

**...SPOKIN' RIDES...**

COUNTRY ROADS CYCLISTS GET OUT AND GO!

**September-October 2021 RIDE SCHEDULE**

**Ride Captain: Steven Knudsen (304-906-3483)**

**Contact Ride Leader for more details. Wear your helmet.**

**Saturday, September 4 at 12:00 NOON Mount Morris Loop Kelly Williams 304-276-5530**

(\*\*,R) 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.

**Sunday, September 5 at 12:00 NOON Fayette County Loop Kelly Williams 304-276-5530**

(\*\*\*, R) 30-35 miles. Meet in Star City at the trailhead. We will bike north on the Mon River Trail to Point Marion. From there, we will cross the Cheat River and ride a loop that will include several long climbs, before returning to Point Marion, and back to Star City. (Trail riders can bike to Point Marion and back.)

**----- Ghost Town Trail Weekend-----**

**Saturday, September 11 at 10:00 AM Ghost Town Trail Bike Tour Kelly Williams 304-276-5530**

(\*\*,T) 32 miles. Meet at 10:00 AM in Black Lick, PA, at the Saylor Park (about a two hour drive from Morgantown). From there it is about 32 miles one way to Ebensburg, PA. The trail climbs 1000 feet, but this is over the 32 miles. And, we will be climbing on the first day. There is also a 12 mile spur trail, for anyone needing extra mileage. Hotels include the Red Carpet inn, or the Noon-Collins B and B. And, this being September, there is a good chance of rain and cold weather, so plan for both possibilities.

**Sunday, September 12 at 8:00 AM Ghost Town Trail Bike Tour Kelly Williams 304-276-5530**

(\*\*,T) 32 miles. We will assemble in Ebensburg at 8:00 AM, and return to the start, in Black Lick.

**Saturday, September 18 at 12:00 NOON 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.

**Sunday, September 19 at 9:00 AM Annual CRC Mon River Trail Metric Century Kelly Williams 304-276-5530**

(\*\*,T) 62 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 Prickett's Fort. We will then return north to Point Marion. Finally, south again, ending at the Mountain State Brew Pub. Please join us for all, or part of the bike ride on the Mon River Trail. Or, just join us for refreshments only at the Mountain State Brew Pub.

**Saturday, September 25 at 12:00 NOON Opekiska Dam Out and Back  
Jennifer Preville 304-282-0218**

(\* , T) 32 miles. Meet at the parking lot behind Wendy's in Sabraton (RT 7, East). We will bike south on the Mon River Trail to the Opekiska Lock and Dam, then return to the start.

**Sunday, September 26 at 12:00 NOON Decker's Delight Karl Diefenbach  
304-216-5169**

(\*\* , T) 40 miles. Meet at the parking lot behind Wendy's in Sabraton (RT 7, East). From here, we will bike up the trail to the very end (mile marker 19.5), then to the river front park, and then back to the start. We will end at the Mountain State Brew Pub for refreshments at the end of the ride.

**Saturday, October 2 at 10:00 AM GAP Trail:Cumberland to Frostburg at  
10:00 AM Steve Knudsen 304-906-3483/Karl Diefenbach 304-216-5169**

(\*\*\* ,T) 34 miles. Meet at the GAP trailhead in Cumberland. (Parking is available at the municipal parking lot in [Cumberland](#) off of Howard Street and under I-68 which passes overhead. Free to park. The lot is just across from the big red brick Footers Dye Works Building. Enter Howard Street in your GPS you will find it (exit 43C)) We will bike up the GAP trail to Frostburg. We will then have lunch there, before biking back down the hill to Cumberland.

**NOTE:** Bring a light for the tunnels along the trail.

**Sunday, October 3 at 11:00 AM Snake Hill Loop Phil Slates 304-777-9663**

(\*\*\* , R), 25 miles or (\*\* , T), 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 Decker's Creek Trail, and meet the group coming down the trail from Masontown.

**Saturday, October 9 at 12:00 NOON West Fork Trail Kelly Williams 304-  
276-5530**

(\* ,T) 26 miles. Meet at the parking lot next to the Big Lots in Fairmont on Country Club Road. We will bike along the West Fork Trail to Shinnston, then return. Snacks available in Shinnston, and also Shinnston has a bike shop ([Pike Street Bikes](#)). Note - there is a half mile gravel trail at the start of the ride.

**Sunday, October 10 at 12:00 NOON Mount Morris Loop Rick Probst 443-  
866-0237**

(\*\* ,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, October 16 Fayette County Loop Kelly Williams 304-276-5530**

(\*\*\* , R) 30-35 miles. Meet in Star City at the trailhead. We will bike north on the Mon River Trail to Point Marion. From there, we will cross the Cheat River and ride a loop that will include several long climbs, before returning to Point Marion, and back to Star City. (Trail riders can bike to Point Marion and back.)

**Sunday, October 17 at 12:00 NOON Mount Morris Loop Rick Probst 443-866-0237**

(\*\*,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, October 23 at 10:00 AM Phillipi/Moatsville Loop Mike Hawranick 304-641-5564**

(\*\*, R) 25 miles. Meet at the Sports and Spokes (306 North Walnut Street) in Philippi. Leaving from Sports and Spokes in Philippi at 10 am. 25 mile loop up Chestnut Ridge to Tacy, short spell on 38 and 92 thru Nesterville, then to Moatsville and up the Arden grade (graded gravel) back to shop at 306 North Walnut Street. At the bike shop, we will meet the Owner (and current WV-MTB Assn president) Thad Kelly.

**Sunday, October 24 at 12:00 NOON Lake Lynn Loop Jennifer Previll 304-282-0218**

(\* , R ) 34 miles. Meet at the parking lot behind Wendy's in Sabraton (RT 7, East). We will go north on the Mon River Trail to Point Marion, and then onto the Lake Lynn Dam. Trail riders can bike to Point Marion and back.

**Saturday, October 30 at 12:00 NOON Friendship Hill Loop Kelly Williams 304-276-5530**

(\*\*, R ) 36 miles. Meet at the parking lot behind Wendy's in Sabraton (RT 7, East). We will go north on the Mon River Trail to Point Marion, and then onto Friendship Hill, then back to the start. Trail riders can bike to Point Marion and back.

**Sunday, October 31 at 12:00 NOON Decker's Creek Trail Kelly Williams 304-276-5530**

(\*\*, T) 32 miles. Meet at the parking lot behind Wendy's in Sabraton (RT 7, East). From here, we will bike up the trail to Reedsville, before returning to the start.

**NOTE: CRC Annual Meeting will be held on  
September 25, 2021 at 6:00 PM, at the Panera's  
Bread, 357 Patteson Drive, Morgantown, WV**