

Spokin' Words Issue #2016-3 July-October 2016
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Fall Cycling in West Virginia! UPCOMING EVENTS in September!

Saturday, September 3 at 9:00am Rowlesburg Road Ride. This is a challenging ride through Preston County, 56 miles with 4600 feet of climbing. The scenery is great and the roads all have low traffic volume. So, you have been training all summer for this one. Haven't you? Find out whether that training will pay off and meet at the Rowlesburg City Park, Saturday, 9/3 at 9:00 AM. Guests are welcome. Helmets required. Free event but register at the city park. Map is available. (Any questions, contact Bill Foster at 304-677-8195.)

Sunday, September 11 at 9:00am Mon River Trail Metric Century. Have you always wanted to ride a century? Good. Start with a metric century. The entire Mon River Trail, which is 58 miles round trip, is almost a metric century. We will add a couple of miles along the Decker's Creek Trail in order to complete the metric century. So, join us for the metric century, or a portion of the ride. And, if you cannot ride, at least join us at Mountain State Brew Company at the end of the century. Cyclists can join us any where along the route. (Contact Lisa Reiser at 304-685-0860.)

Sunday, September 18 at 9:00am. Prosperity Century. The annual Prosperity Century will start from the Morgantown Courthouse Square on High Street. From there, the route will go through to Mount Morris, Kirby and Waynesburg, then onto Prosperity and back (100 miles). For 60 miles, ride to Waynesburg and back. Guests are welcomed. Free event, but waiver and helmet required. (Contact Jack Barker at 304-282-6275.)

MAKE YOUR RESERVATIONS NOW FOR THE FALL GAP TOUR!

GAP Two Day Bike Ride Saturday, September 24 and Sunday, September 25

Meet at Connellsville at 10:00 AM, Saturday, September 24 and ride up to Rockwood, where we will spend the night, and then return on Sunday to the start. A day ride option, of riding to Ohioyle and meeting us for lunch, is available on Saturday and Sunday. (We will start all rides from the trail head behind the Martin's grocery store in Connellsville.)

There are 3 options:

1. Overnight in Rockwood: Bike from Connellsville to Rockwood, 45 miles. Spend the night at either the Hostel On Main, or the campsite, or the B&B in Rockwood. Then, return the next day to Connellsville, 45 miles.
2. Day Trip Saturday, 10:00 AM: Bike from Connellsville to Ohiopyle, where we will have lunch, then return to the start.
3. Day Trip Sunday, 10:00 AM: Bike from Connellsville to Ohiopyle for lunch with the overnight group, then return to the start with the overnight group.

Hostel On Main: 814-926-4778 (let them know you are with CRC)

Husky Haven Campground: 814-926-2024

Rockwood Trail House B and B: 814-926-4778

This is a pleasant two day ride on the Greater Allegheny Passageway (GAP). The GAP is a great trail for riding, with views of the Youghiogheny River all along the route. Also, the trail takes you through several small but attractive communities, including Ohiopyle, Confluence, and Rockwood. If you have not yet done an overnight bike tour, this is a great weekend adventure.

ALSO, join Bill Foster, along with members of the Harrison Rail Trails (HRT) in exploring the rail trails of Harrison County Rides. Bill Foster will be leading six rides on different trails in Harrison County. Come out and join Bill, and explore some established trails and a few new trails that are currently being developed.

And, in October, there are more cycling adventures to come...

Cycle up and over MOUNT DAVIS on Saturday, OCTOBER 15, starting 10:00am. Not just once, but twice.

Meet at the Confluence Community Center on the town square, at the corner of Hugart and Logan. (Pre-ride breakfast at Sister's at 9:00 AM.) Both Country Roads Cyclists members and the Western Pennsylvania Wheelmen members will be starting from Confluence to bike to the top of Mount Davis (the highest point in PA at 3213 feet). If the weather is clear, the group will bike to the fire tower, and climb to the top of the fire tower to enjoy a panoramic view of the hills of Pennsylvania. After that, the route descends to Meyersdale for lunch. After lunch, we reverse the route and we climb Mount Davis again, before descending and returning to Confluence. And, an easier alternative option is to take the GAP trail from Confluence to Meyersdale, one way or both ways. (For more information, please contact Larry Osborn at 304-777-7393.)

And, Join Positive Spin for the Fall Spectacular Ride and Potluck, on Sunday, October 23 at 1:00pm. Starting from Positive Spin Building in Marilla Park. The plan is to bike up Decker's Creek Trail to the Masontown trailhead, and then return and reassemble at Positive Spin for a potluck picnic. (For more information, contact Jonathan Rosebaum at 304-599-2370.)

CRC Club Picnic was held on Sunday, June 12, at Pricketts Fort State Park. We lucked out on the weather - the day was warm and clear, no rain at all. Thanks to grill master Bill Foster and to all who participated, either by riding one of the bike routes or just attending to share food and to eat. And, thanks to Gerry Katz for bringing all the food items from Morgantown.

Attending were John and Kathleen, Doris, Amanda and Tasha, Bill, Bruce, Emil, Gerry and Kelly, Joe, Mary, Jennifer, and Mark.



Annual Meeting: November 5 at the Bob Evans in Fairmont. Dinner at 6:00 PM, Meeting at 7:00 PM.

The annual Country Roads Cyclists meeting will be held this year at the Bob Evans in Fairmont (9634 Mall Loop Road, at the Middletown Mall.) Join us for dinner at 6:00 PM, then stay for the annual meeting, which will start right after the dinner. Topics for the meeting will include the year in review, annual reports from the current officers, the election of officers for the next year, donations to other cycling groups, and a program and slideshow about this spring's C and O bicycle tour.