

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

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League of
American
Bicyclists
since 1979

ANNUAL MEETING ELECTS WILLIAMS, POST and FOSTER

Country Roads Cyclists held their annual meeting October 24 at Panera Breads in Clarksburg. At the business meeting following dinner, Kelly Williams, Donna Post and Bill Foster were elected to the offices as noted above in our new masthead. Retiring vp/road captain Laurel Klein reviewed our recent rides and events and thanked members for their support over the years. In other business, Foster indicated a current membership of 135 (now 136), with 51 individuals and 42 families, including 44 Harrison County, 48 Monongalia County, 32 other in-state, and 11 out-of-state. The treasurer's report indicated a current bank balance of \$1280.51. Following the business meeting, the group enjoyed Claudia's presentation of her Irish cycling vacation. Attending and voting were members Don and Jeanette I, Mark , Bill , Claudia , Laurel , Donna , Beth and Kelly .

WINTER CALENDAR

Sunday, December 20, 8:00 a.m.

The third annual Winter Solstice Century weather permitting, will depart the Mon County Courthouse in Morgantown for a ride on the road to Prosperity...and back, with Jack . (304) 282-6275.

Saturday, February 6, 5:00 p.m.

Pizza Pig-Out at Colasessano's south Fairmont - Middletown Mall site (I-79 exit 132, south on US 250 to light at mall, turn left and see it on left end of mall.) for good pizza and bike yak.

Spinning at the YMCA

The Harrison County YMCA invites each member of Country Road Cyclists to one complimentary spin class over the winter. Classes are at the Lowndes Hill branch. You may want to call to reserve a bike if interested in an evening class as these tend to fill up quickly. 304-623-3303
Classes are: 9-10a.m.MWF, Noon-12:45 TuTh, 5:30-6:15p.m.MTWT, 6:30-7:15 MW.



Meet Donna Post, our new Vice President and Road Captain. Donna has been a member of Country Roads Cyclists since 2003 and her main cycling enthusiasm is road riding, but she has also ridden on most of the area rail-trails including the Mon, North Bend, Greenbrier and Ohioyle systems.

Donna lives in the Clarksburg area and does most of her regional riding from that base, but Morgantown cyclists are familiar with her son Ryan, who is active with West Virginia Cycling (president and USA Cycling official) and rides with the Monongalia Bicycle Club.

Donna enjoys a casual ride with friends, but she has also done such major challenges as the Seagull Century, TOSRV, GOBA, RAGBRAI and our own September Century. To keep in shape in bad weather, she takes spin classes at the Harrison County YMCA.

Mark , another YMCA spinner and captain of the triplex shown in our last newsletter, will be working with Donna preparing our ride schedules next year, and they hope more of you will be offering to list and lead your favorite rides.

2010 DUES FORMS ARE INCLUDED INSIDE.

Enroll in Morgantown's Confident City Cycling course

Rediscover the joy and freedom of riding your bicycle. Feel good and look good. Lose the fear of cycling in traffic. Win the respect of motorists. In Confident City Cycling, you'll learn everything from selecting the best bike for you to training to make your rides enjoyable from start to finish. You'll learn in a classroom, in a parking lot and on the road. Confident City Cycling is recommended for adults and children above age 14. Confident City Cycling is the Traffic Skills 101 component of the League of American Bicyclists' Smart Cycling program that has been continuously developed for over 30 years. Online Reg. Form at: morgantown.com/Confident-cycling.htm

Winter 2010 schedule: Three consecutive Saturdays 8:30 am - Noon: Jan.2,9,16; Feb.6,13,20; Mar: 6,13,20
First session each month: WVU Services Center (Prete Bldg.) conf. room 3307 3040 University Ave.(Star City)
Second & third sessions: Morgantown Public Safety Center training room, corner of Spruce and Walnut Streets
Cost \$20 for residents of Monongalia County and WVU students, faculty and staff, \$40 for non-residents.



Dave's Snack Shack picnic September 19

Weaver photo



Dave's new recumbent trike

foster photo

For this annual picnic, some rode the rail-trail to Dave's, while others took the high roads. New member Ray again mastered the grill with burgers, dogs and sausage and his secret recipe kraut. Besides all the shared treats, there were the all those delicious homemade pies. Fortunately the return was all downhill.

SEPTEMBER CENTURY

Twenty cyclists came out to participate in our annual September Century ride from Salem to New Martinsville and back on a cool sunny morning. The day warmed up, later clouded over and finally rained on the later finishers. Cycling the full 100 miles were members Paul , Mark , Carl and Connie , Terry , Frank , Ken , Donna , Kelly and Tim and guests , Beau , Joe and Jason . Riding shorter distances along the route were members Bill I, Laurel , Marilyn and Beth and guests Thomas and Tom . Bill drove the sag and served up the snacks at the Shirley roadside park. Our Barista's host John and a friend met the lead group at Blue for the ride back to New Martinsville.

THE APPALACHIAN BICYCLE RACING ASSOCIATION



J.R. Petsko, who stepped down from his leadership post at WVMBBA this summer, recently announced the formation of a new bicycle racing organization for road and cyclocross racing in 2010. The Appalachian Bicycle Racing Association will promote both the Appalachian Road Race Series (formally WVRRS) and the Appalachian Cyclocross Series (formally WVCXS) in the upcoming year. CRC member J.R. says, "With some exciting new race venues along with some great old ones ABRA looks to become the premier bicycle racing series for road and cross in the region." For more information see www.ABRARacing.com. Our next newsletter will also include the series schedules.

FRANK'S TOUR DE LA HAUTE CUISINE

The CRC schedule had just finished for the year, but the weather forecast for Saturday, November 8 was too good to miss. Frank Gmeindl reports: (edited)

Thanks to Ryan , Mike , Bill , Laurel , Crystal and Matthew for joining today's excursion to the Provence Market in Bridgeport. Our coordination was superior. While Ryan and I rode down from Morgantown, Bill and Laurel rode up from Bridgeport to escort us from Boothsville. Mike rode up from Buckhannon and arrived at La Provence 30 seconds ahead of us.

Like every meal I've had at Provence, today's service and lunch were delightful. Some of the dishes we enjoyed included mushroom soup, cabbage soup, salad nicoise (with incredible yellowfin tuna), mushroom ravioli, croque monsieur and our own lively conversation.

Our ride down was quite relaxing. There was very little traffic and it was quite polite. One treat we found was brand new silky smooth pavement up and over the climb out of Colfax.

I had planned to take the Grey Line from Bridgeport back to Morgantown after lunch, thinking that I would eat a lot and have a little wine and I was actually wondering if I could make the few miles to the bus stop at Meadowbrook Mall safely. Well, Ryan enticed me to consider making it a loop, so we had no wine at lunch and finishing by 3:00, we rode home as well, taking a somewhat shorter and flatter route back.

I would like to plan other excursions that take advantage of our public transit system. Any ideas?

**IT IS DUES TIME AGAIN -
MAKES A GREAT CHRISTMAS GIFT !**



SENECA ROCKS TO SPRUCE KNOB

On Saturday October 10, Mike and Kaye from Ohio, Terry, myself (Dave) and good friend Neal from Snowshoe, headed out from Seneca Rocks to find Spruce Knob. Most of the way was fantastic, but by the summit we were in the clouds and



rewarded with 42 degree temperatures, rain, high winds, and poor visibility. Thanks to Terry's wife who allowed us to warm up in her car, and to Mike for suggesting the ride. For flatlander buckeyes, he and his wife are tough as nails. Hopefully, we can get this on the schedule for next year with a bigger group.

FRANKLIN, PA RAIL-TRAIL WEEKEND



Frank considers the paved Sandy Creek rail-rail earlier the same day when the sun was out
foster photo dieffenbach photo
Some photos from the CRC Columbus Day Weekend Fall Color tour around Franklin, PA. More next year.
(Actually the tunnel is about a mile down the trail after another Sandy Creek crossing, but I couldn't resist this. ed.)

dieffenbach photo
More next year.



WVU CYCLING WINS TENTH

For nine consecutive years WVU Cycling had been the Atlantic Central Cycling Conference Division 1 Mountain Bike Champions. In early October competitions at Big Bear and Wisp, they met their greatest challenge yet from Virginia Tech, and came home with a razor thin victory for their tenth consecutive championship. We congratulate all the team for their impressive victory and fantastic ten year chain of victories. For further details, go to www.wvucycling.com.

TY TOURS THE POTOMAC HIGHLANDS by Ty , CRC

So recently I decided to do my first solo tour in the Potomac Highlands, a short three days to help figure out what equipment I need to add/remove from my pack list, and to get more experience and confidence with solo touring. After posting on Bike Forums and talking to some Country Roads Cyclists I decided to go from Burlington south to Seneca Rocks, then return by way of Dolly Sods. I spent several days going over my packing list, consulting people, packing, weighing, unpacking, repacking.

Day 1: 52.22 Miles

I was nervous the night before and did not sleep well. I got to Burlington at 10:30 a.m. Friday and saw a funeral home with a huge empty parking lot. I walked in, talked to a very nice lady about what I was doing, and she graciously allowed me to park there for the weekend.

It was after 11:00 by the time I rode away. I started off strong, going down Patterson Creek Road at a good clip, and before I knew it I was about 15 miles south in Medley, with about half a dozen houses, a B&B, and a really cool looking abandoned post office. So I sat in front of it, grabbed a bite to eat, drank some water, and took a picture. (1)



Continuing down the road, past Lahmansville I crossed a bridge with a ton of construction underneath, which turned out to be part of the controversial Corridor H. It was rather sad to see this massive scar across such beautiful country, cutting both ways as far as the eye could see; and then I had to share the road with several large dump trucks, going both ways. I stuck to my line, as far right as I could, but it was unnerving. After

about a mile, they all turned onto the construction site access road and I had only light traffic again.

Before long, it got very dark, very quickly. I felt the first drop of rain, popped off my bike and barely had my jacket on when the skies opened up. The rain came hard and fast as I continued another half mile to a church and ducked under the eaves. The road became a sheet of water, with lightning crashing all around and I begin to wonder if this was a good idea. I checked my gear and discovered that my panniers are not waterproof if not shut properly, so I took inventory of all that was wet and decided to deal with it later. After about half an hour the rain let up and the lightning stopped, so I moved on. A mile down the road I passed a couple of guys collecting wood, who thought a soaking wet guy on a bike was the most amusing thing they had seen all day. I waved, smiled and rode on.

At Rt.42 I took a left towards Petersburg. The road became much busier, but the shoulder was wider and most of the drivers were very polite. I rolled into town, realized I was starving, and grabbed some lunch at a mom and pop gas station. Then I noticed my legs were a little sore after only 27 miles, because I had been zipping up and down hills in my big gear, standing on climbs and pushing it. I realized I couldn't keep that up for three days so I'd better ease up.

Riding south on routes 28 & 55, I encountered fairly heavy traffic, including a lot of big trucks. It was slightly unnerving at first but I got used to it. At the Cheat-Potomac Ranger Station, the first thing I saw was a warning about Bear activity up at Dolly Sods. Guess I better leave the bratwurst at home. The park rangers also warned me the climb would be tough.

In another 10 miles, I noted the turn for Dolly Sods where I was going tomorrow. With a big hill and about 3 miles of generally uphill travel, I realized I should have taken it a bit easier earlier in the day and why the experienced tourers told me I had too much gear. There is nothing like a long climb to give you time to think about what you can live without. About 10 miles before Seneca Rocks the road flattened out to a gradual upgrade. I took a break, grabbed some water, turned around and saw this view: (2)



Suddenly the climbing seemed a lot more worth it. Reinvigorated, I continued on to Seneca Rocks, grabbed some pizza for dinner, and rolled into Seneca Shadows Campground at about 6 in the evening with plenty of daylight left. The friendly campground caretakers told me where to find a nice spot overlooking the Rocks. (3) I set up camp, read for awhile and fell asleep rather early. It was the best sleep I'd had in weeks.

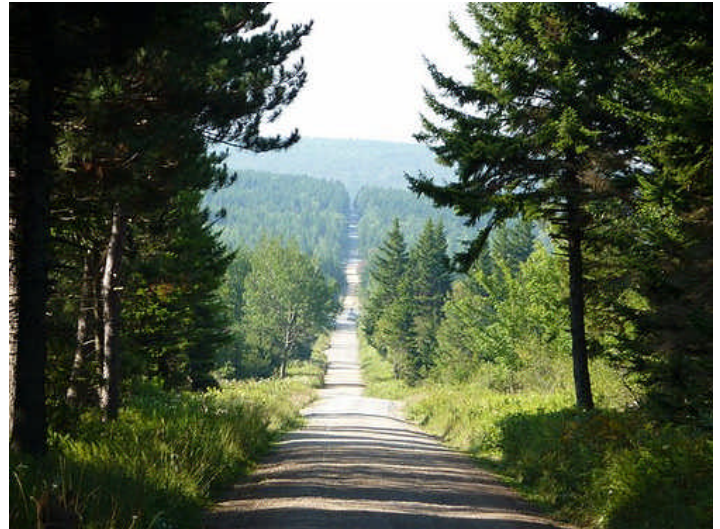


Day 2: 27.11 Miles

I woke up around 8am, surprised I had slept that late! My legs were a little sore but not bad. I quickly packed up and headed out, stopping at the intersection in Seneca Rocks to grab some breakfast, then seeing a little coffee shop across the street, I decided to grab some more. I walked in and first thing I saw was free wireless! Well this excited me; I sat down with my net book and sent "Hey I am alive!" email to a couple of people as I devoured a muffin, then I went into the two stores looking for some good foods for touring and was disappointed. You would think stores

catering to hikers/climbers would have more selection. I settled on power bars and beef jerky, then realizing I was lollygagging, putting off the work ahead, I headed out, mindful to go easy.

When I turned onto Jordan Run Road, the serious climb began, and I soon found myself in my lowest gear, breathing heavy, and covered in sweat. I stopped for a break. This pattern continued for three hours as I took a left onto Forest Road 19 which became a mixture of gravel, rocks, dirt and potholes. Even with 35mm tires, there were quite a few places where it was just easier to get off and walk. It seemed like forever, and I did what I could to pass the time, including singing loudly. I plugged my mp3 player into one ear and listened to some loud angry music, and that helped quite a bit. I kept telling myself the top was around the next bend, then the next bend, then the next, until after seven miles and about 2700 feet of climbing, I finally hit the top and Forest Road 75. (4)



I rode about 5 miles to Red Creek Campground to find it full of people in RVs. I asked the campground manager where I could go with my bike and she said there was a grove of pines about 100 yards in on the Blackbird Trail that was popular. I found a spot by the side of the road to lock/hide my bike and after a few trips had my gear back in the pine grove. By the time I got set up it was only 3:30 in the afternoon and I was ready to fall over. I spent the next 4 hours trying to occupy myself so I wouldn't wake up in the middle of the night. I read a bit, talked to my neighbors, watched a movie on my net book and feel asleep around 9pm. I woke up around 6am, having slept much sounder than even the

previous night.

Day 3 39.77 Miles

I got up, quickly collected my camp and continued north on FR 75. The wind was whipping across the road, making riding a bit squirrely. At the outlook near Bear Rocks where the Forest Road turns and drops down the mountain I found a photographer taking pictures of the landscape. He took one of me: (5)



Heading downhill, I thought, "This will be the fun part," but it wasn't. The road was as bad as the one coming up and I had to constantly veer around rocks and deal with ruts in the road. I stopped every mile to allow my brakes to cool down. Finally I hit the pavement of Jordan Run Road and flew down the side of the mountain into rolling farmland. Returning to route 42, I rode north to Greenland Gap and more Corridor H construction. A car driver told me how to continue on through the gap on a beautiful, shaded back country road: (6)



I hadn't seen a car for about 20 minutes when I came around a corner to see vehicles parked on both sides of the road for about a quarter mile, with no buildings or any development nearby. Thinking this odd, I continued down the road and up a small hill, with a creek below the road on my left. Then I heard singing and looked over the edge to see about 50 people, all dressed rather well, standing on the rocks in the creek. It sank in that they were performing baptisms, so I tried to be respectful and quietly pedal away when a gentleman walking up the road saw me and waved me down. He told me they were from a local church which did baptisms here once a month. He asked where I was going, and proceeded to advise me on back roads not on my map. Thankful for his help, I went to the falls, hung a left, and went down Bell Babb Lane, the road not on my map. Barely paved, with very little traffic, it wound it's way through some hills back to Patterson Creek Road, about 15 miles from my car. Feeling surprisingly good, I finished those 15 miles strong [it was all downhill. ed.] and got back to my car a little before 2pm, disappointed I hadn't explored more that day. I drove home via Keyser and Cumberland, making a stop at Queen City Creamery, and yeah, it is every bit as good as they say it is.

Some notes for the next tour:

- I definitely will reduce the weight of my gear. Getting rid of excess clothing, amenities, etc. A few things I was happy with that people said to leave out; the towel really helped drying out panniers, bags, me, etc. and the net book was helpful as well.
- There were times, especially on the climb to Dolly Sods, where I got a little wacky, singing and talking to myself, etc. I think on a month long tour I'd come back a complete loon.
- My left ear is HUGE. After staring at it in my helmet mirror for 3 days straight and having it get in the way of my vision, I really need to do something, maybe buy a different style of mirror, better than pulling a Van Gogh.
- All in all it was great fun. I can't wait to do more touring. I'd especially like to thank Chip and guys at Wamsley Cycles for helping me with all the gear, Laurel and the Country Road Cyclists for helping with the route, balto charlie from bike forums for his info on biking to Dolly Sods, and The Historian for just being inspirational. Ty