

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

www.crcyclists.org
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July - August 2010

#1

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**League of
American
Bicyclists**
since 1979

RAIN AGAIN CUTS APPALACHIAN SPRING SPECTACULAR ATTENDANCE

For the second year in a row, heavy rains dampened the enthusiasm of cyclists, as only 22 stalwarts determined to get thoroughly wet in order to enjoy the other pleasures of the Appalachian Spring Spectacular in early May. Hey, that's 50% better than last year, including seven first-timers, as although it rained harder and longer, it was warmer this year and eight cyclists even did the full 60 mile option. Bill set up the snack stop in the back of his van and the Morgantown Brew Pub served up a pasta buffet inside (nobody took advantage of their outside deck this time) for the survivors.

CLUB PICNIC AT PRICKETTS FORT IN JUNE ATTRACTS A GOOD GROUP

Rain again threatened our Club picnic in late June, but only a few sprinkles fell in the early afternoon as seventeen members and two guests came to Pricketts Fort, some cycling down from Morgantown and others driving from home. Attending members included: Doris , Dan , Mark & Kathy , Bill & Ganh , Lauren , Craig , Kent & Lynne , John & Kathleen , Jennifer , Donna , Ray , Kelly & Gerry . Gerry delivered a SUV full of potluck goodies and the Paneks brought cocktail shrimp, As Ray grilled burgers and dogs, he and John discovered a mutual enthusiasm for motorcycles. Dan, Bill and Kelly had spent the previous day as volunteers at the Hilly Billy Roubaix (see inside) and while Dan managed to avoid hours in the sun, Bill and Kelly were shown to be real red necks. Of course, a good time was had by all.

MEMORIAL DAY WEEKEND IN THE MOUNTAINS

A small group joined Michael and Kaye , our Ohio members,

for several scheduled rides over the Memorial Day weekend on back roads and the West Fork Rail-Trail.



all photos by Michael Smith





Mark, Connie and Walter



Emil and Marilyn

MARIETTA RIVER RENDEZVOUS

13 members went to the Marietta River Rendezvous weekend in June - **Carl & Connie, Donna, Emil, Jack, Kelly, Ken, Marilyn, Mark, Peter, Ray & Susan, and Walter**. It is rumored that more rain deterred a few from cycling the whole ride. Some are shown above at other favorite pastimes.

BIKE VIRGINIA welcomed five of the above for a week of touring in Western Virginia in June, including: **Carl & Connie, Ken, Marilyn and Mark**.

OFFICERS MET May 17 in Clarksburg for the usual reporting and planning session. Secretary Foster indicated a current membership of 125. Treasurer Foster indicated a balance of \$1,385.77, with a loss of \$103.41 from the Appalachian Spring Spectacular due to the rain and our fixed costs. Other spring events were also discussed and further plans were developed. Secretary Foster noted that J.R. was our new webmaster and Labyrinth Solutions of Morgantown would host our site at no charge to the Club. (see separate article) Members are welcome to attend any officers' meeting. Contact any officer for time and location.

MEMBERSHIP currently totals 134, including 39 from Harrison and 44 from Monongalia Counties.

Welcome our new members:

- Sarah** - Morgantown,
- Charles** . family - Prosperity, PA,
- Kent** - Morgantown (returned),
- Albert** family - Morgantown,
- Jennifer** - Fairmont

This newsletter with color photos is on crcyclists.org, last names deleted

SOME NEWS OF OUR MEMBERS

The Morgantown area now has five of West Virginia's six **League Certified Instructors**, with the addition of three who took the League of American Bicyclists' training program in Virginia in March. All are Country Roads Cyclists and Mon Bike Club members, including **Frank**, **Nick**, **Marilyn**, **Ryan** and **Gunnar**. The program is supported by the City of Morgantown through their Bicycle Board and its Confident City Cycling program offering training courses on Mondays and some weekends. See <http://www.BikeMorgantown.com> for times.

Gunnar, who finished fifth overall in the Hilly Billy Roubaix in June riding a single speed (second in that category to the overall winner) was recently featured in an interview article online at: <http://pghracing.org/2010/05/06/gunnar-shogren-interview-part-1/> His wife **Betsy** won the women's category and was ninth overall with 76 entrants and 61 finishers on the rugged, under 5 to 7+ hour 72 mile course.

Nick participated in the League of American Bicyclists' National Bike Summit in Washington, D.C. in March. He announced this month that Positive Spin is losing their present space. If you have any suggestions for a new location, ideally along the Mon River rail-trail, close to town and about 3000-5000sf, please call 304-276-0213

Ty, contrary to the reports in the *Morgantown Dominion Post* and our own *Spokin' Words*, did not go to Ghana, due to an unstable political situation there, such that the Peace Corps cancelled his project there. He remains in Morgantown at the W. Va. Geological & Economic Survey.



Ray and Donna



Jack and Mark



all photos by - Ken Parkington

Ken was given a retirement party on June 12 in Bridgeport by the Harrison County YMCA, where he served as Executive Director for eleven years, with a total of 35 years at various YMCA locations. Ken has also become a licensed USA Cycling race official, joining CRC member **Ryan** in that capacity.

Kari recently received a Doctor of Educational Psychology degree from WVU. She is the stoker of the triplex bike seen in Sept.-Oct. 2009 *Spokin' Words*, and a professor at Fairmont State's Pierpont Community and Technical College.

Past CRC president **Paul** has opened Humperdinx, a sports bar/night club in Clarksburg. Paul, who continues to operate Holy Moses Bicycles, says he is also doing more cycling lately and may be showing up for some local Club rides. Someone at our June picnic noted that a touring cyclist had recently highly praised the shop for his courteous service (unsolicited testimonial). Another touring cyclist he helped from Illinois recently noted after his trip to D.C., "I've got to mention Provence Market in Bridgeport, WV....I was excited to fill up at a nice restaurant (sic), but was not expecting the warm reception I got at Provence. They were eager to hear about my trip, the cause of housing for people with mental illness (fundraising project), and to give me as much advice or nourishment as they could...for my finicky (vegetarian) diet."

Mike and Betsy are in Michigan's UP, doing more hiking than biking, sending reports through: <http://epicroadtips.us/2010/mich-ont/> following her retirement from 27 years in the Monongalia Co. School System. Mike also retired recently - as our webmaster. Thanks, Mike

Mike again provided strawberry shortcake following the J. Cecil Jarvis Memorial Bike Ride in May in Buchannon. Thanks, Mike !



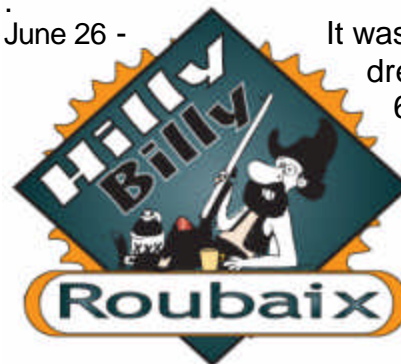
Michael J. Miller D.D.S.

Buchannon, WV
(304) 472-8598

ABRA RACING NOTES

J.R. held two more well planned and well attended events. In between, he managed to really knock himself out, losing three hours of memory from an accident while riding. Fortunately, he does remember he is our new crcyclists.org webmaster, as well as a monitor of our member e-mail system at <http://groups.google.com/group/Crcyclists>. J.R. also has his own blog at fatboy-bikes.blogspot.com

June 26 -



It was hot. It was difficult. It drew 76 participants with 61 finishers who agreed it was a challenging, memorable, great event, different from other races, with the extreme variety of "roads."

His next race, #6 in the road racing series will be **Saturday, August 14** at Rowlesburg, WV, the Series and WV State Championships, with 47 miles (82 for men's 1/2/3) in the mountains.



THE TOUR OF TUCKER COUNTY ROAD RACE APRRS #3

drew another large crowd, with over 200 registrants to Tucker County High School for a jaunt in the mountains, including climbs of Location Road at St. George and a climb of Sugarland Road for a hot finish.

Gene, owner of the event sponsor Fat Tire Cycle in Buckhannon is shown at right preparing to drive a wheel van.



At the registration tent are (l.-r.) **Betsy**, **J.R.**, his wife **Gina** and her mother (seated), and **Ryan**.



APPALACHIAN SPRING SPECTACULAR BONUS RIDE

by Frank online (edited)

It wasn't a dark and stormy day but hot and sunny when 14 cyclists including one from Tokyo via Pittsburgh and two from Missouri showed up for the Appalachian Spring Spectacular

Bonus Ride Saturday, May 1. We all rode out to Cheat Lake, up Quarry Run, out Rt. 73 and over Wymps Gap down to Rt. 857. There about half the group headed home... The rest of us took the back roads up to Haydentown where we refreshed and then headed up Mud Pike. 4ank headed back from there via Gans, Stewartstown, Bakers Ridge, Van Voorhis, Patteson Dr. and University Av. Even in his somewhat depleted state, the old guy crawling up Van Voorhis was treated with due respect by area motorists.

Now, this is hearsay: the remainder of our troop headed over Skyline and down Kirby Rd.; Rt. 381 to Clifton Mills; Rt. 26 to Bruceton Mills and then Rt. 73 on home. Cool was that one snapped a derailleur cable and Chenji had a spare. 90 miles & 9,000 feet of climbing.

After the hot ride Saturday, riding in the warm rain Sunday was a delight with fenders, a cycling cap, a rain jacket and waterproof booties: duh.

and Kelly's version of **SUNDAY'S APPALACHIAN SPRING SPECTACULAR BICYCLE RIDE** (ed.)

It was raining steadily as everyone registered, everyone being 22 people, and the rain only came down harder as we started out on the annual Spring Spectacular ride towards Westover. The Morgantown police escorted us out of town, and as we headed out Rt. 100, I claimed my place in the back as sweep for the 45 mile route, and quickly lost sight of anyone else in front of me - except Denny, who decided to keep me company. I understand that 4 cyclists attempted the 25 mile route, but none of them made it to the food stop in Mt. Morris. It was while I was biking up Shannon Run in the pouring rain, when I could not see 3 feet in front of me, that it occurred to me that maybe I should consider turning around, but Denny was encouraging me to continue and Fran and Lynn were also in front of me - cycling as if it was a nice sunny day. So, I continued, the rain lightened a little, and soon I was at the food stop at Roberts Run. After a donut - or two, I was ready to jump back on the bike and finish the route. The rain also continued, but soon we were at the bottom of Fort Martin hill, on the way back in to Morgantown, and the Brew Pub. Then, after one (or two or three..) of their IPA brew, and the pasta buffet - I was feeling like it had been a great adventure, and could not wait for the next rainy day - so that I could stay inside and watch the rain from the comfort of home.

with this note from Denny: I'm happy to say the days ride was not lost due to the rain. I had convinced myself that I was not going out in the rain, but more people arrived and soon the numbers were bigger than last years epic rain ride. I started rethinking... Oh well, so we got wet again. Regardless, I enjoyed the day, the company, the food, and the beers (ed.)

and a MonBikeClub member: Kelly, I just came down to be friendly, and then it turned out to be such a nice ride, way nicer than I expected. Lynn is amazing on her mtn bike. And the rain felt nice once we were totally saturated. NOT cold like last year. Thanks to all the people who made it happen!!!!!! ;>) Fran (also edited)