



2007 TROOP 880 BIKE TRIP IN NEW YORK

CITY

The **Five Boro Bike Tour** is America's largest cycling event, celebrating its 30th Anniversary on **May 6, 2007**. Where more than 30,000 cyclists will gather for the unique opportunity to ride 42 miles on traffic-free New York City streets, bridges, highways and parks

Important Notice: Given the size and scope of this event, and in order to maintain a manageable and safe experience for our riders, there will be special requirements in determining who can participate in this trip.

Who can attend:

- * Each rider (adults & scouts) must have the physical stamina to travel the full 42 mile bike course, while maintaining the skills and focus required to safely operate their bike within congested groups of riders at any number of points along the route.
- * **Scouts aged 12 and under must be accompanied by a parent** for the weekend, who will ride with their scout at all times. There will be no exceptions given the importance of supervision on this trip.
- * Scouts who are 13 yrs or older can be chaperoned by adult leaders who will be paired with parent volunteers, at a ratio of 3 scouts to 1 adult. **Parent volunteers are needed for the weekend to ensure we can accommodate all interested scouts.** If we do not have enough leaders & parents, scout participation will be based on parent participation and then first come/ first serve.
- * All participants must have a durable bike & helmet. We are asking that all participants have their bikes professionally serviced at a bike shop in advance of the trip to identify any issues that might otherwise go undetected. We will provide a separate list of mandatory equipment for each rider.
- * Participants must participate in scheduled bike hikes focused on conditioning and developing a "working knowledge" of bike safety and the "rules of the road". **The first hike will be 20 miles and begin at 9 am on Sat, March 31st. Please save the date, additional details to follow.**

Key Dates for Your Calendar:

- * **Friday, March 23rd** – Bike Tour Payments and attached Registration Forms for each rider **must be received by Mike Conery, Asst Scout Master.** See important details on Next Page.
 - o Adult Bike Tour Registration = \$42
 - o Youth Bike Tour Registration (Ages 14 yrs and under) = \$25
 - o **PAYABLE TO: BIKE NEW YORK**
- * **Saturday, March 31st 9 am** – Mandatory 20 Mile Bike Hike within South Windsor / Manchester area for adults & scouts. More details to follow for those who register for this trip.
- * Additional Bike Hikes will be scheduled for **Apr 7th, 14th, and 21st.**
- * **Thursday, April 12th** – Campsite and Trailer Costs to be determined once # of participants is known. Expected to be approx \$15 per person. See Next Page for details.
- * **Saturday, May 5th** – Travel to Alpine Scout Camp in Alpine, New Jersey



FIVE BORO BIKE TOUR



Tell me about the Tour

Bike New York travels through the five boroughs of New York City on traffic-free roads, thanks to the NYPD. Follow the directions of Tour Marshals as you ride. They will warn of spots where we allow traffic crossings in Manhattan, or slow you down where needed.

The ride starts along Church Street in downtown Manhattan as riders join the Tour Route from Battery Park. We travel up the Avenue of the Americas through the midtown skyscraper canyons of Manhattan, and into Central Park. Out of the park, through Harlem, and then it's over to the Bronx and back on bridges spanning the East River.

Back in Manhattan, you'll experience a ride down the FDR Drive, a highway where cycles are usually banned. The first Rest Area is at 116th Street.

Further down the Drive, you'll exit the Drive up and over the Queensborough Bridge (the "59th Street Bridge") to the borough of Queens.

The next Rest Area is in Astoria Park, close by the River with midtown views. The route hugs the river and travels down through industrial neighborhoods. A third Rest Area is in Queens at the Con Edison Learning Center facility.

Now it's over the Pulaski Bridge into Brooklyn, and soon you're in Greenpoint, a venerable Brooklyn neighborhood. As you continue south through Brooklyn, you'll reach the fourth Rest Area at Commodore John Barry Park adjacent to the Brooklyn Navy Yard. Your ride through old Brooklyn continues to the downtown area, near the Brooklyn Bridge, where you'll enter the Brooklyn Queens Expressway, miraculously clear of its usual traffic crush on Tour Day. Now you can fly along up over the Gowanus Canal and along the South Brooklyn waterfront reaching its shoreline park in the Bay Ridge neighborhood. One more Rest Area at John Paul Jones/Cannonball Park awaits you.

Leaving the final Rest Area, you'll circle round to the access road leading up and over the Verrazano-Narrows Bridge to Staten Island. A final long climb, and long downhill on the Bridge, brings you to Fort Wadsworth on Staten Island and a chance to relax at the Festival. Treat yourself to lunch, have a massage, and chill for a while on the grass while you enjoy the live music.



Event Day Schedule

Sunday, May 6, 2007 • Rain or shine

6:30-7:45 a.m.: Tour lineup. Go to Battery Park, in Lower Manhattan, and follow the marshals' directions.

7:45-8:00 a.m.: Opening ceremonies with city officials and others at the Start Stage.

8:00 a.m.: The ride starts!

The Commerce Bank Five Boro Bike Tour moves through the five boroughs on a timetable. The front of the Tour travels at 15 mph and the tail at 6 mph. Cyclists who fall behind are given the option of either boarding SAG vehicles traveling at the tail of the Tour or leaving the Tour as the route permits.

11:00 a.m.-5:00 p.m.: Finish Line and Festival at Fort Wadsworth, Staten Island

How to Join the Tour

- All cyclists enter the start lineup through Battery Park between 6:30 and 7:45 a.m.
- Registered riders wearing Tour vests: Follow directions of marshals in Battery Park to cycle directly to the start lineup.

Marshals and NYPD

Marshals wearing yellow vests are on bicycles along the route ready to provide assistance. They give route directions and tell you about road conditions. New York Police Department officers are also on the route to help with problems. Please follow their instructions.

Medical Help

Emergency Medical Technicians and paramedics from the Jamaica Hospital Medical Center Medical Bike Unit are available to attend to medical needs, as are ambulances from the NYC Fire Department Emergency Medical Service. Ask any Tour marshal or police officer to get you medical assistance if you need it. There are also EMTs at each Rest Area--look for the red tents

Reunion/Information Centers

The reunion tents at rest areas and the Festival are where you should meet cycling companions who may have gotten separated from you on the ride. Volunteers can help you get reunited, and there is a message board for your use.

Here are some tips to help you stay together.

- Make sure you and your friends have exchanged and stored cell phone numbers before the Tour begins. Important numbers: a non-cycling contact, the name and number of your hotel, and your home and cell numbers.
- Make sure all cell phones are charged, and bring along quarters or a calling card for pay phones just in case.

Rest Areas

Replenish your energy at five rest areas along the route. Complimentary snacks at each stop include Bonita bananas, Snap2O water, Lärabars, and oranges. Signs and marshals along the route will direct you to rest areas--or to bypass lanes.

Rest Area Locations:

Mile 11	FDR Drive at 116th Street, Manhattan
Mile 19	Astoria Park, Queens. All cyclists near the head of the Tour are held here for about 45 minutes while the NYPD closes oncoming roads to traffic. Cyclists near the tail of the Tour are directed to a mandatory shortcut that bypasses this stop and leads to the next one.
Mile 21	Con Edison Learning Center, Queens
Mile 27	Commodore John Barry Park, Brooklyn
Mile 35	John Paul Jones (Cannonball) Park, Brooklyn

Bike Repair

If your bike needs attention, stop at a repair tent. Labor is free, and there's a charge for parts only. Be sure to bring a spare tube. Flat tires are the most common problem. Marshals can help you if you have a tube.

Repair services can be found at:

- Start Lineup, near Battery Park, Manhattan
- 59th Street, off Avenue of the Americas, Manhattan
- All rest areas (see above)
- The Festival

Toilets

Portable toilets, for use by registered cyclists with 2007 Tour vests, are available at 11 locations along the route:

Start Area	Battery Place*, just north of Battery Park, as you exit from the registration area. A second location is at Church Street and Park Place or nearby.
Mile 3	Avenue of the Americas, at approximately 52nd Street, before Central Park. Look for signs. There are no restroom facilities for Tour riders in Central Park, so use these before you enter the Park.
Mile 7	Adam Clayton Powell, Jr. Blvd., about half a mile north after exiting Central Park.
Mile 11	FDR Drive Rest Area at 116th Street, Manhattan
Mile 18	Astoria Park Rest Area, Queens
Mile 20	Con Edison Learning Center Rest Area, Queens
Mile 26	Commodore John Barry Park, Brooklyn
Mile 28	Atlantic Avenue, Brooklyn
Mile 35	John Paul Jones (Cannonball) Park Rest Area, Brooklyn
Mile 39	Festival, Fort Wadsworth, Staten Island
Mile 42	Near the Ferry Terminal entrance, Staten Island

Lost and Found

Check at Reunion/Information Centers for items lost along the way. After May 7, call 212 932 BIKE in case your lost items were brought to the Tour office.

SAG (Support and Gear)

Trucks and buses provide transportation to the Finish Line for cyclists who require assistance. Simply pull off the road and wait for the SAG buses and trucks that follow the Tour. Marshals will load your bike onto the truck and hand you a baggage tag; you can then board a bus to Staten Island. Reclaim your bike at the SAG drop-off at the Festival before the Tour ends.

Tour Rules

Wear your Tour vest with your rider number attached to show that you are a registered rider entitled to all Tour services, including rest areas. There will be Tour vest checkpoints along the route. Your Tour VEST and registration number show you are a registered rider. Your registration number is on a peel-off label on the receipt that came in your registration packet. Peel the label off the receipt and stick it securely in the box on the front of your vest over the words "Affix your rider number here." You must keep it **VISIBLE** at all times. If we don't see your vest, you will be asked to leave the Tour.

There will be Bike New York, City, and Federal officials checking for vests along the route. Look for signs that tell you a checkpoint is ahead. Slow down so Marshals can see your vest easily and follow their directions. Remember, anyone without a vest will **NOT** be allowed over the Verrazano Narrows bridge and into the Festival.

Please fill out the emergency information label inside your vest. If you are escorting a young cyclist, make especially sure his or her label is filled out. This will help us reunite you.

Wearing your cycling helmet. All Tour participants must wear a cycling helmet. Affix the helmet number to your helmet.

Carry photo identification and keep it handy; you may be asked to show it.

Exercise bicycle safety and respect other cyclists.

- **Pay attention** to Tour marshals and police officers. They will warn you of hazards and provide directions.
- **Ride with the flow** of the Tour.
- **Maintain adequate distance** between you and the cyclists around you, especially on down hills.
- Slower-paced cyclists stay to the right. Faster cyclists **pass on the left.**
- **Use care** when changing lanes. Check for overtaking cyclists. Do not cut off others when changing lanes.
- **Use hand signals** when turning or stopping. Signal with your voice before passing; call out "on your right" or "on your left."
- **Control speed**, and slow down for congestion and hazardous conditions.
- **Keep at least one hand on the handlebar** on all times.
- **Cycle defensively.** Be prepared for moves by other cyclists.
- **Move to the side of the road when walking** your bike.
- **Move completely off the road when you stop** to rest, repair your bike, or make a cell phone call.
- **No headphones or cell phone use** while riding.

Slow down when approaching a security checkpoint. Make sure your Tour vest and rider number are visible. You will be asked to leave the Tour if you do not have them.

No photos on bridges or their access points, please. Your camera could be confiscated.

Carry only what is necessary in panniers (saddle bags), handlebar bags, and/or bags that attach to the back of the seat. Backpacks are not recommended; if used, they must be very small. Bags are subject to search. Please cooperate if federal, state, or city officials ask to see the contents of your bags.

Use Reunion/Information Centers. Located at all rest areas and the Festival, Reunion Centers help separated cyclists find each other and provide message boards. Only registered volunteers and registered cyclists are permitted in Fort Wadsworth for the Festival.

Children age 12 and under must be accompanied by a parent or guardian, and all scout must stay with their designated Adult leaders at all times while on the tour.

Things to Do to Get Ready for the Five Boro Bike Tour Trip

1. Get and wear a properly fit helmet. This is really important!
 2. Get your bike in shape. Make sure you have enough time to get to your bike shop for repairs, if you need to, well before Tour day.
 3. Start cycling well in advance of Tour day so that your body is ready for the 42-mile ride.
 4. Bring one or more water bottles or hydration system (i.e. Camelback). Mount a water bottle cage on your bike, and learn to reach down and drink from it while you are riding, so that you can keep hydrated during the Tour. Fill another water bottle with a sports drink for added energy.
 5. Pack a rain jacket. The Tour goes on, rain or shine. (If we all bring rain gear, it won't rain!)
 6. Pack a few energy snacks. We have bananas, oranges, and other snacks and water at rest areas, but it doesn't hurt to be self-sufficient.
 7. Pack a few basic bike repair tools, including a spare inner tube that's the right size for your bike and a pump. Even if you don't know how to fix a flat, you'll be easier to help if you have the right equipment.
 8. Bring personal identification, a cell phone, and some money for food at the Festival. Pack some sun screen and minor first aid supplies.
-

Weeks Before Tour Day

Get in shape. . . and the easiest way to do that is to ride your bike. Start cycling slowly for an hour or less a few times a week. Gradually increase your time on the bike, your pace, and your mileage. If you're not in shape, as with any exercise program, you might want to see your physician before you begin.

Get your bike in shape. . . have your bike checked out at your local bike shop. Do this as early as possible, as shops get busy just before the Bike Tour. Outfit your bike to carry things for you — make sure you have a water bottle cage on your bike. Do it early so that you can practice reaching down for the bottle while you are riding.

Packing for this trip:

Make sure you have everything you need – lay it all out the day before we leave so you don't forget anything

- Tour Vest
- helmet
- Bike Lock
- water bottles
- extra layers of clothing and rain gear
- basic bike repair tools and **Two spare inner tubes**
- minor first aid supplies
- energy snacks
- personal identification
- money
- contact person's phone number
- sun screen
- camera
- cell phone

OTHER RESOURCES THAT MIGHT BE HELPFUL

HOW TO BUY A HELMET

You know the drill: you must wear a helmet on all Bike New York rides. A helmet will reduce the risk of a serious head or brain injury. It's designed to absorb the shock of an impact to prevent or reduce the crash between the brain and the skull. 75% of all deaths from bicycle crashes are from head injuries.

When you buy a new helmet:

- find the smallest size that fits your head
- choose an easily visible color
- look for certification by the U.S. Safety Product Commission (CPSC), the Snell Memorial Foundation, or the American National Standards Institute (ANSI)
- don't be afraid to consider fashion and personal taste. Get a helmet that you won't mind wearing!

As you try out your new helmet, make sure you are wearing it correctly:

- Adjust the straps so that your helmet is level from front to back, just above the top of your eyebrows, with little room for movement. The straps should meet just under each ear, at your jaw. It may take a few minutes to get the adjustment right the first time, but after that it should be easier.
- Buckle up! Open your mouth wide when the strap is buckled. Your chin strap should be fairly tight.
- Readjust as necessary: your helmet may need to be readjusted every once in a while.
- All helmets come with Velcro sizing pads to make the inside fit snugly to your head. Most new helmets come with pads in varying thicknesses so you can choose the one that makes the fit snug yet comfortable.

10 Tips for Troubleshooting Your Bike

Ride with confidence when you've used this checklist

By Tod Moore

Here's a quick check you can do at home to make sure your bike is ready for the 42 miles of The Five Boro Bike Tour. If you spot trouble and are unsure about making the adjustment yourself, visit your bike shop. (Please note: Give the shop enough time to help you—bike mechanics can get very busy in the days before the Tour.)

1. Hold the front wheel firmly between your knees and twist the handlebar left and right and up and down. **Loose handlebars are extremely dangerous.** Check the tape, rubber grips, brake

levers, shifters, handlebar extensions and bar end plugs. All must be solid. **Nothing on the handlebars should be loose.**

2. Lift the bike and spin the both the front and rear wheels. Both wheels should spin freely. **Nothing should rub at any point.**

3. Check the brakes very carefully. Roll the bike forward and squeeze the front brake lever hard. The bike should stop and the rear wheel lift off the ground. Roll the bike backward and squeeze the rear lever hard. The front wheel may lift.

The brake levers should not touch the handlebar. There should be room for your finger between the levers and the bar. The brake pads must touch only the metal rims, not the rubber tires or the **inside** edge of the rim, nor should the pads head in toward the spokes. Make sure that the pads are not worn down. If you have doubts, ask at the bike shop. Don't take a chance. **Be positive you can stop.**

4. Quick release levers on the axles should point up or backward, not down and not forward. Be sure the levers curve toward the frame and stay there when you tug on them.

5. Squeeze the tires. **Tires should feel hard.** Flats and falls occur with soft tires. If you're not sure, ask at the bike shop. Don't use the air hose at gas stations because it may blow your tires up—literally!

6. Twist the seat in all directions. **Loose seats are very dangerous.** Seat height questions? Visit your bike shop.

7. Grab a pedal and turn the crank arm backwards. **Everything should move smoothly and easily.** Noises may mean the chain needs to be cleaned and lubricated, or that the derailleurs need adjustment.

8. Nothing should be loose or dangling to get caught in moving parts. This means bags, racks, bundles, mirror, bottle and holder, cords from clothing or packs. Check everything, including your shoe laces.

9. Finally, lift the entire bike several inches off the ground and drop it. Fix anything that rattles or falls off.

10. Take any questions to the bike shop. Don't risk it. Ride a safe bike.