

# ...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS

NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

www.crcyclists.org

MAY - JUNE 2006

#2

P.O.Box 4322

President Kelly Williams 292-9821 kellyrwilliams@msn.com

Clarksburg, WV

V.P./Road Captain Laurel Klein 782-4117 llkbike@yahoo.com

26302-4322

Secretary/Treasurer Bill Foster 623-2736 billbikes@hotmail.com

## Appalachian Spring Spectacular Bicycle Ride

Sponsored by Country Roads Cyclists

**When:** Sunday, May 7, 2006, 9:00 am (registration starts 8:00)

**Where:** Wharf Street Parking Garage Morgantown, WV

**Rides:** Choose a 25/30-, 45- or 60-mile ride on scenic low traffic roads. Each ride includes food/water stop and limited sag wagon support. All depart together at 9:00!

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

**Cost:** \$10 - Includes map, cue sheet, snack stop and after ride pizza feast.

All riders must sign a waiver at the start. Helmets required.

## THE ALLEGHENY HIGHLANDS TRAIL OPENS THE GREAT ALLEGHENY PASSAGE

Featured ride for this newsletter will be on the Allegheny Highlands Trail from Frostburg, Md. to Meyersdale, Pa. on Friday, May 26<sup>th</sup> and Saturday, June 10<sup>th</sup>. This newly opened extension of the Great Allegheny Passage rail-trail completes the route through Pennsylvania and into Maryland. This part of the trail features two tunnels - Borden tunnel which is 957 feet long, and the Big Savage tunnel which is 3294 feet long (Bring your flashlight!). The trail crosses the Eastern Continental Divide at Big Savage - the highest point between Pittsburgh and Washington - at 2392 feet. Join Bill on May 26<sup>th</sup>, or Kelly on June 10<sup>th</sup> to celebrate and enjoy this addition to the Great Allegheny Passage. See the listings in our Ride Schedule.

### BIKE TRAIL TO OPEN IN MAY

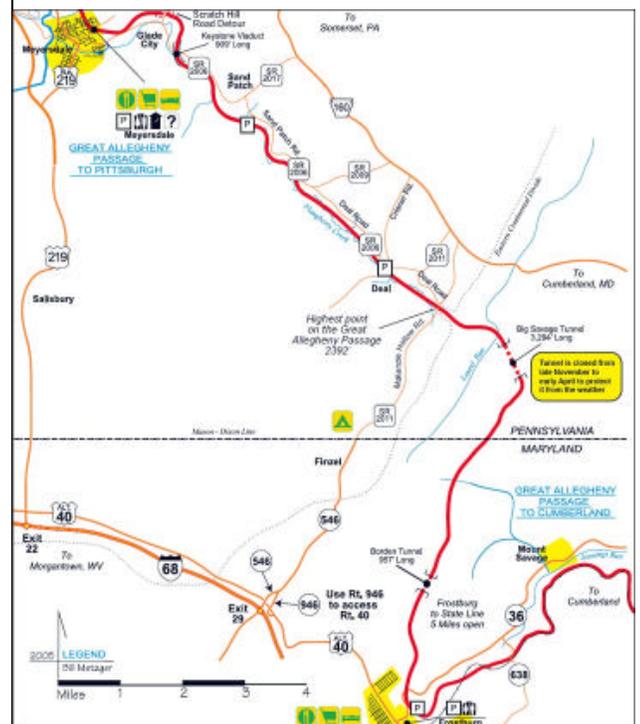
(adapted from Somerset County, Pa.

Daily American Staff Writer Brian Schrock)

Bicyclists by the hundreds are expected to converge on Meyersdale in late May for the official opening of the Allegheny Highlands Trail, Somerset County's portion of the Great Allegheny Passage rail-trail.

The Somerset County Rails to Trails Association, in partnership with the Allegheny Trail Alliance, is busy planning a grand opening celebration for 1:30 p.m. May 26 at the Western Maryland Railway Station in Meyersdale, with bicyclists pedaling into Meyersdale from at least 10 locations along the trail, including one as far away as Washington, D.C. Bicyclists will also begin rides in Rockwood, Confluence and Ohiopyle, according to Kathy Bisko, chairwoman of the association's planning committee.

The bicyclists' arrival will be timed to coincide with the grand opening celebration, which will feature speeches, food, entertainment, and prizes. The event will celebrate completion of Somerset County's 42-mile portion of the Great Allegheny Passage, a 150-mile rail-trail connecting Cumberland, Md., to Pittsburgh. When completed, the passage will connect to the C&O Canal Towpath in Cumberland, allowing for a 335-mile walk or ride between Pittsburgh and Washington, D.C.



## KIM STEARNS DICKERSON



adapted from Morgantown Dominion-Post  
Dr. Kimberly Stearns Dickerson, 53, Morgantown, W.Va., succumbed to cancer Monday morning Feb. 27, 2006. Kim was a strong adventurous woman who enjoyed being physically fit. She was an avid runner, rower, skater, skier and cyclist.

She was born on April 26, 1952, in Seattle, Washington, a daughter of Barbara Jensen Stearns and the late Burdett Kinney Stearns. She grew up in Albuquerque, N.M., Ithaca, N.Y., and Burlington, Vt. where she graduated from Champlain Valley Union High School in 1970. She received a B.A. from the University of Pennsylvania in 1974, a Masters in Cell Biology and Genetics from the University of Connecticut in 1976, and an M.D. from the University Of Vermont School of Medicine in 1981. She performed her medical residency from 1981-1984 with the Department of Family Medicine at WVU and became a family physician in Morgantown, first with Wedgewood Family Practice, and then later in her own Stearns Family Health Center and Morgantown Multi-care where she combined allopathic and alternative approaches to provide holistic medical care.

Kim is survived by her husband, Donald Dickerson; two daughters, Shayla and Shannon Brooke Dickerson, both at home;...A memorial service (was held) Saturday, March 4, at Wesley United Methodist Church, Morgantown. (Our Club sent condolences; many attended)

## THINKING OF KIM

**A MonBikeClub elegy** by Steve

Who knows where these things come from, but I think I mighta had a vision today. I saw Kim grinning and chuckling as she was saying "You know, it's probably a good idea to call up Don and see if he needs to go for a ride." Then she added "and it's probably a really good idea to go for the ride even if he can't make it." Classic Kim..... so, let's ride for Kim, let's ride for Don, let's ride for Shayla and Shannon, let's ride for you and let's ride for me. I know Kim would be thinking keep it simple, just ride.

I've also been staring at my yellow bracelet a bit these last few days, feeling somehow cheated. This isn't how it's supposed to turn out. I mean, we have positive thoughts, positive energy and we're supposed to celebrate positive things happening in life. I think I can hear Kim saying "Butch, you have it all wrong (no surprise there)- I'm the other side of the yellow bracelet- the important side that shows you what to do

when you don't get that happy ending you've been expecting. The side that reminds you that the point is to find that kernel of positive that exists in everything, and to do your best to nurture that so it grows rather than dwelling on the negative and letting it spread."

No one in my life has modeled positivism and exuberance as clearly and consistently as Kim. No one reminded me so gently to make sure I was paying attention to the important things. So next time you hear me whining because the road has turned upward, remember that Kim would probably have said "it's ok for Butch to whine a bit, why don't we help him get over it?"

Here's to the best in all of us...ride bikes, drink beer, celebrate Kim!

## CLUB OFFICERS MET

Officers met April 3 at Panera Bread in Clarksburg to conduct regular business, including a review of correspondence, membership and activities. The treasurer's report indicated a current balance of \$1,163.99 plus \$97.50 dues on hand, Complete minutes are on file on our website, [crcyclists@yahoo.com](mailto:crcyclists@yahoo.com), You may use your own ID and password or use "crcyclist" and "archives".

## WELCOME NEW MEMBERS

We currently have 119 paid members, including 47 individuals and 36 families (x2), with 40 Harrison, 36 Monongalia, 31 other W.Va. countians and 11 from out-of-state. New/returning members include:

David E	family	Clarksburg
Terry F		Newburg
Michael H	(ret.)	Fairmont
Dennis R.		Washington,PA
Glen S		Morgantown
Michael W	family (ret.)	Lost Creek
Kevin W	family	Grafton
Robin and Phil Y	(ret.)	Fairmont

## RIDES AND PARTIES

Turnout at rides always varies a lot depending on weather and interest. If you haven't seen much that appeals to you, let Laurel, our road captain, know what you'd hope to do. Better yet, if you've been around the Club a while, offer to lead one of your favorites for the next schedule.

Our Spring Party at the President's home in March drew 19 revelers for the free pizza, salad, ice cream and endless bike babble.

## MORGANTOWN BIKE BOARD

The Morgantown City Council passed a resolution in February establishing a Municipal Bike Board to be appointed by the Traffic Commission (in May). The responsibilities of the Bike Board are to be set by the Commission and the Board will report to the Commission as an advisory committee.

Morgantown cyclists with an interest in this should contact the City Traffic Commission. (Note that the resolution does not refer to either motorcycles or bicycles.) Thanks to Club member, Councilman Don Spencer for sending in this news.

## STATE TRAILS COORDINATOR

The West Virginia Department of Transportation has recently established the position of State Trails Coordinator and hired Bill Robinson for this office. He is familiar with the interests of trails groups through his past informal work with them while carrying out his other regular duties with the DOT. Rail-trails are likely to be a major focus of his efforts, however his mandate extends well beyond to all trails including water trails and ATV trails.

## HARRISON COUNTY RAIL-TRAIL

The Harrison County Commission received bids for restoration work on the North Harrison Bike and Hike Rail-trail (North View to Spelter). Details on this and other rail-trail works in progress next issue.

## LINKING TO CHEAT LAKE TRAIL

Allegheny Energy is currently preparing a recreation plan for presentation to the Federal Energy Regulatory Commission (FERC). The draft plan suggests connecting the Cheat Lake Trail to the future Sheepskin Trail (and Mon system) by using the existing series of steps and not allowing an extension on the railroad grade through the fenced area adjacent to their dam (because FERC "won't allow?" cyclists so close to the dam). Public comments are being accepted until May 12. You may encourage them to rethink using that railroad grade as a safer link, with a letter to:

Charles Simons	copy:	Magalie Roman Salas
Allegheny Energy		Secretary, FERC
800 Cabin Hill Drive		888 First Street, NE
Greensburg, PA 15601		Washington, DC 20426

**RAAM 2006** returns in June, crossing West Virginia on US 50 through Clarksburg as usual.

## SHARE THE ROAD

The West Virginia Department of Motor Vehicles has announced that they will consider offering "Share the Road" license plates for cycling fans, but ONLY IF 250 people register and pay for them on the DMV website. They will cost an additional \$10 plus the otherwise regular fees. Check it out.

## DAN'S FLATS

cyclm8 < > wrote for MBC:

Eleven cyclists: Sage, Dan, Andrew, Mark, Jack, Butch, Kean, Michele, Bob, Kelly and Frank started the 9:00 am Sunday Ride today. We headed toward Taylortown and lost a few on the way. Seven of us rode to Newtown, Pt. Marion, Stewartstown, Bakers Ridge, Rail Trail. Frank

### Now, the rest of the story:

To: monbikeclub@yahoo.com

From: "Dan" <> Date: Sun, 16 Apr 2006

Subject: Sunday 9 am ride

Riders log supplemental, stardate: today: Freaky flat fun

Mark has a flat, and his old tube is stuck to the tire and pretty shredded after he gets it out, so he puts in a new tube, pumps it up, slaps the pump off and tears the tube valve off with it. "No problem," I say, noting that I haven't had a flat in maybe 2 years on my road bike, "Take my LONG VALVE tube." He installs, pumps up, and away we go. Now, flying down from the top of the hill, I ride into a bunch of rocks in the road, and 30 seconds after restarting, I have a high speed front flat. I clip out, grab brakes, and generally have a Pampers moment, but I get stopped and off the road without harm.

I remove my tube, patch a big hole and reinstall it. I try to pump it up, no luck. I remove the tube to find another hole adjacent to the first. "Alas, a snakebite," I think. About this time Kelly and Jack come back and we tell them to abandon us, as we will head for home when we can. Kelly kindly leaves his spare short valve tube.

A slow learner, I reinstall my double-patched tube but it still won't hold air. "Enough," I say and I open Kelly's tube. Uh-oh, I need a valve extender, but in my seat pack, there is none. Removing my tube again, I find a third hole making a triangle pattern with the others. Now with patches on patches, I reinstall, and wonder of wonders, it pumps up.

Coming back into town on the Granville bypass, my still leaking front tire is soft. I hit a pothole and pinch flat again. We decide to pump and run. It's low at the bridge, but we race on for downtown and actually make it. I'm glad I got all the flats for this year out of the way today.... dan



The Airline Ride Across America is a symbolic effort, to bring about a public awareness to the airline crews flying on September 11, 2001 and raise monies for three memorials dedicated to that day: The Pentagon Memorial, The World Trade Center Memorial, and the Flight 93 Memorial. This Ride commemorates and pays tribute to the flight crewmembers of the four airliners involved on 9/11, and the ultimate sacrifices they made. We will ride for thirty-three days, one day in memory of each crewmember

This is a fundraising effort to bring about a public awareness of their sacrifice, sustain their memory, and insure that they will not be forgotten. There is no better way to honor these 33 individuals, the "First of the First Responders", than to present a large check in their memory and in their honor to the three Memorials of September 11, 2001. We have currently raised \$64K of a \$300K GOAL!

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**A DAY IN THE RIDE** Apr.25 for Wanda (adapted)  
After yesterday's Ride for Deborah and the great weather, we thought that there would never be a day to beat it! Today started out chilly but as the day "rode" on it was just like yesterday...blue skies, smooth roads, very little traffic. We feel like we've been riding though history backwards. In the first week we saw how the "west was made"; today we saw how the "westward migration" developed. Leaving Ashland and crossing the Big Sandy River into West Virginia, going through Huntington and passing all the "shuttered" steel mills along the Ohio River one sensed going back in time: homes and office buildings dating to the 1800's and towns built by and around the steel plant. Traveling up the valley along the Ohio River, it was obvious that at one time this river was the highway of commerce and the expansion route westward. For example, the town of Point Pleasant was one of the first settlements along the Ohio River. The historic area of Point Pleasant is worth going back to a second or third time...old buildings, eccentric architecture. As we continued along the river bank we were

### **Last Chance to Join us on a Loop Ride!**

On Saturday, April 29th we will be taking off from the Courthouse in Somerset at 8:30 a.m. There will be time to meet Flight 93 families before departure. We will ride 13 miles to the Shanksville crash site and have a short ceremony in conjunction with family who will have driven to the site. There will be a brief time to speak to family members before we mount up and return the 13 miles to Somerset. There will be State Police escorts, but we must all ride as one group as a courtesy to motorists. The terrain is rolling and the road is good, but not wide. There will be no maintenance facilities available along the route. Although the ride should last less than three hours, we encourage you to bring plenty of fluids and something to eat while riding. Riders on this loop must wear cycling helmets.

We look forward to seeing you there.  
See [airlineride.org](http://airlineride.org) for more details.

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amazed at the size of the barges traveling on the river and the communities that line both sides of the river bank. On the Ohio side, homes looked more affluent. That led to one of the discussions of the day: why do the homes look nicer in Ohio? The other discussion was how similar or how much alike today's ride was as to riding in Europe? Rolling hills, lush green grass, a river on one side of the road and hills on the other. Near Mt. Alto we passed field after field of dogwood trees being grown: hundreds of trees and the whites, the pinks! Truly, a pleasant sight! To keep everyone honest: Marc had another flat and now is the undisputed leader in flat stats with 22. Ride Observations: the West Virginia Mansion is a "double wide," in a community of "doublewides" there is always at least one fancy conventional house; the indigenous animal of West Virginia according to "road kill" is the possum; and it's just becoming spring here in the hills and it is amazing what a day or two or a couple hundred miles makes. As the afternoon "rode" on, skies darkened with the threat of rain. Within seconds of our arrival, they opened up.