First-Ever Virginia Ride Leader Orientation, Refresher & Ride!

Saturday, June 4, 12:45-5:00PM

Abrams Learning & Information Systems, Inc
2800 Shirlington Road, Suite 1100
Arlington, VA 22206

Ride Leaders are the heart and soul of Potomac Pedalers!

Virginia needs ride leaders, too, and that’s why we’re holding the first-ever Virginia ride leader event! This orientation and refresher is for everyone and everyone is encouraged to attend, no matter if you’re a veteran ride leader, new ride leader, or an aspiring ride leader. Everyone will learn something! We’ll get to know each other, share experiences, learn the finer points of Virginia bike laws, discuss accident management, and how to be prepared ride leaders overall. Meeting will have beverages and snacks. There will be an optional ride after the meet-up.

Continued on page 4.

Shepherdstown Bound!
Register NOW for the Back Roads Century!

September 18, 2016

by Matt Birnbaum

Shepherdstown rocks—and welcomes us again! It’s a funky little college town with a vibrant artisan culture. It’s breathtakingly scenic, overlooking the Potomac at the foothills of the Appalachian Mountains. It’s steeped in Civil War history with Antietam and Harper’s Ferry a stone’s throw away. And it’s a bicycling mecca. It’s a perfect setting for the Back Roads Century on September 18, 2016. It is our home this year and for the next four years thanks to our partnership with leaders in this community.

Continued on page 3.

Black Hill Potluck Picnic Ride
Saturday, June 11, 2016

by Harold Goldstein

Our annual ride from Black Hill Regional Park is a club tradition; this year, the 21st annual edition will take place Saturday, June 11th. This multi-grade, pot-luck picnic ride has attracted 150-200 riders in recent years; it’s a great time for all. You can bring the family and let them play by the lake or hike the park trails while you blast the hills. Or have friends and family meet you after the ride. Rides are planned to end around 1:00-1:30 p.m.

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**
Please call PPTC at 703.385.1688 to report missing issues.

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**Commercial Ads**
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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.

**Web Site**
www.potomacpedalers.org

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

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

You can expect a response within 24-48 hours.

**PPTC Business Office Mailing Address**
200 Little Falls Street, Suite 205, Falls Church, VA 22046  
Shernicore@aol.com

**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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**Treasurer** Nancy Avitabile, nancy4@mindspring.com  
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**Road Captain** Dan Lehman, 703.241.9113, rDEsigns@yahoo.co  
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**Ride Coordinators–Area Wide**
- **Tandem** Don Schneider, 301.942.6330  
- **Family Rides** Team Brugman, 703.339.3948, KBrugman@cox.net  
- **Women’s Rides** Deborah Turton, d.turton@verizon.net

**Ride Coordinators–Maryland/DC**
- **D** Chris Moriarity, 301.270.3416, cmoriarity@qis.net  
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**Web Site Coordinator** Lee Langford  
**Message Committee** Teresa Browder, Janet Cyphers, Irmgard Dugge, Lois Lightfoot, Susan Fullenbaum, Beth Merricks, Joan Oppel
**Special Events Committee** Rich Tepel, richtepel@verizon.net  
**Advocacy Committee** Dave Helms, Joe Pixley  
**Bike Case Coordinators** Adam Goldberg, 202.507.9900, adam@agp-llc.com; Ann Corran, 301.439.0631, anncorran@gmail.com

**Volunteer Coordinator** Open

For questions about Club activities, please call the appropriate coordinator, committee member, or any ExCom member. For changes regarding this listing, please email Brenda Ruby at communications@potomacpedalers.org.
Notes from the Chair, Cont'd from page 1.

As I pen this column in early May, I can easily say, this is the most organized I have ever seen this event in over the past four years. We have a strong group of volunteers collectively leading, developing and improving routes, signage, and rest stops. Our new event planners, Marianne Davis and Kathy Lushby-Treber of Shepherdstown, are creative, fun and energetic, and are linking us up with town resources to make this a true shared event. They are both civic leaders in Shepherdstown and have shown a commitment to making OUR club ride THEIR big event as well. Success looks the same to all of us!

And success means offering a fun-filled and active weekend in addition to a great single-day century tour. And having 2000 people do it with us!! The day before the main event, the Back Roads Century on Sunday, all riders and their companions will have a chance to participate in a full menu on Saturday September 17, with activities day and night. We will provide more details of these optional Saturday offerings on the website, but for now, I want to give all a general sense of what’s in store. Saturday morning will feature free group bike rides (catering to cyclists of different abilities) that traverse along local Civil War battle sites in commemorating the 155th anniversary of the Battle of Antietam. (Yes, we fixed the glitches from last year!)

And on Saturday through the evening, you and your non-cycling companions may choose to sample special tours, activities and artists that highlight the ecological diversity of the landscape, bluegrass music, along with the rich cultural history of the region, and tap into the gastronomic delights presented by the local chefs and bartenders.

Of course, the weekend’s real draw remains with the actual Back Roads Century on Sunday. This year, we will be offering five routes for cycling at all levels, ranging from 27 to 101 miles. Riders on all routes will, for the first time, get to experience the magic of the Potomac Valley Audubon Society’s Yankauer Nature Reserve, one of this year’s featured rest stops. As in past years, we again will have hummus and tomato sandwiches and boiled potatoes, live music, and fruits from local growers at the rest stops. We also will be doing something new and special in each rest stop to celebrate the cyclists’ journeys.

Enjoy a post-ride party at a national historic landmark, the Bellevue Manor. This colonial era estate sits on a bluff overlooking the Potomac River where we will be providing a catered meal, live entertainment, masseuses, and much more.

To accommodate the approximately 2,000 plus bicyclists, we have already secured places for 400 riders at area hotels, inns, hostels and campsites. We will be doing our best to expand lodging offerings to meet the high demand. Secure your lodging now! All is on the website.

For now, I want to end by asking all of you to go to the Club’s website and register early for this year’s Back Roads Century. Despite this year’s expanded offerings on both days for this year’s event, we have still kept prices reasonable and very competitive for both members at $50 ($55 if you wait until August) and non-members $75 (rising to $80 for those waiting to August). Please register now for this event. It’s our club’s major source of revenue for supporting our operations. But more important, please do register for the event so you can join all of us on a great weekend adventure. Get ready to bike and party!

Happy spinning,
Matt

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There will be no onsite registration!

Registration will close August 31st, or as soon as we reach capacity. Be sure to register early as we always sell out!

There Is No Limit
by Joel Katz

Radiolab on PBS did a show on the limits of endurance. The program featured Race Across America as an example of the power and stamina in the human mind and body. The conclusion from the show is that few of us learn what our capabilities are because our bodies won’t let us find out.

The supposition is made that we have a governor in our mind that sends out fatigue and pain signals when we exert ourselves. This is a protective mechanism. The trouble arises because the governor is very conservative. It sends out pain signals for us to stop even though we still have a lot of reserves to spend. One way to get around the governor and tap the hidden reserves is to fool the governor into believing you are adding energy.

A group of cyclists were placed on spin bikes and pushed to exhaustion. Their power output was monitored. Half the group was given an energy drink. The other half was given an identical drink that did not contain any energy enhancing ingredients. The subjects were told to ride for two minutes and take some drink without swallowing and then spit it out. They were to repeat this cycle until the end of the test.

The cyclists that got the energy drink fared better even though they didn’t ingest any of the drink. The conclusion was that the governor detected the sugar on the tongue and was fooled into thinking the body was replenishing reserves. That made it willing to release reserves.

Radiolab followed a cyclist in the Race Across America. This is a twelve day three thousand mile race from Oceanside, California to Annapolis, Maryland. The winner does it in six days. Riders get one or two hours of sleep a night. Some of the riders get so tired they duct tape a cord to from their neck to their helmet in order to hold their head up.

At a thousand miles into the race the rider, Patrick Oshey, picked up speed. His support team realized that he was hallucinating. Patrick was seeing terrorists and zombies chasing him. His team played into this by screaming that the support team realized that he was hallucinating. Patrick was seeing terrorists and zombies chasing him. His team played into this by screaming that the terrorists were gaining on him. The burst of speed was maintained. Under threat the body released precious energy reserves.

The take away from the show is we have plenty left when we think we are cooked. We just have to figure out a way to get to our reserves.

(For more information go to the Radiolab web site and listen to “Limits,” season 7episode3. Watch Race across America on Amazon.)

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24 PPTC Calendar; PPTC Membership Form
by Janice Creamer

The Lewes Weekend 2016 was a blast! It was my first weekend trip with PPTC, and it exceeded all expectations! We set up basecamp at the Beacon Motel in Lewes, Delaware. There was even a bike shop under the motel. The Beacon’s staff was kind enough to let us take over the common areas of the facility for food, fun, and organizing.

Who knew Lewes, Delaware, was a historic town with Dutch roots that was bike friendly?! I arrived after work on Friday. People were just getting back from the two rides led by Barry and Jim. Friday included an ice cream social, raffle drawings, and lots of laughs.

There were plenty of bikers inviting newly found friends to join their group to ride 24, 30, 40, or 64 miles. There were routes for everyone with clear cue sheets. I went with new and old friends on the Toure de Lewes. It took us through the historic parts of Lewes, through Henhelopen State Park, and over to Rehoboth. We had a picnic on the route with the awesome lunch fixings provided. Then we had Thrashers on the Boardwalk at Rehoboth to make our beach trip bonafide. We saw lots of Potomac Pedalers having fun on the route. I heard raves about the Dogfish Brewery tour.

The trails were beautiful. Food was good and the company was hilarious! Thanks to organizers Lorraine McCall, Cindy Marisch and participants for making a great weekend.

I am ready to continue my love affair with Lewes, Delaware and biking, next time!

Lewes Weekend Recap

Trip leaders Cindy Marisch and Lorraine McCall

First-Ever Virginia Ride Leader Orientation, Refresher & Ride!

Cont’d from page 1.

Rich got a ride leader jersey because he leads lots rides. Be like Rich! Come find out how easy it is to lead a ride.

Agenda:

- 12:45-1:00PM: Arrivals and Brunch (bagels, fruit, snacks, and coffee)
- 1:00-1:20PM: Welcome and Introductions
- 1:20-2:00PM: Pre-Ride Planning; Ride Leaders’ Panel; Q&A
- 2:00-3:00PM: Virginia Bike Laws and Accident Management
- 3:00-3:15PM: Break
- 3:15-4:00 PM: Facilitated Discussion:
  - Leading Rides and Managing Riders,
  - Leader Roles and Responsibilities
- 4:00-5:00 PM: Focus Group - Growing Potomac Pedalers Presence in Virginia
  - What are our Strengths & Weaknesses?
  - Where are the gaps? Ride Classes & Locations
  - Who and how can we partner with to improve our visibility and strengthen the Club’s services to the community?
- 5:00PM Wrap-up and optional ride

Directions: The meeting facility is adjacent to Four Mile Run. There is a bike rack in the parking garage. For anyone wanting to use mass transit, ART and Metro buses run from the Pentagon Station to the Shirlington transit station. The Shirlington transit station is 3 blocks from the office.

Contact: Stephen Krill (krilljrs@gmail.com), Dave Helms (david.helms570@gmail.com), or Linda Kolko (127lkolko@gmail.com) for more information.

TOUR DE FREDERICK offers 3 full days of riding fun, 6 different rides all through beautiful Frederick Maryland

August 12th  Frederick History loop
August 13th  4 rides of 102, 62, 31, 13 miles, Finish Line Party in one of a kind cool airplane hangar
August 13th  Enjoy the National Championship Frederick Clustered Spires High Wheel Race
August 14th  Covered Bridges Ride, 36 miles

All rides are fully supported including aid station, rest stops, mechanical and SAG support.

https://www.tourdefrederick.com
Carole Heine, Director, TOUR DE FREDERICK
301-788-4393
carolekingheine@gmail.com
https://www.tourdefrederick.com/
Brought to you by Out of Gears Team
We are pleased to present our routes for the 2016 Back Roads Century!
Based on rider feedback from 2015 we have made some minor changes in offering five routes of varying mileage and difficulty so cyclists of all levels can enjoy the beauty of riding through the Northern Shenandoah Valley.

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

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

All routes include short cuts and end at the historic Bellevue Estate and mansion overlooking the Potomac River. Bellevue offers sweeping views of the Potomac River and the Maryland hills for a scenic backdrop for your well-deserved meal and entertainment. After you have recovered from the ride with the fantastic party at the mansion, we hope you will wander into Shepherdstown for more sightseeing, shopping, and the post-ride party.

Route Descriptions

**BRC Century – 100.6 miles, +4276 feet**

The Century route showcases the very best of the northern Shenandoah Valley. Offering views of the Potomac and Shenandoah Rivers, the Blue Ridge and North Mountain, apple orchards, and rolling farm land, the Century is a mini-tour of the Valley. There are no long or sustained climbs on the route, but there are plenty of rollers and several short, steep pitches over 10% (and one or two over 15%) to make you earn the views and descents. Last year’s riders described this as a hilly route, so train accordingly so you can enjoy the ride! We will have rest stops every 20 miles or so to keep you fueled and fresh.

**BRC Metric Century – 63.3 miles, +2799 feet**

If you want a bit more of a challenge try the Metric Century route instead of the Half Century. The route adds about 12 miles of beautiful farmland and just a few more small hills, but lets you say you rode 100 Km in a day! This route also features several short, steep pitches over 10% (and one or two over 15%) to keep you honest. Three rest stops will fuel your body and the views will keep you inspired.

**BRC Half Century – 51.6 miles, +2369 feet**

Half the miles but most of the views, the Half Century allows riders to enjoy most of the views and beautiful countryside as the Century route without so many miles. This is also a hilly route so be prepared to work for those miles. There are no long, sustained climbs, but there are several short, steep pitches over 10% (and one or two over 15%) to make you earn the sweeping views and fun downhill sections. Take your time, enjoy the scenery and the three rest stops, and you will have a great day.

**BRC Long Meander - 44.7 miles, +1635 feet**

For riders looking for a slightly longer route without all of the hills on the Half Century route, we have an extended meander that gets you out into the rolling farmland south and west of Shepherdstown with views of the mountains at a comfortable distance. We will have two rest stops to keep you fueled and fresh before you head back to Shepherdstown and the post-ride party.

**BRC Short Meander - 26.8 miles, +1001 feet**

This is route meanders northwest of Shepherdstown through gently rolling farmland to Yankauer Nature Preserve where you can refresh your body at our stocked rest stop at around 15 miles and refresh your spirit with a short hike or stroll through the Nature Preserve. The route wanders back to Shepherdstown for more sightseeing, shopping, and the post-ride party at Bellevue Estate.

**Kid's Rodeo**

*by Peter Klosky*

On April 23rd, Potomac Pedalers members, in cooperation with others, held a bicycle safety rodeo at North Springfield elementary school. The untimely death of Mark Slough, a Virginia Tech student from North Springfield who died from injuries sustained when he was cycling and struck by a car driver, helped motivate the event. Despite rain, the event was fun and productive.

Several organizations worked together to make the event happen. North Springfield Civic Association officers Scott Pratt and Skip Chaples, who is also local scoutmaster, worked with Peter Klosky, PPTC ride leader, to set up the safety course. Susan Payne, a PPTC member who has been studying cycle repair and instructing youth mechanics at Phoenix Bikes, did bike safety checks. PPTC members Farshad Rowshandel, Woody Lipinski and Joan & Chuck Feerick all helped out with the event. Fairfax Schools and police helped with many aspects of the event. School Board members attended, the Annandale HS student choir presented the National Anthem.

This coming together will help foster harmony and safety in North Springfield, a neighborhood the club uses multiple times weekly. Plans are underway to repeat the event just after school starts in Fall.
Get Your Cycling Event Posted on our Website

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

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

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

Sign Up For Potomac Pedalers E-mail Newsletters

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

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

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

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

PPTC Member Discounts / Participating Merchants

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<td>Bob's Bikes</td>
<td><a href="http://www.bobsbikes.com">www.bobsbikes.com</a></td>
<td>301-349-2453</td>
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<td>Capitol Hill Bikes</td>
<td><a href="http://www.capitolhillbikes.com">www.capitolhillbikes.com</a></td>
<td>202-544-4234</td>
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<tr>
<td>College Park Bicycles</td>
<td><a href="http://www.bike123.com">www.bike123.com</a></td>
<td>301-864-2211</td>
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<tr>
<td>District Hardware/The Bike Shop</td>
<td><a href="http://www.thebikeshopdc.com">www.thebikeshopdc.com</a></td>
<td>202-659-8686</td>
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<td>30 minute tune-up $30, parts extra</td>
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<td>Evo Cycle Works</td>
<td><a href="http://www.evocyclesworks.com">www.evocyclesworks.com</a></td>
<td>240-602-8752</td>
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<td>Family Bike Shop</td>
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<td>410-721-8244</td>
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<td>Fresh Bikes</td>
<td><a href="http://www.freshbikescycling.com">www.freshbikescycling.com</a></td>
<td>703-248-9600</td>
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<td>Green Commuter</td>
<td><a href="http://www.thegreencommuter.net">www.thegreencommuter.net</a></td>
<td>301-580-6967</td>
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<td>Griffin Cycle</td>
<td><a href="http://www.griffincycle.com">www.griffincycle.com</a></td>
<td>301-656-6188</td>
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<td>Just Riding Along</td>
<td><a href="http://www.jrbs.com">www.jrbs.com</a></td>
<td>301-963-1273</td>
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<td>Mt. Airy Bicycles</td>
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<td>The Outdoor Adventure Store</td>
<td><a href="http://www.theoutdooradventurestore.com">www.theoutdooradventurestore.com</a></td>
<td>434-315-5736</td>
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<td>Papillon Cycles</td>
<td><a href="http://www.papillonceycles.com">www.papillonceycles.com</a></td>
<td>703-920-9494</td>
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<td>Pedal Pushers Bicycle Shop</td>
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<td>410-544-2323</td>
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<td>Proteus Bicycles</td>
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<td>Revolution Cycles</td>
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<td>Rollins Cycles</td>
<td><a href="http://www.rollincyclesdc.com">www.rollincyclesdc.com</a></td>
<td>202-525-3712</td>
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<td>Sampson Bicycles and Components *</td>
<td><a href="http://www.sampsonbikes.com">www.sampsonbikes.com</a></td>
<td>303-691-5650</td>
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<td>Spokes Etc.</td>
<td><a href="http://www.spokesetc.com">www.spokesetc.com</a></td>
<td>703-281-2004</td>
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<td>Takoma Bicycle</td>
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<td>The Bicycle Escape</td>
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<td>The Bicycle Place</td>
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<td>Trails End Cycling Company</td>
<td><a href="http://www.traillanscycling.com">www.traillanscycling.com</a></td>
<td>540-338-2773</td>
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<td>Veloville</td>
<td><a href="http://www.velovilleusa.com">www.velovilleusa.com</a></td>
<td>540-216-2453 (BIKE)</td>
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<td>$1 drip coffee; $5 off bike rentals</td>
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* Members encouraged to sign up on website for notices of sales on tires, cassettes, etc.  
* Off all bikes excluding sales 
* Off MSRP not sale price 
* Off MSRP, excludes sale items and custom frames 
* Except custom wheel builds
In New Zealand, the adage about good things coming in small packages rings especially true. This small, two-island country — about two-thirds the size of California — presents visitors with an astounding variety of climates and landscapes. In February, fellow PPTC member Harold Datz and I had the privilege of experiencing most of them. Sometimes all in one day.

We were part of a 21 person group organized by the Bicycle Adventure Club touring New Zealand’s South Island. The BAC suffers from a lack of name recognition, so I’ll take a moment to talk a bit about it. It’s a member-led non-profit travel group. (Check them out at www.BAC.org.) Like PPTC, members pay a small annual membership fee and that gives them access to dozens of trips lead domestically and abroad by volunteers. These trips invariably cost a good deal less than those offered by more well-known travel groups and, in my experience, are a better deal — so long as you don’t need or expect hand-holding.

BAC’s trips, in fact, are so popular that most fill up within a few weeks of being announced. This was my third BAC trip and Harold’s seventh or eighth.

Few if any domestic BAC rides subcontract to an outfitter, although many international trips, including my New Zealand trip, do.

BAC ride leaders get to vet their ride participants and this one was geared toward experienced, independent cyclists. However, given the time of year (February) and the age of the participants who signed up (50-78), the ride leader wisely arranged for Kiwi-owned outfitter PedalTours to shadow us. Truth be told, only a handful of us never asked for some motorized help to get our out-of-condition butts over some of the 16 percent sustained grades. (And some of those steep climbs were complicated by 20-30 mph gusts and headwinds.)

Our 12-day, 500-mile trek included six of the country’s classic climbs: Porter’s Pass, Arthur’s Pass, Haas Pass, the Crown Range, Lindis Pass and Burkes Pass. We would ride through lush subtropical forests (what Kiwi’s call “bush”), enjoy sweeping vistas of snow-capped peaks, saddle up to glaciers (pronounced “glossy-airs” by locals) witness sharp-fanged, 7-pound eels eat meat out of a naturalist’s hand and have the unique pleasure of seeing phosphorescent glowworms light up the darkness. And, of course, we saw lots and lots of sheep. (Bet you didn’t know that a sheep will go limp when set on its rump for shearing)

I do want to share one discouraging thing about cycling in New Zealand. The country has reportedly experienced a five-fold increase in tourism over the last twenty years. Unfortunately, many of these visitors are seeing the country by car. Visiting some of the most scenic parts of the country in February reminded me a bit of pedaling through Yellowstone in August. Put more bluntly: the traffic during most of the trip was unrelenting. The good news for cyclists is that the country is investing heavily in a network of off-road trails. Some of these trails are complete and others are expected to be completed soon. This provides an option for those wishing to pedal through New Zealand, but put off by road traffic.

Rita Zeidner is a long-time member and ride leader.
Out of Bounds

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

June 4   Tour d’Arc (Belair, MD), metric and less, arcncr.org/events_tourd_arc.html
June 4   SMECO 75 Bike Ride (Hughesville, MD), https://www.smeco.coop/community/smeco75
June 4   Total 200 (Washington, DC) http://www.total200.com/
June 11  Pax River Rural Legacy Ride (Croom, MD), http://ohbike.org/
June 25  Two Rivers Bike Ride (Centreville, MD), http://www.wyriverupperschool.org/support/special-events/two-rivers-bike-ride/
June 26  Bay-to-Bay Ride (Betterton, MD), http://chestertownlions.org/
July 2    DoubleCross (Middletown, DE), http://whiteclaybicycleclub.org/events/doublecross/
July 16  Ocean to Bay Bike Tour (Bethany Beach, DE), http://oceantoobaybiketour.com/
July 24  Firefighter 50 Bicycle Ride (Westminster, MD), www.firefighter50.com
Aug 6    Chocolate Tour (Hershey, PA), http://www.thechocolatetour.com/
Aug 6    Cumberland Valley Century (Boonsboro, MD), https://www.bikerog.com/cumberland-valley-century
Aug 13   Ride to See (Galena, MD), http://ridetosee.org/
Aug 13   Nightmare Tour (Lancaster County, PA) http://www.thenightmaretour.com/
Aug 27   Bay Country 100 (Owings, MD), http://www.abrtcycling.com/events/bay-country-century/
Aug 28   Reston Century (Reston, VA), https://restonbicycleclub.wildapricot.org/page-1860693
Sept 5   Indian Head 100 (Indian Head, MD), http://www.ohbike.org/
Sept 10  Amish Country Bike Tour (Dover, DE), http://amishcountrybike.com/
Sept 25  The Cannonball Century (Hartwood, VA) http://www.bikefred.com/cannonball
Oct. 8   Seagull Century (Salisbury, MD), http://www.seagullcentury.org/
Oct. 16  Lifeline 100 – Anne Arundel County (Millersville, MD), http://bikereg.com/lifeline-100
Oct 22   Between The Waters Bike Tour (Eastern Shore of VA), http://www.cbcs.org/events.html

Upcoming Tours:
July 10-17 Cycle The Erie Canal (Buffalo to Albany, NY), ptny.org/events/annual-bike-tour
July 23-30 The Bon Ton Roulet (Finger Lakes Region, NY), bontonroulet.com

Please note that rides listed on our Out of Bounds calendar/schedule are NOT sponsored by Potomac Pedalers. Potomac Pedalers provides this listing of Regional Events as a convenience for its members. Potomac Pedalers does not endorse these events, and has not evaluated the suitability of these events for any individual cyclist.

Register Now!

Allenberry Resort Bicycling Weekend
Registration Open!
August 12-14, 2016

PPTC is once again sponsoring a beautiful and relaxing biking weekend at the Allenberry Resort, located in Boiling Springs, PA, only 100 miles from Washington, DC and 115 miles from Philadelphia. Enjoy scenic rides past historic stone houses and barns surrounded by beautiful mountain scenery. Rides range in length from 11 to 75 miles, providing variety for all types of riders. Choose a ride to the Amish country store for browsing, a short ride for a cool snack, or a leisurely paced ride along the shady Yellow Breeches Creek. The routes vary from flat streambed valleys to serious climbs. There will be featured rides each day with leaders. The 57-acre Allenberry property has a large swimming pool, hot tub, and lighted tennis courts for our use. Attendance is limited to the first 80 people. Most rooms have double beds, and all have private baths. If three/four share a room, only two beds are provided. Indoor bicycle storage is available next to party room. Registration will open online in the next few weeks. This year there will be no play — the Resort has not scheduled any shows in their playhouse in 2016.

PRICE (for PPTC Members):
Single: $335 per person
Double: $285 per person
Triple: $210 per person
Quad: $200 per person

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

TO REGISTER: Register online at http://www.potomacpedalers.org/event/allenberry2016

WEEKEND INCLUDES: Friday and Saturday night lodging, two buffet breakfasts, Friday night barbeque along-side the Yellow Breeches Creek, Saturday night buffet dinner, Friday, Saturday, and Sunday afternoon lounge parties with healthy and not so healthy snacks and refreshments, map packet, and all taxes and gratuities.

EVENT CONTACTS: Linda McGarne email address: mcgrane_linda_a@yahoo.com, Deb Reynolds, email address: deb.cla.dr@gmail.com

Welcome New Members!

Please welcome new and returning members to Potomac Pedalers:
Suzanne Allan  Tom Gross  Tina McDermott
Beltus Ambe  Mary Lauran Hall  Ann McGregor
Joao Pedro Azevedo  Bill Hanson  Katie Mencarini
Maria Bissex  Derell Hathaway  John Mickey
Rick Bockman  Michael Healy  Christy Murrell
Laurie Casey  Jennifer Hedrick  Rebecca Nickerson
Sue Ann Craig  Jackie Hennessey  Mike Orendorff
Lon Cross  Vicki Hess  Stanley Pietrusiak
Todd De Cato  Stanley Hunt  Stephanie Pitt
Gabriel Dixon  HaeWon Jung  Rick Regehr
David Duburs  Larry Katzman  Andrew Reiter
Stephanie Eckman  Leah Kegler  Eve Sakran
Sid Edelmann  Vicki Hess  John Siemiatkowski
Michael Entwistle  Barbara Kelly-Mahaffey  April Snyder
Rigo Espinos  Cherie Estes  Carol Stone
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Raminta Glemza  Margaret McBride
We list a ride for everyone, from A through D, from 20 to 65 miles. The scenery is great, the ride start is one of the easiest to reach – only a few minutes off I-270. The riding is spectacular; hilly, yes, but spectacular. See the ride schedule for the complete list of rides and the ride leaders. The rides will start at pavilion F which is on your left across from the visitor's center. But that lot will only accommodate about ½ of our group. When it fills up park in the lower lots we've used in the past. Then grab your bikes and come up to the ride start. We'll delay the start by 10-15 minutes to allow everyone to regroup. Ride leaders should park at the pavilion. The real fun starts after the ride!! The pavilion seats ~50 so bring some extra chairs to share. There are plenty of tables and you can use the provided grills (bring charcoal). Plan to bring your favorite munchies and dishes to share. We count on the usual (and unusual) great and original fare you bring. Extra ice and cold drinks are always appreciated. Ask anyone who has done this event before – it is a great time!

If the weather is uncertain, call your ride leader, but as long as there is no rain by 9 a.m. the rides should go. If rain is light at 9 but stops, there should be shortened rides at 10:30 – again, check with your ride leader.

For information call or email Harold Goldstein (mdbiker@goldray.com) - cell (202) 997-2376. Or call any of the ride leaders listed.

Directions ... several options, but easiest is: I-270 North, to exit 16, Rt 27N (Father Hurley Blvd), go 0.8 miles to a left at Rt 355 (Frederick Road), go 0.9 mile to a left onto West Old Baltimore Road, then 1.5 miles and left at the Park Entrance (Lake Ridge Rd.). Then go about 2 miles to the pavilion on the left or the upper visitor center lot on your right. No water/rest rooms by the shelter.

Address: 20930 Lake Ridge Road, Boyds, Md. 20841
Website: http://www.montgomeryparks.org/facilities/regional_parks/blackhill/index.shtm
Ride Report: SkyTower, April 30—We had a fearless group of 3 ascend Skyline Drive, Massanutten and points west. It was surreal, quiet and beautiful in the clouds above 2,400ft! As my new BFF Clara said, “there is no other place I want to be right now.” Love reaching for the clouds. (Reported by David Helms via Facebook.)

Lewes, DE Weekend, April 30-May1—Catherine Kitchel, John Zebatto, and friends enjoying a dry spell. Check out John's One-Night-Overnight rides, the next one is in Charlottesville in July!

Davidsonville to Galesville, April 24 (CC/B)—Monique Sears and Ed Hazelwood's ride drew a crowd on a perfect spring day!
Women's Spring Ride, April 23 (ALL)—April showers bring May flowers! A small but optimistic group came out for the first women's ride of the season. Undaunted they rode about 20 miles! A serendipitous moment when a group cleaning the park for Earth Day (in the rain!) emerged from the woods and we were able to share an overabundance of picnic goodies!

Downtown Breakaway #4, April 27 (CC/B/BB/A)—Heard on the ride: "Gentlemanly, Spirited!" "Most fun on a bike in a long time!" "Yah, us Millennials all look the same" "You’re pretty fast, for an old guy" (editorial comment: I prefer to be referred to as 'Original Gangsta', or simply OG). (Reported by David Helms via Facebook.)

Walkersville Impromptu, April 16—Thanks to Timothy J. Guilford for arranging an excellent pair of rides via the Pedalers google group email list.

Kent Island Social, April 17—Bob Bernstein's traditional Spring ride brings out familiar faces to ride the scenic shoreline across the bridge. Exceptional weather!

Friday Lunch Ride, April 22 (C)—Great Friday Lunch in Bethesda ride. Potomac Pedalers was featured all over the WORLD on World Bicycle Day the following week! # World Bicycle Day thanks to Montgomery College!

Continued on page 12.
Join hundreds of cyclists Sunday, October 2 for an invigorating, scenic ride through Montgomery County's Agricultural Reserve. Choose the miles that fit you — from 17 to 77 of rolling hills. Along the way, take a rest stop or two at selected farms, buy produce, drink cold cider, or nosh on pumpkin pie. Top off your ride with a sumptuous buffet lunch while mingling with friends and listening to music at Kingsbury Orchard. A portion of the event's proceeds support keeping the area's farmland free from commercial development! Stay tuned to the Potomac Pedalers website and the Pedal Patter for more details, including how to register!

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

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 8th (minus the cancellation charge). Refunds after July 8th only if a replacement is available from the waiting list. 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, (b) distance, (c) locality, (d) 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 9:30am in Maryland from Poolesville High School. The ride will go if the forecast high temperature is less than 35%. It is less than 35%.

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 9:30am in Maryland from Poolesville High School. The ride will go if the forecast high temperature is 40°F or higher, AND the chance of rain is less than 35%.

Ride Classification Table

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

<table>
<thead>
<tr>
<th>Average Riding Speed (ARS)</th>
<th>(Miles)</th>
<th>(Miles)</th>
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<tbody>
<tr>
<td>Ride Class</td>
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<tr>
<td>D (H)</td>
<td>6.0–7.9</td>
<td>8.0–9.9</td>
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<td>E (M)</td>
<td>9.0–11.9</td>
<td>10.0–11.9</td>
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<td>F (F)</td>
<td>10.0–11.9</td>
<td>12.0–13.9</td>
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<td>G (C)</td>
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<td>H (B)</td>
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<td>16.0–17.9</td>
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<td>I (A)</td>
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<tr>
<td>J (AA)</td>
<td>18.0–19.9</td>
<td>20.0–22.0</td>
</tr>
</tbody>
</table>

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

ATB These are rides for all-terrain or mountain bikes. The individual ride descriptions should be read for specific information regarding terrain (e.g., single-track, double-track, or gravel roads), distance, and equipment, requirements (e.g., type of bike or tire with).

T Specialty rides for bikes with two or more cyclists. Tandem ride leaders often choose routes that are particularly well-suited to these types of bicycles, as they typically go much faster downhill and flat sections, and slower uphill, than single bikes.

Weather Notes

A ride description may contain minimum GO conditions—limits of temperature or chance of rain, given as “temp/Chance” e.g., “40º/35% or less. Otherwise, the ride will be cancelled. Temerature is a maximum in the summertime. A general rule is that a ride is cancelled if there is rain at start time, or if it is winter, snow is falling, or roads are covered with ice and/or snow. The National Weather Service number is 703.260.0405. Call the Ride Leader if you’re in doubt.

June — Mondays

B/BB * 30ish * MD * 9:30 AM * Glen Echo Park (GLE)

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.

B: 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. 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

June — 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. If there is no posting, the ride is a go. The entrance to the Belle Haven picnic area is the first left off the George Washington Parkway going south, once you are completely through Old Town. (Note that the map on the website may be wrong.) Once you turn into the park, take the first left. We meet in the first parking lot on the right. Please use cell numbers the day of the ride only.

C: Lois Lightfoot * [LGLightfoot@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 * [jillian888@gmail.com] 202-674-1920

CC * 35 * MD * 10:00 AM * Buddy Attick Park (BUD) * 50 *

Budd 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* [rkdahlstrom@gmail.com] 301-758-2598
George Schneider [gbs319@juno.com]

CC * 14 * MD * 6:00 PM * Capital Crescent Trail (CCT)

Capital Crescent Cruise

Looking for a relaxed, social midweek ride? If so, join us for our weekly ride from Bethesda to Georgetown and back 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 * Laytons 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 Hippsley 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 BTV (Bike Transport Vehicle). B Ride Leader will not be at the ride on 21 June.

B: Bob Bernstein [bernstein55@yahoo.com] 240-593-2539
CC: ** contact Geng to volunteer **

**BB/A * 17-29 * MD * 6:10 PM * Laytons 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 Hippsley 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] 410-626-7470

**TANDEM/B/BB * 20-25 * VA * 5:15 PM * Fort Williams Pkwy, Alexandria Alexandria Tandum 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 stalkers 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

**C/CC * 18-23 * VA * 6:00 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 [*jfeerick1@verizon.net]

**BB/ * 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 paced 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 [ppte@peterklosky.com] 703-727-4939

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

**June — Wednesdays**

**CC (MH) * 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 riding. Riders meet in the parking lot at (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 * 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 for return to Mitchell Park. Please see the listing for said ride for map/GPS and cue sheet info. 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.

Rudi Riet [* rudi@songfta.com]
B: Dave Salovesh [salovesbh@gmail.com]
CC/B: Monique Sears [moniquesears@rcn.com] 202-256-5218
CC: Liz Milor [lmilor@comcast.net]

**BB/A * 22-30 (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! Come 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 Mountains of Misery or the Garrett County Gran Fondo (and it beats the pants off the repetition of laps at Hains Point). The return, as the daylight is fading, is flat and fast along MacArthur Blvd, good for working on speed and paceline skills. 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 no headphones or Bluetooth headsets are allowed in our group. Too speedy for your tastes? There is a B/CC group as well. Ride leaves from the stairs and “Speed Hump” sign at Mitchell Park, S St NW, between 22nd and 23rd Sts. There is street parking in the neighborhood, 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, icy conditions, 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 [noshbygosh@comcast.net]
A: Dave Helms [david.helms570@gmail.com]
A: Jonathan Mirsky [mirsky2207@hotmail.com]

**June — Thursdays**

**C (MH) * 21-29 miles * MD * 10:00 AM * Glen Echo (GLE) Glen Echo Loops**
Come out and join us for a new addition to the weekly ride schedule. We will go out mostly flat MacArthur Blvd, with one or two nice hills but the rest through scenic neighborhoods on quiet easy rolling roads or bike paths, including Potomac, Avenel, Glen Echo, and Palisades DC. Route/distance will vary each week. Rest stop at Starbucks Potomac Village or MacArthur Plaza. Lunch at one of several local eateries close to end of ride. The park address is 7300 MacArthur Blvd, Glen Echo, Md. The ride starts in the back parking lot; turn off MacArthur onto Oxford, follow it into parking lot.

Polly Choate [scooterpea@yahoo.com] 202-966-5571 (land); 202-538-5715 (cell)
B/BB * 15-25 * MD * 12:00 PM * Marriott HQ loading dock
**Thursday Noon Training Ride Bethesda**
Come join us for a rolling 15-25 mile ride every Thursday lunchtime. 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

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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

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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

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B-AA (MF) * 25 * VA * 6:00 PM * Wakefield Park, Annandale (WKP)
**Annandale Evening Speedworks**
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 Bradrock Rd. immediately outside of the Beltway (I-495).

Dan Lehman [rideSigns@yahoo.com] 703/241-9113

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C/CC * 20-25 * MD * 6:00 PM * Laytons Village SC (LAV)
**The Thursday Night Trainer**
This is a training ride for CC/C levels, to work on improving speed/climbing. We leave shortly after the faster riders lead out. Ride leaders 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.

CC: Martine Palminter * [mnaplinter@gmail.com] 301-787-4556
B: Vic Caldorola [vcalda@gmail.com] 240-602-8752

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B/BB/A * 20-30 * MD * 6:00 PM * Laytons Village SC (LAV)
**The Thursday Night Trainer**
This is generally a fast paced cooperative training ride through the Laytonsville 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

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B-AA (MH) * 18-25 * VA * 6:30 PM * Belle Haven Picnic Area (BEL)
**Belle Haven Blast**
This long-running and sociable training ride has a bit of everything. A relatively flat first half gives way to nearly unrelenting hills in the second half. Ride will focus on team building techniques with members riding together in pace lines. Riders will stop in case of mishaps or mechanicals. Ride leaders rotate in the pace line working to keep the team riding as a single unit and may establish or adjust speed limits for flat terrain. The ride will generally be broken into two groups, an A/AA and a B/BB, depending on turnout. The A/AA group will be limited to those who have demonstrated that they know the route and have the necessary fitness and group riding skills. The B/BB group will focus on developing fitness and group riding skills. Both groups will ride together until the Fort Hunt Park entrance, then separate into two groups going into the park. If needed, each group will stop and regroup with its own members at the top of Rebecca Drive.

Brian Dixon [bdixon@populationconnection.org]
Peter Czapiewski [czapmk@verizon.net]

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**June — 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

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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 someplace else. Check the listing before you head out. You can start off with me at Lake Needwood in the parking lot by the trail head, or I can pick you up along the way. If you want to meet me along the route, let me know by THURSDAY afternoon.

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

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

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

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

Check out our website to find the best rides for you!
CC * 35 * MD * 10:00 AM * Buddy Attick Park (BUD) * 50 *
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* [rkdahlstrom@gmail.com] 301-758-2598
George Schneider [gbs319@junio.com]

C/CC/B/BB/A * 21/25 * MD * 6:16 PM * South Germantown Rec Adventure
Playground (SGRAP)
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

June 3 — Friday
D/C * 19-32 * VA * 10:30 AM * Vienna Town Hall
West on W&OD
It is a socializing ride with comfortable speed, useful information about PPTC,
benefits of bicycling, and using bicycle more often for beginners, newcomers
and visitors. Please register to the ride or send an email. A helmet and signing
a waiver is required. Distance is depend of cyclists preference. To Herndon (19),
Smith's Switch Station (29) or Ashburn Barbecue (32). A socializing lunch after
ride nearby starting place, Vienna Town Hall. Parking: Vienna Town Hall place,
127 Center St. S or 135 Park St. SE and 128 Center St. S Vienna Elementary
School. It is a popular ride through town of Vienna, and cities of Reston and
Herndon and beyond on a nice setup bicycling trail in urban area, many places
to rest (benches and restrooms),to access trail with parking, eat and shopping,
passing by the new Metro Station in Reston and over and under passing major
streets in Reston. Site of interest are the historical train stations in Vienna and
Herndon. During bicycling season and good weather weekends, the trail is full
of bicyclists, walkers, joggers, skaters, etc. When passing people on the trail,
it is common courtesy to alert them that you are "PASSING!" (to the left, of course).
Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637

June 4 — Saturday
ALL * 0-40 * VA * 12:45 - 5:00 PM * Abrams Learning & Info.Sys., Inc.,
Arlington
Virginia Rider Leader Orientation & Refresher
Ride Leaders, experienced, new, or just curious aspiring Ride Leaders are
encouraged to attend this meeting and ride. We will meet with our fellow
rider leaders, share experiences, get the finer points of Virginia bike laws, and
accident management. Meeting will have beverages and snacks; there is an
optional ride after the meet-up. Directions: The meeting facility is adjacent to
Four Mile Run. There is a bike rack in the parking garage. For anyone wanting
to use mass transit, ART and Metro buses run from the Pentagon Station to the
Shirlington transit station which is 3 blocks from the office. The address is:
2800 Shirlington Road, Suite 1100, Arlington, VA 22206.
Agenda:
• 12:45-1:00 PM: Arrivals and Brunch (bagels, fruit, snacks, & coffee)
• 1:00-1:20 PM: Welcome and Introductions
• 1:20-2:00 PM: Pre-Ride Planning; Ride Leaders' Panel; Q&A
• 2:00-3:00 PM: Virginia Bike Laws and Accident Management
• 3:00-3:15 PM: Break
• 3:15-4:00 PM: Facilitated Discussion:
  • Leading Rides and Managing Riders,
  • Leader Roles and Responsibilities
• 4:00-5:00 PM: Focus Group - Growing Potomac Pedalers Presence in
  Virginia
• What are our Strengths & Weaknesses?
• Where are the gaps? Ride Classes & Locations
• Who and how can we partner with to improve our visibility and
  strengthen the Club’s services to the community?
• 5:00 PM Wrap-up and optional ride
Dave Helms* [Helms570@gmail.com] 301-466-5561
Stephen Krill [KrillJRS@gmail.com]
Linda Kolko [127LKolko@gmail.com] 301-785-1342

D/C * 20/23 * MD * 10:15 AM * Viers Mill RC (VMP)
Lunch at the Ale House
Bring helmet, ID, lunch money, and lock. Brief stop in Olney Manor Park. No
go if wet roads, call ride leader between 8:15AM and 8:30AM on the morning
of 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.
Chris Moriaty 301-270-3416 (before 8 PM)

C/CC * 24 * VA * 8:30 AM * Accotink UU Church (AUUC)
"To the River and Through the Woods"
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 the
parklands, enjoy wide paved bike trails and quiet residential streets. The starting
point is the AUUC parking lot located at 10125 Lakehaven Court in Burke,
Virginia. (It’s the first left south of the intersection of Fairfax County Parkway
and Burke Lake Road.) Lunch at Glory Days following this glorious ride.
CC: Steve Brown* [nicebrowns@verizon.net] 703-801-9617
C: Jeff Mankie [jsmankie@aol.com] 571-332-2130 (cell)

CC (MH) * 34/39 * VA * 8:30 AM * Thomas Jefferson Middle School (TJJ)
My Big Fat Greek Ride
Opa! This is essentially "Inside the Beltway" in reverse, with about 2,900
feet of climb, yet the hills seem less steep going in this direction. This is a
moderately hilly ride through pleasant suburban neighborhoods in Arlington,
McLean, Falls Church, Annandale, and Lake Barcroft. About four easy miles
from the ride, the end rides at St. Katherine's Greek Orthodox Church for their
Spring Festival, which includes Greek food, beverages, arts & crafts, music,
and dancing. You can eat well for around $10-12 (vegetarian dishes available).
Note early-ish start time, and please park on the south side of the Recreation
Center off of 2nd Street South. If the weather looks iffy, I'll post a status to the
PPTC site NLT 7:30AM.
Dave VanAmeidan [davevan23@gmail.com]

CC * 61 * VA * 9:00 AM * Veloville USA Bicycles & Coffee, Purcellville
Loudoun County Back Roads
One does not have to go far out of the city to ride on real country roads. This
route goes through the middle of Loudoun County, with stops in Middleburg
and Upperville, site of a cavalry battle during the Civil War. Call ride leader
if uncertain about the weather. The address for Veloville USA can be found at
velovilleusa.com. Possible lunch afterwards at the nearby Belly Love brewpub.
Linda Kolko [127LKolko@gmail.com] 301-785-1342
Steve Palincsar [ palincss@his.com ] 703-548-1585 (H); 703-655-8959 (cell)

CC * 63 * MD * 9:30 AM * Thomas Jefferson Middle School (TJJ)
Fairfield, Sachs Bridge Gettysburg Tour
A scenic tour of the Maryland and Pennsylvania farmland north and east of
Thurmont and the Catoctins, featuring visits to Mt Saint Marys College,
Fairfield PA, a trip across the Sachs Covered Bridge (the "most haunted place
in America," so it's claimed) and a tour of the Gettysburg battlefield. 3344'
of elevation gain. Route map and GPS files are here: https://ridewithgps.com/
routes/5031987 and the cue sheet is in the Cloud: https://goo.gl/3vp5tG
Steve Palincsar [ palincss@his.com ] 703-548-1585 (H); 703-655-8959 (cell)

CC/B * 30-60 * MD * 9:00 AM * Thomas S Wootton HS Parking (TWHS)
* 50%/60%
Rockville Saturday Morning Ride
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

Note early-ish start time, and please park on the south side of the Recreation
Center off of 2nd Street South. If the weather looks iffy, I'll post a status to the
PPTC site NLT 7:30AM.
Dave VanAmeidan [davevan23@gmail.com]
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 start times or the ride Facebook page (https://www.facebook.com/groups/potomacpedalers/), but generally we will start at 9 AM in spring and 8 AM in late spring/summer. The ride will leave promptly at the designated time. Come join us and enjoy the ride. 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 [abajit@gmail.com] 267-421-1438

CC/B/BB * 83/63/52 * 10:00 AM * Shepherdstown WV (University Paking Lot A)  
Back Roads Century Preview
The Potomac Pedalers Back Roads Century registration has just opened. Did you miss it last year? Want to know what put a smile on so many faces? Or just want to do something different from our usual weekend rides? We’ll have cue sheets that do the harder Half Century, Metric, Shortened Century. If you’d like to do the full Century or the easy 45 route, just ask me in advance for the cue sheet. Convenience stores occur about every 20-25 miles except that mile 62 of the Century is just a water stop at Poor House Farm so bring extra food to last between mile 40 and 71.6 (or 78 on 100 mile route).
- Century map: https://ridewithgps.com/routes/13577120
- Metric map: https://ridewithgps.com/routes/13206773
- Half Century map: https://ridewithgps.com/routes/13206719
- Easy 45 map: https://ridewithgps.com/routes/13466971

The 83 mile route is a combination of the Century and Half Century so load both. The 35 mile route is a shortcut of the Easy 45. Cue sheet will identify the short cut if anyone asks in advance. Directions: You can take WV-230 from US-340 just west of Harpers Ferry to a right on 230/Princess St entering Shepherdstown WV. Stay on Princess St to High St. You can take US-40 ALT / Old National Pike from 170 to Boonesboro, then left on MD-34, then entering Shepherdstown WV, turn left on High St. In either case, Parking Lot A is at the corner of Princess and High and entered from High St.
B (52-63): Jim Quinn [*] [quinnjoe.1@gmail.com] 301-916-8868
BB (83): Eric Pilsk [epilsk@gmail.com]
BB (63): Karen Berlage [karenberlage@verizon.net] 301-963-1488
CC (52 or more): Peter Klosky [peterklosky@yahoo.com]

? (35-45): TBD – will provide cues only if requested by a leader volunteer
? (100): TBD – will provide cues only if requested by a leader volunteer

June 5 — 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 mostly 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/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 40-45%/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 (MH) * 27 * VA * 9:30 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 [jmsmankie@aol.com] 751-332-2130 (cell)

C/CC * 25-30 * DC * 11:30 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 Anastasia Riverwalk Trail; the Hills in Anastasia & 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/.
Chris Roell [chris@bicyclespacedc.com] Shop: 202-962-0123; Cell: 202-607-5565

CC (H) * 53/39 * VA * 9 AM * Warrenton Park & Ride (WPR)  
Half Hilly – Half Century Variation
This ride starts in Airlie, VA 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 between Gainesville and Airlie, or pass the Park & Ride and go a half mile further to a BP gas station or Starbucks on the left. Join me for a ride through the lovely, peaceful countryside between Warrenton, Marshall, and The Plains. Most roads are quiet, lightly traveled with good surfaces. Both long and short routes include lovely Carters Run Rd (691), Blantyre Rd (628), and pass historic Airlie Conference Center. The long route includes one of my favorite roads in northern VA, Hopewell Rd (601), straddling the flank of Bull Run Mtn. The long route is 53.5 miles with ~2900’ of climbing (https://ridewithgps.com/routes/13556014). 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. The ride leader plans to do the long route. No-go if raining at 8am. If weather is questionable, check the PPTC Forum for a cancellation notice, posted no later than 7:30am the day of the ride, in “VA Ride News” under “Community” (http://www.potomacpedalers.org/forums/Topics.aspx?forum=109669), or call/email the ride leader.
Karen Hass [karen.hass@me.com] 571-205-5797 (cell)

CC/B * 47 * MD * 9:30 AM * Riley’s Lock (RIL)  
Circling Sugarloaf
Join us for this moderately hilly ride. As advertised, we will be circumnavigating Sugarloaf Mountain. The ride comes with plenty of shade and wonderful views. The rest Stop is at Dickerson Store 25.7 miles into ride. No go if rain or wet roads. On the day of the ride, if the weather is questionable, please check the Maryland “Ride News” section of the Potomac Pedalers website for an update, or, after 7 am, contact one of the Ride Leaders. All ride classes are welcome,
as long as you can read a cue sheet and change a flat tire. There is a porta potty at ride start.
BB: Monique Sears [moniquesears@rcn.com] 202-256-5218
CC: Ed Hazelwood [ehazelwood@comcast.net] 202-255-1787

CC/B (MH) * 40-50 * MD * 9:00 AM * Cabin John Regional Park
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 (CJR) 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 CJR 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 Robbins, 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/B (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 is a longer option (81 mi) that loops out to Castleton. The routes diverge at mile 25 and rejoin at the 1st rest stop. 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 tracks are here:
• 74 miles: https://RideWithGPS.com/routes/13644406
• 81 miles: https://RideWithGPS.com/routes/13644615
B: Janice Stoddle [Janice.Stoddle@verizon.net] 703-532-3021
B-tween: Clara Martinez [clara@clarameartinez.com] 703-801-4171
BB: Mike McCarey [msmccarey@cox.net] 703-218-0707

June 11 — Saturday

D/C/CC/B/B/A * 26-63 * MD * Black Hill Regional Park, shelter F
Black Hill Picnic Ride
This is the 21st annual ride from Black Hill Regional Park! This multi-grade, pot-luck picnic ride has attracted almost 200 riders in recent years; it’s a great time for all. You can bring the family and let them play by the lake or hike the park trails while you blast the hills. Or have friends and family meet you after the ride. Rides are planned to end around 1:00-1:30 p.m. Bring your favorite dish to share. See this issue of the Pedal Patter and the website for more details. Note the different ride start times, but all rides start at shelter F.
Harold Goldstein [mdbiker@goldray.com]
A * 63/54 (H) * MD * 9:00 AM * Black Hill Regional Park, shelter F
Tim Guilford, [tim@gui4d.net], 301-704-2723
Jonathan Mirskey [mirskey2207@hotmail.com]
BB * 63/54 (H) * MD * 9:00 AM * Black Hill Regional Park, shelter F
Karen Berlage [karenberlage@verizon.net] 301/963-1482

B * 54/46 (H) * MD * 9:00 AM * Black Hill Regional Park, shelter F
Jerzy Lamot [Jerzy@lamotconstruction.com]

CC * 46/34 (H) * MD * 9:00 AM * Black Hill Regional Park, shelter F
Martine Palmiter [mpalmiter@gmail.com]

C * 34/26 (H) * MD * 10:00 AM * Black Hill Regional Park, shelter F
Mike Divine [mikeandjoandivine@erols.com] 301/258-7820

D * 26 (H) * MD * 9:30 AM * Black Hill Regional Park, shelter F
Linda B. Kolko [127ikolko@gmail.com] [cell 301-785-1342]

MTB * MD * 9:00 AM * Black Hill Regional Park below shelter F by visitor’s center
For details on the MTB ride, contact ride leader. Look for an old white civic in parking lot.
Sean Johnson [susan@304biking.com] 240-274-8399

TANDEM * 40 * VA * 9:30 AM * Barrel Oak Winery, Delaplane
Barrel Oak Winery
Meet at Lower Parking Area in Barrel Oak Winery: 3623 Grove Lane Delaplane, VA 20144. Enjoy a scenic ride from the Barrel Oak Winery through Middleburg and back. After the ride enjoy the company of Tandem friends at the winery. Think about bringing your own picnic lunch or buying food from the winery.
Don and Kathie Brumbaugh [don@dandkbrumbaugh.com] 703-517-9345

C * 23 * VA * 10:00 AM * Pohick Bay Park (PHP) * 40°-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 * 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 [www.wmata.com/getting_around/bike_ride/guidelines.cfm]. We will meet in South Arlington at Crystal City Water Park, by the bicycle repair vending machine. The parking garage across the street (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; 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

CC/B * 30-60 * MD * 9:00 AM * Thomas S Wootton HS Parking (TWHS) * 50%/60%
Rockville Saturday Morning Ride
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 start times or the ride Facebook page (https://www.facebook.com/groups/rockvillewoottonride/), but generally we will start at 9 AM in spring and 8 AM in late spring/summer. The ride will leave promptly at the designated time. Come join us and enjoy the ride. 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

BB/A (H) * 72 * WV * 9:00 AM * Capon Valley Fire Company
Wardensville ClimbFest!
This route is a Rudi Riet classic. I'm doing Garrett Co Savage Century in late June, so let's explore the Wild and Wonderful state! This route includes old WV55 rollers, a stout climb up Howard's Lick, and a final climb out of Lost River up Mill Gap (WV16) into the W&JNF. Two stops with rest rooms, in Moorefield (Sheetz) and Lost River. Post ride re-fueling at Lost River Brewing Company in Wardensville. Ride Start: Capon Valley Fire Company (west parking lot) 190 East Main Street Wardensville, WV
RWGPS Route: https://RideWithGPS.com/routes/13610176
Dave Helms [Helms570@t@gmail.com] 301-466-5561

June 12 — 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 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/weekdayrides/.
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) * 40°-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 on this social ride, followed by lunch at one of the many restaurants in Shirlington (free parking in garages and lots on weekends). NO REGISTRATION is needed – just show up. We meet at 9:45 AM for a 10 AM departure on the brick plaza in front of the Shirlington Library / Signature Theater on Campbell Avenue in Shirlington (in Arlington). We select a restaurant, then go to lunch at about 12 PM. See you there!!!! [PS. Between 10 AM and 12 PM you are welcome to join the leader on the bike trails of Arlington (the Arlington Loop: traveling first on a portion of the W&OD Trail, then the Custis Trail, the Mount Vernon Trail, and the Four Mile Run Trail) with a rest stop in Lyon Village, and a brief regrouping at Gravelly Point. (Cue sheet on PPTC website). The 3-4 miles on the Custis Trail are hilly; the rest of the ride is pretty flat. Leader rides a slow "C" pace; all levels welcome (those wanting more or fewer miles may wish to continue up the W&OD and return to join us for the main event: lunch!) The ride leader is very likely to cancel the ride if the 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/CC/B (MF/MH) * 38ish&52ish * VA * 9:30 AM * Brentsville Park (BVP) * 18%/70%
Another Great, Unsung Brentsville Ride
We’ll be doing one of several interesting and pleasant routes mapped out by Len Wilkinson that start at this convenient, yet heretofore under-utilized ride start. (If you’re coming from inside the Beltway, it’d be easier to be Brentsville is even closer to your home and offers better riding than its more popular cousin, Nokesville. Put off by the awful traffic that now plagues I-66 on weekends? Come via I-95 instead.) Need more persuading: traffic is light and the route is mostly flat. (Unlike prescient Len, I can’t promise a tailwind.) Access the parking lot on the left side of the Brentsville Presbyterian Church. (Don’t park on the right side, because it’s Sunday and that’s for church-goers.) Extra credit if you contact ride leader via email before the ride for a copy of the cue sheet, so she doesn’t have to print out so many. Cue sheet will include options for shorter and longer routes. Ride leader will probably opt for longer at high CC/low B pace, but self-sufficient riders at any speeds welcome. No restrooms or water nearby, so plan accordingly.
Rita Zeidner [rrzeidner@gmail.com] Cell for ride day only: 703-401-5118

CC * 35 * MD * 9:30 AM * Silver Spring Metro/Silver Cycles
Greenbelt Loop via NW Branch Trail
Ride will leave from Silver Cycles at Dixon & Ripley Sts. Park in Bonifant St Garage 1/2 block from bike shop. After a hilly loop through Rock Creek Park, we cruise Sligo Creek Pkwy to NW Branch trail, stop at Bladensburg Waterfront Park on the Anacostia River, Lake Artemesia, to Greenbelt Metro Station. Go through tunnel under tracks (walk bike), return on Paint Branch trail through College Park. Food stop at 7/11. Trail is nearly all flat but there are hills through Rock Creek Park and last mile up to Silver Spring from Sligo Pkwy. Ride is 60 percent on paved trails. I will be in Whole Foods deli before and after ride.
Jerry Collins [jerrybike69@gmail.com] 240-281-4861

A/BB (VH) * 90 * VA * 9:00 AM * Eastham Park, Front Royal (EAS)
SkyTower
I had to miss Dave's lead of this ride in April --it was cold and dreary anyway- -, so am going to put it on the schedule again as it's one of my favorites. It starts as SkyMass but instead of coming straight back through the valley, we climb Edinburg Gap and then climb back over the gravel Woodstock Tower Rd (2 miles up and 3 miles down). The gravel was no problem on a road bike with 25s. Reports are that the gravel was in good shape in April. Rest stops in Luray and Woodstock with bathrooms; port-a-john at the ride start. There's a $10 entrance fee to Skyline but we usually have enough yearly passes among
us to get everyone in; be prepared to pay if we don't. Front and rear lights are a must for admittance to the park; don’t risk getting turned away at the gate. See http://RideWithGPS.com/routes/2326358 for the route's map & cues.

No go in rain or on really wet roads; check Google group Pedalrich for updates or call if in doubt.

Jim Sherman [cryptic22000@gmail.com] 571-232-0164

June 17 — Friday

All * 0 — 100 (Rider’s Choice) * DC * 7:00 PM to Sunset * Hains Point (HAI)

Laps and Snaps

Three choices for participants: Do laps, take photos, or be the subject of photos. Great spot for sunsets over the water, with fill flash, silhouettes, action shots, team shots, you name it. Bring your favorite togs, shine up the rides, clean your lenses/renders and make the scene. Digital downloads available via email after the event. Meet at the picnic area.

Peter Klosky [pptc@peterklosky.com] 703-727-4939 (cell)

C/CC (MF&MH) * 37/52 * VA * 9 AM * Brentsville Park (BVP) * 45°/95°/50%

Creek Crossing

Mostly downhill with a tailwind. This fantastic ride uses some familiar country lanes and then goes south of Bristergo on roads that PPTC does not usually frequent. If you are pondering the short or long options, GO LONG - the additional miles are really great cycling. The short route ascends 1,200 feet - a flat-ish 35 feet per mile. The long route ascends 2,400 feet - 45 feet per mile with two short, steep climbs after two creek crossings. Short: https://ridewithgps.com/routes/3694957 ; Long: https://ridewithgps.com/routes/249529. IMPORTANT NOTE: Ride start is behind the Brentsville Presbyterian Church. HELMETS REQUIRED. I may cancel if the forecasted high is above 95 or chance of precipitation is 50% or more. Please check the PPTC ride forum if weather looks marginal. Toilet not available at start. Questions? Call me at home NLT 2 hours prior to ride start or on cell thereafter.

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

June 18 — Saturday

TANDEM * 50 * VA * 9:00 AM * DG Cooley ES

Berryville South 50

Meet at DG Cooley ES (old Clarke County HS), 240 Westwood Road, Berryville, VA 22611. This is the southern 50-mile loop of the old Back Roads Century in Berryville. Enjoy rolling countryside along quiet country roads in the middle of horse country. There are 29-mile and 44-mile ride options; leaders will ride the 50 mile route. The 50-mile route features about 2200 feet of elevation gain. No-go if chance of rain 40% or greater.

Jean and Dan Leonard [dan@tlgl.com] 703-560-6111

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 [w3aj@comcast.com] 240-299-3384

D/C (F) * 18 * VA * 10:30 AM * * Great Marsh Trail

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 but 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 cross 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 etery 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 meandering 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 “gates communities”. A lot of shaded areas help when the weather is hot, as does having the refreshments at the State Park.

Greg Basheda [gbasheda@yahoo.com]

C * 45/35 * WV * 10:00 AM * Shepherdstown, WV (University Parking Lot A)

Back Roads Century Preview

The Potomac Pedalers Back Roads Century registration has just opened. Did you miss it last year? Want to know what put a smile on so many faces? Or just want to do something different from our usual weekend rides? I will be testing the new easier 35 mile ride and would love to have some fellow C riders along to give Jim Quinn feedback. Let’s see how easy it is! There is a convenience store along the way to grab a quick bite. Address is 301 N King St, Shepherdstown, WV 25443. We will meet in Parking Lot A. You have a choice to ride 35 or 45 miles and can decide that day. Easy 45 map: https://ridewithgps.com/routes/1346971

Linda Kolko [127lkolko@gmail.com] 301-785-1342

C/CC * 40/50 * VA * 10:15 AM * Bridgewater Community Center *

90%/50%

Middle River to Moscow

Plan to spend the day in the beautiful Shenandoah Valley riding gentle rolling hills and no traffic on my favorite ride, two hours from the beltway. PLEASE RSVP to ride leader. We park at the Bridgewater Community Ctr (N. Grove & Green St.). The Police Department is on the other side of the circular building’s lot. A 7-11, for a restroom prior to the ride, is next to the parking lot at N Main St and Dinkel Ave. Our cue starts a quarter mile down the road at Bridgewater College. Ride leader with do the 40-mile version, but a 50-mile version is on the cue sheet for anyone interested. Plan to head west on Route 66 from the beltway in Virginia NLT 8:00AM for a 10:15AM ride start. Directions: Route 66 West to Route 81 South, take exit 240 then right onto VA 257W (Dinkel Ave) to Main St, then right and QL onto Green St, Bridgewater. After the ride, we can stop at the Bluestone Winery (4828 Spring Creek Road, Bridgewater VA 540-828-0099) for a gorgeous view of the valley. It is a left on the way back at mile 39.6 before the bridge, but it’s a climb so it’s best to finish, pick up a sandwich at the Subway, and drive to it. If planning an even longer day or more than a day there, consider: Subway is on 610 Main St to get a sandwich to bring to the winery; Francesco’s Italian Restaurant is at 101 Main St; Harvey’s Homemade Ice Cream & Coffee Shop, 121 North Main Street. The Crimson Inn (16 Main St, 866-460-7454) is an unusual hotel and the only one in “downtown” Bridgewater. No go if roads are wet or rain probability is 50 percent or more. Email ride leader with any questions and if you plan to attend (so I can get a count in advance of the start time in case of a delayed arrival).

John Zebatto [jzebweb@gmail.com] 540-680-0077 (cell)

C/CC (MH) * 39 * MD * 6:00 AM * Cloversy Safeway (CLO)

Earlybird C/CC Ride

If your weekend schedule fills up, but don’t mind getting up a bit early, join us over the hills north of Olney. The route planned at https://ridewithgps.com/routes/4290703 covers 1800 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 start just after sunrise, but with a target pace of 10-12 mph we should finish around 9:30 a.m., 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.

Chris Morris [cjmorris67@gmail.com] 301-318-3182

CC * 33 * MD * 9:30 AM * Riley’s Lock (RIL) * 50%/50%

Western Montgomery Circuit

Mildly hilly ride along the familiar back roads out of Riley's Lock. One rest stop in Dickerson at the halfway point. Porta-potties at the ride start and rest stop at Dickerson Market. No go on wet roads.

Dale Hunt [dhunt175@yahoo.com] 202-299-0094
CC/B * 30-60 * MD * 9:00 AM * Thomas S Wootton HS Parking (TWHS) * 50%/60%

Rockville Saturday Morning Ride
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 1-2 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 start times or the ride Facebook page (https://www.facebook.com/groups/rockvilletwottonride/); but generally we will start at 9 AM in spring and 8 AM in late spring/summer. The ride will leave promptly at the designated time. Come join us and enjoy the ride. 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 * 61/44 * VA * 9:00 AM * Loudoun County HS (LOU)

Tour of Loudoun Valley
You’ll spend most of the ride with the Blue Ridge to the west and South Mountain to the east. The routes start at Loudoun County High School in Leesburg. The long-way heads counter-clockwise going through Waterford, Taylorsville, Lovettsville, Hillsboro, Round Hill, Airmont, Lincoln, and Purcellville before heading back to Leesburg. The short route, follows the long route to Hillsboro where it goes directly to Purcellville and then returns to Leesburg. Long Route map : http://RideWithGPS.com/routes/4407429. Short Route map to be posted closer to ride date. There are no major climbs, but there are hills, especially miles 5-14 and on the long route miles 38-45. The ride leader will kind of lead from the back. There are plenty of stores along the way, but I’ll aim to make the 61-mile route, a two-stop ride (Lovettsville 7-11, Airmont Store). The shorter route has one official rest stop at Lovettsville, but there are plenty of second stop options in Purcellville such as three breweries and the Veloville bike/coffee shop. There are no restrooms at the start, but there are stores and fast-food restaurants about a half-mile before the high school where you can stop. Got questions? Contact me, just don’t wait until the morning of the ride. No go in rain. Cancellations/ Changes will be posted here and the Google group "Pedalers".

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

June 19 — Sunday

Women * C * 16 * MD * 8:00 AM * Capital Crescent Trail (CCT)

Stylish Chicks, Fashion Tips, and Chocolate Drips
We ladies are going full out stereotypical with this ride. We will meet up for a 16 mile trip on the trails and neighborhood roads around Bethesda. We’re encouraging you to dress stylishly whether you’re a spandexista or a fashionista. We can trade tips on how to look good while biking before, during and after the ride. When we return to Bethesda we can head for Max Brenner, Georgetown Cupcakes, Paul’s Café or Quartermain’s for chocolate drips.

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

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) * 40%-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/CC * 25-30 * DC * 11:30 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 Arboratum; 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/

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

CC * 57/47 * VA * 10:00 * HM Pearson ES (HMP)

Rural Splendor Remix: Warrenton, Brandy Station
A scenic tour of Northern Virginia rolling farmland. Turning right out of the school, we’ll take Old Auburn Rd to a rest stop downtown Warrenton, then go south on 802, with the long route crossing the Rappahannock River and heading south on Myers Mill to Brandy Station and Remington, while the shorter route heads south on Opal Rd just before the Rappahannock. The routes rejoin in Remington, heading back to Casanova and Calverton on Balls Mill and Rogers Rd. Route map & GPS files are here: https://ridewithgps.com/routes/892606 for the 57 mile route andhttps://ridewithgps.com/routes/4391634 for the 47 mile route; the cue sheet is in the Cloud: https://goo.gl/OUyIbs 703-548-1585(H) 703-655-8959(cell)

CC/B (MIH) * 30-40 * MD * 9:30 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). Bathrooms are in the park. Relax in CJRP after the ride or stop at Cabin John Shopping Center (corner of Tuckerman Lane & Seven Locks Road) for California Tortilla, Subway, Broadway Pizza, Starbuck, Dunkin Donuts, Baskin Robbins, 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 cancelation before you head out.

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

B * 45/50 * MD * 9:00 AM * Snyders Market

Travilah Loop
We cruise on Beach Dr. through Bethesda, continue down to MacArthur Blvd, then up Persimmon Tree Rd to Potomac, and South Glen to Travilah Market. There will be an optional hilly 5 mile loop to Berryville Rd. After the rest stop or extra loop, we continue on Seneca Rd through South Rockville, then Tuckerman Lane to Beach Dr. Possible 2 rest stops. After ride pizza at Armand's.

Address: 1936 Seminary Rd, Silver Spring, MD. Directions: From beltway go south on Georgia Ave .3 mile to right on Seminary Rd (before Exon). Park in large lot on left opposite Snyders Market .

Jerry Collins [jerrycbike69@gmail.com] 240-281-4861

June 25 — Saturday

C/CC/B/BB/A * 20-70 * DC * 8:30 AM-9:30 AM * Georgetown Waterfront Park

Georgetown Tailgate Ride
This awesome multi-class ride caters to all bicyclists in the Club. While all rides will enjoy Beach Drive in Rock Creek Park and scenic northwest DC neighborhood roads, the routes vary based on ride class. The CC through A routes favor great quiet roads to Potomac and adjoining areas before heading back to DC along Beach Drive with one to two rest stops. These latter rides will feature rolling hills and periodic lung-inhaling climbs. All are welcome and encouraged to stay around at ride’s end 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 warmish. Note: we highly encourage folks to leave their vehicles at home. For those needing to drive, you can expect to travel around 10 miles if it is warmish. Note: we highly encourage folks to leave their vehicles at home. For those needing to drive, you can expect to travel around 10 miles if it is warmish.

No go in rain or very wet roads.

Denise Cohen [bikergal101@yahoo.com] 301-233-7535

CC/B/BB/A (H) * 71 * MD * 8:30 AM * Point of Rocks (POR) Wild and Wonderful

It's time to pull this beauty out of the files. This is a classic ride covering 3 states, and boasting big climbs, blasting descents, speedy flats, plenty of rollers, and great scenery all around. We can enjoy a sinful baked treat at the Sweet Stop in Shepherdstown and a post-ride ice cream at the new Rocky Point Creamery just east of POR on Rt 28. We will tackle Gapland, Hoffmeister, Reno Monument, and Marlu (the easy way). This is a fun but challenging ride that includes 4 Potomac river crossings and about 5500 feet of elevation. Come help the B leader celebrate his Birthday; I think it's his 40th! No go in rain.

BB: Liz Ginexi * [eginexi@gmail.com] 240/354-4721

A: Tim Guilford [tim @ guil4d.net] 301-704-2723

CC/B * 30-60 * MD * 9:00 AM * Thomas S Wootton HS Parking (TWHS) * 50%/60%

Rockville Saturday Morning Ride
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 – Poolsville - 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 start times or the ride Facebook page (https://www.facebook.com/groups/rockvillewoottonride/), but generally we will start at 9 AM in spring and 8 AM in late spring/summer. The ride will leave promptly at the designated time. Come join us and enjoy the ride. 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(H) * 56 * VA * 9:00 AM * Marshall P&R lot (MAR)

The Blue Rider
Come climb with us on the club's classic route. Bring your climbing legs; climate change hasn't lessened the grade.
CC: Emily Rogers [emroget@gmail.com],
B/BB: Bill Wingate *[bill@wlwmail.com] 703-791-9593

June 26 — 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) * 40°-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/CC * 40 * MD/VA * 8:45 AM * Poolesville H.S (POO)

Tour De Purcellville
Back by popular demand, the Tour De Purcellville. Starting from Poolesville, we'll ride out to White's Ferry and cross the Potomac river ($2 each way). From there we'll ride into Leesburg and pick up the W&OD path out to Purcellville. We'll do a short loop through this hysterical, I mean, historical town and ride back the same way. It's an easy ride except for one big hill on the way back to Poolesville. Address for Poolesville High School is 17501 W Willard Rd, Poolesville, MD 20837
Bill Resnicow [bresnicow@aol.com] 301-325-7056

C/CC * 39&53 (MF) * VA * 10:00 AM * Brentsville Park (BVP) * 45°or 95°/50%

Elk Run and BLT Clockwise
Mostly downhill and always a tailwind. The BLT sandwiches at the Elk Run store are my favorite! And we get there just at the right time to enjoy a snack and rest. There are many extended segments with no significant turns, but there are occasional curves. The long route has one taxing hill but both are otherwise mostly flat with a few minor elevation changes to enhance the splendor of the quiet roads with their pastured or wooded borders – excellent for a tandem or a Peloton. (Or you can take an unpublished short cut with the ride leader for a 45-mile route.) Ascent is a gentle 1,435’ or 37 feet per mile for the short route and 2,188’ or 41 feet per mile for the long route. Short: https://ridewithgps.com/routes/7662805 Long: https://ridewithgps.com/routes/7660752 IMPORTANT NOTE: Ride start is behind the Brentsville Presbyterian Church. I may cancel if the forecasted high is above 95 or below 45 degrees or chance of precipitation is 50% or more. Please call if weather looks marginal. Toilet not available at start. HELMETS REQUIRED. Questions? Call me at home NLT 2 hours prior to ride start or on cell thereafter. Len Wilkinson [len.wilkinson@verizon.net] 703-455-0368 (home); 703-350-9209 (cell)

C/CC * 25-30 * DC * 11:30 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 rest 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/.

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

CC/B (MH) * 40-50 * MD * 9:00 AM * Cabin John Regional Park

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/BB * 50/63 * MD * 9:00 AM * Walkersville HS (WHIS)

Turkey’ren’Sherry Half Century/Metric
If you did a hard ride yesterday (e.g. Wild and Wonderful), you’ll appreciate either of these much easier ride distances up to Taneytown with an option to do a little extra for the Metric before returning back to Walkersville. No restrooms at ride start.
BB: Karen Berlage * [karenberlage@verizon.net] 301-963-1482
B: Paul Huey-Burns [phueynburns@gmail.com] 202-255-2785
Contact communications@potomacpedalers.org to get an event on the calendar.

June 4  Virginia Ride Leader Orientation & Refresher, Arlington, VA
June 4  Back Roads Century Preview Ride, Shepherdstown, WV
June 5  BicycleSPACE Beginner Nice & Easy Ride, Washington, DC (repeats every Sunday)
June 5  BicycleSPACE Urban Adventure Ride, Washington, DC (repeats every Sunday)
June 11  Black Hill Picnic Ride, Boyds, MD
June 19  Women’s “Fashion Tips & Chocolate Drips” Ride, Bethesda, MD
June 25  Georgetown Tailgate Ride, Washington, DC
July 9-10  One Night Overnight Ride—Virginia Countryside, Charlottesville, VA
July 22-24  Shenandoah Weekend, Mt. Jackson, VA
Aug. 12-14  Allenberry Resort Weekend, Boiling Springs, 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

Pedal Patter First Class Mail

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

No Longer Wish to Get Pedal Patter in the Mail?

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

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

Potomac Pedalers Touring Club Membership Form

| Name: ____________________________ | New member [ ] or Renewing [ ] |
| Address: __________________________ | ______________________________ |
| City: ____________________  State: ______  Zip: ____________ |
| Home Phone: ____________________  Work Phone: ____________________ |
| E-mail address: ____________________ |
| Emergency contact: ____________________________________________ |

Number of cycling members if it’s a family membership: ____________________ Today’s Date: ____________________

PPTC is mostly a volunteer organization, and we cannot function without the assistance of many members. If you can help with any of the categories below, please circle the number.

This information will be added to the PPTC database.

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

Where or from whom did you hear about PPTC? ____________________

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

Please DO NOT print the following in the Membership Directory:

To subscribe or unsubscribe to Pedal Patter, visit the PPTC website.

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Member Dues

<table>
<thead>
<tr>
<th>1 year</th>
<th>2 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual: $30</td>
<td>$57</td>
</tr>
<tr>
<td>Family: $37</td>
<td>$69</td>
</tr>
<tr>
<td>Lifeline: $300</td>
<td>$350</td>
</tr>
<tr>
<td>Student: $20</td>
<td>n/a</td>
</tr>
<tr>
<td>1st class postage: $13</td>
<td>$26</td>
</tr>
</tbody>
</table>

PPTC Membership Total: $______

Voluntary Contribution: $______

PPTC Community Services Grant: $______

Total Amount: $______

Individuals must be 16 years older. Pedal Patter is mailed bulk rate. 1st class delivery is available for an additional $13 per year.

Payment: [ ] check  [ ] credit card  [ ] VISA  [ ] Master Card  [ ] Discover  [ ] American Express

Name on card ____________________________

Expiration Date (Exp): ______/_____

Amount: $______

Signature: ____________________________

Potomac Pedalers has several wheeled, hard-shell bike boxes (and one soft case) for short-term rental. The boxes are available exclusively to club members, and help keep your bike safe while traveling.

Demand for the boxes is high, particularly in the summer and fall. So reserve early.

The rental price is $20 per week, and $3 per additional day, with a $20 minimum fee (nonrefundable). You will need your own tools, including Allen wrenches and a pedal wrench, to disassemble your bike. These are not provided by the club.

Size: 46” by 30” by 10”. (Many airlines charge an oversized luggage fee of $50 or more each way; be sure to get specifics from your individual carrier.)

For more information, or to reserve a box, please email coordinator Ann Corran in Montgomery County or Adam Goldberg in Virginia. Include information on the dates of your trip AND approximately when you would like to pick up and drop off the box.

Adam Goldberg, adam@agp-llc.com, 202.507.9900
Ann Corran, anncorran@gmail.com, 301.439.0631

Change of Address Form

- Notify the PPTC Business Office of your move, especially if your Pedal Patter arrives via third class mail (the Post Office does not forward third class mail).
- Notify us by the 8th in order to affect that month’s mailing.

- Include your phone number and legibly print all information. What you print is what we will use as your record in the database, as well as your listing in the Membership Directory.
- You may use this form to simply change an e-mail address, phone #, a name, or zip code.
- Mail this form, ALONG WITH YOUR OLD MAILING LABEL, to: PPTC c/o Core Association Services, Inc. 200 Little Falls Street, Suite 205, Falls Church, VA 22046.

Name ____________________________

City: ____________________  State: ______  Zip: ____________

Day phone ______________________  Eve phone ______________________

E-mail __________________________

goes into effect on: ______________________