

**Virginia Cross State Ride 2010 - Tentative Calendar**

Sponsored by the Virginia Bicycling Federation - www.vabike.org

<u>Day</u>	<u>Date</u>	<u>Depart</u>	<u>Arrive</u>	<u>Estimated Mileage</u>
Thursday	13-May	Rideshare Rendezvous in Tidewater, Richmond, Charlottesville, Roanoke & New River Valley	Breaks Interstate Park	0
Friday	14-May	Breaks Interstate Park	Elk Creek, Russell County	51
Saturday	15-May	Elk Creek, Russell County	Damascus - Traildays	35
Sat - Sun		Virginia Creeper Trail Option		34 - 60
Sunday	16-May	Damascus - Traildays	Cedar Springs Fish Farm	46
Monday	17-May	Cedar Springs Fish Farm	Foster Falls State Park via New River Trail	36 via NRT
Monday	17-May	Cedar Springs Fish Farm	Fort Chiswell via Bike Route 76	47 via BR 76
Tuesday	18-May	Foster Falls or Fort Chiswell	Claytor Lake State Park via New River Trail or via Bike Route 76	32 (BR76) - 42 via NRT
Wednesday	19-May	Claytor Lake State Park (with Wildwood Trail option in Radford and Huckleberry Trail option via Blacksburg)	Catawba - Roanoke Valley - Catawba Valley General Store Camping or Homestays	50 - 70 (via Huckleberry Trail)
Thursday	20-May	Roanoke Valley (lay over day)	Camp Bethel	28 on BR 76
Friday	21-May	Camp Bethel	South River Mallard Duck Campground	50 on BR 76
Saturday	22-May	South River Mallard Duck Campground	Misty Mt. Camp Resort at Greenwood	50
Sunday	23-May	Misty Mt. Camp Resort at Greenwood	Alexander House, Charlottesville	25
Monday	24-May	Alexander House, Charlottesville	Mineral Fire Department	56
Tuesday	25-May	Mineral Fire Department	Ashland Americamp or Richmond Area	48 (BR 76)- 68 (BR 1)
Wednesday	26-May	Ashland Americamp or Richmond Area	Chickahominy Riverfront Park	50
Thursday	27-May	Chickahominy Riverfront Park	Yorktown with return to Chickahominy Riverfront Park Optional	28 - 56
Friday	28-May	Chickahominy Riverfront Park	Mileage Range	581 - 734

Contact Information: Joe Morgan, 100 E Ocean View Ave, #803, Norfolk, VA 23503  
[jnmorgan@megahits.com](mailto:jnmorgan@megahits.com) 804/441-1646

OR Barbara Duerk, 2607 Rosalind Ave. S.W., Roanoke, VA 24014  
 barbgary@cox.net 540/343-1616

Terrain: Mountains to the Sea terrain includes significant climbs and some smooth trail or gravel surfaces, so triple chain ring and multi-surface tires are advisable.

Total Mileage: 570+ along Bike 76 TransAmerica Bicycle Trail route. Daily mileage planned at about 50 miles with options for side routes of scenic and historical interest estimated to total 700+ miles

Daily Activities: Tours of Scenic / Historic Attractions; Promotional Visits to Local Tourism, Recreation Organizations; and "See and Smell the Virginia Blossoms"

Accommodations: Participation Options: complete ride, weekly, daily

Camping / Hostels / Hotels / Home Stays

SAG - Support vehicle for luggage And Gear, with shared driving and route patrolling to 5 PM daily

Estimated Shared Costs of Fuel, Campsite Rentals, Meals Ride Sharing Plans From: Hampton Roads, Richmond, Charlottesville, Roanoke, New River Valley  
 at \$15 per day - Hostel / Hotel rental extra