



Summer Semester 2009 Championship Races—Group B

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. When Deirdre is not out coaching children, she is a mother and has her own interior design firm.



star track goes the full cycle

It is hard to believe that Star Track has just completed its sixth season. And, in fact, the season isn't over! Star Track just started a partnership with Asphalt Green. Now, the Team can continue its training indoors on state-of-the-art spin bikes. The children are very excited to be able to continue their training year-round and maintain the friendships they have made at the Velodrome.

In addition, Star Track had the largest attendance ever, in 2009, with over 150 children participating. In fact, interest in the program has grown so much that we need to purchase additional bikes over the winter.

Lastly, we are very proud to report that one of our alumnae, Stephanie Torres, has taken her track cycling to the next level. At 16, Stephanie became the youngest person to medal at Collegiate Nationals, taking home a Bronze in the sprints.

Deirdre Murphy Bader

mission Our goal is a free program to teach New York City's underserved children, ages 9-13, self-confidence, goal setting and teamwork through the sport of track racing. Hopefully, some of these children will get the bug and be our future cycling champions.

goals

- Raise money for additional bikes and team uniforms
- Add an additional training session on the track to meet new interest
- Long-term, expand to include an academic portion to the program

donate Although we work under the auspices of the NYC Parks and Recreation Department, we are not financially supported by the Department. 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 **City Parks Foundation** and write "Funds to be Allocated to Star Track" in the memo section and send to:

Deirdre Murphy Bader
 Executive Director-Star Track
 12 East 87th Street, 3B
 New York, NY 10128
 rainbow97@att.net

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

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 Mike Bloomberg, NYC Parks and Recreation Commissioner Adrian Benepe, David Williams, Michael Larson, Jon Kamen, Katherine Baker Charitable Trust, New York Sprint Foundation

Additionally, thanks to Thomas Gonzalez, New York Sprint Foundation, Partnership for Parks, Billy Murray, Paul Weiss, Nancy Belli, Century Road Club Association, Michael Sandler, Teresa Monge, Leona Chin, Lilian Hough, Scott Demel, Matt Heitman, Victor Torres, Stephanie Torres, Nanci Modica, Evelyn Stevens, Ann Marie Miller, Jane and Scott Sussman, LaNola Stone, Brendan Quirk of Lazer Helmets, Fuji Bikes, Larry & Jeff's for their support

A special thanks to our partners: New York City Department of Parks and Recreation, City Parks Foundation and Asphalt Green

I would also like to personally thank our staff, Coach Delroy, Coach Jared, and Coach Patrick for their thoughtful and caring work with the children.



FROM LEFT Roberto, Laszlo, Bobbi, Coach Jared, Anthony

Although the Star Track Team isn't used to bikes with gears, the Team swept gold & silver in 10-11, 12-14 categories at the recent G.S. Mengoni Grand Prix in Central Park.



Gold, Bobbi Silver, Laszlo



Gold, Anthony Silver, Roberto



Roberto, Bobbi and Tomas



BACK ROW FROM LEFT Evelyn Stevens, Deirdre Murphy Bader, and Daniel FRONT ROW FROM LEFT Caleb, Nathan, YueHao, Raymond and David

Cycling phenom, **EVELYN STEVENS**, came to Star Track's inaugural indoor training session at Asphalt Green. Fresh from a 6 hour round-trip to and up Bear Mountain, Evie was full of tales of the pro peleton. Team members came prepared with questions about what it's like to be a professional cyclist. We look forward to another visit by Evie at the track in spring!



Nathan, prepared for racing and Halloween!



Ewen, relaxed and ready to race!



Stephanie takes Bronze at the Collegiate National Championships

STEPHANIE TORRES came to motivate her fellow Star Track teammates with tales of Collegiate Nationals. Stephanie was the youngest person, at 16, ever to medal at Collegiate Nationals, bringing home a Bronze Medal in the sprints. Stephanie was also on hand at our fall finale, giving racing tips to the competitors. She was presented with a commemorative poster and card made by the class.

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 **City Parks Foundation** and write "Funds to be Allocated to Star Track" in the memo section.

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Stephanie starting Peve for a Chariot Race

letters

Since I was a kid I was always interested in bike racing and I kept begging my dad to enter me in a race. So he looked and entered me in the Mengoni kids race in Central Park. Before the race I was very nervous because I had never raced before. During the race I fell behind, but on the hill, (which is the last part) I beat the guy who was ahead of me to win my age group. After my race I loved racing. I wanted to race more so my dad found Star Track and I joined. Star track taught me how to race with track bikes. I learned a whole whole lot and now I am a much better racer. The next year I did the Mengoni race again only to lose to my own teammate from Star Track. I got second place but I was still a much better racer than before.

LASZLO * BROOKLYN, NEW YORK * AGE 10

My experience with Star Track is the best experience I've ever had. My brother and I joined two years ago. We love riding and playing. We always used regular dirt bikes. My name is Bobbi Cordero and I have asthma. Before I started riding for Star Track I was always in and out of the emergency room getting treatments, for my condition. My doctor said I needed to do something to build my lungs. So my Mom and Dad introduced me to cycling. My Dad rides, but not professionally and he used to ride dirt bikes. I was scared at first but wanted to try.

First we were taught the functions of the bike by taking test by coach Delroy. This was basically every session. Our coach would go over the work with us until we got it right. Afterwards we would learn how to ride. My first experience on the track bike was weird. There were no breaks! And when you pedaled the bike forced you to keep moving. You would have to keep your balance, because your feet would be in foot brackets. You would ride around a huge track, like the ones you race on but it had a hill to it. I learned to ride on it, I learn how to do a pace line and how to work with others. I met new friends. I learned team work. I also learned when you fall you get back up. I also learned how to ride by myself. Time trials are the hardest for me because you're racing against yourself.

I learned how to compete and race. I have won many trophies and enjoy my parents and friends cheering me on. I like to cheer my friends on too. I was just introduced to Road racing in central Park. It was fun. I used a different bike. I used a Road Bike, it had breaks and gears. I came in first place. It was hard because we road on hills, wet grounds etc. It was different from track racing where you just ride around in circles at top speed. Both experiences were great. I still enjoy coming to Queens from the Bronx. I take two trains and a bus to get to the Velodrome to ride. I don't get asthma attacks so often, this year I had none, my doctor asked me what have I been doing to stop it. I said I ride track bikes, he said keep it up, your lungs are great.

I love riding, its fun and I get to play with my friends. Star Track is the best.

BOBBI * BRONX, NEW YORK * AGE 12

My experience with Star Track is fun. I learned a lot from when I used to ride mountain bikes and dirt bikes. It's much different riding track bikes because the pedals keep going.

My name is Roberto. When I first started track racing, it was hard, but when I got used to it, it was the best thing I ever did in my life!

When I met the people at Star Track, I felt welcomed. Everyone there is nice so I don't really need to worry bout bad things happening. I love racing at Kissena. I won a couple of races in first place and I'm planning on trying to win a couple more. I've been into track racing for 2 years now, and now I've experienced something else, ROAD RACING!

When I did my first road race in Central Park, I didn't know what to do with my gears (and I'm still training too). It was a 5 mile race. I set my gear to 1 gear for the whole race and I finished second place! And it feels so different on a road bike too. If I had a choice to pick between road racing and track racing, I would do track.

In conclusion, I really like Star Track a lot and racing too. Both road racing and track racing seem fun and I really want to do more of it. This sport rocks!

ROBERTO * BRONX, NEW YORK * AGE 15

2008-09 fund raising campaign

RAINBOW STRIPES

(\$15,000 and up)

GOLD

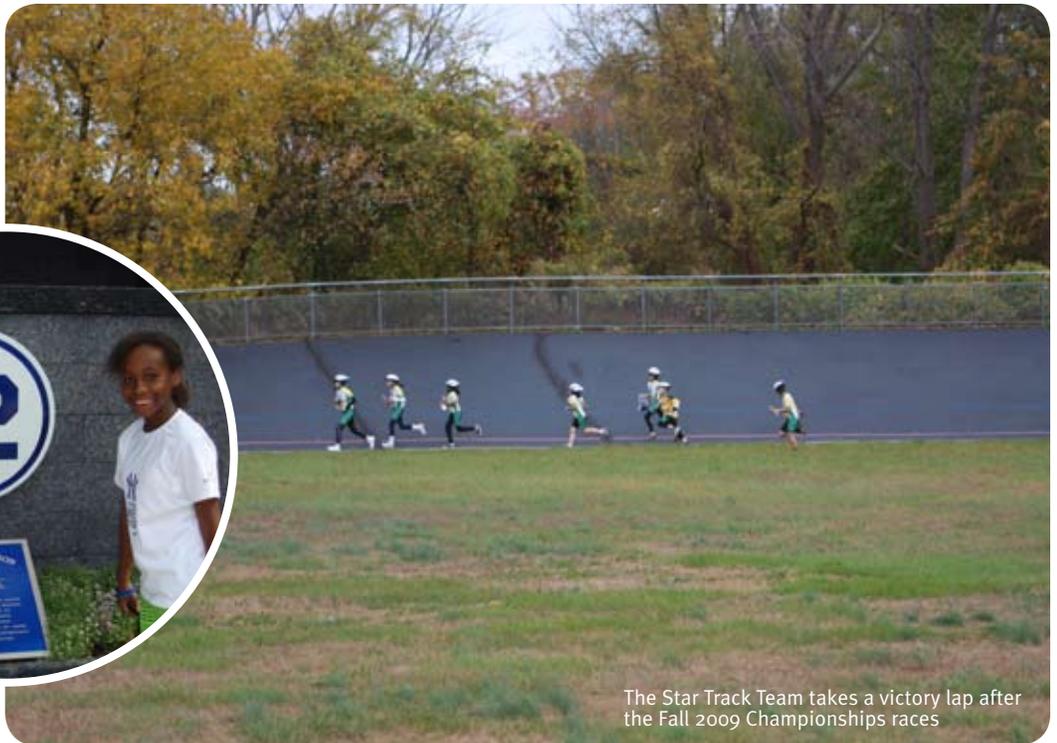
(\$2,500-\$14,999)

SILVER

(\$501-\$4,999)

BRONZE

(\$1-\$499)



The Star Track Team takes a victory lap after the Fall 2009 Championships races

BELOW Star Track goes to Yankee Stadium
ABOVE Peye and Bobbi at Monument Park



star track at yankee stadium

Thanks to Nike and NYC Parks and Recreation, the Star Track team was able to go to a special event held at Yankee Stadium. The children were treated to lunch, followed by a motivational talk by Bernie Williams. Then it was off to a tour of Monument Park followed by batting and fielding practice on the new field!

coaches' corner

DELROY WALTERS, originally from Jamaica, now lives in Brooklyn with his family. A grandparent of 2, he won't give his age, but has been racing for over 50 years. With 6 World Masters Track championships to his credit, he won gold and earned his rainbow stripes again in 2007 in Sydney, Australia. Dedicated to Star Track since its inception, Delroy believes in "giving something back." Delroy often coaches 4 days a week and would like to use his successes in cycling "as an example of what the kids can achieve-to motivate them to go further."

Delroy adds, "I think this program serves as an alternative sport for kids...and maybe in the future...we will have a champion."

Originally from Upstate NY, **JARED BUNDE** started cycling as a means of transportation. He first came to test his speed at the Kissena Velodrome in 2000, when he was working as a bicycle messenger. Caught by the fixed gear bug, he began to race in 2001. In pursuit of his own racing, Jared has traveled extensively. He enjoys being introduced to other cultures and appreciates the diversity at Star Track. Jared is currently pursuing a degree in Nursing at Hunter College. He likes coaching Star Track and sees it as a way to support the sport of cycling. Jared "enjoys the excitement and enthusiasm of our participants."

PATRICK DUNAWAY, originally from Oakland, California, started racing on the track in 2001. While living in Brooklyn and working as a messenger, Patrick frequented the velodrome and quickly got hooked on track racing. Ten years later, he still gets the chills seeing the kids race. Patrick is extremely excited to be a part of such a unique and successful cycling program.

Coach Delroy, Coach Jared



Coach Patrick

