



Happy Holidays!

PEDAL PATTERN DECEMBER 2018

Note From The President

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.

Thanks go out to Anne Hyman who put together an excellent program at the Annual Meeting. If you were not able to make it, you missed out on an excellent talk by local USA Cycling coach and Team USA silver medal world champion Christina Dorrer. A special thank you to our Annual Meeting sponsors, Team in Training and Fast Track Sports Medicine & Performance Center.

One of the highlights for me at the Annual Meeting was hearing from the members present. We asked for your ideas on what the Potomac Pedalers should be. The ExCom and I want to know what you think is good, what you think needs improvement, and what you would like us to highlight as we continue to move forward in the twenty-first century. We heard several great ideas. Check your email for an invitation to participate in a survey where the ExCom will continue to seek your ideas.

The members present at the Annual Meeting were able to vote for the new members of the ExCom. As Stephen King said and Peter Allen co-wrote with Carole Bayer Sager, "everything old is new again." There were three ExCom members who volunteered to run again and all three were re-elected. The 2019 ExCom will be as follows:

Position	Member	Term
President	Bob Bernstein	2019-2020
Vice President, Special Events	Anne Hyman	2018-2019
Vice President, Operations	Deb Reynolds	2019-2020
Vice President, Century	VACANT	2018-2019
Treasurer	Warren Farb	2019-2020
At-Large Member 2016-2017	Ed Hazelwood	2018-2019
Recording Secretary	David Whitaker	2018-2019

Kudos and thanks to outgoing ExCom members Sallie Williams, Mary Ann Breunig, and Stephanie Tsacoumis. Their selfless time and efforts on your behalf made your Club better and my job easier. Sally especially went out of her way in organizing the Backroads Century. It is a shame that we got "Florenced." Whomever picks up the reins for next year will have an easier

time due to the inroads Sally made with Shepherd University and the town of Shepherdstown.

Next up, besides the cold weather rides on the schedule, is the Volunteer Party. If you have volunteered and worked during 2018 to help the Club at an event, lead a ride, or served on one of the volunteer committees, you are cordially invited to attend the Volunteer Dinner in January. We are working on a venue and date but expect this to be a fully catered affair. We hope that you attend as the Club's thank you for your part in making our Club the best in the country.

Thank you and keep the rubber side down.

Bob B.

PS. If you left a Tupperware top, gingerbread cookie glass plate, or serving spoon at the Annual Meeting, please contact me so we can arrange their return. (rbernstein55@yahoo.com)

Member-At-Large On the Road

Final Words for 2018: Volunteer, Join, Register!

Dear Friends,

Yes, even though we may not have met, I have found our PPTC members to be a friendly bunch! Mostly of good cheer and definitely passionate about cycling. Our club embraces many levels of cycling—from the triathlete to the casual weekend rider.

While our cycling events ebb & flow, the backbone of our club is the strength of our Ride Schedule. Let's support our Ride Leaders & Ride Coordinators as they begin to focus attention on ensuring we have a large/interesting/inclusive Ride Calendar. Contact our VP of Operations, Deb Reynolds, to learn more and VOLUNTEER!

Still waffling about becoming a PPTC Member? If you're enjoying the benefits of membership, including joining our casual rides and enjoying our weekend travel events, how about doing the right thing and supporting the club with your membership? Yup, you can "make" the ride leaders ask you to become a member but let's give them a break, and JOIN!

One final request, REGISTER on-line for your rides! And if you change your mind at the last minute, CANCEL on-line. This is for both your and the Ride Leader's benefit. Yup, some folks are of the view of "why should I have to do anything but show up?" Again, seriously, this is just common courtesy to let your Ride Leader know you are coming and to minimize the paperwork they must do because you couldn't be bothered to simply REGISTER.

Mary Ann Breunig - PPTC Member-at-Large



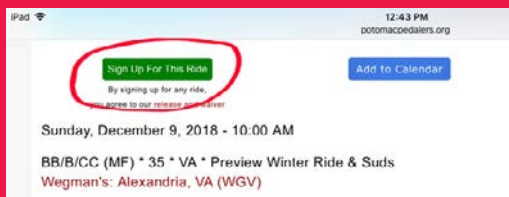
Membership

Did You Know?

Sign-up & Where is Virginia?

SIGN-UP....Just in case you've never used it, here's how to sign-up for a Ride. Please support your Ride Leaders and SIGN-UP for the rides you plan to join.

1. Log-in to the PPTC website
2. Select the ride you want to join
3. Click the green SIGN-UP button



Where is Virginia?... If you are a Virginia Ride Leader or Ride Coordinator, where are our Virginia rides? I would expect to see fewer rides in December - February, but I think there is only one per week? If you know where the rides have gone, drop me a line @ MBreunig.sports@gmail.com.



Out Of Bounds Column

[Member Benefit: Ride with GPS Club Account](#)

[Member Benefit: Bike Shop Discounts](#)

Potomac Pedalers Calendar of Events



- 12/06/18 C (MH) * 25 * MD * 10:00 AM * GLEN ECHO LOOPS Glen Echo Park (GLE) Location:Glen Echo, MD
- 12/06/18 BB/B * 20 * MD * 12:30 PM * Thursday Lunch ride - Other Start Location MD Location:, MD
- 12/07/18 C * 30 * MD * 9:00 AM * Leave from VMP & join Friday Lunch Ride Veirs Mill Park Recreation Center (VMP) Location:Silver Spring, MD
- B/CC * 35 * MD * 11:00 AM * Bud Bike Friday Buddy Attick Park (BUD) Location:Greenbelt, MD
- For more rides click [here](#)

ALL MEMBER ANNUAL MEETING & POTLUCK

Annual Dinner in November Recap

by Anne C. M. Hyman



Pedalers from far and wide joined us for the annual membership meeting on November 18th at the River Road Unitarian sanctuary for a chance to meet up out of our normal cycling gear. Everyone brought a good dish, an even better story, and great feedback for our “State of the Club” discussion. Our speaker, Christina Dorrer, inspired us all with some great tips for offseason strength and conditioning to make sure we’re ready to hit the road as soon as the roads are warm for us in the spring! Thank you again to our excellent messaging committee- Beth Merricks, Polly Choate, Helen Epps, Lois Lightfoot and Barbara Heffernan- for volunteering at registration! And special thanks to our sponsors Fast Track Sports Medicine and Performance Center, and Team in Training.

[See more pictures next page](#)



Bike “Stop, Swap and Save”

by David T. Whitaker

“No winter lasts forever, no spring skips its turn.” -- Hal Borland



In the dead of winter, weary of the gym and bike trainers, most cyclists seek that first hint that spring-like azure blue skies and budding flowers that are soon to be companions on club rides. Okay ~ Most agree that Winter can be a beast! What is all this sand and salt doing to my bike? Why does ice form on my balaclava? Good news: my fingers stopped freezing; Bad news: I can't feel them.

Yes ~ It takes a special breed of human to ride a bicycle all winter, but even the most die hard Viking looks forward to Spring! That's right, Spring – When daffodils and dogwoods are in bloom. Bring it on!

Well, let's assess current bicycle gear needs. Didn't I have this plan for needed 2019 bike acquisitions?

So, where is that much anticipated new wheel set, helmet, jersey or drive train? It's now time to upgrade or sell off that seldom used hybrid or track bike that is cluttering the bike stable. What do I need for 2019 and where can I find it?

Like pilgrims seeking the Spring Equinox in Newgrange, Ireland, cyclists from New York to Richmond descend upon Westminster seeking the next best thing: real deals on bicycles and bicycle gear.

Mark your calendar to attend the 22nd annual “Stop, Swap and Save” on Sunday, February 10th 2019 in the cavernous Carroll County Agricultural Center in Westminster, Maryland. Yes, that monster February bicycle event where everything can be found from socks to saddles along with truckloads of tires, tubes and trainers.

This event in Westminster, MD is the largest indoor bicycle swap and consumer bicycle expo in the east coast. In 2018, over 4,000 people attended this event, browsing, buying, selling and trading all manners of new and vintage bicycles, accessories and fitness gear from row upon row of vendors. Some signed up for tours while others scavenged up half price cycling accouterments, cranksets and recycled cycling jewelry.

Find road bikes, triathlon bikes, mountain bikes, BMX bikes, tandems and every manner of bicycle gear, clothing, new and vintage derailleurs and hubs, headset and bottom brackets. The event also features an area where you can “sell your own bike” along with dozens of other bicycles. This allows one to negotiate an agreed upon selling price with interested buyers.

There is a \$5.00 (cash only) entry fee for the general public. The Bike Swap event opens for Vendor Set Up beginning at 6:00am. It opens to the general public beginning at 9:00am. The event closes at 4:00pm. One is advised to get in line early for the best deals.

For additional information on “Stop, Swap and Save”: http://www.stopswapandsave.com/event_info.html