Meet Volunteer Party Honoree: Karen Berlage

My Friend Karen Berlage
by Tim Guilford

I have known Karen for about half my life, at least 25 years. In all that time she has been a steady valuable presence in Potomac Pedalers. She is both the Maryland Ride Coordinator (a big thankless job) for the BB, A, and AA ride levels, and a prolific ride leader (the fun part). In all that time, through years of over 10,000 miles per year, a variety of bike crashes and surgeries, a few different bikes, hot, cold, rain and occasional snow, she keeps coming back for more.

I first met Karen at one of the Tuesday/Thursday training rides starting from Laytonsville, MD. Keeping up with Karen was a sign that you had really done something. Any number of male riders were humbled by her riding ability, myself included. We had a nice little group of Maryland “A” riders that rode together most weekends (except during tax season when Karen had deadlines to meet for her clients). I learned a lot about

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Time to don your party hats and dancing shoes and celebrate with friends! The annual Potomac Pedalers Volunteers Party will be Saturday, December 10th. This year’s special Volunteer Honoree is Karen Berlage! Karen is a long-time Club member, prolific ride leader, and a Maryland Ride Coordinator.

The Volunteer Party is open to anyone who worked for the club during this past year. Have you led a ride or helped out at any of the Club’s special events this past year? Are you a ride coordinator, Club officer, or member of a committee? Have you hosted a weekend event or helped out at the recent Back Roads Century or Farm Tour rides? Did you help out at the Annual Meeting, Bike to Work Day, or our ride leader training? Having done any of those things makes you welcome and eligible to attend the Volunteers Party!

Everyone enjoyed last year’s party so much, we’ve decided to return to the Tenley Bar & Grill, a gastropub run by a fellow cyclist. Healthy and delicious appetizers will be served. It’s a cash bar and potluck dessert, so if you want something sweet, bring something to share.

VERY IMPORTANT - PLEASE RSVP. We want this event to be awesome and that means we need to know how many folks are coming. Just go to our website and click on the Volunteers Party block - from that page you’ll be able to register. Any questions? Contact Joe Pixley, bentr1der@yahoo.com

Tenley Bar & Grill: www.tenleybar.com; 4611 41st St NW, Washington, DC 20016

Join the ExCom!

Do you want a leading role in the largest cycling club on the East Coast? Join the Potomac Pedalers Executive Committee! We need energetic, enthusiastic club members to join the ExCom to help plan the course for the future of our Club—the largest cycling club on the east coast with over 3,000 members! The Ex-Com, as it’s known, has been working hard all year to make important changes for members, in terms of putting in effort and resources into the things that really matter to you! Our Chair, Matt Birnbaum, has infused the ExCom with great energy and initiatives, such as assisting the Ride Leader experience, providing enhancements to our website and social media, promoting more social rides and tailgates, building a dynamic Back Roads Century footprint in Shepherdstown, WV, and providing more member benefits, communications, and networking opportunities. Tackling these challenges together makes it fun and builds lasting relationships, as well as helps all members. Ask any ex-ExCom member!

Continued on page 6.
**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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**EXECUTIVE COMMITTEE**

**Chair** Matt Birnbaum, nobby@gosh.com

**Vice Chair** Martine Palmiter, mpalmiter@gmail.com

**Treasurer** Nancy Avitabile, nancy4@msn.com

**Membership Secretary** Linda Borst-Kolko, 127lkolko@gmail.com

**Recording Secretary** Stephen Krill, krilljr@gmail.com

**Members-at-Large**

David Helms, david.helms57@gmail.com

Paul Huey-Burns, phueyburns@gmail.com

Lee Langford, roadrider324@gmail.com

Joe Pie Xley, egbertsousee@yahoo.com

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**RIDE COMMITTEES & COORDINATORS**

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**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**

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Family Rides VACANT

Women’s Rides Deborah Turton, d.turton@verizon.net

Special Events Lee Langford, roadrider324@gmail.com

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CC Carol Linden, cdlin@hotmae.com
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**Communications Director** Brenda Ruby, communications@potomacpedalers.org

**Communications Committee** Brenda Ruby, Linda Kolko, Lee Langford, Dave Helms

**Web Site Committee** Rudi Riet, Nancy Avitabile, Dave Helms, Matt Birnbaum

**Finance Committee** Nancy Avitabile, Rich Tepel, Paul Huey-Burns, Warren Farb

**Governance & Administration Committee** Rich Tepel, Martine Palmiter

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

**Advocacy Committee** Dave Helms, Joe Pie Xley

**Bike Case Coordinators** Adam Goldberg, 202.507.9900, adam@agp-lic.com; Ann Corran, 301.439.0631, anncorran@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

This is my penultimate article as Club’s Chair. I’d like to use this space to reflect on what I purposely tried to accomplish during my tenure as Chair Elect and Chair. I will use next month’s column to discuss other initiatives that unexpectedly cropped up during my watch.

I agreed to serve as Chair several years ago since I was concerned about the tenor of those with whom I knew in our community. Too few were doing too much and bickering and burning out. Too many were doing too little and feeling unconnected and alienated. We needed to reevaluate how we use volunteers in our Club and reorganize our efforts while making sure to treat others as we would want to be treated.

Whatever mistakes I made in the planning of organizational reform, I hope I have moved us in a good direction in treating volunteers beginning with the Executive Committee (ExCom). For those who do not know, I ask that each ExCom member volunteer an average of 5 hours each month. We no longer meet face-to-face every month in trying to tackle everything. We instead rely on a suite of teams in varying degree of organization and stability to do the groundwork. As a result, we are able to handle a larger array of issues in fewer meetings with more practical results happening over time.

We still have more work to do in the organization of our leadership, and I trust that next year’s leadership will go far in this. Most important, we still need to recruit more members to help. If you’re reading this, please consider serving on the Executive Committee or at least one of the teams. We need folks with all types of talent – those with business acumen, social graces and interpersonal skills, analytical types who can mine large and small data, folks who can write and tell stories, computer programmers and social media nuts, and folks who can put aside their egos and do grunt work. We live and die by our volunteers on these teams. Please help out!

Besides changing governance arrangements, I focused a lot on improving our Club’s DNA – our rides offered throughout the year by volunteer ride leaders. As someone who had led rides somewhat regularly over the prior decade since arriving in DC, I had found it challenging to build and sustain momentum for offering enjoyable rides and knew others who felt similarly.

Eric Pilsk, Rudi Riet, and I began working together in organizing a one-day training for recruiting new ride leaders and nurturing veterans in early 2014. We developed a curriculum and threw together the event. Last spring marked the third time we offered this training in Maryland with it being expanded into Virginia for the first time later in the year. Others have taken leadership on this as Eric, Rudi, and I stepped onto the sideline. Yet we still have a long way to go in recruiting and nurturing strong ride leaders. A one-time training event does not suffice; we need to build better mechanisms and incentives for supporting the coalescing of ride leaders.

I have tried to provide better support to the Club’s ride coordinators in supporting rides organized through “tailgates.” There are inadequate incentives for ride coordinators to recruit ride leaders, too few ride leaders step up to the plate each month, and we could be offering more interesting rides. The tailgate rides represented an experiment that we started as a pilot. What would happen if we gave a limited amount of funds to the ride coordinators each month to cooperate with each other in organizing a supported multi-class ride? My own gut read is that this ride has excelled for Maryland CC/B/BB/A riders since all four ride coordinators bought into the tailgate ride concept and have worked together. We now have an all-class ride that begins and ends at a brewery in Mount Airy and also have another summer pool party. In DC, the tailgate helped introduce a monthly weekend ride to an area that has not offered anything here on a regular basis for many years. It has not yet caught on in Virginia where our footprint has probably diminished the most in the past decade.

While we’ve been spending only a few thousand dollars annually thus far on the tailgates, I think they’re more than worth the cost. Our club long ago lost a monopoly in offering recreational bicycling rides in our region. Like probably each of you, I have many choices each weekend on when and where to cycle. The multi-class tailgate rides offer a great experience that is not easily replicated by others as they do not entail a relatively few group of buddies riding together. It’s many small groups of riders riding together based on diverse interests and abilities. While the groups ride separately, they celebrate together at the ride’s end over food and drinks in commemorating a shared cycling experience. While we may find better alternatives to bringing multiple, diverse groups of cyclists together as we move into the future, we cannot give up this focus if we are to remain vibrant and a welcome alternative to those who are looking to us to ride with caring ride buddies.

Happy Spinning,
Matt
When asked why the sport of cycling is an attractive adventure, I explain that there is nothing as fun as being ten miles from town with a flat and no way to fix it. Our November 5th maintenance clinic spoke to this aspect. The result was better than banter, as we completed a number of demonstrations.

Spokes Etc. of Belle View, Alexandria, was kind enough to lend us their basement classroom, which has an excellent aura. This facility, with its multiple work stands, is one of the best of its type in our region. The staff had set the room with conference tables in a U-shape, which helped the event reach a symposium feel. The coffee, bagels, juice and doughnuts from Potomac Pedalers provided for a nice greeting interval for the twelve of us.

First up on any maintenance agenda is fixing flats, followed by cleaning chains. We moved through that quickly, myself showing how to change a flat without levers, and Rudi Riet showing lever technique. Rudi has extensive knowledge of bikes, as well as how the industry develops its products. To make the demo a little more comprehensive, we added a changeover from carbon to aluminum wheels, along with associated brake pads. With help from Bob Manka, we measured chain wear with a special tool from Park Tool.

During the break, we learned that many of the students enjoyed rides that last several days, even epic length rides. A teen rider explained that on a four week ride from Seattle to San Francisco, they experienced not only 46 flats among 14 riders, but also an incident where a bike-to-bike panier crash required rebuilding a wheel with four broken spokes, requiring several hours of attention. Not every ride has a deluxe bus or team car following. Some rides, like the Tour de France or Jamaica Reggae Ride have that, but we are often left to our own devices. While we may say we are proud to have the opportunity to fix bikes on the road, the reality is that we prefer the bike to stay in one piece. That same teen rider plans Charleston to Santa Monica in Summer.

Back to the clinic agenda, the goal was to remove and replace the chain, derailleur and cassette on the demo bike, my bike. Adam Goldberg stepped up and showed us the Park Tool Derailleur Alignment Gauge. He wielded it excellently, bending my derailleur hanger back into the correct plane. This step, bending the hanger, is often missed, even by certain shops. The presentation completed at 12:30, and we prepared for a ride.

As we prepared to set out on the post-clinic ride, we found that even Di2 electric shifting bikes can suffer poor shifting without correct hanger alignment. With help from Spokes staff, another bike was set right.

The ride along the Potomac was gorgeous, with Fort Hunt park providing Fall foliage, drawing from a red, yellow and green palette. The close-in route had 72 turns, but it was easy to follow, thanks to a cue Deb Reynolds and Joan Oppel provided. As usual, there are Facebook pictures on our club’s page of both the clinic and ride.

I’m glad we had the opportunity to present this course, allowing all members access to the activity. Thanks to everyone who was involved, from club and business management to every participant. In future, we may add “open shop” following the demonstrations so that students can fix up their bikes and/or gain hands-on experience.

For the highly motivated student, Spokes Etc. offers a six-session Park Tool course that goes very deep. Each student fully disassembles a bike, including every spoke and bearing. Club members completing the course, such as Susan Payne, emerge as confident and skilled mechanics.
This Year’s Annual Meeting Celebrates 50th Anniversary of Potomac Pedalers!

by Martine Palmiter

When: Sunday, January 29, 3 – 6 PM

Where: River Road Unitarian Congregation (6301 River Road, Bethesda, MD 20817)

The Potomac Pedalers Annual Potluck Lunch & Meeting will be celebrating the Club’s 50th Anniversary! We will have long-time Club members on a panel speaking about the Club’s history and how much has changed.

In addition to the popular potluck lunch, you’ll have the opportunity to network and get information on specific topics and club events by visiting a few staffed resource tables. You’ll meet knowledgeable Club members who can talk to you about: how to become a ride leader, bike touring, and annual club events. There will also be a new member table to help you feel right at home even if you don’t know anyone!

The business part of the meeting will involve our elections to the Executive Committee, information on our 2016 achievements and what’s to come in 2017.

So bring a special dish to share and come ready to learn about all the Club has to offer!

Volunteers are needed! Please contact Martine Palmiter at mpalmiter@gmail.com.

2016 Award Nominations Needed

Nominate Our Best!

What people and rides do YOU think should be recognized at the Annual Meeting in January?

As 2016 comes to a close, we want you to reflect back on this year and your rides with the Club. Potomac Pedalers is run by volunteers, people just like you, who give their time to create great rides and ensure your safety and enjoyment. There are always a few who go beyond what you would expect and those folks deserve recognition – but we’ll only find out about them if they’re nominated.

Any member can nominate a Potomac Pedalers member for any of the awards listed below by emailing Matt Birnbaum (noshbygosh@comcast.net) or any other ExCom member (emails listed on page 2). Please provide the name of the nominee and a brief statement about why the person deserves a particular award. Awardees will be selected by the ExCom. Please submit your nominations by January 2.

Descriptions of the awards are as follows:

Peter LeGrand Good Shepherd Award — Some ride leaders go out of their way to ensure that everyone on a ride feels welcome. They keep an eye on stragglers, assist with mechanical problems and even SAG the weary if necessary. Such an outstanding ride leader receives special recognition in the form of the Peter LeGrand Good Shepherd Award. Peter LeGrand (1989) was the first recipient of the Good Shepherd Award, which was later renamed in his memory. This award is given annually.

Rookie Ride Leader of the Year Award — This award is presented to an individual who, in the past calendar year, has led his or her first ride for the club and has shown a subsequent dedication to continuing to lead rides and following the Ride Leader Guidelines. This award is given annually.

Best Original Ride of the Year Award — An award will be given to the member or members who have developed the best original ride of the year. In order to qualify, the ride should be a route unique to the last calendar year and should feature roads and/or areas not usually used on PPTC rides. This award is given annually.

Neal D. Molloy Volunteer Award — An award will be given to the member or members who go above and beyond the call of duty in volunteering for the Club. This award honors Neal Molloy (2010), a beloved club member, who shared his enthusiasm and energy with every rider he met and was dedicated to cycling and to PPTC.

Linda Tischer PPTC Lifetime Award — The nominee must have demonstrated leadership, selfless dedication, effective contribution and personal commitment in support of PPTC interests, goals and ideals over a number of years. The nominee must have been a member for at least ten years and must be a current member to receive the award. The nomination should include evidence of personal involvement in the management, administration or financial affairs of PPTC measured by achievement while actively serving as a member, officer or committee chairperson, ride leader, coordinator or other Club position listed on page two of the Pedal Patter. Awardees receive a full lifetime membership.

(Please note: the Neal D. Molloy Volunteer and Linda Tischer PPTC Lifetime Awards are only presented to exceptional candidates and may not always be given.)
the Club and its members. I am both happy and proud to call her my friend. Pedalers owe her a great debt of gratitude for her selfless years of service to
she did. As the song goes, “that’s what friends are for.”
both able and willing to drive and willing to come pick me up. Of course
weeks before. I called anyway, to see if she had any ideas, and/or was
up that climb she made sure I kept going. I would probably still be out
higher. I thought, maybe Karen
that area, no bike stores were
open that Sunday. My wife
was unable to rescue me. I was
stuck. I thought, maybe Karen
can help me, but I was hesitant
to call. She was recovering
from a serious injury, a result
of a terrible crash a number of
from tire, a huge sidewall split
rendering the tire useless. In
that area, no bike stores were
open that Sunday. My wife
was unable to rescue me. I was
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can help me, but I was hesitant
to call. She was recovering
from a serious injury, a result
of a terrible crash a number of
weeks before. I called anyway, to see if she had any ideas, and/or was
both able and willing to drive and willing to come pick me up. Of course
she did. As the song goes, “that’s what friends are for.”
I can think of no other person more worthy to receive honors from her
she did. As the song goes, “that’s what friends are for.”

Karen Berlage

Karen Berlage, Continued from page 1.

Karen Berlage, Continued from page 1.

Welcome New Members!

Please welcome new and returning members to Potomac Pedalers:

| Ginger Ackerman | David Krembel | Benjamin Richards |
| Maggie Atwood  | Jacob Logan   | Joe Roberts      |
| Meg Brogan     | Drew Martin   | Matt Sanders     |
| Lynn Bulan     | Curtis Mason  | Mauricio Sanmartin|
| Renee Costello | Tricia McDonough | Holley Snyder |
| Jim Emery      | Peter Nickoloff | Tshai Tafari |
| Michael Hill   | Ron Offer     | Elizabeth Trotta |
| Steve Inkellis | Buck Phillips |
| Don Kim        |

Winter Riding Starts December 2nd!

by Mary Ann Bruenig

There is nothing more exhilarating than riding outside on a beautiful sunny
winter day. However, cold weather, snow or ice, and limited daylight can
definitely be barriers to winter riding. Are you one of the many cyclists who
opt to hang-up your bike every fall? Do you miss riding over the winter
months? Counting the days until spring?

How about trying something new this winter? Join your fellow cyclists who
are working on their fitness and cycling skills. By next spring you’ll be
ready for those challenging hills or longer rides. You may even be ready for
a new ride category! There are many options for you to consider.

Go solo and invest in an in-door “trainer.” Ride on your own bike, at home,
in any weather and at any time! You can ride being inspired by your favorite
play list. Or you can watch tips on those mystery TV shows during your
workouts. Experience a new ride course or event by downloading a cycling
training video! In addition to an indoor “trainer,” must have accessories
include a multi-speed fan, rear-tire skewer, and a thicker rear tire.

Grab a friend and check-out the local spinning class. Finding a class is easy,
finding the right class can be an adventure. Health clubs, gyms, recreation
centers, and spin studios all offer classes. Most allow you to try a class for
no cost. The facilities, instruction, and intensity of the classes can vary
wides. Ask other cyclists for recommendations, drop-in to observe a class,
and try more than one instructor. Also you should consider trying out the
spin bikes before taking a class.

Try a specialized indoor cycling classes. Some professional cycling coaches
offer classes that provide for structured and challenging workouts custom-
tailed to your goals, abilities, and schedule. This is usually indoor training
on your own bike using specialized training systems. Often your local bike
shop or fellow cyclists can make recommendations for these classes.

In December, we have the unique opportunity to experience the specialized
cycling classes offered by Heller Performance Coaching (Leesburg,
Virginia). They are holding two sessions for Potomac Pedalers in their
indoor cycling studio using the CompuTrainer multi-rider system.
Professional Coach Susan Heller will guide us on the 90 minute rides and
provide individualized technique tips. All rider levels are welcome. More
information can be found on the monthly ride calendar.

Next month we’ll discuss the topic “Want to be a better rider? 5 Top Tips
from the Coach”. Meanwhile please share your winter riding goals and
experiences by joining the discussion on our blog.

Join the ExCom, Continued from page 1.

Please consider your possible involvement in a 2-year term to the
Executive Committee, bringing your ideas and experience to this
dynamic group! The ExCom promises that most of the meetings will
be by teleconference, and is respectful of the time of the members. We
have a lot to do in terms of cycling safety and advocacy, developing new
rides for beginners and families, and promoting cycling in the MD/DC/
VA area. Please join us!

Open positions:

• Chair
• Vice-Chair
• Membership Secretary
• Member-at-Large (two openings)

All members of the ExCom, vote on Club business. ExCom meetings
take place monthly; half are via teleconference.

As you can see we have some big openings! Now is the time to come
forward and serve on the ExCom if you have thoughts about the future
direction of Potomac Pedalers.

To apply, please submit your name, your intended position, a short bio,
as well as a few sentences about why you would like to join the Executive
Committee. This information will be published on the Potomac Pedalers
web site and, if received by Dec. 14, in the January edition of the Pedal
Patter. Email your information to: communications@potomacpedalers.org
or visit our website and click on the “Join the ExCom” box on the
homepage. Members will vote and the winners will be announced at the
Somewhere Over the Rainbow (B/BB), Oct. 29—No rainbows but a perfect Fall day for Janice Stoodle’s and Clara Martinez’s ride from The Plains.

Old Rag Hollows Foliage Ride (BB/A), Oct. 23—A Potomac Pedalers classic - 78 miles and nearly 6,000 feet of climbing - led by Rudi Riet.

Are You Tired of the Rest Stop at the Lisbon Shell? (CC/B/BB), Oct. 30—Inspired route starting from the familiar rest stop, rolled through beautiful farmland to Union Bridge and New Windsor.

Lunch in Annapolis (C/D), Nov. 12—A ride mostly on the B&A trail.

(View more pictures on our Facebook Page: https://www.facebook.com/PotomacPedalers)
2016 Holiday Gift Giving Guide

by Deborah Turton, Women’s Ride Coordinator

I am presenting a gift giving guide for your Favorite Woman Bicyclist (FWB) for the 2016 holiday season. I do not guarantee that your particular FWB will be happy with anything on this list. And the list comes with some caveats. Caveat one: if you FWB is ultra-particular about her kit, her tools, her gear, buying any of these for her is fraught with danger. Check her Amazon wish list and skip to the last paragraph. Caveat two: women’s clothing sizes are incomprehensible. If you want to buy clothes for a woman, check the sizes and brands of the clothes she has now. And make sure they’re her newest clothes that fit her. Actually, just save the receipts!! Caveat three: all of the items on this list will work for either gender as will many items not on this list. Don’t get too hung up on buying women’s bike lights or women’s handlebar tape. Instead, give her what you think she will like. But do heed the warning about clothing above. I’d like to thank the many women on the WABA Woman & Bicycle Facebook page for offering me suggestions.

Women like it when you do things for them. So for your FWB, you can plan and implement a fun bike experience. Take her away for a biking weekend. Take her out for a ride and a picnic. Take her and the kids out for a ride and ice cream. Take her to the spa on a non-biking day to relax her biking muscles. It doesn’t count if she does any of the planning or implementation. The only thing she should do is ready herself and walk out the door. You can plan it out before the holidays and can give her a coupon to redeem for the event. Bonus points if the coupon is awesome looking and has a funny rhyme on it. If you’re not into biking yourself, learn how to give her a neck massage. That will surely make her post ride wind down much better all year long.

As the holidays approach, the days get shorter. You of course want to support WABA’s Women & Bicycles, come out for the Potomac Pedalers website and blog!) If you want to support WABA’s Women & Bicycles, come out for the Haines Point 100 at the end of this month. Check waba.org for all the details.

As the holidays approach, the days get shorter. You of course want to support WABA’s Women & Bicycles, come out for the Potomac Pedalers website and blog!) If you want to support WABA’s Women & Bicycles, come out for the Haines Point 100 at the end of this month. Check waba.org for all the details.

Most cyclists like cycling clothes, and my guess is your FWB is no different. We all have the standard cycling jersey bought on clearance. Instead, how about something chic to go biking in, especially for the urban cyclist? Maybe a specially designed skirt from forestandfin.com, dress from terrycycles.com, or jeans from osloh.com just for cycling. Or a sassycyclist.com jersey that’s bright and colorful, designed by women for women and made nearby in Baltimore. And while you’re at it, splurge for the entire kit – the jersey, tights, gloves, socks, shoes, helmet and bike (or some combination thereof). Some of us FWBs love to wear coordinated outfits, but we don’t want to spend that much money. We’d rather you spent the money. With a little research you can find different jerseys for any taste: Star Trek, cats, beer, or Dr. Seuss. You could also go chic and give your FWB some reflective and fashionable clothing from betabrand.com or vespertinenvyc.com. She can reflect good taste and headlights.

As for those stocking stuffers that will have your FWB loving Santa Claus, start with Assos chamois creme, when only the best will do. And if your FWB forgets to use it, some Desitin for the sores is a good idea. Stuff some fun or offbeat socks in that stocking. For your commuting FWB, some action wipes may be the perfect stocking stuffer. Does she like technology and exploring? Stick a Halo in her stocking. Finally, lock that stocking to the mantle with a lightweight but strong lock so she doesn’t lose any of your wonderful gifts - the lock from tigrlock.com is even artistic.

If you’re looking for something for your FWB that she doesn’t need to use while bicycling, there are endless possibilities. You could start with a tote bag to carry all the stuff you’re going to get her. Let’s fill that tote bag. We’ll start with jewelry. There are more bicycle earring designs than there are bicycles in the world. I gave up trying to filter the necklaces and bracelets. Next, we’ll move onto scarves, more scarves, wallets, T-shirts, skirts, door knobs, desks, steam punk clocks, or chandeliers. The list is endless. Anything your FWB likes, you can find one with a bicycle on it or one made from a recycled bicycle part for her. Just google it.

Still don’t know what to buy. Just ride in front of your FWB and clear all the bike lanes. Carry a broom, a fog horn, and a lever and fulcrum along. Brush out all the debris with the broom. Blow the foghorn to warn drivers and passengers not to door her. Use the lever and fulcrum to flip all the vehicles out of the bike lanes. No bike lanes in your area? Just carry a can of paint in front of your FWB and paint a bike lane in front of her. She will be eternally grateful. Enjoy the holidays and remember, don’t blame me if your FWB doesn’t like what you give her.

(Note, you can find this article with links to particular products on the Potomac Pedalers website and blog!)

If you want to support WABA’s Women & Bicycles, come out for the Haines Point 100 at the end of this month. Check waba.org for all the details.

really cold or to wear as a first layer is always appreciated. Pick up a headband or hat to supplement that buff. And can we talk about fingers? FWBs hands are usually cold. We’d like 2 in 1 mittens, bar mitts, glove liners, lobster gloves, warm gloves, and a nice hot mug of something to warm our hands when we come in from a cold bike ride. You can keep it in a nice biking thermos for us. And toes, let’s not even mention toes or sock liners, wind proof shoe covers, biking boots, or warm foot massages after a cold ride. My toes get cold even thinking about it.

Warmth, women want warmth. My guess is the average FWB needs it fraught with danger. Check her Amazon wish list and skip to the last paragraph. Caveat two: women’s clothing sizes are incomprehensible. If you want to buy clothes for a woman, check the sizes and brands of the clothes she has now. And make sure they’re her newest clothes that fit her. Actually, just save the receipts!! Caveat three: all of the items on this list will work for either gender as will many items not on this list. Don’t get too hung up on buying women’s bike lights or women’s handlebar tape. Instead, give her what you think she will like. But do heed the warning about clothing above. I’d like to thank the many women on the WABA Woman & Bicycle Facebook page for offering me suggestions.

Women like it when you do things for them. So for your FWB, you can plan and implement a fun bike experience. Take her away for a biking weekend. Take her out for a ride and a picnic. Take her and the kids out for a ride and ice cream. Take her to the spa on a non-biking day to relax her biking muscles. It doesn’t count if she does any of the planning or implementation. The only thing she should do is ready herself and walk out the door. You can plan it out before the holidays and can give her a coupon to redeem for the event. Bonus points if the coupon is awesome looking and has a funny rhyme on it. If you’re not into biking yourself, learn how to give her a neck massage. That will surely make her post ride wind down much better all year long.

As the holidays approach, the days get shorter. You of course want to support WABA’s Women & Bicycles, come out for the Potomac Pedalers website and blog!) If you want to support WABA’s Women & Bicycles, come out for the Haines Point 100 at the end of this month. Check waba.org for all the details.

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Out of Bounds

Contact Ron Tripp at ron.tripp@yahoo.com to get an event on the calendar.

2017 Rides

March  Vasa Ride (Georgetown, DC) http://www.waba.org/events/rides/vasa-ride/
April  Icicle Metric (Newark, DE) http://whiteclaybicycleclub.org/events/icicle-metric/
April 8  TSR Spring Classic (Easton, MD) http://www.active.com/easton-md/cycling/tsr-spring-classic-2017
April  Ocean to Bay Bike Tour (Fenwick Island, DE), oceantobaybiketour.com
April 29  End Hunger Ride (Huntingtown, MD), http://www.endhungeralert.org/events/bike-ride/
April 22  TarWheel Century (Camden, NC), www.rivercitycyclingclub.com
May 6  Six Pillars Century (Cambridge, MD), www.6pillarscentury.org
May 7  Five Boros Tour (NYC) http://www.bike.nyc/
May 13  CAPZCAP Bike Ride (Richmond & Williamsburg, VA), virginiacapitaltrail.org/cap2cap-ride
May 20  Casa River Century (Shepherdstown, WV), http://casarivercentury.org/
May 21  Storming of Thunder Ridge (Lynchburg, VA), http://stormingofthunderridge.org/
June  Tour d’Arc (Belair, MD), metric and less, arcncr.org/events_tourd-arc.html
June  SMECO 75 Bike Ride (Hughesville, MD) https://www.smeco.coop/community/smecco75
June  Bay-to-Bay Ride (Betterton, MD) http://chestertownlions.org/
July  DoubleCross (Middletown, DE) http://whiteclaybicycleclub.org/events/doublecross/
Aug 12  Ride to See (Galena, MD) https://www.active.com/galena-md/cycling/races/13th-annual-ride-to-see-2017?int=72-3-A1
Sept  Indian Head 100 (Indian Head, MD) http://www.ohbike.org/
Sept  The Cannonball Century (Hartwood, VA) http://www.bikefred.com/cannonball
Sept  Amish Country Bike Tour (Dover, DE) http://amishcountrybiketour.com/
Sept  Civil War Century (Thurmont, MD) http://www.civilwarcentury.com/
October  Culpeper Century (Culpeper, VA) http://culpepercyclingcentury.com/
Oct 14  Seagull Century (Salisbury, MD) http://www.seagullcentury.org/
October  Savage Century (Newark, DE) http://whiteclaybicycleclub.org/events/savage/
October  Between The Waters Bike Tour (Eastern Shore of VA) http://www.cbes.org/events.html

2017 Tours

Mar 19-24  Bike Florida (Elkton, FL), https://www.bikeflorida.org/
Apr 21-23  BRAG Spring Tune-up (GA), http://www.brag.org/
Apr 29-30  Cycle NC Coastal Tour (Oriental, NC), http://cnc.ncsports.org/springCNCRide/
June 3-10  Bike Ride Across Georgia (GA), http://www.brag.org/
Jun 23-28  Bike Virginia (tba), http://bikervirginia.org/2017-bike-virginia-tour-postcard/
Jul 22-29  Bon Ton Roulet (Finger Lakes, NY), http://bontonroulet.com/
October  CNC Mountains to the Coast Ride (N.C.) http://cnc.ncsports.org/index.cfm

The Big 6-0 (B/BB), Nov. 13 — One mile for each revolution around the sun - that’s the way to do it Paul Huey-Burns!
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.

Randonneuring is long-distance (endurance) cycling over scenic and challenging terrain. Randonneurs often ride early in the morning and require lights, go under most weather conditions, and typically are challenging all-day affairs with distance and speed determined by the participants. This includes the annual Brevet series of qualifying rides between 125 and 625 miles in length.

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.

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

December — Mondays

B/BB * 30ish * MD * 10:00 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

December — Tuesdays

CC/B * 35 * MD * 11:00 AM * Buddy Attick Park (BUD) * 50°
Bud Bike Tuesday
Rob Dahlstrom * [rdahlstrom@gmail.com] 301-758-2598
George Schneider [gbs319@juno.com]

C/CC * 15-25 * VA * 1:00 PM * Pinn Community Center (PCC) * 32°/wind 20+mph
Neighborhood Midday Ride
Woody Lipinski [orsbicycling@gmail.com] 703-203-4934

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

BB * 60-90 minutes * DC/MD/VA * 6:00 PM * Zwift Zwift Ride
Let’s do a weekly Zwift ride to stay in some semblance of shape this winter. If you don’t know what Zwift is, check out their web site at http://www.zwift.com. For the weekly ride details go to http://zwift.sandglass.com. Geng Chan [gchan@sandglass.com]

December — Thursdays

C (MH) * 21-29 miles * MD * 10:00 AM * Glen Echo (GLE)
Glen Echo Loops
Come out and join us as 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)

B/BB * 15-25 * MD * 12:00 PM * Marriott HQ loading dock
Thursday Noon Training Ride Bethesda (no ride on Dec. 8)
Ruth Sheridan [ruthsheridan@msn.com] 202-258-0788

C/CC * 15-25 * VA * 1:00 PM * Pinn Community Center (PCC) * 32°/wind 20+mph
Neighborhood Midday Ride
Woody Lipinski [orsbicycling@gmail.com] 703-203-4934

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

C * 30 * MD * 9:00 AM * Veirs Mill Park (VMP)
Leave from VMP to join Friday Lunch Ride (no ride Dec. 23!)
Norman Rasmussen [norman.rasmussen7@gmail.com] 301-828-7470

C * 30 * MD * 10:00 AM * Lake Needwood (NEE)
Friday Lunch Ride (no ride Dec. 23!)
Deborah Turton [d.turton@verizon.net] 301-482-0675

CC/B * 35 * MD * 11:00 AM * Buddy Attick Park (BUD) * 50°
Bud Bike Friday
Rob Dahlstrom *[rkdahlstrom@gmail.com] 301-758-2598
George Schneider [gbs319@juno.com]

December 2 — Friday

CC * 39/45/53 (MF) * VA * 10:00 AM * Brentsville Park (BVP) * 45°/50%
Elk Run and BLT Clockwise
Len Wilkinson [len.wilkinson@verizon.net] 703-455-0368 (home); 703-350-9209 (cell)

All * 90 Minutes * VA * 11:00 AM * Indoor Ride Leesburg (HPC)
Special Holiday Ride
Keep riding over the winter! We are teaming with Heffler Performance Coaching (HPC) to host this FREE ride in their training center. They will tailor your ride to your goals. So bring your bike and hop on the Computrainer for a great 90 minute ride. If you are new to riding using a Computrainer, no problem! They can accommodate up to 25 riders. No sign-up required. HPC is right off the Greenway and there is lots of parking. Address: 32 B Catoctin Circle SE, Leesburg. Also, right next door is The Bicycle Outfitters shop. Mary Ann Breunig [mbreunig.sports@gmail.com] 608-628-3218

December 3 — Saturday

D/C/CC * 19/32 * VA * 11:00 AM * City Hall Parking Lot (VCC) * 45°
wind 15+mph
“Nice and Easy” on W&OD Trail
Both members and non-members are welcome to join the socializing ride. For beginners/re-starters or pro-active. You can use road bikes as well as hybrid or mountain bikes. An optional lunch at a nearby restaurant after bicycling or at the Ashburn Barbecue. This is a popular easy flat ride on the W&OD trail through the town of Vienna and Reston to Herndon or beyond. Bring a helmet and lock. Benches and rest-rooms are available along the trail. Public transportation is available. If rain is forecast, the ride will be cancelled.
Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637

D * 15 * DC * 10:00 AM * Hains Point (HAI)
Bagpipes and Kilts: A Jack Marney Ride
We will honor the memory of PPTC Good Shepherd Jack Marney on this ride that he led for many years. We will join the “C” riders and follow the Mount Vernon Trail after crossing the Potomac River to view the 46th Annual Scottish Christmas Walk parade in Alexandria. Lunch at Bugsy’s Pizza on King St. in Alexandria after the parade. Bring helmet, ID, lunch money, Metro Smartrip card (for an easy ride back option), warm clothes while parade viewing, and lock. Please register in person on the day of the ride at the ride start, not online in advance. For more information on the parade see: http://www.campagnacenter.org/ scottishwalkweekend. No go if wet/icy roads, call ride leader between 7:45 AM and 8:00 AM on the morning of the ride if the weather is marginal.
Chris Moriarity 301-270-3416 (before 8 PM)

C * 25 * MD * 9:15 AM * Pierce Mill (PIM)
Bagpipes and Kilts: A Jack Marney Ride
We will honor the memory of PPTC Good Shepherd Jack Marney on this ride that he led for many years. We will join the “D” riders downtown and follow the Mount Vernon Trail after crossing the Potomac River to view the 46th Annual Scottish Christmas Walk parade in Alexandria. Lunch at Bugsy’s Pizza on King St. in Alexandria after the parade. Bring helmet, ID, lunch money, Metro Smartrip card (for an easy ride back option), warm clothes while parade viewing, and lock. Please register in person on the day of the ride at the ride start, not online in advance. For more information on the parade see: http://www.campagnacenter.org/ scottishwalkweekend. No go if wet/icy roads, call ride leader between 7:45 AM and 8:00 AM on the morning of the ride if the weather is marginal.
Chris Moriarity 301-270-3416 (before 8 PM)

C * 21 * MD * 10:30 AM * Harris Teeter, Olney
Olney Loop
Deborah Turton [d.turton@verizon.net] 301-482-0675

C * 25 * MD * 1:00 PM * Parking Lot Little Falls Pkwy, Bethesda
Hains Point Loop
Mike Divine [mikedivine74@icloud.com] 301-258-7820

CC * 40-45 * VA * 10:30 AM * Starbucks, Haymarket * 45°/40%/15 mph
wind
Around Middleburg
Rita Zeidner [rzeidner@gmail.com] cell:(day of ride only) 703-402-5118

CC/B * 48 * MD * 10:00 AM * Riley’s Lock (RIL)
Circling Sugarloaf (or something similar)
B: Lee Langford *[roadrider324@gmail.com] 571-216-0857
CC: Carol Linden [cdlinden@hotmail.com] 240-205-5035

BB * 50 * VA * 10:30 AM * The Plains (PLA)
Hume & Upperville
This route goes west to Hume, then north thru Markham and Delaplane to Upperville. No big climbs but lots of rolling road. About 2,800 ft of climbing.
Rest stop at mile 33 in Upperville. The ride leader won’t be lingering at the rest stop if it’s cold. Ride starts from Stuart St, along the RR tracks. Restrooms, coffee and pastries to purchase, at the bike studio/Happy Creek Coffee at the stop sign. You can also park there but don’t fill-up their lot."A" and "B" riders are welcome to join and ride at your own pace. The route is here: https://RideWithGPS.com/routes/12186969

The ride leader will have some paper cues. Contact the ride leader not later than 8pm the day before the ride with questions. No go in rain, snow, ice or predicted high below 30°F. Cancellations/changes will be posted on the PotmacPedalers. org website and the Pedalers Google group.
Mike [msmccarley@cox.net] 703-218-0707

BB/A * 50 * MD * 10:00 AM * Laytonsville (LAV)
50 Miles to Somewhere - Variation
A: Tim Guilford *[tim.guil4d.net] 301-704-2723
BB: Karen Berlage [karenberlage@verizon.net] 301-963-1482

December 4 — Sunday

Beginner D/D * 5-10 * DC * 10:00 AM * BicycleSPACE (Adams Morgan)
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 to 10 miles and travels at a pace of 5-10 mph that is on flats; the ride will always cater to the more novice riders who attend, so don’t be afraid that we’ll go farther than you are ready to go. Ride leaves at 10:00 AM and returns no later than 11:30 AM. Ride cancels in case of inclement weather. Shop address: 2424 18th St NW Washington, DC 20009. For more information on ride see: http://www.bicyclespacedc.com/weeklyrides/ Philip Koopman [phil@bicyclespacedc.com] 202-821-6717 (cell); 202-232-4196 (shop)

For complete ride descriptions, visit our online ride calendar:
http://www.potomacpedalers.org/events
D/C * 16-19 * VA * 2:00 PM * Vienna City Hall Parking Lot (VCC) * 40/50 * wind 15+mph

All Sundays On W&OD Trail

Both members and non-members of the Potomac Pedalers club are welcome to join the socializing ride. Use any type of bike: road as well as hybrid or mountain bikes. Parking: Vienna City Hall or Vienna Elementary School, 128 Center St. S. Vienna, Virginia 22180. The pace of the ride is recreational and conversational. After bicycling an optional “happy hour” at one nearby starting place restaurant. Bring a helmet, drink, and lock. Public transportation is available. Weather restrictions for cancellation of the ride: (1) rain or snow at the time of starting (2) temperature lower than 40F AND wind higher than 10 mph (3) OR can be applied when lower than 40F or higher than 15 mph.

Shirlington (in Arlington). We select a restaurant, then go to lunch at about 12 noon. (Free parking in garages and lots on weekends). NO REGISTRATION is needed. A/B for this ride is Shirlington Library/Signature Theater (SHR) * 40/30% wind 10+ mph

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!!! [PS: 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 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]

Lorton Springfield Loop

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

C * 27 * MH (MA) * VA * 10:00 AM * Gunston ES (GES)

Corton Springfield Loop

The BicycleSPACE City Explorers ride has no set route, but typically runs between 25-35 miles and rarely strays far beyond the Beltway in any direction as we all stick together in a social on-the-bike setting. We aim to provide a unique perspective of urban riding that visits all areas of the city and helps participants learn about the best ways to get around the inner metropolitan area by bike. We will sometimes link this ride up to other events/activities, including the School Garden and Mural tours we do to support the groups running those efforts; this will sometimes result in fewer miles but feature visits and presentations about the projects involved; occasionally we will ask for donations to support the non-profit cause. We ride in most weather conditions except steady precipitation and when high temps are forecast to be below freezing; cancellation notices are posted on Facebook/Twitter using the #BSPACErides hashtag and will show up on the ride page on our website. The ride starts/ends at our downtown shop. Shop address: 440 K Street NW, Washington, DC 20001. For more information on ride see: http://www.bicyclespace.com/weeklyrides/ Philip Koonsman [phil@bicyclespace.com] 202-821-6717 (cell); 202-232-4196 (shop)

CC * 45/36 * VA * 10:30 AM * Nokesville Community Park (NCP) * 35%/13+ mph wind

Nokesville Courthouse, Elk Run & Something More

Jennifer Weiss [bikingjenn@gmail.com] 703-304-0345 (cell)

CC/B/BB/A * 40/50 * MD * 10:00 AM * South Germantown Rec Park

Adventure Playground (SGRAPP)

The Winter Ride

Welcome back to the tenth annual installment of this ever popular Sunday ride out of South Germantown Recreational Park. We will do between 40 and 50 miles, depending on the weather. We will ride on relatively flat roads up to Sugarloaf and back all in a big circle. All bikes are welcome, but fixed gears are particularly invited. As usual I will be riding my Cinelli. We will start at the Adventure Playground on Germantown Park Drive. At the traffic circle adjacent to the “old” parking lot (SGR) head southeast (opposite direction of SoccerPlex) on Germantown Park Dr, and go about 1/2 mile. You will see the playground on the right with a large parking lot adjacent. You will also notice a nice heated bathroom, hence the reason for this location.

A: Tim Guilford * [tim.guil4d.net] 301-704-2723
BB: Karen Berlage [karenberlage@verizon.net] 301-963-1482
B: Jim Quinn [quinnej1@gmail.com] 301-916-8868
CC: Carol Linden [cdlinden@hotmail.com] 240-205-5035
CC: Peter Klosky [pptc@peterklosky.com] 703-727-4939

B/BB * 55ish * VA * 10:00 AM * Old Busthead Brewery, Warrenton

Certain Swagger Double IPA

The route is still being brewed (developed). The brewery has very kindly offered us parking on either the side of their building or in back, near the Cold War museum. They like to keep the front lot open for regular customers on Sunday. They are open from 12-7pm, so stop on the way it you must (stop if you must go). After the ride, warm up with a cold one. I named the ride after one of their limited releases that should be on tap by then, so even the novice beer drinker (prolly does not exist in our gang) can order with confidence! No go on wet roads, or with a chance of rain >40% or a temperature <35°F forecast at the time of ride start.

Keith Blinn * 703-201-3003
Clara Martinez 703-801-4171

December 10 — Saturday

D/C/CC * 19/32 * VA * 11:00 AM * City Hall Parking Lot (VCC) * 45/50 * wind 15+mph

“Nice and Easy” on W&OD Trail

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

C * 21 * MD * 1:00 PM * Glen Echo Park (GLE)

Ridin’ with Dougie

Mike Divine [mikedivine74@me.com] 301-258-7820

C/CC * 43 * VA * 10:00 AM * Harris Teeter Heritage Hunt SC * 38%/50%

Mug & Muffin

John Zebatto [zezweb@gmail.com] cell: 540-680-0077

CC/B/B/BB/A * 50/50 * MD * 9:30 AM * Laytonsville (LA V)

Search for the Great Pumpkin

A loop to Lisbon that does something a little different. Easy rolling terrain, with one semi-difficult hill on the way to Lisbon (watersville). On the way back there is modest hill (Annapolis Rock). Check here for the GPS track by December 8th. One rest stop.

A: Tim Guilford * [tim.guil4d.net] 301-704-2723
BB: Karen Berlage [karenberlage@verizon.net] 301-963-1482
B: Jerzy Lamot [jerzylam@gmail.com] 703/863-2255

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

Winter is Coming - Game of Santas

Winter and Santa are coming, but we’re hoping for temperatures in the 60s for this ride in rural Loudoun County. 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. We may encounter Santa in Purcellville where the Christmas parade starts at noon.

Long Route map: https://RideWithGPS.com/routes/4407429.
Short Route map: https://RideWithGPS.com/routes/14471738.
For complete ride descriptions, visit our online ride calendar:  
http://www.potomacpedalers.org/events

There are no major climbs, but there are hills, especially miles 5-14 and on the long route miles 38-45. There are plenty of stores along the way, but we’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. (We also pass four breweries — one in Lovettsville, three in Purcellville— if that warms you up. www.brewbound.com) 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 go to get questions? Contact me, just don’t wait until the morning of the ride. No go in rain, snow, ice or predicted high above 97. Cancellations/Changes will be posted here and the Google group.

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

December 11 — Sunday

Beginner D/D * 5-10 * DC * 10:00 AM * BicycleSPACE (Adams Morgan) Nice & Easy
Philip Koopman [phil@bicyclespacedc.com] 202-821-6717 (cell); 202-232-4196 (shop)

D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 40%/30%/wind 10+mph Lunch in Shirlington
Ron Trueworthy [Ron.Trueworthy@Yahoo.com]

D/C * 16-19 * VA * 2:00 PM * Vienna City Hall Parking Lot (VCC) * 40%/wind 15+mph All Sundays On W&OD Trail
Woodo Lipinski [orsbicycling@gmail.com] 703-203-4934

C * 25/35 * DC * 11:30 AM * BicycleSPACE (K Street) BicycleSPACE City Explorers
Philip Koopman [phil@bicyclespacedc.com] 202-821-6717 (cell); 202-232-4196 (shop)

CC * 58 (or shorter if it’s really cold) * MD * 9:30 AM * Davidsonville P&R (DPR) * 32° Spring in December
Emily Holmes [emilybikes@gmail.com] 703-795-9165

CC (MF) * 33/53 * VA * 10:00 AM * Brentsville Park (BVP) * 45%/50% To & Through Vint Hill Farm
Len Wilkinson [len.wilkinson@verizon.net] 703-455-0368 (home); 703-350-9209 (cell)

CC/B/B/A * 40/50 * MD * 10:00 AM * South Germantown Rec Park-Adventure Playground (SGRAP) The Winter Ride
A: Tim Guilford [tim.guil4d.net] 301-704-2723  
BB: Karen Berlage [karenberlage@verizon.net] 301-963-1482  
B: Ann Corran [anncorran@gmail.com] 301-452-9104  
CC: Carol Linden [edlinden@hotmail.com] 240-205-5035  
CC: Peter Klosky [pYTE@peterklosky.com] 703-727-4939

B * 30-35 * MD * 10:00 AM * Snyder’s Market, Silver Spring Easy North Bethesda Potomac Loop
Jerry Collins 240-281-4861

December 15 — Thursday

All * 10-12 * VA * 6:30 PM * Tulane Drive, Alexandria, VA Christmas Lights Tour!
This is the seventh year for this fun-packed, social Christmas lights ride. Ride is entirely on neighborhood streets to see Christmas lights and enjoy Christmas music. (Yes, ride leader Tom has outfitted his bike trailer with a decorated Christmas house and a soft music tape!) Don’t forget to outfit your bike with front and rear lights - Christmas lights encouraged - and wear reflective materials for safety. Dinner afterwards at a nearby restaurant. We will meet near the intersection of Tulane Drive & Park Terrace Drive, off the George Washington Parkway, south of Belle Haven. Park on Tulane. Easy to find on web maps, Google or Bing. If you need directions, email: oppeljs@gmail.com. Lois Lightfoot [LELghtf@outlook.com]  
Tom Niedbala
Joan Oppel * [oppeljs@gmail.com] 703-328-9863 (cell)

December 16 — Friday

CC (MF/MH) * 35/50 * VA * 10:00 AM * Brentsville Park (BVP) 45%/50% Forward & Reverse
Len Wilkinson [len.wilkinson@verizon.net] 703-455-0368 (home); 703-350-9209 (cell)

December 17 — Saturday

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

C * 23 * VA * 10:00 AM * Pohick Bay Park (PHP) * 40%/50% Pohick Bay Social Ride
Peter Dassira [peterdassira@yahoo.com] 703-851-2274

C/CC/B/B/A * 24-53 * DC * 9:00 AM-9:30 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 for a post-ride lunch at Mr. Smith’s pub across the street from the park. Note: we highly encourage folks to leave their vehicles at home with the Club helping with securing of the bikes at post-ride lunch. 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] 202-895-0979
Linda Kolko [127kolkolo@gmail.com] 301-785-1342

- C * 24 * DC * 9:30 AM  
Polly Choate [scooterpea@yahoo.com] 202-966-5571 (land); 202-538-5715 (cell)

- CC * 30 * DC * 9:20 AM  
Ron Tripp [ron.trippp@yahoo.com] 301-237-5079

- B * 42 * DC * 9:10 AM  
Monique Sears [moniquesears@rcn.com] 202-256-5218  
Bob Bernstein [rbernstein55@yahoo.com] 240-593-2539

- BB/A * 53+ * DC * 9:00 AM  
The ride 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(MH) * 42+ * VA * 10 AM * Middleburg ES (MID) * 40%/30% Horsing Around Middleburg
Karen Hass [Karen.hass@me.com] 571-205-5797 (cell)

B/BB * 26/43/55 * VA * 10:00 AM * Happy Creek Coffee/Haymarket Bicycle Studio, The Plains Gravel Roads to Bluemont
As you can see from the Strava file, https://www.strava.com/routes/7009664 this is the ultimate I’ve had enough or I’m in heaven, let’s keep riding route. Rest stop in Bluemont at mile 28. The big bump at the end can be bypassed
by staying on Landmark to Halfway. If you are new to gravel this is ideal. If you are an experienced gravel grinder, you’ll be delighted. You can finish your Christmas shopping in The Plains after the ride. Prior to the 17th, I’ll send a slightly modified ride with a touch less paved to Pedalers Google Groups or you can find it by the ride name on RideWithGPS. Now it is deadline for the old paper press, so … . Please check Pedalers Google Groups for weather related changes.

Mariette Vanderzon [mariette.vanderzon@gmail.com] 703-439-0175

BB/A(H) * 73 * MD * 10:00 AM * Monocacy Middle School (MMS) * Hell’s Delight
BB/A: Dave Helms [*david.helms570@gmail.com] 301-466-5561

December 18 — Sunday

All * 90 Minutes * VA * 1:00 PM * Indoor Ride Leesburg (HPC) * Special Holiday Ride
Mary Ann Breunig [mbreunig.sports@gmail.com] 608-628-3218

Beginner D/D * 5-10 * DC * 10:00 AM * BicycleSPACE (Adams Morgan) * Nice & Easy
Philip Koopman [phil@bicyclespacecd.com] 202-821-6717 (cell); 202-232-4196 (shop)

D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 40%/30%
Lunch in Shirlington
Ron Trueworthy [Ron.Trueworthy@Yahoo.com]

D/C * 16-19 * VA * 2:00 PM * Vienna City Hall Parking Lot (VCC) * 40%/wind 15+mph
All Sundays On W&OD Trail
Woody Lipsinski [orsbicycling@gmail.com] 703-203-4934

C * 25/35 * DC * 11:30 AM * BicycleSPACE (K Street) * BicycleSPACE City Explorers
Philip Koopman [phil@bicyclespacecd.com] 202-821-6717 (cell); 202-232-4196 (shop)

CC * VA * 20-30 * 11 AM * Thomas Jefferson Community Center (TJCC) * Ride to Eat Lunch
Leslie Tierstein [ltierstein AT gmail.com]

CC/B/BB/A * 40/50 * MD * 10:00 AM * South Germantown Rec Park-Adventure Playground (SGRAP) * The Winter Ride
A: Tim Guilford [*tim.guil4d.net] 301-704-2723
BB: Karen Berlage [karenberlage@verizon.net] 301-963-1482
B: Ann Corran [anncorran@gmail.com] 301-452-9104
CC: Carol Linden [cdlinden@hotmail.com] 240-205-5035
CC: Peter Klosky [pptc@peterklosky.com] 703-727-4939

December 24 — Saturday

C * 25 * MD * 1:00 PM * Parking Lot Little Falls Pkwy, Bethesda * Hains Point Loop
Mike Divine [mikedivine74@icloud.com] 301-258-7820

December 25 — Sunday

D/C * 16-19 * VA * 2:00 PM * Vienna City Hall Parking Lot (VCC) * 40%/wind 15+mph
All Sundays On W&OD Trail
Woody Lipsinski [orsbicycling@gmail.com] 703-203-4934
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!

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<td>The Bike Lane</td>
<td><a href="http://www.thebikelane.com">www.thebikelane.com</a></td>
<td>703-440-8701</td>
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<td>The Bicycle Place</td>
<td><a href="http://www.thebicyclesplace.com">www.thebicyclesplace.com</a></td>
<td>301-588-6160</td>
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<td>The Outdoor Adventure Store</td>
<td><a href="http://www.outdooradventurestore.com">www.outdooradventurestore.com</a></td>
<td>434-315-5736</td>
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<td>Trails End Cycling Company</td>
<td><a href="http://www.trailscycling.com">www.trailscycling.com</a></td>
<td>540-393-2779</td>
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<td>Velocity</td>
<td><a href="http://www.velocityusa.com">www.velocityusa.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, casettes, etc.

Off all bikes including sales
Off MSRP not sale price
Off MSRP, excludes sale items and custom frames
Except custom wheel builds

$1 drip coffee; $3 off bike rentals
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.

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

Why Bike Alone?
Join PPTC!

www.potomacpedalers.org
Enjoy the benefits of social and recreational bicycling in DC, MD, and VA by joining the largest bike club on the East Coast!

POTOMAC PEDALERS offers hundreds of year-round bike rides for everyone.

With varying lengths and speeds, there are rides to suit beginners to experienced cyclists all over the Washington metropolitan area.

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!