

**...SPOKIN' WORDS...**  
**COUNTRY ROADS CYCLISTS NEWSLETTER**  
**Serving North Central West Virginia Cyclists**  
**March-April 2020 Issue 1**

## **Country Roads Cyclists March April 2020 newsletter**

### **Welcome Back!**

And, it is time to renew your membership! Launch your 2020 cycling season by renewing your membership with Country Roads Cyclists! All memberships run from January 1 to December 31. Choose from four membership options: Family \$20; Individual \$15; \$100 Lifetime Individual Membership for members 70+ years old; and \$125 Lifetime Couple Membership for a couple with at least one cyclist over 70 years old and who both have the same address.

Club members enjoy picnics and parties, as well as bicycling throughout the beautiful north central West Virginia and Pennsylvania regions. We offer rides every Saturday and Sunday from March 1st through October 31st, and in September we sponsor a Metric Century Ride. CRC is a member of the League of American Bicyclists, Mon River Trails Conservancy, Harrison County Rail Trails Foundation, and multiple community and rail-trail advocacy groups. Club members receive our newsletter four times a year, which features our Ride Schedule, and Club and area bicycling news. Your 2020 Membership form will be available on [www.crcyclists.org](http://www.crcyclists.org).

Already renewed? Thank you!! Please share the love of cycling and give the form to a friend!

Road or rail-trail, we look forward to seeing you at the many Country Roads Cyclists events in the coming year!

**Lifetime Members:** Country Roads Cyclists thanks our lifetime members: Al and Fern Dieffenbach, Jim and Sandy Weaver, Joe and Linda Super, Bruce Summers, and Kelly Williams and Gerry Katz.

## **...SPOKIN' WORDS...**

COUNTRY ROADS CYCLISTS NEWSLETTER

Serving North Central West Virginia Cyclists

March-April 2020 Issue 1

## **LAST BIKE RIDE OF 2019, and FIRST BIKE RIDE OF 2020**



Country Roads cyclists had multiple chances to get out for weekend rides in the offseason. Last ride of 2019 featured crunched snow, just crushed by cold riders.

## **...SPOKIN' WORDS...**

COUNTRY ROADS CYCLISTS NEWSLETTER

Serving North Central West Virginia Cyclists

March-April 2020 Issue 1



Country Roads rides often start behind Wendy's restaurant in Sabraton. This picture is representative of our starts, with about 10 people ready to go, either up the mountain to Masontown along Deckers Creek, or down to the river to access the Caperton trail.

### **Winter biking:**

Country Roads had two ways to see snow between seasons. One was to climb Deckers Creek along the rail-trail and the other was to do mountainbiking in Coopers Rock area. Mike is shown clearing wood off the trail.



**...SPOKIN' WORDS...**

**COUNTRY ROADS CYCLISTS NEWSLETTER**

**Serving North Central West Virginia Cyclists**

**March-April 2020 Issue 1**





## **...SPOKIN' WORDS...**

COUNTRY ROADS CYCLISTS NEWSLETTER  
Serving North Central West Virginia Cyclists  
March-April 2020 Issue 1

Bicycling T-shirt quilt. Marilyn describes the process, below:



After three winters when I have been confined to the house because of snow or cold, I finally finished my biking t-shirt quilt. I had many shirts from rides that I needed to do something with or throw away. I saw this idea and thought it was a great idea. I used 48 t-shirts to complete the quilt. I decided to put them in chronological order. The first ride was in 1999 at the Sea Gull century. There were many rides after that first one including: Marietta River Rendezvous, Great Ride of Pittsburgh, Mountain

**...SPOKIN' WORDS...**  
**COUNTRY ROADS CYCLISTS NEWSLETTER**  
**Serving North Central West Virginia Cyclists**  
**March-April 2020 Issue 1**

MaMa, Mon Valley Century, Bike South Carolina, Tour de Swickley, Bike VA, Wilderness Road Ride, Peanut ride in VA, Shenandoah Fall Foliage, Horsey Hundred, Bike FL, Tour de Wyoming, MUP ride in Michigan, Finger Lakes, RAGBRA across Iowa, and The Natches Trace Parkway.

What a lot of miles and a lot of friends I have met. My favorite rides were Wyoming and the Natches Trace. My least favorite ride was RAGBRA. (Too many cyclists, over 6,000).

The quilt is a great memento. A lot of those rides aren't in existence anymore so I am glad I was riding when they were being held. Next quilt project will need to be pillow shams. More riding to do! (Marilyn Newcome)

**PIZZA PARTY - Saturday, March 7, 2020 at 6:00 PM, at Mountain State Brew Pub, 54 Clay Street, Morgantown**

All CRC members are invited to meet and eat at Mountain State Brew Pub on Saturday, March 7th, to start the 2020 season with good food, conversation, and plans for the new season. Please join us, to start the new season of cycling with Country Roads Cyclists.

**2019 Spring Spectacular Weekend May 2 and 3, 2020**

***SATURDAY, MAY 2, 9:00 AM BONUS RIDE***

(Registration starts at 8:30 AM)

Contact: Kelly Williams 304-292-9821

Starting Point: County Courthouse, 243 High Street, Morgantown, WV 26505. Join us for a challenging ride through the hills of West Virginia on Saturday, May 2. Starting at 9 AM, from the Mon County Courthouse (243 High Street, Morgantown, WV 26505). This challenging road ride will be 60 miles with 5000 feet of climbing on country roads. There is no entry fee, but a helmet and a signed liability waiver is required. OR Choose a leisurely 25 mile Rail-Trail ride, also starting from the County Courthouse. This is also a free, non-supported rides, but a helmet and a signed liability waiver is required.

***SUNDAY, MAY 3, 9:00 AM SPRING SPECTACULAR***

(Registration starts at 8:00 AM)

Contact: Kelly Williams 304-292-9821

**...SPOKIN' WORDS...**  
**COUNTRY ROADS CYCLISTS NEWSLETTER**  
**Serving North Central West Virginia Cyclists**  
**March-April 2020 Issue 1**

Starting Point: Wharf Parking Garage, 61 Wharf Street, Morgantown, WV 26501.

Please participate in our annual bike ride on Sunday, May 3. Starting at 9 AM, from the Wharf District Parking Garage (40 Clay Street, Morgantown, WV 26501). Choose either a 25, 45, or 60 mile Road Ride on scenic, low traffic roads. All routes are reasonably hilly and challenging for fit road cyclists. \$20 Registration fee. (\$20 Registration fee includes: Coffee and Snacks before the ride; Map and Cue Sheets; Snack Stop and SAG wagon support during the ride.) A signed Registration/Waiver Form and a helmet are required.

**Upcoming regional rides:**

Horsey Hundred	May 22 thru 24, 2020
Bike Virginia	June 19 thru 24, 2020
Marietta River Rendezvous	June 6 and 7, 2020
Gran Fondo Garrett County	June 27, 2020
Hilly Billy ABRA Race	June 27, 2020
Mountain Mama	August 1, 2020
Lancaster Cover Bridge	August 16, 2020
Gran Fondo Frederick, MD	September 20, 2020
Back Roads Century	September 26 thru 27, 2020
Seagull Century,	October 10, 2020

**Marietta River Rendezvous Ride, June 6 and 7:**

The 2020 Marietta River Rendezvous is scheduled this year on June 6<sup>th</sup> and 7<sup>th</sup>, 2020. In the past, we have had many cyclists from the Morgantown area participate in this ride. Some of us are starting right now to make reservations for the ride, and for the hotel rooms. A major difference this year is that cyclists will not be staying in the dorms at the Marietta College. The organizers of this ride, the Marietta Rowing and Cycling Club, (<https://www.mariettarcc.org>) have suggested three hotels on the webpage, where luggage will be delivered to.

With that information, if you want to participate in the ride this year, go to the club's webpage for more information.

**...SPOKIN' WORDS...**  
**COUNTRY ROADS CYCLISTS NEWSLETTER**  
**Serving North Central West Virginia Cyclists**  
**March-April 2020 Issue 1**

The link for registration is

(<https://mailchi.mp/f0b2b73365ed/mariettariverrendezvous>).

Several of us have reserved a room for Saturday night (6/6/2020) at the Lafayette Hotel, at 740-373-5522 (mention Frank Gmeindl's name for a discount).

And, for Friday night (6/5/2020), some of us are reserving rooms at the Hampton Inn in Zanesville at (740) 453-6511. ([1009 Spring St, Zanesville, OH 43701](https://www.hamptoninn.com/location/1009-Spring-St-Zanesville-OH-43701))

**Also, some cyclists are planning to add an extra day of exploring the Marietta area via bike, and driving to Marietta on Thursday, June 4. If this interests you, contact Frank Gmeindl.**

**I hope you all can join us on this ride. Kelly Williams**

**Morgantown history buffs:** Milt Cohen's bicycle was/is being shown at the Morgantown History Museum. I have attached the photo from the Museum's newsletter, and the accompanying text below.

This bicycle is a Fuji Special Road Racer. For those of you who do not know, Milt was a well-known Morgantown community activist who rode his bicycle late into his 90's, and lived well into his 100's. I personally knew him since the 1970's. He participated on rides with the Monongalia Bicycle Club (bicycle advocacy and riding club). I served as co-editor of the newsletter for the club that we printed out with a ditto machine, what fun; most people probably do not remember or realize how good they have it these days with electronic newsletters, however, there is not necessarily a good reason to make major changes to the design of the bicycle, trust me that Fuji Special Road Racer, which Milt used, still gets the job done very well today!

Here is the text from the sheet on his bicycle: Milt Cohen's Bicycle

Milton Cohen was a Lawyer, Engineer, Retired Navy officer, Kiwanis Club member, worked with the Red Cross, was Chairman of Morgantown Parking Authority, organized the Downtown Action Council in the 1960's, and established the Downtown Merchants Organization. Milton's wife Bert was a historian and heavily involved in the local community and synagogue.

Milt was also known locally for riding his bicycle up one of the steepest streets in Morgantown and was throughout his life an avid bicyclist and bicycling enthusiast. (Jonathan Rosenbaum)



**...SPOKIN' WORDS...**  
**COUNTRY ROADS CYCLISTS NEWSLETTER**  
**Serving North Central West Virginia Cyclists**  
**March-April 2020 Issue 1**

A celebration of LIFE, Robin Ames, 1982-2020

Gunnar Shogren wrote this about the celebration of life for Robin Ames, taken from us on President's Day, 2020, near Bruceton Mills

Ride to Celebrate Robin Ames

Good day friends and cycling family.

As many of you know, our friend Robin was killed by a distracted driver on Monday, very close to his home.

The family is having a celebration of his life at Cooper's Rock this Sunday @ 1 pm (happened on February 23).

Karrah and Frank (Robin's dad) are supportive and encouraging of people riding up on Sunday. They agree it's what Robin would have wanted.

Robin's sister, Emily, has requested "lots of bikes" there.