



## welcome to the winter newsletter!

I hope this finds everyone safe and warm at home after the ravages of Hurricane Sandy.

Star Track has had a “storm-tossed” year itself. At the beginning of our 2012 season, the container that holds our fleet of bicycles was broadsided by a car, crushed, and pushed 4 feet. It suffered extensive damage. Happily, our community banded together and we received an outpouring of support, which helped Star Track replace the container and the damaged bicycles. My thanks to all that contributed to this effort!

In this period of recovery after Hurricane Sandy, we were lucky to find our bike container and the Kissena Velodrome untouched, but saw our new road training ground, Central Park, suffer significant damage from downed trees. As I write, many parents and children in the Star Track community are working together to help in the relief effort. I'd like to share a moving email I received a couple of days after the storm:

“I want to let you know that Abe [a Star Track teammate, age 13] is a real hero. He worked endlessly for hours and hours keeping the river water out of our house in Piermont, NY, using generators and pumps. When the river finally came to our house we had to abandon it and we sheltered inside our car... on higher ground. After the river surge receded, we returned to see some minor damage to the house, but our town of Piermont is nearly destroyed. Cycling has made my child more mature, responsible, more disciplined and physically stronger. The storm brought out the best of him.”

## executive director

A native New Yorker, **DEIRDRE MURPHY BADER** retired from bicycle racing after representing Ireland in the 2000 Olympic Games. She also earned her rainbow stripes in 1997 by winning the World Masters Road Championship. Deirdre has been coaching since 1999 and holds a USA Cycling Level 2 Coaching license. She is the founder and Executive Director of Star Track.

Star Track was founded in 2004 with the goal of teaching teamwork, commitment and self-confidence through the exciting sport of track cycling. Through our continued partnership with the NYC Department of Parks and Recreation and our new partner and fiscal sponsor, Bike New York, Star Track looks forward to bringing road and track cycling to over 150 participants per year.

In 2012, Star Track had the extraordinary good luck to have a NY State Champion, a US Masters National Champion, a 5-Time World Masters Champion and an Olympian coach the children. We also had 2012 Australian Olympian, Chloe Hosking, as guest coach for the month of October. And, the children also benefitted from having 2012 USA Olympian Evelyn Stevens guest coach the advanced Star Track Road Team.

Thank you all for your enthusiasm and support. We are endlessly delighted by the pleasure of coaching and teaching your children. With my best wishes,



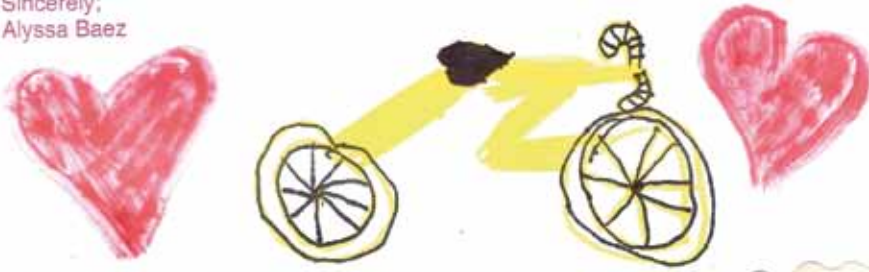

"THANK YOU FOR YOUR COMMITMENT TO THIS WONDERFUL PROGRAM. I FEEL THAT THE BOYS, ESPECIALLY SEBASTIAN HAS GROWN SO MUCH THROUGH THIS. BEFORE CYCLING, HE DID NOT COMMIT TO MUCH OF ANYTHING, BUT HE HAS SHOWN SUCH A PASSION FOR BIKING."

MIMI, SEBASTIAN'S MOTHER

Dear Sponsors;

Thank you for the bikes and helmets that you donated to the Star Track Program. I like Star Track so much, it gives me a lot of exercise. StarTrack is my favorite sport because it lets me ride and feel free with friends. Track taught me if you believe in something keep trying and you will succeed. Thank you for supporting such a great program.

Sincerely;  
Alyssa Baez



Alyssa, 8

## thanks

We have many people to thank for bringing the sport of cycling to children this year, but I would especially like to thank Mayor Michael Bloomberg, NYC Parks and Recreation Commissioner Veronice M. White and former Commissioner Adrian Benepe, David Williams, and Michael Larson.

Additionally, thanks to Alan Atwood, Katherine Baker Charitable Trust, Beacon Group, Joseph Brennan, Mr. and Mrs. Richard Cashin, Century Road Club Association, CRCA Junior Development Foundation, Tim Compton (USI), Scott Demel, Anthony V. Dub, David Greenberg, Anne and Jamie Grifo, Brian Hamilton, Ken Harris, Lilian Hough, Fuji Bikes, Jason Gallagher-Affinity Cycles, Lazer Helmets, Hincapie Sportswear, Christophe Jammet, Steven LeBoyer, Angela and Jon Kamen, Thomas Kempner, Judith Mandrakos, Master Bike Shop, Rod Millot, Nanci Modica, Teresa Monge, Billy Murray, nyvelocity, NYC Fieldhouse, Gregory Olsen, Christiana Repcheck, Serotta Fit Lab, Andy Shen, Phil Simpson, Spokesman Cycles, Paul Weiss, Michael Wolf, Ric Wolf, and Steven van der Zwan for their support.

A special thanks to our partners: New York City Department of Parks and Recreation, City Parks Foundation, Bike New York, The Central Park Conservancy and Asphalt Green.

Our gratitude goes out to all those who helped support us when our container, filled with our fleet of bikes, was hit and damaged by a car. There are too many people to mention each one here, but we are very grateful for your caring and generosity.

I would also like to personally thank our staff, Coach Delroy, Coach David, Coach Jared, Coach Lauren, Coach Mike, Coach Stephanie (former Star Track student!), Coach Zak and Coach Alex for their thoughtful and caring work with the children. A special thank you to professional cyclist, Chloe Hosking, who spent a month of her vacation in NYC coaching the children. Lastly, thanks to Evelyn Stevens for being a guest coach to our road team this fall.

A big thank you to all the parents for supporting their children through this journey. We at Star Track feel blessed by having such a caring and generous community.

## adopt-a-bike

Contribute \$500 to Star Track and your name will be prominently displayed on one of our Fuji track bikes, which are ridden by deserving children in our after school and summer youth programs.

To Adopt-A-Bike make your check payable to **Bike New York** and write "Funds to be Allocated to Star Track" in the memo section.

Mail to:  
Star Track  
c/o Bike New York  
475 Riverside Drive - 13th Floor  
New York, NY 10115



NY State Road Race Championships

**mission** Our goal is to empower New York City children from under-resourced communities by building self-confidence, strength, goal setting and teamwork through the exciting sport of track racing. Star Track's mission is to reach children with a physical activity that engages them. In this way, we can address the health and emotional issues facing under-active children of today.

## goals

- Raise money for additional bikes and team uniforms
- Hire dedicated coach for travel team
- Expand road program to reach more children

**donate** All the funds for Star Track are privately raised and go directly to Star Track. We are continually looking for financial support (see our Adopt-A-Bike program in this issue). Your help will make our sport accessible to the children of NYC. If you would like to make a tax-deductible contribution, please make checks payable to **Bike New York** and write "Funds to be Allocated to Star Track" in the memo section and send to:

Star Track  
c/o Bike New York  
475 Riverside Drive, 13th Floor  
New York, NY 10115

Additionally, help with any of the following would be greatly appreciated:

- Volunteers to assist coaching
- Volunteers to help with bicycle maintenance
- Volunteers for our Guest Speaker Program

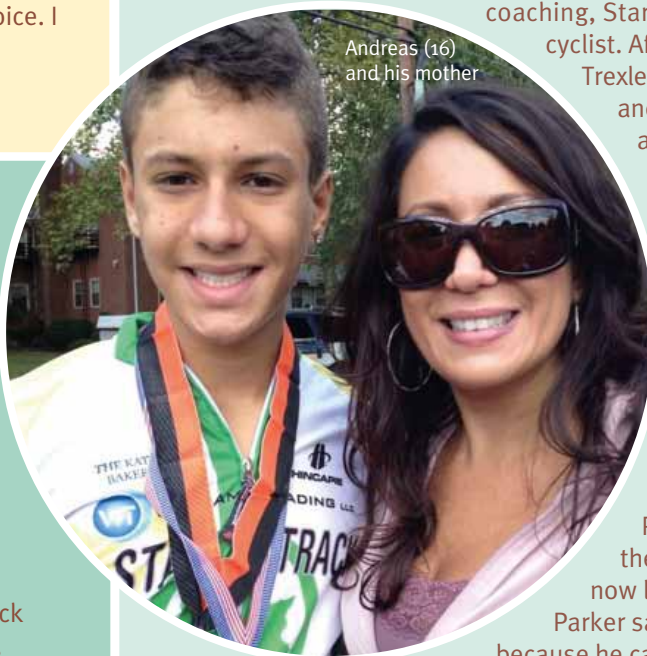
**COACH DELROY** has been my role model for the past 8 years. Coach Delroy instilled in me a love of this crazy sport of track cycling, riding a bike on a banked track, a bike with no brakes. Coach Delroy taught me the fundamentals of mastering the bike, the rules of riding on the track, learning strategy and even being graceful in defeat. I continue to ride with Star Track and my “expertise” has allowed me to be an assistant coach and help younger riders the way that Coach Delroy taught me. I am in the middle of filling out admission applications to college and I have used my experiences at Star Track as the subject of some required essays. The inspiration that I have gotten from Coach Delroy, a patient, quiet man, a man who knows what he’s talking about, may very well be instrumental in getting me into the college of my choice. I owe you one, Coach.

**DANIEL (17),  
STAR TRACK TEAM MEMBER**

### andreas wins first category 4 race

I'm thrilled to report that Andreas, 16, won his first Category 4 race 9/9/12, at the Graveyard Series at Floyd Bennett Field. And it happened on his birthday!

Andreas started training with the Star Track Team when he was 12. After his excellent performance at the US Jr. Track Championships this summer, it's wonderful to see Andreas also excelling on the road.



Andreas (16) and his mother

## letters

This summer I was asked to help out at Star Track. I was honored. To be an official member of the Star Track coaching staff is a privilege granted to world class athletes like Deirdre Murphy and Delroy Walters. Anyone who donned a star track jersey and was referred to as Coach was knowledgeable and skilled. Jared Bunde always seemed to have the right, eloquent answer. He always seemed to remember names and conversation too. I wanted to be like them. I wanted to impress my new pupils with my knowledge and skill. Yet an hour into my new job that had all gone out the window. I just wanted the kids to stay upright and be safe. I wanted to encourage them and every time the students managed to stop correctly or insert their foot in the pedal strap (which is much harder than it looks). Revisiting Star Track as a role model was a reflective and important experience. Revisiting Star Track as a coach, or someone with authority, was inspirational. I remembered how exhilarating it was to win a chariot race against your older sibling. Racing can be fun. It made me want to go out and race to the line even if I'm in last place, just like I tell my students.

**STEPHANIE TORRES (19) \* STAR TRACK COACH AND FORMER TEAM MEMBER**

Star Track has provided me with an amazing opportunity and has contributed greatly to my development as a cyclist and an individual. When I first came to Star Track four years ago, I was little more than a recreation cyclist. Over the years, through practice and coaching, Star Track has helped me develop into a true cyclist. After competing at Junior Track Nationals in Trexlertown, Pa this past summer, and participating and winning races within the New York area, I am able to see how far I have come within the sport, all thanks to my experiences and what I learned through Star Track.

**ANDREAS (16), STAR TRACK TEAM MEMBER**

I just want to thank you again for giving my son the opportunity to participate in the Star Track Program...**I'm thrilled that he has finally found a program that he is passionate about.** We have family members who have become avid cyclists and through Parker's experience and love for cycling in the Star Track Program, these individuals are now looking into purchasing fixed gear bikes.

Parker says he prefers riding on a fixed gear bike because he can go faster than on his free wheel bike. He also enjoys the friends and teachers that he has met in the program. With all said, he feels very lucky to be in the program.

**POLLY \* MOTHER OF PARKER**



Jaclyn (9), NY State 12 and under Criterium Champion



Stephanie Torres learned to ride a bicycle at Star Track at age 13. In 2012, she won Gold Medals in the 500m and Keirin at the Ecuadorian National Track Championships.

## national championships

This past July, Star Track sent a team of 8 children to the US Jr. National Track Championships in Trexlertown, PA. This was the first time any of the children participated in the Championships and they did fantastically.

The highlight was **PARKER CHEA'S** podium finish, bringing home a 5th place medal in the Boys 10-12 Scratch Race. Coach Jared Bunde, along with help from a great group of parents, guided the children through the challenging 4-day event.



Parker and Andreas warming up for Nationals



Parker takes 5th place at Nationals

## dedication

We dedicate this to **JARED BUNDE**.

It isn't easy being a coach. It starts with a single-minded drive, to be better tomorrow through the hard work of today, to improve your time, your technique, your endurance. It is easy, in this stage, to see nothing but yourself. But a true coach thinks bigger. Thinks broader. A true coach finds a way to share what he's learned in the quest to inspire others to see within themselves a potential they didn't know they had. A true coach knows that personal accomplishment is a mental and physical game, achieved in a spirit of sportsmanship that is most rewarding when a team comes together under the guidance of a leader. A true coach doesn't just leave a singular mark on the world; he leaves many prints, his legacy ongoing. We dedicate this to a true coach we will deeply miss, and to whom we wish joy.

**BY A STAR TRACK PARENT FOR COACH JARED, WHO, AFTER 8 YEARS WITH STAR TRACK, LEFT US THIS SUMMER TO PURSUE A DEGREE AT JOHNS HOPKINS.**



Abe, Rory, Samantha, Amy, Andy, Parker, Peye, Coach Jared

