

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

www.crcyclists.org
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July - August 2013

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**League of
American
Bicyclists**
since 1979

THANKS, DAVE

I remember the first time I stopped at Dave Lewis's Snack Shack on Decker's Creek Trail. I went out with Bruce shortly after moving to Morgantown in 2001. At that time, it was a struggle for me to climb the long grade of the trail (I guess some things have not changed; it can still be a struggle for me to climb the trail.) On the way back down, we stopped at the Snack Shack, I bought a candy bar, and we talked with Dave. Since that time, I have stopped there regularly, as have many others, to get a snack, to talk, and on a hot summer afternoon, to take a short nap in one of his chairs.

I remember Thursday evening rides on the trail that included a break at the Snack Shack to eat and drink, and talk with Dave. I also recall that for several years in a row, Country Roads Cyclists had a fall picnic there. There would be a club ride that included a stop at Dave's; someone would grill a few hotdogs, hamburgers and sausage, then Sis would bring up the pies that she had made, sometimes as many as 9 different pies! No one would leave, until all the pies were gone; getting down the trail after that feast would also be a struggle, but for different reasons.

Once, after a big winter snowstorm, Mark and I had the "clever" idea of parking at Dave's and cross country skiing up, then down the trail. Well, this turn out to be more of a challenge for me and taking more time than we had planned. When we finally got back to Dave's home, he had already started up his ATV, concerned enough that he was about to come looking for us. I was grateful for that, even more grateful that he did not have to rescue us.

So, it was happenstance that last Sunday, we had a club ride up and down Decker's Creek Trail. It was a sunny day, and the trail was extremely busy with people biking, running, and walking. Dave was out on his swing as usual, and we all stopped and chatted with him. I am glad that we were able to see him at his rest stop, talking with everyone for one last time. Thanks, Dave. Kelly Williams

"David W. Lewis, Sr., 81, of Morgantown, went to be with the Lord on Monday, July 1, 2013, at home."



from "Spokin' Words" 2009 Dave's Snack Shack picnic September 19 Weaver photo Dave's new recumbent trike foster photo
For this annual picnic, some rode the rail-trail to Dave's, while others took the high roads. New member Ray again mastered the grill with burgers, dogs and sausage and his secret recipe kraut. Besides all the shared treats, there were the all those delicious homemade pies. Fortunately the return was all downhill.

This newsletter with color photos is on crcyclists.org, last names deleted

WELCOME OUR NEW MEMBERS

Jim - Morgantown,
Thomas & Patricia - Grafton,
Marc - Morgantown,
Kathryn - Morgantown,
George F. - Fairmont,
Mary - Clarksburg.

We look forward to meeting you and enjoying riding together. You might enjoy looking up our past activities and other old news on our website, crcyclists.org. Check out our "Archives" there.

Ye editor apologizes for the extreme delay in the publication of this newsletter due to brain freeze? and computer intransigence, among other things.

EXCERPTS FROM SOME JUNE RIDE REPORTS FROM KELLY See what you missed ?

June 8 A total of nine cyclists did all or part of today's **Snake Hill/Deckers Creek Loop**. We started out at the parking lot, behind Wendy's, with Marissa, Phil, Marilyn, Larry, Jeff (who just last week moved here from Utah) and myself. Jack showed up to say "Hi," but did not ride with us. We rode our usual route up Dug Hill to Fields Park Road and onto Snake Hill. The Snake Hill climb went smoothly, with two regrouping points. Topping the hill, we started our descend, avoiding that little yapping dog that likes to run out and chase all the bikes. When we got to the Masontown Deckers Creek trail head, Jeff took off, he said thanks and that he will return next week. (Hopefully with a check for \$10.00!) Just after we started down the trail, we meet Carl and Connie biking up the trail. After some greetings, Connie continued up to her car parked at the trailhead, and Carl headed down with us. And, shortly after this, Marissa caught a branch in her rear-derailleur; it came right off. So, while Larry removed the derailleur, Carl caught up with Connie, to ask her to take Marissa and her bike back to Morgantown. This is when Laurel, biking up the trail from Morgantown, caught up with us. Carl then towed Marissa (on her bike) back to the trailhead with a rope, Connie got her back to Morgantown, and the rest of us cycled down the trail (of course, after a stop at Dave's Snack Shack.)

June 9 A lot of club members (and a few non-members) showed up for today's **Mon River Trail North** ride. At the start, at Wendy's in Sabraton, was Marissa (Wamsley Cycles was able to repair her broken derailleur yesterday!), Joe, Dan, Don, Jim and Sandy, Del, Lisa, Jennifer, Kelly, guest Carol W., and guest Tim W. again, It was a hot and sunny day, as we all headed down the trail for a leisurely, easy ride about ten miles down the trail. (Easy and leisurely ride for us; snakes and kids need to be wary of this group!) We then turned around, in order to be at the Terra Cafe before they closed at 4 PM. Half of the group did not stop, the other half went in for beverages and/or dessert, and then back to the starting point. This was a good turnout for a club ride.

June 29 Even though it was threatening to rain, eight cyclists showed for today's **Stewardstown Road/Mon River Trail Loop** ride - Marilyn, Larry, Dana, Mark, Bill, new member Kathryn, guest Megan, and myself. We all decided that each of us would carry a rainjacket, in order to keep it from raining. We headed north on the busy Mon River Trail, (everyone was out running, walking or biking today), to the VanVoorhis trailhead, where Mark, Bill, and Kathryn continued on the trail to Point Marion. The rest of us climbed VanVoorhis Road, Bakers Ridge, Rt 119, and Stewardstown Road. There were great views of Chestnut Ridge to the east during this ride. The descent began when we turned onto Camp Run Road, and we soon rejoined the other cyclists in Point Marion in front of Apple Annie's - I think they had been waiting for us about two minutes, but they said it was closer to thirty minutes. Anyway, Sat. afternoon is All-You-Can-Eat Dessert Bar at Apple Annie's, and so we were soon eating our fill of desserts. Then, it was back down the future trail that will connect Point Marion with Morgantown, today a series of mud puddles to the WV state line. Shortly thereafter, someone had a flat, and Marilyn and Larry took the lead in showing the rest of us how to repair a flat. Then, it was back on the trail, to our starting point. 31 miles.

June 30 Seven cyclists came for our **Deckers Creek Trail** ride: Lisa, Doris, Dale, Jim, Mark, guest Tim W. and myself. It was getting hot when we started up the trail, but soon we were in the shade for most of the ride. It was a very busy day, with a lot of cyclists going up and down the trail. At the Masontown trailhead Mark and Jim offered their techniques for repairing a flat. Turning around, our next stop was at Dave's Snack Shack at mile marker 9, then back to the start. Kelly

MORE REGIONAL EVENTS

see also issue 1, March-April 2013

Mt. Davis Challenge Confluence, PA
Aug. 4 USA Cycling road race bikereg.com/Net/18070

BikeFest Pittsburgh party Pittsburgh, PA
Aug. 9 8 pm - midnight \$40 bikepgh.org

Tour de Frederick Frederick, MD road rides, socials
Aug. 16-18 <http://www.tourdefrederick.com>

Allegheny Highlands Trail Fest Montrose, WV
Aug. 24 noon - 7 pm Montrose community center
details: www.highlandtrail.org

Pedal PGH Pittsburgh 25/62 mile rides Pittsburgh, PA
Aug. 25 \$35 bikepgh.org

THE APPALACHIAN SPRING SPECTACULAR BONUS RIDE

Bonus Ride: 71-miles; 7,100-feet of climbing; 13.1-mph average speed

by Frank Gmeindl

15 cyclists: Frank , Jack B , Michele , Lori , Chuck , Scott , Steve , Emil Betsy , David Scott Brittle, Fran , Don , Patti and John participated in the 2013

Appalachian Spring Spectacular Bonus Ride, Saturday May 4. Participants came from California, Missouri and North Carolina as well as locally. All completed the loop except one who had announced at the start that she had to be at work at 3 pm and so headed back shortly before we arrived at our first food stop in Bruceton Mills.

The maps and cue sheets, a first for the Bonus Ride this year, got compromised right at the outset when we rode down to the rail trail and right into droves of walkers participating in a trail hike. After riding at walking pace from the Mon River to Elk St. we left the trail, ascended 18% Elk St. (toughest hill on the route) and hit the road. Of course, this offset the cue sheets but they were unnecessary anyway since we all hung together for the whole ride.

At the beginning of the ride, Frank had announced that the screaming descent from Chestnut Ridge was riddled with potholes with one set of holes spanning the whole right lane approximately half way down the hill. Again at the top of Chestnut Ridge he reminded everyone, so all were surprised to find that WVDOH had patched all the holes just a few days earlier.

Again in Bruceton Mills, Frank reminded everyone that the road from Bruceton to Laurel Ridge was also pretty bombed out. So, after lunch as we headed up Union St. out of town, we were ecstatic to find new pavement as far as we could see! Unfortunately, we couldn't see very far, as the new pavement only extended a few tenths of a mile. Fortunately, the skilled group avoided any mechanicals on those rough roads.

At the top of Mud Pike, we paid our respects at the Kean Bird memorial and took a picture.

We stopped next at the bottom of Mud Pike at the Exxon for beverages mostly and hobnobbed with Pagans and



A visit to the Kean Bird memorial

Scott Brittle photo

Wherewolves then headed toward Pt. Marion on the back roads, with an unplanned visit to Smithfield. Few noticed the slight digression from the cue sheet however, because it was a rolling party and we were rocking.

In Pt. Marion, after climbing approximately 6,000 feet so far, Betsy, who won a 6-hour mountain bike race the next day decided that her legs were adequately loosened, so she decided to take the rail trail option home. Half joined her and the other half continued to follow the primary route up over Stewartstown and Bakers Ridge and then down to the rail trail to the Brew Pub.



THE 2013 APPALACHIAN SPRING SPECTACULAR SUNDAY, MAY 5

We had another good weather day for the 87 cyclists riding one of the three ride options of the Appalachian Spring Spectacular this year. Over a dozen cyclists rode the 25 mile ride up Deckers Creek rail trail and back with a snack stop at Dave Lewis's Snack Shack, while the others did either the 45 or 60 mile ride into Pennsylvania and back with the usual refreshments at Roberts Run covered bridge. Of the totals, 31 cyclists were CRC members, also twelve came from the neighboring states of Maryland, Ohio and Pennsylvania, with two from Missouri, two from North Carolina and one from California (Californian Scott Brittle noted that he had done a PAC Tour with Lon and Susan Notorangelo Haldeman in the southwest, and they're lookin' good. A few of our members remember them coming through West Virginia in the eighties on cross-country endurance events and races. See CRC history pages in the "Archives" on crcyclists.org.)

GUNNAR AND MIKE WIN AT MAPLETOWN RACES



Fred Jordan photos

Gunnar Shogren won the men's 50+ category and Mike Lavengood won the men's 40+ category at Mapletown in July. Both are leading those categories in the ABRA road race series with one race to go - Appalachia Revisited in Rowlesburg August 24. Details available at ABRARacing.com Mike has won in all four (of five) races in which he raced so far this year, and Gunnar also won the Greene County race and placed well in the Tour of Tucker County. Gunnar also placed fifth in the USAC Mt. bike National Championships at Bear Creek, PA in spite of another flat.

THE FOURTH ANNUAL HILLY BILLY ROUBAIX, JUNE 22, 2013

It was already a very hot day when I drove up to the starting point in Mylan Park, for the fourth annual Hilly Billy Roubaix. I checked in with JR, grabbed an orange vest and orange flag; then hung around to await the start of the race and watch the several hundred cyclists preparing for it. A few minutes before 9:00 a.m., JR called out the names of last years' winners to lead out the pack through the park, behind two dirt motorbikes that would precede the racers. At nine, the start was announced and off they went! I was right behind the WBOY reporter, who was filming the event. He had a great view of about three hundred cyclists heading out in one long pack. Then before heading out to my spot at mile marker 30, I was able to view a second start with a neutral rollout as they left the park, onto the county road.

I drove to the same intersection I worked in previous years, where Haines Hill Road, feeds into Route 19 north of Mount Morris, a very pretty spot, with shade trees and views of an old farm and pasture land. I watched the birds and trees and clouds for a while, before Bill Foster arrived. A bit after noon, the two dirt motorbikes came by, alerting us that the racers were close behind.

I took my spot, controlling north bound traffic, while Bill controlled the southbound lane. From my spot, I had a great view of Haines Hill. I could see and hear every

cyclist descending down the paved portion (rare for this race) of Haines Hill. Then, I could hear gears shifting and the rotation of wheels slowing, while the breathing got deeper and harder as racers hit the short steep (15%?) grade approaching route 19. So, I was in luck that most (but not all) of the cyclists were naturally slowed down before the turn. This year, the course was different; instead of a left turn onto US 19 north up the hill, the cyclists would turn right and head downhill to Mason Ridge Road. We were there for the duration of the race, waving cyclists on, marshalling the cars, and receiving lots of thanks for being out there. Finally, the sweep car came through, giving us the signal that for us the race was over. Everyone else had 40 more long, hot miles to go before reaching the finish line. From my point of view, it was another successful Hilly Billy. Kelly Williams

ed. note: Jennifer was also a course marshal, Dennis was an official, Mike Lavengood placed first in the men's 40+ category and fourth overall in 4:35:31.6, just 12:45 minutes behind the overall winner. Gunnar Shogren finished third in the single speed open category, 19th overall, and Marc Glass 11th /103rd overall in the same category. Sorry if I missed anyone else in the club. Kelly

MARIETTA RIVER RENDEZVOUS REDUX by Kelly Williams

Four of us - Carl, Jack, Frank, and I headed off Friday afternoon, May 31, for the 2013 Marietta River Rendezvous. Jack and Frank drove out together, while Carl stopped by my house, to take me and my bike to the ride. It was about a three hour drive to Zanesville, where the four of us spent Friday night. As usual, we had dinner at the Olive Garden, then a walk around downtown Z just before a thunderstorm hit. The next morning, we were up early, in order to prep our bikes and drive down to Duncan Falls for the start of the ride. We parked next to the football field, picked up registration packages, and loaded our luggage onto the truck that would carry everyone's luggage to the dormitory at Marietta College.

Today is a sunny day, though there is still a threat of afternoon thunderstorms. (No one will allow me watch the weather channel because someone thinks that if it looks like rain I may skip the ride, like I did two years ago.) The four of us are soon off on the 70 mile trek to Marietta, first through the village of Philo - just across the river from Duncan Falls. Both Philo and Duncan Falls traditionally have yard sales on the first Saturday of June, so we look at the items as we cycle by, but no one stops to buy. Twenty miles down the road is our first snack stop at Malta, also along the river. (We parallel the Muskingum River for most of the ride.) After Gatorade and bananas and trail mix, we are back on our bikes. We observe all of the fishing cabins, with docks and boats along the river and, this being Ohio, we are also passing lots of corn fields. Soon (or so it seems now), we stop in at the volunteer fire station in Stockport. The fire trucks have been pulled out of the station, and volunteers are preparing peanut butter-jelly sandwiches, hard boiled eggs and homemade cookies, along with carrots, celery sticks, chips, etc.. Though it is early, we settle down for lunch, then refill water bottles and continue south, crossing the Muskingum for a second time,. We stop at a small state park, Big Bottom Memorial State Park, to read the historical marker about a massacre that occurred here two centuries ago. The fine weather continues and we have a hill before our next stop, this time at a lockmaster house and lock along the river. Now, we come to (Ohio) hill country, with some climbing to do. Over the ridge, we descend back into the valley, with one more snack stop, this time on an island in the middle of the river. There is a nice park with a pool, and they are restoring a one-room school. We continue, now on the part of the route where we cross seven different railroad tracks, all of them at very odd angles to the road, and soon we are on the outskirts of Marietta where we follow route markings to the dormitory.



So, it is now time to get off our bikes, lock them in a storage room, find our dorm room, and a shower. Thanks to Carl, all four of us are sharing a suite - two rooms, four bunk beds, one bathroom. We take turns with the shower, proceed downstairs for strawberries and ice cream, then proceed further to the Marietta Brew Pub, where we sample one, maybe two different brews. Next, of course, is the traditional spaghetti supper at the First Baptist Church, where we are served by younger members of the church. Again, we walk around Marietta - a very historical city, the first city founded in Ohio in 1788. Rain is threatening, so we stop in the historical Lafayette Hotel. Then the Valley Gem pulls in to the dock along the riverfront and all the cyclists head onto the large sternwheeler for a two hour cruise up down the Ohio River. Finally, we return to the dorm, this time to sleep.

Dawn arrives too early as usual, and the four of us unfold out of the bunk beds and head downstairs for breakfast. Then it is time to get our bikes, load up our luggage, and follow the Saturday route in reverse. We have another fine sunny Sunday (in contrast to the weather report, which I was able to view while no one was around), and a pleasant ride back to Duncan Falls, and then the return trip to Morgantown after stopping at a roadside market to pick up some locally grown strawberries. Life can be good.

ELEVATION



Mt. Davis Challenge



The Mount Davis Challenge Bike race will be August 4.

Registration ends July 31. [? ed.]

Presented by Confluence Tourism Association
600 Logan Place Confluence, PA

Here's the description on its website:

The Mt. Davis Challenge Road Race is a 41 mile race that traverses the highest point in Pennsylvania. The course is a lollipop style that starts in Confluence, PA and utilizes the hilly back roads of the Mt. Davis area and climbs to an elevation of 3,213 ft. Once over the top it descends on the eastern side and climbs back up on Savage Road before returning to Confluence. Prolonged climbs, fast descents and some rough road surfaces make this a true challenge. This will be the second year for the race

<https://www.bikereg.com/Net/18070>

Online Registration Closes **Thursday, August 01, 2013 at 10:00 PM, Eastern Standard Time** [? ed.]

GRAN FONDO NATIONAL CHAMPIONSHIP

Frederick, MD September 22, 2013

500 Person Field Limit

Current price: \$95, \$75, \$50 Price increases on August 1st and Sept 1st

<http://www.granfondonationalchampionshipseries.com/frederick-md>



Clear your calendars as BikeFest starts with BikePGH's annual party on August 9th and rolls all the way through to the 20th Anniversary of PedalPGH on August 25th. That's 17 days of fun in the sun as we celebrate with scores of community rides and events.

Check out the BikePGH calendar at: bikepgh.org

Ride with BikePGH on Sunday August 25, 2013 to celebrate 20 years of PedalPGH. Adult Registration \$35 Choose one of three great rides around Pittsburgh from:

The beginner friendly Post-GazetteFamily Ride

The intermediate 25 mile Highmark City Tour, or

The 62 mile PJ Dick, Trumbull and Lindy Paving Metric Century.

Riders will have fully marked courses that show off some of the City's best bicycle friendly roads, scenic views and of course bike lanes. Full service rest stops along each of the routes will provide riders with gourmet snacks from our partner Whole Foods. Wrapping up your ride don't forget to pick up your commemorative PedalPGH T-Shirt and enjoy Music and great food from one of Pittsburgh's Mobile Food Trucks.

Registration Includes:

Your Choice of 3 Fully Marked Courses

20th Anniversary T-Shirt

Full Service Rest Stops with snacks by Whole Foods

Finish Line Festival



COUNTRY ROAD CYCLISTS

JULY - AUGUST 2013 RIDE SCHEDULE

Road Captain Dave Phillips 304-594-1036 wvfossils@aol.com
Contact listed ride leader for details. Please carpool to the start whenever possible.
Wear your helmet. Difficulty Ratings. (*) easy (**) moderate (***) difficult (****) extreme

Saturday, July 6 9:00 AM Over Mount Davis Larry 304-777-7393

(***) Just a tad over 50 miles with over 4,000 feet climbing. An up and down ride, with lots of up. Meet at the Confluence, PA City Park downtown at 9:00 AM to ride over Mt. Davis, the highest point in PA, to Meyersdale for lunch, and return. This a rough ride, but lots of fun and great scenery. Four stars Sisters Restaurant can provide breakfast if you want, Kelly says 8:00 AM for that, but they are very slow, and some riders have left for the ride without being served breakfast. I suggest earlier.

Sunday, July 7 1:00 PM Pricketts Fort to Morgantown Kelly 304-292-9821

(*) 38 miles. Meet at the Prickett's Fort Trailhead (I-79, exit 139, north of Fairmont, follow the directions to Prickett's Fort State Park). We will bike north along the Mon River Trail to Morgantown. In Morgantown, we will eat at the Mountain State Brew Pub, then return to the start.

Saturday, July 13 10:00 AM Mile Climb Marilyn 304-598-5078

(***) 35 mile Meet at Ruby McQuain Park at for an easy to ride to Mt. Morris via Rt. 100, and a little of US. 19. Then up Big Shannon Run to Kiger Hill Road, the start of mile climb, and a very fun fast descent to Little Shannon and ride back to Mt. Morris and Morgantown. This a good ride, as the only real climbing is Mile Climb. A stop by Rising Creek Bakery is possible for refueling for the ride back to Morgantown

Sunday, July 14 10:00 AM Shannon Run and Rising Creek Jennifer 304-282-0218

(***) 42 miles Meet at the parking lot behind Wendy's in Sabraton (Morgantown Rt. 7 east). Ride to Mount Morris, and then onto the end of Shannon Run. We will then return down Shannon Run, stopping at the Rising Creek Bakery, before returning to Morgantown, and the starting point. Moderate climbing with one long hill at the end of Shannon Run. This is Jennifer's BIRTHDAY ride.

Saturday, July 20 9:00 AM Clarksburg to Lost Creek Laurel 304-782-4117

(*1/2) 22 miles From Clarksburg VA park (Riverbend) off US 19 south, near pool. Easy out and back ride to Lost Creek over gently rolling road. Nice convenience store at Lost Creek. Option to ride farther if anyone is interested. Relaxed pace. Beginners welcome. There is a rail trail along the last 5 miles to Lost Creek

Sunday, July 21 10:00 AM. Friendship Manor Jennifer 304-282-0218

(**) 32 miles. Meet at the parking lot behind Wendy's in Sabraton (Morgantown Rt. 7 east). Ride the Mon River Trail north to Point Marion, then onto Friendship Manor. After exploring the park and mansion, we will return to Point Marion, stopping at the grocery store for snacks, and then returning on the trail to our starting point.

Saturday, July 27 10:00 AM Halleck Road Marilyn 304-598-5078

(***) 50 miles Meet at Morgantown's Ruby McQuain park downtown. This ride follows the river to Little Falls on the Mon River Trail, then the fun begins with a short, steep climb up from Little Falls. The road levels after this climb, to Rt. 73 for a very short distance, then up Toms Run Road to Halleck Road, and onto Rt. 119, which is crossed to Gladesville, left toward Reedsville, to the Deckers Creek Trail and back to Morgantown. Lots of climbing, but less than Mt. Davis

Sunday, July 28 12:00 Noon Deckers Creek Trail Ride Lisa 304-241-5443

(*) 22 miles. Meet at the parking lot behind Wendy's on Rt. 7, Sabraton. We will bike up the Decker's Creek Rail Trail, to the Masontown trailhead. From there, we will turn around and head back to the starting point, after stopping at Dave's Snack Shack for ice cream.

COUNTRY ROAD CYCLISTS

JULY - AUGUST 2013 RIDE SCHEDULE

Saturday, August 3 12:00 Noon Mt. Morris to Kirby Loop Kelly 304-292-9821

(***) 44 miles Meet at the parking lot behind Sabraton Wendy's (Morgantown Rt. 7 east). We will bike along Rt. 100 into Mount Morris. From there, we will bike up US 19 to Kirby and return down Shannon Run. After a stop at the Rising Creek Bakery for lunch, we will return to Morgantown.

Sunday, August 4 12:00 Noon. Deckers Creek Trail to Reedsville Kelly 304-292-9821 (*) 22

miles. Meet at the parking lot behind Sabraton Wendy's on Rt. 7. We will bike up Decker's Creek Rail Trail, to the Masontown trailhead. From there, we will turn around and head back to the starting point, after stopping at Dave's Snack Shack for ice cream.

Saturday, August 10 12:00 Noon Stewartstown Road to Point Marion to Fort Martin Hill. Kelly 304-292-9821.

(***) 40 miles. Meet at the parking lot behind Sabraton Wendy's, (Morgantown Rt. 7 east). We will bike along the Mon River Trail north to Van Voorhis Road. From there, we will bike up to Baker's Ridge to Stewartstown Road, into Point Marion. Snack stop at the grocery store. We will then proceed into Greene County, returning to Morgantown, via Fort Martin Hill. (For a shorter trip, cyclists can return south on the Mon River Trail from Point Marion, back to the start.)

Sunday, August 11 10:00 AM Connellsville GAP to Ohiopyle Jennifer 304-282-0218

(*) 32 miles. Jennifer, meet at Connellsville city park, along the river. We will ride the Greater Allegheny Passage (GAP) to Ohiopyle, where we will eat lunch at the Firefly Cafe, before returning to Connellsville. Carpool, if possible.

Saturday, August 17 9:00 AM Jane Lew casual ride Bill 304-623-2736

(*1/2) 20 to 25 miles From Jane Lew I-79 exit 105, park on dead end side road in front of the truck stop just east of I-79. Choice of several pleasant, scenic rides. Route will depend on weather and how far folks want to go. Beginners welcome, relaxed pace.

Sunday, August 18 1:00 PM Bike & Kayak: Mon River Trail Jennifer 304-534-8244

(*) 20 miles. Meet at the parking lot behind Wendy's on Rt. 7, Sabraton. This will be a first: we will be able to rent kayaks at Twin Spruce Marina, along the trail. After biking to Little Falls, on the return trip, we will stop at the marina. Kayaks or canoes can be rented, and used on the Mon River. Bring a towel and swimsuit, a shuttle for these will be provided.

Saturday, August 24 12:00 Noon Mt. Morris - Shannon Run - Kirby Williams 304-292-9821

(**) 44 miles. Meet at the parking lot behind Wendy's, Sabraton, Rt. 7. We will bike along Rt. 100 into Mount Morris and then up Shannon Run. From there, we will cross over to Kirby, returning to Mount Morris via US 19. We will then stop at Rising Creek Bakery for lunch, before returning to Morgantown.

Sunday, August 25 1:00 PM Fayette County, PA. David 304-594-1036

(***) 35 miles, give or take. Meet at the Free Methodist Church in White House, PA. About two miles north of the state line. You can take the 4 lane, or Rt. 43 to the Gans exit, make left and go to Rt. 857, and make a left. Park near the Tobin School Road end of the parking area.

Saturday, August 31 9:00 AM Jane Lew casual ride Bill 304-623-2736

(*1/2) 20 to 25 miles From Jane Lew I-79 exit 105, park on dead end side road in front of the truck stop just east of I-79. Choice of several pleasant, scenic rides. Route will depend on weather and how far folks want to go. Beginners welcome, relaxed pace.

**Sunday, September 1 9:00 AM Rowlesburg Road Ride Kelly 304-292-9821
and David 304-594-1036**

(****) 78 miles or (***) 56 miles. Rowlesburg City Park. From Morgantown, take Rt. 7 to Kingwood, then Rt. 72 south to Rowlesburg. From Clarksburg, US 50 east to Rt. 72 north to Rowlesburg. A snack stop and limited SAG. Map available at registration table. free, guests welcome.