

# ...SPOKIN' WORDS...

## COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

www.crcyclists.org  
P.O.Box 4322  
Clarksburg,WV  
26302-4322

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President Ken Parkington 669-9822 kenn42@yahoo.com  
V.P./Road Captain Kelly Williams 292-9821 kellyrwilliams@msn.com  
Secretary/Treasurer Bill Foster 623-2736 billbikes@hotmail.com

**League of  
American  
Bicyclists**  
since 1979

### KEN PARKINGTON ELECTED NEW PRESIDENT AT ANNUAL MEETING OF COUNTRY ROADS CYCLISTS

Clarksburg cyclist and long time member Ken Parkington was elected President, Kelly Williams was elected Vice President/Road Captain and Bill Foster was re-elected Secretary/Treasurer at the annual meeting of Country Roads Cyclists in Clarksburg in October. As announced last fall, Kelly withdrew his name from consideration for re-election as president, Donna Post also resigned and with no other nominees, all officers were unanimously elected by the attending members.



#### HOLIDAY PARTY TIME

Ken and Ann Parkington invite you for a Holiday Celebration on Saturday, December 18, starting at 5pm. 228 Meigs avenue, Clarksburg. We will provide heavy hors 'dovres and games including pool and darts. BYOB. Please RSVP to Ken at his email-kenn42@yahoo.com or his phone at 304/669-9822.

We hope to see you on the 18th!  
Ken and Ann Parkington.

Ken is a licensed USAC race official and avid recreational/fitness cyclist who retired from his position as executive director of the Harrison County YMCA earlier in 2010, following 35 years with the YMCA system in various locations.

#### WINTER SOLSTICE CENTURY

Weather permitting, Jack will again lead a Winter Solstice Century on Sunday, December 19, departing from the Monongalia County Courthouse, downtown Morgantown at 8:00 am, riding to Prosperity and back. A metric century can be ridden by meeting Jack at Kirby at about 9:00. Contact Jack at 304 282-6275 to confirm.

#### 2010 DUES FORMS ARE INCLUDED INSIDE.



Note that there is an option to receive notice of the posting of "Spokin' Words" at crcyclists.org in color instead of the black & white hard copy, to save printing, postage and clutter? Although anyone can read the online version anyway (member last names typically blanked out for privacy), members who choose this option will get the notice usually the same day the hard copies are mailed, thus a day (or more) before the hard copy arrives.

#### REMEMBER SUMMER ?

Holly River State Park in August was hot and green, with some great mountain biking. Kaye & Michael Kelly and Les pause in the jungle to remember last winter?

Do you have a summer memory and picture(s) to share in our next newsletter?

## ANNUAL MEETING

The annual meeting of Country Roads Cyclists was held at Panera Breads in Clarksburg Saturday, October 23 (See by-laws posted online at [crcyclists.org](http://crcyclists.org) in archives.) Secretary Bill Foster reported current membership at 138 (48 individual, 45 x2 family) including 40 Harrison, 48 Monongalia, 6 Marion, 29 other W.Va. and 15 out-of-state including 19 new and 1 returning. (2009 total 136) He also noted the new "Archives" section with items from older newsletters, including early history of CRC as the Harrison County Bicycle Assn., a history of the Appalachian Spring Spectacular, and past newsletters from 2007 in color (including Bruce's Asian tour).

Treasurer Foster indicated a current balance of \$1,365 with about \$100 anticipated expenses remaining for the year, with income almost exactly equal to expenses.

Ken Parkington discussed results of his survey through [crcyclists@google.com](mailto:crcyclists@google.com) and asked for ideas for getting members riding together outside the regular schedule. Bill Foster noted and commended the recent activities of the Morgantown Bike Board. President Williams thanked all involved for the work on the Club website and e-mail system. Susan advocated that persons who join the Club before November 1 would be joining for the balance of the current year, but not both years for single year dues.

New officers were elected unanimously as follows: President Ken Parkington, Vice-President/Road Captain Kelly Williams, Secretary/Treasurer Bill Foster.

## OFFICERS' MEETING

Club officers met October 18 at the Blue Moose Cafe in Morgantown, with new president Ken Parkington presiding and five Morgantown area members attending. Secretary Foster indicated a current membership of 141. He was directed that dues from new members submitted prior to November 1 should be credited for current year membership only. Treasurer Foster indicated a balance of \$1,349.45. Members are welcome to attend any officers' meeting. Contact any officer.

Discussion of President Parkington's survey included a decision to include a "hard copy opt-out" on the 2011 dues form. It was agreed that unscheduled rides that did not conflict with a scheduled ride (nearby location/ same type ride) could be encouraged and members could announce them on [crcyclists@gmail.com](mailto:crcyclists@gmail.com). Other Club activities, past and future, were reviewed and discussed. Frank expressed appreciation for Bill Foster's years of work for the Club and cycling. Bill Foster expressed appreciation for Morgantown Bicycle Board efforts (Frank Gmeindl, chairman) for improving cycling in the Morgantown area.

## CRC SEPTEMBER CENTURY

Sixteen members and eight guests participated in our September Century ride from Salem to New Martinsville for brunch at Barista's and back on a beautiful day for a bike ride. Several opted for shorter distances, turning around at several places along the way. Among six members participating for the first time, Dave noted (ed.): "I would like to thank all involved in making my first club century a good one. From the folks I rode with, to the beautiful weather and the nice folks at Barista's... and especially Bill Foster for taking his time to man the rest stops and do sag. All those paved side roads, left me wanting more... I am probably the only one who went down to view the Jug... It was good seeing such a good turn out." Several guests made generous (unsolicited) donations and Barista's owner, John Yevuta, who again met us on the way with a friend, became a member.

## OVER MT. DAVIS

It was a great day in October to go up Mt Davis on a bike, with 20 cyclists! 14 from Western PA Wheelmen, and 6 from CRC including Marilyn, Chuck (on his CARBENT carbon recumbent), Mike, Don & Linda (on a tandem), and myself. The WPW had been looking at our schedule and decided to ride with us. I was pleased to see such a large group head out from Confluence and I quickly found my spot - in the back of the pack, and headed up the hill with Dick, a 73 year old cyclist from Pittsburgh. At the top, Marilyn and Dick decided to turn around. I went on down to the bottom of Mt. Davis, then turned around to enjoy the climb one more time. 49 miles, 5200 feet of climb. Great day, good fall weather (though a lot of the trees were already bare) - it was 73 degrees by the time I got back to Confluence. Kelly

## POSITIVE SPIN MOVES

CRC member Nick Hein, director of Positive Spin announced they have relocated to the former Habitat ReStore building at 803 E Brockway Ave., Marilla Park in Morgantown. Visit during regular hours - Wed 1-7pm and Th-Sat 1-5pm. He notes "This coming Wednesday (12-15) at 7pm we'll be taking over 70 recycled bikes to the Armory for Christian Help's annual Christmas Toy Drive. To celebrate we're having a party at the shop, beginning at 5pm and you're invited. In addition to being a great chance to recognize all our volunteers who have made this possible, it is a shameless opportunity to recruit people who have trucks to help with delivery. It's also a time we need to ask for your financial help... Call or see our website for details. [www.positivespin.org](http://www.positivespin.org)

## THE MORGANTOWN BICYCLE BOARD WORKS FOR A BICYCLE - FRIENDLY COMMUNITY

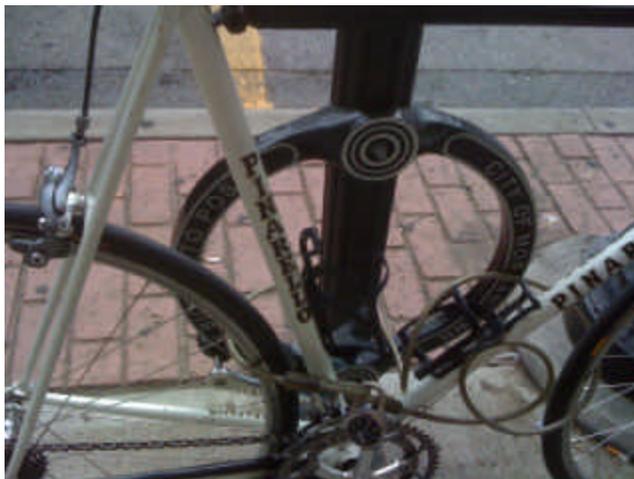
The Morgantown Bicycle Board, an advisory committee to the Morgantown Traffic Commission, has been diligently working for several years to make Morgantown a more bicycle-friendly community where "All Morgantown residents can enjoy bicycling safely and fearlessly anywhere, anytime, for any reason." (Vision statement online) The twenty member board, which includes several Country Roads Cyclists as well as other community leaders and officials, is also aiming for "Bicycle Friendly Community" status from the League of American Bicyclists. Funding for several projects has come from various sources, including a grant from WVDOH through the Transportation Enhancements Program as well as City of Morgantown and other local monies.

Much of the work of the Committee can be seen on their website, [BikeMorgantown.com](http://BikeMorgantown.com), where a new Morgantown Bicycle Route map is posted, along with other projects and plans.

Since April 2010, bicycling education articles have been published in the *Dominion Post*, generally on the last Thursday each month and posted on [BikeMorgantown.com](http://BikeMorgantown.com).

Among the more visible projects are the new bicycle parking rings, most attached to meter posts on High and Walnut Streets downtown. (Bicycle parking is free and allows secure locking.)

West Virginia University information kiosks located at PRT stations, the Mountainlair and other campus sites also display varying video clips as described below (at right):



- Seven 15 second educational messages were developed and are being broadcast on Comcast and Morgantown public access channel 15 and can be found on youtube.
- An electronic billboard was developed and displayed in September and October, 2010 on WV Rt. 119 heading north from Mileground Road, and six other messages will be developed in the coming months and displayed in the spring on two electronic billboards located on the Star City Bridge and the Mileground.

Bumper stickers promoting "Share the Road" are available in Morgantown bike shops, City Hall and several other locations.



The Confident City Cycling program, developed from the League of American Bicyclists' Smart Cycling, has offered frequent courses to cyclists over the past three years, with five League Certified Instructors (all CRC members) teaching 64 students.

A Driver Education course entitled *Share the Road*, has been developed and presented to one of the three Monongalia County school driver education instructors for use in County high schools.

A full-page bicycling education "community page" has been prepared for the 2011 Mountaineer Yellow Pages (listing [crcyclists.org](http://crcyclists.org) - thank you.). Among other items are "Before you head out, follow the ABC Quick Check." and "Five Steps to Riding Better" from the LAB,

offering: "Follow the rules of the road, Be visible, Be predictable, Anticipate conflicts, and Wear a helmet."

*This article was prepared with materials provided by Frank Gmeindl, Morgantown Municipal Bicycle Board chairman*



## BED AND BREAKFASTS ACROSS THE UNITED STATES TO HONOR U.S. MILITARY VETS ON VETERANS DAY

Kathleen Panek, Shinnston member and owner of Gillum House Bed and Breakfast, may be the Anna Jarvis for vets. Jay Karen writes online for the Professional Association of Innkeepers International, \* This is the year that Kathleen Panek, owner of the [Gillum House B&B](#) in Shinnston, West Virginia, took a local idea and made it international. Through the West Virginia Bed and Breakfast Association in 2009, Kathleen breathed life into the campaign that had innkeepers giving complimentary rooms to U.S. military veterans in honor of Veterans Day. This year, participating B&Bs in "[B&Bs for Vets](#)" are donating at least one room on the night of Wednesday, November 10th (night before Veterans' Day) to any active duty or retired veterans. "

Kathleen came up with the "B&Bs for Vets" idea two years ago, and started by offering a gratis night at her own B&B. The program branched out to 10 West Virginia inns last year and now, aided, in part, by a marketing assist from TripAdvisor.com, it grew to about 900 Inns (mostly in the US, but one in Paris, about a dozen in Canada and a few in other countries, too).

Kathleen, whose grandson in the Navy is serving in Afghanistan, decided her personal expression of gratitude could also be good for business. "But the main object is to say thank you to the veterans," she said.

In addition to recognition from the Shinnston city Council and articles on the AP wire, *USA Today*, *Army Times*, MSNBC, CBS news, *The Wall Street Journal* and many other media outlets, she will be going to Charleston, S.C. in January to receive a national award as one of three innkeepers designated "Champions of the Year."



### ABBATE WINS IN WORLDS

Gary Abbate, Bridgeport member also likes to swim, and he is good at it. In addition to being assistant coach for the Bridgeport High School swim team for eight years, during which time they won two state team titles, he did the "Escape from Alcatraz" triathlon and won two golds in the National Senior Olympics.

His most recent triumph was at the Huntsman World Senior Games in Utah in October where he won fastest overall time among all competitors doing the 100m breast stroke in 1:20.55 and in his 55-59 age group placing 1<sup>st</sup> in 3:01.44 for fastest overall time among all competitors in the 200m breast stroke. Other placings among over 200 swimmers were:

100M IM	3 <sup>rd</sup>	1:20
200M IM	3 <sup>rd</sup>	3:06
400 IM	3 <sup>rd</sup>	6:34
50 Fly	4 <sup>th</sup>	:37.8

In its 24<sup>th</sup> year, the Games had more than 10,000 competitors from 65 countries. Congratulations, Gary!

### THE WVU CYCLING CLUB

was featured in a Morgantown Dominion Post story on November 7 (p.8B) "Pedals to the Metal," by Joel Cuthbert. It noted that the club was planning a return to Clarksburg with a road race April 9-10, 2011

### THE DIRTY DOZEN

Gunnar and Betsy, Ryan, J.R. and several others participated in Danny Chew's "Dirty Dozen" (hill climbs) in Pittsburgh last month. Gunnar notes, "Betsy won the Women's Class against some very stiff competition this year and so continues her 2 year run of winning at the DD. I ran a 45x22 on my SS CX bike, running it fixed, to break the record of the highest low gear to complete the DD. On the penultimate hill I was also able to score a point (top 5 only score). JR found this year to be much easier since he was about 40lbs lighter (and) Ryan didn't have to break out the Super Paper Boy..."

### THE ABRA 2010 CYCLOCROSS POINTS SRIES RACES

have drawn good crowds of racers to the Morgantown region this fall. CRC members placing well include Gunnar Shogren third in Men's 1/2/3 and first in Men's Masters 40+, Betsy Shogren first in Women's 1/2/3, Ryan Post fourth in Men's cat.4, and Morgan Miller eighth in Single Speed (with only three races toward five best of seven events).

This newsletter in color, member last names blocked, can be found on our website, [crcyclists.org](#), along with membership forms and archives of past newsletters.