

2026 Ready to Roll Guide

October 3rd | New York >>> The Hudson Valley

**BEST BUDDIES
CHALLENGE[®]**
NEW YORK

PRESENTED BY



BEST BUDDIES



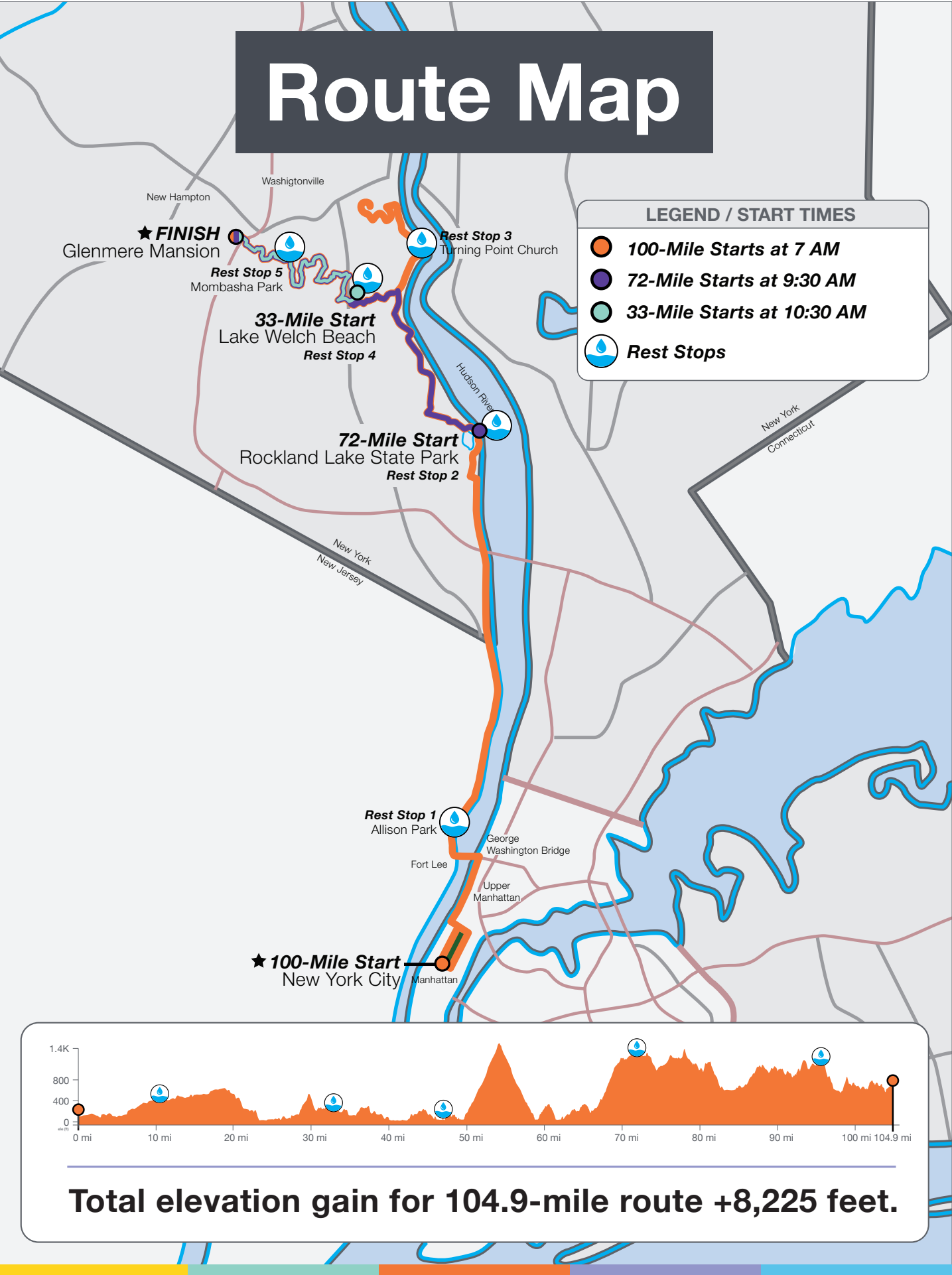


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Welcome to the Challenge!

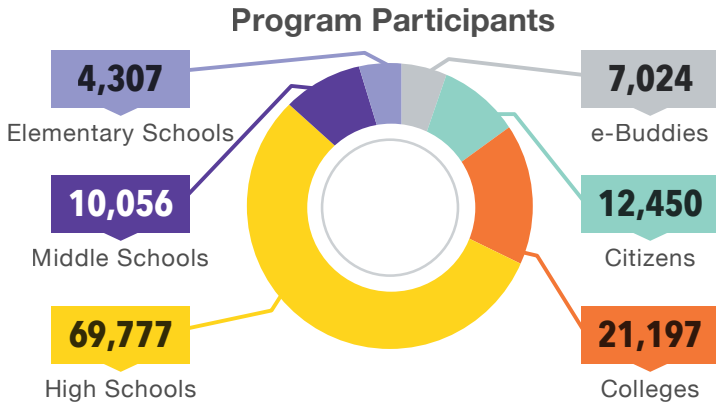
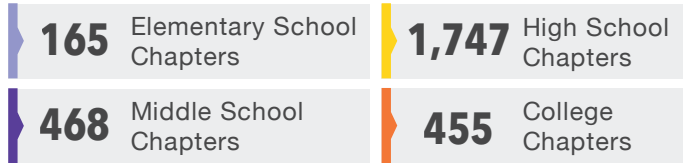
We are excited to see you at the [2026 Best Buddies Challenge: New York presented by Jersey Mike's Subs and Wells Fargo](#). Your support helps create friendships, job opportunities, leadership development, inclusive living, and family support for individuals with intellectual and developmental disabilities. 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 3, 2026. 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

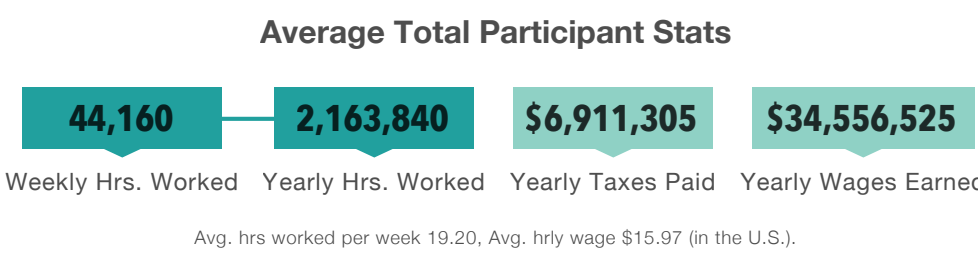
Mission Impact



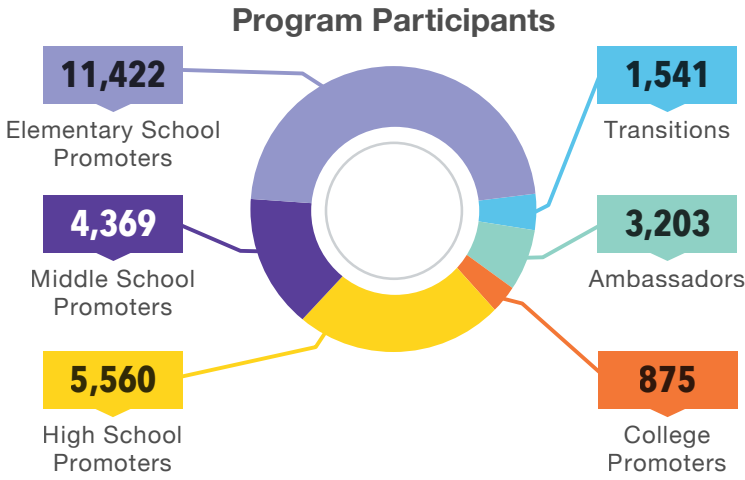
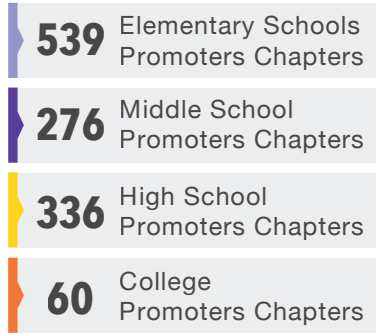
One-To-One Friendship



Integrated Employment



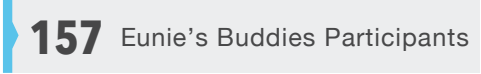
Leadership Development



Inclusive Living



Family Support



*All program stats are as of 6/30/2025, and reflect the most recent Best Buddies program year (July 1, 2024 – June 30, 2025).

Schedule of Events

The Day Before – Friday, October 2, 2026

4:00 – 7:00 PM

Early Packet Pick-up

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

Important: A valid form of ID is required to pick up your rider packet. You are not allowed to pick up a packet of another participant, unless you are the legal guardian of a minor. No exceptions will be made. Thank you for cooperation with this policy.

6:00 – 8:00 PM

VIP reception at the Rainbow Room. *Invite only*

Attendees of the VIP Reception will be able to pick up their rider packet at the Rainbow Room.

Event Day – Saturday, October 3, 2026

5:30 – 7:00 AM

100-mile ride check-in

59th & 7th Ave, New York, NY 10019

*Breakfast is available at the JW Marriott Essex House New York, 160 Central Park S,
New York, NY 10019*

Please Note: No bikes are allowed at the hotel. Please check-in at the 100-mile start line, drop your bike in our secure bike paddock, and proceed to breakfast.

7:00 AM

100-mile ride starts

59th & 7th Ave., New York, NY 10019

7:30 AM

Shuttles will depart from the 100-mile start line for the 72 and 33-mile start lines

9:30 AM

72-mile ride starts

Rockland Lake State Park
299 Rockland Lake Rd, Cottage, NY 10989

Check-in & breakfast opens at 8:00 AM

10:30 AM

33-mile ride starts

Lake Welch Beach
800 Kanawauke Rd, Stony Point, NY 10980

Check-in & breakfast opens at 9:30 AM

Shuttle departs from 100-mile Check-in (59th & 7th Ave, New York, NY 10019) to Glenmere Mansion

11:00 AM Finish Line showers, massages and luncheon opens at Glenmere Mansion

1:00 – 6:00 PM

Post-event party Featuring a gourmet food, open bar, Buddy speakers, awards, and private concert, hosted by Anthony K. Shriver and special guests.

5:00 PM

Shuttles from Glenmere Mansion depart for the 72 and 33-mile start lines.

This is the only shuttle departing for the 72 and 33-mile start lines.

5:00 – 6:30 PM

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

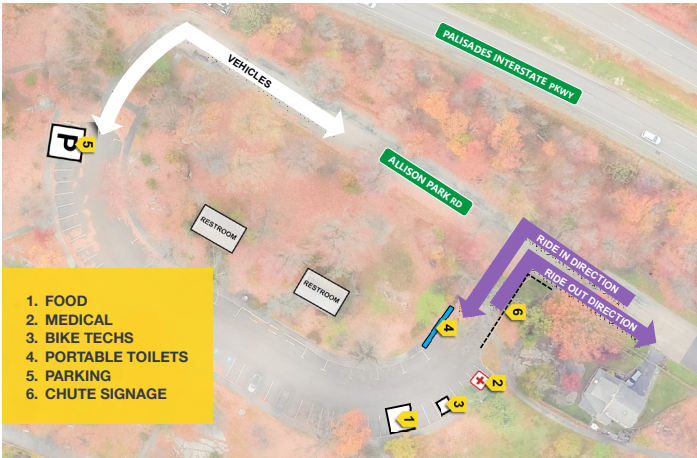
6:00 PM After-party ends

6:30 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.



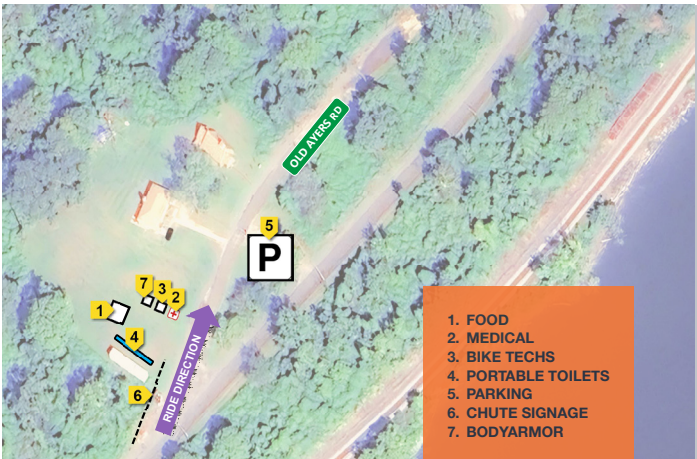
REST STOP 1

Mile 10.6
Allison Park,
Allison Park Road,
Englewood Cliffs, NJ 07632



REST STOP 2

Mile 32.7
Rockland Lake State Park
Parking Field #1,
299 Rockland Lake Rd,
Valley Cottage, NY 10989



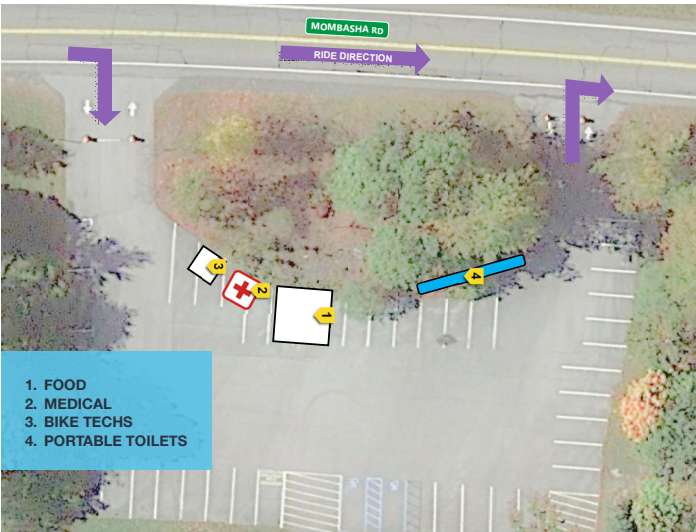
REST STOP 3

Mile 46.9
Turning Point Church
12 Old Ayers Rd,
Tomkins Cove, NY 10986



REST STOP 4

Mile 71.8
Lake Welsh Park
800 Kanawauke Rd
Stony Point, NY 10980



REST STOP 5

Mile 95.5
Mombasha Park
405 W Mombasha Rd
Monroe, NY 10950

Parking



Paid parking is available at the 100-mile start line. Complimentary parking is available at the 72 and 33-mile start lines.

Please Note: The 72 and 33-mile start lines are in State Parks. Please tell the Park Attendant that you are with Best Buddies for complimentary parking.

Finish Line Parking

No parking is allowed at Glenmere Mansion. All participant Finish Line parking is at **15 New St., Florida, NY 10921.**

Please follow event signage. Shuttles will provide continuous service to and from Glenmere Mansion.

Shuttles

As part of the five-star experience, the Best Buddies Challenge provides our participants with shuttle transportation to the 72 and 33-mile start lines and Glenmere Mansion.

Registered participants will receive a shuttle pass to board the shuttle on Saturday morning. The shuttle is only for registered participants of the *Best Buddies Challenge: New York*.

- 7:30 AM** Shuttles depart the 100 mile the 72 and 33-mile start lines.
- 10:30 AM** Shuttles will depart from the 100-mile start line to Glenmere Mansion.
- 5:00 PM** Shuttles from Glenmere Mansion depart for the 72 and 33-mile start lines. *This is the only shuttle service back to the 72 and 33-mile start lines.*
- 5:00- 6:30 PM** Shuttles from Glenmere Mansion back to New York City will depart on a rolling basis.

Bike Valet

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, simply retrieve your bike from Bike Valet and bring to the shuttle. It will be loaded on a bike transport truck that will follow your shuttle back to your final destination.



Bike Rental & Purchases



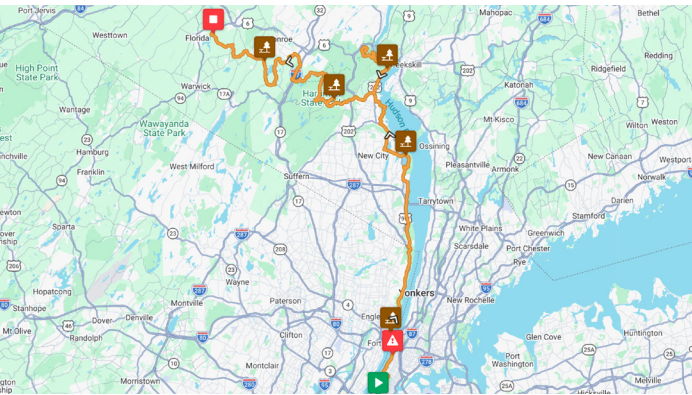
We are proud to partner with Unlimited Biking for your rental bike needs. For your convenience, you can choose your bike and it will be delivered to your start line. Once you finish the ride, drop your bike at Glenmere and we'll take care of the rest!

Reserve your bike with Unlimited Biking today! Fill out the Bike Rental form on their site link:

unlimitedbiking.com/events/best-buddies-challenge-new-york/

Route Info & Links

All routes are all well marked and fully supported. Rest stops along the ride routes feature energy food and drinks, bathrooms, and mechanical and medical assistance. As part of the five-star experience, all rides are assisted by support vehicles and law enforcement officers once underway. We also have sweep vans, ride officials and course marshals that make sure no participant is left behind.

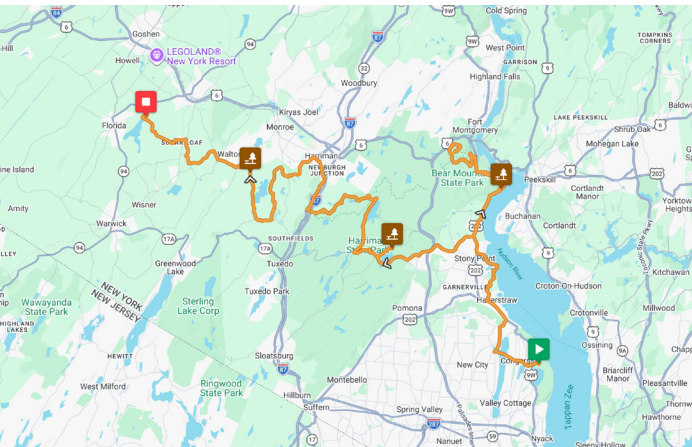


100-Mile Route

8,000+ feet of elevation gain

Departing from 59th & 6th Ave,
New York, NY 10019

[Ride with GPS Map \(route export available\)](#)

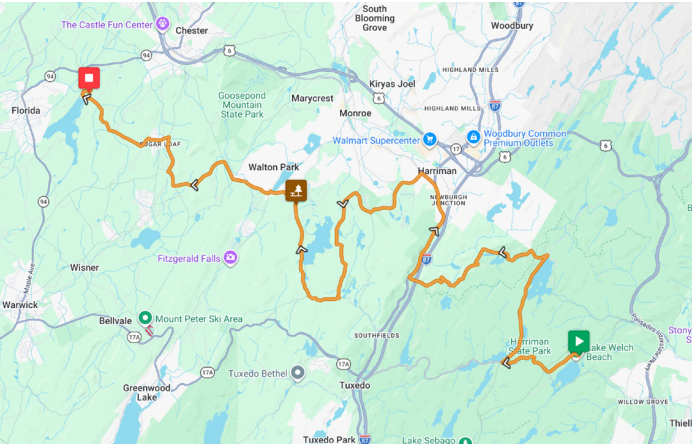


72-Mile Route

6,000+ feet of elevation gain

Departing from Rockland Lake State Park
299 Rockland Lake Rd,
Cottage, NY 10989

[Ride with GPS Map \(route export available\)](#)



33-Mile Route

2,000+ feet of elevation gain

Departing from Lake Welch Beach
800 Kanawauke Rd,
Stony Point, NY 10980

[Ride with GPS Map \(route export available\)](#)

**Ride routes are subject to change.*

Rules of The Road & Safety Guidelines

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.

Course Support



Rest Stops

Best Buddies provides fully stocked rest stops to help riders tackle the Challenge. Rest stops offer food, beverages, mechanical assistance, medical support, and access to SAG vehicles.

- 100-mile route: Five rest stops
- 72-mile route: Three rest stops
- 33-mile route: One rest stop



Rider Support

Challenge Domestiques provide guidance and support throughout the course. They ride in bright pink jerseys and carry extra tools, supplies, radios, nutrition, and the knowledge needed to assist riders of all abilities. Domestiques and bicycle medics strive to ensure that no rider is left unattended for an extended distance. They can help riders safely reach the next rest stop or the finish line.



Mechanical & SAG Support

Mechanics and SAG (Support and Gear) vehicles provide rolling assistance along the route. If you need logistical, mechanical, or navigational support, pull off the road in a safe, visible location and wait for a Challenge Domestique or support vehicle. If it is safe to continue, you may proceed to the next intersection or rest stop to await assistance. If no support staff are visible, call 781-953-8928. This number can also be found on your bike tag. Cell service is available along much of the course but may not always be reliable. Staff and most Domestiques will be connected by radio.



Medical & Emergency Assistance

Bicycle medics provide rolling medical support along the course, with additional assistance available at rest stops. In foul weather or if you experience signs of hypothermia, seek shelter before calling for assistance. If a rider is unable to move safely off the road, other riders should first secure the area and protect the rider from traffic before providing aid.

In the event of a serious injury or medical emergency, call 911.

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](#)



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.

Packing List

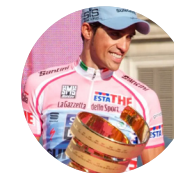
We will transport a small bag from your start line to the finish line. You can also drop off excess items at each of our rest stops to be transported to the finish line. **You are responsible for bagging and tagging items that you drop off at rest stops with your name and phone number.** Remember to 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](#).

Meet The Pros

Let's introduce you to who you'll be riding with at the Challenge!



Alberto Contador
[@acontadoroficial](#)

Renowned as one of cycling's greatest stage racers, Alberto Contador has conquered all three Grand Tours, with seven total victories—including two Tour de France, two Giro d'Italia, and three Vuelta a España titles. Nicknamed El Pistolero for his fearless attacking style, the Madrid-born rider dominated the sport for over a decade before retiring in 2017. Now a commentator for Eurosport and founder of Team Polti-Kometa, Contador remains a key figure in cycling. His connection to Best Buddies' mission is deeply personal, inspired by his younger brother Raúl, who lives with cerebral palsy.



Chris Froome
[@chrisfroome](#)

4-Time Tour de France winner, Chris Froome, is a native of Kenya with British citizenship and is one of the greatest cyclists in history. As the first British rider to officially win a Grand Tour, he is one of just seven cyclists to have won all three Grand Tours (Italy, France and Spain). Despite his two victories in the Vuelta a Espana and a win of the Giro d'Italia, he is best known for four victories in the Tour de France. His ascendance to a fifth win was interrupted by a serious training crash in 2019. Despite a slow and frustrating recovery, Froome showed a return to form placing third on legendary Alpe d'Huez stage in the 2022 Tour.

Best Buddies Challenge Merchandise

All registered riders receive a limited-edition [2026 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 Company

fairlife, LLC is a Chicago-based dairy company dedicated to creating great-tasting, nutrition-rich, and value-added products that nourish consumers. With a diverse portfolio of lactose-free dairy products, including ultra-filtered milk, Core Power® High Protein Shakes, and fairlife® Nutrition Plan™, the company is committed to making a positive impact on people, animals, and the planet.

The Product

Core Power® is a post-workout shake designed for people looking for high quality protein, electrolytes and great taste. Made from 100% real, lactose free, ultra-filtered milk and without any added powders, Core Power® is a delicious source of nutrition to help you build muscle, hydrate, and recover after exercise so you're prepared for your next workout. To learn more about Core Power, visit <https://fairlife.com/core-power/>



Maximize Recovery

Core Power fights post-workout fatigue with high quality protein to build muscle and electrolytes to help hydrate.



Recovery Starts with Protein

Protein works to replenish, rebuild, and repair muscle to help you power on to your next workout.



Fueled by fairlife

Made from fairlife ultra-filtered milk, Core Power is a delicious way to recover.

The Discount

10% off your order at shop.fairlife.com

Scan the QR code and use code: **bestbuddies26**

Eligible for a one-time purchase and limited to one use per customer.



Making a difference

THIS OCTOBER *Round Up* YOUR ORDER

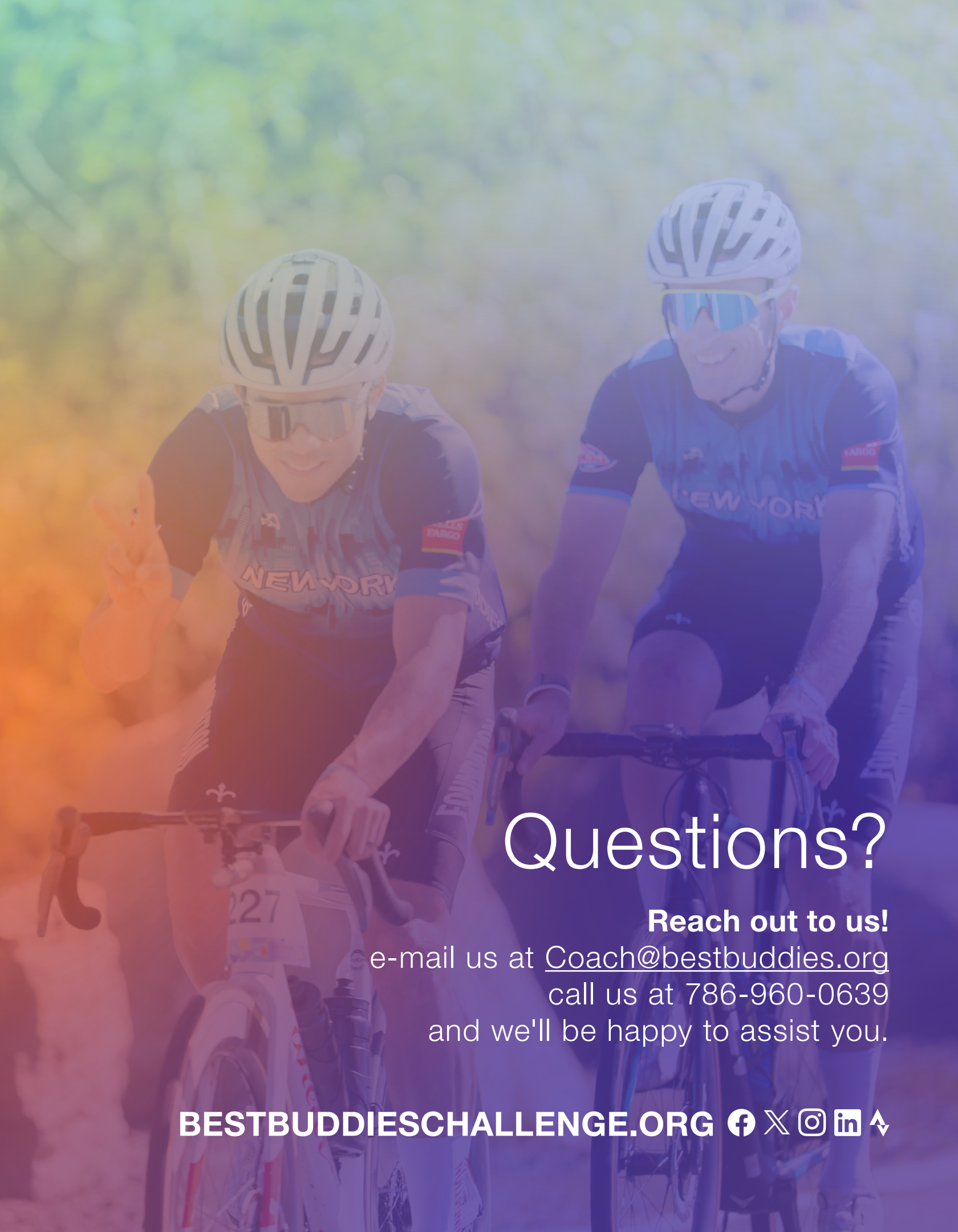


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Valid October 1 - 31, 2026

Best Buddies International Inc. is a 501(c)(3) non profit organization. Customers may round up orders placed via Jersey Mike's App, jerseymikes.com, and in-store from 10/1/26 through 10/31/26 to the nearest dollar; and Jersey Mike's will donate the difference to Best Buddies. Purchase is not tax deductible.



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.

BESTBUDDIESCHALLENGE.ORG     