



FIVEBORO BIKETOUR

MAY 7, 2017

Official Program
& Ride Guide



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CAR-FREE MILES.**

2017 CHARITY PARTNERS

The bicycle is a powerful tool to affect change and improve lives, as the cyclists riding on behalf of these inspirational charities at the 40th Anniversary TD Five Boro Bike Tour prove. Welcome, charity riders!

- A.I.R. nyc
- Alzheimer's Association
- American Cancer Society—DetermiNation
- American Foundation for Suicide Prevention
- American Jewish World Service
- ASPCA
- B*CURED
- The Blue Card
- Blythedale Children's Hospital
- Boomer Esiason Foundation
- Boy Scouts of America
- Broadway Green Alliance
- BronxWorks
- Cancer Research Institute
- CancerCare, INC
- CaringKind
- Children's Tumor Foundation
- Citymeals on Wheels
- Cornelia de Lange Syndrome Foundation
- Cystic Fibrosis Foundation
- Doctors Without Borders/Médecins Sans Frontières (MSF)
- Dystrophic Epidermolysis Bullaso Research Association of America (DEBRA of America)
- EB Research Partnership
- ECPAT-USA (End Child Prostitution and Trafficking)
- ELIJA
- First Descents
- Gabrielle's Angel Foundation for Cancer Research
- Gilda's Club NYC
- Global Mental Health Program
- Good Shepherd Services
- Habitat for Humanity New York City
- Hereditary Neuropathy Foundation
- Innocence Project, Inc.

- InTandem Cycling, Inc.
- Keep a Child Alive
- Korean-American Community Foundation (KACF)
- The Life is Priceless Foundation
- Lighthouse Guild
- Literacy Partners
- LIVESTRONG Foundation
- Lymphoma Research Foundation
- The Marty Lyons Foundation
- National Kidney Foundation
- New York Cares
- New York Coalition for Healthy Schools Lunches (CHSF)
- New York Restoration Project
- OHEL Children's Home & Family Services
- Organization for Autism Research (OAR)
- Parent Project Muscular Dystrophy
- Planned Parenthood of New York City
- Rebuilding Together NYC
- Robin Hood Foundation
- Ronald McDonald House New York
- Understood.Org USA LLC
- Union Settlement
- WITNESS
- Worldwide Orphans (WWO)
- YMCA of Greater New York

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Follow the Tour live on Facebook, Instagram, and Twitter: @BikeNewYork #TDFBBT

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Don't overlook one of the most essential ingredients of a bike ride.

Bike New York is a 501(c)(3) nonprofit whose mission is to facilitate and promote cycling as a safe and sustainable means of recreation and transportation through free bike education classes, public events, and collaboration with community organizations and municipal agencies. All proceeds from Bike New York events—including Bike Expo New York, the TD Five Boro Bike Tour Presented by REI, and our regional rides—go directly to funding our free bike education programs. Last year, we taught bike skills to more than 17,000 people.

Visit www.bike.nyc for more information.

DEAD ENDS



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A LETTER FROM **MAYOR BILL DE BLASIO**



THE CITY OF NEW YORK
OFFICE OF THE MAYOR
NEW YORK, NY 10007

May 7, 2017

Dear Friends:

Welcome to the 40th Annual TD Five Boro Bike Tour!

In 1977, a group of 250 high school students and bicycle club members explored and celebrated our urban landscape in the first Five Boro Challenge. Today, the legacy of this ride continues as 32,000 riders from around the world once again take to the streets of New York City and cycle through our iconic and scenic neighborhoods.

For 40 years, the Annual TD Five Boro Bike Tour has empowered cyclists, encouraged city government to make our streets safer for riders, and supported Bike New York in its efforts to provide free education programs. From my administration's Vision Zero plan to the creation of 75 miles of new bike lanes in 2016, we are constantly working to make our streets safer for cyclists. I applaud Bike New York and all of its dedicated staff and volunteers for making this important event happen each year and for helping secure New York City's status as a great cycling town.

On behalf of all New Yorkers, I offer my best wishes for a spirited and safe ride!

Sincerely,

Bill de Blasio

Bill de Blasio
Mayor

Proud to support

TD Five Boro Bike Tour



Bloomberg employees participate in the TD Five Boro Bike Tour, May 2016.

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Philanthropies

A LETTER FROM **KEN PODZIBA**

Bike New York's President & CEO



Dear Bike New Yorkers,

Welcome to the 40th Anniversary of the TD Five Boro Bike Tour
Presented by REI!

The sheer size of this event blows me away every year—32,000 riders on a single street is one of the most stirring sights a New York City cyclist will ever behold in his or her lifetime. As you gather on Sunday, look around, and you'll see it: Riders from all walks of life and dozens of countries around the world coming together on one glorious morning, proving to themselves, to each other, and to everyone watching that together we can transform a city. What you'll witness is nothing less than the manifestation of a movement—and it's nothing short of inspiring.

As we celebrate the Tour's 40th anniversary this year, I'm reminded that the country's largest bike ride started small, thanks to a group of passionate individuals with a fun idea to take some high schoolers on a ride all over the city. I love this—that something that began innocuously as *Hey, wouldn't it be cool if...* ended up changing the way millions of people think about how a city works. It makes you wonder what other movements are beginning all around us right now, and which ones are yet to begin.

This year is a historic one for our movement, and not only because of the anniversary: We recently announced the launch of our first-ever Membership Program, and in January we merged with another leading New York bicycle nonprofit, Recycle-A-Bicycle, which will help us bring our education programs to more kids and adults in the five boroughs.

I'd like to thank our thousands of volunteers without whom the Tour and our education program wouldn't be possible, as well as our generous partners and sponsors, including TD Bank, our title sponsor, and REI, our presenting sponsor. In addition, we are deeply grateful to the numerous city, state and federal agencies that have been instrumental in helping us grow the Tour into what it is today. I'd like to especially thank Mayor de Blasio and his staff, Commissioner Polly Trottenberg and her team at the NYC DOT, and the hard-working men and women of the NYPD, FDNY, Parks Department, Department of Sanitation, NYC Compost Project, GrowNYC, and NYC & Co.

Finally, on behalf of all New Yorkers, we'd like to thank you—because by riding in the Tour, you're an even bigger part of this movement than you might realize. Every year, thanks in large part to the proceeds from this event, Bike New York empowers more than 17,000 people with the skills and confidence they need to ride safely and make cycling a part of their lives... and those people introduce it to others... and lives, communities, and the environment are changed for the better as a result.

Have a great ride, and we'll see you at the Finish Festival!

Ken Podziba
President & CEO
Bike New York



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A LETTER FROM **POLLY TROTTENBERG**

New York City Transportation Commissioner



Welcome to Bike New York's TD Five Boro Bike Tour!

Whether you're a first-time tour participant or someone who has participated multiple times, today you will get to experience the joy of cycling in New York City and see why it is an increasingly popular way to travel around the five boroughs. Under Mayor Bill de Blasio's leadership, the City has transformed its streets to make it both easier and safer get around on a bicycle. In 2016, record-breaking development of bike network mileage, expansion of Citi Bike, and increased street safety contributed to an all-time high in the number of New Yorkers riding bikes regularly—750,000—and in the number of daily cycling trips—450,000.

Last year, New York City added more than 80 miles to its already expansive 1000+ mile bike network, including 18 miles of protected bike lanes, a substantial increase from the 12 miles installed in 2015. You will get to see some of those new bike lanes today, including over the Pulaski Bridge that connects Queens and Brooklyn and along 6th Avenue in Manhattan. The 6th Avenue lane is a particularly meaningful achievement: it reinstates the City's first on-street protected bike lane, installed in 1980 and removed after only six months due to community uproar and protest. The new lane on 6th Avenue was installed with strong community support. Last year, DOT also upgraded conventional bike lanes along Jay Street in Brooklyn, Chrystie Street in lower Manhattan, and 1st Avenue in Harlem to protected lanes. It is now possible to bike 9 miles uninterrupted from Downtown Brooklyn to the Bronx along a protected bike route.

Citi Bike, the largest bike share system in North America, has also been integral to the growth in New York City cycling. In 2016, the system added 139 stations and 2,000 bikes, encompassing new neighborhoods such as the Upper West and East Sides of Manhattan, as well as Park Slope, Carroll Gardens, and Red Hook in Brooklyn. As New Yorkers have embraced bike share as an efficient and flexible transportation mode, Citi Bike ridership records have been shattered. Nearly 14 million trips were made on Citi Bike in 2016 and we have seen several days with over 60,000—on par with the number of daily trips taken on the Staten Island Ferry.

The other great news for everyone, including cyclists, is that under Mayor de Blasio's Vision Zero initiative, New York City streets are the safest they have ever been. Under Vision Zero, the City has redesigned roadways and increased street safety education and enforcement. Last year was the third year in a row where traffic fatalities declined, representing a 23 percent decline since 2013.

Today, I congratulate Bike New York on its 40th Anniversary, and thank them for their commitment to cycling and to successfully coordinating the hugely complex Five Boro Bike Tour. I wish everyone a great day of biking—you will undoubtedly see why more and more New Yorkers are choosing cycling as their preferred way to get around this great city!

Polly Trottenberg

Polly Trottenberg
New York City Transportation Commissioner



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➔ **BIKE NEW YORK** ➔

TOUR DE FAT

JULY 15TH
BASKETBALL CITY

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23rd Annual
BICYCLE TOUR
OF COLORADO
COLORADO'S ORIGINAL LOOP TOUR

www.bicycletourcolorado.com

San Luis Valley loop
June 18th - 24th 2017
453+ miles

Use discount code **BikeNY17**
when registering
online or mail-in & receive
\$20 off!
www.bicycletourcolorado.com

The Bicycle Tour of Colorado is an annual 7 day fully supported bicycle tour in the Colorado Rocky Mountains. The 2017 tour will be held June 18th-24th. The registration fee covers camping areas, baggage transportation, route maps, road markings, fruit and water stations with restrooms every 20-30 miles, Colorado State Patrol, bicycle repair services, SAG, and medical support along the route. Premium upgrades such as parking, bike box storage, catered meals, and hotels are also available for additional fees.

Elevation Profile:

Day	Start	End	Distance (mi)	Key Elevation Points (ft)
DAY 1	Pagosa Springs 7,126'	Antonito 7,890'	98 mi	La Manca Pass 10,230', Cumbres Pass 10,022'
DAY 2	Antonito 7,890'	Alamosa 7,543'	29 mi	Los Caminos Antiguos Scenic Byway 99 mi
DAY 3	Alamosa 7,543'	Salida 7,083'	82 mi	Antoniito, Alamosa, Great Sand Dunes N. P. Alamosa DAY 2 opt 3 121 mi
DAY 4	Salida 7,083'	Gunnison 7,700'	64 mi	Poncha Pass 9,010'
DAY 5	Gunnison 7,700'	Monte Vista 7,664'	64 mi	Monarch Pass 11,312', North Pass 10,149'
DAY 6	Monte Vista 7,664'	Pagosa Springs 7,126'	106 mi	Wolf Creek Pass 10,856'
DAY 7	Pagosa Springs 7,126'	Pagosa Springs 7,126'	74 mi	

303-985-1180 answer@bicycletourcolorado.com www.bicycletourcolorado.com



2017 TAIWAN CYCLING FESTIVAL

► <http://theme.taiwanbike.tw/event/2016/en/index.html>



Oct.27

Taiwan King-of-the-Mountain Challenge

Provides a grueling test of strength and stamina with a climb from sea-level to the top of Hehuan Mountain at nearly 11,000 feet! It has earned a place on the list of the world's 10 toughest by the French magazine "Le Cycle," and was named one of the top 6 mountain bike routes on the planet by SBS Australia. With a great variety of amazing scenery en route, the Taiwan KOM makes for a unique extreme cycling experience.



Nov.11-19

Formosa 900

It is a round-island tour by several teams launching from different cities. Each team required to ride 900 kilometers in 9 days and ends up at its starting point, a certificate of cycling island will be awarded to the team members who have completed the challenge.



Nov.11-12

Come! Bike Day

Combines the classic biking trend, carnival events, and a cycling route around Sun Moon Lake. Both domestic and foreign professional riders and family travelers are invited to visit Sun Moon Lake to experience the landscape of one of the world's top ten most beautiful bike paths.

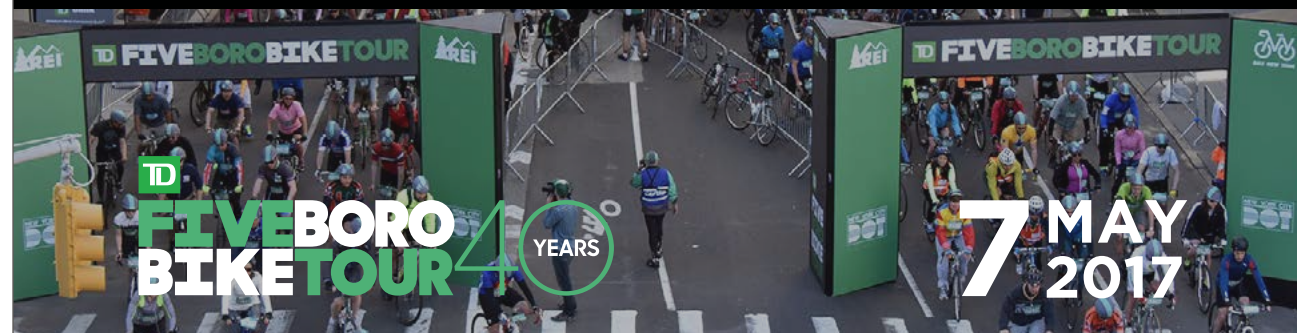


Taiwan
THE HEART OF ASIA



TTB AD

RIDE THE TD FIVE BORO BIKE TOUR WITH UNLIMITED BIKING



Pick-Up and Drop-Off Premium PASS!

Pick up your bike near the starting line of the ride, and then leave it near the finish line at the Staten Island Ferry Terminal with our on-site team.



Cannondale Bikes with Free Helmets

All of the bikes we offer are brand new Cannondale bikes in a range of options to best suit your needs, and every one of our rentals comes with a Cannondale helmet at no additional charge.



EXTRA Four Pick-Up/Drop Off Locations

1. Central Park location at 56 W. 56th Street
2. Brooklyn Bridge location on the Manhattan side of the bridge at 110 South Street
3. Hudson River location at Pier 78 on 39th Street and 12th Avenue
4. Harlem location at 111 W. 110th Street

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CANNONDALE MEN BIKE QUICK 6



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CANNONDALE ROAD BIKE CAAD8



\$149

CANNONDALE KIDS BIKE 20"24"



\$75

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MANHATTAN

Jackie Robinson Park
East River Park
Inwood Hill Park

BROOKLYN

McCarren Park
Linden Park

QUEENS

Flushing Meadows–Corona Park

THE BRONX

Crotona Park
Van Cortlandt Park
St. Mary's Park

ROOSEVELT ISLAND

Roosevelt Island Sportspark (indoors)
Capobianco Field

STATEN ISLAND

Fort Wadsworth

These students “earned their pedals” at a recent Learn-to-Ride class on Roosevelt Island. The smiles say it all.



Manu Chander, 40 and Patricia Akhimie, 38



Matt Drezdson, 23



Alina Sarkisyan, 32



Alina Sarkisyan, 32

RECYCLE-A-BICYCLE SHOP

BROOKLYN

135 Pearl Street, DUMBO

This year Bike New York is excited to join forces with Recycle-A-Bicycle, a youth training and environmental education initiative with programs like Earn-A-Bike, Bike Bonanzas, Volunteer Nights, the Youth Bike Summit, and more. This means we'll be bringing more bike education to kids and adults in the five boroughs. Together we'll operate a bike shop at 135 Pearl Street, in DUMBO (Brooklyn), selling refurbished bicycles, parts, and Cycle Craft items, and offering maintenance, repairs, and classes.

CLASSES & PROGRAMS

Proceeds from the TD Five Boro Bike Tour and Bike Expo New York fund our free bike education programs. No matter your skill level, we've got a class for you.

These classes take place year-round at partnering bike shops and at our Community Bike Education Centers spread across the five boroughs. We also offer free bike safety assemblies and after-school programming during the academic year, as well as summer camp programming for youth enrolled in organized camp programs. Youth Ride Club is a new program open to youth not associated with an organized group.

To learn more, visit www.bike.nyc/education.

To learn how you can volunteer with us visit www.bike.nyc/volunteer.



In Classroom



On Bike

CORE CLASSES

Learn to Ride—Kids	
Learn to Ride—Adults	
Bike Practice Session	
Bicycling Basics	
Bike Path Cruise Ride	
Street Skills Class	
Street Skills Ride	

101 SKILL CLASSES

Bike Commuting 101	
Winter Riding 101	
Bike Maintenance 101	
Family Cycling 101	

MISC

Citi Bike Street Skills Class	
How to Buy a Bike	
Winter Bike Maintenance	

PROGRAMS

After School	
Summer Camp	
Bike Safety Assembly	
Youth Bike Club	
Gear Femmes	

Bike New York classes are free and open to the public. Programs are also free. After School, Summer Camp, and Bike Safety Assembly are only open to existing groups.

EVENT DAY RIDE GUIDE

CELEBRATING
40 YEARS IN
40 CAR-FREE MILES.
May 7, 2017



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START SCHEDULE & MAP

The start wave corridor (shown in white 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 when and where to go. 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 the latest start wave. VIP, Preferred Start, and Charity riders should consult their credentials for access points.**

START 1 (7:30AM)

Recommended arrival time:
6:30-7:15AM
Access start corridor via
Chambers or Warren.
After 7:50 join Start Wave 2

START 2 (8:10AM)

Recommended arrival time:
7:10-7:55AM
Access start wave corridor via
Barclay (West side only), Vesey, or
Dey (East side only).
After 8:30 join Start Wave 3

START 3 (8:45AM)

Recommended arrival time:
7:45-8:30AM
Access start wave corridor via
Cedar or Rector.
After 9:15 join Start Wave 4

START 4 (9:20AM)

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

After a Start Wave is released, the line moves up. Please refer to access points for earlier waves.

6th Avenue will reopen to cars at 10AM.

FINISH FESTIVAL (10AM - 4:00PM)

Fort Wadsworth, Staten Island



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, The Bronx, Queens	<div><div>123</div><div>ACJ</div><div>456</div><div>E</div></div>	Chambers St. Chambers St. Brooklyn Bridge World Trade Ctr.
Brooklyn	<div><div>23</div><div>AC</div><div>45</div></div>	Chambers St. Chambers St. Bowling Green (B'wy exit only)

These trains/stations do not accommodate bikes:	
<div>R</div>	City Hall, Canal St., Whitehall St.
<div>23</div>	Park Place, Fulton St., Wall St.
<div>45AC</div>	Wall St., Bowling Green
<div>1</div>	South Ferry

Subway service is subject to change. Visit 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)
From Hoboken, take the PATH train toward Journal Square (JSQ) and transfer at Grove St. for the World Trade Center (WTC) train. From Newark, Journal Square, Grove St. and Exchange Pl., take the World Trade Center train. 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 elevators to get to street level, so be prepared to carry your bike if necessary. For up-to-date schedule information, system map, station locations, and parking information, visit 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.

Metro-North Railroad
On Tour Day, bikes are allowed on all trains on the Harlem, Hudson, and New Haven Lines. Off-peak fares apply. Bike permit rules are suspended. However, restrictions on the number of bikes per train will remain with a maximum of eight bikes per train. Go to mta.info/bike to find out more. 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.

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 WAVE 1**
5:30AM, 6:00AM, 6:30AM
- START WAVE 2**
6:30AM, 7:00AM
- START WAVE 3**
7:15AM, 7:30AM
- START WAVE 4**
8:00AM, 8:15AM

NY Waterway
NY Waterway will provide ferry service from Paulus Hook (Jersey City) to the World Financial Center Terminal (downtown Manhattan) for \$4 (one way). The service will start at 6AM and depart every 15 minutes. The bicycle surcharge will be waived until 8:30AM.

Ferries are first-come, first-served.

GETTING TO THE FERRY

Car

We recommend that participants driving to the TD Five Boro Bike Tour carpool and park in Staten Island in the morning. Parking will be easier and you will avoid waiting for the ferry at the end of the day. We suggest parking in the following areas: the South Beach lot (see parking information to the right), near Staten Island Railway stations, or lots near the ferry. (Due to construction, there will be no parking on ferry terminal property; please use local garages.) If you park on the street, please observe all posted parking restrictions. Cars parked along the Tour Route will be towed. Visit 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 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

Due to ongoing construction, there will be no parking at the Staten Island Ferry lots. Instead, use street parking or the following nearby private and municipal lots.

St. George Courthouse Garage, 54 Central Ave.

Open 5 am–8 pm. \$8 for the day. Pay with cash or credit card (no debit card).

Allied Parking, 55 Central Ave.

Open 6 am–6 pm. \$10 for the day. Pay with cash or credit/debit card.

Allied St. George, 25 Wall St.

Open 6 am–6 pm. \$10 for the day. Pay with cash or credit/debit card.

Central Parking, 325 St. Marks Pl.

Open 24 hours. \$13 for up to 12 hours. Pay with cash or credit/debit card.

If you park on the street near the ferry, please observe all posted restrictions and note that parking and towing regulations are strictly enforced.

RIDER TIPS

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 need assistance for any reason, here's what to do, who to contact, and where to go.

Please note that once the Tour starts, the front of the pack will travel at approximately 15 mph, the tail at about 6 mph. Cyclists who fall behind will be given the option of 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 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.

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

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. Marshals and Information Tents at Rest Areas can provide more details on which stations to use. Visit www.mta.info for up-to-date info.

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.

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 moving safely and smoothly. **Here’s who to look for:**



Rider Assist Marshals will be riding alongside you in yellow 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 orange vests. They can give route directions and alert you to road conditions ahead.



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

Please follow all instructions given by Marshals and NYPD.

SERVICES **ALONG THE ROUTE**



Rest Areas

All Rest Areas include snacks, water stations, toilets, bike repair, first aid, and information. Complimentary refreshments from our sponsors include New York City water, Del Monte bananas, apples courtesy of the New York Apple Association, Utz pretzels, Clif bars, snacks from Nature Addicts, juice samples from Purity Organics, and active hydration drinks from nuun. Signs and Marshals along the route will direct you to Rest Areas or to bypass lanes.

Mile	Location
11	FDR Drive at 116th St. (Manhattan)
18	Astoria Park (Queens)*
20	Con Ed Learning Center (Queens)
26	Commodore Barry Park **

*All cyclists near the front of the pack will be held here for about 20 minutes while the NYPD closes down 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, eleven 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. All water stations include water, toilets, bike repair, and information.

Mile	Location
9	The Bronx
27/33	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, Bowling Green, 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.



Zero-Waste Stations

In 2016, we diverted 91% of waste from landfills with the help of GrowNYC, NYC Compost Project, and, of course, our riders. As a result of our efforts, the Tour and Expo were awarded Gold-level sustainability certification by the Council for Responsible Sport. Keep your eyes open for marked "Zero-Waste" stations. Our Green Team Volunteers will be happy to help if you need assistance. They'll be sorting plastic/glass, paper, organics, Clif Bar wrappers, and (hopefully very little) standard waste.

Bring used bike tubes and chains to bike repair stations at Rest Areas and Water Stations, where they will be collected and upcycled into personal gear and apparel.



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.



Lost and Found

Check at Information Tents at Rest Areas and at the Finish Festival for items lost along the way. No luck? After May 8, call 212-870-2080 or email info@bike.nyc to see if your lost item has been returned to our office.



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 18) and taking the morning ferry to Manhattan before the start, thus avoiding return ferry lines in the afternoon.



SAG Vehicles

(Support & 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 12, unclaimed bicycles will be donated to Recycle-A-Bicycle.



Information Tents

Information Tents at the Start Area (in Battery Park), Rest Areas, Water Stations, 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.)



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 for more details, including Entertainment Zone locations and artist websites.



Pump Teams

Need air? We've got it! "Pump teams" are students from Recycle-A-Bicycle's 'Bike to School' programs who will help get your tires road-ready. You can find them at Bowling Green, near the start line, and at select Rest Areas.



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 in Battery Park at Battery Pl. and Greenwich St. and on the corner of Church St. and Reade St. (Manhattan)
- Duarte Square, just past the Start Area (Manhattan)
- 20th St. and 6th Ave., in front of the TD Bank (Manhattan)
- 63rd St. and the Queensboro Bridge (Manhattan)
- 110th St. and Adam Clayton Powell Jr. Blvd., just north of Central Park (Manhattan)
- North 7th St. and Kent Ave. (Brooklyn)
- Flushing and Clermont Avenues (Brooklyn)
- Finish Festival, Fort Wadsworth (Staten Island)

Free bike repair labor generously provided by:

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

RIDER IDENTIFICATION KIT (RIK)



The RIK comprises a reusable **helmet cover**, a **recyclable Tyvek bib***, and a **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.

* We will be collecting rider bibs for recycling at the Staten Island Ferry.

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've earned it. **Fort Wadsworth is not open to the public on Tour day.**



Music & Entertainment

Listen to 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.



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.



First Aid

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



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!



ATM

If you're short on cash when you arrive at the Finish Festival, fret not—there'll be an ATM on site, so you can eat, drink, and shop to your heart's content.



Bike Repair

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



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)

What to Bring

- Your Rider Identification Kit
- 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 right valve—either Presta or Schrader
- Patch kit in case of a flat
- Smiles

*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. No e-bikes.
- Ride in a straight line. If changing lanes or pulling over, look first 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 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.
- Each youth must be registered 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. If you are towing a bike trailer, please keep to the right when going uphill.
- 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





TD
FIVEBORO
BIKETOUR
NEW YORK/MAY 7, 2017

LEGEND

- Mile Marker
- Route
- Ferry Route

- First Aid
- Toilets
- Entertainment
- Bike Repair
- Volunteer Check-in
- Water Station
- Food

- Rest Area =



**It's time
to grab
life by the
handlebars.**

**Have fun. Be safe.
Enjoy the ride.**

TD Bank is proud to sponsor the
2017 TD Five Boro Bike Tour.
It's a wonderful way to see and
support the great neighborhoods
of New York.



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“THERE WAS
A FEELING THAT
BICYCLING WAS
GOING TO GO
PLACES **IN NEW
YORK CITY**”

By Sam Slaton

Photographs of the 1977 and
1978 Tours by Steven Faust

**The origins of the
TD Five Boro Bike Tour,
as told by its founders and
those who were there.**

In 1977, when the plan was hatched for what would become the TD Five Boro Bike Tour, New York City was a very different place, and a forbidding one for aspiring cyclists. Nevertheless, a few passionate New Yorkers had the improbable idea to take some high school students on a ride around the city—and history was made. Here’s what it was like back then, in their words.



"We didn't really know what it was going to be. The first one was sort of a prototype. I don't think anyone thought at that time that in 10 years this is gonna have 12,000 people in it."

—Dave Schlichting

STEVE BAUMAN

Chairman of the Bicycle Committee of the American Youth Hostel (AYH)

Just to fill out the schedule at the Hostel, I put in a ride—it was the last leap Sunday of the 20th century, February 29th, 1976. A 25-mile ride. A new guy named Sal Cirami came on the ride and evidently he liked the trip, went on a few others, and became a ride leader. Sal worked for the NYC Board of Education school lunch program and he met somebody who was tasked with creating a bicycle safety program for the Board of Ed.

ERIC PRAGER

Project Director, Bicycle Safety Education Program, New York City Board of Education

Riding in NYC was scary at that time. I used to commute by bike over the 59th St. Bridge going from Queens to Manhattan, and I would cross on the lower bridge where there were signs saying "don't do it." And on May 4th, 1969, I got hit by a car on the bridge. It was a hit-and-run kind of thing. That was tough ... no helmets at that time. But I kept riding.

In 1976, I went from teaching Physical Education at Julia-Richman High School to a position at the Bureau of Health and Physical Education at the Board of Education, in Brooklyn.

I wrote a grant to put bicycle safety programs into five high schools, one in each borough, and it was funded through the Board.

I got bikes donated, and I wanted to put kids on bikes and teach them how to ride safely in PE class. The grant also covered tools, so I was able to teach kids how to take bikes apart and how to repair them and how to fix flats. I started to do skills: how to ride slowly, how to stop, how to get off a bike safely, how to negotiate city streets safely, how to watch for cabs and doors opening up in your way.

In the spring of '76, I started my first bike-a-thon in Flushing Meadows Park. McDonald's was the sponsor, so Ronald McDonald was there.

Part of that ride, before you could get onto the ride itself, was passing a safety test. Once they passed that,

we tooled around Queens. It took only an hour or an hour and a half to do the 15-mile ride. It wasn't much of anything that first time.

Steve Bauman: Around February of '77, Sal brought Eric to a Bicycle Committee meeting and we gave Eric some of our materials. The Board of Education was interested in our Leadership Manual, but they couldn't copy it because we had a copyright on it, so that created the formal cooperation between AYH and the Board of Education Bike Safety Program. They had this program in five high schools—one in each borough, naturally—and John McCann, one of the principals of one of the high schools, also happened to be a Bicycle Committee leader.

Sal came up with the idea that the graduation from the bike program would be a ride that would go through all five boroughs.

Eric Prager: I had support from my boss to move this way [toward a Tour], but we didn't see it as being a self-sustaining huge event.

DAVE SCHLICHTING

AYH Bicycle Committee Leader

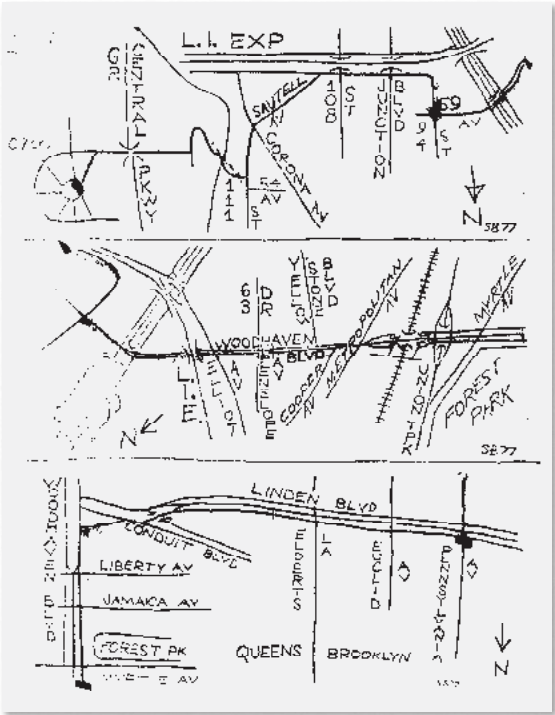
We didn't really know what it was going to be. The first one was sort of a prototype. I don't think anyone thought at that time that in 10 years this is gonna have 12,000 people in it.

Steve Bauman: The idea was we'd have a police escort—a Sergeant and three cops. One vehicle in front, one vehicle in back.

FRANK STOECKER

NYPD Sergeant

I was the Sergeant in the motorcycle district, which is the highway patrol in NYC. Basically, I handled the escorts for the dignitaries and the parades and all special events, so I was up there at the highway precinct on Grand



"The first official Five Boro Challenge took place on June 12, 1977, preceded by a bicycle clinic at the Unisphere on the day prior to the ride."

HISTORY OF THE TOUR

Central Parkway and these two young guys [Steve Bauman and Elliot Winick, Assistant Director of AYH and a member of the AYH Bicycle Committee] came up and they asked about this five borough bike tour. For us, it was, y'know, "What? Five boro bike tour?" New stuff, y'know. So I said, "Look, you gotta go to somebody higher on the food chain than me."

So they did, and we got an OK from the mayor's office.

Steve Bauman: The first Tour was a 2-day affair. The Saturday before the ride, we had a bicycle clinic at and around the Unisphere in Queens—get your bikes checked, go over a checklist of things that were right or wrong with the bike.



LEN DIAMOND

Junior Leader of AYH Bike Committee (Len was only 17 at the time of the first Tour); current Chair of Bike New York’s Board of Directors:

They’d set up all sorts of things for kids to do on bikes to teach them how to navigate around cones to simulate traffic. Someone came up with a facsimile of a car, and when you were riding by all of a sudden the car door would open up to teach you how to not get doored as you were riding down the street. It was a big program, and it was completely education focused.

Steve Bauman: At that time we had some Bicycle Committee members who lived out on Long Island, and since I lived a mile from the Unisphere, they slept over at my place. Steve Faust [one of the Tour’s founders] at that time was

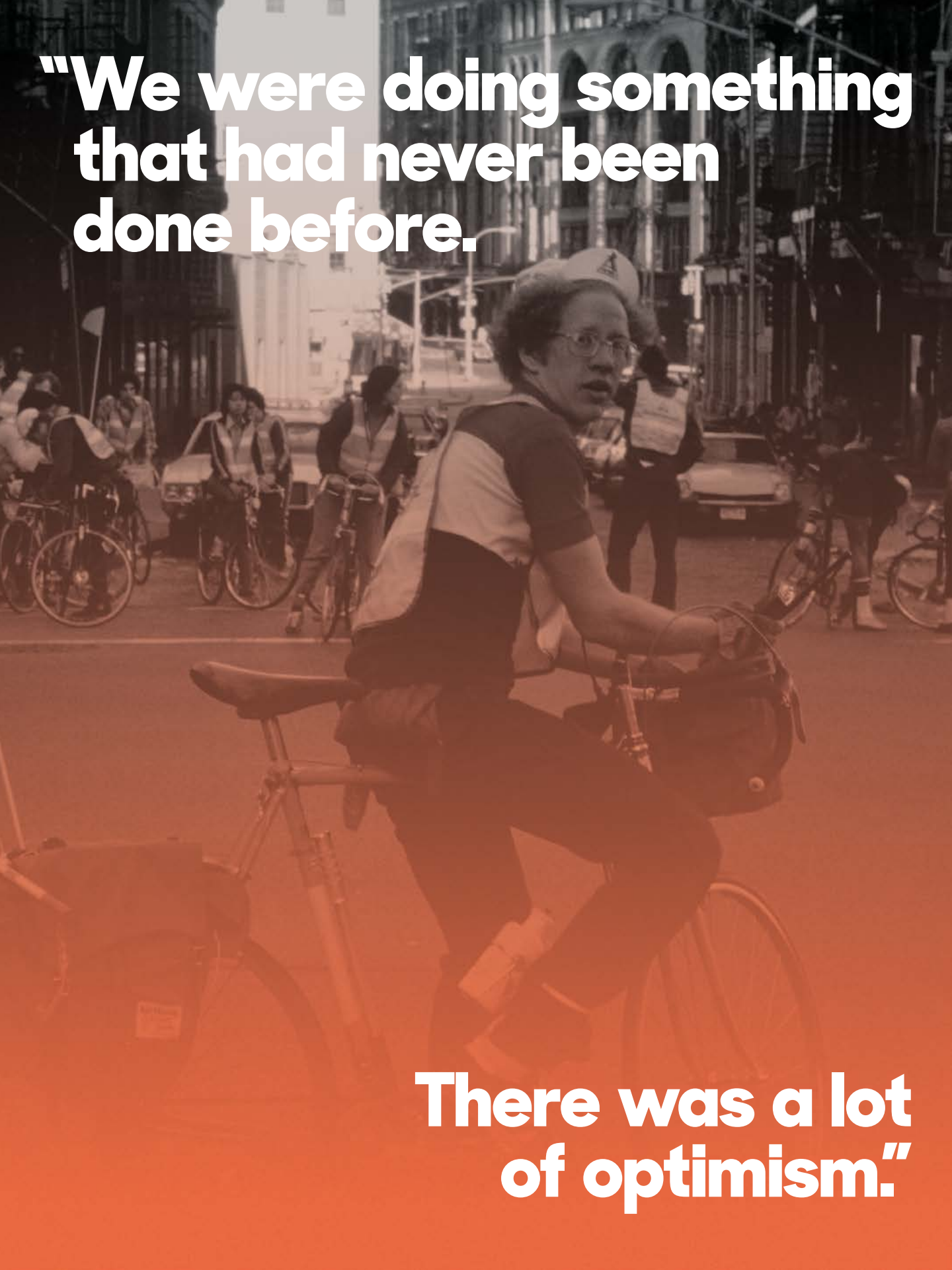
"I said, 'Look, you gotta go to somebody higher on the food chain than me.' So they did, and we got an OK from the Mayor's office."

-Frank Stoecker

studying up in Cambridge at Harvard, and he came down for the ride and was the photographer for it.

The name of the thing was the Five Boro Challenge, and we started at the Unisphere at 7:30AM.

Len Diamond: It was a beautiful sunny day; it was warm. It was the old days, so I was probably riding in a T-shirt and cut-off denim shorts.



"We were doing something that had never been done before."

There was a lot of optimism."

HISTORY OF THE TOUR

Steve Bauman: All told I think we had 250 riders.

Eric Prager: I was surprised by how many people came out for the event—surprised and gratified that our cyclists came out of the woodwork, and all of a sudden: bikes all over the place.

Dave Shlichting: The participants were all basically high school students from the bike safety program and AYH club riders. It was a nice, easygoing group.

EDUARDO HERNANDEZ

AYH member; youngest person on the first Tour (9 years old):

I was very young— almost 10 years old—and I did it with my uncle. He found out about it through my mom because we were members of the AYH. My family is lifelong New Yorkers, and we thought, How cool to see our city by bicycle in this way that had never before been possible— riding on the FDR Drive, the Verrazano Bridge.

I had one of those bikes with the banana seats and the tall handlebars. It was really exciting for me as a kid to be surrounded by all these people. It made me feel kind of like a grownup. I didn't realize at the time that I was one of

the youngest people on the ride; I was surrounded by all these youthful people.

Dave Shlichting: We had a police escort, but we didn't have closed roads, so the feel of everything was completely different.

Frank Stoecker: So we started out, and we only had two radio cars—and I realized very early on this is going to be a very very dangerous situation.

Steve Bauman: The ride spread out real fast and the cops were nervous about that.

Len Diamond: I'm not sure they knew exactly how they were gonna handle it.

Frank Stoecker: These guys were riding around on these bicycles and there are red lights to contend with and I thought, geez, we're gonna get these guys killed. So I started bringing in cars from local precincts that we came across, and said, "Hey, take this intersection till these bikes pass, take that intersection," and I just picked up some local radio cars throughout the whole thing. It was a makeshift situation, to be honest with you.

Steve Bauman: We came up on the fly with the idea of dropping a person to block traffic while the ride passed.

Len Diamond: All the leaders from the AYH bike committee would ride up to the front of the ride and each time we came to an intersection, one or two people would

"It was a beautiful sunny day; it was warm. It was the old days, so I was probably riding in a T-shirt and cut-off denim shorts."

-Len Diamond

peel off and they would block the intersection while these 250 people came through. When the rear police car came up to us, we'd get on the back of the ride again and sprint up to the front, so it was kind of like doing intervals all day.

Steve Bauman: These were good riders, so we could keep a procession; we didn't block traffic to any great extent. We were gone inside of one minute, usually within the light cycle.

Len Diamond: The leaders for the bike club were dedicated and they were smart and talented and there were a lot of people who could think on the fly.

ELLEN FARRANT

Namesake of the Ellen Farrant Memorial Bikeway at Jones Beach:

At no time were there any hassles from the motorists. In fact, they were so surprised to see 250 cyclists that they just stared at us in amazement.

Steve Bauman: Everyone was exhilarated. The idea of doing all five boroughs in one day had never

been attempted before, for obvious reasons. It just wasn't something that was done. So it was a novel concept.

Along the way, people were surprised to see so many bikes. A kid saw us in Brooklyn and asked, "Are you gonna do it again next week?"

Len Diamond: People would stop for a second and look at us, and wave. We were a curiosity more than anything else.

Ellen Farrant: The people along the streets were dumbfounded. The kids yelled, "Is this a race?" When people asked who we were, we told them we were cycling the five boroughs. They looked at us in complete disbelief.

We rode through Queens with no problems... past big apartment houses and also neat little homes. We arrived in Brooklyn using all the back roads normally used by trucks or commercial vehicles. However, we finally entered civilization [and] passed churches, housing projects, little homes—no matter where we went, people were staring at us with their mouths opened. I think I have their faces etched in my mind because I had never seen anything like this. In Brooklyn we also passed stores with the wonderful aroma of freshly-baked bagels. We kept asking



for a bagel break, but none of the leaders paid any attention to us.

Getting into Fort Hamilton (Brooklyn), the houses were enormous, but even there the people were coming out on their porches in their nightgowns to look at us.

And then the Verrazano Bridge appeared to our left. What a thrill.

Len Diamond: Riding over the Verrazano Bridge was pretty wild.

Steve Bauman: Everyone felt great, I mean, c'mon—you gotta remember that the VZ was absolute forbidden fruit.

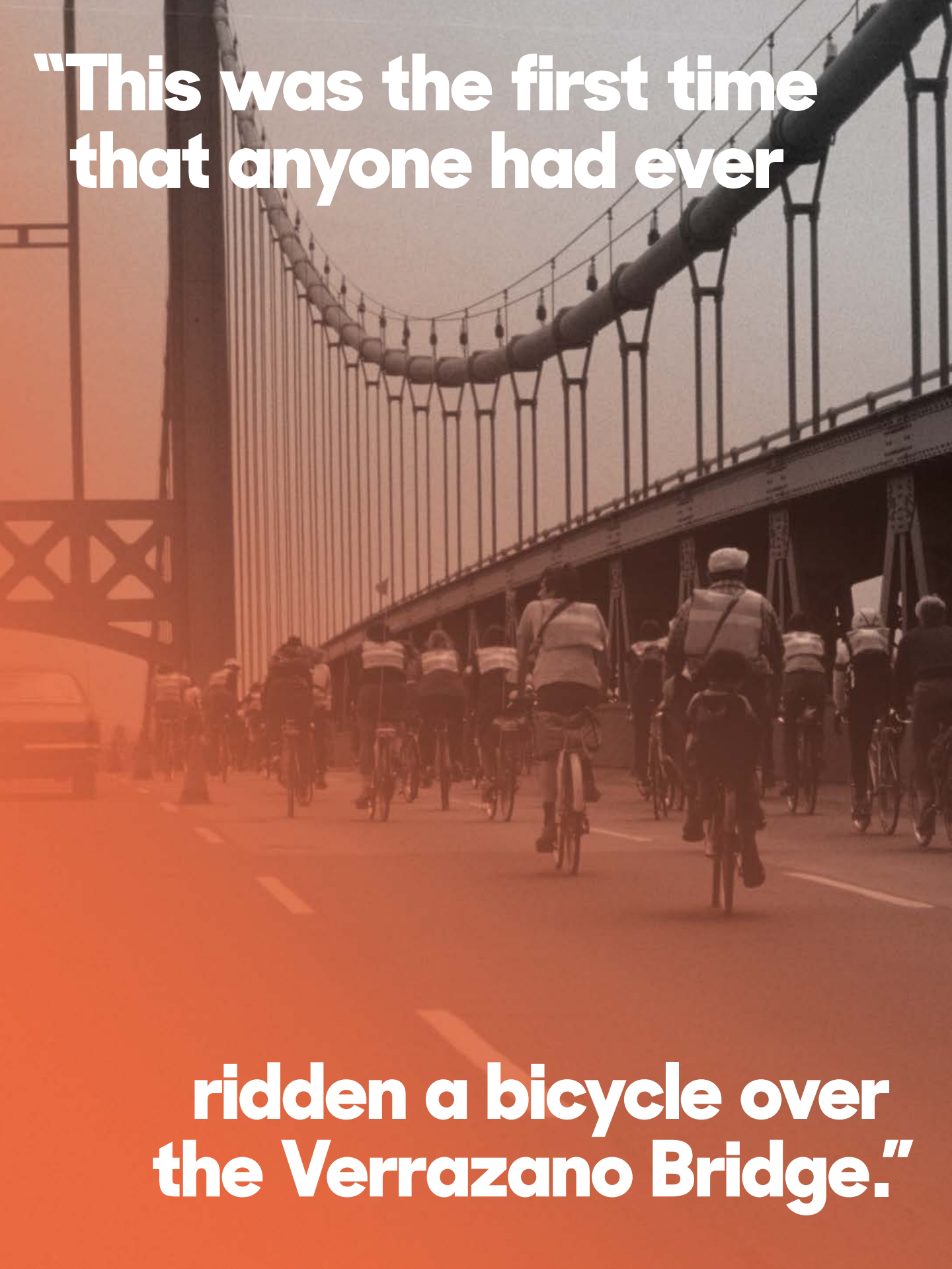
Len Diamond: The scale of it ... is just huge.

Ellen Farrant: The work crew on the bridge put down boards because the expansion joints were dangerous for bicyclists. Each crew stood by and cheered us as we went by.

Len Diamond: You're looking at the thing and you're thinking, Holy cow, I can't believe I'm up here on this thing. It was exciting. And the views from up there are fabulous—of the Harbor, lower Manhattan, and Staten Island.

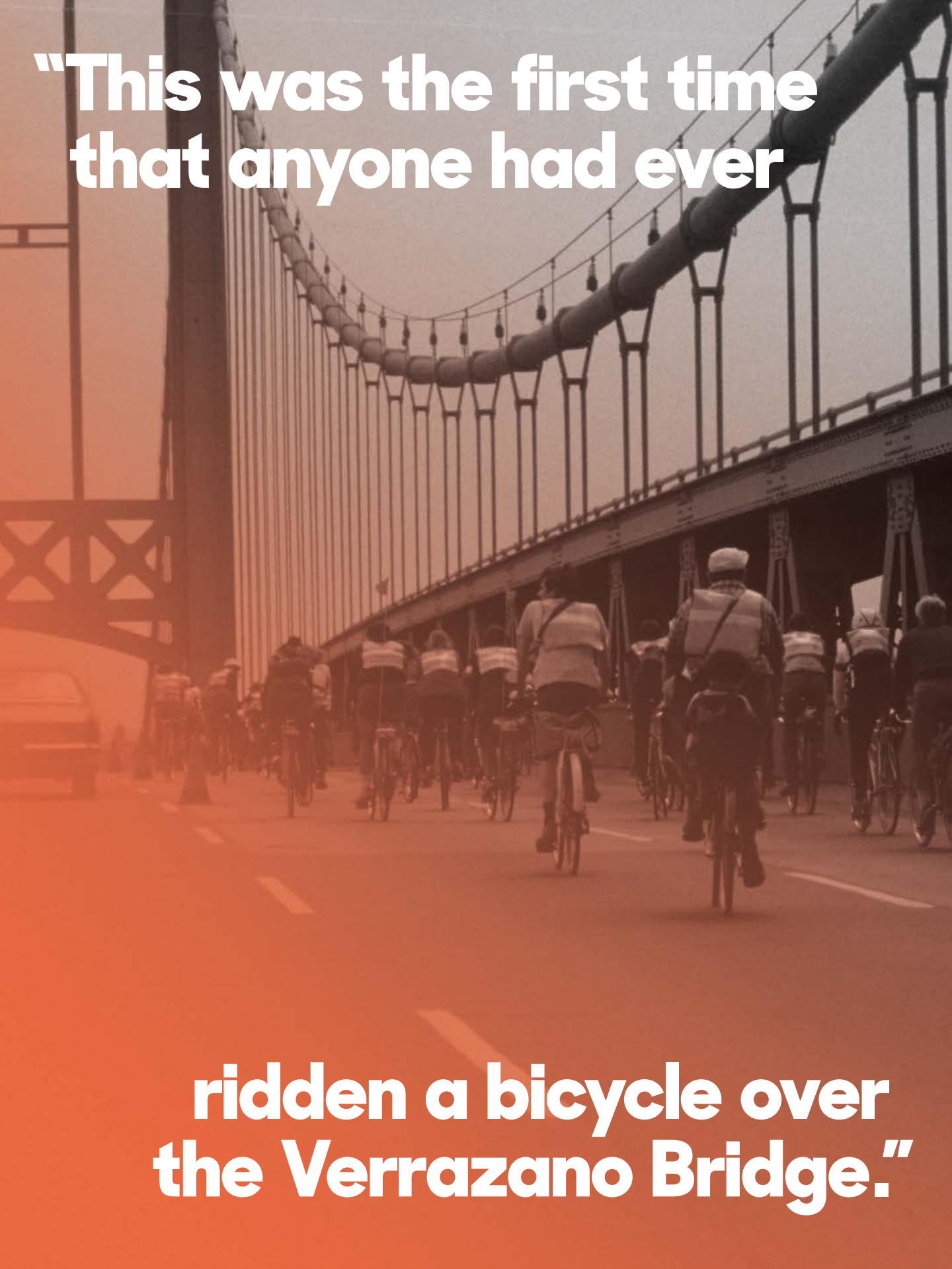
Ellen Farrant: Arriving in Staten Island I got a different feeling about the area. It was more of a "home town"



A photograph of a large group of cyclists riding across the Verrazano Bridge. The cyclists are seen from behind, moving away from the camera. The bridge's suspension cables and steel structure are prominent in the background. The entire image has a warm, orange-red color overlay.

**"This was the first time
that anyone had ever**

**ridden a bicycle over
the Verrazano Bridge."**

A photograph of a large group of cyclists riding across the Verrazano Bridge. The cyclists are seen from behind, moving away from the camera. The bridge's suspension cables and steel structure are prominent in the background. The entire image has a warm, orange-red color overlay.

**"This was the first time
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the Verrazano Bridge."**



"We rode through Queens with no problems... past big apartment houses and also neat little homes. We arrived in Brooklyn using all the back roads normally used by trucks or commercial vehicles."

-Ellen Farrant

feeling. There were more cobblestone roads there than in any of the other boroughs.

Len Diamond: The ferry from Staten Island to Manhattan was great. It was a beautiful sunny day. We were on the old ferries, the ones that took cars. You could feel the wind and watch Manhattan approaching.

Ellen Farrant: Not having to wait for traffic signals really kept us moving. In Manhattan, we passed South Street Seaport with its four masted schooners in port, the Fulton Fish Market with its unforgettable aromas, Chinatown, some Bowery personalities ... it was the attitude of the people which made the ride a delight to me. If the boroughs were different, the people were the same.

They were hanging out of windows, coming out of stores to line the streets. Some were cheering, some were staring. The kids were dancing up and down and running alongside us. Those who had bikes rode with us for a while.

Len Diamond: It was a long day. The first tour was a lot more miles than we do now. The rest stop was Nathan's Famous. They were the sponsor of the tour that year, and all the leaders got T-shirts that said Nathan's on the front and Five Boro Marshal on the back. I still have it somewhere in the closet, an orange T-shirt that's 40 years old now.

JULIETTE
FAUST
KENNEDY

Daughter of Steve Faust

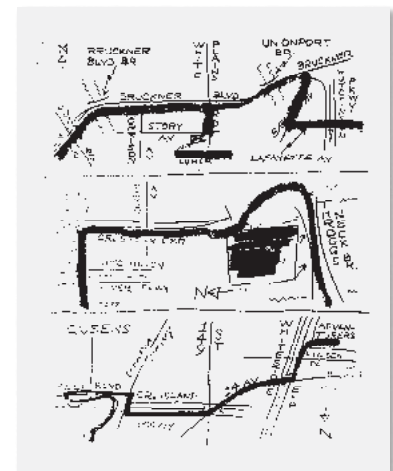
My dad wore Five Boro Bike Tour T-shirts everywhere but work, at all times. Always. He would put a smarter shirt over it, but it was just what he wore. He had so many of them. There's a picture from my graduate school graduation and he's wearing a Bike New York T-shirt.

Dave Shlichting: I remember riding from the Bronx into Queens over the Throgs Neck. It was a rough road;

windy, and noisy, with traffic
all over the place honking at you.

Len Diamond: The police and the Bridge and Tunnel Authority didn't close the bridge off to traffic. It's a three-lane roadway and all they did was put cones down the middle lane, and they had us in the right-hand lane and cars in the left-hand lane.

Ellen Farrant: As the police proceeded through the opening with bicyclists



HISTORY OF THE TOUR

lined up on both sides of them, we all just spontaneously started to cheer and applaud them. The police were sort of embarrassed but loved every minute of it. They grinned from ear to ear and put up the V sign for Victory.

Len Diamond: It was an adventure. We were doing something that had never been done before. There was a lot of optimism. There was a feeling that bicycling was going to go places in New York City.

Eric Prager: Seeing so many cyclists converge on one point for the same purpose was really amazing and gratifying.

Len Diamond: The day went so well that everyone was thinking, I can't wait to see what we do next year. How much bigger can we make it? What can we do? There was a feeling of, This is great, we gotta see what we can do with this.

“The Tour is an event that makes a lot of people really happy, and makes bicycling really visible in New York City, and brings people from around the world to ride bikes on these streets—it's amazing in that respect. But it's also incredibly successful in fundraising and letting Bike New York run these great free classes throughout the year. So it's a win-win.”

–Len Diamond



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SERVICE WITH A SMILE

Our **Bike Education Volunteer Ambassadors** were selected to represent our Education Department's essential Volunteers at this year's Tour after spending many hours helping us teach bike skills to new cyclists; here's what two of them told us about what Volunteering means to them.



SAMUEL LEE

"I was a former Learn to Ride student and had a great experience. Coming into the class, I was nervous and unsure about what to expect. I was instantly put at ease by the caring and supportive volunteers and the outstanding instructor. I left that class wanting to be part of the team!

"I enjoy the interaction with the students. I get the opportunity to speak with many people from all different cultural backgrounds and age groups."



MADELINE ABREU

"One student kept telling herself that she wasn't going to learn. She earned her pedals, but she lost her momentum. I encouraged her to not give up and to stay determined. A few weeks later, I volunteered for a Bike Path Cruise Ride and she was there! She had purchased a bike and was riding as much as she could."

There's nothing like teaching someone how to ride a bike. Bike New York offers free bike classes in all five boroughs, and we want your help!

Learn more at:
www.bike.nyc/volunteer



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JUNE 2 TO 4, 2017

Come for the weekend of the Go Bike Montréal Festival and experience the nocturnal Tour la Nuit, as well as the Tour de l'Île de Montréal – similar to the Five Boro Bike Tour in New York.

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Come for a week and join 1,800 cyclists in a 500-miles tour – the largest of its kind in Canada – from the St.Lawrence River to the Appalachians, as part of the Grand Tour Desjardins.



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Pier 36 is a “state of the art” 70,000 sq. ft. Sports & Entertainment Facility located on the East River (off the FDR Drive). The venue can easily host catered events, concerts, expos, fashion shows, fundraisers, product launches, team building events, tech conferences, tradeshows, etc. and includes a deck that has views of downtown Manhattan, the Brooklyn and Manhattan Bridges, as well as, the Statue of Liberty. Additionally, there is a large parking lot onsite.

There is substantial technology incorporated into the venue (including two LED walls, 30 flat screens, multiple digital branding kiosks, 150 mbs of fiber, wi-fi, etc.). Other available equipment includes: audio rigs, lighting solutions, video servers, etc.

Based on its accessibility, location, parking, size, technology and views, it is one of the best special event facilities in New York City.

For more information and to view videos of previous events, visit www.pier36nyc.com or our YouTube Channel at Pier 36 NYC.

PIER 36

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212.233.5050 x210

Email:

bruce@basketballcity.com

www.basketballcity.com

www.pier36nyc.com

Contact: Bruce Radler

CAPACITY: 5,000



WHERE TO NEXT?

DISCOVER HUDSON VALLEY

June 25

TWIN LIGHTS RIDE

September 24



bike.nyc/events

DISCOVER
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Save on bikes, parts, accessories, repairs, and gear.

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Meet your fellow members at casual rides and events throughout the year. We're putting together movie, brewery, and ballgame rides, for starters, as well as a meet 'n' greet—with much more to come.

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SUSTAINABILITY TIPS

In 2016, we diverted 91% of Tour waste from the landfill. Here's how you can continue to help us reach important sustainability goals in 2017.

Have questions about what goes where? Green Team volunteers will be stationed at Rest Areas and at the Finish Festival to guide you. Thanks for your efforts and to our partners in sustainability for helping the TD Five Boro Bike Tour earn Gold-level Certification by the Council for Responsible Sport.



zero waste programs
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PUBLIC TRANSPORTATION

Take public transportation, carpool, or bike to the Start Line.

REFILL YOUR BOTTLE

Stay hydrated by refilling your reusable water bottle with world-renowned New York City drinking water.

UPCYCLE

Place damaged bike tubes and chains in upcycling receptacles at Rest Areas and at the Finish Festival.

COMPOST

Go apples and bananas! Refuel at Rest Areas with locally sourced apples from the New York Apple Association and organic bananas from Del Monte Fresh Fruit.

USE WASTE STATIONS

Put trash in its proper place at our Zero Waste Stations located throughout Rest Areas and at the Finish Festival.

REMOVE WRAPPERS

Remember, when placing uneaten food in compost bins, remove the packaging and place it in the appropriate receptacle. Foil-lined wrappers, for example, should be placed in specially marked bins.

RECYCLE YOUR BIB

Recycle your rider bib by placing it in a specially marked receptacle located near the entrance to the Staten Island Ferry.

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bike & bite

The New York Apple Association is proud to be a sponsor of the TD Five Boro Bike Tour and support both the fun and healthy advantages this event offers. And when you stop at “rest areas” along the journey, we’ll have a fresh, crisp New York State Apple ready for you.

Speaking of healthy, New York State Apples are packed with antioxidants, an excellent source of fiber, all natural, and fat- and cholesterol-free. And that’s just the beginning.

Learn more at nyapplecountry.com and have a great ride.



GOT AIR?

Our Pump Teams provide an important—and invisible—ingredient for a fun Tour experience.

By Karen Overton



Without properly inflated tires, even Superman would feel like he had legs of rubber. Too often, cyclists prepare for rides like the TD Five Boro Bike Tour and forget an important step—and end up working much harder than everyone else.

With that in mind, two years ago, we introduced our Pump Teams, each made up of teachers and students from six public schools enrolled in the NYC DOT Bike to School program, which features Bike New York’s After School classes and Recycle-A-Bicycle’s Earn-a-Bike program. Each team of five commits to inflating tires for four hours, and then joins the ride just before their Rest Area closes.

“A lot of my youth riders had never seen carbon fiber bikes up close before, so they were constantly amazed that all of these riders were coming up to them on very expensive bikes to have their brakes checked, their tires filled, and various other malfunctions diagnosed,” said Joe Matunis of the El Puente Cycling Club. “It did a lot to boost their confidence in their abilities as mechanics that they were being trusted to work on these bikes. They had a level of expertise about bicycles—that they learned while breaking down and building up their Recycle-a-Bicycle bikes—that many riders of fancy road bikes were lacking. They all loved wearing the vests as well ... it made them feel very professional!”

Quick Steps to Inflate Your Tires

- 1 Determine your PSI (pounds per square inch)*, which is a number written on the sidewall of your tire.
- 2 Check the tread for wear and embedded sharp objects, and check that the sidewall is not worn and flaking. Replace if necessary.
- 3 Find a pump that has a PSI gauge and works with your tire’s valve, whether it’s a Schrader (shorter and wider with a rubber base; same as a car tire) or Presta (longer and narrower; top screws open and close).
- 4 In the case of a Presta valve, turn the top counterclockwise to allow the air to go in before attaching the pump.
- 5 Attach the pump to the valve, and close the pump’s lever so that it is sealed on.
- 6 Pump! If you don’t have a PSI gauge, inflate your tire until it is hard enough to bounce like a basketball. Watch out! It’s possible to over-inflate a tire, which will result in a loud bang, and will damage your tube and tire.
- 7 Unlock the lever and remove the pump. A loud popping sound will happen when the seal is broken.
- 8 Screw the valve cap back on for Schrader. Twist the top of the Presta valve clockwise until it is snug and then screw on the valve cap. Presto! Happy legs, happy ride.



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is a New York Injury Law Firm representing the rights of seriously injured cyclists, pedestrians, and their families. We are avid cyclists, bike advocates and trial lawyers with an established 60-year history of litigating on behalf of crash victims in the New York Courts. In the last two years, our firm has obtained some of the **highest recoveries in the State of New York** for pedestrians and other crash victims*.

Partner Daniel Flanzig serves on the Board of Directors of the New York Bicycle Coalition, New York’s only statewide advocacy group, where he also serves as a Coalition legal advisor. He is the founder and chairperson of the New York State Trial Lawyers Bicycle Litigation Sub-Committee and a member of the American Association of Justice-Bicycle Litigation Group.

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You rode the whole tour and you have the medal to prove it! Take a photo featuring your medal and tag it **#MedalMonday** & **#TDFBBT** on social media and it may be featured in our feeds!

You'll also automatically be entered to win two VIP passes to the 2018 Tour.

Don't forget to tag all your social media posts from Tour weekend **#TDFBBT** & **#BikeExpoNY** for a chance to be featured in our feeds.

Bonus points go to pics of medals in unique, creative, adorable, or humorous settings.

Remember, taking photos while you're riding is prohibited, but there are plenty of opportunities to capture your Tour experience when you're not pedaling.

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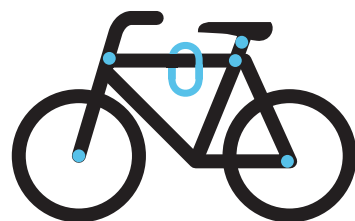


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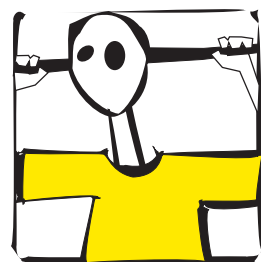


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Come along for the ride.

Last year, Bike New York taught bike skills to more than 17,000 kids and adults in all five boroughs, thanks in large part to proceeds from the TD Five Boro Bike Tour. Thank you for your support, and for making the Tour the most empowering cycling event in the world. www.bike.nyc

