

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS

NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

www.crcyclists.org

JANUARY

2007 #1

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KELLY, KLEIN AND FOSTER RE-ELECTED

Kelly Williams, Laurel Klein and Bill Foster were unanimously re-elected as indicated above at the annual meeting of Country Roads Cyclists October 28, 2006 following dinner at the Poky Dot restaurant in Fairmont, with eleven members attending and voting. Meeting minutes are posted on our archive website files, other reports from the President and Treasurer (prepared after the meeting) are included in this newsletter.

PLAN TO PIG-OUT

Come to our fifth annual Pasta Pig-Out at Minard's in Clarksburg on Saturday, January 27 at 6:00 p.m. By mutual agreement, the founder of this event will again be escaped to the balmy South where he can ride every day while we bulk up. From I-79, turn west on US 50 and go to the Joyce Street exit at the bottom of the hill. Turn right and go a block, then right at the T and come to Minard's on the left in about a block.

APPALACHIAN SPRING

SPECTACULAR - MAY 6, 2007

We had 110 in 2006. Now is the time to mark your calendar and promise yourself not to miss the best cycling event/party in Morgantown. We start planning this month, and so can you. With a choice of several distances (25-60 miles last year), you can decide how far to go when you come. Best of all, any of those distances is enough for all you can eat pizza without guilt, and it tastes so good and rewarding.

SPRING PIZZA PARTY TIME

Mark your calendar for our President's Pizza Party on Saturday, March 24 at 6:00 p.m. at Kelly and Gerry's Morgantown home, 216 Lebanon Street. Directions for out-of-towners: from Westover Bridge, right lane uphill, crossing High Street and Deckers Creek bridge to Domino's Pizza, jog right-left onto Grand Street, go three blocks and turn right onto Maple Street, go six blocks and turn left up onto Lebanon Street. Look for the porch light on the right.

DO DUES AGAIN

Since this newsletter didn't come out late last fall as planned, our 2007 membership form/waiver is enclosed in this newsletter for all. We hope you are still with us. Consider it a good New Year's resolution commitment. Our dues remain the same modest \$10/12.50 - what a deal! - and we are careful with and appreciative of your money. Of course, we also hope to see you at the parties and out riding with us this spring.



SMITHFIELD SNACKERS, COUNTRY ROADS CYCLISTS' SEPTEMBER CENTURY

This was about half of the Sept.17th group on the way from Clarksburg to lunch in New Martinsville. foster photo

TREASURER'S REPORT year 2006

BB&T balance 12-31-05	\$1,098.05		
checks 449 & 450 not cashed	<u>-10.62</u>		
BALANCE accrued 12-31-05	\$1,087.43		
Dues: individual 54 @ \$10.00 =	\$540.00		
inactive 1 @ 6.00 =	6.00		
family 41 @ 12.50 =	512.50		
<u>1 @ 0.00</u>	<u>0.00</u>		(trade for website)
139	1,058.50		
Donations	7.50		
Jerseys	1,678.85		(28@\$59.95+25¢)
Appalachian Spring Spectacular	<u>1,105.00</u>		(110@\$10+\$5don.)
INCOME	\$3,849.85	= +\$3,849.85	
Jerseys	\$1,822.87		(28@\$57+post&art)
Events: App. Spring Spectacular	835.70	= = =	(insurance \$185.90
Spring party	52.10		food 498.33
Rowlesburg Fest. Rides	70.71		printing* 42.61
September Century	68.61		misc. <u>108.86</u>
W. Va. corporate license	25.00		\$835.70
Club insurance: ASIS @ \$1.69	243.36		*map&cues donated)
Memberships LAB,IMBA,MRTC,NBRTF	175.00		
Sec.Exp.: printing	214.59		
postage	184.86		
p.o.box	40.00		
web hosting ('07)	30.00		
misc. (envelopes)	<u>4.20</u>		
EXPENSES	\$3,767.00	= -\$3,767.00	
BALANCE accrued 12-31-06	\$1,170.28		(+\$82.85 for year)
ck.492,494 not cleared	<u>+58.07</u>		
BB&T balance 12-31-06	<u>\$1,228.35</u>		

OFFICERS' MEETINGS

Club officers met on September 25,2006 to conduct regular business, including a review of correspondence, membership finance and activities.

Officers again met on January 8, 2007 for more of the same. The secretary noted that he had not issued the intended November newsletter but there would be one in January. Updating the format of crcyclists.org and sending our March-April newsletter to local officials with an invitation to join us on a scheduled rail-trail ride was discussed. The road captain noted a need for input on ideas for a tour in 2007. The potential of a GAP-C&O tour from the Monongahela to Washington,DC was considered. Spring events discussed included the Pasta Pig-Out, a President's Pizza Party and the Appalachian Spring Spectacular.

Complete minutes are filed on our archive website, CRCyclists@yahoogleroups.com. You may use your own I.D. and password or "crcycler" and "archives".

MOUNTAIN ROADS BICYCLE TOURING FESTIVAL SUCCESSFUL

Thirty-six people came to ride the misty, cloudy Labor Day Sunday rides from Rowlesburg. Two decided they weren't prepared for the weather, but 34 set out to enjoy the mountain roads, including 16 Country Roads Cyclists: Don & Jeanette, David, Donald, Connie, Frank, Laurel, Kyle, Gregg, Tim, Marilyn, Chris, Ken, James & Sandy and Kelly.

Seven rode the 26-mile route to Terra Alta, Twenty did the 56-mile St. George and Terra Alta loop, and seven added the Texas Mountain loop (Kelly's story of the fog/wet up there is on page three) for a 78 mile challenge. Bill Foster manned the sag and snack stop at St. George. Riders included 13 from Morgantown, 8 from Harrison County and others from four other states (CO, PA, SC, VA). We expect to return this year (pending Rowlesburg ok.)

COUNTRY ROADS CYCLISTS SEPTEMBER CENTURY WON WITH A NEW ROUTE

Twenty-three cyclists rode about 102 miles on our annual September Century from Clarksburg to New Martinsville, taking an entirely new route (WV 20), due to a "bridge-out" on our usual route. Kelly tells about this event on page 3.



Brunch at Barista's (John and Aron's) in New Martinsville

Country Roads Cyclists riding this event include: Adam, Dave, Don, Carl & Connie, Frank, Laurel, Emil, Tim, Marilyn, Dave, Ken and Kelly. Bill manned the sag and snack stop at Smithfield. Nine guests came from Morgantown and Fairmont. The mild day began in heavy fog, clearing to sunny blue skies and warm in the afternoon.



The Twinkie, Dr.Tim & Kelly

PRESIDENT KELLY'S YEAR IN REVIEW

I would like to thank every one for their support through 2006. I had a great time as president - from working with Bill and Laurel planning rides and events - to all the great riding with you. We had many good rides - and some well attended special events such as the Spring Spectacular, the Rowlesburg Festival Rides, and our September Century. I also had a good time volunteering myself and a few club members to help with a Half-Ironman (we got T-shirts!). And our year included a pleasant tour on Maryland's eastern shores.

I would like to thank everyone that worked on the planning of the Spring Spectacular - Frank, Bill, Don, Dave, Nick, Jack, and anyone else I've forgotten. I believe Frank started our planning meetings in January - to make sure everything went as smooth as possible. I still get a little thrill every time I ride past one of the directional arrows Frank and Jack spent so much time painting. (I know that sounds weird - it's just that I don't get out much.) It is always fun to follow those arrows to Carmichaels and back - you know you are getting a good 56-mile bike ride in when you do that.

I believe that the Rowlesburg "Rides" were also a success - we had a good turnout. This event was started and developed by Jim . I know Bill also spent a lot of time and energy to plan and map the route as I had the pleasure of driving around with him scouting routes and mileages. Ride day was somewhat exciting. The weather was clear at the park in Rowlesburg, then it started to rain - and get colder - as we cycled south. It got even wetter and colder for the group that went up Texas Mountain. My glasses fogged up completely in the rain and cold - I could barely see a few feet in front of me! (There was also no view from the top; we were in the clouds.) I thank Don, Tim and the others for keeping us together -and getting everyone back down to St. George. At the snack stop we seven that did Texas Mountain were too cold. Bill passed out plastic grocery bags to put under our jerseys and line our shoes. We may have looked funny - I think I had "Wonder Bread" over my feet - but this trick kept us warm, so I guess you can teach an old dog new tricks.

We also had a successful Club Century, avoiding disaster when Aron from Barista's in New Martinsville e-mailed me that a bridge had melted down on our traditional route. (How do you melt a bridge? It turned out that a gasoline truck had flipped and poured gas under the bridge, which ignited and softened the steel! I forwarded the e-mails to Bill, who was able to scout it out, confirm the bridge closed and offer a great alternate route - going from west of Clarksburg to route 20 to New Martinsville. He was able to do a map at the last minute and, with excellent weather, all worked out well. Some people thought it was a bit more challenging (but just a little bit I'm sure). I managed to get bonus miles at the

start by getting lost in early fog, then I gave them back to the sag when my derailleur broke. Not only was Barista's a great lunch stop, Aron was the man, installing a new derailleur so Bill could sag me back and set up the snack stop - where we all enjoyed "nutritious" Twinkies -and other healthy snacks.

It was also exciting working at a water station for the Half-Ironman in Morgantown in June. (not a Club event, but I had gotten a call from Jay Redmon a few days before it - asking me to try to line up a few volunteers for a water station.) I was able to get Mike, Nick and Sue to help. We created a line offering water, bananas, and HammerGel to the cyclists as they sped by. We had to run with the cyclists to make handoffs - and "Oops!" often we missed, including the first cyclist through - who happened to be the winner from last year! Oh well...

I also had a great time on our Club tour of eastern Maryland. Jim and Sandy did the planning - maps, hotels, etc. (I believe these were the maps used by the Club in 2000 when Al and Fern first organized this ride.) My wife Gerry and I joined Jim and Sandy, Don and Jeanette, Al and Fern, and Laurel on this six day cycling adventure. I have always loved the terrain of the eastern shores of Maryland - where Gerry and I biked when we lived in the Washington, DC area. The whole trip was like visiting an old friend we hadn't seen since moving to West Virginia five years ago. We toured through Easton, Cambridge, Crisfield, Berlin, and Snow Hill. The Mansion House Bed and Breakfast that the Weavers discovered in Snow Hill was charming and well furnished - a century old Victorian home that we took over completely - all rooms occupied by us, plus the owners let Gerry and me have our own cottage right behind the main house, which I liked even more than the "mansion." It was a classic seafront cottage, something out of L.L. Bean. I was at first sorry that Gerry and I had to leave two days early - until I heard that the others got rained out the next day even as we were driving home quite dry and comfortable.

These are some of my recollections of major events our Club did this year. I look forward to repeating them, as well as the regular weekend rides that the Club has from March through October. These were also fun - several rides on the ATA trail, including the new section from Frostburg to Meyersdale; Park to Park from Pricketts Fort to Valley Falls State Park; and many others. So I look forward to the 2007 cycling season - and I hope to see every one out on bikes this year! Kelly Williams.



RELATED TO RAIL-TRAILS

CLOSING THE GAP

The Allegheny Trail Alliance had two announcements in December: They received the 2006 Pacesetter Bicycle Travel Award from Adventure Cycling Association for their work in coordinating the efforts of seven groups in developing the Great Allegheny Passage (GAP); and, the final gap in that rail-trail route from Cumberland to McKeesport was opened at Cumberland on December 14, giving a through connection from Washington, DC on the C&O Canal Towpath to Cumberland and the Great Allegheny Passage from Cumberland to McKeesport. Efforts to connect to Pittsburgh continue.

It was also announced that the Big Savage Tunnel would be closed from December 15 to April 17 as a regular winter precaution to protect the tunnel from freeze damage. Their website, atatrail.org also links to an interesting Denver Post article from last November titled "Pedaling Into the Past." Check it out.

The national Rails-to-Trails Conservancy is sponsoring a ride on the C&O-GAP June 23-30 for their annual Greenway Sojourn, details pending.

WEST VIRGINIA STATE TRAILS WEBSITE

Bill Robinson, West Virginia's new State Trails Coordinator has announced the establishment of a site within the DOT website for the state trails program at: wvdot.com/3_roadways/rp/3d5_trails.htm which has an extensive listing of state trails, including rail-trails, and links to local and national organizations such as our Club. He is hoping to develop and include a category of road cycling routes such as Bill Foster's "Alternate US 50" cross-state route with advice from cyclists.

PRESTON RAIL-TRAILS

The Preston Rail-Trails Committee of Friends of Cheat continues to work to establish several rail-trails in Preston County as indicated on their brochure published last March. At this time, the most active development is likely on the Kingwood to Tunnelton route, for which a FY2006 Rec.Trails Program grant was awarded last fall, and the southern 80% of the proposed Cheat River Rail-Trail, which will connect to Rowlesburg.

THE MOST ACTIVE CYCLING CLUB IN WEST VIRGINIA

The Mountain State Wheelers Bicycle Club claims, on their web site, to be "the most active group of riders in W.Va." They don't know about the Monongalia Bicycle Club cyclenuts, perhaps because they have no newsletter, no officers and no state charter. What they have is a seriously singular cycling focus. In addition to regular rides from the County Courthouse in Morgantown every Sunday morning, they have a yahoo group (moderated by someone who hasn't lived in West Virginia for years) where dozens of die-hard cyclists set up road and mountain bike rides for tomorrow, or at most next weekend. With usually three to six rides per week, they probably average at least 20 cyclists a week out together for camaraderie, riding and post ride reflection. The week after they helped swell our Appalachian Spring Spectacular to 110 in May, they had a group of 31. Thanksgiving weekend as some road mt.bikes, nine did a Saturday road ride, 21 or 22 did a Sunday road ride. Ten mountain.biked on Jan 7; and so it continues, weekdays, too. Few are students or retired; most work for a living in their spare time? Many are also Country Roads Cyclists.

DON AND JEANETTE GET AWARD

Morgantown Friends of Cycling presented Don and Jeanette an award certificate as "2006 Friends of Cycling" for their volunteer work maintaining the Caperton Rail-Trail through the winter 2005-2006. You may have seen them riding tandem with a broom or sweeping glass and picking up trash, or maybe you just appreciated how clean it looked. They are long-time members of our Club, ride leaders and hosts for club activities and active touring adventurers. Dr. Don is a past Club road captain, recently retired from NIOSH in Morgantown. Congratulations to both!

MON RIVER TRAIL NORTH

Work on extending the finished surface northward from the Star City area to the PA state line is expected to be announced soon. This is the project for which we contributed \$150 last year.

MARION COUNTY RAIL-TRAILS

Dan Talbot, Marion County Parks & Recreation Director, says that the County is planning to pave its Pricketts Fort parking area for MCTrail and also hopes to pave the connector down to the Mon River Trail. Also the north end of West Fork River Rail Trail was paved last year from the West Fork trestle through Monongah. A project to extend paving past Worthington is planned.

Congratulations to new Head Commissioner of Marion County, Alan Parks, an experienced road cyclist from "Gear Pushers" days.

ALLEGHENY HIGHLANDS TRAIL

Karen Carper, founder and head of (Allegheny) Highlands Trail Foundation, says the Department of Highways completed work in Parsons last fall on the link through town between the AHT from Elkins and the extension to Hedricks, incorporating some on-road routing. They decided to use the existing highway bridge instead of the railroad trestle over the Cheat. Extending development through the Blackwater Canyon to Thomas continues to be tied up by the unresolved proposal to use the right of way for logging.