

# OH Bike Mini-Newsletter – March 2024

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### Message from the President



We are more than halfway through winter, and the rides on the monthly ride schedule are picking up. Our officers and board members are working hard to set up some important rides for the spring and summer.



Namely, the Rural Legacy Ride, York overnight ride, and something close to our traditional Indian Head Century Ride on Labor Day. We feel that we are not able to do a large invitational Century Ride at this time. We might scale it down a little to a multi-class members only ride and see how it goes before we commit to a very large invitational century ride next year.

I recently heard from a former OHB&TC President Howard Harris. He and his wife Joan live in Tampa Florida. He has had serious medical problems which prohibit him from riding a bicycle and driving a car. He currently resides in an Assisted Living Facility: 13550 South Village Drive, Tampa, Florida 33618-8420, and Joan is residing with her brother Tom nearby. Ron, Jackie, and I are still doing the Friday IHRT rides, while Steve, Joan, Diane, others on the board and our regular ride leaders are filling in the other days with some of our favorite rides.

Our annual meeting is now set for March 23<sup>rd</sup> (Saturday-5 PM) at the Lutheran Church off of Indian Head Hwy. Please come and enjoy the food and fellowship as we elect new officers and plan for the new riding season. It is a "Pot Luck" which is always a great feast.

See yens on the trail and/or road.  
Rabbi Randy, President

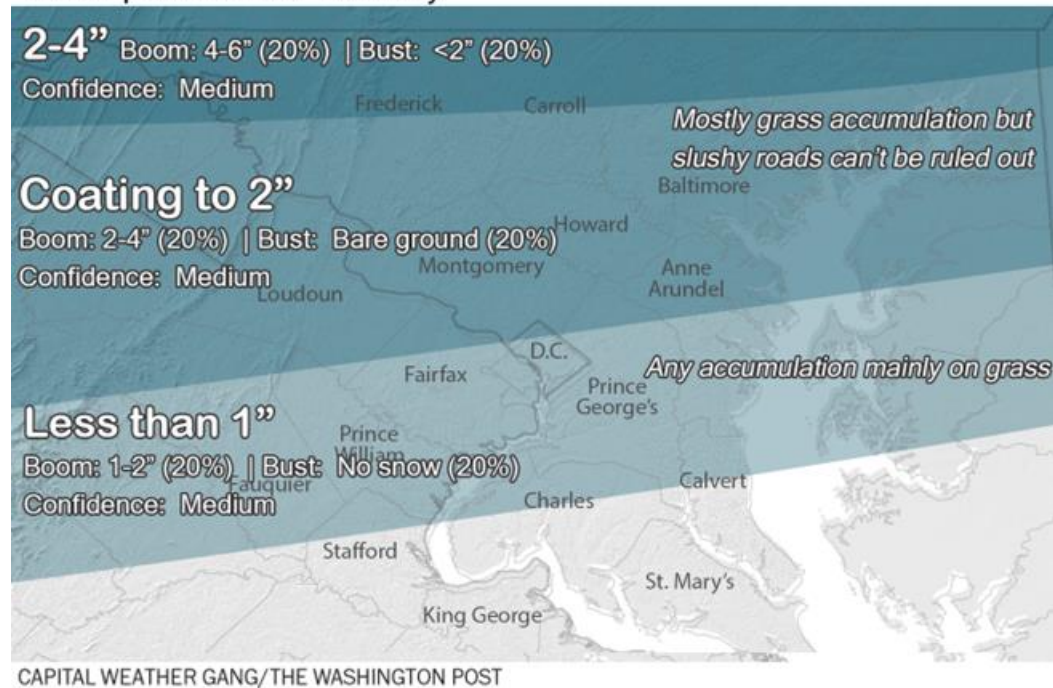
# Weather Forecasting for Cyclists with Randoplan

by Steve Palincsar, Road Captain



It's obvious that weather is important for an outdoor activity like bicycling. There's no shortage of weather forecasting all around us: on the radio, television, in the newspapers and on the internet. But the problem is that metro DC covers a large geographic area with weather that can differ greatly from place to place as well as hour by hour. This can be seen in the snowline forecast map from the Washington Post earlier this February.

## Snow potential for Tuesday



Heavy snow in Frederick (the Covered Bridges), medium in Montgomery County (the Ag Reserve), accumulation mainly on the grass in PG and northern Charles Counties (Bryans Rd, the Indian Head Rail Trail, Brandywine and the Patuxent), and nothing at all in Nanjemoy and St Mary's County. Temperature and rainfall often follow a similar pattern.

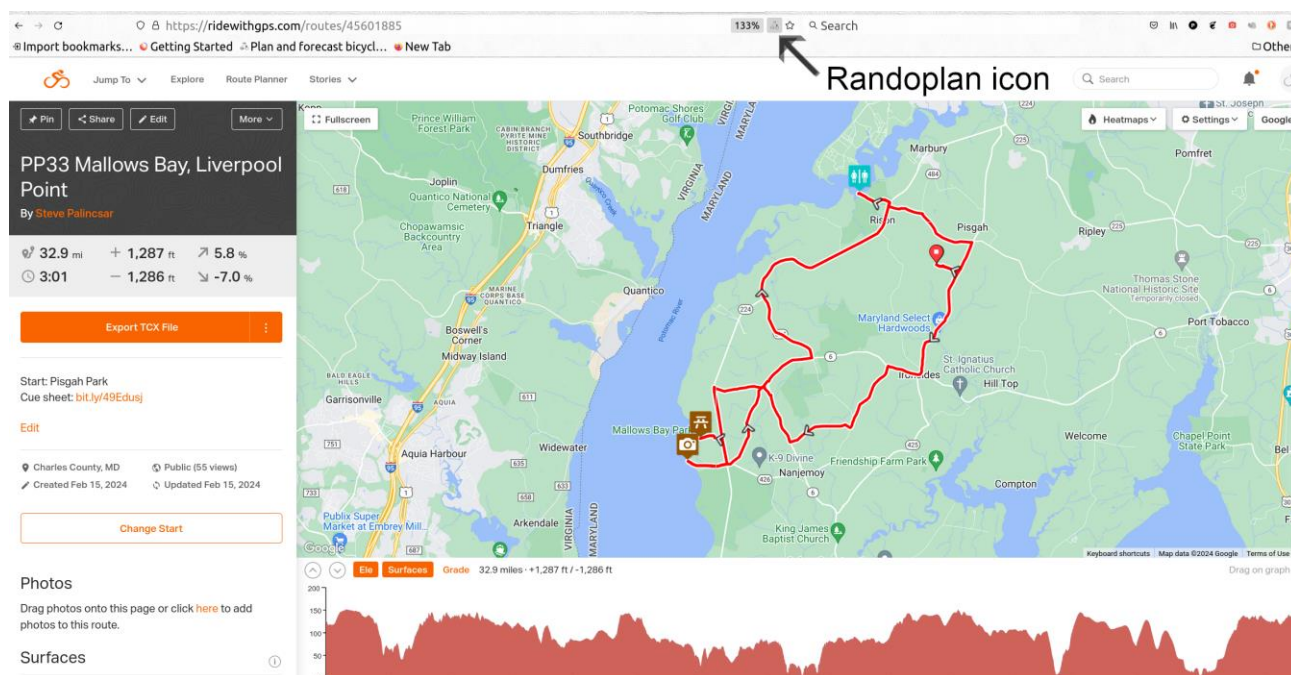
We need a more localized forecast, one that includes wind direction (headwinds matter) and temperature and rain probability by the hour. It should also take hills into account so that we can predict where we'll be when it's going to rain and when we'll finish.

Randoplan ([randoplan.com](http://randoplan.com)) pulls together detailed terrain information from a public route in Ride With GPS (RWGPS) and weather forecasts from your choice of weather information including the National Weather Service, Apple WeatherKit, Tomorrow.io, Weather API, and Visual Crossing. Some of these sources seem to be better in one part of the country than the others; I myself like to stick with the [National Weather Service](http://National Weather Service).

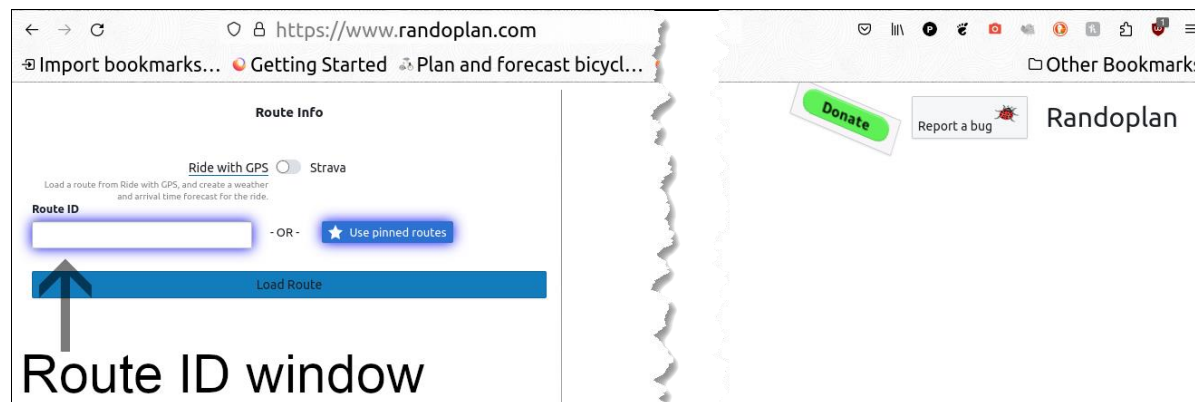
But that's not all Randoplan does. As the name suggests, the application was written to help randonneurs plan their events. Randonneuring is a sport that involves long to very long distance cycling with checkpoints and time limits. Riders need to maintain a minimum average speed, and the clock continues to run during stops. Randoplan lets you enter the location of rest stops and check points along

with your estimate of how long you will spend at those stops. Combining terrain and weather, it predicts when you will arrive at those designated stops and when you will finish the ride.

There are two ways to use Randoplan. There are browser extensions (add-ons) for Firefox and Chrome that let you begin by viewing the route with RWGPS. Clicking an icon will load Randoplan in a new tab with the route you are viewing already loaded.



Alternatively, you can load <https://randoplan.com> and manually enter the RWGPS route number in the Route ID window.



You can also enter a Strava route number but since I know nothing about Strava, I won't say anything more about it.

Enter the date and time and select the source of the weather forecast. Then enter information about the stops. Randoplan will pre-populate any cues listed as "Rest stop" in the route's cue sheet.

← → https://www.randoplan.com/?rwgpsRoute=45601885&showProvider=true&stopAfterImport bookmarks... Getting Started Plan and forecast bicycl... New Tab

Route info Forecast Settings PP33 Mallows Bay, Liverpool Point

PP33 Mallows Bay, Liverpool Point

Starting time February 27, 2024 7:30 AM

Projected finish time Find forecast to create

Pace on flat 12 mph

Forecast Interval 15 30 45 60 75 90 105 120

Apple WeatherKit

Tomorrow's forecast

Name	Miles	Expected Time	Estimated Arrival Time	Delete
Start stop Mallows Bay	1.3	1 min		
Start stop Liverpool Point	28	1 min		

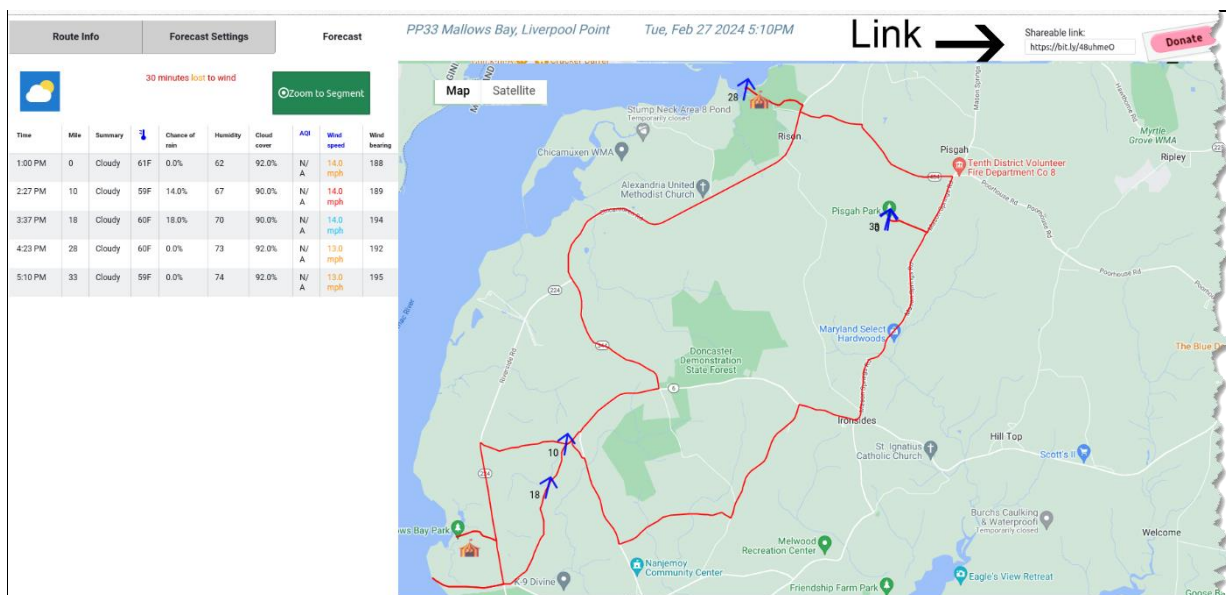
⊕ Add

⊗ Display hiked time

Enter your expected pace on flat terrain, adjust the forecast interval if desired (it has 60 minutes pre-selected) and then click “Find Forecast”.

Date and time

Forecasting source



The forecast will be displayed, along with a map of your route. Wind direction arrows appear on the route in blue. As noted in the image, a shareable bitly link appears at the top of the map. This is the link you'll find included in a ride description. Each time you click the link, Randoplan will reload the forecast, checking the source for updated information.

30 minutes lost to wind								
Zoom to Segment								
Time	Mile	Summary	Chance of rain	Humidity	Cloud cover	AQI	Wind speed	Wind bearing
1:00 PM	0	Cloudy	61F	0.0%	62	92.0%	N/A	14.0 mph
2:27 PM	10	Cloudy	59F	14.0%	67	90.0%	N/A	14.0 mph
3:37 PM	18	Cloudy	60F	18.0%	70	90.0%	N/A	14.0 mph
4:23 PM	28	Cloudy	60F	0.0%	73	92.0%	N/A	13.0 mph
5:10 PM	33	Cloudy	59F	0.0%	74	92.0%	N/A	13.0 mph

Clicking on the column headings for temperature and wind speed changes the information to “Feels like” temperature and wind gust speed.

Selecting the “Forecast Settings” tab displays the projected finish time and the estimated arrival time at the designated rest stops.



Route Info

Forecast Settings

Forecast

PP33 Mallows Bay, Liverpool Point

Starting time

February 27, 2024 1:00 PM

Projected finish time

February 27, 2024 5:10 PM

Pace on flat

12 mph ▾

☐Metric

Forecast Interval

15

30

45

60

75

90

105

120

Apple WeatherKit ▾

Find Forecast

▾ Add Stops

Name	Miles	Expected Time Spent	Estimated Arrival Time	Delete
Rest stop Mallows Bay	13	10 min	Tue, Feb 27 2024 2:56PM	⊗
Rest stop Smallwood Park	28	10 min	Tue, Feb 27 2024 4:23PM	⊗
⊕ Add				

Randoplan is a very valuable tool. We ask ride leaders to include a link to the forecast in each ride description. We hope you use this information in deciding whether to go on a ride and in planning what to wear.

## Oxon Hill Bike and Trail Club Board Meeting Minutes - Draft

<b>Date/Time</b>	February 12, 2024 7:00 pm
<b>Attendance</b>	Board members: Randy Schoch, Joan Oppel, Walt Roscello, Jessica Hirschhorn, Ellen Goodwin, Dan Donahue, Steve Palincsar, Jim Hudnall, Leslie Tierstein Members: Sherwood Byers, Jane Hudnall, Jackie Schoch, Wally Huie, Ron Altemus, Diana Donahue

### Minutes

A motion to approve the minutes from the December board meeting was made and seconded. Minutes were approved.

### Treasurer's Report – Walt Roscello

Walt reported the renewal of the club's memberships in WABA and the Virginia Bike Federation. The Wild Apricot account renewal of \$2,670 also posted in January, representing one of the club's largest annual expenses.

### Annual Meeting

Diane Harris volunteered to take the lead in overseeing the meeting and organizing set up. Other Board members volunteered to help with set up. Meeting format will be a potluck. The website for registration

for the annual meeting is ready for registration, and Jessica will send an announcement to the club email list. Members can state what they will bring within the registration form. Jim said he would prepare a slide show to run as people gathered. There was discussion of a presentation by an East Coast Greenway representative as well as a short talk by Sherwood on what to expect on the multi-day tours he arranges for club members.

### **Election of Officers for 2024-2025**

Emails will be sent out requesting nominations for all board positions. The election will be held during the annual meeting.

### **Amending Rider Guidelines**

Sherwood and Ellen presented a motion to amend the *Rider and Leader Guidelines* to eliminate the use of the word “clear” by all riders at intersections. The League of American Bicyclists strongly opposes use of calling clear as dangerous to following riders. The board discussed the proposed amendment, the ramifications of it and additional language offered by Joan for better clarification of the intent. The board decided to table the discussion until the next meeting.

### **Club Event Schedule: the IH100 and/or the Rural Legacy**

Jessica led the discussion on whether the club should try to put on the IH100 as discussed at length in prior meetings and in additional planning sessions.

Joan reported that only 24 members responded to several efforts to recruit a volunteer crew for the IH100, and 10 of the 24 wanted to do either before or after tasks.

These are some of the points that the board considered in this discussion:

- Rural Legacy has 3 rest stops and picnic, Indian Head 100 has 5 rest stops and picnic.
- Rural Legacy volunteers = 37; Indian Head volunteers = 85 plus tens of outside volunteers.
- Rural Legacy riding area is more compact than Indian Head.
- Rural Legacy brings in enough money to fund the club's yearly expenses, including donations.
- Indian Head 100, in the past, has been more of a fundraiser for the participating community groups and the club.

Jessica said that Jim’s comments, with his lengthy club event experience, resonated with her:

*The IH100 is not just a bike event. It is a fundraiser for the bike club, five churches, and two parks. It is a wonderful event for worthwhile causes, but it takes much more work than the Rural Legacy. It doesn't look like the club has enough members willing to do the work to make it be a success this year.*

*Some club members want to see the club have a century. On the last two Labor Days, the club had successful all-class members-only rides and picnics. Why not do the same this year and add a 100-mile route for those who want to do a century ride?*

Board members had a lengthy discussion of the topic, including various possibilities for an all-class members Labor Day Indian Head ride (instead of a paid ride, but still using similar routes) and the possible task assignments for a paid Rural Legacy event.

### **Motion to hold the Rural Legacy as a paid event**

A motion was made and passed to hold the Rural Legacy as the club’s only paid event for 2024, to charge increasing scale registration fees of \$35, \$45, \$55 (depending on registration date) and for all board (and board adjacent) members to perform for the Rural Legacy the same tasks they agreed to for the IH100.

The road captains will offer a proposal for a series of all-class member rides starting in April. Possibilities are: Start-the-Season, May Metric, Strawberry Festival, and Indian Head.

The meeting was adjourned at 8:00 pm.

**Next meeting:** March 11, 2024.

Submitted by Joan Oppel

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## New Members of OHBike

*Joined between January 1 and February 15, 2024*

Mackenzie	Love	Sterling	VA
Diane	Royal	Reston	VA
Maryjane	Obichere	Alexandria	VA
Catherine	Kitchell		MD
Erin	Counts	Lorton	VA
Stewart	Street	Mitchellville	MD
Martin	Howell	Alexandria	VA

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## OHBTC's Annual Meeting and Potluck Dinner

**Celebrate another year of biking in Southern Maryland.**

- **Sat, March 23, 2024** 5:00 PM - 8:00 PM
- **Grace Lutheran Church**, 10928 Indian Head Highway, Fort Washington, MD 20744



**Come hang out with your bike friends and enjoy some good food.** [Register here](#) for the meeting and tell us what you are bringing – It's a potluck. We will provide soft drinks, paper goods, and good cheer.

The meeting will include election of next year's club officers.

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## Bike Maryland Symposium

*By Diane Harris*

On February 15th, I attended the annual Maryland Bike Symposium in Annapolis. This is an event sponsored by [Bike Maryland](#), an organization that advocates for the promotion of pro-bicycle legislation on the state, county, and local government levels. The ultimate goal is to make cycling a safe and fun form of transportation for all who choose to ride in Maryland.

After enjoying coffee and snacks provided by [The Big Bean coffee shop](#), attendants settled in for presentations by state officials, as well as others who provided information on their roles towards making roads safer for cyclists. One presentation that I found very interesting was that by [Dr. Shima Hamidi](#) on road diets and their impact on the safety of roads. Peter Gray, Chairman of Bike Maryland, greeted and spoke to attendees, reviewing the organization's role as a resource for bike advocates across the state.

After a review of the 2024 bills and budget recommendations for safe biking and walking in Maryland (13 of them), we set out to visit our respective state delegates and senators to solicit their support for passage of these bills. I was able to meet with two of my delegates ([Kris Valderrama](#) and the Chief of Staff of [Veronica Turner](#)) and an assistant to [Senator C. Anthony Muse](#). The meetings involved reviewing the list of bills with a brief discussion (as needed), and answering any questions they had, to the best of our ability. What I found helpful was the "devil's advocate" types of questions which made me consider other aspects of why the bill should be supported, and what might lead to not supporting it. All in all, I felt I let my representatives know my thoughts, as a cyclist and their constituent, on what was important to me towards making roads in Maryland safer.

These are some of the bills Bike Maryland is hoping to get passed in the 2024 legislative session. For a complete list with detailed information, go to <https://www.bikemaryland.org, 2024 Legislative Agenda>. I've included a summary below.

### **Bikes on Sidewalks ([HB0111](#)/[SB077](#))**

Maryland is among the minority of states that prohibit bike riding on sidewalks. Current state law prohibits bike riding on sidewalks by people of all ages unless permitted by local ordinance. This bill flips the state's default to permit bikes on sidewalks statewide unless prohibited by local ordinance (which hopefully would be confined to very specific locations). The bill also requires people on bikes to yield the right-of-way to pedestrians and people using mobility devices on sidewalks and in crosswalks.

### **Electric Bicycle Rebate and Voucher Program ([HB0156](#))**

The bill establishes a program to provide vouchers and rebates to residents for the purchase of a new electric bicycle, a replacement battery, components to make an e-bike usable by a person with a disability, a bicycle lock, or routine maintenance for an e-bike. Covered items must be purchased from an authorized Maryland retailer. The program would start in fiscal year 2026.

### **Great Maryland Trails Act ([SB0645](#)/[HB0530](#))**

The Great Maryland Trails Act will establish a state office to oversee the creation of a Statewide Trail Plan and to promote planning and development of trails for transportation and recreation. The bill is consistent with a recommendation in the draft [2050 Maryland Statewide Bicycle and Pedestrian Master Plan](#).

### **Maryland Transportation Authority Bike and Pedestrian Safety ([SB0593](#)/[HB135](#))**

The Maryland Transportation Authority (MDTA) is responsible for our state's toll facilities including two turnpikes, two tunnels and four bridges. Unlike all the other MDOT modal agencies including the State Highway Administration (SHA), the MDTA is currently not required to create plans that follow a state Complete Streets legislative directive enacted in 2018. This has led to lost opportunities to boost safety by creating multimodal options as part of key MDTA projects, notably the Harry W. Nice Memorial Bridge and the Intercounty Connector. This bill will set a policy to require separated bike/pedestrian facilities on new and renovated bridges, safe crossings of interstates, and other safety provisions for people on bike or foot.

### **State Road Trail and Sidewalk Maintenance ([SB0514](#)/[HB0389](#))**

This bill will remove a provision in state law prohibiting the state from maintaining sidewalks, shared-use paths, and trails constructed along state roads. The prohibition has delayed the planning and development of trails in certain parts of the state.

### **Operation at Intersections also known as "Bicycle Safety Yield" ([HB0511](#)/[SB0826](#))**

A growing number of states (now 11) and most recently D.C. have enacted "Stop as Yield" laws which permit cyclists to treat stop signs as yield signs. This practice is counterintuitive to drivers but has proven to be a safer way for cyclists to cross or turn at stop signs. Cyclists have better sight lines and can cross



faster and more steadily by continuing to roll if the intersection is clear and there is no approaching traffic. A moving cyclist is also easier for a driver to notice than a stationary cyclist.

### **Yielding Right-of-Way (Sarah Debbink Langenkamp Memorial Act) ([SB0315](#)/[HB0337](#))**

The Sarah Debbink Langenkamp Memorial Act would provide the same protections for bike lanes that exist for crosswalks. The bill is named after a Bethesda woman who was hit and killed by the driver of a flatbed truck while cycling home, in a marked bicycle lane, from a back-to-school event at her children's elementary school in August 2022.

### **Transportation and Climate Alignment Act of 2024 / Clean & Affordable Transportation Choices Act ([SB681](#)/[HB836](#))**

The bill would require the MDOT and regional transportation planning agencies to measure and mitigate any increases in climate pollution and Vehicle Miles Traveled (VMT) caused by planned highway expansion projects over \$10 million. Mitigation actions could include improving and expanding public transit, creating protected bike infrastructure, expanding remote work options, and locating jobs and amenities near where people live. This will help expand people's transportation choices while reducing climate pollution.

### **Other Safety Bills**

Other bills focused on improving safety on our roads focus on issues including speed reduction, reckless driving, and policies such as Vision Zero ([HB0334](#)/[SB0345](#)).

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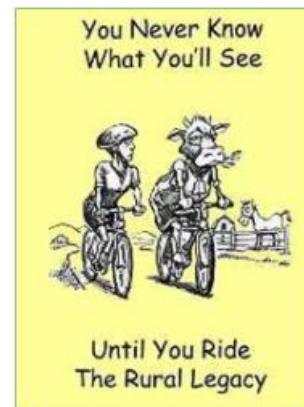
## **Volunteer for the 2024 Rural Legacy Ride**

Here is your opportunity to GIVE BACK to the CYCLING community! (And snag a free ride!)

Volunteer for the **Oxon Hill Bicycle and Trail Club RURAL LEGACY RIDE on June 8.**

Choose your job:

Parking - 6:15 am  
Check-in riders - 6:15 am  
Rest Stops - times vary  
    Magraders Ferry - 7:00 - 11:00  
    Eagle Harbor - 8:30 - 12:00  
    Merkle Wildlife Sanctuary - 7:00 - 1:30  
Picnic - set up starts at 9:30 - 10:00 am  
Clean-up - 2:00 to 3:00  
SAG - 7:00 to approximately 3:00 pm



There's something for everybody:

- For the bossy ones: Wear a snazzy day-glo vest and order cars where to park!
- For the gourmet chefs: Make PB & J sandwiches!
- For the caretakers: Nourish the cyclists!
- Excellent for you guys with OCD: Help us clean up!

Register [here](#) and choose your preferred volunteer job.

**Registration fee if you want to ride is waived.** We appreciate you so much.