

## **Updates for Annual Rails to Trails Greenway Sojourn - July 15, 2005**

### **AMTA-PA SPORTS TEAM COMPLETES CYCLE OF RAILS TO TRAILS GREENWAY SOJOURN**

by Andrea Collier

Starting on Saturday, July 15, 2005, the AMTA-PA SPORTS TEAM provided sports massage to the over 300 cyclists that participated in the annual Rails to Trails Greenway Sojourn. The Sojourn is a 200 plus mile bicycling event along the converted railroad beds to waling and cycling trails that is held each July in Pa. either on the east or west side of the state. This year it was the west hosting the course beginning at Presque Isle Erie and ending near Pittsburgh at Cabot, PA.

Our Super Trooper Michelle Kierski went to Erie to initiate the coverage doing a Pre-event massage for the cyclists. Each day the cyclists biked an averaged of 40-45 miles per day and camping out at a site near the Trails. The first stop was in Clymer, NY where the sports team from NY was invited to participate.

Day two the site was Titusville after they climbed through the mountains and unexpectedly came upon some sabotaged with tacks by locals who protested the Trails conversions and use. This gave them over 100 flat tires but no injuries. This coupled with rain didn't do much to raise the spirits of the cyclists and they were so happy to see us that evening.

A bright third day brought them and us to the beautiful town of Franklin, PA and the very efficient and lauded team of Debra Armstrong, Andrea Collier Laura Hetherington, and Janine Schuliger. We even got our picture in the Oil City Derrick and Franklin Reporter. Janine trailed off to Foxburg, PA, and the Steffy Estate for more greatly appreciated work.

The last overnight spot was Kittanning, PA and the dynamic duo of George Williams and Andrea attended to many diehard cyclists who nearly completed the entire 500-mile trek minus the last leg into Cabot, PA near Freeport, PA. We were so greatly appreciated and were invited to return next year when it will be held on the east sides of PA.

Join the sports team now and mark your calendars for the third week of July for the Greenway Sojourn Bicycle trek.

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