

# ...SPOKIN' WORDS...

## COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

www.crcyclists.org  
P.O.Box 4322  
Clarksburg,WV  
26302-4322

May - June 2010

#2

President Kelly Williams 292-9821 kellyrwilliams@msn.com  
V.P./Road Captain Donna Post 623-9281 post@hrea.coop  
Secretary/Treasurer Bill Foster 623-2736 billbikes@hotmail.com

  
League of  
American  
Bicyclists  
since 1979

### MAY IS NATIONAL BIKE MONTH

We have so many choices; here are just a few in our area...

**CRC BONUS RIDE Saturday, May 1 9:00** from **Morgantown** downtown courthouse ~85 miles  
**APPALACHIAN SPRING SPECTACULAR**

**CRC Sunday, May 2 9:00** from **Morgantown** Wharf Street parking garage 25/46/60 mile options  
This is our special annual invitational event, founded by the Monongalia Bicycle Club in 1978, normally attracting about a hundred participants, (although few rode in the rain last year). It is a great opportunity to meet all the other cyclists in the area for great riding and bike talk, along with enjoyable refueling.

\$5 Registration starts at 8:00 am; waiver and helmet required.

All routes include maps, cue sheet and road markings, a food/water stop and limited sag support. The longer routes are moderately hilly and challenging for moderately fit cyclists. An after-ride pasta buffet at the Morgantown Brew Pub is available. (+\$7 + tax & tip)

**Saturday, May 8 ABRA NEW MARTINSVILLE ROAD RACE** APRRS #2 www.abraracing.com

**Saturday, May 8-9 TOSRV** from **Columbus, Ohio** 200 miles weekend, \$57 www.tosrv.org

**CRC Saturday, May 15 11:00 3<sup>rd</sup> Annual J. CECIL JARVIS MEMORIAL BIKE RIDE**  
from north **Buckhannon** Riverfront Park (From north or west on US 33, pass the WV 20 exit to the next exit east for Morton Street. Go south a few blocks on Fifth Street to the park. This is Strawberry Festival time in Buckhannon and we will suitably recognize that after the ride. free, public is invited.

**Saturday, May 15 WV MBA SHINGLE TREE SHUFFLE** from **Elkins** fun ride www.wvmba.com

**Saturday, May 15** from **Wheeling** (Warwood City Park) 5-100 miles \$35/40 www.ridingforareason.org

**Sunday, May 16 PEDAL PITTSBURGH** from Station Square 6-60 miles \$25/30 www.pedalpittsburgh.org

**Sunday, May 16 ABRA IUP ROAD RACE** from Indiana, PA APRRS #3 www.abra.com

**Saturday, May 22 (new date) JACKSON COUNTY CASA CLASSIC** from **Ripley** elementary school  
20/40/60 mile options, \$30 inc. t-shirt, map, snacks, meal www.casa5wv.org

**Saturday, May 29 ABRA TOUR OF TUCKER COUNTY ROAD RACE** from **Thomas** Tucker Co. H.S.  
APRRS #4 www.abra.com

**Monday, May 17-21 is National Bike to Work Week, with Friday, May 21 as National Bike to Work Day**

### MEMORIAL DAY WEEKEND IN THE MOUNTAINS

**CRC Saturday, May 29-31** CRC members Mike and Kaye Smith of the Licking County (Ohio) Bicycle Club have organized a weekend of mountain bike rides in the Elkins/Canaan Valley area for the Memorial Day weekend. They will be staying in the area, tentatively at Blackwater Falls, to do the three scheduled rides below. You may have met Mike and Kaye at the Marietta River Rendezvous or the CRC September Century. They visit the Canaan Valley area often. The rides are all on mostly dirt, gravel or rail trails through some of our prettiest areas. We should have lots of flowers blooming, birds singing, water in the streams. Come and do one, two or all three. (See our ride schedule)

**Saturday, May 29 10:00 Shavers Fork Loop** 44 miles from Allegheny Highlands trailhead, US 219 north of Elkins. **Sunday, May 30 10:00 Canaan Loop** 26 miles from Blackwater Falls concession stand. **Monday, May 31 10:00 West Fork Trail** about 36 miles from Gladys trailhead east of Elkins.

This newsletter with color photos is on [crcvclists.org](http://crcvclists.org).. last names deleted

## MORE REGIONAL EVENTS

(see previous newsletter for main listing)

### League of American Bicyclists NATIONAL RALLY

**June 3-6** Albuquerque, NM Registration \$165 (\$20 late fee after May 20th) includes rides on Thursday and Friday, Thursday night welcome reception, Friday lunch for riders, Saturday night banquet, the Albuquerque Century on Saturday, Sunday morning rides and a rally T-shirt. <https://www.bikeleague.org/cogs/rally/signup>.

**RACE ACROSS AMERICA** returns to West Virginia along their usual US 50 route in June, passing through Bridgeport between **June 16-20**.

**24 Hours of Big Bear (June)** cancelled by GrannyGear

### GARRETT COUNTY GRAN FONDO - Beta Edition \$40

**June 26-27** Wisp - Deep Creek Lake, MD three supported options Sat., a 24 mile "Brag Ride" Sunday. **The "Diabolical Double"** - the feature event of the Garrett County Gran Fondo is a true extreme epic. At 125 miles and 15,500 feet of climbing, it is an all-day, extreme challenge for even the most fit rider. Included in Rapha Continental's 2009 tour of the Top 25 Epic Rides in North America, the Diabolical Double is destined to become a true North American cycling classic.

**The "Savage Century"** - at 102 miles and 11,000 feet of climbing, this is very challenging in its own right. The Savage Century shares the first 59 miles and final 15 miles of the Diabolical Double route.

**The "Fabulous Fifty"** - a 50 mile route.

[www.winthefight.org/granfondo/index-htm](http://www.winthefight.org/granfondo/index-htm)

### SCENIC MOUNTAIN TRIATHLON Richwood

**July 11** no details

### CYCLING THE ERIE CANAL New York

**July 11-18** 400 mile tour [ptny.org/canaltour](http://ptny.org/canaltour)

### CHEAT MOUNTAIN CHALLENGE Snowshoe

**August 13** no details

### WESTERN MARYLAND WHEELMEN CHARITY RIDE

**August 28** Cumberland, MD Come escape the heat in the beautiful mountains of Western Maryland. Join us at the historic C&O Canal terminus, Canal Place, in quaint, Victorian Cumberland, Maryland. Enjoy the rolling 25 miler, the mildly hilly 37 miler or challenge yourself with the stunning metric or, new for this year, the full century. Biking in the Western Maryland area is the Mid-Atlantic's best-kept secret! 27/37miles \$25/32 aft.8/21 64/100miles \$30/37 aft.8/21 [wmwonline.org](http://wmwonline.org)

### HANCOCK HORIZONTAL HUNDRED Findlay, OH

**Sept.12** \$23/28,-\$5online 36/67/100m [hancockhandlebars.org](http://hancockhandlebars.org)

### SEAGULL CENTURY Salisbury, MD

**October 9** [hancockhandlebars.org](http://hancockhandlebars.org)



Sad sacks Betsy and Gunnar on Caperton Trail, Morgantown

A 2.5 mile section of the Caperton Trail is closed from Hazel Ruby McQuain Riverfront Park north to 84 Lumber in Star City until about July 31, 2010 while the Morgantown Utility Board works on a water and sewer infrastructure project.

**OFFICERS MET** April 6 in Clarksburg for the usual reporting and planning session. Secretary Foster indicated a current membership of 105. Treasurer Foster indicated a balance of \$1,466.68. A review of spring events and further plans were developed. (Most of these activities are included in this newsletter) Donation of \$50 to Cheat Mountain Fest was approved. Sponsorship/support for a third annual J. Cecil Jarvis Memorial Ride was approved. Members are welcome to attend any officers' meeting. Contact any officer.

**MEMBERSHIP** currently totals 112, including 35 from Harrison and 32 from Monongalia Counties.

### Welcome our new members:

Steve , family - Salem  
Gunnar & Betsy - Morgantown  
Shawn & Walter - Clarksburg,  
Peter Young - , PA

### SPECIAL THANKS TO FAT TIRE CYCLE'S

Gene and Sarah Wells in Buckhannon for their support with another \$50 membership donation.

### COUNTRY ROADS CYCLISTS ON THE WEB

CRCyclists archives are on a Yahoo group site accessed by either your Yahoo ID and password

for many more links, photos and extensive files.





Moss flows down a rock cut on West Fork River Trail north of the new bridge on West Fork River Trail north of Shinnston

The small creek washed out the culverts under the Ralph LaRue West Fork River Rail-Trail at least twice, so this time Marion County Parks and Recreation built a bridge and the rail-trail is again open from south Fairmont to Shinnston. Most of this rail-trail, in Marion County, has been paved. The bridge is located about two miles north of Shinnston in the gravel section in Harrison Count.

**TWO BIG RACING EVENTS** occurred in our area in early April.

**The Morgantown Road Race**, presented by J. R. Petsko's Appalachian Bicycle Racing Association attracted about 245 participants to Mt. Morris and southwestern Pennsylvania for a great day of racing on April 3rd. Then, the next weekend, thanks to the efforts of Ryan Post and the WVU Cycling Team and local sponsors, downtown Clarksburg was the scene of an **Atlantic Collegiate Cycling Conference meet** criterium on Saturday and southern Harrison County saw a road race the next day. No, the "home team" didn't win; it is the mountain biking championships they have won ten years in a row, but they all put on a good show on another beautiful day for cycling. Thanks to both of them and all who came out to help, including several other Country Roads Cyclists.



Betsy Shogren 2<sup>nd</sup> at Morgantown Road Race



Portsmouth, Ohio floodwall mural honoring TOSRV cyclists



May is National Bike Month, sponsored by the League of American Bicyclists, and now is the time to encourage your friends, family and co-workers to bike to work, school and for errands. Bike to Work Week is May 17-21 and Bike to Work day is Friday, the 21st.



# BICYCLING in the MORGANTOWN AREA

2010

**COUNTRY ROADS CYCLISTS** is the formally organized club serving the interests of bicyclists in north-central West Virginia. We promote the fun of bicycling through group rides, social events, cycling advocacy, dissemination of safety and skills information and good news about area riding opportunities. The APPALACHIAN SPRING SPECTACULAR is the largest of several public cycling events we sponsor.

We welcome adult cyclists and their families, road riders and mountain bikers, beginners, old pros, casual or ambitious, for congenial bicycling activities including picnics, parties and rides ranging from ten to 100 miles and multi-day tours on road and rail-trails throughout the region. Scheduled rides start in early March and extend through October. We belong to the League of American Bicyclists, the International Mountain Bike Association and several rail-trail advocacy groups. Members receive our newsletter, published about five times a year, featuring our ride schedule as well as Club and area news. A Club e-mail forum has breaking news and spontaneous activities. Check out our Club web site, <http://www.crcyclists.org> JOIN US TODAY!

**The MONONGALIA BICYCLE CLUB** is the informally organized Morgantown club which operates through word of mouth among friends and e-mail exchanges on their Google group web site. In addition to regular Sunday morning rides from the County Courthouse in downtown Morgantown, they have frequent road, rail-trail and mountain bike rides almost anytime two or more agree on-line to get together for camaraderie, riding and mellow post-ride reflections. Some ride long and hard, others take it easy, but all are pleased to slow down to ride awhile with newcomers. JOIN at: <http://groups.google.com/group/monbikeclub>

**MON RIVER TRAILS CONSERVANCY** was organized in 1991 to obtain and develop the 51 mile, three county rail-trail system that is now enjoyed by so many cyclists, walkers, runners, and others extending across Monongalia County, south into Marion County and east into Preston County. For further information, maps, membership and meetings, see: <http://www.montrails.org>

**POSITIVE SPIN** began in 2005 with the purpose of inspiring the Morgantown community to develop transportation that respects its natural environment without sacrificing mobility. Almost immediately, Hurricane Katrina gave them a wider vision and they collected, repaired and delivered more than 200 bikes to the Gulf area, even as they fixed and distributed another 50 Christmas bikes to Morgantown area charities. Positive Spin continues to promote cycling facilities and opportunities for youth and adults. See: <http://www.positivespin.org>

**WVU CYCLING CLUB** sponsors a student team that competes in the Atlantic Coast Collegiate Cycling Conference, winning the mountain biking championship ten consecutive years while vigorously contending for road titles. The Club is organized and run by students and includes racers, friends and fans. see: <http://www.wvucycling.com>, or attend a regular meeting every Wednesday at 7:30 p.m. in the Mountainlair.

**The Racing Scene** includes a program of road and cyclocross racing presented by the Appalachian Bicycle Racing Association, whose schedule is at: <http://www.ABRAracing.com> Morgantown Multisport is a club for triathletes. See: <http://www.morgantownmultisport.com> Also, the Henry Clay 30k mt. bike race at Coopers Rock and the MedExpress Mountaineer Triathlon are in August this year. see: <http://www.iplayoutside.com>

## FAMOUS BICYCLE SHOPS in downtown Morgantown

**Pathfinder** 235 High Street, next to the Courthouse 304 296-0099 <http://www.pathfinderwv.com>

**Wamsley Cycles** 709 Beechurst Avenue, in Seneca Center 304 296-2447 <http://www.wamsleycycles.com>

**MORGANTOWN MUNICIPAL BIKE BOARD** was established by the City Council in 2006 as an advisory committee reporting to the Traffic Commission. It meets the first Thursday of each month at 6:30 p.m. in the Public Safety Building Conference Room at 300 Spruce Street and it is the City's bicycle advocacy group.. See their web site for members, bicycling laws, minutes and other results of Board activities:

<http://www.morgantown.com/bike-board.htm> Also under development: <http://www.BikeMorgantown.com>

for maps, rides, events, and the schedule of **Morgantown's Confident City Cycling program** adapted from the League of American Bicyclists' Smart Cycling, designed to get you and your bike ready for riding anywhere, anytime for any reason.