

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

www.crcyclists.org
P.O.Box 4322
Clarksburg,WV
26302-4322

September - October 2013 # 3

President Kelly Williams 292-9821 kellyrwilliams@msn.com
V.P./Road Captain David Phillips 594-1036 wvfossils@aol.com
Secretary/Treasurer Bill Foster 623-2736 billbikes@hotmail.com

**League of
American
Bicyclists**
since 1979

ARE YOU READY FOR THE BIG ONES ?

ABRA STATE ROAD RACING WEST VIRGINIA TIME TRIAL CHAMPIONSHIPS

Sept. 14 Rowlesburg Of course, this is not a Club event, but we have some members vying for the medals and prestige starting from the same place where we just had a great ride. See abraracing.com

CRC SEPTEMBER CENTURY

Sept. 15, 9:00 am Jane Lew to Flatwoods Loop This is our annual fall hundred mile party with a new route and all new scenery. Fracking and trucks and bad roads make our favorite routes to see John in New Martinsville untenable, so we offer this as an otherwise worthy adventure, and only a little hillier. We start from a signed "public parking" lot in downtown Jane Lew. Exit I-79 south at exit 105, turn right / west and go to the T at US 19 in town. Turn right, cross the small bridge on US19 and just past a green building, turn right again into the parking area next to a veteran's memorial site with two tall flagpoles.

Maps and a cue sheet will be provided for the route, which goes out Broad Run Road and Sycamore Lick to Jacksons Mill and on through Weston, getting on US 19 south to climb the long easy grade to pass under I-79 at exit 91. Within a mile of passing the entrance to Stonewall Jackson State Park, we will turn onto Oil Creek Road (sounds ominous, but it is a great road) to go through Orlando (snack stop) to Burnsville, where we take WV 5 to Heaters, returning to US 19 into Flatwoods, where we have many lunch options. We'll try to pick one for most of the group - probably Subway or Shoney's, but there are lots of other fast foods places, too. We return on US 19 north through Ireland and Walkersville (snack stop) to Weston and back to Jane Lew. Snacks and sag also provided. See the ride schedule.

SPRUCE KNOB MOUNTAIN BIKE RIDE

Sept. 22, 10:00 am Gladly trailhead to the highest point in West Virginia (4861') on gravel back roads, 58 miles and 4900' of climbing for some spectacular views from Spruce Knob with our Ohio friends. Note: no food or water available along the route; bring everything you need, extra clothing/rain gear to be safe. Weather can change quickly at the Knob. Ride leader Mike says: "Those of us making the trip are planning to camp at Canaan Valley Resort. There are lots of other options. Camping, cabins, lodge, house rentals...Canaan Valley has it all. Send me a message if you need more information and to let me know who to look for on these rides." See the ride schedule for his shorter mtn. bike ride Saturday, too.

PROSPERITY CENTURY / METRIC CENTURY

Sept. 29, 9:00 / 10:30 am Morgantown courthouse / Kirby exit parking lot to Prosperity, Pa. and back. This other annual century is unsupported (no map, snacks or food provided) but goes on roads familiar to area cyclists. See the ride schedule.

OVER MOUNT DAVIS

Oct. 12, 10:00 am Confluence, Pa. to Meyersdale for lunch, with a crossing over Mount Davis (highest place in Pennsylvania at 3213') each way. Start from town park at 10:00. Optional breakfast at Sisters' at 9:00 (or earlier, service can be slow.), This popular 50 mile route No Mosquitoes this time of year at the summit. Please Note: Snow cancels this ride. See the ride schedule.

IF NOT READY FOR THESE, SEE OUR RIDE SCHEDULE FOR OUR USUAL MORE CASUAL RIDES

This newsletter with color photos is on crcyclists.org, last names deleted

WHAT DID YOU DO ON YOUR VACATION ?

Gene Wells, owner of Fat Tire Cycle in Buckhannon spent a week in June in Covadonga, Guatemala where he spent a day and half teaching a local man how to repair the new bicycles his group brought the Pacific highlands community, through a program of the Living Heritage Foundation. They then presented the bikes and tool set (including the stand shown below to them and spent the rest of the week working on the schools, painting, laying block, planting trees, etc. Then he came back to sell and work on bikes for everyone back home. He has also become a serious gourmet coffee roaster, selling his wares under the "Mountain Roasters" name in this area.



Gene setting up a bike while the new mechanic stands on the back side of the bike in the bottom photos Living Heritage Foundation photos

OFFICERS MET August 26 in Morgantown for a reporting and planning session. Members are welcome to attend any officers meeting. Contact any officer for the time and place of the next meeting. The treasurer reported a current balance of \$2,348.91, thanks largely to gains in income from the Appalachian Spring Spectacular. Membership was reported as 105 paid for 2013, including 26 in Harrison Co., 40 in Monongalia Co., 25 other West Virginians and 15 out-of-state. events on the ride schedule were discussed, including alternatives for our September Century for which scouting mileage expenses were approved.

WELCOME OUR NEW MEMBERS

Thomas & Patricia - Grafton
paid membership is currently 107, including 26 in Harrison Co. and 42 in Monongalia Co.

ANNUAL MEETING SATURDAY, OCT. 12 7:00 P.M. AT MORGANTOWN PANERA BREADS

Dinner at 6:00. Dues discussion, election of officers - Please let any officer know if interested in running.

MOUNTAIN ROADS BICYCLE TOURING FESTIVAL

Our annual Rowlesburg event had 14 participants, who enjoyed it all: the roads, weather, snacks, each other, and an unexpected meeting with two Pittsburgh tourists traveling some of the same roads in the opposite direction from Pittsburgh to Ohiopyle on the Gap, Terra Alta to St. George on our route, to Elkins and on to Marlinton and beyond.



Getting ready to roll in Rowlesburg



Weaver photos

St. George - Where are the goodies?



Butch and some Mon Bike Club OF riders - really

Ammons photo



Pittsburgh tourists at Aurora

Weaver photo

While the day was mostly overcast, it only sprinkled a bit between Aurora and Terra Alta, keeping temperatures in the comfort zone.

A FEW MORE CYCLING EVENTS

Sept.21 CVGOC Ride & Gospel Sing Gassaway to Sutton Dam and return 30 miles, \$25 + pledges

<http://www.cvvoc.com>

Sept.28 - Oct.5 CYCLE NORTH CAROLINA from the Mountains to the Coast Spruce Pine, NC tour \$330 +\$75

transportation return <http://www.ncsports.org>

Oct. 5 SEAGULL CENTURY Salisbury, MD seagullcentury.org/seeridedetails.html

A FEW NOTES FROM MEMBERS AND FRIENDS (from [CRC] group, edited)

From Frank

This 3 page article, "Bicycle Law Enforcement - Enforce Laws with Mutual Respect" in the July issue of Law and Order magazine (pp 52-54) could change some biases against cyclists.

<http://lawandordermag.epubxp.com/title/144260/52> [hyperlink updated]

It clearly explains the rights of bicyclists and appropriate and legal riding techniques to maximize safety.

Here's a little tantalizing quote to get you to read the article if you already haven't: "It is safest for bicyclists to stay out of the way: This myth has sadly contributed to the majority of crashes and near-misses cyclists experience. Hugging the edge of the road is actually dangerous for a number of reasons. Most traffic lanes are too narrow to safely accommodate a motor vehicle and cyclists side by side. Cyclists who keep right so motorists can pass them without changing lanes actually encourage close passes and sideswipes..." and that was written by a law enforcement officer! This article may offer an opportunity for us to start a dialog with local law enforcement officials to get their support. Any ideas how we can get them to read it and start a dialog with us?

From Ella Belling (MRTC)

Thursday, September 26 Grant workshop on Rail-Trails, Sidewalks, Cycling Improvement Projects, and more: Transportation Enhancement Grant Program workshop (MAP-21) Holiday Inn and Suites in South Charleston, 8:30-4:00pm (times may change- details / updates will follow registration)

WV Connecting Communities (WVCC) and the Regional Intergovernmental Council (RIC) are pleased to invite you to a workshop on what the new Federal Highway Transportation Enhancement Program (MAP-21) means to West Virginia and how to successfully utilize the different funding sources for cycling and walking projects. The **workshop is free** and there is a continental breakfast and lunch provided. The workshop will be led by Advocacy Advance, which is a partnership between the League of American Bicyclists and Alliance for Biking & Walking. With a focus on the new transportation bill, participants will learn how to maximize funding in the new Transportation Alternatives program and utilize all MAP-21 funding programs for bike/ped at the state and local levels.

Please register directly with AA by going to their website, <http://www.advocacyadvance.org/trainings>.

TWO RIDE REPORTS FROM KELLY

July 28 We had a large group of cyclists go up Deckers Creek trail today: Mike, Del, guest Rick, Lisa, Jennifer, new member Mary, Kathryn, Doris, and myself. The temperature was in the low 70's, with a blue sky, and the trail was in good shape after all the rain we have had recently. Most of the group made it up to the Masontown picnic area, then turned around for the ride back down the trail. Sadly, there was no stop at the snack shack at mile marker 9, however, several of us continued on down the trail to the Mountain State Brew Pub, for brats and beer. I hope that we get this turnout again next Sunday (12:00 noon, at Wendy's), where we will try to go all the way to Reedsville. (FYI - mileage to and from Reedsville is 32 miles, but the top of the trail is completely flat.) Kelly Williams

Sept. 8 A last minute schedule change announced on [CRC] for our September 8 ride.

We had a great turnout for the Dave Lewis Memorial ride today. Thanks to Jennifer and Kenny (a combined effort of CRC and Positive Spin) for organizing this ride. CRC members who started up the trail include Jennifer, Lisa, Mary, Kathryn, Dave, Mark, Jim and Sandy, and myself. Positive Spin members who rode include Jonathan, Lee, Pat, Dan, Gerry, and Kenny (I may have missed someone.) We biked up to the Masontown Trailhead, then (most of us) turned around. I noticed, on the Masontown part of the trail, that a lot of young cyclists and families of cyclists were coming down the trail. It turned out that Sis had all of her children and many grandchildren (and great grandchildren!) at her house, and many of them were on their bikes on the trail. When we got to the Dave Lewis Snack Stop, Sis' entire family, several generations, were all waiting for us, with cookies and lemonade and ice tea! This was extremely nice of them to do this. I thanked Sis and her children for this, and I told them of the countless times that our club had stopped at the snack stop, to get ice cream and to visit with Dave. Then, after eating all of the cookies, we cycled down to Positive Spin and had a cookout in their back yard. Thanks again to Jennifer and Kenny, and thanks to all who showed for this event. Kelly Williams

ABRA ROAD RACE SERIES CHAMPIONS Congratulations to:

Mike Lavengood placed second in the Men's 40+ W.Va. state championship race, Appalachia Visited, in Rowlesburg in August, while also winning the ABRA road race series with 170 points. (second in the series had 131 points.)

Gunnar Shogren placed first in the Men's 50+ W.Va. state championship race and also won his series with 129 points. (second had 107points.) Gunnar also placed fifth (50+) in USAC Mt. Bike nationals at Bear Creek, PA in July.

COUNTRY ROAD CYCLISTS

SEPTEMBER - OCTOBER 2013 RIDE SCHEDULE

Road Captain David Phillips 304-594-1036 wvfossils@aol.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. 7 11:00 AM Fayette County Loop David 304-594-1036
(***) 35 miles. Meet at the Free Methodist Church in Whitehouse, PA on Rt. 857, about two miles north of the state line. (Park on Tobin School Rd. side of the parking lot.) Take rt. 43 to the Gans exit, turn right, go to Rt.857 and turn left.

Sunday, Sept. 8 1:00 PM Deckers Creek Trail to Masontown Kelly 304-292-9821
(*) 22 miles. Meet at the parking lot behind Wendy's in Sabraton (Morgantown Rt. 7 East) We will bike up to the Masontown trail head, then return down the trail.

Saturday, Sept. 14 10:00 AM The GAP: Connellsville-Ohiopyle. Jennifer 304-282-0218
(*) 34 miles. Meet at Connellsville city park, along the river. We ride the Greater Alleghany Passage (GAP) trail to Ohio pyle, with lunch at the Firefly Café before returning to Connellsville.

Sunday, September 15 9:00 AM NEW September Century route Bill 304-623-2736
(****) 100 miles. Meet at Jane Lew I-79 exit 105, turn west, at T, right on US 19 north over small bridge, right again after nearby green building into "public parking" lot. We bike through Weston, Orlando and Burnsville to lunch in Flatwoods and return through Ireland, Walkersville and Weston. guests welcome, map/cue sheet, snacks and limited sag provided, shorter options available.

Saturday, Sept. 21 10:00 AM Blackwater Falls Mtn. Bike Ride Mike 740-403-1250 (cell)
(***) 24 miles and 1900' of elevation gain, a warm-up to the Sunday ride. Meet at the Trading Post at the Falls in Blackwater Falls State Park, ready to ride at 10:00. We will check out the view from Lindy point along the way. <http://ridewithgps.com/routes/2968114>

Sunday, Sept. 22 10:00 AM Spruce Knob Mtn. Bike Ride Mike 740-403-1250 (cell)
(****) 58 miles and 4900' elevation gain. Meet at the West Fork trailhead near Glady, WV, ready to ride at 10:00. From Elkins take US 33 east to Alpena, right on rt. 27 to Glady. This route can be shortened to a strictly out and back 48 miles ride; 58 miles includes the highest point in West Virginia for spectacular views from Spruce Knob. <http://ridewithgps.com/routes/2968240> , Along the way we can check out the cave entrance of the Sinks of Gandy where the stream runs under the mountain a half-mile before opening up on the other side. I repeat, no food or water available; bring everything you need, extra clothing/rain gear. Weather can change quickly at the Knob. Send me a message if you need more info and to let me know who to look for on these rides.

Saturday, Sept. 22 10:00 AM Friendship Manor/Festifall 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 Manor. Explore the park, enjoy the Festifall celebration at Albert Gallatin's manor, then return to Point Marion for snacks, before biking back to Morgantown. (Riders may join us for just the rail trail part of the ride.)

Saturday, Sept. 28 11:00 AM Fayette County, PA David 304-594-1036
(***) 35 miles. Meet at the Free Methodist Church in Whitehouse, PA. about two miles north of the state line. Please park on the Tobin School Road side of the parking lot. Take Rt. 43 to the Gans exit, turn right, go to Rt. 857 and turn left.

Saturday, Sept. 28 10:00 AM North Bend Rail Trail Laurel 304-782-4117
(*) 27 miles. Pennsboro to North Bend State Park, Cairo or the State Park for lunch. Meet at exit US 50 west onto Rt. 74 north into Pennsboro as it zigzags up to the depot. (allow 45 minutes drive from I-79) Very scenic and four (4) TUNNELS (good to have a light). Mtn. or cross bike is best.

Sunday, Sept. 29 9:00 AM/10:30 metric Prosperity Century/Metric Jack 304-282-6275
(****) 100 miles/(***) 60 miles metric Meet at Morgantown's Courthouse Square on High Street, Ride to Mt. Morris through Kirby to Waynesburg, to Prosperity and back (100 miles). For metric century, 10:30 AM, start from the parking lot off of the Kirby, PA exit (I-79 north). The Morgantown group will stop here to pick up metric century riders.

COUNTRY ROAD CYCLISTS

SEPTEMBER - OCTOBER 2013 RIDE SCHEDULE

Saturday, Oct. 5 11:00 AM Fayette County, PA David 304-594-1036

(***) 35 miles. Meet at the Free Methodist Church in Whitehouse, PA, about two miles north of the state line. Please park on the Tobin School Road side of the parking lot. Take Rt. 43 to the Gans exit, turn right, go to Rt. 857 and turn left.

Sunday, Oct. 6 1:00 PM Marion County David 304-594-1036

(***) 30 miles. Meet at the trail parking lot at Prickett's Fort State Park. The exact route will depend upon who shows up, we can do an easy ride, a harder ride, or somewhere in between.

Saturday, Oct. 12 10:00 AM Over Mount Davis Larry 304-777-7393.

(****) 50 miles. Meet at the town park in Confluence, Pa. (pre-ride breakfast at Sister's optional) the ride begins at 10:00 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, Oct. 12 10:00 AM 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. The route will depend on weather and how far folks want to go. Beginners welcome, relaxed pace

SATURDAY, OCTOBER 12 ANNUAL MEETING Reports and elections
7:00 P.M. AT MORGANTOWN PANERA BREADS, 6:00 DINNER.

Sunday, Oct. 13 1:00 PM Deckers Creek Trail to Reedsville Kelly 304-292-9821

(*) 34 miles. Meet at the parking lot behind Wendy's in Sabraton. (Morgantown Rt. 7 east). We will bike up Decker's Creek Trail to the end at Reedsville, then return down the trail.

Saturday, Oct. 19 12:00 noon Snake Hill Loop Marilyn 304-598-5078

(***) 30 miles. Meet at the parking lot behind Wendy's in Sabraton (Morgantown Rt. 7 east). We will bike up Dug Hill To Snake Hill To Rohr Road to Masontown, then return down the trail.

Sunday, Oct. 20 1:00 PM Fayette County, PA David 304-594-1036

(***) 35 miles. Meet at the Free Methodist Church in Whitehouse, PA, about two miles north of the state line. Please park on the Tobin School Road side of the parking lot. Take Rt. 43 to the Gans exit, turn right, go to Rt. 857 and turn left.

Saturday, Oct. 26 12:00 noon Dug Hill To Canyon Road Loop

Marilyn 304-598-5078 30 miles

(***) Meet at the parking lot behind Wendy's in Sabraton (Morgantown Rt. 7 east). We will bike up Dug Hill to Pierpont Road, out through Canyon, to Rt. 119 and Bakers Ridge Road, then down Van Voorhis and return via the Mon River Trail.

Sunday, Oct. 27 1:00 PM Fayette County, PA David 304-594-1036

(***) 35 miles. Meet at the Free Methodist Church in Whitehouse, PA, about two miles north of the state line. Please park on the Tobin School Road side of the parking lot. Take Rt. 43 to the Gans exit, turn right, go to Rt. 857 and turn left.