

THE RIDE
FOR MISSING CHILDREN



THE AWARENESS
CONTINUES...

NATIONAL
CENTER FOR
**MISSING &
EXPLOITED**
CHILDREN
www.missingkids.com

THE RIDE FOR MISSING CHILDREN

CENTRAL NEW YORK

2010

Friday, May 21, 2010

NEW RIDER INFORMATION BOOKLET

Rev: A – November 7, 2009

“To make our Children safer

...one Child at a time”

*National Center for Missing & Exploited Children
New York/Mohawk Valley
934 York Street • Utica, NY 13502 • 315-732-7233*

OVERVIEW OF THE RIDE

The Ride for Missing Children CNY (Central New York) is an awareness/fund-raising event for the New York/Mohawk Valley office of the National Center for Missing & Exploited Children. The Ride CNY began in 1997 when 43-Riders their bicycles from Albany to Utica. In 2009, the Ride CNY grew to over 400-Riders, and now there are five Rides for Missing Children in New York State: Central New York; Rochester; Buffalo; the Fingerlakes Ride in Auburn; Capital District in Albany and, the NY Metro Ride. For a complete listing of all the Rides for Missing Children, visit our website at www.therideformissingchildren.org

The Ride for Missing Children CNY is an annual event consisting of a 100(+)-mile bicycle ride, open to a limited number of pre-qualified riders. People interested in riding must apply for and reserve a position in the Ride. Our route changes every third year so we can bring our Safety Message to schoolchildren across the state.

HOW ARE THE FUNDS USED?

“POSTERS OF MISSING CHILDREN”

Funds raised in The Ride for Missing Children support the missing children’s poster distribution program done by the New York Branch of the National Center for Missing & Exploited Children (NCMEC). NCMEC-NY/Mohawk Valley distributes posters to targeted sites around the country, to aid in the search and recovery of missing children. **From September 1995 through September 2009, we have sent out over 6,345,549 posters of 5,444 missing children. We are proud to tell you, that 3,831 of these missing children have been “successfully recovered”.** Each \$0.25 we raise is equivalent to one more poster of a missing child.

AN ESCORTED, TEAM-PACE RIDE

THIS IS NOT A RACE

We ride together as a Team – starting and staying in a long line, escorted by members of the New York State Police, local police and sheriff’s departments as we ride across various parts of the state. We try to arrange our rest stops at schools along the route. Imagine the impression you will make on the school children as they see 380 (+) bicycle riders, riding 2 x 2, escorted by several police cars with lights flashing.

FRIENDS OF MISSING CHILDREN

The Friends of Missing Children is a special group of bicycle riders nominated from their communities for The Ride for Missing Children. The mission of the Ride is to promote awareness to the plight of all missing and exploited children, promote child safety education, and raise funds for the work of the New York Branch of the National Center for Missing and Exploited Children.

WHO CAN RIDE?

We encourage anyone who is interested in riding with us to submit an application for a Rider position. The Ride for Missing Children – 2010 is open to riders by invitation only. For the safety of our Riders, the 100-mile Ride is limited to approximately 380 pre-qualified Riders who are invited to reserve a position in the Ride. Riders can also be nominated from their community by schools, educational groups, service organizations, members of the *Friends of Missing Children*, the Organizing Committee, the Advisory Board of the National Center for Missing and Exploited Children (NCMEC), NCMEC Speaker’s Bureau, or members of their community.

Riders must make a commitment to properly train and condition themselves for riding 100-miles at a 15—17 mph pace on the flat portions of the Ride.

All Riders agree to make the three commitments listed below. Riders from previous years, who have met their Commitments, are invited to ride.

NOVICE RIDER TRAINING PROGRAM

The Ride for Missing Children is for cyclists of all levels of experience. The Ride has developed a “Novice Rider Program” for First-year riders who are not already experienced cyclists. The program is run by Riders with many years of experience who will teach you the basics of bike riding including, shifting your gears, proper

“spinning”, riding safety, and develop and improve your riding distance and skill level to enable you to confidently ride with the main group. Novice Riders will do their first training rides with the Novice-Rider Training Group as more experienced cyclists may attend the main training rides. Participants in the Novice-Rider Training Group will train separately from the main group of riders until we verify they can keep The Ride Pace. Please fill-out the “First-Year Rider” section of the Rider Application. Further information for First-Year Riders will be available at breakout sessions at our Rider Meetings that are held in January through May before The Ride. Please contact Kathleen Purtell, Chairperson – New Rider Training Program at 315-725-2955 or kathleenpurtell@aol.com .

HIGH SCHOOL RIDERS

Riders from High Schools across the State are encouraged to Ride, and a number of positions are specifically reserved for High School aged students. High School students are encouraged to work with their high school and elementary schools on child safety education programs assisted by the NCMEC Speakers Bureau and Staff.

Interested High School Students or anyone interested in nominating a High School Rider should contact Cathy Reynolds at (315)225-4702 or by writing to NCMEC-NY/Mohawk Valley – 934 York Street – Utica, NY 13502.

YOUR COMMITMENTS AS A RIDER

Each Invited Rider must make 3 commitments:

- To help the National Center for Missing & Exploited Children during the next year, by participating in its education and community programs associated with The Ride. *This is one of the most important parts of our mission and one in which we want all Riders to participate.*
- To participate in The Ride for Missing Children – 2010 keeping an average pace of 15 — 17 mph on the flat portions of the Ride.
- To raise a minimum of \$500 in community donations to support the poster distribution of missing children done by the Mohawk Valley office of the National Center for Missing & Exploited Children.

STARTING POINT & STARTING TIME:

This year we will begin our Ride at Troop “D” New York State Police Headquarters in Oneida, NY. [Further information on the motel and room reservations for out-of-town Riders will be sent in our April Meeting Update. On the morning of the Ride, buses will bring Riders from our departure area in New Hartford to the starting point in Oneida (more detailed information will be sent to you in our Ride Bulletins and be available at our Rider and Volunteer meetings before The Ride). We will leave Troop “D” at approximately 7:45 AM and get back to New Hartford at approximately 6:10 pm. Total riding time will be approximately 10⁺ hours, with 5 planned rest stops, visiting local schools along the way.

Our route this year will take us to schools in Westmoreland, Clinton, New Hartford, Utica, Frankfort, Ilion, Mohawk, Herkimer, Marcy, and Whitesboro, and up Genesee Street in Utica as we finish our journey at the New Hartford Recreation Center. (A complete schedule of the Ride and all the Rest Stops will be available at our Rider Meetings and in upcoming Ride Bulletins). On this year’s Ride we will visit 19 schools along our route in Central NY.

RIDE DISTANCE

From our Starting Point to the end-point at New Hartford Recreation Center, the estimated total distance is approximately 100-miles. Please note: The actual distance may be somewhat longer due to unexpected traffic detours and the location of the specific rest stops along the way.

SAG WAGONS

SAG Wagons (“Supplies And Gear”) will be available to carry your gear back to Utica. At each rest stop the SAG Wagon crew arrives ahead of us to set up the food and beverage tables. Special trucks take the Riders’ gear so that it is available at each rest stop. Riders are asked to keep the weight of their gear bags to less than 25 lbs. Information on what to bring with you is given at our Rider meetings, in our Rider Manual and Ride Bulletins.

Vans or a bus is available for riders who are not able to maintain the pace during a portion of the Ride. We strongly urge each Rider to properly train for the 100-mile Ride. Participation in Group Training Rides is mandatory. In the Training Rides you will learn important skills for riding in a large group and maintaining an even riding pace.

GETTING YOU AND YOUR BICYCLES TO THE STARTING AREA?

To avoid traffic problems early on the morning of the Ride, we will load our bicycles onto special trucks on the afternoon of Thursday, May 20, after which they will be transported and kept at the New York State Police Troop “D” Head Quarters. The Ride will start at New York State Police Troop “D” Headquarters in Oneida, NY. On the morning of Friday, May 21st, Riders will meet at the Mohawk Valley Convention Center on Campion Road in New Hartford where you can park your car and board busses that will take the Riders to Troop “D”. More detailed descriptions of all arrangements will be sent in our Monthly Ride Updates before the Ride.

For travel arrangements for Riders coming from outside Central NY, please contact the Coordinator from your area for further details.

WEATHER: -- THIS IS A “RAIN OR SHINE” RIDE

The 100-mile Ride for Missing Children on Friday, May 21st is a “rain or shine” ride. We have thousands of school children waiting for us to visit them with our message of child safety. All Riders should be prepared for all kinds of weather on the day of the Ride.

WHAT HAPPENS WHEN WE GET TO UTICA?

THE RIDE FOR MISSING CHILDREN – 2010 is one part of our commemoration of National Missing Children’s Day. As we are riding in from Oneida, NCMEC-NY/Mohawk Valley will also be hosting our Closing Ceremony at the New Hartford Recreation Center. The Closing Ceremony is open to the public and everyone is encouraged to stay and greet the Riders as they complete the Ride.

Following the Closing Ceremony we will have our After Ride Dinner where the Riders will be with their Families.

COMMITMENT/TRAINING RIDES:

We will have several Commitment/Training Rides as a group starting in mid-March (weather permitting) and each Saturday and Sunday in April and May before the 100-mile ride. All Riders are encouraged to attend at least one ride per weekend. The purpose of these rides is to learn how to ride together as a unified team at a constant pace, and to get to know each other as members of the *Friends of Missing Children*. ***New Riders are required to attend at least 4 training rides.***

The Training Rides emphasize “group riding techniques”, riding safety, and building a Team.

RIDING SAFETY:

- ⇒ All Riders are required to wear an ANSI or SNELL approved bicycle helmet on the day of the Ride and in all training rides.
- ⇒ Troopers of the New York State Police and local law enforcement agencies will escort the Riders along the entire route.
- ⇒ We will ride together as a TEAM, keeping an average, overall pace of 15 — 17 mph on the flat portions of the Ride.

WHAT KIND OF BIKES?

Road bikes are the best suited for long rides and are *strongly recommended*. Some of the Riders use mountain bikes or hybrids with street tires (slicks), though they are not recommended. We will ride as a group at a pace of between 15 – 17 mph on the flats. Mountain bikes with knobby tires will be very difficult for 100 (+)-miles and are not recommended. Our target pace is to keep an overall average of 15 mph for the Ride, slowing the pace as we go up some of the hills. If you are considering buying a new bike for The Ride, we recommend that you contact Kathleen Purtell at 315-725-2955 or at kathleenpurtell@aol.com if you are unsure as to what to buy.

FOR MORE INFORMATION

For more information on The Ride for Missing Children, contact Lorrie Tibbits, Chairperson – Rider Registration at (315)735-5171; e-mail sltibbs@roadrunner.com or Kathleen Purtell, Chairperson – New Rider Program at (315)725-2955; e-mail kathleenpurtell@aol.com.

Meeting Update notices and Bulletins are sent to all Riders and Volunteers periodically to update you on information regarding The Ride.

You can also visit our website at www.therideformissingchildren.org for information on all of the Rides for Missing Children in Utica, Rochester, Auburn, Buffalo, and Albany.

HOW DO YOU ACCEPT YOUR INVITATION TO RIDE AND RESERVE YOUR SPOT ON THE RIDE — 2010?

YOU MUST RESERVE YOUR POSITION IN THE RIDE BY COMPLETING YOUR RIDER APPLICATION FORM AND SENDING IT TO:

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NCMEC-NY/Mohawk Valley
934 York Street
Utica, NY 13502
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OUR MISSION

“To make our children safer ...one child at a time”