



Baltimore Bicycling Club Newsletter

vol. 39 no. 5

September | October
2006

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Upcoming Events

September 9

Civil War Century, 2006

September 29

Lancaster Weekend

October 1

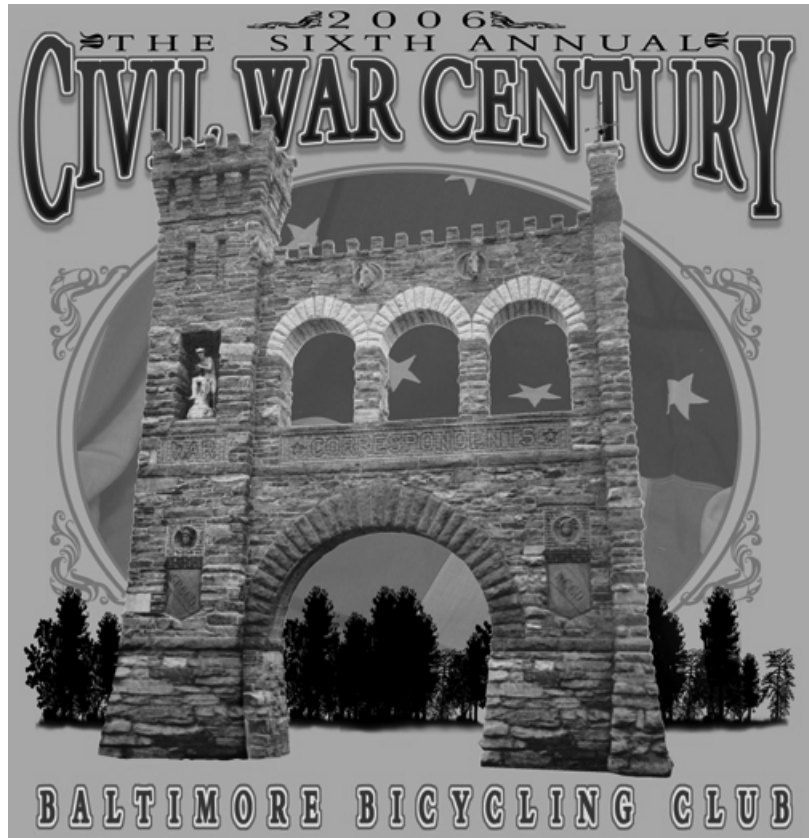
She Got Bike !

October 20

Washington Co. Getaway

November 11

End of Season Celebration



September 9, 2006

Head's Up

From the newsletter of Different Spokes, Los Angeles, CA

Parked cars can be a serious hazard to bicyclists. It's crucial to keep a sharp eye out for people sitting in cars. They may suddenly open the door, or pull away from the curb without properly looking.

Try to watch several cars ahead to allow ample time to react to such occurrences. Keep aware of your situation, also. If cars are passing on the left, and a car door opens in front of you, don't automatically veer out into traffic. It's best to avoid such by watching ahead, but if you must choose, take the door prize instead of the moving vehicle.

Baltimore Bicycling Club, Inc

P.O. Box 5894

Baltimore, MD 21282-5894.

www.baltimorebicyclingclub.org

CLUB CONNECTION
www.adventurecycling.org



2006 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

Frank Anders, President
410-628-4018,
president@baltobikeclub.org

Daryl Caplan, Vice President
301-829-9796
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

Mary Ryan
410-828-1015,
membersatlarge@baltobikeclub.org

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

Laurie Wrona,
410-252-0823
lwrona@comcast.net

2006 Committees

Insurance	Howard Rosenbaum	410-243-1846
Government Relations	Bob Moore	410-435-6623
Instructional Programs	Howard Kaplon	410-484-6955
Club Items for Sales	Mitch Tobias	410-833-8137
Newsletter & Handbook	Chris McLaughlin	410-992-6627
1. Tandem Column	Peggy & Tom Dymond	410-272-9139
2. Team BBC Race Report	Scott Weiner	410-486-8921
Rides	Daryl Caplan	301-604-6283
	(see Rides section of newsletter for committee members)	
Cue Sheet Librarian	Craig Martin	410-538-8791
Team BBC Representatives	Scott Olson	410-458-1612
	Margaret Hartka	410-357-8506
Safety for Bicyclist /		
Safety Awareness Program	John Overstreet	
BBC Property	Frank Anders	410-628-4018
Internet Administrator	Janet Goldstein	410-366-1466
Membership	Barb Park	410-823-4293
Giving	Russ Loy	410-628-6297
Nominating	Gloria Epstein	410-665-3012
Volunteer Coordinator	Gloria Epstein	410-665-3012

League of American Bicyclist

1612 K Street, NY, Suite 401
Washington, DC 20006
202-822-1333



BBC 2006 EVENTS CALENDAR

Date	Event	Contact
April 30- June 18	Instructional Ride Series	Gordan Peltz 410-256-1421 Howard Kaplon 410-484-6955
May 26-29	Kent County Spring Fling	Frank & Kathy Anders 410-628-4018
June 17	Flatlands Tour	Ken Philhower 410-437-0309
June 30-July 2	Tour de Montes	Craig Martin 410-538-8791
July 9	Club Picnic	Mary Ryan 410-828-1015
August 5	Corn Roast Rides	Gloria Epstein 410-665-3012 ANOTHER VOLUNTEER NEEDED
September 9	Civil War Century	Howard Rosenbaum 410-653-2363
September 29-October 1	Lancaster Weekend	Jane & John Cole 410-661-4427
October 1	She Got Bike! A Festival of Women's Cycling	Margaret Hartka 410-357-8506
October 20-22	Washington County Getaway	Rich Burns 410-433-4162
November 11, 2006	Election, Awards & Recognition Dinner	Judy Broadwater Russ Loy - 410-628-6297

The BBC also continues to sponsor and support the following events

July 13-16	CAM Weekend	Bob Carson 410-828-8604
October 22	Tour du Port	Bob Carson 410-828-8604



THE BALTIMORE BICYCLING CLUB
presents
THE SIXTH ANNUAL
CIVIL WAR CENTURY

Saturday September 9, 2006

Come join us in Thurmont, Maryland again this year for the cycling event that has everything – famous historical sites, breathtaking scenery, low-traffic roads, and well-marked routes designed for every ability level. As in the past, you can visit the South Mountain, Antietam and Gettysburg battlefield sites -- or all three of them if you elect to ride the full century -- while cycling through some of the most beautiful countryside east of the Mississippi.

A ride for everyone...

Choose from among five rides...from a flat quarter-century jaunt across the famous covered bridges of the Monocacy Valley to a challenging full century tour that visits three major Civil War battlefields in one day. And this year we're offering a completely new 78-mile ride designed for those who want to ride a more challenging route to Gettysburg, but who don't want to ride the full century.

Time: Registration and check-in for pre-registered riders begin at 7 a.m.

Directions: From Baltimore: Take I-70 to Frederick, then US 15 north about 15 miles to MD 806/Thurmont exit (Warning: MD 806 crosses US 15 several times; if the sign does not say "Thurmont", stay on US 15). Go right at end of ramp, left at traffic light, right on E. Moser Rd. (about 0.4 miles). Follow signs to the parking area.

Register on line and save!

Visit our website: www.baltobikeclub.org/cwc/

2006 CIVIL WAR CENTURY REGISTRATION FORM – HELMETS REQUIRED!

Name: (last, first, MI) _____ Phone _____ Other phone _____

Address _____ City _____ State _____ Zip _____

Email address _____ I plan to ride 105 78 63 51 26 miles (circle one)

Fee: **\$20** (\$30 after Aug. 31, 2006 **Note: T-shirt orders not accepted after this date.**) \$ _____

T-shirt **\$15** (long-sleeve – indicate quantity) XXL ___ XL ___ L ___ M ___ S ___ \$ _____

Total enclosed (make checks payable to "Baltimore Bicycling Club"): \$ _____

WAIVER:

I am aware of the risks of bicycling and otherwise participating in the event and voluntarily assume such risks. I release the Baltimore Bicycling Club and its respective officers, volunteers, staff and agents from any liability arising from this event. If registrant is a minor, I as parent or guardian, release the Baltimore Bicycling Club and its respective officers, volunteers, staff and agents from liability for that minor.

Signature _____

Date _____

Signature of parent or guardian if under 18 _____

Date _____

Mail to: P.O. Box 498
Riderwood MD 21139-0498

 **lifestrength** presents
PHYSICAL THERAPY, INC.

she got bike!

a festival of women's cycling

Sunday, October 1, 2006

Oregon Ridge Park, Hunt Valley, MD

Join **TEAM BBC**, the **Baltimore Bicycling Club** and **Joe's Bike Shop** for a day of cycling, music and fun in celebration of women's cycling. Ride some of Baltimore's most scenic roads then enjoy a women's-specific cycling expo and fashion show. The rides are only for women cyclists of all riding abilities but the festival is open to all.

Registration fees: \$14 in advance (includes festival t-shirt, supported ride and Expo) or \$22 on the day of the event (includes supported ride and Expo).

Pre-register at www.active.com, in-person at Joe's Bike Shop, located at 5813 Falls Rd (410.323.2788) or by mail until September 26, 2006. Event day registration opens at 7:30 am. Riders leave between 8:00-10:00 am. Check event website for group ride start times and the mail-in registration form.

Rides: Three spectacular routes (approx. 12, 25 or 45 miles) offering casual to challenging terrain. There will be rest stops on the 25 and 40 mile rides. **Helmets must be worn by all riders.**

She Got Bike! Expo: Want to learn more about women's cycling? This is the place. Enjoy lectures on cycling basics, nutrition, training and more. Check out the latest women's specific bikes from

Trek and lots of other great women's cycling stuff from companies like Shebeest, Castelli, Pearl Izumi and more. The **She Got Bike!** fashion show will give you a sneak peek at what's in store for women cyclists this Spring. Food vendors available for lunch.

TEAM BBC's Wanna Race? recruitment ride: If you've ever thought about bike racing, this is your ride. Team BBC's women's cycling team will lead you on the 20-mile route and answer all your questions about racing, training and joining our team. This ride is for any woman interested in bike racing, regardless of her current fitness level. Ride leaves at 9:30am.

Directions: I-83 to exit-20B Shawan Rd. west. Follow Shawan Rd for 1 mi. to traffic light. Turn left on Beaver Dam Rd. The park will be on your right in .5 miles. Follow signs to event parking.

More info: www.bbcycling.org for detailed ride descriptions and schedule of events.



Baltimore Bicycling Club



SunMoonStars



FIFTH ANNUAL
Washington County Getaway
October 20, 21 & 22, 2006

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 Hampton Inn (301.739.6100) on Dual Highway (US 40 coming into town) has reserved rooms for the BBC until Oct. 6 at \$84. + tax (includes a deluxe continental breakfast). 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).

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 rnburns@prodigy.net

Name(s) _____

Address _____

Phone _____

E-mail _____

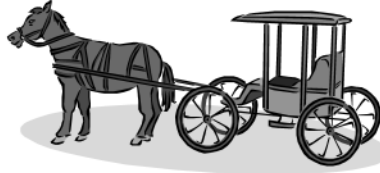
(check) _____ need roommate _____ interested in carpooling

_____ interested in Sat. group dinner

SEND: Registration slip and a check for \$8.00 (payable to BBC) to
Rich Burns 5920 Northwood Dr. Baltimore, MD. 21212

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

Weekend in Lancaster ***September 29 – October 1, 2006***



Join us for a festive fall weekend in the heart of Pennsylvania Dutch country. By day, cycle lightly traveled roads past the charming Amish farms. At night, enjoy great food at the Bird-in-Hand Restaurant and socialize in the hospitality room of our motel, the Mill Stream Country Inn. We have a limited number of spots available, so get your application in today!

Here's what you'll get:

- Three days of cycling the scenic rolling roads of the Pennsylvania Dutch country
- Lodging on Friday and Saturday nights and deluxe continental breakfast on Saturday and Sunday at the Mill Stream Country Inn (Friday dinner is on your own.)
- Friday evening dessert party and Saturday evening wine and cheese party
- Buffet dinner on Saturday at the Bird-in-Hand Restaurant
- Complimentary room for showering on Sunday

All rooms have two queen beds, cable TV and double occupancy. (Please call for single room rate and availability.) You can also enjoy the outdoor pool and a complimentary bus tour of Lancaster County.

Each attendee must provide an application and signed release.

Name _____

Phone _____

Address _____

e-mail _____

Roommate _____

(Please provide roommate info and payment at the same time.)

Emergency Contact Name _____

Emergency Contact Phone _____

BBC member p.p. for complete weekend - \$180.00

Non-member - p.p. - \$190.00 \$ _____

Please Make check payable to BBC.

APPLICATION DEADLINE IS SEPTEMBER 1, 2006

(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

End of Season Celebration and Election

come hungry

**PARTY
FREE !!**

Come on out to join old friends and make new ones as we celebrate the 2006 cycling season and make plans for 2007

Saturday November 11, 2006 6:30 - 9:30 PM

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: Glyndon Volunteer Fire Hall 4812 Butler Road
Glyndon, Md. 21071 (park behind the fire hall or next door at Santoni's shopping center)

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 11/05 that you're coming as space is limited and we need to know how much food to order.

Email russelloy@erols.com or call Russ at 410-628-6297

Let's be honest.....

What's a bicycling club all about? Why join a bike club when you can go on free club rides, keep the cue sheets, and do rides on your own? You don't even need a cue sheet for some rides...just follow the trail...or maybe a good back roads map will do.

Well, as many of us already know, there are lots of reasons to belong to a bike club—especially when it's a club as good as the BBC. Some of the top reasons are:

- Meet others who enjoy cycling.....make a new friend.....find your true love
- Learn to be a better bicyclist
- Shed the stresses of everyday life (at least for as long as the ride lasts)
- Become fit.....lose weight.....look like the athlete you've become
- Participate in club events and get a member discount
- Impress your friends and family with your fun-loving lifestyle (and the fact that you have become an athlete!)
- *** Support the bicycling community and encourage bicycling-friendly legislation

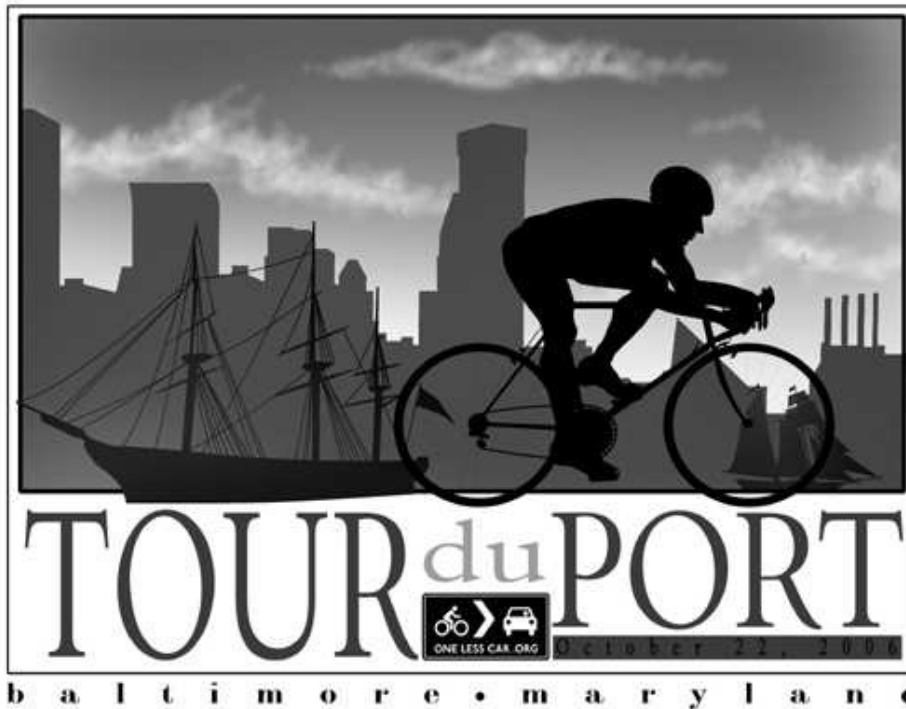
*****Did you know that virtually all income received by the BBC, after expenses, is donated to bicycling advocacy groups such as One Less Car, League of American Bicyclists, and the East Coast Greenway?** The club must support such groups to keep our rights as cyclists on our representatives' front burners. By influencing highway legislation, and the design of roads and communities, bicyclists can avoid being squeezed out by ever increasing development—and make going-places-by-bike a genuine option for more people.

Whatever *your* reason is, your fellow members appreciate the fact that you are one of us. You may be a Casual rider, you may be on the BBC Racing Team, or you may enjoy cycling with another group, but we're all members of the nationally respected Baltimore Bicycling Club. Next time, bring a friend along on an easy ride—so they too can rediscover the joy of riding a bicycle—this time as an adult!

Thanks for listening.....Frank Anders

PS: Consider signing up for the E-Newsletter. It is delivered faster than the mailed Newsletter and it saves the club mailing costs. Go to baltobikeclubonline.org and click "get the E-Newsletter" at the upper right. You can go back to the mailed Newsletter later if you find you prefer it.

One Less Car presents
Baltimore's Best Bike Tour
October 22, 2006



Join hundreds of other cyclists in discovering Baltimore's waterfront by bicycle! Spend a Sunday morning exploring Baltimore's Inner Harbor, port areas, and historic neighborhoods. Eight-mile and 22-mile routes are available.

On-line registration begins
August 18, 2006
www.onelesscar.org

baltimore.metromix.com



information
(410) 235-3678

Lead sponsor of Tour
du Port



info@onelesscar.org

OUT OF BOUNDS

Prepared by Judy A. Getz

Friday, September 1-Sunday September 3, 2006 (Labor Day Weekend), Montgomery County, Pennsylvania: Family Cycling Tour: www.jacolope.org

Sunday, September 3, 2006 Brandywine Tour, Pocopson, PA Sponsored by the Delaware Valley Bicycle Club: 4 Options. www.dvbc.org/brandywine.php

Thursday, September 7-Sunday, September 10, 2006: Great peanut Tour & Ride www.greatpenuttour.com

Saturday, September 9- Sunday, September 10, 2006: Rehoboth Twin Century, White Clay Bicycle Club, Newark, DE. whiteclaybicycleclub.org

Sunday, September 10, 2006: Scenic Schuylkill Centry, Philadelphia, PA. 4 options Sponsored by the Bicycl club of Philadelphia. Information and registration www.phillybikeclub.org/century

Sunday, September 10, 2006 Southern Maryland Fall Century, Indian Head, MD Sponsored by Oxen Hill Bicycle and Trial Club 3 options ohbike.org/century/index.htm

Sunday, September 10, 2006: Shenandoah Valley Century, Harrisburg, VA. Sponsored by the Shenandoah Valley Bicycle Club. 3 options Information at www.svbikeclub.org

Sunday, September 10, 2006: NYC Century Bike Tour, New York City, NY. Options of 15-100 miles. www.transalt.org/calendar/century

Sunday, September 10, 2006: ArtCycle, Doylestown, PA. Sponsored by the James A. Michener Art Museum's educational Programs. Options of 20, 38, 63, information at www.michenerartmuseum.org/events/artcycle

Saturday, September 16, 2006: Maryland Wine Festival Asthma Ride bike Tour, Westminster, Maryland www.asthmaride.org

Saturday, September 16-17, 2006 Heart of Virginia Century and Bike festival, Ashland, VA. Sponsored by the Richmond Area Bicycling Club Association. 2 options Saturday, 3 options on Sunday. www.raba.org/HOVA/HeartofVA_Ful-info.html

Sunday, September 17, 2006: Three Creek Century, Carlisle, PA. Sponsored by the Harrisburg Bicycle Club. 4 options. Information at www.harrisburgbicycleclub.org

Sunday, September 24, 2006 Bike4BreastCancer 5th Annual Pink Ribbon Ride Havre de Grace, Md. 25, 50,62, and 100 miles through Susquehanna State Park and Harford County as well as 2 short family rides of 4, and 8 miles in the city of Havre Grace. \$25 pre-registration if postmarked by 9/11/2006 and \$30 after. www.bike4breastcancer.org or contact adele@bike4breastcancer.com. Registration also available at www.active.com

Saturday, September 30, 2006 Belleplain Fall Century, Woodbine NJ. Sponsored by The Shore Cycle Club. Options 28-100 miles. www.shorecycleclub.org/belleplain.htm

Continued on Pg. 15 at Bottom of Page...

Pedal in Style!

In Your Baltimore Bicycling Club Jersey



NOW you can have one of our popular BBC jerseys! These "cool" Louis Garneau shirts are short-sleeve and fabricated in Micro-Airdry fabric, include 15 in. invisible zipper and 3 back pockets. They are available in sizes for men and women. Just fill out the order form below.

Prices \$45.00 Men's Relaxed Fit and Women's Fit
\$60.00 Men's Pro Fit

Sizing			
Men's		Women's	
XS	34		
S	36	S	32
M	38	M	34
L	40	L	36
XL	42	XL	38
XXL	44		
Men's Pro Fit or Men's Relaxed Fit		Women's Fit	

Questions?
Then call Judy at
410/628-6297

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Quantity: _____

Jersey (s) in size _____ and fit _____

+ Jersey (s) in size _____ and fit _____

Total Quantity _____ Enclosed Payment \$ _____

Include check for amount due payable to: **Baltimore Bicycling Club, Inc.**

Mail the completed
BBC Jersey Order
Form to:

BBC Jersey C/O Judy Broadwater
122 Glenmoore Ave.
Cockeysville, MD 21030-2421

Update from One Less Car

Hi everyone –

Tour du Port, our scenic bicycle tour of downtown Baltimore, is coming up on Sunday, October 22. Join us for a fun day seeing our beautiful city by bicycle. On-line registration will be available after August 18 at www.onelesscar.org or by calling (410)235-3678.

We also need volunteers to help with registration, to be course and ride marshals, and to staff the ride start and rest stop. Volunteers get lots of appreciation, free event registration, a t-shirt, and a year's membership in One Less Car. Please contact Ruth and Lee Fleishman at (410) 329-3208 or ruthnlee@juno.com to volunteer.

On the advocacy side of bicycling in Maryland --

The Baltimore City Planning Commission unanimously adopted the Baltimore City Bicycle Master Plan on Thursday, May 4, 2006. Now the challenge is moving the plan forward.

One of the key components of the plan is hiring a bicycle coordinator for Baltimore City. This position is intended to serve as the advocate for the Bicycle Master Plan, coordinating between various agencies to make sure that the plan is implemented. To date, this position has not been created though it is due to be filled by the beginning of 2007. Your voice is needed to ask that the coordinator position be created and filled to meet that deadline. The key to the Bicycle Master Plan's viability is advocacy within city government, along with outside advocacy.

Please send letters asking that the bicycle coordinator position be created and filled to:

Otis Rolley, III
Director
Baltimore City Department of Planning
417 E. Fayette St.
8th Floor
Baltimore, MD 21202

Alfred H. Fox
Director
Baltimore City Department of Transportation

417 E. Fayette Street
Baltimore, MD 21202

2007 Maryland General Assembly

One Less Car's legislative committee is meeting soon to strategize for the 2007 Maryland General Assembly. Please email me at mink@onelesscar.org for more information and to get involved!

See everyone at Tour du Port!

Stacey Mink
Executive Director
One Less Car

CORN ROAST

The annual Union Mills Homestead Corn Roast was a huge success. Perfect weather conditions (for August), great rides (6 routes from 12 to 64 miles), terrific turnout (147 cyclists signed in) and LOTS of eating and socializing.

Many thanks to the following BBC members for volunteering as ride leaders for the event:

Judy Broadwater & Russ Loy-64 mile ride

Rich Burns-50 mile ride

Janet Brown-40 mile ride

Mike Gesuele-28 mile ride

Mitch Tobias & Pam Ellis-12/18 mile rides

For your information, here are the sign-in stats:

64 mile ride- 48 (WOW!)

50 mile ride-38

40 mile ride-20

28 mile ride-34

12/18 mile rides-7

We are interested in any feedback regarding this event, especially the routes/cue sheets as we are always looking to make improvements. Please let us know your concerns, suggestions etc.

Gloria Epstein

Barb Park

OUT OF BOUNDS CONTINUED FROM PG. 12

Sunday, October 1, 2006 Cannonball Century, Hartwood, VA. Sponsored by the Fredericksburg Cyclists. 3 options. Bikefred.com/CBC/cbc.html

Saturday, October 7, 2006 Seagull Century, Salisbury, MD Preregistration required.
www.seagullcentury.org

Saturday, October 14, 2006 Savage Century, Newark, DE Sponsored by the White Clay Bicycle Club. 4 options www.whiteclaybicycleclub.org/Events-WCBC/savage.htm

Saturday & Sunday, October 28-29, 2006: Onancock, VA: Between the Waters Bike Ride: Sponsored by Citizens for the Better Eastern Shore 4 options www.cbes.org/events

Wednesday, November 29-Monday, December 4, 2006 FestiVELO de Charleston Charleston, SC Holiday Festival of Bicycles for Families Sponsored by Fesitvelo. 4 days with 10 ride options
www.festivelo.org



Baltimore Bicycling

This is a perfect opportunity to get some of the better riding going on in your own neighborhood, not just a biking buddy. Finding the good roads by bike, scoping out interesting routes, planning a nice rest stop somewhere in the middle. If you're willing to do a bit of riding on your own to scout out the area, and work up a cue sheet for yourself, you might be surprised how many people show up on a ride for a new ride leader. Make your ride as long or short as you wish, post it to the ride listing, or just tell BBC Talk that you're doing a this ride of so many miles at this location and time, and who to call for information. A sweetener posted describing the rides prettier spots and terrain may bring out like minded souls.

One of the great things about riding with the BBC is going on roads you've never been on before. And with the cost of gas, there may be quite a few people on the West side of Baltimore/ Columbia area looking for good riding. Most of my cue sheets start close to home for a reason, I know the area and can make the riding quieter, prettier and possibly more interesting than scouting routes purely by map, even though a map is a good starting point. The Maryland DeLorme' map book doesn't provide much detail in really urban areas because of its small scale, but names and includes most rural roads. Its topography allows you to map out valleys, streams and other likely flatter areas for nice riding as well as minimizing or maximizing hills to your choice.

Living in North Baltimore County, my rides tend to be more hilly than other's, but I like downhills too much to get away from the more 3 dimensional terrain. This is an invitation for anyone to create cue sheets and lead rides. There tends to be just a few who do, but the satisfaction of being complimented for a pretty ride you've done yourself is a pretty cool reward.

Happy trails,

Dan Artley in Parkton, 13-15 pace, and maybe a bit slower in the hills.

Ride Descriptions

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

Casual

7-8 mph, and generally up to 25 miles over easy terrain. Rides with some hills are generally 15 miles or less. On these rides, the group makes an effort to stay together.

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 alternate lengths (e.g. 25/45 mi.).

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@yahoogroups.com.

Visit the website

www.groups.yahoo.com;

enter group: HoCoCyclists"

2006 Ride Coordinators

Casual

Mitch Tobias410-833-8137
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

SEPTEMBER & OCTOBER RIDE SCHEDULE

Please note that the times specified for each ride are the ride start times. You should arrive at least 15 minutes prior to the ride start in order to sign in and prepare for the ride!

Saturday - September 2

10/12MPH - 10 am - 40 miles - Scott Zelazny (410-525-2591, scott_z@myrealbox.com)
START: MSM - Marley Station Mall
Ride to Annapolis and Sandy Point. I can't decide if I want to go to Annapolis or the beach, so I found a way to visit both. Come bike along the B & A trail (and other roads), to a beautiful beach on the bay. Ride stops in Annapolis then goes to Sandy Point State Park along the Chesapeake Bay. Be prepared to go for a swim if you really want to cool off on the middle of the ride (if it's hot enough). See great views of the Bay Bridge. Ride will stop in Severna Park to meet riders going to the 25 mile version of the ride.

10/12 MPH - 10:45 am - 25 miles - Scott Zelazny (410-525-2591, scott_z@myrealbox.com)
START: SPP - Severna Park Park & Ride - From I-95; take exit MD - 100 East towards Glen Burnie. Take exit 16A Richie Hwy south to Jones Station Rd. Turn right on to Jones Station Rd (next to rite aid at traffic light) and follow signs to the P&R lot on your right. Ride to Annapolis and Sandy Point. Pickup point for ride starting at Marley Station. I can't decide if I want to go to Annapolis or the beach, so I found a way to visit both. Come bike along the B & A trail (and other roads), to a beautiful beach on the bay. Ride stops in Annapolis then goes to Sandy Point State Park along the Chesapeake Bay. Be prepared to go for a swim if you really want to cool off on the middle of the ride (if it's hot enough). See great views of the Bay Bridge.

13/15 MPH - 9 am - 40 miles - John Putman (443-939-2082 ubalum99@yahoo.com)
START:GSS - Greenspring Station
Help me celebrate my birthday with a mostly rolling tour of Greenspring and Worthington Valleys. There are some good (or evil,

depending on how you look at it) hills coming out of the Valleys. Since the Butler Store seems to be always closed, there is only one dependable food stop at mile 25.3. At Greenspring Station, park in the lot near the shops, closest to Joppa Road.

15/17 MPH - 8:30 am - 53 miles - Gene Young (410-828-1137)

START: WRP - Western Run Park & Ride
Renee Faison's Training ride 2. The ride may seem short but has enough hills to provide a great tune-up for Civil War Century. It goes along south-ern edge of Prettyboy.

18 MPH - 9:30 - 69 miles - Phil Feldman (410-744-8874, pfeldman@comcast.net)
START: MAP - Mt. Airy Park & Ride
Ride to Poolsville. Scenic, low traffic roads with a couple of hills. Mostly rolling though.

Sunday - September 3

10/12 MPH - 9am - 27mi - Charlotte Pappas (410-385-1457, cpappas@umm.edu)

START: GLN - Glenelg High School
Backroads ride. Rolling with hills. Rest stop at High's.

13/15 & 15/17 MPH - 9 am - 58 mi - Jim Gagne (410-357-0104,gagnejc412@yahoo.com)

START: NFR - New Freedom Rail Trail
"Ride into the Pigeon Hills." Flat to semi-hilly to hilly. Lunch at Genevo's or convenience store in Spring Grove, PA. This is a road ride, no NCR trail or dirt roads. A lot of roads the club hasn't been on, me neither until I went exploring.

18 MPH - 9 am - 60 mi - Mark Tabb (410-274-8668, marktabb@yahoo.com)

START: MLP - Maryland Line Park & Ride
The "Brown Cow Ride." A new Gary Brandon southern PA ride (this means hills - 5,600 feet of elevation gain) traveling northeast to Bregue or convenience store. BRING SEVERAL WATER BOTTLES!

TANDEM - 9:30am - 33/42 mi - Kathy and Frank Anders (410-628-4018, Velo2.anders@verizon.net)
Please email or call before 7 am if weather is iffy)

START: SHS - Southern High School
Happy Harbor Ride. Rolling, joint
WABITS/CRABS ride from harwood to Deale with lunch at Happy Harbor on the water in Southern

Anne Arundel County. 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.

Monday - September 4

10/12MPH - 10 am - 32 miles - Manny Stienburg & Bob Seay (410-655-8242 & 410-242-6929)

START: DES - Davidson Elem. School
Ride to Deale for lunch at the Subway. Flat to rolling terrain.

Tuesday - September 5

17 MPH - 9:30am - 38 miles -Renee Faison (410-356-7088, frfaison@msn.com)

START: WRP - Western Run Park & Ride
We will travel on some new and old roads. Come join the fun!! Rolling with hills.

Wednesday - September 6

15/17 MPH - 10 am - 30-34 miles - Katie Gore - Trill (410-262-2818,ktgorem@comcast.net)

START: ORR - Oregon Ridge Park
Katie is back!!! Join Katie and gang on a rolling ride through Baltimore County.

Saturday - September 9 BBC's Civil War Century

ALL PACES - 7 am - 25/50/62/77/105 miles -
Information or Register at www.civilwarcentury.com

START: Thurmont, Maryland
A ride for everyone from long and mountainous to short and flat. Famous historical sites, breathtaking scenery, low traffic roads, well marked routes and over-stuffed rest stops.

Sunday - September 10

10/12 MPH - 9:30am - 28+ miles - Gloria Epstein (410-665-3012, carglo@verizon.net)

START: SPK - Sparks Elem. School
Scenic, moderately hilly, low traffic roads w/ stop @ Cucina (formerly Twin Oaks)

13/15 & 15/17 MPH - 9 am -46/54/61 miles - Barry & Mary Menne (410-795-6571)

START: MTV - Mount View Middle School John Picket Ride. Since we got rained out in June, Let's try this again. Beautiful country ride through Carroll and Howard counties. Lunch stop in Lisbon. Mostly low traffic areas. Moderately hilly. 1 mile well-packed unpaved road with option to avoid it.

Tuesday - September 12

15/17 MPH - 10 am - 30-34 miles - Katie Gore- Traill (410-262-2818, ktgorem@comcast.net)

START: WRP - Western Run Park & Ride
Rolling to hilly ride in the valley.

Saturday - September 16

CASUAL - 10:30 am - 16 miles - Charlotte Pappas (410-385-1457, cell: 410-804-5500, cpappas@umm.edu)

START: Andover Middle School - BWI Parkway I-295 South from I-695, exit Nursery Road and go left at light. Left at Andover Road, school is on the right about 1 mile. Ride around BWI Trail to B&A Trail (paved) down to Bruster's Ice Cream (old fashioned ice cream) for a great rest stop. Bring money (don't need locks)

10/12 MPH - 10 am - 29 miles - Scott Zelazny (410-525-2591, scott_z@myrealbox.com)

START: HFP - Hammonds Ferry Park & Ride - Baltimore Beltway I-695 outer loop exit 8 (southwest side of city). From outer loop of beltway, ramp leads straight across to P&R lot. From inner loop, Ramp leads to local Fairveiw Road southbound; right at next light, Nursery Road; right at following light, Hammonds Ferry Road; left at following light into Park & Ride lot. Scott's new ride for 2006! Nice ride over easy terrain to Ft Armstead. Excellent views of the Key Bridge. You will definitely learn some new roads on this ride.

13/15 MPH - 9 am - 42 miles - John Putman (443-939-2082 ubalum99@yahoo.com)

START: HFP - Hammonds Ferry Park & Ride - Exit 8 Off 695. Go straight at light at end of ramp into Park & Ride. Mostly rolling (some hills) Tri-County Adventure. Anne Arundel, Baltimore, and Howard Counties all get a visit with a very short trip through Patapsco State Park. We'll go on the BWI trail for a bit too. A little of everything.

15/17 MPH - 9:30 am - 50 miles - Ed Hopkins (410-491-5191)

START: Manchester Park & Ride (RT 27 & 30)

Ride o the Lakes. Jim Gagne created and led this ride in the spring. it's back by popular demand. Lunch is either at Clair's or the convenience store at Rt 94 and Grandview Rd. (Also for those who did the ride in the spring, Jim said the road with the bus ruts, Krafts Mill Rd., has been repaved.)

TANDEM - 9:30am - 36-46 mi - Carole & Walt Russell (410-665-0651, wrussell5@yahoo.com)

START: TMP - Taneytown Memorial Park
Join us as we ride from taneytown to Gettysburg and eat lunch at the Lincoln Diner.

Sunday - September 17

10/12 MPH - 8:30am - 35 miles - George Cordutsky (410-882-2788, gcordutsky@msn.com)

START: PRP - Providence Rd Park & Ride
Hilly ride with snack stop.

10/12 MPH - 9:30am - 30 - 35 miles - Mike Gesuele (410-965-5379 work, 410-274-8253 cell, gesuele@ssa.gov)

START: SOC - South Carroll High School
Similar to the 25 mile BBC picnic ride with a few more hills and miles._

13/15 MPH - 9:30 am - 47 miles - Rich Burns (410-433-4162, rnburns@prodigy.net)

START: RUN - Runnymede Elem. School
"Mayberry to Gettysburg" - nice, rolling, moderately hillyride with a "peek" at the battlefield and a fast return. Lunch & snack options.

15/17 MPH - 9am - 65mi. - Roger Eastman (410-531-0421)

START: WES - Westminster Elem. School
Westminster to Emmitsburg. A relatively flat ride for those cooling down from the Civil War Century the weekend before but still up for 60+ miles.

18 MPH - 9:30 am - 69 mi - Paul Martin (410-685-7585, pemartin@mindspring.com)

START: MLP - Maryland Line Park & Ride
"Indian Steps" Scenic, historical, hilly.

Monday - September 18

16/17 MPH - 10 am - 50 - 60 miles - Susanne Morsberger (443-622-5862, smorsber@msn.com)

START: ORR - Oregon Ridge Park
Hilly to rolling ride.

Tuesday - September 19

15/17 MPH - 9:30am - 70 miles - Steve Zeldin (410-828-5553, szeldin@comcast.net)

START: CMP - Carroll Manor Park
Rocks, slate and river ride through Rocks Park, Delta and Susquehanna State Park.
Moderately hilly with stores at 21 and 50 mi.

Wednesday - September 20

15/17 MPH - 10am - 30-34 miles - Katie Gore - Traill (410-262-2818, ktgorem@comcast.net)

START: ORR - Oregon Ridge Park
Come out and ride. Rolling ride with some hills.

Saturday - September 23

10/12MPH - 9am - 32-39 miles - Cartan B. Kraft (410-235-2906, cbkraft@verizon.net)

START: RUN - Runnymede Elem. School
Pleasant 39 mile ride with a 32 mile option over nice, rolling terrain and a lunch stop at Bentley's Restaurant in Littlestown, PA.

13/15 MPH - 9 a.m. - 38 miles - Bob Morgan (410-218-0709, bobaems@comcast.net)

START: NWT - Newton Village Center
Moderately hilly ride from New Town Village Center across from Starbuck's (NWT) to Butler with a rest stop at The Butler Store.

15/17 MPH - 9am - 44 mi - Jim Kozma (410-683-4729, jim.kozma@verison.net)

START: HVE - Hunt Valley Executive Plaza II.
Sven Hills Ride. Enjoy seven with at least 10% grade, three over 15%!!! Bring plenty of water and a snack if you need one, as there are no stores directly on the route. If you desperately need food or water, or just want to skip Spooks Hill Rd, we will pass within a few miles of Rayville Rd store.

Sunday - September 24

10/12 & 13/15 MPH - 9:30 am - 40 mi - Gloria Epstein & Rich Burns (Rich: 410-433-4162, rnburns@prodigy.net; Gloria: 410-665-3012, carglo@verizon.net)

START: MMS - Monocacy Middle School
3 Covered Bridge's ride. Mostly rolling errain.
Lunch in Thurmont.

13-15 MPH - 9:30 am - 58/65/75 mi. - Ken Philhower (410-437-0309)

START: Hammonds Ferry Park & Ride - I-695 to exit 8, Hammonds Ferry Rd. in Linthicum; Park & Ride straight ahead.

"Planes, Trains, and -- Bicycles?"; This ride covers six - count 'em six -- bicycle trails: the entire length of the B&A Trail, the BWI Airport Trail, the Piney Orchard Nature Trail, the Odenton Road Trail, the Poplar Avenue Trail in Annapolis, and a recently-completed section of the new WB&A Trail (under construction), as well as the approximate route for the proposed future South Shore Trail from Odenton to Annapolis. (Whew!) Route will be about 1/3 on paved trails and 2/3 on regular roads. Terrain is mostly flat with some small hills. Rest stop in Odenton, lunch in Annapolis. A good ride for 13/15 riders who want to increase their speed & distance. Expect to be pushing 15 mph.

15/17 MPH - 9am - 39/50/61 mi - Mary Ruhl (410-707-8679 cell, maruruhl1@yahoo.com)

START: Mt. Airy Elem. School - I-70 West to Rt 27 North (Mt. Airy, exit 68). Stay on Rt 27 North (Ridge Road) and turn left on Watersville Rd. Turn left on Main St. and left into parking lot.

This ride is moderately hilly and scenic. Rest stop in Union Bridge at mile 23; long route has an additional rest stop in Woodsboro at mile 40. Decision point for different mileage options is after Union Bridge rest stop. Pizza after ride at JP's in Mt. Airy.

Tuesday - September 26

15/17 MPH - 9:30am - 60 miles - Steve Zeldin (410) 828-5553, SZeldin@comcast.net)

START: ORR - Oregon Ridge
Rolling ride with hills to Rocks State Park. Snack stop in Jarrettsville.

Friday - September 29

10/12 MPH ALL PACES WELCOME - 9:30 am - 20/25/45/55 miles - Mike Gesuele (410-965-5379 work, 410-274-8253 cell, gesuele@ssa.gov)

START: Food Lion St. Michael's - Rt. 50 East over Bay Bridge. About 25 miles after bridge take a RIGHT onto Rt 332 towards St. Michael's.

This is a beautiful flat ride, a good training ride for Seagull.

Saturday - September 30

10/12 MPH - 9:30am - 36 miles - Manny Steinberg & Bob Seay (410-655-8424 & 410-242-6929)

START: DVP - Davidsonville Park & Ride.
Ride to Galesville for a snack at the Wes River Market. Flat to rolling terrain.

13/15 MPH - 8:30 am - 45 miles - Alex Chen (410-832-5224, alexwchen@comcast.net)

START: SOK - Sparks Elem. School
Variation on Horribly Hilly Hereford, Starting in Sparks instead.

15/17 MPH - 9 am - 65-75 mi - Janet Goldstien (410-366-1466, jgoldst@toad.net)

START: WES - Westminster Elem. School
Rolling to moderately hilly miles to Thurmont, Emmitsburg, Gettysburg, and/or Taneytown, depending on the whim of the ride leader.

18 MPH - 9 am - 69 mi - Terry Harrigan (410-549-1798, cctrekker@dtkm.com)

START: GLN - Glenelg High School
Shorter version of the Bagel Frederick 80 (different start/ finish location).

Sunday - October 1

SHE GOT BIKE! - Join your Racing Team for it's annual Festival of Woman's Cycling

START: ORP - Oregon Ridge Park
Three routes available - Registration required.
Check www.baltobikeclub.org or www.bbcracing.org for details.

10/12 MPH - 9:30 am - 27 miles - Gene Marrow (301-854-2885)

START: CLP - Clarksville Park & Ride
New Triadelphia Loop. A brand new route - hilly and scenic. No stores so bring snacks; however, Gene will provide porta-potties.

13/15 MPH - 9:30 am - 40 miles - Kristin Franceschi (410-771-4863, Kristin.franceschi@dlapiper.com)

START: WRP - Western Run Park & Ride
Enjoy a horse country Baltimore County ride through the valleys (and over the hills between them).

13/15 MPH - 9:30 am - 44 miles - Rich Burns (410-433-4162, rnburns@prodigy.net)

START: NFR - New Freedom Rail Trail

"New Freedom-York Loop" - moderately hilly ride with options for trail; also, lunch/snack options.

15/17 MPH - 9 am - 63 miles - Mark McKee (410-455-0362)

START: TMP Taneytown Memorial Park
The Two Taverns ride. Join Mark for this classic, mostly rolling, ride. He'll try to find a replacement for Glen's Family restaurant. Otherwise, it'll be the usual High's or 7-11.

Tuesday - October 3

15/17 MPH - 10 am - 30-34 miles - Katie Gore-Trail (410-262-2818, ktgorem@comcast.net)

START: WRP - Western Run Park & Ride
This is a hilly ride. No rest stop.

Saturday - October 7

10/12 MPH - 10 am - 29 miles - Scott Zelazny (410-525-2591, scott_z@myrealbox.com)

START: MSM - Marley Station Mall
B & A trail from Marley Station Mall to the docks of Annapolis for lunch or snacks.

10/12 MPH - 9:30 am - 32 miles - Manny Stienberg & Bob Seay (410-655-8242 & 410-242-6929)

START: DES - Davidsonville Elem. School
Ride to Deale for lunch at the Subway. Flat to rolling terrain.

13/15 MPH - 9 am - 45 miles - Gary Brandon (717-235-3893, gbrandon@marylandgenera.org)

START: CMP - Carroll Manor Park
"North of the border" ride to Fawn Grove. Snack stop at Rutters, mile 20. Typical Baltimore County terrain.

15/17 MPH - 9:30 am - 55 miles - Ed Hopkins (410-491-5191)

START: RUN - Runnymede Elem. School
Runnymede to Emmitsburg. A classic Carol and Walt Russell ride. Mostly rolling. Lunch stop at mile 32.

18 MPH - 9 am - 77 miles - Ed Cahill (410-465-1492, eh3rd@comcast.net)

START: RUN - Runnymede Elem. School
Beiglersville Ride, Rolling with a few new hills, Lunch at Pizza Restaurant.

Sunday - October 8

10/12 MPH - 9 am - 31/36/44 miles - Jim White
(717-682-4182 cell day of the ride.)

START: SOC - South Carroll High School
Social ride through Carroll & Frederick Counties
w/ 'all you can eat' breakfast @ Union Bridge
VFD. Some great vistas.

13-15 MPH - 9 am - 50 miles - Doug Leoncavallo
(410-362-0286, daleoncavallo@yahoo.com)

START: ORR - Oregon Ridge
Golgstien's Glorious Gutbuster - A Northern
Baltimore County festival o'pain featuring
Stockton, Wesley Chapel, and Vernon. >4000 ft of
elevation gain.

15/17 MPH - 9:30 am - 60 mi - Jeb BrownStien
(433-677-0447, jebbyb@comcast.net)

START: GSS - Greenspring Station (by Bank of
America)

Jewels of Greenspring Valley. Jeb's new ride was
such a hit in July, we'll be doing it again! Hilly, but
as beautiful as it is challenging.

18 MPH - 10 am - 58 miles - Susanne Morsberger
(443-622-5862)

START: FLN Food Lion New Market - I70 West to
Rt. 75 North exit. Turn right at first light. Food Lion
is on the left.

Jimmy's magic Carpet Ride. A beautiful fall ride.
Entirely flat! Except for all those hills...

Tuesday - October 10

15/17 MPH - 10 am - 45 miles - Steve Zeldin
(410) 828-5553, SZeldin@comcast.net)

START: WRP-Western Run Park & Ride
Dan's Scenic Tour ßß - hilly ride with snack stop at
Cucina (Twin Oaks)

Saturday - October 14

10/12 MPH - 10 am - 27 mi - Charlotte Pappas
(410-385-1457, cpappas@umm.edu)

START: GLN - Glenelg High School
Backroads ride, rolling with hills. Rest stop at
High's.

13/15 MPH - 9:30 am - 65 mi - Ken Philhower
(410-437-0309)

START: SHS - Southern High School
Scenic ride through southern A.A. and northern
Calvert Cos.; terrain ranges from flat to mod. hilly;
rest stop in Huntingtown, lunch stop in
Chesapeake Beach.

COMBINED 15/17 & 18 MPH - 10 am - 50-62 miles -
Mark Tabb (410-274-8668, marktabb@yahoo.com)

START: MLP - Maryland Line Park & Ride
Distance determined by weather. Lunch stop!

TANDEM - 10am - 30 miles - Clark & Marcia Merrill
(410-467-0811, 443-690-2470, cbmerrill@yahoo.com)

START: LPR - Libson/Woodbine Park & Ride
A moderately rolling ride through western Howard Co,
stopping at Larriland Farms for Cider, fritters, home-
made fudge, numerous kinsa 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%. Rain
ate is Sunday, October 15th. Joint CRABS/WABITS
ride.

Sunday - October 15

10/12MPH - 8:30 am - 35 mi. - George Cordutsky
(410-882-2788, gcordutsky@msn.com)

START: PRP - Providence Rd Park & Ride
Hilly ride with snack stop.

10/12 MPH - 10 a.m. - 27 miles - Mike Gesuele (410-
965-5379 work, 410-274-8253 cell,
gesuele@ssa.gov)

START: GLN - Glenelg High School
Short, pretty and little hilly ride through Howard
County.

13/15 MPH - 9:30 am - 30+ miles - Bob Morgan (410-
218-0709, bobaems@comcast.net)

START: NWT Newton Village Center
Moderately hilly ride from New Town Village Center
across from Starbuck's (NWT) to Sykesville with rest
stop at Little George's.

COMBINED 15/17 - 18 MPH - 10 am - 62+ miles -
Mark Tabb (410-274-8668, marktabb@yahoo.com)

START: CON - Conowingo Elem. School - Take Rt 1
cross over Conowingo Dam. 1st right at the light -
Rowlandsville Rd. School is one block on the right.
"Strasburg Ride." Cue sheet says 1/3 hilly but it is a
lot hilly (does have some easy sections). Very cool
ride. Lots of variations & unbelievable views like a 10
+ view of the Susquehanna River (Coming from a
side road & all of a sudden the view opens up -
WOW). Traverses through the Susquehanook area
10 miles after lunch-very demanding-but neat! A
GREAT RIDE - WORTH THE DRIVE!!!REALLY!!! Ps-
Can visit the train museum if you have the

desire/time/energy! Can also ride the train for 9
miles. No, it won't take you over the
Susquehanook!

Monday October 16

15/17 MPH - 10am - 50-60 miles - Susanne
Morsberger ((443) 622-5862,
smorsber@msn.com)

START: ORR -Oregon Ridge Park
Hilly ride.

Tuesday October 17

10/12 MPH - 9 am - 34 mi. - Aldona Glemza
(443-676-6752, aglemza@gmail.com)

START: MTV - Mt. View Middle School
Come out with a new leader on a rolling ride
through central Howard County. Rest stop on
the route.

Saturday - October 21

15/17 MPH - 10 am - 45-50 miles - Steve
Zeldin (410-828-5553, szeldin@comcast.net)

START: ORR - Oregon Ridge
Rolling ride with hills to Pretty Boy with snack
at Wally's.

13/15 MPH - 9am - 40 mi. - John Putman (443-
939-2082, ubalum99@yahoo.com)

START: GSS - Greenspring Station
Mostly rolling tour of Greenspring and
Worthington Valleys. There are some good (or
evil depending on how you look at it) hills com-
ing out of the valleys. Since Butler Store seems
to be always closed, there is only one depend-
able food stop at mile 25.3. At Greenspring
Station, park in the lot near the shops, closest
to Joppa Road.

15/17 MPH - 9:30 am - 58 miles - Carl Boyd
(410-465-0854)

START: EFS - Enchanted Forest Shopping
Center
Nice & Hilly as Heck ride through Carroll
County. Lunch @ Farm store / Deli with tables
& Restrooms.

Sunday - October 22

15/17 MPH - 9:30 am - 61 miles - Roger
Eastman (410-531-0421)

START: EFS - Enchanted Forest Shopping
Center - Bagel Bin

Fine ride through western Howard County roads, slightly hilly to start but flatter on the return, with a lunch stop in Mt. Airy.

18 MPH - 9:30 am - 63mi - Ed Cahill (410-465-1492, ehc3rd@comcast.net)

START: TES - Taneytown Elem. School
Mountain View Metric, Rolling with a few hills, Lunch in Emmitsburg Pizza Hut, Great ride, Great Foilage in October.

Tuesday - October 24

15/17 MPH - 10 a.m. - 30-34 miles - Katie Gore-Trail (410-262-2818, ktgoremth@comcast.net)

START: ORR - Oregon Ridge Park
Rolling ride with 2 big climbs. Be sure to have your granny gears today!!

Saturday - October 28

10/12 MPH - 10 am - 25 mi - Charlotte Pappas (410-385-1457, cpappas@umm.edu)

START: GLN - Glenelg High School
A version of Howard County evening ride. Rolling, moderately hilly. Bring food and drink.

13/15 MPH - 9:30 am - 41 mi - Gary Brandon (717-235-3893, gbrandon@marylandgeneral.org)

START: MLP - Maryland Line Park & Ride
Southern PA. ride from MD. Line to Jefferson. Convenience store at mile 18 with lunch at mile 28 in Glen Rock. Not as hilly as would be expected for PA. riding.

15/17 MPH - 9:30 am - 40/62 miles - Glen Young (410-828-1137)

START: SPK - Sparks Elem. School
Northern Baltimore County to Harford County Loop. Moderately hilly ride with rest stops in Hampstead and Madonna. A shorter option (40 Miles) will be available; the ride leader will lead the longer ride.

18 MPH - 9 am - 69 miles - Greg Coneracci (443-756-8213, gc@goggc.com)

START: CMP - Carroll Manor Park
Rocks, Slate, River - Phil Manager's scenic ride through Harford County.

Sunday - October 29

COMBINED 10/12 & 13/15 MPH - 10 am - 32/39 miles - Rich Burns & Gloria Epstien (Rich: 410-433-4162, rburns@prodigy.net; Gloria: 410-665-3012, carglo@verizon.net)

START: RUN - Runnymede Elem. School
Variation of Walt & Carol's Fabulous ride in Littlestown for lunch. Traffic is light, & terrain is gentle.

10/12 MPH - 9:30 am - 20 miles - Carole Gardiner (301-490-6521)

START: FPR - Fulton Park & Ride
Fulton P&R - I-95 South to Exit 35B, follow Rt. 216 West approx. 3 mi. to P&R on left (3/4 mi. past Rt. 29). 12th Annual Halloween Ride (costumes optional); 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.

13/15 MPH - 9:30 am - 29 miles - Ken Philhower (410-437-0309)

START: Fulton Park & Ride - I-95 South to Exit 35B, follow Rt. 216 West approx. 3 mi. to P&R on left (3/4 mi. past Rt. 29).
12th Annual Halloween Ride (costumes optional); 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.



COMBINED 15/17 & 18 MPH - 10 am - 51 miles - Craig Martin (410-538-8791, dee.craig@comcast.net)

START: FIF - 5th District Elem. School
Hilly Halloween ride to Glen Rock over roads like Spooks Hill and Grave Run.

TANDEM - 10 am - 33 miles - Carol & Walt Russell (410-665-0651, wrussell5@yahoo.com)

START: TES Taneytown Elem. School
Taneytown to Woodsboro. Join us for a late season rolling ride to Woodsboro and lunch at Trout's Restaurant.

Service and Maintenance Schedule for Your bike

Prepared by the Bicycle Barn in Houston, TX

Always listen to your bike. Any unusual sounds like a popping, grinding, squeaking sound may be a warning. The routine care for your bike will be determined by how much time you spend on the saddle. Most professionals recommend a tune up with a drive train overhaul included every four to six months, or at least every 1000 miles. We also recommend an overhaul every nine to twelve months or 1500 to 2000 miles for road bikes depending on the riding conditions and riding style and even more frequently for off road bikes.

Every Ride

- air pressure
- quick release on hubs
- brakes are closed

Monthly

- check axle bolt tightness on hubs
- check tires for wear, gouges, and cuts
- check tightness of cleats on shoes
- clean & lube chain including chain wheels
- check tightness & condition of spokes
- wipe chain & clean build up of mud or road spray

Quarterly

- check brake cables for worn, frayed strands & replace as needed
- check brake cables for cable stretch & adjust as needed
- check cable bolt tightness
- check for brake pad wear
- tighten binder bolt if needed
- check derailleur shifting
- complete tuneup for serious cyclists

Semi-annually

- check & tighten binder bolts on carriers or child seats
- check for chain wear
- check mounting bolts on any accessory added to your bike
- check binder bolt on handlebar
- disassemble, clean and relube hubs & pedals, replace worn parts
- have wheels trued & re-aligned if needed

Nine to Twelve Months

- complete overhaul of all bearing areas including the drive train
- realign & reposition brakes and derailleurs
- re-dish wheels
- check fork alignment
- suspension overhaul
- stay safe!

Houston Bicycle Club website: www.hbc.stevens.com

CLUB CONNECTION 
www.adventurecycling.org



Touring Tips from the ADVENTURE CYCLING ASSOCIATION

from *Adventure Cycling's Handbook for Self-Contained Tours*

an Adventure Cycling credit line.

What to Take and How to Pack

Clothing - Weight and bulk, versatility, and suitability for anticipated conditions are the primary considerations when deciding what to take along on your bicycle tour. If this is your first tour, you may find yourself sending home surplus clothing/gear once you've been on the bicycle a few days and discover how much - or, rather, how little - you really need for a comfortable tour.

Cycling shorts with synthetic chamois lining, cycling shoes, a helmet, raingear, tights, a rearview mirror, and cycling gloves are the best items to purchase specifically for bicycling. Blue jeans and sweat pants are bulky moisture magnets, and are not suitable for riding.

When it gets chilly, it's best to layer clothing for warmth. Avoid cotton undergarments (they trap moisture, chafe your skin and are poor insulators when wet); instead use synthetic fibers that wick moisture away from your skin. Next comes a wool sweater or synthetic pile jacket; both are good insulators, even when wet. Your rain/wind jacket serves as the outerlayer. A

breathable waterproof fabric, such as Gore-Tex, will keep you dry, and is an effective windbreak. Coated, waterproof raingear will dampen your clothing from the inside.

Also carry a light, loose-fitting, long-sleeved shirt to protect your skin from the sun. Clothes should do double duty: For example, will your off-bike outfit double as a warmth layer or sun protection?

Shoes need stiff soles to increase pedaling efficiency and to protect your feet from the sustained pressure of pedaling. Touring shoes can double as riding and walking shoes. Feet often swell slightly when riding, so choose shoes that allow free movement of your toes.

Packing - For self-contained touring, try to keep your load between 30-45 pounds.

Carry about 40% of your gear on the rear wheel and 60% over the front wheel. Your sleeping bag, pad, tent and body weight will then add weight over the rear wheel. Five to eight pounds is the maximum you should pack in a handlebar bag. Experiment with weight distribution to find the best results for your particular bike.

Before packing, line your panniers and sleeping bag stuff sack with heavy-duty

plastic garbage bags. Despite sometimes being labeled "waterproof", all panniers seem to leak when it's raining. Roll your clothing and pack it vertically (in individual ziplock bags, if you are extremely organized!) This way you can see the end of each roll for easy identification, and it helps avoid wrinkling.

Start your trip with extra room in your panniers for items picked up along the way (and for cooking gear and food). The extra room will also make it easier to pack quickly.

Keep your wallet, camera and often-used items in a detachable handlebar bag or fanny pack and always take it with you when you leave the bike. Tools for fixing flats can go in your handlebar bag or a small seat bag, for easy access. Other tools and spare parts can be packed in your pannier. ■

ADVENTURE CYCLING
a s s o c i a t i o n

P.O. Box 8308, Missoula, MT 59807
(406) 721-1776

Road Tips

From the newsletter of the Peninsula Bicycling Association, Newport News, VA

Next time you ride in the rain, wipe your tires clean with vinegar before heading out. This will remove oily residue and lets the rubber grip much better on wet roads.

To easily apply talc to inner tubes so they're easier to install, first coil the tube loosely in a large self-sealing plastic bag. Sprinkle talc into the bag. Shake vigorously until the tube is covered with an even thin coat of talc. Store the tube in the bag until you need it.

A great solution to dirty hands during roadside repair is to store an old tube sock in your flat kit. Not only will it separate your tools and prevent rattles, you can slip it over your hand and arm, thus avoiding getting greasy while also maintaining excellent dexterity.

CLUB CONNECTION



ADVENTURE CYCLING
a s s o c i a t i o n



"Nothing compares to the simple pleasure of a bike ride."

— John F. Kennedy



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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

Yes No

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 Bicycling Club, Inc.** and application to:

Baltimore Bicycling Club
P.O. Box 5894
Baltimore, MD 21282-5894



Baltimore Bicycling Club Newsletter Need BBC Info?

*For BBC members with questions or
problems concerning:*

• **Membership • Ride Schedules • Any Committee • Any Function**
CALL 410-792-8308 • Email: hotline@baltobikeclub.org

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For Marketing Questions • Email: marketing@baltobikeclub.org

For Membership or Newsletter Delivery Questions or problems
Call: 410/823-4293 • Email: questions@baltobikeclub.org

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Baltimore Bicycling Club
P.O. Box 5894
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September | October
2006

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