With the election of the new Executive Committee (ExCom) at the end of January, we say goodbye and thank you to several retiring ExCom members: Matt Bimbaum (Chair), Martine Palmiter (Vice-Chair), Linda Borst-Kolko (Membership Secretary), and Members-at-Large Dave Helms, Lee Langford, and Joe Pixley. Nancy Avitabile is retiring as Treasurer but running for a Vice-Chair position on the 2017 ExCom. (ExCom election results of the Annual Meeting, held Jan. 29 will be available online in February and in the March issue of Pedal Patter.)

Continued on page 3.

Spring Thaw 2017
Register Now!

See page 8.
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.

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

Web Site: www.potomacpedalers.org

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

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

You can expect a response within 24-48 hours.

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

Mailing Information
To receive Pedal Patter via first class mail, members must pay an extra $13 per year. Otherwise it is sent standard mail, which can take as long as 3 weeks, but usually only takes days. Pedal Patter is mailed between the 15–18th of the month. If yours hasn’t arrived by the 4th week of the month, call the Business Office to report this or any change-of-address. Remember to check your membership expiration. Membership remains uninterrupted only if renewed by the 5th of the expiration month.
The Executive Committee works to govern the Club and carry out the Club’s mission—not an insignificant task! ExCom members keep the Club operational by volunteering their time and leadership to various committees (such as communications, website redevelopment, advocacy, and budget) and commit to visible leadership of events such as the Ride Leader Training, Bike to Work Day, Tour de France Happy Hour, Farm Tour, Back Roads Century, and nearly every Club-wide event. Each retiring ExCom member made significant and positive contributions to Potomac Pedalers and each wore many hats—thank you especially to Martine for her leadership of the Farm Tour, the Annual Meetings, Ride Leader Training; to Linda for her leadership on communications, Ride Leader Training, the Back Roads Century; to Dave for his leadership on communications, setting up the PPTC blog, advocacy work, Ride Leader Training, and the Back Roads Century marshal program; to Lee for his leadership on communications, the website, the Tour de France Happy Hour, Volunteer Party, and other Club events, and to Joe for his leadership on advocacy, the Tour de France Happy Hour, the Volunteer Party, and other Club events. In addition, each of these ExCom members also continued to be very active ride leaders for the Club. Their contributions are so many that it is nearly impossible to accurately enumerate their service.

Outgoing Club Chair, Matt Birnbaum, leaves the ExCom after three years of service, elected Chair for 2015 and 2016, and as chair-elect in 2014. Having moved here in 2004 “leaving behind the tundra winter cold of northeastern Wisconsin” Matt quickly realized his bike would be used way more than snowshoes and zeroed in on Potomac Pedalers. With ride leader Jeannette Howard warmly welcoming him at the end of his first ride, Matt continued to grow his love of cycling with Potomac Pedalers and has said he not only discovered the joy of group riding, but many of his closest friends. Matt decided to join the ExCom as a way of giving back to the Club for the years of enjoyment he had as a member.

As Chair, Matt had a significant vision for the Club. As described in his first column, he said that he hoped to “make the Club more meaningful...
Thank You, Continued from page 3.

to current and new members by increasing the number of volunteers engaging in activities and expanding the group benefits available to all.”

The end goal of “being nice to ourselves and valuing what [members] bring to the table.”

Matt would be the first to say these robust ambitions were only possible because of the dedicated hard work of fellow volunteers and ExCom. But, in keeping with the culture of appreciation Matt has worked hard to cultivate, it is appropriate to say:

Thank you, Matt!

Thoughts and thanks from current and former ExCom and Club members...

[One of Matt’s greatest accomplishments was] making Club rides better for riders. From supporting the multi-class rides, post-ride food, and pushing the new web site, Matt has made the overall club experience better for new and old members. [With regards to the Back Roads Century] I would add that not only is the location much better, but Matt’s work with Shepherdstown and Shepherd University have made it a better overall event with the great post-event party, showers, and warm welcome from the community. Matt served two long terms as Chair and leaves an indelible mark on the Club. —Eric Pilsik, Back Roads Century Route co-Creator, Cue Sheet/Map Librarian

Energy and commitment! That’s what I think about when I think of Matt’s many contributions to Potomac Pedalers. And all done with a positive and inclusive spirit that brings out the best in us as volunteers. Matt has done so many things in his role as Club Chair; but always keeping in mind the overriding goal of strengthening and modernizing our club. He also has the notion that Club rides and events should be fun! We’ve all enjoyed an after ride tailgating party or the scenery of our West Virginia Century. Ride on, Matt, and take us with you! —Bob Manka, organizer of PPTC representation at Bike to Work Day and PPTC Bike Maintenance Clinics

Besides the tremendous amount of effort he put into moving the Club century to Shepherdstown, the other innovation that springs to mind is the support that Matt has provided to the monthly downtown beginner rides. —Carol Linden, current Maryland CC Ride Coordinator

One of Matt’s many accomplishments as Chair of PPTC was the way he was able to keep the ExCom meetings on point and on task. Keeping so many different people with so many different points of view focused on the important matters of the Club is always a real challenge and Matt accomplished this every meeting. —Nancy Avitable, retiring Treasurer

Big achievement for Matt: always thinking about all the different types of riders in Potomac Pedalers. Fast or slow, long-distance or short ramble, hesitant newbie to seasoned veteran, he always kept everybody in mind. He also took on the daunting challenge of trying to get these disparate groups to talk with each other by bringing back multi-class rides more visibly into the fray. That, in and of itself, is huge.

For me, Matt is always a great riding partner. We never lack things to discuss - likely in no small part due to our common experience as club chair - and we tend not to notice the miles pass by when in good ride-time conversation. A big memory for me: meeting with the town leaders of Shepherdstown before our first Back Roads Century in the new location. There were many unknowns, and Matt always had good, probing questions that would get the various players to reveal both their hopes and their apprehension about the event. When the BRC went well, you could see it in Matt: the shoulders relaxed, the smile returned, and the commitment to making the following year’s BRC a hit entered his sight. —Rudi Riet, past Chair, ExCom

Working hard to make PPTC rides welcoming to all and a place of community among other cyclists. He also showed real caring for members on a personal level - he took time to “break bread” with individuals when there were issues that needed to be addressed on a personal level. He showed an obvious love for PP and took time not just to do what needed to be done day-to-day, but also took time to think outside the box of ways to try to improve the club. —Sue Gunter, past ExCom Member-at-Large

Matt’s work on the BRC reminded me of the admonition to “Act like a duck: look serene on the surface and paddle furiously underneath.” Many riders at the BRC commented to me on how well PPTC had organized the event and on how smoothly everything went. My reaction (unvoiced) was “if you only knew!” Anyone who was remotely connected with planning for the event knows the amount of effort that went into ensuring that the BRC came off at all, let alone as smoothly as it did. Matt deserves most of the credit for that. Beyond that, Matt always is thinking about the Club. On occasions when we’ve been on rides together, we’ll be chatting about things other than PPTC and he’ll raise an issue relevant to the Club. He is detail oriented and creative and there are many times during his tenure when the club would have founedered if not for his leadership. —Paul Huey-Burns, current ExCom Member-at-Large

Per the BRC, he didn’t let obstacles like complaints from previous year get amplified. He negotiated a solution to police 3+ riders on busy roads by implementing a Ride Marshall program which helped to keep complaints to a minimum (ensuring we can return again in 2017!). He improved PPTC outreach, engaging with WABA and FABB. Doubled the number of Ride Leader training (two!). —Dave Helms, retiring ExCom Member-at-Large
Matt has set the stage for the future of the Club. While previous chairs built upon the same organization the Club had used since its inception, Matt recognized that one of the largest bicycle clubs in the nation needed a new direction to survive. He set about organizing the management of the Club along business lines and began the process of reaching out to other cycling communities who are traditionally not members. His tireless efforts have raised the bar for all of those who volunteer for management positions within the Club in the future. There can be no higher compliment than for Matt to say to a future Chair, “You understood my vision and brought it to fruition.” —Bob Bernstein, past and incoming Chair

If ever there was an “idea man” for our club, Matt is the personification, to good result. Even as a ride leader, before joining the ExCom, Matt’s rides, and even his email address, featured “nosh,” taken from Yiddish, as well as a schmooze at the start. Developing this into the “tailgate” concept has enhanced our after-ride socials.

Matt can respond to an “oy vey” moment...I’m quite sure that after the Clarke County sheriff shook down the Club members for shekels and to advance via Clarke County realpolitik, this gave Matt the idea that we could vote with our feet. The West Virginia result has been excellent, the associated challenges drawing us closer to one another and to our new Back Roads home. Matt, our mensch with the moxie and even the chutzpah. —Peter Klosky, Club Photographer

I would like to comment on just how personable Matt is as a fellow rider. He is a tireless ambassador for the sport and the club. Whenever I have been on group rides with Matt he is always super social, helping to integrate and welcome riders. He’s genuine and fun. It’s why we all come to rides! To ride with people like Matt.

Also, even though members haven’t seen it yet, Matt’s push for a new website is something he’s been fighting for for a long time. His persistence in pursuing it even in the face of challenges and delays is a testament to his commitment to improving the Club for the long term. —Liz Ginexi, past ExCom Recording Secretary

I would add he was a great Chair. He identified each member’s strengths and found ways to utilize them, never pushing us to do more than we could handle. He was always very diplomatic, especially during the crazy, difficult preparation and management of the Back Roads Century. The 2016 BRC was a great success, thanks to his leadership—we have a good reputation in Shepherdstown, have made many new friends in the community through our use of volunteer organizations at the rest stops and we have turned it into a premiere weekend event. He has left the club in great shape and I am very confident that our next ExCom will build on what we accomplished under Matt’s leadership. —Linda Borst-Kolko, retiring ExCom Member-at-Large

What I really liked about Matt was that we took to heart that we are a cycling club. He worked tirelessly to promote rides in both MD and VA. He started the post ride subsidies that have made many of the rides even better. I think more than any other President we have had, he really focused on the rides. I liked that a lot. —Karen Berlage, current Maryland BB/A/AA Ride Coordinator

Matt recognizes what members are interested in and because of his leadership skills has no trouble in getting the right person to volunteer for the right job. —Jim Quinn, Back Roads Century Route co-Creator, Maryland B Ride Coordinator

Matt is a connector, looking at ways to bring people together regardless of their point of view. He did so without ego or agenda; always staying focused on what outcome best serves our members. As chair Matt touched, in one way or another, every part of the Club. In scouting, you are to leave the campsite better than you found it. Scout or not, at the end of his post, Matt leaves PPTC better than he found it. —Stephen Krill, current ExCom Member-at-Large

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**Annual 5k-Miles-or-Bust Survey**

*(aka The Order of the Cast-Iron Crotch)*

by Dan Lehman

Fellow cyclists, with the end of the calendar year, it’s time to compile the mileage totals of members who cycled 5,000 or more miles in the prior year. To contribute your cycling data to the survey, please send the following information to me, by email (preferably) or snail mail:

- If you still have yet to do so, please submit your information now.
- It is preferable to provide the information in an email with the data requested given per numbered item, NOT as attachments in WORD or Excel (or ...)! Also, please note, some send odd information for #11 (which is “Number of 0-mile WEEKS,” not *days*) and #12 (which wants “Number of 100-mile DAYS”).

1. Name
2. Age [yes, optional, for the age-challenged]
3. PPTC ride class
4. Total miles
5. Longest ride
6. % Miles commuting
7. % Miles PPTC rides
8. Date on which 5000 miles was reached
9. Most miles in a month
10. Most miles in a week
11. Number 0-mile weeks
12. Number 100-mile days
13. Most interesting cycling story [optional but inspirational]

Email your information to: riDEsigns@yahoo.com or mail to: Dan Lehman, 134 Chanel Terrace, #T-1, Falls Church VA 22046-4112.

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**2017 Mileage Tracking Spreadsheet**

Developed by Mark Pankin.

Available for download now!

http://pankin.com/miles.htm
Welcome New Members!

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

Ernest Benner  Sunni Le  Jay Smith
Joe Bottiglieri  Howard Levine  Jay Tang
David Burns  Dave Lewis
Dave Francis  Mary Grace
Stephanie Hoffman  McAlevy

My Favorite Local Rides
by Mary Ann Breunig

What is your favorite local ride? Posing this question to my cycling friends, they typically replied with a question... “What do you mean by favorite?” There are so many different ways to think about the question of a favorite ride. There are rides you like because of the scenery or the route is in a favorite location. A ride might be most memorable because of the friends you are riding with and the new friends you met on the ride. Some rides stay with you for years because of the challenge they posed or the milestone accomplished.

Therefore, for the next three issues we’ll explore this question of a “favorite” local ride in terms of breaking out rides by three classifications. The first two ride classifications are informal—meaning these are rides that you may ride at any time. Also, we’ll explore the topic of multi-day rides in future articles.

- Urban Adventures! Rides on established bike trails or paths.
- Scenic Backroads! Rides on our country roads.
- Sign Me Up! Organized, formal rides with maps, SAG, and Jerseys.

For today, let’s look at Sign Me Up! We are fortunate to have a large number of local organized rides. Usually there are several every weekend from April through October. You’ll find many in the Pedal Patter in the “Out of Bounds” column, on the Potomac Pedalers website, or simply by online search. Word of mouth is also a great way to find ideas for new rides so ask around. Organized rides present an opportunity to ride with a group even if you are riding solo!!

Many of the local rides are sponsored by our local cycling clubs or charities. In the past ten years, we’ve seen more rides sponsored by national charities or organizations (i.e., Gran Fondo). In addition to a cue sheet, the routes are usually marked on the road with flags or arrows on the pavement. Some rides have traffic control at major intersections. The rides are usually through scenic country-side and take advantage of community support.

It was interesting that I ended up with two late-summer and two fall rides in my favorites list. Also, I’ve done most of these rides multiple times, sometimes as part of a group and sometimes with a friend or two. These rides are in addition to my favorite Potomac Pedalers rides—the Back Roads Century (love the Shepherdstown location!) and the Montgomery County Farm Tour and Picnic.

Early in August, a challenging ride through the scenic Virginia countryside is the Culpeper Gran Fondo. There are three distances 100 Miles, 100K and 50K. Be prepared to handle riding in the heat! The climb to the finish at the end is an added bonus! If you haven’t already guessed it, I like this ride for the challenge it poses.

Late summer, beat the heat and enjoy the Pennsylvania countryside on the Covered Bridges Ride through Lancaster County. You’ll enjoy traveling the back roads with the Amish buggies on a Sunday morning. This ride, sponsored by the Central Bucks Bicycle Club, has distances for new and more experienced cyclists. One of the ride sponsors is Turkey Hill (think ice cream and lemonade)! This is just a really fun ride—you’ll meet lots of friendly riders both on the route and at the great SAG stops!

Early fall brings lots of local rides. In early September the Oxon Hill Bicycle and Trail club sponsors the Indianhead 100. Although partly on a scenic paved trail, it mainly is on quiet back roads. I think we like it because it’s in an area where we don’t usually ride and it has that quaint local small town feel. Post-ride there is an old fashioned picnic in the part, alongside the antique car show!

In late October, head out to the Great Pumpkin ride in Warrenton, Virginia. Fauquier Trails Coalition sponsors a Halloween themed ride for adults! With distances from 37-67 miles, you can enjoy the ride on quiet country roads. The food is amazing—pumpkin soup, pumpkin bread, pumpkin pie and even pumpkin beer! Definitely plan a late afternoon with friends at Old Bust Head Brewery (one of the SAG stops on the ride)!

I hope this provided some motivation to continue riding in these winter months! Next month we’ll explore the category “Scenic Back Roads!” Until then, enjoy your training!
Greetings from Women & Bicycles, a WABA program
by Betsy Tesi, WABA's Women & Bicycles Coordinator

A few years ago, the League of American Bicyclists did some research, and discovered that a slight 26% of bicycle riders were women. That research inspired WABA to launch the Women & Bicycles program, to help women network and teach each other to become more confident cyclists. Since its launch, the program has sponsored rides, workshops, social events, and our signature program of Roll Models, a program where women mentor other women to learn about bikes and riding. Betsy Tesi is the newest Coordinator of Women & Bicycles, taking the role in October of last year. This year, WABA is very excited to once again partner with the Potomac Pedalers Touring Club.

Women & Bicycles helped me find my lost biking mojo, and transformed me from a hobby rider into a passionate advocate, and eventually, into the Coordinator for the Women & Bicycles program today. Potomac Pedalers, as a sponsor, helps me craft a program that is just, fair, and exciting for women all over the DMV. I'd love to tell you a little about this work.

At 35, I had just returned from a sojourn in dreamy Oregon. After a few years of riding country vistas and climbing mountains with my friends and teammates, I was suddenly bored with riding the—by comparison—flat DMV trails alone.

I was replacing the bell on my then-commuter-hybrid when a local bike shop saleswoman mentioned the W&B group. That was the week of the first Coffee Clubs, and I met a group of women who became riding buddies and friends. I found an excitement and a courage I had forgotten I had. I also found that many other women who didn’t yet ride just needed a friend to show them the ropes—how do bike lanes work, what to wear when it’s rainy, how do you change tires, and more.

The W&B program continued to grow. In October, I became the latest Coordinator. I soon found myself at lunch with the Potomac Pedalers Women's Ride Coordinator, Deborah Turton, talking about PPTC and the Women & Wine ride, scheduled to take place again in June. Sponsorships are real gifts to anyone in the non-profit world. A program like WABA's W&B thrives when we have workshops, community events, and rides! Those are areas where we can make connections between WABA and PPTC.

The impact that a partnership like ours makes is measurable. We are doing fun things like the Women & Wine bike tour in June, and we are helping make connections for some women's rides in the Virginia suburbs. This is my favorite way to draw women together. We introduce new friends, and teach newer riders that they DO have the strength to ride like this!

But the financial support you offer as a club also helps us do the work of advocacy and education that makes WABA's work meaningful. My favorite new program this year is the Learn to Ride On a Dime workshop for women interns. Throughout the year, interns come to work in congressional offices and lobbying agencies, for many political views and causes. Some come from privileged backgrounds where bicycling as transportation was never a viable option. Others thought bicycling was a hobby for rich guys wearing spandex. Learn to Ride On a Dime teaches that "everyone has access to bicycle riding" and that is a justice work. We will teach young women—many of whom are earning little or no money as students—to get into bicycle riding for little or no cost, and to ride comfortably and safely in all sorts of weather. City residents are very lucky because of rich transportation options—metro, bus, Uber, Lyft, Car2Go, taxis, and more. But our bikes? Well, they often help save oodles of money. I can tell the personal story of saving over $1,000 in metro and Uber fares last year thanks to my Bikeshare membership and my folder bike. I still commute multimodally, but it’s my choice. And I haven’t even mentioned that my bike has caught fire 100% fewer times than Metro this past year.

This is part of WABA's work as advocates and educators—helping women of all colors, races, ethnicities, and economic backgrounds gain access to bicycling. Today’s new bicycle commuters can become tomorrow’s ride buddies, next season's new century participants, and next year’s new supporters of the club—people like you!

Thank you for being supporters and sponsors of Women & Bicycles. You have enabled the exciting work we do. I am looking forward to riding with you this year, and I am so excited to help us make connections all over our area.

Betsy Tesi Bio: Betsy Tesi is a longtime resident of the DC area. She first came in her 20s for grad school and work. A friend taught her to bike commute after they carpooled and he was terrified by her transformation from “sweet Betsy in class” to “She-Hulk in a sub-compact screaming terrible swear words at a tractor trailer.” She started riding on a budget of peanuts, buying a last-year’s-model hybrid from a kind local bike shop… which she rode as a commuter bike for 12 years (and on which she rode her first century, with a full trunk rack and toe strap pedals). She has since gone on to complete triathlons, ride mountains, and lose track of the century rides. She is a strong proponent of multimodal commuting, and these days commutes on a Tern Link D7i named Zelda. She also loves her road bike and is very excited by her Christmas Surprise Bike of a Fuji Cross. When off the bike and not at WABA, she is a member of the Episcopal Clergy, and a board-certified professional chaplain. She holds several grad degrees and has professional specialities... like professionals in our area do! More relevant to us, she helps organize the EDOW Bishop’s rides. (Did you know the Episcopal Bishop is also a cyclist, and rides regular centuries? We will invite her on our rides!) Betsy lives in the District with her husband (also a cyclist), their elderly cat, and their young puppy. The puppy hasn’t yet been bike-trailer-trained, but that’s on the list for the summer. Their tiny apartment has 3 resident bikes (and 2 more in the garage) and often has at least one build, stripdown, or repair going on, which is just proof that anyone, with any budget, and any size home, can be a cyclist!
by Bonnie O'Day

Tuesday Night Tandems (TNT) is a standing ride of PPTC for visually impaired cyclists and others in the Northern VA and DC area. TNT pools privately owned tandems to make them available for loan to other members of the group during group rides. Several TNT riders have joined PPTC and all are encouraged to do so. The majority of the group’s sighted tandem captains do not have previous tandem experience. They are, however, experienced cyclists (usually drawn from PPTC) who see capturing a tandem as another cycling challenge, and they are drawn to offer a cycling opportunity to those with visual impairments who otherwise could not ride. The group trains captains and stokers to work together to safely ride a tandem. Interested riders not sure if they can captain are encouraged to join the ride on single bikes for a few weeks to further assess their interest and skill level.

TNT currently has eight active stokers and twelve captains, with approximately twice that total number on its e-mail list, which includes occasional riders on both tandem and single bikes. The rides begin in Alexandria from a home near Seminary Road and Quaker Lane where the tandems are stored. The group departs at 5:30pm every Tuesday during daylight savings time. Each ride is about 25 miles in length and either heads southeast toward Fort Hunt Park using portions of the Holmes Run Trail and the Mt. Vernon Trail, or Northwest using the Washington and Old Dominion Trail and connecting trails.

PPTC members Mark Mulligan and Jim Durham, Chair of the Alexandria Bicycle and Pedestrian Advisory Committee, coordinate the rides. Jim says, “Riding with Tuesday Night Tandems is the epitome of being a Potomac Pedaler - great camaraderie and biking too!”

The group’s tandems are used by all of its members, not just the bike’s owner. This enables TNT to match captains and stokers with the tandem that is the best size and configuration, but it tends to result in more wear and tear and a greater need for repair and routine maintenance. Although several of the captains are skilled at doing some maintenance and repair, local bike shop assistance is sometimes required. Purchase of bicycle parts and other supplies, such as helmets for new stokers, is also needed. PPTC’s financial support for TNT has helped the group cover these costs and expand its community outreach to more visually impaired individuals regardless of income.

Mark Mulligan, who matches up the sighted captains with the visually impaired stokers for each ride, explains how he became involved in TNT. “I answered an ad in the PPTC newsletter for someone to ride tandems with a local couple, both of whom were visually impaired. Motivated both by long-term interest in tandem cycling and a desire to help others, I have worked with that couple over the last six years running weekly rides in Northern Virginia for blind and visually impaired adult cyclists.”

Bob Hartt, PPTC member and a visually impaired stoker who founded the group with his wife, Bonnie O’Day, who is also visually impaired, says, “To me, one of the most critical things is the importance of physical activity. So, that’s one reason why we organize TNT. It forces us to keep in shape. In the blindness community, obesity is just as much if not more of a problem than it is in the general population. TNT helps us maintain some physical activity even during the winter to keep in shape.”

If you wish to ride with the Tuesday Night Tandems group, send an email to Mark Mulligan at: crew396@aol.com.
Because we are using the hotel’s conference facility, capacity is limited to 100. Registration will be closed once the capacity is reached or on April 21, 2017.

Tandem Wannabees: If you would like to rent a tandem for the weekend, you can contact Mt Airy Bicycles (Maryland) at 301-831-5151.

Cue sheets, interactive routes, and GPX files to be posted online.

Program Overview:
- Thursday: Ride around Cambridge. Pizza party dinner.
- Friday: Ride and lunch to be decided later. Friday night party and ice cream by the famous Scottish Highland Creamery.
- Saturday: Short and long rides as part of the Six Pillar Century.
- Sunday: Rides to points along the Choptank River and Chesapeake Bay.

Event Pricing and Lodging:
The price for the weekend before or on April 1st is $170 per person for Potomac Pedalers members, or $195 for non-members. After April 1st, the price is $180 per person for Potomac Pedalers members, or $205 for non-members. This price does not include lodging (but does include Six Pillars Century registration). Full refund (less $25 processing charge per person) available prior to April 21st.

The rally will be based at the Holiday Inn Express in Cambridge, MD (410) 221-9900. You need to make your own lodging reservations. (Rates are lower this year!) Call the Holiday Inn or other hotels in Cambridge (410) 221-9900. You need to make your own lodging reservations. (Rates are lower this year!) Call the Holiday Inn or other hotels in Cambridge

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Hosts:
Rich Tepel and Megan Wholey: richtepel@verizon.net

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 29 | Ocean to Bay Bike Tour (Fenwick Island, DE), oceantobaybiketour.com |
| April 29 | End Hunger Ride (Huntington, MD), http://www.endhungercalvert.org/events/bike-ride/ |
| April 22 | TarWheel Century (Camden, NC), www.rivercitycyclingclub.com |
| May 6 | Six Pillars Century (Cambridge, MD), www.6pillarssociety.org |
| May 7 | Five Boros Tour (NYC) http://www.bike.nyc/ |
| May 13 | CAP2CAP Bike Ride (Richmond & Williamsburg, VA), virginiacapitaltrail.org/cap2cap-ride |
| May 14 | DC Bike Ride (Washington, D.C.), http://dcbikeride.com/ |
| 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, Maryland), metric and less, arcnrc.org/events_tourd_arc.html |
| June | SMECO 75 Bike Ride (Hughesville, MD) https://www.smeco.coop/community/smeco75 |
| June | Bay-to-Bay Ride (Betterton, MD) http://chestertownbicycles.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://ohbike.org/ |
| Sept | The Cannonball Century (Hartwood, VA) http://bikefred.com/cannonball |
| Sept | Amish Country Bike Tour (Dover, DE) http://amishcountrybikeclub.com/ |
| Sept | Civil War Century (Thurmont, MD) http://www.civilwarcentury.com/ |
| October | Culpeper Century (Culpeper, VA) http://culepercyclingcentury.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.cbces.org/events.html |

2017 Tours

| Mar 19-24 | Bike Florida (Elkton, FL), https://www.bikeflorida.org/ |
| Apr 14-18 | Jamaica Reggae Ride (Jamaica), http://cycleecoming.com/ |
| Apr 21-23 | BRAG Spring Tune-up (GA), http://www.brag.org/ |
| Apr 29-30 | Cycle NC Coastal Tour (Oriental, NC), http://www.cyclenc.com/cyclenc-tour/ |
| June 3-10 | Bike Ride Across Georgia (GA), http://www.brag.org/ |
| Jul 23-29 | RAGBRAI (Iowa), http://ragbrai.com/ |
| Jul 22-29 | Bon Ton Roulet (Finger Lakes, NY), http://bontonroulet.com/ |
| October | CNC Mountains to the Coast Ride (N.C.) http://www.cyclenc.com/index.cfm |
Randonneuring is long-distance (endurance) cycling over scenic and typical intervals between rest stops. The ride listing above is a "B" class ride over hilly terrain (expected overall pace of about 12, 13 miles per hour), about 45 miles long, with a ride start time at 9:30am in Maryland from Poolesville High School. The ride will go if the forecast high temperature is 40°F or higher, AND the chance of rain is less than 35%.

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.

How to Read the Ride Schedule

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.

B (H) * 45 * MD * 9:30am *Poolesville HS (POO) * 40˚/35

You may also see (b) a (F) “Flat” or (H) “Hilly” terrain indicator, (g) a start location code, and (h) weather notes. Directions for ride starts given in the Reference Manual.

Ride Classification Table

This table shows the range of average riding speeds, the range of typical ride distances, and typical intervals between rest stops.

<table>
<thead>
<tr>
<th>Ride Class</th>
<th>Average Riding Speed (ARS)</th>
<th>(Miles)</th>
<th>(Miles)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(H) Hilly</td>
<td>6.0–7.9</td>
<td>8.0–9.9</td>
<td>10.0–11.9</td>
</tr>
<tr>
<td>(M) Moderate</td>
<td>8.0–9.9</td>
<td>10.0–11.9</td>
<td>12.0–13.9</td>
</tr>
<tr>
<td>(F) Flat</td>
<td>10.0–11.9</td>
<td>12.0–13.9</td>
<td>14.0–15.9</td>
</tr>
<tr>
<td></td>
<td>12.0–13.9</td>
<td>14.0–15.9</td>
<td>16.0–17.9</td>
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<td></td>
<td>14.0–15.9</td>
<td>16.0–17.9</td>
<td>18.0–19.9</td>
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<td>20.0–21.9</td>
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<tr>
<td></td>
<td>18.0–19.9</td>
<td>20.0–22.0</td>
<td>22.0–24.0</td>
</tr>
</tbody>
</table>

Randonneuring is long-distance (endurance) cycling over scenic and challenging terrain. Randonneur rides often leave early in the morning and require lights, go under most weather conditions, and typically are challenging terrain. Randonneur rides often leave early in the morning and require lights, go under most weather conditions, and typically are challenging terrain. Randonneur rides often leave early in the morning and require lights, go under most weather conditions, and typically are challenging terrain.

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

February — 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

February — 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]

February — Thursdays

C/CC * 15-25 * VA * 1:00 PM * Pinn Community Center (PCC) * 32º/wind 20+mph

Neighborhood Midday Ride

Woody Lipinski [orsbicycling@gmail.com] 703-203-4934

February — Saturdays

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.

February — Sundays

C/CC/B * 45 * MD * 1:00 PM * Wakefield Park (WKP) * 50˚

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.

February — Sundays

B/BB * 60 minutes * DC/MD/VA * 6:00 PM * Zwift

Zwift Ride

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February — Saturdays

C/CC/B * 45 * MD * 1:00 PM * Wakefield Park (WKP) * 50˚
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) * 40° at ride start
Annandale Evening Excursion
Peter Klosky [pptc@peterklosky.com] 703-727-4939 (cell)

February — Fridays

C * 15-30 * MD * 10:00 AM * Veirs Mill Park (VMP)
Friday Lunch Ride
Norman Rasmussen [norman.rasmussen7@gmail.com] 301-828-7470

February 4 — Saturday

C * 25 * MD * 1:00 PM * 6300 Little Falls Pkwy, Bethesda, MD 20816
Hains Point Loop
Mike Divine [mikedivine74@icloud.com] 301-258-7820

February 5 — 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 for beginners and those looking for a relaxing start of the day. 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— if the forecasted ride-time wind chill is for freezing or below &/ or if precipitation is creating wet roads; cancelation notices are posted on Facebook/Twitter using the #BSPACErides hashtag and will show up on the ride page on our website. 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)

D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 30%
Lunch in Shirlington
Another great ride from the original Ride-To-Eat™ production team! Both MEMBERS AND NON-MEMBERS are very welcome to join us for this social ride, followed by lunch at one of the many restaurants in Shirlington (free parking in garages and lots on weekends). NO REGISTRATION is needed – just show up. We meet at 9:45 AM for a 10 AM departure on the brick plaza in front of the Shirlington Library / Signature Theater on Campbell Avenue in Shirlington (in Arlington). We select a restaurant, then go to lunch at about noon. See you there!!!! [P.S. Between 10 AM and noon 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 precipitation 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]

D/C * 16-19 * VA * 2:00 PM * Vienna City Hall Parking Lot (VCC) * 40°/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.

Woody Lipinski [orsbicycling@gmail.com] 703-203-4934

C * 27 (MH) * VA * 10:00 AM * Gunston ES (GES)
Lorton Springfield Loop
Here’s a challenging ride that’s half rural, half Northern Virginia suburban. Moderately hilly to hilly. Take a spin and judge for yourself. Part of the latter half of the route goes past the old Lorton Penitentiary. Lunch afterwards at a nearby eatery. Call in the event of questionable weather. Check the web site for cancellation information or call an hour before the ride start. For detailed directions, do an internet map search for Gunston Elementary School, Lorton, VA.

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

C * 25/35 * DC * 11:30 AM * BicycleSPACE (K Street)
BicycleSPACE City Explorers
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 usually 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; cancelation 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.bicyclespacedc.com
CC/B/BB/A * 30/40/50 * MD * 10:00 AM * South Germantown Rec Park-Adventure Playground (SGRAP)

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 30 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. 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.guil@verizon.net] 301-704-2723
B: Karen Berlage [karenberlage@verizon.net] 301-963-1482
B: Ann Corran [anncorran@gmail.com] 301-452-9104
B: Paul Huey-Burns [phueyburns@gmail.com] 202-255-2785
CC: Carol Linden [cdlinden@hotmail.com] 240-205-5035
CC: Peter Klosky [pptc@peterklosky.com] 703-727-4939

February 11 — Saturday

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

Ridin’ with Dougie
IMPORTANT NOTE: the start time will depend on winter temperatures. The most likely start time will be 1 pm unless it is warmer that day. Projected temperature at start time must be at least 45 degrees. Ride leader will update the start time (or post a cancellation) by 8 am day of ride. Parking: use the south section of the parking lot (behind the Clara Barton House). This ride will use a significant portion of the road named for General of the Army Douglas MacArthur. Highlights include passing thru Potomac, Cabin John, and Glen Echo. Rest stop at Starbucks in the Potomac Village Shopping Center.

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

CC/B/BB/A * 35/40/50 * MD * 10:00 AM * Laytsonville (LAV)

LAV Winter Romp
A not so standard loop to Lisbon to mix things up a bit. Not too hilly. Familiar roads. As usual for winter Laytsonville rides, we will have plenty of bail out points if the weather turns on us.

A: Tim Guilford [tim.guil@verizon.net] 301-704-2723
B: Paul Huey-Burns [phueyburns@gmail.com] 202-255-2785
CC: Denise Cohen [bikergal101@yahoo.com] 301-233-7535

February 12 — Sunday

Beginner D/D * 5-10 * DC * 10:00 AM * BicycleSPACE (Adams Morgan)

Nice & Easy
See full listing under February 5.

February 18 — Saturday

C * 25 * MD * 1:00 PM * 6300 Little Falls Pkwy, Bethesda, MD 20816

Hains Point Loop
IMPORTANT NOTE: the start time will depend on winter temperatures. The most likely start time will be 1 pm unless it is warmer that day. Projected temperature at start time must be at least 45 degrees. Ride leader will update the start time (or post a cancellation) by 8 am day of ride. Starts on Capital Crescent Trail to Georgetown, then takes Rock Creek Trail to loop around Hains Point. Rest stop at 10 mile point (no food, but water and bathrooms). After loop, ride over 14th St. bridge to Rock Creek Trail to Roosevelt Bridge back to Rock Creek Trail and then Capital Crescent Trail. Parking lot just north of Capital Crescent Trail and Arlington Rd (coordinates: 38.974334, -77.101927).

Mike Divine [mikedivine74@icloud.com] 301-258-7820
February 19 — Saturday

**Riley’s Winter Romp**

A not so standard loop to Dickerson to mix things up a bit. Not too hilly. Familiar roads. As usual for winter Riley’s Lock rides, we will have plenty of bail out points if the weather turns on us.

A: Tim Guilford  tim.guil4d.net  301-704-2723
B: Paul Huey-Burns  phueyburns@gmail.com  202-255-2785
CC: Denise Cohen  bikergal101@yahoo.com  301-233-7535

**February 20 — Monday (Presidents’ Day)**

**C/CC (MHI) * 27 * VA * 10:30 AM * South Run Rec Center (SRRC) * 45°/50%**

**LOOP de LOOPS**

This ride is close in and takes us on several loops that use bike paths or quiet and wide neighborhood streets. The first loop is using short, hilly roads inside Fairfax County Parkway and Ox Road. Another is past the old Lorton prison and into Occoquan Village - the hill out of the village is very LONG but gradual. Yet another loop is along Lake Mercer and points east; a short portion of this loop has been widened and repaved, but it is still a narrow bike path. [https://ridewithgps.com/routes/241780](https://ridewithgps.com/routes/241780) HELMETS REQUIRED.

Directions: South Run Rec Center, 7550 Reservation Dr, Springfield, VA. Go through the paved parking lot adjacent to the Rec Center and to the lot at the lower field house. I may cancel if the forecasted high is above 95 or below 45 degrees or chance of precip is 50% or more. Please check the PPTC ride forum if weather looks marginal. Questions? Call me a day before the ride or on my cell phone thereafter.

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

**B/BB/A * 40-50 * DC * 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  127lkolko@gmail.com  301-785-1342

See full listing under February 5.

For complete ride descriptions, visit our online ride calendar:  
http://www.potomacpedalers.org/events
CC/B * 33 * MD * 10:00 AM * Sandy Spring Ross Boddy Community Center * 43°

**Tridelphia Tour**

This is a really fun and somewhat challenging ride so please join us and meet other cyclists! It’s moderately hilly, with many fun downhills and rollers, and some slow and steady climbs, for 2200 ft of elevation gain. We won’t leave anyone behind if you can ride the stated pace. The two CC ride leaders will keep between a 13-14 mph average pace. B riders are welcome but lead on their own. Meet in the new Ross Boddy Community Center parking lot, with bathrooms open at the start. We head north to farm land and pretty low traffic roads, going toward Lisbon and Dayton. We stop midway at the Glenwood Community Center for rest rooms and water. Optional meal after at Urban BBQ on Rt 108 nearby. Start point is Ross Boddy Community Recreation Center, 18529 Brooke Road, Sandy Spring, MD. From 108, note that the Brooke Road sign is missing, so turn on Brooke opposite of the road marked “Meeting House Road”. Arrive early as we roll promptly at 10:00 AM. Cue sheets provided. We won’t ride on ice or if it’s below 43 degrees at start.

Martine Palmiter  CC mpalmiter@gmail.com] 301-787-4556
Stephanie Tsacoumis CC [stephanie.tsacoumis@gmail.com] 301-922-3376

February 26 — Sunday

**Beginner D/D * 5-10 * DC * 10:00 AM * BicycleSPACE (Adams Morgan)**

**Nice & Easy**

See full listing under February 5.

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

**Lunch in Shirlington**

See full listing under February 5.

D/C * 16-19 * VA * 2:00 PM * Vienna City Hall Parking Lot (VCC)

* 40°/wind 15+ mph

**All Sundays On W&OD Trail**

See full listing under February 5.

C * 25/35 * DC * 11:30 AM * BicycleSPACE (K Street)

**BicycleSPACE City Explorers**

See full listing under February 5.

CC/B/BB/A * 30/40/50 * MD * 10:00 AM * South Germantown Rec Park-Adventure Playground (SGRAP)

**The Winter Ride**

See full listing under February 5.

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

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**PPTC Lewes Delaware Weekend 2017 Registration Open!**

**April 28-30, 2017**

Get an early jump on spring by joining us for a weekend of cycling at the beach. Lewes is a small, picturesque, and historic town near Rehoboth Beach. This weekend is noted for its sociability and ease in meeting new people, so come alone or with a friend or spouse. Attendance is limited to 85 people so sign up early to reserve your spot. Registration is online only via the PPTC website (www.potomacpedalers.org)

Rides range in length from 20 to 65+ miles and are flat, although there are usually headwinds at the beach. Many rides visit nearby wildlife refuges, Nassau Valley Vineyard, Dogfish Head Craft Brewery, and remote beaches. We also have rides that stay east of Route 1 and tour Lewes or travel to Rehoboth Beach via bike paths. Some of the rides begin at the Beacon Motel and some have a remote start after a short drive to a beach or nearby town, depending on the rides you choose.

**PPTC member price for the weekend is $270 for single occupancy and $210 per person for doubles; non-members add $25. The prices are the same for non-cycling spouses or guests. If you are coming alone but would like to share a room, we can assign a roommate (double occupancy only). If you are interested in a triple room, please contact Cindy Marisch for pricing and availability. Hotel rooms have two double beds, or a queen bed, or a king bed. All have refrigerators. The Beacon Motel does not allow pets.**

The cost of the weekend includes the following:

- Nice motel two blocks from the center of town and .4 mile from the beach.
- Locked storage room for bikes or store in your individual rooms (elevator available).
- Cue sheets will be available at the Beacon Motel starting Friday at noon.
- Rides of various lengths available Friday, Saturday, and Sunday.
- Ice Cream Social/Welcome Party Friday night at the motel.
- Breakfast Saturday and Sunday morning at the motel.
- New! Yoga class taught by Lorraine.
- Lunch fixings for a bag-lunch on Saturday to take with you on the ride.
- BYO Wine and Beer party on Saturday at the motel before dinner.
- Snacks provided.
- Buffet dinner Saturday night in downtown Lewes, short walk from motel (cash bar available).
- Free late checkout on Sunday with advance notice to hotel personnel.

**CONTACT:** Your hosts again this year are Lorraine McCall and Cindy Marisch. Cindy is responsible for registration and cue sheets. If you have questions about your registration please contact Cindy at csmarisch@gmail.com or 703-360-0236. Lorraine is responsible for the food catering. If you are vegetarian, vegan, or have any other special dietary needs, please contact Lorraine at least two weeks prior to the ride weekend at lorrainemccall@cox.net or 703-360-0236 so we can accommodate your needs accordingly.

Note: Your registration will be under the PPTC group and not your individual names. The cost for the weekend includes food and lodging and cannot be separated. Registration at the Beacon for this weekend must be completed through PPTC online, not directly through the Beacon. If you have questions about the Beacon Motel itself, please check their website www.beaconmotel.com.

**CANCELLATION POLICY:** Before April 14th: Full refund (minus $25 per person cancellation charge). After April 14th: No refunds.

**TO REGISTER:** Visit www.potomacpedalers.org and click on the Lewes Weekend box.
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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### PPTC Member Discounts / Participating Merchants

<table>
<thead>
<tr>
<th>MERCHANT NAME</th>
<th>WEBSITE</th>
<th>PHONE</th>
<th>BIKE</th>
<th>EQUIP. ACCESS</th>
<th>Clothes</th>
<th>Labor</th>
<th>Parts</th>
<th>Other/specific</th>
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<td>301-262-4343</td>
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<td>703-793-0400</td>
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<td><a href="http://www.aabikes.com">www.aabikes.com</a></td>
<td>301-253-5800</td>
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<td>301-531-9250</td>
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<td>Bicycle Outfitters</td>
<td><a href="http://www.bikeoutfitters.com">www.bikeoutfitters.com</a></td>
<td>703-777-6126</td>
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<td><a href="http://www.bigwheelbikes.com">www.bigwheelbikes.com</a></td>
<td>301-952-0192</td>
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<td>Bike and Roll</td>
<td><a href="http://www.bikeandroll.com">www.bikeandroll.com</a></td>
<td>202-842-2453 xtn. 104</td>
<td>N/A</td>
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<td><a href="http://www.bikedoctor.com">www.bikedoctor.com</a></td>
<td>410-544-3532</td>
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<td>Bike Stop</td>
<td><a href="http://www.rideva.com">www.rideva.com</a></td>
<td>540-825-2105 (Culpeper) 540-341-7702 (Warrenton)</td>
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<td>Bikeneic</td>
<td><a href="http://www.bikeneic.com">www.bikeneic.com</a></td>
<td>703-534-7433</td>
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<td>Bikes@Vienna</td>
<td><a href="http://www.bikesatvienna.com">www.bikesatvienna.com</a></td>
<td>703-998-8900</td>
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<td>Black Bar Bicycles</td>
<td><a href="http://www.blackbarbicycles.com">www.blackbarbicycles.com</a></td>
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<tr>
<td>Bob’s Bikes</td>
<td><a href="http://www.bobsbike.com">www.bobsbike.com</a></td>
<td>301-349-2453</td>
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<td>Capitol Hill Bikes</td>
<td><a href="http://www.capitolhillbikes.com">www.capitolhillbikes.com</a></td>
<td>202-544-4234</td>
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<td>College Park Bicycles</td>
<td><a href="http://www.bike123.com">www.bike123.com</a></td>
<td>301-864-2211</td>
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<tr>
<td>District Hardware/The Bike Shop</td>
<td><a href="http://www.thebikeshopdc.com">www.thebikeshopdc.com</a></td>
<td>202-659-8666</td>
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<td>Evo Cycle Works</td>
<td><a href="http://www.evocycletworks.com">www.evocycletworks.com</a></td>
<td>240-602-8752</td>
<td>10%</td>
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<td>30 minute tune-up $30, parts extra</td>
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<td>Family Bike Shop</td>
<td><a href="http://www.familybikeshop.com">www.familybikeshop.com</a></td>
<td>410-721-8244</td>
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<td>Fresh Bikes</td>
<td><a href="http://www.freshbikescycling.com">www.freshbikescycling.com</a></td>
<td>703-248-9600</td>
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<td>Green Commuter</td>
<td><a href="http://www.thegreencommuter.net">www.thegreencommuter.net</a></td>
<td>301-880-6967</td>
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<td>Griffin Cycle</td>
<td><a href="http://www.griffincycle.com">www.griffincycle.com</a></td>
<td>301-656-6388</td>
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<td>Just Riding Along</td>
<td><a href="http://www.jrads.com">www.jrads.com</a></td>
<td>301-963-1279</td>
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<td><a href="http://www.bike123.com">www.bike123.com</a></td>
<td>301-864-2211</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>Papillon Cycles</td>
<td><a href="http://www.papilloncycles.com">www.papilloncycles.com</a></td>
<td>703-920-9494</td>
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<td>Pedal Pushers Bicycle Shop</td>
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<td>Proteus Bicycles</td>
<td><a href="http://www.proteusbicycles.com">www.proteusbicycles.com</a></td>
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<td>Revolution Cycles</td>
<td><a href="http://www.revolutioncycles.com">www.revolutioncycles.com</a></td>
<td>702-365-3601</td>
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<td>Rollins Cycles</td>
<td><a href="http://www.rollinscycles.com">www.rollinscycles.com</a></td>
<td>302-525-3712</td>
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<td>Sampson Bicycles and Components *</td>
<td><a href="http://www.sampsonsports.com">www.sampsonsports.com</a></td>
<td>303-691-5600</td>
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<td>Spokes Etc.</td>
<td><a href="http://www.spokesetc.com">www.spokesetc.com</a></td>
<td>703-281-2004</td>
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<td>Takoma Bicycle</td>
<td><a href="http://www.takomabcycle.com">www.takomabcycle.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 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.thebicycleplace.com">www.thebicycleplace.com</a></td>
<td>301-588-6160</td>
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<td><a href="http://www.theoutdooradventurestore.com">www.theoutdooradventurestore.com</a></td>
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<td>Trails End Cycling Company</td>
<td><a href="http://www.trailsendcyclingcompany.com">www.trailsendcyclingcompany.com</a></td>
<td>540-339-2779</td>
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<td>Velotile</td>
<td><a href="http://www.velotileusa.com">www.velotileusa.com</a></td>
<td>540-215-2453 (BIKE)</td>
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<td>$1 drip coffee; $3 off bike rentals</td>
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* Members encouraged to sign up on website for notices of sales on tires, cassette, etc.  
* Off all bikes excluding sale 
* Off MSRP not sale price 
* Off MSRP, excludes sale items and custom frames  
* Except custom wheel builds
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.

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

Where or from whom did you hear about PPTC?

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

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

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

Change of Address Form
- Notify the PPTC Business Office of your move, especially if your Pedal Patter arrives via third class mail (the Post Office does not forward third class mail).
- Notify us by the 8th in order to affect that month’s mailing:
- Include your phone number and legibly PRINT all information. What you print is what we will use as your record in the database, as well as your 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:________________________ New Address:________________________
City:_________________ State:_______ Zip:_____________________
Day phone:_________________ Eve phone:_________________
e-mail:_____________________
goes into effect on:________________________

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 2017 Events Calendar

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

Feb. 5 BicycleSPACE Beginner Nice & Easy Ride, Washington, DC
Repeats every Sunday.
Feb. 5 BicycleSPACE City Explorers Ride, Washington, DC
Repeats every Sunday.
Feb. 15 Cast-Iron-Crotch, submissions due!
Feb. 25 Georgetown Tailgate Ride, Washington, DC

April 28-30 Lewes Weekend, Lewes, DE
May 4-7 Spring Than & Tandem Rally, Cambridge, MD
June 24 Women & Wine Ride, Poolesville, MD
A ride to benefit WABA’s Women & Bicycles Program