

# Baltimore Bicycling Club Newsletter



**BALTIMORE BICYCLING CLUB**

Volume 40 Number 6

November | December 2007

## INDEX

Committees .....	2
Crabs Pot Luck .....	3
Election Ballot .....	4
Black Ice. ....	6
Civil War Century Recap.. ....	10
2007 Ride Start Locations. ....	13
November & December Ride Schedule. . .	16
Ride Descriptions .....	22



-ADVENTURE CYCLING

**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](mailto: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.

## **2007 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**

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

Gene Bayer, Vice President  
410-636-0634  
vicepresident@baltobikeclub.org

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

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

Frank Anders, Past President  
410-628-4018  
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

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

## **2007 Committees**

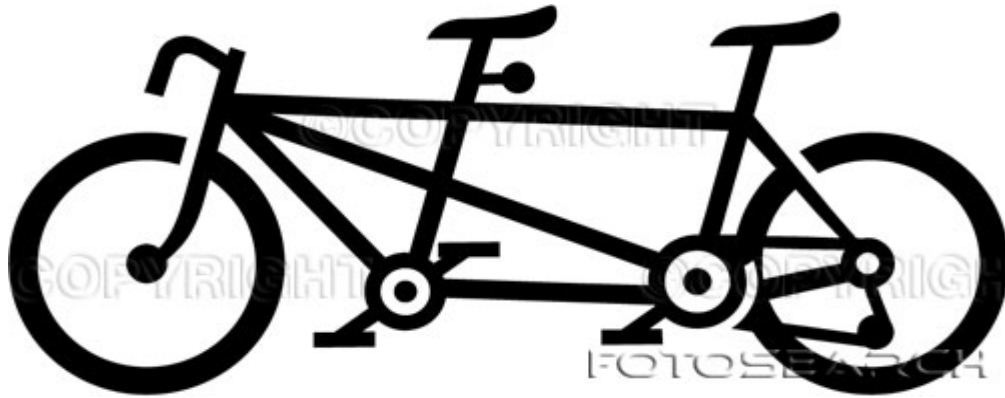
Insurance	Howard Rosenbaum	410-653-2363
Government Relations	Bob Moore	410-435-6623
Instructional Programs	Howard Kaplon	410-484-6955
Club Items for Sales	Mitch Tobias	410-833-8137
Newsletter Editor	Maxine Mead	443-474-7076
1. Tandem Column	Peggy & Tom Dymond	410-272-9139
2. Team BBC Race Report	Scott Weiner	410-486-8921
Rides	Gene Bayer	443-850-0671
	(see Rides section of newsletter for committee members)	
Cue Sheet Librarians	Gene Bayer	443-850-0671
	Larry Kenny	
Team BBC Representative	Paul Martin	410-685-7585
Safety Awareness Program	John Overstreet	
BBC Property	Frank Anders	410-628-4018
Web Site Webmasters	Janet Goldstein	410-366-1466
	Craig Martin	410-538-8791
Membership	Barb Park	410-823-4293
Giving	Russ Loy	410-628-6297
BBC Talk Administrator	Janet Goldstein	410-366-1466

### **League of American Bicyclists**

1612 K Street, NW, Suite 401

Washington, DC 20006

202-822-1333



All you tandem riders or tandem wannabes . . . come on out to the

# CRABS Potluck

(Couples Riding a Bicycle Simultaneously)

Meet up with the CRABS, the BBC's tandem club, for a pot luck dinner

Date: Saturday, January 19, 2007  
Time: 4:30pm  
Location: 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.

Help plan the tandem year ahead, and share your favorite tandem rides and adventures.

For more information, or if you have any questions, contact Peggy and Tom Dymond, the CRABS coordinators, at 410-272-9139 (home) or [tedymond@comcast.net](mailto:tedymond@comcast.net)

**BBC Annual Election**  
**Saturday, November 10, 2007**  
 6:30 -7:30 pm  
 Parkville American Legion Hall  
 2301 Putty Hill Avenue  
 Parkville, Maryland 21234

**Candidates**

<b>President</b>	Mary Ryan	<b>Member-At-Large</b>	John Cole
<b>Vice-President</b>	Gene Bayer	<b>Member-At-Large</b>	Georgia Glashauser
<b>Secretary</b>	Ed Cahill		
<b>Treasurer</b>	Ken Philhower		

If you cannot attend you may vote by sending an absentee ballot to: BBC Election, c/o Russell Loy, 122 Glenmoore Ave., Cockeysville, MD 21030, or you can allow an attending member to bring your signed ballot to the meeting. All ballots; whether voted at the meeting, mailed, or carried to the meeting; will be subject to verification of the named voter as a current Club member. Family memberships are permitted two votes.

-----  
**BALLOT**

Vote for One Candidate Each:

<b>President</b>	Mary Ryan
<b>Vice-President</b>	Gene Bayer
<b>Secretary</b>	Ed Cahill
<b>Treasurer</b>	Ken Philhower

Vote for Two Candidates:

<b>Member-At-Large</b>	John Cole
<b>Member-At-Large</b>	Georgia Glashauser

**Member Name (PRINTED):**

\_\_\_\_\_

**Member Signature:**

\_\_\_\_\_

**DATE:** \_\_\_\_\_

**- Mary Ryan**

BBC member for 5 years  
Civil War Century volunteer for 4 years  
Casual Ride Leader for 2 years  
Member-at-large for 2006 and 2007  
BBC Picnic Event Leader for 2006 and 2007

**- Gene Bayer**

BBC member for 12 years  
15-17 Ride Coordinator one year  
Ride Leader at 10-12, 13-15 and 15-17 paces  
Currently serve as Cue Sheet Librarian.  
Vice President/Road Captain for 2007

**-Ed Cahill**

BBC member for 32 years  
Secretary for 2006 and 2007  
15-17 Ride Coordinator for 3 years  
Ride Leader at 13-15, 15-17 and 18 paces for over 20 years

**-Ken Philhower**

BBC member for 24 years  
Club President: 2005  
Club Secretary: 2003 and 2004  
Member-at-Large 1999 through 2002  
Giving Committee since January of 2002  
Ride Leader at Casual, 10-12 and 13-15 paces since 1986  
Co-Chair and Chair of the Flatlands Event 1999 through 2007  
Volunteer for many events; Flatlands, KCSF, Picnic and Hunt Valley Hundred

**- John Cole**

BBC member for 10 years  
Ride Leader for Tandems  
Co-chair for Weekend in Lancaster Event  
Member of Civil War Century committee  
Member at large for 2006 and 2007  
Handle monthly mailing of BBC brochures to bike shops and stores

**- Georgia Glashauser**

BBC member for 12 years  
Ride Leader for about 10 years, 10-12 mph pace and some 13-15  
Bicycled coast to coast across the US, three times (2002, 2003, 2004).  
Wrote a book about the cross country cycling, Bicycle from Sea to Shining Sea;  
[www.BikeSeaToSea.com](http://www.BikeSeaToSea.com).  
Provided van and drove SAG for the past two Civil War Centuries and will be there again in 2007

When the weather is snowy, many of us reluctantly but prudently abandon our road bikes and retreat to the fireplace, hot chocolate, and televised football. But there are some intrepid souls who actually seek out and enjoy extreme winter weather riding -- "icebiking." While most of us probably have no thoughts of signing up for an Iditasport event, the ICEBIKE Web site (<http://www.icebike.org>) is a good resource for tips on cold-weather riding gear, clothing, nutrition, and hydration. Following is an article from the site on riding techniques to get you safely through a stretch of black ice.

\*\*\*\*\*

## Riding Techniques

---

### Black Ice

Black ice, that thin layer of ice covering roads, perhaps only in shadowed area, can be one of the most insidious winter risks to deal with. You can be riding along on bare pavement one minute and sliding down the road the next instant.

Black ice is called black because it takes on the color of the underlying pavement. It is very thin, and often gives the impression of having some surface irregularity, and therefore appears to supply some traction. These looks can be deceiving, because as soon as you apply brakes (or make significant turning movements) you start to slide.

### Turns

Turns on black ice are best accomplished by keeping the bike as upright as possible. This may involve offsetting your upper body to the side (toward the direction you want to turn) while at the same time keeping the bike upright.

The principal reason to keep the bike upright is NOT to keep more of your tire tread (or studs) in contact with the road, but more simply, that a leaning bike necessarily puts lateral forces on the tire at the contact patch. The contact patch (where the rubber meets the ice) is that preciously small area providing all the traction. Black ice frequently does not supply enough traction to counteract this lateral force, the tire slips out from under you, and down you go.

Turns with the bike mostly vertical also imply slow turns. That, more than anything is the name of the game.

## Braking

Braking on black ice will cause a slight melting of the surface layer of the ice, producing a very thin layer of water. Water on ice is a lot more slippery than just ice. ([See: How Slippery Is It](#)).

Braking must be done with great care, and principally with the back brake. The front brake of a bicycle supplies way more braking power than the back brake. The more it works, the more weight is transferred to the front wheel, and the more the braking force applied to the contact patch.

The problem in winter is that you will quickly break traction with the front wheel. Once you do, your chances of remaining upright are minimal. Reserve the limited traction of the front wheel solely for steering. Brake with the back wheel. Transfer weight rearward (stick your butt out behind the seat) to keep as much weight over the braking tire.

As long as you can steer you have a good chance of remaining upright. This is why if you only have one studded tire it belongs on the front. It is also why you want to avoid braking with the front wheel on black ice. Even with a locked up rear brake, and the rear wheel skidding, as long as you stay off the front brake, you can steer all the way down icy hills too slippery to walk.

## Ride the Grit or Fresh Snow

At the side of the road, there is usually an area covered with sand and other debris swept there by car tires. Sometimes there is just fresh untracked snow there.

In black ice conditions this grit becomes "glued down" by the same ice that is covering the road. It's like riding on sandpaper. There is far more traction in the grit than on the black ice itself.

Similarly, when there is some snow around, the snow will often provide more traction than the ice. Even light snow directly on top of black ice may provide better traction than just the black ice. This is because snow is angular, and the angular particles catch and bind onto one another, your tires, and the ice below.

Once melting starts, snow can add to the slipperiness of the underlying ice, so occasional tests with the rear brake give you a good idea of the traction below.

## Studs

Studded tires are great on black ice. In fact, this, and hardpack are the best areas for stud use, they are largely wasted in deep snow.

Studs will provide amazing traction in black ice, and the more studs the better. In fact, you can get down right cocky with the amount of traction you get, and that's when you find out that all good things have limitations. You still need to be careful with turns and braking. But you can at least consider using just a little front brake.

## Techniques

As mentioned above, look for the traction, stay off the front brake, and wear your studs.

Test black ice conditions when going straight, by slowly applying the rear brake till you get a feel for how slippery it is. As soon as the back wheel skids, let up on the brake. It's best to do this early in the ride, so you will have an idea of how long it will take you to stop. Watch hills. Especially watch sharp corners, slow down, drag the foot that is on the inside of the turn. **DO NOT BRAKE IN THE TURN.** Your back wheel will spin out if you do.

Finally, watch it when you come to a stop. Bike tires, with or without studs, always seem to have more traction than shoes. It's embarrassing to blithely handle 10 miles of black ice and fall on your butt at the front door.

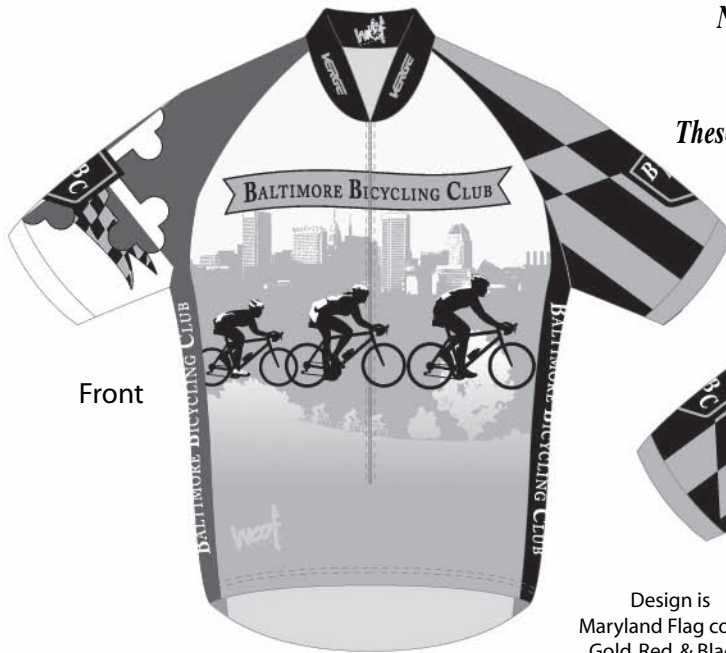


[Photo Credit Michael Oryl MobilBurn.com](#)

# Pedal in 2007 Style...

pre-order online at:  
www.baltobikeclub.org

## Pre-Order your NEW Baltimore Bicycling Club Jersey!



Front

Now you can finally have a NEW 2007 BBC Jersey!  
Custom designed for the club by  
local cyclist Jason Kamps of Woof Designs.  
These jerseys by Verge Sports feature M-Tec Extreme fabric,  
a 3/4 length invisible zipper and 3 back pockets.



Back

Design is  
Maryland Flag colors  
Gold, Red, & Black.

Jerseys are \$70.00 each (tax, S&H included)

Available in Club Fit, Racing Fit, and Women's Fit.

Sleeveless Jerseys and Full zip option available as online special-order only  
(Add \$4.00 for full zip)

Available September 2007

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

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ e-mail \_\_\_\_\_

Jersey Style Choose one fit style:  
 Club  Race  Women's  
Size: \_\_\_\_\_  
Qty: \_\_\_\_\_

Jersey Style Choose one fit style:  
 Club  Race  Women's  
Size: \_\_\_\_\_  
Qty: \_\_\_\_\_

I have enclosed payment for \_\_\_\_ jerseys.

Mail the completed BBC Jersey Order Form to:

**BBC Jersey** attn: Nancy Finnegan  
5611 Young Man's Fancy Drive  
Millers, MD 21102-3200

Include payment via check payable to:

**Baltimore Bicycling Club, Inc.**

or order online at:  
www.baltobikeclub.org/index.pl/logo\_jersey

Questions? Call Nancy @ 410-239-0550  
email: nanskins69@yahoo.com



Custom Art & Graphic Design Services  
Logos Catalogs Marketing Supplies  
T-Shirts Apparel Jerseys  
410-796-5858  
www.woofdesigns.com

	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	-	-

"Race Fit" (S-XXL) is designed to fit both men and women with a slim and trim physique.  
"Club Fit" (S-XXXL) is a more relaxed fit for serious riders that don't have the slim physique  
of a pro racer. "Women's Fit" (XS-XL) specifically fits women's contours. Slimmer women  
may prefer the race fit and larger framed women may prefer the club fit.

# Baltimore Bicycling Club Jersey



NOW you can have one of our classic BBC jerseys! These "cool" Louis Garneau shirts are short-sleeve and fabricated in Micro-Airdry fabric, include 15 inch invisible zipper and 3 back pockets. Supplies are limited. Get one before they are gone.

Just fill out the order form below and PEDAL IN STYLE!

Price: \$45.00 for Relaxed Fit. \$60.00 for Pro Fit.

Sizes Available	
Men's Relaxed Fit	Men's Pro Fit
S	
M	M
	L
XL	XL
XXL	

Mail the completed BBC Jersey Order Form to:

BBC Jersey  
 attn: Judy Broadwater  
 122 Glenmoore Ave.  
 Cockeysville, MD 21030 -2421  
 410/628-6297

Include payment via check payable to  
 Baltimore Bicycling Club, Inc.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

QUANTITY \_\_\_\_\_ JERSEY(S) IN SIZE \_\_\_\_\_ /FIT \_\_\_\_\_

QUANTITY \_\_\_\_\_ JERSEY(S) IN SIZE/FIT \_\_\_\_\_

I HAVE ENCLOSED PAYMENT FOR \_\_\_\_\_ JERSEYS

# 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



## Civil War Century 2007 Recap

This was another successful year for the Civil War Century. Over 1,800 riders enjoyed our club's hospitality on the roads between Antietam and Gettysburg. As I rode the half-century route in early October with other CWC volunteers on a day that was almost as warm as the day of the event, we were able to experience the roads and scenery that have attracted hundreds of riders in the Mid-Atlantic region and beyond over the last seven years.

The final wrap-up of this year's Civil War Century is not complete without a tribute to the volunteers that make this event possible. The CWC committee, consisting of Mary Menne, Barry Menne, Mary Ryan, John Cole, Jane Cole, Craig Martin, Bob Carson, Bud Lippert, Ruth Fleishman, Lee Fleishman, Gloria Epstein and Barb Park, worked over the last 6 months to present another event that our BBC is proud to sponsor. In addition, day of event volunteers sacrificed all or part of their riding day to make the event a success. They know their efforts are appreciated, but next year, we need more of you to sacrifice this day for our club.

REI and the Columbia Amateur Radio Association (CARA) were also essential contributors to the operation of an event of this magnitude. The BBC racing team under the guidance of Mike Crider efficiently parked over 1,000 cars in the predawn hours. Mike carried on the tradition of Russ Loy and Judy Broadwater. Their team arrived at 5:30 AM and worked until registration was complete.

I know many of you have expressed your concern for Hugh Macintosh, the cyclist who was injured during our event. He is recovering from serious injuries that occurred in the crash when he was sideswiped by a mirror on one of the downhills coming into Fairfield. We have stayed in touch with his family and they have expressed their appreciation for the messages that have been sent to Hugh.

Howard Rosenbaum  
CWC07 Event Director

## RIDE SCHEDULE, NOVEMBER/DECEMBER 2007

Winter riding presents special challenges. Rides can be canceled for a number of reasons: precipitation, a high for the day below 40 degrees, winds over 20 mph, or ice left over from the previous day. If these conditions are expected, the rider should contact the ride leader. Many ride leaders post ride cancellations on BBCtalk ([bbctalk@yahoo.com](mailto:bbctalk@yahoo.com)). We encourage members to subscribe.

### Saturday, November 03, 2007

**all pace long-** 09:30 AM - 50 miles- Phil Feldman ([pfeldman@comcast.net](mailto:pfeldman@comcast.net), 410.744.8874)  
**Start:** Enchanted Forest Shopping Center  
The average high for November is in the 50's, so let's try a 50 mile ride. A lap of Columbia or maybe out to Damascus.

**all pace short-** 10:00 AM - 22 miles- Bob Moore 410/435-6623 [bikemoore1@verizon.net](mailto:bikemoore1@verizon.net)  
**Start:** Route I-70 Park & Ride-From I-695 go East on I-70. Park & Ride is about 3/4 mile.  
Ride on the Gwynns Falls Trail to Cross Street Market. Eat lunch in Federal Hill Park. The Washington Post highlighted this trail & ride leader, Bob Moore. Ride can be extended to 33miles.

**all pace short-** 10:00 AM - 36 miles- Bob Seay & Manny Steinberg 410/242-6929 & 410/655-8242  
**Start:** MSM Marley Station Mall  
Flat to rolling ride to Sandy Point State Park w/lunch @Red, Hot, & Blue @mile 22. 1/2 paved trail, 1/2 road.

### Sunday, November 04, 2007

**all pace long-** 10:00 AM - 57 miles- Mary & Barry Menne (410/795-6571)  
**Start:** NWM-New Market E.S.-I-695 to Exit 16, I-70 West to Exit 62, Rt. 75 North; turn L on Rt. 144, then through town to school on R, Park in rear parking lot behind old school.  
"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.

**all pace short-** 09:30 AM - 33 miles- Gloria Epstein ([carlglo@verizon.net](mailto:carlglo@verizon.net), 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' breakfast. Bring an appetite and some cash. Cue sheets available for 41 mile ride.

**all pace short-** 10:00 AM - 22 miles- Bob Carson 410/828-8604 [bikebob@comcast.net](mailto:bikebob@comcast.net)  
**Start:** SPH Sparrows Point H.S.  
Flat ride thru waterfront neighborhoods & North Point State Park

**tandem-** 10:00 AM - 25 miles- Diana & Gabe Mirkin (301/951-4442, [Gabe@drmirkin.com](mailto:Gabe@drmirkin.com))  
**Start:** Mirkin Home. Directions from Baltimore: Take JFK Expressway (I-95) toward DC. Right turn toward Silver Spring and Bethesda onto the DC Capitol Beltway (495). Go past four exits and take the fifth exit {33 South, Connecticut Avenue}. Go two miles. \*Take 7th light left (East-West Highway, rte 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.  
TAILGATE - END OF SEASON RIDE: Ride distances of 12.5, 25, and 50 miles. JOINT WABITS/CRABS RIDE. ALL WABITS and CRABS Tailgate. ALL TANDEM COUPLES INVITED. No cars in Rock Creek Park on Sunday. Cue sheets with maps. Virtually impossible to get lost on this course. 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.

### Tuesday, November 06, 2007

**15-17 mph-** 10:00 AM - 45 miles- Steve Zeldin (410-828-5553, [szeldin@comcast.net](mailto:szeldin@comcast.net))  
**Start:** ORR - Oregon Ridge Park  
Rolling ride with hills through Prettyboy Reservoir with snak stop at Wally's. Come join the fun!

### Wednesday, November 07, 2007

**15-17 mph-** 10:00 AM - 30 miles- Katie Gore Trail (410) 262-2818 [KTGoremtd@comcast.net](mailto:KTGoremtd@comcast.net)  
**Start:** WRP - WESTERN RUN P&R  
Join Katie and gang on this hilly ride!!

## Saturday, November 10, 2007

**all pace long-** 10:00 AM - 60 miles- Janet Goldstein, 410-366-1466, jgoldst@verizon.net

**Start:** FIF (Fifth District Elem., Mt. Carmel west of Falls)

Seven Towns and Seven Valleys, a club classic and one of my favorites. First ten and last fifteen miles hilly; the rest rolling. Possible rest stops in Glenville, Jefferson, Glen Rock (world's best pizza at Mignano Bros!), and New Freedom.

**all pace short-** 10:00 AM - 22 miles- Bob Moore 410/435-6623 bikemoore1@verizon.net

**Start:** Route I-70 Park & Ride-From I-695 go East on I-70. Park & Ride is about 3/4 mile.

Ride on the Gwynns Falls Trail to Cross Street Market. Eat lunch in Federal Hill Park. The Washington Post highlighted this trail & ride leader, Bob Moore. Ride can be extended to 33 miles.

**all pace short-** 10:00 AM - 32 miles- Cartan Kraft 410/235-2906 cbkraft@verizon.net

**Start:** GLN Glenelg H.S.

A nice, pleasant, rolling 32 mile ride through Howard Co. w/a 26 mile option. Rest stop @Highs at 13.6.

## Sunday, November 11, 2007

**all pace long-** 10:00 AM - 57 miles- Mark Tabb ([marktabb@yahoo.com](mailto:marktabb@yahoo.com)), (410) 274-8668)

**Start:** Oregon Ridge Park

Ride to Finksburg at J & P Restaurant. Hilly section before lunch.

**all pace short-** 09:00 AM - 30 miles- Paul Coleianne 410/779-3814

[pcoleianne@baltimoredevelopment.com](mailto:pcoleianne@baltimoredevelopment.com) cell for morning of ride 410/812-5273

**Start:** NCW NCRR Trail Whitehall

Trail ride from White Hall to Glen Rock for snacks.

**all pace short-** 09:30 AM - 31 miles- Jim White 717/682-4182 cell day of ride

[bikerdancerjim@comcast.net](mailto:bikerdancerjim@comcast.net)

**Start:** SOC S.Carroll H.S.

Scenic ride thru Carroll & Fred. Cos. w/all you can eat' breakfast @Union Bridge VFD. Cue sheets available for 36 and 44 mile rides.

**all pace short-** 10:30 AM - 26 miles- Charlotte Pappas 410/385-1457 [cpappas@umm.edu](mailto:cpappas@umm.edu) day of ride cell 410/804-5500

**Start:** LPR Lisbon Park & Ride

Rolling to mod. hilly rides, 13, 17, 26 mile loops, versions of the Backroads ride. Drinks and snacks available at ride start.

**tandem-** 10:00 AM - 25 miles- Mike & Evie Reinsel (410 377-6133, [mreinsel1@verizon.net](mailto:mreinsel1@verizon.net))

**Start:** Evie and Michael Reinsel Home - 602

Dunkirk RD, off the 6700 block of York RD, call or email for directions.

City Tailgate. Ride distance 25 to 35 miles. End of season ride and potluck with the Reinsel's in Baltimore City with the "Three Garden Tour of Baltimore". It will be a social, fun, and interesting tour of neighborhoods that will take us to Cylburn, Druid Hill Conservatory, and Sherwood Gardens. It's CRABS traditional tailgate, potluck. Bring a favorite dish to share and plan to have a great time exploring the area by tandem and socializing with friends.

## Monday, November 12, 2007

**all pace long-** 09:30 AM - 79 miles- Terry Harrigan ([cctrekker@dtkm.com](mailto:cctrekker@dtkm.com), 410-596-8263)

**Start:** LSC - Londontown Square Shopping Center (0.6 miles north of Rt 26 / Rt 32 intersection in Eldersburg)

Modified "Winding the Fields from Winfield to Emmitsburg" to celebrate Veteran's Day. Starting in Londontown Square since it's a school day. Low traffic, rolling route from southern Carroll County to Emmitsburg. Various lunch options in Emmitsburg. Will have a shorter ride option if weather necessitates.

**all pace short-** 10:30 AM - 18 miles- Janine Fleming 410/644-6721 [muo2@juno.com](mailto:muo2@juno.com)

**Start:** PolyWestern H.S. intersection of Cold Spring Lane & Falls Rd.

A loop thru the city to visit gardens & parks. A few hills.

## Tuesday, November 13, 2007

**15-17 mph-** 10:00 AM - 45 miles- John Lundquist, [jjclundquist@hotmail.com](mailto:jjclundquist@hotmail.com), 410-534-0360

**Start:** ORR - Oregon Ridge Park

Rolling to hilly ride

## Wednesday, November 14, 2007

**15-17 mph-** 10:00 AM - 30 miles- Steve Zeldin (410-828-5553, [szeldin@comcast.net](mailto:szeldin@comcast.net))

**Start:** MWP - Meadowood Regional Park, Falls Rd at Joppa Rd, Lutherville, MD

Come join the fun!

### Saturday, November 17, 2007

**all pace long-** 09:30 AM - 53 miles- Geoff Silberman ([geoff.silberman@gmail.com](mailto:geoff.silberman@gmail.com), )

**Start:** Watkins Park, Mount Airy. Directions: Rt. 70 west to Rt. 27 (Ridge Rd.) north, 1.7 miles to Center St. on left, then immediate right to parking. If you come to Watersville Rd. you've gone a half mile too far.

More White Roads. The forecast is for more scenic roads lightly festooned with the last vestiges of fall color, with a slight chance of gravel. Ride leader is still allergic to water--call 443 778 4560 if forecast doubtful.

**all pace short-** 09:30 AM - 34 miles- Rich Burns ([rburns1@verizon.net](mailto:rburns1@verizon.net), 410-433-4162)

**Start:** FIF - 5th Dist. Elem. School Loop to Westminster on some seldom-biked roads with lunch/snack stop options.

**all pace short-** 10:00 AM - 22 miles- Bob Moore 410/435-6623 [bikemoore1@verizon.net](mailto:bikemoore1@verizon.net)

**Start:** Route I-70 Park & Ride-From I-695 go East on I-70. Park & Ride is about 3/4 mile.

Ride on the Gwynns Falls Trail to Cross Street Market. Eat lunch in Federal Hill Park. The Washington Post highlighted this trail & ride leader, Bob Moore. Ride can be extended to 33 miles.

### Sunday, November 18, 2007

**all pace long-** 10:00 AM - 50 miles- Mark Tabb ([marktabb@yahoo.com](mailto:marktabb@yahoo.com), (410) 274-8668)

**Start:** Exit 36 off 83-Park & Ride One of Gary Brandon Rides. 40-60 miles depending on temperature/conditions.

**all pace short-** 09:30 AM - 26 miles- George Cordutsky ([gcordutsky@msn.com](mailto:gcordutsky@msn.com), 410-882-2788)

**Start:** HHE Harford Hills Elementary An out and back ride moderately hilly with Royal Farm stop at turnaround.

**all pace short-** 10:00 AM - 28 miles- Don Riggs 410/461-6564 [donriggs@juno.com](mailto:donriggs@juno.com)

**Start:** ARP Alpha Ridge Park Mod. hilly ride to Lisbon w/lunch @shopping center deli.

### Tuesday, November 20, 2007

**15-17 mph-** 10:00 AM - 45 miles- Steve Zeldin (410-828-5553, [szeldin@comcast.net](mailto:szeldin@comcast.net))

**Start:** ORR - Oregon Ridge Park

Benson Mill Figure 8 - including a swing by the turkey farm on Yeoho Rd for a Turkey Day preview. Snack stop early at Countryside. Come join the fun!

### Wednesday, November 21, 2007

**15-17 mph-** 10:00 AM - 30 miles- Katie Gore Trill (410) 262-2818 [KTGoremtdb@comcast.net](mailto:KTGoremtdb@comcast.net)

**Start:** WRP - WESTERN RUN P&R Join Katie and gang on this hilly ride!!

### Thursday, November 22, 2007

**all pace short-** 10:00 AM - 30 miles- Stephen Franzoni 410/538-6903 [scrungel3@yahoo.com](mailto:scrungel3@yahoo.com)

**Start:** Rt.152 P&R Rt.152 & I-95 Support a new ride leader. Harford Co. ride w/rest stop @mile 20. Mostly light traffic w/a couple of short, steep climbs.Drop outs @16, 20, 25 miles.

### Friday, November 23, 2007

**all pace long-** 09:30 AM - 40 miles- Rich Burns ([rburns1@verizon.net](mailto:rburns1@verizon.net), 410-433-4162)

**Start:** CLC - Clynmalira Church - Old York Rd., Sparks - follow directions to Manor S.C., Jacksonville, then West on Papermill Rd. for less than a mile, turn Right on Old York Rd. then 1.5 mi. to church on left.

Up to Stewartstown, then back w/ added loop; lunch/snack stop options.

**all pace short-** 10:00 AM - 22 miles- Bob Moore 410/435-6623 [bikemoore1@verizon.net](mailto:bikemoore1@verizon.net)

**Start:** Route I-70 Park & Ride-From I-695 go East on I-70. Park & Ride is about 3/4 mile. Ride on the Gwynns Falls Trail to Cross Street Market. Eat lunch in Federal Hill Park. The Washington Post highlighted this trail & ride leader, Bob Moore. Ride can be extended to 33miles.

**all pace short-** 10:00 AM - 23 miles- Bud Lippert [essexknight@aim.com](mailto:essexknight@aim.com)

**Start:** Wild Duck Cafe 3408 Red Rose Farm Rd.,Bowleys Quarters(use Mapquest etc. for directions)

Explore eastern Baltimore Co. on a relatively easy ride.

### Saturday, November 24, 2007

**all pace short-** 10:00 AM - 22 miles- Bob Moore 410/435-6623 [bikemoore1@verizon.net](mailto:bikemoore1@verizon.net)

**Start:** Route I-70 Park & Ride-From I-695 go East on I-70. Park & Ride is about 3/4 mile.

Ride on the Gwynns Falls Trail to Cross Street Market. Eat lunch in Federal Hill Park. The Washington Post highlighted this trail & ride leader, Bob Moore. Ride can be extended to 33 miles.

**all pace short**- 10:00 AM - 25 miles- Kathy & Frank Anders 410/628-4018 [velo2.anders@verizon.net](mailto:velo2.anders@verizon.net)  
**Start:** SPK Sparks E.S.  
Somewhat hilly but beautiful 25 mile ride in Hunt Valley w/ lunch stop @ Manor Tavern.

**all pace short**- 10:00 AM - 36 miles- Bob Seay & Manny Steinberg 410/242-6929 & 410/655-8242  
**Start:** MSM Marley Station Mall  
Flat to rolling ride to Sandy Point State Park w/lunch @Red, Hot, & Blue @mile 22. 1/2 paved trail, 1/2 road.

#### **Sunday, November 25, 2007**

**all pace short**- 10:00 AM - 25 miles- Joan Mason 410/751-6016 [themasons8@hughes.net](mailto:themasons8@hughes.net)  
**Start:** CRN Cranberry Square S.C.  
'Ledo's Pizza Ride' Scenic Carroll Co. ride w/rest stop @convenience store. Optional lunch after ride.

**all pace short**- 10:00 AM - 35 miles- Aldona Glemza ([aglemza@gmail.com](mailto:aglemza@gmail.com), (443) 676-8181)  
**Start:** MTV - Mount View Middle School  
Moderately hilly ride through Howard County with rest stop.

#### **Tuesday, November 27, 2007**

**15-17 mph**- 10:00 AM - 45 miles- John Harris, [johnharris2100@comcast.net](mailto:johnharris2100@comcast.net), 410-870-0867  
**Start:** ORR - Oregon Ridge Park  
Rolling to hilly ride

**15-17 mph**- 10:30 AM - 30 miles- Steve Zeldin (410-828-5553, [szeldin@comcast.net](mailto:szeldin@comcast.net))  
**Start:** MWP - Meadowood Regional Park, Falls Rd at Joppa Rd, Lutherville, MD  
Come join the fun!

#### **Saturday, December 01, 2007**

**all pace long**- 10:00 AM - 53 miles- Janet Goldstein, 410-366-1466, [jgoldst@verizon.net](mailto:jgoldst@verizon.net)  
**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**- 09:00 AM - 32 miles- Ed Vojik 410/296-5271

**Start:** PRP Providence Road Park & Ride  
Mod. hilly, scenic ride thru Loch Raven watershed & north to Harford Co. Rest stop @Palmisanos.

**all pace short**- 10:00 AM - 22 miles- Bob Moore 410/435-6623 [bikemoore1@verizon.net](mailto:bikemoore1@verizon.net)  
**Start:** Route I-70 Park & Ride-From I-695 go East on I-70. Park & Ride is about 3/4 mile.  
Ride on the Gwynns Falls Trail to Cross Street Market. Eat lunch in Federal Hill Park. The Washington Post highlighted this trail & ride leader, Bob Moore. Ride can be extended to 33miles.

#### **Sunday, December 02, 2007**

**all pace long**- 10:00 AM - 51 miles- Will Hudson ([willycycle1@comcast.net](mailto:willycycle1@comcast.net), 4103565752)

**Start:** Oregon Ridge  
Ride to Finksburg with lunch at J&P's

**all pace short**- 09:30 AM - 33 miles- Gloria Epstein ([carlglo@verizon.net](mailto:carlglo@verizon.net), 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' breakfast. Bring your appetite and some cash. Cue sheets will be available for 41 mile ride.

#### **Tuesday, December 04, 2007**

**15-17 mph**- 10:30 AM - 45 miles- Steve Zeldin (410-828-5553, [szeldin@comcast.net](mailto: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 weather. Come join the fun!

#### **Wednesday, December 05, 2007**

**15-17 mph**- 10:00 AM - 30 miles- Katie Gore Traill (410) 262-2818 [KTGoremthb@comcast.net](mailto:KTGoremthb@comcast.net)

**Start:** WRP - WESTERN RUN P&R

Join Katie and gang on this hilly ride!!

#### **Saturday, December 08, 2007**

**all pace long**- 10:00 AM - 45 miles- Phil Feldman ([pfeldman@comcast.net](mailto:pfeldman@comcast.net), 410.744.8874)

**Start:** Enchanted Forest Shopping Center

The average high for November is in the 40's, so let's try a 40 mile ride. Probably something out towards Sykesville

**all pace short-** 10:00 AM - 22 miles- Bob Moore  
410/435-6623 bikemoore1@verizon.net  
**Start:** Route I-70 Park & Ride-From I-695 go East on I-70. Park & Ride is about 3/4 mile.  
Ride on the Gwynns Falls Trail to Cross Street Market. Eat lunch in Federal Hill Park. The Washington Post highlighted this trail & ride leader, Bob Moore. Ride can be extended to 33 miles.

**all pace short-** 10:00 AM - 32 miles- Georgia Glashauser 410/857-3262 georgia2006@yahoo.com  
**Start:** RUN Runnymede E.S.  
Fabulous ride to Littlestown for lunch/snacks. Traffic is light, and terrain is mostly gentle. Cue sheet is available for 39 mile ride.

### Sunday, December 09, 2007

**all pace long-** 10:00 AM - 49 miles- Mark Tabb  
([marktabb@yahoo.com](mailto:marktabb@yahoo.com), (410) 274-8668)  
**Start:** Mt Airy Elementary. Main & Watersville Rd. Rt 70, straight off exit through Mt Airy on Main St- School on Right about a mile or so (end of town) Woodsboro Ride. To Trouts or convenience store for semi-nonsocials & non-wimps who do not need a resting, relaxing break (just kidding-of course!). Moderately hilly with a few tough sections.

**all pace short-** 09:30 AM - 31 miles- Jim White  
717/682-4182 cell day of ride  
bikerdancerjim@comcast.net  
**Start:** SOC S.Carroll H.S.  
Scenic ride thru Carroll & Fred. Cos. to Union Bridge VFD for an 'all you can eat' breakfast. Cue sheets available for 36 and 44 mile rides.

**all pace short-** 10:30 AM - 26 miles- Charlotte Pappas 410/385-1457 cpappas@umm.edu day of ride cell 410/804-5500  
**Start:** LPR Lisbon Park & Ride  
Rolling to mod. hilly rides, 13, 17, 26 mile loops, versions of the Backroads ride. Drinks and snacks available at ride start.

### Wednesday, December 12, 2007

**15-17 mph-** 10:30 AM - 30 miles- Steve Zeldin (410-828-5553, [szeldin@comcast.net](mailto:szeldin@comcast.net))  
**Start:** MWP - Meadowood Regional Park, Falls Rd at Joppa Rd, Lutherville, MD  
Come join the fun!

### Saturday, December 15, 2007

**all pace short-** 10:00 AM - 22 miles- Bob Moore  
410/435-6623 bikemoore1@verizon.net

**Start:** Route I-70 Park & Ride-From I-695 go East on I-70. Park & Ride is about 3/4 mile.  
Ride on the Gwynns Falls Trail to Cross Street Market. Eat lunch in Federal Hill Park. The Washington Post highlighted this trail & ride leader, Bob Moore. Ride can be extended to 33 miles.

**all pace short-** 10:00 AM - 36 miles- Bob Seay & Manny Steinberg 410/242-6929 & 410/655-8242  
**Start:** MSM Marley Station Mall  
Flat to rolling ride to Sandy Point State Park w/lunch @Red, Hot, & Blue @mile 22. 1/2 paved trail, 1/2 road.

### Sunday, December 16, 2007

**all pace short-** 09:00 AM - 30 miles- Paul Coleianne  
410/779-3814  
pcoleianne@baltimoredevelopment.com cell for morning of ride 410/812-5273  
**Start:** MSM Marley Station Mall  
Ride the B&A Trail from the Mall to the docks of Annapolis for snacks.

**all pace short-** 10:00 AM - 25 miles- Joan Mason  
410/751-6016 themasons8@hughes.net  
**Start:** CRN Cranberry Square S.C.  
'Ledo's Pizza Ride' Scenic Carroll Co. ride w/rest stop @convenience store. Optional lunch after ride.

**all pace short-** 10:00 AM - 30 miles- Rich Burns  
([rburns1@verizon.net](mailto:rburns1@verizon.net), 410-433-4162)  
**Start:** SEV - 7th Dist. Elem. School  
Nice mod. hilly ride (w/trail option) to New Freedom with lunch/snack stop.

### Tuesday, December 18, 2007

**15-17 mph-** 10:30 AM - 45 miles- Steve Zeldin (410-828-5553, [szeldin@comcast.net](mailto:szeldin@comcast.net))  
**Start:** ORR - Oregon Ridge Park  
Rolling ride with hills through Hampstead with a snack stop at JiffyMart. A shorter ride may be offered depending on weather. Come join the fun!

### Wednesday, December 19, 2007

**15-17 mph-** 10:00 AM - 30 miles- Katie Gore Traill  
(410) 262-2818 [KTGoremtd@comcast.net](mailto:KTGoremtd@comcast.net)  
**Start:** WRP - WESTERN RUN P&R  
Join Katie and gang on this hilly ride!!

**all pace long-** 10:00 AM - 57 miles- Janet Goldstein,  
410/366-1466, [jgoldst@verizon.net](mailto:jgoldst@verizon.net)  
**Start:** ORR (Oregon Ridge)  
Ride to Hampstead via Boring. 57 miles if it's a nice

day, 44 if not so nice (I'll bring both cue sheets). Rest stop at Jiffy Mart.

#### **Saturday, December 22, 2007**

**all pace short-** 10:00 AM - 22 miles- Bob Moore  
410/435-6623 bikemoore1@verizon.net

**Start:** Route I-70 Park & Ride-From I-695 go East on I-70. Park & Ride is about 3/4 mile.

Ride on the Gwynns Falls Trail to Cross Street Market. Eat lunch in Federal Hill Park. The Washington Post highlighted this trail & ride leader, Bob Moore. Ride can be extended to 33 miles.

**all pace short-** 10:30 AM - 26 miles- Georgia  
Glashauer 410/857-3262 georgia2006@yahoo.com

**Start:** SOC S.Carroll H.S.

A new ride to Westminster. Options for lunch including convenience store and Harry's, a local restaurant.

#### **Sunday, December 23, 2007**

**all pace short-** 10:00 AM - 32 miles- Gloria Epstein  
([carlglo@verizon.net](mailto:carlglo@verizon.net), 410/665-3012)

**Start:** PRP Providence Rd. P&R

My favorite 'close to home' ride. A 23 mile shortcut is available. Food stop @Palmisano's on both routes.

#### **Tuesday, December 25, 2007**

**all pace short-** 10:30 AM - 33 miles- Gloria Epstein  
([carlglo@verizon.net](mailto:carlglo@verizon.net), 410/665-3012)

**Start:** ORR Oregon Ridge Park

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

#### **Wednesday, December 26, 2007**

**15-17 mph-** 10:30 AM - 30 miles- Steve Zeldin (410-828-5553, [szeldin@comcast.net](mailto:szeldin@comcast.net))

**Start:** MWP - Meadowood Regional Park, Falls Rd at Joppa Rd, Lutherville, MD

Come join the fun!

#### **Saturday, December 29, 2007**

**all pace short-** 10:00 AM - 22 miles- Bob Moore  
410/435-6623 bikemoore1@verizon.net

**Start:** Route I-70 Park & Ride-From I-695 go East on I-70. Park & Ride is about 3/4 mile.

Ride on the Gwynns Falls Trail to Cross Street Market. Eat lunch in Federal Hill Park. The Washington Post highlighted this trail & ride leader, Bob Moore. Ride can be extended to 33 miles.

**all pace short-** 10:00 AM - 28 miles- Rich Burns  
([rburns1@verizon.net](mailto:rburns1@verizon.net), 410-433-4162)

**Start:** SPK - Sparks Elem. School

Mod. hilly ride with rest/food stop at La Mia Cucina.

#### **Sunday, December 30, 2007**

**all pace short-** 10:00 AM - 26 miles- George  
Cordutsky ([gcordutsky@msn.com](mailto:gcordutsky@msn.com), 410-882-2788)

**Start:** HHE Harford Hills Elementary

An out and back ride moderately hilly with Royal Farm stop at turnaround.

**all pace short-** 10:30 AM - 35 miles- Aldona Glemza  
([aglemza@gmail.com](mailto:aglemza@gmail.com), (443) 676-8181)

**Start:** FMS - Franklin Middle School

Somewhat hilly ride into Carroll County with lunch stop along the way.

## 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, browne14540@comcast.net, 410-489-5804 - Or- Email HoCoCyclists@yahoo.com.

Visit the website  
www.groups.yahoo.com;  
enter group: HoCoCyclists"

## 2007 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 Bicycling Club, Inc. Membership Application or Renewal

Address Change

How do you want to receive the Newsletter?

New Membership

By US Mail

Membership Renewal

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 Bicycling Club, Inc.** and application to:

**Baltimore Bicycling 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: [enewsletter@baltobikeclub.org](mailto:enewsletter@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)

---

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

November | December  
2007

*Change Service Requested*

PRSR STANDARD  
U.S. POSTAGE  
**PAID**  
PERMIT #1262  
BALTIMORE, MD