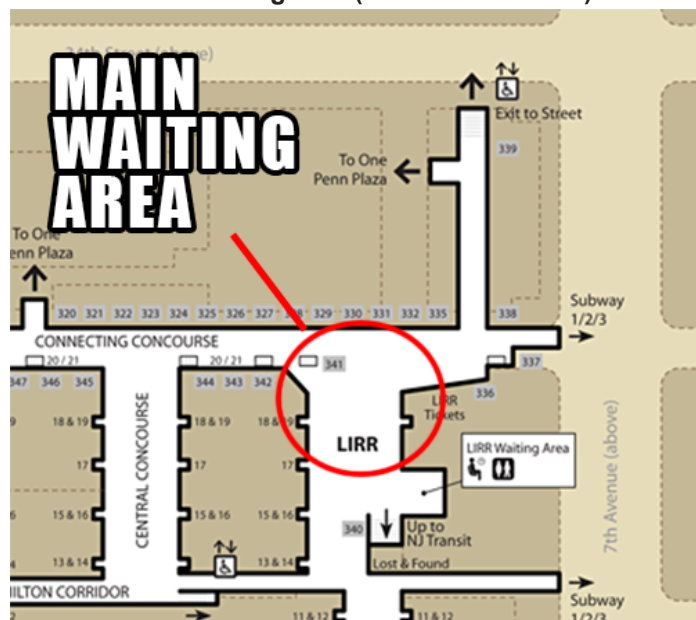


## MORNING TRAINS

Go to the LIRR waiting area (as illustrated here)



If you were assigned the 6:55am train  
please arrive to Penn Station at 6:30am

If you were NOT assigned to a train  
please arrive by 7:30am - board 7:55am train  
(no more than 2 bicycles per car)

### Bailing Out (back to NYC)

Before 2pm - Use 12:05 or 2:05 local westbound train from Speonk  
(if you are not in Hamptons yet)  
After 2pm - use westbound 5:35 train from Montauk

### Bailing "Forward" (out to Montauk)

If still east of Babylon, take any eastbound LIRR train to Babylon  
transfer to Montauk service (10:46am, 12:51pm)  
Between Babylon/Patchogue: LIRR eastbound to Patchogue,  
1:14p train to Montauk  
Between Patchogue/Montauk: eastbound train to Montauk  
or Hampton Jitney if available

### Helpful Cutoff Times (for people dependent on same-day transit)

You may want to look at bail options if you have not yet reached:  
Babylon at 10:30am      Mastic-Shirley at 12pm  
Westhampton at 1:30pm      Montauk by 5pm

### TIME MANAGEMENT NOTES:

Take as long as you need if you are not using the "bike truck".  
Consider dropping anyone who ends up with a mechanical &  
who isn't aiming for 5pm in Montauk.  
(If changing a flat, leave one or two cyclists behind to help, carry  
rest of group forward at pace)

## Simple Bike Truck Instructions

- \* Get to Montauk Train Station by 5:15pm
- \* Hand your bike to the truck and board the train (leaves at 5:30)
- \* In Manhattan, find the bike truck at W31st and 8th Ave  
(truck should meet you there or arrive shortly after)

### Ride Leader Contact

email [brianvan@gmail.com](mailto:brianvan@gmail.com)

SMS/Mobile: 646-673-5155 (call 911 for emergency)

## EVERYONE MUST

- \* Bring a bungee cord for securing your bicycle on a train
- \* Bring your MTA "bike pass"
- \* Bring photo ID (if using the "bike truck")
- \* Bring cash and/or credit cards in case of an emergency
- \* Print cue sheet and/or load GPS device w/correct route

## HIGHLY RECOMMENDED

- \* Fold up a cinch sack and stow it during your ride
- \* Bring cash to use for incidentals
- \* Bring two spare tubes, a pump, a patch kit and tire levers  
so that you can change/fix a tube
- \* Stay with at least one riding partner at all times
- \* Bring a mobile battery charger -OR- turn off power to your  
mobile phone during riding segments to conserve power  
(but remember to check it often)
- \* Bring print copy of cue sheet even if you have a GPS
- \* Bring enough snacks to eat, and eat/drink frequently
- \* Keep track of the painted navigation symbols on the road  
near most of our course's turns - they can be followed to  
downtown Montauk

## Rest Stops Along 90 Mile Route

- Mile 11: 7 Eleven, Oakdale
- Mile 20: 7 Eleven, Patchogue
- Mile 24: Village Bistro, Bellport
- Mile 30: Coffee Caboose, Shirley
- Mile 37.8: Pete's Bagels, Eastport (in shopping center)
- Mile 42.2: 7 Eleven, Westhampton (slightly off-route - bear right  
Mill Rd for 1 block, rejoin route on Montauk Hwy)
- Mile 47.8: 7 Eleven, East Quogue
- Mile 51.2: 7 Eleven, Hampton Bays
- Miles 52-65: slim pickings! If desperate: find Tuckahoe Lane at  
mile 56.8, make a left, go north about half a mile to find bagel  
shops / Dunkin Donuts. Make a U-turn and rejoin the course  
along Montauk Hwy when done
- Mile 65.3: Hampton Coffee Company, Water Mill
- Mile 75.1: Red Horse Market, East Hampton (across from  
bowling alley)
- Mile 79.5: Jack's Stir Brew Coffee, Amagansett

## Rest Stops Along 135 Mile Route

- Miles 0-20: Very little will be open
- Mile 21: 7 Eleven, Valley Stream
- Mile 23.2: A couple options if you take right (southbound) on  
Hempstead / Atlantic
- Mile 43.5: Babylon - delis and convenience stores
- Mile 54.5: 7 Eleven, Oakdale
- Mile 63.5: 7 Eleven, Patchogue
- Mile 67.5: Village Bistro, Bellport
- Mile 73.5: Coffee Caboose, Shirley
- Mile 81.3: Pete's Bagels, Eastport (in shopping center)
- Mile 85.7: 7 Eleven, Westhampton (slightly off-route - bear right  
Mill Rd for 1 block, rejoin route on Montauk Hwy)
- Mile 91.3: 7 Eleven, East Quogue
- Mile 94.7: 7 Eleven, Hampton Bays
- Miles 95-108: slim pickings! If desperate: find Tuckahoe Lane at  
mile 56.8, make a left, go north about half a mile to find bagel  
shops / Dunkin Donuts. Make a U-turn and rejoin the course  
along Montauk Hwy when done
- Mile 108.8: Hampton Coffee Company, Water Mill
- Mile 118.6: Red Horse Market, East Hampton (across from  
bowling alley)
- Mile 123: Jack's Stir Brew Coffee, Amagansett