

Spokin' Words
Serving North Central West Virginia Cyclists
March-April 2017 Issue 1

Welcome Back! And, it is time to renew your membership!

Launch your 2017 cycling season by renewing your membership with Country Roads Cyclists! All memberships run from January 1 – December 31. Choose from four membership 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. CRC is a member of the League of American Bicyclists, Mon River Trails Conservancy, North Bend Rails-to-Trails Foundation, and multiple community and rail-trail advocacy groups.

Club members receive our newsletter four times a year, which features our Ride Schedule, and Club and area bicycling news. Your 2017 Membership form is enclosed. Already renewed? Thank you!! Please share the CRC-love and give the form to a friend! Road or rail-trail, we look forward to seeing you at the many Country Roads Cyclists events in the coming year!

PIZZA PARTY - Saturday, March 11, 2017 at 6:00 PM, at Colasessano's Pizza,

141 Middletown Rd, White Hall, Fairmont, WV. CRC members are invited to meet and eat at Colasessano's Pizza in Fairmont, on Saturday, March 11th, to start the 2017 season with good food, conversation, and plans for the new season.

Ride Schedule for March and April!

We have a (almost) full ride schedule for March and April! And, every Saturday, in March and April there is a scheduled Road Ride, starting from the parking lot at Wendy's. Sunday, we have either a road ride or a trail ride. So, come out and join us for some bike riding in West Virginia!

2017 Spring Spectacular Weekend May 6 and 7, 2017

SATURDAY, MAY 6, 9:00 AM (Registration starts at 8:00 AM) **Kelly Williams**
304-292-9821

Starting Point: 103 School Rd, **Mt. Morris, PA.** (Mt. Morris Gospel Tabernacle). Choose a 25, 45, or 60 mile Road Ride on scenic, low traffic roads. All routes are reasonably hilly and challenging for fit road cyclists. \$15 Registration fee includes: Coffee and Snacks before the ride; Map and Cue Sheets; Snack Stop and SAG wagon support during the ride. Signed Registration/Waiver Form and **helmets** required. Post-ride

gathering at Sorella's Pizzeria (pay your own way, not included in event fee), 420 Mt. Morris Rd, Mt. Morris, PA (724) 324-5259

SUNDAY, MAY 7, 9:00 AM (Registration starts at 8:00 AM) **Kelly Williams**
304-292-9821

Starting Point: **Wharf Parking Garage**, 61 Wharf Street, Morgantown, WV 26501. Choose a leisurely 21 mile Rail-Trail Ride, OR a 60 mile Road Ride at a moderate tempo with 5000 feet of climbing. These are free, non-supported rides, but a Signed Registration/Waiver Form and **helmets** required.

PLEASE NOTE: New ADDRESS for Country Roads Cyclists: PO Box 804, Morgantown, WV 26507

Kelly Williams 304-292-9821, CRCyclists.info@gmail.com

Annual Meeting Summary - Sat., Nov 5, 2016, Bob Evans, Fairmont, WV

The annual meeting was held on Saturday, November 5, 2016, at the Bob Evans restaurant in Fairmont, WV.

Attending were Bill, Kelly, Gerry, Steve, Amanda, Mary, Laurel, Kelvin, Bruce, and Jennifer.

At the meeting, we covered the finances of the club, the year-end membership, the total number of rides in 2016, and a brief summary of the year's activities. Also, the annual election of officers was held. Next, on the agenda was a slide presentation on the club's C&O bike tour this spring, and finally Bill entertained us with some cycling related cartoons.

Annual Meeting 2016

Officer's election:

President - Kelly Williams. Ride Captain - Amanda Bise. Secretary/Treasurer - Open Position

Membership for 2016: 92 members total

Finances: as of November 1, 2016 - We have \$2592.88 in our club account.

Spring Spectacular 2016: We had 47 cyclists attending this year's Spring Spectacular, which was held starting from Mount Morris, PA, on Saturday, April 30. Also, we held the Bonus Ride on Sunday, May 1. And, even though it was raining Sunday, we had 17 riders turn out for either the trail ride or the road ride.

2017 CRC Officer's meeting – March 11

The officers of the CRC, along with Bill Foster meet in February. We discussed many items of business, including scheduling our annual pizza party at Colasessano's on

Saturday, March 10th, at 6:00 PM; club membership as of 2/10/2017 we had 43 members; also the balance of the CRC bank account was \$2238.16, (also as of 2/10/2017). Other items included renewing the domain name of CRCyclists.org and renewing club insurance through American Specialty for 2017, a total of \$417.72 for 92 insured members (2016 membership count). We also have LAB (League of American Bicyclists) membership through 12/1/2017. We approved our sponsoring of the Spring Spectacular Weekend, to be held on May 6 and May 7. Also, two of our rides (April 23 and April 29) will be part of the WV Physical Activity Network. Last item, Amanda will take over the administration of the Facebook page, and she will send out the weekly reminders on both the Facebook page and on the website. (All members are welcomed to attend the officer's meetings.)

2016 The cycling year in review (Notes from Kelly Williams at the annual meeting):

As usual, we started the year planning for the Spring Spectacular, beginning in the middle of winter. However, this year, we made some big changes, planning to start from Mount Morris, with a new route and holding the ride on a Saturday, April 30. There was a good turnout on Saturday, of 47 cyclists, for this great new route. Plus we held two bonus rides (both a trail ride and a road ride) on Sunday, May 1. (And, as always, thanks to all of those on the committee who gave their time and energy to help with this ride: Mary, Bill, Lisa, Jennifer, Jack, Don, Chuck, and Frank.)

We did start the cycling year, in March and April, with some warm up rides, such as Shannon Run, Mount Morris out and back, Prickett's Fort out and back, Mon River trail, and the ever popular Snake Hill. Also, Joe Leroy led some road rides in Harrison County, where he was joined by Jennifer, Lisa, and others.

We were able to ride the entire C&O Canal towpath in April (4/17 thru 4/21): Phil, Jennifer, Bruce, Buddy, and myself. It was very pretty riding the towpath in early spring. Thanks to Phil Slate for leading and planning it. And, I am grateful that we had no rain. As we go into May and June, the weather warms up, and we have Joe Leroy and Bill Foster, leading rides in Harrison county, while in Mon county, we have both trail rides and road rides. Plus, on the schedule, we had a couple of Bike and Kayak rides organized by Jennifer, biking on the trail and then stopping at the Twin Spruce marina, for a kayak ride.

A large group (both CRC and MBC members) rode the annual Marietta ride on June 3 and 4. Weather was perfect on Saturday, but on the return trip on Sunday we had to cycle for over twenty miles through pouring rain.

The annual picnic at Prickett's Fort state park was held on Sunday, June 12, Thanks to Bill Foster, as grill master and to all who rode to the picnic, and, a big thanks to all who brought food. Positive Spin sponsored several rides and picnics this summer, there is always a good turnout of cyclists when food is offered. And, it is always fun to do a group ride with another cycling group. Fourteen cyclists who rode the Rowlesburg ride on Saturday, Sept. 3. Thanks again to Bill Foster for being the ride leader, the sag driver, and operating the snack stop.

The annual metric century was held on Sept. 11. Five cyclists completed it: Lisa, Larry, Jennifer, Amanda, and myself. We rode the entire Mon river trail, from the state line to Prickett's Fort and back. Plus, of course, after this ride, we had the mandatory after-ride

gathering at the Mountain State Brew Pub. However, on the other hand, the Prosperity Century on Sept 18 was a bust. Only Jack and I showed, and first one of us had a flat and then it started raining hard. So we decided to cancel the ride.

On September 24 and 25, a group went from Connellsville to Rockwood and back, staying overnight in Rockwood. The riders were Dana, Jennifer, Amanda, and Phil.

The Over Mount Davis was held on October 15 with Larry, Tim, Chris, and Dana; up and over Mount Davis, then return via the GAP trail.

Also, in September and October, Bill lead 6 rides around Harrison County, on the rail trails that are being developed in Harrison County.

All around, a good year, with a lot of good rides. I am looking forward to 2017 and another year of cycling.

REGIONAL EVENTS

NATIONAL BIKE SUMMIT LAB
March 6-9 Wash, D.C. \$699/553member
bikeleague.org

CYCLE N. C. SPRING RIDE
April 28-30 Oriental, NC sold out ncsports.org

REDBUD RIDE London, KY
April 22 24/34/62/100 mi \$35Mar/40April
redbudride.com +free ride April 23

SICCO Youngstown, OH
April 23 37/63 miles \$18/20 after 3-31
outspokinwheelmen.com

GREAT GREENBRIER RIVER RACE
April 29 pre-reg. only, by 4-7 \$50
greenbrierrivertrail.com run paddle bike

3 STATE 3 MOUNTAIN CHALLENGE
May 6 Chattanooga, TN \$80/95after 4-21
3state3mountain.org 25/62/100miles

GREENBRIER TRAIL BIKE TREK
May 18-21 Frankford, WV ALA fundraiser
<http://www.lunginfo.org/trek>

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DIRT RAG DIRT FEST PA. Heston, PA
May 18-21 \$55
bikereg.com/dirt-rag-dirt-fest

CASA RIVER CENTURY 25/50/100
May 18 Shepherdstown \$40/50
casarivercentury.org after 4-18

TOSRV Columbus, OH 210miles
May 20-21 \$85/+ Outdoor-Pursuits.org

CYCLING DOUBLEHEADER
Wilderness Road Ride \$30/35after 4-15
May 27 Radford, VA 29/58/78miles
wildernessroadride.org

Mountains of Misery

May 28 Newport, VA \$85 by
3-15mountainsofmisery.com 104/125miles

MARIETTA RIVER RENDEZVOUS
June 3-4 Marietta, OH \$60/65after 3/31
mariettarcc.org/Events/2017RR

NRAO Space Race Rumpus
June 9-11 Green Bank tour/ride/race
clinic/training spaceracerumpus.org/

CANAAN MOUNTAIN BIKE FESTIVAL
June 15-18 \$ no details
canaanmtbfestival.blogspot.com

GREAT OHIO BICYCLE ADVENTURE
June 17-24 Findley, OH tour loop
goba.com \$235/260 4-30 to~5-10

BIKE VIRGINIA Buena Vista & Staunton June
23-28 many options inc. 3 days
bikevirginia.org

HILLY BILLY ROUBAIX Mason Dixon
June 24 \$70/80+ after 4-30 Park
bikereg.com/hilly-billy-roubaix 70+mi.

GARRETT COUNTY GRAN FONDO
June 24 Wisp Mountain, MD \$40-80,
25/44/62/102/125, 7.1mile timetrial \$20
garrettcountygranfondo.org/

GREENWAY SOJOURN
June 18-23 163/195miles GAP-Montour
www.railstotrails.org \$720

TOUR DE FRANCE July 1-23 letour.fr/us

GRAVEL RACE UP SPRUCE KNOB
July 8 52/72mi race \$65+ 24/36mi non-race
\$50+ bikereg.com

CYCLING THE ERIE CANAL 400 miles July
9-16 \$675/750after 6-2
ptny.org/events/annual-bike-tour

SCENIC MOUNTAIN TRIATHLON
July 9 Richwood
richwoodchamberofcommerce.org

DIRTFEST WEST VA. Bruceeton Mills
July 14-16 \$45
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

BON TON ROULET Finger Lakes tour
July 22-29 \$725 Cortland, NY
bontonroulet.com

MT. DAVIS CHALLENGE
July 23 \$30 USA Cycling road race
bikereg.com/mt-davis-challenge

MOUNTAIN MAMA Monterey, VA
Aug. 5 27/53/67/100+ \$65/75after June 30
highlandcountyrecreation.org

STONEWALL JACKSON TRIATHLON
Aug. 19 \$55 swim 1km, bike 25mi, run 4mi.
jonesracingcompany.redpodium.com

BIKEFEST Pittsburgh, PA
Aug. 19-24 daily cycling events, details
forthcoming at bikepgh.org

W.VA. COUNTRY ROADS MS150
Aug. 26-27 main.nationalmssociety.org/
site/TR?fr_id=28925 \$35/45after 3-31

PEDAL PITTSBURGH from Station Sq.
Aug. 27 \$
bike-pgh.org/events/pedal-pittsburgh/

HANCOCK HORIZONTAL HUNDRED Sept. 10
Findlay, OH \$
36/67/100m hancockhandlebars.org

NORTH EAST OHIO CENTURY
Sept. 17 \$15/20aft. 8-31 25/50/62/72/100
outspokinwheelmen.com Cortland, OH

WV BIKE SUMMIT Morgantown
Sept. 24-25 \$
wvconnectingcommunities.com

MOUNTAINS to the COAST tour
Sept. 30 - Oct. 7 ncsports.org

SEAGULL CENTURY Salisbury, MD
Oct. 14 \$
seagullcentury.org/seeridedetails.htm

WEST VIRGINIA MOUNTAIN BIKE ASSOCIATION - - - 2017 SCHEDULES
mtb xc racing see wvmba.com and iplayoutside.com

Mar 26 #1 **TOUR DE LAKE** Spencer
Apr 2 #2 **CHALLENGE AT MOUNTWOOD** Parkersburg
Apr 9 #3 **WHITE OAK CHALLENGE** at Watters Smith Lost Creek
Apr 24 #4 **CHIEF LOGAN WILDERNESS CHALLENGE** Logan
Apr 29 #5 **BIG BEAR LAKE MT. BIKE CLASSIC**
May 13 #6 **THE CRYING WOLF CHALLENGE** Bluefield
May 21 #7 **BLACKWATER CLASSIC** Davis
May 27 #8 **BLACK BEAR** Kanawha S.F, Charleston
June 4 #9 **COOPERS ROADSIDE TRAIL CLASSIC** Morgantown
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
May 7 #1 **MIDDLE MOUNTAIN MOMMA**
Clifton Forge, VA
June 4 #2 **MASSANUTTEN HOO HAI!**
McGaheysville, VA
Aug. 5 #3 **BIG BEAR ULTRA** Hazelton
Aug. 23 #4 **SLATYFORK**
Sept. 17 #5 **REVENGE of the**
RATTLESNAKE Davis finals

ENDURO SERIES
Apr. 30 #1 **BIG BEAR ENDURO** Hazelton
May 14 #2 **COOPERS ROCK BENDURO**
May 28 #3 **BLACK BEAR** Charleston,
KSF
June 25 #4 **VALLEY FALLS** Fairmont
Aug. 13 #5 **SLATYFORK**
Sept. 2 #6 **ENDURO & FREEFALL**
FESTIVAL Snowshoe finals