…SPOKIN' WORDS…
COUNTRY ROADS CYCLISTS NEWSLETTER
Serving North Central West Virginia Cyclists
March-April 2026 Issue 1

Winter is over. It is time to start bicycling. Enough with skiing already!

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 1402, Morgantown, WV 26507. OR, pay via PayPal.

Launch your 2026 cycling season by renewing your membership with Country Roads Cyclists (CRC). All memberships run from January 1–December 31. Choose from four membership options:

Individual - $20; Family - $25; 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. The 2026 Membership form will be emailed to current members. Email crcyclistsinfo@gmail.com to receive a membership form.

Mountaineer Country Gravel Riding

Cheat Lake has about 6 miles of gravel along the Lake, counting out and back. The Visit Mountaineer Country Gravel Page leads with a picturesque view of that path. Maps and more information are available at this page.

Mike B. found them in the Sonoran Desert.

…SPOKIN' WORDS…
COUNTRY ROADS CYCLISTS NEWSLETTER
Serving North Central West Virginia Cyclists
March-April 2026 Issue 1

Greetings, Bike People!
Spring has sprung in the Sonoran desert. This morning I took the opportunity to enjoy a 20 mile bike ride on the Santa Cruz River Greenway section of The Loop.

There were a lot of spring wildflowers in bloom along the bikeway and also a good bit of bird activity. I either saw or heard 19 species which are listed below.

1. Roadrunner (4)
2. Flycatcher, Vermilion (2)
3. Hawk, Red-Tailed
4. Hawk, Coopers
5. Dove, Mourning
6. Dove, Eurasian collared
7. Wren, Cactus
8. Heron, Great-blue
9. Thrasher, Curve-billed
10. Sparrow, Black-throated
11. Finch, House
12. Hummingbird, Anna's
13. Mockingbird
14. Phoebe, Say's
15. Grackle, Great-tailed
16. Goldfinch, Lesser
17. Phainopepla
18. Cardinal
19. Swallow, Rough-winged

Links:

- My 20 mile route
- Pipe Art
- "The Loop" map
- Art on The Loop

My thanks to Bill Foster, Laurel Klein and Kelly Williams for keeping me (Mike B.) in the saddle.

…SPOKIN' WORDS…
COUNTRY ROADS CYCLISTS NEWSLETTER
Serving North Central West Virginia Cyclists
March-April 2026 Issue 1

The 66% Challenge: Great American Wheel Route

The Great American Wheel Route (GAWR) is shown at https://bikepacking.com/gawr/

Dana McKnight, a friend of the club, has ridden this route and CRC members have joined him on various parts. The most accessible parts are from Parkersburg, WV east all the way to Cumberland, MD. I (Steve K.) am suggesting the following challenge: Let's ride 66% of this distance in 2026. It can be alone, in pairs, or as a club. Some suggested pieces:

1) Salem to Wolf Summit
2) Shinnston to Fairmont (Big Lots)
3) Big Lots to head of MC Trail
4) MC Trail to Opekiska
5) Opekiska to Uffington
6) Uffington to Lake Lynn
7) Connelsville to Meyersdale (GAP trail)
8) Meyersdale to Frostburg
9) Frostburg to Cumberland
10) Alternate: Pricketts Fort to Little Falls plus Little Falls to Lake Lynn

There may be some gaps because the Sheepskin Trail is not complete. Salem to Parkersburg would be an overnight and we haven't planned that yet.

Click on the map for more. Get Cycling!

P2P Trail Corridor

More information about Parkersburg to Pittsburgh. Also, Rails To Trails Conservancy

Summary: The P2P Trail Corridor is made up of eight trails spanning nine counties across West Virginia and Pennsylvania. These trails make up the **238-mile trail connection** between Parkersburg and Pittsburgh

- **The North Bend Rail-Trail (WV)**
- **Harrison North Rail-Trail (WV)**
- **West Fork River Rail-Trail (WV)**
- **MCTrail (WV)**
- **Mon River Rail-Trail (WV)**
- **Sheepskin Trail (PA)**
- **Great Allegheny Passage from Connellsville to Pittsburgh (PA)**
- **Three Rivers Heritage Trail (PA)**