

... SPOKIN' WORDS ...

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SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS SINCE 1979

ANNUAL CLUB PICNIC AT PRICKETT'S FORT



Club Picnic Attendees, Sunday, June 15, 2014

Photo MBreiding

From Kelly Williams, CRC President

Our annual club picnic was held on Sunday, June 15, at Prickett's Fort State Park. Three rides were offered prior to the picnic, and lots of great food was served during the gathering. Riding from Morgantown by road and trail (about 36 miles round trip): Mike B, Mike D, Lisa, Kathryn, Jennifer, new member Marge, Jonathan, Mark, guest Bruce, guest Doyle, and myself. Riding from Pricketts Fort toward Little Falls and back (about 10 miles): Mary, new member Chris with daughter Cierra and son Mason, Don and Jeanette, and Jim and Sandy. At the picnic: members Betsy, Gerry, Ray (grill master

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Picnic, from page 1:



Photo MBreiding



Photo MBreiding

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Since 1979

**League of
American
Bicyclists**

Affiliated

extraordinaire), Laurel, John and Kathleen, and Bill. We also had, I believe, about seven other guests and supporters there, including David F, Kelvin, and Patricia and Bob. I am sorry if I missed anyone. Thanks to all who rode, all who showed up for the picnic, and for all of the delicious food that people made and brought. Very good! Thanks for the great turnout.

WELCOME OUR NEWEST MEMBERS!

Bil McGahan – Clarksburg, WV

Chris, Mason, and Cierra Marrs - Clarksburg, WV

David Lohman – Salem, WV

David Srebalus – Morgantown, WV

Denise Ralston – Fairmont, WV

Donnie Kopp - Clarksburg, WV

Heather, Ryan, and Rhett Ward – Fairmont, WV

Marge Marino – Morgantown, WV

Rick Bozic – Morgantown, WV

Tess Dwornick – Reedsville, WV

Tracey & Lance Beckley – Fairmont, WV

Members as of July 7, 2014: 119

JUNE BOARD MEETING NOTES

The CRC Board of Directors met on June 3rd in Fairmont for a reporting and planning session. The Club started April with \$1,538.94 and ended May with \$2,046.07. Support from local bike shops continues to increase community awareness of our club, and bring in new members. The Spring 2014 Club Clothing order is expected to arrive the week of July 28th. Planning discussions included: the July, August, and September ride schedules; contacting state legislators regarding the need for paving on Rt. 100; profit/loss analysis of the Spring Spectacular; proposed trail improvements in the Clarksburg area; insurance coverage; recent requests for road ride recommendations; discounts offered by local bike shops; upcoming regional events; proposed new membership options; and newsletter content. CRC members are welcome to attend any Board meeting; please contact CRCyclists.info@gmail.com to be notified of the next meeting.

NEW CRC MEMBERSHIP CARDS & DISCOUNTS

At the request of some of our local corporate supporters, Country Roads Cyclists Membership Cards have been created and mailed to all 2014 members. Present your membership card during check-out to receive a discount on your purchase. Current discounts are:

Pathfinder – Morgantown, WV

10% off All Non-Sale Items (exclusions may apply)

Pike Street Bikes – Shinnston, WV

15% off All Merchandise

Wamsley Cycles – Morgantown, WV

15% off Bicycle Parts & Accessories

Mountain State Brewing Company – Wharf District

10% off Food Orders (excludes Specials & Alcoholic Beverages)

POSITIVE SPIN BOARD RECEIVES AWARD

CRC congratulates the Board of Positive Spin, a non-profit community bike shop in Morgantown's Marilla Park, for receiving the "Volunteer of the Year" award on July 4th during Morgantown's Celebration of America 2014. When accepting the award, Jonathan Rosenbaum said, "I would like to encourage even more people to get involved and I hope everyone in our area gets to experience the happiness bicycling brings in all its many forms."

The Positive Spin facility is open to the public Saturdays, from 1:00pm to 5:00pm. Visitors can view available bikes in the showroom; donate bicycles, equipment, and funds; consult with the Technical Advisors; and repair their own bikes in Positive Spin's work stations, stocked with tools, repair stands, and repair manuals. Stop by or go to www.positivespin.org for more information. *The next CRC-Positive Spin Ride & Picnic is scheduled for Sunday, August 10, at 1:00pm.*

SUN & TREK RECALL

On June 25, 2014, the U.S. Consumer Product Safety Commission announced a recall of SR Suntour forks on Sun and Trek bicycle model years 2011-2013. The Commission reports that, "The front fork can break, posing a crash hazard." For more information, go to: <http://www.cpsc.gov/en/Recalls/2014/Scott-Trek-Recall-Bicycles-with-SR-Suntour-Front-Forks/> Thanks to Al D. for bringing this to our attention!

COUNTRY ROADS CYCLISTS ON THE ROADS & TRAILS



Morgantown, 5/11/14, from left: Kathryn, Larry, Lisa, Mike D., and Mike B.

Photo



Shinnston/West Fork River Trail Ride with Pike Street Bikes, 5/24/14

Photo



CRC & Positive Spin Ride, Marilla Park, 5/25/14

Photo JRosenbaum



Shinnston/West Fork River Trail Ride with Pike Street Bikes, 5/31/14

Photo MSmall



Shinnston/West Fork River Trail Ride with Pike Street Bikes, 6/14/14

Photo MSmall

REGIONAL RIDES

Laurel Lake Half Ironman Triathlon

July 12 at Laurel River Lake, KY

www.LaurelLakeTri.com

Great Tour de Moccaccino V

July 19 in Elkins & Parsons, WV

www.highlandstrail.org/moccatour2014.html

Wheels of Hope

18m, 31m, 63m, 112m

July 19 in Lewisburg, WV

www.wheelsofhopewv.com

Bon Ton Roulet Tour

July 20-26 in Finger Lakes, NY

bontonroulet.com

Mountain Mama Road Bike Challenge

27m, 53m, 67m, 100m

August 2 in Monterey, VA

www.highlandcountyrecreation.org/mountain-mama-road-bike-challenge.html

Bikefest Pittsburgh

August 8-24

bikepgh.org/campaigns/bikefest/

Tour de Frederick

Boys & Girls Club of Frederick County

August 15-17 in Frederick, MD

<http://www.tourdefrederick.com/>

Allegheny Highlands Trail Festival

August 23 in Montrose, WV

<https://www.facebook.com/events/1395330870742110/>

Pedal Pittsburgh

2-16m, 25m, 62m

August 24 in Pittsburgh, PA

pedalpgh.org

Bike Maine

Sept. 6-13 from Westbrook, ME

ride.bikemaine.org

CRC Prosperity Century

September 7

Hancock Horizontal Hundred

September 7 in Findlay, OH

20m, 40m, 62m, 100m

hancockhorizontalhundred.com

New River Trail Challenge

Bike/Kayak/Run

September 20 in Foster Falls, VA

www.dcr.virginia.gov/state-parks/nrt-challenge.shtml

CRC Annual Club Century

September 21

Blackwater Canyon Leef Peepers Ride

12.5m Mountain Bike Ride

September 27 in Thomas, WV

www.highlandstrail.org/bwcride092714.html

Cycle NC Mountains to Coast Ride

September 27- October 4

<http://cnc.ncsports.org/fallCNCRide/>

Mountains to the Coast Tour

Sept. 27-Oct. 4 in North Carolina

cnc.ncsports.org/fallCNCRide/

26th Annual Sea Gull Century

September 27 in Salisbury, MD

www.seagullcentury.org/index.html

SUMMER IS HERE – STAY COOL & RIDE SAFE

For safer hot-weather riding, check out these tips from Bicycling Magazine:

Hydration:

<http://www.bicycling.com/training-nutrition/how-and-when-hydrate>

<http://www.bicycling.com/training-nutrition/training-fitness/drinking-problems>

Sunscreen:

<http://www.bicycling.com/training-nutrition/injury-prevention/sunscreen-users-guide>

LOCAL RAIL-TRAIL NEWS

From Ella Belling, Executive Director, Mon River Trails Conservancy

The Sheepskin Trail Extension from Pennsylvania to Point Marion is still inching forward but work may not begin until September.

In Marion County, the Barrickville to Mannington rail-trail extension effort has been funded and is expected to begin soon. For more information on this project, go to:

<http://www.wboy.com/story/25850348/the-great-outdoors-marion-county-rail-trail-expansion>

Harrison County

Clarksburg resident Thomas David Franklin attended the CRC Annual Picnic and shared his plans to develop and connect the rail-trail segments in Clarksburg, as well as several other community improvements. Learn more about David Franklin and his expansion plans at:

<http://www.cityofclarksburgwv.com/community-faces-of-clarksburg/254-thomas-david-franklin>

and <http://www.wboy.com/story/25592894/clarksburg-man-plans-to-improve-and-expand-rail-trails>.

MARIETTA RIVER RENDEZVOUS RIDE REPORT

From Kelly Williams, CRC President

Finally, after several months of planning to participate in the annual Marietta River Rendezvous, the weekend had arrived and everything was going according to the plan. All eight of us; seven from the Morgantown area (Dana K, Frank G, Marilyn N, Jack B, Eric G, Carl E, and me) and one cyclist from Washington, DC (Andy E.); drove to Zanesville, OH and managed to meet at the Olive Garden for supper at on Friday, June 6th. After dinner, since it was a mild late spring evening, we all took a walk through downtown Zanesville, to look at the architecture, the residential houses, the commercial buildings, the courthouse; and finally to see the world famous Y Bridge. After that, it was back to our hotel rooms, to rest and get ready for the bike ride on the following day.

Early Saturday morning, we managed to form a convoy of cars to drive to Duncan Falls, where the ride begins and ends. After retrieving our registration packets, assembling bikes, and loading the luggage onto the truck, off we went. It was a perfect day in the high 60s to low 70s, with no worry of rain or cold in the forecast. We had a pleasant start to the ride, and soon arrived at our first rest stop at Malta, along the Muskingum River. Back on the bikes again, and twenty miles later we were at our lunch stop (peanut butter - jelly sandwiches) at the Stockport Fire Hall. Again, back on the bikes. The next rest stop was also along the river; however there were so many cottonwood trees there it looked like it was snowing, so we did not linger there. Shortly after that rest stop, Carl discovered a broken spoke and took advantage of the SAG wagon to get into Marietta (thank goodness they have a bike shop there), while the rest of us completed the 70 mile ride into Marietta. It is a long-standing, and delicious, tradition for all the cyclists to check in at Marietta College, where we were served locally grown strawberries and ice cream. Next, after refreshing showers, we walked to the First Baptist Church, where the members of the church served all of us a hearty spaghetti supper. The final activity for the evening was to board a sternwheeler, the Valley Gem, for a scenic boat ride along the Ohio River.



Sunday morning was an early start. After a quick breakfast, we reloaded our luggage and were back on the bikes for day two. It was a few degree cooler than Saturday, and felt quite pleasant, but we are watching the skies all day for the forecasted afternoon rain. We retraced our previous day's route, and stopped at the rest stops in reverse order. The miles on the bike slide by. No problems, except for my flat about ten miles from our endpoint. Thanks to Frank, the fix is quick, and we only catch a few raindrops before arriving back at Duncan Falls. There, we congratulate each other for a good bike ride, and all stop at the farmer's market to take home some of the locally grown strawberries.

I have participated in this event at least ten times, and have enjoyed coming back to Ohio each year. The event is well organized, and the countryside and scenery are charming. In addition, it is just about the right size for such an event, as there are always at least two other cyclists on the route with you, just enough that for companionship but the roads are not overly crowded. I am looking forward to doing this ride again next year, and hope you will join me.

2014 WV RAVE RIDE REPORT

From Mary Small, CRC Secretary/Treasurer

The 6th annual WV RAVE (River and Valley Excursion) bike tour, hosted by Habitat for Humanity of West Virginia on June 7, offered breathtaking views and astounding climbs through the Monongahela National Forest and along the Williams River. CRC member Gene Wells from Fat Tire Cycles in Buckhannon says, "The [WV RAVE] century is the most challenging ride in WV!"

This year the five routes included a 15 mile Family Fun leisure ride, the "relatively flat" (as a recent transplant to WV, Mary is still laughing at that description) 53 mile Endurance loop, a 62 mile Metric Century climb up Black Mountain, the 75 mile Ridge Rider along the Highland Scenic Highway, and the tough but beautiful 100 mile Century Ride with, "mountainous terrain to make you breathe hard and take your breath away." Lynn Corrie, Director of Development with HHWV, noted that *The State*

Journal will be adding the WV RAVE to its 2014 list of "55 Good Things About West Virginia".

CRC members Mary and Laurel, and friends Susan and Doris, came Friday afternoon and enjoyed a delicious lasagna dinner at the camp, walked around the camp grounds, then stayed the night in the rustic cabins. Early Saturday morning, the ladies enjoyed good coffee and a hearty breakfast served cheerfully by the camp's staff, then met up with members Les, Dave S, and Tim and friends who drove down that morning.



Photo MSmall

A total of 64 riders completed the event, including five riders who have done the Century six times, and two riders in their sixties. Les said this was his fifth year at the event, and that, "The people, all the volunteers and riders, keep me coming back each year." After the rides, we all dug into a delicious West Virginia style pulled-pork cookout. Dave, who is training for an Ironman event, comes for, "the barbeque and beer!" Susan loves the "beautiful scenery." This was Tim's first time at the event, and he shared that, "The whole experience has been good. Anybody who has the opportunity should do it. I'd recommend bringing the whole family and staying the night before."

Habitat for Humanity of WV is a nonprofit, charitable, faith-based housing organization whose purpose is to assist production of affordable housing, through support of the 16 local Habitat affiliate offices serving 26 WV counties. Camp Director, Betsy Morris, is pleased to play a part in such a "worthwhile cause" and says, "That's why Camp Caesar came on board." She and Lynn are excited that the event's participation is growing, with 68 riders registered this year, and look forward to expanding the activities for future RAVEs, such as adding live music and a pool party.

As a first-time RAVEr, I was awed by the vistas, properly challenged by the route, happy to meet so many like-minded cyclists, and have already reserved my bunk with the ladies for next year!