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RIDE ON

Produced by Greg Billing

RIDEON is published quarterly by the Washington Area Bicyclist Association, 2599 Ontario Road NW Washington, DC 20009

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Washington, DC Celebrates Bike to Work Day

Since its inception 55 years ago, National Bike to Work Day has been the best time of the year to highlight our region's incredible bike commuters--whether they've been cycling for a day, a year, a decade, or longer! Additionally, this annual celebration lets WABA and our regional partners spotlight the past year's achievements in bicycle advocacy. For new cyclists, Bike to Work Day is a chance to try commuting in an easy, safe and rewarding way. And for us experienced bikers, it's a chance to share our passion with our friends, family, coworkers and neighbors and to watch proudly as they experience their first bike commute.



League of American Bicyclists Executive Director Andy Clarke (right) presents the Bicycle Friendly America Silver Award to DC Mayor Vincent Gray at Bike to Work Day.

This year, WABA registered a record 11,000 participants, a 15% increase from last year. Many of these folks joined one of 27 commuter convoys from their homes and neighborhoods to Pit Stops across Maryland, Virginia and the District. With the help of the Metropolitan Washington Council of Governments (MWCOCG) and a long list of dedicated sponsors and partners, we organized 14 new pit stops in addition to the 35 from 2010. We were able to send WABA staffers, board members, Bike Ambassadors and volunteers to a whopping 30 out of the 49 Pit Stops.

WABA organized a 7:30 AM rally downtown at Freedom Plaza, where more than 1,800 cyclists picked up their celebratory T-shirts and enjoyed free food courtesy of Einstein Bros. Bagels and Whole Foods. DJ Josh Cunningham from BIG 100.3 played music and acted as master of ceremonies.

This year's line-up of regional VIP speakers was packed



Over 1,800 cyclists enjoyed the festivities, food and drinks at WABA's Freedom Plaza Pit Stop for Bike to Work Day.

with local cyclists espousing the benefits of commuting by bicycle, though the most exciting speech by far was delivered by Mayor Vincent Gray. Following the League of American Bicyclists' unveiling of DC's upgraded Bicycle Friendly Community status, an award that's been seven years in the making, Gray made a fervent call to action. "I'm going to ask you all to join me in this," he exclaimed, "silver is fine, gold is better, platinum is best. Let's work to become the best in the world in terms of our bicycling program here in the District of Columbia. Let's go for it!"

Other notable speakers included Roy Kientz, Under Secretary of Policy of the US Department of Transportation, Peter Rogoff, Administrator of the Federal Transit Administration, Paul Zukinft, RDML of the US Coast Guard, DC Councilmembers Bowser and Wells and DC Council Chair Brown, Terry Bellamy, Director of the District Department of Transportation, Tracy Cohen, Chief

Operating Officer for DC Lottery, John Townsend, AAA's Manager of Government Affairs, Harriet Tregoning, Director of DC's Office of Planning, and Chief Assistant Patrick Burke of the Metropolitan Police Department.

Thanks to everyone who participated in this year's celebration and to the groups and individuals who donated to its success. We're looking forward to next year's greater coordination with the Downtown BID who will be hosting DC's regional pit stop at Freedom Plaza.

WABA Welcomes Event Coordinator Nelle Pierson

Nelle Pierson took over the position of Events Coordinator in early April for the departing Kevin Belanger. Nelle came to us from the DDOT, where she interned for the city's Bicycle and Pedestrian Program and worked on the city's Bicycle Friendly America Program application, a regional access and equity campaign, and a parking study along the proposed L & M cycle track. Before that, Nelle interned for the House Appropriations Subcommittee on Interior and Environment. While interning, Nelle spent the margins of her time volunteering in the WABA office and at various WABA events. In the town of Fort Collins, Colorado, she gained experience planning smaller events such as student campaigns, alley cat races and social rides. Because Nelle was dubbed the "The bike lady" in her school's newspaper for her work on campus, we knew she'd be a good fit here at WABA.

Nelle has a BA in Political Science, and most of an Economics degree from Colorado State University. After graduating, in May of 2010, Nelle left behind the purple mountains majesty to immerse herself in all of DC's urban splendor. Since joining WABA, Nelle has already coordinated BikeFest, our annual fundraiser; bike valets; group rides; and elements of the East of the River Campaign. She's currently planning the 50 States and 13 Colonies ride, Bike Prom and our remaining summer

rides.

When she's not behind her desk, or on her steel steed (a fully loaded 2009 Raleigh Sojourn), Nelle can be found honing her mechanic skills at The Bike House, stretching on her yoga mat, crocheting, hiking, urban exploring, or playing in the park.



UPCOMING EVENTS



Oxon Run Ride

Saturday, August 27th, 2011

Bring out the family and Join WABA for a group ride along the Oxon Run Park Trail. We'll begin our 3 mile loop at the Congress Heights Metro Station, just blocks away from the trail-head and make our way across the area's flat, scenic bike path nestled in the Oxon Run community. Come have some fun, explore the city and meet your fellow WABA members and staff!

50 States & 13 Colonies Ride

Saturday, September 24th, 2011

Gear up for the most unique and challenging bike ride in DC! This 60+ mile ride is for cyclists experienced and comfortable with riding through the city streets with traffic. The 50 States ride covers all 50 state streets in all 8 Wards in search of the District of Columbia's statehood. Lovingly described as "brutal," "insane," and "engrossing." For those interested in a less intense, but equally enjoyable ride, our 13 colonies ride is for you! Ride on all the streets named for every one of the 13 original colonies. This ride is a little under 15 miles and is also for cyclists who are comfortable with riding on city streets with traffic.

Bike Prom

Fall 2011 - Exact Date to Be Determined

WABA Event Information & Registration:

<http://www.waba.org/events>



WABA VOLUNTEERS

are the muscle behind the machine!!



VOLUNTEER CALL

Volunteer nights are a great way to meet other members of the local cycling community and maybe even run into some old friends. Volunteer nights typically occur on the 1st and 3rd Wednesday of each month. Some volunteer nights are filled with admin tasks while others are trainings and meetings for future events. WABA will often provide food and beverages, and if you attend three volunteer nights in one year, you will receive a one-year WABA membership or membership renewal! Check the volunteer calendar at www.waba.org/get_involved for accurate times and dates.

facebook

Join the WABA group on facebook.com

facebook.com/wabadc

- Connect with local riders.
- Have fun!

flickr

- Check out photos of current events.

flickr.com/photos/waba

- Share your photos in the WABA Event Photos pool

twitter

twitter.com/wabadc

- Stay up to date on the latest WABA happenings

- Connect with local riders!

» ADVOCACY

School is out for the summer, but work on creating Safe Routes to School for students continues

In May, Prince George's County announced that they had won their first ever SRTS infrastructure grant totaling over \$897,000. The money will go to bike and pedestrian safety education as well as major infrastructure improvements around five schools in the county. We look forward to the completion of the projects and expect to see many more kids walking to school on their new and improved routes.

On the other side region, the beginning of June brought a very productive meeting between our Fairfax County SRTS Task Force and the Chief Operating Officer for Fairfax County Public Schools, Dean Tistadt. All parties are in agreement that re-focusing school travel on buses or walking, is preferred to having hundreds of cars lined up during rush hour in FCPS's infamous "kiss and ride" lanes. Mr. Tistadt committed FCPS Communications staff to work on a major PR campaign to promote International Walk to School Day on October 5th as well as advocating for walking to school year-round as a healthier, more active and environmentally responsible, student lifestyle choice. And, perhaps most importantly, he also agreed to issue a directive immediately to all FCPS principals forbidding the practice of banning bicycling to school as an "unsafe" activity. No more banned bikes in FCPS!

And on July 1, WABA received the exciting news that we have been chosen to move forward to the next round of the Pew Trust/Robert Wood Johnson Foundation Health Impact Project. Out of nearly 250 applications nationwide, only 40 were asked to submit a full proposal. If chosen, this grant will fund a comprehensive Health Impact Assessment on WABA's push to add an on-road bike facility on Alabama Avenue SE, from Martin Luther King Avenue to the Suitland Parkway. Ultimately, the Pew Trust and the Robert Wood Johnson Foundation will choose and fund just ten HIA proposals for this coming year.

Sadly, it wasn't all smooth sailing this summer for SRTS: In July, Chairman of the House Transportation Committee, Rep. John Mica, released a first draft of his vision for the next transportation bill. Instead of following the lead of past transportation bills which were progressive in their vision for a multi-modal federal transportation plan, it reverted back to a time when all federal funding dollars went to car centric policies and projects. Gone in this version were all Transportation Enhancement funds, which pay for not just bike and pedestrian facilities, but also activities such as



Bicycle Education Coordinator Henry Mesias teaches the next DC cyclist during WABA's Mobile Bike Shop in Anacostia.

acquisition of historic easements, the preservation of abandoned railway lines for multi-use trails, and critical environmental standards that mitigate storm water runoff for highways. Gone also was the requirement that a set minimum of federal transportation dollars be spent on bike and pedestrian facilities, replacing it instead with a un-enforceable "suggestion" that some funds be spent on bike/ped projects. And Safe Routes to School? The Safe Routes to School program was eliminated entirely from this committee's draft transportation bill.

We, of course, saw this for what it is: a first volley to test the waters and see how much we are willing to accept from our legislators. What Congress should know by now is that bike programming is widely successful and popular with a wide range of Americans, and we will not accept a return to the days when "car was king". WABA immediately issued an action alert to request phone calls and emails to Congress regarding the impact on schoolchildren who in this bill would lose out on all funding for bicycle and pedestrian safety education and infrastructure improvements. The action alert was also to prepare advocates to gear up for what looks to be a tough slog through the legislative process for bike and pedestrian programs specifically. The outlook appears that it will most likely be an especially difficult and contentious process for a continued progressive, multi-modal national transportation vision.

East of the Anacostia Initiative Update

WABA's East of the Anacostia Initiative is in full swing, and thanks to the generous contributions of our program donors we have repaired over 150 bikes, given away 5 bike-lock-helmet packages, provided 50 Capital Bikeshare annual memberships, hosted five mobile bike clinics, completed a rapid health impact assessment (HIA) on a critical infrastructure connection in Ward 8, and engaged hundreds of cyclists from east of the river in DC.

Our work has been referenced and highlighted by WAMU, the Washington Post, the Washington Informer, TBD.com, and numerous other media outlets.

And all of this is BEFORE we publicize our rides, in which we encourage our WABA members and community to join us on our bikes.

We are proud of the success this program has achieved in such a short time, and are actively seeking funding to enable us to continue this program to get more people on bikes and better bicycle infrastructure east of the Anacostia River in the coming years.

Please join us on one of our East of the Anacostia rides and celebrate the growth of cycling across the District and the region.



Mobile Bike Clinic volunteer Mary Lauran Hall repairs a local East of the Anacostia resident's bike as he waits.

Upcoming East of the River Ride Schedule

Oxon Run Ride
Saturday, August 27th, 2011

Past East of the River Rides
Marvin Gaye Park Family Ride
Saturday, July 30th, 2011

Yards Park Concert Ride
Friday, August 12th, 2011

Pushing Maryland to Adopt "Bikes May Use Full Lane" Signage

In 2009, after a long process of review and consideration, the Federal Highway Administration (FHWA) approved a new roadway sign designed to both warn motorists and clarify to cyclists that bicycles may use the full lane on a given stretch of roadway. The sign is referred to as the R4-11 sign, and it is considered a significant upgrade over the subjective "Share the Road" sign that can be easily misinterpreted.

In many states, adoption of a new sign by FHWA is the only step necessary. But in Maryland, the State Highway Administration must also review and approve the sign before it can be used on Maryland roadways. Several weeks ago, WABA learned—through a letter to a community group—that SHA had rejected the use of this sign without public notice or input.

WABA sent an alert to members and supporters throughout Maryland, generating over 650 emails to Governor O'Malley, Transportation Secretary Swaim-Staley, and representatives of MDOT and SHA. Within a few days, those who sent emails received a letter from the Secretary stating on behalf of the governor: "Consistent with Governor O'Malley's policy initiatives to encourage bicycle use and accommodate bicyclists, MDOT and SHA will develop guidelines for the appropriate use of the R4-11 sign....I apologize that



"Bikes May Use Full Lane" (R4-11) sign from the Manual on Uniform Traffic Control Devices (MUTCD)

incorrect information was communicated prior to any formal decision."

We appreciate the support of the Secretary and the Governor, and look forward to working with SHA and MDOT to ensure "Bikes May Use Full Lane" signs are placed where they would make cyclists safer in Maryland.

DC's Proposed L and M Street Cycle Tracks

While the District of Columbia's 2005 Bicycle Master Plan contains a broad array of policy and infrastructure goals, it relies heavily on a single "Proposed On-Road Separated Bicycle Facility" to provide safe east-west connectivity through downtown. Originally proposed for M Street, NW—then amended to run along L and I Streets—and now changed once again to serve L and M Streets, the east-west downtown cycle track is a key component of bike infrastructure.



Rendering of the one-way cycletracks on L St NW based on Fall 2010 design plans.

That is why WABA was taken aback when DDOT Director Bellamy, at his confirmation hearing, stated that the project had been placed on hold and admitted, upon further questioning from Councilmember Wells, that it may not move forward at all.

- WABA contacted Director Bellamy and issued an action alert to DC members and supporters;
- WABA began a campaign to "imagine" the cycle tracks—as only preliminary design drawings had been released by DDOT;
- WABA contacted members of the DC Council to request support for the project. (It should be noted that Councilmember Jack Evans, whose Ward 2 houses the entire length of the cycle tracks, stated his support

and even rode with WABA along L Street.)

Within a short period, DDOT responded publicly on its blog, stating its recognition of the need for an east-west connection, but without committing to full implementation of the project.

WABA's members and supporters responded to the call to action, but DDOT's noncommittal public response to the completion of this project reveals that we may need your support again. But for now, design work on the L and M Street cycle tracks continues.

Injured in a bike accident?

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2011

ADVOCACY CALENDAR

Find out what's going on in your area and share your concerns!

Mark your calendars for the following bicycle advocacy meetings in 2011.

★ **Arlington County Bicycle Advisory Committee**

First Mondays of the month, 7:00 pm.
Arlington County Govt. Center (#1 Courthouse Plaza), 2100 Clarendon Blvd. (Courthouse Metro). For more info: David Goodman, Bicycle and Pedestrian Coordinator, at 703-228-3709 or dgoodman@arlingtonva.us.

★ **Coalition for the Capital Crescent Trail Board Meetings**

No meetings scheduled at time of printing. See the Coalition for the Capital Crescent Trail for the latest information at <http://www.cctrail.org/>

★ **D.C. Bicycle Advisory Council**

First Wednesday of odd-numbered months, 6:00pm - 8:00 pm. For more info: DC Bicycle Coordinator, Jim Sebastian at (202) 671-2331 or jim.sebastian@dc.gov.

★ **Fairfax Advocates for Better Bicycling**

Usually third Wednesday of each month in Vienna. For more info: Bruce Wright at bruce.wright@comcast.net.

★ **Metropolitan Branch Trail Coalition**

Second Thursday of each month, 6:30pm - 8:30pm. For more info: Paul Meijer at 202-726-7364 or meijer@cua.edu.

★ **Montgomery County Bicycle Action Group (MCBAG)**

September 15, October 20, November 17
6:30pm - 8:30pm, 100 Edison Park Drive, 4th Floor, Gaithersburg, MD 20878

★ **Prince George's County Bicycle & Trails Advisory Group (BTAG)**

Meets quarterly. Contact Fred Shaffer for details at Fred.Shaffer@ppd.mnccppc.org.

★ **WABA Board Meeting**

September 19th, 6:30pm - 8:30pm at the WABA Office. Contact the WABA for agenda at (202)518-0524 or waba@waba.org.





Five Layers of Protection

Have you ever found yourself biking in a hair-raising traffic situation and wondered "what could I have done better?" Here are five tips to prevent crashes with everything from telephone poles, dogs, other cyclists and motorists.

1) Control Your Bike: Don't fall or collide with others. About 50% of all bicycle crashes are single rider falls. If you skillfully control your bike by starting, stopping, signally and turning smoothly, you will not fall down all by yourself or run into other cyclists, dogs or pedestrians.

2) Obey the Rules: Don't cause traffic crashes. For adult cyclists, about half of the car/bike crashes are caused by cyclists who make unsafe decisions. Follow traffic laws, obey signs and signals and use correct lanes for turns and through movements, so you don't cause a collision.

3) Choose the Correct Position in the Lane: Discourage other driver's mistakes. Unsafe decisions by motorists cause the other half of car/bike crashes for adult cyclists. Know when to control the lane or when to share a lane. Use your position within a lane to tell drivers what you are doing and discourage them from making right hooks, left crosses or other unsafe movements. More than 90% of crashes can be avoided with these first three steps of crash prevention.

4) Learn Hazard Avoidance Skills: Avoid other driver's mistakes. When all else fails and you are faced with a critical situation, understand how to maneuver your bicycle to avoid crashing or at least limit the consequences of a crash.

5) Wear a Helmet: Protection to survive a crash. When all your skill and technique fail and you are involved in a crash, you need to be wearing a helmet. Gloves and sunglasses are also helpful. Think of these as the seat belt and air bags in your car.

To learn more about these skills and techniques sign up for WABA's Confident City Cyclist (CCC) class series. Learn to Ride (learning how to ride a bike) and CCC1 focus on controlling your bike and following the rules. CCC2 and CCC3 cover correct lane positioning, avoidance maneuvers and riding in traffic.

>> www.waba.org/education

WABA Operates Three Bike Trailers in Maryland

The Washington Area Bicyclist Association serves the whole Washington Area, not simply the District of Columbia. Perhaps the most visible evidence of this is the Maryland Safe Routes to School program. Funded by the Federal Transportation Bill, it's administered by the Maryland State Highway Administration's Highway Safety Office. The program's physical manifestation is three sixteen-foot cargo trailers fitted out with hanging hooks and storage shelving, filled with bikes and other teaching supplies. Each trailer serves a distinct area: Prince George's and Montgomery Counties; Baltimore City and Baltimore County; and Harford County.

WABA looks for ways to leverage scarce staff time in every way we can. Finding agencies willing to store and deliver these trailers to schools is key to making it possible to run this program in areas far from the WABA office. We look to store the trailers near where we train and mentor teachers to use the equipment for their bike safety classes.

One of the most active volunteers WABA has ever known was Pierre Summerville, who died over a year ago, leaving us without his invaluable time and experience delivering the trailer stored for WABA by another of the organizations he served, the Maryland National Capital Volunteer Park Police in Prince George's County. Pierre served on WABA's Board of Directors and almost singlehandedly persuaded us to apply for the funding that resulted in the program that currently serves the children of MD as it does. His organization, the Volunteer Park Police, supported him by storing the trailer in Ft. Washington and by staffing safety events at summer camps in the area. Without his help over the past year, WABA has found it challenging to deliver the trailer to schools in Prince George's and Montgomery Counties as he did.

This Spring, with the help of staff at the MD Highway Safety Office, a new home was found for this trailer, at the State Highway Administration Region 3 office in Greenbelt, MD. The move will take place in late summer so as to be ready for the beginning of the coming school



Dorcas Adkins repairs a tire to keep one of the Maryland bike trailers ready for the next bike safety training.

year in September. We thank the Maryland National Capital Volunteer Park Police for their years of service to this cause at the same time as we thank the State Highway Administration for their willingness to take on this task for us. With their help, WABA will continue to serve children in distant area communities while maintaining the lean and efficient staffing structure demanded of a non-profit organization.

Choose Safety for Life.
choosesafetyforlife.com



WABA Visits the Achieve Kids Triathlon Summer Camp

WABA is extremely happy to have been able to work with the Achieve Kids Triathlon Summer Camp for a second year in a row. This year's Achieve camps took place at Benning Park Community Center, Deanwood Community Center, Ferebee Hope Recreation Center, and Turkey Thicket Recreation Center. WABA's participation in the Achieve summer camps not only allowed us to continue our youth education efforts in DC throughout the summer, but it also let us focus the majority of that work in Wards 7 and 8, coinciding with our ongoing East of the River Initiative.



WABA Bicycle Ambassador and League Cycling Instructor Dan Hoagland spots for a student practicing the quick stop maneuver.

Achieve campers range in age between 9 and 14 and each camper is provided with all the necessary equipment to participate in camp activities, including helmets and bicycles. With the basics taken care of by the Achieve coaching staff, we were able to set up more complex and advanced skills courses. When planning for the classes, WABA wanted to find a good balance of skills that campers would be able to use both in the triathlon held at the end of camp and outside of camp on the streets of DC. "We were hoping that our young athletes would gain a better understanding of their bicycles and how to properly use them," said Jeff Horowitz, Achieve Program Director.

We decided to take our Confident City Cycling 1 and 2 material, usually taught to adults, and tailor it for a younger audience to provide a challenging and engaging experience for the campers. We started slow with simple starting and stopping drills, then moving onto scanning

and signaling. Then we upped the ante by seeing if they could handle our avoidance maneuver drills. The achieve kids were fearless! In no time we had them nailing quick turns, avoidance weaves and emergency stops like professionals. "Teaching the full Confident City Cycling material to kids is an excellent opportunity to cover the safety curriculum in depth. The kids are engaged, excited, and soak up the material like sponges. It's exciting to see," said WABA staffer Greg Billing. After visiting each camp twice WABA turned the achieve campers into confident cyclists ready for their race at the end of the summer.

WABA would like to thank Jeff Horowitz, Michelle Hardberg, and all the Achieve coaches for making camp memorable for the kids and WABA staffers. To learn more about the Achieve Kids Tri summer camp visit <http://achievekidstri.org>.



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For the life of the transfer

*Annual Percentage Rate. Offer expires October 31, 2011. Other restrictions may apply.



WABA & DDOT Puts Traffic Control Officers in the Saddle

Whether you bike, walk or drive around DC, it is becoming clearer and clearer that there is a traffic enforcement problem on our streets. Traffic laws are routinely violated by everybody, without repercussion, making everybody less safe. At WABA, we take the safety of bicyclists very seriously, and we're not very fond of endangering pedestrians or drivers either. So we were thrilled to help DDOT train some of their Traffic Control Officers in bike safety and the finer points of the District's bike laws.

DDOT's Traffic Control Officers (TCOs) "prevent congestion through enforcement and traffic control services" and have the authority to issue citations (write tickets) to offenders. This puts them on the front lines, and with the help of a bit of bike education, makes them a powerful force to protect cyclists' rights on DC's streets.

WABA's Bike Ambassador, Daniel Hoagland, has taken two full "classes" of TCOs through a condensed version of our Confident City Cycling classes, focusing on vehicular cycling and DC traffic laws regarding bicycling, as well as the District's bike infrastructure, common enforcement errors and practices that marginalize bicyclists. After that, they saddled up and went on a 7-mile bike tour of the city. The tour included a wide variety of bicycling infrastructure and facilities, emphasizing the issues bicyclists face with current traffic enforcement in the District. Key issues included cars parked in bike lanes, driver aggression and harassment, sidewalk cycling downtown and the



DDOT Traffic Control Officers during a WABA bicycle training.

enforcement issues surrounding new infrastructure like the 15th St. cycle track. We're hopeful that these men and women will start to address the lack of enforcement out on our streets, inspire bicyclists to bike safely, and promote bicycling among public officials.

Additionally, the TCOs will use their new bike skills to be more mobile, improving their response times to emergency calls and enabling them to more effectively get from the Reeves Center to their deployment locations and back. And, of course, there is one more benefit to getting these men and women onto bikes. When we asked them what they were hoping to get out of the training, their number one answer was "exercise".

Take a Bicycle Safety Class in DC & VA

Confident City Cycling 1 - 2 hours - CCC1 covers basic bicycling information and on-bike skills such as: bicycle selection, fit, inspection, gearing, cadence, clothing, accessories, and bike handling basics like starting and stopping, riding straight, scanning and signaling. Half of this class will be an on-line course and half will be on-bike practicing bike handling skills. Participants must bring their own bikes, helmets, and water. Participants will be required to sign liability waivers. This class is a great way to get reacquainted with your bike after a long winter.

Confident City Cycling 2 - 4 hours - CCC2 covers more advanced cycling techniques such as: vehicular cycling principles, roadway positioning, lane changes, turns and parking lot drills to learn avoidance maneuvers. Half of this class will be an on-line course and half

will be on-bike practicing avoidance maneuvers and finally a supervised group ride on open streets with motorized traffic. CCC1 is a prerequisite for new or beginning riders. Participants must bring their own bikes, helmets, and water. Clipless/SPD shoes/pedals are not recommended for this class. Participants will be required to sign liability waivers. Even veteran commuters learn some new tricks in this comprehensive class.

Learn to Ride - 3 hours - L2R is the entry class to bicycling. This class is designed for adults who have never learned to ride a bicycle. We will employ a special technique for teaching balance, steering, starting, stopping and pedaling. We use a technique that is very successful and use friendly and encouraging trained instructors. Bikes and helmets provided.

Fall Adult Education Calendar

Class	Date	Start Time	End Time	Location	Fee
L2R	8/20/11	9:00am	12:00pm	Bike and Roll Alexandria, 1 Wales Alley Alexandria, VA 22314	\$10 non-members \$5 members
CCC3	9/1/11	7:00pm	9:00pm	WABA Office, 2599 Ontario Rd NW Washington, DC 20009	\$65 non-members \$55 members
L2R	9/10/11	9:00am	12:00pm	Bike and Roll Alexandria, 1 Wales Alley Alexandria, VA 22314	\$65 non-members \$55 members
CCC2	9/17/11	1:00pm	5:00pm	Quincy Street Deck, Parking Deck, N 15th St. & Quincy St., Arlington, VA 22203	\$10 registration
LCI	11/11/11 - 11/13/11	All Day		Rails to Trails Conservancy Office 2121 Ward Ct., NW, Washington, DC 20003	\$200 registration & \$35 League of American Bicyclist Membership

More classes being added soon! Check www.waba.org for updates!

Register online at waba.org/education or call (202) 518-0524 ext. 212



september 24th, 2011

This uniquely Washington DC event is always a WABA member favorite. Choose from the challenging 64-mile 50 States Ride traversing all 50 state streets through each of the 8 Wards; or take on the less challenging 13 Colonies Ride covering the 13 Colonies state streets. The self-guided ride will feature a start area celebration, 3 rest stops along the way, an optional lunch and a post-ride celebration!

register online at waba.org



October 5, 2011 to October 9th, 2011

Ride Allegheny is a 320-mile bicycling fundraiser for Operation Second Chance, dedicated to helping injured soldiers transition back to active duty or civilian life. The ride begins on Thursday, October 6th on the Steel Valley Trail in Pittsburgh, PA, connecting with the C&O Canal in Cumberland, MD, and finishing on Sunday, October 9th at Smokey Glen Farm in Gaithersburg, MD. The ride will take place over four days and average about 80 miles a day. Registered riders will have three options to choose from (4-day, 2-day, and 1-day rides). Accommodations will be designated for each overnight stay, along with the best in local dining establishments.

www.rideallegheny.org/

LAW ENFORCEMENT RIDE & RUN TO REMEMBER



October 16, 2011

- Metric Century Bike Ride (62 miles)
- Half Metric Century Bike Ride (31 miles)
- Quarter Metric Century Bike Ride (15 miles)
- 5k Run/Walk and Family Festival

Register Today:

www.RideandRuntoRemember.org

Bike routes start at the National Harbor and end at the National Law Enforcement Officers Memorial in Washington, DC.

Visit www.RideandRuntoRemember.org for route maps and schedule of events.

Support Bicycling Today!



Scan the above QR tag with a smartphone reader or visit the following website: <http://www.waba.org/a/rideon-spring-2011>

WABA's First Annual BikeFest a Success

There was no better way to spend an evening with WABA than in the heart of Crystal City at BikeFest, WABA's annual fundraiser and celebration on June 11th, 2011. With over 200 guests in attendance, WABA's 2011 BikeFest was a huge success, raising over \$12,500 and showcasing DC's ever-growing support for cycling. Whether you were promenading on the dance floor, competing for raffle prizes and silent auction items, looking glamorous in the photo booth, or observing the many enchanting performers from afar, fun was had by all at BikeFest, our new annual fundraiser.

The BikeFest Bike Build Contest was the highlight of the evening. City Bikes, Oasis Bike Works and Papillon Cycles went head-to-head to assemble the most creative, hand-crafted bicycles from new and used parts, using less than \$250. Votes were cast and the margins were slim. Papillon led the pack and was hailed this year's champion with its sleek and sturdy English touring bike. Oasis' "Thrixie" a three-spread fixie mountain frame and City Bikes' reinvention of the cargo bike were also star attractions. We can only hope that next year's Bike Build participants were taking notes!

This year's event's success was largely due to the generous sponsors, including Boeing, our event sponsor, Vornado Charles E. Smith and the Crystal City BID, ESP Sound, The Second String Band, Eco Print, BaseCamp Print and Design, Scoops2U, Cranky Style, Strosnidors, and our group of dedicated volunteers who contributed

their time, effort and creative energy. Fortunately the evening was documented from start to finish by filmmaker Edward Eastep and photographers Eric Brewer Immel, Patricia McDougall and Jason McCool. For more pictures check out our event slideshow on Flickr. Also, a big thanks to Papillon Cycles, Oasis Bike Works, City Bikes for stepping up to participate in our first annual bike-build contest.

Thank you very much to everyone who donated to the event, sponsored the event, and attended as guests. Everyone's ongoing contributions to BikeFest helped make a special and successful evening. We hope you enjoyed the sights, sounds and activities of the evening and we look forward to seeing you all at next year's BikeFest!



Photo Credit: Patricia McDougall



Photo Credit: Patricia McDougall



Photo Credit: Eric Brewer Immel

BIKEFEST 2011

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Representing Injured Cyclists Since 1972



Join WABA on September 24th for the 50 States & 13 Colonies Ride

The legendary 50 States and 13 Colonies Ride is back in 2011. Are you ready to try one of the hardest rides in DC? We provide the Start/Finish area and 3 pit stops fully stocked with water, food, and a bike mechanic.

The Rides

50 States

The most unique and challenging bike ride in DC! This 60+ mile ride is for cyclists experienced and comfortable with riding through the city streets with traffic. The 50 States ride covers all 50 state streets in all 8 Wards. Lovingly described as "brutal," "insane," and "engrossing." You have not seen the city of Washington by bike until you have done the 50 States Ride.

13 Colonies

Not quite as challenging as the 50 States Ride, but equally as enjoyable. Ride on all the streets named for every one of the 13 original colonies. This ride is a little under 15 miles and is also for cyclists who are comfortable with riding on city streets with traffic.

Cue sheets will be available the day of the ride. Because some of the cues may change last minute due to construction projects and road closures, WABA will not provide cue sheets in advance.

Ride Registration for Current WABA Members

\$20.00 - Ride Registration
\$30.00 - Ride Registration + Lunch

Ride Registration for Non-Members

\$35.00 - Ride Registration
\$45.00 - Ride Registration + Lunch

Ride Registration and Membership

Save \$10 on registration + \$10 on membership = \$20 total savings
\$45.00 Ride Registration + 1-year Indv. Membership
\$55.00 Ride Registration + 1-year Indv. Membership + Lunch

More Information & Registration online at <http://waba.org/events/50states.php>

LYMPHOMA
RESEARCH - FOUNDATION

5th Anniversary

Lymphoma Research Ride

Sunday, September 18, 2011 Montgomery County, Maryland

Join us
as we celebrate 5 years of bringing together people with lymphoma, family, friends, as well as community and corporate teams, to ride in honor and in memory of those whose lives have been touched by the disease.

The Ride

- 25 or 50 Mile Rides
- 7:30 am Registration
- 9:00 am Ride
- Starts and Ends at The Barnesville School

Registration
For more information and to register, please call LRF at:
(212) 349-2910
or go to:
lymphoma.org/ride2011

take a **ride.** find a **cure.**

Thank You to Our Generous Supporters



Bike to Work Day Membership Outreach

Bike to Work Day is an opportunity to take pride in your everyday bike commute and to celebrate riders new to bike commuting. WABA has been using this event as a membership drive by encouraging outreach volunteers to recruit new members on behalf of WABA.

These dedicated outreach volunteers helped us by recruiting members at our 10 most popular pit-stops in DC, Maryland and Virginia. We provided them with an elevator pitch, a clipboard and membership materials. We offered an impressive reward to the volunteer who recruited the most members - a lifetime membership to WABA! We're proud to announce that Jenny Leeman, who volunteered at the Bethesda pitstop, is our winner. She sold over 15 WABA memberships.

Jenny, who volunteered for her second year, provided us with valuable feedback. This year, we scaled back our approach, sending our volunteers out there with nothing but clipboards, membership forms and their determination. She admitted it was a bit harder this year



WABA Outreach and Membership tent at the Freedom Plaza Bike to Work Day pit stop.

to approach members because in previous years we had provided T-shirts, a table and bike maps, which made it a bit easier for her to be associated with WABA. So, despite these challenges, she was able to secure many new members. Jenny more than earned her lifetime membership and we look forward to working with her at future events.

Donations to WABA

In Honor of

Ken Katz in Honor of Baby Beckhor / Gardner

Michele Stup on behalf of Tikkun Leil Shabbat

Louis Eby in Honor of All Bike DC Volunteers

Nick Deichmeister in Honor of Piolo Pascual

Memorial or Tribute Gifts

Memorial and honor/tribute donations can be made either through our secure online donation website at waba.org/donate or by mailing a check directly to WABA with an explanatory note, including the name and address of the person being honored or memorialized. Your donation will be announced in the next quarterly newsletter.

Thank You Volunteers!

Volunteers from Bike to Work Day, BikeFest and Bike Valets.

- | | | | | |
|-------------------|--------------------|---------------------|------------------|------------------|
| Anant Agrawal | Alison Dewey | Jacqueline Keller | Gary Nooger | Nancy Shia |
| Cindy Albert | Yvonne Doerre | Elizabeth Kiker | Charles Norris | Andrew Siddons |
| Andrew Arlotto | Tom Dorset | Anil Konanki | Nick Olinger | Carly Sieff |
| Quincy Atkinson | Cecilia Dos Santos | Lauren Konopacz | Katie Omberg | Alissa Simcox |
| Becky Ault | Eileen Egan | Jenny Kordick | Kendal Orenstein | Michael Sisskin |
| Sean Baird | Rachel Eichen | Karen Latta | Miguel Ortega | Robert Smith |
| Scott Barker | James Eulau | Roger Lee | Wayne Patterson | Samuel Spencer |
| Elizabeth Beesley | Margaret Farrell | Jenny Leehman | Jennifer Peters | John Stinson |
| Jeff Benson | Walter Finch | Dave Leevy | Rob Pitingolo | Erich Streckfuss |
| Lauren Brinkac | Lisa Folliard | Phil Lyon | Mimi Pollow | Sharon Thorne |
| Joey Butler | Anamarie Ford | Anthony Maderal | Bridget Pooley | Yili Xia Ti |
| Meghan Cahill | Jim Frison | Herb Manell | Betsy Pugel | Joe Tiffit |
| Rachel Cannon | Catherine Frum | Leah Mathews | Carl Purvis | Maya Tripp |
| Sue Canuteson | Lisa Gerard | Alexander McDougall | David Ramos | Marie Visos |
| Jose Cardona | Enrique Gonzales | Dominic McDougall | Rich Reis | Dianne Wallace |
| Kevin Chashman | Lorna Green | Marya McQuirter | Jennifer Riggle | Brandon Walsh |
| Patricia Chaupis | Rebecca Grubb | Mike Messner | Rebecca Robinson | Lucy Wang |
| Andy Clarke | Laura Hahn | Jeffrey Miller | Simone Rollings | Scott Williams |
| Jason Clock | Ruth Hansen | Art Mitchell | Richard Rynders | Erin Wilson |
| Erik Cooke | Raymond Harwood | Steve Mohr | Jerry Sachs | Elizabeth Wright |
| Ryan Crowley | Dupree Heard | Martin Moulton | Katie Salay | Vanessa Zarou |
| Mary Jane Davis | Alison Horton | Amanda Mourant | Marti Scheel | |
| David Delewski | Joan Hunter | Annie Murphy-Hagan | Krista Schepis | |
| Scott Dempsey | Mike Kane | Bill Nesper | Brian Segal | |

Planned Giving

Planned gifts offer a variety of options for supporting WABA and, in most cases, provide income and tax advantages to you and/or your heir. These include estate/will bequests, life income gifts (charitable gift annuities), insurance and retirement benefits, stocks or bonds, and so forth.

For more information about these and related planned giving programs, please talk with your estate or financial planning advisor.

If you have already included WABA in your planned giving efforts, please contact Membership & Development Coordinator, Jenn Bress at jenn@waba.org

Workplace Giving

Support our non-profit mission by choosing WABA with your workplace giving.

- Combined Federal Campaign - CFC #93587**
- Commonwealth of Virginia Campaign - # 8469**
- Network For Good**
- United Way**
- America's Charities**

If you work in the private sector, you may be able to double your donation to WABA if your employer matches charitable contributions. Contact the personnel office of your employer to see about matching gift opportunities.

Join or Renew Your WABA Membership Now Online at www.waba.org or by Returning this Form with Payment

Membership Levels:

- | | | |
|--|--|--|
| Individual Levels | <input type="checkbox"/> \$35 (1 year) | <input type="checkbox"/> \$50 (2 year) |
| Family Levels | <input type="checkbox"/> \$45 (1 year) | <input type="checkbox"/> \$75 (2 year) |
| Promotional Level for Seniors (60+) / Students | <input type="checkbox"/> \$25 (1 year) | |

One-Time Donation (does not include membership)

I would like to make a one-time donation of \$ _____

Full Name _____

Address _____

City _____ State _____ ZIP _____

Email _____

Second Name _____

(Family Membership Only)

The Washington Area Bicyclist Association is a 501 (c) (3) non-profit organization. Contributions to WABA are tax deductible to the fullest extent allowed by the law. WABA participates in the United Way / Combined Federal Campaign #8314. Also featured in the *Catalogue for Philanthropy*.

Receive a free t-shirt or cycling jersey with a \$100 or greater membership

- | | |
|---|--|
| Sustaining Member (includes a free WABA T-Shirt) | <input type="checkbox"/> \$100+ (1 year) |
| Life Member (includes a free WABA Cycling Jersey) | <input type="checkbox"/> \$500 |
| T-Shirt Size (S,M,L,XL) _____ | Cycling Jersey Size (S,M,L,XL) _____ |

Recurring Gift Program (does not include membership)

- \$5/month \$10/month \$20/month \$____/month

Visa Mastercard Check (payable to Washington Area Bicyclist Association)

Name on Card _____

Card Number _____

Exp. Date _____ 3-Digit Security Code _____

Signature _____

I authorize the Washington Area Bicyclist Association to charge my contribution to my credit card. If making a monthly donation, I understand that I may cancel or change my monthly pledge at any time by notifying the Washington Area Bicyclist Association in writing. A record of each payment will appear on my monthly bank or credit card statement.



Learning at the Mobile Bike Shop

A local DC youth learns to fix his bike during the East of the River Mobile Bike Shop

RIDE N

VOLUME 39 | No 3

FALL 2011

WWW.WABA.ORG

WASHINGTON
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ASSOCIATION

A PUBLICATION OF THE WASHINGTON AREA BICYCLIST ASSOCIATION

BIKE TO WORK DAY HITS 11,000 RIDERS

- » WABA Hires New Event Coordinator
- » BikeFest a Success
- » WABA & DDOT Train Traffic Control Officers

50 States & 13 Colonies Ride » 9/24

Update on the Proposed L & M St. Cycle Tracks

Maryland's "Bikes May Use Full Lane" Signs

» » » www.waba.org

RIDE N

We've printed your membership expiration date for your reference below your address. Make sure to renew your membership before it expires. Go online to waba.org to renew or use the printed form on page 7.

Is Your Membership About to Expire?

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