

# ... 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 21, 2015

Photo MSmall

From Kelly Williams, CRC President

The weather cleared, and the sun finally came out for our annual club picnic on Sunday, June 21, at Prickett's Fort State Park. Starting from Morgantown on the trail was Jennifer (with a bow saw attached to her bike, just in case!). Taking the road route from Morgantown were Janna, guest Tim W, Lisa, Marilyn, Jack, and Kelly. Jack and Janna had to return to Morgantown, but the rest of us made it to Prickett's Fort. From the park trailhead, Dee, Mary, Les, and Bruce S rode toward Little Falls and back on the trail. Meeting us at the park's picnic area were Don and Jeanette, John and Kathleen, Bill, Gerry, Bruce F, Gary, and Ken. Bruce F started cooking the hot dogs and hamburgers, *Continued on Page 2*



Photo MSmall



Photo MSmall

### Country Roads Cyclists Board of Directors:

President: Kelly Williams (304) 292-9821 [kellyrwilliams@msn.com](mailto:kellyrwilliams@msn.com)

VP/Ride Captain: Bruce Felde [brucexfelde@gmail.com](mailto:brucexfelde@gmail.com)

Secretary/Treasurer: Mary Small (703) 795-4438 [mary\\_small6@yahoo.com](mailto:mary_small6@yahoo.com)

[CRCyclists.info@gmail.com](mailto:CRCyclists.info@gmail.com)

[www.CRCyclists.org](http://www.CRCyclists.org)  
P.O. Box 4322  
Clarksburg, WV 26302

Since 1979

**League of  
American  
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Affiliated

*Picnic, from page 1:*



while everyone else brought out food to share. The food was great, the hot dogs and hamburgers even greater. After eating, four of us returned back to Morgantown along the trail. This was a good turn-out for the picnic, especially since the forecast had been for rain. Thanks to all for sharing the food and for joining us at the annual picnic.

### **WELCOME OUR NEWEST MEMBERS!**

Michelle Richards-Babb & Perry Babb – WV  
Steve Yokum - Morgantown, WV

Tom Botzet – Buckhannon, WV  
*Members as of June 29, 2015: 105*

### **JUNE BOARD MEETING NOTES**

The CRC Board of Directors met on June 11th in Fairmont for a reporting and planning session. The Club started May with \$2,168.97 and ended June with \$2,625.25. Discussions included: the July, August, and September ride schedules; revenue analysis (\$465.73) and attendance for the Spring Spectacular; newsletter content; planning for the club picnic. From the Spring Spectacular proceeds, the Board voted to send \$300 to the fund established to assist with John Bowders' medical and adaptive equipment expenses, and \$60 to the Monongahela Rail Trails Conservancy. It was also agreed to renew our membership with the North Bend Rails to Trails Foundation. CRC members are welcome to attend any Board meeting; please contact [CRCyclists.info@gmail.com](mailto:CRCyclists.info@gmail.com) to be notified of the next meeting.

### **POSITIVE SPIN 10<sup>TH</sup> ANNIVERSARY**

Positive Spin, a non-profit community bike shop in Morgantown's Marilla Park, celebrated their tenth anniversary on Sunday, June 28. The festivities began at Marilla Park with a joint Positive Spin-CRC ride on the Deckers Creek trail to Dave's Snack Shack. After returning to Positive Spin, attendees enjoyed live music, a tour of the facility, a potluck with birthday cake, and several local community speakers. The celebration was followed by the Positive Spin Annual Board Meeting.

The Positive Spin facility is open to the public Fridays and 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, go to [www.positivespin.org](http://www.positivespin.org), or e-mail [info@positivespin.org](mailto:info@positivespin.org) for more information. *The next CRC-Positive Spin Ride & Picnic is scheduled for Sunday, July 19, at 1:00pm.*

### **MAKE THE MOST OF YOUR NEXT RIDE**

If you want to keep up with the group on your next ride, you need to be prepared. Preparation is not only about what you should do—it's also about what you should not do. To read the five things *Bicycling* magazine recommends you should stop doing, go to: [www.bicycling.com/rides/safety-etiquette/five-things-you-should-never-do-ride](http://www.bicycling.com/rides/safety-etiquette/five-things-you-should-never-do-ride).

## COUNTRY ROADS CYCLISTS ON THE ROADS & TRAILS



Mon River Trail North, May 30, 2015



Mon River Trail South, Bike & Kayak, June 7, 2015

### **RAIL-TRAIL NEWS:**

#### **New Watering Hole on the Trail**

*From Ella Belling, Executive Director, MRTC*

Thank you to the Morgantown Utility Board (MUB) for this wonderful trail amenity at the MUB pavilion, Mile 11 of the Mon River / Caperton Rail-Trail. This trailside refresher provides water for trail users including a bowl for four-legged trail walkers.



## REGIONAL RIDES

**Wheels of Hope**

18m, 31m, 63m, 112m  
July 18 in Lewisburg, WV  
[www.wheelsofhopewv.com](http://www.wheelsofhopewv.com)

**Bon Ton Roulet Tour**

July 18-25 in Finger Lakes, NY  
[bontonroulet.com](http://bontonroulet.com)

**Mountain Mama Road Bike Challenge**

27m, 53m, 67m, 100m  
August 1 in Monterey, VA  
[www.highlandcountyrecreation.org/mountain-mama-road-bike-challenge.html](http://www.highlandcountyrecreation.org/mountain-mama-road-bike-challenge.html)

**Tour de Frederick**

Boys & Girls Club of Frederick County  
August 14-16 in Frederick, MD  
<http://www.tourdefrederick.com/>

**Laurel Lake Half Ironman Triathlon**

August 15 at Laurel River Lake, KY  
[www.LaurelLakeTri.com](http://www.LaurelLakeTri.com)

**Bikefest Pittsburgh**

August 21-30  
[bikepgh.org/campaigns/bikefest/](http://bikepgh.org/campaigns/bikefest/)

**Allegheny Highlands Trail Festival**

August 22 in Montrose, WV  
[highlandstrail.org/event/allegheny-highlands-trail-festival](http://highlandstrail.org/event/allegheny-highlands-trail-festival)

**Lion's Bike with Bud's**

Ride, Scavenger Hunt, Picnic  
August 23 in Connellsville, PA  
[www.budmurphys.com/Lion\\_s\\_Bike\\_with\\_Bud\\_s.html](http://www.budmurphys.com/Lion_s_Bike_with_Bud_s.html)

**Pedal Pittsburgh**

2-16m, 25m, 62m  
August 30 in Pittsburgh, PA  
[pedalpggh.org](http://pedalpggh.org)

**CRC's Rowlesburg Mountain Road Touring Festival**

September 5 in Rowlesburg, WV

**Bike Maine**

Sept. 12-19 from Westbrook, ME  
[ride.bikemaine.org](http://ride.bikemaine.org)

**Hancock Horizontal Hundred**

September 13 in Findlay, OH  
20m, 32m, 62m, 100m  
[hancockhorizontalhundred.com/](http://hancockhorizontalhundred.com/)

**New River Trail Challenge**

Bike/Kayak/Run  
September 19 in Foster Falls, VA  
[www.dcr.virginia.gov/state-parks/nrt-challenge.shtml](http://www.dcr.virginia.gov/state-parks/nrt-challenge.shtml)

**CRC's Prosperity Century**

September 20 in Morgantown, WV

**Blackwater Canyon Ride**

September 26 in Thomas, WV  
[highlandstrail.org/event/blackwater-canyon-ride](http://highlandstrail.org/event/blackwater-canyon-ride)

**GAP TOUR 2015: September 13 - 16**

Country Roads Cyclists is planning a fall biking tour of the Greater Allegheny Passage (GAP) trail in September. All interested club members are invited to ride with us, starting from Connellsville, PA on Sunday, September 13. The four-day option (Option 1) will start from Connellsville on Day 1 and go to Rockwood, then to Cumberland on Day 2. We will then reverse the ride, stopping at Rockwood again on Day 3 and finally back to Connellsville on Day 4. Each day's riding will be about 45 miles. A two-day option (Option 2) would be to bike with us to Rockwood on Sunday, returning to Connellsville on Monday. The one-day option (Option 3) would be to do a day trip with the group on Sunday to Confluence, and return to the starting point the same day.

A few points: all cyclists riding with us must be 2015 CRC club members and, as always, helmets will be required. Contact Kelly ([kellyrwilliams@msn.com](mailto:kellyrwilliams@msn.com)) for more details.

**2015 MARIETTA RIVER RENDEZVOUS**

*From Kelly Williams, CRC President*

Eight cyclists (seven from WV, one from Washington, DC) drove to Zanesville on Friday, June 5<sup>th</sup>, for the Marietta River Rendezvous. Frank, Connie, Carl, Marilyn, Eric, Dana, Greg, and I enjoyed dinner at the Olive Garden, a walk through downtown Zanesville where they are celebrating First Friday with a battle of the bands, and ice cream at Tom's, an ice cream parlor that has been continuously open since the 1930s, maintaining much of the original decor. Saturday morning, we drove to the start of the ride at Duncan Falls, to join over 200 other cyclists preparing for the ride. After a group photo, we are off and cycling to Marietta.

The weather for both days is perfect, clear and warm. This is rolling Ohio country, with farms, fields, and small fishing cottages all along the river. Multiple snack stops were provided, including sandwiches, hardboiled eggs, and homemade cookies from the Stockport Volunteer Fire Department. After lunch, we climb two ridges then descend toward Marietta, where the ride organizers provide ice cream and locally grown strawberries. After a stop at the Marietta Brewing Company, we dug into a spaghetti dinner at a local church, watched the historic Belmont Stakes at the LaFayette Hotel, then cruised the Ohio River in a sternwheeler.

Sunday morning, we prepped the bikes and left Marietta together. The route back to Duncan Falls is different from the previous day. Another clear day, and the miles roll by. We revisit the snack stops, and continue cycling, finally returning to the start at Duncan Falls. It is time to retrieve our luggage, take a shower, and get ready to head home. This is the conclusion of another enjoyable bike ride in Ohio.