

!! BBC's 24th ANNUAL INSTRUCTIONAL RIDE SERIES !!

OUR POPULAR INSTRUCTIONAL PROGRAM IS BEING OFFERED AGAIN !!

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

This series is offered to anyone over 16 years of age interested in learning the basic skills of cycling, including doing minor road repairs and improving as a rider. We want to help people new to our sport find a comfortable riding level and develop so they can at least ride on the BBC casual rides by the end of the series and to permit experienced riders who are new to club riding to meet and to learn about group riding. The ride series will cover both road and recreational trail riding. This year, we will include two NCR Trail rides.

At the orientation, we will demonstrate cycling skills and techniques and discuss bicycles, equipment and clothing and answer any questions about the program. We will watch a short, informative video on cycling safety and bike handling. If you bring your bicycle to the orientation, we can check it out for you and show you how to do a pre-ride bike check. The indoor orientation will be held **RAIN OR SHINE**. Weather permitting, anyone who wants to do so can join us for a short ride following the orientation. You must have and wear a helmet in order to ride. Below is the full ride schedule.

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

THIS YEAR'S SCHEDULE:

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

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

Sunday, April 20	NCR Trail ride at 10:00 a.m.
Sunday, April 27	NCR Trail ride at 10:00 a.m.
Sunday, May 4	Greenspring Station at 10:00 a.m.
Sunday, May 11	Greenspring Station at 10:00 a.m.
Sunday, May 18	Jacksonville at 10:00 a.m.
Sunday, May 25	Jacksonville at 10:00 a.m.
Sunday, June 1	To be determined – depending on how we are all doing. We will most likely do a flat ride to get everyone out and do some BBC rides in the next weeks.

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

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

FOR MORE INFORMATION: For additional information or to get on our email list, contact:

Howard Kaplon at hkaplon@towson.edu or (410) 484-6955

Gordon Peltz at peltzlaw@aol.com or (410) 256-1421