Spokin' Words Serving North Central West Virginia Cyclists May-June 2017 Issue 2

Spring Spectacular Weekend: May 6 and 7: Please Join us for our annual ride!

SATURDAY, MAY 6, 9:00 AM (Registration starts at 8:00 AM) Kelly Williams 304-292-9821

Starting Point: 103 School Rd, **Mt. Morris, PA.** (Mt. Morris Gospel Tabernacle). Choose a 25, 45, or 60 mile Road Ride on scenic, low traffic roads. All routes are reasonably hilly and challenging for fit road cyclists. <u>\$15 Registration</u> fee includes:Coffee and Snacks before the ride; Map and Cue Sheets; Snack Stop and SAG wagon support during the ride. Signed Registration/Waiver Form and **helmets** are required. **SUNDAY, MAY 7, 9:00 AM** (Registration starts at 8:00 AM) **Kelly Williams 304-292-9821**

Starting Point: **Wharf Parking Garage**, 61 Wharf Street, Morgantown, WV 26501. Choose a leisurely 21 mile Rail-Trail Ride, <u>OR</u> a 60 mile Road Ride at a moderate tempo with 5000 feet of climbing. These are free, non-supported rides, but a Signed Registration/Waiver Form and **helmets** are required.

Weekend Bike Tour: Connellsville to Confluence on May 20 and May 21: Join us on the first bike tour of 2017!

Saturday, May 20 at 10:00 AM GAP Overnight Bike Tour Connellsville to Confluence Kelly Williams 304-292-9821

(**) Trail, 28 miles. Meet at the trailhead behind Martin's in Connellsville. From Morgantown, take Rt 43, the Mon-Fayette Expressway (this is a toll road) to Uniontown. Continue on US -119 to Connellsville. About 1000 feet past the Sheetz, turn left into the Martin's parking lot, the trailhead parking is behind Martin's. We will bike on the GAP from Connellsville to Confluence, with lunch in Ohiopyle, then continuing to Confluence, to stay overnight. **NOTE: starting at 10:00 AM** For a day trip, cyclists can ride with us to Ohiopyle for lunch, then return to the start. (Day Trip: start from the trailhead behind Martin's in Connellsville).

Sunday, May 21 at 9:00 AM GAP Overnight Bike Tour Confluence to Connellsville Kelly Williams 304-292-9821

(**) Trail, 28 miles. From Confluence, cyclists will return on the GAP to the Connellsville trailhead. **NOTE:** starting at 10:00 AM For a day trip, cyclists can ride to Ohiopyle for lunch, and meet the cyclists returning from Confluence.(Day Trip: start from the trailhead behind Martin's in Connellsville).

CLUB PICNIC to be held at Pricketts Fort on Sunday, June 25, 2017 Sunday, June 25 at 12:30 PM Prickett's Fort Annual Picnic Kelly Williams (Road) 304-292-9821 /Jennifer Previll (Trail) 304-282-0218/ Amanda Bise(Park) 304-476-3354

(***) Road, 28 miles or (**)Rail-trail, 36 miles. Meet at the Waterfront Jeep parking lot (NOTE: No parking is allowed at the MedExpress/Sargasso building.) Join us for our annual picnic at Prickett's Fort. Bring a dish to share for the picnic. Gerry Katz will be at the Waterfront Jeep parking lot to transport the food to the picnic. You can choose one of **four** options. 1. A road ride along RT 73 to Prickett's Fort. 2. A trail ride along the Mon River Trail. 3. A trail ride starting from Pricketts Fort at 1:00 PM .OR, 4. Just show up for the picnic, about 2:30 PM.(Take exit 139 from I-79, north of Fairmont, and follow the directions to the fort.)

Officer's Meeting, was held on APRIL 14, 2017 in Fairmont.

Topics covered included planning for the Spring Spectacular and planning for the annual picnic. Also, we will be leading rides for the WV bike Summit, to be held in Morgantown on September 24 and 25. The club membership is at 67 members, as of March 31; and the club bank account was \$2464.16, also as of March 31. The WV 2017 Corporations Annual Report was filed on 4/17/2017, in order to continue our status as a nonprofit organization in the state of West Virginia.

WHEELING HERITAGE BIKE RIDE

The 11th Annual Wheeling Heritage Trail Bicycle Tour to be held on Sunday, May 28th Registration will begin at 7 am. The tour will begin at 8 am with the start of the 100km riders. The mass start will be at 8:45 am for those riding 30 miles, escorted by the Wheeling Police Department, with road guards posted at critical intersections. The 10-mile ride is also an escorted ride on the trail and will begin shortly after the mass start.

The 100km (62 miles) ride will leave the trail near the Ohio/Brooke County line for a hilly loop through Bethany and West Liberty with a stop at Bethany College. It is a challenging ride with great SAG support.

Lunch will be served between 11:30 am and 2 pm at Heritage Port and there will be entertainment from 11:30 – 1:30 pm, so returning riders can sit under the shade trees or tents and relax. Snack/water stops will keep riders hydrated: 3 on the 100-km ride and 2 on the 30-mile ride.

Same-day registrations are welcome but it helps us if you register early. Every participant is required to wear a helmet. Entrants under 18 must be accompanied by a registered adult. We ride rain or shine! For further information call Quick Service Bicycle Shop at (740) 635-3700 or email tour@quickservicecycle.com.

The 2017 Heritage Trail Tour is made possible by our generous sponsors and by thousands of volunteer hours donated by members of the Ohio Valley Trail Partners and residents of the Ohio Valley. Money raised by this event supports expansion and care for the Wheeling Heritage Trail.

Hilly Billy Roubaix Race, ABRA, to be held on Saturday, June 24, 2017

Pizza Party, March 12: Ten brave cyclists bundled up and headed out into the cold on Saturday, to go to the pizza party in Fairmont. A little cold can not keep us from getting together for food. Attending the get together were Bruce, Jennifer, Don, Jeanette, Bill, Gerry, Dee, Laurel, Kelvin, and Kelly. A good time was had by all.

First Ride on March 5: First CRC Ride of 2017. A large crowd turned out for the first ride of 2017. At the start, we had Don and Jeanette C, guest Larry Paris, Dana K, Jennifer P, Dave S, Dan C, and Kelly W. Everyone was fully bundled for a cold ride. It was still in the 40's when we started down the Decker's Trail and then headed north to Star City. At the end of the asphalt, several cyclists turned around, but 4 of us headed up to the state line, even though the trail was muddy and soft. After turning at the state line, we then headed to the Mountain State pub for refreshments, before returning to the start. Even though it was a bit cold, we all enjoyed the first club ride, and are looking forward to more cycling, as the weather warms.

Harrison RailTrails: Hello Friends and Members of Harrison Rail Trails!

Some of you may have heard that we kicked off our 2017 Membership and Fundraising efforts for our Rail-Trails in Harrison County, WV in January. So, we thought we would share a bit about us with all of you. Harrison Rail Trails (HRT) was started as a citizen advocacy community group in Clarksburg, WV in November of 2015. HRT came together with the guidance of the National Park Service Rivers and Trails Assistance program to assist our Harrison County Commissioners in the completion of our Rail-Trails in Harrison County.

We at HRT have the Vision & Mission to:

- Maintain and Improve the Rail-Trails of Harrison County, WV
- To link our Rail-Trails into the Industrial Heartland Trail Coalition (IHTC) Rail-Trail Circuit
 in order to help to create a continuous 1,450 mile trail circuit across 4 states (WV, PA,
 NY and OH).
- To help improve the well-being and health of our local community members through providing and encouraging recreational activities on our Rail-Trails.

To help meet our Vision & Mission, we become a Non-Profit Incorporation and in August 2016, we received our 501(c)(3) IRS Determination Letter of Approval. HRT is 100% volunteer. There are no overhead costs, and all proceeds go directly to the Rail-Trails in Harrison County and to the Rail-Trail events for our communities.

Some of our events & fundraising efforts this year will include:

- National Opening Day for Trails on April 8th at the Salem Depot in partnership with the North Bend Rails-to-Trails Foundation. Which will include:
- Two Bicycle Rides in partnership with County Road Cyclists (CRC) & North Bend Rails-to-Trails Foundation (NBRTF).
- Spring Discovery Walk in partnership with West Virginia Herbal Association.
- Weekend community walks/runs along various locations along the Harrison Rail-Trails.
- Building, growing and harvesting of a Mini-Garden in partnership with the Little Imagination Stations Daycare in North View on our North Rail-Trail.
- Benches built and installed: goal is ~ every 1 mile of opened Rail-Trail in Harrison County.
- Build 1 shelter and 1 picnic area along the Harrison Rail Trails: location to be determined.
- Build and Install Little Libraries in various locations along the trails.
- Install Bike Racks & Horse Tethers

We are also offering a Quarterly Members Newsletter to offer information on:

- Rail-Trail construction and projects across Harrison County.
- Local City. Town and/or Business Spotlights along the trail
- Rail-Trail Flora: Herbs and plants of interest for the season

We could use your support!

We are always seeking volunteers for Trail Clean up and Maintenance, building of trail amenities, and for our events!

Please don't hesitate to contact us for a copy of our 2016 Annual Business Report if you would like to learn more about us here at HRT!

Website: www.HarrisonRailTrails.org Facebook at: Harrison Rail Trails

Phone: (304) 802-HIKE

Diana C. Druga: HRT President Jeffrey Davis: HRT Vice President

REGIONAL EVENTS

3 STATE 3 MOUNTAIN CHALLENGE

May 6 Chattanooga, TN \$80/95 after 4-21 3state3mountain.org 25/62/100miles

GREENBRIER TRAIL BIKE TREK

May 18-21 Frankford, WV ALA fundraiser http://www.lunginfo.org/trek

DIRT RAG DIRT FEST PA. Heston, PA

May 18-21 \$55

bikereg.com/dirt-rag-dirt-fest

CASA RIVER CENTURY 25/50/100

May 18 Shepherdstown \$40/50 casarivercentury.org after 4-18

TOSRV Columbus, OH 210 miles

May 20-21 \$85/+ Outdoor-Pursuits.org

CYCLING DOUBLEHEADER

Wilderness Road Ride \$30/35after 4-15

May 27 Radford, VA 29/58/78 miles

wildernessroadride.org

Mountains of Misery

May 28 Newport, VA \$85 by

3-15mountainsofmiserv.com 104/125miles

MARIETTA RIVER RENDEZVOUS

June 3-4 Marietta, OH \$60/65 after 3/31

mariettarcc.org/Events/2017RR

NRAO Space Race Rumpus

June 9-11 Green Bank tour/ride/race clinic/training spaceracerumpus.org/

CANAAN MOUNTAIN BIKE FESTIVAL

June15-18 \$ no details

canaanmtbfestival.blogspot.com

GREAT OHIO BICYCLE ADVENTURE

June 17-24 Findley.OH tour loop goba.com \$235/260 4-30 to~5-10

BIKE VIRGINIA Buena Vista & Staunton June 23-28 many options inc.3 days bikevirginia.org

HILLY BILLY ROUBAIX Mason Dixon

June 24 \$70/80+ after 4-30 Park

bikereg.com/hilly-billy-roubaix 70+mi.

GARRETT COUNTY GRAN FONDO

June 24 Wisp Mountain, MD \$40-80,

25/44/62/102/125, 7.1mile timetrial \$20

garrettcountygranfondo.org/

GREENWAY SOJOURN

June 18-23 163/195miles GAP-Montour

www.railstotrails.org \$720

TOUR DE FRANCE July 1-23 letour.fr/us

GRAVEL RACE UP SPRUCE KNOB

July 8 52/72mi race \$65+ 24/36mi non-race

\$50+ bikerea.com

CYCLING THE ERIE CANAL 400 miles July

9-16 \$675/750after 6-2

ptnv.org/events/annual-bike-tour

SCENIC MOUNTAIN TRIATHLON

July 9 Richwood

richwoodchamberofcommerce.org 5

DIRTFEST WEST VA. Bruceton Mills

July 14-16 \$45

bikerea.com/dirt-raa-dirt-fest-wv

WHEELS OF HOPE Lewisburg

July 15 \$45/55after May 1 19/36mi loops

avbikeclub.com/wheels-of-hope

BON TON ROULET Finger Lakes tour

July22-29 \$725 Cortland, NY bontonroulet.com

MT. DAVIS CHALLENGE

July 23 \$30 USA Cycling road race

bikereg.com/mt-davis-challenge

MOUNTAIN MAMA Monterey, VA

Aug.5 27/53/67/100+ \$65/75afterJune30

highlandcountyrecreation.org

STONEWALL JACKSON TRIATHLON

Aug.19 \$55 swim1km,bike25mi,run4mi. ionesracingcompany.redpodium.com

BIKEFEST Pittsburgh, PA

Aug.19-24 daily cycling events, details

forthcoming at bikepgh.org

W.VA. COUNTRY ROADS MS150

Aug.26-27 main.nationalmssociety.org/ site/TR?fr id=28925 \$35/45after3-31

PEDAL PITTSBURGH from Station Sq.

Aug.27 \$

bike-pgh.org/events/pedal-pittsburgh/

HANCOCK HORIZONTAL HUNDRED Sept.10

Findlay,OH \$

36/67/100m hancockhandlebars.org

NORTH EAST OHIO CENTURY

Sept.17 \$15/20aft.8-31 25/50/62/72/100

outspokinwheelmen.com Cortland,OH

WV BIKE SUMMIT Morgantown

Sept.24-25 \$

wvconnectingcommunities.com

MOUNTAINS to the COAST tour

Sept.30 - Oct.7 ncsports.org

SEAGULL CENTURY Salisbury, MD

Oct.14 \$ seagullcentury.org/seeridedetails.htm

WEST VIRGINIA MOUNTAIN BIKE ASSOCIATION 2017 SCHEDULES

see wvmba.com and iplayoutside.com mtb xc racing

May 13 #6 THE CRYING WOLF CHALLENGE Bluefield

May 21 #7 BLACKWATER CLASSIC Davis

May 27 #8 BLACK BEAR Kanawha S.F, Charleston

June 4 #9 COOPERS ROADSIDE TRAIL CLASSIC Morgantown

July 2 #10 GRAND VUE MTB CHALLENGE Moundsville

July 9 #11 RACE TO LIL MOE'S PLACE Philippi July 23 #12 RACE TO THE HILLS Zaleski, Ohio July 30 #13 LITTLE BEAVER CHAINRING CHALLENGE Beaver Aug. 20 #14 VALLEY FALLS CHALLENGE Fairmont finals

ULTRA SERIES

May 7 #1 MIDDLE MOUNTAIN MOMMA

Clifton Forge, VA

June 4 #2 MASSANUTTEN HOO HA!

McGaheysville,VA

Aug. 5 #3 **BIG BEAR ULTRA** Hazelton

Aug. 23 #4 **SLATYFORK**

Sept.17 #5 REVENGE of the RATTLESNAKE Davis finals

ENDURO SERIES

May 14 #2 COOPERS ROCK BENDURO

May 28 #3 BLACK BEAR Charleston, KSF

June 25 #4 VALLEY FALLS Fairmont

Aug, 13 #5 **SLATYFORK**

Sept. 2 #6 ENDURO & FREEFALL FESTIVAL Snowshoe finals