

SPOKIN' WORDS

COUNTRY ROADS CYCLISTS

NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

www.crcyclists.org

MARCH - APRIL 2006

#1

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EARLY SPRING FEATURES SOME GREAT RIDES

Quite a few of us have been getting out for some winter cycling ahead of schedule. Now we can make plans for some great Club riding. If your bikes have been resting, its time to wake them up. Our new President, Kelly Williams is introducing two new Feature Events for each schedule, and here are the first two:

FEATURED RIDE OF THE NEWSLETTER

Saturday, April 15 Connellsville to Ohiopyle, PA
Join us at Connellsville for a delightful rail-trail ride along the Youghiogheny River to Ohiopyle State Park. The Youghiogheny Trail is part of the Great Allegheny Passage, a 100-mile rail-trail running from Meyersdale to McKeesport, with plans to connect eastward to the C&O Canal Towpath in Cumberland, MD and westward into Pittsburgh. This should be a great time for a biking adventure with spring flowers, cycling families, and raging waters, rafters and kayakers enlivening the Yock,

BIKE 'N EAT RIDE

Saturday, April 1 Black Bear restaurant, Morgantown
After our Mon Trail ride to Pricketts Fort and back, we will refuel at the Black Bear, a quiet, quaint place, serving stuffed tortilla wraps - and boy, are they stuffed! - both traditional Mexican/southwestern and other ethnic cuisines, such as Greek, Cajun, and Thai. Portions are generous, but you will have worked up an appetite, so finishing off their "Jim's Gym" wrap (my favorite) or their "Thai one on" wrap won't be hard. It is one of my favorite spots in Morgantown, with healthy brown rice and fresh veggies. Even if you can't make the ride, join us at the Black Bear at about 1:00 p.m.

RAIL-TRAIL RIDING Five rides in this schedule give you the opportunity to sample the range of rail-trails in our region: Mon Trail on March 4 (20 miles) and April 1 (38 miles), Deckers Creek on March 25 (32 miles), the Allegheny Highlands Trail / Blackwater Canyon on April 8 (30 miles) and the Yock Trail on April 15 (34 miles).

THE APPALACHIAN SPRING SPECTACULAR will be Sunday, May 7, starting from Morgantown's Wharf parking garage at 9:00 a.m. Choose a road rides of 25, 45 or 60 miles into Pennsylvania and back along familiar routes, with a pizza feast on the deck of the West Virginia Brewing Company, all included plus snacks, maps, and sag for a fee of \$10. We had 86 out for the Event of the Spring last year, and we hope to see you there this time.



Left-right, Gary, Dave, Ryan, Laurel, Jack, Ray, Scott, Mike, Mary & Gregg, Ken, photo: Bill

REGIONAL EVENTS

NATIONAL BIKE SUMMIT LAB
March 1-3 Wash,D.C. \$450
bikeleague.org

TOUR de GEORGIA UCI state race
April 18-23 Augusta-Alpharetta
Tourdegeorgia.com

CYCLE N C SPRING RETREAT
April 21-23 Asheboro,NC \$5mail-in fee
+\$70/85after3-27 mapped touring routes
cyclenorthcarolina.org

PA STATE POLICE METRIC CENTURY
April 29 Hershey,PA \$20/25 after 4-1
psmetriccentury.com

3 STATE 3 MOUNTAIN CHALLENGE
May 6 Chattanooga,TN \$40/45after 4-24
Chattbike.com 25/62/100m

**BIKE NEW YORK the Great Five Boro
Bike Tour** May 7 \$40/45 after 4-21
Bikenewyork.org 42m

TOSRV Columbus,OH
May 13-14 \$47/57after 3-15 200m
Tosrv.org

ALA GREENBRIER TRAIL BIKE TREK
May 19-21 fundraiser
mrsnv.com/evt/home.jsp?id=905

CYCLING DOUBLEHEADER both\$65/90
Wilderness Road Ride \$20/30after5-15
May 27 Blacksburg,VA 14/29/57/78m
Mountains of Misery \$55/80after5-15
May 28 Newport,VA 100/125m
cyclingdoubleheader.com

MEMORIAL DAY FREERIDE FESTIVAL
May 26-28 Snowshoe,WV no details
snowshoemtm.com

TOUR of the HOCKING Athens,OH
May 28-29 \$32 60/50 miles, camping
athensbicycleclub.org

MARIETTA RIVER RENDEZVOUS
June 3-4 Marietta,OH \$52 +dorm \$20
Check with Laurel for details & app.

ACE BIG CANYON OFF-ROAD TRI.
June 4 Thurmond X-TERRA series
acecraft.com s1.5m, r7-8m, mt.b11m

24 HOURS OF BIG BEAR mt.bike race
June 10-11 grannygear.com
mrsnv.com/evt/home.jsp?id=589

OFFICERS' MEETINGS

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

At our January 28th meeting, officers also decided to continue our membership and support for the League of American Bicyclists (and continue our insurance policy with ASIS through LAB), the International Mountain Biking Association (IMBA) and the Mon River Trails Conservancy (MRTC). Several political issues were discussed and it was agreed to send a letter from the Club requesting the Monongahela National Forest Superintendent to revisit several issues in the draft Environmental Impact Statement regarding Allegheny Wood Products request to use the Blackwater Canyon rail-trail access for logging operations.

At our meeting on February 21, officers also reviewed progress of the Appalachian Spring Spectacular committee and the distribution of our new Club jerseys. Our next officers' meeting is scheduled for April 1 at Panera Bread in Clarksburg.

TREASURER'S REPORT YEAR 2005

BB&T balance	12-31-04	\$958.18	
Check #413 uncashed		- 1.66	
Balance accrued	1-1-05	\$956.52	
Dues: ind.	58@\$10.00 =	580.00	
family	43 @\$12.50 =	537.0	
	144	\$1,117.50	
Donation		5.00	
App.Spring Spect.	85@10+\$5=	855.00	
INCOME		\$1,977.50 = + \$1,977.50	
App. Spring Spectacular	662.51 =	=	=
Party, picnic, Sept. Century	93.08		
W.Va. corp. license	25.00		
Memberships: LAB,IMBA,MRTC	145.00		
Insurance - ASIS	132 @1.65	217.80	
Donation: MRTC		150.00	
Sec. exp. Printing		296.00	
Postage		219.20	
P.O. box		38.00	
Website donated		00.00	
EXPENSES		\$1,846.59 = - \$1,846.59	
Balance accrued		\$1,087.43	(+130.91 for year)
Ck.#449,450 uncashed		10.62	
BB&T balance	12-31-05	\$1,098.05	

DUES ARE DUE, DUDES

Members already paid up for 2006 have the 2005 membership list with this newsletter, thank you. If you got a waiver in this newsletter instead, please return it with your 2006 dues. We want you back.

WELCOME OUR NEW MEMBERS FOR 2006;

ADAM & AMANDA	Clarksburg	We have 81 paid members for
NELSON	Lost Creek	2006 (20 individual, 26 families).
JACKIE	Volga	In 2005 we reached a total of
RANDY	Clarksburg	144 (58 individuals, 43 families)
SHAWN	Fairmont	

JERSEYS HAVE BEEN DELIVERED to 28 purchasers. Watch for them on rides.



Some members have also ordered matching shorts. If there is sufficient interest this spring - let us know - we may be able to order more jerseys and/or shorts.

WEST VIRGINIA MOUNTAIN BIKE ASSOCIATION 2006 SCHEDULE
xc racing except as noted, varying distances, classes, times, etc.

- Apr. 23 **CHALLENGE AT MOUNTWOOD #1** (740) 350-2206
Apr. 30 **BIG BEAR LAKE BIKE CLASSIC #2** (304) 594-3484
May 7 **HENRY CLAY 30K** at Coopers Rock, #3 (304) 599-9513
May 14 **HANCOCK 100** at Tomlinson Run S.P. #4 (304) 564-5575
May 21 **TOUR de LAKE** at Charles Fork Lake, Spencer #5 (304) 532-0591
May 28 **RACE THE TRACE** at Little Creek Park, S.Chas. #6 (304) 989-7339
June 4 **REVENGE OF THE RATTLESNAKE** at Davis (304) 259-5286
Jun 17-18 **APPALACHIAN CLASSIC** at Calhoun Co. Park #7 (304) 354-6588
July 30 **LITTLE BEAVER CHAIRING CHALLENGE** Beckley #8 (304) 253-5202
Aug. 6 **RACE TO THE HILLS** McArthur, Ohio #9 (740) 594-9944
Aug 12 **WILD 100 BACKCOUNTRY RACE** Slatyfork (304) 572-3771
Aug.26-27 **ACE NEW RIVER BIKE FEST** Oak Hill #10 (304) 469-2651ext.152
Sept. 3 **SHENANDOAH MOUNTAIN 100 xxc** Harrisonburg, VA (540) 434-2087
Sept. 16 **CHEAT MOUNTAIN 100K** backcountry race, Daily (304) 288-0512
Sept. 24 **BLACK BEAR RACE** Kanawha S. F., Charleston #11 (304) 545-3983
S.30-Oct.1 **THE DIRT DERBY** Barboursville, #12 Championship (304) 743-9510
Oct. 7 **TOUR de LILLY Canaan Valley ride, not race** (304) 259-5286
Note: There will be no White Oak Challenge this year. We hope it returns soon.

IMBA RATING FOR WEST VIRGINIA DROPS TO A-

Virginia got the only "A" grade on the International Mountain Bicycling Association 2005 report card, while West Virginia, top-rated in 2004, was lowered to "A-," mainly due to concerns for possible wilderness designations removing prime mountain biking lands. A petition last year asking "West Virginia's elected delegates to keep mountain biking permissible in areas recently announced by the Forest Service as possible future Wilderness Areas" gathered over 1,000 signatures, about half from West Virginians, on a website publicized by the WVMBMA.

OUR 2005 SEPTEMBER CENTURY

Almost perfect weather (there were some headwinds on the return) was well received by the two dozen cyclists participating in Country Roads Cyclists' annual September Century ride from Salem to Sistersville and back on Sunday the 25th. The peleton included JACK, guests Jim C & Jim Z from Weirton, DAVE, CARL & CONNIE (1/2 century), guests Terry from Newburg, Donnie, Sage & Bob from Fairmont, ex-member Aaron & Rich from Leesburg, Va., WALTER, LAUREL, GREGG, KEVIN, MARILYN, LARRY, KEN, new member JACE from Elizabeth, Pa., and KELLY. Meeting along the way were JIM & SANDY and GARY. BILL & ex-member Ly offered sag and snack stop support. Our Prosperity Century on August 14 had 16 participants.

THE BIG SAVAGE TUNNEL on the GREAT ALLEGHENY PASSAGE

Is scheduled to open in April, but the bridge rebuilding project east of Meyersdale will still require a road detour. Also, the first eight miles of the route in Maryland is open almost to Frostburg, where it is easy to take MD 36 down into Cumberland. For Great Allegheny Passage information and maps, go to atatrail.org

The **West Virginia 2006 Official State Travel Guide** is in visitor's centers, with at least 18 (most small) pictures of bicycles in its 225+ pages. Useful information is scarce: the State Parks info matrix omits any reference to cycling, the Mountaineer Country section Outdoor Adventure & Recreation and State Parks, etc. listings only indicate biking for the Caperton Trail and Valley Falls, NOT under Coopers Rock, Deckers Creek Trail or Watters Smith Memorial or Pricketts Fort State Parks.

PARTY WITH THE PREZ - SEE RIDE SCHEDULE
SATURDAY, MARCH 25 - 5:30 P.M.
PIZZA, SALAD & SODA PROVIDED

NATIONAL 24 HOUR CHALLENGE

June 17-18 Middleville, MI road
n24hc.org \$65/80after4-30,100after5-31

GREAT OHIO BICYCLE ADVENTURE

June 17-24 Xenia, OH tour \$170 to 5-17
goba.com

YOCKATOMAC TREK D.C. to Pittsbgh.

June 17-25 \$800-900? Shared costs
C&O towpath and Great Allegheny Pass.
yockatomac.org/index.htm

FOX VALLEY TOUR

June 18-22 \$428 62mpd av.
Wisconsinbicycletours.com/foxvalley.php

MATES06 \$290/tandemteam to 6-3

June 23-25 Warrenton, VA
easterntandemrally.org

SNOWSHOE MT. BIKE RACE SERIES

June 23-26, July 21-23, Aug.18-20,
Sept.8-10 Mayhem on the Mt. -finale
snowshoemtn.com

FAMILY BICYCLE TOUR de ELKINS

June 23-28 \$190/150 second adult,
\$75 first child, others free (YMCA)
bicyclewestvirginia.com/routes.html

BIKE VIRGINIA TOUR de LOVE

June 23-28 South Hill (s.e. of Richmond)
bikevirginia.org

MedExp. MOUNTAINEER TRIATHLON

June 25 Morgantown half-marathon
and Olympic swim/bike/run fees vary
mountaineertri.com

BICYCLE TOUR OF COLORADO

June 25-July 1 \$330+ 460miles
bicycletourcolorado.com

SCENIC MOUNTAIN TRIATHLON

July 9 Richwood \$55/65 raceday
richwoodwv.com/triathlon.asp

CAM Weekend Emmitsburg, MD rally

July 13-16 onelesscar.org

BON TON ROULET Finger Lakes tour

July 23-29 Auburn, NY \$475/500after6-15
bontonroulet.com

W.VA. COUNTRY ROADS MS150

Sept. 9-10 \$30 +\$200pledges road or
rail-trail from North Bend S.P. national
mssociety.org/wvt/event/default.asp?g=6

SNOWSHOE CENTURY RIDE

Sept. 16-17 snowshoemtn.com

CRC SEPTEMBER CENTURY

Sept. 17 or 24 Salem to Sistersville

Nick Hein is a new club member, having moved to Morgantown from Seattle in 2003. Since then he's been an active commuting, transportation and recreational rider. In addition he's been the spark for several new biking programs that have energized the cycling community. Positive Spin is one of these programs.

Positive Spin versus Hurricane Katrina

Nick Hein and several friends decided In August 2005 to set up a new organization with the purpose of inspiring the Morgantown community to develop transportation that respects its natural environment without sacrificing mobility. They named this organization "Positive Spin." Less than a week later Hurricane Katrina hit the Gulf Coast and within a few days it became clear that transportation infrastructure had been seriously impaired and most residents had lost everything. Since bikes require little infrastructure the group's founders decided to find ways to collect repairable bikes from garages and basements and get them to hurricane coast residents.

In September Morgantown-Cares (a charity collecting relief supplies at the Morgantown Armory) invited Positive Spin to share their space and about 200 bikes were collected within a few weeks. Some 65 were repaired immediately and shipped on a semi to Feed the Children's distribution centers in the devastated region. The following week events and funds came together to take 85 more bikes directly to "Plan B" – a community bike shop in the French Quarter of New Orleans. At 3 pm on October 21 after driving a U-haul all night to get there John Lozier and Nick Hein helped unload the bikes, get them in running condition and distribute them to area citizens and relief workers. Within an hour they had fixed and given away the first Morgantown bike.

Nick notes, "Other similar groups from around the country have contributed thousands of bikes to the region and the results have been visible. In particular we thank Working Bikes of Chicago who gave us a grant that made our trip possible and FreeRide of Pittsburgh who donated 35 bikes to go with our shipment. A friend returning from the area at the time described how bikes are the primary transportation in New Orleans. Public transit and private autos continue to be impeded by the slow recovery, but bikes can get citizens anywhere they need to go. New Orleans' current population is close to that of Morgantown but its mild weather, flat terrain and empty roads make it especially bike-friendly to cyclists."

After fixing and distributing 50 Christmas bikes to Morgantown-area charities, another 100 bikes are nearly

ready to go to Biloxi, Mississippi where the hurricane came ashore. Nick confirms, "It's cities were so devastated that residents are just beginning to return, and bikes will provide them basic transportation while they rebuild their lives and homes." He adds, "Positive Spin's next project will be to engage our own area youth – teaching them bike/pedestrian skills and positive



alternatives to our current transportation choices. We invite you to join our members and volunteers in this mission and learn how to create bright transportation futures." Nick and Positive Spin can be reached at www.positivespin.org or (304) 599-1791.

National Bicycle Greenway

In 1987 Martin Krieg suffered massive head injuries in a near-fatal auto accident. His recovery gave him time to reflect on his priorities and decide what he would do with his life when he got back to normal (which doctors didn't consider possible). To inspire his recovery he set himself the goal of riding across America from coast to coast. He did it – twice – and then set a goal of making it possible for anyone of any age and cycling ability. The National Bicycle Greenway was born, and with it the annual NBG Mayors' Ride Relay. Two years ago Nick joined the ride for the first time, and last year successfully campaigned to make Morgantown an NBG city with its own NBG day and mayor's proclamation.

This year Nick is again looking for riders to join him, on either the 7-day, 400-mile DC-Pittsburgh leg (C&O trail and Great Allegheny Passage) or the one-day 70-mile Morgantown-Pittsburgh leg. The rides start May 12th and 19th respectively. The Mayors' Ride Relay is a self-supported tour - riders will be given route, food and lodging guidance - but are responsible for their own final arrangements. Each major city will have a ceremony with the mayor proclaiming that city's commitment to connect its existing and developing bike routes with those of neighboring cities to form one bike-friendly corridor from Washington DC to San Francisco (branch lines like Morgantown's are forming to connect to this trunk line). The ceremonies will be covered by local media and the NBG website (bikeroute.com) and give Morgantown positive national exposure with a cycling spin.

To join up visit the MonNBG website at: <http://groups.yahoo.com/group/MonNBG/>