



Friends of the Cheat



Ragnar / Friends of Cheat Trail Work Day

Questions? E-mail: steven@ragnarrelay.com

Summary:

Don't want to have to worry about a volunteer shift during the Ragnar Trail Appalachians race? Want to help build/restore trails in WV? You can do both by volunteering for a trail work day with FOC. By working a 4 hour Trail Work Day with FOC you can fulfill your team volunteer requirement for the race. Pick from the list of trail work days below and let us know which one you want to work. Next step, feel good about supporting your local trail network and a great non-profit.

Trail Work Day Options:

Friday, April 12th – Water Trail Work Day

Time – 11am-3pm

Location – The St. George Park at the Limestone Rd & Location Road intersection, Parsons, WV. Participate in the clearing of river access points, including but not limited to brush removal, spreading gravel, trash pick-up; along the Upper Cheat Water Trail. *6 slots available*

Saturday, April 13th - Rail Trail-head Project

Time – 10am-2pm

Location – The WV Northern Shops property at Sisler St & Beverly St intersection, Kingwood, WV. Participate in the improvement of the derelict Shops property, including but not limited to tree/flowerbed planting, brush removal, re-painting of graffiti, sign installation. *4 slots available*

Thursday, May 9th – Water Trail Work Day

Time – 11am-3pm

Location – The St. George Park at the Limestone Rd & Location Road intersection, Parsons, WV. Participate in the clearing of river access points, including but not limited to installation of access point kiosks, waterway sign installation, brush removal, spreading gravel, trash pick-up; along the Upper Cheat Water Trail. *6 slots available*

What to Bring: Bring a lunch, wear work clothes that they don't mind getting dirty, boots, and bring gloves if able.

Sign-up:

To sign-up for one of these Trail Work Days please send an email to steven@ragnarrelay.com and include the following:

1. Your Name
2. Your Email and Phone Number
3. Your Ragnar Team Number and Team Name
4. The Trail Work Day you would like to work (Date from above)

After you send the email you will get a confirmation with more details about the work day (what to wear, what to bring, where to meet, when to meet, work day leader contact info, etc).