small bag from your start line to the finish line. You can also drop off excess items at each of our rest stops to be transported to the finish line. You are responsible for bagging and tagging items that you drop off at rest stops. Staff will not handle any items that are not tagged. Remember to pick up your items at the Luggage Tent at the Finish Line before you leave.

Please bring toiletries for your post-ride shower. We will have a towel valet available, or you can bring your own if you prefer.

Please view our comprehensive packing list [here](#).



Finish Line Luncheon

Complimentary food, beverages, massages, gift bags, and entrance to the Finish Line Festival are only available to registered event participants wearing our official event wristband. Wristbands cannot be replaced or transferred and are not for sale at the event.

Participant amenities include a finish line medal, bike valet, gift bag, hot shower, massage, complimentary beverages, and access to our gourmet luncheon hosted by Anthony K. Shriver featuring live entertainment.

Meet The Pros

HONORARY CHAIR MARK CAVENDISH

The Fastest Man on **Two Wheels!**

Sir Mark Cavendish holds the record for the most Tour de France stage wins in history — 35 wins. A ferocious sprinter, he's also won stages at the Giro d'Italia, Vuelta a España, Milan–San Remo, and World Championships. Cavendish's story is one of resilience. After battling illness, depression, and injury — and enduring a three-year victory drought — he made a stunning comeback in 2021, followed by his record-breaking ride in 2024. Now retired, Cavendish rides for more than victory. He and his wife Peta Todd are vocal advocates for inclusion. Their support of Best Buddies is personal, passionate, and powerful. His resilience through injuries, illness, and a three-year victory drought was documented in the Netflix series **Never Enough**, which captured his record-breaking return at the 2024 Tour de France.



A professional cyclist, Alberto Contador, is shown in a black racing suit and helmet, leaning forward on his bike. He is riding on a paved road that runs along a body of water with many boats in the background. Other cyclists are visible further down the road.

ALBERTO CONTADOR

Two-Time **Tour de France Winner** & Grand Tour Legend!

Alberto Contador is widely regarded as one of the greatest stage racers of all time. With seven Grand Tour victories — including two Tour de France wins (2007, 2009), two Giro d'Italia titles (2008, 2015), and three Vuelta a España victories — Contador's attacking style and relentless energy made him a fan favorite. Born in Pinto, Spain, Contador overcame a life-threatening brain condition early in his career and returned stronger than ever. His fearless approach to racing earned him nicknames like "El Pistolero" and legendary status in the sport. Since retiring, Contador has focused on charitable work, youth development, and global cycling growth through the Fundación Contador. He brings the same passion and integrity to his philanthropic work as he did to every mountain stage.





CAM WURF

The **World's Most Versatile** Endurance Athlete!

Cam Wurf has done it all — Olympic rower, World Tour cyclist, and elite Ironman triathlete. Hailing from Tasmania, Wurf competed in rowing at the 2004 Olympics, then turned to cycling where he raced professionally and completed both the Giro d'Italia and Vuelta a España. Not content with two elite careers, Wurf moved into triathlon and became one of the world's top competitors — setting record bike splits at the Ironman World Championships in Kona. His relentless energy and infectious spirit earned him a place on the INEOS Grenadiers, racing both triathlons and pro cycling events simultaneously. A longtime Best Buddies ambassador, Cam is known as the “Chief Motivation Officer” in every event he attends. He comes to New York to Ride for Inclusion — and inspire everyone around him.



Best Buddies Challenge Merchandise

All registered riders receive a limited-edition [2025 Best Buddies Challenge: New York](#) jersey. If you want to do even more to support Best Buddies and our mission while on the bike, purchase any of our custom Best Buddies kit pieces from our online shop!



See the full line of Best Buddies cycling merchandise by clicking [HERE](#).

All jerseys and bibs are produced in both men's and women's specific cuts. Our kits are limited-edition, so if you see something you like that's out of stock, please reach out to bbchallengemerch@bestbuddies.org

Thanks to our Supporters!



The Charles A.
Mastronardi Foundation

GALLO

VOLVO

BNY | WEALTH



MARK EDWARD PARTNERS
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WAYMO

CITCO

PINARELLO



Questions?

Reach out to us!

e-mail us at Coach@bestbuddies.org
call us at 786-960-0639 and we'll be
happy to assist you.

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