

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

www.crcyclists.org

P.O.Box 4322

Clarksburg, WV

26302-4322

May - June 2013

2

President Kelly Williams 292-9821 kellyrwilliams@msn.com

V.P./Road Captain David Phillips 594-1036 wvfossils@aol.com

Secretary/Treasurer Bill Foster 623-2736 billbikes@hotmail.com

**League of
American
Bicyclists**
since 1979

May is National Bike Month!



Sponsored by the League, **National Bike Month** is an opportunity to celebrate the unique power of the bicycle and the many reasons we ride. Whether you bike to work or school; to save money or time; to preserve your health or the environment; to explore your community or get to your destination, get involved in Bike Month in your city or state — and help get more people in your community out riding too!

and the month is packed !

Start with our **SPRING SPECTACULAR BONUS RIDE Saturday, May 4, 9:00 a.m.** from the Mon. Co. Courthouse in Morgantown for a **RELAXED PACE** ride of about 70-miles and 7,000-feet of climbing.

Then ride our **APPALACHIAN SPRING SPECTACULAR BICYCLE RIDE**

Sunday, May 5, 9:00 from Morgantown Wharf Street parking garage (south side of Deckers Creek at the Monongahela River) Choose between a 25 mile ride, up Deckers Creek rail trail and back, and a 45 or 60 mile moderately hilly road ride loop into Pennsylvania and back on scenic, low traffic roads.

This is our special annual event, founded by the Monongalia Bicycle Club in 1978. The public is invited. \$10 registration starts at 8:00 a.m., a waiver and helmet are required. Road routes include maps, cue sheet and road markings, a refreshment stop and limited sag support. An after-ride pasta buffet at the Morgantown Brewing Co. is available for \$13 + tax & tip.

AND MORE GREAT EVENTS IN OUR REGION

Saturday, May 4 GREENE COUNTY ROAD RACE ABRA series #2 Waynesburg, PA abraracing.com

Wednesday, May 8 League of American Bicyclists' BIKE TO SCHOOL DAY

Friday, May 10 GREENE COUNTY SAFETY DAY (elementary school) Greene Co. Pa. Fairgrounds

Saturday, May 11 EMERGENCY RESPONDERS FAIR Morgantown, Mylan Park free bike helmets for children 14 and under, bike safety checks and a bike road course with prizes.

Saturday, May 11 GRAN MERCER METRIC charity ride, Athens, WV \$40 granmercermetric.com

Saturday, May 11 WISP MOUNTAIN XC RACE ABRA mtb series #2 Deep Creek, MD abraracing.com

Sat.-Sunday, May 11-12 TOSRV ride Columbus, OH to Kentucky border and back \$80 tosrv.org

Sunday, May 12 SIX HOURS OF ARROWHEAD team race Fayetteville bikereg.com/Net/18998

Monday-Friday, May 13-17 League of American Bicyclists' BIKE TO WORK WEEK

Friday, May 17 League of American Bicyclists' BIKE TO WORK DAY

May 16-19 GREENBRIER TRAIL BIKE TREK Snowshoe, ALA fundraiser pocahontascountywv.com

Friday-Sunday, May 17-19 DIRT RAG DIRT FEST Hesston, PA Susquehannock Campground, rides, skills clinics and partying, with special events for women and children dirtragdirtfest.com

Saturday, May 18 CASA RIVER CENTURY 25/50/100 mile \$50 Shepherdstown casarivercentury.org

Sunday, May 19 THE WAYNE ULTRA mt. bike series #2 Marietta, OH wvmba.com

Sunday, May 19 THE CRYING WOLF CHALLENGE WVMBA series #4 Bluefield, WV wvmba.com

Saturday, May 25 MOUNTAIN MASSACREE ROAD RACE Friendsville, MD winthefight.org/

Sunday, May 26 TOUR of TUCKER COUNTY ROAD RACE ABRA series #3 Thomas abraracing.com

Sunday, May 26 Tucker County Trails BLACKWATER CLASSIC WVMBA series #5 wvmba.com

Sunday, May 26 WHEELING HERITAGE TRAIL BICYCLE TOUR 10/30/62 quickservicecycle.com

OFFICERS MET April 2 in Morgantown for a reporting and planning session. Members are welcome to attend any officers meeting. Contact any officer for the time and place of the next meeting. The treasurer reported a current balance of \$1,722.41. Membership was reported as 54 paid for 2013, including 14 in Harrison Co., 18 in Monongalia Co., 9 other West Virginians and 13 out-of-state. Under old and new business, maintaining IMBA membership at the \$100 rate, rejoining the North Bend Rails to Trails Foundation (\$30) and a \$50 donation in support of Sheepskin Trail development were approved, and events on the ride schedule were discussed, including the Appalachian Spring Spectacular and Bonus Ride and a picnic at Pricketts Fort in June.

WELCOME OUR NEW MEMBER

Dana - Morgantown

paid membership is currently up to 66, including 21 in Harrison Co. and 23 in Monongalia Co. We hope the rest of our 2012 members remain with us this year. (Please remit your dues soon if you get a waiver/ membership form in this newsletter. Thanks)

POSITIVE SPIN REOPENS

 They announce:

Shop doors open to the public again as of this Saturday, April 20th, 2013!!

On April 16th, as the natural fireworks of the thunderstorm celebrated outside the glass enclosed conference room, the new Board of Directors was formed, and there was a quorum ! A motion passed unanimously to open the shop to the public this Saturday and to keep regular Saturday hours of 1-5pm ! We have once again obtained our 501(c)(3) nonprofit status! Donations are tax-deductible!

SHEEPSKIN TRAIL WORK

It has been a long time since the MRTC extended the rail trail system to the Pennsylvania border, but the short way north into Point Marion has been a frustrating wilderness. Now, Fayette County and the National Road Heritage Corridor have partnered with elected officials and other organizations to act to complete the 1.4 mile segment, thanks in large part to a \$120,000 grant from the Richard King Mellon Foundation, it was announced at a celebration meeting March 8 in Point Marion. Raising the remaining funds to construct the finished rail-trail is proceeding, with several other funding sources noted. Country Roads Cyclists contributed \$50 toward these efforts (see above) and you are invited to add your personal support to: National Road Heritage Corridor, 65 West Main Street, Suite 103, Uniontown, PA 15401 indicate "Sheepskin Trail" in the memo area of a check.



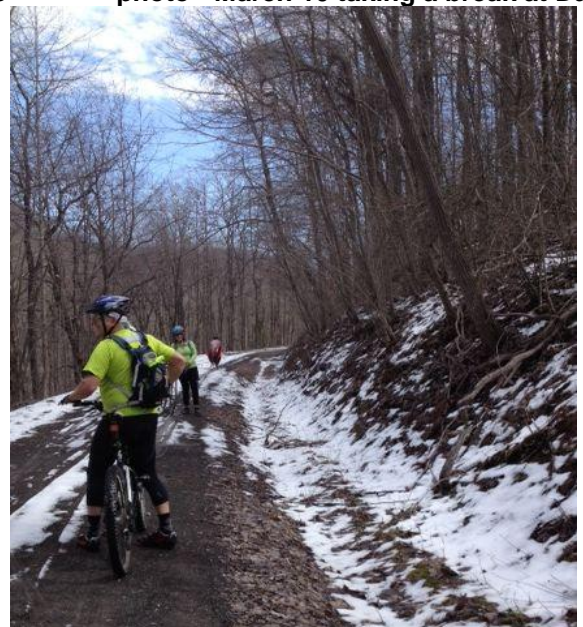
1 Dave

photo - March 10 ready to go



2 Dave

photo - March 10 taking a break at Dave's



3 Lisa

phone photo March 10 on the trail

COUNTRY ROAD CYCLISTS

MAY - JUNE 2013 RIDE SCHEDULE

Road Captain Dave Phillips 304-594-1036 wvfossils@aol.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 4 9:00 am Bonus Ride for the Appalachian Spring Spectacular

(****) 70 miles. From the Courthouse Square, High Street, in downtown Morgantown. A road ride over the hills of West Virginia, at a relaxed pace, lots of climbing, no sag.

Sunday, May 5 9:00 am Appalachian Spring Spectacular

(**/****) 25/45/60 miles. From the Morgantown Wharf District parking garage. Registration (\$10 fee) and Helmet Required. Limited Sag. Choice of distances: 25, 45, or 60 miles. The 45 and 60 mile routes will take you into Pennsylvania. The 25 mile route will be out and back on the Decker's Creek Trail.

Saturday, May 11 12:00 noon Fayette County Loop Dave 304-594-1036

(***) 30 miles. Park at the Free Methodist Church, on Rt 857, one mile north of the PA border. (Park towards the Tobin School Road side.) A road ride over the hills and through the valleys of Fayette County.

Sunday, May 12 9:00 am Repeat of an Appalachian Spring Spectacular route

Jack 304-282-6275

(***) 60 Miles. Meet at the Morgantown Courthouse Square, High Street. A repeat of the 60 mile route of the Spring Spectacular, for anyone who wishes to do it again, and anyone who missed it last Sunday. This is a no-frills, no snacks or sag ride. We will repeat the 60 mile route only, from Morgantown to Mount Morris, on to Waynesburg, and return.

Saturday, May 18 12:00 noon Fayette County Loop Dave 304-594-1036

(***) 30 miles. Park at the Free Methodist Church, on Rt 857, one mile north of the PA border. (Park towards the Tobin School Road side.) A road ride over the hills and through the valleys of Fayette County.

Sunday, May 19 12:00 noon Bakers Ridge / Mon River Trail Loop Kelly 304-292-9821

(**) 26 miles. Meet at the parking lot behind Wendy's in Sabraton. (Morgantown Rt 7 East.) We will bike north on the Mon River Trail to VanVoorhis Road. From there, we will climb out of the valley and ride along Bakers Ridge to UHS. From there, we will turn around and return to the start point, after stopping at Terra Cafe for coffee.

Saturday, May 25 11:00 am Tappan Hill to Adaland Mansion Loop Marilyn 304-598-5078

(***) 36 miles. Meet at the Boothsville Bingo Hall. From I-79, Fairmont exit 132, go towards Grafton on US 250 South, past the Wal-Mart, about 5 miles from the exit to the bingo hall on the right (not actually in Boothsville). A hilly ride out to Adaland Mansion, a historic 19th century mansion. We will rest here (bathrooms and water available), then return to the bingo hall. A hilly ride with several long climbs. Bring snacks.

Sunday, May 26

no ride scheduled

Monday, May 27 10:00 am North Bend Rail Trail Bill 304-623-2736

(*) 26 miles. From Pennsboro depot, exit off of US 50 west onto Rt 74 north into Pennsboro. Stay on it as it zigzags into town and up to the depot. (allow 45 minutes drive from I-79) Easy ride on flat unpaved rail trail to Cairo and back. Lunch in Cairo, several tunnels each way.

Note: Many of the Morgantown rides, start from the parking lot at Wendy's, in Sabraton, off of Rt 7. However, please be aware of the different start times.

COUNTRY ROAD CYCLISTS

MAY - JUNE 2013 RIDE SCHEDULE

Saturday, June 1 9:00 am Snake Hill / Deckers Creek Loop Travis 304-685-3713

(***) 30 miles. Meet at the parking lot behind Wendy's in Sabraton. (Morgantown Rt 7 East.) We will bike up Dug Hill, then on up Snake Hill to Masontown. From Masontown, we will do a loop, then return down Decker's Creek Trail. It is also possible that we may add other routes on this ride.

Sunday, June 2 2:00 pm Jane Lew Bill 304-623-2736

(*) about 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. Beginners welcome, relaxed pace.

Saturday, June 8 1:00 pm Snake Hill/ Deckers Creek 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 on up Snake Hill to Masontown. From Masontown we will do a loop, then return down Decker's Creek trail to Morgantown. It is also possible that we may add other routes on this ride.

Sunday, June 9 1:00 pm Mon River Trail North Jennifer 304-534-8244

(*) 20 miles. Meet at the parking lot behind Wendy's in Sabraton. (Morgantown Rt 7 East.) We will bike down the Decker's Creek Trail to the Mon River Trail north, to the VanVoorhis trailhead. From there, we will return to the starting point, but first we will stop in the Terra Cafe for coffee.

Saturday, June 15 1:00 pm Snake Hill / Deckers Creek 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 on up Snake Hill to Masontown. From Masontown, we will do a loop, then return down Decker's Creek trail to Morgantown. It is also possible that we may add other routes on this ride.

Sunday, June 16 1:00 pm Mon River Trail South Lisa 304-241-5443

(*) 20 miles. Meet at the parking lot behind Wendy's in Sabraton. (Morgantown Rt 7 East.) We will bike down Decker's Creek Trail to Mon River Trail and south to the Little Falls trailhead, then return to the starting point.

Saturday June 22 11:00 pm Snake Hill / Deckers Creek Loop Marilyn 304-598-5078

(***) 30 miles. Meet at the parking lot behind Wendy's in Sabraton. (Morgantown Rt 7 East.) We will bike up Dug Hill, then on up Snake Hill to Masontown. From Masontown, we will do a loop, then return down Decker's Creek trail to Morgantown. It is also possible that we may add other routes on this ride.

Sunday, June 23 12:30 pm ride Picnic at Prickett's Fort 2:30 pm Jennifer 304-534-8244 and Kelly 304-292-9821

(**) 36 miles. Join us for our annual picnic at Prickett's Fort. Bring a dish to share. MEET at the Morgantown MedExpress parking lot, University Ave/Don Knotts Blvd, US 119. Ray will be there to take your food to the picnic. OPTION 1: Trail Ride to Prickett's Fort -18 miles one way (36 miles round trip). OPTION 2: Road Ride to Prickett's Fort on Rt 73. Hilly route with traffic. OPTION 3: Meet at Prickett's Fort at 2:30 and join us at the picnic (I-79 exit 139, north of Fairmont).

Saturday, June 29 1:00 pm Stewardstown Road/Mon River Trail Loop 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 Mon River Trail north, to the Van Voorhis trailhead and up along Baker's Ridge to Stewardstown Road. After descending into Point Marion, we will return to the start via the Mon River Trail. Food and snacks are available in Point Marion. Longer options are possible.

Sunday, June 30 1:00 pm Decker's Creek Trail ride Lisa 304-241-5443

(**) 22 miles. Meet at the parking lot behind Wendy's in Sabraton. (Morgantown Rt 7 East.) We will bike up Decker's Creek Trail to the Masontown trailhead, then return down the trail to the starting point.

Note: Many of the Morgantown rides, start from the parking lot at Wendy's, in Sabraton, off of Rt 7. However, please be aware of the different start times.

Appalachian Spring Spectacular Bicycle Ride

When: Sunday, May 5, 2013, 9:00 am (*registration starts 8:00*)

Where: Wharf Street Parking Garage (61 Wharf Street)
Morgantown, WV

Rides: Choose a 25 mile rail trail ride or 45 or 60 mile ride on scenic, low traffic roads. Routes are moderately hilly and challenging for moderately fit cyclists. Each ride includes a food/water stop and limited sag wagon support.

Food: Coffee and snacks before the ride, snack stop during the ride, and optional pasta buffet after the ride!

Cost: \$10 - Includes map, cue sheet, snack stop and sag. After ride pasta buffet additional \$13.00 + tax & tip. All riders must sign a waiver (including adult for minor.)

Helmets required.

Bonus Ride

*Meet at the Courthouse for a non-supported, club ride.
Saturday, May 4 at 9:00 am. This year it is a relaxed pace ride,
approximately 70-miles, with ~7,000 feet climbing.
Contact: Frank Gmeindl: 304-376-0446*

Contact: Kelly Williams: 304-290-2751

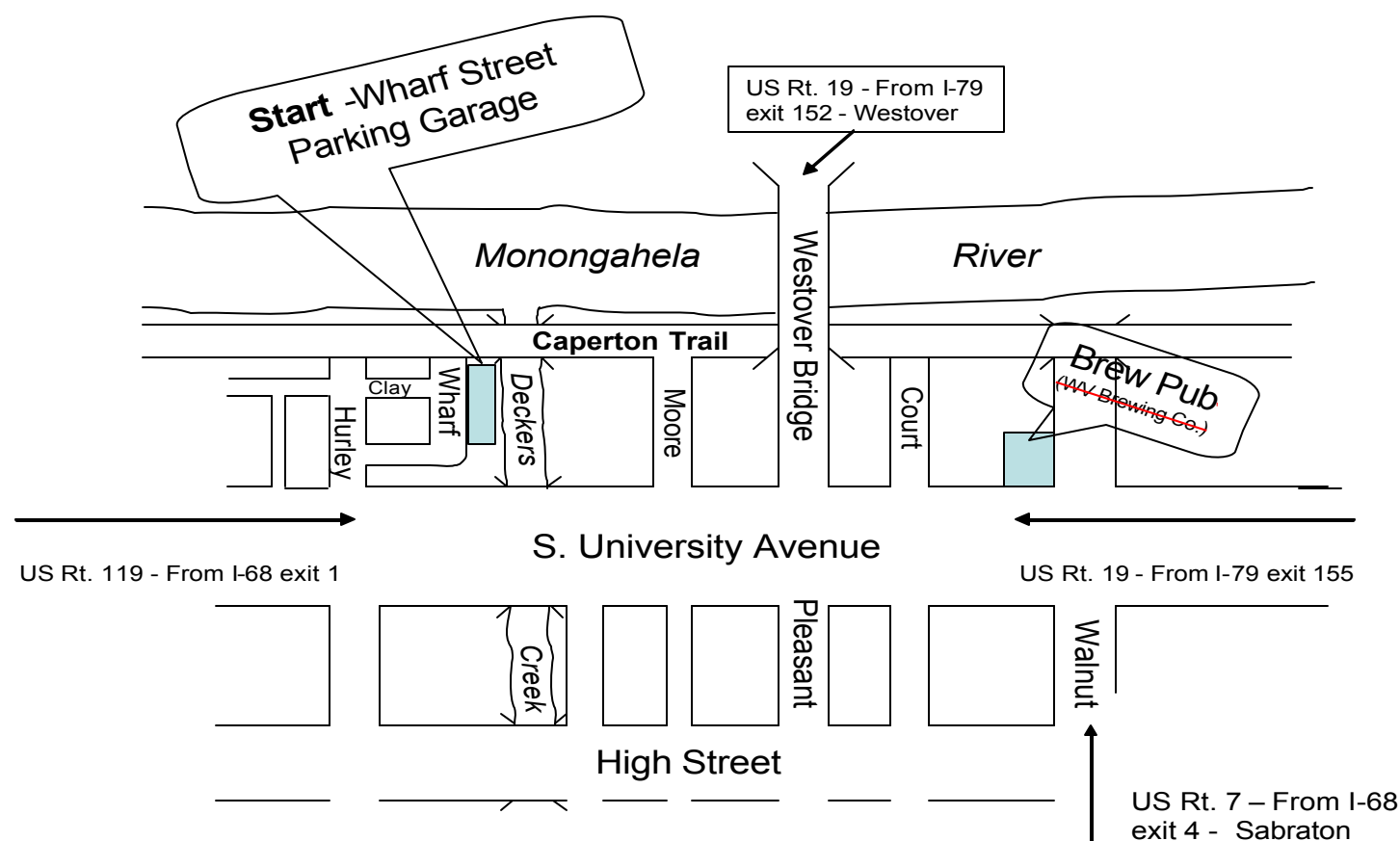
MAY IS NATIONAL BIKE MONTH - COME OUT AND RIDE WITH US

The Appalachian Spring Spectacular is sponsored by

Country Roads Cyclists
PO Box 4322, Clarksburg, WV 26302
www.crcyclists.org

We invite you to join Country Roads Cyclists! Your \$10 annual membership (\$12.50 for families) includes a bi-monthly newsletter and ride schedule.
Country Roads Cyclists – serving north-central W.Va. cyclists of all interests and abilities!

Map to Start of 2013 Appalachian Spring Spectacular



2013 APPALACHIAN SPRING SPECTACULAR

Release and Waiver of Liability, Assumption of Risk, Indemnity, and Parental Consent Agreement ("Agreement") for LEAGUE OF AMERICAN WHEELMAN D/B/A LEAGUE OF AMERICAN BICYCLISTS ("LAB")

(this form is to only be used for Individual Adults or for Adults on behalf of Minors)

IN CONSIDERATION of being permitted to participate in any way in Harrison County Bicycle Association, Inc. d/b/a Country Roads Cyclists ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I may incur as a result of my participation in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, its respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, including Mon River Trails Conservancy (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS. And, I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. I AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PARTICIPANT'S NAME (PRINTED): _____

PARTICIPANT'S SIGNATURE (only if age 18 or over): _____ I HAVE READ THIS RELEASE

ADDRESS: _____
(Street) (City) (State) (Zip)

PHONE: () E-MAIL DATE: _____

MINOR RELEASE

(complete for Participants Under the Age of 18)

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

MINOR'S NAME (PRINTED): _____ BIRTH DATE OF MINOR: _____

SIGNATURE OF MINOR PARTICIPANT: _____ I HAVE READ THIS RELEASE

PARENT/GUARDIAN NAME (PRINTED): _____

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): _____ I HAVE READ THIS RELEASE

ADDRESS: _____
(Street) (City) (State) (Zip)

PHONE: () DATE: _____