



**FOR IMMEDIATE RELEASE**

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**FOR INFO: Linda Kurtz, 302-734-7511 or [lkurtz@visitdover.com](mailto:lkurtz@visitdover.com)**

**FOR DAY-OF-EVENT INQUIRIES: Cell – 302-242-1005**

**PHOTOS AVAILABLE UPON REQUEST**

## **NEW HAPPENINGS FOR THE 24<sup>th</sup> ANNUAL AMISH COUNTRY BIKE TOUR SATURDAY, SEPTEMBER 11 IN DOVER, DE**

DOVER, DE – Kent County Tourism's 24<sup>th</sup> Annual Amish Country Bike Tour is fast approaching and the excitement is building with brand new entertainment and activities featured at this year's event.

Set for September 11, the event will feature a **9-11 tribute** and "**Blessing of the Bikes**" ceremony at 8 a.m. on Legislative Mall just before the cyclists embark on their ride through the back roads of west Kent County. Cyclists will receive free American flags and flag tattoos to get into the patriotic spirit. The tribute is sponsored by the Delaware Tourism office and will be emceed by Joan Cote, Director of USO Delaware. The ceremony will begin with a bag-piping performance and presentation of the colors provided by the Dover Police Department. Former Miss Delaware, Heather Lehman, will sing the National Anthem. Chaplain David Sparks will say a few words, recognizing the significance of September 11. There will be a moment of silence and then a blessing of the bikes, wishing all participants a safe journey. In honor of this day of remembrance and patriotism, Kent County Tourism is asking participants and members of the community to support **USO Delaware** by donating phone cards, cases of bottled water, and monetary contributions for our troops. Donations will be collected on Legislative Mall the day of the event.

**The day will be jam-packed with musical entertainment!** For the first time in the tour's history, non-stop entertainment will be provided at the most popular food stops. Cyclists will enjoy the sounds of **Celtic Harvest, Sandy Shalk, and Kevin Sarkissian** at the Amish School House food stop. Celtic Harvest is a Dover area band that plays Irish, Scottish and English music with a folk flare. Folk guitarist, Sandy Shalk of Smyrna, plays evocative original and traditional pieces, to standards like Moon River, to up tempo jigs and blues tunes. Keeping the energy up at the Marydel food stop will be the **Stoney Run String Band**, performing traditional and progressive bluegrass music. **The Todd Stonesifer Band** will perform during the after-tour party on Legislative Mall from 11 a.m. to 5 p.m. A Delaware favorite, the band is a three piece rock and roll group performing original music and cover songs in the classic style of The Rolling Stones, Bob Dylan, the Beatles, Eric Clapton and Steve Winwood. **Coastal Soundz of Steel**, a teen-aged steel drum ensemble, will perform Latin, Caribbean, R & B, Gospel, and Jazz music on Legislative Mall from 1:30 p.m. to 2 p.m. A local fitness center, **Punch Kettlebell Gym**, also joins the entertainment line-up, providing a boot-camp demonstration from 12 p.m. to 12:30 p.m.

**The Biggs Museum of American Art** is located at the heart of all the fun and festivities happening during the after-tour party on Legislative Mall. New this year, the museum is offering a great way to cool down from a long bike ride, **Yoga!** Cyclists will have an opportunity to sign up for yoga sessions by Ann Gravatt. The first 45-minute session will be 11 a.m. and the second session will be 12 p.m. Cyclists are free, and sessions are \$5.00 for the general public. Don't forget a towel or mat, and you must pre-register by calling the museum at (302) 674-7511, extension 101. A sign-up sheet will be available at the information tent the day of the ride. **The museum is also inviting children**, ages 12 and under, to take part in creating the **first annual Biggs Museum Amish Country Bike Tour Quilt**. Each participant will decorate a fabric square that will later become a piece of the completed quilt. The free Amish quilting activity will take place at the museum from 10 a.m. to 2 p.m. For more information on the Biggs Museum of American Art, log on to [www.biggsmuseum.org](http://www.biggsmuseum.org).

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**Don't forget to buy raffle tickets!** There are exciting prizes to win in this year's raffle. Thanks to our friends at Dave's Road Bikes and Fuji, we will be raffling off a **Fuji Crosstown 4.0 Bike**, which is valued at \$375. Raffle tickets are \$3 each or 6 for \$15. In a separate raffle, there will be a chance to win **two sets of NASCAR tickets** for the fall race on Sunday, September 26. The tickets are valued at \$90 each and provided by the Delaware State News, The State Capital Daily. **Delmarva Board Sport Adventures** has also donated a stand-up paddle boarding excursion for two valued at \$100. Also being raffled off are several **goodie baskets** filled with gift certificates, sunglasses, water bottles, shirts and more. It is \$1 per raffle ticket or 6 for \$5.

**Additional fun activities during the after- tour party on Legislative Mall!** Miss Delaware 2010, **Kayla Martell**, will be on hand from 11 a.m. to 2 p.m. signing autographs and posing for pictures. **CVS/Pharmacy** will be providing free health screenings. You'll have an opportunity to check your blood pressure, height, and weight as well as consult with a pharmacist. Another great way to relax, massages will be available from **Christopher Asay Massage**.

Bike Tour participants will have an opportunity to **mix and mingle with their Amish neighbors**. Not only does the race start with an Amish horse and buggy, but cyclists will ride to the Amish School House where they will receive a piece of homemade Amish pie. Since cyclists come back year after year for the famous pie, Kent County Tourism is now bringing homemade Amish ice cream to this year's after-tour party. A perfect way to cool down after the ride, cyclists can watch this unique way of making ice cream and purchase a taste for themselves.

The bike tour, suited for all ages and abilities, includes 15, 25, 50, 62 and 100-mile loops through the flatlands of Delaware's Amish farmlands. Rest stops include the famous Amish Schoolhouse where members of the Amish community serve home-baked pies and cookies. Several additional food stops will be included, featuring healthy snacks, sandwiches and beverages. **New this year, there will be enhanced goodie bags for the first 1000 registered cyclists, which includes lip balm, sun screen, 2 energy bars, sports drink mix, gift cards, and more!** Bike tour participants may start between 8 and 10 a.m.

Registration fee, which includes bike tour map, goodie bag, up to four food and rest stops including the famous pie stop, after-tour party and catered picnic lunch, is:

- **Before September 9 at mid-night:** \$50/adults; \$20 ages 5-16; under 5, free;
- **September 10-11:** \$75/adults; \$25 ages 5-16; under 5, free; and
- **Family rate:** \$75 for 1 adult and up to children 16 and under; family rate only available for those who pre-register.

**Benefactors** of the Amish Country Bike Tour include the Central Delaware YMCA, The Amish School House Fund, USO Delaware, Kent County Tourism's Bike Tour Fund, and the Prostate Cancer Awareness Program.

For more information, visit [www.visitdover.com](http://www.visitdover.com) and click on the bike tour photo, or call 800-233-5368.

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