

... SPOKIN' WORDS ...

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SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS SINCE 1979

APPALACHIAN SPRING SPECTACULAR

CRC's biggest annual event, the Appalachian Spring Spectacular launched on Sunday, May 4th from the Wharf Street Parking Garage in Morgantown.



Riders prepare for the event at the Wharf St. Parking Garage

Photo MSmall

Founded by the Monongalia Bicycle Club in 1978, the event is open to the public. This year's Spring Spectacular was attended by 91 riders and 13 volunteers.

Approximately 16 riders choose the social 25 mile rail-trail ride, and 75 enjoyed the scenic road rides toward Pennsylvania.

In his opening remarks, CRC President, Kelly Williams, welcomed the participants and

thanked the Mon Bike Club, Positive Spin, the Planning Committee members, and the volunteers for supporting the event. After the ride, he expressed his gratitude to, "each and every one of you who came out to support cycling in Morgantown. It was really good to see everyone out on bikes, with a wide range of skill and age ranges. I was very pleased to see many of my old cycling buddies and many new faces, too."



Kelly Williams, CRC President, addresses the riders before the event

Photo MSmall

In the afternoon, many participants gathered post-ride on the patio of Mountain State Brewing Company to enjoy a nosh, a beverage, and share their ride stories. *Continued on Page 2.*

MAY IS NATIONAL BIKE MONTH – Get out and ride!

May's National Bike Month is an opportunity to celebrate the unique power of the bicycle and the many reasons we ride. Established in 1956 and sponsored by the League of American Bicyclists, National Bike Month (bikeleague.org/bikemonth) is a chance to showcase the many benefits of bicycling - and encourage more folks to giving biking a try! Here are some important national dates for May this year:

- May 11: [Cyclofemme](#)
- May 12-16: [Bike to Work Week](#)
- May 16: [Bike to Work Day](#)
- May 21: [Ride of Silence](#)

Spring Spectacular, from Page 1:



Saturday Bonus Riders at the Mon County Courthouse Square

Photo MSmall

The previous day, Saturday, May 3rd, ten adventurous souls took on the challenging Bonus Ride starting at the Monongalia County Courthouse in Morgantown. They rode 99 miles with 10,000 feet of climbing, and a 6:20 ride time. The Bonus Riders included: Don Dickerson, Ride Leader; Alex Dye;

Chuck Kennedy (from PA); E.J. Linger; Jim Elliott (from Missouri); John Bowders (also from Missouri); Nicole Dorinzi, Scott Upton (from North Carolina), Steve Castellion (also from NC); and Will Hutchens. John Bowders reported, "Clouds, wind, rain, sleet, sun, wind (yes, wind again); 'Unsettled Weather' in real West Virginia fashion!" At the start of the ride the weather was perfect, cool, dry, and cloudy for climbing up Dug Hill and Snake Hill to Masontown, WV, and the wind kept everyone from overheating on the climb. In Albright, the gang stopped to refuel and took in the diversity of Cheat River Fest participants. The climb up Coal Lick Road was bathed in bright sunshine. A luncheon was held at The Summit next to the blazing fire in the fireplace. A little rain and sleet fell on the US Route 40 descent to Hopwood, and then full sun for the ride back to Morgantown with a beautiful double rainbow.

WELCOME OUR NEWEST MEMBERS!

Arthur L. Currence & Family – Buckhannon, WV
Anita Levin & Kenneth Lempert – Morgantown, WV
Bill Shoemaker – Edgewater, MD
Christine Waller & Pedro Maiz – Morgantown, WV
Dan & Suzi Talbott – Rachel, WV
Janelle Brown – Morgantown, WV

Jason & Tammy Martin & Family – Shinnston, WV
Jonathan Rosenbaum – Morgantown, WV
Lydia Ingram – Grafton, WV
Michael Dunaway – New Stanton, PA
Tim Thornton – Buckhannon, WV

CRC SPRING PIZZA PARTY REPORT

By Bill Foster

It was good to see 18 others at the spring party at Colasessano's Friday evening, March 7th. Attending were: from the Morgantown area, Don & Jeanette Campbell, Carl & Connie Ervin, Larry Osborn, and Lisa Rieser; from Fairmont, Jennifer Previll; and from the Clarksburg area, Mark, Kari, and daughter Carissa Coffindaffer, guest Jeff Skidmore, Ganh Ly Dang and Bill Foster, Laurel Klein, Ron and Donna Post, Beth Quinn, and Jim and Sandy Weaver.

APRIL BOARD MEETING NOTES

The CRC Board of Directors met on April 1st in Fairmont for a reporting and planning session. The Club started February with \$2,026.28 and ended March with \$1,538.94. Meetings with four local bike shops have resulted in renewed support and display of our new membership flyer and ride schedules. Planning discussions included the new club clothing, Spring Spectacular, newsletter, ride schedule, and moderation of inappropriate language on the Google Groups forum. CRC members are welcome to attend any Board meeting; please contact CRCyclists.info@gmail.com to be notified of the next meeting.

WVDOH ADDS TO NBRT GRANT

The North Bend Rails-To-Trails Foundation, Inc. just announced that the West Virginia Division of Highways (WVDOH) added \$310,423 to the existing Recreational Trails grant previously awarded to the North Bend Rail Trail Park, bringing the total grant funds to \$410,423. As a result of the additional funding, the scope of the project has been expanded to include both Doddridge and Harrison Counties and a portion of the trail in Ritchie County. Some of the planned improvements include tread (surface) hardening and much needed drainage work along the trail. As weather permits, engineers will begin surveying the trail for repairs this spring. The 72-mile long trail is part of the American Discovery Trail. *Source: The Track Record, Spring, 2014*

POSITIVE SPIN OPENS FOR THE SEASON

Part 1 of 2

Positive Spin, in Morgantown's Marilla Park, opened for the 2014 season on March 22nd. The non-profit charitable organization is in its ninth year of operation and Jonathan Rosenbaum, Positive Spin Chair, says the community bike shop, "is all about mentoring people to repair bicycles, finding happy homes for unwanted bikes, and making bicycling more accessible to the surrounding community one bike at a time as we spin positively forward." The facility is open to the public Saturdays, from 1 pm to 5 pm. Visitors can view available bikes in the showroom; donate bicycles, equipment, and funds; consult with the Technical Advisors; and repair their own bikes in Positive Spin's work stations, stocked with tools, repair stands, and repair manuals. Go to www.positivespin.org or check our next newsletter for more information.

CRC CLUB PICNIC: JUNE 15th, PRICKETTS FORT

Join us for our annual Club Picnic at Prickett's Fort State Park, starting at 2:30pm on Sunday, June 15th. Dads, bring your family and celebrate Father's Day with your fellow cyclists! Please bring a dish to share. To bike there, meet at the Morgantown MedExpress parking lot, University Ave./Don Knotts Blvd./Rt. 119. Ray will be there to take your food to the picnic. Bike Option #1 is a rail-trail ride to Prickett's Fort (18 miles one way/36 miles roundtrip). Bike Option #2 is a road ride to Prickett's Fort on Rt. 73; this is a hilly route with traffic. We will meet to picnic at Prickett's Fort at about 2:30pm. If you prefer to drive, take Exit 139 from I-79, north of Fairmont and follow the signs to Prickett's Fort State Park. *Important Note: If the main picnic area, at the far end of the park between the large parking lot and the river, is occupied we will be at the first picnic area, on the left near the park entrance. Look for the Club Picnic sign!*

COUNTRY ROADS CYCLISTS ON THE ROADS & TRAILS



Jane Lew/Berlin, 3/22/14, from left: Les, guest Jim, Tom C., Laurel, Tom B., Becky B., and Bill
Photo MSmall



Morgantown, 4/6/14, from left: Dana, Larry, Lisa, Kelly, Jennifer, Mark, Janelle, Phil, Dave, and Marilyn
Photo MSmall



Morgantown, 4/13/14, from left: Kelly, Jennifer, Larry, Mary, and Lisa
Photo LRieser



Morgantown, 4/27/14, from left: guest Chris, Lisa, Janelle, Larry, Dana, Phil, Mark, Marilyn, Bonnie, Kathryn, Kelly, and Del
Photo MSmall

REGIONAL RIDES

Tour of Scioto River Valley

May 10-11 in Columbus, OH

Tosrv.org

Greenbrier Trail Bike Trek

May 15-18, Am. Lung Assn. fundraiser

lunginfo.org/trek

Bike Maryland RecRide Tour

12m, 30m

May 18 in Baltimore, MD

www.bikemd.org

Casa River Century

25m, 50m, 75m, 100m

May 18 in Shepherdstown, WV

casarivercentury.org

Wilderness Road Ride

29m, 58m, 79m

May 24 in Radford, VA

fcae-swva.org/wilderness-road-ride

Deckers Creek Trail Half Marathon

National Trails Day, MRTC Charity Run

Food, festivities, and live music

June 7 in Morgantown, WV

montrails.org/events14dcthm.shtml

WV RAVE Habitat for Humanity

15m, 50m, 62m, 75m, 100m

June 7 in Cowan, WV

wvoutside.com/Events/2014/06/15082.html

Marietta River Rendezvous

June 7-8 in Marietta, OH

mariettarcc.org/

NRAO Space Race Rumpus

Tour/Ride/Race/Clinic/Training

June 13-15 in Green Bank, WV

www.gb.nrao.edu/rumpus

Gran Mercer Metric

30m, 58m Charity Ride

June 14 in Athens, WV

granmercermetric.com

Great Ohio Bicycle Adventure

June 14-21 from Mansfield, OH

GOBA.com

Bike Virginia

June 20-25 bikevirginia.org

Garrett County Gran Fondo

25m, 44m, 62m, 102m, 125m

June 21 at Wisp Mountain, MD

winthefight.org/granfondo

Cycling the Erie Canal

July 13-20 in New York State

www.ptny.org/canaltour/

Greene Trails Cycling Classic

July 17-20 in Xenia, OH

gcparkstrails.com

Wheels of Hope

18m, 31m, 63m, 112m

July 19 in Lewisburg, WV

www.wheelsofhopewv.com

Bon Ton Roulet Tour

July 20-26 in Finger Lakes, NY

bontonroulet.com

Laurel Lake Half Ironman Triathlon

July 12 at Laurel River Lake, KY

www.LaurelLakeTri.com

Pedal Pittsburgh

2-16m, 25m, 62m

August 24 in Pittsburgh, PA

pedalpgh.org

Mountain Mama Road Bike Challenge

27m, 53m, 67m, 100m

August 2 in Monterey, VA

highlandcountyrecreation.org

Tour de Frederick

Boys & Girls Club of Frederick County

August 15-17 in Frederick, MD

<http://www.tourdefrederick.com/>

Bike Maine

Sept. 6-13 from Westbrook, ME

ride.bikemaine.org

2014 MARIETTA RIVER RENDEZVOUS RIDE:**Strawberries and Ice Cream, Spaghetti Supper, and 2 days of Biking in Ohio**

By Kelly Williams, CRC President

The 32nd annual Marietta River Rendezvous Ride will be June 7-8 this year. This has been a popular regional ride for several CRC members. I have participated in this event almost every year since 2003 (yes, I still have the T-shirt), and I am looking forward to riding again this summer. There are several reasons why I plan on attending again this year: the ride is relatively close to West Virginia; 70 miles a day in Ohio is a bit easier than 70 miles in West Virginia (and very much easier than the 100 miles a day for TOSRV!); and there are usually about 300 cyclists - not too big, not too small. The perks include four snacks stops along the ride both coming and going, fresh strawberries and ice cream once you arrive at Marietta, plus the spaghetti supper after the ride at one of the local churches. Then, of course, the paddle boat ride that first evening, along the Ohio River. And, somehow, most of us manage to find the time after the ride to stop at the Marietta Brew Pub.

The entire ride is a very scenic route through the farmland of Ohio. Really, it always feels good to pull into Marietta, knowing that you have completed the first day of a two day ride. And, usually, it is not that hard to start the ride again on the second day, especially in order to get back home, I have to bike back to my vehicle, which is parked at the start of the ride.

Anyone wanting to join in the fun can get a registration form from the Marietta Rowing and Cycling Club website: www.mariettarcc.org.

Country Roads Cyclists Club Clothing for 2014

The new 2014 CRC Club Clothing is ready for order! Based on member feedback, we have updated the jerseys, and added cycling caps, socks, and polo shirts. All products are high-visibility in either neon blue or neon yellow, and our product list includes a wide range of price and feature options to fit a variety of budget and technology preferences

The manufacturer for our custom clothing is Champion System, and all garments are hand-constructed and warrantied for five years. The fabrics are designed for superior comfort, moisture management, and 100% permanent UV protection yarn able to reach UPF 50+. The jerseys feature three rear pockets, a high tapered collar to not pinch the chin, and without uncomfortable label tags. Bottoms are offered with a choice of Performance or Endurance chamois. The Performance pad is multi-density, Italian 4-Way Stretch that moves with your body as you ride. The Endurance chamois is designed for long-distance racing and training, with increased density padding in the most critical areas to provide hours of comfort. Both pads are 100%-seamless, allowing the chamois to conform to your body while still offering maximum breathability; made in Italy; available for men and women; and include BIOAKTIV, a permanent, non-chemical, silver-ion yarn to prevent the formation of bacteria.

For member convenience, an online “store” has been created to simplify the order process. **Please place your order by June 1st.** Your clothing will be shipped to the club in mid-July, and you will be contacted by Kelly Williams or Mary Small to arrange pick-up. Please note that no orders can be changed or added after June 1st, and that these custom garments are non-refundable and non-returnable. Important sizing note: as with many cycling manufacturers, Champion System’s cycling clothing runs 2-3 times smaller than street clothes; order accordingly!

For a **helpful walk-through of the online order process**, please visit www.champ-sys.com/pages/cs-direct-walkthrough-members or download step-by-step instructions at the CRC website crcyclists.org/cs_direct_detail.pdf.

To view a comparison of all the cycling jerseys offered, go to champ-sys.com/cycling/compare-cycling-garments#.UoaxqBZqA7k.email.

Size charts may be downloaded at champ-sys.com/cycling/cycling-size-charts#.Uop13ul3uP8.

When you are **ready to place your order**, go to custom.champ-sys.com/Login/en-US/ and log in (on the right) as a member of Country Roads Cyclists. If this is your first order, use Username: CRCmember and Password: CRCorder. Next, you will be prompted to create your own member account using your personal e-mail and password. You will use this personal login to access your order records as well as to place all future team orders. If you placed an order last winter, please login with your previously created login Username and Password.

For more information or questions, contact Mary Small at mary_small6@yahoo.com or (304) 622-9855, or Kelly Williams at kellyrwilliams@msn.com or (304) 292-9821.

Country Roads Cyclists Club Clothing for 2014



New cycling caps can be worn under your helmet or post-ride.



Jerseys have been updated to proudly display the West Virginia state map on the center back pocket and sleeves. Now available in sleeveless, short-sleeved, and long-sleeved styles.



New polos are great for pre- or post-ride activities!



New club socks available in two cuff heights.

