

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

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SEPTEMBER - OCTOBER 2007 #5
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League of
American
Bicyclists
since 1979

The Third Annual MOUNTAIN ROADS BICYCLE TOURING FESTIVAL

Sunday, September 2, 2007 9:00 a.m. rides Rowlesburg, West Virginia

Check out the flier on the back of this newsletter and plan to come to the party. We had 34 riding last year in chilly, wet weather. Bring your cycling friends, bring the family – The river is great for paddling if you have a canoe or kayak, check out the train museum, and Elvis may perform at the community party in the park.

The COUNTRY ROADS CYCLISTS SEPTEMBER CENTURY RETURNS

We return to a downtown Salem start Sunday, **September 23 at 8:00 a.m.**, riding to Barista's in New Martinsville for lunch. We will have the usual snack stop each way in Shirley, all our century friends, and sag support. If you are wanting to try a 100 mile ride, this is a good one, with encouraging friends and fewer hills than most of West Virginia.

MOUNTAIN GRAMMA WEEK IN VIRGINIA RIDES

Don and Jeanette like the Monterey area, but they plan to ride around it at a more casual pace, avoiding the beastly climbing of Mountain Momma. They also enjoy cycling the upper Shenandoah valley around Staunton, so they've planned us a two-fer. They invite members to join them for a Country Roads Cyclists' week in Virginia where you may ride relaxed with them or choose more ambitious routes on the maps they will bring. Make reservations for part or all of this delightful holiday. Here is the schedule. Please let them know you're coming. (304 599-9258)
Drive to **Monterey, Virginia** Monday, **September 24**, remain there Tuesday & Wednesday, **September 25 and 26**, at either of these – Highland Inn 540 468-2143 (\$79-109) or nearby Montvallee Motel 540 468-2515 (\$65-80). Then drive to **Staunton, Virginia** Wednesday, **September 27**, remain Friday & Saturday, **September 28 and 29**, at Howard Johnson 540-886-5330 (\$63 and up). Go home Sunday, September 30, thoroughly mellowed.

COUNTRY ROADS CYCLISTS DINNER AND ANNUAL MEETING

Saturday, November 3 5:30 p.m. Panera Bread, Clarksburg

From I-79 exit 119, take US 50 east, turn right at the first light past the interchange onto Emily Drive and find Panera Bread soon on the right. Election of officers will be held at our annual business meeting after dinner. Please let any current officer know if interested in being an officer, or if you have a topic you would like discussed.

If a century is not your idea of fun...(or you finish early)

MRTC BICYCLE POKER RUN & POTLUCK PICNIC

Sunday, September 23 2:00 pm Marilla Park, Morgantown, WV
The 9-mile course is on flat, scenic rail-trail and ends with a free hot dog picnic at Marilla Park upper pavilion at 4:00 p.m. \$10 per hand and you can play as many hands as you like. Win \$100 prize for the best hand or \$10 gift certificate from Wamsley Cycles for the worst hand. (Cyclist travel from the starting point to four card-stops on the rail-trail where they pick up one playing card. The player with the best poker hand at the finish wins. Cyclist can chose any route to get to the card-stops, because this is not a race. The cyclist with the best hand wins, so bike safely and enjoy the rail-trail.) More info at: www.montrails.org. Or Skip the Poker Run and just *join us for a potluck picnic at 4:00 pm*. Feel free to bring goodies to share. In case of rain, the Poker Run and Picnic will be rescheduled for a sunnier day. Please come out and celebrate the Trail with us!

MEMBERSHIP GROWS

We now have 56 individual members and 46 (x2) family memberships for a total of 148 members (139 in 2007), including 48 in Harrison, 14 in Marion and 49 in Monongalia Counties, 24 other West Virginians and 13 out-of-state. Added to the list we sent to members in our last newsletter are:
Mike – Philippi, Donald
(returning), Mike , Randy
, Ken – all
Clarksburg and Jace – Pa.



Longtime Country Roads Cyclists/Harrison County Bicycle Association members, Tom and Linda (West Virginia jerseys on the left) know how to create a community of cyclists. Pictured above is most of the family, children, spouses and grandchildren, with them in late July at "A Greene (County) Trails Classic" in Xenia, Ohio celebrating and fundraising for the rail-trails that converge on the area including the Little Miami Scenic Trail, a trail from Beaver Creek to Dayton and another trail being developed to extend to Columbus. "We couldn't get everyone together during the four-day event, so we had to have a second photo (below) for five not in the first photo (above)," noted Tom.



Michelle and Andy announced the birth of their fourth daughter, Kaitlyn Nicole on May 25 at 8 lbs. 7½ oz. They are looking forward to getting their five year old into biking soon. "We need to do more biking, too," says Mom.

Bob underwent five-way heart bypass surgery on May 14 and says he is recovering nicely, though not riding his recumbent yet. "Just stationary bikes," he says. "I appreciate all the support offered by members & friends."

Betsy came out and rode the entire Frostburg to Meyersdale ride this month. (at right, Mike B photo)





photo by Laurel Klein

Former members Dennis and Marcia moved up. near Lake Erie when he retired from NIOSH in Morgantown last year. Now they run a bed & breakfast in Northeast in northwestern Pennsylvania.



photo by Carol Summers

Members Bruce and Mia traded their Morgantown home for a custom built Airstream, and took off for the open road when Bruce retired this summer. They are rumored to be in Las Vegas for a trade show, but they could be anywhere or everywhere by next week. Expect further reports of their wanderings in future newsletters

Ken watched the Tour of Georgia this spring, working as a volunteer official. That is Ken below, (on the right, fool) looking very official. Did his wife take this photo?

Ray and Susan cycled the Italian Dolomite Mountains for a mid-summer week, many tough climbs and all that great food. BikeWV (most Club members) was kept informed, but no photos.

Tim is also enjoying some European cycling time, We hope to get a report for our newsletter. **And what did you do this summer?**

GREAT ALLEGHENY PASSAGE "TRAIL OF THE MONTH"

The Rails-to-Trails Conservancy has chosen The Great Allegheny Passage as its Trail of the Month for July 2007, and the first of a series of 25 Hall of Fame rail-trails. A bit of history and high praise for the trail and volunteers is on their website: www.trails.org.

(I vote MonRiverTrails to make this Hall of. Fame. ed.)

MOUNTAIN ROAD CLASSIC

WV Road Race Championship

2 September 2007 Kasson, WV

The course is a one loop 53 mile tour of Barbour, Preston, and Tucker counties, with two massive climbs.

Pre-registration available on BikeReg.com for \$20. Race day registration will be \$25. USCF license required for M 1/2/3, one day licenses are available at race site for \$10. Race day registration opens at 9:00, closes at 10:30 AM. mailto: WVUCycling@yahoo.com? subject=ATTN:Classic or call Thad Kelly at Sports n' Spokes 304-457-6090



WVU CYCLING CLUB JERSEYS





TEXAS MOUNTAIN ROAD VISTA EASTWARD

The Third Annual MOUNTAIN ROADS BICYCLE TOURING FESTIVAL **Sunday, September 2, 2007** **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, so 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.rowlesburgguide.com.

