



A PUBLICATION OF THE WASHINGTON AREA BICYCLIST ASSOCIATION

MET BRANCH TRAIL MOVING FORWARD WABA ENCOURAGEMENT PSA CAMPAIGN BEGINS STUDENT BICYCLE AMBASSADOR PROGRAM

DC Launches Nation's First

D.C. Mayor Adrian Fenty kicked off D.C.'s
Bike Sharing Program on August 12, 2008



BIKE SHARING PROGRAM

EVENTS CALENDAR

★ EVENTS CALENDAR:

SEPTEMBER 13: Bike Swap 9am – 1pm

Hosted by The Bicycle Place, 8313 Grubb Rd. Silver Spring MD
Come buy, sell, or donate bicycles (gear or clothing). Bike sales benefit the seller (90%) and WABA's efforts (10%). Donations benefit the donor and Bikes for the World, providing jobs and access to school and health services here and abroad.

SEPTEMBER 14: Adams Morgan Day Festival 12 – 7pm

Visit and chat with WABA as we take part in the 30th anniversary Adams Morgan Day Festival along with large music stages, a cultural/folkloric stage, a Dance Plaza, Kid's Fair, art showings, in addition to retailers, food and craft vendors, non-profits, and artists from all over the area!

SEPTEMBER 22: Car Free Metro DC Day

International Car Free Day is back and better than ever this year around the DC area. Watch for activities taking place throughout the DC region including three locations for DC festivities throughout the day. Stay tuned for more details coming soon on WABA's website.

OCTOBER 11: 50 States and 13 Colonies Ride

WABA's favorite event is back this year! The most brutal ride in DC. Traverse all 8 wards in pursuit of the 51st state. The 50 States and 13 Colonies Ride has a little something for everyone. Choose between the 64-mile 50 States, or the more relaxed 23-mile 13 Colonies ride and enjoy exploring the District in a way many do not have the chance to. Increased amenities will be available for participants this year including the option of a picnic lunch along the way and post-ride Happy Hour in Adams Morgan. Stay tuned to WABA's website for more details and ride registration.

NOVEMBER 8 & 9: DC Green Fest, Washington Convention Center

WABA will be involved again with this year's Green Fest sponsored by Co-op America and Global Exchange. Do not miss this opportunity to experience the best in green! Enjoy more than 125 renowned authors, leaders, and educators along with diverse cuisine and live music, vendors, and community groups. WABA will have a table at the festival and be providing bike safety workshops as part of the Teen Zone.

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RIDE ON

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DC Bicyclist Killed

WABA remembers Alice Swanson

On July 8th, Alice Swanson, a 22-year old cyclist from Washington, DC, was struck and killed by a trash truck at the intersection of 20th and R Streets NW near Dupont Circle. Ms. Swanson was the first cyclist killed on DC streets in 2008. The tragedy of Ms. Swanson struck the cycling community hard, and in immediate response WABA held a press conference and ghost bike dedication in her honor as a way to call attention to the need for greater efforts on behalf of the city to protect cyclists and pedestrians.

"As more and more people turn to bicycling for transportation in the wake of high gas prices, the need for better education and awareness has never been greater," said Eric Gilliland, WABA's Executive Director. "But while WABA's programs aimed at educating cyclists on safe cycling techniques have been steadily expanding over the years, much more needs to be done to teach drivers how to safely interact with cyclists on the road. In addition, the police, who are charged with enforcing traffic laws, need to be better educated on the law as it applies to cyclists and pedestrians."

At the press conference, which was attended by over 100 area cyclists and received extensive media coverage, WABA called for a thorough investigation into the tragedy, for better traffic enforcement efforts and for improved education of cyclists and drivers.



Even while details of the specifics of the crash remain unknown, WABA has been working with city agencies to help prevent future tragedies from occurring. WABA has met with officials from the District Department of Transportation at the intersection to help identify engineering solutions including extending the existing bike lane on R Street through the intersection and installing warning signs warning drivers about yielding to bicyclists and pedestrians in the crosswalk. WABA and DDOT are also looking into installing bike boxes, or advanced stop areas for cyclists, to help prevent right-hook crashes at key intersections.

On the legislative front WABA is working with the DC Council in an effort to increase fines for drivers who strike pedestrians and cyclists in crosswalks, and is pursuing legislation that would require a three foot passing distance for motorist passing cyclists. Increased fines for motorists who drive or park in bike lanes are also being examined.

"However, in spite of all these changes, no real progress can be made without improvements in enforcement," says Gilliland. In the near future, WABA will be meeting with the Metropolitan Police Department to discuss the growing perception that cyclists and pedestrians are not being protected on city streets and to urge the police department to better enforce traffic laws for all users.

As of this writing, the case is still under investigation and no charges have been filed against the driver. Please stay tuned to www.waba.org for up-to-date information on how you can help make DC's streets safer for those who bike and walk.

MET BRANCH TRAIL

Moving Forward!

After what has been years of false starts and delays, significant progress is being made on the completion of the Metropolitan Branch Trail (MBT), an important eight-mile bicycle and pedestrian facility connecting Union Station and Takoma Park. The new addition to the trail will take users over Florida Ave, under New York Ave., and over Rhode Island Ave, avoiding eighteen lanes of heavily traveled roadway. It will connect to the Capital Crescent Trail, the Anacostia Tributaries Trail System and the National Mall, and will be part of the East Coast Greenway. The MBT will be an important recreation and transportation route and will provide direct access to seven of Metro's Red Line stations.

A design/build contract for the next segment of the trail (from New York Ave to Franklin Street) was signed this summer. The contractor will have 12 months to complete this part of the trail which will include five neighborhood access points and a direction connection to the New York Avenue Metro station.

According to WABA's Executive Director Eric Gilliland, the good news is a long time in coming. "We've been hammering away at this issue for so long that many of us were wondering if we'd still be able to ride a bike by the time the trail was built," Gilliland said.



In other MBT news, a local artist has been selected to create a "brand identity" for the trail, and the design of the pedestrian and bicycle bridge that will connect the Met Branch Trail to the Rhode Island Ave. station has also begun. Preliminary engineering drawings have been completed and bridge plans will be available for the public soon.

THANKS TO OUR VOLUNTEERS!

Arlington & Alexandria Community Bike Ride

Laura Bachle	John Michel
Ed Blanton	Brian Miller
Esther Buchser	Roy Morris
Brandon Carroll	Allen Muchnick
Jim Cummings	Susan Mulhall
Charlie Denney	Carl Newman
Max Denney	Kathi Overton
Patrick Devine	The Patterson Family
Tom Dorset	Rod Pitts
Bruce Dwyer	Michael Raizen
Dennis Frew	Karen Riecks
Eric Goodman & Son	Philip Rizzi
Clif Grandy	Claudia Rizzo
Renae Gross	John Sarles
Britt Hanley	Kristin Schepis
Lauren Hassel	Neil Schlusel
Dwight Hlustick	Alan Seabright
Phyllis Hoffer	Jim Sprandel
Brandon Kelley	Barbara Swart
Dave Levy	Randy Swart
Angella Lewis	Ann Toohey
Sam Longstreet	Wayne Wakefield
Shane McCarty	Boyd Walker
Susan McFadden	Patricia Woollard
Iolarie McFadden	Elizabeth Wright

Bike To Work Day

Dave Cranor
Mary Jane Davis
Phil Lyon
Susan Mulhall

Bike Valets

Jeff Baker	James Moon
The Campbell Family	Charmaine Ruppolt
Clara Ferro	Jill Shankleman
Jae	John Stow
Walter Lane	Elizabeth Wright
Stephen Miller	Helen Zitomer



VOLUNTEER CALL TO ACTION!

Help WABA advocate for better bicycling in the metro DC area with WABA Volunteer Nights!

Held on the first and third Wednesdays of every month from 6:30-8:30pm at the WABA office starting Sept. 3, you'll get the chance to meet fellow WABA supporters, enjoy some free food, and help to help build a stronger bicycling community. Tasks will vary from letter stuffing and data entry to event preparation and direct action advocacy.

Not a member? Don't worry, you don't have to be a member to volunteer! In fact, you can earn your membership by coming to our volunteer nights. Attend three volunteer nights and receive a WABA membership or 1 year membership renewal, attend four nights and receive a WABA t-shirt. Contact Chantal at chantal@waba.org with questions or for more information.

NEXT VOLUNTEER OPPORTUNITY

Adams Morgan Day – September 14th
Call or email Chantal at 202-518-0524 or chantal@waba.org



Your membership expiration date is on your mailing label!

» FROM MY SADDLE



I have a confession to make - I've never truly had 'environmental' as a reason to bike in to the office (don't tell my bosses at EPA!). The main reason I bike to work is the same reason I bike for fun, because I enjoy it! I enjoy the little bit of pre-workday adventure that rolling through our interesting city gives

me, making my own breeze, nimbly negotiating the route, eavesdropping on snippets of NPR, Rap, or books on tape I hear coming from all those cars at stoplights, chatting with whomever I happen to see on the way, not paying for the gas, and downtown prices for parking, not massing into mass transit, and not having to push myself to get off my lazy derriere to keep it toned.

But, as more and more people try to minimize their carbon footprint on the earth, I realize I do hold dear the smaller, gentler, tireprint of bicycles. Just me driving the 6.5 miles to work would add at least a thousand pounds of CO₂ to the atmosphere per year (http://www.epa.gov/climatechange/emissions/ind_calculator.html) - biking adds zero, nada, zip. We all know that the US has an overabundance of home-grown energy available to burn—human energy, the only absolutely clean power source. If we don't use it more we'll end up looking like the humans in "Wall-E." Seeking other ways to not be a polluting resource piglet, I've come to the happy realization that my new sport of mountain biking has

huge advantages over flying or driving far to play elsewhere in the world. Plus it's a regular roller coaster ride and we have awesome local trails! And mountain biking advocacy groups such as MORE have proven themselves to be considerate, capable stewards of green space that may otherwise be under-utilized or strip-malled.

It's been said before, but the time is ripe to make bicycling the alternative transportation mode and recreation choice of the day. It's incumbent on transportation planners and builders to more safely accommodate all manner of transportation. Our roads too often seem designed to disconnect motorists' eyes from their brains. Cars are still considered kings of the road; their unfettered mobility is too often the mindset of those who can make a difference. Non-motorized forms of transportation have consistently been undervalued and/or poorly designed for, despite many positive studies and guidelines. No further studies are needed to know that there are substantial economic and environmental benefits to providing bicycling infrastructure, parking and shower facilities. We can do something today to reduce our dependence on oil, combat obesity, decrease pollution and congestion. We just need to get out of our own way and make it a safe and commonplace means of transportation—safe enough for anyone, even beginners, to use. Now is the time to be more vocal in asking developers and government at every level to provide for better cycling avenues and facilities. The next reauthorization of the federal Transportation Equity Act (previously known as "SAFE-TEA") should be a truly green 'TEA'! As the old saying goes, if you build it, they will come—which do we want, more packed car lanes or more bike lanes?

—Barbara Klieforth, WABA V.P.



- Connect with local riders.
- Learn about local events. Get to know us.

myspace.com/wabadc



- Check out photos of current events.
- Share your photos in the WABA Event Photos pool

flickr.com/photos/waba



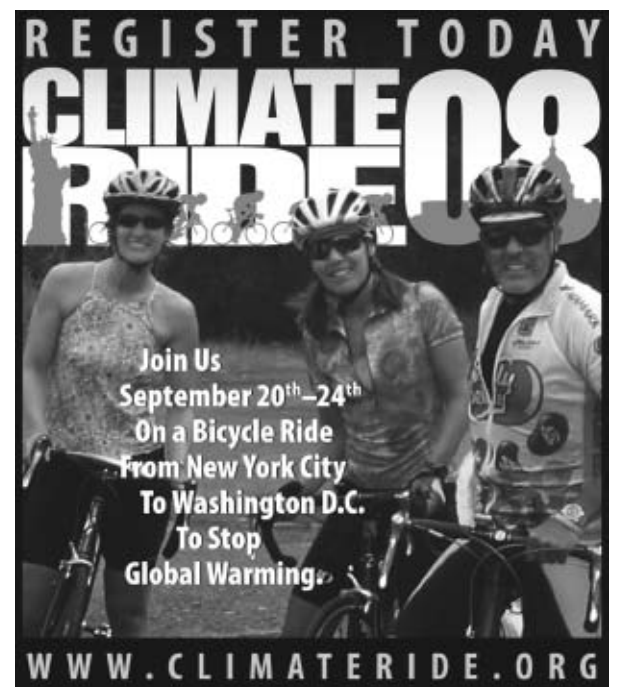
- Join the WABA group on facebook.com
- Connect with local riders.
- Have fun!

facebook.com

WWW.VAYABAGS.COM



* *mention WABA and receive a FREE recycled bike tube wallet or belt with each purchase of a messenger bag!



PUT YOUR OLD BIKE TO GOOD USE!



Donate it to **Bikes For the World!** Bikes for the World collects repairable bicycles in the United States, and donates them to charities overseas for productive use by those in need of affordable transport. **Bikes for the World** is a sponsored project of WABA, a 501(c)3 non-profit charity.

Bikes for the World also accepts bike parts & accessories, operating portable sewing machines, and cell phones. Collections take place rain or shine. For a complete collection schedule, visit www.bikesfortheworld.org or call **Bikes for the World** at 703-525-0931.

★ **WABA Seeks to Improve Bike Access to Federal Buildings**

In conjunction with the League of American Bicyclists and Alta Planning and Design, WABA recently applied for a grant from the General Services Administration to study bike access and amenities at federal buildings in the DC area. Under a program called "Envisioning the Future Federal Workplace in the Washington DC Region", the GSA is seeking grant proposals that would help to cultivate innovative regional coordination, design, and planning practices for accommodating federal offices in the Washington region over the next half-century. Given the size of the federal workforce in the DC area, and the number of federal employees who already commute to work by bike, improving bike access to federal office buildings is critical to a bike-friendly region. As part of the grant, WABA hopes to conduct a summit for federal bike commuters to examine best practices in the DC area and develop innovative bike facilities and access recommendations that can be applied to GSA managed facilities throughout the region.

★ **Fairfax County Bike Map Released**

Fairfax County released the first ever County bike map at this year's Bike to Work Day celebration. A major goal of WABA and Fairfax Advocates for Better Bicycling (FABB), the map shows on-road and paved off-road routes. The entire county is depicted on one map, with the North half on the front and South half on the back. Copies are free and are available at area bike shops and at the County government center and will soon be available at WABA's online store. In the meantime, an online version is available at the Fairfax County bike pages at www.fairfaxcounty.gov/fcdot/bike.

★ **Hyattsville Adopts Bike and Ped Plan**

In July, the City of Hyattsville adopted a comprehensive bike and pedestrian plan with the goal of improving safety and encouraging more people to walk and bike. The plan, which was developed by the Hyattsville Bike and Pedestrian Safety Committee over the last two years, prioritizes long-term projects and recommends specific design solutions for trouble spots. However, the "details" related to any infrastructure improvements are to be collaboratively addressed by the city, the committee, residents, other municipal stakeholders, and funding agencies. The plan will be used to prioritize long-term projects and outlines specific design solutions. For more information about the plan, please visit the City of Hyattsville's website at www.hyattsville.org.

★ **Cyclists Out in Force for Crescent Trail Speed Limit Meeting**

On July 14th, over 130 cyclists came out for a meeting hosted by the Coalition for the Capital Crescent Trail to discuss a new safety plan for the trail developed by the Montgomery County Parks Department. The most contentious parts of the safety plan were the installation of 15mph speed limit signs along the Maryland sections of the trail and the lack of public involvement in the process.



Mary Bradford, director of the Parks Department who attended the meeting, cited the increase in use of the trail and the potential for conflicts among the various user groups as the reason to address safety head on. But when pressed for details about the number and types of crashes on the trail, Ms. Bradford could not provide any information.

The speed limit signs raised an outcry among many cyclists who use the trail during off peak hours for commuting purposes, and others who felt that the behavior of other users was not addressed. In a letter to Ms. Bradford, WABA said:

Speed is not, in and of itself, a safety problem. Trail safety is dependent on educating all trail users on their responsibilities and how to properly act within the environment that is presented to them. By creating the appearance that it is always permissible to travel at 15 mph, M-NCPPC could, in fact, be creating the very problem they are hoping to address. The rule also does not take into account the fact that many cyclists do not use speedometers and would therefore not know their true speed, nor does it address safety concerns at at-grade crossings where encroaching construction and vegetation reduce sight distances for both trail users and motorists.

In spite of the strong turnout from cyclists opposed to the safety plan in its current form, the speed limits will remain in force while an outside consultant develops an improved plan for safety.

**WABA ENCOURAGEMENT
PSA CAMPAIGN BEGINS**

Working with the District Department of Transportation and Clear Channel Communications, WABA has begun a bike encouragement outdoor advertising campaign to encourage more people to ride bikes. The theme for the campaign, which was developed by WABA in association with The Ballast design firm, is "Reasons to Ride" and features four unique advertisements that have been installed on outdoor billboard and bus shelters throughout DC. The reasons emphasized by the campaign are the "fun of riding," "the ease of finding parking," "the convenience of biking," and "the lack of fuel costs." WABA hopes to continue the ads through the remainder of 2008.

In addition, WABA was recently awarded \$18,000 by the DC Council to conduct a "Share the Road" public service announcement campaign aimed at promoting better understanding and respect among that area's roadway users. While the specifics of the campaign are still under development, WABA hopes to create video public service announcements to be aired on local television stations, short safety messages for local radio, and web videos as well.



**2008
ADVOCACY CALENDAR**

Mark your calendars for the following recurring bicycle advocacy meetings throughout 2008.

For a bi-weekly update on advocacy activities, sign up for WABA's e-bulletin "Quick Release" by sending a message to waba@waba.org.

★ **Arlington County Bicycle Advisory Committee**

First Monday of even-numbered months, 7:30 pm. Arlington County Govt. Center (#1 Courthouse Plaza), 2100 Clarendon Blvd. (Courthouse Metro), Azalea Conference Room. For more info: David Goodman, Bicycle and Pedestrian Coordinator, at (703) 228-3709 or dgoodman@arlingtonva.us.

★ **Coalition of the Capital Crescent Trail Board Meeting**

Second Monday of each month, 7-9 pm. Normally at the Bethesda Library, 7400 Arlington Road. Second Monday of June in Elm Street Park, Bethesda. No meetings in August or December. See http://www.cctrail.org/CCT_News_and_Events.htm

★ **D.C. Bicycle Advisory Council**

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

★ **Fairfax Advocates for Better Bicycling**

Third Wednesday of each month, 7:30 pm, at bikes@vienna, 128A Church St, Vienna. For more info: Bruce Wright at bruce.wright@comcast.net.

★ **Metropolitan Branch Trail Coalition**

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

★ **Montgomery County Bicycle Advisory Committee (MCBAC)**

Third Tuesday of the month, 6:30-8:30 pm, Executive Office Building, 101 Monroe St, Rockville, Maryland, 10th floor conference room.

★ **Prince Georges County Bicycle & Trails Advisory Group (BTAG)**

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

★ **WABA Board Meeting**

Second Monday each month, 6:30-8:30 pm. Contact the WABA office for location and agenda at (202) 518-0524 or waba@waba.org.



THE LOCAL MOTION BICYCLE AMBASSADORS PROGRAM

The City of Alexandria, in partnership with WABA and National Park Service, is using volunteer teenage students to help champion bicycling throughout the City with the goal of increasing the number of trips being made by bicycle in and around Alexandria; encouraging safe bicycling practices; and helping bicyclists, motorists, and pedestrians better share roads and trails.

To accomplish these tasks, a group of student ambassadors from Francis Hammond and George Washington Middle Schools have been trained in safety practices, bicycle equipment, basic maintenance techniques, and navigating the bikeways network. Ambassadors now carry forth their messages to peers and the general public at numerous community events taking place throughout the City between June and October. For an updated schedule, please visit www.waba.org/events.

The Local Motion Bicycle Ambassador program kicked off with a special event: bicycle valet parking at the Alexandria Red Cross Waterfront Festival June 14-15. Working with WABA and students and staff of the Jefferson-Houston Elementary School Safe Routes to School program, ambassadors distributed City bikeways maps and safety information and helped oversee bicycle valet operations. Since then, Ambassadors have visited farmer's markets in Old Town, Del Ray, and the West End to spread the word and help Alexandria in its efforts to achieve Bicycle Friendly Community status in coming years. See waba.org for an updated schedule of appearances between now and September.



Kids Bike RODEOS

WABA'S INAUGURAL "LEARN TO RIDE" CLASS FOR ADULTS

May 17, 2008 • Ft. Stevens Recreation Center



On a beautiful spring day in May four students gathered under the shade trees to become reacquainted with riding a bicycle. We learned about fitting a helmet properly, performed bicycle inspections, learned vehicular cycling principles and practiced necessary skills such as balance, steering, stopping and pedaling. WABA will continue to offer these new adult bicycle rider classes in the future, so help spread the word!

Thanks to Stephen Marks, owner of Bike the Sites (aka Bike and Roll) for providing bicycles for this class.

For more information please email: safetyed@waba.org



Summer is the season for WABA to provide a series of these safety events at schools, parks, and rec. centers throughout DC and MD. On June 13 at Clara Muhammad school in NW, WABA staffers Dorcas Adkins and Glen Harrison found themselves in a new environment, helping Muslim children fit bicycle helmets over headscarves and guide bicycles through the safety course developed over years of teaching in compact city venues. DDOT's Karen Gay and officers from MPD assisted as 50 children received free bike helmets from DDOT's storeroom and prepared for a more active, safe, and healthy summer.

This initiative is part of WABA's Safe Routes to School program sponsored by the DC Department of Transportation. To date, almost 13,000 of DC's children have been trained in Pedestrian and Bicycle Safety by WABA.

SAFETY EDUCATION IN DC SCHOOLS

This past Spring WABA's safety education staff visited seven schools and taught bicycle and pedestrian safety to approximately 1,500 students in DC public, charter and private schools. Interestingly, 51% of the students reported that they walk to school while 4% rode their bicycle (20% of student bicycle riders reported wearing a helmet). Since 2004 WABA has taught pedestrian and bicycle safety education to 8,200 students in 36 DC schools. Additionally, WABA has safety education programs in Maryland and Northern Virginia and during the summer at various camps throughout the Washington region.

Topics include a pedestrian safety program for kindergarten through second grade students and a bicycle safety program for third through fifth or sixth grade students. Both the pedestrian section and the bicycle section contain a set of core lessons, which teach skills that are essential to developing a basic understanding of pedestrian and bicycle safety. These lessons are also aligned with the DCPS Health and Physical Education Standards. Sample lessons for pedestrian lessons are: crossing safely, bus safety and crossing the intersection; for bicycle lessons: always wear your helmet, learning about traffic laws and bike skills.

There are other reasons why getting our children outside and moving is important. Child obesity is now epidemic and accounts for enormous expense and suffering as heart disease, diabetes, and many more problems manifest themselves throughout our communities. The lifestyles we learn in childhood are the ones we are most likely to continue to follow afterwards—children need to have safe ways to play and travel outdoors.



SmartBike DC

If you're within the central business district, and you have an errand or an urge to ride within the area, grabbing a SmartBike might be just the ticket. An annual fee of \$30 for WABA members (\$40 for others) allows unlimited use of SmartBike for an entire year! There's just a few catches—you must return the bike to one of the ten downtown stations within three hours of taking it, you must provide your own helmet (unless you choose not to wear one), and if you're planning to park the bike anywhere besides a SmartBike station, you need to provide your own lock.

Check out the SmartBike website at www.smartbikedc.com for program info, rental locations, and even in-the-moment bike availability info so that you can assure there will be a bike waiting for you. And if you're a WABA member, call or email us to receive the WABA discount code.

SmartBike, a program of Clear Channel, boasts that the bikes meet the criteria of simplicity, strength and comfort. WABA's Events Director, **Chantal Buchser**, agrees!



Confident City Cycling CLASSES

Saturday, September 6, 1pm – 4pm

Turkey Thicket Rec Center
1100 Michigan, Ave, NE
Washington, DC

Monday, September 22, 4pm – 6:30pm

Arlington County Offices, Rm 913
2100 Clarendon Blvd. Arlington, VA

Saturday, October 11, 1pm – 4pm

Takoma Rec Center
300 Van Buren St, NW
Washington, DC

Monday, October 20, 6pm – 8:30pm

Phoenix Bikes, 4100 South Four
Mile Run Rd, Arlington, VA
(Spanish translation when requested)

Saturday, November 8, 10am – 1pm

Lee Community Center
5722 Lee Hwy, Arlington, VA

There will also be two CCC classes this Fall in Alexandria - check www.waba.org for dates and locations.

KIDS BIKE SAFETY RODEO

Saturday, September 20, 10am – 1pm

Damascus Community Rec Ctr
25520 Oak Drive Damascus, MD

SERVICES

- ▶ Bicycle and Pedestrian Master Plans
- ▶ Complete Streets Planning and Design
- ▶ Design Guidelines
- ▶ Multi-Use Trail Planning and Design
- ▶ Safe Routes to School
- ▶ Multi-Modal Data Collection/Analysis
- ▶ Transportation Research
- ▶ University Campus Planning



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» BICYCLE COMMUTER SPEAKS

Name: Jim Sebastian

Age: 43

Occupation: Transportation Planner; District Department of Transportation (DDOT) Manager for Bicycle, Pedestrian, and Transportation Demand Management Programs

As the DDOT Manager for Bicycle Programs, Jim's co-workers seem to expect that he will ride his bike to work; and he has been since 1990. At work he parks his bike in the underground parking garage. Jim commutes to and from work at 14th and U St. NW from Takoma Park. He usually rides "slowly, I get passed by almost everyone," along Piney Branch Rd., Colorado Ave. and then uses the bicycle lanes along 14th St. When asked what his worst commute was, he responded, "I can't think of anything, no crashes yet". His best commute by bike was while living in Boston near the Charles River, 2 miles from work: "It took me a year of riding the T (subway) to realize that bicycling was faster. I got to see the sun coming up over the river in the morning. I'll never have a better commute."

Q: Advice for new bicycle commuters?

A: Start gradually. Start once a week with minimal special gear.

Q: Do you ride in all weather?

A: Not in the rain (except on the way home sometimes) and not when it's below 30 or above 80 at 8am.

Q: What do you wear when you bike to work?

A: Nothing too high tech. bike shorts and t-shirt in the summer. Stretch pants and jacket in the winter. Sometimes my work clothes if the temperature is OK.



Q: What kinds of gear do you use?

A: Pannier for work clothes, Planet Bike lights, Giro helmet, Cannondale jacket if necessary.

Q: What kind of bike do you have?

A: 1995 Giant ATX that no longer resembles a mountain bike.

Q: What was your worst experience/commute?

A: Other than an occasional flat or sometimes forgetting my shirt/tie, I can't remember any real bad experiences.

Q: What's the most memorable reaction you've gotten on your bike?

A: When I rode my semi-recumbent a few years ago, kids would yell, "That bike's tight!"



The Town's Inn

An Inn for all Seasons

Located mere steps from not only the confluence of the Potomac and Shenandoah Rivers, but also from the C&O Canal Trail and Appalachian Trail, the six rooms of the Town's Inn (circa 1840) offer a variety of lodging options ranging from \$30 to \$150/night.

Contact Karan Townsend
for more info at 877.489-2447 or
info@TheTown'sInn.com
or visit www.thetown'sinn.com

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- Avid Commuter & Cyclist

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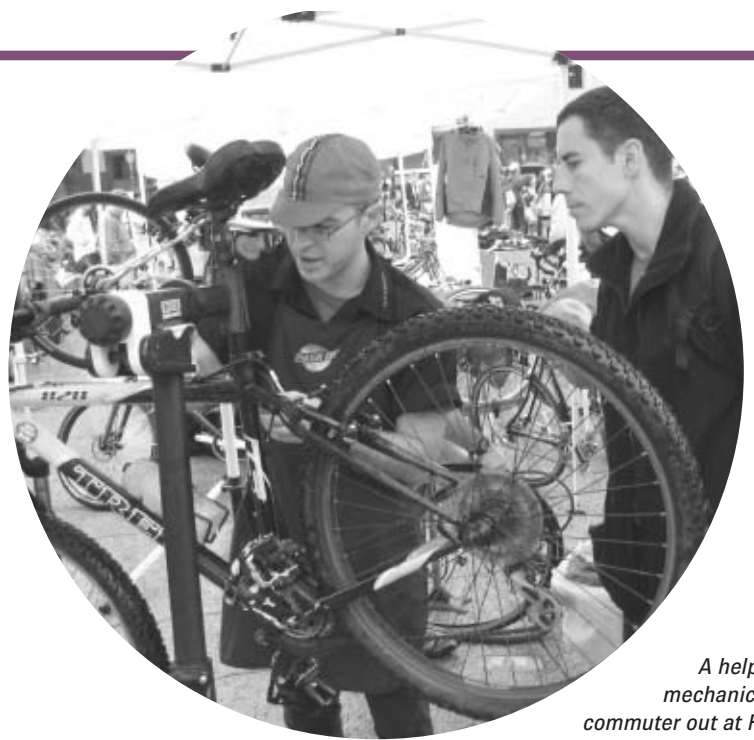
TomWitkop@Juno.com
(301) 294-3434

This spring's WABA event season brought together over 8,000 area cyclists through biking to work, biking to a baseball game, biking to the bar, and biking just for the fun of it!



After a delicious barbeque, these riders are ready to bike out to the baseball game!

Kicking off the season was WABA's inaugural Bike Me Out to the Ballgame event with a wonderful tailgate BBQ at RFK followed by riding to the new stadium to check bikes into the Nationals' new bike valet facilities. The 35th annual Bike to Work Day brought a huge turnout despite rainy skies. WABA's inaugural Bike Prom showed full bike racks and crazy costumes at DC's Black Cat club, and the Arlington and Alexandria Community Bike Ride was, as it is every year, another family favorite!



A helpful bike mechanic helps a commuter out at Freedom Plaza during Bike to Work Day.



The King and Queen strike a pose in the photo booth at WABA's first ever Bike Prom.



And they're off! Riders cruise past the starting line for the Community Route of the Arlington & Alexandria Community Bike Ride.



Enjoying the ample facilities at the new bike valet at Nationals Stadium.



Families large and small cruised into Freedom Plaza for coffee, breakfast treats, and live songs from the Tune Ups.



Council member Jim Graham speaks to the crowd at Freedom Plaza while Council members Muriel Bowser and Tommy Wells look on.



Despite rainy skies and a gloomy forecast, DC's bike commuters came out in full force for Bike to Work Day.

2008 SPRING EVENTS

WABA MEMBERSHIP – JUST SHARE IT!



WABA

Getting people there by bike since 1972

Hi WABA Members! We hope you've had a great summer filled with lots of cycling and exploring new places to ride. Here at WABA, summertime gave us a brief moment to recover from our spring events before gearing up for our fall activities—look for WABA at the Adams Morgan Day Festival, the Green Festival, and many other events throughout the next few months where we'll distribute bike maps and safety brochures to the many new riders who are discovering the joy of city cycling.

• You are WABA's best advocate – give this newsletter to a friend!

Think about it - If each member encouraged just one cycling friend to join WABA, we'd double our membership (and our clout!). Please give this newsletter to a cyclist who is not yet a member, and let them know how important it is to support bicycling advocacy in the DC metro area. Be sure to also point out all the wonderful benefits of being a WABA member!

• Membership renewal – can we go paper-free?

As much as we like acquiring new members, we like keeping the members we already have even better! A goal over the next few months is to streamline the renewal process, and reduce the amount of paper used in the process. **How can you help?**

1. Renew on time – Your membership expiration date is printed your WABA card and on the mailing label of this newsletter;
2. Renew on-line – We'll send you a series of four reminder emails before sending a renewal notice in the mail. **It's your timely response that will really make this project a success!**
3. Keep us in the loop! - When you change your email address, please let us know.

• Growing membership benefits:

As bicycling becomes more and more prevalent in the DC metro area, the more interested local businesses are in reaching out to WABA's members. Take advantage of their

generous offers, and please tell us if *you* know of a business that would be interested in partnering with WABA.

• Some members received double mailing:

Earlier this summer we sent out our usual quarterly "appeal & renewal" mailing. It also included a "join WABA" piece that we sent to some 18,000 cyclists around the region. We used mailing lists from the several other like-minded organizations, but because the de-duplication process wasn't perfect, some of our members received an invitation to join WABA! Our apologies for any confusion – if you ever have a question about the status of your membership, please don't hesitate to email us at waba@waba.org or call (202) 518-0524.

Eve & Jenn, Membership & Development, WABA

MEMBERSHIP BENEFITS

Bike and Roll: Receive a 28% discount on bike rentals or 20% on one of many bicycle tours.

Biller Bikes Discount: 20% off all bike rentals at Havre de Grace location.

City Center Fitness: 50% off Shower Only Membership enrollment fee.

Czech Active Tours: Save \$50 off bike rental on European Bike Tours.

Discount at Flow Yoga: 15% discount on all classes

Escapades: 5% off a trip

Results (The Gym) NEW! \$50 enrollment (usually \$249)

Vaya Bags: Free recycled bike tube wallet or a free recycled bike tube belt with every purchase of a messenger bag.

SmartBikes: \$29 annual fee (usually \$39)

Zipcar: Join for \$25 (usually \$50)

Discounts at many DC Metro Area bike stores – check www.waba.org for a complete listing.

Yes! I want to support bicycling by:

- Becoming a member and/or
 Making a \$_____ donation

Individual memberships:

- ___ \$35 One year ___ \$50 Two years
___ \$20 Student (School: _____)
___ \$25 Non-profit (Org: _____)
___ \$25 Seniors (60+)

Over \$100, get a WABA T-Shirt and listed in *RideOn!*

Please indicate size: S M L XL

- ___ \$100 Trail Blazer (One year)
___ \$200 Champion (Two years)
___ \$300 Platinum Pedaler (Three years)
___ \$500 WABA Lifetime Jersey Club
Jersey: S M L XL

Please do not list my name in the WABA newsletter.

Family memberships:

- ___ \$45 One year ___ \$65 Two years

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

My check is enclosed

Please charge my account:

Visa Master card

Card number _____

3-digit CW _____ Expiration _____

Signature _____

Thank you for your support!

Contributions to the Washington Area Bicyclist Association are tax deductible to the fullest extent allowed by law. WABA participates in the United Way/Combined Federal Campaign #8213.

Also featured in the *Catalog For Philanthropy*

CREATIVE CYCLIST – HOWARD CONNELLY

On behalf of RideOn, WABA staff-member Dorcas Adkins interviewed Howard Connelly, who provided his bike sculpture at the Arlington and Alexandria Community Bike Ride.

WABA: We'd like to know more about the amazing pile of revolving bike parts that you assembled for the Arlington and Alexandria event. Tell us a little about your training and about Howard Connelly Design.

CONNELLY: I rode, destroyed, rebuilt, and tuned many cycles as a kid in Colorado in the early eighties, motorcycled completely around the country for a year, then bicycled by myself down the Pacific coast on a Schwinn Varsity and ended up in California on huge sets, doing a little of nearly everything - which whimsically led to moving to the DC area to develop a commercial art and sculpture studio. After 18 years of hands-on design/build experience I have a great studio in Silver Spring packed with all the tools I needed when I was 9 years old. And I studied in Italy – I was into stone carving heavily for a couple years. I am a big believer in the power of the arts to communicate essential ideas that can assist all of us trying to navigate amidst the turmoil that can be life, and I crusade against schooling - to be a votary of self education and the benefits of poetry and exploration, over rule following and grading. My focus now is sculpture in many mediums. We have Architecture, Interior design, Advertising, and Residential clients, and have added 15'-long 5'-wide paper making recently to our repertoire for an Asian restaurant in DC.

WABA: What inspired this particular sculpture and does it have a name?

CONNELLY: After being kicked out of the Arts-on-the-Avenue festival in Alexandria for showing up unannounced with a 9' tall monster on a spaceship sized skate board, then organizer Pat Miller was the first person to support me by donating a space the following year without knowing what I would show up with. Courageous and trusting is she I say. My anxiety peaked months before the October deadline and I looked at the



My "has-been-done-a-thousand-times-by-others" double-bike of 1983. Back then I could not weld and basically built with a hammer and tape.

pile of garbage bicycles that my inner Patron Saint of Refuse had been collecting over the years, and a carousel made sense. No waste, minimalism, and more human exerted energy are the greatest "Green" attributes to fill any need. The greatest moment was at 3:00AM after I thought I finished. It needed something Kinetic and in a couple of hours I made a last minute mechanical person that appears to be pedaling the lead bike, which turned out to be the greatest crowd pleaser. So the Bicycle Carousel was born and has been growing ever since.

WABA: I notice that since I first saw it a few years ago at Watts Branch (now Marvin Gaye) Park, it has developed into a breathing, singing, organism.

CONNELLY: Yeah, I try to add something new every time I deploy it. When I was in New York doing some salvaging

consignment work in a church, I found hundreds of organ pipes being thrown, well... off of a choir loft, and hurriedly packed my truck with as many as it could hold. Now, with the help of old bicycle pumps and a cylinder of Co₂ we can make a lot of chirping, oboe-esc groaning sounds. No one else has said "singing", thank you. And we added a little water squirter, with more plans to drench the pedalers who animate it.

WABA: Do you charge for providing this to events, and are there others? What's the name of your co-pilot and mechanic's mate in the picture?

CONNELLY: We do rent it out for private and public events for a day rate that includes our facilitating the enthusiasms of the participants, and lubricating the mechanics. And I now have a Push-Pull bike too, that takes the total cooperation of two riders to get it to go anywhere. It causes a lot of arguing and blaming, but the ones who eventually figure it out have very big smiles. A few other collaborators and helpers deserve mention, Steve Benedik, and Donal Oldaker (pictured). Please contact me with any questions or check availability at 703-474-9188. Thank you Dorcas!

