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The 15th Annual Escape New York Saturday, September 26, 2009

REGISTER HERE

"... an awesome event! Everything was first class."
-- Patty

"From the Starbucks at the start to the incredibly well marked routes, the superb friendly staff at the rest-stops (and not to mention the food): brilliant."
-- Paul

General Description

Escape the crowds and ride out of Manhattan into our favorite cycling territory: the West Hudson Highlands.

Choose one of three beautiful, well-marked routes of 50, 65 or 100 miles, all beginning and ending in Manhattan. Each route offers 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.

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.

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, stick around at Sakura Park for our post-ride festival! ...for a Manganaro's hero, free drinks from FUZE and ZICO, gelato by Gelato Giuliana, our wild ENY flat-fixing competition, ENY raffle drawing and more.



TREK



ENDURANCE FUELS

**WIN A TREK MADONE 5.2!
(\$4,200 VALUE!)
OR A**

VBT BICYCLING VACATIONS TOUR OF TUSCANY! (AIRFARE INCLUDED!)

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. [Route and Elevation Profile](#)

2. 8:00 am: Rockland Roll, 65 miles. Ramble on lightly trafficked roads to scenic Rockland Lake State Park. [Route and Elevation Profile](#)

3. 9:00 am: Piermont Pleasures A half century to the charming and historic village of Piermont on the Hudson. [Route and Elevation Profile](#)

For newer riders tackling the 50 mile Piermont Pleasures route, we are offering leader-led groups. Join one at the start after check-in.

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 125th Street stop on the 1 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 on all routes and post-ride sandwiches (**Manganaro's**) back at the finish, we'll keep you well-nourished whichever route you choose.

**SIGN UP EARLY FOR A GREAT GIVEAWAY
ENJOY OUR BREAKFAST BAR AT THE START
LINGER AT OUR FESTIVAL FINISH
ENTER THE ENY FLAT-FIXING CONTEST**

Contests, Raffles, Great Prizes, Giveaway

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

Every registered rider can win one of two valuable prizes:



Trek Madone 5.2!

VBT [Bicycling Vacations Tour of Tuscany!](#) (airfare included)

You don't need to be present to win.

To our first 500 registrants: a stylish pair of ENY-customized wool cycling socks.

Entry Fee

- Until midnight September 12 **\$35**
- Until midnight September 22 **\$42**
- Day of Registration **\$50 (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!

Escape New York '09 Jersey



- 100% Polyester fabric, designed for comfort and performance.
- Full length hidden zipper
- 3 Cargo Pockets
- Elasticized Waist and Sleeves
- Available in Club Cut
- Mens and Womens Sizes
- Price: \$ 75. includes shipping
- Orders will be taken through August 31, 2009

Place your jersey order on the [event registration page](#)

Note: we keep no inventory. From production to delivery takes a minimum of 8 weeks

Registration

To register, go to [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. Riders must depart by 8AM.

Sign-in for the 65 miler opens at 8AM. Riders depart by 9AM.

Sign-in for the 50 miler opens at 9AM. Riders depart by 10AM.

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. 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 energy drinks. Delicious sandwiches 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 will be leader-led groups on the 50 mile Piermont Pleasures route only. Join one at the start after check-in.

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

No.

What if I can't finish?

It is 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 by also picking the route that is right for you! (50, 65, or 100 miles). Note that the 65 and 100 miles routes are by no means flat! Be prepared for some hills. 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 the finish at Sakura Park. The contest will run throughout the afternoon.



Volunteer!

This is the day for NYCC members to hang up the cleats and throw a party the New York Cycling Community will remember! You can mark routes, help at registration, run a rest stop and generally show off what New York Cycle Club hospitality is all about.

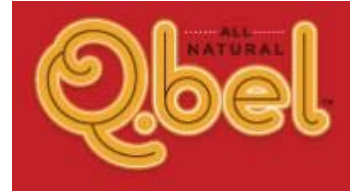
Contact us at:

ENYInfo@nycc.org

Become an ENY Facebook fan and keep up with the ride!

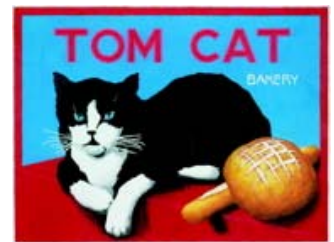
<http://www.facebook.com/pages/Escape-New-York->





BETSY HAFKIN
Licensed Massage Therapist

Maggie's
meals



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