

# ...SPOKIN' WORDS...

## COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

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SEPTEMBER - OCTOBER 2009 #5  
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**League of  
American  
Bicyclists**  
since 1979

**Ride our Fifth Annual MOUNTAIN ROADS BICYCLE TOURING FESTIVAL  
Sunday, September 6 at 9:00 a.m. choose a 20, 56 or 78 mile ride from Rowlesburg, W. Va.**



Registration for this free event starts at 8:00 a.m. at Rowlesburg Community Park. Maps 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. 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](http://www.rowlesburgguide.com).

**pictured:** Country Roads Cyclists Don, Jeanette, Laurel, Jim and Sandy on the 20 mile ride in 2007 at Etam International Earth Station.

**then ride THE COUNTRY ROADS CYCLISTS SEPTEMBER CENTURY  
Sunday, September 20 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.

### CRC ANNUAL DINNER MEETING

**Saturday, October 24, 6:00 p.m.**

**Panara Breads, Clarksburg**

(located just off the I-79/US 50 interchange, s.e. corner) featuring election of officers (please let any officer know if willing to serve as an officer or other appointment to help with our Club operations.) and a presentation by Claudia Giannini of her Irish cycling vacation.



### COUNTRY ROADS CYCLISTS FALL COLOR WEEKEND

**October 10 - 12**

**Franklin, Pennsylvania**

See our ride schedule for details of this three day weekend on paved rail-trails and/or roads north of Pittsburgh, where you can ride a little or ride a lot with The Peach Basket B&B in Franklin as our base of operations.

This newsletter with color photos is on [crcyclists.org](http://crcyclists.org).. last names deleted

**OFFICERS MET** August 17 in Clarksburg for the usual reporting and planning session. The treasurer reported that with the deposit of a check for \$555.06 from the Monongalia Bicycle Club, representing the transfer of their treasury to our Club, with "the hope that the CRC will use it to get more cyclists riding safely on the roads." and other transactions, including a \$50 membership renewal and donation from Fat Tire Cycle in Buckhannon, the current balance stood at \$1,351.52. The events noted in this newsletter were discussed and/or planned as required. Any member is welcome to attend any officers' meeting. Contact any officer for the time and place of the next meeting.

**MEMBERSHIP** currently totals 131, including 42 from Harrison and 46 from Monongalia Counties. **Welcome new members:** Chris family and James from Morgantown, J. R. from Davis and Bill and Rebecca from Jane Lew.



bikers & cyclists at Gillum House B&B, Shinnston Panek photo  
An Indiana group of eight cycled through West Virginia in July, from Parkersburg, to Clarksburg, Morgantown, into Pennsylvania and back through the Moundsville area. In Shinnston they came to a picnic dinner with four motorcyclists at CRC members Kathleen & John's Gillum House B&B.



Fairmont Flyers  
at <http://sports.groups.yahoo.com/group/fairmontflyers/>

**THE J. CECIL JARVIS MEMORIAL TRIATHLON** at Maple Lake, Bridgeport on July 26 had 128 individual finishers and 17 teams participating in perfect weather. Individual CRC members included organizer Kyle (7th), Paul (34th), Lee (55th/85men) and Martha (42nd/43w), Lynne (17th) Jill (20th). Gary swam for winning mx team YM & SP. CRC members helping Kyle on event day included Mark, Bill and Beth.

**THE CHEAT MOUNTAIN CHALLENGE** presented by the West Virginia Cycling Foundation, brought 230 cyclists to Snowshoe on August 15 to ride a timed 108+ mile century or 75+ mile metric century in the mountains. Several CRC members participated, including Scott, Chris and Dave.

**A FEW MORE FALL SPECIAL EVENTS**  
**Sept.26 Marlinton Road Kill Duathlon** 5k run, 50k bike, 5k run contact Mike 304-456-3217  
**Sept. 26 - Oct. 3 Cycle North Carolina Fall Ride** Blowing Rock to Surf City, many touring options [cyclenorthcarolina.org](http://cyclenorthcarolina.org) ph.919-361-1133  
**Oct. 10 Seagull Century, Salisbury, MD** shorter options [seagullcentury.org](http://seagullcentury.org)

**CONGRATULATIONS** to Morgantown's own Gunnar & Betsey Shogren, who won the mixed tandem nationals in June at Louisville, KY. in the 70-90 combined age group (like he is 46, so she is at least 24 & less than 44.) At a later Morgantown peleton Wednesday night "training ride" they presented their national jerseys, with special thanks for their support., to CRC members Dan and Don. See them interviewed at: <http://www.youtube.com/watch?v=I74oi-VIplj>



Seen in a Paris window in July 2009 Parkington photo  
See many more of Ken's Paris and Tour de France pics at <http://s36.photobucket.com/albums/e9/kenn42/Parris/>

## TOUR DE GAP 2009 by Kelly Williams

This one got planned in July by e-mail, too late for the last newsletter.

We met at Morgantown's Riverfront Park at 9 AM on Monday, August 10 - Connie and Carl, Marilyn, Frank, Nick and I, and we biked 11 miles up the Mon River Trail to Pt Marion and took a challenging 29 mile road route to Dunbar through Fairchance, where Dave and Glen met us to escort us to Dunbar. The first hill - Nilan Hill - was probably the most challenging (especially since it was a hot morning and everyone had the extra weight of loaded saddle bags), but we had plenty more climbing on the way to Dunbar. We stopped at Herring's in Hopwood for lunch, and luckily, this was when the clouds opened up. We had to wait only a few minutes after lunch for the rain to stop, and we were back on the road. We reached Dunbar to start the two miles of the Sheepskin trail, which connects to the Great Allegheny Passage rail-trail just east of Connellsville, and while we stood at the visitor center it began to rain hard again, this time with lightning and thunder. Again lucky, we sheltered on the porch of the visitor center, and one of the volunteers opened it up, allowed us to use the bathrooms, and gave us a tour. When the rain ceased, we said goodbye to Dave and Glen and began the main trail section of our route. The trail - of course - was wet and gritty (so much for trying to keep everything clean), but we trooped on another 26 miles through Ohiopyle to complete our first day in Confluence. We had 3 rooms at the Parker House where Laurel joined us. She had driven to Connellsville and left her car there and also been caught in the rain riding ahead of us to Confluence. Frank stayed at the Confluence House, which had a chef on staff! We debiked, and quickly regrouped (some think too quickly) at the Lucky Dog cafe for dinner and a few beers.

Tuesday morning after breakfast at Sister's, we all met at Parker House, for a 9 AM departure. The morning was spent trying to get the grit off our bikes, and fixing our first two flats. It was a misty morning as we biked eastward, giving our surroundings a surreal feeling. I was brought back to reality with my first (but not last) flat of the trip. Frank quickly jumped in to get me back on the road, and reminded me - and everyone else - of the official LAB approved method for fixing a flat. We pulled into Rockwood for lunch at the Opera House - a very pleasant place with homemade soups and desserts. While there - I talked to a resident who had just opened a hostel for cyclists 2 doors down from there (A detail of importance later in this narrative.) Next we stopped for supplies at a bike shop right off the trail in Rockwood. (Connie and Carl supported them in a big way!) We continued climbing to the eastern continental divide. By this time the sun had come out and warmed us up.

There was a bit of disorientation as some cyclists plowed through the unlit Borden on tunnel - but that just added to the fun. Then as our long coast down to Frostburg was beginning, a very loud pop was heard, and this time Nick had a big time blow out. It took all of Frank's tire boots - and skills - to get Nick's bike back on the trail. Finally the trip went much more quickly, as we descended down grade. At the Frostburg trailhead, a quick ride up to Main St. brought us to the Gunter Hotel. (a 48 miles day) The Gunter Hotel has been refurbished in high Victorian, like a place where one would have stayed at the turn of the 19th century. There were flourishes and frills, a large room full of dolls, a museum in the basement, and also a jail. Rooms were also highly decorated and frilly. (Yes, Nick and I shared a room, with both beds covered in pink satin sheets - separate beds!) We regrouped at 6:30 (again a little too quickly for some) to walk first to the local bike shop on Main St., and then to Giuseppe's an Italian restaurant that Marilyn recommended. The food and service were very good, portions were generous and the wine was good. (I don't know if this place was as good as those Frank enjoyed during his Italian trip - but it was very good). Nick spent his evening at the bike shop trying to get a spare tire - luckily the owner of the Cumberland bike shop lived in Frostburg, and brought him a new tire.

Wednesday began with a Gunter Hotel breakfast of homemade muffins, fresh fruit salad, bagels, juice, and coffee, and we assembled at 9 a.m. to start our journey back. Frank had decided to bike back to Morgantown on roads. So we took a lot of photos in front of the hotel, then he headed west on Route 40, while the rest of us returned to the trail. The descent to the trailhead was fun, but then with a 10 mile climb back up the trail to the eastern continental divide, we paced ourselves. The weather was warm and clear, and we stopped just before Mt Savage tunnel to take photos. (Borden tunnel isn't as disorienting when you are biking up through it.) At this point Nick left the group - his plan was to bike more quickly to Confluence, and then take roads back to Morgantown. We next stopped at the Meyersdale railroad station for water, and a volunteer let us in and showed us around the displays. The return trip went much more quickly - now that we were descending all the way back to Connellsville. We decided on lunch again at the Opera House in Rockwood. Again the homemade soups and desserts were excellent, and again we talked to the hostel owner, who was also there for lunch. As we were about to get on our bikes, Marilyn looked up and pointed out a dark cloud overhead," Hmmm, What to do?" I decided to ask the hostel owner if he would show it to

us, and if he would mind if we stayed there through the rain. "No problem." Our bikes were sheltered on the porch, we were sheltered in the large sitting room as it poured, lightninged and thundered for an hour and a half. We definitely lucked out this time, thanks to his hospitality. The Hostel at Rockwood - [hostelonmain.com](http://hostelonmain.com) - just opened this May, with 24 bunk beds and two private rooms that can be reserved. It also has a large kitchen, washer and dryer, and large sitting room. Once it looked like the storm was over we resumed our trip, this time to stay in Ohiopyle for the night. (58 miles) After an ice cream stop there, we checked into the Ohiopyle Lodge, which had 4 beds, 2 couches, 2 bathrooms, and a full kitchen, and it was time for dinner. The Firefly grill was open late, so that is where we decided to go, and after wandering down to view the falls and visit the Market to sample their homemade candy, we retired to the lodge to sleep, serenaded by 32 passing freight trains.

After a pancake breakfast at the Market, it was back to our lodge to repack, clean grit and sand from our bikes, and get ready to ride. I looked down at my rear tire to see a large bulge developing. "I think I can make it to the next stop with that," I said, but the consensus was "no, fix it here!" - and luckily Laurel was carrying a spare tire that she loaned me. (I guess she knew to pack one of those from past experience. Also - Laurel's miniature floor pump with a gauge - was the pump we used the most for all of the flats.) So how many CRCyclists does it take to change a tire? Five, by my count. Finally, we mounted our bikes to enjoy a pleasant ride down the trail to Connellsville, saying hello to all the other cyclists, especially those loaded with saddle bags front and back.. The weather had again turned warm, this time with no threat of afternoon rain, but it was not long before we were greeted with that familiar call we had been hearing in the woods along the trail - bam! This time it was Connie's turn for a flat, the rear tire. Carl took the lead getting her back on the bike - while he was instantly presented with 5 tire levers. (We all remembered that part of Frank's LAB instruction.) Back on the trail, within another 2 miles that familiar sound was heard for the final time - this time from Connie's front tire. (Carl got plenty of experience fixing flats on this trip. I can put in a good word for him at the local bike shops.) Approaching the Sheepskin trail to Dunbar, we saw Dave and Glen pedaling towards us. They had decided to help get us back to Pt. Marion. We all biked on into Connellsville to Laurel's car as she had agreed to take our saddle bags to Morgantown. That was a relief - but it felt weird to ride without saddle bags after 3 days on the trail. We said goodbye to Laurel and headed back on the trail to Dunbar. Dave and Glen guided us towards Pt. Marion, this time with lunch at the Twin Treats in Fairchance. They left us on the Gans-Woodbrige Road and we were

all surprised at how long and steep Nilan Hill Road was - we couldn't believe we'd actually done it with our bags. Our last stop was Apple Annie's for coffee and pie (banana cake and ice tea for me), before completing our ride into Morgantown and home, August 13. (63 miles)

This was quite the adventure for me, and I believe for everyone else. For most of us, it was the first time we had done an unsupported road and trail ride, carrying all of our gear on our bikes. With the exception of the rain - and seven flats - it was a great experience biking through three different states with friends, beginning and returning to Morgantown on our own. My thanks to everyone for going on the ride, for getting us over the road, for repairing all the flats, and for having a great time on the entire route. Kelly

### Two other (edited) reports:

My ride from Frostburg back to Morgantown was approximately 70 miles. Rt. 40 is a signed bike route with 6 foot smooth paved shoulders all the way from Frostburg at least to Strawn which is a few miles west of Kaiser's Ridge. I didn't need to use the shoulder though since there were hardly any motor vehicles on Rt. 40 the whole way. From Strawn, I turned left on Pigs Ear Road and wended through many back roads including Old Morgantown Road to Friendsville, more back roads to Bruceton Mills, then old 73, Quarry Run, Cheat Road, Pierpont Road and home. Definitely my favorite ride of the trip. Lots of ups and downs but nothing terribly steep. I thank all of you for the great companionship, fun and mutual support through the little tribulations that arise in any trip. For me, the camaraderie and bonding that we develop through such experiences is the real lasting value of trips such as ours. Frank

I made it all the way from Frostburg back to Mtown last nite. I rode the trail, got rained on the last two miles into Confluence so I stopped at the bike shop to get the brakes and chain cleaned again. From there I took PA281 and WV26 to the Coopers' Rock exit and got on the interstate (68). It was great riding as far as the Cheat Lake bridge, brand new surface (only a few days old). From that point the roadway was down to one lane so I had to ride on the closed lane/shoulder which had been milled for repaving. The paving crews were right at the Glenmont exit so I got off before it by bushwhacking up the embankment to Pierpont Road, then came down Dug Hill Road into town. Walked in the door about 8pm. I usually tour by myself or in smaller groups. This was a fun and unique change - better yet because several of us work together throughout the rest of the year to make biking better in Morgantown and this sure beat sitting in meetings together. Nick

**FOUR TOUR DE GAP PHOTOS AUGUST 10-13, 2009**

photo 1 by Phillips photo 2 by Klein photos 3 & 4 by Gmeindl



Dunbar group: Frank, Kelly, Carl, Nick, Glen, Dave, Marilyn, Connie



A flat ride: Carl, Kelly, Marilyn



When the sun is out, let's enjoy the shade. Carl, Marilyn, Laurel



Frank's garden view at Casselman breakfast



Mark, daughter Carissa and Keri Coffindaffer photo riding their new coupled Santana triplet near their Lost Creek area home. Their first Club ride was August 1. Watch for them, maybe on a ride in your neighborhood.



Harrison County YMCA spinning team Parkington photo Country Roads Cyclists (l.-r). Beth , Keri, Carissa and Mark , Ken , (non-CRC, Y-staff trainer Debbie) and Donna - lookin' good.