

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

EASY RIDERS SCHEDULE -2009

Contact Person: Karen Bowling
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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!

April 13 North Point

- Meet:** Parking lot at the new Food Lion store on the left side of 7500 block of North Point Road
- Leader:** Bob Carson 410-828-8604, bikebob@aol.com
- Description:** An easy ride of 20 miles on flat roads. The roads are two lanes without shoulders. There could be some traffic, but not too heavy. Visit Fort Howard, North Point State Park, Black Marsh Wildlands, Swan Point, and Bay Shore. Lunch will be at a local restaurant about _ into the ride
- Directions:** If you are coming from the North, take the Baltimore Beltway I-695 to Exit 42. Get on North Point Road (not Boulevard) toward Edgemere and Fort Howard. In about 1 mile the Food Lion will be on your left. If you are coming from the South, take the Baltimore Beltway I-695 across the Key Memorial Bridge to Exit 43. Get on Bethlehem Boulevard to it's end at a T with North Point Road (not boulevard). Turn into the Food Lion parking.

April 20 Bowley's Quarters

- Meet:** Wild Duck Cafe
- Leader:** Bud Lippert 410- 686-5793, blippert21221@yahoo.com
- Description:** 23 miles. 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 Rd. Right on Carroll Island Rd, then turn right into shopping center at first traffic light.

April 27 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.

May 4 Columbia Neighbors Ride

- Meet:** McDonald's Harper's Choice shopping Center, Columbia

Leader: Joan Valentine, 410-737-2050; joanbike@msn.com
Description: 20 Moderately hilly miles. Casual riders will get a workout. Lunch will be at David's Natural Market, near the end of the ride, or bring lunch to eat outside. Bring a lock.
Directions: Route 29 south, right on 108 towards Columbia for 3.6 Miles. Turn left on Harpers Farm Rd. for one mile. Turn left into Harpers Choice Village Center & McDonalds Try not to park where you will not be taking potential customer's parking spaces.

May 11 Taneytown Ramble

Meet: Taneytown Senior Center
Leader: Lew Frain 410 756-6680, lewkathleen@verizon.net
Description: 30 miles in northwest Carroll County (relatively flat). Lunch in Taneytown
Directions: Rt 140 to traffic circle at edge of town. Take first right in circle to stay on Rt 140. Make a right on Roth Av. Take a left on Robert Mill Rd. Senior Rt 140. Make a right on Roth Av. Center is at corner of Antrim St. Park across street in High School Park.

May 18 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.

May25 Tour De Chase & Carroll

Meet: Carroll Island Shopping Center
Leader: Bud Lippert 410-686-8504, 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. Lunch at the Royal Farm store.
Directions: From MD-702 east on Eastern Ave to Carroll Island Road. Right on Carroll Island Rd, then park in the Eastern Regional Community Center.

June 1 Prospect Bay Ride

Meet: Terrapin Nature Area Parking Lot
Leader: Barbara Kasemeyer 410-774-2071
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 stoplight turn left into an 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.

June 8 Kent Island Ramble

Meet: Matapeake State Park
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 Kentmor 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.

June 15 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 22 Piney Orchard

Meet: Kinder Park
Leader: John & Barbara Buchleitner 410-647-3917,
jbuchl@comcast.net
Description: Approximately 35 miles through Millersville, Gambrills, Piney Orchard and return. Some small hills and traffic. Lunch to be announced. To be safe bring a brown bag.
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.

June 29 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.

July 6 Ride Not Scheduled

July 13 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 20 Queen Anne

Meet: Queen Anne National Guard
Leader: Bob Benhoff, 410 810 0099. Ride day 443 812 3732
benhoff@yahoo.com
Description: NEW RIDE 35 miles flat country roads. Lunch in Ridgely
Directions: South on Rt 50 to Rt 404 to Queen Anne. Left on Rt 309. QR into parking lot.

July 27 Ride to Galesville

Meet: K-Mart shopping center lot
Leader: Molly Sherwood (H) 410-268-7742, (C) 301-461-0067
mollysherwood@msn.com
Descriptions: Scenic 22-mile ride on country roads with a few rolling hills. Most roads have a bicycle lane except MD-255, which is somewhat narrow in patches. Lunch in Galesville, either in Restaurant or BYO picnic.
Directions: From Baltimore: take I-97S to US-50/301. Go left toward Annapolis Take immediate exit on right to MD-665 (Aris T Allen Blvd). Carefully follow signs to MD-2 S (Solomons Island Rd) toward EDGEWATER. Drive about 3.3 mi & turn left (traffic light) onto Mitchells Chance Rd. MAKE IMMEDIATE RIGHT on road through the Exxon gas station to stop sign. After the stop sign turn LEFT into parking area.

Aug 3 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

Aug 10 Horse Farm Ride

- Meet:** Food Lion Parking Lot, McSherrystown, PA
- Leader:** Lillian Baumann - 410-472-3476 LRBaumann@msn.com
- Description:** 31 miles of rolling terrain on mostly country roads with two lunch options. At 13.9 miles there's Gina's Restaurant with homemade pasta or a brown bag lunch at 24.1 miles.
- Directions:** Take I-795 Northwest expressway to MD 30 Hanover Pike. Go through Hampstead and Manchester. MD 30 becomes PA 94. Go 0.7 past the square in Hanover and make a left on Elm Ave. At the second traffic light Elm becomes PA-116, Main St. Continue on PA-116 through McSherrystown to parking lot on right at the corner of Centennial St. and Main St

Aug 17 Jones Station to BWI

- Meet:** Jones Station park & ride
- Leader:** Jim Andreatta 410-744-0376 - andreattaj@verizon.net
- Description:** 32 miles. Ride the B & A trail to the BWI trail and back. Brown bag lunch. If you prefer a shorter ride of 26 miles go to the Earleigh Heights parking lot. Those starting at Jones Station should be passing Earleigh Heights about 10:15.
- Directions:** MD Rt. 2 South to Jones Station Rd. Right onto Jones Station Rd. Right into the Park and Ride lot. Directions to Earleigh Heights-MD Rt 2 South to Earleigh Heights Rd. Make a right and go into the Parking lot.

Aug 24 Ride Not Scheduled

Aug 31 Severn River Loop

Meet: Kinder Farm Park-Athletic Complex

Time: 10:00 AM

Leader: John Buckleitner: 410.647.3917

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.

Sept 7 Ride Not Scheduled

Sept 14 Tunis Mills-Oxford

Meet: Tred Avon Center

Leader: Bob Benhoff, 410-810-0099 benhoff@yahoo.com

Discription: Flat ride approx 30 miles.Shorter route available..

Directions: US-50 south to Easton.Bear right on MD-322. Left on Marlboro Ave(next light after Ruby Tuesday)First right into Tred Avon Center.

Sept 21 Ride Not Scheduled

Sept 28 Two Trails Ride

Meet: Terrapin Park

Leader: John Hammond - 410.821.5198 jwh318@verizon.net

Descripton: Starting from Terrapin Park on Kent Island we will ride The Cross Island Trail to the narrows and back. Then down MD-8 to Matapeake State Park to pick up the South Island Trail and ride to Romancoke. Coming back we will stop at Kentmorr Marina for lunch. This is a 28 mile flat ride. The South Island Trail was completed recently and follows a power line right of way. Both trails are paved blacktop.

Directions: Cross the Bay Bridge, take the first exit and go left to the light (2nd light) at the entrance to Chesapeake Business Park. Turn Left and Left again at the circle. Follow the circle to Terrapin Park.