

**...SPOKIN' WORDS...**  
COUNTRY ROADS CYCLISTS NEWSLETTER  
Serving North Central West Virginia Cyclists  
September-October 2022 Issue 4

It is nearing the end of our biking season, and we have on the ride schedule many of our regular bike rides, but these upcoming rides should be interesting adventures!

Several new routes and trails to explore in the next two months:

- First, Pittsburgh Point State Park (9/10)
- Next, The Annual Metric Century (9/18)
- Then, the Fall Bike Tour (10/1 and 2)
- The Panhandle Trail (10/9)
- And the Elkins Ride (10/15 and 10/16)

Note the annual CRC meeting (9/24)

The CRC Annual Meeting will be held on September 24, 2022 at 6:00 PM, at the Panera's Bread, 357 Patteson Drive, Morgantown, WV

Details

**FIRST, we will bike the final segment of the GAP to Point State Park, Saturday, September 10, 2022**

Meet at the Boston, PA trailhead at 11:00 AM. (The trailhead parking lot is off of Donner Street and under the Boston Bridge). We will bike west to the Western Terminus Marker of the GAP at Point State Park. After that we will bike east to the starting point.

**NEXT, the Annual Metric century will be on Sunday, September 18, 2022**

Meet at the parking lot behind Wendy's in Sabraton (RT 7, East), at 9:00 AM. We will bike on Decker's Creek Trail to the Mon River Trail, then head south to Prickett's Fort. We will then return north to Point Marion. Finally, south again, ending at the Mountain State Brew Pub. Please join us for all, or part of the 62 mile (100 km) bike ride on the Mon River Trail. Or, just show up at the Mountain State Brew Pub at the end of the ride.

**THEN, the fall bike tour on the GAP from October 1 and 2, 2022**

Meet at the Rockwood Trailhead, Saturday at 10:00 AM. We will bike east on the GAP to Frostburg. We will then spend the night in Frostburg, either at a hotel or camping, before returning Sunday.

**ALSO, the Panhandle Trail in PA. Tom Pinto will be leading this ride on Sunday, October 9, 2022**

Meet at the McDonald PA parking area, at 11:00 AM. We will ride west to the end of the trail, then back to McDonald, approximately 14 miles. We will then proceed west to Burgettstown, PA and take a break before heading back to McDonald, approximately 20 miles. On the way back we could check out the connection with the Montour Trail which runs from the Airport to the Mon River and connects to the GAP near McKeesport PA.

**And, the Elkins Gravel Ride on October 15 and 16, 2022**

Meet at the Highland Park Trailhead (US 219 across from the Division of Highways District 8 Headquarters, just a mile from downtown Elkins), at 10:00 AM. We will do a gravel ride around the back roads of Elkins. We will then spend the night in Elkins, either at a hotel or camping. Sunday will be another gravel ride before returning to Morgantown.

RECAP OF CRC BIKE TOURS -

**Greenbrier River Trail Ride, June 24-25-26:**

On Friday, we drove to Cass, WV and started our bike ride on the Greenbrier River Trail. At the start we had Tom and Sue Pinto, Kelly, Rick, Marilyn, Jennifer and we were supported by Bruce Felte and his dog Buddy. We were joined later by Mike Hawranick and Luke and Olga, plus Olena also as their SAG driver. We started by biking south to the Sharpe Tunnel and then onto the bridge over the Greenbrier River. At that point, we turned around back to the start at the Cass Trailhead. After the bike ride we drove to Marlinton and had supper at the Riverview Cafe overlooking the Greenbrier River. After supper, we drove to Watoga State Park and check into our cabin. (We stayed at the state park, while Tom and Sue and Mike and his family stayed at the city park.) The next morning, we started from the trailhead in Marlinton. We biked south to our turnaround point, then returned north, but first we stopped at the Jack Horner's Corner for lunch. This is a great place on the trail, a place which offers food, shopping, lunch, and dinner, and also bikes and kayaks and tubes to rent; it was a very busy place.

On our way back to the cabin, we managed to see the home of Pearl S Buck in Hillsboro. We were allowed to walk through the house and the

grounds of this home. Afterwards, supper that night was pizza and beverages from Jack Horner's Corner in our cabin.

The following morning, on our way home on Sunday, several of us stopped at the Elkins trailhead to bike on the Allegheny Highland Trail. From the trailhead at Highland Park, we biked to Montrose, returning on the trail we decided to explore the city of Elkins on bike and then we had lunch at Scottie's, an Elkins tradition, before returning home. A good and successful trip.

**AND, a blast from the past, CRC did this ride back in 2019!**

Joe Super, Bruce Summers, Marilyn Newcome, and Kelly Williams rode the Greenbrier River Trail in June 2019. See the Spokin' Words newsletter for July/August 2019 in the archives at [www.crcyclists.org](http://www.crcyclists.org),

[http://www.crcyclists.org/archives/sw\\_july\\_aug\\_2019.pdf](http://www.crcyclists.org/archives/sw_july_aug_2019.pdf)

**Connellsville to Confluence Overnight Bike Ride, July 30-31:**

Starting from Connellsville and biking to Confluence, we had great weekend for our overnight bike tour. We had 10 cyclists plus Bruce Felte as the SAG driver, and of course Buddy our mascot.

At Connellsville, we had Joe, Nyles, Marilyn, Jennifer, Kelly, Bev, Randy, Rick, Karl, and guest Judy from Uniontown.

We headed up the trail to Ohiopyle, stopping for lunch there at the Falls City Pub (the only bad part of the trip, the service was extremely slow). From there, Rick, Karl, and Judy returned to the start.

The rest of us continued to Confluence. After biking around the town of Confluence a bit, we all checked in to our rooms or our campsites.

We all then assembled at the Lucky Dog (always a dependable place for good food and beer), from there several of us walked over to the Outflow Soft Freeze for ice cream.

Sunday, we gathered early at Mitch's Cafe, located on the town park, for a really good breakfast (a good replacement for Sister's Cafe, which closed several years ago.)

After breakfast it was a brisk fast bike ride down the trail (the sky had been gray and overcast all morning, threatening rain) to the Connellsville's trail head, we all managed to get back to our cars at the trailhead before the rain started. Thanks to everyone who rode with me this weekend.

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*Figure 1 Connellsville to  
Confluence, overnight*

## **A Bike Tour through the State of West Virginia:**

Dana McKnight (who rode with us from Point Marion to Shinnston in 2020. We biked 60 miles that day, joining the two trail systems by following the Rail-Trail Link through Fairmont.) did a multiple day ride through West Virginia. See:

Ohio Gravel Grinders - Recap: Loop De West Virginia

<https://www.ohiogravelgrinders.com/blog/2022/6/18/recap-loop-de-west-virginia>

## **AND, A Bike Ride across the United States:**

As reported in the Wall Street Journal -

<https://www.wsj.com/articles/riding-3800-miles-across-us-on-tandem-bike-11645643255>

## **Frostburg to Meyersdale, end of August**

Karl Diefenbach led this ride and reported on it. 9 riders made the trip including Teresa, Rick, Jen, Steve, Randy, Bev, Mike H., Phil, and myself. The Pit Stop Kremery was not open for business but ice cream bars were available at the rail trail center in Meyersdale.

We ended up going across the Salisbury Viaduct before turning around to head back.

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We had an unplanned but delicious stop at an Amish farm stand on the way back. The fresh glazed doughnuts were awesome! Shortly after the sugar rush we had a bit of a "crash" due to Rick's flat tire. Rick had the tube replaced in no time and we were on our way.

I logged 36.1 miles and 961' of climbing on Strava.



Figure 2 Frostburg to Meyersdale

Regional Rides:

Date	Name of Event	Location	Mileage	Climbing
10/01/22	Pratt Fall Ride	Pratt, WV	60	2859
10/21/22	Athens-Savannah	Athens, GA	300	8790