I had spent almost 18 months obsessing, together with Jim Quinn, about almost every detail of the route—traffic, hilliness, scenery, rest stops, cue sheets, road conditions—to make the BRC Century route as good as possible. I knew it was a good route, and the reviews from 2015 were almost uniformly positive. But I had never ridden the entire route. I had led a couple of scouting rides, but they were only about 80 miles. In 2015, I attempted to ride the full century but a broken spoke at about Mile

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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
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Notes From the Chair

by Matt Birnbaum

As I head into the twilight of my two-year tenure as chair of the Club, I can again begin to step back and reflect on the undertaking of this year’s Back Roads Century and all of the other great activities that simultaneously occurred over the past month. This of course includes the annual Farm Tour, the large number of Club rides offered every day across the District, Maryland and Virginia metropolitan region, as well as the behind-the-scenes care in administering the Club’s day-to-day operations.

We give much attention in this newsletter to the wonderful achievement of pulling off the Back Roads Century in our new home in Shepherdstown, West Virginia. It was a great accomplishment for more than 1,850 cyclists who had opportunities to ride on two consecutive days in further branding our event as a fantastic weekend destination every September. We again maximized spending as much money locally as possible. In addition to procuring many food items and supplies with area firms, we also partnered with a new array of local community groups in running the rest stops and helping with other key functions. Outside of the tens of thousands of dollars in direct spending we made in Shepherdstown and surrounding communities in running the Back Roads Century weekend, the riders and volunteers additionally spent in excess of approximately $235,000.

While the Farm Tour was a smaller event, it also was a complex endeavor. About 450 riders enjoyed a fantastic tour due to the efforts of around 45 volunteers. The event again went off flawlessly. A shift in registration fee structure led to a much higher significant grant to the Montgomery Countryside Alliance through the net revenues of this sold-out event. While it provided a more fruitful source for grant making, it also presented a more efficient means for administering the Club in relieving the burden of having to consider making a grant to a worthy organization out of general operating funds.

It is beyond the scope of this article to thank every volunteer who was involved with both events. While I was not involved with the Farm Tour this year, I did spend more than a few hours on the Back Roads Century and want to thank these awesome folks who assisted with the planning for the Back Roads Century over the spring and summer months; (1) Jim Quinn and Eric Pilsk for fine-tuned the design of all routes offered over both days including the cue sheets and managing over 20 volunteers in sweeping the roads, marking the roads, and placing and picking up over 700 signs; (2) Linda Kolko and Debi Strong for recruiting and managing over 115 volunteers; (3) Martine Palmiter and Bob Bernstein who coordinated various aspects of the weekend event, including the purchasing of food, creation of an event handbook, and organizing of the free tours to Antietam; (4) Stephen Krill and Dave Helms for helping coordinating traffic control and introducing the presence of 35 bicycle marshals; (5) Paul Huey-Burns for legal expertise; and (6) and Sherri Core and Brenda Ruby who worked behind the scenes in handling the administering the details for the registrations and communications. We also are grateful to our two local event planners, Kathy Lusby-Treber and Marianne Davis, and our sponsors – Shepherd University, Shepherdstown Visitors Center, Eastern Panhandle Traffic Net, Mount Airy Bicycles, Spoke Bicycles, District Cycle Works, Eastern Panhandle Bicycles, and Element Sports.

I could easily start to name many other volunteers who have done great things for the Club. However, rather than do this, as one small act of appreciation, if you volunteered for the club in some way over the past year, please mark the night of Saturday, December 10 on your calendar. We are going to celebrate with an awesome party. Stay tuned for more details!

Happy spinning,

Matt
Back Roads Century
Great Times and Good Works
by Marianne Davis, Back Roads Century Event Planner

The Back Roads Century is not only Potomac Pedaler’s premier cycling event, it also is its most innovative. Shepherdstown is at the center of a prosperous region in a struggling state. An important aspect of becoming a part of this community is giving back, and the PPTC has done that in varied and creative ways. The BRC has come and gone for 2016, but this time the Potomac Pedalers, riders, and volunteers left more behind than memories.

At the Saturday evening pre-ride dinner, PPTC leadership and volunteers raised money to support the Shepherdstown Day Care Center, a fixture in the community. That money will be used in their scholarship fund to ensure that the SDCC can continue to welcome children whose parents would otherwise lack the funds to receive the finest pre-K education and extended care in the region.

Non-profit groups from across the ride area and beyond gathered volunteers to staff the five rest stops and to guide drivers to their parking places. Those warm and welcoming people got up well before dawn to carry hundreds of crates, make sandwiches, fill water jugs, mix energy drinks, and cut fruit for grateful riders. This year, PPTC instituted a program of community grants as a tangible way of thanking the groups that did so much. Recipients included the Potomac Valley Audubon Society; the Boonsboro High soccer team; South Spirit, a middle school show choir and parents; and the 4-H Dairy Club.

New also this year was community lodging. People who live in or near Shepherdstown offered rooms in their homes to riders in return for donations to local non-profits. The Panhandle Pedalers, Friends of the Shepherdstown Library, and BRC sponsor Shepherdstown Visitors Center all benefited from those donations. But more than that, the riders who took up those offers enhanced their visits to West Virginia by meeting some actual West Virginians; people who will be glad to see them year after year.

Finally, the Potomac Pedalers helped Shepherdstown fight the greatest hidden pain in America, hunger. Our donation of food leftover from the rest stops went straight to the Mountaineer Food Bank, which feeds hungry people in Jefferson and Berkeley counties and across the state of West Virginia. MFB officials who gratefully accepted the donation estimated that the food the PPTC gave them would help feed 60 families for an entire week. That’s a lot of peanut butter and jelly sandwiches and fruit, and even more goodwill.

We believe that as the Potomac Pedalers Touring Club continues to reach out to local non-profits, Shepherdstown and the region will welcome the BRC even more warmly. The Back Roads Century will become an important date on Shepherdstown non-profits’ calendars, and thus become an important part of that generous community. We thank all of our riders and volunteers for making this year’s Back Roads Century such a great success, and for helping us move toward our goal of making Shepherdstown a home away from home for all of us.
Volunteers Made the Day at the Back Roads Century

The Back Roads Century could not have happened without every single one of our volunteers and we can’t possibly say “thank you!” enough. We had approximately 140 volunteers to keep over 1900 cyclists safe and happy. Much of the work started months before ride day with route planning and multiple test rides. Much of this work can easily go unnoticed. Who swept the roads? (Yes, swept the roads!) Volunteers. Who marked all the routes? Volunteers. Who sent you off with genuine smiles and wishes of a great ride? Volunteers. Who kept the rest stops humming, the riders safe, aided those with mechanical problems? Volunteers.

Everyone who volunteered is a superstar, but there are superstars among the superstars and we want to publicly thank them.

Matt Birnbaum, Century Coordinator
Linda Kolko
Eric Pilsk
Martine Palmiter
Jim Quinn
Bob Bernstein
Dave Helms
Debi Strong
Stephen Krill

Rest Stop Managers
Beth Baynes
Erica Kane
Catherine Kitchell
Jennifer Hedrick

Ed Reardon
Brenda Ruby
Gordon Smith

A Special Thank You to our Shepherdstown Hosts and Helpers
Volunteering for your own club is one thing, but it takes a special person to volunteer for an event you were drawn into by virtue of proximity. A hearty “thank you” to and recognition of our Town Hosts and other helpers in the Shepherdstown community. (This list is almost endless; please excuse any inadvertent omissions.)

Sponsors:
Shepherd University
Shepherdstown Visitor Center
Eastern Panhandle Traffic Net
Mount Airy Bicycles
Spokes Bicycles
District Cycle Works
Eastern Panhandle Bicycles
Element Sport

Community Volunteers: Local Persons, Organizations & Businesses:
Jan Hafer, Deborah Tucker, Shepherdstown Visitors Center
Meredith Wait, Shepherdstown Visitors Bureau
Lois Turco, Chair, Canal Towns Partnership
Sandy Brown
Manager Jim, Shepherdstown Food Lion
Jon Joyce, potato man; he also went and got food certified on behalf of PPTC
Robert Shefner, Jefferson County Community Ministries
Frank Conard, coordinated HAM for BRC
Potomac Valley Audubon Society
Clarke-Frederick Dairy Club
South Spirit
Boonsboro High School Soccer
Shepherdstown Visitors Bureau
Eastern Panhandle Pedalers
Friends of Shepherdstown Library

Host Rest Stops:
Bellevue Mansion – Gay and Mike Henderson
Henry Arena – President Greg Maddox
Jefferson County Fairgrounds – Todd Wilt
Yankauer Preserve – Nan Johnson
Moulton Park

Event Planners:
Marianne Davis
Kathy Lusby-Treber
Back Roads Century Weekend
Tour of Antietam

For the second year, the Back Roads Century Weekend started off with a Saturday ride to and through Antietam National Park. Because last year’s Antietam ride was so well attended we knew to expect an even larger crowd this year and planned a start location to accommodate this popular warm-up ride. The routes of 19 and 35 miles, travelled to Antietam Park which was celebrating the 154th anniversary of the Battle of Antietam. Back Roads Century attendees all received free entry to the Park because the Club covered all fees. After touring the grounds, cyclists continued their journeys which, long or short, inevitably brought them to Nutter’s Ice Cream in Sharpsburg! This popular Saturday option is here to stay as the Back Roads Century evolves into a weekend to plan for!
Quite a Start at the 2016 Back Roads
by Steve Forman

I was at the start of the 2016 BRC ready to ride. Sure I was concerned about the rolling hills and some lingering muscle pain from recent mishaps on the road but still confident that I could show some biking buddies that this old geezer (76 yrs young) still has what it takes.

Someone said “rolling” and we were off downhill on the bike/walking trail on the Shepherd University campus. I hit the start button on my bike computer. A few seconds later someone mentioned that the “official start” was several hundred feet further down the trail. Being compulsive about mileage accuracy, as almost every biker is, I pushed the stop button. As we were about to go by the official start I looked down at my computer and had a little trouble pushing the start button with my gloved hand.

I was somewhat distracted but not for more than a few seconds before I slammed into the trail’s iron center pole and crashed to the ground on my right knee and back. The following thoughts blended together while I laid there. (1) My wife will kill me when she learns about another injury; (2) how will I get home and do I need an ambulance as I did the prior two crashes; (3) what an idiot crashing into the pole; (4) did I break my kneecap; (5) is my bike damaged.

I got up and saw the bike was not damaged. The adrenalin masked any immediate pain and I did not think anything was broken. I had just a little road rash. One of my buddies gave me two Advil pills to try to control the swelling that was inevitable. I got back on my bike knowing that I only had 99.9% of the 47 miles left to ride. It hurt for many miles but I pretended it didn’t.

I finished the ride. Took two more Advil. I had reserved a room at the Bavarian Inn and watched their Oktoberfest before hobbling to bed.

The next morning my knee hurt and was severely swollen, my back hurt, and I could barely, barely walk. Luckily no problem driving home. The answers to the question of the day before were (1) my wife didn’t kill me; (2) I didn’t need an ambulance; (3) of course I am an idiot for hitting the pole; (4) I didn’t break my kneecap but I still have problems walking; and (4) my bike did not suffer.

AND I FINISHED THE “OFFICIAL” RIDE with no rain.
2015 was the @PotomacPedalers inaugural Back Roads Century in its new home, Shepherdstown, West Virginia. Just as in Berryville, we organized groups by ride class. I participated in several of the group rides within the Back Roads Century, they were fun as I really enjoyed riding with people I only occasionally tag-up with. Unfortunately, the size of these groups grew to levels too large that safe (and lawful) passing (e.g., keeping number of riders abreast to two or less) was problematic. Just as in Berryville, complaints of rider behavior followed to Shepherdstown, and in our preparations for the 2016 #BackRoadsCent, community representatives and law enforcement asked our Club to make necessary changes.

In response to community concerns, the Club decided to eliminate the internal group rides, encouraging our members to participate in the Century in smaller, manageable groups. A second decision was to have Ride Marshals patrolling the seven routes covering 200 miles of roads and estimated 2,000 riders. The role of the Ride Marshals was to courage safe riding, respond to minor mechanicals and to manage response to crashes if necessary. The rub, our Club had not recruited, trained or deployed Ride Marshals before. How many Ride Marshals to recruit? What should they do? How they be deployed?

The Club started organizing the Ride Marshal program in June. I got “recruited” as Ride Marshal coordinator after offering to help so Matt Birnbaum could do RAGBRAI without fretting about BRC planning. After discussions between the route managers, Jim Quinn and Eric Pilsk, and Matt Birnbaum, Club Chair, it was decided adequate coverage of routes and ride classes would require at least 10 Ride Marshals for the two Saturday Antietam routes, and 25 Ride Marshals for the five Sunday BRC routes. Guidelines for Ride Marshal roles and responsibilities were borrowed from National MS Society and adapted for the BRC. Recruiting for Ride Marshal volunteers focused on using experienced Club Ride Leaders, many have whom have participated in Club training workshops over the past 3 years which discuss crash management and group riding techniques. Using the Club’s Ride Leader list which contains 400 riders, a request for volunteers was sent. I was very pleased at the number of positive responses to the request, as we quickly filled the 35 Ride Marshal positions. In return for being a Ride Marshal, volunteers were invited to the Saturday volunteer dinner and offered a free Back Roads Century registration. After identifying the volunteers, we spent a couple weeks gathering contact information which was very useful for the BRC Command Center staying in touch with Ride Marshals on their routes during the event. Additional communication with volunteers was needed to organize the appropriate route, distance, speed and start time for each Ride Marshal.

In the weeks prior to the Back Roads Century weekend, several Ride Marshals completed check-rides of all 7 BRC routes (200 miles), documenting potential hazards requiring our attention, such as gravel to be swept and location to station Road Guards and law enforcement. The Event Planner used this information to coordinate with County Sheriff Departments to position officers at key intersections (the are 4 county jurisdictions along the BRC routes!). Eric Pilsk and Jim Quinn used this information to organize the sweep crews and deploy the route caution signs. After discussions with Jim Quinn, it became clear that we also needed to position stationary Road Guards at potentially hazardous intersections. It was tough to recruit Road Guards, just not the most exciting job to stand next to traffic for 2-4 hours directing riders. Thankfully, we did get four volunteers. Those guys are real heroes! We used 3 Ride Marshals as temporary “Road Guards” at intersections requiring positions less than 2 hours on the Century route because we didn’t have enough Road Guards.

Finally, the Back Roads Century weekend was upon us and all our preparation was put to the test. Many volunteers participated as Ride Marshals on both Saturday and Sunday. We used “Ride Marshal” vests borrowed from WABA and from the Club to identify ourselves. After the initial chore of finding the ride start near Sharpsburg, Saturday’s Antietam Ride Marshal crew performed flawlessly, as we gently shepherded a couple hundred happy riders. Sunday, on the other hand, was pretty stressful, just tons of stuff going on. I scheduled a VERY early Ride Marshal pre-ride brief at 6:15AM (sorry Ride Marshals!) and a Road Guard brief at 6:30AM. The Ride Marshals had a good idea of their routes and responsibilities, while organizing the Road Guards was tricky, especially getting a driver to drop-off and pick-up them at the right time and place. I was very concerned about having my Road Guards stranded and/or needing a nature call and not having a driver available.

At 6:50AM, Joe Pixley, Luis Filipe and myself jumped ahead of the pack to position ourselves at the three “temporary” Road Guard intersections. In my haste to get to the starting line, I crashed at -0.1 mile, dropping into a hole riding down the little grass hill between the Wellness Center and the starting line, going over the handlebar. I was okay, but my ego was a little bruised (luckily it was still dark and few saw my acrobatics). My bike was rideable, but I would learn I bent the derailleur hanger which kept me from using my easiest 3 cassette gears. The rest of the day was a blur for me. After 100 miles, I was almost shocked to see the Bellevue Estate finish line as I was so busy doing my job as a Ride Marshal. To
The Bike Shops that Kept Back Roads Rolling

Keeping over 1900 bikes rolling along tens of thousands of cumulative miles is no small task. Five bike shops volunteered and provided valuable services at the different rest stops along the way: Mt. Airy and College Park Bicycles, District Cycle Works, Eastern Panhandle Biking, Spokes Bicycles, and Element Sports. We treasure their expertise, talent, and devotion to their craft and caring for the riders and are grateful to have had the chance to partner with them. We tip our helmets to them — their tireless work helped to make Back Roads a success!

Mt. Airy and College Park Bicycle Shops
(www.bike123.com)
Thank you Larry Black and staff for taking care of riders at both Shepherd University and Jefferson Fairgrounds.

“Mt Airy and College Park Bicycle shops have helped organize, support, and lead rides and special events for Potomac Pedalers going on 40 years. As for their service, parts, and bikes? Those that know agree, these bike shops are like no others.” — Larry Black

Discount for Potomac Pedalers: 5% off bikes; 10% off equipment and clothing.

Spokes Etc. Bicycles
(spokesetc.com)
With five shops in Virginia, no doubt Potomac Pedalers are well familiar with Spokes Etc. But, what Pedalers probably don’t know is that we owe Spokes Etc. a HUGE thank you for stepping in to assist at the Back Roads Century. We needed one more shop to staff a rest stop and Spokes signed on when asked to just days before BRC. Not only did they staff the Yankauer Preserve rest stop the entire day — which saw every single rider — but they also had a mechanic on bike. Spokes is the place in Virginia whether you’re in the market for a new bicycle or you’re looking for a friendly mechanic to take care of your existing collection of bikes. They offer outstanding customer service, expert advice, and comprehensive maintenance, and hope to see us again very soon. (Thanks also for hosting our Nov. 5 Maintenance Clinic — see page 9 for details.)

Discount for Potomac Pedalers: 5% off bikes and parts; 10% off equipment and clothing

Continued on page 14.

Spotlight on District Cycle Works
(districtcycleworks.com)
by Rudi Riet

If you happened to look around at the Henry Arena rest stop at this year’s Back Roads Century, you may have seen a new face or two brandishing wrenches and dishing out coffee. This was the District Cycle Works crew out of Washington, DC, who joined the veteran BRC wrenches from Mt. Airy Bicycles and Spokes Etc.

Led by Matt Moore and supported by Mike Diamond and Fil Dinku, District Cycle Works was asked at the last minute to provide support for our monument ride. “We were happy to step in and help, and it was great to see so many excited cyclists and be able to help them with their mechanical issues,” says Matt. He and his crew also dished out advice if riders had questions or their bike wasn’t completely “dialed in,” often accompanied by a hot cup of excellent coffee from Vigilante Coffee Roasters in Hyattsville, MD.

Established in 2013, District Cycle Works specializes in top-notch bicycle service, bike fitting, and helping riders order the custom bicycle of their dreams. His is not your typical bike shop, in that he doesn’t stock a selection of off-the-shelf bicycles; rather, his philosophy is to either make the bike you have work as well as possible, or if you are ready to pursue a custom-framed addition to your fleet, he and his capable staff can help with fitting, ordering, component selection, and build.

During its relatively short existence, District Cycle Works has built up a large and diverse clientele who appreciate the attention to detail Matt and his fellow mechanics pay toward their trusty steeds. Upon pickup from the shop, bikes worked on at DCW often look showroom new, even if the bike is 5, 10, or even 20+ years old. The shop’s approachable, friendly personality and frank, honest, non-upsell approach to customer service also wins praise from the DC cycling community.

The main question is: will District Cycle Works be back in 2017? According to Matt, “we plan on it!”
Cycling Photography 2016

BRC Acknowledgements plus Trends, Training and Totals

by Peter Klosky

For the club’s Back Roads Century, it was great to have Chris Roell, Dan Lehman, Jonas Tahardi and others contribute their own uniquely expressed viewpoints. It’s a big event with broad participation. All the contributions to the result are appreciated. Photographs create a “vision,” extending an understanding of cycling, encouraging new riders.

Photography technique and technology continues to advance, both in image capture and publishing. Discussion of trends, training and totals follows.

Today’s digital cameras give quick feedback. Photography technology has never been more accessible. Device advancements continue, including the addition of continuous image capture capabilities. Opportunities to learn about photography present themselves in a number of contexts.

While previous experience as a sports, news and social photographer was an influencing foundation for my own cycling photography, joining the Spring 2014 running of the Jamaica Reggae Ride was significantly stimulating. The tour director, Jennifer Hilton, had invited several cycling journalists, with the ride becoming a workshop and conference at points. One author, blogger Patrick Brady of Red Kite Prayer, had well-developed skills that I’ve emulated. Exotic cycling tours with a group, including those offered by DC’s own Bob Thompson of Far and Away Cycling, bring with them social pressure to produce a set of photos, as well as skills sharing. I just noticed that I’d photographed less than a dozen rides from 2004 to the start of 2014. In the last year, I’ve published photo sets from 56 PPTC rides, for a total of 2925 photos. That does not include photos published for events by Oxon Hill Bike (115), Reston Bike (143) and Bike Maryland (85.) But who’s counting?

Cooperating with other photographers and editors has become easier with the availability of Internet sharing. The club’s Facebook page has been an excellent focal point for collecting photos for publication. Our club’s leadership is able to pick up the contributions and make use of them for publications, both print and on-line.

Henri Cartier Bresson, French photojournalist, defined the term “critical moment “, meaning that the photographer decides what to capture. My own photography continues to follow that guidance. I’ve found that the convenience of a camera that deploys quickly from a jersey pocket and is durable is important to capturing multiple aspects of a ride. En route, I prefer a shockproof and waterproof camera, such as a Nikon Coolpix S33. However, this is not the only option.

Some club members, including Dawn and Alan Felsen, have cameras mounted and running, making quite a few automated exposures as they ride. Videos the Felsens presented in Frederick resulted in a conviction on a “pass too close” infraction. The sequence Jonas Tahardi produced of the club Century with his rear facing camera captured the beauty of the ride. The Go-Pro is here, and it can be fun.

Probably influenced by social and news photography, I make an effort to show faces, and also show the riders in action, riding. This means that I need to find a camera position ahead of the riders, either jumping off the front, being early up the climb, or taking a shortcut. The riders are collected at the ride start, so the roll-out is often a good opportunity. A favorite spot is the roll-out to the Southeast from Laytonsville.

Here’s what I look for in a photo spot:

1. Good lighting on the riders, meaning the light faces the riders, or faces them at a small angle.
2. The spot is off to the right hand side of the road, as rider mirrors make it difficult to see the riders from the other side.
3. The spot is not in the road. A driveway is good.
4. The background is lit similarly to the rider.
5. The background is interesting, but not distracting. Barns, animals, crops, vistas.
6. Riders are not moving too fast. Top of a hill or attentively navigating a stop sign, for example.
7. Riders who enjoy the process and results. In context, the term shutterbug can refer to camera operator or subject.

The rules are made to be broken. A favorite alternate is to pan the camera in a shaded and level run of the road, streaking the background with the primary subject arrested, wheels ablur.

Every ride with our touring club is an adventure, our cycles panoramic viewing platforms. Our rides may not be as difficult as, say, climbing Mt. Everest, they are our little adventures that bring us closer together.
The Route Planner Rides, Cont’d from page 1.

65 forced me to bail out and shorten the day to about 75 miles. So this year, I was determined to get through the full ride and see for myself how the route actually felt from the saddle.

Despite that determination, I did not plan my ride particularly carefully. The month or so leading up to the BRC was full of family and work commitments that limited my overall riding. Unlike prior years, I had no centuries under my belt for the year and was feeling a bit under-trained. I had not got my bike tuned up, which was a nagging concern. And I had made no plans to ride with anyone. My usual riding buddies were riding shorter routes this year, or were riding with faster groups, so I was left to fend for myself.

The only bit of planning I did was to find a room in Shepherdstown in an AirBnB house Bob Bernstein rented and was sharing with a great group of Pedalers. That was a great move. All of us were volunteering in one capacity or another over the weekend and we even managed to squeeze in three mechanics from District Cycle Works who would be providing mechanical support at Henry Arena. We had a great time talking about and amongst bikes, helped along by beer, whiskey, and Peter Klosky’s surprising whiskey pancakes.

My plan for the ride was to set out around 7:30 and see who I met on the road for company. For no real plan at all, it worked out perfectly. I hit the road at the tail end of one of the informal BB groups and enjoyed a fast start along River Road. As the group broke up I surfaced from bunch to bunch chatting with people and soaking in the sunrise and scenery. At the first rest stop at Moulton Park I met up with Paul Huey-Burns, who was volunteering as a Road Marshal and we rode together for the next 25 or so miles. The section between Moulton Park and Clearbrook Park is one of my favorite parts of the route, with views of the Shenandoah River, the Blue Ridge, and then the fast but rolling ride west to Clearbrook. A woman named Barb and a few other folks hooked up with us as well and we formed a little peloton as we rolled across the fields. In retrospect I probably should not have pulled so much or so hard, but it felt good and I had a blast.

As we left Clearbrook Park, I met up with a couple of other friends and we formed a somewhat larger group that broke up as we climbed over Pumpkin Ridge. After everyone sorted themselves out, Paul and Barb rode ahead and I hooked up with other friends for the ride through the apple orchards to Henry Arena. So far the ride had been great. I felt good, the weather was perfect, people were obviously enjoying the ride. I could not help from checking to make sure that the signs we put up were still there, that marshals were where they should be, and that road markings were good. But everything was good and I was enjoying the day.

We rolled into Henry Arena and dove into the delicious tomato & hummus sandwiches while enjoying the music and a few minutes rest. As always, it was great seeing other friends and soaking in the good energy of hundreds of cyclists enjoying the ride. I knew the next stretch was one of the more challenging sections, with constant heavy rollers. On the first roller I felt the fatigue in my legs from my earlier efforts and began to worry about cramping. I began to back off on the hills and eventually I found myself riding alone. I backed off and enjoyed the views and sunshine at my own pace. I was also pleased to see that traffic was light and both drivers and cyclists cooperated to share the road.

At about Mile 75, on a little climb at the northernmost part of the ride, my lack of conditioning caught up with me and I cramped bad. I managed to unclip and recovered after a few minutes, but I knew that I would have to ride the rest of the way very gently. Luckily, there were no real climbs and as long as I took it real easy on the little rollers, I should be ok. This was the part of the route I had never ridden before, so the slower pace let me enjoy the scenery and appreciate the work Jim had done to map out this section of the route. I eased my way to the final rest stop at Yankauer Nature Preserve. Some PB&J, bananas, and ibuprofen vastly improved my outlook, and I got a further boost when I found my friend Ed still there. We rolled out together for the last 20 miles back to Shepherdstown.

Although I was grateful for the flatterish roads, I missed the scenery of the ridges and hill and started to get that “is this ride still happening” feeling. But before long the road began to undulate and some views opened up to lift my mood. Unfortunately my legs and energy levels began to fade at about the same time and again I lost contact with Ed. The last five miles were a bit of a struggle. Periodic twinges of cramping kept my pace down and my anxiety level high, but I eventually made it to Bellevue looking forward to a recovery burrito and a nice lie down on the lawn. After eating and resting up, I spent an hour or two catching up with friends and sharing stories of the day. It was rewarding to see how much people enjoyed the work Jim and I had put into the route. Eventually I rode back to my car, enjoyed a hot shower at Shepherd University, and headed home feeling tired but pleased. I am already looking forward to next year and thinking of tweaks to the route to make it even better.
Martine Palmiter, PPTC Event Coordinator of the 2016 Farm Tour

While storms the day before had us on edge, we were truly fortunate to have a great day for the 7th Montgomery County Farm Tour this past Oct. 2. This year, 450 registered riders and many volunteers made the day very special — for the first time ever, the Farm Tour was a fundraiser for the Montgomery Countryside Alliance. Riders’ donations and the proceeds of this event all goes to support the MCA! The club brought in your personal donations of over $1200 for the MCA, and we raised an additional several thousand dollars for the MCA in organizing this event. All the volunteers should be very proud, as I am. We have created a strong partnership this year with the MCA. Without their tireless preservation efforts we would not be able to enjoy this biking haven. That we still have farms and orchards a short-drive from I-270 is a miracle.

We thank Caroline Taylor, Director of MCA for working with our club to ensure its success.

We are also grateful to the other sponsors of this event: Rocklands Farm and Dickerson Market for hosting our rest stops and Kingsbury’s Orchard for the picnic space and providing music! We thank Poolesville Golf Course who generously let us bring over 450 cyclists to park on their grounds. We thank them, our amazing MCA and PPTC volunteers, as well as Revolution Bike and EvoCycleWorks for providing mechanical and SAG support.

And of course, I want to acknowledge Denise Cohen, who started this annual event as a small bike ride several years ago, with the goal of showing club members how beautiful the routes are, and to appreciate this part of rural Montgomery County. She made connections with the local farms and the MCA. I want to acknowledge her role this year in providing me history and background and general guidance as needed, to make this a success. And Rita Cohen, her mother, got to come this year to experience the picnic and see Denise off as she rode her first Farm Tour.
Last and most important — the Potomac Pedaler volunteers. I cannot name all of them but there were many. I personally thank Robin Sparer, who managed the Rocklands rest stop with such skill, even when certain supplies did not show up, and tables were missing at first, and ice ran out. Her team was amazing and she became my right hand in other planning matters. I want to thank Laurie Welch, my other main lead, who coordinated all the volunteers and who worked all summer lining them up. She also created an online file to store all the planning documents so we can do this again next year! She was invaluable to the planning, and somehow keeps very calm under pressure.

I want to thank Ellen Letourneau from MCA for managing all the volunteer staff at Kingsbury, and working with Gene Kingsbury and Dickerson Market in arranging for the band, the decor, the transport of produce and wine, the set up and clean up of that picnic. I want to thank Steve Cohen whose showed us his talents in obtaining local food and baked goods, and obtaining excellent caterers for Rocklands and Kingsbury and kept us well fed. Thanks to Andrea Foster and Gregg Adams who managed the added Dickerson Market stop which saw 75-100 riders.

I want to thank the efforts of the Potomac Pedalers’ administrative staff, Brenda Ruby and Sherri Core, for their ever present hand on email marketing, registration, collecting donations for MCA, among other unsung heroic tasks involved in this event. I thank Ann Corran and her team at registration, Kim Lamphier for making signs, and Denise Cohen for her parking team. And of course, Jim Quinn and his wife Heidi get my highest five kudos, for braving the rains the days before the ride to check the routes for debris, for marking the roads. True dedication.

And if you haven’t done so already, please go to our Facebook page and look at the photos from our beautiful day. Check out the MCA FB page as well.

Thank you Peter Klosky and others who took photographs for this event.

And thank you to the riders — your registrations, donations, and support of this event sends a message loud and clear that the protected farmlands of the Montgomery County Ag Reserve are an appreciated resource we, as a community, will continue to support.
Eastern Panhandle Bicycling Company  
(www.epbicycles.com)  
Thank you Shannon Webber and Staff for working SAG and a rest stop.  
Eastern Panhandle is on the east side of Martinsburg, WV, about 8 miles west of Shepherdstown. They focus on the family that rides, from kids bikes to comfort bikes and hybrids to entry and pro level mountain and road bikes. Eastern Panhandle is a pro level service center with only experienced and certified technicians working on your bike. They offer professional wheel building and setup and have a professional fitting studio with 2 certified fitting techs. Eastern Panhandle has been voted as one of Americas Best Bike Shops the past 3 years. (EP/BC also offers all the outdoor recreation products needed for the Eastern Panhandle, including the largest selection of Kayaks in the area, as well as hiking and camping footwear, apparel, and accessories.)

Element Sports  
(www.elementsport.com)  
Thank you Josh Lewis and Element Sports of Winchester, Virginia for providing your services during the Back Roads Century! A former employee and avid cyclist, Josh took over Element Sports in August 2014 and has expanded the shop’s services and products. New brands and certified professional bike fitters on staff make Element Sports a great local shop that caters to many different types of cyclist. Now that the weather is turning cooler, don’t ride your trainer alone in your basement —bring your bike to Element Sports and use their trainers. Josh encourages anyone in the area to stop in and say, “Hi!”

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

Outgoing Tours:  
Nov Bike Florida 2016 Fall Tours (Florida), https://www.bikeflorida.org/
Nov 9-4 Festivelo (Walterboro, SC), http://www.festivelo.org/

2017 Rides:  
March Vasa Ride (Georgetown, DC) http://www.waba.org/events/rides/vasa-ride/
April Icicle Metric (Newark, DE) http://whiteclaybicycleclub.org/events/icicle-metric/
April 29 Ocean to Bay Bike Tour (Fenwick Island, DE), oceantobaybiketour.com
April TarWheel Century (Camden, NC), www.rivercitycyclingclub.com
May 6 Six Pillars Century (Cambridge, MD), www.6pillarscentury.org
May 7 Fiver Boros Tour (NYC) http://www.bike.nyc/
May 13 CAP2CAP Bike Ride (Richmond & Williamsburg, VA), virginiacapitaltrail.org/cap2cap-ride
May 20 Casa River Century (Shepherdstown, WV), http://casarivercentury.org/
May 21 Storming of Thunder Ridge (Lynchburg, VA), http://stormingofthunderridge.org/
June Tour d’Arc (Belair, MD), metric and less, arcnr.org/events_tour_darc.html
June SMECO 75 Bike Ride (Hughesville, MD) https://www.smeeco.coop/community/smeco75
June Bay-to-Bay Ride (Betterton, MD) http://chestertownlions.org/
July DoubleCross (Middletown, DE) http://whiteclaybicycleclub.org/events/doublecross/
Sept Indian Head 100 (Indian Head, MD) http://www.ohbike.org/
Sept The Cannonball Century (Hartwood, VA) http://www.bikefred.com/cannonball
Sept Amish Country Bike Tour (Dover, DE) http://amishcountrybiketour.com/
Sept Civil War Century (Thurmont, MD) http://www.civilwarcentury.com/
October Culpeper Century (Culpeper, VA) http://culpepercyclingcentury.com/
Oct 14 Seagull Century (Salisbury, MD) http://www.seagullcentury.org/
October Savage Century (Newark, DE) http://whiteclaybicycleclub.org/events/savage/
October Between The Waters Bike Tour (Eastern Shore of VA) http://www.cbes.org/events.html

2017 Tours  
Mar 19-24 Bike Florida (Elkton, FL), https://www.bikeflorida.org/
June Bike Ride Across Georgia (GA), http://www.brag.org/
Jun 23-28 Bike Virginia (tba), http://bikevirginia.org/2017-bike-virginia-tour-postcard/
Jul 22-29 Bon Ton Roulet (Finger Lakes, NY), http://bontonroulet.com/
October CNC Mountains to the Coast Ride (N.C.) http://cnc.ncsports.org/index.cfm
my relief, almost all 1,900 riders made it to the finish line in good shape, although one rider did crash requiring an ambulance call. We conducted a Ride Marshal survey within a week of the BRC to assess our planning and execution of the Ride Marshal program, receiving 20 responses. Here is a summary of Ride Marshal feedback:

- 70% said they had enough information to do their jobs
- 74% indicated they saw at least 1 rider flagrantly violating laws
- All riders complied with Ride Marshal requests to improve behavior
- 89% of BRC riders were grateful to have the RM’s riding with them
- 37% observed car driving aggressively near riders
- 50% said completing their assigned route increased their ride duration by at least 1 hour as a consequence of assisting riders
- 50% assisted at least 1 rider with mechanicals
- 85% said their experience as a RM was “Good, I would do it again if asked”
- 90% said the role of RM should be kept in future BRC as the RM role works well

In closing, I give my sincerest gratitude to the 40 dedicated Potomac Pedalers Ride Leaders and volunteers who stepped up to be Ride Marshals and Road Guards. You helped make this ride fun and safe, and we couldn’t have hoped for a better outcome! Thank you for taking the time to respond to the Ride Marshal survey, we will improve next year. Organizing the inaugural Ride Marshal program for the #BackRoadsCent was challenging and time consuming, but also rewarding to see its success.

### Bicycle Maintenance Clinic & Ride

**Saturday, Nov. 5**

Our Club will be presenting a bicycle maintenance workshops for Potomac Pedalers members on Saturday, Nov. 5, hosted by Spokes, Etc. in Alexandria, VA. Join us for a great time and a chance to learn how to maintain your bike! Because of constraints on capacity, this free event is limited to 40 attendees and open only to Club members. Pre-registration is required for the clinic; non-members are welcome to join Potomac Pedalers (only $30!) and then register. Presenters are Peter Klosky, Rudi Riet, and Adam Goldberg.

**Tires, Chains, Brakes, and Gears (Saturday, Nov. 5, 9:00 AM to 12:00 PM):**

Come join the fun and learn the basic steps to take care of your bicycle. Experienced Club members will present the basics for taking care of your bicycle including cleaning and lubing the gears and chain, inflating tires, changing a flat and inflation options, adjusting brakes, and noticing problems before they develop.

**Post-Workshop Rides:**

Bring your bike! Following the presentation there will be a 40-mile CC ride. While the workshops are open only to Club members who have registered, the post-workshop ride is open to everyone and will begin about 12:30 PM after the Clinic concludes.

**Register for the Workshop:**

Visit www.PotomacPedalers.org for complete clinic details and to register.

**Location for the Workshops:**

This even will be hosted by Spokes, Etc. at 1506 Belle View Blvd., Belle View Shopping Center, Alexandria, Virginia 22307.

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

### Welcome New Members!

**Please welcome new and returning members to Potomac Pedalers:**

- **Debra Adler**
- **Eliza Barclay**
- **Michael Bodaken**
- **Kenneth Bohannon**
- **Wallace Boss**
- **Loren Brandman**
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- **Jennifer Connor**
- **James Conrad**
- **Lena Chang**
- **Carrie Cramer**
- **Road Guards:**
  - Geoffrey Ballou
  - Rick Brush
  - Les Cannon
  - Gary Mendelson

**Ride Marshals:**

- Jon Ivens
- Peter Klosky
- Lee Langford
- Sunil Le
- Bob Manka
- Dave McDonald
- Joe Pixley
- Deb Reynolds
- Farshad Rowshandel
- Monique Sears
- Ruth Sheridan
- Mike Skinnell
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Randonneuring is long-distance (endurance) cycling over scenic and typical intervals between rest stops. This table shows the range of average riding speeds, the range of typical ride distances, and typical intervals between rest stops. You may also see (a) 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 40ºF or higher, AND the chance of rain is less than 35%.

### Ride Classification Table

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

<table>
<thead>
<tr>
<th>Ride Class</th>
<th>Average Riding Speed (ARS) (Miles)</th>
<th>(Miles)</th>
<th>Route Length</th>
<th>Rest Stop Intervals</th>
<th>Use of Pacelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>D</td>
<td>6.0–7.9</td>
<td>8.0–9.9</td>
<td>10.0–11.9</td>
<td>12.0–13.9</td>
<td>20–35</td>
</tr>
<tr>
<td>C</td>
<td>8.0–9.9</td>
<td>10.0–11.9</td>
<td>12.0–13.9</td>
<td>14.0–15.9</td>
<td>30–50</td>
</tr>
<tr>
<td>CC</td>
<td>10.0–11.9</td>
<td>12.0–13.9</td>
<td>14.0–15.9</td>
<td>16.0–17.9</td>
<td>40–60</td>
</tr>
<tr>
<td>B</td>
<td>12.0–13.9</td>
<td>14.0–15.9</td>
<td>16.0–17.9</td>
<td>18.0–19.9</td>
<td>50–70</td>
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<td>14.0–15.9</td>
<td>16.0–17.9</td>
<td>18.0–19.9</td>
<td>20.0–21.9</td>
<td>60–80</td>
</tr>
<tr>
<td>A</td>
<td>16.0–17.9</td>
<td>18.0–19.9</td>
<td>20.0–21.9</td>
<td>22.0–24.0</td>
<td>60–100</td>
</tr>
<tr>
<td>AA</td>
<td>18.0–19.9</td>
<td>20.0–22.0</td>
<td>22.0–24.0</td>
<td>20–35</td>
<td>30–40</td>
</tr>
</tbody>
</table>

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

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

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

### Weather Notes

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

For complete ride descriptions, visit our online ride calendar: [http://www.potomacpedalers.org/events](http://www.potomacpedalers.org/events)

### November — Mondays

**B/BB * 30ish * MD * 10:00 AM * Glen Echo (GLE)**

The Usual Monday Ride From Glen Echo

BB: Warren Farb *[wfarb@mac.com]* 301-320-4942

B: Cathy Wilson *[cswilson@aol.com]* 703-328-1029

### November — Tuesdays

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

Bud Bike Tuesday

Rob Dahlstrom *[rkdahlstrom@gmail.com]* 301-758-2598

**D/C * 13-15 * VA * 4:30 PM * Wakefield Park (WKP) * 45º**

North Springfield Easy

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

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

### November — Thursdays

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

**Glen Echo Loops**

Polly Choate *[scooterpea@yahoo.com]* 202-966-5571 (land); 202-538-5715 (cell)

**B/BB * 15-25 * MD * 12:00 PM * Marriott HQ loading dock**

Thursday Noon Training Ride Bethesda

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

**D/C * 13-15 * VA * 4:30 PM * Wakefield Park (WKP) * 45º**

North Springfield Easy

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

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

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

Annandale Evening Excursion

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

BB * 1 hour to 1.25 hour * DC/MD/VA * 6:00 PM * Zwift Ride

Let’s do a weekly Zwift ride to stay in some semblance of shape this winter. If you don’t know what Zwift is, check out their web site at [http://www.zwift.com](http://www.zwift.com). For the weekly ride details go to [http://zwift.sandglass.com](http://zwift.sandglass.com).

Geng Chan *[gechan@sandglass.com]*

### November — Saturdays

**B/BB * 15-25 * MD * 10:00 AM * Buddy Attick Park (BUD) * 50º**

The Usual Saturday Ride From Glen Echo

BB: Warren Farb *[wfarb@mac.com]* 301-320-4942

**B/D * 15-25 * MD * 2:30 PM * Buddy Attick Park (BUD) * 50º**

BB: Warren Farb *[wfarb@mac.com]* 301-320-4942

**B/BB * 15-25 * MD * 12:00 PM * Marriott HQ loading dock**

Thursday Noon Training Ride Bethesda

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

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North Springfield Easy

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

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

Annandale Evening Excursion

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

C * 30 * MD * 9:00 AM * Veirs Mill Park (VMP)
Leave from VMP to join Friday Lunch Ride
Norman Rasmussen [norman.rasmussen7@gmail.com] 301-828-7470

C * 30 * MD * 10:00 AM * Lake Needwood (NEE)
Friday Lunch Ride
Deborah Turton [d.turton@verizon.net] 301-482-0675

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

November 2 — Wednesday

C/CC * 17 * VA * 1:00 PM * Burke Lake Park (BLP)
Wednesday Mornings Park2Park
Note new time for November!
Mary Ann Breunig [mbreunig.sports@gmail.com] 608-628-3218 (cell)

November 4 — Friday

CC (MF/MH) * 38&50 * VA * 10 AM * Brentsville Park (BVP) * 45°/95°/50%
Through Church Parking
Len Wilkinson [len.wilkinson@verizon.net] 703-455-0368 (home); 703-350-9209 (cell)

November 5 — Saturday

Women * 22-44 * MD * 10:30 AM * Western Maryland Rail Trailhead, Hagerstown
Western Maryland Rail Trail
Ladies, come join us for the last women’s ride of the year. You can bike at any speed on this ride. The trail is one 22 mile straight line. We’ll start at the eastern end and head west. Between 12:30 and 1 pm we’ll meet for lunch at Buddy Lou’s in Hancock approximately 11 mile west of the start. If you want to do the whole 22 miles and then head back to Hancock for lunch, that’s fine. If you want to only go 11 miles before lunch, that works too. Any distance in between will work also. This is really a bike at your own pace ride. The trail should be beautiful this time of year. Directions to the parking lot: Head west on I-70 past Hagerstown. Take exit 12 and go left at the top of the ramp. The parking lot is approximately ½ mile on the right. There are bathrooms at the parking lot. Deborah Turton [d.turton@verizon.net] 301-482-0675

D/C * 19 * VA * 10:00 AM * Vienna City Hall Parking Lot (VCC) * 45°
“Nice and Easy” to Herndon
Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637

CC * 39 * MD * 10:00 AM * Monocacy Middle School (MMS) Covered Bridges
Susie Etcheverry [setchmail@gmail.com ] 202-321-0173

CC *41ish * VA * 10:30 AM * Marshall VDoT Lot (MAR) * 40°
Tally Ho Variation
Rita Zeidner [rzeidner@gmail.com] 703-402-5118 (Cell for day of ride only)

November 6 — Sunday

Beginner D/D * 5-10 * DC * 10:00 AM * BicycleSPACE (Adams Morgan)
Nice & Easy
The Nice & Easy ride is just that: nice and easy and easy and nice! This ride is for beginners and those looking for a relaxing start of the day. The ride helps beginners to feel more secure riding in a group while learning to ride safely and comfortably on DC bike lanes and streets. The ride is 5 to 10 miles and travels at a pace of 5-10 mph that is on flats; the ride will always cater to the more novice riders who attend, so don’t be afraid that we’ll go farther than you are ready to go. Ride leaves

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

at 10:00 AM and returns no later than 11:30 AM. Ride cancels in case of inclement weather. Shop address: 2424 18th St NW Washington, DC 20009. For more information on ride see: http://www.bicyclespacedc.com/weeklyrides/

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

D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 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 greater than 90 degrees, or if 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/C * 10-12 * VA * 3:00 PM * Vienna City Hall Parking Lot (VCC) * 45° On W&OD Trail
Woody Lipinski [orsbicycling@gmail.com] 703-203-4934

C * 27 (MH) * VA * 9:30 AM * Gunston ES (GES)
Lorton Springfield Loop
Jeff Mankie [jsmankie@aol.com] 571-332-2130 (cell)

C * 25/35 * DC * 11:30 AM * BicycleSPACE (K Street)
BicycleSPACE City Explorers
The BicycleSPACE City Explorers ride has no set route, but typically runs between 25-35 miles and rarely strays far beyond the Beltway in any direction as we all stick together in a social-on-the-bike setting. We aim to provide a unique perspective of urban riding that visits all areas of the city and helps participants learn about the best ways to get around the inner metropolitan area by bike. We will sometimes link this ride up to other events/activities, including the School Garden and Mural tours we do to support the groups running those efforts; this will usually result in fewer miles but feature visits and presentations about the projects involved; occasionally we will ask for donations to support the non-profit cause. We ride in most weather conditions except steady precipitation and when high temps are forecast to be below freezing; cancelation notices are posted on Facebook/Twitter using the #BSPACERides hashtag and will show up on the ride page on our website. The ride starts/ends at our downtown shop. Shop address: 440 K Street NW, Washington, DC 20001. For more information on ride see: http://www.bicyclespacedc.com/weeklyrides/

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

November 9 — Wednesday

C/CC * 17 * VA * 1:00 PM * Burke Lake Park (BLP)
Wednesday Mornings Park2Park
Mary Ann Breunig [mbreunig.sports@gmail.com] 608-628-3218 (cell)

November 11 — Friday (Veterans’ Day)

D/C * 20/23 * MD * 10:15 AM * Viers Mill RC (VMP)
Lunch at the Ale House
Chris Moriarity 301-270-3416 (before 8 PM)

CC (MH) * 45 * VA * 10 AM * Walmart Parking Lot, Haymarket, VA * 40*
Bull Run Mountain TWICE
Let’s have a nice fall ride and enjoy climbing Bull Run Mountain. No go in rain or if Temps at ride start are below 40.
RWGPS link: https://ridewithgps.com/routes/17058572
Directions to Walmart: Rt 66 West, take exit 40 to Rt 15 (first exit after Rt 29), turn LEFT at light at end of ramp. Go 0.5 mile to intersection with Rt 55, John Marshall Hwy. RIGHT on Rt 55, go 0.1 to RIGHT into Walmart parking lot. Park away from store.
Deb Reynolds [deb.cla.dr@gmail.com] Cell: 301-346-1755

BB/A * 81 * VA * 9:00 AM * Marshall P&R (MAR)
Reverse Marshallian Demands with Castleton Happy Veteran’s Day!
Dave Helms [david.helms570@gmail.com] 301-466-5561

November 12 — Saturday

TANDEM * 32 * VA * 10:00 AM * Jones Point Park, Alexandria
WABITS Monumental D.C. Ride and End-of-Season Tailgate Party
Park early at Jones Point Park (right under the VA side of the Woodrow Wilson Bridge), and ride 1-mile to the 10:00 AM briefing in the alley behind Jim and Kim’s 811 Duke St house. See more than 25 monuments and attractions on this mostly flat ride, along the GW Parkway, past Ronald Reagan National Airport, and into the District and back. Potluck lunch at Kim and Jim’s following ride. Kim and Jim will provide chili so bring a dish to supplement that if possible.
TEAM PASTORICK [jim@uxopro.com] 703-582-1718

D * 20 * MD * 11:15 AM * Severna Park Village (SPV) * 30°/40%
Lunch in Annapolis
Deborah Turton [d.turton@verizon.net] 301-482-0675

C * 23 * VA * 10:00 AM * Belle Haven (BEL)
Search for the Obscure Forgotten Sculpture
Tom Roberson [thomroberson@gmail.com]

C * 23 * VA * 10:00 AM * Pohick Bay Park (PHP) * 95°/50%
Pohick Bay Social Ride
Peter Dassira [peterdassira@yahoo.com] 703-851-2274
C * 30 * MD * 10:30 AM * Marley Station Mall (MSM) * 30%/40%
Lunch in Annapolis
Deborah Turton [d.turton@verizon.net] 301-482-0675

CC * 34 or 41 * VA * 10:00 AM * Vint Hill CC * 40°
Lake Brittle by Bicycle
Park near the tennis courts, behind the community center (address below for mapping directions). Address: Vint Hill Community Center, 4235 Aiken Drive, Warrenton, Virginia 20187
Please print out and bring your own cue sheet:
41 miler: https://ridewithgps.com/routes/16393080;
41 miler in the cloud: https://drive.google.com/file/d/0B_14nUHjyxelbDRWWGtvbmp2cE0/view;
33 miler:https://ridewithgps.com/trips/2921702
Rita Zeidner [rzeidner@gmail.com] 703-402-5118 (Cell for day of ride only)

B/BB * 57 * VA * 10:00 AM * Stone Ridge
Cirque d’Atoka
Directions to the ride start: From I-66 & 495, take 66W 6.5 mi to exit 57B, US 50 W / Winchester; then go 12.4 mi to Left for Stone Springs Blvd; then 0.2 mi to Right at light for Millstream Dr; and 0.2 mi to Right to Village Center Plaza rear parking lot. Park in lot on the left. It’s bout 30 min from the Beltway.
Mike McCarley [msmccarley@cox.net] 703-218-0707
Brent DeRobertis [dtmerb@yahoo.com] 703-508-0217

November 13 — Sunday

Beginner D/D * 5-10 * DC * 10:00 AM * BicycleSPACE (Adams Morgan)
Nice & Easy
The Nice & Easy ride is just that: nice and easy and easy and nice! This ride is for beginners and those looking for a relaxing start of the day. The ride helps beginners to feel more secure riding in a group while learning to ride safely and comfortably on DC bike lanes and streets. The ride is 5 to 10 miles and travels at a pace of 5-10 mph that is on flats; the ride will always cater to the more novice riders who attend, so don't be afraid that we'll go farther than you are ready to go. Ride starts at 10:00 AM and returns no later than 11:30 AM. Ride cancels in case of inclement weather. Shop address: 2424 18th St NW Washington, DC 20001. For more information on ride see: http://www.bicyclespacedc.com/weeklyrides/
Philip Koopman [phil@bicyclespacedc.com] 202-821-6717 (cell); 202-232-4196 (shop)

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 greater than 90 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/D * 10-12 * VA * 3:00 PM * Vienna City Hall Parking Lot (VCC) * 45°
On W&OD Trail
Woody Lipinski [orsbicycling@gmail.com] 703-203-4934

C * 25/35 * DC * 11:30 AM * BicycleSPACE (K Street)
BicycleSPACE City Explorers
The BicycleSPACE City Explorers ride has no set route, but typically runs between 25-35 miles and rarely strays far beyond the Beltway in any direction as we all stick together in a social on-the-bike setting. We aim to provide a unique perspective of urban riding that visits all areas of the city and helps participants learn about the best ways to get around the inner metropolitan area by bike. We will sometimes link this ride up to other events/activities, including the School Garden and Mural tours we do to support the groups running those efforts; this will usually result in fewer miles but feature visits and presentations about the projects involved; occasionally we will ask for donations to support the non-profit cause. We ride in most weather conditions except steady precipitation and when high temps are forecast to be below freezing; cancelation notices are posted on Facebook/Twitter using the #BSPACErides hashtag and will show up on the ride page on our website. The ride starts/ends at our downtown shop. Shop address: 440 K Street NW, Washington, DC 20001. For more information on ride see: http://www.bicyclespacedc.com/weeklyrides/
Philip Koopman [phil@bicyclespacedc.com] 202-821-6717 (cell); 202-232-4196 (shop)

C/CC * 30 * VA * 9:30 AM * Pinn Community Center (PCC) * 45°
All Sundays Ride
Woody Lipinski [orsbicycling@gmail.com] 703-203-4934

B/BB * 60/45 * MD * 9:30 AM * Poolesville High School (POO)
The Big 6-0
Paul Huey-Burns [phueyburns@gmail.com] 202-255-2785

November 16 — Wednesday

C/CC * 17 * VA * 1:00 PM * Burke Lake Park (BLP)
Wednesday Mornings Park2Park
Mary Ann Breunig [mibreunig.sports@gmail.com] 608-628-3218 (cell)

November 19 — Saturday

C/CC/B/BB/A * 30-53 * DC * 9:00 AM-9:30 AM * Georgetown Waterfront Park
Georgetown Tailgate Ride
This awesome multi-class ride caters to all bicyclists in the Club. While all rides will enjoy Beach Drive in Rock Creek Park and scenic northwest DC neighborhood roads, the routes vary based on ride class. The CC through A routes favor great quiet roads to Potomac and adjoining areas before heading back to DC along Beach Drive with one to two rest stops. These latter rides will feature rolling hills and periodic lung-inhaling climbs. All are welcome and encouraged to stay around at ride’s end where the club will partially subsidize lunch at Mr. Smith’s pub across the street from the park. 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.spoothero.com for discounts at the local parking lots.

Matt Birnbaum [noshbygosh@comcast.net] 202-895-0979
Linda Kolko [lkdolko@gmail.com] 301-785-1342

- C * 30 * DC * 9:30 AM
  Barbara Solan [joebarsolan@icloud.com] 301-919-1221

- CC * 50 * DC * 9:20 AM
  Ron Tripp [ron.tripp@yahoo.com] 301-237-5079

- B * 50 * DC * 9:10 AM
  Monique Sears [moniquesears@rcn.com] 202-256-5218
  Bob Bernstein [rb Bernstein55@yahoo.com] 240-593-2539

- BB/A * 53 * DC * 9:00 AM
  The ride leaders expect to maintain a BB pace, but faster riders are welcome on the route.
  Matt Birnbaum [noshbygosh@comcast.net] 202-702-5720
  Matthew Ossolinski [ossoarch@gmail.com]

D * 10 * MD * 10:00 AM * Thomas Farm Community Center
Carl Henn Millennium Trail Loop
Gordon Smith [wa3qkc@aol.com] 240-299-3384

D/C * 19 * VA * 10:00 AM * Vienna City Hall Parking Lot (VCC) * 45*

“Nice and Easy” to Herndon
Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637

CC(MH) * 43 * VA * 10:30 AM * Middleburg ES (MID) * 40%/40% Horse Hills
Rita Zeidner [rzeidner@gmail.com] 703-402-5118 (Cell for day of ride only)

B/BB * 55 * MD * 10:00 AM * Utica District Park (UDP)
55/Utica/UB/Tancy
B: Jerzy Lamot [jerzylam@gmail.com] 703-863-2255
BB: Jeffrey Anscher [janscher@hotmail.com] 301-775-5803

November 20 — Sunday

Beginner D/D * 5-10 * DC * 10:00 AM * BicycleSPACE (Adams Morgan)
Nice & Easy
The Nice & Easy ride is just that: nice and easy and easy and nice! This ride is for beginners and those looking for a relaxing start of the day. The ride helps beginners to feel more secure riding in a group while learning to ride safely and comfortably on DC bike lanes and streets. The ride is 5 to 10 miles and travels at a pace of 5-10 mph that is on flats; the ride will always cater to the more novice riders who attend, so don’t be afraid that we’ll go farther than you are ready to go. Ride leaves at 10:00 AM and returns no later than 11:30 AM. Ride cancels in case of inclement weather. Shop address: 2424 18th St NW Washington, DC 20009. For more information on ride see: http://www.bicyclespacedc.com/weeklyrides/
Philip Koopman [phil@bicyclespacedc.com] 202-821-6717 (cell); 202-232-4196 (shop)

D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 40%/95%/30%
Lunch in Shirlington
Ron Trueworthy [Ron.Trueworthy@yahoo.com]

D/C * 10-12 * VA * 3:00 PM * Vienna City Hall Parking Lot (VCC) * 45*
On W&OD Trail
Woody Lipinski [ors bicycling@gmail.com] 703-203-4934

C * 25/35 * DC * 11:30 AM * BicycleSPACE (K Street)
BicycleSPACE City Explorers
The BicycleSPACE City Explorers ride has no set route, but typically runs between 25-35 miles and rarely strays far beyond the Beltway in any direction as we all stick together in a social on-the-bike setting. We aim to provide a unique perspective of urban riding that visits all areas of the city and helps participants learn about the best ways to get around the inner metro area. We will sometimes link this ride up to other events/activities, including the School Garden and Mural tours we do to support the groups running those efforts; this will usually result in fewer miles but feature visits and presentations about the projects involved; occasionally we will ask for donations to support the non-profit cause. We ride in most weather conditions except steady precipitation and when high temps are forecast to be below freezing; cancelation notices are posted on Facebook/Twitter using the #BSPACErides hashtag and will show up on the ride page on our website. The ride starts/ends at our downtown shop. Shop address: 440 K Street NW, Washington, DC 20001. For more information on ride see: http://www.bicyclespacedc.com/weeklyrides/
Philip Koopman [phil@bicyclespacedc.com] 202-821-6717 (cell); 202-232-4196 (shop)

CC * 36 * MD * 9:30 AM * Sandy Spring Fire Station
Tridelphia Teaser
Martine Palmeter [mpalmeter@gmail.com] 301-787-4556
Stephanie Tsacoumis [stephanie.tsacoumis@gmail.com] 301-922-3376

CC/B (MF) * 35&52 * VA * 10 AM * Brentsville Park (BVP) * 45%/95%/50%
Rural Rogues Road
CC: Len Wilkinson [len.wilkinson@verizon.net] 703-455-0368 (home); 703-350-9209 (cell)
B: Rob Delach [rdelach@gmail.com] 703-727-0321

B * 30-35 * MD * 10:00 * Snyder’s Market Parking Lot (SMP) * 45%/95%/30%
Easy North Bethesda Potomac Loop
Directions: From beltway go south on Georgia Ave 1/2 mile, R on Seminary Rd to lot opposite Snyder’s Market.
Jerry Collins [jerrycbike69@gmail.com] 240-281-4861

November 24 — Thursday (Thanksgiving Day)

TANDEM * 20 * MD * 9:15 AM * Kensington RR Station
Old Town Kensington and Scenic Rock Creek Park
Jean and Don Schneider [jdon79@aol.com] 301 351-0149

CC * 25 * MD * 9:30 AM * South Germantown Park Adventure Playground (SGRAP)
Thanksgiving Fun Ride
Martine Palmeter [mpalmeter@gmail.com] 301-787-4556
Vic Caldarola [vcaldarola@gmail.com] 240-602-8752

CC/B/BB * 45 * MD * 9:30 AM * Laytons Village SC (LAV)
Looking for Reindeer
Nancy, Ross & Hanna Kotarski [nancykotarski@verizon.net] 301-221-1057
BB/B * 40 * VA * 10:00 AM * Happy Creek Coffee, The Plains * Pre-Empetive Caloric Fest Gravel Ride Happy Thanksgiving!
Mariette Vanderzon [Mariette.vanderzon@gmail.com]; 703-439-0175 (Text)

November 25 — Friday
CC/B/BB * 50 * MD* 9:30 AM * Laytons Village SC (LAV) * Turkey Burn Off
Paul Huey-Burns [phueyburns@gmail.com] 202-255-2785

November 26 — Saturday
D/C * 19 * VA * 10:00 AM * Vienna City Hall Parking Lot (VCC) * 45°
“Nice and Easy” to Herndon
Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637

C * 27 * MD * 10:00 AM * Village Green Park, Indian Head * 38°
Indian Head Rail Trail
Directions to Ride Start: From Capital Beltway, take Exit 3, South on MD Rt 210, Indian Head Hwy about 20 miles to Indian Head, turn right on Lackey Drive (just past Elementary School), into Village Green Park, go 2 blocks and turn left just past pavilion into parking lot next to community center. (For porta potty, go one block further on Lackey past parking lot, turn left on access road, drive just past community center building. An easy, quick bike ride from lot to porta potty.)
Cindy Marisch [csmarisch@gmail.com] 571-243-4576 (cell)

C/CC * 38/45 * VA * 10:00 AM * Vint Hill Community Center * 38°
Circling Coffee Pot Hill
John Zebatto [zebweb@gmail.com] 540-680-0077

November 27 — Sunday
Beginner D/D * 5-10 * DC * 10:00 AM * BicycleSPACE (Adams Morgan) * Nice & Easy
The Nice & Easy ride is just that: nice and easy and nice and nice! This ride is for beginners and those looking for a relaxing start of the day. The ride helps beginners to feel more secure riding in a group while learning to ride safely and comfortably on DC bike lanes and streets. The ride is 5 to 10 miles and travels at a pace of 5-10 mph that is on flats; the ride will always cater to the more novice riders who attend, so don’t be afraid that we’ll go farther than you are ready to go. Ride leaves at 10:00 AM and returns no later than 11:30 AM. Ride cancels in case of inclement weather. Shop address: 2424 18th St NW Washington, DC 20009. For more information on ride see: http://www.bicyclespacedc.com/weeklyrides/
Philip Koopman [phil@bicyclespacedc.com] 202-821-6717 (cell); 202-232-4196 (shop)

D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 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 greater than 90 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/C * 10-12 * VA * 3:00 PM * Vienna City Hall Parking Lot (VCC) * 45°
On W&OD Trail
Woody Lipinski [orsbicycling@gmail.com] 703-203-4934

C * 25/35 * DC * 11:30 AM * BicycleSPACE (K Street)* BicycleSPACE City Explorers
The BicycleSPACE City Explorers ride has no set route, but typically runs between 25-35 miles and rarely strays far beyond the Beltway in any direction as we all stick together in a social on-the-bike setting. We aim to provide a unique perspective of urban riding that visits all areas of the city and helps participants learn about the best ways to get around the inner metropolitan area by bike. We will sometimes link this ride up to other events/activities, including the School Garden and Mural tours we do to support the groups running those efforts; this will usually result in fewer miles but feature visits and presentations about the projects involved; occasionally we will ask for donations to support the non-profit cause. We ride in most weather conditions except steady precipitation and when high temps are forecast to be below freezing; cancelation notices are posted on Facebook/Twitter using the #BSPACErides hashtag and will show up on the ride page on our website. The ride starts/ends at our downtown shop. Shop address: 440 K Street NW, Washington, DC 20001. For more information on ride see: http://www.bicyclespacedc.com/weeklyrides/
Philip Koopman [phil@bicyclespacedc.com] 202-821-6717 (cell); 202-232-4196 (shop)

C/CC * 30 * VA * 9:30 AM * Pinn Community Center (PCC) * 45°
All Sundays Ride
Woody Lipinski [orsbicycling@gmail.com] 703-203-4934

B/BB * 40/50 * MD * 10:00 AM * Walkersville HS (WH5) * Turkey n Sherri between the Taney Sheetz (Mumma Ford, Jonesville)
B: Jerzy Lamot [jerzylam@gmail.com] 703 863-2255
BB: Karen Berlage [* [karenberlage@verizon.net] 301-963-1482

November 30 — Wednesday
All * 90 minutes * VA * 10 AM * Special Holiday Treat (SHT) * Special Holiday Ride!
Reserve by Nov 28 - No matter the weather or the distance or your level, bring your bike and try out something new. We have Heffer Performance Coaching in Leesburg, VA putting on a special Computrainer indoor ride for us! Be there by 9:30 am to setup your bike! Must reserve your spot by Nov 28th! Email me for directions on how to signup; limited space. Mary Ann Breunig [mibreunig.sports@gmail.com] 608-628-3218 (cell)
A women’s view of the Back Road Century.
by Deborah Turton, Women’s Ride Coordinator

IT WAS AWESOME. That was easy.
I could mention that I liked the running water at the port-a-johns. It can come in very helpful for some of us women. We definitely needed more of the aforementioned facilities at the registration site and first rest stop. That covers the biological differences between men and women.
Maybe some hair stylists in the women’s locker room at the end. Or perhaps some jewelry for sale. Or make up. Or purses. That covers the stereotypes.
In all seriousness, what struck me was just how much fun it was. I am, after all, many things, but I definitely am a cyclist. When I’m out cycling, I enjoy the ride. Hopefully, like most everyone else out there on the BRC. I write about the intersection of women, society and cycling. Sometimes it’s an uncomfortable place to be. Sometimes it’s a great place to be. The BRC was one of those great places. There were lots of groups of cyclists with lots of different types of people in those groups. Cyclists were joking at the rest stops, talking as they passed each other, helping each other up the hills, connecting at the party. I didn’t count the number of women I saw or think any deep thoughts about human equality. I just had fun. In reality, I went out with a friend who’s faster than I am, so I spent most of the time concentrating on keeping up.
In conclusion, this woman thoroughly enjoyed the BRC. I’m hoping that everyone else, regardless of gender, did also.

As 2016 comes to a close, we want you to reflect back on this year and your rides with the Club. Potomac Pedalers is run by volunteers, people just like you, who give their time to create great rides and ensure your safety and enjoyment. There are always a few who go beyond what you would expect and those folks deserve recognition – but we’ll only find out about them if they’re nominated.

Any member can nominate a Potomac Pedalers member for any of the awards listed below by emailing Matt Birnbaum or any other ExCom member. Please provide the name of the nominee and a brief statement about why the person deserves a particular award. Awardees will be selected by the ExCom. Please submit your nominations by the end of December.

Descriptions of the awards are as follows:

Peter LeGrand Good Shepherd Award — Some ride leaders go out of their way to ensure that everyone on a ride feels welcome. They keep an eye on stragglers, assist with mechanical problems and even SAG the weary if necessary. Such an outstanding ride leader receives special recognition in the form of the Peter LeGrand Good Shepherd Award. Peter LeGrand (1989) was the first recipient of the Good Shepherd Award, which was later renamed in his memory. This award is given annually.

Rookie Ride Leader of the Year Award — This award is presented to an individual who, in the past calendar year, has led his or her first ride for the club and has shown a subsequent dedication to continuing to lead rides and following the Ride Leader Guidelines. This award is given annually.

Best Original Ride of the Year Award — An award will be given to the member or members who have developed the best original ride of the year. In order to qualify, the ride should be a route unique to the last calendar year and should feature roads and/or areas not usually used on PPTC rides. This award is given annually.

Neal D. Molloy Volunteer Award — An award will be given to the member or members who go above and beyond the call of duty in volunteering for the Club. This award honors Neal Molloy (2010), a beloved club member, who shared his enthusiasm and energy with every rider he met and was dedicated to cycling and to PPTC.

Linda Tischer PPTC Lifetime Award — The nominee must have demonstrated leadership, selfless dedication, effective contribution and personal commitment in support of PPTC interests, goals and ideals over a number of years. The nominee must have been a member for at least ten years and must be a current member to receive the award. The nomination should include evidence of personal involvement in the management, administration or financial affairs of PPTC measured by achievement while actively serving as a member, officer or committee chairperson, ride leader, coordinator or other Club position listed on page two of the Pedal Patter. Awardees receive a full lifetime membership.

(Please note: the Neal D. Molloy Volunteer and Linda Tischer PPTC Lifetime Awards are only presented to exceptional candidates and may not always be given.)
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!
Contact communications@potomacpedalers.org to get an event on the calendar.

**PPTC 2016 Events Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 5</td>
<td>Women’s Western Maryland Rail Trail Ride</td>
<td>Hagerstown, MD</td>
</tr>
<tr>
<td>Nov. 5</td>
<td>Bicycle Maintenance Clinic and Ride</td>
<td>Alexandria, VA</td>
</tr>
<tr>
<td>Nov. 6</td>
<td>BicycleSPACE Beginner Nice &amp; Easy Ride</td>
<td>Washington, DC</td>
</tr>
<tr>
<td>Nov. 6</td>
<td>BicycleSPACE City Explorers Ride</td>
<td>Washington, DC</td>
</tr>
<tr>
<td>Nov. 19</td>
<td>Georgetown Tailgate Ride</td>
<td>Washington, DC</td>
</tr>
<tr>
<td>Dec. 10</td>
<td>Volunteers’ Party</td>
<td>Location: TBD</td>
</tr>
<tr>
<td>January</td>
<td>Annual Meeting</td>
<td>Location: TBD</td>
</tr>
</tbody>
</table>

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**PPTC Rents Protective Bike Boxes for Travel**

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

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

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

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

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

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

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**Potomac Pedalers Touring Club Membership Form**

| Name: ________________________________ | New member [square] or Renewing [square] |
| City: ___________________________ | State _______ Zip: ______________ |
| Home Phone: ________________________ | Work Phone: ________________________ |
| E-mail address: ____________________ | |
| Emergency contact:                  | |
| Number of cycling members if it’s a family membership: | Today’s Date: | |

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

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

Where or from whom did you hear about PPTC?

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

Please DO NOT print the following in the Membership Directory:

- [square] my entire listing
- [square] my phone number
- [square] 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 your listing in the Membership Directory.
  - You may use this form to simply change an e-mail address, phone #, a name, or zip code.
  - Mail this form, ALONG WITH YOUR OLD MAILING LABEL, to: PPTC c/o Core Association Services, Inc. 200 Little Falls Street, Suite 205, Falls Church, VA 22046

Name: ____________________________

City ___________________ State_____
Zip: _______________________
Day phone ____________________________
Eve phone ___________________________
e-mail _______________________________

 goes into effect on: ______________

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**Why Bike Alone? Join PPTC!**

www.potomacpedalers.org

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

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

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

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

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