



2017 Micro-Tour 01 Ride Program

April 8th and 9th, Trip to California Hill Forest, Carmel NY

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Introduction

This ride is a “No Drop” ride, averaging about 10 mph moving speed. No one will be left behind in case of mechanical situation or otherwise. **This ride will obey all traffic lights and rules at all times, no exceptions.**

Schedule

The group will be leaving 718 Cyclery at **7:00am sharp** on Saturday, April 8th. If you need last minute adjustments, the shop will be open at 5:30am that morning. Please don't show up at 7am with a bunch of things to take care of. If you miss the group and head out on your own, you are "on your own", and not covered by our insurance policy. Our return trip will leave the campsite at 8am on Sunday, April 9th.

Weather

April 8th Sunset 7:28pm. The [weather forecast](#) calls for a high of 49, low of 34 with a 20% chance of precipitation.

Ride Planning

- 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 you 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.
- **Reflective Gear:** It's a good idea to wear something reflective to increase visibility as much as possible
- **Lights:** Front and rear
- **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 stop to refill. If you have a hydration pack, even better!
- **Shelter:** Yes, bring a tent
- **Sleeping Bag and Pad:** Extended forecasts indicate high 50's as the nighttime low temperature. Most modern sleeping bags are rated to 30 degrees, and then 15 degrees. Check and understand the rating of you bag. Bring a sleeping pad for comfort (and consider a camp pillow). In addition, the thermal qualities of a pad that will make sleeping more comfortable.
- **First Aid:** Best practice is to bring at least a basic first aid kit
- **Bug Spray:** Yes!
- **Sun Screen:** Yes!
- **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
- **Primitive Camping:** This will be a [Primitive Camping](#) trip. Please be aware that this means no facilities for water or to go to the bathroom.

Ride Description

The ride is approximately 68 miles when using 718 Cyclery in Brooklyn as a starting point. There is 3,310' of elevation climb, and 2,183' of elevation descents.

Mile Markers

- **Mile 2:** Brooklyn Bridge
- **Mile 3.5 to Mile 15.8:** Hudson River Greenway
- **Mile 17.2:** Cross Broadway Bridge into the Bronx
- **Mile 18.6:** Enter Van Cortlandt Park
- **Mile 20.2 - 32.2** South County Trail
- **Mile 33.5 - 55.9** North County Trail
- **Mile 55.9 - 58.3** Putnam Trailway
- **Mile 68:** Destination

Scheduled Stops

These are mandatory stops in order to re-group.

- **Mile 3.8:** Start of Hudson River Greenway (as we will be pretty stretched out as a group after going through Brooklyn and Manhattan traffic lights)
- **Mile 32.3:** Main rest stop. End of South County Trail (Elmsford Deli...food/water)
- **Mile 46.9:** End of North County Trail (gather everyone up)
- **Mile 68:** Destination

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 2017 Micro-Tour 01, defined as a ride from Brooklyn NY to California Hill in Carmel NY on April 8th, returning on the 9th.

This plan has been reviewed with 718 Employees as well as Tour Participants. In addition, 718 Cyclery will host an organizational meeting (2/27/17) to get all riders prepared. All Micro-Tour Participants have signed Waiver.

Ride Organization

In order to ensure a safe ride environment, we have divided the group into smaller groups with Group Leaders (Ride Groups). Each leader will have a walkie-talkie, repair supplies and a 1st Aid kit.

There will be 1 718 Employees on the ride. These employees will be positioned at the head, and at the trail of the traveling group. Each employee will carry a fully charged cel phone, and team will be traveling with a battery pack as a back-up. 718 employees will also have 2-way radios to communicate within the group.

All riders have provided emergency contact numbers, which will be in possession of 718 Employees on trip, as well as at our main shop in Brooklyn, NY

Medical

In case of any real or apparent medical issue while riding, the group will be stopped at once. 2-way radios will be used to alert all 718 Employees of situation. In the case the group is stretched out over a long distance, group will be brought together by 718 Employees. All 718 Employees are trained in First Aid, and will be carrying First Aid kits.

If a medical emergency is declared, 718 Employees will use cellular phone to reach 911 emergency services, noting exact mile marker on trail during call.

If no communication is available do to lack of cellular phone service, one 718 Employee will ride to nearest town to alert emergency services. All 718 Employees will have a detailed map on them to facilitate this. It has been determined that this trip will never be more than 5 miles from any given town.

718 Employees have studied maps of route ahead of time, and are familiar with towns and distances for that day.

Food/Water/Shelter

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.

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.

Shelter

Riders will need to bring their own tent.

Communication

All Team Leaders and 718 Employees will have charged cel phones and 2-way radios.

Resources

GPS Data

- See [Here](#)

Bike Shops

- **Mile 27**, Hastings Velo, 45 Main St, Hastings-On-Hudson, NY 10706, (914) 478-2453
- **Mile 46**, Bicycle World, 7 East Main St, Mt Kisco, NY 10549, (914) 666-4044
- **Mile 50**, Yorktown Cycles, 1899 Commerce St, Yorktown Heights, NY 10598, [\(914\) 245-5504](#)

Hospitals

- **Mile 18**, Montefiore, 3444 Kossuth Ave # 1, Bronx, NY 10467, (718) 920-2273
- **Mile 34:** Westchester County Medical Center, 100 Woods Rd, Valhalla, NY 10595, (914) 493-7000
- **Mile 56** Four Winds Hospital, 800 Cross River Road, Katonah, NY 10536, (914) 763-8151

Camping/Campsite

Map of Campsite here. Primitive Camping means there are no facilities for camping and we will be selecting a suitable area to camp. Joe will head up to the site in the days preceding trip to scout location.

Ride Participants

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|-----------------|----------------------------|-------------|
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