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PRESS RELEASE

FOR IMMEDIATE RELEASE

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AMTRAK: The No-Hassle Travel Option to Start of SAGBRAW® Bicycle 2010 Tour!

Bikewisconsin® reminds bicycle tour participants of a way to reduce their 'carbon footprint' while on vacation this coming summer: leave the driving to **AMTRAK**. The **Empire Builder** Amtrak route makes daily stops in the SAGBRAW 'kick off' town of Columbus, WI. Board the train with your bicycle and watch the world roll by as you enjoy a good book or exchange lively tour stories with your friends.

From Chicago, IL., a mid-afternoon departure gets you into Columbus around 5PM – with plenty of time to make the first night rider meeting and registration. From St. Paul, MN., the train departs around 8AM and gets you to the start point in the early afternoon. A variety of train routes connect at Chicago from all across the Midwest.

The cost to transport your bicycle is approximately \$10 but may vary slightly from route to route. Regular 'upright' bikes can often be taken right onto the train and stowed on special racks (AMTRAK suggests you bring extra bungee cords for better security). Unusual bicycles (recumbent, tandem, etc) cannot be accommodated by the regular racks. Bicycles can also be transported as luggage in appropriate bicycle shipping boxes. Refer to the AMTRAK website <http://www.amtrak.com> for details. Local bicycle shops also offer bicycle packing services. Accommodations for storing your shipping boxes will be available at the starting point.

New High-speed rail routes are on the near horizon for the Midwest. Why not climb on board now and let the train take you to SAGBRAW® 2010.

Come enjoy a "vacation on your bike". For more information, contact Mark Evans at 608-843-8412 or email at mark@bikewisconsin.com