

September - October Ride Schedule: Join us on some fall rides here in West Virginia and in Pennsylvania.

Summer Rides and Photos:

- **Metric Century, August 19, 2018** from Lisa Rieser:

Metric Century Super Stars Jennifer, Kelly, Mike and Luke, and Lisa met at the start. We soon met up with Mark, Marilyn, and Steve. The weather was perfect, slightly cool but no rain. Trees however were down, but we had muscle to step in to take care of it. I, of course, stood there and took the picture. Following tradition, we went to Mountain State Brewery to celebrate; Gerry, Bruce, and Club Mascot Buddy met us there. Larry was on his way and we met him too. It was great seeing him. Total mileage was 63 miles. We were biking for 5 hours.

- **Covered Bridge Ride, August 19:** (from their website:) "The Lancaster Covered Bridge Classic (formerly the Covered Bridge Metric Century) was held on Sunday, August 19 of this year, and is a classic Pennsylvania ride now in its 40th year. It offers beautiful routes of 100 miles, 65 miles, 33 miles, and 16 miles, covering some of the most scenic cycling terrain anywhere. Each route traverses through covered bridges and past Amish farms. Proceeds from the ride benefit the Lancaster Bicycle Club's grant program. Over \$286,000 has been donated for covered bridge restoration and bike-related initiatives since 1999."

Team CRC report on Lancaster Bridge Classic: Saturday 8/18, 7 CRC cyclists toured the Gettysburg Battlefield and Sunday, 6 of us rode the Lancaster Covered Bridge Classic. Pictured at Gettysburg are Andy Earl, Becky Earl, Frank Gmeindl, Jack Barker, Brett Humble, David Owen and Chuck Kennedy (photograph by Dana King). Sunday morning, radar showed no rain until 2 pm. According to Brett, it rained 60 of the LCBC 66-miles.

You know how your fingers shrivel when they're in water for a long time? Around mile 40, bouncing along at ~12 mph on the soaked road between grass and tobacco fields, Dana's wedding ring fell off. Some of us heard it and Dana shouted, "That's my ring"! In just a few minutes, Andy found the ring across the road in a clump of grass! Jack said, "Once in a lifetime!"

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The rain was quite heavy for the first hour or so. Just outside the first feed stop, Frank put his foot down on the road and the water flowed around his ankles. A car passed us and the splash wave was like diving into a swimming pool. Fun!? For most of the ride, the only rain interruptions were the 6 covered bridges we went through. The beauty of some of their settings was marvelous even in the rain. Must do this ride again in drier weather.

It being Sunday morning, the Amish were out in their buggies. Brett counted 21. The clop, clop of galloping hooves mixed with the sounds of many cycles was joyful. I'm not sure we all dodged all the road apples though. At the last minute because of flooding and a fallen tree, the club canceled the 100-miler but nobody told Chuck who was already out there doing it.

2,000 cyclists registered for the LCBC and it was sold out 2 weeks before the ride. The officers said approximately 1,000 showed. The club has approximately 420 members. 160 volunteers supported the event.

- **GAP TRAIL:** During his summer vacation, Kelly biked from Confluence to Frostburg on the Greater Allegheny Passageway (the GAP) this last August. However, he did it in sections, using his cabin at Deep Creek Lake as a base. First day was from Confluence to Rockwood and back, 34 miles (On the return trip, he was completely soaked from rain.) Day two, he rode from Rockwood to Meyersdale, 24 miles. Finally, he biked down to Frostburg from Meyersdale, and uphill on the way back, 36 miles.

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(In addition, earlier this year, he biked from Connellsville to Confluence, for our CRC overnight ride in May.) The last section of the GAP, for me this year, from Connellsville to West Newton, will be our CRC overnight ride, scheduled for September 29 and 30.

Figure 1 Group after ride, with kayaks



Surf and Turf: CRC held its summer favorite activity, bike and kayak, starting at Wendy's, going to Little Falls and stopping on the way back at the Uffington put-in to go kayaking. Kelly, Gloria, Bruce, Jennifer, Mark, Lisa T. (John, Gerry, Marilyn and Lisa R. not in photograph) had a nice picture snapped of them – no one fell into the Mon!

- **Nights in Rodanthe:** Sometimes vacation isn't the time to relax. While vacationing with his family for a week in August in Rodanthe, NC on the Outer Banks, Steve K. found the time to put in 100 miles riding, including 2 rides with his daughter Ineke and one with his wife Andrea. There was no rain, but the brilliant sun and occasionally stiff wind made up for the lack of hills. So, if you missed Steve on the club rides, that's where he was!



Figure 2 Famous NC house from the book Nights in Rodanthe. 400 yards from our rental house.

NEWS to Choose:

- **Point Marion Trail update:** The Sheepskin Trail has been completed into Point Marion, PA. Eventually, we will be able to bike to the Connellsville, and join the Greater Alleghany Passageway (GAP). There is funding for the four miles of trail from the Cheat River Bridge to Lake Lynn.
- **Officer Meeting:** Officer Meeting was held on August 13 in Morgantown. The bank balance, as of July 31 - \$1586.91 and membership as of July 31 - 66 members.
- **New and Improved Decker's Creek Trail:**
 - A new parking lot was added earlier this year on the Decker's Creek trail, a couple hundred yards from the Caperton trail.
 - Situated off of Garrett Avenue, the Kern's Gateway bridge opened in August, 2018. The bridge crosses Decker's Creek and feeds into Kingwood Avenue in Greenmont.
 - In Masontown, there are now bathrooms in the visitor center, the former Davis Coal and Coke Building, across the bridge from the pavilion at the Masontown trailhead.
 - MRTC and PCPaRC are planning a ribbon cutting ceremony for the visitor center at Masontown Trailhead, at 6PM on Wednesday, September 12. A Deckers Creek Trail

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Figure 3 Sheepskin Trail to Point Marion, by Danny Rice.

Ride will start at 4:30 PM, from Wendy's. To join in the dedication of the visitor center. Bring a headlight! And a warm jacket!

--The Hazel Ruby McQuain Park, along the river front at the start of the Decker's Creek Trail, will be expanded and improved over the next year. Stay tuned to see what the final revision looks like.

UPCOMING EVENTS:

- **The Sheepskin Trail (Point Marion section) opening celebration:** Sunday, September 23 from 1 to 3 PM at Point Marion Community Park. Join us on our bike ride, Sunday, September 23, starting at 12:00 noon from Wendy's, to the dedication in Point Marion.
- **Overnight GAP Bike Tour:** Overnight GAP Bike Tour will be held on Saturday and Sunday, September 29 and 30. We will be heading west from Connellsville, spending the night in West Newton, before returning the next day to the start. Camping is available at Cedar Creek State Park, or a Comfort Inn hotel is located in West Newton.
- **IHTC Bike Summit Morgantown, WV: October 2 and 3, 2018**
(from their Website): "This year's summit of the Industrial Heartland Coalition (IHTC) will run from October 2nd through October 3rd at the Morgantown Marriott in Morgantown, West Virginia. At the summit, there will be a number of engaging speakers and sessions lined up for the event. A few field trips in the works to highlight the fun opportunities to hit the trail in Morgantown and beyond!"

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Driven by a regional coalition of trail groups, government agencies, funders and land managers, the Industrial Heartland Trails Coalition envisions a 1,450-mile system of off-road trails that will connect many of the major centers of America's Rust Belt and industrial Appalachia.

The envisioned trail network will span 48 counties across four states, running through western Pennsylvania, northern West Virginia and eastern Ohio and reaching into the southwest corner of New York State. Pittsburgh will serve as the network's hub, with trails radiating out of the metro area and connecting to Cleveland and Ashtabula in Ohio, Morgantown and Parkersburg in West Virginia, and Erie in northern Pennsylvania."

Country Roads Cyclists will be leading the scheduled bike rides for the summit.

Annual Meeting: The annual Country Roads Cyclists meeting will be held on Friday, October 12, 2018, starting at 6:00 PM, at the Bob Evans, in the Middletown Mall, 9634 Mall Loop Road, Fairmont. Please join us for dinner and the meeting.

28th annual Fall Foliage Bike Festival: (from their website:) "October 19 through 21. Celebrating 28 Years of Cycling the Shenandoah Valley:

Enjoy the scenic heart of Virginia's Shenandoah Valley as you join us for the 28th annual Fall Foliage Bike Festival. A perennial favorite with cyclists up and down the mid-Atlantic states and beyond, the Fall Foliage Bike Festival offers a full weekend of riding, sightseeing and warm Virginia hospitality.

Perfectly suited for a wide range of cyclists: from motivated century riders to families with young children (and all levels in between), we offer well-marked courses with maps and cue sheets, plentiful rest stops with abundant snacks, a hearty lunch on Saturday and a brunch on Sunday, evening entertainment, and [discounts to local attractions](#). For the past few years, this ride has annually attracted over 750 cyclists. We hope to see you as we celebrate our 28th year!"



NOTE: Annual CRC Meeting Friday, October 12, at Bob Evans in the Middletown Mall, 9634 Mall Loop Road, Fairmont

Dinner at 6:00 PM

Meeting at 7:00 PM