

...SPOKIN' WORDS...
COUNTRY ROADS CYCLISTS NEWSLETTER
Serving North Central West Virginia Cyclists
March-April 2021 Issue 1

Welcome Back!

Welcome Back! And it is time to renew your membership! Launch your 2021 cycling season by renewing your membership with Country Roads Cyclists! All memberships run from January 1–December 31. Choose from four membership options: \$20 for Family; \$15 for Individual; \$100 for Lifetime Individual Membership for members 70+ years old; and \$125 for Lifetime Couple Membership for couples (at least one is over 70 years old and 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 schedule a Metric Century Ride.

CRC is a member of the League of American Bicyclists, Mon River Trails Conservancy, 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 2021 Membership form is included in this newsletter.

Already renewed? Thank you!! Please share the CRC - love 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!

Join us for our annual Spring Bike Ride weekend on Saturday, May 1, 2021 and Sunday, May 2, 2021

Saturday, May 1 at 9:00 AM Bonus Ride, Kelly Williams 304-276-5530
(***,R) 60 miles or (*,T) 25 miles. Meet at the Mon County Courthouse. The road ride will be a challenging 60 miles with 5,000 feet of climbing. Or, the trail ride will be 25 miles along the river. Helmet required.

Sunday, May 2 at 9:00 AM Spring Bike Ride, Kelly Williams 304-276-5530
(***,R) 25, 45, or 60 miles. Meet at the Wharf District Parking Garage (40 Clay Street). Choose either a 25, 45, or 60 mile road ride on scenic roads in Mon county and Greene county. Helmet required.

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Winter Biking 2020 - West Virginia vs. Arizona



AZ Photo: www.EpicRoadTrips.us

WV Photo: www.CRCyclists.org

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Bike Racks located on High Street in Morgantown



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Country Roads Cyclists was mentioned in Bicycling Magazine (December 2020), in an interview with Doctor Dana King:

The most recent study published this month in the [Journal of the American Board of Family Medicine](#) found that glucosamine/chondroitin supplements may reduce overall risk of early death about as well as regular exercise does.

“That obviously does not mean that you can just take a glucosamine supplement and skip exercising,” lead researcher Dana King, M.D., professor and chair of the department of family medicine at West Virginia University, told *Bicycling*. “But the added benefit is intriguing.”

King’s interest in the [supplement](#) started with his own use as a cyclist. “I started taking it for arthritis and cycling. I’m part of a local cycling club—the [Country Roads Cyclists](#)—and pretty much everyone in the group also takes it,” King said.

(Read the entire article at the end of this newsletter)

Towpath north of the Paw Paw Tunnel closed for 2021:

As of November 2020, the towpath North of the tunnel, near mile 155.1, has been closed and the **Tunnel Bypass Trail** detour activated. This closure is due to potentially unstable conditions observed in the rock mass during a recent site investigation. This detour is anticipated to remain in place until construction can be completed to mitigate the rock fall hazards. While design & permitting is still underway, construction is anticipated to extend until as late as mid-2022. During this time, NPS anticipates that the Paw Paw Tunnel will remain open to visitors. However, through-access onto the towpath downstream of the tunnel will be closed until the rock fall hazards are addressed through construction of the awarded contract.

The Tunnel Bypass Trail is approximately a mile and a half in length with an elevation change of 375 feet. From the upstream (parking lot) end, the Tunnel Bypass Trail begins by crossing the canal prism and climbs 0.63 miles to the top (or about one foot of rise per nine feet of distance). On the downstream (construction) end, the bypass begins where the Tunnel Hill Trail meets the towpath near mile marker 155 and climbs 0.82 miles to the top (one foot of rise per 11.5 feet of distance).

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From the blog: blessed2bbiking.com

[West Virginia #44 Mon River Trail South](#)

September 21, 2020

We spent yesterday afternoon driving from Lewes, Delaware to Morgantown, WV. The Walmart where we spent the night was so quiet we slept till after 7 AM. We only had a short distance to drive to the Mon River Trail access parking area.



Mon River Trail access parking.

It was a small parking lot but we were able to just fit in without blocking the area for others.

We were looking forward to getting on the trail to finish our West Virginia 100 miles. The Mon River Rail-Trail system was recently selected to Rails-to-Trails Hall of Fame so our expectations were high.

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Monongahela River is one of the few rivers in America that flows north.

We only experienced a small portion of the trail which follows the Monongahela River. The trail surface was crushed stone and in excellent condition and the river was in sight

Figure 1 Hildebrand Lock and Dam



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the entire time. I think scenic and peaceful best describes our ride.



Below the Hildebrand Lock and Dam.

The Monongahela River is 130 miles long and is navigable via a series of locks and dams. Within the 10.5 miles from where we parked we were able to see 2 of the locks and dams.



Opekiska Lock and Dam - fences prevented us from getting too close.

We enjoyed the shade, the river views and the quiet beautiful forest. We even saw a couple deer.

Bicycling Magazine (December 2020), interview with Doctor Dana King:

Millions of people worldwide take glucosamine with chondroitin supplements for arthritis. Some studies show the popular supplement helps reduce joint pain; others shows no significant improvements for joint health. But an emerging body of research is revealing a surprising benefit among devoted users: a reduced risk of early death, especially from cardiovascular diseases.

The most recent study published this month in the [Journal of the American Board of Family Medicine](#) found that glucosamine/chondroitin supplements may reduce overall risk of early death about as well as regular exercise does.

“That obviously does not mean that you can just take a glucosamine supplement and skip exercising,” lead researcher Dana King, M.D., professor and chair of the department of family medicine at West Virginia University, told *Bicycling*. “But the added benefit is intriguing.”

For the study, King and his research partner Jun Xiang analyzed data from 16,686 adults who were at least 40 years old who completed the National Health and Nutrition Examination Survey (NHANES) from 1999 to 2010. They then merged the data with 2015 death rates.

After taking into account age, sex, smoking habits, and [activity level](#), the researchers found that taking glucosamine/chondroitin every day for a year or longer was associated with a 39 percent reduction in early death from any cause.

Regular glucosamine/chondroitin users also had a 65 percent reduction in cardiovascular-related deaths, such as [stroke](#) and [heart disease](#).

King’s interest in the [supplement](#) started with his own use as a cyclist. “I started taking it for arthritis and cycling. I’m part of a local cycling club—the [Country Roads Cyclists](#)—and pretty much everyone in the group also takes it,” King said.

“Then I saw two large studies showing that it could help lower the risk of [early] death, especially from cardiovascular disease, and I thought, I’m going to keep taking it,” King said.

The first was a 2012 study published in the [European Journal of Epidemiology](#) that analyzed data from 77,510 supplement users between the ages of 50 to 76. They found that compared to people who never took glucosamine (with or without chondroitin), those who took the supplement had a significantly lower risk of death, and current users had a significantly lower risk of death from cancer.

The other was a 2019 study in the [British Medical Journal](#) that analyzed data from more than 466,000 adults who completed a questionnaire on supplement use. That paper reported

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that glucosamine use was linked to a significantly lower risk of heart disease, stroke, and other types of cardiovascular disease.

Though more research is needed, the researchers believe some of the benefits of glucosamine/chondroitin may be because the [supplement helps fight inflammation](#).

King is clear that because this research, including his latest study, is epidemiological, not clinical trials, it doesn't offer definitive proof that glucosamine/chondroitin makes early death less likely. But he does call the results "encouraging."

You can buy glucosamine and chondroitin separately, but they're most often sold together in a single [supplement](#). If you're interested in trying it, [Andy Pruitt](#), Ed.D, co-founder of the CU Sports Medicine and Performance Center in Boulder, Colorado, and longtime consultant for World Tour pro teams as well as recreational riders recommends 1,500 milligrams of glucosamine and 1,200 milligrams of chondroitin once a day.