

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

www.crcyclists.org
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JULY - AUGUST 2008

#4

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**League of
American
Bicyclists**
since 1979



l-r. Bill, Dave, Claudia, Lynne, Deana; Jeanette, Shirley, Sandra, Tim, Betsy, Kent, Michael, Laurel, Carl, Connie, Kelly, Beth, Mark, Don, Sandy, Jim. not shown: Gerry, photographer Mike Breiding 6-1-2008

COUNTRY ROADS CYCLISTS JUNE PICNIC AT PRICKETTS FORT STATE PARK

We came from Morgantown, many riding through showers on the road and on the rail-trail, we drove in dry from Harrison County to meet in the middle. Then everyone watched the sky darken to the west, but this time luck was with us, as the blackness backed off and the sun popped out between clouds to dry out the riders and brighten the Sunday afternoon just in time for us to enjoy grilled burgers and dogs, salads and desserts, chat and gab, Afterwards, a few cycled around the area as most rode back north. A good day.

J. CECIL JARVIS MEMORIAL RIDE

About 30 cyclists came out for a memorial ride for J. Cecil Jarvis of Clarksburg, who died May 22, 2007 in a bicycle crash in rural Lewis County while training for Ironman Louisville. The colorful group, led by organizer Gene Wells, left Buckhannon to applause along the Strawberry Festival parade route, for a 35 mile loop which paused for quiet remembrance at the fatal site along Stonewall Jackson Lake and returned to the start for strawberry shortcake. (special thanks to Mike Miller and his Mom – it was delicious!) Fourteen Country Roads Cyclists participating were: Mark, Bill, Lee, Laurel, Michael, Gregg, Mike, Tim, Dave, Ken, Gene, Kelly, Gary and Les.

THE J. CECIL JARVIS MEMORIAL TRIATHLON, JULY 26

9:00 a.m. at Maple Lake, east of Bridgeport, W. Va. could use a few more volunteers for the bike course.

Please Contact: Kyle at 677-9727 or kmccammon@prontomail.com

The J. Cecil Jarvis Memorial Triathlon will be a sprint triathlon consisting of a 600 yard swim, 12 mile bike, and a 5 K run. The race will be sanctioned by USA Triathlon. There will be a meeting of volunteers July 21 at 7 p.m. at Maple Lake Clubhouse, with race day volunteer time 8:45 -11:00 a.m. Volunteers will receive many thanks for their help, in addition to a t-shirt and invitation to the post-event picnic, sponsored by Texas Roadhouse. Event and registration information can be found online at www.iplayoutside.com. (This is not a CRC event)

CYCLIST SAYS LOVE FOR SPORT STARTED IN STATE

Wednesday July 2, 2008 by Jacob Messer (Charleston) Daily Mail sportswriter

with permission

CHARLESTON, W.Va. -- Thirteen years ago, it would have been pretty easy for Rebecca and Carl Frischkorn to track down their son in the evening hours. When their day was done at John Adams Middle School, Will Frischkorn and his friends usually headed home long enough for a change of clothes and a bite to eat. Then they hopped on their mountain bikes and headed toward Kanawha State Forest to take on one of its nine trails. "That's really where I caught the bug," Frischkorn, a professional road racing cyclist, said of his passion for pedaling. "That's what brought me into the sport. Everything began in West Virginia. That's for sure.

"I have some amazing memories of riding a mountain bike in Kanawha State Forest. I just remember some of the most amazing single tracks I have ever ridden. Beautiful views, amazing terrain, challenging trails, miles and miles of single tracks to explore . . . to have that a couple of miles from where I lived was amazing. It's rare. I didn't realize it at the time," he said, "but, looking back, I was so lucky to be able to take advantage of the amazing resources we have there in West Virginia."

The trails of the Kanawha State Forest, however, have nothing on the stages of the Tour de France, which Frischkorn will tackle during a 23-day stretch this month. The Charleston native is a member of the Garmin-Chipotle team, which is based nationally in Colorado and internationally in Spain. Frischkorn was one of nine Garmin-Chipotle riders chosen to participate in the 3,500-kilometer race, which begins Saturday and ends July 27. The others are Magnus Backstedt, Julian Dean, Ryder Hesjedal, Trent Lowe, Martijn Maaskant, David Millar, Danny Pate and Christian Vande Velde.

He found out June 24. "I was enjoying a day off, which is rare in cycling," said Frischkorn, who is one of only four Americans riding in the race this year. "I was hanging out at the beach with a couple of my teammates when I got a phone call. I was pretty excited. I have been on our long list for the whole season. But it was tough. There were four of us going for that last spot out of nine. I was fairly confident, but you never know what the directors are thinking. Fortunately, things went in my direction. This is definitely a dream come true," said Frischkorn, who believes he is the first West Virginian to participate in cycling's most prestigious road race. "To have this opportunity is huge."

His selection didn't surprise his mother. "Will's great gift is focus," she said. "From the time he was a tiny child, he had an uncanny ability to focus on his goals. It has taken a great deal of focus and commitment to get where he is today. It is wonderful to see him achieve a goal that has meant a lot to him for a long time."



Charleston native Will Frischkorn, second from front

Frischkorn and his teammates arrived in France on Tuesday, when they flew to Cholet. "That's the fourth stage," said the well-traveled Frischkorn, who splits time between Colorado (Boulder) and Spain (Girona). "It's a time trial. We'll do a little course recon there. We'll take a good look at it and get to know the course." Frischkorn said the Garmin-Chipotle cyclists planned to drive to Brest today. They will spend the rest of the week enjoying the festivities associated with the annual event. Frischkorn said he will serve as one of his team's "workhorses." "We have a couple of riders we protect," he said. "We have a couple of guys who go for stage wins, and we have a couple of guys who go for overall positioning. We go get water bottles and clothes for them. If someone has a flat tire, we help him get back on and keep him positioned well and near the front. We take care of them and keep them where they need to be. I'll also be hunting for breakaways on the transition stages."

Frischkorn doesn't mind his role, which includes a lot of the dirty work that makes riders like him unsung heroes for their teams. "This is a sport where everybody pays their dues," said Frischkorn, who previously was coached by cycling guru Chris Carmichael. "You put in your time, and the opportunities come. I couldn't be happier to be doing what I'm doing. I'm going to support the team and the lead guys. It's a learning experience. Hopefully, I can take away the experience of doing a three-week race like this and build for the future."

Frischkorn, who rides in 80 to 90 races each year, hopes to become one of Garmin-Chipotle's lead guys some day. "I'm built more for stage wins; I'm not built for overall positioning," he said. "A dream down the road is to win some stages and finish my career with at least one of those under my belt. In cycling, your peak age is your late 20s and early 30s. I'm 27. So, there's still a little ways to go there."

Frischkorn switched from mountain biking to road biking after his parents sent him to boarding school at Milton Academy in Massachusetts, where he spent his freshman and sophomore years. "I used to think road riders were wusses," he said in a previous interview. "I thought mountain biking has got to be harder. Road riders weren't going over bumps or through water. They're not even getting dirty. I found out otherwise."

Frischkorn moved to Colorado Springs the next year to live at the U.S. Olympic Training Center. His family moved from Charleston to Charlottesville, Va., where he spent his senior year. He embarked on his professional career after graduation from high school.

Although far less prestigious than the Tour de France, the Kmart Classic has special meaning to Frischkorn.

"That was the first road race I watched," he said of the now-defunct, multi-stage race, which seven-time Tour de France champion Lance Armstrong won that year (1993). "I couldn't imagine doing it back then, but a few years later, that was what my life was all about. It all comes back to West Virginia. It's an honor to be representing the state in this race."



Follow Will's race on his diary at www.Velonews.com and his blog at www.willfrischkorn.missingsaddle.com

LATE FLASH! Will just finished second in stage 3 of the 2008 Tour de France, momentarily standing 3rd overall!

WV MBA MID-SEASON STANDINGS

Following the WV MBA West Virginia State Championships (event #8) in Davis June 22, here are the leaders and a few familiar names in the mens' overall standings: (see www.wvmba.com) (best six scores, 20 for first)

pro/expert	1. Gunnar Shogren	99
	2. Ben Ort	95 (5 races, beat Gunner)
	10. Joey Riddle	49 (4 races)
	12. Jerimiah Bishop	40 (last 2 races, firsts)
	20. Morgan Miller	22 (2 races)
expert vet	1. Henry Spreng, Jr.	118
	2. Gary Rodosta	78 (4 races)
masters	1. Matt Marcus	120 (won all six entered)
singlespeed	1. Chris McGill	117
	2. Aron Yevutta	110
	5. Marc Glass	80
	9. Joey Riddle	36 (3 rd in last two races)
	12. Robert Loehr	34 (1 st at Davis event #8)

WEST VIRGINIA ROAD RACING SERIES

With all but the W.Va. State Championships concluded, here are a few very unofficial totals (best five, 20 points for first, etc.): Men's 1/2/3 is very close between

1. Adam Anderson 91 (five events)
2. Gunnar Shogren 90 (five events)

although neither has won a race.

highschooler Morgan Miller has 28 points for two seventh place finishes against the old men.

Women's Open leaders are,

1. Betsy Shogren 100 (five events)
2. Laura Kelley 89 (five events)
3. Staci Joy 78 (four events)

The W.Va. State Championships will be Sept. 21 at Kasson, Tucker County north of Philippi.

for information, see www.iplayoutside.com

MOUNTAIN ROADS RACING CLUB'S WVU HEALTHCARE CYCLING TEAM

Chris Rassekh announced the new club/team above back in May, with the following members of the racing team: Adam Anderson, Jay Downs, Jeff Guy, William Hauber, David Hubbard, Morgan Miller, Chris Rassekh, Gary Rodosta, Aaron Timperman and two not confirmed at the time. Several of the above have been doing well in the racing scene here. Congratulations to all.

WELCOME OUR NEW MEMBERS

We currently have 120 paid members, including 40 individuals and 40 families (x2), with 42 from Monongalia County, 38 from Harrison, 28 from the rest of the state and 12 from other states, who will be getting a current membership list with this newsletter. Others will get the list when they renew or join. Welcome new members:

Susan – Clarksburg, **Michael & Deana** –
Bridgeport, **Pat** – Morgantown, **Michael**
family – Buckhannon, **Beth** –
Flemington, **Jill** – Morgantown, and returning:
Nick family – Morgantown.

CRC MEMBER RETIRES

Buckhannon member Les retired at the end of June from William R. Sharpe State Hospital, so he has more free time and he is looking for friends to join him during the week for local biking, hiking and kayaking. He has an extra kayak to share. Contact him

AND DOWN THEY GO

Morgantown member Dave managed to line up both his wheels with an unfilled joint between concrete pavement lanes and the results from two instant flat tires were unpleasant. Lake Floyd member Ray also managed a painful cycling fall. Both are recovering.

HEY! Be careful out there! Those are valuable bikes.

ED Note: I ended up with six extra ride schedules last time, but no one called. Sorry if I didn't send yours.



TEXAS MOUNTAIN ROAD VISTA EASTWARD

The Fourth Annual MOUNTAIN ROADS BICYCLE TOURING FESTIVAL **Sunday, August 31, 2008** **Rowlesburg, West Virginia**

The Town of Rowlesburg, West Virginia is again offering, as part of its annual Labor Day Weekend Festival, another exciting bicycle touring event with three road rides presented by **Country Roads Cyclists**. **Registration for this free event begins at 8:00 a.m.** at Rowlesburg Community Park. **Rides start at 9:00.**

Three challenging routes start and end at Rowlesburg Park. A 20 mile moderate ride goes south to Etam and the International Earth Station (pictured, right) and back. The 56 mile ride goes south past Etam on Route 72 to St. George where a snack stop awaits, followed by a long climb up Location Road to Stemple Ridge Road on the way to Terra Alta and a long downhill returning via Salt Lick Road. The 78 mile option follows the same route, adding a Monongahela National Forest loop up on Texas Mountain for great views and a long coast back down to St. George. Maps and limited sag service are provided.

Country Roads Cyclists, with 150 members in north-central West Virginia, has over 25 years experience in planning cycling events, such as our Appalachian Spring Spectacular in Morgantown, West Virginia, on the first Sunday in May. Visit our website: www.crcyclists.org.



Rowlesburg is a family-friendly town; bring everyone! Start your day with a hearty breakfast served by the Volunteer Firemen at 8:00 a.m. at the Rowlesburg Park. Visit Rowlesburg's Railroad Museum and other Festival railroading features after your ride, and plan to enjoy dinner and entertainment in the Park, too. Check out the website, www.rowlesburguide.com.

