

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

EASY RIDERS SCHEDULE -2006

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. (Exception July 24)

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 10 Gwynns Falls Trail

Meet: Parking Lot in Middle Branch Park
Leader: Ruth & Lee Fleishman: 410-329-3208 or ruthnlee@juno.com
Description: Approximately 25 miles round trip. We will be on a paved linear greenway trail in southwest and west Baltimore City. The trail is largely in a unique urban forest as it follows the valley of Gwynns Falls to the Inner Harbor. More information is available at www.gwynnsfallstrail.org. We will start and end at

Directions: Harbor Hospital Center and follow the Gwynns Falls valley to Leakin Park, return to the Baltimore Inner Harbor for lunch, and then back to our cars. To get there; take I-95 to Exit 54 (just east of I-395) go south on Hanover Street MD-2. Cross Hanover Street Bridge. Follow "H" signs to the hospital. Keep left on Hanover Street for a left turn into the hospital. Use the large parking lot to your right, south of the buildings.

People coming from Anne Arundel County

Take Ritchie Highway MD-2 north into Baltimore City, becomes Hanover Street. .1.5 miles after the city line you will come to a right turn into the hospital. Use the large parking lot to your right, south of the buildings.

April 17 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 or 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 24 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 ¾ 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.

May 1 Jones Station to Sandy Point Park

Meet: Jones Station Rd and B & A trail

Leader: Catharina Brauer: 410-647-0734

Description: 27 miles, rolling terrain with some hills.

Directions: MD 2 south to Jones Station Rd. Right on Jones Station Rd. to the Park & Ride across from Rite Aid.

May 8 Downs Park and Environs

Meet: Chesapeake High School, 4768 Mountain Road, Pasadena

Leader: June Peterson: 410-242-3982 or 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

May 15 Quietwater-Bay Ridge Ride

Meet: Annapolis Neck Library Parking Lot

Leader: John Buchleitner 1.410.647.3917

Description: Approximately 24 miles. Mostly flat. Includes a brief stop at Thomas Point Lighthouse State Park. Lunch at conclusion of the ride. Brown bag or purchase at nearby deli. Cycle ¼ miles back into park to eat at water's edge.

Directions: I-695 to I-97 South. Go under Rt. 50 overpass; Stay in right lane. Road changes to Rt. 665 and then changes to Forest Drive. Right on Hillsmere at light. Pass entrance to Quietwater Park; go left into Eastport Annapolis Library Parking Lot.

THIS IS A MORE AGGRESSIVE RIDE

May 22 Crab Cakes Ride

Meet: Marley Station

Leader: Rob Maslin: 410-494-6996 or 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 29 Memorial Day Ride Not Scheduled

June 5 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.

June 12 **BWI Loop and More**

Meet: Elkridge Train Station
Leader: Joan Valentine: 410-737-2050 (no calls after 8 P.M.) or Joanbike@msn.com
Description: 20 miles on basically flat roads or bike paths. Complete BWI loop and then on to Patapsco Valley State Park, Avalon area, for a bag lunch before beginning a three Mile loop within the park. Return to train station.
DON'T FORGET YOUR BAG LUNCH !
Directions: I-695 exit 12, Wilkins Ave. Go left (or West) on Wilkins for approx. one mile to the junction with Rolling Road. Left on Rolling; name changes to Selford after 1/4 mile. Continue on Selford for another mile when the name changes again to Clark Blvd. Continue on Clark Blvd. to U.S. 1 (Washington Blvd). Right on U.S. 1 for 3/4 mile. Left on Levering, at light. Make an immediate right on Main St.; travel a short distance to left at Railroad Ave. Parking lot will be on the left after a very short distance.

June 19 **Marley Station to Patapsco State Park**

Meet: Marley Station
Leader: Rose Eicker: 410-242-2850 or 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 26 **Alpha Ridge Park**

Meet: Alpha Ridge Park
Leader: Ron Dowel: 410-828-1436
Description: Choice of 28.5 or 32.2 mile ride on scenic paved roads. Lunch at a food court.
Directions: I-70 to Exit 80 (US 32), go north for one mile and turn right (east) on MD 99 and go 20 miles to Alpha Ridge. Park on your right.

THIS IS A MORE AGGRESSIVE RIDE

July 3 **Taneytown Memorial Park**

Meet: Taneytown Memorial Park
Leader: Lew Frain: 410-756-4637 or frain@smart.net
Description: 25 to 30 miles on gently rolling terrain with lunch at Otts in Emmitsburg.
Directions: I-695 to Exit 19, I-795 north to Exit 9B. Follow Rt. 140 through Westminster to Taneytown. Cross RT 194 at center of town. Go approximately .4 miles, then turn left to park.

July 10

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 17

Kent County Ramble

Meet: Matapeake State Park
Time: 10:00 AM.
Leader: Gary Gray: 410-465-6233 or 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.

July 24

Gunpowder Falls Valley Bike Ride & Potluck Supper

Meet: 825 Corbett Road Monkton
Time: **1:00 PM**
Leader: You are on your own. For information phone 410-329-3208 or ruthnlee@juno.com
Description: Come to 825 Corbett Road to leave your food. You may bike or drive from there to the Northern Central Railroad Trail. Cue sheets will be available for road rides, or do your own thing on the NCR Trail. Return to 825 Corbett Road about 4:00 PM for the supper. Non-biking significant others are welcome to the supper..
Directions: From the Baltimore Beltway I-695 take exit 24 for I-83 North to exit 24 Belfast Road. Go straight at exit 24 to be on Ensor Mill Road for 1 mile to SS at York Road. Turn left for 0.75 mile to Corbett Road. Go 0.25 mile to 825 on your right.

July 31

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.

August 7 Cross Kent Island Trail

Meet: Terrapin Nature Area Parking Lot

Leader: Barbara Kasemeyer: 410-744-2071 or BarbaraKasemeyer@aol.com

Description: Approximately 30 miles with shorter rides available. Kent X Island is only 6 miles long and runs through woods, along marshes and old Kent Narrows Bridge. Additional mileage will be on Kent Island. Lunch at one of the many seafood restaurants in Kent Narrows or pack your lunch and cool your feet in the Chesapeake Bay on the Beach of the Nature Area. This is a flat ride and offers something for all.

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 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 14 New Freedoms to Seven Valleys

Meet: New Freedom Parking Lot on the York County Heritage Rail Trail

Leader: Ruth & Lee Fleishman: 410-329-3208 or ruthnlee@juno.com

Description: A casual 20-mile round trip with lunch in the middle at a neat café in Seven Valleys. We will be on an essentially level, nicely surfaced recreational trail.

Directions: From the Baltimore Beltway I-695 exit 24; go north on I-83 to exit 36, MD-439. Turn right for a short distance to a T. Turn right on York Road MD-45. In about 1.5 miles after the state line, turn left onto Campbell Road; becomes Freedom Road into New Freedom. Park near the restored RR station.

August 21 Wye River, Prospect Bay, Eastern Bay Romp in Queen Anne's County

Meet: Kent Island United Methodist Church, Kent Island

Leaders: George and Mary Drake: 410-758-8266, cell: 410-790-8234 or georgeandmarydrake@yahoo.com

Description: An all-new easy, fun ride for everyone with multiple lengths of 18 or 30 miles (or in between!). Flat Eastern Shore ride in Queen Anne's County. Ride through small towns and beautiful homes/estates with views of the beautiful Wye River, Prospect Bay, Eastern Bay, Marshy Creek, and Greenwood Creek. Bring a lunch or buy one at a deli on the ride. Lunch on the shore of the Wye River.

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 West side of the church (the backside from where you enter where there is a covered entrance to the sanctuary).

August 28 **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.

Sept 4 **LABOR DAY - RIDE NOT SCHEDULED**