
... SPOKIN' WORDS ...

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SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS SINCE 1979

CRC ANNUAL SPRING PIZZA PARTY

Come join us at Colasessano's Pizza on Friday, March 7th at 6:00 pm to get the 2014 season off to a great start! CRC members have enjoyed this get-together for many years, so come by for good food, great company, and fun cycling conversation! Please note that this party is BYOFB (buy your own food and beverages). Colasessano's is at 9705 Mall Loop Road, Middletown Mall in Fairmont/Whitehall, (304) 363-0571. www.colasessanos.com

Coming Soon: 37th APPALACHIAN SPRING SPECTACULAR

CRC's premier event will be held this year on Sunday, May 4th in Morgantown. Will you choose a social 25 mile rail-trail ride along the winding Monongahela River, or a scenic 25, 45, or 60 mile winding low-traffic road ride toward Pennsylvania? All routes are reasonably hilly and suitable for moderately fit cyclists. The \$10.00 event fee includes coffee and snacks at the start, a map and cue sheet, SAG, and refreshments near each ride's midpoint. After the ride, participants will be welcome to gather at a local restaurant a short distance from the Wharf Street Parking Garage.

Also, for the more adventuresome, a Bonus Ride will be held on Saturday, May 3rd. This ride is challenging, covering about 70 miles with 7,000 feet of climbing, but the tempo of the ride will be at a "relaxed pace." Please note that this amazing opportunity is a non-supported club event. That means that there will be no snacks, SAG, or map provided, so please plan and prepare accordingly. However, a waiver and helmet are required.

The Planning Committee recently held a kick-off meeting on February 4th. Would you like to help at the event, or join the planning fun? Please contact us at CRCyclists.info@gmail.com!

RENEW & CYCLE CRC in 2014

Launch your 2014 cycling season by renewing your membership with Country Roads Cyclists! Membership options include: Family \$15; Individual \$10; and Newsletter-Only (no ride participation) \$6. Club members enjoy picnics and parties, as well as bicycling throughout the beautiful north central West Virginia region. We offer rides every Saturday and Sunday from March 1st through October 31st, and in September we sponsor a Century Ride (100 miles). CRC is a member of the League of American Bicyclists, the International Mountain Biking Association, and multiple community and rail-trail advocacy groups.

Club members receive our newsletter five times a year, which features our Ride Schedule, and Club and area bicycling news. Please visit our website www.crcyclists.org to download the Membership form, view the latest Ride Schedule, read the current and archived newsletters, or learn more about local cycling groups. Tell your cycling friends, too – new members welcome!

We look forward to seeing you at many Country Roads Cyclists events in the coming year.

Country Roads Cyclists Board of Directors:

www.CRCyclists.org

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Since 1979

**League of
American
Bicyclists**

Affiliated

WELCOME OUR NEW MEMBERS

June & Walter Graham Family – Farmington, PA
Joe Leroy – Stonewood, WV

SPECIAL THANKS

The CRC Board would like to thank *Jason Jeffries* for his ongoing service to our club as Webmaster; *Paula Hunt* and *Tim Wagner* for generously maintaining our website domain name; and *Bill Foster* for training Mary in her new duties and assisting with this newsletter.

GET CRC CLUB CLOTHING APR-MAY

Sixteen CRC members ordered the new 2014 CRC club clothing last fall and the feedback has been very positive! The design is sharp and distinctive, and offered in neon yellow or blue.



Our club's online "store" will re-open **April 15th through May 31st**. Choose from a wide range of features, styles, and prices to fit a variety of budget and technology preferences. Check your e-mail and CRCyclists.org for more details in early April.

FEBRUARY BOARD MEETING NOTES

The CRC Board of Directors met on February 10 in Fairmont for a reporting and planning session. Membership for 2013 was reported as 108, including 41 Individual members, 66 Family members, and one Newsletter-Only member. The Club started 2014 with \$1,983 cash. Renewal of our club membership with LAB and member liability insurance with LAB/ASIRS was approved and completed in early February. Preliminary planning for the year included the Ride Captain's Report, newsletters, the Appalachian Spring Spectacular, state and federal reporting requirements, marketing opportunities to bring in new members, updating our website content, and the pending Sheepskin Trail Extension. CRC members are welcome to attend any Board meeting; please contact CRCCyclists.info@gmail.com to be notified of the next meeting.

SHEEPSKIN TRAIL EXTENSION

By Kelly Williams, CRC President

I am excited to see, and ride, the first phase of the Sheepskin Trail project which will extend from the Mon River Trail terminus at the West Virginia state line, into the town of Point Marion, in Fayette County, Pennsylvania. Ultimately, the completed Sheepskin Trail, a Fayette County, Pennsylvania project, will be approximately 34 miles linking three trail systems: the Greater Allegheny Passage; Potomac Heritage National Scenic Trail; and the West Virginia Mon River Rail-Trail System.

The effort to connect the trails was begun by local citizens more than 20 years ago. In 2012, the Fayette County officials teamed with the National Road Heritage Corridor to design, fund, and develop the first segment of the new rail-trail. Last March, Jennifer, Lisa, and I attended the rollout meeting in Point Marion, where the local citizens and the local government were preparing plans to raise funds for this project through a combination of private donations, grants from the PA Department of Conservation and Natural Resources (DCNR), and local government funds. The project has been divided into eight segments, with the 1.25 mile Morgantown to Point Marion segment the first scheduled for development. If all goes well, this fall we will be able to bike from Morgantown to Point Marion along the newly constructed trail.

When I moved here in 2001, the Deckers Creek Trail was already completed, but the Mon River Trail terminated at Uffington going south and at Star City going north. First, the Mon River Rail Trail was completed north to the Van Voorhis Road trail head. Later this trail was continued to the West Virginia/Pennsylvania state line. Also since 2001, the trail construction was stretched 15 more miles south from Uffington to Pricketts Fort. During the last several years, the two and a half mile MCTrail rail-trail beginning at Pricketts Fort, which had been an abandoned railroad, was transformed into a fully paved trail. Plus there is a tunnel which had to be completely rebuilt.

So, the addition of the link to Point Marion will give us a rail-trail that is continuous for 33 miles, from Point Marion, PA into Fairmont, WV. For more information or to donate to the Sheepskin Trail project, go to www.sheepskintrail.org/.



2014 REDBUD RIDE & FESTIVAL

The 2014 Redbud Ride (\$35), the first leg of the Kentucky Century Challenge, will take place in London, Kentucky on Saturday, April 12. The Redbud Ride has been billed as the "most beautiful bicycle ride you will ever do". In 2011, it won the Tour Southern and Eastern Kentucky "Sporting Event of the Year" award, and was voted Active.com's "Century Ride of the Year". Ride through the best scenery that Kentucky has to offer including one of the top 10 redbud sight-seeing trips in the state. On Friday, April 11, nearby Barbourville, KY will present the Redbud Festival, and the Redbud Warm-Up Ride (\$25) at 1:00 pm starting at the scenic Union College. Richmond, KY will be hosting the free Redbud Lite Ride on Sunday April 13. www.redbudride.com/ [Facebook](#)

SPACE RACE RUMPUS FAMILY CYCLING FESTIVAL

Road and Mountain Bike rides for all ages! ~ Cycling Clinics ~ Races ~ Expert Ride Leaders ~ Live Music ~ Local Vendors ~ Star Parties ~ Camping ~ Great Meals at reasonable prices! Presented by the National Radio Astronomy Observatory, the third annual Space Race Rumpus on June 13-15 is a unique cycling festival located at the home of the world's largest steerable telescope, the Robert C. Byrd Green Bank Telescope (GBT). The Observatory is located in beautiful Pocahontas County with some of the most scenic roads and trails in the mid-Atlantic. The Space Race Rumpus routes explore both the Observatory's unique property and the surrounding area. Day Pass (\$40-\$75) Registration includes: a t-shirt, cycling clinics by experts, race/ride support (guided road and mountain bike rides), dinner on Saturday, kids' activities, a campsite and facilities, live music Friday and Saturday Night, festive bonfires, GBT Control Room Tours and more. www.gb.nrao.edu/rumpus



8th ANNUAL WHEELS OF HOPE RIDE

The Wheels of Hope 8th Annual Ride promises to be the most sublime ride of your life. Presented by the Greenbrier Valley Bike Club on Saturday, July 19 at 8:00 am. The four routes traverse one and two lane, paved country roads and enjoy beautiful farmland views with mountain vistas. The century ride of 112 miles and 8500+ feet of climbing will leave you tired but so proud of your accomplishment. A new 31 mile route offers many of the best parts of riding in beautiful West Virginia. All rides begin and end in historic Lewisburg, WV, voted "THE COOLEST small town in America" for 2011 by *Budget Travel* magazine. Registration is \$35 until March 1; register before July 1 and get a free t-shirt! Wheelsofhopewv.com [Newsletter](#) [Facebook](#)



APPALACHIAN BICYCLE RACING ASSOCIATION www.abracing.com

**Denotes West Virginia State Championship Races

ABRA Road Race Series

- 3/22/14 Morgantown Road Race APRRS #1 - Morgantown, WV
- 4/19/14 Greene County Road Race APRRS #2 - Waynesburg, PA
- 5/25/14 Tour of Tucker County Road Race APRRS #3 - Thomas, WV
- 6/01/14 Fort Classic Road Race APRRS #4 - Fort Cherry, PA
- 8/23/14 Appalachia Visited Road Race** APRRS #6 - Rowlesburg, WV

Appalachian Criterium Events

- 4/13/14 Clarksburg Downtown Grand Prix** - Clarksburg, WV
- 4/27/14 Steel City Showdown Criterium - Pittsburgh, PA
- 6/07/14 McKeesport Grand Prix Criterium - Ligonier, PA



REGIONAL RIDES By Bill Foster**National Bike Summit**

March 3-5 in Washington DC
bikeleague.org

Cycle NC Coastal Ride

April 4-6 in Oriental, NC
cnc.ncsports.org/springCNCRide/

Mountain Duathlon Trail Run/Bike

April 14 at Coopers Rock, WV
cpass.wvu.edu/mass/mountain_duathlon

Redbud Rides & Festival

23m/38m/70m/102m
 April 11-13 in London, KY
redbudride.com

Great Greenbrier River Race

Run/Paddle/Bike
 April 26 in Marlinton, WV
greenbrierivertrail.com

3 State 3 Mountain Challenge

31m, 62m, 85m, 100m
 May 3 in Chattanooga, TN
3state3mountainchallenge.com

Tour of Scioto River Valley

May 10-11 in Columbus, OH
Tosrv.org

Greenbrier Trail Bike Trek

May 15-18, Am. Lung Assn. fundraiser
lunginfo.org/trek

Casa River Century

25, 50m, 75m, 100m
 May 18 in Shepherdstown, WV
casarivercentury.org

Wilderness Road Ride

29m, 58m, 79m
 May 24 in Radford, VA
fcae-swva.org/wilderness-road-ride

WV RAVE Habitat for Humanity

15m, 50m, 62m, 75m, 100m
 June 7 in Cowan, WV
wvoutside.com/Events/2014/06/15082.html

Marietta River Rendezvous

June 7-8 in Marietta, OH
mariettarcc.org/

NRAO Space Race Rumpus

Tour/Ride/Race/Clinic/Training
 June 13-15 in Green Bank, WV
www.gb.nrao.edu/rumpus

Gran Mercer Metric

30m, 58m Charity Ride
 June 14 in Athens, WV
granmercermetric.com

Great Ohio Bicycle Adventure

June 14-21 from Mansfield, OH
GOBA.com

Bike Virginia

June 20-25 bikevirginia.org

Garrett County Gran Fondo

25m, 44m, 62m, 102m, 125m
 June 21 at Wisp Mountain, MD
winthefight.org/granfondo

Wheels of Hope

18m, 31m, 63m, 112m
 July 19 in Lewisburg, WV
wheelsofhopewv.com

RIDING WITH CRC IN 2013 By Kelly Williams, CRC President

I clearly remember the first trail ride of 2013; it was very early in March, and we had scheduled a Deckers Creek Trail ride. Snow was still on the ground and on the trail (I think there will be snow on the trail this year until May!). We had a very good turnout of cyclists, many regular riders, and some new ones. I remember clearly stating that if there was any mud on the trail, I would be turning around. Well, actually, I didn't. So up the trail we go, and the trail is soft but passable. We make it to the Snack Shack, at mile marker nine. Some of the riders decided to stay there, but I decided to go further and several cyclists followed me, much to their future displeasure. At the first Greer Limestone crossing, there was a mud puddle twelve feet wide. It was actually more like cement since there was a lot of limestone in it. So, contrary to my early warning, I went right through the mud. It went everywhere, on my bike and on me. When I looked back, here come Lisa, Mark, and Dana. Whoops! I guess I should not have gone through that mud puddle. All of them had mud on their bikes, legs, and clothes. Well, since we had already gone through the mud, we continued to ride further up the trail to Masontown where we turned around. On the way back, I biked on Route 7, to avoid the mud, and caught up with the rest of the group at the Snack Shack. For a first ride of the year it was a truly unforgettable one.

The Club had many rides through the spring, summer, and fall up and down the Deckers Creek trail; eventually the mud disappeared. I also will not forget the Deckers Creek trail ride on Sunday, June 30, when again we had a large turnout of cyclists. Up to Masontown, then back down to the Snack Shack, where Dave Lewis was there selling us ice cream sandwiches and Gatorade. We all rested in the shade at his pavilion, talking with him and enjoying his company and the beautiful summer weather, before heading back down. Sadly, that was the last day we saw Dave, as he passed away that night. Later that summer, we joined up with Positive Spin for another ride on Deckers Creek trail, with a picnic at Positive Spin after the ride. This was the second year that we rode with the Positive Spin group, and I hope we can repeat that event again in 2014.

CRC held our annual Picnic in June, at Pricketts Fort, which is always a great event with a large group of club members and lots of great food. We all wish to thank Ray Ware for volunteering to be the grill master for this event. He has been willing, for several years now, to transport all of the food there, and then to cook the hot dogs and hamburgers for us. However, he will not tell anyone his secret recipe for the sauerkraut that goes over the grilled kielbasa.

We had many cycling adventures in Fayette County. This area is beautiful, all farmland and "rolling" hills (some of these rollers are pretty steep, and every ride ends up with 3,000 feet of climb, no matter which roads we take). The roads in Fayette County are well paved, very low traffic, and our ride leader Dave Phillips has lead us on many pleasant rides. I am sure Dave is looking at maps of Fayette County right now, planning more rides for 2014.

COUNTRY ROADS CYCLISTS

MARCH - APRIL 2014 RIDE SCHEDULE

Road Captain: David Phillips (304) 594-1036 wvfossils@aol.com

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

Wear your helmet! Difficulty Ratings: (*) easy (**) moderate (***) difficult (****) extreme

- Saturday, March 1 at 1:00 PM** **Fayette County Road Ride (***)** **David Phillips 304-290-3795**
30 miles. Meet at the Free Methodist Church on left, in White House, PA, on Rt. 857 about 2 miles north of the state line. Take Rt. 43, get off at the Gans Exit, make a right, then a left onto Rt. 857. Distance and route will be discussed in the parking area.
- Sunday, March 2 at 1:00 PM** **Fayette County Road Ride (***)** **David Phillips 304-290-3795**
- Friday, March 7 at 6:00 PM** **CRC Annual Spring Pizza Party (*)** **Mary Small 703-795-4438**
No riding - it doesn't get any easier! Meet at Fairmont Colasessano's at Middletown Mall, I-79 exit 132.
- Saturday, March 8 at 1:00 PM** **Fayette County Road Ride (***)** **David Phillips 304-290-3795**
- Sunday, March 9 at 1:00 PM** **Mon River Trail (*)** **Mary Small 703-795-4438**
23 miles. Meet at the parking lot behind Wendy's in Sabraton (Morgantown, Rt. 7 East). We will ride west on Deckers Creek Trail to Star City, then south on the Caperton Trail and Mon River Trail to Little Falls, where we turn around and head back, stopping at Mountain State Brewing Company for an afternoon nosh. Beginners welcome, relaxed pace.
- Sunday, March 9 at 1:00 PM** **Fayette County Road Ride (***)** **David Phillips 304-290-3795**
- Saturday, March 15 at 10:00 AM** **Jane Lew Road Ride (*)** **Bill Foster 304-623-2736**
15 to 20 miles. From I-79, take Jane Lew exit 105, park on dead end side road in front of the truck stop just east of I-79. Choice of several pleasant, scenic rides. Route will depend on weather and how far folks want to go. Beginners welcome, relaxed pace.
- Saturday, March 15 at 1:00 PM** **Fayette County Road Ride (***)** **David Phillips 304-290-3795**
- Sunday, March 16 at 2:00 PM** **Jane Lew Road Ride (*)** **Bill Foster 304-623-2736**
- Sunday, March 16 at 1:00 PM** **Fayette County Road Ride (***)** **David Phillips 304-290-3795**
(***) 30 miles. Meet at the Free Methodist Church on left, in White House, PA, on Rt. 857 about 2 miles north of the state line. Take Rt. 43, get off at the Gans Exit, make a right, then a left onto Rt. 857. Distance and route will be discussed in the parking area.
- Saturday, March 22 at 10:00 AM** **Jane Lew Road Ride (*)** **Bill Foster 304-623-2736**
- Sunday, March 23 at 12:30 PM** **Mont Chateau Loop Road Ride (***)** **Jennifer Preville 304-282-0218**
22 miles. Meet at the parking lot behind Wendy's in Sabraton (Morgantown, Rt. 7 East). We will ride up Dug Hill to Pierpont, to old Cheat Road, over the Cheat Lake Bridge and then to Mont Chateau, where we turn around and head back. NOTE: There will be plenty of hill climbing, both coming and going, on a two-lane West Virginia road.
- Saturday, March 29 at 10:00 am** **Jane Lew Road Ride (*)** **Bill Foster 304-623-2736**
- Saturday, March 29 at 1:00 PM** **Fayette County Road Ride (***)** **David Phillips 304-290-3795**
- Sunday, March 30 at 2:00 PM** **Jane Lew Road Ride (*)** **Bill Foster 304-623-2736**
- Sunday, March 30 at 1:00 PM** **MRT to Bakers Ridge Loop (**)** **Kelly Williams 304-292-9821**
26 miles. Meet at the parking lot behind Wendy's in Sabraton (Morgantown, Rt. 7 East). We will bike north on the Mon River Trail to Van Voorhis Road. From there, we will climb out of the valley and ride along Baker's Ridge to UHS. Then, we will turn around and return to the starting point, after stopping at the Terra Cafe for coffee.

COUNTRY ROADS CYCLISTS

MARCH - APRIL 2014 RIDE SCHEDULE

Saturday, April 5 at 10:00 AM **Jane Lew Road Ride (*)** **Bill Foster 304-623-2736**
15 to 20 miles. From I-79, take Jane Lew exit 105, park on dead end side road in front of the truck stop just east of I-79. Choice of several pleasant, scenic rides. Route will depend on weather and how far folks want to go. Beginners welcome, relaxed pace.

Saturday, April 5 at 1:00 PM **Fayette County Road Ride (***)** **David Phillips 304-290-3795**
30 miles. Meet at the Free Methodist Church on left, in White House, PA, on Rt. 857 about 2 miles north of the state line. Take Rt. 43, get off at the Gans Exit, make a right, then a left onto Rt. 857. Distance and route will be discussed in the parking area.

Sunday, April 6 at 1:00 PM **Dug Hill/Mon River Trail Loop (**)** **Kelly Williams 304-292-9821**
20 miles. Meet at the parking lot behind Wendy's in Sabraton (Morgantown, Rt. 7 East). We will bike up Dug Hill, then do a loop onto Fields Park Road, returning back down Dug Hill. From there we will do an out and back on the Mon River Trail going north. This is a good ride for beginners to learn the roads around Morgantown.

Saturday, April 12 at 10:00 AM **Jane Lew Road Ride (*)** **Bill Foster 304-623-2736**

Saturday, April 12 at 1:00 PM **Fayette County Road Ride (***)** **David Phillips 304-290-3795**

Sunday, April 13 at 2:00 PM **Jane Lew Road Ride (*)** **Bill Foster 304-623-2736**

Sunday, April 13 at 1:00 PM **Dug Hill/Tyrone Road Loop (**)** **Kelly Williams 304-292-9821**
25 miles. Meet at the parking lot behind Wendy's in Sabraton (Morgantown, Rt. 7 East). We will bike up Dug Hill, then down Tyrone Road to Pixlar Road. From there we will return to Morgantown and ride out and back on the Mon River Trail going north. This loop will have a few more miles than last week's route.

Saturday, April 19 at 10:00 AM **Jane Lew Road Ride (*)** **Bill Foster 304-623-2736**

Saturday, April 19 at 1:00 PM **Fayette County Road Ride (***)** **David Phillips 304-290-3795**

Sunday, April 20 at 1:00 PM **MRT/Baker's Ridge/Stewartstown Rd (***)** **Kelly Williams 304-292-9821**
32 miles. Meet at the parking lot behind Wendy's in Sabraton (Morgantown, Rt. 7 East). We will bike north on the Mon River Trail to Van Voorhis Road. From there, we will climb out of the valley and ride along Baker's Ridge to Stewartstown Road. We will continue on Stewartstown Road to Point Marion, then return to Morgantown via the river trail. (Note: Cyclists can continue north on the Mon River Trail, instead of riding on Van Voorhis Road. The two groups should meet on the river trail, at some point.)

Saturday, April 26 at 10:00 AM **Jane Lew Road Ride (*)** **Bill Foster 304-623-2736**

Saturday, April 26 at 1:00 PM **Fayette County Road Ride (***)** **David Phillips 304-290-3795**

Sunday, April 27 at 2:00 PM **Jane Lew Road Ride (*)** **Bill Foster 304-623-2736**

Sunday, April 27 at 1:00 PM **MRT/Little Falls Rd/Halleck Rd/Opekiska (***)** **Kelly Williams 304-292-9821**
32 miles. Meet at the parking lot behind Wendy's in Sabraton (Morgantown, Rt. 7 East). We will bike south on the Mon River Trail to Little Falls Road. We will take Little Falls Road to Tom's Run, to Halleck Road. From there, we will bike to Rt. 73, and return on Opekiska Road to the trail, and back to Morgantown. (Note: Cyclists can continue south on the Mon River Trail, instead of riding on Little Falls Road. The two groups will meet on the river trail, at some point.)

SAVE THE DATES:
Saturday, MAY 3: BONUS RIDE
Sunday, MAY 4: APPALACHIAN SPRING SPECTACULAR