



The Spoke 'n' Word

newsletter of



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

ohbike.org

OHBTC Suspends Club Rides, Events and Other Activities During COVID-19 Pandemic

Due to COVID-19 and the ongoing public health crisis, OHBTC has suspended all club activities. Club rides and events will resume when guidance from CDC (the Centers for Disease Control and Prevention) says it is ok.

Up until that time, you know the drill: wash your hands for 20 seconds, don't touch your face, and maintain social distance of least six feet.

- Don't stop riding your bike. Fresh air, sunshine and exercise are good for your immune system and you spirit.
- Use ohbike@groups.io to let others know you are going on a ride and would welcome some company. Limit the number of riders to less than 10 and keep at least 6 feet apart.
- Follow www.facebook.com/ohbike.
- Keep in touch with family and friends by phone, email or just a wave.
- Find something wonderful to celebrate every day. It could be a sunrise, spring flowers, a call from a friend, a bike ride or anything that lifts your spirits.
- Do everything you can to make this virus go away so we can get out and ride together again.
- Read Steve Palincsar's ride report on page 5 for a positive look at rides you can do in the future and inspiration as you stay home.



Celebrate the 50th anniversary of Earth Day by being mindful of things you can do to improve our planet. Try to reduce the amount of trash you produce, reuse items that can be reused or pass them own to others and recycle plastics, cardboard, metal and glass. Use your bike for transportation rather than going by car. We have only one earth. Help take care of it.



Featured in this Issue

Prez Sez Donaro Gardner	page 3
Captain's Report Barbara Haney	page 4
Ride Report Stephen Palincsar	page 5
Two Great Bike Shops	page 8
Just for Laughs	page 9

Welcome, New Members

Rene Brewster	Clinton MD	CC
Rick Martinez	Severna Park MD	C,CC
Gregory Thevenin	Alexandria VA	B
Rhonda Warmesley	Waldorf MD	C

Bike Events

COVID-19 alert

Due to the coronavirus (COVID-19), these events may be cancelled or postponed.

End Hunger Ride

Saturday, April 25

endhungercalvert.org/bike.

Bike to Work Day

Friday, May 15

biketoworkmetrodc.org/

SMECO 75 Bike Ride

Saturday, June 6

smeco.coop/community/smeco75

Patuxent River Rural Legacy Metric

Saturday, June 13

ohbike.memberlodge.org/event-3710184



Group Rides will be back on the schedule as soon as the CDC allows them.

Publication of the *Spoke'n'Word* will resume after the COVID-19 pandemic is over.

Oxon Hill Bicycle and Trail Club

Board of Directors

President	Don Gardner	DonaroGardner@gmail.com
Vice Pres.	Janell Saunders	nell7285@gmail.com
Secretary	Jane Hudnall	janehudnall@gmail.com
Treasurer	Ron Altemus	surlykm29er@yahoo.com
Road Captain	Barbara Haney	haneybcl@verizon.net
Member-at-Large	Alan Kurzweil	adkurzweil@comcast.net
Member-at-Large	George Martin	georgeoh46@yahoo.com
Member-at-Large	Joan Oppel	oppeljs@gmail.com
Member-at-Large	Walt Roscello	wroscello@gmail.com

Ride Coordinators

Class AA	Brad Francisco	francisco_family@verizon.net
Class A	Pete Czapiewski	czapmk@verizon.net
Class B	Michael Saizan	mpsaizan@verizon.net
Class CC	Steve Palincsar	palincss@his.com
Class C	Randy Schoch	rabbirandy42@gmail.com
Class D	Charles Williams	chawjr@msn.com
Overnighters	Steve Palincsar	palincss@his.com

Committee Chairs

Program	George Martin	georgeoh46@yahoo.com
Advocacy	Walt Roscello	wroscello@gmail.com
Safety/Ed	open	
Communications	Joan Oppel	oppeljs@gmail.com
Jerseys	Janell Saunders	nell7285@gmail.com
Website	Jim Hudnall	jimhudnall@gmail.com
Newsletter	Jane Hudnall	janehudnall@gmail.com

Handy Telephone Numbers

SHA MD Bicycle and Pedestrian Coordinator	
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 Call Center	- 311
http://marylandsha.force.com/customer-care/request_for_service	

Prez Sez by Donaro Gardner

Due to the COVID-19 ongoing public health crisis, OHBTC has suspended all club rides and events. Updates will occur as the situation evolves. Stay safe and healthy and we will see you as soon as we can!

The weather is just beginning to get milder and the days longer. This is still a great time to get in the miles, just not on group rides! We had many great cycling events coming up this spring, summer and fall, but until further notice they are all on hold.

Thank you for allowing me to serve you as president of OHBTC for a second year/season. It means so much to me to have your trust!

While you are waiting for the coronavirus to go away, practice these basic cycling skills. I know that I take these techniques for granted. These are the 7 essential skills we need as a cyclist.

1. Balance - which keeps us from falling over.
2. Stopping Safely- allows us to keep control of the bike to prevent an accident or fall.
3. Pedaling - helps us to make better use of our pedaling energy.
4. One Handed Cycling - this allows us to take a drink or give hand signals to other cyclists, pedestrians and automobiles.
5. Knowing When/How to Change Gears - allows you to enjoy the ride more, be efficient and ease ascent up and down hills.
6. Fixing A Flat - this keeps us from having a long walk back to the start point or paying for a taxi service.
7. Removing a Wheel from A Bike Frame - allows you to change the tire on the front or rear wheel of a bike in a timely manner.

Until next time, Happy Cycling!



Before Social Distancing



After Social Distancing

Road Captain's Report *by Barbara Haney*

What bizarre, uncertain, and scary times we find ourselves in as I write this column. It should be filled with fun and useful information, upcoming events, and otherwise uplifting thoughts about our beloved cycling and the always much-anticipated coming of spring. But we are instead facing ever-more-stringent closures and restrictions, from schools to libraries, restaurants to gyms. By the time you read this, who knows what life will be like? Will we be like Italy, with the police enforcing a lockdown limiting trips outside the home to the absolutely necessary? Believe it or not, it is currently NOT ALLOWED to ride a bicycle outdoors there, except when it is required for essential transportation, which must be documented on a government-issued form. The same restrictions apply in Spain, another country hard-hit by the disease. Aside from the obvious goal of limiting person-to-person transmission, the point is to ensure that all possible hospital space remains available for COVID-19 response, instead of treatment of bicycle accident victims.



We are not living with limits like these...YET. Let's hope that common sense prevails, as does a widespread sense of civic duty. We are still free to go out and ride, even in a small group. But it's becoming increasingly evident that we have to change the way we do things for a while in order to escape that same fate of those across the Atlantic. So it is with great regret that we have to CANCEL, for the first time not due to weather, our traditional harbinger of spring, the April "Start the Season Right All-Class Ride." As you probably have heard by now, the CDC is advising against gatherings of no more than 10 people. In good weather, an All-Class Ride could attract many riders and become a potential Petri dish for transmitting the Coronavirus. Add to that its long incubation period and the fact that you could have no symptoms and feel fine, even while harboring and spreading the virus, meaning people might continue riding while infected.

So, go out and ride, get fresh air and sunshine to boost your immune system, but be sensible. Limit the size of riding groups. Practice good hygiene (always!). Don't overdo it. If you're not feeling well, of course stay off the bike. If you have underlying risk factors, take even more care than usual. Encourage your friends to do the same. I hope as many of you as possible can at least start the season in your own way, within the limits of what's currently possible, and that it's a great season for you.

We'll get through this thanks to our resilience and commitment to our fellow club members. I'll see you out on the roads and trails, of course, at a safe social distance!



A Ride Report *by Steve Palincsar*

3/14 South Polling House, Deale, Franklin Manor & Chalk Point

Sat, March 14, 2020



Owings Beach - The "Real Deale"

Members: Jessica Hirschhorn, Harry Kidd, Alan Kurzweil, Janell Saunders, Marc Blackman, Linda Blackman, Mia Haynes, Rod Barnes, Pat Walthers

Guests: Rodney Cobb

Route:

<https://ridewithgps.com/routes/32094371>

36 miles, under 900' elevation

Weather: Wonderful. Bright sun, interesting partly cloudy skies, breezy, 49 at the start rising to 59 by mid-afternoon. A lovely spring day. Flowering trees on the verge of their glory, even the despicable and loathsome Bradford Pears were looking good today, almost enough to forgive them for some of their legion sins.

Mishaps & Mechanicals: none

AMS: 12.0 mph



Today's route could have been called "By the Bay, By the Bay, By the Beautiful Bay." After riding through the rolling farmland along South Pollinghouse and Nutwell, we stopped at the South County Cafe for a rest stop. No virus panic here, just business as usual. After the break, we went on to Franklin Manor on the Chesapeake Bay then went onto the Shadyside Peninsula where we visited Cedarhurst before returning for a second rest stop at Christopher's Fine Foods. We then went on to Chalk Point for some scenic views of the West River before returning to Harwood School. A grand day for a bike ride, and we all had a terrific time.



Photos by Jessica Hirschhorn

But, as Laurence Olivier kept asking in *Marathon Man*, "Is it safe?" A question very much on everyone's mind, given the current national state of emergency due to the coronavirus. So how about it? Is it safe?

In an article published by Bicycling Magazine yesterday, "How to Ride Safely Amid Coronavirus Concerns: Answers to your most frequently asked questions as the virus continues to spread," by Jordan Smith:

Is it safe to ride outside?

Yes—in fact, it's safer to be outside than inside when it comes to disease transmission. When people congregate together and someone sneezes or coughs, droplets get onto objects that people touch, and then people touch their face, Nieman explains. The best plan for riding right now is to go out and ride with a healthy buddy or small group and enjoy the outdoors.

Should you avoid riding in groups?

Your exposure to sick people in that situation should be minimal, as someone who has a fever and a cough won't feel like going for a ride, Labus says. When in a group, you could protect yourself a bit by spreading out and avoiding unnecessary hand-touching. Don't share water bottles or snacks. And of course, don't forget to wash your hands when you get back.

-- <https://www.bicycling.com/news/a31469228/cycling-during-coronavirus/>

We kept our distance (you can see the proof below) both during the ride and during breaks. That wasn't difficult with a small group and no pacelining. I did caution everyone at the start, "No Snot Rockets," and of course we don't have to worry about people showing up for a ride feeling sick - that simply isn't something people do on recreational rides like this.

I did institute one change in our normal procedure to avoid shared contact during the sign-up process: instead of having riders sign the waiver (potentially sharing contact with the paper, the clipboard and the pen) I took down names and emergency contact information as told to me from a safe distance.

Hardly a day goes by without news of some cycling event or other being canceled or postponed due to the emergency. It's almost certain now we won't be hosting the Rural Legacy this June, and I imagine we'll be hearing about the cancellation of the End Hunger ride any day now. We may even have to reconsider the April All-Class ride. But I think we can safely continue with regular rides provided we follow common sense safety practices before and during the ride, and especially at rest stops.



Social Distancing

Editor's Note: If you don't read the ride reports at <https://ohbike.memberlodge.org/reports>, you are missing some interesting descriptions of club rides. This one written by Steve Palincsar was too good not to share with club members. It reminds me of how much fun bike riding can be, the beautiful scenery along the Chesapeake Bay and how amazing a group ride can be.

Two Great Bike Shops!

Door prizes were given out during the OHBTC Annual Meeting, thanks to the generosity of Bike Doctor of Waldorf and Wheel Nuts Bike Shop in Alexandria. We are fortunate to know **Chris and Teresa Richardson** and **Ron and Trina Taylor** - great supporters of OHBTC. Go see them when you need a new bike, bike supplies, or service. Now is a great time to get your bike tuned up, so you will be ready for club ride when the pandemic is over.



The Bike Doctor of Waldorf
3200 Leonardtown Road, Waldorf, MD 20601
(301) 932-9980
<https://bikedoctorwaldorf.com/>



Wheel Nuts Bike Shop
302 Montgomery St. Alexandria, VA 22314
(703) 548-5116
<https://www.facebook.com/WheelNutsBikeShop/>



PVGH

" HE WORKS FROM HOME
NOW BUT STILL LIKES TO
CYCLE TO WORK "