

# ...SPOKIN' WORDS...

## COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

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Winter 2013

# 5

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**League of  
American  
Bicyclists**  
since 1979

### WILLIAMS, PHILLIPS, AND SMALL ELECTED AT ANNUAL MEETING

The annual meeting of Country Roads Cyclists was held at Panera Breads in Morgantown October 12. Secretary/treasurer Bill Foster noted that even with a lower membership (109), 2013 income is projected to again be slightly more than expenses, mainly due to gains from the Appalachian Spring Spectacular. Donations to MRTC and Positive Spin were approved in appreciation for their support and value to the Morgantown cycling community. A proposal to raise family membership dues to \$15, due to increases in our insurance to \$2.30 per member (family counts as two) was also unanimously approved.

Mary Small and Lisa presented several ideas for new jerseys and other cyclewear for discussion. (The final options are shown on page 5 of this newsletter for member consideration and ordering.)

Following nominations, members unanimously elected Kelly Williams president, Dave Phillips vice-president-road captain and Mary Small secretary-treasurer. [Bill Foster remains editor for this issue.]

### MEET MARY SMALL, OUR NEW SECRETARY/TREASURER



Mary is originally from Charles Town, in the Eastern Panhandle. After retiring from the U. S. Patent and Trademark Office, she moved from northern Virginia to Clarksburg at the end of 2012 to be closer to family in West Union. Mary joined the Country Roads Cyclists in July of this year and has been seen in the Morgantown area enjoying many Sunday afternoon rides with the club, exploring the scenic local rail-trails. Although new to biking, she brings to the club over 30 years of experience in information technology, customer outreach and marketing, project management, document management, and accounting. Mary stated that she is, "excited and honored by the opportunity to become a valuable and

contributing member of the CRC Board of Directors," and looks forward to meeting more club members and enjoying lots of great club rides in 2014.

### THE ROAD TO PROSPERITY

adapted from reports by Dave and Kelly  
It was a good day for a century. Starting from the courthouse in Morgantown, Dave, Jack, Don, Kelly, Phil, Jenifer, Frank and Marco did various portions of our Prosperity Century, meeting Chuck, Emil, Bruce and Ray along the way. Marco did the longest ride and Chuck, starting from home in Prosperity, did the ride in reverse, meeting the group a few miles outside Morgantown. Kelly, Phil, Jen, Emil and Bruce did Shannon Run shortcuts, and Ray was just cruising the rail-trail.



courthouse start photo by Lisa

Dave noted, "It was a very good ride, with warm, not hot temps, and good company... Many thanks to Jack, for finding all those good roads, and hills." Kelly added, "It is good to see so many people out on bikes. Again, thanks for the ride, the great weather, and the companionship."

This newsletter with color photos is on [crcyclists.org](http://crcyclists.org), last names deleted

**OFFICERS MET** September 30 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 \$2,157.25 in our account and \$65 on hand. Membership was reported as 109 paid for 2013, including 26 in Harrison Co., 44 in Monongalia Co., 25 other West Virginians and 14 out-of-state. Under old and new business Rowlesburg and September expenses were discussed, the Prosperity Century and other rides, operations of our Google email [CRC] system and the upcoming annual meeting were also discussed. All officers indicated they would be available for nomination, possible donations from Appalachian Spring Spectacular proceeds and consideration of an increase in family membership fees due to increased insurance costs and plans to submit preliminary designs for a new Club jersey were discussed as topics for the annual meeting.

[Ed. note: Annabel joined our Club in 1981 and was last a member in 2006. We wish her well.]

### **A FRIEND IN DEED: MEET ANNABEL LUEBBE**

By Julie Perine on March 17, 2013, update September 5, 2013 [ed.]  
from <http://www.connect-bridgeport.com/> with permission

Eighty-seven years young, Annabel Luebbe is fit as a fiddle and active from daylight to dawn. Besides taking care of her own house and garden, she can be found on foot throughout the city with an ongoing mission in mind. "I don't like to look at the trash everywhere, so I just pick it up," said a smiling, matter-of-fact Luebbe. She does so out of the goodness of her heart, with no ill feelings for those who make the mess. "I have always walked. It's a natural thing to do," she said. "So I just carry a bag with me. It's no trouble at all." Having a positive outlook on life and its opportunities is an important, proactive element for happiness, according to the lifelong Bridgeport resident.

She was born in 1926, right in a house which remains on upper Center Street. Her family name then was Stout and she, her parents and siblings lived in the home until they relocated to a 150-acre farm near the present Maplewood Retirement Facility. The farm had belonged to her grandfather and when he passed, she and her family took over. It was a happy childhood, helping tend to the horses, cows, sheep and hogs, then running off to nearby Maple Lake for an afternoon swim, Luebbe said.

The love of her life was Robert Luebbe, to whom she married. They had a son, Robert "Robby" Luebbe Jr., and a daughter, Barbara. Bridgeport was the perfect backdrop for raising their family. "It's just a nice town to live in. The schools were good for the kids when they were growing up



and the churches are nice," Luebbe said. "Everything is."

A former secretary for the hospital intensive care unit, Luebbe is a longtime member of the GFWC Woman's Club of Bridgeport. She was instrumental in starting the GFWC Juniores. She is also a longtime member of Bridgeport United Methodist Church, where she used to be active in teaching Sunday School, among other church duties. Her husband is deceased and her children and their families live out-of-state; Barbara in Florida and Robby in California. They visit occasionally. She doesn't visit them because she doesn't fly. But there are so many things which she does. In the wintertime, she shovels the snow which accumulates on her driveway and sidewalks. In the spring and summertime, she gardens and cuts her own grass. Why would she pay someone to do something which not only brings her satisfaction, but also gives her an exercise opportunity? That is signature Annabel Luebbe.

Until very recently, Luebbe could also be found riding her old-school bicycle through the streets of Bridgeport, but she was given a sign that it was time to stop. "I got up one spring morning and decided to get the bike out of the garage," she said. "But when I got on it, I couldn't reach the pedals."

If you pay close attention to life, instruction and opportunity make themselves seen. That, also, is signature Annabel Luebbe.

[update Sept.5] In recent weeks, Mrs. Luebbe underwent an accident. she was attacked by a dog and fell, leaving her with a broken hip. "She is healing well, but is dealing with some additional health issues," said her son, Rob. She is presently residing at Colonial Place in Elkins. Well wishes would be uplifting.

Cards may be sent to: Annabel Luebbe, Colonial Place, room 405, 301 Wilson Lane, Elkins, WV 26421

## GENE WELLS AND FAT TIRE CYCLE IN BUCKHANNON



Gene at ABRA Tucker Co. race in 2011

Gene Wells is well known in Country Roads Cyclists' territory, for his active ownership of Fat Tire Cycle in Buckhannon ([fattirecycle.com](http://fattirecycle.com)), and his involvement in racing as a supporter and occasional participant in area events. What is less known is his background in the oil and gas industry, where worked for many years, in this country and around the world.

Gene was born in 1958, last of five siblings, in Pleasantville, Pennsylvania, near Titusville, which is famous as the home of the first drilled oil well in America. He began cycling in junior high school, and by age 14 he was taking long weekend camping rides on his Columbia ten-speed. He notes that since the bike often "fell apart," he had to learn to do many repairs.

Graduating from high school, he quit cycling and went to work in the area's oil fields, moving to Canton, Ohio, where he met and married his wife Sarah. Over the next 20 years, he worked in 39 states, including offshore fields and Alaska and several countries around the world. Starting as a service hand, he eventually moved into management, but tiring of the constant relocation and international corporate life, he came to Buckhannon in 1983, to work with a small local oil company.

He got back into cycling in 1994 as a stress reliever, and the next year quit smoking and drinking "because of cycling." In 1998 he opened a garage bike repair shop for his friends because they found it difficult to get good repairs and service locally. About this time, Gene says, "I woke up one morning and realized I had teenagers (sons Tyler and Travis) in the house," so he decided to make cycling his only full time job, and his friends and the community responded with support and he soon opened a shop near his home. In 2005 he moved Fat Tire Cycle to downtown Buckhannon, where he now



Fat TireCycle at 33 East Main Street in Buckhannon

has one of the best bike shops in the region. Gene and Sarah Wells became Country Roads Cyclists in 2007.

Meanwhile, Gene did cycle touring around the state, biking to various state parks and over to Virginia, and about ten years ago he participated in the WV MBA series of mountain bike races. He and Sarah have done some road riding events together, including a Snowshoe metric century and the Lancaster, Pennsylvania covered bridge tour. When a running - mountain biking duathlon scheduled in late 2011 for Big Bear was cancelled, he decided to try an ultra cross mountain bike race in Pennsylvania. "It beat me to a pulp," he noted, explaining why he went back better prepared this year, (He credits his trainer, Tom Wood, Pro Triathlete (<http://usprotri.com/WOOD.html>)) and redeemed his honor with a respectable finish at the Iron Cross in September.

Gene has also participated on mission trips as a bike repair expert, last year to Haiti and this summer to Guatemala. (see Spokin' Words issue #4) Remembering the delight of fresh roasted coffee he had earlier discovered during a bike tour in Costa Rica, he recently decided to offer imported custom roasted premium coffees which he prepares and sells under the Mountain Roaster brand. (website: [mountainroaster.com](http://mountainroaster.com)) In addition to his shop, other outlets in our area include Hometown Market in Buckhannon, Lambert's Winery near Jacksons' Mill, Fishhawk Acres farm co-op at the Bridgeport farmers' market, Potomac Highlands Food and Farm Initiative in Davis, and Mt. Treasures in Philippi.

Gene may be contacted at 304-472-5882  
or [fattirecycle@cebridge.net](mailto:fattirecycle@cebridge.net)  
or [mountainroaster@gmail.com](mailto:mountainroaster@gmail.com)

## THE NEW SEPTEMBER CENTURY LOOP FROM JANE LEW THROUGH WESTON, ORLANDO, BURNSVILLE, HEATERS, IRELAND AND BACK



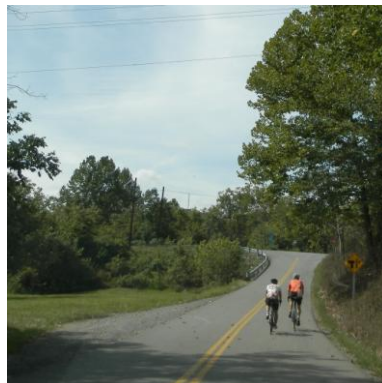
Frank crossing Stonewall Jackson Lake at Roanoke

foster fotos

Alas, woe is us; only three folks showed up for this club century. What happened to everyone? Ken, Frank, and I were all that showed. Ken led the way to Weston, wished us luck and returned to Jane Lew. [Dave] Despite only 3 people showing up for today's New September Century, (two after 15 miles) Bill Foster supported the group just as he would have supported 20. He was there at every turn that we could have missed. At three verdant, peaceful spots along the route, he had a complete spread laid out: wonderful smoked ham, two cheeses, crackers, many cookies, bananas, grapes, strawberries, cantaloupe and a chest full of Gatorade, ice water and more. [Frank] We decided at the snack stop in Orlando not to go (five miles) into Flatwoods for lunch, but to just clean out Bill's van instead. By the way, the road into Orlando was great; good pavement, gentle ascents, no loose dogs, just back country views, and a creek. [Dave]

I know the club paid for it all and I'm grateful for that, but Bill purchased and set it up for us. Before the ride, he planned and scouted the route, made maps and cue sheets for us, and the ride was fantastic. Of course riding around Jackson's Mill is like the garden of paradise, Oil Creek Rd. is delightful and Rt. 5 is nice but I'd never ridden Rt. 19 from Heaters to Weston and was amazed at the excellent road condition, practically no traffic and how beautiful Ireland is. THANK YOU, BILL! [Frank]

Since we didn't do a full hundred miles, kilometers sound impressive. Ken got in about 48 km. going to Weston and back. Frank opted to shortcut the last few miles for 144 km. I ran up 151 km. finishing the planned route, because I wanted to see all of it, as it was very scenic, much more than going to New Martinsville. Fellow clubbers, you missed a very scenic, good roads type ride. Maybe next year? Thanks to Ken and Frank, and especially Bill, who choose the route, brought all that good food and gave up his day to provide sag. [Dave] [Hey, I enjoyed the day, too. Bill] All this leads me to ask, "Why weren't you there?" We all wondered why there wasn't a better turnout for such a perfect ride on such a perfect day. I'm personally curious because I've noticed over the last few years declining participation in both CRC and MBC rides. Club rides are not only wonderful for playing with friends but they are key to learning safe, enjoyable cycling and perpetuating the sport. If we knew why people aren't showing up and, more importantly what it would take for them to participate, maybe we could increase participation and maybe even grow the club again. [Frank]



[This article is edited, adapted from emails by Dave and Frank]

[Fracking traffic made us find a new route, but there seemed to be little interest in this one. What should we do in 2014? Bill]

Dave, Ken and Frank near Jackson's Mill

approaching Burnsville

view of Falls Mill from US 19

## COUNTRY ROADS CYCLISTS CLUB CLOTHING NOW AVAILABLE!

The new 2014 CRC club jerseys and bottoms are ready for order! Based on member feedback by e-mail and at the Annual Meeting, the overall style is sleek and distinctive, the colors are high-visibility, and there is a wide range of price and feature options to fit a variety of budget and technology preferences.

Jerseys are available in either neon yellow with blue and black accents, or neon blue with yellow and black accents. The coordinating bottoms are black with either neon yellow or neon blue accents.



Champion System logo

"Country Roads Cyclists" on both shoulders

new logo with "Country Roads Cyclists"  
and "Bicycling in West Virginia"

"crcyclists.org"

The manufacturer for our custom clothing is Champion System, and all garments are hand-constructed and warranted for five years. The fabrics are designed for superior comfort, moisture management, and 100% permanent UV protection yarn able to reach UPF 50+. The jerseys feature three rear pockets, a high tapered collar to not pinch the chin, and without uncomfortable label tags. Bottoms are offered with a choice of Performance or Endurance chamois. The Performance pad is multi-density, Italian 4-Way Stretch that moves with your body as you ride. The Endurance chamois is designed for long-distance racing and training, with increased density padding in the most critical areas to provide hours of comfort. Both pads are 100%-seamless, allowing the chamois to conform to your body while still offering maximum breathability; made in Italy; available for men and women; and include BIOAKTIV, a permanent, non-chemical, silver-ion yarn to prevent the formation of bacteria.

For member convenience, an online "store" has been created to simplify the order process. Please place your order by **December 20<sup>th</sup>**. The new custom jerseys will be shipped to the club in 6-8 weeks, and you will be contacted by Kelly Williams or Mary Small to arrange pick-up. Please note that no orders can be changed or added after December 20<sup>th</sup>, and that these custom garments are non-refundable and non-returnable.

For a helpful walk-through of the online order process, please visit

[www.champ-sys.com/pages/cs-direct-walkthrough-members](http://www.champ-sys.com/pages/cs-direct-walkthrough-members).

To view a comparison of all the cycling jerseys offered, go to

<http://champ-sys.com/cycling/compare-cycling-garments#.UoaxqBZqA7k.email>.

Size charts may be downloaded at <http://champ-sys.com/cycling/cycling-size-charts#.Uop13u13uP8>.

When you are ready to place your order, go to <http://custom.champ-sys.com/Login/en-US/> and log in (on the right) as a member of Country Roads Cyclists with Username: CRCmember and Password: CRCorder. Next, you will be prompted to create your own member account using your personal e-mail and password. You will use this personal login to access your order records as well as to place all future team orders.

For more information, questions, or to request detailed step-by-step instructions for online ordering, contact Mary Small at [crcyclists.info@gmail.com](mailto:crcyclists.info@gmail.com) or (304) 622-9855

### Bottoms

The CS Performance SCT (Seamless Comfort Technology) Pad is a revolutionary, 100%-seamless, multi-density, Italian 4-Way stretch Pad with BIOAKTIV (prevents formation of bacteria, thanks to silver ions in the yarn. Available in men's and women's versions.

\$56	CS Cycling Shorts	\$108	CS Razor Bib Shorts
\$64	CS Bib Shorts	\$74	CS Lycra Bib Knickers
\$68	CS Summer Cycling Shorts	\$88	CS Fleece Bib Knickers
\$76	CS Summer Bib Shorts	\$108	CS Fleece Bib Tights
\$78	CS Fleece Bib Shorts	\$128	CS Neoprene/TechFleece Bib Tights
\$76	CS Edge Cycling Shorts	\$104	CS Cyclocross Tights
\$80	CS Edge Bib Shorts		

## **Jerseys**

### **CS Tech Jerseys:**

Made from exclusive microfiber CS Tech polyester wicking fabric; 100% permanent UV protection yarn; three rear pockets; available with  $\frac{3}{4}$  or full-length zipper; easy to grasp zipper pull; exclusive tapered collar (high on sides and tapered at chin); no label tags at neck; choose raglan or set-in sleeve styles; anatomically shaped and tailored to a riding position. Available in the following sizes: Men's Race Cut; Women's; Children's Race Cut; and Men's Club Cut.

\$48.00 CS Tech Short Sleeve Jersey

\$47.00 CS Tech Sleeveless Jersey

\$60.00 CS Tech Long Sleeve Jersey

### **CS Edge Jersey:**

Same features as CS Tech jerseys, plus proprietary flatlock stitching throughout for comfort.

\$64.00 CS Edge Short Sleeve Jersey

### **CS AirLite Jersey:**

Made from premium super light Italian fabric weighing 150 grams per yard; superior breathing and moisture-management technology; 100% permanent UV protection yarn; three rear pockets; available with  $\frac{3}{4}$  or full-length zipper; easy to grasp zipper pull; exclusive tapered collar (high on sides and tapered at chin); choose raglan or set-in sleeve styles; and no label tags at neck. Available in Club, Race, and Women's cuts.

\$54.00 CS AirLite Short Sleeve Jersey

### **"Summer" Jersey:**

Made from ultra-lightweight proprietary CS Helium fabric; features mesh side panels for increased ventilation; three rear pockets; available with  $\frac{3}{4}$  or full-length zipper; easy to grasp zipper pull; choose raglan or set-in sleeve styles; and available in Men's Race Cut and Club Cut only.

\$68.00 Short Sleeve "Summer" Jersey

\$64.00 Sleeveless "Summer" Jersey

### **Air Pro Jersey:**

Designed for serious racers and riders who are looking for one of the most aerodynamic jerseys available; combines revolutionary lightweight AirLite fabric, CS Tech Mesh side panels; and contoured form fitting lycra sleeves and shoulders for a perfect fit; also features CS Edge flatlock stitching for further comfort; made from AirLite lightweight, highly breathable Italian fabric; and 100% permanent UV protection. Available in Club, Race, and Women's cuts.

\$68.00 Air Pro Short Sleeve Jersey

### **Razor Lite Jersey:**

Worn by the Champion System Pro Cycling Team and designed for serious racers and riders who are looking for one of the most aerodynamic jerseys available. Combines CS Helium fabric on the front, CS AirLite back, and CS TechMesh side panels and contoured sleeves. Three rear pockets; available with  $\frac{3}{4}$  or full-length zipper; easy to grasp zipper pull; exclusive taper collar; no label tags at neck; and UPF 50+ 100% permanent UV protection. Available in Club, Race, and Women's cuts.

\$98.00 Razor Lite Short Sleeve Jersey

### **Razor Carbon Jersey:**

Utilizes four different fabrics to maximize performance: sleeves are made from CS Carbon lycra fabric which is breathable and offers compression for a tight-fit "euro" look; front of the jersey utilizes new CS Dimple fabric which is tight fitting and highly ventilated at the same time; side panels and underarm panels are made from our CS TechMesh fabric; and the back is made from popular CS Air Lite fabric to provide UPF 50+ sun protection. Jersey hem is fitted with a CS silicone gripper to help keep the jersey in place in all conditions. Flatlock stitching; three rear pockets; available with  $\frac{3}{4}$  or full-length zipper; easy to grasp zipper pull; exclusive taper collar; and no label tags at neck. Available in Men's and Women's cuts.

\$118.00 Razor Carbon Short Sleeve Jersey

### **CS Tech Fleece:**

Designed for temperatures in the 40s to 50s with brushed fleece lining, three rear pockets, high collar, available in raglan or set-in sleeve styles, with full concealed zipper.

\$78.00 CS Tech Fleece Lite Long Sleeve Jersey

\$88.00 CS Tech Fleece Long Sleeve Jersey