Come to the Annual Nokesville Picnic Ride!

Sunday, August 28th

Welcome New Members, Current Members, and Not-yet members!

Come out to the Nokesville, Virginia countryside on Sunday, August 28th for a day of riding and fun ending with a picnic! Now in its 19th year, this annual gathering has grown into one of Potomac Pedalers’ largest events, regularly drawing over 200 riders of all ages and abilities. As always, it’s open to everyone—new, old, and nonmembers.

This is a multiclass ride with something for everyone, with rides ranging from 11-53 miles, covering classes from A to D. It’s a great way to meet people who are not in your usual ride class. (Three couples who met at past Nokesville Picnics have gotten married!) After the ride we’ll gather at the pavilion for food. Once again, Baja Fresh will be bringing burritos for everyone. We will supply the drinks, plates, cutlery, etc. Everyone is encouraged to bring a side dish—salad, chips, other dishes or desserts to share—which always results in an excellent potluck selection! We are stressing going “green” at this picnic by encouraging lots of recycling and reuse. Feel free to bring your own reusable plates or utensils to keep trash at a minimum.

Continued on page 20.

Come to the NEW Carlisle Weekend!

August 12-14, 2016

Join us for the inaugural Carlisle weekend and help us start a new tradition! Our home base is a newly renovated hotel in Carlisle, Pennsylvania - the Days Inn Carlisle South - which boasts a wonderful pool where we can relax post ride. We’ll have lovely parties in the evenings, a catered welcome reception Friday night, and dinner Saturday night.

Continued on page 7.

Have You Registered for the Back Roads Century?

Saturday AND Sunday Fun for Cyclists and Non-riding Friends, Sept. 17-18

by Marianne Davis, Back Roads Century Event Planner

The Back Roads Century is fast approaching! The ride itself will be better than ever with an additional short route, a new rest stop, and an expanded after-party at Bellevue mansion. To make your weekend even more fun, in addition to Antietam rides on Saturday, there will be plenty of activities on Saturday AND Sunday to enjoy with non-riding family and friends.

Continued on page 4.

A Pedalers’ Fall Favorite is Back

The 7th Montgomery County Farm Tour and Picnic

Sunday, October 2, 2016

Poolesville, MD

See page 6 for details.
**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.

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**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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**RECOMMENDATIONS & COMMITTEES**

- **RIDE COMMITTEES & COORDINATORS**
  - **Road Captain** Dan Lehman, 703.241.9113, rideSigns@yahoo.co
  - **Sign-Up Sheets Archives** Dan Lehman, 703.241.9113, rideSigns@yahoo.com
  - **Cue Sheets/Map Librarian** Eric Pilski, epilski@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—Maryland/DC**
    - **D** Chris Moriarity, 301.270.3416, cmoriarity@qis.net
    - **C** Linda Borst-Kolko, 301.785.1342, 127kolko@gmail.com
    - **CC** Carol Linden, cjlinden@hotmail.com
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  - **A/AA** Karen Berlage, 301.963.1482, KarenBerlage@verizon.net
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    - **C** Fulton Armstrong, fulton@fult.net
    - **CC** Joan Oppel, 703.328.9863, oppeljs@gmail.com
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  - **Ride Coordinators—Virginia**
    - **A/AA** Dan Lehman, 703.241.9113, rideSigns@yahoo.com

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**OTHER COMMITTEES**

- **Century Coordinator** Matt Birnbaum
- **Communications Director** Brenda Ruby, *communications@potomacpedalers.org*
- **Communications Committee** Brenda Ruby, Linda Kolko, Lee Langford, Dave Helms
- **Web Site Coordinator** Lee Langford
- **Message Committee** Teresa Browder, Janet Cyphers, Irmgard Dugge, Lois Lightfoot, Susan Fullenbaum, Beth Merricks, Joan Oppel
- **Special Events Coordinator** Lee Langford
- **Advocacy Committee** Dave Helms, Joe Pixley
- **Bike Case Coordinators** Adam Goldberg, 202.507.9900, adam@agp-llc.com; Ann Corran, 301.439.0631, annkorran@gmail.com
- **Volunteer Coordinator** Martine Palmiter

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 Chair
by Matt Birnbaum

I write this article in the dog days of summer with my eyes seeing the nearing of the end of my two-year tenure as chair of our club. The heart of my vision has been to make our club a more caring and an entertaining community. In this article, I would like to express some gratitude for some of my ride buddies who have helped push forward this vision, and in doing so, enriching my life in the process.

Rudi Riet is one of those dudes who reeks of Rocky Mountain hipster coolness. In a city with no shortage of competitive egos, he is the pied piper every Wednesday night in the spring and summer months on the Downtown Breakaway ride. He commands the respect of many strong lions and lionesses. Week after week, year after year, he is shepherding and bonding all of us together through the back roads connecting DuPont Circle to elsewhere in northwest DC and Montgomery County. While he is ferocious on two wheels, I am more admiring of his humility and graceful camaraderie.

I first met Erik Kugler several weeks ago. Like many other owners of local bike shops who I have met along the years, he’s got a lot going on in his cerebellum. He and his partner understand urban dynamics with Bicycle Space now operating in three vibrant DC neighborhoods. The stores have a cool vibe and blend seamlessly in these neighborhoods. More impressive, he is low ego with a gentle spirit who looks to shine the light on others. Thanks to him and his circle, we can now better use the bicycle to transcend historic racial and class barriers with ongoing social tours through various DC neighborhoods every weekend.

Jessie Webb reached out to our Club last fall in asking if we could help him start a youth bike club in DC. “Who is this guy?” I thought. There is only so much that I can say with words here as I have begun to better know him. He is a loyal husband, father and an afterschool counselor, mentoring many at-risk youth in one of DC’s economically depressed neighborhoods in the northeast. When he leads the kids on group bike rides throughout the year, he teaches them not only about effective cycling skills but also about life-affirming lessons, such as the benefits of active listening, persistence, compassion and cooperation.

Joan Sune is awesome in many ways but for now I focus on his bicycling prowess. Over the recent weeks, I have watched this 10-year old spin his Trek kids’ bike over some of the fiercest hills in DC without complaining and without yet getting off the bike to walk. As I watch him conquer these new challenges on two wheels, I also am feeling the fortune of observing growth spurts in his moxie and self-confidence to better overtake Hobbesian demons battling his early adolescent psyche. I feel blessed to watch this young person’s journey.

Finally, I’d like to add a few words about two of my favorite ride buddies in our club who continue to inspire me. Martine Palmiter and Linda Kolko have been side by side with me on the Executive Committee for the past two years. They have taught me much about courage and dignity. I have yet to actually do a bike ride with either one but I cannot think of our club without thinking of them given the number of hours we have spent together behind the scenes. Martine is our Club’s Mother Jones – she continues to articulate our strategic vision and the details for the teams behind the scenes. Martine Palmiter and Linda Kolko continue to inspire me. Martine Palmiter and Linda Kolko

I end now by reminding all to please help the Club and register for the Back Roads Century. I look forward to seeing everyone in Shepherdstown.

Happy spinning,

Matt

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Pedal Patter Changes
by Lee Langford and Dave Helms for the PPTC Executive Committee

Our Club is celebrating its 50th anniversary this year, evolving from a small group of cyclists riding from a single bike shop in Potomac to a 3,000 member giant with thousands of rides and several special events every year. As our Club grew, we organized, developed our ride schedule process, and began publishing the Pedal Patter. The first Pedal Patter was modest, just a few pages, but over the years it has grown - each monthly issue is now around 26 pages. Before the internet, the Pedal Patter was the primary means by which the Club shared Executive Committee announcements, promoted special events, and published the ride calendar. Even with the growth in Pedal Patter pages, we were able to offset the production and mail expenses with advertising revenue.

More recently, Potomac Pedalers has added a growing and increasing popular suite of social media sources including Facebook, Twitter, Instagram, and the new Pedal Patter blog. You can find everything that’s in the paper Pedal Patter in our digital social media streams and on our website, with better, richer content, and links to additional information not available in the paper newsletter. While our @PotomacPedalers social media brand has expanded, we continue to publish the paper Pedal Patter and send it by “snail mail.” Advertising revenue, however, has not kept pace with increasing cost of production, and there is a significant net cost to the club for publishing and mailing.

A way for us to bring these costs into line is to offer less expensive and better alternatives to the paper Pedal Patter. Because we do have alternatives for perusing the ride schedule using the Club’s web site, beginning with this issue we are replacing full ride listings with an abbreviated version - this will reduce paper and production costs and save several thousand dollars. The two ride schedules available on-line are:

Calendar View: http://www.potomacpedalers.org/events/calendar.asp
List View: http://www.potomacpedalers.org/events/event_list.asp

The changes to communicating the ride schedule are not simply about cost but also are about taking advantage of communicating via the Internet. They are the first of a series of much larger efforts to make it

Continued on page 7.
Shepherdstown is a lively place throughout the year. This September, your BRC planning committee will be adding some activities to the town’s already rich calendar. Of course, Shepherdstown groups and businesses will also be adding events as we get closer to the ride weekend. Here are some of the town’s offerings that we already know about:

**The Cut to the Chase Film Festival** – Running through the weekend, this festival features short films from across the world, all of which are loosely based on the theme of water. They are presented in blocks of several films, so if you don’t like one of them, just stick around a few minutes for another. The audience is encouraged to vote for the Viewer Favorite award. Ticket prices are TBA.

**Pedal & Paddle** – Shepherdstown’s renowned bike and boat shop offers a great package throughout the weekend. With a rented trail bike or hybrid, you’ll ride about five miles on the beautiful and fascinating C&O Canal Towpath. Then, Pedal & Paddle will swap out the bike for a kayak. You’ll enjoy a lovely trip downstream to Shepherdstown at your own pace. Reservations are required, and double kayaks are available; the cost is $80.

**Football Game** – Shepherds University’s Rams rose to the finals of the 2015 NCAA Div II national championship, and this year they promise to be at least that strong. Watch a real powerhouse college team meet UVA-Wise. $10 - $20 for adults, $5 for kids, and free for kids not yet in kindergarten.

**Shepherdstown Mystery Walks** – Dana Mitchell, of Ghosts of Shepherdstown TV fame, leads a 90-minute walk through this historic town, highlighting some of the many sites of both natural and supernatural mysteries. Reservations are required for this extremely popular Shepherdstown staple, which is also offered on Friday evening. Tickets are $12.

**Wine Tasting** – On Saturday from 1–7, head to Grapes & Grains Gourmet in the heart of German Street for a free tasting of fine wines. While you’re there, check out the prices; you’ll never see them in D.C. Bonus: they also offer case discounts.

**Tiki Cocktail Pairing Dinner** – Let Chef Joshua Freeman of Domestic take you to the tropics where the tradewinds blow, the food is succulent, and the cocktails are irresistible. Enjoy the four-course special dinner menu, choose the classic American fare Domestic is known for, or just belly up to the bar for anything from craft beers to zombies. Prix fixe pairing dinner price TBA.

**Oktoberfest** – On Sunday, non-riders can enjoy an event that has been cheering Shepherdstown for over thirty years. From noon to 6 PM, there will be German food, beer, sausages, music and dance, and more. Kids activities and arts and crafts will keep the whole family busy and happy while riders enjoy their own party. Price is TBA.

*Continued on page 5.*

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**New Routes and Rest Stop at Back Roads**

We’ve made some minor changes to this year’s Back Roads Century routes. We’re offering five routes of varying mileage and difficulty so cyclists of ALL levels can enjoy the beauty of riding through the Northern Shenandoah Valley.

The Century, Metric Century, and Half Century remain largely the same as last year, with most changes being in the last 20 miles to accommodate a new rest stop at Yankauer Nature Preserve. All three of these routes are moderately challenging rides designed for fit cyclists looking for a physical challenge. These routes all include a few short but steep climbs that require strength, stamina, and proper gearing.

This year, we have developed two NEW routes for riders looking for shorter rides with less climbing. These routes are suitable for casual riders, families with children, or anyone looking for a mellow bike ride. These routes all feature a fully-stocked rest stop at the Yankauer Nature Preserve where you can enjoy a short hike on the Preserve’s trails or just relax for a bit before heading back to Shepherdstown and the post-ride party.

**New Rest Stop - Yankauer Nature Preserve**

The Yankauer Preserve is a blend of oak forests surrounded by glades of red cedar and dense thickets of fast-growing shrubs and trees. It has large oaks and maples growing amid limestone outcrops with the eastern edge of the property is a bluff overlooking the Potomac River. This mixed habitat makes the area ideal for birding and is an example of what happens to agricultural land after it is given back to nature.

**Expanded Post-Ride Party at Bellvue**

All routes include short cuts and end at the historic Bellevue Estate and mansion overlooking the Potomac River. Bellevue offers sweeping views of the Potomac River and the Maryland hills for a scenic backdrop for your well-deserved meal and entertainment at this year’s expanded after-party.
Shepherdstown Visitors Center – Rated by Trip Advisor as the #2 must see in Shepherdstown (WOW!), this lively and informative place should be your first stop. Grab a map and orient yourself to the town, its history, and its shops and restaurants. Explore its attractions, and those in the surrounding countryside. See you there!

In addition to these great events, the BRC planners have added some special events just for Back Roads Century riders, family, and friends:

Star Gazing – If you can look up at home and count the stars, you are a victim of light pollution. One of the many joys of country life is the canopy of lights. Dan Kaminsky of Tri-State Astronomers will help us all understand what we’re looking at! Registration is required. The price is $8 for adults, free for children 12 and under.

Little House – Shepherdstown’s leading attraction for children, the Little House is a fully furnished two-story stone house that’s just ten feet tall. Although children use it as a playhouse now, it was actually built almost 90 years ago as a learning laboratory for teaching students about childhood development. Together with the Little Barn, which is no longer open to the public, the Little House was a part of a tiny farming homestead.

Historic Walking Tours of Shepherdstown – On both Saturday and Sunday, you will be able to enjoy one of several leisurely walks through lovely and historic Shepherdstown. First settled by Europeans around 1720 (there were no permanently-settled American Indians here), this oldest town in West Virginia has seen the birth of the United States Army, the invention of a steam boat two decades before Robert Fulton, and was on the front lines of the Civil War. Learn about these things and so much more. Reservations required, tickets are $10 for adults, free for children 12 and under.

SkyTruth Presentation – Analyzing data from publically available satellite images, Shepherdstown’s own SkyTruth is the Earth’s best friend. Since making their name by exposing the true breadth of the Gulf Oil Spill, SkyTruth has gone from strength to strength in revealing environmental hazards like chemical spills, fracking damage, and disused mine shafts; in exposing corporate negligence and malfeasance including the implications of mountaintop removal mining on flooding patterns; as well as in capturing the extent of the use of slave labor in Pacific fisheries. Ticket price is TBA.

Pottery Studio Tour – Meet Joy Bridy, well-known designer and potter. Learn how she designs her pieces, how she decorates them, why she selects the glazes she does for different pieces, and how she fires her work. See the finished pieces that she has designed in honor of the BRC 2016, which will be available for purchase at the BRC After Party. Because space is limited, reservations are required, and admission will be by time slots. Since a pottery studio can be a dangerous place, children under ten will not be admitted. Price $10.

Book Talk – Enter the world of a thriving, truly independent bookstore. Yes, such places exist! Four Season’s Books will host a reading by an as yet unannounced local author. Join other people who read for pleasure to hear this prose, then explore the book store. FREE

More events are added each week, too, to the busy Shepherdstown calendar. With apologies to Samuel Johnson, if you are tired of Shepherdstown, you are tired of life. The Back Roads Century Ride has always been special. Now, it is simply irresistible!
RIDE DESCRIPTIONS AND START TIMES

Riders will convene at Poolesville Golf Course and choose among routes of 18, 28, 40, 58 and 77 miles. All routes stay mainly on quiet roads and include beautiful scenery and rolling landscapes dotted with the Reserve's orchards, red barns and silos. Beginners and experienced riders are welcome.

- 77 miles - 8:30 AM
- 58 miles - 9:30 AM
- 40 miles - 10:30 AM
- 28 and 18 miles - 11:00 AM (NO STOP at Rocklands Farm on these two routes)*

*(Novice riders are encouraged to try one of the shorter routes.)

FULLY STOCKED REST STOP AT ROCKLANDS

The 40, 58 and 77 mile routes stop at Rocklands Farm where we’ll offer fruit, baked goods and crunchy snacks.

PICNIC LUNCH at Kingsbury's Orchard - 12 p.m. to 4:00 p.m.

ALL ROUTES stop at Kingsbury’s Orchard five miles before ride’s end for the picnic. As always, the menu will include delicious gourmet sandwiches, vegetarian salads and our raved-about homemade oatmeal-chocolate chip cookies.

YOU CAN PURCHASE FRUIT AT KINGSBURY'S ORCHARD!

Purchases will be shuttled to your car 1 - 3:30 PM.

INTERIM REST STOPS

The 28, 40, 58 and 77-mile routes also include stops at country markets, where you can purchase water and snacks. The club will only provide refreshments at Kingsbury’s Orchard and Rocklands Farm. Please bring pocket money and plan accordingly.

REGISTRATION

This year, registration fees will support long-time Pedalers’ partner, Montgomery Countryside Alliance (MCA), the organization devoted to supporting the Reserve’s farming community, preserving the Agricultural Reserve and Ten Mile Creek, Montgomery County's last, best stream and the backup drinking water supply for 4.3 million in the Washington, DC region. MCA works daily to ensure the Ag Reserve remains rural and local farming remains viable. Please visit www.mocoalliance.org for more information.

Registration Price Before Sept. 1: $30 members / $40 nonmembers
After Sept. 1: $40 members / $50 nonmembers

THERE WILL BE NO ON-SITE REGISTRATION.

CAN’T PARTICIPATE? CONSIDER A DONATION!

Consider making a tax deductible donation to help MCA support the Ag Reserve.
The idyllic location of rolling farms provides a beautiful backdrop for whatever ride you choose. There will be many mileage options to choose from and rides with big climbs or just lovely rolling country-side. We will also be riding through Boiling Springs!

If you have a non-cycling partner attending with you, there is LOTS to do! The Appalachian Trail is very close by, as well as the Guilford Pinchot state park.

Carlisle is the county seat for Cumberland County and is a very attractive town for cycling and walking. Carlisle has plenty of restaurants and cafés. It’s the home of Dickinson college and law school, and it has a very quaint Courthouse Square.

And of course, best of all, your cycling friends will be there to ride with and talk with, share meals with.

**PRICE (for PPTC Members):**

- Single: $300 per person
- Double: $250 per person
- Triple: $200 per person
- Quad: $170 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.

**Refund/Cancellation Policy:** No refunds or cancellations after July 22, 2016. Prior to that, refunds will be for the full amount paid, minus a $25 per person administrative fee.

**Contact:** Deb Reynolds (deb.cla.dr@gmail.com)

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**Come to the Workhouse Art Center Brewfest Ride & Fundraiser**

**August 13, 8:30 AM - 8 PM**

**Lorton, VA**

Potomac Pedalers, Fairfax Alliance for Better Bicycling (FABB) and Active Prince William are teaming to support the Workhouse Art Center Brewfest, a fund raising event for the Art Center. We have rides to Burke Lake Park (ice cream!), beautiful Mason Neck, cosmopolitan Prince William Tour of Towns, and the mysterious Prince William Forest Park (where gnomes are thought to dwell). The Brewfest will be on-going when we return around 2PM (rides staggered to return about the same time) with the event continuing until 6PM. Admission to the Brewfest is $25.

**See Ride Schedule for Complete Details!**

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**Pedal Patter Changes, Continued from page 3.**

easier for members to volunteer to lead rides. We will have much more to say in the upcoming months as we work with Sand Glass in building a new ride scheduling tool for the website. What we can say now is that with the new system, ride coordinators and ride leaders will no longer have to commit to volunteer to lead a ride two to six weeks in advance of the actual ride date in order to accommodate the paper Pedal Patter publishing deadline. The new ride calendar will also be significantly more user friendly for members to post and edit rides.

As we complete the modernization of this web tool, paid staff will no longer need to work approximately 25 hours each month to manage the ride calendar. Instead, this will free up time for staff and volunteers to focus on revamping the Pedal Patter’s format, allowing for better stories and a better way to showcase our shared journeys on bicycle.

We will continue to make the changes in a measured way, including helping our members use digital media. We hope all will give us feedback and help us improve our services. Our Club motto remains, after all these years, “Why ride alone?” With expanded digital social media, you don’t have to read the paper Pedal Patter alone; with our expanding social media, you can share the ride, your thoughts and the fun with friends and family.

**website:** http://www.potomacpedalers.org

**Facebook:** https://www.facebook.com/PotomacPedalers/

**Twitter:** https://twitter.com/potomacpedalers

**Instagram:** https://www.instagram.com/potomacpedalers/

**blog:** https://potomacpedalers.wordpress.com/
Bicycle Tour of the Finger Lakes

by Leslie Tierstein

A friend recently organized a 5-day tour of the Finger Lakes region of New York state. It was a wonderful (and challenging) bike ride. There were 6 people: 4 riders doing longer distances faster than I could; me; and a friend who was driving between the nightly stops, and walking and/or bicycling from those stops.

Day 0: Driving Day (MD to Horseheads) (15 miles)

Not my car. I rode to metro with a triathlon transition bag on my back, packed with my stuff for the week, and got off in Glenmont to ride to my friend’s house. She drove us to Horseheads. Destination was the Hilton Garden Inn, a lovely hotel, but (unfortunately) along the interstate near the Corning-Elmira Airport, and not closer to downtown. That gave me the opportunity to get in a short ride, to explore downtown Horseheads. Not much there: a well-preserved business district with some vacant storefronts, surrounded by older homes, surrounded by suburban subdivisions.

Day 1: Horseheads to Ithaca (68 miles)

There was one bonus from the hotel being just north of the interstate (I-86) — the ride was headed south, so crossed under the highway. The overpass had a gorgeous relief (in brick) on Horse Heads!

A lovely route, getting into the Finger Lakes region. The four other riders were doing a longer ride, so I was on my own. That was fine, because it gave me the opportunity to talk with some locals. And non-locals. The highlight was when I saw two guys at the side of the road. At first I thought they were hikers, since they had fairly large packs. But then I saw their helmets. It turns out they were a father-and-son team, rollerboarding (longboarding?) through Seneca Falls. I was a special route for me for today — the ride was headed south, so crossed under the highway. The overpass had a gorgeous relief (in brick) on Horse Heads!

Day 2: Ithaca to Canandaigua (48 miles)

The organizer of the tour made up a special route for me for today — going through Seneca Falls. I was not going to come to the Finger Lakes, but then they decided to add the Finger Lakes to the tour. And the organizers gave me a special route for me for today — the ride was headed south, so crossed under the highway. The overpass had a gorgeous relief (in brick) on Horse Heads!

A lovely route, getting into the Finger Lakes region. The four other riders were doing a longer ride, so I was on my own. That was fine, because it gave me the opportunity to talk with some locals. And non-locals. The highlight was when I saw two guys at the side of the road. At first I thought they were hikers, since they had fairly large packs. But then I saw their helmets. It turns out they were a father-and-son team, rollerboarding (longboarding?) through Seneca Falls. I was a special route for me for today — the ride was headed south, so crossed under the highway. The overpass had a gorgeous relief (in brick) on Horse Heads!

Day 3: Canandaigua to Auburn (48 miles)

A lovely route, getting into the Finger Lakes region. The four other riders were doing a longer ride, so I was on my own. That was fine, because it gave me the opportunity to talk with some locals. And non-locals. The highlight was when I saw two guys at the side of the road. At first I thought they were hikers, since they had fairly large packs. But then I saw their helmets. It turns out they were a father-and-son team, rollerboarding (longboarding?) through Seneca Falls. I was a special route for me for today — the ride was headed south, so crossed under the highway. The overpass had a gorgeous relief (in brick) on Horse Heads!

Day 4: Auburn to Skaneateles (68 miles)

A lovely route, getting into the Finger Lakes region. The four other riders were doing a longer ride, so I was on my own. That was fine, because it gave me the opportunity to talk with some locals. And non-locals. The highlight was when I saw two guys at the side of the road. At first I thought they were hikers, since they had fairly large packs. But then I saw their helmets. It turns out they were a father-and-son team, rollerboarding (longboarding?) through Seneca Falls. I was a special route for me for today — the ride was headed south, so crossed under the highway. The overpass had a gorgeous relief (in brick) on Horse Heads!

Day 5: Skaneateles to Ithaca (55 miles)

A lovely route, getting into the Finger Lakes region. The four other riders were doing a longer ride, so I was on my own. That was fine, because it gave me the opportunity to talk with some locals. And non-locals. The highlight was when I saw two guys at the side of the road. At first I thought they were hikers, since they had fairly large packs. But then I saw their helmets. It turns out they were a father-and-son team, rollerboarding (longboarding?) through Seneca Falls. I was a special route for me for today — the ride was headed south, so crossed under the highway. The overpass had a gorgeous relief (in brick) on Horse Heads!

Day 6: Ithaca to Horseheads (37 miles)

A lovely route, getting into the Finger Lakes region. The four other riders were doing a longer ride, so I was on my own. That was fine, because it gave me the opportunity to talk with some locals. And non-locals. The highlight was when I saw two guys at the side of the road. At first I thought they were hikers, since they had fairly large packs. But then I saw their helmets. It turns out they were a father-and-son team, rollerboarding (longboarding?) through Seneca Falls. I was a special route for me for today — the ride was headed south, so crossed under the highway. The overpass had a gorgeous relief (in brick) on Horse Heads!

Day 7: Horseheads to Ithaca (68 miles)

A lovely route, getting into the Finger Lakes region. The four other riders were doing a longer ride, so I was on my own. That was fine, because it gave me the opportunity to talk with some locals. And non-locals. The highlight was when I saw two guys at the side of the road. At first I thought they were hikers, since they had fairly large packs. But then I saw their helmets. It turns out they were a father-and-son team, rollerboarding (longboarding?) through Seneca Falls. I was a special route for me for today — the ride was headed south, so crossed under the highway. The overpass had a gorgeous relief (in brick) on Horse Heads!

Day 8: Ithaca to Horseheads (37 miles)

A lovely route, getting into the Finger Lakes region. The four other riders were doing a longer ride, so I was on my own. That was fine, because it gave me the opportunity to talk with some locals. And non-locals. The highlight was when I saw two guys at the side of the road. At first I thought they were hikers, since they had fairly large packs. But then I saw their helmets. It turns out they were a father-and-son team, rollerboarding (longboarding?) through Seneca Falls. I was a special route for me for today — the ride was headed south, so crossed under the highway. The overpass had a gorgeous relief (in brick) on Horse Heads!
Day 3: Canandaigua to Geneseo (50 miles)

The route today was not along a lake front, it went inland. The first highlight was the Ganondagan State Historic Site and Seneca Indian Cultural Center. The Cultural Center emphasized the history of native Americans in NY state, and reminded me of all the signs we’d been seeing along the road of native American vs. new American battles that took place during the Revolutionary War, in the Sullivan Expedition. (Interesting tidbit: Sullivan’s dead horses were where Horseheads got its name from.) The Cultural Center featured a video of the Iroquois Indian creation myth: It features a fight between two brothers. I think I’ve heard that in more than one other creation myth. (Sigh)

After Ganondagan came more peaceful, rural (mostly flat) miles. The Honeoye Falls are not that spectacular as waterfalls, but the town was another standout. One main street, well maintained, with occupied store fronts and several restaurants to choose from for lunch. The highlight was Six Nations, a native American-owned store which sold crafts made by native Americans (throughout the US). Some antiques, and art works produced by local artisans.

I bought a small kit, made in El Paso, and am still thinking about the mixed media canvass (?) I left behind. This was a short riding day for me, so there was time to explore Geneseo. Areas explored (by bike):

- SUNY at Geneseo; a huge, modern campus, downhill from downtown. Unexciting.
- Downtown, designated as a historical district. Fascinating and gorgeous, with a housing stock ranging from 1822 through the Victorian period and beyond, and commercial/government buildings, such as the Wadsworth Library, in excellent condition and still in use.

- The Wadsworth Homestead, a large estate still owned by the original family, on the edge of downtown

The Honeoye Falls are not that peaceful, rural (mostly flat) miles. (Sigh)

Day 4: Geneseo to Hammondsport (65 miles)

For me, this was the hardest day of riding. It had lots of downs, but also lots of ups, including one 11% grade on a straight road that seemed to go on forever. (Evidently, the terrain of the Finger Lakes does not encourage or require switchbacks.) But it was also a lot of fun, since I actually did the same route as the four other riders. (Their planned longer ride was not available because the route through Letchworth State Park was not open.) We both “saw bears”, as we passed another wonderful example of folk art: I always carry emergency food on bike tours. I almost needed the emergency food today, since I wasn’t hungry at the lunch stop at Naples (having just stopped for a second breakfast — see “non-optimal” breakfast in Geneseo) about an hour before. So, I kept riding, since the cue sheet said there would be a restaurant ahead. Wrong. As Crista warned me, it was closed. I was saved about an hour before. So, I kept riding, since the cue sheet said there would be a restaurant ahead. Wrong. As Crista warned me, it was closed. I was saved by the Keuka Trail Farm Market (just after the 11% grade — good timing) — cold Gatorade, colder ice cream, and lovely Adirondack chairs to sit in and enjoy the food and the view.

Hammondsport is a lovely town, on the tip of Keuka lake. I explored by foot, with, alas, not enough time to do it justice. I’m sorry I missed the Glenn Curtiss Aviation Museum, on the outskirts of town. He was also a pioneering motorcycle designer (and racer)!

Day 5: Hammondsport to Horseheads (45 miles)

Today I finally stopped to take some pictures of the gorgeous wild flowers that seemed to line the routes. Now, if only I had had an app that would give me the name for a flower based on a picture — Shazam for plants. Hmm, I just found Garden — I’ll have to try it.

As on Day 2, I diverged from the official routes. The official routes went through South Corning. However, I wanted to visit the Corning Museum of Glass. That meant following the first 30-ish miles of the route; improvising 10-ish miles on roads that had many (well-designed) interstate interchanges; and ending in Corning. But it worked and Barbara and I had a lovely visit to the museum. I learned that the history of glass goes back farther than I ever imagined.

We drove back to the hotel and prepared to pack up for an early departure the next day.

Summary: A wonderful trip, too short. Still lots to see and explore in this glorious region. I hope to get back there.
Stylish Chicks, Fashion Tips, and Chocolate Drips, June 19—A short ride to Max Brenner’s in Bethesda was enjoyed by all on the women’s ride. Women’s Ride coordinator Deborah Turton and Connie Bertka from the Rockville Bike Hub look happy with their selections.

Birthday Ride, July 9—It’s your birthday Liz, make a wish... “OK, I wish I could ride my bike just for fun surrounded by friendly Potomac Pedaler friends.” Someone blew out all their candles because it was a most excellent day for a Laytsonville birthday ride!

Tour de Cul-de-Sac, July 10—Epic ride, almost 100 miles, over 10,000ft. Great weather, some mechanicals. Route featured an unintended transit through an apple orchid. Facebook pics provided by Dave Hearn, Liz Ginexi and Dave Helms. Photo below of High Rock Podium

Birthday girl Liz Ginexi and Carol Linden

Continued on page 11.
Ride Report, Continued from page 10.


ONO Ride Orange to Charlottesville, July 9-10 — The second One Night Only ride had ten cyclists. As trip leader John Zebato reports “that was pretty good participation for a first time event and a weekend that had, at least the first day, a triple digit heat index. Nonetheless the cyclists loved this new route for its beautiful vistas, including a winery stop that had set out cold water and banana pieces for the riders and a quiet hotel for the night.”

And somewhere in Frederick County.... Can you guess that covered bridge?.

Melissa Landau, Peter Klosky, and Doug Landau
Mark your calendars - we have two special events in August!

The first, is a Women's Bike Ride and Post Ride Wine Tasting at Rockland's Farm on August 13. Potomac Pedalers and Washington Area Bicycle Association (WABA) are co-sponsoring this friendly ride for women to raise money for their Women and Bicycles (W&B) Program. What better way to do this than to combine a great ride in the country with a wine tasting afterwards? There will be two rides to choose from (longer and shorter), followed by the wine tasting. There is a $20 fee and you must register online before the event. WABA's Woman & Bicycles program focuses on increasing the number of women bicycling in the area by working on issues that affect women cyclists from helping women learn to ride, offering rides for all levels, and holding workshops on topics such as street harassment and legal issues. The program also fosters a sense of community to support any woman as she rides in the DMV. They have regular coffee clubs so women cyclists can meet face to face. The also sponsor a mentoring program which matches experienced riders with newcomers. Their Facebook page has over 5200 women. Details for this ride are in the Ride Schedule and on our website: http://www.potomacpedalers.org/event/rocklandsfarm.

The second event is a Women's Bike Repair Clinic. The Rockville Bike Hub will be offering a basic adjustments and repair clinic for women on August 28, 1:00pm to 4:30pm. In this clinic you'll have an opportunity to work on your own bike in a class size of no more than 8 women. They will provide stands and tools. You bring your bike, a desire to learn, and always helpful, a good sense of humor. The class will cover brake and gear adjustments, chain maintenance, on bike wheel truing, headset adjustments, bottom bracket checks, and the ever favorite- flat tire repair. The clinic will assume no previous experience with bike repair. The clinic will be held in Rockville at the Elwood Smith Community Center (601 Harrington Rd).

The Rockville Bike Hub (www.rockvillebikehub.org) is a social-profit whose community efforts include collecting and refurbishing bicycles for area youth. The Hub is supported in part by the proceeds from their clinics. The suggested donation for the clinic is $30. Register for the Women's Bicycle Maintenance Clinic on the Rockville Bike Hub meetup site, http://www.meetup.com/Rockville-Bike-Hub/. Future workshops will be held if there is a demand.
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.

A: Banthoneuring is long-distance (endurance) cycling over scenic and typical intervals between rest stops.
This table shows the range of average riding speeds, the range of typical ride distances, and typical intervals between rest stops.

Average Riding Speed (ARS) (Miles) (Miles)

<table>
<thead>
<tr>
<th>Ride Class</th>
<th>(H) Hilly</th>
<th>(M) Moderate</th>
<th>(F) Flat</th>
<th>Route Length</th>
<th>Rest Stop Intervals</th>
<th>Use of Pacelines</th>
</tr>
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<tbody>
<tr>
<td>D</td>
<td>6.0–7.9</td>
<td>8.0–9.9</td>
<td>10.0–11.9</td>
<td>10–25</td>
<td>5–10</td>
<td>no</td>
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<tr>
<td>C</td>
<td>8.0–9.9</td>
<td>10.0–11.9</td>
<td>12.0–13.9</td>
<td>20–35</td>
<td>10–15</td>
<td>no</td>
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<tr>
<td>CC</td>
<td>10.0–11.9</td>
<td>12.0–13.9</td>
<td>14.0–15.9</td>
<td>30–50</td>
<td>15–20</td>
<td>occasional</td>
</tr>
<tr>
<td>B</td>
<td>12.0–13.9</td>
<td>14.0–15.9</td>
<td>16.0–17.9</td>
<td>40–60</td>
<td>20–30</td>
<td>occasional</td>
</tr>
<tr>
<td>BB</td>
<td>14.0–15.9</td>
<td>16.0–17.9</td>
<td>18.0–19.9</td>
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<tr>
<td>AA</td>
<td>18.0–19.9</td>
<td>20.0–22.0</td>
<td>22.0–24.0</td>
<td>60–100</td>
<td>30–40</td>
<td>common</td>
</tr>
</tbody>
</table>

Randonneuring is long-distance (endurance) cycling over scenic and challenging terrain. Randonneur rides often leave early in the morning and 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/choice” e.g., “40º/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.

For complete ride descriptions, visit our online ride calendar:
http://www.potomacpedalers.org/events

August — Mondays

B/BB * 30ish * MD * 9:30 AM * Glen Echo Park (GLE)
The Usual Monday Ride From Glen Echo
BB: Warren Farb [wfarb@mac.com] 301-320-4942
B: Cathy Wilson [cswilson@aol.com] 703-328-1029

B/BB * 30ish * MD * 5:30 PM * Frederick, MD (7th ST Starbucks)
The Starbucks Ride
BB: Darius Mark [darius.mark.mdge@statefarm.com] 301-418-6370

August — Tuesdays

C/CC * 26/34 * VA * 10:00 AM * Belle Haven Picnic Area (BEL)
Mid-week Morning Belle Haven
C: Lois Lightfoot [L.Lightfoot@outlook.com] 703-451-2361; 571-228-9907 (cell)
Normandie Lee [normandie.lee@gmail.com] 571-218-8260 (cell)
CC: George Saxton [gsaxton@saxfam.net] 703-243-8284; 703-855-0876 (cell)

Jill Thompson-Riese [jillian8888@gmail.com] 202-674-1920

CC * 35 * MD * 10:00 AM * Buddy Attick Park (BUD) * 50 *
Bud Bike Tuesday
Rob Dahlstrom [rkdahlstrom@gmail.com] 301-758-2598
George Schneider [gbs319@juno.com]

CC * 14 * MD * 6:00 PM * Capital Crescent Trail (CCT)
Capital Crescent Cruise
Patrice Coss 703.521.6159

C/CC * 18-23 * VA * 6:00 PM * Wakefield Park (WKP)
North Springfield Easy or Challenge
Joan Feerick [jfeerick1@gmail.com] and Chuck Feerick* [jfeerick1@verizon.net]

CC/B * 17 * VA * 6:00 PM * Wakefield Park (WKP)
Annandale Evening Excursion
Peter Klosky [ppte@peterklosky.com] 703-727-4939

B/BB/A/AA (MF) * 25 * VA * 6:00 PM * Wakefield Park (WKP)
Annandale Evening Speedworks
Dan Lehman [rlDesigns@yahoo.com] 703-241-9113

CC/B * 17-29 * MD * 6:01 PM * Laytons Village SC (LAV)
The Slurpee Ride
B: Bob Bernstein [rbernstein55@yahoo.com] 240-593-2539
CC: ** contact Geng to volunteer **

BB/A * 17-29 * MD * 6:00 PM * Laytons Village SC (LAV)
The Slurpee Ride
BB: Geng Chan [gcchan@sandglass.com] SND-EEE-MAIL.
For complete ride descriptions, visit our online ride calendar:
http://www.potomacpedalers.org/events

T/B/BB * 20-25 * VA * 5:15 PM * Fort Williams Pkwy, Alexandria
Alexandria Tandem Tuesday Ride.
Mark Mulligan [crew396@aol.com] 410-626-7470

August — Wednesdays

CC* (MH)* 10-24 * MD * 6:15 PM * Rockville Regal Center
Rockville Rambler
Russell Walker [* dcwalk99@verizon.net] 301-758-4491
Robin Temin [* robin.temin@verizon.net] 240-505-0294

CC/B/BB/A * 23-41 (MH) * DC * 6:00 PM * Downtown Breakaway
* Mitchell Park (MIT)
Downtown Breakaway
Organizer: Rudi Riet [* rudi@songfta.com]

August — Thursdays

B/BB * 15-25 * MD * 12:00 PM * Marriott HQ loading dock
Thursday Noon Training Ride Bethesda
Ruth Sheridan [* ruthsheridan@msn.com] 202-258-0788.

C/CC * 10-20 * DC * 6:30 PM * Tenley Circle (TEN)
Thursdays at Tenley
Claudia Trapp [* Claudia.bikes@yahoo.com] 202-744-4720
Ron Tripp [* ron.tripp@yahoo.com] 301-237-5079

August — Fridays

C * 30 * MD * 10:00 AM * Leesburg (NEE)
Friday Lunch Ride
Deborah Turton [* d.turton@verizon.net] 301-482-0675

C * 35 * MD * 10:00 AM * Buddy Attick Park (BUD) * 50 *
Bud Bike Friday
Rob Dahlsrom [* rkdahlsrom@gmail.com] 301-758-2598
George Schneider [* gbs319@juno.com]

C/CC/B/BB/A * 21/25 * MD * 6:16 PM * South Germantown Rec
Adventure Playground (SGRAP)
Scenic Social!
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
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Enjoy the benefits of social and recreational bicycling in DC, MD, and VA by joining the largest bike club on the East Coast!

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Plus we offer many weekend trips and discounts to many bike shops and more!

Check out our website to find the best rides for you!

Ride Partner Links:
- ActivePW: http://activepw.org/
- Brewfest: http://www.workhousearts.org/workhouse-brewfest/
- FABB: http://fabb-bikes.blogspot.com/2016/06/more-on-brewfest.html

For complete ride descriptions, visit our online ride calendar:
http://www.potomacpedalers.org/events

CC * 30 * MD * 8:30 AM * Silver Cycles
Arboretum - RC Park
Jerry Collins [jerrycbike69@gmail.com] 240-281-4861

August 11 — Thursday
C (MH) * 21-29 miles * MD * 10:00 AM * Glen Echo (GLE)
Glen Echo Loops
Polly Choate [scooterpea@yahoo.com] 202-966-5571 land; 202-538-5715 cell.

August 12 — Friday
CC (MF/MH) * 38&50 * VA * 9 AM * Brentsville Park (BVP) * 45°-95°/50%
Through Church Parking
Len Wilkinson [len.wilkinson@verizon.net] 703-455-0368 (home); 703-350-9209 (cell)

August 13 — Saturday
Women * 20/34 * MD * 8:00 AM - 9:00 AM * Rockland’s Winery
Women’s Bike Ride & Post Ride Wine Tasting
Potomac Pedalers and Washington Area Bicycle Association (WABA) are co-sponsoring this friendly ride for women to raise money for their Women and Bicycles (W&B) Program. What better way to do this than to combine a great ride in the country with a wine tasting afterwards? We’ll start and end at Rockland’s Farm Winery and Market, where they offer delicious farm produce, fruits and veggies, pasture-raised meat, and award winning wine for sale. Your $20 registration helps support the W&B program. Ride Start: Rockland's Farm Winery and Market, 14525 Montevideo Road, Poolesville, Maryland 20837. Because of limited parking, please park at Riley's Lock and bike the two miles to Rocklands. Women must pre-register online to attend: http://www.potomacpedalers.org/event/rocklandsfarm
Deborah Turton [d.turton@verizon.net] 301-482-0675

D/C/CC/B/BB/A * 18-59 * VA * 8:30 AM-10:00 AM * Vulcan Parking Lot (VPL) Brewfest Multi-class Rides
We won’t LABOR to pay our cycling DUES with the variety of CUES we have QUEUED from this FABulous VENUE. Potomac Pedalers, Fairfax Alliance for Better Bicycling (FABB) and Active Prince William are teaming to support the Workhouse Art Center Brewfest, a fund-raising event for the Art Center. We have rides to Burke Lake Park (ice cream!), beautiful Mason Neck, cosmopolitan Prince William Tour of Towns, and the mysterious Prince William Forest Park (where gnomes are thought to dwell). Note entrance fee for PWFP gnome experience.

The Brewfest will be on-going when we return around 2PM (rides staggered to return about the same time) with the event continuing until 6PM, thereafter the Claire Lynch Band is set to play at 7PM. Riders are encouraged to attend the event post-ride at their expense. Parking at the Vulcan lot ride start is free as is a shuttle from the lot for those attending the Brewfest.

Admission into the Brewfest is $25, which includes 5-5oz beer samples, live music, entertainment, food vendors, exhibitors, lawn games, workshops, and artists’ studios.

Ride Partner Links:
- Brewfest: http://www.workhousearts.org/workhouse-brewfest/
- FABB: http://fabb-bikes.blogspot.com/2016/06/more-on-brewfest.html

Ride Start Address: Vulcan Parking Lot, 10000 Ox Road, Lorton, Virginia 22079

Safety: Helmets are mandatory. We will be riding on urban roads which may be congested. Riders need to be particularly cautious at intersections and aware of merging traffic. For your safety and the safety of the group, please follow Ride Leader instructions.

Weather Cancellation: Ride may be canceled if the forecasted high is above 95 or chance of precip is 50% or more. Please check the PPTC ride forum, Pedaler Google Group or PPTC web calendar if weather looks marginal.

Contacts:
Dave Helms [david.helms570@gmail.com] 301-466-5561
Joe Pixley [bentr1der@yahoo.com]

Rides:
- D * 18 * VA * 09:45 AM
  Workhouse to Burke Lake for Ice Cream
  Greg Basheda [gbasheda@yahoo.com]
  RWGPS: https://ridewithgps.com/routes/14951805
  Stop: Mile 9 - Burke Lake Ice Cream Parlor
- C * 27 * VA * 09:30 AM
  Prince William Tour of Towns (ActivePW)
  Rob Delach [rdelach@gmail.com] 703-727-0321
  RWGPS: https://ridewithgps.com/routes/14969209
- CC * 38 * VA * 9:15 AM
  Workhouse to Mason Neck - Medium
  Len Wilkinson [len.wilkinson@verizon.net] 703-455-0368; 703-350-9209 (cell)
  RWGPS: https://ridewithgps.com/routes/14897330
  Stop: Mile 12/24 - Pohick Bay Picnic Area
- B * 48 * VA * 9:00 AM
  Workhouse to Mason Neck - Long
  Jeff Breunig [jbreunig@cox.net] 703-862-2816
For complete ride descriptions, visit our online ride calendar:
http://www.potomacpedalers.org/events

RWGPS: https://ridewithgps.com/routes/14592184
Stops: Mile 15.5 - Great Harvest Bread, 6030-G Burke Commons Rd., Burke, VA 22015; Mile 30 - Pohick Bay Picnic Area

• BB/A * 58 * VA * 9:00 AM
  **Workhouse to Prince William Forest Park**
  Stephen Krill [krillrjs@gmail.com]
  RWGPS: https://ridewithgps.com/routes/14590039
  Stop: Mile 30 - Prince William Forest Visitor’s Center
  Note: Ride features a lollipop loop into Prince William Forest Park, which has a $5.00 per bike entrance fee. If a rider has an Annual Pass ($30), the pass holder and 4 additional cyclists can enter the park.

D * 10 * MD * 10:00 AM * Thomas Farm Community Center, Rockville
  **Carl Henn Millennium Trail Loop**
  Gordon Smith [wa3qkc@aol.com] 240-299-3384

C * 23 * VA * 10:00 AM * Pohick Bay Park (PHP) * 95%/50%
  **Pohick Bay Social Ride**
  Peter Dassira [peterdassira@yahoo.com] 703-851-2274

CC/B * 52/38 * MD * 9:00 AM * Allen Pond Park (ALP)
  **Deale In, or No Deale**
  B: Monique Sears [moniquesears@rcn.com] 202-256-5218
  CC/B * 52/38 * MD * 9:00 AM * Prince William Forest Visitor’s Center
  Note: Ride features a lollipop loop into Prince William Forest Park, which has a $5.00 per bike entrance fee. If a rider has an Annual Pass ($30), the pass holder and 4 additional cyclists can enter the park.

CC/B * 30-60 * MD * 8:00 AM * Thomas S Wootton HS Parking (TWHS)
  **Rockville Saturday Morning Ride**
  Ajit Baid [baidajit@gmail.com] 267-421-1438

CC/B/BB/A (MH) * 73 * MD * 8:30 AM * Point of Pocks (POR)
  **2 Crossings 4 Taylors, Crystal, Stew & Ice Cream**
  BB: Liz Ginexi [*eginexi@gmail.com*]240-354-4721
  B: Jerzy Lamont  [jerzylam@gmail.com]
  CC: Julie Marders [juliemarders@gmail.com] 240-750-0754

August 14 — Sunday

**Beginner D/D * 5 * DC * 10:00 AM * BicycleSPACE (Adams Morgan)**
  **Nice & Easy**
  Erik Kugler [erik@bicyclespacedc.com] 571-245-6695

**D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 95%/30%**
  **Lunch in Shirlington**
  Ron Trueworthy [Ron.Trueworthy@yahoo.com]

**CC * 30 * DC * 9:30 AM * BicycleSPACE (Adams Morgan)**
  **Around DC**
  Jerry Collins [jerrycbike69@gmail.com] 240-281-4861

**B/BB * 50-70 * MD * 9:00 AM * Utica Park (UDP)**
  **A Mystery Ride**
  B: Jim Quinn [*quinnje.1@gmail.com*] 301-916-8868
  BB: Paul Hucy-Burns [phpueyburns@gmail.com]

**A * 77 * MD * 8:30 AM * Fulton Park and Ride (FPR)**
  **Riding Towards Mount Airy**
  A: Nick Clements [nrhclements@gmail.com] 240-432-6800

August 20 — Saturday

**TANDEM * 36/42 * MD * 9:00 AM * Misty Meadow Farm Creamery**
  **Barr Ice Cream Ride**
  Fred Carson [fcarnson@american.edu] 301-933-2919; (cell 202-714-8373 only on day of ride; no texts)

**C (H) * 26 * MD * 8:30 AM * Veirs Mill Park (VMP)**
  **Rock Creek South to Peirce Mill and Parkway Deli**
  CC: Bob Bernstein [rbernstein55@yahoo.com] 240-593-2539
  B: TBD

**CC/B/BB/A * 65 * MD * 8:30 AM * Laytons Village SC (LAV)**
  **The Renegade Ride**
  BB: Liz Ginexi [*eginexi@gmail.com*]240-354-4721
  B: TBD
  CC: Lee Langford [roadrider324@gmail.com] 571-216-0857

**CC/B * 30-60 * MD * 8:00 AM * Thomas S Wootton HS Parking (TWHS)**
  **50%/60%**
  **Rockville Saturday Morning Ride**
  Ajit Baid [baidajit@gmail.com] 267-421-1438

August 21 — Sunday

**Beginner D/D * 5 * DC * 10:00 AM * BicycleSPACE (Adams Morgan)**
  **Nice & Easy**
  Erik Kugler [erik@bicyclespacedc.com] 571-245-6695

**D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 95%/30%**
  **Lunch in Shirlington**
  Ron Trueworthy [Ron.Trueworthy@yahoo.com]

**C/CC/B/BB/A * 40/50/60 * MD * 9:00AM * Poolesville HS (POO)**
  **Pool Party**
  Join us for a ride from the high school that wanders up past Adamstown almost to Braddock Heights before heading back to Poolesville. After the ride, you will move your car about a mile to the County Pool, which is down Fisher Ave on the right. The gates will not be open before the ride, so we cannot park there to start the ride. We plan to have a picnic/pool party at the pool after the ride. The club is offering up two incentives for you to join us. They will provide wraps from Bassett’s restaurant (turkey, ham & vegi). We would ask folks to bring sides, deserts & drinks (no alcohol allowed in the pool). You might also want a lawn chair & of course, your swimming suit. This is a Montgomery County Pool, so you will have to pay to get in. BUT, the club will pay the first $4 of the admission fee for the first 37 members who enter the pool. So, come on out for a fun ride & a fun party afterwards! Note that the ride may be cancelled if there is a significant chance of rain, check the ride schedule if the weather is iffy.

A: TimGuilford [tim@guil4d.net] 301-704-2723
BB: Karen Berlage [*karenberlage@verizon.net*] 301-963-1482
B: Jennifer Hearn [jenniferhearn@verizon.net]
CC: Ann Corran [anncorran@gmail.com] 301-452-9104
C: TBD

**CC * 39, 45 & 53 (MF) * VA * 9:00 AM * Brentsville Park (BVP) * 45%-95%/50%**
  **Elk Run and BLT Clockwise**
  Fred Carson [fcarnson@american.edu] 301-933-2919; (cell 202-714-8373 only on day of ride; no texts)

**B * 45/50 * MD * 8:30 AM * Snyder’s Market @ Seminary Rd, Silver Spring**
  **Travillah Loop**
  Jerry Collins [jerrycbike69@gmail.com] 240-281-4861
August 25 — Thursday

C (MH) * 21-29 miles * MD * 10:00 AM * Glen Echo (GLE)
Glen Echo Loops
Polly Choate [scooterpea@yahoo.com] 202-966-5571 land; 202-538-5715 cell.

August 27 — Saturday

C/CC/B/BB/A * 23-70 * DC * 8:30 AM-10:00 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. 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 * 30 * DC * 9:00 AM
  Laurie Welch [laurawelch123@gmail.com] 301-928-1624
• CC * 50 * DC * 8:15 AM
  Ron Tripp [ron.tripp@yahoo.com] 301-237-5079
• B * 50 * DC * 8:00 AM
  Bob Bernstein [rbernstein55@yahoo.com] 240-593-2539
• BB/A * 70* DC * 7:30 AM
  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
  Matthew Ossolinski [ossoarch@gmail.com]
CC * 33 * MD * 9:00 AM * Riley’s Lock (RIL)
Western Montgomery Circuit
Mike Divine [mikedivine74ATme.com] 301/258-7820.
CC/B * 30-60 * MD * 8:00 AM * Thomas S Wootton HS Parking (TWHS)
* 50%/60%
Rockville Saturday Morning Ride
Ajit Baid [baidaji@gmail.com] 267-421-1438
BB/A * 84 * MD * 9:00 AM * Monocacy Middle School (MMS)
ALGF prep - lots of gravel, lots of climbing
A: Dave Helms * [david.helms570@gmail.com] 301-466-5561
BB: Mariette Vanderzon [mariette.vanderzon@gmail.com] 703-439-0175

August 28 — Sunday

TANDEM * 40/50 * MD * 10:00 AM * South Germantown Recreation Center
Upper Montgomery County Loop
Candy and Mike Sall, ecotton663@aol.com

D/C/CC/B/BB/A * 20/23/36/42/53 * VA * Various Start Times * Nokesville Community Park (NCP)
Annual Nokesville Ride and Picnic
Join us for our 19th annual ride and picnic with rides ranging from 18 to 53 miles. Rides are followed by a fabulous picnic at the Pavilion in the Nokesville Community Park. Once again, Baja Fresh will be bringing burritos for everyone. We will supply the drinks, plates, cutlery, etc. We ask you to bring a salad, side dish or dessert to share with others. Although we hope for a lovely day, this event is rain or shine. The pavilion is large and quite nice, so don't be discouraged if we happen to have bad weather.
Garmin download at:
For 30 mile ride - https://ridewithgps.com/routes/1630236
For 42 mile ride - https://ridewithgps.com/routes/3245938
For 53 mile ride - https://ridewithgps.com/routes/5001362

Directions: Nokesville is located approximately 40 minutes from the beltway in southern Prince William County (12560 Aden Road, Nokesville, VA 20181). Allow extra time as rides start promptly at the advertised times and will give riders extra time needed to park, etc. From the beltway take exit 49, 66-West 20 miles to exit 44 (second exit for 234 South). After 5 miles exit onto 28 South (Nokesville Road), go 4.5 miles and make a left onto Fitzwater (VA-562) at the traffic light. Go one mile, make a right at the T onto Aden Road (VA-646), go 0.8 mile to Nokesville Community Park on the right –look for the recycle igloos.

Questions? Contact:
Nancy Avitabile [nancy4@mindspring.com] 301-908-6303
Butch Counts (703) 690-2486
• D * 10-18 * 10:00 AM
  Catherine Kittchell [catherinekitchell@gmail.com] 301-767-6919
• C * 30 * 9:15 AM
  Roger Cabbage [jwcubbage@juno.com] 703-534-4027

• CC * 30 * 9:15 AM
  Steve Forman [stephen.forman6740@gmail.com] 703/734-2352

• CC * 42 * 9:00 AM
  Sue Gunter [suegunter96@gmail.com] (703) 402-0119

• B * 30 * 9:15 AM
  Richard Edelman [nancy4@mindspring.com] 301-908-6303

• BB * 42 * 9:00 AM
  Nancy Avitabile [nancy4@mindspring.com] 301-908-6303

• A * 53 * 8:30 AM
  David Wilson [dc.wilson@cox.net] 703-628-4499

Beginner D/D * 5 * DC * 10:00 AM * BicycleSPACE (Adams Morgan)
  Nice & Easy
  Erik Kugler [erik@bicyclespacedc.com] 571-245-6695

D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater
  (SHR) * 95%/30%
  Lunch in Shirlington
  Ron Trueworthy [Ron.Trueworthy@Yahoo.com]

C * 23 (MF-MH) * VA * 9:00 AM * Fairfax Square Commercial Center *
  Fairfax Coffee to Coffee
  Avrana Blackwell [avranaktb@gmail.com] 301-503-5884 (cell)

CC/B/BB * 56 * MD * 9:00AM * Utica Park
  Gravel Hill
  BB: Karen Berlage * [Karenberlage@verizon.net] 301-963-1482
  B:Paul Huey-Burns [phueyburs@gmail.com] 202-255-2785
  CC: Carol Linden [cdlinden@hotmail.com] 240-205-5035

Welcome New Members!
Please welcome new and returning members to Potomac Pedalers:

Edward Aifer
Alex Altamirano
Jesse Altamirano
Jeanne Ash
Maria Bowman
Daniel Brod
Tatiana Carvajal
Ricardo Carvajal
Renée Charrière
Yeshwant Chilikaruru
Laura Collins
Harley Cook
Joseph Corbett
David Cristea
Sean Curry
Robert Delach
Mark Dolginoff
Mark Dosch
Paul Español
Lynne Fernandes
Carla Fletcher
Mark Flinn
Steve Forsyth
Brett G
Jen Green
Ashley Holt
Mary Jeske
Daren Key
Eboni Kovach
Julie Kurland
Michael LeBauer
Rosalee Lewis
Angela Long
Ramona Looney
Nancy Lopez
Michelle Martin
Tawny Mala
Robert Mauri
Mark McBride
Paige Mento
Edward Milliner
Philip Mullenix
Dave Mullenix
Laura Novak
Melisa Photo
Michael Perron
Alexi Petroff
Sue Groh
Harald Scheitch
Falynn Schmidt
Donna Sedoli
Robert Selestok
Thomas Selestok
Jenny Shanks
Larry Sherrill
Andy Stone
David Stone
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Kevin Nulty
Lynne Valdes
Upali Vasavada
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FOR SALE
TREK T900 TANDEM. Great condition. Includes rack/trunk bag, computer, frame pump, small tool bag/levers/spare tube, new tires. Ready to ride. $800. Chuck Gulosh, Winchester (540) 539-9012

CERVELO P3C (51CM), Like New Tri-Bike –Shimano Dura-Ace components, Mavic Cosmic wheel set, many more upgrades. MSRP $4,500 – Asking $2,000. Robert 301-641-2042.
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!

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.

PPTC Member Discounts / Participating Merchants

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<td>240-602-8752</td>
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<td>30 minute tune-up $30, parts extra</td>
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<td>Papillion Cycles</td>
<td><a href="http://www.papillioncycles.com">www.papillioncycles.com</a></td>
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<td>Pedal Pushers Bicycle Shop</td>
<td><a href="http://www.pedalpushersmd.com">www.pedalpushersmd.com</a></td>
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<td>Proteus Bicycles</td>
<td><a href="http://www.proteusbicycles.com">www.proteusbicycles.com</a></td>
<td>301-441-2928</td>
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<td>Revolution Cycles</td>
<td><a href="http://www.revolutioncycles.com">www.revolutioncycles.com</a></td>
<td>202-365-3601</td>
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<td>Rollins Cycles</td>
<td><a href="http://www.rollinscycloc.com">www.rollinscycloc.com</a></td>
<td>202-525-3712</td>
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<td>Sampson Bicycles and Components *</td>
<td><a href="http://www.sampsonsports.com">www.sampsonsports.com</a></td>
<td>303-610-5600</td>
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<td>Spokes Etc.</td>
<td><a href="http://www.spokesetc.com">www.spokesetc.com</a></td>
<td>703-181-2004</td>
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<td>Takoma Bicycle</td>
<td><a href="http://www.takomabicycles.com">www.takomabicycles.com</a></td>
<td>301-270-0202</td>
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<td>The Bicycle Escape</td>
<td><a href="http://www.thebicyclescape.com">www.thebicyclescape.com</a></td>
<td>301-663-0007</td>
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<td>The Bicycle Place</td>
<td>www吸纳bicyclesplace.com</td>
<td>301-588-6160</td>
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<td>The Outdoor Adventure Store</td>
<td><a href="http://www.theoutdooradventurestore.com">www.theoutdooradventurestore.com</a></td>
<td>434-315-5736</td>
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<td>Trails End Cycling Company</td>
<td><a href="http://www.trailsendcycling.com">www.trailsendcycling.com</a></td>
<td>540-838-2773</td>
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<td>$1 drip coffee; $3 off bike rentals</td>
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<td>Veloville</td>
<td><a href="http://www.velovilleusa.com">www.velovilleusa.com</a></td>
<td>540-216-2453 [BIKE]</td>
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* Members encouraged to sign up on website for notices of sales on tires, casseters, etc.
* Off all bikes excluding sales
* Off MSRP not sale price
* Off MSRP, excludes sale items and custom frames
* Except custom wheel builds
**PPTC 2016 Events Calendar**

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

- **Aug. 7**  BicycleSPACE Beginner Nice & Easy Ride, Washington, DC (repeats every Sunday)
- **Aug. 12-14** Carlisle Weekend, Carlisle, PA
- **Aug. 13**  Women's Ride & Wine Tasting, Poolesville, MD
- **Aug. 13**  Brewfest Multiclass Ride, Lorton, VA
- **Aug. 21**  Pool Party & Ride, Poolesville, MD
- **Aug. 27**  Georgetown Tailgate Ride, Washington, DC
- **Aug. 28**  Nokesville Picnic Ride, Nokesville, VA
- **Aug. 28**  Women's Bike Repair Clinic, Rockville, MD

**Sept. 17-18** Back Roads Century Weekend, Shepherdstown, WV

**Oct. 2**  Farm Tour & Picnic, Poolesville, MD

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**Nokesville Picnic Ride, Continued from page 1.**

Although we hope for a lovely day, this event is rain or shine. The pavilion is large and quite nice, so don’t be discouraged if we happen to have bad weather—we’ll all stay nice and dry under cover in the pavilion. An information table will be available before and after the rides to answer questions anyone might have about each ride option, or how to join the club.

**Ride Information:** For complete ride details including precise start times, route information, Garmin links, and detailed directions, see the Ride Schedule.

**Directions:** Nokesville is located approximately 40 minutes from the beltway in southern Prince William County (12560 Aden Road, Nokesville, VA 20181). Allow extra time as rides start promptly at the advertised times and will give riders extra time needed to park, etc.

**Questions?** Contact Nancy Avitabile (301) 908-6303 or Butch Counts (703) 690-2486.

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**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.

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**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: ______ Today’s Date: ___________________ |
| 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. |

**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

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**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@agg-llc.com, 202.507.9900
Ann Corran, anncorran@gmail.com, 301.439.0631

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**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 as your listing in the 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:** __________________________________________

**City ___________________ State_______ Zip: __________
New Address _____________________
E-mail ___________________________
Day phone _______________________
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Exp. / ___ Amount $ __________
Signature _________________________

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**American Express**

Name on card ___________________
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