

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

www.crcyclists.org
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MAY - JUNE 2008 #2

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League of
American
Bicyclists
since 1979



START OF THE APPALACHIAN SPRING SPECTACULAR IN MORGANTOWN AT THE WHARF MAY 7, 2006 (Foster pic)

JOIN US on the APPALACHIAN SPRING SPECTACULAR BICYCLE RIDE in MORGANTOWN, WEST VIRGINIA - SUNDAY, MAY 4, 2008

Choose a 25, 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 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. 100 participants in 2007 included 43 Country Roads Cyclists. We hope to see you there. Note: the waiver/registration form may also be downloaded from crcyclists.org to simplify registration.

For the stronger cyclist, don't miss our "Bonus Ride" Saturday, May 3 at 9:00 a.m. Meet at the Courthouse in Morgantown for a non-supported (no sag, no food, no map, no fee, great fun) club ride (waiver required). This ride is approximately 85 miles at a moderate tempo with about 7,000 feet of climbing.

RIDE, RIDE, RIDE:

here are some of the major May-June cycling events

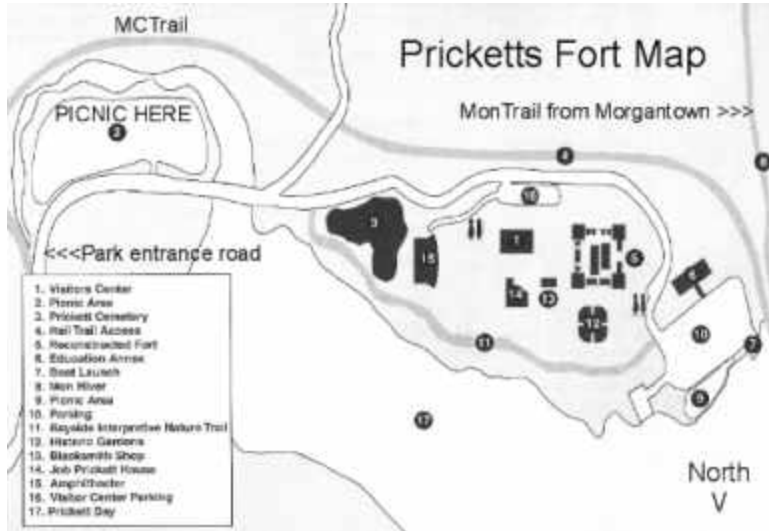
- May 10-11 TOSRV tour, Columbus, OH
- May 10 High Rollers Road Race, Big Bear
- May 11 Henry Clay 30 K MTB Race, Coopers Rock
- May 17 J. Cecil Jarvis Memorial Bike Ride, Buckhannon
- May 25 White Oak Challenge, Watters Smith M. S.P.
- June 1 Country Roads Cyclists picnic at Pricketts Fort
- June 7-8 24 Hours of Big Bear MBT Race, Big Bear
- June 7-8 Marietta River Rendezvous Tour, Marietta, OH
- June 21 Tour of Tucker County Road Race, Davis
- June 21 Davis Health Systems Mini-Triathlon, Elkins
- June 22 W.Va.Championships MTB racing, Davis

7-Year-Old Encourages Community to Bike

was the headline in the Morgantown Dominion Post, telling the story of rail-trail rider Max and his wish to get strong enough to ride our road hills. Thus was born "An Uphill Struggle: Max's Challenge to Morgantown." Now, Max and his friends (including several Country Roads Cyclists although this is not a Club event) are meeting every Sunday at 2:00 p.m. in Sabraton behind the old Food Lion at the Deckers Creel Rail-Trail to train and learn what's needed to be able to bike up Beechurst Avenue and coast down to Star City's Riverfront Park on Saturday, August 16. See www.maxschallenge.org or contact Marilyn to participate (598-5078)

DOUBLE THE PIZZA, DOUBLE THE PLEASURE

Country Roads Cyclists gathered twice in March to consider the delights of pizza. Opening March, a dozen cyclists, including several Fairmont Flyers, met at Colassesano's in Fairmont for a pig-out warm-up. (If biking gets muscles in shape for the season, isn't it reasonable to also train the stomach?) Pictured are (l-r) Carl , Laurel several Flyers including Gary and Donnie , (lost names, ed.) Bill , Kelly , Gerry , Dave and Connie (photo by Bob T) At the end of the month, a similar group enjoyed our annual spring pizza party at the home of Kelly and Gerry in Morgantown



PICNIC AT PRICKETTS FORT

Plan ahead for our summer picnic, Sunday, June 1 at the Pricketts Creek picnic area at Pricketts Fort, north of Fairmont, on MCTrail and the Mon River Rail-Trail, just off I79 exit 139 and state route 73. Bring a dish to pass. (Pass it off to Kelly and Gerry in Morgantown and ride to the Fort.) See our ride schedule for riding options. Kelly would like to know if you're planning to ride with him so he doesn't leave anyone behind, and especially so Gerry won't leave any good food behind because you get to the start a few minutes late, so please RSVP if coming to the 12:30 Morgantown ride start. Bill will have a cooler at the picnic grounds for those meeting there with a dish and the 1:00 rides. Plates and utensils provided. Should we have a grille?

WELCOME OUR NEW MEMBERS

We currently have 88 paid members, (Where are the others?) including 30 from Harrison County, 26 from Monongalia, and the following new members: Ginger and Bryon from Shinnston, Claudia from Morgantown, Joyce from Pittsburgh, and Lynn from Madsville

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 March 17 Clarksburg meeting the secretary/treasurer reported 70 paid members for 2008 and a balance of \$1,557.95. Spring events were discussed. A \$50 donation in support of the Friends of the Cheat Preston Rail-Trail Committee's Cheat Fest 5K run May 3rd was approved. Max's Challenge (August in Morgantown) was discussed. It was agreed to encourage member support, but not to adopt it as a Club event.

At our April 14 Clarksburg meeting the secretary/treasurer reported 82 paid members and a balance of \$1,502.05. Spring events were further discussed and plans were developed for a picnic at Pricketts Fort on June 1.

Complete minutes are filed in our archives at: [groups.yahoo.com/sports/group/ CRCyclists](http://groups.yahoo.com/sports/group/CRCyclists). Go to Yahoo groups and create an I.D. and password for access.

CYCLIST'S GUIDE TO WEST VIRGINIA RAIL-TRAILS

is due out this summer by Robin Boyd, a West Virginia cyclist/writer who visited all 27 rail-trails, and previously published "The Mountain Biker's Guide to West Virginia." It will include information on detailed directions to trailheads, highlights of the rail-trail and a listing of nearby amenities such as motels, restaurants and tourist sites.

TIMBERLINE MT. BIKE CENTER

Ski resorts are always looking for some way to utilize their resources in the summer, and being in a mountain biking neighborhood – Canaan Valley – Timberline has a website www.timberlineresort.com and brochures promoting their Mountain Bike Center (800-766-9464). They offer free trail passes (required) from their sports shop, \$23 all day chair lift passes (one ride \$9 with bike) and bike rentals (adults \$25/day, \$15 half-day), with many miles of mapped and marked trails. (helmets required) The season starts May 23, hours 8 am to 5 pm daily. The scenic chair lift will operate on weekends and holidays, 10 am to 5 pm, weather permitting.

DECKERS CREEK RAIL TRAIL

has been resurfaced from mile 8 to mile 13, according to MRTC's newsletter, "Tale of the Trail." Their spring 2008 issue also noted "On the Mon River Trail from Star City to Van Vorhis, Don and Jeanette, a dynamic duo, gathered 7 bags of trash and 16 tires" We add our thanks to them and all the others for cleanup efforts on the rail-trails. Also note their "Deckers Creek Trail Half-Marathon will be held on Saturday, June 7 to celebrate our local rail-trails and National Trails Day," with proceeds used to help manage and maintain the MonTrails system. For membership and event information go to www.montrails.org.

HENRY CLAY 30K MTB RACE

This event returns to Coopers Rock State Forest near Morgantown on Sunday, May 11 at 1:00 p.m. (thanks for changing the date this year, guys) as WV MBA Series Event #4. Go to www.wvmba.com for details and registration, or just go watch it.

WHITE OAK CHALLENGE MTB RACE

Another local challenge for mountain bikers is the White Oak Challenge, Sunday, May 25 at Watters Smith Memorial State Park near Lost Creek. For details go to www.wvmba.com and click on Event #6. CRC member Mike is presenting this event this year and he could use more help. If you're not racing, contact him at 842-8408.

YE EDITOR'S SEMI-REGULAR LAMENT

Too often I seem to get caught up in other things, and writer's block or something like it makes your newsletter rather late. Sorry. The ride schedule has been up as usual for several days on our web site: www.crcyclists.org

ROAD RACING RETURNS

see www.iPlayOutside.com

The 1st Annual West Virginia Road Series
2008 Event Dates:

May 10 - Cooper's Road Race, Cooper's Rock (?)
May 31 - June 1 - Mountaineer Stage Race, Philippi
June 21 - Tour of Tucker County Road Race, Davis
July 4 - Barbour de Tour, Philippi
July 5 - St. Albans Grand Prix, St. Albans
Sept. 21 - WV State Championship *, Kasson

* Point Series Championship

Series Classes // USCF Class:

Men Cat 1-3, Men Cat 4-5, Men Masters 40+
Women Cat 1-4, Junior (18 & under), Cat 5 (200#+)

Rules: To qualify for series championship you must compete in 5 of the 8 events. Each stage of the Mountaineer Stage Race counts as one event. Points to be given by finishing order at each event. 20 points for 1st, 19 for 2nd, 18 for 3rd and so on. Racers finishing outside of the top 20 will be given 1 point for finishing. No points for DNS or DNF.

May 10 - Cooper's Road Race, Cooper's Rock (?)
Event Name: **High Rollers Road Race**

(iPO Event Id#: 10765) USAC Permit 2008-1037
Date: Saturday, May 10, 2008 Start Time: 11:00am
Location: Big Bear Lake, Bruceton Mills/Hazelton
A brand new road race course, starting at nationally known 24Hr of Big Bear, tours a corner of W.Va. with a quick tease of beautiful red Maryland asphalt. No huge climbs, just some higher than average rollers. The route is 76 miles for cat 123's, 38 miles for all other racers. With the mountains and views of Preston County it a race route you'll not soon forget.
Contact: J.R. Petsko Phone: 304-612-0301

Email: jrpetsko@hotmail.com

Registration: Race day registration will be \$25 and opens at 9:00 AM, and closes at 10:30 AM. USAC license required for M 1/2/3, one day licenses are available at race site for \$10 for all except M1/2/3.

Category	Distance	Start	Prize	Field	Limit
M 1/2/3	74 Miles	11:00	\$250/5	100	
M 4/5	37 Miles	11:10	Prize(\$300)/7	75	
M 40+	37 Miles	11:15	\$100/3	75	
Women	37 Miles	11:15	\$200/5	75	
Junior 12-18	37 Miles	11:20	Prize(\$75)/3	50	
Cat 4/5 (200+)	37 Miles	11:20	Prize(\$75)/3	50	
Just For Fun	37 Miles	11:20	Prize(\$75)/3	50	

Juniors Cat 3 or higher may race in M123, but must still roll out. Sag support will be provided. Results will be sent to USACycling.org.

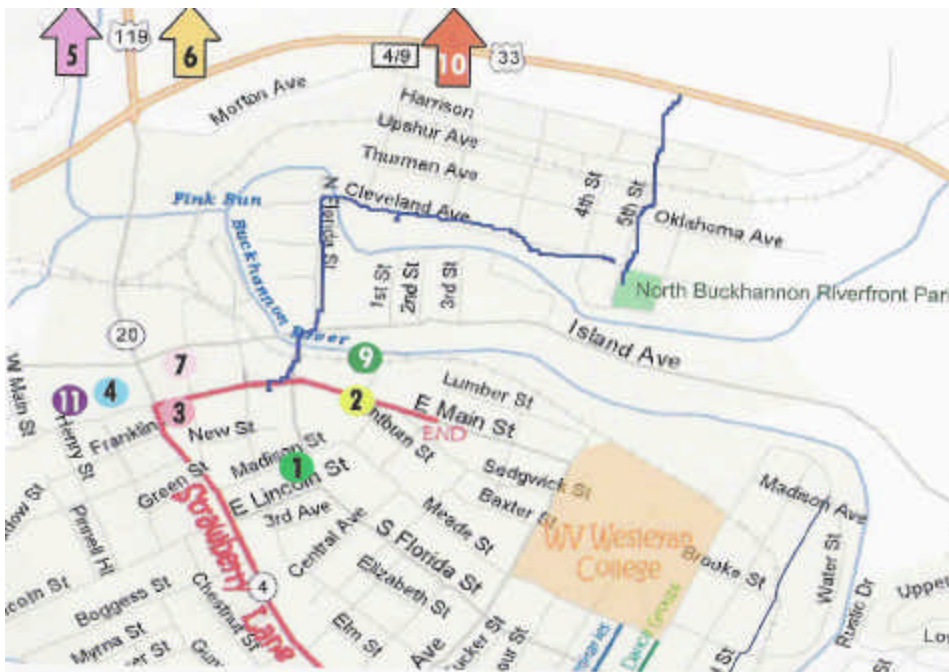
The J. Cecil Jarvis Memorial Bike Ride Saturday, May 17, 2008

J. Cecil Jarvis was a busy man; a lawyer with a major Clarksburg, West Virginia law firm, publisher of the *Clarksburg Exponent – Telegram* newspaper and a family man with a wife, two daughters and a son. Still, after running the Clarksburg 10 K, he became enthusiastic and found time for training and racing in more than just the shorter foot races; he got into triathlons. His competitive spirit drove him to excel in the running, swimming and biking as well, and so it was he joined Country Roads Cyclists.



We were all shocked and dismayed when we heard the tragic news, that on May 22, 2007, while on a training ride with a group of friends in Lewis County, J. Cecil Jarvis crashed and died following an incident of harassment involving three boys. Most of these friends were also Country Roads Cyclists, and they and Country Roads Cyclists have determined to honor Cecil's memory with a special event, the J. Cecil Jarvis Memorial Bike Ride, Saturday, May 17, starting in Buckhannon, W.Va. at 11:00 a.m. from Fat Tire Cycles on Main Street, where owner, event organizer and CRC member Gene Wells says, "This will be a thirty mile group ride generally following the route Cecil rode that fateful day. This is not a race, but there are some tough climbs." Note: this will be a group ride to the top of the last hill of Cecil's ride, where we'll regroup for a one mile ride of silence past the crash site, after which we return to Buckhannon on US 33.

Please note that this is Strawberry Festival weekend in Buckhannon, with a big parade at 1:00 p.m. and thousands of cars everywhere, so don't even think of parking downtown near the bike shop. We suggest: from the north or west on US 33, pass the WV 20 exit to the next exit east for Morton Street. Go south a few blocks on Fifth Street to park at North Buckhannon Riverfront Park. Bike just under a mile to the bike shop by taking Cleveland Avenue west, crossing the river, then left and south on Florida Street to Island Street and another bridge leading to Main Street. Turn right on Main and Fat Tire Cycles is half-a-block on the left/south side. Allow extra minutes for traffic approaching town, wear your helmet and BE CAREFUL.



north Buckhannon map showing suggested route to Fat Tire Cycles

Another Memorial Event

The J. Cecil Jarvis Memorial Triathlon will be held July 26 at 9:00 a.m. at Maple Lake, just off US 50 east of Bridgeport. Title sponsor is United Hospital Center, with many local commercial sponsors.

This event is described by organizer Dr. Kyle McCammon (also a Country Roads Cyclist) as a sprint triathlon. Distances are: swim 600 yards, bike 12 miles, run 5K. This event is USAT sanctioned. Fees: ind.\$45/55 after July 1, team of 3 \$60/90 after July 1, plus \$10 one day USAT membership. For information and registration go to: www.hfpracing.com/eventinfo.php?eventid=59