



# Baltimore Bicycling Club Newsletter

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May | June 2007



**Baltimore Bicycling Club, Inc.**

P.O. Box 5894

Baltimore, MD 21282-5894.

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

## **2007 Officers & Members-at-Large of the Board**

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

### **Officers**

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

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

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

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

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

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

John Cole  
410-661-4427  
membersatlarge@baltobikeclub.org

Mary Ryan  
410-828-1015  
membersatlarge@baltobikeclub.org

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

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

## 2007 Committees

Insurance .....	Howard Rosenbaum .....	410-653-2363
Government Relations .....	Bob Moore .....	410-435-6623
Instructional Programs .....	Howard Kaplon .....	410-484-6955
Club Items for Sales .....	Mitch Tobias .....	410-833-8137
Newsletter Editor .....	Maxine Mead .....	410-472-4924
1. Tandem Column .....	Peggy & Tom Dymond .....	410-272-9139
2. Team BBC Race Report ..	Scott Weiner .....	410-486-8921
Rides .....	Gene Bayer .....	443-850-0671
(see Rides section of newsletter for committee members)		
Cue Sheet Librarians .....	Gene Bayer .....	443-850-0671
.....	Larry Kenny .....	.....
Team BBC Representative ...	Paul Martin .....	410-685-7585
Safety Awareness Program ...	John Overstreet .....	.....
BBC Property .....	Frank Anders .....	410-628-4018
Web Site Webmasters .....	Janet Goldstein .....	410-366-1466
.....	Craig Martin .....	410-538-8791
Membership .....	Barb Park .....	410-823-4293
Giving .....	Russ Loy .....	410-628-6297
BBC Talk Administrator .....	Janet Goldstein .....	410-366-1466

### **League of American Bicyclists**

1612 K Street, NW, Suite 401

Washington, DC 20006

202-822-1333



## BBC SPECIAL EVENTS FOR 2007

Event information is subject to change. For current updates check the BBC website at [www.baltimorebicyclingclub.org](http://www.baltimorebicyclingclub.org) or call the event leader.

Jan 20, 2007	CRABS potluck	Peggy and Tom Dymond 410-272-9139
May 25 – 28, 2007	Kent County Spring Fling	Kathy and Frank Anders 410-628-4018
Jun 16, 2007	Flatlands Tour	Ken Philhower 410-437-0309
Jun 29 – Jul 21, 2007	Tour de Montes	Craig Martin 410-538-8791
Jul 8, 2007	BBC Picnic	Mary Ryan 410-828-1015
Aug 4, 2007	Corn Roast Rides	Gloria Epstein 410-665-3012
Sep 8, 2007	Civil War Century	Howard Rosenbaum 410-653-2363
Sep 28, 2007	Weekend in Lancaster	Carol and Walt Russell 410-665-0651 Jane and John Cole 410-661-4427

MORE EVENTS TO COME – CHECK FOLLOWING ISSUES

## Baltimore Bicycling Club's Website

Hopefully you have noticed over the last year the transition that BBC Web Site has gone through. We would like to thank all those that have offered their positive comments along the way. But, the job is far from done. There are still new ideas that can be incorporated and of course we have to maintain the progress that we have made. The truth is, the job of Webmaster has grown to the point that we can't keep up. So, we ask you to step forward and volunteer some of your time and help us out with just a piece of maintaining the web site. We are looking for several individuals. Some of the areas you can help with are: maintaining the Advocacy page, posting Race Reports, posting information to the Out of Bounds section, posting the Ride Schedule every other month, or working on one of the other ideas that there are. What you choose to work on should depend on what you are interested in. Keep in mind that this process will be involved and take time. If you are seriously interested in being part of the BBC Web Site Team contact me, Craig Martin, at [bbcweb1@comcast.net](mailto:bbcweb1@comcast.net) or call me at 410-538-8791.

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## Grouseland customers are just plain spoiled!

When people buy a bike at Grouseland they get:

1. Bike assembled and tested by an **expert**,
2. Spend an average of **3 hours** having the bike fitted perfectly, including stem swapping,
3. Go for a **ride** to make sure that bike and customer are comfortable together
4. **Free adjustments** for life,
5. **Women** treated like bikers.

**And they get a discount!**

If this doesn't sound familiar come find out what being really spoiled feels like. **We carry Cannondale, Burley, Haro**

### Discount Parts!

Cranks, shifters, handlebars, brakes, stems, seat post, forks, derailleurs, chains, wheels, and lots more, new and used at a serious discount! Call to find out what we can do for you!



*And of course we still offer our fabulous tours!*

*Day or weekend  
Road or Mt. bike  
Bike and Kayak  
Pike 2 Bike  
Group or individual*

*Call 814 784 5000  
[www.grouseland.com](http://www.grouseland.com)*



# **BBC ANNUAL PICNIC!**

## **SUNDAY JULY 8, 2007**

### **Piney Run Park**

**30 Martz Rd., Sykesville, MD**

**Rain or Shine**

- **Rides in the morning (check the ride schedule)**
- **Food served at 1:00 PM**
- **Relax and rent a canoe or paddleboat afterward!**

**New lower cost this year – only \$10 per adult!**

**But the cost of parking is NOT INCLUDED. Parking fee is \$6/car for Carroll County residents and \$8/car for all others.**

**Car pool and save money!**

*There are several schools where you can park for free and bike a few miles to the ride start. Check the web page for details.*

**For more information contact Mary Ryan,**

**410-828-1015, [picnic@baltobikeclub.org](mailto:picnic@baltobikeclub.org)**

#### **Directions to Piney Run Park:**

**From I-695 via Liberty Rd:** Take Exit 18 West, Route 26. Go 14 miles (past Rt 32) turn Left onto White Rock Road. Go 1.8 miles, turn Left onto Martz Road. Go 0.7 miles to park entrance.

**From I-70:** Take exit 76, Route 97 north towards Westminster. Go 4.3 miles, turn Right on Obrecht Rd. Go 0.8 miles, turn Left on White Rock Rd. Go 0.7 miles, turn Right on Martz Rd. Go 0.7 miles to park entrance.

Detach and mail with your check

**Registration Form: Register by July 3, 2007! - Make Checks payable to BBC**

Cost: Adults - \$10 Children under 12 - \$5

Mail this form and your check to: Mary Ryan, 128 Warwick Drive. Lutherville, MD 21093

Name(s): \_\_\_\_\_ Phone: \_\_\_\_\_

Children's names/ages: \_\_\_\_\_

Vegetarian-only meals (how many): \_\_\_\_\_

## OUT OF BOUNDS

Prepared by Judy A. Getz ([janneg@bcpl.net](mailto:janneg@bcpl.net))

**New editor needed: I have had fun editing this column for the Newsletter, and am ready to pass the opportunity on to another club member. Some computer skills are needed to send and receive emails and to search the Internet to verify dates and locations of some events. Most of the work can be done in 3 hours per issue. Please contact me if you are interested in getting involved in a “behind-the-scenes” task for your Baltimore Bicycling Club.**

The *Out of Bounds* column is in 2 sections. Local rides of interest will be listed first and separately to quickly give Club Riders information about fund raising rides and events that are in the immediate Baltimore Metropolitan Area.

Rides and events in other parts of Maryland and near-by states will be listed in the second section.

### Local rides of interest.

Saturday, May 5, 2007:

**Kinetic Sculpture Race**, hosted by the American Visionary Art Museum (on Key Highway). Totally human-powered works of art to travel the streets of Baltimore, then *into* the Harbor, then through a mud pit and a sand pit in Patterson Park and back to the Art Museum. An all day event. [www.kineticBaltimore.com](http://www.kineticBaltimore.com)

Saturday, May 12, 2007

**Tour de Cure (American Diabetes Association)** Centennial Park in Columbia, Maryland. 2 routes (31, 62) plus a Family Fun Ride. Registration \$15-\$25 (+ fund raising minimum) [tour.diabetes.org](http://tour.diabetes.org) (and choose the State of Maryland)

Sunday, May 20, 2007

**Great Bike Ride** to raise funds for The Women’s Housing Coalition of Baltimore City. Start: Oregon Ridge Park. [www.womenshousing.org](http://www.womenshousing.org)

Sunday, June 10, 2007

**Tour dem Parks, Hon!** (5<sup>th</sup> annual) raises money for organizations involved with Baltimore City Park system. 3 ride choices: Family (all off-road), 20 or 35 miles; [www.tourdemparks.org](http://www.tourdemparks.org) or call 410-396-4369 or 410-396-8360

Saturday, August 11, 2007

**Eat a Peach.** To raise funds for the Brain Injury Association. Start: Carroll County Agricultural Center [www.biamd.org](http://www.biamd.org). 410-448-2924

September 2007

**Bike4Breast Cancer: Harford County Ribbon Ride** (Havre de Grace)

Saturday, September 15, 2007

**Maryland Wine Festival Asthma Ride** (Westminster) [www.marylandlung.org](http://www.marylandlung.org)

Sunday, October 21, 2007

**Tour du Port** Baltimore's biggest bike event tours through the city's historic waterfront neighborhoods. [www.onelesscar.org](http://www.onelesscar.org) or 410-235-3678

### **Other rides of interest (Maryland and surrounding states)**

#### **May**

Sunday, May 6, 2007. Free for All Membership Picnic Ride. Potomac Pedalers Touring Club, Nokesville, VA. Rides: 10-51 miles; more information: [www.bikepptic.org/node/497](http://www.bikepptic.org/node/497)

Saturday, May 12, 2007. Suburban Cyclists Unlimited (SCU) Quad County Metric. Green Lane, PA 6 route choices: 21, 31, 45, 53, 68, 76; (also available a 10 mile unpaved Perkiomen trail. Varied terrain, including and "8-mile intensive climbing unit" on some routes. Register before April 20 for free long-sleeve T-shirt. [www.suburbancyclists.org](http://www.suburbancyclists.org)

Saturday and Sunday, May 19 and 20, 2007. Ride for the Feast (5<sup>th</sup> Annual) Rehoboth, Delaware to Baltimore, Maryland. [www.mfeast.org](http://www.mfeast.org) or [www.rideforthe Feast.org](http://www.rideforthe Feast.org)

Sunday, May 20, 2007. Hanover Cyclers 33<sup>rd</sup> Annual Horse Farm Tour McSherrystown, PA. 4 routes (10, 25, 30, 35) which can be combined to make longer routes. \$13 Ride through one of the most famous standardbred horse farms in the world. You can stop and tour the stallion barns. [www.hanovercyclers.org](http://www.hanovercyclers.org)

#### **June**

Friday, June 1, 2007-Sunday, June 1-3, 2007. Chesapeake Bay Asthma Ride. Salisbury University, Salisbury MD [www.maryland.lung.org](http://www.maryland.lung.org) 410-560-2120 x221

Saturday, June 9, 2007. Ride for Autism. Lincroft, NJ (exit 109 on the Garden State Parkway) 7 routes ranging from 7 to 100 miles. Flat fee of \$40. [www.ride4autism.org](http://www.ride4autism.org)

Friday, June 22, 2007-Wednesday, June 27. Bike Virginia : Captain John Smith Adventure [www.bikevirginia.org](http://www.bikevirginia.org). 757-229-0507

## July

Sunday, July 1, 2007. Delaware Double-Cross & Metric Century (23<sup>rd</sup> Annual) White Clay Bike Club 31 or 61 miles [www.whiteclaybicycleclub.org](http://www.whiteclaybicycleclub.org) or Ed McNulty 302-834-7429 or [doublecross@whiteclaybicycleclub.org](mailto:doublecross@whiteclaybicycleclub.org)

Thursday, July 12, 2007-Sunday, July 15, 2007. Cycle Across Maryland. 3 days of cycling on Maryland's scenic Eastern Shore. [www.onelesscar.org/410-235-3678](http://www.onelesscar.org/410-235-3678)

Friday, July 13, 2007-Sunday, July 15, 2007. Great Green America Fest, Lancaster and Lebanon Counties, PA [www.greatgreenamericafest.com](http://www.greatgreenamericafest.com)

Saturday, July 23-Saturday, July 30, 2007. Pennsylvania Greenway Sojourn [www.railstotrails.org/wherework/northeast/index.html](http://www.railstotrails.org/wherework/northeast/index.html) 717-238-1717

## August

Saturday, August 25, 2007. White Clay Bicycle Club Shore Fire Century. Middletown, DE. 3 routes: 35, 65, 100 miles [www.whiteclaybicycleclub.org/shorefire.html](http://www.whiteclaybicycleclub.org/shorefire.html) or SASE to WCBC c/o Mary Matsumoto, 205 LaSalle Way, Newark, DE, 19711 or call 302-731-1430. Email: [shorefire@whiteclaybicycleclub.org](mailto:shorefire@whiteclaybicycleclub.org)

Sunday, August 26, 2007 Blue Ridge Extreme (Challenge Century) Afton, VA "breathtaking views and demanding terrain" [www.blueridgeextreme.com](http://www.blueridgeextreme.com)

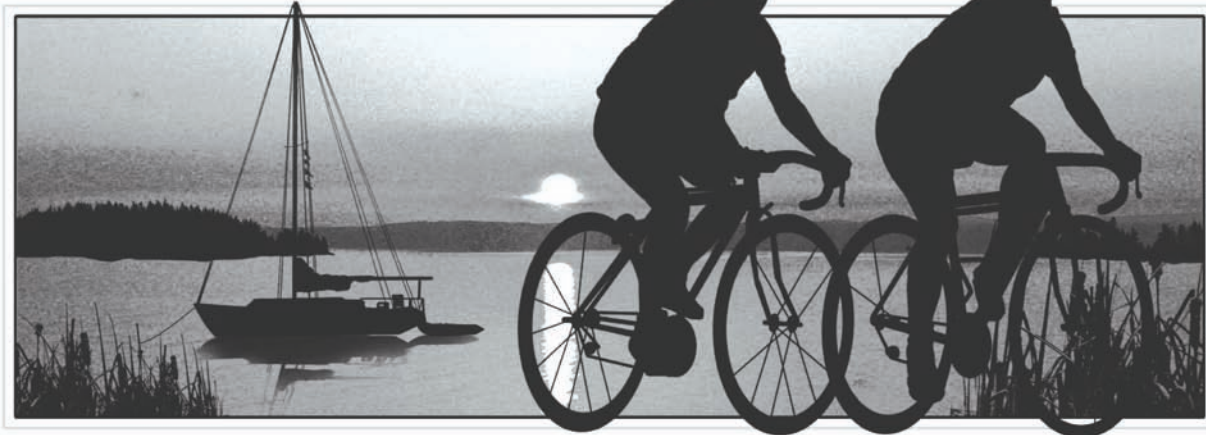
## September

September, 2007 Cycling trip to Croatia. Harford Ski Club [www.harfordskiclub.org](http://www.harfordskiclub.org) [rswinder@comcast.net](mailto:rswinder@comcast.net)

Monday, September 3, 2007. Hanover Cyclers 29<sup>th</sup> Annual Labor Day century. 4 routes: 25, 50, 65, 100 miles [www.hanovercyclers.org](http://www.hanovercyclers.org)

Saturday, September 8, 2007. Wicomico County Heritage Ride (13<sup>th</sup> Annual) \$35/40 [www.pembertonpark.org](http://www.pembertonpark.org)

Sunday, September 16, 2007. Historic Back Roads Century, Berryville, Virginia. Gently rolling in the scenic Shenandoah Valley of Virginia and West Virginia, the PPTC Historic Back Roads Century starts and ends at Clarke County High School in Berryville, Virginia. Famous for our well marked route, tomato sandwiches and historic rest stops including the Burwell-Morgan Mill, you can be sure to enjoy the day. [http://bikepptc.org/PPTC\\_Century](http://bikepptc.org/PPTC_Century)



# CYCLE ACROSS MARYLAND

J U L Y 1 2 - 1 5 t h 2 0 0 7

## Maryland's Best Bicycle Tour

19<sup>th</sup> Annual Cycle Across Maryland

July 12 –15, 2007

University of Maryland Eastern Shore in Princess Anne

15-, 30-, 60-mile & century rides to Crisfield, Snow Hill, Nassawango Furnace, Trappe Pond State park and other scenic Eastern Shore locations

Nature tours by Delmarva Low Impact Tourism Experiences

Register at [www.onelesscar.org](http://www.onelesscar.org) or call for a paper registration

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

Cycle Across Maryland partners:



Baltimore Bicycling Club's 37th Annual  
**Delaware-Maryland Flatlands Tour**

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

**Saturday, June 16, 2007**

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

**Place:** Bohemia Manor High School, 2755 Augustine Herman Highway (Rt. 213), 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 traffic light (may be flashing yellow on weekends) into Bohemia Manor High School. 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 traffic light (may be flashing yellow on weekends) 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. -- 35-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.

**35-mile Ride:** Ride to historic Odessa, DE. Route updated to avoid Middletown. Appropriate for experienced Casual & 10mph riders.

**AFTER THE RIDE...**

Join us on the outdoor deck at the Chesapeake Inn to eat, drink, relax with live music, and watch ships pass through the canal. For more info, visit <http://www.chesapeakeinn.com>. (Note: Schaefer's Canal House has gone out of business.)

# BICYCLE HELMETS MUST BE WORN AT ALL BBC RIDES & EVENTS

## BALTIMORE BICYCLING CLUB, INC. ("BBC")

### RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

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

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

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

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

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

Name Of Activity: \_\_\_\_\_

_____ Participant's Signature (only if age 18 or over)	_____ Participant's Printed Name	_____ Date		
_____ Street Address	_____ City	_____ State	_____ Zip	_____ Phone

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

_____ Parent/Guardian Signature (if participant under age 18)	_____ Parent/Guardian Printed Name	_____ Date		
_____ Street Address	_____ City	_____ State	_____ Zip	_____ Phone

## Tandemonium

Here are the 2007 Tandem rallies we've heard about so far:

1) Mid Atlantic Tandem (MATES) Rally

June 15, 2007 - June 17, 2007

Henderson, NC

Contact / More Information:

**<http://www.easterntandemrally.org>**

Team Vilardo

2) Eastern Tandem Rally (ETR) 2007

August 10 - 12, 2007

Atwood Lake Resort and Conference Center

Dellroy, OH

Contact / More Information:

**<http://www.easterntandemrally.org/>**

Lee and Alan Dolan [leealandolan@yahoo.com](mailto:leealandolan@yahoo.com)

(330) 832-2491

3) MTR (Midwest Tandem Rally) 2007

August 31, 2007 - September 3, 2007

Appleton, WI

Host hotel is Radisson Paper Valley Hotel

Contact / More Information:

Mike & Dianne Meuret [mjm\\_3@charter.net](mailto:mjm_3@charter.net)

For further information about tandem riding, check out the following on-line information:

CRABS area of BBC Online: **[www.baltobikeclubonline.org](http://www.baltobikeclubonline.org)**

**Washington Area Bicyclists in Tandem Society (WABITS):** [www.dctandems.org](http://www.dctandems.org)

**Tandem Club of America (TCA):** [www.tandemclub.org](http://www.tandemclub.org)

**CRABS list-serve:** [bbccrabs@yahoogroups.com](mailto:bbccrabs@yahoogroups.com)

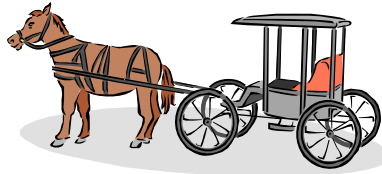
The CRABS list-serve is used for posting impromptu rides, for sale / trade notices, for talking about tandem riding and tandem bikes, for last minute updates to scheduled rides.

**To subscribe: send a BLANK email to:** [bbccrabs-subscribe@yahoogroups.com](mailto:bbccrabs-subscribe@yahoogroups.com)

**To unsubscribe: send a BLANK email to:** [bbccrabs-unsubscribe@yahoogroups.com](mailto:bbccrabs-unsubscribe@yahoogroups.com)

# Weekend in Lancaster

September 28<sup>th</sup>, 29<sup>th</sup> & 30<sup>th</sup>, 2007



Join us for a fun fall weekend in Pennsylvania Dutch country. All cyclists are welcome.  
Last year, we had singles, tandems - and one triple!

Here's what is included:

Three days of cycling the scenic, rolling roads of the Amish heartland, with rides ranging from 16 to 61 miles.

Lodging on Friday and Saturday nights at the Mill Stream Country Inn. All rooms have two queen beds and cable TV. An indoor storage room for bikes is provided.

Wine, cheese and dessert parties in the Mill Stream's hospitality room on Friday and Saturday evenings.

Deluxe continental breakfast on Saturday and Sunday at the Mill Stream Country Inn.  
Buffet dinner on Saturday at the Bird-in-Hand Restaurant. (Friday dinner is on your own.)

Complimentary rooms for showering on Sunday

**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 - \$185.00 (Double Occupancy)

BBC member p.p. for complete weekend - \$295.00 (Single Occupancy)

Non-member p.p. for complete weekend - \$205.00 (Double Occupancy)

Non-member p.p. for complete weekend - \$315.00 (Single Occupancy)

\$ \_\_\_\_\_

Please Make check payable to BBC.

**APPLICATION DEADLINE IS SEPTEMBER 1, 2007**

(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



**Sunday, June 10, 2007**

**Tour dem Parks is a major fundraising event focused on supporting groups and organizations dedicated to improving Baltimore's Park system. The event provides friends and families with an opportunity to ride together and discover little-known treasures in the city.**

**This year, we are featuring three routes, all beginning and ending in Carroll Park...**

- 12 mile tour goes along the newly completed Gwynns Fall Trail in the Gwynns Falls Valley.
- 20 mile tour goes through many of the City's parks and waterfront areas.
- 30-plus mile tour goes through all of the City's major parks, as well as many waterfront areas and historic neighborhoods

**Following the ride will be a Festival and Celebration in Carroll Park with a Barbecue and Live Music.**

7:30 am Registration starts  
8:00 am First riders can leave the park  
11 am BBQ and music start  
Noon all riders please try to be off the streets

**The first 300 participants (and possibly more) get a free tee shirt and water bottle.**

**For more details, go to [www.tourdemparks.org](http://www.tourdemparks.org)**

# MOONLIGHT MADNESS ! 6/30/07

Take a night-time bike tour of Baltimore City on a safe, well-lit, mostly flat route of about 20 miles.

Get an intimate view of the beauty of the city after dark. Skyline, neighborhoods, waterfront, you'll see it all.

See the sights ranging from illuminated classical buildings and monuments to the neon of "The Block", from churches, museums, and City Hall to the enormous "Wizard of Boh".

Support the recently REOPENED Baltimore Hostel.

What: a guided or self-guided +/-20 mile night ride in Baltimore.

When: Saturday, June 30, 2007, 9 PM

Where: ride starts and ends at the Baltimore Hostel  
17 W. Mulberry Street, downtown  
(opposite the Basilica)

Bring: a helmet, lights (front and rear), and bright and/or reflective clothing

**THIS IS A FREE RIDE !!!**

How does a free ride benefit the Hostel?

1. Donations gladly accepted.
2. Events such as this ride gain financial support from the national organization.

Light refreshments at the Hostel after the ride.

For more info contact Bob Moore, (410)435-6623

## CASUAL RIDES

Some suggestions if you do not care for the listed ride on a particular day:

Check the "Out of Bounds" column. Many of these rides are for charitable causes and provide entry level routes and lots of support and perks as a part of the experience.

If you would like to have some fellow BBCers for companions on the ride, consider posting a notice on BBCTalk.

Speaking of events, put this date on your calendar: Saturday, September 8 -- and come out for the BBC's 7<sup>th</sup> *Annual Civil War Century*.

- The Civil War Century has become one of the area's most popular events. Many casual cyclists are not aware of the fact that most century rides also offer routes shorter than 100 miles for cyclists who are not interested in doing the full challenge. The Civil War Century features routes of 105, 77, 62, 50, and 25 miles. The lower-mileage routes are also less hilly.
- Cyclists can also get involved as volunteers for the many tasks that need to be done on ride day. The bonuses for the volunteer participants include getting to know other Club members, making a contribution to the success of the event, and feeling the pride of meeting your own cycling goal of completing the 25-mile ride.
- The beautiful 25-mile ride includes 2 covered bridges and only a few hills. Start your training now and I guarantee that you will be able to do this ride!
- Free registration and T-shirt are given to for volunteers who help with this event.
- Seeing so many cyclists on the road at one time (last year's attendance was over 1600 riders) is inspiring and guaranteed to make you smile for the rest of the weekend!

Contact Howard Rosenbaum [herosenbaum@comcast.net](mailto:herosenbaum@comcast.net) and join in the fun this year!

# BBC May-June Ride Schedule

## BBC Scheduled Rides for May-June 2007

### 114 planned rides

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#### **Tuesday - May 1**

**15/17 MPH** - 9:30 am - 45-50 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

**START:** ORR - Oregon Ridge Park

MAY DAY ride so come join the fun! Rolling ride with hills and a snack stop.

#### **Thursday - May 3**

**15/17 MPH** - 10:30 am - 40-50 miles - Lukasz Szyrner ((443) 226-0304, szyrner@comcast.net)

**START:** DSP - Dulaney Spring Park

COME OUT AND SUPPORT A NEW RIDE LEADER!!! AND A NEW RIDE.

#### **Saturday - May 5**

**CASUAL** - 9am - 17 miles - Judy Getz (410/254-1306)

**START:** Anneslie Shopping Center on York Rd.

A revival of an old Club favorite developed by Virginia Phelan: The Spring Garden tour. We will visit Cylburn Park, the Conservatory at Druid Hill Park, and Sherwood Gardens tulips. Some hills to climb. We will regroup several times. Directions from I-695, go south on York Rd. approximately 4 miles to Anneslie Shopping Center on the Left. Park in the adjacent Drumcastle Center lot. Bring a snack. Optional lunch afterwards at Paneras.

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

**START:** Fells Point,<sup>1</sup> 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.

**10/12MPH** - 10 am - 36 mi. - Bob Seay & Manny Steinberg (410/242-6929 & 410/655-8242)

**START:** Western MD Rail Trail, Big Pool - West on I-70 to Exit 12. Take MD 56 South toward C & O Canal, Ft. Frederick and Big Pool. Go half mile to parking lot on right Western Maryland Rail Trail. Travel time from Baltimore is about 2 hours.

Western Maryland Rail Trail. Start at Big Pool and ride to Hancock for lunch at Weavers; then back to start.

**13/15 MPH** - 9 a.m. - 56 mi. - Jim Gagne ((410) 357-0104, gagnejc412@yahoo.com)

**START:** RUN - Runnymede Elementary School

Carol and Walt's ride to Thurmont.

**15/17 MPH** - 9 am - 63 mi - Gene Young (410/828-1137)

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

Gene's classic Sparks to Hampstead to Madonna Ride. Rest stops in Hampstead at 20 mi. and at

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<sup>1</sup> Near to but not exactly the same as the start location listed as FPB Fells Point – South Broadway.

## BBC May-June Ride Schedule

Cucina's at 40 mi. approx. Will provide maps and bailout options.

**18 MPH** - 10am - 64 mi - Will Hudson (4103565752, willcycle1@comcast.net,)

**START:** NOC - North Carroll H.S.

Firecracker ride up to Taneytown for lunch

### Sunday - May 6

**CASUAL** - 10am - 25 miles - Bud Lippert (410/686-5793, essexknight@aim.com)

**START:** Carroll Island Shopping Center

Tour de Chesapeake: Relatively flat ride through the scenic Bowley's Quarters and Carroll Island sections of Baltimore County. Directions from I695: go East on the Beltway to Exit #36 SR 702 (from the Left Lane). Left turn on Eastern Blvd. at Traffic Light. Go 4 miles to right turn on Carroll Island Rd., then Right turn into Shopping Center.

**10/12 MPH** - 10 am - 28+/- mi - Gloria Epstein (410/665-3012, carglo@verizon.net)

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

Scenic, moderately hilly, low traffic roads w/ stop @ Mia Cucina (formerly Twin Oaks)

**13/15 & 15/17 MPH** - 9 a.m. - 46/54/61 mi - Mary and Barry Menne ((410) 795-6571)

**START:** MTV Mountain View Middle School

John Picket Ride - Beautiful country ride through Carroll and Howard counties. Snack or Lunch stop in Lisbon with opportunity for an additional stop late in the ride. Mostly low traffic areas. Hilly to moderately hilly. The ride includes 1 mile on a well-packed unpaved road but the cue sheet includes an option to avoid it. This is a combined 13/15 and 15/17 ride.

**15/17 AND 18 MPH** - 09:30 am - 63 mi - Paul Martin (410/685-7585, pemartin@mindspring.com)

**START:** HHS - Hereford Middle School

New Freedom Metric

**TANDEM** - 10 am - 37/45 miles - Carol & Walt Russell ((410)665-0651 , wrussell5@yahoo.com)

**START:** TMP - Taneytown Memorial Park

Ride to Gettysburg; come join us for a pleasant ride on scenic country roads with a tour of the Battlefield in its spring glory. Lunch / rest stop in Gettysburg; easy to rolling terrain. Directions: I-695 to Exit 19 North to Exit 9B. Follow Rt. 140 thru Westminster. Continue on Rt. 140 thru traffic circle and Taneytown. Cross Rt. 194 at traffic light. Go 0.4 miles then Left to Park.

### Tuesday - May 8

**15/17 MPH** - 10 am - 30-ish miles - Katie Gore-Traill ((410) 262-2818, KTGoremtb@comcast.net)

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

Rolling with some hills. Join Katie and gang!!

### Thursday - May 10

**15/17 MPH** - 10:30 am - 40-50 miles - Lukasz Szyrner ((443) 226-0304, szyrner@comcast.net)

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

New ride. If you enjoyed last week's ride, just wait for today's ride. Take off from work, come out and ride!!

### Saturday - May 12

**CASUAL** - 10 a.m. - 12/18 mi - Mary Ryan and Joan Gridell (Mary: 443/676-0891,

## BBC May-June Ride Schedule

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

Flat to gently rolling ride through Patapsco State Park (paved trail) and surrounding roads. Call Mary if you need directions to the ride start.

**10/12 MPH** - 9:30 am - 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.

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

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

Two-county Ride. Rolling ride with some hills. Snack/ rest stop at High's.

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

**START:** NWT - Newtown Village Center

Moderately hilly ride from NewTown Village Center to Butler via Mt. Zion Rd. and Black Rock Rd.

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

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

Phil Manger's "Rocks, Slate, River." Scenic, somewhat hilly; stops at about 20 and 50 miles.

**18 MPH** - 09am - 69 mi - Jim Guild ((410)804-6493, feltb2@yahoo.com)

**START:** MLP - Old York Road Park & Ride (I83 @ Exit 36)

"Indian Steps" The original version with nice scenery, generally low-traffic roads, an interesting museum, and rest & lunch stops. This is probably a 7 or 8 on the climb index -- a challenging Saturday ride, use Sunday for a recovery ride or rest.

### Sunday - May 13

**CASUAL** - 10 a.m. - 23 mi - Ken Philhower and Carole Gardiner (Ken: 410-437-0309 Carole: 301-490-6521, kenphilhower1315@cablespeed.com)

**START:** DOA: Dixon Aircraft Observation Area

Flat Anne Arundel County ride, 13mi. on paved trails followed by 10mi. on roads, with convenience store on route.

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

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

Last pancake ride at Union Bridge until October. They've missed us these last couple of COLD months. Social ride thru Carroll & Fred. Cos. w/an 'all you can eat' breakfast @Union Bridge VFD. Some great vistas.

**13/15 MPH** - 9 a.m. - 48 mi. - Dan Artley ((410) 329-2235, dartley@baltimorecountymd.gov)

**START:** ORR - Oregon Ridge Park

We'll be riding west, then north, cross Pretty Boy dam, and the NCR trail twice. There will be climbs, but I'll try to make them as gentle as possible and the downhills are great! If you're familiar with the area, we'll try to go the opposite way you're used to. Lunch at La Cuchina around mile 31.

**15/17 MPH** - 9:30am - 60 mi - Bill Gary (410/366-0956)

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

Phil Manager's classic "7 Towns & 7 Valleys." With Jude (Judy Broadwater) and JGo (Janet Goldstein) pulling us, it should be a grand time!!! (For us being pulled, anyway).

## BBC May-June Ride Schedule

**18 MPH** - 09am - 70 mi - Jim Guild ((410)804-6493, feltb2@yahoo.com)

**START:** WES - Westminster E.S.

Westminster to Woodsboro -- some good training roads like Molasses, Renner, Good Intent, Wakefield Valley & some others. Lunch stop in Woodsboro at Trout's (or whatever it is now called).

**TANDEM** - 10am - 28/21 miles - Kathy and Frank Anders (410/628-4018, velo2.anders@verizon.net)

**START:** SPK - Sparks ES

Rolling to moderately hilly with beautiful vistas and two wonderful downhill glides. Two lunch options. Please email or call by 8 AM if weather is iffy. Directions to ride start: I-695 to Exit 24 / I-83 North to Exit 24 Belfast Rd. Right at end of ramp. Go 0.3 miles then right into school.

### Monday - May 14

**15/17 MPH** - 9:30 am - 45 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

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

Rolling ride with hills around Prettyboy Reservoir with a snack stop at Wally's Store. Come join the fun!

### Tuesday - May 15

**15/17 MPH** - 9:30 am - 45 +/- mi - Susanne Morsberger ((443) 622-5862, smorsber@msn.com)

**START:** ORR - Oregon Ridge Park

Come out and ride with Susanne!! Hilly to rolling ride.

### Wednesday - May 16

**15/17 MPH** - 10 am - 30-ish miles - Katie Gore-Traill ((410) 262-2818, KTGoremtd@comcast.net)

**START:** ORR - Oregon Ridge

Hilly ride. Bring your granny gears today!!

### Friday - May 18

**15/17 MPH** - 10:30 am - 40-50 miles - Lukasz Szyrner ((443) 226-0304, szyrner@comcast.net)

**START:** DSP - Dulaney Spring Park

Rolling ride. This is Lukasz's favorite ride. He told me so.

### Saturday - May 19

**CASUAL** - 10 a.m. - 25 (approx.) mi - Bob Moore (410/435-6623)

**START:** Route I-70 Park & Ride

New ride on the Gwynns Falls Trail with lunch in Federal Hill. Directions to Start from I-695: go EAST on I-70. Park & Ride is straight ahead about 3/4 mile.

**10/12 MPH** - 10 am - 32 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.

**10/12 MPH** - 10 am - 32 mi - Georgia Glashauser (410/857-3262, georgia2006@yahoo.com)

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

New! Back-roads Meander to New Windsor Inn for lunch (at 19 mi). 32 mile ride with optional loops for 41, 52, and 61 miles total. Fast cyclists can add the optional 20 mile loop and still join us for lunch. Rain date Sunday.

## BBC May-June Ride Schedule

**13/15 MPH** - 9:30 a.m. - 46 mi. - Carol Russell ((443) 286-5807, cjrussell74@yahoo.com)

**START:** TMP - Taneytown Memorial Park

All Sides of Gettysburg. Scenic, rolling ride around Gettysburg and through several portions of the battlefield. Lunch at La Bella Italia or snack at convenience store in Gettysburg.

**15/17 MPH** - 9:30 am - 50 mi - Ed Roth (717/235-4118, oscar200@aol.com )

**START:** MLP - MD Line P&R.

Get ready for a Preakness party with a new ride that meanders near or through seven southern York County towns. Moderately hilly with lunch at Serenity Station in Seven Valleys.

**18 MPH** - 9:30am - 75 mi - Will Hudson (4103565752, willcycle1@comcast.net)

**START:** MLP - MD Line P&R

Ride to Rocks State Park

### Sunday - May 20

**CASUAL** - 9 a.m. - 10/ 15 mi - Judy Getz (410/254-1306)

**START:** CMP Carroll Manor Park

THE THRILLS AND SKILLS OF HILLS Tips and strategies for cycling hills. We will briefly practice on traffic free residential streets before doing our ride.

**10/12 MPH** - 9 am - 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** - 8:30 am - 30+/- 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 to docks of Annapolis for snacks.

**10/12 & 13/15 MPH** - 9:30 am - 32/39 miles - Gloria Epstein & Rich Burns (410/665-3012 & 410/433-4162, carglo@verizon.net & rnburns@verizon.net)

**START:** RUN - Runnymede Elementary School

Variation on Walt & Carol's fabulous ride to Littlestown for lunch/snack; traffic is light, terrain mostly gentle. Combined ride with 13/15 MPH Group.

**15/17 MPH** - 9:30am - 60 mi - Jeb Brownstein (443/677-0447, jebbyB@comcast.net)

**START:** GSS - Greenspring Station (by Bank of America)

Jeb's "Jewels of Greenspring Valley Ride". Hilly, but as beautiful as it is challenging.

**18 MPH** - 9:30am - 69 mi - Mark Taab (410/769.8682, marktabb@yahoo.com)

**START:** MLP - MD Line P&R

Creeks & Bridges-Moderately hilly with hilly sections-Lunch at Red Lion

**TANDEM** - 10 am - 45 mi - John and Jane Cole (410/661-4427 or 410-812-4973, jicole01@comcast.net)

# BBC May-June Ride Schedule

**START:** TES - Taneytown ES

Walt & Carol's Mountainview ride. Notice the emphasis on view? That's because we view the mountains, not ride over them, as we ride across the valley over mostly rolling terrain and stop for lunch in Emmittsburg. Directions to start: I-695 to Exit 19 I-795 North to Exit 9B Rt 140. Go 23 miles 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 - May 22

**15/17 MPH** - 9:30 am - 45 +/- mi - Susanne Morsberger ((443) 622-5862, smorsber@msn.com)

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

Hilly ride!! Join the fun!

## Wednesday - May 23

**15/17 MPH** - 10 am - 30-ish miles - Katie Gore-Trail ((410) 262-2818, KTGoremtb@comcast.net)

**START:** ORR - Oregon Ridge Park

Rolling ride, don't miss this one!!

## Friday - May 25

**15/17 MPH** - 10:30 am - 40-50 miles - Lukasz Szyrner ((443) 226-0304, szyrner@comcast.net)

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

Rolling to hilly ride.

## Saturday - May 26

**10/12 MPH** - 9 am - 26 mi - Charlotte Pappas (410/385-1457, cpappas@umm.edu)

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

Back roads ride; rolling with hills. Rest stop at High's.

**13/15 & 15/17 MPH** - 9 a.m. - 45 mi. - Bob Morgan ((410) 218-0709, bobaems@comcast.net)

**START:** NWT - Newtown Village Center

To Hampstead through Boring -- moderately hilly ride for 45 miles. This is a combined 13/15 and 15/17 ride.

**18 MPH** - 9:30-10am - 63 mi - Mark Taab (410/769.8682, marktabb@yahoo.com)

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

Mountain View Metric. Scenic ride across the valley to Thurmont, around College Mt. to Emmittsburg for lunch then back to Taneytown. Terrain is rolling with one long climb.

## Sunday - May 27

**CASUAL** - 10 a.m. - 16 mi - Barb Park (410/823-4293, Barbpark@bcpl.net)

**START:** MSC Manor Shopping Center

Short but beautiful ride over country roads. Rolling terrain. Rest/snack stop at a convenience store.

**10/12 MPH** - 9 am - 23 mi - Charlotte Pappas (410/385-1457, cell 410/804-5500, cpappas@umm.edu)

**START:** ELK - Old Elkridge MARC Station

Mostly rolling road ride, a couple of hills, with a bit on the BWI trail. Bring snack.

**13/15 MPH** - 9 a.m. - 52 mi. - Bruce Galanter ((410) 241-7089, mbgalant@comcast.net)

## BBC May-June Ride Schedule

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

Scenic ride of rolling terrain (and a few hills) going through Prettyboy Water Shed to Glen Rock, PA for lunch. Return through PA and MD farmland.

**18 MPH** - 9:30am - 69 mi - Phil Feldman (410.744.8874, pfeldman@comcast.net)

**START:** MAP - Mt. Airy P&R. I-695 to I-70 west (exit 16) to Rt. 27 (Mt. Airy exit). Go north on Rt. 27 about 1/2 mi. P&R is on the left.

Ride to Poolsville on the less familiar roads to the south. Low traffic, rolling w/ a few hills. Several lunch options in Poolsville.

### Monday - May 28

**CASUAL** - 10am - 18 mi - Mitch Tobias & Mike Falatico (410/833-8137 or 410/3779140, mfalatico@comcast.net)

**START:** GSS Greenspring Station

Ride to Miller's Deli in Pikesville.

**10/12 MPH** - 9:30 am - 20/30/40 mi - Everybody (N/A)

**START:** NCM - Monkton Station

Memorial Day North Central Trail ride. Everybody's the ride leader today! Ride to New Freedom (14 mi) or beyond for lunch or snack. Cuesheets not needed. Casual and 13/15 riders welcome.

**18 MPH** - 8:30am - 60 mi - Terry Harrigan (410/549-1798, cctrekker@dtkm.com)

**START:** MTV - Mount View Middle School

Romp through southern Carroll county and western Howard, taking in the scenery and fragrant farm land and hills. This will be a moderately hilly ride taking you up Gaither, Bloom, Watersville and Roxbury roads. One convenience store rest stop along Rt. 27 at the half way point. Early ride start to get you back for your cookout.

### Tuesday - May 29

**15/17 MPH** - 9:30 am - 45-50 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

**START:** ORR - Oregon Ridge

Rolling ride with hills and a snack stop. Come join the fun!

### Thursday - May 31

**15/17 MPH** - 10:30 am - 40-50 miles - Lukasz Szyrner ((443) 226-0304, szyrner@comcast.net)

**START:** DSP - Dulaney Spring Park

Hilly ride. Come out and join the gang.

### Saturday - June 2

**CASUAL** - 10am - 28 miles - Pam Ellis (410/526-6535)

**START:** NCM North Central Trail at Monkton

Trail ride to New Freedom for lunch/snack. Restaurant to be chosen by the group. Directions: I-695 to Exit 24 I-83 North to Exit 27. Bear Right on Mt. Carmel Rd. Right at traffic light on York Rd. Go one block, then Left on Monkton Rd. Go 3 mi., then park along Mt. Carmel Rd. Meet in the parking lot at Monkton Station.

**10/12 MPH** - 10 am - 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 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

## BBC May-June Ride Schedule

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 MPH** - 9 a.m. - 42 mi. - John Putman ((410) 939-2082, ubalum99@yahoo.com)

**START:** HFP - Hammonds Ferry P&R

John's Tri-County Loop visits Anne Arundel, Baltimore and Howard counties. Mostly rolling on lightly traveled roads with a couple good hills thrown in to make it interesting. Some of this ride is on the BWI trail.

**15/17 MPH** - 8:30am - 103mi - Janet Goldstein (410/366-1466, jgoldst@verizon.net)

**START:** TCP - Thurmont Community Park.

Civil War Century, all 103 miles of it. Try it for free, without the crowds (or the SAG support, or the plentiful food, or the cheerful volunteers). Rest stops at about 28 miles, 43 miles (early lunch in Boonsboro), and 70 miles.

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

**START:** Rising Sun-Banquet Hall/Firehouse (1 mile outside town-R on the Main street & go 1 mile-On right))

Break the same old, same old ride syndrome! Georges 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!

### Sunday - June 3

**CASUAL** - 10am - 15 (approx.) mi - Howard Kaplon & Gordon Peltz (Howard: 410-484-6955; Gordon: 410-256-1421, hkaplon@towson.edu; peltzlaw@aol.com)

**START:** MSC Manor Shopping Center

Join the Instructional Riders for a scenic tour of northern Baltimore County.

**10/12 MPH** - 8:30 am - 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.

**13/15 MPH** - 9:30 a.m. - 42 mi. - Rich Burns ((410) 433-4162, rnburns1@verizon.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 supermarket. Ride to Havre de Grace & Susquehanna St. Park (mix of flat, rolling, 2 long climbs) with lunch/snack options

**15/17 MPH** - 9:30am - 49mi - Ed Hopkins (410/243-0475)

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

Tour of Thurmont Lite. A classic Carol and Walt Russell ride to Thurmont. Lunch stop at mile 24.

**18 MPH** - 9:30am - 69 mi - Phil Feldman (410.744.8874, pfeldman@comcast.net)

**START:** CMP - Carroll Manor Park

Rocks, Slate, River. Phil Manger's scenic ride through Harford County. I've heard that this is wonderful and never had a chance to do it.

# BBC May-June Ride Schedule

**TANDEM** - 10 am - 35/45 mi - Evie & Michael Reinsel (410/377-6133, mreinsel1@verizon.net)

**START:** MSC - Manor Shopping Center

Ride from Jacksonville. Come early and have breakfast at the Bagelmeister before the ride. Beautiful rolling ride in horse country to Rocks State Park. Directions: I-695 to Exit 27 Dulaney Valley Rd. North (Rt. 146) (approx. 3-4 miles) Bear left on Jarrettsville Pike after Loch Raven Bridge where Dulaney Valley Rd goes right. Go 4.0 miles and turn right into the shopping center (just before Sweet Air Rd.)

## Tuesday - June 5

**15/17 MPH** - 9:30 am - 45 +/- mi - Susanne Morsberger ((443) 622-5862, smorsber@msn.com)

**START:** ORR - Oregon Ridge Park

Hilly ride! Bring your granny gears today!! Susanne loves those hills!!

## Wednesday - June 6

**15/17 MPH** - 10 am - 30 ish miles - Katie Gore-Traill ((410) 262-2818, KTGoremtb@comcast.net)

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

Come out and ride. Rolling to hilly country roads.

## Friday - June 8

**15/17 MPH** - 10:30 am - 40-50 miles - Lukasz Szyrner ((443) 226-0304, szyrner@comcast.net)

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

This is one of my favorite rides!! Take off from work today and ride your bike!!

## Saturday - June 9

**CASUAL** - 9 a.m. - 10/ 15 mi - Judy Getz (410/254-1306)

**START:** CMP Carroll Manor Park

THE THRILLS AND SKILLS OF HILLS Tips and strategies for cycling hills. We will briefly practice on traffic free residential streets before doing our ride.

**10/12MPH** - 9:30 am - 36 mi. - Bob Seay & Manny Steinberg (410/242-6929 & 410/655-8242)

**START:** DVP Davidsonville P&R

Ride to Galesville for lunch at West River Market.

**10/12 & 13/15 MPH** - 9:30am - 40 mi - Gloria Epstein & Rich Burns (410/665-3012 & 410/433-4162, carlglo@verizon.net & rnburns1@verizon.net)

**START:** CLC - Clynmalira Church - Old York Rd., Sparks - Follow directions to Manor Shopping Center, Jacksonville in newsletter. Continue to light @ Sweet Air & Papermill Rds. Turn left onto Papermill Rd., go less than 1 mile and turn right onto Old York Rd. Go 1.5 mi to church on left.

Ride to Stewartstown for lunch @My Three Sons, Italian Rest. Route can be shortened by a few miles if necessary. Combined ride with 13/15 MPH Group.

**15/17 MPH** - 8:30 am - 63 mi - Gene Young (410/828-1137)

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

Gene's classic Sparks to Hampstead to Madonna Ride. Rest stops in Hampstead at 20 mi. and at Cucina's at 40 mi. approx. Will provide maps and bailout options.

**TANDEM** - 9:30 am - 23/37/41 mi - Jim and Kim Pastorick (703/549-7133, cell 703-400-2917, jim@uxopro.com)

**START:** SSP - Smallwood State Park

Southern MD Ride. Joint CRABS / WABITS ride. This ride through southern Maryland rewards your

## BBC May-June Ride Schedule

time spent driving to the start point with different scenery and long stretches of great pavement with few cars. The opening 10 miles feature rolling hills, but the ride flattens out in the middle stretch. Team Pastorick will provide a BBQ lunch in the park after the ride. Directions: Take I-95 to route 210 south, Indian Head Highway. Go 14.0 miles and turn left on route 227 at light. In 1.4 miles go straight onto route 224. At the T, turn left on routes 225/224, and then turn right in 0.4 mile to stay on route 224. Go 4 miles and turn right on Sweden Point Road into the state park. In 0.3 mile turn right at the bottom of the hill toward the boat ramp. Turn right into the first lot by the ranger station. At times, the Park charges a use fee.

### Sunday - June 10

**CASUAL** - 10am - 15 (approx.) mi - Howard Kaplon & Gordon Peltz (Howard: 410-484-6955; Gordon: 410-256-1421, hkaplon@towson.edu; peltzlaw@aol.com)

**START:** MSC Manor Shopping Center

Join the Instructional Riders for a scenic tour of northern Baltimore County.

**10/12 MPH** - 9:30 am - 27 mi w/20 mi option - Gene Marrow (301/854-2885)

**START:** CLP - 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 new route - hilly and scenic. No stores so bring snacks; however, Gene will provide porta-potties.

**13/15 MPH** - 9 a.m. - 40/50 mi - Mary and Barry Menne ((410) 795-6571)

**START:** MLP - Maryland Line P & R

Ellen's popular 'Peppercorns Ride' w/o Peppercorns. Travel the beautiful back roads of York Co., Pa. Peppercorn's has been closed for two years but the sign is still there. Lunch/snack at Pizza or Convenience store.

**TANDEM** - 9:30am - 35/50 miles - Carol & Walt Russell (410/665-0651, wrussell5@yahoo.com)

**START:** RUN - Runnymede ES

Ride to Hillcrest. Join us for a ride on low traffic country roads on our way to Hillcrest for some delicious deli sandwiches and home made ice cream. Short route is flat to easy rolling terrain; longer route continues thru the Watershed and has some hills. Directions: I-695 to Exit 19 I-795 North. Go 8.5 miles to Exit 9B Rt 140 West through Westminster then Right onto Mayberry Rd. Right on Langdon Rd then Right to school.

### Tuesday - June 12

**15/17 MPH** - 9:30 am - 60 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

**START:** ORR - Oregon Ridge Park

Ride to Rocks Park with a snack at 7/11 in Jarrettsville. Come join the fun!

### Wednesday - June 13

**15/17 MPH** - 10 am - 30 ish miles - Katie Gore-Traill ((410) 262-2818, KTGoremth@comcast.net)

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

This is Katie's favorite ride!! Join the company of local cyclists.

### Friday - June 15

**15/17 MPH** - 10:30 am - 40-50 miles - Lukasz Szyrner ((443) 226-0304, szyrner@comcast.net)

**START:** DSP - Dulaney Spring Park

Rolling ride.

# BBC May-June Ride Schedule

## Saturday - June 16

**ALL PACES** - 7:30/8/8:30/9/9:30 am - 101/77/63/54/35 miles - Ken Philhower (410/437-0309, [bbcflatlands@cablespeed.com](mailto:bbcflatlands@cablespeed.com))

**START:** BOH Bohemia Manor HS, Chesapeake City, MD

37<sup>th</sup> Annual Delaware-Maryland Flatlands Tour - see additional information elsewhere in newsletter or Web site.

**18 MPH** - 8:30am - 100mi - Gil Olvera (410/ 635-6692, [gilolve@bellatlantic.net](mailto:gilolve@bellatlantic.net))

**START:** WES - Westminster E.S.

Blue Ridge Summit Century. A BBC classic by special request from Chapel Hill.

## Sunday - June 17

**CASUAL** - 10am - 25 (approx.) mi - Lydia Cunningham (410/787-0831, [lydia.cunningham@att.net](mailto:lydia.cunningham@att.net))

**START:** DOA Dixon Observation Area

Using both trails and roads we will visit the Patapsco State Park, including the Swinging Bride. Rest stop at a convenience store.

**10/12 & 13/15 MPH** - 9:30 am - 33 mi - Gloria Epstein & Ed Vojik (410/665-3012 & 410/296-5271, [carlglo@verizon.net](mailto:carlglo@verizon.net) & [evojik@aol.com](mailto:evojik@aol.com))

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

Join us on one of our favorite 'close-to-home' rides. A 23 mile shortcut is available. Food stop @ Palmisano's on both routes. Combined ride with 10/12 and 13/15 MPH groups.

**13/15 MPH** - 9 a.m. - 53 mi. - Bob Morgan ((410) 218-0709, [bobaems@comcast.net](mailto:bobaems@comcast.net))

**START:** NWT - Newtown Village Center

Newtown to Snydersburg, a hilly 53 mile ride.

**15/17 MPH** - 9 am - 61mi - Bill Gary (410/366-0956)

**START:** MTV – Mt. View M.S.

The Mildly Mountainous Metric Modification of Gary, Rick and Ron's Ride with 3800 feet of climbing.

## Tuesday - June 19

**15/17 MPH** - 9:30 am - 45 +/- mi - Susanne Morsberger ((443) 622-5862, [smorsber@msn.com](mailto:smorsber@msn.com))

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

Rolling ride. Come join the fun!

## Wednesday - June 20

**15/17 MPH** - 10 am - 30 ish miles - Katie Gore-Traill ((410) 262-2818, [KTGoremtb@comcast.net](mailto:KTGoremtb@comcast.net))

**START:** ORR - Oregon Ridge

Another one of Katie's hilly rides. No rest stops.

## Friday - June 22

**15/17 MPH** - 10:30 am - 40-50 miles - Lukasz Szyrner ((443) 226-0304, [szyrner@comcast.net](mailto:szyrner@comcast.net))

**START:** DSP - Dulaney Spring Park

You must ride today and celebrate!! Rolling to hilly ride.

## BBC May-June Ride Schedule

### Saturday - June 23

**CASUAL** - 10 a.m. - 25 (approx.) mi - Bob Moore (410/435-6623)

**START:** Route I-70 Park & Ride (near I-695)

New ride on the Gwynns Falls Trail with lunch in Federal Hill. Directions to Start from I-695: go EAST on I-70. Park & Ride is straight ahead about 3/4 mile.

**10/12MPH** - 10am - 29 mi. - Scott Zelazny (410/525-2591, scott\_z@myrealbox.com)

**START:** HFP - Hammonds Ferry Park & Ride - Baltimore Beltway I-695 outer loop exit 8 (southwest side of city). From outer loop of Beltway, ramp leads straight across into P&R lot. From inner loop, ramp leads to local Fairview Road southbound; right at next light, Nursery Road; right at following light, Hammonds Ferry Road; left at following light into Park & Ride lot.

Scott's new ride for 2006! Nice ride over easy terrain to Ft Armistead. Excellent views of the Key Bridge. You will definitely learn some new roads on this ride.

**10/12 MPH** - 10 am - 32 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** - 8:30 a.m. - 54 mi. - Henry Thies ((717)600-5141, jim.thies@penske.com)

**START:** MLP - Maryland Line P&R

Hanover by Hill and Valley. Pleasant ride to Hanover. Lunch at Claires or convenience store.

**18 MPH** - 10am - 50 mi - Craig Martin (4105388791, dee.craig@comcast.net)

**START:** MLP - MD Line P&R

Ellen's famous "Peppercorn's Ride". Ride the beautiful back roads of southern York Co. A 60 mile version will be available. Lunch at Moby's Pizza in Shrewsbury. Sorry Peppercorn's is no longer there!

**COMBINED 15/17 & 18 MPH** - 10am - 50mi - Craig Martin (410/538-8791, dee.craig@comcast.net)

**START:** MLP - Md Line P&R.

Ellen's famous "Peppercorn's Ride". Ride the beautiful back roads of southern York Co. A 60 mile version will be available. Lunch at Moby's Pizza in Shrewsbury. Sorry Peppercorn's is no longer there!

### Sunday - June 24

**CASUAL** - 10am - 25 miles - Bud Lippert (410/686-5793, essexknight@aim.com)

**START:** Carroll Island Shopping Center

Tour de Chesapeake: Relatively flat ride through the scenic Bowley's Quarters and Carrol Island sections of Baltimore County. Directions from I695: go East on the Beltway to Exit #36 SR 702 (from the Left Lane). Left turn on Eastern Blvd. at Traffic Light. Go 4 miles to right turn on Carroll Island Rd., then Right turn into Shopping Center.

**10/12 MPH** - 9:30 a.m. - 32 mi. - Cartan Kraft (410/235-2906, cbkraft@verizon.net)

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

A nice pleasant, rolling, 32 mile ride through Howard County with a 26 mile option. Rest stop at Highs at the 13.6 mile point.

# BBC May-June Ride Schedule

**13/15 & 15/17 MPH** - 8:30 a.m. - 80 mi. - Mary and Barry Menne ((410) 795-6571)

**START:** LIB - Liberty High School

This fairly hilly ride is Ellen Hochman's version of the TGODEL tour to Emmitsburg. Directions: From Route 26 / Liberty Road Go north on Route 32 / Sykesville Road for .3 miles. Turn Left onto Bartholow Road go .5 miles to School on Right. This is a combined 13/15 and 15/17 ride.

**18 MPH** - 9:30am - 70 mi - Mark Taab (410/274-8668, marktabb@yahoo.com)

**START:** FLN – New Market Food Lion – Take I-70 West to New Market Exit 62. North on RT 75. Right at light onto RT 144 East. Go 1/2 mile to Food Lion on the left.

An expanded version of The Magic Carpet ride that loops around Frederick with stops along the way. Killer Ride with the hardest climb in the entire world: Coxey Brown Mark says, "It was so hard I swore I would never put my back through it again. Memory is short and of course, I'll be in great shape by then, Ha! Ha! Coxey Brown is 1.8 miles with 90% of it at 18-19%, it has a few short easy 13% grades to pull over and come to! Come out & try the hardest climb anywhere around here! Oh, did I say it was after a .9 mile 18% grade?"

## Monday - June 25

**15/17 MPH** - 9:30 am - 45 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

**START:** ORR - Oregon Ridge Park

Rolling to hilly ride around Hampstead with a snack stop at the Jiffy Mart. Come join the fun!

## Tuesday - June 26

**15/17 MPH** - 9:30 am - 45 +/- mi - Susanne Morsberger ((443) 622-5862, smorsber@msn.com)

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

Hilly to rolling ride!! Come out and ride today. Go ahead, take off from work. You deserve it!!

## Thursday - June 28

**15/17 MPH** - 10:30 am - 40-50 miles - Lukasz Szyrner ((443) 226-0304, szyrner@comcast.net)

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

Rolling to hilly ride. Join local cyclists on this beautiful ride!!

## Saturday - June 30

**CASUAL** - 9:30 a.m. - 12/18 mi - Mary Ryan and Joan Gridell (Mary: 443/676-0891, meryan@comcast.net)

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

Flat to gently rolling ride through Patapsco State Park (paved trail) and surrounding roads. Call Mary if you need directions to the ride start.

**10/12 MPH** - 9 a.m. - 35 miles - Bruce Galanter (410/517-1056 cell 410-241-7089 home, mbgalant@comcast.net)

**START:** ORR - Oregon Ridge Park

A 34.6 mile version of the Boring loop. Rolling with some hills and a rest stop at Countryside Carryout.

**13/15 MPH** - 9 a.m. - 21/44 mi. - John Putman ((410)939-2082, ubalum99@yahoo.com)

**START:** HPS - Hopkins Place Shopping Center

Crofton Loops. No, it's not a cereal. Ride from Crofton to Galesville (43.9 miles) or Crofton to Crownsville (21 miles) Take your pick. Heck, do both. Both start at the same place, same time. Mostly rolling, not much in the hill department

## BBC May-June Ride Schedule

**COMBINED 15/17 & 18 MPH** - 8 am - 90 - 108 mi - Craig Martin (410/538-8791, dee.craig@comcast.net)

**START:** CIG - Comfort Inn Greencastle PA.

I-70 to I-81 North to Exit 2 in PA. Take US 11 South. Comfort Inn on the left. The "Grandmother" of all rides covering 108 miles and six major climbs. One to five climb options available. You don't want to miss this one.

**18 MPH** - 8am - 108 mi - Craig Martin (4105388791, dee.craig@comcast.net)

**START:** CIG - Comfort Inn Greencastle - Take I-70 to I-81 North. Take PA Exit 2 to US 11 North. Comfort Inn on the right.

The "Grandmother" of all rides covering 108 miles and six major climbs. Several other climb options available.

### **Sunday - July 1**

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

**START:** MSC Manor Shopping Center

Short but beautiful ride over country roads. Rolling terrain. Rest/snack stop at a convenience store. Leaders will be at Bagelmeister at 8:30 a.m. enjoying coffee and bagels.

## Ride Descriptions

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

### Casual

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

### 10-12 MPH

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

### 13-15 MPH

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

### 15-17 MPH

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

### 18 MPH

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

### Tandem

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

Many rides offer two or three

### Howard County: Glenelg Tues/Thurs Evening Rides

Meet to ride with the cluster group, 26-mile circuit. This is a fast training ride but everybody is welcome.

Start: Glenelg High School, 14025 Burnt Woods Rd. I-70 W, Exit at Rt. 32 South, right turn on Burnt Woods Rd. (at traffic Signal). School on left 0.5 miles.

Time: Tues/Thurs evenings in April @5:45;

May through August @6 p.m.;  
Sept. @ 5:45 p.m.;

Oct. @5:30 p.m.

Oct. 26 ( Thurs before end of DST) -  
Last Glenelg evening ride of the  
Season

POC: Questions about the ride? Call  
Mark McKee: 410-455-0362(H)

### Howard County: Wednesday Evening Rides

This is an all-pace ride: the group splits into smaller groups of different paces.

A short and a longer route will be available. Everyone at all paces is interested in improving their cycling, however this is a social cycling group and recreational in nature. The faster cyclists often turn around at the end of their ride to bike in with the slower groups. Most weeks we go out for food/drinks after the ride.

Start: Folly Quarter Middle School\*  
Triadelphia Rd., Glenelg, MD  
Meet at: 5:45 (5:15 DST)  
every Wednesday

Ride out at: 6:00 (5:30 DST)

For more info, please contact Jen  
Browne, browne14540@comcast.net,  
410-489-5804 - Or- Email  
HoCoCyclists@yahoo.com.

Visit the website

www.groups.yahoo.com;  
enter group: HoCoCyclists"

## 2007 Ride Coordinators

### Casual

Judy Getz . . . . .410-254-1306  
casualrides@baltobikeclub.org

Mike Falatico . . . . .410-377-9140  
casualrides@baltobikeclub.org

### 10-12 MPH

Dick Voelkel . . . . .410-744-6941  
10-12rides@baltobikeclub.org

Tom Anzalone . . . . .410-329-3864  
10-12rides@baltobikeclub.org

### 13-15 MPH

Gary Brandon  
13-15rides@baltobikeclub.org

### 15-17 MPH

Judy Broadwater . . .410-628-6297  
15-17rides@baltobikeclub.org

### 18 MPH

Phil Feldman . . . . .410-744-8874  
18rides@baltobikeclub.org

### Weekday

Renee Faison . . . . .410-356-7088  
weekdayrides@baltobikeclub.org

### Tandem

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

### Winter

Gloria Epstein . . . . .410-665-3012  
Winterrides@baltobikeclub.org

Terry Harrigan . . . . .410-549-1798  
Winterrides@baltobikeclub.org

# BBC Talk:

## Electronic Discussion Group

BBCTalk is an e-mail discussion group open (and free!) to BBC members and non-members alike. The list is used for posting information too late to make it into the newsletter, setting up informal group rides, offering items for sale, discussing bikes and bike gear, etc.

Once you subscribe, you may elect to automatically receive all of the posted messages by email, and you may post messages yourself. OR, if you don't want the BBCTalk messages to accumulate in your email queue, you may prefer to change your BBCTalk "preferences" and instead read the archived

BBCTalk messages at the yahoogroups site itself.

To join BBCTalk, send an email message to: [bbctalk-subscribe@yahoogroups.com](mailto:bbctalk-subscribe@yahoogroups.com).

Questions? Contact me at [jgoldst@toad.net](mailto:jgoldst@toad.net) or 410-366-1466.

*Don't miss out on this NO COST opportunity to keep informed about current topics of interest.*



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

Address Change

New Membership

Membership Renewal

How do you want to receive the Newsletter?

By US Mail

OR

From the Internet

Are you interested in racing with Team BBC?

Yes

No

Do you ride a Tandem?

Yes

No

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name (Must be 18 years of age or older)

\_\_\_\_\_  
Second Name (Family Membership Only)

\_\_\_\_\_  
Home Address (One per Membership)

\_\_\_\_\_  
E-Mail Address (One per Membership)

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip + 4

\_\_\_\_\_  
Home Phone

**To function, the BBC is dependent on member volunteers.**

**Check all categories that you are willing to help with:**

Bicycling Advocacy

Club Picnic or Socials

Newsletter

Website

Lead Rides

Club Events

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

**Dues** are subject to change.

Individual **One Year: \$25**

Family **One Year: \$35**

Individual **Two Years: \$45**

Family **Two Years: \$65**

Mail check payable to **Baltimore Bicycling Club, Inc.** and application to:

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



## ***Baltimore Bicycling Club Newsletter Need BBC Info?***

*For BBC members with questions or  
problems concerning:*

• **Membership • Ride Schedules • Any Committee • Any Function**  
**CALL 410-792-8308 • Email: [hotline@baltobikeclub.org](mailto:hotline@baltobikeclub.org)**

**For E-Newsletter Questions or Problems • Email: [newsletter@baltobikeclub.org](mailto:newsletter@baltobikeclub.org)**

**For Marketing Questions • Email: [marketing@baltobikeclub.org](mailto:marketing@baltobikeclub.org)**

**For Membership or Newsletter Delivery Questions or problems**  
**Call: 410/823-4293 • Email: [questions@baltobikeclub.org](mailto:questions@baltobikeclub.org)**

**For Newsletter Content Issues or Advertising Submittals • Email: [bbcnews@baltobikeclub.org](mailto:bbcnews@baltobikeclub.org)**

**For Out of Bounds Column Submittals • Email: [outofbounds@baltobikeclub.org](mailto:outofbounds@baltobikeclub.org)**

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

**May | June**  
**2007**

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