

WABA GALA & BENEFIT AUCTION - MARCH 21

CONFIDENT CITY CYCLING CLASSES INCREASE IN '09 **MAY 15 - BIKE TO WORK DAY**

INAUGURAL BIKE VALETS SET NATIONAL RECORD



INAUGURAL BIKE VALET • JANUARY 20, 2009 • WASHINGTON, DC

EVENTS CALENDAR

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LAB National Bike Summit CONGRESSIONAL BIKE RIDE ★ MARCH 13

Join bike enthusiasts from around the country on the Congressional Bike Ride marking the completion of the annual National Bike Summit. This brief morning ride will tour Capitol Hill and conclude by 11am.

GALA & BENEFIT AUCTION ★ MARCH 21

This favorite annual event, once again being held at the beautiful German Embassy, will include a live and silent auction, drinks and light food, and dancing. This event is not to be missed as we auction off unique items from around the region and raise money to directly benefit WABA's safety education and advocacy efforts.

OFF SIDES RIDE with DC UNITED ★ MARCH 28

Join WABA and DC United for the Off Sides Ride celebrating the home opener for DC United as they take on the Chicago Fire! Ride with WABA to RFK Stadium to enjoy some BBQ and tailgating good times before the game. WABA and DC United will be offering group tickets and providing ample bike racks to accommodate everyone. To buy your ticket and learn more, visit: www.waba.org

ANNUAL MEMBERSHIP MEETING ★ MARCH 31 5:30 - 8:00 pm

Join WABA for our Annual Membership Meeting! We'll recognize our Volunteers and Advocates of the Year and hold elections for WABA's Board of Directors. Great food will be served. Donation appreciated. Arlington Central Library, 1015 North Quincy Street, Arlington, VA 22201 (Ballston Metro).

BIKE TO WORK DAY ★ MAY 15

It's back, and better than ever this year! Mark your calendar for this favorite event as thousands of DC area commuters bike to work and enjoy refreshment stations across the region on their way into work.

BIKE PROM! BIKE PROM! ★ MAY date tba

Last year's Bike Prom was such a hit, why not do it again? WABA's Bike Prom will be taking place again this spring encouraging guests to get all dolled up and bike to the event where they can enjoy live DJs, dancing, a photo booth, and more ... just like high school prom, except better!

MEMBERSHIP HAPPY HOURS

Two Membership Happy Hours are being planned for this spring in Virginia and DC. These events are a great chance to mingle with other WABA members, meet WABA staff, and introduce your friends to WABA!

RIDE ON

www.waba.org

» » »

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RIDE ON

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WABA'S INAUGURAL BIKE VALETS SET NATIONAL RECORD!

The Washington Area Bicyclist Association is pleased to report that the bike valet stations set up for the inaugural celebration in DC were a tremendous success. Over the course of ten hours, WABA staff and volunteers parked over 2040 bikes at two separate valet locations, one at 16th and K Street NW and one near the Jefferson Memorial. The total marks the largest number of bikes ever parked by a valet service in the US.

With much of downtown DC closed to vehicular traffic and most bridges into DC restricted to cyclists and pedestrians, bicycling proved to be the transportation mode of choice during the inauguration. While the valets parked over 2000 bikes, thousands of others were locked



up throughout the city. Much of the success was driven by the extensive information on biking that was provided by WABA, as well as the massive press coverage the valets received. Prior to the event, WABA created a special inaugural web page with information about the safest routes to the valets, information on safe cycling and bike rentals, as well as other tips to make riding safe and enjoyable. WABA's online event map showing security closures and recommended bike routes received over 150,000 hits prior to the inauguration.

The press attention received by the valets was incredible as news outlets from around the country were covering

I just want to thank you for providing the bike valet. It worked beautifully for my 12 year old son and I who drove to Carter-Baron and rode our bikes in from there. Everyone was friendly and everything so well organized I am just so glad we decided to ride even in the cold weather.

—Thanks again, Marge M.



the complicated transportation plan for the inauguration. From CBS News and National Public Radio, to the

NY Times and every local news outlet, the bike valet service received much attention which greatly contributed to its success. Many people from around the county who came to DC for the inauguration told WABA staff that they had brought their bikes after hearing about the bike valet service on their local news.

As one of the several thousand who successfully used the WABA bike valets last Tuesday, I want to express my personal thanks for your organization's effort to highlight bike travel to the Inaugural and to make bike travel to it possible. I chose the Jefferson Memorial site and found the team there informed, efficient, cordial, and helpful. Kudos to WABA, not only for the valets, but also the amazingly useful information you had posted about the event on your website. It made the difference in my choosing to attend and how I would do it.

—George P., Asheville, NC

On the day of the event, lines were forming outside the valet stations an hour prior to official opening hour of 7:00am, and the number of riders grew exponentially as the time for the official inauguration ceremonies at the Capitol grew near. The 16th Street Valet Station, which had a capacity for 1000 bikes, was full by 10:30 AM, requiring WABA staff and volunteers to build a separate enclosure using spare crowd control fencing nearby. By 11:30am, the Jefferson Memorial location was also full.



As the ceremony began, the Valets experienced a lull which allowed the volunteers a much deserved break to eat, or go indoors to warm up briefly. However, many chose to gather around portable radios that WABA provided each location to hear the ceremony take place. Immediately after the inaugural address was over, volunteers braced for the crush of people coming to pick up their bikes. At the Jefferson Memorial, lines to pick up bikes stretched from the Jefferson Memorial to the nearby highway, though everyone in line was patient and volunteers worked hard to get people their bikes quickly. By the end of the day over 2040 bikes had been parked, and not a single bike went missing. Only two bikes were left by the end of the day, both at the 16th Street location. The one helmet that was lost was eventually found and returned to its owner.

continued on page 5

THANKS TO VOLUNTEERS!

NBC4 VOLUNTEERS

Julia Alexander	Sally Ma
Eric Anspach	Louise Marshall
Brenna Barber	Heather McGray
Margaret Beddall	Michael Messner
Jessica Berry	Stephen Miller
David Cristeal	Lynne Montalbino
Mary Jane Davis	Kim Nguyen
Paul DeMaio	Dan O'Connor
Steven Dembeck	Cheryl Osborne
Mary Dembeck	Julie Parker
James Drane	Andrew Peck
Maria Flores	Lee Pera
Johnny Freeman	Mimi Pollow
Shawn Gallagher	Monica Savukinas
Diane Harris	Rachel Schowalter
Kevin Headtke	Daniel Shapiro
Matthew Hennigan	Erin Stillman
Bill Hoffman	John Stinson
Louis Hostler	Michael Swigert
Stephanie Kaufman	Jim Tierney
Mona Kessel	Kristin Van Metter
Ellen Kessel	Aaron Waxman
Kristi Kubista-Hovis	Daniel Weisshaar
Turia Lennon	Charles Williams



WABA VOLUNTEERS

are the muscle behind the machine!!

A HUGE thank you to all of the folks who have been attending WABA's Bi-Monthly Volunteer Nights! These nights have proved indispensable to WABA staff, with our volunteers assembling hundreds of membership packets, prepping hundreds of bike lights for the Got Lights giveaway, and other essential office tasks. Volunteers have a chance to barter for WABA membership by attending three volunteer nights in addition to meeting other cyclists in the area and joining the WABA community!

Volunteer nights are typically held on the first and third Wednesday of every month, from 6:30-8:30pm at the WABA Office. When not enough tasks are available, volunteer nights are only held once a month. Please visit www.waba.org/volunteer for the most updated information on these events.

WABA volunteers have also been out and about helping staff at various community events. A big thanks to the volunteers at Car Free Day, Adams Morgan Day, 50 States Ride, and Got Lights! These events cannot succeed without help from our volunteers! Please keep this in mind as we approach our spring annual events including the Gala and Benefit Auction, Bike to Work Day, and the Bike Prom. Visit <http://waba.org/volunteer/> for upcoming event volunteering information. *And thank you!*



myspace.com/wabadc

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



flickr.com/photos/waba

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



facebook.com

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

» FROM MY SADDLE

Yes, We Should

President Obama gave an uplifting but appropriately sobering inaugural speech about the road ahead. With its emphasis on getting involved I got to thinking about the possible role of the lowly bicycle.

As **the** most efficient form of personal transportation the bicycle is not just for kids and it's not just for recreation anymore. Many cities in Europe are showing [and some cities in the rapidly developing 3rd world are forgetting] that the bicycle can be an eminently practical transportation option.

Two people I work with exemplify the possibilities. One colleague was diagnosed with a life-threatening illness early last year. Following treatment she realized she needed more exercise in her life so she started riding the four miles to work. In talking with her recently she expressed a longing for winter to end so she could get back on the road. Bicycling to work is fun and practical, she discovered. My other co-worker has been a long-time bike commuter and WABA member. Last year, he and his wife decided they would become a one-car family. Now, his two boys bike to school and he bikes to work most days. He says it required some adjustment but he has no regrets.

I see in the WABA membership the same kind of passion. As many of you know WABA is undertaking a survey of its membership. Although the results have not been tabulated yet, the level of participation has been heartening. Typical surveys are lucky to get responses rates of a few percentage points. New York conducted a **city-wide** survey recently and only about 1,000 people participated. The WABA survey already has received over 800 completed responses; a return rate so far of over 20 percent.

As we embark on a new administration we can all harness a little of this passion, making modest lifestyle changes that can make a big difference.

WHAT CAN YOU DO?

- 1) Commit to riding once or twice a week to work or for local errands. For some people, of course, riding is not practical. But if you live within ten miles of work, have showers, and a safe place to park your bike you can make it work.
- 2) If you haven't already, complete the WABA bicycling survey at <http://www.waba.org/areabiking/survey09.php>
- 3) Ask your workplace to implement the new bike commuter tax credit. See <http://www.bikeleague.org/news/100708faq.php> for more information. The \$20 a month is not much compared to the appalling parking subsidies given by some companies but if elected representatives and employers perceive strong interest in the program it might be expanded.
- 4) Contact your elected representatives (<http://www.congress.org/congressorg/home/>) and tell them you want bicycle accommodations (bike lanes, signed routes) to be part of the infrastructure spending bill that is certain to become law in some form. Also tell them that bicycling is an alternative form of energy worthy of our tax dollar's investment.

A recent issue *U.S. News and World Report* offered a list of 50 things you can do for yourself in 2009. Number one on that list is bike to work. Do this for yourself, your community and your future.

Hunter McCleary bike-commutes often between Vienna and Bethesda and is active in Fairfax Advocates for Better Bicycling (www.Fabb-bikes.org).



Gala and Benefit Auction



Annual favorite is back and being held once again at the beautiful German Embassy

Live and silent auction of unique items donated by local businesses, WABA members & cycling enthusiasts

WABA will have the unique opportunity to honor and recognize Congressman Earl Blumenauer (D-OR) for his outstanding contributions and advocacy efforts towards making bicycling a national priority.

The Gala will include a wonderful menu of hor d'oeuvres prepared by the Embassy, and an outstanding selection of wine and beer.

The evening will culminate in celebratory dancing to an eclectic mix of rock, soul and pop by one of DC's finest DJ's.

WABA is seeking donations of goods and services for the live and silent auctions. Visit waba.org/events for more information.

For ticket registration visit www.waba.org/events

★ **Bike Safety Enhancement Act Passes in DC**

In December of 2008, the DC Council unanimously passed the "Bicycle Safety Enhancement Act of 2008", which was created mainly as a response to the tragic death of DC cyclist Alice Swanson earlier in the year. The bill creates the following:

- 1) **A requirement that blind spot mirrors be installed on all DC owned heavy duty vehicles**
- 2) **New bicyclist and pedestrian awareness training for DC heavy vehicle operators**
- 3) **A new law requiring that motorists give three feet of space when passing cyclists**
- 4) **A fine for the use of restricted lanes (bus/bike lanes or bike lanes) by unauthorized vehicles**

Following Ms. Swanson's death, WABA developed a list of recommendations to help better protect cyclists from

heavy vehicles and began working with the District Department of Transportation (DDOT) and the Metropolitan Police Department (MPD) on infrastructure and enforcement improvements to help prevent further deaths from occurring. So far the bike lane near the intersection where Ms. Swanson was killed has been restriped and extended through the intersection and in the near future "right turn watch for bikes" signs will be installed. The city is also considering painting a "bike box", or advanced stop area for cyclists, at the intersection. In late 2008 WABA also began to work with the police department on adopting a memorandum of understanding between WABA, DDOT and MPD that would formally acknowledge each group's role in traffic safety outlining steps each would take to improve bike and ped safety. WABA continues to work on the adoption of the MOU.

★ **Trolley Trail UPDATE**

The project to extend the Trolley Trail in Prince George's County south the final two miles into Hyattsville from College Park met a planning milestone in January when the 30% site plans had their first review. The project is being funded by the Maryland National Capital Park and Planning Commission (M-NCPPC), and will provide an important commuting and recreation link parallel to US Rt. 1 and connect the northern Trolley Trail in College Park with the Northwest Branch Trail / East Coast Greenway / American Discovery Trail.

Additional meetings will be scheduled with local city councils to present and receive public comment on the 30% trail plans. Pending final plan approval, right of way

acquisition, and funding appropriations, the 11-foot wide paved trail will be built in four phases. Phase one is funded to complete 100% drawings and obtain permits in 2009 but needs an additional appropriation for construction. The first phase will include a trail head at the Hyattsville public parking lot at Franklin's Brewery.

The final phase, Route 1 alignment to the Northwest Branch Trail in Hyattsville, needs additional planning and advocacy with the Maryland State Highway Administration to insure adequate trail widths and safety next to the busy thoroughfare. Please email HyattsvilleBikersUnite@yahoo.com for more information.

★ **LAB SUMMIT**

LAB National Bike Summit, Congressional Ride - March 13: The League of American Cyclists will once again be gathering bicycle advocates from across the country to their annual National Bike Summit. This event brings together advocates, industry leaders, and retailers to send a clear message to the administration that the voice of bicyclists must be incorporated in the writing of the new federal transportation funding bill. WABA will be helping the League finish off their series of events with the Congressional Bike Ride. This brief ride will tour Capitol Hill and surrounding areas finishing by 11am. For more information: www.bikeleague.org

Thanks to WABA's Summit Home Stay Hosts!

Dorcas Adkins	Alan Huguley
Aaron Benko	Chris Leigh
Linda Black	Frank Linton
Eli Damon	Stephen Miller
Don & Lynn Dille	David Muhlbaum
Evelyn Egizi	Pat Munoz
Erika Elvander	Kurt Pluntke
Linda Freimark	Claudia Rizzo
Eric Gilliland	Eric Stults
Enrique Gonzales	Robert Vigneault



★ **ARLINGTON RELEASES BIKE-SHARING TENDER**

by Paul DeMaio, BikeArlington

Arlington County has released a Request for Proposals for the operation of the Arlington Bike-sharing Program (RFP #56-09). The tender proposes a unique relationship between a local government and bike-sharing operator. The vendor will be responsible for operating the service, which includes administration, maintaining and distributing bikes, and collecting data. Arlington's responsibilities will be for marketing the service, finding advertisements for the bikes, and providing some customer care. The RFP will close on April 2.

The tender has the vendor purchasing "an off-the-shelf system, if not having a system of its own devise, and operating it for the public's benefit." Even just one year ago there weren't many options for off-the-shelf systems, but now a handful are on the market, including Public Bike System, nextbike, Intrago, Smoove, and B-cycle. Arlington will keep revenues generated from

the service, which include the membership and usage fees as well as advertisement revenues. The tender also offers incentives for meeting strict performance standards and fines for not doing so.

Arlington County does not allow on-street advertising with bus shelters, kiosks, billboards, and the like, so it is unable to have a bike-sharing service offered as part of an advertising contract as many cities have done. It is hoping to compensate for this by having advertisements on the bikes, as this form of advertising is legal in the public domain in Arlington, to assist with the financial sustainability of the program.

With the President's Stimulus package signed, Arlington's bike-sharing program would be an ideal "wrench-ready" project to create jobs and get people moving in the new green 21st Century way.

2009 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 2009.

★ **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.

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.

www.waba.org

880 Kids Ride in WABA's Bike Rodeo at NBC4 Health and Fitness Expo

Saturday and Sunday January 10 and 11 marked WABA's annual Kids' Bike Rodeo at the NBC4 Health and Fitness Expo in the DC Convention Center. 880 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. Thirty hardworking helmet-fitters, bike inspectors, registrars, helmet raffle managers, and traffic cops showed these kids how to use bicycles to make their lives more healthy and fit. At the same time, their parents were able to pick up WABA safety literature in the form of bike maps for DC and the surrounding jurisdictions, flyers listing upcoming WABA events, and Safe Bicycling Guides to the DC Area.

WABA Volunteer Ellen Kessel encourages a future DC Bicyclist as he completes the Rodeo course by stopping at the stop sign and looking both ways.



Bike Safety Education in DC for Adults

WABA announces increased support in 2009 from DC Department of Transportation for an expanded Adult Bike Safety program. This one will repeat the eight Confident City Cycling classes offered last year as well as a series of new programs such as Bike Locking Stickers for distribution at bike racks around the city; Education Streets, a program to use street signage for education about DC bike laws; and most exciting of all, will include a Bicycle Ambassadors program. The Bike Ambassadors will be modeled after similar programs in Chicago and other cities. For the first year, one Ambassador will patrol city events and the National Mall to answer questions about DC's Bicycle-friendly facilities and events. In succeeding years, additional ambassadors will join the corps, insuring that visitors to the Nation's Hometown will find easy access to information of all kinds, but particularly that relating to the remarkable number of bike-related events and facilities making this one of the most bike-friendly cities in the country. See CCC schedule on page 6.

Stimulus Offers Great Opportunities for Infrastructure Projects

The economic stimulus package designed to help our country through the current financial crisis has allocated billions of dollars for transportation infrastructure projects, many of which could help improve the conditions for biking and walking throughout the country.

As local departments of transportation identified projects that would benefit from new federal money, WABA compiled a regional list of bike/ped projects that could be built with these new infrastructure dollars. No other transportation investment provides more benefits to American communities than funds spent on infrastructure for bicycling. This investment can reduce transportation costs, increase personal health, reduce carbon footprint, and provide a cleaner environment and greater community livability.

But funding will not be automatic and will require WABA's unflagging attention over the next many months to ensure that bicycling priorities are met. Stay tuned.

American Diabetes Association. Tour de Cure 2009

The National Capital TOUR DE CURE

Sunday, June 14, 2009

Reston Town Center

100 Mile - Century Ride 12/20/32 Mile - Fitness Test
63 Mile - Metric Century 12 Mile - Family Fun Ride
33 Mile - Metric Half Century

Each participant has a goal of raising at least \$175 or more through flat donations. Corporations, businesses and families build large teams of co-workers, friends and associates, with each team member raising money toward an overall team goal. Register and fund-raise online at www.diabetes.org/restontourdecure.

For more information, please contact Alan Kissick at 202-331-8303 x4532 or akissick@diabetes.org.

www.diabetes.org/restontourdecure

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'S INAUGURAL BIKE VALETS

continued from page 1

The bike valets were made possible through the support of America Bikes, Dero Bike Rack Company, and the DC Department of Transportation. America Bikes, a coalition of national bike advocacy organizations based in DC, is working on incorporating the needs of cyclists into the forthcoming economic stimulus package as well as the future reauthorization of the federal transportation bill. Dero, a Minnesota-based manufacturer of commercial bike parking, supplied the bike racks that were used to hold bikes in the valets. Through their support, WABA was able to print commemorative spoke cards and valet claim checks, purchase vests and bowties for the volunteers, print special valet banners, and make sure that volunteers had ample hot coffee and food.

"The volunteers really made the difference," said Henry Mesias, WABA's program manager. "They stood outside in the cold with us all day long and helped make sure that everyone who parked their bikes left with a smile on their face. We are so grateful that they chose to spend that special day with us."

For more information about WABA's bike valet program and to request valet bike parking at your event, please visit www.waba.org/events/valets.php



Well done, WABA, I came down from Philadelphia for the Inauguration, stayed with my brother in Alexandria, and biked to the Mall early Tuesday morning. Your website had provided my brother with all necessary info re your Bike Valet services and locations; so my trip into DC went most smoothly. In fact, I think it was my brother telling me that you were providing secure bike parking that swayed my decision to come down for the day. WABA's Bike Valet was a highlight to a most spectacular and exciting day in DC. My sincerest gratitude to all your members and volunteers who made this generous service happen.

—Kindly, Jim S.

» BICYCLE COMMUTER SPEAKS

"Bicycling is an inherently fun activity; don't ruin it by being angry."



George Branyan

George Branyan commutes by bike from Greenbelt, MD to the Reeves Center in Washington, DC where he often "encounters folks in the elevator who can't believe I ride 'all the way'". It is 14 miles each way and he rides that route 2-3 times per week. Good job George! Mr. Branyan is the Pedestrian Coordinator with DC's Department of

Transportation and a WABA member, so he also likes to include the Metro and bus on his bike commute—particularly on very wet or cold days when the temperature drops to a finger-numbing 25 degrees (although he has ridden in 7 degrees). Some days he will ride to the Metro station 2.5 miles away and park (his bike) and ride (the train). Alternately he will load his bike onto the bus-mounted bike rack, ride the bus into work and then ride his bike home in the evening. When George is at work he parks his bike at the underground bike parking racks in his building as required "per DC law".

The 14 mile route between home and work also serves as a training ride since George started racing bikes with the Route 1 Velo team, sponsored by Arrow Bicycle of Hyattsville. His fast paced training commutes do not keep him from stopping at red lights; although, George often feels like "I'm the only one doing it!"

George began riding to work in August of 2004.

"I started riding just to get in shape and lose some weight. But biking became a way of life when I got a job in DC and it became possible to sell the second car. Getting the road bike led to racing and now I'm hooked!"

Q: What is your route?

A: To DC I use the streets with bike lanes in Greenbelt and then ride through Lake Artemisia Park and down the Northeast Branch Trail. At Mt. Rainier I get on Rhode Island Ave. and bomb down into town. I go west on R Street and then north on 14th Street to my office on U Street, NW. One alternate and less intense route

uses the bike route on Newton St. NW to Michigan Ave. and then down North Capitol St. On the way home I usually use 11th Street north to Irving St., then east on Irving and around the Hospital Center to Michigan Ave., left on Michigan and then right on Monroe St. That takes me to Rhode Island and Rt. 1 and back onto the Northeast Branch at Armentrout Ave.

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

A: For the long ride into work in good weather I usually wear my racing team jersey and shorts and layer on thermal tights, base layer and jacket or vest for the cold. Good gloves, socks and shoe covers are a must in the winter. For the short trip to the station, I wear my regular coat which is a lightly insulated shell. In the summer, shorts and a t-shirt will do. If it's wet or threatening rain, I'll wear casual pants to keep my work pants clean. One very helpful item to have is an Eagle Creek clothes folder for carrying work clothes in so they arrive without many wrinkles. I leave shoes and a belt at work.

Q: What kinds of gear do you use?

A: I invested in a strong headlight, a Cateye Triple Shot, mainly for the portion of the ride on the unlit trail but it does get drivers' attention. I also use a blinky tail light but probably more effective is my Timbuk2 messenger bag which has a large retro-reflective orange panel on it. I always wear a helmet.

Q: What kind of bike do you have?

A: My primary ride is a Scott road bike. For the commute to the station I ride a Salsa Cassaroll commuter with an 8 speed internal hub, full fenders and rack. I sometimes ride this bike all the way in, but at 27 lbs., it's a haul on the hills! If it snows, I get out the old mountain bike and have some fun!

Q: Advice for new bicycle commuters?

A: Start easy and work your way up. Try it once a week and then twice. For safety, I'd recommend any new commuter take WABA's Confident City Cycling class. Learning to take the lane, position properly at intersections and avoid the door zone are really critical skills.

Q: What was your worst experience/commute?

A: No contest here: Bike to Work Day, 2005. 12 mph for an hour and 45 minutes in a 48 degree pouring rain! There are occasional bad experiences with drivers, but I follow some wisdom I heard a while back: "Bicycling is an inherently fun activity; don't ruin it by being angry."

THANKS TO OUR INAUGURATION VOLUNTEERS!

Anant Agrawal
Laura Applebaum
Mark Atwood
Jayme Birgy
Frank Bonnevier
Jose Cardona
Annie Cohen
Alan Cohen
Martha Cooper
John Curran
George Dalton
Paul d'Eustachio
Alan Douglas
Patricia Elzinga
Jim Fields
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LATE FLASH!

WABA AWARDED WITH Advocacy Organization of the Year Award

Award Presented by the Thunderhead Alliance, a national coalition of 152 state and local bike and ped advocacy organizations working together to promote bicycling and walking in North American communities. Award presented on March 10 in DC.

GO WABA!

Peter M. Baskin ATTORNEY AND COUNSELOR AT LAW

2300 CLARENDON BLVD, SUITE 700
ARLINGTON, VIRGINIA 22201

TEL: (703) 528-8000 • (703) 276-6800
FAX: (703) 522-4570

Confident City Cycling Classes (CCC) to Increase in 2009 with New Commitments in VA and MD

For 2009 both Arlington County and City of Alexandria governments have made increased their commitments for WABA's Confident City Cycling classes in their jurisdictions. As will be offered in DC, about 25% of the classes will be supplemental CCC2 on-bike classes. These are designed to follow the CCC1 classroom-style classes and cover some of the hazard avoidance drills found in the League of American Bicyclists Road I classes as well as an on-road ride to practice what was taught in the CCC1 classroom

session. As time allows, additional hands-on maintenance skills will be included in these classes as well.

In the absence of government support for the program in MD, the model may develop as one of corporate sponsors filling the void. Newly-formed Arrow Bicycle in Hyattsville is stepping up to sponsor a CCC class this season. Schedules are still being confirmed. Please check waba.org for final details and register for these classes online if possible.

BIKE TO WORK DAY » MAY 15

Mark your calendars for everyone's favorite event! This great event brings together thousands of cyclists from across the region, some veteran commuters and hundreds more who are trying bike commuting out for the first time. With over twenty commuter led convoys, everybody has the opportunity to travel to work on two wheels. WABA will once again be hosting a pit stop at Freedom Plaza in downtown DC with food, warm beverages, speakers, and entertainment. This morning is bound to make your workday brighter!



REGISTRATION IS NOW OPEN!

THE U.S. AIR FORCE CYCLING CLASSIC presented by Northrop Grumman



photo courtesy of: Jonathan Berish



THE U.S. AIR FORCE CYCLING CLASSIC presented by NORTHROP GRUMMAN



CRYSTALride

**Sat. May 30 – Sun. May 31, 2009
Arlington, Virginia**

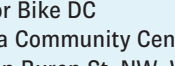
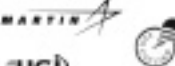
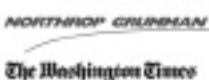
The 2009 U.S. Air Force Cycling Classic presented by Northrop Grumman will feature two days of riding and racing for all cycling abilities, from young kids to top pros! Participants in the U.S. Air Force Cycling Classic Crystal Ride, Sunday, May 31st, will be able to challenge themselves for up to 100km, or 8 laps, on the 12.5km course in and around Crystal City.

Wounded Warriors to Benefit

The 2009 U.S. Air Force Cycling Classic presented by Northrop Grumman will also offer cycling enthusiasts the opportunity to raise money to support our wounded warriors by participating in the Crystal Ride on our Team Intrepid Heroes. 100% of the pledges made will benefit the Intrepid Fallen Heroes Fund. See our website for more details.



For more information or to discuss sponsorship opportunities: info@arlingtonsports.org or visit our website.



Boce | Allen | Harrison

www.USAirForceCyclingClassic.com

CCC SCHEDULE

Visit www.waba.org to pre-register, and for updated information and directions.

VIRGINIA

Wed, March 18, 6-9pm • CCC-1 (classroom only)
Prep for Bike to Work Day
Walter Reed Community Center
2909 16th St, Arlington, VA 22204

Sat, April 18, 1-4pm • CCC-1 (classroom only)
Prep for Bike to Work Day
Shirlington Library
4200 Campbell Ave, Arlington, VA 22206

Wed, May 6, 6-9pm • CCC-1 (classroom only)
Arlington City, Azalea Room
2100 Clarendon Blvd, Arlington, VA

Sat, May 9, 10am – 1pm • CCC-1 (classroom only)
Cora Kelly Rec Center
25 West Reed Ave, Alexandria, VA 22305

Thurs, May 21, 6-9pm • CCC-1 (classroom only)
Mount Vernon Rec Center
2701 Commonwealth Ave., Alexandria, VA

Sat, May 23, 1-4pm • CCC-2 on-bike
(sequel to CCC-1)
Prep for Bike to Work Day
Arlington Public Schools
Parking deck over I-66, enter from 15th St N

Sat, June 13, 1-4pm • CCC-1 (classroom only)
Arlington Central Library
1015 N Quincy St., Arlington, VA 22201

Sat, July 11, 1-4pm • CCC-1 (classroom only)
Fairlington Community Center
3308 Stafford St., Arlington, VA 22206

Wed, Sept 9, 6-9pm • CCC-1 (classroom only)
Spanish translation provided
Walter Reed Community Center
2909 16th St, Arlington, VA 22204

Sat, Sept 19, 1-4pm • CCC-2
(on-bike, sequel to CCC-1)
Arlington Public Schools
Parking deck over I-66, enter from 15th St N

DC

Sat, April 4, 1-4pm • CCC-1 (classroom only)
Prep for Bike to Work Day
Kennedy Rec Center
1401 7th St, NW, Washington, DC 20001

Sat, April 4, 1-4pm • LEARN TO RIDE
Bike and Roll
1100 Pennsylvania Ave, NW, Washington, DC 20004

Wed, April 22, 6-9pm • CCC-1 (classroom only)
Prep for Bike to Work Day
Takoma Community Center
300 Van Buren St, NW, Washington, DC 20011

Sat, May 9, 1-4pm • CCC-1 (classroom only)
Prep for Bike to Work Day
Hillcrest Rec Center
3100 Denver St, SE, Washington, DC

Wed, June 17, 6-9pm • CCC-1 (classroom only)
Josephine Butler Parks Center
2437 15th St NW, Washington, DC

Sat, July 25, 1-4pm • CCC-2 on-bike
(sequel to CCC-1)
Prep for Bike DC
RFK parking lot

Sat, Sept 12, 1-4pm • LEARN TO RIDE
Bike and Roll
1100 Pennsylvania Ave, NW, Washington, DC 20004

Wed, Sept 16, 6-9pm • CCC-1 (classroom only)
Prep for Bike DC
Takoma Community Center
300 Van Buren St, NW, Washington, DC 20011

Sat, Oct 3, 1-4pm • CCC-2 on-bike
(sequel to CCC-1)
RFK parking lot

2008

With heartfelt thanks from WABA Board and Staff for your support and generosity.

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WABA

Getting people there by bike since 1972

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)
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___ \$300 Platinum Pedaler (Three years)
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Please do not list my name in the WABA newsletter.

Family memberships:

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

Name _____

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City _____

State _____ Zip _____

Phone _____

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- 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*

- Bicycling Accident Attorney
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An Inn for all Seasons

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Contact Karan Townsend
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info@TheTownsInn.com
or visit www.thetownsinn.com

MARYLAND LICENSE PLATES SUPPORTING SAFE CYCLING

Part of the mission of WABA is to promote safe cycling. Another is to share our enthusiasm about all things cycling. As part of those efforts, we are proud to announce the potential for cycling-related license plates for your motorized mode of transportation.

We can obtain State of Maryland organizational license plates that will show our support for safe cycling and to remind other drivers to share the road with cyclists.

We can get these plates for our Maryland-registered automobiles if we have at least 25 commitments. If you're a Maryland resident and interested, please go to www.waba.org/areabiking/MDPlates.php to sign up!

Don't toss the RideOn!
Give it to a friend!
Suggest they join WABA!
TELL-A-CYCLING BUDDIE!