

...SPOKIN' WORDS...
COUNTRY ROADS CYCLISTS NEWSLETTER
Serving North Central West Virginia Cyclists
July-August 2022 Issue 3

A Whole Lot of Biking Going On!

PINE CREEK TRAIL RIDE by Phil Slates and Tom Pinto

Tom and I had a good ride and good weather on the Pine Creek trail in north central PA in May. I was originally planning to do that in April after a backpacking trip in the area but on the morning I got back to my car after hiking for five days it was snowing and predicted over the next few days to have highs around 40 and lows around freezing so I decided it would be more interesting in warmer weather.

We both liked the temps we got of warm but not hot days for riding and cool but not cold overnight. I learned just a few days before we planned to arrive of a closure of a few miles toward the southern part and had even reserved a campsite in that area for our last night. I learned of this simply Googling the trail and happened to find a Facebook post about the closures so contacted the Forest Service for a change in the campsite.

Because of the closure we never road south of the closure and just started in the small town of Waterville and road north from there. Waterville was a little north of the closure so on our last day we did ride from there to the temporary southern end. One night we were speaking to cyclists who were not aware of the closure and had to ride the road and did not seem to care for it and someone with the Forest Service office had advised me not to ride it because so narrow and curvey and unlike the trail also has hills.

We did the ride over three days camping two nights and on our longest 2nd day we rode to the northern end where we took a break at a local store and there was not much else in the area and even the parking lot was really nothing. We then road back to our campsite and then a little further south. That day the morning was quite cloudy which prevented us from seeing the top of the mountains but made it not hot. That day also there were dozens of people fly fishing and we stopped at Wolf's General Store which Tom had mentioned wanting to visit which I don't believe even has a sign readable from the trail but inside it was very interesting especially the very high end fly fishing gear from Orvis which is a name I am familiar with from when I was in my early 20s and got into fly fishing and tying flies because of the expense but I don't believe I ever purchased anything from Orvis. Just looking at the prices of their items is very interesting but the most interesting part of the store to me was the chalk board of the daily fly fishing insect report. I always considered fly fishing a science and that board was a good example.

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I enjoyed the area and plan to go back sometime doing a route I got online of a loop of a combination trail and ride to both the east and west mountaintops each at state parks. One thing I must say is to me it is not a Gorge but I have yet to see if from the tops of the mountains. I liked the area but have visited the New River Gorge hiking all

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around many times and to me Pine Creek is just a large valley but a very nice large valley. (From Phil Slates)

The trail was limestone, much of it courser than ours and the trail was much wider. You could ride 4 across with room to spare.

The grade was not noticeable in either direction. The camping areas were nice but there were vault toilets and no running water. At our first sight there was a pump and the creek at the second just the creek so all water had to be treated. You had to have reservations to camp at any of the campgrounds but they were free. There were a few cabins/houses that had rental signs but only in Slate Run was there a small motel 6 rooms. From approximately mile 24 to mile 53 it is probably the most scenic trail I've done. (From Tom Pinto)

Other Ride Recaps

Marietta River Rendezvous Redux 2022

With Frank, Rick, Andy, Becky, Mike, Olga, Luke, Olena



Figure 1 Favorite photo, thanks to Mike, is of Luke and Andy checking their watches and Mike laying in the grass after Luke set a mile record while Andy on his e-bike paced him and Mike tried to hang on.

A detailed report is sent out by separate attachment.

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And, a Blast from the Past: Marietta River Rendezvous 2015

By Kelly Williams (from The Spokin' Word, July 2015)

Eight cyclists (seven from WV, one from Washington, DC) drove to Zanesville on Friday, June 5th, for the Marietta River Rendezvous. Frank, Connie, Carl, Marilyn, Eric, Dana, Greg, and I enjoyed dinner at the Olive Garden, a walk through downtown Zanesville where they are celebrating First Friday with a battle of the bands, and ice cream at Tom's, an ice cream parlor that has been continuously open since the 1930s, maintaining much of the original decor. Saturday morning, we drove to the start of the ride at Duncan Falls, to join over 200 other cyclists preparing for the ride. After a group photo, we are off and cycling to Marietta. The weather for both days is perfect, clear and warm. This is rolling Ohio country, with farms, fields, and small fishing cottages all along the river. Multiple snack stops were provided, including sandwiches, hardboiled eggs, and homemade cookies from the Stockport Volunteer Fire Department. After lunch, we climb two ridges then descend toward Marietta, where the ride organizers provide ice cream and locally grown strawberries.

After a stop at the Marietta Brewing Company, we dug into a spaghetti dinner at a local church, watched the historic Belmont Stakes at the LaFayette Hotel, then cruised the Ohio River in a sternwheeler. Sunday morning, we prepped the bikes and left Marietta together. The route back to Duncan Falls is different from the previous day. Another clear day, and the miles roll by. We revisit the snack stops, and continue cycling, finally returning to the start at Duncan Falls. It is time to retrieve our luggage, take a shower, and get ready to head home. This is the conclusion of another enjoyable bike ride in Ohio.

Dirty Double Preston County: June 4 and 5, 2022

The PCPaRC Dirty Double Gravel Bike Race Fundraiser was held on June 4-5, 2022, this being the second year for this fundraiser in Preston County. This was a two day bike race totaling 72 miles. Along the route there was gravel roads, dirt roads, paved roads, tar and chip roads, and steep downhills. This race also highlighted some of Preston County's beautiful backroads. All funds raised go towards developing cycling infrastructure in Preston County, so thank you for your support!

Club members that participated included Don, Gunnar, and Stephanie. And, a big congratulations to Stephanie Swan for winning the Women's Division!

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League of American Bicyclists' 2022 Bicycle Friendly State Rankings!

Go to <https://www.bikeleague.org/states> to see where West Virginia ranks among the fifty states.

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The Bicycle Friendly StateSM program promotes awareness, best practices, and action by state Departments of Transportation and state legislatures.

While each state has its own beautiful scenery, bicycling culture, and weather – the Bicycle Friendly StateSM program is concerned with actions by state decision-makers and helping each state understand how it can play a role in building a Bicycle Friendly America for Everyone.

The Bicycle Friendly StateSM program is structured around a ranking of all 50 states based upon publicly available data and a survey completed by state Departments of Transportation and/or state bicycle advocacy organizations. This data is used to rank and create a report card for each state. Our last [ranking](#) was completed in 2022.

Learn more about overall efforts by all states to improve the safety and experience of people bicycling by reading our 2022 national report: [State Leadership for Safer Streets](#)

From WBOY, the following report on West Virginia's ranking:

CHARLESTON, W.Va. – New data from the League of American Bicyclists (LAB) has shown that West Virginia has improved its ranking for “states considered friendly to bicyclists.”

The list, from the LAB, placed West Virginia at 28 out of the 50 states, based on laws and policies that promote bicycling and keep cyclists safe. Prior to the outbreak of COVID-19 back in 2019, the league ranked West Virginia at 34.

The rankings were based on five criteria, with West Virginia meeting three of them thanks to its safe passing law, a statewide plan for accommodating bicycles and a complete streets policy.

“When this report first came out, we were 50th,” said Dennis Strawn, a worker for the West Virginia Division of Highways Strategic Data Management and Technology Division. “It shows the strides West Virginia has made over the past 10 years or so.”

Strawn, who rides his bicycle to his Charleston office every day, said the improved rankings are mostly due to the West Virginia Legislature and West Virginia Department of Transportation putting more of a focus on bicycles including providing funding to communities to better accommodate bicycles.

Some of these improvements include House Bill 4304, passed by the West Virginia Legislature in 2014. Otherwise known as the Bicycle Safety Law, the bill made it so that drivers were required to “give bicycles three feet of safe passing distance when overtaking them on the road,” among other things.

“Through surveys, data collection, and analysis, the Bicycle Friendly States report and ranking demonstrates how states are — or are not — contributing to making biking safer, more comfortable, and an easier option for everyone,” said Bill Nesper,

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executive director of the League of American Bicyclists. “We applaud the vast majority of states for continuing to take steps to improve and increase the health, sustainability, and strength of their communities through biking. We hope this ranking and our report cards serve as a call to action for leaders in every state to invest in safe streets and connected bike networks and put in place the programs policies that will make biking a real option for transportation and recreation.”

Various cycling routes in West Virginia can be found through wvtourism.com or by checking bikemap.net.

LAB mailing address is:

League of American Bicyclists
1612 K Street NW Suite 1102
Washington, DC 20006

Regional Rides:

Date	Name of Event	Location	Mileage	Climbing
7/16/22	RAIN	Indiana	160	4400
8/06/22	Rock the Crater	Middlesboro, KY	102	6308
8/20/22	Burkes Garden Century	Narrows, VA	103	4194
8/27/22	Bluegrass Century	Owensboro, KY	102	2393
10/01/22	Pratt Fall Ride	Pratt, WV	60	2859
10/21/22	Athens-Savannah	Athens, GA	300	8790

Key future Regional Rides

- Covered Bridges Classic, 8/21/2022, <https://coveredbridgeclassic.com/>