Help Potomac Pedalers Sponsor 6 Pit Stops!

Several organizations come together each year to promote Bike to Work Day. Potomac Pedalers is a proud leader and sponsors several official “Pit Stops” which allows us a chance to showcase our Club, with members sharing what they know and talking about our rides and events.

For this event, the one common goal is to increase awareness and participation in bicycling as a method of transportation to work instead of driving alone.

For this year’s Bike to Work Day on May 20, every cyclist in the DC region can ride to work and visit one (or more!) of the organized Bike to Work “Pit Stops.” Just go to the Metro Bike to Work website to find pitstops and to register to ride: http://www.biketoworkmetrodc.org

by Harold Goldstein

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

Black Hill Potluck Picnic Ride  
June 11, 2016  

Save the Date!

Continued on page 11.
**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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**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.

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**WEB SITE**

www.potomacpedalers.org

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

**Website Technical Support**

For website technical support and to contact our webmaster, do the following.:

- Go to www.potomacpedalers.org
- Click on Contact Us (top of page)
- Click on Website Technical Support
- You’ll be taken to the Website Technical Support contact form
- Complete the form and press Submit

You can expect a response within 24-48 hours.

**PPTC Business Office Mailing Address**

200 Little Falls Street, Suite 205, Falls Church, VA 22046

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**PPTC ExCom Meeting Schedule**

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

**Mailing Information**

To receive Pedal Patter via first class mail, members must pay an extra $13 per year. Otherwise it is sent standard mail, which can take as long as 3 weeks, but usually only takes days. *Pedal Patter* is mailed between the 15–18th of the month. If yours hasn’t arrived by the 4th week of the month, call the Business Office to report this or any change-of-address. Remember to check your membership expiration. Membership remains uninterrupted only if renewed by the 5th of the expiration month.

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**Sign-Up Sheets Archives** Dan Lehman, 703.241.9113, rDEsigns@yahoo.com

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**Web Site Coordinator** Lee Langford

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

**Special Events Committee** Rich Tepel, richtepel@verizon.net

**Advocacy Committee** Dave Helms, Joe Pixley

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

**Volunteer Coordinator** Open

For questions about Club activities, please call the appropriate coordinator, committee member, or any ExCom member. For changes regarding this listing, please email Brenda Ruby at communications@potomacpedalers.org.
Notes from the ExCom
by Martine Palmiter, Vice Chair

This year's first ExCom (board) meeting in February welcomed new faces. After introductions, we got right to work. First the most urgent items were discussing the Strategic Initiatives: Communications and Business (Pedal Patter and social media, business sponsors); Website overhaul, Volunteer Recruitment, Ride Leaders, and Member Benefits; Grants, Fundraising and Outreach; the Back Roads Century, and Financial Sustainment and Governance. As these teams form and work, we welcome any volunteers on these teams.

Recent News Updates—

Bike to Work Day—May 20, 2016. The first 15,000 registered get t-shirts. Sponsored by the Council for Government and Washington Area Bicycle Association, try biking to one of the 80 plus “pit stops” with food, information, and camaraderie. Just go to the Metro Bike to Work website to find pit stops and to register to ride: http://www.biketoworkmetrodc.org

This year Potomac Pedalers will be represented at 6 sites of the in the DC Metro area, an increase from 4 sites in 2015. At each site PPTC participates in we will have a table with Club information and handouts, and talk to the riders as they come through. (See article!)

Back Roads Century—September 17-18, 2016 Shepherdstown, WV, Be There!

This will be our second year welcomed to this exquisite riding locale, in a friendly college town, and again with Saturday free rides and events to the historic sites in Antietam and Harper’s Ferry, and Sunday’s century

What’s in Your Bike Bag?
by Joel Katz

You have probably seen the credit card ad that asks: “what’s in your wallet.” I am changing that to ask what’s in your bike bag. I’ll tell you what’s in mine, then you can tell me what’s in yours.

• Spare tubes (2)
• Tire levers (3)
• Toilet paper (15 sheets)
• Cell phone
• Benadryl (for yellow jacket stings)
• Multi-tool
• AA batteries (2 for gps)
• Money (about ten bucks)
• Credit cards (Visa, Master Card, American Express – I never know which one is over limit)
• Medicare card
• ID and emergency contact card (my wife’s name is scratched out- she is sick of being called)
• Sun block
• Alcohol swabs
• Band aids
• Snacks

Have I forgotten anything? Let me know. What’s in your bike bag?
Scenes from the Georgetown Tailgate Ride

Georgetown Tailgate Ride, March 26 (C/CC/B/BB/A)— A cool Spring day and beautiful blossoms made this a ride to remember! Come out for this monthly multi-class ride and enjoy a treat on the Club afterwards! The ride this month takes place on May 21 and will feature a picnic. See the ride schedule for details.

Save the Date!

Back Roads Century Weekend
Sept. 17 & 18, 2016
Shepherdstown, WV
Online registration set to open in April!
Meet the Linda Tischer Lifetime Award Winner:
Beth Merricks

(Look for more award winner profiles in coming issues!)
The Linda Tischer Lifetime Award is 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 the support of PPTC interests, goals, and ideals over a number of years. This award bestows a Lifetime Membership.

Beth has been a member of Potomac Pedalers since 1988 and was awarded for her decades of work on the Message Committee, her yearly work at the Annual Meeting’s registration table, and for volunteering at the Club’s century since the mid-80s. She quietly but enthusiastically volunteers her time every month, year after year, to support and sustain the Club.

In spite of her years of service to the Club, Beth "was very, very surprised" to have won and feels honored and humbled to have been selected saying, "There are so many volunteers in the Club who deserve this award!!" This award is named after Linda Tischer, whom Beth remembers as "a wonderful person and tireless volunteer." Beth says she "was fortunate to have known Linda and always looked forward to seeing her and riding with her. She was a wonderful person and a tireless volunteer. I miss her and I know the Club misses her! I really don't see myself in her league."

A member since the mid-80’s, Beth said she got involved with Potomac Pedalers because she believes in getting involved and giving back to organizations and causes that mean a lot to her. "I've met many people and made many friends through my association with PPTC."

Beth says, "I've also been on many great rides over the years! PPTC bike rides have taken me to places I would never have gone otherwise." She doesn't have a favorite ride but spends her time riding in Maryland or Virginia, close to DC, or in Loudoun and Fauquier Counties and enjoys the Century, Farm Tour, and the Lewes Weekend in particular. Beth also enjoys the Club non-biking events, such as the Tour de France Party in July and the Volunteers’ Party and the Annual Meeting. "I enjoy these events because I get to see member I may not see on rides."

Unfortunately this year because the snow rescheduled the Annual Meeting, Beth couldn't attend on the new date — such an anomaly! Beth is "sorry she had to miss the Annual Meeting this year" and so are we!

As such a long-time member, Beth has seen the Club change and evolve. "I've seen a lot of changes since the 1980's, but the Club is substantially the same. There have always been wonderful, committed Club members!"

Potomac Pedalers is lucky to have Beth and thanks her for her years of service — a truly remarkable gift and we are the richer for it. Beth and all of our volunteers make the Club what it is.

ExCom Member Spotlight & a Rookie Ride Leader Award Winner
David Helms!

(Look for more ExCom member profiles in coming issues!)

David Helms (Member-at-Large) – Growing up, David says "I was always on a bike. The thrill of riding without training wheels was the first of many I would enjoy throughout my career on two wheels. The first purchase from my summer dish washing job in 1978 was a Motobecane Mirage, a very beautiful bike. I bravely rode the Mirage from Portsmouth (my home) to the Newport, RI, beaches on a whim ignoring the treacherous traffic, (never told my mom!); loved my first long ride, and was hooked!"

After a retirement from the Air Force, enter mid-life where biking had taken a back seat, David found himself in need of some positive changes. "I thought about my past, what made me happy. I set about rehabbing my old friend, the Mirage: new paint, wheel set, and tires, fresh grease for the internals. The project was a success. I started riding, first just a few miles, then a couple more, slowly building strength. Eventually, I searched for people to ride with, and found the Potomac Pedalers."

David started riding with the Club in 2009 "as a C/D rider, at a weight near 300 lbs. My story mirrors Greg Gibson's. As I shed weight, I gained skill and confidence, and rode with other alphabet classes."

David decided to get more involved with the Club when Karen Berlage was pleading for ride leader contributions. "I answered her call, wanting to give back what I received." Speaking of what Potomac Pedalers has given to him and why he wanted to join the ExCom David says, "I am truly grateful to PPTC and the wonderful people who keep it rolling. I have learned and drawn inspiration from the Club's members; to name a few: Greg Gibson’s healthy lifestyle journey, Jim Sherman's mobile mechanic skills, Jim Quinn’s mastery of route planning, Tim Guilford’s grit and determination, Davey Hearns’ grace and power, and group leadership from Rudi Riet and Mariette Vanderzon. Going forward, I hope to support PPTC in any way possible."

As for the Rookie Ride Leader Award, David was surprised to have won and grateful to be recognized. As a new ride leader, he didn't even know the award existed and says, "I think, by the award narrative, I may have to nuance my verbal hazard calls-outs."

David enjoys our areas incredible access to great riding and has many favorite riding areas. "I love The Plains, Laytonsville, Loudoun gravel, Montgomery Ag District, Skyline, Catoctin, Gettysburg, Antietam, DC, it's monuments, it's diverse neighborhoods and landscape, and the region's extensive trails. It's all good! We live in a beautiful region that begs for exploration. We are so blessed!"

As for a favorite memory of riding with the Club, David says, "Group riding on the Downtown Breakaway when the paceline is in perfect sync is special, but I also find climbing Middle Point, just me pushing against the mountain, is also an enduring memory."

On slate for this year is "Rough Roubaix, MoM, and, lots of climbing early on, then I'll play in the dirt thereafter." Other than that, "having fun and being safe. That's enough."

"In closing," David says, "I want to thank my wife, Jenifer, for her support of my hobby and all the time I spend pursuing it."

Congratulations on the award and welcome aboard the ExCom, David!
3rd Annual Ride Leader Training and Meeting ReCap

By Linda Kolko, Carol Linden, and Martine Palmiter

About 40 dedicated club members braved the frosty morning to attend the Third Annual Ride Leader training. Again, we were grateful so many new people showed up wanting to learn about leading rides with the Club, and that we had experienced leaders there as well to share their wisdom. We really valued all the Ride Coordinators who showed up to make this a success, and also Linda Kolko who provided all the great brunch food, and the clean-up crew. We ended the day with rides down Beach Drive, and the sun came out to push away the chilly morning. One thing mentioned by most: Leading Potomac Pedalers rides is a great way to meet other cyclists, and to ride with like-minded company, while choosing your own kind of ride, whether it’s a social ride with a post-ride meal, touring in a new area, or doing training or competitive or endurance rides. And most really enjoy helping others learn to improve their cycling or enjoy the friendly camaraderie of a shared ride experience.

Potomac Pedaler and former Montgomery County Police Officer Alan Felsen talked about legal riding practices in the County and how best to keep yourself and your riders safe.

Cue Sheets and Posting Rides

The cue sheets are important, as are Ride With GPS routes, but there is no one way to do it. There are those who feel comfortable with one or the other, but in general, Eric Pilsk, Deborah Turton and Tim Guilford made it clear that the cue sheets need to be readable (large enough size font, clear symbols), accurate (test ride your route for road problems), and have appropriate breaks and rest stops for your ride pace. This makes it possible for a person who gets separated from the group (which we don’t want) also able to make it through the ride. It is also helpful to note whether there are bathrooms or porta-potties at the ride start, and if not, where these can be found. Having the ride leader cell phone on the cue sheet helps riders who may need assistance. A new ride leader may find it easier to start leading by using a ride from the Cue Sheet Library, and even do the same few routes over and over. Riders are just happy to go on a ride, if you lead. Then, if you wish, you can use Ride With GPS, or use other route planning tools to create a new ride. The most important thing is to ride where you want to and feel comfortable with the route!

At the ride start, make sure abbreviations are clearly explained, that the ride is clearly explained and identify who is helping to lead or sweep. Ride leaders can ask for assistance from others to help lead or assist a new rider. Another thing mentioned by many ride leaders is the option to lead from behind. You can direct the more experienced and faster riders to go ahead, and you can stay in the middle or at the back of the group. You may wish to have short cuts available for slower or unprepared riders.

Get your ride posted in the Pedal Patter and the online calendar by submitting it to your Ride Coordinator. Rides are generally due by the second Monday of each month, but the Coordinators send out an email with the specific date around the first of each month. It’s important to include good descriptors in your ride narrative, such as availability of bathroom at the start, or the elevation, if your ride is a “no drop” or not, or if you will periodically regroup. It is also helpful to state the anticipated average pace of the ride. If you also post your ride on the PPTC MeetUp group, use more detailed descriptions and direct the riders to the PPTC website for more detailed information about the club rules and membership. Ride Coordinators can help you find a co-leader or broker a multi-class ride too! (If you would like to post rides on MeetUp, please contact Linda Kolko at 127lkolko@gmail.com and she will set you up as a PPTC Ride Organizer.)

Break Out Groups Tackled Specific Issues

The break out groups discussed a number of issues about leading rides. The CC/B group discussed having a sweep, or co-leader, and the option of doing multi-class rides with several ride leaders. Jim Quinn, Monique Sears, Ed Hazelwood and Carol Linden stressed the ease and fun of doing multi-class rides. It’s easier on the ride leaders to lead as a group, and riders can self-select their pace. New people who show up need to be identified by the ride leader so that they can be welcomed to the group, and possibly paired up with regular riders who ride the same pace. Ride leaders need to be ready for an unprepared rider, but posting clear ride descriptions may help new or uncertain riders select appropriate rides for their capabilities. In the long run though, as Ride Leaders, we need to model obeying traffic laws, leadership, and emergency preparedness. After all, we are a Club and we want to ride together, and encourage new riders. This means that leaders should attempt to help new riders to safely complete the ride, or find a ride back to the start. Others riders

Continued on page 7.
What I Learned from the Ride Leader Training

by Jennifer Coken

Amazing what you can learn on a Sunday afternoon and amazing the amount and variety of food you can eat! I walked into the Ride Leader Training at the Veirs Mill community room unsure what to expect. I was a bit timid to walk in at first because I knew so few people, but by the end of the meeting I had a bunch of new friends.

The Ride Leader Training was not only informative and interesting but did what all Potomac Pedalers events seem to do – created community. The day started with a welcome by our illustrious President Matt Birnbaum. If you haven’t met Matt, talked to him, or heard him speak, you should. He is a truly humble individual who makes sure that we (the volunteers) always know how important we are. I hope Matt knows how important his leadership is and how much we all appreciate the hard work of all of the leaders. (Matt don’t forget the bagel slicer you promised for putting in a good word for you.)

But I digress. The amount of experience in the room was incredible. There were people who had just joined Potomac Pedalers to folks who had been members since the group started. Although we had a Ride Leader panel, the panel was gracious enough to allow all of us to contribute. I learned something from each and every person who spoke. As they say, the mark of a true leader is when a group leads itself. Alan Felsen, a former Maryland Police Officer and Club member gave us a briefing on bicycle safety (mostly in MD) and the rules of the road. Even though I’ve been an avid cyclist for 20 years I learned a lot. Alan was gracious enough to take questions, too. We ended the meeting in small groups broken up by the different pace categories — there was C/D group, a CC/B group, and a BB-AA group. It was great to meet other riders in my group and discuss how we all could be better and even lead better.

I also met a big group of folks who lead rides I’ve wanted to do but have been too intimidated to try. I lead “C” level hill training rides during the summer, and sometimes ride “CC” rides. I’ve been kind of avoiding some of the “CC” rides because I don’t want to get left behind or cause myself injury trying to keep up. I met three wonderful Ride Leaders who “lead from behind” – a concept I love.

I can honestly say that because of this training I plan to participate more with the Club this year not only on “CC” rides, but also volunteering with the Back Road Century. It was an inspiring and educational meeting and I look forward to the next one.
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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*Members encouraged to sign up on website for notices of sales on tires, cassette, etc.  *Off all bikes excluding sales  *Off MSRP not sale price  *OFF MSRP, excludes sale items and custom frames  *Except custom wheel builds  *25% off pedals  *$1 drip coffee; $5 off bike rentals
**Have an Adventure! Discover the Indian Head Rail Trail & Area**

**July 29-31**

by Len Wilkinson

Are you feeling adventurous? Would you like three days of cycling the weekend of July 29-31? Or maybe just one of the days? Or a compromise of two? Come discover the Indian Head Rail Trail and rural roads on the peninsula!

The weekend follows the formula of last summer’s three-day weekend out of Bel Alton. Those of us who could make it had a great time. Last year on the third day’s ride, we were hailed by two very friendly locals who just wanted to chat and ended up giving us water, Gatorade, and banana bread. After about 30 minutes, we went on our way. This year’s ride goes on some of the same roads as last year but many different ones, too. So come see what surprises this weekend will have for us!

The various rides go east or south of Indian Head town on roads with very little traffic, albeit there are a few busier ones that are used as connectors and can’t be avoided. Each day’s route has two distances – 35 and 50 miles with the divergent (decision) point at about 20 miles. The routes are reasonably flat with 25-35 feet of ascent per mile, and the hilliest route – if you can call it that – has 1,753 feet of climbing over 51 miles, or 34 feet per mile. The easiest is 32 miles long with only 780 feet of vertical ascent.

It’s beautiful with fantastic, low-trafficked roads. Heavily wooded, too!

And even though most of the routes are somewhat remote, there are still ample rest stops and toilet facilities (although certain stores do not have public toilets).

The routes use some of the same roads as the Oxon Hill Bike Club’s Indian Head 100, and they are a cycling paradise. Traffic? What traffic? Also, I guarantee that the routes are “mostly downhill and always a tailwind.” If not, the price of the free cue sheet will be happily refunded.

As mentioned, you can ride one, two, or all three days and can drive to the start or join the hardy adventurers and stay at the motel. All rides start and end at the Super8 Indian Head, 4694 Indian Head Highway, Indian Head, MD. Please contact them directly on-line or otherwise if you would like to reserve a room. A non-smoking room with two double beds runs about $70 per night, which can be split between two. Meals will be at local restaurants as decided by the group.

IMPORTANT: Please contact either of the ride leaders no later than the evening before your ride as weather and riders’ preferences for a start time are factors; a 9:00 AM start is planned but may change. Also please note that cue sheets will not be left with the motel staff, so if you want to ride these glorious and mostly deserted roads you will want to be at the ride start at the flexible start time.

The routes were developed on Ride With GPS, and the cue sheets underwent heavy scrutiny. However, the exact routes have not been ridden, and stores on the maps may or may not be open. Consequently, please come with understanding and flexibility in mind.

We ride leaders and the other adventurous spirits will be at the motel regardless of the weather, but we may cancel the rides if the forecasted high is above 95° or chance of precipitation is 50% or more. Again, please call the evening before the ride for the start time or the morning of the ride if weather looks marginal.

To re-emphasize - contact me or Jeff no later than the evening before your ride to confirm the start time for the next day. On Friday morning we will not have access to the PPTC website nor will we be at our home phone. If you are running late and may not make the start, please call beforehand. HELMETS REQUIRED. Questions? Contact us!

CC ride leader: Len Wilkinson [len.wilkinson@verizon.net] 703-455-0368 (until Wednesday evening); or cell 703-350-9209

C ride leader - Jeff Mankie [jsmankie@aol.com] 571-332-2130
OUT OF BOUNDS

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

May 1
Ice Cream Century (Boonsboro, MD), http://www.active.com/boonsboro-md/cycling/races/ice-cream-century-2016

May 7
Six Pillars Century (Cambridge, MD), www.6pillarscentury.org

May 7
Tree House Tour de Cookie (Rockville, MD), http://treehouseemd.org/tour-de-cookie

May 14
Iron Furnace Fifty (Metric) (Snow Hill, MD), http://www.ironfurnacefifty.org/

May 14
CAP2CAP Bike Ride (Richmond & Williamsburg, VA), virginiaicapitaltrail.org/cap2cap-ride

May 15
Wild Goose Chase (women) (Cambridge, MD), http://www.friendsofbkwater.org/wild-goose-chase.html

May 21
ShoreBird Metric (Salisbury, MD), http://www.shorebirdmetriccentury.org/

May 22
Storming of Thunder Ridge (Lynchburg, VA), http://stormingofthunderridge.org/

May 27-30
34th Annual Kent County Spring Fling (BBC) (Chesterstown, MD), http://www.balksbikeclub.org/index.php/component/content/article/id=219

June 4
Tour d'Arc (Belair, MD), metric and less, arcncr.org/events/tourd-arc.html

June 4
SEMCOC 75 Bike Ride (Hughesville, MD), https://www.semcocoop.com/community/semcoc75

June 4
Total 200 (Washington, DC) http://www.total200.com/

June 11
Pax River Rural Legacy Ride (Croom, MD), http://ohbike.org/

June 25
Two Rivers Bike Ride (Centreville, MD), http://www.yweriesupperschool.org/support/special-events/two-rivers-bike-ride/

June 26
Bay-to-Bay Ride (Betterton, MD), http://chestertownlions.org/

July 2
DoubleCross (Middletown, DE), http://whiteclaybicycleclub.org/events/doublecross/

July 16
Ocean to Bay Bike Tour (Bethany Beach, DE), http://ocean2babaybiketour.com/

July 16

July 24
Firefighter 50 Bicycle Ride (Westminster, MD), www.firefighter50.com

Aug 6
Chocolate Tour (Hershey, PA), http://www.thechocolatetour.com/

Aug 6
Cumberland Valley Century (Boonsboro, MD), https://www.bikereg.com/cumberland-valley-century

Aug 13
Ride to See (Galena, MD), http://ridetosee.org/

Aug 27
Bay Country 100 (Owings, MD), http://www.abtcracing.com/events/bay-country-century/

Aug 28
Reston Century (Reston, VA), https://restonbicycleclub.wildapricot.org/page-1860693

Sept 5
Indian Head 100 (Indian Head, MD), http://www.ohbike.org/

Sept 10
Amish Country Bike Tour (Dover, DE), http://amishcountrybiketour.org/

Oct. 8
Seagull Century (Salisbury, MD), http://www.seagullcentury.org/

Oct. 16
Lifeline 100 – Anne Arundel County (Millersville, MD), bikeaaa.org/lifeline-100

Oct 22
Between The Waters Bike Tour (Eastern Shore of VA), http://www.cbes.org/events.html

Upcoming Tours:

May 13-15

May 21-23
Tour de Chesapeake (Mathews, VA), www.tourdchesapeake.org

June 4-10
BRAG – Bike Ride Across Georgia (Atlanta to Savannah, GA), www.brag.org

June 18-25
Great Ohio Adventure (Akron to Columbus, OH), bikevirginia.org

July 24-29
Bike Virginia (Owings, MD), http://www.abtcracing.com/events/bay-country-century/

July 23-30
The Bon Ton Roulet (Finger Lakes Region, NY), http://stormingofthunderridge.org/

Aug 6-13

Welcome New Members!

Please welcome new and returning members to Potomac Pedalers:

Aileen Adams
Nir Aran
Patrick Byrne
Tom Callahan
Andrew Cooke
Brad Czika
Jim Dick
Miriam Discenza
John Dodson
Alan Eisenberg
Kevin Fennelly
Melker Johansson
Jay Karandikar
Larry Kelsey
Keenan Kirk
David Matthew
Kate Morganti
Michael Morris
Mia O’Connell
Chris Peacock
B eth Poole
David Ramsey
Barbara Ransom
Craig Shapiro
Jim Shorter
Timothy Sitts
Sandy Thurston
Bo Tumasz
Michelle Viegas
John Wall
Rob Warren
Marty Weiss
Amanda Williams
Alan Young

PPTC is once again sponsoring a beautiful and relaxing biking weekend at the Allenberry Resort, located in Boiling Springs, PA, only 100 miles from Washington, DC and 115 miles from Philadelphia. Enjoy scenic rides past historic stone houses and barns surrounded by beautiful mountain scenery. Rides range in length from 11 to 75 miles, providing variety for all types of riders. Choose a ride to the Amish country store for browsing, a short ride for a cool snack, or a leisurely paced ride along the shady Yellow Breeches Creek. The routes vary from flat streambed valleys to serious climbs. There will be featured rides each day with leaders. The 57-acre Allenberry property has a large swimming pool, hot tub, and lighted tennis courts for our use. Attendance is limited to the first 50 people. Most rooms have double beds, and all have private baths. If three/four share a room, only two beds are provided. Indoor bicycle storage is available next to party room. Registration will open online in the next few weeks. This year there will be no play — the Resort has not scheduled any shows in their playhouse in 2016.

PRICE (for PPTC Members):

Single: $335 per person
Double: $285 per person
Triple: $210 per person
Quad: $200 per person

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

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

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

EVENT CONTACTS: Linda McGrane email address: mcgrane_linda_a@yahoo.com, Deb Reynolds, email address: deb.cla.dr@gmail.com
A Note from Our New Women’s Ride Coordinator —

Deborah Turton

“Women need a man like a fish needs a bicycle.” That most iconic of quotes can really polarize people. Easily, I can edit out some words and change it to something we can all agree on: “A woman needs a bicycle.” Isn’t that better? Women, however, only make up about 35 percent of our membership. With half of our potential membership pool being women, we’re clearly missing out on a large number of potential members. Apparently Potomac Pedalers needs more women to connect with the bicycles they need. That’s why I’m the new head of the Women & Bicycling committee. I want to recruit more women to join us. (Of course, this in no way detracts from the assortment of rides and other programs that the Club organizes on behalf of all its members and the cycling community in general.)

A quick Google search will bring up references to many academic studies that show that organizations that work towards diversity in a conscience manner prosper. A peak at our list of past Club presidents shows just how few women we’ve had in that particular leadership position. Historically, women have been underrepresented in our membership and volunteer pools. As a member of Potomac Pedalers, I’d like to see our organization prosper by adding a diversity of viewpoints and a diversity of people to our membership. In order to achieve that goal, the committee is looking at various ways to increase the number of women in PPTC.

First, we’re working with the Washington Area Bicycle Association (WABA) and its Women & Bicycle Initiative. We did this last year and found it useful. They have a Facebook page of thousands of women cyclists, and we were able to tap into that network. They promote our organization, and we promote theirs. The women have access to two great organizations that promote bicycling. PPTC promotes biking through creating and leading rides. WABA promotes bicycling through its advocacy. We complement each other.

Second, we’re organizing women’s rides this year. As this article is going to press we’re working on the first ride for April 23. Last year, this ride attracted over 70 women, all of whom were introduced to Potomac Pedalers and what we do. We’re hoping for a similar turn out this year. It’s an ALL class ride with an emphasis on being social — a place that women can ask questions and receive advice. I’m also recruiting women to lead women friendly rides. This is new this year, so the concept is fluid. Let me know if you have any ideas for these types of rides. We can go stereotypical and focus on chocolate, wine and color coordinating your bike, or we can go realistic and focus on it, form and function of your bike, or we can go easy and just list one of your regular rides as women friendly. I’m good with any of these methods. We can also work with WABA on these rides, and they will publicize these rides for us.

Third, Potomac Pedalers is sponsoring a rest stop and running a workshop on knowing your bike at the Wild Goose Chase on the weekend of May 14 and 15. Friends of Blackwater sponsors this ride to help support the Blackwater wildlife refuge. We’ll have the workshop followed by a ride on Saturday afternoon staffed by PPTC volunteers. On Sunday, we’ll be ambassadors for our Club with the women riding the Chase. Many of these women will be local cyclists that we can introduce to Potomac Pedalers.

Fourth, well who knows. If you have some ideas on how to increase the number of women in our club, please let me know. We haven’t been focused on recruiting women for very long, so we welcome new ideas.

Deborah Turton (d.turton@verizon.net)

Ed. note: Deborah was one of this year’s recipients of the Peter LeGrand Good Shepherd Award, given to ride leaders who go out of their way to ensure that everyone on a ride feels welcome.

PPTC Bulletin Board

Email ads to Jo Keister
PedalPatBB@aol.com

Deadline: Submit by first of month for publication in the next month issue.
Limit: 30 words per ad

No ads accepted from commercial establishments.
Only bike-related ads from members are accepted.

FOR SALE

Bike Friday Air Glide Touring Bike: Blue with Travel Case and Travel Bag, very good condition, make me an offer. 703-627-8152.

Black Hill Picnic Ride, Continued from page 1

There will be a ride for everyone, from A through D, from 20 to 65 miles. Complete ride information will be available in the June Pedal Patter, but mark your calendars now! Cue sheets at every distance will also be available after the ride start so you can come anytime and do your thing (look for the van; cue sheets will be on the windshield). The scenery is great and the ride start is one of the easiest to reach – only a few minutes off I-270. The riding is spectacular; hilly, yes, but spectacular.

We have again reserved a pavilion — the same one as last year. The ride will start around 9 AM at pavilion F (which is on your left across from the visitor’s center) and where the real fun takes place after the ride!! The pavilion seats 40 so bring some extra chairs to share. There are plenty of tables and you can use the provided grills (bring charcoal). We are counting on the usual (and unusual) great and original fare that you bring to share. Extra ice and cold drinks are always appreciated. Ask anyone who has done this event before — it is a great time!

For general information call or email Harold Goldstein (mdbiker@goldray.com) - cell (202) 997-2376. Last year's cue sheets are available online at http://goldray.com/bikerides.

Address: 20930 Lake Ridge Road, Boyds, Md. 20841
Website: http://www.montgomeryparks.org/facilities/regional_parks/blackhill/index.shtm
Dreaming of summer, a cool mountain breeze, and spending some time poolside? Then mark your calendars for the Potomac Pedalers Shenandoah Valley Weekend, July 22-24. Based in Mt. Jackson, Virginia, the area is a fabulously bucolic place for cyclists — no sprawl, little traffic and plenty of corn.

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

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

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

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

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

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

COST (for PPTC Members):

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

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

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

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

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

CANCELLATION POLICY: Full refund before July 8th (minus the cancellation charge). Refunds after July 8th only if a replacement is available from the waiting list. No refunds after July 15th. All cancellations are subject to a $25 per person cancellation charge.

Bike to Work Day, Continued from page 1.
This year Potomac Pedalers will be represented at six of the 80+ “Pit Stops” in the DC Metro area, an increase from 4 sites in 2015. At each of our “Pit Stops” we’ll have a table with Club information and handouts and talk to the riders as they come through. We do need additional volunteers, so contact our Bike to Work Day organizer, Bob Manka at rmanka@mac.com if you can volunteer - even an hour is helpful!

Special thanks to the Club members below who will be the lead volunteers at our pit stops. Be sure to stop by to say hello!

- Bethesda, MD: Ron Tripp
- Takoma Park, MD: Linda Kolko and Debbie McCall
- Twinbrook, MD: Martine Palmiter
- Freedom Plaza, DC: Matt Birnbaum
- Gateway Park, Rosslyn, VA: Ed Hazelwood
- Ballston (Freshbikes), VA: Bob Manka and Barbara Miller

For more than 50 years, the Council of Government, has helped develop solutions to issues of regional importance. At the COG, Commuter Connections promotes bicycling to work, ridesharing, and other alternatives to drive alone commuting, and provides ridesharing for carpools and vanpools and offers the free Guaranteed Ride Home program (available to bicycle commuters). The Washington Area Bicycling Association (WABA) works to create a healthy, more livable region by promoting bicycling for fun, fitness, and affordable transportation; advocating for better bicycling conditions and transportation choices for a healthier environment; and educating children, adults, and motorists about safe bicycling.

7th Montgomery County Farm Tour and Picnic

Sunday, October 2, 2016

Join hundreds of cyclists Sunday, October 2 for an invigorating, scenic ride through Montgomery County’s Agricultural Reserve. Choose the miles that fit you — from 17 to 77 of rolling hills. Along the way, take a rest stop or two at selected farms, buy produce, drink cold cider, or nosh on pumpkin pie. Top off your ride with a sumptuous buffet lunch while mingling with friends and listening to music at Kingsbury Orchard.

A portion of the event’s proceeds support keeping the area’s farmland free from commercial development! Stay tuned to the Potomac Pedalers website and the Pedal Patter for more details, including how to register!

Save the Date!
Randonneuring is long-distance (endurance) cycling over scenic and typical intervals between rest stops. Randonneur rides often leave early in the morning and go if the forecast high temperature is 40°F or higher, AND the chance of rain is less than 35%.

### 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.

<table>
<thead>
<tr>
<th>Ride Class</th>
<th>Average Riding Speed (ARS)</th>
<th>Route Length (Miles)</th>
<th>Rest Stop Intervals</th>
<th>Use of Pacelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>B (H) * 45 * MD * 9:30am *Poolesville HS (POO) * 40/35</td>
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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 Classification</th>
<th>Average Riding Speed (ARS)</th>
<th>Route Length (Miles)</th>
<th>Rest Stop Intervals</th>
<th>Use of Pacelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>A 16.0–17.9 18.0–19.9 20.0–21.9 60–80 25–35 common</td>
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<tr>
<td>B 12.0–13.9 14.0–15.9 16.0–17.9 40–60 20–30 occasional</td>
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<tr>
<td>CC 10.0–11.9 12.0–13.9 14.0–15.9 30–50 15–20 occasional</td>
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<tr>
<td>B/BB * 30ish * MD * 5:00 PM * Frederick, MD (7th ST Starbucks)</td>
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</tbody>
</table>

The Starbucks Ride
Moderate ride going from the Starbucks at 7th Street in Frederick every Monday. This is a recovery ride geared towards racers who are tired from the weekend. We meander throughout Northern Frederick County. If you are not a racer, you are more than welcome to join this ride as long as you are comfortable with the frequent use of pacelines and an average speed of 16-18. No cuesheets, but no one will be left hanging out on their own. No go in active rain.

B/BB: Darius Mark [darius.mark.mdge@statefarm.com] 301-418-6730

May — Tuesdays

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

### Tandem Tuesday Ride
Tandem Tuesday is a weekly ride (during EDTime) using various courses on the roads and trails of Northern Virginia. The exact start address is 622 Fort Williams Pkwy, Alexandria, just south of Seminary Rd. The core group in this ride consists of visually impaired / blind stokers and the tandem captains who ride with them. All others (single or tandem riders) are welcome. We are happy to assist those new to or thinking about starting tandeming.

Mark Mulligan [crew396@aol.com] 410-626-7470

D/CC * 13-23 * VA * 5:15 PM * Wakefield Park (WKP) **North Springfield Easy or Challenge**

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

D/C: Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637
C/CC: Woody Lipinski [orsbicycling@gmail.com] 703-203-4934
CC: Joan Feerrick [jfeerrick1@gmail.com] and Chuck Feerrick [jfeerrick1@verizon.net]

C/CC * 26/34 * VA * 10:00 AM * Belle Haven Picnic Area (BEL) **Mid-week Morning Belle Haven**

Come on out for this mid-week ride through pleasant neighborhoods, with just a short time on the bike path and a few slightly busier streets. The routes have a few good hills and converge at the rest stop and at the end. Group typically goes to lunch afterwards. It is recommended you check the website each week, especially if weather looks doubtful, to confirm the ride is a go. If there is no posting, the ride is a go. The entrance to the Belle Haven picnic area is the first left off the George Washington Parkway going South, once you are completely through Old Town. (Note that the map on the website may be wrong.) Once you turn into the park, take the first left. We meet in the first parking lot on the right.

Please use cell numbers the day of the ride only.

C: Lois Lightfoot [LELghtft@outlook.com] 703-451-2361 or cell 571-228-9907
CC: George Saxton [gsaxton@saxfam.net] 703-243-8284 or cell 703-855-0876
Jill Thompson-Riese [jillian8888@gmail.com] 202-674-1920
CC * 35 * MD * 10:00 AM * Buddy Attick Park (BUD) * 50*
Bud Bike Tuesday
Join us on this rolling ride with a few nice climbs for your trouble. We’ll do the Friday route backwards. There are 2 rest stops but only vending machine food. You can take shortcuts for a shorter ride. Park in Buddy Attick Park, not at Ivy Lane. Lunch afterward, if warm enough, at Greenbelt Center. Rob Dahlstrom [rkdahlstrom@gmail.com] 301-758-2598
George Schneider [gbs319@juno.com]

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

CC/B * 17 * VA * 6:00 PM * Wakefield Park (WKP) * 40*
Annandale Evening Excursion
Join us for an evening ride on the wide and quiet streets of North Springfield. Several different paces will be available. This is a no-drop, multi-class ride. The typical route is 17 miles long, but variations can be shorter or longer, as desired. Cue sheet can be found in the PPTC Library under title "Annandale Training Works-Your Ticket to Fitness". Peter Klosky [pckt@peterklosky.com] 703-727-4939

B/BB/A * 17-29 * MD * 6:00 PM * Layton's Village SC (LAV)
The Sharpee Ride
Front group is a bunch of hammerheads but we really are a friendly and fun bunch of riders. So come out and join us. The Tuesday night gang has riders from All Classes and we welcome more anytime. Plus, we all go to 7-Eleven and get Slurpees afterward. We will be riding into Howard County via Riggs, Zion, and Howard Chapel roads and coming back via Hipsley Mill Rd. There will be multiple length options of the same basic route. Looking for a CC ride leader for this ride. No go if raining or wet roads. Please park in the far corner of the parking lot near the donation bins.
BB: Geng Chan [gchan@sandglass.com]
B: Bob Bernstein [bbernstein55@cyahoo.com] 240-593-2539
CC: **contact Geng to volunteer**

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

May — Wednesdays

CC (MH)* 10-24 * MD * 6:15 PM * Rockville Regal Center
Rockville Rambler
The ride has some variety in the Rockville-Bethesda area, exploring the many neighborhoods on secondary streets and park trails and avoiding major roads. We’ll try to maintain a cohesive group through a few hills and red lights common with trail and street riding. Riders meet in the parking lot (reduced rate after 5 PM) in front of The Regal Theatre (Montgomery Ave). Afterwards we usually grab dinner at one of the many eating options in Rockville Town Center – Mellow Mushroom is opening soon! Try this ride and see what you’ve been missing. No go in rain or on wet roads.
Russell Walker [dcwaltk99@verizon.net] 301-758-4491
Robin Temin [robin.temin@verizon.net] 240-505-0294

BB/A * 22-30 (MH) * DC * 6:00 PM * Mitchell Park (MIT)
Downtown Breakaway
Did you know that you could ride in DC at rush hour and not be in the midst of cars? It’s true! Come join us on this beautiful ride through the tree lined streets of NW and out to Potomac. The ride goes up and down many hills between Dupont Circle and Potomac, great for building up for the season's big event rides like Mountains of Misery or the Garrett County Gran Fondo (and it beats the pants off the repetition of laps at Hains Point). The return, as the daylight is fading, is flat and fast along MacArthur Blvd, good for working on speed and paceline skills. Something for everyone - the division between A and BB usually happens closer to the return leg, which most people (hopefully) know, though the cues are easy for said stretch. Plenty of short cuts along the way to finish by dark or make your evening date. As we always flirt with sunset and civil twilight, it's STRONGLY advised to bring front and rear lights for safety, as we can get caught in the dark if delayed by mechanicals or road conditions. Additionally, for safety reasons, no headphones or Bluetooth headsets are allowed in our group. Too speedy for your tastes? There is a B/CC group as well. Ride leaves from the stairs and "Speed Hump" sign at Mitchell Park, S St NW, between 22nd and 23rd Sts. There is street parking in the neighborhood, but please be mindful of zone regulations which are in effect until 8:30 PM and somewhat strictly enforced (there is limited free parking in front of the former Textile Museum and Wilson House). Leaders may alternate week to week, alternating among availability. No go in steady rain, icy conditions, or impending thunderstorms - late-breaking announcements on Pedalers Google Group and Potomac Pedalers website. Email the organizer if you wish to be added to the rides email and for advance cue sheet and GPS distribution.
Organizer/A/BB: Rudi Riet [*rudi@songfta.com]*
A: Dave Helms [david.helms76@gmail.com]
B: Jonathan Mirsky [mirsky2207@hotmail.com]
BB: Keith Barron [kbaron.keith@gmail.com]
BB: Matt Birnbaum [noshbygosh@comcast.net]

CC/B (MH) * 23 * DC * 6:00 PM * Mitchell Park (MIT)
Downtown Breakaway
This is a slightly modified, shorter version of the “BB/A” route for riders who don’t keep up with the front pack. With little traffic at rush hour downtown, it’s a moderately paced ride through the hills of upper Northwest, stretching out toward Potomac as the daylight increases. Flat and fast along MacArthur for return to Mitchell Park. Please see the listing for said ride for map/GPS and cue sheet info. It's STRONGLY advised to bring front and rear lights for safety, as we can get caught in the dark if delayed by mechanicals or road conditions. Additionally, for safety reasons (and because it's the law in Maryland), no headphones will be allowed on any Downtown Breakaway rides.
Ride leaders will ride at a high “CC” to middle “B” pace with a regroup or two along the way for slower riders to catch up. CC ride leader will plan to take short cuts to make suitable ride length to return to Mitchell Park before dark. See details about parking, etc. in the “BB/A” description.
Rudi Riet [*rudi@songfta.com]*
CC: Liz Milor [lmilor@comcast.net]
CC/B: Monique Sears [moniquesears@rcn.com] 202-256-5218
B: Dave Salovesch [salovesch@gmail.com]

May — Thursdays

C (MH)* 21-29 miles * MD *10:00 AM *Glen Echo (GLE)*
Glen Echo Loops
Come out and join us for a new addition to the weekly ride schedule. We will go out mostly flat MacArthur Blvd, with one or two nice hills but the rest through scenic neighborhoods on quiet easy rolling roads or bike paths, including Potomac, Avenel, Glen Echo, and Palisades DC. Route/distance will vary each week. Rest stop at Starbucks Potomac Village or MacArthur Plaza. Lunch at one of several local eateries close to end of ride. The park address is 7300 MacArthur Blvd, Glen Echo, Md. The ride starts in the back parking lot; turn off MacArthur onto Oxford, follow it into parking lot.
Polly Choate [scooterpea@yahoo.com] 202-966-5571 land; 202-538-5715 cell

B/BB * 15-25 * MD * 12:00 PM * Marriott HQ loading dock
Thursday Noon Training Ride Bethesda
Join us for a rolling 15-25 mile ride every Thursday lunchtime. Ride leader sweeps. We meet at the bike racks by the loading dock at Marriott HQ. Take Democracy to Fernwood, right on Fernwood; first left into the HQ and bike racks are right in front of you. Please note that parking and bathrooms are a security palaver at HQ. If you don’t live or work in the neighborhood, it’s best to park at DSW Shoe Warehouse on the corner of Democracy and Fernwood and ride the couple of blocks to the ride start. No go in steady rain. Please let me know if you’d like to be added to the email list for this ride.
Ruth Sheridan [ruthsheridan@msn.com] 202-258-0788
C/CC * 10-20 * DC * 6:30 PM * Tenley Circle (TEN)

**Thursdays at Tenley**

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

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

CC/B * 17 * VA * 6:00 PM * Wakefield Park (WKP) * 40º

**Annandale Evening Excursion**

Join us for an evening ride on the wide and quiet streets of North Springfield. Several different paces will be available. This is a no-drop, multi-class ride. The typical route is 17 miles long, but variations can be shorter or longer, as desired. Cue sheet can be found in the PPTC Library under title "Annandale Training Works-Your Ticket to Fitness".

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

CC/B * 20-25 * MD * 6:00 PM * Laytions Village SC (LAV)

**The Thursday Night Trainer**

This is a training ride for CC/B levels, to work on improving speed/climbing. We leave shortly after the faster riders lead out. Ride leaders will insist on single file riding until the top of Howard Chapel Rd. because of the traffic and narrow roads. No go in rain or on wet roads. Please park in the far corner of the parking lot near the donation bins.

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

B/BB/A * 20-30 * MD * 6:00 PM * Laytions Village SC (LAV)

**The Thursday Night Trainer**

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

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

B/BB/A/AA (MF) * 25 * VA * 6:00 PM * Wakefield Park (WKP)

**Annandale Evening Speedworks**

This is a multi-paced ride around the quiet residential streets of Annandale. The ride rolls out at 6:05, but please note that later riders should find it easy to intercept the ride en route, as the route is never farther than 3 miles from the park (!). There are rest rooms and water at the park. We park in the first lots on the left of the entry drive; the park is located off of Braddock Rd. immediately outside of the Beltway (I-495).

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

B/BB/A/AA (MH) * 18-25 * VA * 6:30 PM * Belle Haven Picnic Area (BEL)

**Belle Haven Blast**

This long-running and sociable training ride has a bit of everything. A relatively flat first half gives way to nearly unrelenting hills in the second half. Ride will focus on team building techniques with members riding together in pace lines. Riders will stop in case of mishaps or mechanicals. Ride leaders rotate in the pace line working to keep the team riding as a single unit and may establish a reasonably priced lunch in Bethesda and then bike back. Occasionally we'll explore other areas of central Montgomery County. I'll change the ride posting if needed, each group will stop and regroup with its own members at the top of Rebecca Drive.

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

May — Fridays

D/C/CC * 6-13 * VA * 12:00 PM * Wakefield Park (WKP)

**On Gerry Connolly Cross County Trail**

New! Use older road bikes, hybrid, folding or mountain bikes. Route: http://www.gmap-pedometer.com/?r=6839148. Parking and start at Wakefield Park, 8110 Braddock Road, Annandale, Virginia 22003 with access from I-495 and Braddock Road West exit, first right into Park. Public transportation is available. We will bike first on the Lake Accotin Trail to the Lake Accotin marina (unpaved and paved 6 miles round trip) and continue on the paved Gerry Connolly Cross County Trail up Rolling Road and Franconia-Springfield Pkwy (289). Members and non-members of the club are welcome. Confirmation by an email or phone call is recommended. After biking, an optional happy hour social time at The Swiss Bakery & Pastry Shop - Ravensworth Shopping Center, 5224 Port Royal Rd, Springfield, VA 22151 (www.theswissbakery.com)

Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637 and Woody Lipinski [*orsbicycling@gmail.com] 703-203-4934

C * 30 * MD * 9:00 AM * Veirs Mill Park (VMP)

**Leave from VMP to join Friday Lunch Ride**

If you want to join the “Friday Lunch Ride” but find that a more southern starting point is more convenient, then this is the ride for you. We will start at Veirs Mill Park (VMP) at the North end of Beach Drive and ride up the Rock Creek Trail to Lake Needwood in time for a short break before joining Deborah’s “Friday Lunch Ride”. After lunch in Bethesda, stopping at VMP (when the “Friday Lunch Ride” goes by on the way back to Lake Needwood) makes this ride the same 30 mile length as the “Friday Lunch Ride.” Please remember to bring helmet, bike lock, and lunch money. Please arrive in time to be ready to roll at our departure time of 9:00.

Norman Rasmussen [norman.rasmussen7@gmail.com] 301-828-7470

C * 30 * MD * 10:00 AM * Lake Needwood (NEE)

**Friday Lunch Ride**

We're returning to the warm weather start location. I'll be starting out at Lake Needwood in Derwood and biking via the Rock Creek Trail and neighborhood streets, Beach Drive and the Georgetown Branch Trail to Bethesda. We'll enjoy a reasonably priced lunch in Bethesda and then bike back. Occasionally we'll explore other areas of central Montgomery County. I'll change the ride posting for any weeks we're going someplace else. Check the listing before you head out. You can start off with me at Lake Needwood in the parking lot by the trail head, or I can pick you up along the way. If you want to meet me along the route, let me know by THURSDAY afternoon.

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

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

**Bud Bike Friday**

Join us on this rolling ride with a few nice climbs for your trouble. There are 2 rest stops but only vending machine food. You can take shortcuts for a shorter ride. Park in Buddy Attick Park, not at Ivy Lane. Lunch afterward, if warm enough, at Greenbelt Center.

Rob Dahlstrom * [rkdahlstrom@gmail.com] 301-758-2598
George Schneider [gbs319@juno.com]
DC; the Anacostia Riverwalk Trail; the Hills in Anacostia & Rock Creek Park; DC and celebrates the parts and places of the urban landscape that makes DC

Come ride the urban adventure that is DC! The ride adventures to all corners of DC Urban Adventures

C/CC * 25-30 * DC * 11:30 AM * BicycleSPACE Adams Morgan
Nice & Easy

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

Jeff Mankie [jsmankie@aol.com] 571-332-2130
B/B/B: Bill Hermuch [bhermz@yahoo.com]
A: Ken Rowe * [investorken@yahoo.com] 301-367-2600

May 1 — Sunday

Beginner D/D * 5 * DC * 10:00 AM * BicycleSPACE Adams Morgan
Nice & Easy

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

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

D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 40°-95°/30%
Lunch in Shirlington

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

C (MH) * 27 * VA * 9:30 AM * Gunston ES (GES)
Lorton Springfield Loop

Here's a challenging ride that's Northern Virginia suburban with a little bit of rural. Moderately hilly to hilly. Take a spin and judge for yourself. Part of the route goes past a section of the old Lorton Penitentiary in the latter half. Lunch afterwards at a nearby eatery. Call in the event of questionable weather. For detailed directions, do an internet map search on Gunston Elementary School, Lorton, VA, or contact the ride leader. Jeff Mankie [jsmankie@oal.com] 571-332-2130

C/CC * 25-30 * DC * 11:30 AM * BicycleSPACE Adams Morgan
DC Urban Adventures

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

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

CC * 32 * MD * 10:00 AM * Antietam Battlefield Visitors Center
Cycling Antietam Battlefield and the Back Roads of Washington County

Cycle through Antietam National Battlefield, as we explore one of the great battles of the American Civil War. Located along scenic Antietam Creek below South Mountain in rural central Maryland, the battle of Antietam witnessed one of the most dramatic moments in the history of the nation. Here in September 1862, General Robert E. Lee and his Army of Northern Virginia faced the Army of the Potomac under General George McClellan. From the visitor center, we will tour through the battlefield on the park roads that offer spectacular views of the farms and rolling fields that became legendary. Visit the Dunker Church, Cornfield, Wheatfield, and Burnside Bridge. After leaving the national battlefield park, we will continue our tour along the scenic back roads of Washington County. The region’s charming villages and farms have retained a timeless quality that always makes for enjoyable cycling. After the ride we will stop for ice cream at the old fashioned ice cream parlor in the historic town of Sharpsburg. Helmets required.

Glenn Gillis [glennpotomacfalls@yahoo.com] 571-217-4477

C/CC/B (MH) * 30-40 * MD * 9:30 AM * Cabin John Regional Park (CJR)
Cabin John Fever

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

Julie Marders [juliemarders@yahoo.com] 240-750-0745 (cell, texts OK)

D/B/A * 63/100 * MD * 9:00 AM * Walkersville HS (WH)
Historic Bridges Century & Metric

I need to do a few Centuries before Mountains of Misery, come join me. This is a ride to Gettysburg (Century) and back taking in all three covered bridges in Frederick County, plus the Sachs Covered Bridge near Gettysburg. The Metric does not go to Gettysburg, but takes in all the Frederick County covered bridges. The terrain is flat to rolling through mostly farmland. There are three rest stops for the Century and two for the Metric.

100 Map: https://ridewithgps.com/routes/3223778
63 Map: https://ridewithgps.com/routes/3229559

A: Tim Guilford * [tim @ gui14d.net] 301-704-2723
BB: Karen Berlage [karenberlage@verizon.net] 301/963-1482
B: Jim Quinn [quinj1@gmail.com] 301-916-8868

May 6 — Friday

C/CC/M (MH) * 38&50 * VA * 10:00 AM * Brentsville Park (BVP)
* 45°-95°/50%
Through Church Parking

Mostly downhill with a tailwind. This interesting ride takes us through the tranquil countryside north of Nokesville. Traffic is light and the route is flat for many stretches with only a few ascents and breezy descents. On the long route, the 2/10ths of a mile of previously unpaved road is now paved. Ascent for the short route is 1,200 or 31 feet per mile. The longer route has a few more hills, and ascent is 40 feet per mile. IMPORTANT NOTE: Ride start is behind the Brentsville Presbyterian Church. HELMETS REQUIRED. I may cancel if the forecasted high is above 95 or below 45 degrees or chance of precip is 50% or more. Please check the PPTC ride forum if weather looks marginal. Toilet not
May 7 — Saturday

C (H) * 27 * MD * 10:00 AM * Glen Echo Park (GLE)
**Glen Echo North.**

Ride will go on neighborhood roads into Bethesda, Garrett Park, Rockville, and Kensington. Ride will have regrouping points to help keep the ride together with a rest stop at the Old Town Market in Kensington.

Mike Divine [mikedivine74ATme.com] 301-258-7820

C/CC * 28 * MD * 9:30 AM * Sandy Spring Fire Station * 45°
**Sandy Spring Warmup**

We will start at the fire station in Sandy Spring, then head up into Brookeville and Howard County, with moderate but short hills. Two ride leaders, one for each pace. Rest stop at mile 11 at the High's. Optional post-ride lunch at the Urban BBQ (BBQ, beer, veggie burgers) near start point, on Rt 108. The start is Sandy Spring Fire Station, 17921 Brooke Rd, Sandy Spring, MD 20860; meet at far left parking lot. There is no rest room at the start, but Passions Bakery Café Sandy Spring Fire Station, 17921 Brooke Rd, Sandy Spring, MD 20860; meet at Urban BBQ (BBQ, beer, veggie burgers) near start point, on Rt 108. They have coffee and a bathroom and great baked goods!! Or there is a shopping center near Rt 97 and Rt 108. Cue sheets will be provided but can also be found in cue sheet library (Olney Meander Reverse). Please come 15 minutes early as we will roll on time.

Martine Palmer [mpalmiter@gmail.com] 301-787-4556
Laurie Welch [lauriewelch123@gmail.com] 301-928-1624

C/CC (H) * 28 * DC * 10:00 AM * Pierce Mill (PIM)
**Holy Hills Ride and Dine (HHRD) or the "I deserve pancakes ride".**

Come join us for an opportunity to practice your hill climbing on a short route. No rollers here, but a few steep uphill climbs that will always be balanced by those great downhill rides. To keep us at an average 12 mph pace we will be going between 15-17 mpg on the flats but don't worry, no one gets left behind. You also can skip any of the hills. Either take the Metro to Van Ness/UDC or park along Tilden. There is a lot at the bottom of Tilden before Beach Drive, but it does fill up quickly. Avail yourself of the facilities in that parking lot if you need. We will meet at the bike racks next to the actual Pierce Mill. Please arrive at 9:45am for the requisite safety speech and to sign in. We head into our first climb nearly immediately up Ross Road. Our route will take us to Beach Drive past East-West Highway and up Jones Mill Road. Just before the overpass we'll take a steep (16% grade) .2 (ish) mile trip up Forsythe where we'll catch our breath at the top before heading down the other side (what goes up must come down right?). We'll then work our way up Stoney Brook (another short climb) past the Woodend Sanctuary and the Mormon Church. At the top we'll hang a left and come back to Kensington Parkway as we loop back to Jones Mill. Once we cross back over East-West Highway we'll take another short hill up Woodbine. Finally we'll climb back up Ross, through Pierce Mill and for the final climb, we'll do a loop up Tilden. If you are too tuckered out at any point you can skip any of the hills and wait for us at the bottom. For those interested we'll go get brunch at the American Diner 5532 Connecticut Avenue. Doing this ride is my perfect excuse to eat pancakes!

Jen Coken [joken64@gmail.com] 303-859-9081

CC (MH) * 56 * MD * 8:30 AM * Twinbrook Metro Station, East Side
**Baa Baa Black Sheep.**

This is the annual ride to the Maryland Sheep and Wool Festival at Howard County Fairgrounds. The route is moderately hilly on both the 27 miles up to the Festival and the 29 mile ride back. Ride Leader encourages riders to visit the exhibits (alpacas, sheep), wool arts, wool clothing, local woolens, and have a snack or lunch. See http://sheepandwool.org/ for more information. This is not a first-ride-of-season ride as there are quite a few hills. Please bring lock and helmet. Rain date is Sunday, May 8.

Emily Helmes [emilybikes@gmail.com] 703-795-9165

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

In its 4th year, the Wootton ride is a regular fun group Saturday morning event, suitable for seasoned B/CC riders. We will be mostly riding from Rockville to Germantown – Poolesville - Clarksburg with frequent variations to keep it interesting. Typical moderately hilly ride length will range from 30 to 60 miles.

Mike Divine [mikedivine74ATme.com] 301-258-7820

 Actual ride length and route for each week will be posted in advance. We make 1-3 rest stops depending on the length of the ride. The group generally divides into two sub-groups, and our attempt will be to not drop anybody as long as you can ride at a high B (~16mph) / high CC (~14mph) pace for the length of the ride. Please consult the club website (www.potomacpedalers.org) for ride start times or the ride Facebook page (https://www.facebook.com/groups/potomacpedalers/) , but generally we will start at 9 AM in spring and 8 AM in late spring/summer. The ride will leave promptly at the designated time. Come join us and enjoy the ride. The cue sheet will be sent via email to those who provide their email to the ride leader and posted on our FB page. We will bring limited cue sheets and expect regular riders to print their own.

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

**Shenandoah River (Blue Mtn Option).**

Ride to Bluemont and cross the mountain at Snickersville Gap. Descend to the Shenandoah River, then gradually climb out away from the river to Rt.50. Descend again to the river and continue on Howellsville Rd, Morgan Ford, and Dismal Hollowe to Rt.55. For more climbing, take Blue Mtn. Rd. to Freezeland then to Rt.55, which adds about 1.3mi and 1,100’ of climbing. Blue Mountain Red. has about 2m of unpaved surface. The routes diverge at mile 45 and rejoin at about mile 56. We're planning for 2 rest sops: Bluemont @mile 23 and along Howellsville Rd @mile 42. Another rest stop option is the store at Freezeland Rd & Rt. 55, at mile 56. Look for Go/No-Go notices the night before – or early morning of – the ride if the weather is questionable. We'll have printed cues for both routes. You can preview the routes here:

WithOUT Blue Mtn: https://RideWithGPS.com/routes/12977075
With Blue Mtn: https://RideWithGPS.com/routes/12984981

Clara Martinez [Clara@claramartinez.com] 703-801-4171
Mike McCarley [mmsmccarley@cox.net] 703-218-0707

B/BB/A (H) * 63/70 * MD * 9:30 AM * Monocacy MS (MMS)
**Tour de Thurmont.**

The “H” in the description refers to the second half of the ride. The first half is a pleasant ride thru the valley up to Thurmont for a rest stop. After that, we tackle some longer climbs that aren't overly steep. But, they do just keep on
May 8 — Sunday

**D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 40*-95%/30%
  Lunch in Shirlington**

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

**C * 22 * VA * 11:00 AM * Shirlington Library/Signature Theater (SHR) Marine Band Chamber Music Series and Lunch**

A music lover’s delight. First, a ride for lunch at Barracks Row, and then to Sousa Hall for a 2:00 FREE concert of small ensemble chamber music. The concert is produced by the players in the orchestra and band, and is, in my opinion, the best chamber music series in the area. This concert features Latin jazz with music by Chick Corea, Tito Puente, and others. The ride will be on trails, crossing the 14th Street and Case Bridges, and quiet streets of Southwest and the water front. Take a lock for use during lunch and the concert (or in the secure auto parking area under the freeway). Tom Roberson [thomroberson@gmail.com]

**CC * 35 * MD * 9:30 AM * Silver Spring Metro/Silver Cycles Greenbelt Loop via NW Branch Trail**

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

Jerry Collins [jerryrcycle69@gmail.com] 240-281-4861

**CC/B/BB/A * 60ish/40ish * MD * 9:30 AM * Davidsonville P&R (DPR) Dip your toes Ride, D’Ville to North Beach (aka Honoring Frank Zappa and all other Mothers on their special day!)

The 60ish mile route will roll through beautiful roads of Davidsonville through Anne Arundel county and Calvert county to the Beach we go. Toe dip anyone. One rest stop at North Beach with bathroom and a coffee shop, Sweet Sue’s. The 40ish mile route will be led by Ed and will stop short of the beach for a rest stop ’cuz Ed says the weather has been too cold and nasty and he wants to get home to honor Frank Zappa and all the other mothers. No go in rain or on wet roads. No rest room at ride start.

CC: Edward Hazelwood [ehazelwood@comcast.net] 202-255-1787
B: Tina McDermott [tinasbike@gmail.com] 410-570-5170

May 11 — Wednesday

**C * 20 * VA * 10:30 * Shirlington Library/Signature Theater (SHR) Alexandria Loop and Lunch**

Ride back streets and paths, via Holmes Run and Eisenhower Avenue to Old Town Alexandria. Lunch in Alexandria at Teasim. Tom Roberson [thomroberson@gmail.com]

**D * 10 * MD * 10:00 AM * Thomas Farm Community Center Carl Henn Millennium Trail Loop**

This 10 mile loop is dedicated and named for Carl Henn, a Rockville city bike advocate. We’ll meet in front of the Thomas Farm Community Center, bathrooms open. The paved trail loops around Rockville. Note: We will cross a few busy intersections and there are a couple of long slopes uphill. This ride is a good ride for D riders since it mostly stays on the trail. There will be some crossings at lights at busy intersections. We will regroup at the top of any inclines and no one will be dropped. Make sure your tires are pumped up, you have a helmet and lock. Ride start location is at 700 Falls Grove Drive, Rockville, MD 20850. Online information about the ride start, including map and directions, is at http://www.rockvillesd.gov/index.aspx?NID=403 Gordon Smith [wa3qkc@aol.com] 240-299-3384

**D * 19 * VA * 10:00 AM * Vienna Elementary School "Nice and Easy" to Herndon**

Parking and staring the ride at the Vienna Elementary School, 128 Center St. S. If you have not ridden a bike in several years or wanted to try a ride with a group, this is the ride for you. The ride is for beginners and re-starters, members and non-members of Potomac Pedalers club. It is a socializing ride with an optional lunch at a nearby restaurant after bicycling or at the turning point. You can use road bikes as well as hybrid, folding or mountain bikes. Confirmation by an email or phone call is recommended. An easy flat ride on the W&OD trail through the town of Vienna and Reston to Herndon or optional beyond. Bring a helmet and lock. Benches and restrooms are available along the trail. Public transportation is available.

Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637

**D/C * 23 * DC * 8:00 AM * Peirce Mill (PIM) Bike Ride & EU Embassies' Open House**

We will meet at the Peirce Mill parking lot, 2401 Tilden St NW, Washington, DC 20015, to leave promptly at 8 AM. This site has ample free parking and real restrooms. We will follow closed roads and trails; road bikes are O.K. This will be followed by hitting the European Union Embassies’ Open House Day, 10 AM–4 PM. Enticements are goulash, white wine, etc. at the Hungarian Embassy, and fine beer at the Czech Embassy, both just a few feet away. Take cash. Those more ambitious could hit the Austrian Embassy, just up the street on Van Ness for confections. Free shuttle buses are available to take you to lots of other embassies. Carry a photo ID even though most embassies won’t care. http://www.euopenhouse.org/about/ Helmets required. Potential members welcome.

Fred Carson [fcarson@american.edu] 301-933-2919; 202-714-8373 (cell only on day of ride; no texts)

**C/CC * 27 * VA * 9:30 AM * Vienna Elementary School Heavenly Hills of Arlington County**

A flat and hilly ride. Starting from the Vienna Elementary School, 128 Center St. S. Vienna, Virginia 22180 and biking to Potomac Overlook Regional Park (http://

PUBLIC TRANSPORTATION: From Dunn Loring Metro Station left on Gallow’s Rd (better on the side walk) to the W&OD Trail and turn left on W&OD Trail (about 3 miles). From Vienna Metro Station take exit left and any street toward Vienna and after crossing Nutley St turn left on Cottage St (2.5 miles) and right on Battle St to Center St left. After biking a socializing lunch with D riders.

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

C/CC/B/B/B/A (MH) * 37/50/55/60 * MD * 9:30 AM * StillPoint Farm (SPF) Farm Brewery Tour
StillPoint Farm, located just south of Libertytown, has welcomed us back to use their farm as a starting point. Since they grow their own hops, they are allowed to brew and sell their own home brews. (http://stillpointfarmng.com/) After a rolling ride thru the countryside, we can relax at the brewery tasting room to partake of their excellent brews (we’ve tried them). After you find your favorite, you can even take a growler home with you. Your Excom has graciously offered to buy the first $150 of munchies to go along with your beer. The Brewery has cheese, crackers & meat sticks. You can also bring additional “healthy” food for the post ride party. Linda will bring paper products for the post ride festivities. Note that the ride will be cancelled if it is raining. Rest room available at ride start. Note: Directions and cue sheets are now on the Potomac Pedalers website.

Here are 3 maps for the brewery ride for 30/37/50/55/60 mile rides:
- 30.0: https://ridewithgps.com/routes/8071756
- 36.5: http://ridewithgps.com/routes/4380769
- 49.8: http://ridewithgps.com/routes/3290060
- 54.5: http://ridewithgps.com/routes/3293876
- 60.4: http://ridewithgps.com/routes/3295145

Note that the 3 long routes will have a bailout that cuts about 4.5 miles and some hills.

C: Linda Kolko [127lkolko@gmail.com] 301-785-1342
CC: Steve Cohen [sbcohenc47@gmail.com] 202-374-7838 (cell)
B: Jim Quinn [quin011@gmail.com] 301-916-8868
BB: Karen Berlage [*karenberlage@verizon.net] 301-963-1482
A: Tim Guilford [tim @ guil4d.net] 301-704-2723

C/CC * 24 * VA * 9:00 AM * Accotink Unitarian Univ. Church (AUUC) Scene Springfield Second Saturday
If you appreciate quality cycling near Occoquan, Burke or Springfield Virginia, you will enjoy this ride. Depart from church parking lot, which is a block south from corner of Burke Lake Road and the Fairfax County Parkway (located at 10125 Lakehaven Court in Burke). Pedal through neighborhoods, along wide paved path paralleling Route 123 and into Occoquan Regional Park. Restrooms and water are available at the mid-way break. Multiple eateries and a convenience store are passed along the route. C/CC Leader: Jeff Mankie [jsmankie@aol.com] 571-332-2130

C/CC * 30-60 * MD * 9:00 AM * Thomas S Wootton HS (TWHS) * 50/60% Rockville Saturday Morning Ride
In its 4th year, the Wootton ride is a regular fun group Saturday morning event, suitable for seasoned B/CC riders. We will be mostly riding from Rockville to Germantown – Poolesville - Clarksburg with frequent variations to keep it interesting. Typical moderately hilly ride length will range from 30 to 60 miles. Actual ride length and route for each week will be posted in advance. We make 1-3 rest stops depending on the length of the ride. The group generally divides into two sub-groups, and our attempt will be to not drop anybody as long as you can ride at a high B (~16mph) / high CC (~14mph) pace for the length of the ride. Please consult the club website (www.potomacpedalers.org) for ride start times or the ride Facebook page (https://www.facebook.com/groups/rockvilletwottonride/), but generally we will start at 9 AM in spring and 8 AM in late spring/summer. The ride will leave promptly at the designated time. Come join us and enjoy the ride. The cue sheet will be sent via email to those who provide their email to the ride leader and posted on our FB page. We will bring limited cue sheets and expect regular riders to print their own. Aijt Baid [baidajit@gmail.com] 267-421-4138

C/CC/B (MF) * 42 * VA * 9:30 AM * Nokesville Community Park (NCP) * 60% Nokesville Picnic Ride
Nice flat to rolling ride straight from the PPTC cue sheet library. I think you’ll like it. Rest stop is at mile 25. No picnic but there are places to eat in Nokesville.

I will park in one of the lots further in to avoid the baseball games. There are rest rooms at the ride start and I’ll post no later than 8 AM on the website if weather is questionable. Steve McNeal [bikenut1@comcast.net] 540-347-7279; cell 540-878-7173

B * 48 * VA * 9:00 AM * Loudoun County HS (LOU) Experience Everything Ride - Gravel, Road, Dirt, and a Ferry
This route will cover a bit of everything – paved surfaces, gravel roads, a dirt trail, and a ferry ride. The ride will start at Loudoun County High School and traverse to Waterford and Lovettsville. At approximately 19.5 miles, we’ll stop at the 7-11 in Lovettsville to refuel. From there, we’ll head down to Brunswick, MD and jump on the C&O Towpath. Our second rest stop occurs at 29.5 miles at Del on the Rocks in Point of Rocks. Bring money for the ferry ride across the Potomac River at Whites Ferry. From Whites Ferry, we’ll ride back into Leesburg (the shoulder on US-15 is wide) and our starting location. Note that most of the route will be over gravel roads and a dirt path, so ensure you have a properly equipped bicycle and tires. There will be 1851 feet of elevation gain with most of it occurring before the first rest stop. Check the PPTC Web site for last minute updates and cancellations due to bad weather. A no-go decision will be made and posted to the Web site 2 hours before the scheduled start. See https://RideWithGPS.com/routes/13043025 for the route map & cues.

Mike Skinnell [nasc44a@gmail.com] 703-231-4855

May 15 — Sunday

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

C/CC * 39/53 (MF) * VA * 10:00 AM * Brentsville Park (BVP) * 45°/95°/50% Elk Run and BLT Clockwise
Mostly downhill and always a tailwind. The BLT sandwiches at the Elk Run store are my favorite! And we get there just at the right time to enjoy a snack and rest. There are many extended segments with no significant turns, but there are occasional curves. The long route has one taxing hill but both are somewhat flat with a few minor elevation changes to enhance the splendor of the quiet roads with their pastured or wooded borders – excellent for a tandem or a paceline. (Or you can take an unpublished short cut with the ride leader for a 45 mile route.) Ascent is a gentle 1,435’ or 37 feet per mile for the short route and 2,188’ or 41 feet per mile for the long route. IMPORTANT NOTE: Ride start is behind the Brentsville Presbyterian Church. I may cancel if the forecasted high is above 95 or below 45 degrees or chance of precip is 50% or more. Please call if weather looks marginal. Toilet not available at start. HELMETS REQUIRED. Questions? Call me at home NLT 2 hours prior to ride start or on cell thereafter. Len Wilkinson [len.wilkinson@verizon.net] 703-455-0368 (home); 703-350-9209 (cell)

B/BB * 80-44 * VA * 9:00 AM * Eastham Park (EAS) Bike Virginia Preview/Fort Valley and Beyond
In June, Bike Virginia visits the northern Shenandoah Valley. This May ride will take in some of Bike Virginia’s destinations – Fort Valley, Front Royal, Edinburg and Woodstock. There are two options. The 80-mile Edinburg Gap ride or Fort...
Valley Out-and-Back route that ranges from 44 to 62 miles depending on how out there you decide to get. Ride Leader expects to ride the 80-mile route. Starting in Front Royal's Eastham Park, all routes head to the northern entrance of Fort Valley, where you’re surrounded by the George Washington National Forest. We head south into the Valley through a gorge narrow enough to fit one road and a creek. The valley opens up to rolling hills and mountains on either side. Rest Stop 1 is at the Fort Valley Store, about Mile 22. Out-and Back Riders can turn around here or keep heading north on the Valley’s only through road. At about mile 29, the 80-mile route turns west for a two-mile climb (no worse than Skyline Drive) to Edinburg Gap at mile 31. On the long route, it’s downhill into Edinburg and then north on Back Road (CR 623) until we reach Middletown for a third rest stop around mile 69. The final leg into Front Royal is predominately downhill. About 5,100 feet of climbing for the 80-mile route according to RideWithGPS. 44-mile Out-and-Back has about 2,500’ of uphill. 62-mile, 3,700 feet of climbing. I’m still fine turning the cue sheets and I’ll post the links well in advance of the ride. Eastham Park is located at 840 Luray Ave., Front Royal, VA, 22630. PortaPotty at start. No go in rain. In case of nasty hot weather, leader reserves right to just do the out-and-back. Got questions, call or send e-mail, but call before the morning of the ride. Bruce Rolfsen [onthebachelors@gmail.com] 202-674-1941

BB/A (HHH)* 81 * MD * 8:30 AM * Monocacy Middle School (MMS) * Murderers’ Row
This ride is not for the faint of heart. It includes Hamburg, Coxey Brown, Harp Hill, Garfield, Wolfsville, Park Central, Catocin Hollow, Wiggville, and Middlepoint. Enough said. 81 Map: https://ridewithgps.com/routes/4365049
Tim Guilford [tim@guil4d.net] 301-704-2723

May 16 — Monday
C (MH) * 24 * MD * 10:00 AM * Veirs Mill Park (VMP) * Alternate Peirce Mill/Parkway Deli Route
We will start at Veirs Mill Park (VMP) at the North end of Beach Drive and ride down Beach Drive toward DC. Just before the DC line we will ride residential roads (with rolling hills) near Rock Creek Park until Military Road, then park routes to Peirce Mill. From Peirce Mill, Beach Drive and a couple residential roads will take us to Parkway Deli for lunch. Return via Beach Drive to VMP. Please remember to bring helmet, bike lock, and lunch money. Please arrive in time to be ready to roll at our departure time of 10:00.
Norman Rasmussen [norman.rasmussen7@gmail.com] 301-828-7470

May 21 — Saturday
TANDEM * 42/33 * MD * 9:30AM * Southern HS (SHS) * Ride to Deale
Starting at Southern HS, Harwood MD (HAR) and covering Southern Anne Arundel County. Joint CRABS/WABITS ride to Deale with lunch at Skippers Pier restaurant in Deale on the water. A nice ride with some pretty overlook views of the water on the longer route. The ride has some hills, but is not too difficult. The ride back after lunch is the same for both rides and is about 10 miles. The ride leaders will be doing the 42 mile ride. Directions: From Beltsway Exit 19, take US-50 (John Hanson Hwy) east 11 miles and exit south on MD-424 (Davidsonville Rd). Remain on MD-424 until it ends (about 5 miles) at MD-2 (Solomon's Island Rd). Turn right on MD-2. Go 2 miles then right into school. Call ride leaders if weather is doubtful.
Team Glasgow (Ross&Donna) [bike4r2@comcast.net]301-249-5055 (home); 240-271-9168 (Donna’s cell)

D * 19 * VA * 10:00 AM * Vienna Elementary School "Nice and Easy" to Herndon
Parking and starting the ride at the Vienna Elementary School, 128 Center St. S. Vienna, Virginia 22180. If you have not ridden a bike in several years or wanted to try a ride with a group, this is the ride for you. The ride is for beginners and re-starters, members and non-members of Potomac Pedalers club. It is a socializing ride with an optional lunch at a nearby restaurant after bicycling or at the turning point. You can use road bikes as well as hybrid or mountain bikes. Confirmation by an email or phone call is recommended. An easy flat ride on the W&OD trail through the town of Vienna and Reston to Herndon or optional beyond. Bring a helmet and lock. Benches and restrooms are available along the trail. Public transportation is available.
Gregory Basheda [gbasheda@yahoo.com]

C/CC/B/BB/A* 24-40 * DC * 9:30 AM-10:30 AM * Georgetown Waterfront Park
Georgetown Tailgate Ride
Note this month we will be doing a picnic in the Georgetown Park. This awesome multi-class ride caters to all bicyclists in the Club. While all rides will enjoy Beach Drive in Rock Creek Park and scenic northwest DC neighborhood roads, the routes vary based on ride class. The CC through A routes favor great quiet roads to Potomac and adjoining areas before heading back to DC along Beach Drive with one to two rest stops. These latter rides will feature rolling hills and periodic lung-inhaling climbs. All are welcome and encouraged to stay around at ride’s end where the club will provide salads, drinks and paper products for a picnic in Georgetown Park. Please bring snacks, dessert, fruit or make a small donation towards the food. Note: we highly encourage folks to leave their vehicles at home. For those needing to drive, you can probably find free parking on residential streets above M Street or otherwise try www.spothero.com for discounts at the local parking lots.

BB/A * 50 * DC * 9:30 AM * Georgetown Waterfront Park
The rider 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/CC * 40 * DC * 10:00 AM * Georgetown Waterfront Park
Ron Tripp [ron.tripp@yahoo.com] 301-237-5079
Laurie Welch [lauriewelch123@gmail.com] 301-928-1624 (cell)

B * 50/40 * DC * 9:30 AM * Georgetown Waterfront Park
Bob Bernstein [rberstein55@yahoo.com] 240-593-2539

BB/A/ * 50 * DC * 9:30 AM * Georgetown Waterfront Park
The rider leaders expect to maintain a BB pace, but faster riders are welcome on the route.

CC/B * 30-60 * MD * 9:00 AM * Thomas S Wootton HS (TWHS) * 50%/60% Rockville Saturday Morning Ride
In its 4th year, the Wootton ride is a regular fun group Saturday morning event, suitable for seasoned B/CC riders. We will be mostly riding from Rockville to Germantown - Poolesville - Clarksburg with frequent variations to keep it interesting. Typical moderately hilly ride length will range from 30 to 60 miles. Actual ride length and route for each week will be posted in advance. We make 1-3 rest stops depending on the length of the ride. The group generally divides into two sub-groups, and our attempt will be to not drop anybody as long as you can ride at a high B (~16mph) / high CC (~14mph) pace for the length of the ride. Please consult the club website (www.potomacpedalers.org) for ride start times or the ride Facebook page (https://www.facebook.com/groups/rockvillewithootonride/), but generally we will start at 9 AM in spring and 8 AM in late spring/summer. The ride will leave promptly at the designated time. Come join us and enjoy the ride. The cue sheet will be sent via email to those who provide their email to the ride leader and posted on our FB page. We will bring limited cue sheets and expect regular riders to print their own.

CC/B * 36/41/50 * MD * 9:00 AM * Laytons Village SC (LAV) * A Ride to Lisbon
We will be riding up to our favorite rest stop in Lisbon via familiar moderately flat roads. No go if raining or wet roads.

GPS Routes:
- 36: https://ridewithgps.com/routes/7810202
- 41: https://ridewithgps.com/routes/7810137
- 50: https://ridewithgps.com/routes/7810068

CC: Johanna Nathanson [mjynat@hotmail.com]
B: Looking for a leader
BB: Geng Chan * [gchan@sandglass.com]
C * 30 * MD * 10:30 AM * Marley Station Mall (MSM) * 30

Deborah Turton [d.turton@verizon.net] 301-466-5561

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

D * 18* MD * 11:15 * Severna Park Village (SPV) * 30%/40%

Lunch in Annapolis
Come join us as we ride down to Annapolis for lunch. This is almost all on the Baltimore and Annapolis Trail and the road portion has nice wide shoulders for most of it. The C riders will be picking up the D riders at 11:15. Please wait behind the bike shop by the trail. Do not wait in the parking lot, you won’t see us. Lunch will be in Annapolis so bring locks, helmets and lunch money. Street address is 546 Baltimore-Annapolis Blvd., Severna Park, MD 21146 (meet us on the B&A trail behind Pedal Pushers Bicycle Shop, Mile Post Five on the Baltimore/Annapolis Bike Trail nearby). PLEASE ARRIVE 15 MINUTES EARLY as we plan to leave at 11:00 am sharp!
Deborah Turton [d.turton@verizon.net] 301-482-0675

C/CC * 30/30 * 9:30 AM * Pinn Community Center (PCC)
Lorton Valley SC Ride
The pace of the ride is recreational and conversational. An optional lunch at the renovated University Plaza off Braddock Road or visit of the Fairfax City Farmers Market for healthy products. Basic destinations are Lake Mercer and Burke Lake on the route: http://www.gmappedometer.com/?r=6658400 but can be shorter or longer as riders preference. Ups or small hills on the route.
Starting place: David R Pinn Community Center 10225 Zion Dr, Fairfax, VA 22032, between Rte 123 and Guinea Rd. If you are living up to 5 miles from PCC, consider biking to the starting place. Members and non-members of the club are welcome.
Woody Lipinski [orsbcycling@gmail.com] 703-203-4934

C/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 40%/95%/30%

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

C * 18°/40° MD * 11:15 * Severna Park Village (SPV) * 30%/40%

Lunch in Annapolis
Come join us as we ride down to Annapolis for lunch. This is almost all on the Baltimore and Annapolis Trail and the road portion has nice wide shoulders for most of it. The C riders will be picking up the D riders at 11:15. Please wait behind the bike shop by the trail. Do not wait in the parking lot, you won’t see us. Lunch will be in Annapolis so bring locks, helmets and lunch money. Street address is 546 Baltimore-Annapolis Blvd., Severna Park, MD 21146 (meet us on the B&A trail behind Pedal Pushers Bicycle Shop, Mile Post Five on the Baltimore/Annapolis Bike Trail nearby). PLEASE ARRIVE 15 MINUTES EARLY as we plan to leave at 11:00 am sharp!
Deborah Turton [d.turton@verizon.net] 301-482-0675

C * 50 * MD * 8:30 AM * Marley Station Mall (MSM) * 30%/40%

Lunch in Annapolis
This can be your first or second or third... big ride of the year. We'll start at the usual place at Marley Station Mall, except we'll head north to BWI airport on the Baltimore and Annapolis Trail. We'll circle the airport on the trail and then head back to the mall. We will need to be back by 10:30, so plan on being ready a few minutes early so we can leave on time. We'll pick up the C riders who are only doing the 30 mile trip and head south on the trail. We'll pick up the "D" riders at 11:15. Lunch will be in Annapolis so bring locks, helmets and lunch money. Meet by the JC Penney at Marley Station Mall.
Deborah Turton [d.turton@verizon.net] 301-482-0675

B * 45 * MD * 9:00 AM * Snyders Market
Travillah Loop
We cruise on Beach Dr , through Bethesda, down to MacArthur Blvd, up Persimmon Tree Rd to Potomac, South Glen to Travillah Market. We continue on Seneca Rd through South Rockville, Tuckerman Lane to Beach Dr. Possible...
2 rest stops. After ride pizza at Armand's. Address: 1936 Seminary Rd, Silver Spring, MD. Directions: From beltway go south on Georgia Ave .3 mile to right on Seminary Rd (before Exon). Park in large lot on left opposite Snyders Market. Jerry Collins [jerrycbike69@gmail.com] 202-281-4861

BB/B (H) * 76/70 * MD * 9:00 AM * Myersville Park & Ride (MYR)  
Happy Pain Happy  
Mike Whitney created this ride & it is even more spectacular than the older Happy Happy Pain Pain ride! It has become a club favorite. So join us & find out why. It is sort of the reverse of Happy Happy Pain Pain without High Rock and dropping off South Mountain into Carroll Valley. The route works over to Loy Wolfe and then drops into Smithburg; continuing North to a rest stop in Rouzerville. Then Metzer Gap to Mt Alto and a long steady climb up to South Mountain and long descent into rest stop in Carroll Valley. A 5 mile shortcut is available by staying on Old Fort (vs. left on Metzer Gap) for the climb up South Mountain through the park with a right turn at the T to get back on course. Return via another long steady climb up Iron Springs and Gum Springs into Blue Ridge Summit (optional rest stop). Last 12 miles are mostly downhill into Myersville. No go in rain.

• 76 Map: https://ridewithgps.com/routes/3329166  
• 70 Map: https://ridewithgps.com/routes/204276

Jerzy Lamot [jerzylam@gmail.com]  

Paul Huey-Burns [phueyburns@gmail.com] 202-255-2785

BB/A * 75 * VA * 9:00 AM * Marshall P&R (MAR)  
Battle Mountain and Fiery Run  
Adding in the occasional half-mile or so of gravel can open up some roads you otherwise don't get to do. This route has four such sections (S. Poes, Battle Mtn, Whorton Hollow, and Fiery Run). There's also a much shorter gravel section on Old Fort to the first parking lot on the right. I may cancel the ride if the forecasted high temperature is greater than 90 degrees or greater than 95 degrees, the chance of rain is greater than 30%, or the wind speed is greater than 10 MPH. If the weather looks doubtful it is particularly important to check the Ride Schedule on the PPTC website for a late cancellation notice. Alternatively, you may email the ride leader to see if the ride is a go. 

Jerry Collins [jerrycbike69@gmail.com] 202-281-4861

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

May 28 — Saturday

C * 23 * VA * 10:00 AM * Pohick Bay Park (PHP) * 45%-95%/50%  
Pohick Bay Social Ride  
This relaxing social ride that 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 Loudoun. If you live outside these member jurisdictions, there is a $7 entrance fee per car to get in the park. Once inside, continue straight to the first parking lot on the right. I may cancel the ride if the forecasted high during the hours of the ride is below 40 degrees or above 95 degrees, there is a strong wind, or chance of precip is 50% or more. If weather looks questionable, check the ride schedule or call the ride leader to confirm the ride is a go.

Peter Dassira [peterdassira@yahoo.com] 703-851-2274

C * 30 * MD * 10:00 AM * Southern HS (HAR)  
Lunch in Deale  
Enjoy rolling hills, beach views as we bike through Harwood, Deale and Franklin Manor. We are piggybacking on the "Express & Fast Train to Chesapeake Beach" ride with a shorter route, views of the water, and a lunch stop in Deale. This is a joint ride with the Oxon Hill Bike Club. Address for ride start is Southern High School 4400 Solomons Island Rd Harwood, MD, 20776. Polly Choate [scooterpea@yahoo.com] 202-966-5571 (land); 202-538-5715 (cell)

Linda Kolko [l127kolko@gmail.com] 301-785-1342

CC/B/BB/A * 47/61 * MD * 9:30 AM * Southern High School (HAR)  
Express & Fast Train to Chesapeake Beach  
The traditional "Memorial Day Saturday" ride through scenic, rolling terrain. Rest stop will be at Chesapeake Beach. Choose your ride length and speed. There will be leaders for various groups from A to BB to B to CC. Joint ride with Potomac Pedalers and Oxon Hill Clubs. Rest room at nearby gas station. No go in wet weather. Call or e-mail by 7:30 AM if uncertain.

• Map, cue sheet and Garmin download for the 61 mile "Express Train" at: www.mapmyride.com/ride/united-states/md/harwood/828573130094 and http://ridewithgps.com/routes/428107


Directions: From the Beltway, take Route 50 east toward Annapolis. Exit onto Route 424 toward Davidsonville and continue to Route 2. Turn right onto Route 2. Continue south on Route 2 to Southern High School, (Anne ArundelCounty), in Harwood on the right at 4400 Solomon’s Island Road Harwood, MD20776

BB: (61 mile) Nancy Avitable [nancy4@mindspring.com] 301-908-6303  
B: (47mile) Richard Edelman [nancy4@mindspring.com] 301-908-6303  
CC: (47 mile) Johanna Nathanson 202-812-0668  
A: (61 mile) Geng Chan 202-812-0668

CC/B * 30-60 * MD * 9:00 AM * Thomas S Wootton HS (TWHIS) * 50%/60%  
Rockville Saturday Morning Ride  
In its 4th year, the Wootton ride is a regular fun group Saturday morning event, suitable for seasoned B/CC riders. We will be mostly riding from Rockville to Germantown – Poolesville - Clarksburg with frequent variations to keep it interesting. Typical moderately hilly ride length will range from 30 to 60 miles. Actual ride length and route for each week will be posted in advance. We make 1-3 rest stops depending on the length of the ride. The group generally divides into two sub-groups, and our attempt will be to not drop anybody as long as you can ride at a high B (~16mph) / high CC (~14mph) pace for the length of the ride. Please consult the club website (www.potomacpedalers.org) for ride start times or the ride Facebook page (https://www.facebook.com/groups/rockvillewoottonride/), but generally we will start at 9 AM in spring and 8 AM in late spring/summer. The ride will leave promptly at the designated time. Come join us and enjoy the ride. The cue sheet will be sent via email to those who provide their email to the ride leader and posted on our FB page. We will bring limited cue sheets and expect regular riders to print their own.

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

May 29 — Sunday

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

Ron Trueworthy [Ron.Trueworthy@yahoo.com]

A/BB (H) * 104 * VA * 9:00 AM * Eastham Park, Front Royal (EAS)  
Mountains of Joy  
Not going to Mountains of Misery but still want to get in 11,000' of climbing in a century? Skyline offers that, though it comes in easier doses than at MoM, and finishes on a 6-mile descent rather than a 4-mile climb. There will be no cue sheet or gps file: just get on the Drive and turn around when you want. Rest stops are available at Elk Wallow (for about 50 miles), Skyland (85 miles), and Big Meadows (104 miles). There's a $10 entrance fee to Skyline, but we usually have enough yearly passes among us to get everyone in; be prepared to pay if we don't. Front and rear lights are a must for admittance to the park; don't risk getting turned away at the gate. No go in rain. Check website and Google Group "Pedalers" for updates if weather's iffy.

Jim Sherman [cryptic22000@gmail.com] 571-232-0164
May 30 — Monday (Memorial Day)

**CC/B/BB (MH) * 63 * MD * 8:30 AM * Fulton Park & Ride**

**Memorial Day Ride**
We will do something a bit different this year. The traditional Memorial Day Metric but in a different location from the traditional Saturday ride. We will leave Fulton/Maple Lawn and head north getting to the rural roads as directly as we can. We ride through Woodstock and the Liberty Reservoir, skirting Eldersburg. We head south with a rest stop in Sykesville, continue south through Dayton and Highland back to Fulton. I need to check the availability of one road (the bridge was out last time we rode that way) and find the first rest stop near the 20 mile mark. There are no facilities at the ride start but there is a MacDonald's across the street from the start. We can get a bite to eat and a beverage at Looney's across from the ride start/finish to recover from the 4,250 feet of climbing on the route. Since this is a loop, I will document a few short cuts for those wanting a shorter or flatter ride.

**CC:** Carol Linden [cdlinden@hotmail.com] 240-205-5035  
**B:** Bob Bernstein [*rbbernstein55@yahoo.com*] 240-593-2539  
**BB:** John Koehlein [jkoehlein@aol.com] 240-252-0146

**B/BB * 30ish/50ish * MD * 9:30 AM * Glen Echo Park (GLE)**

**The Usual Monday Ride From Glen Echo**
(Holiday version). Moderately hilly ride through Potomac, with a probable stop at a cafe near the end. Leaders regroup periodically with an average speed of 16 - 18. We will have longer cue sheets available on the holiday. No go in rain or on wet roads. Please park in the lower portion of the lot, off Oxford Rd, farthest from Macarthur Rd.

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

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

ride, multiple length rides, and post ride food and celebration. This is our flagship event, and we hope will become as popular as ever. As always, we are looking for volunteers (it take around 200 to put on the event). We’re also looking for two Managers who will be compensated—one manager for Volunteer Oversight, the other to be a Logistics Manager. Contact me if interested in submitting an interest statement.

**New Website Coming Late 2016/Early 2017!**—After months of review and competitive bids, Potomac Pedalers hired Sandglass Systems to develop our website map, content, and features that are compatible with our Club’s needs for visibility and ease of use. One of the first priorities will be to construct a workable, easy to use Ride Calendar for ride leaders to input rides, and then a Member interface. As well, Sandglass will construct a Cue Sheet Library, an online HTML Pedal Patter and library, and construct e-commerce for events and our store. Our main consultant working on this contract is a member and fellow cyclist. We’ll be keeping the membership abreast of how things are proceeding so look for updates in the coming months. Thanks to all who worked so hard on this!

**Black Hills Ride June 11, 2016**—Expect the usual Harold Goldstein touches, with excellent rides and the pavilion potluck. Preliminary information in this issue; complete details to follow next month!

So many great things happening in our Club this month and beyond. One last thing...be sure to check out the annual multi-class “Train to Chesapeake Rides” from Harwood, MD on Saturday, May 28. The scenery is only beat by the camaraderie of so many cyclists! See the ride schedule for details.
Contact communications@potomacpedalers.org to get an event on the calendar.

May 1  BicycleSPACE Beginner Nice & Easy Ride, Washington, DC (see ride schedule)

May 1  BicycleSPACE Urban Adventure Ride, Washington, DC (see ride schedule)

May 5-8  Spring Thaw & Tandem Rally, Cambridge, MD

May 14-15  Wild Goose Chase, (PPTC hosting workshop & rest stop), Cambridge, MD

May 14  Farm Brewery Tour & Tailgate, StillPoint Farm, Mt. Airy, MD (see ride schedule)

May 20  Bike to Work Day, regional locations - Volunteer! (see article, page 1)

May 21  Georgetown Tailgate Ride, Washington, DC (see ride schedule)

May 28  Train to Chesapeake, Harwood, MD (see ride schedule)

June 11  Black Hill Picnic Ride, Boyds, MD

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

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

Aug. 12-14  Allenberry Resort Weekend, Boiling Springs, PA

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

Aug. 28  Nokesville Picnic Ride, Nokesville, VA

Sept. 18  Back Roads Century, Shepherdstown, WV

Oct. 2  Farm Tour & Picnic, Poolesville, MD

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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 voluntary 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

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Pedal Patter First Class Mail

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

No Longer Wish to Get Pedal Patter in the Mail?

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

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

1. Click on Manage Profile
2. Click on Edit Bio
3. In the Additional Information section you will see a Yes/No selection “Receive Pedal Patter newsletter in the mail”
4. Make your selection and next month’s mailing will reflect your choice.

If later, you decide you wish to get it you can follow the same instructions above to start receiving it again.

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Change of Address Form

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

Name: ___________________________
City: ___________________ State: _______ Zip: ________________
E-mail address: ______________________________________________________

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