



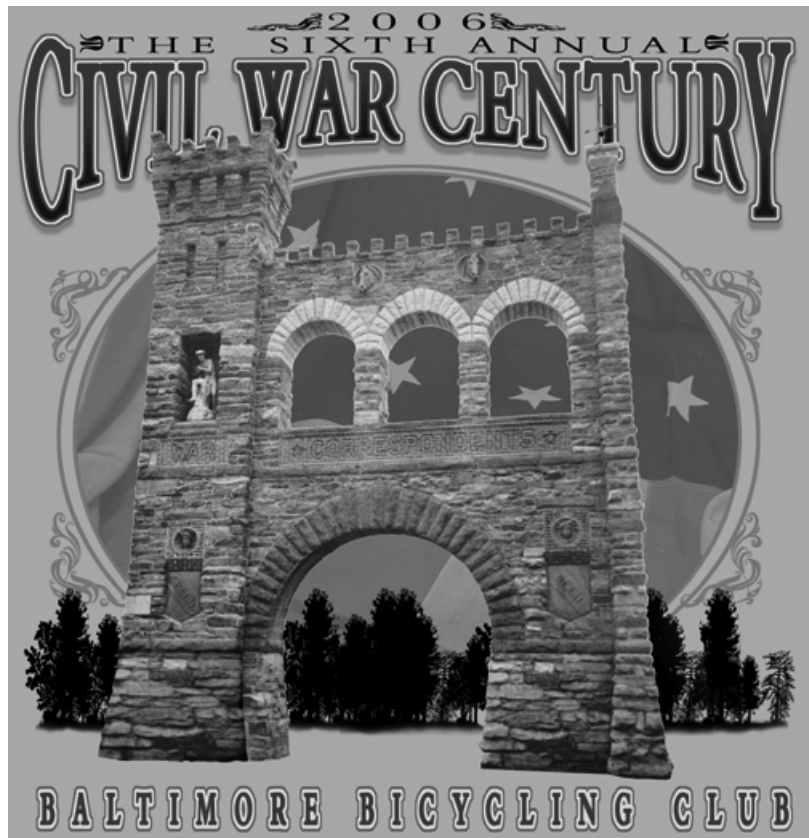
Baltimore Bicycling Club Newsletter

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vol. 39 no. 4

July | August
2006



September 9, 2006

Upcoming Events

June 30 - July 2

Tour de Montes

July 9

Club Picnic

Registration form inside!

August 5

Corn Roast Rides

September 9

Civil War Century 2006



**BBC Picnic - July 9
2006, Piney Run Park
Register by July 5th!**

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

www.baltimorebicyclingclub.org

2006 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.

Officers

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

Daryl Caplan, Vice President
301-829-9796
vicepresident@baltobikeclub.org

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

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

Bob Carson, Past President
410-828-8604
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

Laurie Wrona,
membersatlarge@baltobikeclub.org

Letter from the Prez

COME A LITTLE CLOSER.....

That's right...come a little closer to your bike club. We **need you** to help keep the BBC thriving. You will meet some great people and best of all—you will **have fun!**

There are many opportunities to get involved as the BBC continues looking for ways to meet present and future needs. One existing need is for members who would like to **be part of the Newsletter Team**. Currently, the majority of responsibility for creating the Newsletter falls on the editor's desk. In the future, various components (i.e. photos, articles, etc.) may be distributed to "department chiefs" working together to produce the Newsletter. A task team is currently looking at ways to modernize the Newsletter. So now is a great time for you to get involved at the ground-floor and **join the party!**

Another change underway is greater use of the internet—especially for sending members the Newsletter. Reduced lead times, the ability to make immediate corrections and updates, and greatly reduced costs (reduced printing and postage) are only some of the benefits. If you haven't yet done so, consider signing up for the E-Newsletter. Both you and the club will benefit.

Be part of the Nominating Team that puts together the slate of candidates for the upcoming BBC election. Preferably this team will consist of a diverse group of active members who are not currently on the Board. The election is in November, and now is not too early to get this important process underway.

Please contact me at velo2.anders@verizon.net (or phone 410-628-4018) if you'd like to volunteer for the Newsletter or as a member of the Nominating Team—or any other position that you find appealing. Or, feel free to contact any member of the Board.

And finally—a **heartfelt thanks to Newsletter editor Chris McLaughlin** who is signing off as editor with this issue. We hope to see her leading a bunch of BBC rides!

Frank Anders

BBC 2006 EVENTS CALENDAR

<i>Date</i>	<i>Event</i>	<i>Contact</i>
June 30-July 2	Tour de Montes	Craig Martin 410-538-8791
July 9	Club Picnic	Mary Ryan 410-828-1015
August 5	Corn Roast Rides	Gloria Epstein 410-665-3012 ANOTHER VOLUNTEER NEEDED
September 9	Civil War Century	Howard Rosenbaum 410-653-2363
September 29-October 1	Lancaster Weekend	Jane & John Cole 410-661-4427 Carol & Walt Russell 410-665-0651
October 1	She Got Bike! A Festival of Women's Cycling	Margaret Hartka 410-357-8506
October 20-22	Washington County Getaway	Rich Burns 410-433-4162
TBD	Election, Awards & Recognition Dinner	TBD
<i>The BBC also continues to sponsor and support the following events</i>		
July 13-16	CAM Weekend	Bob Carson 410-828-8604
October 22	Tour du Port	Bob Carson 410-828-8604

RIDE COMMITTEE ANNOUNCEMENTS CALL FOR NEW PARTICIPANTS

The Ride Committee is looking for BBC Members to participate in club activities. We need help:

18 mph Ride Coordinator – we do not currently have a Ride Coordinator for this group that has a steady stable of ride leaders so it should be easy to put the ride schedule together. Probably just 3-4 hours every other month (4 ride schedules a year is all there is to do!)

Winter Co-Ride Coordinator – our faithful winter ride coordinator, Gloria Epstein, needs a bit of help this winter. Only 2 ride schedules to put together. You can either split long/short or one ride schedule each with Gloria. It's that simple!

Both opportunities are an easy way to contribute some time to the BBC and BBC members who want to get involved but have a limited amount of time will find filling these openings very rewarding.

New Ride Saver List – we are starting a new Ride Saver List in this newsletter. THANKS to Jim Kelley for getting the BBC off to a good start. Ride Savers are simply a list of members who are available to substitute as a ride leader in case the listed ride leader is unable to make their scheduled ride. If you are a regular rider this is another easy way to give back to the BBC – especially because you might be going on that ride anyway!

Please call or email Daryl Caplan at 301-829-9796 or dscdob@aol.com with any questions or to take her up on any of these exciting opportunities.

Did you know that...your consistent cycling habit will help you avoid a deadly mix called metabolic syndrome?

Metabolic syndrome refers to a specific clinical situation that raises a person's risk of heart disease. The syndrome includes the following criteria: high blood pressure, elevated blood lipids (i.e., high cholesterol and triglycerides), impaired blood glucose control, and overweight/obesity. People with metabolic syndrome have an increased risk for coronary artery disease, which is a leading cause of premature death and disability.

Researchers have long speculated that the risk of developing metabolic syndrome may be related to a person's level of cardiorespiratory fitness. Scientists from The Cooper Institute, Dallas, TX, set out to answer this question.

Specifically, they looked levels of cardiorespiratory fitness and their relationship to the incidence of metabolic syndrome in a population of men and women who they followed for an average of nearly 6 years. The study population included 9,007 men (average age 44, average body mass index of 25) and 1,491 women (average age 44, average body mass index of 22). None of the study subjects had metabolic syndrome at the start of the study.

When the study began, all the subjects underwent exercise testing to establish their baseline exercise capacity. Following the exercise testing

each subject returned to the Cooper Institute for follow-up assessments to determine whether he or she developed metabolic syndrome.

At the follow-up visits, Cooper scientists calculate body mass index, measured waist girth, recorded blood pressure, and took blood samples to measure triglycerides, cholesterol, and glucose. Men made an average of 4 clinic visits over a period of 5.8 years; women made an average of 3 visits over 5.1 years.

A study participant was deemed to have developed metabolic syndrome, if he or she had at least 3 of the following criteria: a waist size of >40 inches for men or >35 inches for women, elevated triglycerides (>150 mg), reduced HDL (good) cholesterol (<40 mg), impaired blood glucose (>110 mg), or high blood pressure (systolic [top number] >130 or diastolic [bottom number] >85).

Over the follow-up period, 1,402 people (1,346 men and 56 women) developed metabolic syndrome. In general, the people who developed metabolic syndrome looked quite similar in terms of age, risk factors, and their exercise capacity, which was measured in METs or metabolic equivalents. (A higher MET level, as determined during an exercise test, indicates a higher level of fitness.)

A high level of cardiorespiratory fitness. In addition to sponsoring Team BBC, Vik is the strength coach for the Team BBC women racers, and he publishes an online newsletter, with more information like this on exercise science and nutrition. Call him at

ness was strongly and inversely related to the risk of developing metabolic syndrome. The men and women in this study with the highest levels of cardiorespiratory fitness had less than half the risk of developing metabolic syndrome as people with the lowest levels.

Even those with a moderate level of fitness fared significantly better than those with the lowest levels of fitness, reducing their risk of metabolic syndrome by about 20% to 25%. In other words, the more fit the person, the less likely he or she was to develop metabolic syndrome. This was likely due to the fact that regular, vigorous exercise helps manage bodyweight, blood pressure, and glucose metabolism.

By the way, other studies from Cooper show that both strength training and aerobic exercise reduce the risk of metabolic syndrome. Achieving a high level of fitness through a combination of aerobic and strength exercise is the ideal way to help you — or someone you love — forestall this potentially deadly combination of clinical factors. Regular cycling, supplemented with judicious strength work, is a terrific formula for lifetime health and vitality.

Source: LaMonte, M.J., et al. Cardiorespiratory fitness is inversely associated with the incidence of metabolic syndrome. *Circulation*. July 26, 2005. 112:505–512.

Vik Khanna is a fitness coach and exercise educator who owns Galileo Health Partners, LLC and Tuff Trainers in Ellicott City. He is a physician assistant and Exercise Specialist®, Certified by the American College of Sports Medi-

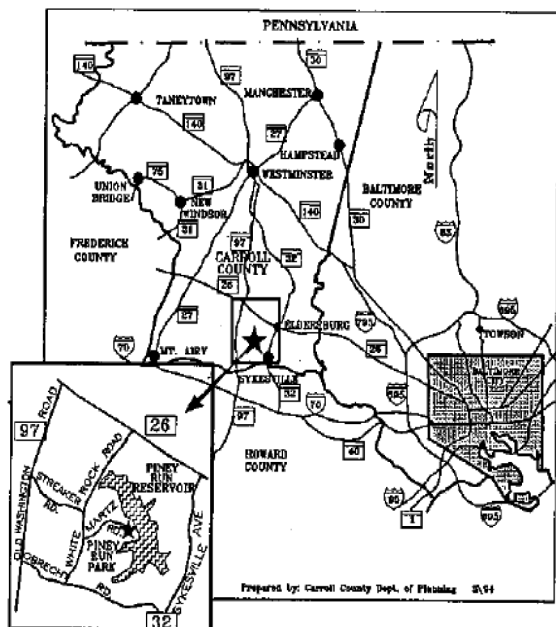
443-226-7009, send an email to vik@galileohealth.net, or visit www.galileohealth.net. Look for this advice and information column in every BBC newsletter.

BBC CLUB PICNIC

SUNDAY JULY 9, 2006

Piney Run Park

30 Martz Rd., Sykesville, MD
Rain or Shine



Rides begin at 9:00 AM
Food served at 1:00 PM

- Road Rides for all paces, Casual thru 18mph (see Ride Schedule for details)
- Canoe, Kayak, and Paddleboat rental (extra cost, cash or checks only, no credit cards)
- Hiking trails, Nature Center, Playground, and Tennis Courts available
- Covered Pavilion
- Delicious food and drink
- Cost of parking is INCLUDED in picnic price (tell the gatekeeper you are with the BBC picnic)

For more information contact Mary Ryan, 410-828-1015, picnic@baltobikeclub.org

Directions:

From I-695 via Liberty Rd: Take Exit 18 West, Route 26. Go 14 miles (past Rt 32) turn Left onto White Rock Road. Go 1.8 miles, turn Left onto Martz Road. Go 0.7 miles to park entrance.

From I-70: Take exit 76, Route 97 north towards Westminster. Go 4.3 miles, turn Right on Obrecht Rd. Go 0.8 miles, turn Left on White Rock Rd. Go 0.7 miles, turn Right on Martz Rd. Go 0.7 miles to park entrance.

----- Detach and mail with your check -----

Registration Form: Register by July 5, 2006! - Make Checks payable to BBC

Cost: Adults - \$15 Children under 12 - \$5

Mail this form and your check to: Mary Ryan, 128 Warwick Drive. Lutherville, MD 21093

Name(s): _____ Phone: _____

Children's names/ages: _____

Vegetarian-only meals (how many): _____



Tandemonium



We've just returned from the 24th Kent County Spring Fling centered on Washington College in Chestertown, MD. More than 50 tandem teams, including the Rhotens with their triple plus tag-along, attended. The tandems rallied on Friday, despite an early downpour, for an impromptu ride to Rock Hall for crab cakes. Thanks to the Glasgows for organizing this again.

Spring Fling is always such a reunion; some folks you see in Chestertown every year and only there. Teams participated from as far away as North Carolina and Florida. Best of all were all the young tandem and even younger bugger riders who rode this year. Many of these youngsters were also some of the most enthusiastic dancers on Saturday and Sunday evenings.

Several tandem teams also brought their kayaks. The Grossmans and Dymonds among others paddled out to watch the Tea Party raft race from a watery perspective. What a hoot! The only rule is that you can't build your raft from anything that can be purchased at a marine supply store. Cheating and bribery are encouraged. Last year's Cadillac Eldorado was probably the most bizarre entry, but this year's Army tank (which was first over the finish line) was a close second. Other entries included a floating chlorox bottle and a birthday cake!

Thanks, of course, to Frank and Kathy Anders and all the other volunteers who make this one of BBC's signature events. Tom and I had to miss #22 and a couple for college graduations, but KCSF just starts the summer off right for us.

Update from Conrad and Barbara Bernier just back from the Canadian Tandem Rally held in Picton, near Kingston, Ontario:

A total of 52 teams attended the rally including 39 teams from Canada. Most of the Canadians were from Ontario Province, in or around Toronto, with one Quebec team and one Nova Scotia team. The 13 US teams included teams from Virginia, Florida, Illinois, Michigan, New Hampshire, New York, Ohio and Wisconsin. The only other team from our area was Ed and Laurie Barr.

Riding was a little hillier than Kent County, but not much with great views of Lake Ontario and various inlets and bays. We almost always had views of the water. This was the best smelling ride I have ever been on, because wild lilacs were growing everywhere and were in full bloom. The weather was cool and cloudy on Friday and Saturday, but we did not get rained on. Sunday was a beautiful sunny day.

Most Canadian teams left Sunday evening since Monday (US Memorial Day) was not a holiday for them. Those who stayed got in a 25-mile ride on Monday (also sunny) before our 10-hour drive home. We hope everyone that went to Kent County this year had a good time. We missed you! As we headed out on our Friday ice cream ride, I was thinking that if we were in Spring Fling, we would be on our way for crab cakes. We had to settle for apple pie with rhubarb ice cream and fish and chips.

BBC's Tandem group is called CRABS (Couples Riding a Bicycle Simultaneously).

To keep up-to-date on BBC CRABS happenings use the CRABS list-serve: bbc-crabs@yahoogroups.com
The CRABS list-serve is used for posting impromptu rides, for sale / trade notices, for talking about tandem riding and tandem bikes, for last minute updates to scheduled rides.

To subscribe: send a BLANK email to: bbccrabssubscribe@yahoogroups.com
To unsubscribe: send a BLANK email to: bbccrabsunsubscribe@yahoogroups.com

Peggy & Tom Dymond
CRABS coordinators
Email: crabs@baltobikeclub.org
Home: 410-272-9139



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Vik Khanna, M.H.S.,
Physician Assistant

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the Team BBC
Women Racers!

BBC Newsletter Survey

The Executive Board of the BBC wants to improve communication between itself and the members and between the members themselves. Currently the means of communication include the newsletters, the website, BBCTalk, HoCoCyclistsTalk (other list serves?) and informal conversations between members at club rides and events. This survey is focused on the newsletter and e-newsletter. As of now the printed newsletter is the largest club expenditure after club events. The printed newsletter is totally reduplicated by the e-newsletter in a PDF file at the present time. The basic club information including the ride schedule, the event calendar, club contact information, ads for jerseys and license plates can all be found on the web site; the newsletters add "news" articles e.g. the president's letter, seasonal riding tips, tandem and race team reports, etc. This survey is designed to give the board a sense of what the membership would like the newsletters to be.

Please select the choice that best fits your idea of what our club newsletters should be. Select only one choice. If none of the choices apply to you; please write your ideas in the comment section.

1. Get rid of the printed newsletter altogether and put everything on the web site ____
2. Print a slimmed down true newsletter (mostly news articles) and put the basic ride info (rides schedule, event calendar, club contacts) on the website ____
3. Print a slimmed down newsletter that contains the basic ride information and put the news articles on the web site in the e-newsletter which would have its own web pages ____
4. Don't change anything except to improve both the newsletter and e-newsletter but give a \$5 membership discount to members who only take the e-newsletter ____
5. Don't change anything except to improve both the newsletter and the e-newsletter ____
6. Get rid of the e-newsletter and use the web site pages for something else ____

Please answer the following questions to let us know a little about you:

I. I have been a member of the BBC for how many years? ____

II. I ride on BBC rides (including evening rides):

- A. Several times a week ____
- B. Several times a month ____
- C. Occasionally each year ____
- D. It's been years since I have done a club ride ____
- E. I have yet to do a club ride ____

III. I subscribe to:

- A. The printed newsletter ____
- B. The e-newsletter ____
- C. Both ____

Comments:

You may respond by:

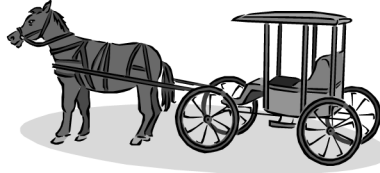
1. Email to secretary@baltobikeclub.org,
2. Snail mail: Ed Cahill 9056 Meadowvale Ct Ellicott City, M.D 21042,
3. Personal conversations with any member of the newsletter Task Group: Ed Cahill, Laurie Wrona, Barb Park, Craig Martin, or Ken Philhower.

Thank you for your help.

Ed Cahill

Weekend in Lancaster

September 29 – October 1, 2006



Join us for a festive fall weekend in the heart of Pennsylvania Dutch country. By day, cycle lightly traveled roads past the charming Amish farms. At night, enjoy great food at the Bird-in-Hand Restaurant and socialize in the hospitality room of our motel, the Mill Stream Country Inn. We have a limited number of spots available, so get your application in today!

Here's what you'll get:

- Three days of cycling the scenic rolling roads of the Pennsylvania Dutch country
- Lodging on Friday and Saturday nights and deluxe continental breakfast on Saturday and Sunday at the Mill Stream Country Inn (Friday dinner is on your own.)
- Friday evening dessert party and Saturday evening wine and cheese party
- Buffet dinner on Saturday at the Bird-in-Hand Restaurant
- Complimentary room for showering on Sunday

All rooms have two queen beds, cable TV and double occupancy. (Please call for single room rate and availability.) You can also enjoy the outdoor pool and a complimentary bus tour of Lancaster County.

Each attendee must provide an application and signed release.

Name _____

Phone _____

Address _____

e-mail _____

Roommate _____

(Please provide roommate info and payment at the same time.)

Emergency Contact Name _____

Emergency Contact Phone _____

BBC member p.p. for complete weekend - \$180.00

Non-member - p.p. - \$190.00 \$ _____

Please Make check payable to BBC.

APPLICATION DEADLINE IS SEPTEMBER 1, 2006

(Refund minus \$20 until September 1st. No refund after September 1st.)

Mail applications, signed release forms and check(s) to:

BBC Weekend in Lancaster

9100 Orbitan Road

Baltimore, MD 21234

Questions: jicole01@comcast.net or call:

John or Jane Cole (410)661-4427

Walt or Carol Russell (410) 665-0651

Hey There BBC'rs:

Have you got pink fever? AWE-SOME!!!! I have an announcement to make. In the past few months I have been given my team nickname to try on by Susan Miltenberger and Janet Olney. I am now the rider formally known as Scott or recently dubbed "Hot Cakes" or "hc" for short. Now, one could take this nicknames two ways. There is ever so obvious and ego building, "I am buff" direction and then there is the lesser known, I am so slow and sloppy on my bike that I remind them of flapjacks and molasses. I leave it up to you to decide. LOL

I am writing this on June 1 and hopefully, you are keeping up to date on the pink going ons via the web bulletin board. If you haven't been able to, let me fill you what has been happening. Hang on, it's alot, and here we go...

The Walkersville Road Race -

Frederick, Maryland

WOMEN 1/2/3: Heidi von

Teintenberg -21 and Susan Olson - 28 MEN'S 50+: Bob Rohlfing - 17, Paul Martin - 25 MEN 40+: Tim Munn - 15 CAT 4 MEN: Trevor Shattuck - 50 and Ted Russell - 51 Tyson's Corner Circuit Race - Tyson's Corner, Virginia (I smell the sweet smell of seriously improving fitness) ;-)

WOMEN 3: Heidi von Teitenberg - 3 and Susan Olson - 8 CAT 4

WOMEN: Kathy Landers - 9

Mount Joy Road Race - Mt. Joy, Pennsylvania

CAT 4/5 MEN: Scott Weiner and Nate Costa (Nate debuting in pink) finish behind the pack due a crash (not us) on the hill, (let's hear it for the guy with the dropped chain and the seven who plowed into him). Nate finished in sight of the pack, I on the other hand finished as the pack were getting into their cars to

go home. LOL

CAT 4 WOMEN: Susan Olson leads the pack in second for 5 miles and finishes an impressive 16th after she claims that she "blew up" on the final attack on the hill. I think that she was holding back to make everyone else feel important.

Carl Dolan Memorial Circuit -

Columbia, Maryland

MEN'S CAT 5: Chad Jones - 2nd overall (1st of the CAT 5 riders) Chad loses overall 1st by a half a wheel and says he owes his second to the guy who let him ride his wheel for 20 miles. What I want to know Chad is how do you hide for 20 miles in hot pink?

CAT 3 WOMEN: Heidi von Teitenberg - 4th, Susanne Morsberger - 5th, Susan Olson - 6th (Give it up for team unity!!! All for one, and one for pink!!!)

CAT 4 WOMEN: Sue McQuiston - 5th

Tour de Ephrata - Ephrata,

Pennsylvania

MEN'S CAT 5: Chad Jones 8th overall (22nd in the Road Race, 10th in the TT, 4 in the Crit). In the post race interview Chad said he could have been higher had he not started his sprint so soon in the Road Race. I told Chad "8th overall in your first Multi-Stage Race and could have done better huh? Hmm, I think you some serious expectation issues to work out don't you?????" LOL (Chad is promised Men's team support next year at Ephrata) Way to go Chad!!!!

Turkey Hill, Lancaster PA

Women's Combined 3/4: Susanne Morsberger: 5th Men's 50+: Bob Rohlfing: 18th and Paul Martin: 25th

Poolesville RR, Poolesville MD

Women's 3/4: Heidi von Teitenberg had some bad luck and flatted on the gravel part of the course during lap two and finished behind the group

Bunny Hop Crit, Suitland MD

Men's CAT 5: Nate Costa: 3rd and Chad Jones: 4th Men's CAT 3/4: Scott M. Weiner - 60th Women's 40+: Dian Miller - 16th Sr. Women's/CAT3: Heidi von Teitenberg - 14th overall, 7th in her category Women's 4: Susan Miltenberger - 34th Mayor's Main Street Classic, Elkton MD

Women's 3/4: Excellent team work and blocking allowed Heidi von Teitenberg to take the win from her breakaway companion for 15 laps. Riding in support and giving it up for the team were Susanne Morsberger (11th) and Kathy Landers. Post race interview Heidi says, "It was a great race and we all worked hard (and worked well together)!" Give it up for the Pink Ladies!!!!

Men's CAT 4/5: Best placed of the 7 Pink Men was Nate Costa in 15th. Chad Jones broke a spoke with 3 laps to go, but best quote of the day goes to new BBC'r Demian Costa who said after the race, "Dude, it was hard, fast and humbling, but it rocked!"

Union Grove Road Race, Union Grove PA

Men's 50+: Bob Rohlfing - 16th According to Bob it was a pleasant 60 degree with stiff winds. Average pace for 24 miles, a shy under 24 mph. Women's Housing Coalition Ride, Oregon Ridge Park, (Charity Event) Quite of few Team BBC'rs lent their support to a truly worthy cause in helping lead rides for the Woman's Housing Coalition Ride. Rides range from 14 to 50 plus miles with all the proceeds going to the charity. I have

to admit, it's nice to suit up and ride with folks of all levels of fitness to help out a great cause and the pink (and you) were there. A great time was had by all.

Bike Jam, Baltimore MD (Final results still pending at press time)

Men's CAT 5: Chad, Brian (1st day in pink, 1st race ever), and Mark lined up for the 8:45 start. After some brilliant team work and maneuvering, Brian and Mark found themselves blocking for Chad as he was off the front in a two man break on the last lap. With 200 meters to go, Chad powered around his break companion for the win by a half a wheel length. Post race, Chad said: "Dude, I'm in the break and I look back and the guys were blocking for me. How cool is that!". Talking to Brian after the race he says, "Oh is that what we were doing, I was just trying to stay in front". LOL! Brian and Mark, great job and great to show the 5's that the pink knows how to work as a team.

Women's CAT 3/4: most notable was the nasty crash by Heidi von Teitenberg who found herself behind a falling rider. Aided to by Pink Ladies Chris Lynch and Sue McQuiston (who also was slightly banged up) who stopped their race to check on their teammate, Heidi was taken to the local hospital where she spent a few days recovering from her injuries and is now home resting. In true form though, she is already thinking about the latter part of the season and hopes to get back in the saddle with physician's approval within the month. Anyone who wishes to send her well wishes can do so

by emailing them to me (sweiner@mhwgroup.com) and I will be happy to forward them on.

Team Injury Report: (note: this is since last newsletter, in most cases riders are up and riding again)

Susan Olson: Virus

Tim Munn: Stomach Flu

Susan Miltenberger: Pinched nerve

Heidi von Teitenberg: Skeletal

Injuries due to crash

Up and Coming Events:

Mark your calendars to come and support your team at the Back to School Criterium race in August. Please come out, dance, make lots of noise and general ruckus in support of your team. Check www.bbcrcing.org for details and information. Next up in June to name a few is the 1st Annual Hampstead Cycling Classic, Snow Valley Time Trial, and the Brownstone Road Race.

I continue to preach that there is more to bike racing than signing a waiver and paying your team dues. There's taking one for a team-mate, and there's being there for your team-mate. Team BBC showed at

Bike Jam that the pink knows how to do both. You'll never see the Pink Riders introducing themselves to each other like you might other squads. Why? It all boils down to two words, dedication and friendship. We are dedicated to making the pink mark around the region and in that dedication we find ourselves, dedicated to each other as friends and riders. For that, I am truly proud and honored to wear pink and ride for the BBC.

As always, we cannot express our thanks for your support in words but take a look at our actions and it speaks volumes...

Until next time, thanks for checking in!

"Hot Cakes" <---it's growing on me, definition still out though ;-)
Team Sponsor Relations

Team BBC is proudly sponsored by:



Tour de France 2005 (Part 2)
Seven Days in the Pyrenees –
Tour with Baxter Sporting
Tours: Hugh Macintosh's Daily
Diary.

7-19-05 Stage 16 Mourenx to
Pau 180.5km
via Col d'Aubisque 1709m and Col
du Soulor 1476 m

The stage today comes in a wide loop from Mourenx over three major cols and then down to Pau. Before it reaches Col d'Abisque it goes over Col de Marie Blanc at 1035m. I set off from the hotel with Sean and Luke heading south up the valley at about 9.30, the race is not scheduled to hit Col d'Abisque until 3 pm. We stop at the small town of Argeles-Gazost to buy water. It is market day, so it is a big hustle and bustle, with everything imaginable for sale in the open air market from furniture to fromage. Sean goes off on his own to buy water but comes back empty handed - he cannot find a grocery shop. I ask a couple of old ladies "Où est une magazine pour acheter d'eau?" They look at me as if I am a little crazy, I assume for wanting to spend money on water, but they reply "à la Casino" – this is the name of a super-market chain, and they indicate where it is. Leaving the town it is quite a steep climb for 2 km and then it eases into an undulating gradual climb up a wide valley, with spectacular views of jagged peaks in the distance.

Eventually one reaches Aucun and Arrens Marsous where the real climb starts. It is an average 7% continuously over 8 miles to the top of Col du Soulor. Campers and cars are parked at the road side starting from the lower slopes. At about half way up we reach the gendarme-controlled roadblock beyond which motorized vehicles are not allowed to pass. Sean and Luke have long ago left me behind. I catch up with a young man wearing a Booz-Allen cycle shirt we chat for a while, I then overtake him. It always gives me a lift to be able to pass someone younger than myself. Hear a lot of English from all the riders. I reach the summit of Soulor in

good shape with the help of one power-bar and two gels.

The scenery at the top is wonderful. The pinnacles in all directions are extremely craggy. To the south are ski slopes, they all look like they must be Black Diamond. Snow still lingers in the sheltered gullies. The tree line must be 2000ft lower. I get a fellow cyclist to take a photo of me in front of the sign giving the altitude. The top of this col is very rounded with a good sized restaurant a lot of parking spaces which are filled with food and souvenir venders. I don't find Sean and Luke so I proceed onto the race route, down the 116m drop and a 250m climb to Col d'Abisque. Luke passes me close to the summit and his father meets us at the top. They had stopped at Soulor to eat.

After the mandatory taking of photos at the summit sign, we lock the bikes together and walk around the brow of the hill about 400m to where we can look down the last two stretches of the race route, with a hairpin bend between. The road is a mob scene, completely lined with vehicles and people, many many cyclists, some even coming up the climb in the direction of the race.

The caravan arrives at 2pm, all the floats are much the same as we had seen the previous stages, and everyone is scrambling for the giveaways. Luke gets two polka dot hats and gives one to me. The weather is ideal with just a little broken cloud but with a cloud bank to the north threatening to close in. The temperature is a mild 75 degF. At 3pm the official cars drive through and then the red Skoda of the race director heralds the lone leader - Cadel Evans (Australia), who had been on a solo breakaway the whole climb. Then follows several solo riders including Oscar Pereiro who eventually wins the stage. Four minutes behind Evans is Lance's in a group of eight, which includes Jan Ulrich, Bobby Julrich, Michael Rasmussen (in the polka dot jersey) and Alex Vinokourov. The spectators go wild, crowding in within inches of the riders. There follow several small pelotons and a lot of ones and twos. The second from last get a great applause and several running pushes from the crowd. At the hairpin spectators are giving out newspapers which the riders are stuffing in their shirts to cut down the

wind chill on the descent. I record on my watch that the whole cavalcade is through in 24 minutes.

We walk back to the bikes and take off back to Soulor. Sean and Luke shoot off but I dawdle to take some photos of the scenery. At Soulor I stop to see if there are any decent souvenirs, but a little child's shirt is as much as an adult's. I have already bought two yellow sun hats, have two Volvo hats and two polka dot giveaway hats. I will have to go to Pau tomorrow to get some more. As I am about to take off I meet Sean and Bill from San Diego. The gendarmes have released the cars and it is a mad house, so I don't hang around to chat. Soon I am either whizzing down the slopes or breaking to miss the pedestrians and cars all of which are creeping along. The lower slopes there are neither walkers nor cars so the road is free for the bikes. I stop for a couple of photos of Aurum which is a very picturesque village with a sort of onion-shaped spire to the church. From there to Argeles there are no cars - the bicycles are king of the road. I zoom along either in a pace line or on my own after stopping to take photos. It is a wonderful experience; the vacation is worth it if only to experience the descents.

At Argeles I take the back alleys to investigate the architecture. I find a mini chateau: flowers boxes adorn every balcony of every building. On the main road there is a large bicycle shop full of Cannondales and one Bianchi. I check out the shirts but there is nothing special. At dinner we compare the day's experiences. Gus had gone with the non riders to the start in Mourenx and then to the finish in Pau; where they were able to get lots of goodies. Gus got a great shot of Lance at the start line.

I should mention that the food in the hotel is excellent with three courses and a desert, all different each day, all presented with artistry just like it would be in a 5-star hotel. The waiters are very correct in their serving manners and there was always Vin Ordinaire served. Brad tells us that this is reputed to be the best hotel that the Baxter Tours uses. On some of the tours they go to several different hotels which must be a bind.

Stage 19 Pau – Revel 239.5km

To Pau and back is 75 undulating miles to see the start of today's stage. I am told that the start will not be until noon, so I set off at 9.30 estimating it should not take me more than 2 hrs to cover the 25 miles. I actually get there faster sometimes traveling at 20mph on what seems like a flat road. At 10 km from the center of Pau the race barriers are up but the gendarmes let the cyclists through, actually I am the only cyclist around. At 6km from the Pau center I reach a roundabout where the gendarme informs me that the start of the race is at 11am and that I cannot proceed further as I am on the race course. So I have no alternative but to stay put and watch the peloton race through here.

The roundabout has many spectators all in high expectation, all carrying goodies given away by the caravan. Five minutes after the official cars drive by the police motor bikes zoom by. They are followed by the TV motor bikes; and then immediately, around the bend and into the roundabout appears the mass of racers. It is as if they are one body, all interconnected, like a flock of birds all moving in unison, relying purely on instinct to stay within inches of each other, but never touching. If anyone makes the slightest mistake there will disaster. They are seven abreast with Lance in the front row. All I can get off is one photo from the front and one from the rear and they disappear out of sight, all within a few seconds. There follows the seemingly hundreds of managers cars with the spare bicycles on the roofs and then the team busses and then absolutely nothing.

I cycle towards Pau's center, down the wide boulevard, that five minutes before was full of the Tour cavalcade and now is as empty as cemetery; not a single vehicle, just a few spectators disappearing into the side street. It takes me some time to find the main park where the race had started from, and it is also absolutely deserted; just some bleachers and a scattering of trash to show that something had happened here. Of what had happened here, there is no indication.

I had hoped to find at least a few souvenir vendors, but they had broken camp, no doubt to head for the finish line to hawk their wares. In my pursuit for purchases around town I could find no remnants of the Tour, no tee shirts, no hats, no nothing.

Pau is a medieval town, built in, and over several steep gullies, so there are two levels of roads with the buildings adjacent to the gullies having two street levels, rather like the buildings of the old town of Edinburgh. I walked around the old town taking photos of everything that was picturesque. All the streets are barely wide enough for one vehicle so it is a virtual pedestrian precinct. By accident more than design, walking down a narrow alley, I suddenly come upon the magnificent vista of the Chateau. It dates back to 1100 when the original strongly fortified tower was built on the rocky promontory overlooking the River Pau 200 feet below. King Henry IV was born here in 1553 and then the very ornate stone French Gothic style palace was added on. The draw bridge was changed to a permanent stone bridge. The moat contains some utilitarian buildings in the 1800s.

I later read that Wellington captured the area in the Napoleonic wars and ever since Pau has been a favorite place for the British to visit and there are several British style pubs somewhere in town. It should have been the height of the tourist season but there were virtually no visitors. A young Spaniard asked me to take photo of him with the chateau in the background, so I got him to reciprocate. Walking along the wide promenade overlooking the wide River Pau valley to the south and fine 18 century government stone structures to the north, the buildings open up into a large tree lined square, at the head of which is the Hotel de Ville (Town Hall). Stretched across the columned portico is super sized replica of the yellow jersey with "Pau host of the tour de France 2005" emblazoned on it.

In the center graveled park are a gaggle of road bikes corralled in a barricade with several cyclists milling around, really the first I have seen in Pau. I strike up a conversation with a young girl. She is the tour guide of this group. She describes herself as French-American. She has not heard of Baxter, I think to myself, she

must be new to the business as almost all the cyclists I have chatted with have heard of Baxter. I ask if her group did the Col de Toumalet, she confirms that they did, but she had to drive the sag wagon as most of the riders did not want to do the descent! Incredible I think to myself, some pampered wimps, they missed the most exhilarating part of the ride; they robbed themselves of the full experience. Like watching a classic movie and walking out before the climatic end. But I later realize this is when most accidents occur and if you have never descended at speed it is probably the most prudent thing to do.

Gus confirmed later that day that he heard people in the restaurant at the top of the Col de Tourmalet saying that they were going to descend in a vehicle. Now I know one reason why the American tours were so much more expensive than Baxter's - the clientele are baby-sat. I sit on a park bench enjoying the wide vista with the peaks of the Pyrenees in the distance, eat my lunch of a power bar, and then follow the sign down a flight of stairs to a toilet. It is one of those super space-age all enclosed single units which you see on the streets of Paris, recessed in a medieval wall. You put in 3 euros a curved sliding door opens you step inside an aircraft size closet and the door closes behind you. Wow! What if there is a power failure, will I be trapped in here? There are all smooth rounded surfaces, after doing your business, you put your hands in a recess, automatically receive soap then a spray of water then hot air all in the same recess. As I leave two young Germans (by their accents) want to get in but a passing Frenchman warns them that the police will come if they haven't paid, and he more or less forcibly closes the door. Perhaps that's when the door won't open, when it has trapped a non paying customer?

Thinking I may still be able to find some souvenirs, and as I am down to my last 40 euros, I look for an ATM machine. In the newer section of town I come across a Credit Lyon bank with an ATM on the sidewalk wall. The PIN number pad is only in numerals, and I only remember my pin in alphabet. However much I try, with endless combinations, I cannot get it right. At a loss I go into the

bank and try and explain my predicament to a teller, who doesn't understand my pigeon French, she must think "another crazy American". Eventually I lean over the counter, and turn her phone around so I can see that it has the alphabet against the numbers, translate my pin into numbers, return to the ATM and retrieve some cash. I still don't find any Tour mementos however, and end up buying some Paris stuff in De Gaulle Airport.

For my return to the environs of Lourdes I decide to ride down the quieter southern roads crossing the river twice; the first time crossing a small suspension bridge with the date 1938 on the side tower. The towers have a Chinese style roof to them and are painted red adding to the Chinese appearance. A hill with a view is evident on the map so I turn up the side road which takes me there. Immediately I realize that this must have been the last Cat 4 hill, Pardies-Pietat, in yesterday's race. The asphalt is covered with huge letters with the name of Simon Auge, who I guess must be the local hero. According to my inclinometer it is 6 – 7% all the way and is 3km long, relative easy for me, compared with the last 4 days. I pass a man and women cyclists, but other than them there is virtually no traffic.

My route then circles on third class roads back to the main road to Ney. In many sections the road crews are resurfacing with a layer of tar and then small loose gravel. I have to ride very cautiously, and pick up wet tar on the tires. Also I get sprayed with tar from the front tire.

I am running out of water so I stop in the main square of Ney and visit the "Casino" (small supermarket). They don't have just plain water, but the French version of Gatorade. I buy two different bottles one of which tastes more like a mild cough medicine but at least it is liquid. Ney is beautiful, un-spoilt little town with a large main square surrounded with 3 storey houses with arcades at street level. To the south is the monumental Hotel de Ville and the north is a fine

bridge over the Gava de Pau river. The river water is crystal clear, where the cobblestone bed is of such uniform size it could almost have been laid down by man.

Continuing down the north bank of the river intent on not making any more diversions, I encounter more resurfacing crews, more treacherous loose gravel and wet tar. The route passes through a couple of picturesque villages. Entering Lourdes from the south you have a view over the many ecclesiastical buildings and the dominating fortress in the center on a rock outcrop. The traffic and resulting noise is now building up but one can still hear the religious songs wafting up from the valley.

Just before connecting to the north-south main street that runs through the town there is slow downward turn, three motorcyclists negotiate it with no problem, I am following a little slower. Without any warning the front wheel kicks out just as if it is ice and I am skidding along on the asphalt on my right side. Another motorcyclist I think German from the number plate stops, to ask if I need assistance. I pick myself up. The bike is relatively OK. I am definitely hurting but nothing seems to be broken. I know that if I don't get up and continue I will probably tighten up and I won't be able to start again. The right leg hurts when pedaling so I concentrate on just pushing with the left leg. My right side is covered with a black dusting of rubber and oil, including my "pride and joy" new AG 2 Prevoyance shirt. The asphalt was super smooth so there was virtually no gravel rash, just a slight flesh wound on the right elbow. On a gradual bend, outside town, I nearly lost it again, so I stopped to inspect the front tire. It was very low on air, so now I realized why I came off; a bad combination of smooth asphalt, rubber and oil on the road, wet asphalt globs on the tire, and worst of all low pressure. It was a slow flat so I was able to pump it back up enough to get me the last 8 km to the hotel.

The rest of the crew were just loading up the bikes on the trailer for the return to Paris, so I became the center of concern. Thankfully Gus and Jos fastened the bike to the trailer as bending down for me was painful.

At dinner we get the Chef out of the kitchen to give him a thank-you for the excellent food and an applause. As the only one with a smattering of French I say something like "le cuisine c'est tres formidable, merci, merci beaucoup"

We watch the day's race on TV- not a very exciting flat section, Lance has no trouble staying in the lead. We compare notes on today's rides. All the cyclists had gone and done another of the famous tour climbs, either Hautacam or Luz Ardiden. I feel jealous but I would probably have been pushing my fitness limits, and I would have missed Pau. Well there is always next year!!

Sheila shows great concern for my well being, but I tell I have some "Tylenol" and will take it tonight. The pain is such that it only lets me sleep very fitfully. Back in Baltimore our friend Hashem gives me an exam and two X rays and confirms there is nothing broken. It is severe contusion of the muscles and possibly nerve damage which results in the pain going to the knee and lower leg; although they did not get the brunt of the fall. Six weeks later walking is still a little painful, running is out of the question, only now am I beginning to climb stairs normally, advancing the right leg at all. BUT, most importantly, I am able to bicycle without any pain did 60 hilly miles last weekend and 33 yesterday, and I am able to stand out of the saddle.

Return to Paris

After good breakfast we leave at 8am. At each stop it is a hardship to leave the bus and walk to the restaurant. At the third stop we witness a woman drive her car over a so called wheel stop - a concrete barricade about 18 inches high just low enough that you don't see it when you are close. All the able bodied men on the bus and Alison lift the car off. Only the plastic bumper appears to be damaged.

The landscape is very flat with vineyards, wheat and corn fields in all directions. Alison rounds up a pain reliever -anti inflammatory for me for which I am very grateful.

The driver Jos has to take a break by law, so he is relieved for an hour or so by a women friend who we met up with at one of the stops. Jos rests in the vehicle which the women driver arrived in. (with a third driver)

We get some views of Paris and the Seine as we take the circular route around Paris but a lot of the road is below ground. Many sections look just like the underpass where Princess Diane lost her life. The bus enters the very narrow steep entrance to the Hotel Ibis loading dock. How the driver can maneuver the bus with the trailer is incredible. We unload the bikes and take them to the storage room; proceed to disassemble and crate them up. Thank goodness for Gus's help with mine, as bending down or going on one knee is excruciating.

We gather in the lobby at 9am and walk to Rue de Clichy where we find a very nice cozy casual restaurant with a country farm decor, specializing in Italian cuisine. We all chose different meals but they all arrive very promptly. We share several pitchers of red wine, which the waitress pours from bottles into the pitcher. We toast the Tour and good company and a return next year, I comment that the only down side, is that cycling in Maryland will seem so mundane from now on.

The three Americans Manual Davis, Steve Forshay and Jeff Hennier are staying on in Paris until Sunday to see the finish. Mike Hannan and Kathleen Criss are flying back to Arizona tomorrow. Dave, Sean and Luke are on the Baxter bus back to Yorkshire, Gus is catching the train thru the tunnel back to London.

We all agree that it was one of the greatest experiences. We enjoyed the races, the scenery, the accommodation and the best part for the cyclist were the rides. The fact that it was relatively unstructured and we could all do our own thing was a huge plus. The food, the company and the French hospitality and courtesy were the best.

All great occasions come to an end but we all agree to return next year.

Post Script :- The total vertical climbs calculated from the maps were:-

Foix to Ax Trois Domaines	3,600ft
Bottom of valley to Col de Portillon	3,181ft
Col de Tourmalet (from hotel)	5,622ft
Col de Soulor and d'Abisque	4,693ft
Pardies Pietat	450ft

Total 17,546 ft





One Less Car in the Maryland General Assembly

- Submitted by Stacy Mink

One Less Car had an exhilarating year in the Maryland General Assembly. The session ended with a key win, progress on other issues, and more work to be done.

Along the way, we got fantastic support from the Legislative Bicycle and Pedestrian Caucus, individual legislators, the Washington Area Bicycle Association (WABA), Baltimore Bicycling Club, and individuals concerned about conditions for cyclists and pedestrians in Maryland.

VICTORY -- SB 846/HB 943 passed the Maryland General Assembly and will become law on October 1, 2006. While, significant portions of the proposed measure were struck, the final bill contains the language regarding strengthening the braking provisions, allowing rear lights that can act as a reflector, and allowing operation of bicycles and motors scooters without a bike bell.

One Less Car also supported the following successful measures – the Healthy Air Act, a measure to keep existing MARC train stations open, and establishment of a Task Force on Minority Participation in the Environmental Community.

PROGRESS -- SB 855/HB 550 would create a more reasonable standard under which prosecutors, judges, and juries may find drivers negligent if they injure or kill bicyclists, pedestrians, and other drivers. Though this measure did not pass this session, we enlisted key support among leadership and the bill progressed further than in previous sessions.

FAILED – Language was struck from SB 846/HB 943 that supported the ability for bicyclists to ride on the

roadway when there is a bike lane or shoulder. A measure to strengthen the legal protections of bicyclists when they are passed by a motor vehicle also failed.

Baltimore City Master Bicycle Plan

The Baltimore City Planning Commission unanimously approved Baltimore's Bicycle Master Plan on May 4, 2006.

The Bike Plan, designed to serve as a blueprint to encouraging bicycling -- both for recreation and transportation -- in Maryland's largest city, contains a comprehensive series of recommendations including:

- A citywide network of bike lanes and bike routes, with a prioritized set of routes, which have been field tested and designated for immediate implementation. To guide the development of the bike network, the Plan contains a "Design Tool Kit," based best practices from across the country, used to improve bicycling under a wide range of street conditions.
- Establishment of a bike program manager with the staff and resources to implement the plan's recommendations. A bike program coordinator will be hired to manage progress on making Baltimore bike friendly.
- The plan contains recommendations for bike parking, law enforcement, safety education, and innovative ideas for teaching motorists and bicyclists to safely share the road and use the new bike facilities.

The Bike Plan, including the bike network map, is available online, see <http://www.baltimorecity.gov/government/planning/bikeplan.html>, or the link from the OLC website.

Thanks to everyone who attended the public meeting, contacted their elected representatives and worked to develop and pass the Bicycle Master Plan. Look for updates on implementation!

Cycle Across Maryland

One Less Car is delighted to announce the 18th annual Cycle Across Maryland, to be held from July 13 – 16, 2006, based at <http://www.umes.edu> "University of Maryland Eastern Shore in <http://maps.google.com/maps?oi=map&q=Princess+Anne,+MD> Princess Anne.

Come to the charming Eastern Shore of Maryland for three days of scenic bicycle tours, nature experiences, programs and fun! More information and registration is available at <http://www.onelesscar.org/CAM06/index.php>.

Volunteers are needed for registration, rest and water stops, ride leaders, SAG drivers, logistics, activities, and for other jobs. To volunteer and for more information, please contact Ruth and Lee Fleishman at ruthnlee@juno.com or call (410)329-3208.

Cycle, Run, or Walk to Save Limbs

Join us for the Inaugural Save a Limb bike ride, trail run, and trail walk

Sunday, September 3, 2006 at 8 AM
Oregon Ridge Park in Cockeysville, MD

- Choose from 3 glorious bike routes:
15, 30, or 60 miles
- 5-K timed trail run
- 1-mile trail walk

All participants will enjoy a post-event picnic catered by Outback Steakhouse. Meet Bob Roll, our MC and OLN's Tour De France commentator, at the picnic.

Every pedal stroke and stride will change the life of someone struggling with a limb deformity.

To register and to learn more, visit
www.savealimbride.org or call 410-601-2483.

www.savealimbride.org



SAVE A LIMB RIDE

TO BENEFIT THE INTERNATIONAL CENTER FOR LIMB LENGTHENING
AT RUBIN INSTITUTE FOR ADVANCED ORTHOPEDICS



SINAI HOSPITAL

a LifeBridge Health center

Rubin Institute for
Advanced Orthopedics



OUT OF BOUNDS

July

Sunday, July 2, 2006 DELAWARE DOUBLECROSS. Peter Jongebreur, 302-738-1299; doublecross@whiteclaybicycleclub.org
<http://whiteclaybicycleclub.org/Events-WCBC/doublecross.htm>

July 9-16, 2006 Cycling the Erie Canal: Bike Ride Across New York: 400 miles from Buffalo to Albany www.ptny.org/canaltour (2 weekend ride options available)
518-434-1583

July 13-16, 2006. Cycle Across Maryland: Princess Anne, Maryland Sponsored by One Less Car. 410-360-6755.
<http://www.onelesscar.org>

July 14-16, 2006. Mt. Jackson Shenandoah Symphony. Potomac Pedalers www.bikepptic.org Darwin Roberts, 703/521-7277, email: Darwin.Roberts@gsa.gov

Saturday, July 15 & Sunday, July 16, 2006: Catoctin Challenge: fund racer for Habitat for Humanity: Frederick County, Maryland to South Mountain, Pennsylvania; 50, 65, 100 on Saturday; 28 or 50 on Sunday. Information: Phil Heffler 301-662-518 or pheffler@aol.com

July 22-28, 2006 Pennsylvania Greenway Sojourn, White Haven, PA: Sponsored by Rails-To-Trails. Three day option available. Mostly off-road ride.
www.railtrails.org/field/northeast/sojourn/default.asp

July 29, 2006: To the Rescue Bike Tour, Toano, VA: Sponsored by James County Volunteer Fire Department: 4 options; www.jcvfr.com/bike.html

August

August 5, 2006: Princeton Event, West Windsor, NJ: Sponsored by The Princeton Free Wheelers. Options 20-100 miles.
Princetonfreewheelers.com/event

August 11-13, 2006. Allenberry Resort & Playhouse Bicycling Weekend in Boiling Springs, PA, Sponsored by The Potomac Pedalers: Darwin Roberts, 703/521-7277, Darwin.Roberts@gsa.gov or Cheryl Phipps, 703/922-4079, Bikette53@aol.com

Saturday, August 12, 2006: Kent County, Maryland: "Ride to See" sponsored by Galena Lions Charities: 15, 30, 62, 100 miles: 4 rest stops; Special note: all blind riders may ride free. Register with www.active.com or 410-648-5131 or email pon67der@yahoo.com

August 12, 2006: Bridgeton Zoo Ride: Centerton, NJ: Sponsored by the South Jersey Wheelmen: 3 options: 26, 50, 100 www.sjwheelmen.org/bridgeton_zoo_ride.htm

August 15-20, 2006: Great Hudson Valley Pedal: 6-days, 200-miles from Albany, New York to New York City www.ptny.org/hudsontour; 518-434-1583 hudsontour@ptny.org

August 19, 2006, Saturday. Cumberland Valley Cycling Club. Clear Spring Park, Clear Spring, Maryland. 26, 65 and 101 miles; www.bikecvcc.com

Sunday Aug 20, 2006. Covered Bridge Metric Century 100, 50 and 25 Lancaster Bike Club; <http://www.lancasterbikeclub.org/cbm/cbm.asp>

Saturday, August 26, 2006. Shore Fire Century - 35, 65, and 100-mile rides. Middletown, Delaware; <http://www.whiteclaybicycleclub.org/shorefire.html> or send SASE to WCBC c/o Don Carbaugh, 49 Marsh Woods Lane, Wilmington, DE, 19810. E-mail shorefire@whiteclaybicycleclub.org or call 302-731-1430.

August 27, 2006 Blue Ridge Extreme, Afton Mountain, VA. Sponsored by the Charlottesville Racing Club. 3 options.
www.blueridgeextreme.com

Sunday, August 27, 2006 Lake Nockamixon Century: Doylestown, Pennsylvania. Suburban Cyclists www.surburbancyclists.org

August 27, 2006 Reston Century, Reston, VA Sponsored by the Reston Bicycle Club: 2 options. www.restonbikeclub.org

September

Friday, September 1-Sunday September 3, 2006 (Labor Day Weekend), Montgomery County, Pennsylvania: Family Cycling Tour: www.jacolope.org

September 3, 2006 Brandywine Tour, Pocopson, PA Sponsored by the Delaware Valley Bicycle Club: 4 options.
www.dvbc.org/brandywine.php

September 7-10, 2006 Great Peanut Tour & Ride
www.greatpeanuttour.com

September 10, 2006 Southern Maryland Fall Century, Indian Head, MD Sponsored by the Oxon Hill Bicycle and Trail Club 3 options
ohbike.org/century/index.htm

Saturday, September 16, 2006:

Maryland Wine Festival Asthma Ride
bike Tour, Westminster, Maryland
www.asthmaride.org

September 16-17, 2006: Heart of
Virginia Century and Bike festival,
Ashland, VA. Sponsored by the
Richmond Area Bicycling Association.
2 options Saturday, 3 options on
Sunday.

www.raba.org/HOVA/HeartofVA_Full-Info.html

Sunday, September 24, 2006

Bike4BreastCancer 5th Annual Pink
Ribbon Ride Havre de Grace, Md. 25,
50, 62 and 100 miles through
Susquehanna State Park and Harford
County as well as 2 short family rides
of 4 and 8 miles in the city of Havre de
Grace. \$25
pre-registration if postmarked by
9/11/2006 and \$30 after.
www.bike4breastcancer.org or contact

adele@bike4breastcancer.com.
Registration also available at
www.active.com

September 30, 2006 Belleplain Fall
Century, Woodbine NJ. Sponsored by
The Shore Cycle Club Options 28-100
miles. [www.shorecycleclub.org/belle-](http://www.shorecycleclub.org/belleplain.htm)
[plain.htm](http://www.shorecycleclub.org/belleplain.htm)

October

October 1, 2006 Cannonball Century,
Hartwood, VA. Sponsored by the
Fredericksburg Cyclists 3 options.
Bikefred.com/CBC/cbc.html

October 7, 2006 Seagull Century,
Salisbury, MD Preregistration required.
www.seagullcentury.org

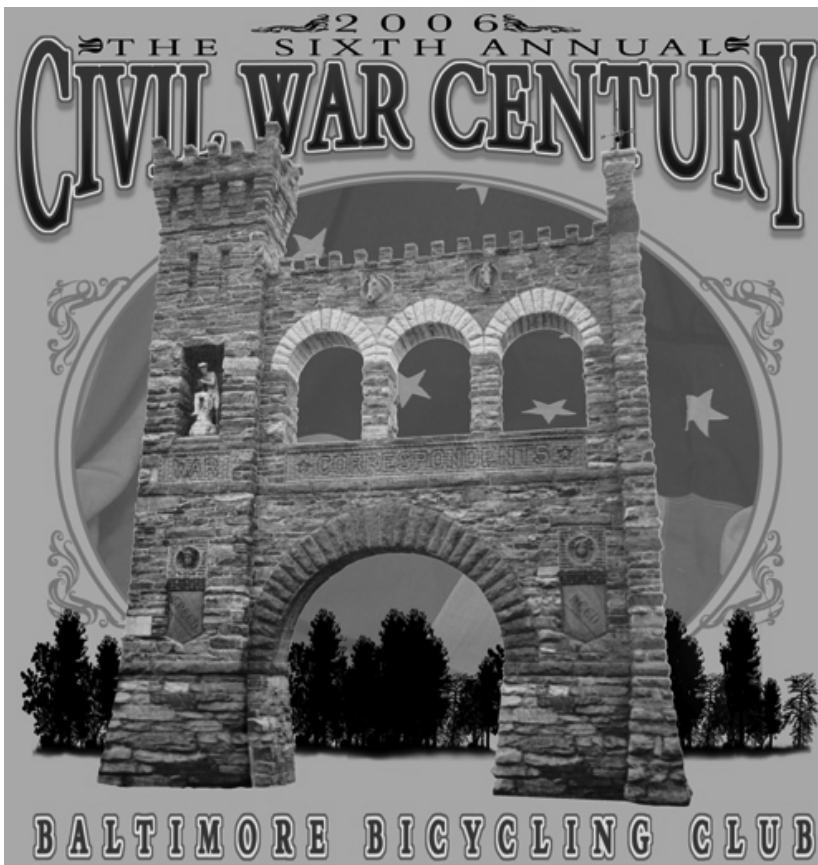
October 14, 2006 Savage Century,
Newark, DE Sponsored by the White
Clay Bicycle Club. 4 options [www.white-](http://www.white-claybicycleclub.org/Events-WCBC/sav-)
[claybicycleclub.org/Events-WCBC/sav-](http://www.white-claybicycleclub.org/Events-WCBC/sav-)

age.htm

Saturday & Sunday, October 28-29, 2006: Onancock, Virginia:
Between the Waters Bike Ride:
www.cbes.org/events

November

November 29-December 4, 2006
FestiVELO de Charleston
Charleston, SC Holiday Festival of
Bicycles for Families Sponsored by
Festivelo. 4 days with 10 ride
options www.festivelo.org

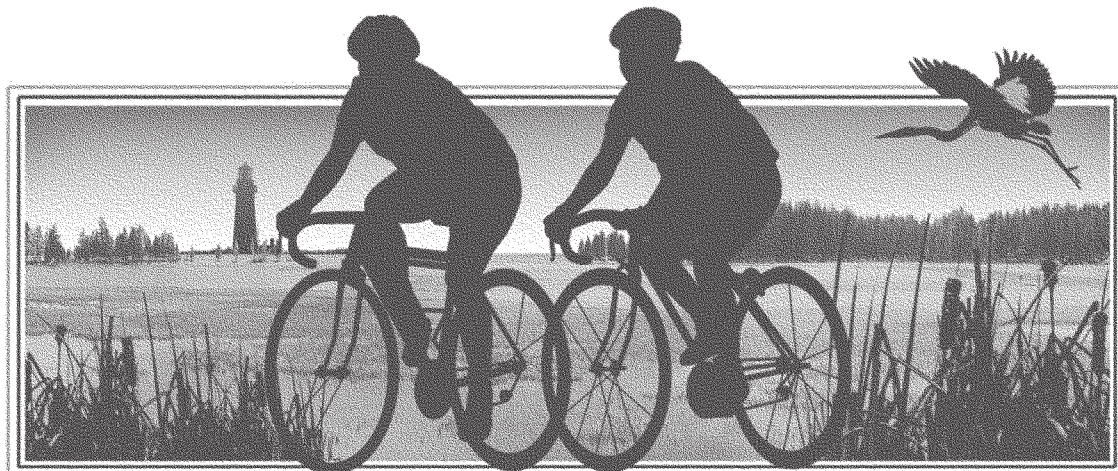


The 2006 Civil War Century Needs YOU!

The planning committee for the 2006 Civil War Century (CWC06) is in full swing. New this year is a Friday night registration party at the Cozy. Riders can join the planning committee for the Cozy's famous buffet (approximate cost \$20) at 6 PM, or for snacks and drinks. This is a pay as you go event. The benefit is that riders can receive their event packets and avoid the lines on Saturday.

We still need day-of-event volunteers. Full-day volunteers are most appreciated and receive an event shirt with the new logo (as seen accompanying this article and on the front cover): Volunteers for a portion of the day are also needed. Please contact Howard Rosenbaum at cwc06@comcast.net if you can help make the event a success again this year.

One Less Car presents
18th Annual Cycle Across Maryland
July 13 - 16, 2006
University of Maryland Eastern Shore in Princess
Anne



CYCLE ACROSS MARYLAND

J U L Y 1 3 - 1 6 t h 2 0 0 6

15, 30, 60 & century rides to
Crisfield, Smith Island, Snow
Hill, Nassawango
Furnace, Trappe Pond State
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Registration begins March 1,
2006 www.onelesscar.org



More information
(410) 235-3678
info@onelesscar.org

FIFTH ANNUAL
Washington County Getaway
October 20, 21 & 22, 2006

Ride in Washington County, Maryland! Stunning mountain and dramatic valley views, beautiful rolling farm land, quaint stone bridges and historic towns of Smithsburg, Boonsboro, Williamsport, Keedysville and Sharpsburg await you! There is a choice of more than a dozen rides from 20 - 70 miles in length over varied terrain with wonderful "rollers" and low traffic. Rides each day will start at 9:30 a.m. from Washington Co. Regional Park* in Hagerstown.

Weekend participants should make their own reservations for Friday and/or Saturday night. The Hampton Inn (301.739.6100) on Dual Highway (US 40 coming into town) has reserved rooms for the BBC until Oct. 6 at \$84. + tax (includes a deluxe continental breakfast). There are numerous other nearby motels.

A welcoming party will be held Friday evening. And, Saturday evening there will be a group dinner at Al Pomodoro Ristorante, featuring a variety of Italian favorites at moderate prices (www.alpomodoro.net).

Come join us one, two or all three days for great camaraderie and some of the best bike routes in the country!

* Directions: I-70 West past Frederick to Exit 32B (Rt. 40 into Hagerstown) for about 1.3 mi., right on Edgewood Dr. at TL for about 0.3 mi., right on Mt. Aetna Rd. at TL for about 0.7 mi., then **watch for right** into park. Allow about 90 minutes driving time from the Baltimore area.

Information: 410-433-4162 or rnburns@prodigy.net

Name(s) _____

Address _____

Phone _____

E-mail _____

(check) _____ need roommate _____ interested in carpooling

 _____ interested in Sat. group dinner

SEND: Registration slip and a check for \$8.00 (payable to BBC) to
Rich Burns 5920 Northwood Dr. Baltimore, MD. 21212

[BBC waiver will be signed at ride start each day of event]

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"

2006 Ride Coordinators

Casual

Mitch Tobias410-833-8137
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

JULY AND AUGUST RIDE SCHEDULE

Please note that the times specified for each ride are the ride start times. You should arrive at least 15 minutes prior to the ride start in order to sign in and prepare for the ride!

Saturday - July 1

10/12MPH - 9:30am – 25 miles - David Forester (410/730-7074, deforester@comcast.net)

START: Harpers Choice Village Center I-695 W to I-70; then S on US 29; West three miles on Md 108 towards Clarksville; left on Harpers Farm R. (@ traffic signal) 1 mi. to Village Center on left.

"Villages and Country" Easy ride on mostly quiet roads (no paths) connecting four Columbia "Village Centers" to south-central Howard Co.; only 3 or 4 short climbs; opportunities for lunch @ Hickory Ridge or Harpers Choice village centers.

10/12 MPH - 8:30 am - 24 mi - Dave Yonkoski (410/751-6476, dfyonko@netzero.com)

START: RUN - Runnymede Elementary School

"YOU GOT A" Love Hills Ride. Bring your pie plate sized cassettes and super Granny gearing as we search for the big and nasty rolling hills of Northern Carroll County. Please join the FUN as we "whine" our way up and down for 23.8 miles.

13/15 MPH - 8:30 a.m. - 55 miles - Henry Thiess (717/600-5141, jim.thiess@penske.com)

START: MLP - Maryland Line Park & Ride
Please support a new ride leader on an old favorite, Rich Burns "Hanover, up by hills, back by valleys" Moderately hilly first half, very pleasant back half. Lunch stop at Claire's in Hanover, PA.

15/17 MPH - 9am - 39/50/60ish mi - Mary Ruhl (410/707-8679 (cell), maryruhl1@yahoo.com)

START: Mt. Airy E. S.

Directions: (Take 70 W to 27 North (Mt. Airy, exit 68). Stay on 27 N (Ridge Rd) and turn left onto Watersville Rd. Turn left onto Main St and

into the school parking lot). This is the same ride I led in May with an additional loop into Woodsboro. This route is moderately hilly, but the scenery makes it worth the effort. Rest stop in Union Bridge at mile 23; long route has an additional rest stop in Woodsboro around mile 40. Pizza after the ride at J&P's in Mt. Airy.

TANDEM - 10 am - 23/37/41 mi - Jim & Kim Pastorick (703/549-7133, cell 703-400-2917, jim@uxopro.com)

START: Smallwood State Park, Indian Head
This ride through southern Maryland rewards your time spent driving to the start point with different scenery and long stretches of great pavement with few cars. The opening 10 miles feature rolling hills, but the ride flattens out in the middle stretch.

START: Meet at Smallwood State Park. Take I-95 to route 210 south, Indian Head Highway. Go 14.0 miles and turn left on route 227 at light. In 1.4 miles go straight onto route 224. At the T, turn left on routes 225/224, and then turn right in 0.4 mile to stay on route 224. Go 4 miles and turn right on Sweden Point Road into the state park. In 0.3 mile turn right at the bottom of the hill toward the boat ramp. Turn right into the first lot by the ranger station. At times, the Park charges a use fee. (Joint CRABS /WABITS ride)

Sunday - July 2

10/12 MPH - 9am - 30mi - Gene Marrow (301/854-2885)

START: OMR - Olney Manor Rec Center. Take Rt 108 W to Rt 97 (Georgia Ave). Go L. 2 to 3 mi to Emory Rd. Turn L. into Rec Center.
Rolling ride with some flat parts. Rest and food stop at McDonald's or deli.

10/12MPH - 9am - 28 miles - Gloria Epstein (410/665-3012, carlglo@verizon.net)

START: SPK Sparks E.S.
Moderately hilly Balto. Co. ride. Very little traffic, scenic roads with lots of shade and stop @ Twin Oaks for refreshments.

13/15 MPH - 8 a.m. - 34 miles - Alex Chen (410/978-8852, alexwchen@comcast.net)

START: GSS - Greenspring Station
Beat the heat and get in a ride before the week-end festivities begin. Bring enough food and water

since stores may not be open this early.

15/17 MPH - 9am - 84 mi - Janet Goldstein (410/366-1466, jgoldst@toad.net)

START: MTV - Mt View M.S.

Ride to Point of Rocks. Rolling first half; moderately hilly second half. Pizza or convenience store lunch, plus a couple other rest stops.

Tuesday - July 4

CASUAL - 10 a.m. - 18 mi - Mitch Tobias (410/833-8137, cyclenut2@verizon.net)

START: GSS Greenspring Station

Hava a knish with Mitch at Miller's deli in Pikesville.

10/12MPH - 9am - 26 miles - Gloria Epstein (410/665-3012, carlglo@verizon.net)

START: St. John's Episcopal Church, Butler, Piney Grove, & Belmont Rds @ 3738 Butler Road, Glyndon, Md., 21071 (contact leader for directions)
Beautiful, moderately hilly ride to Hampstead w/ stop @ Jiffy Mart (includes convenience store and Subway).

10/12MPH - 8:30 am – 25 miles - Joan Mason (410/7516016, themasons8@direcway.com)

START: CRN Cranberry Square S.C.

Ready for a GIANT of a ride? Starts at the Cranberry Square S.C. with the Giant grocery store. We park by Staples. Nice rolling ride w/very little traffic. One big hill at the end just to keep us on our toes!!! Bring a snack.

13/15 MPH - 9:30 a.m. - 34 miles - Rich Burns (410/433-4162, rnburns@prodigy.net)

START: FIF - 5th Dist. E. S.

Loop to Westminster on some seldom-biked roads (opposite direction of 5/7/06 ride?) with lunch/snack stop options.

Wednesday - July 5

15/17 MPH - 9:30am - 38 miles - Phil Manger (410) 666-0585, PManger@comcast.net)

START: Dulaney Springs Park

Take I-695 to MD 146 (Dulaney Valley Rd) NORTH. Drive about 3.5 miles to LEFT on Old Bosley Rd. Park is 1.1 miles on Right on Old Bosley. This is the ride all the cyclists were talking about. Don't miss it!! Phil doesn't lie. This ride is very scenic, but also hilly, although it eases up some after the first seven miles. Ride traverses My Lady's Manor, Harford County horse

country, Long Green Valley & Loch Raven Reservoir. When you finish, you'll feel like you've been on a longer ride. Lunch stop, if desired, at Palmisano's (or Sanders' Corner if you want to splurge).

Saturday - July 8

10/12MPH - 9am - 37 miles - Manny Steinberg & Bob Seay (410/655-8242 & 410/242-6929)

START: DVP Davidsonville P&R

Ride 37 miles to Galesville for lunch at the West River Market.

13/15 MPH - 9:30 a.m. - 49 miles - Rich Burns (410/433-4162, rnburns@prodigy.net)

START: WES Westminster E. S.

Rolling to mod. hilly ride through Carroll, York & Adams Cos. with lunch/snack stop at Hillcrest (or other).

15/17 MPH - 8:30am - 63 mi - Gene Young (410/828-1137)

START: SPK - Sparks E.S.

Northern Baltimore County to Harford County Loop. Moderately hilly ride with rest stops in Hampstead and Madonna. A shorter option (40 miles) will be available; the ride leader will lead the longer ride.

15/17 MPH - 8:30am - 122 mi - Carl Boyd (410/465-0854)

START: EFS - Enchanted Forest S.C., Bagel Bin

Double Metric Double Dare. Come join me as I attempt to break my personal one day distance record of 125 miles, I double dare ya!

Sunday - July 9

COME JOIN YOUR FELLOW BBC MEMBERS AT THE CLUB PICNIC

START: PINEY RUN PARK IN CARROLL COUNTY

See picnic page for more information.

Work up an appetite for the annual club picnic.

CASUAL - 10am - 10 mi. - Becky Smith (410/788-5369, rasmith@prodigy.net)

Somewhat hilly, not for children.

10/12MPH - 9:45am - 25-30 mi. - Daryl Caplan (301/829-9796, dscdob@aol.com)

13/15 MPH - 9 am - 40 mi. - Mary and Barry Menne (410/795-6571)

15/17 MPH - 9:15 am - 50 mi - Judy Broadwater & Russ Loy (410/628-6297)

Monday - July 10

16/17 MPH - 9:30am - 50-60 miles - Susanne

Morsberger (443/622-5862, smorsber@msn.com)

START: WRP-Western Run Park & Ride

Join Susanne, you know who she is.... have fun!!!

Tuesday - July 11

15/17 MPH - 9:30am - 60 miles - Steve Zeldin (410) 828-5553, SZeldin@comcast.net)

START: ORR - Oregon Ridge Park

Rolling ride with hills to Rocks State Park. Snack stop in Jarrettsville.

Saturday - July 15

10/12MPH - 8:30 am - 25 miles - Joan Mason (410/751-6016, themasons8@direcway.com)

START: Manchester Elementary School-From 795, exit at end onto Rt. 30 and follow Rt. 30 North approx. 15 miles. At 1st traffic light in Manchester, turn right onto York St. School is 1/4 mile of left.

Pretty and hilly-though it is Carroll County! Nice ride- this one was quite popular last summer. Don't forget plenty of water and a snack. It is worth the effort.

10/12 MPH - 10 am - 33/27 mi - Scott Zelazny (410/525-2591, scott_z@myrealbox.com)

START: MSM - Marley Station Mall

Ride to the Beach. Come bike along the B & A Trail (and other roads), to a beach on the bay in Sandy Point State Park. Be prepared to go for a swim if the weather turns hot and you really want to cool off on the middle of the ride. See great views of the Bay Bridge. Easy for a 33 mile ride! Enough stops for drinks even if it is a really hot day. Anyone who wants to do the shorter 27 mile version of this ride should meet us at Earleigh Heights Ranger station (along the trail, not ride start EHP) about 20-45 minutes after the ride start.

13/15 MPH - 9 a.m. - 42 miles - John Putman (443/939-2082, ubalum99@yahoo.com)

START: Hammond's Ferry Park & Ride

Exit 8 off I-695. Go straight at light at end of ramp into Park and Ride. Mostly rolling (some hills) Tri-County adventure. Anne Arundel, Baltimore and Howard counties all get a visit. Haven't done this one

in a while, should be fun.

15/17 MPH - 8:30am - 72 mi - Carl Boyd (410/465-0854)

START: Food Lion @ 11800 Old National Pike, New Market, MD, 21774

Jimmy G's "Foxey Coxey" ride. If you ever wanted to do one of the toughest climbs around (Coxey Brown) here's your chance to scratch that itch.

Sunday - July 16

CASUAL - 9 a.m. - 15-18 mi - Janine Flemming (410/644-6721, holistic-massage@comcast.net)

START: UMB University of Md, Balto. Cnty UMBC to Patapsco State Park and through the park. Directions: 695 to exit 12C, Wilkens Ave (Rt 372) West 0.8 mile to top of hill. Left at traffic circle onto Hilltop Road (second entrance to UMBC campus). Continue past the traffic light (Hilltop Circle), then immediately turn left onto Parking Lot B. For more information, call Janine at 410-644-6721.

10/12 MPH - 8:30am - 35 mi - George Cordutsky (410/882-2788, gcordutsky@msn.com)

START: PRP - Providence Park & Ride. Hilly ride with snack stop.

10/12 MPH - 9:30 am - 38 miles - Brenda and Jim Knight (410/884-3818, Brenda.Knight@jhuapl.com)

START: TES - Taneytown Elementary School Woodsboro ride (a shortened version of the Walt and Carol 3-quarry ride) There is a lunch stop in Woodsboro -- your choice of restaurant or gas station goodies. We usually opt for Trout's restaurant. This is a combined ride with 13/15s.

13/15 MPH - 9:30 am - 38 miles - Brenda and Jim Knight (410/884-3818, Brenda.Knight@jhuapl.edu)

START: TES - Taneytown Elementary School A combined 10/12 and 13/15 ride. The Woodsboro ride. (a shortened version of Walt and Carol's 3-quarry ride). Lunch stop choices in Woodsboro.

15/17 MPH - 8:30am - approx 60 mi - Jeb Brownstein (443/677-0447, jebbyB@comcast.net)

START: GSS - Greenspring Station (by Bank of America)

A new ride! Moderately hilly.

Monday - July 17

16/17 MPH - 9:30am - 50-60 miles - Susanne Morsberger (443) 622-5862, smorsber@msn.com)

START: ORR - Oregon Ridge Park

If you enjoyed last week's ride, you will love this ride!!

Tuesday - July 18

15/17 MPH - 9:30am - 56 miles - Steve Zeldin (410) 828-5553, SZeldin@comcast.net)

START: WRP-Western Run Park & Ride

Rolling ride with hills. Baltimore County Loop with snack stop in Hereford.

Saturday - July 22

10/12MPH - 9am - 30 miles - Gene Marrow (301/854-2885)

START: OMR Olney Manor Rec. Center 695 to 70 W. to Rt. 32 S. to Clarksville to Rt. 108 W. to Rt. 97 (Georgia Ave.). Go left (South) approx. 2 mi. to Emory Rd. Turn left into Rec. Center.

Rolling ride with some flat parts. Several options for lunch.

10/12MPH - 10am - 33/27mi. - Scott Zelazny (410/525-2591, scott_z@myrealbox.com)

START: MSM Marley Station Mall

'Ride To The Beach' Come bike along the B&A Trail (and other roads) to a beach on the Bay in Sandy Point State Park. Be prepared to go for a swim if the weather turns hot, and you really want to cool off in the middle of the ride. See great views of the Bay Bridge. Easy for a 33 mile ride! Plenty of stops for drinks along the way. Anyone who wants to do the 27 mile version should meet us at Earleigh Heights Ranger Station (along the trail, not ride start EHP) about 20-45 minutes after the ride start.

13/15 MPH - 9 am - 32.7 mi - Cartan B. Kraft (410/235-2906, cbkraft@verizon.net)

START: TES - Taneytown Elementary School

The "Woodsboro Loop". A pleasant ride through some nice rural, rolling countryside in Carroll County. Lunch stop at Trout's Restaurant at mile 16.9.

13/15 MPH - 9 am - 55 +/- mi - Jim Gagne

(410/357-0104, gagnejc412@yahoo.com)

START: New Freedom Rail Trail

Exit 36 I-83, Left on Rt. 439, Right at

Susquehanna Trail, Left on Campbell, Right on Front St. Jim's version of the Pigeon Hills ride.

Call or email him a few days before the ride if the +/- mileage is a concern. Lunch in Spring Grove, PA.

15/17 MPH - 8:30am - 63 mi - Bill Gary (410/366-0956)

START: MTV - Mt View M. S.

The International Tour. Hilly ride through Howard and Montgomery Counties.

Sunday - July 23

CASUAL - 1 pm - 18 mi - Judy Getz (410/254-1306)

START: SPH

Flat ride with views of the bay. Joyce Keating's great ride to Fort Howard.

CASUAL - 8:30 am - 23 mi - Becky Smith/Mary

Ryan (410/788-5369 410-828-1015,

rasmith@prodigy.net meryan@comcast.net)

START: DOA

Generally flat ride in AA County-part road/ part trail with a few areas of gently uphill traveling.

10/12 MPH - 9 am - 30 mi - David Forester

(410/730-7074, deforester1@comcast.net)

START: GLN - Glenelg H.S.

"Capitol for a Day" a scenic ride, along quiet roads in Howard County to Brookville, Montgomery County. Several hills and long flat (more or less) stretches. Bring a snack; no convenience stores along the route. Brookville was U.S. Capitol for a day.

10/12MPH - 9am - 32/38 miles - Bob Seay &

Manny Steinberg (410/242-6929 & 410/655-8242)

START: DVES Davidsonville E.S. I-695 to I-97 to MD 50 West about 5 mi. to exit #16 Davidsonville Rd. (MD 424). Left @ MD 424 south. Go about 4.5 mi. to bear right just before traffic signal (Davidsonville Store @ corner) MD 214-no street sign-but this is Central Ave. Go 3/4 mi. to E.S. on right.

Ride to Deale for lunch @Subway. Skippers Rest. is also an option (adds 2 mi. to the ride).

13/15 MPH - 8 am - 30 miles - Bob Morgan

(410/218-0709, bobaems@comcast.net)

START: NWT - Newtown

Moderately hilly ride from Owings Mills to Sykesville with rest stop at Little George's

15/17 MPH - 8:30am - 49.5mi - Ed Hopkins

(410/491- 5191, ed.hopkins@verizon.net)

START: WES - Westminster E.S.

The "Spokes" Ride.

Monday - July 24

16/17 MPH - 9:30am - 50-60 miles - Susanne

Morsberger (443) 622-5862, smorsber@msn.com)

START: WRP-Western Run Park & Ride

Get out and ride today. Susanne put together a new ride!!

Tuesday - July 25

15/17 MPH - 9:30am - 57 miles - Steve Zeldin

(410) 828-5553, SZeldin@comcast.net)

START: ORR - Oregon Ridge Park

Hilly ride to Finksburg - see if you're up to the challenge!

Saturday - July 29

10/12MPH - 8am - 33 miles - Elmer Kreisel

(410/769-9897)

START: PRP Providence Rd. P&R

Ride early and beat the heat. Evie & Michael's classic ride through Loch Raven to Palmisano's. Moderately hilly terrain.

13/15 MPH - 9 a.m. - 66.8 miles - Jim Gagne

(410/357-0104, gagnejc412@yahoo.com)

START: MLP - Maryland Line Park & Ride

The Creeks and Bridges ride. Rolling hills with lunch stop at Golden Crust or convenience store in Red Lion, PA.

15/17 MPH - 9am - approx 56 mi - Paul Martin

(410/685-7585)

START: HVE - Hunt Valley II.

Susanne's Over Hill Over Dale and Then Some. Nice and scenic (hilly) ride with rest stop in Rayville.

TANDEM - 10 am - 45 mi - John and Jane Cole

(410/661-4427 or 410-812-4973, jicole01@comcast.net)

START: TES, Taneytown ES
Walt & Carol's Mountainview ride. Notice the emphasis on view? That's because we view the mountains, not ride over them, as we ride across the valley over mostly rolling terrain and stop for lunch at the Main Street Grille in Emmittsburg.

Sunday - July 30

CASUAL - 10am - 16 mi. - Barb Park & Gloria Epstein (410/823-4293 & 410/665-3012, carlglo@verizon.net)

START: MSN Manor S.C.

Short but beautiful ride over country roads. Rolling terrain. Rest/snack stop @convenience store. Leaders will be at Bagelmeister @9am enjoying coffee and bagels.

CASUAL - 10am - 18 - 23 miles - Gordon and Linda Peltz (410/254-1306, peltzlaw@aol.com)

START: SPH

Flat ride with views of the bay. Joyce Keating's great ride to Fort Howard and North Point Park.

10/12MPH - 9am - 34 mi (+/-) - Mike Gesuele ((w) 410/965-5379 or (c) 410/274-8253, mike.gesuele@ssa.gov)

START: LPR Lisbon P&R

A somewhat hilly ride thru Howard & Carroll Cos. w/rest stop @convenience store.

13/15 MPH - 9:30 a.m. - 43 miles - Rich Burns (410/433-4162, rmburns@prodigy.net)

START: MLP - Maryland Line Park & Ride

"Tryin' to get to Red Lion": mod. hilly ride in beautiful southern York Co. with lunch/snack stop.

15/17 MPH - 9am - 62mi - Bob Bernstein (240/593-2539, robert.bernstein@baesystems.com)

START: Kent Narrows Park & Ride

Kent Island Social Encore II. This was a very enjoyable and successful social ride both times I lead it last year and earlier this year. This time it will be a joint BBC and PPTC ride. There are beautiful views, nice houses, and long stretches for spinning and shorter out-and-backs to help keep the group together. The distance you ride is up to you. Skip one or most of the out-and-backs for a shorter ride or to catch up to the group. There are food opportunities but a long stretch with nothing so plan on bringing some snack.

Directions: The ride start is at the Park and Ride on the east side of Kent Narrows. Take US 50 over the Bay Bridge and across Kent Narrows to Exit 42 to a right on MD 18 (Main St) to a right on Kent Narrows Rd to a left into the parking lot under the bridge. Note: you have to pay a toll to get over the Bay Bridge on the way to the ride but it is free on the way back. Bicycles are not allowed on the Bay Bridge or on US 50.

Tuesday - August 1

15/17 MPH - 9:30am - 56 miles - Steve Zeldin (410) 828-5553, SZeldin@comcast.net)

START: WRP-Western Run Park & Ride

A little different reverse ride, join the fun.

Saturday - August 5

ANNUAL CLUB RIDE AT UNION MILLS!

START: Union Mills Homestead – I-695 to exit 19; follow I-795 N. to Rt. 140 N. to Westminster; then Rt. 97 N. for 7 mi. The Homestead is on the right.

Parking is on field past the buildings on right. Terrain can be hilly. After the ride enjoy an old-fashioned corn roast in an historic setting with a working grain mill and local artists. Buy a chicken lunch with all you can eat corn on the cob for \$11. Check out the tables reserved for the BBC. Cue sheets and sign-in sheets will be on table near parking field from 7:45 am to 9:30 am. Meet your ride leader at the table. ENJOY!

CASUAL - 9:30am - 12/18 miles - Mitch Tobias and Pam Ellis (410/833-8137/410-526-6535, cyclenut2@verizon.net)

Nice ride in the countryside. Rolling hills.

10/12MPH - 8:15 am - 40 miles - Janet Brown (410/243-3685 or 443-762-7865, JBrown3205@aol.com)

10/12MPH - 8:45 am - 27mi - Mike Gesuele ((w) 410/965-5379 or (c) 410/274-8253, mike.gesuele@ssa.gov)

13/15 MPH – 9 am - 50 mi - Cartan Kraft (410/235-2906, cbkraft@verizon.net)

15/17 & 18 MPH - 8:15 am - 64 mi - Judy Broadwater & Russ Loy (410/628-6297)

Sunday - August 6

10/12MPH - 9am - 25miles - Don Riggs (410/461-6564, donriggs@juno.com)

START: ARP Alpha Ridge Park

Beat the heat! Mod. hilly ride w/ rest stop options-pizza/deli/McD's.

13/15 & 15/17 MPH - 8:30 am - 47 mi - Mary and Barry Menne (410/795-6571)

START: AHS - Atholton H.S.

I-695 to Exit 16, I-70 West, to Exit 87, Rt. 29 South; go to Exit 17 (Seneca/Shaker Dr.), right at SS, then left at SS onto Martin Rd., then right on Freetown Rd., school on left in 1/4 mi. Ron Martorana's tour of Howard & Montgomery Cos.; mod. hilly, but plenty of shade for a hot day; lunch/snack stop at convenience store.

Monday - August 7

16/17 MPH - 9:30am - 50-60 miles - Susanne Morsberger (443) 622-5862, smorsber@msn.com)

START: WRP-Western Run Park & Ride

What can I say?? Susanne likes those long hilly rides!!!

Tuesday - August 8

15/17 MPH - 9:30am - 60 miles - Steve Zeldin (410) 828-5553, SZeldin@comcast.net)

START: ORR -Oregon Ridge Park

Rolling ride with hills to Rocks State Park. Snack stop in Jarrettsville.

Saturday - August 12

CASUAL - 9:30 am - 28mi - Mitch Tobias/Michael Falatico (410/833-8137/410-377-9140)

START: NCM NCRT - Monkton Station
Scenic trail ride. Lunch at New Freedom.

10/12 MPH - 9am - 30/40 mi - Gene Marrow (301/854-2885)

START: GLN - Glenelg H.S.

Two-county Ride. Rolling ride with some hills. Snack/ rest stop at High's.

10/12MPH - 8:30 am - 28 miles - Gloria Epstein
(410/665-3012, carlglo@verizon.net)

START: SPK Sparks E.S.

Low traffic route for a Saturday in Balto. Co. Lots of shade as we ride to Twin Oaks for refreshments. Some hills.

13/15 MPH - 9 am - 40-45 miles - Curt Phillips
(410/665-9749, cjphillips00@comcast.net)

START: ORR - Oregon Ridge Park

Scenic, moderately hilly ride through Baltimore County.

13/15 MPH - 9 am - 33/42 miles - John Putman
(443/939-2082, ubalum99@yahoo.com)

START: SHS - Southern High School

Harwood to Happy Harbor. Yes, I'm leading the ride again. Yes, I am unoriginal, but I really love this ride. Two distance options. I will be riding the longer option.

15/17 MPH - 8:30am - 63 mi - Gene Young
(410/828-1137)

START: SPK - Sparks E.S.

Northern Baltimore County to Harford County Loop. Moderately hilly ride with rest stops in Hampstead and Madonna. A shorter option (40 miles) will be available; the ride leader will lead the longer ride.

Sunday - August 13

10/12 MPH - 8:30am - 35 mi - George Cordutsky
(410/882-2788, gcordutsky@msn.com)

START: PRP - Providence Park & Ride.

Hilly ride with snack stop.

13-15 MPH - 8:30 am - 42/56 miles - Henry Thiess
(717/600-5141, jim.thiess@penske.com)

START: MLP - Maryland Line Park & Ride

The "Brown Cow Ride." A new Gary Brandon southern PA ride (this means hills) traveling northeast to Brogue and back. We will go up Muddy Creeks and a few other gems. A shorter mileage option for those faint of heart. Lunch at the Brown Cow Country restaurant in Brogue or convenience store. BRING SEVERAL WATER BOTTLES!

15/17 MPH - 9am - approx 60 mi - Herb Weiss
(410/833-4321, hweisspt@verizon.net)

START: FMS - Franklin M.S.

Directions: Rt. 695 to Rt. 795 to Franklin Blvd East. Left on Reisterstown Rd (Rt. 140) to school (2 miles north). A new ride!

Tuesday - August 15

15/17 MPH - 9:30am - 56 miles - Steve Zeldin

(410) 828-5553, SZeldin@comcast.net)

START: WRP-Western Run Park & Ride

Rolling ride with hills. Baltimore County Loop with snack stop in Hereford.

Saturday - August 19

10/12 MPH - 10 am - 33/27 mi - Scott Zelazny

(410/525-2591, scott_z@myrealbox.com)

START: MSM - Marley Station Mall

Ride to the Beach. Come bike along the B & A Trail (and other roads), to a beach on the bay in Sandy Point State Park. Be prepared to go for a swim if the weather turns hot and you really want to cool off on the middle of the ride. See great views of the Bay Bridge. Easy for a 33 mile ride! Enough stops for drinks even if it is a really hot day. Anyone who wants to do the shorter 27 mile version of this ride should meet us at Earleigh Heights Ranger station (along the trail, not ride start EHP) about 20-45 minutes after the ride start.

10/12 MPH - 9 am - 32 mi - Manny Steinberg & Bob Seay
(410/655-8242 & 410/242-6929)

START: DVES - Davidsonville E.S. I-695 to I-97 to MD 50 west, about 5 mi. to exit #16 Davidsonville Rd. (MD 424). Left @ MD 424 south. Go about 4.5 mi. to bear right just before traffic signal (Davidsonville Store @ corner) MD 214-no street sign-but this is Central Ave. Go 3/4 mi. to E.S. on right.

From Davidsonville Elem. School 32 miles to Deale for lunch at the Subway. Skippers Pier restaurant is also an option which will add 2 miles to the ride.

13/15 MPH - 8:30 am - 33 miles - Ed Vojik

(410/296-5271, EVojik@aol.com)

START: PRP - Providence Rd. Park & Ride

The "Green at the Gunpowder". A scenic, somewhat hilly ride through the Loch Raven watershed into Harford County. A shorter 23-mile option is available for anyone short on time. Rest stop at Palmisano's.

15/17 MPH - 8:30am - 49mi - Ed Hopkins

(410/491- 5191, ed.hopkins@verizon.net)

START: RUN - Runnymede E.S.

Tour of Thurmont Lite. A classic Carol and Walt Russell ride to Thurmont. Lunch stop at mile 24.

Sunday - August 20

CASUAL - 8:30 am - 15 mi. - Becky Smith/Mary

Ryan (410/788-5369, rasmith@prodigy.net

meryan@comcast.net)

START: DOA

Mostly BWI Trail around the airport with a side trip into Glen Burnie.

CASUAL - 10am - 18 - 23 miles - Gordon and

Linda Peltz (410/254-1306, peltzlaw@aol.com)

START: SPH

Flat ride with views of the bay. Joyce Keating's great ride to Fort Howard and North Point Park.

10/12MPH - 9am - 39 mi. - Gene Marrow

(301/854-2885)

START: GLN Glenelg H.S.

Mostly rolling ride thru Howard & Montgomery Cos. Options for food include a French bakery. 29 mi. shortcut is available.

13/15 MPH - 8:30 a.m. - 54 miles - Gary Brandon

(717/235-3893, gbrandon@marylandgeneral.org)

START: New Freedom Rail/Trail Parking lot.

I83 N. Exit 36. Left onto Rt. 439, Right on Susquehanna Trail, Left onto Campbell Road, right onto Front St. A classic Rich Burns "Pigeon Hills" ride to Spring Grove, PA and back.

Tuesday - August 22

16/17 MPH - 9:30am - 50-60 miles - Susanne

Morsberger ((443) 622-5862,

smorsber@msn.com)

START: ORR -Oregon Ridge Park

Join Susanne today!! You won't regret it!!

Saturday - August 26

CASUAL - 9:30 am - 30 mi. - Mitch

Tobias/Michael Falatico (410/833-8137/410-377-

9140, Cyclenut2@Verizon.net)

START: Glen Rock, Pa.

Trail Ride to York Fest Art Fair. Bring a lock.

Lunch at the Festival **START:** Glen Rock - I-83 to Glen Rock old exit #2 or new exit #8(Glen Rock).

Follow Rt. 216 west for approx. 4.5 miles to Glen Rock. Right on Water St. Cross railroad tracks and turn right. Follow for approx. .1 mile, Rail Trail Parking lot is on the right.

10/12MPH - 9am - 38 mi. - Bob Seay & Manny Steinberg (410/242-6929 & 410/655-8242)

START: DVP Davidsonville P&R

Ride to Galesville w/ options for lunch. The route direction will be reversed from the usual clockwise route. It is still downhill going & uphill coming back.

13/15 MPH - 8 am - 46 miles - Bob Morgan (410/218-0709, bobaems@comcast.net)

START: NWT - Newtown

Moderately hilly ride from New Town to Hampstead with rest stop at Jiffy Mart.

15/17 MPH - 8:30am - approx 60 mi - Ken Briggs (410/356-3935, reef2927@comcast.net)

START: FMS - Franklin M.S.

Directions: Rt. 695 to Rt. 795 to Franklin Blvd East. Left on Reisterstown Rd (Rt. 140) to school (2 miles north). A new ride! Moderately hilly.

TANDEM - 9:30 am - 24/42/57 mi - Ed and Laurie Barr (703/450-6742, edbarrjr@aol.com)

START: Beaver Creek P&R

Joint CRABS / WABITS ride. Start is about 1 hour from both Washington and Baltimore beltways. Come enjoy the quiet roads in the valley east of Hagerstown! We'll cycle over an 1863 stone bridge, past stone farmhouses, pretty farms, and a visit across the border into PA. The long route adds a visit to the Martin's Mill covered bridge. All routes converge in Smithsburg for a lunch stop about 8 miles from the end. Directions: I-70 West to exit 35, MD 66. Turn right (North) at end of ramp. Go 0.2 miles, turn right into parking lot. (No restrooms at start, there is a Sheetz 1.5 miles south on MD 66 or rest area at mile 40 on I-70)

Sunday - August 27

Come see your BBC Racing Team at the Back-to-School Crit Today!

10/12MPH - 9am - 32 miles - Gloria Epstein (410/665-3012 & 410/433-4162 & 410/653-2363, carlglo@verizon.net)

START: CMP Carroll Manor Park

Mark Serio's classic ride to Palmisano's. Moderately hilly w/22 mile option.

10/12MPH - 8:30 am - 27mi (+/-) - Joan Mason (410/751-6016, themasons8@direcway.com)

START: WES Westminster E.S.

An old favorite I dug out of my cue sheet library. A little bit of everything-flat roads, big hills, little hills, down hills and a few up hills!!! Bring a snack.

13/15 MPH - 8:30 a.m. - 80 miles - Mary and Barry Menne (410/795-6571)

START: Liberty High School

From Route 26 / Liberty Road go north on Route 32 / Sykesville Road for .3 miles. Turn Left onto Bartholow Road go .5 miles to School on Right. Ellen Hochman's version of the TGODEL tour to Emmittsburg. Fairly hilly.

15/17 MPH - ...am - ... mi - n/a: Judy Broadwater (410/628-6297)

START: Poly-Technical High School

The BBC Racing Team's Back-To-School Crit is today! Instead of a 15/17 ride, come to the race and cheer on the club's team! Better yet, volunteer to help!

TANDEM - 9 am - 35/45 mi - Evie & Michael Reinsel (410-377-6133, mreinsel@bcpl.net)

START: Manor Shopping Center, Jacksonville, MD

Ride from Jacksonville. New Ride. Come

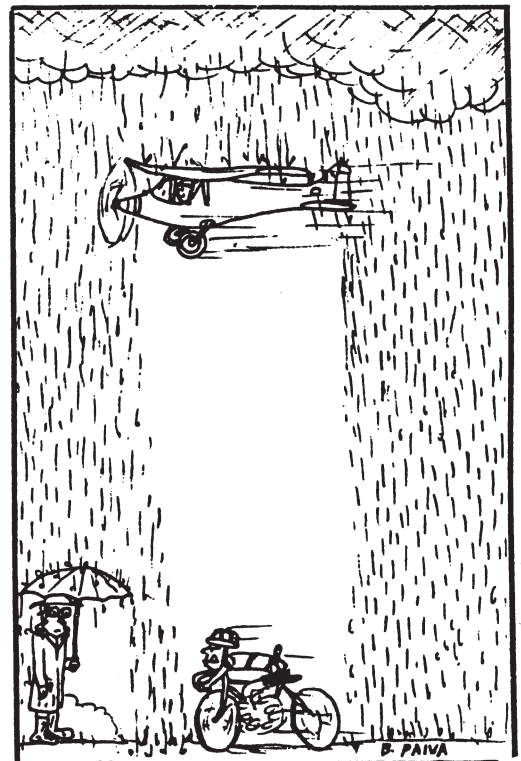
early and have breakfast at the Bagelmeister before the ride. Beautiful rolling ride in horse country. Directions: Baltimore Beltway (Route 695) to Exit 27 Dulaney Valley Rd. North (Rt. 146) (approx. 3-4 miles) Bear left on Jarrettsville Pike after Loch Raven Bridge where Dulaney Valley Rd goes right. Go 4.0 miles and turn right into the shopping center (just before Sweet Air Rd.)

Tuesday - August 29

15/17 MPH - 9:30am - 35 miles - Joel Wyman (410) 308-2263, celestialdreams2@juno.com)

START: ORR - Oregon Ridge Park

Join Joel this week!! Thanks for leading this ride. Joel knows how to be a ride leader!! Rolling to hilly ride.



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.

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Are you interested in racing with Team BBC?

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