



Dear BRAKING AIDS® Ride Participant,

The Ride is coming! We can't wait to see you in Philadelphia (or for 1-Day Riders, in Princeton!).

This packet contains a wealth of information for both 2-Day and 1-Day Riders and Crew, as well as forms that you need to return to us by **Friday, August 1, 2025**. Please print out this entire document for your reference. Here is what is included:

- **Travel Info.** Options to get yourself and your bike to Philadelphia or back to Philadelphia after Ride.
  - **Travel Reservation Form.** Riders and Crew can make all your reservations [using this link](#). While we are covering the cost of your travel this year, it is still essential that you tell us which options you are using.
  - **Friday Hotel Reservation.** You must make your own sleeping arrangements for Friday night. Details are below. Reserve yourself a room directly across the street from the ride start [here](#).
  - **Medical Form and Waiver.** All participants – both Riders and Crew – must complete and return this form so that we may best take care of you during the Ride.
  - **Policies and Protocols.** All participants – Riders and Crew – must complete and return this form.
  - **Bike Tune-Up Checklist.** Make sure your bike is in top form before the Ride. Take it to a bike shop you trust (perhaps one of our [Official Outfitters](#)). Have it checked out and tuned up within a month before the Ride. Take the checklist with you to the shop.
  - **In Memoriam.** Email a **photo** of each friend you'd like to commemorate, along with their names.
- **Starting Location.** Arch Street Meeting House, 320 Arch Street, Philadelphia, PA 19106.
  - **2-Day Host Hotel** (Friday night). Our host hotel (optional) is the Wyndham Philadelphia Historic District, 400 Arch Street, Philadelphia, PA 19106. Use [this link](#) to make your room reservation.
  - **Crew Meeting Location.** The Crew meeting will be held at the Arch Street Meeting House, 320 Arch Street, Philadelphia, PA 19106.
  - **1-Day Host Hotel** (Saturday night). Our host hotel is the Crowne Plaza Princeton, 900/870 Scudders Mill Road, Plainsboro, NJ 08536. You do NOT need to make a reservation, but you DO need to tell us if you're staying there. Details on page 3.

Return the following forms to us:

BRAKING AIDS® Ride c/o Global Impact Productions  
630 Ninth Avenue, Suite 1207, New York, NY 10036  
Scan and email to [slevitt@globalimpactpro.com](mailto:slevitt@globalimpactpro.com)

**The deadline to return all forms is Friday, August 1, 2025.** We cannot guarantee that space will be available after the deadline.

Feel free to call us with any questions at 212.989.1111. We'll see you in Philadelphia!

Sincerely,  
Stephanie, Blake and Eric  
*The BRAKING AIDS® Ride Team*

# PRE-RIDE GUIDE



All 2-Day riders and crew must arrive in Philadelphia, PA for registration on Friday, September 12th – Crew by 3:00 PM, Riders by 6:00 PM. We will offer transportation for you, your bike, and your gear to Philadelphia. However, even though they are included, you must sign up for transportation and bike shipping [using this link](#). We also offer a host hotel, details below. This Pre-Ride Guide will keep it simple. Send in your completed form by **Friday, August 1st**.

## 1a. Bike Shipping (2-Day Riders)

We offer bike shipping through McCollister's Trucking Company. McCollister's is a reputable company that has provided bike shipping for us for two decades. Each bike is insured for up to \$500. **Bike shipping may NOT be reserved on-site on September 12th.** We are offering this transportation to you free of charge. However, you must reserve [using this link](#).

On Friday, September 12<sup>th</sup>, bring your bike to the truck parked outside 357 W. 44<sup>th</sup> Street, New York, NY 10036 (just east of Ninth Avenue), between 2:00 pm and 3:30 pm. Your bike will arrive in Philadelphia at roughly the same time as you. Do not disassemble your bike, but do remove water bottles, your bike computer, mounted pump, etc.

## 1b. Bike Rentals

For out-of-town riders, we offer bike rentals via Unlimited Biking. The cost is the same for both 1-Day and 2-Day Riders. You can rent your bike here: <https://unlimitedbiking.com/events/braking-aids-ride/>.

2-Day Riders: If you are taking our bus to the event from New York City (see Section 2 below), please arrive at 357 W. 44<sup>th</sup> Street, New York, NY 10036 no later than 3:15 pm in order to be fitted to your bike. If you are arriving at Registration Eve on your own, your rental bike will arrive in Philadelphia with our Bike Shipping truck on Reg Eve.

1-Day Riders: Use the same portal to rent your bike. We will ensure that your bike is waiting for you when you arrive in Princeton!

All Riders: Unlimited Biking will pick your bike up from the Closing Ceremony site at Riverbank State Park on Sunday, September 15.

## 2. 2-Day Participant Travel to Philadelphia for Registration Eve

### Travel from New York City

We have chartered a bus from New York City to Philadelphia. **We are offering this transportation to you free of charge.** However, you must reserve [using this link](#). **No tickets will be sold on September 12th.** If you prefer, a friend may drop you off in Philadelphia. However, your car may **NOT** be left on site during the two days of the ride.

**Riders:** The bus will depart on Friday, September 12th at 4:00 pm. Destination: Arch Street Meeting House (Registration Eve site). Buses will depart from outside 357 W. 44<sup>th</sup> Street, New York, NY 10036 (just east of Ninth Avenue). Please arrive at least 30 minutes prior to departure to drop your bike. The trip takes approximately 2 hours.

**Crew:** Vans will depart from outside 357 W. 44<sup>th</sup> Street, New York, NY 10036 (just east of Ninth Avenue) on Friday, September 12th at 12:30 pm. The trip takes approximately 2 hours.

Alternatively, Amtrak offers service to Philadelphia. Note that Amtrak has limited options to bring a bike; check Amtrak.com for details. 30<sup>th</sup> Street Station is approximately 2.5 miles (20 minute bike ride) from the ceremony site.

## 3. 1-Day Rider Travel to Princeton on Saturday, September 13th.

We will offer a shuttle and bike shipping from Manhattan to Princeton on Saturday, September 13th for our 1-Day Riders. This transportation is offered free of charge, but you must reserve in advance [using this link](#).

The shuttle will depart on Saturday, September 13th at 4:00 pm from outside 357 W. 44<sup>th</sup> Street, New York, NY 10036 (just east of Ninth Avenue). Destination: Crowne Plaza Princeton, 900/870 Scudders Mill Road, Plainsboro, NJ 08536. Please arrive with your bike at least 15 minutes prior to departure. The trip takes about 90 minutes.

Alternatively, New Jersey Transit offers service to Princeton Junction, approximately 4 miles from our Saturday night hotel. You may ride your bike or Uber from the Princeton Junction train station to the hotel.

Please come and cheer the 2-Day Riders as they make their way to the host hotel! Then join us for dinner at 6:30 pm at the hotel on Saturday evening and stay the night – it's all included with your fundraising!

#### **4. Dinner, Friday, September 12th**

During Registration Eve, we will offer a buffet dinner at the Registration Eve site. This full buffet will offer you the opportunity to sit with new and old friends as you fuel up for the Ride! **Registration Eve dinner is included!**

#### **5. Accommodation, Friday, September 12th**

Our host hotel will be the Wyndham Philadelphia Historic District. **You may choose to stay at the Wyndham (the rate is \$189/night), or you may stay elsewhere in the area if you prefer.** Reserve accommodation [using this link](#). **Make your reservation before August 1st** as the remaining rooms in our block will be released then.

Hotel	Address
Wyndham Philadelphia Historic District	400 Arch Street, Philadelphia, PA 19106

### **Schedule Summary**

#### **Friday, September 12th**

12:30 pm: Crew shuttle departs NYC from 357 W. 44<sup>th</sup> Street, New York, NY 10036 (just east of Ninth Avenue).

2:00 – 3:30 pm: Drop your bike at bike shipping: outside 357 W. 44<sup>th</sup> Street, New York, NY 10036 (just east of Ninth Avenue).

3:00 pm: Crew check-in/meeting: Arch Street Meeting House, 320 Arch Street, Philadelphia, PA 10106.

4:00 pm: Rider bus departs New York City from outside 357 W. 44<sup>th</sup> Street, New York, NY 10036 (just east of Ninth Avenue).

6:00 pm: Rider registration, dinner and mandatory Safety Orientation at Arch Street Meeting House, 320 Arch Street, Philadelphia, PA 10106.

7:00 pm: Registration Eve activities at Arch Street Meeting House, 320 Arch Street, Philadelphia, PA 19106.

#### **Saturday, September 13th**

5:00 am: Check out of the hotel. Gear drop is available at the front door.

5:30 am: Breakfast at Arch Street Meeting House, 320 Arch Street, Philadelphia, PA 19106.

6:30 am: Opening Ceremony at Arch Street Meeting House, 320 Arch Street, Philadelphia, PA 19106.

6:45 am: BRAKING AIDS® Ride begins!

4:00 pm: 1-Day Rider bus departs New York City from outside 357 W. 44<sup>th</sup> Street, New York, NY 10036.

6:30 pm: Dinner for 1-Day and 2-Day participants at Crowne Plaza Princeton, 900/870 Scudders Mill Road, Plainsboro, NJ 08536.

#### **Sunday, September 15<sup>th</sup>**

5:00 pm: Closing Ceremony at Riverbank State Park, 679 Riverside Drive, New York, NY 10031 (Subway: 1 to 145<sup>th</sup> Street). Please invite friends and loved ones.

5:30 – 7:00 pm: Victory Party at Riverbank State Park.

6:00 pm: Shuttles depart Riverbank State Park for 30<sup>th</sup> Street Station, Philadelphia.

### **Questions?**

Please call Blake Strasser or Stephanie Levitt at Global Impact Productions if you have any questions, at 212.989.1111. You can e-mail them at [bstrasser@globalimpactpro.com](mailto:bstrasser@globalimpactpro.com) and [slevitt@globalimpactpro.com](mailto:slevitt@globalimpactpro.com). Now let's get ready to ride!

*Keep the first three pages and the last two pages for your records. **Send pages 4 – 6 back to us.***



## CONFIDENTIAL EMERGENCY MEDICAL INFORMATION

Receipt of this document by Global Impact Productions is mandatory for all Riders and Crew. Mail to the address below – or email to [slevitt@globalimpactpro.com](mailto:slevitt@globalimpactpro.com) – no later than Friday, August 1st, 2025:

**BRAKING AIDS® Ride**  
c/o Global Impact Productions  
630 Ninth Avenue, Suite 1207  
New York, NY 10036

### Emergency Contact

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: DAY (    ) \_\_\_\_\_

EVE (    ) \_\_\_\_\_

### Primary Physician(s)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: (    ) \_\_\_\_\_

### Insurance Information

Company: \_\_\_\_\_

Policy #: \_\_\_\_\_

Group #: \_\_\_\_\_

Phone: (    ) \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_ Cell Phone: (    ) \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_

1. Medical and Mental Health History (or attach a sheet) \_\_\_\_\_

2. a) List any medications you are taking (or attach a sheet) \_\_\_\_\_

b) Do any of these medications require refrigeration? ☐ Yes ☐ No If Yes, which? \_\_\_\_\_

☐ I do not currently take medications

c) COVID vaccination dates: \_\_\_\_\_

3. Allergies ☐ Environmental \_\_\_\_\_ ☐ Food \_\_\_\_\_

☐ Medication \_\_\_\_\_ ☐ Other \_\_\_\_\_

☐ No known allergies

4. Is there anyone on BRAKING AIDS® Ride whom we may contact if you become injured or ill?

☐ Yes: Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ ☐ No

5. Will you have any special medical needs, including dietary restrictions, while on BRAKING AIDS® Ride?

☐ Yes (please describe below) ☐ No

I hereby release the above information to BRAKING AIDS® Ride and Global Impact Productions, and any other medical personnel who may need to care for me while on the Event.

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Rider/Crew #: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# MEDICAL WAIVER

**All participants, please read this:**

## **WAIVER OF NEGLIGENCE & COMPLETE RELEASE OF LIABILITY**

I wish to participate in BRAKING AIDS® Ride which I understand to be a two-day, 175-mile non-competitive donation bicycle ride and related events. I understand that in participating in BRAKING AIDS® Ride I will be using public streets and facilities where many hazards exist and I am aware of and appreciate the risks which may result. I am also aware that accidents occur during such activities and that I may be seriously injured or killed as a result. I am voluntarily participating in this event with knowledge of the dangers involved and I agree to accept any and all risks of injury or death.

In consideration for being permitted to participate in BRAKING AIDS® Ride, I agree to assume all risks and to release and hold harmless Housing Works; Bailey House; Global Impact Productions dba Global Impact Tours Inc., BRAKING AIDS® Ride, all BRAKING AIDS® Ride Medical Team members, sponsors, officials, participating clubs, communities, organizations and all other government or public entities (and all of their respective officers, directors, agents, employees and members) who, through negligence, carelessness or any other cause, might otherwise be liable to me.

**I intend by this Waiver and Release to release, in advance, and to waive my rights and discharge all of the persons and entities mentioned above, from any and all claims for damages for death, personal injury or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in BRAKING AIDS® Ride, even though that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective property or equipment owned, maintained or controlled by them or because of their possible liability without fault. I understand and agree that this Waiver and Release is binding on my heirs, assigns and legal representatives.**

I am physically capable of participating in BRAKING AIDS® Ride, and my medical care provider has approved my participation. If I am aware of or under treatment for any physical infirmity, ailment or illness, my medical care provider knows of and has approved my participation in BRAKING AIDS® Ride. If I have been diagnosed with any psychological conditions, my mental health provider knows of and has approved my participation in BRAKING AIDS® Ride. I acknowledge that I, and I alone, am solely responsible for my personal health and safety and the personal property I bring with me. I acknowledge that the medical insurance information I have provided on the Medical Form is current and complete. I accept full responsibility for any costs incurred for medical treatment due to incorrect, outdated, or falsified insurance information. I will read the BRAKING AIDS® Ride description and rules for participation in BRAKING AIDS® Ride and I will abide by all rules and regulations established by the BRAKING AIDS® Ride organizers and personnel as well as the bicycling codes of New York State, Pennsylvania and New Jersey.

I understand that my name, photograph, voice, video and film image, or likeness may be used by Housing Works, Global Impact Tours Inc., Black Watch Productions, Cristian Paez, their licensees, affiliates and employees. I consent to and authorize, in advance, such use and waive my rights of privacy I have in connection therewith.

I have carefully read this Waiver and Release and fully understand its contents. I certify that I am at least 18 years of age at time of registration. I am aware that this is a RELEASE OF LIABILITY and a contract between me and the persons and entities mentioned above and all of their respective officers, director, employees, agents and representatives and I sign it of my own free will.

**THIS IS AN IMPORTANT LEGAL DOCUMENT.  
READ IT CAREFULLY BEFORE SIGNING BELOW.**

\_\_\_\_\_  
Print name

\_\_\_\_\_  
Rider/Crew #

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date of Birth (MM/DD/YY)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



## Policies and Protocols

The policies and protocols below have been established to maximize the safety and enjoyment of BRAKING AIDS® Ride ("the Ride") for all participants. Please sign and return this form to the BRAKING AIDS® Ride office by Friday, August 1st, 2025.

1. I understand that I must obey all laws, including traffic laws, during BRAKING AIDS® Ride. I will follow Ride participation instructions from all Ride personnel, including Global Impact Productions staff, staff of Housing Works, and volunteer Crew members. Medical personnel and bicycle technicians may suspend my right to ride or crew if they deem my physical condition, or my bicycle's condition, unfit to continue.
2. I am required to attend an official Safety Presentation in Philadelphia on Registration Eve on Friday, September 12th, 2025 (2-Day Riders) or in Princeton on Saturday evening, September 13th, 2025 (1-Day Riders) before participating in the Ride, and will abide by the policies and procedures described.
3. While on my bike, I will:
  - a. Wear a helmet, properly fastened on my head, at all times.
  - b. Refrain from using headphones or earphones.
  - c. Refrain from using a cell phone, smart phone or other handheld device.
4. Consumption of alcoholic beverages is strictly prohibited beginning on Friday evening, September 12th and continuing until the end of the Closing Ceremony on September 15<sup>th</sup>. Possession or use of illegal drugs or unauthorized transfer of prescription medication is similarly prohibited.
5. The success of the Ride is based upon the principle of mutual respect among all participants. In that spirit, I may not antagonize, harass, or jeopardize the safety of any Ride personnel, including Global Impact Productions staff, staff of Housing Works, riders and/or volunteer Crew members.

Failure to abide by these policies and protocols will result in disciplinary action that may include, at BRAKING AIDS® Ride staff's discretion, my expulsion from the Ride.

I have read, understand, and agree to the above.

Print name \_\_\_\_\_ Rider/crew number \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Due Date: Friday, August 1st.**



## In Memoriam

Dear BRAKING AIDS® Ride Participant:

One of the beautiful aspects of BRAKING AIDS® Ride is its small size. It's a very personal event. We would like to give you the opportunity to personalize the Ride even more by commemorating the people in whose names you are riding.

If you would like to memorialize the friends and loved ones you have lost to HIV/AIDS, please email a photo of each to Blake Strasser at [bstrasser@globalimpactpro.com](mailto:bstrasser@globalimpactpro.com). For each photo, please be sure to tell us the person's full name. Acceptable file formats are .jpg, .png, and .tiff. The higher resolution the photo, the better. Note that these photos will only be used within the Ride community, during the weekend of the Ride.

**Please email your photos to Blake no later than August 1st.** Due to production constraints, names received after this date cannot be included.

We hope that the memorial we will create together will give added meaning to BRAKING AIDS® Ride for you. We look forward to welcoming you to Philadelphia in a few weeks.

Best regards,  
The BRAKING AIDS® Ride Team

**Due Date: Friday, August 1st**





## BICYCLE INSPECTION SHEET

*Have your bike inspected and tuned up by a professional mechanic during the last month before the Ride. Here's a list of the things your mechanic should be inspecting as part of the tune-up.*

Please have your bike inspected by a bike shop mechanic and follow the inspection up with any recommended repairs. Many bike shops offer free inspections, however there is usually a charge for tune-ups. Here's a list of the things your mechanic should be inspecting as part of the tune-up.

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| _____ Wheel bearings              | _____ Check brake pad wear       |
| _____ Check Headset               | _____ Check crank bolt tightness |
| _____ Bottom bracket              | _____ Check tire pressure        |
| _____ Brake/shift levers          | _____ Check tire wear            |
| _____ Check derailleur adjustment | _____ Check stem bolt tightness  |
| _____ Check chain wear            | _____ Handlebar plugs secured    |
| _____ Check wheel trueness        | _____ Check Handlebar bolt       |
| _____ Check brake/shift cables    | _____ Check pedals/cleats        |