

**...SPOKIN' WORDS...**  
**COUNTRY ROADS CYCLISTS NEWSLETTER**  
**Serving North Central West Virginia Cyclists**  
**July-August 2017 Issue 3**

## **Ride Schedule for July and August!**

We have a full ride schedule for July and August! And, every weekend in July and August there is a scheduled Road Ride, often starting from the parking lot at Wendy's. We cannot predict the weather, and most of us do not like to bike in the cold, snow, or rain. But, if the weather is OK, come out and join us for some bike riding in West Virginia!

## **2017 Marietta River Rendezvous, reported by Frank Gmeindl**



Dana King, Jack Barker, Becky Earl, Frank Gmeindl, Andy Earl, Eric Goodman, Joe Cernelli, Don Spencer, Marilyn Newcome and Brett Humble joined approximately 200 others for the 2017 Marietta River Rendezvous. Our group's diversity of backgrounds, experiences and interests including doctor, musician, nurse, builders, teacher, engineers, minister and public official made this year's MRR extraordinarily interesting.

The weather was perhaps the best ever: Sunny, mid-to-high 80's both days... and, little or no pesky pollen in the air.

The small number of cyclists and the friendliness of everyone make this scenic ride along the Muskingum River feel more like a club ride than an organized ride. It's a rendezvous for sure as many of us reconnected with old friends and made new ones.

Every year, some kind of maintenance or repairs adds variety. This year gravel over a dozen or so new culverts between Malta and Stockport kept us alert and a major realignment of route 266 between Stockport and Beverly is taking out one of our favorite sweeping curves up one of the long climbs ...

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... and making it steeper.



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As the peloton huffed up one hill, a big uncovered truck passed the group blowing sawdust on everyone's sweaty bodies. And, of course, there are always the infamous 7 railroad track crossings!

Frank had the only flat, a puncture with just 8-miles to go on Saturday. He had plenty of help with Jack to hold the bike, Andy to locate the puncture and Dana to man the pump but most important was Andy catching Frank from falling over the steep bank into a yawning poison ivy patch.

The 4 feed stops on the way down and 3 on the way back make carrying food unnecessary and provide many opportunities for riders with various agendas to mix. The MRRC moved the Saturday lunch from Stockport Fire Hall to Big Bottom park making it farther from the start but maybe too close to the finish and now, the Sunday lunch is just a snack: not enough for some of us.

But, there's still the all-you-can eat strawberries and ice cream at the Marietta College dorm upon arrival! And this year, we were again well represented at the Marietta Brew Pub and even joined by Andy's dad John who also joined the 10 of us for our second annual MRR dinner at Tampico Mex.

After dinner, most of us rode the Valley Queen paddleboat and enjoyed light desserts, soda and a cash bar on the relaxing verdant 1.5-hour trip up and down the Ohio.

After a copious Sunday breakfast in the dorm lobby, again with fresh strawberries, we headed north together. Most proceeded the most direct route to arrive in Duncan Falls before noon while a few others did a little more exploring the hills and/or just noodling along at a proper Sunday pace to arrive later in the afternoon. After refreshing showers and clothing changes back at the Duncan Falls athletic facility, 6 of the group walked to the nearby Subway for an also traditional lunch before driving home.

All of us intend to do it again next year!

## **More upcoming rides**

- LANCASTER COVERED BRIDGE CLASSIC: August 20, 2017

The Lancaster Covered Bridge Classic (formerly the Covered Bridge Metric Century) is a classic Pennsylvania ride now in its 39th year. It offers beautiful routes of 100 miles, 62 miles, 31 miles, and 15 miles, covering some of the most scenic cycling terrain anywhere. Each route traverses through covered bridges and past Amish farms. Go to their website (<https://lancasterbikeclub.net/lcbc>) for more information.

- MOUNTAIN MAMA ROAD BIKE CHALLENGE: August 5, 2017

The 2017 Mountain Mama Road Bike Challenge is scheduled to take place on Saturday, August 5th in beautiful Highland County, Virginia. Routes are either 27, 53, 67, or 100 miles. The yearly event features 2 States, 3 Counties, 9 mountains, 105 miles, and over 10,000 feet of climb. The challenge features 4 courses of different ability level. Visit their website for more information (<http://highlandcountyrecreation.org/mountain-mama-road-bike-challenge.html>).



## **Pricketts Fort Ride and Picnic, June 25, 2017**

On Sunday, June 25 the fearless team of Country Road Cyclists retreated to the rail trail to do the 19+ miles from the Jeep dealership in Morgantown to Pricketts Fort State Park in Fairmont. Gerry Katz and the food team got out the picnic food and Bruce cooked hamburgers and hot dogs on the grill. After a relaxing late lunch, CRC turn around and biked back to Morgantown in pursuit of 39 miles. They passed Steve, Andrea and Henry, who were taking in the river trail on foot. 90 minutes later, the event was over, but there's always the next bike ride to look forward to. The picture shows the participants.



*Picture: Pricketts Fort Ride and Food Team, June 25 2017*

## **CRC Officers Meeting**

The CRC Officers met on May 31. Club membership is at 70. Bank balance as of May 31 is \$2091.98 (This is after the expenses of the Spring Spectacular has been deducted). The Spring Spectacular ride had only 17 riders, with 24 riders attending the Bonus ride. For the Spring Spectacular, we had a revenue of \$240 while expenses were \$638.34, causing a net loss for the ride of \$398.34. A motion was made to renew our memberships with the North Bend Rail Trail and with MRTC, and to join the HRT. It was also noted that upcoming events include the Marietta weekend (June 3 and 4), the club picnic (June 25), and the WV Bike Summit (September 24 and 25).

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**REGIONAL EVENTS**

**TOUR DE FRANCE** July 1-23 [letour.fr/us](http://letour.fr/us)

**GRAVEL RACE UP SPRUCE KNOB**

July 8 52/72mi race \$65+ 24/36mi  
non-race \$50+ [bikereg.com](http://bikereg.com)

**CYCLING THE ERIE CANAL** 400 miles

July 9-16 \$675/750after 6-2  
[ptny.org/events/annual-bike-tour](http://ptny.org/events/annual-bike-tour)

**SCENIC MOUNTAIN TRIATHLON**

July 9 Richwood  
[richwoodchamberofcommerce.org](http://richwoodchamberofcommerce.org)

**DIRTFEST WEST VA.** Bruceton Mills

July 14-16 \$45  
[bikereg.com/dirt-rag-dirt-fest-wv](http://bikereg.com/dirt-rag-dirt-fest-wv)

**WHEELS OF HOPE** Lewisburg

July 15 \$45/55after May 1 19/36mi  
[loops.gvbikeclub.com/wheels-of-hope](http://loops.gvbikeclub.com/wheels-of-hope)

**BON TON ROULET** Finger Lakes tour

July 22-29 \$725 Cortland, NY  
[bontonroulet.com](http://bontonroulet.com)

**MT. DAVIS CHALLENGE**

July 23 \$30 USA Cycling road race  
[bikereg.com/mt-davis-challenge](http://bikereg.com/mt-davis-challenge)

**MOUNTAIN MAMA** Monterey, VA

Aug. 5 27/53/67/100+  
\$65/75after June 30  
[highlandcountyrecreation.org](http://highlandcountyrecreation.org)

**STONEWALL JACKSON TRIATHLON**

Aug. 19 \$55  
swim 1km, bike 25mi, run 4mi.  
[jonesracingcompany.redpodium.com](http://jonesracingcompany.redpodium.com)

**BIKEFEST** Pittsburgh, PA

Aug. 19-24 daily cycling events,  
details forthcoming at [bikepgh.org](http://bikepgh.org)

**W.VA. COUNTRY ROADS MS150**

Aug. 26-27 [main.nationalmssociety.org/](http://main.nationalmssociety.org/site/TR?fr_id=28925)  
[site/TR?fr\\_id=28925](http://site/TR?fr_id=28925) \$35/45after 3-31

**PEDAL PITTSBURGH** from Station Sq.

Aug. 27 \$  
[bike-pgh.org/events/pedal-pittsburgh/](http://bike-pgh.org/events/pedal-pittsburgh/)

**HANCOCK HORIZONTAL HUNDRED**

Sept. 10 Findlay, OH \$  
36/67/100m [hancockhandlebars.org](http://hancockhandlebars.org)

**NORTH EAST OHIO CENTURY**

Sept. 17 \$15/20aft. 8-31  
25/50/62/72/100  
[outspokinwheelmen.com](http://outspokinwheelmen.com) Cortland, OH

**WV BIKE SUMMIT** Morgantown

Sept. 24-25 \$  
[wvconnectingcommunities.com](http://wvconnectingcommunities.com)

**MOUNTAINS to the COAST** tour

Sept. 30 - Oct. 7 [ncsports.org](http://ncsports.org)

**SEAGULL CENTURY** Salisbury, MD

Oct. 14 \$  
[seagullcentury.org/seeridedetails.htm](http://seagullcentury.org/seeridedetails.htm)

**WEST VIRGINIA MOUNTAIN BIKE ASSOCIATION - - - 2017 SCHEDULES**

mtb xc racing  
[iplayoutside.com](http://iplayoutside.com)

see [wvmba.com](http://wvmba.com) and

July 2 #10 **GRAND VUE MTB CHALLENGE** Moundsville  
July 9 #11 **RACE TO LIL MOE'S PLACE** Philippi  
July 23 #12 **RACE TO THE HILLS** Zaleski, Ohio  
July 30 #13 **LITTLE BEAVER CHAINRING CHALLENGE** Beaver  
Aug. 20 #14 **VALLEY FALLS CHALLENGE** Fairmont finals

**ULTRA SERIES**

Aug. 5 #3 **BIG BEAR ULTRA** Hazelton  
Aug. 23 #4 **SLATYFORK**  
Sept. 17 #5 **REVENGE of the RATTLESNAKE**  
Davis finals

**ENDURO SERIES**

Aug. 13 #5 **SLATYFORK**  
Sept. 2 #6 **ENDURO & FREEFALL FESTIVAL**  
Snowshoe finals



Picture: 2017 Spring Spectacular Bonus Ride, May 6