

# New York Bike Tour

May 4, 2008

## 42 miles of Traffic-free Cycling!

TEAM TSA will be riding in the Commerce Bank Five Boro Bike Tour. Join TEAM TSA and help the national Tourette Syndrome Association get One Lap Closer To A Cure!

The bike tour travels through the five boroughs of New York City on traffic-free roads. The ride starts along Church Street in downtown Manhattan as riders join the tour route from Battery Park.

You will 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. You will ride through neighborhoods in Queens then over the Pulaski Bridge into Brooklyn. 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. 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.

Then it's off to the Staten Island Ferry for the ride across the Harbor to downtown Manhattan. Wave at Lady Liberty as you pass and celebrate your accomplishment!



Map from [www.bikenyork.org](http://www.bikenyork.org)

**There are many rest stops along the way to take in views and relax. The course also has a short cut, which allows riders to cut off several miles from the course.**

### Event Day Schedule:

Sunday, May 4, 2008 • 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

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**About TEAM TSA:** Welcome to TEAM TSA! We are pleased you decided to join our team! Through running, walking and cycling team members get fit while helping the national Tourette Syndrome Association get One Lap Closer To A Cure. Funds raised help TSA support a world-wide cutting edge research program to identify a cause, control the effects and find a cure for the disorder. Funding also supports educational programs, awareness activities and other professional services provided for people living with TS and their families.

**Marathon Registration Fees:** \$45 for Adults and \$28 for Kids 17 and younger. Those fees pay your registration fee.

**Important Registration Information:** By registering on the TEAM TSA website, you will avoid the hassles of having to register twice. Get started today by registering online and immediately you will receive your link to build your own webpage. If you have already registered for the event, but still plan to fundraise for TSA please contact the TSA by email at [michelle.staley@tsa-usa.org](mailto:michelle.staley@tsa-usa.org) or by calling 718-224-2999 Ext. 256.

**Here's How It Works:** Register for this event on the TEAM TSA website: <http://tsa-usa.org/teamtsa/> Once you are registered you will receive a link to create a fundraising webpage. This is a unique way to tell your own story, write a biography about your child or the struggles of your family. You will also be able to upload a photo onto the page. Then your page becomes a tool for you to raise funds by seeking individuals to sponsor your participation in the event. You will be able to email individuals, such as friends, family members or people in your community and they will be able to visit your webpage and view it for themselves. Your sponsors will be able to make an online tax-deductible donation and they will have the option of having their name and the amount given listed on your page. At any time you will be able to visit your page and see how close you are to achieving your fundraising goal. You will also be able to accept donations offline in the form of checks or cash and mail them to TSA. On our website we provide you a pledge sheet and other information you can download and print. Then on race day, with each step you will feel great knowing you have helped TSA get One Lap Closer To A Cure!

**Minimum Guidelines For Travel Packages:** If you are interested in securing a travel packages provided by TSA, there are minimum fundraising guidelines and deadlines you must follow. This is strictly a voluntary option you can choose. If you live locally or if you want to make your own travel arrangements, these minimum guidelines and deadlines will not apply to you.

Single: 1 Round Trip Airfare, 1 Room For 2 Nights :	\$2,500 minimum
Two Person: 2 Round Trip Airfares & 1 Room For 2 Nights:	\$4,500 minimum
Hotel Only Option: One Room For 2 Nights:	\$2,000 minimum

## Deadlines:

February 15, 2008 – Single \$1000 raised, Double \$2000, Hotel Only: \$500  
March 15, 2008 – Single \$1,000 addl., Double \$2000 addl, Hotel Only \$1000  
April 15, 2008 – Single, Double & Hotel Only \$500 additional

**Note:** Unfortunately, TSA cannot create packages to accommodate specific numbers of team members or the needs of runners who may want to bring family members along with them. We welcome family members and hope you will decide to bring them to the event. However, we cannot make packages to include additional airfare and/or rooms for them. Please feel free to bring as many family or friends with you, but you will be responsible for purchasing their airfare and/or hotel. TSA regrets we are unable to provide packages to cover families with multiple members and children, but please know this is because we need to fulfill our mission to raise much needed funds for research, educational programs, awareness activities and other services. Airfare and hotels will be selected by the TSA staff for those who choose packages. Rest assured we will be selecting quality hotels and whenever possible direct airline flights. The TSA staff will work around your schedule as much as possible to schedule the departure and return flights. Our goal is to make this a great and enjoyable experience!