

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

www.crcyclists.org
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September - October 2012

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**League of
American
Bicyclists**
since 1979

Ride our Sixth Annual MOUNTAIN ROADS BICYCLE TOURING FESTIVAL
Sunday, September 2, at 9:00 a.m. choose a 20, 56 or 78 mile ride from Rowlesburg, W. Va.



TEXAS MOUNTAIN ROAD VISTA EASTWARD

Rowlesburg is a family-friendly town; bring everyone and enjoy a day along the beautiful Cheat River. Registration for this free CRC event starts at 8:30 at Rowlesburg Community Park. Maps, cue sheet and limited sag service are provided, with a snack stop at St. George for the longer rides.

Ride the all valley route to Etam International Earth Station and back, or do the 56 mile route with a big hill and long mountain. For the ambitious, add the Texas Mountain climb for the vista above. Visit Rowlesburg's military museum, railroad museum and other Festival railroading features after your ride, and stay to enjoy lunch/dinner and entertainment in the Park. Check out website, rowlesburgguide.com.

CHALLENGES ABOUND FOR STRONG CYCLISTS

Sunday, September 9, at 9:00 a.m. ride twice OVER MT. DAVIS from Confluence, Pa.

After all, it is only 3213 feet on top and the road isn't that high and you need to get in shape for the

Sunday, September 23, at 9:00a.m. ride a century from Salem to New Martinsville and back

with two snack stops and limited sag provided by the Club, and brunch at Barista's in New Martinsville.

This is a good first time to try a 100 mile ride, since you are supported by the Club and hills are few.

Sunday, September 30, at 9:00a.m./10:30 metric ride the PROSPERITY Century/Metric Century from Morgantown or (metric) I-79 north, Kirby exit.

Sunday, October 7, at 10:00a.m. ride from Seneca Rocks visitor center to SPRUCE KNOB, the highest point in West Virginia at 4861 feet with great scenery and views from the top.

GREAT EASY RIDES ARE ALSO HERE.

See our ride schedule inside for the many choices.



**ANNUAL MEETING SATURDAY, NOVEMBER 3
7:00 P.M. AT CLARKSBURG PANERA BREADS,
6:00 DINNER.** Reports and elections, maybe a show?

WE NEED HELP

Jennifer will not be available next year to be an officer, and J.R. resigned from the webmaster position, so we need a new webmaster as soon as possible. Please tell any officer if you can help in either position...Thanks.

OFFICERS MET June 7 in Fairmont for a reporting and planning session. Any member is welcome to attend any officers meeting. Contact an officer for the time and place of the next meeting. The treasurer reported balance of \$2,225.22 including net income of \$476.16 from the Appalachian Spring Spectacular. Membership was reported as 120 paid for 2012, including 29 in Harrison Co., 45 in Monongalia Co., 24 other West Virginians and 18 out-of-state. It was decided to send our next newsletter to various local elected officials, to let them know about cycling activity in the area, such as Morgantown's selection as the first Bicycle Friendly Community in the state, road and mt. bike racing and recreational riding (Appalachian Spring Spectacular) activity happening around them in this election year..

OFFICERS MET July 30 in Clarksburg for a reporting and planning session. The treasurer reported a current balance of \$2,230.22. Membership was reported as 127 paid for 2012, including 32 in Harrison Co., 49 in Monongalia Co., 28 other West Virginians and 18 out-of-state. The secretary reported serious delay in producing the July-August newsletter due to a computer meltdown. The vice-president/road captain announced she would not be available for that office next year. An expression of sympathy was approved for the family of HCBA/CRC charter member Ron Turner, who passed away July 1.

WELCOME OUR NEW MEMBERS

Paid membership is currently 128, (we had 124 in 2011) including the following new members:

Carol - Clarksburg,
Bob family - Morgantown,
Charlie - Winfield,
Randy family - Morgantown,
Mike - Morgantown,
Robert C. - Williamstown
Marissa - Morgantown,
Cathy - Bridgeport,

and these returning members from years ago:

Elizabeth - Morgantown,
Anthony - Clarksburg,
Joe - Morgantown.

Dues/waiver forms are available online at our website:
crcyclists.org.



Don and Jeanette, Sandy and Jim on the GAP in July. See page 3. (Weaver photos)

XENIA, OHIO CYCLING WEEKEND

The Campbells, Weavers and Larry Reed (Cincinnati) are planning a bike weekend in Xenia, Ohio to enjoy the extensive network of paved rail trails and quiet rolling to flat farm roads. They will be there Friday- Monday, (three motel nights, Sept 28-29-30) at the downtown Xenia Ramada Inn (\$80-90) 300 Xenia Towne Square, Xenia, OH 45385 phone: 1-937-372-9921. Ride as much or as little as you please. Everyone welcome



NICK HEIN MOVES TO OREGON

Country Roads Cyclist Nick Hein, a founder and head of Positive Spin in Morgantown and LAB Licensed Cycling Instructor announced in late June: "I have decided to accept a new position in Ashland, Oregon and will be resigning as director of Positive Spin effective August 1. Positive Spin is seeking a new director, as well as board ...and executive committee members to continue our service to the community... Thank you for all the support and encouragement you have given, both to the organization and to the people we help. Sincerely, Nick" We'll miss you and your work here. Thanks Nick.

EVERY PICTURE TELLS A STORY



Kelly, Connie, Carl, Jack and Marilyn at Stockport snack stop at Marietta River Rendezvous in June Mike Smith photo

Mike said, "Weather was great! Only issue was some wind. Had nine show up from our Licking County Club." Mike is offering us a weekend in the mountains in October, a day on the rail trail and gravel, then a paved day rolling through Germany Valley and climbing to the top of Spruce Knob.



Mike Lavengood (40+) and Gunnar Shogren (50+) win their road races at the Tour of the Valley in Ohio in July. Gunnar also won the 50+ GC. Gunnar said, "We both worked hard to get away from the field, were really surprised when we caught Ted, and then really surprised when we dropped him on the last or next to last roller and then we pinned it in earnest. Not reason to sprint against your roomie after that. :) Mike's got a really big smile and boy was he beaming for the rest of the day. We had a really grand time." (Fred Jordan photo) Mike and Gunnar also dominated the ABRA series of road races in the men's masters (40+) class, together placing in the top three ten times in the six races and Gunnar winning the series and state championships. Betsey Shogren also won the state championship race and ABRA series.



Bill, Tom, Jennifer and Nick ready to ride at Emlenton, Pa. in July Nick Hein photo (taken by Becky)

We pedaled, paddled (kayaks in the Allegheny) hiked and swam, enjoyed fireworks and food all weekend. (Jennifer also did her 41 mile birthday ride in early July.)



Jim and Sandy were on the GAP twice in July with their tandem. Jim is in his mid-seventies, so Sandy helped him do a 74 mile birthday ride in June on the Mon River Trail, then in July they rode the GAP from McKeesport toward Washington, D.C., but found the weather so hot and muggy that they had their son pick them up in Hancock after a day on the C & O towpath. "We thought we were hallucinating at the Paw Paw tunnel when we saw the lights of an NPS backhoe coming through down in the canal, which had about a foot of water in it." Jim said. In late July they returned to the GAP to do a century ride, all coasting from Meyersdale to McKeesport -104 miles in about 9 1/2 hours, (son Jim biked out from McKeesport to ride back with them, for 130 miles.)

THIS IS A LAST MINUTE REDO OF THIS PAGE TO INCLUDE THESE LATE REPORTS

OVER MT. DAVIS WAS A GREAT RIDE



from left clockwise: Chris, Jack, Travis, Frank, Carl, Connie, Ron, Fran, Dave (not in photo: Kelly, Jennifer, Larry) Frank Gmeindl photo

Thanks to Kelly for organizing and leading a wonderful ride over Mt. Davis (on Sunday September 9.) And thanks to the 12 cyclists for showing up. The weather was perfect. Nice occasional tailwinds. Insignificant and courteous motor traffic. The climbs all easier than I remember them. Frank

Twelve cyclists showed up for Sunday's grueling ride over Mt. Davis. Before we even got to Listonburg Hill, the peloton was strung out and broken apart. A small regrouping took place at Listonburg, while Chris and I rode on without stopping in an effort to get ahead of the faster folks. We were caught by Fran and Frank, then Ron passed them; the breakaway was doomed. After climbing the observation tower (elevation 3,165 feet) we had an uneventful trip to Subway in Meyersdale. Returning was just plain confusing. Kelly and I led the group out of Meyersdale, and after a couple of miles he announced there was no one behind us. That was not ordinary, by any means. Turns out Ron had a puncture and everyone stopped to offer advice and suggestions. I caught Larry about half way up the return climb of Mt. Davis then stopped by the observation tower to retrieve Jennifer, but unbeknownst to me, she had called Kelly, and said she was starting back on her own. I now had Larry in front of me again, with Chris right behind me. When I got to Larry, he said that Carl, Jack, and Travis were ahead of him. Such is the way of cycling, there is always someone ahead of you. We all arrived safely back in Confluence and had a nice chat afterward. It was a beautiful day for a ride. Cool to start, it was warmer returning and there was no rain. Thanks to all that showed up. Dave

There was a big hill. A bunch of people I didn't know. I had some bacon. Climbed a scary tower. The bacon was good. Travis

COUNTRY ROAD CYCLISTS

SEPTEMBER - OCTOBER 2012 RIDE SCHEDULE

Road Captain Jennifer Preville 304-282-0218 jnprevill@gmail.com
Contact listed ride leader for details. Please carpool to the start whenever possible.
Wear your helmet. Difficulty Ratings. (*) easy (**) moderate (***) difficult (****) extreme

Saturday, Sept. 1 10:00AM Fayette County Loop Dave 304-594-1036
(**) 25 miles. Meet at the Free Methodist Church in White House on Rt. 857, one mile north of the PA border. (Park on Tobin School Rd. side.) An easy road ride over Fayette County, Pa. hills and valleys.

Sunday, Sept. 2 9:00AM Rowlesburg Mountain Roads Touring Festival
Jim 304-623-1853, Bill 304-623-2736, Dave 304-594-1036
(*/**/****) 20, 56 or 78 miles. Meet at the Rowlesburg City Park. From Morgantown, take Rt. 7 to Kingwood, then Rt. 72 south to Rowlesburg. From Clarksburg, take Rt. 50 east to Rt. 72 north to Rowlesburg. Snack stop & limited SAG. Free event but register and pick up a map. Lunch can be purchased at the Rowlesburg Labor Day Weekend Festival.

Saturday, Sept. 8 10:00AM Fayette County Loop Dave 304-594-1036
(**) 25 miles. Meet at the Free Methodist Church in White House on Rt. 857, one mile north of the PA border. (Park on Tobin School Rd. side.) An easy road ride over Fayette County, Pa. hills and valleys.

Sunday, Sept. 9 9:00AM Over Mt. Davis Kelly 304-292-9821
(***) 55 miles. Meet at the park in Confluence, Pa. 8:00am for breakfast at Sister's; the ride begins at 9:00 AM. We will ride out to Mt. Davis (the highest peak in Pa. at 3213 feet) then on to Meyersdale for lunch. After lunch, we climb Mt. Davis again, returning to Confluence.

Saturday, Sept. 15 9:00AM Jane Lew casual ride Bill 304-623-2736
(*1/2) 20 to 25 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. Route will depend on weather and how far folks want to go. Beginners welcome, relaxed pace.

Sunday, Sept. 16 1:00PM Prickett's Fort to Morgantown Kelly 304-292-9821
(*) 40 miles. Meet at the trail head at Prickett's Fort State Park. Bike the Mon River Trail, enjoying the fall foliage, and lunch at a Morgantown Wharf District restaurant, then return via the rail trail to Prickett's Fort,

Saturday, Sept. 22 12:00PM Friendship Hill Festafall Jennifer 304-282-0218
(**) 32 miles. Meet at parking lot behind Morgantown Wendy's in Sabraton (Rt. 7 east). We will bike the Mon River Trail to Pt. Marion, PA, then bike up 3 miles on road to Friendship Hill. We will spend some time at the festival then bike back to Pt. Marion on the road, then back up the trail to Sabraton. (Riders may join us for just the rail trail part of the ride.)

Saturday, Sept. 22 9:00AM Jane Lew casual ride Bill 304-623-2736
(*1/2) 20 to 25 miles From Jane Lew I-79 exit 105, See Sept. 15

Sunday, Sept. 23 9:00AM Salem Century Kelly 304-292-9821
(***) 100 miles. From the Salem International U. parking lot across from the BP and the DQ. A fairly fast ride out and back to New Martinsville, where Barista's Restaurant will be open for brunch. The club provides two snack stops and limited SAG. This is not a hard ride, it is just long. For a ride of about 60 or 70 miles, bike to Blue or Middlebourne, then turn around.

Saturday, Sept. 29 no local ride scheduled

Sunday, Sept. 30 9:00AM/10:30 metric Prosperity Century/Metric Century
Kelly 304-292-9821, Jack 304-282-6275
(***) 100 or 60 miles. Meet at Morgantown's Courthouse Square, High Street. At 9:00. Ride to Mt. Morris, through Kirby and Waynesburg to Prosperity and back. (100 miles).
For 60 miles, Start at 10:30AM from the parking lot off of the Kirby, Pa. exit (I-79 north). The Morgantown Century group will stop here to pick up metric century riders.

COUNTRY ROAD CYCLISTS

SEPTEMBER - OCTOBER 2012 RIDE SCHEDULE

Saturday, Oct. 6 10:00AM West Fork/Middle Mtn. Loop Mike 740-403-1250
(***) 36 Miles. Meet at the Gladys trailhead of the West Fork Trail. (http://www.bike.org/west_fork_trail/) and ready to ride at 10:00. No food or water stops so please be prepared. Only great scenery! Longer options available. This is the route: <http://www.mapmyride.com/routes/view/11425609>.

Sunday, Oct. 7 10:00AM Spruce Knob Ride Mike 740-403-1250
(****) 48 Miles. Meet at the Seneca Rocks Visitor Center. We will follow this route <http://www.mapmyride.com/routes/view/101593626> through Germany Valley and up to Spruce Knob, highest point in W.Va. at 4861 feet, and return. We will try to have someone at Spruce Knob with water/snacks but be prepared to do the entire route without support. This one is a challenge!

Saturday, Oct. 13 1:00PM West Fork River Trail Jennifer 304-282-0218
(*) 21-22 miles. Meet in Monongah at park on trail off US 19 between Shinnston and Fairmont. Turn off US 19 at Monongah Middle School on Old Monongah Road. (follow sign for trail) and go about 1/4 mile. Cross bridge, parking lot is on left. Ride rail trail to Shinnston and back. Beginner's welcome, relaxed pace.

Sunday, Oct. 14 1:00PM Baker's Ridge Jennifer 304-282-0218
(**) 30 miles. Meet at parking lot behind Morgantown Wendy's parking lot, Rt. 7 east, Sabraton. We will bike Mon River trail, to VanVoorhis Road. We will then bike along Baker's Ridge to US 119, returning the same way to Wendy's. Stopping at Terra Cafe for food and coffee is an option. (Riders may join us for just the trail part of the ride.)

Saturday, Oct. 20 10:00AM Fairmont Whitehall – Saltwell Loop Bill 304-623-2736
(**) 25 miles. Meet at Fairmont Whitehall Wal-Mart parking lot, I-79 exit 132, south on US 250. Road ride through Manley Chapel, Saltwell, Corbin Branch valley and Bothesville. Several hills

Sunday, Oct. 21 1:00PM Dug Hill-Tyron Road Loop Kelly 304-292-9821
(**) 30 miles. Meet at Wendy's parking lot, Rt. 7 Sabraton. We will bike up Dug Hill, then do a loop on Tyron Road and Tyron-Avery Road, returning down Dug Hill to the rail trail. The ride will then continue on the rail trail.

Saturday, Oct. 27 10:00AM Jane Lew casual ride Bill 304-623-2736
(*1/2) 20 to 25 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. Route will depend on weather and how far folks want to go. Beginners welcome, relaxed pace.

Sunday, Oct. 28 1:00PM Mt. Morris/Shannon Run Loop Kelly 304-292-9821
(**) 45 miles. Meet at Morgantown Wendy's parking lot, Rt. 7 east, Sabraton. We will bike on Rt. 100 to Mt. Morris, then onto Shannon Run. From there, we will reverse the route, stopping at the Rising Creek Bakery for refreshments.

**ANNUAL MEETING SATURDAY, NOVEMBER 3
7:00 P.M. AT CLARKSBURG PANERA BREADS,
6:00 DINNER.** Reports and elections, maybe a show?