

# TOGETHER WE RIDE

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**FIVEBORO  
BIKETOUR**  
NEW YORK / MAY 5, 2019

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INTRODUCING

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Follow the Tour:

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# A LETTER FROM BILL DE BLASIO

Mayor of New York City



May 5, 2019

Dear Friends:

Welcome to the 42nd Annual TD Five Boro Bike Tour!

As part of our Vision Zero plan, my administration is committed to expanding safe and equitable access for cyclists, who are among the most vulnerable street users. Cycling is the fastest-growing transit option in our city, and we have continued to expand dedicated cycling space as part of our robust bicycle lane network that now exceeds 1,200 miles. The ongoing leadership and advocacy of organizations like Bike New York adds to these efforts, offering new generations of cyclists opportunities to hone their skills and take advantage of all that biking has to offer.

By hosting annual events like the TD Five Boro Bike Tour, Bike New York has empowered people of all ages to transform their lives and their communities through cycling, while also giving them the chance to experience the unmatched vibrancy and diversity of our city. Welcoming over 32,000 riders from across the country and around the world, today's event guides participants along 40 miles of car-free streets throughout the five boroughs, all in support of Bike New York's educational outreach and programming that introduces our residents to the many benefits of cycling. I am proud to applaud all of this event's organizers and participants for helping us continue to reaffirm our city's status as a great destination for all cyclists.

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

Sincerely,

Bill de Blasio  
Mayor



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- 2nd Avenue
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## A LETTER FROM KEN PODZIBA

Bike New York's President & CEO



Dear Bike New Yorkers:

Welcome to the 2019 TD Five Boro Bike Tour!

The thrill of the Tour is navigating the greatest city in the world under your own power – and doing it shoulder to shoulder with 32,000 fellow riders!

The Tour is many things, and one of them is a huge, rolling get-together of riders from every borough and across the country and world. Many of you sign up with friends, family, and cycling buddies. Others join the dozens of charity groups that take on the Tour to raise funds for amazing causes.

The Tour's status as the most diverse large cycling event in America is something we're very proud of at Bike New York. Attracting riders from all walks of life, the Tour reflects our city today while honoring its legacy of welcoming all those looking for a chance. Every year on the first Sunday in May, we're united by the sheer joy of riding together.

Every Tour rider is also united for the greater good, helping all of us to safely enjoy the benefits of cycling for fun, health, and transportation. The TD Five Boro Bike Tour powers Bike New York's free cycling education programs. In 2018, we helped over 28,000 New Yorkers of all ages and experience levels build bike skills. And we're not done growing!

Bike New York is also adding its voice to efforts to win more bike paths and protected bike lanes. Experience around the world shows that for many people to enjoy cycling, they need more separation from car traffic than New York currently affords. After all, what attracts 32,000 bike riders on one day each year? A 40-mile car-free route through the city!

Big events require a real collective effort – in the case of the Tour, it takes a whole city! I'd like to thank our sponsors whose generous support makes the Tour possible, including TD Bank, our title sponsor. We also owe so much to the city, state, and federal officials who are instrumental in putting the Tour on each year. I'd especially like to thank Mayor de Blasio and his staff, Transportation Commissioner Polly Trottenberg and her team at NYC DOT, and the hardworking women and men of the NYPD, FDNY, Parks Department, Sanitation Department, and NYC & Company.

To our volunteers and staff who make the TD Five Boro Bike Tour and all of Bike New York's events and program tick, there's nothing else to say than this: We couldn't do it without you.

Together we ride!

Ken Podziba  
President & CEO  
Bike New York

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## A LETTER FROM **POLLY TROTTEMBERG**

New York City Transportation Commissioner



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

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 experience the wonder of cycling in New York City.

Under Mayor Bill de Blasio, cycling has expanded dramatically, and is our fastest-growing mode of travel. The City's commitment to cycling is central to our Vision Zero commitment to reduce roadway fatalities and injuries. As the first city to adopt Vision Zero in 2014, New York City has seen fatalities decline for five consecutive years. We have bucked national trends, and made our streets safer than they have ever been. In 2018, New York saw its fewest cyclist fatalities ever.

We understand, however, that the ten cyclist lives lost were ten too many. They were not simply numbers; they were our friends, family, co-workers, neighbors, and fellow New Yorkers.

With the support and effective advocacy of groups like Bike New York, we made enormous progress in making streets safer and more accessible for cycling. During 2018, those accomplishments included:

Over 20 miles of new protected bike lanes. On Ninth Street in Park Slope, Brooklyn, to 43rd/Skillman Aves in Sunnyside, Queens, and Midtown Manhattan's first-ever crosstown protected lanes on 26th and 29th Streets, we made significant additions to the bike network - 1,200 miles and growing.

Celebrating Prospect Park and Central Park becoming completely car-free. These urban oases are now the respite that Calvert and Vaux intended, the culmination of 50 years of fierce advocacy.

The expansion of bike shares. Last summer, we successfully piloted a "dockless" bike share in the Rockaways, the Bronx and Staten Island. Later in the year, Motivate, the parent group of Citi Bike, was acquired by Lyft. As part of the deal, Lyft announced plans to double Citi Bike's service area and triple the number of bikes to more than 30,000!

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

Polly Trottenberg  
New York City Transportation Commissioner



**Grab life  
by the  
handlebars.**

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

TD Bank is proud to sponsor the 2019 TD Five Boro Bike Tour. It's a wonderful way to see and support the great neighborhoods of New York.



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## A LETTER FROM ANDREW BREGENZER

TD Bank Regional President, Metro NY



On behalf of the more than 2,000 employees of TD Bank throughout New York City, I wish to thank all who are participating in this year's TD Five Boro Bike Tour.

TD Bank is honored to serve as the title sponsor of what will be our 13th Annual partnership with Bike New York, the organization that does a remarkable job each and every year coordinating this landmark event.

With your support, we are advancing our common mission to offer free bike education and access — enhancing sustainability and quality of life for all of our New York City neighbors.

This event is also a part of TD's Ready Commitment platform, through which we plan to direct \$100 billion (CDN) over the next decade to support financial security, inclusion, better health outcomes and a low-carbon economy across the diverse North American communities that we serve. You can find out more about this program, including volunteer opportunities at [www.td.com/thereadycommitment](http://www.td.com/thereadycommitment).

While I have supported this partnership and event from the sidelines and stage for more than a decade, this year I will proudly experience it firsthand as I ride with my daughter Isabel and friends.

So let's have a great ride and help make NYC, the greatest city in the world, even more vibrant!

Andrew Bregenzer,  
Regional President, Metro NY  
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## 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 60-year history of litigating on behalf of crash victims in the New York Courts. In the last two years, our firm has obtained some of the **highest recoveries in the State of New York** for pedestrians and other crash victims\*.

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

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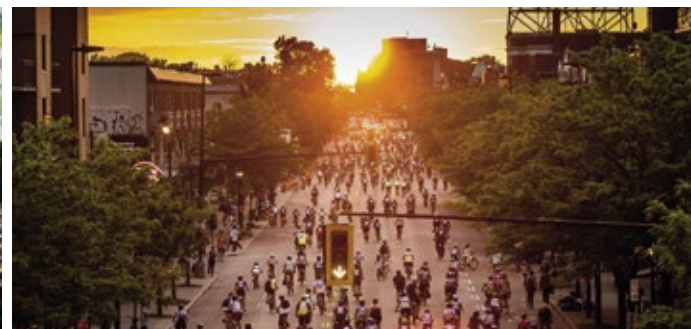
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## GO BIKE MONTRÉAL FESTIVAL MAY 31 TO JUNE 2, 2019

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

## GRAND TOUR DESJARDINS AUGUST 3 TO 9, 2019

Come spend a week in Saguenay–Lac-Saint-Jean and join 1,600 cyclists in a 500-mile tour – the largest of its kind in Canada – along a charming 1,000 square-kilometer lake. This region of outstanding natural beauty sets all cyclists' hearts aflutter!

Photos : Mathieu Deshayes\_APMJ et Maxime Juneau\_APMJ



# 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 hundreds of 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](http://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!

### 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.

### 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.





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](http://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

ACCESS TO MEMBERSHIP BEER GARDEN AT FINISH FESTIVAL

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## IN MEMORIAM SUPER-CAPTAIN DAVE SCHLICHTING



**“Dave was a long-time and much-loved part of our extended Bike New York family”**

Bike New York wishes to acknowledge the absence of one of the Tour's founding organizers. On Sunday, March 17, we received the awful news that Dave Schlichting had been killed by a hit-and-run driver while riding his bike on the Long Island Expressway service road in Lake Success, Nassau County.

“Dave was a long-time and much-loved part of our extended Bike New York family,” said Bike New York board chair Len Diamond. Dave was involved in launching and sustaining the Five Boro Bike Tour from its inception in the 1970s. He stayed involved in the TD Five Boro Tour as a Super Captain each and every year, and he had planned to take part again in this year's event.

Len recalled co-leading a weeklong ride with Dave that began and concluded in Denver, a loop through Rocky Mountain National Park. “At home, Dave often led trips starting from Cunningham Park in Queens out to Long Island and was an active club leader.”

Dave's deep love of cycling was evident in all aspects of his life. He was an early organizer of other notable New York region cycling events, including the Montauk Century. He commuted by bike to his job at Kennedy

Airport for many years. Dave rode extensively in the Alps and, more recently, he took multiple cycling vacations in New Mexico. He was such an enthusiast that he would occasionally travel to Las Vegas in order to attend the Interbike North American bicycle trade show.

“Dave was one of the most disciplined bike riders we know. His tragic death shows no matter how experienced and careful a bike rider is, cyclists in the New York area will continue to be endangered until governments at all levels take street and road safety seriously enough to build networks of protected bike lanes, design streets to operate at safe speeds and get problem drivers out from behind the wheel,” said Bike New York President & CEO Ken Podziba.

At the time of our print deadline in early April, Nassau County officials had not released any information about investigating the crash that took Dave.

Bike New York offers its deepest condolences to Dave's family and friends. We are grateful for the mark he made on the New York cycling community, and his presence at the Tour this year will be truly missed.

# EVENT DAY RIDE GUIDE

**TD**  
**FIVEBORO**  
**BIKETOUR**  
NEW YORK / MAY 5, 2019

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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 1 (7:30AM)

Recommended arrival time:  
6:30AM-7:15AM. Access Start wave 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)

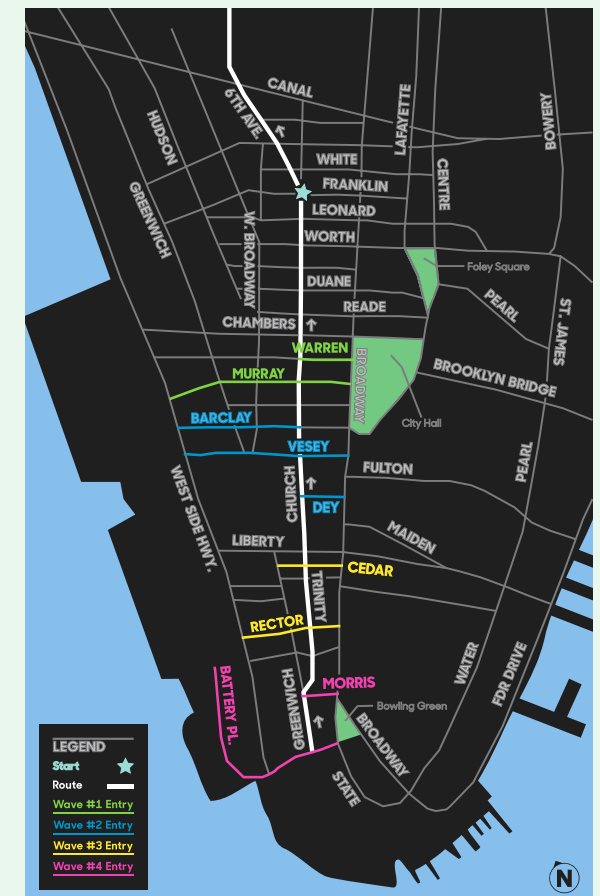
Recommended arrival time:  
8:20AM-9:05AM. Access Start wave corridor via Battery Place, Bowling Green, or Morris.

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 - 4:00PM)

Fort Wadsworth, Staten Island



# GETTING TO THE START

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

## Bike

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

## Car

If you are planning to drive, we suggest parking in Staten Island. Please see page 16 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	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](http://www.mta.info) for customized travel directions using TripPlanner, or call the MTA for more information by dialing 511.



## Train

### PATH Trains (from New Jersey)

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. Please be aware that all PATH trains to World Trade Center (WTC) will NOT be running. 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](http://www.panynj.gov) or dial 1-800-234-PATH.

### Long Island Railroad (LIRR)

The New York City stop for the MTA Long Island Rail Road (LIRR) is Penn Station, at 34th St. and 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](http://www.mta.info/lirr).

### Metro-North Railroad

On Tour Day, bikes are allowed on all trains on the Harlem, Hudson, and New Haven Lines. 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](http://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](http://www.mta.info/mnr).

## Ferry

### Staten Island Ferry

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

**START 1**  
5:30AM, 6:00AM, 6:30AM

**START 2**  
6:30AM, 7:00AM

**START 3**  
7:15AM, 7:30AM

**START 4**  
8:00AM, 8:15AM

### NY Waterway

NY Waterway will provide ferry service from Paulus Hook (Jersey City) to the World Financial Center Terminal (downtown Manhattan) for \$6 (one way). The service will start at 6:00AM and depart every 15 minutes. The bicycle surcharge will be waived until 8:30AM.

Ferries are first-come, first-served.

# GETTING TO THE FERRY

## Car

We recommend that participants driving to the TD Five Boro Bike Tour carpool and park in Staten Island in the morning. Parking will be easier and you'll avoid waiting for the ferry at the end of the day. We suggest parking in the following areas: the South Beach lot (see parking information to the right), near Staten Island Railway stations, or lots near the ferry.

(Due to construction, there will be 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](http://www.bike.nyc) for detailed driving directions.

## MTA Staten Island Railway

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

## South Beach Park-and-Ride

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

## Staten Island Ferry Parking

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 Ter.

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.

### Academy Place Parking, 25 Wall St.

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

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

# RIDER TIPS

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

Please note that once the Tour starts, the front of the pack will travel at approximately 15 mph, the tail at about 6 mph. Cyclists who fall behind will be given the option of boarding SAG (Support and Gear) vehicles traveling at the tail of the Tour, or leaving the Tour as the route permits.

## Shortcut

Riders at the back of the pack may be directed to take a shortcut that bypasses the Astoria Park Rest Area and leads directly to the Con Ed Learning Center Rest Area, trimming 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 will be stationed at each Rest Area and will follow the back of the pack. If you are running out of steam or fall too far behind, signal and then pull off to the side of the road to wait for SAG. They will take you and your bike to the Finish Festival.

## Leaving the Tour

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

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

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

### Mile 27: Brooklyn Bridge

Before the Tour enters the Brooklyn-Queens Expressway (BQE), you can leave the Tour at Old Fulton St. and Cadman Plaza West and take the Brooklyn Bridge bike path into downtown Manhattan. Marshals on the Brooklyn side will direct you. (This exit point is recommended for those traveling with children 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](http://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, first aid, and information. Complimentary refreshments from our sponsors include New York City water, Del Monte bananas, Utz pretzels, Clif bars, snacks from Nature Addicts, Chameleon Cold-Brew samples, assorted snacks from Wegmans, and active hydration drinks from nuun. Signs and Marshals along the route will direct you to Rest Areas or to bypass lanes.

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

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

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



## Entertainment

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



## 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>
27	Brooklyn Bridge Park
33	Gowanus BQE
40	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.

\*Handicap-accessible toilets available

\*\*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. Keep your eyes open for marked "Zero-Waste" stations. Our Green Team Volunteers will be happy to help if you need assistance. They'll be sorting plastic/glass, paper, organics, Clif Bar wrappers, and (hopefully very little) standard waste. Bring used bike tubes and chains to bike repair stations at Rest Areas and Water Stations, where they will be collected and upcycled into personal gear and apparel.



## Medical Help

Emergency Medical Technicians (EMTs) and paramedics from the Jamaica Hospital Medical Center Bike Unit are available to attend to medical needs, as are ambulances from the NYC Fire Department Emergency Medical Service. Ask any Marshal or NYPD officer 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

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



## 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.)



## Pump Teams

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



## 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.

If you do not retrieve your bicycle on Staten Island, you may claim it by contacting BNY at 212-870-2080. After May 10, unclaimed bicycles will be donated to Recycle-A-Bicycle.



## Tour Photos

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



## Lost and Found

Check at Information Tents at Rest Areas and at the Finish Festival for items lost along the way. No luck? After May 9, call 212-870-2080 or email [info@bike.nyc](mailto: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 Greenwich St. (Manhattan)
- Duarte Square, just past the Start Area (Manhattan)
- 20th St. and 6th Ave., in front of the TD Bank (Manhattan)
- North 7th St. and Kent Ave. (Brooklyn)
- Finish Festival, Fort Wadsworth (Staten Island)
- Bay St. and Hyland Blvd. (Staten Island)

### Free bike repair labor generously provided by:

- Bike Rent NYC
- Propel Bicycles
- Bill's Cyclery
- Ride Brooklyn
- Chelsea Bicycles
- Sid's Bike Shop
- Danny's Cycles
- Spokesman Cycles
- NYC Bicycle Shop (Staten Island)
- Tony's Bicycles
- NYC Mechanical Gardens Bike Coop
- Tread Bike Shop
- NYC Velo
- Cruz Bike Shop

## RIDER ID KIT

The Rider Identification Kit (RIK) comprises **a reusable helmet cover**, a **recyclable Tyvek bib\***, and a **bike plate** made from an environmentally friendly material called Ultra Green.

In order to ride in the Tour, your bib must be affixed to the front of your shirt or jacket, your bike plate must be attached to your handlebars, and you must wear the helmet cover over your helmet.

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

## FINISH FESTIVAL

The ferry back to Manhattan is still three miles away, but by the time you reach the Finish Festival at Fort Wadsworth in Staten Island, you will have conquered five boroughs and as many bridges—including the longest suspension bridge in the Americas. Kick back and relax. You've earned it. **Please note that Fort Wadsworth is not open to the public on Tour Day, if you have family or friends picking you up by car after the Tour, the best place to meet them is the South Beach parking lot (see p. 16)**



### Music & Entertainment

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



### Food & Drinks for Purchase

We're bringing some of the best local food vendors to the Finish Festival. After putting in that many miles, you're gonna be hungry. Credit cards accepted.



### Photo Ops

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



### First Aid

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



### Official Merchandise

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



### Bike Repair

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



### Reunion Area

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

## TIPS & FAQs

### Bag Restrictions

- No bags with shoulder straps (including backpacks, messenger bags, hydration packs, and drawstring bags)
- No panniers or bags that hang on the side of your bike
- No covered baskets
- No bags over 420 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, affix the bib to the front of your shirt or jacket, and wear your helmet cover. You will be asked to leave the Tour if any element of your RIK is missing.
- Respect other cyclists.
- Human-powered and pedal-assist bicycles that meet the requirements of the Rules of the City of New York, Chapter 4, Title 34 are permitted on 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	

## Rest Areas



BOOK YOUR

# RIDE

**TD**  
**FIVEBORO**  
**BIKETOUR**  
NEW YORK / MAY 5, 2019

**PICK UP**  
NEAR THE STARTING LINE

**HELMETS**  
INCLUDED WITH ALL RENTALS

**DROP OFF**  
AT STATEN ISLAND FERRY

**EXTRA PICKUP & DROPOFF LOCATIONS**

1. CENTRAL PARK 56 W 56th St
2. BROOKLYN BRIDGE 110 South St
3. HUDSON RIVER 39th St and 12th Ave
4. HARLEM 111 W 110th St



HYBRID  
\$109



KIDS  
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ALUMINUM  
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**TD FIVEBORO BIKETOIR**  
NEW YORK / MAY 5, 2019

**LEGEND**

- Mile Marker
- Route
- Ferry Route
- First Aid
- Toilets
- Entertainment
- Bike Repair
- Volunteer Check-in
- Fluid Station
- Food
- Rest Area =



BOOK YOUR

**RIDE**

**PICK UP**  
NEAR THE STARTING LINE

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**FINISH FESTIVAL**

**STATEN ISLAND**

**START**

**QUEENS**

**BROOKLYN**

**THE BRONX**

**MANHATTAN**



Biking is up in New York City! As more people ride and create a larger cycling presence around the city, its streets become safer. And that's not just a good thing for those of us who get around on bikes, but for skateboarders, rollerbladers, joggers, dog-walkers... for everyone! It's a cycle of improvement that invites even more new riders, folks of all ages, genders, and walks of life, to come along for the ride, while encouraging the city to keep making and maintaining safe routes for riding.

New Yorkers ride all kinds of bikes for all kinds of reasons: commuting, for fitness, to get from place to place, or just to explore and have fun! In every borough and in every season, with family and friends, together we ride.



## A Mother-Daughter Bond: Two Generations of Bike New York Students

When Sheila Anane moved to New York, she enjoyed getting to know her new home by riding on bike paths and participating in closed-street rides. But like many new residents with a penchant for bikes, the idea of pedaling alongside Big Apple traffic made her nervous.

"I just thought riding in the street was too scary, so I needed somewhere where I could practice, maybe hear from other people how they do it."

Sheila knew she'd found just the practice space she'd been looking for when she heard about Bike New York's Bike Camp program. Over the course of four summer Saturdays at Bike New York Education Centers across the five boroughs, cyclists like Sheila progress through a curriculum covering bike handling drills and practice rides as they work up to the final session's big challenge: a bona fide, on-street ride.

"It was a little terrifying," Sheila admits. "But if I was going to do it for the first time, at least I had a group. People were looking out for each other."

Riding with Bike Camp taught Sheila the maneuvers and skills that she n uses now while navigating the

city's thoroughfares like a pro. "After the class I noticed myself riding more confidently," she says. That sense of confidence became a point of inspiration for Sheila's mother, Theresa. At first, Theresa was perplexed by her daughter's newfound zeal for street riding. But after watching Sheila complete the TD Five Boro Bike Tour, something started to click: "I wanted to see and feel what she's feeling, why she likes it so much."

Sheila wanted her mother to share in the joy of bikes, too, so she encouraged Theresa the best way she knew how: by surprising her with a signup for Bike New York's Learn to Ride class for adults. Theresa worried that she would be the oldest student in the session, but was relieved when she arrived to see budding cyclists of all ages.

"I said, 'Oh no, I'm too old for that.' But it's not. It's not too old. Not at all."

Theresa wants to keep practicing and plans to take another Learn to Ride class to build on her experience. Before too long, you might catch Theresa and Sheila on the Central Park loop, brought just a little bit closer by riding together.

**"I wanted to see and feel what she's feeling, why she likes it so much."**

### COME RIDE WITH US!

No matter your skill level, age, or background, we've got a bike class for you. Bike New York offers hundreds of free classes and programs year-round at over a dozen Community Bike Education Centers spread throughout the five boroughs. Learn about our classes and where you can take them at [www.bike.nyc/education](http://www.bike.nyc/education).





**“I just try to keep up with her.”**



## Family Traditions: Riding the Tour and Bike New York Membership

If you ask Diana Gross and her father Stephen to share a favorite memory from the 2018 TD Five Boro Bike Tour, they'll both tell you about a moment in Brooklyn. Deep into the 40-mile trek, Diana mentioned to her Dad that she could really use a coffee. Much to their surprise, a nearby rider chimed in. It turned out he lived in the area and knew exactly where to get the perfect cup.

“It was such a New York experience,” Diana says.

Cycling has always been part of the Gross family tradition. Diana and her three sisters all got three-speed bikes on their tenth birthdays, which they used on frequent family rides around their small New Jersey town. When Stephen moved back to New York City, he started riding his bike to softball practice in Central Park, then to Brooklyn's Steiner Studios where he worked a side gig as a movie extra. “You can get there faster than if you take the trains,” Stephen notes.

Name a New York City landmark and Diana and Stephen have probably biked there: Coney Island, the Hudson waterfront, Industry City, and the George Washington Bridge are all past destinations for the intrepid Gross family.

“We're adults, but you get that little kid feeling. Like, we're out on an adventure and we're finding our way and we can stop off,” Diana says.

Stephen jokes, “I just try to keep up with her.”

With a passion for cycling written into their DNA, it's no surprise that Diana and Stephen are card-carrying Bike New York members – as a matter of fact, Stephen is a charter member. After hearing her father rave about all the perks of membership, Diana decided to join too. Their active involvement with the organization led them to not only ride the Tour together, but also to volunteer at last year's Bike Expo.

On May 5th, this dynamic father-daughter duo will again tackle the Tour. Stephen is looking forward to riding up Sixth Avenue, while Diana is most excited for the Queensboro Bridge. And of course, there's the sweet taste of victory to savor with fellow members at the Beer Garden, a true Finish Festival favorite. In Diana's words: “It makes it feel like you've got this community at the end. Makes you feel like you belong.”



### BIKING IS BETTER WHEN YOU'RE A MEMBER

Looking to find your NYC bike crew? Bike New York members enjoy early access to TD Five Boro Bike Tour registration, 15% off Citi Bike subscriptions, regional ride discounts, special rides and events, and much more – all while supporting the growth of the city's cycling community!

Join at [www.bike.nyc/membership](http://www.bike.nyc/membership).

# From the Classroom to the Streets: Bike to School and the Youth Bike Summit

In 2014, Recycle-A-Bicycle and NYC Department of Transportation joined forces to launch Bike to School, a program that aims to give preteens and teens from around the five boroughs bike education opportunities inside and outside the classroom. In the five years since its inception, hundreds of students have received the resources and support they need to grow in their knowledge of bike mechanics, repair, and riding.

Bike to School participants held a fitting celebration of their accomplishments at the end of the 2018 school year: they teamed up for a group ride. After a Vision Zero helmet giveaway from the NYC Department of Transportation at the NYC Lab School for Collaborative Studies in Chelsea, students put the bicycle skills and knowledge they learned throughout the program into practice. For many students, this included riding bikes they had learned to build themselves. They were easy to spot in the "I built this bicycle" T-shirts they earned for doing so, worn with well-deserved pride.

With support from NYC DOT, Citi Bike, and the NYPD, the lively group of young riders – hailing from El Puente Academy for Peace and Justice, International High School at LaGuardia Community College, East-West School of International Studies, Brooklyn Transition Center, and

Pathways to Graduation – set off on a nine-mile cruise through city streets, onto the Hudson River Greenway, and straight into summer.

If you ask Recycle-A-Bicycle Director and Bike to School co-founder Karen Overton, the ultimate display of building bike culture in NYC public schools took place this past February in Queens. At the 2019 Youth Bike Summit, a three-day national conference for youth cyclists, advocates, and leaders, Bike to School teachers and students from seven participating schools joined Recycle-A-Bicycle in welcoming bike lovers from 20 states across the country – including a few dedicated cyclists from Canada and Denmark! Bike to School folks hosted workshops on vocational training and job placement, healthy living, youth empowerment, and even organized a community cycling mural.

To round out the conference, 60 students and teachers put on their helmets, got on Citi Bikes or borrowed a ride from Recycle-A-Bicycle, and set out for a scenic tour through Long Island City to Roosevelt Island. After an incredible weekend packed with skill-building exercises, thought-provoking presentations, and visioning sessions, returning to the basics of what brought them all together in the first place helped the Summit end on a high note.



**“In the five years since its inception, Hundreds of students have received the resources and support they need.”**



**“I like the independence of going from A to B and not relying on a car”**



## Never Too Late: Building Skills & Finding Community with Gear Femmes

Like many parents, Edwina Guan believed that it was important for her children to know how to ride a bike. But for years, Edwina had to watch from the sidelines: she never had the opportunity to learn how to ride during her own childhood.

All that changed in late 2017 when she signed up for her first Bike New York class. Edwina soon began working through Bike New York’s curriculum for adults, steadily progressing from her first Learn to Ride class through Bike Handling Skills sessions and Bike Path rides. A few months and classes later, she set her sights on one of the most formidable – and rewarding – prospects for a New York cyclist: riding to work.

Edwina enrolled with Gear Femmes, Bike New York’s program for women/trans/femme cyclists seeking to develop their commuting skills. In this supportive, inclusive community, seasoned riders help newcomers face their fears and build confidence. One of Edwina’s favorite Gear Femmes moments was her first ride over the Roosevelt Island Bridge into Queens. The bridge begins with a corkscrew incline that was steep and scary, Edwina admits, but with their instructors cheering the group

on, they made it to the top. “All the teachers were really patient, and they paved the way for us,” she says. From leading group rides to little things like sharing tricks for getting on and off the bike smoothly, instructors go above and beyond to help their students succeed. Edwina says, “They’re so encouraging. They’re there to help you. It’s their passion, I feel.”

Edwina plans to continue attending Gear Femmes classes through the summer, aiming to gain fluency with hand signals and confidence with street riding in pursuit of her commuting goal. “I like the independence of going from A to B and not relying on a car,” she says.

In addition to bike skills classes, Gear Femmes offers Mechanic Nights at Recycle-A-Bicycle’s Long Island City shop. Participants have a hands-on opportunity to learn invaluable bike maintenance skills like fixing flats and adjusting gears in a small group setting.

From tuning up to hitting the road, Edwina has found in Gear Femmes the inspiration and motivation to take on new challenges: “I can still learn things!”

### ABOUT GEAR FEMMES

Gear Femmes is Bike New York’s education initiative for women/trans/femme cyclists. With a curriculum of free classes, specialized instruction, mentorship, and community events, aspiring bike commuters develop their street riding skills with support from the Gear Femmes community. The aim: to make riding to work as fun as it is productive! Learn more & sign up: [www.bike.nyc](http://www.bike.nyc).



# New Adventures: Learning and Growing Together on Bicycling Field Trips

One of the surest ways to get kids excited about cycling? Show them all the cool places a bike can take them!

In the spring of 2018, Bike New York launched a new Bicycling Field Trip program in partnership with the New York City Department of Education. Each Field Trip takes classes on a visit to a Bike New York Education Center, where trained instructors provide interactive, informative, and fun bike lessons made for middle and high schoolers. Whether students have been pedaling for years or have never been on a bike before, Bicycling Field Trips are packed with activities to keep them engaged and learning.

The Bronx's P.S. 315 Lab School was among the first to sign up for the new youth-centered bike education program. Students who took a Bicycling Field Trip to Van Cortlandt Park last June found learning with a deeper value that went beyond the bike. "It's all about having confidence in your own self," Maria, a sixth grader, says.

Instructors provided first-timers with Learn to Ride fundamentals, while students like Maria with some riding experience practiced bike safety and handling

skills and drills. With the support of their classmates and teachers, participants were able to face – and overcome – common biking fears: Maria's classmate Ashley used to be scared of going down hills on her bike, but felt far more at ease after practicing at the Field Trip.

Students worked on starting, stopping, and signaling turns in preparation for the day's highlight: a group bike ride through Van Cortlandt Park.

Many participants remarked that the park by bike helped them appreciate their surroundings in a new way. Maria and classmate Charliz expressed a shared love of feeling the wind in their hair as they whoosh-ed along. And in Ashley's words: "Sometimes when you go outside the nature opens your eyes. There are so many wonderful things out there I haven't seen yet."

If Maria, Ashley, and Charliz are any indication, the P.S. 315 Lab School's Bicycling Field Trip was a huge success; when asked if they plan to keep riding, they enthusiastically said yes!



**"It's all about having confidence in your own self"**



## ARE YOU A NYC EDUCATOR?

If you think your students would love to take a Bicycling Field Trip, we want to hear from you! Visit [www.bike.nyc/education](http://www.bike.nyc/education) to learn more and request a session. Be sure to check out our other free Youth Programs while you're there!



**YOU MIGHT GET HIT  
BY A CAB. BUT YOU  
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MOVE  
IS WHY  
WE'RE  
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**Del Monte Fresh Produce is a Proud Sponsor of the  
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**Proud to be the Official Hospital of the  
TD Five Boro Bike Tour.**



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# DISCOVER HUDSON VALLEY RIDE



Sunday, June 30, 2019

[bike.nyc/events](http://bike.nyc/events)



# TWIN LIGHTS RIDE



Sunday, September 22, 2019

[bike.nyc/events](http://bike.nyc/events)



*Fall in Love with cycling in Taiwan  
Culture, Nature, Recreation, Cuisine, Friendly Locals*

**An Island full of Surprises**

**Taiwan**  
THE HEART OF ASIA



[go2taiwan.net](http://go2taiwan.net)





## Five Borough Bicycle Club New York's Friendliest

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- Experienced Leaders
- Bike Shop Discounts

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Then \$25 for a full year of rides

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# GRAVEL BIKES,

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**FOLDING BIKE**



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**FLATBIKE** Biking Made Easier.



The official bike rental company of New York City's Central Park.

Proud sponsor of the **NYC Century Bike Tour**, **Bike Month**, and the **Tour de Staten Island**. Please visit our website [www.bikerent.nyc](http://www.bikerent.nyc) to reserve your bike for any biking event in New York City.

Bike Rent NYC has **11 Locations** and is the only **bike rental** company with locations **within Central Park**.

**Bike rentals** as well as **live guided bike tours** of **Central Park** and **The Brooklyn Bridge**.

Picking up at one location and dropping off at another location is available. Bike Rent NYC's **Central Park** and **The Brooklyn Bridge Bike Tours** are both **2 hours** long.

One tour guide is provided for every 15 people in your group. Customers can reschedule their booking, at any time, for any reason, at no additional cost. **Bike Rent NYC** is a member of the Guide Association of New York City and can provide guides in almost any language.

#### Hours of operation

8 am - 8 pm, 365 days a year.

Visit and follow us on [Twitter](#) [Facebook](#) [Instagram](#) [Snapchat](#)

Reservations: [www.bikerent.nyc](http://www.bikerent.nyc) or 1-800-772-7174

# youth bike summit

## COMING TO ATLANTA IN 2020!

The Youth Bike Summit is a three-day national conference bringing together students, educators, advocates, researchers, policy makers, and community leaders in order to gather and share ideas, encourage civic engagement and advocacy, and let youth voices be heard.

**STAY IN THE KNOW:**  
[YOUTHBIKESUMMIT.ORG](http://YOUTHBIKESUMMIT.ORG)

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Instagram: [@youthbikesummit](https://www.instagram.com/youthbikesummit)  
Twitter: [@youthbikesummit](https://twitter.com/youthbikesummit)



# SHARE & WIN

**You rode 40 car-free miles. You saw all five boroughs like never before. And with 32,000 riders along for the ride, you did it together.**

This year's Tour has been all about finding unity and community on the road, so show us how you ride together! Post a photo of you with your best biking bud and tag with #TogetherWeRide and @BikeNewYork on social for a chance to be featured in our feeds. When you share your snap using these tags, you'll be automatically entered to win two VIP passes to the 2020 Tour.

Get creative with your post! Bonus points if your pic makes us laugh, cry, or blows our minds.



**Follow us on Facebook, Instagram, and Twitter @BIKENEWYORK**

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

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



# 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.



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



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 and don't forget to compost the peels.



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



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



Put trash in its proper place at our Zero Waste Stations located throughout Bike Expo New York, Rest Areas, and at 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.

# BIKE NEW YORK BY THE NUMBERS

Last year, our programs, classes, and events reached further than ever before. Your support is what helped us go the extra mile.

## 1,488,200 MILES

**Total miles pedaled on Bike New York rides in 2018**

We're thrilled so many of you joined us for Discover Hudson Valley's pristine hills, coastal cruising on the Twin Lights Ride, and, of course, the TD Five Boro Bike Tour's car-free urban bliss.

## 3,590 BIKE NEW YORKERS

**Number of new Bike New York members in 2018**

Last year, a lot of you took your love of cycling to the next level by signing up for Bike New York membership! Whether you signed up to gain early access to Tour registration or because you couldn't miss the members-only Beer Garden at the Finish Festival, we're glad you're riding with us.

## 1,390 BIKES

**Number of bikes that Recycle-A-Bicycle collected, demanufactured, repaired, and redistributed in 2018**

That's a whopping 18.75 tons of bicycles and bike parts given a second chance! 569 of these bikes were given away at Bike Bonanzas, through the Earn-A-Bike program, and in collaboration with our community partners around NYC.

## 500 LIGHTS

**Number of free bike light sets handed out at our giveaways in 2018**

Bike New York went a long way to help keep our city's cyclists riding safely last year – in fact, we went across all five boroughs! We handed out 500 pairs of free red and white bike lights at our 2018 giveaways, lighting the way for hundreds of evening commutes and late-night journeys.

**Number of people who participated in our free classes and programs in 2018**

We couldn't be prouder that so many of you joined us to gain new skills and build better bike lives. Last year, we held over 900 free class sessions at our community bike education centers and partner sites, covering everything from Learn to Ride classes for kids to LCI certification for 11 new bike teachers.

**28,000 BIKE  
NEW YORK  
STUDENTS**

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## Alley F-800



### DAYTIME PULSE

A specific mode engineered to be more visible during daytime use—displaying unique flash patterns that demand the attention of motorists.

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CYCLING

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LIMITED WARRANTY**

DayTime/  
NightTime Pulse

**800  
Lumens**

USB

# Bloomberg

Proud to support the

# TD Five Boro Bike Tour



Bloomberg families participate in the TD Five Boro Bike Tour.

# PRIMAL

**OFFICIAL  
APPAREL  
PARTNER**



**BIKE NEW YORK**

**TD  
FIVEBORO  
BIKETOUR  
NEW YORK / MAY 5, 2019**



**PRIMAL  
GIVES  
BACK**

**OUR PURPOSE IS SIMPLE, TO  
HELP OTHERS PURSUE THEIR  
PASSIONS.**

Through the Primal Gives Back Program we have raised money, donated clothing, and volunteered side-by-side with our partners in an effort to make our community better.

With your help, we've been able to contribute millions to health, advocacy, conservancy, and youth programs around the world. Let's keep the momentum going.

**With the support of our  
partners, teams & clubs,  
Primal has contributed  
over \$7.4 Million through  
the Gives Back Program.**

Learn more at [primalwear.com/pgb](http://primalwear.com/pgb)

# CYCLO-WORD SEARCH

Test Your Tour-Readiness! For answers, go to [bike.nyc/blog](http://bike.nyc/blog)

R D C X S E N T K D E K F D H S C T U B  
 U O B R V T S G R P B U O E E E P K T L  
 M I T P O O E I H A U X R R A K N D V E  
 K C M C P S V M R S T A K A D A T E K X  
 V B A T E E S T E V D Z V I S R N O Y O  
 W H A G C L A B H A A B B L E B P Z A B  
 I E A H T P F E A Q E Y C L T S S N B Q  
 S Q A N E H H E Q R H Y T E M L E H P A  
 X I C N D D U W R E L X A U S C A B L E  
 N M Z N F L Y G W U R Y A R T L K D O B  
 Q U I C K R E L E A S E B Q P G A K X Y  
 O D A Q L V F B E V L A V E R I T D N Q  
 R I M S T R I P A V S Z Z I G J J X E H  
 C D C M K R E O M R R R P K B X L D A P  
 S A R A J M I F H J S Y Q P D X J Z L Q

## Word Bank

helmet  
spoke  
handlebars  
quick release  
stem  
head tube

pedals  
cable  
brakes  
seatpost  
fork  
headset

grip  
bar tape  
rimstrip  
axle  
derailleur  
tire valve

crossbar  
stem  
drive chain  
reflector

# 2019 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!

The ALS Association Greater  
New York Chapter

Alzheimer's Association New York City

American Brain Tumor Association

American Cancer Society - Determination

B\*CURVED

Back on My Feet NYC

The Blue Card

Boomer Esiason Foundation

Boy Scouts of America

Broadway Green Alliance

BronxWorks

Brooklyn Kindergarten Society

Cancer Research Institute

CancerCare

CaringKind: The Heart of Alzheimer's  
Caregiving

Children's Rights

Clothes To Kids of Fairfield County

Coalition for Healthy School Food

The Common Wheel

Cornelia de Lange Syndrome Foundation

Cystic Fibrosis Foundation

Day One

debra of America

ECPAT-USA

Education Through Music

The Fortune Society

Gabrielle's Angel Foundation for  
Cancer Research

Gilda's Club NYC

Global Mental Health Program

Good Shepherd Services

Habitat for Humanity NYC

HeartShare Human Services of New York

Hereditary Neuropathy Foundation

The HOPE Program

Innocence Project

James Lenox House Association

Keep a Child Alive

Life is Priceless Foundation

Literacy Partners

LIVESTRONG

LoveYourBrain

Lymphoma Research Foundation

The Marty Lyons Foundation

myFace (formerly NFFR)

NAF

National Blood Clot Alliance

National Kidney Foundation

National Ovarian Cancer Coalition

New York Cares

New York Restoration Project

Parent Project Muscular Dystrophy

Planned Parenthood of New York City

Project Renewal, Inc.

Ronald McDonald House New York

Samuel Waxman Cancer Research  
Foundation

Sanctuary for Families

Sharsheret: Your Jewish Community Facing  
Breast Cancer

Special Olympics New York

St. Baldrick's Foundation

Support Center for Nonprofit Management

United Way

Worldwide Orphans Foundation

YMCA of Greater New York

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](http://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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## City Government Officials

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### The City of New York

Bill de Blasio, Mayor

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### NYC Department of Transportation

Polly Trottenberg, Commissioner

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### NYC Police Department

James P. O'Neill, Commissioner

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### NYC Fire Department

Daniel Nigro, Commissioner

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### NYC Department of Parks and Recreation

Mitchell J. Silver, Commissioner

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### NYC Citywide Events Coordination & Management

Ellyn Canfield, Acting Director

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### NYC & Company

Fred Dixon, President & CEO

---

### NYC Mayor's Community Affairs Unit

Marco A. Carrión, Commissioner

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### NYC Department of Sanitation

Kathryn Garcia, Commissioner

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### NYC Office of Emergency Management

Joseph Esposito, Commissioner

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### Central Park Conservancy

Elizabeth W. Smith, President & CEO

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## Participating Bike Shops

Chelsea Bicycles

Danny's Cycles

NYC Bicycle Shop (Staten Island)

NYC Mechanical Gardens Bike Coop

NYC Velo

NYCBicycles (Corona)

Propel Bicycles

Ride Brooklyn

Sid's Bike Shop

Spokesman

Tony's Bicycles

Tread Bike Shop

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## Transportation Agencies

NYC Department of Transportation

Metropolitan Transportation Authority

MTA New York City Transit

MTA Bridges and Tunnels

Metro-North Railroad

NY State Department of Transportation

Long Island Railroad

PATH

New Jersey Transit

Port Authority of New York and New Jersey

NY Waterway

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## Federal Government Agencies

National Park Service

United States Coast Guard

U.S. Army Reserve, 77th Regional Command

U.S. Park Police

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## Supporting Sponsors

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nuun

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## Title Sponsor



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## Benefiting

