

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

www.crcyclists.org
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SEPTEMBER - OCTOBER 2010 #4
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League of
American
Bicyclists
since 1979

Ride our Sixth Annual MOUNTAIN ROADS BICYCLE TOURING FESTIVAL
Sunday, September 5 at 9:00 a.m. choose a 20, 56 or 78 mile ride from Rowlesburg, W. Va.



Registration for this free event starts at 8:30 at Rowlesburg Community Park. Maps, cue sheet and a limited sag service are provided, with a snack stop at St. George for the longer rides.

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.

Ride the all valley route to Etam International Earth Station and back, or do the 56 mile route with a big hill and long mountain. For the ambitious, add the Texas Mountain climb for the vista at left. (Dale Porter photo) 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.

then ride the shady Deckers Creek rail-trail from Morgantown at 11:00 or go by Snake Hill Saturday, September 18 to PICNIC AT DAVE'S SNACK SHACK

Think burgers and brats and hopefully some pie. Bring something to share and just enjoy the day

and go for it! THE COUNTRY ROADS CYCLISTS SEPTEMBER CENTURY Sunday, September 19 at 8:00 a.m. from downtown Salem to Barista's in New Martinsville

meet at the parking lot across from the downtown Salem BP station and ride our usual route out WV 23 to 18 and on through Middlebourne to New Martinsville for brunch, then we return on the same route, with a snack stop each way at Shirley. Shorter options may be worked out for anyone interested in riding less than a hundred miles and we will have a sweep/sag. Contact any Club officer.



SENECA ROCKS TO SPRUCE KNOB

Sunday, October 17, 10:00 from Seneca Rocks

It's a long way up to the highest point in West Virginia. It is also one beautiful ride (unless trying for a record).

CRC ANNUAL DINNER MEETING

Saturday, October 23, 6:00 p.m.

Panara Breads, Clarksburg

(located just off the I-79/US 50 interchange, s.e. corner) featuring election of officers, including a new President. (please let any officer know if willing to serve as an officer or other appointment to help with Club operations.)

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

OFFICERS MET August 3 in Clarksburg for the usual reporting and planning session. Secretary Foster indicated a current membership of 134. He noted that the state registration and reporting had been done as required by the end of June, and he updated the status of our relocated web site. Treasurer Foster indicated no report available at this time. Fall events were discussed, including our Rowlesburg Festival, picnic at Dave's Snack Shack, Club Century and annual meeting.

President Kelly and VP/Road Captain Donna Post indicated they would not be standing for reelection to those offices at our Annual Meeting in October. Ken [redacted], recently retired executive director of the Harrison County YMCA, offered to run for the office of President. If interested in any of our three major offices, please contact any officer prior to our Annual Meeting. Members are welcome to attend officers' meetings. Contact any officer for time and location.

CRCYCLISTS.ORG has a new look, but we're not done yet. A new file of archives will be developed over the fall/winter season, featuring old newsletters, Club history and By-Laws, etc. Your opinions are welcome.

CRCYCLISTS@GOOGLE.COM has also been operating for a while, now, too, for all who indicated an interest in being included (by not checking "Do not include me..." on their membership form) At this time it is closed to Club members (plus a very few others as determined by moderators Bill Foster and J. P. Petsko.) Let Secretary Foster or other Club officer know if you prefer a different arrangement for this site.

SURVEY SAYS...

A survey link was recently sent to all members on CRCyclists@google.com, asking several questions intended to help next year's officers fine tune our scheduled activities. 27 people have responded and Ken Parkington has prepared a summary of responses for the use of officers. More on this later.

SEPTEMBER 18 IS POPULAR

In addition to the West Virginia State Championships Time Trial event at Rowlesburg (see p.4) and our Club picnic at Dave's (p.1 and Ride Schedule) the Mountain State Wheelers are doing two special events in Fayette County, a 52 mile "Hawks Nest Ride" and a 30 mile "Gorge Bridge Ride." We have also received a flier for "A Wheel Around the Hub Gold Watch Cycling Races at Smethport, PA on September 18. See www.bikereg.com

WRITERS/EDITOR'S BLOCK struck again and I have a whole column empty. Sorry



MOUNTWOOD MOUNTAINBIKING

Several Country Roads Cyclists got together at Mountwood Park in Wood County in August to enjoy the 35 mile mountain bike trail system. Reports were good. Les is shown at left. (Mike Smith photo)

Outdoor Travels' has reviews of the system with photos and a system map plus notes on many other West Virginia mountain biking single track systems at: http://outdoortravels.com/biking_wv_overview_mountwood.html Reviewer Christopher Burk says, "A combination of tight, technical single-track and wider ORV trails, Mountwood's trails offer something for everyone. Although most maps still list several trails as ORV trails, Mountwood has recently banned the use of motorized vehicles on the trails so mountain bikers pretty much have free reign of the trails."

Big Bear Lake - Sweet trail system near Morgantown offers enjoyable loop rides

Coopers Rock State Forest - Long descents, long climbs and lots and lots of rocks.

Mountwood Park - Scenic woodlands and sweet single track all only 12 miles from Parkersburg.

Snowshoe Resort - 120+ miles of trails, a terrain park, a freeride park and easy access to beer. What more could one want?

Stonewall Resort - A leisurely ride on well-kept trails.

White Park - Fast, flowing fun located in the heart of Morgantown.

WEST VIRGINIA STATE TRAILS CONFERENCE

from William C. Robinson, State Trail Coordinator, WVDOH Bicycle/Pedestrian Coordinator

The 2010 State Trail Conference is scheduled for September 8th and 9th at Oglebay Resorts in Wheeling West Virginia. There is still room available, please contact Jim or I if you wish to attend.

This year we are pleased to announce an all day session on the 8th with internationally recognized authority on bicycle/pedestrian issues, urban trails and livability, Dan Burden. The West Virginia Department of Transportation is very excited about this opportunity to have Dan share his experience with the trail community in West Virginia.

In addition, volunteer/citizens groups from the area, in conjunction with the City of Wheeling, will be leading a tour of the Wheeling Heritage trail system. This tour will highlight what has been accomplished in developing one of West Virginia's pre-eminent urban trail systems and what is envisioned for the future. Bring your bicycles! (and helmet) The tour will be available to conference participants on September 9th; two morning and two afternoon tours will be held concurrent with the conference's breakout sessions. To participate in the tour you must sign up for it and be assigned to a particular tour. Conference participants will be informed at the Conference about which tour they have been assigned to. Space is limited and it will be "first come, first serve". Tour organizer Bob "Scat" Scatterday has requested that participants bring a flashlight if they want a better look inside the undeveloped railroad tunnels.

To register, please E-mail the following information to bill.c.robinson@wv.gov or james.e.hudson@wv.gov :

Name, Organization, Address, Telephone Number(s), Fax Number, E-mail Address,

Preference: Morning Tour _____, Afternoon Tour _____

After registering with the WVDOH, please contact Oglebay Resort (Overnight Reservations 800-624-6988 or 304-243-4090) for your lodging needs. You may also register on-line, "TRAILS" is the password.

As always, there is NO registration fee for attending the State Trails Conference and it is open to anyone who can attend. We just ask that you please register with the WVDOH so we know who is coming. Please feel free to forward this message to anyone you think may be interested in attending.

APPALACHIAN TIME TRIAL Presented by Panaracer & WV State Time Trial Championship
Sept. 18, 2010 Rowlesburg, WV Course Map: <http://connect.garmin.com/activity/38856484>

We searched high and low and we finally found some flat ground in WV to make this course. Really! This course starts and finishes along side the beautiful Cheat River in Rowlesburg, West Virginia. The sixteen mile time trial course is an out and back style event. The road surface is excellent for the most part but some minor "bumps" are present near the turn around area. Racers will start at the Rowlesburg City Park and head North on Route 72 for 8 miles and then will return to Rowlesburg on Route 72 south. Presented by **Appalachian Bicycle Racing Assn.**

<https://www.bikereg.com/events/register.asp?eventid=9794>

Preregister: on Bikereg.com for \$20. Race day registration will be \$30 and will open at 9:00AM on site. USAC Annual License required for all riders except Men's Cat-5 and Woman's Cat-4. It can be purchased on the day of the race. One-day Licenses can be purchased at the event (by Cat-5 Men and Cat-4 Woman) for \$10.



Cross Season is Right Around the Corner!

KICKOFF CROSS - APCXS #1

Presented by Appalachian Bicycle Racing Association

Saturday, October 02, 2010

Location: Greene County Airport, Waynesburg, PA

Online Registration Closes Thursday, September 30, 2010 at 8:00 PM ET

Preregister on Bikereg.com for only \$20 . Race day registration will be \$30 and will open at 8:30AM. USAC Annual License required for all riders except Men's Cat-4 and Woman's Cat-4. Annual License can be purchased on the day of the race. One-day Licenses can be purchased at the event for \$10 **Second Race Entered only \$10.00**



Here at ABRA, we have put together a seven race series featuring some great new races plus some of your old favorites. Washington, Waynesburg, Morgantown, Lost Creek and Bruceton Mills will be the sites for our 2010 racers. See <http://www.abraracing.com/>

2010 WEST VIRGINIA STATE CHAMPIONS CHAMPIONS:

Men's Cat 1/2/3 -	Jay Moglia	Women's Cat 1/2/3 -	Betsy Shogren
Men's Cat 4/5 -	Matthew Phillips	Men's Cat 5 -	Chris Jones
Men's 40+ -	Gunnar Shogren	Women's Cat 4 -	Beth Byron
Men's 50+ -	Jon Boggs	Juniors -	Tanis Goff

Appalachia Visited Results - <http://www.abraracing.com/Results/2010AppalachiaResults.html>

2010 APPALACHIAN ROAD RACE SERIES POINTS CHAMPIONS:

Men's Cat 1/2/3 -	John Cotter	Women's Cat 1/2/3 -	Betsy Shogren
Men's Cat 4/5 -	Matthew Phillips	Men's Cat 5 -	Chris Jones
Men's 40+ -	Gunnar Shogren	Women's Cat 4 -	Tina Kirk
Men's 50+ -	Jeff Nunes	Juniors -	Kyle Kukieza

Final ABRA Road Race Series Standings - <http://www.abraracing.com/Results/2010APRRSstandings.html>

COUNTRY ROADS CYCLISTS

SEPTEMBER - OCTOBER 2010 RIDE SCHEDULE

Road Captain Donna Post 304-623-9281 post@hrea.coop Mark Coffindaffer 304-745-3192 Contact listed ride leader for details Difficulty ratings: (*) easy (**) moderate (***) difficult (****) extreme Rides may be cancelled due to bad weather or routes changed at the discretion of the ride leader. Wear your helmet.

Saturday, September 4 9:00 Lost Creek- Weston Mark 304 745-3192

(**) 33 miles Park at Lost Creek trail head. Route goes through Jane Lew, the edge of Kinchelo, past Jackson's Mill to Weston, loops back past the mill and returns. Very nice roads, mostly relatively flat or rolling with no memorable hills. A couple of small stores along the way.

Sunday September 5 9:00 Mountain Roads Touring Festival Bill 304 623-2736

Choose from: (*1/2) 20 mile, (***) 56 and (****) 78 mile rides Rowlesburg City Park From Morgantown, Rt.7 to Kingwood, Rt.72 south to Rowlesburg. From Clarksburg, Rt.50 east to Rt.72 north to Rowlesburg Limited SAG and snack stop for the two longer rides. Free event but register and pick up a map Breakfast and dinner can be purchased at the festival.

Saturday, Sept 11 10:00 Manley Chapel-Saltwell Loop Bill 304 623-2736

(**) 28 miles From Wal-Mart in Fairmont/Whitehall Take I-79 exit 132, go south ½ mile on US 250, park at Wal-Mart lot. Pleasant roads.

Sunday, Sept 12 1:30 Jane Lew -Weston Bill 304 884-6485

(*1/2) 18 miles. From Jane Lew, I-79 exit 105. Park on dead end side road in front of the truck stop. Ride will go out Hackers Creek road to Lifes Run road. Will regroup at Wendy's. Ride through town and across 4th street bridge. Take back way to Jackson's Mill. Drinks and snacks available at the convenience mart. Take Sycamore Lick back into Jane Lew and return. Nice and easy ride, one hill..

Saturday, Sept 18 11:00 Picnic Ride Kelly 304 292-9821

(*) 15-20 miles on the Deckers Creek trail or (***)30 miles road ride over Snake Hill. From Morgantown DMV at Sabraton to picnic at Dave's Snack Shack. Bring a dish to share. RSVP to Kelly.

Sunday, Sept 19 8:00 Annual Century Kelly 304 292-9821

(****) 100 miles From the Salem College parking lot across from the BP and Dairy Queen in downtown Salem. A fairly fast out and back route to New Martinsville, where Barista's Restaurant will be open for brunch The club provides two snack stops and limited SAG. This is not a hard ride; it is just really long. Those wanting to do a shorter ride, of about 60 or 75 miles could have lunch at the gas station/store at Blue or the restaurant in Middlebourne and turn around .

Saturday, Sept 25 10:00 Holly River Kelly 304 472-7199

(**) 22 miles. This is a relaxed mountain bike ride. Front suspension recommended. Meet at Holly River State Park restaurant parking area at 10:00 A.M. Double track forest road with two water falls, old hikers hut, a dip in a cool mountain pool, and a late lunch at the restaurant, all are possible on this ride. Have plenty of water and a snack.

Sunday, Sept 26 10:00 Jarvisville- Long Run loop Walter 304 873-2259

(**) 30 miles From Marshville exit of Rt 50 west of Clarksburg. Lots of good riding with very little climbing.

COUNTRY ROADS CYCLISTS

SEPTEMBER - OCTOBER 2010 RIDE SCHEDULE

Saturday, Oct 2 1:00 Fayette County, PA David 304 594-1036

(***) 35 miles from the Free Methodist Church in White House, PA. Park in the far left corner, next to Tobin School Road. Hilly ride. Interesting scenery, old mining towns. For more details e-mail the ride leader wvfossils@aol.com

Sunday, Oct 3 10:00 Great Allegheny Passage Kelly 304 292-9821

(*1/2) 35 miles From city park in Connellsville, PA (Take I-68 to Rt 857 exit, turn North, follow Rt 119 north to Connellsville. Turn right onto Rt 711(Main St) at a traffic light. Go 4or 5 blocks until you see a bike shop on the right. Turn left here and go straight about 3 blocks into the trail parking area.) Flat rail trail with good surface for road bikes; still one of the prettiest trails. Ride east, to Ohio pyle, have lunch at one of the restaurants and return.

Saturday, Oct 9 9:00 Lost Creek- Weston Mark 304 745-3192

(**) 33 miles Park at Lost Creek trail head. Route goes through Jane Lew, the edge of Kinchelo, past Jackson's Mill to Weston, loops back past the mill and returns. Very nice roads, mostly relatively flat or rolling with no memorable hills. A couple of small stores along the way .

Sunday, Oct 10 10:00 Brushy Fork Donna 304 623-9281

(**) 30 miles from parking lot at Hinkle & Deegan Lakes From Rt 50 east of I-79 approaching downtown Bridgeport turn right at the first light (Rite Aid is on the corner) where the road bears right stay straight and continue to the parking lot with restrooms, tennis courts, etc Out and back ride, a couple of hills, pretty scenery. Easy pace.

Saturday, Oct 16 10:00 Big Flint/Rt 23/Tarkiln Loop Ken 304 669-9822

(**) 31miles From Tarkiln exit of Rt 50 west of Salem. A couple of pretty good hills, some long valleys through some of our favorite countryside.

Sunday, Oct 17 10:00 Spruce Knob Mike & Kaye 740 323-1514

(****) 47 or 68 miles. Meet at Seneca Rocks Visitor Center. A great ride with a lot of climbing, mostly on the eleven mile climb to Spruce Knob. Food and water may be scarce along the route so everyone should be prepared. Contact Number during the weekend 740-403-1250.

47 mile map: <http://www.mapmyride.com/ride/united-states/wv/-seneca-rocks/405125130566188008>

68 mile map: <http://www.mapmyride.com/ride/united-states/wv/-seneca-rocks/936127773964466727>

Saturday, Oct 23 6:00 Annual Club Dinner meeting at Clarksburg Panera Breads

I-79 exit 119, take US 50 east to first light past the interchange, turn right. Election of officers

Sunday, Oct 24 10 :00 Over Mt Davis Kelly 304 292-9821

(****) 50 miles High adventure from Sisters Restaurant in Confluence, PA Ride at 10:00. Road ride over the highest spot in Pennsylvania to Meyersdale, PA. There is a fire tower at the top. Very hilly, but there are some fantastic downhill on the return. Call ride leader if weather is questionable. Bring enough snacks and plenty of water.

Saturday, Oct 30 1:00 Fayette County, PA David 304 594-1036

(***) 35 miles from the Free Methodist Church in White House, PA. Park in the far left corner, next to Tobin School Road. Hilly ride. Interesting scenery, old mining towns. For more details e-mail the ride leader wvfossils@aol.com

Sunday, Oct 31 1:30 Big Flint/Rt 23/Tarkiln Loop Ken 304 669-9822

(**) 31miles From Tarkiln exit off Rt 50 west of Salem. A couple of pretty good hills, some long valleys through some of our favorite countryside.