

**...SPOKIN' WORDS...**  
**COUNTRY ROADS CYCLISTS NEWSLETTER**  
**Serving North Central West Virginia Cyclists**  
**September-October 2019 Issue 4**

## **CRC Annual Meeting**

The annual meeting is scheduled for Friday, October 11, at 6 pm, at the Bob Evans in Fairmont. There is a nice area for groups and conversation and grub should be excellent. Come find out what the club did and have a part in future plans!

## **CRC Annual Picnic**

**SUNDAY, June 30**

The CRC club picnic came and went, but first there was the bike ride there from Morgantown. Six cyclists, Kelly, Mark, Jennifer, Mike, Marilyn and Steve pedaled south from the Jeep dealership in Morgantown to Prickett's Fort state park. Temperatures were in the mid 80s, it was sunny, and the trail conditions were good. We met Bruce, Gerry, Bill, Cathy, Tara, Virgil, Tracy, Laurel and Kelvin, Andrea, Henry and Betsy at the picnic site and had lots of food and fun. Kelly, Mark, Marilyn and Jennifer returned to Morgantown to complete a 40 mile ride.



**...SPOKIN' WORDS...**  
**COUNTRY ROADS CYCLISTS NEWSLETTER**  
**Serving North Central West Virginia Cyclists**  
**September-October 2019 Issue 4**

## **Elkins excursion**

A bicycle weekend adventure starting in Elkins is scheduled for Sept. 28 and 29. There will be road ride option and a trail ride option, plus more riding as people want.

Join us Saturday and/or Sunday for a trail ride, or a road ride (a gravel bike is recommended).

The trail ride goes 15 miles from Elkins towards Parsons (sorry, due to construction, the trail is closed 5 miles from Parsons). Cyclists can ride this trail Saturday, or Sunday, or both days. Also, the trail has been paved and now connects with downtown Elkins.

Also, we will have a road ride for both days - Saturday we will do a Shavers Fork Loop, Sunday we will do a Belington Out and Back.

Plan on staying at the Wingate Inn (304-636-1400) or the Holiday Inn (304-630-2266). Camping is also available in the area. More details to follow.

## **Trek to Dairy Queen completed**

This isn't just any old Dairy Queen, it's the one in Reedsville, and 3 riders out of the 7 attempting it made it on the 25<sup>th</sup> day of August. Here's the report from Kelly: We had a good turn-out for Sunday's ride: Tim W, Rick, Phil, Jennifer, Lisa, Steve, and I. While getting organized at the parking lot, we were joined by Andy, Becky, Frank, Jack, and Nancy. They had gotten an early start and were about to complete their ride. The seven of us headed up the trail, the temps were pleasant in the low 70's and the trail was in good shape, plus there were many other cyclists and walkers out on the trail on this warm and pleasant day. We headed up the trail, to the snack shack, where Tim, Steve, and I all had to turn around and return to the start.

Then, after we left, according to Rick: "We had a nice ride. Phil rode with us nearly to Reedsville, then got a call and had to head back. So, then it was just Jennifer, Lisa, and I. We climbed into Reedsville and enjoyed some DQ while taking a break. There we ran into two men on bikes from Pittsburgh who also started their ride in Morgantown. They were interesting in that they like to combine their rides with visiting craft breweries (they said this is a popular thing to do around Pittsburgh) and intended to finish at the Morgantown Brewing Co. Then about half way back from Reedsville we ran into Marilyn riding alone, and she accompanied us back to Sabraton."

**...SPOKIN' WORDS...**  
**COUNTRY ROADS CYCLISTS NEWSLETTER**  
**Serving North Central West Virginia Cyclists**  
**September-October 2019 Issue 4**

## **Great Riding Stories from July and August: Lancaster, PA**

*Living the cycling life; Dumb luck and great BBQ*

It was Saturday afternoon, August 17th and we had just completed the Ice Cream Lover's Ride in Lancaster, Pennsylvania. This was a 41-mile, unsupported warmup ride for the Covered Bridge Classic being held on Sunday. My friend Erik Saab and I had just biked through some beautiful Amish farmlands with Frank Gmeindl, Larry Calamine, and Andy and Becky Earl and were heading back to the Quality Inn to get cleaned up and grab some lunch. The rest of the crew had already left while Erik and I were finishing up our reward for completing the ride – delicious ice cream from Kreider Farms, a Lancaster County favorite! Not long after beginning our short commute back to the hotel we came to a stop sign and our road intersected with another extremely busy road with bumper to bumper traffic. We quickly surmised that it was going to be nearly impossible to turn left as our Garmin had instructed so we decided to turn right and make a U-turn down the road after the traffic thinned.

Erik jumped on the first opportunity to turn and we found ourselves in a parking lot with a few businesses on each side of us. There was a canopy set up on one side of the lot and there was a grill and a smoker filling the air with the aroma of grilled meat. Since we had only our ice cream and a pretzel stick at our second stop on the ride, Dutch Country Soft Pretzels, we decided that we would buy some BBQ sandwiches for lunch. Not seeing any place to make a purchase outside, we went into the business and explained to the ladies that greeted us that we were trying to figure out where we could purchase some of the food that was being prepared outside.

Another gentleman, who turned out to be the owner, overheard us and stepped out to explain that the food wasn't for sale but to proceed into an adjoining room where they had food set up and to help ourselves. We thanked him and said that we really weren't trying to crash their party nor were we looking for a free meal! We had just turned around in their lot and thought that the food was for sale. He insisted and led us into the backroom where he was taking the food from the grill and smoker. There was a table with several covered chaffing dishes with bags of rolls beside them as well as additional tables and chairs where guests could sit and eat. There was also a cooler with some water and soda, and a table with some donut holes and a tray with some sliced salami. We lifted the lids of the chaffing dishes to discover smoked brisket, pulled pork, grilled chicken breast, chicken wings and three different kinds of homemade grilled sausages.

As we began to eat this unbelievably delicious food, one of the ladies that had initially greeted us brought some other people back and explained that these were competition briskets they prepare for contests. That would explain why the side of the cooler was a sign that said "Smokin' in the Ball Park' Main State Championship, First Place Brisket." Another sign read

### ...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER  
Serving North Central West Virginia Cyclists  
September-October 2019 Issue 4



Lancaster BBQ Supply. There was also a trophy out by the cash register that was probably four-foot-tall for first place ribs in another contest, and numerous other awards decorating the establishment. It turned out that they carried very nice, high-end grilling equipment, smokers, grilling seasonings, sauces, cookbooks and utensils and we had stumbled into their anniversary celebration! We browsed the store looking for something to buy just to show our appreciation and picked up a t-shirt, but the lady said we couldn't have it because it was a door prize. She then proceeded to take us to a stack of other shirts and said to take a few of these as they were old so they were giving them away!

We did end up buying some seasonings and sauces, so we didn't look like total free-loaders! But even then they gave us tickets to fill out and they entered us for a raffle that I fully expected one of us to win considering how everything was working out! We kept saying to ourselves that we must be dreaming! How could we fall backwards into something like this? It was the best wrong turn either of us had ever made! I couldn't get any better than this! Then they told us "Help yourself to some fresh homemade ice cream outside as you leave!" so I guess it can get better! The ice cream was amazing and the way they made it was as well. No sore arms from hand-cranking! They had the maker hooked up to an old restored 2 stroke

**...SPOKIN' WORDS...**  
**COUNTRY ROADS CYCLISTS NEWSLETTER**  
**Serving North Central West Virginia Cyclists**  
**September-October 2019 Issue 4**

engine circa 1930's and they churned the ice cream effortlessly! But before you hate us for our stroke of dumb luck, it wasn't all unicorns and rainbows. It turns out that they had run out of ribs before we had arrived, so we missed out on the prize-winning ribs! I guess you can't win them all!

## **Great Riding Stories from July and August: Lancaster, PA**

### ***Lancaster Covered Bridge Classic (LCBC) - August 16-19, 2019***

Eleven sort-of-local bicyclists participated in this year's LCBC including CRC affiliated Andy & Becky Earl, Chuck Kennedy, Brett Humble, Erik Saab, Joe Cernelli and Frank Gmeindl, Frank's friend David Owen and Chuck's friends Ron & Peggy Thompson.

2,400 cyclists were signed up for the LCBC and apparently practically all of them showed up at least for the Sunday rides.

Friday night, we met at the Good N' Plenty Pennsylvania Dutch restaurant for a good dinner and to finalize plans.

Saturday, all of us except Joe, Chuck, David and Ron & Peggy who arrived later did the 41-mile Ice Cream Lovers Ride that included stops at Bird in Hand Bakeshop, Lapp Valley Farms & Creamery and Dutch Country Soft Pretzels. We missed the Bakeshop but noshed at the other two stops. At the finish, lots of fruits and all-you-can-eat Kreider's Ice Cream. Temps climbed into the 90's but with only 1,800-feet of climbing, it was an easy to moderate ride with many friendly and interesting cyclists and beautiful rolling countryside but not enough shade.



### **...SPOKIN' WORDS...**

#### **COUNTRY ROADS CYCLISTS NEWSLETTER Serving North Central West Virginia Cyclists September-October 2019 Issue 4**



Saturday evening, Brett, Erik, David and Frank participated in the official dinner at Reology art gallery, enjoying excellent spaghetti & meatballs, grilled chicken, salad and drinks catered by Wegman's and Kreider's ice cream. At a round table, we shared stories with a cyclist couple from DC. A musician played guitar and harmonica and sang age-appropriate music for the few hundred cyclists there.

After dinner, we all went to Andy & Becky's campsite where Becky served us her excellent homemade wild blueberry pie and we chatted

about the day's ride and our plans for Sunday.

Sunday, 3 of us did the 35-miler; 5 did the 62-miler; and 3 did the 101-miler. Chuck, Ron and Peggy got an early start on the 101. The rest of us rode together to the 35/62 split.

On the 35, Becky, David and Frank crossed 5 covered bridges. We mixed with dozens of horses and buggies and hundreds of women, men, boys and girls on bicycles in their Sunday-go-to-meeting garb. My favorite feature of the LCBC is the clomp-clomp sound of hooves and the traffic calming that the Amish buggies provide. You can rely on the Earls to find your lost stuff. On a bumpy steep descent, David's phone flew out of his pocket and tumbled into the weeds. Becky kept her eye on it, stopped at the bottom of the descent and hiked back up and retrieved it. On last year's LCBC, Andy found Dana's wedding ring in deep grass in the rain.



Tons of cantaloupe, watermelon and tomatoes were for sale at dozens of immaculate farms. We wondered whether the several fields of huge tobacco leaves that we passed were being grown by the Amish. We stopped at all 3 rest stops. The temp was in the 90s on the last hour of our ride before noon. Lunch for the 35-miler was at the official start-finish under a huge open canopy. As we ate, a hot wind blew through the crowd and we wondered how our longer riders were handling the heat. On the 62, Andy, Brett, Erik, Joe and Larry crossed 6 covered bridges and passed by 1. Five rest stops, one including full lunch ensured that they didn't have to carry much including especially water that was definitely needed since the temp in the last half of the ride was in the mid-90s. The heat overcame a number of cyclists. Our group took an extra 40 minutes to rescue some of them. Brett was smart enough to dump

**...SPOKIN' WORDS...**  
**COUNTRY ROADS CYCLISTS NEWSLETTER**  
**Serving North Central West Virginia Cyclists**  
**September-October 2019 Issue 4**

cold water on his head at every rest stop. But he lost count of the horse & buggies at 30 when his brain began to fry.

After the Sunday rides, we all congregated again at Andy & Becky's camp. That was the first we'd seen Chuck, Ron and Peggy all day. Of course, they arrived looking chipper and well rested. Ron rolled in on his homebuilt front-wheel-drive recumbent that sports very sophisticated engineering whose patent is pending.



And Chuck says he can really climb on it. And you know when Chuck says that, it really means something. While we chatted with Ron and Chuck about the machine and their challenging hot hilly century, dainty Peggy mostly smiled and listened. Frank, assuming that she did something like the 35 or 62 asked which ride she did. She nonchalantly replied, "Oh, I did the 100 but I can't keep up with Chuck and Ron so I rode with people I picked up along the way." Right!

We all agreed that this was a marvelous weekend and have already started planning next year's LCBC.

**...SPOKIN' WORDS...**  
**COUNTRY ROADS CYCLISTS NEWSLETTER**  
**Serving North Central West Virginia Cyclists**  
**September-October 2019 Issue 4**

## **Ride Schedule for September and October!**

We have a full ride schedule for September and October! And, every weekend there is a scheduled Road Ride, often starting from the parking lot at Wendy's. We cannot predict the weather, but we expect heat and/or occasional rain. But, if the weather is OK, come out and join us for some bike riding in West Virginia!

## **REGIONAL EVENTS**

PEDAL PITTSBURGH 10/25/40/62 miles, \$70 till  
race day

**August 25, Pittsburgh, PA**

<https://www.bikepgh.org/sites/pedal-pittsburgh/>

HANCOCK HORIZONTAL HUNDRED 34/50/64/100  
details pending

**September 9, Findlay, OH**

[HancockHorizontalHundred.com](http://HancockHorizontalHundred.com)

SEAGULL CENTURY reg. opens May 15  
65/100miles \$75, + options

**October 5, Salisbury, MD**

<http://seagullcentury.org/>

SHENANDOAH FALL FOLIAGE BIKE FESTIVAL  
10-101 miles (\$90 in 2018)

**October 18-20, Staunton, VA**

<http://shenandoahbike.org/>