

Welcome to the 2020 Harrisburg Bicycle Club Virtual Three Creek Century!

All segments of the ride are made up of color-coded routes (see below). All start and return to the Penn Township Fire Co., 1750 Pine Road, Newville, with the exception of the Cumberland Valley Rail Trail ride which begins at the trailhead at 23 McFarland Street in Newville.

Teardrop-shaped road marks are used for this ride. Ignore any and all other road marks.
Other organized rides make extensive use of these same roads.

The 100 mile bike ride is made up of 3 routes.

<u>Loop</u>	<u>Cue Color</u>	<u>Name</u>
50 miles	Pink or Pink Then White	Big Spring Meander or optional Big Spring Meander w/South Mt. Challenge. The South Mountain Challenge route's white marks have not been painted this year.
29 miles	Orange	Opossum Lake Loop
25 miles	Yellow	Yellow Breeches Ramble. Option to climb Kings Gap* for an additional 7.5 miles.
21 miles	On Trail	Cumberland Valley Rail Trail Ride

*The Kings Gap climb is an option than can be added to any route. The access road is only 1.8 miles from the Penn Township Fire Department.

Medical Emergency Number: Call 911

Central Penn AAA also offers roadside assistance to AAA members on bicycles.
800-472-7245

Safety – Please

- **Helmets are required at all times while riding**
- Be sure to bring a mask. They are required anytime you go inside a business or restroom.
- Pass only on the left
- Announce that you are passing **“On your left”** to the other riders
- Stop at all stop signs, obey all traffic laws
- If you stop for any reason, **please move completely off to the side of the road**
- Follow the directions of any course marshals or officials
- Signal your turns and stops, use voice commands to reinforce the visual signals
- Ride no more than two abreast
- Ride single file when cars approach from the rear
- Slow for all railroad crossings and cross perpendicular to the rails
- Share the road with walkers, joggers and other vehicle drivers
- **This is not a race – enjoy the ride**

Please note that no alcohol is allowed on the Firehouse property.

Routes		Route Colors	Approx. Mileage	Rest Stop Locations and Hours
Big Spring Meander		Pink	11.0 26.9 50.9	Newville CVRT Trailhead (dawn to dusk) Shippensburg Twp. Park, near the basketball courts: (dawn to dusk) Penn Twp. Fire Co. (dawn to dusk)
w/ S. Mt. Challenge		Pink then White (no new white cues on road for 2020)	26.9 50.5	Rest stops are the same for the Big Spring Meander and the South Mountain Challenge. All offer restrooms and water.
Opossum Lake Loop		Orange	13.8 29.0	Opossum Lake (dawn to dusk – restrooms only- no water) Penn Twp. Fire Co. (dawn to dusk)
Yellow Breeches Ramble		Yellow	12.0 25.3	Trine Park, Mt Holly Springs (only open if pavilions are being rented) Alternate stop ½ mile off the route: Sheetz Convenience Store, 420 N. Baltimore St., Mt. Holly Springs. Open 24 hours. At mile 16.2, turn left onto N. Baltimore Street and ride for approx. ½ miles to get to the Sheetz at the traffic light. You'll also pass Stuart Park at about mile 18, which has a port-a-pot. Penn Twp. Fire Co. (dawn to dusk)
CVRT Trail Ride		No cues needed.	0.00 10.5 21.0	Newville CVRT Trailhead (dawn to dusk) Shippensburg Twp. Park near the basketball courts (dawn to dusk) Return to Newville Trailhead. Option to continue past Shippensburg Township for another 1.5 miles to the Shippensburg Trailhead. Restrooms available.

Other options:

There are two General Stores close by the Penn Township Fire Department that have beverages, snacks and made-to-order sandwiches. These are:

- Keck's Store at the corner of Pine Road and Route 233 (Centerville Rd.) 1801 Pine Rd., Newville. Not open on Sundays. Open 6:00 a.m. – 8 p.m. Mon. – Fri. and 8:00 a.m. to 6:00 p.m. on Saturdays. 717-486-3474
- Kings Gap General Store, 1155 Pine Road, Carlisle. Open 8:00 a.m. – 7:00 p.m. Mon.- Fri., 8:00 a.m. – 6:00 p.m. Saturday and Sunday. 717-486-3441 This is a quaint, iconic store near the entrance to Kings Gap State Park.