

**PRESS RELEASE FROM
LEGISLATOR SARAH ANKER**

**FOR IMMEDIATE RELEASE:
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Legislator Anker Promotes Bike Month

MT. SINAI, NY – May is National Bike Month and Suffolk County Legislator Sarah Anker and the Suffolk Parks Department invites cyclists, out for long excursions, to spend a night at one of the bike hostels located in several county parks. Sanitary facilities are located near hostel areas and include showers, restrooms, and bike racks. Hostel areas are available for *one-night* stays only. All cyclists must abide by park camping and vehicular regulations. Hostel areas are provided at: West Hills, Blydenburgh, Cathedral Pines, Southaven, Sears Bellows, Indian Island, Cedar Point, and Theodore Roosevelt County Parks.

Call (631) **854-4949** for further information.

Mountain biking is offered at Cathedral Pines County Park in Middle Island (631) **852-5500**



Biking information at Cathedral Pines:

Distance: 6.5 to 8 miles

Level: beginner to advanced

Trail: single track, elevation changes



Requirements: Suffolk County Parks Green Key Card, helmet, eye protection.
Requirements are enforced!

Parking: Weekdays are free. \$2 on weekends for Green Key Holders; \$5 for everyone else.