



Pedal Patter April 2018

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This message is so important the PPTC President wants to run it again!
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NOTE from the PRESIDENT

by Bob Bernstein

I hope that this finds you all enjoying the pleasures of your wheeled, human powered conveyances, regardless of the number of wheels; regardless whether you are leaning forward, sitting upright, or sitting back; regardless of whether you are wearing spandex or a tee shirt and jeans.

Planning for Special Events and for the Back Roads Century are well underway. By the time you read this, the weather should be warmer and the ride schedule will lose its winter doldrums and blossom into its usual, glorious fullness.

All this leads me to this month's theme: volunteerism. In this issue of the *Pedal Patter* and on our website, you'll find different reasons to volunteer and opportunities to do so.

Many years ago, John F. Kennedy said in his inaugural address, "And so, my fellow Americans: ask not what your country can do for you—ask what you can do for your country." I did not know what that really meant in 1961 when it was uttered. (In my defense, I was only five.) I started living by it without really understanding where the drive came from. In the 1980's, I first started volunteering for my professional society while stationed in New York City. That volunteerism continues through well into this century.

Once I joined the Potomac Pedalers, it was not long before I started to lead rides and then served on the ExCom and then served as Chairman. I continue to lead rides and help the ExCom and Chairman right through volunteering for another term as the leader of the Club a bit over a year ago. I have used the term "give back" and it is phrase many of you have heard not just in the Club, but in other areas. What does it mean and what did our new president mean when he uttered these words fifty-seven (57) years ago?

To me it means that we are stronger when we all pull together. The great rides and events that we have are better because of the selfless members who help stage these rides and events. Where would we be without the ride leaders who look for interesting rides on

safe roads? Where would we be without the ride leaders who sometimes end up cutting their rides short to help someone with a mechanical or someone who just does not have it that day? We would be riding by ourselves or riding on the same routes day after day.

Where would we be without the volunteers who organize the various special events the Club sponsors? Where would we be without the numerous volunteers who help run the best century in the country? These events would not be the outstanding showcases for cycling that they are. Your dues would be much higher. We would not have the opportunity to meet cyclist with the same passions we have who may ride at a different pace or usually in a different area.

The members who volunteer for the Club make the Club stronger. They give back to the other members of the Club. Have you volunteered lately? Google the definition of “volunteer” and it will state that it is a “person who freely offers to take part in an enterprise or undertake a task,” a person who works for an organization without being paid.” As a verb, it is to “freely offer to do something.” I submit that this is not the correct term for those who give their time to the Club for they are getting paid. They are receiving benefit. They are receiving the benefits stated above.

What I believe that President Kennedy was implying was that serving; giving back, volunteering was a duty every American owed to their country. It is our duty as members to make our organization better than it would be without us. We are all busy. Most have jobs. Many have families and/or significant others. Many are members of organizations other than Potomac Pedalers. But all can find a few hours in the 8,766 hours in a year to help make our Club better. By stepping up you will be helping your fellow members who have traditionally offered many more hours to the Club and keep responding in the affirmative when asked to give more.

There are many tasks which need to be done. Whether you offer a few hours or a day or a few hours a month, you help your Club. You help your fellow members. Ready to take the plunge? Check out our [Volunteer Page](#) and [Contact Us](#) and we'll get you going. Also, read our special [Call for Volunteers for the Back Roads Century - the BRC benefits so many people and cyclists and we need YOU to help make it happen](#). For an inspiring account of volunteering at the BRC, read Catherine Kitchell's [article](#)!

And if you don't think that you can spare a few hours of your time, look up the Google Definition of “freeloader,” because you are taking advantage of your friend's and other member's generosity and not doing your duty.

Thank you and keep the rubber side down.

Did you know the after-work rides have started? Check them out!

RIDE SCHEDULE

Back Roads Century News - April

Registration Opens in April! Save with Early Bird Discounts!

by Sallie Williams, VP-Century

Back Roads Century Registration Opens Mid April! Save with Early Bird Registration discounts if you register before May 31!

Mark your calendar! Be one of the first to sign up for the signature Potomac Pedaler's Fall cycling event held in charming and historic Shepherdstown, WV – home to Shepherd University!



The Back Roads Century will be held on Sunday, September 16th. Sunday's Century is much more than the name implies. Riders can choose one of 6 different routes, from 23 miles up to a full 100-mile ride. Every distance is a fully-supported ride with route directions/cue sheets, rest stops with delicious food and drinks – including our famous tomato sandwiches – as well as mechanical and first aid support. Make a weekend of it and join us for activities and rides on Saturday, September 15th. We'll have a short and long ride, both highlighting the area's rich Civil War history. Then join us for a dinner of mouth-watering BBQ and generous sides while listening to local live music to complete your Saturday fun!

The price for early bird registration will be \$45 for members and \$70 for non-members. On June 1 and August 1, the price will increase by \$15.

We'll also showcase the new 2018 Back Roads Century Jersey when registration opens. You will want to add the striking 2018 BRC jersey – designed locally by Hill Killer Apparel – to your cycling wardrobe! Check back on the website for additional details in the coming weeks!

Bookmark this link for the most up to date BRC News!

>>>> CLICK HERE <<<<<

VOLUNTEER for the BACK ROADS CENTURY
and get your registration rebate!

>>>> CLICK HERE <<<<<

OR EMAIL Paul Huey-Burns (phueyburns@gmail.com)



Put the Annual Nokesville Ride on Your Calendar!

Wrap-up the weekend with the Potomac Pedalers annual Nokesville Picnic in the Park Ride on Sunday, May 20th. Now in its 21st year, this ride is open to all our Members & their Family & Friends and is geared toward bringing cyclists of all skill levels together and to welcome new cyclists to Potomac Pedalers!

This classic ride takes you through the rolling Virginia rural country-side and finishes with a picnic at a local park! NEW this year is a “casual” route of 12 miles—targeted for new cyclists and for families! We'll also have longer route options of 30, 42, and 53 miles.

We do still need ride leaders for each route - please contact Nancy Avitabile if you are able to help.

The route starts/ends at the picnic area at the Nokesville Community Park. There is no fee for this event but please register online by NOON, Friday May 18th. There is same day registration the morning of the ride. All cyclists must register and sign the waiver.

The picnic begins immediately following the ride, but not earlier than 11:30 am. The club will provide burritos, watermelon, and water — please bring a dish/dessert to share and your preferred soft drinks.

In case of weather related issues, this ride may be delayed or cancelled. Updates regarding the ride will be posted to our website event page (under the ride listing Nokesville Picnic in the Park). There is no SAG support on the route, we recommend you carry basic emergency repair supplies. There will be an emergency phone number for ride day.

A special welcome to our Back Roads Century Planning Team, our Tandem riders, our Women's Team riders, the National Chapter Team-in-Training riders, and all our guests!

This is a free event for all our members! So, take advantage of the beautiful country-side, cycling with friends, and socializing at a delicious picnic!

Volunteers Needed: Seeking enthusiastic fun-living volunteers to lead the below routes. Contact [Nancy Avitabile](mailto:nancy4@mindspring.com) [301-908-6303] if you are able to help.

- D * 12 * 10:00 AM
- C * 30 * 9:15 AM
- CC * 30 * 9:15 AM
- CC * 42 * 9:00 AM
- B * 42 * 9:15 AM
- BB * 42 * 9:00 AM
- A * 53 * 8:30 AM

We also need photographers to help document the day! Contact [Mary Ann Breunig](mailto:mbreunig.sports@gmail.com) [608-628-3218].

Garmin downloads:

- For 30 mile ride - <https://ridewithgps.com/routes/1630269>
- For 42 mile ride - <https://ridewithgps.com/routes/3245938>
- For 53 mile ride - <https://ridewithgps.com/routes/5001362>

Directions: Nokesville is located approximately 40 minutes from the beltway in southern Prince William County (12560 Aden Road, Nokesville, VA 20181). Allow extra time as rides start promptly at the advertised times and will give riders extra time needed to park, etc. From the beltway take exit 49, 66-West 20 miles to exit 44 (second exit for 234 South). After 5 miles exit onto 28 South (Nokesville Road), go 4.5 miles and make a left onto Fitzwater (VA-562) at the traffic light. Go one mile, make a right at the T onto Aden Road (VA-646), go 0.8 mile to Nokesville Community Park on the right –look for the recycle igloos.)

Questions? Contact:

- Nancy Avitabile [nancy4@mindspring.com] 301-908-6303
- Mary Ann Breunig [mbreunig.sports@gmail.com] 608-628-3218
- Butch Counts (703) 690-2486

Sponsoring the Back Roads Century

by Stephen Krill, BRC Sponsorship Coordinator

AG2R. Astana. BMC. Cofidis. Dimension Data. Movistar. Sky. Trek.

Each one (plus 14 others) sponsors a team competing in the 2018 Tour de France (TdF). For 21 days, you will see their logos displayed on jerseys, shorts, helmets – just about everywhere.

But why?

In 2012, 12 million spectators lined the TdF route and an estimated 3.5 billion viewers watched on television.

These companies and many, many others recognize the value of sponsoring cycling and cycling events.

Throughout the years the Club sought advertisers for the *Pedal Patter* and cultivated relationships with local bike shops. We also focused from time-to-time on sponsorships for Special Events, such as the Back Roads Century (BRC).

This year the Club planned and will execute a deliberate approach around sponsorship, reaching out to every local bike shop, former and current sponsors, and a long list of new prospects.

But why?

Frankly, as a non-profit run mainly by volunteers, we need these sponsors to help offset expenses. Doing so allows the Club to keep our balance sheet in the black and to provide grants to other 501(c)3 organizations.

What do the sponsors get in return?

By partnering with the Pedalers, they enhance their brand by attracting and retaining customers (and, boy, do we cyclists know how to spend money), demonstrating community involvement and corporate social responsibility, and improving company and/or product awareness. All these things favorably impact their bottom line.

Potomac Pedalers is one of the largest bike clubs in the country, and annually we draw almost 2,000 riders to the BRC. In 2017, through the BRC we supported ten local charities, and this year we plan to increase this number by 50%.

And we need your help.



Please volunteer to help us contact sponsors.

Let us know right away if you know a prospective sponsor (especially if you're an owner or an employee), if you got any other ideas around sponsorship, or if you simply just want to help.

Many hands make light work.

Please contact either **Stephen Krill** or **Sallie Williams**.

Bookmark this link for the most up to date BRC News!



On May 18th, thousands of area commuters will enjoy a change of scenery on their commute on **Bike to Work Day**. Potomac Pedalers is a Bronze Sponsor of the event, and will be present at several sites to welcome and encourage riders on their journey.

Join in the fun and introduce yourself to cyclists on behalf of PPTC, either en route to work, or at one of our five booths located at:

- Ballston
- Bethesda/Capital Crescent Trailhead
- Federal Plaza
- Rosslyn
- Takoma Park
- Twinbrook

We'll have information and freebies to give out to riders. If you have any questions or would like to volunteers, please contact **Anne Hyman**, VP Special Events at: vtcupcake@gmail.com

Promoting the "Triathlon" Ride Category (and Clearing Up Some Misconceptions)

by Paul Huey-Burns

Last year, PPTC introduced a new ride category - "Triathlon." Our intent was to open our rides to cyclists who participate in triathlons and who might be looking for new routes and new riding partners. This also has the potential to increase the range of cyclists interested in joining our Club, expanding our membership. We had some success with the new classification last year and we're hopeful that we'll gain additional momentum this year. We'll have "triathlete-specific" rides and include

the "Triathlon" category in some multi-class rides. (I encourage all ride leaders for multi-class rides to consider including the "Triathlon" category in their listings.) For the multi-class rides, the triathletes should depart separately from the other classifications and generally ride as a separate group, although, of course, there likely will be some overlap as faster cyclists on road bikes overtake less fast cyclists on tri-bikes.

To address what I consider to be a misperception: There is nothing inherently unsafe about riding in proximity to a cyclist riding a tri-bike, even if that cyclist is in "aero" position. (And you triathletes out there know that most races are not "draft-legal," so you shouldn't be riding that close to other cyclists anyway.) As we all have experienced, there are some road cyclists who engage in proper "ride etiquette" (holding their lines through turns, maintaining comfortable distances from cyclists who might not be comfortable riding in a tight pack, signaling their intentions, pointing out road hazards) and some who do not. Similarly, there are some triathletes who



engage in proper ride etiquette and some who do not. I have ridden extensively with road cyclists and triathletes and observe a range of behavior with both groups. (Although I do think that most triathletes are at least as safety conscious as road cyclists. No-one wants to miss their race(s) because they've crashed their bike.) Of course, all cyclists should be careful and practice "safe cycling."

I truly enjoy cycling with both my road and my triathlon riding partners. Road cyclists and triathletes have much more in common than they have differences. Members of both groups tend to be committed to our sport and to work hard to get better (and to enjoy an occasional post-ride libation). As we move into the spring and summer, I hope that we can develop this program, for the betterment of the Club. Please **email me** at phueyburns@gmail.com if you have any questions about the Triathlon classification.

Women's Corner Column

by Robin Sparer, Women's Ride Coordinator

The Importance of Being a Bike Ambassador

This past weekend during our "get the cob webs out" ride, I saw a young lady/teen on a bike. Her seat was too low and her tires were under inflated, almost flat. I stopped and helped her raise her seat but didn't have a pump to get the tires where they needed to be. She was really struggling. It occurred to me that we need to mentor the teens as well as the ladies who are new to cycling or want to improve their skills.



Stop when we can and help a cyclist out. It takes a minute or two to educate and help. Tell them their helmets on wrong, their wheels on backwards, their tire needs pumping, their seat needs to be raised. Tell them about the Club. Just the other day I was at one of our partner bike shops and a father was buying bikes for twin boys and asked about what trails do you take your road bike on? The manager, who knows me well, asked me to speak to him. It was a great opportunity to also mention our club. Proactively reaching out and helping to create positive experiences is a great way to keep our membership growing.

Below are Women Friendly (WF) regional rides/events coming up - two in April. The PPTC Women's group will have riders at these events to mentor and meet those who are interested.

- **April 14 - TSR Spring Classic** in Talbot County (Robin/Denise)
- **April 28 - The End Hunger Ride** in Calvert County (Robine/Denise/Brenda/Martine/Deborah)
- **May 9 - Ladies' Night Out** at Trek Rockville (PPTC Womens' Group)
- **May 5 - Tour de Cookie** in Rockville (Brenda)
- **May 6 - Five Boroughs Bike Tour** in New York (Robin/Leslie)
- **June 2 - SMECO 75** in Hughsville (Robin)
- **July 22 - Firefighter 50** in Westminster (Robin/Brenda/Deborah)
- **August 11 - Ride to See** in Kent County (Robin)
- **September 8 & 9 - Wild Goose Chase** in Cambridge (PPTC Women's Group)
- **September 16 - Potomac Pedalers Back Roads Century** in Shepherdstown
- **October - Great Pumpkin Ride** (Robin/Brenda)

Our Club is nothing without volunteers! If YOU want to lead a WF or WO ride, or help out in any way, please get in touch with me! We are a club of thousands of members and it's likely a handful (or more) will want to do the ride you want to do - we just need to find each other. With so many members it can feel overwhelming - where do you start? Just reach out and get the ball (or wheel in this case!) rolling. You'll be glad you did and we'll be a better club for it.

Have a comment or idea? Email me at pptcwomenscoordinator@gmail.com

Member-at-Large On the Road

by Mary Ann Breunig

Let's Ride! Planning for Bike Month

What are you doing the weekend of May 18-20th? We have a terrific opportunity to spend the weekend riding and supporting our local events and cycling organizations. With a little bit of advance planning, you can take advantage of three fantastic events!

FRIDAY—SATURDAY—SUNDAY



May 18 - Bike to Work Day

Start the day Friday, May 18th, by participating in **Bike to Work Day**. This is a free event for everyone commuting to work on a bicycle on Friday, May 18th. There will be over 86 local pit stops in our region!! Each pit stop will have free food, drinks, raffles and more. Consider riding with a commuter convoy—check out the website [Bike to Work](#) for a convoy near you. Advanced registration is required to receive your free t-shirt (limited to the first 20,000 registered). Our club supports Bike to Work Day—you could choose to ride and to volunteer that morning! Check out our club website to volunteer.

May 19 - DC Bike Ride

On Saturday, May 19th, take a spin on DC's only closed-road, car-free celebration—DC Bike Ride—starting at 8:00AM at West Potomac Park. This is the only day you can adventure around our city by bike with no cars. The 20 mile route takes you past DC landmarks and includes entertainment at the finish! Registration is \$60 [DC Bike Ride](#) and supports the Washington Area Bicycling Association (WABA). Plan to pick up your package, including a cool water bottle, on Thursday or Friday. Our club supports WABA—consider volunteering!



May 20 - PPTC Nokesville Picnic Ride

Wrap-up the weekend with the Potomac Pedalers annual Nokesville Members & Family & Friends Picnic Ride on Sunday, May 20th.



This classic ride is through the rolling Virginia rural country-side and finishes with a picnic at a local park! In addition to the usual routes, this year we're including a "new" rider and family friendly route. This is a **free** event for all our members! So, take advantage of the beautiful country-side, cycling with friends, and socializing at a delicious picnic!

Out of Bounds!

Centuries & Shorter Rides (*Tours, Events & Longer Rides below.*)

- APR 14th [TSR Spring Classic](#) (Easton, MD)
- APR 14th [Tar Wheel Century](#) (Elizabeth City, NC)
- APR 21st [High Bridge Ride](#) (Farmville, VA)
- APR 27-28th [Ocean to Bay Bike Tour](#) (Fenwick Island, DE)
- APR 28th [Ride to End Hunger](#) (Huntingtown, MD)
- APR 29th [Free Clinic of Powhatan Bike Tour](#) (Powhatan, VA)
- MAY 5th [Six Pillars Century/Blackwater Tour](#) (Cambridge MD)
- MAY 5th [Tour de Cookie](#) (Rockville, MD)
- MAY 5th [SOWW Warrior Bike Ride](#) (Broad Run, VA [*Farm Brewery*])
- MAY xxth [Shorebird Metric Century](#) (Salisbury, MD)
- MAY 6th [Five Boro Bike Tour](#) (New York, NY)
- MAY 12th [Capital-2-Capital](#) (Charles City, VA)
- MAY 12th [Iron Furnace 50](#) (Furnacetown, Snow Hill, MD)
- MAY 14th [43rd Annual Assaults on Mt Mitchell](#) (Spartanburg, SC)
- MAY 19th [DC Bike Ride](#) (Washington, DC)
- MAY 19th [SCU Quad County Metric](#) (NW of Philly, PA)
- MAY 19th [Tour de Madision](#) (Madison, VA)
- MAY 19th [CASA River Century](#) (Shepherdstown, WV)
- MAY 20th [Horse Farm Tour](#) (McSherrystown, PA)
- MAY 20th [Storming of Thunder Ridge](#) (Lynchburg, VA)
- MAY 26th [Wilderness Road Ride](#) (Radford, VA)
- JUN 2nd [Pedal to Preserve](#) (Lancaster Co., PA)
- JUN 2nd [SMECO-75](#) (Hughesville, MD)
- JUN 3rd [WNC Flyer](#) (Brevard, NC)
- JUN 9th [Pax River Rural Legacy Ride](#) (Southern PG Co., MD)
- JUN 16th [Le Tour de Shore](#) (Onancock, VA)
- JUL 7th [Delaware Double Cross](#) (Smyrna, DE)
- JUL 14th [Hidden Valley Mountain Metric](#) (Hidden Valley, PA)
- JUL 22nd [The Firefighter 50 \(35/50/101\)](#) (Westminster, MD)
- AUGUST 04 [BBC Corn Roast Rides](#) (Union Mills, MD)
- AUGUST 4th [MT Mama Cycling Challenge](#) (Monterey, VA)
- AUGUST 25th [Cumberland Valley Century](#) (Clear Spring, MD)
- AUGUST 10-12 [Tour de Frederick](#) (Walkersville, MD)
- AUGUST 11 ['Ride to See' a Tour of Kent County](#) (Galena, MD)
- AUGUST 19 [Covered Bridges Classic](#) (Lancaster, PA)
- AUGUST 25th [Shorefire Century](#) (Middletown, De)
- AUGUST xx [Reston Century](#) (Reston, VA)
- AUG 26 [Brandywine Tour](#) (Kennett Square, PA)
- SEPT 03 [Labor Day Century](#) (Hanover Bike Club, PA)
- SEPT 03 [Southern MD Fall Century](#) (Indianhead 100)
- SEPT xx [50 States/13 Colonies Ride](#) (Wash, DC)
- SEPT 8th [Maine Lighthouse Ride](#) (South Portland, ME)
- SEPT 8th [Ride to Montauk](#) (NY, NY)
- SEPT 8th [Amish Country Tour](#) (Dover, DE)
- SEPT 08 [Skipjack Bike Tour](#) (Deal Island, MD)

- SEPT 08 [Surrey Century Rides](#) (Williamsburg, VA area)
- SEPT 08 [Civil War Century](#) (Thurmont, MD)
- SEPT 09 [NYC Century](#) (NYC, NY)
- SEPT 09 [Shenandoah Valley Century](#) (Harrisonburg, VA)
- SEPT 15 [Highlander Cycle Tour](#) (Finger Lakes, NY)
- SEPT xx [Heart of VA Century](#) (Hanover Courthouse, VA)
- SEPT xx [Lakes & Grapes Century 100](#) (F'burg, Va)
- SEPT xx [Ride for Clean Rivers](#) (Wye Mills, MD)
- **SEPT 16 [Back Roads Century PPTC \(Shepherdstown, WV\)](#)**
- SEPT 16 [Northern Virginia Cycle Fest](#) (Warrenton, VA)
- SEPT xx [St Marys Century](#) (Leonardtown, MD)
- SEPT 29 [Savage Century](#) (Newark, DE)
- SEPT 30 [Apple Cider Century](#) (Three Oaks, Mich)
- SEPT 30 [Cannon Ball Century](#) (Fredericksburg, VA)
- SEPT 30 [Twin Lights Ride](#) (Highlands, NJ)
- OCT 06 [Seagull Century](#) (Salisbury, MD)
- OCT 06 [Culpeper Cycling Century](#) (Culpeper, VA)
- OCT xx **[Montgomery County Farm Tour Ride for the Reserve](#)** (Poolesville, MD)
- OCT 14 [Covered Bridges Ride](#) (Bucks County, PA)
- OCT xx-xx [Bike Club of Philly Fall Foliage Weekend](#) (Hanover, PA)
- OCT xx [Great Pumpkin Ride](#) (Warrenton, Va)
- OCT 27 [Between the Waters Tour](#) (VA Delmarva)

Tours, Events & Longer Rides (2018)

- APR 14-19 [Florida Bicycle Safari](#) (Live Oak, FL)
- APR 20-22 [Cycle N.C. Coastal Ride](#) (Washington, NC) *Sold Out*
- MAY 25-28th [Kent County Spring Fling](#) (Chestertown MD)
- JUNE 22-27 [Bike Virginia](#) (Radford to Claytor Lake, VA)
- JUL 07-14 [M.U.P.](#) (St. Ignace, Mi)
- JUL 22-28 [RAGBRAI](#) (Iowa)
- JULY 21-28 [Bon Ton Roulet](#) (Finger Lakes, NY)
- AUG 04-11 [Shoreline West](#) (Lake Michigan Shoreline)
- **AUG xx-xx [PPTC] Carlisle Weekend (Carlisle, PA)**
- AUG 29-SEP 02 [DALMAC](#) (MSU East Lansing, MI)
- SEPT 22-23 [Seacoast Century](#) (Hampton Beach, NH)
- SEP 29 – OCT 06 [CNC Mountains to the Coast](#) (Black Mountain, NC)
- OCT xx-xx [Shenandoah Fall Foliage Bike Fest](#) (Staunton, Va)
