Annual Meeting and Potluck

January 11, 2014 noon – 3 PM

by Linda Schwartz

The PPTC Annual Meeting and potluck lunch will be held Saturday January 11, 2014 from 12:00 PM to 3:00 PM at the River Road Unitarian Church, 6301 River Road, Bethesda, Maryland 20817. The potluck lunch is a great opportunity to socialize with friends old and new and to see some of your cycling friends in street clothes. So bring your favorite dish, consider running for a position on the ExCom and just plan to have a fun afternoon! As is customary, we will have a speaker, who will be announced at a later date. We will need volunteers to set up and clean up before and after the meeting. If you are willing to volunteer, contact Linda Schwartz (lschwartz216@gmail.com).

Consider running for a position on the ExCom! There is plenty of space at the table. The 9 members of Executive Committee are elected in alternate years. This year 4 slots are open: Chair (1 year term), Chair-Elect (2 year term) and 2 At-Large members (2 year terms). After the first year, the Chair-Elect becomes the Chair. (Note: the Chair position is open for 2014 due to the prior Chair-Elect taking on a different position.) Any member can run for any position. If you want to find out more about what being on the ExCom entails, please seek out current members and pick their brains. Being on the ExCom is a great way to give back and to influence club policies and activities. Nominations must be submitted by December 11, 2013 in order to be considered for voting by the membership at the Annual Meeting in January. If you are interested in serving on the ExCom, contact current Chair Rich Tepel (rtepel@verizon.net). Please include a brief statement of interest/biographical sketch and your contact information. Details will be posted on our website as we identify candidates. Descriptions of all ExCom positions are in the Club Bylaws, which can be found on the website Home Page, under “About Us”, then “Club Bylaws.” See Article VI Executive Committee.

The River Road Unitarian Church served as the home of our Annual Meetings for many years, and we are returning there once again. If you are coming from 495, take Exit 39, River Rd., towards Washington. Take a left on Whittier Blvd., then an immediate left into the church parking lot. The church is less than 2 miles from the beltway.

We look forward to seeing you January 11th!

Biographies of Candidates for Member-At-Large

(2 positions)

The full slate of candidates will appear on the website (www.potomacpedalers.org).

Eric Lengel: Retired Teacher, Never Retired Cyclist!

One measure of a good cyclist is the degree to which one gives back to the community. I’m an avid cyclist and longtime member...
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 DMV metro area. Opinions expressed in Pedal Patter are of the authors, not necessarily reflective of PPTC’s official position. Editor reserves the right to refuse ads or material inappropriate to the Club’s purpose. Pedal Patter is mailed to current PPTC members, member businesses, and bicycle clubs.

Delivery Problems
Please call PPTC at 703.385.1688 to report missing issues.

Editor: Carol Linden
cdlinden@hotmail.com

Bulletin Board:
Jo Keister
PedalPatBB@aol.com

On The Road:
Gary Timmons 301.718.4327,
GTthmons@nea.org

Out of Bounds:
Teresa Noonan
tnoonan@verizon.net

Layout:
Julia Rosenbaum
301.527.2300,
pptgreenlight@yahoo.com

Advertising Manager: Kate Schwarz
PPTCAdvertising@pobox.com

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Ad rates are as follows: full page– $550; 1/2 page– $350; 1/4 page– $200; 1/8 page– $130; 1/16 page– $80. Discounts available for durations of 3 or more months. Contact the Advertising Manager at PPTCAdvertising@pobox.com.

Submitting Material
Photographs and articles from Club members are welcome. Please send submissions to Carol Linden – cdlinden@hotmail.com.

Deadline
Editor must have material by the 5th of the month. If the 5th falls on a weekend, deadline is the preceding Friday.

EXECUTIVE COMMITTEE

Chair Rich Tepel, rtepel@verizon.net
Chair-elect Vacant
Treasurer Nancy Avitabile, nancy4@mindspring.com
Membership Secretary Mike Divine, mikeandjoandivine@erols.com
Recording Secretary Bob Manka, x3bike@gmail.com

Members-at-Large
Denise Cohen bikergal101@yahoo.com
Eric Pilsk epilsk@gmail.com
Linda Schwartz lschwartz216@gmail.com
Chris White 703-678-9498

RIDE COMMITTEES & COORDINATORS

Road Captain Dan Lehman 703.241.9113, niDEsigns@yahoo.co
Ride Schedule Editor Dan Lehman 703.241.9113, niDEsigns@yahoo.com
Sign-Up Sheets Issuance Joan Oppel, Doreen Dotzler
Sign-Up Sheets Archives Dan Lehman 703.241.9113, niDEsigns@yahoo.com
Cue Sheets/Map Librarian Eric Pilsk, epilsk@gmail.com

Ride Coordinators–Area Wide
Tandem Don Schneider 301-942-6330

Family Rides Team Brugman 703.339.3948, KBrugman@cox.net
Sunday Picnic Rides Tom Doerr tdoerr@verizon.net

Ride Coordinators–Maryland/DC
D Chris Moriarity 301.270.3416 chrismor@cpcug.org
C Linda Borst-Kolko 301-785-1342 127ilkolko@gmail.com
CC Tom Moore pttc.cc.md@gmail.com
B Jim Quinn quinnje@verizon.net
BB Karen Berlage, 301.963.1482, KarenBerlage@verizon.net
AA/AA Karen Berlage, 301.963.1482, KarenBerlage@verizon.net

Ride Coordinators–Virginia
D Woody Lipinski 703-203-4934, woodylipinski@cox.net
C Teresa Brooks H 703-971-3617, tacbrooks@cox.net
CC John Ordway 703-518-8941, jao@bcr-dc.com
B Dan Lehman 703.241.9113, niDEsigns@yahoo.com
BB Dan Lehman 703.241.9113, niDEsigns@yahoo.com
AA/AA Dan Lehman 703.241.9113, niDEsigns@yahoo.com

OTHER COMMITTEES

Century Coordinator Open
Communications Coordinator Deborah Reynolds
Communications Committee Eric Pilsk, Bob Bernstein, Kate Schwarz, Tom Humphrey
Web Site Coordinator Eric Pilsk
Message Committee Teresa Browder, Janet Cyphers, Irmgard Duggle, Lois Lightfoot, Susan Fullenbaum, Beth Merricks, Joan Oppel
Special Events Committee Rich Tepel, richtevel@verizon.net
Advocacy Coordinator Denise Cohen
Bike Case Coordinators Rita Zeidner, 703-998-7489, rzeidner@gmail.com; Bob Bloomfield, 301.253.9481, methebob@aol.com
Volunteer Coordinator Open

For questions regarding Ride Committees please call the Road Captain. For questions or changes regarding other areas please call the appropriate coordinator, committee member, or any ExCom member. For changes regarding this listing please e-mail Julia Rosenbaum at ppgreenlight@yahoo.com.
Notes From the Chair
by Rich Tepel

As the year comes to a close, it’s nice to review what has been accomplished. If I’m still here next month, I’ll talk then about what we should do in 2014.

Last year, I had three goals for the club. The first was to get more participation and input from our members. The major effort in this area was the very successful Century Survey. There were over 700 responses (a third of the people in the century). After lively discussions, especially at the Volunteer Party, and emails, we formed a committee to help determine what will be the future of the Back Roads Century. The survey, emails, and discussions will provide important direction for the committee. Watch for more surveys this coming year.

The second goal was to fix the website, especially to add an interactive calendar for events. To accomplish this, we hired a web designer/programmer to support our website. The ride leaders can now change just about everything about their ride – real time. We also have an impromptu ride calendar (but it’s not seeing much use). Both the scheduled rides and impromptu rides schedules are not as easy to use as we would like and we are working on that.

My third goal was to get further involved in the cycling advocacy community around us. Members of the Executive Committee and other Potomac Pedalers members have been attending regional advocacy meetings. We also have been partnering with both the Washington Area Bicyclist Association and Bike Maryland. We hope to continue to strengthen these relationships.

So, I think, we progressed on all three goals. In addition, the club continues to offer a huge program of rides and to be one of the largest biking clubs in the country. The membership has remained stable and the financial status (thanks in large part to the century) is amazingly strong. None of this would have been possible without all of the hard work of the volunteers. We’ve had people putting in a lot of time on the Executive Committee, the message committee, scheduling and leading

Continued on page 6.

Annual 5k-Miles-or-Bust Survey
(aka The Order of the Cast-Iron Crotch)
by Dan Lehman, PPTC Road Captain

Fellow cyclists: with the end of 2013, it’s time to compile the mileage totals of members who cycled 5,000 or more miles in the prior year and thus have earned the coveted Order of the Cast-Iron Crotch. To contribute your cycling data to the survey, please send the following information to me, by e-mail (preferably) or snail mail. Contributions are due by February 28! Please just send the data requested for each numbered item (NOT attachments in Word or Excel or other software). Also, please note: question #11 is “Number of 0-mile WEEKS” -- not *days*! Question #12 speaks of “days”.

1. Name
2. Age [yes, optional, for the age-challenged]
3. PPTC ride class
4. Total miles
5. Longest ride
6. % Miles commuting
7. % Miles PPTC rides
8. Date on which 5000 miles was reached
9. Most miles in a month
10. Most miles in a week
11. Number 0-mile weeks
12. Number 100-mile days
13. Most interesting cycling story [optional but inspirational]

Send your information to: riDEsigns@yahoo.com or
Dan Lehman
134 Chanel Terrace, #T-1
Falls Church VA 22046-4112
Spring Thaw
at Cambridge, MD
Thursday, April 10 to Sunday, April 13, 2014

Once again, Potomac Pedalers will host and partner with Eastern Tandem Rally to show off the wonderful Eastern Shore cycling. Spring Thaw is a regional cycling event and attracts many people from the east coast and mid-west. Four days of riding, with no hills, sparse traffic, and wide shoulders are perfect for getting back into cycling after a long winter.

Routes will lead to the water with spectacular scenery among world-class environmental ecosystems. If the ferry opens by this date, we may add a ride to scenic Oxford via the ferry, and ride onward to St. Michaels. We’ll return to the Blackwater National Wildlife Refuge again with an optional new add-on called the “Dirty Crab Leg” for the more adventurous. We expect about one third single bikes and two-third tandems, but unicyclists are also welcome to join us.

The host hotel is the Holiday Inn (410) 221-9900 - you will need to make your own hotel reservations in Cambridge. The event registration will include food, entertainment, and routes. Registration will open in January. We are limiting the event to 150 to better fit the hotel facilities. This is significantly fewer than last year, so make sure you register early.

### PPTC Member Discounts / Participating Merchants

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* Members encouraged to sign up on website for
  + 5% off sales on tires, parts, accessories, etc.
  + 5% off all bikes excluding sales
  + 5% off MSRP not sale price.
**Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement ("Agreement")**

In consideration for being permitted to participate in any way in (event name): __________________________________________ on (dates)____________________, an event sponsored by Potomac Pedalers Touring Club, Inc., I, myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE “RELEASEES” NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, its administrators, directors, ride leaders, volunteers, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and releasers of premises on which the Activity takes place (each considered one of the “RELEASEES” herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR PART BY THE NEGLIGENCE OF THE “RELEASEES” OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Participant’s Signature: ___________________________
Printed Name: __________________________________
Date: _________________________________________
collisions between deer and cyclists. I have witnessed two and seen near misses on other occasions. The most recent occurred about a month ago on a club ride from Laytonsville. We were riding through a residential area with trees on both sides of the road. A deer ran out from the trees, struck the captain on a tandem, and ran into the trees on the other side of the road. The captain went down and appeared to briefly lose consciousness. Fortunately, the stoker was uninjured and able to stop safely. Ambulances arrived soon after and the EMT said that injuries included a separated shoulder and abrasions.

I have a hard time getting my arms around this kind of accident. I get it when it comes to accidents with automobiles. We can control the risks we take with safe riding practices. Accidents with cars mostly can be avoided. But accidents with deer cannot. There is a randomness about them. A risk management freak like me seeks answers to seemingly random events like this. String theory and chaos theory are supposed to explain everything but I can’t understand them.

The Post article describes measures taken to control deer populations. These include shooting with guns, bows and arrows, and contraceptives. Despite these measures, the population seems to be increasing. I knew contraceptives wouldn’t work because you can’t get them to take their pills. We can do our part. I’m not suggesting we carry guns on our rides, but bows and arrows might be ok. I can see the headline in the Post, “Pedalers Make War on Bambi.” Below the headline is a picture of a ride leaving Poolesville with bows slung over the riders’ shoulders and quivers on their back.

I buy insurance for risks I can’t control. I called Ann at Sandy Spring Insurance and asked her to get me a policy to provide benefits if I get hit by a deer. She said she would get back to me. It has been three weeks and I haven’t heard from her.

Notes From the Chair, Continued from page 3.

Coming Events: Don’t forget he Annual Meeting is January 11. It’s in Maryland at the River Road Unitarian Church. Come share great food, thank the many volunteers, hear more about what’s going on with the club, and vote for the club officers.

Be safe! Make sure drivers can see you at this time of year.
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 “Hilly” terrain indicator, (g) a start location code, and (h) weather notes. Directions for ride starts given in the Reference Manual.

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

Ride Classification Table

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

<table>
<thead>
<tr>
<th>Ride Class</th>
<th>ARS (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>10.0–11.9</td>
<td>12–13.9</td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>8.0–9.9</td>
<td>12.0–13.9</td>
<td>14–15.9</td>
<td></td>
</tr>
<tr>
<td>CC</td>
<td>10.0–11.9</td>
<td>14.0–15.9</td>
<td>16–17.9</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>12.0–13.9</td>
<td>16.0–17.9</td>
<td>18–19.9</td>
<td></td>
</tr>
<tr>
<td>BB</td>
<td>14.0–15.9</td>
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<td>22–23.9</td>
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</tr>
<tr>
<td>A</td>
<td>16.0–17.9</td>
<td>24–25.9</td>
<td>26–27.9</td>
<td></td>
</tr>
<tr>
<td>AA</td>
<td>18.0–19.9</td>
<td>28–29.9</td>
<td>30–31.9</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

Weather Notes

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

January – Mondays

B/BB (MH) * 30ish * MD * 10 AM * Glen Echo Park (GLE)
The Usual Monday Ride From Glen Echo Moderately hilly ride through Potomac, with a probable stop at a cafe near the end. Leaders regroup periodically with an average speed of 16 - 18 mph. Cue sheets and a longer ride option are usually available only on holidays. No go in rain or on wet roads. Please park in the lower portion of the lot, off Oxford Rd, farthest from Macarthur Road.
BB: Warren Farb [wfarb@mac.com] 301-320-4942,
B: Cathy Wilson [cswilson@aol.com] 703-328-1029.

January – Tuesdays

CC * 16 * VA * 6 PM * Wakefield Park (WKP)
Winter Night Rides. (Check re riding on New Year’s Eve --who knows!) Lights are required, of course. And I suggest bright headlamps such as the ones from MagicShine on Amazon.com. For clothing, a bright and warm jacket/vest is advised, and neoprene booties over your shoes if the temperature is in the 30s. Ski gloves work fine for the hands. Will ride if temperature is above freezing and no ice is present; others might be even more intrepid. Mechanicals are no fun in cold & dark, but note that we stay within 3 miles of the park, and ride on lighted streets. Contact the ride leader to determine if ride will go. The standard route is 16 miles long, but variations can be shorter or longer, as desired. Expect to see seasonal lighting in the neighborhood!
Peter Klosky [pptc@peterklosky.com] 703-727-4939.

January – Thursdays

CC * 16 * VA * 6 PM * Wakefield Park (WKP)
Winter Night Rides. Lights are required, of course. And I suggest bright headlamps such as the ones from MagicShine on Amazon.com. For clothing, a bright and warm jacket/vest is advised, and neoprene booties over your shoes if the temperature is in the 30s. Ski gloves work fine for the hands. Will ride if temperature is above freezing and no ice is present; others might be even more intrepid. Mechanicals are no fun in cold & dark, but note that we stay within 3 miles of the park, and ride on lighted streets. Contact the ride leader to determine if ride will go. The standard route is 16 miles long, but variations can be shorter or longer, as desired. Expect to see seasonal lighting in the neighborhood!
Peter Klosky [pptc@peterklosky.com] 703-727-4939.
January – Fridays

C * 30 * 10:15 AM * Viers Mill Park (VMP)  
**Lunch in Georgetown.** The regular Friday ride to Bethesda has moved south for the winter. We’ll start at Viers Mill Park and head down Beach Dr. to the Capital Crescent Trail and on to Georgetown. As always if you’d like to meet us along the way, let me know by Thursday afternoon. Don’t forget locks, helmets and lunch money. Please check every Friday to make sure the ride is on.

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

CC * 35 * MD * 11 AM * Buddy Attick Park (BUD)  
**BUD Bike Friday.** Join our crew for this rolling ride with a few nice climbs for your trouble, and a possible hot chocolate stop mid-ride. There are 2 rest stops, but only vending food. Park in Buddy Attick, not at Ivy Lane. Our GO/NO-GO ride decision depends on sun and wind so call the cell phone after 8:30 a.m. if the weather is marginal!

Harold Goldstein [mdbiker@goldray.com] 301-854-0388
(cell 202-997-2376),

George Schneider [gbs319@juno.com].

January 1 Wednesday

All(F) * 3.2-??? * DC * 8:30 AM - ??? * Hains Pt (HAI)  
**Circle of Cycles, 30th Anniversary Edition.** Offered way back (1982), when phone numbers had seven digits, some of us were not yet imagined, and others lighter & spryer, before carbon and even titanium, née “The Most Boring, Nuttiest Century of the East” by Pet Grahn & Bill Dodge, it was un”Nuttily” “.... Revisited” and put on New Year’s Day by Dick Bendt in 1986, and a tradition was begun. I altered the ride title to reflect the intended nature of the ride, which isn’t the miles per se, but the mingling. It’s a place for potluck offerings, where one’s vehicle --if not cycling in-- can serve as a change location for adapting attire to any changing conditions (warming would be the usual hope). We’ve faced down high water, deep snow, scattered ice, cold breezes, and --until the 21st century-- lousy pavement. And why? --this is the one ride where in the year where everyone’s “equal” (you’re no more behind than ahead of others on this triangular circuit); distance is your choice; and you can hardly be late (start and end as you like), or get lost; you can change pace & companions as your whim and legs allow. Hains Point is a short ride removed from the White House Christmas Tree and associated states trees and other decorations, and makes a possible side excursion (among others).

Dan Lehman [riDEsigns@yahoo.com] 703-241-9113.
January 4 Saturday

D * 21 * MD * 11 AM * Severna Park Village Center Mall * 50°/50%  
_Ride to Annapolis._ A pleasant, easy ride mostly on the Baltimore/Annapolis (B&A) Bike Trail to Annapolis, where we will have lunch. C riders will join us, coming along the B&A trail from Marley Station Mall in Glen Burnie. Locks and helmets please. Call ride leader if weather is marginal. Street address is 546 Baltimore-Annapolis Blvd., Severna Park, MD  21146 (meet us on the B&A trail behind Pedal Pushers Bicycle Shop, Mile Post Five on the Baltimore/Annapolis Bike Trail nearby).

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

CC/C * 28 * MD * 10:15 AM * Marley Station Mall (MSM) * 50°/50%  
_Ride to Annapolis._ A pleasant, easy ride mostly on the Baltimore/Annapolis (B&A) Bike Trail to Annapolis, where we will have lunch. We’ll ride along the B&A trail to pick up D riders along the way. CC Ride leader Tom Moore may lead the faster rides on a different route home. Locks and helmets please. Call ride leader if weather is marginal. Street address is 7900 Ritchie Hwy, Glen Burnie, MD. We will meet in the parking lot near the JC Penney’s entrance (across from the B&A trail entrance).

Linda Borst-Kolko [127lkolko@gmail.com] 301-785-1342, and Tom Moore [pptc.cc.md@gmail.com] 301-219-0858.

C (MH) * 27 * VA * 10 AM * Gunston ES (GES)  
_Lorton Springfield Loop._ Here’s a challenging ride that’s Northern Virginia suburban with a little bit of rural. Moderately hilly to hilly. Take a spin and judge for yourself. Part of the route goes past a section of the old Lorton Penitentiary in the latter half. Lunch afterwards at a nearby eatery. Call in the event of questionable weather. For detailed directions, do an internet map search on Gunston Elementary School, Lorton, VA, or contact the ride leader.

Jeff Mankie [jsmankie@aol.com] 571-332-2130.

C/CC(F) * 24 * MD * TBD * Veirs Mill RC (VMP) * 45°  
_Harriet Beacher Road._ New name for ride will honor the author of Uncle Tom’s Derailluer. The start time for the ride will depend upon the weather forecast, though most rides will probably start at 1 pm. I’ll try to announce the ride start time on the PPTC Forum/Ride News before 8 am, but no later than 9 am. It is basically a ride down Beach Drive to Broad Branch Road and back. Except for a short distance from the Mormon Temple to East-West Highway, the entire ride will be on Beach Drive (except for optional hill (Ridge Rd./Ross Rd.) after leaving the intersection of Beach and Broad Branch, for those that cannot get enough of that kind of thing). Possible lunch after the ride at a restaurant nearby.

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

January 5 Sunday

D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 45°/30%  
_Lunch in Shirlington._ Another great ride from the original Ride-To-Eat™ production team! Both MEMBERS & 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. IGNORE THE MAP BELOW (on the website) – it is incorrect; use Mapquest instead (find this address: 4200 Campbell Avenue, Arlington, Virginia). 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 at Starbucks’s in Lyon Village, and a brief regrouping at Gravelly Point (cue sheet on PPTC website, and passed out at ride). 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 forecast during the hours of the ride is less than 45 degrees or chance of precip is greater than 30%. If the weather looks dubious, it is particularly important to check the Ride Schedule on the PPTC website for a late cancellation notice. Alternatively, you may e-mail the ride leader to see if the ride is a go.

Ron Trueworthy [Ron.Trueworthy@Yahoo.com].

CC/B/BB/A * 40/50 * MD * 10 AM * South Germantown Rec. Center (SGRAP)
The Winter Ride, aka The Fixed Gear Fun Ride. Welcome back to the seventh annual installment of this ever popular Sunday ride out of South Germantown Recreational Park. We will do between 40 and 50 miles, depending on the weather. We will ride on relatively flat roads up to Sugarloaf and back all in a big circle. All bikes are welcome, but fixed gears are particularly invited. As usual I will be riding my Cinelli. We will start at the Adventure Playground on Germantown Park Drive. At the traffic circle adjacent to the “old” parking lot (SGR) head southeast (opposite direction of SoccerPlex) on Germantown Park Dr. and go about 1/2 mile. You will see the playground on the right with a large parking lot adjacent. You will also notice a nice heated bathroom, hence the reason for this location.

A: Tim Guilford [tim . guil4d.net] 301-704-2723, 
BB: Karen Berlage [karenberlage@verizon.net] 301-963-1482, 
B: Paul Huey-Burns [phueyburns@gmail.com] 202-255-2785 or 
Jim Quinn [quinnje.1@gmail.com] 301-916-8868, 
CC: Reggie Beard [regibeardjr@aol.com].

January 11 Saturday

All * 14-40 * VA * 10 AM * Vienna Metro Station * 40°/40% Neal Molloy’s Ride to Annual Meeting. The ride will start at Virginia Center Blvd, South exit from Vienna Metro Station. Join us if min 32°, max wind 5 mph, and no rain or snow. I am dedicating this ride in memory of Neal Molloy, a great Potomac Pedalers bicyclist, who in 2008 joined my ride to the PPTC Annual Meeting at the River Road Unitarian Church (RRUC): 6301 River Road, Bethesda, Maryland 20817. Neal was the only one who joined my ride from Vienna Metro Station--clearly a hardy soul because it was a very cold day. Other bicyclists joined us on the W&OD trail as we made our way to Rosslyn where the Key Bridge crosses the Potomac to the Capital Crescent Trail and River Rd. I separated with Neal and other bicyclists before Key Bridge to pick up one lady who was waiting for me at Cosi restaurant. You can start at any point on W&OD trail but from Vienna Community Center at 10:10 AM. My proposition of cyclists collecting points from Vienna Metro Station: (1) W&OD Trail and Sandburg St 10:20-25 AM (3.7 miles), (2) East Falls Church Metro 10:45 AM (7.5 miles), (3) Rosslyn-Custis Trail/N Fort Myer Dr 11:15 AM (13 miles), crossing Key Bridge and Capital Crescent Trail starts (13 miles), exit to River Road (19 miles), RRUU (21 miles). Round trip from Vienna Community Center or Metro Station: 38/42, EFC 27, Rosslyn/MVTrail 12. After the meeting, the return will be the same way or cyclists can take metro train from Bethesda Metro Station.

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

B/BB * 8-45 * MD * 9 AM * Takoma Park Metro Annual Meeting Ride. What better way to get to the Potomac Pedalers’ Annual Meeting than to ride our bikes! If the weather is not too frightful, we’ll take the long way out by first heading to Travillah and then going to the meeting. If the weather is very cold or windy, we will shorten to accommodate the mood and condition. I will ride at a mellow, Holiday-laden BB pace or less, and will make sure that no one is dropped so A, B, & CC riders are welcome. Take the Metro to the start, or drive and find parking on the street. If temperatures that day are predicted to stay below freezing, check the Forums or Pedalers Google Group Friday night, or call my cell after 7:30 a.m., for possible revised start time and/or distance. No go in steady rain or if there is frozen precipitation on the ground.

Eric Pilsk [epilsk@gmail.com] 240-893-3499.

January 12 Sunday

D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 45°/30% Lunch in Shirlington. The ride is on the bike trails of Arlington, followed by lunch at one of the many restaurants in Shirlington (free parking in garages and lots on weekends). See January 5th ride description for details. The ride leader is very likely to cancel the ride if the forecast during the hours of the ride is less than 45 degrees or the chance of rain is greater than 30%. If the weather looks dubious, it is particularly important to check the Ride Schedule on the PPTC website for a late cancellation notice. Alternatively, you may e-mail the ride leader to see if the ride is a go.

Ron Trueworthy [Ron.Trueworthy@Yahoo.com].

C/CC (MF) * 35 & 52* VA * 10 AM * Brentsville Park (BVP) * 45°/50% Unpainted Country Lanes. Perfect for “C” riders who hate hills, “CC” riders who love a paceline, and tandems. I always get great compliments about Unpainted Country Lanes; it is on paved but many unpainted roads that twist around country lanes like a colander full of spaghetti, yet there are plenty of long and uninterrupted stretches. Traffic is minimal and the route hardly has hills. Ascent for both distances is a flat-ish 30 feet per mile. Rest stops at 17 miles at the Nokesville 7-11 and another for the longer route at the Bristerburg store. HELMETS REQUIRED. I may cancel if the forecasted high is
below 45 degrees or chance of precip is 50% or more. Please call if weather looks marginal. Toilet not available at ride start. Questions? Call me at home NLT 2 hours prior to ride start or on cell thereafter.
Len Wilkinson [len.wilkinson@verizon.net] (h) 703-455-0368 or(c) 703-350-9209.

C/CC * 29 * MD * 1 PM * Sherwood Elementary School (SES)

Olney Meander Reverse. This ride will mainly be a C pace, but CC riders welcome to join. We’ll start at the school, stay on Rt 108 a short while then head north to farm land and some country roads with mild hills. Rest stop at 11 miles High’s at the Citgo. If the weather looks questionable, it is particularly important to check the Ride Schedule on the PPTC website for a late cancellation notice. Optional meal at Urban BBQ on Route 108 after the ride if group wants. The start of the ride is at: Sherwood Elementary School 1401 Olney Sandy Spring Rd Sandy Spring, MD, 20860.
Martine Palmiter [mpalmiter@gmail.com] 301-787-4556, and Mitch Stengel [stengelwalker@verizon.net] 301-221-2899.

CC/C * 33 * VA * 11:15 AM * Burke Centre VRE/Amtrak Station (BVR)

One Mile One Hill. (NB: Woody’s Wind-varied Weather limitation ranges, colder & calmer, warmer can be windier: 32° min & 5mph max., 42°/10 . . 52°/15 --he’ll ride in Hades in a hurricane!). Up to three hours of biking with comfortable and relaxed speed on neighborhood streets with small to moderate hills and trails with very little traffic or no traffic at all. Possible destinations: Occoquan Park, Fountainhead Park, Clifton, Centreville, GMU, or NVCC. Convenient places for rest stops, restrooms and optional solo ride return by using the Fairfax County Pkwy or Rte. 123 biking trails. Directions: From I-66 to Rte 123 in direction of Fairfax left on Braddock Road or Zion Drive and right on Roberts Road or I-495 to Braddock Road West and left on Roberts Rd at GMU as well as from Fairfax County Pkwy left or right on Roberts Pkwy (which “Rd.” to the north). The ride will start at 5671 Roberts Parkway, Burke, Virginia 22015. You can use public transportation from DC/MD/VA with combination 3 or 7 miles of biking to the starting place. Call me for more information or use e-mail for details. I can send a cue sheet upon request. Woody Lipinski [orsbicycling@gmail.com 703-203-4934.

CC/B/BB/A * 40/50 * MD * 10 AM * South Germantown Rec. Center (SGRAP)
The Winter Ride, aka The Fixed Gear Fun Ride. Welcome back to the seventh annual installment of this ever popular Sunday ride out of South Germantown Recreational Park. We will do between 40 and 50 miles, depending on the weather. We will ride on relatively flat roads up to Sugarloaf and back all in a big circle. All bikes are welcome, but fixed gears are particularly invited. As usual I will be riding my Cinelli. We will start at the Adventure Playground on Germantown Park Drive. At the traffic circle adjacent to the “old” parking lot (SGR) head southeast (opposite direction of SoccerPlex) on Germantown Park Dr. and go about 1/2 mile. You will see the playground on the right with a large parking lot adjacent. You will also notice a nice heated bathroom, hence the reason for this location.
A: Tim Guilford [tim . guil4d.net] 301-704-2723, BB: KarenBerlage [karenberlage@verizon.net] 301-963-1482, B: Paul Huey-Burns [phueyburns@gmail.com] 202-255-2785 or Jim Quinn [quinnje.1@gmail.com] 301-916-8868, CC: Reggie Beard [regibeardjr@aol.com].

January 18 Saturday

D * 11 * VA * 11 AM * Vienna Community Center (VCC) * 45°

Beginner Nice and Easy. (Weather limitation: min 45° and wind max 10 mph.) If you have not ridden a bike in several years or wanted to try a ride with a group, this is the ride for you. Both Members and non-members are welcome to join us on this social ride. It is an easy flat ride on the W&OD Trail with one hill before Whiele Avenue Metro Station Sliver Line. You can bike or walk up the hill. No one will be left behind. This is a popular ride on the W&OD trail through the town of Vienna to Reston. The ride will start at the Vienna Community Center, use the parking lot closest to the trail. Public transportation available by using Metro Train Orange Line to Vienna or Metro Bus 2T. Parking, restaurants, and shops are nearby. Benches and restrooms are available along the trail. An easy socializing ride with comfortable speed and an optional lunch at a nearby restaurant after the ride. Registration is recommended but not required. Bring helmet and lock.
Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637.

D * 14 * MD * Noon * Rock Creek Village (RCV)

Aspen Hill to Olney. This is intended for relatively new riders or those getting their riding legs back after a hiatus. D level riders should be able to go between 8-10 mph, but no one will be dropped. If all new riders, we may make this a 10 mile ride. We will ride lightly used residential roads and part of a trail, to some country back roads up toward Olney (behind the Olney Swim Center) and reverse for the return. There will be
some short slight hills. Please arrive 15 minutes early. E-mail me if you want tips on dressing for the weather or have other questions. If the weather looks questionable, it is particularly important to check the Ride Schedule on the PPTC website for a late cancellation notice. Ride starts out front at the Caribou Coffee at 5562 Norbeck Road, Rockville, MD, Rock Creek village Shopping Center, at Bauer Drive.
Martine Palmiter [mpalmiter@gmail.com] 301-787-4556.

C * 35 * MD * 11 M * Layton Village Shopping Center (LAV)
Laytonsville - Lisbon Loop. We’ll loop through around the hilly roads of Laytonsville, Lisbon and Damascus. There are just enough flat areas to let us enjoy the great scenery. At the end we’ll have lunch at Juliano’s Pizza in Layton Village.
Deborah Turton 301-482-0675.

C * 26 * 10 AM * Belle Haven Picnic Area (BEL)
Belle Haven Loops. This ride goes through pleasant neighborhoods, with just a short time on the bike path and a few slightly busier streets. The route has a few good hills in the second half but there are options available should you wish to avoid the bigger hills. For folks interested in extra miles, you can take the Woodrow Wilson bike trail over to National Harbor. If weather looks dubious check the “Ride Schedule” on the web site or call the ride leader to confirm the ride is a go. Also please be aware that the entrance to the Belle Haven picnic area is the first left off the George Washington parkway going South, once you are completely through Old Town (disregard the map on the website). Once you turn into the Park, take the first left and we meet in the last parking lot on the right.
Leanne Sleer [Lsleer@hotmail.com] 202-615-2932.

C/CC(F) * 24 * MD * TBD * Veirs Mill RC (VMP) * 45° Harriet Beacher Road. New name for ride will honor the author of Uncle Tom’s Derailleur. The start time for the ride will depend upon the weather forecast, though most rides will probably start at 1 pm. I’ll try to announce the ride start time on the PPTC Forum/Ride News before 8 am, but no later than 9 am. It is basically a ride down Beach Drive to Broad Branch Road and back. Except for a short distance from the Mormon Temple to East-West Highway, the entire ride will be on Beach Drive (except for optional hill (Ridge Rd./Ross Rd.) after leaving the intersection of Beach and Broad Branch, for those that cannot get enough of that kind of thing). Possible lunch after the ride at a restaurant nearby.
Mike Divine [mikedivine74ATme.com] 301-258-7820.

January 19 Sunday
D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 45°/30%

Lunch in Shirlington. The ride is on the bike trails of Arlington, followed by lunch at one of the many restaurants in Shirlington (free parking in garages and lots on weekends). See January 5th ride description for details. The ride leader is very likely to cancel the ride if the forecast during the hours of the ride is less than 45 degrees or the chance of rain is greater than 30%. If the weather looks dubious, it is particularly important to check the Ride Schedule on the PPTC website for a late cancellation notice. Alternatively, you may e-mail the ride leader to see if the ride is a go.
Ron Truworthy [Ron.Truworthy@Yahoo.com].

C/CC * 28 * MD * 1 PM * Layton Village Shopping Center (LAV)
Laytonsville Minus Lisbon Loop. This ride will be a C pace but CC riders welcome to join. We’ll be starting out at the shopping center (bathroom in 7-11 at start) and proceed to nice rolling hills through farmland and wooded areas, with some short challenging hills. No real rest stops. If the weather looks questionable, it is particularly important to check the Ride Schedule on the PPTC website for a late cancellation notice or e-mail me. Optional meal at the pizza / deli after the ride if group wants. The start of the ride is Layton Village Shopping Center 6860 Olney Laytonsville Rd Laytonsville, MD.
Martine Palmiter [mpalmiter@gmail.com] 301-787-4556, and Mitch Stengel [stengelwalker@verizon.net] 301-221-2899.

CC/C * 33 * VA * 11:15 AM * Burke Centre VRE/Amtrak Station (BVR)
One Mile One Hill. (NB: Woody’s Wind-varied Weather limitation ranges, colder & calmer, warmer can be windier: 32° min & 5mph max.. 42°/10 .. 52°/15 --he’ll ride in Hades in a hurricane!). Up to three hours of biking with comfortable and relaxed speed on neighborhood streets with small to moderate hills and trails with very little traffic or no traffic at all. Possible destinations: Occoquan Park, Fountainhead Park, Clifton, Centreville, GMU, or NVCC. Convenient places for rest stops, restrooms and optional solo ride return by using the Fairfax County Pkwy or Rte. 123 biking trails. Directions: From I-66 to Rte 123 in direction of Fairfax left on Braddock Road or Zion Drive and right on Roberts Road or I-495 to Braddock Road West and left on Roberts Rd at GMU as well as from Fairfax County Pkwy left or right on Roberts Pkwy (which “Rd.” to the north). The ride will start at 5671 Roberts Parkway, Burke, Virginia 22015. You can use public transportation from DC/MD/VA with combination 3 or 7 miles of biking to the starting place. Call me for more information or use e-mail for details. I can send a cue sheet upon request.
Woody Lipinski [orsbicycling@gmail.com 703-203-4934].

CC/B/BB/A * 40/50 * MD * 10 AM * South Germantown Rec. Center (SGRAP)
The Winter Ride, aka The Fixed Gear Fun Ride. Welcome back to the seventh annual installment of this ever popular
Sunday ride out of South Germantown Recreational Park. We will do between 40 and 50 miles, depending on the weather. We will ride on relatively flat roads up to Sugarloaf and back all in a big circle. All bikes are welcome, but fixed gears are particularly invited. As usual I will be riding my Cinelli. We will start at the Adventure Playground on Germantown Park Drive. At the traffic circle adjacent to the “old” parking lot (SGR) head southeast (opposite direction of SoccerPlex) on Germantown Park Dr. and go about 1/2 mile. You will see the playground on the right with a large parking lot adjacent. You will also notice a nice heated bathroom, hence the reason for this location.
A: Tim Guilford [tim . guil4d.net] 301-704-2723,
BB: Karen Berlage [karenberlage@verizon.net] 301-963-1482,
B: Paul Huey-Burns [phueyb@gmail.com] 202-257-2785
or
Jim Quinn [quinnje.1@gmail.com] 301-916-8868,
CC: Reggie Beard [regibeardrj@aol.com].

January 20 Monday
B/BB * 30ish/50ish * MD * 10 AM * Glen Echo Park (GLE)
The Usual Monday Ride From Glen Echo, Holiday Edition. Moderately hilly ride through Potomac, with a probable stop at a cafe near the end. Leaders regroup periodically with an average speed of 16 - 18. We will have longer cue sheets available on the holiday. No go in rain or on wet roads. Please park in the lower portion of the lot, off Oxford Rd, farthest from Macarthur Road.
BB: Warren Farb [wfarb@mac.com] 301-320-4942, and
B: Cathy Wilson [cswilson@aol.com] 703-328-1029.

C (MF) * 28 * VA * 11 AM * South Run Rec Center (SRRC) * 45%/50%
Loop de Loops. This ride is close in and takes us on three loops, all of which use bike paths or quiet and wide neighborhood streets. The first loop is to Burke Lake and short, gentle inclines inside Fairfax County Parkway and Ox Road. The second is past the old Lorton prison and into Occoquan Village - the hill out of the village is very LONG but gradual. The third loop is along Lake Mercer and points east; a portion of this paved loop has been improved, resulting in a great ride through the woods. HELMETS REQUIRED. Directions: South Run Rec Center, 7550 Reservation Dr, Springfield, VA. Go through the paved parking lot adjacent to the Rec Center to the gravel lot at the lower field house. I may cancel if the forecasted high is below 45 degrees or chance of precip is 50% or more. Please call if weather looks marginal. Questions? Call me a day before the ride or on my cell phone thereafter.
Len Wilkinson [len.wilkinson@verizon.net] Home 703/455-0368 or Cell 703/350-9209

January 25 Saturday
D * 11 * VA * 11 AM * Vienna Community Center (VCC) * 45°
Beginner Nice and Easy. (Weather limitation: min 45° and wind max 10 mph.) If you have not ridden a bike in several years or wanted to try a ride with a group, this is the ride for you. Both Members and non-members are welcome to join us on this social ride. It is an easy flat ride on the W&OD Trail with one hill before Whiele Avenue Metro Station Sliver Line. You can bike or walk up the hill. No one will be left behind. This is a popular ride on the W&OD trail through the town of Vienna to Reston. The ride will start at the Vienna Community Center, use the parking lot closest to the town of Vienna to Reston. The ride will start at the Vienna Community Center, use the parking lot closest to the trail. Public transportation available by using Metro Train Orange Line to Vienna or Metro Bus 2T. Parking, restaurants, and shops are nearby. Benches and restrooms are available along the trail. An easy socializing ride with comfortable speed and an optional lunch at a nearby restaurant after the ride. Registration is recommended but not required. Bring helmet and lock.
Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637.

C * 26 * 10 AM * Belle Haven Picnic Area (BEL)
Belle Haven Loops. This ride goes through pleasant neighborhoods, with just a short time on the bike path and a few slightly busier streets. The route has a few good hills in the second half but there are options available should you wish to avoid the bigger hills. If weather looks dubious, call the ride leader to confirm the ride is a go. Also please be aware that the entrance to the Belle Haven picnic area is the first left off the George Washington parkway going South, once you are completely through Old Town (disregard the map on the website). Once you turn into the Park, take the first left and we meet in the last parking lot on the right. Registration is recommended but not required. Bring helmet and lock.
Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637.

C/CC(F) * 24 * MD * TBD * Veirs Mill RC (VMP) * 45°
Harriet Beacher Road. New name for ride will honor the author of Uncle Tom’s Deraileur. The start time for the ride will depend upon the weather forecast, though most rides will probably start at 1 pm. I’ll try to announce the ride start time on the PPTC Forum/Ride News before 8 am, but no later than 9 am. It is basically a ride down Beach Drive to Broad Branch Road and back. Except for a short distance from the Mormon Temple to East-West Highway, the entire ride will be on Beach Drive (except for optional hill (Ridge Rd./Ross Rd.) after leaving the intersection of Beach and Broad Branch, for those that cannot get enough of that kind of thing). Possible lunch after the ride at a restaurant nearby.
Mike Divine [mikedivine74ATme.com] 301-258-7820.
January 26 Sunday

**D * 8 * MD * 11 AM * Kemp Mill Shopping Center * 50%/50%**

**Beginner Ride along Sligo Creek.** If you are new to cycling or haven’t ridden a bike in several years, come join us for a pleasant, easy ride on shady Sligo Creek Trail. We’ll ride four miles on the flat Sligo Creek hiker-biker trail, to Piney Branch Road and then turn around and ride back to the Kemp Mill Shopping Center where we’ll either have lunch at the Ben Yehuda Kosher pizzeria or café. Ride leader will make sure no one gets left behind. Bring helmets and locks please. Call the ride leader if the weather is marginal. Address for Kemp Mill Shopping Center is Arcola Ave & Lamberton Dr in Wheaton, MD. We will meet in the parking lot in front of the Ben Yehuda Kosher pizzeria.

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

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

**Lunch in Shirlington.** The ride is on the bike trails of Arlington, followed by lunch at one of the many restaurants in Shirlington (free parking in garages and lots on weekends).

See January 5th ride description for details. The ride leader is very likely to cancel the ride if the forecast during the hours of the ride is less than 45 degrees or the chance of rain is greater than 30%. If the weather looks dubious, it is particularly important to check the Ride Schedule on the PPTC website for a late cancellation notice. Alternatively, you may e-mail the ride leader to see if the ride is a go.

Ron Trueworthy [Ron.Trueworthy@yahoo.com].

**C(MF) * 23 * VA * 11 AM * Pohick Bay Park (PHP) * 45%/50%**

**Pohick Bay Social Ride.** This ride will be a relaxing social ride along lightly-traveled roads and paved bike trails on this scenic peninsula near Occoquan. We will ride through Mason Neck State Park, the adjacent National Wildlife Preserve, Gunston Hall historic plantation, and some lovely neighborhoods facing the Potomac River. There is even a covered bridge along the route. This is mostly a flat ride (only one hill towards the end) with lots of shade and natural beauty the whole way. There is no charge to get into Pohick Bay Park if you have a driver’s license showing you live in Alexandria, Arlington, City of Fairfax, Fairfax County, Falls Church, or Loudoun. If you live outside these member jurisdictions then there is a $7 entrance fee per car to get in the Park. Once inside the Park, continue straight to the first parking lot on the right. Lunch afterwards at a nearby eatery. Please check the PPTC website if weather looks dubious or call the ride leader that morning. The ride may be canceled if forecasted high for the day is less than 45°, or the chance of precipitation is greater than 50%.

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

**C/CC * 30 * MD * 1 PM * Sherwood Elementary School (SES)**

**Sherwood Trainer.** This ride will be a C pace, but CC riders welcome to join. We’ll start on 108 a short while and then head north to farm land areas with some country roads, some hills. If the weather looks questionable, it is particularly important to check the Ride Schedule on the PPTC website for a late cancellation notice. No real rest stops. Optional meal at Urban BBQ on Route 108 after the ride if group wants. The start of the ride is at: Sherwood Elementary School 1401 Olney Sandy Spring Rd Sandy Spring, MD, 20860.

Martine Palmiter [mpalmiter@gmail.com] 301-787-4556, and Mitch Stengel [stengelwalker@verizon.net] 301-221-2899.

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A: Tim Guilford [tim.guil4d.net] 301-704-2723,
in celebration of my 30th birthday, I did a century ride with the club. Sometime around this period I first joined Potomac Pedalers, and level. I first took my new bike on the area trails, and then around my bicycle. Even though the only place for me to shower was in a janitor’s locker room at the agency where I worked, I did it. Sometime around this period I first joined Potomac Pedalers, and in celebration of my 30th birthday, I did a century ride with the club.

After my two sons were born, I took a leave of absence from bike commuting and serious biking and mostly rode with my sons. When my younger son graduated from high school, I bought my next really nice bicycle, and started riding again – soon commuting again by bicycle – this time with access to a really nice locker room. I also started riding a lot on weekends with Potomac Pedalers and became a life-time member. Having lost my husband to leukemia, being able to bike with others through the club has been important to me. The past two years, I have volunteered during the Backroads Century, first as a ride leader and then as part of the food and supply team and as a ride leader. I am also a life-time member of the Washington Area Bicycle Association. The bottom line is that I love biking. If I didn’t need to work for a living, I would bike all day. I work as one of the too many attorneys in D.C., practicing labor and employment law.

As a member at large of Potomac Pedalers, I would be interested in working on promoting bicycle safety. Commuting by bicycle pretty much daily, I see a lot of need for improvement of bicycle safety - both on the part of bikers and drivers. I would also be interested in working on promoting membership in the club.

### Susan Payne

Susan Payne feels that when it comes to bicycle riding she has a bit of a split personality. Half the time she can be found riding the Fairfax County Connector Trail in Fairfax, VA on her Specialized Hardrock Sport Disc 26 mountain bike. The other half of the time she is toiling around on her Cannondale Synapse Carbon 5 105 road bike with her Potomac Pedaler friends out of Wakefield Park (WKP) Annandale Training Works rides. She said that she and a small group of those riders ride year-round; bike lights and under-clothing galore. The group, she says, cheats Old Man Winter and the joy of cycling but need support. I am currently working with PPTC. As a teacher, I’ve taught the importance of bike safety to hundreds of children over the years. I would enjoy the opportunity to contribute more of my time to PPTC!

### Sue Gunter

I first began biking as a kid, biking all over the neighborhood with my best friend. Then in college, I used my bicycle to get from one end of the large campus to the other. But, when I got my first job, moved to D.C., and got my first really nice bike – a Trek touring bike that felt like it was part of me – I began biking on a whole new level. I first took my new bike on the area trails, and then around 1980, decided I would try commuting from Alexandria into D.C. on my bicycle. Even though the only place for me to shower was in a janitor’s locker room at the agency where I worked, I did it. Sometime around this period I first joined Potomac Pedalers, and in celebration of my 30th birthday, I did a century ride with the club.

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PPTC 2014 Events Calendar

Contact Carol Linden at cdllinden@hotmail.com to get an event on the calendar.

January 11, 2014   Annual Meeting
Bethesda, MD

April 10 - 13   Spring Thaw
Cambridge, MD

April 25 - 27   Lewes Beach Weekend

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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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Potomac Pedalers Touring Club Membership Form

Name: ____________________________ New member ☐ or Renewing ☐
Address: __________________________________________
City: ___________________ State: _______ Zip: _______________
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, 10378 Democracy Lane, Suite A Fairfax, VA 22030. You may also join the PPTC via our website at www.potomacpedalers.org

Please DO NOT print the following in the Membership Directory:
☐ my entire listing  ☐ my phone number  ☐ my e-mail

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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!

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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. 10378 Democracy Lane, Suite A Fairfax, VA 22030.

Name ____________________________
City: ___________________ State: _______ Zip: _______________
New Address: ___________________________________________
E-mail ___________________________
Day phone _______________________
Eve phone _______________________
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