

# ...SPOKIN' WORDS...

## COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

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WINTER - JANUARY 2008 #1  
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Sandy and the Llama



Dinner at the Depot Grill with Sandy, Jim, Laurel, Al, Fern, Don & Jeanette

Country Roads Cyclists' Mountain Gramma Week in Virginia was a fine fall frolic as nine cyclists met to ride, chat and eat. The rides were short enough to leave plenty of time for relaxing, long enough to get hungry. Roads and weather were good, the scenery and the company were even better. We hope more of you will join us next time.

### THE EARLY CALENDAR OF EVENTS

Watch for further details in our next newsletter in late February.

**Pizza Pigout: Saturday, March 1**, 5:30 p.m. at Collesano's in Fairmont

**Spring Pizza Party: Saturday, March 29**, 5:00 p.m. at Katz-Williams home in Morgantown, same as 2007.

**Appalachian Spring Spectacular: Sunday May 4**, from downtown Morgantown, same as last year.

**Rowlesburg Mountain Roads Bicycle Touring Festival: Sunday, August 31**

**September Century: Sunday, September 21**

### COUNTRY ROADS CYCLISTS' OFFICERS RE-ELECTED AT ANNUAL MEETING

President Kelly Williams, Vice-president/Road Captain Laurel Klein and Secretary-Treasurer Bill Foster were re-elected for the year 2008 at the annual meeting of Country Roads Cyclists, November 3 at Panera Breads in Clarksburg. The secretary announced a total of 156 members for 2007 and the treasurer reported a balance of \$1,315. The road captain outlined several touring options for further discussion and president Williams indicated he planned to re-offer a revised C&O/GAP tour in the spring (tba). Attending were: Mike & Betsy, Mark, Carl & Connie, Bill & Gany Ly, Laurel, Ray & Susan, Jim & Sandy, and Kelly & Gerry. The full report is posted in our archives at: [crcyclists@yahoogroups.com](mailto:crcyclists@yahoogroups.com).

### WE HAVE A NEW e-MAIL ADDRESS

To send e-mail to the group of 80± CRC subscribers use this e-address: [crc-mail@crcyclists.org](mailto:crc-mail@crcyclists.org). Only those who include their email address on the membership form are included in this mailing list. If you wish to be added to or removed from the list contact: [mike@EpicRoadTrips.us](mailto:mike@EpicRoadTrips.us). The Yahoo group mailing list was discontinued because of problems with SPAM. -Mike B, List owner

### THE MARCH - APRIL RIDE SCHEDULE

While this winter issue is long delayed, the regular March-April issue with our first ride schedule will still be out in about two weeks - late February, with the usual ride schedule and rides starting on March 1. All 2007 members as well as any paid 2008 members will receive it. The usual membership form for 2008 is enclosed with this newsletter. We hope you're still riding with us.

## EFFECTIVE CYCLING

CRC member Frank Gmeindl has been offering the League of American Bicyclists' Effective Cycling, Road I course on three successive Saturdays in Morgantown. "This Saturday, Feb.23, begins another Road I Effective Cycling class. If you want to learn to ride the roads without fear, increase the respect you get from motorists and reduce your chances of crashing, as well as other fun things like bike maintenance, nutrition, how to dress for the weather, and of course, how to climb hills, send me an e-mail or call me at 304-376-0446. For more information, see the file, Road\_I\_description\_v3.doc in the Files section of the monbikeclub yahoo group. Bring your friends. See who can ride the straightest line while looking back, make the tightest turn at speed or stop in the shortest distance." Frank

## KIM'S BENCH

A bench and plaque commemorating Kim Dickerson have been located in a pleasant grassy area along the Caperton rail-trail just north of the bridge over Deckers Creek in Morgantown. Check it out.

## COUNTRY ROADS CYCLISTS JERSEYS

There was insufficient interest in getting more Club jerseys to pursue another order at this time. Let a Club officer know if you would be interested in one at some time in the future when the demand is greater.

## MORGANTOWN FRIEND OF BICYCLING

Dan was presented the 2007 Morgantown Friend of Bicycling Award in a ceremony at the Black Bear on December 13. A few MBC e-mail excerpts help indicate Dan's value to the cycling scene in our area.

12-15-07 My travels this morning took me through Sabraton, and I was thrilled to see the efforts to get a guardrail (along route 7 above the Deckers Creek Rail-trail) from the beer distributor to the Dominion Post building paid off. I talked to the DOH and the Dominion Post, who ran an article after there were 2 cases of vehicles crashing down the bank onto the trail. The DOH said they would do a study, but I had kinda lost hope. It was great to (find) it being built today. Dan

all winter MonBikeClub Weekly reminder from Dan Sunday mtb rides leave from the Ridgeview business park off Bakers Ridge Road near the Pt. Marion/119 North road. Meet at 12:45 for a 1PM start. This is a no drop/fun ride: all ages and abilities welcome. Rides usually last 1.5-2.5 hours, but shorter and longer options are possible. We're usually not far from the cars. Directions: From Suncrest area take Van Voorhis road to the top of the second hill, go right on Bakers Ridge road about 4 miles, to the business park on the right. Park near the WVU research building. It is exposed,

windy and quite cold where we meet, and people grump when we wait, so the ride will leave at 1 PM sharp.

1-13-08 We had a near record 15 bikes today with a bonus feature I'll reveal later. After about 2 hours we somehow ventured into some bulldozer tracks, which led us to a mud abyss of dismal proportions. The good news was it led to LADIES MUD WRESTLING as they fell into each other. That was enough excitement for me and I headed home to take an Alka Seltzer. Most of the rest went on to try the new grouse trail on which Mark R. and I have been working.

## DAN'S WARM WINTER RIDING TIPS

After 14 years of winter riding, I have some suggestions for keeping warm. Most people have trouble with their feet, so I'll start there. Winter shoes-Lake, Sidi, Gaerne, and Answer, among others, make winter boots. These can be an elegant solution if you have narrow to normal width feet and they fit you. Either shoes or boots must fit loosely. Packing socks in a snug shoe guarantees cold feet. So, if your summer shoes fit OK, not snugly, I suggest you buy winter shoes or boots one full size larger. If your summer shoes fit snugly, buy winter shoes 1½ sizes larger. I use shoes one size larger, allowing for a pair of liner socks, a pair of wool socks, and a pair of Gore-tex oversocks inside the shoe. This is good for me down to 25°F on the mtb. For those with truly cold feet, you can use a bootie on the outside of your shoe for the ultimate warm feet. Also, you can use chemical packs inside the shoe. Note that the foot version is different than the hand version.

Hands are my weakness and therefore my specialty. Four-finger gloves, once again must be loose fitting so they don't constrict circulation. This allows room for a pair of liner gloves. For extreme conditions, I use a Gore-tex "overglove" that is 4 fingers and goes over the others. That's why I don't suggest lobster type gloves - overgloves don't work with them. My overgloves are made by Outdoor Research.

My head/ears are the easiest to keep warm, and a balaclava does well.

For the core/torso, I prefer bib shorts, then bib tights, a long sleeve undershirt, followed by a short or long sleeve jersey, then a lightweight jacket. I prefer 3 to 5 thin layers to a heavy, rainproof outer jacket, as lightweight layers can be removed/stored easily to correct for overdressing.

The riding you do impacts the cold sensation also. Mountain biking is the warmest - low speeds, and trees block the wind. Next is a cross/touring bike with way fat/slow tires, riding gravel back roads and keeping your speed down. Road biking with skinny tires and fast descents gives the hardest cold to block.

## REPORTS

### PROSPERITY CENTURY August 19 Morgantown

Eleven MBC cyclists did all or most of this CRC ride from the Morgantown Courthouse at 8:00 a.m., led by Jack . CRC members included Jack, Dan , Frank I and Kelly . The road to Prosperity (Pa.) was newly paved (18) and in spite of a shower, a good time was had by all. One of the returning groups had to share the road with a lot of bull (about 3,000# according to Frank, who said, "I've done this delightful ride a few times now and I think today's was the best. We got sprinkled on a little but the temperature was comfortable, the scenery was lush and the pace was laid back and conducive to socializing."

#### and the rest of the story:

**Jack's Solstice Century**, an informal MBC rerun organized by Jack brought out seven (5 CRC members) on December 21 (a Friday)

### MOUNTAIN ROADS BICYCLE TOURING FESTIVAL

**September 2, Rowlesburg** The weather was better, but the mountains were just the same as 27 cyclists came for the congenial riding and the Rowlesburg Festival. Club members included: Don & Jeanette , Don , Carl & Connie , Terry , Frank , Butch , Kathy & Bruce , Laurel , Greg , Gregg , Marilyn , Dave , Dave , James & Sandy , with Bill doing the sag/snack stop. Tim Weaver says 2008 will be Rowlesburg's 150<sup>th</sup> anniversary, so he'd like to see everyone come for a bigger party.

### WEST VIRGINIA STATE ROAD RACE September 2

The same day as we had our Rowlesburg event, USCF racers came to nearby Kasson (near Philippi) for their state road racing championships. Here are a few of the 64 times and finishing places for the 56 mile route:

1 <sup>st</sup> cat.2	Gunnar Shogren	2:23:31
1 <sup>st</sup> cat.3	Jesse Stevens	2:23:34
2 <sup>nd</sup> cat.2	Geffrey Moy	2:26:22
1 <sup>st</sup> cat.4	Duncan Oliver	2:32:54
2 <sup>nd</sup> cat.4	Robert Loehr	2:35:10
3 <sup>rd</sup> cat.4	Morgan Miller	2:35:12
1 <sup>st</sup> mast.	Jon Boggs	2:39:31
1 <sup>st</sup> cat.2w	Elizabeth Shogren	2:39:37
1 <sup>st</sup> cat.4w	Rebecca Matthews	2:39:41
1 <sup>st</sup> cat.5	Thomas Wood	2:43:52
1 <sup>st</sup> cat.3w	Vickie Kostic	3:07:13

### Country Roads Cyclists' SEPTEMBER CENTURY

Twenty five cyclists, including 18 members and 7 guests, enjoyed warm, blue skies and quiet back roads on Country Roads Cyclists' September Century ride from Salem to New Martinsville and back Sunday,

September 23,. A snack stop was set up both ways at Shirley, too late to catch the fast groups, where Gatorade and water proved popular and cheese and cantaloupe quickly vanished. Barista's offered a variety of brunch items, including breakfast burritos, omelets and pancakes in New Martinsville. Barista's owner, John and a friend rode out to the junction of WV 18 and 180 to ride back with a few of our group before hosting us at his restaurant. Bill Foster drove sag and set up the snack stop.

We had ten cyclists from Monongalia County, eight from Harrison County, three from Marion County and two from Preston County, including Adam , Jack , Kean , Mark , Randy , Don , Ginger Delawder, Terry Feathers, Butch , Donald , Laurel , Mike , Rob , Marilyn , Dave , Ken , Donna , Charlie , Mike , Kaye , Todd , Bob , Kelly , John and Tim . Congratulations to Ginger and Kaye, who rode like vets on their first 100 mile day. New members Mike and Kaye from Newerk, Ohio agreed that this century, while in very different terrain from their home area, was surprisingly easy and very enjoyable.

**In an editorial** in the Clarksburg Exponent-Telegram on January 10, Matt Harvey suggested that rail trails are "A Bad Idea," while conceding that "The trails are popular in a few places. Morgantown seems to be a place where they've worked." His conclusion? "In the whole, rails to trails have been a pretty bad deal for government." (ED. COMMENT: Harrison County has had great difficulty trying to develop rail-trails, but his conclusion was too sweeping for the limited examples and misleading arguments he presented.)

## OFFICERS MET

Club officers conduct most of our business except for actions taken at our annual fall business meeting. Members are invited to submit ideas and proposals to any officer for consideration at our next meeting. Club officers meet about monthly to review correspondence, membership and financial data, activities past and planned, and other items of interest or obligation.

At our January 18 Clarksburg meeting the secretary/treasurer reported 156 paid members in 2007 and a balance of \$1,337.02. Dates were determined for several special events. It was agreed to strengthen support for the Effective Cycling program offered by Frank Gmeindl. Complete minutes are filed in our archives at: [groups.yahoo.com/sports/group/CRCyclists](http://groups.yahoo.com/sports/group/CRCyclists). You may go to Yahoo groups and use your own I.D. and password or "crcycler" and "archives".

## **WILD MONONGAHELA ACT INTRODUCED IN CONGRESS**

On January 23<sup>rd</sup>, members of West Virginia's Congressional delegation introduced the first piece of legislation to protect wilderness in the state in nearly 25 years, cosponsored by all three W.Va. representatives and both senators, at the urging of the West Virginia Wilderness Coalition. Since wilderness designation bans all bicycling use, their website, wvwild.org claims they consulted and compromised with the West Virginia mountain biking community, but indications are that this effort fell apart. At the same time as they made the announcement above, they made a plea for expansion of areas covered by the bill, and the next day the following e-mail was issued:

### **WV Wilderness Bill Takes Bicycle Advocates by Surprise**

January 24, 2008 From: "appalachianclassic" <appalachianclassic@yahoo.com>

The West Virginia Wilderness Bill that is slated to be introduced to both houses of the U.S. Congress next week was written without the knowledge or cooperation of the West Virginia Mountain Bike Association (WVMBA) or the International Mountain Bicycle Association (IMBA). The Senate and the House versions have both been written with identical language to put them on the fast track to passage by Congress.

If this bill passes it would close down over 50 miles of high quality backcountry trails to bicycles in the Monongahela National Forest and end special events like the Highland Sky 40 mile running race and the Odyssey Adrenaline Fix adventure race. All of these activities are important to tourism based economies in West Virginia counties like Tucker, Randolph and Pocahontas.

"All of the offices of the West Virginia delegation, both Senators and the three House members, had assured WVMBA and IMBA representatives that we would be 'at the table' when the specifics of boundaries and designations were negotiated and this did not happen", said WVMBA vice-president Matt Marcus.

"The Ridge and Valley Wilderness Act in Virginia was worked out in advance by mountain bike and Wilderness advocates and now enjoys a broad base of support by a variety of users. We have been using this as a model of what can happen when we have talked to the WV delegation but they apparently haven't heard that message yet."

WVMBA and IMBA did not receive the Wilderness maps until January 11th, 2008 while Wilderness advocates had knowledge of the designated areas as early as October or November, 2007. Bicycle advocates found out about the Wilderness Bill from a Charleston Gazette article dated January 20, 2008.

"We have visited all of the WV members of Congress every year for the last five years and have been willing to come to the table with Wilderness advocates to compromise but the WV Wilderness Coalition formulated their position in February, 2003 and have not been willing to compromise one word since they introduced it," said Marcus.

"The WV Wilderness Coalition has used deliberately misleading information and spin to convey the message that they have reached a compromise with the mountain bike community, but all we ever got was an ultimatum. People who are concerned about bicycling or special events in Dolly Sods North, Roaring Plains West and the Cranberry Expansion need to contact the WV members of Congress immediately. Thanks for your support!"

The following announcement has been posted on the homepage of WamsleyCycles.com, a former sponsor of the development of wilderness expansion legislation:

"It has come to our attention that a bill has been introduced in the US house and senate relating to the use of WV wilderness areas. Neither IMBA or WVMBA were contacted prior to the writing of this bill and supposedly several riding areas are in jeopardy of being closed. We do not endorse this bill and no longer endorse any political agenda. We do encourage our customers to voice their opinions to our WV representatives below:" (see website)

The wvwild.org site includes extensive mapping and discussion of proposed areas and the introduced bill. Wvmba.org will probably offer another viewpoint. Stay tuned.

## **BEST RAIL-TRAILS IN THE SOUTHEAST**

were chosen by "Blue Ridge Outdoors" including:

1. Greenbrier River Trail (W.Va.),
2. W & OD (Va.),
3. Silver Comet (Ga.),
4. Virginia Creeper (Va.)
5. Caperton/Gaston Creek (sic) Trails (W.Va.),
6. New River Trail (Va.) and
7. Blackwater River Trail (W.Va.)

## **THE 2008 STATE TRAILS CONFERENCE**

will be held March 18-20 in Oak Hill, presented by West Virginia State Trail Coordinator, William C. Robinson. Attendance is free but reservations are required. Rail-trails will be the featured topic this year. For further information, contact him at wrobinson@dot.state.wv.us.

## LOCAL BIKE ROUTE MAPS ON THE NET

CRC member Dave signed up with Bicycling magazine online last summer as one of 100 cyclists nationwide to ride, photograph and document a series of 20 "best" routes. They provided him with a GPS equipped cell phone which documents the route, mileage, climbing, and speed. He then submits this and some photographs and descriptions for the route. So far he has submitted 13 rides, so far mostly hidden away at [www.bicycling.com](http://www.bicycling.com) "blogs." Our Stonewall Jackson Lake loop was featured in a group of August favorites when they posted "state and national parks," sharing top billing with Glacier and Yosemite National Parks. The Highland Scenic Highway was one of ten featured fall foliage rides in October. Our fall Salem to New Martinsville century is listed as a "mid-Ohio valley century," and a Club Jacksons Mill loop is also posted. One of his other favorites is a tough loop in the upper Potomac valleys from Yokum's store in Seneca Rocks. He has also submitted our Rowlesburg Festival ride and the nearby loop of the 2007 state road race, both having serious sustained climbing. Upon completion of the program next July, Dave will be able to keep the equipment they provided. We get to share his reports.

You may access all of the rides through [www.bicycling.allsportgps.com/Data/MapSearch.aspx](http://www.bicycling.allsportgps.com/Data/MapSearch.aspx) then click on the map at West Virginia to bring up markers locating these and a few others, or go directly to any of them through [www.bicycling.allsportgps.com/Data/ActivityDisplay.aspx?tripid=](http://www.bicycling.allsportgps.com/Data/ActivityDisplay.aspx?tripid=) followed by one of these numbers:

29486	Stonewall Jackson State Park ride	32.27 mile loop from the dam. (Club ride)
72258	Cheat Mountain Race Course	73.32 mile loop from Huttonsville through Cass
81183	Clarksburg, WV Jacksons Mill Loop	57.65 mile loop from US 50 Marshville exit (Club ride)
86584	Mountain Momma Road Bike Challenge	98.30 mile loop from Monterey,VA
87442	Mountain State Fall Road Classic route	53.20 mile loop from Kasson -2007 state road race
87464	Clarksburg Escape (Brushy Fork)	30.54 miles out and back from Anmoore or Deegan Lake
95247	Rowlesburg Cycling Festival	76.78 mile loop from Rowlesburg (Club Event)
98940	Cass State Park	8.88 miles, 3871' of climbing to Snowshoe, the hard way
98941	Snowshoe Hill climb	6.09 mile climb to Snowshoe the main entrance
102281	Seneca Rocks, West Virginia	29.03 mile loop, a tough route south
109335	Salem, W.Va.- Mid-Ohio Valley Century	99.89 miles to New Martinsville and back (Club ride)
110514	Jane Lew W.Va.- Hackers Creek Valley	47.74 mile loop with Buckhannon Mt.
110900	Slatyfork - Highland Scenic Highway	47.31 miles to Cranberry Glades visitors center and back

Here are a few in our area by others which might be of interest: (no photos)

96447	Spruce Knob	11.63 mile 3219' climb to the top by iuk1985
110184	Road Biking from Deep Creek Lake	56.32 mile loop east thru Westernport, MD by rudy2wheels
114629	Road Biking from Morgantown	44.96 mile loop thru Mt.Morris & Opakiska by rudy2wheels
120680	WVU 2008 Road (Race) course	29.63 mile loop in Pennsylvania near Morgantown by ickus

Several other web sites have mapping opportunities which include area routes.

Easiest to access is [www.wvbike.org](http://www.wvbike.org) (linked from [crcyclists.org](http://crcyclists.org)) which features the following:

Blackwater Canyon Circle Loop, Canaan Loop road ride, Cass W.Va. - Bald Knob - Snowshoe Loop, Greenbrier River Trail, and West Fork Trail.

[mapmyride.com/route/united-states/wv/morgantown](http://mapmyride.com/route/united-states/wv/morgantown) offers 37 routes for that area, including:

Hill Route 1 offering a figure eight up in Pa. from Mt. Morris through Kirby for	66.56 miles by rudycat2
Morgantown - Jumonville (east of Uniontown,Pa.)	87.46 mile loop by chiron
Mud Pike / Ohiopyle (skims past edge of the park)	49.74 mile loop by chiron
Cheat Canyon Ride (rather rugged) from Cheat Lake exit I-68 for a	30.56 mile loop by davesp

Their system makes it more difficult to find other rides around the state.

**bikely.com** offers a few, including Motown to Connellsville in 51.1 km by nickhein  
and CRC Ice Cream Ride (Marshville Exit US 50 to West Milford and back) 37.4 miles by TrekDen

# League of American Bicyclists Road I Course

## Course Description

In the Road I course, participants learn to ride safely and confidently in all traffic and environmental situations. Participants learn principles in a classroom and practice skills in a parking lot and on the road. The Road I course is recommended for adults and children above age 14. Instructors are certified and insured by the League of American Bicyclists.

## Session Topics

**Session #1:** Fundamental principles of Effective Cycling; bicycle anatomy; bicycle selection; proper bicycle fit; operation and maintenance of gears, brakes, wheels, etc.; fixing a flat; effective cycling clothing; bike handling skills to avoid crashes.

**Session #2:** Traffic law; how to ride safely in all kinds of traffic and on all kinds of roads.

**Session #3:** Crash types and how to avoid them; training; nutrition; riding in groups; road test; written test.

## Attendance

The Road I course is delivered in 3 sequential sessions. A session is delivered every Saturday 8:30-11:30 AM in the Training Room in the Morgantown Public Safety Center at the corner of Spruce and Walnut Streets. To complete the entire course, you must complete all three sessions. You should plan to take the sessions in sequence as each session builds on previous sessions.

## Schedule

Saturday 8:30-11:30 AM	Session Number		
	1	2	3
23-Feb-2008	X		
01-Mar-2008		X	
08-Mar-2008			X
15-Mar-2008	X		
22-Mar-2008		X	
29-Mar-2008			X

## Location

Session #1:  
WVU Services Center (Prete Bldg.)  
3040 University Avenue (Star City)  
2<sup>nd</sup> floor training room

Sessions #2 and #3:  
Morgantown Public Safety Center  
Corner of Spruce and Walnut Streets  
Training Room

## Cost

Total cost for the whole 3-session course including a text book is \$40. Each session costs \$10. The text book costs \$10.

## Instructor(s)

Frank Gmeindl, League Cycling Instructor #1703  
Additional LCIs may be employed for large classes.

## What you need to bring

- Bicycle
- Helmet
- Cycling clothes appropriate for the prevailing weather
- Clothing comfortable for sitting in a classroom for a couple hours
- Notebook and pen or pencil