



# Baltimore Bicycling Club Newsletter

Volume 41 Number 3

May | June 2008

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**Baltimore Bicycling  
Club, Inc.**

**P.O. Box 5894**

**Baltimore, MD 21282-5894.**

To make sure you continue to get your Newsletter and membership renewal notices, please let us know if any of your membership information changes. You can do this by sending an e-mail to [update@baltobikeclub.org](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.

## **2008 Officers & Members-at-Large of the Board**

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

### **Officers**

Mary Ryan, President  
410-828-1015  
president@baltobikeclub.org

Gene Bayer, Vice President  
443-850-0671  
vicepresident@baltobikeclub.org

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

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

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

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

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

Georgia Glashauser  
membersatlarge@baltobikeclub.org

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

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

## **2008 Committees**

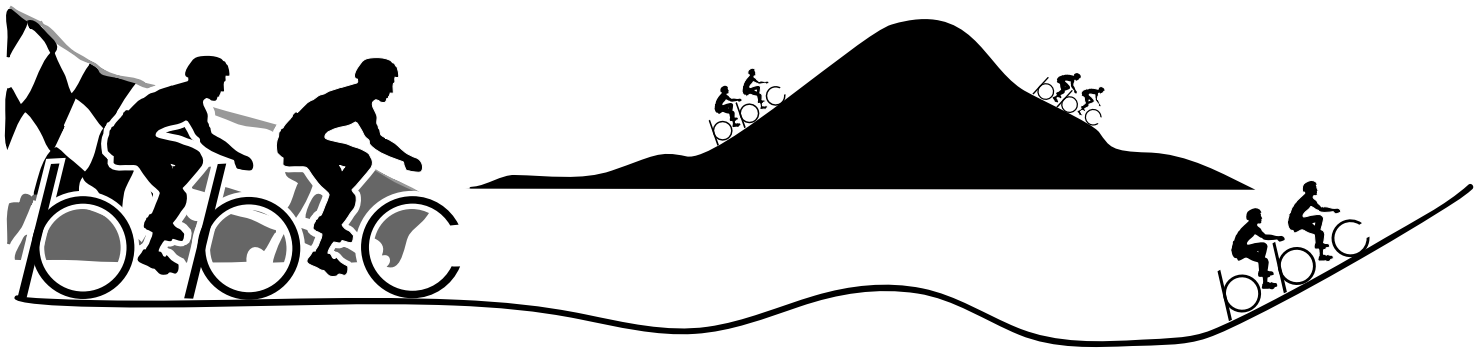
Insurance	Howard Rosenbaum	410-653-2363
Government Relations	Bob Moore	410-435-6623
Instructional Programs	Howard Kaplon	410-484-6955
Club Items for Sales	Mitch Tobias	410-833-8137
Newsletter Editor	Maxine Mead	443-474-7076
1. Tandem Column	Peggy & Tom Dymond	410-272-9139
Rides	Gene Bayer	443-850-0671
(see Rides section of newsletter for committee members)		
Cue Sheet Librarians	Gene Bayer	443-850-0671
	Larry Kenny	
Team BBC Representative	Bob Rohlring	410-665-5740
Safety Awareness Program	John Overstreet	
BBC Property	Howard Rosenbaum	410-653-2363
Web Site Webmasters	Mary Ryan	410-828-1015
	Craig Martin	410-538-8791
Membership	Barb Park	410-823-4293
Giving	Russ Loy	410-628-6297
BBC Talk Administrator	Janet Goldstein	410-366-1466

### **League of American Bicyclists**

1612 K Street, NW, Suite 401

Washington, DC 20006

202-822-1333



## BBC SPECIAL EVENTS FOR 2008

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

Sunday Jan 6, 2008	Winter Social	Gloria Epstein 410-665-3012 Barb Park 410-823-4293
Saturday Jan 19, 2008	CRABS potluck	Peggy and Tom Dymond 410-272-9139
Spring 2008	Instructional Ride Series	Gordon Peltz 410-256-1421 Howard Kaplon 410-484-6955
May 23 - 26, 2008	Kent County Spring Fling	Kathy and Frank Anders 410-628-4018
Saturday Jun 14, 2008	Flatlands Tour	Ken Philhower 410-437-0309
Jun 27 - Jun 29, 2008	Tour de Montes	Craig Martin 410-538-8791
July 13, 2008	BBC Picnic Patapsco State Park, Avalon Area	Georgia Glashauser 410-857-3262
Saturday Aug 2, 2008	Corn Roast Rides	Gloria Epstein 410-665-3012 Barb Park 410-823-4293
Saturday Sep 6, 2008	Civil War Century	Howard Rosenbaum 410-653-2363
Sep 26 - 28, 2008	Weekend in Lancaster	Carol and Walt Russell 410-665-0651 Jane and John Cole 410-661-4427
November 8, 2008	Election Dinner	Mary Ryan 410-828-1015

MORE EVENTS TO COME – CHECK FOLLOWING ISSUES

**EVENT INFORMATION SUBJECT TO CHANGE**

# OUT OF BOUNDS

May 3, 2008

**East Coast Kinetic Sculpture Race Championship.** Inner Harbor area, Baltimore, Maryland. Kinetic Sculptures are amphibious, human-powered works of art custom-built for the race. The eight-hour race covers 15 miles--mostly on pavement, but also including a trip into the Chesapeake Bay and through mud and sand. [www.kineticBaltimore.com](http://www.kineticBaltimore.com).

May 16, 2008

**Bike to Work Day.** Locations: Anne Arundel Co/Annapolis - City Dock, Annapolis; Baltimore City - War Memorial Plaza at City Hall (100 N. Holliday St.); Baltimore County - Courthouse Square (400 Washington Ave, Towson); Harford County - Government Center (220 S. Main St, Bel Air); Howard County - Columbia (more details coming soon!) Register online at <http://www.baltometro.org/content/view/258/230/>

May 17<sup>th</sup> and 18<sup>th</sup>, 2008

**Ride for the Feast.** To benefit Moveable Feast, an organization providing nutritious meals to people living with HIV/AIDS or breast cancer. 140 miles from Rehoboth Beach to Baltimore. <http://www.rideforthe Feast.org> or call 410-327-3420 ext. 33.

June 7 & 8, 2008

**Bike MS: Tour de Shore 2008.** Salisbury, Maryland. National MS Society, Maryland Chapter. 30, Metric Century and Century routes on Saturday and optional 30 and 50 mile routes on Sunday. All meals provided, rest stops every 7-10 miles, well-supported route with bike techs and SAG vehicles. Registration is \$25 for team members/ \$35 for individuals. Join the BBC team led by captain David Blair. [www.marylandmsbikeride.org](http://www.marylandmsbikeride.org). or call (443) 641-1200.

June 7, 2008

**Tour de Cure.** Ellicott City, Maryland. American Diabetes Association. [www.tour.diabetes.org](http://www.tour.diabetes.org).

June 8, 2008

**Tour dem Parks, Hon.** Carroll Park, Baltimore, Maryland. 7:30 a. m. Supports groups and organizations dedicated to improving Baltimore's Park system. Three routes, all beginning and ending in Carroll Park. Following the ride will be a Festival and Celebration in Carroll Park with a Barbecue and Live Music. [www.tourdemparks.org](http://www.tourdemparks.org).

June 15, 2008

**Bay to Bay Ride.** Beach front of Betterton, MD. 50, 78, 86, or 104 miles flat, also a 27 mile loop ride to Historic Chestertown. \$20.00 until May 15, 2008, after that \$25.00. NOTE: This is Father's Day. Bring your father and he can ride FREE. [Bay2bay04@hotmail.com](mailto:Bay2bay04@hotmail.com). Register online at [www.active.com](http://www.active.com).



## Sierra Club Author and World Cyclist on Book Tour in Baltimore

Cyclists frequently head for the hills, but Jim Malusa headed for the pits. With plenty of sunscreen and a cold beer swaddled in his sleeping bag, Malusa bicycled alone to the lowest point on six continents, a six-year series of “anti-expeditions” to the “anti-summits.” Malusa’s first trip took him to Lake Eyre in the arid heart of Australia. Next he followed Moses’ route from the valley of the Nile to the Jordanian shore of the Dead Sea, and then raced against winter through Russian farmlands, from Moscow to the Caspian Sea. Later journeys found him pedaling across the Andes to Salina Grande in Argentine Patagonia, and around tiny Djibouti to Lac Assal in the Horn of Africa. He polished off the “pits” by riding from his Tucson home to Death Valley.

At three locations in the Baltimore area, Malusa will read from his new book, *Into Thick Air* (Sierra Club Books), and show slides of the land and people along the way to the world’s great depressions.

**21 May, Wednesday, 7:00 PM** – REI, Timonium, Maryland  
63 W Aylesbury Rd, Timonium 410-252-5920  
<http://www.rei.com/stores/62>

**22 May, Thursday, 6:30 PM** - Baltimore’s Pratt Library, Govans Branch  
5714 Bellona Avenue 410-396-6098  
<http://www.prattlibrary.org/calendar/series.aspx?folder=610>

**23 May, Friday, 7:00 PM** – Barnes and Noble, The Power Plant  
601 E. Pratt Street, Baltimore, MD 410-385-1709  
(<http://storelocator.barnesandnoble.com/storedetail.do?store=2881>)







**World's Toughest Bicycle Race!**  
**Bicyclists race across the United States**  
**coast to coast in only 8 days!**

Race Start: Oceanside CA, June 8, 2008 -- Finish Line: Annapolis MD

Have you ever bicycled across the United States? Imagine bicycling across the United States in only 8 days! In 2008, cyclists will race day and night, day after day, from Oceanside, California to Annapolis, Maryland in RAAM (Race Across AMERICA). Racers who do not reach the finish in Annapolis by June 20 are disqualified (DNF).

Join us at Mt. Airy Bicycles, June 16 through June 20, when the RAAM ultra cyclists race into Maryland. In addition to being Time Station 52, Mt. Airy Bikes is also the location of the 2008 RAAM Penalty Box, where racers have to wait out their penalty as directed by Race Officials. Your best chance to be near these phenomenal ultra marathon bicyclists!

Volunteer staffing is needed for:

- Time Station and Penalty Box tables where race teams check in
- RAAM website monitor to know what penalty time a racer must wait
- Time keeper to track the penalty time served and release the racer
- Communications with Race Officials as required
- Provide hydration and general assistance to race team  
(Race crew members will administer to their racers.)
- Welcome, assist, cheer, empathize with, and encourage racers and crew

Provide local information and knowledge to crew, such as

- Motor vehicle repair and parts shops, RV dump sites
- Food services, health food stores, WalMart
- Supply stores, such as for prescriptions, toiletries
- Laundry facilities
- Medical or dental care providers

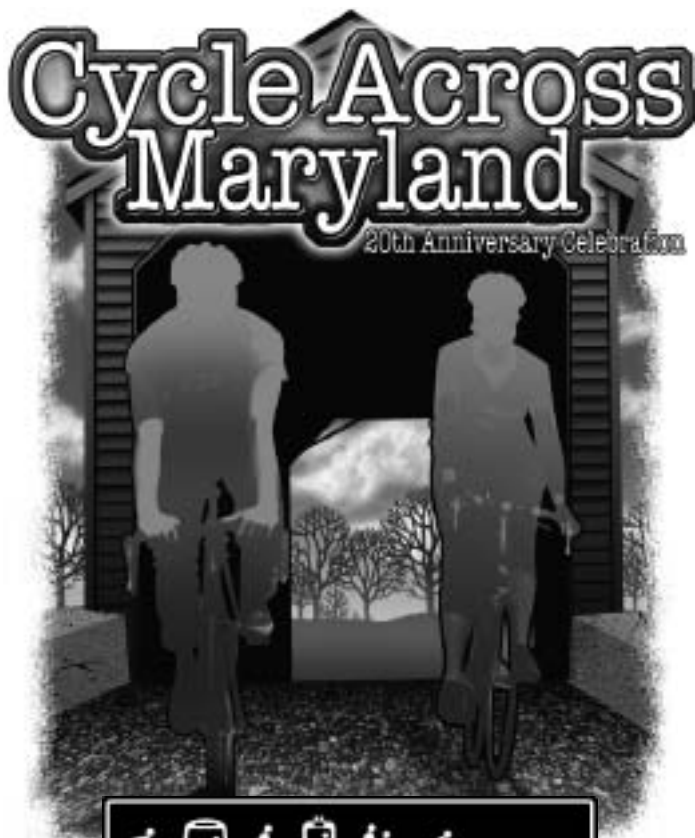
Staffing is needed 24/7, Monday – Friday

For more information and to sign-up online: [www.BikeRAAM.com](http://www.BikeRAAM.com)

or contact Georgia Glashauser at [georgia2006@yahoo.com](mailto:georgia2006@yahoo.com)

or Larry Black at Mt. Airy Bikes [larry@bike123.com](mailto:larry@bike123.com)

410-795-2929 or 301-831-5151



Join our celebration in  
**Emmitsburg, Maryland**  
**July 24<sup>th</sup> – 27<sup>th</sup>**  
for the 20<sup>th</sup> anniversary of  
**Cycle Across Maryland**

This is a unique opportunity to tour western Maryland where the spectacular Catoclin Mountains meet Maryland's pastoral rolling farms. Route distances range from 15 to 100 miles.

MAJOR PARTNER:



PARTNERS:



All registration fees support the advocacy work of One Less Car.

[www.onelesscar.org/CAM/2008](http://www.onelesscar.org/CAM/2008)

# Pedal in Style. . .

Purchase online for the SAME PRICE at:  
[www.baltobikeclub.org/index.pl/logo\\_jersey](http://www.baltobikeclub.org/index.pl/logo_jersey)

## Order your NEW Baltimore Bicycling Club Jersey!

Now you can have a "New" BBC Jersey!  
 Custom designed by local cyclist Jason Kamps of Wolf Designs.  
 These Jerseys by Verge Sports feature M-Tec Extreme fabric,  
 a 3/4 length invisible zipper and 3 back pockets



Front



Back

Design is in  
 Maryland Flag colors  
 Gold, Red & Black

Jerseys are \$70.00 each (tax, S&H included)  
 Club Fit, Women's Race Fit, & Men's Race Fit

©2007 Wolf Designs / Jason M. Kamps [www.woofdesigns.com](http://www.woofdesigns.com)

 <p>Custom Art &amp; Graphic Design Services                  Logos Catalogs Marketing Supplies                  T-Shirts Apparel Jerseys                  410-796-5858  <a href="http://www.woofdesigns.com">www.woofdesigns.com</a></p>	<b>Size Chart</b>							
	Jersey Size	XS	S	M	L	XL	2XL	3XL
	Men's Chest	-	36-37	38-39	40-41	42-44	45-47	48-50
	Women's Size	2-4	6	8	10	12	-	-
	Bust	28-30	31-33	34-35	36-37	38-39	-	-

"Club Fit" (S to 3XL) Fits both Men & Women that don't have that slim and trim physique with a more relaxed fit.

"Women's Race Fit" (XS to XL) Fits a Women's contours with a slim and trim physique. Larger framed women may prefer the "Club"

"Men's Race Fit" (S to 2XL) Fits Men with a slim and trim physique. Larger framed men may prefer the "Club Fit"

Jersey Order Form (Avoid confusion, order ONLY One Jersey per form)

Name _____		E-Mail Address _____				
Address _____	City _____	State _____	Zip + 4 _____	Phone Number _____		
Choose Size [Check One] : XS [ ] S [ ] M [ ] L [ ] XL [ ] 2XL [ ] 3XL [ ]						
Choose the Jersey Style [Check One] : Club Fit [ ] Women's Race Fit [ ] Men's Race Fit [ ]						
Make check payable to Baltimore Bicycling Club				TOTAL PAYMENT = \$70.00		

Mail check & completed order form to: BBC Jersey c/o Nancy Finnegan  
 P.O. Box 179  
 Brooklandville, MD 21102-0179

Questions? Call Nancy @ 410-239-0550  
 OR Email: [LogoJersey@baltobikeclub.org](mailto:LogoJersey@baltobikeclub.org)  
 Purchase online for the SAME Price at:  
[www.baltobikeclub.org/index.pl/logo\\_jersey](http://www.baltobikeclub.org/index.pl/logo_jersey)

# **BBC SUMMER PICNIC!**

## **SUNDAY JULY 13, 2008**

### **Patapsco State Park – Avalon Area**



- **Bicycle in the morning (schedule in newsletter and cuesheetcentral.com)**
- **Picnic lunch served at 1:00 PM**
- **Thomas Viaduct – world's longest multiple-arched stone railroad bridge.**
- **Hike the Grist Mill Trail – A 1.5 mile paved and disabled-accessible trail along the river.**

**Motor vehicle parking fee is additional. Car pool or bike and save fossil fuel!**

**For more information, contact**                      **Georgia Glashauser, [georgia2006@yahoo.com](mailto:georgia2006@yahoo.com)**  
**410-857-3262, [picnic2006@baltobikeclub.com](mailto:picnic2006@baltobikeclub.com)**

**Directions to Avalon Area – Patapsco State Park:**

**From the Beltway (I-695):** Rt. 1 (Exit 12-A) toward Elkridge. Follow Rt. 1 South about 3 miles to South St. Turn right. Park entrance is on the left.

**From I -95:** I-195 to Rt. 1 (Exit 3) toward Elkridge; Right on South St. Park entrance is on the left.

**From Howard County:** follow Rt. 1 through Elkridge and into Baltimore County. Turn left onto South St. Park entrance is on the left.

----- Detach and mail with your check -----

**BBC 2008 Summer Picnic Registration Form: Register by July 5, 2008!**

Adults - \$15      Children under 12 -- \$5 --- **Make Checks payable to BBC**

Mail your check and this form to: Georgia Glashauser, 913 Bloom Rd., Westminster, MD 21157-8003

Name(s): \_\_\_\_\_ Email: \_\_\_\_\_

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

an unforgettable ride.  
an unbeatable destination.  
a world free of MS.



**June 7 & 8, 2008**  
**Starting & Finishing in Salisbury, MD**

**Fully supported routes designed by  
BBC's own Craig Martin!**

*Saturday:*

*30 mile, Metric Century (62.5 mile) & Century (100 mile) options*

*Sunday:*

*30 mile & 50 mile options*

**Also featuring:**

*500 riders joining the movement against MS*

- Affordable accommodation options at Salisbury University or nearby hotels
- All meals included

**Join the BBC Team!**

visit the website and click "Join a Team," Find the BBC team and register!

**Visit [www.marylandmsbikeride.org](http://www.marylandmsbikeride.org)  
or call 443-641-1205 to register!**

# Weekend in Lancaster

## September 26, 27 & 28, 2008



- 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 information at the same time, because you will not be registered until all information is received. We do not provide or assign roommates.)**

Emergency Contact Name

Emergency Contact Phone

BBC member p.p. for complete weekend - \$190.00 (Double Occupancy)

BBC member p.p. for complete weekend - \$305.00 (Single Occupancy)

Non-member p.p. for complete weekend - \$210.00 (Double Occupancy)

Non-member p.p. for complete weekend - \$325.00 (Single Occupancy)

(We do not offer a non-lodging option.)

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

Please Make check payable to BBC.

**APPLICATION DEADLINE IS August 1, 2008**

(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: [jicoleo1@comcast.net](mailto:jicoleo1@comcast.net) or call:**

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

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

## RIDE SCHEDULE, MAY/JUNE 2008

### Thursday, May 01, 2008

15-17 mph - 9:30 am - 42 mi - Renee Faison  
START: ORR - Oregon Ridge Park  
Walt & Carol Russell's moderately hilly ride to Hampstead. Quick stop at Bakery.

### Saturday, May 03, 2008

10-12 mph - 9:00 am - 36 mi - Manny Steinberg and Bob Seay (410-655-8242 or 410-242-6929)  
START: MSM - Marley Station Mall  
Flat to rolling 36 mile ride to Sandy Point State Park. Lunch at mile 23 at Red Hot and Blue. 1/2 paved trail, 1/2 road.

15-17 mph - 9:30 am - 73 mi - Janet Goldstein 410-366-1466  
START: WES - Westminster Elementary School  
Northern Towns Tour. Moderately hilly; lunch in Thurmont

### Sunday, May 04, 2008

10-12 mph - 10:00 am - 31 mi - Gloria Epstein 410/665-3012  
START: Runnymede Elementary School  
Variation on Walt & Carol's fabulous ride to Littlestown for lunch/snack. Light traffic, mostly gentle terrain. Cue sheet available for 38 mile route.

13-15 mph - 9:30 am - 45 mi - Aldona Glemza (443) 676-8181  
START: MTV - Mt View Middle School  
ride through Howard and Carroll counties to Damascus and back. Mostly rolling hills - some more challenging hills. A 'short' option will be available. An early rest stop is available - and then another one more than halfway in so please be sure you have enough fuel to tide you over.

15/17 and 18 - 9:30 am - 64 mi - Ed Cahill 410-465-1492  
START: Md Line P&R Exit 36 I-83  
Creeks & Bridges; rolling to hilly ride to Red Lion PA; Lunch at Golden Crust Pizza

casual - 10:00 am - 25 mi - Bud Lippert 410-686-8504

START: Wild Duck Inn Parking lot at the end of Red Rose Farm Rd in Bowleys Quarters  
Bowleys Quarters-Carroll Island: Ride through the communities of Bowleys Quarters and Carroll Island taking in scenic views of Chesapeake Bay and its rivers. There is a rest stop at Miami Beach Park. Lunch is either at Maria's Deli or Wild Duck Inn.

### Tuesday, May 06, 2008

15-17 mph - 10:00 am - 40 mi - Tuesday Gang  
START: ORR - Oregon Ridge Park  
Rolling to hilly ride. Come join the fun!! This is an ad hoc ride - regular Tuesday riders will make it up as they go. 30 to 50 miles

### Wednesday, May 07, 2008

15-17 mph - 10:30 am - 30 mi - Katie Gore-Trail  
START: WRP - Western Run Park & Ride  
30-ish mile rolling to hilly ride

### Saturday, May 10, 2008

10-12 mph - 9:30 am - 26 mi - Robin Kessler (410-945-5225)  
START: DOA -Dixon Observation Area (BWI)  
Ride on the BWI Trail and a section of the B&A Trail. Rest stop enroute.

10-12 mph - 10:00 am - 32 mi - Scott Zelazny (410-525-2591)  
START: FPB - Fells Point/South Broadway  
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.

13-15 mph - 10:00 am - 34 mi - Stephen Franzoni 410-538-6903  
START: HCC / Parking lot at corner of Thomas Run Rd and MD 22  
Ride from HCC to Dublin, through rural Harford County.

15-17 mph - 9:30 am - 51 mi - Hopkins Ed, 410/491-5191, ed.hopkins@verizon.net  
START: HVE - Hunt Valley Exec Plaza II

## RIDE SCHEDULE, MAY/JUNE 2008

Hunt Valley to Hampstead loop. Moderately hilly.  
Lunch stop mid-way.

18 mph - 9:30 am - 70 mi - Lukasz Szyrner  
443/226-0304 szyrner@comcast.net  
START: DSP - Dulaney Springs Park  
Beautiful but very challenging ride through hills of  
Balt County on seldom traveled, low traffic roads.

casual - 10:30 am - 15 mi - Judy Getz 3018567563  
START: Folly Quarter Mid. Sch.  
Rolling ride with scenic views and a few hills in  
western Howard County. Route can be shortened  
to 11 miles. Directions: I-70 West to Rt. 32 South  
for 3.8 miles to traffic light. Right on Ten Oaks and  
after 0.4 miles go 3/4 of the way around the traffic  
circle to Triadelphia Road East. School is on the left  
in 0.3 miles.

tandem - 10:00 am - 35 mi - Kathy and Frank  
Anders  
START: RUN - Runnymede E.S.  
410-628-4018, velo2.anders@verizon.net Rolling  
ride with low traffic to Hillcrest Restaurant for lunch.  
Great tandem ride. Directions: I-695 to Exit 19 I-795  
North. Go 8.5 mi to Exit 9B Rt 140 West thru  
Westminster then Right onto Mayberry Rd. Right on  
Langdon Rd then Right into the School

### Sunday, May 11, 2008

10-12 mph - 9:00 am - 41 mi - George Cordutsky  
410-882-2788  
START: PRP: Providence Road Park and Ride  
Moderately hilly ride with rest stop with food and  
bathroom.

10-12 mph - 9:30 am - 26 mi - Don Riggs -  
410/465-6564 - donriggs@juno.com  
START: ARP - Alpha Ridge Park  
Alpha Ridge to Lisbon. Options for 21 or 26 miles.  
Lunch stop at food center with deli.

10-12 mph - 9:30 am - 31 mi - Jim White (717/682-  
4182 cell day of ride)  
START: SOC South Carroll H.S.  
Scenic ride thru Carroll and Fred. Cos. to Union  
Bridge VFD for an 'all you can eat' breakfast. Cue  
sheets available for 36 and 44 mile rides.

10-12 mph - 10:00 am - 27 mi - Charlotte Pappas  
410-385-1457  
START: Elkridge MARC station  
Ice Cream Ride - road and trail ride to Bruster's Ice  
Cream.

13-15 mph - 9:00 am - 51 mi - Bruce Galanter 410-  
241-7089  
START: FIF Fifth District Elementary School  
FIF Fifth District Elementary School on Mt. Carmel  
Rd. through Pretty Boy with a lunch stop in New  
Freedom. Mignano Bros Ristorante. Known as the  
Halloween Ride

15-17 mph - 9:30 am - 71 mi - Bill Gary, 410/366-  
0956  
START: MTV - Mt View M. S.  
The expanded version of our classic Gary, Rick and  
Ron's Ride.

casual - 10:30 am - 23 mi - Lydia Cunningham 410-  
787-0831  
START: Eastport - Annapolis Neck Library -Off  
Forest Drive next to the Bay Ridge Shopping  
Center and across the street from Quiet Waters  
Park. Enter from Hillsmere Drive. Eastport-  
Annapolis Neck Branch Library 269 Hillsmere  
Drive, Annapolis, MD 21403. Park at the bottom of  
the parking lot.

Quiet Waters Park and Views of the Bay. We'll start  
at the Eastport Library and then have a casual ride  
through the trails of Quiet Waters park, then out  
Bay View Drive looping around to Thomas Point. A  
truly beautiful ride.

### Tuesday, May 13, 2008

15-17 mph - 9:30 am - 50 mi - Steve Zeldin (410-  
828-5553, szeldin@comcast.net)  
START: ORR - Oregon Ridge Park  
Prettyboy Ride. Come join the fun!

### Wednesday, May 14, 2008

15-17 mph - 10:30 am - 30 mi - Katie Gore-Trail  
START: WRP - Western Run Park & Ride  
30-ish mile rolling to hilly ride.

## RIDE SCHEDULE, MAY/JUNE 2008

### Thursday, May 15, 2008

15-17 mph - 9:30 am - 35 mi - Renee Faison  
START: ORR - Oregon Ridge Park  
Rolling to hilly ride

### Saturday, May 17, 2008

10-12 mph - 9:00 am - 36 mi - Manny Steinberg  
and Bob Seay (410-655-8242 or 410-242-6929)  
START: DVP - Davidsonville P & R  
Rolling 36 miles to Galesville and lunch after the  
ride. Light traffic.

13-15 mph - 10:00 am - 50 mi - Jim Gagne 410-  
357-0104, gagnejc412@yahoo.com  
START: Manchester Park & Ride. Rt7 and Rt0  
Rolling to hilly. Lunch at Clair's Restaurant or  
Rutter's convenience store

15/17 and 18 mph - 9:00 am - 84 mi - Janet  
Goldstein 410-366-1466  
START: MTV - Mt. View Middle School.  
Ride to Point of Rocks with Slow-Twitch Sally.  
Rolling before lunch, hilly after; rest stops at 21, 43,  
and 64 miles (last stop: a Dunkin' Donuts + Baskin  
Robbins -- woo-hoo!).

tandem - 10:00 am - 45 mi - John and Jane Cole  
START: Taneytown ES (TES)  
Join us for Walt & Carol's Mountainview ride as we  
cross the valley over mostly rolling terrain and stop  
for lunch in Emmittsburg. 410/661-4427 or 410-  
812-4973, jicole01 @comcast. net Directions to  
start: I-695 to Exit 19 I-795 North to Exit 9B Rt 140.  
Go 23 miles thru Westminster to traffic circle just  
before Taneytown then take Antrim Blvd. Right on  
Trevanion Rd. Right on Kings Rd then Left to  
school.

### Sunday, May 18, 2008

10-12 mph - 9:30 am - 39 mi - Gloria Epstein  
410/665-3012  
START: MMS Monocacy M.S.  
'Three Covered Bridges' ride - mostly rolling terrain  
- lunch/snack stop in Thurmont @mile 25.

13-15 mph - 9:30 am - 39 mi - Rich Burns 410-433-  
4162  
START: MMS - Monocacy M.S.

Three Covered Bridges ride; mostly rolling terrain;  
lunch/snack stop in Thurmont at mile 25; combined  
ride with 10/12 group.

15-17 mph - 9:00 am - 62 mi - Gene Young,  
(410/828-1137)  
START: SPK - Sparks E. S.  
Gene's classic long ride, with opportunities to  
shortcut. Moderately hilly with rest stops in  
Hampstead and Madonna.

18 mph - 9:00 am - 69 mi - Phil Feldman  
410.744.8874  
START: Carroll Manor Park  
Rocks, Slate, River: Phil Manger's scenic ride  
through Harford County Cue sheet at:  
[http://cuesheetcentral.com/uploads/rocks\\_slate\\_river.pdf](http://cuesheetcentral.com/uploads/rocks_slate_river.pdf)

casual - 10:00 am - 14 mi - Gordon Peltz 410 458-  
8140  
START: MSC - Manor Shopping Center  
Join the Instructional Ride group for a scenic ride  
from Jacksonville. Moderately hilly, we will be  
practicing hill climbing skills. The 14 mile ride has  
options for 18 or 21 miles. Bagel lunch option at the  
Bagel Meister afterward.

casual - 10:00 am - 25 mi - Bud Lippert 410-686-  
8504  
START: Eastern Regional Community Center, 1740  
Eastern Ave in Chase.  
Tour de Chase: Ride take you through Marshy  
Point nature reserve, Gunpowder State Park,  
fishing area, beach area in Hammerman area,  
through the communities of Oliver Beach,  
Harewood Park, Twin Rivers, Earls Beach. Lunch  
at Georges Deli or the Royal Farm Store midway  
through the ride.

### Tuesday, May 20, 2008

15-17 mph - 9:30 am - 51 mi - John Harris 443-468-  
5722  
START: ORR-Oregon Ridge Park  
Rolling to hilly ride, lunch at La Cucina

### Wednesday, May 21, 2008

15-17 mph - 10:30 am - 30 mi - Katie Gore-Trail  
START: WRP - Western Run Park & Ride

## RIDE SCHEDULE, MAY/JUNE 2008

30-ish mile rolling to hilly ride.

### Saturday, May 24, 2008

10-12 mph - 9:30 am - 22 mi - Robin Kessler (410-945-5225)

START: Route I-70 Park & Ride - From I-695 go East on I-70. Park & Ride is about 3/4 mile. Ride on the Gwynns Falls Trail to Cross Street Market. Eat lunch in Federal Hill Park. Ride can be extended to 33 mi.

10-12 mph - 10:00 am - 32 mi - Gloria Epstein 410/665-3012

START: Sparks Elementary School  
Hilly ride to Mia Cucina for lunch/snack. Light traffic, very scenic.

15-17 mph - 9:00 am - 50 mi - Mary Ruhl, 410-707-8679

START: Mt Airy Elementary School  
Join me for my favorite 'Tour de Mt. Airy'. This ride is moderately hilly and scenic. There are three mileage options: 39/50/61 miles. The ride splits after rest stop in Union Bridge (~mile 23); the long route has additional rest stop in Woodsboro ~ mile 40. Ride leader will do short ride option. Pizza at J&P's in Mt. Airy after the ride.

18 mph - 9:00 am - 100 mi - Lukasz Szyrner 443/226-0304 szyrner@comcast.net

START: PRP - Providence Rd P&R  
To be announced

### Sunday, May 25, 2008

10-12 mph - 9:30 am - 31 mi - Lydia Cunningham 410-787-0831

START: DOA -Dixon Observation Area (BWI)  
WB& A-- 31.2 miles of flat to rolling terrain exploring the route of the new WB & A Trail now being built. This ride has about 4 miles of paved trails and the rest is over roads. Let's see how much more they have gotten done on it.

15/17 and 18 mph - 9:00 am - 70 mi - Ed Cahill 410-465-1492

START: Taneytown Memorial Park  
Red Rum II: A nice drive to a lovely ride. Low traffic roads, nice sights, climbing & descending, rest stops and a lunch stop near Penn Mar. The ride is

gentle for the first 20 miles and the last 15 miles and the middle has some a long climb and some short climbs. Cue sheet at:

[http://cuesheetcentral.com/uploads/cuesheet red rum ii.xls](http://cuesheetcentral.com/uploads/cuesheet%20red%20rum%20ii.xls)

casual - 10:00 am - 14 mi - Howard Kaplon

START: MSC - Manor Shopping Center  
Join the Instructional Ride group for a scenic ride from Jacksonville. Moderately hilly, we will be practicing hill climbing skills. The 14 mile ride has options for 18 and 21 miles. Bagel lunch afterward if you like at the Bagel Meister.

### Monday, May 26, 2008

10-12 mph - 9:30 am - 33 mi - Gloria Epstein 410/665-3012

START: Oregon Ridge Park  
Moderately hilly ride to Hampstead w/options for food stops.

### Tuesday, May 27, 2008

15-17 mph - 9:30 am - 50 mi - Steve Zeldin (410-828-5553, szeldin@comcast.net)

START: ORR - Oregon Ridge Park  
Liberty Reservoir Ride. Come join the fun!

### Wednesday, May 28, 2008

15-17 mph - 10:30 am - 30 mi - Katie Gore-Trail

START: WRP - Western Run Park & Ride  
30-ish mile rolling to hilly ride.

### Thursday, May 29, 2008

15-17 mph - 9:30 am - 35 mi - Renee Faison

START: ORR - Oregon Ridge Park  
Rolling to hilly ride

### Saturday, May 31, 2008

10-12 mph - 10:00 am - 33 mi - Scott Zelazny (410-525-2591)

START: MSM - Marley Station Mall

## RIDE SCHEDULE, MAY/JUNE 2008

Bike along the B&A Trail and other roads to Sandy Point State Park on the Chesapeake Bay. Rest/food stop enroute.

13-15 mph - 9:00 am - 46 mi - Mary&Barry Menne 410-795-6571

START: MTV - Mt. View Middle School  
Distance: 46/54/61. The longer rides follow the same route but include additional loops. Beautiful country ride through Carroll and Howard counties. Snack or lunch stop in Lisbon with opportunity for an additional stop later in the ride or a restaurant lunch stop. Mostly low traffic areas. Hilly to moderately hilly. The ride includes 1 mile on a well-packed unpaved road but the cue sheet includes an option to avoid it. An area map is also provided.

15-17 mph - 10:00 am - 53 mi - Judy Broadwater & Russ Loy, 410/628-6297

START: HVE - Hunt Valley Executive Plaza II  
Hunt Valley to Madonna loop. Moderately hilly.  
Lunch stop mid-way.

casual - 9:30 am - 15 mi - Judy Getz 3018567563

START: Folly Quarter Mid. Sch.  
Rolling ride with scenic views and a few hills in western Howard County. Route can be shortened to 11 miles. Directions: I-70 West to Rt. 32 South for 3.8 miles to traffic light. Right on Ten Oaks and after 0.4 miles go 3/4 of the way around the traffic circle to Triadelphia Road East. School is on the left in 0.3 miles.

### Sunday, June 01, 2008

10-12 mph - 9:00 am - 25 mi - Gloria Epstein 410/665-3012

START: Manor Shopping Center  
Moderately hilly ride w/ food stop @convenience store. Join ride leader @Bagelmeister before ride.

13-15 mph - 9:30 am - 45 mi - Evie and Michael Reinsel

START: MSC - Manor Shopping Center  
31/45 miles 410/377-6133, mreinsel@verizon.net  
Joint ride with CRABS from Jacksonville. Come early and have breakfast at the Bagelmeister before the ride. Beautiful rolling ride in horse country to Rocks State Park. Directions: I-695 to Exit 27 Dulaney Valley Rd. North (Rt. 146) (approx. 3-4 miles) Bear left on Jarrettsville Pike after Loch Raven Bridge where Dulaney Valley Rd goes right.

Go 4.0 miles and turn right into the shopping center (just before Sweet Air Rd.)

15/17 and 18 mph - 8:30 am - 103 mi - Janet Goldstein 410-366-1466

START: Thurmont Community Park: 70W -> I5N -> SECOND Thurmont exit (Rt. 806). Right off ramp; left at light; park is 1/2 mi. on left. Please park in BACK parking lot.

Civil War Century. Get ready for Tour de Montes with Slow-Twitch Sally! Four major climbs in first 71 miles. Last 30 miles gently rolling. Rest stops at about 28, 43, and 73 miles. Mostly low-traffic roads through Fairfield, Keedysville, Antietam, Boonsboro, Sabillasville, and Gettysburg (not in that order).

tandem - 9:30 am - 45 mi - Evie and Michael Reinsel

START: MSC - Manor Shopping Center  
31/45 miles 410/377-6133, mreinsel@verizon.net  
Ride from Jacksonville. Come early and have breakfast at the Bagelmeister before the ride. Beautiful rolling ride in horse country to Rocks State Park. Directions: I-695 to Exit 27 Dulaney Valley Rd. North (Rt. 146) (approx. 3-4 miles) Bear left on Jarrettsville Pike after Loch Raven Bridge where Dulaney Valley Rd goes right. Go 4.0 miles and turn right into the shopping center (just before Sweet Air Rd.)

### Tuesday, June 03, 2008

15-17 mph - 10:00 am - 40 mi - Tuesday Gang

START: ORR - Oregon Ridge Park.  
Rolling to hilly ride. Come join the fun!! This is an ad hoc ride - regular Tuesday riders will make it up as they go. 30 to 50 miles

### Wednesday, June 04, 2008

15-17 mph - 10:30 am - 30 mi - Katie Gore-Trail

START: WRP - Western Run Park & Ride  
30-ish mile rolling to hilly ride.

### Thursday, June 05, 2008

15-17 mph - 9:30 am - 42 mi - Renee Faison

START: ORR - Oregon Ridge Park  
Walt and Carol Russell's moderately hilly ride to Hampstead. Quick stop at Bakery.

## RIDE SCHEDULE, MAY/JUNE 2008

### Saturday, June 07, 2008

10-12 mph - 9:00 am - 32 mi - Bob Seay and Manny Steinberg (410-242-6929 or 410-655-8242)  
START: DES - Davidsonville Elem School  
Ride to Deale for lunch.

10-12 mph - 9:30 am - 26 mi - David Forester (410/730-7074, deforester1@comcast.net)  
START: HCV - Harpers Choice Village Center. Park at far end of Safeway 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 - 9:00 am - 48 mi - Carol Russell, 443-286-5807, cjrussell74@yahoo.com  
START: SEV - Seventh District Elementary Streams, Valleys & Markets. A new, moderately hilly ride that winds its way along bubbling streams and through scenic valleys to the PA Dutch 'Markets at Shrewsbury.' You'll enjoy a great variety of foods (subs, salads, chicken, snacks and baked goods, etc.) in the food court, and a quick browse through the unique gift and furniture shops. Bring a lock.

15-17 mph - 9:00 am - 62 mi - Edward Roth 717-235-4118  
START: MLP - Maryland Line Park and Ride 'Railroad Metric'- Explore southern PA going over, under and along old rail lines. Very scenic with some climbing. Rest stops at two convenience stores. Ride leader is Ed Roth. Contact is oscar200@aol.com or 717-235-4118

18 mph - 8:00 am - 123 mi - Terry Harrigan 410-549-1798  
START: Enchanted Forest Shopping Center Phil's Bagel Bin to Frederick 200k: Looking to prep for the Tour de Montes or July's Double Century? Then break the century barrier with this ride. Rolling and fast double metric through the Frederick valley. Cue sheet at:  
[http://cuesheetcentral.com/uploads/Fred 200k.xls](http://cuesheetcentral.com/uploads/Fred%20200k.xls)

### Sunday, June 08, 2008

10-12 mph - 10:00 am - 27 mi - Charlotte Pappas

410-385-1457

START: Elkridge MARC station  
Ice Cream Ride - road and trail ride to Bruster's Ice Cream.

13-15 mph - 9:30 am - 34 mi - Rich Burns 410-433-4162 rnburns1@verizon.net  
START: FIF - Fifth District E.S.  
Loop to Westminster on some seldom-biked roads with lunch/snack.

15-17 mph - 9:00 am - 50 mi - Hopkins Ed, 410/491-5191, ed.hopkins@verizon.net  
START: HVE - Hunt Valley Executive Plaza II  
Hunt Valley to Hess loop. Moderately hilly. Lunch stop mid-way.

casual - 10:30 am - 15 mi - Lydia Cunningham 410-787-0831  
START: DOA - Dixon Observation Area From I-95 or Rt. 295 (Baltimore Washington Parkway) take Route 100 East. Stay on Route 100 to Exit 11. Get off Route 100 at Exit 11 which is Route 170 (Telegraph Road). Take Route 170 North towards Linthicum. Go to the first stop light which is Route 176 (Dorsey Road). Make a right onto Route 176 and go approximately 1.5 miles. The observation area will be on your right.  
BWI trail with a little bit extra adding on a couple of rolling hills to get to Elkridge Furnace. This is designed to be an introductory ride, slow, fun etc. Bring a friend and introduce them to the BBC. Those of you that want more of a work out can take the Ridge Road back (or climb it several times) rather than the very flat and beautiful Race Road.

### Tuesday, June 10, 2008

15-17 mph - 9:30 am - 60 mi - Steve Zeldin (410-828-5553, szeldin@comcast.net)  
START: ORR - Oregon Ridge Park  
Rolling ride with hills to Rocks State Park. Snack stop in Jarrettsville. Come join the fun!

### Wednesday, June 11, 2008

15-17 mph - 10:30 am - 30 mi - Katie Gore-Traill  
START: WRP - Western Run Park & Ride  
30-ish mile rolling to hilly ride.

## RIDE SCHEDULE, MAY/JUNE 2008

### Saturday, June 14, 2008

15/17 and 18 - 8:30 am - 100 mi - Gil Olvera (410 635 6692) gilolve@bellatlantic.net  
START: WES Westminster Elem. School  
Blue Ridge Summit Century. A BBC classic. This will be a combined 15/17-18 mph ride.

all pace long - 7:30 am - 62 mi - Ken Philhower 410-437-0309  
START: BOH - Bohemia Manor HS, Chesapeake City, MD  
37th annual Delaware-Maryland Flatlands Tour - Various ride distances from 25 - 100 miles. See additional information elsewhere in newsletter or web site.

casual - 10:00 am - 25 mi - Bud Lippert 410-686-8504  
START: Eastern Regional Community Center, 1740 Eastern Ave in Chase.  
Tour de Chase: Ride take you through Marshy Point nature reserve, Gunpowder State Park, fishing area, beach area in Hammerman area, through the communities of Oliver Beach, Harewood Park, Twin Rivers, Earls Beach. Lunch at Georges Deli or the Royal Farm Store midway through the ride.

### Sunday, June 15, 2008

10-12 mph - 9:00 am - 30 mi - Gene Marrow, 301-854-2885  
START: GLN Glenelg H.S.  
Two-county Ride. Rolling ride with some hills. Snack/ rest stop at High's. 40 mi option.

10-12 mph - 9:00 am - 41 mi - george cordutsky 410-882-2788  
START: PRP: Providence Road Park and Ride  
Moderately hilly ride with rest stop with food and bathroom.

13-15 mph - 9:00 am - 50 mi - Bruce Galanter 410-241-7089  
START: SPK Sparks Elementary School  
Ride to Rock State Park on one of the prettiest rides around. Lunch at Highs Convenience Store on Rt 165

15-17 mph - 8:30 am - 62 mi - Gene Young, (410/828-1137)  
START: SPK - Sparks E. S.  
Gene's classic long ride, with opportunities to shortcut. Moderately hilly with rest stops in Hampstead and Madonna.

all pace long - 8:30 am - 69 mi - Mark Tabb (410) 274-8668  
START: Dulaney Park on Old Bosley Rd  
The Widowmaker. Very hilly training ride for Bike Va & Tour de Montes. The climbs are not too steep but long. There are many shortcut options. Early start for Fathers Day cookouts! Stops at store-mile 33 or Rayville Store at mile 46.

casual - 10:00 am - 25 mi - Bud Lippert 410-686-8504  
START: Wild Duck Inn Parking lot at the end of Red Rose Farm Rd in Bowleys Quarters  
Bowleys Quarters-Carroll Island: Ride through the communities of Bowleys Quarters and Carroll Island taking in scenic views of Chesapeake Bay and its rivers. There is a rest stop at Miami Beach Park. Lunch is either at Maria's Deli or Wild Duck Inn.

### Tuesday, June 17, 2008

15-17 mph - 9:30 am - 55 mi - john harris 443-468-5722  
START: ORR-Oregon Ridge Park  
A rolling to hilly ride taking us through Prettyboy and Madonna, but in the reverse direction to our normal route.

### Thursday, June 19, 2008

15-17 mph - 9:30 am - 38 mi - Renee Faison  
START: ORR - Oregon Ridge Park  
Rolling to hilly ride.

### Saturday, June 21, 2008

10-12 mph - 9:00 am - 25 mi - Charlotte Pappas 410-385-1457  
START: Glenelg  
Backroads Ride, rolling to moderately hilly, rest stop at High's.

## RIDE SCHEDULE, MAY/JUNE 2008

13-15 mph - 8:30 am - 57 mi - Henry Thies 717-600-5141  
START: MLP - Maryland Park & Ride - Exit 36 off I-83 North  
Pa Puddle Jumper - 42 or 57 mile option - Nice Southern PA ride with a few challenging climbs - ride travels through Jacobus, Loganville and Glen Rock PA - Contact Henry Thies for more info 717-600-5141

15/17 and 18 - 8:30 am - 91 mi - Phil Feldman 410.744.8874  
START: Sandymount Park  
Bruni Memorial Ride: The wir gehen nach Ost Berlin ride with a few changes. Some hills in the beginning and flatter after lunch. Classic PA roads - low traffic and scenic. Cue sheet at:  
<http://cuesheetcentral.com/uploads/BruniMemorial.xls>

tandem - 9:00 am - 45 mi - Carol and Walt Russell  
START: Walkersville Community Park  
36/45 miles 410-665-0651, wrussell5@yahoo.com, 443-286-5807 (cell). Come join us for a new route through the valley to visit the 3 covered bridges of Frederick County. Rolling country roads with a few small hills. Directions: Baltimore Beltway to RT 70 West, take Rt 15 North in Frederick, Turn Right on Biggs Ford Rd, Turn Right on Kenneth Dr into Park. Park is just before town.

### Sunday, June 22, 2008

10-12 mph - 9:00 am - 33 mi - Gloria Epstein 410/665-3012  
START: Providence Road P&R  
Moderately hilly ride w/food stop @Palmisano's.

13-15 mph - 9:00 am - 57 mi - Mary&Barry Menne 410-795-6571  
START: Westminster Elementary School  
Ride to Thurmont with lunch at Kozy Korner. Cue sheet includes a map. One of our favorite rides.

15-17 mph - 9:00 am - 71 mi - Bill Gary, 410/366-0956  
START: WES - Westminster E.S.  
OK...I'll lead the classic Northern Towns Tour from Westminster Elem School. Lunch in Thurmont. Offers of Hero and Hero-in-law pullage will be

gratefully appreciated (and accepted).

### Tuesday, June 24, 2008

15-17 mph - 9:30 am - 69 mi - Steve Zeldin (410-828-5553, szeldin@comcast.net)  
START: CMP - Carroll Manor Park  
Rocks, Slate, River: Phil Manger's scenic ride through Harford County Cue sheet at:  
[http://cuesheetcentral.com/uploads/rocks\\_slate\\_river.pdf](http://cuesheetcentral.com/uploads/rocks_slate_river.pdf)

### Saturday, June 28, 2008

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 downhill (also some invigorating climbs.) No stores, so bring snacks. Brookville was U.S. capital for one day during the War of 1812.

10-12 mph - 10:00 am - 33 mi - Scott Zelazny (410-525-2591)  
START: MSM - Marley Station Mall  
Bike along the B&A Trail and other roads to Sandy Point State Park on the Chesapeake Bay. Be prepared for a swim if weather is hot. See great views of the Bay Bridge. Rest/ food stop enroute.

15/17 and 18 - 8:00 am - 110 mi - Craig Martin 4105388791  
START: CIG - Comfort Inn Greencastle PA  
Directions: Take I-70 West to I-81 North. Take PA Exit 2 to US 11 North. Comfort Inn is on the Right. The 'Grandmother' of all rides covering 110 miles and six major climbs. One to five climb options available. You don't want to miss this one.

casual - 9:30 am - 15 mi - Judy Getz 3018567563  
START: Folly Quarter Mid. Sch.  
Rolling ride with scenic views and a few hills in western Howard County. Route can be shortened to 11 miles. Directions: I-70 West to Rt. 32 South for 3.8 miles to traffic light. Right on Ten Oaks and after 0.4 miles go 3/4 of the way around the traffic circle to Tridelphia Road East. School is on the left in 0.3 miles.

## RIDE SCHEDULE, MAY/JUNE 2008

### Sunday, June 29, 2008

10-12 mph - 8:30 am - 30 mi - Paul Coleianne  
(410/931-2460, cell for this morning 410/812-5273)  
START: MSM - Marley Station Mall  
B & A Trail from Marley Station Mall to the docks of  
Annapolis for snacks.

10-12 mph - 9:30 am - 32 mi - Cartan Kraft (410-  
235-2906, cbkraft@verizon.net )  
START: TES - Taneytown E.S.  
Beautiful rolling to mod. hilly loop to Woodsboro  
w/lunch/snack stop @Trout's Rest. or conv. store  
@mile 17.0.

13-15 mph - 9:30 am - 42 mi - Rich Burns 410-433-  
4162  
START: RVS - Riverside S.C. - I-695 to Exit 33, I-  
95N; then take Exit 80, turn right at end of ramp -  
1/2 mi. to shopping ctr. on left, park out from  
supermarket.  
Ride to Havre de Grace & Susquehanna St. Park -  
revised (mix of flat, rolling, 1 long climb) with  
lunch/snack options.

15-17 mph - 9:30 am - 50 mi - Judy Broadwater &  
Russ Loy, 410/628-6297  
START: SPK - Sparks E. S.  
Ride to Rocks. Moderately hilly. Lunch stop mid-  
way.

### For Sale:

**Sidi Genius road shoes, size 44.5  
(ridden @ 100 miles -- too big for  
me!) \$125 o.b.o.**

**Pair Shimano 9-speed Ultegra Flight  
Deck Shifters, \$30 o.b.o.**

**Call Jim, 410-357-0104**

## Ride Descriptions

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

### Casual

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

### 10-12 MPH

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

### 13-15 MPH

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

### 15-17 MPH

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

### 18 MPH

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

### Tandem

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

Many rides offer two or three

## Howard County: Glenelg Tues/Thurs Evening Rides

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

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

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

May through August @6 p.m.;

Sept. @ 5:45 p.m.;

Oct. @5:30 p.m.

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

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

## Howard County: Wednesday Evening Rides

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

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

Start: Folly Quarter Middle School\*

Triadelphia Rd., Glenelg, MD

Meet at: 5:45 (5:15 DST)

every Wednesday

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

For more info, please contact Jen

Browne, browne14540@comcast.net,

410-489-5804 - Or- Email

HoCoCyclists@yahoo.com.

Visit the website

www.groups.yahoo.com;

enter group: HoCoCyclists"

## 2008 Ride Coordinators

### Casual

Judy 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.

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@verizon.net](mailto:jgoldst@verizon.net) or 410-366-1466.

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

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



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

Address Change

How do you want to receive the Newsletter?

New Membership

By US Mail

Membership Renewal

OR From the Internet

Are you interested in racing with Team BBC? Yes  No

Do you ride a Tandem? Yes  No

Date \_\_\_\_\_

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

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

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

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

City \_\_\_\_\_

State \_\_\_\_\_

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

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

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

Check all categories that you are willing to help with:

Bicycling Advocacy

Club Picnic or Socials

Newsletter

Website

Lead Rides

Club Events

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

**Dues** are subject to change.

Individual **One Year: \$25**

Family **One Year: \$35**

Individual **Two Years: \$45**

Family **Two Years: \$65**

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