The Joys of Winter Riding

by Karen Berlage

Ride in the Winter, are you crazy? What about the ice, snow and freezing temperatures? Don’t forget the wind. How do you keep your hands and toes from freezing? Speaking of freezing, what about the water bottles? Why would you put yourself through such torture?

Well I will tell you.

For the last nine years, a few of my Potomac Pedalers friends and I have hosted a Winter Ride out of South Germantown Park (at the Adventure Playground/Castle Park) on Sundays. It is a multi-class ride with various lengths depending on how much you want to ride that day, and of course how long you want to be out in the cooler temperature. We ride from the first Sunday in December to the last Sunday in March. We can get as many as 50

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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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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.

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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 final article as Club’s Chair. I’d like to use this space to offer final reflections. As I tried to convey in last month’s issue, I agreed to serve as the chair to improve the quality of our rides which led to introducing ride leader training, piloting multi-class tailgate rides, and addressing an historic gender gap for female cyclists to feel more comfortable with our group rides. I did not get to put in as much effort and investment into these efforts as I had hoped since I had to respond to unexpected, significant matters. Three in particular consumed much time – the Back Roads Century, communications and the website.

Back Roads Century

As most know, we left our home of Berryville for the Back Roads Century after the Clarke County Sheriff ticketed many participating bicyclists during the 2014 event. By then, this event had grown significantly and had become a major source of our club’s revenue. It consumed lots of time and attention with the Executive Committee by default serving as its planning committee. It was not sustainable.

In this event’s final year in Berryville, we had hired two members of the Executive Committee to plan the event and relieve strain in volunteer efforts in governing other aspects of the club. These two individuals knew the technical details of organizing this event given past experiences in volunteering for this event, but they could not respond to the local political resistance. Our fingerprint was too large. Too many residents complained, and we lost key allies. We were no longer welcome and found ourselves without a home.

Those of us with knowledge of the inner workings knew what was happening in Berryville and began to explore alternatives. That summer, Rudi Riet, Eric Pilsk, Jim Quinn and myself were working quietly on the sidelines to find a new host community. By the following winter, we had agreements with leaders in the Town of Shepherdstown and Shepherd University for moving the event to this community. By then, we also had completed our first third party solicitation and hired a group of professional unaffiliated event planners who came at an affordable price even with little experience with a large scale bicycling event.

Fast-forward to two years later to the present, and we are now solidifying our roots in Shepherdstown. We have a verbal agreement with both the Town and University for keeping the event here for another four years. It still targets approximately 2,000 cyclists with a significant price discount offered to PPTC members. It now spans an entire weekend with us having offered free group Saturday rides to Antietam. We shifted volunteer responsibilities with local community groups doing much of the heavy lifting in managing the rest stops and many more PPTC members serving as ride marshals in coordinating traffic safety with local police spanning a four county region. Shepherdstown’s tourist amenities correspond to participants spending hundreds of thousand dollars each year during that weekend in addition to the direct investments for this Century ride itself in helping sustain our footprint in our new home.

Moving into the future, we are still a year or two away from fully solidifying the Back Roads Century in Shepherdstown as a premier weekend event on the third weekend of each September. While honing the operational structure in partnering with local organizations, we also now have major opportunities to expand this event’s marketing reach to new audiences.

Communications

The second unanticipated challenge concerned communications. Early in my tenure, Carol Linden (herself, a former ExCom member) asked to stop volunteering as the editor of Pedal Patter and to instead take on the vacant position of ride coordinator for Maryland CC riders. At that time, like about 20% of other members, I had stopped reading the Pedal Patter in opting out of receiving a paper copy in the mail. Most issues contained very few articles and outside this publication. We had problems elsewhere with much content on the website needing cleaning, and much too little being disseminated using social media. As a result, instead of trying to find and plead with another member to volunteer as the editor of Pedal Patter, we hired Brenda Ruby (a long-time

Continued on page 16.
Save the Date
Spring Thaw 2017
5/4/2017 to 5/7/2017

Where: Holiday Inn Express
2715 Ocean Gateway
Cambridge, Maryland 21613
United States

Contact: Rich Tepel
rich.tepel@verizon.net

Details:
Once again, Potomac Pedalers will host and partner with Eastern Tandem Rally to show off the wonderful Eastern Shore cycling. Spring Thaw is a regional cycling event and attracts many people from the East Coast and Mid-West. Four days of riding: no hills, sparse traffic, and wide shoulders. Perfect for getting back into cycling after a long winter.

Routes will lead to the water with spectacular scenery among world-class environmental ecosystems. The Saturday ride will include the Six Pillar Century (entry price will be included in the weekend price), which visits the Blackwater National Wildlife Refuge. (The Six Pillar Century also has rides shorter than 100 miles for those not up to the full distance.) We expect about one-third single bikes and two-third tandems, but uni-cyclists are also welcome to join us.

The weekend includes: Thursday evening pizza dinner; lunch on Friday; Friday evening ice cream social; Six Pillar Century registration on Saturday and lunch (as part of the century); Saturday night dinner and entertainment.

You are on your own for breakfasts, lunch on Thursday, dinner on Friday. The Holiday Inn and some of the other hotels in the area include a complimentary breakfast. The Holiday Inn will have sign-up sheets for reservations and discounts for group dining.

Pricing & Registration:
Pricing information and registration will be available online in January at www.potomacpedalers.org.

PPTC Executive Committee Candidates

Below is a listing of current candidates and the positions for which they are running. A vote to elect these new ExCom members will take place at the Annual Meeting, held Jan. 29 (just another important reason to attend!). Bios for all candidates will be available online and at the Annual Meeting.

Bob Bernstein, running for Chair

I have been riding a bicycle since I was in junior high school. Back then it was transportation even on those days off from the summer job when I used to explore the back roads of Connecticut. I joined my first cycling club while in Michigan. That is when I started to become a cyclist. My latest incarnation began as a get away with friends in 2001 and has evolved into a passion. I still enjoy exploring but I also look forward to the social aspects that Club rides offer.

I was the MD/DC B Ride Coordinator for three years and I continue to be a ride leader and marshal. I was an ExCom member for four years, a Chair-in-Waiting for one year and the Chair of the Club in 2012. I ran the Century twice.

I intend to continue Matt Birnbaum’s efforts to put the Club on more of a business footing as I see that as the only way that we will be able to survive and to thrive without burning out those few people who heretofore have volunteered for most of the work. The only way we can continue to operate as a volunteer operation is to break down the tasks into more manageable pieces with clear definitions of what is expected, the responsibilities of which will not frighten people from stepping up and supporting. My goal is an organization which is responsive to the rapidly changing environment in which we now exist, which does not burn people out, and which allows the Club to grow and thrive to become the premier cycling club in the country; the Club which others will want to emulate.

Deb Reynolds, running for Vice Chair, Operations

Deb Reynolds has been a member of Potomac Pedalers since the early 2000’s. Deb joined the club after she and her sons completed riding the C&O canal and she was bitten by the cycling bug. She traded her hybrid for a road bike and never looked back.

Since that time Deb has led rides, volunteered for numerous events for the club, served on the ExCom twice, once as Membership Secretary, and has served as a ride coordinator. Deb also co-led the century once and was intimately involved another year when the ExCom ran it.

Deb has seen the club through many changes and knows there will be more to come. She wants to see the club grow and would like the club to have a bright future. Deb would work to ensure the club has as strong a fiscal and structural plan as possible to take us into the next few years.

Continued on page 5.
Eric Pilsk, running for Vice Chair, Century

I’ve been a member of the ExCom since 2011. I started as a Member-at-Large. In 2012 I became treasurer and held that position through 2016. PPTC has done some great things over the five years I’ve been on the board, and I know that there are still lots of opportunities for the Club to take on. As a small business owner my skills are in management, finance, and accounting. I bring these abilities to the ExCom every year. Now I’m running for Vice Chair Special Events to continue my participation in the management of PPTC. My goal is to assist in making the club as relevant and responsive to our members as possible.

Eric Pilsk, running for Vice Chair, Century

I started riding a bike as an adult about 12 years ago and was hooked from the very first ride. I became active in the club a few months later – inadvertently becoming the ride leader on my first PPTC ride when the official ride leader did not show up and I happened to have a random cue sheet in the car. Since then I have been an official ride leader, Cue Sheet Librarian, two-time ExCom member, and general Club busy body. I have also volunteered at the Century as a rest stop worker, rest stop manager, overall rest stop coordinator, and helped Jim Quinn plan the new Shepherdstown routes. I am told there are compromising photos of me with a married off-road unicycle so I am running as Vice Chair, Century to keep that quiet, and to help keep the Back Roads Century a highlight of the Mid-Atlantic cycling calendar.

Warren Farb, running for Treasurer

I’ve been a bike rider since about age six. I delivered newspapers by bike for about 5 years. First joined PPTC in the early 70s. I commuted by bike from Bethesda to various downtown locations for 27 years. I now commute downtown for various volunteer activities and I’ve been leading “The Usual Monday Ride from Glen Echo” for numerous years. I average between 6,000 and 7,000+ miles a year.

Professionally I was an economist specializing in macro policy and international tax. I retired in 2004. I’ve worked for the Federal Reserve, Library of Congress (CRS), the Senate Budget Committee, Department of Commerce, and Council of Economic Advisers. After retiring from the Government in 1997 I worked for Arthur Andersen and Deloitte as a tax consultant.

Mary Ann Breunig, running for Member-at-Large

I am a fairly new member of Potomac Pedalers and would like to support our members in our mutual goals to enjoy cycling as a life-long sport!

As a retired IT Executive, my experience is in managing large financial software operations and systems for private and government organizations. I enjoy strategic planning, transformation projects, and helping people and organizations meet their goals. Currently I am focused on exploring small business startup. I have held Board-level positions including Chair, Treasurer, and member for a local charity and a Home Owners Association.

I took up cycling about 8 years ago to spend time with my husband, Jeff, and continue to support Leukemia research. My goal is to move up to a CC rider-level in 2017! This fall I became a ride leader in Virginia and began contributing articles to the Pedal Patter (See Mary Ann’s contribution in this issue and last month’s “Winter Riding Starts December 2!”)

Stephanie Tsacoumis, running for Member-at-Large

Stephanie Tsacoumis is a lawyer and avid bike rider who – as a result of her long-standing work for nonprofit organizations – was named by the American Bar Association as the national “Non-Profit Lawyer of the Year” in 2012. Among other nonprofit matters, she led the legal teams in major re-organizations of the national American Red Cross and the Girl Scouts of the United States and authored an often-cited report on non-profit governance for the 21st century.

Stephanie currently teaches securities law and related topics at Georgetown Law Center. Until recently, she served as the General Counsel of the U.S. Consumer Product Safety Commission, where she led ground-breaking enforcement and compliance initiatives since joining the agency in 2012. The Washington Business Journal named her as a “Legal Champion” in 2014.

Previously, Stephanie served as General Counsel and Chief Compliance Officer of Georgetown University, coming from Gibson, Dunn & Crutcher LLP, where she was co-partner-in-charge of the firm’s Washington D.C. office. Named the “Outstanding Chief Legal Officer” in DC, the “Top Corporate/Mergers & Acquisitions Lawyer in D.C.” and a top businesswoman in D.C., Stephanie also has been consistently named a “Leading Corporate Lawyer” by Chambers and Partners, Inc. and as among “The Best Lawyers in America.”

Stephanie has attended the Allenberry, Lewes, and Williamsburg weekends and has been a semi-regular attendee on the Thursday Laytonsville ride this past year. As a relatively new bike rider, she appreciates the benefits, encouragement and opportunities offered by the Potomac Pedalers, and hopes to “give back.”

Reasons for applying to join ExCom: The Potomac Pedalers is a valuable community resource. As a beneficiary of, and past volunteer for, the organization, I seek to contribute more fulsomesly. Given my background in non-profit matters generally (as General Counsel for a non-profit university, for example) and in governance matters specifically, my skill set may be useful on the governance front in particular.
Winter Riding, Continued from page 1.

people on the best days. Since the routes go through low traffic roads in the Montgomery County Ag Reserve, and only partially overlap, there is no problem with crowded roads.

The best reason to ride in the winter is for fitness in the “off season.” Sure, you could do spin class or ride an indoor trainer, but there is nothing like the workout you get when riding outside. Winter riding will help you maintain where you were, move up a class, or prepare for one of the monster early season rides, like Mountains of Misery, the Assault on Mt. Mitchell or Storming of Thunder Ridge. The typical ride is 2 – 3+ hours long, a bit more than you would probably do in the gym. While there are no major climbs on the routes, there are some hills that will give you a challenge.

In fact, we designed the routes to be fixed gear friendly, so that will give you an idea of the difficulty of the terrain. No mountains to climb, only a couple of hills; none too tall or too steep. Of course, if you want additional climbing, we ride just past the entrance to Sugarloaf Mountain, so you could do an optional climb up there. One can also avoid some of the climbing by choosing a route with less climbing. The shorter routes avoid the Moore Road climb and the big hill on Comus Road.

Worried about finding someone to ride with, i.e. going the speed you want to go? Well, we get as many as 50 people on a great weather day, so it is likely you will find that right person or group. We have ride leaders from all the ride classes. Each ride leader identifies themselves during the pre-ride briefing, mentions what ride class and pace they intend to ride, and indicates which route they will take. Don’t be shy, introduce yourself so we can match you up with someone before the ride starts. You can find the ride leaders near the folding table with all the versions of the cue sheets on it. We set up right near the heated bathrooms at the Adventure Playground.

Have a Garmin? The links to the GPS tracks are published in the ride listing online.

Does the ride go in any weather? No, if the roads are very wet, or icy, or there is a significant chance of rain or snow during the ride window, the ride will be cancelled for that week. We do go out even if it is very cold, but be aware that not a lot of people will show up that day.

Come join us!

Ride Leaders:
A: Tim Guilford        BB: Karen Berlage
B: Jim Quinna & Ann Coran        CC: Carol Linden & Peter Klosky

Welcome New Members!

Please welcome new and returning members to Potomac Pedalers:

Sheila Berlinger        Jill Patterson
Ray Blunt        John Telesco
Elena Elkin        Christina Warnick
Lara Hausman        Burt Zurer
Michael Mount
Bud Bike Friday (CC/B), Nov. 25—No holidays for this regular Friday ride from Greenbelt!

Circling Sugarloaf (CC/B), Dec. 3—Saga of the winter mechanical.

Turkey Burn Off (CC/B/BB), Nov. 25—Billed by ride leader Paul Huey-Burns as “50 miles on roads so familiar to most of us that we should be able to navigate despite any food-induced loss of cognitive function.”

Riley’s Lock Impromptu, Nov. 26—A beautiful, if chilly, ride through the Ag Resere.

Lee Langford leads the group from the start.

Lee Langford assists Mike Shoe after a problem with his cleat. A successful fix by Mike!

The Winter Ride (CC/B/BB/A), Sundays—Scenes from this weekly Sunday ride out of Germantown.

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Can You Ride Faster? Stronger? Longer?
by Mary Ann Breunig

Before you read this article, grab a pen and jot down your top five riding tips! Have you ever wondered what you could do to improve your cycling performance? While most of us are not aspiring competitive cyclists, we all have wondered how we could improve our speed or endurance. Often we know the basics of improving our ride performance—ride more and lose weight (you, not the bike!). What other changes should we consider?

During the December 2nd Potomac Pedalers indoor ride, the perfect opportunity to learn more about improving performance presented itself! A group of riders had trekked out to Leesburg for the mid-day Compu-trainer class with 2016 USA Cycling National Champion/Cycling Coach Susan Hefler. Over the course of our 90 minute ride, Susan talked about her cycling experiences and her top five cycling tips for our riders.

Hydrate. Every ride relies on muscle performance; and muscles can’t function when you are dehydrated. This means always pack a water bottle and make sure you drink throughout the ride. Learn to drink while you ride. It will help with hydration and it reduces stopped time.

Purpose. Know why you are riding before you suit-up. Not all rides are training rides. Maybe this is a ride to a local deli for lunch; leave the Garmin home and enjoy the scenery! If it’s a training ride, you should have a purpose. Maybe it’s speed and timing for sprint work. For new riders, it might be to complete the entire ride clipped into the pedals.

Cadence. Don’t worry about wattage and other measures, first focus on a consistent cadence, regardless of terrain; even professional cyclists continue to work on cadence. A good starting goal for many riders is to strive for 80 RPM. For beginning riders it might be to start with continuous pedaling (versus pedal-coast).

Food. Always carry something with you! You never know when you just might need that boost of energy. Don’t rely on food being available, it might not be there when you need it.

Fun. Unless you’re getting paid to ride, cycling is for your enjoyment. Don’t make cycling into work! Unplug from your day. Enjoy being outside. Ride with people and take time to get to know them. Even when riding solo, revel in the solitude. This is truly #1 when you get on the bike. Whether it is a hard workout or a easy workout or a no Garmin spin, embrace whatever it is you are about to experience on the bike. This holds true for ALL cyclists - pro and amateur.

If we were to add one more tip, it would be to check the fit of your bike. In the photo below, cyclist Patti Natoli and Coach Susan Hefler check her saddle position. You may need to invest in a professional bike fit to address your needs.

How do Coach Susan’s Hefler’s top five tips compare to your list? What other tips were on your list? Aspiring competitive cyclists, may want to checkout the article “5 Steps to Becoming an All Around Cyclist” by Nate Wilson (February 23, 2016).

With your winter training underway, are you thinking about what rides you want to sign-up for? Do you have a favorite ride or are you looking to try something new? Next month we’ll checkout possibilities in “My favorite local rides!”.
Each of our cycling journeys takes us places of our choosing. This article is focused on Susan Payne, a regular for the Club’s Tuesday/Thursday ride in Annandale, including Winter night rides where she is known to tolerate cold weather as if she is from the Arctic. But her cycling journey encompasses more than our Club rides — she’s been active in youth and women’s cycling events with Phoenix Bike, completed the Park Tool cycle mechanic’s training and involved herself with people-to-people cycling tourism in the Caribbean. Even recent partial knee replacement surgery has not kept Susan from being active.

One benefit of getting to know fellow riders and their stories is finding out what it’s like to recover from the trauma of surgery or a crash. What we’ve learned from Susan is that a partial knee replacement has the patient back walking quickly, and on the bike in a few weeks. Though Susan did mention that a few of the physical therapy sessions to restore range of motion were challenging, the result was good, with a quick return to her regular cycling activities. Indeed, the day after the outpatient surgery, she visited the Tuesday/Thursday riders at the start to reassure everyone that she was on the mend.

Susan developed her skills as a mechanic through both her work at Phoenix Bikes and the Park Tools course, even expanding her study to include fitting. As mentioned in last month’s Pedal Patter article on the Bicycle Maintenance Clinic recap, the formal Park Tools course offered by Spokes Etc. is comprehensive, with students emerging trained to do full rebuilds.

At Phoenix Bikes, Susan gets to take what she’s learned and pass it on. Located in Arlington, the central focus of Phoenix Bikes is to mentor youth, through both their shop and rides. Under the supervision of Susan and others, teens learn all aspects of bike building. As they advance through the structured program, the first bike they build they donate, and their second they build to keep for themselves.

An example event that Susan led with Phoenix youth riders was a December 3rd trip from the Phoenix shop in Arlington to the Air and Space Museum on the Mall in DC. The event was well organized, with both guarded garage bike parking and a specific docent for the museum tour.

But structured youth events are not the only ways that Phoenix builds and benefits community; Phoenix hosts monthly open shop for adults and a monthly clinic focused on women’s needs. Susan reports that last month’s women’s clinic focusing on fitting went well and even involving the use of protractors. Who knew?

Phoenix has a large yard of bikes which has too-often been a source for ghost bikes. Susan and Phoenix having contributed several, including the one placed on Darnestown Road where PPTC member Drew Malizio was struck by a truck driver in 2014.

While Susan enjoys her local riding, she’s also gotten distinct enjoyment out of making people-to-people connections cycling the Caribbean island of Jamaica. There, everyone earns nicknames, and Susan’s was “hippie chick,” as she was able to go with the flow, accepting the local customs and capabilities. In her case, not only was the break from being a mom much appreciated, but she also made friends, ultimately hosting a Jamaican visitor here in DC. The island people look up to the US as a source of employment, education, and political guidance. Susan and several other local cyclists will return to Jamaica this April for the Jamaica Reggae Ride, a charity ride which supports an orphanage for people with disabilities. Susan especially looks forward to the songs and skits presented by the local school children benefitting from the ride.

Potomac Pedalers wishes Susan all the best with her training for her April ride and with her continuing Phoenix bike work.
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.

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.

The ride listing above is read as 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%.

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) (Miles)</th>
<th>Route/Distance (Miles)</th>
<th>Rest Stop Intervals (Frequent/Occasional/No)</th>
<th>Use of Pacelines (Always/No)</th>
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<td>6.0–7.9</td>
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</tbody>
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Randonneuring is long-distance (endurance) cycling over scenic and challenging terrain. Randonneur rides often leave early in the morning and require lights, go under most weather conditions, and typically are challenging 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

January — 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

January — Tuesdays

CC/B * 35 * MD * 11:00 AM * Buddy Attick Park (BUD) * 50*

Bud Bike Tuesday
Rob Dahlstrom * [rkdahlstrom@gmail.com] 301-758-2598
George Schneider [gbs319@juno.com]

C/CC * 15-25 * VA * 1:00 PM * Pinn Community Center
(TCC) * 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 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]

January — 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**
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)

**January — Fridays**

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

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]

**January 1 — Sunday**

All * MD * 12-45 mi * 12:00 PM * Mt. Airy Bicycles
**Mt. Airy Bicycles 23rd Annual “I’ve Ridden Every Day This Year!” Ride**
This is an all class ride with multiple distance options. Cue sheets will be provided for self-organized rides. Bring snacks to share post-ride! Start point is Mt. Airy Bicycles, 4540 Old National Pike (MD Rt 144), Mt. Airy MD. Restrooms for changing are available. Check the website www.bike123.com for additional information.

Larry and Linda Black [bikelarry@gmail.com] [lindajblack@gmail.com]

**ALL (F) * 3.2-?? * D.C. * Day Time * Hains Pt. (HAI)**
**The Circle of Cycles, 32nd Annual**
Come join the D.C. Social Circuit. What a ride: you can hardly be late, and can ride warm-up if “early”; can’t get lost, can change ride class & companions at various times, and will be able to adjust any winter gear at your team vehicle every 3mi or so. This is a ride to meet old & make new acquaintances, at all ride levels; to share some refreshments if you want, & enjoy the day. Total distance & time is up to each rider. It should be possible to have a grill to heat water for coffee, hot chocolate, and whatever else. Whatever you want (for yourself and to share), put it in your car, which you’ll repeatedly pass.

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

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

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 12 PM. See you there!!!!

P.S. Between 10 AM and 12 PM you are welcome to join the leader on the bike trails of Arlington (the Arlington Loop: traveling first on a portion of the W&OD Trail, then the Custis Trail, the Mount Vernon Trail, and the Four Mile Run Trail) with a rest stop in Lyon Village, and a brief regrouping at Gravelly Point. (Cue sheet on PPTC website). The 3-4 miles on the Custis Trail are hilly; the rest of the ride is pretty flat. Leader rides a slow “C” pace; all levels welcome (those wanting more or fewer miles may wish to continue up the W&OD and return to join us for the main event: lunch!)

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

C * 27 (MH) * VA * 10:00 AM * Gunston ES (GES)
Lorton Springfield Loop
Jeff Mankie [jsmankie@aol.com] 571-332-2130 (cell)

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.guil4d.net] 301-704-2723
BB: 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

January 7 — 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

CC/B/BB/A * 30/40/50 * MD * 10:00 AM * Laytons Village
SC (LAV)

50 Miles to Somewhere

Worts and All
Hope springs eternal in January – at least bicycling hopes. The historic average high for Jan. 7 is 44ish degrees, which is also the approximate distance of this ride through the rolling hills and flatlands south of Warrenton. The ride is also a reason to check out downtown Warrenton’s new brew pub, Wort Hog, after we’re done. [cf. www.worthogbreweryllc.com ] The ride starts in downtown Warrenton and gets out of town via the rail trail. Then it’s south to the Elk Run store for the lone rest stop around mile 21. I’ll post a ridewithgps.com map closer to the ride date. There’s no restroom at the ride start. However, a cup of coffee or baked good from the Red Truck Bakery (Obama has eaten their pies) two blocks away, gets you access to their flush facility. Or just stop beforehand at one of Warrenton’s fine gas stations and fill up on cheap gas.

Directions: To reach Warrenton from the east, exit I-66 at Exit 40 (Hwy 15), turn left and stay on Hwy 15 for about two miles until it intersects Hwy 29. Turn right onto Hwy 29 and that takes you into Warrenton. Do not use Exit 43 (Hwy 29) from I-66 (even if your iPhone/Garmin tells you to) unless you enjoy road red lights, and shopping center traffic.

No go in rain, snow, ice on the roads or high winds. As for temperature, we’ll start as long it’s about 32 degrees or higher at the start time. If cancelled, we’ll post a notice at the ride listing and the Google group “Pedalers” and perhaps reschedule for Jan. 8 or later. Tentatively, the CC co-leader thinks that his comfort zone bottoms out at 40°F at the start; maybe our deep chill(s) in the interim will have lowered this point, by acclimation? Got questions, call or write, but don’t wait for the morning of the ride.

CC: Peter Klosky [pptc@peterklosky.com] c: 703-727-4939
B: Bruce Rolfsen * [onthabeach@gmail.com] 202-674-1941
BB: Farshad Rowshandel [rowshandel@yahoo.com]
January 8 — 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 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 - 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
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 Lipinski [orsbicycling@gmail.com] 703-203-4934

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/weeklyrides/
Philip Koopman [phil@bicyclespacedc.com] 202-821-6717 (cell); 202-232-4196 (shop)

January 14 — Saturday

C * 21 * MD * 1:00 PM * Glen Echo Park

Ridin’ with Dougie
Mike Divine [mikedivine74@me.com] 301/258-7820.

January 15 — 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 * 16-19 * VA * 2:00 PM * Vienna City Hall Parking Lot (VCC) * 40°/wind 15+mph

All Sundays On W&OD Trail
Woody Lipinski [orsbicycling@gmail.com] 703-203-4934
January 16 — Monday (MLK Day)

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

**LOOP de LOOPS**
This is my traditional MLK day ride, and the temperature is usually in the low-to-mid 60s. Then it snows the next day. The ride itself is close in and takes us on several loops that use bike paths or quiet and wide neighborhood streets. The first loop is around Burke Lake Park and also 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 gravel lot at the lower field house. I may cancel if the forecasted high is 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] HOME: 703/455-0368 or CELL: 703/350-9209.

January 20 — Friday (Inauguration Day)

ALL * 25 * DC * 12:00 PM * Peirce Mill (PIM) * 40°

**Beach to Creek**
Peirce Mill is in Rock Creek Park; meet at the corner of Park Rd/Tilden & Rock Creek Pkwy, by the building behind the mill near the crosswalk. This is a nice in-town ride with an emphasis on natural scenery. We’ll ride up Beach Drive, through some nice neighborhoods with some long hills, and down Sligo Creek Parkway. This ride invites ALL pace levels, in the hope that everyone will find someone to ride with. The ride leader will ride a C or CC pace; cue sheets, maps, and hopefully some of the former regulars will help those who are faster or slower. There will be no sweep. We’ll stop at the Takoma Park Co-Op for a quick bite. Ride to the ride start to save the planet and get in a few extra miles. No go if below 40° F at 11:00 AM.
Ron Tripp [ron.tripp@yahoo.com] 301-237-5079.

January 21 — Saturday

ALL * 25 * DC *12:00 PM * Peirce Mill (PIM) * 40°

**Beach to Creek**
Ron Tripp [ron.tripp@yahoo.com] 301-237-5079.

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); address: 6300 Little Falls Pkwy, Bethesda, MD 20816.
Mike Divine [mikedivine74@icloud.com] 301-258-7820

C * 23 * VA * 10:00 AM * Pohick Bay Park (PHP) * 45°/50%

**Pohick Bay Social Ride**
Peter Dassira [peterdassira@yahoo.com] 703-851-2274
January 28 — Saturday

C/CC/B/BB/A * 23-50 * DC * 9:30 AM-10:30 AM *
Georgetown Waterfront Park

Georgetown Tailgate Ride
This awesome multi-class ride caters to all bicyclists in the Club. While all rides will enjoy Beach Drive in Rock Creek Park and scenic northwest DC neighborhood roads, the routes vary based on ride class. The CC through A routes favor great quiet roads to Potomac and adjoining areas before heading back to DC along Beach Drive with one to two rest stops. These latter rides will feature rolling hills and periodic lung-inhaling climbs. All are welcome and encouraged to stay around at ride’s end 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

• C * 23 * DC * 10:30 AM
  Polly Choate [scooterpea@yahoo.com]
  202-966-5571 (land); 202-538-5715 (cell)

• CC * 30 * DC * 10:15 AM
  Ron Tripp [ron.tripp@yahoo.com] 301-237-5079

• B * 30 * DC * 10:00 AM
  Monique Sears [moniquesears@rcn.com]
  202-256-5218
  Bob Bernstein [rbernstein55@yahoo.com]
  240-593-2539

• BB/A * 40-50 * DC * 9:30 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

C/CC * 43 * VA * 10:00 AM * Harris Teeter Heritage Hunt
SC * 35%/50%

The Mug and Muf n Ride
John Zebatto [zebweb@gmail.com] 540-680-0077
January 29 — 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) * 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 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/B/BB/A * 30/40/50 * 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
B: Paul Huey-Burns [phueyburns@gmail.com] 202-255-2785
CC: Carol Linden [cdlinden@hotmail.com] 240-205-5035
CC: Peter Klosky [pttc@peterklosky.com] 703-727-4939

CC (MF/MH) * 35/50 * VA * 10:30 AM * Brentsville Park (BVP) 45%/50%

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

Notes From the Chair, Continued from page 3.

active Club member including a former ride coordinator) as the club’s first part-time communications and marketing director.

Over the past two years, Brenda has significantly improved the content of articles appearing in Pedal Patter. She has breathed lots of energy into our other virtual communications, most prominently Facebook and regular email blasts. She has had her hand in marketing materials including those used for the Back Roads Century, and she has steadily become more involved in managing the “front end” of the website.

There remain significant challenges however. Production costs for the monthly Pedal Patter continue to rise with ad revenues having sharply declined over the past decade to cover about only one fifth of total operating costs. As web-based technologies continue to evolve, this paper publication is no longer sustainable and viable. We are going to need to transition to some virtual successor for the Pedal Patter while advancing our other web and social media activities.

Website

When my tenure as chair began, I never planned revamping the website, but I recognized its possibility soon enough. The ride calendar on the website was cumbersome for ride coordinators and ride leaders to use and required about 25 hours of paid staff each month to manage it. The website in general was very difficult to access on a smartphone or tablet and was not capturing critical data on membership and rides. It was a silo rather than integrated with our social media.

To compound matters, much of my attention was being pulled in managing a stressful relationship with the former webmaster. Within several months of starting my stint as chair, I consequently and unexpectedly found myself working with six others (including two former club chairs) on a new task force looking at our website. After about another nine months, this task force had completed a vision and plan for a new website, vetted it with the executive committee, solicited proposals from a suite of third party vendors, and ultimately hired Sandglass (with its project lead being a long-time PPTC ride leader) to build a new website.

As I write this, the new website is moving into its final phase of development. We will share much more details at the annual membership meeting as we move to unveiling the system later this winter, including a new ride calendar with the system being “responsive” for easy use on smartphones and tablets.

Final Thoughts – Advice for Next Year’s Executive Committee

I wish I could have left the organization in sounder fiscal footing. We are too dependent on too few revenue sources that do not reap enough to pay the bills. We need to diversify revenue streams, including expanded e-commerce with items like jerseys and online advertising; as mentioned above, we’ll also need to end the distribution of the paper copy of Pedal Patter. We still need a multi-year strategic plan with a triple bottom line of fiscal stability, more engaged and satisfied members, and sustained opportunities for group recreational cycling in our region.

We’ll need to find better ways to enhance communications. We at least have really good content getting created on an ongoing basis through Brenda’s contributions. It however needs to be better disseminated in helping all of us better share and commemorate cycling experiences. This requires more volunteers engaged with Brenda.

We generally need to continue to improve in getting more volunteers active in teams within and outside of the executive committee. We need many more folks to help lead rides, coordinate special events and support critical functions.

Finally we need to continue to test and scale up innovative ways to enhance multi-class rides. There are other great cycling groups in our region, but very few can replicate the joys of bringing many diverse riders together in the multi-class cycling rides. These tailgates have proven particularly popular in Maryland. Combined with sustained attention to ride leader mentoring, they provide a bridge to strengthening our footprints in not only Maryland but also in northern Virginia and Washington, DC.

Happy spinning,
Matt
Ride Report, Continued from page 7.

Volunteer Party Recap, Dec. 10—About 100 Club volunteers including ride leaders, coordinators, event volunteers, and ExCom members attended this evening party held for the second year at Tenley Bar & Grill. Consummate volunteer Karen Berlage was honored for decades of service to the Club.
(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 e-mail (preferably) or snail mail.

NB: It is helpful to send a plain text msg. with the requested data given per numbered item (NOT attachments in Word or Excel or ...)! Also, #11 is “Number of 0-mile WEEKS” --not *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.

Be sure to get an early jump on Spring 2017 by joining PPTC for a weekend at the beach in late April. 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. This year we will limit attendance to 85 people, so sign up early as it routinely sells out. We will have rides ranging in length from 20 – 65+ miles, all flat (although we reluctantly admit sometimes there are headwinds at the beach). Many rides visit nearby wildlife refuges, a winery, and beaches. Reservations can be made only via the website once pricing and other details are confirmed – hopefully by the end of January. Your hosts for the weekend will again be Lorraine McCall and Cindy Marisch.

Visit Our Shops This Season!
Winter is Special!
While familiar patrons are accustomed to the usual bustling activity in our showrooms and service departments, newcomers often ask, “Does it ever slow down here?” Our honest answer is “Try us in the winter.” Winter is here, and there’s more time to fit, test ride, chat, compare and fix-up. Adjustments while you wait, overhauls and wheel building in just one day, with low off-season rates. Expert frame modification and painting in one week.
We’ve even had time to clean up our warehouses and discover dozens of orphans—new bikes we thought we’d lost in the summer shuffle! We’ve love to get out of the dark and enjoy a good ride and cozy home. Toss in a huge assortment of like-new, pre-loved trade-ins, and dozens of riders have tried to buy all season, and we have enough bikes and goodies to have a season-long SALE. We’re still finding treasures and adding them daily, so come by often—to see why our lowest season could be your best time to cash in on savings and get that bike of your dreams!

What’s Your Story?
Pedal Patter is looking for YOUR cycling story. Share your cycling trips and tips to inspire and educate your friends.
Send submissions to: communications@potomacpedalers.org

Check Out bike123.com
For Details!
Get Your Cycling Event Posted on our Website

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

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

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

Sign Up For Potomac Pedalers E-mail Newsletters

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

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

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

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

PPTC Member Discounts / Participating Merchants

<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/specify</th>
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<tbody>
<tr>
<td>A&amp;M Cycle</td>
<td>none</td>
<td>301-262-4343</td>
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<tr>
<td>A+1 Cycling</td>
<td><a href="http://www.a1cycling.com">www.a1cycling.com</a></td>
<td>703-793-0400</td>
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<tr>
<td>All American Bicycling Center</td>
<td><a href="http://www.aaicles.com">www.aaicles.com</a></td>
<td>301-253-5800</td>
<td>5%</td>
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<tr>
<td>Arrow Bicycle</td>
<td><a href="http://www.arrowbicycle.com">www.arrowbicycle.com</a></td>
<td>301-531-9250</td>
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<tr>
<td>Bicycle Outfitters</td>
<td><a href="http://www.bikeoutfitters.com">www.bikeoutfitters.com</a></td>
<td>703-777-6126</td>
<td>5%</td>
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<tr>
<td>Bicycle Space</td>
<td><a href="http://www.bicyclespacedc.com">www.bicyclespacedc.com</a></td>
<td>202-232-4156 (13th St, NW)</td>
<td>5%</td>
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<tr>
<td>Bike and Roll</td>
<td><a href="http://www.bikeandroll.com">www.bikeandroll.com</a></td>
<td>202-842-2453</td>
<td>N/A</td>
<td>10%</td>
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<td>$10 off tours and day rent-</td>
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<tr>
<td>Bike Doctor</td>
<td><a href="http://www.bikedoctor.com">www.bikedoctor.com</a></td>
<td>410-544-3532</td>
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<td>als; $5 off half-day rentals</td>
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<tr>
<td>Bike Stop</td>
<td><a href="http://www.rideva.com">www.rideva.com</a></td>
<td>540-825-2105 (Culpeper)</td>
<td>5%</td>
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<td>$10 off MSRP not sale price.</td>
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<tr>
<td>Bikeneic</td>
<td><a href="http://www.bikeneic.com">www.bikeneic.com</a></td>
<td>703-534-7433</td>
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<tr>
<td>Bikes@Vienna</td>
<td><a href="http://www.bikesatvienna.com">www.bikesatvienna.com</a></td>
<td>703-938-8900</td>
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<tr>
<td>Bob's Bicycles</td>
<td><a href="http://www.bobbikes.com">www.bobbikes.com</a></td>
<td>540-535-0188</td>
<td>5%</td>
<td>10%</td>
<td>N/A</td>
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<tr>
<td>Capitol Hill Bikes</td>
<td><a href="http://www.capitolhillbikes.com">www.capitolhillbikes.com</a></td>
<td>202-544-4234</td>
<td>10%</td>
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<tr>
<td>College Park Bicycles</td>
<td><a href="http://www.bike123.com">www.bike123.com</a></td>
<td>301-864-2211</td>
<td>5%</td>
<td>10%</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>
<td>5%</td>
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<td>Evo Cycle Works</td>
<td><a href="http://www.evocycleworks.com">www.evocycleworks.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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<tr>
<td>Family Bike Shop</td>
<td><a href="http://www.familybikeshop.com">www.familybikeshop.com</a></td>
<td>410-721-8244</td>
<td>5%</td>
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<tr>
<td>Fresh Bikes</td>
<td><a href="http://www.freshbikescycling.com">www.freshbikescycling.com</a></td>
<td>703-248-9600</td>
<td>3%</td>
<td>10%</td>
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<tr>
<td>Green Commuter</td>
<td><a href="http://www.thegreencommuter.net">www.thegreencommuter.net</a></td>
<td>301-580-6967</td>
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<tr>
<td>Griffin Cycle</td>
<td><a href="http://www.griffincycle.com">www.griffincycle.com</a></td>
<td>301-656-6188</td>
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<tr>
<td>Just Riding Along</td>
<td><a href="http://www.jnrbs.com">www.jnrbs.com</a></td>
<td>301-963-1279</td>
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<tr>
<td>Mt. Airy 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>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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<tr>
<td>Papillion Cycles</td>
<td><a href="http://www.papillioncycles.com">www.papillioncycles.com</a></td>
<td>703-920-9494</td>
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<tr>
<td>Pedal Pushers Bicycle Shop</td>
<td><a href="http://www.pedalpushersmd.com">www.pedalpushersmd.com</a></td>
<td>410-544-2323</td>
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<tr>
<td>Proteus Bicycles</td>
<td><a href="http://www.proteusbicycles.com">www.proteusbicycles.com</a></td>
<td>301-441-2928</td>
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<tr>
<td>Revolution Cycles</td>
<td><a href="http://www.revolutioncycles.com">www.revolutioncycles.com</a></td>
<td>202-365-3601</td>
<td>10%</td>
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<tr>
<td>Rollins Cycles</td>
<td><a href="http://www.rollinscycles.com">www.rollinscycles.com</a></td>
<td>202-525-3712</td>
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<tr>
<td>Sampson Bicycles and Components *</td>
<td><a href="http://www.sampsonsports.com">www.sampsonsports.com</a></td>
<td>303-491-5560</td>
<td>15%</td>
<td>10%</td>
<td>10%</td>
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<td>25% on pedals</td>
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<tr>
<td>Spokes Etc.</td>
<td><a href="http://www.spektset.com">www.spektset.com</a></td>
<td>703-281-2004</td>
<td>5%</td>
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<tr>
<td>Takoma Bicycle</td>
<td><a href="http://www.takomabcycle.com">www.takomabcycle.com</a></td>
<td>301-270-0220</td>
<td>5%</td>
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<tr>
<td>The Bicycle Escape</td>
<td><a href="http://www.thebicycleescape.com">www.thebicycleescape.com</a></td>
<td>301-663-0007</td>
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<tr>
<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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<tr>
<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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<tr>
<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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<tr>
<td>Trails End Cycling Company</td>
<td><a href="http://www.trailscycling.com">www.trailscycling.com</a></td>
<td>540-339-2779</td>
<td>10%</td>
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<td>Velotique</td>
<td><a href="http://www.velotiqueusa.com">www.velotiqueusa.com</a></td>
<td>540-216-2453 (BIKE)</td>
<td>10%</td>
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<td>1 drip coffee; $3 off bike rentals</td>
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</tbody>
</table>

*Members encouraged to sign up on website for notices of sales on tires, cassette, etc.
1 Off all bikes excluding sales
2 Off MRSP not sale price
3 Off MRSP, excludes sale items and custom frames
4 Except custom wheel builds
PPTC 2017 Events Calendar

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

Deadline Extended!

Jan. 2-10 Award Nominations Due (See page 3 for details.)
Jan. 8 BicycleSPACE Beginner Nice & Easy Ride
   Washington, DC
Jan. 8 BicycleSPACE City Explorers Ride
   Washington, DC
Jan. 28 Georgetown Tailgate Ride
   Washington, DC
Jan. 29 Annual Meeting & Potluck Events
   (See page 1 for details.)
April 28-30 Lewes Weekend, Lewes, DE
May 4-7 Spring Thaw & Tandem Rally,
   Cambridge, MD
June 24 Women & Wine Ride, Poolesville, MD
   A ride to benefit WABA’s Women & Bicycles Program

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!

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 Info
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

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 website at www.potomacpedalers.org

Please DO NOT print the following in the Membership Directory:

☐ my entire listing ☐ my phone number ☐ my e-mail

Member Dues

<table>
<thead>
<tr>
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<th>1 year</th>
<th>2 years</th>
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<tr>
<td>Individual</td>
<td>$30</td>
<td>$57</td>
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<tr>
<td>Family</td>
<td>$37</td>
<td>$69</td>
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<tr>
<td>Lifetime</td>
<td>$20</td>
<td>n/a</td>
</tr>
<tr>
<td>Student</td>
<td>$38</td>
<td>$50</td>
</tr>
<tr>
<td>1st class postage</td>
<td>$13</td>
<td>$26</td>
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<tr>
<td>PPTC Membership Total</td>
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<td>Voluntary Contribution:</td>
<td>PPTC</td>
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<td>PPTC Community Services Grant</td>
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<td>Total Amount</td>
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<tr>
<td>Individuals must be 16 years or older.</td>
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<tr>
<td>Pedal Patter is mailed bulk rate. 1st class delivery is available for an additional $13 per year.</td>
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<tr>
<td>Payment: check ☐ credit card ☐ VISA MasterCard Discover ☐ American Express</td>
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<td>Name on card ☐</td>
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<td>Exp. / _ Amount $</td>
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<tr>
<td>Signature</td>
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Change of Address Form

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