NEW Back Roads Century Lodging Option
Stay in a Back Roads Century Host Home, Benefit a Shepherdstown Charity!

For the first time, Potomac Pedalers has reached out to the local community to secure lodging: stay in a local home, or pitch a tent in a local backyard. Your bikes will be safe, you’ll be comfortable, and local non-profit groups will reap the benefits of the Back Roads Century Weekend.

In recognition of our host’s hospitality and payment for your lodging, Back Roads riders will donate to one of several organizations in and around Shepherdstown: The Shepherdstown Visitors Center, Friends of the Shepherdstown Library, the Black Box Arts Center, and the Animal Welfare Society of Jefferson County. There groups have all asked their boards, volunteers, and supporters to volunteer spaces in their homes. Riders will be asked to make a donation to the charity of the homeowner’s choice. The donation is $50 per night for a single rider, or $80 per night for two riders sharing a bed. This is like an AirBnB concept, but the host’s volunteer organization benefits - along with our riders.

If you would like to take advantage of this limited lodging resource, please contact Marianne Davis, email: M2Davis@gmail.com, to make a reservation; please include “Community Lodging” in your email subject line.

Co-hosted by Potomac Pedalers and Montgomery Countryside Alliance
Support the Agricultural Reserve! Keep the rural area free for farms and cycling!

Please join Potomac Pedalers and Montgomery Countryside Alliance for the seventh Montgomery County Farm Tour! The Farm Tour, starring our breathtaking Agricultural Reserve, has become one of the highlights of the local cycling calendar. The event features the Reserve’s lovely Rocklands Farm and Kingsbury’s Orchard, where riders converge for the tour’s spectacular and wholesome post-ride picnic. As always, the menu will include an assortment of delicious gourmet sandwiches and vegetarian salads.

Continued on page 4.
Pedal Patter is published monthly by Potomac Pedalers Touring Club, Inc., a non-profit, educational, and recreational organization for bicycle enthusiasts in the DC metro area. Opinions expressed in Pedal Patter are of the authors, not necessarily reflective of PPTC’s official position. Editor reserves the right to refuse ads or material inappropriate to the Club’s purpose. Pedal Patter is mailed to current PPTC members, member businesses, and bicycle clubs.

**Delivery Problems**

Please call PPTC at 703.385.1688 to report missing issues.

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**Commercial Ads**
Ad rates are as follows: full page—$550; 1/2 page—$350; 1/4 page—$200; 1/8 page—$130; 1/16 page—$80. Discounts available for durations of 3 or more months. Contact the Advertising Manager at PPTCAdvertising@pobox.com.

**Submitting Material**
Photographs and articles from Club members are welcome. Please send submissions to Brenda Ruby, communications@potomacpedalers.org.

**Deadline**
Editor must have material by the 5th of the month. If the 5th falls on a weekend, deadline is the preceding Friday.

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**Web Site**  www.potomacpedalers.org

Please visit the web site for address changes, joining the club and other requests.

**Website Technical Support**
For website technical support and to contact our webmaster, do the following...
- Go to www.potomacpedalers.org
- Click on Contact Us (top of page)
- Click on Website Technical Support
- You’ll be taken to the Website Technical Support contact form
- Complete the form and press Submit

You can expect a response within 24-48 hours.

**PPTC Business Office Mailing Address**
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**PPTC ExCom Meeting Schedule**
The Executive Committee meets every month either in person or via teleconference. Members of the Club who wish to attend should contact an Executive Committee member to find out the date, location, and time of the next meeting. Meeting minutes are available on our website.

**Mailing Information**
To receive Pedal Patter via first class mail, members must pay an extra $13 per year. Otherwise it is sent standard mail, which can take as long as 3 weeks, but usually only takes days. Pedal Patter is mailed between the 15–18th of the month. If yours hasn’t arrived by the 4th week of the month, call the Business Office to report this or any change-of-address. Remember to check your membership expiration. Membership remains uninterrupted only if renewed by the 5th of the expiration month.

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**EXECUTIVE COMMITTEE**

**Chair** Matt Birnbaum, noshbg@yahoo.com

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**Cue Sheets/Map Librarian** Eric Pilsk, epilsk@gmail.com

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**Communications Director** Brenda Ruby, communications@potomacpedalers.org

**Communications Committee** Brenda Ruby, Linda Kolko, Lee Langford, Dave Helms

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**Finance Committee** Nancy Avitabile, Rich Tepel, Paul Huey-Burns, Warren Farb

**Governance & Administration Committee** Paul Huey-Burns, Rich Tepel, Martine Palmiter

**Message Committee** Teresa Browder, Janet Cyphers, Irminad Dugge, Lois Lightfoot, Susan Fullenbaum, Beth Merricks, Joan Oppel

**Advocacy Committee** Dave Helms, Joe Pixley

**Bike Case Coordinators** Adam Goldberg, 202.507.9900, adam@agp-llc.com, Ann Corran, 301.439.0631, anncorrana@gmail.com

**Volunteer Coordinator** Martine Palmiter

For questions about Club activities, please call the appropriate coordinator, committee member, or any ExCom member. For changes regarding this listing, please email Brenda Ruby at communications@potomacpedalers.org.
Notes From the Chair
by Matt Birnbaum

As we leave summer days behind and move into autumn, we arrive at our Club’s annual Rite of Passage, the Back Roads Century on the weekend of September 17-18. I would like to talk a bit about this marquee event.

Those of us volunteering on the Executive Committee have spent so much time and effort coordinating the Back Roads Century Ride in the past that it squeezed out the opportunity to accomplish other goals in governing our club. So we made some changes a few years ago, including the hiring of part-time event planners, but our level of volunteer effort for putting on this event still remains very high. For those of you who do not know, the event is a year-round endeavor with high volume activity for half of the year. While this year’s event planners have lifted a huge burden off of our volunteer plates, a large team of us (especially Eric Pilsk, Jim Quinn, Martine Palmiter, Linda Kolko, Bob Bernstein, Stephen Krill, Dave Helms, Paul Huey-Burns, and myself) and our two part-time staff members (Brenda Ruby and Sherri Core) have been working steadily in planning this weekend bonanza.

At this point, we have done enough leg work to make this year’s Back Roads Century a wonderful opportunity for any recreational cyclist and their loved ones who join us. The weekend is packed with a long series of fantastic celebrations culminating in the Back Roads Century rides on Sunday, September 18. The fun actually begins on the morning of Saturday, September 17 with two free Club bike tours to Antietam National Park which is commemorating the 154th anniversary of the Battle of Antietam the day we will be visiting. Beginning later that afternoon and lasting through the evening, folks will have a wide array of recreational and cultural offerings for enjoying themselves in the funky, artsy college town of Shepherdstown, doing things like kayaking, hiking, a book reading by a local author, wine tasting, a film festival, star gazing, gourmet dinners, and so much more. Sunday’s Back Roads Century offers five routes for riders of all abilities and preferences while traversing the majesty of the foothills of the eastern Pan Handle. I personally am looking forward to doing some bar hopping on Saturday evening and listening to great, local live music before reuniting the next day with many riding buddies and listening to more great live music at the post-ride party at the historic Bellvue Mansion on the bluffs of the Potomac River.

While we are still investing lots of volunteer time in organizing the Back Roads Century, we are no longer so squeezed and can better pursue other strategic goals as well. While we still have so much more to accomplish, I think we’ve done pretty well over the past few years in bettering the quality of the ride experience for riders through better mentoring of ride leaders, taking better care in appreciating the efforts of all of our volunteers, and making needed investments in improving our communications and website. Yes, we need more volunteers and have to institute more necessary reforms to improve our organizational effectiveness, but hey, our club is hip and vibrant.

So let me end this article with a plea for all of you to please support our Club and register for the Back Roads Century now. We do not have many revenue streams; the Back Roads Century is by far and away our main bread winner in paying the bills. We have put our hearts and souls into setting up a great weekend event that we think every recreational bicyclist (and their non-cycling loved ones) will relish. If you have not done so, please register now and ask your riding buddies to do so as well. It’s for all of us and future generations of cyclists.

See you all in Shepherdstown on September 17-18.

Happy spinning,

Matt
Montgomery County

Farm Tour and Picnic

The Tasting Room at Rocklands Farm Winery.

Register now at www.potomacpedalers.org!

“Each weekend, thousands of cyclists escape the city for the fresh air and tranquil open spaces of Montgomery County’s Agricultural Reserve. Minutes from downtown, the Reserve’s country roads offer respite from Beltway backups, Metro delays and 60-hour weeks. Conceived by statute in 1980, the 93,000-acre Agricultural Reserve is protected from development policies that seek to fill every space with roads, housing developments, malls and office parks. The Farm Tour is an opportunity for cyclists to meet local growers and to experience the Reserve’s many gifts up close. Come and enjoy the sweet air, sweeping landscapes and quiet country roads by bicycle.”

Denise Cohen
Farm Tour Founder

RIDE DESCRIPTIONS AND START TIMES
Riders will convene at Poolesville Golf Course and choose among routes of 18, 28, 40, 58 and 77 miles. All routes stay mainly on quiet roads and include beautiful scenery and rolling landscapes dotted with the Reserve’s orchards, red barns and silos. Beginners and experienced riders are welcome.

- 77 miles - 8:30 AM
- 58 miles - 9:30 AM
- 40 miles - 10:30 AM
- 28 and 18 miles - 11:00 AM (NO STOP at Rocklands Farm on these two routes)*

*(Novice riders are encouraged to try one of the shorter routes.)

FULLY STOCKED REST STOP AT ROCKLANDS
The 40, 58 and 77 mile routes stop at Rocklands Farm where we’ll offer fruit, baked goods and crunchy snacks.

PICNIC LUNCH at Kingsbury’s Orchard - 12 p.m. to 4:00 p.m.
ALL ROUTES stop at Kingsbury’s Orchard five miles before ride’s end for the picnic. As always, the menu will include delicious gourmet sandwiches, vegetarian salads and our raved-about homemade oatmeal-chocolate chip cookies.

INTERIM REST STOPS
The 28, 40, 58 and 77-mile routes also include stops at country markets, where you can purchase water and snacks. The club will only provide refreshments at Kingsbury’s Orchard and Rocklands Farm. Please bring pocket money and plan accordingly.
REGISTRATION
This year, registration fees will support long-time Pedalers’ partner, Montgomery Countryside Alliance (MCA), the organization devoted to supporting the Reserve’s farming community, preserving the Agricultural Reserve and Ten Mile Creek, Montgomery County’s last, best stream and the backup drinking water supply for 4.3 million in the Washington, DC region. MCA works daily to ensure the Ag Reserve remains rural and local farming remains viable. Please visit www.mocoalliance.org for more information.

Registration Price Before Sept. 1:
$30 members / $40 nonmembers

After Sept. 1:
$40 members / $50 nonmembers

THERE WILL BE NO ON-SITE REGISTRATION.

This event always sells out! Registration is for the first 450 riders. Prices include post-ride picnic, cue sheets, rest stops with food, SAG (Support And Gear) mechanical support, and a portion of your fee goes directly to support the Montgomery County Alliance for fundraising support for the Agricultural Reserve.

YOU CAN PURCHASE FRUIT AT KINGSBURY’S ORCHARD!
Feel free to purchase a bushel of apples, cider, jams and other goodies while picnicking at Kingsbury’s Orchard. No need to stuff your apples in your jersey pockets! Volunteers from the Montgomery Countryside Alliance will shuttle your purchases from Kingsbury’s Orchard back to your cars from 1:00 PM till 3:30 PM.

WEATHER
There will be NO REFUNDS. For weather-related cancellations and other updates, see the Potomac Pedaler’s Meetup and Facebook pages. But consider the donation will still go to the Montgomery County Alliance!

REQUIRED EQUIPMENT
• Bicycle in good working condition
• Helmet
• Water bottles
• Pump and spare tube

Suggested Items to Bring With You
• Cell phone
• ID with emergency contact info
• Money for farm produce purchases
• Pocket change for interim rest stops
• Sunscreen

Enjoy the Ride! You won’t see any shopping malls or big box department stores, because you’ll be cycling in the Montgomery County Agricultural Reserve, where fresh air, farms and quiet country roads are largely protected from the pressures of urban sprawl.

VOLUNTEERS RIDE FOR FREE!
About three dozen (36) volunteers are needed to help with parking, registration, sagging, marshaling and fruit shuttle assistance; you’ll still be able to ride, and we’ll comp your registration. Contact Laurie Welch, Farm Tour Volunteer Coordinator (laurawelch123@gmail.com).

MECHANICAL SUPPORT FROM REVOLUTION CYCLES

CAN’T PARTICIPATE? CONSIDER A DONATION!
If you are not planning to participate in the Farm Tour event but want to join the Potomac Pedalers in raising funds to help the Montgomery Countryside Alliance support the AG Reserve, please consider making your tax deductible donation.

Montgomery Countryside Alliance: Our Co-Sponsor and Partner
• MCA Advocates for land use policies that enhance agriculture and land preservation in the Ag Reserve, the region hosting our lovely ride;
• Educates about the environmental, economic and recreational benefits of local farmland particularly in the Agricultural Reserve;
• Supports local farms to strengthen our rural economy;
• Celebrates the beauty and abundance of the Agricultural Reserve; and
• Conserves the economic value and rural landscape of the Agricultural Reserve for current and future generations of the region.

Visit Montgomery Countryside Alliance for more information.

ACKNOWLEDGMENT
We want to thank Denise Cohen for having the vision and energy to have created and managed this event for several years past! She finally gets to ride the Farm Tour!!
Volunteer at Back Roads & Ride for FREE!

- Help before or on Century Day.
- Most volunteer positions are for 3-4 hours.
- Some volunteer positions are early in the morning, and you’ll be able to ride the full 100 miles if your shift ends by 9:00 a.m.
- Many of the half day positions will give you enough time to ride the other half of the day, up to 50 miles.
- Volunteers receive a free t-shirt.
- Volunteers receive free food at all the rest stops.
- Volunteers receive a free post-ride meal.
- For specific volunteer needs visit the website.

To volunteer, please visit:
www.potomacpedalers.org/page/brcvolunteer

Welcome New Members!

Welcome New Members to Potomac Pedalers:

- Nick Agostino, Lisa Gutman, Gary Kushner, Kyle Rine
- Nissan Antine, Frank Hacklander, Sarah Landry, Nicole Ritchie
- Ely Benaim, Brooke Harley, Judith Layne, Mike Sakalan
- James Blake, Wesley Harris, Jaime Levy, Aldo Salerno
- Judy Brown, Greg Harris, Erin Linton, Jenny Sandberg
- Jeff Byers, Janine Harris, Alejandro Lopez-Fernandini, Ruth Saunders
- Frank Bykov, Maureen Hartnett, Pam Luttig, William Schum
- Judy C., Philip Healy, Raj Mang, Henry Schupp
- Pauline Calande, Alan Heck, Peter Matteson, Rosa Seemann
- Pat Caldeira, Stephanie Heeg, David May, David Silver
- Joanne Casey, Mauricio Herbas, Andy Mazur, Jeanne Simon
- Hector Conroy, Jessica Hirschorn, Steve Metruck, Nicole Szhzak
- Joseph Davis, Chloe Hiyu, Theresa Meyers, Maryelissa Thornton
- Vishal Desai, Lou Hurwitz, Vibeka Mikkelson, Brad Thornton
- James Falkner, Carrie Johnson, Susan Milich, Luther Tolleson
- Nancy Feldman, Valerie Katicioglu, Tim Minogue, John Tonetti
- Daniel Fernandes, Andrew Katz, Donald Mitchell, Maritza Torres
- Alan Fishman, Timothy Kilbourn, William Newbold, Vincent Trasatti
- Charles Freeman, Ephraim King, Martin Neleton, Jim Travinco
- Joseph Gaut, Wade Kirby, Mimi Nguyen, Edgar Trujillo
- Jeanne Gemmell, Kevin Kirchner, Daniel Noon, Mike Vito
- Zhi Geng, Nate Kohring, Jernanne O’Day, Robert Walker
- Kristin Gladd, Lawrence Kokajko, Nona Puccianielo, Kevin Werner
- Ed Gosselin, Phylis Kravinsky, Joshe Raetz, Nancy Zeni
- Morgan Granger, Kris Krider, Gretchen Rinkus, Ruth Zorzi
- Amy Grutznear

Let Shepherdstown Surprise You!

by Marianne Davis, Back Roads Century Event Planner

The only chains in Shepherdstown are bicycle chains. This town is so serious about being itself that chain stores and restaurants are prohibited by statute. That’s great news for diners! With a surprising number of dining choices, you are sure to find something for your taste and budget, whether it’s casual, ethnic, cosmopolitan, or locally-grown fare. Get acquainted with your options and plan your culinary tour through Shepherdstown. Be careful, though, Shepherdstown was chosen as one of five Foodiest Towns in West Virginia, so unless you’re ready for six meals a day your tour could take a while. This list is only some of our eateries.

Bavarian Inn

Whether you are looking for the best in classic and modern German cuisine or for American food with European flare, the Bavarian Inn is for you. Choose from dining in the formal Potomac Room, the lively Rathskellar, or if the weather permits, on the patio or poolside. The wine list, over 600 offerings, sets a standard for the Mid-Atlantic region. Autumn brings games season, when the Inn creates a special menu with rabbit, pheasant, elk, wild boar, and other out-of-the-ordinary offerings. Make dining an occasion. (7 a.m. - 10 p.m.)

Shaharazade’s Restaurant and Tea Room

Casual dining with a full breakfast, lunch, and dinner menu. Specializing in freshly made soups, vegetable salads, fruit salads, grilled sandwiches as well as Middle Eastern and Mediterranean favorites like spanikopita, hummus, falafel, couscous salad and shish kabob. Much of the food is organic and vegetarian. In between meals, stop in for high tea with more than 40 kinds of quality teas from around the world and a full line of appetizers and desserts. (Fri/Sat 10 a.m. to 9 p.m. Sun – Thurs 10 a.m. to 8 p.m.)

Betty’s Restaurant

If your town doesn’t have a Betty’s, move. This Shepherdstown landmark serves breakfast and hot lunch, and is beloved for its traditional regional fare, from pancakes just a bit too big for the plate to homemade ponhaus (look it up). No one gets out of Shepherdstown without falling in love with Betty’s biscuits sausage gravy or their honest-to-God grilled cheese sandwiches. Betty’s doesn’t take credit cards, but they do have an ATM on site. (Mon – Sat 6 a.m. to 4 p.m. Sun – 7 a.m. to 2 p.m.)

Bistro 112

A neighborhood restaurant offering creative French food from local sources at affordable prices, the Bistro is evocative of a Parisian boîte. It engages your senses with the vibrance of the south of France, eclectic artworks, and the scent of traditional favorites on the stove. Bistro 112 hosts seasonal menus, and passionately supports

Continued on page 7.
Let Shepherdstown Surprise You, Cont’d from page 6.

local farmers. Try l’entrecote and pommes frites, mussels, roast chicken, pate, cheeses, and crepes. There is enough variety to suit vegetarians, too, with several salads, soups, entrees, and desserts. The bar is as charming as the restaurant, so plan to linger. (Noon to 9 p.m.)

Blue Moon Café

You could walk in to this Shepherdstown favorite in your pajamas and still have a good meal and a great time. The menu is extensive, with dozens of dishes to please vegetarians as well as beef, pork, chicken, and fish dishes. There’s always a special soup and a special quiche to tempt even jaded regulars, too. Blue Moon offers ice cream cones, just drop in and ask, and they serve local beers and ciders, too. Come see what the fuss is about! (11 a.m. to 9 p.m.)

Mellow Moods

Vegetarians and vegans won’t be stuck with salads at Mellow Moods. The menu does have a couple of chicken dishes, and a smattering of fish, but they also have a red rice and hemp burger and a tempeh avocado wrap that will make even the biggest meat eaters not miss the moo. Mellow Moods provides the hummus you’ll enjoy at the BRC, too. Not that hungry? Stop in for fresh juices and fabulous smoothies. (8 a.m. to 4 p.m.)

Pressed Flour

Owner Alisha Hanlin says it best; “Everything is made from scratch and custom-designed with the customer in mind. All the cakes are baked from scratch; bread doughs are mixed by hand; the buttercream never comes from a bucket but is always made with real butter; fruit fillings always begin as fruit and never come from a shelf-stable bag; even our condiments will be made in-house, and with mostly locally sourced ingredients like bacon, eggs, and other meat and dairy.” (Open Fri – Sun from 10 a.m. until sold out)

Maria’s Taqueria

Everything is fresh at Maria’s and if we grew avocados and limes in West Virginia everything would be local from the veggies to the meats. You’ll find your favorites here – burritos you know you ought to split but don’t, tacos in both traditional and Maria’s style, and everything filled with either beef, chicken, pork, rice & beans, sautéed veggies, or fried cod. Branch out from burritos and try the huevos rancheros or the Ghost-dilla. You’ll be glad you did. (Mon – Sat 11 a.m. to 9 p.m. Closed Sunday)

Shepherdstown Sweet Shop

Sweet Shop breads and desserts are served in restaurants throughout the West Virginia, Maryland, Virginia and Pennsylvania, and Shepherdstown is lucky enough to have them right here. Cakes, macarons, cookies, tarts, cheesecakes, and fine pastries of every variety are displayed alongside sandwiches made with their wholesome breads, which are also available by the loaf. Linger over coffee or tea with a slice of their nationally-renowned stolen and you won’t soon forget Shepherdstown. (Mon - Thursday 8 a.m. to 5:30 p.m. Fri & Sat 8am–6pm Sun 8am–4pm)

Domestic

Domestic’s goal is serving tasty American fare with a creative twist in a fun and lively setting. They offer a selection of domestic wines with a focus on small producers, a rotating list of American craft beers with a celebration of local West Virginia breweries, and seasonal cocktail lists. From the widely varied menu, don’t miss the locally-made double Domestic dogs with tangy cabbage-pepper relish, bacon, whiskey mustard, shaved red onion or the rise & shine burger with over-easy egg, bacon, white cheddar, and garlic aioli. (11:30 to 9 p.m., bar open until midnight)

Town Run Brewing Company

How does an old hardware store turn into a restaurant and bar? By embracing the quirkiness and filling the building with a bit of fun. The Town Run’s food runs toward hearty, simple fare, but it’s the bar and the conversation that really draws customers in. Hoist a local beer or two, dig into some loaded mashed potatoes, and launch into philosophical speculation with your neighbors. (Mon – Sat 11 a.m. to 12 a.m. Sun – 12 p.m. to 10 p.m.)

Devonshire Arms Café and Pub

Where you see the Union Jack waving proudly with the Stars & Stripes you’ll find the best of British comfort food along with some surprises. Fish & chips are made with proper cod dressed in an airy coating next to hearty fried potatoes. Yes, you can get an old-fashioned fry up breakfast here. Try the cottage pie, the Cornish pasties, or just a burger. But don’t leave without sticky toffee pudding, spotted dick, or a Bakewell tart. The cozy pub features local as well as British favorites well into the night. (9 a.m. to 3 a.m.)

The Press Room

German Street’s go-to special occasion restaurant has made its name with a consistent focus on simplicity, freshness, and variety. Its large selection of fresh and seasonal soups, salads, grilled seafood, meats, and house-made pastas delight visitors and residents alike. Don’t look for spaghetti Bolognese here, but you may find tagliatelle with pork cheeks and peas. The Press Room also boasts area’s best selection of oysters on the half shell. (Mon, Wed, Thurs – 5 p.m. to 9 p.m. Fri & Sat – 5 p.m. to 10 p.m.; Sun – 10:30 a.m. to 2 p.m. for brunch and 4 p.m. to 8 p.m. for dinner)
Comfort zone, everybody’s favorite place to be. We all thrive in our comfort zone whatever its size is. And women are socialized and encouraged to stay in their comfort zone, to be nice, to not make waves.

This starts the moment we ask the OB “is it a boy or a girl?” It continues the rest of our lives. Boys are complemented when they try new activities; girls are complemented when they succeed. It’s easy to internalize the idea that, as a girl, trying and failing is not good; you should stay in your comfort zone where you always have success. Well, we’re all older now and hopefully wiser.

I think that your bike is a great way to expand your comfort zone. Once you’re comfortable on your bike, it provides an anchor as you try new experiences. Expanding your comfort zone is not about getting faster and stronger. That happens naturally up to a point as you bike more. I’m thinking more about psychological barriers we put up to keep ourselves comfortable. We keep to our routines; we use the same routes; we don’t cause a stir. By stepping out of our comfort zones, we can grow as human beings and enjoy life more.

Here’s how you can use your bike to expand your zone... If you’ve never taken on a leadership role, plan and lead a ride. Pick a route you know well, so you’re comfortable, but be the leader. I’m pretty sure any ride leader can help you start. If not, let me know and I can help.

Or how about, if you don’t like being alone, ride a route you’re comfortable with, but do it by yourself. Maybe you’re the opposite, you don’t like crowds. Bike rides come in all sizes from 2 people to 10000. Find one that’s just larger than you’re comfortable with and try it. You’re not good at situations where you don’t know anyone. Show up at a ride with your trusty stead and talk to one person. We’re all cyclists so you definitely will have something in common with someone at that ride.

In all these situations, you have your bike, you’re doing something you love, so it’s easier to step out of your comfort zone. So figure out what makes you slightly uncomfortable and then use your bike to help you conquer your discomfort.

Even off your bike, you can tie into your bike love to grow. Become a bike advocate. Not comfortable contradicting people, then go ahead and say something when someone makes disparaging comments about cyclists. Don’t like to speak in public? Go to a public meeting and make a public comment about bicycling. All the jurisdictions are dealing with the increase in cyclists and how we as a society are going to handle it. Public meetings about these issues are becoming more common. There are also numerous committees that could use volunteers to speak out about cycling. If you’ve never been a joiner, join one of these. If you don’t like to write, then the next time your local government asks for public comments on a biking issue, send in a short letter. Being a cycling advocate is a great way make your cycling trip better and get out of your comfort zone.
Shenandoah Weekend Recap

This past July the Shenandoah Weekend drew a larger than usual crowd as 71 cyclists descended upon Mount Jackson for the annual fun-in-the-sun-adult-summer-camp experience. Arriving Friday, hardy riders braved scorching temps with a short route that visited the Route 11 Potato Chip Factory. Even though the sizzling weekend was just getting started, the hot weather didn't deter riders - it just meant everyone started their rides early! Riding out of the Super 8, most were on their way by 7:30 AM. Saturday's southern route took us to the New Market Battlefield while Sunday's western route took us up to a ridgeline and rewarded us with breathtaking, expansive views of the valley. With most riders done in early in the day, everyone beat the afternoon heat in their own way - some visited caverns, others wineries, and others decided the hotel pool was the place to be! Saturday evening we enjoyed a catered picnic under a shaded pavilion and shared our day's adventures. It's easy to see why this weekend is a tradition!

Leslee Gold and friends are all smiles!

"Sunday was inspirational. We got up very early and biked toward the dawn. If there is biking in heaven, I hope it is like this Sunday morning ride out to the vineyard." - Janice Creamer

A local produce farmer gave Janice a friends a little shelter and local stories while they fixed a few flat tires!

"Debbie McCall is a great mentor. She taught me to fly down hills in the Shenandoah Valley. Every time I ride with Debbie, I achieve another biker baby book moment and I am grateful! We always achieve more together. Here we are fresh and ready to roll!" - Janice Creamer

The Shenandoah Weekend isn't complete without a trip to visit TC and Shenandoah Vinyards.

Joan Salute and Lori Polonsky

Photo by Janice Creamer.
St. George Barber - the Hard Way, July 16 — The popular route from Davidsonville ended with an impromptu tailgate for Mara Bellino, Tom Humphrey, and Monique Sears.

Historic Covered Bridges, Metric & Full Centuries, July 17 — Most riders saw three covered bridges in Frederick County, including the closed Roddy Covered Bridge which was badly damaged when an oversized truck drove through and took part of the bridge with it!

Twice Across the River, July 23 — A gorgeous ride but a hot day! Everyone was all smiles, especially doing Marlu Ridge "the easy way". Single file across the bridge at Point of Rocks.

YeeHaw, July 30 — A ride full of climbs and a screaming descent! Don't mess with this bike gang! Continued on page 11.
Ride Report, Continued from page 10.

A hot day, showers imminent, route discussion with Jim Quinn and Carol Linden.

Carlisle Weekend, August 12-14 — Trip leader Deb Reynolds enjoying the scenery of this new PPTC Weekend! Stay tuned for the full report next month.

BRC Antietam, Continued from page 1.

On September 17, 154 years ago, Confederate and Union troops in the Civil War clashed near Maryland’s Antietam Creek in the bloodiest one-day battle in American history - 23,000 soldiers were killed, wounded or missing after twelve hours of savage combat on this day in 1862. The Battle of Antietam ended the Confederate Army of Northern Virginia’s first invasion into the North and led to Abraham Lincoln’s issuance of the preliminary Emancipation Proclamation.

We have designed touring rides of approximately 19 and 35 miles, giving you an opportunity to explore the park and the surrounding area. Because we’ll be visiting on the anniversary of the battle, we will have the opportunity to see how Antietam National Park commemorates the event. While both rides are free, we will have active bike marshals and other support in enjoying the breathtaking scenery and historic landscapes.

These rides will be all-class rides. The shorter route will start at 11:30 AM while the longer route will start at 10:30 AM. Route information is available online and in the Ride Schedule. As of publication time, the exact ride start location has yet to be confirmed. Check the online ride schedule for this detail and other updates: www.potomacpedalers.org/events/calendar.asp

Ride Back Roads Sunday! Warm-up Saturday and visit Antietam on us!

Why Bike Alone? Join PPTC!

www.potomacpedalers.org

Enjoy the benefits of social and recreational bicycling in DC, MD, and VA by joining the largest bike club on the East Coast!

POTOMAC PEDALER offers hundreds of year-round bike rides for everyone. With varying lengths and speeds, there are rides to suit beginners to experienced cyclists all over the Washington metropolitan area.

Plus we offer many weekend trips and discounts to many bike shops and more!

Check out our website to find the best rides for you!
What's Your Story?
Pedal Patter is looking for YOUR cycling story.
Share your cycling trips and tips to inspire and educate your friends.
Send submissions to:
communications@potomacpedalers.org

Join the ride benefiting Wounded Warriors Project
Sunday, September 11 • Molon Lave Vineyards • Warrenton, VA
Come enjoy a Sunday morning ride with friends.
Rides depart at 8:30 a.m.
Three ride options; 20, 40 and 62 miles.
SAG vehicle support, rest stops, mechanical support
Light refreshments, wine and olive oil tasting follow the ride.
To register and for more information, please visit active.com or jccnv.org/cyclefest.
Partially sponsored by: The Bike Lane, Glenn Fuchs, Home Style Inn, Jewish Food Experience, Earl and Jeff Kiloze DDS, Lansdowne Construction, CSisoft, LLC, Road ID

Contact Ron Tripp at ron.tripp@yahoo.com to get an event on the calendar.

Sept 5    Indian Head 100 (Indian Head, MD) http://www.ohbike.org/
Sept 10   BSU Bike Tour (Bowie St Univ, MD) https://www.bikereg.com/bsu
Sept 10   Shorebird Metric (Parsonburg, MD) http://relay.accevents.org/site/TR/7fr_id=706788&pg=entry
Sept 10   Amish Country Bike Tour (Dover, DE) http://amishcountrybiketour.com/
Sept 10   Skipjack Bike Tour (Deal Island, MD) http://www.dealislandchancevfd.com/
Sept 10   Lakes and Grapes Century (Fredericksburg, Va) http://www.bikeride.com/events/14891-2016-lakes-and-grape-century-ride
Sept 11   Shenandoah Valley Century (Harrisonburg, VA) http://svbcoalition.org/events/century/
Sept 11   Schuykill Century (Miquon, PA) http://philbybikeclub.org/newbcp/events/SSC2016/index.html
Sept 17   Heart of VA Century (Hanover, VA) http://www.heartofvacentury.org/
Sept 18   Ride for Clean Rivers (Wye Mills, MD) http://www.rideforcleanrivers.org/about
Sept 24   St. Mary's Century (Morganza, MD) http://www.paxvelo.com
Sept 24   Tour de Sussex (Georgetown, DE) https://www.dtcc.edu/about/news/events/toursussex
Sept 25   The Cannonball Century (Hartwood, VA) http://www.bikefred.com/cannonball
Sept 25   Larry's Ride (Cockeysville, MD) http://larrysrideride.com/
Oct 1     Culpeper Century (Culpeper, VA) http://culpepercyclingcentury.com/
Oct 8     Seagull Century (Salisbury, MD) http://www.seagullcentury.org/
Oct 15    Savage Century (Newark, DE) http://whiteclaybicycleclub.org/events/savage/
Oct 16    Lifeline 100 – Anne Arundel County (Millersville, MD), https://bikeaaa.org/lifeline-100/
Oct 22    Between The Waters Bike Tour (Eastern Shore of VA) http://www.cbes.org/events.html

Upcoming Tours:
Oct 14-16 Shenandoah Fall Foliage Festival (Staunton, VA) http://shenandoahbike.org/
Oct 28-30 BCP’s Fall Foliage Weekend (Hanover, PA), http://philbybikeclub.org/newbcp/events/fallevent2016/fallevent.htm
Oct 1-9    CNC Mountains to the Coast Ride (N.C.) http://cnc.ncsports.org/index.cfm
Oct & Nov Bike Florida 2016 Fall Tours (Florida), https://www.bikeflorida.org/
Nov 9-4    Festivelo (Walterboro, SC), http://www.festivelo.org/
Mar 19-24 Bike Florida 2017 (Elkton, FL), https://www.bikeflorida.org/
How to Read the Ride Schedule

Note: This ride schedule is accurate as of the editorial deadline for Pedal Patter. For the most up-to-date listings, please consult the Ride Schedule at www.potomacpedalers.org.

PPTC rides are described according to a standardized, easy-to-read format that always lists: (a) ride classification, (c) distance, (d) locality, (e) start time, and (f) start location.

B (H) * 45 * MD * 9:30am * Poolesville HS (POO) * 40/35

You may also see (b) a (F) “Flat” or (H) “Hilly” terrain indicator, (g) a start location code, and (h) weather notes. Directions for ride starts given in the Reference Manual.

The ride listing above is read a “B” class ride over hilly terrain (expected overall pace of about 12, 13 miles per hour), about 45 miles long, with a ride start time at 9:30am in Maryland from Poolesville High School. The ride will go if the forecast high temperature is 40˚F or higher, AND the chance of rain is less than 35%.

Ride Classification Table

This table shows the range of average riding speeds, the range of typical ride distances, and typical intervals between rest stops.

<table>
<thead>
<tr>
<th>Ride Class</th>
<th>Average Riding Speed (ARS)</th>
<th>Typical Distance (Miles)</th>
<th>Rest Stop Intervals</th>
</tr>
</thead>
<tbody>
<tr>
<td>D</td>
<td>6.0–7.9</td>
<td>8.0–9.9</td>
<td>10-25</td>
</tr>
<tr>
<td>C</td>
<td>8.0–9.9</td>
<td>10.0–11.9</td>
<td>12-13.9</td>
</tr>
<tr>
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<td>10.0–11.9</td>
<td>12.0–13.9</td>
<td>14.0–15.9</td>
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<tr>
<td>B</td>
<td>12.0–13.9</td>
<td>14.0–15.9</td>
<td>16.0–17.9</td>
</tr>
<tr>
<td>BB</td>
<td>14.0–15.9</td>
<td>16.0–17.9</td>
<td>18.0–19.9</td>
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<tr>
<td>A</td>
<td>16.0–17.9</td>
<td>18.0–19.9</td>
<td>20.0–21.9</td>
</tr>
<tr>
<td>AA</td>
<td>18.0–19.9</td>
<td>20.0–22.0</td>
<td>22.0–24.0</td>
</tr>
</tbody>
</table>

Randonneuring is long-distance (endurance) cycling over scenic and challenging terrain. Randonneur rides often leave early in the morning and require lights, go under most weather conditions, and typically are challenging all-day affairs with distance and speed determined by the participants. This includes the annual Brevet series of qualifying rides between 125 and 625 miles in length.

ATB These are rides for all-terrain or mountain bikes. The individual ride descriptions should be read for specific information regarding terrain (e.g., single-track, double-track, or gravel roads), distance, and equipment requirements (e.g., type of bike or tire with).

T Specialty rides for bikes with two or more cyclists. Tandem ride leaders often choose routes that are particularly well-suited to these types of bicycles, as they typically go much faster downhill and flat sections, and slower uphill, than single bikes.

Weather Notes

A ride description may contain minimum GO conditions– limits of temperature or chance of rain, given as “temp/chance” e.g., “40/35% or less. Otherwise, the ride will be cancelled. Temperature is a maximum in the summertime. A general rule is that a ride is cancelled if there is rain at start time, or if it is winter, snow is falling, or roads are covered with ice and/or snow. The National Weather Service number is 703.260.0405. Call the Ride Leader if you’re in doubt.

September — Mondays

B/BB * 30ish * MD * 9:30 AM * Glen Echo Park (GLE)
**The Usual Monday Ride From Glen Echo**
BB: Warren Farb * [wfarb@mac.com] 301-320-4942
B: Cathy Wilson [cswilson@aol.com] 703-328-1029

September — Tuesdays

D/C * 13-18 * VA * 6:00 PM * Wakefield Park (WKP)
**North Springfield Easy**
D: Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637
C: Woody Lipinski*[orsbicycling@gmail.com] 703-203-4934

C/CC * 26/34 * VA * 10:00 AM * Belle Haven Picnic Area (BEL)
**Mid-week Morning Belle Haven**
C: Lois Lightfoot* [LELghtft@outlook.com] 703-451-2361; 571-228-9907 (cell)
Normandie Lee [normandie.lee@gmail.com] 571-218-8260 (cell)
CC: George Saxton [gsaxton@saxfam.net] 703-243-8284; 703-855-0876 (cell)
Jill Thompson-Riese [jillian8888@gmail.com] 202-674-1920

CC * 35 * MD * 10:00 AM * Buddy Attick Park (BUD)
**Bud Bike Tuesday**
Rob Dahlstrom * [rkdahlstrom@gmail.com] 301-758-2598
George Schneider [gbs319@juno.com]

CC * 14 * MD * 6:00 PM * Capital Crescent Trail (CCT)
**Capital Crescent Cruise**
Patrice Coss 703-521-6159

CC/B * 17 * VA * 6:00 PM * Wakefield Park (WKP)
**Annandale Evening Excursion**
Peter Klosky [pptc@peterklosky.com] 703-727-4939
For complete ride descriptions, visit our online ride calendar: http://www.potomacpedalers.org/events

B/BB/A/AA (MF) * 25 * VA * 5:55 PM * Wakefield Park (WKP)
**Annandale Evening Speedworks**
Dan Lehman [riDEsigns@yahoo.com] 703-241-9113

B/BB/A * 17-29 * MD * 5:30, 5:45 PM * Laytongs Village SC (LAV)
**The Slurpee Ride**
B: Bob Bernstein [rberstein55@yahoo.com] 240-593-2539
BB/A: Geng Chan [gchan@sandglass.com] SND-EEE-MAIL.

T/B/BB * 20-25 * VA * 5:15 PM * Fort Williams Pkwy, Alexandria
**Alexandria Tandem Tuesday Ride**
Mark Mulligan [crew396@aol.com] 410-626-7470

**September — Wednesdays**

CC (MH) * 10-24 * MD * 6:15 PM * Rockville Regal Center
**Rockville Rambler**
Russell Walker * [dcwalk99@verizon.net] 301-758-4491
Robin Temin [robin.temin@verizon.net] 240-505-0294

(Sept. 7 ONLY) CC/B * 22-24 (MH) * DC * 6:00 PM * Downtown Breakaway * Mitchell Park (MIT)
**Downtown Breakaway**
Organizer: Rudi Riet * [rudi@songfta.com]
B: Dave Salovesh [salovesh@gmail.com]
CC/B: Monique Sears [moniquesears@rcn.com] 202-256-5218

(Sept. 7 ONLY) BB/A * 24 (MH) * DC * 6:00 PM * Mitchell Park (MIT)
**Downtown Breakaway 2016 Finale**
Organizer/A/BB: Rudi Riet * [rudi@songfta.com]
BB: Matt Birnbaum [noshbygosh@comcast.net]
A: Dave Helms [david.helms570@gmail.com]
A: Jonathan Mirsky [mirsky2207@hotmail.com]

**September — Thursdays**

B/BB * 15-25 * MD * 12:00 PM * Marriott HQ loading dock
**Thursday Noon Training Ride Bethesda**
Ruth Sheridan [ruthsheridan@msn.com] 202-258-0788.

D/C * 13-18 * VA * 6:00 PM * Wakefield Park (WKP)
**North Springfield Easy**
D: Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637
C: Woody Lipinski*[orsbicycling@gmail.com] 703-203-4934

B/BB/A/AA (MF) * 25 * VA * 5:55 PM * Wakefield Park (WKP)
**Annandale Evening Speedworks**
Dan Lehman [riDEsigns@yahoo.com] 703-241-9113

CC * 18 (MH) * VA * 6:00 PM * Belle Haven (BEL)
**Belle Haven (not so) Blast(y)**
Kent Myers Email: kent.myers1@gmail.com 703 275-3314 (Phone day of ride only, 9AM-4PM)

B/BB/A/AA (MF) * 18-25 * VA * 6:00 PM * Belle Haven (BEL)
**Belle Haven Blast**
Brian Dixon* [bdixon@populationconnection.org]
Peter Czapiewski [czapmk@verizon.net]

CC/B * 17 * VA * 6:00 PM * Wakefield Park (WKP)
**Annandale Evening Excursion**
Peter Klosky [pptc@peterklosky.com] 703-727-4939

B/BB/A/AA (MF) * 25 * VA * 5:55 PM * Wakefield Park (WKP)
**Annandale Evening Speedworks**
Dan Lehman [riDEsigns@yahoo.com] 703/241-9113.

B/BB/A * 20-30 * MD * 6:00/5:45/5:30 PM * Laytons Village SC (LAV)
**The Thursday Night Trainer**
Tim Guilford 301-704-2723

CC/B * 20-25 * MD * 5:45 PM * Laytons Village SC (LAV)
**The Thursday Night Trainer**
CC: Martine Palmiter * [mpalmiter@gmail.com] 301-787-4556
B: Vic Caldarola [vcald@msn.com] 240-602-8752

**September — Fridays**

C * 30 * MD * 9:00 AM * Veirs Mill Park (VMP)
**Leave from VMP to join Friday Lunch Ride**
Norman Rasmussen [norman.rasmussen7@gmail.com] 301-828-7470

C * 30 * MD * 10:00 AM * Lake Needwood (nee)
**Friday Lunch Ride**
Deborah Turton [d.turton@verizon.net] 301-482-0675

CC/B * 35 * MD * 10:00 AM * Buddy Attick Park (bud)
**Bud Bike Friday**
Rob Dahlstrom* [rkdahlstrom@gmail.com] 301-758-2598
George Schneider [gbs319@juno.com]
C/CC/B/BB/A * 21/25 * MD * 6:00/5:45/5:30 PM * South Germantown Rec Adventure Playground (SGRAP)
Scenic Social!
This ride rolls from Germantown into Poolesville on lightly traveled roads with green pastures and orchards along the way. The ride usually stops to re-group at the top of Whites Store, the end of Peach Tree, etc. The schedule of start times for the ride are: 2nd=6:00 pm, 9th=5:45 pm, 16th=5:30 pm, and 30th=5:30 pm. This ride invites pace levels from “CC” on up and naturally splits into smaller groups though ride leaders will make an effort to encourage group togetherness. There is no sweep because of varying route lengths. RIDE START: We meet at the Adventure Playground located at 17920 Germantown Park Drive. There is a real bathroom that is opened year round and ample parking! Watch the speed cameras on Schaeffer Rd. No go in inclement weather, on wet roads, or temps below 50. C/CC riders are welcome too! Dinner afterwards is often an option and all are welcome. C/CC: Willy Aladro [willyaladro@allstate.com] 301/467-2600 B/BB: Bill Hermach [bhermz@yahoo.com]
A: Ken Rowe * [investorken@yahoo.com] 301-367-2600

September 1 — Thursday

C (MH) * 21-29 miles * MD * 10:00 AM * Glen Echo (GLE)
Glen Echo Loops
Polly Choate [scooterpea@yahoo.com] 202-966-5571 (home); 202-538-5715 (cell)

September 3 — Saturday

TANDEM * 50 * MD * 10:00 AM * Havre de Grace P&R
Havre de Grace to Delta PA, Coffee-Coffee Ride
David & Brenda Jaffe [djaffe@aya.yale.edu] 410-404-7966

C * 52 * VA * 9:00 AM * Shirlington (SHR) * 60% “Long and Hilly but Still C”
George Saxton [gsaxton@saxfam.net] 703-243-8284 cell

C/CC * 34/41 * VA * 9:00 AM * Vint Hill CC
Lake Brittle by Bicycle
Address: Vint Hill Community Center, 4235 Aiken Drive, Warrenton, VA 20187. John Zebatto [zebweb@gmail.com] 540-680-0077 (cell)

CC/B * 30-60 * MD * 8:00 AM * Thomas S Wootton HS Parking (TWHS) * 50%/60%
Rockville Saturday Morning Ride
Ajit Baid [baidajit@gmail.com] 267-421-1438

CC/B/BB * 47 * MD * 8:30 AM * Riley's Lock (RIL)
Circling Sugarloaf
CC: Bob Bernstein [bernstein55@yahoo.com] 240-593-2539
B: Monique Sears [moniquesears@rcn.com] 202-256-5218
BB: Nicholas Clements [nrhclements@gmail.com] 240-432-6800

September 4 — Sunday

TANDEM * 22/25 * VA * 9:30 AM * Burke to Occoquan
Occoquan Ride
Rich & Marian Taschler [RichTash@msn.com] 703-455-3728 (home); 703-963-4203 (cell)

Beginner D/D * 5 * DC * 10:00 AM * BicycleSPACE (Adams Morgan)
Nice & Easy
The Nice & Easy ride is just that: nice and easy and easy and nice! This ride is for beginners and those looking for a relaxing start of the day. The ride helps beginners to feel more secure riding in a group while learning to ride safely and comfortably on DC bike lanes and streets. The ride is 5 miles and travels at a pace of 5-10 mph that is on flats. Ride leaves at 10:00 AM and returns no later than 11:00 AM. Ride cancels in case of inclement weather. Shop address: 2424 18th St NW Washington, DC 20009. For more information on ride see: http://www.bicyclespacedc.com/weeklyrides/
Erik Kugler [erik@bicyclespacedc.com] 571-245-6695

D/C (MF) * 16 * VA * 9:45 AM * Shirthlington Library/Signture Theater (SHR) * 95%/30%
Lunch in Shirlington
Ron Trueworthy [Ron.Trueworthy@Yahoo.com]

C * 27 (MH) * VA * 9:00 AM * Gunston ES (GES)
Lorton Springfield Loop
Elementary School, Lorton, VA. Jeff Mankie [jsmankie@aol.com] 571-332-2130 (cell)

C/CC * 25-30 * VA * 9:30 AM * Pinn Community Center (PCC)
Sundays Ride
Woody Lipinski [orsbicycling@gmail.com] 703-203-4934

C/CC * 25-30 * DC * 11:30 AM * BicycleSPACE (Adams Morgan)
DC Urban Adventures
Erik Kugler [erik@bicyclespacedc.com] 571-245-6695
September 5 — Monday

B/BB * 30ish/50ish * MD * 9:30 AM * Glen Echo Park (GLE)
The Usual Monday Ride From Glen Echo
BB: Warren Farb [wfarb@mac.com] 301/320-4942
B: Cathy Wilson [cswilson@aol.com] 703/328-1029

B/BB/A * 100 * MD * 8:00 AM * Hanover PA
Hanover Cyclers Labor Day Century
Tim Guilford [tim@guil4d.net] 301-704-2723

September 9 — Friday

CC (MF) * 35/52 * VA * 9:00 AM * Brentsville Park (BVP) *
45%/95%/50%
Rural Rogues Road
Len Wilkinson [len.wilkinson@verizon.net] 703-455-0368
(home); 703-350-9209 (cell)

September 10 — Saturday

TANDEM * 25, 32, 34, 50, 57 * VA * 10:30 AM * School Antiques (Sperryville, VA)
Ride to the Unknown Brewery
Jim Pastorick and Kim Green [jim@uxopro.com] 703-582-1718
(cell)

D * 10 * MD * 10:00 AM * Thomas Farm Community Center
Carl Henn Millennium Trail Loop
Gordon Smith [wa3qkc@aol.com] 240-299-3384

D * 19 * VA * 10:00 AM * Vienna City Hall Parking Lot (VCC)
"Nice and Easy" to Herndon
Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637

C * 23 * VA * 10:00 AM * Pohick Bay Park (PHP) * 95%/50%
Pohick Bay Social Ride
This relaxing social ride goes along lightly-traveled roads and paved bike trails on this scenic peninsula near Occoquan. We will ride through Mason Neck State Park, the adjacent National Wildlife Preserve, Gunston Hall historic plantation, and some lovely neighborhoods facing the Potomac River. There is even a covered bridge along the route. This is mostly a flat ride (only one hill towards the end) with lots of shade and natural beauty the whole way. There is no charge to get into Pohick Bay Park if you have a driver’s license showing you live in Alexandria, Arlington, City of Fairfax, Fairfax County, Falls Church or Loudon. If you live outside these member jurisdictions, there is a $7 entrance fee per car to get in the park. Once inside, continue straight to the first parking lot on the right. I may cancel the ride if the forecasted high during the hours of the ride is below 40 degrees or above 95 degrees, there is a strong wind, or chance of precipitation is 50% or more. If the weather looks questionable, check the ride schedule or call me to confirm the ride is a go.
Peter Dassira [peterdassira@yahoo.com] 703-851-2274

CC * 30 * MD * 9:00 AM Silver Spring Metro
Hilly Beach to Creek
Jerry Collins [jerrycbike69@gmail.com] 240-281-4861

CC * 33 * MD * 9:00 AM * Riley's Lock (RIL) * 45%/50%
Western Montgomery County Circuit
Dale Hunt [dhunt175@yahoo.com] (202) 276-6794

September 11 — Sunday

Beginner D/D * 5 * DC * 10:00 AM * BicycleSPACE (Adams Morgan)
Nice & Easy
Erik Kugler [erik@bicyclespacedc.com] 571-245-6695

D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/
Signature Theater (SHR) * 95%/30%
Lunch in Shirlington
Ron Trueworthy [Ron.Trueworthy@Yahoo.com]

C * 23 (MF-MH) * VA * 9:00 AM * Fairfax Square Commercial Center *
Fairfax Coffee to Coffee
Avrama Blackwell [avramaktb@gmail.com] 301-503-5884 (cell)

C/CC * 34/44 * MD * 9:15 AM * Layton Village Shopping Center (LAV)
Sundays Ride
Woody Lipinski [orsbicycling@gmail.com] 703-203-4934

C/CC * 25-30 * VA * 9:30 AM * Pinn Community Center (PCC)
Post Civil War Century Recovery Ride
A: Tim Guilford [tim@guil4d.net] 301-704-2723
BB: Karen Berlage * [karenberlage@verizon.net] 301-963-1482
September 16 — Friday

C (MF) * 14-26 * VA * 6:30 PM * East Falls Church Metro (EFC)

**Clips Beer & Film!**

We are organizing a bike train from the Falls Church Metro to the Reston Town Center to hang at the Clips Beer & Film Tour. At the Town Center, we will sample some of New Belgium Brewery's more exotic beers while enjoying (free) short films displayed on a large portable screen at the covered Reston Town Center Pavilion. All proceeds raised at the event go toward helping our friends at Fairfax Alliance for Better Bicycling (FABB), who are dedicated to making Fairfax County a better place to bike.

The bike train from the Falls Church Metro will be social group ride, proceeding at a mellow pace. Bring blankets to the event in your pannier or backpack; definitely bring front & rear lights, as will return in dark. Also, bring your government identification if you plan to sample the beer.

**Ride Start & Route:** The long ride starts from the EAST Falls Church Metro, picking up riders in Vienna at the Community Center's Park Street lot, as a bike train is formed on the W&OD Trail. The "long" ride is 13 miles, and the "short" is 7 miles, to Reston Town Center.

**Bike Train Ride Start Time:**
- Falls Church Metro: 6:30 PM
- Park Street Parking Lot (Vienna Community Center): 7:15 PM

**Event Location:**
Reston Town Center
11900 Market St, Reston, VA 20190
Event opens 7PM, film at 9PM

**Return from Reston Town Center:**
- Early Depart: 9:00 PM
- Late Depart: 10:30 PM
- Arrive Falls Church Metro: 10:00 PM / 11:30 PM

**RWGPS:**
- Depart from Falls Church Metro to RTC: https://RideWithGPS.com/routes/15860490
- Return from RTC to Falls Church Metro: https://RideWithGPS.com/routes/15860847

No go in rain or wet roads.
Dave Helms [david.helms570@gmail.com] 301-466-5561

September 17 — Saturday

**ALL * 19/35 * WV * 10:30/11:30 AM * LOCATION: TBD**

**Tour of Antietam - Back Roads Century Warmup**

If you plan on arriving in Shepherdstown on Saturday for Sunday’s Back Roads Century, you’ll have the opportunity to explore Antietam National Park by bicycle. On this day 154 years ago Confederate and Union troops in the Civil War clashed near Maryland’s Antietam Creek in the bloodiest one-day battle in American history - 23,000 soldiers were killed, wounded or missing after twelve hours of savage combat on September 17, 1862. The Battle of Antietam ended the Confederate Army of Northern Virginia’s first invasion into the North and led to Abraham Lincoln's issuance of the preliminary Emancipation Proclamation.

Antietam National Park will be commemorating the battle and we have designed touring rides of approximately 19 and 35 miles, giving you an opportunity to explore the park and the surrounding area. After leaving Shepherdstown, both routes will travel to Antietam Park (the short route will travel approximately 4 miles there, the long route approximately 9). We'll ride 8 miles through Antietam, followed by a rest stop in Sharpsburg. The short route will return 4 miles back to Shepherdstown while the long route will do a loop north of Sharpsburg before returning to Shepherdstown. **Entrance is FREE for those riders participating in this Potomac Pedalers Club ride.**

Please note the different start times for each route. Please check
For complete ride descriptions, visit our online ride calendar:
http://www.potomacpedalers.org/events

the online ride schedule for the final start location: http://www.potomacpedalers.org/events/calendar.asp

- **ALL * 35 * WV * 10:30 AM * LOCATION: TBD**
  Bob Bernstein [rbernstein55@yahoo.com]

- **ALL * 19 * WV * 11:30 AM * LOCATION: TBD**
  Matt Birnbaum [noshbygosh@comcast.net] 202-702-5720

**D * 22 * VA * 10:30 AM * Loudoun County HS (LOU)**
**Leesburg to Purcellville on the W&OD Trail**
Gregory Basheda [gbasheda@yahoo.com]

- **D/C * 15-24 * VA * 9:00 AM and 10:00 AM * Accotink UU Church (AUUC)**
  “Biketoberfest” Ride and Festivities
  If you enjoy quality cycling in southern Fairfax County and a traditional Oktoberfest, you will love these routes and post-ride festivities, including grilled bratwurst and chilled beverages while listening to a terrific German band. The starting point for both is the Accotink Unitarian Universalist Church at 10125 Lakehaven Court (first left south of intersection of the Fairfax County Parkway and Burke Lake Road). Both rides include paved paths, quiet residential streets and a unique dam above scenic Lake Mercer.

  No weather limitations. Non-cyclists will enjoy the Volksmarch (1-to 2-hour self-guided walks) on shady path around Burke Lake departing from the same location between 8am and 1pm. For more details about the rides and walks, please see the two flyers online at http://scenicroutes.us/nvv/events.html

- **C * 24 * VA * 9:00 AM**
  “Biketoberfest To the River and Through the Woods”
  The mid-ride rest stop is Occoquan River Park, where restrooms and water are available.
  Charlie Dyer 703- 507-2066 (cell)

- **D * 15 * VA * 10:00 AM**
  “Biketoberfest Leisurely Ride”
  The refueling opportunity for this shorter, slower, less hilly route will be a convenience store.
  Steve Brown 703-801-9617 (cell)

- **CC/B * 30-60 * MD * 8:00 AM * Thomas S Wootton HS Parking (TWHS) * 50%/60%**
  **Rockville Saturday Morning Ride**
  Ajit Baid [baidajit@gmail.com] 267-421-1438

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**September 18 — Sunday**

All Levels * 22, 27, 47, 52, 63, 100 * WV * Rolling Start *
Shepherd University

**2015 Back Roads Century**

Advance registration required: www.backroadscentury.org

The Back Roads Century is one of the premier cycling events in the mid-Atlantic region. Each fall, Potomac Pedalers invites cycling enthusiasts of all ages and abilities for a great weekend of riding and fun. The Back Roads Century features multiple distances, up to a full 100-mile ride. Every distance is a fully-supported ride with route directions/cue sheets, plenty of rest stops with delicious food and drinks - including our famous tomato sandwiches - as well as mechanical and first aid support during your ride. For the first time, this year's cue sheets will note historical and habitat information at different points along the routes.

The Back Roads Century returns for its second year to beautiful Shepherdstown, West Virginia, a quaint yet vibrant town with an extremely warm and welcoming atmosphere. Located just across the bridge from the Antietam Battlefield, history buffs and regular travelers alike will find Shepherdstown's historical allure a perfect complement to the charm and variety readily abundant at every turn in town. The Back Roads Century begins at Shepherd University and many routes will follow parts of the Potomac River, with rolling hills taking you past apple orchards and lush farmlands.

After Sunday’s ride, join us for our "End of Ride Celebration" at Bellevue Manor, a historic venue with great views overlooking the Potomac. The event will feature amazing food prepared by local restaurants, as well as live entertainment that will have you up on your feet even after riding for hours.

**Make It a Weekend with Saturday Rides & Fun:**
Stay overnight and enjoy the great restaurants, great bars with live music, and unique shopping in Shepherdstown.

**BONUS:** We will be offering two free rides on Saturday, September 17, that will include tours of local Civil War sites commemorating the 150th anniversary of the Battle of Antietam. See Saturday’s ride schedule for details.

Beginner D/D * 5 * DC * 10:00 AM * BicycleSPACE (Adams Morgan)

**Nice & Easy**
Erik Kugler [erik@bicyclespacedc.com] 571-245-6695

D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHR) * 95%/30%

**Lunch in Shirlington**
Ron Trueworthy [Ron.Trueworthy@Yahoo.com]
September 22 — Thursday

C (MH) * 21-29 miles * MD * 10:00 AM * Glen Echo (GLE)  
**Glen Echo Loops**

We will go out mostly flat MacArthur Blvd, with one or two nice hills but the rest through scenic neighborhoods on quiet easy rolling roads or bike paths, including Potomac, Avenel, Glen Echo, and Palisades DC. Route/distance will vary each week. Rest stop at Starbucks Potomac Village or MacArthur Plaza. Lunch at one of several local eateries close to end of ride. The park address is 7300 MacArthur Blvd, Glen Echo, Md. The ride starts in the back parking lot; turn off MacArthur onto Oxford, follow it into parking lot.

Polly Choate [scooterpea@yahoo.com] 202-966-5571 (home); 202-538-5715 (cell)

September 24 — Saturday

C/CC/B/BB/A * 23-70 * DC * 8:30 AM-10:00 AM * Georgetown Waterfront Park

**Georgetown Tailgate Ride**

This awesome multi-class ride caters to all bicyclists in the Club. While all rides will enjoy Beach Drive in Rock Creek Park and scenic northwest DC neighborhood roads, the routes vary based on ride class. The CC through A routes favor great quiet roads to Potomac and adjoining areas before heading back to DC along Beach Drive with one to two rest stops. These latter rides will feature rolling hills and periodic lung-inhaling climbs. All are welcome and encouraged to stay around at ride’s end where the club will partially subsidize lunch at Mr. Smith’s pub across the street from the park. Note: we highly encourage folks to leave their vehicles at home. For those needing to drive, you can probably find free parking on residential streets above M Street or otherwise try www.splothero.com for discounts at the local parking lots.

Matt Birnbaum * [noshbygosh@comcast.net] 202-702-5720
Linda Kolko [127lkolko@gmail.com] 301-785-1342

- **C * 30 * DC * 9:00 AM**  
  Barbara Solan [joebarsolan@icloud.com] 301-919-1221

- **CC * 50 * DC * 8:15 AM**  
  Ron Tripp [ron.tripp@yahoo.com] 301-237-5079

- **B * 50 * DC * 8:00 AM**  
  Bob Bernstein [rbernstein55@yahoo.com] 240-593-2539
  Steve Wartik [steve.wartik@verizon.net]

- **BB/A * 70* DC * 7:30 AM**  
  The rider leaders expect to maintain a BB pace, but faster riders are welcome on the route.
  Matt Birnbaum [noshbygosh@comcast.net] 202-702-5720

September 25 — Sunday

Beginner D/D * 5 * DC * 10:00 AM * BicycleSPACE (Adams Morgan)

**Nice & Easy**

Erik Kugler [erik@bicyclespacedc.com] 571-245-6695

D/C (MF) * 16 * VA * 9:45 AM * Shirlington Library/Signature Theater (SHIR) * 95%/30%

**Lunch in Shirlington**

Ron Trueworthy [Ron.Trueworthy@Yahoo.com]

CC (MF & MH) * 37/45/52 * VA * 9:00 AM * Brentsville Park (BVP) * 45%/95%/50%

**Creek Crossings**

Len Wilkinson [len.wilkinson@verizon.net] 703-455-0368 (home); 703-350-9209 (cell)

**CC/B(F) * 62 * MD * 9:30 AM * East Kent Narrows P&R**

**Kent Island Social**

There are beautiful views, nice houses, long stretches for spinning and shorter out-and-backs to help keep the group together. The distance you ride is up to you. Skip one or most of the out-and-backs for a shorter ride or to catch up to the group. There are food opportunities but a long stretch with nothing so plan on bringing some snacks and water. The ride start is at the Park & Ride on the east side of Kent Narrows. No water or bathrooms at ride start. Plan for lunch after the ride.

B: Robert Bernstein * [rbernstein55@yahoo.com]
CC: Willy Aladro [willyaladro@allstate.com] 301-309-0801

September 29 — Thursday

C (MH) * 21-29 miles * MD * 10:00 AM * Glen Echo (GLE)  
**"Nice and Easy" to Herndon**

Shirley Lipinski [shirley.lipinski@gmail.com] 703-470-6637

**CC/B * 30-60 * MD * 8:00 AM * Thomas S Wootton HS Parking (TWHS) * 50%/60%**

**Rockville Saturday Morning Ride**

Ajit Baid [baidajit@gmail.com] 267-421-1438
Belatedly, here's annual review of some of those long-mileage riders during 2015. Again, statistics are like those of past years for ages (2014's in parentheses), the Mean = 61 (60) and Median = 62 (59) & Mode = 55 (59). The oldest & youngest ages (1 each) are 75 & 47 (avg. 61!), and across the 40s..70s the counts are 1-13-17-9 (with one unknown to bump a center group — a older-biased bell. Regarding gender, things remained in proportion, with women being about 10% of the group.

Four riders amassed double-CIC mileage (10,000 or more), with one close to it. Riding to the top of the chart with a gain of over 3,700 miles past his 2014 riding comes Davey Hearn, who began his "first year of bicycle racing, and the second full year of a fairly serious bicycling habit. A streak of riding a century per month whether I needed it or not, started in May of 2014, morphed into 2 or 3 per month this summer and fall, resulting in 21 for the year." These included "Mountains of Misery in May (the final climb was interesting!) and the Frederick Gran Fondo in September. A unique and unexpected thing happened on Egypt Bend Road at the Page County Grown Century in October. As I came around a bend in the road, riding solo at the time, I suddenly passed 2 vultures feeding on a deer carcass just off to the right and downhill from me in the woods. The vultures were startled by me, and took off into the air. One happened to be trying to gain altitude along my path, at about the same speed, and it to my surprise crossed just 3 or 4 feet clear of my front wheel at handlebar level, as I prepared to avoid hitting the 5 foot wingspan beast. It would have been like having a heavy, smelly blanket full of umbrella struts thrown onto me. Another reminder to be ready for anything on the road!"

Keeping to his double-CIC goal, Tandem Ride Coordinator Don Schneider had whined about 2014's needed December riding and gotten an old friend's "rational albeit unsympathetic [advice to] plan better and accumulate some reserve. I did as instructed and managed 10K on December 12. My stoker surprised me by volunteering us for an early season century in April, which thanks to a finishing tail wind we managed. Our big ride for the year was Athens to Istanbul, island hopping, with ample climbing, including the 900-foot caldera face of Santorini. 2015 was a fine year!"

David Berning rose into the top tier with another 30% jump in mileage — and a jump Ride Class! Equally impressive, he has a tale to tell! "What does a mileage junkie do when his bike computer has a power failure and drops all records of the hard work the cyclist has done, midway through the season? This happened to electronics engineer David Berning in May. Dave's computer is an old Avocet 50 that gets its power from a big lead-acid battery" [yes, you read that right: Dave is not some ounce-trouncing, carbon-ated, spokes-deficient-wheels racer wannabe! "he uses for his lights, GPS, and whatever else he needs. And the wire broke. Upon restoring power, the odometer came up with goose eggs" [<- for non-farmer, urban readers, think 'hubcaps'] "instead of the 3800 or so miles he'd accumulated since January. So, Dave built an oscillator circuit with an electromagnet that transmits pulses to the sense coil on the wheel hub to fool the computer into acting like he was riding the bike. He found he could tune the oscillator so that the Avocet would record up to 120mph. He settled into a more comfy oscillator setting of 80mph and just let that go for a couple of days." [No WONDER he moved from C to B class! (120mph would be AA class.)] "The critical thing was to stop it at just the right time. Dave insists that he really did make that double-CIC total." — and who wants to challenge a guy packing lead-acid voltage (talk about "feeling the Bern"ing)!!

Fourth comes Ron Altemus, who for 2014 opined "it's all about the mileage." In 2015, he "had a Day of Calamities on the Bike Virginia tour. Had a flat early in the day which was quickly repaired, though we didn't find anything in the tire. After repairing the flat, started up a hill and the cable for the rear derailleur failed during the climb. I was able to pedal up the hill in the worst possible gear, but, after reaching the top, it was apparent that I wouldn't be able to ride farther w/o..."

Continued on page 21.
CIC, Continued from page 20.

repair. So a call to SAG and a ferry back to the rest stop where a new cable was put into place. Since at this point, my fellow riders were miles ahead of me, I decided to cut my day short and head back. Approaching the next rest stop, I had another flat — same tire as the first one. Fortunately, Bike Ed was at the rest stop and this time he was able to find the culprit: a tiny but beautiful piece of purple glass shaped suitable for an earring or necklace if it was just a bit bigger. Only two-flat day of my cycling history."

And nearly there — a metric century shy—, again the intrepid Rickey Davis notches another (nearly) 10k, and "during the year, I crossed 100,000 miles since I was age 65 [a decade & a year], joining the late AI Jones as the only other rider whom I've known to do so. (As of Feb. 18th, I've 376,365 total miles.)" Great going, Rickey, but watch out for Dave & his Magic Oscillator!

Then come eight with over 8,000 miles. "All" Nicholas Clements "can say is that I rode through a lot of pain!" Mike McCarley's highlights were "a week in the Pyrenees, including watching 2 stages of Tour de France." Now he's full of grandeur, no doubt. Gary Reid "made it to Chicago in July and did a solo tour of northern Sierra Nevada, Southern Cascades, Trinity Alps, then down the Oregon & California coast from Coos Bay to just inland of Paso Robles, then over to Bakersfield — great fun!" (And, no doubt, w/few flats, per usual.) Norman Rasmussen had only "four 0-mile days," and hadn't "missed a day since 2015-03-05," though he doubled riding in the then-forecast 2' of snow. "All my riding is done with my 3 old bikes from mid-1980s. The vast majority of miles were done on a 1980 loaded touring bike customized with 28 gears (4x7) that weighs in at about 40 pounds." Even sans battery, feel the steel 3-speeds. Advantages: me. They did have the advantage, however, if they turned onto a gravel road. I quickly traced my line back to my Wenger ancestors for her. I rode with them to their church then bid them a good day. I was excited to meet them but not so sure it was reciprocated. When I got home I contacted my 5th cousin, a Wenger Family researcher, who confirmed we do share a connection. For a day I rode with my Amish cousins. — ah, routes with roots! Meanwhile, Stefan Ventura had "another boring year with no exciting riding stories." Well, with only 3% PPTC (and 0% Ride Leading), what's the obvious solution? Same as last year's, tell him, Karen!

And a couple of 8000 miles got that milestone despite health issues. Robert James persevered through "two major injuries, in February & July," and faced another medical challenge, but "I joined the National Bike Challenge (NBC) and our DC team the Washington All-stars finished in 2nd place. I think participating in a sport like Biking with its community events and various challenges such as NBC were a big factor in not letting things slow me down. Instead I had my biggest year for miles ridden to date. Steve Palincsar "had a rough time getting back on the bike after a partial knee replacement. It was painful getting the pedal all the way around the circle, and attempts to adjust my fit ... merely rendered several bikes virtually unreachable. Things were going from bad to worse — I could barely finish a 13-mile ride,-- and then I went to Planet Fitness and on a whim decided to try the stair-climbing machine. Two seconds in I could tell I couldn't keep up with it, so I hit the red Emergency Stop button; it didn't stop. Instead, it drove me down into the ground: the right leg went under the machine and in a flash of horror I imagined whirling gears ready to chew it up; the other leg — where I'd had the surgery-- was severely bent. The pain was excruciating; every muscle in my leg cramped, and I could hardly walk. Fortunately, I'd already re-started physical therapy, and after a couple of days they relieved the distress and found I'd gained 10 degrees of movement in the leg! Meanwhile, Sergio Leon's notable event was "participation in L'Etape du Tour 2015," where riders tackle some of the tour's stages (perhaps on a rest day).

A dozen riders had totals in the 6000s, including this trio of new-to-this-Order riders. Robert McMillan "did my first competitive cycling ever: King's Gap Time Trial in Pennsylvania." And he thanks Janice Stoodley and all the other Weekday Pedalers who taught me the joy of riding with a group. ("Why Ride Alone?" — isn't that the PPTC's raison d'etre?!)

Mike Skinnell highlights "getting my son into bicycling and being with him when he did his first metric century and English century on back-to-back days" — a notable achievement! And welcome here James Nach, who at 74 boosts our senior ranks. Several other, continuing members moved up. Timoheen Mark raised his bar (past 6,000mi), crossing the CIC threshold a few weeks sooner, and although he had "the lowest century count ..., knowing that the 0-mile week datum [shows in the CIC table] kept me" riding each week! (We aim to motivate.) Ernie Hazera similarly upped his total, and reached CIC territory in September vs. November. He "spent a lot of time in New York — Auburn, Skaneatles, & Watkins Glen—, riding the relatively flat northern end of the Finger Lakes east-west, and the hillier north-south routes: best biking I know of that's close to home. Live to bike, bike to live. I'm back on the road again now in March? (i.e., with warmer weather). David Helms made a big jump (1,500mi+), and Jeanne Harrison, although she had "no super strenuous rides for me this year (Randolph rode the Andes in July without me — somebody in this family has to work), but we did do a self-guided/self-supported leisurely 12-day, 420mi ride from Miami to Key West and then from Ft Myers to St. Petersburg & Tampa over Christmas. Two of the Europeans with whom we rode in Costa Rica last Christmas joined us and it was loads of fun (and HOT HOT HOT). This summer [about now] we'll be doing a 3-week ride in France from St Malo to Nice, so I'm trying to re-learn my high-school French, and hopefully will ..." have done "a bunch of PPTC rides in Spring early Summer." Howard Spira, though, nearly dropped out of the 6k group, but with some strenuous riding. I.p., he recalls "walking about a quarter mile at mile 101 at the Mountain of Misery Century at Blacksburgh VA —my leg just totally cramped up, and I couldn't sit without my leg uncontrollably bending. A car kept coming by and asking if I needed help. What the heck I was screaming to myself? — that I didn't climb this [bloomin'] mountain to ask for a ride! I was so angry!!!" Then I saw the balloon arbor of the finish line, got
back on, and pedaled in standing position across the finish line. Swole I had nothing to prove. What did I do? entered that [dagnab] event again! (Going to destroy that mountain this year?) We'll read about this "destruction" next year. Tom Guilford had a year like his past two, also with a performance notch of note: set a KOM on 2x-while-better-than-before (I don't know if anyone has not taken it from me.) His friend Karen Berlage "had an accident in 2015, so [mileage] is not so great" — no, about the same as Tim's, a couple thousand off her stride.

Speaking of friends, this Survey has recently featured the good-natured competition to (dis)prove the assertion that 1x JBoarman < 2x JQuinn, at least in mileage. For 2015, Jeff Boarman "indicated my goal for 2015 was to ride fewer miles than Jim Quinn [as opposed to double!]. But, for some reason, when I returned from San Diego in October, I surprisingly found that I was a couple hundred miles ahead of Jim. For the life of me, I could not find it in me to let him catch me — maybe this year, Jim! For me, 2015 was rewarding — definitely not like 2014, but a good mileage year none-the-less, despite a few health issues that kept me sidelined for weeks at a time." Yes, Jim Quinn "worked hard (best year ever!) and almost caught the infirmed Jeff Boarman. I guess I’ll have to break his leg to beat him. That San Diego winter head start is just too much to overcome [indeed, January was Jeff’s Big Month, 1,086mi!]. I rode about half of my rides on scheduled P'Pedalers rides and the other half with a group of old retirees and lucky flexible scheduled workers. We had some really good rides including some favorites from north of Frederick to Taneytown or up to near Rouzerville, Pennsylvania." And, to the club’s great benefit, Quinn "spent lots of time planning, driving, and riding the routes for the new Back Roads Century rides in Shepherdstown West Virginia. I had a blast searching for the shorter routes, and meeting up with Eric Pilsk’s century route to share the beauty of the valley west of I-81." We must wonder how their respective mileage looks at this point of 2016.

Now we're left with the 5000s, which riders include some with December drama in reaching the CIC goal. New to the Order comes Bob Claude, whom I had the pleasure to meet occasionally at my mid-week rides; he sometimes has ridden one of those up'n'down ski-bike things — quite an upstanding fellow! New also is Richard Loudis, just making it; I hope he further strengthens our 70s group for 2016. Richard notes that when “riding the Civil War Century in the rain, a fellow next to me noted that there were soap suds coming from my bib shorts. Now, I use the double-rinse cycle on my washing machine.” Ha! I’m happy for his “hope to ride with you this coming year,” as so do I, and I’ll bring some laundry! Randonneurs and racers are not new here, and “R” class’d (but 2015 lacks a double metric!!) William Denmen puts in another CITrotch notch, and Kenneth Rowe "had my best season ever as a bike racer and a triathlete. I did two weeks at a bike race training camp in the mountains of North Carolina near Asheville. For the camp, I rode 624 miles with 56,000’ of climbing. Doing the Cayuga Lake Triathlon was the highlight of my season. For the camp, I road 624 miles with 56,000’ of climbing. Doing the Cayuga Lake Triathlon was the highlight of my season..."

For more siege-seeking than performance, Ken Berman joins the Order, and "rode across country, full self-supported, no support vehicle, with a group of 9, from Yorktown to Oregon, crossing five mountain ranges (Appalachians, Ozarks, Rockies, Cascades, & Frontal Range). We crossed paths with the racers doing TransAmerica, but they were going from West to East. I took 93 days, the winner of that race completed it in 70 days. When you think how much easier that would be if we had a mass start, there is someone doing it better/faster/whatever. Most of all on our ride were in our 60s, and we had perfect weather, with tailwinds and no tornadoes in the Midwest. We cycled 85 of the 93 days, and did our own cooking — grew sick of oatmeal and PBJ sandwiches, but dinners were fun, with Pad Thai, steaks, or pasta. Small-town America was welcoming, but looked at us folks in our spandex as if we were from another planet!!" Returning to the Order with like figures to 2013 is John Lynn, who "was on top of Mt. Baldy for finish of the Queen stage of the Amgen Tour of California in May. Hundreds of riders rode on the race route, prior to the race that day. Temp.s were predicted to be in the low 50s, but turned out to be in the 30s (!!) with snow still on the ground. Not only did hardly anyone have a triple chaining for the mile-long 15% grade near the top, but most of us were in short-sleeved jerseys. When many of the riders reached the top, in spite of the temperatures, they stood around talking for a quite a while, apparently impervious to the conditions. These people were tough! (but my friend and I were freezing our ass off!!)."
Get Your Cycling Event Posted on our Website

We post area cycling events such as Century and charity rides on our website Regional Cycling Events calendar at no charge. To get your ride posted online, do the following…

- Go to www.potomacpedalers.org
- Hover over the menu item Ride Schedules
- Hover over the menu item Regional Cycling Events
- Click on How to Submit an Event
- You’ll be taken to the Regional Cycling Event Submission form
- Complete the form and press Submit

Regional Events are typically posted within 48-72 hours of submission.

Sign Up For Potomac Pedalers E-mail Newsletters

Potomac Pedalers sends out e-mail blasts once per month in the winter and twice per month during the summer. We invite all cyclists to join our mailing list and receive information about upcoming club events, regional cycling events, the latest club news and more.

- Go to www.potomacpedalers.org
- On the right side of the screen you’ll see a dialogue box “Join Our Mailing List”
- Type in your e-mail address in the box and you’ll be presented with a series of prompts to join

You can also use this same dialogue box to update your e-mail address or to unsubscribe. Just type in your e-mail address and follow the prompts.

We hope that you enjoy our e-mail blasts, and that they become a valuable part of your Potomac Pedalers Membership!
Pedal Patter First Class Mail

Pedal Patter is normally sent via bulk mail. You have the option of upgrading to First Class postage for $13.00 per year. Go to our online store to purchase the First Class mailing upgrade and we'll make the change to your account.

No Longer Wish to Get Pedal Patter in the Mail?

Some people don’t want to get hard copy. Saves the club only a small amount of money but it might save a small tree! To opt out of receiving Pedal Patter by regular mail the instructions below assume you have already logged onto the PPTC website (www.potomacpedalers.org) as a member using your password.

To opt out you need to access your profile. To do this
1. Click on Manage Profile
2. Click on Edit Bio
3. In the Additional Information section you will see a “Yes/No selection “Receive Pedal Patter newsletter in the mail”
4. Make your selection and next month’s mailing will reflect your choice.

If later, you decide you wish to get it you can follow the same instructions above to start receiving it again.

CIC, Continued from page 22.

Country Bike Tour over in Dover, and had left the house to go put in 50 miles in finishing up the training for both, when just a mere half mile from the house I had to decide whether to get hit by a truck or slide into it. In sliding into the truck, I broke my acetabular joint in my pelvis (where the femur and pelvis meet) and was off the bike for 4 months. I got 4,198 miles in before the crash on Sept 5th, but not much afterwards. I’m hoping to make 5000 this year (2016) ... my physical therapists are amazed with my progress. I’ll be doing my 4th Storming of Thunder Ridge century again this year — I’m not going to let a cycling injury keep me from riding up mountains!” And when it comes to mountains, Mark Hemhauser continued to climb a lot last year. “With Grizzly Peak out the door, there’s always an 8mi climb just waiting for me. But alas, a congenital heart defect caught up with me last year. Doctors all said back off the hard cycling or risk tearing the aorta — fun concept, not. I had a really crappy October, November and December for riding. I wrapped up the year with 4,672 miles and 376,000 feet of climbing. That’s an 80’ per mile average for the year. The Tuesday night ride averaged 98’/mile which included climbs of 3.8%, 1.2%, 3.9%, a finishing 1.4-mile climb, and various rollers on the ridge. Those sustained climbs seriously brought down my average speed.”

Finally, let me give here another tribute to a long-riding CIC couple Lynne Rosenbusch & John Fauerby whose generous sharing of their love of cycling has touched many fellow riders: may they rest in peace, their memory long.

Rosenbusch & John Fauerby whose generous sharing of their love of cycling has touched many fellow riders: may they rest in peace, their memory long.

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