

**...SPOKIN' WORDS...**  
COUNTRY ROADS CYCLISTS NEWSLETTER  
Serving North Central West Virginia Cyclists  
March-April 2023 Issue 1

**The snow is over. It is time to start bicycling.**



*Figure 1 Decker's Snow, Karl D.*

## STARTING THE NEW CYCLING YEAR

Welcome Back, and it is time to start riding again! AND, it is also time to renew!

Either mail the form and check to Country Roads Cyclists, PO Box 804, Morgantown, WV 26507.  
OR, pay via PayPal or Zelle.

Launch your 2023 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 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 2023 Membership form is available on [www.crcyclists.org](http://www.crcyclists.org).

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](mailto:stevo1279@gmail.com)) for details. (When paying by PayPal or Zelle, please email a completed membership form to [www.crcyclists.org](http://www.crcyclists.org)).

NOTE: Renew early. We will be increasing the membership fee on June 1st, to \$25 for family and \$20 for an individual (as voted on at the 2022 CRC annual meeting.) So, please take advantage of renewing at the 2022 membership fee, while there is still time.

## Ride stories

For the start of the New Year, we had a New Year's Day Ride, on January 1, 2023: Today's New Year ride up Decker's. Phil, Mark, Kelly, Tim. Photo by Paula. Mike K rode with us, but returned early. And, here is a photo of a New Year's day ride from several years ago (January 1, 2019), with Phil, Dana, Steve, Tim N, Mike K, Paula, Marilyn, and Tim W. Photo by Kelly.

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*Figure 2 New Year's Day ride, 2019*



*Figure 3 New Year's Day ride, 2023*

### BikePacking Adventures in 2023

Last year, we rode the Greenbrier River trail, the GAP Trail into Pittsburgh, the Pine Valley Trail, and the Panhandle Trail. The year before it was the Allegheny River Trail and the Ghost Town Trail. There are so many trails to ride, so any suggestions for any bike packing trips would be appreciated. Let any of the officers know of any suggestions you may have for any day trips and overnight trips. What some club members did over the (mild) winter:



*Figure 4 Starting the Ghost Town Ride*



*Figure 5 Ice on the Mon, by Phil Slates*

Mike Hawranick rode 17 miles on the abandoned turnpike and tunnel outside of Breezewood, PA, on February 15. There is a 13 mile stretch of abandoned turnpike with 2 tunnels. This property has been turned over to an organization called Pike2Bike in the year 2000, but no improvements have occurred yet.

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Karl Diefenbach made it to Prickett's Fort on February 13, getting in 41 miles. Also, on February 1 and 3, Karl was cross country skiing on the Decker's Creek Trail. Phil Slates was out hiking and camping on February 11 and 12, in the Quebec Run Wilderness Area. And, Karl, Joe, Steve, Phil, and Marilyn were out biking any day the temps were just above 20 degrees.

### Club Business:

**Fall Annual Meeting:** The club's annual meeting was held on Saturday, September 24 last year at the Panera Cafe on Patteson Drive in Morgantown. We discussed the question of should we continue the cycling club, and all in attendance voted yes. We also voted to increase the 2023 membership fee for an individual to \$20 and for a couple to \$25. The club has had an increase in club expenses this year, and the officers were instructed to cut some of the club's expenses. We talked a bit about past bike rides and future overnight trips before adjourning.

**State Of The Club Finances:** The club's expenses have increased over the last several years. In 2020, the club's expenses were \$781.82; in 2021 they were \$845.33, and last year \$1036.66. We have had the same expenditures for those years – League of American Bicyclists (LAB) membership, insurance for the club members, website domain fee, West Virginia state charter fee, Mon Rails to Trails Conservancy (MRTC) membership, and the cost of the annual club picnic. The officers will do their best to control these costs, and we will also do whatever is voted on at the next annual meeting.

But, as of right now, we are still an active cycling club, and we have enough revenue from the membership fees to cover all expenses. So, we do plan on having a full year of cycling adventures ahead of us.

### Now in Morgantown, a new organization to get bikes to kids:

Free Bikes 4 Kidz (FB4K) is an established national organization that collects, fixes, and donates bikes in 15 cities (<https://fb4k.org>). FB4K is one of ten partner organizations part of Morgantown's Youth Cycling Coalition (YCC) pilot city program (<https://youthcyclingcoalition.org/pilot-program/>). Morgantown is the national pilot for the Youth Cycling Coalition, which seeks to benefit underserved groups especially. We expect to collect and re-distribute bicycles from all the other local YCC groups, including BMX bikes, mountain bikes, and commuter bikes. Over time, we anticipate the Morgantown community will donate enough gently used bikes to allow us to re-distribute bikes around the state.

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Bikes 4 Kidz is a non-profit organization geared toward helping all kids ride into a happier, healthier childhood by providing bikes to those most in need. The public donates gently used bikes, we organize thousands of volunteers to clean and refurbish them, and then we give them away to kids in need. So, if you have a spare bike, or two, in your basement that you are not riding, consider giving it to Free Bikes 4 Kidz. Go to [www.fb4kwv.org](http://www.fb4kwv.org) to donate. Dropoff location is 154 Ackerman Road, Morgantown, WV.

### Regional Rides through July

Date	Name of Event	Location	Mileage	Climbing
4/22/2023	Redbud	London, KY	100	5698
5/13/2023	Agony in the Alleghanies	Clifton Forge, VA	101.5	8258
5/22/2023	Assault on Mt. Mitchell	Spartansburg, SC	103	10351
5/21/2023	Storming of Thunder Ridge	Lynchburg, VA	101	9864
5/26-28/23	HorseY Hundred	Georgetown, KY	101	6462
6/17/2023	Garrett County Savage Century (and more)	McHenry, MD	105.8	12500
6/24/2023	Morain Fondo+	Portersville, PA	43	2600
6/24/2023	Licking Valley Century	Alexandria, VA	103	7126
7/19-23/2023	Shenandoah Experience	710 S. Main St., Harrisonburg, VA	15-100, various	Various
7/15/2023	RAIN	Indiana	160	4400

### Key Rides

- HorseY Hundred – May 26-28, 2023, <https://horseyhundred.com/>
- Wheeling Heritage Tour - May 30, Choose one of three great rides 10, 30, or 62-mile trail **bike ride** in historic Wheeling, West Virginia follows the paved **Wheeling Heritage Trail**, <http://www.ohiovalleytrailpartners.com/tour/>
- Covered Bridges Classic, 8/20/2023 <https://coveredbridgeclassic.com/>
- Garrett County Savage Century (and other options), 6/17/23 <https://garrettcountrygranfondo.org/>