

Bike Fresh Bike Local

Sunday, September 27

PASA's 2nd Annual "Bike Fresh Bike Local" is family friendly and a real community effort. Proceeds support PASA's work in SE Pennsylvania on behalf of family farms. Last year's ride attracted over 400 riders, many of who reported it was "the best and most beautiful ride ever." The route takes riders "soaring along un-trafficked country roads next to small farms that tend to the land the way it should be tended, and raise the kind of foods we want our children to be eating," says Royer Smith, one of the "Bike Fresh Bike Local" organizers.

"You'll see bison and steers, horses and sheep, goats and chickens," says Smith, a PASA supporter and executive chef at LaSalle University where he has staged local food events. "You'll pass fields that were plowed by a farmer and his team of work horses, and you might have to slow down for horse-drawn vehicles on the road."

The 75-mile ride is by far the most scenic, but also quite hilly and challenging even for seasoned riders. The 50-mile offers more moderate challenges, while the 25 is for casual riders. All routes pass through Springton Manor Farm, initially part of the William Penn Manor. Springton has been in agricultural use since the early 1700's. On this 300-acre farm, you can meet the animals and tour the Butterfly House. In addition to the historic sights at Springton, there will be a home composting demonstration conducted by DEP staffers as part of PASA's continuing efforts to make this event "Zero Waste". All waste generated by the event will be taken to local farms for composting.

We anticipate between 600 and 800 riders this year so it is bound to be quite a lively, fun, and locally delicious day. This year we are especially proud to be expanding the foods contributed by the Philadelphia Public School culinary program. Students will be showing off their skills with donated baked goods and savory side dishes such as hummus and vegetable salads.

In conjunction with Victory Brewing co-owner Bill Covaleski, we're making a dedicated effort to get more chefs on bikes, especially those serving local foods in their restaurants. Special thanks to event sponsors Anthony Rodale, Kimberton Whole Foods, Grid Magazine and Devon Whole Foods Market for supporting health, wellness, local agriculture and PASA.

Advance registration closes Monday, September 21st. Day of registration will be \$40 and is quite limited so please make your reservation today.