
... SPOKIN' WORDS ...

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SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS SINCE 1979

CRC ANNUAL SPRING PIZZA PARTY

Come join us at Colasessano's Pizza on Friday, March 6th at 6:00 pm to get the 2015 season off to a great start! CRC members have enjoyed this get-together for many years, so come by for good food, great company, and fun cycling conversation! Please note that this party is BYOFB (buy your own food and beverages) and that *Colasessano's has moved*. The new location is 141 Middletown Circle (behind the north end of the mall) in Fairmont/Whitehall, (304) 363-0571. www.colasessanos.com

Coming Soon: 38th APPALACHIAN SPRING SPECTACULAR

CRC's premier event will be held this year on Sunday, May 3rd in Morgantown. Choose from four rides: a relaxed-pace 25 mile rail-trail ride along the winding Monongahela River to Opekiska, or a scenic 25, 45, or 60 mile winding low-traffic road ride toward Pennsylvania. All road routes are reasonably hilly and suitable for moderately fit cyclists. The \$10.00 event fee includes coffee and snacks at the start, a route map and cue sheet, SAG (Support And Gear), and refreshments near each ride's midpoint. After the ride, participants will be welcome to gather at Mountain State Brewing Company, a short distance from the Wharf Street Parking Garage.

Also, for the more dauntless cyclist, a Bonus Ride will be held on Saturday, May 2nd. This ride is challenging, covering about 70 miles with 7,000 feet of climbing, but the tempo of the ride will be at a "relaxed pace." Please note that this exhilarating opportunity is a free, non-supported club event. That means that there will be no snacks, SAG, or map provided, so please plan and prepare accordingly. However, a waiver and helmet are required.

The Planning Committee recently held a kick-off meeting on February 3rd, with the next meeting scheduled for Tuesday, March 3rd. Would you like to help at the event, or join the planning fun? Please contact us at CRCyclists.info@gmail.com!

MEET OUR NEW VP/ROAD CAPTAIN: BRUCE FELDE

Bruce Felde, Country Roads Cyclists' new Road Captain for 2015, has lived in Morgantown for six years. A volunteer at Positive Spin for over a year, he was introduced to CRC last season during our first joint trail ride/picnic in May. Bruce borrowed a bike from Positive Spin, and enjoyed himself so much on the ride that he built a bike at Positive Spin and joined CRC shortly after. He also enjoys kayaking and being outdoors. Bruce says, "I look forward to this coming season, doing more rides, and I welcome any suggestions for road rides, trail rides and ride leaders."



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Country Roads Cyclists Board of Directors:
President: Kelly Williams (304) 292-9821 kellyrwilliams@msn.com
Vice President/Ride Captain: Bruce Felde brucexfelde@gmail.com
Secretary/Treasurer: Mary Small (703) 795-4438 mary_small6@yahoo.com
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Since 1979
**League of
American
Bicyclists**

Affiliated

WELCOME OUR NEWEST MEMBERS!

2014:

Debra Gombarcik – Mt. Clare

P. Schmidt – Fairmont

Members as of December 31, 2014: 137

2015:

Keith, Lee, and Austin Barbo – Buckhannon

Jay McCamic – Wheeling

Anne West – Clarksburg

FEBRUARY BOARD MEETING NOTES

The CRC Board of Directors met on February 12, 2015, in Fairmont, for a reporting and planning session. The Club started February with \$1,713.97. Discussions included: the Spring Spectacular; Club insurance; IRS filings; website and Facebook updates; the March-April ride schedule; 2015 membership; regional events; and contacting state legislators regarding the need for paving on Rt. 100. CRC members are welcome to attend any Board meeting; please contact CRCyclists.info@gmail.com to be notified of the next meeting.

2014 ANNUAL MEETING RECAP



Ten CRC members attended the Annual Meeting in Morgantown on September 27, 2014. Kelly provided a review of the year's activities. The 2014 season started with the first ride on March 1st, followed by the Spring Pizza Party. In May, **91 cyclists rode in the Appalachian Spring Spectacular**, we held our first Bike & Picnic with Positive Spin (www.positivespin.org), launched our joint rail-trail rides with Pike Street Bikes (pikestreetbikeswv.com), and held the first Bike & Kayak event of the year with Twin Spruce Marina (www.facebook.com/twinspruce.marina). Over thirty members and guests enjoyed the Annual Picnic and rides in June, seven members went to Ohio for the Marietta River Rendezvous, five members pedaled through the WV RAVE in Cowen, and we placed our second jersey and clothing order. July brought new membership cards with local retail and restaurant discounts. In August, we welcomed Team RWB (teamrwb.org) to the Morgantown cycling community, seven members had a great time on the GAP Getaway Weekend, and our Rowlesburg ride event was rained out. CRC sponsored the Prosperity Century for 14 riders in September, and a rainy Waynesburg Century for three. By the end of October, **CRC offered 88+ organized rides!**

Mary reported an expected net gain for the year (\$221.16). Four donations of \$50 each were sent to Positive Spin, Twin Spruce Marina, the Mon River Trails Conservancy (MRTC), and the Sheepskin Trail project. The attendees voted to send an additional \$100 to the MRTC toward repairs to Deckers Creek Trail near Rock Forge. The **2015 Club clothing (order in June)** will include new, member-requested, jersey colors: bright red; safety orange; lime green; and aquamarine. If you would like to add another color, please contact Mary at CRCyclists.info@gmail.com. The Club finished the year with 137 members, and all new and renewed memberships will receive the new League of American Bicyclists' "Smart Cycling Quick Guide" with their 2015 membership card.

Four membership changes were considered. The "Inactive" non-voting membership was unanimously discontinued effective 1/1/15. **Two new membership categories** were approved: \$100 Lifetime Individual Membership for members 70+ years old; and \$125 Lifetime Couple Membership for couples who are both over 70 years old and have the same address. A \$50 Annual Corporate Sponsorship, non-voting, was discussed but not approved.

In addition to our website (www.CRCyclists.org) and the GoogleGroups forum, CRC will have a new electronic presence in 2015: a **Country Roads Cyclists Facebook page** (www.facebook.com/CRCyclists)! The FB page will be for information dissemination, with no external comments/posting permitted. Mary will maintain and monitor the site.

Following nominations, **three officers were elected**: Kelly Williams, President; Bruce Felde, VP-Ride Captain; and Mary Small, Secretary-Treasurer.

LOCAL RAIL-TRAIL NEWS

From Ella Belling, Executive Director, Mon River Trails Conservancy

Nearly Done and Open for Use! Gravel Lot Parking and Restroom at Van Voorhis Trailhead (Mile 4)

The Van Voorhis Trailhead on the Mon River Trail North (near mile 4) has the first Sweet Smelling Toilet along the trail, and double the rail-trail parking on the former Quality Glass Company site. The project is close enough to complete that MRTC opened both the parking lot and restroom. The parking is located on the gravel road after you cross the rail-trail at the bottom of Van Voorhis Road. Directional signs are coming soon. This project was primarily funded with a WV Division of Highways Recreational Trail Grant, and has been a collaboration of many community partners including the Town of Star City, Monongalia County Commission, North Central Brownfield Center, and the Mon River Trails Conservancy.

MC Friends of the Trails

The Marion County Friends of the Trail will hold its first meeting on Monday, March 2nd at 1pm in the Marion County Parks and Recreation conference room, located in the same building as the Marion County Convention and Visitors Bureau. Contact: Phone 304-363-7037 or 1-800-903-2994; e-Mail: MCPARCFUN@aol.com

Greenmont Bridge Funded

The West Virginia Division of Highways (WVDOH) has awarded the City of Morgantown a grant that will allow residents in the South Park and Greenmont areas to more easily access the Deckers Creek Trail. The new pedestrian / bike bridge will be built on old bridge foundations at the end of Kingwood Street. The City expects the project to begin in 2015.

2015 Opening Day for Trails on March 28

One of the many celebrations of rail-trails across the country on the "Opening Day for Trails" will be the 2 mile Spring Walk starting at 10:30am, and March Handmade Market open from 10am-4pm, both on March 28 in Star City. The Walk will start and end at Terra Café, and 10% of the sales from the March Handmade Market will benefit the rail-trails.

From Peggy Pings, Outdoor Recreation Planner, NPS-RTCA

I HEART TRAILS: Shared-Use Paths to Fill Rail-Trail Gaps

The National Rails-to-Trails Conservancy, National Park Service, and Mon River Trails Conservancy are collaborating with local advocates (including CRC!) to create a north-central West Virginia version of the Great Allegheny Passage (GAP). The proposed PA-WV-OH trail corridor links to the GAP at Connellsville PA, continues to Morgantown WV, and on to Fairmont, Clarksburg, and Parkersburg WV, then up the Ohio River to Wheeling, where it will make its way to Pittsburgh. The segment between Connellsville and Parkersburg is about 180 miles long.

Working through the newly-named Industrial Heartland Trails Coalition (previously known as Power of 32+ Regional Trails Coalition), several "Corridor Working Groups" have been created. "I Heart Trails" (IHT) project leaders include the PA Environmental Council (PEC), the Rails-to-Trails Conservancy (RTC), the Mon River Trails Conservancy (MRTC) and the National Park Service – Rivers, Trails & Conservation Assistance program (NPS-RTCA). Much of the leadership funding is provided by the Benedum Foundation and the Gund Foundation, with IHT Coalition partners also making monetary contributions. Monthly conference calls are held for the PA-WV-OH group, to provide updates and develop strategies for completing the gaps in this segment. We are gathering Resolutions of Support from all municipalities, and support letters from civic groups. The annual meeting is currently being planned for April 2015, likely to be held in the Salem WV area, near the North Bend Rail-Trail. A current priority is to complete the gaps between the MC-Trail in Fairmont and the North Bend Rail-Trail just west of Clarksburg at Wilsonburg. Mapping of the I Heart Trails project is available at www.GoToTrails.com, and is maintained by Environmental Planning & Design (EPD). Public input and updates are requested, to ensure the maps are continually being corrected. *Continued on page 4...*

REGIONAL RIDES from Bill Foster

National Bike Summit, LAB
March 10-12 in Washington, DC
\$599/\$499 for LAB members
bikeleague.org

Cycle NC Coastal Ride
April 17-19 in Edenton, NC
cnc.ncsports.org/springCNCRide/

Redbud Ride
24-105 miles
April 24-26 in London, KY
redbudride.com

Great Greenbrier River Race
Run, Canoe, Bike
April 25 in Marlinton, WV
greenbrierrivertrail.com

TOSRV
200 miles
May 9-10 in Columbus, OH
tosrv.org

Greenbrier Trail Bike Trek
ALA Fundraiser
May 14-17 in Shoeshoe, WV
www.lunginfo.org/trek

CASA River Century
25/50/100 miles
May 16 in Shepherdstown, WV
www.casarivercentury.org

WV RAVE
Habitat for Humanity Fundraiser
10/50/62/75/100 miles
June 6 in Cowan, WV
www.rctregister.com/search/event.aspx?id=31380
www.facebook.com/wvrave

Marietta River Rendezvous
138 miles
June 6-7 in Marietta, OH
www.mariettarcc.org/

NRAO Space Race Rumpus
Tour, Ride, Race, Clinic, Training
June 12-14 in Green Bank, WV
www.gb.nrao.edu/rumpus

Gran Mercer Metric Charity Ride
30 or 58 miles
June 20 in Athens, WV
www.granmercermetric.com

Great Ohio Bicycle Adventure
258-411 mile tour
June 20-27 in Van Wert, OH
goba.com/wordpress/

Bike Virginia – The Highlands
~50 miles per day
June 26 – July 1
bikevirginia.org/

Garrett County Gran Fondo
25/44/62/102/125 miles
June 27-28 at Wisp Mtn, MD
www.garrettcountygranfondo.org

From Page 3, I HEART TRAILS: Shared-Use Paths to Fill Rail-Trail Gaps

Your Help is Needed! Assistance is needed from the bicycling and planning community to scope out possible routes to fill the gaps, in order to create a safe passage for bicyclists and pedestrians of all ages and abilities. In addition, citizen advocacy groups are needed in Marion and Harrison Counties, to complement local government efforts, advocate for the trail completion, and assist with voluntarism, planning, development, and promotion.

For more information, and to get involved, contact Peggy Pings, Outdoor Recreation Planner, NPS-RTCA, peggy_pings@nps.gov, 304-282-7464.

****TIME FOR EVERYONE TO RENEW for 2015****

Launch your 2015 cycling season by renewing your membership with Country Roads Cyclists! All memberships run from January 1 – December 31. Choose from four options: Family \$15; Individual \$10; (new) \$100 Lifetime Individual Membership for members 70+ years old; and (new) \$125 Lifetime Couple Membership for couples who are both over 70 years old and have the same address. Club members enjoy picnics and parties, as well as bicycling throughout the beautiful north central West Virginia and Pennsylvania regions. We offer rides every Saturday and Sunday from March 1st through October 31st, and in September we sponsor a Century Ride (100 miles). CRC is a member of the League of American Bicyclists, and multiple community and rail-trail advocacy groups.

Club members receive our newsletter four-five times a year, which features our Ride Schedule, and Club and area bicycling news. Please visit our website www.crcyclists.org to download the Membership form (www.crcyclists.org/mem_form.pdf), view the latest Ride Schedule, read the current and archived newsletters, or learn more about local cycling groups. Tell your cycling friends, too – new members welcome!

Road or rail-trail, we look forward to seeing you at many Country Roads Cyclists events in the coming year!

“Like” Country Roads Cyclists on Facebook: www.facebook.com/CRCyclists

