

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS

NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

www.crcyclists.org

SEPTEMBER - OCTOBER

2006 #4

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ROWLESBURG MOUNTAIN ROADS BICYCLE TOURING FESTIVAL

We are inviting road bicyclists from the region to Rowlesburg, West Virginia, on Sunday, September 3, 2006 for some great cycling as part of the Town of Rowlesburg's annual Labor Day Weekend Festival. Rides of 26, 56 and 78 miles will feature some serious climbs, miles of coasting and great Mountaineer Country scenery. Both Texas Mountain and Stemple Ridge offer spectacular views in exchange for four-mile climbs, while the short route has a one-mile climb to Terra Alta. This is a free ride for Club members and guests, with a snack stop on the longer rides. All rides start at 9:00; helmets required and guests must sign a waiver. See the enclosed flyer, and plan to come!



sorry, map not available on web

SEPTEMBER CENTURY GOES TO NEW MARTINSVILLE SEPTEMBER 17

This year we return to an old route, riding our annual September Century from downtown Salem to the Ohio River at New Martinsville, in part for the better selection for lunch. We will have the usual snack stop in Shirley each way. This is a good time to try your first century, a familiar route with few hills, old friends, and sag support to get you home if it becomes too much. (If you've done 550-60 miles a couple of times, you can do this.)

TIME FOR THE BIG FALL TOURS WITH COUNTRY ROADS CYCLISTS

Country Roads Cyclists' Eastern Shore Tour September (8) 9-15 see our schedule and article on page 3

Fall Tour of Potomac Highlands with Country Roads Cyclists October 7-9 see our schedule

COUNTRY ROADS CYCLISTS

ANNUAL MEETING IN FAIRMONT

The annual meeting of Country Roads Cyclists will be held at the Poky Dot restaurant in Fairmont at 5:30p.m, Saturday, October 28. You can find the Poky Dot on Fairmont Avenue (US 250) about a mile south of the Courthouse. You may use I-79 exit 132, turn north to go into the city, crossing the West Fork River bridge and going uphill, past the Country Club Road light and find it on the left. Election of officers will be held at the business meeting following dinner.

Please let us know if interested in being an officer, or you have a topic you want us to discuss.





Hosts, Joe & Jean (at back), with Tom, Jeanette, Laurel enjoy the rail-trail ride picnic in Masontown August 26.



Tom P., Don & Jeanette C., Bill F.,
Laurel K., Kelly W.(in back) and Denny.

MIKE & BETSY MISSED AT MASONTOWN PICNIC

Mike set up a great ride and picnic plan with his friends in Masontown, but he and Betsy didn't get to enjoy it because they were hit head on while returning in their car from a rail-trail ride. See Mike's report on page 3.

A CENTURY OF PROSPERITY

18 cyclists showed up August 12th for Jack's Prosperity Century from Morgantown: Jack, Frank, Ken, Adam, Greg, Dave O., Tim N., Jimmy, Hannah, Emil, Rob, Chris N., Kelly, Larry, Glen, Matt, Connie and Carl.

It was a great ride - the temperature was perfect, the pace fast, the beer cold at Black Bear afterwards.

Many thanks to Frank and Jack for leading the ride, and Connie and Carl for again providing SAG. Kelly

MOUNTAIN MOMMA

Mountain Mama attracted about 250 cyclists to Monterey, Virginia on August 5th. It was an excellent ride with excellent weather. Jack, Kelly, Marilyn, Ken, Laurel, Larry, and Lance (from W PA Wheelmen) all did the 70 mile loop. Greg M. and Dave O.

did the century. Overall, a pleasant event - great scenery, lots of rest stops, and a lunch of spaghetti and home made desserts afterwards! Kelly

Meanwhile, back at home, twelve cyclists came out for our shorter Club ride: Gary's Jarvisville-Patterson Fork loop from Bristol, including several guests.

AND A BIT OF ROAD RACING NEWS

From Ken (Aug.7): " He's too modest to post it himself, but Adam A. won his first road race ever ...! Riding a 36 mile (Cat. 5 circuit) race in Richmond, Va. (Sunday, August 6), he attacked a break of about 18 with just over a mile to go and soloed to the win!* Also congratulations, Adam on getting on the Cycor, LLC/Contes team. Your family in Richmond will be pleased to see you coming back for more weekends.

Two other CRC riders, Robert L. and Ryan P. , have done well with the WVU Cycling road racing team,.

OFFICERS MEETINGS

Club officers met on July 17 and August 14 to conduct regular business, including a review of correspondence, membership, finance and activities. The treasurer's latter report indicated a current balance of \$1,421.97 plus \$10 on hand. Complete minutes are filed on our archive website, CRCyclists@yahoo.com.

WELCOME OUR NEW MEMBERS

We currently have 136 paid members: 54 individuals and 41 families (x2) with 42 Harrison, 46 Monongalia, 36 other W.Va. and 12 out-of-state. New members include:

Elizabeth G.	Morgantown
Christopher C. N.	Morgantown

MORE FALL RIDING

Sept. 9 Washington County, PA Habitat for Humanity ride. 50 miles www.habitatwashpa.org or 724-222-4340

Sept.24 Cheat Mountain Challenge century/metric c. Snowshoe \$45 www.wvcf.org/cmc.htm

Sept.30-Oct.7 Cycle North Carolina tour from Banner Elk to Emerald Isle (mountains to the sea) 447 miles, \$195/220 after Sept.6 www.cyclenorthcarolina.org

Oct. 14 Barista's Rounta del Swino, held in conjunction with the annual Open Barn Door Party. Come for the ride starting at 9 AM, and stay for the party (donations appreciated), as featured in the New York Times, We will do an approximate 50-60 mile ride through the rolling hills of Monroe Co. Ohio, as usual. Take WV 2 north from WV 7 junction in downtown New Martinsville to a stop light, go left and stay on that road until you hit Main Street; left onto Main and Baristas is on the right. Call 304-455-6099, 304-771-0229, or 304-771-0445 for directions, further information, or for a good time. Aron

MIKE'S REPORT (ed. from BikeWV)

From : Mike B. - Morgantown August 31, 2006
 Subject : Betsy update: Good news and not so good.

Our (car hit head-on by a car crossing the centerline) accident was on Sunday the 20th. That afternoon Betsy had surgery for a broken left femur, her arm was put in a cast to stabilize a right wrist fracture and it was determined she had some type of upper vertebra injury, so she was put in a neck brace. Femur surgery went well and she now has a rod and screws in her left leg.

She was moved to a rehab clinic on the 23rd. where she is making good progress.

On Tuesday the 29th she returned to the hospital for follow-ups. The femur report was good so staple sutures were removed. The report was not so good for her wrist. The bones had slipped, so surgery meant a plate and more screws. We also found out that the vertebra had a more serious fracture than previously thought, so she'd have to wear the neck brace for at least 5 more weeks.

On the morning of Wed the 30th Betsy went back to the hospital for wrist surgery and now has a plate on the back and side of her wrist. It is still not determined how much longer she will be at the rehab clinic.

I am in outpatient physical therapy, doing well. -Mike

W. VA. STATE TRAIL COORDINATOR

William C. Robinson, in the recently established State Trail Coordinator position in the Department of Transportation Division of Highways, has declared it his priority to get a state trails website operational this winter. It will of course feature rail-trails as well as hiking and other trails. He is also interested in including some bike routes in his inventory, which may develop into mapping projects and other State recognition of desirable routes for road cyclists.

A MOUNTAIN BIKE RACE

Along with "A Weekend of Pain" collegiate mt. bike racing, the WVU cycling team notes on their flier posted at WVUcycling.com that their Saturday, September 23 race will be held in conjunction with an open NORBA race called "12 Hours of Big Bear." This is not a WVMBC race.

YOU MAY HAVE MISSED THIS

The US Congress passed a resolution on July 31, 2006 declaring May (yes, as in May, 2006) to be "NATIONAL BIKE MONTH." And you thought this newsletter was a bit behind schedule

COUNTRY ROADS CYCLISTS' EASTERN SHORE TOUR DETAILS

Come along with us September 9-15 on our week-long self-contained tour of Maryland's Eastern Shore of Chesapeake Bay on the DelMarVa Peninsula. Enjoy 25 to 55 mile days of flat, inn-to-inn cycling with good restaurant meals and plenty of time for exploring and relaxing. "We did this trip a few years ago and everyone loved it," says Laurel. So far at least nine CRC members have made reservations.

Make your reservations ASAP. (helmets required)

Sept 8 Friday, drive (270 miles from Morgantown) to Easton, Md. Econolodge, \$79.99 Ask for Lynne (off Tue. and Sat.), refer to Country Roads Cyclists, 1-410-820-5555 24hr. cancellation. Leave vehicles at Motel

Sept 9 Saturday, ride 36 miles, heading down scenic flat roads to visit St Michaels Island, St Michaels boat museum and lunch, then cross Tred Avon River by ferry and on to **Cambridge, Md. Days Inn, \$109-101 AARP-AAA 1-410-228-4444 24hr. cancellation.**

Sept 10 Sunday, ride 53 miles, crossing on Whitehaven Ferry to **Princess Ann, Md.** Princess Ann has a walking tour. **Econolodge, \$71.10 1-410-651-9400 48hr. cancellation.**

Sept 11 Monday, ride 24 miles, a short day with options - time to either visit Smith Island (working fishing village) via pass ferry or explore some of the many beach roads and great soft shelled crabs in local restaurants.- to **Crisfield, Md. Pines Motel, \$69.95 1-410-968-0900 48hr cancellation.**

Sept 12 Tuesday, ride 52+ miles, thru Pocomoke City (lunch), "Furnace town" (Visit a reconstructed iron furnace circa 1800-1850) and **Snow Hill, Md. Mansion House B&B** on Chincoteague Bay, 6 miles from scenic Snow Hill, which has a downtown walking tour. \$110 1-410-632-3189 7day cancellation.

Sept 13 Wednesday, ride 35 miles, to Berlin for lunch and on to **Ocean City, Md.** time to visit beach and boardwalk, check out shops and restaurants. Stay on boardwalk at **Best Western Flagship, \$85.00** ask for CRC bike rate. 1-410-289-3384 72hr. cancellation.

Sept 14 Thursday, ride 52 miles northwest, with lunch at Frankford or where ever we find it, to **Seaford Del. Best Western Seaford Inn. \$70.00. 1-302-629-8385 24hr. cancellation.**

Sept 15 Friday, ride 35 miles back to **Easton,** and home.

MOUNTAIN ROADS BICYCLE TOURING FESTIVAL!

We are inviting road bicyclists from the region to a mountain roads touring festival in **Rowlesburg, West Virginia, on Sunday, September 3, 2006** as part of the big annual Labor Day Weekend Festival in Rowlesburg.

This year the Town of Rowlesburg offers another exciting bicycle touring event with three road rides presented by **Country Roads Cyclists**. The Club has over a hundred members from north-central West Virginia, including Preston, Harrison, Marion and Monongalia Counties, with over 25 years experience in planning touring events.

Rowlesburg is one of the best places in the state to enjoy mountain road touring because it is in one of the deepest valleys in the eastern United States and has an extensive system of paved country roads. From Rowlesburg at 1400 feet, the mountains rise to well over 3000 feet just a few miles east and south.

Several challenging routes will begin and end at Rowlesburg Park. (1) The **26 mile** moderate ride will start at Rowlesburg Park, follow Salt Lick Road up to Terra Alta and return. (2) The **56 mile** ride will go south on Rt. 72 to St. George, take Location Road up a steep mountain for spectacular vistas along Stemple Ridge Road on the way to Terra Alta and a return to Rowlesburg via Salt Lick Road. (3) The **78 mile** option will follow the same route, adding a Monongahela National Forest loop up onto Texas Mountain for more great views and a twelve mile coast down Clover Run valley. Jim Weaver of Country Roads Cyclists is managing this event. Jim grew up in Rowlesburg and is very familiar with these routes. Contact him at jim.edwin.weaver@verizon.net

Start your day in Rowlesburg Park at 8:00 A.M. with a hearty breakfast of eggs, bacon, biscuits, sausage gravy and plenty of coffee served up by the Rowlesburg Volunteer Firemen! Then register (waiver required), put on your helmet (required) and get ready to **ride at 9:00 (no fee)**. Maps, a snack stop on the longer rides and limited sag will be provided. Time enough on the first long climb to start thinking about returning to Rowlesburg for a grilled chicken dinner served in Rowlesburg Park and get ready for plenty of good country cooking.

Rowlesburg is a family-friendly town so bring everyone! Rowlesburg was named after an engineer for the Baltimore and Ohio Railroad and aptly so, as it still is a great place to watch trains. For visitors, the Rowlesburg Railroad Museum and the new Ambulance Building Function Hall near the railroad crossing on Route 72 will host a huge model railroad exhibit open on Sunday from 10:00 to 4:00. We will have retired railroaders from Rowlesburg to answer questions about the operation of the famous Cumberland Mountain Subdivision. In addition, visitors can ride to the top of Cannon Hill and see the town valley 900 feet below. This is a Civil War battle site and there will be an exhibit of relics from the battle sites around Rowlesburg. Finally, a unique WWII museum will be open with original WWII guns, uniforms, medals and much more.

Rowlesburg is in the heart of excellent white water country, so bring your kayaks as well as your bikes! Cheat River has been a favorite of paddlers for decades. The Narrows from Rowlesburg to Pringle Run is nine miles of challenging Class II and III water. The scenery is beautiful and pristine. Rowlesburg Park is ideal for putting in and staging pickups at Pringle Run. For more advanced paddlers, there is the Canyon starting at Albright. For details on conditions of the Cheat and outfitters running the river, see Friends of the Cheat at www.cheat.org.

For more information, call the Mayor's Office of Tourism at 304-454-2441, or E-mail wtcweaver@aol.com and check out our web site: www.rowlesburgguide.com.