

IronOnline Bash 04, Manhattan, NYC

Updated 9/13/04. Please check for updates before departure.

Seminar and food, Saturday, September 25, 2004

Featuring Dave Draper and Dr. Ken Leistner

Plus casual get together Friday night and Sunday morning for those with extra time

IronOnline Bash 04 hotel:

Crowne Plaza, Times Square, Manhattan

<http://www.manhattan.crowneplaza.com>

1605 Broadway, Manhattan

Toll-free, USA (800) 243 6969, non-US (212) 977-4000

Ask for IronOnline room rate, \$179/night

Parking is mondo-money, \$39.00 per night with no in/out privileges

Call hotel concierge for all advance dining and entertainment needs at (212) 315-6095.

Friday, if interested:

Workout at Mid-City Gym, 6pm, \$10 (mention IronOnline to get this rate)

244 W 49th Street, (212) 582-8924, same block, on left of Crowne Plaza

They will also offer our group a week pass for \$40 for those who will be in town longer, and will honor a \$10 day fee for us during the stay if you mention IronOnline.

Casual dinner at Roxy Deli, 9pm, \$15ish -- 3rd floor

Roxy Deli, (212) 921-3333, 1565 Broadway, right of Crowne Plaza

Saturday Bash event:

Seminar at Mid-City Gym, hang out from 11-12, seminar from 12-2:00, no charge

244 W 49th Street, (212) 582-8924, same block, on left of Crowne Plaza

Lunch at Planet Hollywood, 3:00-6:00, no charge

1540 Broadway, (212) 265-2404, across Times Square and to the right of Crowne Plaza

After the seminar, walk back to Times Square, turn right, walk a couple blocks, cross over Times Square to the Planet Hollywood restaurant and upstairs to the dining area. We'll be on the left in the gold-colored room. Ask for the IronOnline group if in doubt.

Sunday, if interested:

Breakfast at Crowne Plaza, Samplings Restaurant, 10:30am, \$?

Airlines:

Fares are really cheap right now, as low as \$175 coast-to-coast. Check out Best Fares to get an idea or book your trip:

<http://www.bestfares.com>

New Yorkers:

I'd love to update this with your suggestions for your IOL friends. Please email me at ldraper@davedraper.com

How to get to the Crowne Plaza:

Distances to Crowne Plaza, expect to take ~30 minutes:

LaGuardia Airport (LGA) - 12 miles

JFK Airport (JFK) - 15 miles

Newark Airport (EWR) - 15 miles

Shuttle, bus and taxi services are available from LaGuardia, JFK and Newark into Manhattan

Subway: The N, R, W, E, C, 1 and 9 subway lines are all within a quick walk from the hotel; get off at Times Square/42nd or 49th street station; Crowne Plaza will be either across the street or three blocks north depending on where you come out.

From LaGuardia, metered taxi fare is around \$26 plus toll and tip, or take Super Shuttle (800-451-0455); info at transportation desk near baggage claim area. LaGuardia will have more flight options and is easier to get back to on the return trip.

From JFK, yellow taxi regulated fare is \$35 plus toll and tip. There's the subway (take the free bus from terminal to JFK/Howard Beach station, then the subway to Times Square/42nd or 49th street station), or take Super Shuttle (800-451-0455); more info at the transportation desk near the baggage claim area.

There's also a new AirTrain service to Penn Station, which is two subway stops downtown from our midtown hotel (you'll have to transfer to the uptown subway to 42nd or 49th). Follow signs to Monorail/AirTrain link. See MTA for more info -- this was just opening when we were there and we didn't get the details.

From Newark, bus service from Olympia Bus/Coach, \$12 per person, (212) 964-6233 or (908) 354-3330, <http://www.olympiabus.com/>

If you drive, parking is a significant problem in New York City. It is ill-advised to bring a car into Manhattan. If you drive to the bash, check into the airport long-term parking, then commute to the hotel. Long-term parking can go as cheap as \$10-\$12 daily.

You'll also find a list of attendees -- some with photos -- at the link below:

<http://www.davedraper.com/go4x.mvc?ID=Attendees>

What to expect financially:

NOTHING'S cheap in the City; if you pay \$7.50 to see a movie in your hometown, you'll pay \$10.50 in Manhattan, and that ratio is pretty much the same with everything you do, especially hotels and food. We don't eat at McDonalds, so most of our meals were in delis and ran about \$35 for a couple of hamburgers and a couple of coffees. ouch. I did make notes of other places and ways to eat for less and will include them here.

Our host hotel, the Crowne Plaza on Broadway, has an onsite gym, an independent New York Sports Club, that's no charge to hotel guests. It's a fabulous gym where you'll find more than everything you need -- this is no common hotel gym -- aerobics classes, pools, saunas, the whole bit. There's a \$10 fee for on-peak use, which is weekday noons and right after work. You can call the gym direct with questions (212) 977-8880.

We'll also go to the Mid-City Gym for the seminar, and you may want to train there while you're in the City. It's a great gym with all the tools you'd love to get your hands on. We have a group rate of \$10/day, and for a no-frills gym like this, worth every penny. This is where the Saturday seminar with Dave and Dr. Ken will take place. It's small, so we'll be cramped for the seminar with no seats or anything, just like our gym was for Bash 01, without the space to stretch out. The other places where we can have the seminar are a little... stuffy... for us; Mid-City's our kind of place.

For the Gold's Gym members with traveling privileges, there's a Gold's Gym at 250 W 54th Street, left from the hotel, up Broadway to 54th, not far -- (212) 307-7760.

Getting started with your planning:

At the end of this pdf you'll find mid-town maps.

New York Times Travel Guide:

<http://travel2.nytimes.com/top/features/travel/destinations/unitedstates/newyork/newyorkcity/guide.html>

<http://www.ny.com/>

<http://www.all-ny.com/index.html>

<http://www.newyorkmetro.com/bestofnewyork>

<http://www.nycvisit.com>

<http://manhattan.about.com/>

<http://www.mustseenewyork.com/>

Getting around, subway info:

<http://www.mta.nyc.ny.us/>

To get printed info mailed, call 800-NYCVISIT for a visitor's guide.

For visitor counselors or info by phone, call 212-484-1222.

SIGHT-SEEING:

We took a sight-seeing bus one day and would definitely recommend it to people who just have a day, or two half-days and want to get a feel for the whole city. There's a main stop within a block of the hotel on Times Square; these are the big red double-decker buses with open-air seating on the upper level. You "hop on, hop off" wherever you want, so you can ride the tour and look around, or jump off at various stops and see the sights up close. There's a downtown loop (first choice if you can only do one), an uptown loop, a Brooklyn loop and a nighttime tour -- \$39 per tour; if in town for a few days, plan ahead and buy an all-loop pass for \$49; this lasts 48-hours for full on-off uses. New York Sightseeing buses, <http://www.newyorksightseeing.com>

Getting around, you'll probably mostly walk. The avenues run up the island from south to north; the streets run across the island from west to east. 5th Avenue is the center mark of the city, so #3 W 51st Street is on the western side, just off 5th Avenue, while #4 E 51st is across 5th toward the East River. Walking between the Avenues (7th to 6th to 5th), the distance is much greater than walking from Street to Street (46th to 47th to 48th), which are normal street blocks.

The subway is fun, clean and safe. Fares are \$2 (\$1 for seniors), payable by a Metrocard that's purchased by vending machines or in line at the ticket booth. Print an MTA map from website or pick up one of the long visitor brochures from the hotel lobby. Subway maps are usually printed in the back and the routes are color-coded. If you'll be in town for a while, a 7-day pass is \$21; 1 day is \$7. <http://mta.info/>

Here's a map of the Manhattan neighborhoods to help you get your bearings -- we're staying in Midtown, in the Theater District:

<http://www.nycvisit.com/content/index.cfm?pagePkey=429>

... and a little more explanation:

<http://www.mustseenewyork.com/neighborhoods.html>

The Crowne Plaza is in short walking distance to many famous spots, including:

On Times Square:

Nasdaq remote location

Marriott Hotel, top floor is rotating restaurant

MTV, Carson Daly show, live audience, tickets available

ESPN SportsZone, 42nd and Broadway

Virgin Records, live DJ, also theater under it

MTV Store

ToysRUs

Hershey's Store next door to Crowne Plaza. Look out, danger danger

ABC Studio, Times Square (right from hotel entrance, on left side), live broadcast on ground level in mornings.

Within blocks:

Rockefeller Center, right to 48th, left toward 5th (two long blocks)

NBC Studio tour, store

Fox News, can watch taping from street level

Central Park, turn left from hotel, right on 49th, left on 7th, 10 blocks up
Carnegie Hall, turn left from hotel, right on 49th, left on 7th before Central Park
Empire State Bldg, 350 5th Avenue @ 34th
St. Patrick's Cathedral, 5th Avenue at 50th Street

The Museum of Television and Radio is at 25 W 52nd Street; admission is \$6 for adults,
(212) 621-6800, <http://www.mtr.org>

There's a fun tour for TV fans called SceneOnTv for on-location tours, a celebrity homes
tour, a Manhattan TV tour, Manhattan movie tour, Central Park movie tour. Pretty cool for
the television hip. [http:// www.sceneontv.com](http://www.sceneontv.com)

Speaking of television, you can probably get tickets to see David Letterman if you make your
arrangements now. Look here: <http://www.cbs.com/latenight/lateshow/> -- click on "get
tickets" and fill out the online form. If you send in a postcard in August and get real, real
lucky, you might snag tickets for Saturday Night Live, too. Here's how to check on live-show
tickets, including Conan O'Brien, Geraldo Rivera, SNL and others:
<http://www.theinsider.com/nyc/save/013tv.htm>

The NBC Studio tour is cool. I wouldn't recommend it if your NYC time is limited, but it's a
nice afternoon filler. <http://nbc-television-studio-tour.visit-new-york-city.com/>

Here's a NYC \$49 discount pass to 40 attractions. It's a steal, except I don't know how many
tours you 'd get done in allowed the 24-hour period. (877) 714-1999,
<http://www.newyorkpass.com>

Longer walking or subway trips:

We thought you might want to visit the World Trade Center site, so we made notes of how
we got down there. From the Crowne Plaza via the subway, go left to 49th Street, right to the
7th Street Subway station DOWNTOWN (**explain downtown/uptown -- downtown means
SOUTH, uptown means NORTH**). If sign says UPTOWN, cross the street to the downtown
trains. Take R or 1/9 to Cortlandt Station. The subway trip takes about 15 minutes. Exit up
the stairs at Cortlandt and you will be at the WTC site. Tickets of the interior viewing area
are drawn once a day by lottery in the morning as of this writing, but you can see everything
well without tickets.

<http://www.wtcsitememorial.org/>

You can also walk around viewing area to the left and across the site to the Winter Garden;
downstairs you'll find shops, food, seating area and the 9/11 memorial design finalists Go out
the back doors toward the Hudson River and you'll find a good shot of the Statue of Liberty.
Then you can exit the waterfront to the left, and left again, and walk toward Wall Street
(limited access but you can see everything), or straight toward Battery Park and a free 30-
minute Staten Island round-trip ferry, runs 24/7. The subway return to Times Square is on the
opposite track (across street to UPTOWN trains). All trains will pass Times Square at either
42nd or 49th Street stations.

Statue of Liberty/Ellis Island Museum \$7 adult admission, includes the ferry to the Statue. Go early; this was sold out at 2:30 on a holiday Sunday. I believe the Statue tour is still closed, but is expected to re-open soon, so check the website for current status, <http://www.nps.gov/stli/>

Grand Central Station, turn right from hotel, left on 48th, past Rockefeller Center to Park Avenue, right on Park, four blocks. <http://www.grandcentralterminal.com/>

East, past Grand Central, is the Chrysler Building, past that, the UN Building at 42nd Street and 1st Avenue, <http://united-nations-building.visit-new-york-city.com/>

Metropolitan Museum of Art, 5th and 82nd, 535-1710, <http://www.metmuseum.org/>

Cathedral Church, St. John the Divine, 1047 Amsterdam @ 112th, 316-7540, pretty spectacular, <http://www.stjohndivine.org/>

FDNY Firezone, 34 W 51st, between 5th and 6th, 698-4520, official FDNY stuff, kids can get on the engine, etc. Free. [http:// www.fdneyfirezone.com](http://www.fdneyfirezone.com)

Madison Square Garden All Access Tour, \$17.00, 4 Pennsylvania Plaza (Penn Station), 465-5800, <http://www.thegarden.com>

The Guggenheim Museum, 5th Avenue and 89th, [http:// www.guggenheim.org](http://www.guggenheim.org)

The Intrepid, where you can tour an aircraft carrier, a submarine and a destroyer for one admission, Pier 86 at W 46th Street, <http://www.intrepidmuseum.org>

Chelsea Piers Sports Center, by cab takes about 5 minutes, \$5.00 fare. Live music on weekends, 12-4pm, skating, golf, bowling, etc. Gym is \$50/day. Ouch again. 23rd Street and the Hudson River, <http://www.chelseapeirs.com>

While you're at Chelsea Piers, there's a 3-hour luncheon cruise on the Celestial Bateaux New York, Pier 61 at 23rd Street and Chelsea Piers,\$35, I think -- <http://www.bateauxnewyork.com>

Metropolitan Museum of Art, 1000 Fifth Avenue at 82nd Street <http://www.metmuseum.org/>

Chinatown is @ Canal and Mott Street, <http://www.chinatownnyc.com/>

Oh, don't forget these guys:
<http://newyork.yankees.mlb.com>

NY Professional Sports Teams:
<http://manhattan.about.com/od/nyproteams/>

Pro Sports Tickets:
<http://www.mustseenewyork.com/sports/new-york-sports-tickets.html>

SHOPPING:

Bloomingdales at 59th Street and Lexington Avenue,
<http://www.nyctourist.com/bloomingdales1.htm>

NBA Store @ 5th Avenue and 52nd Street, http://www.nba.com/events/nycstore_facts.html

Manhattan Mall, 6th Avenue and 33rd Street,
<http://www.ny.com/shopping/malls/manhattan.html>

NIGHTLIFE:

If you want to see a Broadway or off-Broadway show (this only refers to theater size, by the way, not location -- off-Broadway venues are smaller), you can pick up discounted tickets at a ticket reseller across Broadway from the hotel, in the middle of Times Square, called TKTX. At 10:30-11:00am, line's short (relatively speaking) for 50% off same-day theater tickets, however if you have your heart set on a specific show, you probably ought to spring for full-price tickets in advance.

Here's the theater event Playbill site:
<http://www.playbill.com>

Other ways to save on theater tickets:
<http://www.theinsider.com/nyc/save/002tkts.htm>
<http://www.broadway.com>

Best movie theater is a few blocks away at the Loews at 247 W 42nd with 25 screens.
<http://movies.channel.aol.com/showtimes/theater.adp?&theaterid=572>

BB King's Blues Bar is next to the theater on 42nd (turn right off Broadway).

There's no end to possibilities; I'll leave you to sort these out on your own. If in doubt, just stand in the middle of the meridian on Times Square and watch the people moving around.

RESTAURANTS:

I'm going to make some notes here of the restaurants close to the hotel, perhaps to save you a little money or help you steer clear of a disaster. If you have any time in the City at all, be a little adventurous and step out a block or two.

Here's a link to the best way to get started:
<http://www.arthurschwartz.com/restaurants/index.html>

Note to large parties, tip will probably be added to bill automatically.

Skip Texas BBQ

No comment on Ellen's Stardust Café; we got turned off by the host and walked out.

Skip Lindy's

Skip Maxie's

Street vendor cart skewers, can't beat 'em for \$2-3, teriyaki chicken or beef

There are market delis that work really well for our kind of food. Cold and hot food, served salad-bar style and weighed for price. Run about \$5-6 per pound, including hot meats. BellyDelly Deli is left on block, takeout salad and hot bar deli and minimart where you can get milk and eggs, etc; Mama Sbarro's right across Broadway, hot and cold foot bar, \$5.99/lb, plus soups, salads, pasta and grill bar -- this one's pretty expansive.

Tad's Steaks, directly across Broadway and 7th and another on the right, down Broadway about 4 blocks. TBones, Rotisserie chicken, \$6.99 lunch. Didn't try it, but looked like a bargain.

Chains: Olive Garden is across the street and to the right; Howard Johnson's restaurant, to the right, on the corner of Broadway and 46th; Appleby's and TGI Friday's are left to 50th, turn right.

Virgil's Real BBQ, (212) 921-9494, 152 W 44th Street, right out of the hotel, to left, across Broadway on 44th. Various styles of bbq, good burgers, not too expensive. We liked it. <http://www.virgilsbbq.com>

Roxy Deli, 1565 Broadway, between 46th and 47th. Yumm! On the next block from the Crowne Plaza.

Carnegie Deli (across from Carnegie Hall), 854 7th Avenue, <http://www.carnegiedeli.com/>

Broadway Joe's Steakhouse, 315 W 46th between 8th and 9th; 20% discount coupon on website, <http://www.broadwayjoesteakhouse.com/>

Frankie & Johnny's steakhouse upstairs at 269 West 45th street, huge steaks, I'm told, reasonably priced for NYC. http://www.wguides.com/city/33/113_5454.cfm

Brazilian BBQ, Churrascaria La Plataforma, 316 W 49th Street, east of 9th Avenue (giant buffet in center of the room for all you want salad bar, then you're presented with spit-bbq meats. Supposed to be excellent for larger groups, food sharing.

RubyFoo's Dim Sum and Sushi bar, across street on left. We didn't go here, but there was a line several times on our way by. Dim Sum is a lot of fun in a group, if you happen to collect with a few IOL pals standing on the street corner.

Breakfast: the Renaissance Diner on 9th at about 52nd, or Cosi, left at 51st, for a cheaper bakery café, or Cafe Edison (Edison Hotel, 47th between 8th and Broadway, aka Polish Tea room

Stage Deli on 8th Ave, one or two blocks south of Carnegie Deli as well as

Rosie O'Grady's steakhouse, 800 7th Avenue, http://www.wguides.com/city/33/113_54089.cfm

From David Letterman fame, round the corner from CBS at 213 West 53rd Street is Rupert Lee's Hello Deli, http://www.hello-deli.com/deli_menu.html

Hamburgers - Island Burgers and Shakes 9th Ave & 51st, or McHale's at 46th and 8th

Mexican - La Cocina - 8th Ave & 47th

Italian/Pasta - Becco - 46th (between 8th & 9th), or Baldoria at 48th and 8th or Da Tommaso, 903 Eighth Ave (at 53rd St.)... Farther away but highly recommended: La Mela in Little Italy, <http://www.littleitalynyc.com/restaurants.asp>

Landmark Tavern at 46th and 11th for a cozy pub atmosphere

Pizza: Ray's Famous (the one and only original) 6th avenue @ 11th Street (New Yorkers fight over what's the best pizza, so this one's a wild guess)

German wurst shop, Hallo Berlin, 402 W. 51st St. at Ninth Ave., inexpensive indoor/outdoor

For a NY-style ethnic restaurant experience, stroll along 9th Avenue from the mid-30s to the mid-50s Streets.

More food ideas here:
<http://www.arthurschwartz.com/restaurants/index.html>

I'd love to update this with your suggestions for your IOL friends. Please email me at ldraper@davedraper.com

Mid-town maps, west and east:

ACCOMMODATIONS

- The Algonquin 30
- Americana Inn 35
- Belvedere Hotel 6
- The Benjamin 25
- Chelsea Lodge 15
- Doubletree Times Square Guest Suites 9
- Gershwin Hotel 40
- Habitat Hotel 19
- Hotel Metro 37
- Le Parker Meridien 18
- The Peninsula-New York 21
- The Plaza Hotel 16
- Red Roof Inn 38
- Ritz-Carlton New York, Central Park 17
- The St. Regis 20
- Thirty Thirty 39
- Trump International Hotel & Towers 1
- W Union Square 46
- Waldorf-Astoria and The Waldorf Towers 29

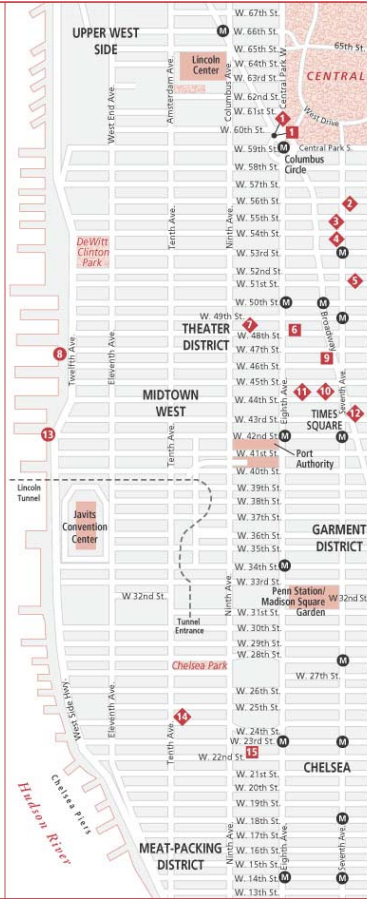
DINING

- Aquavit 23
- Carmine's 11
- Carnegie Deli 3
- Churrascaria Plataforma 7
- City Crab 45
- Dos Caminos 41
- Eleven Madison Park 42
- Jean-Georges 1
- John's Pizzeria 10
- Le Bernardin 5
- Le Cirque 2000 28
- Le Grenouille 24
- Manhattan Chili Co. 12
- Molyvos 2
- P.J. Clarke's 22
- The Red Cat 14
- Stage Deli 4
- Ventus 44
- Virgil's Real BBQ 11

ATTRACTIONS

- Chrysler Building 32
- Circle Line Cruise 13
- Flatiron Building 43
- Empire State Building 36
- Grand Central Terminal 33
- Intrepid Sea-Air-Space Museum 8
- New York Public Library 34
- Rockefeller Center 27
- St. Patrick's Cathedral 26
- United Nations 31

- ACCOMMODATIONS** ■
- The Algonquin 30
 - Americana Inn 35
 - Belvedere Hotel 6
 - The Benjamin 25
 - Chelsea Lodge 15
 - Doubletree Times Square Guest Suites 9
 - Gershwin Hotel 40
 - Habitat Hotel 19
 - Hotel Metro 37
 - Le Parker Meridien 18
 - The Peninsula-New York 21
 - The Plaza Hotel 16
 - Red Roof Inn 38
 - Ritz-Carlton New York, Central Park 17
 - The St. Regis 20
 - Thirty Thirty 39
 - Trump International Hotel & Towers 1
 - W Union Square 46
 - Waldorf-Astoria and The Waldorf Towers 29
- DINING** ◆
- Aquavit 23
 - Carmine's 11
 - Carnegie Deli 3
 - Churrascaria Plataforma 7
 - City Crab 45
 - Dos Caminos 41
 - Eleven Madison Park 42
 - Jean-Georges 1
 - John's Pizzeria 10
 - Le Bernardin 5
 - Le Cirque 2000 28
 - Le Grenouille 24
 - Manhattan Chili Co. 12
 - Molyvos 2
 - P.J. Clarke's 22
 - The Red Cat 14
 - Stage Deli 4
 - Veritas 44
 - Virgil's Real BBQ 11



- ATTRACTIONS** ●
- Chrysler Building 32
 - Circle Line Cruise 13
 - Flatiron Building 43
 - Empire State Building 36
 - Grand Central Terminal 33
 - Intrpid Sea-Air-Space Museum 8
 - New York Public Library 34
 - Rockefeller Center 27
 - St. Patrick's Cathedral 26
 - United Nations 31

