



LONG ISLAND EVENT-DAY INFORMATION

Saturday, February 12, 2011

I. LOCATION

Equinox Roslyn
90 Northern Boulevard
(516) 403-4444

***Please note if you will be using a GPS to find Equinox Roslyn, the actual address is in Greenvale, NY. The Gym is located inside Green Cove Plaza, which is at the intersection of Glen Cove Road and Northern Boulevard.*

- If you are coming from Northern Boulevard, you will see TJ Maxx on your right. You can make a right into Green Cove Plaza at that point.
- If you are coming from Glen Cove Road, you will see First National Bank. You can make a left into Green Cove Plaza at that point.

2. RIDE SCHEDULE

Morning Shift: 8:00 a.m. – 12:00 p.m.

Each shift consists of four rides that are fifty minutes long, with ten-minute breaks in between.

3. YOUR RIDE TIME

Each team is assigned to a specific bike(s) for the entire four-hour shift. The team captain assigns the ride times, so please ask your captain for the schedule. The room will be filled to capacity, so be careful when getting on and off the bike!

4. INSTRUCTORS

The teaching schedule is available on the Cycle Web site. Please note that the schedule is subject to change.

5. CHECK-IN

Check-in begins at 7:00 a.m. Please sign the Equinox waiver; you may not ride without one! You'll also receive a Cycle for Survival T-shirt, a drawstring bag, a schedule of the day's activities, and your team's bike assignment number.

6. WHEN TO ARRIVE

Early! Be sure to arrive at least 30 minutes prior to your ride time.

7. BIKE ASSIGNMENTS

Meet at your team's assigned bike at the beginning of your session to confirm schedules. Bikes will be labeled; look for the number that matches the one assigned to your team.



8. SHOES

The indoor cycling bikes are compatible with standard indoor cycling shoes or sneakers. If you plan on wearing cycling shoes, please bring your sneakers to wear before and after your ride. (They will also come in handy if your cycling shoes don't happen to fit the bike.)

9. LOCKERS

Please bring a lock to secure your coats and other valuables. All participants will have full use of the Equinox locker rooms and showers. Teammates are encouraged to share lockers to ensure that every participant has a place to store their belongings.

10. FOOD

There will be plenty of free food and water available during the event.

11. KIDS' ZONE

Children are welcome, and the Kids' Zone will provide plenty of activities to keep them entertained. But please make sure they are supervised at all times—especially when you're riding.

12. TRIBUTE WALL

We encourage you to bring a photo, a story, or a message to post on the Cycle for Survival tribute wall. If you are riding in honor or in memory of a special person, the wall is a great way to let people know.

13. TEAM PHOTO

Our photographer will be taking team photos at a designated place, so be sure to get your team together for a memorable group shot.

14. YOGA AND STRETCHING CLASSES

Yoga and stretching classes will be offered for Cycle participants and guests throughout the day. Please note that class space is limited, and spots will be filled on a first-come, first-served basis, so be sure to visit the yoga sign-up table after you check in.

15. CHECK PRESENTATION

Equinox Roslyn: 12:00 p.m.

All participants, family members, and friends are welcome.



16. TWITTER

Join the conversation on-site at Cycle for Survival or from satellite locations. Tweet your message to @CycleforSurvival or #CycleforSurvival to have your note or photos featured on our interactive Twitter wall!

17. PARKING

Parking is available but, due to limited space, we strongly recommend that your team carpool to the event.



18. WEATHER

The event takes place Rain, Snow, or Shine – and will be held as scheduled regardless of the weather. Should you have any specific questions the morning of the event, please call the main Cycle for Survival phone number at 888-72-CYCLE for more information.

19. PARTNER RESTAURANT

Following Cycle For Survival, all participants are invited to visit Bar Frites, located at 400 Wheatley Plaza in Greenvale, NY, to enjoy a special \$21 pre-fix brunch that includes appetizers, choice of brunch entrée, fresh squeezed orange juice, and choice of coffee or tea. <http://www.barfrites.com/>

Questions?

Call 1-888-72-CYCLE or e-mail us at cycleforsurvival@mskcc.org.

