



# Baltimore Bicycling Club Newsletter

Volume 39 Number 6

November | December 2006

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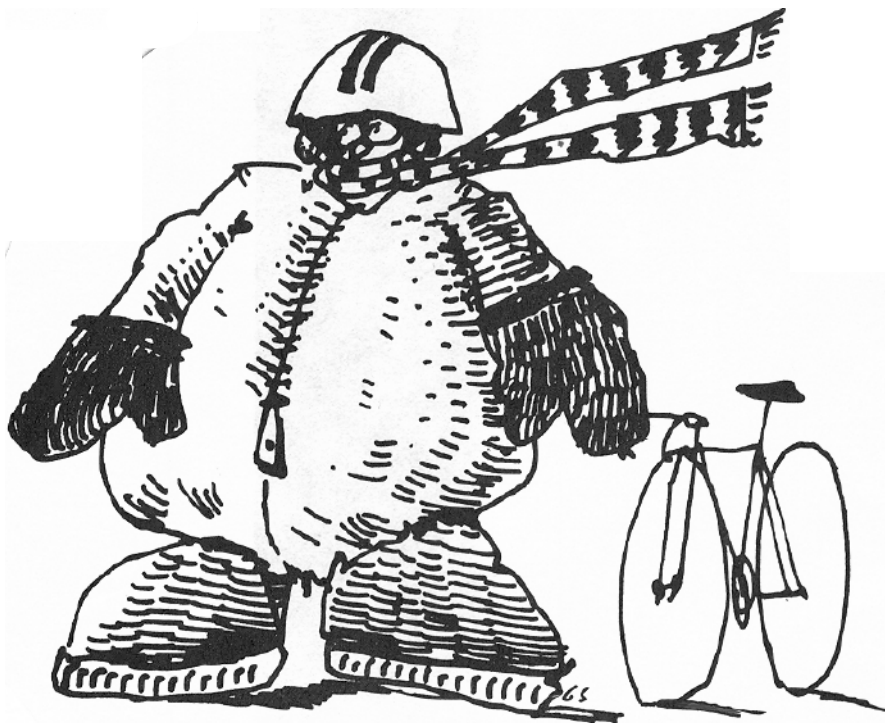
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### Upcoming Events

November 11

End of Season Celebration

Election / Social



-ADVENTURE CYCLING

## Dodging

*From the newsletter of the Cascade Bicycle Club, Seattle, WA*

Watch those gaps between parked cars. While riding on a street with parked cars, be sure to maintain a straight line, avoiding moving to the right when there's a gap between parked cars.

Since you're going more slowly than the traffic overtaking you from the rear, you may get trapped and become the condiments in a car sandwich when you move back into the traffic lane.

By continuing to ride in a straight line, you are acting more predictably for the overtaking drivers, and you're avoiding the junk (glass, rocks, cans, etc) that tends to be farther to the right than the traffic lane.

**The moral is:** *Watch the traffic and maintain your line.*



-ADVENTURE CYCLING

Baltimore Bicycling Club, Inc

P.O. Box 5894

Baltimore, MD 21282-5894.

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

CLUB CONNECTION



ADVENTURE CYCLING  
ASSOCIATION

## **2006 Officers & Members-at-Large of the Board**

The BBC is governed by an Executive Board (consisting of a President, Vice President, Treasurer, Secretary, four members-at-large, and the Past President) which meets monthly to discuss club business. If you would like more information, please call the current BBC President. For a synopsis of the minutes, call the Secretary.

### **Officers**

Frank Anders, President  
410-628-4018,  
president@baltobikeclub.org

Daryl Caplan, Vice President  
301-829-9796  
vicepresident@baltobikeclub.org

Ed Cahill, Secretary  
410-465-1492  
secretary@baltobikeclub.org

Ken Philhower, Treasurer  
410-437-0309  
treasurer@baltobikeclub.org

Bob Carson, Past President  
410-828-8604  
pastpresident@baltobikeclub.org

### **Members-at-Large**

John Cole  
410-661-4427,  
membersatlarge@baltobikeclub.org

Mary Ryan  
410-828-1015,  
membersatlarge@baltobikeclub.org

Howard Rosenbaum  
410-653-2363,  
membersatlarge@baltobikeclub.org

Laurie Wrona,  
410-252-0823  
membersatlarge@baltobikeclub.org

## **2006 Committees**

Insurance . . . . .	Howard Rosenbaum . . . . .	410-653-2363
Government Relations . . . . .	Bob Moore . . . . .	410-435-6623
Instructional Programs . . . . .	Howard Kaplon . . . . .	410-484-6955
Club Items for Sales . . . . .	Mitch Tobias . . . . .	410-833-8137
Newsletter & Handbook . . . . .	Chris McLaughlin . . . . .	410-992-6627
1. Tandem Column . . . . .	Peggy & Tom Dymond . . . . .	410-272-9139
2. Team BBC Race Report . . . . .	Scott Weiner . . . . .	410-486-8921
Rides . . . . .	Daryl Caplan . . . . .	301-829-9796
	(see Rides section of newsletter for committee members)	
Cue Sheet Librarian . . . . .	Craig Martin . . . . .	410-538-8791
Team BBC Representatives . . . . .	Scott Olson . . . . .	410-458-1612
	Margaret Hartka . . . . .	410-357-8506
Safety for Bicyclist /		
Safety Awareness Program . . . . .	John Overstreet . . . . .	
BBC Property . . . . .	Frank Anders . . . . .	410-628-4018
Internet Administrator . . . . .	Janet Goldstein . . . . .	410-366-1466
Membership . . . . .	Barb Park . . . . .	410-823-4293
Giving . . . . .	Russ Loy . . . . .	410-628-6297

### **League of American Bicyclists**

1612 K Street, NW, Suite 401  
Washington, DC 20006  
202-822-1333



# BBC 2006 EVENTS CALENDAR

Date	Event	Contact
April 30- June 18	<b>Instructional Ride Series</b>	Gordan Peltz 410-256-1421 Howard Kaplon 410-484-6955
May 26-29	<b>Kent County Spring Fling</b>	Frank & Kathy Anders 410-628-4018
June 17	<b>Flatlands Tour</b>	Ken Philhower 410-437-0309
June 30-July 2	<b>Tour de Montes</b>	Craig Martin 410-538-8791
July 9	<b>Club Picnic</b>	Mary Ryan 410-828-1015
August 5	<b>Corn Roast Rides</b>	Gloria Epstein 410-665-3012 ANOTHER VOLUNTEER NEEDED
September 9	<b>Civil War Century</b>	Howard Rosenbaum 410-653-2363
September 29-October 1	<b>Lancaster Weekend</b>	Jane & John Cole 410-661-4427
		Carol & Walt Russell 410-665-0651
October 1	<b>She Got Bike!</b>	Margaret Hartka 410-357-8506
	<b>A Festival of Women's Cycling</b>	
October 20-22	<b>Washington County Getaway</b>	Rich Burns 410-433-4162
November 11, 2006	<b>Election, Awards &amp; Recognition Dinner</b>	Judy Broadwater Russ Loy - 410-628-6297

*The BBC also continues to sponsor and support the following events*

July 13-16	<b>CAM Weekend</b>	Bob Carson 410-828-8604
October 22	<b>Tour du Port</b>	Bob Carson 410-828-8604

# OUT OF BOUNDS

Prepared by Judy A. Getz ([janneg@bcpl.net](mailto:janneg@bcpl.net))

Beginning with the November/December issue of the Newsletter, the *Out of Bounds* column will be in two sections. Local rides of interest will be listed first and separately to quickly give Club Riders information about fund raising rides and events that are in the immediate Metropolitan Area.

The rides and events in other parts of Maryland and near-by states will be listed in the second section.

## Local rides of interest

### **Saturday February 4, 2007**

Stop, Swap, and Save (10<sup>th</sup> annual) : 9:00 a.m.-2:00 p.m. Westminster. The mid-Atlantic's largest bike swap. 300 vendors Registration deadline for vendors is December 31, 2006. [stopswapandsave.com](http://stopswapandsave.com)

### **April 2007**

The Light House Shelter (Annapolis)

### **May 2007**

Tour de Cure (American Diabetes Association)  
Great Bike Ride (Women's Housing Coalition of Baltimore City) (Oregon Ridge)  
Bike Jam Baltimore (Baltimore City)

### **June 2007**

Tour du Carroll (Westminster)  
Visionary Art Museum bike building/ride contest  
Tour dem Parks  
Moonlight Madness  
MS 150

### **September 2007**

Bike4Breast Cancer: Harford County Ribbon Ride (Havre de Grace)  
Maryland Wine Festival Asthma Ride (Westminster)

### **October 2007**

Tour du Port

## Further out of bounds

### **November 29-December 4, 2006**

FestiVELO de Charleston. Holiday Festival of Bicycles for Families. 4 days with 10 ride options. [www.festivelo.org](http://www.festivelo.org)

## **Civil War Century 2006 Report** *By Howard Rosenbaum*

In the early years of the Civil War Century event, I enjoyed participating as a rider on the 50-mile ride. As a member of the BBC, I thought it was my time to support the one of the club's important events, so two years ago, I worked at the Gathland rest stop with Barry and Mary Menne, the first on the century route. That day was the perfect storm of event logistics. Day of event registration and poor planning were the chief culprits. We ran out of Gatorade, and food by about 10 AM. Then the well water turned brown and we could not supply water. The supply problems continued throughout the day and it was a huge disappointment that our club event was not satisfying to many of the riders that day.

Last year, Judy Getz and a revitalized event committee were ready for the day of event storm. We trucked water and spot-a-pots into Gathland and accommodated the extra 600 riders who show up the day of the event. Running sag for the day, I drove into Gathland toward the end of the morning to find satisfied riders and volunteers who were finishing up from the morning rush.

This year's CWC06 event committee again started planning in February, working on correcting the previous year's missteps and continuing the successes. The morning went like clockwork this year, unloading the truck with the event supplies that had been packed the day before, setting up the registration area, splitting out the wonderful fruit that Scenic View Orchards had provided (we will get the bananas right next year and they will be available at the ride start), preparing for the onslaught of cars (a special success this year as a result of Russ and Judy's plan for traffic flow), and registration was ready when riders started showing up in mass at 6:30. The music, the massages, the tomato sandwiches, lunch and finally, 1396 scoops of ice cream from Antietam Dairy completed the day.

It was fun and satisfying. We were luckier this year than the last two in that we only had one serious injury. It resulted in a rider being taken to the hospital with a broken collarbone. I listened as Sam Gore and Dave Prestel handled the incoming call and tracked the rider's status through her release from the hospital later in the day. The source of the success of this type of event is the collection of volunteers that the BBC was able to provide.

The members of the event committee and some key volunteers are listed below. This group along with the day of event volunteers truly made CWC06 a memorable event. We are proud that the Civil War Century has attained an unblemished reputation in the cycling community and on the cycling calendar.

### Event Committee and Key Participants

Howard Rosenbaum	Barry and Mary Menne
Mary Ryan	James Blunt and Kate Sanzaro
Craig Martin	Marc and Laurie Wrona
Bob Carson	Sam Gore
John and Jane Cole	David Prestel
Ruth and Lee Fleishman	Barry Childress
Barb Park	Dick and Diana Voelkel
Gloria Epstein	Judy Broadwater and Russ Loy
Bud Lippert	Judy Getz

PS

Every volunteer was a key participant, and every volunteer contributed to our success. Thank you for participating in CWC2006. See you next year.

## CASUAL RIDERS AND RIDE LEADERS

The riding season will begin March 1, 2007.  
The planning will begin Sunday January 7, 2007. **Save this date!**

Come to an informal get-together at my house: 3126 Glendale Ave. at 3:00 p.m.  
Pizza, salad, and beverages will be served.

Bring your ideas, suggestions, questions, etc.

If you cannot attend the meeting, but want to be involved in the 2007 season of Casual Rides, you may call (410-254-1306) or email ([janneg@bcpl.net](mailto:janneg@bcpl.net)) me.

If you **do plan to attend**, contact me with your preferred pizza topping.



### *Bicycle News from the* **Adventure Cycling Association**

#### Winter Survival

Riding a bike in the wintertime can be exhilarating and a great way to enjoy the unique beauty of winter, or it can be a miserable experience that causes you to quickly abandon your bike and take up skiing. If you've never experienced riding a mountain bike on a quiet snow-packed road, you've missed something incredible. Here are some suggestions for making your cold weather riding an enjoyable and repeatable experience.

Sometimes it takes a lot of trial and error to learn how to be prepared for winter sports. If you're comfortable you'll do the activity, but if you're cold it's not much fun. So proper clothing is the key to winter fun. The most important clothing suggestion is to dress in layers. High tech fabrics

have come a long way towards protecting us from the elements. Basically choose a thin synthetic fabric that wicks moisture as the first layer. Don't use cotton underwear, t-shirts or flannel as a first layer. Next use a thicker layer for insulation, such as a fleece vest or long sleeve top. Top off the above with an outer layer that is wind and waterproof as well as breathable. Another great thing about layers is that you can regulate your body temperature easily by taking off or putting on a layer. They also compact nicely so you can carry additional layers without increasing much weight or bulk and you can wear the same clothing for other winter sports. Don't forget insulated gloves, ear warmers, and wool socks.

Drink plenty of fluids before, during and after outdoor activities. Force

yourself to drink every 15 minutes while exercising. Winter air is cold and dry, thus having a dehydrating effect. A dehydrated body doesn't exercise very well, and is more susceptible to hypothermia. Carry an insulated water bottle or use a bladder system with an insulated delivery tube.

Following the above suggestions will keep you comfortable, fit and add another memorable dimension to your cycling experiences.

*By Laurie Brandt Hauptman  
Taken from the Colorado Plateau  
Mountain Bike Trail Association*

**Adventure Cycling Association**  
P.O. Box 8308, Missoula, MT 59807  
[www.AdventureCycling.org](http://www.AdventureCycling.org)  
(406) 721-1776

# End of Season Celebration and Election

come hungry

**PARTY  
FREE !!**

*Come on out to join old friends and make new ones as we celebrate the 2006 cycling season and make plans for 2007*

Saturday November 11, 2006 6:30 - 9:30 PM

Dinner, beer and wine will help put you in a party mood as we pay tribute to this year's "movers and shakers" and elect next year's board. **Best of all—your cost to attend is NOTHING!**

**Location: Glyndon Volunteer Fire Hall** 4812 Butler Road  
Glyndon, Md. 21071 (park behind the fire hall or next door at Santoni's shopping center)

**EVERYONE** is invited. *But if you're a new member or a member who hasn't been cycling much lately—we especially want you to come out and get to know your fellow BBC members.*

Your cost is **FREE** but let us know by 11/05 that you're coming as space is limited and we need to know how much food to order.

Email [russellloy@erols.com](mailto:russellloy@erols.com) or call Russ at 410-628-6297

## **It IS about the bike.....**

**and the rides.** Without club rides and the members who lead those rides we wouldn't have much of a bike club.

Therein lies the rub.....we need more members to step up and volunteer to be ride leaders. *If you can do a club ride, you can lead a club ride.* It's that simple. If you don't already have a ride and cuesheet, contact the Road Captain or the ride coordinator. They will provide a suitable cuesheet and all the help you need to get started.

Your ride coordinators can have an easy and enjoyable task – or a difficult one. If they have to make lots of calls (and beg people to lead rides) filling the ride schedule is a *real pain*. But if members plan ahead and offer to lead rides (before being asked, is great!) the ride coordinator's job can be a pleasure. And your fellow club members will benefit from a full and varied ride schedule.

Don't just rely on others.....

**take your turn at the wheel too!**

Thanks....Frank Anders

# Pedal in Style!

## In Your Baltimore Bicycling Club Jersey



NOW you can have one of our popular BBC jerseys!  
 These "cool" Louis Garneau shirts are short-sleeve and  
 fabricated in Micro- Airdry fabric, include 15 in.  
 invisible zipper and 3 back pockets.  
 They are available in sizes for  
 men and women. Just fill  
 out the order form below.

Prices \$45.00 Men's Relaxed Fit and Women's Fit  
 \$60.00 Men's Pro Fit

Sizing			
Men's		Women's	
XS	34		
S	36	S	32
M	38	M	34
L	40	L	36
XL	42	XL	38
XXL	44		
Men's Pro Fit or Men's Relaxed Fit		Women's Fit	

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Quantity: \_\_\_\_\_

Jersey (s) in size \_\_\_\_\_ and fit \_\_\_\_\_

+ Jersey (s) in size \_\_\_\_\_ and fit \_\_\_\_\_

Total Quantity \_\_\_\_\_ Enclosed Payment \$ \_\_\_\_\_

Include check for amount due payable to: **Baltimore Bicycling Club, Inc.**

Questions?  
 Then call Judy at  
 410/628-6297

Mail the completed  
 BBC Jersey Order  
 Form to:

BBC Jersey C/O Judy Broadwater  
 122 Glenmoore Ave.  
 Cockeysville, MD 21030-2421

## Hello, "She Got Bike!" Volunteers --

Wooooo Hooooo - what a fantastic day! The final numbers have not come in but we had 260+ pre-registered riders and 30 same day registrants and everyone had a fantastic time, THANKS TO ALL OF YOU.

We heard how great you guys were all day long - so for getting up early, letting us boss you around, following directions and keeping your cool, here's what Susan, Margaret, Katie and I have to say:

Thank you to our ride leaders (Deb, Sue F., Kristin, Jantje, Sue M., Chris, Jen, Gloria, Kathy, Tracy) who made all our women feel taken care of - we heard so many comments about how amazing and supportive you guys were. You all made a serious difference in the experience our women had on this ride, and please know that you have done a lot today to lower the barriers for women who want to ride through your encouragement and relentless waiting and doubling back and supporting - you allowed women who were testing their limits for the first time to really see what they can do. We know how important this job is because we heard about you all afternoon. Women who rode with us last year came back this year and told us that She Got Bike is why they kept riding all winter and summer, and your effort this year is going to have the same effect. Thank you for sharing your passion and increasing the visibility of women's cycling in Maryland.

Thanks to all the wonderful SAG drivers (Howard, Scott W., Scott O., Carl, Brian F.) You all changed flats, brought back fallen riders and did a great job of making all our riders feel like they could test their limits. You guys seriously rock and BRIAN TOWNS - thank you for flawlessly executing this part of the event and recruiting such wonderful men to do this job, for creating such beautiful routes and also for remaining professional and focused all day long and attending every single meeting we had leading up to this - we could trust and rely on you, and your support of women's cycling is truly impressive.

Thanks also to Susanne for making cue sheet copies and getting up early on a day she had to work just to make sure we had them.

Howard Kaplon - your newbie clinic was a critical factor in getting a lot of our 25 mile and 14 mile riders comfortable on the road. You filled in at the last minute and did a fantastic job and we thank you for spending the day with us and making sure our beginners had a good start on a day when the roads were wet, and bikes had fallen off cars, and riders were in tennis shoes and the bridge was slick - your helpfulness and flexibility made a big difference to us and our attendees.

Jenny and Joan, you guys took on one of the toughest jobs at this event - finding food and drinks - and we know what you went through to put together a great rest stop feast and a fantastic lunch. Thanks for taking on a job you've never done before and doing it like old pros - it was stressful and hard and those of us who have done things like that before know how many hours it took - so thank you.

AND ALSO to all of you who helped cut stuff up and laid out the goodies, and drove it to the rest stops and back, etc. - thank you for doing that - there was a lot to put together and it would have been impossible without you.

Jenn and Chris - THANK GOD for you guys. You handled logistics for this event so that Susan, Margaret, Katie and I didn't have to worry and that was huge. There was a lot on your shoulders and we had EVERYTHING we needed - and that is saying a lot. From port-a-pots to electricity you guys did it all and were incredibly calm every step of the way.

Registration Gurus (Kim, Bryan, Janet, Tracy, Jenn - and I know I'm forgetting people here, so please forgive me) YOU GUYS WERE WONDERFUL. Joe Trail (Mt. Washington Bike Shop) told me that the tone we set for this event was incredible and he's never seen so many women feeling comfortable, and asking questions and just being sooooo relaxed AND you guys started the day that way with the stellar job you did at registration - thank you for fielding questions, helping riders choose their rides and doing it all with big smiles and warm hearts - you were the first contact and you sent everybody off with a great vibe.

Dian Miller and Tim Munn and Tim Ellis - thanks to you guys we will have a video to promote this event next year to both women cyclists and sponsors; your efforts videotaping and photographing are going to make a tremendous difference in preparing for next year. You guys were all over it and we now have great film, photos and soundbites.

Dian Miller, the sign Queen, Bravo! This event looked so professional thanks to the work you did with the signage. AND Balloon People - the parking lot looked wonderful - everyone knew where to go and the balloons were placed perfectly - Tracy P., great pole wrapping job - that rocked.

Jeff, Bob, and Dave - the rest stop guys - you gave up your chairs, filled tummys, directed riders and stayed until every last rider came through - as we all know, the rest stops are the best part of any ride, so thank you for making this one so good.

Tracy P., you took on a marketing role for this event and even though your entire committee bailed on you - you got stuff done as well as any marketing pro I've worked with - thanks for being willing to take this one and for doing such a great job.

To everyone who moved tables, hung signs, talked to riders and did absolutely anything you could to help today THANK YOU - you did more than I know about - so just know how much we appreciated your support and great attitudes. You did a good thing for women's cycling today - don't underestimate what this event meant to the women who came.

Thanks for being part of our day.

Susan O., Susan M., Margaret H., Katie Gore

She Got Bike! October 1, 2006



Volunteer artists



First finisher



She Got Stretch -- Yoga for cyclists



Fashion show



She Got Fit -- getting and staying fit



She Got Grease -- bike maintenance and repair



The youngest She Got Biker -- 11-year-old Rita Eisner completed the 14-mile ride!

## The L'Etape du Tour 2006 ñ Excerpt from the Journal of Hugh Macintosh

"The Etape du Tour is a mass participation cycle ride over one of the stages of the Tour de France. The 2006 Etape du Tour will take place on Monday 10<sup>th</sup> July and will follow the exact route of stage 15 of the 2006 Tour de France. The stage is an absolute classic Alpine stage that starts in the town of Gap and climbs the Col d'Izoard and the Col du Lautaret enroute to the 21 hairpin climb to the famous ski station of L'Alpe d'Huez." -- official description of L'Etape du Tour by the organizer, Velo Magazine

The whole idea seemed crazy. To actually think one could ride a whole stage of the Tour, not just any stage, but one of the toughest -- up and down the highest and steepest mountains in the Tour de France's itinerary. I e-mailed all of my companions who had ridden several flat century rides with me, but only Andy Anderson was brave enough, or foolish enough, to take up the challenge.

### Official Statistics:

117 miles

Start at Gap altitude 2,575ft.

Climb Col d'Izoard altitude 7,741ft, Climb of 4,560 ft, 8.9 miles at 7%

Descent to Braincon, altitude 4100ft. Drop of 3,710ft

Climb Col du Lautaret altitude 6,750ft, Climb of 2728 ft, 7.6 miles at 4.4%

Descent to Bourg d'Oisan, altitude 2,493, Drop of 4,300ft.

Climb Alpe d'Huez altitude 6,101ft. Climb of 3,642ft, 8.7 miles at 7.9%

Total climbs 11,425 ft. ( Based on the simple math from altitudes)

The great day has arrived. Today I will find out if 5000 miles and 330 hours in the saddle and an accumulation of 170,000ft altitude gain, over six months, are enough to carry me through 119miles of the 2006 14<sup>th</sup> edition of L'Etape du Tour held over the same course as Stage 15 of the Tour de France.

We get up at 4pm in time to pack, get the luggage and bike boxes on the bus, the bus has to get to Alpe d'Huez before they close the road. Seven o'clock arrives just as the sun rises over the mountains and casts its light over the thousands of impatient cyclists. The announcer counts down "Dix, neuf, huit, Ö.deux, un" Nothing happens. We just remain standing. There is spontaneous outpouring of laughter. But after a couple of minutes we slowly start walking east and very soon clip in to the pedals, and head to the start line at 5mph. I cross the line 7 minutes past seven ñ not bad by all accounts as the rear numbers took 25 minutes to get through.

The first 35 miles is a pleasant undulating climb up a valley to Guillestres, a small town where the road to Col d'Izoard leaves the main highway. It is fairly flat except for an exhilarating 28mph drop to the bridge over the Lac Serre-Poncon. Just as the road to Col d'Izoard branches off the main highway and leaves the town, there is the feed station, at the worst possible location. It is at the narrowest section, and on an up-hill gradient. It is a mad house, the crowd is so dense everyone has to walk. I had not planned to stop here, so I walk through the bedlam, but it still takes 5 minutes. Rats!! All this walking is registering on my computer as riding time. I check my schedule and I am already 5 minutes outside the silver medal time, so let's forget about that possible goal, let's just finish.

Back in the saddle there is a brief climb and then it flattens out as it enters a spectacular gorge. The road is barely two cars wide and is hanging onto the sheer cliff, held up by 50 foot high rock retaining walls. Far below is a rushing torrent of snow melt. Here I catch up with a very convivial gentleman from Canada and we strike up a conversation. I ask him if his legs are the same material as his bike ñ carbon fiber. He is a double amputee from the knees down. He replies, very nonchalantly, that "yes they are, but they also contain quite a lot of steel which gives the airport security staff quite a fit." Well Mr. Bionic Man (I'm afraid we didn't exchange names), I am truly honored to be considered to be in the same category as you. Thank you for setting such an inspiring example.

The real climbing does not start until 17 km after Guillestres, near Chateau Queyras and we did not hit the real switchbacks for another 7 km. Then it starts in earnest with an average of 7% slopes and some 10%. In Maryland the maximum slopes may be 13% to 15% but they only last for maybe a mile or so, but Col d'Izoard goes on forever. At 2 km from the top we break out of the trees and there is no relief from the relentless sun. My computer thermometer is reading 95 deg. F. and a 10% slope ñ not a good combination.

The distance between switchbacks varies between 50 and 200 yards. We are all going about the same pace except for few crazy kamikaze riders. We accelerate out of a bend hit 35 mph and then smoothly break to negotiate the 360 degree turns, every one in unison, like a flock of birds, we all are instinctively aware of each others moves. As the temperature is still in the 80s, even at the top of the col, there is no fear of wind chill. Somewhere in this same vicinity when I am stopped, to take a photo, a red tandem zooms down, an able bodied captain and the stoker with prosthesis on both legs and one arm.

Almost as soon as I started the descent my legs started to cramp terribly, so I immediately drank a whole bottle of sports drink and I keep on pedaling, even though I did not need to. This cured the problem, but not before it crossed my mind that this might be where I would have to ignominiously abandon the race.

At Braincon feed station there is the same bedlam as before, but now I definitely have to take on water to be sure to get to Alpe d'Huez base. I mix up two 24 oz bottles of Power Endurance drink with the powder I have been carrying, and hit the road. I mistakenly think this will be sufficient to get me to the base of Alpe d'Huez.

As soon as we leave the feed station and turn a corner in the town, we are faced with a 10% climb up the main street. This certainly did not show up in the official profile. Then thank goodness, the road flattens out to a rolling 4 to 5% gradual climb along a long valley to Col du Lautaret, 27km away. To fight off the cramps I am consuming liquid at a far higher rate than normal, and rather than risk running out again, I stop at a wayside fountain where there is crush of riders also restocking.

The last kilometers to the top of Col du Lautaret were a hard slog along the edge of a slope with a long concrete avalanche protection structure. At the wide-open crown of the col there is a restaurant and souvenir shops. Here is a spur road that takes one to the most famous Col de Galibier ñ thank God they don't include that in this year's l'Etape.

Now begins and even longer descent down to La Grave a total of 4257 ft. drop over 24 miles. Most of the drop is in the first 7 miles and is almost as thrilling as d'Izoard, but in addition there are lots of tunnels which although lit by electricity, are still very dark in contrast with the bright sunlight. The pavement was a little uneven in the tunnels, which added to one's trepidation. Eventually the road flattened out in a broad lush green valley and I managed to tag on to some good pace lines which pulled me along at 5 mph faster than I could have gone on my own.

We arrive at Le Bourg d'Oisan with 20 minutes to spare from elimination. I have met my first goal which I had set many months ago, now let's see if I can complete the whole race.

I grab fresh bottles of water, and fill two bottles with Power Drink, the pink stuff, not as good as the lime, and one bottle just with water. So now I have three 24 oz. bottles to go 9 miles - this must be enough! In Maryland I can go 70 miles on 3 bottles. I also grab 2 gels as I have almost finished the 12 Gu gels I was carrying.

Now, I am ready for the infamous Col d'Huez! And 2hrs 44 minutes to get to the finish.

I had watched the video of the 2005 TdF time trial over and over, and there was a long flat section at the beginning. ñ But OH NO! Not for us, there isn't. Straight out of the feed station round a bend and you hit a 10% slope over the first 2 km. The actual straights were at 12% to 15% (remember that the 10% includes the flattish bends.) After the first 2 km it "eases" out to 7% to 9%. That would normally be nothing over a short distance in Maryland but after 110 miles in 95 deg temperature and over 10,000ft total climbs this mountain soon becomes a killer. I am taking in water at record pace, only 7 turns into the 21 and I realize I may run out, and must take more on board. The carnage is incredible. I pass riders, I pass walkers - some in their stocking feet, I pass people just standing still bent over their handlebars, I pass people sitting in the shade, I pass people lying down, and I am passed by very few. I just keep on plodding along in my 30/27 gears at 5 mph, only occasionally changing up to 24 at the corners where you can accelerate on the flat outside bend. At about every third bend I do stop for a gel and a drink and a photo. Eventually I find a spout of crystal clear water erupting from a hole in the side of a retaining wall, and gambling that it is spring water, I fill up two bottles. It is cool and delicious, and physically and psychologically a tremendous boost. Now I have 3 bottles to get me to the top!!

Each turn is marked in descending order, 21 downwards, which gives one some semblance of hope that you will finish, especially when the numbers drop below 10. I stop in the shade for a drink and chat with a rider with the same intent, who has "London" on his shirt. He tells he has done the Etape several times and this is the hardest, and that the temperature exacerbates it. My thermometer is now reading 105 in the sun and 95 in the shade.

We pass beside a high stone wall holding up a house onto the steep slope. The owner has rigged up a water spray which all the riders pass under for a brief respite from the heat. Merci! Merci, Madame!

Entering the Alpe d'Huez ski village proper, there is a beautiful 400 meter straight which is almost level and we can get up a little speed. Then round a corner at 15 mph and the finishing line archway is in sight. But instead of a nice flat finish where one can take your hands off the bars, zip up your shirt so your sponsor's logo is visible, and raise your hands above your head just like the TdF victors, there is a 6% slog over 200 meters where you can do none of the above. Some of the riders around me actually stand up on their pedals and sprint. Where did they find the energy?

Crossing the finish mat the transponder sets off a bleep and I have officially finished -- with 49 minutes to spare before elimination!! Wow!! Actually finished the most grueling physical test I have ever done. I am handed a bronze medal -- only the second medal I have ever received.

My computer gives a total ride time of 9hrs 27 minutes and a mileage of 121 miles, altitude gain 13,274 ft (All the little ups and downs cannot be in the official count). This would average out to 11.88mph. The slowest ride I have probably ever done.

Andy did better than he had hoped. He came in 1510 overall and 498 in his age group of 1638 with a time of 8hr 6 mins. and 1hr 17 mins up Alpe d'Huez. He was too modest to tell me all this but I find out latter from the race web site. With this fantastic performance he was still short of a silver medal. It is rumored that one of our party won a gold medal. Averaging 17.5 mph!!! The winner's time was just over 6hrs. The professional TdF riders complete the identical course in a little over 5hrs a week later. That really brings you down to earth.

My results: Overall position 4643 out of 5477 finishers (85 percentile) and 7548 starters (62 percentile)  
Age category 60+ position 238 out of 354 finishers (67percentile)  
Time overall 10hrs, 11min. Riding time 9hrs 27 mins  
Time up Alpe d'Huez 1hr 55min = av. 4.7mph (includes stops)  
Liquid intake 290oz = 2.4oz/mile. Food intake 2560 cal = 21 cal/mile



## Touring Tips from the ADVENTURE CYCLING ASSOCIATION

*from Adventure Cycling's Handbook for Self-Contained Tours*

### Getting in Shape

You'll be surprised by how well your body can adapt to new physical challenges. But unless you adequately prepare, the first few days on tour may be unpleasant - or even bring your trip to a grinding halt. Caution: It is advised that you receive a thorough physical exam by a medical doctor before your tour. If you are over 30 and have any doubts about your condition, consider having a stress test and EKG; a sports-oriented doctor would likely be versed in the special demands put on the body by cycling.

Let your doctor know that you will be doing a bicycle tour averaging from 30 to 70 miles a day. On self-contained tours, you'll carry between 30-45 pounds, including food and cooking equipment. Elevations may be in excess of six to nine thousand feet, and temperatures could be above 100 degrees at times. Tours often pass through areas where medical

care is not readily available.

Tell your physician about the special stress your body will experience while touring: on the cardiovascular system, eyes and skin, muscles and connective tissues (especially knees), nerves in your hands, and the gastrointestinal system from varied water sources, irregular meal times and sustained daily exercise.

#### Conditioning

Begin your training at a mileage that feels comfortable, whether it is 5 miles or 25 miles. Try to ride 3-4 days per week. Gradually increase mileage, working up to 70-mile day rides over the course of a few weeks. In training for a tour, riding speed and training heart rate are less important than endurance and time spent on the bike. The goal is to eventually ride several consecutive days (as you will on tour) and spend as much time as possible in the saddle. Commuting to and from work is one way to do both.

Be sure to take some long rides fully load-

ed, to "feel at home" with the added weight of full panniers. Ideally, you should take at least one overnight trip, which will help you determine if you've packed wisely, and give you a chance to test your equipment while there's still time to make changes or adjustments.

Lastly, it is important that you avoid overtraining. If you should begin to feel increasingly tired, depressed, or irritable or begin to dread riding, you may be training too hard or too often. By the start of your tour, you do not want to feel "burned out" or suffer from sore knees. Listen to your body and rest when necessary. ■

**ADVENTURE CYCLING**  
a s s o c i a t i o n

P.O. Box 8308, Missoula, MT 59807  
(406) 721-1776

# NOVEMBER & DECEMBER RIDE SCHEDULE

## **Wednesday - November 1**

**15/17 MPH** - 10 am - 45 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

**START:** ORR - Oregon Ridge Park

Halloween Candy Swap/Burnoff Ride with hills through Boring with a snack stop at Countryside Carryout. Come join the fun!

## **Saturday - November 4**

**LONG** - 10am - 36/47/57 mi - Mary & Barry Menne ((410) 795-6571)

**START:** NWM - New Market E. S.

"Point of Rocks - Lilypons Ride" This is a hilly but beautiful ride and in early November there is usually still great fall color. There are 3 mileage options. All of the routes go to Lilypons. The two longer routes have a stop along the Potomac in Point of Rocks and lunch at convenience store. The longest route goes around Sugarloaf Mt. The shortest route does not go to Point of Rocks but you can get drinks at Lilypons and there is a store at about mile 25.

**SHORT** - 10am - 24 or 36 miles - Brenda & Jim Knight (410/884-3818)

**START:** ARP

Ride over lightly traveled roads in Howard Co. There are 2 stops @convenience stores to pick up lunch/snacks. If it's a nice day, you can bring your lunch to the gazebo in the Lisbon Town Park. Short ride does not go into Lisbon.

**SHORT** - 10am - 31 mi - Gary Gentry (410/574-1643, gdgentry@comcast.net)

**START:** ORR - Oregon Ridge Park

Mod. hilly ride to Hampstead for snack/lunch.

**LONG** - 10am - approx 35mi - Shawn Downing (410/889-5518, shawn.downing@jhu.edu)

**START:** ORR - Oregon Ridge Park

The Annual Baltimore Retro Ride. Arrive 9am or so to socialize; ride begins at 10am. No awards, no trophies. Just talking about and riding bikes. Wear your oldest jersey, bring out your oldest bike. Feel intimidated by not having the latest equipment? The Retro Ride celebrates the old, the creaky, the rusty. Modern bikes are welcome, track or fixed gear are discouraged as the course is not friendly to a single gear. The ride loop is around 35 miles.

## **Sunday - November 5**

**SHORT / LONG** - 9:30am - 33/41 mi - Gloria Epstein (410/665-3012, carlglo@verizon.net)

**START:** SOC South Carroll H. S.

Mod. hilly terrain and light traffic will get you to the New Windsor VFD hall for an 'all you can eat' breakfast. Bring an appetite and some cash (approx. \$6).

**LONG** - 9:30 am - 50 mi - Mike Harris ((410) 312-7884, mrmike21045@yahoo.com)

**START:** CTP - Catonsville P&R

Jim Guild's "10 Up" ride. Approximately 10 short hills in the Catonsville/Ellicott City/Elkridge area. There are options to lengthen and shorten the route. Lunch at Normandy Shopping Center.

**TANDEM** - 10am - 12.5/25/50 flat miles - Diana & Gabe Mirkin (301/951-4442, Gabe@drmirkin.com)

**START:** Mirkin's home

**TAILGATE - END OF SEASON RIDE: JOINT WABITS/CRABS RIDE. ALL TANDEM COUPLES INVITED.** No cars in Rock Creek Park on Sunday. Cue sheets with maps. Virtually impossible to get lost on this course. We would like to make this the best attended tailgate ride ever. Camaraderie, and FREE PIZZA AND SOFT DRINKS. You can bring salads or desserts (Editor: Chocolate is a vegetable.) if you want, but it is not required. Just bring yourself and your tandem partner. YOU MUST TELL US THAT YOU ARE COMING so we will know how much food to order. Directions from BALTIMORE: Take JFK Expressway (I-95) toward DC. Right turn toward Silver Spring and Bethesda onto the DC Capitol Beltway (I-495). Go past four exits and take the fifth exit {33 South, Connecticut Avenue}. Go two miles. \*Take 7th light left (East-West Highway, Rt 410). Go one mile. \*Turn right at first light (Beach Drive). Go 800 yards. \*Take the first right (Woodbine). There is a school on the corner. Go 200 yards. \*Take the second right (Rossdhu Ct). 7608 is the third house on the left. Follow tandem signs.

## **Tuesday - November 7**

**15/17 MPH** - 10 am - 45 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

**START:** WRP - Western Run P & R

Election Day, Vote Early! and then ride. Rolling ride with hills through Prettyboy Reservoir with a snack stop at Wally's

## Saturday - November 11

**LONG** - 10am - 54 mi - Carl Boyd ((410) 465-0854, [psycolist.1@juno.com](mailto:psycolist.1@juno.com))

**START:** Sam's Bagels, Frederick Rd, Catonsville

Patapsco Plunge. Come experience the ups and downs of life in the Patapsco valley. 4800' of ascending and a few white knuckle descents. Several lunch and bailout options.

**SHORT** - 9:30am - 33 mi - Ed Vojik (410/296-5271, [EVojik@aol.com](mailto:EVojik@aol.com))

**START:** PRP

'Green at the Gunpowder' Mod. hilly ride w/stop @ Palmisano's.

**SHORT** - 10am - 29 mi - Scott Zelazny (410/525-2591, [scott\\_z@myrealbox.com](mailto:scott_z@myrealbox.com))

**START:** Hammonds Ferry P&R - I-695 outer loop exit 8 (southwest side of city). From outer loop of I-695, ramp leads straight across into P&R. From inner loop, ramp leads to local Fairview Rd. southbound; right @ next light, Nursery Rd; right @ following light, Hammonds Ferry Rd; left @ following light into P&R.

Scott's new ride for 2006! Nice ride over easy terrain to Ft. Armistead. Excellent views of Key Bridge. You will definitely learn some new roads.

**LONG** - 10am - 49 mi - Mark Tabb ((410) 274-8668, [marktabb@yahoo.com](mailto:marktabb@yahoo.com))

**START:** MAP - Mt Airy P&R - Rt 27 off Rt 70

Ride to lunch at Trouts. Moderately hilly-low traffic roads depending on frame of mind! Ride includes climb on Molassas (short 16%), 3 back to back tough but great stretch on Renner & long 10% climb up Woodsville Rd (1/2 mile-ish). Some easy stretches. Ride is an 8 on a 1-10 scale.

## Sunday - November 12

**SHORT** - 10:30am - 16mi - Charlotte Pappas (410/385-1457, [cpappas@umm.edu](mailto:cpappas@umm.edu))

**START:** Lindale M.S. - from I-695 go south on BW Parkway (I-295), exit Nursery Rd., go east at light. Left @light,

Andover Rd., school is about 1 mile on right just past horse farm. Park near horse farm. Bring money for treats.

Social ride on BWI trail and B&A trail w/ stop for ice cream, hot chocolate or coffee.

**SHORT / LONG** - 9:30am - 31/36/44 mi - Jim White (717/682-4182, [bikerdancerjim@comcast.net](mailto:bikerdancerjim@comcast.net))

**START:** SOC South Carroll H. S.

The ever popular ride thru Carroll & Fred. Cos. w/an 'all you can eat' breakfast @Union Bridge VFD. Some great food, socializing and vistas.

**LONG** - 10 am - 56 mi - Ed Cahill (410/465-1492, [ehc3rd@gmail.com](mailto:ehc3rd@gmail.com))

**START:** HMS - Hereford MS

Jimmy Guild's "New Asphalt & Old Climbs" Lunch in New Freedom, Hilly--5 miles of Gunpowder Rd!

**TANDEM** - 10am - 28/21 miles - Kathy and Frank Anders (410/628-4018, [velo2.anders@verizon.net](mailto:velo2.anders@verizon.net))

**START:** Sparks ES (SPK)

End of season Tailgate ride with Potluck (bring a favorite dish to share) at Anders' house after ride. If weather is bad meet at Anders' at noon for Potluck. (Email or call for directions to Anders' house.) Directions to ride start: I-695 to Exit 24 / I-83 North to Exit 24 Belfast Rd. Right at end of ramp. Go 0.3 miles then right into school.

## Tuesday - November 14

**16/17 MPH** - 10:30 am - 45 mi - Susanne Morsberger ((443) 622-5862, [smorsber@msn.com](mailto:smorsber@msn.com))

**START:** ORR - Oregon Ridge Park

Hilly ride.

## Saturday - November 18

**SHORT** - 10am - 15 or 21 mi - Gordon Peltz (410/256-1421, [peltzlaw@aol.com](mailto:peltzlaw@aol.com))

**START:** MSC Manor S. C., Jacksonville

Fairly hilly, but option for 15 mi at the 10 mi mark. Bagels before or after, optional.

**LONG** - 9:30 am - 35-60 mi - Phil Feldman ((410) 744-8874, [pfeldman@comcast.net](mailto:pfeldman@comcast.net))

**START:** EFS - Enchanted Forest Shopping Center

Ride from a warm ride start! I have rides from 35 - 60 miles depending on the weather. I'll take the forecast high of the day, multiply by 1.5 and bring the two longest rides under that distance. If you want to bring one, they're all on [cuesheetcentral.com](http://cuesheetcentral.com)

**START:** MSM Marley Station Mall

Flat to rolling ride to Sandy Point State Park, 1/2 road, 1/2 paved trail. Lunch @ Red, Hot,& Blue.

## **Sunday - November 19**

**LONG** - 10 am - 53 mi - Ed Cahill (410/465-1492, ehc3rd@gmail.com)

**START:** MSC - Manor Shopping Center

Jacksonville Ride to Delta; Lunch at the Italian Restaurant, Moderately Hilly

**SHORT** - 10am - 31 mi - Ken Philhower (410/437-0309)

**START:** DOA

Explore the route of the new WB&A Trail, now being built between BWI Airport and Bowie including the first A.A. Co. section of the trail (2.3 mi) completed in fall 2003. Mostly flat terrain w/a few small hills. Optional rest stop @7-11 in Odenton. Note: Although this ride has about 4 miles of paved trails, the rest is on regular roads.

**SHORT / LONG** - 10am - 32/39 mi - Cartan Kraft (410/235-2906, cbkraft@verizon.net)

**START:** RUN Runnymede E. S.

Pleasant 39 mi ride (with a 32 mile option) over rolling terrain and a lunch stop @Bentley's Rest. in Littlestown, PA.

## **Tuesday - November 21**

**15/17 MPH** - 10 am - 40-45 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

**START:** ORR - Oregon Ridge Park

We will swing by the turkey farm on Yeoho Rd for a Turkey Day preview.

## **Thursday - November 23**

**SHORT** - 10am - approx. 30 mi - Impromptu

**START:** ORR

No ride leader today. Bring cue sheets for rides to Hampstead. Burn off some calories before the big meal. Jiffy Mart convenience store on Sunset & Main Sts. will be open.

**LONG** - 9:30 am - 35/50 mi - Mark Tabb ((410) 274-8668, marktabb@yahoo.com)

**START:** HHS - Hereford High School

Horribly Hilly Hereford - 35 or 50 mile option (decision at mile 27).

## **Friday - November 24**

**LONG** - 10am - 55 mi - Janet Goldstein ((410) 366-1466, jgoldst@toad.net)

**START:** ORR - Oregon Ridge

Moderately hilly ride to Hampstead and Manchester with snack stop @ Jiffy Mart.

**SHORT** - 10am - approx. 30 mi - Aldona Glemza (443/676-6752, aglemza@gmail.com)

**START:** MTV Mt. View M. S.

Take advantage of a day off, get rid of those Thanksgiving calories and enjoy this rolling ride thru central Howard Co. Rest stop on route.

## **Saturday - November 25**

**LONG** - 10 am - 46/55 mi - Gary Gentry ((410) 574-1643, gdgentry@comcast.net)

**START:** RUN - Runnymede ES

Runnymede to Thurmont. Rolling ride to Thurmont for lunch. Directions: I-695 to Exit 19 I-795 North. Go 8.5 miles to Exit 9B RT 140 West. Go through Westminster then right on Mayberry Rd. Right on Langdon Rd; then Right into school.

**SHORT** - 10am - 35 mi - Manny Steinberg & Bob Seay (410/655-8242 & 401-242-6929)

**START:** MSM Marley Station Mall

Flat to rolling ride to Sandy Point State Park w/lunch @Red, Hot,& Blue. 1/2 paved trail, 1/2 road.

## **Sunday - November 26**

**SHORT** - 10am - 28 mi - Rich Burns (410/433-4162, rnburns@prodigy.net)

**START:** SPK Sparks E. S.

Mod. hilly ride w/rest stop @Cucina, country store & Italian deli.

**SHORT** - 10am - 20/23 mi - Don Riggs (410/461-6564, donriggs@juno.com)

**START:** Ten Oaks Plaza @Ten Oaks & Tridelphia Rds. - Rt. 32 south from I-70 & Rt. 144 or north from Rt. 29, Ten Oaks

Rd. south to Ten Oaks Plaza. Or Rt 108 west from Rt. 29, right on Homewood Rd. straight on Folly Quarter Rd. to Plaza west of Rt. 32. Please park @end/rear of S.C. rather than in front of stores.

Very nice ride thru open, undeveloped country NW of Columbia. Terrain is easy with lots of downhill, mostly easy uphill. Rest stop @convenience store.

**LONG** - 10 am - 56 mi - Ed Cahill ((410) 465-1492, ehc3rd@gmail.com)

**START:** RUN - Runneymeade ES

Tour to Thurmont. Rolling terrain, lunch at Pizza Hut in Thurmont.

## Tuesday - November 28

**16/17 MPH** - 10:30 am - 45 mi - Susanne Morsberger ((443) 622-5862, smorsber@msn.com)

**START:** ORR - Oregon Ridge Park

Hilly ride.

## Saturday - December 2

**SHORT** - 10am - 31 mi - Gary Gentry (410/574-1643, gdgentry@comcast.net)

**START:** ORR

Back by popular demand, mod. hilly ride to Hampstead for snack/lunch.

**SHORT** - 10am - 32/21 mi - Ken Phillhower (410/437-0309)

**START:** HPS Hopkins Place S. C.

Ride thru Crownsville & Staples Corner. Although this ride in central A.A.Co. is not too difficult, it still has a few nice hills to warm you up. Bring a snack, since there is only one store near the end of the route. Optional lunch @Atlantic Bread Co. after the ride.

**LONG** - 10 am - 53 mi - Terry Harrigan (home: (410) 549-1798 mobile: (410) 596-8263, cctrekker@dtkm.com)

**START:** Londontown Square SC, Eldersburg. 0.3 miles North of Rt 26 (Liberty Rd) Rt 32 (Sykesville Rd) intersection "Tour de Carroll / Howard". Frequents well cycled roads in the Carroll and Howard county area. A two loop ride, starting north west from Eldersburg and back then south west into Howard. Multiple points noted in cue sheet to shorten the ride makes it a good winter effort by keeping relatively close to start point. Convenience store stop at mid-point. Elevation change: 4000'

## Sunday - December 3

**SHORT-15/16 MPH** - 1 pm - 30 mi - Judy Broadwater ((410) 628-6297, jbbroadwater@erols.com)

**START:** SPK - Sparks Elem School

"Camelot Ride." Moderately hilly ride that goes by Camelot Farms. Rest stop at mile 20. Ride leader plans to average 15-16 mph. Longer ride option will be available.

**SHORT/LONG** - 9:30am - 33/41 mi - Gloria Epstein (410/884-3818, carlglo@verizon.net)

**START:** SOC South Carroll H. S.

Mod. hilly terrain & light traffic will get you to the New Windsor VFD hall for an 'all you can eat' breakfast. Bring your appetite and some cash (approx. \$6).

**LONG** - 10am - 55 mi - Ed Cahill ((410) 465-1492, ehc3rd@gmail.com)

**START:** NTH - New Town HS

New Town to Hampstead. Hilly (to keep us warm; Lunch at J&P Pizza).

## Tuesday - December 5

**15/17 MPH** - 10:30 am - 45 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

**START:** ORR -Oregon Ridge Park

Rolling ride with hills to Madonna with a snack stop at High's. A shorter ride may be offered depending on the weather. Come join the fun!

## Saturday - December 9

**SHORT** - 10am - 14 / 18 mi - Don Riggs (410/461-6564, donriggs@juno.com)

**START:** Howard Co. library - I-70 west from I-695 to south on Rt. 97. Library is on right, below Rt. 40, Rt. 144, and the traffic light @Carrs Mill Rd.

'Larriland Farm' ride Typical Howard Co. terrain w/ rest stop @ Larriland Farms produce market.

**SHORT** - 10am - 35 mi - Bob Seay & Manny Steinberg (410/235-2906)

**START:** MTV Marley Station Mall

Flat to rolling ride to Sandy Point State Park for lunch @Red, Hot, & Blue. 1/2 paved trail, 1/2 road.

**LONG** - 10 am - 40/53 mi - Janet Goldstein ((410) 366-1466, jgoldst@toad.net)

**START:** Parkton Park & Ride (I83, Exit 36)

"Up by towns, back by valleys". Moderately hilly. Shorter version has convenience store snack stop in Jefferson, PA. Longer version has sit-down lunch in Hanover or convenience store in Jefferson.

## **Sunday - December 10**

**SHORT** - 10am - 17 or 26 mi - Charlotte Pappas (410/385-1457, cpappas@umm.edu)

**START:** Glenwood Park - I-70 west, exit Rt 97 south towards Glenwood, right on Carrs Mill Rd. light, park entrance is 1/4 mi on right.

Rolling to mod. hilly backroads ride starting @a different spot. Rest stop @High's.

**LONG** - 9:30 am - 35-60 mi - Phil Feldman ((410) 744-8874, pfeldman@comcast.net)

**START:** EFS - Enchanted Forest Shopping Center

Ride from a warm ride start! I have rides from 35 - 60 miles depending on the weather. I'll take the forecast high of the day, multiply by 1.5 and bring the two longest rides under that distance. If you want to bring one, they're all on cuesheetcentral.com

**SHORT / LONG** - 9:30am - 31/36/44 mi - Jim White (717/682-4182, bikerdancerjim@comcast.net)

**START:** SOC - South Carroll H.S.

Social ride thru Carroll & Fred. Cos. w/an 'all you can eat' breakfast @Union Bridge VFD. Some great vistas.

## **Tuesday - December 12**

**15/17 MPH** - 10:30 am - 45 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

**START:** WRP - Western Run P & R

Hilly ride through Shepperd with a snack stop at Twin Oaks Store. A shorter ride may be offered depending on the weather. Come join the fun!

## **Saturday - December 16**

**SHORT** - 11am - 25 mi - Georgia Glashauser (410/857-3262, georgia2006@yahoo.com)

**START:** CRN

'Bachmans Valley' Ride - Mod. hilly, scenic country ride north of Westminster. Bring a snack. Lunch after ride @new Pizza Hut in Westminster.

**LONG** - 10am - 40 mi - Rich Burns (410/433-4162, rnburns@prodigy.net)

**START:** Clynmalira Church -Old York Rd., Sparks - Follow directions to Manor Shopping Center, Jacksonville in newsletter. Continue to light @ Sweet Air & Papermill Rds. Turn left onto Papermill Rd., go less than 1 mile and turn right onto Old York Rd. Go 1.5 mi to church on left.

Mod. hilly ride to Stewartstown for lunch @My Three Sons, Italian Rest.

## **Sunday - December 17**

**SHORT** - 10am - 25 mi - George Cordutsky (410/882-2788, gcordutsky@msn.com)

**START:** HHE

Mod. hilly Balto. Co. ride w/food stop @convenience store.

**SHORT** - 12 noon - 28 mi - Judy Getz (410/254-1306)

**START:** Fells Point Plaza (just south of The Broadway Market) in front of Jimmy's Rest. on the corner of Broadway & Aliceanna St. Parking is available on-street & in a Free Lot at the corner of Broadway & Bank St.

Cycle along the waterfront to North Point State Park. Terrain is flat w/one hill. Snack stop @convenience store. It's warmer by the water!

**LONG** - 10am - 53 mi - Ed Cahill ((410) 465-1492, ehc3rd@gmail.com)

**START:** CMP - Carroll Manor Park

Carroll Manor to Fawn Grove, moderately hilly, lunch at Mill House Grill.

**SHORT-15/16 MPH** - 1 pm - 30 mi - Judy Broadwater ((410) 628-6297, jbbroadwater@erols.com)

**START:** SPK - Sparks Elem School

"Camelot Ride." Moderately hilly ride that goes by Camelot Farms. Rest stop at mile 20. Ride leader plans to average 15-16 mph. Longer ride option will be available.

## **Tuesday - December 19**

**15/17 MPH** - 10:30 am - 30 mi - Renee Faison ((410) 356-7088, rrfaison@msn.com)

**START:** ORR - Oregon Ridge Park

Rolling to hilly ride. I may bring those famous chocolate chip muffins to ride start!!

## **Saturday - December 23**

**SHORT** - 10am - 28 mi - Rich Burns (410/433-4162, rnburns@prodigy.net)

**START:** SPK Sparks E. S.

Mod. hilly ride to Cucina for lunch.

## **Sunday - December 24**

**LONG** - 10 am - 48 mi - Janet Goldstein ((410) 366-1466, jgoldst@toad.net)

**START:** SPK - Sparks Elem School

Gunpowder Gasp. Hilly club classic.

## **Monday - December 25**

**SHORT** - 10:30am - 33 mi - Gloria Epstein (410/235-2906, carlglo@verizon.net)

**START:** ORR

Mod. hilly ride to Hampstead. Jiffy Mart convenience store will be open.

**LONG** - 10 am - 40 mi - Mark Tabb ((410) 274-8668, marktabb@yahoo.com)

**START:** Bagelmister Parking Lot-Jacksonville

30 to 50 miles depending on weather (assume approx. 1 mile for each degree) -Ride will go no matter the temperature (unless its over 105 degrees). Might eat at Chinese restaurant after the ride if the ride is short & if they are open (usually the only places open on major holidays).

## **Tuesday - December 26**

**16/17 MPH** - 10:30 am - 45 mi - Susanne Morsberger ((443) 622-5862, smorsber@msn.com)

**START:** ORR - Oregon Ridge Park

Hilly ride.

## **Wednesday - December 27**

**15/17 MPH** - 10:30 am - 30-35 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

**START:** ORR - Oregon Ridge Park

Rolling ride. Come join the fun!!

## **Saturday - December 30**

**LONG** - 10am - 40 mi - Rich Burns (410/433-4162, rnburns@prodigy.net)

**START:** Clynmalira Church -Old York Rd., Sparks - Follow directions to Manor Shopping Center, Jacksonville in newsletter. Continue to light @ Sweet Air & Papermill Rds. Turn left onto Papermill Rd., go less than 1 mile and turn right onto Old York Rd. Go 1.5 mi to church on left.

Mod. hilly ride to Stewartstown for lunch @My Three Sons Italian Rest.

**LONG** - 10 am - 46/55 mi - Gary Gentry ((410) 574-1643, gdgentry@comcast.net)

**START:** RUN - Runnymede ES

Runnymede to Thurmont. Rolling ride to Thurmont for lunch. Directions: I-695 to Exit 19 I-795 North. Go 8.5 miles to Exit 9B RT 140 West. Go through Westminster then right on Mayberry Rd. Right on Langdon Rd; then Right into school.

## **Sunday - December 31**

**SHORT** - 10:30am - approx. 30 mi - Aldona Glemza (443/676-6752, aglemza@gmail.com)

**START:** MTV Mt. View M. S.

Mostly rolling ride thru central Howard Co. w/rest stop on route.

## Ride Descriptions

Please keep in mind that the pace may vary depending on the terrain.

### Casual

7-8 mph, and generally up to 25 miles over easy terrain. Rides with some hills are generally 15 miles or less. On these rides, the group makes an effort to stay together.

### 10-12 MPH

For average adult riders, these rides maintain a pace of 10-12 miles. Terrain is usually moderate but can be hilly.

### 13-15 MPH

For faster riders, these rides maintain a pace of 13-15 mph for 35-65 miles over sometimes hilly terrain.

### 15-17 MPH

For experienced cyclists, these rides maintain a pace of 15-17 mph over varied terrain for 40-130 miles.

### 18 MPH

For the strongest and most experienced riders, a pace of 17-19 mph is maintained over varied terrain for 50-200 miles.

### Tandem

Riding on a bicycle built for two, with the CRABS (couples riding a bicycle simultaneously) over moderate terrain for 25-60 miles. There is not any specified pace, but groups of different paces usually form — regrouping at rest / food stops.

Many rides offer two or three alternate lengths (e.g. 25/45 mi.).

## Howard County: Glenelg Tues/Thurs Evening Rides

Meet to ride with the cluster group, 26-mile circuit. This is a fast training ride but everybody is welcome.

Start: Glenelg High School, 14025 Burnt Woods Rd. I-70 W, Exit at Rt. 32 South, right turn on Burnt Woods Rd. (at traffic Signal). School on left 0.5 miles.

Time: Tues/Thurs evenings in April @5:45;

May through August @6 p.m.;

Sept. @ 5:45 p.m.;

Oct. @5:30 p.m.

Oct. 26 ( Thurs before end of DST) - Last Glenelg evening ride of the Season

POC: Questions about the ride? Call Mark McKee: 410-455-0362(H)

## Howard County: Wednesday Evening Rides

This is an all-pace ride: the group splits into smaller groups of different paces.

A short and a longer route will be available. Everyone at all paces is interested in improving their cycling, however this is a social cycling group and recreational in nature. The faster cyclists often turn around at the end of their ride to bike in with the slower groups. Most weeks we go out for food/drinks after the ride.

Start: Folly Quarter Middle School\* Triadelphia Rd., Glenelg, MD

Meet at: 5:45 (5:15 DST)

every Wednesday

Ride out at: 6:00 (5:30 DST)

For more info, please contact Jen Browne, browne14540@comcast.net, 410-489-5804 - Or- Email

HoCoCyclists@yahoogroups.com.

Visit the website

www.groups.yahoo.com;

enter group: HoCoCyclists"

## 2006 Ride Coordinators

### Casual

Judy Getz . . . . .410-254-1306  
casualrides@baltobikeclub.org

Mike Falatico . . . . .410-377-9140  
casualrides@baltobikeclub.org

### 10-12 MPH

Dick Voelkel . . . . .410-744-6941  
10-12rides@baltobikeclub.org

Tom Anzalone . . . . .410-329-3864  
10-12rides@baltobikeclub.org

### 13-15 MPH

Gary Brandon  
13-15rides@baltobikeclub.org

### 15-17 MPH

Judy Broadwater . . .410-628-6297  
15-17rides@baltobikeclub.org

### 18 MPH

Phil Feldman . . . . .410-744-8874  
18rides@baltobikeclub.org

### Weekday

Renee Faison . . . . .410-356-7088  
weekdayrides@baltobikeclub.org

### Tandem

Peggy & Tom Dymond ..410-272-9139  
crabs@baltobikeclub.org

### Winter

Gloria Epstein . . . . .410-665-3012  
Winterrides@baltobikeclub.org

Terry Harrigan . . . . .410-549-1798  
Winterrides@baltobikeclub.org

# BBC Talk:

## Electronic Discussion Group

BBCTalk is an e-mail discussion group open (and free!) to BBC members and non-members alike. The list is used for posting information too late to make it into the newsletter, setting up informal group rides, offering items for sale, discussing bikes and bike gear, etc.

Once you subscribe, you may elect to automatically receive all of the posted messages by email, and you may post messages yourself. OR, if you don't want the BBCTalk messages to accumulate in your email queue, you may prefer to change your BBCTalk "preferences" and instead read the archived

BBCTalk messages at the yahoogroups site itself.

To join BBCTalk, send an email message to: [bbctalk-subscribe@yahoogroups.com](mailto:bbctalk-subscribe@yahoogroups.com).

Questions? Contact me at [jgoldst@toad.net](mailto:jgoldst@toad.net) or 410-366-1466.

*Don't miss out on this NO COST opportunity to keep informed about current topics of interest.*



## Baltimore Cycling Club, Inc. Membership Application or Renewal

Address Change

New Membership

Membership Renewal

How do you want to receive the Newsletter?

By US Mail

OR

From the Internet

Are you interested in racing with Team BBC?

Yes

No

Do you ride a Tandem?

Yes

No

Date \_\_\_\_\_

Name (Must be 18 years of age or older) \_\_\_\_\_

Second Name (Family Membership Only) \_\_\_\_\_

Home Address (One per Membership) \_\_\_\_\_

E-Mail Address (One per Membership) \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip + 4 \_\_\_\_\_

Home Phone \_\_\_\_\_

To function, the BBC is dependent on member volunteers.

Check all categories that you are willing to help with:

Bicycling Advocacy

Club Picnic or Socials

Lead Rides

Club Events

Newsletter

Website

Membership Term is 12 or 24 months from when your application is processed.

Dues are subject to change.

Individual One Year: \$25

Family One Year: \$35

Individual Two Years: \$45

Family Two Years: \$65

Mail check payable to **Baltimore Cycling Club, Inc.** and application to:

**Baltimore Cycling Club**  
**P.O. Box 5894**  
**Baltimore, MD 21282-5894**



## ***Baltimore Bicycling Club Newsletter Need BBC Info?***

*For BBC members with questions or  
problems concerning:*

• **Membership • Ride Schedules • Any Committee • Any Function**  
**CALL 410-792-8308 • Email: [hotline@baltobikeclub.org](mailto:hotline@baltobikeclub.org)**

**For E-Newsletter Questions or Problems • Email: [newsletter@baltobikeclub.org](mailto:newsletter@baltobikeclub.org)**

**For Marketing Questions • Email: [marketing@baltobikeclub.org](mailto:marketing@baltobikeclub.org)**

**For Membership or Newsletter Delivery Questions or problems**  
**Call: 410/823-4293 • Email: [questions@baltobikeclub.org](mailto:questions@baltobikeclub.org)**

**For Newsletter Content Issues or Advertising Submittals • Email: [bbcnews@baltobikeclub.org](mailto:bbcnews@baltobikeclub.org)**

**For Out of Bounds Column Submittals • Email: [outofbounds@baltobikeclub.org](mailto:outofbounds@baltobikeclub.org)**

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**Baltimore Bicycling Club  
P.O. Box 5894  
Baltimore, MD 21282-5894**

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