



NEWS RELEASE

For Immediate Release

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NFEC'S INAUGURAL "BIKE WHAT'S LEFT" TOUR TAKES ENVIRONMENTAL EDUCATION AND ENJOYMENT TO THE ROADS OF THE NORTH FORK

Led by key NFEC members, the August 15 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, 2009) — The North Fork Environmental Council (NFEC) is coordinating the first North Fork "Bike What's Left" tour, a nine-mile bicycle ride through some of the beautiful and environmentally sensitive locations in Cutchogue, Mattituck and New Suffolk. The goal of this free event is to not only raise awareness of some of the most gorgeous 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.

Bike What's Left will take place on Saturday, August 15 – the rain date is Sunday, August 16. Beginning at the Mattituck train station at 11:00 AM, this easy and pleasurable bike ride will wind through Mattituck, Cutchogue and New Suffolk, and end at the NFEC office on the Main Road and Love Lane, Mattituck. In addition to a mid-way water/rest stop at Wickham's Farm stand on Depot Lane, Cutchogue, after-ride refreshments will be served at the NFEC office where post-ride discussion is also encouraged.

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.

In describing the ride, Ken Rubino said, "Given that I'm a professional photographer, it's hard for me to say that you can't fully appreciate the beauty of the North Fork's natural resources from a picture...but you can't. You can't fully understand how things are interconnected unless you're there and experience them yourself in the field." Ken goes on to add, "And while we hope that greater awareness of local environmental issues is one outcome of this fairly easy, 2 1/2-hour ride, the main focus is just bringing like-minded people together to enjoy a healthy way to tour some of the North Fork's natural beauty."

Although this is a free event, pre-registration 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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