



FOR RELEASE
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NEWS RELEASE

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—500 cyclists take week-long vacation along Erie Canal— —13th annual Cycling the Erie Canal tour starts July 10 in Buffalo—

ALBANY, N.Y. – They start out in Buffalo on Sunday, July 10, leaving their cars behind. Some 500 bicyclists from 35 states are participating in the 13th annual *Cycling the Erie Canal* tour, organized by Parks & Trails New York, a statewide not-for-profit organization. The 400-mile bicycle tour ends on Sunday, July 17 in Albany.

About three-quarters of the journey is on the off-road Erie Canalway Trail. When the Trail is finished, it will be the longest statewide trail in the United States.

“The 13th annual *Cycling the Erie Canal* tour is an inexpensive and healthy way to explore the Erie Canal and upstate New York. Plus it’s fun. I call it a rolling summer camps for all ages,” says Parks & Trails New York Executive Director Robin Dropkin. “We have cyclists from over 35 states plus several hundred volunteers in communities along the route ready to welcome riders and help them discover what makes the Erie Canal and upstate New York unique.”

The Buffalo schedule is as follows:

Saturday, July 9–Buffalo–Pre-tour activities

Overnight: Nichols School, 1250 Amherst St, Buffalo

7:30am – 3:00pm – Niagara Falls Bike Ride, leaves from Nichols School

9:00am – 2:00 pm – Information booth open at Nichols School, 1250 Amherst St, Buffalo

10:00am – 3:00pm – Buffalo City Ride, leaves from Nichols School

2:00pm – 7:00pm – Registration at Nichols School

4:30pm – 6:00pm – Wine & cheese reception at Nichols School

5:00pm – 7:30pm – Dinner at Nichols School

7:45pm – 8:45pm – Welcome and orientation at the Nichols School Auditorium

Sunday, July 10–Buffalo to Medina

Overnight: Medina Middle School, Gwinn St., Medina

5:30am – 7:30am – Breakfast at Nichols School

6:30am – 7:30am – Registration at Nichols School

7:45am – Brief kick-off ceremony

8:00 am – Start of ride

8:30am – 12:00pm – Morning Rest Stop, Amherst Erie Canal Museum

10:30am and 12:30pm – Lockport Boat Tours

12:00pm – 5:00pm – Afternoon Rest Stop – Middleport, Municipal Park

1:00pm – 6:00pm – Swimming in Medina Middle School pool

4:00pm – 7:00pm – Computer Lab available

5:00pm – 7:00pm – Dinner at Medina Middle School

7:00pm – 8:00pm – Talk on canal history – Tom Grasso, President, NYS Canal Society in the Middle School Auditorium

7:00pm – 9:00pm – Music at campsite

The NYS Canal Corporation is the Premier State Sponsor of *Cycling the Erie Canal* for the 13th straight year. The Erie Canalway National Heritage Corridor is the event's Heritage Sponsor. Supporting sponsors include CSEA and Brookfield Power. Other sponsors include Wegmans, Terry Cycling, and I LOVE NY.

Great Hudson Valley Pedal

Parks and Trails New York puts on another multi-day bicycling tour through the picturesque Hudson Valley. The *Great Hudson Valley Pedal*, a six-day, 200-mile bicycle tour from Albany to New York City is set for August 116-21. For further information on the *Great Hudson Valley Pedal*, call 518-434-1583, e-mail HUDSONTOUR@PTNY.ORG or visit WWW.PTNY.ORG/HUDSONTOUR.

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