### Potomac Pedalers Ride Leader Meeting, Training & Ride

**Sunday, April 10, 10:00 AM – 3:30 PM**  
Veirs Mill Park Activity Building, Wheaton, MD  
4425 Garrett Park Road (off of Beach Drive)  
Wheaton, MD 20906

**Ride Leaders are the heart and soul of Potomac Pedalers!**

**Ride Leader Meeting and Ride.** Ride Leaders, experienced, new, or Wanna be Ride Leaders, please attend this annual leader meeting. This is your chance to meet other ride leaders, share experiences and tips in discussion groups, learn Maryland bike laws and accident management, bring up issues of concern to each other and leadership, and have questions answered on: How to set up a ride and How to manage and lead riders. There will be brunch and coffee starting at 10, and the meeting starts at 10:30. We will be having facilitated break out groups for the different ride classes. We plan to meet, discuss, socialize and ride after the meeting so be sure to bring your bike! See website for more details. Please come for any portion of it if you can. The Veirs Mill Activity Building is at 4425 Garrett Park Road, Wheaton, MD, near Beach Drive, and you can park your bike in the activity building where we meet.

<table>
<thead>
<tr>
<th>Agenda</th>
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<tr>
<td>• 10:00 AM: Arrivals and Brunch (bagels, fruit, snacks, and coffee)</td>
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<td>• 10:30 AM: Welcome and Introductions</td>
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<td>• 11:00 AM: Pre-Ride Planning; Ride Leaders' Panel; Q&amp;A</td>
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<td>• 11:30 AM: MD Bike Laws and Accident Management</td>
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<tr>
<td>• 12:15 - 1:15 PM: Facilitated Discussion on Leading Rides and Managing Riders, Leader Roles and Responsibilities</td>
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<tr>
<td>• 1:15 - 1:45 PM: Lunch (turkey sandwiches/PBJs, veggie dips, hummus etc.)</td>
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<tr>
<td>• 1:45 - 3:30 PM: Group Rides down Beach Drive</td>
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</tbody>
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**Contact Linda Kolko (127lkolko@gmail.com) or Martine Palmiter (mpalmiter@gmail.com) for more information.**

This event is in Montgomery County and easily accessible by Metro (Grosvenor Station, Red Line), automobile (Wisconsin Avenue Exit, Highway 495) and, of course, bicycle. ([http://www.montgomeryparks.org/permits/find/activity/veirsmillslp/](http://www.montgomeryparks.org/permits/find/activity/veirsmillslp/))

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**Potomac Pedalers & WABA's Women & Bicycles Ride Again!**

**Saturday, April 23 - 9:15 AM**  
Rock Creek Park, Grove 10 (Beach Drive, DC)

Calling all the ladies! It's the first joint Potomac Pedalers and WABA's Women & Bicycles ride of the year. We're looking to increase the number of women in PPTC and encourage all women to take up biking. Bring your women friends to this friendly, no-drop ride to start the biking season. Routes range from 5-25 miles. This ride welcomes ALL levels and ALL paces.

Been hesitant to try a group ride? This is the ride for you! Like group riding and want to meet new friends? Come on out! We'll have 2 rides — a shorter trail ride and a longer road/trail ride. No one will be left behind; that's what we mean when we say "no drop." We'll have plenty of ride leaders to guide you along the way. Bring a potluck item to share and plan to stick around for a post-ride tailgate!

See listing in the ride schedule for more information and directions.

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**Lewes Weekend Has Sold Out!**

Contact Cindy Marisch at csmarisch@gmail.com if you want to be placed on the waiting list.
**Pedal Patter**

*Pedal Patter* is published monthly by Potomac Pedalers Touring Club, Inc., a non-profit, educational, and recreational organization for bicycle enthusiasts in the DC metro area. Opinions expressed in *Pedal Patter* are of the authors, not necessarily reflective of PPTC’s official position. Editor reserves the right to refuse ads or material inappropriate to the Club’s purpose. *Pedal Patter* is mailed to current PPTC members, member businesses, and bicycle clubs.

**Delivery Problems**
Please call PPTC at 703.385.1688 to report missing issues.

**Editor:** Brenda Ruby  
*communications@potomacpedalers.org*

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**Commercial Ads**
Ad rates are as follows: full page—$550; 1/2 page—$350; 1/4 page—$200; 1/8 page—$130; 1/16 page—$80. Discounts available for durations of 3 or more months. Contact the Advertising Manager at *PPTCAdvertising@pobox.com*.

**Submitting Material**
Photographs and articles from Club members are welcome. Please send submissions to Brenda Ruby, *communications@potomacpedalers.org*.

**Deadline**
Editor must have material by the 5th of the month. If the 5th falls on a weekend, deadline is the preceding Friday.

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**Web Site**  
[www.potomacpedalers.org](http://www.potomacpedalers.org)

Please visit the web site for address changes, joining the club and other requests.

**Website Technical Support**
For website technical support and to contact our webmaster, do the following:
- Go to [www.potomacpedalers.org](http://www.potomacpedalers.org)
- Click on Contact Us (top of page)
- Click on Website Technical Support
- You’ll be taken to the Website Technical Support form
- Complete the form and press Submit

You can expect a response within 24-48 hours.

**PPTC Business Office Mailing Address**
200 Little Falls Street, Suite 205, Falls Church, VA 22046  
*PPTCOFFice@aol.com*

**PPTC ExCom Meeting Schedule**
The Executive Committee meets every month either in person or via teleconference. Members of the Club who wish to attend should contact an Executive Committee member to find out the date, location, and time of the next meeting. Meeting minutes are available on our website.

**Mailing Information**
To receive Pedal Patter via first class mail, members must pay an extra $13 per year. Otherwise it is sent standard mail, which can take as long as 3 weeks, but usually only takes days. *Pedal Patter* is mailed between the 15–18th of the month. If yours hasn’t arrived by the 4th week of the month, call the Business Office to report this or any change-of-address. Remember to check your membership expiration. Membership remains uninterrupted only if renewed by the 5th of the expiration month.

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**EXECUTIVE COMMITTEE**

**Chair** Matt Birnbaum, noshbygosh@comcast.net  
**Vice Chair** Martine Palminter, mpalmiter@gmail.com  
**Treasurer** Nancy Avitabile, nancy4@mindspring.com  
**Membership Secretary** Linda Borst-Kolko, 127kolko@gmail.com  
**Recording Secretary** Stephen Krill, krilljrs@gmail.com  
**Members-at-Large**  
David Helms, david.helms570@gmail.com  
Paul Huey-Burns, phueybturns@gmail.com  
Lee Langford, roadrider324@gmail.com  
Debbie McCall, debbie3speed@verizon.net  
Joe Pixley, egbertsousse@yahoo.com

**RIDE COMMITTEES & COORDINATORS**

**Road Captain** Dan Lehman, 703.241.9113, rDESigns@yahoo.co  
**Sign-Up Sheets Archives** Dan Lehman, 703.241.9113, rDESigns@yahoo.com  
**Cue Sheets/Map Librarian** Eric Pilsk, epilsk@gmail.com  
**Ride Coordinators–Area Wide**  
**Tandem** Don Schneider, 301.942.6330  
**Family Rides** Team Brugman, 703.339.3948, KBrugman@cox.net  
**Women’s Rides** Deborah Turton, d.turton@verizon.net  
**Ride Coordinators–Virginia**  
**D** Woody Lipinski, 703.203.4934, woodylipinski@cox.net  
**C** Fulton Armstrong, fulton@ful.net  
**CC** Carol Linden, cdlin@verizon.net  
**B** Jim Quinn, quinnej.1@gmail.com  
**BB** Karen Berlage, 301.963.1482, KarenBerlage@verizon.net  
**A/AA** Karen Berlage, 301.963.1482, KarenBerlage@verizon.net  
**Ride Coordinators–Maryland/DC**  
**D** Chris Moriarity, 301.270.3416, cmoriarity@qis.net  
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**CC** Carol Linden, cdlin@hotmail.com  
**B** Jim Quinn, quinnej.1@gmail.com  
**BB** Karen Berlage, 301.963.1482, KarenBerlage@verizon.net  
**A/AA** Dan Lehman, 703.241.9113, rDESigns@yahoo.com

**OTHER COMMITTEES**

**Century Coordinator** OPEN  
**Communications Director** Brenda Ruby, *communications@potomacpedalers.org*

**Communications Committee** Eric Pilsk, Bob Bernstein, Kate Schwarz, Tom Humphrey

**Web Site Coordinator** Lee Langford

**Message Committee** Teresa Browder, Janet Cyphers, Irgmard Dugge, Lois Lightfoot, Susan Fullenbaum, Beth Merricks, Joan Oppel

**Special Events Committee** Rich Tepel, richtepel@verizon.net

**Advocacy Committee** Dave Helms, Joe Pixley

**Bike Case Coordinators** Adam Goldberg, 202.507.9900, adam@app-llc.com; Ann Corran, 301.439.0631, anncorran@gmail.com

**Volunteer Coordinator** Open

For questions about Club activities, please call the appropriate coordinator, committee member, or any ExCom member. For changes regarding this listing, please email Brenda Ruby at communications@potomacpedalers.org.
Notes from the ExCom
PPTC Advocacy – The Squeaky Wheel
by Joe Pixley and Dave Helms

Potomac Pedalers was founded in 1966, 50 years ago! For much of that time, our club has had a long history of active engagement in promoting bicycling. For many years, we had a Government Affairs Committee which participated at the state, county, and city level to provide input into proposed bike master plans and legislation. PPTC was a proverbial squeaky wheel, engaged at local levels to support cycling-friendly infrastructure, like building protected bike lanes, and through direct advocacy, such as writing memos to State Legislature committees. Unfortunately, those efforts fell off over the past five years or so.

Over the past year, we have been shocked by the deaths of our friends and fellow riders: John Fauerby and Lynne Rosenbusch, killed by a drunk driver, while Tom Holden was killed by an impaired driver who fell asleep. Our sadness has been eclipsed by anger and finally, resolve. The status quo is in is not acceptable in the face of these deaths. To this end, our club Chairman, Matt Birnbaum, and the ExCom have taken steps to re-invigorate our advocacy portfolio.

We (Dave Helms and Joe Pixley), At-Large members of the PPTC Executive Committee (ExCom), have been tasked by ExCom to revive an “advocacy” role for the club. But, before getting into details, we should probably explain what we mean by advocacy. Generally speaking, advocacy is persuasion, actively supporting a cause, speaking up, calling attention to, and influencing partners and stakeholders/decision makers. Our goal is to promote policy, programs, and legislation by enlisting support from our membership, our communities, and our political

Continued on page 14.

Fat Boy’s Lament
by Joel Katz

I promised myself I would exercise discipline and not gain 15 pounds this winter. It happens every year and it has once again. I have failed. I told some friends about this at the Potomac Pedalers annual meeting and they told me they experienced the same thing. That shows how important cycling is in keeping our weight under control.

I have a good pair of trousers that I save for special occasions. I wore them for my anniversary dinner in June. My wife and I celebrated our half anniversary in January. When I put the trousers on in January they were so tight my voice went up three octaves. I sat through the dinner without breathing.

This weight gain happens despite careful attention to diet and exercise during the winter. I am a vegetarian. My diet in summer and winter is pretty much the same. I go to the gym seven days a week in the winter. Besides yoga and pilates I do an hour of cardio. Still, the weight piles on. This is very upsetting. Why is it so easy to gain weight in the winter? Sure we may not be as active, but many of us do hard physical training all year around. I think the body retains weight in winter as a survival mechanism. Food was not plentiful in winter for prehistoric man. So the body stored calories as a defense against starvation. We are stuck with Neanderthal genes.

I also read that people can develop a tendency for easy weight gain in early childhood. This can affect people the rest of their lives. Children develop fat cells that never go away even when they lose weight later on. The cells are always there waiting to be filled.

I love this idea. I can blame my parents. They fed me too much when I was a kid. While everyone was slimming down during World War II with food rationing, we were eating well. We owned a grocery store. I am paying the price now.

I can’t wait for hot weather and long days of cycling. I want to be able to get into my pants again.
PPTC Annual Meeting Recap

On January 23, Potomac Pedalers was to hold its Annual Meeting. On January 22, the area had one of it's biggest snow storms ever. As it goes with every weather event, there was much doubt whether the weather would amount to anything, but the ExCom decided to heed the apocalyptic warnings and postpone the meeting just three days prior. ExCom member and soon-to-be Vice Chair Martine Palmier had worked diligently to plan the meeting and scrambled to plan it again for a different date. Luckily our usual meeting site, the River Road Unitarian Universalist Congregation, could offer a few alternative dates in the near future and, after also consulting with our speaker, Brett Flemming, who had been hours away from hopping a plane to the area from Portland, Oregon, the Annual Meeting was rescheduled to February 13th.

Snow teased us again on our Annual Meeting, take 2, but in spite of this, a few hardy souls cycled to meet the near 150 folks who gathered to eat, drink, socialize, vote in our new Executive Committee, and hear our energetic speaker Brett Flemming!

Before our special guest, Pedalers mingled during lunch at various resource tables set up to inform members about Club events and initiatives. This was a popular addition to the meeting, helping to connect and inform members. The new members table played an important role, giving people who didn't know anyone a place to check-in and get introduced around.

Brett Brings His Effective Cycling Techniques to PPTC!

So who is Brett Flemming? Brett is a seminar leader, a tech consultant, and an inventor, having invented the Safe Zone mirror, a unique device which offers a "panoramic cycling experience." He's worked for 35 years in high-performance bike shops and found that none addressed the fact that bike accidents often happen because riders are not trained in defensive techniques, even to avoid simple collisions. His mission is to change this.

Prior to the meeting, Brett wanted to hold a Bike Rodeo to demonstrate some key techniques, but the bitter cold made that nearly impossible. He and a few hardy souls did, however, bike to the meeting - Kensington to Bethesda in the intermittent howling wind and a temperature hovering somewhere in the teens!

Brett's engaging and energetic presentation covered basic information on simple bike maintenance and how keeping a working bike is the first step in being a defensive rider. He then moved on to speak about advanced safety skills every biker should endeavor to learn, including how to make a "panic stop," corner safely, bunny-hop and more. While these things may seem like "tricks," his point was that they should be considered need-to-know skills.

Another important point to learning to be an "effective cyclist" is to know how to communicate properly and assertively and maintain a situational awareness, always leaving yourself enough space to retreat. To the end of creating that situational awareness, Brett then talked about the function and necessity of using a mirror while riding. A lucky Pedaler walked home with one of the SafeZone mirrors as Brett raffled one off to our crowd.

A very special thank you to Brett Flemming for joining us at our annual meeting this year! Brett is committed to sharing his knowledge with our members and will be a guest contributor to the Pedal Patter and our website in the future.

Chair Presentation

After Brett's talk, we got down to business and addressed club news. Chair Matt Birnbaum talked about the past year and the goals for the future. In offering a ride every day in 2015, Matt emphasized the strength of our Club and the commitment of volunteers and members to offering quality rides and events. As we branch out to draw in and cater to underserved demographics, we continue to serve our core membership.

Matt spoke about the enormous success of moving our Back Roads Century to Shepherdstown, the volunteer resources that made it possible, and the probability that our century will become a weekend event and that the Shepherdstown community is a solid partner and invested in our success.

The move to Shepherdstown did have anticipated higher costs, but the forecast growth of the event to become a weekend would bring in more revenue in future years.

Another topic Matt spoke of was the Potomac Pedalers website. A complete overhaul is planned which will make the website more user-friendly and mobile-friendly.

These planned investments in our Club means that we are keenly focused on maintaining the fiscal health of our Club. In the short term the Club will be decreasing it's grant giving and looking to reduce costs overall. In the long-term, a task force has been set up to review and assess our fiscal health. Doing so when there are no problems will ensure things stay that way.

New Executive Committee Named

We welcomed new board members to the Executive Committee and thanked board members Sue Gunter and Denise Cohen who have completed their terms. A hearty welcome to new board members: Martine Palmier (Vice Chair), Stephen Krill (Recording Secretary), and David Helms, Paul Huey-Burns, and Debbie McCall (all members-at-large).

Annual Award Winners Named

We are a Club rich with committed and caring volunteers. Perhaps the most joyful part of every Annual Meeting is when we name the year's award winners. This year was no different - for the complete list, see the next page and be sure to congratulate these amazing folks.

Many thanks to all PPTC members who helped to make the Annual Meeting such a success. We'll do it again next year!
Peter LeGrand Good Shepherd Award: RON TRIPP
Peter LeGrand Good Shepherd Award: DEBORAH TURTON
Given to ride leaders who go out of their way to ensure that everyone on a ride feels welcome, keep an eye on stragglers, assist with mechanical problems, and even SAG the weary if necessary.

Rookie Ride Leader of the Year: DAVID HELMS
Rookie Ride Leader of the Year: GORDON SMITH
Given to a ride leader(s) who has led his or her first ride for the club in the previous year and who has shown a subsequent dedication to continuing to lead rides and following the Ride Leader Guidelines.

Best Original Ride of the Year: ERIC PILSK & JIM QUINN for Shepherdstown Back Roads Century
Given to the member who has developed the best original ride of the year.

Neal D. Molloy Volunteer Award: LINDA KOLKO
An award will be given to the member or members who go above and beyond the call of duty in volunteering for the Club.

Linda Tischer Lifetime Award: BETH MERRICKS
Given to a member who has been a member for at least ten years and who has demonstrated leadership, selfless dedication, effective contribution, and personal commitment in support of PPTC interests, goals, and ideals over a number of years.

Chair Awards: BOB BERNSTEIN, JIM QUINN, RUDI RIET, and RICH TEPEL
Meet the Neal D. Molloy Volunteer Award Winner:

Linda Borst-Kolko

(Look for more award winner profiles in coming issues!)

Linda Borst-Kolko was surprised but pleased to have won, saying "I volunteer for the club, but so do many others so I am humbled to be in such prestigious company! For me, it is an honor to receive recognition from my peers."

Linda is a proud D/C ride leader, she is the Maryland C ride coordinator, and is a current Member-at-Large of the Executive Committee. Of her ExCom experience, Linda says it's a pleasure to work with "the outstanding leadership of our Chair Extraordinaire, Matt Birnbaum. Matt and our ExCom work so well together that it is a pleasure to be part of the team. We have our disagreements but Matt keeps us civil and we always resolve our differences to the betterment of the club."

Linda joined the club in the mid-90's after hearing about it through a friend. In those pre-internet days she says she found the club's phone number in the weekend section of the Washington Post. "I called up, joined, and went on my first D ride from Teddy Roosevelt Island to Alexandria for lunch on the Mount Vernon Trail-a perfect D ride!" After that she started going on D rides mostly in Maryland and DC, including the famous Sunday picnic ride out of the Veirs Mill Rec Center. "I was very impressed with the ride leaders, especially Chris Moriarty, our MD D ride coordinator, the late Al Jones and Jack Marney, all of whom mentored me to become a ride leader. In fact, I still use some of their cue sheets for my regular rides." In addition, Linda has volunteered for the past several Back Roads Centuries and found it a great way to meet other members outside her ride class.

Her favorite ride to lead is her Annapolis ride which takes the bridge into Annapolis where riders sit at the dock and have lunch. Her favorite out of town PPTC ride is a toss up between the Spring Thaw in Cambridge and the Shenandoah Valley weekends. "They're very different terrain, but both are well run events managed by our fabulous volunteers!"

Linda stopped riding with PPTC for about 18 months when her late husband was diagnosed with kidney cancer but about nine months after he died, she decided to go on a ride. "When I showed up, I knew 10 of the 12 people on the ride, all of whom greeted me warmly. I felt right at home and started leading D/C rides again and have only increased my participation in club activities."

Outside of biking Linda is very involved in the 2016 Presidential elections so her bike goals this year are more modest. "I hope to do a Metric Century, lead at least 2 PPTC rides a month, attend the Spring Thaw and Shenandoah Valley club weekends, volunteer at the Farm Tour and manage a rest stop at the Back Roads Century." (Ed. note: That's quite an "off" year, Linda!!!) She sends a special thanks to fellow Club member Vic Caldorola whose upgrade of her bike "will have me climbing more hills!"

Potomac Pedalers thanks Linda and all of the other volunteers that make the club what it is!

ExCom Member Spotlight

Paul Huey-Burns!

(Look for more ExCom member profiles in coming issues!)

Paul Huey-Burns (Member-at-Large) – Paul first joined Potomac Pedalers about 20 years ago, but, because of family and career responsibilities, had been less active until he reconnected with the Club about six years ago. Now you can find him out riding with the Club most weekends. He decided to get involved with PPTC beyond just going on rides because, as he says, "Membership organizations depend on their members. Rides require ride leaders, and I began to lead rides a couple of years ago. It’s easy with the support and guidance of people like Jim Quinn, Karen Berlage, Tim Guilford, and Carol Linden."

Paul says he wanted to join the ExCom to contribute to the Club's continued success. While on ExCom for the next two years, Paul says he's looking forward to supporting the Club's efforts to position itself for the future "particularly by attracting younger members and by expanding our efforts in underserved geographic and demographic areas of our community."

A resident of Gaithersburg, Paul lives near Laytonsville and loves "being able to leave my house on my bike and find myself on a rolling back road thirty minutes later - at least until development creep escalates that time factor." He also enjoys Club rides in the Thurmont area, such as “Knockin’ on the President’s Door”, and rides from Riley’s Lock or Poolesville, such as “Twice Across the River.” So far his favorite Potomac Pedalers memory is the "rolling party atmosphere of the Club Century."

As for 2016, Paul says there's nothing particular on the schedule but "my goal, as always, is to stay upright."

Welcome aboard, Paul!
Ride Leader Awards

2015 **TEN-PLUS** RIDE LEADERS

Many of these members led above and beyond ten rides and deserve our hearty thanks - ride leaders make all the fun possible! You, too, can join this illustrious club...just lead one ride a month, heck, you can even take off two months!

The following club members led 10 or more rides in 2015. Ride leaders who are new to the 10+ club and don't have a Ride Leader jersey will receive one. Those who received a jersey last year will receive a First Aid kit this year.

New 10+ Leaders: email sherricore@aol.com if you have not received a jersey order form.

Welcome to the 2016 PPTC Executive Committee!

The following newly-elected members will be joining Matt Birnbaum (chair), Nancy Avitabile (treasurer), Linda Borst-Kolko (membership secretary) and Lee Langford and Joe Pixley (members-at-large) to make up the 2016 Potomac Pedalers Executive Committee:

- Stephen Krill (Recording Secretary)
- Martine Palmiter (Vice Chair)
- Paul Huey-Burns (Member-at-Large)
- David Helms (Member-at-Large)
- Debbie McCall (Member-at-Large)
Get Your Cycling Event Posted on our Website

We post area cycling events such as Century and charity rides on our website Regional Cycling Events calendar at no charge. To get your ride posted online, do the following...

◆ Go to www.potomacpedalers.org
◆ Hover over the menu item Ride Schedules
◆ Hover over the menu item Regional Cycling Events
◆ Click on How to Submit an Event
◆ You’ll be taken to the Regional Cycling Event Submission form
◆ Complete the form and press Submit

Regional Events are typically posted within 48–72 hours of submission.

Sign Up For Potomac Pedalers E-mail Newsletters

Potomac Pedalers sends out e-mail blasts once per month in the winter and twice per month during the summer. We invite all cyclists to join our mailing list and receive information about upcoming club events, regional cycling events, the latest club news and more.

◆ Go to www.potomacpedalers.org
◆ On the right side of the screen you’ll see a dialogue box “Join Our Mailing List”
◆ Type in your e-mail address in the box and you’ll be presented with a series of prompts to join

You can also use this same dialogue box to update your e-mail address or to unsubscribe. Just type in your e-mail address and follow the prompts.

We hope that you enjoy our e-mail blasts, and that they become a valuable part of your Potomac Pedalers Membership!

PPTC Member Discounts / Participating Merchants

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*Members encouraged to sign up on website for notices of sales on tires, cassette, etc.  ◆ Off all bikes excluding sales  ◆ Off MSRP net sale price  ◆ Off MSRP, excludes sale items and custom frames  ◆ except custom wheel builds
"One Night Overnight" rides (ONO for short) are low key and low cost mini bicycle vacations that start not more than a couple of hours from the Beltway and will usually entail an overnight stay. The first ONO ride is the Virginia Capitol Trail, taking place this April 23-24 (see the Ride Schedule for details). See below for the next scheduled ONO Ride and make your plans now!

**Virginia Countryside ONO July 9-10**

This is a 52 mile per day rolling ride in pretty Virginia countryside from Orange, Virginia to Charlottesville, Virginia and back. Orange is a gracious and interesting starting city—with good late lunch or dinner options after the ride on Sunday and Free, Overnight Parking in Orange at the Municipal Lot (address: 119 Bellview St; right at Main and the Post Office) behind the Town Office Building. For a unique pre-ride experience visit the The Donut Cafe (515 N. Madison St, Orange, VA 22960; 540-672-2100).

The ride has been developed with input from the Blue Wheel Bicycle Shop and the Charlottesville Bicycle Club. It uses scenic, lightly traveled roads that will treat riders to views of farmlands and the Blue Ridge Mountains. The terrain is continuously rolling but there are no big climbs; all levels are welcome on the ride and invited to go at a comfortable pace as we have all day to get to our destination each day. A highlight is a rest stop at the gorgeous Glass House Winery at mile 34 to Charlottesville and mile 18 from C’ville on Sunday (see information below). The ride is cued from the James Madison Museum in Orange to the Amtrack Station in downtown Charlottesville, VA a short walk to its interesting mall.

**Important:** Charlottesville hotel rooms readily accessible to cyclists arriving downtown are scarce—and more pricey than rooms near the interstates and out of town on route 29. **Make refundable reservations early if you intend to go!** A block of rooms has been reserved at the University of Virginia Inn at Darden Event Center, 100 Darden Blvd, Charlottesville, VA $140 plus tax. Please call the Inn at Darden’s reservations department at (434) 243-5000 and choose Option #2. Callers must identify themselves by providing PPTC20 Introduction - Room Block to ensure they receive the appropriate rate and are included in the guest room block. **Reservations must be confirmed prior to Thursday, June 09, 2016.** The hotel has a 48 hour cancellation requirement.

**Restaurants:** Citizen Burger Bar (212 E Main St, Charlottesville, VA 22902; 434-979-9944) has excellent burgers! Many more choices on the downtown mall where this is located.

**Bike Shop:** Blue Wheel Bicycles (941 2nd St SE, Charlottesville, VA 22902; 434-977-1870; Sat 10-5, Closed Sun)

**Restaurants in Orange:** The Light Well (110 E. Main Street, Orange, VA 22960; 540-661-0004) or Wise Guys (118 East Main Street, Orange, VA; 540-661-9794) upon your return to the start on Sunday have good reviews.

The Glass House Winery (5898 Free Union Rd, Free Union, VA 22940; 434-975-0094; Bed and Breakfast 434-964-2190) is a beautiful winery with excellent wines and food trucks on weekends when we will visit

**Rules of the Road:** ONO rides are designed for self-reliant cyclists who are interested in a short “mini-cycling tour” experience that is low cost and low key. Riders make their own hotel reservations and carry their own overnight bag unless they have arranged their own support from a non-cycling friend/partner. For example, two or more riders can split the weekend ride/drive responsibility and carry luggage or arrange for just a one-way ride. If you or a friend is interested in arranging for or assisting in any car support please let ride leader know. This ONO ride is fairly “close in” but is likely to be a new experience for most participants. As always the ride will not go if inclement weather is likely. There is no specified rain date at this time. Please let ride leader know in advance of your plan to attend this event. Cue sheets are available in advance from the ride leader, John Zebatto, email jzebweb@gmail.com.
PPTC is once again sponsoring a beautiful and relaxing biking weekend at the Allenberry Resort, located in Boiling Springs, PA, only 100 miles from Washington, DC and 115 miles from Philadelphia. Enjoy scenic rides past historic stone houses and barns surrounded by beautiful mountain scenery. Rides range in length from 11 to 75 miles, providing variety for all types of riders. Choose a ride to the Amish country store for browsing, a short ride for a cool snack, or a leisurely paced ride along the shady Yellow Breeches Creek. The routes vary from flat streambed valleys to serious climbs. There will be featured rides each day with leaders. The 57-acre Allenberry property has a large swimming pool, hot tub, and lighted tennis courts for our use. Attendance is limited to the first 80 people. Most rooms have double beds, and all have private baths. If three/four share a room, only two beds are provided. Indoor bicycle storage is available next to party room. Registration will open online in the next few weeks. This year there will be no play — the Resort has not scheduled any shows in their playhouse in 2016.

**WEEKEND INCLUDES:** Friday and Saturday night lodging, two buffet breakfasts, Friday night barbecue along-side the Yellow Breeches Creek, Saturday night buffet dinner, Friday, Saturday, and Sunday afternoon lounge parties with healthy and not so healthy snacks and refreshments, map packet, and all taxes and gratuities.

**EVENT CONTACTS:** Linda McGrane email address:megranelinda_a@yahoo.com, Deb Reynolds, email address: deb_cla@hotmail.com.

### Welcome New Members!

Please welcome new and returning members to Potomac Pedalers:

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<tr>
<th>Nathaniel Buckner</th>
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<td>Bob Doyle</td>
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**Upcoming Tours:**

- **April 16-21**: Florida Bicycle Safari (Live Oak, FL), http://www.bikereg.com/2016-wheels-of-hope-lewisburg-wv
- **April 22-24**: Cycle NC Coastal Ride (Edenton, NC), cnc.ncsports.org/
springCNCRide
- **May 15-17**: Tour de Chesapeake (Mathews, VA), tourdechesapeake.org
- **June 4-10**: BRAG - Bike Ride Across Georgia (Atlanta to Savannah, GA), www.brag.org
- **June 24-29**: Bike Virginia (Woodstock to Harrisonburg, VA), bikevirginia.org
- **July 23-30**: The Bon Ton Roulet (Finger Lakes Region, NY), bontonroulet.com

Please note that rides listed on our Out of Bounds calendar/schedule are NOT sponsored by Potomac Pedalers. Potomac Pedalers provides this listing of Regional Events as a convenience for its members. Potomac Pedalers does not endorse these events, and has not evaluated the suitability of these events for any individual cyclist.
Remembering Jack Marney, 1926-2016
by Bill Michie

For the past four decades, without fanfare, Jack Marney made our lives better and now, with his passing on February 18 from cancer, we are the poorer.

Jack’s contributions to our club are hard to fully envision — a simple list of his activities could never properly reveal his significance. To truly understand Jack’s lasting impact on our club and appreciate how hard it was to make our club what it is today, we need to review how our world has changed in that near half-century since he joined the Potomac Pedalers in the early 1970s.

One might assume that starting a bike club was easy back then, but that would be wrong. Jack joined the club just a few years after the Club formed in the later 60s — that’s right, just a few years after Neil Armstrong and Buzz Aldrin landed on the moon. Jack led his first Club ride in 1976, the same year Don’t Go Breaking My Heart by Elton John was a top song and the Pittsburg Steelers won Super Bowl XI. In the mid 1970s, a firm was considered to be state-of-the-art if it had a fax machine and the IBM Selectric typewriter with a gyrating typeball was the de facto word processor in mid-to-high-end office environments. Thus, to write for and reproduce the Pedal Patter was a much more labor and time consuming activity. The same was true for making bike maps and cue sheets. No cell phones, no internet — all of our easy means of communication were yet to be. If you wanted an accurate cue sheet you had to go drive (or bike) the route, paper map in hand to guide you.

Despite the difficulty to do those things necessary for our club to thrive, dedicated members like Jack succeeded. When founded in 1966, the club had an ultimate goal of 200 members. But, according to a 1975 candidate for the ExCom, nine years later it had 500 members. The next year it had 700 members. This was not easy, nor an accident.

Polly Choate, long-time member, wrote “ . . . in 1984 . . . I saw Jack’s name everywhere leading rides, so I felt privileged to finally meet him. I particularly recall Jack leading the ride to the St Patrick’s Day parade in DC.” Beryl Gilmore wrote, “It was at one of his [National] Cathedral tours over 20 years ago that I met one of the most significant people in my life.” Steve Palincsar wrote, “When I started riding in PPTC in 1980, Jack was one of two people (Bette Boone was the other) I saw on most rides.” Mike Devine wrote, “He used to lead one of my favorite rides to the National Cathedral. He would give a tour of the Cathedral including his knowledge of the construction and other details.” Linda Kolko said “Jack mentored many of us” and Chris Moriarity simply said that he was his ride leader role model.

The common theme in these accolades is that Jack was very interested and committed to people. Maybe that comes from being an architect. I imagine that for an architect to build people-oriented structures, a person must first care about how people live, work, and play. Back then, Jack was an “A” bicyclist yet he was happy to lead “B,” “C,” and “D” rides. Jack wanted everyone to enjoy bicycling. He treated each person as a guest on his rides just like an excellent host at a party. Along with leading rides, he was the Maryland “B,” “C,” and “D” ride coordinator at different times.

Jack was selfless in other ways. In 1978, Peter Stevens, event chairman, wrote: “On behalf of the US Cycling Federation and the National Capitol Velo Club I’d like to say thank you to all the Potomac Pedalers who helped in making the World Championship Bicycle Races for Juniors an outstanding success . . . . Jack Marney not only drew excellent maps of training routes for the teams but also served as area coordinator for the marshals and helped at both the road race and the time trial.”

Jack formed the Potomac Pedalers’ Map Committee in 1979 to consider organizing many of the tour rides we have used or will use in the club’s rides program and to develop maps with these routes.” Many of the our rides today have roots in the mapping work Jack did once upon a time.

These efforts led to successes such as the following: Woodward & Lothrop recruited PPTC to assist in what was billed as a “Bike-along.” The event was an organized, public bike ride from the Woodies’ Chevy Chase store to the downtown Woodies. Riders paid five dollars that benefited the March of Dimes. The November 1979 issue of the Pedal Patter reported: “The Woodies’ staff had nothing but praise for PPTC’s performance. Several family riders complimented the [PPTC’s] marshals directly to Woodies officials, who told me they doubted the event could have come off successfully without our help, including suggesting a route and providing the map (thanks to Jack Marney).”

In addition to the rides praised by our members above, Jack led rides with other themes such as: Montgomery County Ramble – Wildwood to Yesteryear Farm – Famous Statute Ride in Washington – Sculpture Tour of DC – Potomac Loop – The Wild Suburban Loop – The Rock Creek Exploratory – The Glen Echo Connection – The Last Swim of the Season (in Barnesville) – various rides at the annual Frederick Fall Foliage Frolic – Seneca Creeker – The Blue-Gray Century – Roy’s Place Revisited – Twice Across the River to Barnesville – Scottish Christmas Ride (in Alexandria) and Jack served as the coordinator for a PPTC Century in PG County one year. (Chris Moriarity has a partial collection of Jack’s rides posted online: http://www.qis.net/~cmoriarity/jackmarney.html)

Jack didn’t just ride recreationally, he was a bicycle commuter and he biked to work on McArthur Boulevard. He was once struck from the rear and injured while riding on the road. Thereafter, he worked to have bicycle traffic laws clarified and then worked to educate the police and motorists on sharing the roads with bikes and best practices.

The PPTC project to create an electronic collection of past Pedal Patters relied upon Jack to provide most of the past copies to scan. We will be posting these Archives on our website in the coming months.

Truly, Jack was the ultimate Good Shepherd so it was not a surprise when in 1990 he was the second recipient of the Peter LeGrand Good Shepherd Award following Peter LeGrand himself.

Perhaps Jack’s lasting inspiration to us, his fellow Club members, is the fact that he simply continued to bike and was living proof of what medical experts tell us daily — that regular aerobic exercise extends life even following a heart attack. In spite of having had heart attacks in 1982 and 2007, he continued biking (carefully) and continued leading rides. He gave for over four decades to our Club and didn’t stop biking until ordered by his doctors about three years ago. Jack may no longer be with us, but our Club will forever benefit from his kind and generous spirit.
BBC Kent County Spring Fling
by Leslie Tierstein

For years, I’d been intrigued by the Baltimore Bike Club’s Kent County Spring Fling, held over Memorial Day weekend on the campus of Washington College in Chestertown MD. Finally, two years ago, I got intrigued enough — and organized enough — to sign up for the ride. Duh! Why did it take me 20 years to do so? (Rationalizations available privately, upon request.) I went back last year and had another long weekend of great riding, good eating, and wonderful companionship, relatively close to home.

The Rides
A whole series of rides is available — ranging from 10 miles (around town) to a century. Contrary to my fears, the rides were much more varied than Eastern Shore-Flat-and-Windy. I really enjoyed a medium-long ride to Betterton Beach, as well as shorter rides along the shores of the Chester River. Each morning, a few rides are offered at designated paces and starting times. But I also saw lots of impromptu groups doing their own rides. The cue sheets (hmm, I’m still using 20th century technology; I think some GPS downloads were also available) were well-designed and easy to read.

The Setting — The College
In a way, the Spring Fling is a throw-back: it’s held on a college campus, like the League of American Bicyclists (LAB) weekends were, back in the 90s. The campus setting means that there is room for lots of people, and that there are lots of amenities: I took advantage of the swimming pool and recreation center; some people played tennis. All meals are included — most in the college’s refectory (eating hall), but some as picnics that the rides’ cue sheets lead you to, or a bag lunch on the last day. The campus setting is not luxurious, but it’s clean, convenient, and everything works.

The Setting — The Town
Chestertown is wonderful — worth spending some time exploring, either by foot or by bike. There’s an old (but short) rail-trail conversion that goes by a restored RR station. There’s lots to do for non-riders, or when you went to spend time out of the saddle. Chestertown was the site of a Revolutionary War Tea Party (take that, Boston!), and they celebrate with reenactments and a street fair that weekend. They even hold a 5K race to commemorate the Tea Party that Saturday morning. Another attraction is the HMS Sultana, a reconstructed clipper ship from the Revolutionary War era — I took a ride on the Sultana one afternoon. There are many, nice restaurants in town, either for dinner (Friday night dinner at the college is optional) or a coffee shop/bakery/tea snack after a ride. This being a college town, there is an excellent bookstore and health food store. And excellent pubs.

Overall — A Great Weekend
My advice — sign up! Through an agreement with the weekend organizers, Potomac Pedalers members can pay the BBC member rate — just say you are a PPTC member. The only downside I found was the potential for traffic, getting to and from the Eastern Shore on Memorial Day weekend. I avoided the traffic on the way there by leaving early and exploring the area on a leisurely drive there. I avoided most of the traffic on the way home by leaving early and stopping to visit relatives in Annapolis. And by stopping for a great seafood lunch on Kent Island.
Dreaming of summer, a cool mountain breeze, and spending some time poolside? Then mark your calendars for the Potomac Pedalers Shenandoah Valley Weekend, July 22-24. Based in Mt. Jackson, Virginia, the area is a fabulously bucolic place for cyclists — no sprawl, little traffic and plenty of corn.

All rides start and end at the hotel. You’ll enjoy scenic rides, mountain views, creeks, and a top-notch covered bridge. This year we are also hoping to repeat the short “fun ride” Friday to the Route 11 potato chip factory — with some luck we’ll have them do a “fry” for us! There are lots of different cue sheets to choose from — rides range in length from 17 to 70 miles providing variety for all types of riders, though one ride every day will be the “featured” ride and will have varying length options.

You’ll have the opportunity to explore nearby vineyards, the Mt. Jackson Arts Museum, the Rt. 11 Potato Chip factory, antique stores, Bryce resort, Shenandoah Caverns, Civil War battlefields, go duckpin bowling, or (new this year!) attend a music festival!

New this year: This year, the weekend coincides with the opening of the Shenandoah Valley Music Festival in nearby Orkney Springs! There will be concerts both Friday and Saturday nights. The cost of attending any concert is NOT included in your registration fee (but our low pricing on this weekend leaves you extra cash to partake in a concert if you want!). More information on this music festival can be found at: http://musicfest.org/

We are staying at the Super 8 motel in Mt. Jackson, which is only a few hours from Washington, DC. Most rooms have double beds and all rooms have microwaves and refrigerators. Bicycles can be stored in the rooms. Roommates can be assigned for those wanting a double. Pets are welcome, though there is a separate charge per pet per night. You must pay the hotel separately to do this.

And don’t forget your bathing suit! The motel has a large pool and party room that serve as the center of activity for after-ride frivolity! Come see why this weekend is so popular — it’s like summer camp for adults!

Cue sheets will be available by noon on July 22, so plan to come early and ride. Attendance is limited to the first 80 people.

COST (for PPTC Members):

Single: $225 per person
Double: $165 per person

Non-members must include an additional $25 nonmember fee or you can join PPTC for $30 per individual or $37 per family and not have to pay the non-member fee.

PRICE INCLUDES: The weekend includes Friday and Saturday night lodging, a welcome party Friday night, continental breakfast at the hotel both days, a picnic dinner Saturday night, a hospitality room open all weekend filled with healthy and not so healthy drinks and snacks, a map packet, and all taxes and gratuities.

EVENT CONTACT: Brenda Ruby (bruby@verizon.net); please use “Shenandoah” in the subject line.

REGISTRATION: Registration is limited to 80 people, so don’t delay in signing up. Register on the Potomac Pedalers website at: http://www.potomacpedalers.org/event/shenandoah2016

CANCELLATION POLICY: Full refund before July 8th (minus the cancellation charge). Refunds after July 8th only if a replacement is available from the waiting list. No refunds after July 15th. All cancellations are subject to a $25 per person cancellation charge.
representatives to make bicycling a safe and healthful lifestyle, from the DC monuments to the Blue Ridge and beyond.

Our club’s by-laws, recently revised, support an advocacy role. First, our club has a broad educational mandate that includes instructing our members on how to ride safely and effectively in accordance with applicable traffic regulations. We are also authorized to “promote and to encourage the development of bicycle facilities and infrastructure as an environmentally and healthful means of recreation and transportation,” and to enter partnerships with other bicycle-oriented non-profit organizations.

Read together, under our by-laws, we have broad authority to educate our members of pending legislation as it pertains to bicycle safety and infrastructure and to work directly and with other organizations to promote bicycle safety and infrastructure.

So what have we done with advocacy recently? As a first step, we have used our web page, Facebook, and Twitter media streams to encourage our members to support critical bicycle safety legislation in conjunction with our partners in BikeMaryland, the Virginia Bicycling Federation, and the Washington Area Bicyclist Association (WABA). We were sent by the ExCom recently to attend the League of American Bicyclists National Bike Summit where we met bicycle advocates from across the nation, and learned of exciting strategies to promote safe cycling and grow our community.

What do we hope to achieve in the near future? First, A Call to Action on our website, linking Potomac Pedalers members to regional Bike Safety and Infrastructure Initiatives. Second, to reestablish the Government Affairs Committee (our Squeaky Wheels).

Possible initiatives for the future include:

- Developing a roadmap of the regional advocacy ecosystem
- Identifying time critical issues and raise awareness
- Facilitating PPTC member involvement in local forums in supporting bike safety and infrastructure

We welcome feedback from Club members to develop our advocacy program to ensure that we are responsive to the needs and interests of our members to create a safe and effective environment for cycling in the National Capital region.

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**Notes From the ExCom, Cont’d from page 3.**

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**Potential Pedals Helping to Sponsor The Wild Goose Chase**

**Sunday, May 15**

PPTC will offer a much-needed rest stop along the 62-mile route of this women’s cycling event benefiting the Blackwater National Wildlife Refuge in Cambridge, MD. We’re also offering raffle items, cycling education, and ride leadership by some of our Women’s group leaders. Other PPTC ride leaders and members are encouraged to register and assist in being cycling ambassadors during this two day event.

On Sunday, May 15, while cycling routes ranging from 17 to 62 miles, more than 500 women are expected to wind through the exquisite scenery of Blackwater Refuge, a critical habitat for a wide assortment of migrating waterfowl and wildlife and home to the second largest collection of nesting bald eagles in the eastern US. The day before, on Saturday, May 14th, registrants can participate in a variety of activities, including a women’s training ride (also sponsored by Potomac Pedalers), and a reception.

For more information on the history of this event and how to register, please check out the “latest news” on our website: www.potomacpedalers.org
PPTC's Monthly Ride Schedule

How to Read the Ride Schedule

Note: This ride schedule is accurate as of the editorial deadline for Pedal Patter. For the most up-to-date listings, please consult the Ride Schedule at www.potomacpedalers.org.

PPTC rides are described according to a standardized, easy-to-read format that always lists: (a) ride classification, (c) distance, (d) locality, (e) start time, and (f) start location.

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<th>Route Length</th>
<th>Rest Stop Intervals</th>
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Randonneuring is long-distance (endurance) cycling over scenic and challenging terrain. Randonneur rides often leave early in the morning and require lights, go under most weather conditions, and typically are challenging terrain. Randonneur rides often leave early in the morning and require lights, go under most weather conditions, and typically are challenging terrain. Randonneur rides often leave early in the morning and require lights, go under most weather conditions, and typically are challenging terrain. Randonneur rides often leave early in the morning and require lights, go under most weather conditions, and typically are challenging terrain.

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ATB These are rides for all-terrain or mountain bikes. The individual ride descriptions should be read for specific information regarding terrain (e.g., single-track, double-track, or gravel roads), distance, and equipment, requirements (e.g., type of bike or tire with).

T Specialty rides for bikes with two or more cyclists. Tandem ride leaders often choose routes that are particularly well-suited to these types of bicycles, as they typically go much faster downhill and flat sections, and slower uphill, than single bikes.

Weather Notes

A ride description may contain minimum GO conditions—limits of temperature or chance of rain, given as “temp/chance” e.g., “40/35% or less. Otherwise, the ride will be cancelled. Temperature is a maximum in the summertime. A general rule is that a ride is cancelled if there is rain at start time, or if it is winter, snow is falling, or roads are covered with ice and/or snow. The National Weather Service number is 703.260.0405. Call the Ride Leader if you’re in doubt.

April — Mondays

B/BB * 30ish * MD * 9:30 AM * Glen Echo Park (GLE)
The Usual Monday Ride From Glen Echo
Moderately hilly ride through Potomac, with a probable stop at a cafe near the end. Leaders regroup periodically with an average speed of 16 - 18. Cue sheets and a longer ride options are usually available only on holidays. No go in rain or on wet roads. Please park in the lower portion of the lot, off Oxford Rd, farthest from Macarthur Rd.
BB: Warren Farb * [wfarb@mac.com] 301-320-4942
B: Cathy Wilson [cswilson@aol.com] 703-328-1029

B/BB * 30ish * MD * 5:15 PM * Frederick, MD (7th ST Starbucks)
The Starbucks Ride
Moderate ride going from the Starbucks at 7th Street in Frederick every Monday. This is a recovery ride geared towards racers who are tired from the weekend. We meander throughout Northern Frederick County. If you are not a racer, you are more than welcome to join this ride as long as you are comfortable with the frequent use of pacelines and an average speed of 16-18. No cuesheets, but no one will be left hanging out on their own. No go in active rain.
B/BB: Darius Mark [darius.mark.mdge@statefarm.com] 301-418-6370

April — Tuesdays

D/C/CC * 13-23 * VA * 5:15 PM * Wakefield Park (WKP)North Springfield Easy or Challenge
Members and non-members of the club are welcome. For this ride you can use road as well as hybrid bikes. The terrain is mostly flat with a few short hills good enough to experiment and develop strategies to bike on hills. You will have an opportunity to meet friendly bicyclists who will match your needs or desire. The Wakefield Park is located at 8110 Braddock Road, Amandale, Virginia 22003, with access from I-495 and Braddock Road West exit, first right into Park. Public transportation is available.
D/C: Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637
C/CC: Woody Lipinski [*ors bicycling@gmail.com] 703-203-4934
CC: Joan Feerick [jfeerick1@gmail.com] and Chuck Feerick [jfeerick1@verizon.net]

CC * 35 * MD * 10:00 AM * Buddy Attick Park (BUD) * 50*
Bud Bike Tuesday
Join us on this rolling ride with a few nice climbs for your trouble. We’ll do the Friday route backwards. There are 2 rest stops but only vending machine food. You can take shortcuts for a shorter ride. Park in Buddy Attick Park, not at Ivy Lane. Lunch afterward, if warm enough, at Greenbelt Center.
Rob Dahlstrom [*rk Dahlstrom@gmail.com] 301-758-2598
George Schneider [gbs319@juno.com]

CC * 14 * MD * 6:00 PM * Capital Crescent Trail (CCT)
Capital Crescent Cruise
Looking for a relaxed, social midweek ride? If so, join us for our weekly ride from Bethesda to Georgetown and back on the Capital Crescent Trail. We go to dinner afterwards at a moderately priced Bethesda restaurant. The ride leaves promptly at 6 PM, one block down from the intersection of Woodmont and Bethesda Avenues on the Capital Crescent Trail. Bring quarters for nearby parking lots and garages! The meter maids are out until 10 PM. No go if it's raining, pavement is wet or storms are seriously
threatening. Helmets required.
Patrice Coss 703-521-6159

CC/B * 17 * VA * 6:00 PM * Wakefield Park (WKP) * 40*
Annandale Evening Excursion
Join us for an evening ride on the wide and quiet streets of North Springfield. Several different paces will be available. This is a no-drop, multi-class ride. The typical route is 17 miles long, but variations can be shorter or longer, as desired. Cue sheet can be found in the PPTC Library under title "Annandale Training Works-Your Ticket to Fitness". Peter Klosky [pptc@peterklosky.com] 703-727-4939

CC/B/BB/A * 17-29 * MD * 5:45 PM/6:00 PM * Laytovs Village SC (LAV)
The Slurpee Ride
This ride will roll out promptly at 5:45 pm on April 5th and 6 pm the rest of the month. Another year, another season of pain...just kidding. We really are a friendly and fun bunch of riders. So come out and join us. The Tuesday night gang has riders from All Classes and we welcome more anytime. Plus, we all go to 7-Eleven and get Slurpees afterward. We will be riding into Howard County via Riggs, Zion, and Howard Chapel roads and coming back via Hipsley Mill Rd. There will be multiple length options of the same basic route. Looking for a CC ride leader for this ride. No go if raining or wet roads. Please park in the far corner of the lot near the donation bins. BB: Geng Chan [*gchan@sandglass.com] B: Bob Bernstein [rberstein55@yahoo.com]

T/B/BB * 20-25 * VA * 5:15 PM * Fort Williams Pkwy, Alexandria Tandem Tuesday Ride
Tandem Tuesday is a weekly ride (during EDTIME) using various courses on the roads and trails of Northern Virginia. The exact start address is 622 Fort Williams Pkwy, Alexandria, just south of Seminary Rd. The core group in this ride consists of visually impaired / blind stokers and the tandem captains who ride with them. All others (single or tandem riders) are welcome. We are happy to assist those new to or thinking about starting tandeming. Mark Mulligan [crew396@aol.com] 410-626-7470

BB/A * 18-27 (MH) * DC * 6:00 PM * Mitchell Park (MIT)
Downtown Breakaway
Did you know that you could ride in DC at rush hour and not be in the midst of cars? It's true! Come join us on this beautiful ride through the tree lined streets of NW and out to Potomac. The ride goes up and down many hills between Dupont Circle and Potomac, great for building up for the season's big event rides like Mountains of Misery or the Garrett County Gran Fondo (and it beats the pants off the repetition of laps at Hains Point). The return, as the daylight is fading, is flat and fast along MacArthur Blvd, good for working on speed and paceline skills. Something for everyone - the division between A and BB usually happens closer to the return leg, which most people (hopefully) know, though the cues are easy for said stretch. Plenty of short cuts along the way to finish by dark or make your evening date. Note that our ride on April 6 will likely take in the cherry blossoms in Kenwood - an annual treat. This early in the season, it's STRONGLY advised to bring front and rear lights for safety, as we can get caught in the dark if delayed by mechanicals or road conditions. Too speedy for your tastes? There is a B/CC group as well. Ride leaves from the stairs and "Speed Hump" sign at Mitchell Park, S St NW, between 22nd and 23rd Sts. There is street parking in the neighborhood, but please be mindful of zone regulations which are in effect until 8:30 PM and somewhat strictly enforced (there is limited free parking in front of the former Textile Museum and Wilson House). Leaders may alternate week to week, alternating according to availability. No go in steady rain, icy conditions, or impending thunderstorms - late-breaking announcements on Pedalers Google Group and Potomac Pedalers website. A/BB: Rudi Riet [*rudi@songfta.com] A/BB: Dave Helms [davishelms570@gmail.com] A/BB: Jonathan Mirsky [mirsky2207@hotmail.com] 202/320-1310 BB: Keith Barron [barron.keith@gmail.com] BB: Matt Birnbaum [noshbygosncomcast.net] BB/B: Dave Salovesh [salovesh@gmail.com]

CC/B/BB/A * 25 * VA * 6:00 PM * Wakefield Park (WKP) Annandale Evening Speedworks
This is a multi-paced ride around the quiet residential streets of Annandale. The ride rolls out at 6:10, but please note that later riders should find it easy to intercept the ride en route, as the route is never farther than 3 miles from the park (!). There are rest rooms and water at the park. We park in the first lots on the left of the entry drive; the park is located off of Braddock Rd. immediately outside of the Beltway (I-495). Dan Lehman [riDesigns@yahoo.com] 703-241-9113

April — Wednesdays

CC (MH)* 10-24 * MD * 6:15 PM * Rockville Regal Center Rockville Rambler
The ride has some variety in the Rockville-Bethesda area, exploring the many neighborhoods on secondary streets and park trails and avoiding major roads. We’ll try to maintain a cohesive group through a few hills and red lights common with trail and street riding. Riders meet in the parking in the lot (reduced rate after 5 PM) in front of The Regal Theatre (Montgomery Ave). Afterwards we usually grab dinner at one of the many eating options in Rockville Town Center – Mellow Mushroom is opening soon! Try this ride and see what you’ve been missing. No go in rain or on wet roads. Russell Walker [*rcwalk99@verizon.net] 301-758-4491 Robin Temin [robin.temin@verizon.net] 240-505-0294

April — Thursdays

C (MH)* 21-29 miles * MD *10:00 AM *Glen Echo (GLE)*
Glen Echo Loops
Come out and join us for a new addition to the weekly ride schedule. We will go out mostly flat MacArthur Blvd, with one or two nice hills but the rest through scenic neighborhoods on quiet easy rolling roads or bike paths, including Potomac, Avenel, Glen Echo, and Palisades DC. Route/ distance will vary each week. Rest stop at Starbucks Potomac Village or MacArthur Plaza. Lunch at one of several local eateries close to end of ride. The park address is 7300 MacArthur Blvd, Glen Echo, Md. The ride starts in the back parking lot; turn off MacArthur onto Oxford, follow it into parking lot. Polly Choate [scooterpea@yahoo.com] 202-966-5571 land; 202-538-5715 cell
C/CC * 10-20 * DC * 6:30 PM * Tenley Circle (TEN)

**Thursdays at Tenley**

Meet us on the 3900 block of Yuma Street NW (east of the circle) and ride every Thursday until the end of September. Ride distance varies with available daylight. Friendly, social ride through side streets down towards the river or into Rock Creek Park and back uphill to the start. Then on to a nearby restaurant for pizza, beer, salad and more socializing! Beginners and newcomers are welcome. No go if raining or wet roads.

Claudia Trapp [Claudia_bikes@yahoo.com] 202-744 4720
Ron Tripp * [ron.tripp@yahoo.com] 301-237-5079

CC/B * 17 * VA * 6:00 PM * Wakefield Park (WKP) * 40º

**Annandale Evening Excursion**

Join us for an evening ride on the wide and quiet streets of North Springfield. Several different paces will be available. This is a no-drop, multi-class ride. The typical route is 17 miles long, but variations can be shorter or longer, as desired. Cue sheet can be found in the PPTC Library under title "Annandale Training Works-Your Ticket to Fitness".

Peter Klosky [pptc@peterklosky.com] 703-727-4939

B/BB * 15-25 * MD * 12:00 PM * Marriott HQ loading dock

**Thursday Noon Training Ride Bethesda**

Come join us for a rolling 15-25 mile ride every Thursday lunchtime. Ride leader sweeps. We meet at the bike racks by the loading dock at Marriott HQ. Take Democracy to Fernwood, right on Fernwood; first left into the HQ and bike racks are right in front of you. Please note that parking and bathrooms are a security palaver at HQ. If you don't live or work in the neighborhood, it's best to park at DSW Shoe Warehouse on the corner of Democracy and Fernwood and ride the couple of blocks to the ride start. No go in steady rain. Please text, email or call if you plan to join us so we know to look for you.

Ruth Sheridan [ruthsheridan@msn.com] 202-258-0788

B/BB/A * 20-30 * MD * 5:45 PM/6:00 PM * Laytonts Village SC (LAV)

**The Thursday Night Trainer**

We will leave promptly at 5:45 pm on the 7th. The ride will leave at 6:00 pm on the 14th, 21st, and 28th. This is generally a fast paced cooperative training ride through the Laytonsville area and Patuxent River valley. Same route as in previous years, with a shorter version for the first two Thursdays because of the early sunset. The ride leader will make no attempt to keep the group together for the ride, so make sure you have a cue sheet and know where you are going. A tail light is recommended for the April rides.

Tim Guilford [tim @ guil4d.net] 301-704-2723

B/BB/A/AA (MH) * 18-25 * VA * 6:00 PM * Belle Haven Picnic Area (BEL)

**Belle Haven Blast**

This long-running and sociable training ride has a bit of everything. A relatively flat first half gives way to nearly unrelenting hills in the second half. Ride will focus on team building techniques with members riding together in pace lines. Riders will stop in case of mishaps or mechanicals. Ride leaders rotate in the pace line working to keep the team riding as a single unit and may establish or adjust speed limits for flat terrain. Rides will generally be broken into two groups, an A/AA and a B/BB, depending on turnout. The A/AA group will be limited to those who have demonstrated that they know the route and have the necessary fitness and group riding skills. The B/BB group will focus on developing fitness and group riding skills. Both groups will ride together until the Fort Hunt Park entrance, then separate into two groups going into the park. If needed, each group will stop and regroup with its own members at the top of Rebecca Drive.

Brian Dixon * [bdixon@populationconnection.org]
Peter Czapiewski [czapmk@verizon.net]

B/BB/A/AA (MF) * 25 * VA * 6:00 PM * Wakefield Park (WKP)

**Annandale Evening Speedworks**

This is a multi-paced ride around the quiet residential streets of Annandale. The ride rolls out at 6:10, but please note that later riders should find it easy to intercept the ride en route, as the route is never farther than 3 miles from the park (!). There are rest rooms and water at the park. We park in the first lots on the left of the entry drive; the park is located off of Braddock Rd. immediately outside of the Beltway (I-495).

Dan Lehman [riDEsigns@yahoo.com] 703-241-9113

April — Fridays

D/C/CC/B * 10-25 * VA * 1:00 PM and 2:00 PM * Wakefield Park (WKP) *

**One or Two Loops**

Packing and start at Wakefield Park, 8110 Braddock Road, Annandale, Virginia 22003 with access from I-495 and Braddock Road West exit, first right into Park. Public transportation is available. First warm up 10 miles ride loop will start at 1:00 PM on http://www.gmap-pedometer.com/?r=6748170. Second up to 18 miles loop will start at 2:00 PM on http://www.gmap-pedometer.com/?r=6748180 or two other options with destination of NVCC and/or Kings Park areas and finish with a special designed hilly loop on http://www.gmap-pedometer.com/?r=6748185. Members and non-members of the club are welcome. Confirmation by an email or phone call is recommended. For this ride you can use road as well as hybrid or mountain bikes. Some short hills and ups are the best exercises for your cardiovascular health. You will have an opportunity to meet friendly bicyclists. After biking, an optional happy hour social time at The Swiss Bakery & Pastry Shop - Ravensworth Shopping Center, 5224 Port Royal Rd, Springfield, VA 22151 (www.theswissbakery.com).

CC/B: Stuart Graves [drysocket@yahoo.com] 703-371-3933 and Charles Feerick [feerick1@verizon.net] 703-440-8782
D/C: Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637 and Woody Lipinski * [orsbicycling@gmail.com] 703-203-4934.

C * 30 * MD * 9:00 AM * Veirs Mill Park (VMP)

**Leave from VMP to join Friday Lunch Ride**

If you want to join the “Friday Lunch Ride” but find that a more southern starting point is more convenient, then this is the ride for you. We will start at Veirs Mill Park (VMP) at the North end of Beach Drive and ride up the Rock Creek Trail to Lake Needwood in time for a short break before joining Deborah’s “Friday Lunch Ride”. After lunch in Bethesda,
stopping at VMP (when the “Friday Lunch Ride” goes by on the way back to Lake Needwood) makes this ride the same 30 mile length as the “Friday Lunch Ride.” Please remember to bring helmet, bike lock, and lunch money. Please arrive in time to be ready to roll at our departure time of 9:00.
Norman Rasmussen [norman.rasmussen7@gmail.com] 301-828-7470

C * 30 * MD * 10:00 AM * Lake Needwood (NEE)
Friday Lunch Ride
We're returning to the warm weather start location. I'll be starting out at Lake Needwood in Derwood and biking via the Rock Creek Trail and neighborhood streets, Beach Drive and the Georgetown Branch Trail to Bethesda. We'll enjoy a reasonably priced lunch in Bethesda and then bike back. Occasionally we'll explore other areas of central Montgomery County. I'll change the ride posting for any weeks we're going somewhere else. Check the listing before you head out. You can start off with me at Lake Needwood in the parking lot by the trail head, or I can pick you up along the way. If you want to meet me along the route, let me know by THURSDAY afternoon.
Deborah Turton [d.turton@verizon.net] 301-482-0675

CC * 35 * MD * 10:00 AM * Buddy Attick Park (BUD) * 50°
Bud Bike Friday
Join us on this rolling ride with a few nice climbs for your trouble. There are 2 rest stops but only vending machine food. You can take shortcuts for a shorter ride. Park in Buddy Attick Park, not at Ivy Lane. Lunch afterward, if warm enough, at Greenbelt Center.
Rob Dahlstrom [rkdahlstrom@gmail.com] 301-758-2598
George Schneider [gbs319@juno.com]

C/CC/B/BB/A * 21/25 * MD * 5:45 PM/6:00 PM * South Germantown Rec Adventure Playground (SGRAP)
Scenic Social!
Ride will start at 5:45 on April 1, 8 and 15, and will start at 6:00 on April 22 and 29th. This ride rolls from Germantown into Poolesville on lightly traveled roads with green pastures and orchards along the way. The ride usually stops to re-group at the top of Whites Store, the end of Peach Tree, etc. This ride invites pace levels from "CC" on up and naturally splits into smaller groups though ride leaders will make an effort to encourage group togetherness. There is no sweep because of varying route lengths. RIDE START: We meet at the Adventure Playground located at 17920 Germantown Park Drive. There is a real bathroom that is opened year round and ample parking! Watch the speed cameras on Schaeffer Rd.
No go in inclement weather, on wet roads, or temps below 50. C/CC riders are welcome too! Dinner afterwards is often an option and all are welcome.
C/CC: Willy Aladro [willyaladro@allstate.com] 301-467-2600
B/BB: Bill Hermach [bhermz@yahoo.com]
A: Ken Rowe * [investorken@yahoo.com] 301-367-2600

April 2 — Saturday

C * 25 * MD * 10:00 AM * Poolesville HS (POO)
Sugarloaf Flyby
Nice easy ride that goes past the entrance to Sugarloaf Mountain, Rest stop @ Dickerson Store. Two regrouping points @ Comus Inn and intersection of Beallsville & Darnestown Rds. (Rt. 109 & Rt. 28).
Mike Divine [mikedivine74ATme.com] 301-258-7820

C * 23 * VA * 10:00 AM * Pohick Bay Park (PHP) * 40°/95%/50%
Pohick Bay Social Ride
This relaxing social ride that goes along lightly-traveled roads and paved bike trails on this scenic peninsula near Occoquan. We will ride through Mason Neck State Park, the adjacent National Wildlife Preserve, Gunston Hall historic plantation, and some lovely neighborhoods facing the Potomac River. There is even a covered bridge along the route. This is mostly a flat ride (only one hill towards the end) with lots of shade and natural beauty the whole way. There is no charge to get into Pohick Bay Park if you have a driver's license showing you live in Alexandria, Arlington, City of Fairfax, Fairfax County, Falls Church or Loudoun. If you live outside these member jurisdictions then there is a $7 entrance fee per car to get in the Park. Once inside the Park, continue straight to the first parking lot on the right. I may cancel the ride if the forecasted high during the hours of the ride is below 40 degrees or above 95 degrees, there is a strong wind, or chance of precip is 50% or more. If weather looks questionable, check the ride schedule or call the ride leader to confirm the ride is a go.
Peter Dassira [peterdassira@yahoo.com] 703-851-2274

CC (MH) * 59 * MD * 9:00 AM * Riley's Lock (RIL)
Carol's Choice
According to Carol, this route contains all of her favorite road segments in the Ag Reserve, AND in the right direction (well, mostly). If the distance is too daunting this early in the season, there are ways to shorten the route. At this time of year fields and trees will be starting to turn green, and more wildlife will be out. Call ride leader if unsure of the weather.
Lee Langford [roadrider324@gmail.com] 571-216-0857

CC/B * 30-60 * MD * 9:00 AM * Thomas S Wootton HS Parking (TWHS) * 50°*/60%
Rockville Saturday Morning Ride
In its 4th year, the Wootton ride is a regular fun group Saturday morning event, suitable for seasoned B/CC riders. We will be mostly riding from Rockville to Germantown/Poolesville/Clarksburg with frequent variations to keep it interesting. Typical moderately hilly ride length will range from 30 to 60 miles. Actual ride length for each week will be posted in advance. We make 1-3 rest stops depending on the length of the ride. The group generally divides into two sub-groups, and our attempt will be to not drop anybody as long as you can ride at a high B (~16mph) / high CC (~14mph) pace for the length of the ride. Please consult the club website (www.potomacpedalers.org) for ride start times or the ride Facebook page (https://www.facebook.com/groups/rockvillewoottonride/), but generally we will start at 9 AM in spring and 8 AM in late spring/summer. The ride will leave promptly at the designated time. Come join us and enjoy the ride. The cue sheet will be sent via email to those who provide their email and posted on our FB page. We will bring limited cue sheets and expect regular riders to print their own.
Ajit Baid [baidajit@gmail.com] 267-421-1438

B/BB * 40-45 * MD * 10:00 AM * Laytonts Village SC (LAV)
Alan's Birthday ride
It's that time again. I had lead a 'one mile per year' ride around my birthday a few times, but since April is early in the season and I'm not getting any younger, the mile per year idea looks less attractive each year. We'll head out from LAV through Brookeville and have a rest stop at the Highs in Glenelg at about mile 22 before returning through Glenwood. I'll either be leading the BB's on my single or the B's on the tandem. If the weather is particularly spectacular I'll also bring cues for a longer option. Hopefully we won't have a repeat of last year's 45mph winds that made us cut the route short. No go in rain or wet roads. Check the web site and Pedalers email list for a go/no-go if the weather is questionable.
Alan Felsen [alanfelsen@gmail.com] 240-876-3029

B/BB (MH) * 57 * VA * 9:30 AM * The Plains (PLA)
Delaplane & Orlean Loop
There is one rest stop, in Orlean at mile 34. The route has a lot of rollers (3,700 ft per RidewithGPS), especially after the rest stop. Mike's planning a low BB pace and expects to lead from the back; Clara will Bee with

18
Bees, behind. There will be another cue for 53 mi, which has a less hilly return from the rest stop. Look for notices the night before or early morning if the weather sucks. We’ll bring some printed cues. Preview/download routes here:

57mi: https://RideWithGPS.com/routes/12306484
53mi: https://RideWithGPS.com/routes/12472792

Clara Martinez [Clara@ClaraMartinez.com] 703-801-4171
Mike McCarley * [msmccarley@cox.net] 703-218-0707

April 3 — Sunday

TANDEM * ~26 * MD/DC * 10:00 AM * Veirs Mill Park RC (VMP) * 40%/50%

Veirs Mill Rec Center to Pierce Mill and Back

We will meet at the Veirs Mill Rec Center at the top of Beach Drive, 4425 Garrett Park Road, Wheaton, MD 20906, and cycle down Beach Drive to Pierce Mill. Those teams who want/need more climbing may do the hill to the Nature Center. Others may simply climb back to the Rec Center. Ride leaders will stop in Kensington for refreshment at the Old Town Market on the return trip. Cue sheets will be provided. Enjoy the charm of Old Kensington and beauty of Rock Creek. The ride will be cancelled if chance of precipitation > 50% or the start temperature is below 40 deg F. Alice Filemyr and Jeff Giddings [jhgiddings@gmail.com] 240-753-0119

D/C * 20 * DC * 6:00 AM * Peirce Mill (PM)

Cherry Blossom Ten Miler Course

We will meet at the Peirce Mill parking lot, 2401 Tilden St NW, Washington, DC 20015, to leave promptly at 6 AM. This site has ample free parking and real restrooms. We will bike on the Rock Creek Trail, then on the empty race course, on wide roads which will be closed to traffic, before the race starts: http://www.cherryblossom.org/theraces/tenmile.php The weather should be perfect and the blossoms in full bloom. Helmets required. Potential members welcome.

Fred Carson [fcarson@american.edu] 301-933-2919; (cell 202-714-8373 ride day only)

D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 40°/95%/30%

Lunch in Shirlington

Another great ride from the original Ride-To-Eat™ production team! Both MEMBERS AND NON-MEMBERS are very welcome to join us for this social ride, followed by lunch at one of the many restaurants in Shirlington (free parking in garages and lots on weekends). NO REGISTRATION is needed – just show up. We meet at 9:45 AM for a 10 AM departure on the brick plaza in front of the Shirlington Library/Signature Theater on Campbell Avenue in Shirlington (in Arlington). We select a restaurant, then go to lunch at about 12 PM. See you there!!!! [P.S. Between 10 AM and 12 PM you are welcome to join the leader on the bike trails of Arlington (the Arlington Loop: traveling first on a portion of the W&OD Trail, then the Custis Trail, the Mount Vernon Trail, and the Four Mile Run Trail) with a rest stop in Lyon Village, and a brief regrouping at Gravelly Point (cue sheet on PPTC website). The 3-4 miles on the Custis Trail are hilly; the rest of the ride is pretty flat. Leader rides a slow “C” pace; all levels welcome (those wanting more or fewer miles may wish to continue up the W&OD and return to join us for the main event: lunch!). The ride leader is very likely to cancel the ride if the temperature during the hours of the ride is less than 40 degrees or greater than 95 degrees, the chance of rain is greater than 30%, or the wind speed is greater than 10 MPH. If the weather looks doubtful it is particularly important to check the Ride Schedule on the PPTC website for a late cancellation notice. Alternatively, you may email the ride leader to see if the ride is a go. Ron Trueworthy [Ron.Trueworthy@Yahoo.com]

C (MH) * 27 * VA * 9:30 AM * Gunston ES (GES)

Lorton Springfield Loop

Here's a challenging ride that's Northern Virginia suburban with a little bit of rural. Moderately hilly to hilly. Take a spin and judge for yourself. Part of the route goes past a section of the old Lorton Penitentiary in the latter half. Lunch afterwards at a nearby eatery. Call in the event of questionable weather. For detailed directions, do an internet map search on Gunston Elementary School, Lorton, VA, or contact the ride leader.

Jeff Mankie [jsmankie@aol.com] 571-332-2130

CC/B (MH) * 30-40 * MD * 9:00 AM * Cabin John Regional Park

Cabin John Fever

Join us for a challenging ride in the Potomac area. Learn about neighborhood streets and trails connecting Potomac to Rockville, Bethesda, and beyond, while having fun and meeting other cyclists. Cue sheets provided at ride start. Cabin John Regional Park (CJRP) is located at 7400 Tuckerman Lane, Bethesda MD. Use Tuckerman Lane entrance to park (not Westlake Drive). The entrance sneaks up on you so be careful when arriving. If you see the Cabin John park sign, you are literally there and need to turn into the entrance IMMEDIATELY. Meet near the exit of this parking lot (behind the Do Not Enter sign that is visible from Tuckerman lane). Relax in CJRP after the ride or stop at Cabin John Shopping Center & mall (corner of Tuckerman Lane & Seven Locks Road) for California Tortilla, Subway, Broadway Pizza, Starbucks, Dunkin Donuts, Baskin Robbins, BGR, Jerry’s, McDonalds, etc. There’s something for everybody!

No-go in rain or wet roads. If you have questions about go/no-go, check the website for cancellation before you head out.

Julie Marders [juliemarders@yahoo.com] 240-750-0754 (cell, texts OK)

BB/A (H) * 60 * MD * 10:00 AM * MonocacyMiddle School (MMS)

Hell’s Delight (short version)

This is a great ride that will take us on familiar roads as well as a couple that might be unfamiliar. With just a few miles on the legs we start the climb up Hamburg followed by a descent down Highland School Road. The next significant climb is up Hell’s Delight followed by the descent into Fort Ritchie to our first rest stop. The descending continues into the Harbaugh Valley and then we start the climb out of the valley including up Hampton Valley Road. We will ride at a high BB/low A pace. There are two rest stops, one in Fort Ritchie and the other in Thurmont. No go in rain or on wet roads. [https://ridewithgps.com/routes/6397445 A/BB: Liz Ginexi [eginexi@gmail.com] 240-354-4721

B/BB * 61/44 * VA * 9:30 AM * Loudoun County HS (LOU)

Opening Day

It's Opening Day for baseball, but since the first pitch for my beloved Tampa Bay Rays isn't until 4:05 p.m., we've got time to spend the morning riding in Loudoun County and still be home in time for the first pitch. The longer route starts at Loudoun County High School in Leesburg and heads counter-clockwise going through Waterford, Taylorsville, Lovettsville, Hillsboro, Round Hill, Airmont, Lincoln, and Purcellville before heading back to Leesburg. The short route, follows the long route to Hillsboro where it goes directly to Purcellville and then returns to Leesburg.

Short Route map: http://RideWithGPS.com/routes/4407478
Long Route map: http://RideWithGPS.com/routes/4407429

There are no major climbs, but there are hills, especially miles 5-14 and on the long route miles 38-45. The ride leader will kind of lead from the back. There are plenty of stores along the way, but I'll aim to make the 61-mile route, a two-stop ride (Lovettsville 7-11, Airmont Store). The shorter route has one official rest stop at Lovettsville, but there are plenty of second stop options in Purcellville such as three breweries and the Veloville bike/coffee shop. There are no restrooms at the start, but there are stores and fast-food restaurants about a half-mile before the high...
school where you can stop. Got questions? Contact me, just don’t wait until the morning of the ride. No go in rain or with a predicted high above 97. Cancellations/Changes will be posted here and the Google group "Pedalers".

Bruce Rolfsen [onthabeach@aol.com] 202-674-1941

April 8 — Friday

C/CC (MF) * 39/53 * VA * 10:00 AM * Brentsville Park (BVP) * 45°/95%/50%

Elk Run and BLT Clockwise
Mostly downhill and always a tailwind. The BLT sandwiches at the Elk Run store are my favorite! And we get there just at the right time to enjoy a snack and rest. There are many extended segments with no significant turns, but there are occasional curves. The long route has one taxing hill but both are otherwise mostly flat with a few minor elevation changes to enhance the splendor of the quiet roads with their pastured or wooded borders – excellent for a tandem or a paceline. (Or you can take an unpublished short cut with the ride leader for a 45 mile route.) Ascent is a gentle 1,435’ or 37 feet per mile for the short route and 2,188’ or 41 feet per mile for the long route. IMPORTANT NOTE: Ride start is behind the Brentsville Presbyterian Church. I may cancel if the forecasted high is above 95 or below 45 degrees or chance of precip is 50% or more. Please call if weather looks marginal. Toilet not available at start. HELMETS REQUIRED. Questions? Call me at home NLT 2 hours prior to ride start or on cell thereafter.

Len Wilkinson [len.wilkinson@verizon.net] 703-455-0368 (home); 703-350-9209 (cell)

April 9 — Saturday

TANDEM * 29/36 * MD * 9:30 AM * Thurmont Community Park (TCP)

Thurmont Rambler/Leisurely Pursuits
Please join us for a tandem ride using Chuck & Gail's Leisurely Pursuits (#24) route by meeting at the Community Park, 408 E. Main St. Thurmont, MD 21788. The terrain is moderately rolling with a lot of flat terrain and one not too difficult climb. The ride leaders will do 36. Option to cut off 7 miles. Another potential option is to add in a Gettysburg Battlefield loop, which would add approximately 5 miles, totaling 41. The ride is rural, passing through farm country and also Mount St. Mary's College. Lunch afterwards in Thurmont.

Dave & Julie Harper 703-608-8416 (cell) or 571-436-2286 (cell)

C/CC * 33 * MD * 9:00 AM * Buddy Attick Park (BUD) * 40%

Bud Bike Saturday
This route has been the usual Bud Bike Friday for years. Now those of you who work on Fridays can enjoy it! Ride through rolling hills of the quiet Beltsville campus of USDA, take a rest stop at the Patuxent Wildlife Refuge, travel through the old part of Bowie, and meet for lunch in historic Greenbelt after the ride. Two ride leaders will lead at true CC and C paces. Great for C riders wanting to add more distance. We'll meet at the Buddy Attick Park near the bathrooms, but parking could be limited on Saturday. We recommend you park your car at the nearby Ivy Lane Office Complex. Directions from Beltway—Exit 23 take MD 201 north to Greenbelt, pass traffic light at Crescent Road and take next left onto Ivy Lane and then immediate left into parking lot. To get to the start point, cycle back to Kenilworth Ave, turn left at light onto Crescent Road and in 200 yards, turn right into Buddy Attick Park. No go if rain is 40% or more, but check the website first for any cancellations. We roll on time so get there 15 minutes early.

Martine Palmeter [* mpalmeter@gmail.com] 301-787-4556
Laurie Welch [laurawelch123@gmail.com] 301-928-1624

C/CC * 24 * VA * 9:00 AM * Accotink Unitarian Universalist Church (AUUC)

Scenic Springfield Second Saturday
If you appreciate quality cycling near Occoquan, Burke or Springfield Virginia you will enjoy this ride. Depart from church parking lot a block south from corner of Burke Lake Road and the Fairfax County Parkway (located at 10125 Lakehaven Court in Burke). Pedal through upscale neighborhoods, along wide paved path parallelitng route 123 and into Occoquan Regional Park. Restrooms and water are available at the mid-way break. Multiple eateries and a convenience store are passed along the route. Return to Accotink Unitarian Universalist Church via quiet residential streets, shady scenic parkland and paved trail above picturesque Lake Mercer.

CC: Jeff Mankie [* jsmankie@aol.com] 571-332-2130
C: Mary Scala [maryscala1@gmail.com] 703-887-6558

CC * 30 – 40 * DC * 10:00 AM * Tenleytown - AU Metro Station Saturday Tenley
This is a longer version of the popular Thursday evening ride. We may go to Potomac or to Rockville. Be prepared for city traffic and lots of hills although I stay on side streets as much as possible. Contact me by Friday evening for the route. There is at least one rest stop. Ride leaves from the corner of Wisconsin Ave & Albemarle St. Meet before and after ride in nearby Starbucks or Panera Bread.

Jerry Collins [jerrycbike69@gmail.com] 240-281-4861

CC * 33 * MD * 10:00 AM * Riley's Lock * 40%/50%

Western Montgomery County Circuit
Moderately hilly ride on the still moderately rural roads of Montgomery County. Rest stop at the Dickerson store at the halfway point. No go in wet roads.

Dale Hunt [dhunt175@yahoo.com] 202-299-9094

CC/B * 30-60 * MD * 9:00 AM * Thomas S Wootton HS Parking (TWHS) * 50%/60%

Rockville Saturday Morning Ride
In its 4th year, the Wootton ride is a regular fun group Saturday morning event, suitable for seasoned B/CC riders. We will be mostly riding from Rockville to Germantown/Poolesville/Clarksburg with frequent variations to keep it interesting. Typical moderately hilly ride length will range from 30 to 60 miles. Actual ride length for each week will be posted in advance. We make 1-3 rest stops depending on the length of the ride. The group generally divides into two sub-groups, and our attempt will be to not drop anybody as long as you can ride at a high B (~16mph) / high CC (~14mph) pace for the length of the ride. Please consult the club website (www.potomacpedalers.org) for ride start times or the ride Facebook page (https://www.facebook.com/groups/rockvillewoottonride/), but generally we will start at 9 AM in spring and 8 AM in late spring/summer. The ride will leave promptly at the designated time. Come join us and enjoy the ride. The cue sheet will be sent via email to those who provide their email and posted on our FB page. We will bring limited cue sheets and expect regular riders to print their own.

Ajit Baid [baidajit@gmail.com] 267-421-1438

B (MH) * 48 * VA * 9:00 AM * Loudoun County High School (LOU)

Middleburg Horse Country – Gravel
This route is a variation of the 46 mile South from Grindinggravel. blogspot and contains 3800 feet of climbing. From Loudoun County High School, we’ll do a loop down Catoctin Circle to the W&OD to warm up the legs before tackling Woodburn. The route traverses some must-do Loudoun roads. There are 2 rest stops on this route. The first, which also has bathrooms, is the Exxon Station in Middleburg at mile
22.6. The second is at the Philomont General Store at mile 31.4. The ride will be cancelled if the temperature is expected to be below 30 at the start time, or precipitation has occurred or expected during the time we’ll be riding. Check the PPTC Web site for last minute updates (a GO/no-go decision will be made 2 hours before the scheduled start).

See https://RideWithGPS.com/routes/12474622 for the route cues & map.

Mike Skinnell [nascar4dad@verizon.net] 703-231-4855

B/B/A(H) * 52 * MD * 10:00 AMm * Monocacy Middle School (MMS)

Training for Mountains of Misery #1

If you are planning on doing any of the hilly challenge rides this year, like Thunder Ridge, Mountains of Misery, or Mountain Mama, then you need to get some climbing in your legs. This is a go your own pace ride, as the climbs are plentiful and a bit steep. We will take in Shookstown, Gambrill Park, Harp Hill, Wolfsville, Garfield, and Park Central. The return to MMS will be in the valley. There will be two rest stops to give your legs a break.

A: Tim Guilford * [tim @ guil4d.net] 301-704-2723
B: Jerzy Lamot [Jerzy@lamotconstruction.com]

April 10 — Sunday

ALL * 15-25 miles * MD * 10:00 AM * Veirs Mill Park Activity Building (VMP)

Ride Leader Annual Meeting & Ride

Ride Leaders, experienced, new, or wanna be’s, please attend this annual leader meeting and training. This is your chance to meet other ride leaders, share experiences and tips in discussion groups, learn MD bike laws and accident management, bring up issues of concern to each other and leadership, and have questions answered on: How to Set up a Ride, and How to manage and lead riders. There will be brunch and coffee, tea starting at 10 AM, and the meeting starts at 10:30 AM. We plan to meet, discuss, socialize and ride after the meeting. See website for more details. Please come for any portion of it if you can. The Veirs Mill Activity Building is at 4425 Garret Park Road, Wheaton, MD, near Beach Drive, and you can park your bike in the activity building where we meet.

Martine Palmiter [mpalmiter@gmail.com] 301-787-4556
Linda Kolko * [127lkolko@gmail.com] 301-785-1342

CC/B * 20 * MD * 9:30 AM * Cabin John Regional Park

Ride to the Ride Leader Meeting

Meet at Cabin John Regional Park (see specifics in the listing for 4/3 or 4/24) for a relatively short jaunt to Veirs Mill Park, and back when you choose. This is a great opportunity to get in a short ride, learn about leading rides, and meet other like-minded folks!

Julie Marders [juliemarders@yahoo.com] 240-750-0754 (cell, texts OK)

TANDEM * 30 * MD * 9:30 AM * Jonas Green Park * 30%

Annapolis-Bay Bridge

Meet at Jonas Green Park, 1997 Baltimore-Annapolis Blvd, Annapolis, MD 21409.

Enjoy great views of Annapolis and the Bay Bridge on Chesapeake Bay, on a mostly flat course, with a few hills, probably less than 5%. About 30 miles, with opportunity for lunch at the waterfront Market in Annapolis. Cancel if odds of rain are 30% or more.

Don Schneider & Jean Chin [jdon79@aol.com] 301-942-6330; 301-351-0149 (day-of-ride cell)

D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 40%/95%/30%

Lunch in Shirlington

Another great ride from the original Ride-To-Eat™ production team!

Both MEMBERS AND NON-MEMBERS are very welcome to join us for this social ride, followed by lunch at one of the many restaurants in Shirlington (free parking in garages and lots on weekends). NO REGISTRATION is needed – just show up. We meet at 9:45 AM for a 10 AM departure on the brick plaza in front of the Shirlington Library / Signature Theater on Campbell Avenue in Shirlington (in Arlington). We select a restaurant, then go to lunch at about 12 PM. See you there!!!!

[P.S. Between 10 AM and 12 PM you are welcome to join the leader on the bike trails of Arlington (the Arlington Loop: traveling first on a portion of the W&OD Trail, then the Custis Trail, the Mount Vernon Trail, and the Four Mile Run Trail) with a rest stop in Lyon Village, and a brief regrouping at Gravelly Point (cue sheet on PPTC website). The 3-4 miles on the Custis Trail are hilly; the rest of the ride is pretty flat. Leader rides a slow "C" pace; all levels welcome (those wanting more or fewer miles may wish to continue up the W&OD and return to join us for the main event: lunch!). The ride leader is very likely to cancel the ride if the temperature during the hours of the ride is less than 40 degrees or greater than 95 degrees, the chance of rain is greater than 30%, or the wind speed is greater than 10 MPH. If the weather looks doubtful it is particularly important to check the Ride Schedule on the PPTC website for a late cancellation notice. Alternatively, you may email the ride leader to see if the ride is a go.

Ron Trueworthy [Ron.Trueworthy@Yahoo.com]

BB/A (MF) * 65 * VA * 9:00 AM * Warrenton Municipal Lot-A (WAR)

Duck Soup

This is a mostly flat ride, with a few noticeable bumps, that always starts fast out of the gate down Springs. There is one rest stop, at mile 35 at the Midland/Elk Run store.

One can find bathrooms in town but not at the ride start; there are Pot-o-john at the rest stop. See http://RideWithGPS.com/routes/1183357 for the route's cues & map. No go in rain or on really wet roads; check Google Group "Pedalers" for updates or call if in doubt.

Jim Sherman [cryptic22006@gmail.com] 571-232-0164

April 16 — Saturday

TANDEM * 30 * MD * 10 AM * Aberdeen P&R * 40%/50%

Eastern Harford County

Meet at the Park & Ride, Technology Drive, Aberdeen, west of MD 22, I-95 Exit 85.

Enjoy great views of rural and not so rural Eastern Harford Co including Ripken Stadium and Chesapeake Bay. About 30 miles, with opportunity for lunch after the ride. Good early season ride with hills early then mostly flat. (Ride will be cancelled if POP > 50% or temps < 40deg.)

Tom & Peggy Dymond [mmdymond67@gmail.com] 410-272-9139; cell (day of ride): 410-459-8544

D * 10 * MD * 10:00 AM * Thomas Farm Community Center

Carl Henn Millennium Trail Loop

This 10 mile loop is dedicated and named for Carl Henn, a Rockville city bike advocate. We'll meet in front of the Thomas Farm Community Center, bathrooms open. The paved trail loops around Rockville. Note: We will cross a few busy intersections and there are a couple of long slopes uphill. This ride is a good ride for D riders since it mostly stays on the trail. There will be some crossings at lights at busy intersections. We will regroup at the top of any inclines and no one will be dropped. Make sure your tires are pumped up, you have a helmet and water. Ride start location is at 700 Fallsgrove Drive, Rockville, MD 20850. Online information about the ride start, including map and directions, is at:


Gordon Smith [wa3qkc@aol.com] 240-299-3384
D * 19 * VA * 10:00 AM * Vienna Elementary School
"Nice and Easy" to Herndon
Packing and staring the ride at the Vienna Elementary School, 128 Center St.
S., Vienna, VA 22180. If you have not ridden a bike in several years or
wanted to try a ride with a group, this is the ride for you. The ride is for
beginners and rearters, members and non-members of Potomac
Pedalers club. It is a socializing ride with an optional lunch at a nearby
restaurant after bicycling or at the turning point. You can use road bikes as
well as hybrid or mountain bikes. Confirmation by an email or phone call
is recommended. An easy flat ride on the W&OD trail through the town
of Vienna and Reston to Herndon or optional beyond. Bring a helmet
and lock. Benches and restrooms are available along the trail. Public
transportation is available.
Gregory Basheda [gbasheda@yahoo.com]

C * 25 * MD * 10:00 AM * Veirs Mill Park RC (VMP) * 50* 50%
Lunch at Parkway Deli.
We'll ride down Beach Drive to Peirce Mill. On the return, we'll lunch at
Parkway Deli. Optional hill on the return at Peirce Mill. Locks & helmets
please. Call ride leader if weather is marginal. Call me at home if you have
questions except on the day of the ride; on the day of the ride, call me on
my cell. Address for VMP is 4425 Garrett Park Rd. Silver Spring, MD.
Bill Michie [b_michie@yahoo.com] 301-924-0388 (home);
301-892- 2359 (cell)

C * 50 * VA * 9:00 AM * Crystal City Water Park * 50%
Ten Trails to Lake Artemesia
This extra-long C ride combines ten DC-area bicycle trails to visit
one of the prettiest spots in the Washington area: Lake Artemesia near
College Park. We begin by riding across DC to the Anacostia River,
then north to Lake Artemesia. After a loop around the lake, we ride
through the University of Maryland campus to Sligo Creek and follow it to
downtown Silver Spring for lunch. Finally, we return via the Capital
Crescent Trail. Though longer than usual, we maintain a comfortable C
pace. Most of the ride is on paved bicycle trails, with some on-road bike
lanes or quiet roads, and even a bit of sidewalk. There are two moderate
hills on this ride, but we’ll make sure everyone catches up. If you want to
try this ride but you’re concerned about the distance, we pass near
several Metro stations along the way, so you can bail out if you get tired--
make sure you’re familiar with Metro’s Bike ‘N Ride Guidelines [www.
w mata.com/getting_around/bike_ride/guidelines.cfm]. We will meet in
South Arlington at Crystal City Water Park, by the bicycle repair vending
machine. The parking garage across the street at 1750 Crystal Drive is
free on weekends and holidays. DIRECTIONS: From either direction on
US-1 (Jefferson Davis Hwy) take the '15th St S Pentagon City' exit but
turn east (toward the river) on 15th St S, turn right onto Crystal Drive,
then right again into the 'Visitors' entrance of the parking garage. Allow
enough time to find a parking space and bring your bicycle across to the
Water Park. For those riding to the ride, Crystal City is easily accessible
from Four Mile Run or Mount Vernon Trails; call leader if you have
questions. No go if rain is likely, in which case cancellation will be
posted on the web site by 8:00 AM.
George Saxton [gsaxton@saxfam.net] 703-243-8284

C/CC (MH) * 32 * MD * 6:30 AM * Cloverly Safeway (CLO) * 40%
Earlybird Ride
If your weekend schedule fills up, but don’t mind getting up a bit early,
join us over the hills north and east of Olney. The planned route is at
http://ridewithgps.com/routes/4358995 with 1800 feet of climbing. We
pass a church parking lot at 17700 Old Baltimore Rd in Olney by 7:00
AM for an appropriate pickup spot (anyone joining this ride from Olney
may park there, but do let the ride leader know, and you may be on your
own to get back to this location). Lights and/or flashers are recommended
for the sunrise start, but with a target pace of 12 mph we should finish
before 9:30 AM, giving plenty of time to get to the rest of those Saturday
chores and activities. A 40% or greater chance of rain will cancel the ride.
Chris Morris [cjmorris67@gmail.com] 301-244-9430

CC/B * 30-60 * MD * 9:00 AM * Thomas S Wootton HS Parking
(TWHS) * 50/60%
Rockville Saturday Morning Ride
In its 4th year, the Wootton ride is a regular fun group Saturday morning
event, suitable for seasoned B/CC riders. We will be mostly riding from
Rockville to Germantown/Poolesville/Clarksburg with frequent
variations to keep it interesting. Typical moderately hilly ride length
will range from 30 to 60 miles. Actual ride length for each week will
be posted in advance. We make 1-3 rest stops depending on the length
of the ride. The group generally divides into two sub-groups, and our
attempt will be to not drop anybody as long as you can ride at a high B
(-16mph) / high CC (~14mph) pace for the length of the ride. Please
consult the club website (www.potomacpedalers.org) for ride start
times or the ride Facebook page [https://www.facebook.com/groups/
rockvillewoottonride/], but generally we will start at 9 AM in spring
and 8 AM in late spring/summer. The ride will leave promptly at the
designated time. Come join us and enjoy the ride. The cue sheet will be
sent via email to those who provide their email and posted on our FB
page. We will bring limited cue sheets and expect regular riders to print
their own.
Ajit Baid [baidajit@gmail.com] 267-421-1438

April 17 — Sunday

D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature
Theater (SHR) * 40°/95°/30%
Lunch in Shirlington
Another great ride from the original Ride-To-Eat™ production team!
Both MEMBERS AND NON-MEMBERS are very welcome to join us
for this social ride, followed by lunch at one of the many restaurants
in Shirlington (free parking in garages and lots on weekends). NO
REGISTRATION is needed – just show up. We meet at 9:45 AM for a
10 AM departure on the brick plaza in front of the Shirlington Library /
Signature Theater on Campbell Avenue in Shirlington (in Arlington).
We select a restaurant, then go to lunch at about 12 PM. See you there!!!! [P.S.
Between 10 AM and 12 PM you are welcome to join the leader on the bike
trails of Arlington (the Arlington Loop: traveling first on a portion of the
W&OD Trail, then the Custis Trail, the Mount Vernon Trail, and the Four
Mile Run Trail) with a rest stop in Lyon Village, and a brief regrouping at
Gravelly Point (cue sheet on PPTC website). The 3-4 miles on the Custis
Trail are hilly; the rest of the ride is pretty flat. Leader rides a slow "C"
pace; all levels welcome (those wanting more or fewer miles may wish to
continue up the W&OD and return to join us for the main event: lunch!).
The ride leader is very likely to cancel the ride if the temperature during
the hours of the ride is less than 40 degrees or greater than 95 degrees,
the chance of rain is greater than 30%, or the wind speed is greater than
10 MPH. If the weather looks doubtful it is particularly important to check
the Ride Schedule on the PPTC website for a late cancellation notice.
Alternatively, you may email the ride leader to see if the ride is a go.
Ron Trueworthy [Ron.Trueworthy@Yahoo.com]

C * 29 * MD * 10:00 * Candy Cane City (CAN) * 50/50%
Lake Needwood Adventure
Add a few miles to your bike ride to Lake Needwood. Cruise up Beach
Drive to Veirs Mill Recreation Center. Ride leader will maintain C pace
(11 mph) as we bike along the Rock Creek Bike Trail to Lake Needwood.
Lunch afterwards at Black Market restaurant in Garrett Park. Locks and
helmets please. Call ride leader if weather is marginal. Street address
for CAN is: 7901 Meadowbrook Lane, Chevy Chase, MD. We will
meet at the Playground across from the pedestrian bridge on Beach
Drive. Parking is also available on Beach Drive and at the French
International School at the corner of Woodbine and Beach Drive.
Debra McCall [debbie3speed@verizon.net] 202-882-6316
C * 15 * VA * 12:15 PM * Shirlington Lib/Signature Theatre (SHR)

**Marine Band Chamber Music Series**

A music lover’s delight. Ride to the Marine Band Sousa Hall for a FREE concert of small ensemble chamber music. I think this is the most interesting chamber music series going on in town with programming that is eclectic, diverse, and always uplifting. This series is produced solely by the players in the band, playing music of their choice. The program will be of various small ensembles, but the primary “must see and hear” piece is the "Quartet for the End of Time" by the French composer Olivier Messiaen written while he was in a Nazi P.O.W. camp during WW II. The ride will be on trails, crossing 14thSt Bridge, crossing the Case Memorial Bridge and the quiet streets of S.E. There is a big window of time to get there for the 2:00 concert to ensure good seats and time to browse the artifacts of the Marine Band and Conductor John Phillip Sousa. Lock up outside the hall, or in the secure auto parking area (by secure, I mean an armed Marine guard).

Tom Roberson [thomroberson@gmail.com]

CC(F) * 32 * VA * 11:00 AM * Margaret M. Pierce ES (MPS)

**Between The Rivers**

The largest cavalry battle of the Civil War, the Battle of Brandy Station, occurred on June 9, 1863 and involved nearly 17,000 horsemen under Confederate Maj. Gen. J.E.B. Stuart and Union Maj. Gen. Alfred Pleasonton. Amid rumors of a flanking maneuver by JEB Stuart, but he had his hands full with the newly formed Union cavalry and one Captain Custer who distinguished himself at the Battle of Kelly's Ford. You're going to like this ride and six miles before the end we stop for lunch at the Inn at Kelly's Ford. The Pelham's Pub (Maj. John Pelham commander of Stuart's horse artillery – Stuart wrote Pelham’s mother, “I loved him as a brother, he was so noble, so chivalrous, so pure of heart, so beloved.”) downstairs invites us with outdoor seating and a grand vista of an equestrian meadow. If you’re not happy at Kelly’s Ford, we’ll check you for a pulse. "Now, of my fourscore years and ten, sixty will not come again, And take from ninety springs three score, It only leaves me thirty more.”

John Wannen [john@wannen.com] 202-374-1523

*****BELOW RIDE NOT IN PRINT EDITION*****

B(F)/CC(F) * 62 * MD * 10:00 AM * East Kent Narrows Park & Ride

**Kent Island Social**

See why I lead this ride twice a year - beautiful views, nice houses, and long stretches for spinning with shorter out-and-backs to help keep the group together. Distance you ride is up to you. No water/bathrooms at ride start. Lunch at Kentmorr Restaurant about 10 miles from the end of the ride. Ride start is at the Park & Ride on the east side of Kent Narrows. See the online ride schedule for complete description and directions.

B/CC * Bob Bernstein * rberinstein55@yahoo.com * 240-593-2539

BB/A * 75 * MD * 9AM * Fulton P&R (FPR)

**Riding Towards Mount Airy**

I'm hoping for a warm and sunny day for this ride and not April showers. This ride will test the legs. There aren't any long climbs but we all know the toll that rolling roads can do to the legs. There are some roads on this route that I haven't been on for some time and so I'm looking forward to riding them again. There are three rest stops if they are needed, one in Glenwood at the Highs, the second in Lisbon and a third in Glenelg if it's needed. If the roads are wet or if there's a chance of rain (or even April showers) in the forecast then there's a good chance the ride will be cancelled. https://ridewithgps.com/routes/12461482

A/BB: Nick Clements [nrhelements@gmail.com] 240-432-6800

A: Tim Guilford * [tim @ guil4d.net] 301-704-2723

BB/A (MH) * 66 * VA * 9:00 AM * The Plains (PLA)

**Wallowing Naked**

Come enjoy two steep climbs (Bear Wallow and Naked) and lots and lots of rollers. There'll only be one early rest stop as the Upperville store is closed so load up in Orleans. There's no bathroom at the start though you can get breakfast or coffee and a bathroom break at the bike shop at the corner of 55 and 245 on the way to the tracks. For the route's cues & map see: https://RideWithGPS.com/routes/5143492. No go in rain or on really wet roads; check Google Group "Pedalers" for updates or call if in doubt.

Jim Sherman [cryptic2200@gmail.com] 571-232-0164

April 23 (Saturday) — April 24 (Sunday)

*****RIDE START UPDATED FROM PRINT EDITION*****

ALL * 40/60/100 (optional mileage each day) * VA *10:30 AM * Four Mile Creek Park, Henrico, VA 23231 * 50%

**Virginia Capitol Trail-One Overnight Only (ONO)**

Season opener for the One Night Overnight (ONO) rides. Please arrive 15 minutes early. A rider packet will be distributed at sign in (and emailed in advance by request). Riders have several choices to arrange in advance of the ride: you can ride back to the start (a long day in the saddle!); carry a small bag to stay the night and return on your own schedule on the trail the next day; or take advantage of a non-cycling partner/friend to carry your bag and/or for a ride home. **Note: our start has moved to Four Mile Creek Park, Henrico, VA 23231 from Shiplock Park due to a large event in Richmond.** This shortens the trail route on Saturday by 10 miles but it also then allows for one to take the ferry at trail's end to Surry and ride up to an additional 20 miles, making for a 60-mile (or longer) day, if desired. And any riders who want to ride to the trail end in Richmond at Shiplock Park can also do so on Sunday and then return to the Four Mile Creek Park start. This, too, would be a 60 mile day if desired and cover the trail completely.
Additionally, those staying the night with their own return arrangements can do the challenging Colonial Grand Fondo Metric (cue supplied) on Sunday. On either day, it's highly recommended to take the free ferry to Surry for four different ride options from 10 to 50 miles (cues in packet). ONO rides are self-supported for ease of scheduling and flexibility. Riders make their own individual arrangements for the return to Richmond and their own hotel reservations for the overnight. There are many hotels in Williamsburg to choose from. Reservations should be refundable as the ride will not go if weather is not favorable. The recommended hotel for this ride is the reasonably priced ($99 plus taxes PPTC group rate) Clarion Hotel in the Historic Area, 351 York Street, Williamsburg, VA, 23185, (757) 229-4100. Please note that it is 8.8 miles to the hotel from trail end and this short ride is separately cued. Riders should be prepared to carry their own bag to Richmond. However, we will try to take advantage of cars that are accompanying riders to move their bags. Please contact Catherine Kitchell at catherinekitchell@gmail.com if you have a car driver accompanying you that can carry a bag or if you would like a bag carried. Again, we cannot guarantee a bag carry but we will try to arrange it. There will be a group dinner Saturday night, venue and time will be provided at sign in. (FYI: in the event of a cancelation, June 18 is the tentative reschedule date - hotel price subject to change; ride start will revert to Shiplock Park in Richmond.) Contact John Zebatto (zebweb@gmail.com) for questions and a rider packet via email in advance. Check the Virginia ride forum and the website for any updates or weather related issues. Directions to Four Mile Creek Park available online on the Potomac Pedalers Ride Calendar. John Zebatto [zebweb@gmail.com]

April 23 — Saturday

ALL * 5-25 * DC * 9:15 AM * Shelter 10 on Beach Drive

Women's Spring Ride

Calling all women cyclists. It's the first Women & Bicycles ride of the year. We're looking to increase the number of women in PPTC and encourage all women to take up biking. Bring your women friends to this friendly, no-drop ride to start the biking season. We'll gather at Shelter 10 on Beach Dr, Washington, DC at 9:15 AM for a pre ride talk about group rides, etiquette and safety. We'll have 2 rides - a shorter trail ride and an longer road/trail ride. Both rides will be no drop, with plenty of ride leaders to help you. We'll also have cue sheets. Map: http://goo.gl/a5E83I. After the ride, we'll have a potluck lunch. Please bring a dish to share. We'll have coolers to keep food cold while we ride. There will be plenty of opportunity to ask for or share advice on bicycling. This ride is co-sponsored by the Women and Bicycle program of WABA. We are asking for a $5 cash donation to support this program.

DIRECTIONS: Grove 10 picnic and parking area is on Beach Drive and 1.4 miles north of where Joyce Road intersects Beach Drive. There are a number of road closures along Beach. These directions avoid those closures.

From Maryland or north of Military Road: If you're coming from the Beltway, take the Georgia Ave. South exit. Stay in the right lane and after approx. 1/4 mile it will turn into 16th Street. Take 16th Street south toward DC. Go approximately three miles. One block before Military Road, turn right on Joyce Road. The road forks after about 75 feet. Take the left fork to remain on Joyce, and continue to the stop sign. At the stop sign take a right at Beach Drive and continue to Grove 10.

From D.C. or neighborhoods south of Colorado Avenue and Carter Barron Amphitheater: Traveling north on 16th Street, turn left one block north of Colorado Avenue on Kennedy Street (which becomes Morrow Drive), and take it down to the stop sign at Joyce Road. Take a quick left, then an immediate right on Beach Drive, and continue to Grove 10.

By Metro and Bike: Exit at Van Ness/UDC Metro stop. Work your way to Tilden Street (about 3 blocks south of metro), turn left and head into the park down a long, steep hill. Turn left at Pierce Mill just before the traffic light at Beach Drive. There is a path that runs in back of Pierce Mill. Head north on the path, away from downtown DC. After a short distance, about 150 yards, you'll cross through a small parking lot and a small road (Broadbranch). If you look straight ahead, you'll see a gate blocking Beach Drive to cars. Cross that gate entering Beach Drive, and head north for approximately 2.5 miles to Grove 10. You won't be the only cyclist there, so you can't miss it. Deborah Turton [d.t urton@verizon.net] 301-482-0675 Linda Kolko [127lkolko@gmail.com] 301-785-1342

D * 19 * VA * 10:00 AM * Vienna Elementary School

"Nice and Easy" to Herndon

Parking and starting the ride at the Vienna Elementary School, 128 Center St. S, Vienna, VA 22180. If you have not ridden a bike in several years or wanted to try a ride with a group, this is the ride for you. The socializing ride is for beginners and re-starters, members and non-members of Potomac Pedalers club with an optional lunch at a nearby restaurant after bicycling or at the turning point. You can use road bikes as well as hybrid or mountain bikes. Confirmation by an email or phone call is recommended. An easy flat ride on the W&OD trail through the town of Vienna and Reston to Herndon or optional beyond. Bring a helmet and lock. Benches and restrooms are available along the trail. Public transportation is available.

Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637

C * 22 * VA * 10:00 AM * Belle Haven Picnic Area (BEL)

Mount Vernon Grist Mill and Distillery Excursion

This ride was rained out last fall, too bad because they were distilling whiskey that day, maybe we will be lucky this time, but they do not give out samples! Never the less, it is a wonderful place to visit whether it is the first time or a return visit. Plan to take a lunch to enjoy on the site. They also mill a wonderful corn meal, and barley blend flour for pancakes, and usually there is some for sale. There is a $5.00 entry fee. Tom Roberson [tomroberson@gmail.com]

CC * 30 - 40 * MD * 10:00 AM * Silver Spring Metro

Beach to Creek

Meet at Dixon & Rilpey Sts near Silver Cycle Bikes. Park in Bonifant St garage marked "Free parking on weekends". We start off on Beach Dr and return on Sligo Creek Pkwy. There may be a loop through Rock Creek Park, into DC or out to Rockville. Contact me for the exact route by Friday evening. I will be in the Whole Foods deli, on Fenton between Ellsworth and Wayne Sts, before and after the ride.

Jerry Collins [jerrycybike69@gmail.com] 240-281-4861

CC * 33 * MD * 10 AM * Riley’s Lock (RIL)

Western Montgomery Circuit

Roads around Potomac and Poolesville with rolling terrain.

Mike Divine [mikedivine74ATme.com] 301-258-7820

CC * 49 * VA * 10:30 AM * HM Pearson Elementary School (HMP)

Rural Splendor Remix: Warrenton, Opal and Remington

Turning right out of the school, we'll take Old Auburn Rd to a rest stop in downtown Warrenton, then go south on 802, turning left on Opal Rd just east of the Rappahannock River through scenic rolling farm country to a rest stop in Remington, returning to Calverton on Rognes Rd. 49 miles, 1774' of elevation gain. Route map and GPS files are here: https://ridewithgps.com/routes/4391634 and the cue sheet is in the Cloud: https://drive.google.com/open?id=0B_14nUHjyxe1VFBuLV81NnlQNjQ

Steve Palincsar [palincss@his.com] 703-548-1585 (H); 703-655-8959 (Cell)
CC/B * 30-60 * MD * 9:00 AM * Thomas S Wootton HS Parking (TWHS) * 50°/60%

Rockville Saturday Morning Ride
In its 4th year, the Wootton ride is a regular fun group Saturday morning event, suitable for seasoned B/CC riders. We will be mostly riding from Rockville to Germantown/Poolesville/Clarksburg with frequent variations to keep it interesting. Typical moderately hilly ride length will range from 30 to 60 miles. Actual ride length for each week will be posted in advance. We make 1-3 rest stops depending on the length of the ride. The group generally divides into two sub-groups, and our attempt will be to not drop anybody as long as you can ride at a high B (~16mph) / high CC (~14mph) pace for the length of the ride. Please consult the club website (www.potomacpedalers.org) for ride start times or the ride Facebook page (https://www.facebook.com/groups/rockivillawoottonride/), but generally we will start at 9 AM in spring and 8 AM in late spring/summer. The ride will leave promptly at the designated time. Come join us and enjoy the ride. The cue sheet will be sent via email to those who provide their email and posted on our FB page. We will bring limited cue sheets and expect regular riders to print their own.

Ajit Baid [baidajit@gmail.com] 267-421-1438

B/BB(A) * 71 * MD * 9:30 AM * Monocacy Middle School (MMS)

Training for Mountains of Misery #2
If you are planning on doing any of the hilly challenge rides this year, like Thunder Ridge, Mountains of Misery, or Mountain Mama, then you need to get some climbing in your legs. This is a go your own pace ride, as the climbs are plentiful and a bit steep. We will take in Hamburg, Harp, Reno Monument, Townsend and Teen Barnes. There will be two rest stops.

A: Tim Guilford [tim@guil4d.net] 301-704-2723  
B: Jerzy Lamot [Jerzy@lamotconstruction.com]

A (MF) * 57 * VA * 9:00 AM * Vint Hill Farms

Lack of Cols
Let's take a spin around the flatlands east of Warrenton. No go in case of rain. Check with the ride leader if in doubt. Meet in commuter lot on corner of Kennedy Rd. and Aiken Dr. See https://ridewithgps.com/routes/12493998 for route cues & map.

Leonardo Vieira [vieiraus@yahoo.com] 703-912-4250

April 24 — Sunday

D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signture Theater (SHR) * 40°/30%

Lunch in Shirlington
Another great ride from the original Ride-To-Eat™ production team! Both MEMBERS AND NON-MEMBERS are very welcome to join us for this social ride, followed by lunch at one of the many restaurants in Shirlington (free parking in garages and lots on weekends). NO REGISTRATION is needed – just show up. We meet at 9:45 AM for a 10 AM departure on the brick plaza in front of the Shirlington Library / Signature Theater on Campbell Avenue in Shirlington (in Arlington). We select a restaurant, then go to lunch at about 12 PM. See you there!!!! [P.S. Between 10 AM and 12 PM you are welcome to join the leader on the bike trails of Arlington (the Arlington Loop: traveling first on a portion of the W&OD Trail, then the Custis Trail, the Mount Vernon Trail, and the Four Mile Run Trail) with a rest stop in Lyon Village, and a brief regrouping at Gravelly Point (cue sheet on PPTC website). The 3-4 miles on the Custis Trail are hilly; the rest of the ride is pretty flat. Leader rides a slow "C" pace; all levels welcome (those wanting more or fewer miles may wish to continue up the W&OD and return to join us for the main event: lunch!).

The ride leader is very likely to cancel the ride if the temperature during the hours of the ride is less than 40 degrees or greater than 95 degrees, the chance of rain is greater than 30%, or the wind speed is greater than 10 MPH. If the weather looks doubtful it is particularly important to check the Ride Schedule on the PPTC website for a late cancellation notice. Alternatively, you may email the ride leader to see if the ride is a go.

Ron Trueworthy [Ron.Trueworthy@Yahoo.com]

C/CC (MF) * 35/52 * VA * 10:00 AM * Brentsville Park (BVP) * 45° or 95°/50%

Rural Rogues Road
Mostly downhill with a tailwind. This route from Brentsville - like all my others - is a beautiful ride in the countryside. Rogues Road is so named because highwaymen used to enrich themselves at the expense of those looking for their fortune by relocating to the Carolinas. Unfortunately, it was misfortune that the latter sometimes found along the way. The short route visits Rogues Road for only four miles while the long route misses only one of its twenty. There are few hills, and average ascent is - surprisingly enough - less than 50’ per mile. Regardless, the odyssey is more scenic than hilly and is mostly traffic-free except for a one-mile stretch on Vint Hill Road. IMPORTANT NOTE: Ride start is behind the Brentsville Presbyterian Church. HELMETS REQUIRED. I may cancel if the forecasted high is above 95 or below 45 degrees or chance of precip is 50% or more. Please check the PPTC ride forum if weather looks marginal. Toilet not available at ride start. Questions? Call me at home NLT 2 hours prior to ride start or on cell thereafter.

Len Wilkinson [len.wilkinson@verizon.net] Home 703-455-0368 or Cell 703-350-9209

CC (H) * 33/39 * VA * 9:30 AM * Thomas Jefferson JHS (TJJ) * 95°/50%

Blossoms Inside the Beltway
If things work out as they usually do in the spring, we have a good chance of attractive coloration from flowering dogwoods and brilliant azaleas. We will ride through pleasant suburban neighborhoods in Arlington, Lake Barcroft, Annandale, Falls Church, and McLean getting close to but never crossing the infamous roadway in the ride title. There are some hilly sections to provide a good workout that could be a preparation for more challenging rides to come. There is a shortcut that cuts out six miles from the longer route for those wanting a little shorter ride. Possible group lunch at Mom's of "Local Yokels" fame. Helmets please. Cue sheets are available on the web at " www.pankin.com". Call leader if weather is questionable.

Mark Pankin 703-524-0937

CC/B * 47 * MD * 10 AM * Davidsonville Park & Ride (DPR)

Davidsonville to Galesville
Join us for this ride on both flat and moderately hilly roads. No restrooms at the ride start location. All ride classes are welcome, as long as you can read a cue sheet and fix a flat tire. No go if rain or wet roads. If canceled, we will post here: Potomac Pedalers MD Ride News Or, contact one of the Ride Leaders, after 7am please, day of ride.

CC: Ed Hazelwood [ehazelwood@comcast.net] 202-255-1787  
B: Monique Sears* [moniquesears@rcn.com] 202-256-5218

CC/B (MIH) * 30-40 * MD * 9:00 AM * Cabin John Regional Park

Cabin John Fever
Join us for a challenging ride in the Potomac area. Learn about neighborhood streets and trails connecting Potomac to Rockville, Bethesda, and beyond, while having fun and meeting other cyclists. Cue sheets provided at ride start. Cabin John Regional Park (CJRP) is located at 7400 Tuckerman Lane, Bethesda MD. Use Tuckerman Lane entrance to park (not Westlake Drive). The entrance sneaks up on you so be careful when arriving. If you see the Cabin John park sign, you
Meet near the exit of this parking lot (behind the Do Not Enter sign that is visible from Tuckerman lane). Relax in CJRP after the ride or stop at Cabin John Shopping Center & mall (corner of Tuckerman Lane & Seven Locks Road) for California Tortilla, Subway, Broadway Pizza, Starbucks, Dunkin Donuts, Baskin Robbins, BGR, Jerry's, McDonalds, etc. There’s something for everybody!

No-go in rain or wet roads. If you have questions about go/no-go, check the website for cancellation before you head out.

Julie Marders [juliemarders@yahoo.com] 240-750-0754 (cell, texts OK)

B/BB (MH) * 60 * VA 9:00 AM * Warrenton Municipal Lot-A (WAR)

Blue Ridge Views

The relatives have left town, so let's ride. As the ride namesuggests, there are views of the Blue Ridge plus sightings of lesser-known hills and ridges. There is about 3,670 feet of climbing, but no killer, steep grades.

From downtown Warrenton we’ll head westward to the hills, passing through Orleans on the way to Flint Hill, via the hippy Leeds Manor and Crest Hill Roads. After a rest stop (with flush toilets) at Flint Hill, we go south on rolling hills through Ben Venue and then east to Rixeyville for stop number two. From there it is east and north back to Warrenton. See the link http://RideWithGPS.com/routes/7433372 for the cued route.

A few notes: No restroom at the ride start, so stop at a gas station before arriving. To reach Warrenton from the east and avoid traffic snarls in Gainesville, exit I-66 at Haymarket/Hwy. 15 and head south about two miles to Hwy. 29. Turn right and continue until you reach Warrenton. Garmin and other electronic route finders tend to make you exit I-66 at Gainesville (Hwy. 29), which will only leave you dealing with a lot of traffic lights. No go in rain. If weather forces a cancellation, I’ll post a notice on the Google Group “Pedalers” and the PPTC website ride listing. The Ride Leader will pedal at a non-threatening B pace and fully anticipates to be dropped on the hills a few miles outside of Warrenton. Got questions, call or send e-mail, just don’t wait until the morning of the ride.

Bruce Rolfsen [onthebeach@aol.com] 202-674-1941

BB * 58 * MD * 9:30 AM * Davidsonville Park & Ride (DPR)

Spring Cruise

A relatively mild ride over the rolling Anne Arundel and Calvert County country side will be either a nice recovery from the MoM training ride on A relatively mild ride over the rolling Anne Arundel and Calvert County, with a lunch stop near the halfway point in Union Bridge. A few of the roads are single-lane hard-pack crushed stone. Cue sheets and a link to GPX route data will be provided. There is a port-a-pot at Mayesky Park.

Phil & Andrea David [philj.david@gmail.com]

April 30 — Saturday

TANDEM * 40 * MD * 10 AM * Mayesky Park, Sykesville

Winfield to Union Bridge

Meet at Mayesky Park, 1300 West Old Liberty Road, Sykesville, MD 21784. We will ride on scenic, low-traffic country roads through Carroll County, with a lunch stop near the halfway point in Union Bridge. A few of the roads are single-lane hard-pack crushed stone. Cue sheets and a link to GPX route data will be provided. There is a port-a-pot at Mayesky Park.

Phil & Andrea David [philj.david@gmail.com]

D/C * 20/23 * MD * 10:15 AM * Veirs Mill RC (VMP)

Lunch at the Ale House

Bring helmet, ID, lunch money, and lock. Brief stop in Olney Manor Park. No go if wet roads, call ride leader between 8:15AM and 8:30AM on the morning of the ride if the weather is marginal. Please register in person on the day of the ride at the ride start, not online in advance. Cue sheet available online at http://www.qis.net/~cmoriarity. Chris Moriarity 301-270-3416 (before 8 PM)

C/CC (MH) * 32 * MD * 6:30 AM * Cloverly Safeway (CLO) * 40%

Earlybird Ride

If your weekend schedule fills up, but don’t mind getting up a bit early, join us over the hills north and east of Olney. The planned route is at http://ridewithgps.com/routes/4358995 with 1800 feet of climbing. We pass a church parking lot at 17700 Old Baltimore Rd in Olney by 7:00 AM for an appropriate pickup spot (anyone joining this ride from Olney may park there, but do let the ride leader know, and you may be on your own to get back to this location). Lights and/or flashers are recommended for the sunrise start, but with a target pace of 12 mph we should finish before 9:30 AM, giving plenty of time to get to the rest of those Saturday chores and activities. A 40% or greater chance of rain will cancel the ride.

Chris Morris [cjmorris67@gmail.com] 301-244-9430

C/CC/B/BB/A * 24-40 * DC * 9:30 AM-10:30 AM * Georgetown Waterfront Park

Georgetown Tailgate Ride

This awesome multi-class ride caters to all bicyclists in the Club. While all rides will enjoy Beach Drive in Rock Creek Park and scenic northwest DC neighborhood roads, the routes vary based on ride class. The CC through A routes favor great quiet roads to Potomac and adjoining areas before heading back to DC along Beach Drive with one to two rest stops. These latter rides will feature rolling hills and periodic lung-inhaling climbs. All are welcome and encouraged to stay around at ride’s end where the club will partially subsidize lunch at Mr. Smith’s pub across the street from the park. Depending on the weather, we will kick up the distance by around 10 miles if it is warmish. Note: we highly encourage folks to leave their vehicles at home. For those needing to drive, you can probably find free parking on residential streets above M Street or otherwise try www.spothero.com for discounts at the local parking lots.

Matt Birnbaum [noshbygosh@comcast.net] 202-702-5720

Linda Kolko [127lkolko@gmail.com] 301-785-1342

C * 21 * DC * 10:30 AM * Georgetown Waterfront Park

Linda Kolko [127lkolko@gmail.com] 301-785-1342

Barbara Solan [joebarsolan@icloud.com] 301-919-1221

Debbie McCall [debbie3speed@verizon.net] 202-882-6316

CC * 30 * DC * 10:00 AM * Georgetown Waterfront Park

Debi Strong [debistrong711@gmail.com] 703-568-8011

Jennifer Coken [jcoken64@gmail.com] 303-859-9081

B * 40 * DC * 10:00 AM * Georgetown Waterfront Park

Ron Tripp [ron.tripp@yahoo.com] 301-237-5079

Monique Sears [moniquesears@rcn.com] 202-256-5218

BB/A * 40 * DC * 9:30 AM * Georgetown Waterfront Park

The rider leaders expect to maintain a BB pace, but faster riders are welcome on the route.

Matt Birnbaum [noshbygosh@comcast.net] 202-702-5720

Steve Wartik [steve.wartik@verizon.net] 703-927-4722

CC/B * 30-60 * MD * 9:00 AM * Thomas S Wootton HS Parking (TWHS) * 50% /60%

Rockville Saturday Morning Ride

In its 4th year, the Wootton ride is a regular fun group Saturday morning event, suitable for seasoned B/CC riders. We will be mostly riding from Rockville to Germantown/Poolesville/Clarksburg with frequent variations to keep it interesting. Typical moderately hilly ride length

Chris Moriarity 301-270-3416 (before 8 PM)
will range from 30 to 60 miles. Actual ride length for each week will be posted in advance. We make 1-3 rest stops depending on the length of the ride. The group generally divides into two sub-groups, and our attempt will be to not drop anybody as long as you can ride at a high B (~16mph) / high CC (~14mph) pace for the length of the ride. Please consult the club website (www.potomacpedalers.org) for ride start times or the ride Facebook page (https://www.facebook.com/groups/rockvillewoottonride/), but generally we will start at 9 AM in spring and 8 AM in late spring/summer. The ride will leave promptly at the designated time. Come join us and enjoy the ride. The cue sheet will be sent via email to those who provide their email and posted on our FB page. We will bring limited cue sheets and expect regular riders to print their own.

Ajit Baid [baidajit@gmail.com] 267-421-1438

B/BB (H) * 58 * MD * 8:30 AM * Monocacy Middle School (MMS) Knockin’ on the President’s Door (But Who Will Answer?) My fellow Americans… In this election season, it is important that we remember that which makes our Nation great: The ability of men and women of all ages and ethnicities to pull on ridiculous looking clothing, straddle a bicycle, and climb Park Central Road (and a few other memorable climbs along the route). Besides, who knows who will be in residence after January 2017? This is a favorite ride for many and, usually, a nice time of the year in which to ride in this area. We’ll use the revised route that limits crossings of Rt. 15, and I will post GPS files in advance of the ride. No go if raining (I’ll post on the forum if there is any doubt).

Paul Huey-Burns [phueyburns@gmail.com] 202-255-2785

BB/A (VH) * 90 * VA * 9:00 AM * Eastham Park (EAS) SkyTower My SLD (Skyline Drive) entrance card expires this month, so let’s get some use out of it before the tourist season starts! This ride starts as SkyMass but instead of coming straight back through the valley, we climb Edinburg Gap and then climb back over the gravel Woodstock Tower Rd (2 miles up and 3 miles down). The gravel was no problem on a road bike with 25s, though I can’t vouch for its condition after this winter. Rest stops in Luray and Woodstock with bathrooms; port-o-john at the ride start. Anyone wanting to stick with the traditional SkyMass, the Fort Valley store is reported to be *open*. Check the Google Group “Pedalers” for weather cancellations. Three riders per valid NPS card, or pay at Front Royal entrance (entry fee is now $10).

See https://RideWithGPS.com/routes/2326358 for the route’s cues & map. In searchable detail, the start site is: Eastham Park, Front Royal Boat Landing, 840 Luray Avenue, Front Royal, Virginia 22630

Dave Helms [david.helms570@gmail.com] 301-466-5561

May 1 — Sunday

Beginner D/D * 5 * DC * 10:00 AM * BicycleSPACE Adams Morgan shop → 2424 18th St NW Washington, DC 20009

Nice & Easy The Nice & Easy ride is just that: nice and easy and easy and nice! This ride is for beginners and those looking for a relaxing start of the day. The ride helps beginners to feel more secure riding in a group while learning to ride safely and comfortably on DC bike lanes and streets. The ride is 5 miles and travels at a pace of 5-10 mph that is on flats. Ride leaves at 10:00 AM and returns no later than 11:00 AM. Ride cancels in case of inclement weather. For more information on ride see: http://www.bicyclespacedc.com/weeklyrides/. Chris Roell [chris@bicyclespacedc.com] Shop: 202-962-0123; Cell: 202-607-5565

D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 40%/30%

Lunch in Shirlington Another great ride from the original Ride-To-Eat™ production team! Both MEMBERS AND NON-MEMBERS are very welcome to join us for this social ride, followed by lunch at one of the many restaurants in Shirlington (free parking in garages and lots on weekends). NO REGISTRATION is needed – just show up. We meet at 9:45 AM for a 10 AM departure on the brick plaza in front of the Shirlington Library / Signature Theater on Campbell Avenue in Shirlington (in Arlington). We select a restaurant, then go to lunch at about 12 PM. See you there!!! [P.S. Between 10 AM and 12 PM you are welcome to join the leader on the bike trails of Arlington (the Arlington Loop: traveling first on a portion of the W&OD Trail, then the Custis Trail, the Mount Vernon Trail, and the Four Mile Run Trail) with a rest stop in Lyon Village, and a brief regrouping at Gravelly Point (cue sheet on PPTC website). The 3-4 miles on the Custis Trail are hilly; the rest of the ride is pretty flat. Leader rides a slow “C“ pace; all levels welcome (those wanting more or fewer miles may wish to continue up the W&OD and return to join us for the main event: lunch!). The ride leader is very likely to cancel the ride if the temperature during the hours of the ride is less than 40 degrees or greater than 95 degrees, the chance of rain is greater than 30%, or the wind speed is greater than 10 MPH. If the weather looks doubtful it is particularly important to check the Ride Schedule on the PPTC website for a late cancellation notice. Alternatively, you may email the ride leader to see if the ride is a go. Ron Trueworthy [Ron.Trueworthy@Yahoo.com]

C/CC * 25-30 * DC * 11:30 AM * BicycleSPACE Adams Morgan shop → 2424 18th St NW Washington, DC 20009

DC Urban Adventures Come ride the urban adventure that is DC! The ride adventures to all corners of DC and celebrates the parts and places of the urban landscape that makes DC unique. Various rides will include adventuring out to the old Civil War Forts in DC; the Anacostia Riverwalk Trail; the Hills in Anacostia & Rock Creek Park; the lesser known Monuments in DC; the Bridges in DC; the historic cemeteries in DC; the National Arboretum; and the Kenilworth Gardens are just a few of the adventures we will travel and seek out! The ride is 25-30 miles and travels at a pace of 10-15 mph that is mostly on flats but will include Hills. There will be rests breaks throughout the ride. Ride leaves at 11:30 AM and returns no later than 3:00 PM. Ride cancels in case of inclement weather. For more information on ride see: http://www.bicyclespacedc.com/weeklyrides/ Chris Roell [chris@bicyclespacedc.com] Shop: 202-962-0123; Cell: 202-607-5565

CC * 32 * MD * 10:00 AM * Antietam Battlefield Visitors Center Cycling Antietam Battlefield and the Back Roads of Washington County

Cycling Antietam Battlefield and the Back Roads of Washington County Cycle through Antietam National Battlefield, as we explore one of the great battles of the American Civil War. Located along scenic Antietam Creek below South Mountain in rural central Maryland, the battle of Antietam witnessed one of the most dramatic moments in the history of the nation. Here in September 1862, General Robert E. Lee and his Army of Northern Virginia faced the Army of the Potomac under General George McClellan. From the visitor center, we will tour through the battlefield on the park roads that offer spectacular views of the farms and rolling fields that became legendary. Visit the Dunker Church, Cornfield, Wheatfield, and Burnside Bridge. After leaving the national battlefield park, we will continue our tour along the scenic back roads of Washington County. The region’s charming villages and farms have retained a timeless quality that always makes for enjoyable cycling. After the ride we will stop for ice cream at the old fashioned ice cream parlor in the historic town of Sharpsburg. Helmets required. Glenn Gillis [glennpotomacfalls@yahoo.com] 357-217-4477
PPTC 2016 Events Calendar

Contact communications@potomacpedalers.org to get an event on the calendar.

April 10  Ride Leader Training, Viers Mill Activity Building, Wheaton, MD
April 23  Women’s Spring Ride, Washington, DC (see ride schedule)
April 23-24  One Night Overnight Ride—Virginia Countryside, Charlottesville, VA
April 29-May 1  Lewes Weekend, Lewes, DE
April 30  Georgetown Tailgate Ride, Washington, DC (see ride schedule)
May 1  BicycleSPACE Beginner Nice & Easy Ride, Washington, DC (see ride schedule)
May 1  BicycleSPACE Urban Adventure Ride, Washington, DC (see ride schedule)
May 5-8  Spring Thaw & Tandem Rally, Cambridge, MD
July 9-10  Shenandoah Weekend, Mt. Jackson, VA
July 22-24  One Night Overnight Ride—Virginia Countryside, Charlottesville, VA
Aug. 12-14  Allenberry Resort Weekend, Boiling Springs, PA
Aug. 13  Women’s Winery Tour, Poolesville, MD
Aug. 28  Nokesville Picnic Ride, Nokesville, VA
Sept. 18 (tent.)  Back Roads Century, Shepherdstown, WV
Oct. 2  Farm Tour & Picnic, Poolesville, MD

PPTC Rents Protective Bike Boxes for Travel

Potomac Pedalers has several wheeled, hard-shell bike boxes (and one soft case) for short-term rental. The boxes are available exclusively to club members, and help keep your bike safe while traveling.

Demand for the boxes is high, particularly in the summer and fall. So reserve early.

The rental price is $20 per week, and $3 per additional day, with a $20 minimum fee (nonrefundable). You will need your own tools, including Allen wrenches and a pedal wrench, to disassemble your bike. These are not provided by the club.

Size: 46” by 30” by 10”. (Many airlines charge an oversize luggage fee of $50 or more each way; be sure to get specifics from your individual carrier.)

For more information, or to reserve a box, please email coordinator Ann Corran in Montgomery County or Adam Goldberg in Virginia. Include information on the dates of your trip AND approximately when you would like to pick up and drop off the box.

Adam Goldberg, adam@agp-llc.com, 202.507.9900
Ann Corran, anncorran@gmail.com, 301.439.0631

Pedal Patter First Class Mail

Pedal Patter is normally sent via bulk mail. You have the option of upgrading to First Class postage for $13.00 per year. Go to our online store to purchase the First Class mailing upgrade and we'll make the change to your account.

No Longer Wish to Get Pedal Patter in the Mail?

Some people don’t want to get hard copy. Saves the club only a small amount of money but it might save a small tree! To opt out of receiving Pedal Patter by regular mail the instructions below assume you have already logged onto the PPTC website (www.potomacpedalers.org) as a member using your password.

To opt out you need to access your profile. To do this
1. Click on Manage Profile
2. Click on Edit Bio
3. In the Additional Information section you will see a Yes/No selection “Receive Pedal Patter newsletter in the mail”
4. Make your selection and next month’s mailing will reflect your choice. If later, you decide you wish to get it you can follow the same instructions above to start receiving it again.

Potomac Pedalers Touring Club Membership Form

| Name: ___________________________ | New member ☐ or Renewing ☐ |
| Address: ___________________________ | ___________________________ |
| City: ___________________________ | State: _____ | Zip: ______ |
| Home Phone: ___________________________ | Work Phone: ___________________________ |
| E-mail address: ___________________________ | ___________________________ |
| Emergency contact: ___________________________ | ___________________________ |

Number of cycling members if it’s a family membership: ______

PPTC is mostly a volunteer organization, and we cannot function without the assistance of many members. If you can help with any of the categories below, please circle the number.

This information will be added to the PPTC database.

1. Leading rides
2. Organizing or planning rides or events
3. Recruiting volunteers
4. Membership Drives
5. Database/computer expertise
6. Writing a column for Pedal Patter
7. Seminar and workshops
8. Non-cycling jobs at Club events

Where or from whom did you hear about PPTC? ___________________________ _____________________________

To ensure speedy processing, make sure you fill out the form completely and legibly! Allow 3-4 weeks for your application to be processed. Enclose check or fill out payment information. Do not staple check to form. Mail to PPTC, 200 Little Falls Street, Suite 205, Falls Church, VA 22046. You may also join the PPTC via our website at www.potomacpedalers.org

Please DO NOT print the following in the Membership Directory:
☐ my entire listing  ☐ my phone number  ☐ my e-mail

Member Dues

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<td>Individuals must be 16 years or older. Pedal Patter is mailed bulk rate. 1st class delivery is available for an additional $13 per year.</td>
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PPTC membership directory:

- In the Additional Information section you have a Yes/No selection “Print my name in the Membership Directory.”
- Those who are checked will be printed in the Membership Directory.
- Remember, to view the Membership Directory, you must log in as a member using your password.

Change of Address Form

- Notify the PPTC Business Office of your move, especially if your Pedal Patter arrives via third class mail (the Post Office does not forward third class mail).
- Notify us by the 8th in order to affect that month’s mailing.
- Include your phone number and legibly PRINT all information. What you print is what we will use as your record in the database, as well as your name in your Membership Directory.
- You may use this form to simply change an e-mail address, phone #, a name, or zip code.
- Mail this form, ALONG WITH YOUR OLD MAILING LABEL to: PPTC c/o Core Association Services, Inc. 200 Little Falls Street, Suite 205, Falls Church, VA 22046

Name: ___________________________

New Address: ___________________________

City: ___________________________

State: _____ 
Zip: ______

Day phone: ___________________________

Even phone: ___________________________

E-mail: ___________________________

goes into effect on: ___________________________