

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

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MAY - JUNE 2009 #2
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League of
American
Bicyclists
since 1979

RIDE the APPALACHIAN SPRING SPECTACULAR BICYCLE RIDE in MORGANTOWN, WEST VIRGINIA - SUNDAY, MAY 3, 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. The \$10 registration fee includes a food/water stop, map and cue sheet with road arrows, ride leaders and limited sag support. For an additional \$10 we offer an after the ride lunch buffet at the Chophouse on the rail-trail nearby. (See flier at crcyclists.org)

Registration starts at 8:00 a.m. at the Wharf Street Parking Garage in Morgantown, off South University adjacent to Deckers Creek at the Caperton Rail-Trail, with a start of the rides at 9:00. Helmets required. We hope to see you there. Note: the waiver/registration form may be downloaded from crcyclists.org.

For stronger cyclists, don't miss our "Bonus Ride" Saturday, May 2 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 about 85 miles at a moderate tempo with about 7,000 feet of climbing.



RIDE, RIDE, RIDE:

some other May-June cycling events

(see previous newsletter for details)

- May 3 Challenge at Mountwood WVMBC xc race #2
- May 9-10 TOSRV tour, Columbus, OH
- May 11-16 Bike to Work Week
- May 16 J. Cecil Jarvis Memorial Bike Ride, Buckhannon
- May 17 Pedal Pittsburgh ride, southside Pittsburgh, PA
- June 6 WV R.A.V.E. bike rides, Camp Caesar/Cowan
- June 6-7 Marietta River Rendezvous Tour, Marietta, OH
- June 7 Tour of Tucker County Road Race, Davis
- June 13-14 24 Hours of Big Bear MBT Race, Big Bear
- June 19-21 Snowshoe Mt. Bike Racing Series #1
- June 21 Appalachian Classic Mt. Bike Fest WVMBA #5
- June 28 Country Roads Cyclists picnic at Pricketts Fort

FAMOUS MARCH PIZZA PARTIES

Sixteen cyclists, including several Fairmont Flyers, warmed up for the season at the new Colasessano's in Fairmont on February 28 (Mike Breiding photo at left), then 23 Country Roads Cyclists came to President Williams and Gerry's Morgantown home March 28 for a grand encore. (no photo, attending were: Mike & Betsy, Don & Jeanette, Mark & Kathy, Mark, Kari & Carissa, Carl & Connie, Bill & Ly, Claudia, Frank, Paula, Laurel, Marilyn, Jim & Sandy, Gary and hosts Kelly & Gerry

PICNIC at PRICKETTS FORT

Our summer picnic will be **Sunday, June 28** at the Pricketts Creek picnic area at Pricketts Fort, north of Fairmont, on MCTrail and the Mon River Rail-Trail, just off I-79 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, utensils, burgers & dogs provided.

Flickr photos with permission by Jason Scott Means



Country Roads Cyclist Recumbent Nick on Capitol grounds

Group photo at the Charleston Civic Center after Saturday workshops

THE WEST VIRGINIA CYCLING SYMPOSIUM

Organized by the League of American Bicyclists, the Alliance for Biking and Walking and an ad hoc steering committee of cycling advocates, the West Virginia Cycling Symposium drew about 70 cyclists and friends to Charleston for a two day program in mid-April. At a buffet dinner Friday evening at the Governor's Mansion, speakers included Paul A. Mattox, Jr., Secretary of the West Virginia Department of Transportation and Commissioner of the Division of Highways and Andy Clarke, Executive Director of the League of American Bicyclists.



Saturday sessions at the Civic Center included presentations by Jeff Miller, Executive Director of the Alliance for Biking and Walking (nee Thunderhead Alliance), Frank Maguire, IMBA Regional Leadership Council Director and J. R. Petsko, Executive Director, WVMB, and in breakout sessions, Country Roads Cyclists Nick Hein (Positive Spin in Morgantown), LAB LCI discussing

the League's Traffic Skills 101 program (formerly Road 1) and Kathleen Panek (Gillum House B&B in Shinnston) discussing the economic impact of bicycling tourism, along with several others. In the afternoon, the gathered cyclists rode from the Civic Center to the Capitol for a photo op (Nick rode his recumbent on the Sunday, April 19 *Charleston Gazette - Mail* front page.) and on across the Kanawha River into Kanawha City. Eight Country Roads Cyclists attended the Symposium, including Ly , Carl & Connie , Bill , Frank , Nick , Laurel and Kathleen .

Our Road Captain's notes from the Symposium

Quite a few topics were addressed in a short period of time. I recall several bits of advice that would be of use for anyone attempting to change the cycling environment. Most of these are from talks by Andy Clarke of the League of American Bicyclists:

1. Decide on the specific thing that you want to change.
2. Find out who or what entity has jurisdiction over this. Is it the governor, the department of highways, the state legislature, a mayor or city council?
3. Do you know anyone who may have some influence with the person or agency you need to address? If so enlist their help.
4. If it is a road construction issue that you are concerned about; speak up at the planning stage. Don't wait for the project to be completed and then try to get it changed.
5. Approach public officials with courtesy and a positive

attitude. This will get you further than complaints and criticism.

6. Avoid wearing bike shorts and jerseys to meet with public officials or attend public hearings. This makes you look odd to them and puts people off.
7. Cycling is a mode of transportation, not just our Sunday afternoon recreation. For some people in the community it may be the only mode of transportation they have other than walking. Emphasize this aspect of cycling and its positive benefits on public health and the environment.
8. Do not give up or go away. Many projects require repeated efforts. It can take 3 or 4 attempts to get a bill passed in the West Virginia legislature

As much as we love our rides out into the pretty countryside, I believe we should take some time to ride through our downtowns and shopping areas to see how these area can be made more bike friendly. **Laurel**

The 2nd Annual J. Cecil Jarvis Memorial Bike Ride Saturday, May 16, 2009

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 wife, two daughters and a son. Still, he became enthusiastic for more than just foot races after running the Clarksburg 10 K, and he made time for training and racing in triathlons, too. 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 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 determined to honor Cecil's memory with a special event, the J. Cecil Jarvis Memorial Bike Ride, this year on Saturday, May 16, starting in Buckhannon, W.Va. at 11:00 a.m. from North Buckhannon Riverfront Park. Gene Wells, Fat Tire Cycles owner, event organizer and CRC member 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.

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. This is Strawberry Festival time in Buckhannon, so allow extra minutes for traffic near town, wear your helmet and BE CAREFUL.

The Mountain Roads Racing Club

is a nonprofit organization whose mission is to promote cycling related activities locally and regionally. We also have some national and international activities. The club is officially listed with USA cycling and is sponsored primarily by WVU HealthCare, a combination of University Health Associates and West Virginia University. Co-sponsors of the WVU HealthCare cycling team include Morgantown ENT clinic, Hibachi Japanese Restaurant, Bubble @ Sikaku, ChamRakh Sports, Iowna Software Co., and Rudy Project. Pactimo is our clothing company. The team and its sponsors promote the goals of the club in terms of racing. The team and club are also dedicated to promoting health care, especially as it relates to cancer education. We are particularly interested in educating West Virginians and people in surrounding areas about cancer clinical trials and cancer prevention and early detection programs. We are interested in smoking cessation and assisting with activities that assist patients with cancer.

Currently, our roster has 13 riders.

Our core road team includes:

Category 2 riders: Adam Anderson and Jeff Guy.

Category 3 riders: Jay Downs, Ted McPherson,

Chris Rassekh, Aaron Timperman and Bill Hauber.

Women's team (new for this season):

Meghan Durst, Mandy Anderson, Stephanie Swan and Laura Montero.

We also have riders who focus mainly on MTB racing

but who will enter road races this season also:
Dave Hubbard and Kerry Barnhart.

We focus on races and other major cycling events in WV and surrounding states. We also have a presence in the Midwest (Iowa and Illinois mostly). However, we participate in events all over the country from New York to California. Several of our riders will be heading for National Championships. We also do have some international events scheduled. Chris Rassekh will be doing the Etape du Tour for the third time this July.

Last season, we had quite a few successes with wins and high placings from many of our riders. We also promoted events such as the Comfort Fest which raised funds for cancer patients who need assistance with uncovered expenses. (submitted by Chris Rassekh)

MEMBERSHIP DUES REMINDER

We currently have 104 paid members, including 37 from Harrison Co. and 35 from Monongalia Co.

Welcome new members including Lara

(Independence) and John & Kathleen
(Shinnston) **and returning members** (pre-2008)

Paul & Laurie (Clarksburg), Randy & Pam
(Morgantown), Ly (Clarksburg),

Jenny (Fairmont), Dennis

(Waynesburg, PA), Del (Morgantown), and
Robin & Phil (Fairmont). **Paid members**

receive a membership list with this newsletter.

Tour de Revs 2009

*3 Guys, 1 Bike, 100 Days, 13,000 miles, 65 cities
A Mission to Fight World Hunger*



We're Revvin' Up!
Check us out at tourderevs.org .

From May 13 through August 20, 2009, three Lutheran pastors from the WV-WMD synod will put foot to pedal and seat to saddle and travel over 13,000 miles to raise awareness (and donations) to help eliminate world hunger. Starting in Chicago, they will be making stops in each of 65 cities, including Pittsburgh on May 18 and **Clarksburg on May 19**. While much of the trip will be by sag van, they hope to ride six days a week and take time to meet with local congregations and ride with cyclists, while stopping to preach on Sundays.

Pastor Fred Soltow from Shepherdstown, W.Va. (who won the first Lake Floyd Triathlon in 1983, an event our Club sponsored for several years in the '80s), and **Rev. David Twedt**, who was a Lutheran Pastor in Wheeling, (now in Wardensville, W.Va.) are good friends and did some biking together. In the fall of 2001 they rode around West Virginia to all the Synods in the Evangelical Lutheran Church in America and raised \$13,000 for bicycles for pastors in Madagascar. Another Pastor friend of Soltow's is **Rev. Ron Schlak** of Charleston, WV.



The two have worked together for many years. A few years ago Ron started bike riding for his health. In 2007, all three were eating lunch at the Blue Moon Café in Shepherdstown. Of course, the conversation turned to the dream of an extensive bike ride for World Hunger. Twedt suggested they all ride on one bike—a concept unknown to the other two. The very next day call it “divine intervention” if you will, Soltow's son-in-law, Tony, called from California where he was attending a custom bike trade show. He said, “Dad, I've found the perfect bike for you. It's made of bamboo.” The next day, Soltow called the bike builder, Craig Calfee, and asked him if he could build a bike for three. His reply, “We can do that.”

The bike is impressive. The bamboo used for the frame is 2½” in diameter and, according to Soltow, “stronger than steel, but much lighter in weight.” The “triplet” weighs 52 pounds and is the only one in the world. Soltow will ride in front and control the steering, shifting and brakes--front and rear disc brakes. He says it's quite tricky as it doesn't respond as quickly as a normal bike and the turning radius is larger than some small cars. There are 30 speeds, and it seems to take an eternity for each shift because of the extra long cables from front to back. They average 20 to 25 mph on the flat. He says it “rides really well.”



In Clarksburg, the group will make a school presentation, and St. Marks Lutheran Church has planned a welcoming party starting at 5:00 p.m. followed by light picnic style supper, entertainment and another presentation by the three revs. The church is on US 19 south past Veterans Memorial Park (where we often start local rides) at the intersection of Davisson Run near United Hospital Center. **Country Roads Cyclists and friends are invited to attend.** There may be an opportunity to ride a bit with the three revs (about town or possibly from Fairmont I-79 exit 132 Wal-Mart). If interested, call or e-mail Bill Foster to be on the list.

PETSKO TEAM A WINNER IN MORGANTOWN ROAD RACE

Well Known mountain biker Jeremiah Bishop came from the East with friends to capture the top places among racing road cyclists at the new Morgantown road race Saturday, April 11 when the weather cleared and an unexpectedly large crowd of registrants were signed in at Mason-Dixon Park. Local stars Adam Anderson and Gunnar "Shrogen" (iplayoutside spelling -We would know better, were he still a member) came in tied at seventh/sixth in the cat 1/2/3 men's race with identical times of 2:12:35, 3:25 minutes behind Bishop while CRC's Morgan Miller finished in the last group in that 37 rider field (Hey, he just became 18 last fall), still within 18 minutes of Bishop. Country Road Cyclists competing in the master men's category included Kyle McCammon, 11th at 2:33:25 (7:47 back of the master's winner), Don Dickerson, 15th at 2:35:09, and Michael Loughney, 24th at 2:58:24 among 28 starting masters riders.

J. R. Petsko, local cyclist/photog/exec.director West Virginia Mountain Bike Association organized the event and CRC member Ryan Post served as chief judge. Here are a few of their online observations:

"Jeremiah Bishop just called and said it was best road race he has ever done... That was kinda cool.. All over the net lots of happy people from Saturday.. Will do it again next year! 200+ please no!"

J.R. Petsko (MonBikeClub google group)

Post Race Talk:: "There was this poor promoter who had planned for 60 people. 160 showed up and the poor promoter didn't know what to do. He worked so hard at registration and the line kept getting longer. When it was time to start the race, the line was still quite long. But people were patient. There was confusion between the ref and the promoter at the start because start times were changed due to the bigger fields. But the racers were patient. The course was awesome, and some racers felt they deserved to race on the left side of the yellow line any time they wanted. But the cars were patient.

Some local did doughnuts in a patch of gravel at the bottom of the big descent and put lots of gravel on the road. The promoter did the best he could to get rid of the gravel. I doubt the racers were patient going through that turn, but no one got hurt.

The 1/2/3s, women and masters did like good racers and broke up the field before the finish. The ref liked that and scored them pretty well. The 4/5s wanted to have a 20 person sprint. The ref's camera didn't work because the weather became overcast during this sprint and high speed doesn't like overcast. Results took a little longer than desirable, but the racers were really patient.

One fool did turn the wrong way, despite being yelled at by a course marshal and the rest of his group turning the correct way. He was exciting for about 10 seconds, but that's about it. All and all, the post race talk is rather boring because no one died or even came close to it."

Ryan Post (MonBikeClub google group, edited)

"With a big block of racing ahead, this weekend my roadie friends Curtis Windsor, Andrew McKeegan and I decided to go to the Morgantown road race... While we drove to the race, it was pouring buckets of rain...(but) we committed to going.... Now I am so glad I stuck it out. The race was awesome!... It was a super course, a lot like the roads in Leige, Belgium.(sic) The feeling of going that fast on a bike through the mountains is just awesome. Next stop, Sea Otter!"

Jeremiah Bishop (blog, Tuesday, April 14, excerpt)

THE MILLS REPORT

It was another of those accidents where we may never know what happened, no cars and (presumably) no animals, no observers, no clear evidence, no memory.

April 26 was unusually hot for mid-spring, and the nine cyclists were ready to enjoy the downhill breeze on Big Isaac - Melitus hill after stretching out in a long line on the way up in the sun. No one saw when he fell, but the pleasure of our Club ride came to an abrupt stop in the middle of the road, where Ray lay with a concussion, many abrasions and a damaged hip. Folks living in the curve above came and helped

and called an ambulance from Salem which took him to the United Hospital Center. He got a new hip/femur ball joint in Mo'town and he is now recuperating at HealthSouth in Fairmont; no cycling or even walking for a while; but as a 1979 charter member of the Harrison County Bicycle Association - Country Roads Cyclists, he has an enduring enthusiasm for and years of experience bicycling and (like Lance?) he'll be back.

Those who attended our Annual Meeting last fall also know Ray for his presentation of the spectacular 2007 touring he and Susan did in the Italian Dolomites.

BICYCLING in the MORGANTOWN AREA

2009

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 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 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 website cyclists.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 trail exchanges on their google group web site. In addition to regular Sunday morning rides from the County Courthouse in downtown Morgantown, they have frequent road, trail and mountain bike rides almost anytime or more agree 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 on MonBikeClub-subscribe@googlegroups.com

MON RIVER TRAILS CONSERVANCY was organized in 1991 to obtain and develop the 51 mile, three county trail system that is now enjoyed by so many cyclists, walkers, runners, and others extending across Monongalia County, south into Marion County, east into Preston County. For further information, maps, membership and meetings, see their website 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

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 the web page at wvucycling.com 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 - 2009

Wamsley Cycles 709 Bechurst Avenue, in Seneca Center - 2947

Morgantown Bike Board was established by the City Council in 2006 as a committee of the Traffic Commission, the purpose of the Bicycle 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 use which supports cycling; ...and encourage use and enjoyment of bicycling and bicycle safety education. It meets the first Thursday of each month at 6:30 p.m. in the Public Safety Building Conference Room at 300 Spruce Street. Memberships, bylaws and other information is available at morgantown.com/bikeboard.htm

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 racers and teams.