SeptemberOctober2020Newsletter

**September Cycling Activities - Fall is here!**

**Labor Day Weekend Bike Tour (Including a visit to the Flight 93 Memorial) - September 5-6-7**

We will be starting from Rockwood, PA, on the Greater Allegheny Passageway (the GAP). Please join us on this three day bike tour. After driving to Rockwood, we plan on biking on Saturday west, first to Confluence and then to Ohiopyle. We will find someplace for lunch in one of these town. Returning then to Rockwood, there are several B and B’s, the Huskie Haven Campground, and/or the Hostel in Main to stay in, for the weekend. After supper and a night’s rest, we will on Sunday bike to Meyersdale, and onto Frostburg. Again, lunch on the trail before returning to the start. Finally, we plan on driving to the Flight 93 Memorial on Monday, before returning home. So, make your reservations and get your touring bike ready for this journey.

**Annual Picnic at Twin Spruce Marina, Sunday, September 13**

Please join us for the annual picnic, this year at the Twin Spruce Marina, in Uffington. We will start from the Uffington trail head (on Rt 73) right next to the Twin Spruce Marina. We will first bike to the Opekiska Lock and Dam, then back to the Twin Spruce Marina. At the marina, anyone may rent a kayak for the river (kayaks can be rented for a donation of $10), or just enjoy the waterfront and docks. We will have our annual CRC picnic, starting about noon, and CRC will supply the hot dogs and hamburgers. However, in this age of covid, please bring your own food and chairs. (Any food to be shared must be in it’s own individual packaging.) We will be practicing social distancing and also please bring a mask. See you there! (If you are not biking, please arrive about noon for the picnic activities.)

**Annual Mon River Trail Metric Century, Sunday, September 20**

On Sunday, September 20th, we will have our annual metric century, biking the entire length of the Mon River Trail. Starting at 9 AM, from the parking lot at Wendy’s in Sabraton, we will first bike south to Prickett’s Fort State Park, then returning north to the WV/PA state line, Finally back to the Mountain State Brew Pub, for after ride food and beverages. Join us for the entire ride of 100 kilometers, or join us for a segment of the trail.

**FROM the RTC website:**

### ****Mon River Rail-Trail System Chosen As Rails-to-Trails Conservancy’s 2020 Rail-Trail Hall of Fame Inductee****

48-mile trail system selected as among the best in the nation by trail users across the country, securing more than 12,000 public votes

****Washington****—Rails-to-Trails Conservancy (RTC), the nation’s largest trails organization, today announced the induction of West Virginia’s 48-mile Mon River Rail-Trail System into the iconic Rail-Trail Hall of Fame. The Mon River Rail-Trails, which converge in Morgantown, comprise the Mon River, Caperton and Deckers Creek Rail-Trails. The vibrant trail network is a critical link in the Parkersburg-to-Pittsburgh corridor envisioned by the Industrial Heartland Trails Coalition in its plan to connect more than 1,500 miles of multiuse trails in West Virginia, Ohio, Pennsylvania and New York.

“At this moment, when demand for the outdoors is surging and having access to trails matters more than ever, it’s incredibly meaningful to welcome the Mon River Rail-Trails to the Rail-Trail Hall of Fame,” said Ryan Chao, RTC president. “This trail system is a community treasure and an important asset to the entire region. It delivers powerful economic benefits and creates opportunities for transportation, outdoor recreation, and environmental stewardship, building new connections between the community, the riverfront and downtown. This trail system embodies the potential of rail-trails to bring transformative benefit to communities across the country.”

The trails that form the Mon River Rail-Trail System deliver scenic views and exceptional experiences. The [Mon River Trail](https://www.traillink.com/trail/mon-river-trail/?utm_source=railstotrails.org&utm_medium=trailblog&utm_campaign=RTCreferrals" \t "https://www.railstotrails.org/resource-library/resources/mon-river-rail-trail-system-chosen-as-rails-to-trails-conservancy-s-2020-rail-trail-hall-of-fame-inductee/_blank) descends from the Pennsylvania state line along the Mon River (short for Monongahela) and is credited with transforming the river into a recreational and economic asset after years of neglect. In downtown Morgantown, West Virginia, the pathway seamlessly blends with the [Caperton Trail](https://www.traillink.com/trail/caperton-trail/?utm_source=railstotrails.org&utm_medium=trailblog&utm_campaign=RTCreferrals" \t "https://www.railstotrails.org/resource-library/resources/mon-river-rail-trail-system-chosen-as-rails-to-trails-conservancy-s-2020-rail-trail-hall-of-fame-inductee/_blank), which offers access to shopping and dining opportunities and a handful of well-loved parks on its 6-mile route connecting Morgantown and Star City. At Hazel Ruby McQuain Park, the trail splits; the fork heading southwest continues the journey of the Mon River Trail, and the one heading southeast is the [Deckers Creek Trail](https://www.traillink.com/trail/deckers-creek-trail/?utm_source=convio_vote_page&utm_medium=web&utm_campaign=hof" \t "https://www.railstotrails.org/resource-library/resources/mon-river-rail-trail-system-chosen-as-rails-to-trails-conservancy-s-2020-rail-trail-hall-of-fame-inductee/_blank), which extends 19.5 miles through forests, farmland and rural communities. The trail network is managed and maintained by the nonprofit [Mon River Trails Conservancy](https://montrails.org/" \t "https://www.railstotrails.org/resource-library/resources/mon-river-rail-trail-system-chosen-as-rails-to-trails-conservancy-s-2020-rail-trail-hall-of-fame-inductee/_blank).

“The Mon River Rail-Trail system has been a labor of love from our trail community for nearly three decades, which got us from just an idea, to 48 miles of trail built, to this recognition and national fame,” said Ella Belling, Mon River Trails Conservancy Executive Director. “This recognition draws attention to the incredible value that rail-trails can deliver—from economic opportunity, to health and wellness, to recreation and transportation, all issues that are especially poignant as we respond to the COVID-19 pandemic.”

A study conducted by RTC and West Virginia University in 2017 found that people using the Mon River Trail contribute more than $6 million annually to the Morgantown region as a result of tourism and direct spending along the trail.

“This national recognition validates what supporters of the Mon River Trails Conservancy know and appreciate—that our trail system is very special, providing an invaluable asset for recreation, active transportation and riverfront development,” said Dave Harshbarger, Mon River Trails Conservancy Board President.

The Mon River Rail-Trail was among four trails voted on by the public from August 3-10, 2020, securing nearly 60% percent of the vote, for the status of RTC’s 34th inductee in the Rail-Trail Hall of Fame, all recognized for outstanding scenic value, use, amenities, historical significance and community value. More than 20,000 votes were cast in the 2020 Rail-Trail Hall of Fame contest. The other nominees were the Iron Horse Regional Trail in California, Major Taylor Trail in Illinois and Three Rivers Heritage Trail in Pennsylvania. For more information about the Rail-Trail Hall of Fame, visit [railstotrails.org](https://www.railstotrails.org/our-work/trail-promotion/rail-trail-hall-of-fame/). ****View the****[Mon River](https://www.traillink.com/trail/mon-river-trail/?utm_source=convio_vote_page&utm_medium=web&utm_campaign=hof" \t "https://www.railstotrails.org/resource-library/resources/mon-river-rail-trail-system-chosen-as-rails-to-trails-conservancy-s-2020-rail-trail-hall-of-fame-inductee/_blank)****,****[Caperton](https://www.traillink.com/trail/caperton-trail/?utm_source=convio_vote_page&utm_medium=web&utm_campaign=hof" \t "https://www.railstotrails.org/resource-library/resources/mon-river-rail-trail-system-chosen-as-rails-to-trails-conservancy-s-2020-rail-trail-hall-of-fame-inductee/_blank)****and****[Deckers Creek](https://www.traillink.com/trail/deckers-creek-trail/?utm_source=convio_vote_page&utm_medium=web&utm_campaign=hof" \t "https://www.railstotrails.org/resource-library/resources/mon-river-rail-trail-system-chosen-as-rails-to-trails-conservancy-s-2020-rail-trail-hall-of-fame-inductee/_blank)****Rail-Trails on****[TrailLink.com](https://www.traillink.com/?utm_source=railstotrails.org&utm_medium=referral&utm_campaign=RTCreferrals" \t "https://www.railstotrails.org/resource-library/resources/mon-river-rail-trail-system-chosen-as-rails-to-trails-conservancy-s-2020-rail-trail-hall-of-fame-inductee/_blank)****.****

Rails-to-Trails Conservancy is the nation’s largest trails organization—with a grassroots community more than 1 million strong—dedicated to connecting people and communities by creating a nationwide network of public trails, many from former rail lines. Connect with RTC at [railstotrails.org](https://www.railstotrails.org/" \o "Rails-to-Trails) and @railstotrails on [Facebook](http://www.facebook.com/railstotrails), [Twitter](http://www.twitter.com/railstotrails) and [Instagram](http://www.instagram.com/railstotrails)

A Review of some of the July - August 2020 rides:

7/12: 7 today with great mild weather: Joe, Jack, Phil, Dana, Kelly, Rick and Mike K did one of our favorites: Big Shannon, Claughton Chapel, Foley Rd, FairLl Church, Pitcock Run, Rt 19, Lemley Rd, then Polecat Hollow Rd. Over to 19 and return. 26 miles at a lively pace. Good ride, good temps, good group. Polecat Hollow was not as bad as I thought it would be. Kelly

7/19: The temperature was heading for the  90’s today, as we assembled at 10 AM, at the Connellsville trail head, for our first club ride of the year on the GAP.

Riding today from Connellsville were Kelly, Stacy, Jennifer, Tim, Judy, Dana, Joe L, Larry, Phil, and Rick. Today, we headed west, also a first for most of the riders. As usual, the GAP trail was in great shape, and as usual, the trail was busy with walkers, runners, and cyclists, and every trail head was packed with cars and every camp site full of tents. Especially today, I saw many cyclists with loaded packs heading east on the trail to Cumberland and/or Washington, DC. Plus, on this part of the trail, people are able to enjoy just  playing in the river, there were many people on the river in kayaks, canoes, or just floating down the river in tubes.

We made our way west on the trail, regrouping in the shade occasionally. Joe C joined us along the trail, he had biked down from Pittsburgh for today’s ride. It turns out that it was 25 miles one way to West Newton, and took us about 2 hours to get there. (I guess next time I should consult the GAP mileage chart…) Lunch was at the Trailside Café in West Newton, (or peanut butter sandwiches in the shade). After lunch, it was a steady ride back to the start, a bit hotter now, but the shade of the trail helped make the ride pleasant.

I had almost 50 miles, for the entire ride. This was a good turn out for a long, but pleasant, ride. Kelly

7/25: We had a great ride on Saturday out Brushy Fork Road.  It was a slightly hot day but the scenery was beautiful ! In attendance was Stacy, Drake, Jennifer, Mike, Olga and Joe. Steve caught up with us later at the end of the ride. We rode 31 miles and then went back to Stacy’s house for pulled pork barbecue, slaw, chips, deviled eggs, and fruit. After resting a bit we all got into to the lake and Jennifer gave us all lessons in paddle boarding. Everyone took a turn. We swam and floated for several hours and laughed a lot about Steve’s attempts to do cannon balls! It was a great day! Stacy

8/1: We managed to evade the rain on today's ride. We decided to stay close to the trail in case it started to rain. We biked to Pt.Marion then to Friendship Hill afterwards we went to the dam then returned back to the trail. We ended with 31 miles with a few hills. On the ride was Mike K, Kelly, Tim, Rick, Larry and myself. Marilyn

8/2: From the parking lot of Big Lots in Fairmont, we had six cyclists start today’s ride - Kelly, Marilyn, Mike, Olga, Dana, and guest Randy. We started off, most of us walking down the rough path, then biking through the muddy road to get to the restored bridge over the West Fork River . From that point, it was easy sailing, or rather biking along the paved West Fork River trail. We held a steady pace on our ride to Shinnston, enjoying the trail and the mild weather. In Shinnston we discovered that Gibby’s is closed on Sunday, so we headed over to the Walgreens for drinks and snacks. Then back to the start , returning to Fairmont. It was good to see how popular this trail is, there were lots of people using the trail, biking or walking.  
And, I think that we all had a life lesson today, that it is good to have several spare tubes and a pump that actually works. But somehow we got the flat fixed and were able to complete the return trip. 28 miles for today’s ride in 2 and a half hours. Kelly

8/16: It was Jennifer, Dana, Tom, Tim W, Rick and Mike.  We headed out Davistown Rd, Gas co. Rd, Creek Hill, then Bald Hill up to Taylortown rd into Dunkard.  Then Plant Rd all the way into Bobtown.  We missed an intended turn that would have taken us to Pigeon Hill Rd. And Davistown, so we ended up with a boomerang ride back to the start.  Lots of climbing, about 20 miles, beautiful weather. Mike

8/22: Ten cyclists started today’s CRC ride from the river front park- Kelly, Dana, Tim, Tom, Rick, Marilyn, Jimmy, Steve, Joe, and Larry. We biked north on the trail, which was very busy with all types of runners, walkers, cyclists, and dogs. At the regroup stop next to the Cheat River, someone suggested biking up Nilan Hill Road. So, we went along the Cheat River Road, then we took the first left up the hill. Nilan Hill is a nice gentle climb, which ends at Rt 119. From there, we biked one mile on Rt 119, turning right onto Lake Lynn Hill. After descending down this hill, we continued to the Lake Lynn Dam.   
And, from there it was back along the Cheat River to Point Marion, and back to Morgantown via the trail. Very nice, pleasant ride today, with some climbing, but the temps were good and the companions were great. 35 miles in a little over 3 hours. Kelly

8/23: Nine today with beautiful, mild weather: Rick, Jennifer, Marilyn, Tim, Kelly, Joe, Tom, Dana and Mike did a favorite ride.  Big Shannon, Claughton Chapel, Foley Rd, Fairall Church, Pitcock Run, 19, Lemley Rd., Kirby RZd.  Return for some was Shriver Hill and Big Shannon, and 5 took Kirby Rd to Alpe’ Huez, Claughton Chapel and Big Shannon.  31 miles, great weather. Mike