



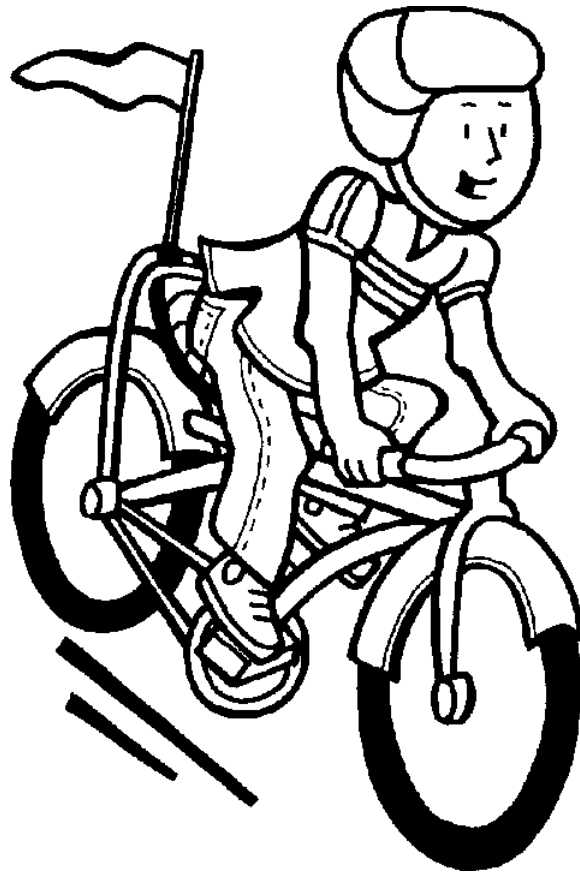
Baltimore Bicycling Club Newsletter

Volume 41 Number 2

March | April 2008

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**Baltimore Bicycling
Club, Inc.**

P.O. Box 5894

Baltimore, MD 21282-5894.

To make sure you continue to get your Newsletter and membership renewal notices, please let us know if any of your membership information changes. You can do this by sending an e-mail to update@baltobikeclub.org, 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 Rohlfing	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 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 ?? 2008	BBC Picnic	Mary Ryan 410-828-1015
Saturday Aug 2, 2008	Corn Roast Rides	Gloria Epstein 410-665-3012 Barb Park 410-823-4293
Saturday Sep 6, 2008	Civil War Century	Howard Rosenbaum 410-653-2363
Sep 26 - 28, 2008	Weekend in Lancaster	Carol and Walt Russell 410-665-0651 Jane and John Cole 410-661-4427

MORE EVENTS TO COME – CHECK FOLLOWING ISSUES

EVENT INFORMATION SUBJECT TO CHANGE

OUT OF BOUNDS

March 29, 2008

Icicle Metric Century. Newark, Delaware. White Clay Bicycle Club. www.whiteclaybicycleclub.org.

April 26, 2008

2008 Tour de Carroll Spring Classic Cycling Event. Westminster, Maryland.

7:00 a. m.

Fully Supported Rides of 8,36 and 63 miles with a total of 7 rest stops on the routes. Registration via ACTIVE.com, mail-in, or on-site. \$25 includes lunch, t-shirt; entry into drawing for over \$1000 in cycling-related door prizes; free pass for a month to a local gym (\$50 value). www.tourdecarroll.com.

May 3, 2008

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

May 17th and 18th, 2008

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

June 7 & 8, 2008

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

June 7, 2008

Tour de Cure. Ellicott City, Maryland. American Diabetes Association. www.tour.diabetes.org.

June 8, 2008

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

Tandemonium!!

CRABS (Couples Riding a Bicycle Simultaneously) planned an active, riding year starting on Saturday, March 29th at our recent winter potluck. We've got rides that venture into southern Pennsylvania, wheel through western Maryland, and brush the Eastern Shore. There are Baltimore City and County rides, Harford and Howard County rides, joint rides with the Washington area tandem group known as WABITS, and more. (First WABITS ride is scheduled for Saturday, March 22nd.)

Three or four BBC/CRABS tandem rides are scheduled for most months between April and October. In addition, tandems are welcomed at all the other BBC club rides and events. BUT – if you didn't get to the CRABS potluck and have a ride you'd really like to lead, just send us an email or give us a call. There are definitely some dates available.

You may be a single rider who's considering tandem riding and wonder why people love their tandems. Here are some great reasons:

- A tandem allows two cyclists of differing strengths and abilities to ride together. The faster rider doesn't need to wait for the slower one; the slower rider doesn't need to struggle to try to keep up with the faster rider.
- A tandem turns the basically solitary, individual activity of cycling into an experience that is shared by two or more people (yes, there are triples and quads).
- A tandem can allow a parent to share cycling, at an adult level of speed and distance, with a child.
- A tandem permits adults who have never biked to master the balance and, more importantly, to gain the confidence needed to succeed as cyclists.

The best way to get up-to-date information about planned rides, impromptu rides, and tandem events is to participate in BBCCRABS list serve. Go to the BBC website, click on "Club Info", then BBC Tandems. "Subscribe to BBCCRABS" will lead you through the process.

Daylight Savings Time begins on Sunday, March 9th!! It's going to be a great year!

Peggy & Tom Dymond
Home: 410-272-9139
email: tedymond@verizon.net

BTW - there are still CRABS jerseys available. Check out the BBC website; under "Club Info", go to the "BBC Tandems" area, and then click on "CRABS Jersey" to view the graphics. Then scroll down for the order form. The jerseys are \$50 each. The kids' sizes are \$35 each.

Baltimore Bicycling Club 2007

Executive Board

Bob Carson – President
Gene Bayer – Vice President
Frank Anders – Past President, KCSF
John Cole – Member at Large, Lancaster Weekend
Mary Ryan – Member at Large, Club Picnic
Howard Rosenbaum – Member at Large, Insurance, Civil War Century
Russ Loy – Member at Large, Giving Committee, End of Season Celebration
Ken Philhower – Treasurer, Flatlands
Ed Cahill - Secretary

Committees

Bob Moore – Government Relations
Howard Kaplon – Instructional Program
Gordon Peltz – Instructional Program
Maxine Mead – Newsletter Editor
Peggy & Jim Dymond – Tandem Column, CRABS Pot Luck
Larry Kenny – Cue Sheet Librarian
Janet Goldstein – Website Web-master, BBC Talk Administrator
Craig Martin – Website Web-master, Tour De Montes
Barbara Park – Membership
Kathy Anders – Kent County Spring Fling
Gloria Epstein – Corn Roast Rides Event
Carol Russell – Lancaster Weekend
Walt Russell – Lancaster Weekend
Jane Cole – Lancaster Weekend
Judy Broadwater – End of Season Celebration
Nancy Finnegan – New Club Jersey Sales
Judy Getz – Out of Bounds Column
Rich Burns – Washington County Getaway
Phil Feldman – Cue Sheet Central
John Overstreet – Safety Awareness

Rides

Ride Captain – Gene Bayer
Ride Coordinators
Casual – Mike Falatico, Judy Getz
10-12 – Dick Voelkel, Tom Anzalone
13-15 – Gary Brandon
15-17 – Judy Broadwater
18 – Phil Feldman
Weekday - Renee Faison
Winter –, Terry Harrigan Gloria Epstein
Tandem – Peggy & Jim Dymond

Baltimore Bicycling Club 2007

Award Winners

The 2007 Hall of Fame Award – Craig Martin

Recognizes those members who, year after year, have made major contributions of their time and talent to the BBC.

Wayne Rodgers Award – Ken Philhower

(Presented in recognition of a member who has provided outstanding service to the club during the current year)

Hall of Fame Members

Frank Anders
Judy Broadwater
Rich Burns
Bob Carson
Gloria Epstein
Judy Getz
Merle Kaplan
Howard Kaplon
Gary Kelly
Russ Loy

Craig Martin
Bob Moore
John Overstreet
Barbara Park
Gordon Peltz
Ken Philhower
Evie Reinsel
Walt Russell
Ruth & Al Schaffer
Therese Spadaro

Rising Star Award – Mary Ryan

Baltimore Bicycling Club 2007

(Presented to an especially promising new 'mover and shaker')

(Recognizes those members (usually one, but sometimes two) who continue year after year to make major contributions to the club (usually a minimum of five years))

Ride Leaders

32 rides Steve Zeldin

31 rides Gloria Epstein

25 rides Mark Tabb

24 rides Lukasz Szyrner

22 rides Katie Gore-Traill

21 rides Bob Seay, Manny Steinberg, Susanne Morsberger

17 rides Rich Burns

14 rides Janet Goldstein, Judy Getz

12 rides Mary Ryan

11 rides Charlotte Pappas

10 rides Bob Moore, Phil Feldman, Barry Menne, Mary Menne, Russ Loy

9 rides Bob Morgan, Carol Russell, Gene Young, Ken Philhower, Scott Zelazny

8 rides Craig Martin, Gene Marrow, George Cordutsky, Gordon Peltz, Joan Grindell, Paul Coleianne

7 rides Bruce Galanter, Cartan Kraft, Georgia Glashauser, John Harris

6 rides Ed Hopkins, Garry Brandon, Jim Guild, Judy Broadwater, Walt Russell

Baltimore Bicycling Club

2007

- 5 rides Jim White, Barb Park, Bob Rohlfing, Ed Cahill
- 4 rides Aldona Glemza, David Forester, Don Riggs, Gary Gentry, Geoff Silberman, Howard Kaplon, Jane Cole, Jeb Brownstein, John Cole, John Putman, Mike Gesuele, Mike Harris, Terry Harrigan, Evie Reinsel, Michael Reinsel
- 3 rides Bill Gary, Bud Lippert, Carl Boyd, Ed Vojik, Evie Reinsel, Frank Anders, Henry Thiess, John Coche, Kathy Anders, Mike Falatico, Mitch Tobias, Pam Ellis, Renee Faison, Will Hudson
- 2 rides Becky Smith, Bill Foster, Brenda Knight, Carole Gardiner, Chris Moriarity, Curtis Phillips, Ed Roth, Eugene Bayer, George Drake, Gil Olvera, Herb Weiss, Jane Penrod, Jim Gagne, Jim Knight, Jonathan King, Lydia Cunningham, Mary Drake, Marybeth Baylin, Stephanie Harris, Bob Carson
- 1 ride Andy Malinow, Beth Karakas, Bill Ryder, Bob Doyle, Chris McLaughlin, Clark Merrill, Dan Artley, Diana Mirkin, Dick Voelkel, Donna Glasgow, Doug Leoncavallo, Drew Schoeffield, Ed Barr, Ed Hutton, Elizabeth Miller, Gabe Mirkin, Janet Brown, Janine Flemming, Jennifer Carey, Jim Pastorick, Joan Mason, Kevin Faison, Kim Pastorick, Laurie Barr, Marcia Merrill, Mark McKee, Mary Malinow, Paul Martin, Peggy Dymond, Rosemary Carlson, Ross Glasgow, Ruth Fleishman, Sally Ryder, Shawn Downing, Tom Anzalone, Tom Dymond

Baltimore Bicycling Club's 38th Annual
Delaware-Maryland Flatlands Tour

Dedicated to the memory of Dave Coder (7/6/1955 - 2/14/2004)

Saturday, June 14, 2008 (subject to confirmation by BMHS)

Event Coordinator: Ken Philhower (410-437-0309 or bbcfatlands@cablespeed.com)

Place: Bohemia Manor High School, 2755 Augustine Herman Highway (Rt. 213), Chesapeake City, MD

Directions: From Baltimore, take I-95 north to exit 109A (Rt. 279 south) and go 3 miles to Elkton. Turn left at Rt. 213 south. Cross Rt. 40 and continue 6 miles to Chesapeake City. Cross the C&D Canal Bridge and continue 1 mile. Turn right at traffic light (may be flashing yellow on weekends) into Bohemia Manor High School. Please allow at least 1-1/2 hours to get there from Baltimore. (It's about 65 miles.)

From Annapolis, take US Route 50/301 east across the Bay Bridge and continue 10 miles. At the 50-301 split, continue straight on Rt. 301 north (toward Wilmington) for 32 miles. Turn left on Rt. 313 north and go 3 miles to Galena, then go straight at the traffic light onto Rt. 213 north. Continue on Rt. 213 north for 13 miles (about 2 miles past the light at Rt. 310), then turn left at the traffic light (may be flashing yellow on weekends) into Bohemia Manor High School. Please allow at least 1 hour and 45 minutes to get there from Annapolis. (It's about 70 miles.)

Time: Registration begins at **7:00 a.m.** and ends promptly at **9:45 a.m.** so volunteers also can enjoy riding. Check-in and register at high school before the rides. No pre-registration.

Group Start Times:

- 7:30 a.m. -- Century (101 miles)
- 8:00 a.m. -- 3/4 Century (77 miles)
- 8:30 a.m. -- Metric Century (101 kilometers / 63 miles)
- 9:00 a.m. -- Half Century (54 miles)
- 9:30 a.m. -- 35-mile ride

Fee: BBC members \$5.00; non-members \$6.00. Includes cue sheet, map, snacks, and use of portable toilet.

Important: No sag service is provided, so riders must be prepared to handle any bicycle problems they encounter. Bring water (2 bottles recommended), spare tube/patch kit, sunscreen, and money for food and drinks. **ANSI-, Snell-, ASTM/SEA-, or CPSC-approved bicycle helmets are required.**

RIDE DESCRIPTIONS:

These rides are primarily on flat terrain. You will cycle on paved roads in rural Maryland and Delaware through farmland and thoroughbred horse farms, as well as a few residential areas and small towns. There are stores for food and water on each route.

Century (101 miles): Route heads south through Warwick and Sassafras to Millington before heading east into Delaware. After passing through Hartly, Kenton, and Cheswold to Leipsic, the route turns north along the Delaware River wetlands to Port Penn. The final leg returns west along the C&D Canal back to Chesapeake City. Lunch is available at several convenience stores near the midpoint of the route. Please note: After lunch there is a 36-mile section with no stores, so be sure to carry plenty of water.

3/4 Century (77 miles): Follows the century route south to Millington before turning northeast into Delaware. After passing through Blackbird State Forest, enjoy lunch in Townsend, DE, before re-joining the century route and continuing north along the Delaware River wetlands to Port Penn. The final leg returns west along the C&D Canal back to Chesapeake City.

Metric Century (101 kilometers / 63 miles): In 2003 this became the most popular of the five routes. After passing through Chesapeake City, this route heads east along the C&D Canal into Delaware, then turns south along the Delaware River wetlands to Port Penn. After the lunch stop in Townsend, DE, the route returns to Chesapeake City via Sassafras, MD and Warwick, MD. On this route you'll be riding in the opposite direction from the longer routes, so you'll pass some longer-distance riders heading the other way.

Half Century (54 miles): Follows the metric century route for the first 35 miles to the lunch stop in Townsend, DE. The route returns northwest through Middletown and back to Chesapeake City. If you can do 25 miles in hilly Baltimore County, you should be able to do this relatively flat 54-mile ride.

35-mile Ride: Ride to historic Odessa, DE. Route updated to avoid Middletown. Appropriate for experienced Casual & 10mph riders.

AFTER THE RIDE...

Join us on the outdoor deck at the Chesapeake Inn to eat, drink, relax with live music, and watch ships pass through the canal. For more info, visit <http://www.chesapeakeinn.com>. (Note: Schaefer's Canal House has gone out of business.)

!!BBC 24TH ANNUAL INSTRUCTIONAL RIDE SERIES!!

OUR POPULAR INSTRUCTIONAL PROGRAM IS BEING OFFERED AGAIN!!

The **BALTIMORE BICYCLING CLUBS** Instructional Ride Series will begin with an orientation to be held on Sunday, April 13, 2008 at 10:30 a.m. at the Dumbarton Middle School in Baltimore County. Directions to the school are provided below.

This series is offered to anyone over 16 years of age interested in learning 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. This year we will include two NCR Trail rides.

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 arrive and wear a helmet in order to ride. Below is the full ride schedule.

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

THIS YEAR 'S SCHEDULE:

ORIENTATION : Sunday, April 13, 2008 – Dumbarton Middle School at 10:30 a.m.

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

Sunday, April 20 NCR Trail ride at 10:00 a.m.

Sunday, April 27 NCR Trail ride at 10:00 a.m.

Sunday, May 4 Greenspring Station at 10:00 a.m.

Sunday, May 11 Greenspring Station at 10:00 a.m.

Sunday, May 18 Jacksonville at 10:00 a.m.

Sunday, May 25 Jacksonville at 10:00 a.m.

Sunday, June 1 To be determined – depending on how we are all doing. We will most likely do a flat ride to get everyone out and do some BBC rides in the next weeks.

QUESTION: What kind of bike will I need? Begin with any bike in reasonably sound condition. Bring it to the orientation, and we will check it; but you do not need a bike for the orientation. Do not buy a new bike yet; we can help you decide what style and size of bike is right for you!

QUESTION: What is the cost of the instructional orientation and ride series? The entire program is FREE. It is open to both club and non-club riders. BBC membership is not required. Bring a friend!

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

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



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

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

Saturday:

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

Sunday:

30 mile & 50 mile options

Also featuring:

500 riders joining the movement against MS

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

Join the BBC Team!

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

**Visit www.marylandmsbikeride.org
or call 443-641-1205 to register!**

Weekend in Lancaster

September 26, 27 & 28, 2008



- Three days of cycling the scenic, rolling roads of the Amish heartland, with rides ranging from 16 to 61 miles.
- Lodging on Friday and Saturday nights at the Mill Stream Country Inn. All rooms have two queen beds and cable TV. An indoor storage room for bikes is provided.
- Wine, cheese and dessert parties in the Mill Stream's hospitality room on Friday and Saturday evenings.
- Deluxe continental breakfast on Saturday and Sunday at the Mill Stream Country Inn.
- Buffet dinner on Saturday at the Bird-in-Hand Restaurant. *(Friday dinner is on your own.)*
- Complimentary rooms for showering on Sunday

Each attendee must provide an application and signed release.

Name _____

Phone _____

Address _____

e-mail _____

Roommate _____

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

Emergency Contact Name

Emergency Contact Phone

- BBC member p.p. for complete weekend - \$190.00 (Double Occupancy)
 - BBC member p.p. for complete weekend - \$305.00 (Single Occupancy)
 - Non-member p.p. for complete weekend - \$210.00 (Double Occupancy)
 - Non-member p.p. for complete weekend - \$325.00 (Single Occupancy)
- (We do not offer a non-lodging option.)

\$ _____

Please Make check payable to BBC.

APPLICATION DEADLINE IS August 1, 2008

(Refund minus \$20 until September 1st. No refund after September 1st.)

Mail applications, signed release forms and check(s) to:
BBC Weekend in Lancaster
9100 Orbitan Road
Baltimore, MD 21234

Questions: jicole01@comcast.net or call:

John or Jane Cole (410)661-4427

Walt or Carol Russell (410) 665-0651

Pedal in Style...

order online at:
www.baltobikeclub.org

Order your NEW Baltimore Bicycling Club Jersey!



Front

Now you can have a NEW BBC Jersey!
Custom designed for the club by
local cyclist Jason Kamps of Woof Designs.
These jerseys by Verge Sports feature M-Tec Extreme fabric,
a 3/4 length invisible zipper and 3 back pockets.



Back

Design is
Maryland Flag colors
Gold, Red, & Black.

Jerseys are \$70.00 each (tax, S&H included)

Available in Club Fit, Racing Fit, and Women's Fit.

©2007 Woof Designs / Jason M. Kamps www.woofdesigns.com

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ e-mail _____

Jersey Style Choose one fit style:
 Club Race Women's
Size: _____
Qty: _____

Jersey Style Choose one fit style:
 Club Race Women's
Size: _____
Qty: _____

I have enclosed payment for _____ jerseys.

Mail the completed BBC Jersey Order Form to:
BBC Jersey c/o Nancy Finnegan
P. O. Box 179
Brooklandville, MD 21102-0179

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

or order online at:
www.baltobikeclub.org/index.pl/logo_jersey

Questions? Call Nancy @ 410-239-0550
Email @ logojersey@baltobikeclub.org



Custom Art & Graphic Design Services
Logos Catalogs Marketing Supplies
T-Shirts Apparel Jerseys
410-796-5858
www.woofdesigns.com

	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	-	-

"RaceFit" (S-XXL) is designed to fit both men and women with a slim and trim physique.
"Club Fit" (S-XXXL) is a more relaxed fit for serious riders that don't have the slim physique
of a pro racer. "Women's Fit" (XS-XL) specifically fits women's contours. Slimmer women
may prefer the race fit and larger framed women may prefer the club fit.

RIDE SCHEDULE, MARCH/APRIL 2008

Saturday, March 01, 2008

10-12 mph - 9:30 am - 28 mi - Cartan Kraft (410-235-2906, cbkraft@verizon.net)
START: SPK - Sparks Elem School
Scenic, moderately hilly, low traffic roads w/ food stop @ 17 mi.

13-15 mph - 11:00 am - 28 mi - Dan Artley (410) 329-2235
START: ORR - Oregon Ridge Park
Meet at Oregon Ridge for Pancakes around 9:30 - 10:00 w/ride starting at 11:00 to allow things to warm up. This is a very rolling ride to help burn off those pancakes and to keep warm. I'll be riding at a slow pace if others wish to take it easy, and there are shortcuts to knock out a couple hills, but you'll be missing some pretty stuff BBC rides rarely do.

all pace long - 10:00 am - 51 mi - Janet Goldstein 410-366-1466
START: Westminster ES
Ride to Taneytown - Rolling with some hills; lunch at the Italian Restaurant or snack stop at 7-11

Sunday, March 02, 2008

10-12 mph - 9:00 am - 30 mi - Dick Voelkel 410-744-6941
START: RPR - Rolling Rd Park and Ride (AKA Southwest Park and Ride)
Three Trails Ride to pancakes at the Elkridge Fire Hall. New ride to a new venue for all-you-can-eat pancakes, eggs, sausage, etc.

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.

13-15 mph - 10:00 am - 42 mi - Carol Russell
START: ORR - Oregon Ridge Park
Moderately hilly ride to Hampstead with lunch at J&P Pizza or Snickerdoodle Bakery/Coffee Shop

15-17 mph - 10:00 am - 42 mi - Walt Russell, 410-665-0651, cell: 443-845-6108, wrussell5@yahoo.com
START: ORR - Oregon Ridge Park
Moderately hilly ride to Hampstead with lunch at J&P Pizza or Snickerdoodle Bakery/Coffee Shop.
Convenience store also available.

Tuesday, March 04, 2008

15-17 mph - 10:30 am - 30 mi - Renee Faison
START: ORR - Oregon Ridge Park
Rolling to hilly ride. Come join fun!! This is a 30 ish mile ride.

Thursday, March 06, 2008

15-17 mph - 10:30 am - 30 mi - Renee Faison
START: WRP - Western Run Park ~a~ Ride
Rolling to hilly ride. Come join the fun!!

Saturday, March 08, 2008

10-12 mph - 9:30 am - 26 mi - Paul Coleianne (410-779-3814, pcoleianne@baltimoredevelopment.com, cell for this morning 410-812-5273)
START: Route I-70 Park & Ride - From I-695 go East on I-70. Park & Ride is about 3/4 mile.
From the Park & Ride at the foot of I-70, a trail ride along the beautiful Gwynns Falls trail to the Patapsco River at Hanover Street Bridge.

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.

10-12 mph - 9:30 am - 36 mi - Manny Steinberg and Bob Seay (410-655-8242 or 410-242-6929)
START: MSM - Marley Station Mall
Marley Station to Sandy Point State Park. Lunch at mile 23 at Red Hot and Blue. Half road half trail.

13-15 mph - 10:00 am - 45 mi - Barry Menne
START: MTV - Mount View Middle School
Liberty Reservoir loop, moderately hilly.

Sunday, March 09, 2008

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

10-12 mph - 10:00 am - 26 mi - George Cordutsky 410-882-2788
START: HHE Harford Hills Elementary
An out and back ride moderately hilly with Royal Farm stop at turnaround.

13-15 mph - 10:00 am - 50 mi - Howard Saltzman 410-581-8169
START: NWT - New Town Shopping Center
Trying a new ride from Owings Mills Town Center to western Howard County. Ten mile loop in middle of ride can easily be skipped for a shorter ride. Mostly rolling with a few good climbs

Tuesday, March 11, 2008

15-17 mph - 10:00 am - 40 mi - Steve Zeldin (410-828-5553, szeldin@comcast.net)
START: ORR - Oregon Ridge Park
Benson Mill Figure 8. Ride down some of the best downhills in Baltimore County.

Wednesday, March 12, 2008

15-17 mph - 10:30 am - 30 mi - Katie Gore
START: WRP -Western Run Park and Ride
Katie is back!!! 30 ish rolling to hilly ride. Join the fun.

Saturday, March 15, 2008

10-12 mph - 10:00 am - 22 mi - Robin Kessler (410-945-5225)
START: Route I-70 Park & Ride - From I-695 go East on I-70. Park & Ride is about 3/4 mile.
Welcome a new leader for a ride on the Gwynns Falls Trail to Cross Street Market. Eat lunch in Federal Hill Park. Ride can be extended to 33 mi.

13-15 mph - 10:00 am - 24 mi - Deb Taylor (301) 717-0809, debtaylor@comcast.net
START: FPR - Fulton Park and Ride.
From I-70, take Rt 29 S, then Rt 216 West, after Maple Lawn traffic circle, take left in Park & Ride. Nice ride through Howard County; Fulton, Highland, North Laurel, Rocky Gorge Reservoir.

18 mph - 10:00 am - 69 mi - Phil Feldman 410.744.8874
START: MAP - Mt.Airy P&R
Mt. Airy to Poolsville: Hilly to rolling ride on scenic, low-traffic roads in Frederick and Montgomery Co's Cue sheet at: <http://cuesheetcentral.com/uploads/MtAiry-Poolsville Ride.doc>

Sunday, March 16, 2008

10-12 mph - 10:00 am - 31 mi - Gloria Epstein 410/665-3012
START: RUN Runnymede E.S.
Variation on Walt & Carol's fabulous ride to Littlestown for lunch/snack; traffic is light, terrain mostly gentle. Combined with 13/15 mph ride.

13-15 mph - 10:00 am - 38 mi - Rich Burns 410-433-4162

START: RUN - Runnymede E.S.
Variation on Walt & Carol's fabulous ride to Littlestown for lunch/snack; traffic is light, terrain mostly gentle; combined ride with 10/12 group.

15-17 mph - 10:00 am - 45 mi - Jeb Brownstein, (443/677-0447)

START: GSS - Greenspring Station (by Bank of America)
Boring - Fowblesburg - Butler Loop. 'Witness the reawakening of Greenspring Valley!'

18 mph - 10:00 am - 57 mi - Will Hudson 4103565752
START: I-83 exit 36, Maryland line P&R
Ride to Codorus for lunch at Clairs.

Tuesday, March 18, 2008

15-17 mph - 10:00 am - 50 mi - John Harris 410 870 0867
START: ORR Oregon Ridge Park
Rolling to Hilly ride, lunch at La Cucina.

Wednesday, March 19, 2008

15-17 mph - 10:30 am - 30 mi - Katie Gore Trill
START: WRP -Western Run Park and Ride
Katie is back!!! 30 ish rolling to hilly ride. Join the fun.

Saturday, March 22, 2008

10-12 mph - 9:30 am - 32 mi - Manny Steinberg and Bob Seay (410-655-8242 or 410-242-6929)
START: DES - Davidsonville Elem School
Ride to Deale for lunch.

10-12 mph - 9:30 am - 32 mi - Cartan Kraft (410-235-2906, cbkraft@verizon.net)
START: GLN - Glenelg High School
32 mile ride with a 26 mile option. A lunch break at the 14 mile mark.

13-15 mph - 10:00 am - 53 mi - Henry Theiss
START: MLP - Maryland Line P&R
Hanover- Up by hills back by valleys.

18 mph - 9:30 am - 65 mi - Terry Harrigan, 410-596-8263, cctrekker@dtkm.com
START: Mount View Middle School (MTV)
Wildly popular "Central Maryland Hill Hunt" ride. Romp through southern Carroll county and western Howard, taking in the scenery and fragrant farm land and hills. This will be a moderately hilly ride taking you up Gaither, Bloom, Hooper, Watersville and Roxbury roads. One convenience store rest stop with facilities along Rt. 27 at the half way point.

Sunday, March 23, 2008

10-12 mph - 10:00 am - 28 mi - Robin Kessler (410-945-5225)

START: ELK - Old Elkridge MARC station parking lot
Welcome a new leader for a ride around the BWI trail with a loop into Patapsco Park. Can be shortened to 20 mi.

Tuesday, March 25, 2008

15-17 mph - 9:30 am - 60 mi - Steve Zeldin (410-828-5553, szeldin@comcast.net)

START: ORR - Oregon Ridge Park
Rolling ride with hills to Rocks State Park. Snack stop in Jarrettsville. Come join the fun!

Wednesday, March 26, 2008

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

START: WRP -Western Run Park and Ride
Katie is back!!! 30 ish rolling to hilly ride. Join the fun.

Thursday, March 27, 2008

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

START: ORR - Oregon Ridge Park
Come out and celebrate Renee's Birthday!! Rolling to hilly 30 ish miles

Saturday, March 29, 2008

10-12 mph - 10:00 am - 30 mi - Judy Droege (410-377-2566, jdroege@brookespublishing.com)

START: TMP - Taneytown Memorial Park
Join a new leader for a pleasant ride out of Taneytown. Rest/food stop at Trout's Restaurant.

13-15 mph - 10:00 am - 35 mi - Bruce Galanter 410-241-7089

START: ORR -Oregon Ridge
Boring Loop up to Mt. Carmel and Falls Road and back home.

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

START: SPK - Sparks E. S.
Gene's classic short ride. Moderately hilly with a rest stop in Hampstead.

tandem - 10:00 am - 37 mi - George ~a~ Mary Drake 410/758-8266

START: MSP - Matapeake State Park
37/15 (or in-between) miles - (Cell day of ride only, 410/940-9288) georgeandmarydrake@yahoo.com) Joint CRABS / WABITS event. Directions: Go across the Bay

Bridge and turn at first exit (exit 37) onto Rt. 8 south. Continue on Rt. 8 south for 2.3 miles to Marine Academy Drive. Turn right on Marine Academy Drive into Matapeake State Park. Go a very short distance (0.2 mi.) and turn right to the parking lot. Tandem Tune-up Ride - Use this virtually flat ride to check out and tune up your tandem and your bodies for the coming tandem year. Ride through beautiful estates on the Chesapeake and a commercial fishing community. See houses in which the first floors are airplane hangers! Ride can easily be shortened and/or you can ride the new paved Romancoke Trail that goes to the same place as the longer ride, but it's only 15 miles. Lunch at Kentmoor Marina. Let's have a great turnout for this early season kickoff ride! New tandem teams as well as our existing teams are encouraged to join us.

Sunday, March 30, 2008

10-12 mph - 10:00 am - 30 mi - Gloria Epstein 410/665-3012

START: ORR Oregon Ridge Park
Mod. hilly, scenic ride to Hampstead for snack/lunch.

13-15 mph - 10:00 am - 40 mi - Gary Brandon (717) 235-3893 gbrandon@marylandgeneral.org

START: MLP - Maryland Line Park and Ride
Jefferson the Easy Way - Md. Line to Jefferson without as much climbing - yes there are hills.

15/17 and 18 - 9:30 am - 60 mi - Ed Cahill 410-465-1492

START: Fifth District Elementary School
Seven Towns and Seven Valleys: A Club favorite. First 10 and last 15 miles hilly; the rest rolling. Cue sheet at: http://cuesheetcentral.com/uploads/seven_with_map.pdf

Tuesday, April 01, 2008

15-17 mph - 10:00 am - 45 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 fun ride consistent with the spirit (and weather) of the day.

Wednesday, April 02, 2008

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

START: WRP -Western Run Park and Ride
Katie is back!!! 30 ish rolling to hilly ride. Join the fun.

Saturday, April 05, 2008

10-12 mph - 10:00 am - 22 mi - Robin Kessler (410-945-5225)

START: Route I-70 Park & Ride - From I-695 go East on I-70. Park & Ride is about 3/4 mile.

Ride on the Gwynns Falls Trail to Cross Street Market. Eat lunch in Federal Hill Park. Ride can be extended to 33 mi.

13-15 mph - 10:00 am - 31 mi - Rich Burns 410-433-4162

START: SPK - Sparks E.S.

Nice loop with stop at La Cucina.

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

START: MTV - Mount View Middle School

Bill Gary's Mildly Mountainous Metric Modification of Gary, Rick, and Ron's Ride to Damascus. Lunch at pizzeria or grocery store.

tandem - 10:00 am - 42 mi - Ross ~a~ Donna Glasgow 301/249-5055

START: SHS - Southern High School,
42/33 miles - Ross and Donna Glasgow (301/249-5055) (home), 240-271-9168 (cell),
Rossell.Glasgow@FERC.gov 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. Ride to Deale--Southern Anne Arundel County Tandem *42/33* Joint WABITS/CRABS ride to Deale with lunch at a restaurant in Deale on the water. A nice ride with some pretty overlook views of the water on the longer route. The ride has some hills, but is not too difficult. The ride back after lunch is the same for both rides and is about 10 miles. The ride leaders will be doing the 42 mile ride. Call ride leaders if weather is doubtful.

Sunday, April 06, 2008

10-12 mph - 9:00 am - 30 mi - Dick Voelkel 410-744-6941

START: RPR - Rolling Rd Park and Ride (AKA Southwest Park and Ride)

Three Trails Ride to pancakes at the Elkridge Fire Hall. New ride to a new venue for all-you-can-eat pancakes, eggs, sausage, etc.

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.

13-15 mph - 10:00 am - 40 mi - Carol Russell

START: MLP - Maryland Line Park and Ride
Gary Brandon's PA Flatlands Tour. Moderately hilly (as flat as you can get in Southern PA) with rest stop at convenience store in Shrewsbury.

15/17 and 18 - 9:30 am - 63 mi - Ed Cahill 410-465-1492
START: Taneytown ES

Mountain View Metric: Rolling ride from Taneytown to Emmittsburg with great views of Catoctins; lunch/snack stop in Emmittsburg Cue sheet at:
<http://cuesheetcentral.com/uploads/MountainviewMetric.xls>

Tuesday, April 08, 2008

15-17 mph - 10:00 am - 30 mi - Renee Faison

START: ORR - Oregon Ridge Park

Rolling to hilly ride. Come join fun!! This is a 30 ish mile ride.

Wednesday, April 09, 2008

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

START: WRP -Western Run Park and Ride

Katie is back!!! 30 ish rolling to hilly ride. Join the fun.

Saturday, April 12, 2008

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 porta-potties.

10-12 mph - 9:30 am - 36 mi - Manny Steinberg and Bob Seay (410-655-8242 or 410-242-6929)

START: MSM - Marley Station Mall

Marley Station to Sandy Point State Park. Lunch at mile 23 at Red Hot and Blue. Half road half trail.

13-15 mph - 10:00 am - 40 mi - Dan Artley (410)329-2235

START: NCK - NCRR Trail-Parkton

Directions: I-695N to I-83N to Middletown Rd East, Exit 31. Right onto Middletown Rd. and take 1st left onto Frederick Rd. and follow to stop sign. Make a left to continue on Frederick Rd. Park at the dead-end at the NCR Trail. THIS IS NOT A TRAIL RIDE!!!! It is a hilly road ride with several large hills and beautiful scenery. Most of the climbing is before lunch with about 1600 feet of climbing at the 17 mile mark. I'll be riding the 34 mile version. Lunch/Snack is in New Freedom at about mile 22 or 28. Several places to get food as well as a bike shop in town.

15-17 mph - 10:00 am - 45 mi - Ed Roth, oscar 200 @aol.com, (717-235-4118)

START: MLP - Maryland Line Park ~a~ Ride 'Up and Down in PA.' Come out and start to get those climbing muscles back in shape with a new ride that has the typical southern PA terrain. Moderately hilly with a stop at either a pizza shop or convenience store. About 40-45 miles.

18 mph - 9:30 am - 69 mi - Phil Feldman 410.744.8874

START: CMP - Carroll Manor Park
Rocks, Slate, River: Phil Manger's scenic ride through Harford County Cue sheet at:
http://cuesheetcentral.com/uploads/rocks_slate_river.pdf

Sunday, April 13, 2008

10-12 mph - 9:00 am - 41 mi - George Cordutsky 410-882-2788

START: PRP: Providence Road Park and Ride
Moderately hilly ride with rest stop with food and bathroom.

10-12 mph - 9:30 am - 31 mi - Jim White 717-682-4182
cell day of ride

START: SOC South Carroll H.S.
Scenic ride thru Carroll ~a~ Fred. Cos. to Union Bridge VFD for an 'all you can eat' breakfast. Cue sheets available for 36 and 44 mile rides.

13-15 mph - 8:30 am - 50 mi - Mary and Barry Menne (410) 795-6571

START: LHS - Liberty High School
Extended pancake ride - "Have your cake and eat it too" ride. Ride more miles and eat those Union Bridge pancakes with your friends.

13-15 mph - 10:00 am - 33 mi - Deb Taylor (310) 717-0809, debtaylor@comcast.net

START: Howard Co. Fairgrounds
From I-70, take Rt 32 S, right onto Frederick Rd (Rt144), then right onto Fairgrounds Rd into Ho Co Fairgrounds. Park near Rt 144, not near Fairgrounds buildings. Beautiful ride in Howard Co between West Friendship and Mt Airy.

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.

tandem - 10:00 am - 36 mi - John ~a~ Jane Cole 410/661-4427

START: MSM - Marley Station Mall 410/661-4427 or 410-812-4973, jicole01@comcast.net
Join us for a nice early season tandem ride over mostly flat terrain including the B ~a~ A Trail to Sandy Point State Park. Lunch at Red, Hot & Blue. Directions. I-695 to Exit 4 I-97 South to Exit 14 RT 100 East to Exit 16B Route 2 North toward Glen Burnie. Take a left at 2nd,

3rd or 4th traffic light to Marley Station Mall and follow loop around to Parking Lot E (In back of mall near JC Penney). Park in section E47 near cross walk leading to B and A trail.

Tuesday, April 15, 2008

15-17 mph - 10:00 am - 30 mi - Renee Faison

START: ORR - Oregon Ridge Park
Rolling to hilly ride. Come join fun!! This is a 30 ish mile ride.

Wednesday, April 16, 2008

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

START: WRP -Western Run Park and Ride
Katie is back!!! 30 ish rolling to hilly ride. Join the fun.

15/17 and 18 - 10:00 am - 70 mi - Jim Guild (410)804-6493 feltb2@yahoo.com

START: Taneytown Memorial Park
Tryin to get a chubbie II - Nice scenery, some hills and descents, lunch near Pen Mar and potential rest stops before and after lunch.

Saturday, April 19, 2008

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

START: RUN - Runnymede Elem School in Mayberry
Ride 32 miles to lunch in Littlestown, PA or add a few miles and make it 40 miles.

10-12 mph - 10:00 am - 34 mi - Steven Levy (410-252-3722, s.j.levy@comcast.net)

START: MCP - Mt Carmel P&R - I-83 to Exit 27, Mt Carmel Rd. P&R is at intersection.
Loop Ride to New Freedom, PA. This is a moderately hilly road-only ride with option to return via NCRT instead of by road.

15-17 mph - 9:00 am - 72 mi - Janet Goldstein 410-366-1466

START: Crofton Center: Routes 3 ~a~ 424, Crofton, Anne Arundel County
Gently rolling ride to Chesapeake Beach. Several options for snacks and/or lunch. (NOTE: this shopping center may not have facilities.)

Sunday, April 20, 2008

10-12 mph - 9:00 am - 30 mi - Paul Coleianne (410-779-3814, pcoleianne@baltimoredevelopment.com, cell for this morning 410-812-5273)

START: NCW - NCRR Trail at Whitehall
This is a trail ride starting from White Hall to Glen Rock for snacks.

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

START: TES Taneytown E.S.

Beautiful rolling to mod. hilly loop to Woodsboro w/lunch/snack stop @Trout's Rest. or conv. store @mile 17.0. Combined with 13/15 mph ride.

13-15 mph - 10:00 am - 39 mi - Rich Burns 410-433-4162

START: TES - Taneytown E.S.

Beautiful rolling-mod. hilly loop to Woodsboro with lunch/snack stop at Trout's Rest. or convenience store at mile 23; combined ride with 10/12 group.

tandem - 10:00 am - 37 mi - Walt ~a~ Carol Russell 410/665-0651

START: TMP - Taneytown Memorial Park
37/46 miles – Carol & Walt Russell (410)665-0651 , wrussell5@yahoo.com; day-of-ride cell phone: 443-286-5807 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 miles then Left to Park.

Tuesday, April 22, 2008

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

START: ORR - Oregon Ridge Park

Giro d'Italia - in advance of next month's 91st Giro - we trace the outline of Italy on the roads of Baltimore County. Come see how close to the real map we get!!!

Wednesday, April 23, 2008

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

START: WRP -Western Run Park and Ride

Katie is back!!! 30 ish rolling to hilly ride. Join the fun.

Saturday, April 26, 2008

10-12 mph - 10:00 am - 26 mi - Charlotte Pappas 410-385-1457

START: Lisbon Woodbine Park and Ride

The Backroads Ride from a different start. 17 and 26 mile options. Snacks available at ride start. Rolling to moderately hilly.

10-12 mph - 10:00 am - 33 mi - Steven Levy (410-252-3722, s.j.levy@comcast.net)

START: MCP - Mt Carmel P&R - I-83 to Exit 27, Mt Carmel Rd. P&R is at intersection.

Loop Ride Around Prettyboy Reservoir. Moderately hilly with limited food or services – bring snacks & water - (Graul's Mkt is 0.5 mi east of P&R).

13-15 mph - 9:30 am - 46 mi - Gary Brandon (717) 235-3893 gbrandon@marylandgeneral.org

START: MLP - Maryland Line Park and Ride

Ellen's winery tour. Enough hills to make Ellen whine and enough wine to ease the pain. Nice Southern PA ride passing Naylor and Seven Valleys vineyards.

15-17 mph - 9:30 am - 62 mi - Gene Young, (410/828-1137)

START: SPK - Sparks E. S.

Gene's classic long ride, with opportunities to shortcut. Moderately hilly with rest stops in Hampstead and Madonna.

18 mph - 10:00 am - 64 mi - Will Hudson 4103565752

START: North Carroll HS in Hampstead

Hilly ride to Taneytown for lunch at Italian restaurant or Sheetz or Subway or bagged.

tandem - 10:00 am - 35 mi - Bill ~a~ Sally Ryder 410/730-5541

START: AHS - Atholton HS

Bill ~a~ Sally Ryder (410/730-5541 cell: 410-340-0205, onebyke2ryders@yahoo.com) Three Bridges Ride - Columbia to Savage Mill via Elkridge. Experience the hidden bike paths of Columbia, the historic areas of Elkridge and good food of Savage. Some hills, some quite rideable unpaved trails, and minimal traffic for a city. Directions: Altholton HS in Columbia, I-695 to I-70, then south on Rt 29. In Columbia, leave Rt 29 at Shaker Drive Exit. Turn Right at end of ramp, then left at T, Martin Road. After 0.2 Mile turn right onto Freetown Road. School is 0.1 mi on the left.

Sunday, April 27, 2008

10-12 mph - 9:30 am - 25 mi - Margie Coski (410-374-1615)

START: CRN - Cranberry Square Shopping Center

Join a new leader for the Bachmans Valley/ Ledo's Pizza ride.

10-12 mph - 10:00 am - 23 mi - Don Riggs (410-461-6564, donriggs@juno.com)

START: ARP - Alpha Ridge Park.

Alpha Ridge to Lisbon. Lunch stop at food center with deli, Pizza Hut, McDonalds.

13-15 mph - 10:00 am - 35 mi - Bruce Galanter

START: Oregon Ridge

Oregon Ridge over to Troyer and back. Rest stop at La Cucina Italiana

15-17 mph - 9:30 am - 50 mi - Hopkins Edwin 410 491 5191

START: ORR-Oregon Ridge Park

Something like the Pretty Boy Plunge but leaving from Oregon Ridge. There will be a lunch stop at Walley's. And the ride may be a little longer or shorter after I work it out. But it will go around the back part of Pretty Boy, to the store, back to the dam and cross it.

15/17 and 18 - 9:30 am - 69 mi - Ed Cahill 410-465-1492

START: South Carroll High School

Winding the Fields from Winfield to Emmitsburg: Carroll and Frederick Co. ride, moderately hilly. Lunch in Emmitsburg. Cue sheet at:

[http://cuesheetcentral.com/uploads/Winfield2Emmitsburg 70 miles.xls](http://cuesheetcentral.com/uploads/Winfield2Emmitsburg70miles.xls)

Tuesday, April 29, 2008

15-17 mph - 9:30 am - 55 mi - John Harris 410 870 0867

START: ORR Oregon Ridge Park

Madonna Prettyboy Reverse. Rolling to hilly ride, rest stops at 23 miles and 40 miles, come along and ride with the Tuesday gang.

Wednesday, April 30, 2008

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

START: WRP -Western Run Park and Ride

Katie is back!!! 30 ish rolling to hilly ride. 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,

410-489-5804 - Or- Email

HoCoCyclists@yahoo.com.

Visit the website

www.groups.yahoo.com;

enter group: HoCoCyclists"

2008 Ride Coordinators

Casual

Judy Getz410-254-1306
casualrides@baltobikeclub.org

Mike Falatico410-377-9140
casualrides@baltobikeclub.org

10-12 MPH

Dick Voelkel410-744-6941
10-12rides@baltobikeclub.org

Tom Anzalone410-329-3864
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 Feldman410-744-8874
18rides@baltobikeclub.org

Weekday

Renee Faison410-356-7088
weekdayrides@baltobikeclub.org

Tandem

Peggy & Tom Dymond.....410-272-9139
crabs@baltobikeclub.org

Winter

Gloria Epstein410-665-3012
Winterrides@baltobikeclub.org

Terry Harrigan410-549-1798
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@toad.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

How do you want to receive the Newsletter?

New Membership

By US Mail

Membership Renewal

OR From the Internet

Are you interested in racing with Team BBC?

Yes

No

Do you ride a Tandem?

Yes

No

Date _____

Name (Must be 18 years of age or older) _____

Second Name (Family Membership Only) _____

Home Address (One per Membership) _____

E-Mail Address (One per Membership) _____

City _____

State _____

Zip + 4 _____

Home Phone _____

To function, the BBC is dependent on member volunteers.

Check all categories that you are willing to help with:

Bicycling Advocacy

Club Picnic or Socials

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

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