



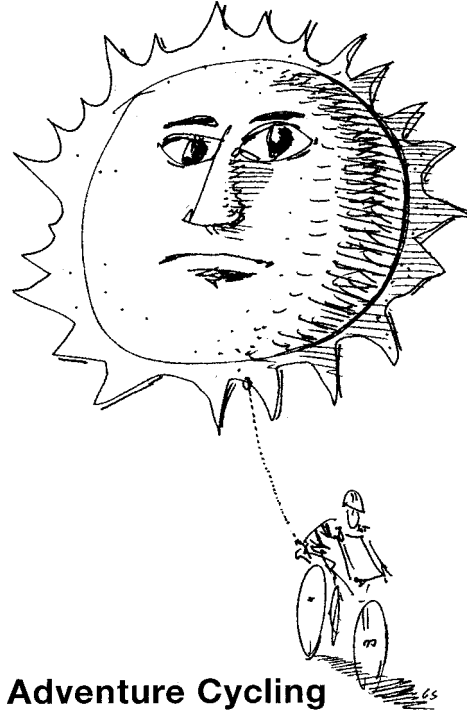
# Baltimore Bicycling Club Newsletter

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Volume 40 Number 2

March | April 2007



- Adventure Cycling

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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.

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

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

## **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	410-636-0634
(see Rides section of newsletter for committee members)		
Cue Sheet Librarians	Craig Martin	410-538-8791
	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 23RD ANNUAL INSTRUCTIONAL RIDE SERIES !!

IT WON'T BE LONG NOW!! The BALTIMORE BICYCLING CLUB'S Instructional Ride Series will begin with an **orientation** to be held on **Sunday, April 29, 2007 at 10:30 a.m. at the Dumbarton Middle School** in Baltimore County. Directions to the school are provided below.

This series is offered to anyone over 16 years of age interested in learning basic cycling skills, including doing minor road repairs and improving as a cyclist. We want to help new riders find a comfortable riding level and develop so they can at least ride on the BBC casual rides by the end of the series. We also want to give experienced riders who are new to club riding the opportunity to meet and learn about group riding. The ride series will include at least one NCR (North Central Railroad) trail ride.

The orientation will include a short cycling safety video. We will discuss bicycles, equipment and clothing and answer questions about the program. If you bring your bicycle to the orientation, we can check it out for you and show you how to do a quick pre-ride bike check. The indoor orientation will be held **RAIN OR SHINE**. Weather permitting, anyone who wants to do so can join us on a short ride following the orientation. You must have and wear a helmet in order to ride. The full ride schedule is listed below.

**DIRECTIONS:** **Dumbarton Middle School** is located at 300 Dumbarton Road, 0.2 miles west of York Road, approximately 1.5 miles south of the roundabout or traffic circle in Towson. Contact Howard or Gordon at the email addresses or telephones numbers below for more complete directions.

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

**ORIENTATION:** Sunday, April 29, 2007 – Dumbarton Middle School at 10:30 a.m.

**RIDE SCHEDULE:** (Note that all rides start at 10:00 a.m., not 10:30)

Sunday, May 6, 2007 - NCR Trail ride at 10:00 a.m.

Sunday, May 13, 2007- Optional Mother's Day ride, location TBD

Sunday, May 20, 2007- Greenspring Station at 10:00 a.m.

Sunday, May 27, 2007- Greenspring Station at 10:00 a.m.

Sunday, June 3, 2007 - Jacksonville at 10:00 a.m.

Sunday, June 10, 2007- Jacksonville at 10:00 a.m.

Sunday, June 17, 2007- Optional/Father's Day - Let's see how you are all doing. We may do additional rides in the following weeks or join some BBC Rides

**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

**Baltimore Bicycling Club, Inc.**  
**2006 Summary Treasurer's Report**

On December 31, 2006, the balances in the BBC bank accounts were as follows:

Checking:	\$3,757
Savings (Money Market):	\$47,698
Savings (18-month CD):	\$103,334
<b>TOTAL:</b>	<u>\$154,789</u>

Summary of financial activity for calendar year 2006:

Income

Membership dues	\$28,547
Events income (before expenses)	\$187,228
Other income	\$8,199

Gross income (all sources): \$223,974

Expenses

Newsletter (including postage)	\$15,416
Web site	\$271
Event expenses	\$152,118
Contributions	\$11,615
BBC Racing Team	\$5,370
Insurance	\$3,697
Other expenses	\$14,189

Total expenses \$202,676

Net income: \$21,298

The expenses shown included \$11,615 in contributions to cycling-related organizations, including the following:

- League of American Bicyclists
- One Less Car, Inc.
- East Coast Greenway Alliance
- Rails to Trails Conservancy
- Rental and maintenance of a portable toilet along the Northern Central Trail

Respectfully submitted,

Kenneth E. Philhower, Treasurer  
Baltimore Bicycling Club, Inc.

# Help Wanted: Baltimore Bicycling Club's Web Site



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 that 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 a piece of maintaining the web site. We are looking for several individuals: one to maintain the Advocacy page, one to format the Ride Schedule every other month, one to enter the Out of Bounds section information, one to work on the Cue Sheet Library, or one to work on one of the other ideas that there are. What you 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.



## DISCOUNTS AVAILABLE FOR BBC MEMBERS

**Paris West Optical** is a charter sponsor of the BBC racing team. Jordan Flitter, the owner/operator, continues to offer the following great discounts to **ALL** BBC members:

Eye exams	50% off
All Oakley products	25% off
Eye glasses, contact lenses & sunglasses	20% off

Paris West has just moved to 521 N. Charles Street, one block south of the Washington Monument. The phone number is 410.528.1877. Jordan stocks an impressive collection of eyewear from leading American, European and Japanese designers. Jordan excels at styling; he considers the bone structure of your face, your coloring, and your prescription before suggesting frames. Your BBC newsletter or a copy of this notice from the BBC web page or newsletter can serve as your proof of club membership.

## **OUT OF BOUNDS**

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

The *Out of Bounds* column is in two sections. Local rides of interest are listed first and separately to quickly give Club riders information about fund raising rides and events that are in the immediate metropolitan area.

The rides and events in other parts of Maryland and nearby states are listed in the second section.

### Local rides of interest

Sunday, April 15, 2007

**The Ride for Shelter** (Third Annual). Annapolis. To benefit Light House Shelter. Rides for all levels (5-40 miles, including a kids' route) Start: Naval Academy Stadium. Many prizes. [www.rideforshelter.com](http://www.rideforshelter.com)

Saturday, April 28, 2007

**Tour du Carroll** (Third Annual). Start: Dutterer's Park in Westminster 8:00 a.m. Sponsored by Family and Children's Services of Central Maryland to benefit West End Place Adult Day Services in Westminster. Route choices: 8, 30, 55 (new this year) miles. \$25, includes t-Shirt, lunch, and door prizes and more. [www.tourdecarroll.com](http://www.tourdecarroll.com)  
Registration via Active.com, mail-in or on-site. We are sorry but all of the free registrations have been taken.

May 2007

**Bike Jam Baltimore** (Patterson Park). [www.bikejam.org](http://www.bikejam.org)

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. Two routes (31 miles, 62 miles) plus a Family Fun Ride. Registration \$15-\$25 (+ fund raising minimum.) [www.tour.diabetes.org](http://www.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)

June 2007

**Moonlight Madness Ride.** Ride benefits historic Baltimore hostel renovations.  
[www.baltimorehostel.org](http://www.baltimorehostel.org)

Saturday/Sunday, June 9-10, 2007

**MS150 Tour de Shore,** Salisbury, MD.  
[www.nationalmssociety.org/MDM/event/default.asp?g=6](http://www.nationalmssociety.org/MDM/event/default.asp?g=6)

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

September 2007

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

Saturday, September 15, 2007

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

Saturday, March 31

**Icicle Metric Century** (3 routes: 16, 31, or 62 miles) White Clay Bicycle Club. Routes: 16, 31, 62 Indoor food stops \$12-15 [www.whiteclaybicycleclub.org](http://www.whiteclaybicycleclub.org)

Sunday, 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-Sunday, May 19-20, 2007

**Ride for the Feast.** A two-day, 140-mile ride from Rehoboth Beach, Delaware to Baltimore. Day 1, 100 miles. Day 2, after transport across Bay Bridge, 40 miles to Baltimore celebration. \$1200 fundraising minimum; all funds raised go directly to support Moveable Feast, which delivers free nutritious meals and provides medical transportation to people living with HIV/AIDS or breast cancer. SAG support, rest stops, twice-weekly training rides to help riders prepare. [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 [www.hanovercyclers.org](http://www.hanovercyclers.org)

Friday-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-Wednesday, June 22-27, 2007

**Bike Virginia** [www.bikevirginia.org](http://www.bikevirginia.org) 757-229-0507

Thursday-Sunday, July 12-15, 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)

Saturday-Saturday, July 23-30, 2007

**Pennsylvania Greenway Sojourn**  
[www.railstotrails.org/wherework/northeast/index.html](http://www.railstotrails.org/wherework/northeast/index.html) 717-238-1717

Saturday, August 25, 2007

**Shore Fire Century**, White Clay Bicycle Club. 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)

Monday, September 3, 2007

**Labor Day Century**, Hanover Cyclers. [www.hanovercyclers.org](http://www.hanovercyclers.org)





## 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

# 25TH ANNUAL KENT COUNTY SPRING FLING MAY 25–28, 2007 (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.*

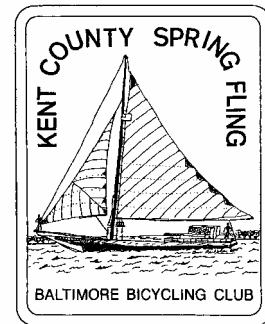
*Award winning cuisine, dessert and cordial parties, dancing and great music will round out your perfect bicycling experience.*

## 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)
- **25th Anniversary Fleece Vest with full zipper and embroidered logo**, and 25th Anniversary KCSF T-shirt. We only order a few extras, and they sell out early. If you want a vest or T-shirt please order now.

## Four Days of Fun-Filled Activities

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

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

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

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

**HELMETS ARE REQUIRED ON ALL KCSF RIDES**

## Gourmet Meals!

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

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

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

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

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

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

- **Standard lodging** dorms (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 \$54 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 \$44 per person** to the standard fee.

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

**Registration form – 25th annual BBC Kent County Spring Fling -- May 25-28, 2007**

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

<b>Registration Options <u>Underline</u> your choice and enter the cost</b>	<b>Cost</b>	<b>My Costs</b>
<b>BBC Member: standard lodging \$262 / no lodging \$222</b>	<b>\$262/222</b>	
<b>non-BBC Member: standard lodging \$274 / no lodging \$234</b>	<b>\$274/234</b>	
<b>youth 11-16</b>	<b>\$196</b>	
<b>child 4-10 sleeping: on the floor \$83 / on a bed \$106</b>	<b>\$83/106</b>	
<b>child 3 &amp; under sleeping: on the floor no charge / on a bed \$20</b>	<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>\$54</b>	
<b>Harford Hall suite supplement</b> per person (see Lodging Options)	<b>\$44</b>	
<b>Friday night buffet dinner: adults \$17 / age 11-16 \$14 / age 4-10 \$8 (6pm – 8pm)</b>	<b>\$17/14/8</b>	
<b>25th anniversary KCSF zippered fleece vest with embroidered logo</b> (short sleeve, color yellow) Circle choice: S M L XL XXL	<b>\$28</b>	
<b>25th anniversary KCSF T-Shirt</b> (Note: all T-shirts are short sleeve adult size) 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 2007; 10517 Virginia Avenue; Cockeysville, MD 21030**

Questions: email [KCSF2007@verizon.net](mailto:KCSF2007@verizon.net) or call Frank or Kathy Anders at (410) 628-4018

We will mail you a confirmation letter

**Please include a check for your 'registration fee' payable to the BBC, a separate 'key deposit' check payable to Washington College, and the BBC Release and Waiver 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		
_____ Street Address	_____ City	_____ State	_____ Zip	_____ Phone

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.

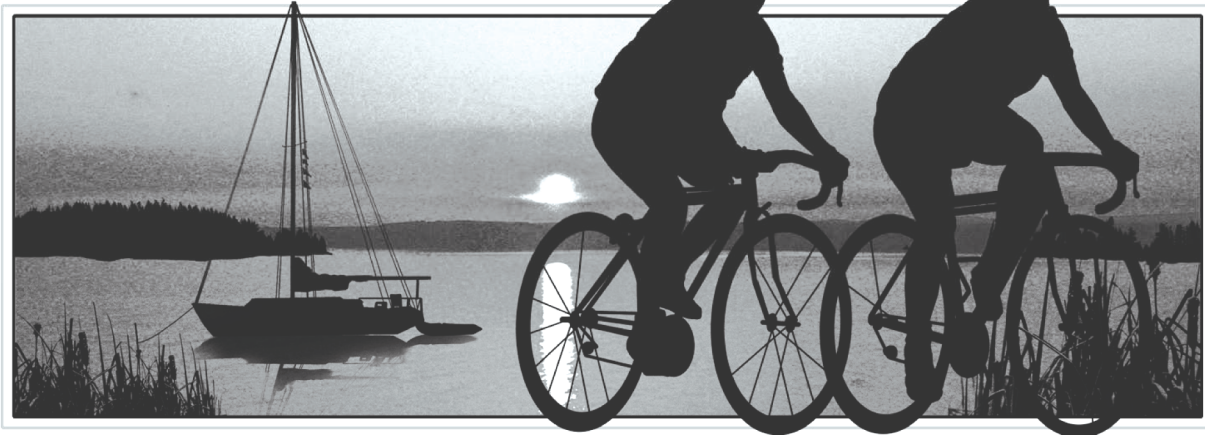
**Metric Century (101 kilometers / 63 miles):** In 2003 this became the most popular of the five routes. After passing through Chesapeake City, this route heads east along the C&D Canal into Delaware, then turns south along the Delaware River wetlands to Port Penn. After the lunch stop in Townsend, DE, 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.)



# 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)

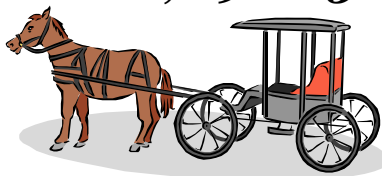
Cycle Across Maryland partners:



 [baltimoresun.com](http://baltimoresun.com)  
[baltimore.metromix.com](http://baltimore.metromix.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



# Pedal in Style!

## In Your Baltimore Bicycling Club Jersey



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

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

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

Questions?  
Then call Judy at  
410/628-6297

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

## **CASUAL RIDES**

Inspired by President Bush's State of the Union address and the tremendous support of Club members, I am conveying to you some recent developments in our scheduled Casual Rides for March and April.

### **RIDES are**

- Standard ones, new ones, revived old ones
- In Baltimore City, Baltimore, Anne Arundel, and Carroll Counties (current schedule)
- Being developed for Howard and Harford Counties for future schedules  
Contact me with your knowledge and willingness to help: [janNEG@bcpl.net](mailto:janNEG@bcpl.net), 410-254-1306

### **RIDERS are**

- Standard ones, new ones, revived experienced ones
- Growing stronger and more confident
- Making new friends and encouraging new members
- Supporting current ride leaders
- Becoming ride leaders

### **RIDE LEADERS are**

- Standard ones, new ones, revived experienced ones
- Club officers (Thanks Bob Carson and Mary Ryan!)
- Mentoring first time ride leaders
- Asking questions (what is expected of a ride leader)
- Making suggestions (revise the description of the Casual Ride Category)

Judy A. Getz

# MARCH AND APRIL RIDE SCHEDULE

## **Saturday - March 3**

**CASUAL** - 10:30am - 10 (approx.) mi - Judy Getz (410/254-1306)

**START:** FPB - Fells Point/South Broadway

Explore Fells Point and Canton. One hill climb that will reward you with a spectacular view of Baltimore's outer harbor. Lunch at the end of the ride at my new favorite Greek restaurant.

**10/12 MPH** - 10:45 am - 23 mi. - Chris Moriarity (301/270-3416 before 8 pm)

**START:** Cloverly Safeway - I-95 S to MD-198 (exit 33); west on MD-198 approx. 6 mi. to MD-650 (New Hampshire Ave.), then south approx 1 mi to Safeway on the left at Briggs Chaney Road.

Ride into Howard County with several hilly sections. Lunch at El Azteca in Clarksville.

No go if icy/wet, call ride leader between 8:30 and 9 AM on morning of ride if weather is marginal. Joint ride with PPTC and OHBTC. Cue sheet available online at <http://www.qis.net/~cmoriarity>.

**13/15 MPH** - 9 a.m. - 42 miles - John Putman (443/939-2082(c), [ubalum99@yahoo.com](mailto:ubalum99@yahoo.com))

**START:** HFP - Hammonds Ferry Park & Ride

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: 18 MPH** - 10am - 69 mi - Janet Goldstein (410/366-1466, [jgoldst@verizon.net](mailto:jgoldst@verizon.net))

**START:** SOC – South Carroll H.S.

Winding the Fields from Winfield to Emmitsburg. Moderately hilly. Will bring cue sheets for a shorter ride in case it's too cold!

## **Sunday - March 4**

**CASUAL** - 10am - 18 - 23 miles - Bob Carson (410/828-8604)

**START:** SPH - Sparrows Point High School

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

**10/12 MPH** - 9:30am - 33/41 mi - Gloria Epstein (410/665-3012, [carlglo@verizon.net](mailto:carlglo@verizon.net))

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

Mod. hilly terrain & light traffic will get you to the New Windsor VFD hall for an 'all you can eat' breakfast. Bring your appetite and some cash (approx. \$6).

**10/12 MPH** - 9 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** - 10 a.m. - 46 mi - Walt & Carol Russell (410/665-0651, cjrussell@yahoo.com)

**START:** TMP - Taneytown Memorial Park

Rolling ride to Gettysburg through portions of the battlefield. Lunch at an Italian restaurant or convenience store in Gettysburg.

**13/15 MPH** - 10 a.m. - 39 mi - Gary Brandon (717/235-3893, gbrandon@marylandgeneral.org)

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

The PA Flatlands Tour-sure it's an oxymoron; yes, there are some hills, but this is about as flat as you can go up here; a good ride for those who would like to experience southern PA, but are apprehensive about the climbing.

**15/17 - 18MPH** - 10 am - 42 mi - Will Hudson (410/356-5752)

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

Trying to get to Red Lion. Lunch options in Red Lion.

## **Tuesday - March 6**

**15/16 MPH** - 10:30am - 35-40mi - Susanne Morsberger ((443) 622-5862, smorsber@msn.com)

**START:** ORR - Oregon Ridge Park

Rolling to hilly ride.

## **Saturday - March 10**

**CASUAL** - 10am - 6 or 10 or 15 mi - Judy Getz (410/254-1306)

**START:** CMP - Carroll Manor Park

THE THRILLS AND SKILLS OF HILLS. Tips and strategies for riding hills (both up and down) with opportunity to practice on residential roads prior to the ride. Call me before March 7 to guarantee receiving a packet of ideas from the experts.

**10/12 MPH** - 10am - 36 mi - Bob Seay & Manny Steinberg (401/242-6929 & 410/655-8242)

**START:** MSM - Marley Station Mall

Flat to rolling ride to Sandy Point State Park w/lunch @Red, Hot, & Blue. 1/2 paved trail, 1/2 road.

**13/15 MPH** - 9 a.m. - 35 miles - Bruce Galanter (410/241-7089 cell, 410-517-1056 home)

**START:** ORR - Oregon Ridge Park

A new ride leader with a Boring ride. Wait, the ride's not boring, the town is. Uh, we don't mean the town is boring even though it is Boring.....Oh, you'll know what we mean when you get there. Let's show Bruce our support.

**15/17 MPH** - 10am - 40 mi - Gene Young (410/828-1137)

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

Northern Baltimore County to Harford County Loop. Moderately hilly ride with rest stop in Hampstead.

## **Sunday - March 11**

**Daylight Savings Time starts at 2:00AM. Remember to set clocks AHEAD 1 hour to be on time for today's rides! (Please note the earlier date starting this year.)**

**CASUAL** - 9:30am - 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** - 9:30am - 31/36/44 mi - Jim White (717/682-4182, bikerdancerjim@comcast.net)

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

Social ride thru Carroll & Fred. Cos. w/an 'all you can eat' breakfast @Union Bridge VFD. Some great vistas.

**13/15 MPH** - 10 a.m. - 32/39 miles - Rich Burns (410/433-4162, rnburns@prodigy.net)

**START:** RUN - Runnymede Elementary School

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

**18 MPH** - 10 am - 45 miles - Jim Guild (410/804-6493, feltb2@yahoo.com)

**START:** CTP - Catonsville Park & Ride - on Rolling Road. Take Beltway to Wilkens Road West; Left at light onto Rolling Road at end of Wilkens Ave. to Park & Ride on the Left.

"10 Up" - A short ride in the Catonsville/Ellicott City/Elkridge area. Similar to the Patapsco Plunge it has about 10 short, but savage climbs. There is an option to extend the ride about 10 miles and there are several options to shortcut the ride. There is a snack/lunch stop at Normandy S.C. at around 30 miles. Damp roads are a go as long as there is no ice, but no go in rain or snow. The cue sheet is posted at cuesheetcentral.com.

## Tuesday - March 13

**15/17 MPH** - 10 am - 40-45 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

**START:** ORR - Oregon Ridge

Benson Mill Figure 8. Ride down some of the best downhills in Balto Co.

## Saturday - March 17

**CASUAL** - 10am - 12/18 mi - Mary Ryan and Joan Grindell (443/676-0891, meryan@comcast.net)

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

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

**10/12 MPH** - 10am - 26mi - David Forester (410/730-7074, deforester1@comcast.net)

**START:** HCV - Harpers Choice Village Center. I-695 west to I-70; then south on U.S.29; west three miles on Md 108 towards Clarksville; left on Harpers Farm Road (at traffic signal) 0.9 mi to Village Center. Left at entrance road next to BPgas station. Park far end of Safeway parking lot.

"Villages and Country" - Easy ride connecting four Columbia village centers to south-central Howard County. Quiet roads; no paths. Only 3 or 4 short climbs. Opportunities for snacks/ lunch at Hickory Ridge or Harpers Choice Village Centers.

**13/15 MPH** - 10 a.m. - 45 mi - Henry Thiess (717/428-1686, jim.thiess@penske.com)

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

Ellen's Winery Tour. Southern PA ride passing Naylor and Seven Valleys vineyards. Enough hills to make you whine and enough wine to ease the hills. Naylor is usually open for business and sometimes tastings.

**18 MPH** - 9:30am - 64 mi - Phil Feldman (410.744.8874, pfeldman@comcast.net)

**START:** CMP - Carol Manor Park

Dusted off the Ride to the Top of The Bay. Lunch in Havre De Grace. I recall this as rolling, but it's been a while...

## Sunday - March 18

**CASUAL** - 10:30am - 28 miles - Pam Ellis (410/526-6535)

**START:** North Central Rail Trail at Monkton Station

Trail ride to New Freedom for lunch/snack.

**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 MPH** - 10 a.m. - 31 mi. - Ken Philhower (410/437-0309, kenphilhower1315@cablespeed.com)

**START:** DOA - Thomas A. Dixon Jr. Aircraft Observation Area

Explore the route of the new WB&A Trail, now being built between BWI Airport and Bowie including the first A.A. Co. section of the trail (2.3 mi.) completed in fall 2003. Mostly flat terrain with a few small hills. Optional rest stop at 7-11 in Odenton. Note: Although this ride has about 4 miles of paved trails, the rest is on regularly trafficked roads.

**15/17 MPH** - 10 am - 45 mi - Jeb Brownstein (443/677-0447)

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

Boring - Fowblesburg - Butler Loop. "Witness the reawakening of Greenspring Valley!"

**18 MPH** - 10 am - 50 miles - Jim Guild (410/804-6493, feltb2@yahoo.com)

**START:** WRP - Western Run Park & Ride

"Great Googlee Mooglee" a 50 mile ride from Hunt Valley to Finksburg. Climbs include Butler, Dover, Wesley, Tank, Brown and others the ride leader doesn't remember. There is a lunch or rest stop at Finksburg S.C. One of the last Winter rides -- c'mon Spring!

**TANDEM** - 10am - 36 mi - John and 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 & Blue. Directions. I-695 to Exit 4 I-97 South to Exit 14 RT 100 East to Exit 16B Route 2 North toward Glen Burnie. Take a left at 2nd, 3rd or 4th traffic light to Marley Station Mall and follow loop around to Parking Lot E (In back of mall near JC Penney). Park in section E47 near cross walk leading to B and A trail.

## **Tuesday - March 20**

**15/16 MPH** - 10 am - 35-40mi - Susanne Morsberger ((443) 622-5862, smorsber@msn.com)

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

Rolling to hilly ride.

## **Wednesday - March 21**

**15/17 MPH** - 10 am - 30 miles - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

**START:** ORR - Oregon Ridge Park

"Vernal Equinox Ride" Spring on your bike for a fun ride!

## **Saturday - March 24**

**CASUAL** - 10:30am - 18 - 23 miles - Gordon Peltz (410/256-1421, peltzlaw@aol.com)

**START:** SPH - Sparrows Point High School

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

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

**10/12 MPH** - 10am - 36 mi - Bob Seay & Manny Steinberg (401/242-6929 & 410/655-8242)

**START:** MSM - Marley Station Mall

Flat to rolling ride to Sandy Point State Park w/lunch @Red, Hot, & Blue. 1/2 paved trail, 1/2 road.

**13/15 MPH** - 9 a.m. - 42 miles - John Putman (443/939-2082 (cell), ubalum99@yahoo.com)

**START:** HFP - Hammonds Ferry Park & Ride

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 - 18MPH** - 10 am - 50 mi - Craig Martin (410/538-8791, Dee.Craig@comcast.net)

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

First ride of Spring. Ellen's famous "Peppercorn's Ride". Ride the beautiful back roads of southern York Co.; mileage options depending on weather; lunch at Moby's Pizza in Shrewsbury. Sorry Peppercorn's is no longer there!

## **Sunday - March 25**

**CASUAL** - 10:30 a.m. - 16 mi - Barb Park/ Gloria Epstein (Barb 410-823-4293. Gloria 410-665-3012, Carglo@verizon.net/ Barbpark@bcpl.net)

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

Short but beautiful ride over country roads. Rolling terrain. Rest/snack stop at a convenience store. Leaders will be at Bagelmeister at 9:00 a.m. enjoying coffee and bagels.

**10/12 MPH** - 9:30am - 30/40 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.



**10/12 MPH** - 9 am - 35 mi - George Cordutsky (410/882-2788, gcordutsky@msn.com)  
**START:** PRP - Providence Park & Ride.  
Hilly ride with snack stop.

**13/15 MPH** - 11 a.m. - 39 miles - Mary and Barry Menne (410/795-6571)  
**START:** MVT - Mount View Middle School  
Ride the back roads of Western Howard County with snack or lunch stop in Lisbon at mile 25. Some hills at the beginning and the end to keep us honest. Our last late start for the winter season.

**15/17 MPH** - 9:30am - 48 miles - Carl Boyd (410/465-0854, psycholist.1@juno.com)  
**START:** EFS - Enchanted Forest S.C.  
Phil's Tour de Ho.Co. via Bagel Bin. Lunch @ Highs store or Pizza.

**18 MPH** - 10 am - 52 mi - Mark Tabb (410/274-8668, marktabb@yahoo.com)  
**START:** MSC - Manor Shopping Center, Jacksonville - @ Bagelmister  
The old tried & true Delta ride. Will choose between the 2 rides. Lunch at Italian Restaurant in Delta. Moderately hilly with hilly sections.

## **Tuesday - March 27**

**15/17 MPH** - 10 am - 40 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)  
**START:** WRP - Western Run P & R  
Dan's Scenic Tour - Hilly ride with snack stop at Cucina.

## **Saturday - March 31**

**CASUAL** - 10am - 15 mi - Mary Ryan and Joan Grindell (443/676-0891, meryan@comcast.net)  
**START:** DOA - Thomas A. Dixon Jr. Aircraft Observation Area  
Mostly flat ride on BWI Trail ride and area roads.

**10/12 MPH** - 10 am - 17/26 mi - Charlotte Pappas (cell 410-804-5500 , cpappas@umm.edu)  
**START:** Howard Co.'s Western Regional Park on Carrs Mill Rd - Take I-70 west to Rt 97 South towards Glenwood, right at Carrs Mill Rd light, right 1/4 mile into park. I will be in the parking lot on the right. If it's too crowded we can park at GWM ride start location.  
Backroads Ride. Moderately hilly, rest stop at High's.

**13/15 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.

**TANDEM** - 10am - 35 mi - George and Mary Drake (410/758-8266, Cell 410-790-8234, georgeandmarydrake@yahoo.com)

**START:** Matapeake State Park

Go across the Bay Bridge and turn at first exit (exit 37) onto Rt. 8 south. Continue on Rt. 8 south for 2.3 miles to Marine Academy Drive. Turn right on Marine Academy Drive into Matapeake State Park. Go a very short distance (0.2 mi.) and turn right to the parking lot. "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! Ride can easily be shortened and/or you can ride the new paved Romancoke Trail that goes to the same place as the longer ride. 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.

## **Sunday - April 1**

**CASUAL** - 10am - 13 mi - Andy & Mary Malinow (410/252-0751)

**START:** Owings Mills: 12112 Ridge Valley Drive

A scenic loop through Owings Mills and Greenspring Valley. A few hills. Ride will start at the leaders' house. DIRECTIONS From Beltway: Greenspring Ave. North. Go pass Caves Rd., then 0.7 miles. RIGHT on Ridge Rd. RIGHT on Ridge Valley Dr. First house on RIGHT (at corner).

**10/12 MPH** - 9:30am - 33/41 mi - Gloria Epstein (410/665-3012, carlglo@verizon.net)

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

Mod. hilly terrain & light traffic will get you to the New Windsor VFD hall for an 'all you can eat' breakfast. Bring your appetite and some cash (approx. \$6).

**10/12 MPH** - 9 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.

**13/15 MPH** - 9:30 a.m. - 40 mi. - Gary Brandon (717/235-3893, gbrandon@marylandgeneral.org)

**START:** WRP - Western Run Park & Ride

Enjoy a horse country Baltimore County ride through the valleys (and over the hills between them).

**15/17 MPH** - 9:30am - 54 mi - Carl Boyd ((410) 465-0854, psychol.1@juno.com)

**START:** Sam's Bagels, Frederick Rd, Catonsville

Calling all fools to participate in the Patapsco Plunge. \* This is a Hilly ride \* You have been warned \*

**18 MPH** - 10 am - 59 mi - Mark Tabb (410/274-8668, marktabb@yahoo.com)

**START:** NFR - New Freedom Rail Trail

A new ride from last year. A GREAT GREAT ride. New roads. Only a half hour from Timonium.. About an hour from Columbia. Worth the drive. The few who did it last year said it was one of the best "a Saver" REALLY!!!! Moderately hilly to hilly. A major climb (Tour de Montes type). Lunch at Italian restaurant or quckie store at mile 37.

## **Tuesday - April 3**

**15/16 MPH** - 9:30am - 35-40mi - Susanne Morsberger ((443) 622-5862, smorsber@msn.com)

**START:** ORR - Oregon Ridge Park

Rolling to hilly ride.

## **Wednesday - April 4**

**15/16 MPH** - 10 am - 30 ish miles - Katie Gore-Traill ((410) 262-2818, KTGoremtb@comcast.net)

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

Rolling to hilly ride.

## **Saturday - April 7**

**CASUAL** - 10:30am - 16 (approx) miles - Judy Getz (410/254-1306)

**START:** SDY - Sandymount Park

Explore the nooks and crannies of the Westminster area. May have some hills.

**10/12 MPH** - 10am - 28mi - Tom Anzalone (410/329-3864, tanzalone1@msn.com)

**START:** Monkton station on NCR Trail

Ride 14 gentle miles to New Freedom, PA for lunch and return for a 28 mile round trip. Casual riders welcome.

**13/15 MPH** - 9:30 a.m. - 45 mi - Gary Brandon (717/235-3893, gbrandon@marylandgeneral.org)

**START:** FIF - 5th District Elementary

Tour de Northeast Carroll. Scenic ride with multiple stops.

**15/17 MPH** - 10am - 40 mi - Gene Young (410/828-1137)

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

Northern Baltimore County to Harford County Loop. Moderately hilly ride with rest stop in Hampstead.

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

**START:** GLN - Glenelg High School

Terry's truncated version of my Frederick Century. Rolling with some hills.

## **Sunday - April 8**

**CASUAL** - 11am - 15-18 mi - Janine Flemming (410/644-6721, holistic-massage@comcast.net)

**START:** PolyWestern High School

A loop through the city to visit gardens and parks. PolyWestern High School is at the intersection of Cold Spring Lane and Falls Road. A few hills.

**10/12 MPH** - 10 am - 25 mi - Georgia Glashauser (410/857-3262, georgia2006@yahoo.com)

**START:** CRN - Cranberry Square Shopping Center

Bachman Valley Ride w/lunch at Pizza Hut Bistro after ride.

**13/15 MPH** - 9:30 a.m. - 30/38 miles - Rich Burns (410/433-4162, rnburns@prodigy.net)

**START:** SEV - Seventh District Elementary

Moderately hilly ride to New Freedom ("the long way") with lunch/snack options.

**15/17 MPH** - 9:30am - 65-75 mi - Janet Goldstein (410/366-1466, jgoldst@verizon.net)

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

Rolling to moderately hilly miles to Thurmont, Emmitsburg, Gettysburg, and/or Taneytown, depending on the whim of the ride leader.

**18 MPH** - 10 am - 62 miles - Jim Guild (410/804-6493, feltb2@yahoo.com)

**START:** HMS - Hereford Middle School

"New Asphalt & Old Climbs" Another old ride, the name comes from the fact that for many years the road thru Prettyboy Dam was completely closed due to neglect, etc. The ride contains several climbs Evna, Gunpowder (toughest road in Balt. Co.), Hillcrest, Dairy, Prettyboy Dam & some others. There are rest stops before and after the lunch/rest stop which is in New Freedom, PA. The distance might be a bit of a stretch for early April, but hopefully not too bad (no big bad Coxey Brown).

## **Monday - April 9**

**15/17 MPH** - 9:30am - 40 ish miles - Bob Rohlfing ((410) 665-5740, robbwr@yahoo.com)

**START:** ORR - Oregon Ridge

"Spring Break is here." Join Bob and gang on this rolling to hilly ride.

## **Tuesday - April 10**

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

**START:** ORR - Oregon Ridge Park

Ride to Rocks State Park - Join us for one of Steve's favorite rides!

## **Wednesday - April 11**

**15/16 MPH** - 10 am - 30 ish miles - Katie Gore-Traill ((410) 262-2818,

KTGoremtnb@comcast.net)

**START:** ORR - Oregon Ridge Park

Rolling to hilly ride. Katie is back. Join Katie and gang for a fun ride.

## **Thursday - April 12**

**15/17 MPH** - 9:30 am - 40 ish mi - Bob Rohlfig ((410) 665-5740, robbwr@yahoo.com)

**START:** ORR - Oregon Ridge Park

(Spring Break Continues) Join Bob on one of his favorite rides!!

## **Saturday - April 14**

**CASUAL** - 10am - 12/18 mi - Mary Ryan and Joan Grindell (443/676-0891,

meryan@comcast.net)

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

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

**10/12 MPH** - 9:30 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. - 35 miles - Bruce Galanter (410/517-1-56 cell, 410-241-7089 home)

**START:** Oregon Ridge Park

Traveling east to Thayer. Typical Baltimore County terrain.

**TANDEM** - 10 am - 35 mi - Bill & Sally Ryder (410/730-5541 cell: 410-340-0205 , onebyke2ryders@yahoo.com )

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

Historic Bridges of Howard Co - Columbia to Savage Mill via Elkridge. Experience the hidden bike paths of Columbia, the historic areas of Elkridge and good food of Savage. Some hills, some quite rideable unpaved trails, and minimal traffic for a city. Directions: Atholton HS in Columbia, I-695 to I-70, then south on Rt 29. In Columbia, leave Rt 29 at Shaker Drive Exit. Turn Right at end of ramp, then left at T, Martin Road. After 0.2 Mile turn right onto Freetown Road. School is in .1 mi on the left.

## **Sunday - April 15**

**CASUAL** - 9:30am - 18 mi - Mitch Tobias & Mike Falatico (410/833-8137 410-377-9140)

**START:** GSS - Greenspring Station

Ride to Miller's Deli in Pikesville. Have some bagels before you give a final check to your income tax return.

**10/12 MPH** - 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 mile shortcut is available. Food stop @ Palmisano's on both routes.

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

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

" Capital for a Day" - Scenic tour through Howard and Montgomery Counties on quiet roads with some nice down hills (also some invigorating climbs.) No stores, so bring snacks. Brookville was U.S. Capital for a day in War of 1812.

**13/15 MPH** - 9:30 a.m. - 32/39 mi. - Cartan Kraft (410/235-2906, cbkraft@verizon.net)

**START:** RUN - Runnymede Elementary

Mayberry to Littlestown. One of Rich Burns rides.

**15/17 MPH** - 9:30 am - 46/55 mi - Carol & Walt Russell ((410)665-0651, cell phone day of ride 443/286-5807)

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

Scenic, rolling ride to Emmittsburg with lunch/snack option.

## **Tuesday - April 17**

**15/16 MPH** - 9:30 am - 35-40mi - Susanne Morsberger ((443) 622-5862, smorsber@msn.com)

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

Rolling to hilly ride.

## Wednesday - April 18

**ALL PACE** - 9:30 am - 70 miles - Jim Guild (410/804-6493, feltb2@yahoo.com)

**START:** TMP - Taneytown Memorial Park

Another accountants burnout day ride from Taneytown Memorial Park. The Red Rum II with low traffic, nice sights, climbing & descending, rest stops and a lunch stop near Penn Mar. Yes, non-accountants are encouraged to participate!!! The cue sheet is posted to cuesheetcentral.com

**15/16 MPH** - 10 am - 30 ish miles - Katie Gore-Traill ((410) 262-2818,

KTGoremtb@comcast.net)

**START:** ORR -Oregon Ridge Park

Join Katie for a nice rolling ride. This one is her favorite. NOTE: Katie's Start time is 10 am.

## Saturday - April 21

**CASUAL** - 10:30am - 23 mi - Gordon Peltz (410/256-1421, peltzlaw@aol.com)

**START:** Annapolis Neck Library parking lot

Mostly flat ride with many views of the bay, including The Thomas Point Lighthouse and the South River Overlook in Quietwater Park. DIRECTIONS: I-695 to I-97 South toward Annapolis. Go under the Rt. 50 overpass & stay in the Right lane. Follow signs to Rt. 665 (Aris T. Allen Blvd.) and then changes to Forest Drive. Remain on Forest Drive for at least 2 miles. Turn right on Hillsmere at a Traffic Light. After passing entrance to Quietwater Park, turn left into Library Parking Lot.

**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.

**13/15 MPH** - 9:30 a.m. - 30 +/- mi - Curtis Phillips (410/665-9749,

cjphillips00@comcast.net)

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

Ride around Loch Raven.

**13/15 MPH** - 9 a.m. - 38 mi. +/- - Ed Vojik & Drew Schoeffield (410/557-7495, evojik@aol.com)

**START:** Fox Meadows Recreation Center

Directions to the ride start is go 0.3 mile from the intersection of RT. 152 (the northern Mountain Road, off I95 north of the I695, Beltway) and Jarettsville Pike (RT. 152 ends at Jarrestsville Pike) and onto Glenoak Dr. into the rec. center. (Rec. center can be seen from Rt. 152). "NEW RIDE" in Harford Co. Hilly but scenic ride over quiet roads to Eden Mill Park and Rocks State Park. There is a spot-a-pot at the rest stop but NO services so carry sufficient water and a snack."

## **Sunday - April 22**

**CASUAL** - 10:30 a.m. - 16 mi - Barb Park/ Gloria Epstein (Barb 410-823-4293. Gloria 410-665-3012, Carglo@verizon.net/ Barbpark@bcpl.net)

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

Short but beautiful ride over country roads. Rolling terrain. Rest/snack stop at a convenience store. Leaders will be at Bagelmeister at 9:00 a.m. enjoying coffee and bagels.

**10/12 MPH** - 9:30 am - 35 mi - George Cordutsky (410/882-2788, gcordutsky@msn.com)

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

Hilly ride with snack stop.

**13/15 MPH** - 10 a.m. - 48 mi - Mary and Barry Menne (410/795-6571)

**START:** Bear Branch Nature Center, Westminster

Directions: Take Route 140 to Route 97 North. Travel North on Route 97 for 3 miles. Turn RIGHT on John Owings Rd. (next to Carroll County Sports Complex). In 1.5 miles turn left onto Hashawha Road. Travel 1/4 mile to Bear Branch Nature Center on right. This is a hilly ride through beautiful northern Carroll County. We are researching a new lunch or snack stop, not sure what we'll find. We will put an update on BBCTALK the week before the ride. After the ride visit the Bear Branch Nature Center for Earth Day activities.

**15/17 MPH** - 9:30am - 53 mi - Bill Gary (410/366-0956)

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

Green Spring to Hampstead ride. It's around 53 miles, and the 15/17 ride coordinator will pull us the whole way. It's moderately hilly as I remember.

## **Tuesday - April 24**

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

**START:** ORR - Oregon Ridge Park

Hampstead Loop - Come join the fun.



## Wednesday - April 25

**15/16 MPH** - 10 am - 30 ish miles - Katie Gore-Traill ((410) 262-2818, KTGoremtb@comcast.net)

**START:** WRP-Western Run P & R  
Join Katie at 10 am for a hilly ride!

## Saturday - April 28

**CASUAL** - 10:30am - 6 or 10 or 15 mi - Judy Getz (410/254-1306)

**START:** CMP- Carroll Manor Park

THE THRILLS AND SKILLS OF HILLS. Tips and strategies for riding hills (both up and down) with opportunity to practice on residential roads with no traffic prior to the ride. Call me before April 25 to guarantee a copy of a packet of ideas from the experts.

**10/12 MPH** - 10am - 36 mi - Bob Seay & Manny Steinberg (401/242-6929 & 410/655-8242)

**START:** MSM - Marley Station Mall

Flat to rolling ride to Sandy Point State Park w/lunch @Red, Hot,& Blue. 1/2 paved trail, 1/2 road.

**10/12 MPH** - 9:30am - 26mi - David Forester (410/730-7074, deforester1@comcast.net)

**START:** HCV - Harpers Choice Village Center. I-695 west to I-70; then south on U.S.29; west three miles on Md 108 towards Clarksville; left on Harpers Farm Road (at traffic signal) 0.9 mi to Village Center. Left at entrance road next to BPgas station. Park far end of Safeway parking lot.

"Villages and Country" - Easy ride connecting four Columbia village centers to south-central Howard County. Quiet roads; no paths. Only 3 or 4 short climbs. Opportunities for snacks/ lunch at Hickory Ridge or Harpers Choice Village Centers.

**13/15 MPH** - 10 a.m. - 50 miles - Jim Gagne (410/357-0104, gagnejc412@yahoo.com)

**START:** MHP - Manchester Park & Ride (RT 27 & RT30)

Ride to the lakes. Rolling with a few hills. Lunch at Clair's or Rutters convenience store.

**15/17 MPH** - 10am - 49.5mi - Ed Hopkins (410/491- 5191, ed.hopkins@verizon.net)

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

The "Spokes" Ride. Enjoy the lightly traveled roads of Carroll County.

**18 MPH** - 10 am - 52 mi - Craig Martin (410/ 538-8791, dee.craig@comcast.net)

**START:** CMP – Carroll Manor Park

Steve Fair's ride to Fawn Grove with a different route back through Rocks State Park.

**TANDEM** - 10:00am - 42/33 mi - Ross and Donna Glasgow (301/249-5055 (home), 240-271-9168 (cell), Rossell.Glasgow@FERC.gov)

**START:** SHS - Southern HS

Ride to Deale--Southern Anne Arundel County Tandem \* 42/33\* 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 mile ride. Directions: From I-695 to Exit 4 I-97 South to Exit 22 Rt 665 East (Aris T. Allen Blvd). Approx 1.5 miles then bear right onto Rt 2 South (Solomons Island Rd) Go 8.0 mil then Right to school. Call ride leaders if weather is doubtful.

## **Sunday - April 29**

**CASUAL** - 9:30am - 11 mi - Charlotte Pappas (410/804-5500)

**START:** DOA -Thomas A. Dixon Jr. Aircraft Observation Area

A gentle loop around the airport on the BWI trail. Bring a drink and a snack.

**10/12 MPH** - 10 am - 25 mi - Georgia Glashauser (410/857-3262, georgia2006@yahoo.com)

**START:** CRN - Cranberry Square Shopping Center

Bachman Valley Ride w/lunch at Pizza Hut Bistro after ride.

**13/15 MPH** - 9:30 a.m. - 41 miles +/- - Ken Philhower (410/437-0309, kenphilhower1315@cablespeed.com)

**START:** EHR - Earleigh Heights Ranger Station

I-695 to Exit 2 -Rt. 10 South. Go approx. 7 mi. to end, then Left on Rt. 2 South. Go 1 mile to 2nd traffic light then Right on Earleigh Heights Rd. Go 0.2 mi. to the B&A Trail Ranger Station on left. Parking lots are on both sides of the road. "Circle the Scenic Severn". Catch a glimpse of the waterfront before the leaves come out and enjoy the 50-cent tour of Annapolis; lunch at the Annapolis City Dock. Anyone who thinks A.A. Co. is flat hasn't done this ride! The hilliest part is between miles 6 and 10; the rest is easier, including many flat sections, but with an occasional "surprise" hill. And, oh yeah, on the way back you get to pedal up what has to be the steepest hill in the county (steep, but short!), so bring your "granny gear"! (Please note new start location.)

**15/17 MPH** - 9am - 84 mi - Janet Goldstein (410/366-1466, jgoldst@verizon.net)

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

Ride to Point of Rocks. Rolling first half; moderately hilly second half. Pizza or convenience store lunch, plus a couple other rest stops.

**18 MPH** - 10 am - 65 mi - Mark Tabb (410/274-8668, marktabb@yahoo.com)

**START:** Rowlandsville Elem. School - RT 1 North over Conowingo Bridge. Go 1.0 mile then Right on Rowlandsville Rd. Right into school.

Strasburg Ride, Moderately hilly. The ride is in my top 10 for favorites. Could be number 1! Lunch at Strasburg - If we are lucky & it's warm, can eat in back of restaurant!

## 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 Cycling 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 Cycling Club, Inc.** and application to: **Baltimore Cycling 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**

**March | April**  
**2007**

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