

# ...SPOKIN' WORDS...

## COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

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May - June 2011 # 2  
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## May is National Bike Month!

Start it off right with us - Sunday, May 1 - on our

### APPALACHIAN SPRING SPECTACULAR BICYCLE RIDE

**9:00** from **Morgantown** Wharf Street parking garage 25/46/60 mile options This is our special annual invitational event, founded by the Monongalia Bicycle Club in 1978, normally attracting about a hundred participants, (although few rode in the rain the last two years). It is a great opportunity to meet all the other cyclists in the area for great riding and bike talk, along with enjoyable refueling.

\$5 Registration starts at 8:00 am; waiver and helmet required. The public is invited.

All routes include maps, cue sheet and road markings, a food/water stop and limited sag support. The longer routes are moderately hilly and challenging for moderately fit cyclists. An after-ride pizza - pasta buffet at the Sabraton Pizza Hut is available. (+\$6.50+ tax & tip)

And did you notice? The **BONUS RIDE** on **Saturday, April 30** has a "half-bonus" option for those not ready for the 85 mile event. Meet at the Mon County Courthouse at 9:00. and that's just the beginning !

**Saturday, May 7 ABRA Wisp XC Mountain Bike Race** Md.(no USAC license required)

**Saturday, May 7 WOMEN'S BIKE RACING CLINIC** Pittsburgh, \$20, see next page

**Saturday, May 7-8 50<sup>th</sup> TOSRV** from Columbus, Ohio 200 miles weekend, www.tosrv.org

**Sunday, May 8 WVMBA North Fork Mt. fun ride** Franklin Mt. Biking, (Joey 304-636-0219)

**Thursday May 12-15 ALA Greenbrier Trail Bike Trek** from Snowshoe Resort, Slatyfork 100 miles, fundraiser \$50 + \$450 min. inc. food, lodging, shuttle (lunginfo.org/trek)

**Monday, May 16-20** is National Bike to Work Week and **Friday, May 20** is National Bike to Work Day

### CRC Saturday, May 21 11:00 4<sup>th</sup> Annual J. CECIL JARVIS MEMORIAL BIKE RIDE

from north **Buckhannon** Riverfront Park (From north or west on US 33, pass the WV 20 exit to the next exit east for Morton Street. Go south a few blocks on Fifth Street to the park. This is Strawberry Festival time in Buckhannon and we will suitably recognize that after the ride. free, public is invited.

**Saturday, May 21 RIDING FOR A REASON** Wheeling 10/25 flat, hilly 62, www.OhioValleyTrailPartners.org

**Saturday, May 21 CASA RIVER CENTURY** Shepherdstown 25/50/100 \$45/65 www.casarivercentury.org

**Sunday, May 22 PEDAL PITTSBURGH** from Station Square 6-60 miles \$25/30 www.pedalpittsburgh.org

**Sunday, May 22 WVMBA #4 TOUR de LAKE at Charles Fork Lake Mt. bike race** (304 927-5821)

**Sunday, May 22 STORMING OF THUNDER RIDGE** Lynchburg, Va. \$45/50 day of event www.stormingofthunderridge.com

**Saturday, May 28 ABRA #3 TOUR OF TUCKER COUNTY ROAD RACE**  
from Thomas Tucker Co. H.S www.abra.com

**Sunday, May 29 WHEELING HERITAGE TRAIL BICYCLE TOUR** ridingforareason.org

**CRC Monday, May 30 PARSONS TO THOMAS on the Blackwater**

**Canyon rail-trail** with lunch at the Purple Fiddle in Thomas (Great scenery, a wilderness bike & hike, see our ride schedule)



**OFFICERS MET** April 7 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 current balance of \$1,614.73. Membership was reported as 98 paid for 2011, including 25 in Harrison Co., 32 in Monongalia Co., 24 other West Virginians and 16 out-of-state. Under old and new business, It was decided to not sponsor the Cheat River Festival 5K as proceeds were no longer exclusively dedicated for rail-trail promotion/development as indicated in prior years. Events on the ride schedule were discussed. in prior years. Events on the ride schedule were discussed.

### ROAD CAPTAIN KELLY WILLIAMS SAYS

"Thanks for all those who have volunteered for leading rides in May and June." We have a good schedule ahead. Plan to ride with us often.

**MORE EVENT NEWS** No more room on the front page for some of this

**Saturday, May 7** 9 am until noon. The Steel City Endurance team is hosting a clinic for women interested in cycling and racing at the Bud Harris oval (Washington Boulevard) in Pittsburgh. Interested in learning more about bike racing, giving bike racing a try, or who just want to learn a few skills? \$20 [racing.steelcityendurance.com](http://racing.steelcityendurance.com)

**Saturday, May 14. Pajama Party Night Ride for Cleveland Bike Week.** A free "slumber party" on two wheels! Covers 12 to 15 flat miles on Towpath Trail within the Cuyahoga Valley National Park. Wear bike-safe "jammies!" Helmet and bike lights required. Century Cycles. 1621 Main Street; Peninsula, OH. (330) 657-2209. [www.CenturyCycles.com/goto/nightrides](http://www.CenturyCycles.com/goto/nightrides)

**Saturday, May 21, Race to the Moon** ACS # 4 criterium, Moon, PA [ABRARacing.com](http://ABRARacing.com)

**Saturday, May 28 Soft Shell Metric Century** Salisbury, Maryland Jaycees are sponsoring (for you Seagull fans) 62.1 mile (100-kilometer) or 23.1-mile optional route through Crisfield, Maryland's most scenic areas The Jaycees provide rest stops with drinks and snacks. Participants receive T-shirts. Registration is \$30/\$40 after May 21. Day-of registration accepted. Register online at [salisburyjc.com/soft-shell-metric-century.html](http://salisburyjc.com/soft-shell-metric-century.html)

**Sunday, June 5, The Aliquippa Criterium** ACS # 5 Aliquippa, Pennsylvania [ABRARacing.com](http://ABRARacing.com)

**Saturday, June 25, Hilly Billy Roubaix** Morgantown (from J.R.) The cat is out of the bag! The HBR has joined up with Iron Cross, Southern Cross and 3 Peaks USA to form the American Ultracross Championship Series. The series kicks off with HBR being the first point events for 2011. I know many of you out there are very excited about this and I look forward in joining you in the excitement. Don't forget HBR is set for June 25th and registration is open at [Bikereg.com](http://Bikereg.com). Can you handle 70 miles of some of the worst roads West Virginia has to offer?

### WELCOME OUR NEW MEMBERS

Catherine - Morgantown, Andrew -  
Clarksburg, Michelle - Morgantown, Terry  
- Morgantown, and Carla & Dave -  
Buckhannon

### CAPERTON RAIL-TRAIL CLOSURES

In addition to the planned closure south from Deckers Creek to the water treatment facility, the Caperton Rail Trail is also closed to the north from 6th Street (near the Seneca Center) to the WVU Core Arboretum until further notice. This is about mile 8.5 where an active slip is occurring and damaging the trail. Big cracks in the trail make it unsafe to navigate.

### SHINNSTON'S NEW BIKE SHOP

Nate Annon, local racing cyclist has opened a bike shop in downtown Shinnston named Pike Street Bikes.



June 26, 2010 from Mylan Park, Morgantown, W.Va.

## JOIN US FOR A JULY BIKING WEEKEND IN NORTHWESTERN PENNSYLVANIA

Come ride the roads and rail-trails of northwestern Pennsylvania the extended weekend of July 8-10, maybe more. We had a great, but rather cold time in Franklin in October of 2009. Here are some highlights and options:

**The home base:** Summer place of the family at 312 Allegheny River Avenue, Emlenton, PA. Welcome to pitch tents, park campers, etc. in large yard (toilet and shower, kitchen facilities, to share, open after noon on the 8th).

There are also several lodging options, including:  
Barnard House B&B 108 River Road 724-867-2261, thebarnardhouse.com (if several get together, the whole house - 4 rooms rents for \$170/220 with efficiency also)  
Emlenton Motor Inn 6318 Emlenton-Clintonville Rd (near I-80 exit 42, about 3 miles away) 724-867-2314.  
The Emlenton Hotel in the Old Mill ? 724-313-6455  
The Red Brick Inn about 9 miles northeast 814-498-2659



Sandy Creek rail trail bridge over Allegheny River rail trail fall 2009 foster foto

**What to do:** **cycling** - the rail-trails and great road rides, paved or dirt. **river play** - offer their kayaks and canoes, bring your own swimming suit or fishing gear. (Pa. license required) **fireworks** - Saturday night, watch from the yard. The weekend also includes usual parade, crafts sales and food. **eat** - We may plan a cookout there, maybe Saturday night? nice restaurants in Foxburg and Franklin, too. See [www.emlentonpa.com](http://www.emlentonpa.com)

**Meet your hosts, CRC members Tom and Becky :** Both came from northwestern Pennsylvania (Harborcreek). They have a family summer home in Emlenton, where they have invited CRC members for a weekend ride. They have lived in West Virginia for over 30 years. Their home is in the Jackson's Mill area of Lewis County. Originally a forester, following graduate school at WVU Tom became a teacher of environmental sciences (astronomy, environmental science, geology, etc ) at Alderson Broaddus in Philippi. Becky works at Sharpe hospital in Weston as coordinator of Staff Wellness programs. She also conducts senior aquatics sessions for community residents. In addition to cycling, they enjoy paddling around the lakes and rivers of our region or, like last winter, taking their kayaks south during spring break. They have been biking together off and on since the late 1960s They like riding paved roads, rail trails and dirt roads. Contact [tberlin2@yahoo.com](mailto:tberlin2@yahoo.com) or Bill at 304-623-2736



Allegheny River rail trail Dieffenbach photo

## THE HOLLY RIVER TO PICKENS PANCAKE RUN - A REPORT BY MIKE



Kelly put together a very nice ride Sunday with eleven riders meeting at the Shupes Chute parking lot in Holly River Falls State Park. In attendance were Dave and Carla, Gene and Sarah, Mike and Kaye, Andrew, Laurel, Les, Stanton, and showing up late was ride leader Kelly (in her defense I was the driver and somewhat cautious after being pulled over for speeding near Buckhannon the day before; got off with a warning only after admitting to being an Ohio State Buckeye fan).

Temperatures were perfect and we began the ride with a gentle five mile climb. A few more miles put us in Pickens around noon for pancakes at the Maple Syrup Festival. The Buckwheat pancakes were a hit and after a quick tour of the town and festival activities we returned via the same route and capped the day with a stop at Shupes Chute to enjoy the sound of rushing water. (Mike photo)

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



## VIEWS OF THE MORGANTOWN ROAD RACE - FROM SOME NON-RACERS

The local road racing season began April 2nd at Mason Dixon Park with a memorable weather event... almost whiteout snow at noon, five minutes before start time for the Morgantown Road Race. It was ABRA Director J.R. Petsko's call for the over 200 racers standing around in the snow: to race or go home? And what were the Country Roads Cyclists' officers doing there?

### Ken Parkington was working as a race official. He

**notes:** An epic race if only for the perseverance of the hard men and women who braved the wind, rain, snow and cold to race. Kudos to J.R. for a great race in daunting conditions. Also to smart phones for being able to allow us to see the forecast to know to push back the start by 30 minutes for the white out to blow over. We got the categories off in due time after the delay in clear weather. The sun even came out for a bit! I had one racer comment that he had never raced all 4 seasons in one day. One guy asked me just past the finish line whether he had another lap to go (this was a 50 mile loop). I told him to go ahead, but I wouldn't be there when he got back. The gratitude of the racers was striking. They thanked me for helping them ride in horrendous conditions? Cyclists really are crazy.



**Kelly Williams was a course marshal, and as he saw it:** I cancelled our April 2nd GAP ride. Who would have thought it would be snowing every day that week in Frostburg? JR saw my email and asked if I would help with the Morgantown Road Race. "Sure," I said. I had a good time last year with Bill, working the Hilly Billy on a hot, dry, dusty July day. So, there I was at Mason-Dixon Park, walking up the hillside through rain, then snow, then sleet, and that was just to get to the registration table. Following Bill's advice, I had on several layers of clothes, including a bright red union suit! [underneath, ed.] I was amazed at the number of cars driving in from all over the Mid-Atlantic to race in our backyard. The parking lot filled up quickly and the cyclists were getting bikes ready, but also trying to keep them dry, as rain and snow continued to fall. The question on many minds: "Will there be a race today?" As I understand it, last year was hot and there were many DNFs due to dehydration, and the year before was a fogfest.

J.R. announced a half hour delay, so I returned to my car and turned the heater on high, but could not clear all the snow from the windshield, or frost from the windows and mirrors. The snow stopped, but the sky remained cloudy with temperatures in the 40s. Cyclists headed for the road. The official got out his stopwatch, and gave the "GO!" The first group headed out, behind their lead car. Soon, every group was on the hunt. I then drove to the spot where Little Shannon feeds into Shannon Run Road and parked way off the road (I could just see racers piling up into the tail of my car.) The ground was hard, so I used a base of rocks to keep the "Caution: Bike Race" sign upright. Next, I got out my orange flag and waited,...and waited. Well, not that long. At about 2:30 PM the first lead car came zooming through, followed by a tight peleton. I manned my position on the road with orange flag flying, stopping traffic and pointing the cyclists toward Mt. Morris (just in case there were any doubts). After this first group went by, followed by their wheel car, I got a short break. Then, back into the road with my flag as the second group came through. And so it continued, as groups became smaller and the pace a bit slower. A local family walking their dog came by. I told them what was going on, and they stayed a few minutes to watch the excitement. Now it was down to one cyclist at a time. Many had pained looks and several asked how far it was to the finish line. Finally, the sweep vehicle came through loaded up with DNF cyclists and gave the word that this was it. I waved and headed home.

**Bill Foster drove lead car for the masters. He notes:** Since I never had a racer's drive or ability, I am always amazed at how hard they can push for so many miles, especially on the tough hill climbs in our area. After a bad patch on WV 7, the Pennsylvania roads J.R. chose had good surfaces and included a beautiful section of ridge road between Waynesburg and Mt. Morris, unlike anything in this part of West Virginia, but the route was not easy, even though the earlier snow immediately melted on the pavement. Driving lead car for the masters (ages 40/50/60) groups I was astounded at the power of the leaders, who broke away as they left Waynesburg. For every hill, I had to anticipate how many stragglers to pass in order to keep ahead of the breakaway threesome, as safely passing on curvy climbs was impossible in a vehicle. Then I saw the final standings, and noticed that the winning master would have been only 20<sup>th</sup> in the cat. 1/2/3 race, ten minutes behind the winner. Wow! I was even impressed at the slower finishers who continued to push on for miles, knowing that the winners were long gone, on a really tough time trail.

# COUNTRY ROADS CYCLISTS

## MAY - JUNE 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

### **Sunday, May 1 9:00 Appalachian Spring Spectacular**

(\*\*/\*\*) 25/45/60 miles From Morgantown Wharf District parking garage. Registration (\$5 fee) & helmet required. Snacks before and during ride. Limited sag. Choice of distances.

### **Saturday, May 7 10:00 Jane Lew to Hackers Creek Mark 304-745-3192**

(\*\*) 27 miles Take I-79 Jane Lew exit 105. Park across the street from the truck stop on east side of I-79. An out and back ride along Hackers Creek.

### **Sunday, May 8 9:00 Spring Spectacular Repeat Kelly 304-292-9821**

(\*\*\*) 45 or 60 miles. Meet at the Wharf District parking garage. Repeat of the Spring Spectacular route, without frills (no registration or sag), for those who missed last Sunday's ride. Hilly route to Kirby or on to Waynesburg and back.

### **Saturday, May 14 11:00 Fallen Timbers Jack 304-282-6275**

(\*\*) 35 miles. Meet at Morgantown's Courthouse Square, High Street,. Ride into Fayette County via Stewartstown road, then back roads through the country side. A few hills.

### **Saturday May 14 10:00 Jane Lew to Weston Mark 304-745-3192**

(\*\*) 25 miles. Take I-79 Jane Lew exit 105. Park across the street from the truck stop on east side of I-79. An out and back from Jane Lew to Weston.

### **Sunday, May 15 10:00 Halleck Road Kelly 304-292-9821**

(\*\*\*) 50 miles. Meet at Morgantown Sabraton Wendy's, Rt.7 east. We will bike the Trail to Rt.73, then up Rt.73 to Tom's Run Road to Halleck Road to Brownsville and Arthurdale. Return down the Deckers Creek Trail.

### **Saturday, May 21 11:00 Cecil Jarvis Memorial Ride Mike 304-842-8408**

(\*\*1/2) 37 miles. Meet at Buckhannon City Park (east on Rt.33, just past Rt.20, turn right at the Morton Ave. exit, then south about 4 blocks to the city park.) NOTE: This is also the date of the Strawberry Festival. We ride out of Buckhannon to near Weston, then to Stonewall Jackson Lake. Some hills and long grades. Ride will regroup at the crash site to remember Cecil Jarvis.

### **Sunday, May 22 10:00 West Union- Pennsboro Walter 304-873-2259**

(\*\*) 35 miles. Meet at the West Union Ball Park, north off of US.50 on Rt.18. Ride goes north along Rt.18 to Rt.74 to Pennsboro and back to West Union. Ride is mostly on low traffic roads with a few hills. Water and food available in Pennsboro.

### **Saturday, May 28 11:00 Deckers Creek to Dogtown Rd Connie & Carl 304-864-5901**

(\*\*) 42 miles. Meet at Morgantown Sabraton Wendy's, Rt.7 east. Ride up the Deckers Creek trail, to Rt.92 to Dogtown Road. Snacks at Connie and Carl's house. Return via the trail. 17 miles up the Trail, 8 miles on the road, 17 miles back down the Trail.

### **Sunday, May 29 1:30 Anmoore Post Office to Lost Creek Ken 304-669-9822**

(\*\*) 27 miles. Meet at the Anmoore Post Office, I-79, exit 117 (turn west, and make a left at the T-intersection. PO is on your left.) Bike to Lost Creek and back. Two hills to climb each way(road pavement may be lumpy in spots).

### **Monday, May 30 10:00 Parsons to Thomas Rail Trail Bill 304-623-2736**

(\*\*) 30 miles from Parsons trail head (from downtown Parsons take Rt 219 east, cross bridge at the edge of town, trail head is on the right) Great scenery , but the trail is still rough as it climbs up through Blackwater Canyon to Thomas for lunch at the Purple Fiddle, so 1½ inch or larger tires are still advised.

# COUNTRY ROADS CYCLISTS

## MAY - JUNE 2011 RIDE SCHEDULE

**Saturday, June 4 9:00 Jane Lew casual ride 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, June 4 12:00 Fayette County, Pa. Loop Dave 304-292-9821**

(\*\*) 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, PA. Low traffic roads. Hilly ride.

**Sunday, June 5 1:00 Morgantown Loop Dave 304-292-9821**

(\*\*) 25 miles. Meet at Morgantown Sabraton Wendy's, Rt.7 east. A road ride touring the various environs of Morgantown.

**Saturday, June 11 10:00 Tappan Hill to Adaland Marilyn 304-598-5078**

(\*\*\*) 35 miles. Meet at the Boothsville Firehouse. From I-79 south Fairmont exit 132 go towards Grafton on US 250 south. The Firehouse is at the Bingo hall on the right about 5 miles from the exit, not actually in Boothsville. A hilly ride out to Adaland Mansion, a historic mansion built in the 19th century. We will rest here (bathrooms and water stop available), then return to the Firehouse. Hilly ride with several long climbs.

**Sunday, June 12 1:30 Tarkiln Road Loop Ken 304-669-9822**

(\*\*) 31 miles. Meet at the Tarkiln Road exit of US 50 west of Salem. We will ride a loop of Rt.23 and Big Flint Road. A convenience store is on the route.

**Saturday, June 18 9:00 Conway Lake Walter 304-873-2259**

(\*\*\*) 60 miles. Meet at the Tarkiln Road exit of US 50 west of Salem. Ride up Big Flint to Rt.23 to Rt.18 and up to Conway Lake. Return Rt.18 south to Nutter Fork road and back to Big Flint via Rock Run.

**Sunday, June 19 8:00/9:30 Summer Solstice Century to Prosperity**

(\*\*\*) 100 or 60 miles. **Jack 304-282-6275**

**For the Century:** 8:00 Meet at Morgantown's Courthouse Square, High Street,. Ride to Mount Morris, through Kirby and Waynesburg to Prosperity and back. (100 miles).

**For the Metric Century:** 9:30 Start at the parking lot off of the Kirby, PA exit (I-79 north). The Morgantown century group will stop here to pick up anyone doing the metric century. (60 miles).

**Saturday, June 25 10:00 Snake Hill Marilyn 304-598-5078**

(\*\*) 30 miles. Meet at Morgantown Sabraton Wendy's, Rt.7 east,. We climb Dug Hill then Snake Hill and return down Deckers Creek trail. There is an option of cycling down Kingwood Pike to Summer School Road.

**Sunday, June 26 12:30 Picnic Prickett's Fort Kelly 304-292-9822**

(\*\*)36 miles. Join us for our annual picnic at Prickett's Fort. From north Fairmont I-79 exit 139, follow signs to picnic area on Pricketts Creek. Bring a dish to share. Meet at the Morgantown MedExpress parking lot, University Ave/Don Knotts Blvd., US 119 south. Ray will be there to take your food to the picnic. **Option 1:** Trail ride to Pricketts Fort - 18 miles one way (36 round trip). NOTE: This will involve some riding on the road, due to construction. Or, to avoid the road, you can park at the Uffington trail head, off of Rt.73 (after meeting the group at Med Express). **Option 2:** Road ride to Prickett's on Rt.73. Hilly route with traffic. Picnic at Prickett's Fort about 2:30, then return. **Option 3:** Meet at Pricketts Fort picnic area at 1:00 for a casual one hour loop ride on the roads and paved McTrail. (Bill 304-623-2736)