

*OK, it's just heat.*

## Club Picnic

Sunday, June 23

Picnic! For today's pre-picnic ride we had Tim W, Lisa R, Lynn, Mike K, Phil, Randy and Bruce S. We rode to Little Falls. It was hot and humid but the breeze and shade felt good. After riding to Little Falls we rode to Twin Spruce Marina for our annual picnic. Peggy, Brian, Kelly and Gerry and Steve joined us and Bruce F was grill master. We had a great time and a couple of us took out kayaks after eating and socializing.

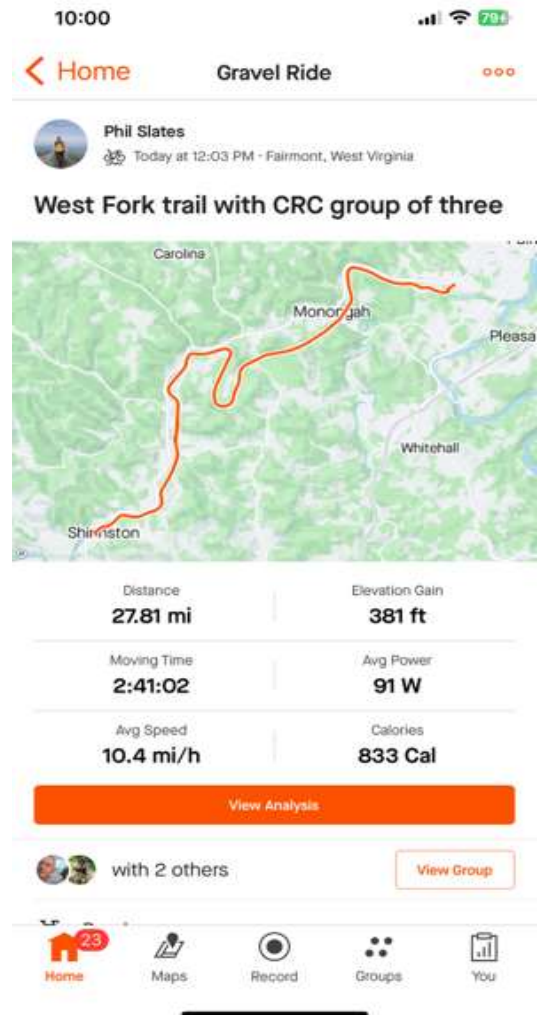
Representative picture of how fun riding and kayaking is, included.



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## Going to Fairmont. Or Shinnston.

An increasing number of CRC riders are from Fairmont, Bridgeport, and even Clarksburg. Let's celebrate those rides, with West Fork River Trail as an example!



## Erie Canal Adventure

*Phil Slates*

I loved the Erie Canal trail which is a part of the Empire State trail system and most likely will be going back to that area again for other rides and hikes and am glad Tom went with me. I decided to do it by driving to Buffalo one day and early the next morning taking Amtrak to Albany and riding back.



I had studied the trip for months as I commonly do these days and most people ride it the opposite direction because of winds but really only one day did I really notice the wind coming toward us but I did not consider it that bad and driving to Albany is much further. I had learned I could park for free for days at the Buffalo Harbor State Park and had given vehicle info to someone with the park. The area was all new to me and I had only visited the state of NY twice before thirty-one years ago being a

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passenger in a car driving through Buffalo on my way to Niagara Falls Canada and even earlier on a High School bus trip to NY city. I got a hotel just outside Buffalo for the first night and that evening Tom and I drove to the park to get an idea how to get there through an interesting roundabout and exactly where we would be parking the car the next morning. Our plan was to get to the train station quite early and then relax from there for the over five hour ride to across the Hudson River from Albany to the town of Rensselaer where the Amtrak station is located. The next morning after parking the car we rode off to the train station which was only about two miles away mainly using the trail but we discovered part of the trail was closed off and we had to use roads to get to the station. At first I mentally panicked since the area was all new to me and I had counted on simply following the trail. For possibly a minute I just wondered how the heck we were going to get to the train station because of being new to the area and nothing but high buildings all around. Finally my brain kicked in and I got out my phone and Google Maps and got directions from where we were to the station via bike luckily still arriving with lots of time to spare before the train arrived and because it was an early Sunday morning traffic was nothing. The ride started off interesting and I knew quite soon we would be crossing the bridge over the Hudson River but even though I had studied the course online I first missed a turn off and had to do at least an extra block of quiet road riding to get to the bridge. The view of the river was great and the Hudson seemed quite wide to me there and once off the trail we were officially on the Canal trail which started off with quite wide and interesting painted bike lanes going through the town of Albany.



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We planned to be camping at canal locks most nights and had arrangements to go about forty miles that afternoon and the trick for the first lock site is that it was a few miles off of the trail but we had no problem locating it which was along the Mohawk River which is what the canal follows through on the Eastern side of NY and there were quite large pleasure boats in the area and going through the canals. For the 2nd day we road 82 miles and camped at a lock near the town of Marcy. On the third day we had it a little rougher. The temps were at record highs for I believe two days and riding directly through the town of Syracuse was quite interesting. There are bike lanes all through Syracuse but also a stop light at each intersection and the intersections never seemed to end. We did take one break around government buildings in the center of town and luckily there was a water fountain and small kids playing in a large water fountain trying to cool down. Getting out of town involves going up a hill to where the state fairgrounds are located where I got a photo of my bike and I next to an I love NY sign and because of the heat and time of day we located a hotel to spend the night not far off the trail The next day we started early and did 80 miles camping outside the town of Rochester. That area seemed much more affluent to me the way things along the trail were decorated and fancy in general and the numerous groups of the narrow rowing boats or shells about everywhere. I got the impression these were teams or clubs practicing. On our 5th day along the way we met up with Mike and Luke who had told me they would be in that area and were looking to do some riding with us and we did 60 miles spending the night in the town of Middleport along the canal by the police station which had bathrooms with showers. The next morning Mike and Luke came to join us for the last day and the ride into Buffalo. The first stop was the town of Lockport which has the extremely interesting multiple locks right next to each other to get up what is termed the Niagara Escarpment and a quite steep ride to get through them. The Escarpment is also where the Niagara Falls are located and what the river goes over to form the falls. After that it was down the trail to the town of Tonawanda along the Niagara River and when I saw that it was like being home but we still had quite a ride along that river to get to the car. It was very tricky getting through the town of Buffalo because we learned the trail was closed and somehow we had first missed the sign for a detour. Even though I had planned and researched this trip for months I somehow missed the report of these trail closures so we had to finish the trail riding through the center of Buffalo mainly just on the roads with traffic making various stops and looking at the maps on my phone and seeing trail detour signs in places and then finally arriving at the park

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where my car was located. I found it interesting there were no start or finish signs or markers for the trail so I rode a little further south to what my map of the route from the state of NY had as the finish of the trail. Overall I loved the route and can't wait to do more. We did this over 6 days and the total distance was 382 miles with a total ascent of 5,502' according to my Garmin. For the last night I had booked a place to stay along the Niagara River in the town of Niagara Falls, NY with plans to visit the Falls State Park, the oldest state park in the US early the next morning. I had visited the falls years ago in Canada and it was quite interesting. For the heck of it I walked across the Rainbow Bridge to Canada and the view of the falls from the bridge was I believe the best and I had my passport with me and the person in Canada asked me why I wanted to enter the country and I told him I was simply in the area and thought it would be interesting to walk to Canada because I do a lot of walking but had never walked to another country. It was also interesting that I had to pay a dollar in quarters to get back into the US and only had a five on me but luckily the change machine took that. I had also read of a statue of the famous electrical engineer Nikola Tesla being at the Falls State park so wanted to see that because he and electricity in general have always fascinated me. We learned the statue had been moved during some renovations but we finally found it after asking people who worked at the park along with information on using the Niagara River to generate some of the first AC and transferring the electricity all the way to the town of Buffalo. The park was also very interesting because we were looking for the restrooms and at first were confused because there are no separate men's and woman's everyone just enters the same area and all that are available are stalls with doors for individuals to share and everyone uses the same sinks. I had simply never seen that arrangement before. Overall I love it and am sure I will be back to New York in the future.

## Selected REGIONAL RIDES:

**The Limestone Cycle League** and the Maysville Rotary Club hope you will consider joining the Limestone Cycling Tour in Maysville, KY, on September 7, 2024. Contact [LimestoneCyclingTour@GMail.com](mailto:LimestoneCyclingTour@GMail.com)

OR: Limestone Cycling Tour, C/O Maysville Rotary, P. O. Box 322,  
Maysville KY 41056

## Regional Rides through August

Please do additional research for the rides you want to do

Date	Name of Event	Location	Mileage	Climbing
7/20/2024	RAIN	Indiana	160	4400

## Key Rides

- Covered Bridges Classic, 8/18/2024 <https://coveredbridgeclassic.com/>Garrett County Savage Century (and other options), 6/22/24 <https://garrettcountrygranfondo.org/>