

BIKE HSS
RIDE • WALK • RUN



VOLUNTEER GUIDE

Saturday, September 19, 2026

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Welcome to BIKE HSS 2026! Thank you for volunteering with us! Whether at the main venue, 5K course or out on the beautiful country roads at a rest stop, you've got a great day of volunteering in store for you. BIKE HSS will start and finish on Saturday, September 19th at Manhattanville University in Purchase, New York. The event offers the participants three beautiful and fully supported routes of 10, 25 or 62 miles and a 5K Walk / Run around campus.

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!

SCHEDULE

- 7:00 AM – BIKE HSS Venue Opens for participants
- 7:00 AM – Registration and Check In Opens
- 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

VOLUNTEER POSITIONS

5K LEAD/SWEEP	Lead (on a bike) rides ahead of the fastest runner and guides them through the course. The Sweep (on foot) trails the last walker on our 5K route, services as a master motivator, and is an essential extension of our staff in communication back regarding route pacing, rest stop closure, and timing.
BIKE & GEAR CHECK	Oversees the "self-check" bike and gear area, keeping it secure, mainly during Finish Line Festival.
CHEER SECTION	Cheer participants on as they cross the finish line.
INFO & PARTICIPANT SERVICES	Answers participant questions about the route, services, festival timing, and oversees lost and found.
MEDICAL	Assists at Rest Stops, Start/Finish, or SAG with all basic medical needs including icing some sore muscles, minor scrapes and bruises, ace wraps, and more. Must have medical license (EMT, MD, LPN, RN, PA, etc.)
PHYSICAL THERAPY	Assists at Rest Stops and Finish Line Recovery Zone with physical therapy needs. Must have medical license.
REGISTRATION & CHECK-IN	Register and check-in for all participants. Processes monetary transactions, distributes check-in packet that includes rider bib, walk / run bib, wrist band, and participant swag.
REST STOP & WATER STOP	Prepare food/drink, hand out snacks, cheer on participants, and assist in packing up the Rest Stop.
REST STOP LEAD	Check in all Rest Stop volunteers and hand out t-shirts and hats. Prepare food/drink, hand out snacks, cheer on riders, and assist in packing up the Rest Stop.
SAG	Drives or navigates a minivan, picking up riders in need (and their bikes!). Patrols between Rest Stops and is dispatched by our command center.
VOLUNTEER CHECK-IN	Assists the Staff Volunteer Coordinator with checking in pre-assigned volunteers throughout the day.
WRISTBANDS	Guests of registered participants and volunteers can pick up their hospitality wristbands at the packet pickup tent.

FAQS

HOW DO I GET MY HOURS CONFIRMED FOR MY SERVICE ORGANIZATION?

Please bring any paperwork needed with you to your shift and a supervisor can sign off before you leave. If you need additional information after the event, please do not hesitate to contact Molly Heinsler at molly@cadencesports.com or 914-374-5886.

WHO CAN I CONTACT IF I NEED A REMINDER ABOUT MY SHIFT OR ASSISTANCE BEFORE I ARRIVE TO VOLUNTEER?

Please do not hesitate to contact Molly Heinsler at molly@cadencesports.com or 914-374-5886 with any questions related to your volunteer shift. She can help confirm your shift and time or if you need help finding our set up when you arrive for your shift.

CAN I BRING MY FRIEND / FAMILY MEMBER?

As much as we would love to have friends and family, we are asking that only pre-registered volunteers attend.

WHAT SHOULD I BRING?

Volunteers should plan to bring as little to their shift as possible (i.e. phone and keys). We prefer to keep bags and extra items on site to a minimum. We will have plenty of water and food on site for you.

WHEN DO I NEED TO ARRIVE FOR MY SHIFT?

We recommend you arrive 15-20 minutes prior to your shift on event day, both at the main venue and out at Rest Stops. This will give you time to park, check-in, and change into your volunteer shirt before your shift.

WHERE DO I CHECK IN FOR MY SHIFT?

Event day volunteers assisting at Manhattanville University, should proceed to the volunteer check in tent located at the heart of the event area. See map on page 7.

***ALL REST STOP VOLUNTEERS SHOULD GO DIRECTLY TO THEIR ASSIGNED STOP. YOUR SHIRT WILL BE WAITING FOR YOU THERE WITH THE REST STOP LEAD.**

***WATER STOP #1 VOLUNTEERS SHOULD GO DIRECTLY TO THEIR ASSIGNED STOP.**

***WATER STOP #2 VOLUNTEERS SHOULD CHECK IN AT THE MAIN VENUE. THEY WILL BE SHUTTLED OR CAN WALK TO THEIR STOP ON CAMPUS.**

WHAT SHOULD I WEAR?

We will provide you with a volunteer shirt at check-in for your shift, but we recommend you dress in layers. Reminder, sometimes it can be chilly during the early morning shifts, but warm right up after the ride start! Volunteers should ALWAYS wear closed toes shoes for their safety and we will provide all volunteers with a BIKE HSS Visor.

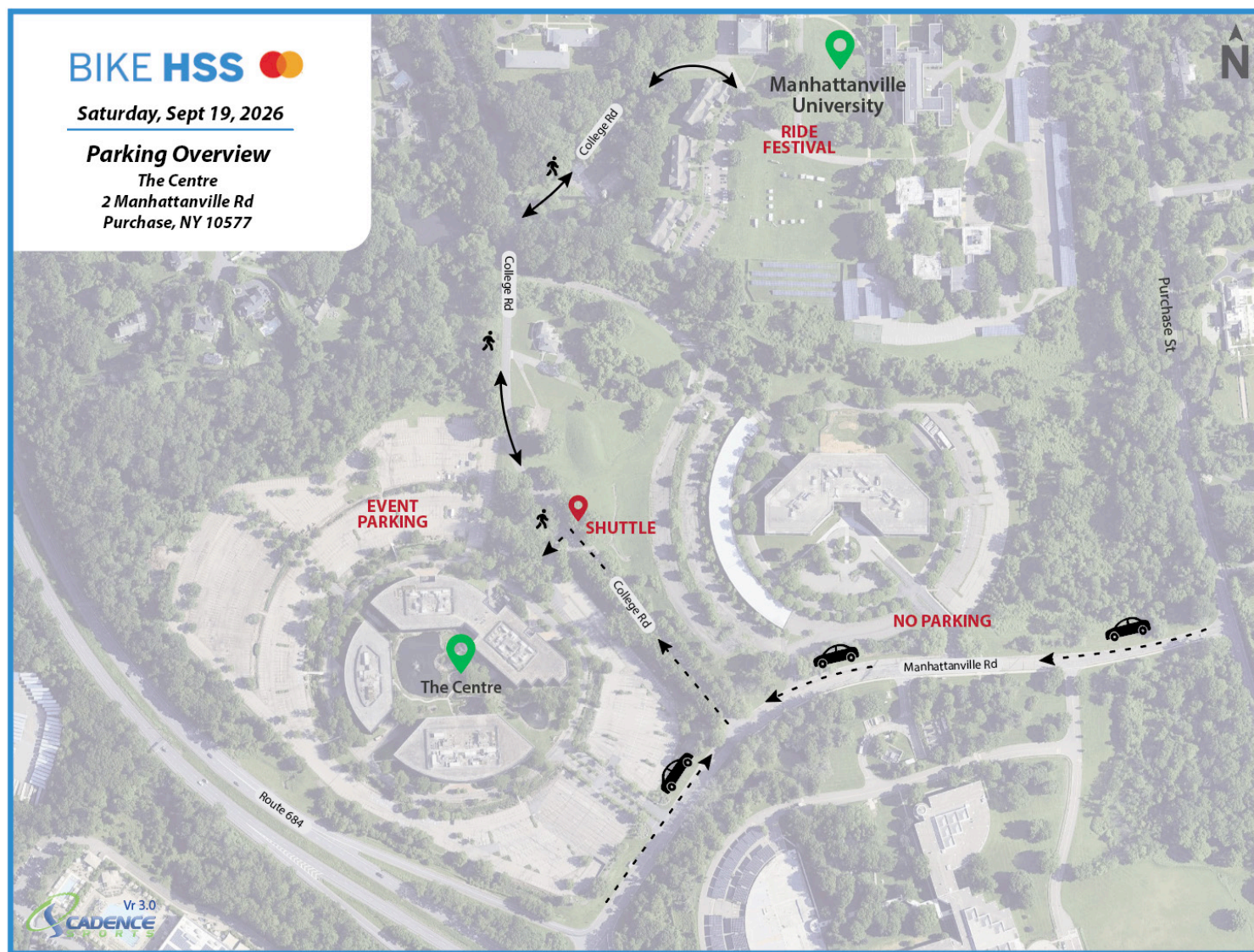
IS FOOD PROVIDED?

Yes, all volunteers will be provided a meal after their shift. There will be breakfast food, coffee, and fruit for the early risers as well. Rest Stops on course that are open until the afternoon hours will have lunch delivered out to the stops for volunteers. However, all volunteers are welcome to come to the venue after their shift concludes for a meal. Food service on-site concludes at 4:00 PM.

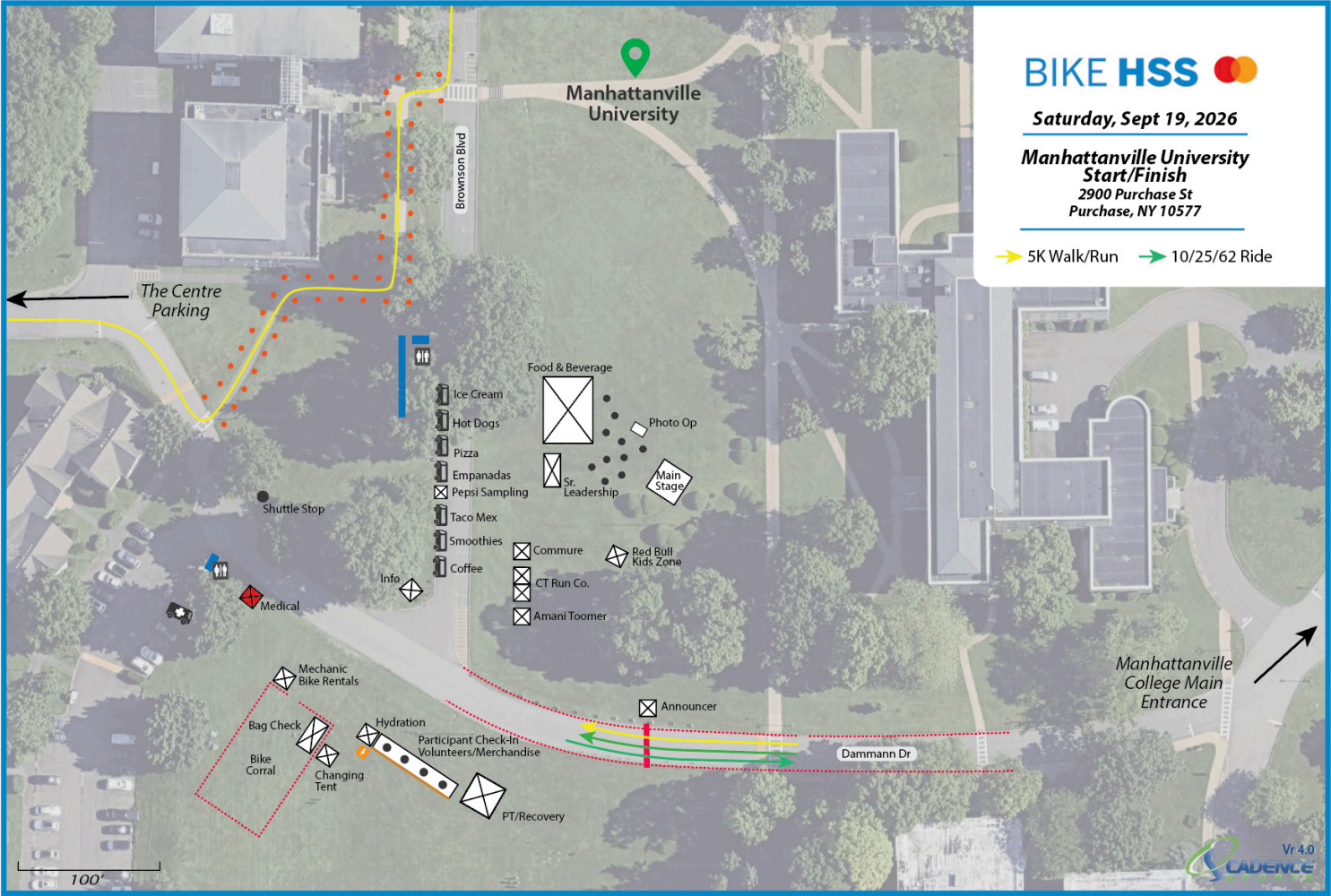
PARKING

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.



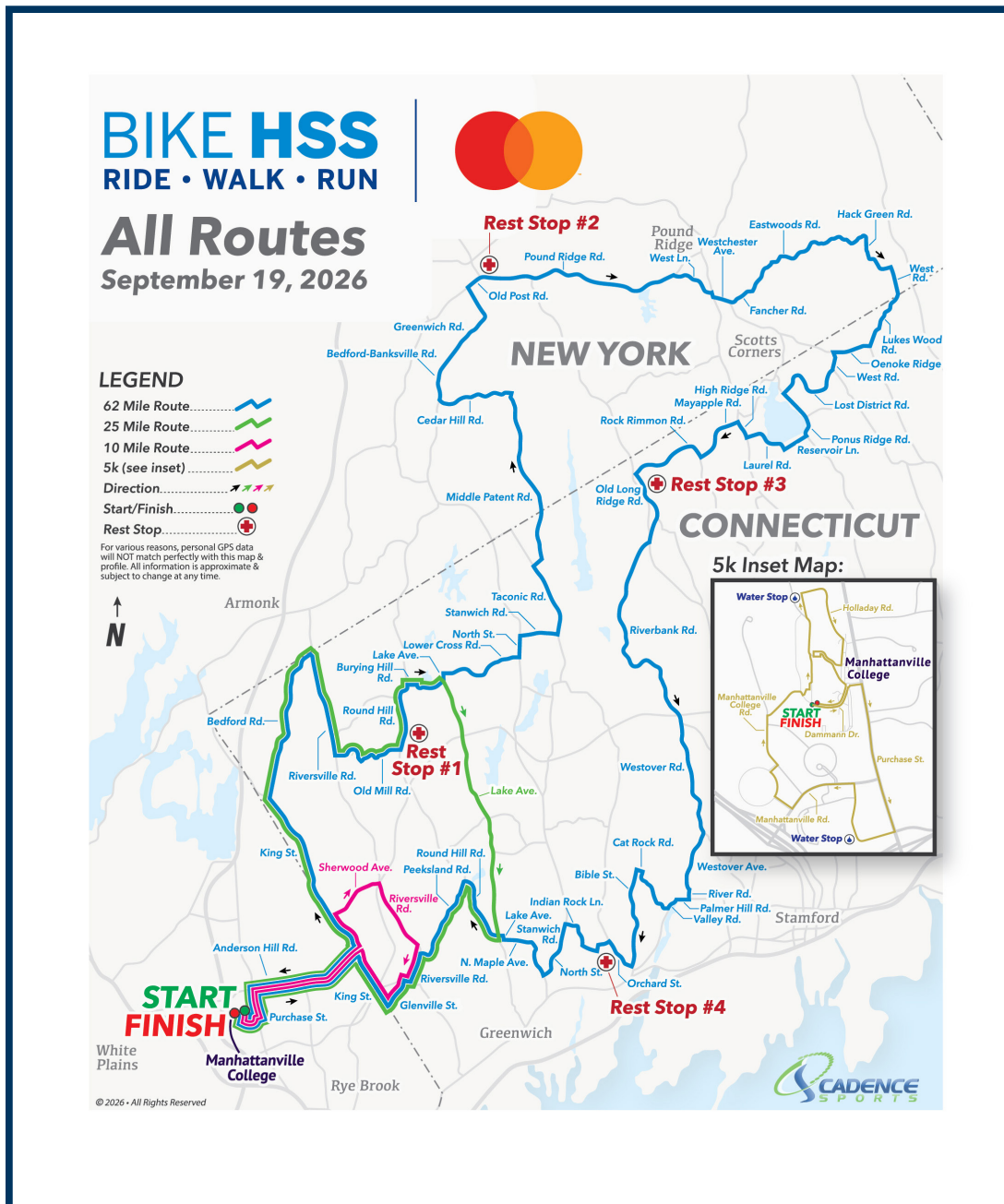
VENUE MAP



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 10-15 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.

For the 5K Walk / Run the event starts and finishes at the same location as the Ride. The 5K course is all on roads along the campus with rolling hills. The 5K will have a Water Stop approximately at mile 1 and mile 2. **PLEASE USE EXTREME CAUTION** in intersections, driveways and keep an eye out for any uneven pavement.





SUPPORT PHONE NUMBER

Out on the course and need assistance for another volunteer or a participant? It could be for reasons such as mechanical, non-emergency medical, or help with directions. Call our support phone line and we will get a support vehicle to your location ASAP! That number is 844-245-4640. **IMPORTANT: If your medical need is an emergency for you, another volunteer or rider, always call 911 first and then call our support line second.**

COURSE CLOSURE TIME

Please note, the Finish Line Festival runs until 4:00PM with the food trucks serving from 9:30 AM – 4:00PM. In order to ensure that all participants have time to experience the Finish Line Festival, the course will close at 3:30 PM. If cyclists have not made it back within a 3:30 PM finish time, they will be picked up by a SAG Driver who will transfer them to a location closer to the venue where they 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.

SAFETY

EMERGENCY MANAGEMENT

BIKE HSS is an outdoor event taking place on public roads, and many factors—including, but not limited to, weather and street traffic—can influence participant safety. 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

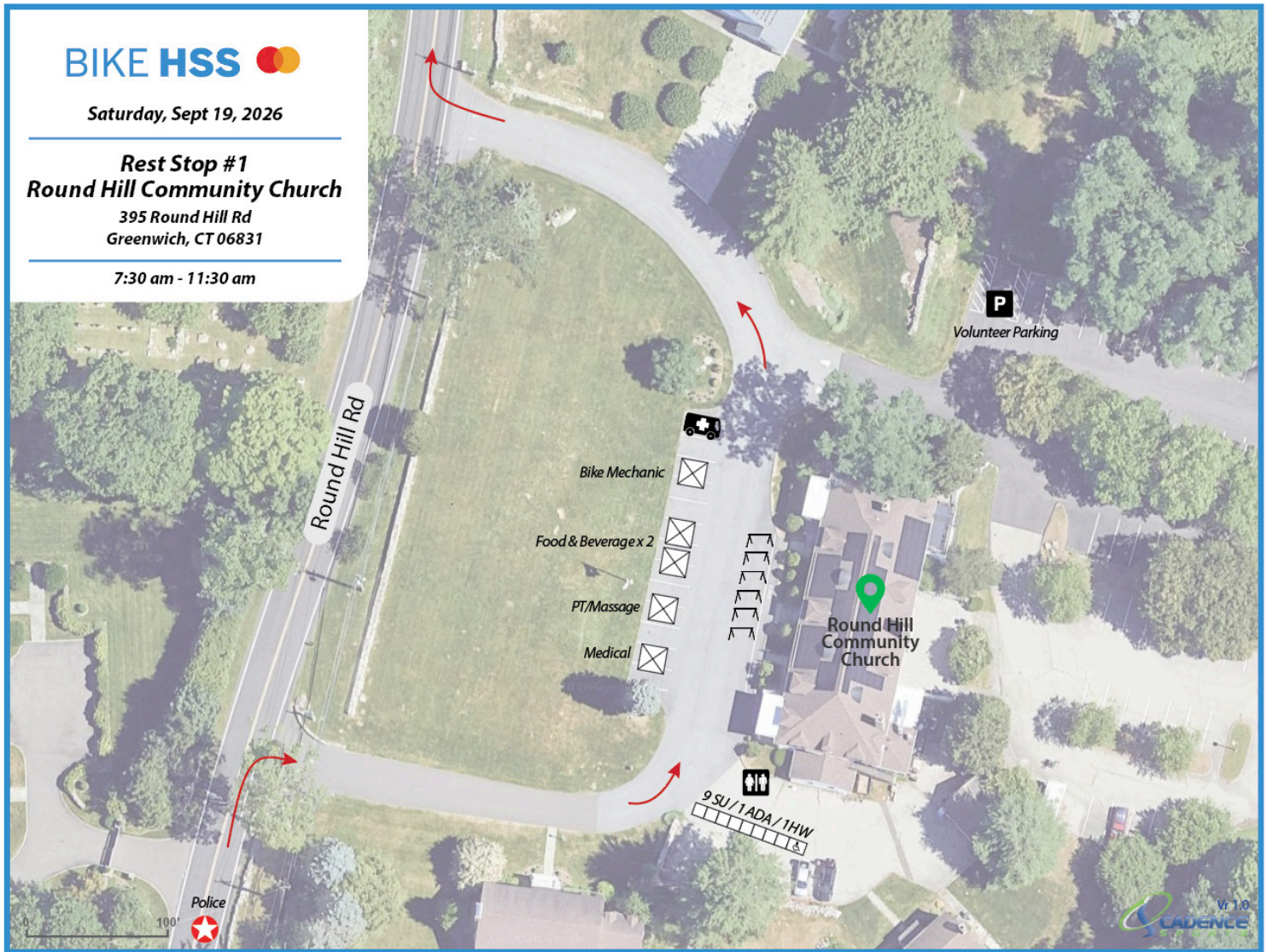
Slow down / be prepared for worsening conditions



EVENT CANCELLED / EXTREME AND DANGEROUS CONDITIONS

Participation stopped / follow event official instructions

REST STOP #1



REST STOP #2

BIKE HSS

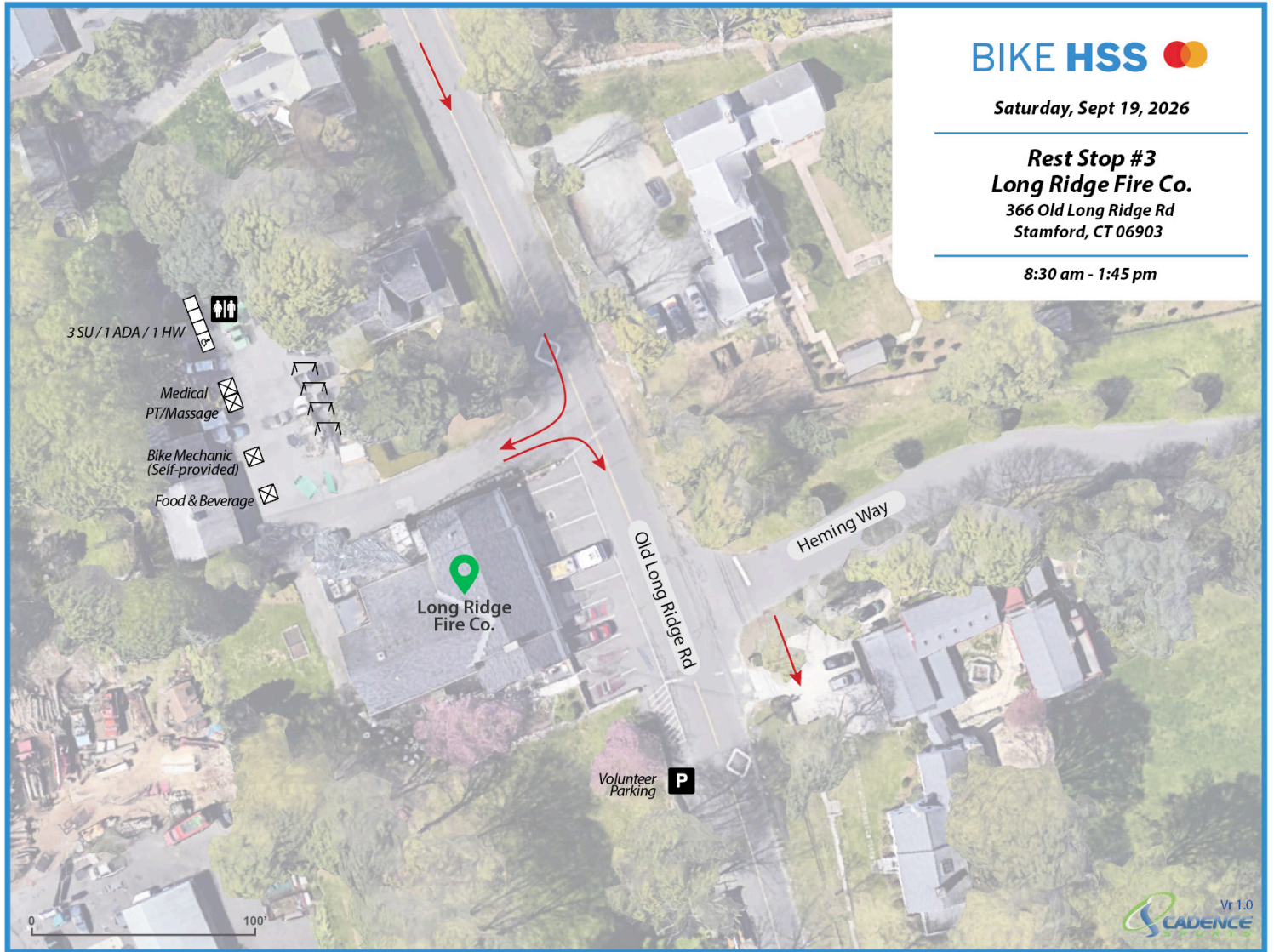
Saturday, Sept 19, 2026

Rest Stop #2
The Hawthorn School
483 Old Post Rd
Bedford, NY 10506

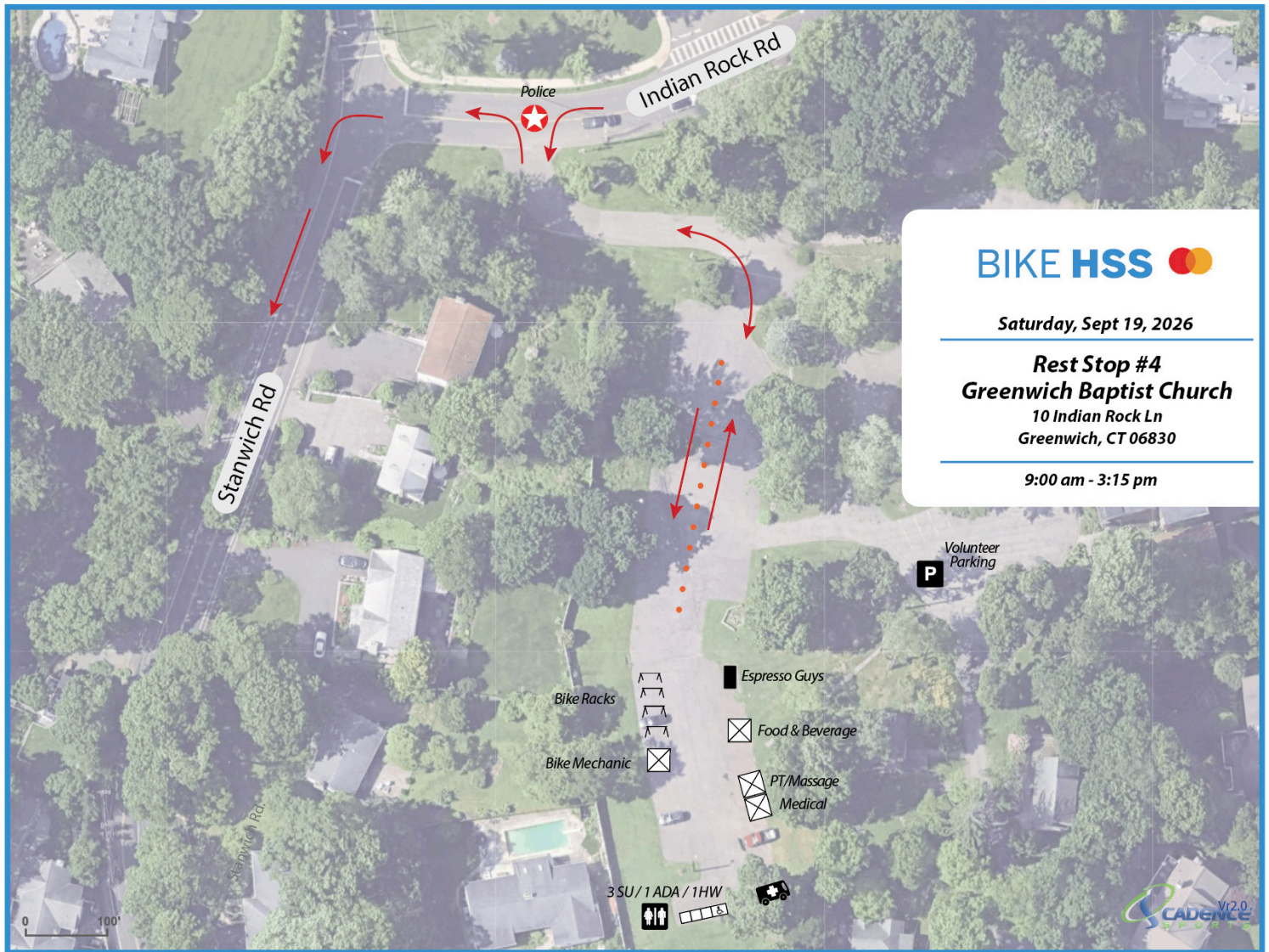
8:00 am - 11:45 am



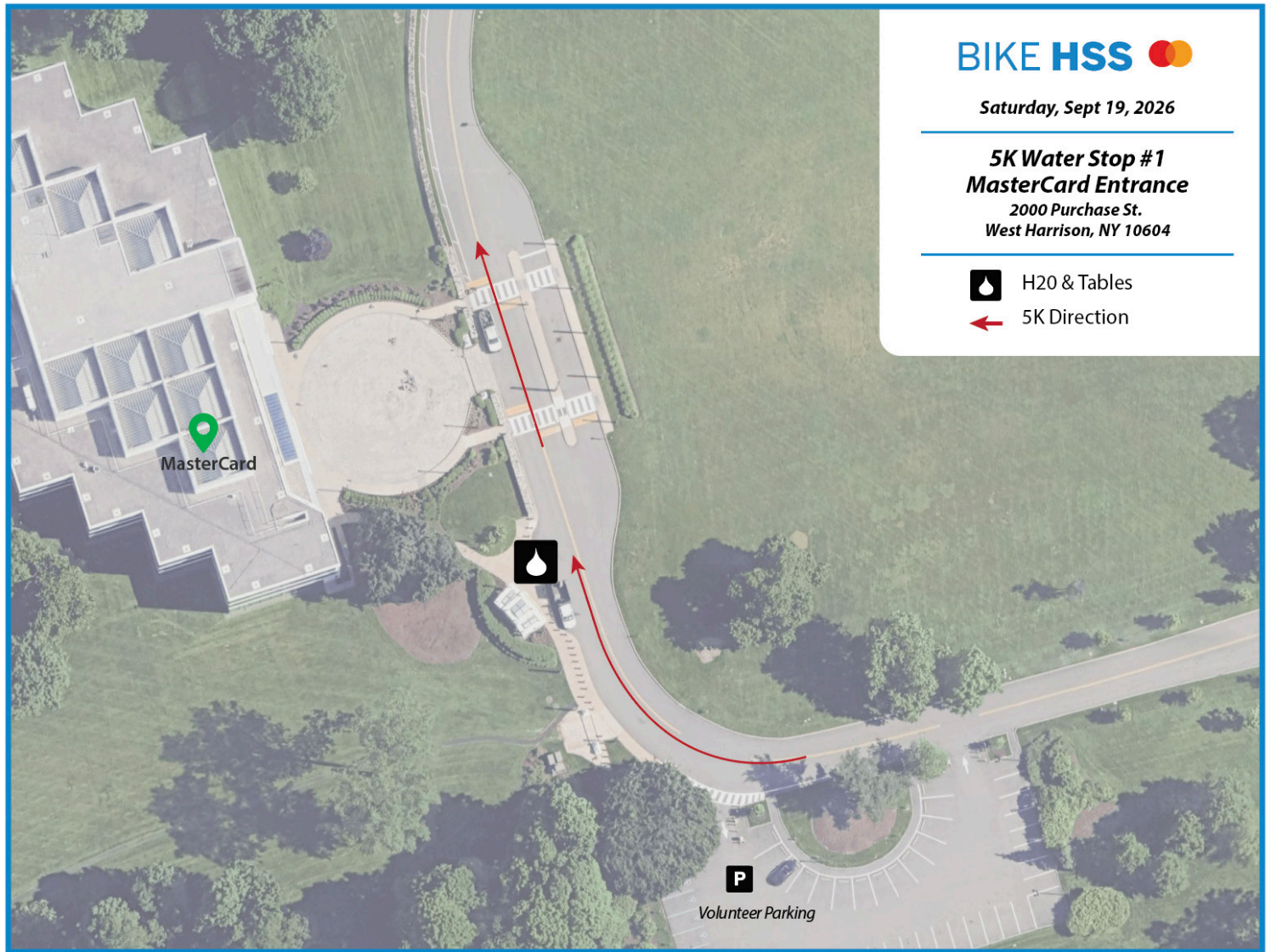
REST STOP #3



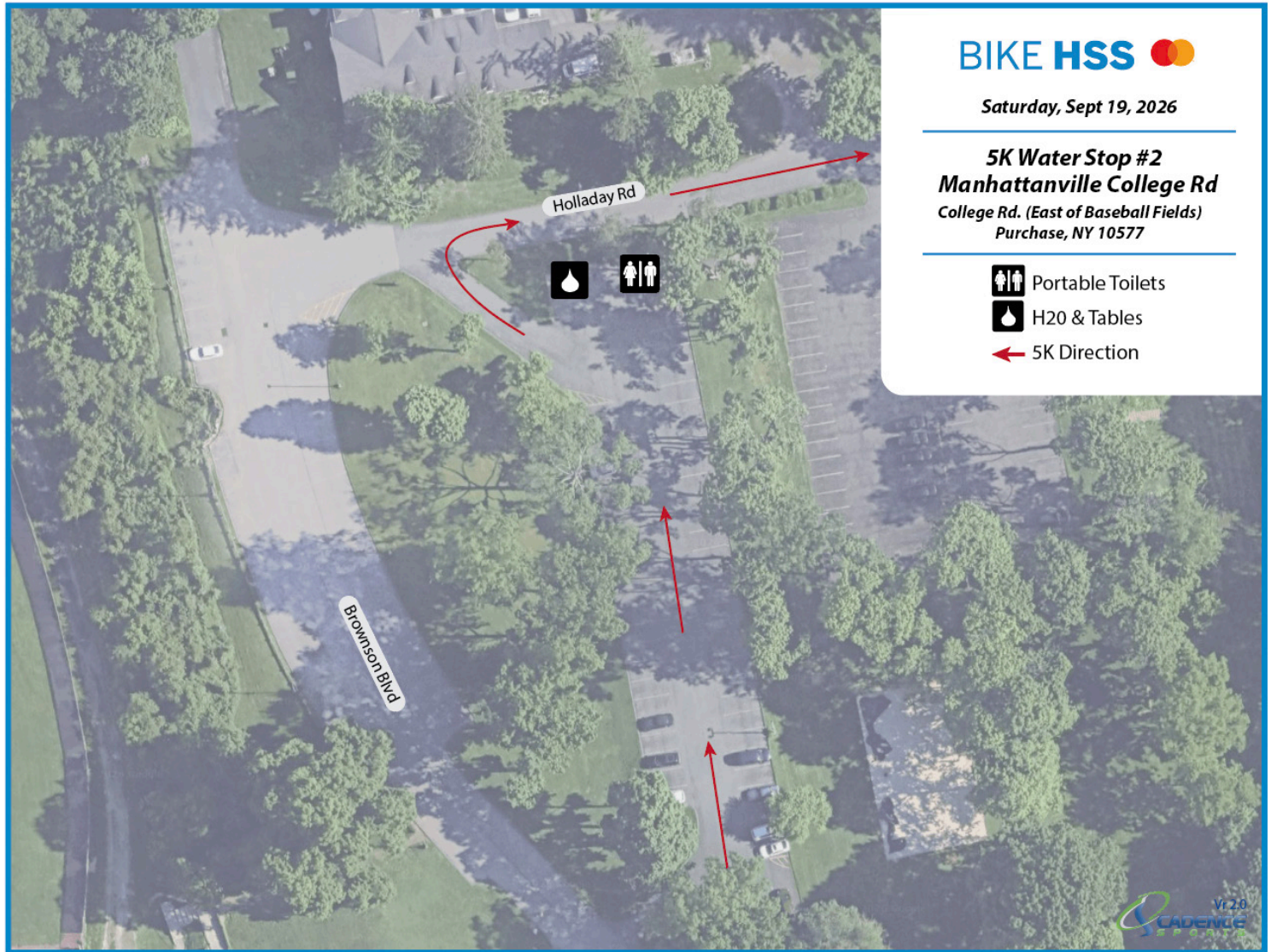
REST STOP #4



WATER STOP #1



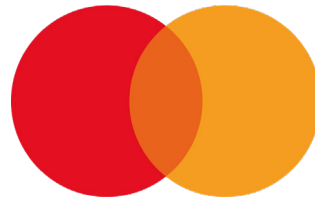
WATER STOP #2



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