



## **NEWS RELEASE**

**For Immediate Release**

12700 Main Road & Love Lane, Mattituck,, NY 11952  
Phone: 631-298-8880 • Fax: 631-298-4649 • [www.NFEC1.org](http://www.NFEC1.org)

**Contact:** Gina Mehalakes  
Secretary/Fundraising Chair, NFEC  
Phone: 631-298-8880  
Email: [NFEC@optonline.net](mailto:NFEC@optonline.net)

### **NFEC'S 2nd ANNUAL "BIKE WHAT'S LEFT" TOUR BUILDS ON LAST YEAR'S SUCCESS IN TAKING ENVIRONMENTAL AWARENESS TO THE SCENIC ROADS OF THE NORTH FORK**

**Led by key NFEC members, the August 14 bike tour is intended to raise awareness of the beautiful but threatened nature spots on the North Fork accessible in a clean, green and healthy way.**

**MATTITUCK, NY (July 29, 2010)** — The North Fork Environmental Council (NFEC) is holding its second annual North Fork "Bike What's Left" tour. This year, this non-competitive tour will be comprised of an 18-mile loop for more advanced riders going from Mattituck up to the Horton Point lighthouse and back from Southold to Mattituck along bay-side roads, and a second 10-mile loop for more leisurely riders through some of the beautiful and environmentally sensitive locations in Cutchogue, Mattituck and New Suffolk. Riders of the first loop are encouraged to join the second group so that all riders can partake in the free hamburger and hotdog social to be held at the end of the ride.

As with all NFEC-sponsored events, the primary goal of this event is to not only raise awareness of some of the most gorgeous and endangered spots in these North Fork communities, but to encourage community members to take learning out of the classroom and lecture hall and see, hear and smell the beauty of nature on the North Fork first hand. And this year, it is anticipated that bicyclists from all around Suffolk will participate in this unique event.

The bike ride will be led by environmentalists and biking enthusiasts Ken Rubino and Rory MacNish, who are also active NFEC members. They will point out some of the key features of the sites and scenes along the way, and will be happy to answer questions.

Bike What's Left will take place on Saturday, August 14 – the rain date is Sunday, August 15. The fee for this event is \$5 for NFEC members and \$10 for non-members. Half-year memberships for the NFEC are being offered for \$17 for an individual and \$25 for a family. This means that a family of four can join the NFEC and for only an added \$5, not only help support the NFEC and enjoy the tour, but also take advantage of member discounts for other events such as the planned “Paddle What's Left” and the popular Chili Night fundraiser.

Both loops of the non-competitive and pleasurable tour will begin at the Mattituck train station. The first and longer loop will leave from the train station at 10:00 AM. Water stops will be available at the Horton Point lighthouse and the Cutchogue fire department. The second and easier loop will leave from the train station at 11:00 AM with a water stop at the Cutchogue fire department. For both loops, routes have been chosen for not only their scenery but also their safety for riders as crossing and riding on busy, main roads has been kept to a minimum. Riders of all ages and all levels of experience should find a comfortable pace, lots of beautiful scenery and lots of enjoyment. Groups are welcome.

At the end of the tour, a free hamburger and hotdog social will be held at the new home of Mattituck Florist on the corner of Love Lane. Other food and refreshments, for a small cost, are being made available from several local vendors including the Village Cheese Shop, Sherwood House Vineyards and the Greenport Harbor Brewing Company. The tour leaders from the NFEC will also be on hand to answer any questions riders may have about the North Fork and the NFEC's mission.

Ken Rubino, NFEC president and biking enthusiast, said, “Last year's tour helped to open eyes and new lines of communication and appreciation about the North Fork's unique beauty. This year, we've not only expanded the tour but we hope to expand the grass roots movement to protect this beauty through the involvement of riders from outside the North Fork.” Ken added, “And while the beauty of the North Fork is the focus of this event, the real beauty can be found when you bring like-minded, caring people together to enjoy a healthy way to spend a morning and to enjoy healthy discussion about what each of us can and should do to save the natural treasures of the North Fork for future generations and future bikers, hikers and boaters.”

Registration for this event is required. Please call the NFEC office at 631-298-8880 for more information and to register your participation.

The NFEC is a grassroots organization dedicated to the preservation of land, sea, air and quality of life on Long Island's North Fork. Incorporated in 1972, the NFEC has a successful track record of over 35 years in raising public awareness of key environmental issues, increasing public participation in important town meetings and write-in campaigns, and continuing the fight to “Save What's Left.”

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