

**PIKESVILLE SENIOR CENTER
1301 REISTERSTOWN ROAD
PIKESVILLE, MARYLAND 21208**

EASY RIDERS SCHEDULE -2007

Contact Person: Karen Bowling
(410) 887-1245
Pikesville Senior Center Staff

The Pikesville Senior Center is sponsoring a bicycling activity for **SENIORS**. Rides are scheduled for Mondays.

If the weather report for the scheduled area predicts a 60% or greater chance of rain or greater than 20 mph winds, the ride is canceled and may be rescheduled for another time at the discretion of the ride leader. If you have any questions concerning bad weather or directions to the ride location, call the volunteer ride leader of the day, 1-1/2 hours prior to the start of the ride.

On days of hot weather, there is extra stress placed on the body when it is unable to “cool off”. 75% of the energy one generates is heat. Unless the temperature of our body is kept within normal ranges, we are at risk of “over heating”. There are biological systems (i.e. sweating) in our bodies that control heat buildup; however, if it is hot and humid, the skin temperature is unable to lower itself enough. We are then at risk of heat-related injuries (i.e. heat cramp, exhaustion, stroke). If there is a question about the heat on a ride day, please contact the ride leader.

Please arrange to be at each ride site by 9:45 a.m. to allow preparation time.

Ride time is 10:00 A.M. promptly

If you are late, a Q-sheet will be available on the windshield of the ride leader’s car. If you miss the start time, you can follow the sheet and meet at the first stop.

As a participant in these group rides, you are encouraged to stay together as a group. Enjoy the program and practice bike safety.

HELMETS ARE REQUIRED FOR ALL RIDES!

The Pikesville Senior Center welcomes donations for this program. Please mail to the
Pikesville Senior Center
1301 Reisterstown Road
Pikesville, Maryland 21208

Use of E-Mail is one of the means to inform members of impromptu rides, changes to schedules, etc. Anyone registered with the group can E-Mail cycling information to all members of the group. If you are interested in registering with this group, please call Allen Slutsky at 410-998-9255 and give him your E-Mail address.

April 23 Tour De Chase & Carroll

Meet: Carroll Island Shopping Center
Leader: Bud Lippert - 410- 686-5793, blippert21221@yahoo.com

Description: A Casual Ride through the communities and back roads of Bowleys Quarters, Carroll Island, Eastern Ave to Graces Quarters Rd to Oliver Beach & Harewood Pk. A mix of old & new communities, farms, woods, & waterfront.

Directions: From MD-702 east on Eastern Ave to Carroll Island Road. Right on Carroll Island Rd, then turn right into shopping center at first traffic light.

April 30 Rock Creek Park/Capital Crescent Trail Ride

Meet: Ken Gar Palisades Park on Rock Creek Trail
Leader: Deb Parshall, 301-990-6870, djparshall@starpower.net
Description: 32 miles on mostly paved trail through Rock Creek Park to Georgetown and returning via the Capital Crescent Trail. Lunch at a deli or brown bag.

Directions: From the Washington Beltway (I-495), exit 33. Take Connecticut Ave. (MD-185) north 1-mile. Turn left on Knowles Ave. (MD-547). Go 0.6 mile and turn right onto Beach Dr. Ken Gar parking lot is 0.3 on right.

May 7 Patapsco Valley Ride

Meet: Southwest Park & Ride
Leader: Jeffrey H. Marks (410) 358-1321, jeffreym715@yahoo.com
Description: A new 20 mile mostly flat ride with a few hills, made possible by completion of bridge at end of Grist Mill Trail.

We enter Patapsco Valley State Park by Gun Road, closed to cars, continue on River Rd, cross swinging bridge to Gristmill Trail, and pick up scenic River Rd when we leave park to reach historic Ellicott City; where we stop for snack and sightseeing. Then we take the Trolley Trail up to wide shouldered Edmondson Ave. We pass through part of Catonsville and get to see some steps this community is taking to become more bike friendly. Brown bag lunch will be in Hilton Area of PVSP, 3 miles before end of mile.

Directions: I-695 to Exit 12C Wilkins Ave (MD 372 W). Left at Traffic Light onto Rolling Rd. P & R is on left. From I-95 take RT 195 North to P & R.

May 14 Crab Cakes Ride

Meet: Marley Station
Leader: Rob Maslin - 410-494-6996, rsmaslin@aol.com
Description: 23 miles on B & A and BWI trails with some hills. Lunch is at G & M Restaurant or Olive Grove Restaurant.
Directions: Take Ritchie Highway, MD-2, to Marley Station Mall, use parking Lot E in the rear of the mall adjacent to the B & A Trail.

May 21 Quietwater-Bay Ridge Ride

Meet: Annapolis Neck Library Parking Lot
Leader: Joan Valentine 410-737-2050; Joanbike@msn.com
Description: Approximately 24 miles. Mostly flat. Includes a brief stop at Thomas Point Lighthouse Park. Lunch at conclusion of the ride. Brown bag or purchase at nearby deli. Cycle into Quietwater Park to eat at water's edge.
Directions: I-695 to I-97 South to US-50 East.. Keep right for ext to MD-665 (Aris T. Allen Blvd) becomes Forest Drive. Remain on Forest Drive for at least 4 miles to Right on Hillsmere at light. Pass entrance to Quietwater Park; go left into Eastport Annapolis Library Parking Lot.

May 28 SPRING FLING-RIDE NOT SCHEDULED

June 4 Sandy Point State Park

Meet: Park & Ride Jones Station Rd. & MD-2
Time: 10:00 A.M.
Leader: Catharina Brauer 410.647.0734
Description: Mostly flat. Approximately 26 miles. Brown bag lunch.
Directions: Take Rt. I-97 to Route 100 East. Go to MD-2 South. Follow MD-2 South to Jones Station Rd. Park in Park & Ride on the right.

June 11 Kent County Ramble

Meet: Matapeake State Park
Time: 10:00 AM.
Leader: Gary Gray 410-465-6233, garynlee@yahoo.com
Description: Approximately 35 miles on flat terrain. If you desire you can easily shorten the ride. See houses with airplane hangers attached, a commercial fishing community and beautiful estates on the Chesapeake. Lunch at the Kentmorr Restaurant. along the ride.
Directions: Cross the Bay Bridge and turn at first exit which will put you on MD 8. Go right for 2.3 miles to Marine Academy Drive and make a right into the park to a parking lot on the right.

June 18 Marley Station to Patapsco State Park

Meet: Marley Station
Leader: Rose Eicker - 410-242-2850, dblbikes@aol.com
Description: 29 miles on B&A and BWI trails and on roadways with some hills to Patapsco State Park. Bring picnic lunch to eat in Patapsco State Park
Directions: Take Ritchie Highway, MD-2, to Marley Station Mall, use parking Lot E in the rear of the mall adjacent to the B&A Trail.

June 25 Codorus State Park

Meet: Old Food Lion shopping center Rt.116 in McSherrytown, Pa (empty building plus Dollar Store)
Time: 10:00A.M.
Leader: Marcie Smith 410-848-8820
Description: Approximately 28 miles around Lake Marburg in Codorus State Park. Some gentle hills. Lunch at Claire's Restaurant on Rt. 216.
Directions: Take I-795 to Rt. 30. Go through Hampstead and Manchester, MD. Rt. 30 will become Rt. 94 in Pa. Go 0.7 miles past the square in Hanover. Go left on Elm Ave. At the second traffic light Elm becomes Main St. -Pa Rt. 116. Continue on Rt. 116 through McSherrytown, pass the Fire Dept. on left to old Food Lion Shopping Center at light. It is on the right corner of Centennial St. & Rt. 116

July 2 Jericho Covered Bridge

Meet: Carroll Manor Park
Leader: Bob Carson
Description: Ride is approximately 25 miles and goes through the Jericho Covered Bridge. Lunch at Palmisanos.
Directions: Exit Dulaney Valley Road from the Beltway. Left on Manor Rd. Right on Carroll Manor Road to the park.

July 9 Ranger Station to Kinder Park and around BWI

Meet: Ranger Station on B & A trail
Leader: Catharina Brauer - 410- 647- 0734
Description: 28-mile ride from Earleigh Heights to Kinder Park then around BWI airport.
Directions: MD 2 south to Earleigh Heights Rd. Right approximately 1/2 mile to parking lots on either side of Earleigh Heights Rd. at B & A trail.

July 16 CAM NO RIDE SCHEDULED

July 23 Severn River Loop

Meet: Kinder Farm Park-Athletic Complex
Time: 10:00 AM
Leader: John Buckleitner: 410.647.3917
Description: Approximately 35 miles around the Scenic Severn River. Some small hills and traffic in Annapolis. Lunch at Rudy's Place on General Highway (mile 22)
Directions: I-97 to South to Benfield Blvd (Exit 10 Severna Park). Left onto Jumper's Hole Road (4th Traffic Light). Proceed 1 mile to Park entrance on the left. After entering the Park, go left to Gali Sanchez parking area.

THIS IS A MORE AGGRESSIVE RIDE

July 30 Prospect Bay Ride

- Meet:** Terrapin Nature Area Parking Lot
Leader: Barbara Kasemeyer
410-744-2071, BarbaraKasemeyer@aol.com
Description: Approximately 25 miles and includes the Kent Island Trail and then on Kent Island to the Prospect Bay community with lunch stop and will be a flat ride.
Directions: After crossing the Bay Bridge, take the first exit (Exit 37). Make a left. Turn at the top of the ramp proceeding across US 50 on MD-8. At the first traffic light turn left into Industrial Park. Go 0.2 miles to the T and make a right onto Log Canoe Circle. Go 0.7 miles to the Terrapin Nature Area on the right. Go in entrance and park.

August 6 Back River Neck

- Meet:** Back River Recreation Center
Time: 10:00 a.m.
Leader: Ron Dowel 410-828-1436
Description: Up to 30 miles on almost flat roads. You will be able to bike in and out of the many peninsulas with dead end roads off of Turkey Point Road and Back River Neck Road; past waterfront homes, yacht clubs, and countryside with vistas of the Chesapeake Bay and tributaries. Little to moderate traffic. Lunch will be at a neighborhood restaurant about $\frac{3}{4}$ of the way into the ride.
Directions: Back River Recreation Center is located on Back River Neck Road just South of the junction with Southeast Blvd., MD 702. To get there from the Baltimore Beltway I-695, take Exit 36, which leads directly to MD 702. In about 4 miles you will see the Recreation Center on your left.

August 13 Cox Creek and Crab Alley Meander

Meet: Kent Island United Methodist Church

Leaders: George and Mary Drake, 410-758-8266,
georgeandmarydrake@yahoo.com, cell: 410-790-8234 (day of ride only)

Description: 14- or 28-mile options. Cycle along lightly traveled roads along Cox Creek to Turkey Point to the Eastern Bay and then along Crab Alley Creek and Crab Alley Bay to Parsons Island Landing at Prospect Bay. You will pass older homes, beautiful waterfront modern homes on gorgeously landscaped lots, and fishing/crabbing/boating marinas and boat launching areas. Lunch will be at mile 27 (at mile 14 if you don't do the 28) at the B & B Restaurant, so bring along an energy bar or snack and lots of water.

Directions: Cross the Bay Bridge on Rts. US 50 E/US 301 N. Take the Cox Neck Road Exit, exit number 39A. First Church on the right, Kent Island United Methodist Church. Park on the backside (west) of the church where you see a covered entrance to the sanctuary.

August 20 Gwynns Falls Trail Ride

Meet: Park & Ride at end of I-70

Leader: Bob Moore 410-435-6623, bikemoore1@verizon.net

Description: Ride the entire Gwynns Falls Trail from the newly opened trail head at the I- 70 P & R to the Baltimore Inner Harbor and Harbor Hospital. Lunch in Federal Hill. Distance 32 miles.

Directions: I-695 to I-70 East to the park and ride.

August 27 Downs Park and Environs

Meet: Chesapeake High School, 4768 Mountain Road, Pasadena

Leader: June Peterson, 410-242-3982; e-mail: peteduff@msn.com

Description: 22 miles. Explore several waterfront communities in the Pasadena area. A flat, easy ride with some great views of the Chesapeake Bay, includes 3 miles of paved bike path through Downs Park. Brown bag lunch in the park or an optional lunch at the end; no restaurants along the way. There is a diner and several restaurants on Mountain Road; also a deli in Long Point S.C. You will have to drive to get to them.

Directions: I-695 Beltway to Exit 2; follow MD-10 South to MD-10 East. Continue straight on MD-100 through 2 traffic lights to the end. Then, merge onto MD-177 East (Mountain Road). Continue 3 miles to Chesapeake High School on left. School