



Baltimore Bicycling Club Newsletter

Volume 42 Number 1

January | February 2009

Come on out to the 2009 BBC Winter Social!

Sunday, February 22
Details inside

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SPECIAL INSERT!

Election Dinner Program

See page 12

**Baltimore Bicycling
Club, Inc.**

P.O. Box 5894

Baltimore, MD 21282-5894.

To make sure you continue to get your Newsletter and membership renewal notices, please let us know if any of your membership information changes. You can do this by sending an e-mail to update@baltobikeclub.org, or go on the Web site to the Member Update page (<http://www.baltobikeclub.org/index.pl/update>), complete the form, and submit it.

2009 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

Mary Ryan, President
410-828-1015
president@baltobikeclub.org

Gene Bayer, Vice President
443-850-0671
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

Georgia Glashauser
membersatlarge@baltobikeclub.org

Russ Loy
410-628-6297
membersatlarge@baltobikeclub.org

2009 Committees

Insurance

Government Relations

Instructional ProgramsHoward Kaplon410-484-6955
Club Items for SalesMitch Tobias410-833-8137
Newsletter EditorMaxine Mead443-474-7076
 1. Tandem ColumnPeggy & Tom Dymond410-272-9139

RidesGene Bayer443-850-0671
(see Rides section of newsletter for committee members)

Cue Sheet LibrariansGene Bayer443-850-0671
.Larry Kenny

Team BBC RepresentativeBob Rohlfing410-665-5740

Safety Awareness ProgramJohn Overstreet

BBC Property

Web Site WebmastersMary Ryan410-828-1015
.Craig Martin410-538-8791

MembershipCraig Martin410-538-8791

GivingRuss Loy410-628-6297

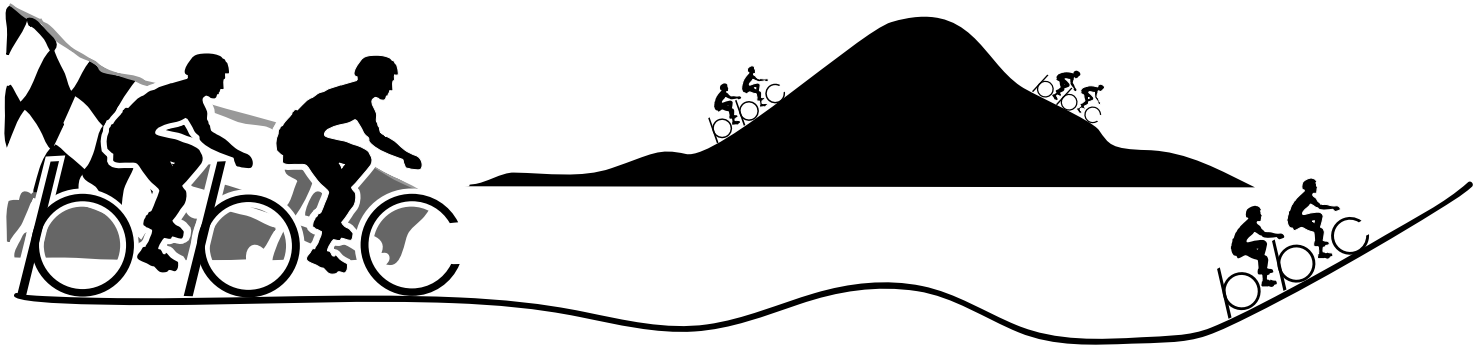
BBC Talk AdministratorJanet Goldstein410-366-1466

League of American Bicyclists

1612 K Street, NW, Suite 401

Washington, DC 20006

202-822-1333



BBC SPECIAL EVENTS FOR 2009

Event information is subject to change. For current updates check the BBC Web site at www.baltimorebicyclingclub.org or call the event leader.

CRABS Potluck	January 17, 2009	Peggy & Tom Dymond 410-272-9139 tedymond@verizon.net
BBC Winter Social	February 22, 2009	Gloria Epstein 410-665-3012 carlglo@verizon.net
Kent County Spring Fling	May 22-25, 2009	410-790-4422 kentcountyspringfling@gmail.com

More events to come – check future issues

What about caffeine after exercise?

By Monique Ryan – reprinted from Velonews.com

Almost any cyclist, pro or dedicated local racer is very familiar with the many performance benefits of caffeine. You may indulge in a caffeine laden early morning wake-up call for a pre-dawn training session, and now have a variety of sports bars, beans, gels, and other caffeinated aids available to offer up a training boost. With all the hundreds of studies on caffeine consumption before and during exercise and its positive performance effects, there has been no study on caffeine consumption after exercise- until now.

Published this past May in the *Journal of Applied Physiology*, a group of researchers in Australia studied the effects of co-ingestion of caffeine and carbohydrate after hard training on muscle glycogen stores (*Journal of Applied Physiology*, May 2008). The initial results were promising for caffeine fans. Let's take a look.

"Endurance athletes often have to replenish muscle glycogen stores rapidly between training sessions, and consequently there has been a lot of research on recovery nutrition to see how we can boost muscle glycogen stores," said researcher John Hawley of the RMIT University in Bundoora, Australia. Hawley proposed that since caffeine consumed during exercise and before exercise increase the availability of glucose, the same could be true when caffeine is consumed after exercise-induced glycogen depletion. In contrast, caffeine consumed at rest in untrained persons does not have the same effect.

Researchers decided to test their theory using highly training subjects. Cyclists and triathletes who were biking 12 to 15 hours per week completed a ride to exhaustion the night before the experimental trial. They consumed a low carbohydrate meal that evening, and again completed a short ride to exhaustion the next morning to ensure that muscle glycogen stores were extremely depleted. During four hours of recovery, subjects were provided with 4g carbohydrate per kilogram body weight from sports bars, gels, and carbohydrate-containing sports drinks. During recovery from the other trial, caffeine was added to the sports drink, providing 8mg per kilogram of body weight over the four-hour period.

As it turns out, Hawley was correct in his assumption that caffeine would enhance recovery. "With the ingestion of both caffeine and carbohydrate, the overall amount of glycogen stored in the muscle for the 4-hour period was 60-percent higher than with carbohydrate alone," said Hawley. "There is absolutely no question that this additional muscle glycogen would improve performance."

Blood glucose and blood insulin levels were also higher with the caffeine and carbohydrate test dose, and glucose transport into the muscle may also have been enhanced with the caffeine. "There was a more available pool of glucose and the caffeine may have tricked the glucose into entering the cell," said Hawley. "Essentially it put more gas or petrol back in the engine."

Before you start indulging in more \$4 lattes, remember that this is only one study and it used a very high dose of caffeine for research purposes. When testing a new idea or theory, researchers often use a large amount of a substance to first see if there is an effect.

"For an athlete weighing 70-kilograms, this would be about 560 milligrams of caffeine," said Hawley. "The dose we used is too high for athletes to use, and we now need to go back and complete a dose-response study." In contrast a cola serving may provide 60 milligrams of caffeine, and 8 ounces of brewed coffee 100 milligrams. "Bottom line is that we have to do a dose-response to see if our initial findings have some practical application," said Hawley.

So while this study provides the first evidence that caffeine co-ingested with carbohydrate after a bout of glycogen depleting exercise, this caffeine dose could also result in a number of side effects for triathletes, such as insomnia, jitteriness, and GI upset.

Pedal in Style. . .

Purchase online for the SAME PRICE at:
www.baltobikeclub.org/index.pl/logo_jersey

Order your NEW Baltimore Bicycling Club Jersey!

Now you can have a "New" BBC Jersey!

Custom designed by local cyclist Jason Kamps of Wolf Designs.
 These Jerseys by Verge Sports feature M-Tec Extreme fabric,
 a 3/4 length invisible zipper and 3 back pockets



Front

Design is in Maryland Flag colors
 Gold, Red & Black



Back

Jerseys are \$70.00 each (tax, S&H included)
 Club Fit, Women's Race Fit, & Men's Race Fit

©2007 Wolf Designs / Jason M. Kamps www.woofdesigns.com

	Custom Art & Graphic Design Services Logos Catalogs Marketing Supplies T-Shirts Apparel Jerseys 410-796-5858 www.woofdesigns.com		Size Chart					
	Jersey Size	XS	S	M	L	XL	2XL	3XL
	Men's Chest	-	36-37	38-39	40-41	42-44	45-47	48-50
	Women's Size	2-4	6	8	10	12	-	-
	Bust	28-30	31-33	34-35	36-37	38-39	-	-

"Club Fit" (S to 3XL) Fits both Men & Women that don't have that slim and trim physique with a more relaxed fit.

"Women's Race Fit" (XS to XL) Fits a Women's contours with a slim and trim physique. Larger framed women may prefer the "Club Fit"

"Men's Race Fit" (S to 2XL) Fits Men with a slim and trim physique. Larger framed men may prefer the "Club Fit"

Jersey Order Form (Avoid confusion, order ONLY One Jersey per form)

Name			E-Mail Address				
Address		City	State	Zip + 4	Phone Number		
Choose Size [Check One] : XS [] S [] M [] L [] XL [] 2XL [] 3XL []							
Choose the Jersey Style [Check One] : Club Fit [] Women's Race Fit [] Men's Race Fit []							
Make check payable to Baltimore Bicycling Club				TOTAL PAYMENT = \$70.00			

Mail check & completed order form to: BBC Jersey c/o Nancy Finnegan
 P.O. Box 179
 Brooklandville, M D 21022-0179

Questions? Call Nancy @ 410-239-0550
 OR Email: LogoJersey@baltobikeclub.org
 Purchase online for the SAME Price at:
www.baltobikeclub.org/index.pl/logo_jersey

Annual CRABS Pot Luck Dinner for 2009

The Baltimore Bicycling Club's tandem group, CRABS (Couples Riding A Bike Simultaneously) will once again be holding their annual Pot Luck Dinner. The purpose of this get-together is to share - share your favorite dish, share your favorite story, and share your favorite ride.

Now that you've gotten your 2009 calendar, be sure to add:

Annual Couples Riding a Bike Simultaneously (CRABS) Pot Luck

Sat. Jan 17, 2009 at 4:30pm

Ascension Lutheran Church Great Hall

7601 York Rd, Towson

Please bring a dessert, main dish, or salad to share. We'll eat and then plan the tandem ride schedule for the year ahead. Also, if you've had a great bicycling vacation or weekend, be prepared to share your adventures with the group.

For additional information, call either Peggy or Tom Dymond at 410-272-9139 or send an email to: tedymond@verizon.net

BBC 2009 Winter Social

ALL MEMBERS WELCOME

Add Your Voice To The Future Of The BBC!

Salad, Pizza, Beverages and Desserts will be served

Discussion topics will include:
e-newsletter and goals for 2009

Sunday, Feb. 22nd
5:00 PM
Ascension Lutheran Church
7601 York Rd. Towson

Must RSVP by Feb. 15*
Gloria Epstein <carlglo@verizon.net> 410-665-3012
Submit additional topics/suggestions/questions to Gloria

I-695 to exit 26 (York Rd.) – go south 0.5 mi. to Bosley Ave. – turn right - go 0.7 mi. – Bosley Ave. becomes Burke Ave. – go 0.1 mi. – turn right onto York Rd. – go 0.5 mi. to church on left – parking lot on right

*After Feb 15, please call Gloria to see if we can add to the count.

27TH ANNUAL KENT COUNTY SPRING FLING MAY 22–25, 2009 (MEMORIAL DAY WEEKEND)

Join the Baltimore Bicycling Club and enjoy four days cycling the lightly traveled roads of Maryland's Chesapeake Bay Eastern Shore. Rides of 11 to 100 miles meander along flat to rolling roads — through rural towns and along scenic rivers.

Only 70 miles from Baltimore/DC, 50 miles from Philadelphia and 140 miles from New York—we stay on the campus of Washington College, located in the historic port town of Chestertown Maryland.

Award winning cuisine, dessert and cordial parties, dancing and great music will round out your perfect bicycling experience.

WHAT'S INCLUDED

- Lodging: Friday, Saturday & Sunday
- Breakfast: Saturday, Sunday & Monday
- Dinner: Saturday & Sunday
- Picnic on Sunday
- Brunch on Monday
- Entertainment and Socials: Fri., Sat. & Sun.
- Map Packets (ride with a group or on your own)



WHAT'S OPTIONAL

- Friday Dinner 6:00-8:00 pm
- Lodging upgrades provide suites and low beds (see Lodging Options)
- 27th Anniversary KCSF T-shirts are adult sizes, so order accordingly. We only order a few extras, and they sell out early. If you want a T-shirt, please order now.

Four Days of Fun-Filled Activities

Friday: Registration begins at noon. Scheduled rides will start at 1:30 pm. Optional buffet dinner (6 - 8 pm) followed by the Ice Cream Social.

Saturday: Breakfast; yoga; scheduled rides with leaders; Instructional Ride program; aerobics; swimming on campus; Chestertown's historic **Tea Party Festival**—food, crafts, entertainment, and parade; dinner; dessert and cordial party; Blue Grass music & Square Dancing with live band.

Sunday: Breakfast; yoga; scheduled rides with leaders; aerobics; picnic lunch catered by Washington College (kosher meats, cold salads, vegan foods, something for everyone); dinner; evening music and more dancing.

Monday: Expanded continental breakfast plus brunch until 1:00 pm (carry-out for those who need to leave early) and scheduled rides. Attendees have until 4pm to check out.

ONLINE or PHONE REGISTRATION (no additional fee)

- For online info go to www.baltobikeclub.org, events, Spring Fling, FAQs.
- Or you can call 1-877-228-4881 and register over the phone.

MEALS

Award winning Washington College Dining Services will continue to provide top quality meals for our enjoyment at the College and at the Sunday picnic. Meals will include at least one Vegan entree and at least one sugar-free dessert.

LODGING OPTIONS (you must bring your pillow and all linens)

This year Washington College offers four lodging choices:

- **Standard lodging dorms**; have rooms with two single beds that are elevated to allow storage beneath. Men's and women's restrooms are accessed from the hall. **Tandem cyclists will be placed in Minta Martin unless requested otherwise.**
- **Lowered bed in standard lodging dorms**; (no extra charge but available in Caroline and Queen Anne's only). Restrooms are accessed from the hall.
- **Western Shore suites** (upgrade); have four single-bed bedrooms, two baths and a living room-kitchenette. All beds are lowered. Assignment preference will be given to full suites (4 people)
- **Harford Hall suites** (upgrade); consist of five bedrooms, two bathrooms and a lounge area with sofa, refrigerator, microwave and sink. Two bedrooms have two single beds and the remaining three each have one single bed. Harford also has an elevator (large enough for a tandem). Assignment preference will be given to full suites (6 or 7 people).

Western Shore and Harford Hall suites are perfect for families and groups! If you want to room with another person, or group of people, let us know—early. The best way to register groups is online (see FAQs at the BBC website) – or mail all your registrations together to assure we assign the correct people to each room or suite.

(assignment preference will be given to full suites)

Questions? Email: kentcountyspringfling@gmail.com (or phone [410-790-4422](tel:410-790-4422))

DON'T PUT IT OFF!

KCSF USUALLY SELLS OUT EARLY

**if possible please register online at www.baltobikeclub.org
or by phone at 1-877-228-4881 (no added fee for either)**

Mail-in Registration – 27th annual Kent County Spring Fling -- May 22-25, 2009

Registration and **signed release** required for each participant. **No registrations after May 10**

1st Name (for nametag): _____ Last Name: _____

Street: _____ Apartment: _____

City: _____ State: _____ Zip Code: _____

Home Phone: (_____) _____ - _____ E-mail: _____

Emergency contact: _____ Phone: (_____) _____ - _____

Age: circle one (0-3) (4-10) (11-20) (21-30) (31-45) (46-65) (over 65) Gender: circle one (Male) (Female)

Bicycle Type: circle one: Tandem/Recumbent Single

Roommate: (double rooms) _____

Suitemates: (for Western Shore/Harford only) _____

Club/Group Affiliation (I would like to be near these people): _____

Special Requirements: _____

I can help with registration 2 or 3 hours on Friday __

Registration Options Underline your choice and enter your cost	Cost	Your Costs
BBC Member: standard lodging \$291/ no lodging \$247	\$291/247	
non-BBC Member: standard lodging \$303/ no lodging \$260	\$303/260	
youth 11-16	\$215	
child 4-10 sleeping: on the floor \$95/ on a bed \$120	\$95/120	
child 3 & under sleeping: on the floor no charge/ on a bed \$25	\$0/25	
late registration fee (AFTER APRIL 15th)	\$30	
single room supplement if you choose to room alone (standard dorms only)	\$30	
lowered bed (available in Caroline and Queen Annes only) check box	\$0	check here __
Western Shore suite supplement per person (see Lodging Options)	\$57	
Harford Hall suite supplement per person (see Lodging Options)	\$57	
Friday night buffet dinner: adults \$19/ age 11-16 \$16/ age 4-10 \$9 (6pm – 8pm)	\$19/16/9	
27th anniversary KCSF T-Shirt (Note: all T-shirts are short sleeve adult size) Circle choice: S M L XL XXL	\$14	
Total for registration check (payable to BBC)	\$ Total	

KEY GUARANTEE. Your signature below (required) is a guarantee that you agree to pay the BBC \$25 for each key received and not returned by checkout (NO LATER THAN 4 PM MONDAY).

_____ **sign above** _____ **date**

CANCELLATION POLICY: Refund requests must be in writing. The following fees apply: \$30 prior to May 1st; \$50 May 1st through May 10; **no refunds after May 10**; \$40 charge for checks returned by the bank for any reason. Refund checks will be mailed by the BBC Treasurer after the event.

**Make check payable to BBC and mail with your application to:
KCSF 2009; 410 Travelers Drive; Polk City, FL 33868**

You will receive an e-mail (or postal-mailed) confirmation

BICYCLE HELMETS MUST BE WORN AT ALL BBC RIDES & EVENTS
BALTIMORE BICYCLING CLUB, INC. ("BBC")
RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL
CONSENT AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in the BBC sponsored Bicycling Activity ("Activity") listed below, I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such "Activity". I further acknowledge that the "Activity" will be conducted over public roads and facilities open to the public during the "Activity" and upon which the hazards of travelling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the "Activity".

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these "Risks" and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the "Activity", the condition in which the "Activity" takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH "RISKS" AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the "Activity".

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the BBC, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the "Activity" takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the "Releasees", I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE "RELEASEES" from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Name Of Activity: _____

 Participant's Signature (only if age 18 or over) Participant's Printed Name Date

 Street Address City State Zip Phone

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING "ACTIVITIES" AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED TO PARTICIPATE IN SUCH "ACTIVITY". I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE "RELEASEES" FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE "RELEASEES" NAMED ABOVE, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

 Parent/Guardian Signature (if participant under age 18) Parent/Guardian Printed Name Date

 Street Address City State Zip Phone



HAPPY 40TH BIRTHDAY

TO THE

BALTIMORE
BICYCLING CLUB!

END-OF-SEASON CELEBRATION
ELECTION AND AWARDS
DINNER

NOVEMBER 8, 2008

BBC AWARDS FOR 2008

Wayne Rogers Award: presented to a member who has provided outstanding service to the club during the year

Mary & Barry Menne

Rising Star Award: presented to a promising new “mover and shaker”

Barry Childress

Hall of Fame: presented to members who year after year have made major contributions of their time and talent to the BBC

Ruth and Lee Fleishman

Special Recognition: Howard Rosenbaum

HALL OF FAME MEMBERS

Kathy Anders
Frank Anders
Judy Broadwater
Rich Burns
Bob Carson
Gloria Epstein
Ruth Fleishman
Lee Fleishman
Judy Getz
Merle Kaplan
Howard Kaplon
Gary Kelly

Russ Lo y
Craig Martin
Bob Moore
John Overstreet
Barbara Park
Gordon Peltz
Ken Philhower
Evie Reinsel
Wayne Rodgers
Walt Russell
Ruth & Al Schaffer
Therese Spadar o

Baltimore Bicycling Club 2008

EXECUTIVE BOARD

President: Mary Ryan Vice President : Gene Bayer
Treasurer: Ken Philhower Secretary: Ed Cahill
Past President: Bob Carson
Members-at-Large: John Cole, Howard Rosenbaum,
Russ Loy, Georgia Glashauser

CLUB RIDES

Ride Captain: Gene Bayer
Ride Coordinators: Casual: Judy Getz
10-12: Dick Voelkel & Tom Anzalone
13-15: Gary Brandon
15-17: Judy Broadwater
18+ : Phil Feldman
Weekday: Renee Faison
Tandem: Peggy & Tom Dymond
Winter: Gloria Epstein, Terry Harrigan
Instructional Ride Program: Gordon Peltz , Howard Kaplon, Gary Brandon

COMMITTEES

New sletter: Maxine Mead, Barbara Park
Race Team Representative: Bob Rohlfing
Advocacy: Barry Childress
Membership: Craig Martin, Barbara Park
Insurance: Howard Rosenbaum, Georgia Glashauser
Ride Waivers: Renee Faison
Website and E-Newsletter: Craig Martin
BBCtalk Listserve: Janet Goldstein
Giving: Russ Loy
Jersey Sales: Nancy Finnegan

Baltimore Bicycling Club

Election Slate for 2009

President: Mary Ryan

Vice President: Georgia Glashauser

Treasurer: Ken Philhower

Secretary: Ed Cahill

Members at Large: Mary Menne
Beth Cooper

Baltimore Bicycling Club 2008 Ride Leaders

- 38 Rides: Steve Zeldin
- 36 Rides: Gordon Peltz
- 35 Rides: Gloria Epstein
- 28 Rides: Katie Gore-Traill
- 22 Rides: Bob Seay, Manny Steinberg
- 18 Rides: JanetGoldstein
- 17 Rides: Rich Burns, Renee Faison
- 16 Rides: Bud Lippert
- 15 Rides: Charlotte Pappas
- 12 Rides: Carol Russell
- 11 Rides: Phil Feldman, John Harris, Ed Hopkins, Mark Tabb
- 10 Rides: George Cordutsky, Stuart Lamb, Steven Levy, Barry Menne
- 9 Rides: Ed Cahill, Mary Menne
- 8 Rides: Lukasz Szyrner, Jim White, Gene Young, Scott Zelazny
- 7 Rides: Terry Harrigan, Robin Kessler, Gene Morrow
- 6 Rides: Bruce Galanter, Aldona Glemza, Cartan Kraft, Edward Roth, Walt Russell
- 5 Rides: Carl Boyd, Judy Broadwater, Judy Getz, Don Riggs
- 4 Rides: Dan Artley Gary Brandon, Mike Cohen, Lydia Cunningham, David Forester, Will Hudson, Russ Loy, Howard Saltzman, Henry Thiess
- 3 Rides: Jeb Brownstein, Paul Coleianne, John Fairhall, Stephen Franzoni, Ken Philhower, Evie Reinsel, Michael Reinsel, Dick Voelkel
- 2 Rides: Frank Anders, Kathy Anders, Barry Childress, Jane Cole, John Cole, Judy Droege, Jim Gagne, Bill Gary, Georgia Glashauser, Howard Kaplon, Joan Mason, Gil Olvera, Larry Phillips, Mary Ruhl, Deb Taylor, Bob Wagner, Herb Weiss
- 1 Ride: Barb Artley, Ed Barr, Laurie Barr, Julie Boughn, Ken Briggs, Rod Bruckdorfer, Beth Cooper, Ted Cooper, Margie Coski, George Drake, Mary Drake, Peggy Dymond, Tom Dymond, John Eckenrode, Carole Gardiner, Mike Gesuele, Donna Glasgow, Ross Glasgow, Jim Guild, Mike Harris, George Hoffman, Jonathan King, Roger Knable, Suzie Knable, Suzanne Komarony, Doug Leoncavallo, Jeff Marks, Craig Martin, Clark Merrill, Marcia Merrill, Elizabeth Miller, Mark Miller, Chris Moriarity, Michael Murphy, Bob Noll, Janet Olney, Diane Purpora, Darryl Roberts, Brenda Ruby, Mary Ryan, Bill Ryder, Sally Ryder, Dave Sandler, Ed Vojik, David Whitaker

BALTIMORE BICYCLING CLUB

2008 SPONSORS

Thanks to the following bicycle shops for their generous contributions to the BBC

Remember to support them with your business!

JOE'S MT. WASHINGTON BIKE SHOP

LUTHERVILLE BIKE SHOP

PERFORMANCE BIKES

PRINCETON SPORTS

REI (RECREATIONAL EQUIP. INC.)

THE BICYCLE CONNECTION

TRI-SPEED/HUNT VALLEY BICYCLE

And a special thanks to the volunteer host of the BBC Website:

System Source

2008 Event Leaders

Winter Social	January 6	Gloria Epstein, Barb Park
CRABS Potluck	January 19	Peggy & Tom Dymond
Instructional Series	April - May	Gordon Peltz, Howard Kaplun, Gary Brandon
Kent County Spring Fling	May 23-26	Frank & Kathy Anders
Flatlands Tour	June 14	Ken Philhower
Tour de Montes	June 27-29	Craig Martin
BBC Picnic	July 13	Georgia Glashauser
Corn Roast Rides	August 2	Gloria Epstein, Barb Park
Civil War Century	September 7	Howard Rosenbaum, Mary & Barry Menne
Weekend in Lancaster	September 26-28	John & Jane Cole, Walt & Carol Russell
Washington County Getaway	October 17-19	Rich Burns

THANKS TO ALL OUR RIDE AND EVENT LEADERS

Without YOU, there would be no BBC!

TANDEMNIUM

CRABS (Couples Riding a Bicycle Simultaneously)

Come out to the CRABS potluck, all you tandem riders or tandem wanabees.

Saturday Jan 17, 2008 starting at 4:30pm

CRABS (BBC Tandems) Pot Luck

Ascension Lutheran Church Great Hall

7601 York Rd, Towson

(Please park in the lot across York Road if at all possible.)

Bring a dessert, main dish, or salad to share. Plan the tandem year ahead; share your favorite tandem rides and adventures.

If you're like us, we're already planning our 2009 riding. Here are the 2009 Tandem opportunities we've heard about so far:

Friday April 3- Sunday April 5 **Sebring Tandem Rally**. Sebring, FL (Not far from Gabe and Diana Mirkin's new FL home)

Room reservations: 800-423-5939 or www.kenilworthlodge.com Contact: lindamarie7@junocom or 561-683-2851 for questions.

Thursday April 16 – Sunday April 19 (4 days) **Spring Thaw Rally** / St Michaels Tandem Rally St Michaels, MD

If you don't register soon, you will not be able to go.

Pre-registration required: www.bikeptc.org/node/4178

Friday July 10 - Sunday July 12, 2009. **Eastern Tandem Rally**, Strasberg, PA (Just south of Lancaster, PA) Info: www.easterntandemrally.org/

Friday August 7 - Sunday, August 9, 2009. Carlisle, PA **Mid-Atlantic Tandem (MATES) Rally** Info: www.easterntandemrally.org/

In addition to the BBC newsletter which lists all scheduled rides, the best way to get up-to-date information about planned rides, impromptu rides, and tandem events is to participate in BBCCRABS list serve. Go to the BBC website, click on "Club Info", then BBC Tandems. "Subscribe to BBCCRABS" will lead you through the process.

Single riders, who can maintain at least a 13 – 15 mph pace, are welcomed on tandem rides, and tandem riders often participate on other pace rides with single bikes.

If you have any questions, please contact the CRABS coordinators:

Peggy & Tom Dymond

Home: 410-272-9139

email: tedymond@verizon.net

RIDE SCHEDULE, JANUARY/FEBRUARY 2009

This schedule may be out-of-date by the time the Newsletter is published. Please check the online ride schedule or Cue Sheet Central for the most up-to-date schedule. We strongly encourage everyone to sign up for BBC Talk, the Baltimore Bicycling Club's electronic discussion group. See instructions at the end of the Newsletter. This is the best way we know to inform riders of ride cancellations. Ride leaders are encouraged to post cancellations on BBC Talk.

Thursday, January 01, 2009

all pace short - 10:30 am - 33 mi -

Gloria Epstein 410/665-3012

START: ORR Oregon Ridge Park

Celebrate the New Year w/a mod. hilly ride to Hampstead. Jiffy Mart convenience store will be open.

Saturday, January 03, 2009

all pace long - 10:00 am - 53 mi - Janet

Goldstein 410-366-1466

START: MLP - Maryland Line Park & Ride

Up and Down to Hanover. Moderately hilly. I will also bring cue sheets for a 40-mile ride to Jefferson. Lunch/snack stop at Claire's of Hanover or in Jefferson.

all pace short - 10:00 am - 20 mi - Bud

Lippert 410-686-8504

START: Hyde Park Station: Rt 702 or Back River Neck Rd @ Hyde Park Rd.

Casual or 10/12 pace flat ride through the middle Back River Peninsula. 20+ miles depending on weather. Lunch at Katrina's (Glories) Bud: 410.686.8504
Day of ride: 443.570.0542

Sunday, January 04, 2009

all pace long - 9:30 am - 45 mi - Barry

Childress 410-919-7695 / Bob Wagner

bobwag@gmail.com

START: Conservatory at Druid Hill

www.tinyurl.com/BBC-DruidHillStart
(easy parking and close to metro).

'Druid Hill to Marriotsville' Up and out of the city we'll head NW into the Greenspring Valley, then west across Lake Liberty to Eldersburg. Next we drop down to Marriottsville and home through Patapsco and Leakin parks. 13-15 pace.

all pace short - 9:30 am - 33 mi - Gloria

Epstein 410/665-3012

START: SOC S.Carroll H.S.

Mod. hilly terrain and light traffic will get you to the New Windsor VFD for an 'all you can eat' pancake breakfast. Bring your appetite and cash (\$7.00). Cue sheets will be available for 41 mile ride.

Wednesday, January 07, 2009

15-17 mph - 10:30 am - 33 mi - Steve Zeldin 410-828-5553

START: ORR - Oregon Ridge Park
WedNiteRev or rolling with hills.

Weather note - on 1/7/2007 we had 50F and on 1/7/2008 we had sun and 62F.

Saturday, January 10, 2009

all pace short - 10:00 am - 36 mi - Bob Seay & Manny Steinberg 410/242-6929 & 410/655-8242

START: MSM - Marley Station Mall
Half trail-half road. Ride to Sandy Point State Park w/a stop @ Red Hot & Blue for lunch @ mile 23. Flat to rolling terrain.

all pace long - 10:00 am - 53 mi - Terry Harrigan / 410-596-8263 / cctrekker@dtkm.com

START: Londontown Square Shopping Center, 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, January 11, 2009

all pace short - 9:30 am - 33 mi - Jim White day of ride 717 682 4182

bikerdancerjim@comcast.net

START: SOC S.Carroll H.S.

Scenic ride thru Carroll & Fred. Cos. to Union Bridge VFD for a delicious 'all you can eat' pancake breakfast (\$6.50).

Cue sheets available for 36 and 44 mile routes.

Tuesday, January 13, 2009

15-17 mph - 10:30 am - 45 mi - Steve Zeldin 410-828-5553

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 weather. Come join the fun!

Saturday, January 17, 2009

all pace short - 11:00 am - 13, 17, 26 mi - Charlotte Pappas 410-385-1457

cpappas@umm.edu

START: Lisbon Woodbine Park and Ride.

13, 17, 26 mile options; rolling moderately hilly rides. Drinks and snacks available at ride start.

Sunday, January 18, 2009

all pace short - 1:00 pm - 23 mi -
Stephen Franzoni 410-538-6903
START: Rt.152 P&R (North Lot)
Rt.152 & I-95

Nice short loop that takes in the full
Ma/Pa trail and through downtown Bel
Air. Enjoy the warmth of the day after
sitting in church or waking up late. Bel
Air Bakery and Wawa at the 1/2 mark.

all pace short - 10:00 am - 25 mi -
George Cordutsky 410-882-2788
START: Kmart @ North Plaza Mall.
I695 exit 30b [Perring Pkwy North]
Straight at TL [X Joppa Rd] Right at SS
Waltham Woods Right at next drive
[Kmart] Park at bottom of lot away from
store.
[Out and Back] Moderately hilly with a
stop at a Royal Farms store.

Monday, January 19, 2009

15-17 mph - 10:30 am - 40 mi - Steve
Zeldin 410-828-5553
START: ORR - Oregon Ridge Park
Martin Luther King Day rolling to hilly
ride. I will choose distance (35-45 miles)
depending on weather.

all pace short - 10:00 am - 27 mi -
Gloria Epstein 410/665-3012
START: St. John's Episcopal Church
3738 Butler Rd., Glyndon, Md. 21071
(intersection of Butler, Piney Grove &
Belmont Rds.)
Beautiful, moderately hilly ride to
Hampstead w/options for food stop.

Saturday, January 24, 2009

all pace long - 10:00 am - 36 mi - Bob
Seay & Manny Steinberg 410/242-6929
& 410/655-8242

START: MSM - Marley Station Mall
Half trail-half road. Ride to Sandy Point
State Park w/a stop @ Red Hot & Blue
for lunch @ mile 23. Flat to rolling
terrain.

all pace long - 10:30 am - 40 mi - Gil
Olvera 410-635-6692
START: SDY - Sandymount Park
Nice winter training ride through
Northern Carroll Co. Lunch is at Pizza
Garden or Sheetz in Manchester. Call if
weather or road conditions are
questionable.

all pace short - 10:00 am - 20 mi - Bud
Lippert 410-686-8504
START: Wilson Point Community
Park: Parking lot at Cypress Dr. & Beech
Drive. Eastern Blvd to Wilson Pt Rd to
Cypress Dr. Right turn into parking lot.
Casual or 10/12 pace Moderately flat
ride through the communities of Wilson
Point via SR 43 Maple Crest, Victory
Villa, Aero Acres, Hawthorn 20+ miles
depending on weather. Lunch at Carson
Creek Inn after ride. Bud: 410.686.8504
Day of ride: 443.570.0542

Sunday, January 25, 2009

all pace long - 10:00 am - 40 mi - Phil Feldman 410.744.8874

START: EFS - Bagel Bin Enchanted Forest SC, Ellicott City

Not sure what this will be. If it's warm, we'll go far. If it's cold enough we'll ride once around the parking lot. Figure on a bit over one mile per degree

all pace short - 10:30 am - 34 mi - Rich Burns 410-433-4162

rburns1@verizon.net

START: FGE - Fountain Green Elementary School: I-695 to Exit 33, I-95 N to Exit 80, left at end of ramp on Rt. 543 for 5 mi. to school on right. Mostly rolling ride to Havre de Grace with stop at conv. store or La Cucina. This ride does NOT go to Susq. St. Pk.

Saturday, January 31, 2009

all pace short - 10:30 am - 31 mi - Aldona Glemza (443) 676-8181

aglemza@gmail.com

START: ORR - Oregon Ridge Park Prettyboy the Back Way: Up Cedar Grove, up Evna, Up Armacost, across the Dam and then that wonderful ride down Yeoho and Stringtown. 2845 feet of climbing. Figure on a bit over one mile per degree.

Sunday, February 01, 2009

all pace long - 10:00 am - 45 mi - Carol Russell 4106650651

START: SPK - Sparks Elementary School

Sparks to Madonna: Moderately hilly ride on scenic roads through horse farms in Baltimore & Harford Counties. Rest stop at Highs in Madonna. There will also be a cue sheet for 33 miles. Day of ride cell phone: 443-286-5807

all pace short - 1:00 pm - 27 mi - Stephen Franzoni 410-538-6903

START: Fell's Point, Broadway and Thames (In front of Jimmy's) Fell's Point to North Point (beginning of Tour Du Port). Once again, enough time for church or sleeping in before a nice brisk ride on the first day of Snowruary!

all pace short - 9:30 am - 33 mi - Gloria Epstein 410/665-3012

carlglo@verizon.net

START: SOC S.Carroll H.S.

Mod. hilly terrain and light traffic will get you to the New Windsor VFD for an 'all you can eat'

pancake breakfast. Bring your appetite and cash (\$7.00). Cue sheets will be available for 41 mile ride.

Saturday, February 07, 2009

all pace long - 10:00 am - 51 mi - Janet Goldstein 410-366-1466

START: WES - Westminster ES
Ride to Taneytown; rolling with some hills; lunch at the Italian Restaurant or snack stop at 7-11. No go in wind advisory or wet conditions. If in doubt, call ride leader.

Sunday, February 08, 2009

all pace short - 9:30 am - 31 mi - Jim White, day of ride 717/682-4182

bikerdancerjim@comcast.net
START: SOC S.Carroll H.S.
Scenic ride thru Carroll & Fred. Cos. to Union Bridge VFD for a delicious 'all you can eat' pancake breakfast (\$6.50). Cue sheets available for 36 and 44 mile routes.

all pace short - 10:00 am - 20 mi - Bud Lippert 410-686-8504

START: Eastern Regional Park: 11723 Eastern Ave. 21220
Casual or 10/12 pace Moderately flat ride through the communities of Cunningham Cove, Oliver Beach, West Twin Rivers, Harewood Park, taking in Marshy Point Nature Center, & Gunpowder State Park. 20+ miles depending on weather. Lunch at George's Deli half way through ride.
Bud: 410.686.8504 Day of ride: 443.570.0542

Saturday, February 14, 2009

all pace short - 10:00 am - 20 mi - Bud Lippert 410-686-8504

START: Wild Duck Cafe; 3408 Red Rose Farm Rd, 21220; Eastern Ave to Carroll Island Rd to Bowleys Quarters Rd to Red Rose Farm Rd. to the end.
Casual or 10/12 pace Flat ride through the Bowleys Quarters peninsula & Carroll Island community. Lunch at Maria's Deli or the Wild Duck Cafe.
Bud: 410.686.8504 Day of ride: 443.570.0542

all pace long - 10:00 am - 36 mi - Bob Seay & Manny Steinberg 410/242-6929 & 410/655-8242

START: MSM - Marley Station Mall
Half trail-half road. Ride to Sandy Point State Park w/a stop @ Red Hot & Blue for lunch @ mile 23. Flat to rolling terrain.

all pace long - 10:00 am - 48 mi - Carol Russell 4106650651

START: TMP - Taneytown Memorial Park
A 'Sweetheart' of a Ride to Gettysburg. Scenic, rolling ride to Gettysburg with lunch at LaBella Italia, a ride through the battlefield and a quick visit to check out the new Battlefield Visitors' Center. Bring your sweetheart! Convenience store option for those who have sweethearts waiting. Day of ride cell phone: 443-286-5807

Sunday, February 15, 2009

all pace long - 10:00 am - 40 mi - Phil Feldman 410.744.8874

START: EFS - Bagel Bin Enchanted Forest SC, Ellicott City

It's my birthday! What better way to celebrate than riding a bike on a clear winter day (let's hope!) If it's warm, we'll go far. If it's cold enough we'll ride once around the parking lot. Figure on a bit over one mile per degree

all pace short - 10:00 am - 25 mi - george cordutsky 410-882-2788

START: Kmart @ North Plaza Mall. I695 exit 30b [Perring Pkwy North] Straight at TL [X Joppa Rd] Right at SS Waltham Woods Right at next drive [Kmart] Park at bottom of lot away from store.

[Out and Back] Moderately hilly with a stop at a Royal Farms store.

Monday, February 16, 2009

15-17 mph - 10:30 am - 33 mi - Steve Zeldin 410-828-5553

START: ORR - Oregon Ridge Park President's Day ride going by the site of Slade's Tavern at My Lady's Manor where George Washington breakfasted June 6, 1773.

all pace short - 10:00 am - 27 mi - Gloria Epstein 410/665-3012

START: St. John's Episcopal Church 3738 Butler Rd., Glyndon, Md. 21071 (intersection of Butler, Piney Grove & Belmont Rds.)

Beautiful, moderately hilly ride to Hampstead w/options for food stop.

Saturday, February 21, 2009

all pace long - 9:00 am - 51 mi - Janet Goldstein 410-366-1466

START: NWT - New Town Shopping Center

New Town to Dayton: Sometimes hilly ride from New Town Owings Mills to Dayton, Howard County. 51 mile route with 41 mile option. Cue sheet at: [http://cuesheetcentral.com/uploads/New Town to Dayton.pdf](http://cuesheetcentral.com/uploads/New_Town_to_Dayton.pdf)

Sunday, February 22, 2009

all pace long - 10:30 am - 40 mi - Gil Olvera 410-635-6692

START: SDY - Sandymount Park Nice winter training ride through Northern Carroll Co. Lunch is at Pizza Garden or Sheetz in Manchester. Call if weather or road conditions are questionable.

all pace short - 10:30 am - 34 mi - Rich Burns 410-433-4162

rnburns1@verizon.net

START: FGE - Fountain Green Elementary School: I-695 to Exit 33, I-95 N to Exit 80, left at end of ramp on Rt. 543 for 5 mi. to school on right. Mostly rolling ride to Havre de Grace with stop at conv. store or La Cucina. This ride does NOT go to Susq. St. Pk.

Tuesday, February 24, 2009

State Park w/a stop @ Red Hot & Blue for lunch @ mile23. Flat to rolling terrain.

15-17 mph - 10:30 am - 40 mi - Steve Zeldin 410-828-5553

START: ORR - Oregon Ridge Park
Rolling to hilly ride. I will choose distance (35-45 miles) depending on weather.

Friday, February 27, 2009

15-17 mph - 10:30 am - 40 mi - Steve Zeldin 410-828-5553

START: DSP - Dulaney Spring Park (Old Bosley @ Pot Spring)
Rolling to hilly ride. I will choose distance (35-45 miles) depending on weather. Ride leader will bring CAKE for post-ride celebration!!!

Saturday, February 28, 2009

all pace short - 10:00 am - 25 mi - Bud Lippert 410-686-8504

START: Back River Community Center: 800 Block of Back River Neck Rd.

Casual or 10/12 pace Flat ride through the lower Back River Peninsula. Bud: 410.686.8504 Day of ride: 443.570.0542. Lunch at Island View Inn.

all pace long - 10:00 am - 36 mi - Bob Seay & Manny Steinberg 410/242-6929 & 410/655-8242

START: MSM - Marley Station Mall
Half trail-half road. Ride to Sandy Point

Ride Descriptions

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

Casual

For cyclist who want a relaxed experience, these rides maintain a pace of 8-10 mph. Routes with easy terrain are up to 25 miles. Rides with some hills are generally 15 miles or less. Re-grouping points are periodically designated.

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

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, brownel4540@comcast.net, 410-489-5804 - Or- Email HoCoCyclists@yahoo.com.
Visit the website
www.groups.yahoo.com;
enter group: HoCoCyclists"

2009 Ride Coordinators

Casual

Judy Getz410-254-1306
casualrides@baltobikeclub.org

Mike Falatico410-377-9140
casualrides@baltobikeclub.org

10-12 MPH

Dick Voelkel410-744-6941
10-12rides@baltobikeclub.org

Tom Anzalone410-329-3864
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 Feldman410-744-8874
18rides@baltobikeclub.org

Weekday

Renee Faison410-356-7088
weekdayrides@baltobikeclub.org

Tandem

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

Winter

Gloria Epstein410-665-3012
Winterrides@baltobikeclub.org

Terry Harrigan410-549-1798
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.

Questions? Contact me at jgoldst@verizon.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 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) _____

Email Address (One per Membership) _____

City _____

State _____

Zip + 4 _____

Home Phone _____

To function, the BBC is dependent on member volunteers. Check all activities that you are willing to help with:

Events Lead Rides Advocacy Website Newsletter Socials

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

Individual **One Year: \$25**

Family **One Year: \$35**

Individual **Two Years: \$45**

Family **Two Years: \$65**

Mail check payable to **Baltimore Cycling Club** & application to: Baltimore Cycling Club
P.O. Box 437

Membership Dues are subject to change.

Joppa, MD 21085-0437



Baltimore Bicycling Club Newsletter

Need BBC Info?

*For BBC Members with question or
problems concerning:*

*Membership Ride Schedules Any Committees Any Function
Call: 410/792-8308 Email: hotline@baltobikeclub.org*

For E-Newsletter Questions or Problems Email: newsletter@baltobikeclub.org

*For Membership or Newsletter Delivery Questions or problems
Call: 410-538-8791 Email: membership@baltobikeclub.org*

For Newsletter Content Issues or Advertising Submittals • Email: bbcnews@baltobikeclub.org

For Out of Bounds Column Submittals • Email: outofbounds@baltobikeclub.org

Baltimore Bicycling Club
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