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Press Release

June 21, 2016

Metro-North

IMMEDIATE

### Metro-North Makes It Easy For Cyclists To Join “Discover Hudson Valley Ride” on Sunday, June 26

#### *Railroad to Lift Bike Restrictions on Hudson Line Trains*

Metro-North is a fast, hassle free and safe way for cyclists to travel to the Discover Hudson Valley Ride at Victor C. Waryas Park, in Poughkeepsie, New York on Sunday, June 26. On the day of the ride, Metro-North will be suspending its bicycle permit on certain Hudson Line trains. All bike routes begin and end at the Victor C. Waryas Park, located right next to Metro-North’s Poughkeepsie station stop.

The Hudson Valley Ride is centered around the Walkway Over the Hudson, the world’s longest footbridge. Cyclists can take in the gorgeous scenery on one of four bike routes of varying difficulty. Ride start windows are as follows:

15 mile route: 9:30 a.m. – 10:15 a.m.

33 mile route: 9 a.m. – 10:15 a.m.

55 mile route: 8:45 a.m. – 9:45 a.m.

100 mile route: 7:30 a.m. – 8:15 a.m.

Metro-North will be lifting bike restrictions on Hudson Line trains to correspond with ride start windows and anticipated finish times.

#### **Northbound, a.m.:**

Bicycle permit and per limit train limit on number of bicycles will be suspended on all Hudson Line trains departing from Grand Central Terminal between 6 a.m. – 8:45 a.m. Cyclists are encouraged to board on the north three cars of the train.

#### **Southbound, p.m.:**

Bicycle permit and per limit train limit on number of bicycles will be suspended on all Hudson Line trains departing from the Poughkeepsie station between 1:50 p.m. – 6 p.m. Cyclists are encouraged to board on the north three cars of the train.

Customers are advised that the event takes place on streets open to traffic. Cyclists are required to wear helmets and, in accordance with New York State law, must have and use a bike bell.

For information about Metro-North train schedules, visit our schedules page at <http://web.mta.info/mnr/html/planning/schedules/schedules.htm> or download the free Metro-North Train Time App for train times.