

...SPOKIN' WORDS...

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SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS SINCE 1979

SPRING SPECTACULAR WEEKEND

CRC's 38th annual Spring Spectacular was expanded to two full days and two locations for 2016: Saturday, April 30, in Mount Morris, PA; and Sunday, May 1, in Morgantown, WV.

Founded by the Monongalia Bicycle Club in 1978, the event is open to the public. This year's Spring Spectacular Weekend was attended by 64 riders and 11 volunteers. On Saturday,



Riders Prepare for Saturday Road Rides in Mt. Morris

Photo by MSmall

47 cyclists enjoyed one of three scenic road rides through Pennsylvania. Sunday, 17 riders chose either a challenging 60 mile road ride or the relaxed-pace 21 mile rail-trail ride.

In his opening remarks on Saturday, CRC President, Kelly Williams, welcomed the participants and thanked the Mon Bike Club, Western PA Wheelmen, Planning Committee members, and volunteers for supporting the event.

Post-ride, several of Saturday's participants gathered at Sorella's Pizzeria in Mount Morris; Sunday rail-trail riders met at the Mountain State Brewing Company for pizza and Bingo.

Reflecting on this year's event, Kelly said, "It is great when everything comes together for the Spring Spectacular - the planning, the great routes, the weather clearing. Plus, this year's preparation was even more challenging with the new Saturday starting location and routes. It is always hard to predict what will happen, but it feels good when the day of the ride finally arrives, and thank goodness it is a clear and sunny day. It was good to hear from some of the cyclists about how great this new ride was, about how scenic it is here in Greene county, and about how well the route was marked. My thanks go
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Sunday's Road and Trail Riders Photo by MSmall

...Spring Spectacular, from Page 1.

out to Jack, Frank, Don, and Chuck, who all took time out of their busy schedules to spend many hours marking the routes. After all of this hard work for the 2016 Spring Spectacular Weekend, done by so many volunteers, I was very pleased to see so many cyclists coming out for both days of rides."

For more pictures, go to our Facebook page: www.facebook.com/CRCyclists

Welcome Our Newest Members!

Roger Abrahams – Morgantown, WV
 Richard & Staci Cole – Morgantown, WV
 Benjamin & Karen Davisson – Clarksburg, WV
 Robert Hanham – Carmichaels, PA
 Charlene Horan – Core, WV
 Kevin MacLachlen & Sara Starc – Morgantown, WV
 Danielle Martin – Morgantown, WV
 Len McIntosh – Fairmont, WV

Cindy O'Malley – Morgantown, WV
 Sandy & Caitlyn Sandley – Morgantown, WV
 Joan Selby – Morgantown, WV –
 Nancy Spillane – Morgantown, WV
 Fred Walborn – Glenville, WV
 Nancy Wiseman – Clarksburg, WV
 Brianne Zimmerman – Morgantown, WV

Thank you also to everyone who has renewed for 2016! Current members: 85

CRC Board Meeting Notes

Your CRC Board of Directors met on May 3rd and June 7th, in Fairmont. The Club started 2016 with a bank balance of \$2,425.86, and had \$2,624.55 on June 7, 2016. Discussions included: 2016 Spring Spectacular Weekend rider numbers, event revenue (\$707), memberships received, and event expenses; 2016 membership and financials; upcoming ride schedules and newsletters; 2016 CRC clothing order; Harrison County rail-trails; the Mon County Trail Levy; fall century and tour rides; the Harrison County rail-trail projects; and the 2016 annual meeting. CRC members are always welcome to attend any Board meeting; please contact CRCyclists.info@gmail.com to be notified of the next meeting.

2016 C&O Canal Bike Tour

From Kelly Williams

SUNDAY, 4/17: After months of planning, or at least thinking about it, it is finally time to start the 2016 C&O Canal Bike Tour. Phil, Jennifer, Bruce, Buddy (our ride mascot), and I arrive in Cumberland, MD, at the C&O at mile marker 184. At 9am we take a photo, then off we go biking on the towpath, along the Potomac River. We are cycling on a path that many thousands have traveled since the Cumberland terminus was completed in 1850. We are having perfect weather and the miles pass by quickly.

On the Maryland side, there is a now connecting bike path that takes cyclists up to a bridge across the river. On the other side, we bike the road to Paw Paw for lunch at a local gas station. Soon we are back on the trail, and it is time to get out the flashlights and walk our bikes through the Paw Paw tunnel. The tunnel was opened in 1850, and is 3,118 feet long. After a few photos, we are back on the bikes.

At about 5pm we arrive in Hancock, and meet up with Bruce and Buddy. Bruce grills some hamburgers and hot dogs. After our campsite cookout, I head up hill to the Super 8, Bruce, Jennifer, and Buddy stay at the trail campsite, and Phil heads off to another trail campsite.

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REGIONAL RIDES

NRAO Space Race Rumpus

Tour, Ride, Race, Clinic, Training
June 13-15 in Green Bank, WV
www.gb.nrao.edu/rumpus

Great Ohio Bicycle Adventure

June 18-25
goba.com/wordpress/

WV Sojourn

June 19-22 from Parkersburg
www.railstotrails.org/experience-trails/sojourns/

Bike Virginia

Woodstock & Harrisonburg
June 24-29
bikevirginia.org/

Garrett County Gran Fondo

June 27-25-26 at Garrett College
www.garrettcountrygranfondo.org

Tour de France

July 2 - 24
www.letour.com/us/

Scenic Mountain Triathlon

July 10 in Richwood, WV
www.richwoodchamberofcommerce.org

Wheels of Hope

July 16 in Lewisburg, WV
www.gvbikeclub.com/#!/wheels-of-hope/nyv35

Bike MS: Keystone Country Ride

July 23-24 in
Hollidaysburg, PA
bike.pgh.org

CRC's Rowlesburg Mountain Road Touring Festival

Sept. 3 in Rowlesburg, WV

CRC's Rail-Trail Metric Ride

Sept. 11 in Morgantown, WV

CRC's Prosperity Century

Sept. 18 in Morgantown, WV

CRC's GAP Rail-Trail Tour

Sept. 24-25 in Connellsville, PA

...C&O Canal, Continued from Page 2.

We rode 68 miles today, with seven hours on the bike seat.

MONDAY, 4/18: We assemble in the morning at 8am and start biking. First on our agenda is Fort Frederick. On arriving we find a colonial war reenactment in progress, talk to some of the soldiers, and explore the fort.

Back on the trail, we see fields of Virginia Bluebells and other wildflowers on both sides of the towpath, for the rest of the trip into DC. We see a variety of wildlife: deer; groundhogs; many turtles in the canal; and several birds including a family of turkeys, a bald eagle soaring over the river, and a barred owl perched in a tree. Lunch is at Williamsport, MD, one of the many small towns along the trail. Bruce has set up our lunch at a park next to the canal towpath. Lunch over, we are back on the trail.

We detour at the Antietam Battlefield trailhead. I am sure there will be signs directing us to the battlefield, but there are no signs. I do not want to climb the hill out of the valley in the wrong direction, with our loaded touring bikes on this 85° day. So, I flag down the first car that passes and learn that, yes, we have to climb that hill. Up we go, and at the top of the hill we enter the town of Sharpsburg, MD. And still there are no signs. I knock on a door, and ask directions. The resident points us in the right direction, also up a hill. After climbing the hill to the visitor center, we check in, and begin biking along the battlefield tour. It is sad to think of the carnage that happened here 150 years ago. After biking around the battlefield in the heat of the afternoon, it is time to return to the trail. At about 6pm, we arrive at the ramp that connects the towpath to a bridge across the Potomac, and into Shepherdstown, WV. I ride over the bridge to stay at a hotel in town, while the others camp along the trail.

Monday ends with 69 miles of pedaling, and another seven hours in the saddle.

TUESDAY, 4/19: Today, our destination today is Harpers Ferry, WV. We arrive and, as most cyclists who bike on the C&O know, there is a long spiral staircase that we have to carry our loaded touring bikes up, to see the town of Harpers Ferry. So, we grab the bikes and stumble up the steps and cross the Potomac River once more into West Virginia. We lock our bikes up, and explore the town. Several troops of Boy Scouts are also here, as well as many Appalachian Trail hikers with loaded backpacks. We complete our visit to Harpers Ferry, and bike to Brunswick, MD, where we meet Bruce who provides us with a pleasant lunch under the trees along the river.

Back on the bikes, we head to White's Ferry, an actual ferry that carries cars, bikes, and passengers across the river, this time to Virginia. Bruce, Jennifer, and I take the ferry to Leesburg, VA, for an overnight stay at the Days Inn; Phil camps at the next trail campsite.

WEDNESDAY, 4/20: Only 35 miles to the end of the trail! At 8am, I bike out the five miles to White's Ferry, to meet Bruce and Jennifer. Jennifer and I ride over to Phil's campsite. The three of us bike to
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Choose from *eight* jersey colors this year: Bright Yellow, Bright Blue, Bright Orange, White with Orange, Aquamarine, Lime Green, Grass Green, and Bright Red! Our club's product list includes jerseys, vests, bottoms, shirts, and caps, and a wide range of price and feature options to fit a variety of budgets and technology preferences. The Club "Kit" (jersey and bottom) looks great!

The manufacturer for our custom clothing is Champion System, and all garments are hand-constructed and warranted for five years. We must meet a 10 item (tops and/or bottoms) minimum requirement to submit the entire club order. Sizing: As with many cycling clothing manufacturers, Champion System's cycling clothing runs 2-3 times smaller than street clothes - order accordingly! If

you would like to try on jerseys or shorts before ordering, contact Kelly (for men's) or Mary (for women's).

How to Order:

- Go to custom2.champ-sys.com/Login/en-US/default.aspx
- On the right, under "I Am A CS Direct Member, click [Access To Team Store].
- Login to CS Direct.
 - If this is your first CRC order, enter Username: CRCmember and Password: CRCorder, then follow the instructions to create your new account.
- On the Country Roads Cyclists team page, click [Order Now].
- On the order list, to the right of Summer 2016, click [Order Now].
- Review and order from the proofs displayed.

If you would like to order a top or bottom that is not displayed (such as shorts or a vest in one of the new colors), please contact Mary (mary_small6@yahoo.com or (703) 795-4438).

If you have questions, contact Kelly Williams at kellyrwilliams@msn.com or (304) 292-9821, or Mary Small at mary_small6@yahoo.com or (703) 795-4438.

...C&O Canal, Continued from Page 3.

Great Falls, MD. After seeing the falls, we return to the towpath just in time to see park guides hooking up two mules to a barge in the canal. Sixty school kids get on the barge, the park guides open the lock gates to raise the barge, then the mules begin to tow the barge west on the canal.

After lunch at the park, it is time to finish our tour by biking into Washington, DC. We pass under the beltway, and start to see many buildings and other structures, including the spire of St. George's Cathedral in Georgetown. Phil has the directions to find the 0.0 mile marker, so we ride along the canal through Georgetown, cross over the canal on a low bridge, and continue to the end of the trail at the Thompson boathouse. Hidden behind the boathouse, is the 0.0 mile marker. We have biked the entire trail, from Cumberland to Washington, 240 miles over the last 4 days!

Jennifer then returns to Morgantown with Bruce. Phil and I spend the day seeing the sights of Washington, including the National Mall and several memorials, then spend the night at a youth hostel.

THURSDAY, 4/21: We are up early. First a ride on the metro, then a walk around town, biking around the Mall, and finally to Union Station. While in Union Station, the woman who developed the "Bring Your Bike Onboard the Train" program came out of her office and asked to take some photos of us with our bikes. We agreed, so, while we were waiting in line to board the train, with a hundred other passengers, she took us through the locked boarding doors. The photographer took several photos of us smiling and loading our bikes. At last we depart and, after three relaxing hours on the train, we arrive in Cumberland, detrain, and then drive back home. Overall, a very enjoyable, successful trip.



Photo courtesy of Phil Slates