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**FOR IMMEDIATE RELEASE**

**Businesses Earn Bike-Friendly Recognition**  
*Trailblazers honor area shops for bike racks on site*

Daphne, Ala (June 24, 2019) – Two popular purveyors of ice cream, both located on the Eastern Shore Trail, have been recognized for accommodating bicycles.

Just in time for National Ice Cream Month in July, the Baldwin County Trailblazers, founders of the Trail, presented Whit’s Frozen Custard in Daphne and Two Sisters Bakery & Deli in Fairhope a Bicycle-Friendly window emblem for providing bikes racks on site.

“We want to raise awareness that a growing cyclist community is good for business,” says Jennifer Vestal, president of the Trailblazers. “Eventually we hope to give 50 businesses across the county a Bike-Friendly emblem to display on glass doors or windows. But bicycling and ice cream are two of the joys of summer, so these shops are fitting places to kick off a Bike-Friendly campaign.”

Celebrating National Ice Cream Month or any time, cyclists have an advantage. According to Harvard Health, an average-weight adult burns about 300 calories every 30 minutes during a leisurely paced bike ride. That’s about twice the calories of a single serving of your favorite flavor.

These short-ride destinations on the Eastern Shore Trail offer ice cream *and a bike rack*:

- Whit’s Frozen Custard, 1204 Main Street, south of downtown Daphne. Located 2.5 miles, or about 10 minutes by bike, from Village Point Park where you can leave a car. (Facebook: Whit's Frozen Custard of Daphne)
- Two Sisters Bakery & Deli, 19452 Scenic Highway 98, serves Cammie’s Old Dutch ice cream. Located 1.3 miles, less than 10 minutes by bike, south of the Fairhope Municipal Pier where you can leave a car, or 2 miles north of The Grand Hotel. (Facebook: Two Sisters Bakery & Deli)

*Baldwin County Trailblazers is a nonprofit organization dedicated to expanding opportunities for biking and walking within the county. See [TheTrailblazers.org](http://TheTrailblazers.org)*

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