



February
2019

PEDAL PATTERN



**DC RANDONNEURS
AND RANDONNEURING**

NOTE FROM THE VP OF OPERATIONS



Hello! The club is going through another change with our website administration. We were able to make several improvements in the registration and renewal process with our previous website developer, and also made improvements in our event registration. I hope those of you registering for the Lewes weekend are enjoying the change.

We had a very nice webpage developed for our Backroads century; even though it unfortunately had to be cancelled.

We are planning a training session for the ride leaders this spring for our ride with GPS program, which is a wonderful membership benefit!

I hope to hold this in late March to early April. Details will be forthcoming. A meeting with our ride coordinators will be held in late Feb.

But first, did you see the announcement of the Volunteer dinner on Feb. 17? If you volunteered in 2018, please RSVP to Anne Hyman. And, also, vote for the awards.

Have a wonderful month, I hope you get some winter riding in!

Deborah Reynolds

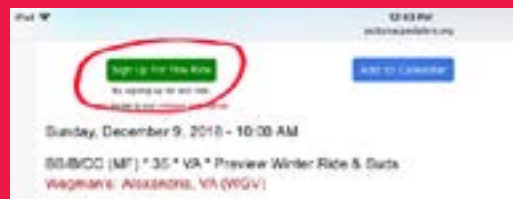
Membership

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.

Potomac Pedalers Calendar of Events



- Sat, 02/02 BB/B/CC/C (MH) * 40/30/20 * DC * 10:00 AM * Georgetown Tailgate Ride
- Sat, 02/02 AA/A/BB/B/CC * 42 * MD * 10:00am * Rockville Wootton Winter Ride * Thomas S. Wootton High School (TWHS)
- Sun, 02/03 C * 27 * VA * 10:00am * Lorton Springfield Loop * Gunston Elementary School (GES)
- Mon, 02/04 A/BB/B * 30 * MD * 10:00am * The Usual Monday Ride From Glen Echo * Glen Echo Park (GLE)
- Tue, 02/05 B/CC * 35 * MD * 11:00am * Bud Bike Tuesday * Buddy Attick Park (BUD)
- Thu, 02/07 C * 258 * MD * 10:00am * GLEN ECHO LOOPS * Glen Echo Park (GLE)

CALLING ALL 2018 VOLUNTEERS!

by Anne C. M. Hyman

Did you volunteer for PPTC in 2018? If so, we'd love to celebrate you and your efforts! Please join us for dinner - on us! - at Mad Fox Brewing Company on Sunday, February 17th at 5:00 p.m. This will be an opportunity to hang out with your fellow ride leaders, century coordinators, messaging mavens, and event angels. Bring your appetite and some good stories from your riding season! If you can attend, please RSVP to Anne Hyman at vtcupcake@gmail.com by February 10th with your name, guest's name, and your volunteer position in 2018.

Location: Mad Fox Brewing Company 444 W Broad Street, Falls Church, VA 22046 (parking garage is adjacent to the brewery)

Time: 5:00 p.m.

RSVP: Anne Hyman vtcupcake@gmail.com. Please provide your volunteer post title!

Award Nominations Made Easy!

DUE: Wednesday, February 6th, 2019

Complete [THIS SURVEY](#) to nominate a Potomac Pedalers member for an award!

What people and rides do YOU think should be recognized? Awardees will be selected by the ExCom and presented at the Volunteer Party on February 17th.

Read more about the awards:

- the Peter LeGrand Good Shepherd Award,
- the Rookie Ride Leader Award,
- the Best Original Ride of the Year Award,
- the Neal D. Molloy Volunteer Award,
- and the Linda Tischer Lifetime Award.

SUBMIT YOUR NOMINATIONS NOW!





Don't miss the 22nd annual...

STOP, SWAP AND SAVE

The East Coast's Largest Indoor Bicycle Swap And Consumer Bike Expo

What will you find at the **SWAP**... More than 200 vendors, thousands of discounted cycling and fitness products, product demos, prizes and giveaways, special events and so much more....

Whether you're looking for road, mountain, triathlon, BMX, vintage, new or used, there's something for everyone!

Admission is still only \$5!

Sunday, February 10th, 2019

9:00 am-2:00 pm

Carroll County Agricultural Center
706 Agricultural Center Drive
Westminster, MD 21157

For complete information, driving directions or to register for a vendor booth, visit:

www.StopSwapAndSave.com

See you at the SWAP!

PPTC LEWES DELAWARE WEEKEND

April 26-28, 2019



PPTC Lewes Delaware Weekend

by Cindy Marisch

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. Registration is online only via the PPTC website.

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, 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.

PPTC member price for the weekend is \$295 for single occupancy and \$225 per person for doubles; 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). If you are interested in a triple room, please contact Cindy Marisch for pricing and availability. Hotel rooms have two double beds, or a queen bed, or a king bed. All have refrigerators. The Beacon Motel does not allow pets.

The cost of the weekend includes the following:

- Nice 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 will be 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.
- Yoga class taught by Lorraine.
- Lunch fixings for a bag-lunch on Saturday to take with you on the ride.
- BYO Wine and 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.

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 at csmarisch@gmail.com or 571-243-4576. 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 at lorrynemccall@cox.net or 703-360-0236 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 www.beaconmotel.com.

CANCELLATION POLICY: Before April 12th : Full refund (minus \$25 per person cancellation charge). After April 12th: No refunds.

TO REGISTER: Visit www.potomacpedalers.org and click on the Lewes Weekend box.

Out Of Bounds Column

Member Benefit: Ride with GPS Club Account
Member Benefit: Bike Shop Discounts

DC RANDONNEURS AND RANDONNEURING

By Leslie Tierstein



Many years ago, in addition to ride categories such as “A,” “BB,” “B,” “CC” and so on, Potomac Pedalers rides also came in a category “R”. Say what? The “R” stood for “Randonneuring”.

Out of curiosity, I googled “Randonneuring”. A bit to my surprise, Wikipedia did NOT have the best article. Instead, a good introductory paragraph is on the page by [Randonneurs USA \(RUSA\) \(https://rusa.org\)](https://rusa.org), the USA-based national organization for this international sport.

Randonneuring is long-distance unsupported endurance cycling. This style of riding is non-competitive in nature, and self-sufficiency is paramount. . . . Friendly camaraderie, not competition, is the hallmark of randonneuring.

Just reading that paragraph tell me a lot about why I enjoy randonneuring:

- It’s **long-distance**. No more same-old, same-old circular routes around the same-old, same-old roads. I can get out and explore a bit farther from home, without having to drive immense distances and violating my rule: “Miles ridden must exceed miles driven”.
- It’s **unsupported**. I don’t have to consult my schedule for a supported ride and then pay varying amounts of money to do it. Ok, a little planning is required if I want to ride with friends or fellow randonneurs. But I can just pack up the bike with what I’ll need for the ride distance, terrain, and weather conditions, and go.
- It’s **non-competitive**. Sure, riders faster than I complete, but also riders about my speed or slower. You only have to finish within a given time span (which is usually not a consideration if you can ride the distance) to successfully complete a rando ride. People actually talk as they roll by, or at rest stops. Or ride together, to keep each other company.

• It stresses self-sufficiency.

But it’s not touring . . . I don’t have to carry a tent and toiletries, but I do have to be able to repair my bike and keep myself non-hungry and non-thirsty, either by carrying supplies or by stopping at pre-scouted (by route organizers) stores. Routes are typically designed so that you don’t need to carry more food and fluids than on any other ride. Hmm, doesn’t newly popular bikepacking also stress self-sufficiency?



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Randonneuring got its start more than a century ago, in France, and the vocabulary still reflects its French origins: “randonneuring”? “brevet”? “controlle”? “populaire”? “fleche”? (Hmm, so does the word “pannier”, however you pronounce it.) But in addition to international organizations and RUSA, there are also local organizations. In this area, DC Randonneurs (<http://dcrand.org/dcr/>) organizes rides, usually brevets, of varying lengths. DC Rand members can help you get started in randonneuring, learn more, or just keep riding.

The shortest DC Rand ride is 100k – 62 miles. Brevets – a ride organized by DC Randonneurs and on the RUSA schedule – are listed on the DC Rand schedule, which is now being put together for 2019 (<http://dcrand.org/dcr/calendar.php>), with the next brevet March 23. Randonneurs often have “pick up” rides (“permanents”) of 100k or longer, which are typically publicized via the DC Rand Facebook page or listserve.

My Google search also brought up a wonderful article by Jan Heine, who edits a magazine (both print and online) called Bike Quarterly (<https://www.bikequarterly.com/>), runs a company called Compass Cycles (+.0000000..0000000) and in his spare time does long-distance, randonneur rides, quite quickly. <https://janheine.wordpress.com/2015/01/22/10->

[common-misconceptions-about-randonneuring/](#). The article mentions Paris-Brest-Paris (PBP), a 1200k ride that, duh, goes from Paris (ok, just outside Paris, to avoid city traffic) to Brest, near the Atlantic Ocean, and back again. Indeed, Paris-Brest-Paris is the dream ride of many randonneurs, often coupled with a more leisurely tour of Europe. (What the hell, you’re already paying the airfare for yourself and probably also for the bike.) 2019 is a PBP year, not to happen again until 2023. DC Rand organizes a full set of brevets needed to qualify for PBP.

But it’s not necessary to head for France to find a long, scenic randonneuring ride; indeed, DC Randonneurs sponsored the BRB (Blue Ridge to Bay) 1200k last year. I have to admit I didn’t ride it; I just helped out at the starting point, Leesburg VA, before the riders headed out to explore, among other regional highlights – the Blue Ridge mountains, the monumental core of DC, the Chesapeake Bay as viewed

from Annapolis, and some Civil War battle sites.

The shortest DC Rand ride is 100k – 62 miles. The longest is BRB, but rides of that length are not annual events here. There are also two team events in 2019, the perennial favorites of many randos. One is a “fleche” – the French term for “arrow”. The fleche started as a uni-directional ride, with most of the French riders heading towards the Riviera. Nowadays, it is any ride where a team of 3 to 6 riders covers 360k in 24 hours. Many permanents are available to RUSA members, and our area abounds with ingenious routes of varying challenge levels. One unique aspect of randonneuring is “proof of passage,” which is the self-reliant rider’s way of showing that she completed the route in the allowed time. Rules for proof of passage vary with the ride, but one way is to get a store employee to fill out your “control card” with the time you bought a little something at their store. (This is also a great way to provide support to those little country stores we take too much for granted.)

I have to admit that I haven’t done much long-distance riding recently, because of a combination of factors – a new sport (triathlons! You can’t get much different than randonneuring) interspersed with injuries. I missed one of my favorite 200K’s last fall – The Flatbread, which goes across the Eastern Shore of Maryland, with a control on the ocean and other stops at some of the historic small towns in that area. But I hope to do two rides this coming spring -- one heads south and takes in some of the Civil War battlegrounds around Chancellorsville; the other heads west, through exurbs and farm country, and past Old Rag mountain. Better get those dates on my schedule.



JUNE 20-23, 2019

RETURN OF THE USA AMATEUR NATIONAL CHAMPIONSHIP ROAD RACES TO HAGERSTOWN, MARYLAND

Mark your calendars to see the best amateur road cyclists in the country compete for a Stars-and-Stripes Jersey this June. This marks the second year that the USA Cycling Amateur Road National Championships will be held in scenic Washington County, MD.

For four days in June, the next generation of American bicycle road racers are returning to the greater Hagerstown area, MD to race. Titles will be awarded for Individual Time Trial, Criterium, and Road Race in various age divisions and race categories.

In July 2018, racers and families from all over the U.S. came to the area and enjoyed the ambience of historic downtown Hagerstown. This year promises to be even better because, in addition to racing events, the organizers and a local bicycle club are planning several recreational and social rides associated with the races that weekend.

The 2019 Championship events will occur in this order over four days:

- June 20: Time Trial – MD 67, Boonsboro, MD
- June 21: Road Race, Day 1 – Clear Spring, MD
- June 22: Road Race, Day 2 – Clear Spring, MD
- June 23: Criterium – Downtown Hagerstown, MD

The official schedule will be published closer to the date of the event. Note registration for the USA Cycling Amateur Road National Championships will open approximately 60 days prior to the event. All registration is managed by USA Cycling.

“Everyone who bicycles in Maryland and the greater four state region owes it to their sport to come and make these National Championships even bigger and better in 2019! – Joe Jefferson, Director of Local Operations for the USA Cycling Amateur Road

PPTC will be coordinating rides with on the weekend of the event. Keep in touch for further updates on these rides.

For additional information or accommodations at the USA Cycling Amateur Road National Championships: http://www.visithagerstown.com/amateur_road/ National Championships in Washington County

Washington County offers the most elegant rural landscape as a backdrop for cycling from gently rolling hills framed by mountains and overlaid with a patch work of family farms. The City of Hagerstown offers a world class setting for their Sunday criterium with a short course through a vibrant downtown urban area with restaurants and other race related activities and destinations. This is a picture perfect setting for national champion level bicycle racing.

