



- 4-day bicycle tour cruising the beautiful Pine Creek Gorge
- 200 miles, averaging 50 miles/day
- 10 meals & 4 nights of camping
- Adults: \$395 — Under 18: \$295

Seventh Greenway Sojourn 2009



THE 7TH ANNUAL GREENWAY SOJOURN, July 22–26, 2009, will lead 250 cyclists on a ride through one of Pennsylvania’s most spectacular natural areas, the Pine Creek Gorge. The route of the Greenway Sojourn will focus on the 64-mile Pine Creek Rail Trail, which parallels the creek through the heart of Pine Creek Gorge. The rail-trail was originally built in the 19th century as a railroad line to haul lumber out of the valley.

A 2001 article in *USA Today* named the Pine Creek Rail Trail one of “10 great places to take a bike tour” in the world. Now in 2009, Rails-to-Trails Conservancy offers you and your family the opportunity to join us on a four-day adventure through the amazing natural attractions of Pine Creek Valley. Bordered on all sides by State Forest lands, the pathway provides a trek through wilderness, friendly rural hamlets and rich wildlife country, including bald eagles, deer, turkey and otter.

Pine Creek itself is 82 miles of spring-fed, trout-laden water, the largest tributary of the West Branch of the Susquehanna River. The creek meanders through a beautiful valley with mountains rising more than 1,000 feet on either side. Because of this extreme geographic setting, the valley has been nicknamed the “Grand Canyon of Pennsylvania.” Part of the valley has been designated a National Natural Landmark and Pennsylvania Scenic River, and the Department of Environmental Protection has rated the waters of Pine Creek at High or Exceptional Value.

Registration for this tour is limited to 250 people. Automobile parking at our starting point in Williamsport is included in the registration fee.



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Route: We will ride an average of 50 miles each day for a total of 200 miles. Plan to arrive in Williamsport, Pa., on the evening of Wednesday, July 22, so you can be fresh for your ride first thing the next morning. Beginning in Williamsport, Pa., on Thursday, Sojourners will pedal west, on-road for 15 miles to the southern trailhead of the Pine Creek Rail Trail in Jersey Shore. We then ride the trail north, stopping for one overnight along the trail at creek-side. Our next stop is Wellsboro, where gas lamps still shine at night lighting the way to shops and restaurants. We then return south on the trail, camping creek-side once again before returning Sunday to Williamsport.

The trail's crushed limestone surface is compact and smooth and does not require a mountain bike.

Split-rail fencing and deciduous trees line the trail as it passes country roads or private cabins, and nearly every village has a vendor to supply snacks and drinks along the way. Inside the designated natural area, the trail runs high above beautiful Pine Creek, past dramatic rock walls and numerous waterfalls. There are several hiking opportunities along the route.

Meals: Ten meals will be included, beginning with breakfast on Thursday morning, July 23, and ending with a box lunch along the trail on Sunday, July 26. Nutritious, hearty meals will be provided by local vendors and growers whenever possible.

In an effort to cut down on trash, we are requiring everyone to bring their own mess kit consisting of a plate and/or bowl, cup and eating utensils. Wash stations will be made available at each breakfast and dinner.

Box lunches will be available for pick-up at a designated site along the trail.

Equipment: An ANSI- or Snell-approved helmet must be worn by all riders. A "hybrid" bike and tires with some tread are recommended because of the crushed stone surface of the trail. Bicycles must be in good working order. Have your bike serviced by a professional mechanic before you come to the event, and discuss and remedy any bike-fit problems, like an uncomfortable saddle, early on in your preparation and training. Sojourners must bring their own camping equipment to accommodate sleeping in any weather. We ride rain or shine unless there is lightning.

Overnight Stops: Participants will camp in tents they supply themselves. We will camp one night in Williamsport, two nights at a campground along the Pine Creek Trail, and one night in Wellsboro, Pa. Musical entertainment and speakers are planned along the route. Local leaders will be available to share how they addressed the challenges of trail planning and development in Pine Creek.

Registration & Waiver: Please fill out one registration per rider. Additional forms can be photocopied or downloaded from our Web site. The "Release of Liability" section on the registration must be signed by the rider or, in the case of a minor, by a parent or guardian who will be riding with the minor. Registrations without a signed release will be returned. Incomplete or inaccurate registrations will also be returned. Each year the Greenway Sojourn sells out fast, so it's a good idea to register early.

Baggage & Bike Transport: Baggage will be transported from one overnight stop to the next via truck. Riders only need to carry personal items during the day's ride. A list of recommended items to bring will be included in your Welcome Packet and at www.railstotrails.org.

Vendor Services: Towel and chair rentals are available this year from a private vendor: Rosie's Services. All arrangements must be made with Rosie's Services separate from your event registration. Enjoy a clean towel each day, \$12 for the entire ride. Towels are limited to the first 100 reservations.

Also available are folding chairs with a built-in foot rest. Put your feet up and relax after your ride, \$15 per chair for the entire ride. A \$15 deposit is required, which will be returned the last night in camp. Rosie will also be providing coffee service at \$2/cup or \$5/day for a bottomless cup. Make your reservations with Rosie early, as supplies of both towels and chairs are limited. All fees will be collected on-site.

Reservations with Rosie's Services may be sent to: kampingkomforts@yahoo.com

Training: This tour is designed for those in good physical condition, capable of riding 50 miles per day for four days. A support vehicle will follow the general road route of the tour for mechanical and emergency pick-up only; due to the nature of the trail, the route is not always accessible. Riders are expected to be capable of reaching destinations under their own power. For training recommendations see www.railstotrails.org.

Cancellations: All cancellation requests must be in writing and postmarked no later than May 18, 2009. All cancellations are subject to a \$50 processing fee. Only medical cancellations will be accepted after May 18. A 50 percent medical refund can be obtained after that time only for the rider with a medical condition. A request for a medical refund must be in writing, accompanied by a physician's note.

Confirmation: Confirmation will be sent via e-mail or phone upon receipt of your signed registration and payment. Please be sure to provide an accurate e-mail address and daytime phone number. A Welcome Packet will be mailed at the end of May that includes driving maps to the Williamsport parking location and other details about the 2009 Greenway Sojourn.

Web site: We'll be adding to the Greenway Sojourn Web site from time to time throughout the spring. Check www.railstotrails.org for more details, including a training guide, links to the area we will be visiting in 2009, and photos of previous Sojourns.

Greenway Sojourn 2009

Official Registration

One participant per registration. Incomplete forms will be returned.

Name _____

Mailing Address _____

City _____ State _____ Zip _____

Phone (Day) (_____) _____

E-mail (for confirmation) _____

Age _____ Male Female Allergies _____

Name & phone number of person to be contacted in emergency:

I have attended the previous Greenway Sojourn (check **all that apply**):

- 2002 2003 2004 2005 2006 2007

Vegetarian meal option

One Adult (postmarked by April 1) \$395 \$ _____

OR

Under 18 (postmarked by April 1) \$295 \$ _____

Add Late Fee (if postmarked after April 1) \$100 \$ _____

Membership to Rails-to-Trails Conservancy \$18 \$ _____

Additional Donation to Rails-to-Trails Conservancy \$ _____

TOTAL PAYMENT** \$ _____

****Please check all your information.** Inaccurate or incomplete applications will be returned.

METHOD OF PAYMENT

Credit card orders: Visa MC Discover Am. Ex.

Fax credit card orders to: 202.223.9257

Account # _____ Exp. _____

Name printed on card _____

Signature _____

Credit card mailing address:

Street _____

City _____ State _____ Zip _____

Check Check # _____

For check orders, mail registration form along with check to:

Greenway Sojourn
Rails-to-Trails Conservancy
2121 Ward Court, NW, 5th Floor
Washington, DC 20037



rails-to-trails
conservancy

For more information visit:
www.railstotrails.org

Greenway Sojourn 2009

Release of Liability

I realize that the Greenway Sojourn ("Sojourn") requires physical conditioning, and I represent that I am in sound medical condition. I have no physical or medical condition that would endanger either myself or others. Please initial _____

I accept responsibility for the condition of my bicycle and agree to abide by all rules of the Sojourn, especially as they relate to the wearing of a helmet and identification bracelet, and the use of a hybrid bike or its equivalent. Please initial _____

I understand that bicycling can be a HAZARDOUS activity that has many dangers and risks, including injury or death resulting from accident or physical exertion. I understand that bicycling involves a risk of injury, and that injuries are a common and ordinary occurrence of the sport. I agree, as a consideration of, and in consideration for, being permitted to participate in the Sojourn, to freely and expressly assume and accept any and all risks of injury or death to the rider, or property loss or damage, including injury, death, loss, or damage attributable to the negligence of Rails-to-Trails Conservancy ("RTC"). Please initial _____

I agree to release the sponsors and promoters of the Sojourn, including RTC and other sponsors or affiliated organizations, and their respective agents, directors, officers and employees from any and all responsibility or liability for injuries or damages to my person or property which result, either directly or otherwise, from my participation in the Sojourn, including injury, death, loss, or damage. I agree not to make a claim against or sue RTC or other sponsors of affiliated organizations for injuries or damages related to bicycling and/or other activities during the Tour. Please initial _____

I am aware that this is a release of liability and a contract between RTC and me. I am signing it freely and of my own accord and I recognize and agree that it is binding upon myself, my heirs and assigns, and in the event that I am signing it on behalf of any minors, I have full legal authority to do so, and realize the binding effect of this contract on them, as well as on myself. Please initial _____

I hereby grant RTC, or anyone duly authorized by RTC, permission to use and reproduce photographs taken of me during the Sojourn for any legitimate purposes, including for advertising, trade and editorial purposes, at any time in the future in all media now known or hereafter developed, throughout the world. I also consent to the use of my name in connection with such photographs. Please initial _____

I hereby release, indemnify and hold harmless RTC and its officers, directors, agents and employees from any and all claims which may result at any time by reason of the use of my image and name, including, without limitation, claims of privacy. My heirs, executors, administrators and assigns shall be bound by this consent and release. Please initial _____

SIGNATURE OF PARENT OR GUARDIAN RIDING WITH MINOR. *Minor's Application must be mailed in the same envelope with parent or guardian's.*

Signature _____

Date _____

Age of Minor _____

I, THE UNDERSIGNED, HAVE CAREFULLY READ THIS RELEASE OF LIABILITY AND FULLY UNDERSTAND AND AGREE TO ITS CONTENTS.

Signature _____

Date _____

Scenes from Rails-to-Trails Conservancy's Greenway Sojourn 2007



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Sign up early — Registration fills quickly!

"There were so many highs along the ride that it is difficult to single out one. Golly, but I loved that trip and hope to be along [in 2009]." — BILL GRUN, 6-TIME SOJOURNER

"My times on the trails with you guys are treasured."
— BOB PANZER, 3-TIME SOJOURNER

Thanks to 2009 Greenway Sojourn Sponsors



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Rails-to-Trails Conservancy — creating a nationwide network of trails from former rail lines and connecting corridors to build healthier places for healthier people.

Rails-to-Trails Conservancy Northeast Regional Office
2133 Market Street, #222 / Camp Hill, PA 17011 / tel: 717.238.1717 / www.railstotrails.org