



PEDAL PATTERN March 2019

Note From The Vice President of Special Events

Because our President is traveling and is out of pocket, I've been asked to supplement this month's President's Page with a Vice President of Special Events page. Which of course means I'm currently typing this while sitting on the floor at my gate at Logan Airport in Boston. But I digress.

This is always an interesting and exciting time of year (well, for those of us who haven't been brave enough to ride throughout the winter- chapeau to those who have gotten those early month miles under their tires!). The time of reflection and dwelling on the past year has become stale, and the hopes and dreams for the current year should at least have a roadmap, if they are not already hurtling towards their start lines. The ground starts becoming barer, and warmer, and life starts to stir again. PPTC breathed life into this upcoming cycling season on February 17th with our Volunteer Appreciation Party at Mad Fox Brewing. I was finally able to make good on my offer to those who helped us so much in 2018 to buy them a beer. And how. We also honored four incredible volunteers who have touched every spoke of Potomac Pedalers in their stewardship- Ride Leader of the Year Rudi Riet, Rookie Leader of the Year Lance Wolin, Volunteer of the Year Sallie Williams, and the coveted and prestigious Lifetime PPTC Award

was bestowed upon Tim Guilford. Each one of these incredible people received several nominations for their award category, and we as a club were thrilled to be able to lavish them with the praise and gratitude they deserve.

The wheels are also in motion on the club's season of special events. We have several weekends either planned or in the works. Please register or save the date for:

- Lewes Weekend in Rehoboth Beach, Delaware, the weekend of April 27th- registration is currently open!
- Spring Thaw on the Eastern Shore of Maryland, the weekend of May 4th (you should have received a discount code for the Six Pillars Century and instructions to book your room in a recent email blast, details for the Spring Thaw weekend events will be following shortly)
- Shenandoah Weekend, the weekend of July 20th
- Longwood Gardens Weekend in Pennsylvania, the weekend of August 10th

And, of course, the biggest Special

Event of the 2019- The Backroads Century in Shepherdstown, WV, the weekend of September 22nd. Our Co-chairs Margaret McBride and Dalis Davidson will be sending out more information soon, but I can tell you that we are coming back this year, come hell or high water. Hopefully not the latter.

We also have several day events being coordinated by some very eager volunteers, and could use YOUR help too!

- Bike to Work Day is Friday, May 17th! We need volunteers to help at the major stops to hand out information and swag to stalwart commuters.
- World Bicycle Day celebration in the District, co-lead by the Embassy of India, on June 3rd
- The Nokesville and Black Hills Picnic Rides are also returning in 2019! We're currently working on securing the dates but expect (hopefully) sunny rides in May and June. Stay tuned to heed the call for volunteers and ride leaders for these picnics!
- Brewery rides in Maryland AND Virginia this year!

continue page 3

CALL FOR STATISTICS -- ORDER OF THE CAST IRON CROTCH

It's time once again to collect names and numbers for the Potomac Pedalers' Order of the Cast Iron Crotch. If people have been telling you that you're crazy to ride your bike so much, this is your chance to be certifiable. Inductees must have bicycled outdoors a minimum of 5,000 miles during 2018. As usual, the prize is bragging rights.

To add your name to the list, please send the following information to cic@topcog.com before April 30, 2019:

- Your name
- Age as of December 31, 2018
- Total miles ridden
- Number of days of riding
- Maximum number of miles ridden in one week
- Number of weeks not riding
- Number of crashes (hopefully zero!)
- Date of first ride
- Date your mileage total crossed 5,000 miles.

If you don't have email, please send your stats to Bruce Johnson, 833 Moffett Forge Rd., Herndon, VA 20170.

To download a form to keep track of your 2019 miles, [click here](#).



Meet Adventure Cycling Director Jim Sayer

Inspiration. Empowerment. Connection. The power of bicycle travel. Come find all of these at a special regional gathering of people interested in bicycle travel hosted by Adventure Cycling Association in the Lower Level Meeting Rooms 2 & 3 at the brand-new Cleveland Park Library on Wednesday, March 13 from 6:30 PM to 8:30 PM (program starts at 7:00 PM).

are interested in bike travel. Please join us and bring a friend!

When: Wednesday, March 13 from 6:30 PM to 8:30 PM. Mingling starts at 6:30 PM, and the program starts promptly at 7:00 PM.

Where: Cleveland Park Library, 3310 Connecticut Ave. NW, Washington D.C. 20008.

We recommend you ride your bike or take the red line metro to the Cleveland Park Library. The library has bike racks on site. There is also limited paid street parking near the library. (Please heed the parking signs.)

Please RSVP for the gathering at info@adventurecycling.org or 406.532.2751 by March 11.

We look forward to seeing you in Washington D.C.!

Are you able to lend a hand? We're looking for a volunteer or two to help with the event. Please contact Adventure Cycling at info@adventurecycling.org or 406.532.2751 if you are interested.

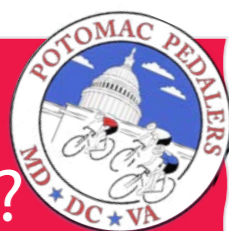
vice president

- Trackstand Thursday happy hours at Bar Roubaix to watch the Giro and TdF!

And hopefully many more to come.

As always, if you have an idea for a special event, however short or long, epic or just out of the ordinary, please let me know and we can work on making it happen. The best things in life are shared with others, except for maybe this floorspace at Gate 32.

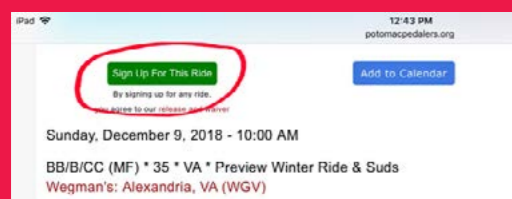
Membership Did You Know?



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



- [Fri, 03/08 C * 17 * MD * 10:30am * Friday Lunch Ride * Veirs Mill Park Recreation Center \(VMP\)](#)
- [Fri, 03/08 B/CC * 35 * MD * 11:00am * Bud Bike Friday * Buddy Attick Park \(BUD\)](#)
- [Sat, 03/09 B/CC * 3/6 * VA * 9:30am * Hike at Sky Meadows State Park * - Other Start Location](#)
- [Sat, 03/09 C * 22 * MD * 10:00am * Ale House Ride * Veirs Mill Park Recreation Center \(VMP\) Sat, 03/09 AA/A/BB/B/CC * 42 * MD * 10:00am * Rockville Wootton Winter Ride * Thomas S. Wootton High School \(TWHS\)](#)

BECOME A SPONSOR TODAY!

Potomac Pedalers annual member event on Sunday, November 18th, 2018

This event will include unique local companies that offer cycling coaching/training!

BACK ROADS CENTURY

SEPTEMBER 22, 2019
SHEPHERDSTOWN, WV

Look for more info in mid-April

The Potomac Pedalers' annual Back Roads Century will again feature rides from 25 to 100 miles in the rolling countryside of the lower Shenandoah Valley. Each ride is fully supported with route markings, mechanical and first-aid support, and rest stops with food and beverage. More info to come on other activities, entertainment, and volunteer opportunities.

The Back Roads Century (BRC) planning committee still needs key leads for (1) Safety & Command Center (2) Volunteers (3) Ride Marshals (4) Saturday Rides (5) Transportation (6) Sponsors. Please contact us if you're interested or have questions. Volunteering is fun!

The event depends on Potomac Pedaler volunteers and the hosts: Shepherdstown and Shepherd University (where the rides begin and end).

The century is the main fundraiser for the Potomac Pedalers Touring Club. In addition, grants and donations go to many local Shepherdstown organizations. Past recipients have included Future Farmers of America, Shenandoah Fire Department, Potomac Valley Audubon Society, Antietam Audio Society, and Shepherd University Student Affairs.

BRC Co-chairs are Margaret McBride & Dalis Davidson. The planning committee is building 2019 BRC on the great planning of 2018 BRC Chair Sallie Williams—and will execute what Hurricane Florence canceled.

When the Weather Bites – Let's Hike Instead of Bike!

If you tend to ride less in the cold, snowy winter months but hate to sit idle, you probably focus on other outdoor activities such as skiing, ice skating, and hiking. Hiking, in particular, is a great way to explore sights, enjoy nature, and get a workout with other like-minded friends when the weather makes cycling uncomfortable or unsafe. We'd like to start a hiking option within PPTC that provides an active cross-training alternative to cycling. After all, any non-sedentary activity will enhance your cycling ability!

Hikes will range in length from 3-6 miles and vary in route difficulty. Easy hikes will be on groomed trails with little elevation gain. Moderate hikes will be longer with less than 800' elevation gain but may contain more difficult terrain such as roots, rocks, and stream crossings. Advanced hikes will challenge hikers to navigate significant mountain elevation changes (800-1500') in more remote settings like the Appalachian Trail. All hikes will include topography maps of the route and surrounding area to give hikers the flexibility to shorten or lengthen routes during the hikes. Most hikes are planned to be no more than a 90-minute drive from the beltway with options open for the occasional "out of bounds" hike. Plan to have lunch afterward at a nearby brewery, winery, or pot luck for those very remote starts.

PPTC LEWES DELAWARE WEEKEND

April 26-28, 2019

by Cindy Marisch

PPTC Lewes Delaware Weekend

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 lorraine-mc-call@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.