

COUNTRY ROADS CYCLISTS

JULY - AUGUST 2014 RIDE SCHEDULE

Contact listed ride leader for details. Please carpool to the start whenever possible.
Wear your helmet! **Difficulty Ratings:** (*) easy (**) moderate (***) difficult (****) extreme

- Saturday, July 5 at 10:00 AM** **Shinnston Rail-Trail Ride (*/**)** **Mary Small (703) 795-4438**
10-24 miles. Meet at Pike Street Bikes, 215 Pike Street in Shinnston, to join their 10 mile cycling group for a ride north along the West Fork River Rail-Trail. Those who want more mileage will continue toward Fairmont before returning to Shinnston. Parking is available on the street in front of the bike shop.
- Sunday, July 6 at 1:00 PM** **Decker's Creek R-T & Positive Spin Picnic (**)** **Kelly Williams (304) 292-9821**
22 miles. Meet at Marilla Park. We will bike up Decker's Creek Rail-Trail to the Masontown trailhead, then return down the trail, to reassemble at Positive Spin for a picnic. Please bring food for yourself and also to share. A grill will be available. **NOTE:** Also, there will be a demo at Positive Spin on How to Fix a Flat.
- Saturday, July 12 at 10:00 AM** **Pricketts Fort to Little Falls (*)** **Mary Small (703) 795-4438**
20 miles. Meet at the trailhead across from the Pricketts Fort State Park visitor center. We will bike north on the Mon River to Little Falls, then return to Pricketts Fort.
- Sunday, July 13 at 12:00 NOON** **Connellsville to Ohiopyle Rail-Trail (**)** **Mike Dunaway (724) 970-6219**
32 miles. Meet at the Martins in Connellsville, PA near the Youghiogheny River. From I-68, take exit #10, WV-48 North to Cheat Lake/Uniontown, PA; bear left toward Cheat Lake/Fairchance Rd.; continue on the Mon-Fayette Expy. (PA-43 – partial toll road); go straight onto George C. Marshall Pkwy (US-119 N) and get in the left lane; about ¼ mile past Sheetz, turn left into the Martins parking lot; and park on the right side of the store. We will bike along the Greater Allegheny Passage rail-trail to Ohiopyle. This is a scenic route with many photo opportunities. There are also several options for lunch in Ohiopyle. From Ohiopyle, we will return to the start.
- Saturday, July 19 at 12:00 NOON** **Mount Morris - Kirby Loop (**)** **Marilyn Newcome (304) 598-5078**
40 miles. Meet at the parking lot behind Wendy's in Sabraton on Rt. 7. We will bike to Mount Morris, then continue up Shannon Run, then to Kirby, and return via Rt. 19 to Mount Morris and then return to Morgantown.
- Sunday, July 20 at 1:00 PM** **Mon River Trail North to the Mason-Dixon Line (*)** **Lisa Reiser (304) 685-0860**
24 miles. Meet at the parking lot behind Wendy's in Sabraton on Rt. 7. We will bike to the Mon River Trail, head north to the state line, then, return to the start. Longer options are available.
- Saturday, July 26 at 10:00 AM** **Snake Hill / Decker's Creek Trail Loop (***)** **Marilyn Newcome (304) 598-5078**
26 miles. Meet at the parking lot behind Wendy's in Sabraton on Rt. 7. We will bike up Dug Hill, then continue up Snake Hill to Masontown. From the Masontown trailhead, we will return to Morgantown via the Decker's Creek trail.
- Sunday, July 27 at 10:00 AM** **MRT/Little Falls Road/ Halleck Road/ Opekiska (**)** **Jennifer Preville (304) 282-0218**
32 miles. Meet at the parking lot behind Wendy's in Sabraton on Rt. 7. We will bike south on the Mon River Trail to Little Falls. We will then bike Little Falls Road, Tom's Run, lower Halleck, and return to the trail via Opekiska Road. Then we will return to the start. Note: Cyclists may choose to continue down the trail from Little Falls to meet up with the road riders at Opekiska Dam.
- Saturday, August 2 at 12:00 NOON** **Mount Morris - Shannon Run (**)** **Kelly Williams (304) 292-9821**
40 miles. Meet at the parking lot behind Wendy's in Sabraton on Rt. 7. We will bike up to Mount Morris and then up Shannon Run. From the top of Shannon Run, we will return down Shannon and back to Mount Morris and then to Morgantown. Note: Cyclists can start the ride in Mount Morris (park at the community center) and join us on the ride out and back on Shannon Run Road.
- Sunday, August 3 at 10:00 AM** **Mont Chateau Loop Ride (***)** **Jennifer Preville (304) 282-0218**
24 Miles. Meet at the parking lot behind Wendy's in Sabraton on Rt. 7. We will bike up Dug Hill and Pierpont Road onto the Cheat Lake Bridge and Mont Chateau. After resting at Mont Chateau, we will return via Rt. 857 and Tyrone Road. Please note that this is a hilly ride on a two-lane WV highway, with traffic.

**NOTE: Many of the rides start at the parking lot behind Wendy's in Sabraton, on Rt. 7.
However, the starting times vary.**

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AUGUST 2014 RIDE SCHEDULE

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Saturday, August 9 at 12:00 NOON Stewartstown/Dillinger/Fort Martin (/****) Kelly Williams (304) 292-9821**
20-40 miles. Meet at the parking lot behind Wendy's in Sabraton on Rt. 7. We will bike north on the Mon River Trail to the Van Voorhis exit, then climb Baker's Ridge, to Stewartstown Road. At Point Marion, we will cross the river, bike along Rt. 88, then climb Dillinger Hill to Fort Martin and return to Morgantown (40 miles). Note: Cyclists may choose to continue past the Van Voorhis exit, along the Mon River Trail north to Point Marion and back (20 miles).

Sunday, August 10 at 1:00 PM Decker's Creek R-T and Positive Spin Picnic ()**
Jonathan Rosenbaum (304) 599-2370, Jennifer Preville (304) 282-0218
22 miles. Meet at Marilla Park. We will bike up Decker's Creek Rail-Trail to the Masontown trailhead, then return back down the trail, to reassemble at Positive Spin for a picnic. Bring food for yourself and also to share. A grill will be available.

Saturday, August 16 at 10:00 AM Pike Street Bikes Rail-Trail Ride (*/) Mary Small (703) 795-4438**
10-24 miles. Meet at Pike Street Bikes, 215 Pike Street in Shinnston, to join their 10 mile cycling group for a ride north along the West Fork River Rail-Trail. Those who want more mileage will continue toward Fairmont before returning to Shinnston. Parking is available on the street in front of the bike shop.

Sunday, August 17 at 1:00 PM Mon River Trail South to Little Falls (*) Lisa Reiser (304) 685-0860
20 miles. Meet at the parking lot behind Wendy's in Sabraton on Rt. 7. We will bike south on the Mon River Trail to Little Falls, then return to the start. Longer options are available.

Saturday, August 23 at 11:00 AM Allegheny Highland Trail from Elkins to Parsons ()** Mary Small (703) 795-4438
40 miles. Meet at the trailhead in Elkins: from US 219 North, bear right to Elkins, and the Highland Park is on the left across from the W Express gas station. We will bike the trail to Parsons and back. The trail is paved for several miles out of Elkins, then the surface turns to crushed gravel, before changing to asphalt again in Parsons. A very scenic trail, plus this is the weekend of the Allegheny Highlands Trail Festival.

Sunday, August 24 at 12:30 PM Mon River Trail Bike and Kayak Ride (*) Jennifer Preville (304) 282-0218
20 miles. Meet at the parking lot behind Wendy's in Sabraton on Rt. 7. We will bike south on the Mon River Trail to Little Falls. On the return trip, we will stop at the Twin Spruce Marina at Uffington. Kayaks and canoes can be rented and used on the Mon River. Bring a towel, a swimsuit, water, and snacks; a shuttle will be provided to transport these items from Sabraton to the Twin Spruce Marina. After kayaking, we will return to the start in Sabraton.

Saturday, August 30 at 10:00 AM Pricketts Fort to Little Falls (*) Mary Small (703) 795-4438
20 miles. Meet at the trailhead across from the Pricketts Fort State Park visitor center. We will bike north on the Mon River to Little Falls, then return to Pricketts Fort.

Sunday, August 31 at 9:00 AM Rowlesburg Mountain Road Touring Festival (*/****) Dave Phillips (304) 594-1036**
56 or 78 miles. A challenging route through Preston County. Meet at the Rowlesburg City Park to register and receive a map for this free event. From Morgantown, take Rt. 7 to Kingwood, then Rt. 72 South to Rowlesburg. From Clarksburg, take Rt. 50 East to Rt. 72 North to Rowlesburg. Snack Stop and limited SAG will be provided.

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**Save These Dates: Prosperity Century, Sunday, Sept. 7th
Annual Club Century, Sunday, Sept 21st**