



*Spring Weather  
Riding  
Coming Soon!*

Photo from March 2009

WABA's Dorcas Adkins enjoys DC's legendary Cherry Blossoms with Pat Munoz, Janice Simms, and Glen Harrison, who is taking Dorcas' place as Director of WABA's Education Programs as she transitions into retirement.

# RIDE ON

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A PUBLICATION OF THE WASHINGTON AREA BICYCLIST ASSOCIATION

## 2010 GALA AND BENEFIT AUCTION – **APRIL 23**

Give a bike advocate a home! – **SUMMIT HOMESTAY**

**BIKES LOSE OUT ON K STREET?** WABA Receives Grant from the **MARPAT Foundation**

WABA Seeks Federal Funding for Local Projects

### ★ **EVENTS CALENDAR:**

[www.waba.org](http://www.waba.org)

#### **WABA Volunteer Night** ✦ **MARCH 3 & MARCH 17**

What a great way to meet other members of the local cycling community and maybe even run into some old friends! Some volunteer nights are filled with administrative tasks while others are trainings and meetings for future events. RSVP at [waba.org/volunteer/](http://waba.org/volunteer/).

#### **VASA Ride** ✦ **SUNDAY, MARCH 7**

Join WABA and the House of Sweden in celebrating Sweden's famed ski race and festival, Vasaloppet, by bike! Jump start your riding season with this fun event, with three different distance options. Starting from the House of Sweden, bicyclists can duplicate the 56-mile Vasa Race, a cross-country ski race in Sweden, with a non-competitive ride through scenic upper Northwest Washington DC and into Montgomery County, MD; the shorter routes include a Halv Vasa (28 miles), and a Kort Vasa (14 miles). All three routes will finish with the Vasa Race's famed blueberry soup courtesy of the Swedish Embassy.

#### **WABA Bike Valet at the National Cherry Blossom Festival**

**SATURDAY & SUNDAY, MARCH 27-28, APRIL 3-4 & APRIL 10-11**

Go by bike to the National Cherry Blossom Festival! Check-in your bike at WABA's free bike valet service while you take in the sights and sounds of DC's favorite spring festival.

#### **Off Sides Ride with DC United** ✦ **SATURDAY, APRIL 3**

Join WABA as we cheer on DC United for their home opener against the New England Revolution. WABA will lead a ride to RFK stadium where a tailgate, complete with food, will await.

#### **WABA Gala and Benefit Auction** ✦ **FRIDAY, APRIL 23**

Join us at the beautiful Austrian Embassy for an evening of fine auction offerings, delicious food and drinks.

#### **Bike to Work Day!** ✦ **FRIDAY, MAY 21**

Join thousands of other bicycle commuters to celebrate Bike to Work Day 2010! With over twenty pit stops and a dozen commuter-led convoys, this is an event for the experienced and novice bike commuter alike!



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## RIDE ON

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# Regional "Call to Action" Underway WABA Receives Grant from the MARPAT Foundation

The Washington Area Bicyclist Association is very pleased to announce that it has recently received funding from the Marpat Foundation to develop a regional bicycling score card and a **Call to Action for Bicycling** that will help advance the bicycling agenda throughout the entire Washington region.

Based on past success with a Call to Action for Washington, DC which resulted in the hiring of a bicycle coordinator and the creation of a bicycle master plan, WABA hopes to develop a regional report that will serve as a guide for local transportation departments and political leaders to help them make decisions towards the goal of increasing the mode share for cycling.

The report will also help guide WABA's advocacy and education efforts in coordination with regional advocacy organizations. The Call to Action will include a report on existing conditions for cyclists in the DC area, a list of priority projects for each jurisdiction, and policy recommendations for local governments and the metropolitan planning organization.

*"With a new administration that has placed greater emphasis on active transportation ... the time for larger visions and more aggressive action is now."*

According to Eric Gilliland, WABA's executive director, while certain jurisdictions have made good progress on encouraging cycling, namely Arlington, VA and the District of Columbia, other areas have fallen behind. "With a new administration that has placed greater emphasis on active transportation and smart growth development, and with a new federal transportation bill currently under consideration, the time for larger visions and more aggressive action is now," Gilliland said.

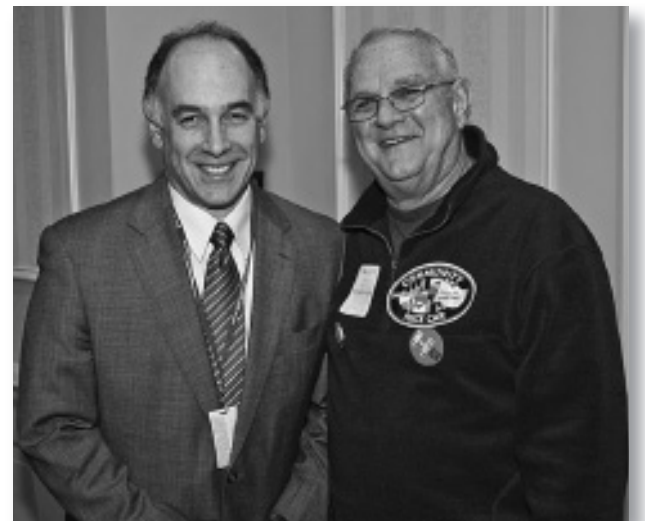
Part of the project will include a WABA-hosted one-day regional bike summit to draw on the knowledge and experience of advocates from across the DC area in order to develop consensus on project priorities. Once complete, WABA hopes the Call to Action will serve as a rallying point for advocates throughout the DC area.

*WABA would like to extend its thanks to those members who donated to a recent fundraising campaign that made this grant possible. If you're interested in helping with the development of the Call to Action, please send an email to [gill@waba.org](mailto:gill@waba.org)*

## WABA joins with Maryland advocates in campaign for active transportation

# Smart Transportation & Bicycling Symposium

Despite a few inches of morning snow, a room full of enthusiastic bike advocates gathered in the Miller Senate Building for One Less Car's **13th Annual Smart Transportation and Bicycle Symposium** in Annapolis, MD. The day was full of engaging presentations covering topics such as the inextricable link between transportation and public health, smart growth priorities in the state of Maryland, Commuter Choice programs, and Safe Routes to School programs. Rails to Trails Conservancy ended the symposium presenting their Campaign for Active Transportation. The highlight of this symposium is the presentation of One Less Car's annual legislative priorities. This year's issues include the passage of a **Three-Foot Bicycle Safety Bill**, the **Shoulder Bill** which permits cyclists to continue to ride on the shoulder if they choose to, and a **Criminal Law: Manslaughter by Vehicle** bill, creates the misdemeanor offense of criminally negligent manslaughter by vehicle or vessel. For more information on this year's legislative priorities and One Less Car, please visit [onelesscar.org](http://onelesscar.org)



Bill Bronrott and Bill Kelly at the Maryland Symposium.

## WABA Hires Three New Staff Members Welcome to Gina, Greg and Patrick



Greg Billing, Gina Arlotto and Patrick MacMahon



### Gina Arlotto – Safe Routes to School Network Coordinator

Gina joined WABA in January, taking over the position that Glen Harrison held, building the DC state network. Gina will also work to build a new SRTS network for the Greater Washington region, advocating for the removal of physical or logistical barriers to walking or biking to school.

A mother of three, Gina holds a Master's degree in Urban and Environmental Planning and has worked as a planner at the National Capital Planning Commission. This background in urban planning will enable her to establish the Safe Routes to School program as a regional body while

continuing to build the state network and implement the policy initiatives that were started by Glen.

In building the SRTS networks, Gina will work closely with the city council, DDOT and the Metropolitan Washington Council of Governments and advocate for the adoption and enforcement of safe routes to school policies. WABA is hopeful that by creating better opportunities for children to walk or bike to school we will firmly establish biking and walking as a lifelong healthy habit.

### Greg Billing – Events Assistant

Joining our events team, Greg Billing accepted the position of Events Assistant this January. Greg brings experience in non-profit and educational marketing, large event planning and extensive outdoor leadership and instructing. With a busy spring schedule, he's already hit the ground running planning the upcoming flurry of events.

Greg grew up in beautiful Ithaca, NY where he later attended Cornell University, graduating in 2008 with a BS in Communication concentrating on online media and sustainability. After college, Greg worked in marketing positions with Cornell Outdoor Education and Finger Lakes

# VOLUNTEER THANK YOU

Paul Auerbach  
Russell Berryman  
William Clarke  
Sonja Cendak  
Polly Choate  
Stephen Miller  
Erica Penttila

Hari Ram  
Barry Skidmore  
Claire Sneed  
Kurt Stolka  
Paul Taylor  
Kris Van Metter  
Christopher Whipps



**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. Check the volunteer calendar at [www.waba.org/volunteer/](http://www.waba.org/volunteer/) for accurate times and dates. WABA will 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!



## UPCOMING VOLUNTEER OPPORTUNITIES

- ★ **WABA Volunteer Night: Wednesday, March 3**
- ★ **Vasa Ride: Sunday, March 7**
- ★ **WABA Volunteer Night: Wednesday, March 17**
- ★ **Cherry Blossom Bike Valet: Saturday-Sunday, March 27-28; April 3-4; April 10-11**
- ★ **Bike Prom Planning Committee: Details coming soon! Planning will begin in the spring.**



*More than 200 shared in the holiday cheer!*

## WABA Holiday Party

Holiday cheer was in full swing at the WABA holiday party on Dec 17! The dazzling new WABA office set the scene for a fabulous evening of food, drinks, and all things bike. Guests were amazed as they entered the new office, festively decorated by volunteers, accustomed as they were to past parties at the cramped quarters of the previous office on Connecticut Ave. As an added bonus to the evening, Signal Financial officially launched the new WABA/ Signal Financial **SHARE THE ROAD** credit card. This exciting card shows the potential of community partnerships with like-minded groups like Signal Financial. Many thanks to everyone who attended the holiday party and helped make the evening the fun-filled holiday fest that it was!



[flickr.com/photos/waba](http://flickr.com/photos/waba)

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



[facebook.com](http://facebook.com)

- Join the WABA group on [facebook.com](http://facebook.com)
- Connect with local riders.
- Have fun!

## » FROM MY SADDLE



Urban cycling is not for the faint of heart. Between taxis and buses and cars parked in bike lanes, even a humble cyclist who tries to stick to the bike lanes can find downtown streets a nightmare. And WABA continues its advocacy efforts to making cycling more accessible and safer for the potential and avid bike commuter.

Recently, I visited Saint Petersburg, Florida and was happily surprised by all the bike friendly features downtown. It was the first time I had actually seen a "cycle track lane" in a downtown urban setting. It made sense. The cycle lane was not only separated from other vehicular traffic by a raised curb, but decorative plantings helped to make it an even more attractive feature for a pedestrian friendly urban landscape. Before my trip, I reckoned that only my friends out on the West Coast enjoyed such bike-friendly urban features, but I realize now that small and sunny St Pete is miles ahead of Washington DC in this respect.

Although I personally keep my cycling local, within 10-200 mile stretches, last fall I was able to vicariously enjoy a cross country bike trek which my old housemate Matt Camp embarked on and documented on his web blog ([MattCamp.com/travelBlog](http://MattCamp.com/travelBlog)) and later more consistently on his Facebook page.

Competing with the treacherous wake of eighteen wheelers on wide shoulders along stretches of major highways is enough to deter me from such a ride. The thought of experiencing the loneliness of a long distance cyclist moving along roads and through parts of the country I had never seen before also made me very content to follow Matt's arduous journey through his periodic web postings from the comfort of my home office. But I envied the vistas and pleasant encounters my friend clearly experienced along his winding route across our beautiful country. The sense of accomplishment Matt has now that he's completed what many of us will never have an opportunity to do must feel really great.

Matt's TransAm cycling adventure is also a reminder to me that the work WABA does locally in Washington,

where we have so many national policy and decision makers, is also important to bike friendly initiatives and planning across the country. It makes a difference when WABA takes part in local events with national policy makers on Capitol Hill or in events like the "City, Bicycles, and the Future of Getting Around" event held by the Brookings Institution at the Newseum last fall ([www.Brookings.edu/events/2009/1208\\_city\\_transportation.aspx](http://www.Brookings.edu/events/2009/1208_city_transportation.aspx)).

As non profits across the country face financial and human resource challenges, WABA, with the support of our members and supportive organizations is still working hard for everyone who cycles, whether they are going to the local grocery store down the street or venturing out on long distance adventures. We at WABA appreciate all of our supporters' contributions and welcome you to take part in the many activities WABA has planned for the coming year.

Please consider taking part in the National Bike Summit, coming up in a few weeks March 9-11. The event is sponsored by the League of American Bicyclists ([www.bikeleague.org](http://www.bikeleague.org)). Cycling advocates will be gathering from all over the country to attend the annual event. WABA supports the Summit by providing a home stay alternative for the advocates, assisting with AV needs during the conference, and organizing several of the conference-related events.

In the meantime, happy cycling in 2010!

—Martin Moulton, Vice President, WABA

# 2010 Gala and Benefit Auction

**Friday, April 23, 7-11 pm • Austrian Embassy**

This year's event will be taking place at the stunning Austrian Embassy located in the Van Ness area of NW DC.

Guests will be treated to delicious food and drinks while surveying unique **SILENT AUCTION** offerings donated by dozens of local and national organizations and individuals.

The evening will be topped off with an engaging **LIVE AUCTION** featuring the night's most exclusive offerings.

**Get your tickets now from [waba.org](http://waba.org), as space is limited!**

austrian cultural forum

## Your Chance to Contribute to the Gala's Success!

**The Gala** is the WABA's largest fundraiser of the year! A lot of the success of this fantastic event comes from the generosity of local businesses and organizations that donate and sponsor this event. WABA is currently seeking donations for the auction—including such things as unique getaways, arts and furnishings, services, and of course bikes and bike gear!

In addition, WABA is also currently seeking sponsors to help cover the costs of the event. Sponsoring and donating to this event provides your organization maximum exposure to a broad and engaged audience through print, online, media, and on-site impressions. Please contact [Chantal@waba.org](mailto:Chantal@waba.org) if you're interested in learning more!

## National Bike Summit – MARCH 9-11

### WABA Members Providing Home Stays

Every year, bicycling advocates from all over the country converge in DC to attend the League of American Bicyclists' Annual Bike Summit. And every year, generous WABA members open their doors and provide "home stays" for these bicycling advocates from far away to help take the edge off of what is often a self-paid journey. If you would be interested in hosting an advocate or two, please contact WABA staff member Eve DeCoursey at [eve@waba.org](mailto:eve@waba.org) or (202) 518-0524 ext. 204 – *Thank you!*

*Another stimulus package – another opportunity*

★ **WABA Seeks Federal Funding for Local Projects**

With budgets around the region being slashed, WABA is looking toward the federal government for funding of key bike projects that are needed to complete the regional bike network. Readers of *RideOn* will recall that during the last half of 2009, WABA was engaged in putting forth key bikeway projects for funding through the American Recovery and Reinvestment Act ("the stimulus") – this effort resulted in mixed success. In the District of Columbia, stimulus funds went for sidewalk improvements, Safe Routes to Schools projects, and bike sharing expansion. In Montgomery County, thanks to the efforts of WABA, Montgomery Bicycle Advocates and local cyclists, stimulus-funded resurfacing projects are now being examined to see if bicycling improvements can be made during construction. However, other jurisdictions received little, if any, stimulus funding for their local priority projects.

As a new stimulus package begins to work its way through Congress, WABA will be trying again. As with

*"As local governments continue to cut budgets ... we're urging our elected officials to request federal funds for projects in their districts."*

★ **Bikes Lose Out on K Street?**

In what appeared to be a blow to the development of an integrated bike route network in the District of Columbia, the DC Department of Transportation adopted a plan for the K Street Transitway that initially failed to include any accommodations for cyclists. However, sources at DDOT and the DC Office of Planning say that the battle might not yet be lost.

The proposal for a significant redesign of K Street had been lying dormant for years due to a lack of funding, but the project, which included a dedicated transitway, was recently revived as the lynch pin in a regional rapid bus network, developed as part of a regional stimulus application. A portion of the funding set aside in the American Recovery and Reinvestment Act (ARRA) was dedicated to a competitive discretionary grant program called Transportation Investment Generating Economic Recovery (TIGER). Together, regional leaders developed a grant application to create a regional rapid bus network as well as funds for bike sharing programs around the area.

During project development, two options were proposed to the public. One option included a two-lane transit way, wider sidewalks, and six travel lanes during peak hours with parking off-peak. The second option, in addition to a three-lane transit way (to allow for passing) and four travel lanes, also included bike lanes. However, WABA proposed an alternative design that included protected bike lanes or cycle tracks as part of the project.

★ **Making Tysons Corner More Bike-Friendly**

By Bruce Wright, *Fairfax Advocates for Better Bicycling (FABB)*

After nearly five years of effort, Fairfax County staff released their final draft of the plan to transform Tysons into a walkable, bikeable, livable community. On-road bicycle facilities are planned on many of the major streets within Tysons. New bicycle parking requirements, similar to those used in Arlington County, are included along with recommendations for bicycle way-finding signage.

Fairfax County also has funding for a bicycle master plan for Tysons that will provide further guidance on the location and type of facilities needed throughout Tysons. The plan will include recommendations for better access to Tysons from surrounding communities (within three miles).

FABB members along with others spoke in support of plans for bicycle facilities in Tysons at a recent Planning Commission public meeting. Our main concern continues

the first stimulus bill, national bike advocacy organizations like America Bikes and the League of American Bicyclists, are anticipating that new funds will be available for the US Department of Transportation's surface transportation program. Within this program are sources of funds like Transportation Enhancements, which are regularly used to fund bike projects.

"As local governments continue to cut budgets, tapping federal sources of funds for local bike projects becomes more and more important," said Eric Gilliland, WABA's executive director. "We are urging our elected officials to request federal funds for projects in their districts."

WABA is in the process of working with local advocates and transportation officials on lists of projects that qualify for funds under the new stimulus guidelines. A full list of projects will soon be posted at [www.waba.org](http://www.waba.org).

In the end, planners selected the first alternative with no provisions for cyclists.

"This is a big loss for the bike community and makes us question how committed the city truly is to making bicycling a viable alternative for transportation," lamented Eric Gilliland, WABA's executive director, after the selection of the preferred alternative was announced. "To have that much space to play with and to find no room for cyclists shows a lack of creativity."

In a bit of bright news, the loss of bike facilities on K Street has given greater impetus to the construction of bikeways along parallel streets in the downtown area. Working with DDOT, the Golden Triangle and Downtown Business Improvement Districts and others, WABA is helping to develop proposals for cycle tracks along east-west routes such as L and M Streets, and north-south cycle tracks on 7th and 9th Streets. The latter are being proposed as part of the Mt Vernon Square project and would replace the much maligned bus-bike lanes in the Chinatown area.

However, all might not be lost on K Street. Officials at the Office of Planning and DDOT state they will continue to examine just how bike facilities might be included in the project. WABA will continue to assist project planning to see if any changes can be made to the project that will help make travel by bike along K Street easier and safer. Stay tuned!

to be the lack of bicycle accommodations on Routes 7 and 123, through the heart of Tysons. Cyclists will want to reach the four planned Metro stations and other destinations along these roads. We also think shower, locker, and changing facilities should be included with the bicycle parking requirements.

The Fairfax County Planning Commission will hold a workshop on the Tysons plan on March 11 and will hold a Public Hearing on March 24. To find out more about what is included in the plan and how you can help make Tysons more bicycle-friendly visit [www.fabb-bikes.org/tysons](http://www.fabb-bikes.org/tysons). To show your support for the plan and express a need for bike facilities on Routes 7 & 123, write to the Fairfax County Planning Commission at [plancom@fairfaxcounty.gov](mailto:plancom@fairfaxcounty.gov).

FABB is now on Facebook. Visit [www.fabb-bikes.org](http://www.fabb-bikes.org) and click on the Facebook badge.

**League of American Bicyclists  
presents their Annual  
NATIONAL BIKE SUMMIT 2010**

**MARCH 9-11**  
Washington, DC  
[www.bikeleague.org/](http://www.bikeleague.org/)

**2010**

**ADVOCACY CALENDAR**

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

**Mark your calendars for the following recurring bicycle advocacy meetings throughout 2010.**

★ **Arlington County Bicycle Advisory Committee**

First Monday of even-numbered months, 7:00 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](mailto: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](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](mailto:jim.sebastian@dc.gov).

★ **Fairfax Advocates for Better Bicycling**

Third Wednesday of each month, 7:30 pm, at the Vienna Community Center at 120 Cherry St. SE, Vienna, VA 22180 For more info: Bruce Wright at [bruce.wright@comcast.net](mailto: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](mailto:meijer@cua.edu).

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

Third Thursday of the month, 6:30-8:30 pm, 100 Edison Park Drive, 4th Floor, Gaithersburg, MD 20878

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

Meets quarterly. Contact Fred Shaffer for details at [Fred.Shaffer@ppd.mncppc.org](mailto: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](mailto:waba@waba.org).

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](mailto:waba@waba.org).

[www.waba.org](http://www.waba.org)

## 800 Kids on Bikes!

# WABA's Annual Rodeo at the NBC4 Health and Fitness Expo

Saturday and Sunday, January 16 and 17, marked WABA's annual Kids' Bike Rodeo at NBC4 Health and Fitness Expo in the DC Convention Center. Over 800 children between 4 and 12 rode WABA's fleet of bicycles around a safety course featuring straight line control, avoiding obstacles, and stopping and looking both ways before crossing a street.

All this activity was made possible by WABA's amazingly generous volunteer corps. Many thanks to our more than fifty hardworking helmet-fitters, bike inspectors, registrars, helmet raffle managers, and traffic cops who showed these kids how to make their lives more fun, healthy and fit!



## Volunteers

Anant Agrawal  
 Tim Ash  
 Hina Ayub  
 Tyrone Badson  
 Russell Berryman  
 Brittany Bonnette  
 William Clark  
 Paulo Couto  
 Alexandra Curtin  
 Trinh Dang  
 Mary Dembeck  
 Jerry DWC  
 Steve Gardner  
 Karen Gay  
 Evie Goryshina  
 Nick Hein  
 Jacqueline Keller  
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 Penny Kelly  
 Kristi Kubista-Hovis  
 Clayton Lane  
 Maria-Claude Lavoie  
 Ryan Linton  
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Stephen Miller  
 Patric Murray  
 Erica Penttila  
 Jennifer Peters  
 John Pinkus  
 Mimi Pollow  
 Florencia Renedo  
 Zita Rostas  
 Teresa Ryan  
 Rachel Schowalter  
 Philip Shanholtzer  
 Barry Skidmore  
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 Kurt Stolka  
 Jennifer Stoloff  
 Ryan Strom  
 Brandon Taylor  
 Andrew Timmons  
 Kris van Metter  
 Irving Washington  
 Stacey Weissbock  
 Christopher Whipps  
 Bruce Wright



## Safe Routes to School in the DC Region

WABA is excited to be a major part of the Safe Routes to School Network for DC, Maryland, and the newly created Greater Washington region. Building on the work of our education staff over the past two years, WABA hired two new staff members this month to continue developing these networks.

**Gina Arlotto** will be working full-time as the DC and Greater Washington network organizer and **Patrick McMahon** will be working part-time as the Maryland state network organizer.

The Safe Routes to School National Partnership received funding from the Robert Wood Johnson Foundation, Kaiser Permanente and the Centers for Disease Control to implement new networks in 20 states, Atlanta, Los Angeles and the District of Columbia. This coalition has been tasked with three main goals:

1. Increase physical activity for children grades K-8 by increasing opportunities for children to walk and bicycle to school.
2. Institutionalize the Safe Routes to School program at state and regional levels by building partnerships with state and regional agencies, advocacy organizations and others.
3. Leverage additional resources and policy changes to support bicycling and walking to schools and improvements to the built environment, especially in low-income communities.

The goals of the Safe Routes to School merge perfectly with WABA's mission to create a healthy, more livable region by promoting bicycling as an excellent way to get around, and yes, even to get to school. By advocating for safer routes for children to bike to school, WABA is hoping to create a new generation of enthusiastic bicyclists!

### Welcome to Gina, Greg and Patrick from page 1

ReUse in upstate New York. After a stint working with Outward Bound's "at-risk" youth programs in Minnesota & the Mid-Atlantic Region, Greg found himself in DC. When he's not planning the next local WABA event, you can find him cruising the streets on his fixie or unicycle, juggling something, or outside in the mountains hiking or climbing.

#### Patrick MacMahon – Maryland Safe Routes to School Network Organizer

Patrick joined WABA in January, and will work to build a new SRTS network for the state of Maryland while advocating for the removal of policy and logistical barriers to walking or biking to school.

For the last five years, while raising his two children, Patrick has worked with a transportation planning and

engineering firm doing bicycle, pedestrian, and transit planning throughout the Baltimore/Washington region and around the country. He also sits on the Baltimore City Commission on Sustainability, is the Transportation Chair for the Greater Baltimore Group of the Sierra Club, and has been an active bicycle commuter and advocate in Baltimore.

Patrick holds a Bachelor's degree in Political Science, and a Master's degree in City and Regional Planning. His experience working with jurisdictions and agencies throughout Maryland, his background in advocacy, and his pedestrian safety research will help him to establish the Maryland Network and use it as a tool to expand WABA's work within Maryland, and help build the foundation for lifetimes of active transportation by creating better opportunities for children to bike and walk to school.



**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 information at 877.489.2447 or info@TheTownsinn.com or visit www.thetownsinn.com**

175/179 High Street  
 PO Box 1412  
 Harpers Ferry, WV 25425

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# Physical education teacher champions bicycling!

## WABA's Safe Routes to School in Maryland

Christine Gilliard is not only the mother of three children of her own (ages 12, 2 and 1), but she also finds the extra energy and devotion to take on several hundred of other people's children each year as their Physical Education teacher - no small feat.

For seven years ending last Spring, Christine taught Physical Education at Oxon Hill Elementary School in Prince George's County. OHES has a Comprehensive Special Education Program. Some students are special needs students, requiring extra creativity and adaptive techniques. Christine and the Adapted PE teacher, Andrew Dalton worked together to ensure all students experienced success. Seeing the MD Pedestrian and Bicycle Safety Education Program as a way to bring extra resources to these children, she forged an early partnership with WABA and has arranged to teach the safety program each year from its beginning in 2005. All students at Oxon Hill ES thrive on the feeling of independence riding a bicycle can offer.

In 2009, WABA's program supported by the MD State Highway Administration was reconfigured to conform to the guidelines of the Safe Routes to School Program, a component of the Federal Transportation Bill. This program has been inspired by alarming statistics arising from escalating childhood obesity and related illnesses. The Program's goal is to reverse patterns of inactivity and to help children walk and bike safely to school.

Now at Gladys Noon Spellman ES, Christine is one of the key stakeholders in a move to bring Safe Routes to School programming to a group of neighboring schools including GNS. WABA's safety lessons are only one element in the Maryland Safe Routes to School program. Other benefits the funding will bring to the schools are: engineering in

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The Maryland Safe Routes to School program trained eighteen new Prince George's County Physical Education teachers in January. WABA's Henry Mesias (far right) and Physical Education teacher Christine Gilliard (third from right) are pictured in the front row as the training is completed.

the form of more sidewalks and crosswalks, enforcement of traffic law near schools, and encouragement with celebrations like International Walk to School Day.

Last year, Prince George's County Public Schools enacted new risk assessment guidelines that strictly limit the use of equipment such as bicycles and in-line skates which bear an increased potential for liability associated with injury. PGCPs teachers were notified that they were not to teach bicycling until the school administration could approve the curriculum WABA provides to teachers for the lessons. Christine stepped up to work with the administration and WABA to make sure any issues

were addressed, resulting in a two-step solution to the problem:

First, she obtained permission to teach the program in her own classes and invited the PGCPs Risk Management Director to attend the classes and see for himself the extraordinary lengths to which we go in this program to keep students safe both in class and afterwards. Second, she worked with PGCPs to host a teacher training at her new post, Gladys Noon Spellman ES, so that a whole class of new program graduates will be authorized to bring this excellent program to their own schools. The training was attended by 18 of Prince George's County's finest.

## » BIKE COMMUTER SPEAKS

**Stephen Marks** of Bike and Roll Washington DC is another of WABA's behind-the-scenes partners who makes possible one of our newest and most heart-warming programs: **Learn 2 Ride**. Adults who have never mastered the athletic feat of bicycling are attending these classes in amazing numbers. Because they usually do not have bikes of their own, they need well-maintained loaner bikes of high quality. Stephen fills this gap by offering his fleet of comfortable and almost new rental bikes for use in the L2R classes. For this reason, wannabe cyclists can give bicycling a try without the expense of renting a bike for the class.



Bike and Roll Washington DC staff in front of their new location at the DC Bike Station - from left to right, Catherine Pear, Nikki Marks, Kelly Diamond, Stephen Marks and Jenna Marks.

Stephen has recently expanded Bike and Roll from one location off Pennsylvania Ave NW to a second one in Alexandria's Old Town and a third in the spectacular new Bike Station next to DC's historic Union Station. WABA's Dorcas Adkins interviewed Stephen recently as they planned for an unprecedented number of Learn 2 Ride classes in 2010: two for DC, two for Arlington, and one for Alexandria.

**Dorcas:** How did you decide to open a bicycle tour and rental company?

**Stephen:** I bought the company from a friend of mine. He started Bike the Sites and ran it for seven years, then sold it to me in 2003. This coming season will be our eighth; and our fourth season as Bike and Roll Washington DC!

**Dorcas:** Are you an avid cyclist?

**Stephen:** I've always been a recreational cyclist. What has changed is that now I also commute by bike a few times a week during the warm season from my home in Bethesda, 12 miles away.

**Dorcas:** How many bikes did you start with and how many do you have now?

**Stephen:** Our first season we had about 50 bikes. This coming season we will have about 550 bikes spread over our 3 locations.

**Dorcas:** What is your favorite part of your job?

**Stephen:** I love sharing this city and its history with visitors and locals alike. It is particularly gratifying when locals join a tour and comment about how much they learned on the tour and how fun it was.

**Dorcas:** What makes you different from other rental and tour companies?

**Stephen:** Our level of service is extraordinary. Our bikes are new every year and maintained by professional mechanics. Touring by bike allows participants to play an active role in their sightseeing experience.

**Dorcas:** How do you support the cycling community?

**Stephen:** We are members of WABA and support many of their programs. We support Phoenix Bikes, Trips for Kids and other local bike organizations. We also sell our entire fleet of bikes each year, allowing local community members to purchase a high quality bike for a great price.

**Dorcas:** What is your vision for the future?

**Stephen:** I envision that visitors to DC will plan to see the sites by bike. Touring by bike will be synonymous with visiting the Museums and Memorials.

- Bicycling Accident Attorney
- Avid Commuter & Cyclist

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## WABA publishes all-new Spanish version Safe Bicycling in the Washington Area Guide.

This compact and comprehensive booklet has become a favorite hand-out at area bicycling events. With the support of the District of Columbia Department of Transportation, WABA has been able to provide free copies to thousands of eager cyclists since the first printing over a year ago. Now, further DDOT support has enabled us to offer the Spanish translation in the Spring of 2010, providing another important link to our Spanish-speaking neighbors in the area.



# What's new for BikeArlington in 2010



There are a lot of changes going on in the BikeArlington program. In Arlington, 2010 is the "year of the bike" and to kick things off, we have a new logo that is now more consistent with the logos of other Arlington County initiatives.

In addition, the BikeArlington website ([www.BikeArlington.com](http://www.BikeArlington.com)) has undergone a major redesign featuring a brand new look that is more user-friendly than ever. One of the newest components is the BikeArlington Forum ([www.BikeArlingtonForum.com](http://www.BikeArlingtonForum.com)), which is a platform where bike enthusiasts can come together to discuss any and all topics relating to cycling. From new rider questions, to bike maintenance and commuting routes, our new forum is the place to ask (and answer!) any questions you may have.

You can now follow us on Twitter at [www.twitter.com/bikearlington](http://www.twitter.com/bikearlington) and stay up to date on the latest news in Arlington's cycling world and on upcoming bike events throughout the greater Washington, D.C. region.

Finally, the biggest change for BikeArlington is the 2010 Bicycle and Pedestrian Access and Safety Program. This program expands Arlington's longstanding commitment to becoming one of the best places in the nation to bike. With the full support of county board members, Arlington will build upon existing efforts to educate residents and commuters about the benefits of bicycling as an environmentally smart mode of

transportation, as well as implementing planned infrastructure and facility improvements.

Safety, education, and awareness efforts will continue through BikeArlington's award-winning programming, including WABA-instructed Confident City Cycling classes, while improved monitoring and data collection will result in a new annual report on Arlington bicycle and pedestrian activity.

While Arlington currently hosts 113 total miles of trails, bike lanes, and signed shared roadways, as well as 400 bicycle racks in parks and commercial areas, further infrastructure improvements include:

- Additional bicycle lanes, trails and routes in arterial corridors;
- Bicycle parking facilities in major business districts;
- Convenient, safe pedestrian connections to and from transit facilities to foster multi-modal transportation options.

Here is an excerpt from, new Chairman of the Arlington County Board, Jay Fiset's opening day remarks on why cycling is one of his top priorities:

"Arlington has a longstanding commitment to become one of the best places in the nation to bicycle. I love cycling and at different times in my life have done all my commuting on a bicycle. I have also traveled extensively by bicycle, including many vacations, as well as a three-month ride from England to Greece. I have always found the bicycle to be a wonderful compromise between



Chairman of the Arlington County Board, Jay Fiset, participates in a community bike ride.

walking and driving – as you can truly experience your surroundings while covering good distances. Bicycling is good for one's health, great for the environment and a sustainable form of transportation.

I was impressed with the large numbers of cyclists on trips to Portland, San Francisco, Boulder and Paris. Each year it becomes easier and safer to bicycle and walk in Arlington. Congressman Earl Blumenauer, a dedicated cyclist, recently asked, "How many people, right now, are stuck in traffic on their way to ride a stationary bicycle in a health club?" It is time for Arlingtonians to rediscover their bicycles and I plan to lead the way. Look for me in the bike lane! I commit to riding by bicycle to work at least once a week throughout 2010."

Support from elected officials and planned infrastructure improvements will continue to allow Arlington to provide a full range of transportation options and to help build a healthy and fit community. We'll see you out there enjoying the trails, commuting to work, and running errands in the bike lanes.

## TOO MANY ROAD BLOCKS TO GETTING THE RIGHT CREDIT CARD?

Signal Financial has partnered with WABA to keep you in the green. Help the environment by using a card that supports the greenest transportation method, bicycling. Each time you use the card, two cents from your transaction will be donated to WABA for safer cycling conditions and a portion of interest earned will be donated to WABA as well. Let WABA and Signal Financial look out for your interests, so you can keep rolling in the green.

**Apply for the WABA Affinity Credit Card today to let everyone know that you have chosen to make a difference!**

## BREAK THROUGH WITH

# 6.50% APR\*

Balance Transfer Rate  
No Balance Transfer Fees

\*APR = Annual Percentage Rate.  
Offer expires 06/30/2010  
(Rate is good for the life of transfer.)  
Other restrictions may apply.

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**For more information on the WABA Affinity Credit Card, please go to [www.sfonline/sharetheroad](http://www.sfonline/sharetheroad).  
Call 1.800.368.0108 to find out more details on the card today!**

## 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](http://www.bikesfortheworld.org) or call **Bikes for the World** at 703-525-0931.

## Waterfront Vacation Rental for Bikers on Eastern Shore - Cambridge

Private dock, kayak, hot tub are all here in our recently renovated, professionally decorated home with easy access to everything. Gourmet kitchen, oversize screened-in porch and 48" HDTV for your use. Sit and watch gorgeous sunsets, heron, bald eagles and more.

Bike the Ironman triathlon routes or make your own! We have perfect biking areas for your vacation and all the outdoor activities you want to access!

Contact Michelle at [chesapeakeheart@yahoo.com](mailto:chesapeakeheart@yahoo.com) or visit [www.vrbo.com](http://www.vrbo.com) (listing #287257) for details and photos.

## MARYLAND LICENSE PLATES SUPPORTING SAFE CYCLING

Part of WABA's mission is to promote safe cycling. Another is to share our enthusiasm about all things cycling. As part of both of those efforts, we are proud to announce the SHARE THE ROAD specialty plates for your motorized mode of transportation!

We have obtained State of Maryland organizational license plates that show our support for safe cycling, and serve to remind other drivers to share the road with cyclists. If you're a Maryland resident and interested in changing over to these specialty plates, please email [eve@waba.org](mailto:eve@waba.org) and we'll send you the MD DMV paperwork.

# THE WABA Store



## WABA Monster T-shirts

Available in all adult and kids' sizes!  
Adult sizes: S, M, L, XL / Youth sizes: S, M, L

Members .....\$20  
Non-members .....\$25

**Bikes have Equal Rights Poster** . \$10  
Get em while they last!

## ADCMAPS

Members .....\$10  
Non-members .....\$12

## Scott and Jim's Favorite Rides

Members .....\$16  
Non-members .....\$20

## National Bike Registry Kit

Members .....\$7  
Non-members .....\$10

## WABA JERSEYS

Members .....\$70  
Non-members .....\$80

## WABA HATS

Black and grey in S/M and M/L

## WABA T-SHIRTS

Black in S, M, L, XL

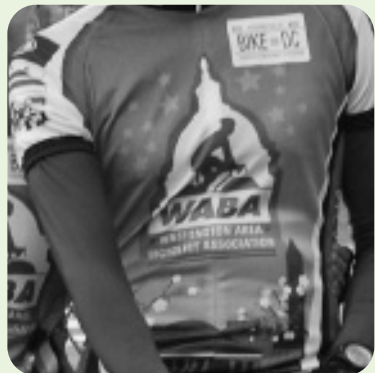
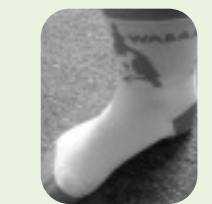
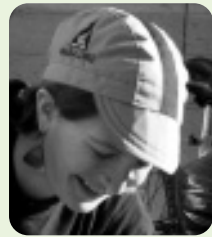
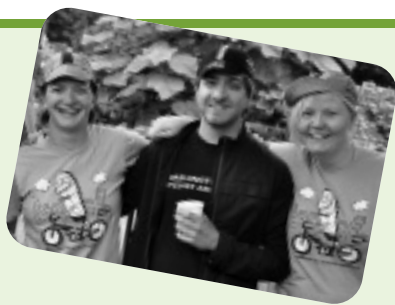
## WABA SOCKS

New Blue color!

## WABA LEGBANDS

## WABA STICKERS

Available at our tabling events



## WABA's proud of our LIFE MEMBERS

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| Boris Allan                          | Seung-Hee Lee             |
| Casey Anderson                       | Alan Levin                |
| J.J., Pearl, Elana & Brenda Bailes   | Clay & Kathleen McCuiston |
| Cliff Majersik & Anne-Marie Bairstow | Paul Meijer               |
| Leslie Baldwin                       | Robert Mihalek            |
| Jim Bertine                          | Chan Mohny                |
| Edward Blanton                       | Rick Morgan               |
| David Bono                           | Chris Moriarity           |
| Derek Bush                           | Jon Morrison              |
| John Butler                          | Allen Muchnick            |
| Thomas Buzas                         | Andreas Muno              |
| Rob Cahill                           | Bonnie Nevel              |
| John Capozzi, Jr.                    | Bill Norwood              |
| Mark Perry & Wendy Caron             | Doug Oates                |
| John Carter                          | Scott Osberg              |
| Daniel Ciccarelli                    | Robert Patten             |
| Judith Corley                        | Marc Ressler              |
| Eric Czander                         | Lynn Roche                |
| Eve DeCoursey                        | Michael Salzberg          |
| Charlie Denney                       | Linda Schwartzstein       |
| Loren Denton                         | Paul Segel                |
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| Jon Fleming                          | Julian Shepard            |
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| Brian Freburger                      | Dennis Slack              |
| Kindy French                         | Lawrence Small            |
| Christopher Frost                    | Craig H. Smith            |
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| Jaydee Hanson                        | David Talmage             |
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| Marcia Insley                        | Ken Uyehara               |
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| Robert Jones                         | John Waitman              |
| Stacie Keenan                        | Jim Werner                |
| Peter Kent                           | David West                |
|                                      | James Wight               |

## WABA Seeks Community Partners

# SPONSORSHIP Spotlight



**WABA** has been the voice of the DC region's growing number of cyclists for more than 37 years. We work to create a healthy, more livable region by promoting bicycling for fun, fitness, and affordable transportation; we advocate for better bicycling conditions and transportation choices for a healthier environment,

and we educate children, adults, and motorists about safe bicycling.

WABA cannot accomplish all of its goals alone—our advocacy work, safety education programs, and growing number of annual events would not be possible without the financial support of local organizations and businesses. Through these partnerships, WABA is able to strengthen its voice in local governments and further its positive impact in the region's communities.

To showcase WABA's annual events and sponsorship opportunities throughout the years, WABA is pleased to announce the publication of a comprehensive sponsorship packet. This piece provides information about our organization and the audience reached through these sponsorship dollars. If you are interested in receiving a copy of this publication and to discuss potential partnerships, contact [Chantal@waba.org](mailto:Chantal@waba.org)



Get your WABA/Signal Financial credit card – see page 6 for details!

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## WABA

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### 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 \_\_\_\_\_

## TELL A CYCLING BUDDY!



Do your cycling friends a favor – tell them about **WABA!**