

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

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JULY - AUGUST 2007

#4

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League of
American
Bicyclists
since 1979

GREAT GROUP, GREAT WEATHER, GREAT PAIN IN PA.

REPORT ON THE APPALACHIAN SPRING SPECTACULAR

Ideal weather and the usual great routes, food and friends attracted an even 100 cyclists to the 30th anniversary Appalachian Spring Spectacular May sixth in Morgantown. Following safety advice from facilitator Frank Gmeindl, cyclists set out for Pennsylvania just after 9:00 a.m. from the Wharf parking garage. The otherwise usual great day was marred by a serious bicycle-auto collision just over the Pennsylvania border on US 19 when Mike , riding on the left side of a large group, swerved left to avoid a dropped water bottle, then turned left across the double center line just as a car was passing from behind, according to witnesses. He was taken to Ruby Hospital in Morgantown where it was determined that in addition to extreme road rash, a concussion and knee damage, he also sustained fractured neck bones. (After three days and knee surgery, he returned home in a neck collar and on crutches with a schedule of physical therapy which didn't include any cycling for a while. See "accident reports" inside for further information.)

About a dozen cyclists did a 25 mile route to a Mt. Morris snack stop and back, most of the rest continued to Kirby for a 45 mile route (and on to the edge of Waynesburg for a 60 mile route), then to the usual Robinson Run snack stop before returning to Morgantown for a vegan pasta buffet and many extended, somewhat somber conversations on the open air deck at the West Virginia Brewing Company.



John and Emil

at right: a group enjoys the mild, sunny weather at Robinson Run snack stop.

WELCOME OUR NEW MEMBERS

Katie B
Mark J. C
Nixon Scott H
Kent P

Clarksburg
Lost Creek
Morgantown
Morgantown

Our current membership totals 144 (counting families as two), including 13 new and 9 returning, with 45 in Harrison Co., 49 in Monongalia Co., 14 in Marion Co., 24 in other W.Va. areas and 12 out-of-state members. A current membership list is included for members only.



Morgantown brain trust, (l-r): Tim , Nick , Don , Dave , Don



TOO MANY ACCIDENT REPORTS

Cycling became a dangerous activity for some of our most experienced members this spring. The ones we know are presented here for enlightenment, lessons to teach and as updates on the condition of "participants."

April 25, 2007 Kyle _____ broke his left hip in a cycling accident (riding with Adam _____) on Corbin Branch Road outside Bridgeport when he lost control in a curve coming down a hill, hit a shoulder pothole and wiped out. He suffered a dislocated right hip with a pelvic bone (acetabular) fracture. He was advised that he could expect to be on crutches for 4-6 months, and while he may eventually return to swimming, cycling and possibly some running, he's not planning on doing triathlons. (He'd been planning to do the half-tri in Morgantown and a full ironman in Louisville in August with Cecil _____ (see below).)

April 29 2007 Don _____ was in a group of six cyclists on Bakers Ridge Road on the way back to Morgantown on a regular Sunday morning MBC ride when a stopped pickup in the opposite lane turned directly in front of them, hitting him and another of the group. "Don hit the front of it and Matt hit the right front side. Matt flew up in the air and landed on the road on his back. Miraculously, he sustained no injuries and only his stem and front brake needed adjustment. Don didn't fare so well. His new C'dale fork sheared off and the top tube is crushed and sheared. He sustained a really nasty cut in his right ankle and a less severe cut on his left leg. We called 911 and an ambulance took him to the hospital. They sewed up his leg... The county police ...showed up and cited the truck driver for failure to yield or something like that. Get this. She said she turned in front of us because she thought we were going to stop!" (from MBC report) Don rode the 60 mile Appalachain Spring Spectacular route the next weekend. He reports he later felt poorly for a while, but is better now.



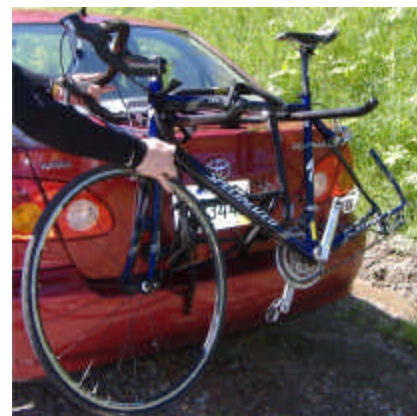
Toronto billboard outside Wal-Mart

May 1, 2007 Connie _____ later reported on her Deckers Creek Rail-Trail accident: (Husband Carl and I) "decided

to take the afternoon off and hit the trail. (Her words, ed.) The sun was shining and the riding was great. We were traveling downhill between 20 & 25 mph and thinking about the trip back up and dinner later. I guess spring construction on the trail had left a couple holes I was not familiar with that were inconspicuous. The bike came down and slid down on the right side and then flipped and body slammed the left side. The damages consisted of road rash on the right knee, right arm and a thumping right thigh until I took off my (cracked) helmet. I felt like I looked like Frankenstein with an extra forehead. A trip to the ER revealed external damage only (thankfully) but I still have extensive bruising on the face, neck and thigh, including a very black left eye and partially black right one. I can't even imagine what state I would be in if it weren't for the helmet!." About the time of that report, she suffered a mild stroke. Further scans were "inconclusive." She now feels "95%" recovered, but remains concerned. She also is biking again.

May 6, 2007 Mike _____ was in a large group on our Appalachain Spring Spectacular on US 19 just across the Pennsylvania line.

A water bottle fell and he eased off and turned left across the double yellow centerline (presumably to retrieve it) just as a car was passing the group from the rear. (Two wrongs make very bad luck?) He and his bike were hit and thrown atop the car and onto the ground.



He hairline fractured two neck bones and suffered serious knee injuries and multiple abrasions. Last month he said, "Thanks for all of the visits, kind words, cards, and help at the accident scene. It's great to ride with such a great group." and now reports (June 25), "The collar came off last Tuesday (June 19) and I did a 12 mile ride today. I think I am about 95% recovered"

May 22, 2007 J. Cecil _____, publisher of the Clarksburg Exponent Telegram died in a cycling accident in Lewis County while on a training ride with a group of friends. Three had gotten ahead on the first long hill and one was 30 seconds back. It was reported that a small group of kids "teased" the first three with a fake snake, and likely did the same to Cecil. Apparently, he swerved, lost control, crashed and died before the EMS could get him to a hospital. Little has been reported in the media due to pending decisions on possible prosecution.

Country Roads Cyclists member Mike _____ reports: My son, Morgan, and I were riding with Cecil _____ on the evening of his fatal accident. Cecil was a regular

participant on the Tuesday night road rides out of Fat Tire Cycle in Buckhannon. Also on the ride that evening were two Wesleyan students, Duncan and Tom. Cecil always road his time trial bike. As most bikers know, these bikes are harder to control and steer than regular road bikes. I believe this was a factor in Cecil's crash. For this reason, Cecil normally rode at the front of the pack, or off the back. He never drafted off any of the other riders. On this night, we rode from Buckhannon to Weston, turning at the Lewis County State Police Headquarters and heading towards Stonewall Jackson Lake. Before the accident, we had become separated on a climb. Morgan, Duncan, and Tom were together at the front. Cecil was about a minute behind them, and I was about thirty seconds behind Cecil. According to my son, when his group of three approached the bridge on Skin Creek, there were several teenagers present. One of the boys was chasing a girl with a snake. Morgan thought it was a real, dead snake. It turned out to be a rubber snake. When the boy saw the bikers approaching, he pretended to throw the snake at them. They pedalled on. Next to approach the bridge was Cecil. As stated earlier, I was about 30 seconds behind him. I could see a lot of movement on the bridge, but was not sure exactly what was happening. I arrived shortly after Cecil went down. The boy with the snake was screaming hysterically. Cecil was laying face-up on the pavement, unconscious. I asked the screaming boy to be quiet and sit on the other side of the bridge. He remained extremely upset. Cecil remained unconscious, but was breathing and moving his jaw back and forth. At this point, I just monitored his breathing, and calmly talked to Cecil. His breathing became more shallow as time passed. Meanwhile, one of the other kids called the emergency squad and the police. After about ten minutes, the other three bikers returned. Eventually, Tom and I began to administer CPR. Cecil's pulse, like his breathing, became more and more shallow. He never did regain consciousness. When the ambulance took him away, we were told he still had a pulse. At that point, we thought he was going to be ok. It was not until later that evening, when Gene, the owner of Fat Tire Cycle, came to my mother's house, where Morgan and I were eating dinner, and informed us that Cecil had passed away. Neither Morgan, nor I, took another bite. According to an eyewitness of the accident I spoke to, the boy with the snake ran towards Cecil. Cecil, who was riding flat out, turned quickly to his left to avoid him. His front tire spun sideways, and Cecil did an immediate face plant. I am sure the teenager felt the accident was his fault. In fact, at one point he said, "I wish the police would come and take me away." We are planning to do a memorial ride in the fall from Fat Tire Cycle to the bridge where the accident occurred to hold a memorial service.

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 May15 Clarksburg meeting the secretary/treasurer reported 140 paid members and a balance of \$1,836.81. It was noted that Appalachaiin Spring Spectacular income would be better than anticipated due to about a third of participants not eating the pasta buffet and that the secretary was filing an accident report with ASIS. A generous donation from Fat Tire Cycle was noted with appreciation, and it was agreed to again present the Rowlesburg Festival rides on Sunday, Sept. 2 and our September Century on September 23.

At our June25 Clarksburg meeting the secretary/treasurer reported 142 paid members and a checkbook balance of \$1,626.18 plus \$10 cash on hand. He also noted that a membership list and accident reports with safety advice would be in our next newsletter. September Century options were discussed with plans to return to New Martinsville via the usual Big Flint route.

Complete minutes are filed on our archive site at Yahoo.com: click "groups" then "sign in" and use your i.d. and password or "crcycler" and "archives".

Maybe you tossed your newsletter or maybe you missed something of interest about cycling or past Club activities. Just check it out at our archive site at yahoo.com – click "groups" then "sign in" and use your i.d. and password or "crcycler" and "archives" to get to the home page. Then navigate to files, photos, links, etc. as you wish. Some of the files include:

- "Bike Bits" from Adventure Cycling
- Book Reviews of cycling books, most by Al, 2003-2007
- CRC ride schedules and "Spoken Words"
- CRC officers' meetings reports
- CRC roots – history 1979-1987
- Tour reports

A FEW LITTLE NOTES

Check this out: wvbike.org by J.Watson
Blackwater Canyon Circle Loop 32 miles - a nice map
Our C&O-GAP Tour was postponed. Kelly hopes to do it at a later date. Contact him if interested.

Safe cycling articles appeared in the Sunday Clarksburg "Exponent – Telegram" on June 17. Expect more soon in the Fairmont "Times" with serious cyclists' input. (due to their response to a bad article on their website.)

EFFECTIVE CYCLING COURSE

You are invited to participate in the League of American Bicyclists Road I course. This course gives cyclists the confidence they need to ride safely and legally in traffic. The course covers bicycle safety checks, fixing a flat, on-bike skills and crash avoidance techniques and includes a student manual. Recommended for adults and children above age fourteen, this fast-paced, nine-hour course prepares cyclists for a full understanding of vehicular cycling. Students learn principles in the classroom then practice in a parking lot and then on the road. Bicycles and helmets are required. I will teach it: July 21-22, August 11-12, September 8-9, October 13-14

Location: Morgantown Public Safety Center Training Room
Fee: \$45

Time: Saturday 9:00 AM – 4:30 PM
Sunday 9:00 AM – Noon

Call BOPARC at 304-296-8356 to register

LOCAL BIKE SHOP RIDES

Buckhannon – Fat Tire Cycle Tuesday evening road ride 5:15p.m., 25-35 miles aggressive riding 472-5882

Philippi – Sports N Spokes M-W-F 6-6:30 a.m. no details
contact Thad Kelly 457-6090

Morgantown – join Monongalia Bicycle Club (Yahoo group) for frequent rides of varying characteristics

EVEN MORE REGIONAL CYCLING EVENTS

information received since our last newsletter

Sunday, July 15 **Great Green America Metric Century**
Bike Tour 8:00 62m, 9-10:00 115/30m
\$25 incl. \$10 donation to Ducks Unlimited
from PA Renaissance Faire 2775 Lebanon
Road, Manheim, PA 1/4mi. south PS TPKE exit 266
greatgreenamericafest.com/BikeTour.htm

July 21 **Ride for a Reason Bike-a-thon** Wheeling
(from bikeexchange.com)

Sunday August 19 **Cheat Mountain Challenge**
107 miles, \$45 to 8/15 at Snowshoe
bikereg.com or info at snowshoemtn.com

Sept. 1 & 2 **Bluegrass Enduro 200 Challenge** (new)
from Kentucky Horse Park near Lexington, Kentucky
200 mile running and/or cycling team relay race.
bluegrass.com

Sept, 29 – Oct. 6 **Cycle North Carolina, “mountains to the coast” tour** \$195/220 after 9/7 380-500 miles
cyclenorthcarolina.org

FAIRMONT ROTARY RAIL-TRAIL RIDE

On National Trails Day, June 2, the Fairmont Rotary Club sponsored their first Rotary Rail Trail Ride for Scholarship to benefit their scholarship fund. Seventy cyclists came to ride part or all of a 39 mile round trip on the Mon River Rail-Trail from Prickets Fort to the Wharf District in Morgantown for lunch at the Subway next to the new marina. Organizer Matt Kettering noted, “I was riding sweep and had the only reported flat tire of the day. Fifty five cyclists made it to the Subway, while my wife, son and father turned around at Little Falls. I’m hoping we continue this event next year.” Weather was ideal and two refreshment/ water stops (each way) were well supplied with friendly folks, cold drinks, snacks and encouragement for the less experienced riders.

MOUNTAINEER STATE RACE

The first event in the new West Virginia Road Race Series was a big success in Philippi June 23 & 24. CRC member Ryan (president of WVU Cycling) says, “A few thanks to send out. First to Thad Kelly of Sports N Spokes for picking the courses, Gef Moy for the paperwork, Gunnar Shogren, for actively advertising for us, JR Petsko for those awesome pictures His Photo Album. The city of Philippi for having us and all those police / volunteers. The WVU Healthcare team for donating prizes and money. Many of you may not be aware that I had to do a lot of calling to get the train to not run in the middle of our race, so a thanks to PNL RR for holding the train off until after 2 on Sunday. And of course, [thanks to] all those riders who came out and made the race what it was.”

What it was was a stage race with a 15 mile time trial and 30/60 mile criterium on Saturday and a 33/66 mile road race on Sunday with individual event winners and overall winners in several categories. The results can be found at: <http://www.usacycling.org/results/index.php?permit=2007-1335>

On Saturday 51 participated in the Time Trial and 58 in the Criterium. On Sunday 65 participated in the road race, with 45 finishing all three events. CRC members included: (all in mens category 4/5 events)

Robert	– road race	5 th	(4 th cat 4)
Morgan	– TT	6 th	(3 rd cat 5)
	criterium	17 th	(5 th cat 5)
Chris	– TT	18 th	
(not a USCF member)	criterium	12 th	
	road race	23 rd	
	total standing cat 4/5	13 th	of 23