

AUGUST 29, 2021

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BIKE TOUR**
NEW YORK / AUGUST 29, 2021

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TD FIVEBOROBIKETOUR

PRESENTED BY:



Congratulations on finishing the Tour! You are #NEWYORKTOUGH

Post a selfie at the Finish Festival or with your bib number on your Instagram Story, tag and follow @MPBags, and you will be eligible for two prizes:

20% DISCOUNT CODE

Every participant will receive one coupon code that gives you 20% off your entire purchase at ManhattanPortage.com!

FREE HARBOR SMARTPHONE CASE

Every participant will be entered in a drawing to receive one of ten FREE Harbor Smartphone Cases (a \$59 value)!



Only one entry per person. Coupon code is one-time use, active until September 5th, 2021. Certain exclusions apply to discount code, including but not limited to clearance items. Winners of drawing will be contacted via Instagram.

A LETTER FROM BILL DE BLASIO

Mayor of New York City



August 29, 2021

Dear Friends:

It is a great pleasure to welcome everyone to the 2021 TD Five Boro Bike Tour.

My team and I remain committed to expanding our network of bike lanes and making our city safer for cyclists across the five boroughs, and our groundbreaking Green Wave and Vision Zero programs continue to increase the accessibility and security of this fun, pollution-free method of transportation and exercise. Bike New York has long been a staunch ally in our efforts to encourage our city's residents to lead healthier lifestyles. Throughout the COVID-19 pandemic, this organization provided virtual biking classes to thousands of New Yorkers, helping them remain active during the crisis and offering a safe, socially distanced way to get around town. Since 1977, Bike New York's Five Boro Bike Tour has inspired people of all backgrounds to gather for a scenic ride through New York's iconic neighborhoods in support of its educational initiatives. As you come together to embark on another beautiful tour of our city's boroughs, I am delighted to applaud Bike New York for all it does for New York's cyclists and for helping to build a brighter tomorrow for us all.



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

On behalf of the City of New York, I offer my best wishes for a wonderful and safe ride.

Sincerely,

Bill de Blasio
Mayor

Bloomberg

Proud to support the

TD Five Boro Bike Tour

Credit: bike.nyc

A LETTER FROM **KEN PODZIBA**

Bike New York's President & CEO



Hello fellow riders,

Welcome to the 2021 TD Five Boro Bike Tour!

This year's ride is the first since 2019, and Bike New York's staff and volunteers could not be more excited to have you experience all that the 2021 Tour has to offer. We hope to see the faces of Tour veterans and also many new faces—folks that have been a part of New York City's bike boom over the last year and who are experiencing this glorious ride for the first time. As in previous years, the Tour features 40 miles of totally car-free roads and beautiful bridge crossings across all five boroughs. We also have new and improved amenities, like cooling stations in convenient locations and snow cones at select rest areas. Add this to several entertainment zones featuring local musicians and our fantastic Finish Festival, now near the Staten Island Ferry at Empire Outlets, and you have the makings for a truly special year. Be sure to grab a free ice cream sandwich at the end! Plus, this year's Tour has been capped at 20,000 registrants, promising everyone a more socially distant ride.

The Tour comes at a pivotal time for the city. We hope this year's ride represents an important coming together of not only the New York cycling community but also New Yorkers across the boroughs and people around the world. It is still one of the world's largest charity rides, and today we have riders representing 11 countries and 47 states as well as the District of Columbia. Whether you're riding or cheering your friends and family on from the sidewalk, the Tour is a unique way to reconnect with the people and places that make New York the greatest city in the world.

As you may know, last year's in-person events and classes were suspended due to the pandemic, but Bike New York continued to support new cyclists in New York and beyond with virtual instruction that reached more than 30,000 viewers worldwide. The Tour will support the return of live classes and grow our virtual offerings so that both new and seasoned riders can stay in touch with the city and connect to the things that improve their quality of life.

Also, Bike New York has implemented bike safety education programs with the Department of Education at local middle schools, co-developed with Brooklyn's One Community a job training and placement program for formerly incarcerated Brooklynites to become bike mechanics, and helped pilot a free bike rental system at Shirley Chisholm State Park.

So, we're not just riding for fun; we're riding—along with our charity partners—for our favorite causes.

Bike New York could not have pulled off this Tour without our thousands of dedicated volunteers and the generous support of our sponsors. A big thanks goes to our title sponsor, TD Bank, as well as Manhattan Portage. We also owe a debt of gratitude to all the city, state, and federal officials who are a part of this Tour and have been for 43 years. I want to especially thank Mayor de Blasio and his staff, the team of NYC DOT, and all our partners and collaborators at the NYPD, CECM, FDNY, DSNY, DEP, Department of Parks & Recreation, and NYC & Company.

You've truly made this Tour one for the record books.

Ken Podziba
President & CEO, Bike New York



THREE TIPS FOR THE TD FIVE BORO BIKE TOUR

Make the most of your 40-mile ride with pro tips from our Sports Health experts.

PRE-TOUR: Hone your hydration

Knowing how much to replenish will keep dehydration from cramping your tour style. Take your weight before and after a training ride (AKA a sweat test) to get an idea of how much you need.

ON TOUR: Front-load fuel

Be sure to carry along some gel nutrition, protein bars, or whatever will give you a mid-ride boost, especially before that last, exhilarating climb over the Verrazzano to the finish.

POST-FINISH: Keep it moving

You toured. Now active recovery is key to feeling top-notch. A good stretch, a light ride, or gentle yoga will clear lactic acid from your muscles and keep soreness at bay.

Looking for help improving your performance, staying injury-free, and recovering like a champ? We can help. Visit nyulangone.org/bikeny to request concierge access to one of our Sport Health experts.

Official Health Partner of the TD Five Boro Bike Tour

SPORTS HEALTH

A LETTER FROM HANK GUTMAN

New York City Transportation Commissioner



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

The road to today's event has not been easy: as we all know, a global pandemic took tens of thousands of lives in our city and forced the cancellation of the 2020 ride and the postponement of this year's ride from spring into the summer for the first time. But we all have made it—and whether you are joining us for the first time or are returning to savor 40 miles of car-free New York City streets, you will today experience the joyous wonder of cycling in New York City.

Some of the roads on which you will find yourself riding today provide a rare and special treat: the Brooklyn–Queens Expressway, FDR Drive and Verrazzano–Narrows Bridge offer tremendous waterfront views that cyclists are allowed to see only one day per year, as they undertake this amazing five-borough journey.

New York City is of course proud to strongly support cycling the remaining 364 days of the year. Under Mayor Bill de Blasio, cycling has expanded dramatically, and during the last 18 months of the pandemic, the pace of growth only increased as hundreds of thousands of New Yorkers sought a healthy and socially-distant way to get around and enjoy their city.

With the full-throated support and effective advocacy of groups like Bike New York, we made enormous progress in expanding access and making streets safer for cycling. Since the last TD Five Boro Bike Tour in 2019, those accomplishments have included:

Over 30 miles of new protected bike lanes in every borough—from Crescent Street in Astoria to Flatbush and 4th Avenues in Brooklyn, as well as along streets you will travel today like Sixth Avenue in the Village and Midtown Manhattan. In fact, despite the pandemic, our teams at the Department of Transportation (DOT) made record additions to the City's bicycle network—1,400 miles and growing.

The expansion of bike share. Last year, Citi Bike—the continent's largest bike-share program—also powered through the pandemic as it kept up the ambitious pace to double its service area and triple the number of blue bikes on the City's streets. Citi Bike stations can now be found in every Manhattan neighborhood, as well as for the first time in the Bronx and new neighborhoods in Brooklyn and Queens.

Major Mayoral cycling initiatives. The Mayor not only committed to new "bike boulevards" in each borough this year, he has announced an unprecedented "Bridges for the People" initiative that will replace car lanes on two of the iconic East River bridges. Later this year, the Brooklyn Bridge will debut a new two-way protected bicycle lane, and next year, we will add a new pedestrian lane on the Queensboro Bridge, allowing cyclists full use of the crowded lane they now share with pedestrians.

I offer my personal thanks to Ken Podziba and the entire Bike New York team for their commitment to cycling. Each year, the Five Boro Bike Tour organizers work hand-in-glove with DOT and other City agencies to coordinate a logistically challenging event—that always goes off without a hitch. I wish everyone a safe and enjoyable ride. You will surely see why more and more New Yorkers are selecting cycling as their preferred way to get around this great city!

Hank Gutman
Commissioner



A LETTER FROM ANDREW BREGENZER

TD Bank Regional President, Metro NY



On behalf of the more than 2,000 TD Bank colleagues throughout New York City, we'd like to welcome you back and thank you for participating in the 2021 TD Five Boro Bike Tour! After a year away due to the pandemic, TD couldn't be more excited to once again be back supporting tens of thousands of bicyclists who come together for the much-anticipated, annual 40-mile journey in and around one of the greatest cities in the world.

As the proud title sponsor of the Five Boro Bike Tour since 2007, TD remains steadfast in our ongoing commitment to the New York City community. Since partnering with Bike New York for this race, we've continued to support and promote their mission: to offer free bike education and access, and to enhance sustainability and quality of life for all our New York City neighbors.

For more than 20 years, TD has been and will continue to be ingrained in the fabric and footprint of New York City. Like our sponsorship of the Five Boro Bike Tour, TD is continuing to make investments in all communities of New York City and in September, we are doubling down on that commitment with the opening of our One Vanderbilt corporate offices AND flagship store, a true sign that we support NYC, its people and their resiliency.

So, let's have a great ride and continue supporting and celebrating the collective resiliency of the citizens of this amazing city!

Andrew Bregenzer,
Regional President of Metro NY, TD Bank

Together, we ride again.

TD Bank is all in and proud to partner with Bike New York on America's largest charitable bike ride supporting free bike education.



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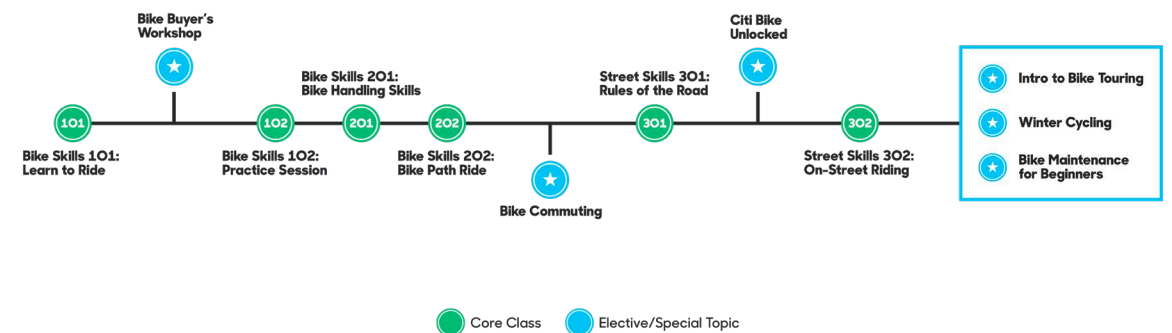
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BIKE NEW YORK'S EDUCATION PROGRAMS

They say you never forget how to ride a bike, but many people never had the chance to learn. We offer free classes and programs for adults and children throughout the year at more than a dozen Community Bike Education Centers and bike shops across the five boroughs. Learn more and sign up at www.bike.nyc/education.

Road Map: Our Adult Class Curriculum



Youth Classes

Kids' Learn to Ride Class

This free group class is for children who are ready to ditch their training wheels and ride a two-wheeler for the first time. With our safe, easy, effective method and experienced instructors, kids will learn how to balance, pedal, start, stop, and steer a bicycle. Most students get the hang of it in one session!

After School Programs, Summer Programs, and Youth Ride Clubs

We teach kids the mechanics of riding a bike, the rules of the road, best practices for riding in a group and on the streets, and the joy and freedom of biking. Sessions are one day per week for several weeks.

Bike Safety Assembly

We'll bring an interactive presentation suitable for Pre-K through 12th grade to schools anywhere in NYC! Content is designed to teach kids that cycling is a fun, healthy activity, but that it does have rules that kids should know and follow.



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IN MEMORIAM

BETH HEYDE

By Sam Slaton

Photo (right): Sam Polcer

The following was written for Beth Heyde in 2020

Death illuminates the path for the living: it invites us to look at our lives differently, to consider how we might be better stewards of however much time we have left. So every eulogy, in a sense, is the story of the living—those whose presence bears witness to the absence. And that’s the extent of what I hope to do here—to simply bear witness. I could never do justice to the story of Beth’s life, but by providing a glimpse into our friendship I hope that I might give a sense of the profound impact Beth had on everyone who was fortunate enough to enter her orbit. And because bikes brought Beth and I together, it feels only right to meander down our shared memory lane in the manner of the best bike rides: intentional, yet aimless. Going nowhere, slowly. Taking the time to take it all in. Being present. After all, it’s all we’ve got. Beth understood this better than anyone.

Beth and I stumbled into one another’s lives as randomly as the cancer that took her out of it. When I informed my brother Hunter back in 2013 that I’d decided to pursue job opportunities in bike advocacy, he offered to put me in touch with Beth, a friend of his who worked at Bike New York. Beth made sure my resume landed on Ken and Andy’s desks and she advocated on my behalf. I’m certain I’m not the only person who can say this: Beth believed in me before she had any reason to. (She was always advocating for someone or something.) A few months later, I joined the Bike New York team.

Beth immediately became much more than a colleague. She was a mentor, a collaborator, and a dear friend. She taught me how to conduct a business call. She taught me what an RFP was. She hounded me about my terrible diet. She gave me some of the best advice I’ve ever received: until you give yourself permission to drop a ball or two, you’ll work yourself to death trying to maintain the illusion that you can juggle everything. We biked

upstate, along the Jersey Shore, through Central Park and the City at large. We rode to lunch and to coffee and to simply experience **what Beth once described** as that “sense of flow that magically unfolds while you weave through traffic and move in harmony with your fellow New Yorkers.” She had a funny habit of responding to the most mundane remarks (“I ran into Mark today”) with an incredulous “Oh, *really?*” as if everything was a kind of miracle. We packed a zillion box trucks together. We laughed constantly. (If something particularly funny caught Beth off guard, she’d do this thing where she’d quickly jut her head forward as if to catch her laugh’s leading plosive before it got loose. She never caught it. Her laugh was contagious.) We fought often but it never got the best of us. Beth was one of the fiercest and loveliest people I’ve ever met.

She had a profound impact on the nonprofit. (I won’t even attempt to articulate her legacy beyond the walls of the Bike New York offices. It’s still taking shape—and, indeed, learning to walk and talk in her daughter—and anyway it would take a lifetime.) When I joined the team, Beth had already begun the process of rebranding the organization. (Remember: Beth was in the Events department. No matter—if Beth saw a problem or an opportunity to help, she took charge and drummed up support.) The incredible look and feel of Bike New York, the Expo, the Tour, the regional and local rides and education classes—that’s Beth’s doing. When we started battling around the idea of a ride series that would cater to folks who’d just learned to ride but weren’t quite ready for the Tour or the longer Twin Lights or Discover Hudson Valley Rides, Beth committed herself completely to the initiative, giving generously of her time to brainstorm, iron out logistics, lead rides, and—most importantly—make the folks that came along feel like they were part of a family. (They were. They are.)

We encourage you to consider donating to the Lustgarten Foundation in Beth’s honor. 100% of donations go directly to pancreatic cancer research.



Beth Heyde, Bike New York’s former Senior Event Manager and the driving force behind our sustainability initiatives, died in November 2019 at the age of 41 from pancreatic cancer. She is survived by her husband, Jon, and their daughter, Ella.

“Beth never shied away from a challenge—the bigger, the better.”

Beth also spearheaded one of the most radical and significant initiatives in the history of Bike New York—and, indeed, sporting events in New York City: the greening of Bike Expo New York and the TD Five Boro Bike Tour. The Expo attracts more than 60,000 people, the Tour more than 30,000. This effort, therefore, is tantamount to greening a mid-size city. But Beth never shied away from a challenge—the bigger, the better. Working with the Council for Responsible Sport, Beth led the charge: she devised a plan, secured organizational approval, and enlisted the support of numerous City agencies and thousands of volunteers. In 2014, the Tour became the first event in New York City to be certified sustainable. In 2016, they upped the ante and secured the Council's second-highest sustainability rating. With every passing year, the torch Beth lit burns brighter and brighter. ([Read more about our Beth Heyde Green Goals here.](#))

Last June, I found myself in the City for a professional workshop at Columbia University (I'm now a teacher in Arkansas), where Beth earned her Masters of Science in Sustainability Management. I had arranged to meet up with Beth and Jon and Ella a few days into my stay. I was already feeling a little off-kilter in the way that you do when you're back in a place where you used to live without the people you used to live there with. It's like breaking and entering a dream you've already woken up from. Everything is the same, as the Hassidic proverb

goes, just a little different. Add to this my uneasiness about my imminent meet-up with Beth—I didn't want to treat her as if she was dying, but I also didn't want to treat her as if she wasn't. I was walking a tightrope. And so I'd been wandering around the City by myself after long days at the workshop, [listening to The National](#)—a band Beth and Jon loved—fretting over whether I should buy a pack of cigarettes (a habit I'd kicked in the city nearly a decade earlier) and getting caught up in the band's elegiac musings on life, love, death. (“When I think of you in the city / the sight of you among the sites / I get this sudden sinking feeling / of a man about to fly.”) All that good stuff. All that bad stuff.

The day came. I borrowed my sister's boyfriend's CitiBike pass and rode from South Williamsburg down to Beth and Jon's apartment in Clinton Hill. (At that time, Beth was on medical leave from her job as Director of Operations and Outreach for the City's bike share system. Her colleagues at the Department of Transportation pooled their PTO days to provide Beth with nearly a year of paid time off while she underwent chemo.) We laid around on the grounds of Pratt, across the street from their place. We didn't talk much. We were, in the parlance of Beth's mindfulness practice, in the moment. After all, it was all that we had. It was a beautiful day. I remember watching Beth, already a few months into chemo, as she looked at Jon while he and



Ella napped, and I remember thinking, I've never seen a look like that. It was like Beth was already on the other side of something, and she'd made her peace with it while still fighting it with everything she had. That was Beth—at peace fighting the good fight, and smiling. I took a picture.

Taking my leave, I promised I'd let them know the next time I was in New York. I haven't been back since, and Beth's no longer there—or here, in a bigger sense.

As I walked to the nearest CitiBike dock to pick up a bike and head back to my little sister's apartment, I listened to The National and thought about my wife and son back home in Arkansas, about the new life my wife was carrying inside her, about all the bike rides Beth and I had gone on and the terrifying possibility that we would never again ride together, about how many more times Beth and Jon and Ella would lay in the grass on the grounds of Pratt and watch the sun crash through the clouds. As I walked and thought and listened, a lyric that always strikes me struck me, emerging from the gloom of the song's melody: “Do not think I'm going places anymore / I want to see the sun come up above New York.” But of course I was going places and—here's the great random lucky miracle of life, a miracle that some are luckier to enjoy longer than others—I still am. I'm still here. (“Oh, really?”) And no matter how many New York City sunrises

I've seen, as long as I'm alive I'll always want more. And that's the point, and Beth understood this—to desire what is readily available, to want what you already have. To be in the moment.

On August 29th, you'll get to see the sun come up above New York. And what better way to see it than surrounded by tens of thousands of people on bikes. Beth's dream. A dream she was lucky to live, if only for a short time. A dream she made reality for thousands of people over the years. On that morning, as you look north up Church Street and the sun begins to illuminate the glass and steel canyons of Downtown Manhattan, remember Beth's advice: “Don't worry so much. It's okay. There is so much goodness to embrace. Ah and breathe. Deep deep healing breaths”—especially on the way up the Verrazano. On the way down, let it out and let it roll. You did it. You're doing it. You're doing it.

Sam is a former Director of Communications at Bike New York and is currently a teacher at the Thaden School in Bentonville, AR. He can often be found cycling around Bentonville with his family.

IN MEMORIAM MANIFRED (FRED) JONES



Dearly loved friend and treasured mentor, our longtime volunteer Fred Jones passed away last spring. He was a vibrant figure, revered yet irreverent, wise and witty, and quick to lend his time and knowledge to us at Bike New York over the decades.

After serving in the Air Force, Fred entered his chosen field of engineering, while enjoying international travels with his wife and family. He regularly regaled friends with tales of skiing Mont Blanc and tooling around in his convertible. Fluent in Japanese and other languages, Fred delighted in "wordsmithing", sometimes to a competitive level.

Fred was with the Five Boro Bike Tour from the beginning; his leadership and enthusiasm helped to shape the event from its roots as a hometown ride among friends to an

internationally celebrated annual cycling tradition.

In his later years with us, Fred "retired" to the command center for the Tour and other rides. Known as the "Voice of God" for his authority (and his ability to be heard above any crowd), he lent his logistical brilliance to lead us through every kind of emergency, whether on the road or raining (or hailing) down from the skies.

Everyone he met came away with knowledge gained, and a bond forged. We were lucky to have known him, and he will live in our hearts forever.

“Fred was with the Five Boro Bike Tour from the beginning; his leadership and enthusiasm helped to shape the event from its roots as a hometown ride among friends to an internationally celebrated annual cycling tradition.”

EVENT DAY RIDE GUIDE

TD
**FIVEBORO
BIKETOUR**
NEW YORK / AUGUST 29, 2021

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START SCHEDULE & MAP

The Start wave corridor (shown in white on the map below) 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 safety vests will be on site 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 for your group. Riders assigned to later Start waves cannot move to an earlier time. VIP and Charity riders should consult their credentials for access points.

START 1A (VIP & CHARITY RIDERS) AND START 1B (7:30AM)

Recommended arrival time:
6:30AM-7:15AM. Start 1B riders access the start corridor via Warren (East side only) or Murray. After 7:50AM join Start wave 2.

START 2 (8:10AM)

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

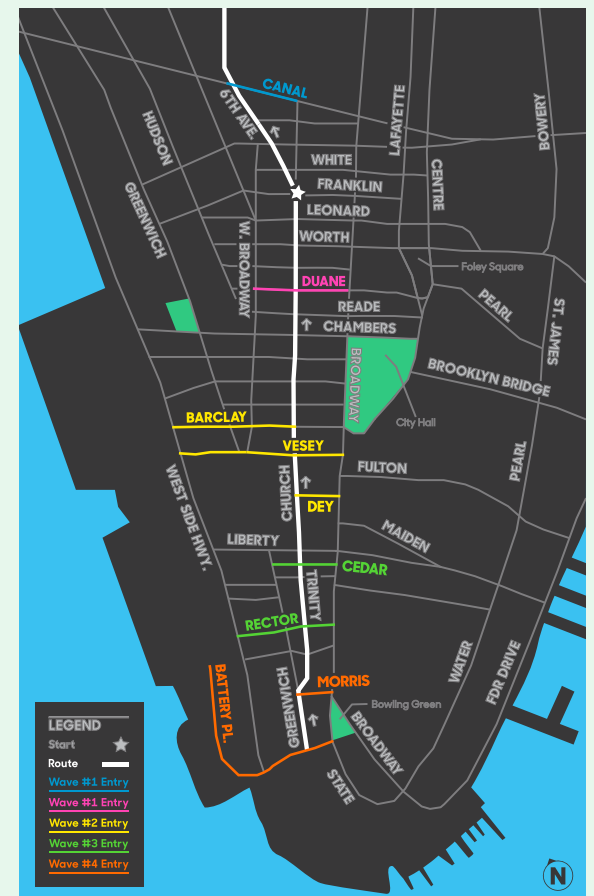
START 3 (8:45AM)

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

START 4 (9:20AM)

Recommended arrival time:
8:20AM-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. Sixth Ave will reopen to cars at 10:00AM.



FINISH FESTIVAL (10:00AM - 6:00PM) *NEW LOCATION*

Empire Outlets, 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).

Car

If you are planning to drive, we suggest parking in Staten Island. Please see page 25 for Ferry directions.

Subway

From	Train	To
Manhattan, The Bronx, Queens	1 2 3	Chambers St.
	A C J	Chambers St.
	4 5 6	Brooklyn Bridge World Trade Ctr.
	E	Brooklyn Bridge World Trade Ctr.
Brooklyn	2 3	Chambers St.
	A C	Chambers St.
	4 5	Bowling Green (B ^{way} exit only)

These trains/stations do not accommodate bikes:

R	City Hall, Canal St., Whitehall St.
2 3	Park Place, Fulton St., Wall St.
4 5 A C	Wall St., Bowling Green
1	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 33rd St. and get off at the Christopher St. stop. From Newark, Journal Square, Grove St. and Exchange Pl., take the 33rd St/HOB train and get off at the Christopher St. stop. From Christopher St. connect with the West Side Highway bike path and ride south to your correct start wave entrance. The fare is \$2.75, payable by MetroCard. Bikes are not permitted on the first car of the train. Note that you will need to use stairs to get to street level, so be prepared to carry your bike. For up-to-date 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 Seventh 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 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, including weekend timetables, 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

Ferries run every 30 minutes on the hour and the half hour. A one-way trip takes 30 minutes and is free.

NY Waterway

NY Waterway will not provide ferry service before 10:00AM on Sunday, August 29. However, we encourage riders to check schedules as they may change.



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'll avoid waiting for the ferry at the end of the day. We suggest parking in lots near the ferry (see parking information to the right).

(Due to construction, there will be limited parking on ferry terminal property; if unavailable, 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.

Staten Island Ferry Parking

Due to ongoing construction, there will be limited parking at the Staten Island Ferry lots. Alternatively, use street parking or the following nearby private and municipal lots.

St. George Courthouse Garage, 54 Central Ave.

Open 5:00AM-8:00PM. \$8 for the day. Pay with cash or credit card (no debit card).

New York Wheel Garage, 155 Richmond Terrace.

Open 24 hours. \$8 for the day.

Central Parking, 325 St. Marks Pl.

Open 24 hours. \$15 for up to 12 hours. Pay with cash, credit, or debit card.

Allied St. George, 25 Wall St.

Open 6:00AM-6:00PM. \$10 for the day. Pay with cash, credit, or debit card.

Empire Outlets Parking Garage is not a recommended parking option for participants. There will be no access in or out on Tour Day between 8AM-6PM.

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 four 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

SAG vehicles follow the back of the pack and they can assist you if you are running out of steam or fall too far behind. They will be stationed at each Rest Area, or you can signal and then pull off to the side of the road. 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 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 who want to exit the Tour.)

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, and there are no Tour Marshals or NYPD officers nearby, 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 are stationed along the route to provide assistance and keep the Tour rolling safely and smoothly.

Here's who to look for:



Rider Assist Marshals will be riding alongside you in safety 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 safety 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 courtesy of Trek, first aid, and information. Complimentary refreshments include New York City water, Nesquik beverages, Del Monte bananas, Utz pretzels, Honey Stinger Waffles, Gu Energy Gels, Chameleon Cold Brew samples, and Nuun active hydration drinks, provided by Bike New York and select sponsors. Signs and Marshals along the route will direct you to vo bypass lanes.

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



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 <i>Dedicated to David Schlichting</i>
33	Gowanus BQE
36	Staten Island Ferry



Toilets

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

Mile	Location
0	Start Area – Battery Place, Bowling Green, and along Church St.*
3	Sixth Ave., at approximately 56th St., before entering Central Park**
7	Adam Clayton Powell Jr. Blvd. and 115th St.

**Please note: Toilets located in Central Park will not be available during the Tour.



Zero-Waste Stations

In past Tours, 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. 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 for medical assistance if you need it. There are also EMTs at each Rest Area and at the Finish Festival. If you have an emergency, and none of these are available, dial 911 and say you are with the TD Five Boro Bike Tour.



Staten Island Ferry Service to Manhattan

Ferries will run every 30 minutes on the hour and the half hour, and lines may be long.



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 side of the road.)



Entertainment

TD Bank Entertainment Zones are located along the Tour route to keep the party rolling from start to finish. Visit www.bike.nyc for more details, including Entertainment Zone locations and artist websites.



SAG Vehicles (Support and Gear)

SAG vehicles provide transport 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 follow the end of the Tour. If you are running out of steam or falling 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.



Tour Photos

Photographers 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, Bike New York will contact you via email so you can view and download 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 the Tour, email info@bike.nyc to see if your lost item has been returned to our office.



Repair Services

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 our Marshals will be able to get you back on the road faster if you pack 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 Broadway (Manhattan)
- Duarte Square, just past the Start Area (Manhattan)
- 42nd St. and 6th Ave., in front of the TD Bank (Manhattan)
- Terrace Drive, Central Park (Manhattan)
- 110th St. and Adam Clayton Powell Jr. Blvd., just north of Central Park (Manhattan)
- North 14th St. and Kent Ave. (Brooklyn)
- Flushing Avenue and Vanderbilt Avenue (Brooklyn)
- Finish Festival, Empire Outlets (Staten Island)

Free bike repair labor generously provided by:

- Trek
- Bill's Cyclery
- Chelsea Bicycles
- Gotham Fix
- NYC Velo
- Ride Brooklyn
- Spokesman
- Tread Bike Shop



Cooling Areas

There are five cooling stations with ice-cold towels and water at key points along the route, as well as an additional eight locations with cooling amenities.

Mile	Location
3	42nd St. and 6th Ave.
7.5	125th St. and Adam Clayton Powell
14	63rd St. and 2nd Ave.

Mile	Location
22.5	Kent Ave. and N. 14th St.
30	39th St. Exit at BQE

RIDER ID KIT

The Rider Identification Kit (RIK) comprises 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 your outermost layer and your bike plate must be attached to your handlebars. Please do not discard your bib or bike plate at the Finish Festival. Parking garage security will be checking that bibs and bike plates match before riders can depart bike parking.

FINISH FESTIVAL

NEW LOCATION! After conquering five boroughs and as many bridges, you will finish your day at Empire Outlets. Once you arrive, kick back and relax right next to the Staten Island Ferry. You've earned it. Empire Outlets will be open to the public on Tour day.



Entertainment

Hang out at the New Belgium Beer Garden, and stop by exhibitors' booths for great giveaways.



First Aid

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



Food & Drinks for Purchase

We're bringing some of the best local food vendors to the Festival. After putting in that many miles, you're gonna be hungry. You can purchase food at Clinton Hall and other onsite restaurants such as Shake Shack, Wetzel's Pretzels, Bake Culture, Haagen-Daaz, and Starbucks.



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

Take a selfie at the Finisher Photo Station on Level 2.



Bike Repair

Courtesy of Trek. 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 in. (6.9 L.)

What to Bring

- Your Rider Identification Kit
- 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 same size as your current tubes, with the right valve—either Presta or Schrader
- Patch kit in case of a flat
- A smile!

*If you are riding with a child who does not have a phone, please make sure to write your rider number, 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. Also:

- Have your RIK visible at all times: attach the bike plate to your handlebars and affix the bib to your outermost layer. You will be asked to leave the Tour if any element of your RIK is missing.
- Respect other cyclists.
- Only human-powered bikes and pedal-assist e-bikes are allowed in the Tour.
- Ride in a straight line. If changing lanes or pulling over, look first and then signal to show 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 another 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 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 your group gets separated. Instruct youth riders to seek out a Marshal wearing either an orange or yellow vest, or a member of the NYPD, who will guide them to the nearest 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 on your phones, including that of someone not riding in the Tour, your hotel, your team members' home and cell numbers, etc.
 - If you get separated from your team, continue to the next Rest Area and look for them 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 Tour!

Legend

- Bike Route 
- Ferry Route 
- Mile Marker 
- Rest Area 
- First Aid 
- Toilets 
- Entertainment Zone 
- Bike Repair 
- Volunteer Check-in 
- Water Station 
- Food 
- Cooling Station 

Rest Areas

-  =     



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Pandemic Pivot: Rethinking Bike Education, Events and Advocacy During COVID-19

By Dan Suraci

The triumphant return of the TD Five Boro Bike Tour marks a major milestone in a year of unprecedented challenges and changes in the way New Yorkers think about mobility. As subway ridership fell, biking boomed with bike crossings across the East River bridges up as high as 30% during the peak months of the pandemic, according to New York City Department of Transportation (NYCDOT). Instead of the subway, suddenly people across the five boroughs flocked to bikes for weekly grocery runs or a daily dose of sanity.

This influx of new cyclists brought with it a wide array of skill and comfort levels with biking on NYC streets, as well as a demand for resources to help people navigate their new transportation mode. "We've always been proud of our dynamic bike program offerings for New Yorkers of all ages and abilities," said Ken Podziba, President and CEO of Bike New York. "Like many organizations, we had to rethink our traditionally in-person programs during the lockdown and literally meet New Yorkers where they were."

Throughout the pandemic, Bike New York has worked hard to meet this incredible and unprecedented demand for bike education. In April 2020, the entire staff began working on solutions to transition classes into a safe, practical and socially distant format. Some programs, like our bike commuting and "How to Buy a Bike" classes were simple to transition online,



but it was clear that the pandemic required us to take a fresh approach to the way we deploy bike education, events and advocacy. "It wasn't just a question of offering classes online; we really had to get creative in how we delivered our services with the same level of quality and impact," said Podziba. "Everyone on staff, across all aspects of what we do, really rose to the occasion and achieved incredible results that we couldn't have even imagined back in March of 2020."

Bringing Bike Education Online

Despite the temporary closure of our Bicycle Education Centers in schools and parks across New York City, we were able to reach more than 23,000 New Yorkers in 2020 with our virtual bike education programs. Early in the pandemic, we launched a virtual Bicycle Education Resource Hub to keep students from pre-K through high school engaged with the history, community, fitness and fun of cycling. In addition to carefully curated

books, videos, movies, documentaries and activities, we provided curricula to help guide parents and educators as they engaged kids with cycling.

As part of this hub, we developed a series of how-to videos on topics ranging from helmet fitting and hand signals to taking the lane and shifting gears. In the absence of in-person

RICH CONROY, DIRECTOR OF BIKE EDUCATION, BIKE NEW YORK

"We also knew that teachers and parents would be completely at sea with remote schooling, so we worked quickly to develop the virtual bicycle education hub. It's absolutely beautiful and an amazing resource; we had always wanted to do this! Our goal, especially with Learn-to-Ride, was to give people the tools they needed to learn on their own."

classes, we used Zoom to transition our full "classroom curriculum" online, including our signature Learn-to-Ride class.

Empowering Advocacy & Getting New Yorkers Engaged

With more spokes on the street, we wanted to empower New Yorkers to use this unprecedented time to rethink the way we use our roadways. In April 2020, we launched "Street Action NOW!", a new program designed to educate participants on how to think critically about their streets and develop design solutions to address intersection walkability and safety issues. Through a series of weekly webinars, we worked with more than 30 New Yorkers from all five boroughs to conduct walk audits of specific intersections in their neighborhoods and develop recommended improvements for submission to local community boards and NYCDOT. We also educated participants on the complex workings of New York City government and supported participants in presenting their ideas.

Additionally, we launched our Spoke Series as a free forum for conversation and collaboration. We hosted a

variety of speakers on many topics, including the Business & Advocacy of Biking, Trails Into the Future, and NYC Open Streets. We held forums for the leading mayoral hopefuls as well as both the Manhattan and Brooklyn Borough presidential candidates. Since launch, **more than 3,500 New Yorkers have joined the conversation.**

Forging a Path

Building on the partnership we created with Citi Bike and One Community last year, we officially launched our Bike Path program to help formerly incarcerated Brooklynites take steps forward through vocational training, job opportunities and a supportive community.

While the pandemic presented no shortage of difficulties to the Bike Path program, the momentum of this crucial initiative couldn't be stopped. The Brooklyn Navy Yard generously donated use of their facilities, allowing us to provide socially distant conditions for participants and expand the size of our cohort. After completing a rigorous 60-hour training course, 39 Bike Path graduates were hired into full-time bike mechanic positions with Citi Bike.

RALPH JEAN, ASSOCIATE DIRECTOR, RECYCLE-A-BICYCLE, BIKE NEW YORK

“Our diverse group of young, promising mechanics has really stepped up and taken on more responsibilities at the shop. They've helped each other learn and grow, and as we reintroduce group rides and classes, I have full confidence that they will step up again and be leaders, teachers and more.”

Supporting the Bike Boom with Recycle-A-Bicycle

Our Recycle-A-Bicycle shop in Clinton Hill was busier than ever, as New Yorkers cleared the cobwebs off their old bikes or sought a new set of wheels for essential socially distanced transportation and recreation. In addition to growing our staff, we saw a massive increase in refurbished bicycle sales over the past year. Many of our customers were not only new to the bike shop, but first time riders as well. Where before the pandemic, we tended to see more sales from individual components – mainly to handy New Yorkers performing their own bike maintenance – in the last year we saw more sales of fully assembled bikes, which shows we are reaching a different, more diverse audience.

Additionally, Bike New York partnered in May 2020 with Brooklyn's Woodhull Hospital to provide 25 essential workers on the pandemic's front lines with bicycles, increasing their commuting freedom, flexibility and comfort.

Bringing People Together

Uniting people with their communities is central to our mission, so when the city shut down we put pen to paper and started planning. In October 2020, we launched Spoketober, our first ever virtual event. Over the course of

30 days, more than 1,000 cyclists of all skill levels across 34 states and seven countries rode more than 72,500 miles. In May, we followed suit with Million Mile May, a bold event which brought together another 1,400+ cyclists from all over the world to share in the celebration of Bike Month. Together these riders pedaled more than 134,200 miles!

There's a lot to celebrate as we kick off the Tour in 2021! This year's ride is not only the return of North America's major cycling event, but the cornerstone on a year of innovation and engagement for Bike New York. We have worked tirelessly to ensure that our programs and resources are as accessible as possible to all New Yorkers and will continue to work with the City, our community partners and individual New Yorkers to expand equitable transportation, increase connectivity and spread the joys of cycling.

BIKE NEW YORK BY THE NUMBERS

BICYCLE EDUCATION

30,000+ Cyclists in New York and beyond reached through our Bike Ed programs

15,000+ Views of our brand-new bike safety videos

5,500+ Users of our new Virtual Bike Education Hub

RECYCLE-A-BICYCLE

26.54% Increase in the number of work orders

30.29% Increase in bike sales from 2020 to 2021

ADVOCACY

3,500+ Participants in our Spoke Series forum

30+ New Yorkers working to build safer streets through our Street Action NOW! program

EVENTS

2 New virtual event series

206,700 Miles ridden through Bike New York events

2,400+ Event participants

Rack installations down under Blaz

BY VINCENT BARONE
vbarone@amny.com

On any given street in Manhattan, pedestrians navigate bicycles parked to sign posts, scaffolding and fencing. The MTA and private landowners post signs warning bikers against locking up on their property. As more and more people cycle in the city, riders say they are vying for a limited number of legitimate places to park their bikes. "I've resorted to just taking a risk and putting my bike up against a coffee shop or something — even if I have my lock, because you can waste so much time looking for a place

after biking through midtown. As cycling has grown more common in New York City, the de Blasio administration has decreased the pace at which it adds racks — despite setting out to increase the installation rate. The city set up an average of 1,633 new bicycle racks over the last four fiscal years under Mayor Bill de Blasio, according to figures in the Mayor's Management Report. That is 42 percent less than the average of 2,808 racks per year during the previous four fiscal years — a period that predominantly fell under former Mayor Michael Bloomberg's tenure, the reports show.

cling between 2011 and 2016, from 270,000 daily trips to 460,000 daily trips, according to the most recent city data. Bike parking is "essential infrastructure" if the city wants to treat cycling as a real transportation option, according to Jon Orcutt, a spokesman for Bike New York who worked as the city's Department of Transportation policy director under Bloomberg. "Everybody's talking about Citi Bikes and scooters, but it's the humble bike rack that needs more attention," Orcutt said. "We ought to have a big installation of these around every subway stop, and we don't; we have them at a few



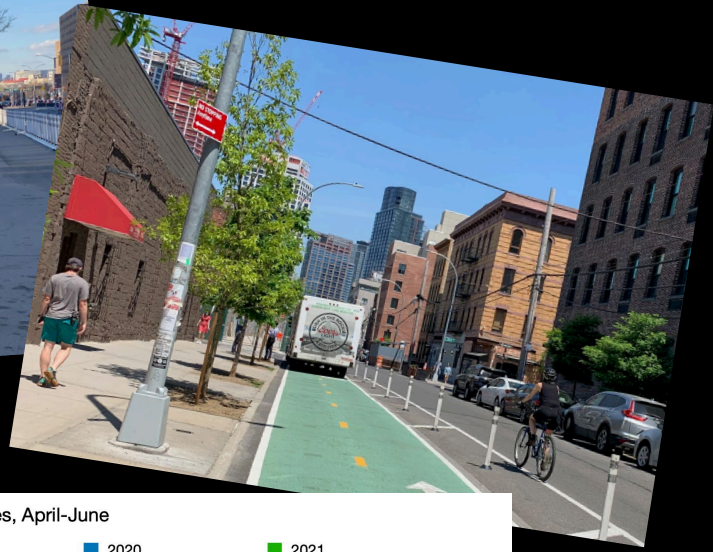
Bicycle riders, due to a lack of racks, often are forced to park on any nearby object.

make cycling a way to get to transit easily and to make it not a hassle to park your bike." A lack of legitimate parking can also cost bikers their rides. Rose Uscianowski, the Staten Island organizer at the advocacy

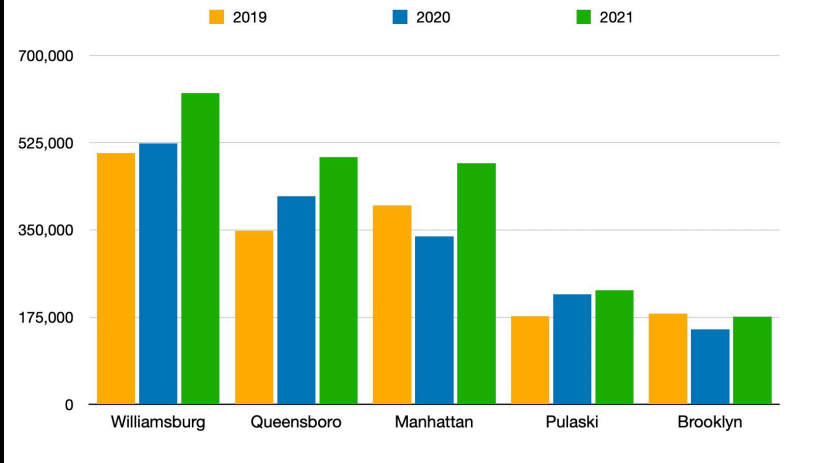
locking it to scaffolding. She said a thief disassembled the scaffolding and sid her bike off. The city is on track to hit its 1,500-rack target this fiscal year, which ends on June 30, a DOT spokesman said. But Or-

for the number of bike trips on the city's 6,000 miles of street. "We'd also be happier," Orcutt said, "if DOT acknowledged that bike parking is essential to bike transportation alongside its concern for 'high

amNewYork
Friday, Sunday, March 1 - 3, 2019
VINCENT BARONE



Total bike volumes on NYC bridges, April-June



From Big City to Bike City: Our Work for Better City Cycling Conditions

By Jon Orcutt, Director of Advocacy, Bike New York

We announced in these pages in 2019 that Bike New York was "adding its voice to efforts to produce more bike paths and protected bike lanes" because experience around the world shows that for many people to enjoy cycling, they need more separation from car traffic than New York offers today.

After all, what attracts 20,000 bike riders on one day each year? A 40-mile car-free route through the city!

They say great cities are never finished. That's certainly true of forging a bike-friendly New York.

But we can report real progress thanks to our engagement in direct conversations with city government and others on the policy problems holding back more bike use in New York City.

Most recently, Bike New York developed legislation to require the MTA to address bicycle access. Yes, there are seven bridges in New York that still exclude bicycle riding entirely — all managed by the Metropolitan Transportation Authority. At the TD Five Boro Bike Tour, you will enjoy views from the Verrazano Narrows Bridge, but the rest of the year, biking on bridges owned by the MTA is no-go. Our proposal, now approved by the State Senate and Assembly, requires the MTA to create a strategic plan for bicycling to fix this problem over time. It also points to the need for bike parking at train stations.

Earlier this year, we helped to shape city candidates' transportation platforms and held the first-ever mayoral forum on bicycling on March 1. City Hall hopefuls said more about cycling than ever before. Democratic nominee Eric Adams has said he will create 300 miles of new protected bike lanes, though the devil will be in the details for the incoming administration in 2022.

We also saw breakthroughs from the current administration early this year. Two years of Bike New York pressure on the city to restore its bike rack program was answered when new transportation commissioner Hank Gutman announced in February that DOT would install 10,000 new racks. And Mayor de Blasio announced that traffic lanes on both the Brooklyn and Queensboro Bridges would be repurposed for bikes. We had worked with the City Council in 2019 to urge the city to find a solution to the Brooklyn Bridge's overcrowded promenade, and with Transportation Alternatives to build support for separate lanes for bikes and pedestrians on the Queensboro.

Bike use in the city increased dramatically during the pandemic, and so far remains elevated at all-time highs. We know this in detail because Bike New York persuaded city government to release data from automated bike counters it has installed at 15 locations for the first time, beginning in January 2020. So we can report that biking on city bridges is fully 30% higher in June 2021 than it was in June 2019.

We can sustain and build on this growth in New York, but only with more bike-friendly streets. Bike New York is continually urging the city to improve its protected bike lanes. Too many of them are filled with parked or moving cars and trucks, and "protected" only by plastic posts that are easily and routinely destroyed by motor vehicles. The New York City Department of Transportation, the City Council, and mayoral hopefuls have so far committed to more miles of protected lanes. We need that commitment to be matched by one of better design.

We're getting there, and we are getting faster on the journey from big city to bike city with your support and participation!



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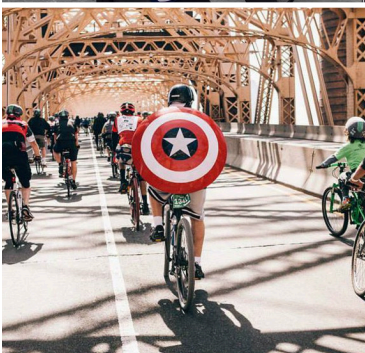
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SHARE & WIN

You rode 40 car-free miles. You saw all five boroughs like never before. You connected with 20,000 riders and reconnected with the communities that make New York City so special.

This year's Tour is all about getting out there, getting together and having fun! In addition to a new and improved Finish Festival at Empire Outlets in Staten Island, we're bringing you entertainment zones, cheerleaders, and free snow cones and other frozen treats from TD Bank. And we want to see you enjoying every minute of it! Whether you came in costume or just came as yourself, post a pic with you and your pals and tag it with #TDFBBT and @bikenewyork.

When you share your photo with these tags, you're automatically entered to win two passes to one of our regional rides this fall, the Twin Lights Ride or Discover Hudson Valley.



Follow us on Facebook, Instagram and Twitter @bikenewyork for Tour coverage. If you use #TDFBBT, we may reshare your snapshot!

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

Onward!

SUSTAINABILITY GOALS

Over the past few years, Bike New York has taken our sustainability practices to the next level. Since 2016, we're proud to have diverted more than 90% of waste from the landfills.

Here's how you can help us reach important sustainability goals this year:



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



Place damaged bike tubes and chains in upcycling receptacles at Rest Areas and at the Finish Festival. These parts will be upcycled into products like bags, keychains, and wallets.



Have questions about what goes where? Staff and volunteers will be stationed at Rest Areas and at the Finish Festival to guide you.



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



Go bananas! Refuel at Rest Areas with organic bananas from Del Monte Fresh Fruit.



Put trash in its proper place at Packet Pickup, Rest Areas, and the Finish Festival.



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.

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There's no New Yorker like a **Bike New Yorker.**

Cyclists of all stripes are welcome in the Bike New York Membership Program; it doesn't matter if you can't tell a crankset from a derailleur or if spandex is your second skin. The thing is, if you are a New Yorker—even if it's only in your heart or mind—and you ride bikes, you are a part of a community. Let's make it official. bike.nyc/membership

MEMBER PERKS:

- EARLY ACCESS TO TOUR REGISTRATION
- START WAVE 1 OR 2 ASSIGNMENTS FOR THE TOUR
- MEMBERS-ONLY PACKET PICK-UP LINE AT THE EXPO
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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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2021 CHARITY PARTNERS

The cyclists riding on behalf of these inspirational charities prove that the bicycle is a powerful tool to effect change.

Welcome, charity riders!

Achilles International	HeartShare Human Services of New York
Alzheimer's Association NYC	Hereditary Neuropathy Foundation
American Cancer Society	HOPE Program, The
B*CURD	Literacy Inc. (LINC)
Blue Card, The	Livestrong Foundation, The
Boomer Esiason Foundation (Team Boomer)	Lymphoma Research Foundation
Broadway Green Alliance	Marty Lyons Foundation, The
CaringKind, the Heart of Alzheimer's Caregiving	National Ovarian Cancer Coalition (NOCC TEAM TEAL)
Children's Tumor Foundation	New York Cares, Inc
Clothes to Kids of Fairfield County	Parent Project Muscular Dystrophy
Cystic Fibrosis Foundation	Planned Parenthood of New York City
debra of America	Ronald McDonald House New York
Gabrielle's Angel Foundation for Cancer Research	Sanctuary for Families
Global Mental Health Program	Support Center for Nonprofit Management

Bike New York is 501(c)(3) nonprofit whose mission is to transform lives and communities through bicycling. In 2018, we taught bike skills to more than 28,000 kids and adults. Funding for these programs comes from numerous annual events, including the TD Five Boro Bike Tour, Bike Expo New York, and regional events.

Visit www.bike.nyc for more information.

Bike New York thanks the following agencies, officials, organizations, bike shops, and sponsors for their support of the **TD Five Boro Bike Tour**

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