

# ... SPOKIN' WORDS ...

Published by **COUNTRY ROADS CYCLISTS**

Issue #2016-1 March-April

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS SINCE 1979

## NEW: CRC's Spring Spectacular WEEKEND

CRC's premier event will be two full days this year, Saturday, April 30 – Sunday, May 1. On Saturday, April 30, meet in Mount Morris, PA, to enjoy a 25, 45, or 60 mile Road Ride on scenic, low traffic roads. New routes are being mapped, and will be reasonably hilly and challenging for fit road cyclists. The new \$15 registration fee includes coffee and snacks before the rides, map and cue sheet, and snack stop and SAG wagon support during the rides. Join us for a post-ride gathering at Sorella's Pizza, in Mount Morris.

On Sunday, May 1, meet at the Wharf Street Parking Garage, for either a leisurely 21 mile Rail-Trail ride, or a 60 mile Road Ride at moderate tempo with ~5,000 feet of climbing. Both Sunday rides will be free, with minimal support – please plan accordingly.

Signed Spring Spectacular Weekend Registration/Waiver Form (available at [crcyclists.org](http://crcyclists.org) home page) and helmets required for all rides. Please see the enclosed flier for more details.

Would you like to help at either event? Please contact us at [CRCCyclists.info@gmail.com](mailto:CRCCyclists.info@gmail.com)!

## Meet Our New VP/Ride Captain: AMANDA BISE

Amanda Bise, Country Roads Cyclists' new Vice President/Ride Captain for 2016, is originally from Harrison County, but now lives in Grafton. She works as a special education teacher and a private music teacher. Amanda enjoys riding rail-trails and is hoping to make some of the longer rides this year. When not riding, she enjoys running and geocaching. Amanda says, "It has only been a short time since I joined, but I have already had a lot of fun, and am looking forward to getting more involved as Ride Captain this year."



## CRC 2016 Spring Pizza Party

Twelve CRC members met at Colasessano's Pizza in Fairmont, on Friday, March 11<sup>th</sup>, to start the 2016 season with good food, conversation, and plans for the new season. Pictured clockwise from the left: Lisa, Jennifer, Bruce, Jeanette, Gerry, Kelly, Sandy, Don, Linda, and Tom.

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

**Country Roads Cyclists Board of Directors:**  
President: Kelly Williams (304) 292-9821 [kellyrwilliams@msn.com](mailto:kellyrwilliams@msn.com)  
Vice President/Ride Captain: Amanda Bise 304-476-3354 [ad.bise@gmail.com](mailto:ad.bise@gmail.com)  
Secretary/Treasurer: Mary Small (703) 795-4438 [mary\\_small6@yahoo.com](mailto:mary_small6@yahoo.com)  
[CRCCyclists.info@gmail.com](mailto:CRCCyclists.info@gmail.com)

Since 1979  
**League of  
American  
Bicyclists**

Affiliated

## Welcome Our Newest Members!

2015:

Danny Rice – Morgantown

2016:

Fred Walborn – Glenville

Nancy Spillane – Morgantown

Sandy & Caitlyn Standley – Morgantown

## February CRC Board Meeting Notes

Your CRC Board of Directors met on February 10, 2016, in Fairmont, for a reporting and planning session. The Club started 2016 with a bank balance of \$2,425.86, and had \$1,980.62 on February 10. Discussions included: 2015 membership and financials; annual memberships with other non-profit organizations; website updates; the Spring Spectacular; Club insurance; the March-April ride schedule and newsletter; and the Harrison County rail-trail project. CRC members are welcome to attend any Board meeting; please contact [CRCCyclists.info@gmail.com](mailto:CRCCyclists.info@gmail.com) to be notified of the next meeting.

## 2015 Annual Meeting Recap

Thirteen CRC members attended the Annual Meeting in Morgantown on October 24, 2015: Amanda, Bill, Bruce and Jennifer, Danny, Don and Jeanette, Gerry and Kelly, Lisa, Marilyn, Mary, and Phil.

Kelly, CRC President, opened the meeting by a review of the year's great activities. January started the year with the launch of our Facebook page ([www.facebook.com/CRCCyclists](http://www.facebook.com/CRCCyclists)) and addition of two new membership types (approved at the 2014 Annual Meeting): Lifetime Individual, age 70+; and Lifetime Couple, age 70+. In February, planning for the Appalachian Spring Spectacular began. The Spring Pizza Party, first scheduled rides of the season (most of which were cancelled due to Snow!), and distribution of the League of American Bicyclists' "Smart Cycling Quick Guide" rounded out the month of March. In April, training for the Spring Spectacular Bonus Ride began, and several CRC members came out to support the Rails-to-Trails Conservancy Sojourn, held for the first time in West Virginia. May was a bustling month, with the Bonus Ride on May 2 (6 riders) and the Spring Spectacular on May 3 (79 riders), the first ride of the season on Snake Hill, the first Bike & Picnic of the season with Positive Spin ([www.positivespin.org](http://www.positivespin.org)), and wrapping the month up with a big birthday bow was Lisa's 60 mile Mon River Trail ride (note: the birthday girl did an extra 4 miles!). In June, eight members went to Ohio for the Marietta River Rendezvous; five members pedaled through the WV RAVE in Cowen; 25 members enjoyed a sunny day picnicking at Prickett's Fort; and we placed our third annual Club jersey order, adding four new colors to our collection. To close out the season, September was fun-filled with 12 riders cycling through the Labor Day weekend 56 mile Rowlesburg Mountain Tour, our joint event with the MonBikeClub; eight members, including 10 year old Henry Knudsen, enjoying the second annual GAP Getaway Tour; six riders completed our Prosperity Century, including Chuck K., Frank, and Mike M. who all pedaled a full 100 miles (nicely done, gentlemen), and on behalf of the Club, Kelly wrote to the WV Commissioner for Highways, Paul Maddox, to request re-paving of Rt. 100 in Mon County.

Mary, CRC Secretary/Treasurer, reported on membership and finances (updated 12/31/15 data is listed here). Membership: 128 Club Members distributed into 97 Club Memberships comprised of a) 67 Renewals + 30 New, and b) 71 Individual, 1 Lifetime Individual, 2 Lifetime. Finances: The Club started the year with \$2,194.34 and closed with \$2,425.86, for a net gain of \$231.52. We received donations of \$200: \$20 from members in excess of dues; and \$180 from members and friends toward the joint CRC/Team RWB Military Care Packages project. We distributed donations of \$650.80: \$160 to the Mon River Trail Conservancy (\$100 toward Decker's Creek Rock Forge wash-out repairs (approved at the 2014 Annual Meeting), \$60 from Spring Spectacular proceeds); \$300 from Spring Spectacular proceeds to HelpHopeLive ([helphopelive.org](http://helphopelive.org)) toward member John Bowders' medical expenses and specialized equipment; and \$190.80 for CRC/Team RWB Military Care Packages postage.

Kelly noted that the Club will have offered 78 organized rides by the end of October, and expressed gratitude to all the 2015 ride leaders.

Following nominations, three officers were elected: Kelly Williams, President; Amanda Bise, VP/Ride Captain; and Mary Small, Secretary/Treasurer.

## Prosperity Century Report

*From Frank Gmeindl:*

The September 21, 2015 Prosperity Century was probably one of the nicest and easiest because the weather was perfect: cool and mostly sunny. Starting at the Mon County Courthouse at 9:00 am, the same time as the regular MonBikeClub (MBC), might have caused some confusion. 6 cyclists: Kelly, Mike, Frank, Fran, Daveed and Michelle showed up. Impressive that Daveed and Michelle showed up since the day before, Daveed rode 75-miles and climbed 7,000-feet on the Kean Bird Memorial Ride.

Unlike most CRC rides that always start on the dot, this one departed at 9:15, another MBC tradition. As the group slowly rolled out through Westover, it became apparent that Mike and Frank were the only members intending to ride all the way to Prosperity so they rode ahead and met Chuck, who had ridden down from Prosperity, near Maidsville. Surprisingly, at Lazelle Union hill, Daveed and Michelle zoomed past, up and over the hill not to be seen again. Who knows where Kelly and Fran went?

Mike, Chuck, and Frank deviated somewhat from the traditional Prosperity Century route. They threw in an extra little climb up and over Mason Ridge from Rt. 19 to the Kirby Road. Then, Chuck rode up and over the interstate overpass to check if any CRC members were joining the ride from there, another CRC tradition. Nobody was there. Instead of going over to the Garards Fort / Fordyce Road and up to Waynesburg that way, they decided from Kirby Rd. to take Lemley Road to Rt. 19 and up to Waynesburg that way.

In Waynesburg, they stopped at Sheetz for very good sandwiches, chips, pastries and coffee and good chatter about the benefits of caffeine and roasting your own beans.

As in the past 2-3 years, instead of continuing on Rt. 18 into Prosperity, they turned right in Neneveh and onto some secluded gorgeous mostly paved one-lane roads on which only Chuck could lead and ended up in Prosperity. Despite it being his 14th Wedding Anniversary, rather than going straight home, Chuck sat with Mike and Frank on the porch of Jim's store while they ate a sandwich and other goodies, and chatted with various customers including a coal miner and a brick & stone mason.

Chuck escorted the group out of Prosperity and headed home to celebrate. Mike and Frank headed the traditional route through Sycamore and Waynesburg, up Sugar Run and over Woodside to Rt. 19. From there, another deviation onto Lemley Rd. then Kirby Rd. to Big Shannon Run to Rt. 19 from Mt. Morris then Rt. 100 to home.

Looking forward to more of such great rides in the coming months!

*Note from Kelly Williams:*

Thanks to Frank for leading the Prosperity Century Ride this year. Michelle and Daveed headed off to the bakery in Mount Morris, then did a loop around Mount Morris. Fran and I rode to Mount Morris, then up Hobb's Run (Larry's Leather hill) and down Bacon Run, before returning to Morgantown. Then, I joined Jennifer and Lisa for the first part of their ride to Friendship Hill.

Two great rides on a great late summer day.

### Save the Date: C & O Canal Bike Tour in April 2016

CRC is planning a bike tour of the Chesapeake & Ohio (C&O) Canal towpath in April. We will be starting in Cumberland, MD on Sunday, April 17, and ending in Washington, DC on Wednesday, April 20. After exploring Washington for one day, we will return to Cumberland via train on Thursday, April 21.

Interested cyclists should please contact either Phil Slates ([pslates@yahoo.com](mailto:pslates@yahoo.com)) or Kelly ([kellyrwilliams@msn.com](mailto:kellyrwilliams@msn.com)) for more details. For more information about cycling on the C&O Canal trail, go to: [bikewashington.org/canal/](http://bikewashington.org/canal/).

### 2016 Rails-to-Trails Conservancy Sojourns

The 2016 Sojourn Series is a major expansion of RTC's annual trail rides. Four world-class biking events in Florida, Pennsylvania, West Virginia, and Ohio offer the perfect opportunity to experience some of the nation's top rail-trails and greenways, and the communities they connect. February 29-March 3: Florida Sojourn near Miami; May 6-8: Pennsylvania Sojourn on the GAP from Meyersdale to Homestead; June 19-22: West Virginia Sojourn on the North Bend Trail; and September (TBA): Ohio Erie Trail Cleveland to Columbus. For more information on the rides: [www.railstotrails.org/experience-trails/sojourns/2016-rides/](http://www.railstotrails.org/experience-trails/sojourns/2016-rides/). Volunteers have the registration fee waived! For info on volunteering, contact Gary Smith (717-503-5003, [garyksmith@gmail.com](mailto:garyksmith@gmail.com)).

## REGIONAL RIDES

*From Bill Foster:*

**National Bike Summit, LAB**  
March 7-9 in Washington, DC  
Discount for LAB members  
[bikeleague.org](http://bikeleague.org)

**WV Bike Summit**  
April 17-18 in Charleston  
[wvconnectingcommunities.com/event/s.php/](http://wvconnectingcommunities.com/event/s.php/)

**Redbud Ride**  
April 22-24 in London, KY  
[redbudride.com](http://redbudride.com)

**Great Greenbrier River Race**  
Run, Canoe, Bike  
April 30 in Marlinton, WV  
[greenbrierrivertrail.com](http://greenbrierrivertrail.com)

**PA Sojourn**  
May 6-8 from Pittsburgh  
[www.railstotrails.org/experience-trails/sojourns/2016-rides/](http://www.railstotrails.org/experience-trails/sojourns/2016-rides/)

**TOSRV**  
210 miles  
May 7-8 from Columbus, OH  
[tosrv.org](http://tosrv.org)

**Greenbrier Trail Bike Trek**  
ALA Fundraiser  
May 12-15 in Shoeshoe, WV  
[www.lunginfo.org/trek](http://www.lunginfo.org/trek)

**CASA River Century**  
25/50/100 miles  
May 21 in Shepherdstown, WV  
[www.casarivercentury.org](http://www.casarivercentury.org)

**WV RAVE**  
Cancelled for 2016  
[www.facebook.com/wvrave](http://www.facebook.com/wvrave)

**Marietta River Rendezvous**  
138 miles  
June 4-5 in Marietta, OH  
[www.mariettarcc.org/](http://www.mariettarcc.org/)

**NRAO Space Race Rumpus**  
Tour, Ride, Race, Clinic, Training  
June 13-15 in Green Bank, WV  
[www.gb.nrao.edu/rumpus](http://www.gb.nrao.edu/rumpus)

**Great Ohio Bicycle Adventure**  
June 18-25  
[goba.com/wordpress/](http://goba.com/wordpress/)

**WV Sojourn**  
June 19-22 from Parkersburg  
[www.railstotrails.org/experience-trails/sojourns/](http://www.railstotrails.org/experience-trails/sojourns/)

**Bike Virginia**  
Woodstock & Harrisonburg loops  
June 24-29  
[bikevirginia.org/](http://bikevirginia.org/)

**Garrett County Gran Fondo**  
June 27-225-26 at Garrett College  
[www.garrettcountygranfondo.org](http://www.garrettcountygranfondo.org)

## 2016 National Opening Day for Trails on Saturday, April 16

Join the Mon River Trails Conservancy on April 16 for the "National Opening Day for Trails" Celebration. Across the United States, trail users will be having some fun at hosted events and celebrate the coming of Spring on the rail-trails. Join in on the celebration!

On the Mon River Rail-Trail:

10am to 3pm, Handmade Market: Enjoy shopping for jewelry, art, and other local artisan products at the Terra Café, 425 Industrial Avenue in Morgantown. 10% of artisan sales will go to benefit the local rail-trails.

10:30am, 2-mile Spring Walk: To celebrate Opening Day for Trails, starting and ending at Terra Café.

### \*\*TIME to RENEW YOUR MEMBERSHIP for 2016\*\*

Launch your 2015 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 (100 miles). 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 2016 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 many Country Roads Cyclists events in the coming year!

**"Like" Country Roads Cyclists on Facebook: [www.facebook.com/CRCyclists](http://www.facebook.com/CRCyclists)**