



East Coast  
Greenway®  
ALLIANCE

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Contact:

Tony Barrett

207-833-0939

greenways@suscom-  
maine.net

FOR IMMEDIATE RELEASE

**Dog Hikes and Bikes Over 800 Miles to Arrive in Portland Saturday**  
*Labrador and Bicyclist on 832-mile journey to garner support for “urban Appalachian Trail”*

On May 23, 2009, Sadie, a winsome Yellow Labrador Retriever, set out from Annapolis, Maryland with her human friend Dan McCrady to follow the route of the East Coast Greenway to Portland, Maine. Dan has bicycled about 60 miles a day and Sadie has run about 10 miles a day. (She rides in a bicycle trailer designed for dogs the balance of the time.) Their aim is not just to get to Portland, but to promote support for and greater awareness of the nation's longest urban, multi-use trail for non-motorized users. The Greenway links cities and towns from Florida to Maine, providing 3,000 miles of recreational fun, healthy exercise and non-polluting transportation.

Frequently referred to as the urban sister to the Appalachian Trail, the East Coast Greenway (ECG) crosses 15 states plus Washington, D.C. and connects major cities of the Eastern Seaboard, using park paths, canal towpaths, abandoned railroad corridors and waterfront esplanades. In Maine, Sadie and Dan will follow the Eastern Trail, the South Portland Greenbelt and the Eastern Prom trail – all designated sections of the ECG.

According to Sadie’s Blog ([www.trail-dog-sadie.blogspot.com](http://www.trail-dog-sadie.blogspot.com)), “My human, Dan McCrady, is taking me from my house in Annapolis, MD to Portland, ME - one of my favorite spots to visit.... traveling on the East Coast Greenway - a fabulous multi-use trail. My ‘limousine’, fully loaded (trailer, all gear, my food and, most important, ME!) weighs 195 lbs. I’m sure glad I don’t have to pedal 850 miles with this load! I AM EXHAUSTED!!!”

To help revive Sadie after her long journey, Scratch Bakery is preparing a pizza-sized dog bone that will be presented by South Portland Mayor Tom Blake upon her arrival at Bug Light Park at 2:00 PM on Saturday, June 13th. At 3:30 p.m. near East End Beach in Portland, Sadie will receive gifts, toys and dog treats from Fetch, Planet Dog, Fetchdog.com and dog & trail advocates.

Dan McCrady will be riding a Sun EZ Sport CX recumbent bicycle donated by Sun Bicycles. Sadie will ride in a Solvit dog trailer when not trotting beside her human friend.

Sadie and Dan's ride means that any of us can cycle—or walk, skate or rollerblade—the East Coast Greenway, and that we, too, can support the building of the Greenway through Sadie and Dan's journey. The public can participate in welcoming Dan & Sadie to Portland:

**BIKE RIDE:** bicyclists (and dogs in trailers) meet at 1:00 PM at Wainwright Recreation Fields in South Portland for a 6-mile ride along the South Portland Greenbelt.

**WALK:** A little before 2:00 PM, dogs & walkers join Sadie for a ¼-mile walk from the Liberty ship memorial at Bug Light Park.

**WALK:** At the Portland ferry terminal, a little before 3:00 PM, walk with Sadie to East End Beach.

Interviews with Sadie will be granted at 3:30 PM in the picnic area adjacent to East End beach. 'Dog bones' for all dogs.

To help Sadie and Dan raise funds for the East Coast Greenway, you can contribute any amount by visiting <http://www.firstgiving.com/danandsadie>.”

For more information on the East Coast Greenway including free maps and cue sheets for the route visit [www.greenway.org](http://www.greenway.org).

*ECGA is a non-profit organization formed in 1991. Its purpose is to create a 3,000-mile, traffic-free, multi-use trail linking urban areas between Calais, Maine, and Key West, Florida. While the ECGA itself does not build trail, it supplies the vision for connecting local trails and provides strategic assistance for states, counties, and municipal jurisdictions (e.g. the Eastern Trail Management District, Eastern Trail Alliance and Portland Trails) that own, build, promote and manage trail segments. The entire route will be publicly owned and operated and free for all to use.*

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