



**FOR IMMEDIATE RELEASE**

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### **Fourth annual Bike the Barns highlights mountain farming**

*One-day cycling event will be based at Tucker Farms*

GABRIELS, NY — Potato harvest will be in full swing when hundreds of cyclists and supporters gather at Tucker Farms this fall. The fifth generation family farm, which has been growing potatoes for over 100 years, will be the start and finish location for the fourth annual [Bike the Barns](#).

The farm-by-bike event, hosted by the Adirondack North Country Association (ANCA), is scheduled for Sunday, September 29th at the Gabriels, NY farm.

“Our family has been farming here since the 1860s,” said Tom Tucker, who operates the farm with his brother Steve. “While it can be a tough environment for many kinds of agriculture, we’ve been able to embrace the colder climate and focus on potato production. Other farm activities like the corn maze, school tours, events and vegetable sales help round out the business.

“We’re looking forward to hosting Bike the Barns. It will be a great opportunity for people to see what Adirondack farms have to offer and how we make a living off the land.”

ANCA staff developed Bike the Barns in 2016 with a vision to promote North Country farm businesses and the local food movement. Building on the experiences of past events, organizers aim to engage more people each year and introduce participants to a variety of farms and farming practices.

Past events, which have grown from about 100 riders and supporters in 2016 to over 250 participants in 2018, have taken place in the Champlain and Ausable River Valleys. This year, the Saranac Lake area presents organizers and participants with unique opportunities given the variety of farms and community groups that are involved in the local agriculture scene.

“This year’s Bike the Barns will introduce riders to farms and families that have adapted to the mountain conditions in the Saranac Lake area,” said ANCA Agriculture and Local Economies Director Josh Bakelaar. “Certain crops, production styles and business models are well suited for the area’s short growing season and soil types. Visiting a new area of the North Country each year allows riders to experience how different landscapes shape local agriculture.”

The event will offer different route options, ranging from about 10 miles to about 75 miles, to suit individual riders' abilities and preferences. Each route will bring cyclists past mountain views and agricultural landscapes and include rest stops at a variety of farms including vegetable, dairy and livestock operations, where farmers will lead tours throughout the day.

"The Saranac Lake area has become a model for the region with the kinds of local food businesses and the year round farmers markets it supports," said ANCA Regional Advocacy Coordinator Jacob Vennie-Vollrath. "There is strong community support for these efforts, both from the market perspective and through promotion by nonprofits, foundations and the Saranac Lake Area Chamber of Commerce. We are partnering closely with these groups and local businesses for this year's Bike the Barns."

The finish line celebration will feature a local food meal, local beverages and live music at Tucker Farms. The Great Adirondack Corn Maze, an annual offering at Tucker's, will be open for participants to explore.

Proceeds from Bike the Barns go to ANCA's [FarmShare Fund](#), which helps support and promote a sustainable and equitable regional food system. Goals of the fund include building connections between farms and consumers by addressing food security; supporting ANCA's existing local food initiatives like farm to school, food hub development and agritourism projects; and supporting local food efforts of regional partners.

In 2018, the [FarmShare Fund mini grant program](#) funded five projects that help connect low-income households with nutritious, locally produced food.

Bike the Barns will take place on Sunday, September 29th, beginning and ending at Tucker Farms in Gabriels, NY. Registration for longer routes costs \$60 and includes an event t-shirt, farm tours and a local-food lunch and dinner. The shorter family ride costs \$40 and includes farm tours and dinner, and t-shirts can be purchased separately.

For more information about Bike the Barns and the FarmShare Fund or to register for the event, visit the event webpage at [www.adirondack.org/bikethebarns](http://www.adirondack.org/bikethebarns).

[ANCA](#) is an independent nonprofit organization growing the New Economy in northern New York. Using an integrated approach to sustainable economic development and prosperity where economic health, community vitality and ecological stewardship are equally important outcomes, ANCA focuses on creating opportunity for people with diverse backgrounds, experience and education levels.

**Attached: One (1) PDF document and two (2) photos**

*Photo 1, courtesy of ANCA:* Riders pedal past Ausable River Valley farms during the 2018 Bike the Barns.

*Photo 2, courtesy of ANCA:* A 2018 Bike the Barns participant pets a cow during a lunch stop at Sugar House Creamery.

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