

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

www.crcyclists.org
P.O.Box 4322
Clarksburg,WV
26302-4322

May - June 2012 # 2
President Kelly Williams 292-9821 kellyrwilliams@msn.com
V.P./Road Captain Jennifer Preville 282-0218 jnprevill@gmail.com
Secretary/Treasurer Bill Foster 623-2736 billbikes@hotmail.com



May is National Bike Month!

Start it off right with us - **The SPRING SPECTACULAR BONUS RIDE** Saturday, May 5, 9:00 a.m. From the Mon County Courthouse features a wear you out up to 85 mile ride (so you slow down and ride with the rest of us Sunday) and a "half-bonus" option for those not ready for the 85 mile event.

And that's just the beginning! **Sunday, May 6** Be sure to come for our

APPALACHIAN SPRING SPECTACULAR BICYCLE RIDE

9:00 from **Morgantown** Wharf Street parking garage 25/46/60 mile options This is our special annual invitational event, founded by the Monongalia Bicycle Club in 1978, normally attracting about a hundred participants, (although only 53 rode in the rain last year). It is a great opportunity to meet all the other cyclists in the area for great riding and bike talk, along with enjoyable refueling. The public is invited.

\$10 Registration starts at 8:00 am at the Wharf parking garage in Morgantown; waiver and helmet required. All routes include maps, cue sheet and road markings, a refreshment stop and limited sag support. An after-ride pasta buffet at the West Virginia Brewing Co. is available. (+\$12.00+ tax & tip)



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

May 12-13 51st TOSRV Columbus, Ohio, 200 miles weekend, .tosrv.org

Sunday, May 13 WV MBA The Crying Wolf Challenge race Bluefield

Monday - Friday, May 14-18 is National Bike to Work Week and

Friday, May 18 is National Bike to Work Day

Tuesday, May 15 4:00-7:00 p.m. WVDOT public hearing on Statewide Bicycle Connectivity Plan **Morgantown** City Bldg. Council Chambers, 389 Spruce Street

Thursday, May 17-20 ALA Greenbrier Trail Bike Trek from Snowshoe Resort, Slatyfork 100 miles, fundraiser \$50 + \$450 min. inc. food, lodging, shuttle (lunginfo.org/trek)

Saturday, May 19 CASA RIVER CENTURY Shepherdstown 25/50/100 \$45/65 casarivercentury.org

Saturday, May 19 11:00 CRC 5th Annual J. CECIL JARVIS MEMORIAL BIKE RIDE from north **Buckhannon** Riverfront Park (From north or west on US 33, pass the WV 20 exit to the next exit east for Morton Street. Go south a few blocks on Fifth Street to the park. This is Strawberry Festival time in Buckhannon and we will suitably recognize that after the ride. free, public is invited.

Sunday, May 20 WV MBA The Wayne Ultra Mt. Bike Race Marietta, Ohio wvmba.com

Sunday, May 20 ABRA Wisp XC Mountain Bike Race Md.(no USAC license required) .abra.com

Tuesday, May 22 4:00-7:00 p.m. WVDOT public hearing on their Statewide Bicycle Connectivity Plan

Elkins City Building Council Chambers, 401 Davis Avenue .abra.com

Saturday, May 26 ABRA #3 TOUR OF TUCKER COUNTY ROAD RACE Thomas -Tucker Co.H.S /

Sunday, May 27 WHEELING HERITAGE TRAIL BICYCLE TOUR \$25/30, OhioValleyTrailPartners.org



photo by Paul G. Wiegman, pgwphotography@gmail.com Burner Run Overlook on the Great Allegheny Passage, April 15, 2012

Six cyclists rode our April GAP test ride from Connellsville to Ohiopyle - Doris, Jennifer, Nick, Lisa, Larry and myself. We had a pleasant trail ride to Ohiopyle, along with many others who were biking, walking, fishing, or kayaking. We had lunch at the Falls Market in a busy Ohiopyle. The weather warmed up nicely on the return. Total 35 miles. Kelly

TIME FOR THE BIG ONE ! AUGUST 5 - 10 DO THE GAP + THE C & O TOWPATH

We start from Connellsville, PA town park on the rail-trail the morning of Sunday, August 5. From there we will bike on the trail for 5 days, ending in Washington, D.C. on Thursday, August 9th and enjoy a bit of D.C. sightseeing on Friday before returning to Connellsville. Each cyclist will have to make their own hotel/hostel/B & B reservations for the trip. Contact me for more details. We are planning a shuttle return for the bikes (perhaps rent a U-Haul if there are a lot) and a train trip for ourselves (or perhaps Megabus directly to Morgantown?).

Sunday (8/5) - Leave Connellsville for Rockwood (Bed and Breakfast) 47 mi

Monday (8/6) - Cumberland (lots of hotels available) 44 mi

Tuesday (8/7) - Hancock (hotels, bike shop hostel) 62 mi

Wednesday (8/8) - Harpers Ferry (B&Bs, hotels) 65 mi

Thursday (8/9) - Washington DC 60mi (hostels)

Friday (8/10) - Sightseeing, then return to Morgantown.

Of course, you can always go with another group. Bike the route from D.C. to Pittsburgh with The Rails-to-Trails Conservancy on their annual Greenway Sojourn in June (17-24, \$975) or the Adventure Cycling Association in the fall (Sept. 29 - Oct. 6, \$1,149, 65 cyclists).

EMLENTON REPRISED JULY 13 - 15 ANOTHER GREAT BIKING WEEKEND IN NW. PA.

Come ride the roads and rail-trails of northwestern Pennsylvania the extended weekend of July 13-15. We had a great time there last year. Here are some highlights and options:

What to do: **cycling** - the rail-trails and great road rides, paved or dirt. **river play** - Our hosts offer their kayaks and canoes, bring your own swimming suit or fishing gear. (Pa. license required) **fireworks** - Saturday night, watch from the yard. The weekend also includes usual parade, crafts sales and food. **eat** - We may plan a cookout there, maybe Saturday night? nice restaurants in Foxburg and Franklin, too. See www.emlentonpa.com

The home base: Tom & Becky's summer place on Allegheny River Avenue, Emlenton, PA. Welcome to pitch tents, park campers, etc. in large yard (toilet and shower, kitchen facilities, to share.) Contact tberlin2@yahoo.com
There are two economical lodging options two blocks away: The Emlenton Hostel in the Old Mill 724-313-6455, and Barnard House B&B 108 River Road 724-867-2261, thebarnardhouse.com (more details: Bill at 304-623-2736)



LVBC & CRC ready for the Blackwater Canyon rail-trail



Dave on the trail

Mike S photos

A VISIT FROM THE LICKING VALLEY BICYCLE CLUB

Our Ohio members, Mike and Kaye planned a weekend for their Ohio club and invited us to the Sunday ride. Several of our members got in on the whole weekend, which was the coldest of a warm spring. Here is Mike's report:

We had a very good time with lots of good food and many laughs. Eleven of us - five CRC members and the rest from our Ohio club - arrived on Friday with the intention of staying until Monday morning.. We did a nice warm up ride on Saturday taking the rail/trail from Thomas to Hendricks and back, a nineteen mile round trip. Good scenery along the way, including several waterfalls but it was easier to see on the way back up, as the nearly ten mile descent kept our eyes on our front tire. At the turn around point we got a short shower but we finished dry despite threatening skies. We harvested a few ramps to transplant in Ohio soil (thanks WV). We had planned to do some hiking in the afternoon following the Sat. ride, but our interest turned to food and the rain later dampened any desire to head to the top of the mountain for a stretch of the legs. Stretched the legs out on the couch instead, watching hours of cycling dvd's.

Sunday morning we were getting weather reports for up to twelve inches of snow on the way. Rain was already a threat with clouds hanging in the mountain tops and temps were not going to rise above the low forties, not good for the isolated location of the planned ride, so a few decided to depart for Ohio right away. Five of us stayed long enough to drive and explore some of the area by foot, enjoying some great scenery in the Sinks of Gandy and more at Spruce Knob Lake where we had the opportunity to view four loons. Must mention though, a couple of hardy souls did do part of the route Sunday. Les and Ledger the brown dog did fifteen miles of the West Fork rail-trail.

STATEWIDE BICYCLE CONNECTIVITY PLAN PUBLIC MEETINGS

The West Virginia Department of Transportation is holding public meetings throughout the State to gather input for a bicycle plan to make strategic connections between neighboring States, State regions, municipalities and points of interest. The public meeting will focus on the geographic region where the meeting is held, but will also present and receive comments on the other regions of the State. All meetings will be from 4:00 pm to 7:00 pm. There will be brief presentations at 4:00, 5:00 and 6:00 followed by an opportunity to give your comments in a workshop style setting. A total of ten (10) routes and three loops were identified during earlier planning efforts and were used as the initial strategic routes to consider. Here are the links to the West Virginia State maps that identify the following: [Proposed bike routes across the State](#), [Potential connections to other States](#), [Major long distance trails](#), [Scenic byways](#), [Stakeholder group input/suggested routes](#) The actual routes currently proposed may differ from these maps.

Public meetings will be held at the following locations: (Ranson, Huntington, Wheeling, Lewisburg not shown here)
May 7, 2012 City Service Center 915 Quarrier Street Charleston, WV 25301

May 10, 2012 Municipal Building 2nd Floor Exec. Conf. Room 1 Government Square Parkersburg, WV 26101

May 15, 2012 City Building Council Chambers 389 Spruce Street **Morgantown**, WV 26505

May 22, 2012 City Building Council Chambers 401 Davis Avenue **Elkins**, WV 26241

A good showing at these meetings should encourage the DOT to further support cyclists interests and cycling.

KELLY FINISHES LAST AT THE MORGANTOWN ROAD RACE

Last year the Morgantown Road Race was delayed by a thick, wet snow, and remained wet and chilly all day. [Spokin' Words 2011 #2, page 4] The weather for today's race was nearly perfect - in the mid-60's at the start and a clear, sunny day. This year, J.R. Petsko allowed me to drive the sweep car. (I begged him to let me sweep and he finally relented; of course, I think that is how Tom Sawyer got his fence painted...)



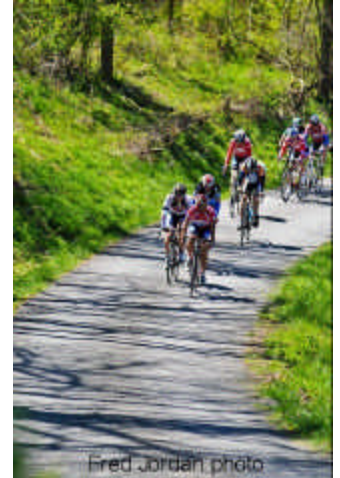
It was very exciting that morning, to see and hear all the cyclists [over 300] gathered to register and talk about this race and the upcoming season. As noon approached, J.R. lined up all of the different categories, and off they went - lead car, racers, wheel car, repeat. I got into position, as the last wheel car and sweep, the last person in the parade. I drove behind them all, blinkers on, Barry Manilow pulsating from my eight track tape player - life does not get better than this! We went down Rt 7 to Rt 218, then turned off onto some pleasant Greene County back roads. It looked like a great route for cycling - I will have to try it soon, but not as a race.

As the sweep, I am able to wave at the marshals, and tell them to go home. And, at each turn, the marshal is someone I know. First there is Mike , at the turn off of RT 218. Next there is Jennifer , at the top of the next hill. She tells me that this is where photographer

Fred Jordan was most of the morning. Then there is Bill and next is Peter , then on the next several turns are all the guys from the Pathfinder. Finally we are back on Shannon Run, and it is time for the sprint past the officials; I spy Dennis [USAC official in training] at this tent. Everyone is in, a good time is had by all. I find the owners of the wheels in the back of my car, and head home.

Kelly Williams

[ed. note: All of the above named are Country Roads Cyclists except Tom Sawyer, Bary Manilow, Mike and Fred Jordan. Congratulations to CRC racers including Gunnar Shogren, second place Masters 40+, Betsey Shogren 4th Women 1/2/3, Don Dickerson 13th and John Bowders 14th in Masters 50+.



[ed. note 2: The Greene County Road Race two weeks later was much like last year's cold and wet Morgantown Road Race mentioned above. Most of the same support crew from CRC was there and while Gunnar won the Masters 40+ race by over nine minutes, Betsey was third in a photo finish for the top three women. Don finished 6th in Masters 50+ and John was home in Missouri waiting for the Appalachian Spring Spectacular. Bonus Ride. Meanwhile, J.R. said, "I just wanted to send you a quick note to say thank you so much for helping out at the Greene County Road Race. It was some crappy weather but the race was a hit thanks to you and the other folks that came out to help make the race happen. I understand that committing some of your free time to do things like this can be tough at times, so I want you to understand how much I and the racers appreciate it.. Thanks again!" J.R. Petsko

PedalPGH and BikeFest

PedalPGH is moving to the sunny month of August to kickoff our eighth annual BikeFest. Because of strong community support BikeFest continues to grow. This year it will grow from 10 to 15 days of fun, community-based bicycling events.

So, save your vacation days and invite your friends to Pittsburgh this summer for a great time. **PedalPGH kicks off the Fest on August 5th** as the largest bike ride in the state

More next newsletter or go to bike-pgh.org/events/pedal-pittsburgh



COUNTRY ROAD CYCLISTS

MAY - JUNE 2012 RIDE SCHEDULE

Road Captain Jennifer Preville 304-282-0218 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

Saturday, May 5 9:00AM Morgantown Appalachian Spring Spectacular Bonus Ride
(****) up to 85 miles with several options.. From Courthouse Square in downtown Morgantown
Moderate pace, lots of climbing, no sag. **Don 304-692-7107**

NOTE: A shorter option (40 miles) will be available. **Kelly 304-292-9821**

Sunday, May 6 9:00AM Morgantown Appalachian Spring Spectacular
(**/**) 25/45/60 miles. From Morgantown Wharf District parking garage. Registration (\$10 fee) &
helmet required. Snacks before and during ride. Limited sag. Optional pasta buffet afterwards

Saturday, May 12 11:00AM Falling Timbers Loop Jack 304-282-6275
(***) 40 miles. Meet at Morgantown's Courthouse Square, High Street. Ride into Fayette County
via Dug Hill, Canyon Road, Stewardstown Road. Then up Nilan Hill and onto the back roads
through the countryside. A few hills.

Saturday, May 12 1:00PM Lost Creek-Weston Mark 304-745-3192
(**) 33 miles. Park at the Lost Creek trail head, east side of I-79 exit 110. Route goes through
Jane Lew, the edge of Kinechelo, past Jackson's Mill to Weston, loops back past the Mill and
returns. Very nice roads, mostly relatively flat or rolling with no memorable hills. A couple of small
stores along the way.

Sunday, May 13 9:00AM Spring Spectacular Repeat Kelly 304-292-9821
(***) 45 or 60 miles. Meet at the Wharf District parking garage. Repeat of the Spring Spectacular
route, without frills (no registration or sag), for those who missed last Sunday's ride. Hilly route to
Kirby or on to Waynesburg and back.

Saturday, May 19 11:00 Cecil Jarvis Memorial Ride Michael 304-842-8408
(**1/2) 37 miles. Meet at Buckhannon City Park (east on Rt. 33, just past Rt. 20, turn right at the
Morton Ave. exit, then south about 4 blocks to the Park). NOTE: This is also the date of the
Strawberry Festival. We ride out of Buckhannon to near Weston, then to Stonewall Jackson Lake.
Some hills and long grades. Ride will regroup at the crash site to remember Cecil Jarvis.

Sunday, May 20 11:00AM Little Falls Loop Kelly 304-292-9821
(**) 35 miles. Meet at Wendy's parking lot, Rt 7 Sabraton. We will bike down the trail to Little
Falls. From there we will climb Little Falls Road, Tom's Run Road, then down Halleck Road and
Opekiska Road, returning on the trail.

Sunday, May 20 10:00AM North Bend State Park Mike 740-403-1250
(***) Meet at the North Bend State Park Lodge. Breakfast is available at the lodge at 9:00.
<http://www.mapmyride.com/routes/view/6342870.which> . It is a challenging, scenic ride. Great for
road bikes . I'll have maps for the faster riders Directions to the Park at
<http://www.northbendsp.com/Location/location.html>

Saturday, May 26 11:00AM Seven Terrible Hills Jack 304-282-6275
(***) 45 miles. Meet at Morgantown's Courthouse Square, High Street. 7 Hills. Count'em: White
Ave, Dug Hill, Canyon Road, Stewardstown Road, Nilan Hill, Dillinger Hill, Bigfoot. This ride is not
for the fainthearted.

Sunday, May 27 12:00PM Deckers Creek Trail Marilyn 304-598-5078
(**) 30 miles. Meet at Wendy's parking lot, Rt 7 Sabraton. We will bike up Decker's Creek Trail to
Reedsville and back to Morgantown.

COUNTRY ROAD CYCLISTS

MAY - JUNE 2012 RIDE SCHEDULE

Saturday, June 2 9:00AM Jane Lew casual ride Bill 304-623-2736

(*1/2) 20 to 25 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, June 3 open no ride scheduled

Saturday, June 9 10:00AM Jarvisville-Meathouse Fork Loop Walter 304-873-2259

(***) 45 miles. Meet at the Marshville exit. We will bike Jarvisville Road to Meathouse to Rt 18 to Snowbird to Long Run. Some riding on US 50. 1 store in West Union.

Sunday, June 10 12:30PM Picnic Prickett's Fort Kelly 304-292-9822

(**) 36 miles. Join us for our annual picnic at Prickett's Fort. From north Fairmont I-79 exit 139, follow signs to picnic area on Prickett's Creek. Bring a dish to share. Meet at the Morgantown Med Express parking lot, University Ave/Don Knotts Blvd., US 119 south. Ray Ware will be there to take your food to the picnic. **Option 1:** Trail ride to Prickett's Fort - 18 miles one way (36 round trip) (**Jennifer Preville 304-282-0218**). **Option 2:** Road ride to Prickett's Fort on Rt. 73. Hilly route with traffic (**Kelly Williams 304-292-9822**). Picnic at Prickett's Fort about 2:30pm, then return. **Option 3:** Meet at Prickett's Fort picnic area at 1:00 for a casual one hour loop ride on the roads and paved McTrail. (**Bill Foster 304-623-2736**)

Saturday, June 16 10:00AM Friendship Hill Jennifer 304-282-0218

(**) 32 miles Meet at parking lot behind Wendy's in Sabraton (Rt. 7). We will bike along the river trail to Pt. Marion, PA then bike 3 miles on road to Friendship Hill. We will spend an hour at Friendship Hill then bike back to Pt. Marion and eat at Apple Annie's then back down trail to Sabraton. (3 mile climb to Friendship Hill).

Sunday, June 17 11:00AM Mount Morris Loop Kelly 304-292-9821

(**) 30-35 miles. Meet at the parking lot behind Wendy's in Sabraton (Morgantown Rt. 7 east). We will bike on Rt 100 to Mount Morris, and then do an additional 5 mile loop, returning to the Rising Creek Bakery, Mt Morris for refreshments. Then, back down Rt 100 to Morgantown.

Saturday, June 23 10:00AM Lost Creek-Buckhannon Mark 304-745-3192

(***) 30 miles. Park at the Lost Creek trail head, east side of I-79 exit 110. We will do out and back via Old Buchhannon Mountain.

Sunday, June 24 11:00AM Dug Hill-Tyrone Rd Loop Kelly 304-292-9821

(***) 30 miles. Meet at the parking lot behind Wendy's in Sabraton (Morgantown Rt. 7 east). We will bike up Dug Hill, then do a loop on Tyrone Road and Tyrone-Avery Road, returning down Dug Hill, to the trail. We will then bike down the river trail to Terra Cafe for coffee.

Saturday, June 30 9:30AM Tarkiln Loop Ken 304-669-9822

(**) 30 miles. From the Tarkiln Road exit of Rt 50 West of Salem. Mostly rolling, with 2 significant hills on some of our club's century route.

Sunday, July 1 not yet scheduled