



## *Pedal Patter* February 2018

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### **Lots going on...**

- The **Lewes Weekend** is OPEN for registration!
- Take our **Events Survey!**
- Meet our **Award Winners** from the Volunteer Party!
- **RIP Bill Kelly** - the Bicycle Advocate Who Changed Maryland
- Did you have a **Cast-Iron Crotch** in 2017?
- Teaming up with local bike shops for **Women Friendly Rides**
- **Cross Training** for a Stronger Season
- Are you embracing 2018? Get some help from our **Member-at-Large On the Road Column.**
- Pedalers **save on Team in Training** Ride.

## **RIDE SCHEDULE**

### *"President's Page" - February 2018*

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.

I want to start this month's conversation with an introduction of two new members of the ExCom who were not introduced last month. **David Whitaker is our new Recording Secretary** and **Anne Hyman is the new Vice President Special Events.**

**David Whitaker** was drawn to PPTC in the early 1990's in the Frederick Fall Frolic. An abundance of cue sheets and unexplored roads in and around the Catoctin Mountain opened up a wealth of cycling opportunities for him and he became an avid PPTC member. For a decade or more he has scoped out and led

rides for the club and sought new opportunities for cycling outreach and advocacy. Now he finally has the time to lend some of his expertise to the ExCom. He has extensive experience in regional transportation and infrastructure planning, as well as in local bicycle and pedestrian planning. He has served on the board of his state professional organization and has organized past bicycle tour events. His cycling interests include introducing and overcoming the perceived barriers of new riders to bicycling, introducing Millennial cyclists to bicycle touring, and building current club events with a particular emphasis on the opportunities afforded by the superb Back Roads Century. Lastly, the great cycling champion Eddy Merckx encompassed his love for cycling with these seventeen words: "Ride as much or as little, or as long or as short as you feel. But ride."

**Anne Hyman** has been an avid cyclist since she borrowed a friend's mountain bike to commute to work during the gasoline crisis of 2008. Since then, she's taken the cycling world by the hoods and has also become a marathoner and Ironman triathlete. Over the past year she was adopted by the Rockville Wootton High School ride group and has forged friendships and calves of steel while climbing the hills and mountains of Maryland. Anne holds a doctorate in Biomedical Sciences and Pathobiology, and is focused on disease diagnosis and prevention. She served on her student government board as the social coordinator of her Doctorate program at Virginia Tech for several years, organizing events that focused on inclusivity and camaraderie between students as well as faculty. As a newly-minted ExCom member, she will strive to improve membership experience as well as invite members of the surrounding community to join us and expand the club. She has diligently volunteered in the DC area at several sporting events, as a Smithsonian Evolution Hall ambassador, and is also an Ambassador for the local nonprofit iControlMyHealth. When she isn't dreaming of riding or out on her Ruby, you can find Anne at home talking to the plants in her garden, playing mad scientist in her kitchen, or enjoying a moment of free time with her husband and two cats.

I was disappointed that I did not see more of you at the Volunteer Party. The food was excellent and the price, free, was very reasonable. I hope that you will consider volunteering for the Club in some capacity and join us next year. Prior to the Volunteer Party, the ExCom held a meeting. I am excited about the qualifications, the enthusiasm, and the ideas generated by this group. They have hit the deck running and I expect that their ideas will bring outstanding value to your membership.

Thank you and keep the rubber side down.

Bob Bernstein

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**Open for Registration!**

## **LEWES BIKE WEEKEND**

**April 27-29, 2018**

**WHERE: Beacon Motel** (514 E. Savanna Rd., Lewes, DE 19958)

Get an early jump on spring by joining us for a weekend of cycling at the beach. Lewes is a small, picturesque, and historic town near Rehoboth Beach. This weekend is noted for its sociability and ease in meeting new people, so come alone or with a friend or spouse. Attendance is limited to 85 people so sign up early to reserve your spot.

Rides range in length from 20 to 65+ miles and are flat, although there are usually headwinds at the beach. Many rides visit nearby wildlife refuges, Nassau Valley Vineyard, Dogfish Head Craft Brewery, and remote beaches. We also have rides that stay east of Route 1 and tour Lewes or travel to Rehoboth Beach via bike paths. Some of the rides begin at the Beacon Motel and some have a remote start after a short drive to a beach or nearby town, depending on the rides you choose.

**PRICE:** PPTC member price for the weekend is \$275 for single occupancy; \$430 for a double room (\$215/person); and \$540 for a triple room (\$180/person); non-members add \$25. The prices are the same for non-cycling spouses or guests. If you are coming alone but would like to share a room, we can assign a roommate (double occupancy only). Hotel rooms have two double beds, or a queen bed, or a king bed. All have refrigerators. The Beacon Motel does not allow pets.

### **INCLUDES:**

- 2 nights lodging at the Beacon motel two blocks from the center of town and .4 mile from the beach.
- Locked storage room for bikes or store in your individual rooms (elevator available).

- Cue sheets available at the Beacon Motel **starting Friday at noon.**
- Rides of various lengths available Friday, Saturday, and Sunday.
- Ice Cream Social/Welcome Party Friday night at the motel.
- Breakfast Saturday and Sunday morning at the motel.
- New! Yoga class taught by Lorraine.
- Lunch fixings for a bag-lunch on Saturday to take with you on the ride.
- BYO Wine & Beer party on Saturday at the motel before dinner. Snacks provided.
- Buffet dinner Saturday night in downtown Lewes, short walk from motel (cash bar available).
- Free late checkout on Sunday with advance notice to hotel personnel.

**CONTACT:** Your hosts again this year are Lorraine McCall and Cindy Marisch. Cindy is responsible for registration and cue sheets. If you have questions about your registration please contact [Cindy](#). Lorraine is responsible for the food catering. If you are vegetarian, vegan, or have any other special dietary needs, please contact [Lorraine](#) at least two weeks prior to the ride weekend so we can accommodate your needs accordingly.

**Note:** Your registration will be under the PPTC group and not your individual names. The cost for the weekend includes food and lodging and cannot be separated. Registration at the Beacon for this weekend must be completed through PPTC online, not directly through the Beacon. If you have questions about the Beacon Motel itself, please check their [website](#).

**CANCELLATION POLICY:** Before April 13<sup>th</sup> : Full refund (minus \$25 per person cancellation charge). After April 13<sup>th</sup>: No refunds.

**TO REGISTER:**

- [Members Click Here to Register](#) (*must login to access*)
- [Non-Members Click Here to Register](#)

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## Take the Potomac Pedalers Events Survey

We're looking at adding some new and different event weekends. **Please take this very short survey to let us know what you might be interested in.** Thanks!

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## **RIP Bill Kelly - The Cycling Advocate Who Changed Maryland**

*by David T. Whitaker, AICP*

Like mythical heroes of Irish mythology, Bill Kelly will be remembered by those who knew him as *The Bicycle Advocate Who Changed Maryland*. Bill Kelly brought a fierce Irish-American urgency to bicycle accessibility, safety and funding and his untiring dedication to these issues led the way toward 21<sup>st</sup> Century bicycle planning, design, and funding from Ocean City and Assateague to the Allegheny Mountains of Western Maryland. Along the way he empowered a new generation of cyclists to pursue changes to state and local funding and infrastructure priorities to further bicycle accessibility.

A bicyclist for over 70 years, Bill Kelly dedicated his career as a District of Columbia Fireman. Bill bucked the trend and continued to bicycle commute to his firehouse in the 1960's. This was an era before bicycle commuting was fashionable and when bicycle lanes and trails were nonexistent in the DC area. To Bill's way of thinking, bicycling around DC, and later College Park, MD, promoted a healthy way of life. Bill had bicycled throughout his teens and the bicycle remained his favorite mode of transportation through his working years as a professional fire fighter. What Bill wanted to change was the mindset of civil engineers and elected officials who did not see a role for bicycle access as part of local and regional mobility. When Bill Kelly set his mind to change something, you could put your money on that change actually happening. Bill was determined to promote bicycle access and infrastructure spending and he became Maryland's foremost bicycle champion with a legacy of achievements that few will ever equal.

In 1988, following the lead of Maryland's leading trail advocate Morris Warren in Anne Arundel County, Bill Kelly founded the College Park Area Bicycle Coalition. Working in the shadow of the University of Maryland's flagship campus, the College Park Area Bicycle Coalition successfully championed a network of bicycle and pedestrian trails linking the University to neighborhoods and distant communities in Prince George's County. Bill's legacy lives on in the extensive trail network in Prince George's County and at Lake Artemesia near College Park.



One of the keys to the success of the College Park Coalition was that Bill actively solicited the support of local and state elected leaders. In true Irish-American fashion, Bill combined both his natural wit and charm, as well as dogged determination, to woo local elected officials to the cause of bicycle infrastructure and trail networks. Following the legislative victory creating the Maryland Bicycle Advisory Committee in 1991, Bill teamed with then Maryland Delegate, and current State Senator Jim Rosapepe, resulting in groundbreaking Maryland bicycle legislation in 1995 and in 2000. These two legislative bills established the requirement for local bicycle plans as part of locally adopted comprehensive plans and incorporated pedestrian access along with bicycle access as funding priorities in Maryland's 23 counties and the City of Baltimore.

Not content to rest upon his laurels in College Park and with Maryland General Assembly, in the mid-2000's Bill Kelly moved to the Ellicott City area of Howard County, MD. In 2008, Bill helped form the Bicycle Advocates of Howard County Maryland (e.g., Bike HoCo). Serving as a coalition of cycling clubs and bicycle riders, Bike HoCo promotes "a vision of bicycling and sharing the road as part of a healthy, energy efficient, and environmentally sound transportation system to help achieve a sustainable future for Howard County and for Maryland." This resulted in extensive bicycle and pedestrian investments in Columbia and Howard County and in the innovative 2016 Howard County Bicycle Master Plan.

Bill and Sue Kelly traveled often during his retirement years, visiting Ireland and countries throughout the world, almost always with their folding bikes. Bill became an ambassador for American bicycling in the countries he visited, while coming back with infrastructure ideas in use in the Netherlands and other cycling advanced countries.

On January 22, 2018, Bill Kelly succumbed after a lengthy battle with cancer. He was buried with full honors accompanied eight bagpipers along a favorite local cycling road in Woodstock, MD.

*May the Wind Always Be at His Back.*

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## **Congratulations to Our Annual Award Winners**

Our annual Volunteer Party was held January 20th at the Fairlington Community Center in Virginia. About fifty members came to the potluck party and feasted on delicious Italian entrees provided by the Club and all the sides and desserts you could want, provided by our talented members. Merriment and socialization was the primary agenda for the evening but we also handed our annual Club Awards. Congratulations to them. If you did not receive your plaque at the party, efforts are being made to get it to you! Thanks to all who serve and support our Club!



**2018 Peter LeGrand Good Shepherd Award - Polly Choate**

In recognition of your steady ride leadership and dedication and caring for all cyclists on your rides. For being friendly, keeping an eye on stragglers, and going out of your way to make everyone feel welcome and part of the group.

**2018 Best Original Ride of the Year - HoCo Farm & Art Tour**

The HoCo Farm & Art Tour took the roads usually traveled and put them together for a unique, scenic ride showcasing Howard County's local artisans and businesses. This ride is most deserving of the Best Original Ride of the Year having created a fun and educating experience for all.



**2018 Best Original Ride of the Year - Norman Rasmussen**

In recognition of creating not one, but numerous safe and enjoyable alternatives to riding the temporarily closed Capital Crescent Trail. You use remote, seldom traveled paths and roads showcasing parts of the area seldom traveled.

**2018 Neal D. Molloy Volunteer Award - Erik Pilsk**

In recognition of going above and beyond the call of duty in volunteering for the Club. Despite a busy work and home life, you've volunteered as a member of the ExCom for multiple terms. In addition, you've volunteered multiple times on the Back Roads Century in challenging jobs such as rest stop leader, transportation, and, most recently, as Vice Chair, Century. You've accomplished these tasks competently and with a smile ever present. You are most deserving of the Neal D. Molloy Volunteer Award, capturing the spirit of Neal's volunteerism.

**2018 President's Award - Nancy Avitabile**

Having served as Treasurer for five years, you did not hesitate to volunteer in the newly created position of Vice Chair, Special Events. In this capacity, you ably oversaw the creation of a new special event, the Howard County Farm & Art Tour.

**2018 President's Award - Erik Pilsk**

ExCom member for multiple terms. Century rest stop leader. Century transportation coordinator. Knowing all too well the challenges, you stepped up and volunteered to be the first Vice Chair, Century, doing so cheerfully and executing this position skillfully. Even after stepping down, you've given your time to bring your relief up to speed on the challenges that are the Back Roads century.



**Other scenes from the evening:**



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**Annual 5K-or-Bust Survey**  
*(aka Order of the Cast-Iron Crotch)*

Fellow cyclists, with the end of the calendar year, it's time to compile the mileage totals of members who cycled 5,000 or more miles in 2017. Ernie Hazera has volunteered to take over the data compilation associated with the CIC and has decided to decrease the amount of information collected.

**Please provide the following data no later than February 28, 2018:**

- NAME
- AGE
- TOTAL MILES
- NUMBER OF DAYS RIDING
- MOST MILES IN ONE WEEK





- NUMBER OF WEEKS OF NOT RIDING
- DATE OF FIRST RIDE
- DATE YOU REACHED 5,000 MILES
- 

No narrative information will be collected. **Submit your information via e-mail to [Ernie](#).**

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## *Women's Corner Column*

*by Robin Sparer, Women's Ride Coordinator*

### *Creating a Full Calendar by Partnering with Local Bike Shops*

Hi everyone! I wanted to let you know that the women's group has been very active in developing and planning the 2018 Women's Program. We are partnering with two bike stores to be regional hubs that want to be Club Partners and Women Friendly (WF) . What I mean about Women Friendly is that they will be partnering with us to offer women specific rides and events that support women and cycling. They are District Hardware and Bike, located at The Wharf, and the Rockville Trek Store. We will be



offering Women only rides and WF rides from those stores and at regional events where you can meet us and ride with us. Our goal is to meet the needs of everyone the best we can and help you advance your riding skill level if you want to. Keep an eye on the PPTC ride calendar for WF rides.

Also, thanks to Elizabeth Ginexi for writing a [column on the benefits of cross-training](#). Read it and start your season strong!

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## *Cross Training for a Stronger Season*

*by Elizabeth Ginexi*

Why not maximize your fitness as a recreational endurance sport enthusiast by taking part in cross-training in the off season when cycling and running may be more challenging because of weather or road conditions? Cross-training means doing other activities and exercises besides cycling to enhance aspects of your physiology that your main sport doesn't hit. Cross-training offers a number of potential benefits including injury prevention, burning calories, increasing endurance, and rejuvenation.

Strength training, in particular, offers many pluses including helping you to be a better, faster, and more durable cyclist. Riding a bicycle mainly works the lower half of your body, and the muscle groups involved are developed only in specific ways. Your overall fitness and health can benefit from working those muscles in a more comprehensive way. Let's break this down.

**First**, in addition to the obvious benefit of building lean muscle tissue, strength training also helps you build stronger bones and strengthens your ligaments and tendons. Weight bearing exercise (*and cycling by the way is NOT a weight bearing exercise*) helps your body build the framework that holds your body together. In the short-term, that will help avoid bone breaks in the event of a crash on your bicycle, and in the long term it helps fight off osteoporosis and other aging related ailments.

Researchers who study endurance athletes have found that some non-weightbearing sports may cause irreversible damage to bones. For instance, among competitive cyclists the combination of extreme distances and restricting caloric intake to reduce weight can decrease bone density to levels that puts athletes at greater risk for serious fractures and, in the long term, developing osteoporosis.

By contrast, exercise that puts greater strain on the bones, like running and strength training, may improve long-term bone health. Exercise physiology researchers have found that weight-lifting and jumping exercise workouts, when done regularly for at least six months, can improve bone density in active, healthy, middle-aged adults with low bone mass.

**Second**, strength training helps avoid overuse injury. If cycling is your only form of exercise you are creating a lot of repetitive motion stress and working the same leg muscles in the same exact ways repeatedly. You're not giving them any rest or variation. This is also true for the heart. If all you ever do is extreme cardio, it may be time to reevaluate your regimen.

When there isn't enough sunlight to get out for a ride or the weather isn't conducive, that's the perfect time to focus on strength training for the *entire body*: legs, arms, and of course, your core. Many recreational cyclists and runners are notorious for having a weak core. That's why you often hear complaints about sore backs after a long ride or run. The core gives your body the leverage to drive the power in your thighs, hips and glutes. Strengthening your abs and back muscles will help promote physical longevity for your body and help you prepare for spring cycling.

**Third**, another final benefit of incorporating strength training into your life is the sheer psychological factor that comes from knowing you're stronger. Perhaps this will lead to a greater motivation to conquer new routes and hills with your new-found strength!

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## Member-at-Large On the Road

by Mary Ann Breunig

### DIY-BikeTravelWeekend.org

What's a biker to do when the weather is sometimes uncooperative and you're left dreaming about days of longer daylight and fun in the sun? On a recent cold February day, after seeing a lone cyclist cruise on by, I took it as a sign to explore what Adventure Cycling has to offer. As you may recall, Adventure Cycling was a sponsor of the annual club membership meeting this past

December. We have long been a subscriber to *Adventure Cyclist*, a publication of the Adventure Cycling Association.



Skimming their February Tours & Events issue, looking for inspiration, it was easy to be overwhelmed with options. There are cycling adventures for all different demographics—from Under 30 to Women to Family. Are you a new traveling cyclist? There's a trip to teach you how to prepare for and complete a multi-day ride. Many trips are self-supported and include camping and packing gear.

Nothing really jumped out at me as a "Must Do!" I liked the idea of a multi-day ride, maybe some camping (with some car support), I wasn't sure I was ready to commit to seven days of riding and camping. The idea of riding with a group was intriguing...but I ruled out under 30 and Family...then checking out the category of Women, found not much to offer. Perhaps there was a fantastic location that would lure me in?

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Tucked into a column on page 44 (but also on their website home page), was an interesting option called "Bike Travel Weekend." This is Adventure Cycling's third annual Bike Travel Weekend (June 1-3). It is your chance to go on the adventure that works for you! In the past two years almost 20,000 folks have gone on their adventure! There's an entire website at [biketrialweekend.org](http://biketrialweekend.org) dedicated to helping you plan your adventure.

Registration is free! Everyone entered also has the chance to win some really fun door prizes! So, stay tuned to how the planning is going and learn next month WHERE is our Adventure Weekend?

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## Pedalers Save on Team in Training Ride

America's Most Beautiful Bike Ride use code **PEDALERS** to save \$100!



**Potomac Pedalers partners with Team in Training to support cancer research and cycling!** Our members save the \$100 Registration fee! To learn more, checkout **America's Most Beautiful Bike Ride** or contact **Casey Osgood**.

Register before March 1st, 2018! Use the code **PEDALERS** to receive the \$100 registration fee discount.

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## Out of Bounds!

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

- MAR 24th [Icicle Century](#) (Elkton, MD)
- MAR xxth [WABA VASA Ride](#) (Georgetown, DC)
- APR 14th [TSR Spring Classic](#) (Easton, MD)
- APR 14th [Tar Wheel Century](#) (Elizabeth City, NC)
- 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 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 xxth [CASA River Century](#) (Shepherdstown, WV)
- MAY xxth [Horse Farm Tour](#) (McSherrystown, PA)
- MAY 20th [Storming of Thunder Ridge](#) (Lynchburg, VA)

### Tours, Events & Longer Rides (2018)

- MAR 17-23 [Bike Florida](#) (Edgewater, FL)

- APR 14-19 [Florida Bicycle Safari](#) (Live Oak, FL)
- MAY 25-28th [Kent County Spring Fling](#) (Chestertown MD)
- JUNE 22-27 [Bike Virginia](#) (Radford to Claytor Lake, VA)

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## Potomac Pedalers Calendar of Events

- APRIL 27-29 **Lewes Weekend**
- MAY 18 **Bike to Work Day (DC, MD, VA sites)**
- MAY 20 **Nokesville Picnic ride (Nokesville, VA)**
- early JUNE **Black Hill Picnic Ride (Boyds, MD)**
- JUNE 16-17 **One-Night Overnight Ride: Virginia Countryside (Charlottesville, VA)**
- JULY 13-15 **Shenandoah Weekend (Mt. Jackson, VA)**
- SEPT 8-9 **Women's Wild Goose Chase Ride**
- SEPT 16 **Back Roads Century**
- SEPT 29-30 **One-Night Overnight Ride: Amish Country (Lititz, PA)**
- OCT 13-14 **One-Night Overnight Ride: Northern Neck, VA**
- late OCT **Howard County Farm & Art Tour (Laytonsville, MD)**