

## **!!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:

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