

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

Serving North Central West Virginia Cyclists

May-June 2023 Issue 2

STARTING THE NEW CYCLING YEAR

We have been at the mercy of the weather this spring, it feels like we have canceled a lot of rides because of snow or rain or cold. But May is now here, so we hope for better weather, and we do have a full schedule including trail rides, road rides, trips on the GAP, and the annual picnic. So, it is time to get out and ride.

For anyone out there who has not yet renewed, (the annual club membership runs from January to December), now is the time to renew. An increase in membership fee will be occurring June 1, from \$15 to \$20 for an individual and from \$20 to \$25 for a family. We will take cash, a check, or Paypal or Zelle. So, take advantage of this savings now.

May-June CRC Ride Schedule:

The May-June schedule has several rides on the GAP. We have a daytrip scheduled from Frostburg to Meyersdale on Sunday, May 7, and also a daytrip from Boston into Pittsburgh to the Point State Park on Saturday, June 10. Plus an overnight bike trip for the CRC will be held on May 20 and 21. We will bike from Connellsville to Confluence on Saturday, May 20 and returning from Confluence to Connellsville on Sunday, May 21. There are many B&B's in Confluence, plus a hostel and camping. Now is the time to make a reservation for that weekend.

And, does anyone have suggestions for any other bikepacking trip, open to the club? Better yet, is there anyone willing to plan and lead a bikepacking trip later this year? Let us know.

FLASH FROM THE PAST:

There has been a lot of conversations on the email group about biking on the Erie Canal Trailway. Thanks for information from Al Dieffenbach and Laurel Klein, they reminded us that the club did do this ride back in September of 2008. It is good to hear from all of our members, and it is fun to read about these adventures. Thanks for the memories, and here is a copy of the story from the newsletter from Sep-Oct 2008, attached separately in the email.

April 2023 Officers meeting:

April 2023 Officers meeting was held on Thursday, April 13. We discussed the membership and finances of the club and future club rides both the regular scheduled rides and overnight rides.

As of Thursday, April 13, we had 50 members and \$1671.92 in the bank (both a Truist and a Paypal account). Again, because of the cold, wet start to the cycling year,

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not all of our members have returned to cycling yet, but I am confident that we will have a good year full of biking adventures and a solid base of cyclists renewing in 2023.

Fayette and Greene County Rides, Mon River Trail Clean Up,
sponsored by MRTC:

Table 1 Greene and Fayette County Adventures



Mon River Trail Clean Up, sponsored by MRTC:

A Trail clean-up was held on Saturday, April 1, with Karl and MRTC at Opekiska Lock and Dam, and on Thursday, April 13, with Kelly and MRTC at the Morgantown Lock and Dam. Future cleanups will be scheduled by MRTC, please help out if you are available.

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Table 2 Trail Clean up, Opekiska



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Pathfinder 50th Anniversary Celebration:

Pathfinder held their 50th anniversary celebration on Saturday, April 1 at the Mason Dixon County Park. Several club members were there for the food, the music, and other activities. It is hard to believe that 50 years have passed since the opening of the Pathfinder, we do thank them for their support of cycling in West Virginia.

Table 3 Pathfinder Celebration of 50 Years



The Annual CRC Picnic:

The annual CRC picnic will be held on Sunday, June 25 at the Twin Spruce Marina. Meet at the parking lot behind Wendy's in Sabraton at noon. Jennifer Preville will be the ride leader. Gerry Katz will be at the parking lot in Sabraton to transport any food to the Twin Spruce Marina. Please bring food for yourself and food to share. (Jennifer will also be leading a Bike and Kayak Ride to the Twin Spruce Marina on Sunday, May 28, starting at noon from the parking lot behind Wendy's.)

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Pine Creek Trail Adventure:

Beverly and Randy Meador biked on the Pine Creek Rail Trail (also known as the Grand Canyon of the East) earlier this year in April. They drove first to Jersey Shore, PA on April 8, which is a four and a half hour drive from Morgantown, and started their ride on the trail that day. The first day they biked from Jersey Shore and back, then drove to and stayed at a vintage hotel in Williamsport. The next day, they contracted with an outfitter, (Pine Creek Outfitters at www.pinck.com) who drove them and their bikes to the Wellsboro Junction. It was a chilly 39 degrees when they started their ride south, and, because of the cold, they had the trail almost to themselves. The Pine Creek Trail is an extremely well kept trail for hiking and biking, plus there is a parallel trail for horses. It is 65 miles long, and runs from Wellsboro to Jersey Shore. There were several waterfalls visible from the trail, many deer, and several beaver dams. After completing the second day on the trail, Beverly and Randy drove to Leonard Harrison State Park - for a great, and final, view of the canyon before returning home.

(Last year, Tom Pinto and Phil Slates rode the trail. Read about their adventures in the July - August 2022 CRC newsletter, at <http://www.crcyclists.org/archives.php>).

From the Cumberland Time-News, April 6, 2022 an article about the Western Maryland Wheelmen:

“Beside the basic safety protocols associated with road cycling, riding with an organized group like the Western Maryland Wheelmen is a great opportunity to not only learn the nuances of Road Cycling, but to also experience the safety of group riding. The Western Maryland Wheelmen is a club that has been around since 2000 and supports riders of all abilities in the various cycling discipline. They host everything from beginner-friendly rides with low mileage and low elevation, where basic skills like road etiquette, signal, bicycle fit and the best places to find fresh Amish baked cookies on the ride are taught, to more advanced rides, where skills like pacelining, ride nutrition, and FTP are discussed.”

The Western Maryland Wheelmen meets upstairs at Puccini on the third Monday of each month. Then the group has a regular Tuesday night ride that leaves from Canal Place. The public is welcome to join. Usually once a year the WMW sponsor the “Conquer the Mountain,” a ride from Cumberland to the Eastern Continental Divide. The Western Maryland Wheelmen have a range of abilities among our members and a range of ages.

“We have a number of riders in their 70s, and a number who have ridden across the country, some couples who ride together, some people like to ride alone, and some who prefer small groups,” says member Valerie VanHollen. “Larger group rides are organized through postings on the WMW group Facebook site. We have people who have participated in leading rides for Adventure Cycling Association, and some who work for companies who shuttle riders and their bikes.”

You can follow their ride schedule on their facebook page: Western Maryland Wheelmen

Tim Willis (July 15, 1960 - April 11, 2023)

Sadly, Tim Willis, a Country Roads Cyclists member, died April 11, 2023. Tim was an avid cyclist, very strong and adventuresome, racing bicycles for years, and riding with us and other clubs throughout West Virginia. We will have a memorial ride on Saturday, May 13, starting at 10:00 AM from the parking lot behind Wendy's in Sabraton, biking up the Decker's Creek Trail. Please join us.

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Regional Rides through July 2023

Date	Name of Event	Location	Mileage	Climbing
5/07/2023	Henry Clay	Coopers Rock/Bruceton Mills	30K, 18.4 miles, https://www.trailforks.com/route/2021-henry-clay-30k-exp-course/	2263
5/13/2023	Agony in the Alleghanias	Clifton Forge, VA	101.5	8258
5/13/2023	Dirty Double Gravel Race	Terra Alta	CANCELLED	
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	Horseys 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

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Key Rides

- Henry Clay, May 7, 30K, 18.4 miles, <https://www.trailforks.com/route/2021-henry-clay-30k-exp-course/>
- 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/>