

BICYCLING FUN

WITH THE

TRINITY TRAIL TREKKERS

What is it about bicycles that makes a person feel like a kid again? There aren't many better ways to enjoy the outdoors *and* get fit at the same time. The Trinity Trail Trekkers are a group of cycling enthusiasts of *all* ages who come together a couple of times a month to ride different bicycle trails in the area. They've put together a calendar for the year and welcome anyone to join them. It is suggested that your bicycle be in good shape and that your fitness level be on par with the mileage for any given ride (but feel free to challenge yourself!).



CALENDAR OF RIDES

Tuesday, May 15

Panhandle Trail - McDonald to Burgettstown
20 mile roundtrip (lunch in Burgettstown)
Meet at Holy Trinity Church at 10:00 am

Saturday, May 26

Montour Trail - Cliffmine to McDonald
30 mile roundtrip (lunch in McDonald)
Meet at Cliffmine Rd. parking lot at 10:00 am

Tuesday, June 19

Three Rivers Heritage Trail and the G.A.P.
Station Square to McKeesport
30 to 35 miles roundtrip (lunch on return from McKeesport at the Waterfront)
Meet at Station Square parking lot near Gateway Clipper entrance at Noon

Saturday, June 30

Montour Trail - Cecil to Library Trestle
28+ miles (lunch will follow the ride for anyone interested)
Meet at Holy Trinity Church at 9:30 am

Tuesday, July 10

Little Beaver Creek Greenway - Lisbon, OH to Leetonia, OH
20 miles - Meet at Holy Trinity Church at Noon

Saturday, July 28

Panhandle Trail - McDonald to Weirton
McDonald to Burgettstown for lunch then return. 20 miles
OPTIONAL: Continue to Weirton after lunch. 40 mile total.
Meet Holy Trinity Church @ 9:30 or McDonald Trailhead 10:00

Tuesday, August 14

Allegheny River Trail - Emlenton NORTH
30 miles total - Dinner on return (Bring LIGHT or FLASHLIGHT)
Meet at Holy Trinity Church at NOON

Saturday, August 25

Allegheny River Trail and Oil Creek Trail
14 miles on ART, lunch, then 18 miles on OCT
Meet at Holy Trinity Church at 9:30 am

Tuesday, September 11

Mill Creek Bikeway - Canfield, OH
30 miles - dinner on trip home if interested
Meet at Holy Trinity Church at NOON

Saturday, September 22

Tour The Montour Bicycle Ride
Register on your own at
www.montourtrail.org

Tuesday, October, 9

Great Allegheny Passage - Frostburg to the Big Savage Tunnel and the Continental Divide
30 miles LUNCH before we begin in Frostburg
Meet at Holy Trinity Church at 9:30 am

Call Deacon Tim at 412-787-1472 if you have any questions.

