



NEWS RELEASE



*New York State Office of Parks, Recreation, and Historic Preservation
Palisades Interstate Park Commission*

Minnewaska State Park Preserve

FOR IMMEDIATE RELEASE

CONTACT:

Jillian Koehnken
(845) 255-0752

Minnewaska Mountain Bike Festival 2009

(August 6, 2009, New Paltz, NY.....) Bring your family to Minnewaska State Park Preserve for the third annual Minnewaska Mountain Bike Festival on Saturday, September 26th from 10:00 a.m. until 3:00 p.m. This year's event is sponsored by local mountain bike clubs, Gunks Mountain Bike Association (GUMBA) and Fats in the Cats, whose members will lead group rides for all levels of difficulties on the Park Preserve carriageways all day long. These carriageways consist of over 30 miles of trails, offering various scenic vistas of the Hudson Valley and the Catskills.

Several clinics will be offered throughout the day, including trailside bike maintenance and repair; custom bike and helmet fitting; proper riding technique and more. Local bike vendor Bicycle Depot will be bringing bicycles for people to test ride and Lightsey Cycles will have bicycle merchandise on display. Various tasty snacks will be provided for sampling by local businesses including Jenkins-Lueken Orchards, the Mountain Brauhaus, and the Bistro Mountain Store.

Early arrival is suggested for the best parking, since the Park Preserve may fill to capacity early in the day. Please bring your own safety helmet and wear appropriate clothing and footwear. A parent or guardian over the age of 18 years must accompany children wishing to participate in the program. For more information about the Festival, please call the Park Preserve Office at 845-255-0752, or visit www.GUMBA.org.

The parking fee for Minnewaska Mountain Bike Festival 2009 is \$6 per vehicle. The Park Preserve will be open from 9:00 a.m. until 7:00 p.m. starting September 8th. Minnewaska State Park Preserve consists of approximately 21,000 acres of wild and scenic land located on Route 44/55, five miles west of the intersection with Route 299 in Gardiner, New York.

The Palisades Interstate Park Commission administers 30 parks, parkways and historic sites for the Office of Parks, Recreation and Historic Preservation in New York as well as the Palisades Interstate Park and parkway in New Jersey. For more information about New York State Parks, please visit www.nysparks.com