

A smiling man with a beard, wearing a bright yellow cycling helmet and a matching high-visibility yellow cycling jacket with black accents on the sleeves. He is standing next to a black bicycle with orange accents on the wheels. The background is a dark brown wooden wall with vertical planks. The overall mood is positive and energetic.

TD

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BIKETOUR**
NEW YORK / MAY 5, 2024

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OFFICIAL PROGRAM & RIDE GUIDE



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A LETTER FROM ERIC ADAMS

MAYOR OF NEW YORK CITY



Dear Friends:

It is my pleasure to welcome you to the greatest city in the world – and to the 2024 TD Five Boro Bike Tour.

When we came into office two years ago, we had a mission: Protect public safety, revitalize the economy, and make this city more livable for hardworking New Yorkers.

Building a bikeable city is key to that mission. This is personal to me. I have spent my life walking and biking this city. Our streets must be livable and safe for everyone.

Because we know the future of New York City is on two wheels. Cycling is the fastest-growing transit option in our city, and our Administration is dedicated to making sure that our cyclists feel safe in every neighborhood.

In our efforts to give city space back to the people, we are installing a record number of protected bike lanes across the five boroughs.

Through community outreach, education, and virtual events, Bike New York is an invaluable ally in our united mission to promote cycling, protect and empower bike riders in our city, and encourage forms of movement and transportation that reduce congestion and greenhouse gas emissions.

This year's Five Boro Bike Tour is hitting the road again and offers an excellent opportunity for New Yorkers of all backgrounds to get around, stay healthy, and take care of our environment.

I look forward to the many ways that Bike New York will continue to build a brighter, safer, and more active future for all.

On behalf of the 8.3 million people of New York City, I extend my best wishes for a safe, enjoyable ride and continued success.

Sincerely,

Eric Adams
Mayor of New York City

Bloomberg

Proud to support

TD FIVE BORO BIKE TOUR

CREDIT: BIKENYC

A LETTER FROM **KEN PODZIBA**

PRESIDENT & CEO OF BIKE NEW YORK



Dear Bike New Yorkers,

It is my pleasure to welcome you to the 2024 TD Five Boro Bike Tour Presented by Manhattan Portage. Today you will feel the thrill and the freedom of riding 40 car-free miles with more than 32,000 other cyclists in the greatest city in the world!

This iconic New York event is many things, foremost among them being cyclists from neighborhoods across the five boroughs, from every state in the nation, and dozens of countries throughout the world uniting in the largest rolling celebration of cycling. And, because it's a tour and not a race, it's an opportunity to experience this amazing adrenaline rush with your friends, family, and cycling buddies, and to meet new people with a shared passion for cycling.

Every Tour rider represents the greater good of helping us all safely enjoy the benefits of cycling for transportation and recreation, while making ourselves healthier and our planet greener. Each entry in the TD Five Boro Bike Tour helps support Bike New York's year-round bike education and programming that transforms the lives of New Yorkers and their communities across the city, completely free of charge. It also enables us to continue advocating for safer and more equitable streets for cyclists.

Thanks to you, our riders, we've been able to expand Bike Path, our second-chance workforce development program that trains formerly justice-involved New Yorkers to become bike mechanics and receive good-paying jobs. Additionally, our community bike shop in Brooklyn, Recycle-A-Bicycle, continues to make a substantial impact on the environment by refurbishing old bikes and diverting over 45,000 pounds of waste each year from landfills.

This one-of-a-kind springtime tradition, which began in 1977, could not happen without the enthusiastic support of Mayor Adams and all of our government partners including the Department of Transportation, NYPD, CECM, FDNY, DEP, OEM, MTA, TBTA, CAU, Department of Parks & Recreation, Central Park Conservancy, NYC Tourism + Conventions, and the Department of Sanitation. A special thanks to Transportation Commissioner Ydanis Rodriguez and his outstanding team for their continued partnership in co-producing the Tour and their unwavering support for cycling in New York City. We're also grateful to the National Parks Service, the United States Coast Guard, the United States Park Police, and the United States Army Reserve for hosting the Finish Festival at Fort Wadsworth.

Continued on next page

We're deeply grateful to our longtime title sponsor TD Bank, and presenting sponsor Manhattan Portage, along with Bloomberg, NYU Langone Health, Unlimited Biking, Thule, Tudor, Primal Wear, Kryptonite, Rockefeller Group, PWR Lift, C4, Sunkist, MetroPlusHealth, Flanzig and Flanzig, LLP, Rudy Project, MarathonFoto, Finish Line, Con Edison, and Jamaica Hospital Medical Center.

I'd also like to recognize the more than 1,300 cyclists who are riding today for causes that are near and dear to their hearts, raising over \$1 million for charities.

Last but certainly not least, a huge shout-out to our dedicated volunteers, numbering over 2,000 strong. Many return year after year, and their hard work is indispensable to making this day possible. Please take a moment to express your appreciation to them throughout the day—they truly deserve it!

Be safe, have fun, and enjoy the ride!

Sincerely,

Ken Podziba
President & Chief Executive Officer of Bike New York

A LETTER FROM YDANIS RODRIGUEZ

NEW YORK CITY DEPARTMENT OF
TRANSPORTATION COMMISSIONER



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

I am so excited to again join Bike NY in officially hosting this year's ride, as the New York City Department of Transportation for the first time serves as an official tour co-producer. Whether you are joining us for the first time or are returning to savor 40 miles of car-free New York City streets at the height of spring, you will today get to enjoy the unique experience of cycling in New York City.

You will have much to celebrate on your ride, including the fact that after a successful pilot two years ago, tour cyclists once again have more time to complete the ride than they had in years prior. Many of the roads on which you will find yourself riding today provide a special treat: the FDR Drive, Brooklyn-Queens Expressway, and Verrazzano-Narrows Bridge offer tremendous waterfront views that cyclists only get to enjoy on a single day each year -- when on this tour.

I am proud to say that New York City strongly supports cycling on our thousands of miles of streets all the remaining days of the year. Mayor Eric Adams himself cycles throughout our City, and under his leadership, cycling continues to expand dramatically. In fact, we announced that last year the pace of growth now includes over a half-million daily rides -- including more than 100,000 rides each day on Citi Bikes, helping to cement its stature as the continent's largest and best bikeshare program. As it celebrated its 10th anniversary in 2023, Citi Bike announced that its users have taken some **200 million** rides over the last decade!

In just the last year, and with the strong support and effective advocacy of groups like Bike New York, we have continued to make enormous progress in expanding access and making streets safer for cycling, including by:

- **Delivering on our commitments, creating a record 33 miles of new protected bike lanes across New York City and starting to redesign those lanes to accommodate further growth.** In 2023, we built new lanes in communities like Long Island City and Astoria in Queens and Greenpoint in Brooklyn. Along Manhattan's Third and Tenth Avenues, we introduced major redesigns that not only included new protected lanes, but also widened them -- to as much as ten feet. Wider lanes both recognize the growth in cycling and accommodate the growing number of faster electric-powered bicycles being used by delivery workers, visitors and New Yorkers alike. Meanwhile, we continued to fortify our existing protected lanes across the city, making it harder for other vehicles to obstruct those lanes; in the last two years, we have installed concrete Jersey barriers and other "better barriers" along twenty miles of those lanes.
- **Keeping an eye on equity in everything we do.** Our commitment to building out on-street protected bike lanes across the entire city also brought many miles of new lanes to major thoroughfares in East New York in Brooklyn, Williamsbridge and Soundview in the Bronx, and Far Rockaway in Queens -- communities mostly overlooked for earlier cycling safety improvements. I also joined Mayor Adams in Brooklyn's Prospect Park as we announced our

Continued on next page

unprecedented commitment to closing the final gaps in the City's greenway network in the coming years.

- **Completing major green infrastructure projects and keeping Open Streets "open."** As you ride down the FDR Drive today, you should look to your left to see the recently completed and spectacular new greenway for pedestrians and cyclists that the City's Economic Development Corporation has constructed along the East River in Midtown. Also in 2023, DOT remained committed to expanding New York City's unparalleled network of Open Streets to a wider range of communities, spurring and supporting community groups as they create and program their own activities -- and welcome cyclists -- along car-free streets.
- **Supporting bikeshare's continued expansion and improvement.** Citi Bike's ridership is growing and New York City is committed to many more years of bikeshare. In November, the Mayor and Citi Bike's operator Lyft announced changes that will keep Citi Bike rolling strong -- with a much larger fleet of its popular electric bicycles and a new batch of "classic" bikes to refresh the oldest models still on the streets, among many other improvements. A Citi Bike station can now be found within a 5-minute walk of half of our city's population, with new neighborhoods across the Bronx, Brooklyn, and Queens added just this past year.

Finally, as always, I want to offer 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 at Bike New York work closely with DOT, NYPD, and other City agencies to coordinate a logistically challenging but consistently wonderful event that touches each of the five boroughs.

I wish everyone a safe and enjoyable ride and hope that you will see firsthand why more and more New Yorkers are selecting cycling as their preferred way to get around this great city!

Ydanis Rodriguez
Commissioner



**Today,
the streets
are all yours.**

We're honored to partner with Bike New York, empowering New Yorkers one ride at a time.

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A LETTER FROM **ANDREW BREGENZER**

REGIONAL PRESIDENT OF METRO NY, TD BANK

Welcome to the 2024 TD Five Boro Bike Tour!

There is something truly special about the way this iconic ride brings so many together to explore the vibrant diversity of our communities and connect us in ways that celebrate our shared experiences through a common passion of cycling and love of New York City.

As an active member of the New York City landscape for more than two decades, TD is proud to continue its support of the tour as it enters its 46th year. Through sponsorships like this one, we are honored to give back in meaningful ways that are aligned with our mission to invest in the diverse communities we share. Bike New York's ongoing commitment to biking education and sustainability efforts mirrors TD's own commitment to providing tangible resources and programing, and the funds raised today will help them continue serving our neighbors throughout the five boroughs.

So, on behalf of TD Bank, and its more than 2,000 colleagues throughout New York City, thank you for joining us and participating in the 2024 TD Five Boro Bike Tour!

Have a great ride!

Andrew Bregenzer
Regional President of Metro NY, TD Bank



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.

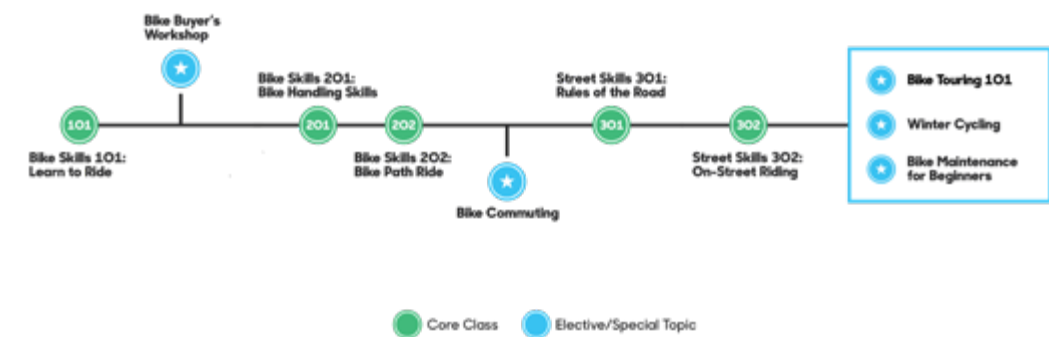
Official Health Partner of the TD Five Boro Bike Tour

SPORTS HEALTH

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!

Bicycle Field Trips

Schools can bring groups of youth ages 10 and up on a 2-hour field trip to one of our Bicycle Education Centers, where they can learn how to ride a bike for the first time, learn safety and basic bike handling skills, and take a group ride using our fleet of bikes.



After School Programs and Summer Programs

We teach kids the skills to ride 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.

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SIMPLE MACHINES: HOW THE TOUR MOVES PEOPLE

by Sam Slaton

Most kids in America owe their nascent understanding of anatomy to a song whose lyrics proceed like links in a chain, one part leading naturally into the next to make the music move:

"The foot bone's connected to the leg bone.
The leg bone's connected to the knee bone.
The knee bone's connected to the thigh bone."

And so on. When I was little and learning these lyrics, I assumed—not consciously, of course, because I wasn't concerned then with the origins of things—that my science teacher had made it up, or maybe it dripped into my consciousness from the world of early childhood educational programs like rainwater passing through layers of soil and stone to emerge, as if by magic, in a little stream of consciousness flowing cold and clear through one's memory, transformed by virtue of its passage through all those layers.

Turns out Ms. Neaves did not, in fact, write it to help me and my classmates at Walnut Valley understand how our bodies fit together. Rather, the song made its way to us via Schoolhouse Rock! But it's a much older, richer, and layered composition. "Dem Bones" was originally composed in the early 20th century by famed NAACP leader and author of Autobiography of an Ex-Colored Man James Wheldon Johnson and his brother J. Rosamond Johnson, an influential composer during the Harlem Renaissance. The song was inspired by Ezekiel 37:1-14, wherein the book's eponymous prophet visits the Valley of Dry Bones and is instructed by God to prophesy over them that they might

unite, that breath might enter them and bring them to life. In the original context, it's a metaphor for something far bigger, but that's beyond the purview of this piece.

This is where my editor, her patience thinning, asks, "What the hell does this have to do with the TD Five Boro Bike Tour?"

I promise, it connects! ("The foot bone's connected to the leg bone...") And anyway, isn't a good bike ride made better by an unplanned tangent?

Earlier this morning (the first school day after Daylight Savings Time), I walked into our dark garage, trailed by my 6-year-old son. I flipped on the light to reveal a quotidian valley of bones: bikes upon bikes, hanging from the walls and ceiling, propped up on rickety kickstands, dropped on their sides (drivetrains up!) by kids in a rush, leaning against one another for support—dirty, inert tangle of aluminum and steel. In the midst of it all, twin flames: my son's orange Norco Storm supine beside my red Brompton folding bike, propped primly on its tucked-in rear triangle. I lift the garage door, my son secures his helmet and saddles up, and his little legs, goosepimpled in the predawn cold (though he insists on wearing shorts), begin to pedal: he breathes life into the bike, and off we go, firelike beacons in the halfnight. We talk, as we usually do on these rides, in a meandering, disjointed way, which is the way of life (and of 6-year-olds). And yet it all connects nonetheless by virtue of our shared experience slicing our way through a brisk early-spring headwind to the school where he will—today, tomorrow, or, inevitably, someday soon, if he hasn't

already—learn that "the leg bone's connected to the knee bone," that everything and everyone's connected—and that's how we and the world move forward.

In the story from Ezekiel—which shows up, with variations, in each of the three Abrahamic religions—the bones must be united before they can be animated. Similarly, a bike's parts must be properly connected in order for pedaling to do anything other than impotently spin the cranks. Every component must come together to form the whole. Thus connected, they form a machine so perfect the Austrian philosopher Ivan Illich argues in his 1974 book *Energy and Equity* that any further "progress is theoretically not possible." (Others have described the bicycle as a freedom machine, happiness machine, clean machine, green machine, even a time machine.) It goes without saying (yet here I go saying it) that a single part divorced from the whole is nothing more than an interesting object at best and at worst a waste.

Thank you, reader, for your patience. We're about to get back on track.

Technically, a bicycle is a compound machine made of variations on three of the six classical simple machines: wheels and axles, pulleys, and levers. The TD Five Boro Bike Tour is sometimes mistaken for a simple machine not connected to anything else, as if every year since 1977, on the first Sunday in May, 32,000 people spontaneously decide to go on a 40-mile bike ride. But nothing could be further from the truth: the Tour is the drivetrain for a compound machine designed, quite simply, to move people.

That machine is called Bike New York, a 501(c)(3) nonprofit founded in 2000 to leverage the Tour in service of bringing the joy of biking to more people—to move us emotionally by moving us physically.

Human movement requires that three conditions be met. These can be simplified as the what, how, and where of locomotion. One must have a means of movement (i.e. the "what," whether that be feet, a bicycle, a train, etc.). One must know how to avail oneself of that means of movement (i.e. how to walk, how to ride a bike, how to buy a train ticket). Finally, one must have access to places to avail oneself of that means of movement (i.e. the "where" in our schema—sidewalks, bike paths, railways).

The simple machines that satisfy these conditions are Bike New York's numerous free programs, which are funded in part with proceeds from the Tour. Here's how it all connects—and how the money you spend on registration fees, merch, and more breathes

life into the system and makes the machine move.

In 2023 alone, Bike New York provided over 1,000 bicycles—1,000 freedom machines!—to underserved kids and adults throughout the five boroughs. Over the past few years, we've donated hundreds of bikes, lights, helmets, and locks to recently arrived migrants seeking asylum in New York City. Recycle-A-Bicycle, our brick-and-mortar shop located in Brooklyn on Fulton Street, fixes up used bikes and sells them at significantly reduced prices. In keeping with the animating spirit of the Tour—it began in 1977 as a ride for kids—Bike New York also provides bikes and curriculum to a cohort of NYC middle schools.

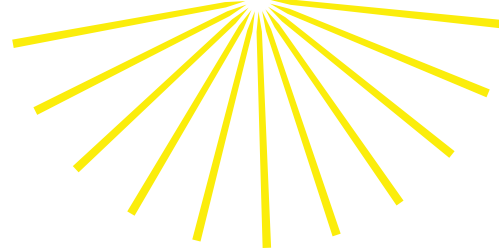
But a bike's no good if you don't know how to ride and fix it. That's why we offer free bike education classes for kids and adults. These run the gamut from Learn to Ride courses to Bike Commuting 101 and Bike Maintenance 101 (offered online and in-person at Recycle-A-Bicycle) and many more. We also run a bike mechanic training program for court-involved adults; graduates are guaranteed an interview with Motivate, the maintenance servicer of CitiBike.

We also create opportunities for people to ride. The TD Five Boro Bike Tour, now in its 46th year, is the main one. But there's also our regional events like the Twin Lights Ride that winds its way along the Jersey Shore and the Discover Hudson Valley Ride that showcases the best of upstate New York. Local rides scattered throughout the year offer bit-sized tastes of the best of the City. Bike New York also works closely with the City itself to advocate for better places to ride and for bike-friendly policies.

Just as Ezekiel unites and breathes life into the bones, the Tour connects all these programs and you provide the power. Thanks to you—thanks to your charitable investment in Bike New York—we've empowered hundreds of thousands of people around the world to grab life by the handlebars. With your continued support, we'll keep the machine moving and roll into a more equitable, sustainable, and fun future.



RIDING ON THE HIGHBRIDGE



The Get Kids Biking Program at IS 361, also known as the Highbridge Green School, located in the Highbridge neighborhood of the Bronx, is generating excitement among 7th-grade students during lunchtime. Led by physical education instructor Melba Bocachica, the program introduces students to the fundamentals of bike riding using curriculum and a fleet of bicycles provided by Bike New York and New York City Department of Transportation. Remarkably, within just a week of instruction, students who previously lacked the skill are confidently navigating on two wheels. Now, they are itching to get outside to spend their lunch hour practicing what they've learned.

This initiative is part of a broader effort across select New York City public middle schools, piloting Bike New York's Learn to Ride curriculum. Principal Kyle Brillante and physical education instructor Melba Bocachica spearheaded the adoption of this curriculum tailored for middle-schoolers. Spanning three weeks, the curriculum swiftly immerses students into the world of cycling, ensuring that by the program's conclusion, participants have developed proficient riding abilities.

Melba Bocachica emphasizes the significance of bridging the achievement gap through providing diverse experiences. "The achievement gap is often an experience gap," she says. "This program is providing access to skills that can really open up the city to these kids."

Principal Kyle Brillante echoes this sentiment, highlighting the program's role in empowering students, contributing to a sense of self-sufficiency and mobility. "The area has scant public transportation due to decades of disinvestment. We are seeing students confidently using bikes for transportation after participating in this program."

Now in its second year at Highbridge Green, the program has expanded its reach. From 80 7th-grade students in the inaugural year to 140 students, including returning 8th graders, the program continues to make a tangible impact. Bocachica notes the progression from basic bike handling skills to more adventurous excursions, such as riding over the Highbridge and embarking on two-mile rides, which provide students with memorable experiences and practical applications of their newfound skills. This year, 10 students from the program, along with Bocachica, are riding in the TD Five Boro Bike Tour as representatives of the NYC Department of Education. Each weekend in April, the students, led by instructors from Bike New York, are putting their skills to work on training rides to prepare for the May 5 event.

Both Brillante and Bocachica have observed the transformative effects of bike riding on students, ranging from increased physical activity and exposure to fresh air during the school day to heightened self-assurance derived from mastering a new skill. Students exhibit enthusiasm and engagement throughout the program, fostering a sense of independence and resilience.

"Forward-thinking, Bicycle Friendly cities make bike education part of students' school day," says Rich Conroy, Director of Education at Bike New York. "Bike Education IS physical education, and teaching cycling in school normalizes and makes it part of students' life, rather than something someone else does. Many cities and countries around the world teach cycling as part of their school curriculum, and we welcome the partnership between Bike New York, New York City Department of Transportation, and New York City Department of Education to bring this program to New York City's middle-schoolers"

Learning to ride a bike creates a lasting impact, providing students an invaluable life skill that promises to endure beyond their school years.

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EMPOWERING NEW MIGRANTS WITH BICYCLES IN NEW YORK CITY

In the melting pot of New York City, a place renowned for its diverse cultures and languages, the community's spirit shines brightest when it comes to welcoming those in need. The recent influx of asylum seekers arriving by bus, often without prior notice, has presented a unique challenge to the city. Rising to the occasion, Bike New York, an organization deeply rooted in community engagement, has launched an innovative program aimed at assisting these new residents: the Bicycles for Recently Arrived Migrants initiative.

This initiative was kick-started through strategic partnerships between Bike New York and several key city agencies and organizations, including the Mayor's Office of Immigrant Affairs (MOIA), the New York City Department of Transportation (DOT), the Department of Citywide Administrative Services (DCAS), and Unlimited Biking. The collaboration focused on the collection, repair, and distribution of bicycles, offering a practical and cost-effective transportation solution for new arrivals, facilitating their access to employment opportunities and essential services.

Central to the program's success is the Recycle-A-Bicycle shop, operated by Bike New York, where donated bicycles are refurbished and prepared for their new owners. In addition to a bike, recipients are equipped with helmets provided by the NYC DOT, and bike locks and lights donated by Kryptonite, ensuring their safety on the city's streets.

The process of equitably distributing bicycles to those in need involves a broad coalition of community-based organizations, city agencies, and corporate sponsors, each playing a crucial role in the initiative's effectiveness. Bike New York has engaged with numerous local organizations, such as La Colemena, Mixteca, Aid for Life, and many others, to identify migrants who can benefit most from this program. Contributions from Unlimited Biking and Trek in collecting donated bikes, along with the support from sponsors like Amazon, Ridgewood Savings Bank, and QVT, have been instrumental in covering logistical expenses and purchasing additional bicycles.



To date, the initiative has successfully distributed over 200 new and refurbished bikes to migrants, marking a significant milestone in Bike New York's mission to promote equity, accessibility, and sustainable transportation. 40 additional bikes, donated by QVT, will be distributed in the coming weeks.

The annual TD Five Boro Bike Tour stands as the organization's largest fundraising event, with each participant's involvement directly supporting projects like the Bicycles for Recently Arrived Migrants.

This initiative not only highlights the community's generosity and the collaborative spirit of New York City but also reaffirms Bike New York's commitment to making cycling accessible to all, regardless of their background or circumstances. The organization extends its gratitude to the diverse and vibrant community that continues to support its vision, making projects like these possible and impactful.

In empowering newly arrived migrants with bicycles, Bike New York is not just providing a mode of transportation; it's offering a pathway to greater independence and integration into the community, one bike at a time.



MEMBERSHIP BENEFITS

- **Membership exclusive merchandise**
- **All Members ride in Start Wave 1 of the TD Five Boro Bike Tour**
- **15% off on Bike New York Regional Rides** (Discover Hudson Valley Ride and Twin Lights Ride).
- **50% off hourly bike rentals with Unlimited Biking** (Tour rentals and e-bikes are excluded from this promotion).
- **20% discount on a Ride with GPS account**, a powerful ride planner and tracker for cyclists.
- **Be notified about our members-only Social Rides, Local Rides, and Meet and Greet events** via our monthly newsletter.
- **25% off on all purchases at Primal Wear** (exclusions may apply, contact us for details).
- **20% off on CLEVERHOOD rain gear.**
- **10% off all purchases at our Bike New York Online Shop**, including jerseys, other apparel, and Tour merchandise.
- **15% off all Kryptonite products at Bike New York's Recycle-A-Bicycle shop.**
- **10% off on repair service at Bike New York's Recycle-A-Bicycle shop**
- **35% off all helmets and eyewear from the Rudy Project**



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Bike New York empowers people to transform their lives and communities through bicycling. Rudy Project helps make this transformation possible with premium gear designed to elevate life on and

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LEARN MORE

NANCY ROSENTHAL: GENERATIONS OF CYCLE LOVE

"I see cycling as the answer, and I have since the day I learned to ride as a young person," Nancy Rosenthal says. "Cycling is joy, independence, and freedom from when you're a kid into your 80s. And for New York City, it's the way forward."

Nancy has enjoyed riding in several tours, including with her son and husband. Her first Five Boro Bike Tour changed her perspective of the city.

"I've always loved the city and was fortunate to live in the New York Metro area. But nothing prepared me for the magic of that day. The Tour transformed the city into one giant community. Riding up Sixth Avenue and being cheered by other riders, and strangers I will likely never meet—it was one of the highlights of my life. The Tour made the city new to me."

This inspiration drove Nancy to continue biking in Bike New York events—even after an accident at a subsequent Tour that resulted in an injury requiring surgery.

"It was a case of someone not paying attention to the safety rules that Bike New York is so clear about," Nancy says. "But I wasn't about to let someone else's mistake ruin my love for this."

Just sixteen months later, Nancy was back for the Twin Lights Ride! With a fellow rider's encouragement and practical advice, she completed her first Century that day. Bike New York's Twin Lights Ride offers routes ranging from 15 to 100 miles, and Nancy challenged herself with 100 miles.

Buoyed by the experience, immediately after her ride, she asked to meet whoever was in charge and was introduced to Ken Podziba, President and CEO of Bike New York. Nancy told Ken about her Tour experience, working back to health, and completing 100 miles with the aid of a fellow rider—then asked if she could give him a hug.

Their shared love for bicycling sowed a strong friendship.

"Through Ken I've seen how Bike New York partners with the city and state to bring change and increase safety for cyclists," Nancy said. "Improving rider safety and also increasing access has never been more important."

Ken also became a trusted advisor as she navigated pandemic-related changes in her family business.

"He was generous with his time, and as we discussed my next steps, I asked how Bike New York had weathered the same storm. Ken described the devastating impact of reduced Tour ridership on the organization's core community programs including a second chance workforce development program, and the bike education program that teaches thousands of children and adults to ride each year."



The conversation also planted a seed in Nancy's mind.

"Bike New York's programs change people's day-to-day lives year-round. The gift of cycling, the gift of a trade—those things change lives. I wanted to help Bike New York flourish."

She called Ken and made two requests:

- 1) Would Bike New York start a legacy club and invite others to give as she had?
- 2) Would he and the organization focus on building capacity in fundraising to recover from the pandemic and ensure all of Bike New York's transformative programs could continue serving present and future cyclists?

After a resounding yes from Ken and the organization, Nancy Rosenthal became the inaugural member of Bike New York's Legacy Club.

"You get to a certain point in your life, and you think, what is my legacy?" Nancy said. "Who will get my resources, and who do I trust to make the most of them? Making a transformative gift was a careful and intentional decision, but it felt great once I had made it."

In Nancy's estate plan she named the fund that is dedicated to Bike New York after her daughter—who is named after her grandmother—to honor four generations of women.

"I'm hopeful to bring the same joy and freedom of cycling I experienced to future generations," Nancy says. "When you love something, you want to share it."

Interested in legacy or estate planning?
Contact Bev Lacy at blacy@bike.nyc

DISCOVER HUDSON VALLEY RIDE



Registration
now open



RIDE THE HUDSON VALLEY WITH BIKE NEW YORK

<https://www.bike.nyc/events/discover-hudson-valley-ride/>

STUART KROHNENGOLD

1955-2024

Earlier this year, the Bike New York family lost longtime supporter and board member Stuart Krohnengold.

Stuart's connection to Bike New York (and the TD Five Boro Bike Tour) predates this organization's existence. Growing up in the Bronx, Stuart became involved in cycling, skiing, hiking, and camping through the teen adventure program at the NY Council of American Youth Hostels. His longstanding friends still talk about their epic winter hiking and camping adventures on New Hampshire's Presidential Range and in the Adirondacks.

After graduating from SUNY New Paltz, Stuart returned to NYC and worked at the American Youth Hostel, eventually becoming manager of its retail store. He received his MBA from Columbia University and began his long career at the New York Life Insurance Company. In 1990, Stuart married Amy Laurence, and together they raised their two sons in Westchester, where they hosted annual board and staff barbecues, joining their guests to ride laps on the closed Bronx River Parkway.

When Bike New York was first formed in partnership with the AYH, many of its board members were longtime volunteers, but they were in need of someone with business experience. Asked if he would be willing to pitch in, Stuart enthusiastically said yes. For almost 25 years, he was an extremely active board member, using his professional skills to help Bike New York advance and improve.

He also took on special projects aimed at expanding our presence in the cycling community, the most significant being the comprehensive reorganization of Recycle-A-Bicycle's business and operations after they merged with Bike New York. He and fellow board member Matt Rogers made site visits, interviewed employees, and conducted thorough examinations of the financials, producing a report that became the guide for staff to overhaul the running of Recycle-A-Bicycle, allowing us to greatly increase the number of reasonably priced refurbished bicycles available to New Yorkers.



Stuart viewed his introduction to bicycling as transformational in his life. He was adamant about introducing his own sons to the joy of cycling, riding with them and sending them on the biking programs that had made such an impact on him. As a board member, Stuart wanted to help Bike New York bring this same experience to as many New Yorkers as possible.

Bike New York has created the Stuart Krohnengold Scholarship Fund, inspired by Stuart's dedication and deep commitment to Bike New York and the Tour. The Fund honors Stuart's incredible legacy and enables us to invite a group of our young students to participate in the TD Five Boro Bike Tour as Youth Ambassadors.

Stuart's most frequent point at board meetings was that he wanted Bike New York to be the preeminent bicycling organization in New York and the United States. It is on his shoulders and those of our many volunteers that we strive to achieve that goal.

TWIN LIGHTS

RIDE



Registration
now open



SEE THE TWIN LIGHTS WITH BIKE NEW YORK

www.bike.nyc/events/twin-lights-ride

BIKE PATH: TRANSFORMING LIVES THROUGH BICYCLE MECHANIC TRAINING

Bike Path is an innovative job training initiative designed specifically for individuals in New York who have had encounters with the justice system, offering them a unique opportunity for a fresh start. Developed and implemented by Bike New York, this pioneering program stands as a beacon of hope, providing a pathway to sustainable employment and personal growth through the specialized training of bike mechanics.



PROGRAM OVERVIEW

This comprehensive program spans four weeks and focuses on equipping participants with the skills necessary to excel in the field of bicycle mechanics. By collaborating with various community-based organizations (CBOs), Bike Path meticulously selects and prepares groups of students, ensuring they emerge as proficient bike mechanics ready to enter the workforce. Upon successful completion, participants are guaranteed an interview, paving the way for immediate employment opportunities.

PARTNERSHIPS & EMPLOYMENT

A key to the program's success is its strong network of partnerships with potential employers, New York City agencies, and CBOs. These collaborations are vital, providing participants with practical, hands-on training and valuable work experience. Bike New York has the privilege of training up to 20 individuals at a time in repairing a range of bicycles, including traditional bikes, CitiBikes, and Citi E-Bikes. A noteworthy partnership with Motivate—the company responsible for maintaining NYC's vast CitiBike fleet—ensures that graduates have the opportunity to work with a company that values and supports second-chance employment. The majority of Bike Path graduates secure full-time seasonal positions at Motivate, with prospects for career advancement.



VISION AND IMPACT

Born from a vision of offering new beginnings, hope, and contributing to restorative justice, Bike Path addresses the broader societal challenge of mass incarceration. By providing education and stable employment opportunities, the program aims to mend the fabric of communities impacted by the criminal justice system. Managed by Jeremy Lockett and Ben Goodman, the program not only fosters skill development but also strengthens community ties.

The positive reception and growing interest from bike shops and fleet maintenance programs indicate a promising future for Bike Path. This enthusiasm is expected to lead to more partnerships, expanding the program's reach and enhancing its impact on participants' lives. In a gesture of encouragement and practical support, each graduate refurbishes a bike to take home upon completing the program, aiding their commute to newfound employment.

SUCCESS STORIES & FUTURE PROSPECTS

The effectiveness of Bike Path is reflected in the significant achievement of its graduates, who start their new careers with a competitive wage of \$25.25 per hour. Second-chance workforce development programs are proven to reduce recidivism rates by offering formerly justice-involved individuals a concrete path towards education and stable employment. Bike New York's commitment to this cause is unwavering, driven by the belief in every individual's potential to create a new life for themselves.

As Bike Path continues to evolve and attract new partners interested in fostering second-chance employment, the program is poised for greater success. Supported by the generosity of donors aligned with Bike Path's mission, Bike New York remains dedicated to extending its training, service, and hope to those who are often marginalized in our society, affirming the belief in second chances and the transformative power of new beginnings.

A LEGACY POWERS THE FUTURE



Bill Massi has vivid memories of cycling with his late father, William Massi, including their first Five Boro Bike Tour when Bill was only 14. "What I remember most is just the time I spent with my Dad," he says. "I'm thankful for those memories and that I could join him in something he loved so much."

Earlier this year, Bill approached us with an idea to commemorate his father's life. His objective was to establish an annual tradition empowering young cyclists to participate in the TD Five Boro Bike Tour.

"My hope for the young people who participate is simple: have fun and be in the moment," Bill says. "This program is a chance to be a part of something special--making friends, learning new skills, and seeing New York City from a different perspective. Soak it in! Who knows, this program might be the catalyst for a lifelong love of cycling, just like my Dad had."

Bill had been a Charity rider on behalf of the ASPCA during one of his many Five Boro Bike Tours, and his passion for philanthropy and volunteering gave him hope that the tribute to his Dad would be something he could support with volunteer hours. "I've found that I am happiest in my life when I am able to do things that help others. That doesn't always mean supporting large

initiatives like this, though. It is as simple as striving to live a life of integrity, where being cordial and thoughtful to those around you is a priority. I learned this from my Dad who always took care of those around him."

With Bill, Bike New York has created the Massi Legacy Fund, a tribute to William Massi supporting Bike New York's Youth Cycling Club. William participated in many TD Five Boro Bike Tours and other organized rides in the tri-state area throughout his life. As a cyclist, he prided himself on bike safety, especially following the rules of the road--skills that embody the mission of Bike New York's Youth Cycling Club.

Born and raised in Brooklyn, William was introduced to bike education and maintenance at a young age by his father, a WWII airplane mechanic-turned-bicycle manufacturing technician.

William is remembered as a man of strength, integrity, and devotion. This fund strives to honor his legacy while supporting the next generation of cyclists in building their own!

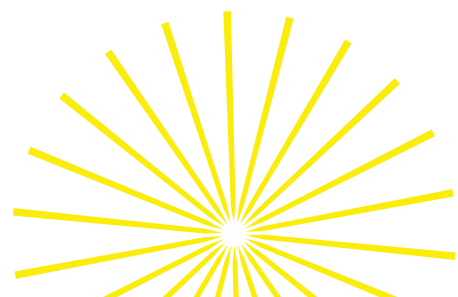
Bike New York's Youth Cycling Club is a 12-week program that begins with Bike New York's Bike Education curriculum. Participants learn the rules of the road, how to ride in a group, and bicycle safety. They also receive instruction on nutrition and healthy habits. Their new skills are developed and honed during training rides, empowering young people to explore NYC by bicycle.

The confidence and endurance these participants gain will be tested as they ride the 40 miles of this year's TD Five Boro Bike Tour. After they've completed their training and participated in the Tour with 32,000 other cyclists, they can extend their bicycle education with Bike New York to include bike maintenance and bicycle field trips, or with partner organizations that explore mountain bike riding and competitive cycling.

Bill has a little advice for Bike New York's Youth Cycling Club members: "Don't underestimate the Verrazano Bridge! It's a gradual hill, so prepare to save some energy to tackle that final mile into Staten Island. Your calf muscles will thank you."

We are incredibly thankful to Bill for establishing a tribute to his Dad, passing his love of cycling on to the next generation of riders, and for developing the Massi Legacy Fund.

You can support Bike New York's Youth Cycling Club by [giving here](#).



BIKE NEW YORK VOLUNTEERS: AN INTEGRAL LINK IN THE CHAIN

Bike New York, a small but mighty nonprofit striving to enhance cycling accessibility across New York City, thrives on the dedication of its year-round volunteers. With over 1500 individuals contributing annually, dedicated volunteers ensure the success of flagship events like the TD Five Boro Bike Tour.



In conversations with several volunteers, we uncovered the driving forces behind their enduring commitment.

Nicole Santiago and Ariff Hajee, educators at Pathways to Graduation - a high school alternative program serving mostly ESL students, lead by example. For the past three years, they've brought ten students to assist with pumping up tires at the tour's start. Afterward, the teachers and students ride the course, experiencing a day of car-free fun.

Their impact extends beyond event day. Nicole and Ariff established an after-school bike mechanic program, empowering immigrant students through hands-on learning and

bike refurbishment after being trained by the experts at Bike New York's Recycle-A-Bicycle.

Ariff emphasized the program's transformative effects: "Many of our students often feel overlooked because they are immigrants... With this program, students gain a sense of control, expertise, and confidence."

For Jerusha Ramos, a dedicated volunteer with over a decade of experience, the tour is a platform for change. Leading the Tri-Latino Triathlon Club, whose mission is to increase the number of Latinos and people of color in triathlons, she brings Bronx youth to engage with the cycling community, promoting diversity in the sport.

"The Tour lets these kids see that this sport is for everyone," Jerusha said. "They get to see the diversity of cyclists in NYC. They get to see that anybody can ride and that the community is embracing them."

Jerusha's commitment extends beyond the tour. She leads community rides for Bike New York, echoing the values of community service instilled during her upbringing in the Bronx.

Jerusha encapsulated her mission: "I grew up learning that giving back, doing good, and sharing your gifts were important... I try to embody those values I was raised with."

Bike New York celebrates the contributions of volunteers like Nicole, Ariff, Jerusha, and their students, recognizing them as integral to the TD Five Boro Bike Tour's continued success. Without their dedication, the organization's mission would be impossible to fulfill.

THANK YOU TO ALL OUR AMAZING VOLUNTEERS!





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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.

- If 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 wave.
- Riders heading southbound to the Start Line must enter their wave via Broadway.
- Riders heading northbound to the Start Line must enter their wave via the Hudson River Greenway.

WAVE 1 (7:30AM) VIP & CHARITY RIDERS, PREFERRED START, MEMBERS

Recommended arrival time: 6:00AM-7:00AM
Southbound: Preferred Start and Members should enter at Thomas
Northbound: Preferred Start and Members should enter from Chambers to Bogardus Plaza then Duane

VIP & CHARITY BREAKFAST

VIP Riders: Access VIP breakfast at Canal and Church
Charity Riders: Access Charity breakfast at Broadway and Worth

WAVE 2 (8:05AM)

Recommended arrival time: 7:05AM-7:35AM
Southbound: Enter at Murray
Northbound: Enter at Warren

WAVE 3 (8:40AM)

Recommended arrival time: 7:40AM-8:10AM
Southbound: Enter at Fulton
Northbound: Enter at Vesey

WAVE 4 (9:15AM)

Recommended arrival time: 8:15AM-8:45AM
Southbound: Enter at Cedar
Northbound: Take Albany to Greenwich to Thames

WAVE 5 (9:50AM)

Recommended arrival time: 8:50AM-9:20AM
Southbound: Enter at Morris
Northbound: Take Albany to Greenwich to Rector

WAVE 6 (10:25AM)

Recommended arrival time: 9:25AM-9:55AM
Southbound: Enter at Morris
Northbound: Take Albany to Greenwich to Rector

- **After a Start wave is released, the next Start wave moves up. Please refer to access points for earlier waves.**
- **Sixth Avenue will reopen to cars at 12:00PM.**



Finish Festival (10:00AM - 5:00PM)
Ft. Wadsworth

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

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, use [Google Maps](#) to plan your route. Be sure to click the bicycle icon.

Driving & Parking

We recommend that participants driving to the TD Five Boro Bike Tour park on Staten Island in the morning. You can bike to the Ferry and ride over to lower Manhattan to the Start. After you finish riding, you'll ride back to your car and avoid any lines at the Ferry.

NOTE: Cars parked along the Tour route will be towed and impounded.

Subway

Note that some subway stations do not accommodate bikes. The MTA requests that participants do not bring bikes on the L/M/G trains. Visit www.mta.info for customized travel directions using TripPlanner, or call the MTA for more information by dialing 511. Check the [schedule](#) for changes as Tour day approaches.

Riders bringing their bicycles should use:

- E World Trade Center
- 1 2 3 4 Chambers St.
- R Cortlandt St.
- 1 South Ferry
- 4 5 6 Brooklyn Bridge
- 4 5 Bowling Green (n/b exit only)
- J Broad St.

These train stations do not accommodate bikes:

- 2 3 4 5 6 Fulton St.
- 2 3 4 5 Wall St.
- 1 R Rector St.
- R Whitehall St.
- 4 5 Bowling Green (s/b exit)



Subway Service Notes for Tour Day

- The A train will only operate between Inwood-207 St, Manhattan and Euclid Av, Brooklyn.
- Riders coming from JFK Airport must take a shuttle bus to Euclid Av for continuing service to Manhattan.
- A/C trains operate via the F in both directions between West 4 St & Jay St-MetroTech.
- Riders traveling to Spring St, Canal St or Chambers St can use the E train.
- Riders traveling to Fulton St should use the 2/3 trains.
- Riders coming from Brooklyn & Queens should transfer to a Manhattan-bound R train at Jay St-MetroTech and take that to Cortlandt St/World Trade Center.

Please plan your subway travel accordingly.

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, Harrison, Journal Square, Grove St., and Exchange Pl., take the WTC train and get off at the World Trade Center stop.

- 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)

On Tour day, off-peak fares apply, and bike permit rules are suspended.

- Cyclists can take the Long Island Rail Road (LIRR) to Penn Station or Grand Central-Madison and then transfer to downtown subway service, or cycle downtown.
- We ask that you space you and your bikes evenly throughout the train to facilitate the flow of people boarding and disembarking at stations.
- Please bring a bungee cord to secure your bike.

For more information on departure times and station locations, including weekend timetables, visit www.mta.info/lirr.

Metro-North Railroad

Take the Metro-North to Grand Central Station at East 42nd St. and Park Ave.

To get to Bowling Green via subway from Grand Central Terminal, take the 4, 5, or 6 train to the Brooklyn Bridge or City Hall stations.

On Tour Day:

- Bikes are allowed on all trains on the Harlem, Hudson, and New Haven Lines.
- Bike permit rules are suspended.
- There will be no restrictions on the number of bikes per train.
- Off-peak fares apply.

For more information on departure times and station locations, visit www.mta.info/mnr.

PARKING ON STATEN ISLAND

We recommend that participants driving to the TD Five Boro Bike Tour park on Staten Island in the morning. Parking will be easier, and you'll avoid waiting in line for the ferry at the end of the day.

If you park on the street, please observe all posted parking restrictions. Cars parked along the Tour route will be towed.

Paid Parking Lots

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 nearby:

Empire Outlets Parking

Hours: 24/7

Cost: \$25/day*

[Prepay your Tour day parking now](#)

Note: The Empire Outlets garage will be accessible for parking until 8:30AM on Tour day. You must park elsewhere after that time.

Saint George Courthouse Garage and Parking Lot

Hours: 8:00AM - 8:00PM

Cost: \$12/day* (Subject to change)

Pay with cash or credit card (no debit card)

25 Wall Street

Hours: 24/7

Cost: \$15/day* (Subject to change)

Pay with cash, credit, or debit card.

Cars that park without checking in with an attendant are subject to being booted. Riders must comply with all posted rules and regulations.

South Beach Field #4, 446 Father Capodanno Blvd

Parking is on a first-come, first-served basis. Participants parking at South Beach can cycle to the Staten Island Ferry in order to get to the Start Area in lower Manhattan.

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.

Ferry

Staten Island Ferry

The Staten Island Ferry is one of the best boat rides you can take, and it's FREE!

- If you are parking or staying on Staten Island, you can take the ferry to lower Manhattan, and then bike to your Start location. There are no bike limits for the Staten Island ferry.
- Ferry service for the Tour begins at 6:00AM, running every half hour until 11:00AM.
- Starting at 11:00AM, ferries will run every 15 minutes until 6:00PM, and then every half hour after that.

Note: Lines for the Manhattan-bound ferry may be long starting in the early afternoon.

NYC Ferry

Note: This is not information for the Staten Island Ferry.

We have been asked by NYC Ferry's organizers to discourage Five Boro Bike Tour participants from using NYC Ferry on Tour day. NYC Ferry is significantly constrained in their ability to take bikes onboard.

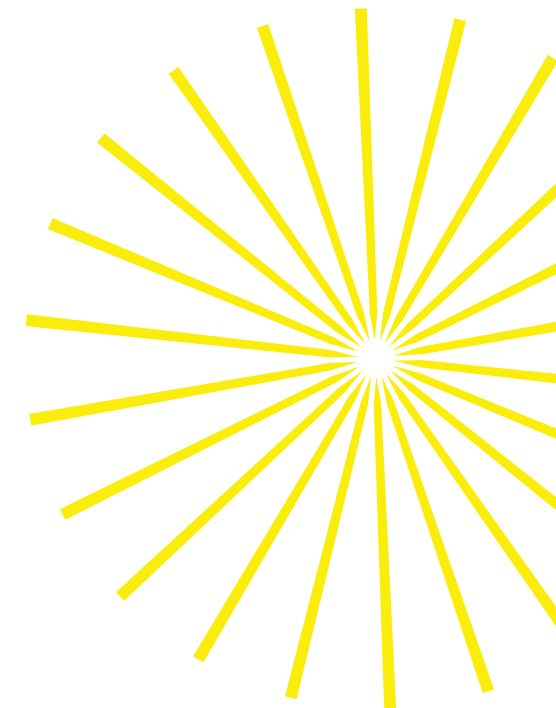
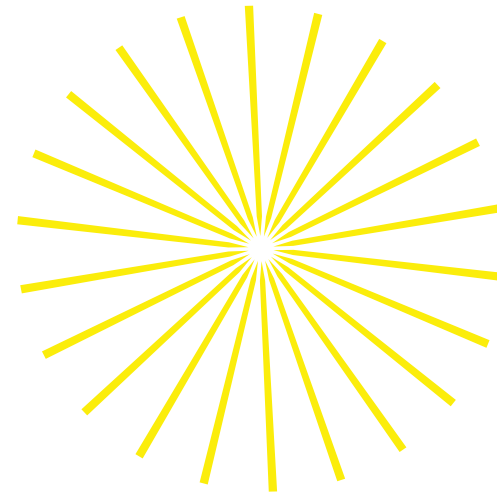
NY Waterway (from New Jersey)

We do not have specific Tour day information for NY Waterway.

Please visit NY Waterway's website for more information.

While you're in NYC...

If you're coming to New York City for the TD Five Boro Bike Tour, then make sure to check out nycgo.com for official visitor information to help you plan your trip! The guide is a great resource for everything you need to know regarding where to stay, eat, drink and play while you're in town.



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.

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 Bike New York mechanics, first aid, and information. Complimentary refreshments include New York City water provided by NYC Department of Environmental Protection, bananas, pretzels, and electrolyte beverages, provided by Bike New York and select sponsors. Signs and Marshals along the route will direct you to bypass lanes.

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

**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>
28	Brooklyn Bridge Park
33	Gowanus BQE
39	Stapleton Water Station



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.*



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.



Information Tents

Information Tents at the Start Area (in Bowling Green), 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 and Cheer 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, 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 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).

Free bike repair labor is generously provided by:

- Bike New York
- Bill's Cyclery
- NYC Velo
- Izzy's Bike Shop
- Ride Brooklyn
- Propel Bikes
- Chelsea Bicycles

Repair services can be found at these locations:

- Bowling Green - Broadway & Battery Pl.
- Duarte Park - Canal St. & 6th Ave.
- Central Park - East Drive & 72nd St.
- Adam Clayton Powell Jr Blvd. & 115th St.
- Bronx Water Station - 138th St.
- FDR Rest Area - Pleasant Ave. & 114th St.
- Astoria Park Rest Area - Inside Astoria Park
- Con Ed Learning Center Rest Area - Vernon Blvd. and 43rd Ave.
- Kent Avenue & N. 14th St.
- Flushing Ave. & Clermont Ave.
- Commodore Barry Park Rest Area - Flushing Ave. & N. Elliott Place
- Brooklyn Bridge Park Water Station - Pier 2 Parking Lot & Furman St.
- Gowanus Water Station - Gowanus Expwy between 81st & 82nd St.
- Finish Festival - Ft. Wadsworth

RIDER ID KIT

The Rider Identification Kit (RIK) comprises a **helmet cover**, a **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 pinned visibly on your torso and your bike plate must be attached to your handlebars.** Please do not discard your bib or bike plate at the Finish Festival.

FINISH FESTIVAL

After conquering five boroughs and as many bridges, you will finish your day at Ft. Wadsworth. Once you arrive, pick up your TD Five Boro Bike Tour finisher medal, then kick back and relax before you head to the Staten Island Ferry.



Entertainment

Check out the live entertainment on the main stage 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 in some of the best local food vendors to the Festival. After putting in that many miles, you're gonna be hungry!



Official Merchandise

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



Photo Ops

Get on stage and take a victory photo at the Finisher Photo Op presented by TD Bank.



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.

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 420 cubic in. (6.9 L.)

BAG RESTRICTIONS

NO

BAGS WITH SHOULDER STRAPS
(INCLUDING BACKPACKS, MESSENGER BAGS,
DRAWSTRING BAGS, & HYDRATION PACKS)

PANNIERS AND ANY BAGS THAT
HANG ON THE SIDE OF YOUR BIKE

COVERED BASKETS

ANY BAGS OVER 420 CUBIC
INCHES (6.9 LITERS)



YES!

SADDLEBAGS (AKA SEAT BAGS)

FRAME BAGS

HANDLEBAR BAGS

FANNY PACKS

UNCOVERED BASKETS



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.

TIPS & FAQs

What to Bring

- Your Rider Identification Kit
- A helmet—no ifs, ands, or buts about it!
- 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.*

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.

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.

ROUTE MAP



MARATHON FOTO

SEE YOU AT THE FINISH!



THE FASTEST WAY TO CLEAN A DRIVETRAIN



Flanzig and Flanzig

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 65-year history of litigating on behalf of crash victims in the New York Courts. Over the last several years our firm has obtained some of the **highest recoveries in the State of New York** for pedestrians, cyclists 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.

Representing injured cyclists and other crash victims in all Five Boroughs and Long Island.

Offices in Manhattan and Nassau County

1-866-Flanzig (1-866-352-6944)

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* As reported in the NY Jury Verdict Search Reporter

FLAUNT YOUR MEDAL AND SHOW OFF YOUR STYLE THIS
#MEDALMONDAY

**You conquered 40 miles of car-free streets
alongside 32K riders from all corners of the world.
Now it's time to show off your hard-earned medal!**

Share a celebratory pic of yourself and your medal on social media, and remember to tag it with #MedalMonday and #TDFBBT. We want to see your creativity shine! Extra points will be given for unique, humorous, or adorable medal photos. Need some inspiration? Check out our favorite shots from 2023!



Extraordinary Properties

We're creating exceptional experiences in the built environment — at home and at work. Visit [rockefellergroup.com](https://www.rockefellergroup.com) to view our development pipeline in New York and nationally.

ROCKEFELLER
GROUP

Join us on Facebook, Instagram, and Twitter @BIKENEWYORK to keep up with our latest updates and announcements. And if you want to be featured in our feeds, tag your Tour weekend social media posts with #TDFBBT. Remember, capturing photos while you're riding is not allowed, but there are plenty of opportunities to snap some awesome shots of your Tour experience off the saddle. Get snapping!

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F O R T H E P L A N E T E A R T H

2024 CHARITY PARTNERS

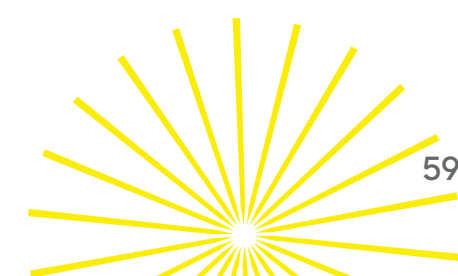
The cyclists riding on behalf of these inspirational charities prove that the bicycle is a powerful tool to effect change.

Welcome, charity riders!

- | | | |
|---|---|--|
| After-School All-Stars | Research | NMDP |
| Allyson Whitney Foundation | Girls in Gear | National Blood Clot Alliance |
| ALS United Greater New York | Good Shepherd Services | National Ovarian Cancer Coalition (NOCC TEAM TEAL) |
| America Needs You | The GRACE Foundation of New York | New York Cares |
| American Cancer Society | HeartShare Human Services of New York | New York Edge |
| American Liver Foundation | Hereditary Neuropathy Foundation | New York Legal Assistance Group |
| Arthritis Foundation, Inc. | Herren Project | The New York Society for the Prevention of Cruelty to Children |
| The Blue Card, Inc. | Housing Works | NYC Health + Hospitals |
| Boomer Esiason Foundation | Hudson River Community Sailing | NYU Langone Health |
| Bowery Residents' Committee (BRC) | Inner City Handball Association Inc. | Ohel Children's Home & Family Services |
| Brielle Grace Breast Cancer Foundation | Innocence Project | Parent Project Muscular Dystrophy |
| Broadway Green Alliance | JDJ Charitable Foundation | Planned Parenthood of Greater New York |
| BronxWorks | The Legal Aid Society | Ronald McDonald House New York |
| CaringKind, the Heart of Alzheimer's Caregiving | Lighthouse Guild | Sanctuary for Families, Inc. |
| Cerebral Palsy Alliance Research Foundation | Literacy Partners | SeriousFun Children's Network |
| Children's Tumor Foundation | LiveOnNY | Studio in a School |
| Christodora, Inc | The Livestrong Foundation | Sun River Health |
| Clothes To Kids of Fairfield County, Inc | LoveYourBrain Foundation | Tuesday's Children |
| Cystic Fibrosis Foundation | Lung Cancer Research Foundation | USA for UNHCR, The UN Refugee Agency |
| debra of America | Lustgarten Foundation | Volunteers of Legal Service |
| DKMS | Lymphoma Research Foundation | Worldwide Orphans Foundation |
| DogsTrust USA | Make-A-Wish Metro New York and Western New York | Yamba Malawi |
| The Foley Hoag Foundation | The Marty Lyons Foundation | YMCA of Greater New York |
| Gabrielle's Angel Foundation for Cancer | The Multiple Myeloma Research Foundation | |

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 30,000 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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- Chelsea Bicycles
- Izzy's Bike Shop
- NYC Velo
- Propel Bikes
- Ride Brooklyn

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- NYC Department of Transportation
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- MTA Bridges and Tunnels
- Metro-North Railroad
- New York State Department of Transportation
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- New Jersey Transit
- Port Authority of New York and New Jersey

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Five Great Routes - Fab Finish Festival - All Welcome!

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Use Code BNYPR24 to Save \$24

Thanks to Bike New York for supporting OutCycling
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Sign up for Escape New York using code BNY24 to save \$24. Additionally, NYCC will donate \$36 in your name to Bike New York.

All this for \$30 a year!

- Training programs and rides throughout the week
- Spring Training Series
- Educational and social monthly club meetings
- Cycling excursions, weekend events and signature rides like Escape New York
- Discounts at select cycling shops
- Access to our extensive and up-to-date ride library



nycc.org

For more details and to join, visit nycc.org/welcome



2023 Environmental Impact Report for Recycle-A-Bicycle

MATERIALS REUSED

22,003.1

pounds of materials

772

total items

ENVIRONMENTAL IMPACT*

The energy saved through recovering these materials is equivalent to:

48.32

metric tons of CO₂E

820.21

million BTUs

This emissions reduction is equivalent to...

charging

6.1

million phones

switching to

1,837

LEDS

taking

10.4

vehicles off the road

Recycle-A-Bicycle by the Numbers

1778

work orders

237

bikes donated to schools or other organizations

55

mechanics trained through the Bike Path program

457

bikes sold

652

donations

437

bikes built for sale

Learn more at www.recycleabicycle.nyc.

This data was prepared by donateNYC and fully funded by NYC Department of Sanitation.

* Greenhouse gas emissions and energy savings were estimated using US EPA's Waste Reduction Model (WARM) and US EPA's Gas Equivalencies Calculator.