



# Baltimore Bicycling Club Newsletter

Volume 41 Number 5

September | October 2008

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## Don't miss these upcoming events!

Civil War Century -- Saturday, September 6

Weekend in Lancaster -- September 26-28

Washington County Getaway -- October 17-19

BBC Celebration / Election Dinner -- Saturday, November 8

**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**

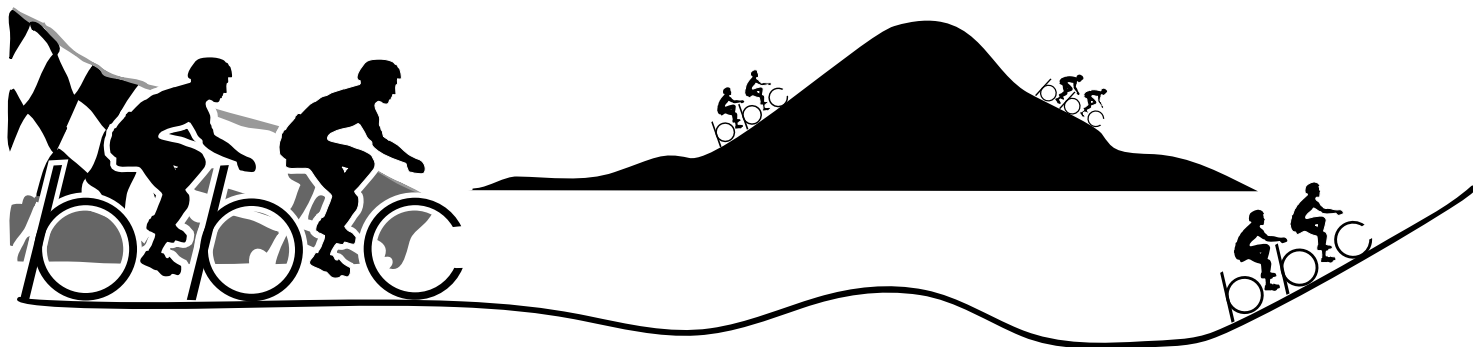
Insurance	Howard Rosenbaum	410-653-2363
Government Relations	Bob Moore	410-435-6623
Instructional Programs	Howard Kaplon	410-484-6955
Club Items for Sales	Mitch Tobias	410-833-8137
Newsletter Editor	Maxine Mead	443-474-7076
1. Tandem Column	Peggy & Tom Dymond	410-272-9139
Rides	Gene Bayer	443-850-0671
(see Rides section of newsletter for committee members)		
Cue Sheet Librarians	Gene Bayer	443-850-0671
	Larry Kenny	
Team BBC Representative	Bob Rohlfling	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 For information contact Mary Menne, 410-795-6571
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

September 6 & 7, 2008

**12th Annual Tour de Canal.** Washington, D. C.

Supported off-road ride on the C&O Canal. 184, 100, and 20 mile ride options. The 184 mile ride covers the entire C&O Canal. Ride benefits the Alzheimer's Association, National Capital Area chapter.

Visit <http://tourdecanal08.kintera.org> or call 703-766-9015 for details.

September 13, 2008

**12th Annual Scenic Schuylkill Century.** Philadelphia, PA.

25, 38, 65, and 100-mile routes through beautiful and historic Montgomery and Chester counties.

Details and registration at <http://www.phillybikeclub.org>, or contact us at [century@phillybikeclub.org](mailto:century@phillybikeclub.org).

September 18 – 22, 2008

**The Battle of North Valley's Hills '08.** Strasburg, Virginia. Sponsored by Strasburg Youth in Arts.

30, 60, and 100-mile rides through Shenandoah Valley and Civil War battle sites. Three days of events, including activities for children. [www.forba.org](http://www.forba.org).

September 20, 2008

**Harford County Pink Ribbon Ride.** Harford Community College. 7:00 a.m. 4, 12, 25, 62 and 100 mile loops are available to accommodate various levels of cycling. Beautiful cycling through the rolling hills of Harford County, Maryland. Early registration \$25; same-day \$30.

[bike4breastcancer@hotmail.com](mailto:bike4breastcancer@hotmail.com).

September 20, 2008

**New York Cycle Club's 14th Annual "Escape New York" Ride.** Sakura Park, Manhattan, NYC, New York. 7:00 a.m.

Choose one of 3 beautiful, well-marked routes of 50, 62 or 100 miles. All offer views of the Hudson River and Palisades as you cross the George Washington Bridge and ride through Bergen and Rockland Counties. A portion of this year's ride profits will benefit both **Recycle-A-Bicycle**, a youth training and environmental education initiative, and **Transportation Alternatives**, advocates for non-polluting, city-friendly travel. Registration: \$35 until September 6th.

[http://www.active.com/page/Event\\_Details.htm?event\\_id=1568221&assetId=86b9c88f-36dc-4e31-83ec-7875dc28bcc3](http://www.active.com/page/Event_Details.htm?event_id=1568221&assetId=86b9c88f-36dc-4e31-83ec-7875dc28bcc3).

September 20 – 24, 2008

**Climate Ride 2008.** New York to Washington D. C.

5-day, 320-mile fully-supported bike tour to raise funds and awareness of global climate change. For info, contact Geraldine Carter at [info@climateride.org](mailto:info@climateride.org) or visit [www.climateride.org](http://www.climateride.org).

September 26 – 28, 2008

**Northern Neck River Ride.** Virginia. English, metric, half, or quarter century along back roads of the Northern Neck of Virginia. [www.riverride.org](http://www.riverride.org).

October 23 – 26, 2008

**Ride to Empower.** Solvang, California. Sponsored by Breast Cancer Network of Strength. First-ever national Breast Cancer ride. 100, 64, or 32-mile options. \$4000 fundraising commitment.

<http://networkofstrength.org/ride>.

# BICYCLE HELMETS MUST BE WORN AT ALL BBC RIDES & EVENTS

## BALTIMORE BICYCLING CLUB, INC. ("BBC")

### RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in the BBC sponsored Bicycling Activity ("Activity") listed below, I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such "Activity". I further acknowledge that the "Activity" will be conducted over public roads and facilities open to the public during the "Activity" and upon which the hazards of travelling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the "Activity".

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these "Risks" and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the "Activity", the condition in which the "Activity" takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH "RISKS" AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the "Activity".

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the BBC, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the "Activity" takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the "Releasees", I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE "RELEASEES" from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Name Of Activity: \_\_\_\_\_

\_\_\_\_\_  
Participant's Signature (only if age 18 or over)                      Participant's Printed Name                      Date

\_\_\_\_\_  
Street Address                      City                      State                      Zip                      Phone

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING "ACTIVITIES" AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED TO PARTICIPATE IN SUCH "ACTIVITY". I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE "RELEASEES" FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE "RELEASEES" NAMED ABOVE, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

\_\_\_\_\_  
Parent/Guardian Signature (if participant under age 18)                      Parent/Guardian Printed Name                      Date

\_\_\_\_\_  
Street Address                      City                      State                      Zip                      Phone

SEVENTH ANNUAL

# Washington County Getaway

October 17, 18 & 19, 2008

Ride in Washington County, Maryland! Stunning mountain and dramatic valley views, beautiful rolling farm land, quaint stone bridges and historic towns of Smithsburg, Boonsboro, Williamsport, Keedysville and Sharpsburg await you! There is a choice of more than a dozen rides from 20 - 70 miles in length over varied terrain with wonderful rollers and low traffic. Rides each day will start at 9:30 a.m. from Washington Co. Regional Park\* in Hagerstown.

Weekend participants should make their own reservations for Friday and/or Saturday night. The Super 8 (301.739.5800), 1220 Dual Highway (US 40 coming into town) has reserved rooms for the BBC until Oct. 3 at \$69.31 (includes tax). There are numerous other nearby motels.

A welcoming party will be held Friday evening. And, Saturday evening there will be a group dinner at Al Pomodoro Ristorante, featuring a variety of Italian favorites at moderate prices ([www.alpomodoro.net](http://www.alpomodoro.net)).

Come join us one, two or all three days for great camaraderie and some of the best bike routes in the country!

\* Directions: I-70 West past Frederick to Exit 32B (Rt. 40 into Hagerstown) for about 1.3 mi., right on Edgewood Dr. at TL for about 0.3 mi., right on Mt. Aetna Rd. at TL for about 0.7 mi., then **watch for right** into park. Allow about 90 minutes driving time from the Baltimore area.

Information: 410-433-4162 or [rnburns1@verizon.net](mailto:rnburns1@verizon.net)

-----  
Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

(check) \_\_\_\_\_ need roommate      \_\_\_\_\_ interested in carpooling

\_\_\_\_\_ interested in Sat. group dinner

SEND: Registration slip and a check for \$15.00 (payable to BBC) to  
Rich Burns 5920 Northwood Dr. Baltimore, MD. 21212

[BBC waiver will be signed at ride start each day of event]

# 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 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](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)

An amazing story from the Anchorage Daily News:

## **Cyclist's Cool Thinking Saved Bear Attack Victim**

By Craig Medred (cmedred@adn.com), published: July 1st, 2008 12:09 AM

When Alaska endurance cyclist Peter Basinger rode past the mountain bike dumped in the bushes along a Far North Bicentennial Park trail early Sunday morning, the thought of a horrific bear attack never even crossed his mind. He remembers thinking only that someone must have paused to dart into the woods for a bathroom stop.

Then he came upon a person sitting in the middle of the Rover's Run trail. "They just turned around and said, 'Bear,' " Basinger said Monday.

The person in the trail was 15-year-old Petra Davis. Basinger has known her almost forever. He coached her on skiing when she was in Anchorage Junior Nordic. Now, he did not even recognize her. She had a face unidentifiable in a mask of blood in the 1:30 a.m. dimness.

Davis motioned behind herself in the direction of the Gasline Corridor near the Hilltop Ski Area. Basinger doesn't know why, but he thought she was warning that the bear was still nearby. He picked Davis up and ran down the trail toward a stand of cottonwood trees. "It felt safer to be out of the zone," he said.

Then he started trying to figure out what to do next. He knew he couldn't carry Davis to the staging area for the 24-hour race in which they had both been riding. That was a couple miles away along Elmore Road. He didn't want to go back toward Hilltop because he thought the bear might still be there. "She handed (a cell phone) to me," Basinger said. "She had it in her hand. I thought, 'Oh, thank God, we have a phone.'" He tried to dial 911, but the keypad was locked. He couldn't unlock it. Somewhere in wrestling with the phone, he said, he finally realized it was Davis -- a South High student and an accomplished junior rider on the Kaladi-Subway Cycling Team. Basinger asked her to unlock the phone. He put her feet up to help against shock, cradled her head and dialed 911.

He got a recorded message that the phone couldn't connect to the number. "I had to have her unlock the phone a second time," he said. When the second call also wouldn't go through, Basinger called old friend Greg Matyas, one of the organizers of the bike race. Matyas was helping to man the aid station on Elmore. "I told him to call 911, Petra's been mauled by a bear," Basinger said.

*"There was blood everywhere."*

Basinger and Matyas have ridden the trails in Bicentennial and Hillside parks for a long time. It was easy to explain exactly where he and Davis were: Come down the Gasline Trail from Hilltop. Go over the big hill. Take the left turn at onto Rover's Run just before Campbell Creek. The attack happened right there, just inside the bushes next to the big opening. We're just beyond, he said. Matyas and an EMT volunteer took off toward the attack scene, called 911 and gave dispatcher's Davis's cell number. "911 called me back," Basinger said. "I started trying to explain to them where we were."

It wasn't easy. The park is a maze of unlit dirt trails through the woods. Access to that part of the park is from multiple trail heads on Abbott Road to the south and Campbell Airstrip Road to the north. At some point, Basinger realized Anchorage Fire Department personnel were being dispatched to the wrong location. He tried to explain where he was, as dispatchers gave him first-aid advice. "They were telling me to put pressure on where she was bleeding," Basinger said. "I kept trying to tell them there was blood everywhere, and it was dark."

*"We didn't know where the bear was."*

Another bike racer, Will Ross, rolled up and offered help. Basinger figures he and Davis might have been on the ground for 10 minutes by then. "I see a bike laying down in a bush," Ross said. "Then I see Peter's bike in the trail with the light still on. I ride a little farther and I see Peter holding Petra, though I didn't know it was Petra."

Ross said his first thought was that there had been a serious bike crash. Then Basinger yelled that there had been a bad bear mauling. Ross said Basinger told him to go for the South Bivouac Trail head on Campbell Airstrip Road, up a steep hill a few hundred yards away. Meet the paramedics and guide them in, he said. "He tells me to make lots of noise," Ross said. "We didn't know where the bear was." Basinger said he thought for a minute that he'd just sent Ross, a college student home for the summer, "back through where the bear attacked, but he didn't hesitate."

Ross said he was pedaling madly for the trail head, screaming at the top of his voice, when he saw red flashing lights go roaring past on the road. As he arrived in the parking lot, he said, he ran into Matyas and the EMT, who'd driven around from Elmore Road. As Matyas and the EMT took off down the trail and over the hill to Basinger and Davis, Ross went out in the road to flag down the Fire Department as it headed back up the hill from the other, wrong trail head.

Then, he said, they all waited for Anchorage police to arrive to provide an armed escort to the scene of the mauling. "It was a little frustrating" to wait, he said, but noted he felt a lot better going back on the trail with a shotgun-armed patrolman at the front and back of every group. "They (paramedics) were probably within five minutes of Greg and Erin (a late-minute volunteer EMT for the race whose last name everyone seems to have forgotten in the midst of the chaos)," Basinger said. "I thought they did a fine job."

Matyas said he and Erin didn't think twice about waiting for an armed escort before going to Davis' aid, but added he understands the decision of fire department medics to wait for backup. "That's how it went," he said. "We did what we thought we needed to do. Their response time was pretty reasonable."

*"She's a pretty tough kid."*

Basinger said he made his first contact with dispatchers at 1:37 a.m., and by 2:18 paramedics had Davis' bleeding controlled, her body lashed to a backboard, and were carrying her across a Campbell Creek bridge toward the waiting ambulance. Basinger went to join police who were intercepting other bike racers coming down the Spencer Loop Trail and directing them off the race course toward South Bivouac.

Matyas had called an end to the race in its 13th hour. Suddenly everyone was a lot more interested in Davis' welfare than a bike race. "It was a miracle that Pete found her," Matyas said. "He knows her. He knows the family. He's very cool-headed."

Basinger went to see Davis at Providence Alaska Medical Center on Monday. "Luckily, she's going to be OK," he said. "She's a pretty tough kid." But she does face a difficult road ahead. She had to have three surgeries, including emergency surgery to repair a carotid artery that almost caused her to bleed to death. Her recovery is likely to be long and slow.

Her parents, Mark and Darcy Davis, sent an e-mail to friends and members of the local bike community on Monday describing the injuries and thanking people for their support. They initially asked that her name not be made public but on Monday evening released her name to local media.

Their daughter, they wrote, suffered lacerations and punctures to her neck, right shoulder, torso, buttocks and right thigh. "The outpouring of love and prayers from you and our community has been incredible," the e-mail said. "We are so appreciative ... Despite the severity, she is doing very well."

# **End of Season Celebration and Election**

**Come Hungry! Party for Free!!**

*Come on out to join old friends and make new ones as we celebrate the 2008 cycling season and make plans for 2009.*

Saturday November 8, 2008 6:30- 9:30pm

**Dinner, beer and wine** will help put you in a party mood as we pay tribute to this year's "movers and shakers" and elect next year's board. Best of all – your cost to attend is **NOTHING!**

**LOCATION: Parkville American Legion Post**

2301 Putty Hill Avenue, Parkville, MD 21234

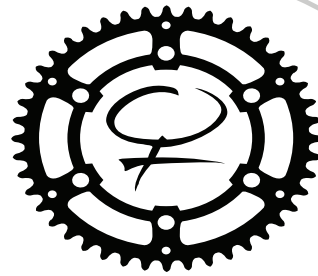
From the west: I-695 exit 30 South, left on Putty Hill Ave. The American Legion post will be on your right.

From the east: I-695 exit 31 South, right onto Putty Hill Ave. The American Legion post will be on your left.

**EVERYONE is invited.** But if you're a new member, or a member who hasn't been cycling much lately, we especially want you to come out and get to know your fellow BBC members.

**Your cost is FREE but let us know by November 1<sup>st</sup> that you're coming, because space is limited and we need to know how much food to order.**

Email Mary Ryan at [president@baltobikeclub.org](mailto:president@baltobikeclub.org) or call 410-828-1015



she got bike!

## A Festival of Women's Cycling

Sunday September 14, 2008  
Oregon Ridge Park in Cockeysville, MD

Join us for a full day of fun  
in celebration of women's cycling.

Ride Baltimore's scenic roads and then enjoy a women's-specific cycling expo, including fun activities, informative exhibits and a cycling fashion show. The fully supported rides are of varying lengths and are for women only of *all* abilities. Trek will be on-site with their line of women's bikes for you to see.

**Cost:** \$22 in advance (includes t-shirt, ride, lunch & expo); \$30 day of (does not include t-shirt)

**Rides:** Five spectacular routes through casual to challenging terrain



Pre-registration is suggested via [www.active.com](http://www.active.com)  
or in-person at Joe's Bike Shop located at 5813 Falls Rd (410/323-2788)



for more info visit [SheGotBike.com](http://SheGotBike.com)

## RIDE SCHEDULE, SEPTEMBER/OCTOBER 2008

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 of to inform riders of ride cancellations. Ride leaders are encouraged to post cancellations on BBC Talk.

### Monday, September 01, 2008

**10-12 mph** - 9:00 am - 27 mi - Gloria Epstein  
410/665-3012

**START:** St. John's Episcopal Church 3738 Butler Rd. Glyndon, Md. 21071 intersection of Butler, Piney Grove & Belmont Rds.

Beautiful, moderately hilly ride to Hampstead w/options for food stop.

**13-15 mph** - 9:30 am - 34 mi - Rich Burns 410-433-4162

**START:** FIF-5th Dist. E.S.

Loop to Westminster on seldom biked roads with lunch/snack stop.

### Tuesday, September 02, 2008

**15-17 mph** - 9:30 am - 55 mi - John Harris 443-468-5722

**START:** ORR Oregon Ridge Park  
Rolling with hills, 2 rest stops.

### Wednesday, September 03, 2008

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

**START:** PRP - Providence Road Park & Ride  
New time, new start location, new ride!!! Come out and ride with Katie!!

### Sunday, September 07, 2008

**10-12 mph** - 9:00 am - 33 mi - Gloria Epstein  
410/665-3012

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

**10-12 mph** - 10:00 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.

### Tuesday, September 09, 2008

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

**START:** ORR - Oregon Ridge Park  
Come out and ride with Katie!!

### Wednesday, September 10, 2008

**15-17 mph** - 9:30 am - 45 mi - Steve Zeldin 410-828-5553

**START:** MWP - Meadowood Regional Park, Falls@Joppa, Lutherville  
Rolling to hilly Baltimore County ride with snack stop. Come join the fun!

### Saturday, September 13, 2008

**10-12 mph** - 8:30 am - 25 mi - Robin Kessler (410-945-5225)

**START:** DOA - Dixon Observation Area (BWI)  
Ride to B&A for coffee.

**10-12 mph** - 9:30 am - 27 mi - Gene Marrow (301-854-2885)

**START:** CLP - Clarksville Park and Ride  
Triadelphia Loop. Hilly and scenic ride. No stores so bring snacks; however, Gene will provide portapotties.

**15-17 mph** - 9:00 am - 50 mi - Hopkins Edwin 410-491-5191

**START:** WES - Westminster Elem. School  
The classic 'Spokes' ride. Rolling hills and beautiful country. Rest stops.

**tandem** - 10:00 am - 35 mi - Kathy and Frank Anders

**START:** RUN - Runnymede E.S.  
velo2.anders@verizon.net (or 410-628-4018)  
Classic rolling ride with low traffic to Hillcrest Restaurant for lunch. If weather is iffy, please check your CRABS listserv email (or contact us by email or phone) between 7 and 8 am on 9/13  
velo2.anders@verizon.net (or 410-628-4018).  
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 to school.

### Sunday, September 14, 2008

**10-12 mph** - 10:00 am - 25 mi - Charlotte Pappas (410-385-1457; cpappas@umm.edu )  
**START:** ELK - Old Elkridge MARC station.  
Ice Cream Ride - road and trail ride to Bruster's Ice Cream, 25 miles or so, depending on road construction we need to avoid. Some hills.

**13-15 mph** - 9:00 am - 40 mi - Mark Miller, eleiko2@verizon.net, 443-846-2481  
**START:** SPK  
Sparks to Hampstead Loop, an old favorite.

**15-17 mph** - 9:30 am - 50 mi - Judy Broadwater & Russ Loy, jbbroadwater01@verizon.net  
**START:** HVE - Hunt Valley Executive Plaza II  
Moderately hilly ride through Hunt Valley. Lunch stop mid-way.

### Tuesday, September 16, 2008

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

### Wednesday, September 17, 2008

**15-17 mph** - 10:30 am - 33 mi - Katie Gore-Trail  
**START:** PRP - Providence Road Park & Ride  
Come out and ride with Katie!!

### Saturday, September 20, 2008

**10-12 mph** - 8:30 am - 25 mi - Joan Mason (410-259-4404 cell)

**START:** MES - Manchester Elementary School  
Come experience Carroll County at its best!  
Beautiful scenery, back roads, and 2 hills that you'll be happy to conquer. Bring snack and lots of drink. We always have a great time on this ride!

**10-12 mph** - 9:30 am - 36 mi - Bob Seay and Manny Steinberg (410-242-6929 or 410-655-8242)  
**START:** DVP - Davidsonville P&R.  
Ride to rest stop in Galesville. Lunch after the ride at Atlanta Bread in Crofton.

**15-17 mph** - 8:30 am - 60 mi - Ken Briggs  
**START:** FMS - Franklin Middle School  
The Reservoir to Reservoir ride. Moderately hilly. Lunch stop mid-way.

**tandem** - 10:00 am - 30 mi - Peggy & Tom Dymond  
**START:** APR - Aberdeen Park & Ride  
Ride through Eastern Harford County including Aberdeen Proving Ground. Picture ID required for entrance to APG. Lunch near the end of the ride. Contact 410-272-9139 or tedymond@verizon.net for more information. Directions to start: I-95 to Exit 85 (Aberdeen), west on MD 22 1/4 mile to P&R on your left at light.

### Sunday, September 21, 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.

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

**13-15 mph** - 9:30 am - 47 mi - Rich Burns 410-433-4162

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

'Mayberry to Gettysburg' - nice, rolling-mod. hilly ride with a 'peek' at the battlefield and a fast return; lunch/snack options.

### **Tuesday, September 23, 2008**

**15-17 mph** - 9:30 am - 50 mi - Steve Zeldin 410-828-5553

**START:** ORR - Oregon Ridge Park  
Prettyboy Ride. Come join the fun!

### **Wednesday, September 24, 2008**

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

**START:** WRP - Western Run Park & Ride  
Come out and ride with Katie!!

### **Saturday, September 27, 2008**

**10-12 mph** - 9:30 am - 32 mi - Bob Seay and Manny Steinberg (410-242-6929 or 410-655-8242)

**START:** DES - Davidsonville Elem School  
Ride to Deale for a rest stop at the 7-11. Lunch at the Atlanta Bread in Crofton after the ride.

**10-12 mph** - 10:00 am - 32 mi - Scott Zelazny (410-525-2591; scott\_z@myrealbox.com)

**START:** MSM - Marley Station Mall  
Ride to Annapolis for snacks/ lunch.

**13-15 mph** - 9:00 am - 46 mi - Bruce Galanter 410-241-7089

**START:** ORR-Oregon Ridge  
Oregon Ridge to Crossroads. Moderately Hilly ride to Fallston Road for a pizza or deli sandwich.

**15-17 mph** - 9:00 am - 62 mi - Gene Young, genejr@comcast.net

**START:** SPK - Sparks E. S.  
Gene's classic long ride. Moderately hilly with rest stops in Hampstead and Madonna. Intend to do full 62 but will provide cue sheets for 53 and 41 mile versions.

### **Sunday, September 28, 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.

**10-12 mph** - 9:30 am - 29 mi - Mike Gesuele 410-274-8253 (cell) or 410-965-5379 (work)

**START:** SOC South Carroll H.S.  
Beautiful Carroll County. For a Carroll County ride this is rolling but there are some hills.

**13-15 mph** - 10:00 am - 50 mi - Mary&Barry Menne 410-795-6571

**START:** Bear Branch Nature Center. In Westminster, travel Route 140 to route 97 North. Travel N on route 97 for 3 miles. Turn right on John Owings Rd. (next to Carroll County Sports Complex. In 1.5 miles turn left onto Hashawha Rd. Travel 1/4 mile to Bear Branch Nature Center on right.

This is a hilly ride through beautiful northern Carroll County. There is a lunch/snack stop appx. mid way through the ride.

**15-17 mph** - 10:00 am - 44 mi - John Fairhall, john.fairhall@verizon.net

**START:** HPS - Hopkins Place Shopping Center  
Flat to rolling. Relax after Saturday's ride.

### **Tuesday, September 30, 2008**

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

**START:** PRP - Providence Road Park & Ride  
Come out and ride with Katie!!

### **Wednesday, October 01, 2008**

**15-17 mph** - 9:30 am - 45 mi - Steve Zeldin 410-828-5553

**START:** MWP - Meadowood Regional Park, Falls@Joppa, Lutherville  
Rolling to hilly Baltimore County ride with snack stop. Come join the fun!

## Saturday, October 04, 2008

**10-12 mph** - 8:30 am - 25 mi - Robin Kessler (410-945-5225)

**START:** DOA -Dixon Observation Area (BWI)  
Ride to B&A for coffee.

**10-12 mph** - 9:30 am - 35 mi - Judy Droege (410-377-2566, [jdroege@brookespublishing.com](mailto:jdroege@brookespublishing.com))

**START:** ORR - Oregon Ridge Park  
Retro Ride from Oregon Ridge in Baltimore County.

**13-15 mph** - 9:30 am - 33 mi - Mary&Barry Menne 410-795-6571

**START:** Park & Ride at Rt. 26 (Liberty Road) and Rt. 97

33 or 45 miles Sam's Creek Ride - An 'Oldie but Goodie from the early 70's' with a stop at the New Windsor Gift Shop for everyone who has not yet discovered it. A portion of Sam's Creek Road is not paved but it is OK for riding.

**15-17 mph** - 10:00 am - 50 mi - Judy Broadwater & Russ Loy, [jbroadwater01@verizon.net](mailto:jbroadwater01@verizon.net)

**START:** HVE - Hunt Valley Executive Plaza II  
Moderately hilly ride through Hunt Valley. Lunch stop mid-way.

**all pace long** - 10:00 am - 64 mi - Mark Tabb (410) 274-8668

**START:** Hereford Middle School- York Rd/Corbett-School on left

New Freedom Metric Century-OUCH! Lunch in New Freedom-Optional cutoff of 10 miles (can eliminate mile 39 to mile 49 if the mind, body & soul falter!)Did I mention Gunpowder? Ouch!

**tandem** - 10:00 am - 30 mi - Beth and Ted Cooper

**START:** LPR - Lisbon Park & Ride  
Apple Fritter Ride - A moderately rolling ride through western Howard Co, ending up at Larriland Farms for cider, fritters, homemade fudge, numerous kinds of fresh apples and many other seasonal fruits and veggies. Decorated for Halloween with related activities available. Ride will not go if chance of rain is greater than 30%. Joint CRABS/WABITS ride. Contact info: Beth and Ted Cooper (410 461-3659 or 443 285-3446, [beth.cycle@gmail.com](mailto:beth.cycle@gmail.com)) Directions from Baltimore: I695 to I70 West. At exit number 73. Right at end

of ramp at traffic circle. Right on Route 99. Then left to shopping Center and Lisbon/Woodbine Park and Ride.

## Sunday, October 05, 2008

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

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

Mod. hilly terrain and light traffic will get you to the New Windsor VFD for an 'all you can eat' pancake breakfast. Bring your appetite and cash (\$6.00). Cue sheets will be available for 41 mile ride.

**15/17 and 18** - 9:00 am - 84 mi - Janet Goldstein 410-366-1466

**START:** MTV - Mt. View Middle School  
Ride to Point of Rocks. Three rest stops. Mostly rolling, with a few good climbs after lunch.

**tandem** - 10:00 am - 42 mi - Carol & Walt Russell

**START:** SHS - Southern High School  
Ride to North Beach. A rolling ride in southern AA County - some familiar roads, some new ones, great views of the Bay. Come Join us! Carol & Walt Russell (410)665-0651, [wrussell5@yahoo.com](mailto:wrussell5@yahoo.com)  
Directions: I-695 to Exit 4 I-97 South to Exit 22 RT 665 East (Aris T. Allen Blvd). Approx. 1.5 miles then bear Right onto RT 2 South (Solomons Island Rd). Go 8.0 mi. then Right to school.

## Tuesday, October 07, 2008

**15-17 mph** - 9:30 am - 50 mi - john harris 443-468-5722

**START:** ORR Oregon Ridge Park  
Rolling to hilly ride, lunch at La Cucina.

## Wednesday, October 08, 2008

**15-17 mph** - 10:30 am - 35 mi - Katie Gore-Traill

**START:** ORR - Oregon Ridge Park  
Come out and ride with Katie!!

## Saturday, October 11, 2008

**10-12 mph** - 10:00 am - 25 mi - Charlotte Pappas (410-385-1457; cpappas@umm.edu )  
**START:** ELK - Old Elkridge MARC station.  
25-30 Miles. some moderate hills, thru state park, Catonsville, and skirt the BWI trail. Store to pick up drinks or ice cream on route.

**13-15 mph** - 9:00 am - 50 mi - Aldona Glemza (443) 676-8181  
**START:** Catonsville Middle School 2301 Edmondson Ave. 21228 exit 14 off 695. Go West (outside of beltway). School is about 2.3 miles on the left after light at Old Frederick. outside the beltway. Google or Email me for directions.  
Ride out to Anne Arundel County and back through Patapsco State Park and part of the BWI trail. about 50 miles with rest stop along the way.

**13-15 mph** - 9:00 am - 70 mi - Henry Theiss, jim.thiess@penske.com 717-600-5141  
**START:** MLP - MD Line Park & Ride  
Susquehanna Slammer A Gary Brandon ride consisting of a 63 mile hilly or 70 mile very hilly loop to Wrightsville PA. Various lunch stops, the most scenic on the long loop at mile 32 overlooking the Susquehanna River. The long loop also has two 1+ mile climbs, one of which averages 8-10%. But the view from Mt. Pisgah is worth it. The last 20 miles are relatively easy. 7,000+ feet of climbing.

**15-17 mph** - 9:00 am - 55 mi - Hopkins Edwin 410 491 5191  
**START:** ORR - Oregon Ridge Park  
Another variation of the around the back of Prettyboy ride that I led in August. When I work out the details I will post the cue sheet. It will rolling and it will be hilly, but I think the roads behind Prettyboy and crossing the dam are as good as it gets. (I will also post the revised mileage and the altitude gain.)

**15/17 and 18** - 9:30 am - 62 mi - Will Hudson 4103565752  
**START:** FIF - 5th District Elementary  
hilly ride to lunch in some shopping center

## Sunday, October 12, 2008

**10-12 mph** - 9:00 am - 31 mi - Jim White (cell day

of ride - 717-682-4182 .

bikerdancerjim@comcast.net)

**START:** SOC South Carroll H.S.  
Scenic ride thru Carroll and Frederick Counties to Union Bridge VFD for the famous 'all you can eat' breakfast. Cue sheets available for 36 and 44 mile rides.

**10-12 mph** - 9:30 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.

**13-15 mph** - 9:30 am - 45 mi - Rich Burns 410-433-4162  
**START:** PVP-Perryville P & R-I-695 to Exit 33, I-95 North; continue to Exit 93 (Rt. 222) immediately after bridge toll booth, turn right at end of ramp to P & R on right.  
Walt & Carol's great ride to Oxford, PA.; rolling to mod. hilly with lunch/snack stop options; YES, there's a \$5 bridge toll - Carpool - this ride is worth it!

**all pace long** - 10:00 am - 69 mi - Mark Tabb (410) 274-8668  
**START:** CON-Conowingo Elementary School-Rt 1 -Cross Conowingo Bridge-Right on Rowlandsville Rd at top of hill at light after Bridge. School on right. Try to get there by 9:45AM, people have been late on this ride. Will start at 10AM sharp because of the late start (October cold mornings & 50 minute drive).  
The world famous Strasburg ride. Rolling with the last 1/3 hilly. Actually, this ride has all kinds of terrain...flat, rolling, moderately hilly & hilly! Beautiful ride through Amish countryside; Lunch at Strasberg Country Store (this is a deli with tables- if weather permits, eat in the back, outside-kind of nice!)

## Monday, October 13, 2008

**15-17 mph** - 9:30 am - 50 mi - Steve Zeldin 410-828-5553  
**START:** ORR - Oregon Ridge Park  
Columbus Day Ride - Giro d'Italia - we trace the outline of Italy over the roads of Baltimore County.  
Come join the fun!

## Tuesday, October 14, 2008

**15-17 mph** - 10:30 am - 33 mi - Katie Gore-Trail  
**START:** PRP – Providence Road Park & Ride  
Come out and ride with Katie!!

## Saturday, October 18, 2008

**10-12 mph** - 9:30 am - 27 mi - Don Riggs -  
410/461-6564 - donriggs@juno.com  
**START:** START: ARP - Alpha Ridge Park  
Triadelphia Road Ride -we ride the entire length of  
Triadelphia and Triadelphia Mill roads. Somewhat  
hilly. Lunch stop at convenience stores at mile 17.

**10-12 mph** - 10:00 am - 36 mi - Bob Seay and  
Manny Steinberg (410-242-6929 or 410-655-8242)  
**START:** DVP - Davidsonville P&R.  
Ride to rest stop in Galesville. Lunch after the ride  
at Atlanta Bread in Crofton.

**15-17 mph** - 9:00 am - 50 mi - Mary Ruhl (cell:  
410-707-8679; maryruhl1@yahoo.com)  
**START:** Mt Airy Elementary School  
This ride is moderately hilly, but the scenery makes  
it worth the effort. There are 3 mileage options: 39,  
50 or 61 miles. Ride splits after the rest stop in  
Union Bridge (~mile 23) and the long route has an  
additional rest stop in Woodsboro (~mile 40). Pizza  
after the ride at J&P's in Mt. Airy.

## Sunday, October 19, 2008

**13-15 mph** - 9:30 am - 50 mi - Howard Saltzman  
410-581-8169  
**START:** NWT - Owings Mills New Town  
Shopping Center  
Moderately hilly ride to snack stop in Howard  
County. Do some leaf peeping along the way.

## Tuesday, October 21, 2008

**15-17 mph** - 10:30 am - 35 mi - Katie Gore-Trail  
**START:** WRP - Western Run Park & Ride  
Come out and ride with Katie!!

## Saturday, October 25, 2008

**10-12 mph** - 8:30 am - 25 mi - Joan Mason (410-  
259-4404 cell)  
**START:** CRN - Cranberry Square Shopping  
Center. Park in left corner of parking lot near  
STAPLES.  
Join us for a GIANT of a ride through Carroll  
County with just a few hills! Bring snack.

**10-12 mph** - 10:00 am - 32 mi - Bob Seay and  
Manny Steinberg (410-242-6929 or 410-655-8242)  
**START:** DES - Davidsonville Elem School  
Ride to Deale for a rest stop at the 7-11. Lunch at  
the Atlanta Bread in Crofton after the ride.

**13-15 mph** - 9:00 am - 53 mi - Bruce Galanter 410-  
241-7089 bgalanter@gmail.com  
**START:** SPK - Sparks Elementary School  
Horse Country Tour through the Worthington  
Valley and up to with at a rest stop at Troyer and  
Old York Road at La Cucina Italiana

**15-17 mph** - 9:30 am - 62 mi - Gene Young,  
genejr@comcast.net  
**START:** SPK - Sparks E. S.  
Gene's classic long ride. Moderately hilly with rest  
stops in Hampstead and Madonna. Will provide cue  
sheets for 62, 53, and 41 mile versions.

## Sunday, October 26, 2008

**10-12 mph** - 10:00 am - 20 mi - Carole Gardiner  
(301/490-6521)  
**START:** Fulton P&R - I-95 South to Exit 35B,  
follow Rt. 216 West approx. 3 mi. (3/4 mi. past Rt.  
29), Left on Old Columbia Rd. to P&R on left.  
14th Annual Halloween Ride; rolling ride through  
southern Howard County with some hills. Ride  
passes a number of cemeteries, but fear not -- it will  
still be daylight! Lunch at Ledo's Pizza after the  
ride. Joint ride with 13/15 group.

**10-12 mph** - 10:00 am - 39 mi - Gloria Epstein  
410/665-3012  
**START:** MMS Monocacy M.S.  
'Three Covered Bridges' ride-mostly rolling terrain  
w/ food stop in Thurmont @mi 25-combined ride  
with 13/15 group.

**13-15 mph** - 12:00 am - 39 mi - Rich Burns 410-433-4162

**START:** MMS Monocacy M.S.

'Three Covered Bridges' ride-mostly rolling terrain w/ food stop in Thurmont @mi 25-combined ride with 10/12 group.

**13-15 mph** - 10:00 am - 29 mi - Ken Philhower 410-437-0309

**START:** FPR - Fulton Park & Ride

Fulton P&R - I-95 South to Exit 35B, follow Rt. 216 West approx. 3 mi. (3/4 mi. past Rt. 29), left on Old Columbia Rd. to P&R on left. 14th Annual Halloween Ride; rolling ride through southern Howard County with some hills. Ride passes a number of cemeteries, but fear not -- it will still be daylight! Lunch at Ledo's Pizza after the ride. Joint ride with 10/12 group.

**15-17 mph** - 10:00 am - 51 mi - Jeb Brownstein

**START:** GSS - Greenspring Station

A moderately hilly ride from Greenspring Valley.

**all pace long** - 10:00 am - 62 mi - Mark Tabb (410) 274-8668

**START:** Taneytown Elementary School

Mountain View Metric. Maybe we will get the last of the brown/bronze colors. The ride is gently rolling with a 7 mile hilly section in the middle. Lunch at Pizza Hut in Emmitsburg.

**Tuesday, October 28, 2008**

**15-17 mph** - 9:30 am - 50 mi - Steve Zeldin 410-828-5553

**START:** ORR - Oregon Ridge Park

Liberty Reservoir Ride. Come join the fun!

## 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](mailto:browne14540@comcast.net), 410-489-5804 - Or- Email [HoCoCyclists@yahoo.com](mailto:HoCoCyclists@yahoo.com).  
Visit the website [www.groups.yahoo.com](http://www.groups.yahoo.com);  
enter group: HoCoCyclists"

## 2008 Ride Coordinators

### Casual

Judy Getz . . . . .410-254-1306  
[casualrides@baltobikeclub.org](mailto:casualrides@baltobikeclub.org)

Mike Falatico . . . . .410-377-9140  
[casualrides@baltobikeclub.org](mailto:casualrides@baltobikeclub.org)

### 10-12 MPH

Dick Voelkel . . . . .410-744-6941  
[10-12rides@baltobikeclub.org](mailto:10-12rides@baltobikeclub.org)

Tom Anzalone . . . . .410-329-3864  
[10-12rides@baltobikeclub.org](mailto:10-12rides@baltobikeclub.org)

### 13-15 MPH

Gary Brandon  
[13-15rides@baltobikeclub.org](mailto:13-15rides@baltobikeclub.org)

### 15-17 MPH

Judy Broadwater . . .410-628-6297  
[15-17rides@baltobikeclub.org](mailto:15-17rides@baltobikeclub.org)

### 18 MPH

Phil Feldman . . . . .410-744-8874  
[18rides@baltobikeclub.org](mailto:18rides@baltobikeclub.org)

### Weekday

Renee Faison . . . . .410-356-7088  
[weekdayrides@baltobikeclub.org](mailto:weekdayrides@baltobikeclub.org)

### Tandem

Peggy & Tom Dymond . . . .410-272-9139  
[crabs@baltobikeclub.org](mailto:crabs@baltobikeclub.org)

### Winter

Gloria Epstein . . . . .410-665-3012  
[Winterrides@baltobikeclub.org](mailto:Winterrides@baltobikeclub.org)

Terry Harrigan . . . . .410-549-1798  
[Winterrides@baltobikeclub.org](mailto: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

New Membership

Membership Renewal

How do you want to receive the Newsletter?

By US Mail

OR

From the Internet

Are you interested in racing with Team BBC?

Yes

No

Do you ride a Tandem?

Yes

No

Date \_\_\_\_\_

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

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

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

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

City \_\_\_\_\_

State \_\_\_\_\_

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

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

To function, the BBC is dependent on member volunteers.

Check all categories that you are willing to help with:

Bicycling Advocacy

Club Picnic or Socials

Lead Rides

Club Events

Newsletter

Website

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

Dues are subject to change.

Individual One Year: \$25

Family One Year: \$35

Individual Two Years: \$45

Family Two Years: \$65

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

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



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

*For BBC members with questions or  
problems concerning:*

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