

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

www.crcyclists.org
P.O.Box 4322
Clarksburg,WV
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March - April 2011

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**League of
American
Bicyclists**
since 1979

SPRING IS COMING - GET YOUR WHEELS READY

Country Roads Cyclists like to bike. We promote the fun of bicycling through group rides, cycling advocacy; social events, encouragement of new cyclists, social events and the dissemination of safety, skills and riding opportunities information. We welcome adult cyclists and their families, road riders and mountain bikers, beginners, old pros, casual or ambitious, for congenial bicycling activities including picnics, parties and rides ranging from ten miles to multi-day tours on roads and rail-trails throughout the region. We appreciate your support. If not a member yet, please join us now ! membership forms are on our website: crcyclists.org



just a few
2010 RIDES



May 31 on West Fork Rail Trail above
July at Dave's on Deckers Creek Trail left
Oct. 17 Spruce Knob Challenge top right
Oct. 30 above Uniontown, Pa. top left
photo credits and stories inside

OFFICERS MET February 10 in Clarksburg for a reporting and planning session. Any member is welcome to attend any officers meeting. Contact any officer for the time and place of the next meeting. The treasurer reported a year end balance of \$1265.61 less secretary's 2010 expenses not yet submitted. Membership was reported as 67 paid for 2011, including 16 in Harrison Co., 20 in Monongalia Co., 14 other West Virginians and 14 out-of-state. (We had 141 in 2010.) Maintaining our memberships in LAB, IMBA and MRTC was approved and the spring ride schedule was discussed.

DUES ARE DUE with no increase in rates: \$10 for individuals, \$12.50 for families. A flier is included with this newsletter unless we already have your 2010 dues. It is also posted on our web site: crcyclists.org. We hope to see your renewal, even as we are looking for new members, so tell your cycling friends about us.

WELCOME OUR NEW MEMBERS

Maritza - Fairmont, Michael - Clarksburg

This newsletter with color photos is on crcyclists.org, last names deleted.

THE CRC ANNUAL SPRING PIZZA PIG - OUT

Join us at Colasessano's Pizza on Friday, March 4th at 6:00 PM to get the season off to a great start! Colasessano's is at 9705 Mall Loop - Middletown Mall (I-79 exit 132, south on US 250) Fairmont/Whitehall. Note: For this one, you buy your own pizza and beverages. We hope to see you there.

THE APPALACHIAN SPRING SPECTACULAR

The main event returns to Morgantown Sunday, May 1 at 9:00 a.m. We are working on the starting location, since the Caperton Trail will be closed over Deckers Creek and past the Wharf parking garage. Start thinking about choosing a 25, 45 or 60 mile ride on scenic low traffic roads up into Pennsylvania. Routes are moderately hilly and challenging for moderately fit cyclists. As usual, there is a small fee, which covers costs for a snack stop, map and sag support. In good weather we can expect close to 100 participants; in rain, maybe only 20-25. Volunteers are asked to contact Kelly Williams (see the masthead) if you can help. We have a planning meeting in Morgantown next week.

For stronger cyclists, don't miss our "**Bonus Ride**" **Saturday, April 30 at 9:00 a.m.** from the Courthouse in Morgantown for a non-supported (no sag, no food, no map, no fee, great fun) club ride (waiver required).

This ride is about 85 miles at a moderate tempo with about 7,000 feet of climbing east of Morgantown.

THE CAPERTON TRAIL SOUTH IS CLOSED

The second Phase of the MUB water and sewage infrastructure project began February 1 and extends to July 31, 2011 and has closed a section of the Caperton Trail through the Wharf District in Morgantown. The trail closure is approximately 2 miles from the Deckers Creek Bridge at Hazel Ruby McQuain Park to the Robert C. Creel Water Treatment Facility (near the Greer facility-mile 11.5). There will continue to be access to the restrooms and outdoor amphitheater at Hazel Ruby McQuain Park, and the Trail north of the Park and the Deckers Creek Trail remain open.

A WEEKEND IN PENNSYLVANIA

A return to the Allegheny River corridor is being planned for this summer, following up on a great fall weekend two years ago. Roads and rail-trails are both great in the area around Emlenton-Franklin-Oil City. Tentative plans for early July. Contact Road Captain Kelly Williams.

THE LAST ONE PASSED AWAY

Frank Buckles died last weekend, He was the 110 year old last veteran of WW 1 with fond memories of cycling in France during the war, as featured in our February newsletter last year. (See our archives on crcyclists.org.)

A CHANGE IN PLANS

Our ride for Sunday, April 10 has been revised from the schedule sent out by e-mail last week. **Note the new start location at Pricketts Fort**

MORE RIDE SCHEDULE NOTES

Pancake lovers have two Maple Syrup Festivals to enjoy, On Sunday, March 20, it is in Pickens, W.Va on the Holly River Ride, and on Saturday, April 2, Meyersdale, Pa. is the goal from Frostburg, Maryland. You could do both.

You might also notice the Rising Creek bakery in Mt. Morris, Pa. is a feature of a few rides up there, Its good.

THE CASA RIVER CENTURY

is a tour in the Eastern Panhandle. It sounds like a great ride, sponsored by CASA of the Eastern Panhandle - which raises funds for abused and neglected children. The ride is May 21, 2011, and they have a 10 mile off-road route, 25 mile, 50 mile and Century routes on some very scenic roads upon which we toured a long time ago. All routes have been redesigned for this year, and the route is fully supported. "We will also be having our famous post-ride picnic again," says co-director Samantha Muncy. Fees for the longer rides are \$55/65 after April 22. See casarivercentury.org

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. You may take the entire course on a weekend, or on nine consecutive Monday evenings. Weekend courses will be offered on the first weekend of the month, March through September. (verify dates, times and costs online) Online Reg. Form at: morgantown.com/Confident-cycling.htm

The Monday option is as follows:

Get Ready to Ride, Part 1 of 9 Monday, Mar 7, 2011
6 - 8pm typical. Cost: Textbook \$8, Fee: \$5/session.
Maintenance, Part 2 Monday, Mar 14
Clothing & Equipment, Part 3 Monday, Mar 21
Handling Skills, Part 4 Monday, Mar 28
Riding in Traffic, Part 5 Monday, Apr 4
Avoiding Crashes, Part 6 Monday, Apr 11
Training, Part 7 Monday, Apr 18
Group Riding, Part 8 Monday, Apr 25
Road & Written Tests, Part 9 Monday, May 2, 6 - 9pm

Participants who successfully complete all 8 sessions and the written and road tests, will receive a substantial cash prize.

Sessions are held at either the Morgantown Public Safety Center, Training Room 300 Spruce St., Morgantown, WV. or the WVU Services Center, Room 3302, Prete Bldg. 3040 University Ave., Morgantown, WV

These courses are taught by LAB Licensed Cycling Instructors, and have been taken by over 60 cyclists, from beginners to those with decades of experience.

APPALACHIAN BICYCLE RACING ASSOCIATION - - 2011 SCHEDULE

www.abraracing.com.

**Denotes West Virginia State Championship Races

abra Road Race series

April 2 **Morgantown Road Race** APRRS # 1 Race Director J.R. Petsko Morgantown, W.Va.
April 23 **Green County Road Race** APRRS # 2 Race Director J.R. Petsko Waynesburg, Pa.
May 28 **Tour of Tucker County Road Race** APRRS # 3 Race Director J.R. Petsko Thomas, W.Va.
June 18 **Smokin on the Tygart Road Race** Director Thad Kelley Philippi, W.Va.
July 2 **Barbour Detour Road Race** APRRS # 5 Race Director Thad Kelley Philippi, W.Va.
July 23 **The Fort Classic Road Race** APRRS #6 Race Director J.R. Petsko Western Pa.
August 20 **Appalachia Visited Road Race** **APRRS # 6 Race Director J.R. Petsko Kingwood, W.Va.

Appalachian Criterium Series

April 9 **WVU Criterium** ACS # 1 Race Director WVU Cycling Club Morgantown, W.Va.
April 16 **Appalachian Airport Criterium** ACS # 2 Race Director J.R. Petsko Waynesburg, Pa.
April 17 **Steel City Showdown** ACS # 3 Race Director Pittsburgh Group Pittsburgh, Pa.
May 21 **to be announced Criterium** ACS # 4 Race Director J.R. Petsko
July 16 **to be announced Criterium** ACS # 5 Race Director J.R. Petsko

other events

May 7 **The Wisp XC Challenge** new XC event Race Director J.R. Petsko Wisp - Deep Creek, Md.
June 25 **Hilly Billy Roubaix** endurance cyclocross Race Director J.R. Petsko Morgantown, W.Va.
September 18 **WV State Time Trial Championship** **Time Trial Race Director J.R. Petsko Kingwood, W.Va.

abra cyclocross race series

October 1 **Kickoff Cross** APCXS # 1 Race Director J.R. Petsko Waynesburg, Pa.
October 15 **Steel City Cross** APCXS # 2 Race Director J.R. Petsko Pittsburgh, Pa.
October 22 **Bruceton Mills Cyclocross** APCXS # 3 Race Director J.R. Petsko Bruceton Mills, W.Va.
October 29 **Marilla Cyclocross** APCXS # 4 Race Directors Gary & Marc Morgantown, W.Va.
November 5 **Morgantown Monster Cross Day 1** ** APCXS # 5 Race Director J.R. Petsko Morgantown, W.Va.
November 6 **Morgantown Monster Cross Day2** APCXS # 6 Race Director J.R. Petsko Morgantown, W.Va.
November 12 **WV Night Club Cyclocross** APCXS # 7 Race Director Mike Miller Lost Creek, W.Va.
November 19 **Little Washington Cross** APCXS # 8 Race Director J.R. Petsko Morgantown, W.Va.

EASY KARMA

J. R. took on the challenge of developing the racing schedule above, and he'd really appreciate help from cyclists who won't be racing Saturdays. He is looking for course marshals for the road race events where he is

listed as the Race Director, and it would help promote our Club as well as the sport. It's easy and usually enjoyable, but it does take some weekend time. Please contact J. R. at jrpetsko@hotmail.com Thanks.



REGIONAL EVENTS

NATIONAL BIKE SUMMIT LAB

March 8-10 Wash, D.C. \$580/475
member bikeleague.org

CYCLE N. C. SPRING WEEKEND

April 8-10 Oriental, NC tour
\$135/120online +\$25aft 3-9
ncsports.org/cncevent2.php

REDBUD RIDE London, KY 24-105m
April 16 rosebudride.com \$30/40aft.4-6

PSP BENEFIT RIDE Hershey, PA
April 30 32/38/62 \$20/25 after 4-1
pspmetriccentury.com

GREAT GREENBRIER RIVER RACE
April 30 **pre-reg. only**
greenbrierrivertrail.com run canoe bike

3 STATE 3 MOUNTAIN CHALLENGE
May 7 Chattanooga, TN \$42/46aft.3-10
3state3mountainchallenge.com
62/100miles

**BIKE NEW YORK the Great Five Boro
Bike Tour** May 1 42 miles \$75 online
Bikenewyork.org

TOSRV Columbus, OH 200miles
May 7-8 \$47/57after 3-15 Tosrv.org

ALA GREENBRIER TRAIL BIKE TREK
no details, web site not up yet

JACKSON COUNTY CASA CLASSIC
no details casa5wv.org/events.html

CASA RIVER CENTURY 10/25/50/100
May 21 Shepherdstown \$35,55/45,65
casarivercentury.org after 4-22

PEDAL PITTSBURGH from Station Sq.
May 22 \$25/30after 5-7 6/15/25/35/50/60
pedalpittsburgh.org

CYCLING DOUBLEHEADER

Wilderness Road Ride \$20/25after 5-15
May 28 Radford, VA 14/29/38/58/78m
Mountains of Misery \$65/95after 5-15
May 29 Newport, VA 100/125m
cyclingdoubleheader.com

WV RAVE Habitat for Humanity rides
June 4 Cowan no details yet
websterwv.com/events.html

MARIETTA RIVER RENDEZVOUS

June 4-5 Marietta, OH \$55 + dorm \$40
mariettarcc.org gym floor free

BIG WALKER CENTURY RIDE

June 18 Wytheville, VA 25/40/62/100
bigwalkercenturyride.com \$40

NATIONAL 24 HOUR CHALLENGE

June 18-19 Middleville, MI road
n24hc.org \$75/95after 4-30, \$120aft.5-31

GREAT OHIO BICYCLE ADVENTURE

June 18-25 Logan, OH tour loop
goba.com \$200/215 after 5-01

BICYCLE TOUR OF COLORADO

June 19-25 460+m Gunnison \$385+
bicycletourcolorado.com

BIKE VIRGINIA New River Valley

June 24-29 \$360+ ~50 miles/day
bikevirginia.org

MedExp.SPIRITofMorgantownTriathlon

June 25-26 Morgantown sprint, olympic
and half-marathon swim/bike/run
mountaineertriathlon.com fees vary

Eastern Tandem Rally Storrs, CT -Uconr
Aug. 5-7 \$720/tandem team + hotel
easterntandemrally.org

TOUR DE FRANCE July 2-24

SCENIC MOUNTAIN TRIATHLON ?
July? Richwood no details

GREENWAY SOJOURN

July 19-24 \$795/895aft.4-1 tour ~50mpd
Camden, NJ railstotrails.org

BON TON ROULET Finger Lakes tour
July 24-30 Cortland, NY bontonroulet.com

MATES 11 Warrenton, VA
easterntandemrally.org no details

MOUNTAIN MAMA Monterey, VA
Aug. 6 27/56/70/100+ \$50/60 after July 1
bikemountainmama.homestead.com

W.VA. COUNTRY ROADS MS150

Aug. 20-21 \$30 + \$250pledges
road or rail-trail from Lewisburg.
nationalmssociety.org/site/pageserver?
pagename=BIKE_WVT_homepage

TIMMY'S CENTURY on North Bend R-T
Aug. 27-28 North Bend State Park 57+47
timmysfund.org \$35 + 300 sponsorship

HANCOCK HORIZONTAL HUNDRED
Sept. 11 Findlay, OH \$23/28, -\$5online
36/67/100m hancockhandlebars.org

MOUNTAINS to the COAST tour
Oct. 1-8 no details yet
ncsports.org

SEAGULL CENTURY Salisbury, MD
Oct. 15 seagullcentury.org

WEST VIRGINIA MOUNTAIN BIKE ASSOCIATION -- 2011 SCHEDULE

mtb xc racing

see wvmba.com

Apr 10 **CHALLENGE AT MOUNTWOOD** #1
Apr 17 **BIG BEAR LAKE BIKE CLASSIC** #2 (304) 379-4382
May 15 **THE CRYING WOLF CHALLENGE** Bluefield #3 (304) 543-1120
May 22 **TOUR de LAKE** at Charles Fork Lake, Spencer #4 (304) 927-5821
June 11 **BIG BEAR 2X12** Bruceton Mills mt.bike race & Mt.Fest (304) 379-4382
June 19 **NORTH BEND CROSS COUNTRY** Parkersburg #5
June 26 **RACE TO THE HILLS** Zaleski, OH #6 (419) 989-0239
July 3 **RACE TO LIL MOE'S PLACE** Philippi #7 (304) 457-6090
July 10 **VALLEY FALLS CHALLENGE** #8 (304) 592-5977
July 24 **BLACKWATER BIKES** #9 (304) 259-5286
July 31 **LITTLE BEAVER CHAINRING CHALLENGE** Beckley #10 (304) 253-5202
Aug. 14 **BLACK BEAR W.Va. Championship** Kanawha S.F, Charleston #11
Aug. 21 **THE WHITE OAK CHALLENGE** Lost Creek #12
Aug. 28 **HENRY CLAY 30K** at Coopers Rock #13
Sept. 11 **BOB EVANS FARMHAND XC** Rio Grande, OH #14 (740) 645-6379
Sept. 25 **CHIEF LOGAN Logan series championship** #15 (304) 855-1025

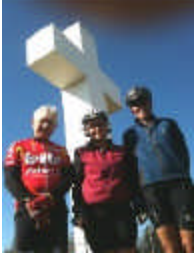
WEST VIRGINIA - VA ULTRA SERIES

May 1 **MIDDLE MOUNTAIN MOMMA**
Clifton Forge, VA 540-529-0462
June 5 **MASSANUTTEN HOO HA!**
McGhehensville, VA (800) 207-6277
Aug. 6 **BIG BEAR LAKE ULTRA**
Bruceton Mills (304) 379-4382
Sept. 17 **REVENGE of the RATTLESNAKE**
Davis (304) 259-5286
Oct 2 **THE WAYNE ULTRA** Marietta, OH
ultra championship,

NON RACING EVENTS

May 8 **NORTH FORK MOUNTAIN** fun ride
Franklin (304) 636-0219
June 26 **CANAAN MT. BIKE FESTIVAL**
Davis, clinic, rides (304) 259-5286
July 16-17 **SPRUCEBERRY MT. FEST**
fun ride Cabins (304) 636-0219
Oct 1 **TOUR DE LILLY** fun ride Davis
(304) 259-5286

DAVE TELLS THE REST OF HIS STORY



Tim Nelms photo

"We could also think about our favorite rides this year. My favorite was the Adaland ride; now that was fun. My next favorite, was the ride when I broke my wrist. I know that sounds odd, but true." Dave online last fall and now, The rest of the story -

The day finally arrived for the ride I'd been wanting on the calendar all summer: from White House to the cross overlooking Uniontown. Not for the faint of heart, it has several 17% grades. They don't last long, but with the rest of the climbing they can take a toll. Of course, if you keep a good pace up those grades, they won't register on the altimeter, ergo, they aren't really there? ...yeah, right.

The ride started well enough, an easy pace with good company and conversation among Fran, Marilyn, Tim and myself. Approaching Reese Wholesale, I told them about a dog that always barked when we rode by, but not to worry as he is leashed. Famous last words. The dog came out barking as usual, but only paused at the top of the bank, and then came into the road and stopped directly in front of me. Panic! No, not quite, I tried to brake, hit the dog broadside and knocked him over. He knocked me over too, but fortunately, rather than doing an endo, I fell to the right, landing hard on my right side.

Picking myself up, my first thought was to get the heck out of the road, the second was, "what about my bike; did I damage it or break something?" The folks with me were more concerned about my injuries, but injuries can be hard to assess when adrenaline is flowing, only three miles into the ride. Turn back or cut short the ride I wanted to share? No, the ride must go on, despite sore wrist, bruised rib, and blood coming through a sock at my ankle. The pros can take serious pain, we amateurs should be able to deal with a little bit.

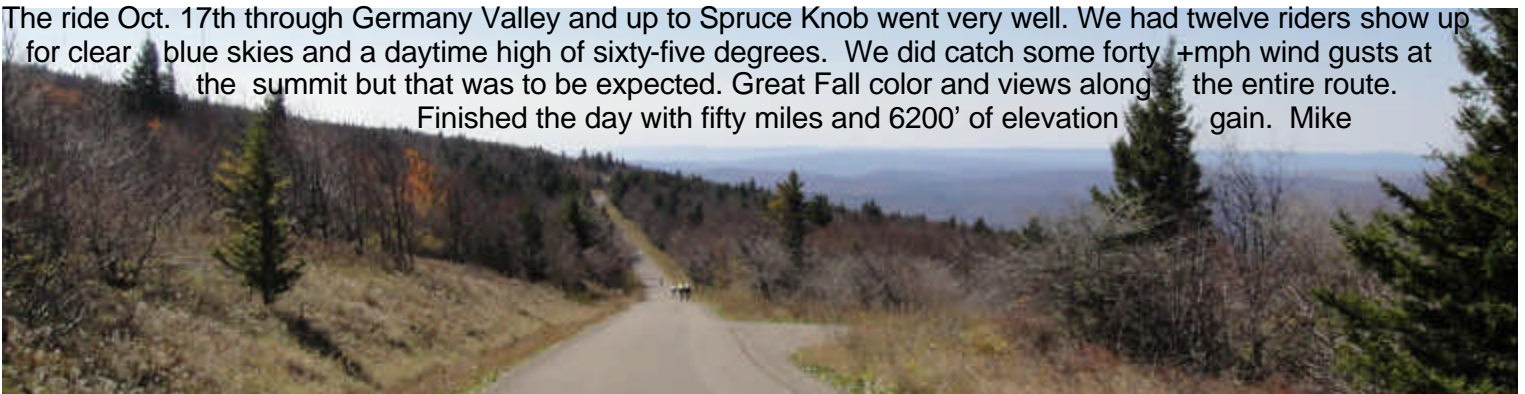
With help from Tim, we were able to realign the handlebars and at risk of snapping it, I managed to pull the rear derailleur back into alignment. No one wanted to ride within ten feet of accident prone me as we approached the dreaded Mud Pike climb, but Marilyn stayed with me. I don't remember much else about the climb, as I was still trying to figure out my injuries. My wrist hurt, but I was determined to continue. When we got to Jumonville however, I was ready to call it quits. I could no longer pull my water bottle from it's cage with my right hand, let alone squeeze the bottle to get a drink, but Fran and Tim had never been up to the cross, nor seen the the view, so we decided to stay with the plan, and the view was fantastic. We paused for a snack and I recovered a bit and almost felt normal.

Staying with the plan, we returned to the road below the cross. Part of Old Braddock Road had been recently paved, so riding was fairly easy there. Toward the bottom, we made a left onto Yauger Hollow Road, where I got a thumbs up from Tim and Fran. If you haven't been on this road, it is worth the effort to get there. We then returned to Cool Springs, headed toward Hopwood, but rode up Craig Lane to get a bite to eat at Dairy Queen. Food really helped. Meandering side streets through Uniontown, we found our way back to White House. Forty-eight miles, 4500 feet of climbing, and surviving; what a day! After a restless night, I went to the doctor. The tip of the distal ulna in my wrist was broken, no big deal, I just couldn't play video games for awhile and It healed in a few weeks. However, X-rays revealed an offset in one of the bones near the distal radial, which could also be due to arthritis. A cortisone shot seemed to take care of it for the short term, so I may have to get a shot now and then.

I thank Fran, Tim, and Marilyn for making it a good ride, and I hope it becomes a staple on the schedule, but without the dog. I'm looking forward to sharing it with more folks this year. On a side note; Glenn, Kelly and I rode by the dog during the warm spell in February, and he stayed hidden in his dog house. Guess he is still traumatized from me hitting him. Heck, I am too. Dave

Photo 2 (front page, top right) and below by the Smiths **SENECA ROCKS - GERMANY VALLEY - SPRUCE KNOB**

The ride Oct. 17th through Germany Valley and up to Spruce Knob went very well. We had twelve riders show up for clear blue skies and a daytime high of sixty-five degrees. We did catch some forty +mph wind gusts at the summit but that was to be expected. Great Fall color and views along the entire route. Finished the day with fifty miles and 6200' of elevation gain. Mike



THE MEETING AT DAVE'S SNACK SHACK (Nelms photo, front page, lower left)

The Club ride went up on the roads - Snake Hill and the usual climbing - and was returning to Morgantown via Deckers Creek Trail in July when they met up with several other small groups at our favorite place to refresh on the Trail - Dave's Snack Shack. Dave is a nice guy, and a real treat to meet. We also enjoyed finding so many others out for a good ride on a great day, so after talking it up, we decided on getting a few pictures together.



IT'S ALL GREEN ON THE WEST FORK RAIL-TRAIL (Smith photo)

The West Fork Rail-Trail is east of Elkins in the high country, where members on a Club ride again enjoyed the wilderness route last Memorial Day. Members Mike and Kaye come from Ohio to enjoy this type of riding with us. The rest of the weekend included a ride along the Shavers Fork and another in the Blackwater Falls State Park area and its all good

So many great rail-trails and country backroads and so little time - Check out our ride schedule.

GOODBYE MICHIANA No photo with this one, but Kelly writes a few pictures

My wife's daughter and her husband moved last August from Michiana (where southern Michigan meets northern Indiana) to Pennsylvania. Several years ago they had bought a cabin in southern Michigan, and then later moved to northern Indiana - so I have been able to cycle around Michiana for a couple of years. It has flat terrain westward towards Lake Michigan, and rolling hills toward the east, with farmland everywhere. When we first visited their cabin I headed out on a road parallel to the Lake Michigan shore. I felt much stronger than I had expected. My odometer was registering a very fast 23 miles an hour, and - I was thinking, "I must have trained well this spring - I am at that next plateau." I made my destination quickly, turned around, and suddenly felt a lot of resistance. My odometer now said 11 mph! I had not taken into account the strong winds along the lake, and it was a bit of a struggle to get back, with a head wind all the way.

Michiana has lots of roads, and lots of fields. I would bike past fields of corn, then soybeans, then hay, and then hay, soybeans and corn, again and again. Once in a while I discovered the sweet smell of grapes! I would look up to spy a field of grapevines - it seems that several local vinters had become established in southern Michigan, because of the soils and terrain, and this was always a welcome change of venue, before returning to corn, hay, and soybeans.

On my first visit to their home in Indiana, I thought it would be fun to cycle through the Amish area nearby. (The town of Shipshewana seems to be an Amish hub). I was delighted by the well trimmed farm houses, gardens and fields, and of course, the Amish riding along with their horses and carriages. It was a very busy area, with as many horse and carriages on the roads as there were cars. So, on this hot July day, as I biked the same roads that the Amish rode, I realized that, well, there was a certain smell, - everywhere. And it was becoming impossible to avoid all of the piles of road apples along the road - and then there was just this solid brownish coating to the roads. I decided that I should not drink from my water bottle, which was positioned low on my frame. I finished my ride, returned to the house, and immediately pulled out the garden hose - first hosing off the bike, and then turning the hose onto myself. From then on, I cycled west - away from the Amish.

Their cabin was close to Three Oaks, Michigan - where every fall (the first Sunday in October) the Three Oaks Spokes club puts on the Apple Cider Century (Michigan is famous for its apples, too). The day starts with a hardy pancake breakfast at the fire house, then the riding begins, with routes ranging from 15 to 100 miles, for all ages and skills. At the first rest stop they offer hot cider (October in Michigan can be cool in the morning). At the second rest stop, they also have homemade potato soup. At the other rest stops they serve regular cycling fare - Gatorade, bananas, and peanut butter-jelly sandwiches. When I approached the final few miles back into town, I rejoined hundreds of other cyclists, all on their way to the finish. It was quite an impressive sight to see so many people on bikes. The club and bike shops have published a map showing different cycling routes starting from downtown Three Oaks. They have also attached signs to telephone poles along the routes giving directions for each route. If you want to do a 30 mile route you follow yellow arrows, for a 40 mile route blue arrows, and so forth. It was a very impressive system - making it easy to bike the area, and find your way back to town, without getting lost.

So I have enjoyed biking Michiana. Now I look forward to exploring their new neighborhood - are there any Amish in Bucks County, PA? Kelly, Feb.,2011

COUNTRY ROADS CYCLISTS

MARCH - APRIL 2011 RIDE SCHEDULE

Road Captain Kelly Williams (304) 292-9821 kellyrwilliams@msn.com

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

Wear your Helmet. Difficulty Ratings: (*) easy (**) moderate (***) difficult (****) extreme

Friday, March 4 6:00 p.m. Pizza Pig-Out Kelly 304-292-9821
(* no riding) It doesn't get any easier, at Colessano's Middletown Mall in Fairmont I-79 exit 132

Saturday, March 5 11:00 Number Eight Hollow Jack 304-282-6275
(**) 30 miles. Meet at the Mon County Courthouse Square. Bike out Rt 100 to Number 8 Hollow and into Greene county.

Sunday, March 6 1:30 Jarvisville Road out and back Bill 304-6232-2736
(*) 10-15 miles From Marshville exit, US 50 west of Clarksburg, an easy beginner's ride, returning at Jarvisville or the Doddridge County line.

Saturday, March 12 1:00 Hackers Creek Out and Back Mark 304-745-3192
(*/**) 20-25 miles. Take the Jane Lew (exit 105) off of I-79. Park across the street from the truck stop at Jane Lew. An out and back ride along Hackers Creek. An easy beginners ride in this beautiful valley for any shorter distance you choose.

Saturday, March 12 11:00 Mt. Morris and Greene County Tim 304-685-9673
(***) 45 miles. Meet at Morgantown's Riverfront Ampitheatre. Bike into Greene County via Mt. Morris. Hilly ride. On the return, we will stop at Rising Creek bakery (Mt. Morris) for lunch.

Sunday, March 13 1:30 Tarkiln Loop Ken 304-669-9822
(**) 31 miles. From Tarkiln, off US 50 west of Salem. A couple of pretty good hills, some long valleys through some of our favorite countryside.

Saturday, March 19 1:00 White House/Fayette Co. Loop Dave 304-594-1036
(**) 30 miles. Park at the Free Methodist Church in White House, on RT 857, one mile north of the PA state border. (Park towards the Tobin School Road side.) A road ride over the hills and through the valleys of Fayette County.

Saturday, March 19 11:00 Maple Lake Loop Patricia 304-641-6444
(**) 30 miles (a 15 mile option is available.) From I-79, take exit 124, WV 279 south, to US 50, turn right on 50 and go 1/4 mile to Maple Lake (turn left). Park at Maple Lake clubhouse. A pleasant ride around this area, enjoy the hills and scenery. We will stop at Berry Farms, for coffee and tea, before returning.

Sunday, March 20 10:00 Holly River Falls Ride Kelly 304-472-7199
(**) 22 Miles round trip. Meet at Holly River Falls parking lot (Holly River Falls parking is off the right side of the road. Look for the State Park sign. It is 4 miles up North Holly River Road, off Rt 20 below the park entrance.) Mountain bikes are recommended for the ride on rough roads. While enroute we will visit the Maple Syrup Festival at Pickens for pancakes.

Sunday, March 20 1:30 Jackson's Mill Bill 304-623-2736
(*) 15 miles From Jane Lew I-79 exit 105, park on dead end road in front of the truck stop just east of I-79 Beginners welcome, relaxed pace the easy way to Jackson's Mill and back.

Saturday, March 26 10:30 Mount Morris Loop Peter 724-231-7087
(**) 30 miles. Park in Mt. Morris at the yellow brick church (corner of Locust and RT 19). A road ride beginning from Mt. Morris. Hilly. Return, then lunch at the Rising Creek bakery.

Sunday, March 27 1:30 Anmoore to Lost Creek Ken 304-669-9822
(**) 27 mile. Meet at the Anmoore Post Office, I-79 exit 117, turn west and it is on the left. Bike to Lost Creek and back. Two hills each way.

COUNTRY ROADS CYCLISTS

MARCH - APRIL 2011 RIDE SCHEDULE

Saturday, April 2 11:00 Frostburg to Meyersdale Kelly 304-292-9821

(*) 32 miles. Meet at the trail head in Frostburg MD. Ride the Great Alleghany Passage rail-trail to Meyersdale. Enjoy the Maple Syrup festival at Meyersdale. Then return on the trail. Long descent to Frostburg, with 2 tunnels each way.

Sunday, April 3 1:30 Sycamore and More Laurel 304-782-4117

(**) 16 or 30 miles. From Marshville exit of US 50, west of Clarksburg. At least one hill each way. Relaxed pace and pretty scenery. The longer option will go over to West Milford, or to Indian Run.

Saturday, April 9 12:00 Snake Hill Marilyn 304-598-5078

(***) 30 miles. Meet at Wendy's on Rt 7, Sabraton. Climb Dug Hill then Snake Hill. Return down Deckers Creek trail (or, there is an option of cycling Kingwood Pike and Summer School road.)

Saturday, April 9 1:00 Lost Creek - Weston Mark 304-745-3192

(**) 33 miles. Park at the Lost Creek trail head. Route goes through Jane Lew, the edge of Kinechelo, past Jackson's Mill to Weston, loops back past the mill and returns. Very nice roads, mostly relatively flat or rolling with no memorable hills. A couple of small stores along the way.

Sunday, April 10 1:00 South Marion Ride Dave 304-594-1036

(**) 35 miles. Park at Pricketts Fort trailhead, north Fairmont, (I-79 exit 139, turn west, follow signs to Pricketts Fort.) Bike south through Colfax and the hills around Marion county.

Saturday, April 16 10:00 Mount Zion Kelly 304-292-9821

(**) 20 miles. Meet at Pricketts Fort trailhead. (I-79 exit 139, turn west, follow signs to Pricketts Fort.) A road ride up Mt Zion and the surrounding area.

Sunday, April 17 1:00 Dug Hill to Bakers Ridge Marilyn 304-598-5078

(**) 25 miles. Meet at Wendy's, on Rt 7, Sabraton. Climb Dug Hill to Canyon Road to Baker's Ridge. Return on the MonRiverTrail.

Saturday, April 23 10:00 Bunnors Ridge Kelly 304-292-9821

(**) 20 miles. Meet at Pricketts Fort trail head. (I-79 exit 139, turn west, follow signs to Pricketts Fort.) A road ride along Bunnors ridge and surrounding area.

Sunday, April 24 Easter no ride scheduled

Saturday, April 30 10:00 Jane Lew Bill 304-623-2736

(*) 15 to 22 miles From Jane Lew I-79 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 30 9:00 Morgantown Appalachian Spring Spectacular Bonus Ride

(****) up to 85 miles Several options available. **Don 304 692-7107**
From courthouse in downtown Morgantown Moderate pace, lots of climbing, no sag.

Sunday, May 1 9:00 Morgantown Spring Spectacular Annual Event details pending

(**/****) 25/46/60 miles From Morgantown Wharf district parking garage Registration (fee) required. Snacks before and during ride. Limited sag. Choice of distances.