



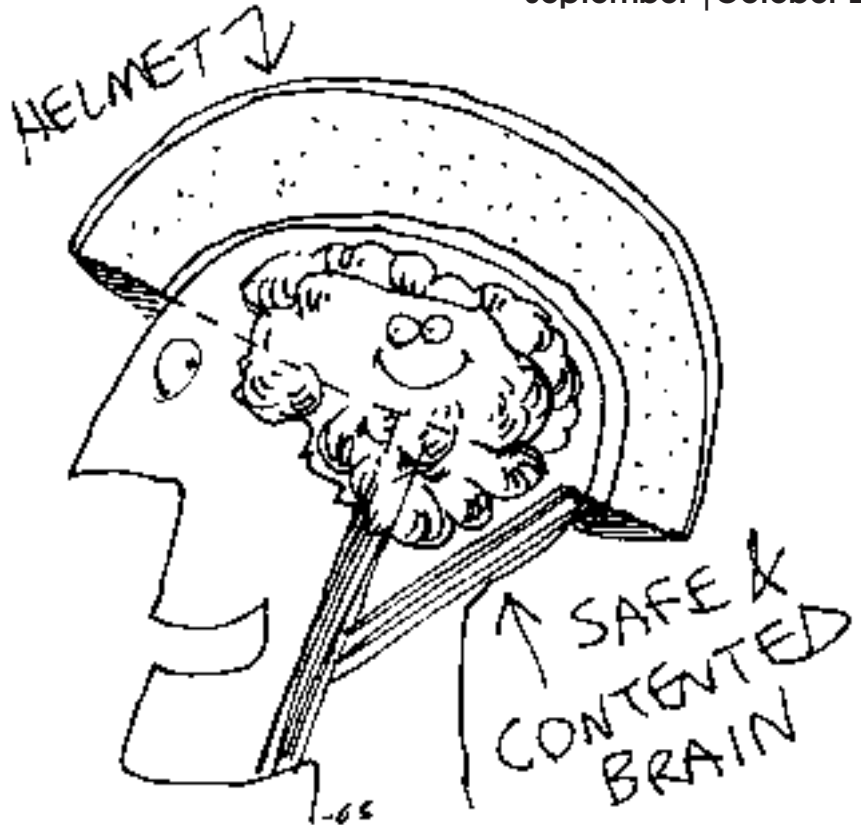
Baltimore Bicycling Club Newsletter

Volume 42 Number 5

September | October 2009

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

To make sure you continue to get your Newsletter and membership renewal notices, please let us know if any of your membership information changes. You can do this by sending an e-mail to update@baltobikeclub.org, or go on the Web site to the Member Update page (<http://www.baltobikeclub.org/index.pl/update>), complete the form, and submit it.

Mea Culpa

I caught some flak for last issue's cover art, which depicted a helmet-less rider. I don't always choose the cover art, but I do always approve it, which I did, in that case, without taking conscious note of the cyclist's naked head. (Perhaps I overlooked this omission because he also appears to be wearing blue jeans and hipster boots; a helmet would no doubt have ruined the overall effect of the ensemble.) In any event, I would not want to mislead anyone into believing that the BBC encourages, condones, or scuffs its toe on the ground, nonchalantly whistling skyward, cycling without a helmet. Consequently -- this issue's cover art, which I did personally select. Yeah, it's a little creepy, but that's what can happen when you let me pick the graphics. ☺

Ride safely, ride with joy.

-- Maxine Mead, Editor

2009 Officers & Members-at-Large of the Board

The BBC is governed by an Executive Board (consisting of a President, Vice President, Treasurer, Secretary, four members-at-large, and the Past President) which meets monthly to discuss club business. If you would like more information, please call the current BBC President. For a synopsis of the minutes, call the Secretary.

Officers

Mary Ryan, President
410-828-1015
president@baltobikeclub.org

Georgia Glashauser, Vice President
410-857-3262
vicepresident@baltobikeclub.org

Ed Cahill, Secretary
410-465-1492
secretary@baltobikeclub.org

Ken Philhower, Treasurer
410-437-0309
treasurer@baltobikeclub.org

Bob Carson, Past President
410-828-8604
pastpresident@baltobikeclub.org

Members-at-Large

John Cole (2008-2009)
410-661-4427
membersatlarge@baltobikeclub.org

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

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

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

2009 Committees

Insurance

Government Relations

Instructional ProgramsHoward Kaplon410-484-6955

Club Items for SalesMitch Tobias410-833-8137

Newsletter EditorMaxine Mead443-474-7076

1. Tandem ColumnPeggy & Tom Dymond410-272-9139

Rides Georgia Glashauser410-857-3262

(see Rides section of newsletter for committee members)

Cue Sheet LibrariansGene Bayer443-850-0671

. Larry Kenny

Team BBC RepresentativeBob Rohlfing410-665-5740

Safety Awareness ProgramJohn Overstreet

BBC Property

Web Site WebmastersMary Ryan410-828-1015

. Craig Martin410-538-8791

MembershipCraig Martin410-538-8791

GivingRuss Loy410-628-6297

BBC Talk AdministratorJanet Goldstein410-366-1466

League of American Bicyclists

1612 K Street, NW, Suite 401

Washington, DC 20006

202-822-1333

BBC SPECIAL EVENTS FOR 2009

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

CRABS Potluck	January 17, 2009	Peggy & Tom Dymond 410-272-9139 tedymond@verizon.net
BBC Winter Social	February 22, 2009	Gloria Epstein 410-665-3012 carlglo@verizon.net
Kent County Spring Fling	May 22-25, 2009	410-790-4422 kentcountyspringfling@gmail.com
DE-MD Flatlands Tour	June 20, 2009	Ken Philhower, 410-437-0309 bcflatlands@cablespeed.com
BBC Picnic	July 12, 2009	Mary Ryan, 410-828-1015 picnic@baltobikeclub.org
Civil War Century	September 12, 2009	http://www.civilwarcentury.com
Weekend in Lancaster	September 25-27, 2009	John or Jane Cole 410-661-4427 jjcole01@comcast.net Walt or Carol Russell 410-665-0651
Washington County Getaway	October 16-18, 2009	410-433-4162 rnburns1@verizon.net

OUT OF BOUNDS

September 6, 2009

Brandywine Tour. Pocopson, PA. (Near Chadds Ford).

25, 50, 65, 80 or 100 miles through the rolling hills of historic Chester and Lancaster Counties.

Fully supported by Delaware Valley Bicycle Club w. pizza, live music and massage at the end of the ride. For more details, go to dvcbc.org

September 13, 2009

Southern Maryland Fall Century: The Indian Head 100. Indian Head, MD

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

September 13, 2009

Save-A-Limb Ride and Festival. Hunt Valley, MD. 7:00 a. m.

Featuring Tour de France cyclist Floyd Landis, a picnic in the park, fitness fair, and kids' carnival. Three ride options: metric century, 30-mile ride, 6-mile family ride.

<http://www.savealimbride.org/>

September 16 –19, 2009

The Source of the Delaware. Hancock, NY.

A 250-mile, four-day tour, starting in Hancock and ending in New Hope, PA. The tour is designed for cyclist who relish some long mile days and varying topography. Limited to 50 cyclists. Sponsored by Pedal PA.

<http://www.pedalpa.com/DelSource09.htm>

September 26 --September 27, 2009

24 Hours of Booty. Columbia, MD. 4:00 p. m. Saturday to 4:00 p. m. Sunday.

A 24-hour, non-competitive charity cycling event that is geared for teams and individuals and is open to participants of all ages and skill levels. Proceeds to benefit Johns Hopkins Medicine, the Ulman Cancer Fund for Young Adults (UCF) and Lance Armstrong Foundation (LAF).

<http://www.24hoursofbooty.org/>.

October 11, 2009

The Civista Potomac Heritage Bicycle Tour. LaPlata, MD.

14, 33, 60, 80, and 100 miles through Southern Maryland. All routes, except the casual 14-mile family ride, will take cyclists along the scenic on-road bicycle route of the Potomac Heritage Trail National Scenic Trail. The event is sponsored by the Civista Health Foundation. Cyclists will enjoy an after-ride party with food and entertainment.

http://www.active.com/page/Event_Details.htm?event_id=1657974

submitted by
Diana Voelkel

Pedal in Style. . .

Purchase online for the SAME PRICE at:
www.baltobikeclub.org/index.pl/logo_jersey

Order your NEW Baltimore Bicycling Club Jersey!

Now you can have a "New" BBC Jersey!

Custom designed by local cyclist Jason Kamps of Wolf Designs.
 These Jerseys by Verge Sports feature M-Tec Extreme fabric,
 a 3/4 length invisible zipper and 3 back pockets



Front



Back

Design is in
 Maryland Flag colors
 Gold, Red & Black

Jerseys are \$70.00 each (tax, S&H included)
 Club Fit, Women's Race Fit, & Men's Race Fit

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 <p>Custom Art & Graphic Design Services Logos Catalogs Marketing Supplies T-Shirts Apparel Jerseys 410-796-5858 www.wolfdesigns.com</p>	Size Chart							
	<i>Jersey Size</i>	<i>XS</i>	<i>S</i>	<i>M</i>	<i>L</i>	<i>XL</i>	<i>2XL</i>	<i>3XL</i>
	<i>Men's Chest</i>	–	36-37	38-39	40-41	42-44	45-47	48-50
	<i>Women's Size</i>	2-4	6	8	10	12	–	–
	<i>Bust</i>	28-30	31-33	34-35	36-37	38-39	–	–

"Club Fit" (S to 3XL) Fits both Men & Women that don't have that slim and trim physique with a more relaxed fit.

"Women's Race Fit" (XS to XL) Fits a Women's contours with a slim and trim physique. Larger framed women may prefer the "Club Fit"

"Men's Race Fit" (S to 2XL) Fits Men with a slim and trim physique. Larger framed men may prefer the "Club Fit"

Jersey Order Form (Avoid confusion, order ONLY One Jersey per form)

Name			E-Mail Address				
Address		City		State	Zip + 4	Phone Number	
Choose Size [Check One] : XS [] S [] M [] L [] XL [] 2XL [] 3XL []							
Choose the Jersey Style [Check One] : Club Fit [] Women's Race Fit [] Men's Race Fit []							
Make check payable to Baltimore Bicycling Club						TOTAL PAYMENT = \$70.00	

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

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

Coming Saturday, September 12, 2009

The Civil War Century

Riders limited to 1600 & No walk in registration

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 and Antietam or 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.

Check-in for registered riders begins at 7 a.m. and continues through 10 a.m. for riders on the shorter routes. A ride for everyone: We offer five rides ranging from long and mountainous to short and flat. All routes are well marked and cue sheets are provided.

Civil War Century (105 miles) -- This is our most popular and most challenging route. It visits all three Civil War battlefields offering breathtaking mountain vistas along the way. This hilly ride has about 7,400 feet of climbing with four mountain climbs, but if you get tired, you can bail out at 66 miles, skipping Gettysburg (and the last mountain climb) in favor of a scenic seven-mile descent back to the start/finish.

Gettysburg Three-quarter Century (77 miles) -- This route is for those who want a more challenging ride to Gettysburg, but who don't want to tackle the full century. With about 6,400 feet of climbing, you'll scale four mountains en route to the battlefield. If you get tired, don't worry -- you can avoid the last big climb and bail out at the 38-mile point, cruising seven miles, mostly downhill, back to the start/finish point in Thurmont.

Gettysburg Metric Century (62 miles) -- On this ride you get to look at the mountains, not climb them, as you meander along pleasant country roads through the lush rolling farmland of the Monocacy and Carroll Valleys to Gettysburg and back. As a bonus, you'll see four covered bridges on this route.

Gettysburg Half Century (50 miles) -- This ride also takes the easy route to Gettysburg, traveling along most of the same pleasant country roads as the metric century, but skipping two of the covered bridges.

Covered Bridge Quarter Century (25 miles) -- On this flat ride you won't visit any battlefields, but you will get to cross three covered bridges that were used repeatedly by the troops of both sides in the Civil War.



Registration through Active.com only and is open. Find the link at www.civilwarcentury.com. **And BBC Members** – Please consider volunteering! Without your help and support this event doesn't happen. See the ad in this Newsletter or on the website www.civilwarcentury.com.

JOIN the FUN - Volunteer!

The **Civil War Century** is one of the BBC's premier invitational events. To make it a successful, safe and enjoyable experience for our guests, we need to have the commitment of about 200 volunteers. If you are a member of the BBC, you should consider this day as a primary day to give back to the club and to the cycling community that so often hosts us at their events. The BBC cannot continue to guarantee the success of this event without increased support from its members. Without you and many others, the Club cannot continue to successfully host this event.

Benefits:

It's Fun! It may sound like work but it really is a lot of fun.

Make new **friends!** You will meet new folks, make friends, and form great social bonds.

Satisfaction! – You have the chance to give something back to the cycling community and to your club.

T-Shirts -Receive both a long-sleeved Event T-Shirt & a volunteer T-Shirt.

Ice cream - what else could you possibly want?

There is **no charge** to register as a volunteer. Plus, depending upon your task, volunteers can ride for free if they have committed to 3 or more hours of service.

Though the event was quite successful the last few years with a limited number of volunteers, the Club will be making a very serious effort to substantially increase the number of volunteers for CWC 2009. This will help to make the work load a bit easier for everyone, as well as improving certain important aspects of the event.

Please volunteer this year. Non-riding spouses, friends and neighbors are also welcomed (and really appreciated!) as volunteers.

You may register to volunteer by going to Active.com. There is a direct link to the event and Active.com at the BBC website, <http://www.baltobikeclub.org> , along with brief descriptions for some of the volunteer positions. There is no charge to register.

Registering via Active.com will assure that we will have your contact information in one convenient place and also will allow you to select the size of your complimentary T-Shirts. We will attempt to assign you to your choice of positions/locations, but your flexibility in assignments will be greatly appreciated.

If you have questions, please contact one of the committee members listed below.

We really appreciate your participation. If you have ideas about how to entice more members to volunteer, please share them with us - we could sure use the help, and volunteering has been fun and rewarding for many of us in prior years!

Mary Menne
Carol Russell
Gloria Epstein

Barry Menne
Bob Carson
Barb Park

Craig Martin
Bud Lippert
Cindy Wyatt

Mary Ryan
Becky Smith

Weekend in Lancaster

September 25, 26, & 27, 2009



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

Each attendee must provide an application and signed release.

Name _____

Home Phone _____

Address _____

Cell Phone _____

_____ E-mail _____

Roommate _____

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

_____ Emergency Contact Name

_____ Emergency Contact Phone

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

\$ _____

Please Make check payable to BBC.

APPLICATION DEADLINE IS September 1, 2009

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

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

Questions: jicoleo1@comcast.net or call:

John or Jane Cole (410)661-4427

Walt or Carol Russell (410) 665-0651

BICYCLE HELMETS MUST BE WORN AT ALL BBC RIDES & EVENTS

BALTIMORE BICYCLING CLUB, INC. ("BBC")

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

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

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

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

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

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

Name Of Activity: _____

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

Street Address City State Zip Phone

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

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

Street Address City State Zip Phone



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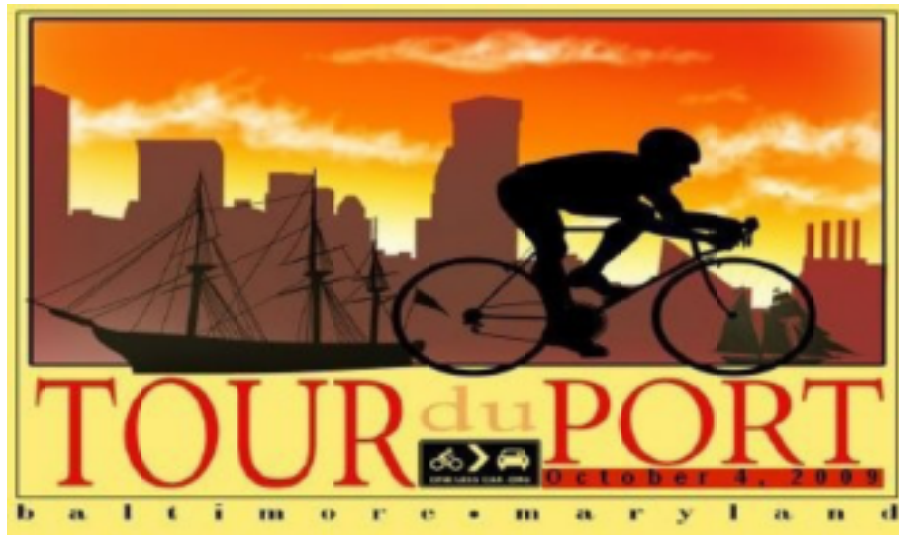
www.RacePaceBicycles.com

Sunday, October 4th 2009
Tour du Port
Baltimore's Premier Bicycle Event!!!

**Join thousands of riders at the Canton Waterfront Park
to kick off the 16th annual Tour du Port!
Routes range from 12 to 50 miles -a half century!**

**Register now at [www/onelesscar.org](http://www.onelesscar.org) and get the early
registration on rate: \$35 for pre-registered adults; \$15 for
children under 13.**

Tour through more than 12 historic neighborhoods, waterfront
areas & parks. This is a fully supported tour with lunch,
refreshments at rest stops, map and SAG and post-ride
celebration at Tour's end.



For additional information contact Carol Silldorff
at carol@onelesscar.org

This is One Less Car's (OLC) Annual Fundraiser
**All fees go directly to advancing the advocacy efforts of OLC, a non-
profit dedicated to better cycling, walking & mass transit in Maryland.**



*EIGHTH ANNUAL
Washington County Getaway
October 16, 17 & 18, 2009*

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

Weekend participants should make their own reservations for Friday and/or Saturday night. The Super 8 (301.739.5800), 1220 Dual Highway (US 40 coming into town) has reserved rooms for the BBC until Oct. 3 at \$55.00 + tax. There are numerous other nearby motels.

A welcoming party will be held Friday evening. And, Saturday evening there will be a group dinner at a local restaurant with a varied menu at moderate prices.

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

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

Information: 410-433-4162 or rnburns1@verizon.net

Name(s) _____

Address _____

Phone _____

E-mail _____

(check) _____ need roommate _____ interested in carpooling

_____ interested in Sat. group dinner

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

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

Tour de Montes: History, 2009, and the Future

By Craig Martin

Maybe you are one of the many BBC members that have heard of the Tour de Montes, or maybe you are one of the over 250 riders that has actually participated in the event. Either way, you may want to know a little more about what the Tour de Montes is all about. So, here's the inside scoop from the guy that has been keeping it going for the last 10 years.

The original ride that eventually evolved into the Tour de Montes was a Potomac Pedalers ride, described as: "The Virgin Grandmother Ride starting from Clear Spring High School in Clear Spring, Maryland. Come relive those precious days of yesteryear in climbing the FABULOUS FOUR with us on this marvelous epic ride designed by Paul Oberg and Henry Allenberg. (*This is the middle day of the current Tour de Montes.*) The terrain becomes more up and down as we head toward Fannettsburg, where we encounter the first climb over Kittatinny Mountain, a 3-mile, mostly 9% climb. The next climb, over Blue Mountain to Upper Strasburg, is a bit shorter. From Roxbury we climb over Kittatinny Mountain again. This 4-mile climb begins in a benign fashion, but after you turn left at the fork it becomes steeper to an average 10% grade, and the final quarter mile is VERY steep. The 2-mile descent is fast and thrilling (how about 65 mph!!). We'll have a nice lunch in Spring Run before tackling the fourth climb over Tuscarora Mountain, another 3-mile climb with a good bit of 10% grade. After completing the FABULOUS FOUR, the ride swings over from Neelyton to Burnt Cabins and then to Cowans Gap State Park, where you can cool off in the lake if you've a mind to before we climb up Tuscarora Mountain yet again! This climb is gradual and moderate for a few miles, and then becomes a bit arduous as you near the summit at US30. A fast descent on US30 dumps us out in Fort Loudon, and before we know it we're climbing half-way back up ye olde Tuscarora Mountain again, this time on PA16..." Makes you want to grab your bike, jump in the car, and drive up and give it a try, doesn't it? Well, in 2009 21 riders did that, to join the 53 riders we had on the full 3-day Tour de Montes.

In 1996, the then-16 mph group of the Baltimore Bicycling Club thought that a three day event could be built around "The Virgin Grandmother Ride." BBC member Al Giglitto, stepped forward and put together the first Tour de Montes. Al used the Spanish translation for "Tour of the Mountains" in honor of five time Tour de France winner, Miguel Indurain. The first Tour de Montes was held in June, 1997, the weekend after Bike Virginia. The idea here is that you can take a week and day off from work and get in over 600 miles. There were 30 riders on that first event. The ride started at Mt. Hebron High School and went to Greencastle, Pennsylvania. I can't say too much about that first year, as I wasn't there. I did, however, ride the next year in 1998. I learned a lot on that three day event, but most of all I learned that riders REALLY liked doing the Tour de Montes. Then Al let us know of his plans to retire and move to San Diego and that's where I come in. I couldn't see the Tour de Montes come to an end. The Tour de Montes was enjoyed by all and the event had so much potential. I met with Al in Catonsville before a club ride and took over the event.

The first year under my leadership was 1999 and there were nine participants. That's right, just nine. Well, at least that made it easier for a first time event leader. Over the years I have continually tried to make the Tour de Montes better and better. By, keeping those things that work and changing those things that don't, the event runs well now and sells out quickly. In 2008, Tour de Montes sold out in 15 days. There are classic parts that remain the same, such as holding the event the weekend after Bike Virginia, the climb up MD 77 out of Thurmont and Garfield Road, the "Grandmother" climbs on Saturday, the climb up Woolfsville Road and the descent down MD 77 on the way back. Here are some of the things that have changed. In 2000, the lunch stop in Thurmont was changed to Rocky's Pizza. In 2001, SAG coverage was added for Saturday. In 2002, the maximum participants was increased from 40 to 60. In 2003, Friday night's dinner was changed to Casey's Restaurant. In 2004, the lunch stop for the routes going back was moved to a pizza shop in Walkersville. In 2005, the start location was changed to the one we use now, Mount View Middle School. In 2007, Phil Feldman became a great addition to the staff. Phil drives SAG on Friday and Sunday. In his spare time does

bike repairs on the way and in the evening. Also in 2007, due to increased traffic on PA16 going out and coming back to Greencastle, the route was changed to friendlier back roads.

So, what's it like to do Grandmother? I've gotten a lot of emails of thanks over the years, but I'd like to quote from two of them (both have been edited in consideration of keeping this article a little less than novel length). The first is from Stuart Lamb in 2006.

"The most difficult physical thing I have ever done in my life! We headed out on course at 8:11 a.m. on a beautiful sixty-something degree morning. The weather was perfect, not too hot and reasonable humidity, especially for the end of June. We started at around 600 feet above sea level and climbed to about 850 feet at the first rest stop touching 10% three times. After the first rest stop, there was a plummeting descent (-12% for 125 feet down) and then the first climb. It was 'only' 2.3 miles, and not too difficult hitting 12% a couple of times but mostly in the 7-11% range. We climbed up to 1725 feet. The 12% descent after was exciting (harrowing?) with 'humps' or 'whoop-de-doo's' all the way down at 40-49 mph including a serious hairpin turn (thanks for putting it on the cue sheet, Craig, or you might have found me in a tree later). At the bottom began the second climb which was a mile and a half long peaking at 13% and climbing back from 1000 feet to 1700 feet again with a spectacular 13% descent through the woods again going down almost 900 feet to 750 feet above sea level.

I started the third climb (750 feet). The lower part had a stout piece of 12% with a following pause of 3-4%, then sharply up again at 11% before it actually stops climbing for a minute as you look up and to the left and see the diagonal line of white rock and guard rail where you are heading towards the top. I did not allow myself to feel fear but I did think about how far up it looked. The road then curves around to the left and the ribbon of impossibly steep and long pavement stretches out along the mountainside leaving no doubt in your mind that you may be looking at your match. I could not overcome the thought that it might be more than I could do. The grade for the next twenty-minutes was 9-15% with most of it well over 12% steady. Halfway up I knew that I had to get off the bike. I wasn't going to give in. I almost stopped, but didn't. I did three 'tacks' across the road so I could sit for a few seconds and then back standing. Soon I did five more tacks, zig-zagging across both lanes. It was either lessen the pain for those seconds or quit. After another standing bout against the 15% oppressive grade I zigged and zagged once more and then pushed for the top. This third climb went from 750 feet to 1925 feet above sea level and took almost half an hour total over four miles. What was to come after the top made it almost worth pain. This descent was straight and smooth and very steep at 13-14% and I broke my own personal prior speed record by going 55.6 mph and for quite a while at well over 50 mph. Half an hour up, and 2-1/2 miles down in less than three minutes, WOW.

We stopped at the Gulf Station which had a nice bathroom and great homemade sandwiches. From the lunch stop at mile 52, it was straight onto the fourth climb, mostly 7-11% with one sharp 13% spike a third of the way up. This 2-1/2 mile climb went from 800 feet to 1800 feet and then had a nice 10% descent on the other side. We headed on for what seemed like the longest six miles ever but it was beautiful all the way to the lake at Cowan's Gap State Park. We warmed up for the first two miles after the rest stop and then climbed once again. This was yet another four mile climb, this time starting at 875 feet but climbing to 2350 feet brutal at almost 1500 feet vertical after all the rest of the days work. The first half climbs slowly at a few to 7-8% max. The second half is almost more than you can bear sharply upward at 10% and then 9-12% for a couple of endless miles. The reward shortly after the top was the smooth, open and gently turning descent on US 30 off of the accumulated mountain climbs. We descended from 2350 feet to 700 feet in under ten minutes at mostly upper 40's speeds with a couple of minutes at 50-52mph. Most of the grade was just under 10% but it was still a long and fast blast of fun before the slog across the valley home."

Well, that was how Stuart saw it doing the popular five climb version, ending up the day with the following stats: "100.47 miles, 6:15:20 in the saddle riding time, 16.0 mph, 6,220 calories burned and 8,200 feet of altitude gain. So, the Civil War Century is about 7,500 for 104 miles or a '7' and this is clearly an '8.2' which is

the hardest century I've ever done. I would say it is 15-20% harder than the Civil War Century. We were on the road for just under eight hours total including rest stops (2) and lunch."

My thanks to Stuart for that very detailed account. I'm sorry I couldn't include it all. So let's hear from Janet Goldstein, who did all six climbs in 2007. Again, editing was necessary to keep the length of this article reasonable.

"This Ride to End All Rides deserves a write-up. First, I want to thank Craig for an absolutely fantastic, well-run, superbly supported day of suffering and exhilaration. Thanks also to Marybeth, the angel at the top of climbs two through five, with water and smiles and encouraging words. Making it to the top of the sixth climb was just an amazing feeling, absolutely a gift. When I asked for the six-climb cue sheet, Craig raised an eyebrow. I didn't begin to worry until other people asked how many climbs I was doing (most said 'Five climbs?') and, to a person, showed surprise when I said, 'Six.' Even the bad-asses were doing the five-climb version -- but they'd already done the full Monty in some previous year.

The first couple hours were humid, with a headwind, and gently rolling. I had not taken a close look at the cue sheet, so when I got to the first rest stop I asked Mary Menne, if we hit the first climb yet? There had been a couple hills, but nothing noteworthy. Quoth Mary: 'If you have to ask, it wasn't a climb!' So I found out half a mile later when the first climb began. Had I bothered to look at the cue sheet beforehand, I would have noticed that the start and end mileage of every major climb was marked clearly on the cue sheet (which really helped, BTW). That first climb, which started at 31.5 miles, was not incredibly steep, but it was steep enough for me to use my third chainring, and it went on for maybe a mile and a half. I don't remember doing a climb that long at that grade (6%? 8%? dunno) before. Craig was at the top with the van and his usual good cheer. Then came the descent, as cold as the climb had been hot, with a couple of 10mph switchbacks that had me worried but with which I had surprisingly little trouble, probably because I rode the brakes all the way down. (Go ahead, call me a weenie -- I'm still alive to be called a weenie!) The humidity disappeared as I climbed; this happened on all the climbs, and on at least two of them a cool breeze near the top provided enough pleasure to enable me to keep going.

The second climb was much like the first, but longer. There were several pleasant, easy miles before the third climb, which started around mile 45. This was -- guess what? -- long and steep, and then some. I am so glad that I had forgotten what Teacher Bob told me when I asked if the Grandmother was harder than the Savage Century: 'No,' he said, 'except for the end of the third climb.' Indeed, the grade got steeper and steeper toward the top of the hill. It was hot. I was sweating profusely and could barely turn over the pedals. For a while there, in my 30 x 27 gear, I was going 4.8mph and my heart rate was 169 (that might seem low to you, but mine doesn't get much higher than that). I didn't know if I could keep going. There was no shade and traffic was whizzing by. Like, this is what I do for *fun*?! Somehow, after ten or fifteen years, there was the top, and Marybeth with the SAG van. She considered me, collapsed heaving over my handlebars and unable to speak, and asked gently if I wanted her to drive me down. 'I just need to rest,' I said (when I could). When I could breathe again and Marybeth had refilled my water bottle (and handed me a cue sheet for the five-climb version of the ride, just in case I changed my mind), I headed down to the lunch stop, feeling amazed that I'd made it through that ordeal and insanely grateful that it was over. The descent quickly cooled me off, and I found myself shivering as I rode cautiously down the wide, smooth asphalt.

The friendly faces at the lunch stop cheered me considerably and even more so when those who'd done the ride before assured me that nothing to come would be as steep as that third climb had been. The Gulf station looked none too impressive, but it had Real Food and bathrooms, not to mention the other cyclists with whom it was a pleasure to commiserate. Misery does indeed love company. Phil and Teacher Bob excitedly asked me how fast I'd manage to descend the back of the climb -- 'I got up to 50!' 'I hit 55!' -- and I had to admit I hadn't made it beyond 41 or so. I gulped down a hot sausage, filled my Polar Bottle with iced tea, and remembered to reapply sunscreen before saddling up again.

There was some debate that evening as to whether the third or the fourth climb was worse. For my money, they were both worse, but for sheer agony, climb #3 wins. By climb #4, I'd established a routine: as the climb started, I'd switch to my 30 chainring; earlier than necessary to be sure there wasn't so much tension on the chain that I'd drop it -- last damn thing I needed. I'd begin the climb in my 19 or 21 cog, shifting to an easier gear when necessary but holding back that 30 for when I really, really needed it. My mantra: 'Just keep pedaling. Just keep pedaling. Just keep pedaling....' It seemed to work. At the top of every climb, I stopped to pass the time of day with Marybeth and catch my breath. It isn't my usual practice to stop at the top of a climb, but it isn't my usual practice to do climbs like this, either. I'll never think of Cuba Road or Longnecker the same way again.

After climb #4, there was a pleasant, shaded, undemanding interlude approaching Cowan's Gap State Park. Tour de Montes riders had taken over a set of picnic tables under the trees. Have I mentioned the fabulous camaraderie on this ride? People were way more friendly than I'm used to, and it was a pleasure. I bought a huge funnel cake and more iced tea for the road from the concession stand. This funnel cake was just huge; after getting powdered sugar all over my kit, I couldn't finish the thing. I left the remains on the picnic table next to a large bag of pretzels that must have been put there by Marybeth or Craig -- have I mentioned that the support on this ride totally rocks? Having survived four of six climbs, I approached the fifth with weary resignation rather than dread. It began. It continued. It went on and on. Another rider had stopped to rest at what, in a just and merciful world, would have been the top, but which turned out to be maybe halfway up. 'This blows!' I shouted, and felt a little better at once. Finally, I made it. 'Still doing the sixth climb?' Marybeth asked. 'Yup!' I said. Damn it, I wanted to be able to say I'd done it, always and forever, and then I'd never, ever, ever, ever have to do it again. Ever.

And so we come to the dreaded sixth climb. When, at the ride start, I told Will Hudson I was doing it and asked if he was, he shook his head and said, 'It's ugly.' At the time this concerned me, but when I turned onto PA16 I saw that Will meant the traffic and the lack of scenery rather than the grade. Yeah, there was a lot of traffic and a narrow shoulder. When you're fighting for every breath, though, and taking it one pedal stroke at a time, who the hell notices the scenery? This is where I should point out that there were some truly amazing vistas on the ride, most of which I caught only briefly out of the corner of my eye, if at all, because I was either struggling up a wall at 5-6mph or white-knuckling and shivering my way down the other side. At the top, I was surprised to see no van there, no Marybeth, no Craig. Later, I learned that only ten or so of the 60 people on the Tour did the Grandmother. I pulled onto the shoulder, ate a couple bites of a Cliff Bar, and reveled in my achievement. I had done it. I had managed all six climbs of the legendary Grandmother of All Rides, without walking up any hill. In fact, I didn't even drop my chain, get a flat, or miss a turn all day. As I munched, I enjoyed the view, applied more sunscreen, and looked forward to the final, gentle 25 miles, though in need of a bathroom and not sure my fluids would last. It was a sweet moment. All that suffering had been worth it. The descent was not too steep or windy, so I was able to enjoy it. And what should I find at the bottom but a bright and clean McDonald's, with a bathroom that had just been scrubbed and a friendly cashier? I bought a bottle of water without even protesting the exorbitant price, ate more of the Cliff Bar, and was on my way.

Okay, so the last 25 miles were not completely flat. There were a couple of short hills. They hurt. I didn't care, though; I'd Seen My Duty and Done It. Nothing bad could happen to me now. Having done the ride almost completely solo except for the rest stops, I was delighted to be joined by Thomas from Michigan, who had done 100 miles the previous day (his lowest gear a 39 x 23!!!!) and was exhausted. We did the last seven or eight miles together. We chatted the way roadies can even if they're complete strangers."

So, now you should have a real good idea of what the middle day of the Tour de Montes is all about. The Tour de Montes is about beautiful scenery, enjoying the company of other cyclists, and the challenge of the climbs. The 2009 Tour de Montes was no exception, what a great time! This year we had 53 riders (50 on the road Friday). The morning was beautiful and all went well. The luggage was loaded in three SAG vehicles, one SAG covering the century route, one SAG covering the 75 mile route, and the third SAG sweeping and covering the 66 mile bailout route. Rest stops are at convenience stores and lunch is at Rocky's Pizza in

Thurmont. This year we had the usual afternoon summer thunder storm and a few riders got wet. We try to have the luggage to the Comfort Inn, Greencastle by 3:00 pm. There is usually a triathlete or two that just has to get a run in after a century ride. Quite a few riders use this event for training.

Once the riders have settled in, the hospitality room opens at 5:00 pm. Everyone gets a chance to discuss the day's ride, catch up with friends and start to "carbo" load for the next day. Drinks, fruit, meat, cheese, and pizza are on the menu. The event T-shirts are also handed out at this time. About 6:45 pm, it's off on a school bus for dinner at Casey's Restaurant. There are four dinner choices that the riders choose from when they register. After dinner, those that need a few more calories or reward stop at Mike's Ice Cream.

Saturday starts at 6:30 am with Continental Breakfast provided by the Comfort Inn. Those wanting a full breakfast selection can eat in the restaurant located in the motel. This time is also when the cue sheets are passed out. Riders have their choice of 10 different routes giving them just what they want and hopefully able to do. Around 7:00 am the day riders start arriving. Every year, Saturday is listed in the BBC Newsletter as a "club" ride. There is no charge and riders get the same SAG support as the Tour de Montes riders. For 2009 we had a record 21 riders come up for Saturday. It was especially rewarding to see a number of Potomac Pedaler riders make the ride. Another bit of history was Phil Feldman, first to do Tour de Montes on a tandem; this year he rode Grandmother (all six climbs) on a recumbent. We again run three SAGs in the mountains. A SAG is positioned at the top of a climb to provide water and moral support. The last SAG doesn't move forward until the last rider goes through. As you might imagine, riders become so spread out that those in the front no longer see SAGs, but then maybe they don't need to see them. Along the way are a couple of country stores that accommodate us every year. Saturday's afternoon to evening schedule is the same with the hospitality room open from 5:00 pm to 6:45, then off to dinner. Saturday night's dinner is at the Antrim House in Greencastle as it has been every year. Antrim House offers an "all you can eat" buffet that is just what the riders need.

Sunday starts like Saturday with breakfast starting at 6:30 am. The big difference is that bags have to be packed up as we are heading home. Ride options are again a century route, a 75 mile route, and the 66 mile bailout route. There is also an optional "Hard" century which goes up Middle Point Road through Gambrill State Park and down Hamburg Rd. This is a tough climb followed by a very "technical" descent. The 75 mile route and both century routes lunch stop is in Walkersville, MD. The last couple of years we have had the threat of rain and quite a few riders doing the shorter routes. As a result, we try to get the luggage back to Mount View Middle School by 11:00 am. As riders come in they are welcomed by those that have finished, a cold drink, and a chance to share the experience of completing the Tour de Montes. To see pictures from past Tour de Montes, go to www.baltobikeclubphotos.com.

Well, that should give you a pretty good idea of how the Tour de Montes works. If you have read this far, you may have a real interest in the Tour de Montes. At the finish each year, I am told by many what a great event Tour de Montes is, but am asked, "Why do you do it?" Well, just read Janet's write up and the answer is all over it. We exist in a community. I am simply trying to support the community that supports me. However, this year I turn sixty-two and wonder what life may have in store for me. I would like to see the Tour de Montes continue for a long time. I think to make sure that happens it is time to turn it over to someone else. If you are interested send an email to tourdemontes@comcast.net and we can work out the details. One thing I can promise. The hardest person to find for the staff is that third SAG driver that will drive all three days. I'll be glad to cover that for several years to come. Looking forward to hearing from YOU.

RIDE SCHEDULE, SEPTEMBER/OCTOBER 2009

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

Tuesday, September 01, 2009

15-17 mph - 9:30 am - 51 mi - Steve Zeldin
410-828-5553 (szeldin@comcast.net)

START: Oregon Ridge Park
Manchester Loop: We circle Hampstead stopping at the Sheetz in Manchester at mile 28 before shooting back on Millers Station Rd. Great view from ride high point (1080 ft elevation) at mile 29.4! Rolling with hills for 4300 Ft. Cue sheet at:
<http://cuesheetcentral.com/uploads/ORRManchesterLoop.pdf>

Saturday, September 05, 2009

10-12 mph - 8:30 am - 30 mi - Mike Gesuele
dell 410-274-8253 day of ride, H 410-965-5379
START: Woodbine - Lisbon P&R
25-30 miles, it's Carroll County there will be up-hills and down-hills:-).

15/17 and 18 - 9:00 am - 69 mi - Phil Feldman
410.744.8874 (phil@philfeldman.com)
START: Mt. Airy P&R (Rt. 27 just north of I-70)
Mt. Airy to Poolsville: Hilly to rolling ride on scenic, low-traffic roads in Frederick and Montgomery Co's. No go if roads are wet. Cue sheet at:
<http://cuesheetcentral.com/uploads/MtAiry-PoolsvilleRide.doc>

all pace short - 8:00 am - 0 mi - Mary&Barry
Menne 410-795-6571
(bbcmaryandbarry@verizon.net)
START: TBD
Civil War Century Volunteers Ride.

Sunday, September 06, 2009

10-12 mph - 9:00 am - 27 mi - Gene Marrow
301-854-2885
START: CLP - Clarksville Park & Ride,

Howard Co.

Tridelphia Loop, moderately hilly, bring drinks and snacks.

10-12 mph - 9:00 am - 36 mi - Bob Seay 410-242-6929, Manny Steinberg 410-655-8242
START: Davidsonville Park & Ride
Ride to Galesville for a snack stop. After the ride join us for lunch at Atlanta Bread in Crofton.

13-15 mph - 8:00 am - 72 mi - Henry Thiess
717-600-5141 (jim.thiess@penske.com)
START: MLP - MD Line Park & Ride / I-83N
Exit 36 / Route 439
Great ride from northern Maryland into PA out to the Susquehanna River and back. Outstanding views along the river and at the plateaus above the river. Overall a challenging ride but a good final warm up for the CWC. Contact Henry Thiess for more info (jim.thiess@penske.com or 717-600-5141)

15-17 mph - 8:30 am - 62 mi - Mary Ellen
McLewee 410-274-2039
(memclewee@hughes.net)
START: Oregon Ridge Park
Ride to Rocks Park via Hidden Valley:
Description: Rolling to Hilly (4400 ft) ride. We go by both parts of Rocks Park. First the Hidden Valley and then to the main park. Stops in Rocks Park at mile 34 and snack at 7-11 in Jarrettsville at mile 40. Cue sheet at:
<http://cuesheetcentral.com/uploads/ORR Rocks Park via Hidden Valley.pdf>

Monday, September 07, 2009

10-12 mph - 9:00 am - 27 mi - Gloria Epstein
410/665-3012 (carlglo@verizon.net)
START: St. John's Episcopal Church-3738
Butler Rd. Glyndon, Md. 21071
Beautiful, mod. hilly ride to Hampstead w/stop @ convenience store.

13-15 mph - 9:00 am - 45 mi - Rich Burns 410-433-4162 (rnburns1@verizon.net)

START: FIF-5th Dist. Elem. School
Revival of an old chestnut: 'Tour de Northeast Carroll' thru 3 towns and lovely countryside; mod. hilly w/lunch/snack stop in Westminster.

Sunday, September 13, 2009

10-12 mph - 9:30 am - 33 mi - Gloria Epstein 410/665-3012 (carlglo@verizon.net)

START: PRP Providence P&R
'Green At The Gunpowder' Classic BBC ride - mod. hilly, scenic ride w/ rest stop @ Palmisano's. A shorter (23 mile) version w/ same rest stop will be available.

10-12 mph - 10:00 am - 27 mi - Howard Kaplon 410-484-6955, hcaplon@towson.edu, Gordon Peltz 410-823-0037

START: Linganore Winery - From BALTIMORE MD - 39 miles from 695. Take I - 70 west to exit 62 for Libertytown/New Market, 10 miles before Frederick. Turn right on 75 North for 4.5 miles, then right on Glissans Mill Road, 4 miles to Winery.
Start at Linganore Winery. Please park away from the buildings. Start at 10:00 a.m. Join Instructional Series graduates for 27 mile ride where terrain is rolling with some hills. Bring lunch (in cooler in car) and we will eat at the winery. Bring money to purchase wine for lunch and to take home.

13-15 mph - 9:00 am - 46 mi - Bruce Galanter 410-241-7089 (bgalanter@gmail.com)

START: ORR Oregon Ridge
A moderately hilly ride up to Fallston, Crossroads and back. Snack at Deli or Pizzeria.

casual - 8:00 am - 60 mi - anna@squadrafilms.com Valero 724-787-5477 (anna@squadrafilms.com)

START: Oregon Ridge Park
Save-A-Limb Ride featuring professional cyclist Floyd Landis! 3 Ride options: Metric Century - 30 Mile - 6 Mile Family Fun Ride!! Picnic, Fitness Fair and Kid's Carnival make it fun for

the whole family!! Register online at www.savealimbride.org

Friday, September 18, 2009

10-12 mph - 9:30 am - 40 mi - Mike Gesuele dell 410-274-8253 day of ride, H 410-965-5379

START: Easton MD, Food Lion
40-50 miles. Take Rt 50 East over Bay Bridge. About 25 miles past Bay Bridge turn right Rt 322. Take Left Marlboro St, then Left just past McDonald's; then straight to the Food Lion. Call Mike if you need more directions.

Saturday, September 19, 2009

10-12 mph - 8:30 am - 30 mi - Paul Coleianne 410-812-5273, stregone@comcast.net

START: MSM - Marley station mall, B&A trail
Marley Station Mall via B&A trail to Sandy Point Beach for an optional dip in the Bay.

10-12 mph - 9:00 am - 28 mi - Margaret Draper-Coder

START: RPR - Rolling Rd Park N Ride, Rt 166, off I-95 Southbound
Dave's Ride - via Avalon area of Patapsco State Park, out thru Elkridge, a bit on the BWI trail & Old #9 Trolley Line trail back thru Catonsville, rest stop at coffee shop & store available. Some moderate hills, rolling, occasional flats.

13-15 mph - 9:30 am - 49 mi - Carol Russell 4106650651 (cjrussell74@yahoo.com)

START: SEV - 7th District Elem. School I-695 to Ex 24 I-83N to Ex 33 York Rd. N. Go 1.8 mi. to school on left
Streams & Valleys - Moderately hilly, scenic ride to the 'Markets at Shrewsbury.' 3200 ft of climbing with plenty of recovery time between hills. Many food options in market. There will also be a cue sheet for a 39 mile option with fewer hills. Cell phone: 443-286-5807

15-17 mph - 9:00 am - 63 mi - gene young 410-828-1137 (genejr@comcast.net)

START: Sparks Elem
Gene's Classic 63 miler with bailouts

casual - 10:00 am - 28 mi - Bud Lippert 410-686-8504 (essexknight@aim.com)

START: Tour de Chase: Eastern Regional Community Center: 11723 Eastern Ave., 21220. Eastern Blvd/Ave past Carroll Island Rd to Eastern Regional Center. Right turn into the center. Bud: 410.686.8504 Day of ride:443.570.0542

This a mostly flat ride through downtown Chase, through Gunpowder State Park, the communities of Oliver Beach, Harewood Park, and Sr43 bike trail. You get some hills on the last part of the ride. Bring drink & snack for mid ride stop in Gunpowder State Park. If you desire, a stop at Brusters for ice cream near the end of the ride.

Sunday, September 20, 2009

10-12 mph - 9:30 am - 33 mi - Gloria Epstein 410/665-3012 (carlglo@verizon.net)

START: TES - Taneytown Elem. School Carol & Walt's mod. hilly, scenic, low traffic ride to Woodsboro w/rest stop @Trout's Restaurant or convenience store.

13-15 mph - 9:00 am - 44 mi - Kent Morey 410 685 1556 (kmrq@verizon.net)

START: ORR - Oregon Ridge Park
Terrain: Rolling with hills in Balto Co. Rest stop at mile 27 -- Upperco Mkt. We'll be home in plenty of time to watch the Ravens at 4pm. Day of ride cell (443) 562-2886.

15-17 mph - 9:30 am - 71 mi - Bill Gary, 410/366-0956

START: MTV - Mt. View Middle School. 'GRR 1.14 Metric Century.' A moderately hilly (about 4800 ft) jaunt through Howard and Montgomery Counties with a lunch stop in Damascus at 35 miles and a convenience store stop at mile 59. There's great scenery, (mostly) great roads, a Mt. Curmudgeon, 2 humps, a Col DeLong Corner, and a ride leader willing to be pulled through it all....AND, after the CWC earlier in the month, this will seem like nuthin'!! (... ugh, I forgot to mention...'GRR' is the 'Gary Rick and Ron Ride.')

Tuesday, September 22, 2009

15-17 mph - 9:30 am - 35 mi - Gene Young 410-828-1137 (genejr@comcast.net)

START: Oregon Ridge
35-45 mile distance from NOTE: OREGON RIDGE. I will use a ride from cuesheetcentral and surprise everyone including myself!

Saturday, September 26, 2009

10-12 mph - 9:00 am - 32 mi - ob Seay 410/242-6929, Manny Steinberg 410/655-8242

START: Davidsonville Elementary School
Join us for a ride to Deale, with snack stop. After the ride lunch in Crofton.

13-15 mph - 9:00 am - 54 mi - Aldona Glemza (443) 676-8181 (aglemza@gmail.com)

START: Enchanted Forest Shopping Center Bagel Bin to Damascus: Very pretty fall ride to Damascus. Lunch at Lidos. Cue sheet at: <http://cuesheetcentral.com/uploads/Begal Bin to Damascus 54.xls>

15-17 mph - 8:30 am - 79 mi - Janet Goldstein 410-366-1466 (jgoldst@verizon.net)

START: Liberty High School, Sykesville: Rt. 26W (Liberty Rd.) to 32N. Go 0.3 mi. to Barthalow Rd. Left on Barthalow Rd. School is 0.4 mi. on right. Ellen's Eldersburg to Emmitsburg Ride. Moderately hilly with hilly sections. Convenience store stop in Woodsboro; lunch at Subway or snack in Emmitsburg; two refueling opportunities after lunch.

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

START: RUN - Runnymede E.S.
Contact info: velo2.anders@verizon.net (or 410-628-4018) Classic rolling ride with low traffic to Hillcrest Restaurant for lunch. If weather is iffy , please check your CRABS listserve email (or contact us) between 7 and 8 am on the day of the ride Directions: I-695 to Exit 19 I-795 North. Go 8.5 mi. to Exit 9B FT 140 West through Westminster then Right on

Mayberry Rd. Right on Langdon Rd then Right to school.

Sunday, September 27, 2009

10-12 mph - 9:30 am - 40 mi - Gloria Epstein
410/665-3012 (carlglo@verizon.net)

START: MLP Maryland Line P&R
Gary Brandon's 'Pennsylvania Flatlands Tour' A beautiful, low traffic ride for 10-12mph riders who want to extend their mileage- Many flat sections w/a few moderate hills-Lunch stop in Shrewsbury @ Moby's.

15-17 mph - 9:00 am - 52 mi - Ed Roth,
oscar200@aol.com, 717/235-4118
START: MLP - Md Line Park and Ride
'Maryland Line Plus Seven.' Come out to explore PA roads and go through seven small towns. Moderately hilly ride totaling 3400 feet of climbing. Lunch or snack at Serenity Station in Seven Valleys.

Tuesday, September 29, 2009

15-17 mph - 9:30 am - 50 mi - Steve Zeldin
410-828-5553 (szeldin@comcast.net)
START: Meadowood Regional Park: 10650 Falls Rd just south of Joppa Rd, Lutherville
MWP Lawndale Tank: Fun figure-8 loop crossing on Butler Rd. Ride goes up to Glens Falls, Lawndale, and Tank roads, starting Tally Ho and returning on Hillside. Mile 31 break at High's (Rt 30 @ Rt 91). 3500 Ft. Cue sheet at:
[http://cuesheetcentral.com/uploads/MWP Lawndale Tank.pdf](http://cuesheetcentral.com/uploads/MWP_Lawndale_Tank.pdf)

Saturday, October 03, 2009

10-12 mph - 9:30 am - 36 mi - Bob Seay 410-242-6929, Manny Steinberg 410-655-8242
START: Davidsonville Park & Ride
Ride to Galesville for a snack stop. After the ride join us for lunch at Atlanta Bread in Crofton.

15-17 mph - 10:00 am - 51 mi - Hopkins Edwin
410 491 5191 (ed.hopkins@verizon.net)
START: ORR - Oregon Ridge Park

This ride goes all the way to Pa--to the Rutters store--and then comes back down Gunpowder Road. Great scenery wonderful back roads. 4549 feet of climbing. The cue sheet in cuesheetcentral.com under the name 'Prettyboy via PA.'

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

Sunday, October 04, 2009

All BBC rides today are in support of Tour du Port. All fees for this event go directly to advance the advocacy efforts of One Less Car, a non-profit dedicated to better bicycling, walking and mass transit in Maryland. A fun, fully supported tour, map and SAG/repair vehicle service during the ride, refreshments at rest stops, and lunch and post-ride celebration at Tour's end. Tour du Port will be held rain or shine.

all pace long - 7:00 am - 51 mi - Bob Carson
4108288604 (bikebob@comcast.net)
START: Canton Waterfront Park
Tour du Port - rides from 12 miles to 51 miles. Sponsored by One Less Car. Register at:
www.onelesscar.org

all pace short - 7:00 am - 21 mi - Bob Carson
4108288604 (bikebob@comcast.net)
START: Canton Waterfront Park
Tour du Port - rides from 12 miles to 51 miles. Sponsored by One Less Car. Register at:
www.onelesscar.org

Saturday, October 10, 2009

10-12 mph - 10:00 am - 28 mi - Charlotte Pappas, 410-804-5500, pappasbike@yahoo.com

START: RPR - Rolling Rd Park N Ride, Rt 166, off I-95 Southbound

Dave's Ride - via Avalon area of Patapsco State Park, out thru Elkridge, a bit on the BWI trail & Old #9 Trolley Line trail back thru Catonsville, rest stop at coffee shop & store available. Some moderate hills, rolling, occasional flats.

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

START: Fifth District Elementary
Bruce Galanter, information forthcoming

13-15 mph - 9:00 am - 51 mi - Bruce Galanter 410-241-7089 (bgalanter@gmail.com)

START: Fifth District Elementary
Halloween Ride, a great hilly ride up to and around New Freedom. Lunch at Magnano Bros. Ristorante in New Freedom

15-17 mph - 9:00 am - 52 mi - Mary Ruhl, cell: 410-707-8679

START: Mt. Airy Elementary School
This ride is moderately hilly and very scenic. There are 3 mileage options, 39, 52 or 63 miles. Ride splits after rest stop in Union Bridge (~mile 23); long route has additional rest stop in Woodsboro ~ mile 40. Pizza at Laurienzo Brick Oven Cafe in Mt. Airy after the ride.

casual - 12:00 am - 23 mi - Bud Lippert 410-686-8504 (essexknight@aim.com)

START: Wilson Point Community Park.
Located on Cypress Drive (21220)
Mostly flat with some rolling hills through the communities of Wilson Point, Aero acres, Essex, Hopewell Pt. this Ride takes in SR43 bike/hike trail. A break a mid ride.

tandem - 10:00 am - 30 mi - Beth & Ted Cooper

START: LPR - Lisbon Park & Ride
Apple Fritter Ride - A moderately rolling ride through western Howard Co, ending up at Larriland Farms for cider, fritters, homemade fudge, numerous kinds of fresh apples and many other seasonal fruits and veggies. Decorated for Halloween with related activities available. Ride will not go if chance of rain is greater than 30%.

Joint CRABS/WABITS ride. Cue Sheet can be found on this page, it is new and greatly improved!

<http://baltobikeclub.org/index.pl/howard2>

Weather:

<http://www.simpleweather.com/us/md/lisbon>
Contact info: Beth and Ted Cooper (410 461-3659 or 443 285-3446, beth.cycle@gmail.com)
Directions from Baltimore: I695 to I70 West. At exit number 73. Right at end of ramp at traffic circle. Right on Route 99. Then left to shopping Center and Lisbon/Woodbine Park and Ride.

Sunday, October 11, 2009

10-12 mph - 9:00 am - 36 mi - Jim White 717-682-4182 bikerdancerjim@comcast.net,

START: SOC - South Carroll HS
Pancake Ride - Start at South Carroll HS, 44 mile option, ride to Union Bridge VFD for their Pancake Breakfast about \$6, leader will sweep 36 mile route.

13-15 mph - 9:30 am - 42 mi - Rich Burns 410-433-4162 (rnburns1@verizon.net)

START: NFR-New Freedom 'Rail/Trail County Parking' (old train station); I-695 to I-83 North to Exit 36 then R on Rt. 439, R on York Rd. thru Md. Line into PA; then L on Campbell Rd. and into New Freedom; turn R on Front St. after RR tracks and follow to parking just ahead. 'New Freedom - York Loop' - mod. hilly ride exploring some great southern York Co. roads with lunch/snack stop options.

15/17 and 18 - 9:30 am - 69 mi - Mark Tabb (410) 274-8668 (marktabb@yahoo.com)

START: Glenelg High School 70 W-32S(left)-R Burntwoods (R at second circle)-school on left

Terry's ride to Frederick-One of my favorites- Lunch at Cafe or Bagel shop in Frederick (hopefully outside lunch). Easy first half, hilly second half.

casual - 10:00 am - 27 mi - Bud Lippert 410-686-8504 (essexknight@aim.com)

START: Tour De Chase: Eastern Regional Park
A tour through the communities in Chase,

Oliver Beach, Harewood Park, and SR 43 trail and Gunpowder State Park. There are some small rolling hills.

tandem - 10:00 am - 42 mi - Walt & Carol Russell
START: SHS - Southern High School
Ride to North Beach. A rolling ride in southern AA County - some familiar roads, some new ones, great views of the Bay. Come Join us!
Carol & Walt Russell (410)665-0651, wrussell5@yahoo.com Directions: I-695 to Exit 4 I-97 South to Exit 22 RT 665 East (Aris T. Allen Blvd). Approx. 1.5 miles then bear Right onto RT 2 South (Solomons Island Rd). Go 8.0 mi. then Right to school.

Monday, October 12, 2009

10-12 mph - 10:00 am - 33 mi - Don Riggs 410-461-6564, donriggs@juno.com
START: Taneytown Senior Center
Taney Town Ramble in Carroll County, relatively flat. Lunch in Taneytown. Directions: Rt 140 to traffic circle @ edge of town, take first right in circle to stay on Rt 140. Right on Roth Ave. Left on Robert Mill Rd. Senior Center is at corner of Antrim St. Park across from High School Park.

15-17 mph - 9:30 am - 49 mi - Steve Zeldin 410-828-5553 (szeldin@comcast.net)
START: Oregon Ridge Park
For Columbus Day let's do the Giro d'Italia: The route traces the outline of the Italian Peninsula on the roads of Baltimore County. For this running we will go clockwise - round Calabria up the coast by Napoli / Ostia / Livorno / Genoa before passing Torino / Lago Maggiore then heading back south along the Mare Adriatico to return to Brindisi (Oregon Ridge). Snack at either Torino (Hampstead) or Padova (Rayville) - 4100 Ft.

Saturday, October 17, 2009

10-12 mph - 8:30 am - 30 mi - Paul Coleianne cell: 410-812-5273, stregone@comcast.net
START: Gwynn's Fall Trail, start I-70 Park &

Ride
Ride the beautiful Gwynn's Falls Trail to the Vietnam Memorial on Hanover St/ Harbor Hospital.

10-12 mph - 9:30 am - 27 mi - Gloria Epstein 410/665-3012 carlglo@verizon.net
START: St.John's Episcopal Church-3738 Butler Rd. Glyndon,Md.21071
Beautiful, mod. hilly ride to Hampstead w/stop @ convenience store.

15-17 mph - 10:00 am - 49 mi - Hopkins Edwin 410 491 5191 (ed.hopkins@verizon.net)
START: RUN - Runnymede Elementary School, Taneytown, MD
The classic tour of the Thurmont plateau. Rolling hills. Beautiful country. 2200 feel of climbing. This cue sheet is available in cuesheetcentral.com under the name 'Thurmont Lite'

Sunday, October 18, 2009

10-12 mph - 9:30 am - 31 mi - Gene Marrow 301-854-2885
START: GLN - Glenelg HS, Howard Co
2 County Ride - moderately hilly, rest stop at High's.

10-12 mph - 10:00 am - 32 mi - ob Seay 410/242-6929, Manny Steinberg 410/655-8242
START: Davidsonville Elementary School
Join us for a ride to Deale, with snack stop. After the ride lunch in Crofton.

15/17 and 18 - 10:00 am - 62 mi - Mark Tabb (410) 274-8668 (marktabb@yahoo.com)
START: 7th District Elementary School (NOT 5th District)(York Rd-Between exit 33 & 36 off 83 N)
Tri County Trek - A Gary Brandon special. Moderately hilly. Lunch at mile 42 - Ristorante Mignagno (great pizza).

casual - 10:00 am - 23 mi - Bud Lippert 410-686-8504 (essexknight@aim.com)
START: Hyde Park Station Shopping Center.
A tour through the communities of

Middleborough, Hyde Park, Cedar Beach.
Evergreen and others.

tandem - 10:00 am - 40 mi - Evie & Michael
Reinsel

START: MLP - Maryland Line Park & Ride
'Pennsylvania Flatlands Ride' - Please join us for
a beautifully scenic ride with lunch at Moby's in
Shrewsbury. Terrain includes lots of flat
stretches with some moderate rolls. Please come
and bring your tandem friends. Call with any
questions. Evie & Mike Reinsel; 410 377-6133
or email mreinsel1@verizon.net Directions: I-
695 to Exit 24 I-83 North to Exit 36 Rt 439.
Cross Rt 439 to P&R.

Saturday, October 24, 2009

10-12 mph - 9:30 am - 47 mi - Gloria Epstein
410/665-3012 (carlglo@verizon.net)

START: RUN-Runnymede Elem. School
'Mayberry to Gettysburg' - for 10-12mph riders
who want to increase their mileage - mostly
rolling, scenic ride w/ a 'peek' at the battlefield.
Options for lunch include Tommies (pizza/sub
shop in Gettysburg since 1972). If you can do
30 miles in Baltimore County, you can do this
ride. Combined w/13-15mph ride.

13-15 mph - 9:30 am - 47 mi - Rich Burns 410-
433-4162 (rnburns1@verizon.net)

START: RUN-Runnymede Elem. School
'Mayberry to Gettysburg' - nice, rolling-mod.
hilly ride w/ a 'peek' at the battlefield and a fast
return; lunch/snack stop options.

15-17 mph - 9:30 am - 63 mi - Gene Young
410-828-1137 (genejr@comcast.net)

START: Sparks Elem
Gene's Classic 63 miler, one more time this
year. Bailouts as usual

15-17 mph - 9:30 am - 72 mi - Janet Goldstein
410-366-1466 (jgoldst@verizon.net)

START: Crofton Center: Routes 3 & 424,
Crofton, Anne Arundel County
Gently rolling ride to Chesapeake Beach.
Several options for snacks and/or lunch.

15/17 and 18 - 10:00 am - 68 mi - Mike Harris
410-312-7884 (mrmike21045@yahoo.com)

START: START: Conowingo Elementary.
Cross Conowingo Bridge on Rt 1. Right at first
light onto Rowlandsville Rd. 1 block-school on
right. People are always late. 1 hour drive from
Timonium area. Please get to school by 9:30
a.m. Will leave at 10:00 a.m sharp.
68 miles - Ride leader: Mike Harris
(mrmike21045@yahoo.com) See the amazing
Fall Foliage in Lancaster Co. w/o the organized
ride/century \$\$! This ride has a lot of the same
roads as the Susquehanna Splendor (a leg-
buster, 140 mile painfest). If you've ridden the
Covered Bridge ride you'll love this one. Lunch
in Strasburg. New roads for most of you!
Lancaster type ride. To quote Mark Tabb, 'Will
see Amish, buggies and manure! Lunch outside
in the back of a neat cafe. This ride is well
worth the hour drive. Past riders have all agreed.
Terrain varies greatly! It has flat stretches,
rolling terrain, farmlands, arid hills, forests,
mountains (not really-a few big hills) and
streams & brooks & just about everything. A
great ride...guaranteed by ride leader or your
money back!'

casual - 10:00 am - 23 mi - Bud Lippert 410-
686-8504 (essexknight@aim.com)

START: Wild Duck Café Bud: 410.686.8504
Day of ride:443.570.0542

Tour de Bowleys Quarters: This a flat ride
through the neighborhoods of Bowleys Quarters
and Carroll Island Peninsula. Bring drink &
snack for mid-ride stop at Miami Beach. If
desired lunch at the end of the ride at the Wild
Duck inn or Maria's Deli.

Sunday, October 25, 2009

10-12 mph - 10:00 am - 20 mi - Carole
Gardiner 301-490-6521 csgcats@verizon.net

START: FPR - Fulton Park & Ride
15th Annual Halloween Ride; rolling ride
through southern Howard County with some
hills. Ride passes a number of cemeteries, but
fear not -- it will still be daylight! Lunch at
Ledo's Pizza after the ride. Joint ride with 13/15
group.

Sunday, November 01, 2009

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

(kenphilhower1315@cablespeed.com)

START: FPR - Fulton Park & Ride

15th Annual Halloween Ride; rolling ride through southern Howard County with some hills. Ride passes a number of cemeteries, but fear not -- it will still be daylight! Lunch at Ledo's Pizza after the ride. Joint ride with 10/12 group.

15/17 and 18 - 10:00 am - 64 mi - Mark Tabb
(410) 274-8668 (marktabb@yahoo.com)

START: Taneytown Elementary School

Mountain View Metric (plus 2). Hopefully, we will get the spectacular fall colors. The ride is gently rolling with a 7 mile hilly section in the middle. Lunch at Pizza Hut in Emmitsburg.

Tuesday, October 27, 2009

15-17 mph - 9:30 am - 45 mi - Steve Zeldin
410-828-5553 (szeldin@comcast.net)

START: Oregon Ridge Park

Madonna Loop or something similar.

Saturday, October 31, 2009

13-15 mph - 10:00 am - 50 mi - Aldona Glemza
(443) 676-8181 (aglemza@gmail.com)

START: Sparks Elementary School

Ride to Rocks: shorter version of ride to Rocks State Park Cue sheet at:

http://cuesheetcentral.com/uploads/BA_SPK_050_01.DOC

15/17 and 18 - 10:00 am - 52 mi - Mark Tabb
(410) 274-8668 (marktabb@yahoo.com)

START: 5th District Elementary School (Falls Rd & Mt Carmel Rd)

The annual Halloween Ride. I believe Craig Martin developed it? I will lead it if Craig doesn't show up. I will bring cue sheets no matter what! Bring your scary faces (I won't have to do anything different). Terrain-some hills. Will do all the roads that were named for the Halloween holiday (Spooks, Parsonage, Gore, Grave Run, Grace & Black Rock).

all pace short - 9:30 am - 33 mi - Gloria

Epstein 410/665-3012 (carlglo@verizon.net)

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' breakfast (incl. pancakes, eggs, sausage, potatoes, biscuits and more). Bring your appetite and cash (last year \$6.00). Cue sheets will be available for 41 mile route.

Ride Descriptions

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

Casual

For cyclist who want a relaxed experience, these rides maintain a pace of 8-10 mph. Routes with easy terrain are up to 25 miles. Rides with some hills are generally 15 miles or less. Re-grouping points are periodically designated.

10-12 MPH

For average adult riders, these rides maintain a pace of 10-12 miles. Terrain is usually moderate but can be hilly.

13-15 MPH

For faster riders, these rides maintain a pace of 13-15 mph for 35-65 miles over sometimes hilly terrain.

15-17 MPH

For experienced cyclists, these rides maintain a pace of 15-17 mph over varied terrain for 40-130 miles.

18 MPH

For the strongest and most experienced riders, a pace of 17-19 mph is maintained over varied terrain for 50-200 miles.

Tandem

Riding on a "bicycle built for two," with the CRABS (couples riding a bicycle simultaneously) over moderate terrain for 25-60 miles. There is not any specified pace, but groups of different paces usually form – regrouping at rest / food stops.

Many rides offer two or three

Howard County: Glenelg Tues/Thurs Evening Rides

Meet to ride with the cluster group, 26-mile circuit. This is a fast training ride but everybody is welcome.

Start: Glenelg High School, 14025 Burnt Woods Rd. I-70 W, Exit at Rt. 32 South, right turn on Burnt Woods Rd. (at traffic Signal). School on left 0.5 miles.

Time: Tues/Thurs evenings in April @5:45;

May through August @6 p.m.;

Sept. @ 5:45 p.m.;

Oct. @5:30 p.m.

Oct. 26 (Thurs before end of DST) - Last Glenelg evening ride of the Season

POC: Questions about the ride? Call Mark McKee: 410-455-0362(H)

Howard County: Wednesday Evening Rides

This is an all-pace ride: the group splits into smaller groups of different paces.

A short and a longer route will be available. Everyone at all paces is interested in improving their cycling, however this is a social cycling group and recreational in nature. The faster cyclists often turn around at the end of their ride to bike in with the slower groups. Most weeks we go out for food/drinks after the ride.

Start: Folly Quarter Middle School*
Triadelphia Rd., Glenelg, MD
Meet at: 5:45 (5:15 DST)
every Wednesday

Ride out at: 6:00 (5:30 DST)

For more info, please contact Jen Browne, browne14540@comcast.net, 410-489-5804 - Or- Email HoCoCyclists@yahoo.com.

Visit the website

www.groups.yahoo.com;

enter group: HoCoCyclists"

2009 Ride Coordinators

Casual

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

10-12 MPH

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

13-15 MPH

Gary Brandon
13-15rides@baltobikeclub.org

15-17 MPH

Judy broadwater 410-628-6297
15-17rides@baltobikeclub.org

18 MPH

Phil Feldman 410-744-8874
18rides@baltobikeclub.org

weekday

Renee Faison. 410-804-5500
weekdayrides@baltobikeclub.org

Tandem

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

Winter

Gloria Epstein 410-665-3012
winterrides@baltobikeclub.org

Terry Harrigan 410-549-1798
winterrides@baltobikeclub.org

BBC Talk:

Electronic Discussion Group

BBCTalk is an e-mail discussion group open (and free!) to BBC members and non-members alike. The list is used for posting information too late to make it into the newsletter, setting up informal group rides, offering items for sale, discussing bikes and bike gear, etc.

Once you subscribe, you may elect to automatically receive all of the posted messages by email, and you may post messages yourself. OR, if you don't want the BBCTalk messages to accumulate in your email queue, you may prefer to change your BBCTalk "preferences" and instead read the archived

BBCTalk messages at the yahoogroups site itself.

To join BBCTalk, send an email message to: bbctalk-subscribe@yahoogroups.com.

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

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



Baltimore Bicycling Club, Inc. Membership Application or Renewal

Address Change New Membership Renewal

How do you want to receive the Newsletter? **By US Mail** **OR From the Internet**
 Are you interested in racing with **Team BBC?** **Yes** **No**
 Do you ride a **Tandem?** **Yes** **No**

_____ Date

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

_____ Second Name (Family Membership Only)

_____ Home Address (One per Membership)

_____ Email Address (One per Membership)

_____ City

_____ State

_____ Zip + 4

_____ Home Phone

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

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

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

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

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

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

Membership Dues are subject to change.

Joppa, MD 21085-0437

Baltimore Bicycling Club
P.O. Box 437
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Baltimore Bicycling Club Newsletter

Need BBC Info?

*For BBC Members with questions or
problems concerning:*

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

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

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

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

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