

FRIDAY

12:00–5:00 PM

Welcome Desk / Check-In Open

Great Hall

Check in, get a schedule, find out your housing assignment, and buy bike swag.

12:00–1:00 PM

Lunch

Dining Hall

1:00–3:30 PM

JOFEE Infusion Showcase

Great Hall

TEVA EDUCATORS, JACOB WEISS, RACHEL ARONSON

Drop in for some pickling and bike blending, plus learn how to align your food with your values by buying higher-welfare eggs.

1:00–4:00 PM

Dock Open: Canoeing & Swimming

1:00–4:00 PM

Bookstore Open

2:00–3:00 PM

Food Demo: Beer, Braids, and Bread

Great Hall

MIRIAM LEICHTLING & JOFEE FELLOWS

Shabbat loaves are often thought of as braided, but it isn't the only option! Learn how to make beer bread – an incredibly quick and delicious new way to make Shabbat bread! Want to sharpen your three or six-braid challah skills? We'll have dough on hand waiting to be shaped and instructors to help you.

3:00–4:00 PM

Gentle Vinyasa Yoga

Beige Yurt

You've come by trains, planes, automobiles, and bikes. Time to stretch your body, breathe deeply and leave the rest of the world behind. Gentle yoga will help you work out the kinks and wind down for a wonderful Shabbat experience.

Meditative Mikvah Experience

Dock

Prepare for Shabbat via ritual immersion in Lake Miriam with guided meditation and prayer. Please note the sessions are broken down by gender identity to provide privacy to each group. Bathing suits are optional.

3:30–3:50 PM – Self-identified women, DE HERMAN

4:00–4:20 PM – Self-identified men, MARK JACOBY

4:30–4:45 PM – Gender non-conforming, ADAMAH FELLOW

4:00–5:00 PM

PREPARE FOR SHABBAT

5:00–6:00 PM

Cocktail Celebration and Candle Lighting

Library

EVENT COMMITTEE MEMBERS: ZACH SUBAR AND DORIS RUBINSKY

The official opening of the Ride weekend. Enjoy chilled wine, specialty blended drinks, and light snacks. Opening statements by Event Committee members and Miriam Leichtling, Director of Bike Rides. **All Participants asked to join.** Retreat Shabbat attire recommended. Shabbat officially begins at 7:07 PM.

6:30–7:30 PM

Kabbalat Shabbat & Maariv – All Streams

Synagogue

This year, the NY Ride & Retreat is bringing all of our services together with a Traditional Egalitarian Kabbalat Shabbat and Maariv service. Our space will be set up to accommodate both those who wish to sit separately and those who would like to practice together. Services will be led by both men and women. Singing, dancing, and musical instruments (before Shabbat only) will be incorporated. Join us for this joyous, inclusive experience as we welcome in Shabbat together as one.

8:00–9:30 PM

Shabbat Dinner

Dining Tent

Enjoy a delicious farm-to-table buffet. We will begin with a communal Kiddush blessing and optional hand-washing and bread blessings at individual tables. The meal will end with Birkat Hamazon (the grace after meals).

9:45–10:30 PM

Rooted – A Conversation with Adamahniks Past and Present

Dining Hall

REBECCA BLOOMFIELD

The Adamah Farm Fellowship is a recipient of the NY Ride and an incredible landmark program that greets dozens of students every year. Each person who joins Adamah comes with a unique story and background. Join us to meet current and former Adamahniks. Hear their stories, ask questions, and learn more about how Adamah has impacted their lives with a fun, interactive talk and panel. Dessert and drinks will be served.

10:00–11:00 PM

Night Hike & Stargazing

Meet at Arts & Crafts

ARIELLE ARONOFF

Sight is but one of our five senses. Tune into your other four, and experience the world around you in an entirely different way! Let your eyes adjust to the darkness and discover glowing plants and a sky full of stars. The hike is geared toward adults, but is family-friendly. Please wear closed-toe shoes, long pants, and bug spray. Stargazing dependent on clear weather.

SATURDAY

7:30–7:45 AM

Got Milk?

Barnyard

Observe Adamah life in action as our Adamah fellows milk and tend to the famous Freedman Goats. See if you can learn and memorize their names.

8:00–9:30 AM

Breakfast

Tent

9:00–10:30 AM

Music Mountain Bike Ride

Meet at Arts & Crafts

PAUL SCHULMAN

Get your heart racing and your muscles warmed up with this short, challenging ride! Explore the mountain just beyond Lake Miriam. Note: terrain is steep hills. Strong legs and understanding of gear usage needed. 8 miles.

9:00–11:30 AM

Traditional Egalitarian Service

Synagogue

Uplifting Traditional Egalitarian Shacharit, Torah Reading, and Musaf service. The Synagogue will be set up to accommodate both those who wish to sit separately and those who would like to practice together. Services will be led by both men and women.

9:30–10:30 AM

Avodat Lev – Renewal Service

Red Yurt

ADAMAH FELLOWS

Avodat Lev brings us together for meditation, chanting, and creative sharing each morning. We begin the day in silent meditation. (Instruction is available for those unfamiliar with contemplative practice). We then find our collective voice, chanting short phrases from Shacharit, the traditional morning liturgy.

10:00–11:00 AM

Power Vinyasa Yoga

Beige Yurt

REBECCA BLOOMFIELD

Based on Ashtanga yoga, power yoga is a more challenging vinyasa flow class that combines the alignment and deep focus of Iyengar with the fluidity and energy of Ashtanga, using breath as the vehicle. This form of yoga challenges the mind, the body, and the spirit to work as one to detox, heal, and open the individual physically, emotionally, and spiritually. Beginners welcome.

10:00 AM–1:00 PM

Camp Teva

Meet at Arts & Crafts

11:30 AM–12:00 PM

Kiddush Refreshments

Great Hall

After a morning of personal spiritual choices, we regroup for the traditional kiddush blessing and delicious drinks and classic kiddush snacks before our keynote address. L'chaim!

12:00–1:00 PM

Keynote Panel

Sustainability and Our Future: 2022 Vision

Dining Hall

RUTH MESSINGER, FORMER PRESIDENT OF AJWS, CURRENT GLOBAL AMBASSADOR, AND 2017 NY RIDE & RETREAT HONOREE

NIGEL SAVAGE, CEO AND FOUNDER OF HAZON

Join a thought-provoking conversation between Ruth Messinger and Nigel Savage as they explore what work is being done, what needs to be done, and how to build a more sustainable world for all. Special focus on sustaining yourself when the solutions take enormous personal effort and will.

1:00–2:00 PM

Lunch

Tent

Enjoy lunch and stimulating conversation by choosing a table based on designated table topics (optional). A sign will be set up outside the tent listing the topics and tables will be marked.

2:15–3:45 PM

Hike to the Overlook

Meet at Arts & Crafts

TEVA EDUCATOR

Lace up your closed-toe shoes and join us for everyone's favorite Isabella Freedman hike! We'll trek 45-minutes (each way) along some of the trails and hills around the Isabella Freedman campus. Terrain is hilly. Midway, we'll reach an overlook with sweeping views of the Berkshire and Taconic Mountains. Fan favorite. *Note: This hike is outside the eruv and is a 90-minute hike.*

PROGRAM BLOCK ONE

2:30–3:30 PM

Farm tour #1

Meets at Arts & Crafts

ADAMAH FELLOWS

No visit to Isabella Freedman is complete without a trip to our farm. Just a short walk from the Isabella Freedman campus, you'll explore our organic fruit orchards, berry hedgerows, vegetable fields, and compost-yard chickens. Get a glimpse of how we bring Judaism and agriculture into conversation. Learn about permaculture and gain a deeper appreciation for where your food comes from and how it grows. Note: bug spray, hats, and long sleeves are all helpful!

Im'proving Together:

A Storytelling and Leadership Training Like No Other

Library

ANDREW DAVIES

Want to make the world a better place? Inspire others to do the same? It all starts with the ability to listen, connect to others, and share your ideas in an engaging, dynamic way. Join this workshop to hone your storytelling, listening, and leadership skills through theater and improvisation! No prior experience necessary.

SATURDAY

2:30–3:30 PM

If Trees Could Talk
Meet at Arts & Crafts

ELAN MARGULIES

When we walk through the forest, we are surrounded by the sounds of animals, birds, and insects communicating with each other. Trees may not make audible communications, but have a lot to say if you know how to listen. Both informative and fun, hone your forest IQ with Director of Education (and tree whisperer), Elan Margulies.

PROGRAM BLOCK TWO

3:45–4:45 PM

Identity & Impact: A JOFEE Panel Discussion

Synagogue

JOFEE FELLOWS: RACHEL ARONSON, JACOB WEISS, CHELSEA STEPHENS

MODERATOR: NIGEL SAVAGE

How do we build a stronger Jewish community that's more connected to the Earth? Jewish Outdoor, Food, Farming, and Environmental Education (JOFEE) is reconnecting Jews to spirituality and each other, while staying grounded in Judaism's agricultural and environmental origins. Hear from three past and current JOFEE fellows about the impact this movement has on their Jewish identities and their lives as a whole.

Field of Dreams Games:

Two great Shabbat-friendly pick-up sports to choose from:

Ultimate Frisbee

Meet on the Main Lawn

JED SNERSON

Now a Ride tradition, join us for our third annual Ultimate Frisbee pickup game! Played by thousands all over the world, this non-contact sport works in teams, is beginner-friendly and a lot of fun. Think of it as football with a flying disc and no tackling.

Pickleball

Meet at Tennis Courts

What happens when you combine tennis, badminton, and ping-pong? Join us to learn about and play the fastest growing sport in America. We'll have teams for first-timers and others for more advanced players if there is interest. It's a ton of fun, it's easy... and although the sport doesn't officially have anything to do with pickles, we're going to have some on hand (of course).

PROGRAM BLOCK THREE

5:00–6:00 PM

Farm Tour #2

Meet at Arts & Crafts

No visit to Isabella Freedman is complete without a trip to our farm. Just a short walk from the Isabella Freedman campus, you'll explore our organic fruit orchards, berry hedgerows, vegetable fields, and compost-yard chickens. Get a glimpse of how we bring Judaism and agriculture into conversation. Learn about permaculture and gain a deeper appreciation for where your food comes from and how it grows. Note: bug spray, hats, and long sleeves are all helpful!

5:00–6:00 PM

Intentional Communities in a Jewish Context
Synagogue

AHARON ARIEL LAVI, CO-FOUNDER OF THE SHUVA COMMUNITY ON THE GAZA BORDER

Second only to the nuclear family, the Jewish community has been what binds Jews to our identity and fortifies our commitment to Jewish peoplehood. However, it appears that a paradigm shift is evolving in Jewish society, as a growing proportion of young – and older – adults do not identify with the traditional structures of Jewish communities, not to be confused with Judaism itself. Judaism has a long theoretical and practical tradition of what today would be called "Intentional Communities", and this session explores Jewish Intentional Communities as a new method for living Jewishly in America, drawing in part on the experience and knowledge of this movement in Israel. This is no mere theory, as more than 15 communities are already operating on the ground in North America. Come and learn how to build your own!

Program 3 - see insert for more information

6:15–6:45 PM

Mincha: Traditional / Orthodox

Synagogue

6:15–7:00 PM

Vinyasa Yoga

Beige Yurt

MIRIAM LEICHTLING

Shabbat is coming to a close, and it's a time when we are able to reach our greatest heights, both spiritually and physically. In this class we will flow into deep twists, bends, and heart openers, to harness and release all of our Shabbat energy to lead us into a peaceful yet energized ride ahead!

7:00–8:00 PM

Dinner (Third Meal of Shabbat)

Dining Tent

8:00–8:30 PM

Musical Havdallah

Great Hall

RABBI ISAIAH ROTHSTEIN, SHOSH BALK, DEBORAH ANSTANDIG

Sing, dance, and carry the sweetness of Shabbat into the rest of the week with the NY Ride community. Shabbat ends at 8:07 PM.

8:30–9:30 PM

MANDATORY BRIEFING FOR ALL RIDERS

Great Hall

This MANDATORY meeting is for all Riders, including sweep, lead, and marshals. We will help you prepare for the ride ahead. You will have an opportunity to ask any questions you may have.

MANDATORY BRIEFING FOR ALL CREW

Library

This MANDATORY meeting is for all Crew. We will assign you your volunteer roles for Day 1 and prep the ride ahead. You will have an opportunity to ask any questions you may have.

Rest up and get a good night's sleep – we have an exciting day tomorrow!

SUNDAY

6:00–6:45 AM

Shacharit: Mechitza Minyan
Synagogue

6:00–7:15 AM

Mechanic Available
Tennis Courts

6:15–8:15 AM

Breakfast
Tent

Breakfast is open for crew and Shabbat only guests until 8:15 AM.

7:00 AM–2:00 PM

Camp Teva

Drop off and pick up at Arts & Crafts

For kids ages 2-11. Our fantastic Teva Educators have a schedule full of fun planned for your little ones while you're out on the road. Parents must leave a phone number where they can be reached.

7:00–7:15 AM

Stretching
Patio

Meet on the Patio for morning stretching to limber up before your bike ride!

7:15–7:30 AM

Launch Ceremony & Group Photo

Patio

We ask that **all participants** – Shabbat, Riders, and Crew alike join us for our annual group photo & launch ceremony as we launch the 2017 Ride. Be a part of the cornerstone of the Ride weekend!

8:00–10:00 AM

Shabbat Only Check Out

Thank you for celebrating Shabbat and sending our riders off in style! We'd love to have you back next year as riders or crew! We ask that you be out of your room by 10:00 AM.

9:30 AM

Shabbat Only Shuttle leaves for Train Station

Meet outside Arts & Crafts

12:00–5:00 PM

Riders Return to Isabella Freedman
Greenhouse Entrance

2:00–5:00 PM

Post-Ride Community Fair
Main Lawn (next to tent)

After a day on the road, enjoy some hands-on activities and a well earned drink while cheering on the other riders still arriving. Options will include: energy bar making, bike blender smoothies, & more!

2:00–5:00 PM

Dock Open: Canoeing & Swimming

4:00–5:00 PM

Post-Ride Yoga

Dining Hall

REBECCA BLOOMFIELD

Show your body some love after all that biking. We will find a gentle flow with extra focus on deep stretching. Suitable for yoga practitioners of all levels, as well as those who are new to yoga.

6:00–6:30 PM

Cocktail Half-Hour

Patio

Enjoy specialty drinks, light hors d'oeuvres, and snacks while listening to live music by our very own Shamu Sadeh. Festive dress suggested.

6:30–8:30 PM

Gala dinner honoring Ruth Messinger & Day 1 Celebration

Tent

Join us as we honor Ruth Messinger, Former President and current Global Ambassador for American Jewish World Service (AJWS), and NY Ride Super Alum. Together we will enjoy extra special Isabella Freedman fare, hear from key stakeholders, and celebrate 17 years of the NY Ride and Retreat. Festive dress suggested.

8:30–9:00 PM

MANDATORY

Riders and Crew Briefings

Tent & Library

Immediately following the Gala, we will shift to our mandatory briefings. Riders will stay in the tent and Crew will head to the Library for their briefing. **BRIEFINGS ARE MANDATORY.**

9:15–10:00 PM

Campfire

Fire Pit

MONDAY

6:00–6:45 AM

Shacharit: Mechitza Minyan
Synagogue

6:15–8:15 AM

Breakfast
Tent

Your muscles are a little more spent today, make sure you fuel your body for the ride ahead!

7:00 AM–12:00 PM

Camp Teva

For kids ages 2-11. Our fantastic Teva Educators have a schedule full of fun planned for your little ones while you're out on the road. Parents must leave a phone number where they can be reached.

7:15 AM

Launch for 50 & 60-mile Routes

Main Entrance

If you are planning on riding 50 or 60 miles today, you **must** leave with this group. If you lag too far behind, we will pick you up in one of our crew cars for your safety... so don't be late!

8:00 AM

Launch for the 30-mile Route

Main Entrance

If you are planning on riding 30 miles today, you **must** leave with this group. If you lag too far behind, we will pick you up in one of our crew cars for your safety... so don't be late!

11:30 AM–1:00 PM

Riders Return to Isabella Freedman

Main Entrance

Upon returning to Isabella Freedman, expect a party with Shamu Sadeh's fantastic marching band, snacks, a finish line, and photo ops. All Riders and Crew will earn a 2017 NY Ride and Retreat bandana! We encourage folks to stay near the finish line for refreshments, music, and to welcome other riders in.

1:00–2:00 PM

Grow and Behold Celebratory BBQ
Tent

It's Labor Day AND the completion of the Ride. Celebrate with a delicious Grow and Behold BBQ for the whole community. Don your NY Ride finisher bandana and get your photo taken by our roving photographer. Adama food samplers and products will be for sale.

2:00–2:30 PM

Closing Ceremony

Main Lawn

NIGEL SAVAGE

Before we head our different ways, we come together one last time for awards, thank yous, and a celebration of all the work YOU have done.

3:00 PM

Check out and Departure / Bus to Manhattan Leaves

Meet in front of Great Hall

Put your bike on our bike truck, your luggage under the bus, and enjoy a comfortable ride back to NYC. You and your bike will be dropped off at the JCC Manhattan (76th & Amsterdam).

3:15 PM

Shuttle to Wassaic Train Station Leaves

Meet in front of Great Hall

Please note: no bikes are allowed on the train on Labor Day. Make sure to put your bike on the truck back to NYC.

Congratulations on completing the Ride! We're so happy you're part of the community and we're looking forward to seeing you at the Post-Ride Bar Night on September 12 at E's Bar! (See back cover for details.)