

# ...SPOKIN' WORDS...

## COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

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September - October 2011

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### **You rode all summer to get in shape\* - NOW IT'S TIME FOR THE PAYOFF !**

#### **First our Seventh Annual MOUNTAIN ROADS BICYCLE TOURING FESTIVAL**

Sunday, September 6 at 9:00 a.m. choose a 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. The 56 mile ride goes south past Etam on Route 72 to St. George where the 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 more miles of coasting.

#### **then go for it! THE COUNTRY ROADS CYCLISTS SEPTEMBER CENTURY**

Sunday, September 25 at 8:00 a.m. 100 miles from 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 any member interested in riding 50-65 miles and we will have a sweep/sag.

#### **and the doubleheader: Peaking at Spruce Knob - the highest point in West Virginia**

Sunday, October 2 at 10:00 a.m. from the Seneca Rocks visitors' center, 50 miles, 11 mile climb to the top of Spruce Knob, 11 mile coast down and back. A great ride with lots of climbing, our third year.

#### **then Over Mt. Davis Redux - over the highest mountain in Pennsylvania**

Saturday, October 15 at 10:00 a.m. from the park in Confluence, Pa. 55 miles

9:00 for breakfast at Sister's; the ride begins at 10:00. We will ride out to Mt. Davis (3123 feet) then on to Meyersdale for lunch. After lunch, we climb Mount Davis again, returning to Confluence.

#### **\*Not quite that shape? Consider these: PICNIC AT DAVE'S - ON THE RAIL TRAIL**

Saturday, October 1 at 11:00 a.m. from Morgantown/Sabraton Wendy's, 15 miles on the rail trail or 25 if over Snake Hill. Bring goodies to Wendy's to share.

October 8 & 9 **MARLINTON ROADS AND RAIL TRAIL WEEKEND** see the Ride Schedule

October 22 & 23 **STONEWALL RESORT WEEKEND RIDES** see the Ride Schedule

and don't miss our

#### **CRC ANNUAL DINNER MEETING**

**Saturday, October 22, 6:00 p.m.**

**Panara Breads, Clarksburg**

(located just off the I-79/US 50 interchange, s.e. corner) 7:00 p.m. meeting featuring election of officers and celebration of another fine year of cycling. (please let any officer know if interested in serving as an officer or other appointment to help with Club operations.)

**OFFICERS MET** August 10 in Fairmont for a reporting and planning session. Any member is welcome to attend any officers meeting. Contact any officer for the time and place of the next meeting. The treasurer reported a current balance of \$1,539.36. Membership was reported as 120 paid for 2011, including 33 in Harrison Co., 40 in Monongalia Co., 29 other West Virginians and 18 out-of-state. Events on the ride schedule were discussed. Funding for the Rowlesburg event as previously done was approved. It was agreed to hold the Annual Meeting on October 22 in Clarksburg at Panera Breads. While all officers indicated a willingness to be renominated, any current member is welcome to stand for any of the three offices as listed on our masthead.

### WELCOME OUR NEW MEMBERS

Paid membership is currently at 122, including the following new members:

Russell & Marguerite - Morgantown  
Travis - Morgantown

A list of paid members is included with this newsletter and also (a hard copy) mailed to email memberships.

**ONE DOWN** Laurel, our former long-time road captain was biking a Tucker County backcountry road on June 30 with CRC friends, when she went down. Unable to unstrap toeclips, she broke both right leg bones at the ankle. Recovery is slow; no more biking this year.

### RAIL-TRAIL STATUSES:

**CAPERTON** The rail-trail south from Ruby McQuain Park re-opened in early August, but it remains closed to the north from 6th Street (near the Seneca Center) to the WVU Core Arboretum until further notice. This is about mile 8.5 where an active slip is still unrepaired.

**MCTRAIL** from Pricketts Fort through the tunnel has been repaved and is much smoother now.

**HARRISON COUNTY HIKE & BIKE TRAIL** remains closed indefinitely due to determination of toxic chemicals in the surface materials

### SOME ROAD ISSUES:

**TAR AND CHIP SURFACING** Club officers, prior to their August meeting in Fairmont, were led on a test ride over some fresh tar and chip, the new "economy standard" for resurfacing many of the roads in our area. They agreed that it was no fun, at least not when fresh. Your thoughts are invited after the surface has settled.

**857 BRIDGE CLOSURE** Members on either the CRC or MonBikeClub email lists have seen the ongoing concern of users for the closure of the old metal bridge over Lake Lynn on route 857 near Morgantown. Both of these issues may be discussed at our Annual Meeting.



A first for the Pennsylvania Perimeter Ride Against Cancer was a West Virginia start, with over 70 cyclists riding a very scenic 87 mile route from Elkins High School to WVU's Brooke Tower in Morgantown the first day for the fundraiser. They continued, north through Pt. Marion and east to Cumberland the second day. The third day route went to Martinsburg, then the next three northeast to the finish at Palmerton, Pennsylvania.

### WONDERFUL WEST VIRGINIA MAGAZINE

featured state rail-trails in their May 2011 issue, with a photo feature article by Daniel Boyd about a new book by Robin Broughton, "A Guide to West Virginia Rail Trails."

The article notes "For each of the state's 31 rail trails, this guide supplies directions, rating of trail surface and scenery, and a detailed map...included is information on area lodging, restaurants, attractions and history." Pictures of Deckers Creek, MCTrail and the West Fork River rail trails as well as the Barnum and Gauley Mt. rail trails are shown. The book is being sold by W W V magazine for \$12.95 + tax + \$4.50 shipping.

### WEST VIRGINIA ROAD CHAMPIONS

were announced by ABRA following the Appalachia Visited road race at Rowlesburg August 20

#### 2011 West Virginia Road Race Champions

Men's 1/2/3 **Adam Anderson**, Bridgeport WV  
Women 1/2/3 **Betsy Shogren**, Morgantown WV  
Men's 3/4 **Bradley Schmalzer**, Charleston WV  
Men's 4/5 **Brian Decann**, Morgantown WV  
Men's 5 **Dusty Argogast**, Morgantown WV  
Women 4 **Beth Bryon**, Morgantown WV  
40+ **Gunnar Shogren**, Morgantown WV  
(also ABRA road racing series category winner)  
50+ **Kyle McCammon**, Bridgeport WV  
60+ **Tim Nelms**, Morgantown WV  
Juniors **Tanis Goff**, Rowlesburg WV

**Congratulations to CRC members Betsy, Gunnar and Tim.** Adam and Kyle are past members.

### ABRA W.VA.TIME TRIAL CHAMPIONSHIPS

will be held at Rowlesburg on September 10 (new date), starting just after noon. See <http://abraracing.com>. The course is eight miles north and eight miles back on WV rt. 72 from the town park. No big hills or mountains.

**XTERRA Big Bear Off-Road Triathlon / Duathlon Sept.11** no details

## TWO FIRST CENTURY REPORTS FROM MEMBERS

Carla My SuperCentury

My husband Dave and I grew up in Moundsville/Glendale, W.Va. and moved to Buckhannon 27 years ago. We've been cycling now for about 3-4 years. We begin cycling as something we could enjoy together, while staying fit, but nothing too serious. Last year on Dave's 50<sup>th</sup> birthday he thought it would be cool to ride his bike the 118 miles from Buckhannon to our hometown, Glendale, and he again completed that goal this year. I've read many articles on riding and training for a century, which seemed a little overwhelming, intense, and difficult to fit into my schedule, so I just continued to ride when I could, and enjoy every minute of it. I never set riding goals, because I felt the riding wouldn't be enjoyable then, but I knew that this was going to be something for me to accomplish, and in the back of my mind I thought this might be the year. Even if I didn't make it all the way in one day, I thought part way would be an amazing ride for me and after Dave completed his ride this year he kept encouraging me to give it a try. He said he knew I could do it but I didn't think I was ready.

Then, one day Dave brought home a brochure for the "Back Roads Century" in Berryville, Va. that he found at Fat Tire Cycle. On this brochure was a 12 week training schedule which suggested building your miles every week with one long ride a week, and one day off. The schedule seemed simple to me, and as I looked at it, I discovered that was what I was already doing. This is when I thought, "I can do this." Kelly Bowyer and I talked about doing it together on Labor Day. So last weekend I decided to ride half of it, to see what the course would be like, and to get my long ride for the week. Dave was my sag wagon and the plan was for us to switch places at the 50 mile mark and he could ride the rest of the way to Glendale. Well, I felt pretty good, so I kept going. Every 25 miles I would refill my water bottles, and go for the next 25 miles. When I reached the century mark, it was only 18 miles to Glendale. I thought, "I have to keep going now. I have to make it home," and sure enough, I did!

Sorry Dave. Sorry Kelly. But, hey, now I know we can do about any ride together. So, set a goal and set your mind to it, then work at it. If I could, anyone can, and it is pretty amazing when you do. Carla

**Editor's note:** Expect more great reports from some of our big events this fall, in our next issue, along with the story of our Emlenton summer weekend, and if you had an adventure or insight from cycling this year, pass it on (to me and the other members). Photos are nice, your stories are great - if you can write them down for us, please. Bill

Cumberland Century Travis

Frank mentioned a few days ago that the Western Maryland Wheelmen were holding their annual charity event Saturday, with 21, 37, 64, and 100mile options.

Having decided in February that one of my goals was to lose weight and ride my first century, I had to give it a go. It was rough, hilly, the cramps were bad, and I was easily passed by just about everyone on the route. But, the wimp who tapped out 30mi into the Halleck ride a year ago finished a 100 mile ride this year. Great sense of accomplishment.

Distance: 101.62 miles, Elevation Gain: 8,404 ft.,  
Avg Temperature: 79.9 °F, Calories: 3,768 C  
Garmin Link to see route and metrics-  
<http://connect.garmin.com/activity/109841441>

The link takes you to the GPS report of the whole mess. Don't laugh at my pitiful time, I'm still new at this.

First off, this route was seriously hilly. Lots of rollers, but also two "Bloody hell, why did I sign up for this?" hills. I knew the first one was bad when they had a sag-wagon at the bottom offering to take riders to the top, before we even started the climb. Never a good sign. The second, coming at the 90 mile mark when the gas tank was beyond empty, was nothing short of abuse, and many expletives were uttered for the 1.6mi climb in my granny gear.

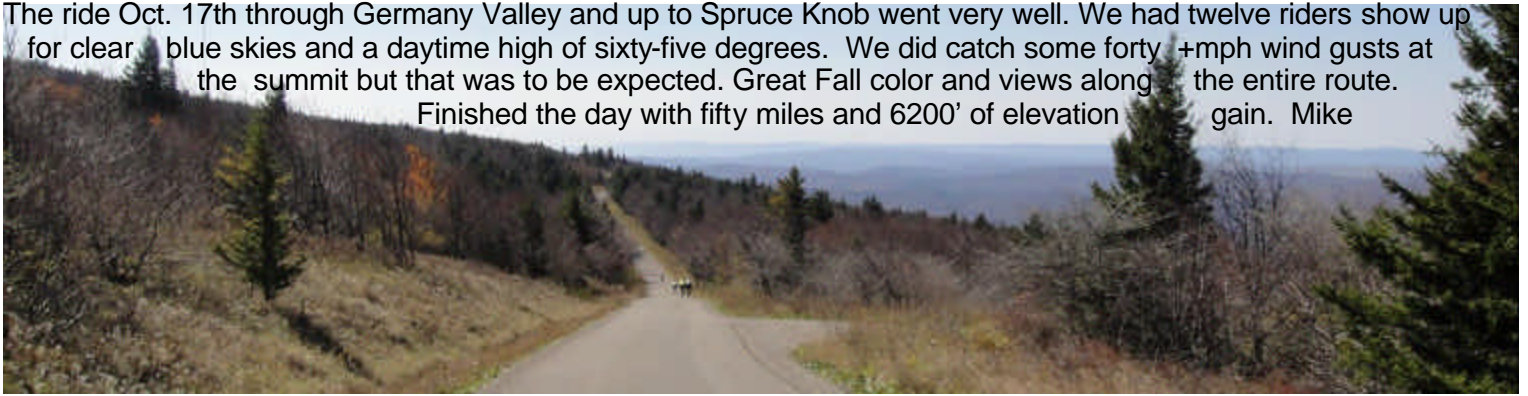
Ride was well organized, routes and road changes were well marked, scenery was beautiful. Road conditions were near perfect ( I'm sure someone will complain about a pothole somewhere.) Even the last-minute detour they ran through a "holler" about as wide as my desk wasn't too bad. And the food? Awesome. Every 25mi at the "filling stations", they had piles of everything. Oranges and bananas for the healthy people, and as much peanut butter fudge as this guy could fit into a jersey pocket. The weather circled around us; I don't think anyone on the 100mi ride got wet, although it was raining somewhere, because the 60-75mi section was all wet.

Cliff notes version: Great ride, great weather, fun route, awesome fudge, and my first century. Thumbs up.  
Travis

## SENECA ROCKS - GERMANY VALLEY - SPRUCE KNOB OCTOBER 2

2010 report & Smith photo

The ride Oct. 17th through Germany Valley and up to Spruce Knob went very well. We had twelve riders show up for clear blue skies and a daytime high of sixty-five degrees. We did catch some forty +mph wind gusts at the summit but that was to be expected. Great Fall color and views along the entire route. Finished the day with fifty miles and 6200' of elevation gain. Mike



### PLAN TO JOIN US FOR A MARLINTON WEEKEND - OCTOBER 8 & 9

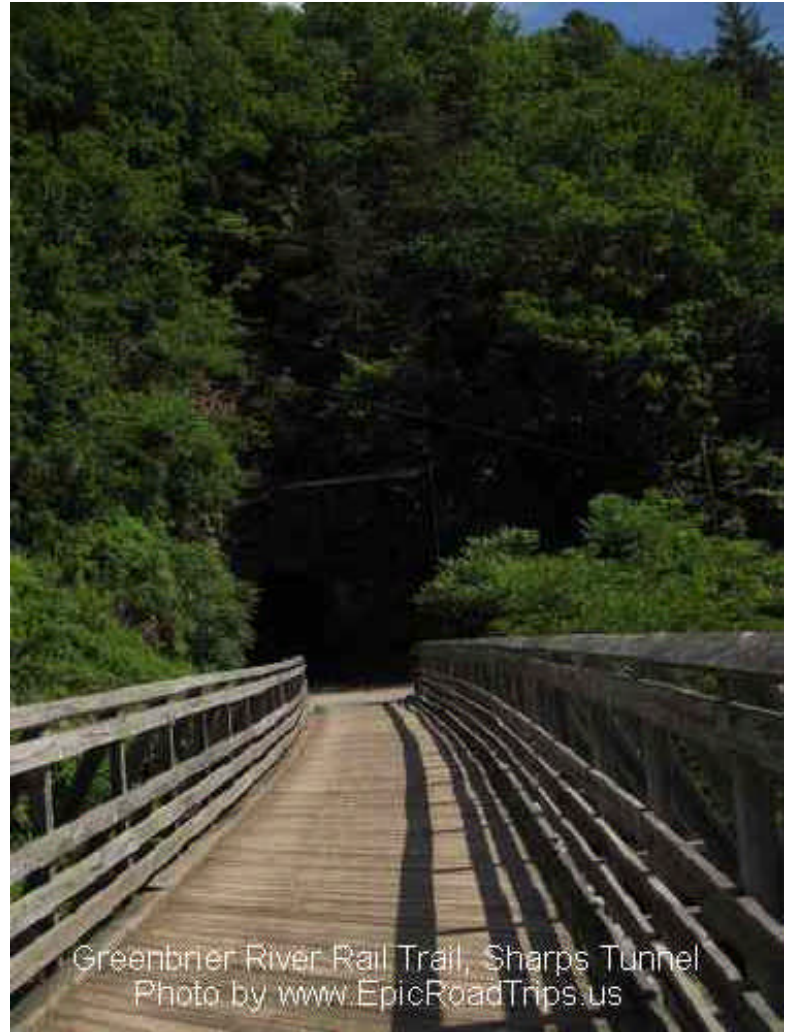
This is a fall color weekend; rooms may fill fast. The following is a list of links for places to stay:  
<http://www.oldclarkinn.com/> (economy in town) <http://jericobb.com/> (B&B, couple miles out of town)  
<http://www.watoga.com/> (state park cabins 15 miles away) <http://greenbriergrill.com> (downtown with 5 rooms)  
<http://locusthillwv.com/> (uptown b&b, 2 nite min.) Cass has many rooms about a half-hour away.



Laurel on Lobelia Loop June 2011 Smith photo



Greenbrier River Rail Trail Photo by www.EpicRoadTrips.us



Greenbrier River Rail Trail, Sharps Tunnel  
Photo by www.EpicRoadTrips.us

Other road rides are available and there are many attractions in this area including Cass Scenic Railroad, Greenbank National Radio Astronomy Observatory, the Pearl Buck homestead, and Watoga and Droop Mountain State Parks. If you are up for a mountain climb (bike or car) Cranberry Glades and the Highland Scenic Highway are special and Snowshoe is amazing if you haven't been there in ten years or so. Then there are the parties...

# COUNTRY ROADS CYCLISTS

## SEPTEMBER - OCTOBER 2011 RIDE SCHEDULE

Road Captain Kelly Williams 304-292-9821 kellyrwilliams@msn.com

Contact listed ride leader for details. Please carpool to the start whenever possible.

Wear your Helmet. Difficulty Ratings: (\*) easy (\*\*) moderate (\*\*\*) difficult (\*\*\*\*) extreme

**Saturday, Sept. 3 10:00 Morgantown to Larry's Leather Loop Jack 304-282-6275**

(\*\*) 30 miles. Meet at the Courthouse on High Street. We will bike up Number 8 Hollow to Mt. Morris, then onto to Shannon Run and Larry's Leather Road. Return to Morgantown. Rising Creek Bakery stop is optional.

**Sunday, Sept 4 9:00 Mountain Roads Touring Festival Bill 304-623-2736**

56(\*\*\*) or 78(\*\*\*\*) miles. Meet at the Rowlesburg City Park. From Morgantown, take RT 7 to Kingwood, then RT 72 south to Rowlesburg. From Clarksburg, RT 50 east to RT 72 north to Rowlesburg. Limited SAG. Snack stop available. Free event but register and pick up a map. Breakfast and lunch can be purchased at the Rowlesburg Labor Day festival.

**Saturday, Sept. 10 11:00 Deckers Creek to Dogtown Rd Connie & Carl 304-864-5901**

(\*\*) 42 miles. Meet at the Sabraton Wendy's, RT 7 East. Ride up the Deckers Creek Trail, to Rt 92, then a road ride to Dogtown Road. Snacks at Connie and Carl's house. Return via the trail. 17 miles up the trail, 8 miles on the road, then 17 miles back down the trail.

**Sunday, Sept. 11 9:00 Fallen Timbers Extreme Jack 304-282-6275**

(\*\*\*) 45 miles. Meet at the Courthouse on High Street. 7 hills. Count'em: White Avenue, Dug Hill, Canyon Road, Stewartstown Road, Nilan Hill, Dillinger, Big Foot. This ride is not for the fainthearted.

**Saturday, Sept. 17 9:30 Tarkiln Road Loop Ken 304-669-9822**

(\*\*) 30 miles. Meet at the Tarkiln Road exit off of US 50, west of Salem. We will ride on RT 23 and Big Flint Road. Two climbs and some rollers. A preview of a section of the club century route.

**Sunday, Sept. 18 11:00 Chestnut Ridge Road Ride Kelly 304-292-9821**

(\*\*) 25 miles. Meet at the first parking lot, at Cooper's Rock State Park. (Exit 15 off of I-68). We will bike on the main road to Cooper's Rock, then on the main road to Chestnut Ridge and back. This is an out and back ride, hopefully there will be some fall foliage. Afterwards, cyclists can drive to Mont Chateau for refreshments and the Mineral and Gem show.

**Saturday, Sept. 24 10:00 Fayette County Loop Dave 304-594-1036**

(\*\*) 25 miles. Park at the Free Methodist Church in White House on RT 857, one mile north of the PA state border. (Park on the Tobin School Road side.) An easy road ride over the hills and valleys of Fayette county, PA. This will be a warm up for the next day's century, to keep the legs from getting rusty.

**Sunday, Sept. 25 9:00 Salem to New Martinsville Century Kelly 304-292-9821**

(\*\*\*) 100 miles. From the Salem College parking lot across from the BP and the DQ. A fairly fast out and back route to New Martinsville, where Barista's Restaurant will be open for brunch. The club provides 2 snack stops and a limited SAG. This is not a hard ride, it is just really long. For a shorter ride of about 60 or 70 miles, you can bike to Blue or Middlebourne, then turn around. (Or for a 50 mile ride, the sag can take up to two back from Baristas, contact Bill (304-623-2736) to reserve a seat)

# COUNTRY ROADS CYCLISTS

## SEPTEMBER - OCTOBER 2011 RIDE SCHEDULE

**Saturday, Oct. 1 11:00 Snake Hill Road/Deckers Creek Trail Kelly 304-292-9821**  
**PICNIC** (\*) 15 miles on the trail, or (\*\*) 25 miles over Snake Hill. Meet at the Sabraton Wendy's, RT 7 east (Morgantown). Either bike over Snake Hill, or climb up Deckers Creek trail. Bring food for the picnic to the parking lot for Ray to transport to Dave's Snack Shack. Both groups picnic at Dave's, then return down the trail. RVSP to Kelly Williams.

**Sunday, Oct. 2 10:00 Spruce Knob Dave 304- 641-1433**  
(\*\*\*) 50 miles. Meet at the Seneca Rocks visitor center. A great ride with lots of climbing, mostly on the eleven mile climb to Spruce Knob. **Note:** Food and water may be scarce along the route, so come prepared.

**Marlington Weekend Mike and Kaye 740-323-1514 (cell 740-403-1250)**  
**Saturday, Oct. 8 10:00** (\*\*\*) 39 or 62 miles. Meet in Marlinton near the rail depot (close to the Old Clark Inn.) We will bike a 62 mile loop through the scenic countryside (there is a shorter 39 mile loop option) towards Cass, on RT 1 and RT 28, then return to Marlinton.  
**Sunday, Oct. 9 10:00** (\*\*) 25 miles. Meet north of the Pretty Penny Cafe on RT 219 in Hillsboro (Park near the fire dept.) We will bike a 25 mile loop around Droop Mountain State Park and return to the Pretty Penny for lunch. Afternoon options (on your own) include other roads and the Greenbrier River Rail Trail. See newsletter for lodging and other details.

**Saturday, Oct. 15 10:00 Over Mount Davis Larry (304-379-4009)**  
(\*\*\*) 55 miles. Meet at the park in Confluence. 9:00 for breakfast at Sister's; the ride begins at 10:00. We will ride out to Mt. Davis (the highest peak in Pennsylvania, 3123 feet) then on to Meyersdale for lunch. After lunch, we climb Mount Davis again, returning to Confluence.

**Sunday, Oct. 16 11:00 Tom's Run to Halleck Road Loop Kelly 304-292-9821**  
(\*\*) 30 miles. Meet at the MedExpress Building on Don Knotts Blvd, RT 119, south of Morgantown. We will bike out the trail to Little Falls Road, then Tom's Run, down Halleck and Opekiska, returning on the trail.

**Saturday, Oct. 22 11:00 Morgantown to Mile Climb Marilyn 304-598-5078**  
(\*\*) 35 miles. Meet at the Courthouse on High Street. The route will take us up Rt 100 to Mt. Morris, then on to Shannon Run. From there, we will climb Mile Climb hill, and loop back to Mt. Morris and Morgantown. A stop at the Rising Creek bakery is optional.

**Saturday, Oct. 22 10:00 Stonewall Resort Weekend Patricia 304-641-6444**  
(\*\*) 26 miles. Meet at the entrance to the Stonewall Resort, US 19 south of Weston. We will cycle around the Stonewall Jackson Lake, following the route of the Clarksburg Triathlon. Contact Patricia for more details. Also, Patricia and Bob have a great price on a package deal for anyone who wants to stay there Saturday night. Contact Patricia about the package deal. (Anyone is welcome to ride each day and not stay at the resort.)

**Sunday, Oct. 23 10:00 Stonewall Resort Weekend Patricia 304-641-6444**  
(\*\*) 35 miles. Meet at the entrance to the Stonewall Resort, US 19 south of Weston. We will cycle on the scenic roads around Jackson Lake State Park. Contact Patricia for more details.

**Saturday, Oct. 29 11:00 Fayette County Loop Dave 304-594-1036**  
(\*\*) 30 miles. Park at the Free Methodist Church in White House, Pa. on RT 857, one mile north of the PA state border. (Park on the Tobin School Road side.) A road ride over the hills and through the valleys of Fayette County. Low traffic roads. A hilly ride.

**Sunday Oct. 30 11:00 Morgantown to Kirby Loop Kelly 304-292-9821**  
(\*\*) 40 miles. Meet at the Courthouse on High Street. the route will take us up RT 100 to Mt. Morris, then Shannon Run and Kirby. Return on RT 19 to Mt. Morris, and then to Morgantown. A stop at the Rising Creek Bakery is optional.