



**Parks & Trails**  
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## NEWS RELEASE

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#### **FOR IMMEDIATE RELEASE**

*March 15, 2010*

**PHOTO AVAILABLE FOR YOUR USE AT <http://www.ptny.org/hudsonstour/press.shtml>**

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#### **Registration Open for Great Hudson Valley Pedal Bicycle Tour**

*200-mile bicycle tour from Albany to NYC  
scheduled for August 10-15, 2010*

ALBANY, N.Y. – The 6th annual *Great Hudson Valley Pedal*—a six-day, 200-mile recreational bicycle tour from Albany to New York City—is scheduled for August 10-15, 2010.

*Great Hudson Valley Pedal* participants will pedal their way through one of the most picturesque river valleys in the world. The Franklin D. Roosevelt National Historic Site, Olana State Historic Site, and West Point are just a few of the many interesting stops along the way. Rich in history, culture, wineries, and gourmet cuisine, the Hudson Valley offers fantastic bicycling. The tour, which includes three panoramic bridge crossings, will ride along designated bike routes, scenic roads, and off-road trails, including the renowned Manhattan Waterfront Greenway along the west side of Manhattan.

Last year's *Great Hudson Valley Pedal* drew riders from 22 states. About one-third of the riders were from New York State. "In-state riders were amazed at the beauty of the Hudson River Valley as well as its cultural and historic richness," says Robin Dropkin, Executive Director of Parks and Trails New York, organizer of the annual cross-state bike ride.

"We are eager to showcase the magnificent Hudson Valley to cyclists from around the nation and the world," states Robin Dropkin, Executive Director of Parks & Trails New York. "The Hudson Valley

offers great cycling, great scenery, and great attractions, all the ingredients cyclists are looking for in a touring location.”

Parks & Trails New York is a statewide nonprofit organization working to create a network of parks, trails and open space across the state for all to use and enjoy. **Funds raised will help support Parks & Trails New York’s park and trail programs.**

Included in the \$525 fee for the *Great Hudson Valley Pedal* are: camping accommodations every evening with showers and toilet facilities, five hearty breakfasts and four delicious dinners; two refreshment stops daily stocked with fruit, snacks and beverages; entertainment and historical presentations each evening; guided tours of historic sites, museums, and other attractions; T-shirt and water bottle; sag wagon and mobile mechanical support; baggage transport; daily maps and cue sheets; and marked routes.

A shuttle will be available at the end of the ride to transport riders and their bicycles back to Albany. Non-cycling friends and family of riders with their own transportation are welcome. Youths (under 18) enjoy a special half-price rate.

The Hudson River Valley Greenway and the Hudson River Valley National Heritage Area are premier sponsors of the *Great Hudson Valley Pedal*.

Mark Castiglione, Acting Executive Director of the Hudson River Valley Greenway and Hudson River Valley National Heritage Area, states, “The Hudson River Valley is a diverse and spectacular region, and the Great Hudson Valley Pedal offers a fantastic way for cyclists to experience the wealth of natural, cultural and historic resources within our communities. The Hudson River Valley Greenway and Hudson River Valley National Heritage Area are pleased to be premier sponsors of the Great Hudson Valley Pedal for the fourth year in a row, and to continue our partnership with Parks and Trails New York

Other sponsors of the event include Champion Corporate Sponsor Con Edison and Leading Hudson Valley Sponsor Central Hudson. Dutchess, Rockland, Orange, Columbia, Greene and Ulster Counties are also sponsors of the event.

**Additional bike tour along Erie Canal**

Parks and Trails New York organizes another multi-day bicycling tour along the legendary Erie Canal. *Cycling the Erie Canal*, an eight-day, 400-mile bicycle tour from Buffalo to Albany, is set for July 11-19, 2010.

For further information on the *Great Hudson Valley Pedal*, e-mail [HUDSONTOUR@PTNY.ORG](mailto:HUDSONTOUR@PTNY.ORG) or visit [WWW.PTNY.ORG/HUDSONTOUR](http://WWW.PTNY.ORG/HUDSONTOUR). For more information on *Cycling the Erie Canal*, e-mail [CANALTUR@PTNY.ORG](mailto:CANALTUR@PTNY.ORG) or visit [WWW.PTNY.ORG/ERICANALTUR](http://WWW.PTNY.ORG/ERICANALTUR). Call 518-434-1583 for information on either tour.

For additional information about heritage sites and events throughout the Hudson Valley visit [WWW.HUDSONRIVERVALLEY.COM](http://WWW.HUDSONRIVERVALLEY.COM). For more information about the Hudson River Valley Greenway, please visit [WWW.HUDSONGREENWAY.STATE.NY.US](http://WWW.HUDSONGREENWAY.STATE.NY.US).

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