

# EVENT DAY RIDE GUIDE

**MAY 3, 2015**

Get ready  
to grab  
life by the  
handlebars.

## START SCHEDULE & MAP

The start corridor (shown in gold on the map to the right) runs along Greenwich / Trinity / Church. Start waves correspond to the color of your bib and bike plate. See below to find out where to go and when. Course Marshals in yellow vests will be onsite to direct riders to appropriate entry streets. In the event that members of your group are assigned to different start waves, please ride together in a later start wave.

### START 1 (7:30AM)

Recommended arrival time:  
6:30-7:15AM  
Access start corridor via  
Reade or Warren.

### START 2 (8:10AM)

Recommended arrival time:  
7:10-7:55AM  
Access start corridor via  
Barclay or Vesey.

### START 3 (8:45AM)

Recommended arrival time:  
7:45-8:30AM  
Access start corridor via  
Liberty or Rector.

### START 4 (9:20AM)

Recommended arrival time:  
8:20-9:05AM  
Access start corridor via  
Battery Place or Bowling Green.



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# GETTING TO THE START

The route closes to vehicular traffic at 7:15AM; be sure to take this into account when planning your arrival. We do not recommend driving to the Start Area.

## Bike

Obviously, we're quite partial to this option. From anywhere in Manhattan or downtown Brooklyn, the best way to get to the Start Area is by bike. The Hudson River Greenway and Broadway both lead directly to Bowling Green. For detailed directions, we recommend using Google Maps to plan your route (be sure to click the bicycle icon).

## Subway

Many subway stations do not accommodate bikes. See below for the best way to take a train to the Start Area.

From	Train	To
Manhattan,	1 2 3	Chambers St.
The Bronx,	A C J	Chambers St.
Queens	4 6 E	Brooklyn Bridge World Trade Ctr.
Brooklyn	2 3 A C 4	Chambers St. Chambers St. Bowling Green (Bdwy exit only)

### These trains/stations do not accommodate bikes:

R	City Hall, Canal St., Whitehall St.
2 3	Park Place, Fulton St./ Nassau St., Wall St.
4 5 A C	Wall St., Bowling Green
1	South Ferry

### Tour Day Service Changes

No trains run between Utica Ave. and New Lots Ave. in Brooklyn.

3 trains run between 148th St. in Harlem and Flatbush Ave. in Brooklyn.

4 trains run between 205th St. in The Bronx and Utica Ave. in Brooklyn.

Visit [www.mta.info](http://www.mta.info) for customized travel directions using TripPlanner, or call the MTA for more information by dialing 511.

## Train

### PATH Trains (from New Jersey)

PATH Trains bound for the 33rd Street station leave frequently from Newark, Journal Square (JSQ), and Hoboken. Disembark at the World Trade Center station. The fare is \$2.75, payable by MetroCard. Bikes are not permitted on the first car of the train. Note that you may need to use stairs and/or escalators to get to street level, so be prepared to schlep your bike if necessary. For up-to-date schedule information, system map, station locations, and parking information, visit [www.panynj.gov](http://www.panynj.gov) or dial 1-800-234-PATH.

### Long Island Railroad (LIRR)

The New York City stop for the MTA Long Island Rail Road (LIRR) is Penn Station, at 34th St. and 7th Ave. At Penn Station, cyclists can transfer to downtown subway service or cycle downtown toward Bowling Green. On Tour Day, off-peak fares apply and bike permit rules are suspended. Cyclists should attempt to distribute themselves evenly throughout the train to facilitate the flow of people boarding and disembarking at stations. Cyclists are asked to bring a bungee cord to secure their bikes to the train. For more information on departure times and station locations, visit [www.mta.info/lirr](http://www.mta.info/lirr).

## Metro-North Railroad

On Tour Day, bikes are allowed on all trains on the Harlem, Hudson, and New Haven Lines; bike permit rules are suspended; restrictions on the number of bikes per train are lifted; and off-peak fares apply. Check schedules for local service on all lines. To get to the Start Area via subway from Grand Central Terminal, take the 4, 5, or 6 to the Brooklyn Bridge-City Hall station. For more information on departure times and locations, visit [www.mta.info/mnr](http://www.mta.info/mnr).

## Ferry

### Staten Island Ferry

Expanded morning service on Tour Day is provided to ensure that cyclists get to the Start Area in time to get rolling. A one-way trip takes 30 minutes, and is free. Riders are advised to take the following ferries for their respective start times:

#### START 1

5:30AM, 6:00AM, 6:30AM

#### START 2

6:30AM, 7:00AM, 7:15AM

#### START 3

7:15AM, 7:30AM

#### START 4

8:00AM, 8:15AM

Ferries are first-come, first-served.

# GETTING TO THE FERRY

## Car

Participants driving in from the south are encouraged to carpool and take the Staten Island Ferry to the Start Area. Please park only in designated areas, e.g., the South Beach lot (see right; we highly recommend this option), near Staten Island Railway stations, or in ferry lots. (Due to construction, ferry parking spaces will be limited.) Cars parked along the Tour Route will be towed. Visit [www.bike.nyc](http://www.bike.nyc) for detailed driving directions.

## MTA Staten Island Railway

Park on local streets or in a Staten Island Railway Park-and-Ride at Dongan Hills, Great Kills, Annadale, Prince's Bay, or Huguenot stations, then hop on a train to the ferry. Bicycles will be allowed on the trains, and you can board at any Staten Island Railway station. MetroCard fares are collected as you enter and exit at the St. George and Tompkinsville stations. Visit [www.mta.info](http://www.mta.info) or dial 511 for more information.

## South Beach Park-and-Ride

Participants parking at the South Beach Park-and-Ride (located off Capodanno Blvd. between Seaview Ave. and Sand Ln.) can ride their bikes to the Staten Island Ferry in order to make their way to the Start Area. At the end of the day, cyclists can return to their vehicles via the bike path running from the Finish Festival at Fort Wadsworth to the South Beach Park-and-Ride.

## Staten Island Ferry Parking

One municipal and several private paid-parking lots are located on the north side of the ferry terminal, off Richmond Terrace near the Richmond County Bank Ballpark at St. George (Staten Island Yankee Stadium). Please enter the parking lots via Wall St. and Bay Ave. Look for "Bike Tour Parking" signs. Bring at least \$7 in cash to cover parking, and use the Muni-Meters as necessary. Note: parking and towing regulations for Richmond Terrace and Bay Street are strictly enforced. Note: Due to construction, ferry parking spaces will be limited.

# NEED HELP?

We work hard to ensure that you have a great time on the Tour. But just in case you aren't able to complete the ride, or if you should need assistance for any reason, read on to find out what to do, who to contact, and where to go.

Note that once the Tour starts, the front of the pack will travel at approximately 17mph, the tail at about 6mph. Cyclists who fall behind will be given the option of either boarding SAG (Support and Gear) vehicles traveling at the tail of the Tour, or leaving the Tour as the route permits.

## Shortcut

Riders at the back of the pack may be directed to take a shortcut that bypasses the Astoria Park Rest Area and leads directly to the Con Ed Learning Center Rest Area, trimming 4 miles off the route.

Due to the street closure schedule, all riders must be on the Brooklyn-Queens Expressway (BQE) by 2:00PM; otherwise, your Tour will end in Brooklyn at mile 28. Please be mindful of the time you spend at the Rest Areas. If you do not make it to the BQE in time, see "Leaving the Tour" in the column to the right.

## Hitching a Ride with SAG (Support and Gear)

SAG vehicles will be stationed at each Rest Area and will trail the back of the pack. If you are running out of steam en route or fall too far behind, signal and then pull off to the side of the road to wait for SAG. They will take you and your bike to the Finish Festival.

## Medical Concerns

If you feel that you need medical attention, speak to a Tour Marshal or NYPD officer immediately, or visit a medical station located at each of the Rest Areas along the course. Do not wait for SAG. If you have an emergency, call 911 and say that you are with the TD Five Boro Bike Tour.

## Leaving the Tour

If you need to leave the Tour for any reason, we recommend doing so at the following locations. If you leave the Tour, you will be riding with motorized traffic and will have to watch for cars and road hazards.

### Mile 14: York Ave. and 63rd St. (Manhattan)

This is your last chance to exit the Tour in Manhattan. If you don't want to continue, travel straight on 63rd St. after the Tour exits the FDR Drive. Do not take the left-hand turn onto the ramp of the Queensboro (59th St.) Bridge.

### Mile 27: Brooklyn Bridge

Just before the Tour enters the Brooklyn-Queens Expressway (BQE), you can leave the Tour at Old Fulton St. and Cadman Plaza West and take the Brooklyn Bridge bike path into downtown Manhattan. Marshals on the Brooklyn side will direct you. (This exit point is recommended for those traveling with children.)

## Subway

The Tour passes near many subway stations. Bikes are allowed on the subway, but some unstaffed subway stations have turnstiles that do not accommodate bikes. Information Tents at all Rest Areas can provide more details. Visit [www.mta.info](http://www.mta.info) for up-to-date info.

## Marshals and Police

Volunteer marshals and NYPD officers will be riding with you and will be stationed along the route to provide assistance and keep the Tour rolling safely and smoothly along. Here's who to look for:



**Rider Assist Marshals** will be riding alongside you in orange vests to help keep the Tour moving. They can also help out with flat tires and minor repairs.



**Course Marshals** will be stationed along the route in yellow vests. They can give route directions and alert you to road conditions ahead.



**NYPD officers** will also be on the route to manage car traffic.

Please follow all instructions given by marshals and police officers.

# SERVICES ALONG THE ROUTE



## Rest Areas

Complimentary refreshments at Rest Areas along the route include New York City water, Del Monte bananas, apples courtesy of the New York Apple Association, Utz pretzels, KIND bars, active hydration drinks from nuun, and tacos from Chipotle. Signs and Marshals along the route will direct you to Rest Areas or to bypass lanes. Toilets, bike repair, and first aid stations are located at all Rest Areas.

Mile	Location
11	FDR Drive at 116th St. (Manhattan)
18	Astoria Park (Queens)*
20	Con Ed Learning Center (Queens)
27.5	Brooklyn Bridge Park**

\*All cyclists near the front of the pack will be held here for about 20 minutes while the NYPD closes subsequent portions of the route to traffic. Cyclists near the tail of the Tour will be directed to a mandatory shortcut that bypasses this stop and leads to the next one.

\*\*This is the last Rest Area before the Finish Festival in Staten Island, nine miles later. Be sure to refuel and hydrate here!



## Water Stations

We recommend bringing two water bottles so you can stay hydrated while you ride. Water is available at all Rest Areas, as well as the following locations:

Mile	Location
9	The Bronx
33	Brooklyn
37	Finish Festival (Staten Island)
40	Staten Island Ferry



## Toilets

Toilets are available at all Rest Areas, Water Stations, the Finish Festival, and the following locations:

Mile	Location
0	Start Area – Battery Place, just north of Battery Park, and along Church St.*
3	6th Ave., at approximately 56th St., before entering Central Park**
8	135th St. between 5th Ave. and Madison Ave.

\*Handicap-accessible toilets available  
\*\*There are no toilets in Central Park.



## Waste Stations

In 2014, our goal was to divert at least 60% of Tour and Expo waste from landfills. With your help and that of Grow NYC and the NYC Compost Project, we diverted over 83% of waste from landfills! As a result of our efforts, the Tour and Expo were awarded silver-level sustainability certification by the Council for Responsible Sport. Help us go even greener by properly disposing of items at Waste Stations. Compost crews will be there to help you.



## Lost and Found

Check at Information Tents at Rest Areas for items lost along the way. No luck? After May 4, call 212-870-2080 or email [info@bike.nyc](mailto:info@bike.nyc) to see if your lost item was returned to our office.



## Bike Repair

If your bike needs attention, flag a Rider Assist Marshal or stop at a repair tent. Labor for basic repairs is free, but there is a charge for parts. Flat tires are very common, and Marshals can help you better if you have a spare tube. Many of our bike repair partners will have tubes for sale (cash only).

### Repair services can be found at these locations:

All Rest Areas and water stations  
Start Area at Bowling Green Plaza and on the corner of Church St. and Reade St.

20th St. and 6th Ave., in front of the TD Bank (Manhattan)

110th St. and Adam Clayton Powell Jr. Blvd., just north of Central Park (Manhattan)

North 7th St. and Kent Ave. (Brooklyn)

Finish Festival, Fort Wadsworth (Staten Island)

### Free bike repair labor generously provided by:

- Toga Bike Shop
- NYC Velo
- Treads Bike Shop
- Tony's Bicycles
- Chelsea Bicycles
- Ride Brooklyn
- Recycle-A-Bicycle
- Spokesman
- Danny's Cycles (formerly Metro Cycles)
- Talent Cycles
- Red Lantern Bicycles
- Sid's Bike Shop
- N.Y.C. Bicycles



## Medical Help

Emergency medical technicians (EMTs) and paramedics from the Jamaica Hospital Medical Center Bike Unit are available to attend to medical needs, as are ambulances from the NYC Fire Department Emergency Medical Service. Ask any Marshal or NYPD officer to get medical assistance if you need it. There are also EMTs at each Rest Area and at the Finish Festival. If you have an emergency, dial 911 and say you are with the TD Five Boro Bike Tour.



## Tour Photos

Photographers from MarathonFoto will be stationed along the route to take your photo as you ride. For identification purposes, make sure your bike plate and bib number are clearly visible. After the Tour, MarathonFoto will contact you via email so you can view and purchase your photos.



## Information Tents

Information Tents at the Start Area (at Bowling Green Plaza), Rest Areas, and the Finish Festival are your go-to resources for all questions and concerns; they also make for great rendezvous spots in the event that you get separated from family and friends. (Do not stop in Central Park, on any of the bridges, or in the middle of the road to wait for friends. If you must stop, please signal and pull off to the right side of the road.)



## Staten Island Ferry Service to Manhattan

At the end of the Tour, ferries will return riders to Manhattan on a first-come, first-served basis. Four ferries will run per hour, but lines may be long. Please take the time to enjoy free snacks and entertainment while you wait. Toilets and water will also be available. If you choose to drive, consider parking in Staten Island (see page 16) and taking the morning ferry to Manhattan before the start, thus avoiding return ferry lines in the afternoon.



## SAG Vehicles (Support and Gear)

SAG vehicles provide transportation to the Finish Festival for cyclists (and their bikes) who require assistance. SAG buses and trucks will be stationed at each Rest Area and will trail the end of the Tour. If you are running out of steam or fall too far behind, signal and then pull off to the right side of the road to wait for SAG. Make sure your bike plate is attached to your handlebars so that we can reunite you with your bike at the Finish Festival; your bib will serve as your bike retrieval ticket.

If you do not retrieve your bicycle on Staten Island, you may claim it by contacting Bike New York at 212-870-2080. After May 7, unclaimed bicycles will be donated to Recycle-A-Bicycle.



## Entertainment

TD Bank Entertainment Zones will be located all along the Tour to keep the party rolling from start to finish. Visit [www.bike.nyc](http://www.bike.nyc) for more details, including Entertainment Zone locations and artist websites.

# RIDER IDENTIFICATION KIT (RIK)



The RIK comprises a reusable **helmet cover**, recyclable Tyvek **bib**, and **bike plate** made from an environmentally friendly material called Ultra Green. In order to ride in the Tour, your bib must be affixed to the front of your shirt or jacket, your bike plate must be attached to your handlebars, and you must wear the helmet cover over your helmet. Be sure to hang on to your helmet cover to take advantage of Chipotle's "buy one, get one" offer! (See page 31.)

# FINISH FESTIVAL

The ferry back to Manhattan is still three miles away, but by the time you reach the Finish Festival at Fort Wadsworth in Staten Island, you will have conquered five boroughs and as many bridges—including the longest bridge span in the Americas. Kick back and relax. You earned it. Fort Wadsworth is not open to the public on Tour day.



## Music & Entertainment

Listen to local bands and stop by exhibitors' booths for great giveaways! Bike schwag is the best schwag.



## Food & Drinks

We're bringing some of the best local food vendors to the Finish Festival. After putting in that many miles, you're gonna be hungry. Bring cash so you can chow down.



## Official Merchandise

Get decked out in official Bike New York and TD Five Boro Bike Tour gear—we'll have shirts, jerseys, water bottles, and much, much more. All proceeds go directly to funding our free bike education programs, so shop away!



## Photo Ops

Get your photo taken with that beast of a bridge—the Verrazano, that is—in the background at the TD Bank Photo Booth.



## Bike Repair

Labor for basic repairs is free, but there's a charge for parts. Be sure to bring some spare tubes with you.



## First Aid

Courtesy of the New York City Fire Department Emergency Medical Service and Jamaica Hospital Medical Center.



## Reunion Area

Plan to reunite here at the end of the ride in case you get separated from your group.

# TIPS & FAQs

## Bag Restrictions

- No bags with shoulder straps (including backpacks, messenger bags, hydration packs, and drawstring bags)\*
- No panniers or bags that hang on the side of your bike
- No covered baskets
- No bags over 42O cubic inches (6.9 liters)

\*Note that in accordance with this criterion, the Manhattan Portage bag that is included in the VIP package will not be allowed on the Tour.

## What to Bring

- Cash for spare parts, parking, food, and merchandise at the Finish Festival.
- Photo identification—you may be asked to show it.
- Cell phone\*
- Water bottles (You can refill them at Rest Areas and Water Stations along the route.)\*\*
- Weather-appropriate clothing (Be sure to check the forecast.)
- Sunscreen
- Sunglasses
- An extra bike tube; make sure it's the correct size with the correct valve—either Presta or Schrader.
- Patch kit in case of a flat

\*If you are riding with a child who does not have a phone, please make sure to write your cell phone number and name on the back of your child's bib.

\*\*Water bottles will not be provided.

## Rules of the Road

- Wear your helmet. No ifs, ands, or buts about it.
- Have your RIK visible at all times: attach the bike plate to your handlebars, affix the bib to your chest, and wear your helmet cover. You will be asked to leave the Tour if any element of your RIK is missing.
- Respect other cyclists.
- Human-powered bikes only
- Ride in a straight line. If changing paths, check over your shoulder before doing so, and then signal to indicate which way you're planning to go.
- Use hand signals to indicate that you are slowing down, stopping, turning, or changing lanes.
- Keep to the right; pass left. (Call out "On your left" when passing a cyclist.)
- Move completely to the right side of the road if stopping for any reason.
- Do not ride against the flow of the Tour.
- Do not use your cell phone while riding.
- Maintain adequate distance between yourself and other cyclists—especially on downhills.
- Control your speed and be prepared to slow down for congestion or road hazards.
- Keep at least one hand on the handlebars at all times.
- Do not wear earbuds or any other form of headphones.
- Slow down when approaching a security checkpoint and make sure your complete RIK is visible.
- No photos on bridges or their access points. Your camera may be confiscated.

## Riding with Youths

- A youth is anyone under the age of 18 on the day of the Tour.
- Every youth must be registered with and on the same team as a parent or guardian riding in the Tour.
- Adult to youth ratio must be 1:1. No exceptions.
- Children under the age of 3 are not allowed on the Tour.
- Youths ages 3 to 9 must ride with an adult on a tandem bike, in a child's seat, on a tag-along bike, or in a bike trailer.
- Youths ages 10 to 17 may ride their own bikes, but must remain in close proximity to the adult with whom they are registered.
- Plan ahead in case you get separated from your youth. Instruct him/her to seek out a marshal wearing either an orange or yellow vest. The marshal will guide him/her to an information tent where staff can communicate with Tour Command to reunite you.

## Riding in a Team

- Make sure you and others in your team have stored important numbers and contact info, including that of someone not riding in the Tour, your hotel, your team members' home and cell numbers, etc. in your phones.
- If you get separated from your team, continue to the next Rest Area and seek them out there. Do not pull over to the side of the road to wait for them.

# ROUTE MAP


Fold this page out for a larger map to take with you on the ride!

## LEGEND

Bike Route 


Ferry Route 

Mile Marker 


Rest Area 

First Aid 

Toilets 

Entertainment Zone 

Bike Repair 

Volunteer Check-in 

Water Station 

Food 

## REST AREAS

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# FUEL UP WITH PREMIUM



Bring your TD Five Boro Bike Tour helmet cover to any NYC-Tri State area Chipotle on Saturday, May 2, or Sunday, May 3, and we'll hook you up with **Buy-One/Get-One burritos, bowls, orders of tacos, or salads.**

(Good only on 5/2/14 and 5/3/15 at any Chipotle in New York, Connecticut, and New Jersey, for one-time use only, one per person, no facsimiles, no cash value, not for resale. Can also be used for kid's meals where available.)



MEXICAN GRILL