

COUNTRY ROADS CYCLISTS

MARCH-APRIL 2016 RIDE SCHEDULE

Ride Captain: Ms. Amanda Bise Contact the listed Ride Leader for details on each ride.

Please carpool to the start whenever possible. **Wear your helmet!**

Difficulty Ratings: (*) easy (**) moderate (***) difficult (****) extreme

Saturday, March 5 at 12:00 Noon Mt. Morris Out and Back Kelly Williams 304-292-9821
(**) Road, 30 miles. Meet at the parking lot behind Wendy's in Sabraton (Rt. 7 East). We will bike on the Decker's Creek Trail to the Riverfront Park, then over the Westover Bridge, onto Rt. 100, north to Rt. 19, and into Mt. Morris. We can stop at the Rising Creek Bakery, before returning back to Morgantown.

Sunday, March 6 at 12:00 Noon Mon River Trail Out and Back Kelly Williams 304-292-9821
(*) Rail-trail, 15 miles. Meet at the parking lot behind Wendy's in Sabraton (Rt. 7 East). We will bike on Decker's Creek Trail to the Riverfront Park, then north on the trail to the end of the pavement. Then, we will head south, also to the end of the pavement, before returning to the start. If the trail is dry, we may go further either north or south.

Saturday, March 12 at 12:00 Noon Shannon Run Out and Back Kelly Williams 304-292-9821
(**) Road, 45 miles. Meet at the parking lot behind Wendy's in Sabraton (Rt. 7 East). We will bike on the Decker's Creek Trail to the Riverfront Park, and then over the Westover Bridge, onto Rt. 100, north to Rt. 19, into Mt. Morris, and to the end of Shannon Run. From there, we will return to Mt. Morris, stopping at the Rising Creek Bakery, before returning to Morgantown.

Sunday, March 13 12:00 Noon Pricketts Fort Out and Back Amanda Bise 304-476-3354
(*) Rail-trail, 15 miles. Meet at the trail head at the Pricketts Fort State Park: take exit 139 from I -79, then follow the signs leading to the park. We will proceed north on the Mon River Trail to the Opekiska Locks. We will then return to the start, and ride the MCTrail south to Fairmont and back.

Saturday, March 19 at 1:00 PM Mt. Morris Out and Back Jennifer Preville 304-282-0218
(**) Road, 30 miles. Meet at the parking lot behind Wendy's in Sabraton, (Rt. 7 East). We will bike on Decker's Creek Trail to the Riverfront Park, then over the Westover Bridge, onto Rt. 100, north to Rt. 19, and onto Mt. Morris. We will stop at the Rising Creek Bakery, before returning back to Morgantown.

Sunday, March 20 at 12:00 Noon Morgantown to Taylortown Loop Kelly Williams 304-292-9821
(**) Road, 30 miles. Meet at the parking lot behind Wendy's in Sabraton (Rt. 7 East). We will bike on the Decker's Creek Trail to the Riverfront Park, then over the Westover Bridge, onto Rt. 100 to Taylortown Road. We will return to the start via Fort Martin Road.

Saturday, March 26 at 1:00 PM Dug Hill Loop Marilyn Newcome 304-598-5078
(**) Road, 15 miles. Meet at the parking lot behind Wendy's in Sabraton (Rt. 7 East). We will bike up Dug Hill to Fields Park Road, to Tyrone Road. At Tyrone Road, we will head down Tyrone Road, up Pixlar Road, and then bike down Decker's Creek Trail, to the start.

Sunday, March 27 at 12:00 Noon Mon River South Phil Slates 304-777-9663
(*) Rail-trail, 22 miles. Meet at the parking lot behind Wendy's in Sabraton (Rt. 7 East). We will bike on the Decker's Creek Trail to the Riverfront Park. From there, we will head north on the Mon River Trail, to the PA state line, then return to the start.

Saturday, April 2 at 12:00 Noon Morgantown to Kirby Loop Kelly Williams 304-292-9821
(**) Road, 45 miles. Meet at the parking lot behind Wendy's in Sabraton (Rt. 7 East). We will bike on Decker's Creek Trail to the Riverfront Park, then over the Westover Bridge, onto Rt. 100 to Mt. Morris, then along Shannon Run to Kirby. We will return to Mt. Morris via Rt.19, with a stop at the Rising Creek Bakery before riding back to Morgantown.

Sunday, April 3 at 1:00 PM Clarksburg to Lost Creek Out and Back Joe Leroy 304-677-6551
(**) Road, 22 miles. Meet at the parking lot in front of the swimming pool at the Veteran's Park in Clarksburg. We will bike along Rt. 25 to Lost Creek. After resting at the trailhead for the Lost Creek Trail, we will return to the start.

Saturday, April 9 at 1:00 PM Fayette County Road Ride Marilyn Newcome 304-598-5078
(**) Road, 25 miles. Meet at the parking lot of the Free Methodist Church in Whitehouse, PA, on Rt. 857, about 2 miles north of the state line. From Morgantown, take Rt. 43 North, and get off at the Gans Exit, make a right, then a left onto Rt.

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857. (please park on the far end of the church parking lot.) We will do a 25 mile loop over the hills and through the valleys of Fayette County.

Sunday, April 10 at 12:00 Noon Pricketts Fort Out and Back Amanda Bise 304-476-3354

(*) Rail-trail, 15 miles. Meet at the trail head at the Pricketts Fort State Park: take exit 139 from I-79, then follow the signs leading to the park. We will proceed north on the Mon River Trail to the Opekiska Locks. We will then return to the start, and ride the MCTrail south to Fairmont and back.

Saturday, April 16 at 1:00 PM Snake Hill - Deckers Creek Loop Marilyn Newcome 304-598-5078

(**) Road, 25 miles or Rail-trail, 22 miles. Meet at the parking lot behind Wendy's in Sabraton (Rt. 7 East). Road riders will bike up Dug Hill, then Fields Park Road, then Tyrone Road. From Tyrone Road, we will start climbing Snake Hill, to Masontown. From Masontown, we will return down Decker's Creek Trail to the start. Rail-trail cyclists can start with us, then continue up Deckers Creek Trail, and meet the group coming down the trail from Masontown.

Sunday, April 17 at 1:00 PM Brushy Fork Out and Back Joe Leroy 304-677-6551

(**) Road, 32 miles. Meet at the tennis courts at Hinkle-Deegan Park, in Bridgeport. From I-79, take exit 119 onto Rt. 50 east, into Bridgeport, then turn right at the traffic light by the Rite Aid onto Virginia Ave./ Rt. 58, and continue straight onto Rt. 26, Hinkle Lake Road. The park will be on your right. This ride is an out and back on Brushy Fork, through rolling country with a few hills each way.

Sunday, April 17 – Thursday, April 21 Cumberland, MD to Washington, DC Phil Slates 304-777-9663

(**) Rail-trail, 184 miles. A four day bike tour on the C and O Canal, starting from Cumberland, MD and ending in Washington, DC.

Saturday, April 23 at 11:00 AM Mon River Trail North Steven Knudsen 304-906-3483

(*) Rail-trail, 24 miles. Meet at the parking lot behind Wendy's in Sabraton (Rt. 7 East). We will bike on the Decker's Creek Trail to the Riverfront Park. We will then head north to the PA state line. From there we will return to the start, with a stop at the Mountain State Brewing Company for refreshments.

Sunday, April 24 at 12:00 Noon Little Falls to Opekiska Loop Kelly Williams 304-292-9821

(**) Rail-trail, 24 miles or Rail-trail & Road, 40 miles. Meet at the parking lot behind Wendy's in Sabraton (Rt. 7 East). Rail-trail and Road riders: We will bike south on the Mon River Trail, to Little Falls. From there, we will climb Little Falls Road and Tom's Run Road to Halleck Road. We will then head down Halleck Road to Opekiska Road, and then return on the Mon River trail. Rail-trail riders: ride the Mon River Trail South with the road riders to Little Falls, then continue to Opekiska to meet and return with the road riders.

NOTE: Many of these rides start at the parking lot behind Wendy's in Sabraton. However, the starting times vary.

Country Roads Cyclists Spring Spectacular Weekend

New Dates and Locations!

Saturday, April 30, 9:00am (Registration starts 8:00am) Jack Barker 304-282-6275

Starting Point: 103 School Rd, **Mt. Morris, PA** (Mt. Morris Gospel Tabernacle). Choose a 25, 45, or 60 mile Road Ride on scenic, low traffic roads. All routes are reasonably hilly and challenging for fit road cyclists. \$15 Registration fee includes: Coffee and Snacks before the rides; Map and Cue Sheet; Snack Stop and SAG wagon support during the rides. Signed Registration/Waiver Form and **helmets** required. Post-ride gathering at Sorella's Pizzeria (*pay your own way, not included in event fee*), 420 Mt. Morris Rd, Mt. Morris, PA, (724) 324-5259

Sunday, May 1, 2016, 9:00am (Registration starts 8:00am) Jack Barker 304-282-6275

Starting Point: **Wharf Street Parking Garage**, 61 Wharf Street, Morgantown, WV 26501. Choose a leisurely 21 mile Rail-trail Ride, OR a 60 mile Road Ride at moderate tempo with ~5,000 feet of climbing. These are free, non-supported rides. Signed Registration/Waiver Form and **helmets** required.