



# Baltimore Bicycling Club Newsletter

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vol. 39 no. 3

May | June  
2006



**Delaware-Maryland Flatlands Tour**  
**June 17, 2006**

photo by Deb Taylor

### Upcoming Events

**April 30 - June 18**

Instructional Ride Series

**May 26-29**

Kent County Spring Fling

**June 10-11**

MS 150

**June 17**

Flatlands Tour

**Baltimore Bicycling Club, Inc**

**P.O. Box 5894**

**Baltimore, MD 21282-5894.**

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

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

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

### **Officers**

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

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

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

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

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

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

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

Laurie Wrona,  
membersatlarge@baltobikeclub.org

## **Letter from the Prez**

Fellow BBC Cyclists,

### ***BALTIMORE IS BECOMING BIKE FRIENDLY!***

Bike Master Plans, for both Baltimore City and eastern Baltimore County, are well underway. Baltimore City has already budgeted \$3.1 million for over 100 miles of cycling access, which will put Baltimore ahead of bike-friendly DC in bike lane miles.

For this progress, we cyclists owe a big thanks to BBC members Bob Carson, Barry Childress, and Bob Moore (and others) who, along with cycling advocacy organization One Less Car (learn more at [onelesscar.org](http://onelesscar.org)), have been busy convincing the powers-that-be that bicycling friendly laws and roads belong in Maryland. Many of us too often 'just don't have the time' to get involved, but these folks continue doing the heavy lifting and protecting our rights as bicyclists. Without a lot of time and effort we can each add our support, by responding to advocacy alerts that are posted online at BBC Talk. To join BBC Talk go to [www.baltobikeclub.org](http://www.baltobikeclub.org) and follow the instructions under Club Info.

A brief letter, email, or phone call to your representative can make the difference in whether a vote goes for, or against, bicyclist's interests. Recently, club member Bob Moore, by speaking at the eleventh hour with his representative, swayed a Maryland Senate vote in favor of bicycling. With a bit of effort we can all help make Maryland an even better place for bicycling.

Thanks for listening.....Frank Anders

## **Letter from the Editor**

In response to the request for BBC members to send in articles and photos to be considered for the BBC Newsletter, Hugh Macintosh sent in an account of his "Tour de Tour (de France) 2005". As I sat and read it on a day that was not particularly inviting for bicycling, I became engrossed in Hugh's TDF experiences and felt I was riding by proxy; his account is the type you might be lucky enough to find in a publication such as The Adventure Cyclist - but, for your reading pleasure, you find it here in your BBC Newsletter! If you happen to know Hugh personally, it will make the reading all that more enjoyable. Due to space constraints, we could not publish his article in its entirety in this publication, but look for Part 2 in your July/Aug issue - just in time for the TDF 2006.

After reading Hugh's article, here's hoping that some of you will be inspired to send your articles and photos for publication in future BBC Newsletter issues to [bbcnews@baltobikeclub.org](mailto:bbcnews@baltobikeclub.org). We are particularly looking for photos of Club rides and events.

Also in this issue, you will find the Team BBC Race Report is back after a winter hiatus. Pink is Phenominal! And if you have ever seen Team BBC race or joined them on a training ride, or partied with them, you know what I mean. Your energy level will soar by osmosis! Hope you find the time to enjoy at least one race with Team BBC this year - and cheer them on when you see them out on their training rides!

- Chris McL

# BBC 2006 EVENTS CALENDAR

<i>Date</i>	<i>Event</i>	<i>Contact</i>
April 30-June 18	Instructional Ride Series	Gordon Peltz 410-256-1421 Howard Kaplon 410-484-6955
May 26-29	Kent County Spring Fling	Frank & Kathy Anders 410-628-4018
June 17	Flatlands Tour	Ken Philhower 410-437-0309
June 30-July 2	Tour de Montes	Craig Martin 410-538-8791
July 9	Club Picnic	John Putman 443-939-2082
August 5	Corn Roast Rides	Gloria Epstein 410-665-3012 ANOTHER VOLUNTEER NEEDED
September 9	Civil War Century	Howard Rosenbaum 410-653-2363
September 29-October 1	Lancaster Weekend	Jane & John Cole 410-661-4427  Carol & Walt Russell 410-665-0651
October 1	<b>She Got Bike!</b> <b>A Festival of Women's Cycling</b>	Margaret Hartka 410-357-8506
October 20-22	<b>Washington County Getaway</b>	Rich Burns 410-433-4162
TBD	<b>Election, Awards &amp; Recognition Dinner</b>	TBD

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

June 10-11	<b>MS 150</b>	David Blair 410-902-7939
July 13-16	<b>CAM Weekend</b>	Bob Carson 410-828-8604
October 22	<b>Tour du Port</b>	Bob Carson 410-828-8604

## BIKE TO WORK DAY-IT'S FOR YOU TOO!

(Harford County)

Join local radio and television personality Steve Rouse May 19th for Bike to Work Day in the parking lot of the Harford County Government Building, 220 South Main Street in Bel Air from 7-9 a.m.

Registration for Bike to Work Day is now available at <http://bmc.baltometro.org/b2w/>. Registered participants will receive an event t-shirt and the chance to win a commuter bicycle. In addition, there will be an opportunity to win an electric scooter courtesy of X-treme Scooters of Bel Air, Inc. The festivities include a band, munchies, free massages, give-aways and lots and lots of FUN!

A BIKE PARADE will kick off the event from 7-7:15 a.m. The Parade will travel down Main Street to Bond and back to the Government Building in time for the issuance of Harford County Executive David Craig's proclamation designating May 19th as Bike to Work Day-It's For You Too! To participate in the group ride please contact William Doane, Jr at 410-638-3103 ext. 1386 or [HYPERLINK](#)

[wvdoane@harfordcountymd.gov](mailto:wvdoane@harfordcountymd.gov). Participation is encouraged but not necessary to attend and enjoy the festivities.

Similar events will be held in Towson, Baltimore and Annapolis as the locales join in a regional effort to reduce air pollution, traffic, and to promote bicycle commuting according to Lyndi Richards of Harford Commuter Assistance, Harford County Government. "We are encouraging commuters to get out of their cars and try another form of transportation during May which is Clean Commute Month", Richards said. "Find out how you can travel from home to work, to school, to the grocery store and back without using a car at Bike to Work Day. Participants can visit the Tour de Harford's Cool Commuterville area at the event and get the scoop on B-Bopping around town by bike, bus, rail or vanpool. IT'S ALL COOL!"

Businesses can participate this year in the first ever Annual Briefcase Challenge. Companies can take the "Briefcase Challenge" by encouraging their employees to participate in Bike to Work Day. A trophy will be given to the company with the most registered participants at

the event. The winner will have their company name on the Harford Commuter website for one month and will also be included in a print advertisement.

For more information, contact Lyndi Richards at (410) 638-3103 ext. 1387 or at [lrichards@harfordcountymd.gov](mailto:lrichards@harfordcountymd.gov)



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Vik Khanna, M.H.S.,  
Physician Assistant

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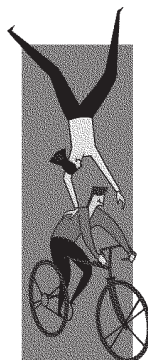
Discounts on all services for BBC members.  
call or email for information. See website  
for downloadable newsletter excerpts.

Tuff Trainers  
proudly sponsors  
Team BBC, and  
Vik Khanna is the  
strength coach for  
the Team BBC  
Women Racers!

## Escapades Bike Tours 2006 Bike Trips for All Seasons

*France Dordogne and Lot River Valleys*  
**Incredible European Tour at a  
Bargain Price**  
(Jun. 10-17, Sept. 9-16)

*Maine Mid-Coast Four Island Bike Trip*  
**Cool Summer Beauty**  
(Jul. 8-15, Aug. 12-19, Sept. 2-9)



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# Pedal in Style!

## In Your Baltimore Bicycling Club Jersey



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

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

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

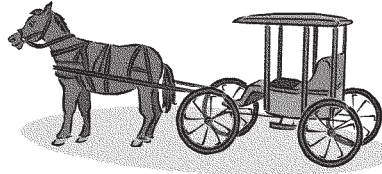
Questions?  
 Then call Judy at  
 410/628-6297

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 Address \_\_\_\_\_  
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 Quantity: \_\_\_\_\_  
 \_\_\_\_\_ Jersey (s) in size and fit  
 + \_\_\_\_\_ Jersey (s) in size and fit  
 Total Quantity \_\_\_\_\_ Enclosed Payment \$ \_\_\_\_\_

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

Mail the completed BBC Jersey Order Form to:  
 BBC Jersey C/O Judy Broadwater  
 122 Glenmoore Ave.  
 Cockeysville, MD 21030-2421

# ***Weekend in Lancaster*** ***September 29 – October 1, 2006***



Join us for a festive fall weekend in the heart of Pennsylvania Dutch country. By day, cycle lightly traveled roads past the charming Amish farms. At night, enjoy great food at the Bird-in-Hand Restaurant and socialize in the hospitality room of our motel, the Mill Stream Country Inn. We have a limited number of spots available, so get your application in today!

Here's what you'll get:

- Three days of cycling the scenic rolling roads of the Pennsylvania Dutch country
- Lodging on Friday and Saturday nights and deluxe continental breakfast on Saturday and Sunday at the Mill Stream Country Inn (Friday dinner is on your own.)
- Friday evening dessert party and Saturday evening wine and cheese party
- Buffet dinner on Saturday at the Bird-in-Hand Restaurant
- Complimentary room for showering on Sunday

All rooms have two queen beds, cable TV and double occupancy. (Please call for single room rate and availability.) You can also enjoy the outdoor pool and a complimentary bus tour of Lancaster County.

**Each attendee must provide an application and signed release.**

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

e-mail \_\_\_\_\_

Roommate \_\_\_\_\_

(Please provide roommate info and payment at the same time.)

Emergency Contact Name

Emergency Contact Phone

BBC member p.p. for complete weekend - \$180.00

Non-member - p.p. - \$190.00 \$ \_\_\_\_\_

Please Make check payable to BBC.

**APPLICATION DEADLINE IS SEPTEMBER 1, 2006**

(Refund minus \$20 until September 1<sup>st</sup>. No refund after September 1<sup>st</sup>.)

**Mail applications, signed release forms and check(s) to:**

**BBC Weekend in Lancaster**

**9100 Orbitan Road**

**Baltimore, MD 21234**

**Questions: [jicole01@comcast.net](mailto:jicole01@comcast.net) or call:**

**John or Jane Cole (410)661-4427**

**Walt or Carol Russell (410) 665-0651**

Let's... **R O C K !**

# Ride On for **CASA Kids**

A Tri-County Bicycle Ride to  
Benefit Abused Children



## June 3, 2006

**Ride 10, 25, 50 and 100 mile routes of easy or more difficult circuits through beautiful, historic Civil War countryside!**

Come join the fun and participate in a very worthy cause! CASA of the Eastern Panhandle, Inc., (CASA-EP) is sponsoring a multi-route bicycle ride on June 3rd. CASA-EP is a non-profit organization that trains volunteers to be **Court Appointed Special Advocates** who **serve abused and neglected children** in the tri-county area. In 2004 there were 1,497 reported cases of child abuse and neglect in our community – these children need our help. Beginning and ending at the Bavarian Inn in Shepherdstown -- West Virginia's oldest town -- the bike ride will feature something for everyone.

**The 10 Mile** route is a safe and easy ride on the historic C&O canal towpath, perfect for the casual cyclist and families with small children.

**The 50 Mile** route travels over rolling hills through civil war sites, past historic mansions and runs parallel to the Shenandoah River.

**The 25 Mile** route will also take in the scenic and historic C&O canal. The flat terrain is best suited for cyclists with mountain or hybrid bikes.

**The 100 Mile** route is an early season opportunity for the avid cyclist. This route will cover some of the historic and picturesque areas in the Panhandle.

Rest stops will provide healthy snacks and beverages. Support vehicles will be on the routes to take riders back to the Bavarian Inn in the event of a breakdown. Safety rules include obeying all traffic laws, and all riders are strongly encouraged to wear helmets.

**Early Registration** ☞ \$25 for the 10 and 25 mile routes, and \$40 for the 50 and 100 mile routes (\$35 and \$50 respectively for on-site registration). The registration fee includes sag support, cue sheets, refreshments and a T-shirt. Box lunches will be available for purchase.

**Pledges** ☞ Riders are asked to solicit pledges for sponsorship of their ride. Prizes will be awarded to the participants with the three top pledge totals!

**REGISTER ONLINE AT [www.casaride.com](http://www.casaride.com)**

For more information contact: Joan at [earthmothers@earthlink.net](mailto:earthmothers@earthlink.net) or 876-2775

# Did you know that...that you should not fall for the marketing hype that says you should eat some protein during your rides?

Supplement manufacturers promote products, such as protein drinks and bars for people to eat while exercising, claiming, largely without much evidence, that the protein will help you exercise longer or harder. They claim that failure to eat protein during exercise may prompt the break down of muscle tissue. However, there is not much science to back them up. Studies of protein utilization during endurance activity conflict: it may increase, decrease, or remain the same. So, what is an exerciser to do with that pile of protein bars in the cabinet? More specifically, what nutrients really provide the most energy during aerobic exercise, such as cycling, and how can you tell?

A consortium of researchers from universities New Zealand, The Netherlands, and Canada set out to answer this question. They looked at protein breakdown and blood glucose levels in 5 healthy, highly fit trained male cyclists who were, on average, age 22, had 11% body fat and an average  $VO_2$  of about 60, meaning that they were very fit. Each cyclist did two different test rides, at 80% of his maximal effort, a very high work intensity. Meals and pre-ride activities were tightly controlled. In one ride, each cyclist drank a solution of primarily

**Vik Khanna is a fitness coach and exercise educator who owns Tuff Trainers in Ellicott City. He is a physician assistant and Health Fitness Instructor®, Certified by the American College of Sports Medicine. In addition to sponsor-**

water that was laced with a radioisotope so that researchers could track its utilization by the body. This solution had only 10g of carbohydrate (about 40 calories) and they drank at 0, 15, 30, 45, and 60 minutes of the 75 minute ride. The second test ride involved drinking another radioisotope-labeled solution, with 125g of glucose (about 500 calories).

Researchers took blood and expired air samples at regular intervals and also measured the content of the rider's sweat for indications of protein breakdown during exercise. Thanks to the radioisotope labeling of the glucose in each drink, they were able to determine whether the glucose used during exercise came from internal sources (the liver and muscles) or from the drinks. Riders did about the same amount of work effort in both test rides. Their energy sources varied a great deal, however. They used significantly less protein during the ride with high-glucose solution (only 2% of the energy supplied versus 6% of the energy supply during the low-glucose ride).

The cyclists also used considerably more fat for energy than protein. Fat contributed 10% of their energy in the high-glucose ride and 12% during the low-glucose

**ing Team BBC, Vik is the strength coach for the Team BBC women racers, and he publishes an online newsletter, with more information like this on exercise science and nutrition. Vik offers BBC members discounts on all his ser-**

ride (not a significant difference).

The high glucose drink had another critical benefit; it caused them to break down less of the glucose that is stored in the liver and muscles as glycogen, meaning that there would be less need to replenish those supplies after exercise.

Endurance exercise demands consumption of good quality carbohydrates for fuel. This helps prevent the inefficient and potentially harmful use of proteins as an energy source. Low carb or no carb may make great dietary fads, but they have nothing to do with supporting the physiologic demands of vigorous, prolonged (>1 hour) exercise. Your body can efficiently and safely use carbohydrates and fats for fuel without stressing your kidneys, a critical issue for any one with a chronic ailment such as diabetes.

While this study is a small one, it sheds light on which nutrients really matter during endurance exercise. Protein-laden sports drinks do not make activity more efficient or productive. Protein supplements may make manufacturers money, but it is not clear that they help you cycle better.

**Source:** von Hamont, D., et al. Reduction in muscle glycogen and protein utilization with glucose feeding during exercise. *Int'l J. of Sports Nutrition and Exercise Metabolism*. August 2005. 15:4; 350-365.

**vices, including a \$5.00 rebate on the newsletter. Call him at 443-226-7009, send an email to vik@tufftrainers.com, or visit www.tufftrainers.com. Look for this advice and information column in every BBC newsletter.**

# TEAM BBC

Dear Friends:

By the time you read this, Team BBC will have raced in over four events as the season has taken off to a roaring start. Besides impressive results in the Tradezone Training Series, Team BBC has raced at the Walkersville Road Race, The Mount Joy Road Race, and the Tour de Ephrata. In addition more than half the team spent a relaxing week training and tanning in Tuscon, Arizona. This edition of the Team BBC Race Report will be dedicated to telling you about our experiences at the Jefferson Cup Road Race (Jeff Cup for short) on the weekend of March 26th.

Jeff Cup is an exciting event that takes place in hills of Charlottesville, Virginia. Depending on your category, the events ranged from 30 to 40 miles with an altitude gain of approximately 500 feet per 10 mile lap. The majority of the team went down on Saturday for a slow pre-ride recon of the course. Then again, we didn't expect it to rain or drop to 46 degrees, so the slow pre-ride ended up being an all out assault of the course to stay warm. Most of us rode the loop once, but the die hard bad weather lovers in the group did it twice. After hotel check in and a warm shower we all met for a pre-race Italian dinner feast; this was the time for some serious race planning over bread and pasta. After dinner, the team returned to the hotel for my favorite part of the evening; the pre-race chocolate chip cookie feast courtesy of The Hampton Inn, Charlottesville. Team dinner and cookies - a nice ending to a tough day. We all slept well dreaming of the coming race.

Race weather for the Category 4 women and 5 men at 9 am was a brisk 45 degrees and sunny. Not bad weather considering the day before and everyone was pumped and ready to go. In the Category 4 women's race Team BBC was well shown placing two riders (Elizabeth Ridlington-7 and Susanne Morsberger-9) in the top ten. Kathy Landers and Susan Miltenberger rode strong support roles finishing 22nd and 30th. In the Men's 5 race, Chad Jones and Mark McMillian led the second pack in, riding side by side to finish a well placed 15 and 17 in a field of 50 riders.

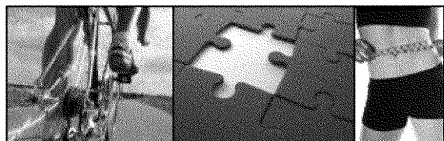
The Category 1,2,3 women, Cat 4 men, and the 50+ men had cloudy skies with steady winds and temperatures in the low 50's at our 11 am race time. In the women's event Heidi von Teitenberg came in a respectable 29th with Chris Lynch and Susan Olson (in her debut 1,2,3 race) riding in together at 37th and 38th. Tim Munn took 15th in the Category 4 men's race with Trevor Shattuck riding support and coming in 5 minutes behind. In the 50+ event Paul Martin came in 30th with Bob Rohlifing 37th and Mike Crider 38th claiming he owed his result to Bob's hard work.

This brings me to my personal Jeff Cup experience. I can't tell you how many people did not finish the Category 4 men's race. What I can tell you is that I did and I owe everyone a huge thank you. I was the last of the finishers. You might wonder why I feel the need to say this proudly or where the thanks comes in? It's

because I went into the race as a support rider for my teammates, did my job, and came in 6 minutes off pace. Still, the reason the experience was so strong for me was because as I rode the course alone off the back I was amazed at the amount of people cheering for me, screaming "Go BBC". There I was; cold, wind blown and alone, and they were cheering for my team. It was amazing and it was at that point that I remembered this is why we race, this is why we push and punish ourselves, this is why we do it. So for everyone screaming our name, I decided that not finishing was not an option. We have sponsors who believe in us and equally as important; we have folks such as yourselves that support us everyday. It drives us to train hard and race harder. It doesn't matter whether you ride recreationally or race, you know there comes a time when you just feel the need to finish your ride and this was one of those defining moments. So for all of you who support us (and especially for the folks who don't understand, or think we're nuts), I dedicate my Jeff Cup efforts to you. It was the thought of you who kept me going and drove me to finish my ride and for that I wish to thank you.

Until next time, thanks for checking in.

Scott



## Synergize!

**Look and feel great on your bike this summer.** Synergize! is designed to help you gain more energy, shed excess weight, improve fitness and take control of your health.

Attend a Synergize! seminar to get your 4-6 week program started:  
**Thursday, May 18: 6:30 – 8:00 pm**  
**Tuesday, June 6: 7:00 – 8:30 pm**

The Rotunda  
711 W 40th Street, Suite 219  
Baltimore, MD 21211

Pre-registration \$5 (registration form online)  
At the door \$10 (cash or check)

Registration fee can be applied to the Synergize program of your choice  
Synergize! combines the power of a health and wellness system with a fitness program to get you ready for summer adventures.

To register visit [www.iSynergize.net](http://www.iSynergize.net)  
or call 443/845-6169

Team BBC is proudly sponsored by:



## **!! BBC 22<sup>nd</sup> ANNUAL INSTRUCTIONAL RIDE SERIES !!**

**HERE IT IS AGAIN!!** The BALTIMORE BICYCLING CLUB'S Instructional Ride Series will begin with an **orientation** to be held on **Sunday, April 30, 2006 at 10:30 a.m.** at the **Oregon Ridge Park** in Baltimore County. Directions to the park are provided below.

This series is offered to anyone over 16 interested in learning basic skills, minor road repairs, and improving as a cyclist. We want to help new riders find a comfortable riding level; develop so they can at least ride on the BBC casual rides by the end of the series; and permit experienced riders who are new to club riding to meet and learn about group riding. This year we will include several optional NCRR (North Central Railroad) trails rides.

The orientation will include a short cycling safety video. We will discuss bicycles, equipment and clothing, and answer questions about the program. If you like, bring your bicycle to the orientation, and we can check it out for you. The indoor orientation will be held **RAIN OR SHINE**. Weather permitting, anyone who wants to do so can join us on a short ride. See below for the full ride schedule.

**DIRECTIONS:** **Oregon Ridge Park** is at 13401 Beaver Dam Road. From the Baltimore Beltway (I-695), take Exit 24 onto I-83 North. Continue north and get off at Exit 20-B (Shawan Road. West). At first light make a left onto Beaver Dam Road and go approximately ½ mile. You will see the park entrance on the right.

### **THIS YEAR'S SCHEDULE:**

#### **ORIENTATION:**

Sunday, April 30, 2006 - Oregon Ridge Park – Seneca Room 10:30 a.m.

#### **RIDE SCHEDULE:**

Sunday, May 7, 2006 - North Central Trail, Sparks at 10:00 a.m.

Sunday, May 14, 2006 - Mother's Day, Optional Ride

Sunday, May 21, 2006 - Greenspring Station at 10:00 a.m.

Sunday, May 28, 2006 - Greenspring Station at 10:00 a.m.

Sunday, June 4, 2006 - Jacksonville at 10:00 a.m.

Sunday, June 11, 2006 - Jacksonville at 10:00 a.m.

**QUESTION:** What kind of bike will I need? Begin with any bike in reasonably sound condition. Bring it to the orientation, and we will check it; but you do not need a bike for the orientation. Do not buy a new bike yet, we can help you decide what style and size of bike is right for you!

**QUESTION:** What is the cost of the instructional orientation and ride series? The entire program is **FREE**. It is open to both club and non-club riders. **BBC membership is not required.** **Bring a friend!**

**MORE INFORMATION:** Contact: Howard Kaplon at [hkaplon@towson.edu](mailto:hkaplon@towson.edu) or 410-484-6955  
Gordon Peltz at [peltzlaw@aol.com](mailto:peltzlaw@aol.com) or 410-256-1421.

## Tour de France 2005 (Part 1) Seven Days in the Pyrenees – Tour with Baxter Sporting Tours: Hugh Macintosh's Daily Diary

### – 7.14.05 Washington to Paris

The flight didn't leave [Washington] until 8pm (2.15 hrs late) and arrived in Paris De Gualle at 9.20am on 7.14.05. I managed some fitful sleep but was not too tired when disembarked; - it would be 4.20am back in Baltimore. My bike box was the last to arrive so I was getting a little worried. However, managed to walk half way around the circular concourse in time, before the Baxter Sporting Tour bus was scheduled to leave at 10am. Met seven other tour participants including Bill Hemeon and Sean Sparks, both from San Diego. As it turns out I am probably the least hard-core cyclist of our whole group of 11 cyclists on our bus, (there are four non cyclists) On the quick bus ride to the Hotel Ibis Paris Berthier on Rue de Clichy, we had clear views of Monte Martre and the Tour Eiffel. The roads are exceptionally quiet as it is Bastille Day and everything is supposedly shut. We took the bikes to a basement room where we can assemble them, and then checked into the room. This must be the smallest hotel room outside of Japan – measured 7'6" x 18' including entrance and bathroom.

Met up with Bill and Sean and assembled the bikes. Then we went down Avenue Clichy in search of a bar/restaurant which would be showing the Tour on the TV. We were invited into a small restaurant, and the other clients turned the TV towards us and the waiter arranged 3 seats in a row so we could watch. Everyone was very hospitable. Bill and Sean had only brought gas cylinders for their tires, and they had been confiscated by the airline security, so they wanted to find a bicycle shop to replace them. I asked the waiter "connaissiez-vous un magazine de velo" He showed us on a map where there was one, it was near the Arch de Tryomph, but he said

it would not be open today as it was Bastille Day. As Bill and Sean have never been to Paris before I act as guide and we take the Metro to Champs Elysees. We meandered along the shopping section up to the Arch de Tryomph. Remarkably there were a large number of muslim women everywhere, fully enveloped in cloaks and scarves. Thank goodness they have removed the offensive McDonalds golden arch from the east side which so detracted from the historic ambiance of the Avenue, (I remember being there in 1976). Everywhere was very crowded with all the sidewalk cafes full of customers. We must have just missed the military parade for Bastille Day, as the barricades were still in place along the curb.

We decided to check out the Decathlon Store (Bike shop) that the waiter had directed us to while we were in the area., in the off-chance that it was open. We walked right by a large sporting goods department type store, thinking we were looking for a typical small bike shop; only to be redirected back to the department store which is the bike shop. The basement is devoted to bikes, Bill and Sean find the gas cylinders and I buy a great AG2R Prevoyance Team cycle shirt for only 30 Eros = \$40. AG2R is one of the French TdF teams sponsored by Decathlon. Sean goes one better and buys the shirt and bib-shorts. We then walked back to the Arch de Tryomph where they were holding a military ceremony with several grey haired men (I assume veterans of WW2). We then proceed over towards the Eiffel Tower, down beautiful avenues with the balconied apartments and double doors, large enough for the horse drawn carriages; reminders of the period

when they were built. The roads within 500m of the Eiffel Tower were barricaded off and patrolled by military – we assume because of the fireworks display tonight. Or are they worried about a Oklahoma bombing attack? We hailed a cab back to the hotel, it was driven by a Lebanese who spoke good English and assured us that tipping the driver was not necessary. We arrange to meet up for dinner and go to another side walk caf? on Av Clichy. We sat outside and had pizza and spaghetti dishes which we shared. We are served by a very friendly waiter on whom I practiced my French.

### - Bus ride - Paris to Hotel Pierre Agos

We retrieve the bikes from the lock-up and store them on the trailer that is pulled behind the bus, the boxes stay here in the hotel. Found that I am not on the same tour as Sean and Bill, they are going to a hotel in Toulouse and will be in Paris for the finish, otherwise they will see the same TdF stages through the Pyrenees as our group.

The bus is more than half empty; it seems that there were several cancellations for this tour.

Brad (Bradley) our guide is also Australian, and he chats with us for quite a while. He is the real real hard core cyclist – semi professional. He has trained with professional Spaniards in Bilboa. He came over to Europe just to be a guide for this tour and also a guide on the Etape de Tour . This is a one day race that is run over the complete TdF stage #16 in the Pyrenees. It was held a



week ago and had over 8000 participants. Of the l'Etape he had several horror stories to tell. One super fit crazy was training over the whole course when he ran a red light into a car. Smashed into a car broke his forks and front wheel and messed up his knee cap. Two pediatric surgeons one of whom crashed broke his collarbone but still completed the race. Two other British doctors who had the latest +\$6000 bikes but who had done virtually no training for the race. - They retired after the first two climbs. - several lessons learned here.

It is a steady highway drive. We stop in Tours (name of town) for a rest, the bus parking in front of the beautiful Victorian railway station. Bought a \$3 toothbrush, as I had left mine at home. Visited the new station toilet, which had a wide-open view of the urinals from the outside, and was attended by a woman who expected a tip. Gave her 20c (\$0.27) and received a "Merci Monsieur".

We crossed endless flat plains with intensive agriculture in neat hedgerow lined fields. Did not see any of the enigmatic poplar tree lined rural roads that I remember from our camping holidays when we were children, and which were so frequently depicted in Pissarro's and other impressionist paintings. As evening approached we started entering the steep descents and climbs out of minor river valleys indicating that we were approaching the Pyrenees. As we entered the environs of Lourdes the distant hazy outline of the peaks of the Pyrenees Mountains came into view. Skirting the center of Lourdes we entered a wide valley with sidewalls almost too steep to support any vegetation and in some places jagged shear cliffs of stone. As night fell we entered the Hotel Pierre Agos grounds, which will be our home for the next six nights. As it was 9pm we were hustled straight into the dining room where a special four-course dinner was waiting for us, the chef and waiters had waited especially for our arrival. The food was excellent, as it was on all subsequent evenings. Dinner was a very convivial. Brad gave a summery of what was in store for the morrow - the trip to Ax Trois Domaines. Rolled into our bedroom by

10.30; definitely a larger room than the one in Paris, and almost to American standards. A large window onto a balcony with a view north, back down the valley to Lourdes. The window is closed off during the day with a roll-up shutter - I assume to keep the heat out. The French seem to be fanatical users of shutters which gives a very dead atmosphere during the day to the villages and towns, as if all the buildings are not occupied.

#### **Stage 14 Ax Trois Domaines - 3,600 ft final Climb**

Woke at 5.45, showered and woke Gus at 6am. Great all-you-can-eat breakfast with corn flakes, cheese, yoghurt, croissants, bread, jams and preserves and fruit. The hostelry knows we have to carbohydrate load - not your typical French single croissant with coffee. Now we are able to see the hotel and its settings in daylight. It is 3 stories with a Swiss chalet theme to the exterior; it has a small swimming pool with retractable cover and several ancillary buildings, which appear to have been part of a farmhouse. It is sited right next to the narrow road leading up the valley to several ski resorts, and to the Col du Tourmalet pass. To the west within 100m the sides of the valley rise sharply culminating in sheer cliffs at the peak of the mountains. This must be great rock climbing country.

We load up the bus for the three-hour ride to the base of the last climb of stage 14 which is the resort town of Ax les Thermes. The climb is up the road which goes nowhere except to the ski resort of Ax Trois Domaines, a climb of 3600ft at 7%.

We are all psyched-up. The bus goes back down the valley to Lourdes, then east over rolling country side, past St Girens, a beautiful small town with a spectacular fortress in the center, which is at the entrance to the long valley leading to Ax de Domaines. The valley has a level floor no more than ? km wide, with craggy mountains rising on both sides. The bus stops at Foix, another small town, and all the bicycle riders disembark and retrieve their bikes from the trailer. Here at the same time are two other Baxter tour buses, which include Sean and Bill from San Diego. We set off

in a pace line, up the valley for the 20-mile or so, flattish ride to Ax les Thermes; while the bus took the non riders to the same destination.. I stop to try and adjust the computer which is not working, I thus loose the pace line I am in. This is not a bad thing, as I can go at a more leisurely pace and enjoy the scenery, which is breathtaking, - lush valley floor with trees on the steep slopes leading up to the sheer cliffs where nothing can grow.

The morning drizzle has stopped, the clouds cleared so it is a very pleasant 36km ride. The roads are closed to vehicles several kms. before Ax les Thermes, as there is no more parking available further on. Our bus was allowed to proceed further on to within 5 km of the base of the last climb. Fortunately we see it as we ride by, as it is not in the proscribed lot at the railway station, which we find to be occupied by the TdF team buses. In Ax I take the wrong turn and start climbing in the reverse direction of the race towards the second from last climb Port de Pailheures. There are several other riders doing the same thing, but as I see very few spectators on the roadside, and after about three switchbacks I figure out that I must be going the wrong way and return down to the valley bottom. At one point I find I am coming into a corner too fast, with gravel on the outer edge. I break furiously and the bars start to swivel downwards - I obviously had not tightened them enough in the head stay clamps. (lesson learned) As soon as I reach a save spot I correct the bars and tighten up the clamp.

Back in Ax les Thermes. I check with a gendarme who sets me off in the right direction up the road to the ski station. It is soon very evident that I am now on the right climb with the large numbers of walkers heading up the road, and the number of vehicles parked all along the side of the narrow road. It is now getting very hot and I have to stop twice for sustenance, in the form of a gel and a power bar. The crowds grow more dense, and they give cheering encouragement, with "Allez, allez" (Go, Go ) and sometimes give a running push up the hill - it makes you feel as if you are a real TdF competitor

The large banners arching across the road reading 5km, 4km, 3km, 2km offer a great encouragement to keep on going.

Within the last few km there are all sorts of wild parties going on including men in drag - dressed in Spanish Flamingo dresses. The Basque colors of orange and their national flag are very evident. At 1.5 km there are roadside crowd control barriers and one is not allowed to cycle further, but can walk to the finish line behind the barriers, (Which I later find Gus does.). I elect to turn around and find a good viewing spot at one of the hairpin bends. Find a good location just short of the 5km. Banner, where there is a little shade. It is now 12.30. the race is not scheduled to be here until 4pm. The forecast is for 32deg C (86F) - and it certainly feels it! Fortunately I had acquired a free Skoda sun hat down in Ax les Thermes and had put on liberal # 48 sun block.

Chatted with two older Germans (one is 65), who had also ridden up, and chose the same location to view from. I got the impression, further reinforced in following days, that the vast majority of the cycling spectators were non-French and mostly English speakers i.e. Brits, Americans, South Africans and Aussies. The French come in their cars, campers and on foot, but not on bicycles. Cycling is definitely the best way to see the Tour as one can ride the climbs and enjoy, or suffer as the case may be, the same mountains as the competitors, one is allowed to go beyond the cordon where the gendarmes hold back the vehicular traffic, more easily get to the prime viewing location than any walker can do, and after the race, descend the mountain before the cars are allowed to even move.

The "Caravan" arrives two hours before the race is due, it consists of every crazy float/ disguised vehicle imaginable, advertising coffee, water, sausage, insurance companies, etc etc, Pretty girls ride on the vehicles and are giving away samples; the bottled water is the most sort-after, next being the yellow mini sunshade umbrellas. According to the free newspaper which highlights the days route and the list of competitors, there are 39 such commercial floats each consisting of several vehicles. It all adds to the carnival atmosphere and helps the time pass, waiting for the pelaton.

The leading rider is heralded by the thud, thud, thud of a helicopter's blades as it claws its way up the valley hovering just 100ft above the road. We first catch a glimpse of the chopper thru the trees when it is about the same as our eye level. The red Skoda of the race director's car and the several camera festooned motorcycles come into view as they round the last hairpin bend below us. Almost lost in amongst all the vehicles is the lone rider, in a blue shirt charging up the mountain standing up on the pedals, at an inhuman speed, twice as fast as any normal cyclist can travel. It turns out to be George Totschring of the Gerdsteiner team, who had made a solo breakaway early in the stage. He is not in contention for the first 10 overall places, otherwise he would have had more company. A couple of other solo riders come by and then the trio of Armstrong, Ulrich and Basso in a hard chase, definitely racing each other. We learn later that Armstrong drops the other two in the last 5 km to get 2nd place and Ulrich gets 3rd. Having ridden the 3600ft climb oneself you can put in perspective what the racers have just completed, - 140 miles with a 4900 ft 8% climb, just prior to this up-hill finish, and all in around 5.1/2 hours. For the next 45 minutes the rest of the field follows, with two largish groups of 20 - 30 riders, many solo riders who the spectators often give an illegal running push. Even the Discovery team members are in these tail-end groups. One lonely last rider is followed by the "Broom Wagon" and a police van. It is in climbs like this that one can really appreciate the difference between the true top 10 contenders and the rest of the field, all of whom are the absolute elite of their country. They are all cruising up the 7% climb at around 15mph and yet strung out over 45 minutes. This is something that really doesn't come over on the TV coverage, with the cameras concentration on the leaders

The road is now open for the walkers and spectators on bikes to descend. But not a motorized vehicle makes a move - they are not allowed to, that is not until all the cavalcade of race vehicles and riders has descended. This is the really exhilarating part of the trip. Feeling the rush of the wind at 30mph after standing in the sun for 5 hours, one can liken to skiing down a perfect piste in

the bright sun in spring, or an endless plane on a surfboard.. Going at crazy speed, breaking violently to miss walkers, and enjoying the self made cooling breeze. For once the bicycle is King of the Road. As we near the bottom, the road is completely covered with walkers so the cyclist has to reduced his speed to walking pace.. Suddenly you become aware of these super fit, muscular, slim riders, decked out in team colors, without helmets rushing past and realize that they are the Tour competitors all trying to get back to their team busses. They all have to come down the same way as we do, as there is only one road. Only Lance apparently is helicoptered off the top. Eventually we are part of a whole mass of pedestrians and cyclists filling the lower slopes. The gendarmes try in vain to make us go to the right side of the road, but all they achieve is a slight funneling effect, which then surges to fill the whole road once we are passed the officer.

Arrive back at the bus by 5.45pm. The long bus ride back goes at a slow crawl till well past Foix. Everyone enthuses about the experience, for me the big difference between seeing the live race and what one sees on TV you see it is in real time, you see the real separation between the leaders and the chasers. You also find out how steep the hills really are, and how long the climbs really are, and at what speed the racers are going at. It turns out the Tortschring won by 2 minutes and 4000yds.

## **Stage 15 Legat-sur-Leze to Saint Larry Soulon**

Today we are going to hit stage 15 in a valley between the 3rd climb of Col de Portillon and the 4th climb Col De Peyresourde in the town of Bagneres-de-Lucon, commonly known just as Lucon. This is chosen, Brad explains, rather than the last climb of the stage as the traffic when leaving that area, is even worse than yesterday. We leave the hotel at 8am; go along the highway and then turn up the picturesque valley, very narrow with sheer cliff sides, through beautiful villages. At 9.30 we pull into the Le Guard - railway station, parking lot of Lucon. We are the first tour bus but soon others arrive.

Gus, Sean and Luke and I have decided to follow Brad's suggestion to cycle back down the valley we have just driven up, and loop around up another valley to the east which brings us onto the stage course. We will then climb the Col de Portillon, altitude 1320m, but from the valley floor is only a 820m = 2689ft, climb, and then drops us back down to Lucon.

We zoom down the valley in a pace line, averaging 22mph which is great fun, and then turn up the next valley which is sign-posted to Spain, and Andorra. The climb up the valley was relatively easy as I was mostly hanging on to the back of the pace line. I eventually lose them, which gave me a chance to take photos. After crossing the unmarked border into Spain, only identified by an abandoned customs post, we entered the town of Bossat. My companions were waiting for me; they were restocking up on water in the mini super market. The signs are now in Spanish on the shops otherwise the architecture and general ambiance has not noticeably changed from north of the border. Bossat is very pleasant mountain resort on the banks of the river with the mountains rising straight up on the west side of town..

We then leave the main road and immediately start the climb up Col de Portillon. The road is already closed to traffic so the cyclists have it entirely to themselves. It is more pleasant than yesterday's climb as there is much more shade, and I find myself seeking the shade as much as possible. The tour statistics classify it as a Category 1 and averages 7.2%. The trees open up, about half way up, to give a great view of Bossat and the valley north and south. The others soon leave me behind but I plod along at 5-7mph, with Gu as sustenance and Power Aid drink to keep me going. The spectators are not as numerous as yesterday, and some give me encouragement with 'Allez, allez' and 'Vamos' (Spanish- "lets go"). Some with campers are sitting outside with table and chairs having a formal lunch, I call out "Bon appetite" and they reply "Merci"

Gus, Sean and Luke are waiting at the top, along with many other cyclists, we

all take photographs. The top is also the border between France and Spain but only marked with a small stone plinth. Brad catches us up and tells us he is going to go on down to Lucon and up the next climb of Col de Peyresourde. As the race won't come thru here until 3.30pm and it is only 12.30 right now, we agree to do the same.

The descent to Lucon is an absolute blast, completely empty roads, no vehicles, no pedestrians, hairpin bends every quarter mile or less, forcing us to slow down, and we are able to get up to 38mph in between the bends. Easily as thrilling as a good ski descent, We stay together. At the bottom of a long wide hill as the road begins to flatten a lonely gendarme flags us down. He tells us we must walk the rest of the way. I ask "Pour quoi" and he replies in English "For the security of the Tour de France". We wonder have the terrorists taken to bicycling?

We walk out of site of the gendarme and then remount, free wheel down a couple of more hills and into Lucon. The others want a sandwich so we find the only sandwich shop on the main avenue. All the other restaurants are the typical French side walk cafés with lots of ambience, where you can, and are expected to, relax all morning reading "La Figaro", sipping coffee, and eating Pate Foix. We all have ham and cheese on baguette (French bread) with water, and the waiter lets me fill my bottles from their faucet. (who says the French are unfriendly?) All the French we meet on this trip show great courtesy and good will, cycling is a love affair for the French..

We make haste as the Caravan is due to come through soon. Sean wants to buy spokes for his rear wheel. We find the town's bike shop in the old 15th century part of town, and Sean procures 5 spokes. Now trying to get back on to the Tour route, through town, is thwarted by the crowds and the gendarmes. So we take to the back streets and bypass the Tour route to join it a mile further west. We watch the caravan whiss by throwing out hats, salami sausage, water, coffee packs and jelly beans. This time there is the addition of three kangaroos on bicycles mounted on the roof of cars, apparently promoting a 6 day Tour race in Australia. Gus tells me later that some of the big teams participate in this race.

There are 8 Australians in this year's Tour de France with Brad McGee and Robbie McEwan being the star sprinters. This compares with 7 Americans and not a single Brit.

At this intersection the gendarmes are less officious and we manage to walk onto the route and then start biking. Official vehicles in between the caravan floats keep telling us in French to stop cycling but we ignore. I manage a couple of switch backs of the climb and then decide to become a spectator in the shade, on a long straight section of road with at least a 6% slope. Gus, Sean and Luke had left me behind, but as I found out later they had also stopped, no more than 1/2 mile further up the road., at a restaurant with a TV no less, so they were able to follow the tour's progress before it arrived.

I chat with an American from Massachusetts who is the rowing coach at Williams College. He has been here for two weeks with what must be a high scale tour group, as they move them to different hotels each night. He complains about being sick and pulls on leg and arm warmers, although the temperature is at least 80 deg F.

The first lone rider appears, it is George Hincapie, in a lone break-away, he goes on to win. The whole race goes past within 30 minutes with Lance, Basso and Ulrich in a largish group five minutes behind the leader. I take lots of pictures but miss Lance in the rush. The shutter delay on the digital camera, while it focuses, is a huge hindrance at getting moving objects. There are two large Pelatons behind Lance and lots of single stragglers who the spectators enthusiastically cheer on and give pushes. The very last rider is followed by a Sag Wagon.

I mix it up with the pedestrians on the cruise down hill, back into Lucon. As the bus does not leave until 5pm, I ride around the town and take photos of the fine buildings. Lucon is a very beautiful town, an ideal center for a ski or hill walking vacation. The main Boulevard has a wide tree lined center island 30ft wide., and sidewalks equally wide. The buildings on either side must date back to Napoleon I or earlier, all with the ubiquitous balcony with wrought iron railing, and shutters, and flower boxes. They are either Government offices or Hotels or restaurants. All the restaurants are team-

ing with clients who no doubt were here as Tour spectators. The town originated as a hot spring spar in Roman times, and was visited by Napoleon, it has its own spur rail line. Now it also has life in the winter, witness the ski lift that has its base just one block from the main boulevard and is running continually today but with no clients.

I chat with an American family, father mother and two small boys. He is seconded to Toulouse with Airbus. They are on a two day trip to watch the tour. The elder boy, maybe 8 years, is fascinated by my clip-in pedals. So I have to demonstrate them to him, and I tell him one day his father will buy him such a bike and he must always wear a helmet.

As I cycle back to the bus at the Guard I notice that the bike shop is a mob scene I am stopped by a couple of girl backpackers who ask, in what sounds like perfect French, "Oui est le bureau de tourism" ('where is the tourist office) I answer in my pigeon French, that I don't know and then we all revert to English – they are American.

Back at the bus there is another Baxter bus on the lot and we invite ourselves on board to watch the TV, which is showing the race. Lance's group cuts down the 5 minute lead completely and finish the last 10km climb of 7.6% in a group. Sean is fixing his wheel but the spokes are the wrong length, He is able to go back to the bike shop, where the bike mechanic changes them for him for free!!

The bus ride back takes for ever as the road out of the valley is a traffic jamb. After a great dinner we spend an hour or so in the hotel bar chatting over a beer.

### **Race Rest Day - Col de Tourmalet**

Today we all get to do what we want to do.

Gus, Sean Luke, Brad and I will do the Col du Tourmalet 2114 m high with a main climb of 1386m (4546ft) over 11 miles average 7.7% incline. The weather is cloudy so the temperature is ideal for a hard climb. I wear an undershirt and carry a gortex rain

jacket strapped to the seat. I soon get comfortably warm and wonder if I am going to need the Gortex.

The lead into the climb is on a long undulating road sometimes hanging on the side of a shear gorge, no more than 100 yards wide with a ragging river 100 ft below. There is very spectacular scenery, with wooded mountains rising up into the clouds. An occasional pasture can be seen high up the slopes with a few cottages.

At first we are in a fast pace line but as the slope increases I lose the others, which is fine as I can stop for photos. The real climb starts at Luz St. Sauveir, a resort town, with ski shops on the main road. The climb announces itself as soon as one enters the main street, which appears to be at a 9% slope. From then on the slope is a constant 6 to 7% all the 11 miles, with a 10% slope just before the top, when you are really running out of steam. If one were to turn south at Luz St Sauveir one could climb to the ski resort of Luz Ardiden, another renowned TdF mountain finish climb.

There is a ski lift station about half way up the climb but with no apparent vehicular access, I realize later that we are on the back of the mountain, the "back bowl" and this lift just feeds skiers who come over from the east side of the mountain. I take photos just as I go under the ski lift, which coincides with one of the many signs that give the altitude and the mileage to the top, and also coincides with entering the clouds. You can calculate how many more meters there are left, if the exhausted mind has the energy, that is. I then convert to feet, but it is not very encouraging to realize you still have 1000ft to go. As one climbs one meets descending riders who are absolutely zooming down at break neck speed 30-40 mph. I plod along at 6mph. only just managing to maintain forward motion. I alternate between standing up and going to second gear, and sitting down in the lowest gear; when sitting I occasionally concentrating on up-lift, pulling up on the pedals, and some times swaying from side to side; anything to give a rest to the pure pushing down motion.

Within one kilometer of the top some descending cyclist calls out "only 50 meters to the top". This is just where there is a short 3% slope and my hopes lift that this is the crest, only to find that

rounding a hairpin bend, the slope changes to 10% and this gradient is maintained until the crest at least 800 meters further on.

The last kilometer also passes through a stretch of cow droppings on the asphalt - not much of a hazard going up, but coming down it must be treacherous. The clue to this phenomena is the continual clanging of cow bells. Through the mist you can occasionally see a line of cream color cows stretched across the hillsides, they all have bells around their necks, so there is a continuous colophony of dull clangs, all within a half note of each other. We afterwards theorize that the cows gather on the asphalt at night to soak up some of the heat that it collects during the day, thus the large amount of dung on the road.

At last I reach the crest which is really a ridge, as it almost immediately starts to descend after 30 meters. There is a small restaurant, a large sign declaring the Col de Tourmalet and its altitude, a statue of a cyclist, which according to the plaque commemorates the first time the mountain was included in the Tour de France in 1910, and that this stage was won by Octave Lapize over a distance of 326km (204 miles) in a time of 14 hrs 10 mins. (Makes the present day stages look like nothing). The first TdF men were made of something else, remember this was on a 2 speed bicycle, probably weighing 30lbs.

There must have been 50 cyclists milling around in the mist all taking photos with the sign and statue in the background. Gus, Sean and Luke are not around, I assume they have proceeded down the eastern descent; (it turned out that they were inside the restaurant) so I get someone to take my photo. Just then a figure emerges who says "Are you from Baltimore"- it is one of the Germans I had shared the shade with on Ax Trois Domaines. What a small world. Everyone is putting on their rain jackets and stuffing their shirts with anything to improve the thermal quality. I even saw some with paper towels wrapped around their legs. Thank goodness I did have the foresight to bring the gortex jacket.

I head down the eastern slope at 30-35 mph on the careful lookout for cow droppings, and soon breaking out of the clouds, meeting many riders slogging their way up. There was even a couple on a tandem and many mountain bikers. Once out of the clouds you get a great

panorama of a huge bowl surrounded with jagged peaks which have remnants of snow in the gullies. To the south is the highest peak in the area Pic du Midi de Bigorre 2872 m (9420 ft,) with a TV mast on the top and the termination of a chair lift. Ski lifts radiating in all directions. I stop frequently to take photos and to try and warm up. The gortex helps a lot, but the wind chill is severe. How the TdF competitors survive with only La Figaro stuffed in their shirts? Now I am really thankful that I bought my jacket. Some riders just keep on going; I don't know how they can. The buildings of the ski resort of La Mongie are at least 3000ft below the summit of the col and seem quite out of place. They are boxy bland buildings, 10 stories high built in steps, completely out of sympathy with the landscape. There are several tower cranes evident of the beginning of more buildings.

The tree line is another 1000ft lower and once there I stop to take a power bar and recuperate, a few kilometers further on I reach a small village of St. Marie-de-Campan at the junction with the road that goes to Col d'Aspin. This is the col which Brad was also going to "bag" today. While I am considering buying a sandwich, up roles Sean, followed shortly by Luke and then a little time later by Gus, Gus looks completely spent, his face is quite white, he must have expended all his reserves of hydrocarbons. We decide to ride on down the valley to the next town of Bagneres de Bigorre. En route we pass through Campan where, we had been told by Brad, is the famous forge. Here 1913 the lead rider Eugene Christophe, stopped to repair his broken forks. He had been leading the Tour through the Pyrenees at the time, while descending the Tourmalet he cracked his forks. Shouldering his bike he walked 8 miles to the nearest village, there to mend the forks at the local blacksmiths forge. In those days the rule was that you could not accept any outside help so he had to do the repair job himself. We found the Bureau de Tourism, where the lady told us the forge was back up the valley 7km, in St. Marie-de-Campan and there was only a plaque to commemorate the event. None of us felt like

back tracking just to take a photo of a plaque. Lesson learned - check the facts before searching for historic sites.

The whole of Beaudean was completely devoid of humans, but on the balconies there were stuffed mannequins in colorful costumes, in the church yard was a whole gathering of them. It was completely bizarre and un-nerving; we assume it must be something to do with a festival. Or maybe just nobody lives in this town?

In the small town of Bagn`eres we find a great little Pizza shop. It is already occupied by six South Africans,- who are rather loud and boisterous, but tolerable- after all they are cyclists. One recounted how his bike was stolen a few days ago; his insurance agreed to pay for a new one, so he bought one there and then. We immediately go outside and lock all our bikes together with my wire lock I bought in Paris.

We have an excellent meal, and are surprised to find we are the last customers they will serve, as they are closing at 2pm, and turn potential clients away. They have to take their siesta!! Bagn`eres has the typical wide, plane tree lined, main street, with beautiful 5 story shops and houses with flower decked balconies, on all sides. We continue down the valley in a pace

line with me at the back, getting sucked along. After 7 km we turn west off the main road and towards Lourdes. There is a 150 meter climb to begin with, at the peak of which we have a great panorama of the Pyrenees shrouded in clouds with green corn fields in the foreground. The road is then rolling hills as you find in Maryland. We skirt Lourdes on the south side and join a bicycle path taking us close to east side of the River Pau. Here we see white water rafters. The bike path is similar to that in DC beside the Potomac with just enough space for a rider in each direction. Bollards make you slow down at road crossings. We maintain a fast pace 18-20mph. We have to pass the hotel as it is on the west side of the river, go up to the town of Argeles Gazost in order to cross a bridge and back-track to Argos Vidalos.

(Continue with Stage 16 in the next BBC Newsletter issue.)



Saturday, May 27<sup>th</sup> Patterson Park

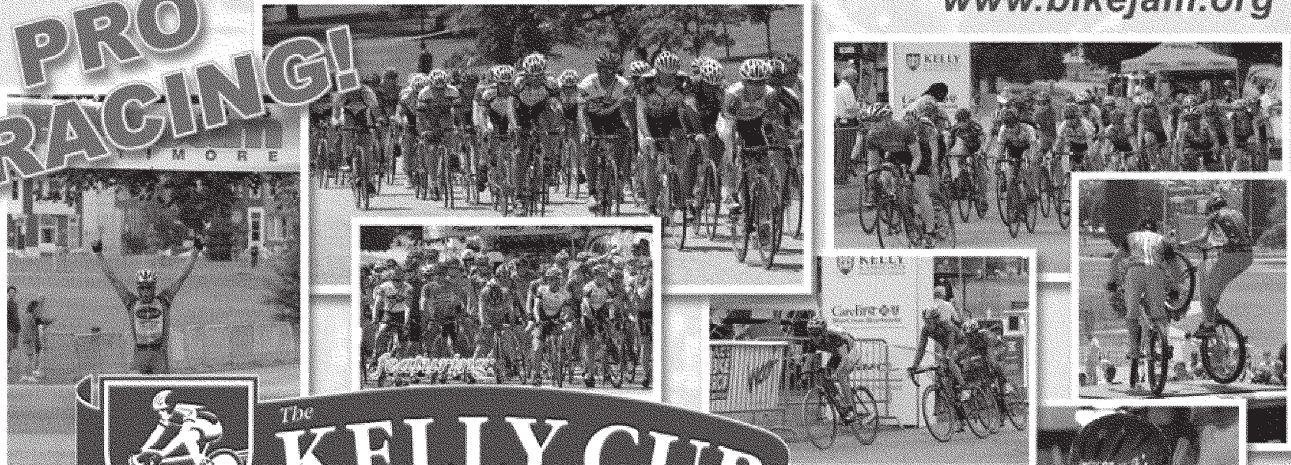
FREE  
ADMISSION!

# BikeJam 2006

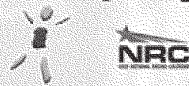
## BALTIMORE

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

PRO  
RACING!



in support of  
Mt. Washington Pediatric Hospital



Pro Women 1:30pm / Pro Men 2:30pm

FAMILY  
FUN!

# Rec Bike Jam Ride

12 & 31 mile rides

- Live Music
- Food & Beer Garden
- Stunt Shows
- Messenger Race
- Kid's Activity Pavilion
- FREE Kid's Bike Helmet Giveaway!**
- Activities from 8am - 5 pm





## BBC ORGANIZATIONAL LICENSE PLATES FOR YOUR CAR

If you are a BBC member and Maryland resident, you can obtain BBC license plates similar to the one depicted above for your car. The ONE-TIME fee is \$15.00/pair, which includes postage.

### Ordering instructions:

1. Call, write, or e-mail the BBC license plate representative (below). Give your name, phone number, mailing address, and number of sets desired.
2. The license plate representative will verify your membership status and send a blank application form with his signature, certifying that you are a BBC member.
3. Fill in the form.
4.
  - a. If you are replacing your existing license plates, mail the completed form directly to the Motor Vehicle Administration (MVA) along with a check for \$15.00 per pair, payable to the MVA.
  - b. If you are ordering plates for a new car, you may give the completed form to your dealer to submit with your registration application.
5. The MVA will mail your BBC plates along with a new registration card directly to your mailing address within 4 weeks.
6. If you are replacing your existing license plates, remember to return your old plates to the MVA promptly.

The BBC license plate representative is:

Jim Matsakis  
2560 Ashbrook Dr.  
Ellicott City, MD 21042-1755

Phone: 410-461-8322  
e-mail: [djmatsa@verizon.net](mailto:djmatsa@verizon.net)

For more information, visit [http://www.marylandmva.com/VehicleServ/SpecialtyPlates/OrgPlates\\_Entry1.asp](http://www.marylandmva.com/VehicleServ/SpecialtyPlates/OrgPlates_Entry1.asp)

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### Ride of Silence

When: Wednesday, May 17 2006 @7:00 PM

Where: Approx. 1 mile east of York Road on Ashland/Paper Mill Road in Cockeysville. Park on north side of Ashland/Paper Mill Road

Description:

THE RIDE OF SILENCE WILL NOT BE QUIET

On May 17 at 7:00 PM, the Ride of Silence will begin in North America and roll across the globe. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves.

This year's Baltimore Ride Of Silence will follow the North Central Rail (NCR) Trail from Paper Mill Rd to Monkton Rd and back (~15 miles) in honor of Tom Bruni <http://www.onelesscar.org/TopLevelDi/TomBruni.php>

Directions:

Take I-695 to I-83 N exit 24 to Timonium/York PA - go 5.7 mi  
Take the Shawan Road exit 20A-B to Cockeysville - go 0.4 mi  
Bear right at Shawan Rd - go 0.8 mi  
Bear right at York Rd - go 0.3 mi  
Turn left at Ashland Rd which turns into Paper Mill Rd - go ~1 mi  
Parking lot is on left, just after the trail crosswalk.

Point of Contact: Barry Childress - [twowheelparkrider@yahoo.com](mailto:twowheelparkrider@yahoo.com) or [info@BaltimoreSpokes.org](mailto:info@BaltimoreSpokes.org) phone: 410-764-3225 (h) 410-209-0535 (c)

Please see <http://www.rideofsilence.org> for additional information.

# 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

# 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.

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.

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

*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

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**

## Advocacy report from One Less Car



# ONE LESS > CAR

Maryland General Assembly

By the time you receive this, the 2006 session of the General Assembly will be completed. As of this writing (ten days before the end of session), several bills to make cycling safer and more accessible in Maryland are still in play. We'll have a complete wrap-up in the next issue. The Baltimore Biking Club and its members have been an invaluable help this year in putting pressure on elected officials and government to make roadways safe and accessible for bicyclists and pedestrians. Thanks for your advocacy!

### **Bike to Work Day**

I hope that everyone is planning to participate in Bike to Work Day in the Baltimore region on Friday, May 19. Events will be held at Baltimore City Hall, Annapolis City Dock, Bel Air Government Center, and Courthouse Square in Towson. More information and registration is available at: <http://www.bike2workcentralmd.com/>

We have an exciting new element for Bike to Work Day this year. One Less Car has received funding from Bikes Belong and local funders for a pilot Alternative Rides and Routes to Work (ARROW) program, a workplace based ini-

tiative. We will be doing trainings at Johns Hopkins University, Homewood Campus, Aberdeen Proving Ground and with Baltimore City employees. Look for these new bike commuters at Bike to Work day!

### **BikeTown**

BikeTown is coming to Baltimore! A national program created by Bicycling magazine, BikeTown asks the question – if you gave someone a free bike, would it change their life? So far, BikeTown has given away more than 1,200 free bikes in more than 25 cities across the country and the answer is yes! 97% of participants report that BikeTown has had a helpful impact on their lives, including positive changes in their physical fitness, health and general happiness.

BikeTown will be in Baltimore on May 10 –11 to give away 50 bicycles and related equipment. To participate, entrants write a short essay detailing how a receiving a free bike will change their life. Winners will be announced at a public event in downtown Baltimore. For more information on BikeTown and an entry form to win a free bike, check out [\[town2006/home.html\]\(http://town2006/home.html\).](http://www.bicycling.com/bike-</a></p></div><div data-bbox=)

### **Cycle Across Maryland**

One Less Car is delighted to announce the 18th annual Cycle Across Maryland, to be held from July 13 – 16, 2006,

Come to the charming Eastern Shore of Maryland for three days of scenic bicycle tours, nature experiences, programs and fun! More information and registration is available at <http://www.onelesscar.org/CAM06/index.php>.

Volunteers are needed for registration, rest and water stops, ride leaders, SAG drivers, logistics, activities, and for other jobs. To volunteer and for more information, please contact Ruth and Lee Fleishman at [ruthlee@juno.com](mailto:ruthlee@juno.com) or call (410)329-3208.



## American Diabetes Association Tour De Cure

**Date: Sat, May 13th**

Location: Centennial Park in Columbia, Maryland

Ride Description: There is a ride for everyone from the beginner to the weekend warrior to the serious fitness rider. Our most challenging ride, a Metric Century (7:30 check-in), takes you through Howard County's beautiful farm country and forests. The next ride, the Half Metric Century (9:30 check-in), is moderately difficult and just as scenic as the full metric, just not as long. The last ride this year is the Family Fun Ride (11:00 check-in) - suitable for all ages. Bring everybody for this short ride in and around Centennial Park. There will be all kinds of fun surprises waiting for you along the route! (For information, call: 1-888-DIABETES)

## When was the last time a bike ride took you to a time and place that never existed? Post Apocalyptic America!

Only Grouseland Tours can give you the "Behind the scenes Tour."

*Bike into the light!*

Let Grouseland Tours take you on the only Super-Highway to Bike Trail. 8.5 miles with 2 abandoned tunnels. Only we can show you the upper works and areas not available to the public.

You can make a day of it with kayaking on a pristine mountain lake.

We can give you the most unique, exciting fun, and truly strange, biking experience you will ever have!



Make a day of it, or make it into a great weekend.

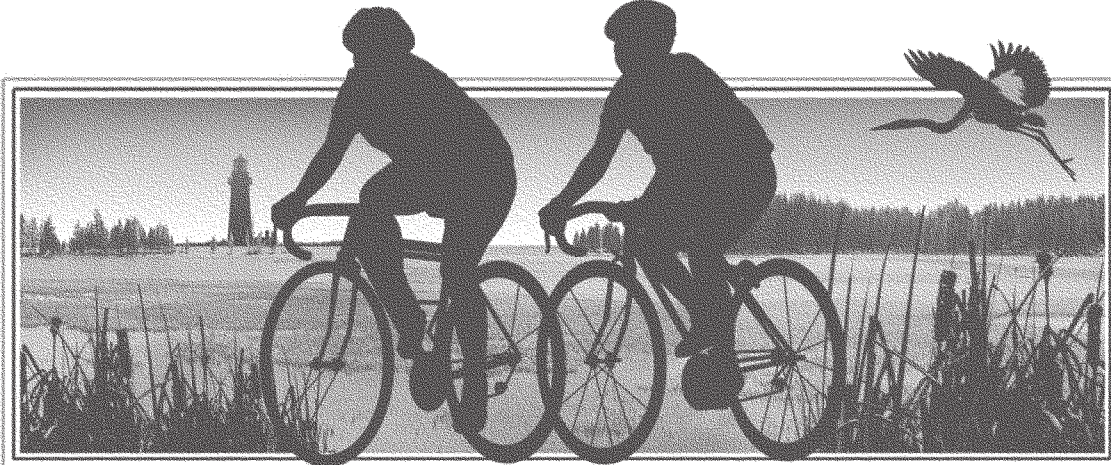
We have so much more to offer, road tours, mountain bike lessons and tours, and we always see to it that you have a great time!

Grouseland Tours  
[www.grouseland.com](http://www.grouseland.com)  
814 784 5000

Call us for a reservation!

One Less Car presents  
18<sup>th</sup> Annual Cycle Across Maryland  
July 13 - 16, 2006

University of Maryland Eastern Shore in Princess  
Anne



# CYCLE ACROSS MARYLAND

J U L Y 1 3 - 1 6 t h 2 0 0 6

15, 30, 60 & century rides to  
Crisfield, Smith Island, Snow  
Hill, Nassawango  
Furnace, Trappe Pond State  
Park and other scenic Eastern  
Shore locations



DELMARVA  
LOW  
IMPACT  
TOURISM  
EXPERIENCES

Official site of the League  
of American Bicyclists 2006  
National Rally

Nature tours by Delmarva Low  
Impact Tourism Experiences

Registration begins March 1,  
2006 [www.onelesscar.org](http://www.onelesscar.org)



More information  
(410) 235-3678  
[info@onelesscar.org](mailto:info@onelesscar.org)

# OUT OF BOUNDS

## May

**May 5-7, 2006.** Lewes Delaware Weekend : Potomac Pedalers Touring Club  
Linda Schwartz at 202-244-8681 or [adnilschwartz@aol.com](mailto:adnilschwartz@aol.com)

**Sun. May 7, 2006** Quad County Metric: Montgomery County, PA. Ride 10, 21, 31, 45, 53, 68, or 76 miles on low-traffic back roads  
Suburban Cyclists Unlimited, URL: <http://www.suburbancyclists.org/>  
P.O. Box 401, Horsham, PA 19044; phone 215-234-0170.

**Friday-Sunday May 19-21:** Tour de Chesapeake: Matthews, Virginia: 15, 18, 34, 48, 62: features strawberry shortcake: [www.bikechesapeake.org](http://www.bikechesapeake.org) or 757-229-0507

**Saturday, May 20, 2006.** Furnace Town Metric Century: 62 and 31 miles, Snow Hill, Maryland  
<http://www.extremedreamevents.com>

**Sat.-Sun., May 20-21, 2006:** Rehobeth Beach, Delaware to Baltimore City: 140 miles; benefit Moveable Feast; all costs covered by corporate sponsors; all funds raised by riders go to Moveable Feast: telephone: 410-327-3420, ext. 35

**Sunday, May 21, 2006** Hanover Horse Farm Tour 10, 25, 35, 50  
Ride through one of the most famous standard bred horse farms in the world. [www.hanovercyclers.org](http://www.hanovercyclers.org) Keith Krout 717-225-4194 or [kbkrout@msn.com](mailto:kbkrout@msn.com)

**Sunday, May 21, 2006:** Great Bike Ride, Oregon Ridge Park, Cockeysville, Maryland: 13, 25, 50 miles: to benefit the Women's Housing Coalition of Baltimore City: 3 rest stops, sag wagons, raffles, and enter-

tainment: [www.womenshousing.org](http://www.womenshousing.org) or 410-235-5782

**Saturday, May 27, 2006:** Bike Jam Baltimore, 2006 (8th annual): Patterson Park: road races, recreational rides, music, bike stunt show, and gear expo; The highlight of the day is the Kelly Cup Men's Pro Race featuring some of the world's best professional cyclists.  
[www.bikejam.org](http://www.bikejam.org) or call 410-659-6429

## June

**Friday, June 2-Sunday, June 4, 2006:** Salisbury, Maryland: Chesapeake Bay Asthma Ride (20th Annual): American Lung Association of Maryland  
[www.asthmaride.org](http://www.asthmaride.org) or 800-642-1184 (one day Saturday option available)

**Saturday June 3, 2006** Shepherdstown, West Virginia: Ride On For Children: 10, 25, 50, 100 miles. More information: Joan: [earthmothers@earthlink.net](mailto:earthmothers@earthlink.net) 304-876-2775 Registration: [www.casaride.com](http://www.casaride.com)

**Saturday, June 3, 2006.** Get Ready Metric, Pennsville, NJ. 32 or 64 miles. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ08362-2705; 609-848-6123. <http://www.sjwheelmen.org>

**Saturday, June 10, 2006.** The Rural Legacy. Merkle Wildlife Sanctuary in Croom, MD. 24,46 and 62 miles Oxon Hill Bicycle and Trail Club. POB 81, Oxon Hill, MD 20750 [www.ohbike.org](http://www.ohbike.org)

**Saturday, June 10, 2006,** Saturday. 3rd annual Tour de Solomons. 100K, 65K, and 17K Battle Creek Cypress Swamp Sanctuary & Nature Center. [dave@paxadventure.com](mailto:dave@paxadventure.com) 410-394-2770  
<http://www.sba.solomons.md.us/tour-de-solomons.html>

**Saturday, June 10 & Sunday, June 11, 2006:** MS 150 Bike Tour: Salisbury,

Maryland: Saturday: 30, 50, 75 or 100 miles & Sunday 30, 50, or 75 miles  
[www.ms150-md.org](http://www.ms150-md.org) or 443-641-1200

**Saturday, June 17, 2006** 4th Annual Viewtrail 44, 67,106 miles: Worcester County: Berlin, MD.  
[www.extremedreamevents.com](http://www.extremedreamevents.com):

**Saturday, June 17, 2006** 4th annual Double Creek Tour, Dover, PA 30 or 63 miles through York and Adams Counties  
[www.doublecreek.org](http://www.doublecreek.org) Greg Nauss 717-764-8015 [gregn@supplysourceinc.com](mailto:gregn@supplysourceinc.com)

**Sunday, June 18, 2006,** Bay to Bay Ride (27, 50, 78, 86 or 104 mile routes) Betterton Beach (near Chestertown, Maryland) Benefits Lions Club Leader Dog Program for the Blind.  
[http://active.com/event\\_detail.cfm?event\\_id=1119542](http://active.com/event_detail.cfm?event_id=1119542)

**Friday, June 23-Wednesday, June 28, 2006:** Bike Virginia: Tour de Love: South Side, Virginia; [www.bikevirginia.org](http://www.bikevirginia.org) or 757-229-0507

## July

**Sunday, July 2, 2006** DELAWARE DOUBLECROSS. Peter Jongebreur, 302-738-1299; [doublecross@whiteclaybicycleclub.org](mailto:doublecross@whiteclaybicycleclub.org)  
<http://whiteclaybicycleclub.org/Events-WCBC/doublecross.htm>

[**July 8-10, 2006.** Pennsylvania Bike Rally. Gettysburg. The Bicycle Access Council, [www.bicycleaccess-pa.org](http://www.bicycleaccess-pa.org) . 717-417-1299. [Info@bicycleaccess-Pa.org](mailto:Info@bicycleaccess-Pa.org) ] CHECK WEBSITE AGAIN

**July 9-16, 2006** Cycling the Erie Canal: Bike Ride Across New York: 400 miles from Buffalo to Albany  
[www.ptny.org/canaltour](http://www.ptny.org/canaltour) (2 weekend ride options available)

**July 13-16, 2006.** Cycle Across Maryland: One Less Car. 410-360-6755. <http://www.onelesscar.org>

**July 14-16, 2006.** Mt. Jackson Shenandoah Symphony. Potomac Pedalers [www.bikeppts.org](http://www.bikeppts.org) Darwin Roberts, 703/521-7277, email: [Darwin.Roberts@gsa.gov](mailto:Darwin.Roberts@gsa.gov)

**Saturday, July 15 & Sunday, July 16, 2006:** Catocin Challenge: fund racer for Habitat for Humanity: Frederick County, Maryland to South Mountain, Pennsylvania; 50, 65, 100 on Saturday; 28 or 50 on Sunday. Information: Phil Heffler 301-662-518 or [pheffler@aol.com](mailto:pheffler@aol.com)

## August

**August 11-13, 2006.** Allenberry Resort & Playhouse Bicycling Weekend in Boiling Springs, PA, Potomac Pedalers: Darwin Roberts, 703/521-7277, [Darwin.Roberts@gsa.gov](mailto:Darwin.Roberts@gsa.gov) or Cheryl Phipps, 703/922-4079, [Bikette53@aol.com](mailto:Bikette53@aol.com)

**Saturday, August 12, 2006:** Kent County, Maryland: "Ride to See" sponsored by Galena Lions Charities: 15, 30, 62, 100 miles: 4 rest stops; Special note: all blind riders may ride free. Register with [www.active.com](http://www.active.com) or 410-648-5131 or email [pon67der@yahoo.com](mailto:pon67der@yahoo.com)

**August 15-20, 2006:** Great Hudson Valley Pedal: 6-days, 200-miles from Albany, New York to New York City [www.ptny.org/hudsontour](http://www.ptny.org/hudsontour); 518-434-1583 [hudsontour@ptny.org](mailto:hudsontour@ptny.org)

**August 19, 2006,** Saturday. Cumberland Valley Cycling Club. Clear Spring Park, Clear Spring, Maryland. 26, 65 and 101 miles; [www.bikecvcc.com](http://www.bikecvcc.com)

**Sunday Aug 20, 2006.** Covered Bridge Metric Century 100, 50 and 25 Lancaster Bike Club;

**Saturday, August 26, 2006.** Shore Fire Century - 35, 65, and 100-mile rides. Middletown, Delaware; <http://www.whiteclaybicycleclub.org/shorefire.html> or send SASE to WCBC c/o Don Carbaugh, 49 Marsh Woods Lane, Wilmington, DE, 19810. E-mail [shorefire@whiteclaybicycleclub.org](mailto:shorefire@whiteclaybicycleclub.org) or call 302-731-1430.

**Sunday, August 27, 2006** Lake Nockamixon Century: Doylestown, Pennsylvania. Suburban Cyclists [www.surburbancyclists.org](http://www.surburbancyclists.org)

## September

**Friday, September 1-Sunday September 3, 2006** (Labor Day Weekend), Montgomery County, Pennsylvania: Family Cycling Tour: [www.jacolope.org](http://www.jacolope.org)

**Saturday, September 16, 2006:** Maryland Wine Festival Asthma Ride bike Tour, Westminster, Maryland [www.asthmaride.org](http://www.asthmaride.org)

**Sunday, September 24, 2006** Bike4BreastCancer 5th Annual Pink Ribbon Ride Havre de Grace, Md. 25, 50, 62 and 100 miles through Susquehanna State Park and Harford County as well as 2 short family rides of 4 and 8 miles in the city of Havre de Grace. \$25 pre-registration if postmarked by 9/11/2006 and \$30 after. [www.bike4breastcancer.org](http://www.bike4breastcancer.org) or contact [adele@bike4breastcancer.com](mailto:adele@bike4breastcancer.com). Registration also available at [www.active.com](http://www.active.com)

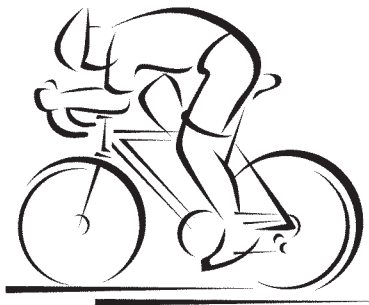
## October

**Saturday & Sunday, October 28-29, 2006:** Onancock, Virginia: Between the Waters Bike Ride: [www.cbcs.org/events](http://www.cbcs.org/events)

***NEW FOR 2006***

***SPRING CYCLING CLINIC***

***MAY 26 – 29, 2006***



An informal clinic for experienced cyclists who typically average 15-17 mph over moderately hilly terrain will be held at the Kent County Spring Fling (KCSF). The Clinic will consist of daily rides totaling 40 to 100 miles, made up of one or more rides each day; for a total of 280 to 300 miles for the four days. Expect to average 17-20 mph at KCSF. Participate in all of it or just part of it.

Practice drafting, single and double pace-lines, echelons. Work on techniques like spinning. Share cycling tips. Improve your overall bike handling skills. Have fun riding with compatible cyclists. Do all this on low traffic roads with excellent surfaces.

If you are interested, register to attend the Kent County Spring Fling. There is no additional cost for the Spring Cycling Clinic.

Then, contact Judy Broadwater at [jbroadwater@erols.com](mailto:jbroadwater@erols.com) and let her know you are interested. A “Meet and Greet” will be held on Friday, May 26th at the KCSF.

Baltimore Bicycling Club's 36th Annual  
**Delaware-Maryland Flatlands Tour**

Dedicated to the memory of Dave Coder (7/6/1955 - 2/14/2004)

**Saturday, June 17, 2006**

**Event Coordinator:** Ken Philhower (410-437-0309 or [bbcflatlands@cablespeed.com](mailto:bbcflatlands@cablespeed.com))

**Place:** Bohemia Manor High School, Rt. 213 at Basil Ave., Chesapeake City, MD

**Directions:** From Baltimore, take I-95 north to exit 109A (Rt. 279 south) and go 3 miles to Elkton. Turn left at Rt. 213 south. Cross Rt. 40 and continue 6 miles to Chesapeake City. Cross the C&D Canal Bridge and continue 1 mile. Turn right at Basil Ave. (across from Texaco station). Bohemia Manor High School is on the left. Please allow at least 1-1/2 hours to get there from Baltimore. (It's about 65 miles.)

From Annapolis, take US Route 50/301 east across the Bay Bridge and continue 10 miles. At the 50-301 split, continue straight on Rt. 301 north (toward Wilmington) for 32 miles. Turn left on Rt. 313 north and go 3 miles to Galena, then go straight at the traffic light onto Rt. 213 north. Continue on Rt. 213 north for 13 miles (about 2 miles past the light at Rt. 310), then turn left at the flashing yellow light into Bohemia Manor High School. Please allow at least 1 hour and 45 minutes to get there from Annapolis. (It's about 70 miles.)

**Time:** Registration begins at **7:00 a.m.** and ends promptly at **9:45 a.m.** so volunteers also can enjoy riding. Check-in and register at high school before the rides. No pre-registration.

**Group Start Times:**

7:30 a.m. -- Century (101 miles)  
8:00 a.m. -- 3/4 Century (77 miles)  
8:30 a.m. -- Metric Century (101 kilometers / 63 miles)  
9:00 a.m. -- Half Century (54 miles)  
9:30 a.m. -- 31-mile ride

**Fee:** BBC members \$5.00; non-members \$6.00. Includes cue sheet, map, snacks, and use of portable toilet.

**Important:** No sag service is provided, so riders must be prepared to handle any bicycle problems they encounter. Bring water (2 bottles recommended), spare tube/patch kit, sunscreen, and money for food and drinks. **ANSI-, Snell-, ASTM/SEA-, or CPSC-approved bicycle helmets are required.**

**RIDE DESCRIPTIONS:**

These rides are primarily on flat terrain. You will cycle on paved roads in rural Maryland and Delaware through farmland and thoroughbred horse farms, as well as a few residential areas and small towns. There are stores for food and water on each route.

**Century (101 miles):** Route heads south through Warwick and Sassafras to Millington before heading east into Delaware. After passing through Hartly, Kenton, and Cheswold to Leipsic, the route turns north along the Delaware River wetlands to Port Penn. The final leg returns west along the C&D Canal back to Chesapeake City. Lunch is available at several convenience stores near the midpoint of the route. Please note: After lunch there is a 36-mile section with no stores, so be sure to carry plenty of water.

**3/4 Century (77 miles):** Follows the century route south to Millington before turning northeast into Delaware. After passing through Blackbird State Forest, enjoy lunch in Townsend, DE, before re-joining the century route and continuing north along the Delaware River wetlands to Port Penn. The final leg returns west along the C&D Canal back to Chesapeake City.

**Metric Century (101 kilometers / 63 miles):** In 2003 this became the most popular of the five routes. After passing through Chesapeake City, this route heads east along the C&D Canal into Delaware, then turns south along the Delaware River wetlands to Port Penn. After the lunch stop in Townsend, DE, the route returns to Chesapeake City via Sassafras, MD and Warwick, MD. On this route you'll be riding in the opposite direction from the longer routes, so you'll pass some longer-distance riders heading the other way.

**Half Century (54 miles):** Follows the metric century route for the first 35 miles to the lunch stop in Townsend, DE. The route returns northwest through Middletown and back to Chesapeake City. If you can do 25 miles in hilly Baltimore County, you should be able to do this relatively flat 54-mile ride.

**31-mile Ride:** This route may be changed this year. Check <http://www.baltimorebicyclingclub.org> for updates.

**AFTER THE RIDE...**

Visit the Chesapeake & Delaware Canal Museum to learn about the canal's 200-year history. (Open 8:00 AM - 4:00 PM)  
Join us at Schaefer's Canal House to eat, drink, relax with live music, and watch ships pass through the canal.

# Ride Descriptions

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

## Casual

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

## 10-12 MPH

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

## 13-15 MPH

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

## 15-17 MPH

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

## 18 MPH

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

## Tandem

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

## 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\*

Time: 6:00 pm start every Wednesday In May and June.

For more info, email margaretcabrinity@gmail.com or call Margaret (443) 812-9655.

# 2006 Ride Coordinators

## Casual

Mitch Tobias . . . . .410-833-8137  
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

## CYCLING SENIORS:

The Baltimore County of Aging sponsors two bicycling groups for senior citizens. One is the Ateaze Senior Center in Dundalk, sponsoring the "Cycling Seniors of Baltimore County" with weekly rides on Fridays. To be put on the mailing list for the yearly schedule, please call the Ateaze Senior Center at 410-887-7356. The Ateaze schedule can also be found as a link on the BBC web page on the Ride Schedule page.

The second group is a Pikesville seniors group, the "Easy Riders," cycling on Mondays. To be put on the mailing list for the yearly schedule, please call the Pikesville Senior Center at 410-887-1245.

# MAY AND JUNE RIDE SCHEDULE

*Please note that the times specified for each ride are the ride start times. You should arrive at least 15 minutes prior to the ride start in order to sign in and prepare for the ride!*

## Tuesday - May 2

**15/17 MPH** - 10am - 34 mi - Katie Gore Traill  
(410) 262-2818; TGoremtb@comcast.net)

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

Welcome new ride leader Katie. Come out and ride this rolling to hilly ride. No rest stop on this ride.

## Wednesday - May 3

**15/17 MPH** - 10am - 34 mi - Steve Zeldin  
SZeldin@comcast.net)

**START:** ORR-Oregon Ridge Park

You never know which ride Steve will bring out. Come on out and give it a try!!! Note: Ride pace will be 17 MPH.

## Saturday - May 6

**CASUAL** - 9am - 17/20 mi - Mitch Tobias  
(410/833-8137, cyclenut2@verizon.net)

**START:** NCW NCRT - Whitehall

Ride the North Central Trail to New Freedom for Lunch in PA.

**10/12 MPH** - 10am - 30 mi - Bob Seay & Manny Steinberg (410/242-6929 & 410/655-8242)

**START:** SHS - Southern High School

Ride from Southern H.S. to Deale for lunch.

**10/12 MPH** - 9am - 33/45 mi - David Sandler  
(410/381-1056)

**START:** Park & Ride at Rt 26 (Liberty Rd) & Rt 97 in Carroll County

Enjoy beautiful Sams Creek Road and the Carroll County countryside as you cycle to New Windsor.

**13/15 MPH** - 9am - 49 mi. - Jim Gagne (410-343-2250, gagnejc412@yahoo.com)

**START:** Manchester Park & Ride (RT 27 & RT 30)

Lunch at Colonial Valley Restaurant.

**13/15 MPH** - 9am - 33/42 mi. - John Putman  
(443-939-2082, ubalum99@yahoo.com)

**START:** Southern High School

Lovely rolling (with a couple good hills) ride from Harwood to Happy Harbor. Who wouldn't want to go to their happy place? Two mileage options, leader will ride 42 mile option.

**15/17 MPH** - 9am - 69 mi - Janet Goldstein  
(410/366-1466, jgoldst@toad.net)

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

Winding the Fields from Winfield to Emmitsburg. Moderately hilly.

**18 MPH** - 9am - 70 miles - Frank Morgan (Fmorgn@aol.com, 410-472-4865)

**START:** TMP - Taneytown Memorial Park

The "Red Rum Ride" features a 20 mile gentle start, a nice long climb over South Mountain and other hills, and finishes with another gentle 20 miles.

## Sunday - May 7

**10/12 MPH** - 9am - 32/41 mi - Dick Voelkel  
(410/744-6941, voelkeldi@aol.com)

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

Pancakes are back at the new, New Windsor fire hall! Come out to join this old favorite and enjoy a great all-you-can-eat breakfast. A few hills to help work off any excess calories ingested at the VFD hall.

**10/12 MPH** - 8:30am - 29 mi - Bob Doyle  
(410/465-4883)

**START:** ARP - Alpha Ridge Park

Ride will be from ARP west to the Twin Arches (near Mount Airy) and back - 29 miles through rolling north-western Howard County farmland and open country. Those wanting a shorter ride can simply turn around at any point.

**10/12 MPH** - 8:30am - 35+/- mi - Paul Coleianne  
(410/779-3814 or 410/812-5273 (cell, morning of ride), pcoleianne@baltimoredevelopment.com)

**START:** MSM - Marley Station Mall

B & A trail from Marley Station Mall to the docks of Annapolis for snacks.

**13/15 MPH** - 9:30am - 34 mi - Rich Burns (410)

433-4162, mburns@prodigy.net)

**START:** FIF - Fifth District Elementary School

Nice, mod. hilly loop to Westminster on some seldom-biked roads with lunch/snack stop options.

**15/17 MPH** - 9:30am - 40/50ish mi - Mary Ruhl  
(410/715-1204, cell: 410-707-8679, maryruhl1@yahoo.com)

**START:** Mt. Airy E. S.

(Directions: Take 70 West to 27 North (exit 68, Mt. Airy). Follow 27 North (Ridge Rd) and turn left onto Watersville Rd. Turn left onto Main St and left into parking lot.) Join me for one of my favorite rides. Route is from Mt. Airy to Union Bridge and is rolling and scenic. I'll add an extra loop for those wanting more miles. Rest stop is in Union Bridge around mile 24. I'll do the 40-mile ride.

**TANDEM** - 9:30am - ~30 mi - John & Jane Cole  
(410/661-4427 or 410-812-4973, jjcole01@comcast.net)

**START:** HHE - Harford Hills ES

Tour du Tulips Directions: I-695 to Exit 30, Perring Parkway N. Turn right at first light - Joppa Road. Go 0.5 mile and turn left on Old Harford Road. Make immediate left into school parking lot. Join us on a new Tour du Tulips ride as we pedal through some of Baltimore's most scenic neighborhoods on our way to smell the tulips at Sherwood Gardens. Lunch after the ride.

## Tuesday - May 9

**15/17 MPH** - 9:30am - 38 miles - Phil Manger (410) 666-0585; PManger@comcast.net)

**START:** Dulaney Springs Park: Take I-695 to MD 146 (Dulaney Valley Rd) NORTH. Drive about 3.5 miles to LEFT on Old Bosley Rd. Park is 1.1 miles on Right on Old Bosley.

New ride start, new ride. Phil doesn't lie. This ride is very scenic, but also hilly, although it eases up some after the first seven miles. Ride traverses My Lady's Manor, Harford County horse country, Long Green Valley & Loch Raven Reservoir. When you finish, you'll feel like you've been on a longer ride. Lunch stop, if desired, at Palmisano's (or Sanders' Corner if you want to splurge).

**18 MPH** - 9am - 52 miles - Mike Harris  
mrmike21045@yahoo.com, 410-312-7884)

**START:** Dobbin Center Starbucks in Columbia, just

off of Rt. 175 and Dobbin road.

Fast with some short climbs. Should complement Saturday's long ride or in my case, hard road race.

### Wednesday - May 10

**15/17 mph** - 10am - 34 miles - Katie Gore Traill (410) 262-2818; KTGoremthb@comcast.net)

**START:** ORR-Oregon Ridge Park

Rolling to hilly ride. No rest stop on this ride.

### Saturday - May 13

**10/12 MPH** - 10am - 38 mi - Manny Steinberg & Bob Seay (410/655-8242 & 410/242-6929)

**START:** DVP – Davidsonville P&R.

From the Davidsonville Park and Ride to Lunch at West River Market or Pirates Cove in Galesville. The route direction will be reversed from the usual clockwise route. It is still downhill going and uphill coming back.

**10/12 MPH** - 9:30am - 25mi - David Forester (410/730-7074, deforester1@comcast.net)

**START:** Harpers Choice Village Center. I-695 west to I-70; then south on U.S.29; west three miles on Md.

Rt.108 towards Clarksville; left on Harpers Farm Road (at traffic signal) 1 mi to Village Center on left.

"Villages and Country" - Easy ride on mostly quiet roads (no paths) connecting four Columbia "Village Centers" to south-central Howard County; only 3 or 4 short climbs; opportunities for lunch at Hickory Ridge or Harpers Choice village centers.

**13/15 MPH** - 9am - 40 mi. - Dan Artley (410) 329-2235, dartley@co.ba.md.us)

**START:** MLP - Maryland Line Park & Ride

Gary Brandon's Pennsylvania Flatlands Tour. As Gary once said, the ride's title is an oxymoron, but this ride really is (pretty) flat (rolling) and surprisingly easy for York County. Snack Stop in Shrewsbury at Rutter's at mile 25. This is also a training ride for the MS150 in June. Please join us for the ride and consider joining the Baltimore Bicycle Club's MS150 Team for its two days of fun in June.

**13/15 MPH** - 9am - 36.7 mi. - John Putman (443) 939-2082, ubalum99@yahoo.com)

**START:** Davidsonville P&R

Classic rolling ride to Galesville.

**15/17 MPH** - 9:30am - 70.5mi - Bill Gary (410/366-0956)

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

The standard (expanded) mildly mountainous modification of Gary, Rick and Ron's ride; about 4300 ft. of climbing.

**18 MPH** – 9am - 75 miles - Will Hudson (willcycle1@comcast.net, 4103565752)

**START:** MLP

Ride to Rock State Park with lunch at Madonna House.

**TANDEM** - 9:30am - 46/55 mi - Mike & Evie Reinsel (410/377-6133, mreinsel@bcpl.net)

**START:** Runnymede ES (RUN)

Runnymede to Thurmont. Rolling ride to Thurmont for lunch. Directions: I-695 to Exit 19 I-795 North. Go 8.5 miles to Exit 9B RT 140 West. Go through

Westminster then right on Mayberry Rd. Right on Langdon Rd; then Right into school.

### Sunday - May 14

**CASUAL** - 1pm - 18 mi - Judy Getz (410/254-1306)

**START:** SPH Sparrows Point High School

Flat ride with views of the bay. Joyce Keating's great ride to Fort Howard.

**10/12 MPH** - 9am - 31/36/44miles - Jim White (717/682-4182, bikerdancerjim@comcast.net)

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

Social Mothers' Day ride thru Carroll & Frederick Counties. w/ 'all you can eat' pancake breakfast @Union Bridge VFD. Some great vistas. Bring Mom.

**10/12 MPH** - 9am - 35 mi - George Cordutsky (410/882-2788, gcordutsky@msn.com)

**START:** PRP - Providence Park & Ride.

Hilly ride with snack stop.

**13/15 MPH** - 9:30am - 38 mi. - Bob Morgan (410) 218-0709, bobaems@comcast.net)

**START:** NWT - New Town Village Center

Great spring starter up to Black Rock Road with lunch at The Butler Store.

**15/17 MPH** - 9am - 40 mi/62mi - Gene Young (410/828-1137)

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

Northern Baltimore County to Harford County Loop. Moderately hilly ride with rest stops in Hampstead and Madonna. Two ride lengths available; ride leader plans to lead shorter option.

**18 MPH** – 9am - 60 miles - Marc Wrona (410-252-

0823; loki215@comcast.net)

**START:** FIF 5th District Elementary School Seven Towns and Seven Valleys - A Club favorite. First 10 and last 15 miles hilly; the rest rolling.

### Tuesday - May 16

**15/17 MPH** – 10am - 34 miles - Katie Gore Traill (410) 262-2818; KTGoremthb@comcast.net)

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

Rolling to hilly ride. No rest stop on this ride.

### Wednesday - May 17

**15/17 MPH** – 10am - 34 miles - Steve Zeldin (410) 828-5553; SZEldin@comcast.net)

**START:** ORR-Oregon Ridge Park

Don't miss out. Come and ride with Steve on this hilly ride. No rest stop. The pace for this ride will be 17 MPH.

### Saturday - May 20

**10/12 MPH** - 10am - 43 mi - Chris Moriarity (301/270-3416 before 9pm)

**START:** APP - Allen Pond Park/Bowie Arena

Ride to Deale for lunch. Between Allen Pond Park and Deale, there are no stores, etc. enroute to stop for food/drink, so plan accordingly. Be sure to bring extra water if it's a warm day. No go if rain/wet roads; call ride leader between 7 AM and 7:30 AM on the morning of the ride if the weather is marginal. Joint ride with PPTC and OHBTC.

**13/15 MPH** - 9am - 34/40 mi - Dan Artley (410) 329-2235, dartley@co.ba.md.us)

**START:** NCR trail - PARKTON

THIS IS NOT A TRAIL RIDE! From the Baltimore Beltway, I-695, go north on the Harrisburg Expressway (I-83) to Middletown Road East, Exit 31. Right to Stop sign (York Road) Turn Left and follow to Frederick Road, Left onto Frederick Road - park where it dead-ends at the NCR trail. A hilly road ride with several large hills and beautiful scenery. It's also a training ride for anyone joining us for the MS-150 in June. There's still time to join the BBC MS-150 Team. Most of the climbing is before lunch with about 1600 feet of climbing at the 17-mile mark. I'll be riding the 40-mile version.

Lunch/Snack is in New Freedom at about mile 22 or 28. There are several places to get food as well as a bike shop in town.

**13/15 MPH** - 9am - 37.8 mi - John Putman ((443) 939-2082, ubalum99@yahoo.com)

**START:** Davidsonville P&R

Let's do last week's ride in reverse! Just as rolling, just as classic.

**15/17 MPH** - 9:30am - 60mi - Phil Manger (410/666-0585, pmanger@comcast.net)

**START:** FIF - 5th District E. S.

"Seven Towns and Seven Valleys." This ride's turning into an oldie, but it's still a goodie. Very scenic ride through small towns and valleys in northern Md. and southern Pa. Some hills the first 10 miles, many hills the last 15 miles. The rest is flat-to-rolling. Lunch at Mignano Bros. in Glen Rock or Rutter's in New Freedom.

**18 MPH** - 9:30am - 69 miles- Edward H. Cahill III M.D. (ehc3rd@comcast.net, 410-465-1492)

**START:** Mt Airy P&R

Ride deep into PPTC territory for lunch in Poolsville. Optional climb up Sugarloaf. The first and last thirds are somewhat hilly, and the middle is flat.

**TANDEM** - 9:30am - 46 mi - Carol & Walt Russell (410/665-0651, wrussell5@yahoo.com)

**START:** Perryville P&R (PVP)

Ride to Oxford - A rolling ride across beautiful Pa. countryside. Lunch at Peppercorns. Directions: I-95 to exit 93. Take a right turn on Route 222, then right into PVP.

## Sunday - May 21

**CASUAL** - 9:30am - 12/18 mi - Becky Smith & Mary Ryan (410/788-5369 or 410-828-1015, rasmith@prodigy.net meryan@comcast.net)

**START:** ELK - Old Elkridge MARC Train Lot

Flat to gently rolling ride thru Baltimore, Howard and AA counties. If you have never been to this ride start, call Becky for detailed directions.

**10/12 MPH** - 9am - 30 mi - David Forester (410/730-7074, deforester1@comcast.net)

**START:** GLN - Glenelg H.S.

"Capitol for a Day" a scenic ride, along quiet roads in Howard County to Brookville, Montgomery County. Several hills and long flat (more or less) stretches. Bring a snack; no convenience stores along the route. Brookville was U.S. Capitol for a day.

**10/12 MPH** - 9:30am - 33 mi - Ken Nierwinski & JoAnn Woodham (410/242-1195 & 410/288-4645)

**START:** PRP - Providence Road Park & Ride

The classic ride with food/rest stop at Palmisano's.

**13/15 MPH** - 9:30am - 56 mi. - Gary Gentry (410) 574-1643)

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

Lovely spring ride through rolling hills and green pastures.

**15/17 MPH** - 9am - 62mi - Jeb Brownstein (443/677-0447, jebbyB@comcast.net)

**START:** HVE - Hunt Valley II.

Bill Gary's "Heartache of Hamstead, with Goldstein modifications." Moderately hilly. Rest stops @ miles 20 & 35.

## Tuesday - May 23

**15/17 MPH** - 10am - 34 miles- Katie Gore Traill (410) 262-2818 KTGoremtb@comcast.net

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

Join Katie for a rolling ride. No rest stop.

**18 MPH** - 9am - 65 miles- Will Hudson ( willcy-cle1@comcast.net, 4103565752)

**START:** North Carroll HS in Hampstead

The Firecracker ride. Do a hilly ride to Taneytown and get homemade ice cream 5 miles from the end. You can't get a better incentive than that.

## Saturday - May 27

**10/12 MPH** - 9am - 25 mi - Dave Yonkoski (410/751-6476, dfyonko@netzero.com)

**START:** RUN - Runnymede Elementary School

Mayberry RFD Ride. A Northern Carroll County sampler ride, with rolling terrain, a few hills and minimal traffic. Please bring a snack for this ride.

**10/12 MPH** - 9:30am - 21/28 mi - Jane Penrod (410/377-0741)

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

Moderately hilly ride; rest stop at NCR ranger station or Twin Oaks store.

**13/15 MPH** - 9:30am - 34 mi. - Curt Phillips (410) 665-9749, cjphillips00@comcast.net)

**START:** LOC - Loch Raven High School

Join a new ride leader on an old favorite. This moderately hilly ride visits Gunpowder Falls State Park and passes through the Jericho Covered Bridge. Rest stop options at Palmisano's (11 mi.) and Maple

Hill Farm Market (30 mi.). Ride leader will sweep - no one gets left behind. You won't be sorry you joined us!

**15/17 MPH** - 9:15am - 63.3mi - Paul Martin (410/685-7585)

**START:** TES - Taneytown E.S.

Mountain View Metric. A scenic, mostly rolling ride with a climbing section. Lunch in Emmitsburg.

**18 MPH** - 8:30am - 101 miles - Gil Olvera (410-635-6692 gilolve@bellatlantic.net)

**START:** WES - Westminster Elementary School Blue Ridge Summit Century. The classic BBC ride and training for the Tour Du Montes.

## Sunday - May 28

**CASUAL** - 9:30am - 12/16 mi - Barb Park/Gloria Epstein (Barb 410-823-4293. Gloria 410-665-3012, Carglo@verizon.net/Barbpark@bcpl.net)

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

Jacksonville Bagel Shop. Short but beautiful ride over country roads. Gentle rolling roads. Gloria promises that you will be home in time for the holiday festivities.

**10/12 MPH** - 9:30am - 28 mi - Gene Marrow (301/854-2885)

**START:** Clarksville P&R. Take 695 to I-70W to Rt 29S to Rt 108 W toward Clarksville. Drive thru Clarksville; P&R is on left at Rt 108 & Signal Bell Lane just before Rt 32.

New Triadelphia Loop. A brand new route - hilly and scenic. No stores so bring snacks; however, Gene will provide porta-potties.

**10/12 MPH** - 11am - 32 mi - Scott Zelazny (410/525-2591, scott\_z@myrealbox.com)

**START:** Fells Point, Baltimore. Recommended parking locations are anywhere you would normally park to go to the Inner Harbor or the streets east of Fell's Point (S Broadway) and south of Eastern Ave. Just arrive early enough to bike to ride start from parking location if not parking in Fells Point itself. Meet at the bottom of S Broadway.

Scott's famous Baltimore Waterfront Ride to North Point State Park. Flat, partly rural ride through Fells Point, Canton, Dundalk, Edgemere, Millers Island and North Point State Park on the Chesapeake Bay. Food/rest stop enroute.

**13/15 MPH** - 10am - 36/47/57 mi - 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" with mileage options (the longest route goes around Sugarloaf Mt.); lunch in Point of Rocks. There is a pretty stop along the Potomac in Point of Rocks and another optional stop at Lilypons Water Gardens. This is a hilly but beautiful ride: well worth the extra drive to New Market for the start.

**15/17- 18 MPH** - 9:30am - 62mi. - Mark Tabb (410/274-8668, marktabb@yahoo.com)

**START:** PVP - Perryville Park & Ride.

Park & Ride - Rt 222 (Port Deposit Exit - Right after toll bridge on I-95 North - 45 minute ride from Baltimore). Strasburg Ride. Cue sheet says 1/3 hilly but it is very hilly (does have some easy sections). Very cool ride. Lots of variations & unbelievable views like a 10+ view of the Susquehanna River (coming from a side road & all of a sudden the view opens up - WOW). Traverses through the Susquehanook area 10 miles after lunch-very demanding-but neat! A GREAT RIDE-WORTH THE DRIVE!!!! REALLY!!! PS - Can visit the train museum if you have the desire/time/energy! Can also ride the train for 9 miles. No, it won't take you over the Susquehanook!

### Monday - May 29

**CASUAL** - 10am - 10 mi. - Mike Falatico (410/377-9140, MFalatico@Comcast.net)

**START:** CMP Carroll Manor Park

Short but challenging ride through thoroughbred horse farms. Food/Rest Stop at Palmisano's.

**10/12 MPH** - 9:30am - 26 mi - Gloria Epstein (410/665-3012, carglo@verizon.net)

**START:** SJE

St. John's Episcopal Church, Butler Rd. @ intersection of Piney Grove & Belmont Rds. Call ride leader if necessary for directions. Beautiful ride with some hills. Rest/food stop in Hampstead.

**13/15 MPH** - 10am - 57 mi - Barry & Mary Menne (410)-705-6571)

**START:** WES - Westminster Elementary School Ride to Thurmont with lunch at Kozy Korner.

### Tuesday - May 30

**15/17 mph** - 10am - 34 miles - Katie Gore Traill ((410) 262-2818; KTGoremtb@comcast.net)

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

Katie put together this wonderful ride through Baltimore County horse farms. No rest stop.

**18 MPH** -12:09am - 79 miles - Mark Tabb (marktabb@yahoo.com, (410) 274-8668)

**START:** Park & Ride-Rt 97 & 32-Outside Westminster. #795 to 140 West, South (left) on Rt 32-4(ish) miles to P&R on left at Rt 32

Gentle ride to recover from the weekend-A few hills the first 4 miles and hilly the last 3 miles-the middle 72 are very gentle! Stops at Gettysburg, Emmitsburg & Union Bridge. Good to get in some extra easy miles so we can deal with the killer summer rides!

### Wednesday - May 31

**15-17 MPH** - 10am - 34 miles - Steve Zeldin (410) 828-5553; SZEldin@comcast.net)

**Start:** ORR-Oregon Ridge Park

Ride with Steve!! No rest stop. Note: Ride pace for this ride is 17 MPH.

### Saturday - June 3

**CASUAL** - 9:30am - 18 mi - Mitch Tobias (410/833-8137, cyclenut2@verizon.net)

**START:** Sparrows Point H.S., 7101 North Point Road. I-695 to Exit 42, follow signs to Fort Howard. Right at North Point Road.

This is a flat ride with views of the Bay. We go to Fort Howard and North Point State Park.

**10/12 MPH** - 9am - 33 mi - Ed Vojik (410/296-5271, EVOjik@aol.com)

**START:** PRP - Providence Rd. P&R

'Green At The Gunpowder' Balto. Co. ride w/food stop @Palmisano's.

**10/12 MPH** - 10am - 32/42 mi - Manny Steinberg & Bob Seay (410/655-8242 & 410/242-6929)

**START:** DVES - Davidsonville E.S. I-695 to I-97 to MD 50 west, about 5 mi. to exit #16 Davidsonville Rd. (MD 424). Left @ MD 424 south. Go about 4.5 mi. to bear right just before traffic signal (Davidsonville Store @ corner) MD 214-no street sign-but this is Central Ave. Go 3/4 mi. to E.S. on right.

Davidsonville E.S. to Deale for lunch. No big hills.

**13/15 MPH** - 8:30am - 40 mi - Mark Miller (443) 846-2481, mbmiller@bcpl.net)

**START:** PRP - Providence Road Park & Ride Scenic ride winds through the Loch Raven watershed area, then swings west as far as Falls and Shawan Roads. Rest stop is at Falls and Shawan Rds, about the halfway point.

**15/17 MPH** - 8:30am - 100mi - Janet Goldstein (410/366-1466, jgoldst@toad.net)

**START:** TCP - Thurmont Community Park. Civil War Century. 3 rest stops; pizza lunch in Boonsboro at mile 43. Four major climbs, but last 30 mi. flat-to-rolling. Directions: 70W to 15N to Thurmont. Take the \*second\* exit for Rt. 806. Left at first light (Old Frederick Rd.); go 1/2 mile; park entrance is on left. Please use \*back\* parking lot.

**18 MPH** - 9:30am - 75 miles - Edward H. Cahill III M.D. (410-465-1492, ehc3rd@comcast.net)

**START:** Mt View MS

Ride to Damascus; Four county ride; lunch at J&P; first half hilly then rolling on return.

**TANDEM** - 9:30am - 52/62 mi - Carol & Walt Russell (410/665-0651, wrussell5@yahoo.com)

**START:** Runnymede ES (RUN)

Ride to New Oxford - first 11 miles rolling after that it's flat. Fun ride thru beautiful Pa countryside to New Oxford and many antique malls. Directions: I-695 to Exit 19 (I-795 North). Go 8.5 miles to Exit 9B RT 140 West. Go through Westminster then right on Mayberry Rd. Right on Langdon Rd; then Right into school.

### Sunday - June 4

**CASUAL** - 1pm - 18 mi - Judy Getz (410/254-1306)

**START:** SPH Sparrows Point High School Flat ride with views of the bay. Joyce Keating's great ride to Fort Howard.

**10/12 MPH** - 9am - 20/30 mi - Gene Marrow (301/854-2885)

**START:** Clarksville P&R. Take 695 to I-70W to Rt 29S to Rt 108 W toward Clarksville. Drive thru Clarksville; P&R is on left at Rt 108 & Signal Bell Lane just before Rt 32. Clarksville Classic 30mi or Comet 20mi - Rolling rides with rest stop at Highs.

**10/12 MPH** - 9:30am - 28+/- mi - Gloria Epstein

(410/665-3012, carglo@verizon.net)

START: SPK - Sparks E.S.

Moderately hilly ride. Bring snack in case rest stop Twin Oaks is closed.

**13/15 MPH** - 9am - 62.8 mi - Dan Artley (410) 329-2235, dartley@co.ba.md.us)

**START:** TMP Taneytown Memorial Park

The old Two Taverns Ride metric century. This is a fairly easy, tandem friendly metric without any nasty hills. Lunch is at 29.1 miles with a rest stop at 44.5 miles. This is a training ride for the MS-150 next weekend. All BBC MS-150 Team members and any MS-150 riders are welcome to join us.

**15/17 MPH** - 8:30am - 50mi - Gene Bayer (443/850-0671, GeneBikerDude@comcast.net)

**START:** ELK - Elkridge-MARC Train Parking Lot

Flat to rolling loop with some hills to Davidsonville. Convenience stores, etc. around 30 mile point. Ride leader will add an extra 20 miles into the hills of Ellicott City to the end of the ride if anyone is interested in joining him.

**18 MPH** - 9am - 72 miles - Mike Harris (410-312-7884, mrmike21045@yahoo.com)

**START:** Waverly ES. Frederick, MD Directions coming soon.

Terminator 2: Coxy Brown. Need I say more. Grannie gears, compact crank and a 27-tooth gear: whatever will keep you upright. Oh. Did I mention, "It's HARD".

**TANDEM** - 10:30am - 38/44 mi - Kim & Jim Pastorick (703/549-7133, cell 703-400-2917, jim@uxopro.com)

**START:** Leonardtown MS

Piney Point Pedal. Joint WABITS/CRABS ride. Ride through the rolling countryside of mid St. Mary's County including Piney Point and St. George Island. Brunch at Bear Creek on the Half Shell at the halfway point. Directions: Leonardtown MS is at intersection of Rts. 5 and 244 (Medley's Neck Rd.). From Baltimore, take 301 South to Rt. 5 (near Waldorf). Stay alert for signs to remain on Rt. 5, as there will be turns! Stay on Rt. 5 through Leonardtown to the Middle School on the right, opposite the Fairgrounds.

## Tuesday - June 6

**15/17 MPH** - 10am - 34 miles - Katie Gore Traill ((410) 262-2818; KTGoremtb@comcast.net)

**START:** ORR -Oregon Ridge Park

Lovely ride!! Don't miss out!! Rollers with climbs.

## Saturday - June 10

**10/12 MPH** - 9:30am - 30 mi - Don Riggs (410/461-6564, donriggs@juno.com)

**START:** GWM - Glenwood Middle School

Enjoy Triadelphia, Folly Quarter and other Howard County scenic roads and neighborhoods. Somewhat hilly, with two rest stops.

**10/12 MPH** - 10am - 30 mi - Bob Seay & Manny Steinberg (410/242-6929 & 410/655-8242)

**START:** SHS - Southern High School

Ride from Southern H.S. to Deale for lunch.

**13/15 MPH** - 9am - 50 mi. - Jim Gagne (410) 343-2250, gagnejc412@yahoo.com)

**START:** RUN - Runnymede Elementary School

Tour to Thurmont. Lunch at Pizza Hut or convenience store.

**15/17 MPH** - 9am - 69mi - Phil Manger (410/666-0585, pmanger@comcast.net)

**START:** CMP - Carroll Manor Park.

"Rocks, Slate and River." This is that new and scenic tour of Harford Co. that was such a big hit when it debuted last August. Goes through Rocks State Park, the historic Delta slate mines and Susquehanna State Park. Terrain is moderately hilly, with some great down hills. First store at 21 miles, next one around 50, so bring water.

**18 MPH** - 9:30am - 72 miles - Edward H. Cahill III M.D. (410-465-1492, ehc3rd@comcast.net)

**START:** New Town HS

New Town to Lisbon Center; lunch at Pizza Hut; rolling to hilly terrain.

**TANDEM** - 10am - 32 mi - Bill & Sally Ryder (410/730-5541 cell: 410-340-0205, onebyke2ryders@yahoo.com )

**START:** Atholton HS in Columbia, MD

Columbia to Savage Mill via Elkridge. Experience the hidden bike paths of Columbia, the historic areas of Elkridge and good food of Savage. Some hills, some quite rideable unpaved trails, and minimal traffic for a city. Directions: I-695 to I-70, then south on Rt 29. In Columbia, leave Rt 29 at Shaker

Drive Exit. Turn Right at end of ramp, then left at T, Martin Road. After 0.2 Mile turn right onto Freetown Road. School is in .1 mi on the left.

## Sunday - June 11

**CASUAL** - 9am - 12/16 mi - Barb Park/ Gloria Epstein (Barb 410-823-4293/Gloria 410-665-3012, Carglo@verizon.net/Barbpark@bcpl.net)

**START:** MSC Manor S. C., Jacksonville Jacksonville Bagel Shop. Short but beautiful ride over country roads. Gentle rolling roads.

**CASUAL** - 9:30am - 17/20 mi - Becky Smith & Mary Ryan (410/788-5369/410-828-1015, rasmith@prodigy.net meryan@comcast.net)

**START:** ELK Old Elkridge MARC Train Lot Flat to gently rolling ride thru Baltimore, Howard and AA counties. If you have never been to this ride start, call Becky for detailed directions.

**10/12 MPH** - 8:30am - 30+/- mi - Paul Coleianne (410/779-3814 or 410/812-5273 (cell, morning of ride), pcoleianne@baltimoredevelopment.com)

**START:** NCW - North Central Trail at Whitehall. I-695 to Exit 24, I-83 to Exit 27, Mt. Carmel Rd., R on Mt. Carmel to L on York Rd., then R on Wiseburg Rd. for 1.8 mi to P & R.

White Hall to Freeland for snacks. This is a trail ride.

**10/12 MPH** - 9am - 35 mi - George Cordutsky (410/882-2788, gcordutsky@msn.com)

**START:** PRP - Providence Park & Ride.

Hilly ride with snack stop.

**10/12 MPH** - 9:30am - 34 mi - Mike Gesuele (410/965-5379 work; 410-274-8253 cell , mike.gesuele@ssa.gov)

**START:** LPR - Lisbon/ Woodbine P&R

This is a somewhat hilly ride through Howard and Carroll counties. There will be some great down hills. Mike's disclaimer: "Sorry folks but all rides in Carroll County are some what hilly."

**13/15 MPH** - 9:30am - 42 mi - Rich Burns (410) 433-4162, rnburns@prodigy.net)

**START:** RVS - Riverside S. C.

I-695 to Exit 33, I-95N; then take Exit 80, turn right at end of ramp - 1/2 mi. to shopping ctr. on left; park out from super market. Nice ride to Havre de Grace & Susquehanna St. Park with lunch/snack stop options.

Horse Country ride, rolling with hills. No rest stop.

### Wednesday - June 14

**15/17 MPH** – 10am - 34 miles - Steve Zeldin (410) 828-5553, SZeldin@comcast.net)

**START:** ORR-Oregon Ridge Park  
Guaranteed fun or your money back! Ride with Steve. NOTE: The ride pace is 17 MPH.

### Saturday - June 17

COME JOIN YOUR FELLOW CLUB MEMBERS AT THE BBC FLATLANDS TOUR

**CASUAL** - 9:30am - 31 mi - Mitch Tobias (410/833-8137, cyclenut2@verizon.net)

**START:** BBC Flatlands Tour  
BBC Flatlands Tour

**18 MPH** – 8am - 100 miles – TBD (Check with Ride Coordinator for further information)

**START:** BBC Flatlands Tour  
BBC Flatlands Tour

### Sunday - June 18

**CASUAL** - 9am - 15-18 mi - Janine Flemming (410/644-6721, holistic-massage@comcast.net)

**START:** UMB University of Md, Balto. Cnty UMBC to Patapsco State Park and through the park. Directions: 695 to exit 12C, Wilkens Ave (Rt 372) West 0.8 mile to top of hill. Left at traffic circle onto Hiltop Road (second entrance to UMBC campus). Continue past the traffic light (Hilltop Circle), then immediately turn left onto Parking Lot B. For more information, call Janine at 410-644-6721.

**10/12MPH** - 9am - 25 mi - Gloria Epstein (410/665-3012, carglo@verizon.net)

**START:** MSC - Jacksonville Manor Shopping Center.  
Mod. hilly ride w/stop @ convenience store.

**13/15 MPH** - 8:30am - 53 + mi. - Bob Morgan (410) 792-8308, bobaems@comcast.net)

**START:** NWT - New Town Village Shopping Center

New Town to Snydersburg. A challenging contrast for yesterday's Flatlands Tour riders. This ride offers some hilly terrain with such climbs as Piney Grove Road and Sandymount Road. Lunch/rest stop at Simmons Homemade Ice Cream shop in Snydersburg.

**15/17 MPH** - 8:30am - 40/62 mi - Gene Young (410/828-1137)

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

Northern Baltimore County to Harford County Loop. Moderately hilly ride with rest stops in Hampstead and Madonna. Two ride lengths available; ride leader plans to lead longer option.

**18 MPH** - 8:30am - 107 miles - Phil Feldman (410-744-8874, pfeldman@comcast.net)

**START:** Take I-70 West to US 15 north. Drive about 15 miles on US 15 to MD 806/Thurmont Exit. Go Right at the end of ramp and Left at the traffic light. Park is a half mile on the left. Please park in the back Parking Lot.

Enough of the flatness! Phil Manger's century run backwards and extended to run through the Gettysburg and Antietam battlefields. Easy ride out to Gettysburg, then steep climbs and long, gentle descents. You can stop pedaling at mile 100 and coast the last 7 miles into Thurmont!

**TANDEM** - 10am - 30 mi - Tom & Peggy Dymond (410/272-9139, tedymond@comcast.net)

**START:** Aberdeen P&R

Eastern Harford Co. - Ride through eastern Harford County - some rolling, some flat. I-95 north to Exit 85 (MD-22). Aberdeen Park and Ride is a left (west) at the exit.

### Tuesday – June 20

**15/17 MPH** – 10am - 34 miles - Katie Gore Traill ((410) 262-2818, KTGoremtb@comcast.net)

**START:** ORR-Oregon Ridge Park  
Ride with Katie and gang. Rolling ride, some climbs, no rest stop on this ride.

### Saturday - June 24

**10/12 MPH** - 10am - 33/27 mi - Scott Zelazny (410/525-2591, scott\_z@myrealbox.com)

**START:** MSM - Marley Station Mall  
Ride to the Beach. Come bike along the B & A

**15/17- 18 MPH** - 9:30am - 84mi. - Mark Tabb (410/274-8668, marktabb@yahoo.com)

**START:** Rising Sun-Banquet Hall/Firehouse.  
(Rising Sun-Banquet Hall/Firehouse: 1 mile outside town - Rt on the Main street & go 1 mile on right). Break the same old, same old ride syndrome! George's annual \$10 dollar ride. He bought a book for \$10 of bike rides & the rides were only 20-30 miles each. He pieced 3 rides together. Ride is not too hilly but always seems to be demanding. Rides through the Heinz Estate - kinda neat! You can visit where George blew his tire & wheel apart when he put 180lbs in his tires (it was actually recommended on the tires). You can also visit the fountain/pond where Laura J. jumped off her bike in 100 degree weather & went swimming. Lunch is demanding - there is a restaurant & a few stores. Also, a few turns on the cue sheet are tricky. After a few years of screwups, I think we'll get it right this year???? I HOPE!!! Also, in the past, the ride has been at an easy-ish pace since it seems to be made for playing on our bikes (plus we always seem to get lost & everyone seems to regroup at various spots - very different type ride, fer sure!)

**TANDEM** - 9am - 42/33 mi - Frank & Kathy Anders (410/628-4018, velo2.anders@verizon.net)

**START:** Taneytown ES (TES)  
Taneytown to Woodsboro. Rolling ride to Woodsboro with lunch at Trout's restaurant. Please email or call before 7 AM if weather is iffy. Directions: I-695 to Exit 19 I-795 North to Exit 9B RT 140. Go 23 mi thru Westminster to traffic circle just before Taneytown. Then take Antrim Blvd; Right on Trevanion Rd. Right on Kings Rd then left to school.

### Tuesday - June 13

**15/17 MPH** - 10:00am - 34 miles - Katie Gore Traill (410) 262-2818, KTGoremtb@comcast.net)

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

Trail (and other roads), to a beach on the bay in Sandy Point State Park. Be prepared to go for a swim if the weather turns hot and you really want to cool off on the middle of the ride. See great views of the Bay Bridge. Easy for a 33 mile ride! Enough stops for drinks even if it is a really hot day. Anyone who wants to do the shorter 27 mile version of this ride should meet us at Earleigh Heights Ranger station (along the trail, not ride start EHP) about 20-45 minutes after the ride start.

**13/15 & 15/17 MPH** - 8:30am - 42/57 mi - Gary Brandon (717) 235-3893, gbrandon@marylandgeneral.org)

**START:** MLP - Maryland Line Park & Ride PA Puddle Jumper. Scenic hilly tour of Southern PA. 57 mile loop passes Lake Redman and Lake Williams. Lot's of streams, ponds, and if the timing is right, field lilies everywhere. Lunch stop at Ristorante Mignano in Glen Rock.

**18 MPH** – 9am - 77 miles - Paul Martin (410-685-7585, pemartin@mindspring.com)

**Start:** Monocacy Middle School, Frederick, MD.

Monumental Madness. The big kahuna. Reno Monument, Zittlestown, Gathland, Harp Hill and more! Final test for Tour de Montes riders.

## Sunday - June 25

**CASUAL** - 1pm - 18 mi - Judy Getz (410/254-1306)

**START:** SPH Sparrows Point High School Flat ride with views of the bay. Joyce Keating's great ride to Fort Howard.

**10/12 MPH** - 9am - 36.5 mi - Dave Yonkoski (410/751-6476, dfyonko@netze-ro.com)

**START:** RUN - Runnymede Elementary School Westminster to Gettysburg Express Ride. Ride from Westminster, MD to Gettysburg, PA with a route selected for minimal hills. Rest rooms available at the ride mid point and the ride leader will provide light snacks

at the Gettysburg National Battlefield Visitor Center at Mile 19.

**13/15 MPH** - 10am - 46/54/61 mi - Barry & Mary Menne (410) 795-6571)

**START:** MTV - Mount View Middle School Beautiful country ride through Carroll and Howard counties. Lunch stop in Lisbon. Mostly low traffic areas. Moderately hilly. 1 mile well-packed unpaved road with option to avoid it.

**15/17 MPH** - 9am - 60 mi - Judy Broadwater & Russ Loy (410/628-6297, jbbroadwater@erols.com)

**START:** HVE - Hunt Valley II. Hunt Valley, Mellow. Moderately hilly ride to Madonna and Hess. Lunch stop at mile 29.

**18 MPH** - 8:30am - 85 miles - Frank Morgan (410-472-4865, Fmorgn@aol.com)

**START:** JES - Jarrettsville E.S. Take Jarrettsville Pike north to RT 23. Right on RT 23. Drive 2 mi to school on your right. This ride is the revised Son of Hilldale Crunch; Crosses Susquehanna River, up to Columbia, PA and back. Great prep for Tour de Montes.

## Tuesday - June 27

**15/17 MPH** - 9:30am - 38 miles - Phil Manger (410) 666-0585, PManger@comcast.net)

**START:** Dulaney Springs Park: Take I-695 to MD 146 (Dulaney Valley Rd) NORTH. Drive about 3.5 miles to LEFT on Old Bosley Rd. Park is 1.1 miles on Right on Old Bosley.

New ride start, new ride. Phil doesn't lie. This ride is very scenic, but also hilly, although it eases up some after the first seven miles. Ride traverses My Lady's Manor, Harford County horse country, Long Green Valley & Loch Raven Reservoir. When you finish, you'll feel like you've been on a longer ride. Lunch stop, if desired, at Palmisano's (or Sanders' Corner if you want to splurge).

## Wednesday - June 28

**15/17 MPH** – 10am - 34 miles - Steve Zeldin (410) 828-5553, SZEldin@comcast.net)

**START:** ORR-Oregon Ridge Park

It's Steve's turn this week. Come out and ride!! Note: Ride pace is 17 MPH.



Real Boys Ride Bikes, Gipetto's Workshop, Rome  
(photo by Chris McL)



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