

...SPOKIN' WORDS...
COUNTRY ROADS CYCLISTS NEWSLETTER
Serving North Central West Virginia Cyclists
May-June 2022 Issue 2

Announcing the Spring Spectacular/Bill Foster Memorial Ride:

Country Roads Cyclists (CRC) has scheduled two memorial rides for Bill Foster:

- The first is 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 and leader of the Harrison County Club.
- The second is the Spring Spectacular/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. We will be biking from Morgantown to Mount Morris (a 25 mile loop) or to Kirby (a 45 mile loop).

Bill Foster memorial plaque: CRC had a memorial plaque for Bill Foster made this spring. We will be installing it along the Mon River Trail on one of the benches that have been installed by the North Rotary Club. **DONATIONS:** To cover the expense of this plaque, and the placement of this plaque, we will be collecting donations. (Any funds in excess of this expense will be placed in the club's treasury.) Donations can be made via cash, check, PayPal, or Zelle.

Ride Recaps

FIRST RIDE of the season, March 5: For the first ride of the season, we had 22 cyclists start the ride: Terry, Rick, Nancy,



Kelly, Natalie, Joe L, Connie, Carl, Brett, Jennifer, Mike H, plus 2 grandkids of Connie and Carl. Photo by Jimmy D. And, along the trail, we were joined by Tim W, Larry O, Mike K, Marilyn and Austin and Kris K and his wife Monica and his daughter.

...SPOKIN' WORDS...

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May-June 2022 Issue 2

And then MARCH: Came in like a lamb, went out like a lion, and was a lion throughout the entire month, and April acted like a lion, too. Most of the rides were canceled, and some of the rides should have been canceled. Between snow, rain, sleet, hail, and cold, we have had a lot of club rides canceled, and it was hard to get any riding time in. Anyway, spring is coming and we expect better weather and hope to ride more in May and June.



Trail Cleanup April 2:

MRTC sponsored a trail cleanup on Saturday, April 2, at the Opekiska Trailhead. Club members Marilyn, Karl, and Terry helped with the cleanup. 55 bags of trash were collected, along with 10 car tires.



Upcoming rides

GAP Day Trip: Sunday, May 22 at 10:00 AM Boston to Pittsburgh and back

40 miles. Meet at the GAP trailhead in Boston, 1906 Donner Street. (one and a quarter hour drive to Boston, PA) We will bike

...SPOKIN' WORDS...
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into Pittsburgh to Point Park, then return to the start. We will stop for lunch along the trail.

Bike Tour on the Greenbrier River Trail, June 24-25-26:

We will be doing a three day (two night) trip on the Greenbrier River Trail. Join us if you can. And, of course, you can do a longer, or shorter trip. Any questions, contact Kelly Williams (kellyrwilliams@msn.com)

Day 1: Drive to Cass, WV (from Morgantown, it is 123 miles, about 3 hours driving).

Park at the Cass trail head and bike as a day trip south on the Greenbrier River Trail. Return to the start. (i.e., about 20 miles one way, 40 round trip).

Then drive to Watoga State Park. The park is 34 miles from Cass, about 1 hour driving.

Check into the state park, either a cabin or camping. **NOTE:** Reserve a cabin soon, the cabins are often all reserved in the summer.

(Marlinton also has places to stay, it is about 5 miles before the state park.)

Day 2: Drive to the trailhead in Marlinton, and bike south as a day trip, returning to the trail head after biking south (again about 20 miles one way, 40 miles round trip).

Day 3: Drive back to Morgantown as a return trip.

Anyone can add an extra day to this trip, to complete the trail. Marlinton will be the place to eat supper, and get food and other supplies.

The PCPaRC Dirty Double Gravel Bike Race: June 4 - 5

(<https://www.pcparc.org/dirtydouble.html>):

The PCPaRC Dirty Double Gravel Bike Race Fundraiser is back for its second year! Join us for a race that highlights some of Preston County's beautiful backroads. All funds raised go towards developing cycling infrastructure in the county, so thank you for your support!

The Dirty Double Race: This is a two day bike race totaling 72 miles, rain or shine! Along the route you will encounter gravel roads, dirt roads, paved roads, tar and chip roads and steep downhills.

Day #1 (36miles)

...SPOKIN' WORDS...
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- <https://www.mapmyride.com/routes/view/3667279411>
Day #2 (36 miles)
- <https://www.mapmyride.com/routes/view/3667283782>

Registration opens January 16, 2022 on Bikereg.com. Only **\$80** for the two-day race and **\$60** for the one-day race on either Saturday or Sunday. Co-ed duo classes are **\$80** per person for both days as well. Registration fees increase \$10 the week of followed by an additional \$10 the day of. [Register here](#). Online registration closes Thursday, June 2nd at 11:59pm.

Pine Creek Trail Ride: A Blast from the Past

The **Pine Creek Rail Trail** is a [rail trail](#) in the [Appalachian Mountains](#) of north-central [Pennsylvania](#).

The trail begins just north of [Wellsboro](#), runs south through [Pine Creek Gorge](#) (also known as the Grand Canyon of Pennsylvania), and ends at [Jersey Shore](#).

In 2004, the CRC club rode the Pine Creek Trail as a five day bike ride.

From: Al Dieffenbach:

“The club tour Laurel refers to was in August, 2004 and included 10 club members. We started and ended in Williamsport and spent a rest day at the north end of the trail in Wellsboro. The “rooms above a restaurant” were at the Pine Creek Valley Lodge in Waterville near the southern end of the trail. ”

Note, Mike Breiding rode on the Pine Creek Trail in 2003 and 2006.

...SPOKIN' WORDS...
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Figure 1 Photos courtesy Mike Breiding, www.EpicRoadTrips.us

Now, Phil Slates biked on the trail in April. We will publish his ride report upon his return.

News from MRTC: Work is to commence on the Collins Ferry Connector (at mile marker 5) this summer. The Collins Ferry Connector Trail Project, financed by The Federal Highway Administration Recreational trail program (\$129,466).

And, on **May 21**, MRTC will be holding their annual fundraiser - the Blue Jean Basket - at the 4-H Camp (Camp Muffly). Also, on **June 4**, MRTC will be resuming the annual Decker's Creek Trail Half Marathon.

...SPOKIN' WORDS...
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News From Fairmont: The city of Fairmont has acquired land along the Mon River, to continue the West Fork River Trail into downtown Fairmont.

News from the Sheepskin Trail: Work has commenced on extending the Sheepskin Trail 1 mile, from the Cheat River Bridge to Nilan Road. This section of the trail should be completed in June. There is also 2 finished miles of the Sheepskin Trail going through Uniontown, and more working is happening this summer extending this trail.

On APRIL 9, John M. Duarte spoke at the Seneca Center about his bicycle trip around Africa and Asia. Several club members attended the lecture. His photos are currently on display at the Seneca Center.

Check out: For cyclists who also kayak or boat, the Upper Mon River Association (at the website www.uppermonriver.org) has information on the Mon River, and a map of the water trail. Also, a kayak rental building is being constructed at the River Front Park.

Check out: You are able to rent a rail bike on the railroad, from Frostburg to Cumberland. Go to www.tracksandyaks.com for more information.

Check out: On April 4th, Kelly and her family explored Morgantown on bikes, and posted their adventure. You can view it on <https://adventureswithkelly.com/2022/04/04/mon-river-trail-family-brewery-bike-ride-morgantown-wv/>. Plus she has posted other adventures in their area, West Virginia and Pennsylvania.

...SPOKIN' WORDS...
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May-June 2022 Issue 2

Regional Rides:

Date	Name of Event	Location	Mileage	Climbing
4/9/22	Redbud	London, KY	100	5698
5/7/22	Agony in the Alleghanies	Clifton Forge, VA	101.5	8258
5/16/22	Assault on Mt. Mitchell	Spartansburg, SC	103	10351
5/22/22	Storming of Thunder Ridge	Lynchburg, VA	101	9864
5/27/22	Horsey Hundred	Georgetown, KY	101	6462
6/4-6/5	PCPaRC Dirty Double Gravel Bike Race	Rowlesburg, WV	72	A lot
6/18/22	Garrett County Savage Century	McHenry, MD	105.8	12500
6/25/22	Licking Valley Century	Alexandria, VA	103	7126
7/16/22	RAIN	Indiana	160	4400
8/06/22	Rock the Crater	Middlesboro, KY	102	6308
8/20/22	Burkes Garden Century	Narrows, VA	103	4194
8/27/22	Bluegrass Century	Owensboro, KY	102	2393
10/01/22	Pratt Fall Ride	Pratt, WV	60	2859
10/21/22	Athens-Savannah	Athens, GA	300	8790

Key Regional Rides

- Horsey Hundred - May 27-28-29, <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

...SPOKIN' WORDS...
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paved *Wheeling Heritage* Trail,

<http://www.ohiovalleytrailpartners.com/tour/>

- PCPaRC Dirty Double Gravel Bike Race, 6/4-6/5, Rowlesburg, WV
<https://www.pcparc.org/dirtydouble.html>
- Covered Bridges Classic, 8/21/2022, <https://coveredbridgeclassic.com/>
- Garrett County Savage Century, 6/18/22, <https://garrettcountygranfondo.org/>