

Baltimore Bicycling Club Newsletter



BALTIMORE BICYCLING CLUB

Volume 41 Number 1

January | February 2008

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*Please see page 6
for information
on the
Baltimore
Bicycling Club's
Winter Social,
to be held,
Saturday
January 5, 2008*

**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.

2008 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
410-850-0671
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

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

2008 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
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	Bob Rohlfig	410-665-5740
Safety Awareness Program	John Overstreet	
BBC Property	Howard Rosenbaum	410-653-2363
Web Site Webmasters	Mary Ryan	410-826-1015
	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

BBC SPECIAL EVENTS FOR 2008

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

Sunday Jan 6, 2008	Winter Social	Gloria Epstein 410-665-3012 Barb Park 410-823-4293
Saturday Jan 19, 2008	CRABS potluck	Peggy and Tom Dymond 410-272-9139
Spring 2008	Instructional Ride Series	Gordon Peltz 410-256-1421 Howard Kaplon 410-484-6955
May 23 - 26, 2008	Kent County Spring Fling	Kathy and Frank Anders 410-628-4018
Saturday Jun 14, 2008	Flatlands Tour	Ken Philhower 410-437-0309
Jun 27 - Jun 29, 2008	Tour de Montes	Craig Martin 410-538-8791
July ?? 2008	BBC Picnic	Mary Ryan 410-828-1015
Saturday Aug 2, 2008	Corn Roast Rides	Gloria Epstein 410-665-3012 Barb Park 410-823-4293
Saturday Sep 6, 2008	Civil War Century	Howard Rosenbaum 410-653-2363
Sep 26 - 28, 2008	Weekend in Lancaster	Carol and Walt Russell 410-665-0651 Jane and John Cole 410-661-4427

MORE EVENTS TO COME – CHECK FOLLOWING ISSUES

EVENT INFORMATION SUBJECT TO CHANGE

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
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 _____

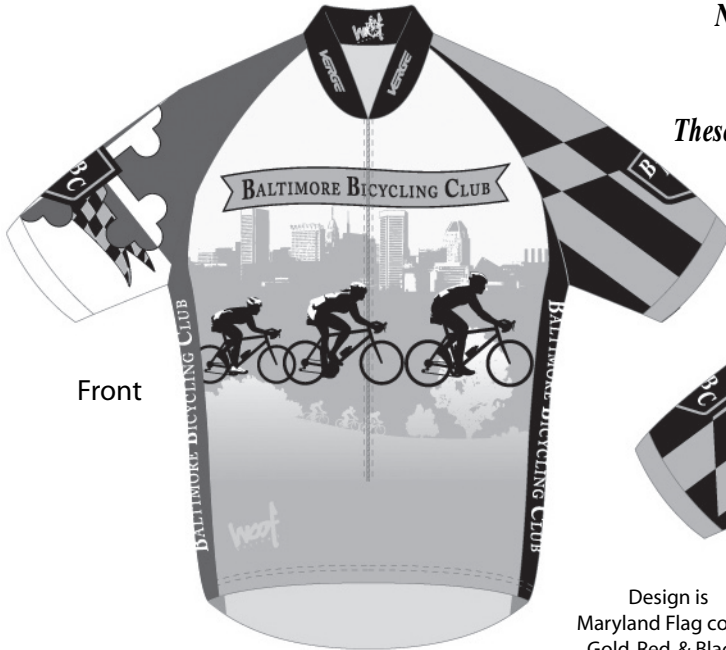
QUANTITY _____ JERSEY(S) IN SIZE/FIT _____

I HAVE ENCLOSED PAYMENT FOR _____ JERSEYS

Pedal in 2007 Style...

pre-order online at:
www.baltobikeclub.org

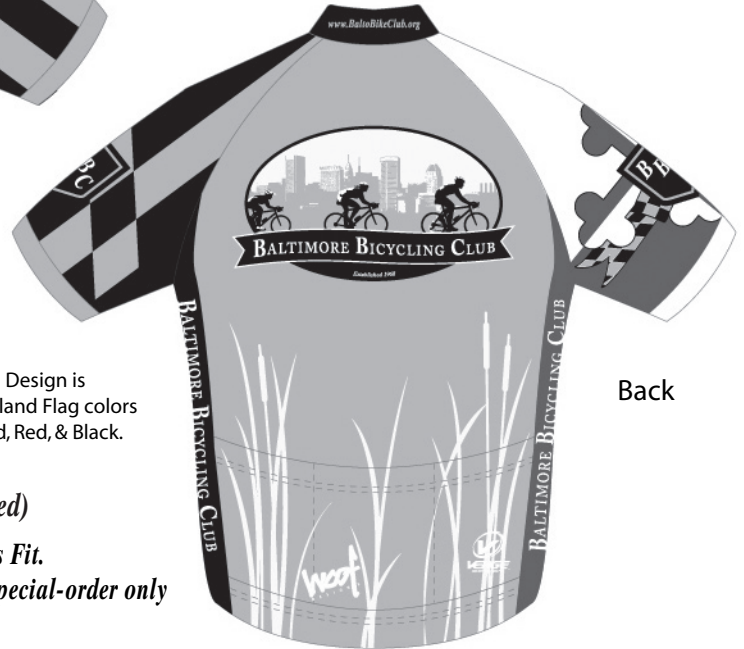
Pre-Order your NEW Baltimore Bicycling Club Jersey!



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.

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



Back

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.

BBC 2008 Winter Social

ALL MEMBERS WELCOME

Socialize with 'old' and 'new' biking friends.

FREE FOOD, BEVERAGES, DESSERTS

Especially important for ALL RIDE LEADERS to hear an explanation of <http://cuesheetcentral.com> by its creator, Phil Feldman

Saturday, Jan. 5th

5:30 pm

Ascension Lutheran Church

7601 York Rd. Towson

Gloria Epstein <carlglo@verizon.net>410-665-3012

RSVP by Jan. 2nd

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

TANDEMONIUM!

CRABS (Couples Riding a Bicycle Simultaneously)

CRABS Potluck

Everyone is invited to the CRABS potluck. Please note that it's Saturday evening this year.

Saturday, January 19, 2008 starting at 4:30pm
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. Contact Peggy and Tom Dymond for further information or questions at 410-272-9139 (home) or email: tedymond@comcast.net

2008 Tandem Rallies

If you're like us, we're already planning / dreaming about our 2008 riding. Here are the 2008 Tandem rallies we've heard about so far:

1) South West Tandem Rally (SWTR) 2008

April 25 - 27, 2008

Tulsa, OK

Contact / More Information:

www.denlynmor.com/SouthWestTandemRally2008.htm

Bob and Jo Carol Williams

7721 S. 28th West Avenue

Tulsa, OK 74132

email: wetandem2@cox.net

918-446-3255

2) NWTR (North West Tandem Rally) 2008

McMinnville, OR (near Portland)

Contact / More Information:

www.nwtr.org

email: nwtr2008@verizon.net

3) Eastern Tandem Rally (ETR) 2006

August 1 - 3, 2008

The New England Center, Durham, NH

Contact / More Information:

<http://www.easterntandemrally.org>

Some interesting information, courtesy of www.RoadBikeRider.com:

Reasons for Wrecks

Bob Mionske is a two-time U.S. Olympic cycling team member (4th in the 1988 road race) who now specializes in bicycle law in Portland, Oregon. He writes the "Legally Speaking" column for *velonews.com*, has a book called "Bicycling and the Law," and runs a website at <http://www.bicyclelaw.com>. In short, he's an expert on cyclists' rights and how laws affect them.

His legal work also makes Mionske, 45, savvy about crashes. According to his research, there are about **500,000 cycling accidents each year that result in an emergency room visit**. Here's how they happen (numbers are rounded):

- 59% involve no object or other person
- 14% involve a fixed object
- 11% involve a moving motor vehicle
- 9% involve another bicycle
- 3% involve an animal
- 3% involve a pedestrian
- 1% involve a stationary motor vehicle
- 1% other

Considering only accidents involving a moving motor vehicle (11%), here's where they happen:

- 45% in an intersection
- 25% entering a roadway
- 14% riding with flow of traffic
- 8% riding against traffic
- 9% other

The lessons are obvious: Never stop working on your bike-handling skills, and be extra cautious where there can be cross traffic -- in intersections or when riding onto busier roads.

"Bad to the Bone"

RBR poobah **Ed Pavelka** was among the 9% who went to an ER after involvement with another bicycle. Stats don't say how many of the resulting injuries were a broken hip, but he's in that distressed number.

"Thanks to everyone who has e-mailed to ask about my condition and try to cheer me up," says Ed, who has now been off his bike for 24 weeks. Cheerful, he's not.

The fractured neck of his left femur didn't heal with three 10-cm screws. So now he's scheduled to get a **Terminator-approved cobalt chromium metal-on-metal artificial hip** on Friday, Dec. 21. Happy holidays!

RBR's annual break from newsletter publishing is the week after that -- the Thursday between Christmas and New Year's Day. Perfect timing for the surgery (not a coincidence).

The doc says Ed may finally be able to ride again 6-7 weeks after the new hip (code name Arnold) goes in. Restarting may not be practical in the middle of a Pennsylvania February, but the trainer bike is ready and spring won't be too far away.

The doc also tells Ed he won't regain full fitness until a year after the hip replacement, and don't even think it can be rushed.

"We'll see," says Ed.

When he smudged that Arizona highway during a transcontinental ride last June, Ed was just past his 61st birthday and had been an osteopenia patient for 10 years.

Those two facts, plus a hefty dose of bad luck, saw him fracture a hip bone that's typically hard to break.

Osteopenia? If you're not familiar with the malady just think of it as the stage between healthy hard bones and osteoporosis -- the debilitating loss of bone density associated with fragile, humped-over older women.

Ed was diagnosed with osteopenia the mid 1990s and has been on a high-calcium diet ever since. When a bone test ("DEXA scan") determined that he still had borderline-low spine and hip density, he went on the prescription drug Actonel (similar meds are Boniva and Fosamax). He'd been taking it for a year before his hip-cracking crash. Can he have a refund?

Now listen up, guys . . .

Ed's osteopenia isn't unusual for men whose main sport is bike riding or any other low-impact activity. Despite cycling's wonderful benefits for cardiovascular fitness and leg strength, it's been shown to work against bone health.

Researchers at the University of Missouri at Columbia are the latest to find that male cyclists are significantly more likely to have osteopenia and, therefore, a greater risk of fractures. The study will appear in an upcoming issue of the journal *Metabolism*.

Most men don't realize the risk and, the study notes, most doctors don't either. They almost never check men's bone density, even after one is broken.

And yet the National Osteoporosis Foundation says that osteopenia affects nearly 12 million men in the U.S. and another 2 million have developed osteoporosis.

The Missouri researchers tested competitive male cyclists and runners. They found that **63% percent of the cyclists had osteopenia of the spine or hip** compared with 19% percent of the runners. The big difference is attributed to the fact that running is a high-impact, weight-bearing sport while bike riding is neither.

The solution for us cyclists is to integrate weight-bearing exercises into our fitness programs. This could be cyclocross, running, hiking, basketball, tennis, even jumping rope -- you get the idea.

Weight training is also recommended. But Ed found it isn't a guarantee against osteopenia. He's been lifting pretty much year-round for the last three decades.

Tip! Guys, ask your doc to arrange a DEXA scan. Your medical insurance will probably pay for it and it doesn't hurt a bit -- except that you might have to get it at a women's health center. Take corrective action now if you're trending toward osteopenia. If studies on women can be applied to men, a 1% increase in bone density reduces the risk of fracture by as much as 5%.

26TH ANNUAL KENT COUNTY SPRING FLING MAY 23–26, 2008 (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 NEW

- **ONLINE REGISTRATION** at www.baltobikeclub.org

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)
- 26th 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.

HELMETS ARE REQUIRED ON ALL KCSF RIDES

Gourmet Meals!

Here are samples of the meals the award winning Washington College Dining Service will provide. All meals provide at least one vegan entree. At least one sugar-free dessert will be provided at each meal.

Saturday Dinner: Steamship round of beef au jus; salmon stuffed with homemade crab imperial; personal gourmet pizzas (including vegetarian); Italian meat lovers' calzone; quinoa with vegetables; Boardwalk French fries; fresh asparagus spears; roasted vegetables; salad bar; Old World bread bar; flatbread, etc.

Sunday Picnic: Kosher sliced meats; albacore tuna salad; pasta with grilled chicken & herbs; potato salad ; cole slaw; vegan oriental noodle salad; assorted deli breads; Swiss cheese; melon slices; assorted gourmet cookies; bottled water, sodas and juices.

Sunday Dinner: Roast entrecote of beef; chicken breast de Florentia; cold salad of exotic greens topped with grilled duck breast slices; parsley pasta purses filled with wild mushrooms, with pesto sauce; Polenta with ratatouille; Chilean sea bass ; steamed broccoli; salad bar; assorted focaccia breads; etc.

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 Annes 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. Beds are medium height (approx 3 ft. from the floor). Harford 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. Please submit all your applications together to insure we assign the correct people to each room or suite. (Assignment preference will be given to full suites.)

Questions: email kentcounty.2008@gmail.com (or call Frank or Kathy Anders at 410-628-4018)

KCSF OFTEN SELLS OUT EARLY

NEW FOR 2008 – ONLINE REGISTRATION go to: www.baltobikeclub.org

Mail-in Registration – 26th annual Kent County Spring Fling -- May 23-26, 2008

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 drive SAG wagon duty one day I can help with registration 2 or 3 hours on Friday

Registration Options <u>Underline your choice and enter the cost</u>	Cost	My Costs
BBC Member: standard lodging \$277 / no lodging \$235	\$277/235	
non-BBC Member: standard lodging \$289 / no lodging \$248	\$289/248	
youth 11-16	\$205	
child 4-10 sleeping: on the floor \$90 / on a bed \$115	\$90/115	
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 <input type="checkbox"/>
Western Shore suite supplement per person (see Lodging Options)	\$56	
Harford Hall suite supplement per person (see Lodging Options)	\$56	
Friday night buffet dinner: adults \$18 / age 11-16 \$15 / age 4-10 \$9 (6pm – 8pm)	\$18/15/9	
26th 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 application to:
KCSF 2008; 10517 Virginia Avenue; Cockeysville, MD 21030**

You will receive mailed confirmation

RIDE SCHEDULE, JANUARY/FEBRUARY 2008

Winter is upon us and often the weather can defy the predictions of even the best meteorologists. Accordingly, the ride leaders often use "BBC Talk" to post cancellations. We encourage all BBC members to subscribe to this list serve. It is the only way to let everyone know of cancellations, changes of venue, time, and misprints. See the end of the newsletter for detailed instructions on how to join BBC Talk. You'll be glad you did.

Tuesday, January 01, 2008

all pace long- 10:00 AM - 53 miles- Terry Harrigan (cctrekker@dtkm.com, 410-596-8263)

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

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

Start: ORR - Oregon Ridge Park. Mod. hilly ride to Hampstead. Jiffy Mart convenience store will be open.

Wednesday, January 02, 2008

15-17 mph- 10:30 AM - 35 miles- Steve Zeldin (410-828-5553, szeldin@comcast.net)

Start: ORR - Oregon Ridge Park. A longer ride may be offered depending on weather. Come join the fun!

Saturday, January 05, 2008

all pace long- 10:00 AM - 53 miles- Janet Goldstein (jgoldst@verizon.net, 410-366-1466)

Start: Caribou Coffee, Waugh Chapel Shopping Center, Gambrills. 97S to Rt 3S. Go about 5 miles. Turn right at Waugh Chapel Rd, then first left into shopping center. Coffee shop is on the right, past Safeway. This is the Crofton-Crownsville-Galesville loop from a new ride start. Gently rolling. If any doubt about the weather, please call the ride leader.

all pace short- 10:00 AM - 33 miles- Carol Russell 410/665-0651 day of ride cell: 443/286-5807 cjrussell74@yahoo.com

Start: SPK - Sparks E.S. Sparks to Madonna. Mod. hilly ride in Balto. & Harford Cos. on scenic, low-traffic roads. Snack/lunch stop in Madonna @Highs or Madonna House Rest. Cue sheets available for 45 mile ride.

Sunday, January 06, 2008

all pace short- 09:30 AM - 33 miles- Gloria Epstein (carlglo@verizon.net, 410/665-3012)

Start: SOC - South 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, January 08, 2008

15-17 mph- 10:30 AM - 45 miles- Lukasz Szyrner (443-226-0304, szyrner@comcast.net)

Start: ORR - Oregon Ridge Park. Rolling to hilly ride. Come join the fun!

Saturday, January 12, 2008

all pace long- 10:00 AM - 36 miles- 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 with a stop at Red Hot and Blue for lunch at mile 23. Flat to rolling terrain.

all pace long- 10:00 AM - 53 miles- Ed Cahill, 410-375-3247, ehc3rd@gmail.com

Start: MSC - Manor SC Jacksonville. Ride to Delta, Moderately Hilly; Lunch at the Italian Restuarant

Sunday, January 13, 2008

all pace long- 10:00 AM - 40 miles- Phil Feldman (pfeldman@comcast.net, 410.744.8874)

Start: EFS - 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- 09:30 AM - 31 miles- Jim White 717/682-4182 cell day of ride bikerdancerjim@comcast.net

Start: SOC - South 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.

Tuesday, January 15, 2008

15-17 mph- 10:30 AM - 40 miles- Steve Zeldin (410-828-5553, szeldin@comcast.net)

Start: ORR - Oregon Ridge Park. Rolling to hilly ride, distance (35-45 miles) will depend on weather. Get off the trainer, get outside, and join the fun.

Saturday, January 19, 2008

all pace long- 10:00 AM - 48 miles- Ed Cahill , 410-375-3247, ehc3rd@gmail.com

Start: EFS - Enchanted Forest SC, Ellicott City. Ride to Woodbine; rolling terrain with a few hills; Lunch at Pizza Hut.

all pace short- 10:30 AM - 31 miles- Gloria Epstein 410/665-3012 carlglo@verizon.net

Start: SPK - Sparks E.S. Scenic, mod.hilly, low traffic roads w/stop @Mia Cucina.

Sunday, January 20, 2008

all pace short- 10:00 AM - 26 miles- george cordutsky (gcordutsky@msn.com, 410-882-2788)

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

Monday, January 21, 2008

all pace short- 10:30 AM - 26 miles- Gloria Epstein 410/665-3012 carlglo@verizon.net

Start: St. John's Episcopal Church, 3738 Butler Rd., Glyndon, Md. 21071, intersection of Butler, Piney Grove, & Belmont Rds. Beautiful, mod. hilly ride to Hampstead w/stop at J&P Rest. or convenience store.

Tuesday, January 22, 2008

15-17 mph- 10:30 AM - 40 miles- John Harris, johnharris2100@comcast.net, 410-870-0867

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

Saturday, January 26, 2008

all pace long- 10:00 AM - 42 miles- Carol & Walt Russell, 443-286-5807

Start: ORR - Oregon Ridge. Moderately hilly ride to Hampstead with lunch at J & P Pizza or Snickerdoodle Bakery at mile 28. Cue available for 31 mile ride.

all pace short- 10:45 AM - 23 miles- Chris Moriarity 301/270-3416 before 8pm

Start: Cloverly Safeway - I-95 South to MD-198 (exit 33); west on MD-198 approx. 6 mi. to MD-650 (New Hampshire Ave.), then south approx. 1 mi. to Safeway on left @Briggs Chaney Rd. Ride into Howard Co. w/several hilly sections. Lunch @El Azteca in Clarksville. No go if icy/wet. Call ride leader between 8:30 and 9:00am on morning of ride if weather is marginal. Joint ride w/PPTC & OHBTC. Cue sheet available online @<http://www.qis.net/~cmoriarity>.

Sunday, January 27, 2008

all pace long- 10:00 AM - 60 miles- Barry & Mary Menne 410-795-6571

Start: MTV - Mount View Middle School. 60 miles +/- . Variation of the scenic 13-15 Piney Run Picnic ride. Head to Mount Airy and beyond. This ride has many short-cut choices if the weather isn't favorable or if you prefer a shorter ride. A map will be provided.

all pace short- 10:30 AM - 32 miles- Gloria Epstein 410/665-3012 carlgl@verizon.net

Start: PRP - Providence Rd. P&R. Mod. hilly ride w/stop @Palmisano's.

Tuesday, January 29, 2008

15-17 mph- 10:30 AM - 45 miles- Steve Zeldin

(410-828-5553, szeldin@comcast.net)

Start: ORR - Oregon Ridge Park. Rolling ride with hills to Madonna with a snack stop at High's. A shorter ride may be offered depending on weather. Come join the fun!

Saturday, February 02, 2008

all pace long- 10:00 AM - 51 miles- Ed Cahill, 410-375-3247, ehc3rd@gmail.com

Start: CMP - Carroll Manor Park. Ride to Fawn Grove, Hilly, Lunch at Mill House Grill or Rutter's

all pace short- 10:00 AM - 35 miles- Aldona Glemza (aglemza@gmail.com, (443) 676-8181)

Start: Catonsville Middle School, 2301 Edmondson Avenue, Catonsville, MD. About 35 miles in Ellicott City and Elkridge. Part hilly, part flat.

Sunday, February 03, 2008

all pace short- 09:30 AM - 33 miles- Gloria Epstein (carlgl@verizon.net, 410/665-3012)

Start: SOC - South 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, February 05, 2008

15-17 mph- 10:30 AM - 45 miles- Lukasz Szyrner (443-226-0304, szyrner@comcast.net)

Start: ORR - Oregon Ridge Park. Rolling to hilly ride. Ground Hog Day, check the weather and jump on your bike!

Saturday, February 09, 2008

all pace long- 10:00 AM - 45 miles- Ed Cahill ,
410-375-3247, ehc3rd@gmail.com

Start: FIF - 5th District ES. Tour de Northeast
Carroll County; Lunch in Westminster

all pace short- 10:30 AM - 25 miles- Georgia
Glashauer 410/857-3262 georgia2006@yahoo.com

Start: CRN - Cranberry Square S.C. Scenic Carroll
Co. ride w/optional lunch @end at Ledo's Pizza.

Sunday, February 10, 2008

all pace long- 12:00 PM - 40 miles- Phil Feldman
(pfeldman@comcast.net, 410.744.8874)

Start: Danielle Shipley Arena at the Carroll County
Ag Center in Westminster. Ride Yer New Stuff
Ride. Just pick up a new bike at the swap meet? Or
maybe just some cold weather gear? Try it out on
this loop through Middleburg, Tawnytown, and
Union Mills

all pace short- 09:30 AM - 31 miles- Jim White
717/682-4182 cell day of ride
bikerdancerjim@comcast.net

Start: SOC - South 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.

Tuesday, February 12, 2008

15-17 mph- 10:30 AM - 45 miles- Steve Zeldin
(410-828-5553, szeldin@comcast.net)

Start: ORR - Oregon Ridge Park. Rolling ride with
hills through Prettyboy Reservoir with a snack stop
at Wally's. A shorter ride may be offered depending
on weather. Come join the fun!

Saturday, February 16, 2008

all pace long- 10:00 AM - 36 miles- 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 with a stop at
Red Hot and Blue for lunch at mile 23. Flat to
rolling terrain.

all pace long- 10:00 AM - 53 miles- Terry Harrigan
(cctrekker@dtkm.com, 410-596-8263)

Start: LSC - Londontown Square Shopping Center
(0.6 miles north of Rt 26 / Rt 32 intersection in
Eldersburg) "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, February 17, 2008

all pace long- 11:00 AM - 43 miles- Barry & Mary
Menne (410-795-6571)

Start: SOC - South Carroll HS. Winfield - Wards
Chapel loop with a nice "see if you can make it up"
optional hill. A map will be provided.

all pace short- 10:00 AM - 26 miles- george
cordutsky (gcordutsky@msn.com, 410-882-2788)

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

Monday, February 18, 2008

all pace short- 10:00 AM - 23 miles- Don Riggs
410/461-6564 donriggs@juno.com

Start: ARP - Alpha Ridge Park. Alpha Ridge ride w/a few hills. Early food stop. Option for longer ride.

Tuesday, February 19, 2008

15-17 mph- 10:30 AM - 40 miles- John Harris, johnharris2100@comcast.net, 410-870-0867

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

Saturday, February 23, 2008

all pace long- 10:00 AM - 53 miles- Janet Goldstein (jgoldst@verizon.net, 410-366-1466)

Start: MLP - Maryland Line Park & Ride: I83 exit 36. Will also bring cue sheets for a 40-mile ride. Moderately hilly. Longer ride goes to Hanover, PA;

15-17 mph- 10:30 AM - 48 miles- Steve Zeldin (410-828-5553, szeldin@comcast.net)

shorter ride goes to Jefferson, PA. Lunch or snack stop on both rides.

all pace short- 10:00 AM - 35 miles- Aldona Glemza (aglemza@gmail.com, (443) 676-8181)

Start: FMS - Franklin Middle School. About 35 miles into Carroll County and back into Baltimore County. lunch / rest stop.

Sunday, February 24, 2008

all pace long- 10:00 AM - 45 miles- Carol & Walt Russell, 443-286-5807

Start: SPK - Sparks Elementary School. Will also have a 33 mile loop on hand. Moderately hilly ride to Madonna with lunch/snack stop in Madonna at mile 20 for short ride, mile 31 for long ride.

Tuesday, February 26, 2008

Start: ORR - Oregon Ridge Park. Rolling ride with hills through Liberty Reservoir with a snack stop at High's. A shorter ride may be offered depending on weather. Come join the fun!

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"

2008 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 Bicycling Club, Inc. Membership Application or Renewal

Address Change New Membership Membership Renewal

How do you want to receive the Newsletter? By US Mail OR From the Internet

Are you interested in racing with Team BBC? Yes No

Do you ride a Tandem? Yes No

Date

Name (Must be 18 years of age or older)

Second Name (Family Membership Only)

Home Address (One per Membership)

E-Mail Address (One per Membership)

City

State

Zip + 4

Home Phone

To function, the BBC is dependent on member volunteers.

Check all categories that you are willing to help with:

Bicycling Advocacy

Club Picnic or Socials

Newsletter

Website

Lead Rides

Club Events

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**



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*For BBC members with questions or
problems concerning:*

• Membership • Ride Schedules • Any Committee • Any Function
CALL 410-792-8308 • Email: hotline@baltobikeclub.org

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

For Marketing Questions • Email: marketing@baltobikeclub.org

For Membership or Newsletter Delivery Questions or problems
Call: 410/823-4293 • Email: questions@baltobikeclub.org

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