



# Baltimore Bicycling Club Newsletter

vol. 39 no. 2

March | April  
2006

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At the Ride Start

## Last Stop Before the Climb



Let the Climbing Begin!

## Upcoming Events

**April 30-June 18**

Instructional Ride Series

**May 26-29**

Kent County Spring Fling

(Registration Form Inside!)

**June 10-11**

MS 150

**June 17**

Flatlands Tour

# Tour de Montes - 10th Anniversary

June 30, July 1 & 2, 2006

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. For a synopsis of the minutes, call the Secretary.

### **Officers**

Frank Anders, President  
410-628-4018,  
velo2.anders@verizon.net

Daryl Caplan, Vice President  
301-829-9796  
dscdob@aol.com

Ed Cahill, Secretary  
410-465-1492  
ehc3rd@comcast.net

Ken Philhower, Treasurer  
410-437-0309  
k3nphilhower@cablespeed.com

Bob Carson, Past President  
410-828-8604  
bikebob@comcast.net

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

John Cole  
410-661-4427, jicole01@comcast.net

Mary Ryan  
410-828-1015,  
meryan@comcast.net

Howard Rosenbaum  
410-653-2363,  
herosenbaum@comcast.net

4th Member-at-Large Position  
Vacant

### **Letter from the Prez**

#### **Fellow BBC Cyclists,**

Many new things are underway at the BBC -- making this is an especially interesting time to be the club president. Most of us joined the club as a way to stay fit through bicycling, and to have fun socializing with other cyclists. With that in mind, the Board is looking at everything the club does -- to see what can be improv-ed upon or added to make the BBC an even better bicycling club.

One of the new features we hope you will enjoy is the BBC website that is being developed by BBC members Craig Martin and Bob Roswell. Our current website has served us well over the years, but the new site will offer additional features including: credit card membership renewal; Newsletter download for members; online cue sheets; and more. The new site is still under development, but you are invited take a peek at [www.baltobikeclubonline.org](http://www.baltobikeclubonline.org).

We hope to make more improvements, but we need input from you -- the BBC members. If you have an idea or a suggestion for improvement (especially if you would like to be involved) email me at [velo2.anders@verizon.net](mailto:velo2.anders@verizon.net) (or phone 410-628-4018).

With each Newsletter issue, I will keep you posted on what is new, and how you can best take advantage of your BBC membership. **Please remember -- this is your bicycling club and we need your input to make it the best it can be.**

Until the next time.....Frank Anders

### **Letter from the Editor**

In response to a "Help Wanted" ad placed in the newsletter last month, Judy Getz has volunteered to be the Out of Bounds Editor for the BBC Newsletter. Judy is a long-time BBC member who has volunteered with events, rides, and tasks too numerous to mention. We sincerely appreciate her help! A regularly updated version of Out of Bounds is also maintained on the BBC website at [www.baltobikeclubonline.org](http://www.baltobikeclubonline.org). Thanks, Judy!

The E-Newsletter is coming along nicely, too. Subscribers receive their logins and passwords by email and can now download the E-newsletter from the new BBC website. Thanks to Craig Martin for getting the online E-newsletter project accomplished! For all of you who received the Jan/Feb newsletter so late, you may be interested to know that the Jan/Feb E-Newsletter was actually available online on December 16th - a month earlier than some of you received it from the U.S. Postal Service!

Lastly, the BBC Newsletter editor is looking for bicycling-related articles and photographs for YOUR Newsletter! We would especially like to hear about your bicycle trips or participation in bicycling events. If you would like talk about a possible newsletter submission, please email me at [bbcnews@comcast.net](mailto:bbcnews@comcast.net). I would love to hear from you!

- 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
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



# Tandemonium



CRABS (Couples Riding a Bicycle Simultaneously) planned an active, riding year starting in April. We've got rides that venture into southern Pennsylvania, wheel through western Maryland, and brush the Eastern Shore. There are Baltimore City and County rides, Harford and Howard County rides, joint rides with the Washington area tandem group known as WABITS, and more. Most months have three or four BBC/CRABS tandem rides in addition to all the other BBC club rides and events, in addition to all the tandem rallies around the country.

BUT – if you didn't get to the CRABS potluck and have a ride you'd really like to lead, just send us an email or give us a call. There are definitely some dates available.

You may be a single rider who's con-

sidering tandem riding and wonder why people love their tandems.

Here are some great reasons:

A tandem allows two cyclists of differing strength and ability to ride together. The faster rider doesn't need to wait for the slower one; the slower rider doesn't need to struggle to try to keep up with the faster rider.

A tandem turns the basically solitary, individual activity of cycling into an experience that is shared by two or more people (yes, there are triples and quads).

A tandem allows handicapped people who couldn't otherwise ride a bicycle to share the joy of cycling.

A tandem can allow a parent to share cycling at an adult level of speed and distance with a child.

A tandem permits adults who have never biked to master the balance and, more importantly, to gain the confidence needed to succeed as

cyclists.

A tandem is the ultimate rush for cyclists who enjoy the sensation of high-speed cycling. (adapted from Sheldon Brown's website: [www.sheldonbrown.com](http://www.sheldonbrown.com))

It's going to be a great year!

Peggy & Tom Dymond

Home: 410-272-9139

email: [mmdymond@comcast.net](mailto:mmdymond@comcast.net)

BTW - there are still CRABS jerseys available. Check out the BBC website, go to the "BBC Tandems" area, and then click on "CRABS Jersey" to view the graphics. Then scroll down for the order form. The jerseys are \$50 each. The kids' sizes are \$35 each.



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

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[vik@tufftrainers.com](mailto:vik@tufftrainers.com)  
443-226-7009

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

*Spring Wildflowers in Texas Hill Country*  
(Apr. 9-15)

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

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



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(800) 280-7560 code 06  
[tours@bikeescapades.com](mailto:tours@bikeescapades.com)  
[www.bikeescapades.com](http://www.bikeescapades.com)  
Escapades, LLC

# 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  
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 \$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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Quantity: \_\_\_\_\_

Jersey (s) in size \_\_\_\_\_ and fit \_\_\_\_\_

+ Jersey (s) in size \_\_\_\_\_ and fit \_\_\_\_\_

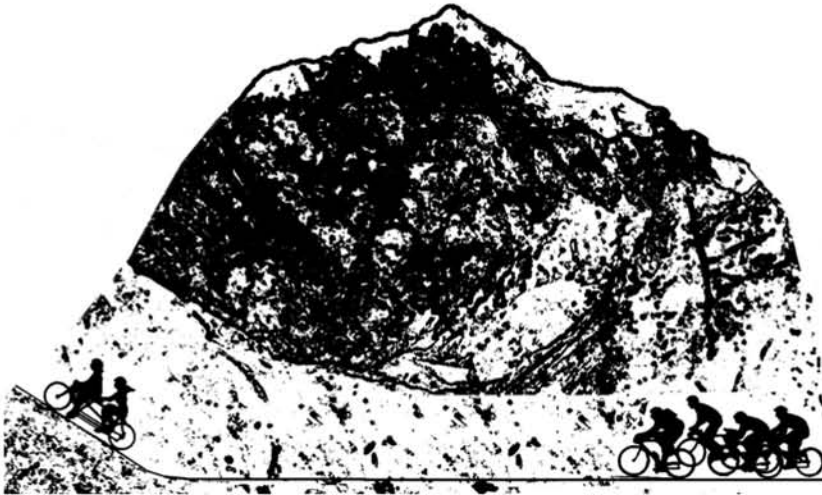
Total Quantity \_\_\_\_\_ Enclosed Payment \$ \_\_\_\_\_

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

# Tenth Annual *Tour de Montes* June 30, July 1 and 2, 2006



The Baltimore Bicycling Club's most challenging event, the *Tour de Montes* is for those who enjoy beautiful scenery while cycling in the mountains of Maryland and Pennsylvania. Need a reason to get out of the house and start riding this spring? Need a push to ride a little harder or lose a couple of extra pounds? Well, signing up for the *Tour de Montes* is a great incentive. Training for this 3 day, 308-mile tour will help you reach your own personal goals. Each day has shorter route options, 240 total miles, for those who want to see a little less countryside.

- **June 30 - *Tour de Montes*** starts in Howard County, Maryland at Mount View Middle School. Riders can cycle 75 or 100 miles to Greencastle, PA and will stay 2 nights at the Greencastle Comfort Inn.  
**July 1** - Cycle 90, 100, or 108 miles (4, 5 or 6 climbs) through the beautiful Buchanan State Forest.  
**July 2** - Cycle 75 or 100 miles back to Howard County, Maryland.
- *Tour de Montes* is limited to the first 60 participants who send in their paper work by **June 1, 2005**. This year, *Tour de Montes* veterans will have first priority and then non-veterans will fill remaining openings.
- For more information contact Craig Martin at 410-538-8791 or [tourdemontes@comcast.net](mailto:tourdemontes@comcast.net). You can see photos from past events at [www.dotphoto.com](http://www.dotphoto.com), click **Sign In**, enter User Name: **TourdeMontes** and Password: **bike**.
- Cost is **\$150** per person for BBC Members and **\$165** for non-BBC Members. This is based on two people per room and includes transportation of luggage to and from the motel, SAG support, continental breakfast, some snacks and group dinners Friday and Saturday nights. Lunches are NOT included.
- **Cancellation Policy:** Refund requests must be made by email. The following fees apply: \$40 refund processing fee prior to June 15th; no refunds after June 15th; \$30 charge for checks returned by a bank for any reason. Refund checks will be mailed by the BBC Treasurer after the event.

----- Detach and mail with your check and your release/waiver form -----



**All applicants must sign a release and waiver form and mail it, the application form, and a check payable to Baltimore Bicycling Club, Inc to: Craig Martin  
232 Garnett Road  
Joppa, MD 21085.**

\_\_\_\_\_  
Applicant's Printed Name

\_\_\_\_\_  
Applicant's Email Address

\_\_\_\_\_  
Phone No.

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

\_\_\_\_\_  
Room Mate's Printed Name or Need Room Mate

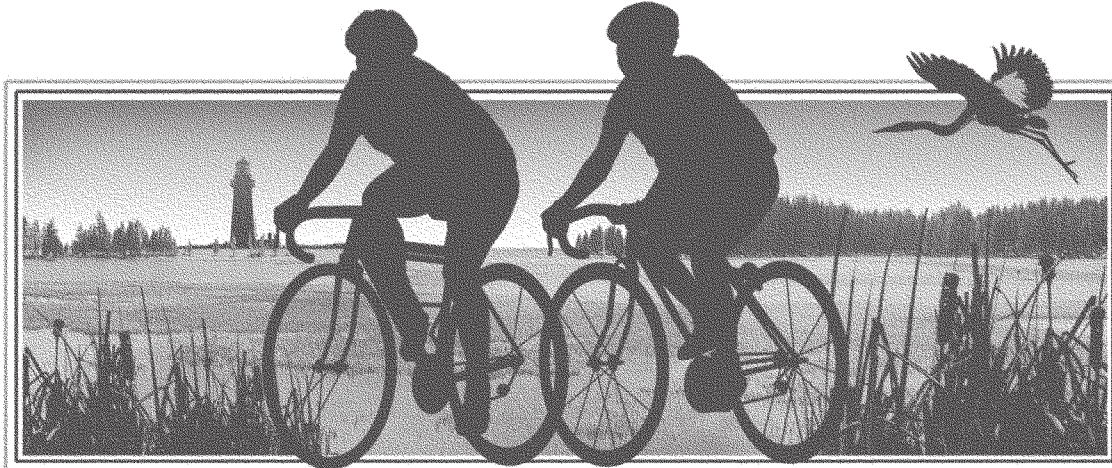
\_\_\_\_\_  
Applicant's Emergency Contact

\_\_\_\_\_  
Phone No.

Circle your T-shirt Size - -	Small	Medium	Large	X-Large	XX-Large
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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  
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Hill, Nassawango  
Furnace, Trappe Pond State  
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More information  
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[info@onelesscar.org](mailto:info@onelesscar.org)

QuickTime™ and a  
TIFF (Uncompressed) decompressor  
are needed to see this picture.



# Did you know that...cramping during endurance activity, such as cycling, may not be due to dehydration, as many people believe?

Muscle cramping is a common problem in endurance sports, such as cycling. Researchers have noted that it is particularly common, and puzzling, amongst triathletes who compete in ultraendurance events, such as the Ironman Triathlon, which consists of a 2.4 mile swim, a 112 mile bicycle ride, and a marathon run of 26.2 miles.

Studies show that cramping accounts for between 6% and 20% of the problems that medical staff encounter at these races. Cramping occurs most frequently in the major muscles of the legs, such as quadriceps, hamstrings, and calves, all key cycling muscle groups. This kind of cramping can also happen to both recreational and competitive cyclists. The conventional medical wisdom holds that the cramping is due to dehydration and a loss of serum electrolytes (sodium, potassium, magnesium, and chloride). Remarkably, there are virtually no studies in the literature to support this hypothesis.

To look into this question, researchers from the University of Cape Town (South Africa), designed a very creative study. They worked with the organizers of the 2000 South Africa Iron Man to do their work. At the race finish, all triathletes walked 10 m from the finish line to the medical tent, regardless of whether or not they had cramps. Anyone who had signed the informed consent before competing was considered for inclusion in the analysis.

Eleven triathletes had acute cramping at the finish — they were the “cramping” group (CR). They were included if they had: 1) acute muscle pain, without evidence of a muscle

tear; 2) a visibly contracting muscle with or without fasciculation [fasciculation is the simultaneous twitching of a group of muscle fibers, which is typically both noticeable and painful]; and, 3) symptoms that were present upon arrival in the medical tent. They were matched to a control group (CON) of 9 non-cramping triathletes based on gender, race finishing time, and body mass.

Each CR athlete had an electromyography (EMG) test, which measured the electrical activity of both cramping and non-cramping muscles. Medical staff also took blood samples for analysis of serum electrolytes as well as hemoglobin and hematocrit, which rise in dehydrated persons. Physicians discharged CR athletes when all their symptoms subsided.

The findings were fascinating. There were no differences between CR and CON athletes in age, total race time, and pre- and post-race body mass, indicating that the CR athletes were not dehydrated. EMG readings showed that their cramping muscles had consistently higher and more variable activity than non-cramping muscles. Cramps occurred only in force-generating muscles of the lower body. If the athletes were truly dehydrated or suffering from depleted electrolytes, muscle cramping would have been more generalized.

There were no significant differences between the two groups in hemoglobin and hematocrit (further demonstrating no dehydration), potassium, chloride, or magnesium. CR athletes had blood sodium levels that were lower than their CON peers, but still within normal limits, meaning that the reduced sodium levels were very

unlikely to cause the cramping. The lower sodium may have come from over-consumption of fluids, which can cause a decline in sodium levels.

The lack of dehydration and clinically comparable normal serum electrolyte levels fail to support the common notion that muscle cramping is due to dehydration or loss of electrolytes. Instead, the study authors propose an alternative, scientifically plausible explanation — that the cramping comes from extreme fatigue in working muscles that causes an increase in neurological activity at the spinal cord. The net result of this spike in neurological activity is increased and disorganized electrical activity in the muscles in question, which presents as cramping.

While the topic requires further study, this study should give all endurance athletes pause to consider not only their hydration methods, but also caloric intake during events. Exercise science studies show beyond any dispute that eating during exertion prolongs time to exhaustion and may even do so by supporting central nervous system activity, as well as providing fuel to working muscles. Thus, to prevent cramping or bonking, cyclists should eat during their rides, especially if the ride duration exceeds 60 to 90 minutes. Doing so likely will make rides much more enjoyable and tolerable, and reduce the likelihood of painful exercise-induced cramps.

**Source:** Sulzer, N.U., et al. *Serum electrolytes in Ironman triathletes with exercise-associated muscle cramping. Medicine & Science in Sports & Exercise.* July 2005. 37:7; 1081-1085.

**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-**

**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-**

**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.**



## News from the CWC06 Planning Committee

By Howard Rosenbaum

Yes, we just finished our most successful Civil War Century yet. But last year's success is just a satisfying memory. Planning for this year's event, to be held on September 9, 2006, started on January 29, 2006 at Bob Carson's luxury condo in Towson.

Some holdovers from last year's committee and some day-of-event volunteers who are graduating to the big time commitment of working on the planning committee will pull together a great event again this year. As this year's Director, I plan to let these great people do as much work as possible and then take all the credit for our success come September.

One of my objectives this year is to keep the BBC membership informed of the progress we are making, and to build on the participation of the club in this year's event. Last year we had approximately 100 volunteers on the day of the event and over 1,500 riders. I expect both of these numbers to increase this year. An additional goal is to increase volunteers' participation before and after the actual event date. There is an enormous effort to pull together the facilities and supplies for the event.

We still need help. Call me or [cwc06@comcast.net](mailto:cwc06@comcast.net), if you want to participate.

Who's New This Year?

One of our new members is Laurie Wrona, who has taken on the role of marketing advisor to the BBC Board and will perform

the same function for the CWC06 Committee. Laurie is working on developing connections that will provide support to our event (aka sponsors). In addition, Laurie plans to increase the visibility of our charitable donations. The success of this event provides direct support to the area Volunteer Fire Departments, and enables the club to support a generous giving committee. If you have any ideas on these topics, please contact Laurie at [lwrona@comcast.net](mailto:lwrona@comcast.net).

---

### 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)



## **!! 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.

## 24TH ANNUAL KENT COUNTY SPRING FLING MAY 26–29, 2006 (MEMORIAL DAY WEEKEND)

*Join the Baltimore Bicycling Club and enjoy four days cycling the lightly traveled roads of Maryland's Chesapeake Bay Eastern Shore. Rides of 11 to 100 miles meander along flat to rolling roads – through rural towns and along scenic rivers.*

*Only 70 miles from Baltimore/DC, 50 miles from Philadelphia and 140 miles from New York—we stay on the campus of Washington College, located in the historic port town of Chestertown Maryland.*

*Award winning cuisine, dessert and cordial parties, dancing and great music will round out your perfect bicycling experience.*

### WHAT'S NEW

- Reduced rates for youths ages 11-16

### WHAT'S INCLUDED

- Lodging: Friday, Saturday & Sunday
- Breakfast: Saturday, Sunday & Monday
- Dinner: Saturday & Sunday
- Picnic on Sunday
- Brunch on Monday
- Entertainment and Socials: Fri., Sat. & Sun.
- Map Packets (ride with a group or on your own)



### WHAT'S OPTIONAL

- Friday Dinner 6:00-8:00 pm
- Lodging upgrades provide suites and low beds (see Lodging Options)
- 24th Anniversary KCSF T-shirts are adult sizes, so order accordingly. We only order a few extras, and they sell out early. If you want a T-shirt, please order now.

## Four Days of Fun-Filled Activities

**Friday:** Registration begins at noon. Scheduled rides will start at 1:30pm. Optional buffet dinner (6 - 8 pm) followed by the Ice Cream Social.

**Saturday:** Breakfast; yoga; scheduled rides with leaders; Instructional Ride program; aerobics; swimming on campus; Chestertown's historic **Tea Party Festival**—food, crafts, entertainment, and parade; dinner; dessert and cordial party; Blue Grass music & Square Dancing with live band.

**Sunday:** Breakfast; yoga; scheduled rides with leaders; aerobics; picnic lunch catered by Washington College (kosher meats, cold salads, vegan foods, something for everyone); dinner; evening music and more dancing.

**Monday:** Expanded continental breakfast plus brunch until 1:00 pm (carry-out for those who need to leave early) and scheduled rides. Attendees have until 4pm to check out.

**HELMETS ARE REQUIRED ON ALL KCSF RIDES**

## Gourmet Meals!

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

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

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

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

## LODGING OPTIONS (you must bring your pillow and all linens)

**This year Washington College offers four lodging choices:**

- **Standard lodging** dorms (Worcester, Somerset, Wicomico, Minta Martin) all have rooms with two single beds that are elevated to allow storage beneath. Men's and women's restrooms are accessed from the hall. **Minta Martin has been refurbished and is available once again. Tandem cyclists will be placed in Minta Martin unless requested otherwise.**
- **Lowered bed in standard lodging** dorms (Caroline, Queen Anne's) **Add \$10 per person** to the standard lodging fee. Restrooms are accessed from the hall.
- **Western Shore suites.** Each suite has four single-bed bedrooms, two baths and a living room-kitchenette. All beds are lowered. **Add \$52 per person** to the standard lodging fee for these suites.
- **Harford Hall suites.** Each suite consists of five bedrooms, two bathrooms and a lounge area with sofa, refrigerator, microwave and sink. Two bedrooms have two single beds and the remaining three each have one single bed. Beds are medium height (approx 3 ft. from the floor). Harford has an elevator (large enough for a tandem). **Add \$42 per person** to the standard fee.

**Western Shore and Harford Hall suites are perfect for families and groups!** If you desire to room with another person, or group of people, let us know—early. Please submit all your applications together to insure we assign the correct people to each room or suite.

## Registration form – 24th annual BBC Kent County Spring Fling -- May 26-29, 2006

Pre-registration and **signed release** is required for each participant. No registrations after May 15.

1st Name (for nametag): \_\_\_\_\_ Last Name: \_\_\_\_\_

Street: \_\_\_\_\_ Apartment: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ E-mail: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Age: circle one (0-3) (4-10) (11-20) (21-30) (31-45) (46-65) (over 65) Gender: circle one (Male) (Female)

Bicycle Type: circle one: Tandem/Recumbent Single

Roommate: (double rooms) \_\_\_\_\_

Suitemates: (for Western Shore/Harford only) \_\_\_\_\_

Club/Group Affiliation (I would like to be near these people): \_\_\_\_\_

Special Requirements: \_\_\_\_\_

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

Registration Options <u>Underline</u> your choice and enter the cost	Cost	My Costs
<b>BBC Member: standard lodging</b> \$254 / no lodging \$214	<b>\$254/214</b>	
<b>non-BBC Member: standard lodging</b> \$262 / no lodging \$222	<b>\$262/222</b>	
<b>youth 11-16</b>	<b>\$190</b>	
<b>child 4-10</b> sleeping: on the floor \$81 / on a bed \$103	<b>\$81/103</b>	
<b>child 3 &amp; under</b> sleeping: on the floor no charge / on a bed \$20	<b>\$0/20</b>	
<b>late registration fee (AFTER APRIL 15th)</b>	<b>\$30</b>	
<b>single room supplement</b> if you choose to room alone (standard dorms only)	<b>\$30</b>	
<b>lowered bed supplement</b> per person (standard dorm only--see Lodging Options)	<b>\$10</b>	
<b>Western Shore suite supplement</b> per person (see Lodging Options)	<b>\$52</b>	
<b>Harford Hall suite supplement</b> per person (see Lodging Options)	<b>\$42</b>	
<b>Friday night buffet dinner:</b> adults \$17 / age 11-16 \$14 / age 4-10 \$8 (6pm – 8pm)	<b>\$17/14/8</b>	
<b>24th anniversary KCSF T-Shirt</b> (Note: all T-shirts are adult sizes, short sleeved) Circle choice: S M L XL XXL	<b>\$12</b>	
<b>Total for registration check (payable to BBC)</b>	<b>\$Total</b>	
<b>key deposit of \$25 per occupied bed</b> (excluding children 10 and under). <b>One check per bed, made payable to WASHINGTON COLLEGE.</b> This check will be returned in exchange for your room key on checkout, or forfeited for a lost key.	<b>\$25</b>	

**CANCELLATION POLICY:** Refund requests must be in writing. The following fees apply: \$40 prior to May 1st; **no KCSF refunds after May 1st**; \$30 charge for checks returned by the bank for any reason. Refund checks will be mailed by the BBC Treasurer after the event.

**Mail application to: KCSF 2006, 10609 Topsfield Drive, Cockeysville, MD 21030**

Questions: email [KCSF2006@verizon.net](mailto:KCSF2006@verizon.net) or call Frank or Kathy Anders at (410) 628-4018

We will mail you a confirmation letter

**Have you enclosed a check for your 'registration fee' payable to the BBC and a separate 'key deposit' check payable to Washington College? Have you included your signed release form?**

# 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



# ONE LESS > CAR

## Advocacy report from One Less Car

### Tom Bruni Memorial Fund

Tom Bruni died when he struck a car while bicycling on July 9, 2005. Tom was a renowned bicycle fabricator, activist, One Less Car board member, philosopher, kinetic sculpture creator and the Maryland's bicycling community's invaluable voice for change.

In memory of Tom and his lifetime's work, Tom's wife Terese Spadaro and One Less Car have created the Tom Bruni Memorial Fund. This fund will support grassroots activism to carry on with Tom's personal mission of promoting safe bicycling on Maryland's roads.

Gifts are tax-deductible and may be sent to One Less Car, PO Box 19987, Baltimore, MD 21211.

### Baltimore City Master Bike Plan

The January 18 public meeting on the Baltimore City Draft Bicycle Master Plan was great! Almost 100 people turned out to review the plan and to express support for better bicycling in Baltimore.

So what can you do now to make the Bicycle Master Plan a reality? Send a letter to

Baltimore Mayor Martin O'Malley to express support for bicycle facilities in Baltimore! If you are a Baltimore City resident, you can also send a <http://www.oneless-car.org/documents/councilltr.doc> letter to your City Council representative. Sample letters are available at <http://www.onelesscar.org>

### Maryland General Assembly

The 2006 session is underway and One Less Car is working on several bills to make cycling safer and more accessible in Maryland. Bills include

A measure that would repeal Maryland law requiring cyclists ride in a bike lane or on a shoulder if one exists among other provisions

A bill to create a legal "bubble of protection" around a cyclist; and

Legislation that would lower the standard of criminal negligence when charging, prosecuting and sentencing those who kill or injure bicyclists or pedestrians while driving.

We need your help to let elected officials know that these issues are important to you. We need you to put pressure on elected officials and government to make roadways safe and accessible for bicyclists and pedestrians. Our

advocacy voice grows with your activism and involvement. Stay in touch by checking the One Less Car website for updates, sample letters to send to legislators, and to sign up for action alerts.

## The 2006 MS-150 Bike Ride to Raise Money for the National MS Society

For several years now, BBC has fielded a team for the MS ride to be held this year at Salisbury University on Saturday and Sunday, June 10th & 11th. We've done pretty well with our team, now headed by David Blair, being one of the primary fundraisers for this Maryland Chapter of the National MS Society. We'd like to recruit more riders to join our team this year for this very worthwhile charity. Think of the MS ride as being two days of riding roads as scenic as the Seagull Century for a very good cause combined with a really good party. Most of you know someone who has been stricken with Multiple Sclerosis and seen first hand some of its devastating effects.

The MS-150 has two days of riding, traditionally a total of 150 miles, but with many options. 25, 50, 75 and 100-mile rides are available Saturday, with 25, 50 and 75-mile rides on Sunday. Lunch and regular rest stops are available both days with a blow-out dinner party/awards ceremony on Saturday evening. Dormitories and camping are available to all riders for a fee. Volunteers working both days are provided with free dormitory space for Friday and Saturday nights and all meals. Non-riding spouses/partners can join in the fun and help out for a great cause.

The Adventurers Club of Towson (ACT), another club linked on the BBC website, has fielded a rest stop crew of 8-10 people now for about four years. Their extra watermelons, lawn chairs, water sprayers for hot riders and party atmosphere have proven to be a ride favorite. It would be great if the

BBC could field a rest stop and broadcast the club to all those riders too. If you are interested in helping out at a BBC sponsored rest stop, contact David Blair at 410-902-7939 or Dan Artley at 410-329-2235. The ACT club needs some competition!

If you're interested in joining the BBC MS-150 Team, enter the URL:

"<http://www.kintera.org/faf/home/default.asp?ievent=146287>" and click on Register Here. Prompts will let you select the team you'd like to join (the Baltimore Bicycling Club of course!) and continue to register. Riders are required to raise a \$300 minimum pledge to participate.

Thanks for reading.  
- Dan Artley





# OUT OF BOUNDS

## March

**March 25, 2006** Saturday, Icicle Metric, Newark, DE. White Clay Bicycle Club. 25, 50, or 100 kilometers (16, 31, or 62 miles). Moderately hilly. [Icicle@whiteclaybicycleclub.org](mailto:Icicle@whiteclaybicycleclub.org)

## April

**April 16, 2005** Saturday, Ocean To Bay Bike Tour. 20, 35, of 50 mile Fenwick Island, Delaware Bethany-Fenwick Area Chamber of Commerce, Ocean To Bay Bike Tour, P.O. Box 881, Bethany Beach, DE 19930. <http://www.bethanyfenwick.org/pdfdocs/bike05.pdf>

**April 28-30, 2006.** Philadelphia Bicycle Club ride."Spring-n-2-Cycling Weekend" Danville, PA 610-251-5573 or [mcgranel@mlhs.org](mailto:mcgranel@mlhs.org)

## May

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

**May 7, 2006** Sun., Quad County Metric: (Montgomery County), PA. Suburban Cyclists Unlimited, P.O. Box 401, Horsham, PA 19044; phone 215-234-0170.

**May 14, 2005 Saturday,** Tour De Talbot Metric Century (65, 35, and 15 miles from Easton, Maryland). Jodi Carr at 410-822-0566 [jcarr@talbotymca.org](mailto:jcarr@talbotymca.org) or Gil Passwaters, Jr. at [gilp54@comcast.net](mailto:gilp54@comcast.net)

**May 20, 2006 Saturday,** Furnace Town Metric Century, Snow Hill, MD <http://www.extremedreamevents.com>

**May 28, 2005.** Shorebird Metric Century, Arthur W. Perdue Stadium, Salisbury, MD. 15, 35, or 65 miles. PO Box 163. Salisbury, Maryland 21803-0163. 1-800-937-9696 or 410-749-1624. [www.shorebirdmetriccentury.com](http://www.shorebirdmetriccentury.com)

## June

**June 4, 2005.** Sat., 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>

**June 10, 2006** Saturday, 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)

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

**June 17, 2006** Saturday, 4th Annual Viewtrail 22,44, 67,105 miles Berlin , MD. [www.extremedreamevents.com](http://www.extremedreamevents.com)

**June19, 2005** Sunday, 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)

## July

**July 2, 2006** Sunday, DELAWARE DOUBLE-CROSS. Peter Jongebreur, 302-738-1299; doublecross@whiteclaybicycleclub.org  
<http://whiteclaybicycleclub.org/Events-WCBC/doublecross.htm>

**July 8-10, 2005.** 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)

**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 [HYPERLINK "http://www.bikepptic.org" www.bikepptic.org](#)  
Darwin Roberts, 703/521-7277, email: [Darwin.Roberts@gsa.gov](mailto:Darwin.Roberts@gsa.gov)

## 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)

**August 19, 2006,** Saturday. Cumberland Valley bicycle Club. Clear Spring High School Clear Spring, Maryland. 26, 65 and 101 miles; Beth Evans at [bevans@scorpsys.com](mailto:bevans@scorpsys.com).  
<http://www.ghostburn.com/cvcc/theride.html>

**August 20, 2006** Sunday, Covered Bridge Metric Century 100, 50 and 25 Lancaster Bike Club;  
<http://www.lancasterbikeclub.org/cbm/cbm.asp>

**August 26, 2006.** Saturday, Shore Fire Century - 35, 65, and 100-mile rides. Middletown, Delaware; <http://www.whiteclaybicycleclub.org/shore-fire.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.

## 2nd Annual Ride For Shelter

Friends of The Light House Shelter is pleased to present the 2nd annual Ride For Shelter on April 23, 2006. All proceeds from this event help support The Light House Homeless Shelter, located at 160 West Street,

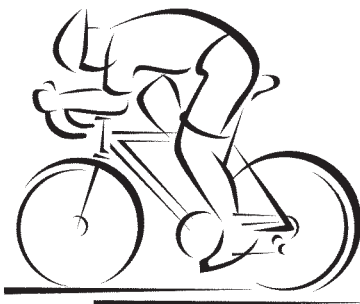
Annapolis MD, and affiliated programs. Last year over 140 riders helped to raise nearly \$11,000 through this event for the only homeless shelter in Anne Arundel County. There will be routes for all levels of riders, including a 5-mile option for children. After the ride, stay and enjoy fun activities designed for the whole family. Events include

face painting, a moon bounce, bike safety demonstrations, bike decorating contests, and an awards ceremony for the riders. ([www.rideforshelter.com](http://www.rideforshelter.com).)

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## *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** (subject to confirmation by BMHS)

**Event Coordinator:** Ken Philhower (410-437-0309 or k3nphilhower@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 the next newsletter or <http://www.baltimorebicyclingclub.org>.

**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: 5:45pm start every Wednesday starting in April  
For more info, email margaretcabrinety@gmail.com or call Margaret (443) 812-9655.

# 2006 Ride Coordinators

## Casual

Mitch Tobias . . . . .410-833-8137  
cyclenut2@verizon.net

Mike Falatico . . . . .410-377-9140  
Mfalatico@comcast.net

## 10-12 MPH

Dick Voelkel . . . . .410-744-6941  
voelkeldi@aol.com

Tom Anzalone . . . . .410-329-3864  
tanzalone1@msn.com

## 13-15 MPH

Gary Brandon

## 15-17 MPH

Judy Broadwater . . .410-628-6297  
jbbroadwater@erols.com

## 18 MPH

Phil Feldman . . . . .410-744-8874  
Pfeldman@comcast.net

## Weekday

Renee Faison . . . . .410-356-7088  
rffaison@msn.com

## Tandem

Peggy & Tom Dymond....410-272-9139  
Mmdymond@comcast.net

## Winter

Gloria Epstein . . . . .410-665-3012  
carlglo@att.net

## 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.

# MARCH AND APRIL 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!*

## Wednesday - March 1

**17 MPH** - 10am - 30-34 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)  
**START:** ORR - Oregon Ridge  
Hilly ride, some rollers, come join the fun!! Note start time changed to 10am.

## Saturday - March 4

**SHORT** - 10am - 28 mi - Rich Burns (410/ 433-4162, rnburns@prodigy.net)  
**START:** SPK Sparks E.S.  
Typical Balto. Co. ride - challenging, but worth the effort - w/ food stop @ Twin Oaks.

**SHORT / LONG** - 10am - 31/51 mi - Craig Martin (410/538-8791, Dee.Craig@comcast.net)  
**START:** WES Westminster E.S.  
Rolling rides w/ some hills to Taneytown for lunch.

## Sunday - March 5

**LONG** - 10am - 40-75 mi - Phil Feldman (410/744-8874, pfeldman@comcast.net)  
**START:** EFS Enchanted Forest S.C. @ Bagel Bin  
Leader has a variety of cue sheets. We'll decide which ride to do depending on weather conditions.

**SHORT/ LONG** - 9:30am - 32/41 mi - Dick Voelkel (410/744-6941, voelkel-di@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.

## Tuesday - March 7

**15/17 MPH** - 10 am - 45 mi - Craig Martin (410/538-8791, Dee.Craig@comcast.net)  
**START:** ORR - Oregon Ridge  
Rolling ride with hills to Madonna with a snack stop at High's. A shorter ride may be offered depending on the weather. Come join the fun!

## Wednesday - March 8

**17 MPH** - 10am - 30-34 mi - Steve Zeldin (410) 828-5553, SZeldin@comcast.net)  
**START:** ORR - Oregon Ridge  
Rolling with some hills. NO rest stop.

## Saturday - March 11

**SHORT** - 10:30am - 21/32 mi - Gloria Epstein (410/665-3012, carlglo@verizon.net)  
**START:** CMP Carroll Manor Park  
Mark Serio's classic, challenging Balto. Co. ride w/ food stop @ Palmisano's.

**LONG** - 9:30am - 56/70 mi - Janet Goldstein (410/366-1466, jgoldst@toad.net)

**START:** WES Westminster E.S.  
Westminster to Thurmont w/ lunch @ Rocky's Pizza.

## Sunday - March 12

**SHORT** - 9:30am - 33 mi - Cartan Kraft (410/235-2906, cbkraft@verizon.net)  
**START:** GLN Glenelg H.S.  
Pleasant, moderately rolling ride thru Howard Co. w/ rest/lunch stop @ High's @13.6mi. There is a shorter 26 mi. option @ the 24.5 mi. mark.

**SHORT / LONG** - 10am - 34/40/50 mi - Dan Artley; Craig Martin (410/329-2235;

410/538-8791, Dee.Craig@comcast.net)

**START:** Parkton General Store (burned down) adjacent to NCR trail. Directions: From I-695, go north on I-83 to Middletown Rd., exit 31. Take 1st left onto Frederick Rd. and follow to stop sign. Make a left to remain on Frederick Rd. and park where it dead-ends @the NCR trail.

Dan's Winter Warmer Ride w/Craig's Extended Mix. THIS IS NOT A TRAIL RIDE! It is a hilly warmer of a road ride w/several large hills & beautiful scenery. It's also a training ride for anyone joining us for the MS-150 in June. Think about joining the BBC MS-150 Team. Most of the climbing on the 34 and 40 mi. rides is before lunch w/ about 1600 ft. of climbing @the 17 mi. mark. Lunch/snack is in New Freedom @about mi. 22 or 28. There are several places to get food as well as a bike shop in town. Craig will lead the 50mi loop w/ lunch in Glen Rock. Craig's whole loop is very hilly.

**SHORT / LONG** - 9:30am - 31/36/44 mi - Jim White (717/682-4182, bikerdancer-jim@comcast.net)

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

The ever popular ride thru Carroll & Fred. Cos. w/ an 'all you can eat pancake breakfast' @Union Bridge VFD. Some great food, socializing and vistas.

## Tuesday - March 14

**17 MPH** - 11:30am - 30-34 mi - Renee Faison (410) 356-7088, rrfaison@msn.com)  
**START:** ORR - Oregon Ridge  
For those cyclists looking for a shorter ride, come out and join me for a rolling to hilly ride.

**15/17 MPH** - 10 am - 45 mi - Craig Martin (410/538-8791, Dee.Craig@comcast.net)  
**START:** WRP - Western Run P & R  
Hilly ride through Shepperd with a snack stop at Twin Oaks Store. A shorter ride may be offered depending on the weather. Come join the fun!

## Wednesday - March 15

**17 MPH** - 10am - 30-34 mi - Steve Zeldin  
(410) 828-5553, SZeldin@comcast.net)

**START:** WRP - Western Run P & R  
Rolling to hilly adventure through farmlands of Baltimore County. Come out and ride!!

## Saturday - March 18

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

**START:** MSM Marley Station Mall  
Ride to Sandy Point State Park, 1/2 road, 1/2 paved trail. Lunch @Red, Hot, & Blue. Ride can be shortened to 25 mi.

**SHORT** - 10:30am - approx. 32 mi - Gary Gentry (410/574-1643)

**START:** ORR Oregon Ridge Park  
Ride to Hampstead w/ food stop @ Jiffy Mart (Subway & convenience store).

**LONG** - 10am - 40 mi - Will Hudson  
(410/356-5752, willcycle1@comcast.net)

**START:** MLP Maryland Line P&R  
PA Flatlands. As flat a ride you can find just over the border in Pa.

## Sunday - March 19

**LONG** - 11am - 40 mi - Mary & Barry Menne (410/795-6571)

**START:** MTV Mount View M.S.  
Ride the back roads of western Howard Co. w/ snack/lunch stop in Lisbon @ mi.25. Some hills @ the beginning and end to keep us honest.

**SHORT** - 1pm - 24 mi - Judy Getz  
(410/254-1306)

**START:** WES Westminster E.S.  
Ride thru Pleasant Valley. Some hills. Bring a snack.

## Tuesday - March 21

**15/17 MPH** - 10 am - 45 mi - Susanne Morsberger (443/622-5862, smorsber@msn.com)

**START:** ORR - Oregon Ridge

Rolling ride with hills through Boring with a snack stop at Countryside Carryout. A shorter ride may be offered depending on the weather. Come join the fun!

## Wednesday - March 22

**17 MPH** - 10am - 30-34 mi - Steve Zeldin  
(410) 828-5553, SZeldin@comcast.net)

**START:** ORR - Oregon Ridge  
Hilly ride, some rollers, no rest stop on this ride.

## Saturday - March 25

**SHORT** - 9:30am - 23/33 mi - Ed Vojik  
(410/296-5271)

**START:** PRP Providence Rd. P&R  
Green At The Gunpowder - Scenic, somewhat hilly ride through Loch Raven watershed into Harford Co. Rest stop at Palmisano's.

**LONG** - 10am - 42 mi - Will Hudson  
(410/356-5752, willcycle1@comcast.net)

**START:** MLP Maryland Line P&R  
Rolling to hilly ride w/ lunch in Red Lion.

## Sunday - March 26

**SHORT** - 10am - 25 mi - George Cordutsky (410/882-2788, gcordutsky@msn.com)

**START:** HHE Harford Hills E.S.  
Balto. Co. ride w/ food stop @ convenience store.

**LONG** - 10am - approx. 50 mi - Mark Tabb  
(410/274-8668, marktabb@yahoo.com)

**START:** MLP Maryland Line P&R  
Ride to Hanover on Ellen's Shrewsbury ride.

**SHORT / LONG** - 10:30am - 32/44 mi - Ken Philhower/Mary Ryan (410/437-0309; 410/828-1015, k3nphilhower@cable-speed.com; meryan@comcast.net)

**START:** HPS Hopkins Place S.C.  
Mostly flat to rolling rides w/ a couple of hills. Bring a snack for the 32 mi. ride. The 44 mi ride is Ken's famous 'Ride to Galesville' for lunch.

## Tuesday - March 28

**17 MPH** - 11:30am - 30-34 mi - Renee Faison (410) 356-7088, rfaison@msn.com)

**START:** ORR - Oregon Ridge  
Guaranteed to be a fun ride or your money back!! Hilly to rolling ride through the back roads of Baltimore County.

## Wednesday - March 29

**17 MPH** - 10am - 30-34 mi - Steve Zeldin (410) 828-5553, SZeldin@comcast.net)

**START:** WRP - Western Run P & R  
Rolling ride, some climbs. Come join the fun!!

## Saturday - April 1

**CHECK OUT YOUR BBC RACING TEAM AT THE TOUR OF WALKERVILLE**

**SHORT** - 9:30am - 33 mi - Howard Rosenbaum (410/653-2363, herosenbaum@comcast.net)

**START:** TES Taneytown E.S.  
Woodsboro Loop. Walt & Carol's terrific ride to Woodsboro for lunch.

**LONG** - 10am - 53 mi - Craig Martin  
(410/574-1643, Dee.Craig@comcast.net)

**START:** MSC Manor S.C.  
Join me for breakfast @Bagelmeister. Ride to Delta, Pa. for lunch.

**SHORT** - 10am - 28 mi - Gloria Epstein (410/665-3012, carlglo@verizon.net)

**START:** SPK Sparks E.S.  
If you missed this ride in March, give it a try today. Food stop @Twin Oaks.

**LONG** - 10am - 48 mi - Carl Boyd  
(410/465-0854, psycolist.1@juno.com)

**START:** EFS Enchanted Forest S.C.  
@ Bagel BinHoward Co. ride w/ snack stop @High's @mile 27.

## Sunday - April 2

**LONG** - 11am - 47mi or 36 mi w/ shortcut - Mary & Barry Menne (410/795-6571)

**START:** MTV Mount View M.S.

Ride to Mt. Airy w/ snack stop or pizza lunch. Take the challenging route back or use the shortcut depending on weather and you.

**SHORT/ LONG** - 9:30am - 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.

**TANDEM** - 10:30 am - 33/42 mi - Team Glasgow (Ross & Donna) (301/249-5055 (home)/240-271-9168 (cell), Rossell.glasgow@FERC.gov)

**START:** HAR - Southern HS, Harwood MD. From Beltway Exit 19, take US-50 (John Hanson Hwy) east 11 miles and exit south on MD-424 (Davidsonville Rd). Remain on MD-424 until it ends (about 5 miles) at MD-2 (Solomon's Island Rd). Turn right on MD-2. Go 2 miles then right into school. Call ride leaders if weather is doubtful.

Joint WABITS/CRABS ride to Deale with lunch at a restaurant in Deale on the water. A nice ride with some pretty overlook views of the water on the longer route. The ride has some hills, but is not too difficult. The ride back after lunch is the same for both rides and is about 10 miles. The ride leaders will be doing the 42 mi. ride.

## Tuesday - April 4

**15/17 MPH** - 10 am - 44 mi - Susanne Morsberger (443/622-5862, smorsber@msn.com)

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

Rolling ride with hills through Prettyboy Reservoir with a snack stop at Wally's Store. A shorter ride may be offered depending on the weather. Come join the fun!

## Wednesday - April 5

**17 MPH** - 10am - 30-34 mi - Steve Zeldin (410) 828-5553, SZeldin@comcast.net)

**START:** ORR - Oregon Ridge

Come join Steve on this beautiful rolling ride. Lots of fun!!

## Saturday - April 8

**SHORT / MEDIUM/ LONG** - 10am - 32/39/50 mi - Gloria Epstein & Rich Burns & Howard Rosenbaum (410/665-3012 & 410/433-4162 & 410/653-2363, carlglo@verizon.net & rnburns@prodigy.net)

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

Walt & Carol's fabulous, bucolic rides to Littlestown, Pa. (32mi/39mi) and Thurmont (50mi) for lunch. Gentle terrain w/ climb @ end.

**SHORT / MEDIUM/ LONG** - 9am - 31/45/64mi - Bob Moskios (410/561-8161 or 8162, cell only for emergency during ride 410/967-8395, bobbikes@comcast.net)

**START:** ORR Oregon Ridge Park

The 3 Parks Ride-Oregon Ridge (31mi), add Loch Raven (45mi), add Gunpowder Falls w/ Jericho covered bridge (64mi). No stops on the 31 mi run; bring a snack. The 45 mi (medium) offers 7/11 and 'sit-down' options @ Four Corners. The 64mi (long) offers same or Palmisano's @ Long Green Pike & Patterson Rd. and an optional lunch stop @ Szechwan House @ Seminary & York Rds., Lutherville (late in the ride/bring a lock). Mileage on the medium and long routes will vary as they are being refined. Leader will probably cover the long ride and would appreciate hearing from possible helpers for the medium and short routes. Please arrive w/ time to prepare and be ready to roll out @ 9am sharp.

**LONG** - 9:30am - 84 mi - Janet Goldstein (410/366-1466, jgoldst@toad.net)

**START:** MTV Mount View M.S.

Mt. View to Pt. of Rocks. Leader will also bring cue sheets for 60 mi ride to Damascus. If pkg lot is full, park @high school across the street.

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

**START:** MSM Marley Station Mall Ride to Sandy Point State Park, 1/2 road, 1/2 paved trail. Lunch @ Red, Hot, & Blue.

**TANDEM** - 10 am - 29/38 mi - George and Mary Drake (410-758-8266 or 410-790-8234(cell), georgeandmary-drake@yahoo.com)

**Start:** Go across the Bay Bridge and turn at first exit onto Rt. 8 south.

Continue on Rt. 8 south for 2.3 miles to Matapeake State Park at Marine Academy Drive. Turn right on Marine Academy Drive. Go a very short distance, turn right, and parking is on the left.

Tandem Tune-up Ride - Use this virtually flat ride to check out and tune up your tandem and your bodies for the coming tandem year. Ride through beautiful estates on the Chesapeake and a commercial fishing community. See houses in which the first floors are airplane hangers! Lunch at the Kentmorr Marina Restaurant. Ride can easily be shortened. Let's have a great turnout for this early season kickoff ride!

Convenient location for CRABS/WABITS. New tandem teams as well as our existing teams are encouraged to join us. Speed is 12-15 mph; mileage can be shortened if you like.

## Sunday - April 9

**SHORT / LONG** - 10:30am - 32/38 mi - Dan Artley (410/329-2235)

**START:** LOC Loch Raven H.S.

Dan's Loch Raven Ride - A Bit Hillier Than Necessary With An Extra Hilly 6.2 Mile Addition Yes, it's pretty hilly, but it's really a different way to see the prettiest parts of Loch Raven and Long Green valleys, a couple of wild & wooly hills, the waterfalls on Hartley Mill Rd., and the optional extra miles go up the legendary Notch Cliff Rd. This is also a



training ride for anyone joining us for the MS-150 in June. Think about joining the BBC MS-150 Team.

**LONG** - 10am - 58 mi - Carl Boyd (410/465-0854, psycolist.1@juno.com)  
**START:** EFS Enchanted Forest S.C @ Bagel Bin

Very nice, hilly N. Balto.Co.-esque ride w/o the long drive to N. Balto.Co. Lunch @farm store deli w/tables & restrooms.

**SHORT / LONG** - 9:30am - 31/36/44mi - Jim White (717/682-4182, bikerdancer-jim@comcast.net)

**START:** SOC - South Carroll H.S. Social ride thru Carroll & Fred. Cos. w/ 'all you can eat' pancake breakfast @Union Bridge VFD. Some great vistas.

## Tuesday - April 11

**17 MPH** - 11:30am - 30-34 mi - Renee Faison (410) 356-7088, rrfaison@msn.com)

**START:** ORR - Oregon Ridge Hilly ride, give it a try!!

## Wednesday - April 12

**17 MPH** - 10am - 30-34 mi - Steve Zeldin (410) 828-5553, SZeldin@comcast.net)

**START:** WRP - Western Run P & R Hilly ride, some rollers, come join the fun.

## Saturday - April 15

**CHECK OUT YOUR BBC RACING TEAM AT THE MONT. CO. AG. CENTER CRITERIUM**

**LONG** - 10am - 53 mi - Phil Manger (410/666-0585, pmanger@comcast.net)

**START:** SPK Sparks E.S. 'Horse Country Ride'- N. Balto. Co. ride, scenic and challenging

**LONG** - 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 & Deale, there are no stores, 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 7am and 7:30am on morning of ride if weather is marginal. Joint ride w/ PPTC and OHBTC. Cue sheet available online @

<http://www.cpcug.org/user/chrismor>.

**SHORT** - 10am - 25 mi - David Forester (410/730-7074, deforester@comcast.net)

**START:** Columbia-I-695 west to I-70, then south on US 29; west 3 mi. on MD 108 toward Clarksville; left on Harper's Farm Rd. (@ traffic signal, entrance sign 'Harpers Choice/Columbia). Go .9 mi. to village center. Left @ entrance road next to BP gas station. Park far end of Safeway lot. 'Villages & Country' Easy ride connecting four Columbia 'village centers' to south central Howard Co. Only 3 or 4 short climbs. Opportunities for lunch @ Hickory Ridge or Harpers Choice village center.

## Sunday - April 16

**SHORT** - 10am - 33 mi - Gloria Epstein (410/665-3012, carlglo@verizon.net)

**START:** PRP Providence Rd. P&R Join me on one of my favorite 'close-to-home' rides. A 23 mi shortcut is available. Food stop @ Palmisano's on both routes.

**LONG** - 10am - 60 mi - Will Hudson (410/356-5752, willcycle1@comcast.net)

**START:** FIF 5th District E.S. 'Seven Valleys' Rolling, flat, & hilly ending w/lunch in Glen Rock.

**SHORT** - 1pm - 24 mi - Judy Getz (410/254-1306)

**START:** MSC Manor S.C. Hilly ride thru northern Balto. Co. w/ food stop @ convenience store.

## Tuesday - April 18

15/17 MPH - 10 am - 40 mi - Susanne Morsberger (443/622-5862, smorsber@msn.com)

**START:** WRP - Western Run P & R Hilly ride through Shepperd with a snack stop at Twin Oaks Store. A shorter ride may be offered depending on the weather. Come join the fun!

## Wednesday - April 19

**18 MPH** - 10am - approx. 70 mi - Jim Guild (410/804-6493, feltb2@yahoo.com)

**START:** TMP Taneytown Memorial Park

'Accountants Burnout Day Ride' 'Chubbie II' w/ lunch near Pen Mar. This ride includes some climbing such as: Hampton Valley, Gladhill, Pen Mar & Hells Delight (but no Coxe Brown!) The scenery is terrific though, especially from the bench under the tree on Buena Vista or High Rock. Come out and suffer w/ the burnouts!

**15/17 MPH** Riders are Welcome to Join Us.

**17 MPH** - 10am - 30-34 mi - Steve Zeldin (410) 828-5553, SZeldin@comcast.net)

**START:** ORR - Oregon Ridge Rolling ride, 2 big climbs. No rest stop.

## Saturday - April 22

**LONG** - 9:30am - 69 mi - Phil Feldman (410/744-8874, pfeldman@comcast.net)

**START:** 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.

**LONG** - 10am - 45 mi (35 mi option\*) - Jeffrey Marks (410/358-1321, jef-frey715@yahoo.com)

**START:** Radio Tower Rd. From south: I-695 to exit 21 (Park Heights Ave., Rt.129). Cross Park Heights onto Radio Tower Rd. Park on rt. side

(next to wall). From east: I-695 to exit 21 (Stevenson Rd.). Turn left onto Stevenson Rd. @ light. Go 100 yds. - turn right onto Radio Tower Rd. Park on left side (next to wall). Radio Tower Rd. connects Park Heights and Stevenson Rd. and parallels I-695 on the south side.

Balto. Co. ride w/ lunch stop (mile 30) @ Amish Market in Cockeysville. Approx. 3 mi. on NCR trail. \*option to take light rail from Warren Rd. to Mt. Washington - approx. 5 mi. from Mt. Washington to ride start makes route 35 mi.

**SHORT** - 9:30am - 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. Gentle terrain, but it is downhill going and uphill returning.

## Sunday - April 23

**SHORT** - 9am - 25 mi - George Cordutsky (410/882-2788, gcordutsky@msn.com)

**START:** HHE Harford Hills E.S. Balto. Co. ride w/food stop @convenience store.

**LONG** - 9:30am - 44/52 mi - Ken Philhower (410/437-0309, k3nphilhower@cablespeed.com)

**START:** HPS Hopkins Place S.C. Ken's famous A.A.Co. rides to Galesville for lunch. Flat to rolling w/some hills.

**SHORT / LONG** - 9am - 30/38 mi - Rich Burns & Gloria Epstein (410/433-4162 & 410/665-3012, rnburns@prodigy.net & carlglo@verizon.net)

**START:** SEV - 7th District E.S.

Ride to New Freedom w/a few lunch options.

**LONG** - 10am - 60 mi - Will Hudson (410/356-5752, willcycle1@comcast.net)

**START:** MLP Maryland Line P&R Creeks & Bridges - An extended Red Lion ride, more picturesque, w/lunch in Red Lion.

**TANDEM** - 10 am - 36 mi - John & Jane Cole (410/661-4427 or 410/812-4973, jicole01@comcast.net)

**START:** MSM - Marley Station Mall Join us for a nice early season tandem ride over mostly flat terrain, including the B&A Trail to Sandy Point State Park. Lunch at Red, Hot, and Blue.

## Tuesday - April 25

**17 MPH** - 11:30am - 30-34 mi - Renee Faison (410) 356-7088, rrfaison@msn.com)

**START:** ORR - Oregon Ridge Join other cyclists from the area on this beautiful rolling to hilly ride. No rest stops.

## Wednesday - April 26

**17 MPH** - 10am - 30-34 mi - Steve Zeldin (410) 828-5553, SZeldin@comcast.net)

**START:** WRP - Western Run P & R Wednesday night loop in reverse - give it a try. Ride ending is slightly different from original loop.

## Friday - April 28

**SHORT** - 9:30am - 35 mi - Mike Gesuele (H: 410/549-1282, W: 410/965-5379, day-of-ride cell phone: 410/274-8253, mike.gesuele@ssa.gov)

**START:** Tred Avon S.C., Easton Md. Take a right off Hwy 50 for St. Michaels (Rt. 322) about 25 mi after Bay Bridge. Take a left @3rd light. You will see Lowe's, then McDonald's. Take the left @ light by McDonald's. Then go straight & park by Food Lion. Call leader for more directions if needed.

Mike's 'St. Michaels Ride'. A flat ride. Leader will ride approx. 12mph pace. Ride will be cancelled if it is raining or below 50 degrees...Call leader if in doubt.

## Saturday - April 29

**SHORT** - 9:30am - 23 mi - Ken Philhower/Mary Ryan (410/437-0309; 410/828-1015, k3nphilhower@cablespeed.com; meryan@comcast.net)

**START:** Dixon Observation Area-Dorsey Rd. (south of BWI). Take I-97 from Glen Burnie to exit 15; follow signs to Rt. 176 west (Dorsey Rd.), one mile to Aircraft Obs. Area; parking lot on left. Flat A.A.Co. ride, 2/3 paved trail, 1/3 road w/convenience store on route.

**SHORT** - 9am - 33 miles - Ed Vojik (410/296-5271, EVojik@aol.com)

**START:** PRP Providence Rd. P&R Green At The Gunpowder - Scenic, somewhat hilly ride through Loch Raven watershed into Harford Co. Rest stop at Palmisano's.

**LONG** - 9am - 45 mi - Rick Peters (410/654-0634, rpete68@earthlink.net)

**START:** WES Westminster E.S. 'Westminster-Northwest Tour' Carroll Co. ride w/some hills. Convenience store stop.

## Sunday - April 30

**LONG** - 9am - 50 mi - Gary Gentry (410/574-1643)

**START:** WES Westminster E.S. Michael Farnsworth's famous 'Spokes Ride' Food stop options include Brewer's Market @mile 20 and Sheets & Subway in Taneytown @mile 33.

**SHORT** - 1pm - 25 mi - Judy Getz (410/254-1306)

**START:** HCC Harford Comm. Coll. Ride to Darlington. Some hills. Bring a snack.

**LONG** - 10am - 50-57 mi - Mark Tabb  
(410/274-4866, marktabb@yahoo.com)

**START:** MLP Maryland Line P&R  
Gary Brandon's ride w/lunch in Glen  
Rock.

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

**START:** GLN - Glenelg H.S.  
"Capitol for Day". Scenic tour through  
Howard and Montgomery Counties on  
quiet roads with some nice down hills  
(also some invigorating climbs). No  
stores, so bring a snack. Brookville was  
U.S. Capitol for a day.

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

**START:** Fells Point, Baltimore Meet  
@the bottom of S. Broadway.  
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.

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

**TANDEM** - 10 am - 40-45 mi - Carol &  
Walt Russell (410/665-0651, wrus-  
sell5@yahoo.com)

**START:** SHS - Southern H.S.  
Carol's new ride to Chesapeake Beach;  
lunch/snack stop (you can buy & bring  
to fishing pier/beach area, if desired);  
fantastic views of the bay on the return.

# 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 as well as 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 BBCTalk messages at the yahoogroups site itself.

To join BBCTalk, all you need to do is send an email message to:

bbctalk-subscribe@yahoogroups.com

Questions? Contact Janet at

jgoldst@toad.net or call 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

Lead Rides

Club Events

Newsletter

Website

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

**Dues** are subject to change.

Individual **One Year: \$25**

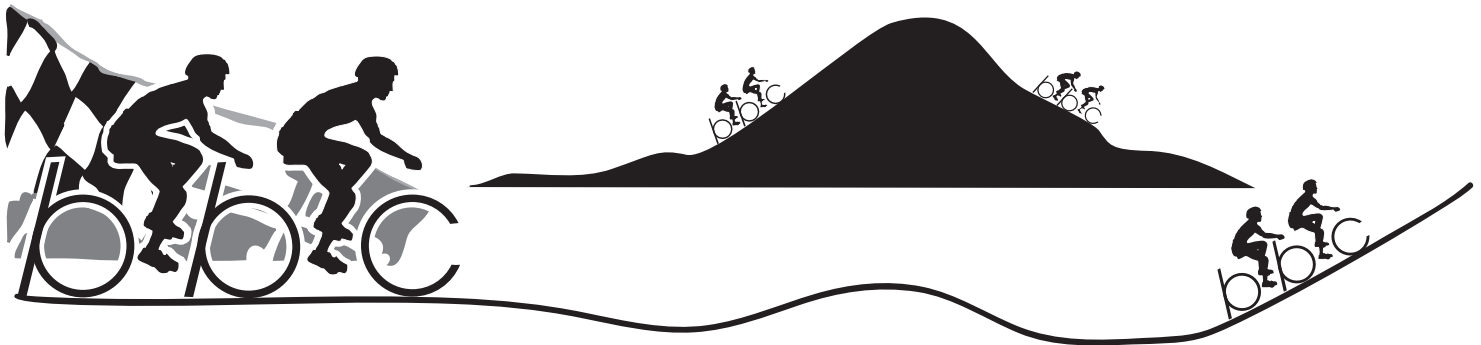
Family **One Year: \$35**

Individual **Two Years: \$45**

Family **Two Years: \$65**

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

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



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

*For BBC members with questions or  
problems concerning:*

• Membership • Ride Schedules • Any Committee • Any Function

**CALL  
410-792-8308**

For *Membership or Newsletter Delivery*

questions or problems, contact Barb Park at 410-823-4293 or [barbpark@bcpl.net](mailto:barbpark@bcpl.net)

For *BBC Newsletter Content and Advertising*

questions or problems, contact Chris McLaughlin at 410-992-6627 or [bbcnews@comcast.net](mailto:bbcnews@comcast.net).

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

**March | April  
2006**

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