

**...SPOKIN' WORDS...**  
**COUNTRY ROADS CYCLISTS NEWSLETTER**  
**Serving North Central West Virginia Cyclists**  
**July-August 2020 Issue 3**

## Country Roads Cyclists - The Comeback

### Rides in May and June during the shutdown

While we had to shut down group rides in May due to the covid-19 crisis, we started back strong in June as a cycling club, once group rides were again allowed.

**West Fork River Trail, Saturday, June 6<sup>th</sup>:** We had 18 cyclists bike Saturday on the West Fork River Trail- Kelly, Jennifer, Marilyn, Marion, Lori, Carol, Mark, Phil, Steve, Mike, Jim, Dean, Dana, Tom, Tim, Rick, Stacy, and Joe.

From the Big Lots parking lot in Fairmont, we descended a gravelly Hill, then crossed a mud field, before crossing the bridge over the West Fork River and proceeding to bike the 13 miles of the trail, ending at Gibby's in Shinnston for ice cream and snacks. After that we returned to the start, again crossing through the mud field and pushing the bike up the gravelly hill. And, Steve got in 20 bonus miles, since he started from Pricketts Fort, to join us. Good ride, the trail was in great shape, and a great group of cyclists. We should ride this trail again, in the near future. Kelly



Figure 1 West Fork to Shinnston

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**Mt. Morris, Sunday, June 21st:** 8 riders today in the 89 degree heat in the area of Mt. Morris: Jennifer, Marilyn, Dana, Kelly, Rick, Joe, Shane, and Mike K took 19N to Dunkard Ave, then out Davistown Rd., Steele Hill to School Bus Rd., and Hunter's Ridge down to Beall Run, then Wilden Hill, Mason Ridge, and 19 back to the start. Most of us then went out Big Shannon and back for 23 miles total. Rising Creek was open today also. Mike



*Starting pictures for West Fork Trail Ride and Mt. Morris Loop (Senior Center)*

### **NEW LOOP in Fayette County**

The CRC Club experienced a new loop in Fayette county PA in June. On June 14<sup>th</sup>, Marilyn led us on a ride, starting from the Star City trailhead, north on the Mon River Trail and the Sheepskin Trail across the Cheat River, then up Lake Lynn Road onto Gans Road through Fayette County, after that returning down Bunker Hill Road. This one loop will be repeated in July or August, please join us for this climb.

## **Announcements**

### **Cycling Jerseys are now here!**

We just completed an order of cycling jerseys and shorts from Champion, which was received in late June of 2020. So this is our first order in 2020, the last order of jerseys was completed in October of 2019. If there is any interest in a second order, please let Kelly Williams know ([kellyrwilliams@msn.com](mailto:kellyrwilliams@msn.com)).

### **Resurfacing of the trail mile 3 to the state line**

Major restoration work is taking place on a section of the Mon River Rail-Trail from the state line to the Hoard Road area (3 miles). This work, anticipated to take 2 weeks, should be completed by the time this newsletter is issued.

This work by our contractor, Mountain Valley Resources, will improve drainage, restore trail surface of compacted stone, and re-establish the rail-trail's 10ft width. This project is partially funded with a grant from the Hazel Ruby McQuain Charitable Trust and funds from the Parks and Trails Levy.



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**New and Improved Riverfront Park:**

The Riverfront Park is now open, we don't have to take the detour anymore. After 16 months, the improvements to this park were completed. Improvements include a new dock, kayak launch, restored train depot, benches, bike racks, water fountains, and a new restroom, plus a covering for the seating area at the amphitheater. The new and improved park looks great, and we plan on starting some of our rides from the Riverfront Park.



*Figure 2 Views of newly renovated Hazel Ruby McQuain Park*

## Adventures!

### **Point Marion PA to Nelsonville OH Bike Tour**

On Saturday, June 27, 4 cyclists from Virginia started from Point Marion, with the goal of biking to Nelsonville, OH over 4 days. Their route includes two miles of the Sheepskin trail, the entire Mon River Trail, the MC Trail, crossing through Fairmont via the Rail - Trail Link, the West Fork River Trail to Shinnston, then connecting to the North Bend Trail. The tour includes various trails and roads in Ohio, before ending at their destination in Nelsonville OH.

On Saturday, Kelly, Marilyn, Phil, and Steve joined the 4 cyclists (Dana, Mark, Joel, Lee) in Point Marion and rode with them south, two of us staying with the group to Shinnston. We lucked out on the weather, while it was threatening to rain all day, the cloud cover kept it cool and the occasional sprinkle was refreshing. The trail was in good shape, we did have three downed trees on the Mon River Trail to deal with, breaking off limbs to get through or forming a chain to pass bikes through. Bill Foster met us at Pricketts Fort and provided SAG support for the rest of the ride. With the constant threat of rain, we all opted to skip lunch, and just keep going, with a steady supply of power bars and Gatorade.

(pictures next two pages)

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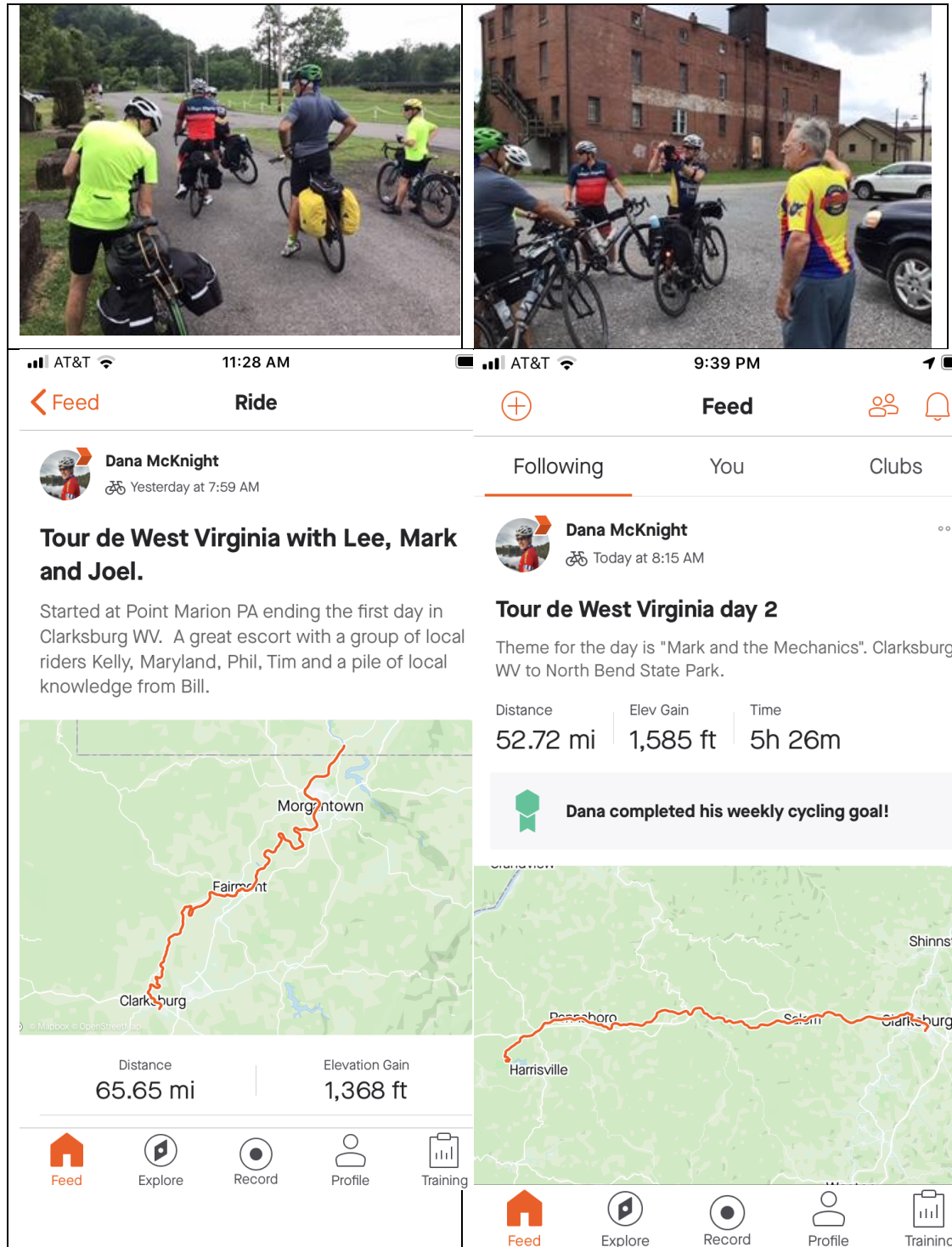


Figure 3 Planning and Executing the Path

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*Figure 4 Cutting the way to Shinnston*

We completed the route, (leaving the group of 4 cyclists), in Shinnston where my wife Gerry picked us up. The 4 guys continued the ride, ending up at the Greenbrier Hotel in Clarksburg, 65 miles and 6 and a half hours. We wish them the best of luck completing this bike tour. The trip to Shinnston from Point Marion is 51 miles, and while the pace was steady and the trails in good shape, it did end up being a long day in the saddle (5 and a half hours).



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## Service to the community

### **CRC maintenance of the Snack Shack on the Decker's Creek Trail:**

Members of the CRC club have continued to maintain the Snack Shack at mile marker 9 on the Decker's Creek Trail. We all remember Dave Lewis who managed the Snack Shack for years, selling drinks and ice cream, and talking to every cyclist on the trail. Several of us still stop at the shelter to rest before biking further up the trail.



*Views of the cleaned up Snack Shack*

## Features

### **Riding in Florida vs Riding in West Virginia:**

Sandy Weaver is seen in this photo cycling next to an alligator in Florida (photo courtesy of EpicRoadTrips.us). I think seeing an alligator would improve one's cycling speed. On the other hand, here in West Virginia, we just have to try to avoid the fawns on the trail. And, Mike had his own encounter with an alligator on one of his epic road trips in Florida.



*Wildlife in WV and FL*

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## Keeping in touch

### **Other League of American Bicyclists (LAB) Bike Clubs in West Virginia:**

We are all in this together. So, it is good to know that there are other bike clubs also experiencing these strange times. And, if you are ever in their area (after this Covid -19 Crisis) please join them for a ride.

- Panhandle Pedalers Cycling Club of Charles Town, WV ([panhandlepedalers@gmail.com](mailto:panhandlepedalers@gmail.com))
- Ashland Cycling Enthusiasts, Inc. of Huntington, WV and Ashland, KY (<https://acecycling.org/>)
- Blennerhassett Bicycle Club of Parkersburg WV (<http://www.blennerhassettbicycleclub.org>)
- Greenbrier Valley Bicycle Club of Lewisburg, WV (<https://gvbikeclub.com>)
- Mountain State Wheelers Bicycle Club of South Charleston, WV (<https://mountainstatewheelers.org>)

## Postscript



*Figure 5 Downed tree, June 27 CRC ride. Photo by Dana*