



**FOR RELEASE**  
**July 10, 2011**

# NEWS RELEASE

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## **500 cyclists take week-long vacation along Erie Canal -13<sup>th</sup> annual Cycling the Erie Canal tour arrives in Rochester July 11-**

ALBANY, N.Y. – They started out in Buffalo on Sunday, July 10, leaving their cars behind. Some 500 bicyclists from 35 states will be arriving in Rochester on Monday, July 11 as participants in the 13<sup>th</sup> 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 trails 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 camp 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 Rochester area schedule is as follows:

**Monday, July 11–Medina to Pittsford**

Overnight: Nazareth College – 4245 East Ave., Pittsford

**6:00am – 8:00am** – Breakfast at Medina Middle School

**8:00am – 12:00pm** – Morning Rest Stop, Holly – Canal Park

**12:00pm – 5:00pm** – Afternoon Rest Stop, Rochester – Genesee Valley Park – at the Genesee Valley Waterway Center - swimming(show arm bands), canoes and kayaks available

**11:00 on** – Escorted bike rides to High Falls in downtown Rochester

**2:00pm – 9:00pm** – Shuttle service to dorms and Schoen Place, Pittsford

**5:00pm – 7:00pm** – Dinner at Nazareth College in Pittsford

**7:00pm – 8:00pm** – Music in campsite - Fred Vine

**7:00pm - 8:00pm** - Speaker - Bob Buccieri

**8:00pm – 9:00pm** – Swimming at Nazareth College

## **Tuesday, July 12–Pittsford to Seneca Falls**

Overnight: Mynderse Academy, Seneca Falls

**6:00am – 8:00am** – Breakfast at Nazareth College with representatives from the Mormon Church & the Village of Palmyra

**8:00am – 12:00pm** – Morning Rest Stop – Palmyra Village Park hosted by the Palmyra Kiwanis

**12:00pm – 5:00pm** – Afternoon Rest stop – Clyde Village Park - Town of Galan Historic Society and area churches open

**2:30pm – 9:30pm** – Shuttle bus taking cyclists to Seneca Falls museums and dinner in Seneca Falls(3-9:30) and Vince's Park for swimming (pool 3 – 8)

**4:30pm – 6:30pm** - Wine & cheese reception at Peoples Park, Seneca Falls

**5:00pm - 5:30pm** - Whale Story at Peoples Park

**4:30pm - 7:30pm** - Ice cream social (fee)

**7:00pm – 8:00pm** Community Band Concert– Peoples Park, Seneca Falls.

Museums in Seneca Falls open late. See local brochure for schedule.

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 16 – 21. For further information on the *Great Hudson Valley Pedal*, call 518-434-1583, e-mail [HUDSONTOUR@PTNY.ORG](mailto:HUDSONTOUR@PTNY.ORG) or visit [WWW.PTNY.ORG/HUDSONTOUR](http://WWW.PTNY.ORG/HUDSONTOUR).

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