

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

www.crcyclists.org
P.O.Box 4322
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March - April 2012

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SPRING IS COMING - GET YOUR WHEELS READY

Country Roads Cyclists like to bike. We promote the fun of bicycling through group rides, cycling advocacy, social events, encouragement of new cyclists, social events and the dissemination of safety, skills and riding opportunities information. We welcome adult cyclists and their families, road riders and mountain bikers, beginners, old pros, casual or ambitious, for congenial bicycling activities including picnics, parties and rides ranging from ten miles to multi-day tours on roads and rail-trails throughout the region. We appreciate your support. If not a member yet, please join us now!

membership forms
are on our website:
crcyclists.org



March 20, 2011 Holly River Falls - Pickens Pancake Ride

Mike Smith photo

The CRC ANNUAL SPRING PIZZA PIG - OUT

Join us at Colasessano's Pizza on Friday, March 2th at 6:00 PM to get the season off to another great start! Colasessano's is at 9705 Mall Loop - Middletown Mall (I-79 exit 132, south on US 250) Fairmont/Whitehall.

Note: For this one, you buy your own pizza and beverages. We hope to see you there.

ENROLL IN SMART CYCLING COURSE AT WVU - MORGANTOWN

Rediscover the joy and freedom of riding your bicycle. Feel good and look good. Lose the fear of cycling in traffic. Win the respect of motorists. In Smart Cycling, you'll learn riding skills and crash avoidance maneuvers; how to control situations in traffic and ride more confidently; bicycle maintenance including shifting, braking adjustments and changing a tire; proper clothing and equipment selection, everything from selecting the best bike for you, to training to make your rides enjoyable from start to finish. These classes combine classroom and on-bike practical instruction, in a parking lot and on the road.

Smart Cycling is the League of American Bicyclists' program that has been continuously developed for over 30 years. These courses are taught through the Lifetime Activities program of West Virginia University, by LAB Licensed Cycling Instructors, and have been taken, as Confident City Cycling, by over 70 local cyclists including all three officers of Country Roads Cyclists, who recommend them to all. Completion of class earns two League of American Bicyclists certificates: Traffic Skills 101 and Commuter. You may take the entire course on **the weekend of March 10 & 11 from 9:00am - 5:00pm** (both days), or in **Tuesday & Thursday sessions starting March 20 and ending April 26, from 12:00 noon - 1:15pm**. All sessions will be held at the WVU Coliseum, Morgantown, WV. For details, see lifetimeactivities.org click Spring Registration, then Adventure Sports, p.24

OFFICERS MET February 1 in Fairmont for a reporting and planning session. Any member is welcome to attend any officers meeting. Contact an officer for the time and place of the next meeting. The treasurer reported a year end balance of \$1,308.91. Membership was reported as 53 paid for 2012, including 14 in Harrison Co., 16 in Monongalia Co., 14 other West Virginians and 9 out-of-state. Developing the March-April ride schedule and other events were discussed. It was agreed to renew membership in the League of American Bicyclists as well as their insurance program.

WELCOME OUR NEW MEMBERS

Paid membership is currently at 59, (we had 124 total in 2011) including the following new members:

Bonnie & Jeff - Morgantown,
Philip - Morgantown,
Fran - Morgantown

Dues/waiver forms are included for those who have not sent in their 2012 dues, and are available online at our website: crcyclists.org.

FREE WEST VIRGINIA COUNTY MAPS

are available online from the state DOH in pdf format at: <http://www.transportation.wv.gov/highways/programplanning/gti/GIS/MAPS/Pages/WVCountyMaps.aspx> These are the same maps (2011 ed.) traditionally sold in paper format, with Monongalia, Marion, Harrison, Doddridge, Lewis and Upshur counties on two sheets each, Preston on three sheets. Except for the two state park rail trails, (North Bend and Greenbrier River) rail trails typically are not shown, but every road is shown and numbered.

MON RIVER/CAPERTON TRAIL REPAIRS



Work is scheduled to be completed by early June 2012. All Trail users are advised to use caution while passing through the work zone and adhere to all safety control measures in place within the work zone and detour. (MRTC photo)

PITTSBURGH CYCLING EXPO

This new Montour Trail developed event will be held **Sunday, May 25** at the Pittsburgh Airport Marriott.

- 9:00 Bike Ride: on the Montour Trail Airport Connector
- 10:00 Vendor Expo: Silent Auction and Raffles
Expo: \$5 Donation at the Door (vendor Area)
Luncheon and entertainment/show separate fee
- 2:00 Entertainment: Meal begins plated salad, chicken or Vegetarian, dessert
- 3:00 Fashion Show assigned seats by ticket number
- 4:00 Mary Shaw and Roy Weil talk about the C&O-GAP.
Montour Trail Airport Connector and volunteerism
- 4:45 Raffle and Auctions Winners Announced
- 6:00 Vendors door Closes

PITTSBURGH AIRPORT CONNECTOR

After over 10 years of discussion and planning, the Montour Trail Council has been able to establish a bicycle route into (and, of course, out of) Pittsburgh International Airport. The Grand Opening will be **March 20, 2012** at 11:00am at the Airport lot 16D. (contact Kelly Williams or Bill Foster for details). The new Montour Trail Airport Connector connects the Enlow Ball Park (aka Five Points) trailhead of the Montour Trail to the Airport, a distance of a bit over 6 miles. A map is available at <http://linkup.shaw-weil.com/images/airport-cxn.jpg>

PITTSBURGH BIKE RACKS ON BUSES

On Sept. 23, 2011, PAT announced that its entire fleet of Pittsburgh buses had been outfitted with mounted bike racks. (So now one can put a bike on the Mountain Line system in Morgantown or Clarksburg or Fairmont, and ride to Pittsburgh; put it on a PAT bus and ride all over the city, stopping to see the sights and have lunch and ride back on the busses, without having to pedal a mile.)

PEDAL PITTSBURGH

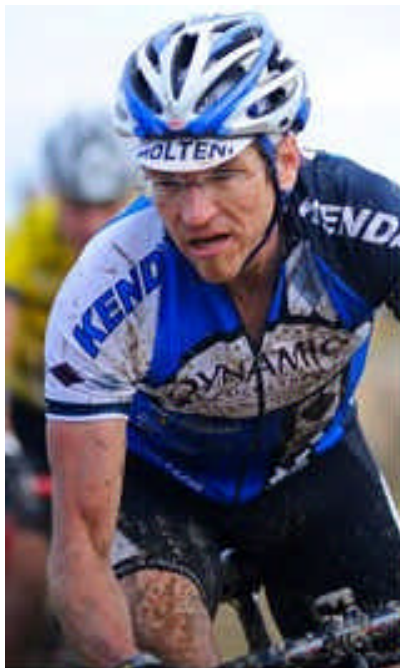
On December 2nd, 2011 the Community Design Center of Pittsburgh (CDCP) transitioned Pedal Pittsburgh to Bike-Pgh, who intends to continue Pedal Pittsburgh and will announce the date of the 2012 event early in the new year. See <http://bike-pgh.org/events/pedal-pittsburgh> (held in late May in 2011; summer more likely in 2012)

PITTSBURGH BIKEFEST

Bike PGH is having a ten day party, August 12-21, with several events of regional note:

- August 13 The Dirty Half Dozen Plus One 30 mile ride features the first seven hills of the DD.
- August 14 The Mon Valley Century starts at Elizabeth, Pa. (\$18)
- August 20 River Ride to Bicycle Heaven on the riverfront trails to new Northside museum, one of several short (15-20 miles) interesting options.

For calendar and details of these and many other events, (i.e. bike polo, breweries, bike hash, movies, mt. bike and women's rides, see <http://bike-pgh.org/bikefest>.



GUNNAR AND BETSY SHOGREN TOOK IT TO THE WORLDS

Last fall Gunnar and Betsy Shogren showed the local cyclocross community that they were tops in their own small pond in the ABRA cyclocross race series, as Gunnar placed first in the mens cat.1/2/3 series and Betsy placed first in the womens cat 1/2/3 series, but that was last year and now it was 2012 and time for the first UCI Masters Cyclocross World Championships ever held in the USA, at Louisville, Kentucky January 12-15.

.When the mud cleared, Gunnar placed third in the mens 50-54 class, only 1:16 behind the winner (fourth place was another 2:29 back) and Betsy came in fourth in the womens 30-35 class, 3:52 behind the winner and only 19 seconds ahead of the fifth place finisher.

Gunnar, *the East Coast's premier geriatric bicycle racer* (Wikipedia*), noted, "Lots of tape was broken, stakes were snapped off (both plastic and wooden ones), and I'm sure everyone fell, some harder than others, but everyone got back up and finished. Everyone tried and went as hard as they could, right up to the point of seeing spots and/or falling over." In addition to thanking the small group of area friends joining in the competition, Gunnar noted. "(We'd) also like to thank the folks at Pathfinder for making it happen for Betsy and myself, above and beyond to make sure we had our new bikes and had them setup in time."

(Gunnar, at left, also finished second in the ss category and 24th overall among over 300 participants at Pittsburgh's Dirty Dozen in late November. *entry removed 9-18-11."Subject does not appear to be a national or regional champion but just to one of thousands or (sic) ordinary participants in the sport." Wikipedia. ?? ed.)

APPALACHIAN BICYCLE RACING ASSOCIATION - - 2012 SCHEDULE

www.abraracing.com.

**Denotes West Virginia State Championship Races

ABRA Road Race series

- April 7 **Morgantown Road Race** APRRS # 1 Race Director J.R. Petsko Morgantown, W.Va.
- April 21 **Greene County Road Race** APRRS # 2 Race Director J.R. Petsko Waynesburg, Pa.
- May 26 **Tour of Tucker County Road Race** APRRS # 3 Race Director J.R. Petsko Thomas, W.Va.
- June 3 **The Fort Classic Road Race** APRRS #4 Race Director J.R. Petsko Western Pa.
- July 22 **Mapletown Road Race** APRRS #5 Race Director J.R. Petsko Mapletown, Pa.
- Aug. 25 **Appalachia Visited Road Race** **APRRS # 6 Race Director J.R. Petsko Kingwood, W.Va.

Appalachian Criterium Series

- April 14 **Clarksburg Downtown Grandprix** ACS # 1 Race Director J.R. Petsko Clarksburg, W.Va.
- June 10 **Aliquippa Criterium** ACS # 2 Race Director Beaver Valley Velo Aliquippa, Pa.
- July 29 **Aliquippa Criterium** ACS # 3 Race Director Beaver Valley Velo Aliquippa, Pa.
- Aug. 19 **California Grandprix** ACS # 4 Race Director J.R. Petsko California, Pa.

Mountain Bike Race series

- April 1 **North Park XC Race** MTB #1 Race Director J.R. Petsko Pittsburgh, PA
- May 20 **Wisp Mountain XC Race** MTB #2 Race Director J.R. Petsko Wisp - Deep Creek, Md.
- July 7 **Tomlison Run XC Race** MTB #3 Race Director J.R. Petsko New Manchester, WV
- August 5 **White Park XC Race** MTB #4 Race Director J.R. Petsko Morgantown, WV

other events

- March 18 **Training Series Race #1** Training Race Race Director J.R. Petsko Fairchance, PA
 - March 25 **Training Series Race #2** Training Race Race Director J.R. Petsko Fairchance, PA
 - June 23 **Hilly Billy Roubaix** endurance cyclocross Race Director J.R. Petsko Morgantown, W.Va.
 - July 15 **Tour of the Valley** Stage Race Race Director J.R. Petsko Youngstown, Ohio
 - September 9 **WV State Time Trial Championship** **Time Trial Race Director J.R. Petsko Kingwood, W.Va.
- ABRA Oval Series** 4-28, 5-12, 6-9, 6-30, 7-21, 7-28, 8-11, 8-18, 9-8, 9-22 J.R. Petsko Pittsburgh, PA

ABRA cyclocross race series Look for this fall series to be posted later at abraracing.com

EASY KARMA

J. R. took on the challenge of developing the racing schedule above, and he'd really appreciate help from cyclists who won't be racing Saturdays. He is looking

for course marshals for the race events where he is listed as the Race Director, and it would help promote our Club as well as the sport. It's easy and usually enjoyable, but it does take some weekend time. Please contact J. R. at jrpetsko@hotmail.com Thanks.

REGIONAL EVENTS

NATIONAL BIKE SUMMIT LAB
March 20-23 Wash, D.C. \$575/475
member bikeleague.org

PITTSBURGH CYCLING EXPO
March 25 Pittsburgh Airport Marriott
\$5 exhibits 10-6, luncheon \$27/35
pghcyclingexpo.com

CYCLE N. C. SPRING WEEKEND
April 13-15 Washington, NC tour
\$140/125online +\$25aft 3-9
ncsports.org/cncevent2.php

MOUNTAIN DUATHLON trail run/bike
April 14 Morgantown at Coopers Rock
cpass.wvu.edu/mass \$35/45 after 3-30

REDBUD RIDE London, KY 24-105m
April 21 redbudride.com \$30/40aft. 4-6

GREAT GREENBRIER RIVER RACE
April 28 pre-reg. only by 4-6 \$45
greenbrierrivertrail.com run canoe bike

3 STATE 3 MOUNTAIN CHALLENGE
May 5 Chattanooga, TN \$49/52aft. 3-31
3state3mountainchallenge.com
62/90/100miles

BIKE NEW YORK (city) 42 miles \$75+
May 6 online bikenewyork.org

TOSRV Columbus, OH 200miles
May 12-13 \$57/67after 3-15 Tosrv.org

GREENBRIER TRAIL BIKE TREK
May 17-20 Snowshoe,
http://www.pocahontascountywv.com

CASA RIVER CENTURY 25/50/100
May 21 Shepherdstown \$35,55/45,65
casarivercentury.org after 4-22

PEDAL PITTSBURGH from Station Sq.
May ? \$? 6/15/25/35/50/60
bike-pgh.org/events/pedal-pittsburgh/

CYCLING DOUBLEHEADER
Wilderness Road Ride \$20/25after 5-15
May 26 Radford, VA 14/29/38/58/78m
Mountains of Misery \$75/105after 5-15
May 27 Newport, VA 100/125m
cyclingdoubleheader.com

WV RAVE Habitat for Humanity rides
June 2 Cowan 50/75/100 \$50
websterwv.com/news-a-events.html

MARIETTA RIVER RENDEZVOUS
June 2-3 Marietta, OH mariettariver
rendezvous.weebly.com/index.html

N R AO Space Race Rumpus
June 15-17 Greenbank tour/ride/race -
clinic/training www.gb.nrao.edu/rumpus

GREAT OHIO BICYCLE ADVENTURE
June 16-23 Hillsboro, OH tour loop
goba.com \$210/225 after 5-01

BICYCLE TOUR OF COLORADO
June 17-23 460+Fort Collins, CO \$400+
bicycletourcolorado.com

BIKE VIRGINIA Berryville, VA + W.Va.
June 22-27 \$399+ ~50 miles/day tour
bikevirginia.org

GARRETT COUNTY GRAN FONDO
June 23 Cumberland, MD \$45-75
25/44/62/100/125
winthefight.org/granfondo/index.html

Mountaineer Triathlon Morgantown
June 24 sprint, olympic, half-marathon
swim/bike/run mountaineertriathlon.com
fees vary

TOUR DE FRANCE June 30 - July 22
letour.fr/us/index.html

SCENIC MOUNTAIN TRIATHLON
July 15 Richwood
richwoodwv.com/triathlon,

GREENWAY SOJOURN C&O-GAP
June 17-24 \$975 inc. bus from Pittsburgh
to Waxh. D.C. railstotrails.org

BON TON ROULET Finger Lakes tour
July 22-28 Cortland, NY bontonroulet.com

MATES 12 tandem rally Carlisle, PA
June 15-17 \$450/team
easterntandemrally.org

MOUNTAIN MAMA Monterey, VA
Aug. 4 27/56/70/100+ \$50/60 after July 1
bikemountainmama.homestead.com

WESTERN MARYLAND CHARITY RIDE
Aug. 11 wmwonline.org

W.VA. COUNTRY ROADS MS150
Aug. 25-26 \$35 + \$250pledges
road or rail-trail, stay at Snowshoe.
bikevab.nationalmssociety.org/site/TR/Bil
e/VABBikeEvents?pg=entry&fr_id=18065

TIMMY'S CENTURY on North Bend R-T
Aug. 25 & 26 North Bend St. Park 57+47
timmysfund.org \$35/60+ \$125/225 spon.

HANCOCK HORIZONTAL HUNDRED
Sept. 9 Findlay, OH \$23/28, -\$2online
36/67/100m hancockhandlebars.org

MOUNTAINS to the COAST tour
Sept. 29 - Oct. 6 \$265/245online
ncsports.org/fallcnride

SEAGULL CENTURY Salisbury, MD
Oct. 6
seagullcentury.org/seeridedetails.html

WEST VIRGINIA MOUNTAIN BIKE ASSOCIATION -- 2012 SCHEDULE

mtb xc racing

see wvmba.com

- Apr 15 **CHALLENGE AT MOUNTWOOD** #1
Apr 22 **BIG BEAR LAKE MT. BIKE CLASSIC** #2 (304) 379-4382
Apr 29 **CHIEF LOGAN** Logan #3 (304) 855-1025
May 13 **THE CRYING WOLF CHALLENGE** Bluefield #4 (304) 543-1120
June 3 **RACE AROUND THE BEND** #5 North Bend SP
June 16 **BIG BEAR 2X12** Bruceton Mills mt.bike race & Mt.Fest (304) 379-4382
June 24 **RACE TO THE HILLS** Lake Hope, OH #6 (419) 989-0239
July 1 **RACE TO LIL MOE'S PLACE** Philippi #7 (304) 457-6090
July 8 **TOUR de LAKE** at Charles Fork Lake, Spencer #8 (304) 927-5821
July 22 **Tucker County Trails BLACKWATER CLASSIC** #9 (304) 259-5286
July 29 **LITTLE BEAVER CHAINRING CHALLENGE** Beckley #10 (304) 253-5202
[Aug. 12 **BLACK BEAR** Kanawha S.F, Charleston #11 ? not on final schedule ?]
Aug. 19 **VALLEY FALLS CHALLENGE** #12 (304) 592-5977
Aug. 26 **HENRY CLAY 30K** at Coopers Rock #13
Sept. 9 **BOB EVANS FARMHAND XC** Rio Grande, OH #14 (740) 645-6379
Sept. 23 **WATTERS SMITH** state championships #15

WEST VIRGINIA - VA ULTRA SERIES

- May 6 **MIDDLE MOUNTAIN MOMMA**
Clifton Forge, VA 540-529-0462
May 20 **THE WAYNE ULTRA** Marietta, OH
June 10 **MASSANUTTEN HOO HA!**
McGhehensville, VA (800) 207-6277
July 14 **CHEAT MOUNTAIN 100** Elkins
Aug. 4 **BIG BEAR ULTRA**
Bruceton Mills (304) 379-4382
Sept. 15 **REVENGE of the RATTLESNAKE**
Davis (304) 259-5286
ultra championship

NON RACING EVENT

May 10 - May 13 Daily at 12:00 noon
Subaru/IMBA TRAIL CREW VISIT TO PARKERSBURG to help organize and open a new 100-acre Johnson T. Janes City Park . Free. All are welcome!

SO MANY RAIL - TRAILS, SO LITTLE GAS

For those who like the flat tranquility of rail-trails, north central West Virginia is blessed with many great options.

- **The Monongahela River Rail-Trail system**, extending from downtown Morgantown north to the Pennsylvania line, east into Preston County as the **Deckers Creek Trail**, and south to Pricketts Fort in Marion County, is the gem of our region. All three directions are paved within Morgantown and well-compacted surfaces elsewhere. Work continues on a slip just past Seneca Center/Wamsley Cycles, but a way through is usually kept open. Several March-April Club rides use parts of this system combined with roads.
- **MCTrail** is a short, paved connector from Pricketts Fort south through a tunnel to the streets of north Fairmont.
- **The West Fork River rail trail**, from south side of Fairmont to Shinnston, also along the Monongahela River, is paved to the Harrison County line. It is featured on our March 25 ride from Monongah to Shinnston and back.
- **The North Bend Rail Trail** is an extension of North Bend State Park and starts west of Clarksburg west to the outskirts of Parkersburg. Too much of this route is still poorly surfaced. The best section is featured in our April 28 ride from Pennsboro to Cairo and back.
- **Harrison County's rail trail north** is still closed due to contamination problems, but **the rail trail south** from Mt. Clare through Lost Creek is open, though short and likely to be a bit soft in the wet season.
- **The Allegheny Highlands Rail Trail** from Elkins northeast through Parsons is paved for several miles at each end and well surfaces for the balance. The Highlands Trail Foundation is repeating their Moccaccino Poker Run on that rail trail on July 21. **The Blackwater Canyon extension** of this system is still very rugged and undeveloped, but a delight for the adventuresome. The Highlands Trail Foundation is also offering a shuttle and guided ride down from Thomas to Parsons on September 24 in conjunction with Tucker County's Leaf Peepers Festival. More later about these events.

Further from home, but close enough to be popular among local cyclists,

- **The Great Allegheny Passage** is a part of a great long distance off-road route from Washington D,C, on the C&O Canal Towpath to Cumberland and the GAP to Pittsburgh. It is not paved, but the finish is suitable for road bikes, although they tend to get sandy drive trains that need cleaning after a major trip. The Connellsville to Ohiopyle portion is featured again on our April 15 ride.
- **The West Fork Rail Trail** is in high and wild country east of Elkins, also unpaved but easy riding, as featured on our April 22 ride. A Charleston Gazette (February 13) article reports a proposal to a meeting of the West Virginia Tourism Commission, by John Smith, president of the Durbin & Greenbrier Valley Railroad, which operates the Durbin Rocket, Cheat Mountain Salamander and Tygart Flyer excursion trains, to develop a 90-mile excursion train loop by laying rails along a path parallel to the West Fork Rail Trail, connecting Durbin and Glady and through an existing tunnel to existing tracks at Bemis. (Or, maybe on the rail trail - says the camel with its nose in the tent? ed.)

And now, a tour with our President:

Touring, Anyone? It has been over two years since I have toured either the GAP or the C and O. It was in 2009 that several club members did a 4 day tour on the GAP, starting from Morgantown and proceeding to Frostburg, MD - and then returning to Morgantown. The club members that did some or all of this tour include Connie and Carl Ervin, Laurel Klein, Marilyn Newcome, Frank Gmeindl, Nick Hein, Dave Phillips, Glen Straight, and myself. I was also lucky enough to tour parts of the C and O canal with Bruce Summers and others that same year. We have these two great trails so close, I would like to tour them again. So, If anyone is interested, please contact me at kellyrwilliams@msn.com, and we can plan when and where we should go. Kelly

EMLENTON IN JULY, 2012

Tentative plans are being made to reprise the weekend in Emlenton, Pa at Berlin cabin during the annual festival July 13-15. Those who went had a great time pedaling, paddling, and enjoying all the other good stuff there. Look for details in our next newsletter. Check out Mike's July 2011 report at www.EpicRoadTrips.us

SNOWBIRDS

Small groups of CRC members have been seen cycling around Myrtle Beach, South Carolina and Green Valley, Arizona, and that is just the reports the editor has heard. Many more have stayed home, enjoying our mild winter.

IS MORGANTOWN BIKE FRIENDLY ?

The City of Morgantown, through the Morgantown Municipal Bicycle Board, chairman Frank Gmeindl, has submitted an application to the League of American Bicyclists for recognition as a "Bicycle Friendly Community."

[an editorial: While clearly Morgantown is a hotbed of cycling activity, with recognition and support from the city, the technical League application system does not seem to be a good tool for real evaluation of bicycle friendliness. Do you think West Virginia is the worst place for cycling in the USA? (LAB ranked 50th in 2011)]

2011 COUNTRY ROADS CYCLISTS SCHEDULE: AS TIME GOES BY

by 2011 RoadCaptain Kelly Williams

I had the honor of being elected ride captain for 2011, so I started my calls and emails on February 1st, even as it was cold and snowing outside my window, and I didn't know if we would have a spring. (In contrast to this winter, when it has rarely gotten below freezing.) So with the help of a large number of dedicated ride leaders (you all know who you are - stand up and give yourself a pat on the back for doing a good job!) I put together my first ride schedule. Then it continued to snow and rain through March and April, with ice on the roads and cold, windy days - not a great start to the cycling year. Some of us did manage to get out whenever the weather improved. The first CRC ride that I rode in 2011 was lead by Tim . We all learned a life lesson that spring - it is best to pre-ride any route, especially after a brutal winter, as last year's country road may be a gravelly gully in the spring.



Kelly had a good turnout for her Holly River State Park ride to the Pickens Pancake Festival. (see p.1) My planned Great Alleghany Passage ride to the Meyersdale Maple Festival did not go so well - it snowed on April 2nd! So, with about 6 inches on the ground in Frostburg, I had to cancel it. Then I went to help marshal J.R.'s Greene County race. (Those racers are a tough breed - they do not let a raging snow storm stop them from a good race!)

Finally spring arrived and time for the Appalachian Spring Spectacular. It has now rained the first Sunday in May for 3 years in a row (!) but thanks to all who helped plan it and make it happen, we had more than 50 hardy cyclists show up and ride. (The weather on April 30 was clear and sunny, with about 25 cyclists turning out for the Bonus Ride.)

When summer arrived, the weather improved, and we were able to enjoy some of our classic rides - Halleck

Road, Tappan Hill, Snake Hill, Fallen Timbers, Fayette County Countryside, and of course, Over Mount Davis, which is always a challenge. In June, 29 cyclists showed up for our summer picnic at Pricketts Fort. Thanks to grill master Ray , and all the home made dishes that everyone brought, a good time was had by all. And, thanks to Tom and Becky , who announced at the picnic an invitation for a getaway weekend at their cabin in Emlenton, Pa. There was also a fall weekend in Marlinton, planned and organized by Mike and Kaye Smith - yet more thanks.

Summer turned into fall, and the Rowlesburg Labor Day Weekend Ride was great, with clear fall weather, and another good turnout. Now, I remember the first time I rode the Rowlesburg Ride, (OK, I know you are thinking "There he goes again, living in the past," but allow me one digression.) when we cycled to the top of Texas Mountain where it was cold and snowing. When we got back down to Bill's snack stop, everyone was trying to line their jerseys with all the plastic shopping bags that we could find. The fall century from Salem to New Martinsburg was a great success - another good turnout. I am always pleased and grateful that John opens Barista's on a Sunday to serve us brunch, and the Fairmont Flyers looked good wearing their club jerseys.

I am sorry that I had to cancel the fall picnic, scheduled for October at Dave snack shack on Deckers Creek Trail, but we had a lot of rain that day. Bill was worried about the 9 different pies that Dave's wife makes. Don't worry Bill, I took care of those, and gained 10 pounds in the process. (An additional thanks to Mark , who donated a kettle grill, which is available for our next trail picnic.)

My thanks to all those who lead rides throughout this past year. I know it can be difficult to plan ahead and commit to a certain day, but again much thanks for your effort. I can say now that I have followed in the steps of former road captains Laurel and Donna.

I hope that I met their high standards. Kelly

STARS OF WEST VIRGINIA

The 2012 West Virginia Official State Travel Guide features short quotes from "The Stars of West Virginia." Some of those famous people include Jerry West, Chuck Yeager, Jennifer Garner, Homer Hickam, Landau Eugene Murphy, Jr. and Sue Haywood. It notes that "Sue Haywood gained acclaim as a world-ranked mountain biker," and quotes, "I am the luckiest girl in the world to have cut my mountain bike teeth on the roots and rocks of Tucker County."

Newsletters are also posted online at crcyclists.org, in color, member last names usually deleted.

COUNTRY ROAD CYCLISTS

MARCH- APRIL 2012 RIDE SCHEDULE

Road Captain Jennifer Previll 304-534-8244 jnprevill@gmail.com

Contact listed ride leader for details. Please carpool to the start whenever possible.

Wear your helmet. Difficulty Ratings. (*) easy (**) moderate (***) difficult (****) extreme

Friday, March 2 6:00 pm Pizza Pig-Out Kelly 304-292-9821

(* , no riding) It doesn't get any easier, Meet at Fairmont Colasessano's at Middletown Mall, I-79 exit 132.

Saturday, March 3 1:00 Deckers Creek Trail Marilyn 304-598-5078

(*) 20 miles. Meet at the parking lot behind Wendy's in Sabraton (Morgantown Rt. 7east). We will bike up Decker's Creek Trail to Masontown, or bike on the Caperton Trail if the weather is snowy.

Sunday, March 4 1:00 Dug Hill Kelly 304-292-9821

(**) 20 Miles. Meet at the parking lot behind Wendy's in Sabraton (Morgantown Rt. 7 east). We will bike up Dug Hill, Pleasant Valley, and Fields Park Road, then return to the trail, and bike out to Star City. We will stop at the Terra Cafe for coffee and food before returning to our starting point. (Another option is to join the group on the trail part of the ride.)

Saturday, March 10 10:00 Jane Lew Bill 304-623-2736

(*) 15 to 20 miles From Jane Lew I-79 exit 105, park on dead end side road in front of the truck stop just east of I-79. Choice of several pleasant, scenic rides. Route will depend on weather and how far folks want to go. Beginners welcome, relaxed pace.

Sunday, March 11 1:00 Tyrone Road Kelly 304-292-9821

(**) 30 miles. Meet at the parking lot behind Wendy's in Sabraton (Rt. 7). We will bike up Dug Hill, Pleasant Valley, Fields Park, then Tyrone Road and Pixlar Hill. We will then return on the trail and bike to Star City. We will stop at the Terra Cafe for coffee and food before returning to our starting point. (Riders may join the group for just the trail part of the ride.)

Saturday, March 17 11:00 Tarkiln Rd Loop Walter 304-873-2259

(**/***) Approx. 30 miles. Meet at Big Flint Rd. exit off of US 50 west of Clarksburg (next exit west of Salem Rd) Big Flint, Rt. 23, Tarkiln Rd loop. A couple of pretty good hills, some long valleys through some of our favorite countryside.

Sunday, March 18 1:00 Baker's Ridge Kelly 304-292-9821

(**) 30 miles. Meet at the parking lot behind Wendy's in Sabraton (Morgantown Rt. 7 east). We will bike along the river trail , to VanVoorhis Road. We will then bike along Bakers Ridge to US 119, returning the same way to Wendy's. Stopping at the Terra Cafe for food and coffee is an option. (Riders may join us for just the trail part of the ride.)

Sunday, March 18 1:30 Jarvisville Road out and back Laurel 304-782-4117

(*1/2) 20 miles. From Marshville exit, US 50 west of Clarksburg. Out and back ride to the county line. Mostly flat to rolling with a bit of a climb to the turn around. Relaxed pace, beginner's welcome.

Saturday, March 24 1:00 Fayette County David 304-594-1036

(***) 30 miles. Park at the Free Methodist Church in White House on Rt. 857, one mile north of the PA border. (Park on the Tobin School Road side.) Ride through the country side and farm lands of Fayette County. Good scenery, good roads, low traffic. However, this is a hilly ride, with a lot of climbing.

Sunday, March 25 1:30 West Fork River Trail Jennifer 304-534-8244

(*) 21-22 miles. Meet in Monongah at park on trail off US19 between Shinnston and Fairmont. Turn off 19 at Monongah Middle School on Old Monograph Rd, (follow sign for trail) and go about 1/4 mile. Cross bridge, parking lot is on left. Ride trail to Shinnston and back. Beginner's welcome, relaxed pace.

Saturday, March 31 1:00 Mud Pike David 304-594-1036

(***) 30 miles. Park at the Free Methodist Church in White Hall on Rt. 857, one mile north of the PA border. (Park on the Tobin School Road side.) Ride up Mud Pike and along Skyline Drive to the Summit Inn. We will then turn around and head back down Mud Pike. After descending Mud Pike and returning to the church, we can go to Big Mike's BBQ for lunch.

COUNTRY ROAD CYCLISTS

MARCH- APRIL 2012 RIDE SCHEDULE

Sunday, April 1 1:30 Hackers Creek Mark 304-745-3192

(*/**) 20-25 miles. From Jane Lew exit 105 off of I-79, park across the street from the truck stop just east of I-79. An out and back ride along Hackers Creek.

Saturday, April 7 11:00 Jane Lew to Weston Mark 304-745-3192

(**) 25 miles. From Jane Lew exit 105 off of I-79, park across the street from the truck stop just east of I-79. An out and back from Jane Lew to Weston.

Sunday, April 8 (Easter) 12:00 Stonewall Jackson Lake Gregg 304-782-3188

(* **) Approx 40 miles. From Jane Lew exit 105 off of I-79, park across the street from the truck stop at Jane Lew. Ride from Jane Lew to Stonewall Jackson Lake, around the lake and back.

Saturday, April 14 TBA Snake Hill to Masontown Connie 304-864-5901

(**) Approx 30 miles. Meet at Wendy's, on Rt. 7, Sabraton. Ride regular route to Snake Hill and up to Masontown. If rail trail conditions are favorable, we will go back down to Morgantown via rail trail. If it is too soft there are other ways back to Morgantown. **(Ride will be weather depending in Preston Co.)**

Sunday, April 15 11:00 Connellsville to Ohiopyle Kelly 304-292-9821

(*) 32 miles. Meet at downtown Connellsville River Park. Ride the Great Allegheny Passage rail trail to Ohiopyle, have lunch, then return. A pleasant spring ride along the Youghiogheny River.

Saturday, April 21 10:00 Mount Zion Kelly 304-292-9821

(**) 20 miles. Meet at Pricketts Fort MCTrail trail head. (I-79 exit 139, turn west, follow signs to Pricketts Fort.) A road ride up Mt. Zion road and then through the surrounding area.

Sunday, April 22 11:00 West Fork Trail, Glady trail head Mike 740-403-1250

(*/**/**) 36 miles with shorter option. From Elkins east on US 33 at the Alpine Lodge turn right on Glady Road to the trailhead . Be prepared. No food, water, or restrooms. Scenic ride on the West Fork rail trail and forest roads. Short option is out and back on the trail. The longer ride will follow this route <http://www.mapmyride.com/routes/view/11425609> for a very scenic thirty-six mile loop returning by way of the rail trail where all riders will reconverge. Trail info at http://www.wvbike.org/west_fork_trail/ .

Sunday, April 22 1:00 Fayette County David 304-594-1036

(**) 30 miles. Park at the Methodist Church in White House on Rt. 857, one mile north of the PA border. (Park on the Tobin School Road side.) A ride through the country side and small towns in Fayette County. Good roads and low traffic. But, there are also hills to climb on this route.

Saturday, April 28 10:00 Bunner's Ridge Kelly 304-292-9821

(**) 20 miles. Meet at Pricketts Fort MCTrail trail head. (I-79 exit 139, turn west, follow signs to Pricketts Fort.) A road ride from the fort along Bunner's Ridge and through the surrounding countryside. Note: after the ride visit a civil war re-enactment event (Jones Imboden Raid) at Prickett's Fort State Park.

Saturday, April 28 11:00 North Bend Rail Trail Laurel 304-782-4117

(*) 27 miles. Meet at Depot in Pennsboro. From US 50 west take Rt. 74 into Pennsboro. Go past 7-11 and stay on Rt. 74 as it makes a few turns going into town. The rail trail depot & parking are on the left behind a restaurant and a fire station. Leisurely ride on rail trail to Cairo. Trail is flat but still mostly gravel and dirt (mud possible) with some tunnels each way. Lunch available at Cairo. We also pass a Dairy Queen halfway along. An **RSVP** would be nice.

Sunday, April 29 1:00 Oxford Loop Walter 304-873-2259

(**) 36 miles. Meet at the West Union ball field; US 50 west of Clarksburg to Rt 18 north. We will ride toward Sunnyside to Oxford Rd into Oxford then to Rt. 18 and return to West Union. Climb 3-4 hills.

MAY 5, SAT - BONUS RIDE

MAY 6, SUN - SPRING SPECTACULAR

MAY 19 J. CECIL JARVIS MEMORIAL RIDE