

# ...SPOKIN' WORDS...

## COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

www.crcyclists.org  
P.O.Box 4322  
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MAY - JUNE 2007

#3

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League of  
American  
Bicyclists  
since 1979

### APPALACHAIN SPRING SPECTACULAR BICYCLE RIDE MAY 6

Choose a 25 (or 30), 45 or 60 mile ride on scenic low traffic roads. Routes are moderately hilly and challenging for moderately fit cyclists. The longer routes approximate the original routes of the Appalachian Spring Spectacular almost 30 years ago. (See the history of this event, enclosed) Each ride includes a food/water stop, map and cue sheet with road arrows, ride leaders and limited sag support. The \$10 registration fee also includes a pasta feast after the ride at the West Virginia Brewing Co. (See flier at crcyclists.org)

Registration starts at 8:00 a.m. at the Wharf Street Parking Garage in Morgantown off South University and adjacent to Deckers Creek at the Caperton Rail-Trail, with a massed start of the rides at 9:00. Helmets required. 110 participants in 2006 included 43 Country Roads Cyclists. We hope to see you there.

### COUNTRY ROADS CYCLISTS C&O - GAP TOUR MAY 17 - 22

Five days of great cycling, only one mountain and that on a railroad grade with a tunnel at the top, prime scenery, good companions, comfortable lodgings/no camping, this should be a great adventure.



A few features along the way: Georgetown, Great Falls of the Potomac, Harpers Ferry National Historic Park, Fort Frederick, Western Maryland Rail-Trail (30 mile parallel paved option), Paw Paw Tunnel, Big Savage Tunnel, Salisbury Viaduct, Ohiopyle State Park. Anyone else interested in this trip, please email me (or call 304-292-9821). **Kelly**  
(Note, CRC membership and helmet required)



DAY 1 -Thurs, May 17: Drive to Washington, DC (shuttle together)

HOTEL Days Inn Arlington 703-525-0300, 2201 Arlington Rd US 50 at N.Pershing Dr., Arlington,VA no block

DAY 2 -Fri, May 18: Begin at Mile 0 in Georgetown, bike to Harpers Ferry at Mile 60.

HOTEL Hilltop House Hotel, 304-535-2132, 400 E. Ridge St., Harpers Ferry,WV \$60.00 + tax for a double. 6 rooms are blocked for CountryRoadsCyclists - I spoke to Carol

DAY 3 -Sat, May 19: Bike from Harpers Ferry to Hancock at Mile Marker 125.

MOTEL Super 8 Motel, 301-678-6101, 118 Limestone Road, Hancock,MD \$65.00 + tax for a double. 6 rooms blocked for Kelly Williams/CountryRoadsCyclists - I spoke to Harry.

DAY 4 -Sun, May 20: Bike from Hancock to Cumberland at Mile Marker 184.

B&B The INN at Walnut Bottom, 301-777-0003, 120 Greene St., Cumberland,MD Please call and ask for Kirsten specifically. There are 2 double beds for \$95(for couples) and 4 twinbeds for \$85 (this rate is for 2 persons) A breakfast is included with this room.

DAY 5 -Mon, May 21: Bike from Cumberland to Confluence at Mile Marker 60.

LODGING Parker House, 814-395-9616, 213 Yough St., Confluence,PA 6 rooms blocked (basically the entire house) at \$37.42 per person. (double beds in each room).

I spoke to Mary - she is normally there evenings. Each person will need to mail her a check - no credit card.

Day 6 -Tues, May 22: Bike from Confluence to McKeesport at Mile Marker 130. Return home from McKeesport,PA.

**Kelly on the GAP  
10-07-2006**

### WELCOME OUR NEW AND RETURNING MEMBERS:

Tom & Becky - Weston, Roger - New Milton, Gary & Bonnie (returning) - Fairmont,  
Stuart (returning) - Rivesville, Tracy family (returning) - Morgantown, Robert (returning) -  
West Union, Frank R. family - Clarksburg, Larkin T. - Philippi, Gene & Sarah -  
Buckhannon. We also appreciate a generous donation from Fat Tire Cycle in Buckhannon.  
We currently have 131 paid members for 2007. Our total for 2006 was 139.

## THE MORGANTOWN BIKE BOARD,

organized by the City of Morgantown as a committee of the Traffic Commission, meets the first Thursday of each month at 6:30 p.m. in the Public Safety Building Conference Room at 300 Spruce Street.

According to their web page at [www.morgantown.com](http://www.morgantown.com),

"the purpose of the Bike Board is to work to make Morgantown a Bicycle Friendly Community as defined by the League of American Bicyclists so as to reduce traffic demands, afford better air quality, and improve public health. Also to make recommendations for improving signage, safety, capacity and facilities for bicycles on streets, trails or other land design or use which supports cycling; advocate for the provision of bicycle travel opportunities to and from locations such as residential, employment, commercial, education, recreation and transit centers; promote the development of safe bicycle routes to schools; and encourage use and enjoyment of bicycling and bicycle safety education in Morgantown."

Their web site also includes links to bicycling sections of the State and Morgantown city codes, minutes of past meetings, and other reference materials.

A majority of its sixteen members come from the Monongalia Bicycle Club, including several Country Roads Cyclists. Chairman Frank Gmeindl and vice-chairman Don Dickerson are active in both groups.

## A FREE MAP OF BICYCLE TOURS

in Washington County, Maryland (Hagerstown-Hancock) is available at Maryland Visitors Centers or from 888-257-2600. The full color map features eight paved loop tours and indicates the paved Western Maryland Rail-Trail route which parallels the C&O Canal Towpath.

## A COUNTRY ROADS CYCLIST

is often found where least expected. Just the week before, leprechaun Les's helmet fit perfectly on our Club ride at Jane Lew. His outfit was quite different, too, and his pot of gold was well out of sight

## VOLUNTEERS NEEDED JULY 1

for the MedExpress Mountaineer Triathlon to operate a refreshment station. Please contact Kelly to help, 292-9821. Thanks.

**WEATHER** wiped out about half our March-April rides, but also helped us get 16 out twice. (3-25, 4-21) We look forward to seeing you out with us.

## THE SHEEPSKIN CONNECTION NEWS

From:WV Fossils Date:Thu, 26 Apr 2007  
Subject: Pa. Rail Trail News: Good News  
Regarding the County Commissioner's Meeting in Uniontown this morning, the commissioners voted unanimously to purchase the trail bed from the WV state line to Georges Township (the southern end of the Sheepskin Trail) from CSX Corporation. The money for this transaction was made available from the McKenna Foundation and the County is paying the transfer fees associated. This is truly the first major step in several years towards making the trail through Point Marion to West Virginia a reality. A survey and some deed work... remains to be done, but we are finally moving forward.

## OFFICERS MET

Our Club officers conduct most Club 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. Officers meet about monthly, reviewing correspondence, membership and financial data, activities past and planned, and other items of interest or obligation.

At our April 3 Clarksburg meeting the secretary/treasurer reported 116 paid members and a balance of \$1,377.28. It was noted that Appalachian Spring Spectacular income would be minimal due to the increased cost of the pasta meal. Complete minutes are filed on our archive site: [groups.yahoo.com/sports/group/CRCyclists](http://groups.yahoo.com/sports/group/CRCyclists). You may get there using your own I.D. and password or "cycler" and "archives".

## RECOVERY REPORTS

Morgan, a sophomore at Bridgeport High School, was riding with his dad on Brushy Fork Road outside Bridgeport last October 9 when a driver came after him head-on while talking on her cell phone. She was charged DUI. Morgan suffered a compound fracture of his left tibia and fibula. He still limps a bit when walking, but he is back racing in the WV MBA series, winning his first 2 races this year as a junior expert.

According to KB (March 10) "About three miles from Blacksville on Rt.7 Adam clipped a small pothole resulting in a violent crash into the guardrail with potentially serious injuries requiring EMS support and ambulance transport to the ER. Adam's crash was caused by his severely corroded handle bars snapping in two on both sides at the drops when he hit the pothole." He was hurting a while, but Adam was also quickly back on his bike. (No details of racing this year. Ed.)



## MOUNTAIN BIKING AT SNOWSHOE

Mountain biking continues to grow as a summer use for a winter playground. Here are some of the listed opportunities on websites snowshoemtn.com and ride.snowshoemtn.com summer events and activities.

The trails + one shuttle or lift ride for a day are offered for a \$15 fee.

For an unlimited use of the trails, shuttle, lift and freeride park the fees are:

1 day \$35, two days \$60, three days 85. A season pass is \$250 with a \$175 special this year for women, who can also get a free Sunday trail pass.

Several downhill freeride camps will be offered, for \$599 each, to include the costs of three nights lodging and days of instruction, all meals and one extra day on your own mountain biking. Dates are: June 19-20-21, Aug. 8-9-10 (women only) and Aug. 15-16-17.

**The Highland Scenic Bike Tour** on July 1 with options of 34/46/63/80 miles is called a race?. (road biking) no details (410) 772-1694.

**The Greenbrier Challenge Biking Event** on Aug. 4 is a 50 mile relay on the Greenbrier River Trail to benefit West Virginia Challenged Athletes' adaptive ski programs. It goes to Cass from Stillwell Park in Marlinton at 9:00 a.m.

**The Cheat Mountain Challenge/Snowshoe Century Ride** (road biking) will be Aug. 19.

**The Full Throttle (Mt. Biking) Race Series** offers three dates: June 30-July 1, Aug. 4-5 and Sept. 7-9

## WEST VIRGINIA ROAD RACE SERIES

The West Virginia Cycling Club, in cooperation with Sports n Spokes is developing a series of road racing events in Philippi as follows: (flyers & registration info at [www.WVUCycling.com](http://www.WVUCycling.com) or [sportsnspokeswv.com](http://sportsnspokeswv.com). One day license available for non-USCF/USAC)

June 23-24 **Mountaineer Stage Race** (race one or all three events)

Saturday: **Philippi Phlyer** – 15 mile rolling time trial  
**Blue and Grey Criterium** – 30 miles  
Women, M 40+ & 4/5, 60 miles M 1/2/3  
on 1 km course downtown

Sunday: **Covered Bridge the Gap Road Race**  
33 miles/66 miles as above

July 4 **Barbour Detour** (with a new downtown start.)  
26 miles Women, M 40+ & 4/5, 52 miles M 1/2/3

September 2 **Mountain Road Classic** (a new event, double points for series) 53 miles with three mountains, Women, M 40+, 4/5 & 1/2/3

## ADDITIONAL REGIONAL EVENTS

see also the list in our last newsletter

May 2 **Team in Training** info. meeting,  
Morgantown Panera Bread 6 p.m.

May 9 **Team in Training** info. meeting,  
Morgantown Sabraton Pizza Hut 6 p.m.  
The Leukemia & Lymphoma Society  
[teamintraining.org/wpam](http://teamintraining.org/wpam)

May 16 **Ride of Silence** 7:00 p.m. a national event honoring cyclists injured or killed by motorists. Charleston ride starts at the State Capitol Complex, organized by the Mt. State Wheelers Bicycle Club A brief memorial service and 10 to 12 mile group ride at a moderate 12 mph pace in complete silence except to call out turns and road hazards.

May 19 **Bridge to Ridge Century** 62/36 Winfield \$20/30 after 5-7 [tourism@putnamcounty.org](mailto:tourism@putnamcounty.org) or parks & visitors board 562-0518

May 20 **Pedal Pittsburgh** Station Square \$25/30 after May 7, 6/12/25/35/50/60, [pedalpittsburgh.org](http://pedalpittsburgh.org)

June 1-3 **No Frills Tandem Weekend** [AkronBike.org](http://AkronBike.org)

June 2 **Fairmont Rotary rail-trail ride** \$15/20 day of event incl. snack, water bottle. 10:00 ride Mon River rail-trail from Pricketts Fort to (ward) Morgantown and back. 9:15 pre-ride MCTrail with kids, optional lunch in Morgantown. to benefit Rotary Scholarship Fund. PDF on [rotary-fairmont.org](http://rotary-fairmont.org) or Matt 685-3464

June 2 **St. Albans Grand Prix** criterium, downtown loop race, [grassrootsriding.com](http://grassrootsriding.com) Amy 722-6643

June 2 **River & Wind Challenge** on the GAP \$50/55 after 5-1 to benefit Salvation Army Somerset 60 mi. Confluence-Meyersdale and back or 30 mi. Meyersdale-Confluence, incl. shuttle, lunch, dinner, T-shirt (814) 445-9232

June 9-10 **MS150 Escape to the Lake**, Pittsburgh/Cranberry Township, \$235+, 150, [nationalmssociety.org](http://nationalmssociety.org)

June 14-16 **Bike ED'07 the Conference**, Austin, TX, \$250/325, \$350/425 after 5-14, [bikeleague.org](http://bikeleague.org)

June 24 **Tour de Cure Pittsburgh**, Harmony Seneca Valley H.S., \$160+, 8/20/30/50/100, [diabetes.org/tour](http://diabetes.org/tour)

August 4 **Mountain Mama** 27/53/67/100+ from Monterey, VA \$40/45 after July 1 incl. t-shirt before July 1 [mountainmama.homestead.co0m](http://mountainmama.homestead.co0m)

Sept. 2 **Mountain Roads Bicycle Touring Festival** Rowlesburg, details pending. Country Roads Cyclists

Sept. 9 **Hancock Horizontal Hundred**, Findlay, OH, \$20/25 after 7-21, 32.62, 100, [hancockhandlebars.org](http://hancockhandlebars.org)

## The WHITE OAK CHALLENGE by Scott Frame

The White Oak Challenge mountain bike race at Watters Smith State Park was started in the mid-80's by Paul Moses and the Harrison County Bicycle Association. The first White Oak Challenge on October 12, 1986 welcomed 40 participants from six states, included a pasta dinner and was a sponsored benefit for Harrison County Catholic Schools. Well known area mountain biker Gunnar Shogren placed second overall and Paul placed fourth. Paul and the Club continued to sponsor this race through 1992, typically in October, with an additional spring race in 1989, 1990 and 1992. The White Oak Challenge was the WVMBA State Championships in 1988, the 1989 races had 86 (April) and 106 (October) participants, and another well known area mountain bike racer, Susan Haywood was the first place (and only) female beginner in 1990. A single race was held in June 1991. When the Club changed insurance programs in 1993, they had to drop racing, so Paul sponsored the 1993 event through Holy Moses Cycles. After this, there was no White Oak Challenge for a decade. (by ed. from HCBA archives)



1986 T-shirt logo

When I started riding at Watters Smith State Park I didn't know about the West Virginia race series, or that there had been a bike race there, but since I lived so close to the park, I took a special interest in the trail system. After maintaining the trails with a few other local riders, and after getting into racing and experiencing different venues, I thought it would be a good place to race. The trail system only had 3 to 4 miles of trail, a little short for a race, unless you like doing a whole bunch of laps, so I confronted the superintendent about building more trails, and opening up the other side of the park which had been used and abused by horse riders. With his okay we added a bit more trail each year, and now have at least eight miles of trail.

## **The Clarksburg Mission White Oak Challenge Mountain Bike Race Sunday July 22, 2007**

**West Virginia Mountain Bike Association  
Point Series Race**

**Watters Smith Memorial State Park**

**9:00 am registration starts  
at activity building**

**Race starts at 12:00 noon**

**Pasta feed following race**

**Award ceremony at 3:30pm**

**Prizes will go 3 deep in each class**

**\$30 entry fee WVMBA members, \$35 all others**

**Park is only 7 miles from I-79 exit 110**

**Just follow the state park signs**

**For more info e-mail [sframe07@cebridge.net](mailto:sframe07@cebridge.net)**

**All Proceeds Go To The Clarksburg Mission**

I started promoting the White Oak Challenge in 2003 as a fund raiser for the Watters Smith Memorial Foundation, and things went very well. Approved by the West Virginia Mountain Bike Association (WVMBA) as a point series race for 2004 and 2005, we had good turnouts and great races. Then, due to some personal conflicts, the race did not happen in 2006. My goals in having the race included getting more local people interested in mountain biking, cycling in general, trail work, and advocacy, which we achieved to some degree, but not as much as I would like. I wasn't sure I would do the race anymore, but Frank Jarman, director of the Clarksburg Mission approached me about doing a charity event for the Mission. When I told him about the race I had done in the past, he said "Let's do it." While I enjoy putting together a great course and having a good race for the mountain bike community, I also enjoy doing the event for charity. Now, hopefully we can step it up a little and inspire the younger generation to carry on the tradition when we can no longer take on all the hard work involved in putting on a quality race. So, once again The White Oak Challenge IS ON!

This years' race will be on July 22<sup>nd</sup>. Registration will start at 9am at the activity building, with a brief pre-race meeting at 11:45, and the race starts at noon. There will be a pasta feed after the race for racers and volunteers, and an awards ceremony around 3:30 or 4:00.

**If anyone would like to volunteer or lend any kind of support for the race and the Mission please contact me at 842-2576 or e-mail [sframe07@cebridge.net](mailto:sframe07@cebridge.net). Thanks, Scott**

## THE APPALACHIAN SPRING SPECTACULAR

has a thirty year heritage in Morgantown, West Virginia

It was started by the Monongalia Bicycle Club in a student house on Wiley Street, when after attending the Appalachian Century in Marietta, Ohio in October 1977, Rich Harper and Tom Kalina decided something similar would be good for Morgantown. "We kept our bedroom doors open to get heat from the living room, and we were in our beds, talking across the hall about starting a spring ride through our new group, the Monongalia Bicycle Club. Tom said he was busy enough as Club Coordinator (he didn't like "president.") so I should be the ride coordinator, and soon I was. We set it for the weekend before dead week so studying wouldn't be an excuse not to come, and we had about 60 cyclists ride loops from the Courthouse to Kirby and Waynesburg with a stop at Roberts Run covered bridge on the return. (A \$2 fee included a light lunch. ed.) Rube Fellicelli from the Pathfinder and Jeff McClure from Morgan's bike department worked with us. I remember pulling my car off the road to paint a Dan Henry (route marker) in Pennsylvania and getting stuck in deep mud. A farmer pulled me out. We had another good event in 1979 and again in 1980 after I left town. Then I think it died for a few years."



A Courthouse photo from the first Appalachian Spring Spectacular Sunday, April 16, 1978, shows Rich Harper talking to a group which includes Monongalia Bicycle Club organizer/coordinator Tom Kalina (now living in eastern Pa.), founding member Cliff Cox, Milt Cohen (passed his century and still in Morgantown) and Ron Turner (HCBA charter member, still living at Lake Floyd, Harrison Co.). The other side of Rich is also shown below. (Kalina pix)



In 1983 the Harrison County Bicycle Association (now Country Roads Cyclists) decided to sponsor the event with the same format, in hopes of reviving it among Morgantown cyclists. Don Campbell managed the event. Twelve pre-registrants decided to stay home due to cold weather on April 17<sup>th</sup>, but 39 others road the established routes and were greeted by snow sprinkles and a pot of hot baked beans in Pennsylvania. The ride caught on anyway, and Morgantown Wheel-People with Frank Gmeindl sponsored it in 1984, moving the date to April 29<sup>th</sup>. In 1985 the Monongalia Bicycle Club returned to sponsorship with 56 participants according to "Spokin' Words." In 1986, over 100 participated. Our newsletters had few details for the following years, but it continued on late April Sundays, often with support from Wamsley Cycles and/or Pathfinder staff through 1993. Ron Turner, who did most of the earlier rides notes, "The last time I did it, I was on a tandem with a friend from the gas company in Clarksburg. We did okay most of the way, but eventually decided to get off and walk one of the big hills. Chip (Wamsley) was driving sag and tried to give us a lift, but we walked to the top and rode on back." A Saturday "bonus ride" century was added in 1988, and dismal weather failed to deter over 50 in 1992. The Greater Morgantown CVB sponsored it in 1996 to benefit MRTC.



Country Roads Cyclists, by agreement with an informal Monongalia Bicycle Club, became the regular sponsors of the Appalachian Spring Spectacular in 2002. The first Sunday in May became the day of delight, with most of the established features continuing to the present. Frank Gmeindl has continued as coordinator/facilitator, with a committee of about half-a-dozen members (of both clubs) doing the preparation and another dozen or so helping on the big day as ride leaders, sag, food stop and registration assistants. We had 110 participants, great weather and a fine Papa John's pizza feast on the deck of the West Virginia Brewing Company in 2006, and **we're back!**

# **BICYCLING in the MORGANTOWN AREA**

**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 miles to 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, which features our ride schedule as well as Club and area news. We also have a Club web site, [crcyclists.org](http://crcyclists.org) and an e-mail link for breaking news and spontaneous activities. 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 Yahoo 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. The hard core like to ride long and hard, but all are pleased to slow down to ride awhile with newcomers. JOIN US at: [sports.groups.yahoo.com/group/monbikeclub](http://sports.groups.yahoo.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. Their current project is extending high-quality surfacing north to the Pennsylvania line near Point Marion. For further information, maps, membership and meetings, see their website: [montrails.org](http://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 in this community. For further information, see their website: [positivespin.org](http://positivespin.org).

**WVU CYCLING CLUB** sponsors a student team that competes in the Atlantic Coast Collegiate Cycling Conference, often winning the mountain biking championships and vigorously contending for road titles. The Club is organized and run by students and includes racers, friends and fans. For further information, find their web page at: [wvu.edu/~bike](http://wvu.edu/~bike), or attend a regular meeting every Wednesday at 7:30 p.m. in the Mountainlair.

## **FAMOUS BICYCLE SHOPS in downtown Morgantown**

**Pathfinder** 235 High Street, next to the Courthouse 296-0099

**Wamsley Cycles** 709 Beechurst Avenue, in Seneca Center 296-2447

**Morgantown 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. Members, bicycling laws and other information is available at [morgantown.com/bike.htm~board](http://morgantown.com/bike.htm~board).

**Sprockids for teens** has mountain biking clubs in several local schools.

**The Racing Scene** also includes the Henry Clay 30k mountain bike race at Coopers Rock in May, the MedExpress Mountaineer Triathlon in July, and several well-known road and mountain bike team racers.