

BIKE HSS
RIDE • WALK • RUN



PARTICIPANT GUIDE

Saturday, September 19, 2026

- 3 WELCOME!**
- 4 PACKET PICK UP**
- 5 HOW TO WEAR YOUR #**
- 6 EVENT DAY**
- 7 PARKING**
- 8 VENUE MAP**
- 9 BIKE ROUTES**
- 10 5K WALK/RUN ROUTE**
- 11 REST STOPS**
- 12 RESOURCES**
- 13 SAFETY**
- 15 SPONSORS**



WELCOME!



Welcome to BIKE HSS 2026! BIKE HSS will start and finish on Saturday, September 19th, at Manhattanville University in Purchase, New York. BIKE HSS offers three beautiful and fully supported bike routes of 10, 25 or 62 miles and a fantastic 5K walk / run route.

Your registration includes:

- 10, 25 and 62 Mile Cycle or a 5K Walk / Run route.
- Fully supported bike and 5K walk / run course.
- Rest Stops every 11-16 miles along the bike route.
- Water Stops every mile on the walk / run course.
- On course Medical Support.
- SAG and Mechanical Support.

Finish Line Festival and Venue Amenities:

- Medical
- Bike Mechanics
- Bike Parking
- Pre-Event Light Breakfast
- Finish Line Festival
- Live Music Entertainment
- Food Trucks
- Kid's Zone
- And more!

Funds raised through BIKE HSS enables Hospital for Special Surgery to:

- Improve outcomes, expand access, and advance care for the most challenging orthopedic and rheumatic conditions.
- Drive groundbreaking research that leads to novel treatments for rare diseases and personalized surgical approaches.
- Provide patients with world-class facilities that support the highest quality care.

Follow @bikehss on instagram to stay up to date on information about the event, catch sneak peeks, and more!

PACKET PICK UP

PACKET PICK UP

There are three options to pick up your packet. We strongly encourage you to pick up your packet on Thursday or Friday to avoid possible long lines on event morning.

THU	FRI	SAT
SEPT. 17, 2026 11:00 AM - 7:00 PM	SEPT. 18, 2026 11:00 AM - 5:00 PM	EVENT DAY SEPT. 19, 2026 7:00 AM - 9:10 AM
Hospital for Special Surgery (Belair Plaza)	Hospital for Special Surgery (Westchester Campus)	Manhattanville University
525 East 71st St. (between York Avenue and FDR) New York, NY 10021	1133 Westchester Ave. (Main Entrance) White Plains, NY 10605	Please proceed to The Centre for parking 2 Manhattanville Rd. Purchase, NY 10577

At Packet Pick Up you will receive your bib/bike numbers, along with your drawstring bag and earned incentives. You may pick up a packet for someone else. We **HIGHLY** encourage that you pick up your packet on Thursday or Friday so that you can skip any lines on event morning, but if you are unable to make it to Early Packet Pick Up, you may also pick up on event morning at Manhattanville, beginning at 7:00 AM. **Please give yourself extra time on event morning to complete all required check-in processes.**

RIDE / WALK / RUN BIB

Please make sure to wear your bib during the event. Pin on the back of your jersey for riders and on the front for walker/ runners so it's visible to others. Your bib also has a tag on it you may attach to a small bag and leave at Gear Check while you are on the course!



WRISTBAND

You will receive a wristband that corresponds with the route you are participating in. The wristband will have the support phone number on it and the color of the wristband will match the route arrows / course markings that you will follow while navigating the route.

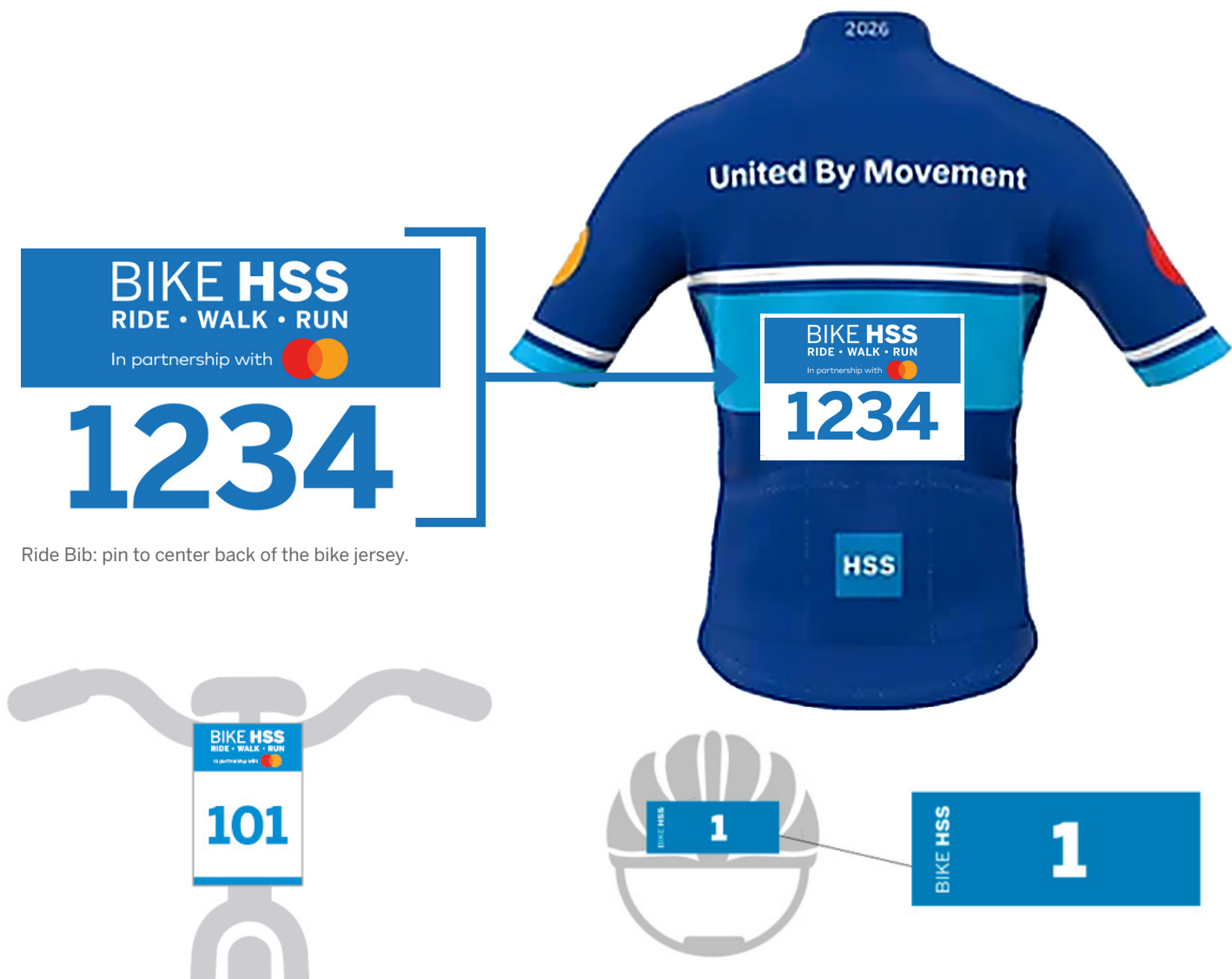


HELMET & BIKE PLATE

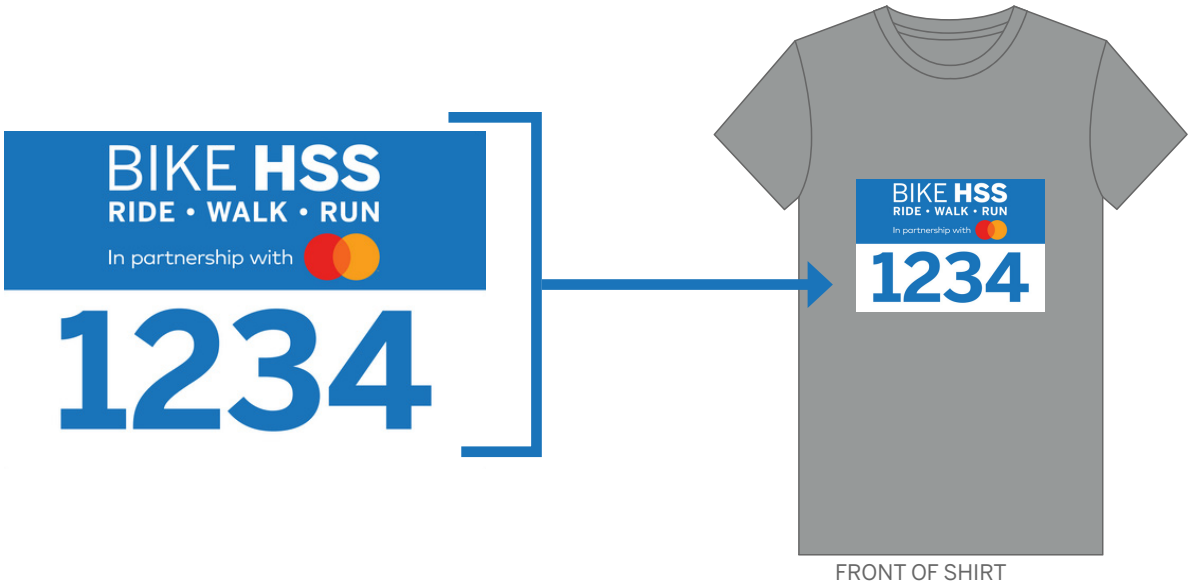
All riders will receive a bike plate to attached to the front of your bike bars with twist ties and an adhesive tag to affix to your helmet. This helps us and others identify you while on the road, but also enables you to check your bike in at the bike corral. After the ride, please join us for the Finish Line Festival for food, live music, games, and more.

*See page 5 for an illustration on how to wear your Rider Bib, Helmet and Bike Plate.

HOW TO WEAR YOUR RIDER NUMBER



HOW TO WEAR YOUR 5K NUMBER



EVENT DAY

SCHEDULE

- 7:00 AM – BIKE HSS Venue Opens
 - Onsite Packet Pick Up & Registration
 - Light Breakfast
 - Medical Services
 - Bike Maintenance
 - Bag Check & Bike Corral
- 7:45 AM – 62-Mile Opening Ceremony Begins
- 8:00 AM – 62-Mile Ride Starts
- 8:45 AM – 25/10-Mile Opening Ceremony Begins
- 9:00 AM – 25/10-Mile Ride Starts
- 9:05 AM – 5K Walk/Run Opening Ceremony Begins
 - Packet Pick Up Closes
- 9:20 AM – 5K Walk/Run Starts
- 10:30 AM – Finish Line Festival Opens
- 1:00 PM – Amani Toomer Meet & Greet
- 4:00 PM – Final Finishers Return
- 4:00 PM – Finish Line Festival Closes

FINISH LINE FESTIVAL

Post-Ride Lunch

We encourage family and friends to come and cheer on the participants as they finish and enjoy the Finish Line Festival!

Guest Wristbands

Guests of registered participants and volunteers can pick up their hospitality wristbands at the packet pickup tent. Food will be provided by local favorite food trucks.

Live Entertainment

The Band “Last Call” and an authentic Brazilian Drum Line, “Hi-Voltage Samba Percussion” will be performing from 10:30 AM - 4:00 PM.

ON EVENT DAY, DON'T FORGET TO BRING:

RIDERS: Photo ID, a helmet, 2 water bottles, cash/credit card and sunscreen.

FOR YOUR BIKE: Tuned up and ready, extra tubes, multitool, pump or CO2 cartridge, and a patch kit.

WALK/RUNNERS: Photo ID, a helmet, water bottle, cash/credit card, walk/run shoes, appropriate workout clothing and sunscreen.

Gear Pick Up

Checked in a small bag with us before the ride? Grab it after you finish and enjoy the celebrations.

Recovery Zone

Physical therapists will be onsite to provide you hands on recovery tips and tools for after your ride/walk/run.

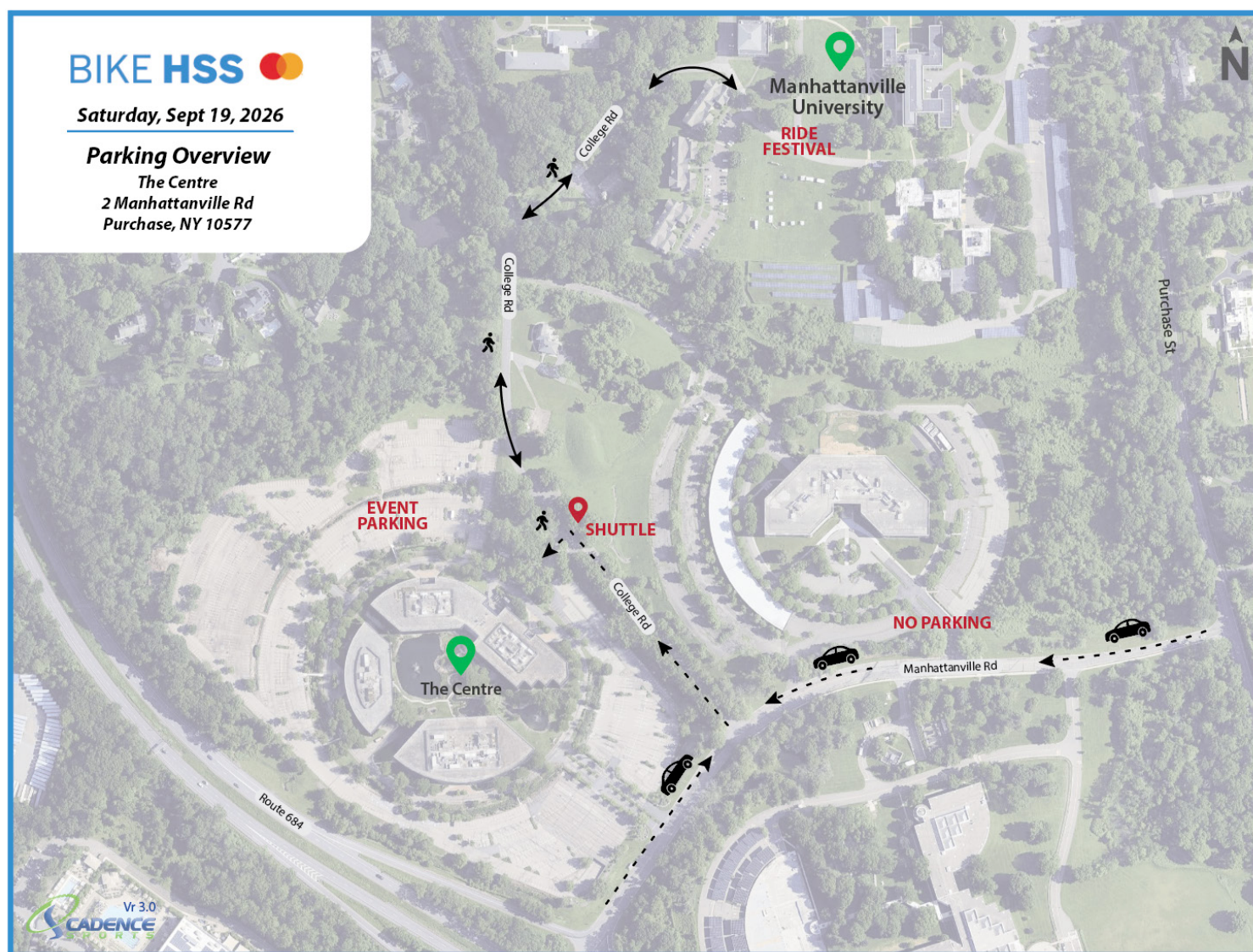
Red Bull Kids Zone

There will be games and fun things to do for kids of all ages.

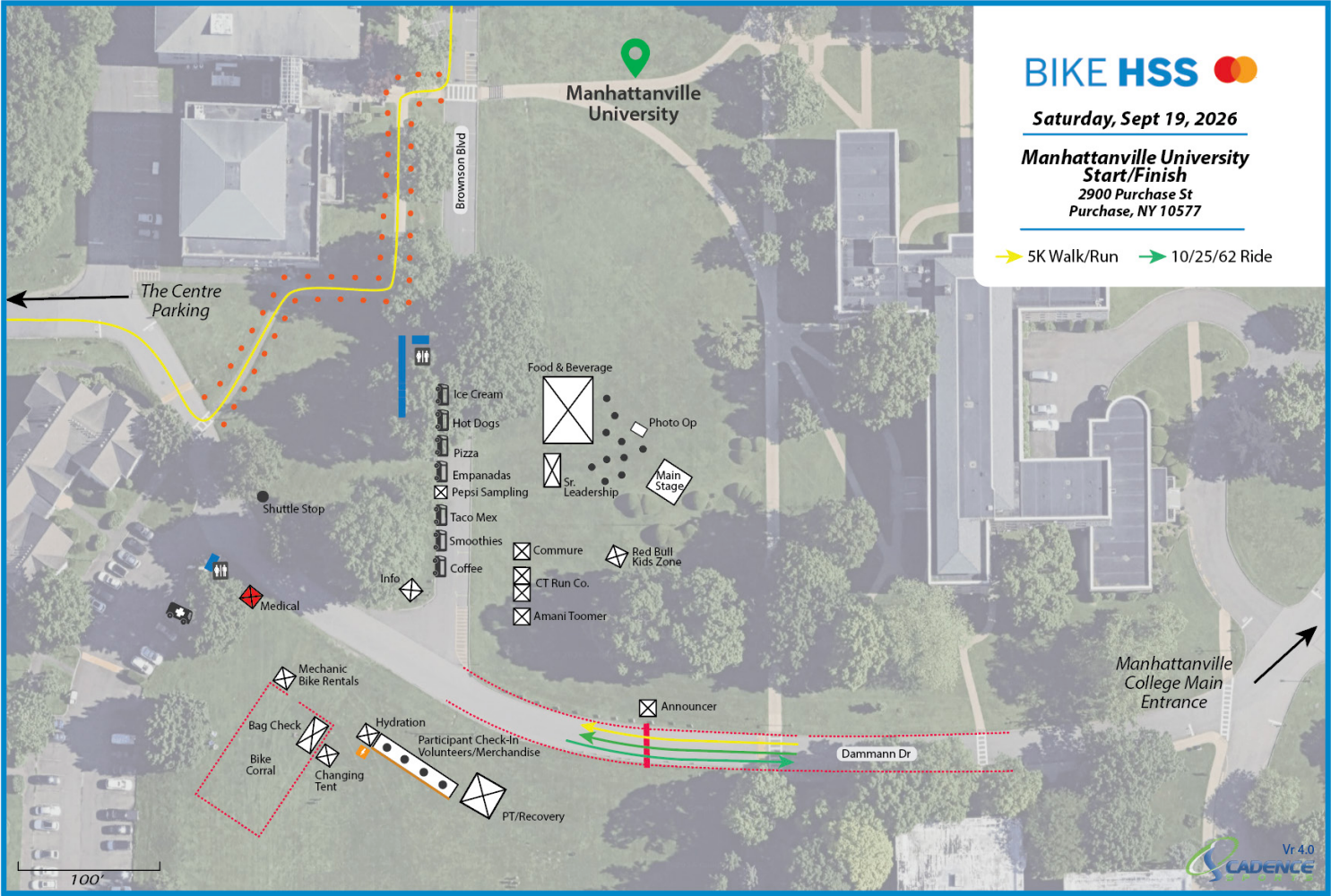
PARKING

Parking is available at The Centre located at 2 Manhattanville Road, Purchase, New York. It's a quick walk to the main venue and parking attendants will be visible to direct all pedestrian traffic. We will have golf cart shuttles going from the parking lot to the starting line for those who have difficulty walking or just want a ride!

Note: Parking is no longer located at Mastercard Advisors. Follow signs to the new event parking.



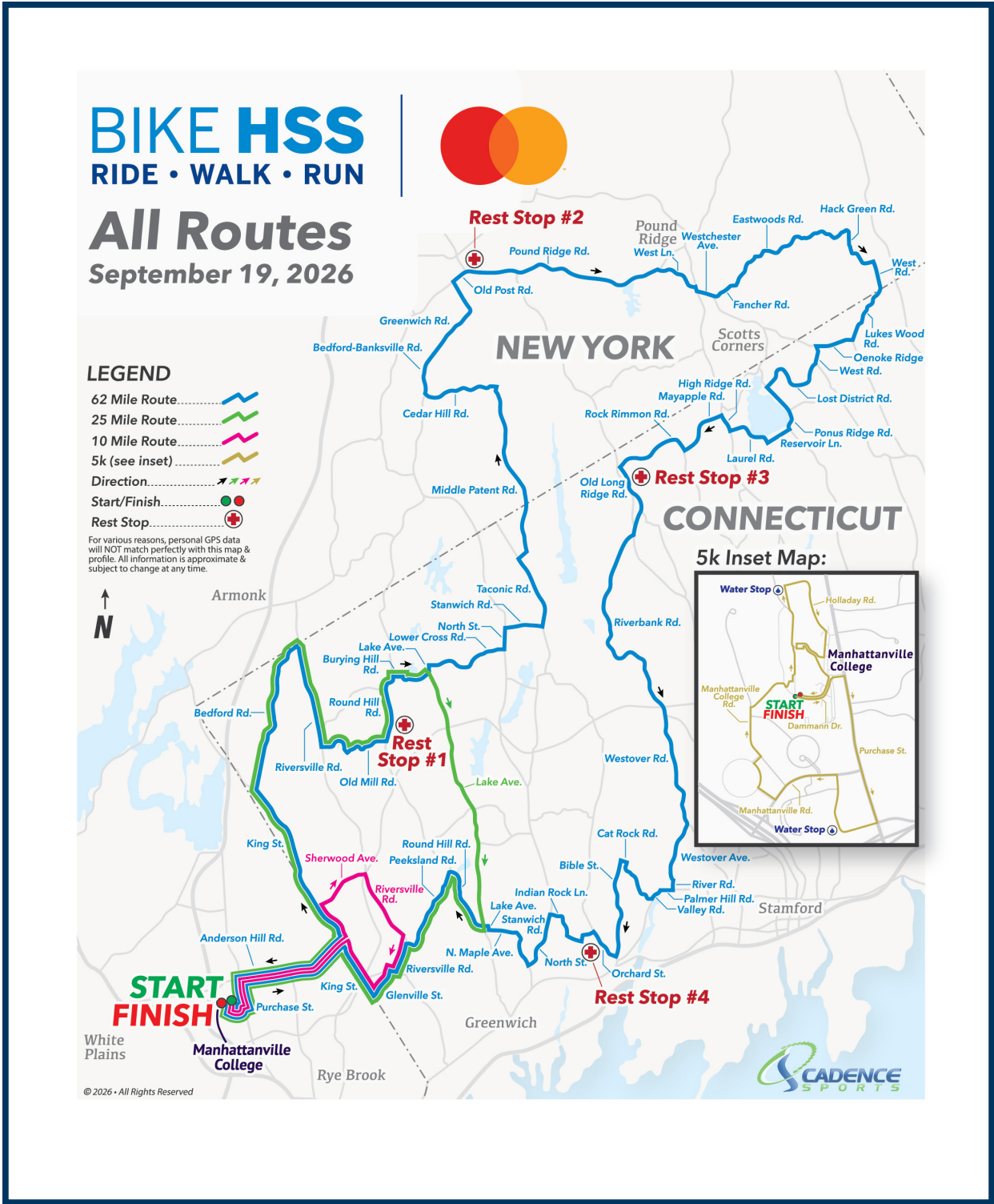
VENUE MAP



BIKE ROUTE

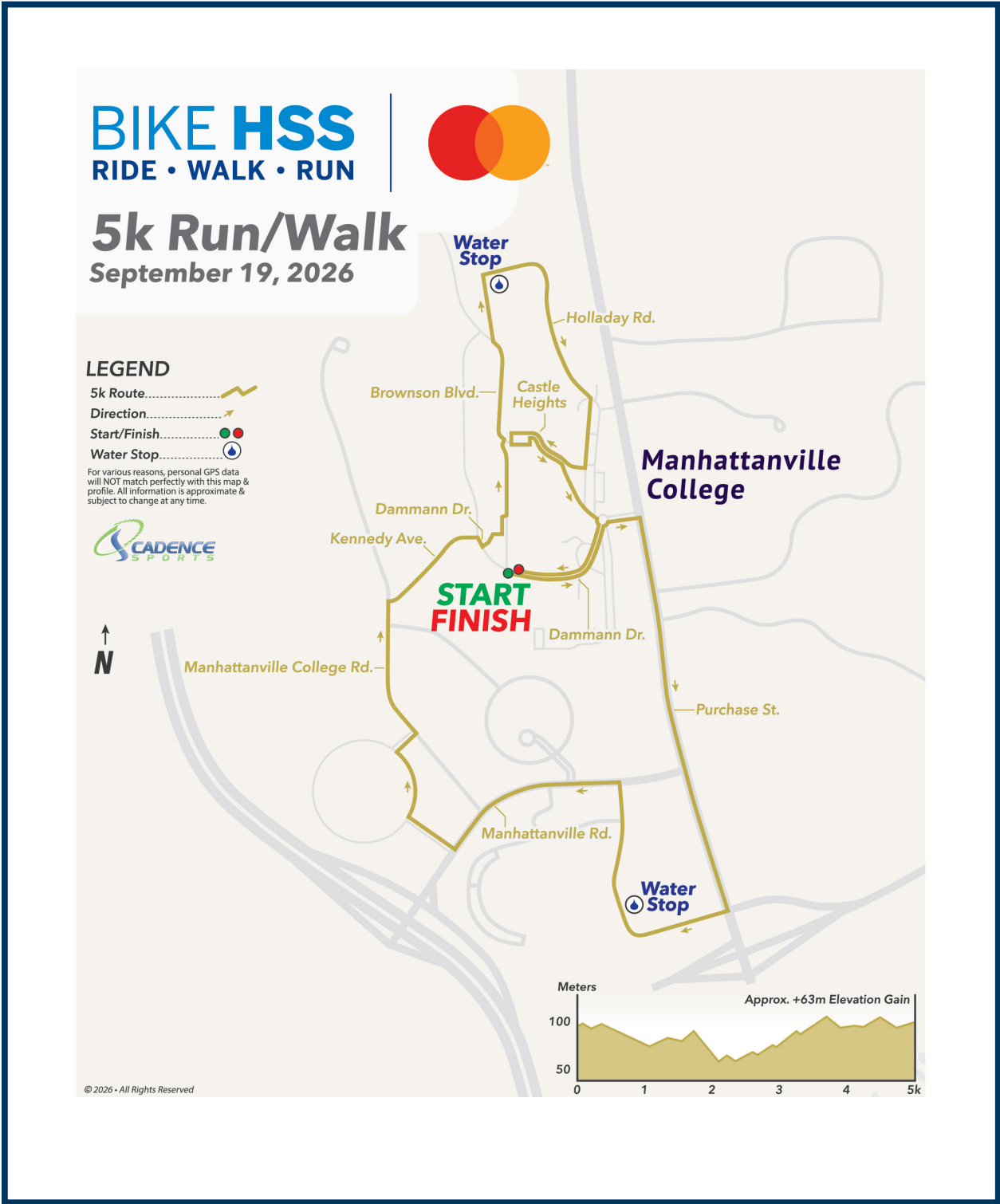
The event starts and finishes at beautiful Manhattanville University in Purchase, New York. The ride offers a great day of safe cycling fun with route options of 10, 25 and 62 Miles. There will be rest stops hosted by BIKE HSS volunteers with food and water located every 11-16 miles. There will also be Support and Gear vehicles (SAG) and mechanical support on the course to assist riders in need.

Please remember this is a rules of the road ride. PLEASE USE EXTREME CAUTION. There will be law enforcement officers along the course, but they will not be at every turn. It is your responsibility to look both ways and follow all traffic laws when making turns.



5K WALK/RUN ROUTE

The event starts and finishes at beautiful Manhattanville University in Purchase, New York. The Walk / Run offers a beautiful rolling 3.1 mile course. There will be 2 water stops hosted by BIKE HSS volunteers with Gatorade and water located approximately at 1 mile and 2 miles.





COURSE CLOSURE TIME

Please note, the Finish Line Festival runs until 4:00 PM with the food trucks serving from 11:00 AM – 4:00 PM. In order to ensure that all riders have time to experience the Finish Line Festival, a course closure will be implemented at 3:30 PM. If you have not made it back within a 3:30 PM finish time, you will be picked up by SAG who will transfer you to a location closer to the venue where you can finish the ride.

REST STOP SUMMARY

COURSE	FROM	TO	POINT TO POINT	TOTAL
25 MILE	Start	#1	11.4 miles	11.4 miles
	#1	Finish	13.2 miles	24.6 miles
Note: There are no rest stops on the 10 Mile route.				
62 MILE	Start	#1	11.4 miles	11.4 miles
	#1	#2	11.6 miles	23.0 miles
	#2	#3	16.1 miles	39.1 miles
	#3	#4	11.4 miles	50.5 miles
	#4	Finish	10.5 miles	61.0 miles
5K WALK/RUN	Start	#1	0.87 miles	0.87 miles
	#1	#2	1.51 miles	2.38 miles
	#2	Finish	0.87 miles	3.25 miles

Note: There are no Portable Toilets at Water Stop #1.

RESOURCES

SUPPORT PHONE NUMBER

Out on the course and need assistance? It could be for reasons such as mechanical, non-emergency medical, or help with directions. Call the Help Line phone number and we will get a support vehicle to your location ASAP! That number is **844-245-4640** and it is also located on the back of your bib and on your wristband so that you always have it on you while participating.

IMPORTANT: If your medical need is an emergency for you or another participant, always call 911 first and then call our support line second.

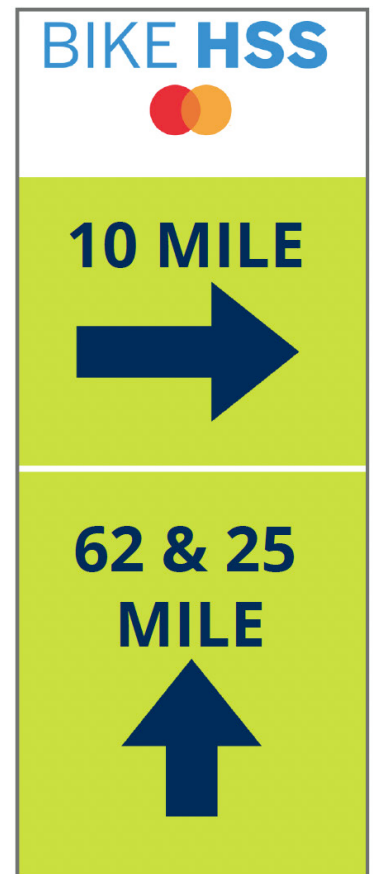
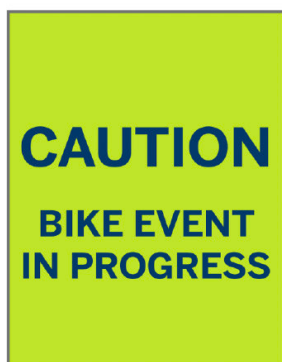
GPX FILES

Riders may download GPX files [HERE](#). To download for your device, scroll down to the Ride With GPS map for your desired distance and select it. Then click the orange button at the top of the map that says "Send to Device."

COURSE MARKINGS

The course will be fully marked with signage and route arrows for each distance. Watch for oversized signage with special instructions on the route (i.e. Distances turning in different directions).

SIGNAGE EXAMPLES



ROUTE ARROWS

5K



10 MILE



25 MILE



62 MILE



SAFETY

EMERGENCY MANAGEMENT

BIKE HSS is an outdoor event on public roads with many different factors that could influence participant safety including, but not limited to weather and street traffic. Although not all scenarios can be anticipated, the next section references the most likely issues and most importantly, the actions to be taken.

WEATHER AND SAFETY

BIKE HSS reserves the right to postpone the ride start, reduce the length, or cancel the event to ensure the safety of its participants. The organization will do everything within its capabilities to communicate cancellation, postponement, or alteration of the event to participants as quickly as possible. In all cases, partners and participants are responsible for their own safety and should use their best judgment in deciding whether or not to continue if severe weather conditions exist.

Weather is unpredictable and rain is a very real possibility. Barring severe weather emergencies, BIKE HSS will continue despite poor weather conditions. Participants should be prepared for high winds, temperatures ranging from 40-90 degrees Fahrenheit, heavy rainfall, and/or a combination of these conditions.

Given that weather can change during the event, weather related announcements may need to be issued after the start of the event. BIKE HSS will utilize the Event Alert System (EAS) as a visual aid for communicating to riders and volunteers the potential for adverse weather conditions. A series of color codes will be used to indicate increasing severity of adverse conditions. The color-coded signs will be displayed at each rest stop and the venue.



GOOD CONDITIONS
Enjoy the event / be alert



POTENTIALLY DANGEROUS
CONDITIONS
Slow down / observe course
changes / follow official
instructions / consider stopping



LESS THAN IDEAL
CONDITIONS
Slow down / be prepared
for worsening conditions



EVENT CANCELLED /
EXTREME AND DANGEROUS
CONDITIONS
Participation stopped / follow
event official instructions

SAFETY AND ETIQUETTE

Please obey the rules of the road and respect the local citizens who welcome this event with open arms. Reminder, **BIKE HSS is a ride not a race!** Below, you will find some general road riding etiquette rules that should be followed to create a safe environment for all involved. Please review the content, as your safety is our #1 priority.

1. ALWAYS WEAR A HELMET AT ALL TIMES.

2. Follow the Rules – Follow all traffic laws that an automobile driver would observe, which include, but not limited to, stopping at red lights, stop signs and yielding to pedestrians. In some cases, a police officer stationed at an intersection will give the riders the right of way – in this case, it is okay to proceed with caution. **DO NOT PROCEED UNTIL THE OFFICER MOTIONS YOU.**

3. Radio Devices – Headphones, phones, radios and other devices are **NOT** permitted while riding.

4. Be Predictable – Smooth, consistent riding is the key to ensuring everyone feels comfortable and that you are not a hazard to yourself or anyone else.

5. Know Your Limitations - **UTILIZE THE COURSE SUPPORT PROVIDED** – The BIKE HSS course can be difficult in volatile weather. There will be Rest Stops with food and hydration, along with mechanical support, roughly every 11-16 miles. There will also be SAG vehicles along the course that will assist with your ride.

6. Call Out Any Change – Call out “Slowing”, “On Your Left/Right”, “Car Up”, “Car Back”, etc.

7. Signal – Be sure to signal with your hands or voice so that everyone knows your intentions.

8. DO NOT Overlap Wheels – Be cognizant of those around you and pay attention to the position of your front wheel vs. their back wheel.

9. Ride Single File or Two Abreast – BIKE HSS is a ‘rules of the road’ ride, which means the roads are open to traffic. Please do not endanger yourself and others by riding more than two abreast and inconveniencing the local citizens who allow us to ride through their community.

10. Stay to the Right – Ride as far to the right as is practical, unless making a left hand turn or avoiding hazards in the road. If you must stop, do your best to move off the road when you stop.

11. Leave No Rider Behind - If you are riding with a group and get separated at an intersection do not stop in the bike lane to wait for them. Pull completely off the road or “soft pedal” (pedal slowly) until they catch up.

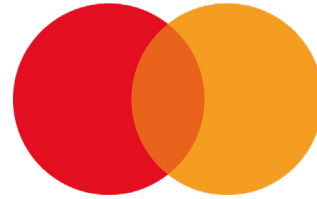
12. Say “Thank You” – The BIKE HSS ride could not exist without the many volunteers and agency support on-course. Please take the time as your ride by to thank them for dedicating their time to the event.

13. Crossing Fast-Moving Traffic – There are few points in the course where you will have to cross fast moving traffic. These intersections will be controlled by county sheriffs. Please make sure that you use extreme caution when crossing the road and follow instruction given by officers.

SPONSORS



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