
... SPOKIN' WORDS ...

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SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS SINCE 1979

ANNUAL MEETING TO BE HELD ON SEPTEMBER 27th

Our annual club meeting will be held on **Saturday, September 27th** at **Panera Bread**, 357 Patteson Drive, **Morgantown, WV**. Dinner hour will start at **6pm**, and the meeting will begin at 7pm. Agenda topics will include election of officers (President, Vice President/Road Captain, Secretary/Treasurer); consideration of two new membership categories (70+ Lifetime and Corporate Sponsor) suggested by members and elimination of one (Inactive); and a review of the year's activities to date. If you are interested in joining the Board of Directors for 2015, please contact Kelly Williams (kellyrwilliams@msn.com) or Bill Foster (billbikes@hotmail.com).

SEPTEMBER CENTURY RIDES

Sponsored by Country Roads Cyclists

Sunday, September 7 at 9:00 AM: Morgantown to Prosperity Century

Choose 100 miles or 60 miles. Meet us at the Morgantown Courthouse Square on High Street. We will ride to Mount Morris through Kirby to Waynesburg (60 miles), then to Prosperity and back (100 Miles). Guests are welcome, and helmets are required for all riders. There will be no SAG provided for this ride; please plan accordingly. For more information, contact Kelly Williams at (304) 292-9821 or kellyrwilliams@msn.com.

Sunday, September 21 at 9:00 AM - Morgantown to Waynesburg Metric Century

Choose 45, 62, or 100 miles. Meet us at the Morgantown Court House on High Street. We will follow the Spring Spectacular route through Greene County to Waynesburg, then return to Morgantown (62 miles). A 45 mile option is available, or anyone wanting to do a 100 mile century can continue on the Prosperity Loop from Waynesburg. Guests are welcome, and helmets are required for all riders. There will be no SAG provided for this ride; please plan accordingly. For more information, contact Kelly Williams at (304) 292-9821 or kellyrwilliams@msn.com.

WELCOME OUR NEWEST MEMBERS!

Ali Morris – Reedsville, WV
Bruce Felde – Morgantown, WV
Darlene Pallay – Morgantown, WV
Dee Kline – Fairmont, WV

Kara Dallaire – Morgantown, WV
Mike & Joni Schroering – Fairmont, WV

Members as of August 31, 2014: 133

www.CRCyclists.org
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Country Roads Cyclists Board of Directors:
President: Kelly Williams (304) 292-9821 kellyrwilliams@msn.com
Vice President/Ride Captain: Vacant
Secretary/Treasurer: Mary Small (304) 622-9855 mary_small6@yahoo.com
CRCyclists.info@gmail.com



Affiliated

JULY-AUGUST BOARD MEETING NOTES

The CRC Board of Directors met on July 29 and August 8 in Fairmont for reporting and planning sessions. The Club started August with \$2,124.64. Planning discussions included: the Rowlesburg and September Century rides; the September-October ride schedule; contacting state legislators regarding the need for paving on Rt. 100; the annual meeting; proposed new membership options; insurance liability for non-member riders; new membership cards; and newsletter content. CRC members are welcome to attend any Board meeting; please contact CRCyclists.info@gmail.com to be notified of the next meeting.



NEW CRC RIDE PARTNER: TEAM RWB – Morgantown Chapter

North central West Virginia is home to many veterans, and a new chapter of the global non-profit organization, Team Red, White and Blue (teamrwb.org), is forming in Morgantown to enrich their lives by connecting them to the community through physical and social activities. CRC's Kelly and Mary recently met with the new chapter's Co-Captain Anthony Romeo to discuss our mutual goals of getting members out together and building community.

The global Team RWB organization was formed in 2010, now has over 46,000 members and 500+ joining each week, and includes a cycling group forum (www.facebook.com/groups/TeamRWBCycling/) with 784 members. Team RWB members, also called Eagles, strive to demonstrate six principal characteristics: passion; people; positivity; commitment; camaraderie; and community. The Morgantown chapter was just launched on July 1, 2014 and already has 103 members, both veteran and civilian. Each chapter hosts weekly fitness activities and monthly social events, and participates in local races and events together; these programs are at the core of Team RWB's mission. Anthony says these activities provide opportunities to, "bridge the gap between the veteran and the community." He shares the sentiments of many CRC members in believing that shared physical activities give the individuals, "a new sense of purpose."

CRC has invited Team RWB members to join our scheduled weekend rides, and is partnering to create weekly evening rides in the Clarksburg/Fairmont area. Team RWB invites CRC members to participate in any Eagle events, including their next every-other-Wednesday **6pm bike ride**, meeting on the back deck at Wamsley's Cycles, on **September 10**.

Morgantown chapter Co-Captain Katie Chiasson-Downs says, "One of my favorite aspects of this organization is that it's not about what the community can do for us, it's all about what we can do for our community. I am just grateful to have the opportunity to spend some real connection time with my fellow community members in healthy ways." Check out the Morgantown Chapter at www.facebook.com/groups/665167703537870/. To join Team RWB, go to teamrwb.org, click on "Get Involved", then select "Join the Team".

LOCAL RAIL-TRAIL NEWS

From Ella Belling, Executive Director, Mon River Trails Conservancy

When Bad Things Happen to Good Trails -- Caution on Deckers Creek Trail near Rock Forge

The Mon River Trails Conservancy (MRTC) had a serious washout due to the hard rains on July 27. A section of the Deckers Creek Rail-Trail was swept away as a result of a culvert clogged from a downed tree. The damaged area is fenced off and is located just past the I-68 overpass and before Rock Forge Lane, near mile 4. Currently, one side of the trail is open for use, but please be cautious in this area. The trail surface is rough with the equipment coming on and off this section. MRTC has had several engineers and contractors out to the site to assess the damage and hope to have it repaired before winter. There likely will be times when MRTC will have to close the trail for repair work.

We need extra help... The estimated repair cost is \$12,000-\$18,000, which is a big hit to the MRTC operating budget. Thank you to Greer Limestone, which is donating 600 tons of shot rock and Central Supply in Dellslow for donating a roll of geo grid fabric, needed for the repair. If you would like to donate to the repair please mail checks to MRTC at P.O. Box 282 Morgantown WV 26507. All donations are greatly appreciated and put to good use! *Continued on Page 4...*

COUNTRY ROADS CYCLISTS ON THE ROADS & TRAILS



Marilla Park, 7/6/14

Photo MSmall



Prickett's Fort, 7/12/14

Photo MSmall



Connellsville, 7/13/14

Photo MSmall



Shinnston, 8/16/14

Photo MSmall

REGIONAL RIDES

CRC Prosperity Century

60m, 100m

September 7 in Morgantown, WV

http://www.crcyclists.org/crc_rides_sched.pdf**Hancock Horizontal Hundred**

20m, 40m, 62m, 100m

September 7 in Findlay, OH

 [HancockHorizontalHundred.com](http:// HancockHorizontalHundred.com)**Tour de Chocolate Town**

Charity Bike + Theme Park

18m, 35m, 65m, 100m

September 7 in Hershey, PA

www.chocolatetownchallenges.com/tour-de-chocolatetown/**Pedal for a Cure Bicycle Tour**

September 13 in Elkins, WV

www.facebook.com/ipedalforacure**New River Trail Challenge**

Bike/Kayak/Run

September 20 in Foster Falls, VA

www.dcr.virginia.gov/state-parks/nrt-challenge.shtml**CRC Waynesburg Century**

45m, 62m, 100m

September 21 in Morgantown

http://www.crcyclists.org/crc_rides_sched.pdf**Cycle NC Mountains to Coast Ride**

September 27- October 4

<http://cnc.ncsports.org/fallCNCRRide/>**Mountains to the Coast Tour**

Sept. 27-Oct. 4 in North Carolina

cnc.ncsports.org/fallCNCRRide/**26th Annual Sea Gull Century**

September 27 in Salisbury, MD

www.seagullcentury.org/index.html**Allegheny Adventure X-Fest**

Bike, Canoe, Kayak, Raft

October 3-5 in Johnstown, PA

www.AlleghenyX.org**Culpeper Cycling Century**

October 4 in Culpeper, VA

www.CulpeperCyclingCentury.com**From Page 2, Local Rail-Trail News****A Larger Trailhead with Top Amenities Coming Soon to Mon River Rail-Trail**

The Van Voorhis Trailhead on the Mon River Trail (near mile 4) is planned to be under construction this September and October as MRTC undertakes the installing of its first Sweet Smelling Toilet next to the trail and expanding the trail parking on the former Quality Glass Company site. During these two months, parking access will be limited as work is underway. Please park and access the trail from Star City or explore other sections of the rail-trail. Once completed, the trailhead will have a similar restroom to the one at Connellsville, PA on the Youghiogheny River Trail (Greater Allegheny Passage). The gravel lot will nearly double in size and most of the paved parking near



Van Voorhis Road will become handicap parking.

This project has been a collaboration of many community partners including the Town of Star City, Monongalia County Commission, North Central Brownfield Center, and the Mon River Trails Conservancy. Thank you MRTC members for your donations, which enabled MRTC to provide the 20% local match to the Van Voorhis Trailhead Recreational Trailhead Grant!

The Mon River Trail Van Voorhis Trailhead project is partially funded by a grant from the Federal Highway Administration's Recreational Trails Program administered by the West Virginia Department of Transportation, Division of Highways.

New WV Regional Trail Network Working Group

From Mary Small, CRC Secretary/Treasurer

On July 29, five CRC members participated in the West Virginia launch of the "Regional Trail Network" collaborative project to form an active "corridor working group" toward connection of shared use rail-trails in five states (NY, PA, MD, WV, and OH). The "WV Link" segment, or corridor, of the trail system will begin at Connellsville, PA, heading south on the Greater Allegheny Passage (GAP) to Clarksburg, west to Parkersburg, and up the Ohio River to Wheeling. Bill F., Kathleen P., Kelly W., Laurel K., Mary S., and Morgantown Mayor Jenny Selin were among the 45 participants representing national, state, county, municipal, non-profit, and private entities. The WV corridor launch meeting was organized and led by (former Charleston resident) Kelly Pack and Jim Brown, Rails to Trails Conservancy (DC); Peggy Pings, National Park Service – Rivers, Trails, and Conservation Assistance Program; Ella Belling, Mon River Trails Conservancy (MRTC) and WV Rails to Trails Council; Steve Selin, WVU/River Towns/MRTC; Kent Spellman, WV HUB; Amy Camp, PA Environmental Council; and Eric Oberg, Rails to Trails Conservancy (OH),

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GAP GETAWAY WEEKEND RIDE REPORT

From Kelly Williams, CRC President



August 9-10 was a great getaway weekend on the Greater Allegheny Passage (the GAP); we had a big crowd for the ride from Connellsville to Confluence and also for the overnight stay in Rockwood. It was a first for many: the most miles ridden in a day or a weekend; the first outing on the GAP; or the first overnight on two wheels. The weather was great, clear and not too hot, and thankfully, no rain. For the day ride out and back on Saturday to Confluence we had: Mike, Tess, Ali, and Phil. For the overnight stay in Rockwood we had: Laurel, Mary, Jennifer, Bruce, Marge, Pedro, Christine, and myself.

We assembled at 10am that Saturday in Connellsville, and I was pleased to see that everyone had arrived on time and loaded up their panniers. Once we were all ready, it was of course time for the photo of everyone smiling before the

start of the adventure. Christine and Pedro looked great in their bride and groom jerseys, celebrating their recent engagement. Pedro surprised Christine with a weekend visit to the site of their first date, Frank Lloyd Wright's Falling Water in the Laurel Highlands of PA, to pop the big question in July. They joined CRC in May after completing their first-ever 45-mile Spring Spectacular Ride.

We are off towards Rockwood! Rolling east, up the GAP rail-trail, we take our first stop at the scenic overlook. This was the first of many photo-ops, and for something called a "selfie". Back on the bikes, and before you know it we are at the first bridge outside of Ohiopyle. We stop and take a few more photos. And more selfies. Next we cross the second bridge, which like the first is packed with bikers, rafters, kayakers, hikers, and people just enjoying a beautiful day. It was amazing to see how many people are here, enjoying the town and the trail. There were folks in the water, on the bridge, along the riverbank, and everywhere through the town. We stop in Ohiopyle for



snacks and water, and then continue. The trail flattens on the way to the next town of Confluence. This part of the river is also very busy with rafters and kayaks, and the trail is packed with bikers and hikers.

We soon arrive in Confluence, and decide to eat lunch at the Lucky Dog Cafe. Afterwards, we say good-bye to Phil, Mike, Ali and Tess as they return to Connellsville, and we set out toward Rockwood. Within a few miles, Pedro has a broken spoke. We know there is a bike shop in Rockwood and decide to push on to our destination. This is the steepest part of our route. Throughout the day, but especially on this part of the trail, we see lots of cyclists, both day riders and distance cyclists who are riding the entire trail (Pittsburgh to Washington, 340 miles), or even further. We had met a father and son in Connellsville, who had started in Indiana and were heading for Washington, DC. We also met a group of cyclists from Sweden, who were riding the entire trail. We are fascinated by the number of cyclists who are going all the way through, loaded down for a week or more of traveling, some with two sets of panniers, a sleeping bag strapped to the back of the bike, and sometimes towing a loaded trailer.

We finally arrive in Rockwood at 5:30pm, and find out that the bike shop closed at 4:30pm. Pedro calls the number on the door and leaves a message. We decide to check-in next at the Rockwood Mill and Opera House. This establishment now houses a cafe, pizzeria, antique store, theater, gym, and massage therapy. We would be staying in the hostel two doors down from the cafe, owned by the same couple. We are pleasantly surprised to find the hostel is a very nice bunk house with 20 bunks in three rooms, a living room, large



Continued on Page 6...

From Page 5, GAP GETAWAY

kitchen, 3 bathrooms, a nice deck, and indoor bike storage. After refreshing showers, we head over to the cafe for dinner. The owners are there, and the wife takes all of us on a tour of the Mill and Opera House, showing us first the mill side of the building, then on the second floor the Opera House - a large room that can seat 60 or more people, with a stage, and a large kitchen for catering any function. They regularly do plays here, and have guest performers. We had missed Elvis by a week. After the tour, we enjoyed ice cream for dessert and chatted more with the owners.

All of us had just biked a 50 miles day, so lights were out at 9pm, with just the pleasant background noise of everyone snoring (except for me). Only one other group of 6 came in for the night; they ate their pizza quietly in the kitchen, without disturbing us. Later we find out that they are riding from Pittsburgh to Washington, DC.

We are all up early on Sunday. It is going to be another nice day; in fact it is a bit chilly outside. Everyone gathers for breakfast around the kitchen table. Jennifer has brought some delicious coffee from Germany to share and help us get moving. We pack up our bikes and head for the trail.



However, Pedro still has a bike with a broken spoke, and the bike mechanic in Rockwood never did call. So, Pedro will be riding his wobbling bike back down the trail. It was so wobbly he had to remove the brake pads, leaving only the front brakes on the descent to our starting point. This turns into our own little science experiment, to see if the wheel will hold up for 50 miles.

The return ride is only a one or two percent descent, but we enjoy the difference from the first day. Down the trail to Confluence, where we take a quick turn around the "downtown" area and village square, and past Sister's restaurant. Back on the trail, we meet up with Mike and Lisa,

who are doing an out and back from Connellsville, just to join us. Our next stop is Ohiopyle. First we lunch at the Firefly, then Mike leads us on a journey around the town. We stop to watch a zipline, then to cheer on Mike and Bruce as they fix Bruce's flat. Then, down to the river, to watch the rafts and kayaks being launched. Next, it is back on the trail, and back to Connellsville.

Our science experiment was a success; Pedro made it all the way back in with one broken spoke. We are glad to be on our way home,, but also glad to have had this biking adventure. I think that we will be planning for a longer ride on the GAP next year.



From Page 4, New WV Regional Trail Network Working Group

A coalition of trail advocates including government, non-profit, and private foundation representatives has been working together since January of this year to position trail development as a regional priority and to complete and connect long distance trails. The proposed Regional Trail Network will interconnect the entire five-state trail system so that local and visiting trail users can bike from trail to trail, state to state, city to city, and town to town. Over 50% of the proposed 1,500 mile network is complete. Of the 180 miles identified in the WV corridor, 40 miles are missing. The 150-mile GAP trail is estimated to have generated \$40 million in direct annual spending, with over-night visitors spending an average of \$114 per day. Based on the GAP model, the Regional Trail Network is projected to generate an annual benefit of \$300 million. A \$5.7 million USDOT TIGER (Transportation Investment Generating Economic Recovery) grant application has been submitted (gototrails.com/gototrails-tiger.html) to fund 13 projects in three states (WV, PA, OH) and a measured cost-benefit of a completed system. If the grant is awarded, work could begin in WV as early as November, 2014.

Next steps for the working group include establishing a branding and communications strategy; completing a trail gap analysis to assess the viability of trail development and identify related opportunities, costs, and barriers; and facilitate the corridor working groups' efforts to address gaps in trail development. For more information on the project and to see a map of the proposed trail network, go to gototrails.com/.

COUNTRY ROADS CYCLISTS

SEPTEMBER - OCTOBER 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, September 6 at 1:00 PM - Mount Morris / Kirby Loop - Kelly Williams (304) 292-9821

(***) 20 miles. Meet at the Mount Morris Community Center. From I-79 N, take exit 1 in PA, follow the directions to Mount Morris. Make a right into Mount Morris, then a right at the Belko Foods. The Mount Morris Community Center is immediately on the left. NOTE: Please park only at designated spots at the Community Center. From the Community Center, we will bike up Shannon Run to Kirby, then follow Rt. 19 back into Mount Morris, then stop at the bakery.

Sunday, September 7 at 9:00 AM - Morgantown to Prosperity Century - Kelly Williams (304) 292-9821

(***) 100 miles or (***) 60 miles. Meet at the Morgantown Courthouse Square on High Street. We will ride to Mount Morris through Kirby to Waynesburg (60 miles), then to Prosperity and back (100 Miles). Guests are welcome. Waiver and helmet required. There will be no SAG provided for this ride; please plan accordingly.

Saturday, September 13 at 1:00 PM - Snake Hill / Decker's Creek Trail - Marilyn Newcome (304) 598-5078

(***) 26 miles. Meet at the parking lot behind Wendy's in Sabraton, on Rt. 7 east. 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, September 14 at 1:00 PM - Mon River Trail to Baker's Ridge - Jennifer Previll (304) 282-0218

(**) 20 miles. Meet at the parking lot behind Wendy's in Sabraton, on Rt. 7 east. We will bike north on the Mon River Trail to the Van Voorhis trailhead. From there we will head up Van Voorhis Road, to Baker's Ridge, and to UHS. We will then return to the trail. Cyclists can return to the start, or continue on to the PA state line and then return to the start.

Saturday, September 20 at 10:00 AM - Clarksburg to Lost Creek - Laurel Klein (304) 782-4117

(**) 22 miles. Meet at Veteran's Memorial Park in Clarksburg, in the parking lot in front of the swimming pool. We will stop for snacks in Lost Creek and rest at the trailhead for Lost Creek rail-trail. Some folks may wish to ride a few miles of the rail-trail on the return. Beginners welcome.

Sunday, September 21 at 11:30 AM - Mon River Trail to Friendship Hill: Festifall Ride - Jennifer Previll (304) 282-0218

(**) 34 miles. Meet at the parking lot behind Wendy's in Sabraton, on Rt. 7 east. We will bike the Mon River Trail north to Point Marion, PA, then ride 3 miles on the road to Friendship Hill. Once there, we will explore the park, and enjoy the Festifall celebration at Albert Gallatin's Manor House before returning to Point Marion for snacks. The return trip will be on the trail back to Morgantown. Cyclists may join us for just the rail-trail part of the ride.

Sunday, September 21 at 9:00 AM - Morgantown to Waynesburg Metric Century - Kelly Williams (304) 292-9821

(***) 62 miles. Meet at the Morgantown Court House on High Street. We will follow the Spring Spectacular route through Greene County to Waynesburg, then return to Morgantown. Guests are welcome. Waiver and helmets required. A shorter option is available, or anyone wanting to do a 100 mile century can continue on the Prosperity Loop from Waynesburg. There will be no SAG provided for this ride; please plan accordingly.

Saturday, September 27 at 10:00 AM - Pricketts Fort Rail-Trail Ride - Mary Small (703) 795-4438

(*) 20 miles. Meet at the trail head across from the Pricketts Fort State Park visitor center. We will bike north on the Mon River Trail to Little Falls, then back to Pricketts Fort. Bathroom and water available at the park.

Saturday, September 27 Annual Meeting - Panera's in Morgantown (Patteson Drive) 6:00 PM DINNER; 7:00 PM MEETING

COUNTRY ROADS CYCLISTS

SEPTEMBER - OCTOBER 2014 RIDE SCHEDULE

Sunday, September 28 at 9:00 AM - Mon River Trail Ride - Mike Dunaway (724) 970-6219

(**) 60 miles. Meet at the parking lot behind Wendy's in Sabraton, on Rt. 7 east. We will bike the entire trail; this will be Mike's birthday ride. We will first go south on the Mon River Trail to Prickett's Fort, then return to the PA state line. Snacks, water and rest stops available along the trail. We will stop after the ride for refreshments. Cyclists may join us anywhere along the trail to ride just a portion of this route.

Saturday, October 4 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 may continue towards Fairmont before returning to Shinnston. Parking is available on the street in front of the bike shop.

Sunday, October 5 at 1:00 PM - Decker's Creek Rail-Trail and Potluck at the Positive Spin - Jonathan Rosenbaum (304) 599-2370

(**) 22 miles. Meet at Marilla Park. We will bike up Decker's Creek Rail-Trail to the Masontown trailhead, then we will turn and bike back down the trail, to reassemble at Positive Spin for a potluck. Bring food for yourself and also to share. A grill will be available.

Saturday, October 11 at 1:00 PM - Mile Climb Road - Marilyn Newcome (304) 598-5078

(***) 35 miles. Meet at the parking lot behind Wendy's in Sabraton, on Rt. 7 east. We will bike to Mount Morris, then continue up Shannon Run, turning onto Mile Climb Road. From the ridge, we will descend Little Shannon, returning to Mount Morris and back to Morgantown.

Sunday, October 12 at 1:00 PM - Snake Hill / Decker's Creek Trail - Kelly Williams (304) 292-9821

(***) 26 miles. Meet at the parking lot behind Wendy's in Sabraton, on Rt. 7 east. 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. Cyclists may bike up Decker's Creek Trail to join us as we return to Morgantown; we should be at Masontown about 2:30 PM.

Saturday, October 18 at 10:00 AM - Pricketts Fort Rail-Trail Ride - Mary Small (703) 795-4438

(*) 20 miles. Meet at the trail head across from the Prickett's Fort State park Visitor Center. We will bike north on the Mon River Trail to Little Falls, then back to Prickett's Fort. Bathrooms and water available at the park.

Sunday, October 19 at 1:00 PM - 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 east. We will ride down the Mon River Trail, to the Little Falls trailhead. We will then bike Little Falls Road, Tom's Run, lower Halleck Road, and return to the trail via Opekiska Road. Then we will return to the start. Cyclists may choose to continue down the trail from Little Falls to meet up with the road riders at the Opekiska Dam.

Saturday, October 25 at 1:00 PM - Brushy Fork Out and Back - Laurel Klein (304) 782-4117

(**) 32 miles. Park at the tennis courts at the far end of Hinkle and Deegans Lake park. From I-79, take exit 119 on Rt. 50 east into Bridgeport, turn right at the traffic light by the Rite Aid onto Virginia Ave, and at the car wash bear left onto Brushy Fork road. An out and back ride through rolling country side with one or two hills each way. Easy pace.

Sunday, October 26 at 1:00 PM - Stewartstown/Dilliner/Fort Martin - Kelly Williams (304) 292-9821

(***) 40 miles. Meet at the parking lot behind Wendy's in Sabraton, on Rt. 7 east. We will bike north on the Mon River Trail to the Van Voorhis exit, then climb to Baker's Ridge, to Stewartstown Road. At Point Marion, we will cross the river, bike along Rt. 88, then climb Dilliner Hill to Fort Martin and return to Morgantown.

Sunday, October 26 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 east. We will bike to the Mon River Trail, head north to the state line, then return to the start. Longer options will be available.