

...SPOKIN' WORDS...
COUNTRY ROADS CYCLISTS NEWSLETTER
Serving North Central West Virginia Cyclists
July-August 2018 Issue 3

CRC Annual Picnic

SUNDAY, June 24

Assembling at the Waterfront Jeep parking lot were 8 cyclists: Steve K, Lisa R, Lisa T, Tim N, Mark C, Jennifer P, Marilyn N, and Kelly.

After loading all the food into Gerry's car, we started south on the Mon River Trail, our goal being the Prickett's Fort State Park, 19 miles away on the trail.

While the skies stayed clear for the entire ride we did encounter a lot of mud along the trail. Everyone was biking through all the mud puddles, trying to avoid as much mud as possible, and to avoid sliding and falling. Soon, however all the bikes were caked with mud, as were our legs and shorts and jerseys.

After about 19 miles, we finally arrived at our destination, where we found Bruce F had already grilled a bunch of hot dogs and hamburgers. Plus Gerry and Bill had organized all of the food onto a picnic table (and Bruce had set up a tent over the food, just in case of rain). We were also joined at the picnic by Doris, Laurel and Kelvin, Bruce S, and Steve's family - Andrea, Ineke, Ana. Thanks to everyone who brought food to the picnic and thanks to Bruce for being the grill master. Bruce's dog plus the new dog, Moby, had a good time as well.

After eating, it was time for the group photo, then back on the bikes for a 19-mile ride (no rain, but plenty of mud) back to Morgantown.

Great Riding Stories from May and June: Confluence, PA

Overnight, Connellsville to Confluence, PA, June 9-10

For our CRC overnight bike tour, we had great weather for the Saturday ride to Ohiopyle and then onto Confluence. For Sunday's ride, it was almost the opposite.

Three cyclists meet at the Connellsville trail head, to start the ride on the Greater Allegheny Passageway (the GAP): Lisa T, Jennifer P, and Kelly W. On the way to Ohiopyle we were joined by Laurel K and Rich F, both of whom had started in Ohiopyle. Pleasant weather and pleasant company made the miles fly by, with the trail in good condition and only one tree down across the trail. We stopped for photos at the overlook and at the bridge.

Once we were in Ohiopyle, we all ate lunch at the Firefly cafe, where we had a good view of the river. After lunch, Lisa T headed down the trail, while the rest of us headed towards Confluence, where we meet Steve K, who joined us for the trail ride. At Confluence, Laurel K and Rich F turned back, while the 3 of us headed into Confluence for ice cream at the Parkview Cafe (formerly Sister's).

Steve left after that. Jennifer and I checked into our rooms, then we meet for dinner at the Lucky Dog, after which we were done for the day.

Sunday, we were up and on our bikes by 7:40 AM, and shortly we were biking on the trail. However, it was very dark at the start of the ride, with a heavy cloud cover, which then turned into a hard, steady rain, with thunder. We continued biking on the trail, in the heavy rain, finally arriving at Ohiopyle where we had breakfast. Coming out of the cafe, it was a light rain for most of the trip down the trail. But a few miles before Connellsville, it began another hard downpour, while we were biking and while we were loading our bikes onto our cars.

I think we all had a great time on Saturday, while on Sunday we learned that we can bike in the rain, when necessary.

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER
Serving North Central West Virginia Cyclists
July-August 2018 Issue 3

Great Riding Stories, with pictures



Lisa found a furry friend on the Decker's Creek Trail in May, Gathering for the Spring Spectacular, The Marietta folks ready to go (below)

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER
Serving North Central West Virginia Cyclists
July-August 2018 Issue 3

Great Riding Stories from May and June: Marietta, OH

Marietta River Rendezvous 2018

by Frank Gmeindl



Eight cyclists: Joe Cernelli, Marilyn Newcome, Kelly Williams, Andy Earl, Frank Gmeindl, Jack Barker, Brett Humble and Chuck Kennedy rode the 2018 Marietta River Rendezvous. Janice Humble joined us for the traditional Friday night pre-ride dinner at Olive Garden and ice cream at Tom's Ice Cream Bowl in Zanesville. Andy's Dad, John joined us Saturday night for beers and snacks at the Marietta Brewing Company and dinner at Tampico.

The weather was perfect. Foggy Saturday morning and cloudy all day with temps around 70 made riding easy on the body and Sunday, severe thunderstorms predicted for early afternoon motivated us to speed to the finish. Construction on SR 266 forced a new route between Stockport and Beverly that included an 11.9% climb and went right through the AEP power plant. New views and practically zero traffic made this detour my favorite segment. We didn't ride on SR 60, so there was very little traffic the whole way Saturday.

Just as he started his attack on the steep hills, Brett's chain fell off the small ring and jammed so bad that it looked like his crank would have to be removed but with patience and jiggling, he got it free. Kelly wasn't so lucky when his rear derailleur cable failed just as he departed the Stockport rest stop. Apparently, nobody in his grupetto had a spare so he took the white Mercedes SAG to the Marietta bike shop.

The all-you-can-eat strawberries and ice cream at the Marietta College dorm cheered everyone regardless of how their ride went. Also, a good time to visit with many of the same riders we see year-after-year and to meet new ones.

The room and shower arrangements were comfortable as usual. I don't know whether it's because he's done more than 20 MRRs, but my roommate Jack and I scored our own private bathroom and shower.

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER Serving North Central West Virginia Cyclists July-August 2018 Issue 3

Everybody on team WV eventually trickled into the Marietta Brewing Co., sampled a few good beers and hors d'oeuvres before walking to Tampico Mexican for dinner and then strolled to the riverfront for the Valley Gem sternwheeler tour on the Ohio River. A full day!

We decided to take Rt. 60 most of the way to the finish Sunday to beat the rain. It began foggy but cleared and heated up by the second half of the ride. We had a great assortment of lights. Rt. 60 had very little traffic and the motorists were courteous. Chuck, the holder of a Garmin Early Riser badge departed an hour before us to take the more scenic and less traffic route and arrived at Duncan Falls at 10 am. The rest of us departed at 7:30 and finished in time to get our showers, enjoy the traditional Subway lunch and get on the road home before the showers arrived on time.

This year's roads were the best I've experienced, that is no gravel. However, miles of Rt. 60 were recently milled but it wasn't too rough and we're in for a treat next year.

Join us next year?!

Ride Schedule for July and August!

We have a full ride schedule for July and August! 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!

Mon Valley Century Annual Bicycle Run on August 12th

This ride starts in Elizabeth, PA. The 100 Mile is back. As long as the road stays open (according to Penn Dot) there are no road closures for this year 2018. Further info will be following along with a registration form for you to fill out. We are working on Facebook and our website.

REGIONAL EVENTS

THE GREEN BANK SWIM, BIKE, RUN! with three mini-triathlon options \$15/ \$25 for both

July 21 and August 25, Green Bank, WV

<https://npcw.org/triathlon/> <http://bikereg.com/green-bank-triathlon>

PEDAL PITTSBURGH 10/25/40/62 miles,
\$42.89+\$5 after May 1, other options

August 26, Pittsburgh, PA

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

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

September 9, Findlay, OH

HancockHorizontalHundred.com