

... SPOKIN' WORDS ...

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SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS SINCE 1979

ANNUAL MEETING TO BE HELD ON OCTOBER 24th

Please plan to attend our annual club meeting on **Saturday, October 24th** at **Panera Bread**, 357 Patteson Drive, **Morgantown, WV**. Dinner hour will start at **6pm**, and the meeting will begin at **7pm**. Agenda topics will include election of the 2016 Board of Directors (President, Vice President/Road Captain, Secretary/Treasurer); a review of our club's 2015 activities, and planning for 2016. If you are interested in joining the Board of Directors for 2015, please contact Kelly Williams (kellyrwilliams@msn.com) or Bill Foster (billbikes@hotmail.com).

What activities do you want your club to offer? Join us on October 24th – let's work together to make 2016 CRC's best year yet!

ROWLESBURG MOUNTAIN ROAD TOUR

From Kelly Williams, CRC President

After many weeks of planning for the Rowlesburg Tour, Saturday, September 5th is finally here. In the eight years that we have sponsored this ride, the riders have experienced a full



spectrum of weather conditions: hot, very hot, cold, or wet. I remember snow on one ride, on another, while at the snack stop in Saint George, everyone grabbed a plastic grocery bag from Bill to use as a layer of warmth for the rest of the ride. But today, the elements are perfect for a road ride: clear and warm.

We assemble at the Rowlesburg City Park. The twelve cyclists are: Chuck; Fran; Frank; Fred; Jack; Marilyn; Mike; Rick; Robb; Susan; Travis; and I. We collectively represent several local biking groups: Country Roads Cyclists; Mon Bike Club; Fairmont Flyer Club; and OF Cyclists. Bill Foster signs us in, Jim Weaver takes a few photos, and we are off and heading

through downtown Rowlesburg. Quickly we are out of town and heading south. At first the twelve of us are grouped together, but soon the faster cyclists start to pull ahead, while those of us not so fast settle at the back of the pack.

It is a beautiful day, and the scenery in Preston County is fantastic. We pass farms and green fields, and glimpse the Cheat River as we continue south. The first part of this 56 mile ride has *Continued on Page 3...*

WELCOME OUR NEWEST MEMBERS!

Amanda Bise – Grafton, WV
 Grayson Neis – Idamay, WV
 Jonathan Nellis - Morgantown, WV
 Kristin Dunham – Gans, PA
 Lynn & Gary Marlin – Westover, WV

Nyles Charon – Morgantown, WV
 Rick Hill – Fairmont, WV
 Steve Knudsen & Family – Morgantown, WV
 Terry Gosnell – Fairmont, WV
Members as of September 9, 2015: 124

CRC BOARD MEETING NOTES

The CRC Board of Directors met on August 6th in Fairmont for a reporting and planning session. The Club's bank account balance as of August 5th was \$2,765.48. Discussions included: the September-October ride schedule and newsletter content; planning for the Rowlesburg Tour, Prosperity Century, GAP Tour, and 2015 Annual Meeting; and statuses of Rt. 100 repairs and the club clothing order. *CRC members are welcome to attend any Board meeting*; please contact CRCyclists.info@gmail.com to be notified of the next meeting.

I HEART TRAILS-P2P UPDATE

From Kelly Pack, Director of Trail Development, National Rails-to-Trails Conservancy

The Parkersburg to Pittsburgh (P2P) Link group convened on August 25th at the Harrison County Recreation Complex to continue working on closing the gaps in a nearly 180-mile trail network that would connect Parkersburg, WV with the Greater Allegheny Passage in Connellsville, PA. More than 30 people participated with representatives from across the corridor, including municipal officials, trail managers, and citizen advocates. A representative from CSX's headquarters in Jacksonville, FL also attended and spoke to the group about their process for acquiring corridors for trail use. The West Virginia Land Trust also provided information on how they may be able to assist with the efforts. The group also identified key challenges and potential solutions for connecting the gaps.

The National Rails-to-Trails Conservancy, National Park Service, and Mon River Trails Conservancy are collaborating with local advocates (including CRC!) to create a north-central West Virginia version of the Great Allegheny Passage (GAP). The proposed PA-WV-OH trail corridor links to the GAP at Connellsville PA, continues to Morgantown WV, and on to Fairmont, Clarksburg, and Parkersburg WV, then up the Ohio River to Wheeling, where it will make its way to Pittsburgh. For more information, contact Ms. Kelly Pack at kellyp@railstotrails.org.

RT. 100 PAVING UPDATE

Your Board of Directors continues to aggressively pursue improvement of Rt. 100 in Monongalia County. Recently, Kelly Williams, CRC President, wrote to Secretary Paul A. Mattox, Jr., Commissioner of Highways, WV Department of Transportation, to bring state-level attention to the dangerous condition of the roadway and request prompt action to re-pave the surface. We will keep you posted on this campaign. Please contact Secretary Mattox at dot.commissioner@wv.gov or (304)558-3505 to express your support for Rt. 100 re-paving.

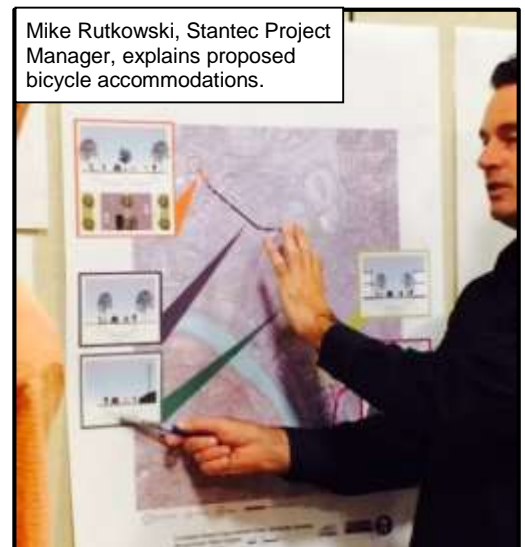
UNIVERSITY AVE. CORRIDOR STUDY OPEN HOUSE

From Frank Gmeindl, CRC Member

Cyclists and pedestrians provided a lot of input to the University Avenue Corridor study. The MPO and their contractor, Stantec listened and understood. Some changes Stantec is proposing:

- between Beechurst and Willey, one-way will be changed to two-way with a bike lane going uphill and shared lane markings (sharrows) and Bicycles May Use Full Lane (BMUFL) signs on the descent;
- between Willey and College, bike lanes both sides (dependent on rework of Grumbein's island);
- between College and Stewart, bike lanes on ascents and sharrows & BMUFL signs on descents;
- between Stewart and Eighth sharrows and BMUFL signs both sides;
- between Eighth and Patteson, sharrows and BMUFL signs on descent and bike lane on ascent. *Continued on Page 4...*

Mike Rutkowski, Stantec Project Manager, explains proposed bicycle accommodations.



CONFIDENT CYCLING

Want the knowledge and skills to ride safely with confidence and serve as a positive example in your cycling community? Enroll in WVU's Lifetime Activities Program, Confident City Cycling. Learn Bicycle Form, Fit, and Function; Basic Maintenance; Clothing and Equipment; Basic Handling Skills; Bicycling in Traffic; Avoiding Crashes; Efficiency, Power, Endurance; and Riding with Groups and on the Trail. For the classroom content of Confident City Cycling, try bikeed.org. Go to bikemorgantown.com/courses.php for more information.

If you don't want to learn all that stuff and just want to learn some of it like how to fix a flat, how to climb better, how to avoid crashes, the law regarding bicycling, etc., the Morgantown area League Cycling Instructors can arrange specially tailored classes for groups of four or more CRC members. Contact Frank Gmeindl, CRC member and LAB League Cycling Instructor, at fgmeindl@gmail.com.

ROWLESBURG TOUR, from Page 1

a few short steep climbs. We wind our way through Preston County and into Tucker County, where we enter the Monongahela National Forest.



St. George Snack Stop

Photo Credit: Jim Weaver

Next, we cross a bridge over the Cheat River, and then stop at the first snack stop at St. George. While chatting with Bill and Jim, we snacked on strawberries and bananas, plus plenty of Gatorade. Refreshed, we start climbing Location Hill. While Location Hill is very pretty, with lots of great scenery to the left and right, it is also a long,

continuous, nine mile climb. After the climb, we are surrounded by blue sky, and have arrived at the top of the mountain, Stemple Ridge. Here is more great scenery, and we can see more mountains in the distance, green

valleys, and a line of wind turbines atop the next ridge. Stemple Ridge has a lot of up and a lot of down, and we cycled along it to the next snack stop with Bill and Jim at Aurora, on Rt. 50. After more Gatorade and bananas, we begin the last part of the loop.

We are back in farm country, with many fields and pastures along this road. Our route leads, slowly it seems, to Terra Alta. Our directions were, "Do not cross the railroad tracks," so we take the left turn before the tracks, the next right, and ride through the back streets of Terra Alta to Salt Lick Road.

From here, it is downhill all the way (at least, that is what we have been told).

Keeping



Location Hill

Photo Credit: Jim Weaver

watch for the potholes and the patches, we do descend quickly. But, there is that one last climb, just before the bridge over the railroad tracks, and then we are back in Rowlesburg! So, it has been a 56 mile loop, and we have been cycling for 5 hours.

Thank you to Bill and Jim for their all-day support of our ride. Let's keep this ride tradition going for many more years to come.



Rolling into the Aurora Snack Stop

Photo Credit: Jim Weaver

REGIONAL RIDES

Bike to Bend

Cycling & Yoga
September 18 in Pittsburgh
<https://bikepgh.org/calendar/>

Historical City Bike Tour with Bike the Burgh

2-2.5 hours
Every Saturday & Sunday
<https://bikepgh.org/calendar/>

Achilles International – Handcycling

Beginner to expert cyclists with disabilities
Every Saturday on Eliza Furnace Trail, PA
<https://www.facebook.com/AchillesInternationalPittsburghChapter>

23rd Knox County Bicycle Challenge

33/62/78/100m
September 19 in Gambier, OH
<http://www.outdoor-pursuits.org/event-1863873?CalendarViewType=1&SelectedDate=9/15/2015>

Bike MS: Cook Forest River Ride

30-60m Scenic Rides
September 19 in Cooksburg, PA
http://bikepax.nationalmssociety.org/site/TR/Bike/PAXBikeEvents?fr_id=25896&pg=entry

Saturday, September 19

9am Morgantown Amphitheater or 10:30am at Haydentown Community Center
On September 10, 2011, Kean Bird lost his battle with pancreatic cancer. Gather on September 19 to celebrate his life and love of cycling. We will ride up Mud Pike to his memorial to share words and remembrances. All are welcome.

Sunday, September 20 at 9am

(***) 100 miles / 60 miles. Meet at the Morgantown Courthouse Square on High Street. We will ride to Mount Morris, then to Kirby and Waynesburg, then to Prosperity and back (100 miles). For 60 miles, ride with us to Waynesburg, then return to Morgantown. This is a free event, helmets are required for all riders, and guests (must sign a waiver) are welcome. No SAG will be provided, and there will be several opportunities to stop for refreshments. Please plan accordingly.

New River Trail Challenge

Bike/Kayak/Run
September 19 in Foster Falls, VA
www.dcr.virginia.gov/state-parks/nrt-challenge.shtml

UCI Road World Championships

Racing, FanFest, Local Riding
Sept. 19-27 in Richmond, VA
richmond2015.com

CRC's Prosperity Century

60/100m
September 20 in Morgantown, WV
www.crcyclists.org

Jeremiah Bishop's Alpine Loop Gran Fondo

Prostate Cancer Awareness Project
September 20 in Harrisonburg, VA
www.AlpineLoopGranFondo.com

Blackwater Canyon Ride

September 26 in Thomas, WV
highlandstrail.org/event/blackwater-canyon-ride

40th Columbus Fall Challenge.

62/100m
Sept. 26-27 in Carroll, OH
<http://www.outdoor-pursuits.org/event-1902881?CalendarViewType=1&SelectedDate=9/15/2015>

29th Fall Hoot Road Ride

30/72m
October 3 in Carroll, OH
<http://www.outdoor-pursuits.org/event-1863870?CalendarViewType=1&SelectedDate=9/15/2015>

Tour de Bland & Festival of Leaves

Benefits Relay for Life
15/73/100m Road Rides + 5K
Walk/Run
October 10 in Bland, VA
<http://www.tourdebland.org/>

Foster Hope Joyride & Party

Benefits Bike Lady charity
50m
October 10 in Westerville, OH
<http://www.outdoor-pursuits.org/event-2011872?CalendarViewType=1&SelectedDate=9/15/2015>

3rd Annual 3-2-1 Ride Pittsburgh

Benefits Woiner's Foundation.
October 11 in Pittsburgh, PA
<http://321ride.org/>

Red Riders Reunion Ride

Benefits American Diabetes Assn.
October 24 in W. Homestead, PA
<https://www.facebook.com/events/1596086843998613/>

Kean Bird Memorial Grimp**Gunnar Shogren fiendracer@gmail.com****Morgantown to Prosperity Century****Kelly Williams 304-292-9821****UNIVERSITY AVE. CORRIDOR STUDY, from Page 2**

Soon, the MPO website www.planttogether.org should have graphical representations of these proposed changes and more.

If we show up, we can make a difference.