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**Escape New York**

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**Saturday, September 20, 2008**

**\*\*ENY Raffle Winners List\*\***

Escape the crowds and cycle out of Manhattan into our favorite territory: the West Hudson Highlands. It's time for our **14th Annual Escape New York!**

Enjoy the support and hospitality of The New York Cycle Club. This is the day our club goes all out to deliver a food-filled, fun-filled and fabulous day of riding to our brethren in the cycling community.

Choose one of three beautiful, well-marked routes of 50, 62 or 100 miles, all beginning and ending in Manhattan. All offer picture-postcard views of the Hudson River and Palisades as you cross the George Washington Bridge and ride through the hidden pleasures of Bergen and Rockland Counties.

A portion of this year's ride profits will benefit both [Recycle-A-Bicycle](#) a youth training and environmental education initiative, and [Transportation Alternatives](#), advocates for non-polluting, quiet, city-friendly travel.

After the ride join us for a Manganaro's hero at Sakura Park. And don't forget to stay for the flat-fixing competition!



**Volunteer!**

Let's show what New York Cycle Club hospitality is all about. Mark routes, work the registration tables, drive a SAG, have your SIG team run a rest stop with style. What will you get for your efforts? An uber-swell staff tee-shirt. Free lunch on our volunteers pre-ride, September 13. Pride in having helped throw the 2008 cycling party-to-remember! [ENYInfo@nycc.org](mailto:ENYInfo@nycc.org) Email to sign on to help out.



## Routes

Choose from **three** clearly marked Escape New York options:

- 1. 7:00 am: Century Challenge, 100 miles.** A rolling Full Century through beautiful Bergen and Rockland counties
- 2. 8:00 am: Rockland Roll, 65 miles.** Ramble on lightly trafficked roads to scenic Rockland Lake State Park.
- 3. 9:00 am: Piermont Pleasures A Half Century,** with a refueling stop in the charming and historic village of Piermont on the Hudson.

Limited SAG support will be available on all routes with an emergency phone number provided on your cue sheet.

Helmets are required.

## Start/finish

All rides start and finish at Sakura Park, located at 122nd Street and Riverside Drive, just east of Grant's Tomb, near the 125 Street stop on the 1 and 9 subway, Manhattan. See Routes for start times.

Cue sheets will be available at the start.

**We ride Rain or Shine!**

## Food and Drink

With well-stocked refueling stops (**H&H Bagels**) on all routes and sandwiches (**Manganaro's**) back at the finish, we'll keep you well nourished whichever route you choose.

## Contests, Raffles, Great Prizes

Speaking of the finish, don't forget to sign up for **Escape New York's First Annual Flat-Fixing Competition back at Sakura Park at 3:30 PM.** Men's and Women's divisions, with valuable prizes awarded to the first three finishers in each division. Warning: there's a *three-minute time limit*, so start practicing!

**The Escape New York 2008 Raffle:** All registered riders will be eligible to win this year's grand prize, a Trek Madone 5.2, sized, of course, to fit the winner!

**But you don't need to win the raffle to get our spectacular giveaway!** A cool-weather cyclist's most stylish headgear, the **Sugoi Mid-Zero Tuke**, emblazoned with our ENY '08 logo, will go to the first 400 registrants.



If you register by August 25 (but after the 400 cut-off) you'll get a stylish **ENY 08 ride tee shirt**.

## Entry Fee

- Until midnight September 6 **\$35**
- Until midnight September 16 **\$42**
- After September 16 **\$55 (cash only at Sakura Park)**



Tandem teams must register as separate riders.

The New York Cycle Club reserves the right to limit day-of registrations based on early registrations. So, sign up early!

**Remember, the first 400 to register get a custom ENY '08 Sugoi Mid-Zero Tuke!**

## Registration

To register go to [Active.com](http://Active.com)



## Frequently Asked Questions:

### What if it rains?

We ride rain or shine.

### Where can I park?

On Riverside Drive north of Sakura Park.

### What time does the ride start?

Sign-in for the century opens at 7AM, at 8AM for the metric century, and at 9AM for the 50-miler. The sign-in/registration area closes at 10 AM.

### Can we ride a tandem?

Yes.

### What do I need to bring?

A helmet, a spare tube, tire irons, a portable pump, sunscreen, 2 water bottles. Just in case, a lightweight windbreaker that stuffs into a pocket is always good to have along.

### Do we need to bring our own snacks or other food?

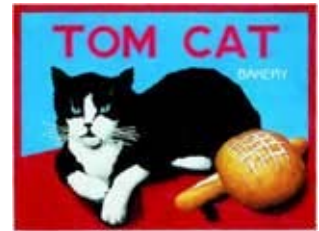
No! On route we'll provide peanut butter and jelly on the world's best bagels (H & H), as well as fruit, cookies, salty snacks, water and Gatorade. Manganaro's heroes will be waiting for you at the finish.

### Will directions be provided and will there be leaders or guides?

Cue sheets with distances and all turns will be available at the start. All routes will be well marked. There are no formally led groups. Grab a cue sheet, some friends and head out together!

### Is there a place to stash my belongings at the start?

No.



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*Like no other bagel  
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### What if I can't finish?

It's the responsibility of each rider to be sure he or she is fit enough to finish Escape New York. The best way to prevent problems is to prepare ahead of time by training and also picking the route that is right for you! (50, 62, or 100 miles). Of course, if you have serious mechanical or health problems a SAG vehicle will be available to help. An emergency phone number will be printed on all cue sheets.

### Where do I sign up to enter the flat-fixing competition?

At morning sign-in/registration.

### How do I know I'll get a Sugoi Mid-Zero Tuke?

No guarantees here. First come, first served to the first 400.

### Volunteer -- We Need Your Help! A Message from our NYCC President

**Escape New York 2008**, our club's fall classic, **on Saturday September 20**, is all about community, about our strong NYCC community and about the greater cycling community we are a part of.

For **ENY '08**, we've made it a goal to cast as wide a net as possible, reaching out not only to avid cyclists from the tri-state area and beyond, but also to other bike clubs, cycling organizations, bike advocates, and to leadership of communities we bike through.

ENY 2008 is our club's gift to this vibrant community, a day for us to show off NYCC hospitality while we provide wonderful riding, great refueling stops, a tremendous raffle, a wild flat-fixing contest, fun giveaways and memorable bonhomie for our fellow cyclists.

It's a party. But we need your help to put it on. There's plenty to do and we'll have fun doing it. Work a rest stop, help at registration, transport volunteers, drive SAG, mark routes, etc.

**Whatever your contribution, we'll need at least one hundred (100) volunteers to pull this off!**

We need **YOU** to make this **ENY** better than any other ride! We need **YOU** to help present this "gift" to the New York cycling community! We need **YOU** to volunteer to make this event possible!

So, what do you think? Have you been looking for a way to give back to the club? This would be a perfect opportunity. You can help us make this happen! Don't procrastinate: Sign up to volunteer today! E-mail us at [enyinfo@nycc.org](mailto:enyinfo@nycc.org).

Thanks,

George Arcarola  
President, NYCC

Read the full [president's letter](#).

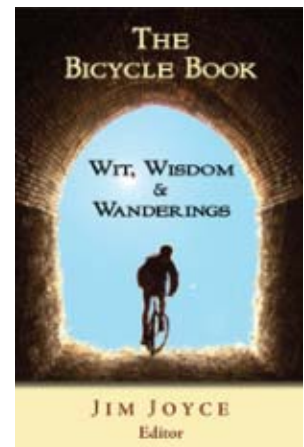
### ENY Sponsors

The New York Cycle Club wishes to thank our generous Escape New York Sponsors!



Reyna Franco, MS, RD, CDN

Nutrition & Exercise Consulting



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