

PARTICIPANT GUIDE



June 4,
2023

WE CAN'T WAIT TO SEE YOU THIS WEEKEND!



We will see you at:

Bergen Community College
400 Paramus Road, Paramus, NJ 07652

For the 14th annual Go the Distance for Autism, benefiting Alpine Learning Group Foundation, The EPIC Foundation, and REED Foundation for Autism. This guide has all of the information you will need to have a fun-filled day at Go the Distance!

SUNDAY, JUNE 4, EVENT TIMES

Check-In and On-Site Registration Open 8:30 am - 12:00 pm

Opening Ceremony begins at 9:45 am

15 Mile Ride Departs at 10:00 am

10 Mile Ride Departs at 10:05 am

3 Mile Ride Departs at 10:10 am

5k Fun Run/Walk (Walking) Departs at 10:30 am

5k Fun Run/Walk (Running) Departs at 10:35 am

Community Festival is Open From 10:00 am - 1:00 pm

ALL ATTENDEES MUST CHECK IN ON SITE

Sponsor Check In: Begins at 7

Volunteer Check In: 7 am, t-shirt pick up, site assignment, and breakfast

Participant Check In: Open 8:30 am - 9:30 am

- All participants who registered online before May 22 must pick up their bib, wristband, and t-shirt if applicable
- Bagels and coffee will be available

Day-Of Registration Check In: Open 8:30 am - 9:30 am, on and offline day-of registration available

- All day-of registering participants must register on site at the event for a fee of \$50 and a fundraising minimum of \$250 by June 30 for anyone 18+ years old
- Bagels and coffee will be available

Spectator/Community Festival Check In: Check in is open from 8:30 am - 12 :00 pm

- Pay onsite (Cash, Check, or Credit Card)
- Entry fee is \$20 per person, must pick up wristband before entering Community Festival
- Bagels and coffee will be available



Go The Distance

Is a Rain or Shine Event!

Dress and pack accordingly.

In the case of an extreme weather event, we will post an update to gtd4autism.org. We will also post to the event Facebook and Instagram, as well as Alpine, EPIC, and REED's Facebook and Instagram. We will attempt to email registered participants, but there are often delays in mailing to a wide audience, so we ask you to check the website and social media, and to use your best judgment.

Due to reasons beyond the control of the Go the Distance team, the Paramus Police or Town of Paramus may cancel Go the Distance in the event of unforeseen circumstances, severe weather or other reason. If the event is canceled, there will be no reimbursement or deferment of registration fees.



Join Us at Our Community Festival

All registered participants are invited to join us for food and beverages, fun activities, a sponsor pavilion, music, and more!

The Community Festival is open from 10:00 am – 1:00 pm. Entry to the Festival is included for registered participants of the Bike and Fun Run events. Family members and friends who would like to attend the festival, but are not registered to participate in the bike event or 5K Fun Run, can pay a \$20 entry fee at the door. Fee will also include lunch.



BIKE AND RUN/WALK ROUTES



Riders can choose from -3, -10, or -15 mile routes. Please make sure the distance is appropriate for your skill and fitness level. Mileage is approximate.

10 and 15 Mile Ride

The routes are mainly flat with little elevation gain. They travel through the quaint borough of HoHoKus in addition to Ridgewood and Paramus. Suitable for all levels of rider.

[View 15 Mile Ride](#)

[View 10 Mile Ride](#)

3 Mile Ride

A very family-friendly ride that encompasses the residential neighborhood adjacent to Bergen Community College Campus.

[View 3 Mile Ride](#)

5K Fun Run/Walk

The fun run/walk uses the paths and roadway within the Bergen Community College campus. Participants can choose to complete 1 lap (1.1 miles), 2 laps (2.2 miles), or 3 laps (approximately 5k/3.3 miles). Note: this is not a certified course.

[View 5K Fun Run/Walk 1 mile loop](#)

IMPORTANT RIDE INFORMATION

The SAG and Event Contact # is 984-260-8589. You can call or text but please be patient as it may take the vehicle a little time to get to your location.

In the case of a serious injury or emergency please dial 911 first.



We do recommend you carry your cell phone with you in case of emergency or if you need of SAG support. If you must use your cell phone, we ask that you stop safely on the side of the road to do so.

CYCLING RULES OF THE ROAD

Ride safe - You must wear a helmet secured to your chin at all times.

Follow the law - Your safety and the safety of others depend on you. You have the same rights and duties as drivers. Obey traffic signals and stop signs. Ride with traffic; use the rightmost lane headed in the direction you are going. Use the designated bike lanes where possible.

Be predictable - Make your intentions clear to motorists and other road users. Ride in a straight line and don't swerve between parked cars. Signal turns and check behind you well before turning or changing lanes.

Be conspicuous - Ride where drivers can see you; wear bright clothing. Use a front and/or rear blinking lite. It's the law. Make eye contact with drivers. Don't ride on sidewalks.

Pay attention - For your safety and the safety of your fellow participants we ask that you do not use headphones (including Bluetooth), iPod, selfie sticks, cell phones, or other such devices.

Think ahead - Anticipate what drivers, pedestrians, and other bicyclists will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and utility covers. Cross railroad tracks at right angles.

Be considerate - Please do not litter.

Ride ready - Check your tires have sufficient air, brakes are working, chain runs smoothly, and quick release wheel levers are closed. Carry repair and emergency supplies appropriate for your ride.



GTD Frequently Asked Questions

Are strollers allowed?

Strollers are allowed in the 5k fun run/walk and will start at the back when the 5k begins. We ask that all participants with strollers are mindful of people who may be running and walking around and behind them.

Are dogs allowed?

Service animals are welcome. In accordance with Bergen Community College rules, all other animals will not be allowed at this event.

What type of bike is allowed on the bike routes?

Bikes must be in good condition with working brakes. No recumbent bikes or bike attachments for children will be allowed. Children between the ages of 2 and 5 years of age will be permitted to ride in a children's bike carrier. If you are looking to rent a bike for this event please see page 9.

I am coming to support a family member who is participating. Is there anything at this event for me?

Yes! We welcome supporters. Spectators can pay a \$20 fee at the door which will include entry into the Community Festival and lunch.

What should I pack?

Go the Distance is a rain or shine event! Be sure to check the weather to decide how to appropriately dress and pack for the day. We suggest you bring:

- ID (in a plastic baggie or other protective material)
- Sunscreen
- Helmet unless you are renting on site
- Rain jacket (just in case)
- Water bottle (to stay hydrated)
- Snack (if you have dietary restrictions)
- Strollers are welcome on 5k route

What if the weather is bad?

In the case of an extreme weather event, we will post an update to gtd4autism.org. We will also post to the event Facebook and Instagram, as well as Alpine, EPIC, and REED's Facebook and Instagram. We will attempt to email registered participants, but there are often delays in mailing to a wide audience, so we ask you to check the website and social media, and to use your best judgment.

To read more frequently asked questions, visit our FAQ page at GTD4autism.org

DRIVING DIRECTIONS AND PARKING



Address for GPS:

Bergen Community College
400 Paramus Road
Paramus, NJ 07652

Directions Via Route 17 from the North

- Turn Right off Route 17 onto Ridgewood Avenue (west) to Paramus Road. Turn Left onto Paramus Road and continue approximately two miles to college. Proceed around jug handle to main entrance.

Directions Via Route 17 from the South

- Take Century Road, second exit to the right. Proceed around cloverleaf over Route 17 onto Century Road (west). Continue to Paramus Road. Turn right onto Paramus Road and follow to the college entrance on the right.
- Go the Distance directional signs will be placed around the campus grounds to guide drivers.

Parking for Riders, Volunteers and Community Festival guests is located in Event Parking Lot A, Surface Lot and Parking Deck and in Event Parking Lot C.

- Handicap Parking is available in Lot C. Follow signs for handicap parking.

RENT A BIKE

FROM UNLIMITED BIKING



LEARN MORE AT
GTD4AUTISM.ORG

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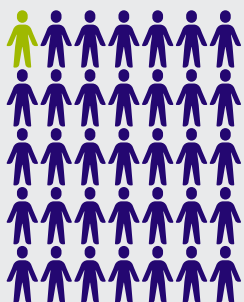
SUNDAY, JUNE 4, 2023

About Go the Distance for Autism

On Sunday, June 4, 2023, we will come together as a community to help change the lives of individuals with autism. Hundreds of participants will fundraise to support our mission, then gather to ride, walk, or run at Bergen Community College. There's something for everyone: 3-, 10-, or 15-mile bike routes; 5k fun run or walk; and a Community Festival open to all event participants and their families.

We're celebrating 14 years of making a difference for individuals with autism in Northern New Jersey. Funds raised for this event benefit three leading autism programs on the forefront of autism care and services for children, adults, and their families in Northern New Jersey.

Why We Go the Distance



1:34

One in thirty-four children in New Jersey are diagnosed with autism spectrum disorder -- the third-highest rate in the country.

Key Facts

- Nearly 1,000 registered participants
- 14 years of making a difference
- Raising millions of dollars over the years
- Benefiting hundreds of individuals with autism and their families annually
- Opportunities to donate to one or all of the benefitting programs, or a specific team or registered participant
- For more information about Go the Distance 2023 visit gtd4autism.org



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THANK YOU TO OUR SPONSORS!

PRESENTING



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THE FONG FAMILY
THE MICHAELS FAMILY



GOLD



SMITH MAZURE P.C.

THE CUPI FAMILY



TARPEY GROUP

THE KULKARNI FAMILY

DR. & MRS. DAVID AND ANNA FELIG



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SILVER

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THE ESTRELLA FAMILY · THE GATTO FAMILY

IMMACULATE HEART ACADEMY · NEC · RETHINK · RISK STRATEGIES

FERM FAMILY FOUNDATION · THE WISSE FAMILY

PAVILION

ABA TOOLBOX · BANNER FACILITY SERVICES · BERENBERG CAPITAL MARKETS · DAHN & KRIEGER
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THE WIMLEY FAMILY · YOUR CHOICE HOME CARE

THANK YOU TO OUR IN-KIND DONORS!





QUESTIONS? EMAIL US AT

info@gtd4autism.org

See you Sunday, June 4!



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Paramus, NJ 07652



Check-In Starts at 8:30

