



October 2016



The Spoke 'n' Word

newsletter of

Oxon Hill Bicycle & Trail Club, Inc. P.O. Box 81 Oxon Hill, MD 20750

Bicycling Events in October

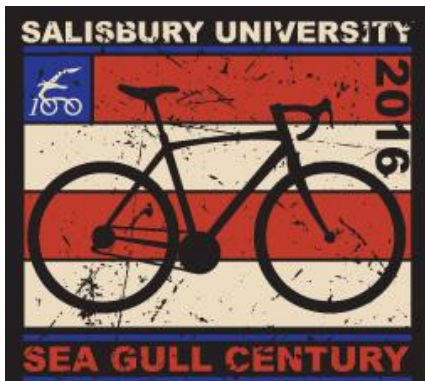
October is one of the best months for bicycling. In addition to OHBTC's full schedule of club rides, several supported events by other organizations will be of interest to members.

Sunday, October 2



Join Potomac Pedalers and Montgomery Country-side Alliance for the sixth **Montgomery County Farm Tour** featuring family farms in the Agriculture Reserve. www.potomacpedalers.org.

Saturday, October 8



The Sea Gull Century at Salisbury University tours the picturesque Eastern Shore of Maryland and offers routes of 65 and 100 miles. www.seagullcentury.org.

Find more tours and supported bike rides at www.ohbike.org/events

Friday, Oct.14 – Sunday, Oct. 16



The Shenandoah Fall Foliage Bike Festival offers rides for all abilities, well-marked courses with maps and cue sheets, plentiful rest stops, lunch on Saturday, brunch on Sunday, and evening entertainment. www.shenandoahbike.org.

Saturday, October 22



The Crop Hop Cycling Tour of Southern Maryland Farms is a fundraiser bike tour designed to highlight the connection between farms, fresh food and good health, and to help provide fresh farm foods to low-income families in Southern MD. www.crophop.com.

Featured in this Issue

Prez Sez Sam Perry.....	page 3
Road Captain's Report Sherwood Byers.....	page 4
National Bike Challenge	page 4
Bicycle Tour in Italy Barbara Haney.....	page 5
Recap of the 2016 Indian Head 100.....	page 6

Welcome, New Members

Tim Bailey	Waldorf MD	A,B
Lauren Becker	Washington DC	B
Anthony Calandra	Alexandria VA	
Michael Davis	Waldorf MD	
Ronald Harris	Oxon Hill MD	C
Sabrina Harvey	Luarel MD	B-C
Zachary Jewess	Bolling AFB DC	
John Pacovich	Washington DC	
Matthew Portis	Alexandria VA	
Michael Richmond	Chesapeake Beach MD	
Karen Rosales	Arlington VA	
Karlton Tucker	Temple Hills MD	D
Ann Webber	Silver Spring MD	CC
Neal Westgerdes	Alexandria VA	

OHBIKE is on Facebook

Visit www.facebook.com/ohbike to see photos from club rides and other items of interest to club members. A Facebook account is not needed to view the club's Facebook page, but an account is needed if you wish to post an item or leave a comment



Club Jerseys

OHBTC short sleeve and sleeveless jerseys are available for \$60 per jersey plus \$5 shipping. Arm-warmers are \$25 and arm-coolers are \$10. You can order using the order form at www.ohbike.org.

Oxon Hill Bicycle and Trail Club

Club Officers

President	Samuel Perry	sperry52@verizon.net
Vice Pres.	Mia Haynes	lady mia10@hotmail.com
Road Captain	Sherwood Byers	sbyerssr@aol.com
Secretary	Holly Carr	holly.carr1@gmail.com
Treasurer	Mimi Newcastle	mnewcastle@aol.com

Ride Coordinators

Class AA	Scott Walker	walkcycler1@yahoo.com
Class A	Bruce Wright	bigheart63@gmail.com
	Holly Carr	holly.carr1@gmail.com
Class B	Michael Saizan	mpsai z an@verizon.net
	Debby Bowman	bowmandj@aol.com
Class CC	George Martin	georgeoh46@yahoo.com
	Majesta Hartley	majestaw@comcast.net
	Steve Palincsar	palincss@his.com
Class C	Randy Schoch	rabbirandy@gmail.com
	Mia Haynes	lady mia10@hotmail.com
Class D	vacant	
Mountain Bike	Barry Howard	howard.barry383@gmail.com
Overnighters	Steve Palincsar	palincss@his.com

Standing Committees

Program	Susanne Kohl-Parker	susannekp@gmail.com
Public Relations	Jim Hudnall	jimhudnall@gmail.com
Newsletter	Jane Hudnall	janehudnall@gmail.com
Advocacy	Walt Roscello	wroscello@gmail.com
Safety/Ed	George Martin	georgeoh46@yahoo.com
Jerseys	Janell Saunders	nell7285@yahoo.com
Communications	Joan Oppel	oppeljs@gmail.com

Handy Telephone Numbers

SHA MD Bicycle and Pedestrian Coordinator		
	Tony Campbell	410-545-5656
	24-hr tape	800-252-8776
M-NCPPC Trails and Bikeways Information		
	Fred Shaffer	301-952-3661
Pothole Repair Hot Lines:		
	Alexandria	703-838-4488
	Calvert County	410-535-0905
	Charles County	301-932-3450
	Prince George's County	301-499-8520
	St. Mary's County	301-863-8400
	Washington, DC Citywide Call Center	- 311

MD-SHA non-emergency contacts to report road problems:
http://marylandsha.force.com/customer care/request_for_service

Prez Sez *by Sam Perry*

The 2016 Southern Maryland Century – the Indian Head 100 is complete and for the history lore of this great club. I didn't ride this year but I did volunteer. It was my first time being on the other side of registration, watching the anticipation of others as they waited in line to complete the check-in process.

I arrived at 6AM to see riders waiting by their cars for the process to begin. It brought a smile to my face.

I have to mention the weather. Best. Weather. Start. Ever! After all of the hot nineties and humidity, we had a cool morning that lasted to midday.

This was the second year that this ride had been on Labor Day. A thousand people registered. This was the first year registration was closed when that number was reached.. I watched some of the Internet sites chatter of people desperately trying to find a way to ride at the proverbial last minute. I felt empathy for them as well as a few who appeared and asked if they could participate on ride day.

Why a closed registration you ask? Over previous years our club would plan for a certain number of riders who would register in advance of the ride and an educated estimate on how many would arrive to register the day of. When more riders participate than we can manage, parking is finite as well as food; it puts a strain on the excellent services we can provide for all to enjoy. More people also means more volunteers to make this event run smoothly.

We are striving to get better at this, and with your help and ideas I think we can.

Kudos to the architects of this charity ride, Jim and Jane Hudnall, for their creative use of volunteers this year. Thanks to the efforts of all who volunteered to make this a great ride, from Registration, to Parking Crew, SAG and the Rest Stop Crews, well done. A great thanks also to those who prepared food Post Ride (those who completed a century know what I'm talking about), the entertainment and the cleanup.

A shout-out to some of the clubs who participated, Potomac Peddlers, Phase, Artemis, Getting It In Crew. Thanks for your patronage, GII were 83 strong in participation this year. A lot of first time century riders on the roads.

It's the fall season, but the rides don't stop. Dress appropriately and keep riding. See you out there.



Club President, Sam Perry

Post-century club meeting - Thursday, September 29, 6:00PM at Grace Lutheran Church, 10928 Indian Head Highway, Fort Washington, MD 20744. Board members, ride coordinators, century volunteers and anyone interested in helping with the 2017 Indian Head 100 are invited to attend. Gather for pizza at 6:00PM with the meeting to start at 7:00PM. All members of the Oxon Hill Bicycle and Trail Club are welcomed to attend. RSVP to Sam at sperry52@verizon.net so there is enough pizza for everyone.

Road Captain's Report *by Sherwood Byers, Jr.*

Earlier this riding season I talked about VOP and VOA (Visual Omni Presence & Visual Omni Awareness). These two concepts are important because they reduce accidents exponentially. Being visible to the other guy and knowing your surroundings are key factors in staying safe. One must ask themselves, "Did I do everything within my power to make sure that I am seen?", "Did I clear myself of distraction so that I am aware of what's going on around me"? Sure, there is always one more thing we can do, but take that extra moment and ask yourself, is that one extra thing worth my safety and well being. I think you have your answer.

Some of Oxon Hill Bike and Trail Club's members have had some mishaps and crashes lately, some on club rides, some on personal rides, and some on a non-club rides.

Let us all take the time and redirect our focus toward practice safe riding.

PRACTICE DOES NOT MAKE PERFECT, PERFECT PRACTICE MAKES PERFECT.

Safe Riding Always.



Road Captain, Sherwood Byers, Jr



NATIONAL BIKE CHALLENGE

The [National Bike Challenge](https://nationalbikechallenge.org) runs from May 1 to September 30. Participants get one point for each mile and 20 points for each day participant rides more than one mile.

Top Ten on the Leaderboard for Team OHBIKE

Rank	Rider	Points	Miles and days during Challenge	Miles and days this year through 9/22
1	Brad Francisco.....	10165	7,235.5 miles in 146 days	10,642.9 miles in 267 days
2	Steve Palincsar.....	7874	5,198.8 miles in 131 days	5,819.6 miles in 150 days
3	Pete Czapiewski.....	6878	4,317.5 miles in 128 days	7,038.7 miles in 239 days
4	Blake Altman.....	5212	3,532.0 miles in 84 days	5,455.0 miles in 131 days
5	Andrea Noseck.....	5165	2,904.8 miles in 113 days	4,435.5 miles in 199 days
6	Lisha Peacock.....	5136	2,975.5 miles in 108 days	3,139.9 miles in 117 days
7	Ron Altemus.....	5012	2,972.0 miles in 102 days	4,407.9 miles in 161 days
8	Richard Harrington.....	4960	2,919.8 miles in 102 days	5,188.5 miles in 156 days
9	Scott Walker.....	4198	2,498.1 miles in 85 days	3,570.6 miles in 133 days
10	Matthew Lewandowski	4087	2,826.8 miles in 63 days	2,826.8 miles in 63 days

Leaderboard from <https://nationalbikechallenge.org/team/5314>

Cycling Out of Bounds in Italy *by Barbara Haney*

Although Ron and I love riding our local Southern Maryland roads, bicycling in Italy has become a highlight of our season, and an incentive to train and stay in shape year-round. Cycling for sport, recreation, and transportation has a long history in Italy, and cyclists on the road are treated with more respect and politeness than we often find here. It is not uncommon to see large groups of cyclists of all ages out on a club ride, and it is always ok to enter a café or restaurant in cycling garb and cleated shoes.

Our cycling experience is limited to the northern part of the country, mostly in the Veneto region north of Venice. We prefer to stay in one place and do most of our riding from that central location, instead of moving to a different hotel every night; for the majority of our trips we've stayed at the Italian Cycling Center <http://www.italiancycling.com>. Run by an American, it's located in a tranquil village, and offers comfortable, non-luxurious, moderately-priced accommodations, great food, and guided rides of various levels.

The variety of terrain in this area is endless, with hills, mountain passes, and flat rural roads; great coffee stops in every town, and of course amazing scenery. You can go out and hammer if you want, but we usually go at a touring pace, admiring the scenery, taking photos, stopping for the historical and cultural sights we find along many of the routes. After the ride you can relax with a glass of prosecco, or even a grappa, made from the grapes in the vineyard you just rode past.



Recap of the Southern Maryland Century The Indian Head 100

The Indian Head 100 happens because OHBTC members give of their time and energy to provide a great event.

The Indian Head 100 t-shirt design by **Peter Ulrich** features the fellowship hall at Christ Church – Old Durham Parish, one of the rest stops.

Roads markings were painted by **Steve Palincsar, Ron Altemus, Alan Kurzweil, Joan Oppel, George Martin, Dave Schnirel, Holly Carr** and **Jim Hudnall**. Signs were also used to mark the route, thanks to **Wayne and Lynne Blake-Hedges, Don Porada, Blake Altman, Sherwood Byers** and **Linda Bankerd**.

Parking was directed by **Walt and Sharon Chalmers, Darin King, Phil Mitchell, Michael Dong** and **Curtis Smith** (Indian Head Commissioner).



Sharon Chalmers



Benny Budd and Dave Owens from the Bike Doctor of Waldorf

Mechanical support at the ride start was provided by **Benny Budd** and **Dave Owens** from the Bike Doctor of Waldorf. They made minor repairs and helped riders get their bikes ready for the ride.

The start/finish banner was made by **Mike Butler**. **Susanne Kohl-Parker** and **Ron Taylor** put it up at the start. Susanne and **Commissioner Curtis Smith** moved it to the finish line.



Susanne Kohl-Parker and Commissioner Curtis Smith

Check-in went well because of the talents of **Pat Sanders, Joan Oppel, Walt Roscello, Sam “the Pres” Perry, Dawn Byrd-Carter, Olga Roberts, Tim Murphy, Susanne Kohl , Diane Harris, Tasha Harris, Monica Irmmler, Tiffany Mitchell, Leslie Tiersstein, Trina Taylor and Majesta Hartley**. Coffee supplied by Wee Bean, Inc. and bagels and Honey Stinger Waffels and bananas were available.



Linda Bankerd, Pat Sanders, Joan Oppel, Walt Roscello



Sam Perry, Dawn Byrd-Carter, Olga Roberts, Tim Murphy and Susanne Kohl-Parker



Diane Harris and Tasha Harris



Monica Irmmler, Tiffany Mitchell, Leslie Tiersstein

SAG (Support and Gear) is one of those things you hope you won't need but are glad it is available if you have a problem on a ride. **Walter and Holly Carr** provided the SAG gear and ran the control center. Out on the roads offering assistance were **John Early, Ron and Barbara Haney, Randy Hadden, Lou Dall'Orso, Barry Howard, Randy Schoch and Ken Meredith**. Walter went out when no SAG was available to pick up a rider. SAG support was offered by rest stop volunteers - Rob Smith, Mike Saizan and Bruce Black SAG members also picked up the club's signs that marked the route.

Radio Communication was provided by the [Charles County Amateur Radio Club](#), Paul M. (Mike) Tackish, KA3GRW, President. Radio operators included Pam and Jeff Humbert, Ralph Abel, Bob Davidson and Mile Tackish.



Jeff Humbert

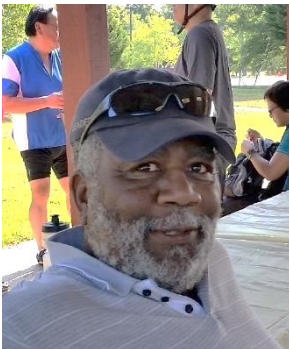
The Smallwood State Park Rest Stop is everyone's favorite because of the wonderful egg muffins prepared by the **McChesney family**. Peanut butter and jelly sandwiches, fruit and snacks were available thanks to **Pat Walthers, Debby Bowman, Susanne Kohl Parker, Tena Branstetter** and **Pat Colvin**. **George Martin** kept the drink coolers full.



Tim and Dee McChesney and family



Jane Hudnall, Pat Walthers, Debby Bowman, Susanne Kohl Parker, Tena Branstetter and Pat Colvin



George Martin



Drink Coolers and Gatorade concentrate at Smallwood

The Oak Grove Baptist Church Rest Stop was on the century route . Riders were ably served by **Paige, Dee and Rob Smith, Bernie Cohen, Azalia and Mike Butler** and the church youth group. The favorite items were **Brad Francisco's** homemade Chex Mix and Honey Stinger Gels. Also available were bagels, spreads, snack bars, bananas and oranges. Drink cooler full of ice water, Gatorade concentrate and ice for water bottles helped everyone stay hydrated.



Paige, Dee and Ron Smith, Bernie Cohen, Azalia and Michael Butler and Oak Grove Youth Group



Rest Stop at Oak Grove Baptist Church

The Durham Church Rest Stop had delicious tomato, tomato and humus and peanut butter sandwiches as well as fruit and snack bars. **Michael and Regina Saizan, Ruddy Elly** and **Marcy Del Grosso** helped set up the stop and directed riders in and out. Millie Hamman, Christ Church Warden and member of Christ Church/Durham made and served the sandwiches and kept the drink coolers filled and ice available to riders.



Members of Durham Church prepare sandwiches for riders



Michael Saizan, Dana Middleton and Regina Saizan



Cyclists take a break at Durham Church Rest Stop

The Saint Ignatius Rest Stop was supplied by **Sean Lloyd** who helped **Gail and Bruce Black** greet riders at the top of Chapel Point Hill. The church youth group led by **Shannon Whitmore** made peanut butter sandwiches, Nutella sandwiches and served pickles, candy bars, grapes and bananas. **Douglas Carter** also brought supplies to St. Ignatius.



Rest Stop at St Ignatius Catholic Church



Members of the St Ignatius Youth Group with leader, Shannon Whitmore

The Thomas Stone National Historic Site Rest Stop was the final rest stop. Waiting at the top of Rose Hill (yes, the last hill!) were **Clay Hashimoto**, **Kirk Fedder** and members of Sha'are Shalom Congregation, under the supervision of **Mark Holt**. Rita's Ice, ice water and Gatorade concentrate as well as peanut butter and jelly sandwiches, bananas, snack bars and Veggie Sticks gave cyclists the energy to complete the route. **Vicki Garlock** and Park Ranger **David Lassman** brought tables, chairs and a pop up shade for volunteers and cyclists.



Rest stop at Thomas Stone National Historic Site

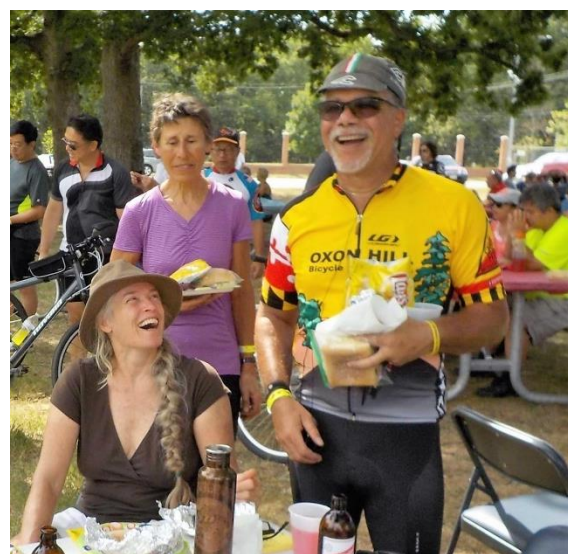


Members of the Sha'are Shalom Congregation offered drinks and food to riders and signaled cars to stop for cyclists.

The After-Ride Picnic on the Indian Head Village Green was provided by **Tom and Brenda Peterson** and members of St. James Episcopal Church and **Wally and Jane Huie** - the hot dog chefs and their son-in-law **Don Houghton** and granddaughter **Samantha**. **Larry and Ellyn Peed** made sure all of the tables were covered, the trash empties and everything ran smoothly. Picnic food included Italian, ham, turkey and cheese, chicken salad and veggie sandwiches, Wally's hot dogs, cold watermelon slices, potato chips, pickles and condiments, Tom's homemade cookies and lemonade and fruit punch. New this year was a large tent for the serving food, additional tables and chairs and music provided by Doc Stevens and the No Stars.



Michael Butler, Leslie Tierstein, Walter Roscello, and Azalia Butler



Linda Bankerd, Sherwood Byers

After Ride Picnic on the Village Green



Wally Huie "the hot dog man"



Don and Samantha Houghton, Wally and Jane Huie



St James Episcopal Church members serve sandwiches, chips, watermelon and cookies



Honey Stinger Waffles, gels and energy chews were provided in partnership with the [Honey Stinger Company](#).

Produce was donated by [Keany Produce](#), thanks to John Pearson.



Supplies were taken to rest stops by club members. **Dee and Tim McChesney** brought all of the equipment and food for the Egg McMuffins. **Pat Colvin** and **Mike Saizan** picked up supplies for Smallwood. **Mike Butler**, and **Dee Smith** brought supplies to Oak Grove. **Ruddy Elly** got the supplies for Durham Church. **Sean Lloyd** and **Douglas Carter** delivered supplies to St. Ignatius. **Mark Holt**, **Clay Hashimoto** and Congregation Sha'are Shalom members brought supplies and [Rita's Ice](#) for the Thomas Stone Rest Stop. Members of St. James Episcopal Church of Indian Head provided tables, chairs, sandwiches, chips, homemade cookies and drinks for the picnic. **Wally and Jane Huie** grilled the hot dogs. **George Martin** and **Mike Saizan** returned drink coolers and other supplies to the Hudnall's.

Host locations welcomed cyclists. Check-in was in the [Indian Head Pavilion](#) and the end-of-the-ride picnic was on the Village Green, thanks to **Karen Williams** and the [Town of Indian Head](#). The first rest stop was in [Smallwood State Park](#) with support from Park Ranger **Nakia Johnson**. Cyclists doing the 100-mile route had a rest stop at Oak Grove Baptist Church with special thanks to **Earnest Tibbs**. The [Christ Church – Durham Parish](#) rest stop was arranged by Church Warden **Millie Hamman**. **Father Tom Clifford**, Youth Director **Shannon Whitmore** and members of St. Ignatius Catholic Church provided the rest stop on Chapel Point overlooking the Port Tobacco River. Ranger **David Lassman** of the National Park Service welcomed cyclists to the rest stop at the [Thomas Stone National Historic Site](#).

Photographs taken by **Chris Roell**, **Peter Klosky**, **Mike Saizan**, **Gail Black**, **Dee Smith**, **Mike Saizan** and **Jane and Jim Hudnall** can be found at <https://goo.gl/photos/PYh1LbEkUckMPaeD9>, www.facebook.com/ohbike and www.imageevents.com/ohbike.

Event coordinators Jim and Jane Hudnall are grateful to all who made the event possible.



Mike Butler



Ruddy Elly