



**FOR IMMEDIATE RELEASE**

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## **Getting in Shape for the Coast**

OCEAN – Drivers along Bogue Banks often see lines of cyclists in bright colors and helmets, battling a headwind while burning calories. Now those cyclists have another good reason to ride. The N.C. Coastal Federation has scheduled its second annual Cycling for the Coast bike ride to take place along beautiful Bogue Banks on Saturday, Sept. 22. The ride will include 20K, 40K and 80K options, good choices for all biking levels, from novice to enthusiast.

The goal of the ride is to raise awareness for North Carolina's coastal estuaries and ocean beaches and to raise money for the federation's coastal habitat restoration and protection projects.

"We're trying to reach out to new audiences at the federation and to encourage the enjoyment of our coast through healthy and environmentally responsible recreation," said Sarah Phillips, a federation educator who is coordinating the ride. "A beautiful, fun bike ride fits the bill."

The ride will begin and end at Fort Macon State Park in Atlantic Beach. The riders will leave in waves, beginning at 8 a.m. with the 80K group riding to Emerald Isle, down Coast Guard Road and back. The 40K and then the 20K riders will bike towards Emerald Isle, turning around at specified points on the island. Volunteers along the way will help with mechanical issues and safety. There will also be food and water stops along the routes.

Phillips says that the federation is already receiving registrations for the bike ride. “We would like to see 100 to 150 cyclists join the ride this year,” she said. “Our plan is to grow these numbers in future years.”

The federation’s hope is that area cyclists will show support for this ride by participating or volunteering and helping get the word out.

Members of the federation can pre-register for \$35; non-members can register for \$50, which includes a federation membership. Both fees include a Cycling for the Coast t-shirt. Participants can register online at [www.nccoast.org](http://www.nccoast.org). To ensure the correct t-shirt size, participants are encouraged to register before the event. More information will be emailed to registered riders closer to the date.