

...SPOKIN' WORDS...

COUNTRY ROADS CYCLISTS NEWSLETTER

9/18&19

SERVING NORTH CENTRAL WEST VIRGINIA CYCLISTS

affiliated

www.crcyclists.org

P.O.Box 4322

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SEPTEMBER - OCTOBER 2008

#5

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EXPLORING NORTHWEST NEW YORK

Don and Jeanette invite CRC members to bike the roads between the Erie Canal and Lake Ontario with them. We will **drive up** on Sunday **September 14th**, begin 5 days of biking on Monday the 15th, and drive home on Saturday the 20th. Planned are day-rides, of no more than 40 miles, from lodging in three New York towns: 1) 9/14&15 Brockport, Econolodge (585-637-3157), 2) 9/16&17 Albion, Dollinger's Motor Inn (585-589-6308), 3) 9/18&19 Lockport, Lockport Inn (716-434-5595). Although most of our routes have not been explored, past drives through this area have found nothing but great, although remote, biking roads -- gently rolling terrain through farm country. Each day, based on what we find, we will likely amend the route. Since the greatest challenge will be finding mid-day dining, carrying

emergency food would be wise - cell phones also. We may elect to do some short rides along the Erie Canal. Call Don or Jeanette (304-599-9258) for additional information.

The COUNTRY ROADS CYCLISTS SEPTEMBER CENTURY RETURNS

We return to a downtown Salem start Sunday, **September 21 at 8:00 a.m.**, riding to Barista's in New Martinsville for lunch. We will have the usual snack stop each way in Shirley, all our century friends, and sag support. If you want to try a 100 mile ride, this is a good one, with encouraging friends and fewer hills than most of West Virginia. If 60 miles sounds like enough for you, meet us in Salem for directions, then drive to our snack stop at Shirley.

COUNTRY ROADS CYCLISTS DINNER

PARTY AND ANNUAL MEETING

Saturday, October 24, 6:00 pm Panera Bread, Clarksburg

From I-79 exit 119, take US 50 east, turn right at the first light past the interchange onto Emily Drive and find Panera Bread soon on the right. Election of officers will be held at our annual business meeting after dinner. Please let any current officer know if interested in being an officer, or if you have a topic you would like discussed.

We will also have a great show featuring Ray & Susan's 2007 tour in the Dolomite Mountains region of Italy.



INVITATIONS

On **September 6** the Fairmont Flyers will be doing a ride we call the Curtisville Loop, starting at 8:00 a.m. from the Shop n Save in Fairmont on Fairmont Avenue (US 250 at Country Club Road). We welcome the Country Roads Cyclists to join us. We go through Shinnston and take WV 20 to Smithfield, returning through Curtisville and Mannington. The ride has a sag and includes drinks, sandwiches, fruites, ect.? the cost of the Sag is \$10.00. Please call Jenny at fairmontflyers@aol.com if interested (so she can plan for you.)

Also on **September 6** the Monongalia Bicycle Club is having a pot-luck picnic at Dave's Snack Shack at 4:00 p.m. up the Deckers Creek Rail Trail from Morgantown and Country Rods Cyclists are invited to it. Kelly and Bill will be leading CRC rides from Sabraton at 3:00 p.m. to meet them. See our ride schedule.

OFFICERS MET

Club officers conduct most of our business except for actions taken at our annual fall business meeting. Members are invited to submit ideas and proposals to any officer for consideration at our next meeting. Club officers meet about monthly to review correspondence, membership and financial data, activities past and planned, and other items of interest or obligation.

At our August 4 Clarksburg meeting the secretary/treasurer reported 130 members and a balance of \$1,549.58. Corrections to previous reports were noted. Two non-CRC events were discussed: the J. Cecil Jarvis Memorial Triathlon at Maple Lake July 26 went well with several members participating and several working on the event, and Max's Challenge in Morgantown August 16 also has several members working on the event.

Plans for the Rowlesburg Festival rides August 31 and the September Century September 21 were further developed and it was agreed to invite Fairmont Flyers to both events. Plans for the Annual meeting were also developed for October 25. It was noted that President Williams and Secretary/Treasurer Foster had been certified through Frank Gmeindl's LAB Road I course.

The next officers' meeting will be 4:00 p.m. Sept. 8 in Clarksburg at Panera Bread. Any member interested in running for office, attending or offering ideas for that meeting is requested to contact a Club officer.

Complete minutes are filed in our archives at: groups.yahoo.com/sports/group/CRCyclists. For access go to Yahoo groups and create your I.D. and password.

WELCOME OUR NEW MEMBERS

We currently have 139 paid members, including 49 individuals and 45 families (x2), with 48 from Monongalia County, 44 from Harrison, 34 from the rest of the state and 13 from other states. Welcome new members **the Anette family**, Morgantown, and **George** also of Morgantown.

SPOKEJUNKIES INVITATION

The Spokejunkies are a group of fun-loving yet serious recreational riders, living in Ohio and Durango, CO. Our Ohio CRC members Michael & Kaye, invite all CRC mountain bikers to join them **September 14** at noon at Mountwood Park here in West Virginia (off US 50 toward Parkersburg) for a Spokejunkie ride they are organizing. Check www.spokejunkies.com for updates.

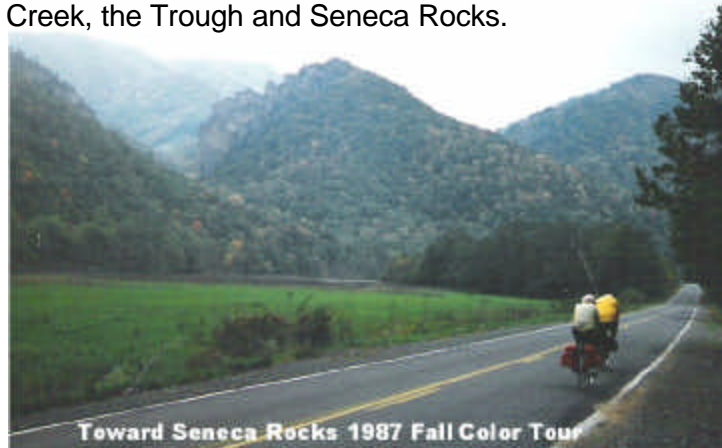
MRTC POKER RUN & PICNIC INVITATION

Sunday, **September 28** at 2:00 p.m. at Marilla Park in Morgantown, for a \$10 donation play bike poker on an 11 mile ride on the Deckers Creek Rail Trail, proceeds to benefit the trails system, with a free hot dog picnic for all at 4:00 p.m. at Marilla Park upper pavilion.

FALL COLOR WEEKEND

Saturday, October 11 thru Monday, October 13

Who wants to work on Columbus Day? This has been a favorite region for fall cycling touring for many years. Now we are offering easier day rides from Petersburg, returning each night to the Fort Hill Motel 304-257-4717, www.forthillmotel.com (make your own reservations and let Laurel know your plans.) Participants decide where to go each day, with moderate distances (25-50 miles) and a relaxed pace through colorful, long scenic eastern valleys of branches of the Potomac River. Favorite routes may include Greenland Gap, Patterson Creek, the Trough and Seneca Rocks.



MAX'S CHALLENGE

"It is an uphill struggle to get folks to think of bikes as transportation." So evolved a young boy's desire to be able to deal with the hills and traffic of Morgantown into a message from adults in the cycling community, including several Country Roads Cyclists who offered their support and assistance during the summer, culminating in a ride of more than thirty adults and ten children from Seneca Center on Beechurst Avenue on August 16, up Monongahela Avenue and down to Star City for a return on the Caperton Rail Trail. Sponsored by Positive Spin, with police support and media there, the event was well attended and widely noticed.

WOMEN RIDE FREE ON SUNDAYS IN SEPTEMBER

at Snowshoe's Mountain Bike Park.
Call 1-877-441-4FUN for details.

THE BIG SAVAGE TUNNEL between Meyersdale, PA and Frostburg, MD on the Great Allegheny Passage closes December 12 and re-opens April 10, 2009.

"SHIFT" is a new young adult book by Jennifer Bradley about two boys who graduate from high school in Hurricane, West Virginia and set out on a bike ride to the Pacific coast north of Seattle. One disappears, which becomes a problem for the other who returns for college in Atlanta. Another West Virginian, Will

FRISCHKORN FINISHED THE TOUR DE FRANCE 133rd out of 145, 3-1/2 hours back of the winning time.

THE WEST VIRGINIA RACING SCENE

The final event of the West Virginia Road Racing Series is scheduled for **September 20** at Kasson. Check it out at www.iplayoutside.com.

CRC members Adam and Kyle have been doing very well in the Series so far, with Anderson, racing cat. 1/2/3, placing in the Stage Race May 31 – June 1, first in the time trial, fifth in the criterium and eighth in the road race, for a combined fourth place standing (or fifth; the paperwork is rather confusing to a non-racer ed.), and placing first in the men's vet time trial and road race but not participating in the criterium. Both also finished third in their categories in the Barbour DeTour July 4th in Philippi, with the same time as cat 1/2/3 winner Joe Ruggery and second Gunnar Shogren, and McCammon three seconds behind winner Jay Downs.

In the WVMBA mountain bike racing series with only the series championship races in Barboursville September 7 remaining, CRC member Morgan, competing in the pro/expert class has placed in the top ten in the four races he has entered.

TIMBERLINE "DOUBLE DOWN"

The WVMBA has added a downhill race to its schedule **September 28** at Timberline (Canaan). Start time is 12pm Sunday with a mandatory riders meeting at 11:30 at the top of the lift. Registration is on Saturday 9 -12 and Sunday 8-10:30 am at the Timberline bike shop. There is a Saturday timed practice from 1 to 3, riders must be registered for Sunday's event to participate. A Saturday and Sunday all day lift pass is included with registration on Saturday for Sunday's event. Entry fee is \$45 Info:800-766-9464 ext.129 or jrnolan@comcast.net



No racing here, our Jarvisville Loop ride Aug. 24

l-r: Gary, Beth, Donna, Laurel, Ken, Susan, Mark, Ray, and Adam – starting photo: Bill Foster



Mountain Road Classic - WV Road Championship September 21, 2008 race start 11:00 Kasson, WV USAC Permit 2008-2397 (pending)

(iPO Event Id#: 11237)

Last race of the West Virginia Road Series, this epic 53 mile road race will be won by those with the endurance, ability to climb, descend, and sprint to cross the line first. The course is a one loop 53 mile tour of Barbour, Preston, and Tucker counties, with two massive climbs.

Category Distance Start Prize Field Limit

M 1/2/3	54 Miles	11:00	\$250/5	100
M 4/5	54 Miles	11:10	Prizes/7	75
M 40+	54 Miles	11:15	Prizes/3	75
Women	54 Miles	11:15	\$100/3	75

Medals will be awards to top 3 WV residents in each category. Fields may be started together in case of low turnout. Minimum field sizes must be met for published prize list. Race day **registration** will be \$30. Race day registration opens 9:00 am, closes 10:30 am. **USAC** license required for M 1/2/3, one day licenses are available at race site for \$10 for all except M123. **questions/concerns?** call Thad Kelley 304-457-6090 or e-mail sportspokes@verizon.net

Results will be sent to USACycling.org. **Sag** support will be provided. Feed Zone will be located in Cool Springs, with volunteers to hand up BYOBottles.

ROWLESBURG, WEST VIRGINIA MOUNTAIN ROADS TOURING FESTIVAL

August 31st was a perfect day, an almost cool morning, bright sun and clear blue skies, ideal for riding shady valleys and ridges with grand vistas. Twenty nine cyclists participated, including 13 guests and 16 members: Don & Jeanette, Mark,

Don, Terry, Frank, Kyle,

David, George, Jim & Sandy,

Kelly and Tim. Bill drove sag and prepared the snack stop table in St. George. Elvis, a grilled chicken dinner and B&O Museum RR bridges were only some of the worthwhile post ride options.

THE PARSONS TO THOMAS RAIL TRAIL

It had rained heavily the day before, and another storm delayed the start of our August 2 ride up the undeveloped rail-trail, so we had to expect some water. Of course, the paved two miles to Hedricks was just fine and the next few miles as an unused gravel road was okay, though rough and with puddles as you might expect, but the major stretch which is completely undeveloped due to split ownership between the National Forest and a lumber company which wants to use it as a haul road, was mostly a water trail.

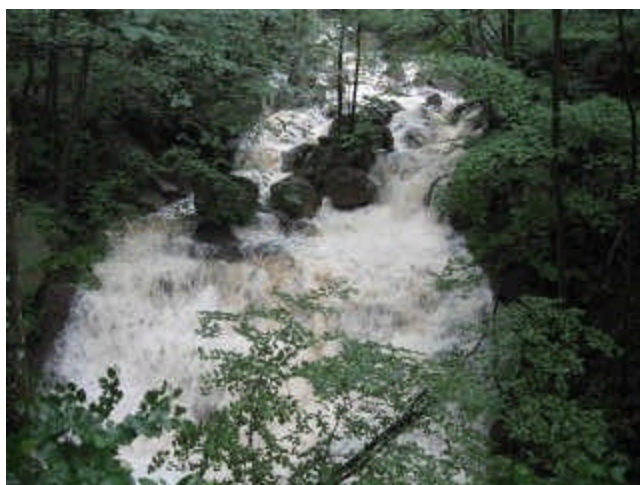
The six cyclists who decided to go beyond the safe environment of our many fine, smooth rail-trails, found raging torrents coming down from the mountain where usually there were delightfully delicate waterfalls. Green, green, green was the color of the day and a clear stream ran down about half the trail, cleaning the ballast and grasses and weeds and also cleaning the tires, rims and occasionally pedals and shoes of the six triathletes. (as in bike, hike and swim) Although the group stayed fairly close for about 10 of the 15 mile trek up, Ly, Charlie and Bill finished slowly, so that by the time they rolled in to Thomas and the Purple Fiddle, Gary, Roy and Chris had finished lunch and were ready to start back down the trail.



When the slower threesome finished lunch, they decided Bill should go by the highway to get his van and come back and get the other two too tired adventurers. It wasn't until he got to the parking lot that he realized he'd given Ly the van keys.... and forgotten to get them back.

Oh-h-h-h-h,
No-o-o-o !

Mr. Bill !



With great good fortune, Ly and Charlie hitched a ride back to Parsons, bikes and all, and for karma, they helped a couple get gas near Buckhannon where they'd run out. Roy and Chris sent in their dues the next week and Gary came to Bill's next ride, so all's well that ends well !

