

...SPOKIN' WORDS...
COUNTRY ROADS CYCLISTS NEWSLETTER
Serving North Central West Virginia Cyclists
September-October 2017 Issue 4

Ride Schedule Highlights for September and October!

More great rides will happen, but here are the best we can think of right now! See the ride schedule at crcyclists.org for more details.

- **CENTURY RIDE** on the Mon County Trail System (over the two day weekend), September 9 (38 miles) and September 10 (64 miles). Saturday, September 9 at 10:00 AM Decker's Creek Trail Ride Kelly Williams 304-292-9821. (NOTE:WVU Football at NOON) and Sunday, September 10 at 9:00am Mon River Trail Metric Century Lisa Reiser 304-685-0860
- **FALL PICNIC:** Saturday, September 16 at 12:00 NOON Decker's Creek Trail Ride
- **2017 WV BIKE SUMMIT** Bike Ride:Sunday, September 24 at 12:00 NOON DECKERS TRAIL or DUGHILL LOOP Lisa Reiser 304-685-0860/Jennifer Previll 304-282-0218
- **Overnight GAP Bike Tour** (see Upcoming Events section)

Upcoming Events:

2017 West Virginia Bike Summit: Sunday, 09/24 - Monday, 09/25/2017 at the Waterfront Place Hotel, Morgantown

A summit to improve communication among cyclists and policy officials, increase awareness of cycling safety and laws, and learn how to make WV a cycling-friendly state. Held at the Waterfront Hotel in Morgantown, WV.

This conference is designed specifically with transportation officials, engineers, policy makers, planners, and community advocates in mind. With a variety of interactive sessions along two tracks, the 2017 WV Bike Summit will offer hours of continuing education opportunities for professionals and hours of hands-on workshops where you'll learn, share, and employ best practices for your existing or future projects. The sessions are designed to provide individual benefit while simultaneously fostering collaboration across municipal, regional, county, and state lines.

OVERNIGHT GAP BIKE TOUR:

Saturday, September 30 at 10:00am Connellsville to Ohiopyle day trip AND Rockwood Overnight Jennifer Previll 304-282-0218

(**/**). Trail. 36/45 miles. Meet at the Martin's Grocery Store in Connellsville, PA, at the GAP trailhead. 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. The day trip will be an out and back to Ohiopyle, with lunch in Ohiopyle.

The overnight tour will continue through Confluence and onto Rockwood for the night. Sunday we will return on the trail biking from Rockwood to Connellsville. All cyclists riding with us must be CRC club members and, as always, helmets will be required.

Sunday, October 1 at 10:00am Connellsville to Ohiopyle day trip AND Rockwood Overnight Jennifer Previll 304-282-0218

(**) Trail. 36 miles. Meet at the Martin's Grocery Store in Connellsville, PA, at the GAP trailhead (see directions, above). The day trip will be an out and back to Ohiopyle, with lunch in Ohiopyle. Call Jennifer, to find out where the overnight group is on their return journey.

Annual Meeting at Bob Evans in Fairmont at 6:00 PM on Friday, November 3, 2017.
BOB EVANS, in the Middletown Mall, 9634 Mall Loop Road, Fairmont



Past Events and Club Notes:

CRC Officers Meeting: The Country Roads Cyclists officers met at Prickett's Fort State Park, on Sunday, August 6, 2017. Also in attendance were club members Jennifer Previll, Steve Knudsen, and Lisa Reiser. We covered the bank balance and membership, and also conferred on the next newsletter and ride schedule. Several events coming up in September include a trail century and metric century, a fall picnic, the overnight bike tour along the GAP, and the WV Bike Summit which will be held in Morgantown. CRC will be sponsoring a trail ride and a road ride for cyclists attending the Bike Summit. We also decide to hold the annual meeting and election of officers on Friday, November 3, 2017 at the Bob Evan's in Fairmont.

UPDATE: Finance and Membership. As of August 1, 2017, the bank balance was \$1928.46. And, we have 72 club members this year.

SHARROWS in MORGANTOWN: Bicycle share arrows, or sharrows, have recently been applied to Willowdale Road to remind motorists to be more aware of bicyclists sharing the road with them.

These sharrows along the road consist of a double chevron with the familiar visage of a bicycle directly beneath it. A road sign installed at the intersection of Willowdale Road and McCullough Street reading "Bikes May Use Full Lanes" also stand as a reminder.

Drew Gatlin, chair of the Morgantown Bicycle Board, said these markings were installed since recent state laws no longer require cyclists to ride on the far right side of the road. What's more, he said it's more practical to apply signs and sharrows than it is to paint separate bike lanes on narrower roads with limited shoulders, such as Willowdale.

Great Rides! Only bad thing is they're in the past!

Getting into the kayaks, July 16 and August 20, 2017

Jennifer Previll led rides on Sunday, July 16 and August 20, from Wendy's south to the Little Falls trailhead. The riders then returned north, and stopped at the Twin Spruce Marina. It was refreshing to ride a kayak during a scheduled ride, and a good time was had by all.

Florida 2017, Marilyn

Bike Florida in March was a nice ride this year. The ride was a spoke and wheel ride that was near St. Augustine, FL at a fairgrounds. We camped and rode each day in a different direction from the fairgrounds. It was nice not to tear down your tent each morning. The weather was cold at night in the 30's to in the 80's some days. The routes were on back roads in the farming areas or on bike paths that paralleled the roads. We rode to the beach and the bike path along the beach road. This was a great ride to get your Spring training started. The roads were flat but the headwinds made up for the lack of hills. Great ride. Next year the tour starts at Titusville and goes to Cape Canaveral.

RAGBRAI 2016, Marilyn

Ragbrai is an organized ride across Iowa. It starts at the Missouri River and ends at the Mississippi. The mileage for the week was 420 official miles (extra if you had to ride to your campsite). The ride last July started from Glenwood to Muscatine, IA. Each year it crosses a different area of the state. Of course last year was the southern route which was very hilly. There are an average of 16,000 cyclists on the road each day. Cyclists consisted of novice to experienced which made for a very interesting ride each day.

Along the way there are stops in towns for lunch or vendors along the way. If you like to stop along the way and are a party animal, this ride is for you. If not, I don't think you will enjoy the ride. You are never alone along the way. We took up both sides of the road. Mass confusion all day long. Each town went all out for us and the people from Iowa were wonderful.

Natchez Trace 2016, Marilyn

The Natchez Trace Parkway is my favorite ride of my biking tours. The Natchez Trace Parkway runs from Nashville, TN to the Mississippi River in Mississippi. The Parkway is a National Park that parallels the route of the wagon and horses that delivered goods and a return route north from the Mississippi River. The two lane road doesn't allow large trucks and has a max speed of 55 mph. The route was mostly flat with some long gradual climbs. We had to leave the Trace at one area because of road construction and there was a climb that mimicked WV roads.

Our group consisted of 5 cyclists from all areas of the east coast. Duayne from TN, Cathy(GA), Tommy(NC), Marilyn (WV), and Joby(NC). Bill and Dana Brown from Sign Me up Tours were our sag support. The total trip ended with over 400 miles. We averaged from 50 to 60 miles each day. We camped each night at various camp grounds along the Trace. Dana cooked all meals which were wonderful. They stopped along the route each day to provide lunch and snacks. There are no businesses along the way so to get to restaurants you would have to leave the Trace to the nearest town.



Figure 1 This shows why you had to walk through towns.

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There were many scenic and historical areas along the way. We stopped at several Sunken Trace trails along the way, Indian mound burial mounds, Meriwether Lewis Site, Elvis Presley's home, Oprah Winfrey's School for women. I would recommend this trip for cyclists, motorists, and motorcycles. Great riding venture!

Our Town: Local information relevant to cycling

- Morgantown Municipal Bike Board was established by the City Council in 2006 as an advisory committee reporting to the Traffic Commission. It meets the first Thursday of each month at 6:30 p.m. in the Public Safety Building Conference Room at 300 Spruce Street and it is the City's bicycle advocacy group.. See their web site for members, bicycling laws, minutes and other results of Board activities: <http://www.morgantown.com/bike-board.htm>. Also check out <http://www.BikeMorgantown.com> for maps, rides, events, and the schedule of Morgantown's Confident City Cycling program. In 2012, Morgantown became a League of American Bicyclists BICYCLE FRIENDLY COMMUNITY.
- POSITIVE SPIN began in 2005 with the purpose of inspiring the Morgantown community to develop transportation that respects its natural environment without sacrificing mobility. Almost immediately, Hurricane Katrina gave them a wider vision and they collected, repaired and delivered more than 200 bikes to the Gulf area, even as they fixed and distributed another 50 Christmas bikes to Morgantown area charities. Positive Spin continues to promote cycling facilities and opportunities for youth and adults. See: <http://www.positivespin.org>.
- MON RIVER TRAILS CONSERVANCY was organized in 1991 to obtain and develop the 51 mile, three county rail-trail system that is now enjoyed by so many cyclists, walkers, runners, and others extending across Monongalia County, south into Marion County and east into Preston County. Their current project is extending high-quality surfacing north to the Pennsylvania line near Point Marion. For further information, maps, membership and meetings, see: <http://www.montrails.org>.

Announcements:

Harrison County United Way cycling fundraiser this year.

Donnie Kopp is the ride leader. The 2017 Bike United Trail Ride is a wonderful opportunity for cyclists to support United Way of Harrison County. During this fundraising event, cyclists will ride 350+ miles from Washington D.C. to Homestead P.A via the C&O Canal Trail and Great Allegheny Passage Trail.

Ride information on flyer, below:

<HTTPS://WWW.UNITEDWAYHCWV.ORG/CIVICRM/EVENT/INFO?RESET=1&ID=53>

BIKE UNITED TRAIL RIDE!

Join the ride! (See details, below)



Bike United!
Riding for United Way of
Harrison County, Inc.
350+ Mile Ride on the
C&O Canal Trail & Great
Allegheny Passage Trail
(Starting in Washington D.C.)
SEPT. 16-21

United Way
United Way
of Harrison County, Inc.

*\$300 donation for 6 day trip or \$75 per day!
All proceeds benefit United Way!*

For sponsor, pledge, and lodging info please visit
www.unitedwayhcvv.org or call 304.624.6337.

Like and follow **Bike United** on   

When: September 17th, 2017 8:00
AM through September 21st, 2017 4:00
PM

Day 1 (Sept. 16 - Georgetown to Brunswick,
MD)

Day 2 (Sept. 17 - Brunswick MD to Hancock
MD)

Day 3 (Sept. 18 - Hancock MD to Cumberland
MD)

Day 4 (Sept. 19 - Cumberland MD to
Rockwood PA)

Day 5 (Sept. 20 - Rockwood PA to
Connellsville PA)

Day 6 (Sept. 21 - Connellsville PA to
Homestead PA)

The 2017 Bike United Trail Ride is a wonderful opportunity for cyclists to support United Way of Harrison County. During this fundraising event, cyclists will ride 350+ miles from Washington D.C. to Homestead P.A via the C&O Canal Trail and Great Allegheny Passage Trail.

Riders can register to bike the entire trip for \$300 or pay \$75 per day. Sponsors can support their cyclist by donating per mile biked. All proceeds benefit United Way of Harrison County, Inc. and United Way partner agencies. Each cyclist will be responsible for their own lodging. Motels and campgrounds are located along the trails. Online registration and waiver information will be available soon.

Help spread the word

Please help us and let your friends, colleagues and followers know about our page:

[Bike United Trail Ride!](#)

You can also share the below link in an email or on your website.

<https://www.unitedwayhcvv.org/civicrm/event/info?id=53&reset=1>

Event: Tails & Trails: Adopt a Dog walk with Harrison Rail Trails!

Good morning friends and members of Harrison RailTrails (HRT)!

On Sunday, September 10th, HRT and the Humane Society of Harrison County (HSHC) will be hosting "Tails & Trails": an adopt a dog event and walk in Shinnston on the West Fork River Rail-Trail.

The event will be held at the Sue Ann Miller Trail Head from 2pm-5pm; and the walk will begin about ~2:30 pm. Come out and meet some furry friends that are just waiting for a new family to love them and learn more about HRT!

We look forward to seeing you there for this great cause.

Happy Trails!

Diana C. Druga
HRT President
[304-641-5812](tel:304-641-5812)
hrtswv@gmail.com

REGIONAL EVENTS

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

mtb xc racing see wvmba.com and iplayoutside.com

Sept. 2 #6 **ENDURO & FREEFALL FESTIVAL**
Snowshoe finals

Sept.17 #5 **REVENGE of the RATTLESNAKE**
Davis finals
ENDURO SERIES