

Training Etiquette and Safety

For your own safety and the safety of other park users, please follow these rules when running or cycling in Central Park. Central Park is the largest urban park in the nation and the training site for the city's many athletes. Runners, cyclists and in-line skaters use the park on a regular basis. In addition, the many tourists that our city attracts stroll through Central Park. Dog owners use the park regularly – be careful of those long leashes! As you can see, without some rules there would be chaos in the park.

Always carry identification. Your business card is an excellent form of identification, if you are concerned about carrying your keys and home address. You should always have emergency contact information with you – the name and phone number of a friend or family member that lives in NYC. Always carry a small amount of cash to use in case of an emergency– a Metro Card, or a few dollars for a taxi and a quarter (or a pre-paid phone card) for a phone call.

As you train in Central Park, make a mental note of the Emergency Phone locations and the bathrooms.

Never venture above the 102nd Street Traverse alone. There is always a Police presence on the 102nd Street Traverse. The Central Park Precinct is located on the 86th Street Traverse. It can be reached from the Bridle Path that circles the Reservoir at the south end.

iPod's, etc - should NEVER be brought to a group workout - not being fully aware of your surroundings not only endangers YOU, but the ENTIRE GROUP.

Running in Central Park

Always run in the Recreation Lane – the inner most lane (left lane when facing in the direction car traffic is going). Below 72nd Street you may also want to use the foot path on the inside, particularly when the park is open to vehicular traffic. This will leave the recreation lane for cyclist.

When the park is open to vehicular traffic, stay in the inside half of the Recreation Lane, leave the outside half for bicycles.

Whenever possible, run facing traffic, especially when the park is open to vehicular traffic.

When running around the Reservoir, always run in a counter clockwise direction. When running on the bridle path, remember that horses have the right of way.

We recommend training with a buddy at all times.

Biking in Central Park

- Biking is inherently dangerous, especially in the NYC-metro area. Always ride vigilantly, assume nothing, and err on the side of safety.
- Riding with caution means asking the following questions: 1) Can I stop very quickly if I need to? 2) Can I see far enough ahead to spot an obstacle before it is too late? 3) Am I riding at a speed that could endanger others? 4) Am I riding defensively and anticipating bad decisions on the part of cars, pedestrians, and other cyclists?
- When riding in a group - don't use the aerobars! Keep at least one hand on the brakes at all time. Aerobars are to be used for time trialing alone - at least 2 bike lengths behind the next rider.
- ALWAYS wear a properly fitted and snug helmet!
- ALWAYS carry identification, cash, credit and insurance cards (and a cell phone). Avoid riding alone whenever possible
- If you do have an accident, don't continue your ride! Even if you feel ok and seem uninjured, call it a day.

- If hitting someone/something is involved, or a serious injury occurs - seek medical attention immediately and get a Police report.
- If someone in your group has an accident, and says they are 'ok' - don't believe them. Take them home into the care of someone else. Do not leave them alone.
- When a teammate gets hurt, they need your support. Visit, send food, send flowers, let them know you are thinking about them.
- Always cycle in the direction vehicular traffic. Never cycle on the walk ways!
- When the park is open to vehicular traffic, stay in the outside half of the Recreation Lane, leave the inside half for runners.
- When the park is closed to vehicular traffic, only cycle in the center and outside lanes, not in the recreation lane – leave that for runners.
- Watch out for in-line skaters!
- Wear your helmet at ALL TIMES! In a triathlon you will be disqualified if you even straddle your bicycle without your helmet on and buckled!
- Wear gloves. This will protect help your hands if you fall.