

...SPOKIN' RIDES...

COUNTRY ROADS CYCLISTS GET OUT AND GO!

May - June 2026 RIDE SCHEDULE

Ride Captain: Marilyn Newcome 304-216-9062

Contact Ride Leader for more details. Wear your helmet.

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

T=trail, R=mostly or all road, T/R = both in roughly equal amount

Saturday, May 2 at 10:00 AM Decker's Creek Phil Slates 304-777-9663

(**,T) 23 miles. Meet at the parking lot behind Wendy's in Sabraton (RT 7, East). We will bike up Decker's Creek Trail to Masontown, then return back down the trail to the start.

Sunday, May 3 at 10:00 AM Mount Morris Loop Kelly Williams 304-276-5530

(**, R) 20-30 miles. Meet at the Senior Center (yellow brick building) in Mount Morris. We will do a loop around the back roads of Mount Morris.

Saturday, May 9 at 10:00 AM Ohiopyle to Confluence Jake McCarthy 928-853-3993

(*, T) 28 miles. Meet at the parking lot in Ohiopyle. We will bike on the GAP to Confluence, then we will return to Ohiopyle and have lunch in Ohiopyle.

Sunday, May 10 at 10:00 AM Star City to Lake Lynn Dam Jennifer Preville 304-282-0218

(*, T and R) 25 miles. Meet in Star City at the bathrooms. We will bike north on the Mon River Trail to Point Marion. From there, we will cross the Cheat River and ride to Lake Lynn Dam, before returning to Point Marion, and back to Star City. (Trail riders can bike to Point Marion and back.)

Saturday, May 16 at 10:00 AM Heritage Trail Tom Pinto 304-276-5051

(**,T) 30 miles. Ride will start at the Howard Long Wellness Center at Wheeling Hospital. Washington Avenue exit from I-70 at 10 AM. Meet at the WVU Coliseum Track at 8:30, to carpool. We will bike on the Heritage Trail, in Wheeling, the ride will be an out and back. We will determine the exact distance once we are there, but it will be 25 to 30 miles, all almost flat and paved. We could stop in the Center Market area for lunch or not. We would have about 4 miles to the cars from there.

Sunday, May 17 at 10:00 AM Mellons Chapel to Reedsville Steve Knudsen 304-906-3483

(**,T) 28 miles. Meet at the trail head at Mellons Chapel. (Drive on Route 7 to Beulah Road, then drive up the hill to the trailhead at the church.) We will bike to the end of the trail, then return to the start.

Saturday, May 23 at 10:00 AM Star City to Friendship Hill Marilyn Newcome 304-216-9062

(*, T and R) 25 miles. Meet in Star City at the bathrooms. We will bike north on the Mon River Trail to Point Marion. From there, we will cross the Cheat River and ride to Friendship Manor, before returning to Point Marion, and back to Star City. (Trail riders can bike to Point Marion and back.)

Sunday, May 24 at 10:00 AM Mount Morris Loop Kelly Williams 304-276-5530

(**, R) 20-30 miles. Meet at the Senior Center (yellow brick building) in Mount Morris. We will do a loop around the back roads of Mount Morris.

Saturday, May 30 at 10:00 AM Cycle the Savage Bike Ride

Cycle The Savage, a charity bike ride, is happening May 30, 2026, at Big Run State Park Pavilion. Cycle the Savage Ride has several different routes, including 20, 30 and 40 miles. Register at <https://cyclethesavage.com>. Location: Big Run State Park, 10368 Savage River Road, Swanton, MD 21561

Sunday, May 31 at 10:00 AM Star City to Lake Lynn Dam Tom Pinto 304-276-5051

(*, T and R) 25 miles. Meet in Star City at the bathrooms. We will bike north on the Mon River Trail to Point Marion. From there, we will cross the Cheat River and ride to Lake Lynn Dam, before returning to Point Marion, and back to Star City. (Trail riders can bike to Point Marion and back.)

Saturday, June 6 at 10:00 AM Wendy's to Little Falls Rick Probst 443-866-0237

(*, T) 24 miles. Meet at the parking lot behind Wendy's in Sabraton (RT 7, East). We will bike on Decker's Creek Trail to the Mon River Trail, then head south to the Little Falls trailhead. We will then return north to the start.

Sunday, June 7 at 10:00 AM Cumberland to Paw Paw/ C and O Trail Steve Knudsen 304-906-3483

(*,T) 56 miles. Meet at the parking lot at the visitor center in Cumberland. We will bike on the C and O towpath, to Paw Paw, WV. Then return to the start. Bring plenty of snacks and water.

Saturday, June 13 at 10:00 AM Fayette County Loop Kelly Williams 304-276-5530

(**,R) 25 miles. Meet at the Free Methodist Church in Whitehouse (2125 Springhill Furnace Road, on the corner of Rt 857 and Tobin School Road). We will bike a loop around upper Fayette County.

Sunday, June 14 at 10:00 AM Decker's Creek Kelly Williams 304-276-5530

(**,T) 23 miles. Meet at the parking lot behind Wendy's in Sabraton (RT 7, East). We will bike up Decker's Creek Trail to Masontown, then return back down the trail to the start.

Saturday, June 20 at 10:00 AM Little Falls to Prickett's Fort Marilyn Newcome 304-216-9062

(**, T and R) 22 miles. Meet at the Little Falls trailhead. We will bike south on the trail to Prickett's Fort, then we will return to the start.

Sunday, June 21 at 10:00 AM Mount Morris Loop Kelly Williams 304-276-5530

(**, R) 20-30 miles. Meet at the Senior Center (yellow brick building) in Mount Morris. We will do a loop around the back roads of Mount Morris.

Saturday, June 27 at 10:00 AM Little Falls to DCC Mike Hawranick 304-641-5564

(**, T and R) 36 miles. Meet at the Little Falls trailhead. We will bike south on the trail to Prickett's Fort, then on the road to Dairy Creme Corner. Bring money for any purchases at the Dairy Creme Corner. After refreshments, we will return to the start.

Sunday, June 28 at 11:00 AM PICNIC Jennifer Previll 304-282-0218

(*, T) 20 miles. Meet at the Uffington trail head, off of Rt.73. We will bike south on the Mon River Trail south towards the Opekiska trail head, then return to the start, for a picnic at the Twin Spruce Marina.

NOTE: please bring food to the starting location to share at the picnic. The club will provide hot dogs and hamburgers. We will have the annual picnic at the Twin Spruce Marina.