



Baltimore Bicycling Club Newsletter

Volume 42 Number 2

March | April 2009

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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, or go on the Web site to the Member Update page (<http://www.baltobikeclub.org/index.pl/update>), complete the form, and submit it.



-ADVENTURE CYCLING

2009 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

Georgia Glashauser, Vice President
410-857-3262
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 (2008-2009)
410-661-4427
membersatlarge@baltobikeclub.org

Beth Cooper (2009-2010)
410-461-3659
membersatlarge@baltobikeclub.org

Russ Loy (2009)
410-628-6297
membersatlarge@baltobikeclub.org

Mary Menne (2009-2010)
410-795-6571
membersatlarge@baltobikeclub.org

2009 Committees

Insurance

Government Relations

Instructional ProgramsHoward Kaplon 410-484-6955

Club Items for SalesMitch Tobias 410-833-8137

Newsletter EditorMaxine Mead 443-474-7076

1. Tandem ColumnPeggy & Tom Dymond 410-272-9139

Rides Georgia Glashauser 410-857-3262

(see Rides section of newsletter for committee members)

Cue Sheet LibrariansGene Bayer 443-850-0671

. Larry Kenny

Team BBC RepresentativeBob Rohlfing 410-665-5740

Safety Awareness ProgramJohn Overstreet

BBC Property

Web Site WebmastersMary Ryan 410-828-1015

. Craig Martin 410-538-8791

Membership Craig Martin 410-538-8791

Giving Russ Loy 410-628-6297

BBC Talk AdministratorJanet Goldstein 410-366-1466

League of American Bicyclists

1612 K Street, NW, Suite 401

Washington, DC 20006

202-822-1333



BBC SPECIAL EVENTS FOR 2009

Event information is subject to change. For current updates check the BBC Web site at www.baltimorebicyclingclub.org or call the event leader.

CRABS Potluck	January 17, 2009	Peggy & Tom Dymond 410-272-9139 tedymond@verizon.net
BBC Winter Social	February 22, 2009	Gloria Epstein 410-665-3012 carlglo@verizon.net
Kent County Spring Fling	May 22-25, 2009	410-790-4422 kentcountyspringfling@gmail.com
Weekend in Lancaster	September 25-27, 2009	John or Jane Cole 410-661-4427 jicole01@comcast.net Walt or Carol Russell 410-665-0651

More events to come – check future issues

OUT OF BOUNDS

April 25, 2009

2009 Tour de Carroll. Westminster, Maryland. 7:00 a. m. to 4:00 p. m.
8, 20, 25, 36 and 63- mile rides. \$30 includes full lunch, T-shirt, entry for door prizes, homemade brownies and ice cream, free local gym membership for one month. Register on Active.com, by mail, or the day of event. www.tourdecarroll.com.

April 25, 2009

Ride to End Hunger in Calvert County. Huntingtown, Maryland.
15, 36, 46, and metric routes on the scenic Western Shore of the Chesapeake Bay. Sponsored by End Hunger in Calvert County with proceeds going to food pantries in Calvert Co. \$35 early registration includes t-shirt, \$50 after April 15.
<http://endhungercalvert.org/bike.html>

May 30, 2009

Casa ROCK. Shepherdstown, West Virginia.
25, 50, and 100 mile road rides and 10 and 25 mile tow path rides supported with rest stops and sag. Registration is \$35.00 if received by May 15th and you are guaranteed a T-shirt. \$40.00 on the day of the ride. Proceeds benefit abused and neglected children. Register on-line or call (304) 263-5100 for mail-in address. <http://www.casaride.com/>.

June 13, 2009

Patuxent River Rural Legacy Ride. Croom, Maryland.
24, 46, or 62 miles from the Merkle Wildlife Sanctuary, with rest stops at Mt Calvert, an 18th century manor house; at a beach-park where Magruder's Ferry once crossed the Patuxent; and at Eagle Harbor in a shady yard overlooking the Patuxent. This is Oxon Hill Bicycle and Trail Club's annual ride to showcase Prince George's County's Patuxent River Rural Legacy Area. \$15 pre-registration or \$20 on day of the ride includes after-ride picnic. Proceeds benefit Merkle Wildlife Sanctuary.
http://ohbike.org/events/rural_legacy_eflyer.html

September 13, 2009

Southern Maryland Fall Century - the Indian Head 100. Indian Head, Maryland.
16, 29, 63, and 100 miles from the Village Green Park in the town of Indian Head, at the southernmost end of MD 210 [Indian Head Highway] (20 miles south of Washington Beltway exit 3-A). Sponsored by the Oxon Hill Bicycle and Trail Club. Cycle through scenic and historic Southern Maryland.
<http://ohbike.org/century>

October 11, 2009

The Civista Potomac Heritage Bicycle Tour. La Plata, Maryland.
14, 33, 60, 80, and 100 miles through Southern Maryland. All routes, except the casual 14-mile family ride, will take cyclists along the scenic on-road bicycle route of the Potomac Heritage Trail National Scenic Trail. The event is sponsored by the Civista Health Foundation. Cyclists will return to La Plata to [the Crossing at Casey Jones](#), where they will enjoy an after-ride party with food and entertainment.
http://www.active.com/page/Event_Details.htm?event_id=1657974

Pedal in Style...

Purchase online for the SAME PRICE at:
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 Woof Designs / Jason M. Kamps www.woofdesigns.com

 <p>Custom Art & Graphic Design Services Logos Catalogs Marketing Supplies T-Shirts Apparel Jerseys 410-796-5858 www.woofdesigns.com</p>	Size Chart							
	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 Fit"

"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 [<input type="checkbox"/>] S [<input type="checkbox"/>] M [<input type="checkbox"/>] L [<input type="checkbox"/>] XL [<input type="checkbox"/>] 2XL [<input type="checkbox"/>] 3XL [<input type="checkbox"/>]	
Choose the Jersey Style [Check One] :								Club Fit [<input type="checkbox"/>] Women's Race Fit [<input type="checkbox"/>] Men's Race Fit [<input type="checkbox"/>]	
Make check payable to Baltimore Bicycling Club						TOTAL PAYMENT = <u> \$70.00 </u>			

Mail check & completed order form to: BBC Jersey c/o Nancy Finnegan
 P.O. Box 179
 Brooklandville, MD 21022-0179

Questions? Call Nancy @ 410-239-0550
 OR Email: LogoJersey@baltobikeclub.org
 Purchase online for the SAME Price at:
www.baltobikeclub.org/index.pl/logo_jersey

27TH ANNUAL KENT COUNTY SPRING FLING MAY 22–25, 2009 (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 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)
- 27th Anniversary KCSF T-shirts are adult sizes, so order accordingly. We only order a few extras, and they sell out early. If you want a T-shirt, please order now.

Four Days of Fun-Filled Activities

Friday: Registration begins at noon. Scheduled rides will start at 1:30 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

ONLINE or PHONE REGISTRATION (no additional fee)

- For online info go to www.baltobikeclub.org, events, Spring Fling, FAQs.
- Or you can call 1-877-228-4881 and register over the phone.

MEALS

Award winning Washington College Dining Services will continue to provide top quality meals for our enjoyment at the College and at the Sunday picnic. Meals will include at least one Vegan entree and at least one sugar-free dessert.

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

This year Washington College offers four lodging choices:

- **Standard lodging dorms;** have rooms with two single beds that are elevated to allow storage beneath. Men's and women's restrooms are accessed from the hall. **Tandem cyclists will be placed in Minta Martin unless requested otherwise.**
- **Lowered bed in standard lodging dorms;** (no extra charge but available in Caroline and Queen Anne's only). Restrooms are accessed from the hall.
- **Western Shore suites** (upgrade); have four single-bed bedrooms, two baths and a living room-kitchenette. All beds are lowered. Assignment preference will be given to full suites (4 people)
- **Harford Hall suites** (upgrade); consist 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. Harford also has an elevator (large enough for a tandem). Assignment preference will be given to full suites (6 or 7 people).

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. The best way to register groups is online (see FAQs at the BBC website) – or mail all your registrations together to assure we assign the correct people to each room or suite.

(assignment preference will be given to full suites)

Questions? Email: kentcountyspringfling@gmail.com (or phone [410-790-4422](tel:410-790-4422))

DON'T PUT IT OFF!

KCSF USUALLY SELLS OUT EARLY

**if possible please register online at www.baltobikeclub.org
or by phone at 1-877-228-4881 (no added fee for either)**

Mail-in Registration – 27th annual Kent County Spring Fling -- May 22-25, 2009

Registration and **signed release** required for each participant. **No registrations after May 10**

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 help with registration 2 or 3 hours on Friday __

Registration Options Underline your choice and enter your cost	Cost	Your Costs
BBC Member: standard lodging \$291/ no lodging \$247	\$291/247	
non-BBC Member: standard lodging \$303/ no lodging \$260	\$303/260	
youth 11-16	\$215	
child 4-10 sleeping: on the floor \$95/ on a bed \$120	\$95/120	
child 3 & under sleeping: on the floor no charge/ on a bed \$25	\$0/25	
late registration fee (AFTER APRIL 15th)	\$30	
single room supplement if you choose to room alone (standard dorms only)	\$30	
lowered bed (available in Caroline and Queen Annes only) check box	\$0	check here __
Western Shore suite supplement per person (see Lodging Options)	\$57	
Harford Hall suite supplement per person (see Lodging Options)	\$57	
Friday night buffet dinner: adults \$19 / age 11-16 \$16 / age 4-10 \$9 (6pm – 8pm)	\$19/16/9	
27th anniversary KCSF T-Shirt (Note: all T-shirts are short sleeve adult size) Circle choice: S M L XL XXL	\$14	
Total for registration check (payable to BBC)	\$ Total	

KEY GUARANTEE. Your signature below (required) is a guarantee that you agree to pay the BBC \$25 for each key received and not returned by checkout (NO LATER THAN 4 PM MONDAY).

_____ **sign above** _____ **date**

CANCELLATION POLICY: Refund requests must be in writing. The following fees apply: \$30 prior to May 1st; \$50 May 1st through May 10; **no refunds after May 10**; \$40 charge for checks returned by the bank for any reason. Refund checks will be mailed by the BBC Treasurer after the event.

**Make check payable to BBC and mail with your application to:
KCSF 2009; 410 Travelers Drive; Polk City, FL 33868**

You will receive an e-mail (or postal-mailed) confirmation

Lessons from Beyond the Century

By Greg Conderacci

For many riders, 100 miles is the true test of skill and endurance – at least that was the case for me, literally for decades.

But in 2007, I decided to attempt Paris-Brest-Paris, one of the world's oldest and most famous rides. Its 1200 kilometers (750 miles) represented a whole new challenge that fundamentally changed the way I thought of distance on a bike. The name of the sport is Randonneuring, which I think is French for "You want to ride HOW far?" (See: www.rusa.org or www.dcrand.org.)

Although I do a lot of BBC rides, in the last two years I've also done several rides of over 200 miles a day, including two 1200ks, a 1000k, two 600ks, two 400ks and a 275-mile 24-hour ride.

The big lesson from those rides is that the territory beyond 100 miles is not as scary as you might think. They also taught me many tips and tricks you can use even if you never venture beyond the century. Here they are:

- Eat and drink constantly. On longer rides, your body's ability to take on a steady flow of liquids and calories becomes critical. You can only absorb so much at a time, and it's extremely easy to dehydrate or "bonk." If you run out of gas at 100 miles on a 200-mile ride, you won't be able to "tough it out" to the end. Carry BOTH a hydropack and bottles so you'll never go dry. And don't forget electrolytes – you'll need salt.
- Conserve glycogen. On shorter rides, you can jam up the hills and hammer into the wind because the energy stored in your liver will carry you through. But on longer rides, a lot of anaerobic activity just depletes those precious reserves. Wear a heart rate monitor and don't allow your heart rate to get above 80% of your maximum rate. I try to keep my average heart rate under 65% of my max.
- Manage your rest stops. You can waste a lot of time and stiffen leg muscles by "resting" for too long along the way. Randonneurs will often go 40 to 60 miles between stops. But if it's sweltering out and you're fading, cooling down in a nice air conditioned 7-11 might be just what you need.
- Travel light. Although hardy randonneurs will swear by their sturdy steel steeds laden with big bags of extra clothes and supplies, I prefer a titanium or carbon racing bike with just a small bag under the saddle and a rain jacket in the hydropack.
- Pamper your butt. No saddle is really comfortable over 100 miles, but pick something more forgiving than a tiny, hard racing seat. Use lots of "Chamois Butt'r" in your riding shorts. Stand up off the seat on downhills to stretch

your legs and keep the road shock to a minimum. Increase tire size to 25c from 20c or 23c to absorb the bumps better.

- Don't ride too slowly. Creeping along at 10 mph can be really demoralizing. The pace that works for an 80 mile ride will work just as well for a 180 mile ride (300k) if you stay out of your "red zone" of really high heart rates.
- Ride with a buddy who's at your level. On a long ride, you're not just riding – you're living on the bike. Expect energy flows to wax and wane, just like they would over a normal day. If you have somebody at your side chatting away and lending moral support, it's much easier to overcome the rough spots.
- Sleep. Most rides over 400K (about 250 miles) require (at least for me) a sleep break. Although the hard core will ride with no sleep, I will try to get at least 5 hours a night during the ride and at least two good nights sleep before.
- It's easier than you think. Although some ultra long distance riders are out to test their limits of pain and endurance, it doesn't have to be that way. If you can do 100 miles in a day comfortably, you can do 200. And you can repeat it, day after day, if you sleep enough each night to recover.
- You can do it if you think you can. This is the corollary to the last tip. Cycling is a huge mental game and it's even more so at an ultra distance. I assure you, I am no Lance Armstrong. I am almost 60 and there are many BBC riders stronger and faster than I. Like anything else, if you can relax and enjoy the ride, you can go the distance.

!!BBC 25TH ANNUAL INSTRUCTIONAL RIDE SERIES!!

OUR POPULAR INSTRUCTIONAL PROGRAM IS CELEBRATING A QUARTER CENTURY!!

The BALTIMORE BICYCLING CLUB'S Instructional Ride Series will begin with an **orientation** to be held on **Sunday, April 26, 2009 at 10:30 a.m. at the Ridgely 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 the basic skills of cycling, including doing minor road repairs and improving as a rider. We want to help people new to our sport find a comfortable riding level and develop so they can at least ride on the BBC casual rides by the end of the series and to permit experienced riders who are new to club riding to meet and to learn about group riding. The ride series will cover both road and recreational trail riding.

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

DIRECTIONS: **Ridgely Middle School** is at the southeast corner of **CHARMUTH** and **RIDGELY** Roads. Take **Exit 26** of the Baltimore Beltway (I-695) and go **North** on YORK Road for approximately one mile. Then make a **Right** on RIDGELY Road, go for **one long block** and make a **Right** on CHARMUTH Road. The school is on your left; enter the first driveway, park and walk to **front** of school.

THIS YEAR'S SCHEDULE:

ORIENTATION: Sunday, April 26, 2009 – Ridgely Middle School at **10:30 a.m.**

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

Sunday, May 3	NCR Trail ride at 10:00 a.m.
Sunday, May 10	Greenspring Station Optional Mother's Day Ride with a lot of "parking lot practice" at 10:00 a.m.
Sunday, May 17	Greenspring Station at 10:00 a.m.
Sunday, May 24	Greenspring Station at 10:00 a.m.
Sunday, May 31	Jacksonville at 10:00 a.m.
Sunday, June 7	Jacksonville at 10:00 a.m.
Sunday, June 14	To be determined – depending on how we are all doing. Graduation Ride.

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. However, 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!**

FOR MORE INFORMATION: For additional information or to get on our email list, contact:

Howard Kaplon at hkaplon@towson.edu or 410-484-6955

Gordon Peltz at peltzlaw@aol.com or 410-256-1421

Baltimore Bicycling Club Classic Jersey Clearance Sale!



NOW you can have one of our classic BBC jerseys! These "cool" Louis Garneau shirts are short-sleeve and fabricated in Micro- Airdry fabric, include 15 inch invisible zipper and 3 back pockets. Supplies are limited. Get one before they are gone.

Just fill out the order form below and PEDAL IN STYLE!

Price: **\$25.00** for Club Fit. **\$30.00** for Race Fit.

Sizes Available	
Men's Club Fit	Men's Race Fit
S	
M	M
	XL
XXL	

Mail the completed BBC Jersey Order Form to:

BBC Jersey
attn: Judy Broadwater
122 Glenmoore Ave.
Cockeysville, MD 21030-2421
410/628-6297

Include payment via check payable to
Baltimore Bicycling Club, Inc.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ E-MAIL _____

QUANTITY _____ JERSEY(S) IN SIZE/FIT _____

QUANTITY _____ JERSEY(S) IN SIZE/FIT _____

I HAVE ENCLOSED PAYMENT FOR _____ JERSEYS

Weekend in Lancaster

September 25, 26, & 27, 2009



- 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
- All taxes and gratuities are included.

Each attendee must provide an application and signed release.

Name _____

Home Phone _____

Address _____

Cell Phone _____

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 September 1, 2009

(Refund minus \$20 until September 15th. No refund after September 15th.)

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

BBC Weekend in Lancaster

9100 Orbitan Road

Baltimore, MD 21234

Questions: jicoleo1@comcast.net or call:

John or Jane Cole (410)661-4427

Walt or Carol Russell (410) 665-0651

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:

Weekend In Lancaster

_____ 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.

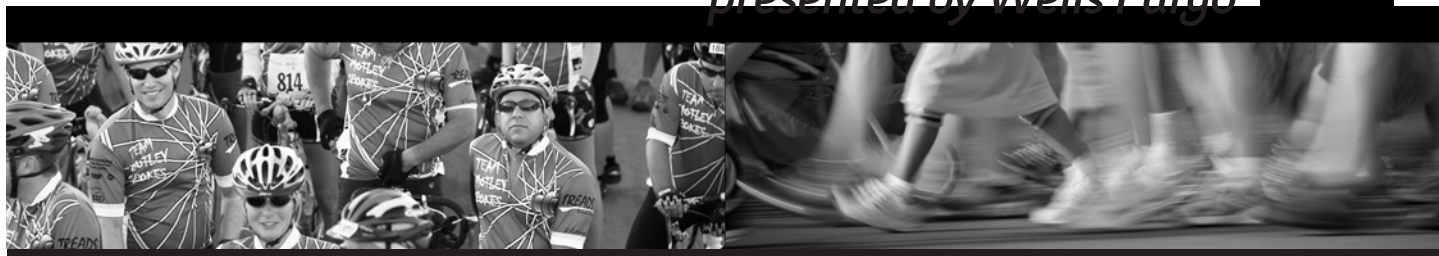
_____ Parent/Guardian Signature (if participant under age 18)	_____ Parent/Guardian Printed Name	_____ Date		
_____ Street Address	_____ City	_____ State	_____ Zip	_____ Phone

We are combining two of our most well-loved events,
Bike MS and Challenge Walk MS, to create...

Chesapeake Challenge!

WELLS
FARGO

presented by Wells Fargo



Chestertown, MD

June 13-14, 2009

bike
MS

Chesapeake
Challenge 2009

Join us for Bike MS Chesapeake Challenge 2009!

Join us in Chestertown, MD at Washington College for one or two days of the area's best supported cycling event, attracting more than 600 participants from across Maryland and beyond. **Enjoy the new location and new routes along the Eastern Shore.**

Saturday:

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

Sunday:

30 mile & 50 mile options

Accept the Challenge. Register Today!

Visit www.chesapeakechallenge.org or call 443-641-1200.

challenge
walk

MS

Chesapeake
Challenge 2009

Join us for Challenge Walk MS Chesapeake Challenge 2009!

Join us for a two day, 50K walk through Maryland's Eastern Shore. Challenge Walk MS is the perfect way to embrace a personal challenge while making a difference in the lives of people with MS. Recruit family members and friends to join you during this spectacular weekend.

Walkers and cyclists will have different routes. You won't be competing for space with each other as you enjoy new separate scenic routes.

RIDE SCHEDULE, MARCH/APRIL 2009

This schedule may be out of date by the time the Newsletter is published. Please check the online ride schedule or Cue Sheet Central for the most up-to-date schedule. We strongly encourage everyone to sign up for BBC Talk, the Baltimore Bicycling Club's electronic discussion group. See instructions at the end of the Newsletter. This is the best way we know to inform riders of ride cancellations. Ride leaders are encouraged to post cancellations on BBC Talk.

Sunday, March 01, 2009

10-12 mph - 9:30 am - 33 mi - Gloria Epstein 410/665-3012 (carlglo@verizon.net)
Start: **SOC - S. Carroll H.S.** - Mod. hilly terrain & light traffic will get you to the New Windsor VFD for an 'all you can eat' pancake breakfast. Bring your appetite & cash (\$7.00). Cue sheets will be available for 41 mi. ride.

13-15 mph - 9:30 am - 33 mi - Gloria Epstein 410/665-3012 carlglo@verizon.net
Start: **SOC - S. Carroll H.S.** - Combined with 10/12 group. 41 mi. extension will not be swept. Mod. hilly terrain & light traffic will get you to the New Windsor VFD for an 'all you can eat' pancake breakfast. Bring your appetite & cash (\$7.00). Cue sheets will be available for 41 mile ride.

15-17 mph - 9:30 am - 62 mi - Bob Wagner (bobwag@gmail.com)
Start: **Lake Montebello** - The Lake to Furnace. A 100K ride. After a loop around the lake we'll head out of the city & quickly fall into the beauty of NE Balt Co. Through Glen Arm, up to Furnace & back around through the Loch Raven valley. 38 & 44mi shortcuts & rest stop.

Saturday, March 07, 2009

10-12 mph - 10:00 am - 36 mi - Bob Seay 410-242-6929; Manny Steinberg 410-655-8242
Start: **MSM - Marley Station Mall** - Marley Station Mall to Sandy Point State Park via B&A Trail & road; lunch at Red Hot & Blue mi. 23. Flat to rolling terrain.

13-15 mph - 10:00 am - 34 mi - Gary Brandon 443-938-0841 (rideleader13@yahoo.com)
Start: **SPK - Sparks Elementary School** - Sparks - Monkton - Butler. The usual roads but in a different direction. Mod. hilly.

15/17 & 18 - 10:00 am - 51 mi - Janet Goldstein 410-366-1466 (jgoldst@verizon.net)
Start: **Westminster ES** - Ride to Taneytown; rolling with some hills; lunch at the Italian Restaurant or snack stop at 7-11. Call if weather or road conditions are iffy.

Sunday, March 08, 2009

10-12 mph - 9:30 am - 31 mi - Gloria Epstein 410/665-3012 (carlglo@verizon.net)
Start: **SOC - S. Carroll H.S.** - Scenic ride thru Carroll & Fred. Cos. to Union Bridge VFD for a delicious 'all you can eat' pancake breakfast (\$6.50). Cue sheets available for 36 & 44 mi. routes.

13-15 mph - 9:30 am - 31 mi -
Mary&Barry Menne 410-795-6571
(bbcmaryandbarry@verizon.net)
Start: **SOC - South Carroll H.S.** -
Scenic ride thru Carroll & Fred. Cos. to
Union Bridge VFD for a delicious 'all
you can eat' pancake breakfast (\$6.50).
Cue sheets available for 36 & 44 mi.
routes.

15-17 mph - 10:00 am - 33 mi - Mike
Craig 410-715-5553
(mcraig11@verizon.net)
Start: **Glenelg H.S.** - Red Roof Ride,
First half mod. hilly, second half rolling,
no rest stop

CASUAL - 10:00 am - 25 mi - Bud
Lippert 410-686-8504
(essexknight@aim.com) Day of
ride:443.570.0542
Start: **Hyde Park Station parking lot** -
I-695 to SR702: 270 degree turn at
roundabout; right turn into Hyde Park
Station. - A relatively flat ride through
the neighborhoods of Middleborough,
Hyde Park, & Back River peninsula.

Tuesday, March 10, 2009

15-17 mph - 10:00 am - 42 mi - Steve
Zeldin 410-828-5553
(szeldin@comcast.net)
Start: **ORR - Oregon Ridge Park** -
Prettyboy Reservoir Ride. Snack at
Wally's in Rayville. Come join the fun!

Saturday, March 14, 2009

10-12 mph - 9:00 am - 30 mi - Paul
Coleianne cell: 410-812-5273, home:
410-931-2460
Start: **I-70 Park N Ride** - I-70 P&R;
Ride the beautiful Gwynns Falls Trail to
Fort McHenry & return.
stregone@comcast.net

13-15 mph - 9:00 am - 35 mi - Bruce
Galanter 410-241-7089
(bgalanter@gmail.com)
Start: **ORR - Oregon Ridge Park** -
Boring Loop. Gently rolling hills around the
Worthington Valley

15/17 & 18 - 9:30 am - 45 mi - Phil
Feldman 410.744.8874
(phil@philfeldman.com)
Start: **Enchanted Forest S.C.** - Bagel Bin
to Sykesville: Temps average 43 or so for
early March, so let's do some hills to keep us
warm & use the trees to keep the wind away.
Cue sheet at:
[http://cuesheetcentral.com/uploads/Bagel
Bin to Sykesville.](http://cuesheetcentral.com/uploads/BagelBin%20to%20Sykesville)

CASUAL - 10:00 am - 25 mi - Bud Lippert
410-686-8504 (essexknight@aim.com)
Start: **Wild Duck Inn:Red Rose Farm Rd
in Bowleys Quarters.** Eastern Blvd to Right
turn on Carroll Island Rd. Right turn on
Bowleys Quarters Rd. 9/10 of mi to Red
Rose Farm Rd. Right turn & drive to the end
of road to the parking lot. Bud:
410.686.8504 Day of ride: 443.570.0542
Tour de Bowleys Quarters:This a flat ride
through the neighborhoods of Bowleys
Quarters & Carrol Island Peninsula. Bring
drink & snack for mid-ride stop at Miami
Beach. If desired lunch at the end of the ride
at the Wild Duck inn or Maria's Deli.

Sunday, March 15, 2009

10-12 mph - 9:30 am - 41 mi - George
Cordutsky 410-882-2788
(gcordutsky@msn.com)
Start: **PRP: - Providence Road H.S.** -
Mod. hilly ride. Rest stop /w food &
bathroom.

10-12 mph - 10:00 am - 36 mi - Bob Seay 410-242-6929; Manny Steinberg 410-655-8242

Start: **MSM - Marley Station Mall** - Marley Station Mall to Sandy Point State Park via B&A Trail & road; lunch at Red Hot & Blue mi. 23. Flat to rolling terrain.

13-15 mph - 11:00 am - 39 mi - Mary&Barry Menne 410-795-6571 (bbcmaryandbarry@verizon.net)

Start: **MTV - Mt View M.S.** - Howard County Loop - Starting late to give the sun a chance to warm things up.

CASUAL - 10:00 am - 20 mi - Bob Carson 4108288604

(bikebob@comcast.net)

Start: **Sparrows Point H.S.** - Flat ride thru waterfront neighborhoods & North Point State Park

Tuesday, March 17, 2009

15-17 mph - 10:00 am - 45 mi - Roger Knable 410-356-4644

(rkbike1@aol.com)

Start: **MWP - Meadowood Park (Falls Rd, just south of Joppa Rd.)** - Meadowood Park--Emory Church Loop (incl. nice 8 mi. downhill finish). Ride can be shortened by 10 mi. by starting at ORR, which we pass at mi. 8, & then following other nice downhill 6 mi. finish from Walnut & Park Heights back to ORR (via Greenspring, Baublitz, Dover, Knox, Falls, Shawan). Brief rest stop at Highs at mi. 25.

Saturday, March 21, 2009

10-12 mph - 10:00 am - 32 mi - Ken Philhower 410-437-0309

(kenphilhower1315@cablespeed.com)

Start: **HPS - Hopkins Place S.C., Crofton** - Ride thru Crownsville & Staples Corner. Although this ride in central A.A.Co. is not too difficult, it still has a few nice hills to warm you up. Bring a snack, since there is only one store near the end of the route. Optional lunch @Atlanta Bread Co. after the ride.

13-15 mph - 10:00 am - 33 mi - Debbie Taylor 301-717-0809

(debtaylor@comcast.net)

Start: **Howard County Fairgrounds** - Rt 144 (Frederick Rd) & Fairgrounds Rd - Rolling ride through Howard County roads.

15-17 mph - 10:00 am - 48 mi - Roger Knable 410-356-4644 (rkbike1@aol.com)

Start: **MWP - Meadowood Park (Falls Rd, just south of Joppa Rd.)** ---

Meadowood Park--Wednesday Night Reverse. We pass ORR (water & restroom) at mi. 8 & mi. 40, so ride can be shortened by 16 mi. by parking there & joining us as we go by at about 10:30. (Butler store for snacks/sandwiches is on the route at mi. 35 if needed.)

Sunday, March 22, 2009

10-12 mph - 10:00 am - 31 mi - Gloria Epstein 410/665-3012 (carlglo@verizon.net)

Start: **RUN - Runnymede E.S.** - Variation on Walt & Carol's fabulous ride to Littlestown for lunch/snack. Traffic is light, & terrain is mostly gentle. Combined with 13/15mph ride.

13-15 mph - 10:00 am - 37 mi - Rich Burns 410-433-4162 (rnburns1@verizon.net)

Start: **RUN - Runnymede E.S.** - Variation on Walt & Carol's fabulous ride to Littlestown for lunch/snack. Traffic is light & terrain is mostly gentle. Combined with 10/12 mph ride.

15-17 mph - 9:30 am - 51 mi - Bill Forlifer, 410/763-8989
Start: **HPS - Hopkins Place S.C.** - Let's do the Crofton-Crownsville-Galesville loop.

Tuesday, March 24, 2009

15-17 mph - 10:00 am - 48 mi - Steve Zeldin 410-828-5553 (szeldin@comcast.net)
Start: **ORR - Oregon Ridge Park** - Liberty Reservoir Ride. Snack at Rt 140 High's at mi. 27. Come join the fun!

Thursday, March 26, 2009

15-17 mph - 10:00 am - 35 mi - Renee Faison (410) 356-7088 (rffaison@msn.com)
Start: **ORR Oregon Ridge Park** - It's one day before Renee's Birthday! Come out for a rolling to hilly ride!

Saturday, March 28, 2009

10-12 mph - 10:30 am - 22 mi - Charlotte Pappas 410-804-5500
Start: **ELK - Elkridge MARC station** - Help me get back on the bike again, approx 22 mi. mostly road ride, a few on the trail, bring drinks & snacks. Couple of hills, gently rolling.

13-15 mph - 10:00 am - 38 mi - Rich Burns 410-433-4162 (rnburns1@verizon.net)
Start: **SEV - Seventh District E.S.** - 'Hill & Dale' ride - the long, prettier way to New Freedom - mod. hilly with lunch/snack stop; 30 mi. option.

15-17 mph - 10:00 am - 40 mi - Gene Young, (410/828-1137)

Start: **SPK - Sparks E. S.** - Gene's classic short ride. Mod. hilly with a rest stop in Hampstead. Gene will provide cue sheet for those who are in shape for the 63 mi. version.

CASUAL - 10:00 am - 28 mi - Bud Lippert 410-686-8504 (essexknight@aim.com) Day of ride: 443.570.0542

Start: **Tour de Chase: Eastern Regional Community Center** - 11723 Eastern Ave., 21220. Eastern Blvd/Ave past Carroll Island Rd to Eastern Regional Center. Right turn into the center. A mostly flat ride thru downtown Chase, Gunpowder State Park, the communities of Oliver Beach, Harewood Park, & SR43 bike trail. Some hills on the last part of the ride. Bring drink & snack for mid ride stop in Gunpowder State Park. If you desire, a stop at Brusters for ice cream near the end of the ride.

Sunday, March 29, 2009

10-12 mph - 10:00 am - 28 mi - Gloria Epstein 410/665-3012 (carlglo@verizon.net)
Start: **SPK - Sparks E.S.** - A 'tried & true' BBC Balto. Co. ride. Terrain is mod. hilly, & traffic is low. Rest stop at mi. 17 (if new restaurant to replace Cucina has been opened) or at Monkton store (mi. 14). Ride can be extended to 31 mi. to include a few more hills.

10-12 mph - 10:30 am - 20 mi - Mike Guesele 410-274-8253(M) or 410-965-5379 (W)
Start: **Mayeski Park** - near South Carroll H.S.. Directions- Go to South Carroll H.S. as you normally would. From Old Liberty Road go past the parking lot we usually use, go past the fire department, take a right at the STOP sign & go to the top of the hill.

13-15 mph - 11:00 am - 46 mi – Mary & Barry Menne 410-795-6571

(bbcmariyandbarry@verizon.net)

Start: **Mt View M.S.** - Ride to Mt.

Airy for lunch - climb some hills on the way back or take the straight route to shorten the ride to 36 mi.

15-17 mph - 4:30 pm - 26 mi - Andy Hanson 717-235-8993

(andrew_s_hanson@msn.com)

Start: **Shrewsbury Commons**

Shopping Ctr, Mt Airy Rd, Shrewsbury, PA (I-83 Exit 4) in front of Spataro's Restaurant - 'STRETCH YOUR WEEKEND!' Sunday evening ride. 26 mi. over rolling terrain in Southern York & Northern Baltimore County over lightly travelled back roads. Some hills but generally the long gradual kind with breaks on the way up. Optional Pizza & Pitcher social directly following the ride at Spataro's Restaurant.

Tuesday, March 31, 2009

15-17 mph - 10:30 am - 28 mi - Katie Gore-Traill

Start: **PRP - Providence Rd P&R** - Rolling to hilly ride! Come out & ride with Katie!

Wednesday, April 01, 2009

15-17 mph - 10:00 am - 40 mi - Steve Zeldin 410-828-5553

(szeldin@comcast.net)

Start: **ORR - OREGON RIDGE**

PARK - April Fool's Day Ride! Ride Leader will choose a rolling to hilly ride consistent with the spirit (& weather) of the day.

Saturday, April 04, 2009

10-12 mph - 9:00 am - 31 mi - Cartan Kraft 410-235-2906 (h)

Start: **Taneytown E.S.** - Woodsboro Loop, a 31 or 37 mi. ride that starts at Taneytown E. S. with a lunch stop at Trout's Restaurant. Nice gently rolling ride for everyone to enjoy.

13-15 mph – 10:00 am - 50 mi - Jim Gagne 410-357-0104 gagnejc412@yahoo.com

Start: **Manchester Park & Ride Rt 27 & Rt 30** - Ride of the Lakes - Lunch either at Claire's or Rutter's convenience store.

15-17 mph - 10:00 am - 60 mi - Janet Goldstein 410-366-1466

(jgoldst@verizon.net)

Start: **MTV - Mount View M.S.** - Bill Gary's Mildly Mountainous Metric Modification of Gary, Rick, & Ron's Ride to Damascus. Lunch at pizzeria or grocery store.

TANDEM - 10:00 am - 37 mi - Carol & Walt Russell (410)665-0651 ,

wrussell5@yahoo.com; day-of-ride cell phone: 443-286-5807

Start: **TMP - Taneytown Memorial Park** - 37/46 mi. - All Sides of Gettysburg; come join us for a pleasant ride on scenic country roads with a tour of the Gettysburg Battlefield in its spring glory. Lunch stop at La Bella Italian Restaurant or convenience store in Gettysburg; easy to rolling terrain. Directions: I-695 to Exit 19 North to Exit 9B. Follow Rt. 140 thru Westminster. R to remain on Rt 140 at traffic circle in Taneytown. Cross Rt. 194 at traffic light. Go 0.4 mi. then Left to Park.

Sunday, April 05, 2009

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

(carlglo@verizon.net)

Start: **SOC - S. Carroll H.S.** - Join me for the last New Windsor VFD 'all you can eat pancake breakfast'. (It will start up again in October 2009). Traffic is light; terrain is mod. hilly. Bring your appetite & cash (\$7). Cue sheets will be available for 41 mi. ride.

13-15 mph - 9:00 am - 45 mi - Bruce Galanter 410-241-7089

bgalanter@gmail.com

Start: **WRP - Western Run Park & Ride** -- Western Run Pretty Boy Loop. Hilly but nice.

15-17 mph - 8:00 am - 125 mi - Bob Wagner (bobwag@gmail.com)

Start: **Mt. Washington Starbucks** - Get your base miles in early this spring. A 200K with a 100K option. Ride heads up through Balt Co. through Phoenix. A rest at Wally's is the turn around for 100K riders. The real rando-riders proceed north up into PA. A lunch in New Freedom & south into the Pretty Boy valley. Easy parking & next to light rail & Mt. Washington Tavern for beer after.

Wednesday, April 08, 2009

15-17 mph - 10:30 am - 33 mi - Katie Gore-Trail

Start: **ORR - Oregon Ridge Park** - Rolling to hilly ride! Come out & ride with Katie!

Saturday, April 11, 2009

10-12 mph - 10:00 am - 25 mi - Mike Gesuele 410-274-8253 (M) 410-965-5379

(W) mgesuele@gmail.com

Start: **Myeski Park** - near South Carroll H.S.. Directions- Go to South Carroll H.S. as you normally would. While on Old Liberty Road go past the parking lot we usually use, go past the fire department, take a right at the STOP sign & go to the top of the hill.

13-15 mph - 9:00 am - 40 mi - Henry Thiess 717-600-5141 (jim.thiess@penske.com)

Start: **Maryland Line P&R** - 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 PA, but are apprehensive about the climbing. Cue sheet at: [http://cuesheetcentral.com/uploads/PA_Flatlands-2nd edit.xls](http://cuesheetcentral.com/uploads/PA_Flatlands-2nd_edit.xls)

15-17 mph - 9:30 am - 44 mi - John

Fairhall, 410/744-0703; c 410/935-1506

Start: **HPS - Hopkins Place S.C.** - A few hills, but mostly fast ride w/ break at 20 mi. at Homeport store.

15-17 mph - 10:00 am - 46 mi - Mike Craig 410-715-5553 (mcraig11@verizon.net)

Start: **Atholton H.S.** - Howard & Montgomery counties, mostly rolling, rest stop at mi. 31

TANDEM - 10:00 am - 42 mi - Team Glasgow (Ross&Donna) 301-249-5055

(home), 240-271-9168 (Donna's cell), e-mail: Rossell.Glasgow@FERC.gov

Start: **SHS - Southern H.S.** - Ride to Deale--Southern Anne Arundel Co. 42/33 Southern H.S., Harwood MD (HAR). Joint CRABS/WABITS 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. Some hills, but is not too difficult. The ride back after lunch is the same for both rides & is about 10 mi. The ride leaders will be doing the 42 mi. ride. Directions: I-695 to Exit 4 I-97 South to Exit 22 Rt 665 East (Aris T. Allen Blvd). Go approx. 1.5 mi. then Bear Right onto RT 2 South (Solomon's Island Rd). Go 8.0 mi. then Right to school. Call ride leaders if weather is doubtful.

Sunday, April 12, 2009

10-12 mph - 9:00 am - 41 mi - George Cordutsky 410-882-2788 (gcordutsky@msn.com)

Start: **PRP - Providence Road P&R** - Mod. hilly ride. Rest stop with food & bathroom.

10-12 mph - 9:30 am - 31 mi - Jim White 717 682 4182

Start: **South Carroll HS** - Scenic ride thru Carroll & Fred. Cos. to Union Bridge VFD for a delicious 'all you can eat' pancake breakfast (\$6.50). Cue sheets available for 36 & 44 mi. routes. bikerdancerjim@comcast.net

10-12 mph - 10:00 am - 32 mi - Bob Seay 410-242-6929; Manny Steinberg 410-655-8242

Start: **Davidsonville E.S.** - Ride to Deale for lunch stop, as Manny says, downhill to Deale & uphill coming back.

13-15 mph - 8:30 am - 56 mi - Mary & Barry Menne 410-795-6571 (bbcmariyandbarry@verizon.net)

Start: **LHS - Liberty H.S.** - Extended ride to Union Bridge pancake breakfast

15-17 mph - 10:00 am - 45 mi - Jeb Brownstein, JebbyB@Comcast.net

Start: **GSS - Greenspring Stn.** - Boring-Fowblesburg-Butler. Mod. hilly ride. Rest stop at mi. 20.

Wednesday, April 15, 2009

15-17 mph - 10:30 am - 33 mi - Katie Gore-Trail

Start: **WRP - Western Run P&R** - Rolling to hilly ride! Come out & ride with Katie!

Saturday, April 18, 2009

10-12 mph - 8:30 am - 30 mi - Paul Coleianne cell: 410-812-5273, home: 410-931-2460

Start: **NCR Trail Whitehall Park N Ride** - stregone@comcast.net Start: NCR Trail, White Hall Park & Ride; Ride the trail into PA.

10-12 mph - 9:00 am - 32 mi - Cartan Kraft 410-235-2906 (h)

Start: **Runnymede E.S.** - Mayberry to Littlestown, a 32 or 37 mi. ride that starts at Runnymede E.S. with a lunch stop in Littlestown.

13-15 mph - 10:00 am - 34 mi - Rich Burns 410-433-4162 (rnburns1@verizon.net)

Start: **FIF - Fifth District E.S.** - 'Mt. Carmel - Westminster Loop' - mod. hilly ride on some seldom-biked roads with lunch/snack stop options.

15-17 mph - 10:00 am - 47 mi - Ed Roth, (717/235-4118)

Start: **MLP - Maryland Line P&R** - Up & Down in PA. Come enjoy early spring riding mostly lightly traveled, scenic roads in Southern York Co. Typical, mod. hilly PA. terrain with lunch in Dallastown at a pizza shop or convenience store.

15/17 & 18 - 9:30 am - 54 mi - Phil Feldman 410.744.8874 (phil@philfeldman.com)
Start: **Manor SC** - Jacksonville to Delta, PA: Mod. hilly ride to Delta PA; Lunch at the Italian Restaurant. Cue sheet at:
[http://cuesheetcentral.com/uploads/Jacksonville to Delta PA.xls](http://cuesheetcentral.com/uploads/Jacksonville%20to%20Delta%20PA.xls)

CASUAL: - 10:00 am - 25 mi - Bud Lippert 410-686-8504 (essexknight@aim.com)
Start: **Wild Duck Inn**: Red Rose Farm Rd in Bowleys Quarters. Eastern Blvd to Right turn on Carroll Island Rd. Right turn on Bowleys Quarters Rd. 9/10 of mi to Red Rose Farm Rd. Right turn & drive to the end of road to the parking lot. Bud: 410.686.8504 Day of ride:443.570.0542
Tour de Bowleys Quarters. This a flat ride through the neighborhoods of Bowleys Quarters & Carrol Island Peninsula. Bring drink & snack for mid-ride stop at Miami Beach. If desired lunch at the end of the ride at the Wild Duck Inn or Maria's Deli.

TANDEM - 10:00 am - 35 mi - Bill & Sally Ryder (410/730-5541 (M): 410-340-0205, onebyke2ryders@yahoo.com)
Start: **AHS - Atholton HS** - Three Bridges Ride - Columbia to Savage Mill via Elkridge. Experience the hidden bike paths of Columbia, the historic areas of Elkridge & good food of Savage. Some hills, some quite ride-able unpaved trails, & 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 mi. turn right onto Freetown Road. School is 0.1 mi on the left.

Sunday, April 19, 2009

10-12 mph - 10:00 am - 23 mi - Don Riggs 410/461-6564
Start: **ARP-Alpha Ridge Park** - Alpha Ridge Park to Lisbon; with a few hills; food stop at Pizza shop & deli.

10-12 mph - 10:00 am - 45 mi - Ken Philhower 410-437-0309 (kenphilhower1315@cablespeed.com)
Start: **EHR - Earleigh Heights Ranger Stn.** - I-695 to Exit 2 -Rt. 10 South. Go approx. 7 mi. to end, then Left on Rt. 2 South. Go 1 mi. to 2nd traffic light then Right on Earleigh Heights Rd. Go 0.2 mi. to the B&A Trail Ranger Stn. 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 & enjoy the 50-cent tour of Annapolis; lunch at the Annapolis City Dock. Anyone who thinks Anne Arundel Co. is flat hasn't done this ride! The hilliest part is between mi. 6 & 10; the rest is easier, including many flat sections, but with occasional 'surprise' hills. And, oh yeah, on the way back you get to pedal up what has to be the steepest hill in the co. (steep, but short!), so bring your 'granny gear'!

13-15 mph - 9:00 am - 33 mi - Mark Miller 443-846-2481 eleiko2@verizon.net
Start: **ORR - Oregon Ridge P&R** - Emory Church Up Dover down Longnecker. Rolling with a few hills.

15-17 mph - 10:00 am - 45 mi - Hopkins Edwin 410 491 5191 (ed.hopkins@verizon.net)
Start: **FIF - 5th District Elem. School** - Tour de Northeast Carroll: Rolling to Hilly ride to Westminster; Lunch at Ledo's see the cue sheet at
<http://www.cuesheetcentral.com/> 'Tour de

Northeast Carroll' I will probably modify this some & then upload a new cue sheet.

Tuesday, April 21, 2009

15-17 mph - 10:30 am - 29 mi - Katie Gore-Trail

Start: **PRP - Providence Rd P&R** - Rolling to hilly ride! Come out & ride with Katie!

Friday, April 24, 2009

10-12 mph - 10:00 am - 35 mi - Mike Guesele 410-274-8253 (M), 410-965-5379 (W)

Start: **Food Lion in Easton MD.** - Directions- Take a RIGHT on Rt. 322 (Easton Parkway). Take a LEFT on Marlboro Road by McDonalds. Take a LEFT into the shopping center & follow the road till you see the Food Lion. The terrain is flat but you can count on lots of wind.

Saturday, April 25, 2009

10-12 mph - 10:00 am - 26 mi - Charlotte Pappas 410-804-5500

Start: **Glenelg HS** - Backroads ride classic Howard Co ride with rest stop at High's. Short cut option 23 mi. Rolling with some moderate hills.

13-15 mph - 9:00 am - 45 mi - Gary Brandon 443-938-0841 (rideleader13@yahoo.com)

Start: **WRP - Western Run P&R** - Horse Country Ride - typical mod. hilly Baltimore Co. ride. Potential lunch/snack/rest stop at mi. 20.

15-17 mph - 9:30 am - 63 mi - Gene Young, (410/828-1137)

Start: **SPK - Sparks E. S.** - Gene's classic long ride, with opportunities to shortcut. Mod. hilly with 2 rest stops planned.

CASUAL - 10:00 am - 28 mi - Bud Lippert 410-686-8504, Day of ride:443-570-0542 (essexknight@aim.com)

Start: **Tour de Chase: Eastern Regional Community Center:** 11723 Eastern Ave., 21220. Eastern Blvd/Ave past Carroll Island Rd to Eastern Regional Center. Right turn into the center. - mostly flat ride ride through downtown Chase, through Gunpowder State Park, the communities of Oliver Beach, Harewood Park, & Sr43 bike trail. Some hills on the last part of the ride. Bring drink & snack for mid-ride stop in Gunpowder State Park. If you desire, a stop at Brusters for ice cream near the end of the ride.

Sunday, April 26, 2009

10-12 mph - 10:00 am - 33 mi - Gloria Epstein 410/665-3012 (carlglo@verizon.net)
Start: **TES Taneytown E.S.** - Scenic Carroll Co. ride w/some hills to Woodsboro (adapted from Walt & Carol) w/lunch/snack stop. Combined w/ 13/15mph group.

13-15 mph - 10:00 am - 39 mi - Rich Burns 410-433-4162 (rnburns1@verizon.net)
Start: **TES Taneytown E.S.** - 'Another Quarry Ride' - Brenda & Jim's variation on Walt & Carol's Quarry Ride w/ lunch/snack stop in Woodsboro. Combined start with 10/12mph group.

13-15 mph - 10:00 am - 45 mi - Ken Philhower 410-437-0309 (kenphilhower1315@cablespeed.com)
Start: **EHR - Earleigh Heights Ranger Stn. I-695 to Exit 2** - Rt. 10 South. Go approx. 7 mi. to end, then Left on Rt. 2 South. Go 1 mi. to 2nd traffic light then Right on Earleigh Heights Rd. Go 0.2 mi. to

the B&A Trail Ranger Stn. 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 & enjoy the 50-cent tour of Annapolis; lunch at the Annapolis City Dock. Anyone who thinks Anne Arundel Co. is flat hasn't done this ride! The hilliest part is between mi. 6 & 10; the rest is easier, including many flat sections, but with occasional 'surprise' hills. And, oh yeah, on the way back you get to pedal up what has to be the steepest hill in the co. (steep, but short!), so bring your 'granny gear'!

15-17 mph - 9:30 am - 72 mi - Janet Goldstein 410-366-1466
(jgoldst@verizon.net)
Start: **Crofton Center: Routes 3 & 424, Crofton, Anne Arundel Co.** - Gently rolling ride to Chesapeake Beach. Several options for snacks and/or lunch. (No facilities at ride start.)

Tuesday, April 28, 2009

15-17 mph - 10:00 am - 40 mi - Steve Zeldin 410-828-5553
(szeldin@comcast.net)
Start: **ORR - Oregon Ridge Park** - Four Falls Ride - we ride on 4 distinctly different Falls Roads in Baltimore Co.. The original Three Falls option (33 mi.) will be available. Come join the fun!

Wednesday, April 29, 2009

15-17 mph - 10:30 am - 33 mi - Katie Gore-Trail
Start: **ORR - Oregon Ridge Park** - Rolling to hilly ride! Come out & ride with Katie!

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"

2009 Ride Coordinators

Casual

Bob Carson 410-828-8604
casualrides@baltobikeclub.org

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

10-12 MPH

Charlotte Pappas . . . 410-804-5500
casualrides@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.

Questions? Contact me at jgoldst@verizon.net or 410-366-1466.

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



Baltimore Bicycling Club, Inc. Membership Application or Renewal

Address Change New Membership 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)

Email Address (One per Membership)

City

State

Zip + 4

Home Phone

To function, the BBC is dependent on member volunteers. Check all activities that you are willing to help with:

Events **Lead Rides** **Advocacy** **Website** **Newsletter** **Socials**

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

Individual **One Year: \$25** Family **One Year: \$35**

Individual **Two Years: \$45** Family **Two Years: \$65**

Mail check payable to **Baltimore Bicycling Club** & application to: Baltimore Bicycling Club
P.O. Box 437

Membership Dues are subject to change.

Joppa, MD 21085-0437



Baltimore Bicycling Club Newsletter *Need BBC Info?*

*For BBC Members with questions or
problems concerning:*

*Membership Ride Schedules Any Committees Any Function
Call: 410-792-8308 Email: hotline@baltobikeclub.org*

For E-Newsletter Questions or Problems Email: newsletter@baltobikeclub.org

*For Membership or Newsletter Delivery Questions or Problems
Call: 410-538-8791 Email: membership@baltobikeclub.org*

For Newsletter Content Issues or Advertising Submittals • Email: bbcnews@baltobikeclub.org

For Out of Bounds Column Submittals • Email: outofbounds@baltobikeclub.org

**Baltimore Bicycling Club
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