



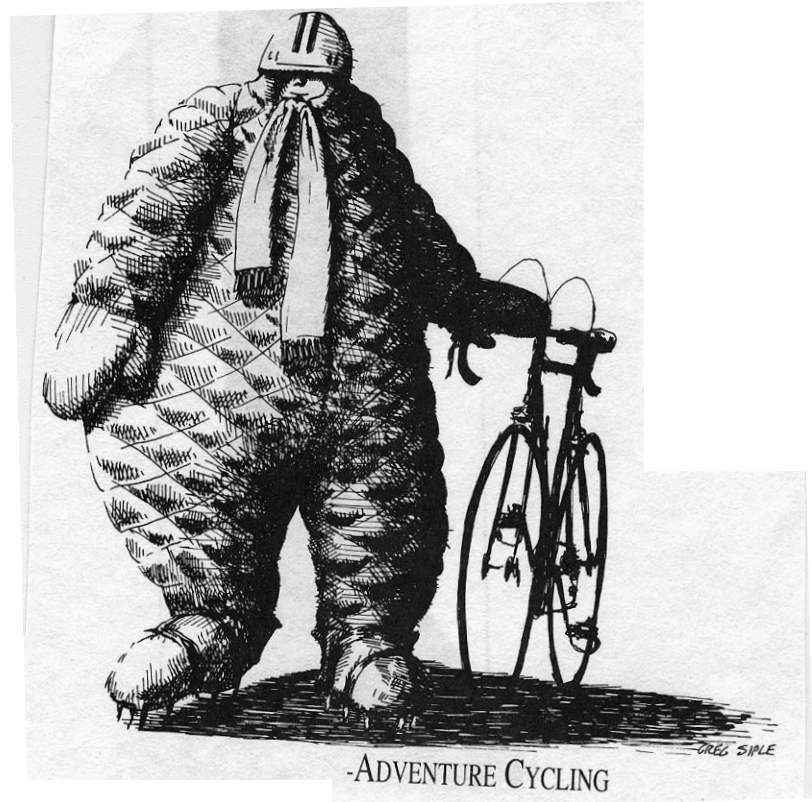
Baltimore Bicycling Club Newsletter

Volume 40 Number 1

January | February 2007

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Upcoming Events

January 20

Crabs Potluck



-ADVENTURE CYCLING

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.

2007 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

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

Gene Bayer, Vice President
410-636-0634
vicepresident@baltobikeclub.org

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

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

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

Members-at-Large

John Cole
410-661-4427,
membersatlarge@baltobikeclub.org

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

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

Russ Loy,
410-628-6297
membersatlarge@baltobikeclub.org

2007 Committees

Insurance	Howard Rosenbaum	410-653-2363
Government Relations	Bob Moore	410-435-6623
Instructional Programs	Howard Kaplon	410-484-6955
Club Items for Sales	Mitch Tobias	410-833-8137
Newsletter Editor	Maxine Mead	410-472-4924
1. Tandem Column	Peggy & Tom Dymond	410-272-9139
2. Team BBC Race Report	Scott Weiner	410-486-8921
Rides	Gene Bayer	410-636-0634
	(see Rides section of newsletter for committee members)	
Cue Sheet Librarians	Craig Martin	410-538-8791
	Larry Kenny	
Team BBC Representative	Paul Martin	410-685-7585
Safety Awareness Program	John Overstreet	
BBC Property	Frank Anders	410-628-4018
Web Site Webmasters	Janet Goldstein	410-366-1466
	Craig Martin	410-538-8791
Membership	Barb Park	410-823-4293
Giving	Russ Loy	410-628-6297
BBC Talk Administrator	Janet Goldstein	410-366-1466

League of American Bicyclists

1612 K Street, NW, Suite 401

Washington, DC 20006

202-822-1333



BBC 2007 EVENTS CALENDAR

Date

Event

Contact

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

Jan 20, 2007	CRABS potluck	Peggy and Tom Dymond 410-272-9139
May 25 – 28, 2007	Kent County Spring Fling	Kathy and Frank Anders 410-628-4018
Jun 16, 2007	Flatlands Tour	Ken Philhower 410-437-0309
Jun 29 – Jul 21, 2007	Tour de Montes	Craig Martin 410-538-8791
YTD	BBC Picnic	Mary Ryan 410-828-1015
Aug 4, 2007	Corn Roast Rides	Gloria Epstein 410-665-3012
Sep 8, 2007	Civil War Century	Howard Rosenbaum 410-653-2363
Sep 28, 2007	Weekend in Lancaster	Carol and Walt Russell 410-665-0651 Jane and John Cole 410-661-4427

MORE EVENTS TO COME – CHECK FOLLOWING ISSUES

OUT OF BOUNDS

Prepared by Judy A. Getz (janneg@bcpl.net)

The *Out of Bounds* column is in two sections. Local rides of interest are listed first and separately to quickly give Club riders information about fund raising rides and events that are in the immediate metropolitan area.

The rides and events in other parts of Maryland and nearby states are listed in the second section.

Local rides of interest

Saturday February 4, 2007

Stop, Swap, and Save (10th annual). 9:00 a.m.-2:00 p.m. Westminster. The mid-Atlantic's largest bike swap. 300 vendors. Registration deadline for vendors is December 31, 2006. www.stopswapandsave.com

Sunday, April 15, 2007

The Ride for Shelter (Third Annual). Annapolis. To benefit Light House Shelter. Rides for all levels (5-40 miles, including a kids' route) Start: Naval Academy Stadium. Many prizes. www.rideforshelter.com

Saturday, April 28, 2007

Tour du Carroll (Third Annual). Start: Dutterer's Park in Westminster 8:00 a.m. Sponsored by Family and Children's Services of Central Maryland to benefit West End Place Adult Day Services in Westminster. Route choices: 8, 30, 55 (new this year) miles. \$25, includes t-Shirt, lunch, and door prizes and more. www.tourdecarroll.com Registration via Active.com, mail-in or on-site. Note that the first 25 Baltimore Bicycling Club members to register will receive free registration.

May 2007

Bike Jam Baltimore (Patterson Park). www.bikejam.org

American Visionary Art Museum Kinetic Sculpture Race. Bike building/ride contest. www.avam.org/kinetic/index.html

Saturday, May 12 2007

Tour de Cure (American Diabetes Association) Columbia, Maryland. www.tour.diabetes.org

Sunday, May 20, 2007

Great Bike Ride to raise funds for The Women's Housing Coalition of Baltimore City. Start: Oregon Ridge Park. www.womenshousing.org

June 2007

Moonlight Madness Ride. Ride benefits historic Baltimore hostel renovations. www.baltimorehostel.org

Saturday/Sunday, June 9-10, 2007

MS150 Tour de Shore, Salisbury, MD.

www.nationalmssociety.org/MDM/event/default.asp?g=6

Sunday, June 10, 2007

Tour dem Parks, Hon! (5th annual) raises money for organizations involved with Baltimore City Park system. 3 ride choices: Family (all off-road), 20 or 35 miles;

www.tourdemparks.org or call 410-396-4369 or 410-396-8360

September 2007

Bike4Breast Cancer: Harford County Ribbon Ride (Havre de Grace)

Maryland Wine Festival Asthma Ride (Westminster)

Sunday, October 21, 2007

Tour du Port (Baltimore). www.onelesscar.org

Other rides of interest

March 2007

Icicle Metric (3 routes: 16, 31, or 62 miles) Newark, DE. White Clay Bicycle Club.

www.whiteclaybicycleclub.org

CASUAL RIDERS AND RIDE LEADERS

Judy Getz will be the new ride coordinator.

Our riding "season" will begin March 1, 2007.

The deadline for listing CASUAL RIDES will be January 20.

The planning will begin Sunday January 7, 2007.

Come to a get-together at my house: 3126 Glendale Ave. at 3:00 p.m.

Pizza, salad, and beverages will be served.

Bring your ideas, suggestions, questions, etc.

We can find a co-leader, cue sheets, and dates that will suit you.

If you cannot attend the meeting, but want to be involved in the 2007 season of Casual Rides, you may call (410-254-1306) or email (janneg@bcpl.net) me.

If you **do plan to attend**, contact me with your preferred pizza topping.

Casual rides are everywhere: help me to lead our cyclists.

Baltimore Bicycling Club

end-of-season celebration

November 11, 2006

Fellow BBC Members,

This evening we celebrate the end of another bicycling season and elect our leaders for the upcoming year. We also make this an occasion to recognize and honor our great volunteers, without whom this club could not have existed and thrived since its beginning in 1967.

We thank you for joining the BBC tonight and hope to see you out there next year leading rides, helping run events, and just enjoying our wonderful bicycling club.....**the BBC!**

- The **Wayne Rodgers Award** is presented to a member who provided outstanding service to the club during the year.
- The **Rising Star Award** is given to an especially promising new “mover and shaker”.
- The **Hall of Fame** recognizes those members who, year-after-year, have made major contributions of their time and talent to the BBC.

*“The bicycle is the noblest
invention of mankind”*

William Saroyan

*“When I see an adult on a
bicycle, I do not despair for the
future of the human race”*

H.G.Wells

Baltimore Bicycling Club Awards for 2006

Wayne Rodgers Award

Craig Martin

Howard Rosenbaum

Rising Star Award

Ed Cahill

2006 Hall of Fame Inductee

Gary Kelly

Special Recognition for Advocacy

Barry Childress

Hall of Fame Members

Frank Anders
Judy Broadwater
Rich Burns
Bob Carson
Gloria Epstein
Judy Getz
Merle Kaplan
Howard Kaplon
Gary Kelly
Russ Loy

Bob Moore
John Overstreet
Barbara Park
Gordon Peltz
Ken Philhower
Evie Reinsel
Wayne Rodgers
Walt Russell
Ruth & Al Schaffer
Therese Spadaro

Baltimore Bicycling Club

2006

EXECUTIVE BOARD:

president — Frank Anders; **vice president** — Daryl Caplan;
treasurer — Ken Philhower; **secretary** — Ed Cahill
past president — Bob Carson
members at large — John Cole, Howard Rosenbaum, Mary
Ryan, Laurie Wrona

CLUB RIDES:

ride captain — Daryl Caplan
ride coordinators;
 casual — Mitch Tobias, Mike Falatico
 10-12 — Dick Voelkel, Tom Anzalone
 13-15 — Gary Brandon
 15-17 — Judy Broadwater
 18 — Phil Feldman
 weekday — Renee Faison
 tandem — Peggy and Tom Dymond
 winter — Gloria Epstein, Terry Harrigan
instructional ride program — Gordon Peltz, Howard Kaplon

COMMITTEES:

newsletter — Chris McLaughlin, Barbara Park, Maxine Mead
race team representatives — Margaret Hartka, Scott Olson, Paul
Martin, Scott Weiner
membership — Barbara Park
insurance — Howard Rosenbaum
ride waivers — Renee Faison
website and e-newsletter — Craig Martin
listserve — Janet Goldstein
government relations — Bob Moore
safety program — John Overstreet
giving advisor — Russ Loy
club sales — Mitch Tobias
club property — Frank Anders

Baltimore Bicycling Club 2006 Ride Leaders

- 40 Rides:** Steve Zeldin
- 25 Rides:** Gloria Epstein
- 21 Rides:** Manny Steinberg, Bob Seay
- 20 Rides:** Rich Burns
- 15 Rides:** Craig Martin, Susanne Morsberger
- 13 Rides:** Katie Gore-Traill
- 12 Rides:** George Cordutsky, Scott Zelazny, Ken Philhower, Ed Cahill
- 11 Rides:** Janet Goldstein, Judy Getz
- 10 Rides:** David Forester, Mark Tabb, Jim White, Mary Ryan
- 9 Rides:** Barry Menne
- 8 Rides:** John Putman, Gary Gentry, Mike Gesuele, Mary Menne, Mitch Tobias
- 7 Rides:** Carl Boyd, Gene Marrow
- 6 Rides:** Phil Feldman, Renee Faison, Jim Gagne, Ed Vojik, Gene Young, Becky Smith, Will Hudson, Phil Manger, Bob Morgan
- 5 Rides:** Dan Artley, Don Riggs, Charlotte Pappas, Judy Broadwater
- 4 Rides:** Gary Brandon, Ed Hopkins, Paul Martin, Jeb Brownstein, Brenda & Jim Knight, Chris McLaughlin, Dave Yonkoski, Barb Park, Carol & Walt Russell, Kathy & Frank Anders
- 3 Rides:** Dick Voelkel, Michael Falatico, Cartan Kraft, Chris Moriarity, Jane & John Cole, Mary Ruhl, Linda & Gordon Peltz, Joan Mason, Frank Morgan, Mike Harris, Russ Loy, Aldona Glemza
- 2 Rides:** Howard Rosenbaum, Alex Chen, Terry Harrigan, Paul Coleianne, Bill Gary, Evie & Mike Reinsel, Janine Fleming, Henry Thiess, Roger Eastman, Curt Phillips, Bob Moskios, Daryl Caplan, Jeffrey Marks, Kim & Jim Pastorick
- 1 Ride:** Ken Briggs, Donna & Ross Glasgow, Mary & George Drake, Georgia Glashauser, Jim Guild, Marcia & Clark Merrill, Rick Peters, Bob Doyle, Shawn Downing, Diana & Gabe Mirkin, Don Riggs, Sally & Bill Ryder, David Sandler, Marc Wrona, Ken Nierwinski, Joann Woodham, Jane Penrod, Gil Olvera, Mark Miller, Gene Bayer, Peggy & Tom Dymond, Jim Kozma, Mark McKee, Doug Leoncavallo, Greg Conderacci, Carole Gardiner, Laurie & Ed Barr, Janet Brown, Elmer Kreisel, Bob Bernstein, Pam Ellis, Herb Weiss, Kristin Franceschi, Joel Wyman

Baltimore Bicycling Club

our 2006 sponsors

**THANKS TO THE FOLLOWING BICYCLE SHOPS FOR
THEIR GENEROUS CONTRIBUTIONS TO THE BBC**

REMEMBER TO SUPPORT THEM WITH YOUR BUSINESS!

LUTHERVILLE BIKE SHOP

MT. WASHINGTON BIKE SHOP

PERFORMANCE BICYCLE

PRINCETON SPORTS

REI (RECREATIONAL EQUIP. INC.)

THE BICYCLE CONNECTION

TRISPEED/HUNT VALLEY BICYCLE

*and a special thanks to the volunteer host of the
BBC website — **System Source***

Baltimore Bicycling Club 2006 Event Leaders

CRABS Potluck Dinner Meeting, January 28

Peggy and Tom Dymond

Kent County Spring Fling, May 28-29

Kathy & Frank Anders

Flatlands Tour, June 17

Ken Philhower

Tour de Montes, June 30-July 2

Craig Martin

Club Picnic, July 9

Mary Ryan

Corn Roast, August 5

Gloria Epstein, Barb Park

Civil War Century, September 9

Howard Rosenbaum

Lancaster Weekend, September 29-October 1

Jane & John Cole, Carol & Walt Russell

She Got Bike! October 1

Margaret Hartka

Washington County Getaway, October 20-22

Rich Burns

Election and Awards Dinner, November 11

Judy Broadwater & Russ Loy

BBC Sponsored Events: Cam Weekend; Tour de Port

Bob Carson

***THANKS to all our Ride & Event Leaders
Without YOU, there would be NO BBC!***

Pedal in Style!

In Your Baltimore Bicycling Club Jersey



NOW you can have one of our popular BBC jerseys! These "cool" Louis Garneau shirts are short-sleeve and fabricated in Micro-Airdry fabric, include 15 in. invisible zipper and 3 back pockets.

They are available in sizes for men and women. Just fill out the order form below.

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

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

Questions?
Then call Judy at
410/628-6297

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Quantity: _____

Jersey (s) in size _____ and fit _____

+ Jersey (s) in size _____ and fit _____

Total Quantity _____ Enclosed Payment \$ _____

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

Mail the completed
BBC Jersey Order
Form to:

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

Eleventh Annual *Tour de Montes*

June 29, 30 and July 1, 2007



The Baltimore Bicycling Club's most challenging event, the *Tour de Montes* is for those who enjoy beautiful scenery while cycling in the mountains of Maryland and Pennsylvania. Need a reason to get out of the house and start riding this spring? Need a push to ride a little harder or lose a couple of extra pounds? Well, signing up for the *Tour de Montes* is a great incentive. Training for this 3 day, 308-mile tour will help you reach your own personal goals. Each day has shorter route options, 240 total miles, for those who want to see a little less countryside.

- **June 29 - *Tour de Montes*** starts in Howard County, Maryland at Mount View Middle School. Riders can cycle 75 or 100 miles to Greencastle, PA and will stay 2 nights at the Greencastle Comfort Inn.
- June 30** - Cycle 90, 100, or 108 miles (4, 5 or 6 climbs) through the beautiful Buchanan State Forest.
- July 1** - Cycle 75 or 100 miles back to Howard County, Maryland.
- *Tour de Montes* is limited to the first 60 participants who send in their paper work by **May 25, 2007**. This year, *Tour de Montes* openings will be filled on a first come – first serve basis. A waiting list of additional applicants will be used to replace anyone who cancels.
- For more information contact Craig Martin at 410-538-8791 or tourdemontes@comcast.net. You can see photos from the 2006 event on the BBC web site at www.baltobikeclub.org.
- Cost is **\$170** per person for BBC Members and **\$185** for non-BBC Members. This is based on two people per room and includes a T-shirt, transportation of luggage to and from the motel, SAG support, continental breakfast, some snacks and group dinners on Friday and Saturday nights. Lunches are NOT included.
- **Cancellation Policy:** Refund requests must be made by email. The following fees apply: \$40 refund processing fee prior to May 25th; no refunds after May 25th; \$30 charge for checks returned by a bank for any reason. Refund checks will be mailed by the BBC Treasurer after the event.

----- Detach and mail with your check and your release/waiver form -----



All applicants must sign a release and waiver form and mail it, this application form, and a check payable to Baltimore Bicycling Club, Inc to:

**Craig Martin
232 Garnett Road
Joppa, MD 21085**

Applicant's Printed Name	Applicant's Email Address	Phone No.
Street Address	City	State
Room Mate's Printed Name or Need Room Mate	Applicant's Emergency Contact	Phone No.

T-shirts by:



Circle your T-shirt Size - -

Small
 Medium
 Large
 X-Large
 XX-Large

25TH ANNUAL KENT COUNTY SPRING FLING MAY 25–28, 2007 (MEMORIAL DAY WEEKEND)

Join the Baltimore Bicycling Club and enjoy four days cycling the lightly traveled roads of Maryland's Chesapeake Bay Eastern Shore. Rides of 11 to 100 miles meander along flat to rolling roads — through rural towns and along scenic rivers.

Only 70 miles from Baltimore/DC, 50 miles from Philadelphia and 140 miles from New York—we stay on the campus of Washington College, located in the historic port town of Chestertown Maryland.

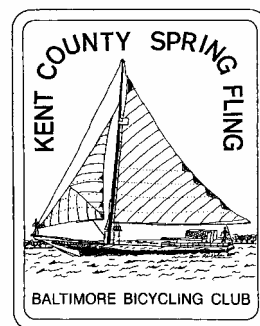
Award winning cuisine, dessert and cordial parties, dancing and great music will round out your perfect bicycling experience.

WHAT'S NEW

- Reduced rates for youths ages 11-16

WHAT'S INCLUDED

- Lodging: Friday, Saturday & Sunday
- Breakfast: Saturday, Sunday & Monday
- Dinner: Saturday & Sunday
- Picnic on Sunday
- Brunch on Monday
- Entertainment and Socials: Fri., Sat. & Sun.
- Map Packets (ride with a group or on your own)



WHAT'S OPTIONAL

- Friday Dinner 6:00-8:00 pm
- Lodging upgrades provide suites and low beds (see Lodging Options)
- **25th Anniversary Fleece Vest with full zipper and embroidered logo**, and 25th Anniversary KCSF T-shirt. We only order a few extras, and they sell out early. If you want a vest or T-shirt please order now.

Four Days of Fun-Filled Activities

Friday: Registration begins at noon. Scheduled rides will start at 1:30 pm. Optional buffet dinner (6 - 8 pm) followed by the Ice Cream Social.

Saturday: Breakfast; yoga; scheduled rides with leaders; Instructional Ride program; aerobics; swimming on campus; Chestertown's historic **Tea Party Festival**—food, crafts, entertainment, and parade; dinner; dessert and cordial party; Blue Grass music & Square Dancing with live band.

Sunday: Breakfast; yoga; scheduled rides with leaders; aerobics; picnic lunch catered by Washington College (kosher meats, cold salads, vegan foods, something for everyone); dinner; evening music and more dancing.

Monday: Expanded continental breakfast plus brunch until 1:00 pm (carry-out for those who need to leave early) and scheduled rides. Attendees have until 4pm to check out.

HELMETS ARE REQUIRED ON ALL KCSF RIDES

Gourmet Meals!

Here are samples of the meals the award winning Washington College Dining Service will provide. All meals provide at least one vegan entree. At least one sugar-free dessert will be provided at each meal.

Saturday Dinner: Steamship round of beef au jus; salmon stuffed with homemade crab imperial; personal gourmet pizzas (including vegetarian); Italian meat lovers' calzone; quinoa with vegetables; Boardwalk French fries; fresh asparagus spears; roasted vegetables; salad bar; Old World bread bar; flatbread, etc.

Sunday Picnic: Kosher sliced meats; albacore tuna salad; pasta with grilled chicken & herbs; potato salad ; cole slaw; vegan oriental noodle salad; assorted deli breads; Swiss cheese; melon slices; assorted gourmet cookies; bottled water, sodas and juices.

Sunday Dinner: Roast entrecote of beef; chicken breast de Florentia; cold salad of exotic greens topped with grilled duck breast slices; parsley pasta purses filled with wild mushrooms, with pesto sauce; Polenta with ratatouille; Chilean sea bass ; steamed broccoli; salad bar; assorted focaccia breads; etc.

LODGING OPTIONS (you must bring your pillow and all linens)

This year Washington College offers four lodging choices:

- **Standard lodging** dorms (Worcester, Somerset, Wicomico, Minta Martin) all have rooms with two single beds that are elevated to allow storage beneath. Men's and women's restrooms are accessed from the hall. **Minta Martin has been refurbished and is available once again. Tandem cyclists will be placed in Minta Martin unless requested otherwise.**
- **Lowered bed in standard lodging** dorms (Caroline, Queen Anne's) **Add \$10 per person** to the standard lodging fee. Restrooms are accessed from the hall.
- **Western Shore suites.** Each suite has four single-bed bedrooms, two baths and a living room-kitchenette. All beds are lowered. **Add \$54 per person** to the standard lodging fee for these suites.
- **Harford Hall suites.** Each suite consists of five bedrooms, two bathrooms and a lounge area with sofa, refrigerator, microwave and sink. Two bedrooms have two single beds and the remaining three each have one single bed. Beds are medium height (approx 3 ft. from the floor). Harford has an elevator (large enough for a tandem). **Add \$44 per person** to the standard fee.

Western Shore and Harford Hall suites are perfect for families and groups! If you want to room with another person, or group of people, let us know—early. Please submit all your applications together to insure we assign the correct people to each room or suite.

Registration form – 25th annual BBC Kent County Spring Fling -- May 25-28, 2007

Pre-registration and **signed release** is required for each participant. No registrations after May 15.

1st Name (for nametag): _____ Last Name: _____

Street: _____ Apartment: _____

City: _____ State: _____ Zip Code: _____

Home Phone: (_____) _____ - _____ E-mail: _____

Emergency contact: _____ Phone: (_____) _____ - _____

Age: circle one (0-3) (4-10) (11-20) (21-30) (31-45) (46-65) (over 65) Gender: circle one (Male) (Female)

Bicycle Type: circle one: Tandem/Recumbent Single

Roommate: (double rooms) _____

Suitemates: (for Western Shore/Harford only) _____

Club/Group Affiliation (I would like to be near these people): _____

Special Requirements: _____

I can drive SAG wagon duty one day __ I can help with registration 2 or 3 hours on Friday __ or Saturday __

Registration Options <u>Underline</u> your choice and enter the cost	Cost	My Costs
BBC Member: standard lodging \$262 / no lodging \$222	\$262/222	
non-BBC Member: standard lodging \$274 / no lodging \$234	\$274/234	
youth 11-16	\$196	
child 4-10 sleeping: on the floor \$83 / on a bed \$106	\$83/106	
child 3 & under sleeping: on the floor no charge / on a bed \$20	\$0/20	
late registration fee (AFTER APRIL 15th)	\$30	
single room supplement if you choose to room alone (standard dorms only)	\$30	
lowered bed supplement per person (standard dorm only--see Lodging Options)	\$10	
Western Shore suite supplement per person (see Lodging Options)	\$54	
Harford Hall suite supplement per person (see Lodging Options)	\$44	
Friday night buffet dinner: adults \$17 / age 11-16 \$14 / age 4-10 \$8 (6pm – 8pm)	\$17/14/8	
25th anniversary KCSF zippered fleece vest with embroidered logo (short sleeve, color yellow) Circle choice: S M L XL XXL	\$28	
25th anniversary KCSF T-Shirt (Note: all T-shirts are short sleeve adult size) Circle choice: S M L XL XXL	\$12	
Total for registration check (payable to BBC)	\$Total	
key deposit of \$25 per occupied bed (excluding children 10 and under). One check per bed, made payable to WASHINGTON COLLEGE. This check will be returned in exchange for your room key on checkout, or forfeited for a lost key.	\$25	

CANCELLATION POLICY: Refund requests must be in writing. The following fees apply: \$40 prior to May 1st; **no KCSF refunds after May 1st**; \$30 charge for checks returned by the bank for any reason. Refund checks will be mailed by the BBC Treasurer after the event.

Mail application to: KCSF 2007; 10517 Virginia Avenue; Cockeysville, MD 21030

Questions: email KCSF2007@verizon.net or call Frank or Kathy Anders at (410) 628-4018

We will mail you a confirmation letter

Please include a check for your 'registration fee' payable to the BBC, a separate 'key deposit' check payable to Washington College, and the BBC Release and Waiver form.

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

WINTER WEIGHT GAIN: Strategies to fight the battle of the bulge

by Nancy Clark, MS, RD

For those of us who live where the cold north wind blows frigid headwinds, dreaded winter is here again. Dreaded not only because of frozen toes, frostbitten cheeks, and slippery roads, but dreaded because of fear of winter weight gain. Finding enjoyable winter exercise that fits into your weight-management program can be a challenge for even the most dedicated cyclist. Just who gets excited about yet another boring indoor exercycling session? Somehow, baking cookies seems like more fun.

I commonly hear complaints about winter weight gain, such as, "I don't bike as much in the winter and inevitably gain two to four pounds." Because consistent overconsumption of only one hundred to two hundred extra daily calories can contribute to waistline expansion, we need to be careful when entertaining ourselves with those few extra Oreos, the second mug of hot cocoa, or the bigger bowl of popcorn munched in front of the TV.

If you are among the many cyclists who struggle with winter weight gain, here are three simple nutrition strategies that can save one hundred to two hundred calories per day — enough to make a difference in your battle of the bulge.

Strategy #1. Boost your calcium intake

Calcium-rich diets are helpful not only for regulating blood pressure and keeping bones strong but also for weight management. A growing body of evidence indicates that consuming calcium-rich dairy foods three to four times a day equals burning about one hundred more calories of body fat per day — or about ten pounds of fat per year. In 1988, researchers were surprised and fascinated by the results of this blood-pressure study: subjects who ate two cups of yogurt per day not only lowered their blood pressure but also lost eleven pounds of fat in twelve months — even though they had been told to try to maintain weight! This finding triggered more research, and today we know:

- * Calcium within the cell regulates fat storage.
- * A high-calcium diet turns more calories to heat than to body fat.
- * Calcium-rich diets contribute to fat loss in the stomach area.
- * Calcium-rich diets can help minimize midlife fat gain.
- * Eating three to four servings of calcium-rich dairy foods per day contributes to the beneficial effect of burning fat while preserving muscle. In a twelve-week weight loss study, those who ate three cups of yogurt per day lost sixty percent more fat than those who got calcium through supplements.

If you balk at the thought of consuming at least three servings of yogurt or milk per day, keep in mind it's not very hard to do. Simply choose cereal with low-fat milk for breakfast (or cook hot cereal, such as oatmeal, in milk instead of water), have a low-fat yogurt for a mid-morning or evening snack, and enjoy a latté or hot cocoa made with low-fat milk for an afternoon energy booster. Other options include putting two slices (1.5 ounces) of low-fat cheese on a sandwich, and, yes, even drinking chocolate milk

for a post-exercise recovery drink. The weight-regulating trick is to be sure the dairy calories are within your daily calorie budget and not excessive. You cannot start to guzzle gallons of milk and expect to lose body fat!

People who don't drink milk can get calcium from nondairy sources (broccoli, calcium-enriched orange juice, supplements), but calcium from dairy foods is most effective. For help with learning how to boost your calcium intake, consult a local sports dietitian (www.eatright.org will help you find one locally).

Strategy #2. Eat breakfast

About forty percent of adults skip breakfast at least four times a week. Although skipping breakfast may seem like a good way to eliminate calories, breakfast skippers tend to be fatter than breakfast eaters. When people eat a larger-than-normal breakfast, they end up eating almost one hundred fewer calories by the end of the day, an amount that can curb creeping obesity. Hence, eating breakfast is one strategy that makes a big difference in weight management. In one group of dieters, each of whom has lost at least thirty pounds and kept the weight off for at least a year, ninety-seven percent are now committed breakfast eaters! They know that eating breakfast works!

Breakfast does not have to be eaten immediately upon rising, but it should be eaten within two to three hours of waking. If you can't find time to eat breakfast at home, at least make plans to eat breakfast at the office.

Strategy #3. Eat more fiber and whole-grain foods

Foods that are satiating (that is, they fill you to the point that you choose to stop eating) are rich in protein (turkey, tuna fish, chicken) or fiber (whole grains, fruits, vegetables, nuts). Given that protein often is accompanied by unhealthy saturated fat (as in cheese, bacon, hamburger), the wiser option is to curb hunger by filling up on fiber-rich foods.

Fiber-rich foods tend to be bulky, and bulk helps promote a feeling of fullness. That is, you can reduce the calorie content of a casserole by 30 percent by adding bulky vegetables (mushrooms, celery, peppers), and people will consume fewer calories without noticing the difference.

According to Barbara Rolls, author of *The Volumetrics Weight-Control Plan*, consuming bulky foods with a high-fiber and water content can help you eat fewer calories. This means eating more fruit, vegetables, soup, beans, legumes, bran cereal, and whole grain cereals. These are more satisfying than a croissant with an equal number of calories.

Summary

Whether you are motivated to fight winter weight gain or simply to fuel your body healthfully, eating a hearty, wholesome breakfast and consuming more calcium, fiber, and whole grains are wise nutrition strategies. Sounds like Wheaties is not only the breakfast of champions but also of lean cyclists!

"Winter Weight Gain" by Nancy Clark, MS/RD was originally published in the January/February 2004 issue of Adventure Cyclist magazine. Books by Nancy Clark include the Cyclists' Food Guide: Fueling for the Distance and the Sports Nutrition Guidebook. Both can be found at www.nancyclarkrd.com.

One Less Car in Annapolis 2007 Maryland Bicycle and Pedestrian Symposium

One Less Car will host the 9th annual Maryland Bicycle and Pedestrian Symposium in the Miller Office Building in Annapolis on Wednesday, February 7, 2007. The symposium will feature speakers, presentations and demonstrations of alternatives to cars as transportation.

Come speak to your legislators and learn about bills that will affect you as a bicyclist and pedestrian. Network with others who are working to make Maryland a better place for bicycling and walking.

The day will also feature lobby visits with state legislators. Just let us know which district you live in and we will make an appointment for you meet with your representatives.

Take action! – One Less Car works with the Bicycle and Pedestrian Caucus, composed of legislators from around the state -- membership is open to all legislators. Encourage your delegates and senator to join the caucus. Tell them we need their voices to advocate for safe and accessible biking in Maryland.

Keep One Less Car's wheels turning!

Your contributions support One Less Car's efforts to make bicycling and walking safe and accessible in Maryland. At the same time, you are helping to open minds about alternatives to cars as transportation. As a One Less Car member, you'll join over 2,000 fellow cyclists in creating healthy, livable, bike and pedestrian friendly communities in Maryland. Please join us!

With your membership, you will receive One Less Car's quarterly newsletter, discounts at area bike shops, and the satisfaction of making a difference.

Annual membership:

- ♦ \$25 Member
- ♦ \$45 Family
- ♦ \$52 Buck-a-Week for Better Bicycling & Walking (receive a free OLC cotton T-shirt)
T-shirt size? S M L XL
- \$100 Century Club (receive T-shirt and a book: either "Urban Bikers' Tricks & Tips" or
- ♦ "How to Live Well Without Owning a Car" – please circle one) Tshirt size? S M L XL

One Less Car, Inc. is a 501(c)(3) non-profit organization, donations to which are tax deductible to the fullest extent allowed by law. Please send checks to One Less Car, P.O. Box 19987, Baltimore MD 21211.

JANUARY & FEBRUARY RIDE SCHEDULE

Note: Winter riding can be exhilarating! However, weather conditions can be hazardous, causing ride leaders to cancel their rides. Please be sure to contact your ride leader by phone or e-mail, or check BBC Talk (see page 31 for instructions on how to subscribe), to find out if a ride has been cancelled.

Monday - January 1

SHORT - 11am - 33 mi - Gloria Epstein (410/665-3012, carlglo@verizon.net)

START: ORR

Mod. hilly ride to Hampstead for lunch @J&P Italian Rest.

Tuesday - January 2

15/16 MPH - 10:30am - 30-40 mi - Susanne Morsberger ((443) 622-5862, smorsber@msn.com)

START: ORR - Oregon Ridge Park

A shorter ride may be offered depending on weather.

Wednesday - January 3

15/17 MPH - 10:30am - 30 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

START: Meadowood Regional Park

Meet at 10650 Falls Rd just south of Joppa Rd, Lutherville. Clockwise loop up Park Heights to Butler returning through Timonium. No rest stop.

Saturday - January 6

SHORT/LONG - 10am - 33/45 mi - Carol Russell (410/665-0651; day-of-ride cell: 443/286-5807, cjrussell74@yahoo.com)

START: SPK Sparks E. S.

Sparks to Madonna. Mod. hilly ride in Balto. & Harford Cos. on scenic, low-traffic roads. Snack/lunch stop in Madonna @Highs or Madonna House Rest.

SHORT - 11am - approx. 25 mi - Bill Foster (410/461-3944)

START: GLN - Glenelg H.S.

One of the popular Howard Co. evening rides.

LONG - 10:30 am - 40-45 mi - Janet Goldstein (410/366-1466, jgoldst@verizon.net)

START: ORR - Oregon Ridge Park

Oregon Ridge to Hampstead, 40-45 miles with plenty of bail-out opportunities. Convenience store stop in Hampstead.

Sunday - January 7

SHORT/LONG - 9:30am - 33/41 mi - Gloria Epstein (410/884-3818, carlglo@verizon.net)

START: SOC South Carroll H. S.

Mod. hilly terrain & light traffic will get you to the New Windsor VFD hall for an 'all you can eat' breakfast. Bring your appetite and some cash (approx. \$6).

LONG - 10 am - 48 mi - Mark Tabb (410/274-8668, marktabb@yahoo.com)

START: Mt Airy Elementary School

Take I-70 West to Mt Airy Exit 68/Rt 27; Right off exit ramp then Left on West Watersville. Left on Main Street. Left into school. Different ride start thanks to Mary Ruhl. Will wing it for beginning & ending of ride (very minor adjustment). Ride to lunch at Trouts. Moderately hilly-low traffic roads depending on frame of mind!? Ride includes climb on Molassas (short 16%), 3 back to back tough but great stretch on Renner & long 10% climb up Woodsville Rd (1/2 mile-ish). Some easy stretches. Ride is an 8 on a 1-10 scale.

Tuesday - January 9

15/17 MPH - 10:30am - 45 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

START: ORR - Oregon Ridge Park

Rolling ride with hills through Boring with snack at Callahan's or Countryside. A shorter ride may be offered depending on weather.

Saturday - January 13

SHORT - 10am - 37 mi - Manny Steinberg & Bob Seay (410/655-8242 & 401-242-6929)

START: MSM Marley Station Mall

Flat to rolling ride to Sandy Point State Park w/lunch @Red, Hot & Blue. 1/2 paved trail, 1/2 road.

LONG - 10 am - 45 mi - Craig Martin (410/538-8791, Dee.Craig@comcast.net)

START: NTH - New Town High School

Enjoy 45 rolling miles with some definite Hills through Liberty Water Shed to Hampstead for lunch at J&P Pizza. Shorter and longer routes will be available as decided by the weather.

Sunday - January 14

SHORT/LONG - 9:30am - 31/36/44 mi - Jim White (717/682-4182, bikerdancerjim@comcast.net)

START: SOC - South Carroll H.S.

Social ride thru Carroll & Fred. Cos. w/an 'all you can eat' breakfast @Union Bridge VFD. Some great vistas.

LONG - 10 am - 45 mi - Mike Harris (410/312-7884, mrmike21045@yahoo.com)

START: Cafe Bagel - 6010 Marshalee Drive in Elkridge, MD

Directions: Take Rt 100 to Exit 4 onto Rt 103 (Meadow Ridge Rd) towards Ellicott City. Go 0.4 mi and make right onto Montgomery Rd. Next go 0.2 mi and bear right onto Marshalee Dr. Cafe Bagel in shopping center on right. "Roundabout Howard County" ride. New route and ride start location. Plenty of hills to keep you warm and a lunch stop in Ellicott City.

Monday - January 15

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

START: Clynmalira Church -Old York Rd., Sparks, MD - Follow directions to Manor Shopping Center, Jacksonville in newsletter. Continue to light @ Sweet Air & Papermill Rds. Turn left onto Papermill Rd., go less than 1 mile and turn right onto Old York Rd. Go 1.5 mi to church on left.

Ride to Stewartstown for lunch @My Three Sons, Italian Rest. Route can be shortened by a few miles if necessary.

Tuesday - January 16

15/16 MPH - 10:30am - 30-40 mi - Susanne Morsberger ((443) 622-5862, smorsber@msn.com)

START: WRP-Western Run Park & Ride

A shorter ride may be offered depending on weather.

Saturday - January 20

SHORT - 10:30 am - 28/31 mi - Rich Burns (410/433-4162, rnburns@prodigy.net)

START: SPK Sparks E. S.

Mod. hilly ride with rest/food stop at La Mia Cucina (FKA Twin Oaks Store).

LONG - 10 am - 48 mi - Terry Harrigan (410/596-8263, cctrekker@dtkm.com)

START: MTV Mt. View Middle School

"Carroll Loop". A new route that frequents the back roads of southern and central Carroll County. A mix of moderate hills and well worn cycling roads. Convenience store with facilities at mile 30.

Sunday - January 21

SHORT - 1 pm - 14/24 mi - John Coche (410/437-0707)

START: MSM - Marley Station Mall

Come out after church for a ride on the BWI & B&A Trails.

Tuesday - January 23

15/17 MPH - 10:30am - 45 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

START: ORR - Oregon Ridge Park

Rolling ride with hills to Madonna with a snack stop at High's. A shorter ride may be offered depending on weather.

Saturday - January 27

SHORT - 10:45 am - 23 mi. - Chris Moriarity (301/270-3416 before 8 pm)

START: Cloverly Safeway - I-95 S to MD-198 (exit 33); west on MD-198 approx. 6 mi. to MD-650 (New Hampshire Ave.), then south approx 1 mi to Safeway on the left at Briggs Chaney Road.

Ride into Howard County with several hilly sections. Lunch at El Azteca in Clarksville. No go if icy/wet, call ride leader between 8:30 and 9 AM on morning of ride if weather is marginal. Joint ride with PPTC and OHBTC. Cue sheet available online at <http://www.qjs.net/~cmoriarity>.

LONG - 10 am - 35-55 mi - Phil Feldman (410/744-8874, pfeldman@comcast.net)

START: EFS - Enchanted Forest Shopping Center

Ride from a warm start! I have rides from 35 - 55 miles depending on the weather. I'll take the forecast high of the day, and bring the two longest rides under that distance (i.e. 40 degrees = 40 miles).

Sunday - January 28

SHORT - 10 am - 27 mi - Gene Marrow (301/854-2885)

START: Clarksville P&R. Take I-695 to I-70W to Rt 29S to Rt 108 W toward Clarksville. Drive thru Clarksville; P&R is on left at Rt 108 & Signal Bell Lane just before Rt 32.

New Triadelphia Loop. A new route - hilly and scenic. No stores so bring snacks; however, Gene will provide porta-potties.

SHORT - 1 pm - 14/24 mi - John Coche (410/437-0707)

START: MSM - Marley Station Mall

Come out after church for a ride on the BWI & B&A Trails.

Tuesday - January 30

15 MPH - 10:30am - 30 mi - Renee Faison ((410) 356-7088, rrfaison@msn.com)

START: ORR - Oregon Ridge Park

Join Renee and gang for this nice rolling ride. Chocolate chip muffins will be at ride start!!

Wednesday - January 31

15/17 MPH - 10:30am - 30 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

START: Meadowood Regional Park

Meet at 10650 Falls Rd just south of Joppa Rd, Lutherville. We will ride the reverse of January 3rd's ride. No rest stop.

Saturday - February 3

SHORT - 10:30am - 25-35 mi - Aldona Glemza (443/676-6752, aglemza@gmail.com)

START: MTV - Mountview Middle School

Somewhat hilly ride thru Howard Co. w/rest stop on route.

LONG - 10 am - 51 mi - Craig Martin (410/538-8791, Dee.Craig@comcast.net)

START: WES - Westminster Elem. School

Rolling ride with some hills to Taneytown for lunch. Shorter option available if the weather dictates.

Sunday - February 4

SHORT/LONG - 9:30am - 32/41 mi - Dick Voelkel (410/744-6941, voelkeldi@aol.com)

START: SOC - South Carroll H.S.

Pancakes are back at the new, New Windsor fire hall! Come out to join Dick with his brand-new hip and enjoy a great all-you-can-eat breakfast. A few hills to help work off any excess calories ingested at the VFD hall.

Tuesday - February 6

15/17 MPH - 10:30am - 45 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

START: WRP-Western Run Park & Ride

Rolling ride with hills through Prettyboy Reservoir with a snack stop at Wally's Store. A shorter ride may be offered depending on weather.

Saturday - February 10

SHORT - 10am - 37 mi - Bob Seay & Manny Steinberg (401/242-6929 & 410/655-8242)

START: MSM Marley Station Mall

Flat to rolling ride to Sandy Point State Park w/lunch @Red, Hot & Blue. 1/2 paved trail, 1/2 road.

LONG - 10 am - 40 mi - Mike Harris (410/312-7884, mrmike21045@yahoo.com)

START: SBC - Sam's Bagels, Frederick Rd, Catonsville, MD

Take I-695 towards Glen Burnie to Exit 13/Frederick Rd (Ellicott City/Catonsville); after 2nd traffic light go Right into Shopping Center (look for Friendly's Restaurant); bagel shop is in back.

"Modified Patapsco Plunge". Shorter version of Laura Johnson's leg-busting, lung-shearing, heart attack inducing sufferfest. And we say we do this for relaxation! Lunch in Ellicott City.

Sunday - February 11

SHORT / LONG - 10am - 33/45 mi - Carol Russell (410/665-0651; day-of-ride cell: 443/286-5807,

cjrussell74@yahoo.com)

START: SPK Sparks E. S.

Sparks to Madonna. Mod. hilly ride in Balto. & Harford Cos. on scenic, low-traffic roads. Snack/lunch stop in Madonna @Highs or Madonna House Rest.

SHORT / LONG - 9:30am - 31/36/44 mi - Jim White (717/682-4182, bikerdancerjim@comcast.net)

START: SOC - South Carroll H.S.

Social ride thru Carroll & Fred. Cos. w/an 'all you can eat' breakfast @Union Bridge VFD. Some great vistas.

LONG - 10 am - 45 mi - Mark Tabb (410/274-8668, marktabb@yahoo.com)

START: MLP - Maryland Line Park & Ride

I'll pick the short version of one of Gary Brandon's rides. Always a bunch of climbing with his rides.

Tuesday - February 13

15/16 MPH - 10:30am - 30-40 mi - Susanne Morsberger ((443) 622-5862, smorsber@msn.com)

START: WRP-Western Run Park & Ride

A shorter ride may be offered depending on weather.

Wednesday - February 14

15/17 MPH - 10:30 am - 30 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

START: ORR - Oregon Ridge Park

Join us on Valentine's Day for a fun ride up to Emory Church. No rest stop.

Saturday - February 17

SHORT - 11am - approx. 28 mi - Bill Foster (410/461-3944)

START: LPR - Lisbon Park & Ride

Enjoy the 'Lisbon-Woodbine Mt. Airy' ride.

Sunday - February 18

SHORT - 1 pm - 14/24 mi - John Coche (410/437-0707)

START: MSM - Marley Station Mall

Come out after church for a ride on the BWI & B&A Trails.

SHORT - 10am - approx. 25 mi - George Cordutsky (410/882-2788, gcordutsky@msn.com)

START: K-Mart – North Plaza Mall

A new start location for a Balto. Co. ride w/rest stop @conv. store. Take I-695 to Exit 31B Perring Parkway, cross Joppa Rd at light; Right at stop sign onto Waltham Woods Rd; Right at next Right (K-Mart driveway). Bear left and park away from the store.

LONG - 10 am - 35-55 mi - Phil Feldman (410/744-8874, pfeldman@comcast.net)

START: EFS - Enchanted Forest Shopping Center

Ride from a warm start! I have rides from 35 - 55 miles depending on the weather. I'll take the forecast high of the day, and bring the two longest rides under that distance (i.e. 40 degrees = 40 miles).

Monday - February 19

SHORT - 10:30am - 26 mi - Gloria Epstein (410/665-3012, carlglo@verizon.net)

START: St. John's Episcopal Church, Butler, Piney Grove & Belmont Rds. @ 3738 Butler Rd., Glyndon, Md. 21071 (contact leader for directions)

Beautiful ride to Hampstead for lunch.

15/17 MPH - 10:30am - 45 mi - Steve Zeldin ((410) 828-5553, SZeldin@comcast.net)

START: WRP-Western Run Park & Ride

Hilly ride through Sheppard with a snack stop at Cucina (Twin Oaks). Join us on President's Day as we ride by the site of Slade's Tavern at My Lady's Manor where George Washington breakfasted June 6, 1773. A shorter Presidential ride may be offered depending on weather.

Tuesday - February 20

15/16 MPH - 10:30 am - 30-40 mi - Susanne Morsberger ((443) 622-5862, smorsber@msn.com))

START: ORR - Oregon Ridge Park

A shorter ride may be offered depending on weather.

Saturday - February 24

SHORT - 10:30am - 25-35 mi - Aldona Glemza (443/676-6752, aglemza@gmail.com)

START: CTM - Catonsville Middle School

Moderate hills riding into Howard County and back.

LONG - 10:30 am - 42 mi - Janet Goldstein (410/366-1466, jgoldst@verizon.net)

START: WES - Westminster Elem. School

Tour of Carroll County's Small Towns.

Sunday - February 25

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

START: ORR

Ride to Hampstead for lunch @J&P Italian Rest.

LONG - 10 am - 51 mi - Mark Tabb (410/274-8668, marktabb@yahoo.com)

START: Jacksonville-Bagelmister @Sweet Air & Papermill & Jarrettsville Pike

Stretch out the distance a little for Spring around the long corner. Ride to Delta, PA to Pizza Place. If frigidly cold (high under 30), will hunt down shorter cue sheet.

Tuesday - February 27

15/16 MPH - 10:30am - 30-40 mi - Susanne Morsberger ((443) 622-5862, smorsber@msn.com)

START: WRP-Western Run Park & Ride

A shorter ride may be offered depending on weather.



Bicycle News from the ADVENTURE CYCLING ASSOCIATION

a compilation of guidelines taken from a number of club newsletters

Rider Guidelines

The following are some suggestions that will make your ride safe and fun:

Before the ride

a) Choose rides that you can maintain scheduled speed for the advertised distance and terrain.

b) Make sure your bicycle is mechanically sound (tires pumped etc.).

c) Call the ride leader **in advance** of the scheduled ride, if you have any questions.

d) Take basic equipment for you and your bike:

water bottles, appropriate clothing, helmet, identification, money (quarters), mirror, gloves, sun tan lotion, snacks, and minor repair tools (pump, spare tube, patch kit, tire tools). Consider carrying an area map.

e) Have adequate lighting for night riding.

f) Build up to longer rides, so that you

have a reasonable capability to do the ride.

g) Arrive 15 minutes prior to the scheduled ride start time. Be sure to sign the ride roster.

During the ride

a) Know your ride leader and other riders. Introduce yourself.

b) Pick up a map. Pay attention to any special ride instructions from the ride leader. Plan on a brief meeting 5 minutes before departure.

c) Ride in a safe manner: Call out road hazards to others. Pass other riders when safe and after informing them.

d) Obey traffic laws.

e) Pace yourself to complete the ride.

f) Assist other riders where appropriate (mechanically or emotionally).

g) If you have difficulties or decide to leave the group for any reason, tell the ride leader or another rider.

h) If you choose to ride ahead of the ride leader, you do so at your own risk.

i) Be aware of the other cyclists around you. Keep a proper distance between bikes ahead of you and around you. Only draft another rider with his or her permission. Give hand signals as appropriate, and verbal signals as needed.

j) Exercise courtesy toward cars and pedestrians, thus encouraging acceptance of cyclists on the roadway and in the community.

k) Soak in the scenery, make a friend, enjoy your accomplishment. Have Fun!

After the ride

a) Thank the ride leader. Make any suggestions for improvements in a pleasant manner.

b) Join your fellow riders for pizza. ■

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

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

Ride Descriptions

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

Casual

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

10-12 MPH

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

13-15 MPH

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

15-17 MPH

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

18 MPH

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

Tandem

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

Many rides offer two or three alternate lengths (e.g. 25/45 mi.).

Howard County: Glenelg Tues/Thurs Evening Rides

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

Start: Glenelg High School, 14025 Burnt Woods Rd. I-70 W, Exit at Rt. 32 South, right turn on Burnt Woods Rd. (at traffic Signal). School on left 0.5 miles. Time: Tues/Thurs evenings in April @5:45;

May through August @6 p.m.;

Sept. @ 5:45 p.m.;

Oct. @5:30 p.m.

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

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

Howard County: Wednesday Evening Rides

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

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

Start: Folly Quarter Middle School*

Triadelphia Rd., Glenelg, MD

Meet at: 5:45 (5:15 DST)

every Wednesday

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

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

HoCoCyclists@yahoo.com.

Visit the website

www.groups.yahoo.com;

enter group: HoCoCyclists"

2007 Ride Coordinators

Casual

Judy Getz410-254-1306
casualrides@baltobikeclub.org

Mike Falatico410-377-9140
casualrides@baltobikeclub.org

10-12 MPH

Dick Voelkel410-744-6941
10-12rides@baltobikeclub.org

Tom Anzalone410-329-3864
10-12rides@baltobikeclub.org

13-15 MPH

Gary Brandon
13-15rides@baltobikeclub.org

15-17 MPH

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

18 MPH

Phil Feldman410-744-8874
18rides@baltobikeclub.org

Weekday

Renee Faison410-356-7088
weekdayrides@baltobikeclub.org

Tandem

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

Winter

Gloria Epstein410-665-3012
Winterrides@baltobikeclub.org

Terry Harrigan410-549-1798
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@toad.net or 410-366-1466.

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



Baltimore Cycling Club, Inc. Membership Application or Renewal

Address Change

How do you want to receive the Newsletter?

New Membership

By US Mail

Membership Renewal

OR From the Internet

Are you interested in racing with Team BBC? Yes No

Do you ride a Tandem? Yes No

Yes No

Yes No

Date _____

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

Second Name (Family Membership Only) _____

Home Address (One per Membership) _____

E-Mail Address (One per Membership) _____

City _____

State _____

Zip + 4 _____

Home Phone _____

To function, the BBC is dependent on member volunteers.

Check all categories that you are willing to help with:

Bicycling Advocacy

Club Picnic or Socials

Lead Rides

Club Events

Newsletter

Website

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

Dues are subject to change.

Individual One Year: \$25

Family One Year: \$35

Individual Two Years: \$45

Family Two Years: \$65

Mail check payable to **Baltimore Cycling Club, Inc.** and application to:

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



Baltimore Bicycling Club Newsletter Need BBC Info?

*For BBC members with questions or
problems concerning:*

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

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

For Marketing Questions • Email: marketing@baltobikeclub.org

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

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

For Out of Bounds Column Submittals • Email: outofbounds@baltobikeclub.org

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

January | February
2007

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