Seattle to Boston: 3,600 miles, 32 days including 1 (yes just one!) rest day, i.e. 115 miles per day on average. To the randonneurs and ultra-cyclists, these distances probably sound puny. For the rest of us…intimidating? Perhaps. Impossible? Not at all. One reason: the climbing, at 130,000 feet (4½ Everests!), sounds formidable. It averages out at just 37 feet per mile—that is a “flat” ride for the purposes of the Pedalers ride table!

For the average club cyclist, the biggest challenge in a transcontinental crossing—at least the way I did it—is finding the time to get from being in good condition to being in “great” shape, and then actually doing the ride. I was privileged in that eventually I was able to do so.

For many years I had planned that the day after I retired, I would hop on a bike and ride across North America. Until I retired, I was almost exclusively a year-round bike commuter, riding at most 125 miles per week from Arlington to downtown DC; rarely attaining 3,000 miles per year. I did have one goal: to ride my first century before I hit my (age) half-century. Did that in 2000. Then in 2005 there was the “Maine Event,” when I rode 1,000 miles from my Arlington home to Bar Harbor, ME, in 11 days, the route informed by the maps of the Adventure Cycling Association, and the support provided by my wonderful wife.

Apart from that, I did virtually no recreational cycling until I retired in 2009. That year, I did a self-designed “Great Rivers Rout” (sic); another 1000-mile ride, criss-crossing mighty mid-Western rivers as I rode from St Louis, MO to Baton Rouge, LA (including the Natchez Trace and Kentucky’s legendary dogs!)

But, surprise! The “Transcon” didn’t happen.

Seven years of retirement passed. Life happened. I became a primary caregiver for the very person who could have been my

Continued on page 6.
**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.

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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**

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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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**Ride Coordinators–Area Wide**

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- **Family Rides** VACANT
- **Women’s Rides** Deborah Turton, d.turton@verizon.net
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**Web Site Committee** Rudi Riet, Nancy Avitabile, Dave Helms, Matt Birnbaum

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**Volunteer Coordinator** Martine Palmiter

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

Recently the club received an email from an unhappy member, who had a valid complaint….the leader forgot the cue sheets, the slower riders were dropped, and he commented that this was his experience of the leadership over the years in the club and that “to think that we pay for this [expletive].”

This kind of experience happens to members, and to nonmembers. It’s true. I’ve been on rides where the leaders and fast riders disappear. I’ve seen rude behavior or bad behavior from fellow cyclists on rides. I’ve also been a leader who experienced rudeness: where the cyclists who attend my ride don’t say hello, grab a cue sheet and that’s the last I see of them. Also, the reverse is true. Leaders come to a ride start and there are riders who are not prepared to ride/their bike is insufficient, they need help! Ride leaders have been asked to sweep from the rear, stay with disabled or slow riders, keep track of all the riders’ safety and ride skills, and plan the rides in advance. I’ve also been very impressed by the numbers of regular volunteers who sponsor the weekend events, the annual rides such as the Black Hills and Nokesville, Memorial Day and July 4th rides, overnight ride weekends, the rides to the shore, training rides, women’s rides, and trail and rural rides. The club offers all its events to members and nonmembers.

As one Club member commented to me at lunch, “this issue has been discussed over and over since I started in the Club 30 years ago (or did he say 40?!)—the ride pace does not match the ride description, speed creep, what pace leaders should ride at, is there a sweep? Will I get dropped? What is the responsibility of the ride leader? People get frustrated and there does not seem to be a solution.”

The Club has gone through many years of ridership/leadership—we’ve been in existence for 50 years!!—and cyclists and leaders come and go. And some cyclists never come back—and some stay for years. Where does this leave us?

Those who are looking for a lot of rides, riding companions, and ride events come to Potomac Pedalers. We offer a huge variety of rides. You don’t need to be a member to ride—it’s free if you want.

The leaders and volunteers are unpaid. There are a few paid staff but even those staff work many hours day and night. The club pays for communications and making sure the club pays its bills—their dedication is apparent.

But most members do not know that the Club leaders have a lot of responsibility and the Club offers many things to the community—the club carries liability insurance, it gives out thousands of dollars a year in grants money, it addresses advocacy of bike laws, it mourns cyclist’s accidents, it supports and runs a website to post the rides, it maintains a storage unit and supplies, it pays for credit card processing, mailing out, formatting, editing the many Pedal Patters and email blasts, and tries to thank its volunteers with a dinner, awards, and other items of value (we hope!) It plans for the annual century, worries about the budget, designs jerseys, and much more. The Ride Coordinators alone are true heroes in trying to get more of us to post and lead rides. They beg and plead with us. There are those who spend countless hours planning rides, and checking routes.

So, yes, the Club has its problems as any club does. The volunteers and leaders make mistakes. Some cyclists stay and some leave. There are many other groups that offer cycling experiences. But Potomac Pedalers has a strong volunteer ethic, and hopeful leaders who want to improve rides and cycling in the metro DC area. We hope that when you receive an email from our team, and you attend a ride, or you get some encouragement from a ride leader, you thank those volunteers who work so hard, or you can help them figure out a way to solve some of the problems you have seen…we need your help. And we need your enthusiasm and new ideas as well to keep the club viable for the next 50 years.

~ Martine
**My Labor Day Weekend**  
*by Deb Reynolds*

Labor Day weekend started much like any other weekend. (Except that I did get out of work earlier!) It started with a Saturday morning ride. I joined the Club for a scheduled ride at Riley’s lock. It was a very nice ride in the Agriculture area of Montgomery County. Many farms, some river views. Mostly low traffic roads. After the ride, Tom, my SO, and I visited Homestead Farms where we had pie and a smoothie and bought some fruit and vegetables.

However, on Sunday, we needed to get up to South East of Baltimore to allow Tom to do some work at his home and pick up his car. We also wanted to ride. We decided to kill 2 birds with 1 stone so to speak. We rode our bikes from my house in Alexandria, just off Rt. 1, to Union Station, where we hopped the Bike Car. We had a very pleasant train ride to BWI station. Then we made use of part of the BWI trail and some roads to bike to Tom’s home. Just 22 bike miles and a train to get from Alexandria to South East of Baltimore.

On Monday, we had no riding plans. We decided to bike to the Nats game. The Nationals stadium provides a wonderful bike valet service. The game was at 4 PM, therefore we parked at Jones Point Park on the south side of Old Town thinking it would get dark on our way back. We had a nice ride to the stadium, mostly on the Mt. Vernon Trail, then along Maine Ave and M St (just 2 more miles or so). We signed in at the bike valet and enjoyed the game. The Nats won, too. I was getting dark as we arrived back at the car. It worked out perfectly!

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**Drunk Driver Sentenced for Negligent Homicide**  
*by Peter Klosky*

The sentencing of Catherine Lyon took a dramatic turn when Calvert County prosecutor Andrew Rappaport placed 13 red plastic cups on the table, representing the 13 shots of vodka in the pint she drank before taking the wheel of her car, to tragic result. The effect of the demonstration was powerful enough to make cyclists in attendance nauseous.

Shortly after a swift arrest by the police, prosecutors levied charges against Ms. Lyon, 62, for two counts of negligent homicide by motor vehicle; she pled guilty. As a consequence of her actions which killed tandem couple Lynne Rosenbusch, 58, and John Fauerby, 64, she was given a sentence of twenty years, with all but three years suspended. Her three years will be served in a local jail. Upon release, she will be on probation for five years and serve 1000 hours of community service. She is not allowed to contact the family of the deceased. If she is granted a driver's license in future by the Maryland DMV, the court sentence established she must have an alcohol-sensing interlock device in her car, for life.

Victim impact statements were read by the prosecutor and directly presented to the circuit judge that levied the sentence, Gregory Wells. Cyclists, as well as family of Lynne and John, wore yellow ribbons or neon bicycle pins in a dignified show of solidarity. A letter from John’s brother was read, as was a letter from William Smith, fellow cyclist and friend. Lynne’s sister Arlene spoke, followed by Potomac Pedalers member Janice Creamer. Jon Korin, president of Bicycle Advocates for Annapolis and Anne Arundel (BIKEAAA), spoke so eloquently that the judge asked his organization to advise the court as to how best to spend the required 1000 hours. Please consider registering for the October 16 Lifeline 100 ride at http://bikeaaa.org in support of safety advocacy.

Ms. Lyon now sits in the Calvert County jail, as verified by on-line search. http://vinelink.org/
Mentoring for Success: Wild Goose Chase
by Robin Sparer and Johanna Nathanson

We have done the Wild Goose Chase, a women’s only cycling event, for many years. It’s a great event that benefits the Blackwater National Wildlife Refuge in Cambridge, MD while promoting women in biking and fostering a camaraderie that keeps women coming back year after year to do the event. Wanting to get ourselves and Potomac Pedalers more involved, the perfect idea was borne out of our own experience on the ride when, during the 2015 event, there was no rest stop for over 30 miles on the 65-mile route. After moaning and groaning we decided to be proactive. We decided to approach the organizers of Friends of Blackwater and the Club to see what we could do to sponsor a rest stop.

When we spoke with the new event coordinator we quickly realized they could use the Club’s best practices in how we run events. We began to realize that we would be more than adding a rest stop, but mentoring the coordinator as well. We developed a partnership and helped with food selection for all the rest stops and event details. We had conference calls monthly and added more people into the planning as need.

We also wanted to mentor and develop women to be better cyclists. In recent years, the Wild Goose Chase had changed from a two-day event to a single day and, with our help, they were able to expand again to a two day affair. We offered to hold a workshop the afternoon before event day and enlisted other women from our Club (Brenda Ruby, Deborah Turton, and Martine Palmiter) to assist.

During the weekend, our mentoring started before the workshop with a ride we led to the reserve and back. We were able to lead, educate, and support the participants during the ride. We spoke about fit, tire inflation, pre-bike checks, hand and foot numbing, body positioning, pedal strokes, and more. One rider in particular we really bonded with and became her mentor during the next day’s main ride which proved to be quite challenging because of high winds and gusts.

We had a tremendous impact on the event. We sponsored, branded, and staffed a much needed and appreciated rest stop. The food quality at all the rest stops improved. We had a raffle for those who visited our rest stop and two winners were selected. One received a free membership and the other a Club Jersey.

Everyone thanked us for being there and helping to improve the quality of event. Most importantly, we mentored new riders to try something new and push themselves to ride farther and supported this endeavor with our new rest stop.

The Flip Side of the Comfort Zone
by Deborah Turton, Women’s Ride Coordinator

Last month I wrote about how stepping out of your comfort zone is good for you. This month I want to write about the Flip Side of your comfort zone. When you step out of your zone, it forces other people out of their zone. That’s the flip side and it’s good for everyone. When bicycles first became popular, women loved them. They allowed women the freedom to move about unchaperoned. Women who rode developed newer clothing that was easier to move in. Both of these developments alarmed many people. And then society moved on to a better place. In the same way today, women who force society out of its comfort zone cause some distress, but then society moves on to a better place. Most of us will never have the opportunity to make large public statements about society, but every last one of us can make many small statements that can force society to change its comfort zone. We can stand up against bias and discrimination we see. We can act in ways contrary to gender norms. We can support people who don’t follow society’s script. All of these actions can make us uncomfortable, but together they can change society.

I see many things about being a women cyclist that closely align with society’s comfort zone. Just a few examples are: Women’s clothes most often come in pastel clothes. Bright colors seem to be reserved for men these days. And I like wearing red, but apparently women are only supposed to like pastels these days. Some men ask me if I need help loading my bike while ignoring other men loading their bikes. And what do these ‘helpful’ men think I do when they’re not around? Some shop guys ignore women or belittle their knowledge, but will believe that any random guy knows what he’s talking about. Advocacy groups often have more men than women. We need to show up at these meetings and contribute. Changing society is hard and uncomfortable, but remember what those Victorian women cyclists went through for us.
My Longest Ride, Continued from page 1.

SAG driver. I began to fear that I might be running out of years. Finally in mid-July 2016, I joined a group of about 40 riders, most of whom were committed to doing the whole ride—a few rode for sections of the trip.

This was a “fast” ride across the continent, done by an “older demographic” with the resources of time and money to make it possible. At least one-third of us were over 60, and I guess the median age to have been about 55. All very different from my stereotypical image of the typical trans-America ride: 20-something fresh out of college, self-supported, gear-laden bike, stopping as interested to “get to know” the country. Riding maybe 50-70 miles to day, that would take 2-3 months. We had one month (well, 5 weeks all told).

At 60-something, even that amount of time seemed grossly self-indulgent, guilt-inducing, etc. It also needed a considerable network of support (a live-in caregiver, family, friends, etc). But that is a whole different story. I also decided to make it a fund-raiser for two Alzheimer’s related organizations that meant a great deal to me. (https://www.crowdrise.com/mylongestride ).

What actually made the trip possible was the Lon and Susan team, a.k.a. Pacific Atlantic Cycle Tours (PACTOUR). Lon Haldeman and Susan Notorangelo are a husband-wife team who were co-founders, winners and long-time record-holders of the Race Across America (RAAM). When they quit racing, they set up PACTOUR to provide challenging distance riding opportunities.

A few months ahead of the trip, Lon sent out some training tips, which boiled down to: (a) start from a good level of fitness for a typical club rider, with considerable experience of riding centuries and longer; (b) at a minimum, ride 20 hours or 300 miles per week for two months ahead of the start, with increasingly longer rides each week so that during the training period…..; (c) you ride at least one double century (miles, not kilometers) and do “several” back-to-back centuries.

I fell short of these minimum standards, significantly; never did the double; only managed 300 miles in two weeks, and did a couple of back-to-back century rides in the first half of 2016. Nevertheless, I found that I was in good enough shape, perhaps significantly because I regularly appear in the Cast Iron Crotch list (5,000+ miles per year). Also, most of the riding we Pedalers do is on some pretty hilly terrain. And much of the USA is FLAT, at least according to our ride table!

We got “dessert” first. Like the large majority of transcon rides we rode west-to-east, to benefit from wind direction. That means you get the western mountains and high plains first, by far the most beautiful parts of the ride. Day 1 we rode up Whidbey and Camano Islands on the Puget Sound with some stunningly beautiful scenes. Day 2 saw us climbing the Cascades, through Washington Pass, up to an elevation of 5,300 feet, with several major ups and downs on the way. At the top of the pass, we experienced the worst weather event of the whole expedition. A 20% chance of rain, became a torrential thunderstorm. It was wet, and cold, particularly during the 25 mile descent! Shiver-inducing cold, translates very swiftly into severe wobble on the descent. We all made it down safely, rueing a wasted downhill!

That was by far the longest ride of the first week (129 miles). Most of the other days were under 100 miles, the idea being to get us into shape for the mind-blowing distances that awaited us in the mid-West. It took almost five days to cross Washington, through some amazing scenery, notably around the Coulee Dam, where we spent one night. Still, by the end of the first week we had ridden 700 miles.

After the briefest of transits through the Idaho panhandle, we were under the Big Sky of Montana. As we very gradually descended to...
the cattle rearing and grain-growing plains, the roads opened up, the scenery became more uniform...and the winds blew, several days of fairly stiff cross-winds as we headed south-east. We confirmed the value of the echelon; to those who don’t know, that’s a kind of diagonal paceline, to get as much drafting effect as possible. Practically, it can only be done with 4-5 riders, very low traffic density, and long sight-lines front and rear. It was not uncommon for us to ride for 10 minutes, perhaps 20 minutes, without seeing a motor vehicle. Fine for out west with experienced riders; not recommended for your average club ride.

Five days across Montana, and still we seemed only to have ridden across the south-west corner of this massive state. Next up, Wyoming. More of the same: ranches, distant hills, semi-arid countryside. Many found it monotonous, sad or desolate, but to my eyes, unfamiliar with the terrain, it was strangely beautiful.

Then came Day 12, a ride deemed tough enough to warrant its own T-shirt!

The ride from Powell to Sheridan in Wyoming is 121 miles, with about 8,000 feet of climbing as it crosses the Big Horn Mountains. The main climb was a 12-mile, 5,000 foot slog that starts with a long 1-2 percent grade, then gradually got steeper with sustained sections at 10 percent and up to 14 percent for short distances. In retrospect that was my favorite day of the whole tour—the challenge of the climb (with time trial thrown in for good measure), stunning scenery, the ascent to the highest point I have ever been on a bike at almost 10,000 feet, and an amazing descent.

South Dakota was far more interesting than I expected. The Badlands: fascinating rock formations. Custer State Park with close encounters of the bison (and gentle, wild burro) kind. Mount Rushmore of course. Cross-winds persisted.

In that second week, in Wyoming and South Dakota, daily mileage increased, with a couple of 120-130 mile days; a weekly total of about 800. We realized that we probably were getting fitter, but the effects were offset by fatigue.

By the third week, it became quite routine to contemplate one 140-mile day after another without blanching. This was the highest mileage week, 950 miles, as we rolled across South Dakota, Minnesota and Wisconsin. Hundreds and hundreds of miles of corn fields; and very, very few people!

Wisconsin was a pleasant surprise: varied landscape, varied agriculture, and varied cycling terrain—from massive grain fields through traditional family farms to Amish communities. A state for future bike exploration.

Then came our one rest day, as we crossed Lake Michigan by ferry, 60 miles from Manitowoc, WI to Ludington, MI. It was a welcome break, mentally at least, but I could also understand why I have heard that many pros don’t like the rest days in the Grand Tours (Tour de France, etc.). It took much longer than usual to get fired up and into the rhythm of the ride.

Ah the rhythm. The typical day started with breakfast in the motel carpark at dawn, sometime between 5:00 and 6:30 AM. Oatmeal, cereals, fruits, pastries etc. prepared by the staff. Then it was on to the bikes within half an hour for the day’s century plus. It became clear to me quite quickly that the ride was not staged from one town at dawn to another at the end of the day’s ride. It was from one rest stop to the next!

The three support vehicles leap-frogged each other during the day to provide us with well stocked rest stops every 25-30 miles. One of those stops was a lunch with something cooked, and plenty of creative salads. It convinces me that real food and good hydration beats powders and supplements. I didn’t touch the latter during the ride, and did not have any of the cramps that afflict me often on or after local or club rides.

There was a little “carrot-and-stick” incentive involved. The whole rolling show operated around a window of average speeds of 13-17 mph, including time spent at rest stops. Faster, and you would beat the van; slower and you would miss the van or be invited to be “sagged” to the next rest stop or day’s destination. Thanks to a series of flats one day, I did drop to the back of the pack, but did manage to catch up without a SAG.

Michigan left the impression of another rural state—not quite what one would expect. Then it was into Ontario, Canada for two long, flat days, ending at Niagara Falls. Thence onto the bumpy, busy, and (often still) beautiful roads of the eastern US. We crossed to the northern end of the Finger Lakes, and although we avoided the savage climbs that lie a bit to the south, there were a couple of demanding, enjoyable days in New York and Vermont.

Massachusetts was a state of mixed feelings. Because we were approaching the conurbation of Boston, our focus was on surviving the traffic on quite busy roads, keeping our minds off the fact that we were approaching journey’s end. But by the time we got to the obligatory celebration on Waikiki Beach near Salem, MA the mixed feelings were summed up in: “Thank goodness we’ve arrived; so sad it’s over.”

The ride had become a way of life. Was it only a month? A hypnotic rhythm of ride, eat, drink, sleep; day in, day out. It was possible only because of the full support and excellent planning, and that to an extent we had had to lose contact with our daily lives, no matter the Facebook posts, blogs, phone calls, text messages etc. Some even spoke of life-changing reactions. Only time will tell. But for the time being, it was possible to feel some satisfaction of having been one of the sub-set of the group who could claim to be members of the EFI club...Every Freaking Inch!

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Renegade Ride (CC/B/BB/A), Aug. 20 — Rolling to hilly ride to Taylorsville and back to Laytonsville.

Greg Devlin, Kibby Powell, Deborah Nielsen, and Lee Langford.

Circling Sugarloaf (CC/B/BB), Sept. 3 — Circumnavigating Sugarloaf Mountain on a popular and scenic ride in the Montgomery County Agricultural Reserve.

Deborah Nielsen, Jenny Haddon, and Lisa Oken.

Downtown Breakaway (CC/B/BB/A), Sept. 7 — Dinner at Pete’s New Haven Style Pizza on the finale of the popular Wednesday evening ride from Mitchell Park. This ride has been going for two decades so it will return next season! Thanks to all the ride leaders who kept it going all summer and Rudi Riet the ride captain.

Monique Sears and Peter Klosky

Continued on page 9.
Ride Report, Continued from page 8.

Tuesday Night Annandale Evening Excursion & Speedworks (CC/B/BB/A/AA), Sept. 13—These Tuesday night rides are going strong and continue on in to the Fall for those who have lights!

Out of Bounds

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

Oct 1  Culpeper Century (Culpeper, VA)  http://culpepercyclingcentury.com/
Oct 8  Seagull Century (Salisbury, MD)  http://www.seagullcentury.org/
Oct 15  Savage Century (Newark, DE)  http://whiteclaybicycleclub.org/events/savage/
Oct 16  Lifeline 100 – Anne Arundel County (Millersville, MD),  https://bikeaaa.org/lifeline-100/
Oct 22  Between The Waters Bike Tour (Eastern Shore of VA)  http://www.cbes.org/events.html

Upcoming Tours:

Oct 14-16  Shenandoah Fall Foliage Festival (Staunton, VA)  http://shenandoahbike.org/
Oct 28-30  BCP’s Fall Foliage Weekend (Hanover, PA), http://phillybikeclub.org/newbcp/events/fallevent2016/fallevent.htm
Oct 1-9  CNC Mountains to the Coast Ride (N.C.)  http://cnc.ncsports.org/index.cfm
Oct & Nov  Bike Florida 2016 Fall Tours  (Florida),   https://www.bikeflorida.org/
Nov 9-4  Festivelo (Walterboro, SC),  http://www.festivelo.org/

2017

April  Icicle Metric (Newark, DE)  http://whiteclaybicycleclub.org/events/icicle-metric/
April  Ocean to Bay Bike Tour (Fenwick Island, DE),  oceantobaybiketour.com
April  TarWheel Century (Camden, NC),  www.rivercitycyclingclub.com
May  Six Pillars Century (Cambridge, MD),  www.6pillarscentury.org
May  CAP2CAP Bike Ride (Richmond & Williamsburg, VA),  virginiacapitaltrail.org/cap2cap-ride
June  Tour d’Arc (Belair, MD), metric and less, arcnrc.org/events_tourd_arc.html
June  SMECO 75 Bike Ride (Hughesville, MD)  https://www.smeco.coop/community/smeco75
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/

Tours:

Mar 19-24  Bike Florida  (Elkton, FL),  https://www.bikeflorida.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/
PPTC’s Monthly Ride Schedule

How to Read the Ride Schedule

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

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

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

You may also see (b) a “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 (ARS)</th>
<th>(Miles)</th>
<th>(Miles)</th>
</tr>
</thead>
<tbody>
<tr>
<td>H: Flat (F)</td>
<td>5-10</td>
<td>no</td>
</tr>
<tr>
<td>M: Moderate (M)</td>
<td>10-15</td>
<td>no</td>
</tr>
<tr>
<td>H: Hilly (H)</td>
<td>15-20</td>
<td>occasional</td>
</tr>
<tr>
<td>A: Average (A)</td>
<td>15-30</td>
<td>common</td>
</tr>
<tr>
<td>B: Brevet (B)</td>
<td>20-30</td>
<td>common</td>
</tr>
<tr>
<td>CC: Century (CC)</td>
<td>25-35</td>
<td>common</td>
</tr>
<tr>
<td>C: Club (C)</td>
<td>30-40</td>
<td>common</td>
</tr>
<tr>
<td>D:Double Century (DD)</td>
<td>35-45</td>
<td>common</td>
</tr>
</tbody>
</table>

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

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

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

Weather Notes

A ride description may contain minimum GO conditions—limits of temperature or chance of rain, given as “temp/chance” e.g., “40°/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

October — Mondays

B/BB * 30ish * MD * 9:30 AM * Glen Echo Park (GLE)
The Usual Monday Ride From Glen Echo
BB: Warren Farb *[wfarb@mac.com] 301-320-4942
B: Cathy Wilson *[cswilson@aol.com] 703-328-1029

B/BB * 30ish * MD * 4:30 PM * Frederick, MD (7th ST Starbucks)
The Starbucks Ride
BB: Darius Mark *[darius.mark.mdge@statefarm.com] 301-418-6370

October — Tuesdays

C/CC * 26/34 * VA * 10:00 AM * Belle Haven Picnic Area (BEL)
Mid-week Morning Belle Haven
C: Lois Lightfoot *[LELightft@outlook.com] 703-451-2361; 571-228-9907 (cell)
Normandie Lee *[normandie.lee@gmail.com] 571-217-8260 (cell)
CC: George Saxton *[gsaxton@saxfam.net] 703-243-8284; 703-855-0876 (cell)
Jill Thompson-Riese *[jillian8888@gmail.com] 202-674-1920

D/C * 13-18 * VA * 5:30 PM * Wakefield Park (WKP)
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

T/BB * 20-25 * VA * 5:15 PM * Fort Williams Pkwy, Alexandria
Tandem Tuesday Ride
Mark Mulligan *[crew396@aol.com] 410-626-7470

October — Thursdays

C (MH) * 21-29 miles * MD * 10:00 AM * Glen Echo (GLE)
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 * 13-18 * VA * 5:30 PM * Wakefield Park (WKP)
North Springfield Easy
D: Shirley Lipinski *[shirley.lipinski@gmail.com] 703-470-6637
C: Woody Lipinski *[orsbicycling@gmail.com] 703-203-4934
**October 1 — Saturday**

**C (F) * 27 * MD * 10:00 AM * College-Park/U of MD Metro**

Anacostia River Trail-to-Trail (ART)

We meet at the Metro station near the parking garage (free parking on weekends): 4931 Calvert Road College Park, MD 20740.

Gene Grunby (grunby@yahoo.com) (C) 301-758-1968 voice and text

**CC/B * 41 * VA * 9:30 AM * Vint Hill Community Center**

Lake Brittle By Bicyce

Address: Vint Hill Community Center, 4235 Aiken Drive, Warrenton, VA 20187. Park near the tennis courts, behind the community center. Cue sheet will include a 31 mile option.

Rita Zeidner (rzeidner@gmail.com) cell: 703-401-5118 (day of ride only)

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

* 50°/60%

Rockville Saturday Morning Ride (Note time change to 9:00 AM for October!)

Ajit Baid [*baidajit@gmail.com*] 301-758-2598
George Schneider [*gbs319@juno.com*]

**October 2 — Sunday**

**October 2 — Sunday**

******* THE FARM TOUR HAS SOLD OUT! *******

ALL * 18/28/40/58/77 * MD * 8:30 - 11:00 AM * Poolesville Golf Course

The 7th Montgomery County Farm Tour and Picnic

Have you ever wondered why D.C. has some of the best cycling in the region right on its doorstep? Cyclists are blessed with a 93,000-acre Agricultural Reserve just 30 minutes northwest of the city. The Ag Reserve, Maryland’s rural treasure, is home to hundreds of farms, orchards, pastures and a vineyard. Please join us on one of five scenic routes on lightly traveled roads around the Ag Reserve. Featured stops will be Rocklands Farm and Kingsbury Orchard, with the event culminating with a gourmet picnic at Kingsbury from 12:00 to 4:00 PM. For complete event details and any event updates visit: [http://www.potomacpedalers.org/?page=farmtour](http://www.potomacpedalers.org/?page=farmtour)

Ride Start: Poolesville Golf Course, 16601 West Willard Road, Poolesville, MD 20837

- 77 miles: 8:30 AM
- 58 miles 9:30 AM
- 40 miles: 10:30 AM
- 28 and 19 miles: 11 AM (NO STOP AT Rocklands Farm)

PICNIC: 12:00 PM to 4:00 PM

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

Nice & Easy

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

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

Lunch in Shirlington

Ron Trueworthy [Ron.Trueworthy@Yahoo.com]

**B * 41 * VA * 8:00 AM * * Loudoun County HS (LOU)**

Graveling Loudoun Back Roads

Mike Skinnell [nascar4dad@verizon.net] 703-231-4855

**October 8 — Saturday**

**TANDEM * 30 * MD * 10:00 AM * Aberdeen P&R**

**Harford County Ice Cream Ride**

Peggy & Tom Dymond [*mndymond67@gmail.com*] 410-272-9139; day-of-ride cell 410-459-8544

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

"Nice and Easy" to Herndon or Ashburn

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

**B (F) * 12 * MD * 10:30 AM * Greenbelt Metro (GBM)**

Lunch at the New Deal Cafe

Chris Moriarity 301-270-3416 (before 8 PM)
For complete ride descriptions, visit our online ride calendar:
http://www.potomacpedalers.org/events

October 9 — Sunday

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

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

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

**C/CC** * 25-30 * VA * 9:30 AM * Pinn Community Center (PCC) **Sundays Ride**
Woody Lipinski [orsbicycling@gmail.com] 703-203-4934

**CC** * 30 - 35 * DC/MD * 9:30 AM * Silver Cycle Bikes **Very Hilly Beach to Creek**
Jerry Collins [jerrycbike69@gmail.com] 240-281-4861

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

**C * 24 * VA * 9:00 AM * Accotink Unitarian Universalist Church** **“To the River and Through the Woods”**
Steve Brown [nicebrows@verizon.net] 703-801-9617

**C (H) * 27 * MD * 10 AM * Glen Echo Park (GLE) **Glen Echo North**
Mike Divine [mikedivine74ATme.com] 301-258-7820

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**October 10 — Monday (Columbus Day)**

**All Classes** * 63 * PA * 9:30 AM * HACC Lancaster Campus **Lancaster Covered Bridge Metric Route**
For those with the day off or just wanting to play hooky; for those who missed out on the annual Lancaster Covered Bridge Metric Century this year, here is your chance. Last year I missed the organized ride and did the ride with six friends. We had a blast. Last year the first rest stop was at an Amish market. The second was at The Udder Choice where the hot fudge sundaes were $2.65! The route was modified this year due to some road closures. I will attempt the same rest stops but they may not be as evenly spaced as last year. Ride leader will be riding a fast CC to slow B pace. You are welcome to ride the pace of your choice. Ride Start: 1641 Old Philadelphia Pike, Lancaster, PA 17602 for those with a GPS. Please park in the lot just off Campus Dr into which you turn off Old Philadelphia Pike (PA 340). Lunch afterwards at Lancaster Brewing Co, 302 N. Plum St, Lancaster, PA 17602.

**BB: Jeff Boarman [boarmancycle1955@verizon.net] 301-938-8803**
**B: Bob Bernstein [bbernstein55@yahoo.com] 240-593-2539**

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**October 12 — Wednesday**

**C/CC** * 17-32 * VA * 10 AM * Burke Lake Park (BLP) **Wednesday Mornings Park2Park**
Mary Ann Breunig [mbreunig.sports@gmail.com] 608-628-3218 (cell)

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**October 15 — Saturday**

**D * 19+ * VA * 10:00 AM * Vienna City Hall Parking Lot (VCC) **"Nice and Easy" to Herndon or Ashburn**
Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637

**D/CCC** * 40/21 * MD * 10:30AM * Big Pool **Westward Ho!**
This traffic-free and flat route is along the Western Maryland Rail Trail, beautifully paved to a smooth surface, and mainly in the shade, with interesting views of the Potomac and sedimentary-rock anticlines, as we carve our way through the foothills of the Alleghenies. The midway point is the town of Hancock, where there are restaurants. The short route ends (or begins) in Hancock. Since we will go on a trail, no cue sheet is necessary. You can do as little or as much as you choose. History buffs will enjoy visiting the massive stone French and Indian War fort two miles from the ride start. It would be a good idea if potential riders telephoned the leader in advance to co-ordinate riding options, including starting from Hancock for a shorter ride. No go if rain. Directions: I-270 to I-70 west 21 miles beyond Hagerstown to exit 12: Big Pool; turn left and go a short distance to trailhead on right. Willis Van Devanter 30-972-7298; or on day of ride: 30-704-7863

**C * 31 * MD * 9:00 AM * King Farm Safeway **King Farm Loop**
Deborah Turton [d.turton@verizon.net] 301-482-0675
For complete ride descriptions, visit our online ride calendar:
http://www.potomacpedalers.org/events

October 16 — Sunday

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

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

C * 23 (MF-MH) * VA * 9:00 AM * Fairfax Square Commercial Center *
Fairfax Coffee to Coffee
Avrama Blackwell [avramaktb@gmail.com] 301-503-5884 (cell)

C * 12.5 * VA * 11 AM * Dillingham Square (new ride start, see info below)
Bikes, Trails, and Beers Social Pre-ride at the New Waters End Brewery in Lake Ridge
RIDE START: Dillingham Square Parking Lot, 12351-12555 Dillingham Square, Lake Ridge, VA 22192 Park in the eastern most portion of the parking lot, near Waters End Brewery.
Rob Delach [rdelach@gmail.com] 703-727-0321

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

CC(M) * 48/58 * VA * 9 AM * Loudoun County High School (LOU)
Over the River to Poolesville Loop
Karen Hass, [Karen.hass@me.com] 571-205-5797 (cell)

CC/B * 43 * VA * 9:30 AM * Nokesville Community Park (NCP) * 60%
Nokesville Picnic Ride
Steve McNeal [bikenu1@comcast.net] 540-347-7279, cell 540-878-7173

October 19 — Wednesday

C/CC * 17-32 * VA * 10 AM * Burke Lake Park (BLP)
Wednesday Mornings Park2Park
Mary Ann Breunig [mbreunig.sports@gmail.com] 608-628-3218 (cell)

October 21 — Friday

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

October 22 — Saturday

TANDEM * 29 * MD * 10:00 AM * Glenwood 50+ Center
Apple Fritters Ride 2016
Jack and Sharon McWatters [or jmcmwatt@gmail.com] 410-772-5463; day-of-ride Cell 443-710-1360

D * 19+ * VA * 10:00 AM * Vienna City Hall Parking Lot (VCC)
"Nice and Easy" to Herndon or Ashburn
Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637

October 23 — Sunday

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

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

C * 50 * VA * 9:30 AM * Ten Trails to Lake Artemesia * Crystal City Water Park * 50%
George Saxton [gsaxton@saxfam.net] 703-243-8284 cell

CC * 33 * MD * 10:00 AM * Riley’s Lock (RL)
Western Montgomery Circuit
Roads around Potomac and Poolesville with rolling terrain.
Mike Divine [mikedivine74ATme.com] 301-258-7820

CC/B * 30-60 * MD * 9:00 AM * Thomas S Wootton HS Parking (TWHS)
* 50%/60%
Rockville Saturday Morning Ride (Note time change to 9:00 AM for October!)
Ajit Baid [baidajit@gmail.com] 267-421-1438
C/CC * 25-30 * VA * 9:30 AM * Pinn Community Center (PCC)
**Sundays Ride**
Woody Lipinski [orsbicycling@gmail.com] 703-203-4934

CC * 30 * MD * 10:00 AM Silver Cycle Bikes
**Hilly Beach to Creek**
Jerry Collins [jerrycbike69@gmail.com] 240-281-4861

BB/A(H) * 52 * MD * 9:00 AM * Monocacy Middle School (MMS)
**Feats of Strength**
Liz Ginexi [eginexi@gmail.com] 240-354-4721

October 26 — Wednesday
C/CC * 17-32 * VA * 10 AM * Burke Lake Park (BLP)
**Wednesday Mornings Park2Park**
Mary Ann Breunig [mibreunig.sports@gmail.com] 608-628-3218 (cell)

October 28 — Friday
C/CC * Brick * VA * 10 AM * Burke Lake Park (BLP)
**Tri a Brick @ Burke Lake.**
Mary Ann Breunig [mibreunig.sports@gmail.com] 608-628-3218 (cell)

October 29 — Saturday
D (F) * 18 * VA * 10:30 AM * Great Marsh Trail * 80%
**Beauty of Mason Neck**
Greg Basheda [gbasheda@yahoo.com]

C/CC/B/BB/A * 23-70 * DC * 8:00 AM-9:00 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.spothero.com for discounts at the local parking lots.
Matt Birnbaum [noshbygosh@comcast.net] 202-895-0979
Linda Kolko [127lkolko@gmail.com] 301-785-1342

• C * 23 * DC * 9:00 AM
  Jessica Hirschkorn [hirhoward@yahoo.com] 240-286-4815

• CC * 50 * DC * 8:30 AM
  Ron Tripp [ron.tripp@yahoo.com] 301-237-5079

• B * 50 * DC * 8:15 AM
  Monique Sears [moniquesears@rcn.com] 202-256-5218
  Steve Wartik [steve.wartik@verizon.net]

  • BB/A * 70+ DC * 8:00 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]

CC * 63 * MD * 9:30 AM * Thurmont Community Park (TCP)
**Fairfield, Sachs Bridge Gettysburg Tour**
Steve Palinscar [palinscr@his.com] 703-548-1585 (home); 703-655-8959 (cell)

CC/B * 30-60 * MD * 9:00 AM * Thomas Wootton HS Parking (TWHS) * 50%/60%
**Rockville Saturday Morning Ride** *(Note time change to 9:00 AM for October!)*
Ajit Baid [baidajit@gmail.com] 267-421-1438

CC/C/BB/A(H) * 53 * MD * 9:00 AM * Monocacy Middle School (MMS)
**Hills and Valley Ride**
A: Tim Guilford * 301-704-2723 [tim@guil4d.net]
B: Karen Berlage [karenbelage@verizon.net] 301-963-1482

B/BB * 57 * VA * 9:30 AM * The Plains (PLA)
**Somewhere Over The Rainbow**
B: Janice Stoodley* [janice.stoodley@verizon.net] 703-915-3620
BB: Clara Marcel [clarapmarcel@gmail.com] 703-801-4171

October 30 — Sunday
**Beginner D/D * 5 * DC * 10:00 AM * BicycleSPACE (Adams Morgan)**
**Nice & Easy**
Philip Koopman [phil@bicyclespacedc.com] 202-821-6717 (cell); 202-232-4196 (shop)

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

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

CC * 39, 47, or 53 (MF) * VA * 10:00 AM * Brentsville Park (BVP) * 45%/95%/50%
**Elk Run and BLT Clockwise**
Len Wilkinson [len.wilkinson@verizon.net] Home: 703-455-0368 or Cell: 703/350-9209

B/BB (MH) * 56 / 40ish * MD * 9:30 AM * Lisbon High's P&R
**“ARE YOU TIRED OF THE REST STOP AT THE LISBON SHELL / HIGH’s Store”**
Directions to ride start: From the town of Olney, MD (Georgia Avenue Rt. 97 and Olney-Laytonsville Rd, Rt. 108) Head northwest 8.9miles on Rt. 108 to the small town of Etchison. Make a left on Damascus Rd (MD-650). In 1.1 miles turn right onto Annapolis Rock Rd (MD-94) and proceed 6.8Miles to a traffic circle in Lisbon, MD. Proceed straight through this traffic circle approx. 0.9 miles to airtight turn onto Old Frederick Rd. Makean immediate left turn (listed as Old Woodbine Rd on Google Maps). Follow signs to Community Park & Ride. The address for the Community Park & Ride is listed as 800-918 Woodbine Rd, Woodbine, MD 21797
Jeff Boarman [boarmanjcycle1955@verizon.net] 301-938-8803
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.
PPTC 2016 Events Calendar

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

Oct. 1  Stillpoint Farm Brewery Ride  
(& Harvest Festival), (Mt. Airy, MD)

Oct. 2  BicycleSPACE Beginner Nice & Easy Ride,  
Washington, DC (repeats every Sunday)

Oct. 2  BicycleSPACE City Explorers Ride,  
Washington, DC (repeats every Sunday)

Oct. 2  Farm Tour & Picnic, Poolesville, MD

Oct. 29  Georgetown Tailgate Ride, Washington, DC

PPTC Rents Protective Bike Boxes for Travel

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

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

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

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

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

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

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.

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 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!

Potomac Pedalers Touring Club Membership Form

Name: _____________________________________________________________
Address: __________________________________________________________________
City: __________________ State______ Zip:_________________________
Home Phone: __________________ Work Phone: __________________
E-mail address: ______________________________________________________

Emergence 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

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

Voluntary Contribution:

American Express  VISA  Master Card  Discover

Payment: check credit card

Exp. /____ Amount $ __________________
Signature _________________________

Member Dues 1 year 2 years

Individual $30 $57
Family $37 $69
Lifet ime $350
Student $20 n/a
1 st class postage $13 $26
PPTC Membership Total: $ ____
Voluntary Contribution: $ ____
PPTC Community Services Grant: $ ____
Total Amount: $ ______

Individuals must be 16 years or older.

Pedal Patter is mailed bulk rate. 1st class delivery is available for an additional $13 per year.

Payment: check credit card

Exp. /____ Amount $ __________________
Signature _________________________

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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 __________________________
New Address __________________________
City__________________ State_______ Zip:______
Day phone__________ Eve phone ________
e-mail __________________________
goes into effect on: ___________________

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