

ALL RIDES START AT 10:00 AM UNLESS NOTED
Cycling Seniors

Overnight Events

There are two overnight events on this schedule that involve motel reservations that must be made at early dates.

By April 15 for the Lancaster County Rides on May 8 & 9.

You may make your reservations for May 8 by phoning the Bird-in-hand Family Inn and Restaurant at 1.800.537.2535. Tell them you are a Cycling Senior to get a discounted rate.

By “early” April for the Great Allegheny Passage Rides on September 24 thru 26.

You may make your reservations for September 24 and 25 by phoning the Yough Plaza Motel at 1.800.992.7238. Tell them you are a Cycling Senior to get a discounted rate. Let Bob Carson know when you have made the reservation. Check out the motel at www.youghplaza.com.

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This is a casual ride

March 21 Patapsco Valley Ride

Meet: Southwest Park & Ride

Leader: Jeffrey H. Marks (410) 358-1321, jeffreym715@yahoo.com

Description: A 20-mile mostly flat ride with a few hills, made possible by completion of bridge at end of Grist Mill Trail. We enter Patapsco Valley State Park by Gun Road, closed to cars, continue on River Rd, cross swinging bridge to Gristmill Trail, and pick up scenic River Rd when we leave park to reach historic Ellicott City; where we stop for snack and sightseeing. Then we take the Trolley Trail up to wide shouldered Edmondson Ave. We pass through part of Catonsville and get to see some steps this community is taking to become more bike friendly. Brown bag lunch will be in Hilton Area of PVSP, 3 miles before end of mile.

Directions: I-695 to Exit 12C Wilkins Ave (MD-372 W). Left at Traffic Light onto Rolling Rd. P&R is on left. From I-95 take I-195 North to P&R.

This is a casual ride

March 28 Three Trails Ride

Meet: Southwest P&R, Rolling Rd.

Leaders: Dick & Diana Voelkel 410-744-6941; voelkeldi@aol.com

Description: Approx. 27 miles on some roads, the BWI Trail, Grist Mill Trail and Trolley Trail, with rest stop for McD sandwiches or pack your own. Stop in Patapsco Valley State Park to lunch at picnic tables in the park. Rolling terrain.

Directions P&R is at the east end of I-195 (Metropolitan Blvd) at intersection of Rolling Rd / Selford Ave just south of Wilkens Ave. Park close to Rolling Rd.

This is a casual ride

April 4: Jim Huelskamp Memorial Ride

Meet: North end of the parking lot for the Mt. Vernon Visitors Center

Leaders: Pat Huelskamp 410-442-4426, phuelskamp@aol.com

Description: Approximately 33 miles. Moderately hilly on the trail. No cars. Bring picnic lunch for lunch at the Tidal Basin

Directions: I-95 south across the Potomac River. First right turn to Mount Vernon (southern terminus of George Washington Memorial Parkway). Park on lot closest to the Mount Vernon Trail.

This is a casual/aggressive ride

April 11 Crab Cake Ride

Meet: Marley Station Mall

Leader: Rob Maslin 410-494-6996, rsmaslin@aol.com

Description: 23 miles on the B&A and BWI trails with some hills. Lunch at G & M Restaurant or Olive Grove Restaurant.

Directions: Take Ritchie Highway, MD-2, to Marley Station Mall Use parking Lot E in the rear of the mall adjacent to the B & A Trail.

-----ALSO-----

This is an aggressive ride.

April 11: Taneytown Ramble

Meet: Taneytown Memorial Park

Leader: Lew Frain 410-756-6680, lewkathleen@verizon.net

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Description: 30+ miles in northwest Carroll County. Lunch at Ice Cream Shack, or Ritchie's Diner.

Directions: MD-140 through Taneytown, left into the park just after traffic light.

This is a casual ride

April 18 Middleborough-Hyde Park-Baurenschmidt Delight

Meet: Hyde Park Station Parking Lot (Near the Food Lion)

Leader: Bud Lippert 410- 686-5793 blippert21221@yahoo.com

Description: 20 miles - A mix of new roads an roads from Back River Neck

Directions: From the Beltway (I-695), take Exit 36, which leads directly to MD-702. In about 3.5 miles you will see the Food Lion on your left. Turn left on Hyde Park Rd.

-----ALSO-----

This is an aggressive ride

April 18: Olney Ale House Ride

Meet: Oakland Mills Village Center Parking Lot in Columbia, MD

Leader: Dan McQueen 410-730-5957, danmcqueen@myshorelink.com

Description: 36.5 miles with some of Howard County's finest rolling hills climbing a total of 1500 ft. (up and down). Lunch at Olney Ale House.

Directions: I-70 west to US-29 south to MD-175 east towards Jessup to first traffic light right on Thunderhill Road to 3rd STOP at the junction. Right into Oakland Mills Village Center then immediate left into parking lot.'

This is an aggressive ride

April 25 Ladew Gardens Ride

Meet: Parking lot for Torrey C. Brown Rail Trail (was NCR) on Paper Mill Rd.

Leader: Jeffrey H. Marks (410) 358-1321, jeffreym715@yahoo.com

Description: Hilly ride up to gardens, easy ride back, 28 miles. Bring \$10 if you wish to tour garden. Brown bag lunch in picnic area, outside gardens. Limited food & beverages available in garden cafe.

Directions: Take I-83 north to Exit 20 Shawan Rd east. Turn right on York Rd and then turn left Ashland-Paper Mill Rd (MD-145). Rail Trail parking lot is 1.5 miles on left.

-----ALSO-----

This is a casual ride

April 25 Ride to Galesville

Meet: K-Mart shopping center lot

Leader: Molly Sherwood (H) 410-268-7742, (C) 301-461-0067
mollysherwood@msn.com

Descriptions: Scenic 22-mile ride on country roads with a few rolling hills. Most roads have a bicycle lane except MD-255, which is somewhat narrow in patches. Lunch in Galesville, either in Restaurant or BYO picnic.

Directions: From Baltimore: take I-97S to US-50/301. Go left toward Annapolis Take immediate exit on right to MD-665 (Aris T Allen Blvd). Carefully follow signs to MD-2 S (Solomons Island Rd) toward EDGEWATER. Drive about 3.3 mi & turn left (traffic light) onto Mitchells Chance Rd. MAKE IMMEDIATE RIGHT on road through the Exxon gas station to stop sign. After the stop sign turn LEFT into parking area.

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May 2 Marley Station to Annapolis
Meet: Marley Station
Leader: Catharina Brauer 410-647-0734
Description 28 miles mostly flat with lunch in Annapolis
Directions: Take Ritchie Highway, MD - 2, to Marley Station Mall, use parking Lot E in the rear of the mall adjacent to the B & A Trail.

This is a casual ride with hills

May 8 & 9 Lancaster Two Day Ride
Note: **You are free to join us for just the day on either Thursday or Friday**
Meet: Bird-in-Hand Family Inn & Restaurant, Bird-in-Hand, PA
Leaders: Rose Eicker – 410-242-2850; dblbikes@aol.com
 Lillian Baumann – 410-472-3476; LRBaumann@msn.com
Description: Thursday's bike ride will be approx. 33 miles. You can make your reservations at Bird-in-hand family Inn by phoning 1-800-537-2535. Tell them you are with Cycling Seniors. A block of rooms has been reserved for Thursday May 8, Cut off for making reservations is April 15. On Friday we will start again at 10:00 am after breakfast from the Bird-In-Hand Family Inn and will join up with those who choose to only do the one-day ride for a different ride of approx. 30 miles.
Directions: I-83 North to York, Pa. To US-30 East. PA-340 East toward Intercourse. Left on PA-340E for approx 4 miles to Bird-in-hand Family Inn on the right.

This is an aggressive ride

May 16 Waterville Loop Ride
Meet: Alpha Ridge Park
Leader: Dan McQueen - 410 730-5957 or danmcqueen@myshorelink.com
Description: 40.9 miles on some of Howard County's finest rolling hills for 3 climbs going up a total of 2050' (and down). Many shortcuts available. Lunch at about 30 miles at the Lisbon Pizza Hut, Mr Teddy's Deli or McDonalds.
Directions: I-70 west to Exit 83 Marriottesville Road north to left on MD-99 west to Alpha Ridge Park on left

-----ALSO-----

This is a casual ride

May 16 Downs Park and Environs Ride
Meet: Chesapeake High School, 4768 Mountain Road, Pasadena
Leader: June Peterson, 410-242-3982; peteduff@msn.com
Description: 22 miles. Explore several waterfront communities in the Pasadena area. A flat, easy ride with some great views of the Chesapeake Bay. Includes 3 miles of paved bike paths through Downs Park. Brown bag lunch in the park or an optional lunch at the end; no restaurants along the way. There is a diner and several restaurants on Mountain Rd; also a deli in Long Point S.C. You will have to drive to get to them.
Directions: I-695 Beltway to Exit 2; follow MD-10 South to MD-100 East. Continue straight on MD-100 through 2 traffic lights to the end. Then, merge onto MD-177 East (Mountain Rd). Continue 3 miles to Chesapeake High School on left. School is directly behind football stadium.

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This is a casual ride

May 23 Centreville Meander

Meet: Centreville Business Park, Centreville, MD

Leaders: George and Mary Drake, 410-758-8266, georgeandmarydrake@yahoo.com, cell 410-940-9288 (day of ride only)

Description: This is a NEW ride. Approx. 27-mile jaunt (with cutoffs to shorten the ride) around the Centreville and North Queen Annes County area. Lightly traveled, mostly flat roads with a few rollers to give your muscles a break. Lunch at Sugar Magnolia's (breakfast/lunch) restaurant in Centreville. Then a short ride to "Here's the Scoop" for that ice cream you deserve!

Directions: Cross the Bay Bridge and Kent Island on US-50/301. Stay on US-.301N toward Wilmington, DE (don't head to OC!). Approx. 8 miles beyond the split, go north on MD-213 toward Centreville/Chestertown. In 0.5 miles (above US-301), turn right into the Centreville Business Park at McDonald's. Turn left behind McDonald's and head to the far end of the shopping center for parking. Those coming from the north, take MD-213 south through Chestertown, through Centreville, and turn left into the Centreville Business Park by the McDonald's. Turn left around McDonald's and head to the far end of the shopping center

-----ALSO-----

This is an aggressive

May 23 Piney Orchard

Meet: Kinder Park

Leader: John & Barbara Buchleitner 410-647-3917, jbuchl@comcast.net

Description: Approximately 35 miles through Millersville, Gambrills, Piney Orchard and return. Some small hills and traffic. Lunch to be announced. To be safe bring a brown bag.

Directions: I-97 to South to Benfield Blvd. (Exit 10 Severna Park). Left onto Jumper's Hole Road (4th Traffic Light). Proceed 1 mile to Park entrance on the left. After entering the Park go left to Gali Sanchez parking area.

This is an aggressive ride

May 30 Westminster - Keymar - Taneytown Loop Ride

Meet: Baugher's Westminster

Leader: Jeffrey H. Marks, jeffreym715@yahoo.com, (410) 358-1321

Description: 28 miles. Some hills on scenic Uniontown-Middleberg Rd. Pass thru Keymar & then take Keysville Rd to Taneytown. Brown bag lunch at Memorial Pk just west of town or buy lunch in town at Dougherty's. Fast ride back to Westminster on smooth shoulder of MD-140, now a signed bike route.

Directions: Take I-795 (NW Expressway) onto MD-140 W that becomes Westminster Bypass. At end of bypass, bearleft onto MD-31, New Windsor Rd, and take first right onto MD-32 (Main St). Then make quick left into Baugher's.

-----ALSO-----

This is a casual ride

May 30 Red Hot and Blue Ride

Meet: Sawmill Park

Leader: Dennis McFayden blue-b23@peoplepc.com 410-761-1940

Pete Swartz petermartin3@msn.com 410-551-6760

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Description: Ride full length of B&A Trail from Sawmill Park to Red, Hot & Blue for lunch and back. Most of ride is on B&A Trail (28 miles) & one hill as we turn off of MD-450. Bring lock if needed. Distance 35 miles.

Directions: From North take I-97 S to exit 15, straight thru blinking light to stoplight at Aviation Blvd. Left on Aviation Blvd to light at Dorsey Road. Left on Dorsey to Sawmill Park on Right (Turn at first light into Park). From South take I-97 Dorsey Rd E. Ramp (MD-176) , stay in right lane & turn right at light into park.

This is a casual ride with some hills

June 6 Taneytown to Woodsboro

Meet: Taneytown Memorial Park

Leader: Frank and Kathy Anders (410-628-4018) velo2.anders@verizon.net

Description: 30 miles over mostly rolling roads with a few hills. Lunch at Trouts Restaurant (at 16 miles). The leaders will ride at a casual pace.

Directions: Take MD-140 west thru Taneytown to MemorialPark -- past business district on the left.

This is a casual ride

June 13 NCR trail Bike Ride & Potluck Supper

Meet: 825 Corbett Road Monkton

Time: 1:00 PM From Monkton Station

Leader: Bob Carson 410 828 8604 bikebob@comcast.net

Description: 30 miles + or - Return to 825 Corbett Rd about 4:00 PM for the supper. Non-biking significant others are welcome to the supper.

Directions: From the Baltimore Beltway I-695 take exit 24 for I-83 North to exit 24 Belfast Rd. Go straight at exit 24 to be on Ensor Mill Rd for 1 mile to SS at York Rd. Turn left for 0.75 mile to Corbett Rd. Go 0.25 mile to 825 on your right.

This is a casual ride with some hills

June 20 Adams County Ride

Meet: Food Lion Parking Lot, McSherrystown, PA

Leader: Lillian Bauman 410-472-3476, LRBaumann@msn.com

Description: 32 miles on rolling terrain on mostly county roads. Lunch will at the Tex Diner Restaurant (Texaco Truck stop) at mile 18.5.

Directions: Take I-795 Northwest expressway to MD-30 Hanover Pike. Go through Hampstead and Manchester. MD-30 becomes PA 94. Go 0.7 mi. past the square in Hanover and make a left on Elm Ave. At the second traffic light Elm becomes PA-116, Main St. Continue on PA-116 through McSherrystown to parking lot on right at the corner of Centennial St. and Main St.

-----ALSO-----

This is an aggressive ride.

June 20 Antietam

Meet: Antietam National Battlefield Visitor Center

Leader: Dan McQueen - 410 730-5957, danmcqueen@myshorelink.com

Description: 32.6 miles with two good hills climbing a total of 1570' (and down). Lunch at Red Byrd Restaurant.

Directions: I-70 west to Exit 49 take US-40 west to left on MD-34 south in Boonesboro to Sharpsburg then right on MD-65 to battlefield visitor's center on right.

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June 27 Davidsonville to Deale
Meet: Davidsonville Recreation Center
Leader: Pete Flaton - 410-987-9336 - peter.flaton@verizon.net
Description: Hilly ride to Deale with lunch at Happy Harbor Restaurant
Directions: MD- 3, left on MD-424 to Central Ave (MD-214). Turn right on MD-214. Turn left on Queen Anne Bridge Rd. Park at Davidsonville Recreation Center

-----ALSO-----

This is a casual ride

June 27 Two Islands Ride
Meet: Terrapin Park
Leader: John Hammond - 410.821.5198 jwh318@verizon.net
Description: Starting from Terrapin Park on Kent Island we will ride The Cross Island Trail to the narrows and back. Then down MD-8 to Matapeake State Park to pick up the South Island Trail and ride to Romancoke. Coming back we will stop at Kentmorr Marina for lunch. This is a 28 mile flat ride. The South Island Trail was completed recently and follows a power line right of way. Both trails are paved blacktop.
Directions: Cross the Bay Bridge, take the first exit and go left to the light (2nd light) at the entrance to Chesapeake Business Park. Turn Left and Left again at the circle. Follow the circle to Terrapin Park.

This is an aggressive ride

July 11 Davidsonville to Galesville
Meet: Park & Ride on MD 424 and US 50
Leaders: John & Barbara Buchleitner 410-647-3917, jbuchl@comcast.net
Description: 37 miles through residential and rural communities to West River. Some hills. Lunch is at Pirates Cove Restaurant.
Directions: I-97 south to MD 3 South past Exit 10. Turn left on MD 424(Davidsonville Rd). At the intersection of MD 424 and US 50 turn left into the Park & Ride.

-----ALSO-----

This is a casual ride

July 11 Jones Station to BWI
Meet: Jones Station park & ride
Leader: Jim Andreatta 410-744-0376 - andreattaj@verizon.net
Description: 26 miles.Ride the B & A trail to the BWI trail and back Brown bag lunch.
Directions: MD Rt. 2 South to Jones Station Rd. Right onto Jones Station Rd. Right into the Park and Ride lot.

This is an aggressive ride

July 18 Three Covered Bridges
Meet: Frederick Holiday Inn parking lot at Routes 40 & 15
Leader: Bill Spangler - 410-744-8697 spangler@umbc.edu
Description: 43 miles. Rolling hills with views of three Frederick County covered bridges. Lunch at Pizza Hut in Thurmont.
Directions: I-70 W to Frederick. North on US-15 to US-40W. Holiday Inn is the first right after leaving US-15 N.

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-----ALSO-----

This is a casual ride

July 18 Kent Island Ramble
Meet: Matapeake State Park
Leader: Gary Gray 410-465-6233, garynlee@yahoo.com
Description: Approximately 35 miles on flat terrain. If you desire you can easily shorten the ride. See houses with airplane hangers attached, a commercial fishing community and beautiful estates on the Chesapeake. Lunch at the Kentmor Restaurant along the ride.
Directions: Cross the Bay Bridge and turn at first exit which will put you on MD 8. Go right for 2.3 miles to Marine Academy Drive and make a right into the park to a parking lot on the right.

This is a casual/aggressive ride

July 25 Blueberry Hills Ride
Meet: Blueberry Hills Park
Leader: Margaret Chapman 301-977-8988 margtchapm@aol.com
Description: A 25-mile shady ride from Shady Grove. A moderate ride at a comfortable pace (10 mph) through Montgomery County neighborhoods and parks, featuring a lunch stop in the new downtown Rockville. We'll ride on residential streets and paved bike paths. Our route may include a look at the historic neighborhood of Washington Grove.
Directions: Blueberry Hills local park, off Needwood Rd, reached from MD-108. From Olney keep going west on MD-108 past the Georgia Avenue intersection. Turn left at TL onto Muncaster Rd, becomes Redland Rd. Turn right at a TL onto Needwood Rd. Park above the field. Another route is MD-198W to MD-28 W to right onto Muncaster Mill Rd, then left onto Needwood Rd. Cross Redland Road to neighborhood park on the right. Another option is I -70 west, to MD-97 Georgia Ave. south to a right turn onto MD-108, left on Muncaster Rd becomes Redland Road. Turn right onto Needwood Rd from Redland Rd to find the park.
ICC construction may effect car travel to the ride start, therefore phone the leader as the ride date approaches.

This is a casual ride

August 1 Tunis Mills-Oxford
Meet: Tred Avon Center
Leader: Bob Benhoff, 410-810-0099 benhoff@yahoo.com
Discription: Flat ride approx 30 miles. Shorter route available..
Directions: US-50 south to Easton. Bear right on MD-322. Left on Marlboro Ave (next light after Ruby Tuesday) First right into Tred Avon Center.

-----ALSO-----

This is an aggressive ride

August 1 New Freedom Loop
Meet: 7th District Elementary School
Leader: Rich Burns 410-433-4162 rnburns1@verizon.net
Description 30 miles with trail options. Lunch/snack stop
Directions: I-695 to Exit 24, I-83 North to Exit 33, York Rd. North (MD-45); go 1.8 mi. to school on Left.

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This is a casual ride with some hills

August 8 Harwood to Deale

Meet: Southern HS (Anne Arundel County)

Leader: Catharina Brauer 410-647-0734, / Jim Andreatta 410-744-0376

Descriptions: 33 miles. Mostly flat to rolling. Lch at 22 miles into the at Skippers Pier.

Directions: Baltimore Beltway to INT 97 south to MD 665 south towards Riva Rd. Merge on MD 2 south/Solomons Island Rd. Turn right into Southern HS parking lot

This is a casual/ aggressive ride

August 15 York County to East Berlin, PA

Meet: Dover Intermediate School, Dover, Pa.

Leaders: Steve DeCroes - 717-292-4564; sdecroes@netrax.net
Carl Dannenfelser - 410-256-5173; sorelegs1@aol.com

Description: 28 miles. Explore the scenic rolling Pennsylvania countryside on lightly traveled country roads to historic East Berlin, Pa. Lunch in East Berlin, PA. Several small hills on front portion of ride.

Directions: Take I-83 North to Penna. Exit 21B (US-30W) to PA-74 N. Travel 5 miles to Dover, PA. Turn left at signal light (W.Canal Rd). Turn right on Intermediate Ave. Parking lot is located behind school.

-----ALSO-----

This is a casual ride

August 15 Bennett Point Ride

Meet: Terrapin Nature Area Parking Lot

Leader: Barbara Kasemeyer 410-744-2071, BarbaraKasemeyer@aol.com

Description: Approximately 33 miles with shorter rides available. Kent X Island is only 6 miles long and runs through woods, along marshes and old Kent Narrows Bridge. Additional mileage will be on Kent Island. Lunch at one of the many seafood restaurants in Kent Narrows or pack your lunch and cool your feet in the Chesapeake Bay on the Beach of the Nature Area. This is a flat ride and offers something for all.

Directions: After crossing the Bay Bridge, take the first exit (Exit 37). Make a left. Turn at the top of the ramp proceeding across US 50 on MD 8. At the first stoplight turn left into Industrial Park. Go 0.2 miles to the T and make a right onto Log Canoe Circle. Go 0.7 miles to the Terrapin Nature Area on the right. Go in entrance and park.

This is a casual ride

August 22 Ranger Station to Quietwaters

Meet: Earleigh Heights Ranger Station B & A Trail

Leader: Catharina Brauer 410-647-0734, / Jim Andreatta 410-744-0376

Description: Ride the B & A trail to the end and then roads into Annapolis to Quietwaters. Ride the trail in Quietwaters.

Directions: MD 2 south to Earleigh Heights Rd. Right approximately 0.3 mile to parking lots on either side of Earleigh Heights Rd. at B & A trail.

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August 29 Rock Creek Park/Capital Crescent Trail
Meet: Ken Gar Palisades Park on Rock Creek Trail
Leader: Deb Parshall, 301-990-6870 djparshall@starpower.net
Description: 32 miles on mostly paved trail through Rock Creek Park to Georgetown and returning via the Capital Crescent Trail. Lunch at a deli or brown bag.
Directions: From the Washington Beltway (I-495), exit 33. Take Connecticut Ave. (MD-185) North 1 mile turn left on Knowles Ave. (MD-547). Go 0.6 mile and turn right onto Beach Dr. Ken Gar parking lot is 0.3 on right.

This is a casual ride

Sept. 5 Cox Creek and Crab Alley Meander
Meet: Kent Island United Methodist Church
Leaders: George and Mary Drake 410-758-8266
georgeandmarydrake@yahoo.com cell day of ride only: 410-790-8234)
Description: 14- or 28-mile options. Cycle along lightly traveled roads along Cox Creek to Turkey Point to the Eastern Bay and then along Crab Alley Creek and Crab Alley Bay to Parsons Island Landing at Prospect Bay. You will pass older homes, beautiful waterfront modern homes on gorgeously landscaped lots, and fishing/crabbing/boating marinas and boat launching areas. Lunch will be at mile 27 (at mile 14 if you don't do the 28) at the B & B Restaurant, so bring along an energy bar or snack and lots of water.
Directions: Cross the Bay Bridge on Rts. US 50 E/US 301 N. Take the Cox Neck Road Exit, exit number 39A. First Church on the right, Kent Island United Methodist Church. Park on the backside (west) of the church where you see a covered entrance to the sanctuary.

This is a casual ride with hills

Sept. 12 Railroad to Glatfelters Station
Meet: Heritage Trail in Railroad
Leader: Lillian Baumann – 410-472-3476; LRBaumann@msn.com
Description: 27 miles with approx. 1/4 on HeritageTrail and the rest on roads. There are a few hills (nothing major), but you can avoid them if you want to stay on the trail. Lunch will be in Seven Valleys or you can brown bag lunch and eat along the trail.
Directions: I-83 to Shrewsbury exit #4. West (left) on PA-851 and go about 2 miles to rail trail parking on the right.

This is a casual ride

Sept. 19 Prospect Bay Ride
Meet: Terrapin Nature Area Parking Lot
Leader: Barbara Kasemeyer 410-744-2071, BarbaraKasemeyer@aol.com
Description: Approximately 25 miles and includes the Kent Island Trail and then on Kent Island to the Prospect Bay community with lunch stop and will be a flat ride.
Directions: After crossing the Bay Bridge, take the first exit (Exit 37). Make a left. Turn at the top of the ramp proceeding across US 50 on MD 8. At the first stoplight turn left into Industrial Park. Go 0.2 miles to the T and make a right onto Log Canoe Circle. Go 0.7 miles to the Terrapin Nature Area on the right. Go in entrance and park.

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Sept. 24-26 Great Allegheny Passage

Meet:: Yough Plaza Motel in Ohio, Pa

Leader: Bob Carson - 410 828 8604 - bikebob@comcast.net

Description: We will drive out on Wednesday afternoon to . On Thursday we will ride north and Friday we will ride south. Bring brown bag lunches to eat on the trail. The distance that you will ride each day will be up to you.

Motel Info: Reservations have been made for the group at the Yough Plaza Motel in Ohio, PA. When you call say that you are from the Cycling Seniors to get 10% discount off their rates. They have 10 rooms with 2 double beds and five suites. Reserve for Wednesday and Thursday nights. Please let me know when you reserve. Room are being held until early April. So make your reservations soon by calling (800) 992-7238. Check the motel website: <http://www.youghplaza.com>

Directions: Baltimore: I-70 West to Hancock. Follow I-68 West thru Cumberland. Take Uniontown Exit #14-B. At exit make left onto US-40W. Follow to Farmington, PA. Turn right onto PA-381N. Go 5 miles to the Ohio State Park (approx. 3 1/2- 4 hours 218 miles)

-----ALSO-----

This is a casual ride

Sept. 26 Jones Station to Armistead Park Ride

Meet: Jones Station Park and Ride

Leader: Jim Andreatta, 410-744-0376, andreattaj@verizon.net

Description: 28 miles, bag lunch in Park

Directions: MD- 2 South to Jones Station Rd. Right onto Jones Station Rd. Right into the Park and Ride lot.

This is a casual ride

Oct 3 Chesapeake City Ride

Meet: Dirt parking lot east of Cheapeake City

Leader: Bob Benhoff, 410-810-0099 benhoff@yahoo.com

Description: Flat easy ride of 35 miles with shorter routes available. Lunch at deli on ride.

Directions: North on I-95 to Exit 100. Right on MD-272 south. Get on US 40, then right on MD 213 over the C & D canal. Take first right after bridge, and then immediate right. Left on MD-286 through Chesapeake City. Right on 2nd St. Right at T, parking lot is 50 feet on left.

-----ALSO-----

This is a very aggressive ride.

October 3: Hampton Valley Ride

Meet: Taneytown Memorial Park

Leader: Lew Frain 410 756-6680, lewkathleen@verizon.net

Description: 40+ miles in northwest Carroll County. Lunch in Emmitsburg.

Directions: Rt 140 through Taneytown, left into the park just after traffic light.

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Oct. 10 Tuckahoe Figure Eight Ride

Meet: Tuckahoe State Park Lake Picnic Area

Leader: John & Barbara Buchleitner 410-647-3917, jbuchl@comcast.net

Description: New route - Approx. 40 miles divided in two equal legs, thus the figure "8". Essentially flat paved country roads with little traffic. Start and finish first leg, picnic, and start and finish second leg at the lovely lakeside picnic area with tables and excellent restroom facilities.

Directions: US-50/301 across Bay Bridge. Follow US-50 for 16 miles to MD-404. Turn left, go 7 miles to MD-480. Turn left (see Tuckahoe signs via Eveland Road) 3 miles to dead end. Make left 0.1 mile to parking lot on right.

-----ALSO-----

This is a casual ride

Oct. 10 New Freedom to York on Heritage Trail

Meet: Bike Trail parking lot in New Freedom

Leader: Walt Pleines, 410-529-2726 pleines2@aol.com

Carl Dannenfelser, 410-256-5173; sorelegs1@aol.com

Description: 42 miles. Flat for a relaxing ride.

Directions: I-83 north to Exit 4, first exit in PA. Go west on PA-851. Follow signs to New Freedom. Park in the lot next to the trail.

This is a casual ride

October 17 Baltimore Waterfront Pathway Ride

Meet: Waterfront Park

Leader: William Maupai - 410-667-0477; Bikerlips1 @ aol.com

Description: 15 - 20 miles around Baltimore Harbor to Fort McHenry – fun ride - follows waters edge thru Fells Point and Inner Harbor. Ride on paths, sidewalks and some streets.

Directions: I-83 South to downtown Baltimore. Left on Fleet Street. Right on Central Avenue. Left on Aliceanna Street. Bear right onto Boston Street. Continue approximately one mile to S. East Avenue on right. Turn right into parking lot.

This is an aggressive ride

Oct. 24 Jericho Covered Bridge

Meet: Carroll Manor Park

Leader: Don Riggs 410 461 6534 donriggs@juno.com

Description: Ride is approximately 25 miles and goes through the Jericho Covered Bridge. Lunch at Palmisanos.

Directions: Exit Dulaney Valley Road from the Beltway. Left on Manor Rd. Right on Carroll Manor Rd to the park.

-----ALSO-----

This is a causal ride

Oct. 24 Blackwater Wildlife Refuge

Meet: Visitor's Center Blackwater Wildlife Refuge

Leaders: William Maupai - 410-667-0477; Bikerlips1 @ aol.com

Rob Maslin - 410-494-6996, rsmaslin@aol.com

Description: 33 miles flat riding through the Blackwater Wildlife Refuge. Lunch at Old Salty.

HELMETS REQUIRED ON ALL RIDES

ALL RIDES START AT 10:00 AM UNLESS NOTED
Cycling Seniors

Directions: From the Bay Bridge continue on US 50 to Cambridge. Turn right on MD 16 for 5 miles. Turn left on MD 335 for 4 miles. Turn left on Key Wallace for 1.5 miles to Visitor's Center.

This is a causal ride

Oct. 31 Tour de Chase

Meet: Eastern Regional Community Center

Leader: Bud Lippert - 410- 686-5793, blippert21221@yahoo.com

Description: 23 miles. Ride goes to Marsh Point Nature Center, Gunpowder State Park, and thru communities of Oliver Beach, Harwood Park and Twin Rivers.

Directions: From Key Bridge: I-695N to MD-702 to Eastern Blvd (toward Chase). Go 5 miles to Eastern Regional Community Center. From Towson: Go east on I-695 to MD-43E. Follow to Eastern Ave. Left turn towards Chase(East) go 1.6 miles to the Eastern Regional Community Center. Coming from north or from south on I-95 Take MD-43E to Eastern Blvd then 1.6 miles to Ride

This is a causal ride

Nov. 7 Celebration on the Bay

Meet: Earleigh Heights Ranger Station

Leader: Catharina Brauer 410-647-0734

Description: 26 miles goes to Fort Smallwood. Brown bag at Fort Smallwood

Directions: MD 2 south to Earleigh Heights Rd. Right approximately 0.3 mile to parking lots on either side of Earleigh Heights Rd. at B & A trail.

This is an aggressive ride

Nov. 14 Alpha Ridge Ride

Meet: Alpha Ridge Park

Leader: Rose Eicker – 410-242-2850; dblbikes@aol.com

Description: Description: Choice of 28.5 or 32.2 mile ride on scenic paved roads. Lunch at a food court.

Directions: I-70 west to Exit 83 Marriottsville Rd north to left on MD-99W to Alpha Ridge Park on left.

-----ALSO-----

This is a casual ride

Nov. 14: Quietwater-Bay Ridge Ride

Meet: Annapolis Neck Library Parking Lot

Leader: Joan Valentine 410-737-2050; Joanbike@msn.com

Description: Approximately 24 miles. Mostly flat. Includes a brief stop at Thomas Point Lighthouse Park. Lunch at conclusion of the ride. Brown bag or purchase at nearby deli. Cycle into Quietwater Park to eat at water's edge.

Directions: I-695 to I-97 South to US-50 East. Keep right for exit to MD-665 (Aris T. Allen Blvd) becomes Forest Drive. Remain on Forest Drive for 4 miles to Right on Hillsmere at light. Pass entrance to Quietwater Park; go left into Eastport Annapolis Library Parking Lot.

HELMETS REQUIRED ON ALL RIDES

ALL RIDES START AT 10:00 AM UNLESS NOTED
Cycling Seniors

This is a casual ride

Nov. 21 North Point Ride

Meet: Parking lot at the new Food Lion store on the left side of the 7500 block of North Point Road

Leader: Don Riggs 410 461 6534 donriggs@juno.com

Description: An easy ride of 20 miles on flat roads. The roads are two lanes without shoulders. There could be some traffic, but not too heavy. Visit Fort Howard, North Point State Park, Black Marsh Wildlands, Swan Point, and Bay Shore. Lunch will be at a local restaurant about 1/2 way into the ride.

Directions: If you are coming from the north, take the Baltimore Beltway I-695 to Exit 42. Get on North Point Rd (not boulevard) toward Edgemere and Fort Howard. In about 1 mile the Food Lion will be on your left. If you are coming from the south, take the Baltimore Beltway I-695 across the Key Memorial Bridge to Exit 43. Get on Bethlehem Blvd to its end at a T with North Point Rd (not boulevard). Turn right to the Food Lion on your left.

This is a casual ride

Nov. 28 Bowley's Quarters

Meet: Wild Duck Cafe

Leader: Bud Lippert - 410- 686-5793, blippert21221@yahoo.com

Description:: 23 miles. Ride through the communities and back roads of Bowleys Quarters, Carroll Island, Eastern Ave to Graces Quarters Rd to Oliver Beach & Harewood Pk. A mix of old & new communities, farms, woods, & waterfront.

Directions: From MD-702 east on Eastern Ave to Carroll Island Rd. Right on Carroll Island Rd, then turn right into shopping center at first traffic light.

-----ALSO-----

This is an aggressive ride

Nov. 28 Carroll County Ride

Meet: Runnymede Elementary School -

Leader: Rich Burns 410-433-4162 rnburns1@verizon.net

Description: 31 miles. Mostly rolling ride with lunch stop in Littlestown.

Directions: I-695 to Exit 19, I-795N to Exit 9B, MD-140W then through Westminore and eventually Right on Mayberry Rd. (see school on right before this turn) then immediately Right (again) on Langdon Rd. and Right into parking area.

This is a casual ride

Dec. 5 Back River Neck

Meet: Back River Recreation Center

Leader: Bob Carson 410-828-8604, bikebob@comcast.net

Description: Up to 30 miles on almost flat roads. You will be able to bike in and out of the many peninsulas with dead end roads off of Turkey Point Rd and Back River Neck Rd, past waterfront homes, yacht clubs and countryside vistas of the Chesapeake Bay and tributaries. Little to moderate traffic. Lunch will be at a restaurant about 3/4 of the way into the ride.

Directions: Back River Neck Recreation Center is located on Back River Neck Rd just south of the junction with South East Blvd. (MD 702). From the Beltway (I-695), take Exit 36, which leads directly to MD 702. In about 4 miles you will see the Recreation Center on your left.

HELMETS REQUIRED ON ALL RIDES

ALL RIDES START AT 10:00 AM UNLESS NOTED
Cycling Seniors

This is a casual ride

Dec. 12 Patapsco to BWI

Meet: Avalon area parking in Patapsco Valley State Park

Leader: Bob Carson 410-828-8604, bikebob@comcast.net

Description: Ride from Patapsco State Park to BWI trail and back. If energetic enough then do the Grist Mill Trail. Either 19 or 25 miles. Brown bag lunch in park.

Directions: I-95 to Exit 47A I-195 East. Go 1 mile to Exit 3 RT 1. Right on RT 1 South. Go 0.4mi. then take first right on South St., then immediate left into PVSP, left to end of road then right into Avalon parking lot.

HELMETS REQUIRED ON ALL RIDES