

# Appalachian Spring Spectacular Bicycle Ride

**When:** Sunday, May 4, 2008, 9:00 am *(registration starts 8:00)*

**Where:** Wharf Street Parking Garage (by the river at Deckers Creek.)  
Morgantown, WV

**Rides:** Choose a 25-, 45- or 60-mile ride on scenic low traffic roads. Routes are moderately hilly and challenging for moderately fit cyclists. Each ride includes food/water stop and limited sag wagon support.

**Food:** Coffee and Danish before the ride, snack stop during the ride, and pasta feast after the ride!

**Cost:** \$10 - Includes map, cue sheet, snack stop and after ride pasta feast. All riders must sign a waiver at the start (including adult for minor). Helmets required.

## **Bonus Ride**

*Meet at the Courthouse for a non-supported, club ride.  
Saturday, May 3 at 9:00 am. This ride is approximately 85-miles at a  
moderate-tempo, ~7,000 feet climbing.*

Contact: Don Dickerson

The Appalachian Spring Spectacular is sponsored by

**Country Roads Cyclists**  
**PO Box 4322, Clarksburg, WV 26302**  
**[www.crcyclists.org](http://www.crcyclists.org)**

We invite you to join Country Roads Cyclists! Your \$10 annual membership (\$12.50 for families) includes a bi-monthly newsletter and ride schedule.  
Country Roads Cyclists – serving north-central WV cyclists of all interests and abilities!