

# ...SPOKIN' WORDS...

## COUNTRY ROADS CYCLISTS NEWSLETTER

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

www.crcyclists.org  
P.O.Box 4322  
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MARCH - APRIL 2009

#1

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**League of American  
Bicyclists**  
since 1979



We rode the roads, the towpath, and the Erie Canal, exploring Northwestern New York with Country Roads Cyclists for five days in September. All agreed it was a fine place to ride, even if it was mostly flat.

### SPRING IS COMING - GET YOUR WHEELS READY

Country Roads Cyclists like to bike. We promote the fun of bicycling through group rides, cycling advocacy; social events, encouragement of new cyclists, social events and the dissemination of safety, skills and riding opportunities information. We welcome adult cyclists and their families, road riders and mountain bikers, beginners, old pros, casual or ambitious, for congenial bicycling activities including picnics, parties and rides ranging from ten miles to multi-day tours on roads and rail-trails throughout the region. We appreciate your support. Please join us now !

#### PIZZA PIG-OUT - FEBRUARY 28

will be at Colasessano's new south Fairmont - Whitehall location in Middletown Mall at I-79 exit 132 (go south on US 250 to light at mall entrance, turn left and see it on the left end of the mall). Meet there at 5:00 p.m. to enjoy some great pizza. (buy your own) and plenty of cycling chatter for the upcoming year. (US 250 is not a good cycling road, but I can give you a better option from south Fairmont through Colfax, if you'd like. ed.)

#### SPRING FREE PIZZA PARTY

This time the Clubs buys, so plan to come to the President's Pizza Party Saturday, March 28 at 5:00 p.m. at Kelly and Gerry's Morgantown home at 216 Lebanon Street. (I-79 exit 152 to Westover Bridge, straight uphill, crossing High Street, right lane to cross Deckers Creek to Domino's Pizza, jog right and left onto Grand Street, go three blocks and turn right onto Maple Street, go six blocks and turn left up onto Lebanon. Look for the porch light on the right.

#### CYCLING SYMPOSIUM APRIL 17-18

A West Virginia Statewide Cycling Symposium is being planned for Fri-Sat, April 17-18, 2009 in Charleston in response to a ranking of (road) Bicycle Friendly States last fall by the League of American Bicyclists which placed us last, based on questionnaire responses from state highway/transportation departments. Details are still being developed, but plans are for sessions from 6 - 9:00 p.m. Friday and 9:00 a.m. - 2 :00 p.m. Saturday, follow by a bike ride.

Representatives from the League (we are members), the West Virginia DOT and cycling interests will be there, including your Club officers and several other members. The focus of this meeting is improving the road biking climate in W.Va., but mountain biking will not be ignored. We encourage you too, to participate. See: [http://www.wvcf.org/home/EventsPrograms/Statewide advocacy/tabid/62/Default.aspx](http://www.wvcf.org/home/EventsPrograms/Statewide%20advocacy/tabid/62/Default.aspx) for Symposium information and sign-up info. Also, let any officer know if you are interested in attending and carpooling.

## CLUB ACTIVITIES REPORTS

**OUR SEPTEMBER CENTURY** took the traditional route from Salem to New Martinsville and back, with 29 cyclists doing all or a major part of the route. Members completing the 101 miles included: ride leader Jack , Mark , Connie , Terry , Tom , Mike , Ray , Marilyn , Dave , Susan , Ken , Donna and son Ryan , Beth , brothers John and Tim . Guests included: Paul , Ginger (both since joining us), Kailin , Donnie , Chris , Beau , Mark , Joe , Sage , Adam , Charlie and Todd . Laurel rode a lesser distance and Bill and Ganh provided sag services. Weather was perfect, Batista's food was good and the ride and friends were great.

**THE ANNUAL MEETING** of Country Roads Cyclists on October 25 at Panera Breads in Clarksburg welcomed 16 members and two past members including Mike , Don and Jeanette , Mark , Brian and Ginger , Bill , Laurel , Ray and Susan , Donna , Beth , Jim and Sandy , Kelly and Gerry , and guests Jenny and David . Secretary-treasurer Foster indicated a membership total of 138 (48 individual, 45 x 2 family) with 43 Harrison, 48 Monongalia, 5 Marion, 29 other W. Va. and 13 out of state members. He also noted income of \$1,585.50 and expenses of \$1,505.44 for the year, a current balance of \$1,304.52 and about \$200 in anticipated expenses. Road Captain Klein reported on 2008 activities and special events, and there was the usual discussion of several other topics of interest. As the current officers indicated willingness to run and there were no other nominations, they were unanimously re-elected. Following the meeting, the group enjoyed a spectacular slide show of Ray and Susan's 2007 cycling tour of the Italian Dolomite Mountains.

**OFFICERS MET** February 8 in Clarksburg for the usual reporting and planning session. Any member is welcome to attend any officers meeting. Contact any officer for the time and place of the next meeting.

**DUES ARE DUE** with no increase in rates: \$10 for individuals, \$12.50 for families. A flier is included with this newsletter and it is also posted on our web sites: [crcyclists.org](http://crcyclists.org) and at [groups.yahoo.com/sports/group/CRCyclists](http://groups.yahoo.com/sports/group/CRCyclists). We'd always like to see everyone renew, even as we are looking for new members, so tell your cycling friends about us.

## SHARED LANE MARKINGS IN MORGANTOWN

Morgantown will spend \$30,000 in Spring 2009 to apply Shared Lane markings and Bicycles May Use Full Lane signs to roadways in an effort to raise awareness and encourage residents in the metropolitan area to ride bicycles. The markings, which will be 3 feet by 9 feet symbols, will have two chevrons above a bicycle. A proposal was submitted to the traffic commission by the Morgantown Bicycle Board over a year ago and was approved by city council last January (2008). "There's really no difference in the law between bicycles and motor vehicles," said Bicycle Board chairman Frank Gmeindl. "Unless restricted, all the roadways are appropriate to ride bicycles on." Morgantown's Bicycle Board hopes the markings and signs will send a message to motorists that bicycles belong on roadways.

Some roads which will be marked are University Avenue, Patteson Drive, Van Voorhis Road, High Street, Spruce Street, Stewart Street, Willey Street and Beechurst Avenue. To compliment the city's plan, the WVDOH agreed to apply "Share the Road" signs on state maintained roads around Morgantown, such as Monongahela Boulevard, South University Avenue and Greenbag Road. (from The Daily Athenaeum 10-30-08)

## WV R.A.V.E. SATURDAY, JUNE 6

The Habitat for Humanity of Nicholas and Webster Counties is hosting a new bike tour along the scenic Williams River and through the Monongahela National Forest with astounding views and breathtaking climbs on the longer rides. A choice of 50 easy, 75 or 100 mile routes will be offered, beginning and ending at Camp Caesar 4-H Camp on Rt. 20 north of Cowan, W. Va.

The 50 mile route goes on the now all paved Williams River Road to Tea Creek Campground and back. The longer options get up on the Highland Scenic Highway, with the century going up/down to Marlinton and back.

The \$50 ride fee includes a cookout style dinner after the rides. For another \$50 you can get 2 nights (Fri./Sat.) lodging at Camp Caesar 4-H Camp, Friday evening meal and light breakfast Saturday morning in the Camp Cafeteria. For meals & lodging package 304-226-3888. See [websterwv.com](http://websterwv.com). to register by May 15.

## TRAFFIC SKILLS 101

League of American Bicyclists League Certified Instructor Frank Gmeindl will be offering their cycling program, Traffic Skills 101 (formerly Road 1) in Morgantown on the first three Saturdays in March (7-14-21). For further information about this and later Spring dates, contact Frank at: [fgmeindl@verizon.net](mailto:fgmeindl@verizon.net).

**REGIONAL EVENTS**

**NATIONAL BIKE SUMMIT** LAB  
March 10-12 Wash,D.C. \$555/450  
member bikeleague.org

**MORGANTOWN ROAD RACE**  
April 11 WV MBA #1 (304) 612-0301

**CYCLE N. C. SPRING WEEKEND**  
April 17-19 Washington,NC fee  
\$120/105online +\$15aft 3-15 touring  
cyclenorthcarolina.org/cncevent2.php

**TOUR de GEORGIA** cancelled

**NEW MARTINSVILLE ROAD RACE**  
April 25 WV MBA #2 (Aron Yevuta)

**PA STATE POLICE METRIC CENTURY**  
April 25 Hershey,PA \$25  
pspmetriccentury.com

**GREAT GREENBRIER RIVER RACE**  
April 25 **pre-reg. only, by Apr. 1**  
greenbrierrivertrail.com run canoe bike

**3 STATE 3 MOUNTAIN CHALLENGE**  
May 2 Chattanooga,TN \$44/49aft.4-1  
Chattbike.com 25/62/100miles

**BIKE NEW YORK the Great Five Boro  
Bike Tour** May 3 42 miles \$48<3-13  
Bikenewyork.org

**TOSRV** Columbus,OH 200miles  
May 9-10 \$47/57after 3-15 Tosrv.org

**ALA GREENBRIER TRAIL BIKE TREK**  
May 14-17 fundraiser 3d=100m, 2d=70m  
\$35/50aft.3-1 +\$450/400pledges  
mrsnv.com/evt/home.jsp?id=1848

**PEDAL PITTSBURGH** from Station Sq.  
May ? \$25/30after 5-1 6/15/25/35/50/60  
pedalpittsburgh.org

**CYCLING DOUBLEHEADER** both \$65/90  
**Wilderness Road Ride** \$20/30after 5-1  
May 23 Blacksburg,VA 14/29/38/57m  
**Mountains of Misery** \$65/95after 5-1  
May 24 Newport,VA 100/125m  
cyclingdoubleheader.com (2008 fees)

**NO FRILLS TANDEM WEEKEND**  
May 29-31 free akronbike.org

**ACE BIG WATER CANYON Off-Rd Tri.**  
June 2 ? Thurmond X-TERRA series  
aceraft.com s1.5m, r7m, mt.b10m

**WV RAVE** Habitat for Humanity rides  
June 6 websterwv.com/events.html \$50

**MARIETTA RIVER RENDEZVOUS**  
June 6-7 Marietta,OH \$55 +dorm \$30  
mariettarcc.org or gym floor free

**TOUR OF TUCKER CO. ROAD RACE**  
June 7 **J.R.Petsko (304) 612-0301**

**Eastern Tandem Rally** Strasburg,PA  
June 12-15 \$210/tandem +hotel  
easterntandemrally.org

**24 HOURS OF BIG BEAR** mt.bike race  
June 13-14 grannygear.com/races/  
Bigbear/index.shtml

**BIKE VIRGINIA Bristol Loop**  
June 19-24 \$305+ ~55 miles/day  
bikevirginia.org

**SNOWSHOE MT. BIKE RACE SERIES**  
June 19-21, July 24-26, Aug. 28-30, Oct. 2-4  
snowshoemtn.com

**NATIONAL 24 HOUR CHALLENGE**  
June 20-21 Middleville,MI road  
n24hc.org \$75/95after 4-30

**GREAT OHIO BICYCLE ADVENTURE**  
June 20-27 Norwalk,OH tour loop  
goba.com \$190/200 after 4-30

**BICYCLE TOUR OF COLORADO**  
June 21-27 330+m Glenwood Springs  
bicycletourcolorado.com \$370

**BARBOUR DETOUR Road Race** Philipp  
July 4 WV MBA #4 (304) 457-6090

**TOUR DE FRANCE** July 4-26

**SCENIC MOUNTAIN TRIATHLON ?**  
July Richwood no details

**GREENWAY SOJOURN**  
July 22-26 \$395/495 aft.4-1 tour ~50mpd  
Williamsport,PA railstotrails.org

**BON TON ROULET** Finger Lakes tour  
July 26-Aug.1 Cortland,NY  
bontonroulet.com

**MOUNTAIN MAMA** Monterey, VA  
Aug.1 27/56/70/100+ \$50/60 after July 1  
bikemountainmama.homestead.com

**MATES 09** Carlisle,PA  
Aug.7-9 \$450/tandem team  
easterntandemrally.org

**MedExp.SPIRITofMorgantownTriathlor**  
Aug. 9 Morgantown half-marathon and  
olympic swim/bike/run fees vary  
mountaineertri.com

**CHEAT MT. CHALLENGE** century ride  
Aug. 15 Snowshoe wvcf.org

**W.VA. COUNTRY ROADS MS150**  
Sept. 12-13 \$30 + \$200pledges  
road or rail-trail from Lewisburg.  
nationalmssociety.org/site/pageserver?  
pagename=BIKE\_WVT\_homepage

**HANCOCK HORIZONTAL HUNDRED**  
Sept. ? \$22/27after 7-23, 32/62/100m  
hancockhandlebars.org Findlay,OH

**SEAGULL CENTURY** Salisbury, MD  
Oct. ?

**WEST VIRGINIA MOUNTAIN BIKE ASSOCIATION - - 2009 SCHEDULE**

mtb xc racing

see wvmba.com

Apr. 5 **WILDERNESS CHALLENGE** Logan (304) 855-1025  
Apr 19 **BIG BEAR LAKE BIKE CLASSIC** #1 (304) 379-4382  
May 3 **CHALLENGE AT MOUNTWOOD** #2 XC downhill  
May 9 **12 HOURS OF CREEK TO PEAK** Eleanor (304) 389-3934  
May 17 **TOUR de LAKE** at Charles Fork Lake, Spencer #3 (304) 927-5821  
May 23 **THE CRYING WOLF CHALLENGE** Bluefield (304) 543-1120  
May 31 **CREEK TO PEAK** XC at Eleanor #4 (304) 389-3934  
June 21 **APPALACHIAN CLASSIC MB FEST** Grantsville #5 (304) 612-0301  
July 5 **RACE TO LIL MOE'S PLACE** Philippi #6 (304) 457-6090  
July 12 **BLACKWATER BIKES W.VA. CHAMPIONSHIP** #7 (304) 259-5286  
July 19 **VALLEY FALLS CHALLENGE** #8 (304) 592-5977  
July 26 **LITTLE BEAVER CHAIRING CHALLENGE** Beckley #9 (304) 253-5202  
Aug. 2 **RACE TO THE HILLS** Zaleski,OH #10 (419) 989-0239  
Aug. 16 **THE DIRT DERBY** Barboursville, #11 (304) 743-9510  
Aug. 23 **ACE NEW RIVER BIKE FEST** Oak Hill #12 (888) 223-7238  
Aug. 30 **BLACK BEAR RACE** Kanawha S. F., Charleston #13  
Sept.12 **BOB EVANS FARMHAND XC** Rio Grande,OH #14 (740) 645-6379  
Sept.20 **HENRY CLAY 30K** at Coopers Rock Championship #15 (304) 685-3367

**WEST VIRGINIA - VA ULTRA SERIES**  
June 6 **MASSANUTTEN HOO HA!**  
McGehenyville,VA (800) 207-6277  
June 28 **THE WAYNE ULTRA** Marietta,OH  
Aug. 8 **BIG BEAR LAKE MTB ULTRA**  
Bruceton Mills (304) 279-4382  
Sept.26 **REVENGE of the RATTLESNAKE**  
ultra championship, Davis (304) 259-5286

**WV MBA SHORT TRACK SERIES**  
May 30 **CREEK TO PEAK ST** #1  
June 20 **APPALACHIAN ST** #2  
Sept 12 **BOB EVANS ST** #3  
Sept 19 **HENRY CLAY ST** #4  
**WV MBA CYCLOCROSS SERIES**  
Oct. 17 **FAYETTEVILLE CROSS** #1  
Oct. 24 **MORGANTOWN CROSS** #2  
Oct. 31 **MARILLA CROSS** Morgantown #3  
Nov. 21 **BRUCETON MILLS CROSS** #4



Country Roads Cyclists at the Seagull Century, Salisbury, MD  
Mark , Donna , Ginger , Susan  
, Beth , Ray 10-4-08 (Coffindaffer photo)  
(This photo appeared in the Clarksburg Exponent-Telegram,  
but everyone was wearing "UVW" jerseys. ed.)

"The ride was well-supported. The roads were smooth  
and the weather was beautiful. There was one man-  
made hill...the bridge to Assateague Island." -Mark

**MR. WVFOSSILS** The rest of the story or what Dave

does when he isn't biking.  
The scientific year started for me when I gave an abstract at Fairmont State University on the likelihood of an extremely large armored plated fish dating back to the upper Devonian Age being found in West Virginia, a first for the state as before they had been found in the Cleveland Shale in Ohio. The abstract was based on just one very thick bone, that could have come only from an armored fish. I was met with some skepticism on how we could make the hypothesis based on just one obscure bone, however the paper was well received. I returned to the road cuts of the Fore Knobs formation on the new four lane US 33, between the turn off to Crystal Springs and the Rt. 219 exit. I was lucky and found 28 more bones, many of which the W. Va. Geological Surveys' museum curator and I were able to reassemble into something much larger. They turned out to be the rear dorsal plates of a Dunkleosteus, an armored fish that reached thirty feet in length and was the top predator in the upper Devonian oceans. This confirmed the first abstract, which we will be updating at the W. Va. Academy of Science meeting held this year at Glenville State College. The Fore Knobs site has also yielded the first ever West Virginia impressions of a jelly fish, and a new species which we get to name.



Then, I had my accident ("Spokin' Words" 2008 #4), which led to a lengthy recovery and kept me close to home. Part of my recovery included walking our dogs, which at least kept my legs in somewhat decent shape. During the course of our walks which were often a few miles, I found a piece of pyrite by accident. Taking it home and putting it under a microscope, I noticed fish bones included in it, and that it was a regurgitite or shark vomit. Sharks will eat anything, then regurgitate what they can't digest. I reported this find to the survey and they said, "Find the source," which led to several more trips to the area. Then one Sunday, I found over a hundred pieces of regurgitites, in two trips to the area. On Monday I found the Pennsylvanian age bone bed, where several bones and vertebra were weathered out of the ground, and even more were still in situ. The curator returned with me on Tuesday, and we excavated the fossils that were apparent. This continued most of the week with other members of the Geological Survey and me searching the area for even more fossils, which included lungfish teeth and jaw sections, skull plates, orthocanthus shark teeth, and what we thought were fish vertebrae. We suspected some of the sturdier bones were amphibians, which the Carnegie Museum in Pittsburgh has now confirmed. We will return this Spring for an in-depth excavation, with the hopes of finding new and more exciting fossils. Dave



Country Roads Cyclist Tim with Belgian fans at the Road Cycling World Championships in Italy last summer. (Who said anything about Twinkies? ed.) (Nelms photo)

"When I tried to find ice to keep the beer cold, I ran into a perennial problem in Europe-no ice for sale....so we enjoyed frozen peas cold beer! The Belgians noted that we were drinking Australian beer in Italy...and of course the superiority of Belgian beer came up...." Tim online

## 2008 - THE YEAR IN REVIEW

President Kelly Williams

Where would I start a review of the year of cycling with the Country Roads Cyclists, but with my first ride? It was (of course) a very cold early March ride on the Fairmont to Shinnston rail-trail. Hey, we plan these rides in January, and I always expect spring to begin on March 1st because I do not like biking in the cold. It was in the 30's as I drove to the trailhead, hoping no one else would show, but Roger was there - a mountain biker of course, so he enjoys cold weather - and it was stiff upper lip time. We did it - but it was still too brisk for every piece of my cold weather clothing. The following Saturday, I had scheduled another rail-trail ride, from Pricketts Fort to Morgantown. This time Carl and Connie told me they would be there (Preston County folks are tougher than the rest of us) and Laurel, Mark, and Jack also announced their intentions so there I was at the Pricketts Fort trailhead, waiting and worrying about cold feet, when I suddenly spied a new addition to the trailhead - a sign that said "Scoop your Pooch," and below it were plastic bags. Hm-m-m. So I grabbed two bags (yes, clean unused bags), one per foot under the shoe, and Eureka! My feet stayed warm! ( I got the idea from the 2006 Rowlesburg ride, when the group that I was with - which included Tim and Don - came off Texas Mountain, where it was cold and snowing at the top on Labor Day weekend, just for me, of course. Regrouping at the rest stop, everyone started grabbing the plastic grocery bags, and using them as liners under their jackets and other, uhh, areas of their anatomy.) I kept these plastic bags inside my biking shoes for the next six weeks.

Actually, my year with the club started even earlier than the March rides. On January 15th I got an e-mail from Frank - "it's time to start planning the Spring Spectacular." I looked at a calendar and calculated that it was 105 days before the event, but I showed up for the meeting, along with Bill, Jack, Dave, and Don and the planning began. We met roughly once a month, determining route and refreshment plans (Okay, so it was the same route and the same Brew Pub as last year, but we still had to decide that and get it all organized.) and gratifyingly the 2008 Appalachian Spring Spectacular went off without a hitch - the weather was great, the beer was good, and the pasta was... well it's pasta, what can I say?

It was much warmer by the time we did the Summer Soltice Century on June 21st. Thanks to Greg, Dave, Mike, and Terry for letting me draft off of them the entire way. I couldn't have made it without their support. Of course, they may have wished that I hadn't tagged along because, uh-h, I managed to get us lost in Greene

County, returning from Waynesburg. (Hey, I thought I was on the right road but, after a while, all of these country roads start looking alike.) After a great descent, Greg yelled out to a guy in his driveway-, "Where's route 19?" - He pointed, and I was really glad it wasn't back the way we had just come down. (So much for my Boy Scout merit badge for navigation and map reading.)

We had 2 picnics this summer. (Born to ride, born to eat.) The first was June 1st, at Pricketts Fort State Park. The plan: one group will bike the rail-trail from Morgantown, another group will bike Route 73, however, there had been heavy rain two days before the picnic, and a large tree had fallen across the rail-trail. With no way of biking or walking around it, I called Ralph Larue of BoParc, but thinking, "It's Friday morning, so, no way will they be able to do it today," I took a bowsaw, threw it across my back and biked down to the where the tree had fallen - just me, my little bowsaw, and this mighty oak. As I got close I heard music to my ears - chainsaw music - and then I could see two BoParc employees and they had turned the mighty oak into firewood. Was I ever grateful! Way to go BoParc! Way to go Ralph! So with the trail cleared, everything went smoothly Sunday. We meet at the Morgantown trailhead, Gerry took the food in her car, while one group went down the rail-trail and one group went down the road. Plenty of food, a great gathering, a fine group photo by Mike : perfect? Yes... well, no. Someone forgot the condiments - it's not a hotdog if it's not swimming in catsup and mustard, or so I was told. (Well. I got the trail open. I can't remember to do everything, can I? Okay, I'm still learning.)

Our second picnic was in the fall (September 6th), a combined effort of the Country Roads Cyclists and the MonBikeClub. Ray and Dave scheduled a day to have a picnic with Dave and Sis at Dave's Snack Shack on the Decker's Creek Trail. This is at least the 4th year that Sis has baked us pies, for which we truly thank her. One group biked up the rail-trail, the other group rode over Snake Hill. Jack provided the grill, Ray was grill master, providing his famous kielbasa and secret recipe sauerkraut. (E-mail me for the secret recipe!) Again thanks to Dave and Sis for providing the site and the pies, and thanks for saving me some pie. I think that everyone who has biked the Deckers Creek Trail, appreciates Dave opening the Snack Shack - I know I stop there often.

We had several club members spending Sundays this summer helping train young boys and girls to bike up the big hills around Morgantown. I am talking about Max's Uphill Challenge, a non-Club event that many members supported. I know Marilyn spent most of her summer Sundays, helping this project get kids out on bikes, along with Nick, Dave, Tim, Kent, Lynne, and others, who helped with

planning, sponsors, training, safety, and bike repair and maintenance. Then on the Sunday before the big event, the young cyclists biked the Deckers Creek Trail all the way to Dave's and back. (They had the same motivation I had - to get an ice cream sandwich!) I was still concerned about the day of the official ride, for how many people would turn out, but when I got to the Seneca Center and saw the Positive Spin tent and all the cyclists - young and old - signing up, I thought, "Wow, this really is happening." So we did have a good pack of cyclists bike up Mon Blvd and down (the part I worried about) to the Star City Park for a celebration. It was a very good turnout for a very good cause.

I was out of town for our September Century, but I did the Apple Cider Century that week, starting in Three Oaks, Michigan. That part of Michigan is known for apple orchards (the road markings are shaped like apples), and during the ride, they have hot cider at the first rest stop, then cold cider at all of the others. It is also interesting because they have several routes including 75, 60, 40, and 20 mile options, and about 5000 cyclists turn out for it - including a lot of families and young cyclists. It is very encouraging, coming back into Three Oaks, to see so many cyclists on the route.

I was able to do our 4th annual Rowlesburg ride this year (August 31st). As we started, I was biking with a couple who was there for the first time, so I rode with them for a while. When we got to the turn for the Texas Mountain loop, I said goodbye, and now well behind the group, I headed up ... and up ... and up. Now riding alone, I thought I would just go to the top and turn around ( I did not dare try to find the route down by myself - there are a lot of twists and turns on the descent and I knew I would get very lost.) but then in the distance I saw another struggling cyclist - so I pushed a little harder and eventually caught up with Mike Maunz. As we continued to struggle up, slowing down to check every road sign for the first Texas Mountain turn, (Okay, we really couldn't have gone any faster.) I was getting worried about getting lost. All of a sudden, like the cavalry in a western movie, Dave Orlando came flying down the hill - he had come back to look for Mike. So I tagged along, and for a change we found a sunny day and no snow on top of Texas Mountain, and thank goodness Dave knew his way through the twists and turns of the loop going down. Plus, he and Mike gave me the encouragement and support after St. George to finish the grueling 78 miles.

Remembering, too: pizza at Colassesano's March 1st, a pizza party at our home March 29th, dinner at the Annual Meeting in October (with Ray and Susan's great slides) and much more, I could continue writing about all I did with the Club in 2008, but for some reason I feel inspired to order some pizza and start planning for 2009.

Kelly

## PLAN AHEAD

Country Roads Cyclists special events

- May 2** Bonus Ride of the Spring Spectacular, Motown
- May 3** Appalachian Spring Spectacular, Morgantown
- May 16** J. Cecil Jarvis Memorial Ride, Buckhannon
- June 20?** Summer Solstice Century, Morgantown
- Sept. 6** Mountain Roads festival rides, Rowlesburg
- Sept.20** CRC September Century, Salem

## STATE TRAILS CONFERENCE APRIL 27-28

State Trail Coordinator Bill Robinson announced the 2009 State Trails Conference will be held at the Cedar Lakes Conference Center, near Ripley. Water trails will be the theme this year, but all types of trails will be discussed in several sessions. To get on the mailing list, contact: bill.c.robinson@wv.gov, or phone 304-558-9615.

## INDICTMENT ISSUED IN DEATH OF CYCLIST

Upshur County grand jurors indicted Roger Harrison, Jr. (23) of French Creek last month on charges of driving under the influence and leaving the scene of an accident with death. Harrison has been jailed since his arrest following an accident last September which resulted in the death of West Virginia Wesleyan College freshman Daniel Duncan (18) who was riding his bicycle on W. Va. 20 south of Buckhannon. Duncan, from Norwalk, Ohio was a member of the college cycling club.

## SUSAN HAYWOOD VINDICATED FOR LOSS OF OLYMPIC NOMINATION

On November 6, 2008, a Federal Judge ruled that USA Cycling had acted negligently in failing to report race results to the UCI. After a two day trial in the United States District Court of the Northern District at Wheeling, before the Hon. John P. Bailey, a West Virginia jury awarded Susan Haywood \$318,647.14. as fair compensation for the loss of her earned Olympic nomination to represent the United States in the 2004 Athens Games. \$18,647.14 of the total verdict represents various expenses she incurred in her attempt to secure and maintain her nomination with the balance representing damages for annoyance, mental anguish and loss of personal dignity. (? ed.)

Four years too late, Ms. Haywood was vindicated when Judge Bailey entered an Order granting Haywood's Motion for Summary Judgment, specifically finding that the UCI rule in question was clear in its mandate to transmit race results and despite this rule and a follow-up written request from the UCI in the fall of 2003. USA Cycling was negligent in failing to timely transmit the results to the UCI of a July 2003 competition in which she won 15 points and that this failure caused Haywood to suffer the loss of her earned Olympic nomination by one point to Mary McConneloug, who went to Athens.