



Big Apple Roll 2017 - Survival Guide **Welcome to NYC!**

ALL important updates & changes will appear on our FaceBook page at:
<https://www.facebook.com/events/262612984173259> (under "Discussion")
Detailed schedule, links, maps & info at: bigappleroll.org (links on right)

HOST HOTEL LOCATION

New York Marriott Downtown – 85 West Street, New York, NY

All Group-Up's

Gwathmey Plaza: (1-13 Carlisle St) - Straight out the back door of the Marriott.
ALL skates leave 15 minutes (sharp!) after Group-Up

Glympse: Find us during any skate: <http://www.glympse.com!/empiresk8>

ALL Skaters must sign the skate waiver & wear a wrist band

There will be NO SAG wagon at the BAR! Please Bring Water! There will be stops on most skates to re-fill. You are skating at your own risk. Helmets, wrist guards & night lights required. All other protective gear is recommended. You must obey all traffic laws unless safely directed by a route volunteer! **Note:** Footwear is required for public transportation

Thursday 8/3/17

7:00 PM Group-Up – Round The Apple (15 miles) **Leader:** Emilie

Friday 8/4/17

Friday Afternoon Skate (must have footwear)

1:15 PM Group-Up - Skating on Water (Governor's Island) (9 miles): **Leader:** Pete

Registration

4:00 - 6:15 PM - **Location: Marriott Balcony** Waiver signing, Wristbands, Survival Guide, Saturday Lunch Buy-in, Tee-shirt pick-up and purchase, Raffle tickets sales, Skate Route Options, Sign-up for Saturday Evening Party & Pub Crawl, Get Your BAR cookie & Energy Bar, Free glow sticks for the evening skate, Information...

Workshop

5:00 - 6:30 PM - Street Skating Workshop With Sonic

Friday Evening Skate (opt. bring footwear for Party)

6:30 PM Group-Up – **City Lights & Sites!** (w/opt. Fast Break) (12 miles + 3 mile option)

Leader: Sonic **NOTE:** If late, join us at Astor Place & Lafayette St at 7:45 sharp.
(Use your GPS or Glympse link above to find the location)

Friday Night Welcome Party at Pier A (opt. bring footwear)

9:45 PM to Whenever... - We will roll right into this historic, fun & casual beer hall, right on the water, with great views of Lady Liberty. (**22 Battery Place** - Directions on bigappleroll.org)

Saturday 8/5/17

8:00 – 9:15 AM Registration: Waiver signing, Wristbands, Survival Guide, Saturday Lunch Buy-in, Tee-shirt pick-up and purchase, Raffle tickets sales, Skate Route Options, Sign-up for Saturday Evening Party & Pub Crawl, Get Your BAR Cookie & Energy Bar, Information...

Pre-Skate Yoga

8:30 – 9:15 AM Location: TBD (check FaceBook) **Leader:** Sara Bridge

Saturday Skate

9:30 AM Group-Up – Back to School (**Part 1**, 19 miles) **Leader:** Pete

Subway OPTIONS sheet at registration

Lunch Buy-in at Billy's Bar & Grill

1:00 – 2:30 PM Across from our Yankee Stadium Destination we'll stop for a buffet lunch in a skate friendly, converted movie theater. You may want to have footwear handy to relax or if you might take the subway to Central Park or The Marriott. **\$12 at Registration/\$15 at the door.** You do not need to partake in the buffet to join us!

More Skating/Slalom Demo and/or Central Park Dance Skaters

2:30 – 5:00 PM (Part 2, 8 miles) We'll skate from lunch back down to Central Park (**arriving at 4pm**) to watch Sonic and special guest Jon Larrucea & others give us a slalom demo. **Or** you can join or watch the Central Park Dance Skaters which is quite a scene. Or just enjoy Central Park any way you want. (**5 PM Part 3**, 7 miles) We'll skate back to the Marriott.

*Or stay in CP with **Sonic** for a Slalom workshop and be escorted back to the hotel*

Saturday Evening Entertainment – Sign up at Registration

1. Ulysses Bar & Restaurant Outdoor Party on Stone Street - 8pm (2-8 Mill Lane)
\$10 coupon for registered skaters ONLY! Comped Admission to live Irish band at 10:30!
2. Pub Crawl with Andrew – Leaving from Stone Street at 10pm

Sunday 8/6/17 - Morning Skate

9:30 AM Group-Up – DUMBO (Down Under Manhattan Bridge Overpass) (12 - 14 miles):

Leader: Jack

1 PM - Hotel Check-out

Store luggage with the Concierge - Inquire with us about a shower in our "Club" room.

Slalom Workshop (\$40 each)

1:00 – 3:00 PM – Slalom Workshop with Jon Larrucea

Former #3 ranked slalom skater in the world and former #1 in Europe. This is a great opportunity to learn from one of the BEST! (\$40 fee to Jon)

Sunday Afternoon Skate

3:00 PM Group-Up – TBD - Look on FaceBook for updates

Our Hard Working BAR 2017 Organizers & Leaders

Rick Trager	(914) 806-1948	Michael Grebinsky
Pete McKiernan	(914) 262-7950	Robert Henkel
Bill Harley		Sonic Shah
Sarai Pegram		Jack Facchin
Emilie Montenont		Sara Bridge

**On behalf of all BAR Organizers, Thanks for skating with us!!
See you all at the next event!**