Join us for the Tour de France Happy Hour!
Thursday, July 14, 6 PM - 9 PM
Rhodeside Grill, 1836 Wilson Blvd., Arlington, VA 22201
Join Potomac Pedalers and your cycling friends to watch Stage 12 of the Tour de France! On Bastille Day, Stage 12 travels 184 kilometers from MONTPELLIER to MONT VENTOUX, the top of The Bald Mountain. An arrival at Mont Ventoux is guaranteed to bring spectacle - the variable weather and mythic climb instills fear and is sure to be an exciting stage!

From CyclingStage.com: "The climb up Mont Ventoux is 15.7 kilometres long.
Continued on page 8.

The 7th Montgomery County Farm Tour, Ag Reserve Fundraiser, and Picnic
Sunday, October 2, 2016
Poolesville, MD
Co-hosted by Potomac Pedalers & Montgomery Countryside Alliance

Support the Agricultural Reserve! Keep the rural area free for farms and cycling!
The Montgomery County Farm Tour and Picnic is set for Sunday, October 2, 2016. Celebrate autumn with hundreds of cyclists on a rolling, scenic ride through Montgomery County’s Agricultural Reserve. Enjoy the sweet smell of freshly cut hay, take in expansive views of farmland, and stop at many of the farms to taste fresh produce and dairy products.

Continued on page 6.

Back Roads Century in Shepherdstown Offers Biking and Much More!
by Marianne Davis, Back Roads Century Event Planner
If you can do only one ride with Potomac Pedalers this year, make it the Back Roads Century, September 17–18. PPTC’s premier annual event draws both members and people new to the club, many of whom travel hundreds of miles to participate. The BRC offers a century, a metric, a half, and two shorter rides through the sometimes challenging and always lovely terrain of West Virginia and Virginia. Rest stops will offer varied supportive fare, much of it drawn from the small sustainable farms of this region. Everyone will find at least one rest stop with live music to get them ready to finish the ride. Twenty-five hundred riders and volunteers will participate.

Continued on page 9.
**Pedal Patter**

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

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

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

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

**Web Site Coordinator** Lee Langford

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

**Special Events Coordinator** Lee Langford

**Advocacy Committee** Dave Helms, Joe Pixley

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

**Volunteer Coordinator** Martine Palminter

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.
In what seems like another lifetime, I was once in graduate school studying public economics. One of the classic issues in this field involves the “free rider problem.” Stated simply, if you cannot stop anyone from paying for the group benefit, everyone in the group will undervalue the cost of this benefit and pay too little. And if everyone pays too little, the benefit loses value in the long term as it gets over-consumed. While it has been many years since my time in academia, this public economics issue remains in the forefront of my mind in helping reposition the Club for a stronger future footing.

Our bike club is in the business of offering free rider benefits. These include our group rides and our communications. I belong to our club because of how much I value these benefits. I enjoy all of the Club’s rides that I can do (and think about doing) with so many other kindred spirits. I value the communications in helping remember the time we spend cycling together on our bikes as well as exchanging other ideas and feelings associated with our pursuing a healthy lifestyle. Until I became active in the Club’s Executive Committee several years ago, however, I could not fully appreciate the fiscal challenges of operating our Club given our free rider benefits. It is beyond the scope of this article to offer a detailed fiscal breakdown but I want to share a bit of time in this article discussing some of the organizational implications to help you all know about and better engage with those of us volunteering on the Club’s Executive Committee.

Let me start with some guiding principles in how I frame these issues. I start by thinking about what it is like when I am considering doing a recreational ride. I generally prefer group rides since I rather not ride alone. Consequently, I go our Club’s ride calendar since we are the only ones offering multiple rides every day of the year and thus most likely to find one that meets my interests. In addition to looking for a preferred route, I am envisioning who also might be doing this ride in anticipating what it will be like to be spending time together on our bicycles. Since I care about remembering these ride experiences, I additionally am thinking about ways we can share the stories, photos and even ride statistics of this time together in enriching my life is richer because of the bonds forged with so many “ride buddies” during and after these club rides. My ride buddies not only enjoy the same type of group rides as me, but they also want to lead a healthy lifestyle, help others grow in their lives’ journeys, and also minimize the impact of our footprint in celebrating and conserving our region and elsewhere on our planet.

Those of us volunteering our time on the Executive Committee have been spending lots of time working on ways to better meet the needs of current and future members in improving these shared experiences during and after our group bike rides. We have been doing lots of soul searching of what we can do as volunteers and what we need to pay staff to do. We also have been contemplating about the things we need to do differently to better address the diversity of our membership given socio-cultural differences between the Baby Boomers (our Club’s historic base) and the Millennials as well as between men and women. We also are examining how our offerings correlated to our region’s continued expansion into the exurbs and regeneration in Washington, DC, as well as with the continued rapid advances in information technologies. These deliberations have led us to make some significant long-term shifts in investing our resources to help us better respond to needs of current and future members, including:

1. Hiring of Brenda Ruby last year as a part-time director of communications to help us begin to revamp our publications and social media presence.
2. Hiring of Sand Glass last April to build us a new web platform, including creating a more user-friendly ride calendar (and virtual rider sign-in sheets) with greater portability for allowing folks to better access the information on their smart phones and tablets.
3. Migrating the one day Back Roads Century event in Berryville to a weekend bonanza in the biking tourist mecca in and around Shepherdstown.
4. Targeting resources to improving the Club’s “DNA” with systematic trainings and mentoring for ride leaders as well as periodic multi-class tailgate rides in creating new traditions for supporting our ride coordinators to sustain and enhance our Club’s footprint throughout the region.

Throughout this process, we have tried to be transparent and respectful in emphasizing strong cooperation and team work as well as treating others as we want ourselves to be treated. We strive to be practical in our aspirations as we reconcile the numerous demands with our limited time and funds as we govern and administer principally through volunteers.

Continued on page 25.
by Bob Manka

On one of the few sunny Fridays in May thousands of Washington area cyclists got on their bikes and celebrated Bike to Work Day. This event has grown to 80 “Pit Stops” throughout the broader metropolitan area and suburbs. At the same time you may have been riding, sixteen of PPTC’s great volunteers were representing the club at six strategic sites. These volunteers included much of the club leadership on the ExCom including the Chair, Chair Elect, Membership Secretary, Recording Secretary and two Members at Large. Many members probably don’t realize these positions aren’t just honorific with little to do! Equally important were some of the Club’s other great volunteers; the names of all are listed below.

Bike to Work is a combined effort of a number of metropolitan area organizations including Commuter Connections and Washington Area Bicyclist Association (WABA). The event also has a number of sponsors such as Bike Arlington and our own Potomac Pedalers. From the Bike to Work website, the goal is to “celebrate bicycling as a clean, fun, and healthy way to get to work”.

Potomac Pedalers had tables at six sites, an increase from four the previous year. We chose to be present at key sites that are “gateways” where cyclists from all over the area stream toward downtown and other major employment centers. At each site where PPTC participates, we have a table with Club information and handouts. The Pedalers representatives present a friendly, informative face of the club and warmly encourage cyclists to try one of our rides while providing information about the Club. With the Pedal Patter we are able to highlight the Club activities and special events throughout the year, as well as illustrate the typical weekly schedule of rides. One of the rider’s favorite topics of conversation and inquiry is the annual Back Roads Century and the change to Shepherdstown.

The Six PPTC Sites and Volunteers:

- Bethesda, MD: Ron Tripp and Tim Guilford
- Takoma Park, MD: Debbie McCall and Linda Kolko
- Twinbrook, MD: Martine Palmiter and one generous Pedaler
- Freedom Plaza, DC: Matt Birnbaum & Crew (Keith Barron, Sue Gunter, Joe Pixley, and Rudi Riet)
- Gateway Park, Rosslyn, VA: Ed Hazelwood & Crew (Jean Leonard, Francis Eberle, Stephen Krill, and Joan Oppel)
- Ballston (Freshbikes), VA: Bob Manka and Barbara Miller
Future Bike to Work Days

Our participation in 2016 was very successful including interactions with several hundred riders who stopped by our tables at the six sites. Our volunteers, along with staff Brenda Ruby and Sherri Core, did a terrific job. The seventeen PPTC volunteers were enthused about a great day this year but also came up with some suggestions to enhance our representation in the future. Some ideas include moving toward more uniform appearance and handouts at each of our sites. In addition to the Pedal Patter and the new Club 5x7 color cards highlighting our activities throughout the year, it was suggested that we look into having additional inexpensive, but very useful, freebies such as compact bicycle bells or lights. I expect that the Club organizers for next year’s Bike to Work will be planning ways to enhance our already successful presence in the event and we will be asking for your participation!

Special Thanks to Bob Manka!

Potomac Pedalers wants to thank Bob Manka for his outstanding organization of this year’s Bike to Work Day. Bob volunteered many hours securing our spot, figuring out what to bring, lining up volunteers, packing up boxes for the different sites, and making sure every detail was taken care of. Our participation in this event (this year AND in years past) wouldn’t have been possible without Bob’s leadership and we deeply appreciate his skillful management that attended to every detail. Additionally, Bob organized last year’s Bike Maintenance Clinics at FreshBikes Arlington and led a group ride at the Back Roads Century...and those are just his most recent volunteer undertakings. We are truly fortunate to have Bob as one of our tireless volunteer superstars!
vistas, down a cup of fresh apple cider – all while enjoying a great ride. Riders of varied levels are welcome, from the novice to the expert. Rest stops are scheduled at Rocklands Farm, Soleado’s Lavender Farm, and Kingsbury Orchard where riders will convene for a sumptuous, wholesome post-ride picnic. As always, the menu will include a mouthwatering array of delicious gourmet sandwiches made by our onsite caterer, vegetarian salads and homemade oatmeal-chocolate chip cookies. All routes stop at Kingsbury’s Orchard five miles before ride’s end. (http://www.kingsburysorchard.com/) NOTE: You will need to ride five miles to the ride’s end after the picnic. Any produce or items you buy will be transported to the parking area where you started the ride.

PRICES:
This event always sells out! Registration is for the first 450 riders. Prices include picnic, cue sheets, rest stops with food, SAG (Support And Gear) mechanical support, and a portion of your fee goes directly to support the Montgomery County Alliance*(see below) for fundraising support for the Agricultural Reserve:

• Before July 30 – $30 Potomac Pedalers members/nonmembers $40
• August 1 to September 23 – $40 Potomac Pedalers members/$50 nonmembers
• No onsite/day of Registration

RIDE START and START TIMES:
Riders will choose among routes of 18, 28, 40, 58 and 77 miles including quiet, rolling landscapes dotted with the Reserve’s orchards, red barns and silos. Beginners and experienced riders are welcome.

RIDE START:
Poolesville Golf Course, 16601 West Willard Rd, Poolesville, MD 20837--(301) 428-8143
https://www.mcggolf.com/courses/poolesville.aspx

ROUTES & START TIMES:
All routes offer pastoral vistas and follow mostly quiet roads. The following moderately hilly routes will depart from Poolesville Golf Course (about one mile past Poolesville High School on West Willard Road). (New riders are encouraged to try one of the shorter routes)

Start times:
• 77 miles – 8:30 A.M.
• 58 miles – 9:30 A.M.
• 40 miles – 10:30 A.M.
• 28 miles – 11: 00 A.M. (No rest stop at Rocklands Farm but one rest stop at Soleado’s Farm and picnic at mile 23)

• 18 miles – 11:00 A.M. (No rest stop at Rocklands Farm but picnic is at mile 14)

REST STOPS
• Rocklands Farm is a picturesque family farm on Montevideo Road whose meats, vegetables, and eggs are organic, grass-fed, pasture raised and cage free. Rocklands also has a winery and hosts a CSA. (http://www.rocklandsfarmmd.com)
• Soleado’s Lavender Farm, located at the foot of Sugarloaf Mountain, sells fresh lavender soaps, candles, sachets, lip balms, lotions, and scented oils. Free shipping on on-site purchases over $20. (http://soleadolavender.com/)

PICNIC LUNCH – 12:00 p.m. to 4:00 p.m. at Kingsbury’s Orchard
The picnic prepared on-site by our caterer Barbara Helish and complemented by delicious salads from Whole Foods, is one of the highlights of the Farm Tour.

FRUIT PURCHASED AT KINGSBURY’S ORCHARD will be delivered to the Parking Area!
Feel free to purchase a bushel of apples, cider, jams and other goodies while picnicking at Kingsbury’s Orchard. No need to stuff your apples in your jersey pockets! Volunteers from the Montgomery Countryside Alliance (www.mocoalliance.org) will shuttle your purchases from Kingsbury’s Orchard back to your cars from 1:00 p.m. till 3:30 p.m.

WEATHER and UPDATES
There will be NO REFUNDS. For weather-related cancellations and other updates, see the Potomac Pedaler’s Meetup and Facebook pages, www.potomacpedalers.org. But consider the donation will still go to the Montgomery County Alliance!

REQUIRED EQUIPMENT
• Bicycle in good working condition
• Helmet
• Water bottles
• Pump and spare tube

SUGGESTED ITEMS TO BRING WITH YOU
• Cell phone
• ID with health insurance and emergency contact info
• Money for Farm Produce purchases

Continued on page 7.
Farm Tour, Continued from page 6.

- Pocket Change
- Sunscreen

FREE REGISTRATION FOR VOLUNTEERS

About three dozen (36) volunteers are needed to help with parking, registration, sagging, marshaling and fruit shuttle assistance; you’ll still be able to ride, and we’ll comp your registration. Contact Laurie Welch, Farm Tour Volunteer Coordinator at Laurie Welch (laurawelch123@gmail.com).

FOR MORE INFORMATION OR QUESTIONS ABOUT THE EVENT

Contact event coordinators Martine Palmiter at mpalmiter@gmail.com or Steve Cohen sbcohen47@gmail.com.

Support the Montgomery Countryside Alliance, an organization that advocates for the Agricultural Reserve, a major rural cycling area for Potomac Pedalers.

MCA advocates for land use policies that enhance agriculture and land preservation in the Ag Reserve, the region hosting our lovely ride;

- Educates about the environmental, economic and recreational benefits of local farmland particularly in the Agricultural Reserve;
- Supports local farms to strengthen our rural economy;
- Celebrates the beauty and abundance of the Agricultural Reserve; and
- Conserves the economic value and rural landscape of the Agricultural Reserve for current and future generations of the region.

For more information about the Agricultural Reserve, visit www.mocoalliance.org. If you wish to add additional donations, go to: http://mocoalliance.org/donate/

ACKNOWLEDGEMENT

We want to thank Denise Cohen for having the vision and energy to have created and managed this event for several years past! She finally gets to ride the Farm Tour!!

IN MEMORIAM

The Farm Tour is dedicated to the memory of a cherished club member, Neal D. Molloy, who died as a result of a tragic bike accident that occurred shortly before the Farm Tour in 2010. Neal was an avid rider, had boundless enthusiasm and energy for assisting in club events, and made a new friend out of everyone he met on a bike. Those who knew Neal will always remember his energy, his organizational skills, his willingness to help and his kind heart.

Wild Goose Chase Recap

by Robin Sparer

This past May 14 & 15, Potomac Pedalers helped to sponsor The Wild Goose Chase Ride, a women’s only cycling event benefitting the Blackwater National Wildlife Refuge in Cambridge, MD. PPTC offered a much-needed rest stop along the 62-mile route, raffle items, cycling education, and ride leadership. Our Saturday workshop and ride were a huge success! We decided to beat the storm and ride first, then we sat down for a chat with about 20 riders. We started off with a brief tutorial by Brenda Ruby on getting our bikes ready to ride. When we returned we kicked off the workshop with Brenda’s talk on “being a brave rider.” We continued our workshop topics with Robin Sparer talking to us about ride nutrition and hydration, and Martine Palmiter presenting on safety and rules of the road, using what we learned from the Potomac Pedalers ride leaders training earlier this year. Deborah Turton did a hilarious “What’s in your Bike Bag?” segment and Johanna Nathanson finished the workshop with funny prepared questions that we had our guests read and help answer.

Robin Sparer, Brenda Ruby, Tunisia, and Johanna Nathanson taking a break from the wind. Robin and Johanna mentored Tunisia to complete her first long ride!

Our rest stop at Tudor Farms during the Wild Goose Chase ride the next day was also well received. We had over 52 cyclists come by to use it and every single person expressed thanks and appreciation. It was a windy, windy day and a brief respite from the elements, snacks, and water were a winning combination. Every visitor filled out a raffle card and we had two lucky winners! One received a free membership to Potomac Pedalers and another a jersey. In addition we gave out buffs to the first fifteen riders who rolled in to our table. We have to give Brenda a huge thumbs up for branding the stop with PPTC logo, banners, and tablecloth. We received a lot of positive “thanks” and “we needed this extra stop” remarks from everyone.

Thanks to all our members who presented at the workshop and helped facilitate the Saturday ride! It was a positive experience for everyone involved.

Women gathering for the workshop.
Tour de France Happy Hour, Continued from page 1.

at an average grade of 8.8%, which is remarkably high for such a long climb. It starts with a 14 kilometres passage through the forest. When the trees disappear the riders navigate the famous moonscape, meaning the elements are free to roam (and roar). What type of weather it is on the 14th of July, the bare top section of the Ventoux is always a torrent.”

We’ll have appetizers and a cash bar. Rhodeside Grill is 2 blocks from the Courthouse Metro; there is a small parking lot adjacent to the restaurant.

We look forward to seeing you! If you need additional information contact Joe Pixley (benrldr@yahoo.com).

Welcome New Members!

Please welcome new and returning members to Potomac Pedalers:

Suzanne Allan
Gary Anderson
Jon Andrick
Lisa Apperly
Kurt Becker
Alexander Bruce
CoCo Brady
Pedro Campos
Sue Canutezon
Simon Carney
Gregory Cathell
Melinda Cavicchia
Lucy Chung
Andrew Churella
Jan Clark
Marie Colton
Jeffrey Cross
Molly Daniel
Keira Dembowski
Kevin Dillon
Dan Downey
Doug Dworkin
Gail Edwards
Mehrdad Erfani
Kindy French
Jon Gang
Glenn Grant
Dena Gregory Fisher
Kristin Griner
William Guca
Emilee Hall
Daniel Horowitz
Abby Iman
Christopher Jackson
Andrea Iman
Sanjith Karavji
M Kennedy
Margaret Kildee
Robert Kinney
Gaia Lesinsk ske
Wayne Lewis
Robert Loper
Joel Maxfield
Christina McAree
Kimberly McCarthy
Brody McCray
Joe McNamara
Ralph Moden
Jeffrey Murrell
Emad Nekoo
Elizabeth Nicholas
Rick Paukutts
Chau Pham
Ron Pipilo
David Pixton
Tom Temin
Heather Tomlins
Saba Vazoo
Lisa Veter
Ariella Voigle
Heather Vlog

Tour de Frederick
Tour de Frederick (Federicksburg, VA), http://www.tourdefredrick.com/

Aug 12-14 BCP’s Fall Foliage Weekend (Hanover, PA), http://phillybikeclub.org/new/event/2016/fall/event attain17/81event.htm

Oct & Nov Bike Florida 2016 Fall Tours (Florida), https://www.bikeflorida.org/

Mar 19-24 Bike Florida 2017 (Elkton, FL), https://www.bikeflorida.org/
many of them bringing family and friends for a full weekend of fun. PPTC has added more motorcycle marshals, more signage, and another rest stop to enhance the BRC’s reputation as the finest ride in the region. In addition, the post-ride party on the magnificent grounds of Bellevue will be extended an hour. Eat, stretch and relax as you gaze at the Potomac far below.

This year, the Back Roads Century will set itself apart from the pack with several innovations:

• **Optional electronic cue sheets with embedded historical information.** Shepherdstown was settled by 1720, and life in this region has been eventful ever since. Riders will go right past the sites of dozens of Civil War events, and through countryside first surveyed by George Washington.

• **Optional electronic cue sheets with embedded habitat information provided by the Potomac Valley Audubon Society.** Fields, riversides, forested areas, farmland, and tiny settlements attract varied wildlife — from songbirds to raptors, and from mink and marmots to bobcats and bears.

• **Special events in Shepherdstown for riders and non-riding family and friends.** Take in a show, learn more about our African American heritage, indulge your love of history, go on a ghost walk, listen to live music, or go hiking or kayaking.

Do you know Shepherdstown? Home to Shepherd University, the town is enriched by professors and students alike. *Southern Living* magazine calls this oldest town in West Virginia one of the Top Ten Small Towns of the South, and it’s time you discovered why.

Shepherdstown considers three great National Historic Parks — Antietam, Harpers Ferry, and the C&O Canal — its “backyard.” Add the Potomac and local streams and you have an outdoor paradise for freshwater or whitewater recreation, cycling, hiking, fishing, running, and climbing. Boats and bikes are available for rental; Shepherdstown Pedal and Paddle will even pick up your bike upstream and swap it for a kayak so you can relax on the way back. Two Rivers Treads, the internationally-known center for minimal running, is your headquarters for shoes and route advice.

Europeans were in Shepherdstown by 1719; the U.S. Army was born here in 1775 when a company of riflemen marched six hundred miles to Massachusetts in twenty-four days. A steam-powered boat ran on the Potomac decades before Robert Fulton perfected his. Rich soil made this region the breadbasket of Virginia in the 19th century, and the confluence of rivers and railroads made it a prize during the Civil War. It is no wonder that riders will go right past the sites of dozens of Civil War events.

You can arrange a guided tour of the lovely town that boasts three entire streets in the National Registry of Historic Places. *The BRC coincides with the commemoration of the Battle of Antietam*, so there will be plenty to see and do. Shepherdstown was the site of one of the first businesses in the region built and owned by African Americans; the Historic Shepherdstown Museum tells the story of the Red Sox, an African American baseball team that played here over several decades. Yet, Shepherdstown is a 21st century town despite its 18th and 19th century architecture. This is the home of SkyTruth, which uses satellite data and images to safeguard the environment, to expose corporate abuses, and to fight the international slave trade.

The only chains in this town are bike chains. Shops are independently-owned and independent-minded. You can commission handmade fine jewelry, shop for the highest quality American crafts, or find clothes that no one else will be wearing at your next barbecue. You’ll also find fine wines and beers at great prices. Sunday’s Farmers Market offers morning baked goods; organic meats, fruits, and veggies; and a wealth of other treasures all locally and sustainably created.

The service may be quick, but the food is never fast in Shepherdstown, which was selected to compete for Foodiest Town in WV against cities fifty times its size. Vegans and carnivores will be happy here. Have a traditional regional breakfast, save room for a French, English, Thai, Middle Eastern, Japanese, or Mexican lunch, then splurge on one of our award-winning restaurants for dinner.

With the charming Thomas Shepherd Inn, The Inn at Moler’s Crossing, Whistling Wind Farm, and other bed and breakfasts, European elegance at the Bavarian Inn, modern comfort at the Clarion Hotel, and budget-friendly stays at the Quality Inn, Shepherdstown has lodgings for everyone. This year, PPTC and Shepherdstown will be experimenting with a small program offering rooms in private homes in return for a donation to a great partner, the Shepherdstown Visitors Center.

Finally, it’s hard to avoid live music or theater in Shepherdstown. Musical choices range from bluegrass, to folk, to all rock, punk, and yes, classical. All things Shepherdstown are on the Visitors Center website, Shepherdstown.info. Check their Facebook page, too, for up-to-the-minute news on sales and restaurant specials as well as performance information.

A wonderful ride through beautiful and varied terrain and a great little town. Who could want more than the Back Roads Century? We’ll see you in September!
Glen Echo Loops, May 12—Polly Choate’s Thursday group braving the variable weather in mid May.

Bristow Impromptu, May 29—Thanks Len Wilkerson for designing, scheduling, and leading this ride!

Ride Leader Len Wilkerson explaining cue sheet specifics.

Glen Echo Monday (Memorial Day edition), May 30—60 Miles from Macarthur Blvd in DC to Potomac, Poolesville, Germantown and back on Warren Farb’s and Cathy Wilson’s ride.

Continued on page 11.
Back Roads Century Preview Ride, June 4—The CC, B, and BB riders checking out multiple routes for this Fall’s Back Roads Century in Shepherdstown, WV.

Karen Berlage, Jim Quinn, Kelly Kavanagh, and Liz Ginexi starting out at Shepherd U.

Annual Black Hill Ride & Picnic, June 11

Our annual ride out of Black Hill Park, now in its 21st year, drew close to 100 cyclists on what was the start of the hottest weekend of the summer yet. Temps climbed to 95 but luckily for the riders, neither the humidity nor the sun were in full force at the ride start. The Black Hill routes are a challenge for all, but are designed so riders end up finishing around the same time. While the cyclists blasted the hills, some family members and friends who came enjoyed the park’s beautiful lake. We rented the same pavilion which was such a success last year and all returning riders could recover in a beautiful shady spot perched perfectly to catch the breeze. Riders shared food and friendship for several hours after the ride enjoying a beautiful summer’s day. Thanks to Harold Goldstein for once again organizing the ride and working with the Parks Department - some road work at the Park’s entrance had been scheduled to start days prior to our ride but they held off until after our big ride because Harold let them know our plans!

Continued on page 27.
Dreaming of summer, a cool mountain breeze, and spending some time poolside? Then mark your calendars for the **Potomac Pedalers Shenandoah Valley Weekend**, July 22-24. Based in Mt. Jackson, Virginia, the area is a fabulously bucolic place for cyclists — no sprawl, little traffic and plenty of corn.

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

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

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

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

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

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

**COST (for PPTC Members):**

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

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**by Deborah Turton**

The women’s bike clinic at the Rockville Bike Hub (rockvillebikehub.org) was so popular, we’re planning on holding another one. As details come we’ll let you know. The last one filled up so quickly we didn’t even have a chance to send out any information. Clearly, this is filling a need in our biking community.

On August 13th, we’re having a bike ride/wine tasting/fundraiser for WABA’s Women & Bicycle program at Rockland Winery. We’ll offer a 25-30 mile ride and a 10-20 mile ride. All of you ladies are encouraged to join us. You’ll have to prepay so we can give Rockland winery a head count. You can also order a pizza for after the wine tasting. Be sure to look for full details in next month’s Pedal Patter. If you’d like to help out with this or with any women’s ride, please let me know (d.turton@verizon.net).

Finally, guys, cut us women a break. Twice today on my commute, I had ultimately harmless, but nerve wracking experiences with men. One guy squeezed his car next to me and rolled down his window to talk to me. Face it, guys, when you do that, we women don’t think “Gee, what nice thing is this fine gentleman going to say to me.” Nope, we’ve all experienced enough harassment that we first think “(Unprintable)” when that happens. On the way home a male cyclist passed me and put his arm out as if to pat me. I sure didn’t think “Gee, this nice stranger going to pat me on the back to encourage me as I’m biking along.” I thought “(Unprintable) he’s going to manhandle me.” He didn't, but that’s what women have been taught by society to expect from unknown men approaching them. So, give us a break, respect our personal space, speak out against men harassing women, and don’t do it yourselves. Finally, thanks to all the guys who do these things.

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

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

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

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

**CANCELLATION POLICY:** Full refund before July 15th (minus the cancellation charge). No refunds after July 15th. **All cancellations are subject to a $25 per person cancellation charge.**
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.

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 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 9:30 am 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)</th>
<th>(Miles)</th>
<th>(Miles)</th>
<th>Route Length</th>
<th>Rest Stop Intervals</th>
<th>Use of Pacelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>D</td>
<td>6.0–7.9</td>
<td>8.0–9.9</td>
<td>10.0–11.9</td>
<td>10–25</td>
<td>5–10</td>
<td>no</td>
</tr>
<tr>
<td>C</td>
<td>8.0–9.9</td>
<td>10.0–11.9</td>
<td>12.0–13.9</td>
<td>20–35</td>
<td>10–15</td>
<td>no</td>
</tr>
<tr>
<td>CC</td>
<td>10.0–11.9</td>
<td>12.0–13.9</td>
<td>14.0–15.9</td>
<td>30–50</td>
<td>15–20</td>
<td>occasional</td>
</tr>
<tr>
<td>B</td>
<td>12.0–13.9</td>
<td>14.0–15.9</td>
<td>16.0–17.9</td>
<td>40–60</td>
<td>20–30</td>
<td>occasional</td>
</tr>
<tr>
<td>BB</td>
<td>14.0–15.9</td>
<td>16.0–17.9</td>
<td>18.0–19.9</td>
<td>50–70</td>
<td>25–35</td>
<td>frequent</td>
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<td>A</td>
<td>16.0–17.9</td>
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</tr>
<tr>
<td>AA</td>
<td>18.0–19.9</td>
<td>20.0–22.0</td>
<td>22.0–24.0</td>
<td>60–100</td>
<td>30–40</td>
<td>common</td>
</tr>
</tbody>
</table>

Randonneuring is long-distance (endurance) cycling over scenic and challenging terrain. Randonneur rides often leave early in the morning and 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 all-day affairs with distance and speed determined by the participants. This is a recovery ride geared towards racers that meanders throughout Northern Frederick County. If you are not a racer, you are more than welcome to join this ride as long as you are comfortable with the frequent use of pace lines and an average speed of 16-18. No cue sheets, but no one will be left hanging out on their own. No go in active rain.

Darius Mark [darius.mark.mdge@statefarm.com] 301-418-6370

July — Mondays

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

BB: Warren Farb * [wfarb@mac.com] 301-320-4942
B: Cathy Wilson [cswilson@aol.com] 703-328-1029

B/BB * 30ish * MD * 5:30 PM * Frederick, MD (7th ST Starbucks)  
**The Starbucks Ride**  
Moderate ride going from the Starbucks at 7th Street in Frederick every Monday (weather & road conditions permitting). This is a recovery ride geared towards racers that meanders throughout Northern Frederick County.

July — Tuesdays

C/CC * 26/34 * VA * 10:00 AM * Belle Haven Picnic Area (BEL)  
**Mid-week Morning Belle Haven**  
Come on out for this mid-week ride through pleasant neighborhoods, with just a short time on the bike path and a few slightly busier streets. The routes have a few good hills and converge at the rest stop and at the end. Group typically goes to lunch afterwards. It is recommended you check the website each week, especially if weather looks doubtful, to confirm the ride is a go.

C: Lois Lightfoot * [LELghtft@outlook.com] 703-451-2361; 571-228-9907 (cell)
CC: George Saxton [gsaxton@saxfam.net] 703-243-8284; 703-855-0876 (cell)
Jill Thompson-Riese [jillian8888@gmail.com] 202-674-1920

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

Rob Dahlstrom * [rdahlstrom@gmail.com] 301-758-2598
George Schneider [gbs319@juno.com]

C/CC * 18-23 * VA * 5:15 PM * Wakefield Park (WKP)  
**North Springfield Easy or Challenge**  
Members and non-members of the club are welcome. For this ride you can use road as well as hybrid bikes. The terrain is mostly flat with a few short hills good enough to experiment and develop strategies to bike on hills. You will have an opportunity to meet friendly bicyclists who will match your needs or desire. The Wakefield Park is located at 8110 Braddock Road, Annandale, Virginia 22003, with access from I-495 and Braddock Road
West exit, first right into Park. Public transportation is available.

Joan Feerick [jfeerick1@gmail.com] and Chuck Feerick * [feerick1@verizon.net]

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

CC/B * 17-29 * MD * 6:11 PM * Laytson Village SC (LAV)
The Slurpee Ride
While we will still use this ride as a training ride to get faster, we will attempt to not drop anyone, regrouping a few times at the top of hills. That having been stated, there are days when one rides like the wind and other days where you stop multiple times to check if the brakes are rubbing. Ride leader is fast on downhills and with the wind at his back but tends to climb like a wounded hippopotamus. We will be riding into Howard County via Riggs, Zion, and Howard Chapel roads and coming back via Hillsley Mill and Griffith roads. There will be multiple length options of the same basic route. No go if raining or wet roads. Please park in the far corner of the parking lot near the donation bins. B and CC riders should gather at the White Ford Transit Connect Van. The BT (Bike Transport Vehicle). B Ride Leader will not be at the ride on 21 June.
B: Bob Bernstein [rberstein55@yahoo.com] 240-593-2539
CC: * contact Geng to volunteer *

BB/A * 17-29 * MD * 6:10 PM * Laytson Village SC (LAV)
The Slurpee Ride
The front group is a bunch of hammer heads, but the Tuesday night gang has riders from All Classes and we welcome more anytime. Plus, we all go to 7-Eleven and get Slurpees afterward. We will be riding into Howard County via Riggs, Zion, and Howard Chapel roads and coming back via Hillsley Mill Rd. There will be multiple length options of the same basic route. No go if raining or wet roads. Please park in the far corner of the parking lot near the donation bins.
BB: Geng Chan [gchan@sandglass.com]

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

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

B/BB/A/AA (MF) * 25 * VA * 6:00 PM * Wakefield Park (WKP)
Annandale Evening Speedworks
Of legal age - 21 years now! This is a multi-paced ride around the quiet residential streets of Annandale. The ride rolls out at 6:05, but please note that later riders should find it easy to intercept the ride en route, as the route is never farther than 3 miles from the park (!). There are rest rooms and water at the park. We park in the first lots on the left of the entry drive; the park is located off of Braddock Rd. immediately outside of the Beltway (I-495).
Dan Lehman [rideзнакs@yahoo.com] 703-241-9113

July — Wednesdays

CC (MI) * 10-24 * MD * 6:15 PM * Rockville Regal Center
Rockville Rambler
The ride has some variety in the Rockville-Bethesda area, exploring the many neighborhoods on secondary streets and park trails and avoiding major roads. We’ll try to maintain a cohesive group through a few hills and red lights common with trail and street riders. Riders meet in the parking lot (reduced rate after 5 PM) in front of The Regal Theatre (Montgomery Ave). Afterwards we usually grab dinner at one of the many eating options in Rockville Town Center – Mellow Mushroom is opening soon! Try this ride and see what you’ve been missing. No go in rain or on wet roads.
Russell Walker* (dcwalk99@verizon.net) 301-758-4491
Robin Temin (robin.temin@verizon.net) 240-505-0294

CC/B (MH) * 23-32 * DC * 6:00 PM * Mitchell Park (MIT)
Downtown Breakaway
This is a slightly modified, shorter version of the BB/A route for riders who don’t keep up with the front pack. With little traffic at rush hour downtown, it’s a moderately paced ride through the hills of upper Northwest, stretching out toward Potomac as the daylight increases. Flat and fast along MacArthur Blvd, good for working on speed and paceline skills (multiple pacelines are formed according to speed and ability, mostly to help keep neighborly relations with the infrequent cars). The return, as the daylight is fading, is flat and fast along MacArthur Blvd, good for working on speed and paceline skills (multiple pacelines are formed according to speed and ability, mostly to help keep neighborly relations with the infrequent cars). Something for everyone - the division between A and BB usually happens closer to the return leg, which most people (hopefully) know, though the cues are easy for said stretch. Plenty of short cuts along the way to finish by dark or make your evening date. As we always flirt with sunset and civil twilight, it’s STRONGLY advised to bring front and rear lights for safety, as we can get caught in the dark if delayed by mechanicals or road conditions. Additionally, for safety reasons (and because it’s the law in Maryland), no headphones will be allowed on any Downtown Breakaway rides. Ride leaders will ride at a high CC to middle B pace with a regroup or two along the way for slower riders to catch up. CC ride leader will plan to take short cuts to make suitable ride length to return to Mitchell Park before dark. See details about parking, etc. in the BB/A description.
Organizer: Rudi Riet * [rudi@songfa.com]
B: Dave Salovesh [salovesh@gmail.com]
CC/B: Monique Sears [moniquesears@rcn.com] 202-256-5218

BB/A * 30-41 (MH) * DC * 6:00 PM * Mitchell Park (MIT)
Downtown Breakaway
Did you know that you could ride in DC at rush hour and not be in the midst of cars? It’s true! Join us on this beautiful ride through the tree lined streets of NW and out to Potomac. The ride goes up and down many hills between Dupont Circle and Potomac, great for building up for the season's big event rides like Mountain Mama or the Civil War Century (and it beats (I-495).
but please be mindful of zone regulations which are in effect until 8:30 PM and somewhat strictly enforced (there is limited free parking in front of the former Textile Museum and Wilson House). Leaders may alternate week to week, alternating according to availability. No go in steady rain or impending thunderstorms - late-breaking announcements on Pedalers Google Group and Potomac Pedalers website. Email the organizer if you wish to be added to the ride's email list for advance cue sheet and GPS distribution.

Organizer/A/BB: Rudi Riet [rudi@songfta.com]
BB: Keith Barron [barron.keith@gmail.com]
BB: Matt Birnbaum [noshbygoshi@comcast.net]
A: Dave Helms [david.helms570@gmail.com]
A: Jonathan Mirsky [mirsky2207@hotmail.com]

July — Thursdays

B/BB * 15-25 * MD * 12:00 PM * Marriott HQ loading dock
**Thursday Noon Training Ride Bethesda**

Come join us for a rolling 15-25 mile ride every Thursday lunchtime (NO RIDE ON JULY 28). Ride leader sweeps. We meet at the bike racks by the loading dock at Marriott HQ. Take Democracy to Fernwood, right on Fernwood; first left into the HQ and bike racks are right in front of you. Please note that parking and bathrooms are a security palaver at HQ. If you don't live or work in the neighborhood, it's best to park and pee at DSW Shoe Warehouse on the corner of Democracy and Fernwood and ride the couple of blocks to the ride start. No go in steady rain. NB: If you're not on the email list for this ride, please let me know you're coming. We often vary the distance and starting time slightly, depending on the regulars' work schedules.

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

C/CC * 10-20 * DC * 6:30 PM * Tenley Circle (TEN)
**Thursdays at Tenley**

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

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

CC/B * 21-25 * MD * 6:00 PM * Laytons Village SC (LAV)
**The Mid-Level Thursday Night Trainer**

This is a friendly mid-level training ride to work on improving speed and climbing. A fun and challenging ride with 2 ride leaders and low traffic in Laytonts Village. This is a nice mix of hills and flats. We will help you conquer Hipsley Mill Road! We depart shortly after the faster riders lead out. No go in rain or wet roads. Find us in the far corner of the parking lot near the donation bins. Come join us!

CC: Martine Palmiter * [mpalmiter@gmail.com] 301-787-4556
B: Vic Caldarola [vicalda@gmail.com] 240-602-8752

B/BB/A * 20-30 * MD * 6:10 PM * Laytons Village SC (LAV)
**The Thursday Night Trainer**

This is generally a fast paced cooperative training ride through the Laytonts Village area and Patuxent River valley. Same route as in previous years, with a shorter version for the first two Thursdays because of the early sunset. The ride leader will make no attempt to keep the group together for the ride, so make sure you have a cue sheet and know where you are going. Ride leader will insist on single file riding until the top of Howard Chapel Rd. because of the traffic and narrow roads. No go in rain or on wet roads. Please park in the far corner of the parking lot near the donation bins.

Tim Guilford 301-704-2723

CC/B * 17 * VA * 6:00 PM * Wakefield Park (WKP)
**Annandale Evening Excursion**

Join us for an evening ride on the wide and quiet streets of North Springfield.
July — Fridays

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

C * 30 * MD * 10:00 AM * Lake Needwood (NEE)
Friday Lunch Ride
I’ll be starting out at Lake Needwood in Derwood and biking via the Rock Creek Trail and neighborhood streets, Beach Drive and the Georgetown Branch Trail to Bethesda. We’ll enjoy a reasonably priced lunch in Bethesda and then bike back. Occasionally we'll explore other areas of central Montgomery County. I'll change the ride posting for any weeks we’re going back. Occasionally we'll explore other areas of central Montgomery County. I'll change the ride posting for any weeks we’re going to Bethesda. We'll enjoy a reasonably priced lunch in Bethesda and then bike back. Occasionally we'll explore other areas of central Montgomery County. I'll change the ride posting for any weeks we’re going back. Occasionally we'll explore other areas of central Montgomery County.

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

C/CC/BB/B/A * 21/25 * MD * 6:16 PM * South Germantown Rec Adventure Playground (SGRP)
Scenic Social!
This ride rolls from Germantown into Poolesville on lightly traveled roads with green pastures and orchards along the way. The ride usually stops to re-group at the top of Whites Store, the end of Peach Tree, etc. This ride invites pace levels from "CC" on up and naturally splits into smaller groups though ride leaders will make an effort to encourage group togetherness. There is no sweep because of varying route lengths. RIDE START: We meet at the Adventure Playground located at 17920 Germantown Park Drive. There is a real bathroom that is opened year round and ample parking! Watch the speed cameras on Schaeffer Rd. No go in inclement weather, on wet roads, or temps below 50. C/CC riders are welcome too! Dinner afterwards is often an option and all are welcome.
C/CC: Willy Aladro [willyaladro@allstate.com] 301-467-2600
B/BB: Bill Hermach [bhermz@yahoo.com]
A: Ken Rowe [investorken@yahoo.com] 301-367-2600

July 2 — Saturday

TANDEM * 52-38 * MD * 9:00 AM * Allen Pond Park (ALP)
Bowie – 10 – Deale and Back
We meet at Allen Pond Park parking lot at 3330 Northview Dr., Bowie, MD 20716. This gorgeous ride is a repeated favorite and goes through lovely quiet roads, gentle hills at times, lush green canopies, farms, and beautiful country homes. The longer ride has 2 rest stops, and the shorter ride (38 miles) has one. Food and drinks are available at rest stops. Come join the fun. If the weather looks dubious, check the Ride Schedule on the PPTC website for a late cancellation notice or contact the ride leaders.

Cary Sennett [cssennett@gmail.com] 301-452-0837
Sara Sennett [sara.sennett@verizon.net] 301-520-2478

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

B/BB (MH) * 74 * VA * 9:30 AM * Marshall P&R Lot (MAR)
Marshallian Demands (Variation)
Ride to Laurel Mills, Washington, and Flint Hill. We have two rest stops planned: Laurel Mills & Flint Hill. There are short unpaved sections; but as the original route's designer, Len Burman, says, these "unpaved sections are in the gorgeous Gid Brown Hollow –a scenic highlight of the ride, through pure unspoiled Appalachia." They have been ridden many times on typical road bike tires. Ride leaders will have cue sheets for those who want to skip the unpaved parts which will cut about 8 miles. The route has about 5,000 ft of climbing --less if you skip the Hollows. GPS track is here: https://RideWithGPS.com/routes/13644406
B: Janice Stoodley* [janice.stoodley@verizon.net] 703-532-3021 and Len Burman [len.burman@gmail.com] 703-216-5085,
BB: Clara Martinez [clara@claramartinez.com] 703-801-4171

B/BB/A * 100/61 * MD * 8:00 AM * Walkersville (WHS)
Tour du Gatorade
This is a ride in the farm country northeast of Walkersville to McSherrystown (Hanover) PA. There is rolling terrain with no serious climbing. The Century route has 3 rest stops, the Metric has two. Both rides use the same route to the first rest stop in Emmitsburg. The roads are generally low traffic except for the crossing of Rte. 15 in Emmitsburg.
A: TimGuilford * [tim@guil4d.net] 301-704-2723
BB: Karen Berlage [Karenberlage@verizon.net] 301-963-1482
B: Jerzy Lamont [jerzylam@gmail.com]

July 3 — Sunday

Beginner D/D * 5 * DC * 10:00 AM * BicycleSPACE (Adams Morgan)
Nice & Easy
The Nice & Easy ride is just that: nice and easy and easy and nice! This ride is for beginners and those looking for a relaxing start of the day. The ride helps beginners to feel more secure riding in a group while learning to ride safely and comfortably on DC bike lanes and streets. The ride is 5 miles and travels at a pace of 5-10 mph that is on flats. Ride leaves at 10:00 AM and returns no later than 11:00 AM. Shop address: 2424 18th St NW Washington, DC 20009. Ride cancels in case of inclement weather. For more information on ride see: http://www.bicyclespacedc.com/weeklyrides/.
Chris Roell [chris@bicyclespacedc.com] Shop: 202-962-0123; Cell: 202-607-5565
**Lunch in Shirlington**

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

Ron Trueworthy [Ron.Trueworthy@Yahoo.com]

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**C * 27 (MH) * VA * 9:00 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)

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**C/CC (MH) * 27 * VA * 9:00 AM * South Run Rec Center (SRRC) * 45°-95°/50%**

**LOOP de LOOPS**

This ride is suitable for both C and CC riders, but is not as fast-paced as if on country roads. 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 on the bike path adjacent to Fairfax County Parkway. It also uses 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 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 above 95° but 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)

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**C/CC * 25-30 * DC * 11:00 AM * BicycleSPACE (Adams Morgan)**

**DC Urban Adventures**

Come ride the urban adventure that is DC! The ride adventures to all corners of DC and celebrates the parts and places of the urban landscape that makes DC unique. Various rides will include adventuring out to the old Civil War Forts in DC; the Anacostia Riverwalk Trail; the Hills in Anacostia & Rock Creek Park; the lesser known Monuments in DC; the Bridges in DC; the historic cemeteries in DC; the National Arboretum; and the Kenilworth Gardens are just a few of the adventures we will travel and seek out! The ride is 25-30 miles and travels at a pace of 10-15 mph that is mostly on flats but will include hills. There will be rests breaks throughout the ride. Ride leaves at 11:30 AM and returns no later than 3:00 PM. Shop address: 2424 18th St NW Washington, DC 20009. Ride cancels in case of inclement weather. For more information on ride see: [http://www.bicyclespacedc.com/weeklyrides/](http://www.bicyclespacedc.com/weeklyrides/)

Chris Roell [chris@bicyclespacedc.com] Shop: 202-962-0123; Cell: 202-607-5565

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**CC/B/BB (MH) * 50/37 * MD * 8:30 AM * Laytons Village SC (LAV)**

**Century Recovery Ride**

Feeling a little tired from yesterday’s Century Ride out of Walkersville, but still want to get in a few miles before spending the rest of the day with the family or friends? OR, just got to have that cycling fix for the day? If so, come and join us as we navigate our usual roads out of LAV. The exact route is still up in the air, but I will certainly try and take most (note, MOST) of the hills out of this ride for those weary legs. More than likely the Rest Stop will be in Lisbon (where else!) or maybe in the Glenelg area at the ride mid-point. For those that don’t want to do 50ish miles there will be a shorter version offered to get you home quickly for those fun 4th of July weekend festivities. Ride leaders will be leading the ride at the “CC, B, or BB” pace. Those who wish to ride at a faster or slower pace are most welcome as long as you know how to read a cue sheet. The RideWithGPS route profiles will be posted on the web-site at least a week before the ride.

BB: Jeff Boorman [boormanjcycle1955@verizon.net] 301-938-8803
B: Jim Quinn [quinnjc.1@gmail.com] 301-916-8868
CC: Carol Linden [cdlinden@hotmail.com] 240-205-5035
July 4 — Monday
C (H) * 27 * MD * 9 AM * Glen Echo Park (GLE)
Glen Echo North
Ride will go on neighborhood roads into Bethesda, Garrett Park, Rockville, and Kensington. Ride will have regrouping points to help keep the ride together with a rest stop at the Old Town Market in Kensington. Mike Divine [mikedivine74ATtime.com] 301-258-7820
CC/B/B/A * 45/66 * MD * 7:30 AM * Sherwood ES (SES) Independence Day Adventure
Come join us for a multi-class early bird ride and celebrate Independence Day with your best Red, White and Blue riding gear. We will have two ride distances, both moderately hilly. We will take the back roads to Laytonsville via Haviland Mill and Brightton Dam and then head out to Triadelphia Mill before riding up Haviland Mill again. Note: There are no bathrooms at the start. http://ridewithgps.com/routes/5204651 (long) http://ridewithgps.com/routes/5204559 (short) CC: Carol Linden 240-205-5035 B: Nancy Kotarski * 301-221-1057 BB: Eric Pilsk 240-893-3499 A: Tim Guilford 301-704-2723
B (MH) * 61 * VA * 9:00 AM * Loudoun County High School (LOU) Loudoun Loops (long & short)
This is a hilly ride that goes through the country side of Virginia on Independence Day. There is a rest stop in Lovettesville and another in Purcellville. There is a shorter option of 44 miles. No go in the rain or extreme heat. Tom Calligaro [tcall98@cox.net] 703-264-7425 (home); 571-243-3174 (cell)
B/BB * 30ish/50ish * MD * 9:30 AM * Glen Echo Park (GLE)
The Usual Monday Ride From Glen Echo
Moderately hilly ride through Potomac with a probable stop at a cafe near the end. Leaders regroup periodically with an average speed of 16 - 18. Cue sheets and a longer ride options are usually available only on holidays. No go in rain or on wet roads. Longer cue sheets will be available for the holiday ride. Please park in the lower portion of the lot, off Oxford Rd, farthest from Macarthur Rd. BB: Warren Farb * [wfarb@mac.com] 301/320-4942 BB: Cathy Wilson [cswilson@aol.com] 703/328-1029
A/BB (H) * 50ish * VA * 8:30 AM * West Falls Church Metro Station (WFC) A Glorious Fourth
It's time for another attempt to find 5000' of climbing in 50 miles, with such a close-in attempt that many people can commute by bike. There are McLean hills and Falls Church hills but mostly Arlington hills. There will be many turns making it easier to follow a GPS track rather than a cue sheet. One rest stop at Lyon Village (The Italian Store, Starbucks, CVS, & Giant). Note: the start is at the kiss & ride in front of the metro entrance and not at the parking garage; so, if you park in the garage, bike on over. No go in rain. Check website and Google Group "Pedalers" for updates if weather's iffy. The URL http://RideWithGPS.com/routes/8539222 has the route. Jim Sherman [cryptic22000@gmail.com] 571-232-0164.
July 9 — Saturday
ALL * 52 (104RT) * VA * 10:30 AM * Orange, VA * 95%/50%
Virginia Countryside Overnight (ONO)
This is a 52 mile per day rolling ride in pretty Virginia countryside from Orange, Virginia to Charlottesville, Virginia and back. Orange is a gracious and interesting starting city—with good late lunch or dinner options after the ride on Sunday and Free, Overnight Parking in Orange at the Municipal Lot (address: 119 Bellview St; right at Main and the Post Office) behind the Town Office Building. For a unique pre-ride experience visit the The Donut Cafe (515 N. Madison St, Orange, VA 22960; 540-672-2100). The ride has been developed with input from the Blue Wheel Bicycle Shop and the Charlottesville Bicycle Club. It is uses light traffic roads that are interesting with views of farmlands and the Blue Ridge mountains to the west. The terrain is continuously rolling but there are no big climbs and all levels are welcome on the ride and invited to go at a comfortable pace. A highlight is a rest stop at the gorgeous Glass House Winery at mile 34 to Charlottesville and mile 18 from C’ville on Sunday. The ride is cued from the James Madison Museum in Orange to the Amtrack Station in downtown Charlottesville VA a short walk to its interesting mall. NB: Riders should bring adequate food & drink, services are limited on route. A block of rooms has been reserved at the University of Virginia Inn at Darden Event Center, 100 Darden Blvd, Charlottesville, VA $140 plus tax. Please call the Inn at Darden’s reservations department at (434) 243-5000 and choose Option #2. Callers must identify themselves by providing PPTC20 Introduction - Room Block to ensure they receive the appropriate rate and are included in the guest room block. Reservations must be confirmed prior to Thursday, July 7, 2016. The hotel has a 48 hour cancellation requirement. ONO rides are designed for self-reliant cyclists who are interested in a short "mini-cycling tour" experience that is low cost and low key. Riders make their own hotel reservations and carry their own overnight bag unless they have arranged their own support from a non-cycling friend/partner. As always the ride will not go if inclement weather is likely. Please let ride leader know in advance if your plan to attend this event. Cue sheets are available in advance from the ride leader. See the Potomac Pedalers website for details on area restaurants and bike shops.
John Zebatto [jzebweb@gmail.com]
B/D/C/F) * 18 * VA * 10:30 AM * Great Marsh Trail * 80%
Beauty of Mason Neck
From Great Marsh Trail Parking Lot, 11582 Gunston Road, Lorton, Virginia 22079. Registration to the ride is recommended or a simple email. A helmet is required, and sports drink (water), inner tube, pump, and money for a lunch are recommended. Directions: Take I-95 South to Lorton Exit 163. Go left on Lorton Rd. Take a right at the 2nd light on Lorton Market Rd. Lorton Market Rd turns into Gunston Cove Rd in 1/2 mile. Continue on Gunston Cove Rd across Richmond Hwy and continue on Gunston Rd 6 miles to the Great Marsh Trail parking lot on the right. After biking a socializing lunch at one selected eatery in Lorton. This area is unique in that it has two nice parks within close proximity to each other. Mason Neck State Park has the distinction of being "the best park in the region." There is a bike trail that connects the two parks also and a biking trail inside of Mason Neck State Park. Since Gunston Road has some traffic, bikers are encouraged to bike single file. From parking lots you can meander all area and biking in a very nice neighborhood, viewing Potomac River and see very interesting housing architecture adds to the overall scenic nature of this ride with “gated communities.” A lot of shaded areas help when the weather is hot, as does having the refreshments at the State Park. No ride if it’s raining or chance of rain is 80 percent or greater.
Greg Basheda [gbasheda@yahoo.com]
C/C/C* 24/27 * VA * 8:30 AM * Accotink UU Church (AACC) “Superb Second Saturday Ride is Back”
Our mid-ride rest stop will be along the Occoquan River in a picturesque Northern Virginia Regional Park. We will pedal on paved paths through the woods adjacent to scenic Lake Mercer during the return route. In addition to perusing parklands, enjoy wide paved bike trails and quiet residential streets. The starting point is the Accotink Unitarian Universalist Church (AACC) parking lot located at 10125 Lakehaven Court in Burke, Virginia. (It’s the first left south of the intersection of the Fairfax County Parkway and Burke Lake Road.) Lunch at Glory Days in Burke (9526 Old Keene Mill Road) following this glorious ride.
CC: Steve Brown [nicebrowns@verizon.net] 703-801-9617 CC: Jeff Mankie [jsmankie@aol.com] 571-332-2130 (cell)
CC * 30 * DC * 9:00 AM * Tenley Cicle Metro Station
Saturday Tenley
Meet at Wisconsin Ave & Albermarle St in front of Metro Station. This is a longer version of the popular Thursday evening rides. We may go to Potomac, Rockville, Rock Creek Park, with many hills, turns, city traffic. Lunch after ride at a pizza restaurant.
Jerry Collins [jerryvbike9@gmail.com] 240-281-4861

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

CC/B/BB/A(MH) * 67 * MD * 8:00 AM * Laytons Village SC(LAV)
Birthday Ride
It's your birthday, Liz. Make a wish... "O.K. I wish I could ride my bike just for fun surrounded by friendly Potomac Pedalers friends." This birthday ride is a Laytionsville classic -- a lovely route with some hills to keep you honest. It wanders up to Taylorsville, then north to Bloom Rd. After that it runs south towards Woodbine wending back & forth to Lisbon followed by a pretty direct route back to Laytionsville. Join us for some party pizza at Julliano's after the ride. Kurt will be bringing a chocolate cake! No go in rain or wet roads.
BB: Liz Ginexi * [eginexi@gmail.com] 240-354-4721
B: Nancy Kotarski [nancykotarski@verizon.net] 301-221-1057
CC: Carol Linden [cdlinden@hotmail.com] 240-205-5035

B (MH) * 48 * VA * 9:00 AM * Loudoun County High School (LOU)
Middleburg Horse Country - Gravel
The route is a variation of the 46 mile South from GrindingGravel.blogspot and contains over 4000 feet of climbing. From Loudoun County High School (LCHS), we’ll do a loop down Catoctin Circle to the W&OD to warm up the legs before tackling Woodburn. The route traverses some beautiful and low traffic Loudoun roads. There are 2 rest stops on this route. The first, which also has bathrooms, is the Exxon Station in Middleburg at mile 22.6. The second is at the Philmont General Store at mile 31.4. Check the PPTC Web site for last minute updates in case of inclement weather (a no-go decision will be made 2 hours before the scheduled start). https://RideWithGPS.com/routes/12474622
Mike Skinnell [nascar4dad@verizon.net] 703-231-4855

July 10 — Sunday
Beginner D/D * 5 * DC * 10:00 AM * BicycleSPACE (Adams Morgan)
Nice & Easy
The Nice & Easy ride is just that: nice and easy and easy and nice! This ride is for beginners and those looking for a relaxing start of the day. The ride helps beginners to feel more secure riding in a group while learning to ride safely and comfortably on DC bike lanes and streets. The ride is 5 miles and travels at a pace of 5-10 mph that is on flats. Ride leaves at 10:00 AM and returns no later than 11:00 AM. Shop address: 2424 18th St NW Washington, DC 20009. Ride cancels in case of inclement weather. For more information on ride see: http://www.bicyclespacedc.com/weeklryrides/.
Chris Roell [chris@bicyclespacedc.com] Shop: 202-962-0123; Cell: 202-607-5565

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

CC(H) * 53/39 * VA * 9:00 AM * Warrenton Park & Ride (WPR) * 95%/40%
Half Hilly – Half Century Variation
Join me for a ride through the lovely, peaceful countryside between Warrenton, Marshall, and The Plains along quiet, lightly traveled roads. Both long and short routes include Carters Run Rd (691), Blantyre Rd (628), and pass historic Airlie Conference Center. The long route also includes one of my favorite roads in northern VA, Hopewell Rd (601), straddling the flanks of Bull Run Mtn. The long route is 53.5 miles with ~2900’ of climbing (https://ridewithgps.com/routes/14223189). The shorter option is 39.5 miles with ~2000’ of climbing (https://ridewithgps.com/routes/13556233). The decision point for choosing the shorter ride is at ~20.3 miles, just past the first rest stop opportunity. I plan to do the long route. Ride start at the Warrenton Park & Ride at the intersection of 29 & 605, just east of Warrenton. No bathrooms at the Park & Ride so plan accordingly - there are gas stations, grocery stores and fast food restaurants along 29 in Gainesville, or pass the Park & Ride to a BP gas station and Starbucks a half mile further on the left. Contact me for an advance copy of the cue sheet. I may cancel the ride if the forecasted high is above 95 degrees or chance of rain is 40% or higher. Contact me (571-205-5797, Karen.hass@me.com) before 8am the day of the ride if you’re unsure whether the ride is going. If the ride is cancelled, I’ll also post a message no later than 7:30 AM the day on the PPTC website – login and select the “Community” tab, select “Forums”, and select “VA Ride News”. HELMETS ARE REQUIRED. Karen Hass [Karen.hass@me.com] 571-205-5797 (cell)

CC(F) * 32 * VA * 11:00 AM * Margaret M. Pierce ES (MPS)
“I Need Never Get Old”
The largest cavalry battle of the Civil War, the Battle of Bandy Station, occurred on June 9, 1863 and involved nearly 17,000 horsemen under Confederate Maj. Gen. J.E.B. Stuart and Union Maj. Gen. Alfred Pleasonton. Amid rumors of a possible major Confederate offensive, Maj. Gen. Joseph Hooker (famous for "Hooker's Girls" and you know the rest of the story), commander of the Union Army of the Potomac, assigned a reconnaissance-
in-force to Pleasonton's 11,000 man cavalry. Though the Confederates could claim the victory, the Battle of Brandy Station, remarked one Confederate, "made the Federal cavalry." Along with this new-found confidence, Union horsemen discovered the position of the Army of Northern Virginia. The Confederates were slipping west, to the Shenandoah Valley on Lee's last great offensive which would end a month later at Gettysburg. Lee's strategy that fateful day in July included a flanking maneuver by JEB Stuart, but he had his hands full with the newly formed Union cavalry and one Captain Custer who distinguished himself at the Battle of Kelly's Ford. You're going to like this ride and six miles before the end we stop for lunch at the Inn at Kelly's Ford. The Pelham's Pub (Maj. John Pelham commander of Stuart's horse artillery – Stuart wrote Pelham's mother, "I loved him as a brother; he was so noble, so chivalrous, so pure of heart, so beloved.") downstairs invites us with outdoor seating and a grand vista of an equestrian meadow. If you're not happy at Kelly's Ford, we'll check you for a pulse. "Now, of my fourscore years and ten, sixty will not come again. And take from ninety springs three score, It only leaves me thirty more."

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

**CC/B (MH) * 40-50 * MD * 8:00 AM * Cabin John Regional Park (CJRP)**

**Cabin John Fever**
Join us for a challenging ride in the Potomac area. Learn about neighborhood streets and trails connecting Potomac to Rockville, Bethesda, and beyond while having fun and meeting other cyclists. Cue sheets provided at ride start. Cabin John Regional Park (CJRP) is located at 7400 Tuckerman Lane, Bethesda MD. Use Tuckerman Lane entrance to park (not Westlake Drive). The entrance sneaks up on you so be careful when arriving. If you see the Cabin John park sign, you are literally there and need to turn into the entrance IMMEDIATELY. Meet near the exit of this parking lot (behind the Do Not Enter sign that is visible from Tuckerman lane). Relax in CJRP after the ride or stop at Cabin John Shopping Center & mall (corner of Tuckerman Lane & Seven Locks Road) for California Tortilla, Subway, Broadway Pizza, Starbucks, Dunkin Donuts, Baskin Robins, BGR, Jerry’s, McDonalds, etc. There’s something for everybody! No-go in rain or wet roads. If you have questions about go/no-go, check the website for cancellation before you head out.

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

**B(MH) * 60.8 * VA * 9:00 AM* Warrenton Municipal Lot A (WAR)**

**Blue Ridge Views**
This is a favorite of mine and many others. Lots of good views, good rollers, and a few moderate climbs, but nothing steep. Ride with GPS posts the climbing as 3900 ft, although I had a few more last time I rode it. Rest stops are quite evenly spaced and have offered comfort facilities in the past, although that perk can change daily. From the municipal lot we will head out Waterloo on our way to Flint Hill via Lees Manor and Crest Hill Roads. After rest stop in Flint Hill we head south to Rixeyville for second stop and then wind and climb (very gradually) our way back to Warrenton. No restroom at ride start. No go in rain. Check PPTC website ride listing if weather questionable.

See http://RideWithGPS.com/routes/4693835 for route cues & map.

Susan Lucas [siluc@comcast.net] 703-969-6459
Janice Stoodley * [JaniceStoodley@verizon.net] 703-915-3620

**BB/A(H) * 94 * MD * 9:00 AM * Myersville P&R (MYR)**

**Tour de Cul-de-Sac**
This year's Tour de France (TDF) has 28 summit (Col) climbs including Col du Tourmalet, Col de la Forclaz and Col de Joux Plane. Similarly, our own Catoctin and South Mountain ridges have several summit Cul-de-Sac's, notably, Gathland, Reno Monument, Washington Monument, Pen Mar High Rock, Camp Greentop (ParkCent), Gambrill Tea Room. So, let's celebrate this year's TDF with our own Tour de Cul-de-Sac! Route has abundant tree cover, which will hopefully keep us cool.

Definition of Cul-de-Sac: A dead end, closed, no through road, no exit, a street with only one inlet/outlet; a route or course leading nowhere. No go in rain or wet roads.

RWGPS: https://ridewithgps.com/routes/14191967
A: Dave Helms  [david.helms570@gmail.com] 301-466-5561
BB: Liz Ginexi  [eginexi@gmail.com] 240/354-4721

**July 16 — Saturday**

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

**Carl Henn Millennium Trail Loop**
This 10 mile loop is dedicated and named for Carl Henn, a Rockville city bike advocate. We'll meet in front of the Thomas Farm Community Center, bathrooms open. The paved trail loops around Rockville. Note: We will cross a few busy intersections and there are a couple of long slopes uphill. This ride is a good ride for D riders since it mostly stays on the trail. There will be some crossings at lights at busy intersections. We will regroup at the top of any inclines and no one will be dropped. Make sure your tires are pumped up, you have a helmet and water. Ride start location is at 700 Fallsgrove Drive, Rockville, MD 20850. Online information about the ride start, including map and directions, is at http://www.rockvillemd.gov/index.aspx?NID=403

Gordon Smith [wa3qkc@aol.com] 240-299-3384

**D * 20 * MD * 10:15 * Severna Park Village (SPV) * 40%**

**Lunch in Annapolis**
Come join us as we ride down to Annapolis for lunch. This is almost all on the Baltimore and Annapolis Trail and the road portion has nice wide shoulders for most of it. The C riders will be picking up the D riders at 10:15. Please wait behind the bike shop by the trail. Do not wait in the parking lot, you won’t see us. Lunch will be in Annapolis so bring locks, helmets and lunch money.

Street address is 546 Baltimore-Annapolis Blvd., Severna Park, MD 21146 (meet us on the B&A trail behind Pedal Pushers Bicycle Shop, Mile Post Five on the Baltimore/Annapolis Bike Trail nearby). PLEASE ARRIVE 15 MINUTES EARLY as we plan to leave at 10:15 am sharp!

Deborah Turton [d.turton@verizon.net] 301-482-0675

**C * 30 * MD * 9:30 AM * Marley Station Mall (MSM) * 40%**

**Lunch in Annapolis**
Come join us as we ride down to Annapolis for lunch. This is almost all on the Baltimore and Annapolis Trail and the road portion has nice wide shoulders for most of it. We'll pick up the "D" riders at 10:15 so we'll be riding a "C" pace down to Severna Park. Lunch will be in Annapolis so bring locks, helmets and lunch money. Meet by the JC Penney at Marley Station Mall

Deborah Turton [d.turton@verizon.net] 301-482-0675

**C * 22 * VA * 10:00 AM * Shirlington Library (SHR) * 50%**

**The Clermont Loop**
We start at 10:00 in Shirlington, in front of the library and Signature Theater. The ride is 22 miles, with a couple of moderate hills. We'll take the Mount Vernon Trail into Alexandria for a brief rest stop. After Belle Haven, we turn east to ride through some areas we rarely see - Groveton and Rose Hill - then figure out how to 'magically' cross the sound barrier wall of the Beltway to get to Eisenhower Avenue. We do about a mile on the well-maintained part of Holmes Run Trail, then climb Seminary Hill and ride through Fairlington before returning to Shirlington. Lunch after the ride at Capital City Brewing Company. Bring locks and money. No go if rain is likely, in which case cancellation will be posted on the web site by 9:00 AM.

George Saxton  [gsaxton@saxfam.net] 703-243-8284

**CC * 33 * MD * 9 AM * Riley’s Lock (RL)**

**Western Montgomery Circuit**
Ride popular, favorite roads around Potomac and Poolesville with rolling terrain.

Mike Divine [mikedivine74ATme.com] 301/258-7820
CC/B * 47 * MD * 8:00 AM * Davidsonville Park & Ride (DPR)
St. George Barber - Hard Way/Easy Way
Join us for this ride on flat, moderately hilly, and mostly shady roads in Davidsonville and Crownsville. No restrooms at the ride start location. Rest Stop at Mile 25.5. Although this is listed as a CC/B class ride, all ride classes are welcome, as long as you can read a cue sheet and fix a flat tire. No go if rain or wet roads. If canceled, we will post on the Potomac Pedalers site. Or, contact one of the Ride Leaders, after 6 am please, day of ride.
CC: Monique Sears [*moniquesears@rcn.com] 202-256-5218
B: Bob Bernstein [rberman55@yahoo.com] 240-593-2539

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

CC/B (MH) * 52 * VA * 8:30 AM * C. Hunter Ritchie ES (CHR)
New Baltimore Ramble II
A fine ride that heads to Airlie and back to old town Warrenton to the 1.5 mile Greenway bike trail and out to the roads of southern Fauquier. Beautiful scenery and a fair amount of hills with about 2,700 ft of climbing. Rest stop options at mile 16 (Sheetz, not an ideal point in the ride but the worst hills are in the first 16 miles), and mile 36. If you are not feeling it you can bail out at mile 23 for 29 total miles. No go in the rain or extreme heat. I will post on the rider forum by 7am if conditions are questionable. Portajohns at ball fields next to school, but please park in the school lot.
Steve McNeal [bikenut1@comcast.net] 540-347-7279 (home); 540-878-7173 (cell)

July 17 — Sunday

Beginner D/D * 5 * 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 miles and travels at a pace of 5-10 mph that is on flat. Ride leaves at 10:00 AM and returns no later than 11:00 AM. Shop address: 2424 18th St NW Washington, DC 20009. Ride cancels in case of inclement weather. For more information on ride see: http://www.bicyclespacedc.com/weeklyrides/.
Chris Roell [chris@bicyclespacedc.com] Shop: 202-962-0123; Cell: 202-607-5565

D (MF) * 20-25 * VA * 10:00AM * Vienna Community Center (VCC) W&OD Social Ride & Lunch #1
This ride on the scenic W&OD rail trail is perfect for those who prefer an easy pace, no traffic, no cue sheets, and a social lunch afterwards. This out-and-back ride starts at the Vienna Community Center (mile 10). Park in the Community Center lot next to the trail. We will ride about 10-12 miles with stops to regroup, and turn around. The leader will lead from behind so no one is dropped. Lunch afterward is at a local restaurant decided by the group. No go in the rain or extreme heat. Check the rider forum by 8 am if conditions are questionable.
Karen Becher

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

C * 23 (MF-MH) * VA * 9:00 AM * Fairfax Square Commercial Center Fairfax Coffee to Coffee
This ride starts a block away from the Dunkin Donuts next to the Fairfax Square Commercial Center (9840 Main Street) at the intersection of Route 236 and Burke Station Road, and turns around at the Starbucks in Old Keene Mill Shopping Center. We will travel the quiet roads between the City of Fairfax and West Springfield. Most of the hills are quite mild. Parking: After entering the Fairfax Square Commercial Center at the traffic light, turn right and drive to the end of the parking lot – to the farthest corner from the Chosun Daily building. We will meet there. Call in the event of questionable weather. Check the web site for cancellation information or call an hour before the ride start.
Avrama Blackwell [avramaktb@gmail.com] C: 301-503-5884

CC/H) *58*VA*8:30AM*Northern Fauquier Community Park (NFCP)
Blue Rider
This ride goes through horse country in central Virginia. It includes a climb up Mt Weather, goes through several small towns, and passes at least one winery. Please note that this ride, which normally leaves out of the Park & Ride in Marshall, will leave out of the Northern Fauquier Community Park, about 2 miles away, which has rest rooms and lots of parking. Park Address: 4155 Monroe Parkway, Marshall, VA 20115. Lee Langford [roadrider324@gmail.com]

CC/B (MH) *40-50* MD *8:00 AM* Cabin John Regional Park (CJRP)
Cabin John Fever
Join us for a challenging ride in the Potomac area. Learn about neighborhood streets and trails connecting Potomac to Rockville, Bethesda, and beyond while having fun and meeting other cyclists. Cue sheets provided at ride start. Cabin John Regional Park (CJRP) is located at 7400 Tuckerman Lane, Bethesda MD. Use Tuckerman Lane entrance to park (not Westlake Drive). The entrance sneaks up on you so be careful when arriving. If you see the Cabin John park sign, you are literally there and need to turn into the entrance IMMEDIATELY. Meet near the exit of this parking lot (behind the Do Not Enter sign that is visible from Tuckerman lane). Relax in CJRP after the ride.
July 21 — Thursday

C (MH) * 21-29 miles * MD * 10:00 AM * Glen Echo (GLE)
Glen Echo Loops

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; 202-252-5715 cell.

July 23 — Saturday

D * 16 * MD * 10:30 AM * Veirs Mill RC (VMP)
Matzoh Ball Soup Ride: a Jack Marney Ride

We will honor the memory of PPTC Good Shepherd Jack Marney by using his 1998 cue sheet to pedal to lunch at the Parkway Deli on Grubb Road in Silver Spring, then back to the ride start by a slightly different route. Bring helmet, ID, lunch money, and lock. No go if wet roads, call ride leader between 8:30AM and 8:45AM on the morning if the ride if the weather is marginal. Please register in person on the day of the ride at the ride start, not online in advance. Cue sheet available online at: http://www.qis.net/~cmoriarity/jackmarney.html.

C * 23 * VA * 10:00 AM * Pohick Bay Park (PHP) * 95%/50% Pohick Bay Social Ride

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

C/C (MH) * 45 * MD * 6:00 AM * Cloverly Safeway (CLO)
Early Bird Ride

If your weekend schedule fills up, but don’t mind getting up early, join us over the hills north of Olney. The route planned at https://ridewithgps.com/routes/14415068 covers 2100 feet in climbing. We pass a church parking lot at 17700 Old Baltimore Rd in Olney by 6:30 am for an appropriate pickup spot (anyone joining this ride from Olney may park there, but do let the ride leader know, and you may be on your own to get back to this location). Lights and/or flashers are recommended for the sunrise start, but with a target pace of 10-12 mph we should finish before 10:00 am, giving plenty of time to get to the rest of those Saturday chores and activities. A 40% or greater chance of rain will cancel the ride.

C * 55 * MD * 9:00 AM * Pisgah Park
Annapolis Woods & Riverside

A shady, scenic ride on the quiet wooded back roads of Nanjemoy including the newly repaved Riverside Rd., about the coolest place in the area to ride on a hot summer day. Terrain is mostly rolling with a few small climbs: 1762' of elevation gain and a max. grade of 5.4%, according to Ride With GPS. Route map and GPS files are here: https://ridewithgps.com/routes/14399927 and the cue sheet is in the Cloud: https://goo.gl/TidBw8

DIRECTIONS: From I-495 exit onto MD-210S towards Indian Head. In about 16 miles turn left onto Livingston Rd, MD-227E. Continue on MD-224S. At the T turn left onto MD-224 S/MD-225 E, then in 0.4 mi turn right onto MD-224S. In 0.2 mi turn left onto Mason Springs Rd. In 4.6 mi turn right onto Pisgah Park Place and into Pisgah Park. (About 25 miles from I-495) Official address is: 6645 Mason Springs Rd, La Plata, MD 20646 Steve Palincsar [palincss@his.com] 703-548-1585 (H); 703-655-8959 (cell)

CC (MH) * 62 * 8:00 AM * Loudoun County HS (LOU) * 100%/50% Twice Across the River

Leesburg, Brunswick Bridge, MarLu the Easy Way, Point of Rocks and home. Peter Klosky [ppteck@gmail.com] 703-727-4939 (cell)

CC/B * 30-60 * MD * 8:00 AM * Thomas S Wootton HS Parking (TWHS) * 50%/60% Rockville Saturday Morning Ride

NOTE TIME CHANGE TO 8:00 AM! In its 4th year, the Wootton ride is a regular fun group Saturday morning event, suitable for seasoned B/CC riders. We will be mostly riding from Rockville to Germantown – Poolesville - Clarksburg with frequent variations to keep it interesting. Typically moderately hilly ride length will range from 30 to 60 miles. Actual ride length and route for each week will be posted in advance. We make 1-3 rest stops depending on the length of the ride. The group generally divides into two sub-groups, and our attempt will be to not drop anybody as long as you can ride at a high B (~16mph) / high CC (~14mph) pace for the length
of the ride. Please consult the club website (www.potomacpedalers.org) for ride details or the ride Facebook page (https://www.facebook.com/groups/rockvillewottontride/). The ride will leave promptly at the designated time. The cue sheet will be sent via email to those who provide their email to the ride leader and posted on our FB page. We will bring limited cue sheets and expect regular riders to print their own.

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

CC/B/B (MH) * 60/43 * MD * 8:30 AM * Gary J. Arthur CC, Glenwood
Glenwood to New Windsor or Not Quite New Windsor
Well, the last time I led this ride we got soaking wet and I lost a nice pair of Oakley’s. Let’s see if I can have better luck this time around. This is a moderately hilly ride out of a seldom used ride start (with restrooms) through some very nice countryside using Roop, Buffalo and Sam’s Creek Rds in Carroll County. The trip takes us at the ride mid-point to the town of New Windsor for a Rest Stop. The return leg is very similar to the first half with plenty of ups and downs, but nothing significantly long or steep (maybe one!). Another optional Rest Stop is provided during the second half of the ride if necessary.

http://ridewithgps.com/routes/10579981 - 60 miles. In case the weather is kind of iffy or if others just don’t feel like riding 60 miles, a shorter 43 mile “Not Quite New Windsor” version is provided. The route profile can be accessed at: http://ridewithgps.com/routes/10762716 - 43 miles.

DIRECTIONS: From the town of Olney, MD (Georgia Avenue Rt. 97 and Olney-Laytonsville Rd Rt. 108 head north on Georgia Avenue approx. 11.5 miles to the traffic light at Georgia and McKendree / Carrs Mill Rd. Remain straight through the traffic light approx. 0.3 miles to a left turn into the Gary J. Arthur Community Center / Library.

BB:Jeff Boarman * [boarmanjcycle1955@verizon.net] 301-938-8803
B: Jennifer Hearn [jenniferhearn@verizon.net]
CC: Carol Linden [edlinden@hotmail.com] 240-205-5035

B/B (H) * 73 * VA * 8:30 AM * Loudoun County HS (LOU) Hils of Maryland
Virginia riders, here's a chance to ride some nice hills in Maryland without having to drive your car across the border. We take White's Ferry across the river, then make our way up to Middletown and Gathland. On to Brunswick, and back across the river to familiar roads through Waterford back to Leesburg. There's approx. 4,600 feet of climbing. Maryland riders welcome; contact me and we can arrange for you to start from Poolesville and meet us.

NOTE: Bring $2 cash for the ferry ride.

See http://RideWithGPS.com/routes/5699302 for route cues & map.

Bill Wingate [bill@wlwmail.com] 703-791-9593

July 24 — Sunday

Beginner D/D * 5 * DC * 10:00 AM * BicycleSPACE (Adams Morgan)
Nice & Easy
The Nice & Easy ride is just that: nice and easy and easy and nice! This ride is for beginners and those looking for a relaxing start of the day. The ride helps beginners to feel more secure riding in a group while learning to ride safely and comfortably on DC bike lanes and streets. The ride is 5 miles and travels at a pace of 5-10 mph that is on flats. Ride leaves at 10:00 AM and returns no later than 11:00 AM. Shop address: 2424 18th St NW Washington, DC 20009. Ride cancels in case of inclement weather. For more information on ride see: http://www.bicyclespacedc.com/weeklyrides/.

Chris Roell [chris@bicyclespacedc.com] Shop: 202-962-0123; Cell: 202-607-5565

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

July 25 — Thursday

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

July 26 — Friday

C/CC (MF) * 35&50 * MD * TBA * Indian Head Super 8 Motel, MD * 95%/50%
3. 2 1 Go! Adventure - Indian Head, MD
Mostly downhill and always a tailwind. Here is a Friday ride out of Indian Head, MD, with your choice of a short or long route using different routes than Saturday’s or Sunday’s. Ride start is at the Indian Head Super 8 in Indian Head, MD. (If you plan to ride two or three consecutive days, you may want to reserve a room. The on-line booking system works very well, and a double room with two beds is $71.) IMPORTANT: Please contact either ride leader NLT Wednesday evening for start times as weather and riders’ preferences are factors; a 9:00 AM start is planned but that may change. The ride goes east or south of Indian Head on the Indian Head Trail (paved) or roads with very light traffic, albeit there are a few busier ones that are used as connectors and can’t be avoided. The route has two distances – 35 and 50 miles with the decision point at about 20 miles, and is reasonably flat with 25-35 feet of ascent per mile. WARNING: The route was developed on RidewithGPS, and the cue sheet underwent heavy scrutiny. However, the exact route has not been driven or ridden, and stores along the way may or may not be open. Consequently, come prepared with flexibility in mind. Fellow adventurers will be at the motel regardless of the weather, but may cancel if the forecasted high is above 95° or chance of precip is 50% or more. Please call for start time or if weather looks marginal. And remember that you must contact Jeff or me NLT Wednesday evening to the projected start time. HELMETS REQUIRED. Questions? Email or call the ride leader.

Len Wilkinson * [len.wilkinson@verizon.net] 703-455-0368 (until Thursday evening); cell thereafter 703-350-9209 or [jsmankie@aol.com] 571-332-2130
C/CC/B/BB/A * 20-70 * DC * 8:30 AM-10:00 AM * Georgetown Waterfront Park

**Georgetown Ignite Ride**

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

Matt Birnbaum * [noshbygosh@comcast.net] 202-702-5720
Linda Kolko * [lkolko@gmail.com] 301-785-1342
Steve Wartik * [steve.wartik@verizon.net]

C * 23 * DC * 10:00 AM * Georgetown Waterfront Park
Polly Choate [scooterpea@yahoo.com] 202-966-5571 (land); 202-538-5715 (cell)

CC * 50 * DC * 9:15 AM * Georgetown Waterfront Park
Ron Tripp [ron.tripp@yahoo.com] 301-237-5079

B * 50 * DC * 9:00 AM * Georgetown Waterfront Park
Bob Bernstein [rberstein55@yahoo.com] 240-593-2539
Monique Sears [moniquesears@rcn.com] 202-256-5218

BB/A * 70 * DC * 8:30 AM * Georgetown Waterfront Park
The rider leaders expect to maintain a BB pace, but faster riders are welcome on the route.
Steve Wartik [steve.wartik@verizon.net]

C * 50 * VA * 9:30 AM * Crystal City Water Park * 50%

**Ten Trails to Lake Artemesia**

This extra-long C ride combines ten DC-area bicycle trails to visit one of the prettiest spots in the Washington area: Lake Artemesia near College Park. We begin by riding across DC to the Anacostia River, then north to Lake Artemesia. After a loop around the lake, we ride through the University of Maryland campus to Sligo Creek and follow it to downtown Silver Spring for lunch. Finally, we return via the Capital Crescent Trail. Though longer than usual, we maintain a comfortable C pace. Most of the ride is on paved bicycle trails, with some on-road bike lanes or quiet roads, and even a bit of sidewalk. There are two moderate hills on this ride, but we’ll make sure everyone catches up. If you want to try this ride but you’re concerned about the distance, we pass near several Metro stations along the way, so you can bail out if you get tired. Make sure you’re familiar with Metro’s Bike ‘N Ride Guidelines. We will meet in South Arlington at Crystal City Water Park, by the bicycle repair vending machine. The parking garage across the street at 1750 Crystal Drive is free on weekends and holidays.

DIRECTIONS: From either direction on US-1 (Jefferson Davis Hwy) take the '15th St S ' Pentagon City’ exit but turn east (toward the river) on 15th St S; turn right onto Crystal Drive; then right again into the ‘Visitors’ entrance of the parking garage. Allow enough time to find a parking space and bring your bicycle across to the Water Park. For those riding to the ride, Crystal City is easily accessible from Four Mile Run or Mount Vernon Trails. Call leader if you have questions. No go if rain is likely, in which case cancellation will be posted on the web site by 8:00 AM. George Saxton [gsaxton@saxfam.net] 703-243-8284

C/CC (MF) * 35&60 * MD * TBA * Indian Head Super 8 motel, MD * 95%/50%

3, 2, 1 Go! Adventure - Indian Head, MD

Mostly downhill and always a tailwind. Here is a Saturday ride out of Indian Head, MD, with your choice of a short or long route using different routes than Friday’s or Sunday’s. Ride start is at the Indian Head Super 8 in Indian Head, MD. (If you plan to ride two or three consecutive days, you may want to reserve a room. The on-line booking system works very well, and a double room with two beds is $71.) IMPORTANT: Please contact either ride leader NLT Wednesday evening for start times as weather and riders’ preferences are factors; a 9:00 AM start is planned but that may change. The ride goes east or south of Indian Head on the Indian Head Trail (paved) or roads with very light traffic, albeit there are a few busier ones that are used as connectors and can’t be avoided. The route has two distances – 35 and 50 miles with the decision point at about 20 miles, and is reasonably flat with 25-35 feet of ascent per mile. WARNING: The ride was developed on RidewithGPS, and the cue sheet underwent heavy scrutiny. However, the exact route has not been driven or ridden, and stores along the way may or may not be open. Consequently, come prepared with flexibility in mind. Fellow adventurers will be at the motel regardless of the weather, but may cancel if the forecasted high is above 95°or chance of precip is 50% or more. Please call for start time or if weather looks marginal. And remember that you must contact Jeff or me NLT Wednesday evening to the projected start time. HELMETS REQUIRED. Questions? Email or call the ride leader.
Len Wilkinson * [len.wilkinson@verizon.net] 703-455-0368 (until Thursday evening); cell thereafter 703-350-9209 or [jsmankie@aol.com] 571-332-2130

CC/B * 30-60 * MD * 8:00 AM * Thomas S Wootton HS Parking (TWHS) * 50%/60%

**Rockville Saturday Morning Ride**

**NOTE TIME CHANGE TO 8:00 AM!** In its 4th year, the Wootton ride is a regular fun group Saturday morning event, suitable for seasoned B/CC riders. We will be mostly riding from Rockville to Germantown – Poolesville - Clarksburg with frequent variations to keep it interesting. Typical moderately hilly ride length will range from 30 to 60 miles. Actual ride length and route for each week will be posted in advance. We make 1-3 rest stops depending on the length of the ride. The group generally divides into two sub-groups, and our attempt will be to not drop anybody as long as you can ride at a high B (~16mph) / high CC (~14mph) pace for the length of the ride. Please consult the club website (www.potomacpedalers.org) for ride details or the ride Facebook page (https://www.facebook.com/groups/rockvillewottontnride/). The ride will leave promptly at the designated time. The cue sheet will be sent via email to those who provide their email to the ride leader and posted on our FB page. We will bring limited cue sheets and expect regular riders to print their own.

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

B/BB * 42ish/56ish/66ish * VA * 9:00 AM * Warrenton Municipal Lot-A (WAR)

**Hot, Hotter, or Hellish**

July is the March of Summer: you can never predict the temperature. With that in mind, this ride offers three distance options, and rest stops close enough that you won't run out of liquids in between. The ride starts in downtown Warrenton and get out of town via the rail trail. Then it's south to the Elk Run store for Rest Stop 1. The routes split after the Rest Stop. The 40ish heads north without another rest stop to Warrenton. The longer routes will toward Remington for Rest Stop 2, where your options are the Citgo gas station or the deli across the street (it offers milkshakes.) The two long routes stay on the same 18-mile heading all the way back to Warrenton. No significant hills and about 2,750 feet of downhill on the 55ish route. I'll post the RideWithGPS routes closer to the ride date on the Web site. Both rest stops have restrooms, but there's no restroom at the ride start; but 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. 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 or gale-force winds. If cancelled, I'll post a notice at the ride listing and the Google group.
July 31 — Sunday

B/B/A * 75 * MD * 8:30 AM * Point of Rocks (POR)
**Vee-Hah!**
Another classic PPTC ride (thanks Alan Adams). If you like a great reward for climbing, this ride is for you. Also, if you are getting ready for the Civil War Century, or Mountain Mama, there are some good hills for training. The object of the ride is to climb the “easy” way up the ridges in order to get a fast ride down. Should you be so bold, it is possible to attain over 50 mph on 5 of the descents. The ride back from the last stop in Brunswick is often hot so get ready to sweat. There are three rest stops, you will need them...

A: Tim Guilford 301-704-2723, tim@guil4d.net
BB: Liz Ginexi [eginexi@gmail.com] 240-354-4721
B: Jerzy Lamont [jerzylam@gmail.com]

**Notes from the Chair, Continued from page 3.**

As we head into the depth of the summer, we are basically locked in for the rest of this calendar year for prioritizing our Club’s short-term operations. We continue to build out the Back Roads weekend and Farm Tour while also moving to preparing for a new ride calendar and sign-in sheet with our ride coordinators and selected ride leaders this autumn. This simpler, decentralized scheme is intended to more easily let ride leaders schedule rides on an ongoing basis and allow participating riders to register (sign in) virtually using their computer or smart phone.

For better and worse, the Pedal Patter is going to have a big change soon. It is the Club’s biggest non-event expenditure with about half of our dues needing to pay for this product. To save substantial costs through lowering production costs, we will be eliminating the ride calendar from this paper product and enhancing its presence virtually.

We also are launching a new committee to study our approaches to governance and administration of the club under the leadership of Paul Huey Burns, an at large member on the Executive Committee. We need to figure out better ways to get more members engaged in volunteering on tasks needed to operate our Club. We also need to figure out ways to better diversify our revenue streams.

To help all better know about everything that is going on, we are going to be doing more systematic outreach through the rest of the summer and fall. This includes a member survey and public meetings. Stay tuned for more details!

Happy spinning,
Matt

**3, 2, 1 Go! Adventure - Indian Head, MD**
Mostly downhill and always a tailwind. Here is a Sunday ride out of Indian Head, MD, with your choice of a short or long route using different routes than Friday’s or Saturday’s. Ride start is at the Indian Head Super 8 in Indian Head, MD. (If you plan to ride two or three consecutive days, you may want to reserve a room. The on-line booking system works very well, and a double room with two beds is $71.) IMPORTANT: Please contact either ride leader NLT Wednesday evening for start times as weather and riders’ preferences are factors; a 9:00 AM start is planned but that may change. The ride goes east or south of Indian Head on the Indian Head Trail (paved) or roads with very light traffic, albeit there are a few busier ones that are used as connectors and can’t be avoided. The route has two distances – 35 and 50 miles with the decision point at about 20 miles, and is reasonably flat with 25-35 feet of ascent per mile. WARNING: The route was developed on ridewithgps, and the cue sheet underwent heavy scrutiny. However, the exact route has not been driven or ridden, and stores along the way may or may not be open. Consequently, come prepared with flexibility in mind. Fellow adventurers will be at the motel regardless of the weather, but may cancel if the forecasted high is above 95° or chance of precip is 50% or more. Please call for start time or if weather looks marginal. And remember that you must contact Jeff or me NLT Wednesday evening to the projected start time. HELMETS REQUIRED. Questions? Email or call the ride leader.

**B (H) * 84 * VA * 9:30 AM * Eastham Park, Front Royal (EAS) SkyMass**
Come train for Mountain Mama with me. We'll climb and descend on Skyline drive and then descend to Luray. After refueling, we'll climb once again up Massanutten. We'll then descend and pedal through the magnificent Fort Valley. After the ride, we'll celebrate at Pave mint with drafts and ice cream. Ride will go unless raining or wind gusts over 30 mph at ride start. Be advised that (a) there is an $8 entry fee for Skyline Drive (perhaps some members will have passes for which we can get some others in -3 per pass?) and (b) there is a poorly stated and variously enforced requirement for front & rear LIGHTS at all times.

Laura Clauser [L_Clauser@yahoo.com] 202-462-1050
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**

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Thank you to ride organizers Harold and Janet Goldstein!

FOR SALE

Yakima Sidewinder car-top carrier for tandems. Fork mount pivots to the side so one person can load a tandem. Requires Yakima racks. $200. Mark McBride, (301)565-2439.

Ride Report, Continued from page 11.
**PPTC 2016 Events Calendar**

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

**July 3**  
BicycleSPACE Beginning Nice & Easy Ride,  
Washington, DC (repeats every Sunday)

**July 9-10**  
One Night Overnight Ride—Virginia Countryside, Charlottesvile, VA

**July 14**  
Tour de France Happy Hour, Arlington, VA

**July 22-24**  
Shenandoah Weekend, Mt. Jackson, VA

**July 29-31**  
3, 2, 1 Go! Adventure Ride, Indian Head, MD  
(Ride 1, 2, or 3 days) *(See Ride Schedule for details.)*

**July 30**  
Georgetown Tailgate Ride, Washington, DC

**Aug. 12-14**  
Carlisle Weekend, Carlisle, PA

**Aug. 13**  
Women’s Winery Tour, Poolesville, MD

**Aug. 28**  
Nokesville Picnic Ride, Nokesville, VA

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

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

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**Pedal Patter First Class Mail**

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

**No Longer Wish to Get Pedal Patter in the Mail?**

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

To opt out you need to access your profile. To do this:

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

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**Change of Address Form**

- Notify the PPTC Business Office of your move, especially if your Pedal Patter arrives via third class mail (the Post Office does not forward third class mail).
- Notify us by the 8th in order to affect that month’s mailing.
- Include your phone number and legibly print all information. What you print is what we will use as your record in the database, as well as as your listing in the Membership Directory.
- You may use this form to simply change an e-mail address, phone #, a name, or zip code.
- Mail this form, ALONG WITH YOUR OLD MAILING LABEL to: PPTC c/o Core Association Services, Inc. 200 Little Falls Street, Suite 205, Falls Church, VA 20246

**Name**  
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**New Address**  
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**City**  
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**State**  
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**Zip**  
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**Exp____/______Amount $__________**

Signature  
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