

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

www.crcyclists.org

2013

1

P.O.Box 4322

President **Kelly Williams** 292-9821 kellyrwilliams@msn.com

Clarksburg, WV

V.P./Road Captain position open, volunteer needed

26302-4322

Secretary/Treasurer **Bill Foster** 623-2736 billbikes@hotmail.com

**League of
American
Bicyclists**
since 1979

The CRC ANNUAL SPRING PIZZA PARTY

Join us at Colasessano's Pizza on Friday, March 1st 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, left at the light) Fairmont/Whitehall. We have been having this get-together for several years now, so come on by for pizza and to talk about cycling. For this one, you buy your own pizza or hoagies, salads, and beverages. We hope to see you there.

And, we are still in need of a ride captain (Jennifer has volunteered to do the schedule for the first two months of the year). So, if anyone is willing to fill the office of vice-president/ride captain, please email me directly. Kelly Williams

The APPALACHIAN SPRING SPECTACULAR

The main event returns to Morgantown Sunday, May 5 at 9:00 a.m, starting from the Wharf parking garage on the rail trail where Deckers Creek goes into the Monongahela River. 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. A \$10 fee 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 another planning meeting in Morgantown next week.

For stronger cyclists, don't miss our "Bonus Ride" Saturday, May 4 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.

AN INVITATION FROM MRTC

Please join in the Sheepskin Trail Community Kick-Off in Point Marion, PA on March 7th at 4:30PM. The Sheepskin Trail, which will connect Point Marion to Morgantown and eventually to the Great Allegheny Passage, is one step closer. For many years trail advocates and organizations in both WV and PA have been working to move rail-trail boundaries past the WV State Line, where the Mon River Trail currently ends. Please join us and our friends in Point Marion for a community gathering to hear more about this effort and to celebrate some good news. The more the merrier! Spread the word and Please RSVP 724.437.9877

4:30PM Gather for walking tour- Penn and Railroad Street

5-6PM Refreshments and Speakers-Jordan Building- corner of Main and Penn Street

6PM Enjoy dinner at a local restaurant

I hope to see you there!

Ella Belling Executive Director Mon River Trails Conservancy

from Morgantown - Follow US 119 North approximately 10 miles

After you enter Point Marion 119N will curve to the left

One block down on left is parking lot across from United Bank and adjacent to post office.

NOTICE the masthead - We really do need a vice president / road captain to pull a ride schedule together !

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

OFFICERS MET February 6 in Fairmont 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. Membership for 2012 was reported as 131 paid for 2012, including 16 new members, with 33 in Harrison Co., 52 in Monongalia Co., 28 other West Virginians and 18 out-of-state. The treasurer reported a year-end balance of \$1,843.71, and an increase in insurance premiums to \$2.30 per member. Maintaining our memberships in LAB and IMBA and the ASIS insurance policy 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 2013 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.



at the Salem start

Mike Smith photos

WELCOME OUR NEW MEMBERS

2012 - Chris family - Morgantown,
2013 - Janna - Waynesburg, PA

and many thanks to our new webmaster, Jason Jeffries. You can again expect to find updates on our newsletter and ride schedules and other information on our website at crcyclists.org. (domain name maintained, thanks to members Paula and Tim; and our site hosted thanks to Labyrinth Solutions of Morgantown)

CONGRATULATIONS to four members who are now West Virginia cyclocross state champions (out of nine categories):

Women's Cat 1/2/3 - Betsy Shogren,
Single Speed - Gunnar Shogren,
Men's Cat 3/4 - JR Petsko,
Men's Cat 4 - Mike Lavengood,



Morgantown Mylan guests enjoying our Shirley snack stop

COUNTY ROADS CYCLISTS' ANNUAL SEPTEMBER CENTURY

The weather cooperated again for our annual September Century (100 mile ride), which goes from Salem to New Martinsville and back, with brunch at Barista's in New Martinsville. Eighteen cyclists completed the full ride, including eleven members: Jack , Paul , Carl & Connie , Andrew , Frank , Mike , Dave , Mike and Kaye , Kelly , guest Tim , and six from Morgantown's Mylan Pharmaceuticals: Matthew , Michele , Andrew , John , John , Ed . Others riding with us included members Jennie (79 miles, her longest), Walter (Salem to Shirley and back) and John (who rode out 26 miles from New Martinsville and back with two friends) and Dave , who just came to say hello and enjoy a few miles. There were drilling rigs and some poor paving on route 23, too much traffic near New Martinsville, but the weather and camaraderie and the scenery and food were all good.



Frank enjoys his brunch at Barista's

Dave Phillips photo

A FEW KIND WORDS

"I would like to thank Kelly, Bill Foster, John Yevuta & Co. and everyone that showed up for today's nice ride. I see in magazines ads for rides that don't seem as nice as our ride today and they charge tens or even hundreds of dollars while we didn't pay anything except club dues. Kudos to Yevuta & Co. for opening on a Sunday especially for us and for providing a wonderful variety of excellent food and friendship. One woman eating at a table thanked us for arranging to have Barrista's open on this one Sunday so she and her friends could also enjoy Sunday brunch. And to the grouppetto, thanks for your camaraderie and for helping each other to have a fine day." 4ank From Mike & Kay: "A big 'Thank You' from the Ohio folks too. Well done for a great ride!" on behalf of John yevuta "it's a highlight and becoming a tradition."

BUT THE WEATHER WASN'T AS MILD THE NEXT WEEK Eight cyclists showed up to join me on the Prosperity Century - Frank G, Jack B, Jennifer P, Mike M, Travis W, guest Thomas, guest Charlie, and myself. It was 46 degrees when we started from the courthouse... we encountered stronger rain and a thunderstorm south of Waynesburg that did not let up until Mt. Morris... by that time I was completely soaked. Kelly

6 HOURS OF ARROWHEAD IN THE NEW RIVER GORGE

The New River Bicycle Union cycling club of Fayetteville presents a new mountain bike racing event, 6 HOURS OF ARROWHEAD, on May 12, 2013. on the new Arrowhead Trail of the New River Gorge bicycle trails system . This is a relay style event determined by the number of laps completed in the defined time limit, beginning at noon, on a course of about ten miles of 90% groomed single track. Classes include: solo male open, solo female open, 2 person male open, 2 person female open, 2 person coed open, 3 person coed just for fun class. For details and registration, go to iplayoutside.com or wvmba.com.

MEMORIAL DAY MOUNTAIN MASSACREE

And another new racing event found online. It says: Stay tuned for info on the Mountain Massacree, a USA Cycling road race to be held on 5/25 in Garrett County. Wheels are a-turning, things are a-happening, the course is a-awesome. Still cannot release details until the Ts are dotted and the Is are crossed, unfortunately.

<http://www.winthefight.org/mountainmassacree/index.htm>

APPALACHIAN BICYCLE RACING ASSOCIATION - - 2012 SCHEDULE

www.abraracing.com.

**Denotes West Virginia State Championship Races

ABRA Road Race series

- Mar. 30 **Morgantown Road Race** APRRS # 1 Race Director J.R. Petsko Morgantown, W.Va.
May 4 **Greene County Road Race** APRRS # 2 Race Director J.R. Petsko Waynesburg, Pa.
May 26 **Tour of Tucker County Road Race** APRRS # 3 Race Director J.R. Petsko Thomas, W.Va.
June 2 **The Fort Classic Road Race** APRRS #4 Race Director J.R. Petsko Fort Cherry, Pa.
July 7 **Mapletown Road Race** APRRS #5 Race Director J.R. Petsko Mapletown, Pa.
Aug. 24 **Appalachia Visited Road Race** **APRRS # 6 Race Director J.R. Petsko Kingwood, W.Va.

Appalachian Criterium Series

- April 13 **Clarksburg Downtown Grandprix** ACS # 1** Race Director J.R. Petsko Clarksburg, W.Va.
June 15 **Bud Harris Grandprix** ACS # 2 Race Director J.R. Petsko Pittsburgh, Pa.
Aug. 3 **Ligonier Downtown Criterium** ACS # 3 Race Director J.R. Petsko Ligonier, Pa.
Aug. 17 **California Grandprix** ACS # 4 Race Director J.R. Petsko California, Pa.

Mountain Bike Race series

- April 7 **XC Race** MTB #1 Race Director J.R. Petsko Hidden Valley, PA
May 11 **Wisp Mountain XC Race** MTB #2 Race Director J.R. Petsko Wisp - Deep Creek, Md.
June 16 **Brady's Run XC Race** MTB #3 Race Director Beaver Valley Velo Brighton Township, PA
July 7 **Tomlison Run XC Race** MTB #4** Race Director J.R. Petsko New Manchester, WV
August 10 **White Park XC Race** MTB #5 Race Director J.R. Petsko Morgantown, WV

other events

- March 10 **Training Series Race #1** Training Race Race Director J.R. Petsko Fairchance, PA
March 17 **Training Series Race #2** Training Race Race Director J.R. Petsko Fairchance, PA
June 22 **Hilly Billy Roubaix** endurance cyclocross Race Director J.R. Petsko Morgantown, W.Va.
July 12-14 **Tour of the Valley** Stage Race Race Director J.R. Petsko Youngstown, Ohio
September 14 **WV State Time Trial Championship** **Time Trial Race Director J.R. Petsko Kingwood, W.Va.
ABRA Oval Series 4-28, 5-12, 6-9, 6-30, 7-21, 7-28, 8-11, 8-18, 9-8, 9-22 J.R. Petsko Pittsburgh, PA
ABRA cyclocross race series Look for this fall series posted on abraracing.com



REGIONAL EVENTS

NATIONAL BIKE SUMMIT LAB
March 4-6 Wash,D.C. \$575/475member
bikeleague.org

PITTSBURGH CYCLING EXPO
March 7 Southside, IBEW Circuit Center
\$5 exhibits 10-5, pghcyclingexpo.com

CYCLE N. C. SPRING RIDE
April 5-7 Edenton,NC \$155/135online
+\$50aft 3-1 ncsports.org/cncevent2.php

MOUNTAIN DUATHLON trail run/bike
April 20 Morgantown at Coopers Rock
\$35/45 after 4-05
cpass.wvu.edu/mass/mountain_duathlon

REDBUD RIDE London,KY 24-105m
April 13 redbudride.com \$30/40aft.4-6

GREAT GREENBRIER RIVER RACE
April 27 pre-reg.only, by 4-12 \$45
greenbrierrivertrail.com run canoe bike

3 STATE 3 MOUNTAIN CHALLENGE
May 5 Chattanooga,TN \$80/100aft.3-31
3state3mountainchallenge.com
62/90/100miles

BIKE NEW YORK (city) 42 miles May 5
online bikenewyork.org sold out

GRAN MERCER METRIC charity ride
May 11 Athens, WV #30/40 after 4-13
granmercermetric.com

TOSRV Columbus,OH 200miles
May 11-12 \$70/80 after 3-15 Tosrv.org

GREENBRIER TRAIL BIKE TREK
May 16-19 Snowshoe, ALA fundraiser
http://www.pocahontascountywv.com

CASA RIVER CENTURY 25/50/100

May 18 Shepherdstown \$40/50
casarivercentury.org after 4-18

CYCLING DOUBLEHEADER
Wilderness Road Ride \$20/25after 5-15
May 25 Radford,VA 14/29/38/58/78m
Mountains of Misery sold out
May 26 Newport,VA 100/125m
cyclingdoubleheader.com

WV RAVE Habitat for Humanity rides
June 1 Cowan (50/75/100 \$50 2012)
visitwebsterwv.com/ no details yet

MARIETTA RIVER RENDEZVOUS
June 1-2 Marietta,OH mariettariver
rendezvous.weebly.com/index.html

NRAO Space Race Rumpus
June 14-16 Green Bank tour/ride/race -
clinic/training www.gb.nrao.edu/rumpus

GREAT OHIO BICYCLE ADVENTURE
June 15-23 Urbana,OH tour loop
goba.com \$225/249 after 4-30

BIKE VIRGINIA Berryville,VA + W.Va.
June 21-26 many price options ~50
miles/day tour bikevirginia.org

GARRETT COUNTY GRAN FONDO
June 22 Cumberland,MD \$45-75 \$20
25/44/62/100/125 7.1mile time trial
June 23 Big Savage Mt. Hill Climb TT
winthefight.org/granfondo/index.html

TOUR DE FRANCE June 29 - July 21
letour.fr/us/index.html

CYCLING THE ERIE CANAL 400 miles
July 7-14 ptny.org

SCENIC MOUNTAIN TRIATHLON
July ? no details or website Richwood
richwoodwv.com/triathlon, (2012)

GREENWAY SOJOURN
June 21-27 \$575 145 miles Pittsburgh
to Cumberland, MD railstotrails.org

BON TON ROULET Finger Lakes tour
July 21-27 \$575 45-50 or 65-75 mpd
Cortland,NY bontonroulet.com

MOUNTAIN MAMA Monterey, VA
Aug.3 27/53/67/100+ \$50/60 after July 1
bikemountainmama.homestead.com

BIKEFEST Pittsburgh, PA
Aug. 9-25 daily cycling events, details
forthcoming, bike-pgh.org

WESTERN MARYLAND CHARITY RIDE
wmwonline.org ? no details

PEDAL PITTSBURGH from Station Sq.
Aug.25 \$? 6/15/25/35/50/60
bike-pgh.org/events/pedal-pittsburgh/

W.VA. COUNTRY ROADS MS150
Sept. 14-15 \$30 + \$300pledges
road or rail-trail, Greenbrier start/finish.
bikevab.nationalmssociety.org/site/TR/Bi
ke/VABBikeEvents?pg=entry&fr_id=1806
5

HANCOCK HORIZONTAL HUNDRED
Sept.8 Findlay,OH \$23/28,-\$2online
36/67/100m hancockhandlebars.org

Mountaineer Triathlon Morgantown
Sept. 22 duathlon, mini, sprint, olympic
triathlons swim/bike/run fees vary
mountaineertriathlon.com

MOUNTAINS to the COAST tour
Sept.28 - Oct.5 ncsports.org/fallncride

SEAGULL CENTURY Salisbury, MD
Oct. 5
seagullcentury.org/seeridedetails.html

WEST VIRGINIA MOUNTAIN BIKE ASSOCIATION - -

mtb xc racing

see wvmba.com

Apr 14 **CHALLENGE AT MOUNTWOOD** Waverly #1
Apr 21 **BIG BEAR LAKE MT. BIKE CLASSIC** #2 (304) 379-4382
Apr 28 **CHIEF LOGAN WILDERNESS CHALLENGE** Logan #3 (304) 855-1025
May 19 **THE CRYING WOLF CHALLENGE** Bluefield #4 (304) 543-1120
May 26 **Tucker County Trails BLACKWATER CLASSIC** #5 (304) 259-5286
June 2 **RACE AROUND THE BEND** #6 North Bend SP
June 15 **BIG BEAR 2X12** Bruceton Mills mt.bike race & Mt.Fest (304) 379-4382
June 23 **RACE TO THE HILLS** Lake Hope. Zaleski,OH #7 (419) 989-0239
July 14 **RACE TO LIL MOE'S PLACE** Philippi #8 (304) 457-6090
July 21 **CANAAN MOUNTAIN CLASSIC** Davis #9 (304) 259-5286
July 28 **LITTLE BEAVER CHAINRING CHALLENGE** Beckley #10
Aug. 11 **BLACK BEAR** Kanawha S.F, Charleston #11
Aug. 18 **VALLEY FALLS CHALLENGE** #12 Fairmont (304) 592-3000
Aug. 25 **HENRY CLAY 30K** at Coopers Rock Morgantown #13
Sept.23 **WATTERS SMITH** series championships #14 Lost Creek (304) 592-3000

2012 SCHEDULE

WEST VIRGINIA - VA ULTRA SERIES
May 5 **MIDDLE MOUNTAIN MOMMA**
Clifton Forge, VA 540-529-0462
May 19 **THE WAYNE ULTRA**
Marietta,OH 540-516-0600
June 9 **MASSANUTTEN HOO HA!**
McGeheynysville,VA (800) 207-6277
June 30 **HEAT MOUNTAIN ULTRA** Elkins
Aug. 4 **BIG BEAR LAKE ULTRA**
Bruceton Mills (304) 379-4382
Sept. 8 **SLATYFORK FAT TIRE 50**
304-704-6789 304-572-3771
Sept.21 **REVENGE of the RATTLESNAKE**
Davis (304) 259-5286
ultra championship

NON RACING EVENT

CYCLING THE GAP RAIL TRAIL AND C & O TOWPATH TO D.C.

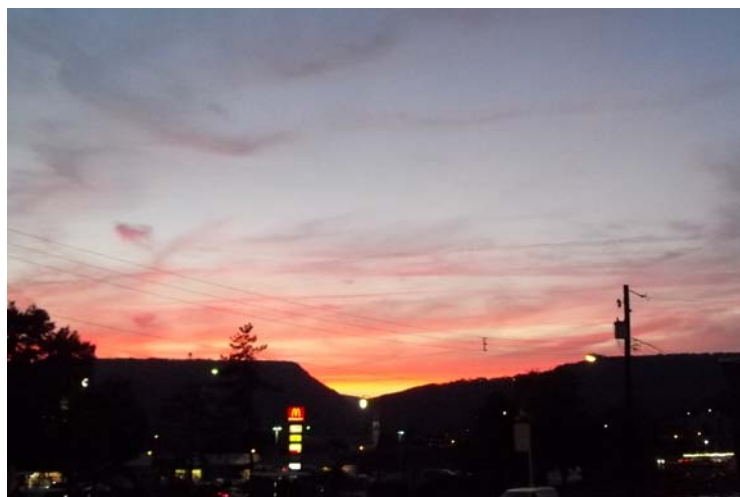
by Kelly Williams, photos by Jennifer and Nick [for all those who missed the show at our annual meeting]



SUNDAY: The trip that we have planned for all summer is finally here. The four of us (Laurel, Jennifer, Nick, and myself) met at Positive Spin at 8 AM and Gerry and Laurel drove us to Connellsville to start our trip. We unload at the park, reassemble the packs, sleeping bags, tents, etc., and off we go, on the Great Allegheny Passage five days and about 275 miles from Washington, D.C.. The rail trail is in great shape and the weather is good ... until it starts raining. The rain is light but steady; none of us puts on a rain jacket. We have a rest stop in Ohiopyle, then lunch in Confluence at the Lucky Dog. At the Pinkerton tunnel bypass, we find the railroad company is building a new railroad pass over the tunnel and the whole hillside has been cut away. Finishing the first day's ride, since Nick and Jennifer planned on camping, Laurel and I do not see them until tomorrow, as we check in The Hostel on Main Street in Rockwood, which has been open for about 3 years. It is basically three rooms with 24 bunk beds, three bathrooms, and a full kitchen. There is only one other person there this night,. Laurel and I decide pizza at the Rockwood Opera House, which happens to have everything you might need in Rockwood - tanning beds, gym, gift shop and antiques, pizza shop and cafe. They had even performed a play there the previous night.

MONDAY After a 7 AM breakfast at the Opera House, (they do have a bit of a monopoly in Rockwood) Laurel heads back to Connellsville, and after a few bike repairs, the three of us continue southeast, first to Meyersdale, to see the train station and model trains. From there we climb to the top of the eastern continental divide, where the trail descends for about 25 miles, pass Frostburg, and down into Cumberland, with three tunnels along the way. The most impressive tunnel goes through Mount Savage, with a magnificent great vista of the hills and valleys when you come out the east side.

The rail trail is paved for several miles going into Cumberland, as it winds through the town, terminating at the railroad depot. I find my hotel, and a food store, then catch up with Jennifer and Nick (who will be staying at the home of the president of the Western Maryland Wheelmen), and we decide where to eat.. Cumberland has a lot of interesting features, including the major railroad station, shops on the canal close to the station, a street closed to traffic with lots of shops, and very interesting architecture. I explore the city a bit before meeting Jennifer and Nick for supper at a Mexican restaurant. Then, there was the Cumberland sunset.



TUESDAY: In the morning, I find a cafe serving lattes and omelets. We begin the C & O in Cumberland, and all along the tow path we meet groups and families that are also traveling east, and we get to know them as we see them on the trail, as they pass us and then we pass them, etc. Today, it is hot, and though the tow path is shady, I feel the heat.



The Paw Paw tunnel is only a brief respite. In Hancock, our destination for that night. I check in at the Super 8 hotel, and head down to the Park and Dine for a turkey sandwich. (My wife and I have stopped there many times over the years in our trips back and forth to D.C.)

WEDNESDAY: I check out of the Super 8 after breakfast and meet Jennifer and Nick on the towpath at the Hancock Bike Shop, where they stayed at a hostel attached to the bike shop. From Hancock, the asphalt paved B & O Trail parallels the C & O tow path for about 22 miles, but the C & O is in great shape, so I stay on it. We stop at Fort Frederick for a look, then its on to Williamsport for lunch at a great place called the Desert Rose Cafe. We order salads, and, of course, coffee for me. There is a 6 mile road bypass on the C & O, where the towpath washed out long ago but the road is in good shape with low traffic and great scenery, a good change of pace. We arrive at the bridge taking cyclists into Harpers Ferry, where it is up the steps with a fully loaded bike, then across the Potomac into scenic Harpers Ferry. First things first, I have an ice cream cone before heading up that hill to check into my hotel. Then back down, this time without the packs -the bike feels so light and frisky - to meet Jennifer and Nick on the C & O, heading for the hostel two miles east of Harpers Ferry. Back in town, I decide on crab cakes for supper, then once more up the hill, and abed.

THURSDAY: Back on the bike, down the hill into Harpers Ferry, over the river and down those steps for the last time, I am to meet Jennifer and Nick at Brunswick at 9 AM. I arrive on time, bike around the town, and have my first flat. Luckily, from past experience I know to carry a spare tire. (In hind sight, I should have replaced both tires before starting this adventure.) It takes a few minutes to replace and inflate, but I am ready to ride when they join me. I stop at White's Ferry for water and snacks. I hear lightning, and

we do get some rain, but not much. The whole trail has been in excellent shape - oops, except about 10 miles east of White's Ferry. Next is Great Falls,



then on to Georgetown, where Bill contacts us via cell phone and bikes down to meet us. We bike back up with him to the hotel in Arlington to rest, regroup and decide on a local Mexican restaurant, then Bill takes Jennifer and Nick to their friend 's where they will stay while spending a few extra days in the Washington area before returning home by bus.

FRIDAY: Bill and I explore the National Arboretum, bringing back memories of the years Gerry and I lived in nearby Maryland and regularly biked its hills.. Then he drives me and the bikes back to Morgantown, with a stop for lunch at the Desert Rose Cafe. We missed you - Bill had room for a couple more bikes.

COUNTRY ROAD CYCLISTS

MARCH - APRIL 2013 RIDE SCHEDULE

acting Road Captain Jennifer Preville 304-534-8244 jnprevill@gmail.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 1 6:00 pm Pizza Pig-Out Kelly 304-292-9821
(* , no riding) It doesn't get any easier. Meet at Fairmont Colasessano's at Middletown Mall, I-79 exit 132.

Saturday, March 2 10:00 am No 8 Hollow to Greene County Jack 304-282-6275
(**) 25 miles. Meet at the Courthouse Square, High Street, Morgantown. From the courthouse we will follow Rt 100 to Osage, then take Number 8 Hollow Road to US 19, and on to Mount Morris. We will do a short loop around Mount Morris, then return the same way back to Morgantown.

Sunday, March 3 no ride scheduled

Saturday, March 9 1:00 pm Dug Hill-Bakers Ridge Loop Marilyn 304-598-5078
(***) Meet at Morgantown Wendy's parking lot in Sabraton. We will bike up Dug Hill to South Pierpont to US 119, left on Bake's Ridge then down to the rail trail by way of Van Voorhis Rd and back to Sabraton.

Sunday, March 10 1:00 pm Deckers Creek Trail Jennifer 304-282-0218
(*) 20 miles. Meet at Morgantown Wendy's parking lot, Sabraton. We will bike up the Decker's Creek Trail to Masontown and back to Sabraton.

Saturday, March 16 10:00 Jane Lew Bill 304-623-2736
(*) 15 to 20 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.

Sunday, March 17 1:00 pm Bakers Ridge-Pt Marion Loop Phil 304-599-1305
(***) 30 miles. Meet at Morgantown Wendy's Sabraton. We will ride out the rail trails to Van Voorhis Rd, then Bakers's Ridge to Stewartstown Road. From there, we will descend to Point Marion, and return on the Mon River Trail. Several Hills

Saturday, March 23 11:00 am North Bend Rail Trail Laurel 304-782-4117
(*) 15 miles. From Ellensboro exit off of US 50 west (allow 55 minutes drive from I-79). There is trail head parking in front of the McDonalds/7-11). Easy ride on flat unpaved trail to Cairo and back. Lunch in Cairo, several tunnels each way. More riding possible in the direction of Pennsboro.

Sunday, March 24 1:30 pm Jane Lew Bill 304-623-2736
(*) 15 to 20 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, March 30 1:00 pm Flinderation-Marshville Laural 304-782-4117
(*) 15 miles. From Marshville exit on US 50 west of Clarksburg, parking along the side road just off the 4 lane. Ride through pleasant countryside on quiet road. past covered bridge. No big hills, easy pace.

Sunday, March 31 1:00 pm Tyrone Road Jennifer 304-282-0218
(**) 30 miles. Meet at the parking lot behind Morgantown Wendy's in Sabraton. We will bike up Dug Hill, Pleasant Valley, Fields Park, then Tyron Road and Pixlar Hill. We will then return on the trail and bike to star city.

COUNTRY ROAD CYCLISTS

MARCH - APRIL 2013 RIDE SCHEDULE

Saturday, April 6 1:00 pm Fayette County Loop David 304-594-1036
(***) 30 miles. Park at Free Methodist Church in White House, on Rt 857, one mile north of the PA border. (Park towards the Tobin School Road side.) A road ride over the hills and through the valleys of Fayette County.

Sunday, April 7 1:00 pm Dug Hill/Mon River Trail Loop Kelly 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 13 1:00 pm Fayette County Loop David 304-594-1036
(***) 30 miles. Park at Free Methodist Church in White House, on Rt 857, one mile north of the PA border. (Park towards the Tobin School Road side.) A road ride over the hills and through the valleys of Fayette County.

Sunday, April 14 1:00 pm Dug Hill/Mon River Trail Loop Kelly 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 all the way to Pixlar Road. From there we will return to Morgantown and do an out and back on the Mon River trail going south. This loop will have a few more miles than last week's route.

Saturday, April 20 10:00 am Mount Zion Road Ride Kelly 304-292-9821
(**) 25 miles. Meet at the trailhead at Pricketts Fort State Park. From there we will do a road ride out to Mount Zion Road and then loop back to Pricketts Fort.

Sunday, April 21 1:00 pm Dug Hill/Mon River Trail Loop Kelly 304-292-9821
(***) 30 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 on Tyrone-Avery Road and Pound Hollow. From there we will return to Morgantown and do an out and back on the Mon River Trail going north. This loop will have a few more miles and hills than last week's route.

Sunday, April 21 2:00 pm 10:00 Jane Lew Bill 304-623-2736
(*) about 20 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 27 10:00 am Mount Zion Road Ride Kelly 304-292-9821
(**) 25 miles. Meet at the trailhead at Pricketts Fort State Park. From there we will do a roadride out to Mount Zion Road and then loop back to Pricketts Fort.

Saturday, April 27 10:00 am Brushy Fork out and back Bill 304-623-2736
(*/**) 18 to 30 miles From Bridgeport, Deegan Lake parking lot. Rt 50 east into Bridgeport, turn right at the light past Ace. When this road (Rt 58) bears right, continue straight on the lake road to the picnic shelter and tennis courts. Easy out and back ride with just a couple of hills each way

Sunday, April 28 1:00 pm Dug Hill/Snake Hill/Deckers Creek Trail Loop Kelly 304-292-9821
(***) 35 miles. Meet at the parking lot behind Wendy's in Sabraton. (Morgantown Rt 7 east). We will bike up Dug Hill, then continue on up Snake Hill to Masontown. From Masontown we will return on the Deckers Creek trail to Morgantown. This loop will have plenty of hills and climbing.

PLAN AHEAD
MAY 5, SAT - BONUS RIDE
MAY 6, SUN - SPRING SPECTACULAR