



30,000 riders

40 miles

5 boros

1 day

0 cars

25 tickets

10th year for MLF

10 Years of Riding for Wishes

Thank you for your interest

in participating in the TD Five Boro Bike Tour!

This is year is our 10th year participating in the TD Five Boro Bike Tour! We are celebrating 10 years of peddling to make dreams come true for our special heroes. Another year of taking part in this scenic tour of New York's five boroughs and we invite you to be part of our team riding toward our goal of \$75,000 (12 wishes approximately)!

**All of the funds raised by our MLF riders
will directly benefit our mission**

of granting wishes to our critically-ill children.

Your support will help to put smiles on the faces of our special children
by helping make memories that will last a lifetime.

As a member of our team, you will receive:

- A Rider ID Kit (bib & bike plate)
- Marty Lyons Foundation jersey (shorts will not be provided)
- Access to a private Facebook Group to discuss the ride & fundraising with fellow team members and MLF staff
- Admission to be in the first wave of riders
- Access to free bike repair along the route and Support & Gear vehicles
- Snacks & refreshments at rest areas
- Entry to Finish Festival at Fort Wadsworth
- Special Surprise!!

Thank you for your help!

Important Contact Information:

- TD Five Boro Bike Tour website (has tons of info) www.bike.nyc/events/td-five-boro-bike-tour/
- Marty Lyons Foundation Headquarters
 - Sandra White, Executive Director swhite@martylyonsfoundation.org
 - Krystal Monroy, Director of Mission Delivery kdewitt@martylyonsfoundation.org

Find us on Facebook at MartyLyonsFDN. A direct link to the Facebook group will be sent to you upon registration

The Marty Lyons Foundation

105 Sweeneydale Ave Bay Shore, NY 11706

T 631.543.9474; F 631.543.9479 – martylyonsfoundation.org

January 12, 2023



STEPS TO BECOME A MEMBER OF THE TEAM

Registration has already begun!

STEP ONE: SIGN UP

Complete the attached Marty Lyons Foundation Waiver. **Once we have received your form, we will formally register you with TD Bike.** A confirmation of this transaction will be emailed to you.

STEP TWO: START FUNDRAISING

You will receive a link to your fundraising page where you will be able to customize it and share with your friends and family, as well as through social media. You will be able to write your own personal message on your fundraising page about why you are supporting our mission. If your donors prefer, you can use the attached donation form. Let the fundraising begin!!!

STEP THREE: RECEIVE IMPORTANT BIKE NEW YORK INFORMATION

In the past, Bike New York has sent an email confirming your registration and giving you pertinent information for the TD Five Boro Bike Tour, including a Waiver Form that you must sign off. If received, please keep this information in a secure location as you will need it at a later date.

STEP FOUR: PACKETS AND UNIFORMS

Packet Pick-up Information: At this time, packet pick up information is not available. The Marty Lyons Foundation will do our best to ensure that you are kept up to date on this process. There will be a Bike Expo this year where riders will have the opportunity to pick up their credentials or have a proxy pick it up on their behalf.

Team jerseys will be available at MLF HQ by May 1st at the earliest. **You must register as a Team MLF rider by March 3rd, to receive a 2023 jersey.** We will ship your jerseys to you promptly to ensure that you have it for the tour. We will communicate with you once we have shipped the jerseys.

IF YOU ARE NEED OF A BIKE RENTAL, PLEASE NOTIFY MLF OR VISIT TD BIKE'S SITE:

<https://www.bike.nyc/events/td-five-boro-bike-tour/bike-rental/>

If you are requesting MLF to rent a bike on your behalf, you must notify us of your need immediately as bikes are only available on a first come, first serve basis.

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COVID PROTOCOL

The safety of our riders is of paramount importance to both The Marty Lyons Foundation and Bike NY. Bike NY is taking all precautions necessary while working with state and local officials. It is recommended that all riders be fully vaccinated against COVID-19 but is not mandatory. We will comply with all city, state and federal COVID-19-related health guidelines (which may change at any point up to the Tour). Bike New York requests that all participants and their guests wear face masks at the Tour Finish Festival. We ask that you respect and follow all guidelines put forth as you ride and represent the Marty Lyons Foundation.

MARTY LYONS FOUNDATION WAIVER

As a participant, I agree to adhere to all fundraising commitments/policies as follows:

1. Our goal as a team is for each individual to try to raise a minimum of \$750. (This will cover your entry fee, jersey and raise funds towards our mission of granting wishes to critically ill children.)
2. Any and all donations received by the MLF cannot be refunded for any reason.

Release Form & Contribution Agreement:

In accepting this entry, I hereby for myself and anyone entitled to act on my behalf, waive and release any and all rights to claim for damages I may have against The Marty Lyons Foundation (MLF) and sponsors for all injuries suffered by me leading up to or during the 2023 TD Five Boro Bike Tour. I further attest and certify that I am physically fit at present, a licensed medical doctor has verified my physical condition and I will sufficiently train for this event. THIS IS A RAIN OR SHINE EVENT.

I have read and understood all of the terms above and agree to participate.

Applicant's Signature (I accept the above to be my signature)

Date

Name	
Street Address City/State/ Zip	
Cell Phone #	
Email	
Date of Birth	
In Case of Emergency # and contact name	
Jersey Size XS to XXXL (must have by March 3rd to ensure size availability)	
<input type="checkbox"/> I have attached a legible copy of my driver's license or other government issued ID	
<input type="checkbox"/> I will pick up my packet or arrange to have a proxy pick it up for me.	
<input type="checkbox"/> I will need assistance in obtaining my packet	



DONATION FORM

(IN LIEU OF ONLINE DONATION)

Donation in support of biker:

Total Amount: \$ _____

Form of Payment

☐ Money Order ☐ Check (made payable to The Marty Lyons Foundation)

Credit Card

☐ AMEX ☐ Discover ☐ MasterCard ☐ Visa

Customer Information

Please complete this form for all types of payments and return to the address below.

Name	
Street Address City/State/ Zip	
Credit Card #	
Expiration Date	
Total Amount Charged	
Tel. #	
Email	
Signature w/date	