



# Troop 84

## 5-Boro Bike New York City Venture Trip



When: Saturday Night May 5<sup>th</sup> to Sunday, May 6<sup>th</sup>, 2007

Invited: Venture Scouts and Troop Adults

Highlights: This is not an ordinary Troop 84 trip where we go on our own and set the trip agenda. We will be participating in the annual 5 Boro Bike New York Tour along with 30,000 other bicyclists. This is the largest bike event in the country and possibly the world. All the roads we travel on during the tour will be closed to motor vehicle traffic (with the exception of the roads we take to get to the start of the tour). The bike tour is about 50 miles and will wind its way through all of New York City's 5 boroughs (Manhattan, Bronx, Brooklyn, Queens and Staten Island). We will ride together in groups. There will be designated rest areas along the way where we can stop to refill our water, eat and receive free snacks. We leave 4:15 am Sunday morning to catch the 6 am Staten Island Ferry, so we will sleepover together the night before.

**This is a great way to see New York City! Any other time, it would be impossible or illegal to ride where we are going to ride!**

Depart: Arrive 8 pm Saturday night at Mr. Gmunder's house for sleepover.

Return: Between 3:30 pm and 6:30 pm at Mr. Gmunder's house. You will be called about an hour before we return.

Signup: Signup, Permission slip and Tour registration form is due Monday, March 26<sup>th</sup>.

Cost: Bike New York Tour Fee: (non-refundable even if the Troop cancels the trip)

Please hand in a separate check - Payable to Bike New York

\$25 for 14 and under

\$42 for 15 and older

Troop Fees: \$7

Food Cost: \$7 to Mr. Gmunder (Sat Pizza and snacks, doughnuts, helmet ornament!)

Additional Food Cost: \$10-15 (Bring cash in daypack):

Optional: \$18 for event t-shirt

Equipment: A Mountain Bike in good condition or similar wide-tired, geared bike.

A cell phone; borrow one from parents if you don't have one.

See Equipment list for full packing instructions.

NOTE: Attached is information containing special payment instructions and a full detailed description of the trip. You must read this and then meet with Mr. Gmunder prior to signup.

Also check out [www.bikenewyork.org/BNY-TOUR.htm](http://www.bikenewyork.org/BNY-TOUR.htm)

## 5-Boro Bike New York Tour Equipment List

For Sleep Over: (this equipment will be left at the house and picked up upon return)

Sleeping Bag \_\_\_\_\_ Sleeping Pad \_\_\_\_\_ Pillow \_\_\_\_\_

Clean-up Kit \_\_\_\_\_ Sleepwear \_\_\_\_\_

### To Pack For Bike Tour:

Upon arrival Saturday night we will have an equipment shakedown and bicycle inspection. If you do not have the proper gear you will be sent home to retrieve it.

Mountain Bike \_\_\_\_\_ Helmet \_\_\_\_\_ Biking Gloves \_\_\_\_\_

Daypack \_\_\_\_\_ Sunglasses \_\_\_\_\_ Watch \_\_\_\_\_

Personal First Aid Kit \_\_\_\_\_ Rain Jacket \_\_\_\_\_ Rain Pants \_\_\_\_\_

2 Water Bottles or Camelback and a water bottle \_\_\_\_\_

Lunch Money (\$10-\$15) \_\_\_\_\_ Suntan lotion (small) \_\_\_\_\_

Spare Tire Tube (a must have for each rider) \_\_\_\_\_

Cell Phone (borrow one from parents if you don't have one) \_\_\_\_\_

Optional, but you will wish you had one Camera \_\_\_\_\_

### To Wear for Bike Tour:

Sneakers or other appropriate riding shoes \_\_\_\_\_

Shorts \_\_\_\_\_ Short Sleeve Shirt \_\_\_\_\_ Under Armor or similar \_\_\_\_\_

Warm-up long pants and long shirt \_\_\_\_\_

Trip Vest \_\_\_\_\_

**IMPORTANT : You will be receiving a vest in the mail. You must bring this Vest!!!  
NO VEST THEN NO GOING ON TRIP!!**



# 5-Boro Bike New York Tour Details

**NOTE:** *If a heavy rain is forecasted for the morning of the tour, for safety reasons, we will cancel the trip. Unfortunately the Tour registration fee is not refundable and there is no rain date.*

## **SIGNUP PROCEDURES:**

Prior to signup please discuss trip with Mr. Gmunder.

Hand in by April 2<sup>nd</sup> : (One per person if parent is going)

- 1) Troop 84 permission slip
- 2) Bike New York Registration Form
- 3) Check for tour, (\$25 14 & under, \$42 over 14) Made payable to Bike New York  
or you can put down credit card info on the Tour Registration form.
- 4) Troop Fee \$7
- 5) Food Cost \$7 to Mr. Gmunder

After you hand in the Tour Registration Form and Tour Check we will mail them in together to make sure they get there. A week or so before the tour, you will receive a package in the mail with trip information, a tour vest and a registration sticker. Attach the registration sticker to the vest as instructed and bring the vest with you. You must wear the vest on the tour. You will not be allowed to go on the tour without the vest. So don't lose it or forget it!!

## **EQUIPMENT PROCEDURES:**

You must have a geared Mountain Bike in good condition or a hybrid with wide tires. A racing bike will not be allowed by the troop and single-speed bikes are out of the question. The bike frame cannot be too small for the rider, as you will be riding for over 6 hours.

A properly fitting helmet must be worn. This is both a Tour and Boy Scout requirement. For identification purposes, we will also be mounting an object to the top of our helmets (to facilitate finding each other in a crowd of 30,000). This could be a small American flag or anything else the group decides on.

Biking gloves are a must and very important to protect your palms while you ride for 6 hours. For this trip a camelback is very helpful.

Please check your bike, tighten all components, adjust breaks and fill tires before arriving Saturday night.

## **TRIP PREPARATION AND BUILDING SADDLE ENDURANCE:**

For this tour you will be at least 6 hours on the bike. "Saddle sores" will be a problem! You must build up saddle endurance by riding several times before the trip including several two hour rides two weeks before. There will be a troop sponsored 25-mile bike trip April 14<sup>th</sup> to help you get in shape.

You must be capable of riding a bike for 50+ miles. There is no backing out once you get started. For logistics reasons you must complete the tour. The troop will always be riding together; so slow man will determine the overall pace. This is a tour, not a race!

## CLOTHING:

Proper clothing is essential for this trip but hard to plan for unless you monitor the weather report the day before.

We will be riding our bikes as early as 5:15 am. It will be very cool at that time and only get colder as we will be riding on the Staten Island Ferry across the New York Bay in the open car lanes and will be faced with high winds. Then we will be standing for 1.5 hours in the “canyons” of Wall Street also in high winds. However, by the end of the day it may be over 80?.

Dress in layers, starting with shorts and short sleeve shirt, preferably Under Armor, then warm-up/sweet pants and warm-up/sweet shirt followed by a windbreaker/rain coat. If really cold you can add the rain pants. During the course of the morning we will strip off that clothes and store it in our daypacks. Bike gloves are essential to keep your hands warm in the morning and then to protect the palms during the ride. The Troop will do its best to advise you the day before of any changes in the dress guidelines.

Saturday night when you arrive for the sleep over we will check equipment. Anyone without proper gear will be sent back home to retrieve it!

## TOUR DETAILS

For our trip, we will be waking up at 4 am, and leaving around 4:15 am from the Somerville area. Doughnuts for breakfast on the way. We will arrive in Staten Island at 5:15 am and ride 7 miles to the Staten Island Ferry Port to catch the 6 am Staten Island Ferry to Manhattan. Landing in Battery Park we will ride past Ground-Zero and position ourselves near the start of the tour, arriving around 6:45 am. We will then wait until the tour starts around 8 am. Our tour ride will take us through Manhattan via 6<sup>th</sup> Avenue, then through Central Park and on through Harlem. After Harlem we cross into the Bronx and then return to Manhattan riding down the east side via the FDR. We will cross into Queens via the 59<sup>th</sup> St Bridge, riding through many streets in Queens then onto Brooklyn. We will then take the BQE through Brooklyn and finally tackle the Verrazano-Narrows Bridge. Our Tour will end at Fort Wadsworth Staten Island at a Tour sponsored festival where we can rest, eat and listen to live music. Our cars will be parked nearby the festival for our return home.

At regular intervals along the tour there will be designated rest areas where we can refill our water bottles or camelbacks. Bathroom facilities will be available as well as free bananas and oranges and occasionally other snacks as giveaways.

When biking with a crowd of 30,000 other bicyclists it is very easy to get separated. We will establish procedures to prevent that from happening.

