



# PEDAL PATTEN

SEPTEMBER 2018



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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.

By the time you read this, the Back Roads Century will be just around the corner. This one of the best values for a century if not the best. Now you would be correct to look at this statement and think, "Well, what else would the President of the Club state?" I have been saying this for many years; most of them while not the President. I have ridden 88 English centuries of more than 100 miles, and many more metric centuries. Not all of these have been organized centuries but many of them have been so I think you will agree that I have some experience to back up the statement.

As the weather gets cooler, plan to attend the Annual Meeting in November. We are looking for a great venue so a firm date has not been set. We are looking at a Saturday in November prior to Thanksgiving. Besides being able to sample an eclectic mix of foods brought by members, we hope to have an exciting speaker. We will also be electing next year's Executive Committee, the ExCom. Up for election are the President, Vice President of Operations, Treasurer, and two At-Large members. Please email me at the address below with "ExCom" in the subject line to learn more about the various responsibilities or to nominate candidates.

We also need a number of volunteers to fill critical committee roles in the Club. I would like to see members who have not previously volunteered for the board or committees. I have run out of people I know to tap for positions. In March, I wrote in this column about the need to give back and member's duty to volunteer to help run the Club. I thought that this was an important enough message that I had it rerun in April. In July, I wrote how membership in the Club is like a Groupon. You get back more than you spend.

Let me digress here for just a moment to talk about why we need so many people to run the Club efficiently. The primary purpose of the Club is to have weekend and weekday rides of different distances and speeds to give our members a choice in where they ride and with whom. This takes Ride Leaders and Ride Coordinators. It also takes infrastructure to organize, publicize, and operate. Volunteers help keep our costs down but there are other aspects that cost money. Website hosting and maintenance. Insurance. Our paid administrator, Core Associates, Inc. who do an outstanding job and without whom, the Club would likely perish.

In order to keep your membership dues down, we run Special Event Weekends and the Century to augment our coffers. (The weekends and Century are also fun but I am making a point.) Without these events, membership dues would be much greater. Whenever we do not have enough volunteers we have to pay for the required services or we burn out those who do volunteer. The new organization with the three vice presidents is helping to a certain extent. However, we need the middle management, committee chairs and we need

volunteers to populate these committees. An empty committee puts pressure on the chair of that committee to do everything. Hence the burn out.

In my one and a half years as President, we are once again balancing the budget. We are smoothing the transition to the twenty-first century and the digital world. We are documenting policies and procedures so that subsequent ExComs and other volunteers do not have to reinvent the wheel every few years. It also helps to know exactly how many volunteers we need during the year for Operations, the Century and Special Events. In that way, we can be more effective in recruiting. We can also plan better. Instead of burning out the same people who consistently volunteer (thanks to all of you), we can make specific requests. Asking someone to be on the Annual Meeting Committee or to help clean up after the Century After Party is much more effective than a general request for volunteers' blast...and this column.

So drop me a line at [rbernstein55@yahoo.com](mailto:rbernstein55@yahoo.com) to volunteer for a position on the ExCom (with "ExCom" in the subject line), as a committee chair or to work on a committee with "Volunteer" in the subject line. By next month, I hope to have more specifics on those committees. Until then, please sign up on the Backroads website to fill a few positions that are still needed. See you in Shepherdstown.

Thank you and keep the rubber side down.

Bob B.

**[Note from the President](#)**

## RIDE SCHEDULE

### Back Roads Century News

Saturday Fun Planned for the Back Roads Century Weekend!

[CLICK HERE TO REGISTER NOW!](#)

## VOLUNTEERS NEEDED for the BRC!

**\$25  
OFF  
the  
BRC**

As any club member appreciates, we need a full complement of volunteers to host a successful event. **We especially need reliable people to oversee the rest stops.** We realize this is a big “ask,” as those serving in this capacity would not be able to ride on Sunday. It would be best if PPTC members who might be willing to forego riding on Sunday (or who can’t ride on Sunday for another reason, such as an injury) filled these roles, but non-riding family members or others who might be sharing the weekend in Shepherdstown also would be good candidates.

(Note— we have plenty of road marshals, so that particular assignment is not on the “push” list.).

We’re providing a \$25 rebate on the registration fee (payable after the event) to volunteers.

Fill out the [Volunteer Form](#) or contact [Paul Huey-Burns](#).

**VOLUNTEER NOW!**

# Survive El Niño

by John Zebatto

Well I give the summer and early fall a mixed review for good weather riding which is probably not so unusual. Regardless, the winter always present challenges for cyclists. And looking ahead this year it may be a little more challenging since it is an El Niño winter which means it will be a wet one. According to the Washington Post's "Capital Weather Gang," who along



with my multiple weather apps I rely on a weak to moderate El Niño is forecast and such. Events since 1990 have been mostly wet while for temperatures they have split 50-50 between cold and warm winters causing the temperature part of the forecast to be more uncertain. Even so, El Niño, increases the odds of snow for Washington in the winter. For the past 17 years, we have experienced a snowier-than-normal winter in two-thirds of El Niño cases, compared with just over a 10 percent rate for La Niña, its opposite phase.

So here is a quick suggestion to survive an El Niño winter by riding inside when needed. I have taken my fair share of cycling classes at three prominent gym chains over the years and while they are better than nothing I have moved to riding inside my own house using videos that are real rides with good music. And I have come to look forward to it. No artificial moves on my bike sitting, standing etc., just some good pacing on my own machine looking at beautiful scenery, interesting rides and good vibes.

So here are three YouTube video channels that I recommend. One of them is my own—NVCycler—only because some PPTC rides are among the videos so it would be a slight not to include it. My channel is the guppy among the two other related bigger fish and excellent European-based video channels. My videos generally are about 30 minutes so use more than one to tailor a ride length.

HD Cycling videos are great and they are usually 45 to 60 minutes with a few even longer. HD Cycling has some 8,568 subscribers and 395 videos since it began in Dec 2011. I find this channel to be just right. There is duplication between HD and Indoor Cycling so I subscribe to both and never miss a newly posted video. HD (HD likely, is a Saar, Germany-based cyclist who is both a roadie and mountain biker of great skill. His partner Diana who is seen more so since her camera is usually secondary and a familiar sight on some extraordinary cycling rides. HD usually produces two or three videos of various length for each of his bicycle rides with Diana et al in German pro team kit. The couple are great riders who pick great ride venues. The Indoor Cycling channel is Hd's larger channel with some 16,874 subscribers started in 2014 as a "monetized" YouTube channel. If you like your videos with stats on the screen there is more of that on this channel. Enjoy your rides where ever they may be this winter!

See all my YouTube Cycling Videos

at: <https://www.youtube.com/channel/UC4uPfWFRLg5szjJK58LfAPQ>

See my favorite European based YouTube Indoor Cycling Videos at: HDCycling and Indoor Cycling at these addresses respectively:

<https://www.youtube.com/user/HDCycling> and <https://www.youtube.com/channel/UCVbBtdw-SCqGDs6-awaDg>

[El Niño](#)

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## Biking and The Beach

*by Bill Resnicow*

As the summer winds down, many of you will have, or will be vacationing at your favorite beach location. And I'll bet many of you bring a bike with you to enjoy the ocean riding. Many of you already know about places like Hilton Head and the Outer Banks. These resorts provide miles of flat ocean roads to ride on. But my favorite place is one you may not know about for biking, its Myrtle Beach S.C.

My family and I have been going to Myrtle Beach for about 10 years. It has everything you could want in a summer beach vacation, great beaches, water parks, boating, dining, world class shows and more. But the thing I enjoy the most is the biking. Myrtle Beach isn't known so



much for biking, as is Hilton Head. The biking infrastructure includes a few nice bike paths and on-road bike lanes. But the nice thing about Myrtle Beach is just the vast quantity of rideable roads. With the exception of the main highways (route 17 and Kings Hwy) you can almost ride on any road. And each year, they develop more and more adding more miles to the routes. My road map which I purchased about 4 years ago is already obsolete.

This summer, I rode about 150 miles over the course of the week, and I dare say I did maybe 100 feet of climbing. If you're a hill-o-phobe like me, its heaven. Late in the 2nd day of riding, after about 30 miles, I noticed something missing...pain. Riding two consecutive days in Maryland at 30-40 miles, I need a day of recovery thanks to all the hill climbing (hey, I'm a senior citizen). But somehow in Myrtle Beach, I ride 5 or 6 days in a row and hardly feel it. Instead of the burning pain in my knees, all I hear is

'AAhhhh', as my legs pump effortlessly along the pavement. There are a few inclines, maybe 1 or 2 percent, just enough to make you work a little, and then enjoy the descent that goes with it, but mostly its just plain flat.

Myrtle Beach provides a nice variety of bike routes. These include Ocean drive, about 10 miles along the ocean, which has a nice 1.5 mile boardwalk (wood and concrete path) along the beach. Plenty of pavilions to stop at and take in the ocean breeze, easy places for rests stops. Also, inland roads through various neighborhoods, shopping districts and parks. Grissom parkway is the return route making a nice loop. You can cross over at almost any cross street. Along the way, I pass casual bikers on beach cruisers, some folks riding in jeans on thier way to work and a few groups of cyclists like us. Usually just in pairs, maybe 3 or 4, no pelotons like we have up here.

Then, just south of Myrtle Beach, Surfside beach provides another 10 miles or so of beach biking with its own Ocean drive and residential roads to ride on. Its a little hard to get to, you have to ride along Route 17, the main commercial blvd but its well worth it. Ride through Surfside Beach all the way down to Murell's inlet, a nice beach and boating community.

But there are some drawbacks to beach biking. First, there is wind. Tip #1; get the weather report, and ride downwind when riding along the beach. Second, the heat and humidity can limit riding to the morning hours. Tip #2; ride from about 7:30am to 10:30am. On a hot sunny day, its too hot and humid to ride later. But if your're lucky (as I was this year thanks to some cloudiness) it wont be so hot and you can ride later. But the humidity will get you. Soon as I stop at a light, the sweat starts dripping down my face. My usual riding sunglasses are useless. It actually affects my bikes's shifters. I press my up shift button and nothing happens, about 10 seconds later it pops into gear. Tip #3; wear low profile sunglasses and bring a face towel (sweat band might help). Tip #4; Do I have to say it? Put on lots of sunblock! Last, you have to be careful riding downtown in the hotel/resort district. Pedestrians crossing, cars coming in and out, Tip #5; stand up out of your saddle to make yourself more visible to cross-cars. Also, get a flourescent colored helmet, those really make you visible.

If anyone is interested in riding in Myrtle Beach, feel free to contact me I can provide details on the routes. There are several routes of 30-40 miles or more you can do with enough variety to keep you happy for a week or more. So get up early, ride to your hearts content, then jump in the pool or the ocean. Oh, and if it's July, watch the Tour de France at night, I find it inspires me to ride even more!

Happy Riding!

Bill Resnicow

[bresnicow@aol.com](mailto:bresnicow@aol.com)

# The First Annual Longwood Gardens Weekend

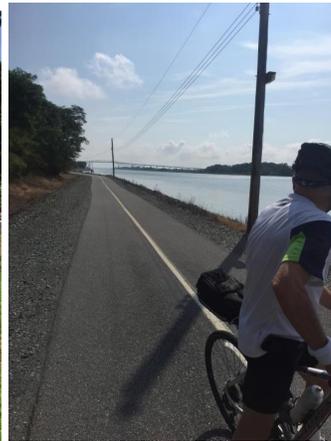
by Anne C. M. Hyman

The First Annual Longwood Gardens weekend took place the weekend of August 10th. 28 intrepid cyclists, from Richmond to Rockville, young to old, botanical connoisseur to green thumb rode through the Brandywine Valley and other parts of Pennsylvania, Delaware, and Maryland. Our riding was crafted and led by members of the White Clay Bicycle Club, highlighting their



favorite roads and points of interest in Wilmington, around Longwood itself, and down at the Christina River and Delaware Canal. While the company and events were fantastic, Mother Nature decided to test us all weekend- with heat, humidity, and hurricane-caliber storms on Saturday afternoon. We definitely used our smiles as our umbrellas at the Gardens on Saturday! We're already planning another weekend at the Gardens for next season, so stay tuned!

Special thanks to JW, Bill, Deanna, and Raesheed for their incredible hospitality- we can't wait to host your club here next season!





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## Women's Corner - September 2018

Wild Goose Chase Sept 8th - 9th

*by Robin Sparer, Women's Ride Coordinator*



This Month it's time to put all your hard work to use and participate in a few landmark events. You've put the miles in, you've trained all summer. Now it's time to push yourself and see your hard work pay off.

The Wild Goose Chase is Sept 8th and 9th. The 8th the PPTC Women's Group and the Rockville Bike Hub will be holding workshops to get you ride ready and on the 9th (ride day) we will meet you before the ride to go over any last-minute questions you may have. There's also the Club Back Roads Century on September 16 and the Antietam pre-rides on September 15. Jessica is offering her popular Tuesday ride from District Hardware to Lake Artemesia via

the Anacostia River Trail on Saturday Sept 29th.

There's still plenty of riding to do and we are heading to the cooler weather so give yourself a little push. You earned it!

*(Above: Robin Sparer and Georgena Terry, Founder of Terry Bikes and the Wild Goose Chase. This is the 10 year anniversary of the ride, and PPTC is proud to be a co-sponsor again this year. Friends of the Blackwater will be installing at Fix It station in her honor at the Blackwater Visitor Center this year.)*

## Out of Bounds Column

- Member Benefit: [Ride with GPS Club Account](#)
- Member Benefit: [Bike Shop Discounts](#)

- 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 15 [Heart of VA Century](#) (Hanover Courthouse, VA)
- SEPT15 [Lakes & Grapes Century](#) (F'burg, Va)
- SEPT 16 [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 [Montgomery County Farm Tour Ride for the Reserve](#) (Poolesville, MD)
- 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 6th [River Towns Ride](#) (New Castle or Delaware City, DE)
- OCT 7th [Lifeline 100](#) (Millersville, MD)
- OCT 14 [Covered Bridges Ride](#) (Bucks County, PA)
- OCT 21 [Fredericksburg Fondo](#) (Fredericksburg, Va)
- OCT19-21 [Bike Club of Philly Fall Foliage Weekend](#) (Hanover, PA)
- OCT 27 [Great Pumpkin Ride](#) (Warrenton, Va)
- OCT 27 [Between the Waters Tour](#) (VA Delmarva)

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

- 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 19-21 Shenandoah Fall Foliage Bike Fest (Staunton, Va)

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

- MAR xxth Icycle Century (Elkton, MD)
- APR xxth TSR Spring Classic (Easton, MD)
- APR xxth Tar Wheel Century (Elizabeth City, NC)
- APR xxth High Bridge Ride (Farmville, VA)
- APR xx-xxth Ocean to Bay Bike Tour (Fenwick Island, DE)
- APR xxth Ride to End Hunger (Huntingtown, MD)
- APR xxth Free Clinic of Powhatan Bike Tour (Powhatan, VA)
- MAY xxth Six Pillars Century (Cambridge, MD)
- MAY xxth Tour de Cookie (Rockville, MD)
- MAY xxth SOWW Warrior Bike Ride (Broad Run, VA [*Farm Brewery*])
- MAY xxth Five Boro Bike Tour (New York, NY)
- MAY xxth Capital-2-Capital (Charles City, VA)
- MAY xxth Iron Furnace 50 (Furnacetown, Snow Hill, MD)
- MAY xxth 43rd Annual Assaults on Mt Mitchell (Spartanburg, SC)
- MAY xxth Shorebird Metric Century (Salisbury, MD)
- MAY xxth DC Bike Ride (Washington, DC)
- MAY xxth SCU Quad County Metric (NW of Philly, PA)
- MAY xxth Tour de Madison (Madison, VA)
- MAY xxth CASA River Century (Shepherdstown, WV) **-CANCELED in 2018-**
- MAY xxth Tour de Chesapeake (Mathews, VA)
- MAY xxth Horse Farm Tour (McSherrystown, PA)
- MAY xxth Storming of Thunder Ridge (Lynchburg, VA)
- MAY xxth Wilderness Road Ride (Radford, VA)
- JUN xnd Pedal to Preserve (Lancaster Co., PA)
- JUN xnd SMECO-75 (Hughesville, MD)
- JUN xrd WNC Flyer (Brevard, NC)
- JUN xth Pax River Rural Legacy Ride (Southern PG Co., MD)
- JUN xxth Le Tour de Shore (Onancock, VA)
- JUL xxth Delaware Double Cross (Smyrna, DE)
- JUL xxth Hidden Valley Mountain Metric (Hidden Valley, PA)
- JUL xxnd The Firefighter 50 (35/50/101) (Westminster, MD)
- AUG xx BBC Corn Roast Rides (Union Mills, MD)
- AUG xxth MT Mama Cycling Challenge (Monterey, VA)

- AUG
- OCT 13 [Covered Bridges Ride](#) (Bucks County, PA)
- **-2019-**
- **Tours, Events & Longer Rides**
- MAR xx-xx [Bike Florida](#) (Edgewater, FL)
- APR xx-xx [Florida Bicycle Safari](#) (Live Oak, FL)
- APR xx-xx [Cycle N.C. Coastal Ride](#) (Washington, NC)
- MAY xx-xxth [Kent County Spring Fling](#) (Chestertown MD)
- JUNE xx-xx [Bike Virginia](#) (Radford to Claytor Lake, VA)
- JUL xx-xx [M.U.P.](#) (St. Ignace, Mi)
- JUL xx-xx [RAGBRAI](#) (Iowa)
- JULY xx-xx [Bon Ton Roulet](#) (Finger Lakes, NY)
- AUG xx-xx [Shoreline West](#) (Lake Michigan Shoreline)

## Potomac Pedalers Calendar of Events

- SEPT 8-9 **Women's Wild Goose Chase Ride** (Cambridge, MD)
- SEPT 15-16 **Back Roads Century Weekend** (Shepherdstown, WV)
- SEPT 16 **Back Roads Century** (Shepherdstown, WV) *(Need volunteers!)*
- SEPT 29-30 **One-Night Overnight Ride: Amish Country** (Lititz, PA)
- late OCT **Howard County Farm & Art Tour** (Laytonsville, MD)

[www.potomacpedalers.org](http://www.potomacpedalers.org) | [Club Officers & Committees](#) | [JOIN](#)

