

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

www.crcyclists.org
P.O.Box 4322
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MARCH - APRIL 2008

#2

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League of
American
Bicyclists
since 1979

SPRING IS COMING - GET YOUR WHEELS READY

Country Roads Cyclists like to bike. We promote the fun of bicycling through group rides, cycling advocacy; social events, encouragement of new cyclists, social events and the dissemination of safety, skills and riding opportunities information. 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 miles to multi-day tours on roads and rail-trails throughout the region. We appreciate your support. Please join us now!

MARCH 1 PIZZA PIG-OUT

Mike B. invites you to his annual Pizza Pig-Out, (formerly pasta pig-out) at Colasessano's in Fairmont, March 1 at 5:30 p.m. Colasessano's is located at 506 Pennsylvania Avenue (US 19 north): take I-79 exit 137 and go west on WV 310 into downtown, take either the high-level bridge or US 250 north to US 19 north to Colasessano's. (BYOPizza, etc.) Again, Mike won't be there, so it is a fine time to bring Mike yarns to share with the group.

SPRING PIZZA PARTY TIME

Mark your calendar for our President's Pizza Party on Saturday, March 29 at 5:00 p.m. at Kelly and Gerry's Morgantown home, 216 Lebanon Street. Directions for out-of-towners: I-79 exit 152 to Westover Bridge, right lane uphill, crossing High Street and Deckers Creek bridge to Domino's Pizza, jog right then left onto Grand Street, go three blocks & turn right onto Maple Street, go six blocks and turn left up onto Lebanon. Look for porch light on right. The Club provides salad, pizza, dessert

RIDING THE RAIL-TRAILS WITH THE PRESIDENTIAL PARTY

Kelly has four rail-trail rides on this schedule, so come on out and enjoy the flatlands:

- Saturday, March 15 - The Mon River Rail-Trail from Pricketts Fort (10:00) to Morgantown & back
- Saturday, March 29 - West Fork River Rail-Trail from Fairmont's Mary Lou Retton Park (10:00) to Shinnston & back
- Sunday, April 13 - North Bend Rail Trail from Pennsboro depot (1:00) to Cairo & back
- Saturday, April 19 - Great Allegheny Passage from Connellsville, PA rail-trail parking lot (10:00) to Ohiopyle & back

THE MONTH OF MAY IS PACKED

In addition to our usual full schedule of club rides, we have two special Club events, plus a new road race and two major mountain bike races return to our area in May. Watch for details in our next newsletter for:

- Sunday, May 4 - The Appalachian Spring Spectacular from Morgantown (9:00) on loops into Pennsylvania.
- Saturday, May 10 - Coopers Rock Road Race
- Sunday, May 11 - The Henry Clay 30K WV MBA #4 xc mountain bike race at Coopers Rock State Forest
- Saturday, May 17 - The J. Cecil Jarvis Memorial Ride from Buckhannon (11:00)
- Sunday, May 25 - The White Oak Challenge WV MBA #6 xc mountain bike race at Watters Smith State Park



DUDES, ITS TIME TO DO DUES

We had 156 members last year, but only 30% have let us know they are still with us. We need you, too. Here is another form if you didn't get around to it yet or it flew away or was accidentally shredded. Meanwhile, **welcome new members** Warren (Buckhannon) and Craig (Morgantown), and in 2007, Michael & Kaye (Newark,OH) and Barbara & Laird (Mo-town).

An early fall group Mike, Gregg, Mark, Mike, Walter, Gary, Morgan and Ken.

REGIONAL EVENTS**NATIONAL BIKE SUMMIT LAB**

March 4-6 Wash,D.C. \$555/450 member
bikeleague.org

CYCLE N C SPRING WEEKEND

April 11-13 Oriental,NC \$5mail-in fee
+\$100/115aft 3-11 mapped touring routes
cyclenorthcarolina.org

TOUR de GEORGIA UCI stage race

April 21-27 Tybee Island – Atlanta
tourdegeorgia.com 7 stages

GREAT GREENBRIER RIVER RACE

April 26 run canoe bike

PA STATE POLICE METRIC CENTURY

April 26 Hershey,PA \$20/25 after 4-4
pspmetriccentury.com

3 STATE 3 MOUNTAIN CHALLENGE

May 3 Chattanooga,TN \$40 by 4-21
Chattbike.com 25/62/100miles

BIKE NEW YORK the Great Five Boro Bike Tour

May 4 42 miles

Bikenewyork.org

COOPERS ROCK ROAD RACE

May 10 no details J.R.Petsko 612-0301

TOSRV Columbus,OH

May 10-11 \$47/57 after 3-15 200miles
Tosrv.org

ALA GREENBRIER TRAIL BIKE TREK

May 15-18 fundraiser 3d=100m, 2d=70m
\$35/50aft.3-1 +\$450/400pledges
mrsnv.com/evt/home.jsp?id=1848

BRIDGE TO RIDGE BIKE TOUR

May 17 Winfield,WV 36/62/(100?)miles
(304) 562-0518 \$25/30 after 5-3

PEDAL PITTSBURGH from Station Sq.

May 18 \$25/30after 5-1 6/15/25/35/50/60
pedalpittsburgh.org

CYCLING DOUBLEHEADER both\$65/90

Wilderness Road Ride \$20/30after 5-1
May 24 Blacksburg,VA 14/29/38/57m
Mountains of Misery \$65/95after5-1
May 25 Newport,VA 100/125m
cyclingdoubleheader.com both \$75/100

WHEELING TRAIL TOUR

May 27 no details

ACE BIG CANYON OFF-ROAD TRI.

June 1 Thurmond X-TERRA series
aceraft.com s1.5m, r7-8m, mt.b11m

NO FRILLS TANDEM WEEKEND

June 6-8 free akronbike.org

MARIETTA RIVER RENDEZVOUS

June 7-8 Marietta,OH \$55 +dorm \$27
mariettarcc.org

24 HOURS OF BIG BEAR mt.bike race

June 7-8 grannygear.com/races/
Bigbear/index.shtml

MATES08 Flemington,NJ

June 12-15 \$210/tandem +hote
easterntandemrally.org

NATIONAL 24 HOUR CHALLENGE

June 14-15 Middleville,MI road
n24hc.org \$65/80after4-30,100after5-31

GREAT OHIO BICYCLE ADVENTURE

June 14-21 Wellington,OH tour loop
goba.com \$170/190 after 5-1

BIKE VIRGINIA Bristol Loop

June 20-25 \$65/day 221-370 miles
bikevirginia.org

TOUR OF TUCKER CO. ROAD RACE

June 21 J.R.Petsko (304) 612-0301

BICYCLE TOUR OF COLORADO

June 22-28 330+ Durango-Telluride Loop
bicycletourcolorado.com \$360+ 400+m

SNOWSHOE MT. BIKE RACE SERIES

June 27-29, July 25-27, Aug. 29-31 finale
Mayhem on the Mts. snowshoemtn.com

MedExp. MOUNTAINEER TRIATHLON

June 29 Morgantown half-marathon and
olympic swim/bike/run fees vary
mountaineertri.com

TOUR DE FRANCE July 5-27**SCENIC MOUNTAIN TRIATHLON ?**

July 6 ? Richwood no details

BON TON ROULET Finger Lakes tour

July 20-26Cortland,NY bontonroulet.com

CAM Weekend Princess Anne,MD

July 24-27 rally onelesscar.org

EASTERN TAMDEM RALLYDurham,NH

Aug.1-3 \$135/145 aft.6-15 + lodging
easterntandemrally.org

MOUNTAIN MAMA Monterey, VA

Aug.2 27/53/67/100+ \$50/60 after July 1
bikemountainmama.homestead.com

CHEAT MT. CHALLENGE/ SNOWSHOE

CENTURY RIDE Aug. 16 wvcf.org

W.VA. COUNTRY ROADS MS150

Sept. 6-7 \$30 + \$200pledges
road or rail-trail from Lewisburg.
nationalmssociety.org/site/pageserver?
pagename=BIKE_wvt_homepage

HANCOCK HORIZONTAL HUNDRED

Sept. 7 \$22/27after 7-23, 32/62/100m
hancockhandlebars.org Findlay,OH

WEST VIRGINIA MOUNTAIN BIKE ASSOCIATION - - 2008 SCHEDULE

mtb xc racing

see wvmba.com

Mar. 30 **PIPESTEM CHALLENGE** #1 (304) 543-1120
Apr. 13 **CHALLENGE AT MOUNTWOOD** #2 (740) 350-2206
Apr. 20 **BIG BEAR LAKE BIKE CLASSIC** #3 (304) 379-1211
May 11 **HENRY CLAY 30K** at Coopers Rock #4 (304) 685-3367
May 18 **TOUR de LAKE** at Charles Fork Lake, Spencer #5 (304) 927-5821
May 25 **WHITE OAK CHALLENGE** at Watters Smith S.P. #6 (304) 842-2576
June 15 **APPALACHIAN CLASSIC** at Calhoun Co. Park #7 (304) 612-0301
June 22 **BLACKWATER BIKES W.VA. CHAMPIONSHIP** #8 (304) 259-5286
July 5 **RACE TO LIL MOE'S PLACE** #9 (304) 457-6090
July 13 **NORTH BEND CHALLENGE** #10 (304) 704-6789
July 20 **VALLEY FALLS CHALLENGE** #11 (304) 592-5977
July 27 **LITTLE BEAVER CHAINRING CHALLENGE** Beckley #12 (304) 253-5202
Aug. 3 **RACE TO THE HILLS** Zaleski,OH #13 (419) 989-0239
Aug.10 **BLACK BEAR RACE** Kanawha S. F., Charleston #14
Aug.24 **ACE NEW RIVER BIKE FEST** Oak Hill #15 (888) 223-7238
Sept. 7 **THE DIRT DERBY** Barboursville, #16 Championship (304) 743-9510

WEST VIRGINIA – VA ULTRA SERIES

April 6 **DRAGONS BACK RACE**
Roanoke,VA (540) 529-0462
May 4 **MIDDLE MT. MOMMA** Millboro,VA
(540) 529-0462
June 1 **MASSANUTTEN HOO HA!**
McGehenyville,VA (800) 207-6277
June 28 **THE WAYNE ULTRA**
(740) 350-2206 Marietta,OH
Aug. 16 **WILD 100**
Slatyfork (304) 572-3771
Aug. 31 **SHENANDOAH MOUNTAIN 100**
xxc Harrisonburg,VA (540) 434-2087
Sept.13 **BIG BEAR LAKE MTB ULTRA**
Bruceeton Mills (304) 279-4382
Sept.27 **REVENGE of the RATTLESNAKE**
ultra championship, Davis (304) 259-5286

Appalachian Spring Spectacular Bicycle Ride

When: Sunday, May 4, 2008, 9:00 am *(registration starts 8:00)*

Where: Wharf Street Parking Garage (by the river at Deckers Creek.)
Morgantown, WV

Rides: Choose a 25-, 45- or 60-mile ride on scenic low traffic roads. Routes are moderately hilly and challenging for moderately fit cyclists. Each ride includes food/water stop and limited sag wagon support.

Food: Coffee and Danish before the ride, snack stop during the ride, and pasta feast after the ride!

Cost: \$10 - Includes map, cue sheet, snack stop and after ride pasta feast. All riders must sign a waiver at the start (including adult for minor). Helmets required.

Bonus Ride

*Meet at the Courthouse for a non-supported, club ride.
Saturday, May 3 at 9:00 am. This ride is approximately 85-miles at a
moderate-tempo, ~7,000 feet climbing.*

Contact: Don Dickerson

The Appalachian Spring Spectacular is sponsored by

Country Roads Cyclists
PO Box 4322, Clarksburg, WV 26302
www.crcyclists.org

We invite you to join Country Roads Cyclists! Your \$10 annual membership (\$12.50 for families) includes a bi-monthly newsletter and ride schedule.
Country Roads Cyclists – serving north-central WV cyclists of all interests and abilities!