

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER
Serving North Central West Virginia Cyclists
March-April 2022 Issue 1



Figure 1 Ski Decker's Creek Rail Trail, by Karl Diefenbach

The snow is over. It is time to start bicycling... Note: "The photos of Decker's Creek Trail in winter were taken by Karl Diefenbach. The photos of Dave and Sis Lewis were taken by Mike Breiding. Photo of Ken by Marilyn, Photo of Bill from Kelly's photo collections. Thanks to all for contributing photos."

STARTING THE NEW CYCLING YEAR

Welcome Back! And, it is time to renew your membership! Launch your 2022 cycling season by renewing your membership with Country Roads Cyclists (CRC)! All memberships run from January 1–December 31. Choose from four membership options: Family - \$20; Individual - \$15; Lifetime Individual Membership for members 70+ years old - \$100; and Lifetime Couple Membership for couples 70+ years old - \$125. 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 2022 Membership form is available

on www.crcyclists.org.

So, to renew, fill out the attached membership form, along with the check, and mail it to:

Country Roads Cyclists, PO Box 804, Morgantown, WV 26507.

Or, you can pay via PayPal or Zelle. Contact Steve Knudsen (stevo1279@gmail.com) for details.

Already renewed? Thank you!! Please share the CRC - love and give the membership 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.

YEAR IN REVIEW:

Out two major bike tours this last summer was the Allegheny River Trail and the Ghost Town Trail.

For the Allegheny River Trail ride, which was held on July 24 and 25, 2021, we started from Emlenton, PA and rode on the trail to Franklin, spending the night there. The next day, we headed north to Oil City, before returning back to the start. Eleven club members participated in this event.

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For the Ghost Town Trail ride, on the weekend of September 11 and 12, 2021, we also had eleven cyclists join together for this biking adventure. The Ghost Town trail is so named because of all of the abandoned coal mining towns we biked through. We started at the Saylor Park in Blacklick, PA, ride north to Ebensburg, along a trail that reminded all of us of Decker's Creek Trail, because it had a steady, 1000 feet of climb. That night we stayed at a hotel in Ebensburg, before returning to the start.

And, through the year we had our regularly scheduled rides, both locally and on some of the neighboring trails. We also had several Bike and Kayak rides, the annual picnic at the Twin Spruce Marina, plus the annual metric century. All in all, we had a busy year and we are looking forward to all of the cycling adventures planned for this year.

STRAVA - Several CRC club members are also on Strava. It is fun, but possibly an addictive way to record each person's ride, and each person's personal best. It is great to see the mileage, and all the different adventures the fellow club members are having. Other sites include ridewithGPS and MapMyRide, plus several other cycling apps.

Study of cyclists over 50: conducted by SJSU.

Our club was asked to get cyclists over 50 year old to fill out a survey about their cycling habits and abilities. Several club members have volunteered to fill out the survey.

The 50+ Cycling Survey is a nationwide survey of older adults who cycle. Carol Kachadoorian, a professor at San Jose State University, initiated the survey in 2018 to gain useful information about cycling history, habits, and preferences. Now in its third year, results represent over 2,000 respondents ages 50 to 85-plus and can be used by engineers, planners, public health and recreation professionals, advocates, decision-makers, and others. The survey helps answer the question: how can our growing understanding of older cyclists affect policy, programs, design, and practice. More information is available at transweb.sjsu.edu/research/2112

SheepSkin Trail Survey:

In addition to the above survey, several club members answered questions about the Sheepskin Trail, connecting the Mon River Trail in West Virginia to the Greater Allegheny Passageway

The group, the Friends of the Sheepskin Trail, is collecting information about where active supporters of the Sheepskin Trail live and which sections of the Trail they use most often.

Thanks to all club members who choose to participate!

Survey link:

<https://forms.gle/mXuYrQP2nCFuHBrq5>

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Figure 2 Photo by Karl Diefenbach

Rail Trail news:

The Harrison County Commission voted to allocate funds for further development of the county's rail-trail system, including a trail bridge.

Commissioners approved allocating \$1.58 million, including \$800,000 of the county's American Rescue Plan Act funds and \$780,000 that had been set aside but was ultimately not needed for the Salem and Shinnston rail-trail paving projects, for a bridge to connect the North Rail Trail and the North Bend Rail Trail. The bridge project, which will connect a parking area on the other side of U.S. 19 to the North Rail Trail, will cost \$1.4 million.

Also, Fayette County (PA) has awarded a contract to build another 1.4 miles of the Sheepskin Trail that will connect to the Mon River Trail at the state line.

In Memory...

Bill Foster:

It is with a sad heart that I announced to the club about the death of Bill Foster. Bill Foster died on January 17, 2022, at the age of 80. Bill had been the founder and leader of Country Roads Cyclists, for many years. He was an officer of the club for years, and I have many fond memories of all of the bike rides and other club activities, that we did together. This is a great loss.



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Goldie "Sis" Lewis:

Sadly, we need to report the passing of Goldie "Sis" Lewis, 87, on Wednesday, January 12, 2022. Sis Lewis was the wife of the late Dave Lewis, who built and ran the Snack Shack on the Decker's Creek Trail, at mile marker 9. (Dave Lewis passed away on July 1, 2013.)



Figure 3 Photo by Mike Breiding



Figure 4 Preview to a new bicycling season, February 27, 15 miles

Ken Parkington:

Ken Parkington was a licensed USAC race official and avid recreational/fitness cyclist who retired from his position as executive director of the Harrison County YMCA earlier in 2010, following 35 years with the YMCA system in various locations. Ken Parkington had been elected president of Country Roads Cyclists in 2010, for one year, but he was a long time club member and participated and led many of the local rides. Plus he joined us in some of the regional rides, such as the Marietta weekend ride and several Bike Virginia rides. After retiring, he and his wife moved to the Atlanta region to be close to his two daughters. Ken passed away in January of this year. Ken was an avid cyclist and a fine friend, he will be missed by all who knew him.

Bill Foster Memorial Rides:

We plan on having two memorial rides for Bill Foster. The first will be a trail ride along the West Fork River Trail on Saturday, April 30. (Meet at the Big Lots parking lot at 12:00 noon). We will be joined by the Harrison County Rail Trail Club. Bill lived in Clarksburg, and was a member of the Harrison County Club.

Then, we will be having the Spring Spectacular as the Bill Foster Memorial Ride. This will be a road ride, on Sunday, May 1, starting at 9:00 AM from the parking garage in the Wharf District.



Figure 5 Photo by Marilyn Newcome