

Shabbat Schedule

Friday

the ★ indicates that you are expected to be at this activity!

	When?	What?	Where?	Who?	Details!
★	12:30 - 4:30	Registration	Bag drop off: Rec Hall Registration: Game Room	Daniella	Check in, get your room assignments and pick up your fundraising incentives. Please note: You can drop your bags off at your room, but you can't use your room until 3:30pm.
	12:30 - 3:30	Bike decorating	Shady Grass	Dory Kornfeld	Ride in style! Unleash your inner-kindergartener, and come decorate your bike to make it bee-yoooutiful for the Ride!
	12:30 - 3:30	Bike Mechanic Available	Shady Grass	Sal Lilienthal	Sal and some of our bike tech crew can help you get your bike in shape for the Ride if you have any concerns. Please be patient if there's a line.
	12:30 - 3:30	Rental Bike Pickup	Shady Grass / Tennis Courts	Sal Lilienthal	Pick up your rental bike from Sal if you've ordered one. Please bring a check payable to Hazon for \$40 if you haven't already paid.
	1:00 - 1:45	Lunch	Tent		
AFTERNOON SESSIONS	2:00 - 3:30	AFTERNOON SESSIONS			
		Spirit Signs - Teen program	Porch	Rachel Olstein	Meet fellow teens on the ride and make cool signs to cheer on riders on Sunday. Teens 12-18 are welcome!
		What is Adamah? And who are these Fellows?	Cob Oven	Adamah Fellows	Meet the Adamahnicks and find out about this amazing organic farming and Jewish spirituality program. And eat tasty treats baked in the Adamah-built cob-oven!
		Green Building Tour	Start in the Synagogue	Adam Berman	Isabella Freedman has been transformed as it seeks to model best-practice for an ecologically sensitive Jewish facility. Join Executive Director Adam Berman on a stroll through "sustainable" Freedman.
		Preparing for a long-distance Bike ride	Shady Grass	Ed Ravin	Actually, you should already be prepared!! But just in case, come to this session for tips on muscle strain, hydration, bike & helmet fitting, and more. Bring your bike.
		Un-Processing the American Diet	Tent	Linda Lantos	Deciding what to eat has never been more difficult with fad diets, trans-fats, GMO's, and chemical additives. Learn with natural foods specialist Linda Lantos how to cook with natural, healthy and delicious ingredients you may have never even heard of.
		Consumption, Compassion and the Law of the Jungle: Text Study	Gazebo	Rabbi Steve Greenberg	The law of shoohing away the mother bird before taking her young is famous for its strange tenderness. Still, in the end eating is inevitably an aggressive act. How do we square the notion of a compassionate and loving God with the reality of eating.
		The hills are alive...Climb Music Mountain	Meeting Spot	Jon Richer von Trap	This is a hilly ride, suitable for folks who want to get a last hill-climbing ride in ahead of Sunday.
		Swimming at the Pool & Lake	Pool / Lake	2 lifeguards	Relax and enjoy. There are towels at the pool; bring your own if you're swimming at the lake.
		Hang out, Relax, Meet people	Lounge		There are great people here, and we encourage you to get to know them. Enjoy the books and games in Freedman's newly renovated lounge.
	3:30 - 4:45	Free Time			
★	3:35 - 4:15	Crew Captain Meeting	Under the Synagogue	Anna Stevenson	Mandatory for all crew captains - optional for other crew members.
	3:45 - 4:15	Yoga	Yurt	Daniel Dale	A vinyasa yoga session that improves strength, focus, balance, relaxation, and mindfulness of movement. All welcome.
MIKVEH	3:30 - 4:20	Women's Mikveh (optional)	Dock	De Herman	There is a Jewish tradition of going to the mikveh before Shabbat: of immersing oneself naked in natural water. In separate men's and women's groups, we invite you to have a mikvah moment at the lake. Bathing suit optional, bring a towel! Women - meet at the dock
	3:30 - 4:20	Men's Mikveh (optional)	Meeting Spot	Rabbi Leon Morris	Men - meet at the Meeting Spot (out front of the Dining hall - see map). Please be on time, we are on a tight schedule!
★	4:45 - 6:00	Welcome / Orientation	Dining Hall		This session is mandatory for all participants. Please join us in the Dining Hall to launch the 2006 NY Ride!
	6:00 - 6:15	Candlelighting	Lounge		Official time: 7:10pm
SHABBAT SERVICES	6:15 - 7:30	Pluralistic Adamah Shabbat Service	Yurt	Joseph Gindi, Liron Kranzler, Tamar Lieb	Join the Adamahnicks for an alternative way to welcome Shabbat, with singing and kavanah.
	6:15 - 7:30	Music and 'cocktails' by the pool	Pool	Lisa Sacks and Gigi	Davening not your thing? That's fine by us. Come chill at the poolside (no swimming) and settle into the weekend with relaxed conversation and music.
	6:15 - 6:55	Kabbalat Shabbat — Mechitzah and Traditional Egalitarian combined	Synagogue	Steven Goldstein & Rabbi Amy Katz	We invite you to join us for a beautiful and inspiring Kabbalat Shabbat, led by Chazan Steven Goldstein and Rabbi Amy Katz. The entire ride community will sing Kabbalat Shabbat together, and then
	7:00 - 7:30	Traditional Egal Ma'ariv	Synagogue	Lewis Warshauer	we'll break into two separate ma'ariv sessions; a traditional-egalitarian service, and an orthodox service with a mechitzah.
	7:00 - 7:30	Mechitza Ma'ariv	Game Room	Steven Goldstein	
	7:30 - 9:30	Dinner	Tent		
	9:30 - 11:00	It's All Connected: Hazon, a farm in Virginia, and the meaning of everything Keynote Address	Dining Room	Anna Stevenson	Anna has been the Ride Coordinator at Hazon for the past two years. We invite you to hear her speak about her time at Hazon, the state of the world and what she'd like to do about it, and how you're all a part of making the world a better place.
EVENING ACTIVITIES	9:30 - 10:30	Late night hike for 9-13 year olds	Meeting Spot	Cara Silverberg, Teva Staff	
	9:30 - 10:30	Late night hike for 14-18 year olds	Meeting Spot	Jonathan Dubinsky, Teva Staff	What happens outside when it's dark? Come explore the woods in the dark and "see" a whole new side of Freedman
	11:00 - mid-night	Late night hike for grownups	Meeting Spot	Casey Yurrow, Teva Staff	
	11:00 - ?	Maple Syrup at Midnight	Games Room	Rabbi Shmuel Simenowitz	A rabbi's tisch literally means "table". Join Rabbi Shmuel for some singing, some story telling, some maple syrup tasting and a lot of Shabbos joy at this late-night tisch.

Shabbat Schedule

Saturday

the ★ indicates that you are expected to be at this activity!

	When?	What?	Where?	Who?	Details!
	7:30 - 9:30	Breakfast	Tent		
S H A B B A T M O R N I N G	8:00 - 9:00	Early Morning Boat tour	Dock	Jon Drill	Come on down to the lake for an "eye-spy" boat tour of Lake Miriam (the lake at Freedman). Appropriate for kids 8-15 and kids at heart.
	8:00 - 9:00	Torah Yoga	Yurt	Moran Ben Shaul	Start your Shabbat day with a yoga session that awakens the body and the spirit.
	9:00 - 11:15	Trad Egal Shabbat morning services	Synagogue	The Schor Family, Dan Kestin, Eytan Kurshan	
	9:00 - 11:15	Mechitza minyan Shabbat services	Rec Hall	David Rendsburg, Steven Goldstein	
	9:00 - 11:15	Groovin' with Gld: alternative morning prayer service	Dining Hall	Adam Berman & the Adamahnicks	Not your bubbe's prayer service. A little singing, a little meditation, a lot of ruach.
	9:30 - 11:15	Shabbat Morning Hike: Experience the nature of prayer	Meeting Spot	Nili Simhai	When you pray, move your feet! Join Teva director Nili Simhai for a morning hike and experiential prayer. Wear closed-toed shoes.
	10:00 - 11:15	If I forget thee O Jerusalem, will all your forests be destroyed?	Tent	Noam Dolgin	Explore our personal and communal connections to Zion and discuss what's happening to Israel's environment. A philosophical, spiritual and political exploration.
	10:15 - 11:15	Torah Yoga	Yurt	Moran Ben Shaul	Welcome Shabbat with a yoga session! (see above)
	11:15 - 11:45	Kiddush	Rec Hall	Noe Pollack, Sasha Lansky, Anya Van Wag-dendonk	Enjoy some cakes and nibbles and meet some of our awesome B'nai Tzedek teenagers.
		11:45 - 12:45	The Ethics of Order or the Problematics of Alchemy	Dining Room	Rabbi Steve Greenberg
	12:45 - 2:15	Lunch	Tent		
A F T E R N O O N S E S S I O N S I	2:30-3:30	AFTERNOON SESSIONS I			
		Conflict Resolution, Coexistence and Environmental Protection - The Arava Institute for Environmental Studies - an Island of Sanity in the Middle East	Dining Room	Mutassim Abu Al Hawa, Mohamed Atwa, Alma Rosen Jaffe, Ben Rosenthal Chair: David Lehrer	You want to be at this session. Come hear from David Lehrer, Executive Director of the Arava Institute for Environmental Studies, and several alumni, about this remarkable program, which in addition to being one of our main partners, is doing amazing work in the Middle East for the environment and for peace.
		Manna from Heaven: The Relationship Between Food, Time and the Art of Questioning	Synagogue	Rabbi Leon Morris	For forty years, the Israelites are fed by God. Weaving together Torah, medieval commentators, and contemporary philosophers, explore the nature of these desert meals that were, um, simply divine.
		Yoga	Yurt	Daniel Dale	A vinyasa yoga session that improves strength, focus, balance, relaxation, and mindfulness of movement. All welcome.
		Teen Low Ropes Course	Meeting Spot	Rachel Olstein	Challenge your mind and your body on the low ropes course on the other side of the lake.
		World Cup II (games on the field)	Grass by the Greenhouse		Want a pick-up game of soccer? If there are enough people, organize yourselves a match!
		Shabbos Shluf	Shady Grass	Lisa Sacks and Gigi	Bring your sleeping bag and a story to tell. Appropriate for all ages!
		(until 4:30) Hike to the Sadeh	Meeting Point	Adamanicks	The Sadeh is a 5-acre field farmed by the Adamah Fellows. Learn about the range of impacts that this remarkable program is having.
	(until 6:00) Swimming	Pool and Lake		Relax, cool off, enjoy. Don't forget sunscreen!	
A F T E R N O O N S E S S I O N S II	3:45- 4:45	AFTERNOON SESSIONS II			
		PANEL II: Food and the Future of the World: Tracing the world's problems and solutions, back to food	Dining Hall	Rabbi Shmuel Simenowitz, Ruth Messinger, Leah Koenig, Linda Lantos, Zelig Golden	We'd like to introduce you to a panel of folks who are doing a variety of interesting things related to food, and how it can be at the root of, and the solution for, so many of the problems we see in the world today.
		Jewish Story Telling with an Aspriting Maggid (storyteller)	Tent	Ilan Glazer	Rebbe Nachman of Bratslav used to say: "The world says that stories are meant to help you sleep. But I say that stories are meant to wake you up!"
	Yoga	Yurt	Daniel Dale	A vinyasa yoga session that improves strength, focus, balance, relaxation, and mindfulness of movement. All welcome.	
	5:00 - 6:00	RELAX!	Anywhere		Go smell the havdallah garden. Sit on the dock. Watch the chickens. Breathe deeply. Enjoy the last few moments of Shabbat!
	6:00 - 6:15	Mincha	Syn / Game	Steven Goldstein	
	6:15 - 7:45	Dinner	Tent		
	7:45 - 8:00	Ma'ariv	Syn / Game	Steven Goldstein	
★	8:00 - 9:00	Ending Shabbat / Beginning the Week	Rec Hall	Nigel Savage, Yoshie Fruchter, Daniel Simon	Please gather in the Rec Hall at 8:00pm. We'll reflect on the end of Shabbat, celebrate Havdallah and begin the next week...
M A N D A T O R Y B R I E F I N G S	9:00 - 10:00	SAFETY & ROUTE BRIEFINGS			
		65-mile - grownups	Dining Room	Ruth Messinger, Noa Heyman, John Feinberg	
		65-mile - teenagers	Synagogue	Jon Richer, Andrea Hendler, Jon Drill	
		100-mile - all ages	Lounge	Heidi Sadowsky, Alan Ganapol, Cheryl Cook	
	9:00 - 10:00	Crew Meeting	Yurt	Anna Stevenson & Nancy Lipsey	
	10:00	Late Registration	Game Room		
	10:00	Teen + Parent Ride Check In	Game Room		
	10:00	Adult Ride Check In	Rec Hall		
	10:25	Saturday arrival meet up		Julie Goodman	Mandatory for all Saturday arrivals.
★	10:45	Go to bed!!			You have to ride in the morning!!!