



**FOR RELEASE**  
**July 5, 2008**

# NEWS RELEASE

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## **500 cyclists take week-long, gas-free vacation along Erie Canal —10<sup>th</sup> annual Cycling the Erie Canal tour arrives in Medina July 6—**

ALBANY, N.Y. – They started out in Buffalo on Sunday, July 6, leaving their cars and expensive gas behind. Some 500 bicyclists from 35 states will be arriving in Medina on Sunday, July 6 as participants in the 10<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 13 in Albany.

More than two-thirds 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 10th 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 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 Medina schedule is as follows:

**Sunday, July 6–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 kickoff 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

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

**7:00pm – 8:00pm** – Talk on canal history – Tom Grasso, President, NYS Canal Society

**7:00pm – 9:00pm** – Music at campsite

**Monday, July 7–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 – swimming available

**1:00pm – 2:00pm/2:00pm – 3:00 pm** – 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 – 7:30pm** – Talk by Judy Ertel from the Susan B. Anthony House Museum at Nazareth College, Pittsford??????

**7:30pm-9:00pm** – Music at the campsite Fred Vine – Folk Music

The NYS Canal Corporation is the Premier State Sponsor of *Cycling the Erie Canal* for the tenth straight year. The Erie Canalway National Heritage Corridor is the event's Heritage Sponsor. Supporting sponsors included CSEA, Brookfield Power, and Panera Bread. 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 12 – 17. 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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