50th Anniversary Jersey

Our Club is 50 years Old! And that deserves a special Club jersey! Our Club was formed in 1967 — as a way to celebrate that groovy time we’ve decided to issue a commemorative jersey. Live and relive your “psychedelic cyclist” days!

This new jersey will be ready to order in early Spring. Announcements regarding availability will be made on our website, Facebook, Twitter, and Club email blast. Or visit www.potomacpedalers.org now to sign up for email notification.

New Website and Communication Methods

Big changes are underway with how the Club will be communicating with you, its members. Here’s what you need to know:

1) The new website is almost complete.
2) The April Pedal Patter will be the last printed edition.

First and foremost, the new website is nearly complete. For the past year our website team has been hard at work developing a website that will be more responsive and easier to use. The majority of website visits are to the Ride Calendar so creating a mobile responsive website was paramount to ensure Club members could easily access this information.

Along with the website having a new look, it will also be easier for Club members to submit both regular and impromptu rides! Right now, because of having to meet publication deadlines for Pedal Patter, rides for the next month need to be submitted three weeks in advance of that month (for example, rides for March, including those for the very end of the month, had to be submitted Feb. 9). Our Ride Coordinators are on the ball and fill the schedule with rides from an amazing core of ride leaders who do commit so far in advance, but we know, as a Club we could offer more to members and have more members willing to lead rides if we didn’t have to meet such an early deadline.

You may have noticed the abbreviated ride listings in the Pedal Patter the past few months, with the full listings available online. Our goal was to not only encourage people to go to the website for the ride listings, it was also to cut costs. Given the increased costs for production and declining print ad sales coupled with the added functionality of our new website, the ExCom voted to discontinue printing of the Pedal Patter.

This leads us to the second important change — the April issue of the Pedal Patter will be the last printed issue and the last issue you are mailed. The flexibility of the new website will allow for content that’s currently in the Pedal Patter to find a new home online. Not only will you be able to see the same great articles and Club updates more frequently, this information will be emailed to you monthly in the form of an e-newsletter. This information will work in tandem with the current email blasts and our Facebook page and Twitter and Instagram accounts.

This, the year of our Club’s 50th Anniversary, will see many changes. But most importantly, our Club will continue to evolve, to adapt, and take advantage of better technology and more practical ways to operate. Methods of communication are changing and the goal of communicating more effectively and more efficiently with Club members has been, and will remain, the driving force.
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
Ad rates are as follows: full page—$550; 1/2 page—$350; 1/4 page—$200; 1/8 page—$130; 1/16 page—$80. Discounts available for durations of 3 or more months. Contact the Advertising Manager at PPTCAdvertising@pobox.com.

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
Sherricore@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.

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.

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Notes from the Chair
by Bob Bernstein, chair

As I take on the mantle of chair, I thank you for your votes whether they were a vote of confidence or a matter of better him than me.

I also wish to thank Matt and the previous ExCom for all their hard work to improve the Club and your riding experience.

Four years ago when I last gave up the position to which you have appointed me, Club Chairs faded from the limelight and Club activities faster than Peter Segan on a downhill breakaway.

I still maintain that the Chair Award Matt bestowed upon me last year was not, as stated, for all the great things I had done for the Club, but for all the things Matt was going to ask of me in the future.

But keeping me involved allowed me to see the direction he was leading the Club and embrace the vision.

My plan is to build upon that vision and move Club operations from the semi-formal, labor in a few hands to a more business-like model where we make better use of all Club resources, tapping into the experience members bring from their careers, making each job’s requirements realistic in terms of scope and time.

With that, I would like to introduce you to the rest of the team who will be running your Club.

Nancy Avitabile will be the Vice Chair, Special Events. She will oversee the weekend events with the help of Rich Tepel, a former Chair, and, with the help of Mary Ann Breunig, the other social events we all enjoy.

Deb Reynolds is here with her sunny personality. Deb will be Vice Chair, Operations whose responsibility will be to oversee the new website, to keep Membership informed of Club activities including the transition of Pedal Patter to all electronic information dissemination, and to ensure that the Ride Coordinators have what they need to offer you the best ride options this side of the Mississippi.

Eric Pilsk has agreed to be Vice Chair, Century. The experience with the Century that Eric brings to the position will allow him and his team to run the Century efficiently without the last minute angst that has accompanied it in the past. Having someone to put the pieces in place early will make the running the event more manageable, allowing it to take its place among the premier cycling event in the country.

Waren Farb has been elected Treasurer. This job needs to be more than just keeping track of your funds. We need the ability to manage those funds in a fiscally responsible manner, identifying the optimal manner to raise funds commensurate with the value we are providing. I know that Warren is up to that task.

Paul Huey-Burns is a returning member of the ExCom. He has agreed to chair the Governance Committee, continuing the work that he and that committee have started last year.

Stephen Krill is the other returning member of the ExCom. Stephen will be leading the effort to obtain sponsorships which provide valued service to Membership and help keep the cost of being a member reasonable.

You have elected Mary Ann Breunig to the ExCom. As previously stated, she has agreed to chair the social special events committee.

You have elected Stephanie Tsacoumis to the ExCom. She has agreed to chair the Rest Stop Committee for the Century.

This is your 2017 ExCom. Please continue the support for them you have started today by volunteering for a committee. You can see all the committees and leaders on page 2 — send an email, get in touch. Your involvement makes a difference.

In the coming months, I hope to see you on the road, at social events and again next year at the Annual Meeting. Until then, keep the rubber side down.

Restructuring of ExCom

Starting in 2017, the ExCom will consist of the Chair, three Vice Chairs, the Treasurer, and four Members-at-Large. You may notice that the number of Vice Chairs has increased! There is now a Vice Chair Operations, a Vice Chair Special Events, and a Vice Chair Century.

At the December ExCom meeting the Governance Committee brought forth their suggestion to change the existing structure of ExCom from a Chair and Chair-elect (Vice Chair) to a Chair and three Vice Chair format to better align with budget groupings and to help the ExCom function more efficiently and effectively. As our Club has grown, our events and offerings have also grown. Then current Chair Matt Birnbaum and three previous Chairs Rich Tepel, Bob Bernstein, and Rudi Riet offered their experience of increasing responsibility throughout the years.

Matt estimated that his duties took 15-20 hours per month regularly, with the level of effort increasing threefold in the high season of June through September. Bob offered his perspectives around the year-long and increasing responsibilities around the Back Roads Century, then moving onto awards and annual meeting planning, and then transitioning to the next Chair. Rudi offered his perspectives on how the BRC consumes the Chair from April to September while also needing to handle Club politics and issues. And Rich offered his perspective, including his agreeing to chairing a second year only by delegating the BRC to someone else and estimated that he still spent 15 additional hours per week on the event.

For these reasons the Governance Committee determined the need to reorganize our leadership hierarchy. A motion was made to modify Article 6, Section 1 of our Club Bylaws to establish a Chairman, Vice Chairman Operations, Special Events, and BRC and the remaining positions. It was unanimously approved.

Continued on page 8.
Peter LeGrand Good Shepherd Award: PETER CZAPIEWSKI
Given to ride leaders who go out of their way to ensure that everyone on a ride feels welcome, keep an eye on stragglers, assist with mechanical problems, and even SAG the weary if necessary.

Rookie Ride Leader of the Year: AVRAMA KIM BLACKWELL
Rookie Ride Leader of the Year: ANN CORRAN
Given to an individual who has led his or her first ride for the club in the previous year and who has shown a subsequent dedication to continuing to lead rides and following the Ride Leader Guidelines.

Best Original Ride of the Year: DAVE HELMS for Tour de Cul de Sac
Given to the member who has developed the best original ride of the year.

Neal D. Molloy Volunteer Award: MARTINE PALMITER
An award will be given to the member or members who go above and beyond the call of duty in volunteering for the Club.

Linda Tischer Lifetime Award: JIM QUINN
Given to a member who has been a member for at least ten years and who has demonstrated leadership, selfless dedication, effective contribution and personal commitment in support of PPTC interests, goals and ideals over a number of years.

Chair Award: DEBI STRONG

Chair Awards for ExCom Service: MARTINE PALMITER, LEE LANGFORD, JOE PIXLEY, LINDA KOLKO, NANCY AVITABILE, and DAVE HELMS

On January 29, Potomac Pedalers held its Annual Meeting and celebrated the Club’s 50th Anniversary!

Pedalers mingled during lunch at various resource tables set up to inform members about Club events and initiatives. Very popular was the display showing the Club’s 50th Anniversary jersey! New members stopped by the Welcome table and members got information on the Back Roads Century, Farm Tour, special events, and learned how to become a ride leader from the other resource tables.

After lunch and catching up with friends we began the afternoon’s “entertainment.” This year, rather than a solo guest speaker, in honor of our 50th Anniversary, we had several long-time Club members talk about the Club’s history. The recurrent theme from all the speakers was about how the most valuable benefit of being a member has been the caring and camaraderie from fellow members.

First up, two Club pioneers, Larry Black and Shelley Honikman talked about the Club’s early days. Larry is a familiar face as he’s run Mt. Airy and College Park Bicycles for decades. Along with his stories, Larry displayed tables of bike and Club memorabilia. What a treat it was to take a trip back in time! Old bikes, jackets, patches, and Pedal Patterns from the 70s and 80s. Thanks to Larry for his considerable effort to transport and share a fraction of his collection. (Fun fact, Larry often participates in the High Wheel race in Frederick every August!)

Shelley Honikman spoke next, again talking about Club history and most notably his friendship with Peter LeGrand, for whom the Good Shepherd Award is named. Shelley spoke eloquently about Peter’s caring and concern for his fellow member and how Peter not only touched his life, but many others. Shelley went on to read the tribute he wrote for Peter after he passed away in the early 90s. Over two decades later it was nice for Club members to be reminded about Peter’s good deeds. Thank you to Shelley for sharing such a personal memory.

Other speakers included Mike Hieb and Eric Pilsk, who talked about the evolution of the Back Roads Century. Mike and his wife, Linda Tischer, ran the century for several years. They anticipated that the ride would grow if it was kept in one location, rather than moved around year to year. They were correct and, under their tenure as Century Coordinators, ride

[Image of Larry Black, Shelley Honikman, and Mike Hieb]
participation increased as the reputation of the ride grew and people looked forward to riding in the area every year. Linda Tischer should sound familiar — our Lifetime Award was created and named after her. Mike spoke of his wife’s desire to throw a really great ride and how the immense amount of work was a labor of love for her. Eric then talked about how Back Roads has continued to grow and about establishing the ride in its new Shepherdstown location.

Thanks also to John Zebatto who talked about the Club moving into a new Century (1), Liz Ginexi and Pam Willenz who talked about their own cycling journeys and path to becoming Club members, and Karen Berlage and Time Guilford who talked about being long-time cycling buddies.

Chair Presentation

After our panel presentation, outgoing Chair Matt Birnbaum talked about the past year, emphasizing the strength of our Club is the commitment of volunteers to creating quality rides and events. He talked about the success of the Back Roads Century and the continued goal of turning Shepherdstown into a weekend event.

Matt talked about how 2016 was another “investing” year in our Club. We continue to build our footprint in Shepherdstown and are nearing completion of the new website. Matt gave an update on the progress of the website and emphasized that it will ease ride listing headaches, allowing for more spontaneous postings. He also touched on how the new website will enable easier dissemination of the content currently available in the Pedal Patter.

Annual Award Winners Named

We are a Club rich with committed and caring volunteers. Perhaps the most joyful part of every Annual Meeting is when we name the year’s award winners. This year was no different - for the complete list, read the related article in this issue and be sure to congratulate these amazing folks.

New Executive Committee Named

The last item of the meeting was to announce and introduce the new ExCom. As the newly elected Chair, Bob Bernstein gave a brief talk about his vision of continuing to make the Club more efficient and accessible and he welcomed and introduced the new and returning ExCom members.

Many thanks to all PPTC members who helped to make the Annual Meeting such a success. We’ll do it again next year!
Meet the Rookie Ride Leader of the Year: ANN CORRAN

In recognition of leading your first ride this past year and showing dedication to continuing to lead rides. For helping to co-lead the weekly Germantown winter ride and for being a patient and conscientious ride leader.

Q. How does it feel to win?
Winning the Rookie Ride Leader of the Year Award (that’s a big capital “R” on the Rookie) from PPTC was unexpected and humbling.

Q. What does this award mean to you?
I recently led my first successful ride without making any wrong turns or losing anyone along the way, so my fellow PPTC riders are showing me faith and hope that I’ll keep plugging away at leading rides.

Q. When did you start riding with PPTC?
I started riding with PPTC in 2014 when I purchased my first road bike for a biking event with work friends. I work at an IT company, and the CEO needed to diversify his Air Force Challenge team with someone not under 40 and not male…I fit the bill. I went to REI, asked for an affordable road bike and started riding my Novara 2010. Growing up in a large family with one car, I had always biked for transportation, but I was totally unfamiliar with advanced shift levers, a skinny saddle, those clipless pedals, and an odometer. I practiced on the BWI loop for weeks before I summoned the courage to join a PPTC ride from Wooton HS. I managed to fall before even exiting the parking lot, but a very kind, advanced looking rider helped me up and assured me that every rider had done the same thing. I then got a flat tire 5 miles from the finish, and Robin Temin insisted on staying with me while I fumbled with a tube and air canister. She finally convinced me to accept an offer of help, and Dana Middleton changed the tire in about 2 minutes along with more encouragement to keep cycling. With the support and kindness of those folks on the BWI loop, I eventually rode together back to the start.

Q. What’s your favorite moment/memory of riding with PPTC?
On a ride out of Glen Echo in 2006, I met my future husband Bill when I was riding with Liz Milor who noticed that my back brake was rubbing. Once fixed, Bill and I eventually rode together back to the start.

Q. What’s your favorite ride or area to bike in? How did you decide to get involved with PPTC beyond just going on rides?
In 2004 I moved to Montgomery county and came to love the freedom of biking in the Ag Reserve. I could leave my apartment on my bike and within 5 miles I was on a country road with cornfields on either side. I helped develop a ride called Finally Fixee Friendly after joining the fixee ranks.

Q. What’s your favorite moment/memory of riding with PPTC?
In recognition of your dedication to Potomac Pedalers and your consistent work to ensure the Club’s success. Debi, despite coping with a long rehabilitation from an injury, you channeled your resilience to the betterment of our Club. You spent hordes of hours helping recruit and organize over 100 volunteers for last year’s Back Roads Century. Always smiling, always delivering, you are a force on wheels.

Q. How does it feel to win?
I was completely surprised at winning this award!! Knowing the efforts of so many others I really didn’t expect to receive any special recognition. But I’m pleased to know that I made a difference.

Q. When did you start riding with PPTC?
I moved to the DC area in January 2001 without knowing a soul. My bike mechanic in Iowa suggested I join PPTC to meet people and it was the best advice I’d received. I started with rides in VA and fell in love with the beauty of the Virginia countryside.

Q. What's your favorite ride or area to bike in?
Currently my favorite ride is the Downtown Breakaway. It’s a tough ride but so cool to be riding all these back roads to get to Bethesda during mid-week rush hour. My goal is to get back to the ride this summer.

Congratulations to Debi! Your efforts do make a difference!
Meet the Rookie Ride Leader of the Year: AVRAMA KIM BLACKWELL

In recognition of leading your first ride this past year and showing dedication to continuing to lead rides. Your “Coffee to Coffee” series showed creativity and commitment to rider enjoyment and safety.

Q. How does it feel to win?

Wow, I am flattered, and honored.

Q. What does this award mean to you?

It encourages me to keep doing this ride.

Q. When did you start riding with PPTC?

Too long ago. Probably more than 20 years ago, then I stopped, and then started back again a few years ago.

Q. How did you decide to get involved with PPTC beyond just going on rides?

Two reasons: 1. I had a ride I enjoyed and thought it would make a good club ride. 2. more sleep: I wanted more rides that started near where I lived so that I didn’t have to wake up too early and drive too far to the ride start.

Meet the Neal D. Molloy Volunteer Award Winner: MARTINE PALMITER

In recognition of going above and beyond the call of duty in volunteering for the Club. Your selfless and constant giving to ensure the success of Club includes being a super volunteer for the 2016 Back Roads Century where you kept everyone on task, organizing the successful 2016 Farm Tour, organizing the Maryland Ride Leader Training and producing a Training Guidebook, leading rides, and mentoring other Club members.

Q. Were you surprised you won?

I was surprised that I won this award because there are so many dedicated and deserving volunteers in the Potomac Pedalers bike club. However, I guess this was my year. I did enjoy all the activities I took part in planning or organizing, even though it was a heck of a lot of work and we always were looking for more volunteers. It seemed like a core group of people take on these leadership roles year after year, and we needed to find out a way to get more people involved. I was very heartened to find out that when you simply ask people to help out, and if you make it a team effort, they do step up and they do a great job and have a lot of fun. I think I learned a lot about relying on teams of volunteers to take on critical jobs in planning events, whether it was the Ride Leader Training in April, the Farm Tour or the Back Roads Century. There is a LOT to do to run this bike club — that was an eye

Meet the Linda Tischer Lifetime Award Winner: JIM QUIN

In recognition of your demonstrated leadership, selfless dedication, effective contribution, and personal commitment of the Club. While being the Maryland “B” Ride Coordinator, you also nurture other ride leaders and are the “go to” person for mapping routes, earning the nickname of “GPS Jim.” You’ve played a critical role in the success of the “new” Back Roads Century in Shepherdstown, spending hundreds of hours developing, driving, riding, marking, testing, and sweeping the routes. Your work has been key to the success of many events, including the Farm Tour. You are a genuinely nice person, often assisting riders in difficult situations, a beloved riding companion, and a true asset to the Club.

Q. How does it feel to win?

I was skiing at Breckinridge, CO without email since I did not take a computer and do not need a smart phone (Heidi and The Donald know everything). I did check my “dumb” phone and saw a message “Congratulations …”. I ignored it thinking it was a scam. Later, I did look at it and saw “Congrats on Linda Tischer lifetime award”. I was amazed of course but laughed at my initial thoughts.

Meet the Linda Tischer Lifetime Award Winner: PETER CZAPIEWSKI

In recognition of your demonstrated leadership, selfless dedication, effective contribution, and personal commitment of the Club. While being the Maryland “B” Ride Coordinator, you also nurture other ride leaders and are the “go to” person for mapping routes, earning the nickname of “GPS Jim.” You’ve played a critical role in the success of the “new” Back Roads Century in Shepherdstown, spending hundreds of hours developing, driving, riding, marking, testing, and sweeping the routes. Your work has been key to the success of many events, including the Farm Tour. You are a genuinely nice person, often assisting riders in difficult situations, a beloved riding companion, and a true asset to the Club.

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“One Night Overnight” rides (ONO for short) are low key and low cost mini bicycle vacations that start not more than a couple of hours from the Beltway and will usually entail an overnight stay. Plan for the next scheduled ONO Ride now!

**Virginia Countryside ONO June 17-18**

This is a 52 mile per day rolling ride in pretty Virginia countryside from Orange, Virginia to Charlottesville, Virginia and back. Orange is a gracious and interesting starting city—with good late lunch or dinner options after the ride on Sunday and free, overnight parking in Orange at the Municipal Lot (address: 119 Bellview St; right at Main and the Post Office) behind the Town Office Building. For a unique pre-ride experience visit the Town Office Building. For a unique pre-ride experience visit the The Donut Cafe (515 N. Madison St, Orange, VA 22960; 540-672-2100).

The ride has been developed with input from the Blue Wheel Bicycle Shop and the Charlottesville Bicycle Club. It is uses light traffic roads that are interesting with views of farmlands and the Blue Ridge mountains to the west. The terrain is continuously rolling but there are no big climbs and all levels are welcome on the ride and invited to go at a comfortable pace as we have all day to get to our destination each day. A highlight is a rest stop at the gorgeous Glass House Winery at mile 34 to Charlottesville and mile 18 from C’ville on Sunday (for information below). The ride is cued from the James Madison Museum in Orange to the Amtrack Station in downtown Charlottesville VA, a short walk to its interesting mall.

This new ride premiered last year and got rave reviews:

- “We thought this was a GREAT route and despite the heat [we] had a great time on our first ‘group’ bike ride. Beautiful route!”
- “The winery as a half way point was a GREAT location and really allowed us to savor the route, and re-charge our batteries for the second half.”
- “That was a beautiful route — thanks for mapping the variety of scenic roads (with little traffic!). I’m sure that wasn’t easy. It was a great way to experience the area. Thanks for all the organizing.”
- “Despite the heat it was an excellent ride. All in all a great day...thanks for putting it together.”

**Important:** Charlottesville hotel rooms readily accessible to cyclists arriving downtown are scarce—and pricey. Make refundable reservations early if you intend to go! A block of rooms has been reserved at the University of Virginia Inn at Darden Event Center, 100 Darden Blvd, Charlottesville, VA $99 plus tax until May 18 2017. This is less than half the price of rooms in the area. Please call the Inn at Darden’s reservations department at (434) 297-7384. Callers must identify themselves as Potomac Pedalers Touring Club to be included in the guest room block. The hotel has a 48 hour cancellation requirement. All rooms contain a single queen size bed. You need only a change of riding clothes to carry on your bike to hotel it.

Continued on page 10.
Because we are using the hotel’s conference facility, capacity is limited to 100. Registration will be closed once the capacity is reached or on April 21, 2017.

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

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

Program Overview:

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

Event Pricing and Lodging:

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

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

### Pricing - Spring Thaw 2017 (no lodging)

<table>
<thead>
<tr>
<th></th>
<th>PPTC Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early bird price</td>
<td>$170</td>
<td>$195</td>
</tr>
<tr>
<td>(register by 4/1/17)</td>
<td></td>
<td></td>
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<tr>
<td>Standard price</td>
<td>$180</td>
<td>$205</td>
</tr>
<tr>
<td>(register by 4/1/17)</td>
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### Lodging Options (Must call to make your own reservations!)

<table>
<thead>
<tr>
<th>Phone</th>
<th>Rate</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holiday Inn</td>
<td>$109 (Wed., Thr.) $124 (Fri., Sat.)</td>
<td>Primary event hotel (special rate) IMPORTANT NOTE: We have a block of rooms reserved, but other than that the hotel is filled. When you call the hotel, please be sure to mention that you are with the Potomac Pedalers or the Eastern Tandem Rally.</td>
</tr>
<tr>
<td>Express</td>
<td></td>
<td>Across the street from Holiday Inn Express.</td>
</tr>
<tr>
<td>Hyatt Regency</td>
<td>$200 per night</td>
<td>Across the street from Holiday Inn Express.</td>
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<tr>
<td>Days Inn</td>
<td>$228-4444</td>
<td></td>
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<tr>
<td>Comfort Inn</td>
<td>$901-0926</td>
<td></td>
</tr>
<tr>
<td>Martinak State Park Camping</td>
<td>$820-1668</td>
<td>25 miles away</td>
</tr>
<tr>
<td>Tuckahoe State Park Camping</td>
<td>$820-1668</td>
<td>25 miles away</td>
</tr>
</tbody>
</table>

### Out of Bounds

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

### 2017 Rides

- **March 19**: Vasa Ride (Georgetown, DC) [http://www.waba.org/events/rides/vasa-ride/](http://www.waba.org/events/rides/vasa-ride/)
- **March 25**: Icicle Metric (Newark, DE) [http://whiteclaybicycleclub.org/events/icicle-metric/](http://whiteclaybicycleclub.org/events/icicle-metric/)
- **April 22**: TarWheel Century (Camden, NC), [riverrcitycyclingclub.com](http://riverrcitycyclingclub.com)
- **April 29**: Ocean to Bay Bike Tour (Fenwick Island, DE), [oceantobaybiketour.com](http://oceantobaybiketour.com)
- **April 29**: End Hunger Ride (Huntingtown, MD), [http://www.endhungercalvert.org/events/bike-ride/](http://www.endhungercalvert.org/events/bike-ride/)
- **May 6**: Six Pillars Century (Cambridge, MD), [6pillarscentury.org](http://6pillarscentury.org)
- **May 6**: Tour de Cookie (Rockville, MD) [http://treehousemd.org/tour-de-cookie](http://treehousemd.org/tour-de-cookie)
- **May 7**: Five Boros Tour (NYC) [http://www.bike.nyc/](http://www.bike.nyc/)
- **May 13**: CAP2CAP Bike Ride (Richmond & Williamsburg, VA), [virginiacapitaltrail.org/cap2cap-ride](http://virginiacapitaltrail.org/cap2cap-ride)
- **May 20**: Casa River Century (Shepherdstown, WV), [http://casarivercentury.org](http://casarivercentury.org)
- **May 21**: Storming of Thunder Ridge (Lynchburg, VA), [http://stormingofthunderridge.org/](http://stormingofthunderridge.org/)
- **June 3**: SMECO 75 Bike Ride ( Hughesville, MD) [https://www.smedco.coop/community/smecco75](https://www.smedco.coop/community/smecco75)
- **June 10**: Pax River Rural Legacy Ride (Upper Marlboro, MD) [http://www.ohbike.org/](http://www.ohbike.org/)
- **June 25**: Bay-to-Bay Ride (Betterton, MD) [http://chestertownlions.org/](http://chestertownlions.org/)
- **July 1**: DoubleCross (Middletown, DE) [http://whiteclaybicycleclub.org/events/doublecross/](http://whiteclaybicycleclub.org/events/doublecross/)
- **Sept 4**: Indian Head 100 (Indian Head, MD) [http://www.ohbike.org/](http://www.ohbike.org/)
- **Sept 9**: Amish Country Bike Tour (Dover, DE) [http://amishcountrybiketour.com/](http://amishcountrybiketour.com/)
- **Sept 9**: Civil War Century (Thurmont, MD) [http://www.civilwarcentury.com/](http://www.civilwarcentury.com/)
- **Sept 24**: The Cannonball Century (Hartwood, VA) [http://www.bikefred.com/cannonball](http://www.bikefred.com/cannonball)
- **Sept 30**: Savage Century (Newark, DE) [http://whiteclaybicycleclub.org/events/savage/](http://whiteclaybicycleclub.org/events/savage/)
- **October**: Culpeper Century (Culpeper, VA) [http://culpepercyclingcentury.com/](http://culpepercyclingcentury.com/)
- **Oct 14**: Seagull Century (Salisbury, MD) [http://www.seagullcentury.org/](http://www.seagullcentury.org/)
- **October 28**: Between The Waters Bike Tour (Eastern Shore of VA) [http://www.cbes.org/events.html](http://www.cbes.org/events.html)

### 2017 Tours

- **Mar 19-24**: Bike Florida (Elkton, FL), [http://www.bikeflorida.org/](http://www.bikeflorida.org/)
- **Apr 14-18**: Jamaica Reggae Ride (Jamaica), [http://cyclecaribbean.com/](http://cyclecaribbean.com/)
- **Apr 21-23**: BRAG Spring Tune-up (GA), [http://www.brag.org/](http://www.brag.org/)
- **Apr 28-30**: Cycle NC Coastal Tour (Oriental, NC), [http://cnc.ncsports.org/events/springCNCRide/](http://cnc.ncsports.org/events/springCNCRide/)
- **May 26-29**: Bike Club - Kent County Spring Fling (Camden, MD), [http://www.baltobikeclub.org](http://www.baltobikeclub.org)
- **June 3-10**: Bike Ride Across Georgia (GA), [http://www.brag.org/](http://www.brag.org/)
- **Jul 23-29**: RAGBRAI (Iowa), [http://ragbrai.com/](http://ragbrai.com/)
- **Jul 22-29**: Bon Ton Roulet (Finger Lakes, NY), [http://bontonroulet.com/](http://bontonroulet.com/)
- **October**: CNC Mountains to the Coast Ride (N.C.), [http://www.cncsports.org/index.cfm](http://www.cncsports.org/index.cfm)

### Hosts:

Rich Tepel and Megan Wholey: rich tepel@verizon.net
Become an Advocate
by Deborah Turton, Women’s Ride Coordinator
A few months ago I encouraged all of us women to get out and be advocates. I’ve compiled a list of groups that are cycling advocates. These groups listed below are all places where you don’t have to apply for a position, you can show up to meetings and add to the conversation.

- Fairfax Alliance for Better Bicycling
- Montgomery County Bike Advisory Group
- Prince George’s County Bicycle and Trails Advisory Group
- Alexandria Bicycle and Pedestrian Advisory Committee
- Washington Area Bicyclist Association
- Bike Maryland
- Virginia Bicycling Federation
- League of American Bicyclists
- Rockville Bicycle Advisory Committee
- Frederick Bicycle Coalition
- Bike Loudoun
- Mid Atlantic Off Road Enthusiasts - MORE

And how do you be a bike advocate? First and foremost you should ride your bike. Get comfortable going places and going places you don’t regularly go on your bike. Then when you go to a meeting, you’ll know the area, you’ll know the trouble spots, you’ll know the typical situations cyclists are involved in. You then will have the knowledge and experience to add to the conversation.

So obviously, the second action you can take is to show up at these meetings. When I attend MCBAG (Montgomery County Bike Advisory Group), I’m usually one of 2 or 3 women out of about a dozen attendees. And one of the women is running the meeting. It’s not even that I bring up ‘women’s issues’ but I do bring a slightly different point of view to the meeting, just like everyone who attends does. Studies show that women spend more time running errands. Does this affect you as a women, and how can the infrastructure help or hinder your efforts? Women are also more commonly the victims of street harassment. How does that affect your riding? Are there any other issues that you face as women on a bike? Advocacy meetings can be great places to bring these concerns up and meet others who can help.

Third, attend public comment or information meetings. Check the websites of your local planning commission, your advocacy groups and your government. They will list the local government public meetings where people can comment. You can also usually send comments if you can’t attend. When you do attend, you can show that cyclists do want better infrastructure and laws. It can sometimes take a lot of us making a lot of noise to convince lawmakers that we just want to get from point A to point B safely and efficiently. Advocacy groups also have meet your lawmaker days where you can talk one on one with your lawmaker. Both of these methods can be effective.

Fourth, correct misconceptions that people have about cyclists that you hear while you’re out and about. Call people out when they unfairly malign cyclists and agree with them when they fairly malign cyclists. There’s nothing like agreeing with someone to put them off their stride. You’ll know you’ve said enough when your friends start rolling their eyes.

I’ll be seeing you at an advocacy meeting soon.

### ONO Ride, Continued from page 8.

#### Restaurants:
Citizen Burger Bar (212 E Main St, Charlottesville, VA 22902; 434-979-9944) has excellent burgers! Many more choices on the downtown mall where this is located.

#### Bike Shop:
Blue Wheel Bicycles (941 2nd St SE, Charlottesville, VA 22902; 434-977-1870; Sat 10-5, Closed Sun)

#### Restaurants in Orange:
The Light Well (110 E. Main Street, Orange, VA 22960; 540-661-0004) or Wise Guys (118 East Main Street, Orange, VA; 540-661-9794) upon your return to the start on Sunday have good reviews.

The Glass House Winery (5898 Free Union Rd, Free Union, VA 22940; 434-975-0094; Bed and Breakfast 434-964-2190) is a beautiful winery with excellent wines and food trucks on weekends when we will visit.

#### Rules of the Road:
ONO rides are designed for self-reliant cyclists who are interested in a short “mini-cycling tour” experience that is low cost and low key. Riders make their own hotel reservations and carry their own overnight bag unless they have arranged their own support from a non-cycling friend/partner. For example, two or more riders can split the weekend ride/drive responsibility and carry luggage or arrange for just a one-way ride. If you or a friend is interested in arranging for or assisting in any car support please let ride leader know. This ONO ride is fairly “close in” but is likely to be a new experience for most participants. As always the ride will not go if inclement weather is likely. There is no specified rain date at this time. Please let ride leader know in advance of your plan to attend this event. Cue sheets are available in advance from the ride leader, John Zebatto, email jzebweb@gmail.com.
PPTC’s Monthly Ride Schedule

How to Read the Ride Schedule

Note: This ride schedule is accurate as of the editorial deadline for Pedal Patter. For the most up-to-date listings, please consult the Ride Schedule at www.potomacpedalers.org.

PPTC rides are described according to a standardized, easy-to-read format that always lists: (a) ride classification, (c) distance, (d) locality, (e) start time, and (f) start location.

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

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

The ride listing above is read a “B” class ride over hilly terrain (expected overall pace of about 12, 13 miles per hour), about 45 miles long, with a ride start time at 9:30am in Maryland from Poolesville High School. The ride will go if the forecast high temperature is 40˚F or higher, AND the chance of rain is less than 35%.

Ride Classification Table

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

<table>
<thead>
<tr>
<th>Ride Class</th>
<th>Route Use of</th>
<th>Rest Stop Intervals</th>
<th>Average Riding Speed (ARS)</th>
<th>(Miles)</th>
<th>(Miles)</th>
</tr>
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<tbody>
<tr>
<td>D</td>
<td>(H)illy</td>
<td>no</td>
<td>6.0–7.9</td>
<td>8.0–9.9</td>
<td>10.0–11.9</td>
</tr>
<tr>
<td>C</td>
<td>(M)oderate</td>
<td>no</td>
<td>8.0–9.9</td>
<td>10.0–11.9</td>
<td>12.0–13.9</td>
</tr>
<tr>
<td>CC</td>
<td>(F)lat</td>
<td>occasional</td>
<td>10.0–11.9</td>
<td>12.0–13.9</td>
<td>14.0–15.9</td>
</tr>
<tr>
<td>B</td>
<td>(M)oderate</td>
<td>occasional</td>
<td>12.0–13.9</td>
<td>14.0–15.9</td>
<td>16.0–17.9</td>
</tr>
<tr>
<td>BB</td>
<td>(F)lat</td>
<td>frequent</td>
<td>14.0–15.9</td>
<td>16.0–17.9</td>
<td>18.0–19.9</td>
</tr>
<tr>
<td>A</td>
<td>(F)lat</td>
<td>common</td>
<td>16.0–17.9</td>
<td>18.0–19.9</td>
<td>20.0–21.9</td>
</tr>
<tr>
<td>AA</td>
<td>(F)lat</td>
<td>common</td>
<td>18.0–19.9</td>
<td>20.0–22.0</td>
<td>22.0–24.0</td>
</tr>
</tbody>
</table>

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

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

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

Weather Notes

A ride description may contain minimum GO conditions—limits of temperature or chance of rain, given as “temp/chance” e.g., “40˚F/35% or less. Otherwise, the ride will be cancelled. Temperatures 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.

March — Mondays

B/BB * 30ish * MD * 10:00 AM * Glen Echo Park (GLE)
The Usual Monday Ride From Glen Echo
BB: Warren Farb [wfarb@mac.com] 301-320-4942
B: Cathy Wilson [cswilson@aol.com] 703-328-1029

B/BB * 30ish * MD * 5:00 PM * Frederick, MD (7th ST Starbucks)
The Starbucks Ride
B/BB: Darius Mark [darius.mark.mdge@statefarm.com] 301-418-6370

March — Tuesdays

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

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

March — Tuesdays

CC/B * 17 * VA * 6:00 PM * Wakefield Park (WKP) * 40˚ at ride start
Annandale Evening Excursion
Peter Klosky [pckt@peterklosky.com] 703-727- 4939 (cell)

B/BB/A/AA (MF) * 25 * VA * 5:45 PM * Wakefield Park, Annandale (WKP) Annandale Evening Speedworks
We start with Daylight Saving Time (DST), March 14th.
Dan Lehman [riDEsigns@yahoo.com] 703-241-9113

March — Wednesdays

BB/B * 30 * VA* 6:00 PM * Workhouse Art Center Parking Lot (Lorton VA)
Mason Neck Park Interval Training Course
The ride begins one 15 March, w/DSTime; it runs 4 weeks, until 5 April. (Read on about possible earlier start time.)
This course consists of a few steady moderate climbs (they are long for complete ride descriptions, visit our online ride calendar:
http://www.potomacpedalers.org/events
enough to get some lactic acid built up) and a good stretch of flat roads for tempo pace-line drills. The idea is to ride it like interval training segments to improve our Aerobic and Anaerobic conditioning. Expect the ride including the rest stop to take approximately 2 hours. I am going to ride at the BB pace. However B level riders are welcome to come and do their own version of the ride. Route: https://ridewithgps.com/routes/18710309 (note: Workhouse Rd is now paved and we will ride it to connect to Lorton Rd).

Possible earlier start time: If you can come earlier (at either 5 or 5:30 PM), email Rowshandel@yahoo.com 48 hours in advance to let me know. If enough people are interested, we can ride earlier, to avoid ending in the dark.

Park at the Workhouse Art Center Parking lot adjacent to Ox Road. On Google Map Satellite View, it’s the parking lot next to the little house with the red roof. There are no bathrooms there, but after the start we go down Occoquan Park to the River, where there are flush restrooms and we can stop there for anybody who needs to use them. The start site’s address is: Workhouse Art Center, 9518 Workhouse Rd, Lorton, VA 22079 (Go to the Parking Lot adjacent to Ox Road.)

Ride Tips:
• Put lights (front and back) on your bike. We might need them on the way back.
• On Gunston Road it helps to have a mirror so during pace lining you can see the cars coming from the back and make sure there is enough room for you to drop off of the front and join the back of the line.
• Bring a snack to refuel at the Rest Stop in Mason Neck Park (no concession stand at the park). There is water from the restroom faucet to refill your bottles, if needed. Mason Neck Rest stop offers a great view of the Belmont Bay and has a couple of rocking chairs and a bench to relax for a few minutes.
• No go in rain or very windy conditions.

Farshad “Farsh” Rowshandel [rowshandel@yahoo.com] 703-869-3004

March — Thursdays

B/BB/A/AA (MF) * 25 * VA * 5:45 PM * Wakefield Park, Annandale (WKP)

Annandale Evening Speedworks
We start with Daylight Saving Time (DST), March 16th.
Dan Lehman [riDEsigns@yahoo.com] 703-241-9113

March — Fridays

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

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

March 2 — Thursday

C (MH) * 21-29 miles * MD * 10:00 AM * Veirs Mill Park (VMP)

Glen Echo Loops
Come out and join us as we will go out mostly flat MacArthur Blvd, with one or two nice hills but the rest through scenic neighborhoods on quiet easy rolling roads or bike paths, including Potomac, Avenel, Glen Echo, and Palisades DC. Route/distance will vary each week. Rest stop at Starbucks Potomac Village or MacArthur Plaza. Lunch at one of several local eateries close to end of ride. The park address is 7300 MacArthur Blvd, Glen Echo, Md. The ride starts in the back parking lot; turn off MacArthur onto Oxford, follow it into parking lot.
Polly Choate [scooterpea@yahoo.com] 202-966-5571 (land); 202-538-5715 (cell)

March 4 — Saturday

TANDEM * 10 * MD * 11:00 AM * Kensington
Kensington Appetizer Ramble
Meet in Kensington, MD 20895, at 5017 Flanders Ave.
Ride through historic Garrett Park and Old Town Kensington as well as along more than a dozen artful “totem poles.” Course has gentle hills. Cancel if cold (40 deg or less) and/or if odds of precipitation are 30% or more (check DCtandems). 
Don Schneider & Jean Chin [jdon79@aol.com] 301-942-6330; cell for day of ride: 301-351-0149

C * 24 * MD * 10:30 AM * Harris Teeter/Olney
Olney Loop
Deborah Turton [d.turton@verizon.net] 301-482-0675
**Beginner D/D * 5-10 * DC * 10:00 AM * March 5 — Sunday**

Clara Martinez 703-801-4171

**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 day helps beginners to feel more secure riding in a group while learning to ride safely and comfortably on DC bike lanes and streets. The ride is 5 to 10 miles and travels at a pace of 5-10 mph that is on flats; the ride will always cater to the more novice riders who attend, so don’t be afraid that we’ll go farther than you are ready to go. Ride leaves at 10:00 AM and returns no later than 11:30 AM. Ride cancels in case of inclement weather- if the forecasted ride-time wind chill is for freezing or below &/or if precipitation is creating wet roads; cancelation notices are posted on Facebook/Twitter using the #BSPACErides and will show up on the ride page on our website. Shop address: 2424 18th St NW Washington, DC 20009. For more information on ride see: http://www.bicyclespacedc.com/weeklyrides/

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

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

**Lunch in Shirlington**
Another great ride from the original Ride-To-Eat™ production team! Both MEMBERS AND NON-MEMBERS are very welcome to join us for this social ride, followed by lunch at one of the many restaurants in Shirlington (free parking in garages and lots on weekends). NO REGISTRATION is needed – just show up. We meet at 9:45 AM for a 10 AM departure on the brick plaza in front of the Shirlington Library / Signature Theater on Campbell Avenue in Shirlington (in Arlington). We select a restaurant, then go to lunch at about noon. See you there!!!! [P.S. Between 10 AM and noon you are welcome to join the leader on the bike trails of Arlington (the Arlington Loop: traveling first on a portion of the W&OD Trail, then the Custis Trail, the Mount Vernon Trail, and the Four Mile Run Trail) with a rest stop in Lyon Village, and a brief regrouping at Gravelly Point. (Cue sheet on PPTC website). The 3-4 miles on the Custis Trail are hilly; the rest of the ride is pretty flat. Leader rides a slow “C” pace; all levels welcome (those wanting more or fewer miles may wish to continue up the W&OD and return to join us for the main event: lunch!) The ride leader is very likely to cancel the ride if the chance of precipitation is greater than 30%, or the wind speed is greater than 10 MPH. If the weather looks doubtful it is particularly important to check the Ride Schedule on the PPTC website for a late cancellation notice. Alternatively, you may email the ride leader before 9:00 AM Sunday to see if the ride is a go. Ron Trueworthy [Ron.Trueworthy@Yahoo.com]

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

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

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

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

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

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

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

GPS Tracks
30 Miles: https://ridewithgps.com/routes/12569485
40 Miles: https://ridewithgps.com/routes/17830615
45 Miles: https://ridewithgps.com/routes/11545043
48 Miles: https://ridewithgps.com/routes/11544596
50 Miles: https://ridewithgps.com/routes/6513567

A: Tim Guilford * [tim.guil4d.net] 301-704-2723
BB: Karen Berlage [karenberlage@verizon.net] 301-963-1482
B: Ann Corran [anncorran@gmail.com] 301-452-9104
B: Paul Huey-Burns [phueyburns@gmail.com] 202-255-2785
CC: Carol Linden [cdlinden@hotmail.com] 240-205-5035
CC: Peter Klosky [ppte@peterklosky.com] 703-727-4939

March 9 — Thursday
C (MH) * 21-29 * MD * 10:00 AM * Glen Echo (GLE)
Glen Echo Loops
Jessica Hirschhorn [hirhoward@yahoo.com] 240-286-4815

March 11 — Saturday
D (F) * 14 * MD * 10:30 AM * West Hyattsville Metro Park & Ride Lot
Lunch at The Original Ledo Restaurant
An easy ride (with lots of turns), mostly on several of the Anacostia Tributary Trails in P.G. County. (Trail map available online at http://www.pgparks.com/Your_Parks/Trails/Anacostia_Tributary_Trail_System.htm.) 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.wis.net/~cmoriarity.
Chris Moriarity 301-270-3416 (before 8 PM)

C (H) * 26 * MD * 8:30 AM * Veirs Mill Park (VMP)
Rock Creek South to Peirce Mill and Parkway Deli
Fred Carson [fearson@american.edu] 301-933-2919; (cell 202-714-8373 only on day of ride; no texts)

C/CC * 24 * VA * 9:30 AM * Accotink UU Church (AUUC)
To the River and Through the Woods
C: Steve Brown [nicebrowns@verizon.net] 703-801-9617 (cell)
CC: Jeff Mankie [jsmankie@aol.com] 571-332-2130 (cell)

B * 42 * VA * 10:00 AM * H.M. Pearson ES (HMP) * 42%/42%
Where Did I Leave That Towel???
Bruce Johnson [waterfordtrack@gmail.com] 703-742-8054

B/BB/A * 50/62/100 * MD * 9:30 AM * Walkersville HS (WHS)
Historic Bridges Century
Tim Guilford [tim.guil4d.net] 301-704-2723

March 12 — Sunday
Beginner D/D * 5-10 * DC * 10:00 AM * BicycleSPACE (Adams Morgan)
Nice & Easy
Philip Koopman [phil@bicyclespacedc.com] 202-821-6717 (cell); 202-232-4196 (shop)

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

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

CC (MF) * 39/45/53 * VA * 10:00 AM * Brentsville Park (BVP) * 45°/ 95%/50%
Elk Run and BLT Clockwise
 Mostly downhill with a tailwind. The BLT sandwiches at the Elk Run store are my favorite! And we get there at just 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 is glorious, and both are mostly flat with a few minor elevation changes to enhance the splendor of the quiet roads with their pastured or wooded borders. 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. (Or you can ride the 45 mile route.)
Short: https://ridewithgps.com/routes/7662805
Mid https://ridewithgps.com/routes/8140721
long: https://ridewithgps.com/routes/7660752

IMPORTANT NOTE: Ride start is in the gravel lot behind the Brentsville Presbyterian Church. I may cancel if the forecasted high is above 95 or below 45 degrees or chance of precip is 50% or more. Please call if weather looks marginal. On Sundays only, toilet available at BVP Presbyterian Church. HELMETS REQUIRED. Questions? Call me at home NLT 2 hours prior to ride start or on cell thereafter.
Len Wilkinson [len.wilkinson@verizon.net] Home 703/455-0368 or Cell 703/350-9209
C * 25/35 * DC * 11:30 AM * BicycleSPACE (K Street)

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

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

The Winter Ride
A: Tim Guilford * [tim.guil4d.net] 301-704-2723
BB: Karen Berlage [karenberlage@verizon.net] 301-963-1482
B: Ann Corran [anncorran@gmail.com] 301-452-9104
B: Paul Huey-Burns [phueyburns@gmail.com] 202-255-2785
CC: Carol Linden [cdlinden@hotmail.com] 240-205-5035
CC: Peter Klosky [pptc@peterklosky.com] 703-727-4939


We’re still in the spring training mode, taking it easy and not playing full games until opening day in April. The ride starts in downtown Warrenton and gets out of town via the rail trail. Then it’s south to the Elk Run store a rest stop at around mile 21. From there, it’s a wandering return via Midland. At Midland the routes diverge, with the short route heading north and the long route turning west to Remington where there are optional stop opportunities. The route is as flat as you’ll find in Northern Virginia. After the ride, Warrenton’s new brewery, Wort Hog, is an option two blocks from the start. I’ll post GPS cue sheets and maps closer to the ride date. There’s no restroom at the ride start. Stop beforehand at one of Warrenton’s fine gas stations and fill up on cheap gas.

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

No go in rain or high winds. If canceled, we’ll post a notice at the ride listing and the Google group “Pedalers”. Got questions, call or write, but don’t wait for the morning of the ride.

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

March 17 — Friday

C/CC * 34/41 * VA * 10:00 AM * Vint Hill Community Center * 38/45%

Lake Brittle by Bicycle
Directions to ride start location: I- 66W to exit 43B then L onto route 29 South, continue on 29S to L @ TL route 215 Vint Hill Road, R @ 652 Kennedy Rd, to L at Aiken Rd. Community center is 4235 Aiken Drive.
John Zebatto [jzebweb@gmail.com] 540-680-0077 (cell)

March 18 — Saturday

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

Carl Hess Millennium Trail Loop
Gordon Smith [wa3qkc@aol.com] 240-299-3384

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

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

CC * 26 * MD * 10:15 AM * Ross Boddy Community Center, Sandy Spring

Olney Spring Warmup
Get your winter legs warmed up for springtime riding, and meet other cyclists. We will start at the new Community Center in Sandy Spring, then head up into Howard County and Laytonsville, with moderate and short hills. We will lead at a friendly CC pace. Faster and slower riders are welcome but the ride leaders will stay between 13-14 mph. No drops if you can ride that pace. Brief rest stop at mile 10 (High’s at the Shell station in Glenelg). Optional post-ride lunch at the Urban BBQ (sandwiches, corn bread, beef, veggie burgers) near Brooke Avenue and Rt 108. The start is Ross Boddy Community Center, 18529 Brooke Rd, Sandy Spring, MD 20860, bathrooms at the start open at 10:00 AM. Cue sheets provided. Please come early as we roll out at 10:15 a.m.
Martine Palmiter [mpalmiter@gmail.com] 301-787-4556
Stephanie Tsacoumis [stephanie.tsacoumis@gmail.com] 301-922-3376

B/BB (MH) * 50-60 * MD * 10:00 AM * Point of Rocks RR Station (POR)

Birthday Spanking
Come out to help someone celebrate a birthday with a challenging & scenic venture from Point of Rocks. We might have a couple of route lengths to choose from, for more or less of what will be good, early season training for the legs. (If conditions are dubious, check the on-line schedule for updates.)
Keith Blinn * 703-201-3003
Clara Martinez 703-801-4171

March 19 — Sunday

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

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

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

Lunch in Sherrington
Ron Trueworthy [Ron.Trueworthy@Yahoo.com]
RIDE ★ VOLUNTEER ★ SUPPORT ★ FOLLOW

800 Athletes • 2 Days • Ride with Military Veterans • 2 Routes • 110-120 Miles • Fully Supported

RIDE TO GETTYSBURG WITH HEROES ★ ★ ★ ★ ★ ★
APRIL 28-30

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

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

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

CC * 25 * MD * 10:30 AM * Starbucks near Takoma Metro Station
Spring Beach to Creek
This is a new ride start. We ride some of my favorite hills in Rock Creek Park, some paved trails, cruise up Beach Dr with an optional stop at Old World Market in Kensington, and down Sligo Creek Pkwy for a food and social stop at Cheese Cake City in Takoma Park. Meet in front of Starbucks at Maple Ave & Carroll Ave, one block from Takoma Metro Station. There is limited parking here and across the street at CVS. As this is early in the season, I am keeping ride to 25 miles and a CC pace. Cheese Cake City, near end of ride, has an outdoor patio. Bring lock for indoor seating in case of cold temps.
Jerry Collins [jerrycbike69@gmail.com] 240 281 4861

CC/B/BB/A * 30/40/50 * MD * 10:00AM* South Germantown Rec Park-Adventure Playground (SGRAP)
The Winter Ride
A: Tim Guilford * [tim.guil4d.net] 301-704-2723
BB: Karen Berlage [karenberlage@verizon.net] 301-963-1482
B: Ann Corran [anncorran@gmail.com] 301-452-9104
B: Paul Huey-Burns [phueyburns@gmail.com] 202-255-2785
CC: Carol Linden [cdlinden@hotmail.com] 240-205-5035
CC: Peter Klosky [pptc@peterklosky.com] 703-727-4939

March 23 — Thursday
C (MH) * 21-29 * MD * 10:00 AM * Glen Echo (GLE)
Glen Echo Loops
Andrea Foster [alangfoster@gmail.com] 202-215-5007

March 25 — Saturday
C * 23 * VA * 10:00 AM * Pohick Bay Park (PHP) * 45°/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, 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/CC/B/BB/A * 30-60 * MD * 9:00 AM-10:30AM * Georgetown Waterfront Park
Georgetown Tailgate Ride - C RIDE LEADER NEEDED!
This awesome multi-class ride caters to all bicyclists in the Club. While all rides will enjoy Beach Drive in Rock Creek Park and scenic northwest DC neighborhood roads, the routes vary based on ride class. The CC through A routes favor great quiet roads to Potomac and adjoining areas before heading back to DC along Beach Drive with one to two rest stops. These latter rides will feature rolling hills and periodic lung-inhaling climbs. All are welcome and encouraged to stay around at ride’s end for a post-ride lunch at Mr. Smith’s pub across the street from the park. Note: we highly encourage folks to leave their vehicles at home with the Club helping with securing of the bikes at post-ride lunch. For those needing to drive, you can probably find free parking on residential streets above M Street or otherwise try www.spothero.com for discounts at the local parking lots.
Matt Birnbaum * [noshbygosh@comcast.net] 202-895-0979
Linda Kolko [127lkolko@gmail.com] 301-785-1342

• C * 23 * DC * 10:30 AM
  Mike Divine [mikedivine74@icloud.com] 301-258-7820
• CC * 30 * DC * 10:15 AM
  Bob Bernstein [rbernstein55@yahoo.com] 240-593-2539
• B * 30 * DC * 10:00 AM
  Monique Sears [moniquesears@rcn.com] 202-256-5218
• BB/A * 40-50 * DC * 9:30 AM
  The ride leaders expect to maintain a BB pace, but faster riders are welcome on the route.
  Matt Birnbaum [noshbygosh@comcast.net] 202-702-5720
  Matt Ossolinski [ossoarch@gmail.com]

CC/B/BB/A * 30-60 * MD * 9:00 AM * Thomas S Wootton HS Parking (TWHS) * 50°/60%
Rockville Saturday Morning Ride
In its 5th year, the Wootton ride is a regular fun group Saturday morning event, suitable for seasoned A/BB/B/CC riders. We ride from Rockville to Germantown, Poolesville, or Clarksburg with
frequent variations to keep it interesting. Typical ride lengths range from 30 to 60 miles and are moderately hilly (MH). Actual ride length and route for each week will be posted in advance. We make 1-3 rest stops depending on the ride length. We generally divide into two 3 groups – (A/high BB – average 17-20 mph), (slow BB/B – average 15.5-17 mph), and (slow B/CC – average 13.5-15 mph). Our attempt will be to not drop anybody as long as you can ride with the respective group’s average speed. We are highly safety conscious, so if you plan to ride in this group, you are expected to follow the ride leader safety cues and safe riding practices.

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. The cue sheets will be posted on our FB page and sent via email to those who provide their email address. We will bring limited cue sheets and expect regular riders to print their own cue sheet.

**B Ride Leader & Organizer:** Ajit Baid [baidajit@gmail.com] 267-421-1438

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**B * 54 * VA * 10:00 AM * Happy Creek Coffe & Tea**

**Rolling to Orlean**

Start location will be at Happy Creek Coffee & Tea., 6485 Main St, The Plains, VA. It is at the T of the first stop sign and Main. St. The map is from the RR tracks just a block away.

Map: https://ridewithgps.com/routes/12355572
Lee Langford [roadrider324@gmail.com] 571-216-0857
Ann Corran [anncorran@gmail.com] 301-452-9104

**B/B/A * 66 * MD * 10:00 AM * Monocacy Middle School (MMS)**

**Excessively Hilly Redux**
Tim Guilford [tim . guil4d.net] 301-704-2723

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**March 26 — Sunday**

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

**Nice & Easy**
Philip Koopman [phil@bicyclespacedc.com] 202-821-6717 (cell); 202-232-4196 (shop)

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

**Lunch in Shirlington**
Ron Trueworthy [Ron.Trueworthy@Yahoo.com]

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

**All Sundays On W&OD Trail**
Woody Lipinski [orsbicycling@gmail.com] 703-203-4934

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

**BicycleSPACE City Explorers**
Philip Koopman [phil@bicyclespacedc.com] 202-821-6717 (cell); 202-232-4196 (shop)
moments was completing the “Happy, Pain, Happy” (more like “Pain, Pain, Pain”) with Jim Quinn and Karen Berlage leading the way. I naively showed up for the ride on a humid day, still not quite understanding those elevation charts or grades. Jim welcomed me with a big smile and encouraged me each climb of the ride, and Karen flew down the hills and patiently waited for me at each rest stop. Completing that ride gave me the confidence to do the Civil War Century, and Lee Langford pulled me along for the final grueling, heat-dazed 10 miles.

Q. What’s on your schedule for 2017? Any bike goals?

Thank you to all PPTC ride leaders and members, and I hope to lead more rides in 2017 without wrong turns or losing anyone!

Congratulations to Ann! Thank you for not only leading rides but for also being the bike box coordinator in Maryland!

Welcome New Members!

Please welcome new and returning members to Potomac Pedalers:

| Lance Aug  | Jeptha Johnson |
| Steve Clark | Ethan Markus   |
| Susan Demsko| Christopher Rodeman |
| Joanne Gabor| Jeff Van Hise  |

Ann Corran, Continued from page 6.

moments was completing the “Happy, Pain, Happy” (more like “Pain, Pain, Pain”) with Jim Quinn and Karen Berlage leading the way. I naively showed up for the ride on a humid day, still not quite understanding those elevation charts or grades. Jim welcomed me with a big smile and encouraged me each climb of the ride, and Karen flew down the hills and patiently waited for me at each rest stop. Completing that ride gave me the confidence to do the Civil War Century, and Lee Langford pulled me along for the final grueling, heat-dazed 10 miles.

Q. What’s on your schedule for 2017? Any bike goals?

Thank you to all PPTC ride leaders and members, and I hope to lead more rides in 2017 without wrong turns or losing anyone!

Congratulations to Ann! Thank you for not only leading rides but for also being the bike box coordinator in Maryland!
Peter Czapiewski, Continued from page 7.

ride, don’t try to drop others. Instead, use your strength to control speed, or drop back and assist someone who may need just a little extra to stay connected. Admittedly, I’ve been guilty of riding off the front at times, but hope others see that riding for the group can provide a better workout and makes the ride a better experience all around.

Q. Did you know Peter Legrand?
I did not know Peter, but I do know a few of the past winners of his namesake award and they are all a joy to ride with. I am honored and humbled to be associated with this group of fine people.

Q. When did you start riding with PPTC?
I joined PPTC in the mid-1980s, so over thirty years ago. I knew of the club since I started riding seriously in the early 1970s, and joined when the club was running time trials, along with what is now the Clara Barton Parkway. I’ve been active ever since, and have made so many good memories and lasting friendships along the way.

Q. How did you decide to get involved with PPTC beyond just going on rides?
I started leading rides soon after joining the club because I thought it was the right thing to do. As a bonus, I got to choose the ride particulars — location, distance, terrain, tempo, and so on. I led some mountain bike rides for PPTC; before there was an ATB category, because I thought it was something cool that other riders would like to try.

Q. What’s your favorite ride or area to bike in?
I have to say the Belle Haven Blast that is one of my all time favorites. It’s our neighborhood ride, and even though we try to stay together within each classification group (A, B, CC), it’s still a challenging, fast paced ride. Some people are stronger on the hills, some are stronger in the flats, but when we all adjust a little to stick together it’s usually faster and certainly more enjoyable. As far as riding areas, the Blue Ridge Mountains in Virginia is at the top. I’ve ridden through quite a few places — including New England, the Pacific Northwest, the Southwest, England, and Italy — but always enjoy coming home to the beautiful Blue Ridge.

Q. What’s your favorite moment/memory of riding with PPTC?
I enjoyed riding with the AA class in the 1990s. We had a really close knit group that rode countless miles through the hills and mountains of Virginia, and eventually branched off into a racing team. Another good memory was staying at a beach house with group of friends from the club, and riding the Seagull Century in a steady paceline through the rain. The wet and cold was miserable at times, but the camaraderie made it worth the pain.

Q. What’s on your schedule for 2017? Any bike goals?
This year, I’m looking forward to continuing the Belle Haven Blast on Thursday nights starting in April. As for big rides, I’ve signed up for the Storming of the Ride to Neal and I was proud to be organizing that event this year.

Q. When did you start riding with PPTC?
I started riding with Potomac Pedalers in the fall of 2010, but due to a close cycling friend’s medical issue, stopped riding for a while. Then when he passed away, in 2013, I had a real need to ride again and get more involved in volunteering and meeting people. That’s when I decided I would be a Ride Leader. That’s where PPTC members Linda Kolko, Deborah Turton, and Mitch Stengel came in to my life. Even though I barely knew how to lead a ride, I asked them to co-lead with me and that’s the beginning. I had hardly even done many club rides when I decided to lead rides.

Q. How did you decide to get involved with PPTC beyond just going on rides?
I started riding with Potomac Pedalers in the fall of 2010, but due to a close cycling friend’s medical issue, stopped riding for a while. Then when he passed away, in 2013, I had a real need to ride again and get more involved in volunteering and meeting people. That’s when I decided I would be a Ride Leader. That’s where PPTC members Linda Kolko, Deborah Turton, and Mitch Stengel came in to my life. Even though I barely knew how to lead a ride, I asked them to co-lead with me and that’s the beginning. I had hardly even done many club rides when I decided to lead rides.

Q. What’s on your schedule for 2017? Any bike goals?
I plan on continuing leading the third year of CC/WannaB training rides out of Laytontown on Thursday nights for mid-level riders. I hope to get more active in the Potomac Pedalers initiative, with WABA, to get more women comfortable with cycling. Vic and I plan to do a 2-week Quebec bike tour again.—packing light!

Congratulations to Martine! Thank you for everything you’ve accomplished for the Club. You are a role model and inspiration!


Q. What’s your favorite ride or area to bike in?
I think the name is “Between the rivers”, which starts at MPS. I like the rural, shady and quiet roads.

Q. What’s your favorite moment/memory of riding with PPTC?
Two years ago I did the Nokesville picnic ride on a slightly rainy day. Hardly anyone showed up, but it ended up being not too wet and a great ride.

Q. What’s on your schedule for 2017? Any bike goals?
I’m hoping to ride 20 - 30 miles each weekend, and do more PPTC rides. I aimed for that last year, but somehow weather and/or work seems to get in the way.

Congratulations to Avrama and thank you for taking the plunge to lead rides! Your fellow Club members appreciate you. Enjoy the extra sleep!

Martine Palmiter, Continued from page 7.

openner. When the Bike to Work day came, I saw a way to easily add a new Potomac Pedalers “Bike to Work” stop in Twinbrook metro near my work, and Bob Manka, the lead on it, was very encouraging and made it easy. That is what I hoped to assist with in my two years on the Executive Committee, — enabling others to volunteer and using more teams. More hands make it more fun.

Q. How does it feel to win? What does this award mean to you? Did you know Neal Malloy?
It felt really great to be recognized since I loved working on events and meeting so many people who are enthusiastic about cycling, about friendships, about creating camaraderie and building a cycling culture in the metro DC area. I felt honored to be singled out for this award. I did not know Neal Malloy but heard a lot about him from others. I also felt touched by the tribute to him and his photo in our Farm Tour website that dedicated the ride to Neal and I was proud to be organizing that event this year.

Q. When did you start riding with PPTC?
I started riding with Potomac Pedalers in the fall of 2010, but due to a close cycling friend’s medical issue, stopped riding for a while. Then when he passed away, in 2013, I had a real need to ride again and get more involved in volunteering and meeting people. That’s when I decided I would be a Ride Leader. That’s where PPTC members Linda Kolko, Deborah Turton, and Mitch Stengel came in to my life. Even though I barely knew how to lead a ride, I asked them to co-lead with me and that’s the beginning. I had hardly even done many club rides when I decided to lead rides.

Q. How did you decide to get involved with PPTC beyond just going on rides?
After meeting so many great people on rides I led, it felt more like a community and I was asked by Linda Kolko if I could fill in a vacant Executive Committee position, to work on women’s rides and ride leader issues. My focus all year was to get more volunteers to help to make it a more fun and easier job. And I had fun. I was asked to interview other ride leaders and become an editor for a Ride Leader Rally article in Pedal Patter. I organized with Linda, the Ride Leader training 2 years running, organized this last year’s Farm Tour with a great group of team Leads, and helped on a team to organize the Back Roads Century. I was on the Women’s and WABA bike committee with got to work with even more new friends: Debbie McCall, Deborah Turton and Robin Sparer, Johanna Nathanson, and Brenda Ruby. I volunteered to teach a women’s workshop with them at the Wild Goose Chase ride this last summer.

Q. What’s your favorite ride or area to bike in?
I like to ride locally from my house if possible, or out of Sandy Spring. I love the Walkersville or Lancaster rides since they are just beautiful. My new favorite is bike touring. Vic and I plan to do a 2-week Quebec bike tour this last summer.

Q. What’s on your schedule for 2017? Any bike goals?
I plan on continuing leading the third year of CC/WannaB training rides out of Laytontown on Thursday nights for mid-level riders. I hope to get more active in the Potomac Pedalers initiative, with WABA, to get more women comfortable with cycling. Vic and I plan to do a 2-week Quebec bike tour again.—packing light!

Congratulations to Martine! Thank you for everything you’ve accomplished for the Club. You are a role model and inspiration!
Jim Quinn, Continued from page 7.

Q. What does this award mean to you? How is it different from the other awards?

It is always nice to hear a simple “thank you” and I have heard many of those from Matt and many others. But this is a special award that I never expected since my participation is doing the things that I love (maps, helping other event organizers, and making the routes safe and fun for all).

Q. When did you start riding with PPTC?

In 1993 I was riding alone in the Poolesville area. I kept meeting and eventually joined a small group of riders including Harold Goldstein. After their ride, they invited me to a picnic. You can’t beat food, beer, and good companionship on a bike ride so I joined the club and started doing the LAV and RIL weekday rides as well as weekend rides.

Q. How did you decide to get involved with PPTC beyond just going on rides?

As I transitioned from working full time to part time, I started creating rides and cue sheets for weekday rides with some friends with flexible schedules. Eventually, I led club rides and enjoyed learning the roads and creating the routes. When Bob Bernstein was looking for a replacement as “B” Ride Coordinator, I just thought it would be a good use of my spare time and repayment for the many rides that I had enjoyed.

Q. What’s your favorite ride or area to bike in?

I like riding north of Frederick into Carroll and Frederick counties and into PA because there are so many low traffic roads and it doesn’t hurt that rides start close to home. There are so many good rides to the “Unions”, Taneytown, McSherrystown, north or west of Gettysburg. Occasionally I venture over to VA for Loudon Loops or another favorite, SKYMASS. Can’t forget the BRC routes out of Shepherdstown. I like that we were able to find terrain and distances to satisfy a vast variety of riders. And there are more roads to explore!

Q. What’s your favorite moment/memory of riding with PPTC?

There are many special moments like the first year I reached 5000 miles with several friends cheering me to the finish line on Dec 30 just in the nick of time. The MOST SIGNIFICANT was in 1993, I bailed on the Tour De Thurmont ride and joined Krista B. and Steven M. for a century ride to Gettysburg. There were only two riders still lingering when we returned. I don’t know where the guy is but Heidi is now with me.

Q. What’s on your schedule for 2017? Any bike goals?

In early Dec 2016, I was about 75 miles from beating my high mileage year when I took a short pause for eye surgery. Unfortunately, I had an issue that caused blurred vision and did not get to ride again until Jan 4, 2017. So, I’m going for it again this year. I’d also like to break out of my cocoon and do a few more special rides. A Colorado skiing friend has been trying for 3 years to get me to do the Copper, Leadville, Vail MS ride...maybe!

Congratulations to Jim! Jim has been honored by the Club many times for his never-ending contributions! GPS Jim, we would be lost without you! Literally.

Last month’s article, Sign Me Up!, introduced the topic of “favorite local rides” and focused on four local rides to consider in 2017. In part two of this series, Scenic Backroads!, we’re exploring rides on our country roads.

When planning our outdoor riding, we have to balance the purpose of the ride with our schedule. Equally important is the consideration of where to ride. Not just because of drive time or the difficulty of the route but for the ambiance of the location.

Studies have shown that being exposed to a natural environment makes you function better. Even simple things, like looking at a scenic picture or walking outside enhance your well-being. (So, yes take another look at the pictures in this article for an instant boost!)

We are fortunate to have local bike trails, parks, and green space. On a beautiful sunny day, plan to share the paths/roads with walkers, children, dogs, runners, and other cyclists! Traffic can also pose its own challenges during peak commuting times.

On a weekend or maybe a random weekday, consider a ride in the countryside. Once you pick the area, go online and check out route options. In addition to the mileage and elevation statistics, some things you might consider in choosing your ride:

• Weather conditions. Checkout the forecast for where you are riding. It might be very different than your home/office.

• Retail SAG options. In case you need water, food or assistance, what options are available on the route?

• Day/Time. Are there local events that may add unexpected traffic? Sometimes a Saturday ride may encounter busy drivers with little patience for sharing their country roads with cyclists. Often we have found Sunday mornings an optimal time for planning a quiet country ride.

My Favorite Local Rides: Scenic Backroads

by Mary Ann Breunig

Continued on page 22.
An easy way to explore a new region is by joining one of the weekend rides offered by Potomac Pedalers, Meetup, or other cycling clubs. Some local regions to consider:

- Nokesville (Virginia). South of I66, rural, flat, lots of small towns.
- Middleburg/The Plains (Virginia). Wine and horse country, stone fences, rolling hills, Mount Weather and Naked Mountain.
- Barrel Oak Winery (Virginia). Start at the winery and end at the winery! Lots of loops of varying distances.
- Prince William Forest (Virginia). On my 2017 exploration list!
- Davidsonville, Poolesville (Maryland). Scenic, challenging.
- Sugar Loaf Mountain (Maryland). Challenging climb and descent; lots of options for routes and post-ride snacks!
- White’s Ferry Ride (Maryland/Virginia). Challenging rollers; great distance ride from either Virginia or Maryland.
- North Beach (Maryland). Descents and climbs as you follow the stream beds; flat land by the bay; a must do ride when water views are my goal!
- Urbana, Thurmont, Gettysburg (Maryland/PA). Real country-side, rolling terrain, farmland.

If you are willing to drive a little, an awesome summer ride is any part of Skyline Drive. The trees provide wonderful shade on a warm summer day. Go early before the traffic and heat of the day. It is challenging and breathtaking in its beauty. Plan to stop at the scenic overlooks to enjoy the moment. No cue sheet needed! You might be lucky and see a bear crossing the road right in front of you!

Appreciate nature and you will improve your well-being!

It’s your turn now!

Next month, in part three of My Favorite Local Rides, we tackle Urban Adventures! and how to put together an interesting ride using local trails.

If you are vegetarian, vegan, or have any other special dietary needs, please contact Lorraine at least two weeks prior to the ride weekend at lorrainemcall@cox.net or 703-360-0236 so we can accommodate your needs accordingly.

If you are interested in a triple room, please contact Cindy Marisch for pricing and availability. Hotel rooms have two double beds, or a queen bed, or a king bed. All have refrigerators. The Beacon Motel does not allow pets.

The cost of the weekend includes the following:

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

TO REGISTER: Visit www.potomacpedalers.org and click on the Lewes Weekend box.

PPTC Lewes Delaware Weekend 2017 Registration Open!
April 28-30, 2017

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

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

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

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- Free late checkout on Sunday with advance notice to hotel personnel.

CONTACT: Your hosts again this year are Lorraine McCall and Cindy Marisch. Cindy is responsible for registration and cue sheets. If you have questions about your registration please contact Cindy at csmarisch@gmail.com or 571-243-4576. Lorraine is responsible for the food catering. If you are vegetarian, vegan, or have any other special dietary needs, please contact Lorraine at least two weeks prior to the ride weekend at lorrainemcall@cox.net or 703-360-0236 so we can accommodate your needs accordingly.

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

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

TO REGISTER: Visit www.potomacpedalers.org and click on the Lewes Weekend box.
Get Your Cycling Event Posted on our Website

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

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

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

Sign Up For Potomac Pedalers E-mail Newsletters

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

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

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

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

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**PPTC Member Discounts / Participating Merchants**

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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

$1 drip coffee; $3 off bike rentals
**PPTC 2017 Events Calendar**

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

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<th>Event Description</th>
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<tr>
<td>March 5</td>
<td>BicycleSPACE City Explorers Ride,</td>
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<td>Repeats every Sunday.</td>
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</tr>
<tr>
<td>March 25</td>
<td>Georgetown Tailgate Ride,</td>
<td>Washington, DC</td>
</tr>
<tr>
<td>April 28-30</td>
<td>Lewes Weekend,</td>
<td>Lewes, DE</td>
</tr>
<tr>
<td>May 4-7</td>
<td>Spring Than &amp; Tandem Rally,</td>
<td>Cambridge, MD</td>
</tr>
<tr>
<td>June 10</td>
<td>Black Hill Picnic Ride,</td>
<td>Boyds, MD</td>
</tr>
<tr>
<td>June 17-18</td>
<td>One Night Overnight Ride—Virginia Countryside,</td>
<td>Charlottesville, VA</td>
</tr>
<tr>
<td>June 24</td>
<td>Women &amp; Wine Ride,</td>
<td>Poolesville, MD</td>
</tr>
<tr>
<td>July 7-9</td>
<td>Shenandoah Weekend,</td>
<td>Mt. Jackson, VA</td>
</tr>
<tr>
<td>Aug. 11-13</td>
<td>Carlisle Weekend,</td>
<td>Carlisle, PA</td>
</tr>
<tr>
<td>Sept. 17</td>
<td>Back Roads Century,</td>
<td>Shepherdstown, WV</td>
</tr>
</tbody>
</table>

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**PPTC Rents Protective Bike Boxes for Travel**

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

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

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

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

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

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

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**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 a volunteer organization, and we cannot function without the assistance of many members. If you can help with any of the categories below, please circle the number. This information will be added to the PPTC database.**

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

**Where or from whom did you hear about PPTC?**

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

Please DO NOT print the following in the Membership Directory:

- my entire listing  [ ]  my phone number  [ ]  my e-mail  [ ]

**Member Dues**

<table>
<thead>
<tr>
<th></th>
<th>1 year</th>
<th>2 years</th>
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</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$30</td>
<td>$57</td>
</tr>
<tr>
<td>Family</td>
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<td>$69</td>
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<tr>
<td>1st class postcard</td>
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<td>$26</td>
</tr>
<tr>
<td>PPTC Membership Total</td>
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<td>$</td>
</tr>
<tr>
<td>PPTC Community Services Grant</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Total Amount</td>
<td>$</td>
<td>$</td>
</tr>
</tbody>
</table>

*Individuals must be 16 years or older.*

**Payment:**

- check [ ]
- credit card [ ]
- American Express [ ]
- Visa [ ]
- Master Card [ ]

**Name on card**

**Card #**

**Exp. /**

**Amount $**

**Signature**

**Change of Address Form**

- Notify the PPTC Business Office of your move, especially if your Pedal Patter arrives via third class mail (the Post Office does not forward third class mail).
- Notify us by the 8th in order to affect that month's mailing.
- Include your phone number and legibly PRINT all information. What you print is what we will use as your record in the database, as well as as your listing in the Membership Directory.
- You may use this form to simply change an e-mail address, phone #, a name, or zip code.
- Mail this form, ALONG WITH YOUR OLD MAILING LABEL, to: PPTC c/o Core Association Services, Inc. 200 Little Falls Street, Suite 205, Falls Church, VA 22046

**Name**

**New Address**

**City**

**State**

**Zip**

**Day phone**

**Eve phone**

**e-mail**

**goes into effect on:**

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**Why Bike Alone?**

**Join PPTC!**

www.potomacpedalers.org

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

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

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

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

**Check out our website to find the best rides for you!**