

# ... SPOKIN' WORDS ...

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SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS SINCE 1979

## APPALACHIAN SPRING SPECTACULAR

CRC's 37<sup>th</sup> annual Appalachian Spring Spectacular launched on Sunday, May 3<sup>rd</sup>, from the Wharf Street Parking Garage in Morgantown, West Virginia. Founded by the Monongalia



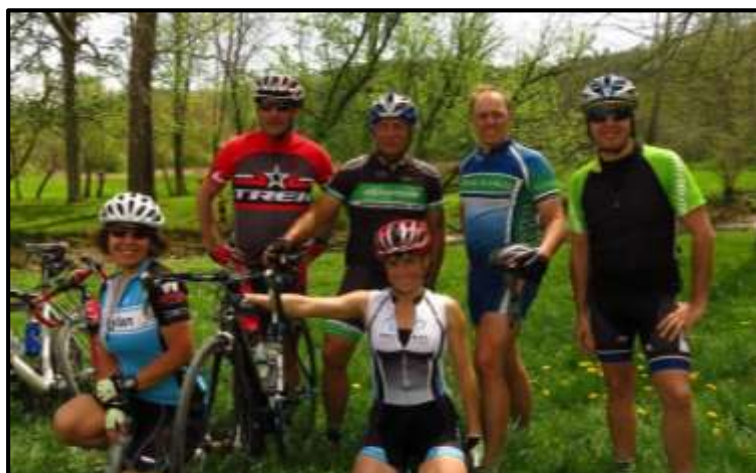
Riders Prepare for the Event at the Wharf St. Parking Garage

Photo MSmall

Bicycle Club in 1978, the event is open to the public. This year's Spring Spectacular was attended by 63 riders and 13 volunteers. Ten cyclists chose the relaxed 25 mile rail-trail ride, and 53 enjoyed the scenic road rides toward Pennsylvania.

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

thanked the Mon Bike Club, Planning Committee members, and volunteers for supporting the event. After the ride, Kelly reflected, "This year's weather was perfect for the ride, and I think that everyone was very enthusiastic about getting out on such a fine day, since we have had a very cold and wet spring. I believe many of the cyclists were pleased to find out that yes, they could still bike 60 miles, 45, or 25 miles, so early in the year. This was a great ride for cyclists to challenge themselves,



Road Riders at the Roberts Run Snack Stop

Photo Courtesy of EpicRoadTrips.us



Post-ride Refreshments on the Mountain State Brewing Co. Patio

Photo MSmall

and feel good about their accomplishments today."

In the afternoon, about 30 participants gathered post-ride on the patio of the Mountain State Brewing Company to share their ride stories.

For many more pictures, go to our Facebook page:

[www.facebook.com/CRCyclists](http://www.facebook.com/CRCyclists)

*Bonus Ride Report on Page 2.*

**SPRING SPECTACULAR BONUS RIDE 2015**

Saturday Bonus Riders (+1) at the Mon County Courthouse Square

Photo MSmall

*Bonus Ride Report  
from Frank Gmeindl*

New asphalt might even be more welcome than blue skies, temps in the high 60s, apple blossoms, trillium, geraniums and phlox, but not as much as good companions. Mike Lavengood, Fran Toro, Frank Gmeindl, Peter Young and Chuck Kennedy gathered around the Kean Bird

memorial at the top of Mud Pike at the pinnacle of the climb. The route went from the Mon County Courthouse up to Chestnut Ridge. Just two weeks ago, we considered abandoning this route because old Rt. 73 was dangerous with potholes. Just as in 2013 when we did this route, WVDOH completely repaved the bad part of Rt. 73 just a week before the Bonus Ride. Over Chestnut Ridge, through Bruceton Mills, down Mud Pike, through Pt. Marion and Dilliner for 69 miles and 6,400 feet of climbing (except for Mike who made a Century of it finishing with a climb up Breakiron Rd.) Don Dickerson joined us at the start for encouragement and then went off to race. Jack suffered a broken front derailleur cable on the way to Cheat Lake and returned.

For more pictures, go to our Facebook page: [www.facebook.com/CRCyclists](http://www.facebook.com/CRCyclists)

**WELCOME OUR NEWEST MEMBERS!**

Andrew Earl – Morgantown, WV  
Ashley Gerken – Bridgeport, WV  
Brian SHEME – Nutter Fort, WV  
Christiaan Abildso – Morgantown, WV  
Eric B. – WV  
Fred Fasch – Morgantown, WV  
Jacob Lenhart – Fairmont, WV

Kathy McLaughlin – Morgantown, WV  
Matt Harbert – Shinnston, WV  
Mike Lavengood – Morgantown, WV  
Natalie & James N.  
Shawn & Walter Williams – Clarksburg, WV  
Stephen G. – WV  
Theresa Y. – WV

Thank you also to everyone who has renewed for 2015! Current members: 88

**CRC SPRING PIZZA PARTY  
REPORT**

Despite the cold, snowy weather, eight club members met for the Spring Pizza Party at Colasessano's on Friday evening, March 6th. Attending were: from the Morgantown area, Bruce Felde, Jennifer Preville, Kara Dallaire, Kelly Williams, and Marilyn Newcome; and from the Clarksburg area, Bill Foster, Deb Gombarcik, and Mary Small.



L to R: Bill, Deb, Jennifer, Kara, Bruce, Marilyn, and Kelly

Photo MSmall

**WEDDING CONGRATULATIONS**

On April 25<sup>th</sup>, long-time member Laurel Klein married Kelvin Hudkins in a small, country ceremony at King Knob United Methodist church in Ritchie County. Many of you met Kelvin at the 2014 club picnic. The newlyweds spent their honeymoon in Canaan. CRC wishes the happy couple many years of joy together.

## CRC, MON COUNTY, AND DOH WORK TOGETHER TO REPAIR RT. 100

Kelly Williams recently sent a letter, on behalf of Country Roads Cyclists, to the Monongalia County Commission which resulted in repairs to WV Rt. 100 by the Division of Highways, just in time for the Spring Spectacular. We are grateful to the Monongalia County Commission for their quick response. Go to [thedpost.com/Commission-backs-letter-requests](http://thedpost.com/Commission-backs-letter-requests) to read the full story from *The Dominion Post*.

## GOV. TOMBLIN AWARDS LOCAL GRANTS

On March 11, Governor Earl Ray Tomblin announced seven community grants totaling \$135,720 as part of the Growing Healthy Communities Grant Program. Main Street Morgantown received \$25,000 for signage to connect trails, the Wharf District, and the downtown area. The Town of Shinnston was awarded \$14,500 toward, in part, completion of the rail-trail. For the full list of project awards, go to the *Huntington News.Net* story: [www.huntingtonnews.net/108384](http://www.huntingtonnews.net/108384).

## WVU BUILD-A-BIKE WORKSHOP IN MAY

The University's Science Behind Cycling program is hosting a build-a-bike workshop on Saturday, May 30, from 9:00 a.m. to 12:00 noon at the Rec. Center. Each parent/child team will learn STEM concepts related to cycling, while assembling a bike together. The free workshops are open to parents with any child in the sixth grade or older. Each workshop is limited to six teams. Bikes, tools, helmets, and other materials will be provided. For more information or to register, contact Andrew Hoover at [Andrew.Hoover@mail.wvu.edu](mailto:Andrew.Hoover@mail.wvu.edu).

## Country Roads Cyclists on the Roads and Trails



March 21 at Rising Creek Bakery



Apr. 12 at McQuain Riverfront Park

Photo LRieser



April 26 at JFK Memorial in Star City

Photo MSmall

## CRC CLUB PICNIC: JUNE 21, PRICKETT'S FORT

Join us for our annual Club Picnic at Prickett's Fort State Park, starting at 2:30pm on Sunday, June 21st. Bring your family and celebrate summer with your fellow cyclists! *Please bring a side dish to share.* If you would like to bike from Morgantown, meet us at the Morgantown MedExpress parking lot, University Ave./Don Knotts Blvd./Rt. 119 at 12:15pm. Ray will be there to take your food to the picnic. Morgantown Bike Option #1- 12:30pm Rail-trail ride with Jennifer to Prickett's Fort (18 miles one way/36 miles roundtrip). Morgantown Bike Option #2: 12:30pm Road ride with Kelly to Prickett's Fort on Rt. 73; this is a hilly route with traffic. Fairmont Bike Option: 12:30pm Rail-trail ride with Mary from Prickett's Fort to Little Falls and back (20 miles roundtrip). We will all meet to picnic at the first picnic area, on the left near the Prickett's Fort park entrance at about 2:30pm (*Look for the Club Picnic sign*). 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 first picnic area is occupied by another group, look for us at the far end of the park between the large parking lot and the river.*

## REGIONAL RIDES

Please see *Spokin' Words* Issue 2015-1, March-April for upcoming regional rides in May-August.

## BOCOMO FONDO

*Report from Frank Gmeindl*

April 26, 2015: Don Dickerson and I rode with John Bowders today in the BOCOMO Fondo from Columbia, MO. Sponsored by Walt's Bike Shop and Katfish Katy's, this year's BOCOMO benefited the West/Mid-West Spinal Cord Injury Fund in support of John. The event featured three ride lengths: 80 miles, 30 miles, and 15 miles. There were approximately 75 participants, who enjoyed great live music from J.P. Kay, a cookout, craft brew from Logboat brewery, and a wonderful warm party after the ride. So many wonderful people love John.



CRC Member John Bowders at the 2015 BOCOMO Fondo

Photo FGmeindl

## Order Your 2015 Country Roads Cyclists Club Jersey June 1-30, 2015

Based on member feedback, we are offering *six* jersey colors this year: Yellow, Blue, Orange, Green, Aqua, and Red! Our club's product list includes a wide range of price and feature options to fit a variety of budgets 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 avoid pinching the chin), and are blissfully free of chafing label tags.

Frequently Asked Questions:

Q: How do I order a jersey?

A: For member convenience, Champion System has created a secure online "store" to make your purchase(s). For a **helpful walk-through of the online order process**, please visit [www.champ-sys.com/pages/cs-direct-walkthrough-members](http://www.champ-sys.com/pages/cs-direct-walkthrough-members) or download step-by-step instructions at the CRC website (go to [crcyclists.org/membership.php](http://crcyclists.org/membership.php) and click **How to Order CRC Club Clothing**. When you are **ready to place your order**, go to [custom.champ-sys.com/Login/en-US/](http://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; you will be prompted to create your personal account.

Q: What are the differences between the jersey styles/types offered?

A: To view a comparison of all the cycling jerseys offered, go to [champ-sys.com/cycling/compare-cycling-garments#.UoaxqBZqA7k.email](http://champ-sys.com/cycling/compare-cycling-garments#.UoaxqBZqA7k.email).

Q: What size should I order?

A: As with many cycling manufacturers, Champion System's cycling clothing runs 2-3 times smaller than street clothes - order accordingly! **Size charts** may be downloaded at [champ-sys.com/cycling/cycling-size-charts#.Uop13ul3uP8](http://champ-sys.com/cycling/cycling-size-charts#.Uop13ul3uP8).

Q: How can I order a style (polo, jacket, etc.) that isn't listed in the CRC online store?

A: Contact Mary (703) 795-4438 immediately to determine if the new item can be created prior to June 30<sup>th</sup>.

Q: Can I change my order after June 30<sup>th</sup>?

A: All paid orders will be finalized on June 30<sup>th</sup>; no orders may be added or changed after this date.

Q: When will I get my jersey?

A: We estimate that our clothing will be shipped to the club in mid-August, and you will be contacted by Kelly Williams or Mary Small to arrange pick-up.

Q: Can I return my ordered clothing?

A: These custom garments are non-refundable and non-returnable.

For more information or questions, contact Mary Small at [mary\\_small6@yahoo.com](mailto:mary_small6@yahoo.com) or (703) 795-4438, or Kelly Williams at [kellyrwilliams@msn.com](mailto:kellyrwilliams@msn.com) or (304) 292-9821.

### RTC Holds First WV Sojourn

The national Rails-to-Trails Conservancy and the Mon River Trails Conservancy co-sponsored the first West Virginia Rail-Trail Sojourn on Friday, April 24 through Sunday, April 26. All rides started in Morgantown. The first day's ride went to Prickett's Fort and back; the second day was a ride north to Point Marion, then on to the Cheat Lake Trail, and on Sunday the cyclists rode up and down the Deckers Creek Trail. Thanks go to the six CRC members who volunteered to support the rides: Kelly Williams, Bil McGahan, Jennifer Previll, Bruce Felde, and Connie and Carl Ervin.

For a wonderful Trailblog and pictures of the event, go to [www.railstotrails.org/trailblog/2015/may/04/100-riders-3-days-7-trails-and-sheep-rtcs-2015-west-virginia-sojourn/](http://www.railstotrails.org/trailblog/2015/may/04/100-riders-3-days-7-trails-and-sheep-rtcs-2015-west-virginia-sojourn/)

The RTC will offer a [Pennsylvania Rail-Trail Sojourn](#) on the Great Allegheny Passage and Montour Trail this June 21-26.

## Greenbrier River Trail Tour

*Report from Phil Slates*

I had a very good experience cycling the Greenbrier River Trail from April 9-11. I am very familiar with this region of the trail in general, because I had lived in Lewisburg for my senior year of high school and the five following summers, living and working in central Pocahontas County at the Boy Scout Camp. In those days I was a hiker and fisherman, but not a cyclist.



I had never been on an overnight cycling trip before, and did practice rides on the Mon River Trail fully loaded for testing everything. In the process I purchased one of the handiest items, the “click-stand”, which is a long kick stand to support your loaded bike. Mine is in four pieces and folds to fit in the handlebar bag.

Thursday, I drove to Caldwell and started my ride at 11 am. The weather was sunny and around 70 degrees. The trail was quite busy with a variety of people running and cycling, but after about ten miles I was by myself for most of the remainder of the trip.

I find the Greenbrier River Trail quite interesting because of my current love for West Virginia history, and the bulletin boards of area information at each town. Along the trip, I met park service employees who were clearing downed trees; just before my arrival they had removed a large tree that may have blocked me from getting my bike through. There were numerous tiny streams of water that easily allowed me to refill my water bottles from a very small waterfall.

For my first day, I finished the ride just south of Marlinton at around 7 pm and decided to camp in Stillwell Park, which has bathrooms and an outdoor water faucet. I set up camp on the edge of the park, had dinner, and went to bed.

The next morning I woke early for an 8am start toward Marlinton. After taking a few photos, I rode to the bridge-tunnel, then on to Cass for lunch. The Park Service was out getting ready for the season. As I headed back to the bridge-tunnel, the very light morning rain turned to a hard downpour. I put on my rain gear and rode about a mile down the trail to a shelter to take a break from the rain. After a short time, the rain stopped and it never rained again on my trip.

For my second night, I went to a trail campground a little south of Marlinton that had no running water, no nearby waterfall, and no cell service. The ground at the “official” camp spot would not hold the tent stakes, so I luckily found some large rocks to put over each stake.

My third day started at 8am again, and as I got closer to the end of my ride the number of trail users began to increase. I double checked that I still had my car keys and was happy to find them still in my handlebar bag. I spent another night in the Caldwell area to have a shower and spend some time there before coming home the next day.

Overall the trip was great and I recommend it to anyone.

Summer may be more challenging with many more users competing for campsites or water. I hope to do a similar ride somewhere else this fall. If anyone would be interested in a similar trip, such as in the Marlinton-Cranberry region, North Bend Rail-Trail, GAP, or C&O Canal, let me know.

