



**For immediate release  
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## **DCR OFFERS “CYCLING FOR SENIORS” ALONG NORWOTTUCK RAIL TRAIL IN HADLEY**

The Department of Conservation and Recreation’s (DCR’s) Universal Access Program is offering “Cycling for Seniors” along the Norwottuck Rail Trail in Hadley on Wednesday mornings through Oct. 21. The free program is open to seniors, their families, and friends.

In partnership with All Out Adventures and the Tufts Health Plan Foundation, DCR is providing adapted bicycles and experienced staff help so that even seniors who have not ridden a bicycle in years – if ever – can ride for miles along the trail.

“This is a wonderful program that gets people back onto bicycles and the trails when they might otherwise not have the chance,” said DCR Commissioner Richard K. Sullivan Jr. “The Norwottuck Rail Trail winds for 11 fairly level miles from Northampton, through Hadley and Amherst, and into Belchertown. It’s a lovely place to try this sport again.”

Participants can choose from several types of cycles. For example, hand cycles allow participants to ride together, while three-wheeled recumbent cycles eliminate the fear of falling. All cycles give newcomers and formerly avid cyclists the chance to rediscover the joys of cycling following injury or illness.

This program, which started in June, is helping senior citizens remain physically and socially active, while taking advantage of the tremendous recreational opportunities afforded by the Norwottuck Rail Trail. More than 200 seniors are expected to participate during this first year of the program.

“Cycling for Seniors” continues Wednesday mornings, from 9 a.m. to noon, through Oct. 21. Participants meet at Trailside Bikes on Railroad Street in Hadley. Preregistration is required. Call All Out Adventures at 413-527-8980.

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*The Massachusetts Department of Conservation and Recreation (DCR), an agency of the Executive Office of Energy and Environmental Affairs, oversees 450,000 acres of parks and forests, beaches, bike trails, watersheds, dams, and parkways. Led by Commissioner Richard K. Sullivan Jr., the agency’s mission is to protect, promote, and enhance our common wealth of natural, cultural, and recreational resources. To learn more about DCR, our facilities, and our programs, please visit [www.mass.gov/dcr](http://www.mass.gov/dcr). Contact us at [mass.parks@state.ma.us](mailto:mass.parks@state.ma.us).*

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