

Regular Weekly Rides

Sundays

Sunday Morning Breakfast Ride. Class C, up to 30 miles.

Meet 8:45 at the SE corner of 22nd & Spring Garden for a delightful ride to a delightful place to have a delightful breakfast. Bring locks and money for brunch in the middle of the ride. We always need volunteers to lead us to delightful eating spots and pretty biking areas. *Leaders:* **August 7** - Joseph Feeney, 215-332-0283, jfe7378071@aol.com; **14th** - Bob Zsembik, 610-658-9974, bzsembik@aol.com; **21st** - Len Langsdorf, 610-278-7779, llangsdorf@jny.com; **28th** - Henry Lazarus, 267-259-6275 (cell phone), hlazar@netaxs.com - a shorter ride so I can lead the Sunny Sunday ride too.

B Ramble. Class B, 14-15 mph, approx. 40 miles. Meet at the Italian Fountain behind the Art Museum at noon. Check the Monthly Calendar for leaders, ride descriptions, and cancellations.

Sunny Sunday Afternoon Ride. Class D, usually 12-25 miles. Meets every Sunday at noon at the formal entrance to the azalea garden at the circle behind the Art Museum. For the beginner who wishes to improve his or her cycling skills and for those new to Philadelphia who want to explore the out-of-the-way places in the city and near suburbs. If you want to ride, call or email the leader. No calls = no ride. *Leaders:* Aug. 7 - Open date, call or email Len Langsdorf if you want to lead a ride; **14th** - John Kalicki; check monthly ride listing; **st** - Len Langsdorf and Patricia Murphy, 610-278-6998, llangsdorf@jny.com; **28th** - Henry Lazarus, 267-259-6275 (cell phone), hlazar@netaxs.com.

Sunny Sunday Spin-Off Ride. Class C, usually 25-30 miles. A true C ride which cheerfully waits to regroup. All welcome. Meets 12:15 at the rock near the Italian Fountain, behind the Art Museum. *Leaders:* **August 7** - Tom Witt, 215-977-2164; **14th** - Dave Johnson, 215-849-8013; **21st** - Sheryl Oleski, 215-713-9184, a special slightly longer ride to Ambler, **28th** - Tom Witt, 215-977-2164.

Tuesdays

Narberth ChainSmokers Ride. Class B, approx 30-35 miles. Leaves at 6:00 from Mainly Bikes, 229 Haverford Ave in Narberth. Training ride through the back roads of the Main Line and out to Valley Forge. *Leaders:* Jeff Kimmel, 610-446-1334, jeff_signs@hotmail.com, and Rich Abraham, 610-446-2817, richabr@yahoo.com.

Evening Ride from Mt. Airy. Class B-/C+, 13-14 mph, 25+ miles. Meet at 5:45 for prompt 6:00 start at the Allen's

Lane Train Station on Cresheim Road at Allen's Lane. Expect to climb some hills. At least 2 route possibilities: through Chestnut Hill toward Conshohocken and beyond or out toward Ambler. *Leaders:* Jeff Bakely, 215-843-1093, jeffbakely@yahoo.com; and Roger Burnham, 215-843-3545, roham215@yahoo.com.

Kolman's Tuesday Night Ride. Class C, 22-25 miles, 12-14 mph cruising pace. C pace will be held. Breakaways for faster riders. Meet 6 PM at Lenape H.S., Church & Hartford Roads, Medford. *Leader:* Kolman Kleinbord, 856-787-9677, kkleinbord@comcast.net

Vocabulary Ride. Class C/C-, 11-13 mph, 10-15 miles. Lexicographically enriched spins through southern Delco. Newcomers are welcome, but I encourage you to call at least a day ahead of the ride. Meet at 6:00 at the Pathmark on MacDade Blvd in Folsom. *Leader:* Dave Trout, 610-368-0760, brider-ride@usa.net.

Wednesdays

Marlton. Class B, 15-17 mph, 20-27 miles. A beautiful ride that starts in Marlton at the Kings Grant development, goes through Medford, and then into Shamong and back. If there's interest, ride can be extended from 20 to 27 miles. Meet at Kings Grant shopping center on Merchants Way. 6 PM departure. Call or e-mail for directions. Rain cancels. *Leader:* Mark Shapiro, 856-231-2506, mshapiro@jmsonline.com.

Evening Ride from Glenside. Class B+/B, 16-17 mph, approx. 25-30 miles. Meet at Keswick Cycle, 408 N. Glenside Ave (near Keswick Ave & Easton Rd) in Glenside, for a prompt 6:30 departure. Come explore the interesting and diverse roads of eastern Montgomery County! We'll ride until dark on routes that are moderately hilly and generally lightly traveled. There may be other paced rides available, or better yet, come by to lead a ride of your own! Contact Brian Hackford at the bike shop, phone 215-885-7433, with questions about other paced rides or parking. Remember to bring a flashing rear light for added safety. Please call or e-mail me with any questions, or to confirm; occasionally my schedule keeps me from riding. Day of ride/last minute inquiries - call only. Rain cancels. *Leader:* Chris Beetham, 215-740-4637, ride_with_cb@verizon.net.

Thursdays

Butt-Crack of Dawn Training Ride. Class B+/B, 20-25 miles. Meet at the Italian Fountain behind the Art Museum at 5:00 AM! and back by 6:30. A fast-paced morning ride through the hills of Fairmount park including Neill Dr,

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Greenland, Black Rd, Lemon Hill, and possibly sunrise at Belmont Mansion. Rear and front blinkie light recommended. Sleep-in option: meet at 5:30 at corner of West River Dr and Falls Bridge. *Leader: Marc Meola, 267-978-1224, marcmeola@yahoo.com.*

Narberth ChainSmokers Ride. Class B, approx. 30-35 miles. See Tuesday for ride description. *Leaders: Jeff Kimmel, 610-446-1334, jeff_signs@hotmail.com, and Rich Abraham, 610-446-2817, richabr@yahoo.com.*

Bryn Mawr Local. Class B, 15-16 mph, 32 miles. Leaves from the Italian Fountain behind the Art Museum at 6PM. We ride to Merion, Gladwyne, and West Conshohocken, returning via Manayunk and the Bike Path. *Leaders: David Finger, 215 605-8560, davederailleur@hotmail.com, and Vernon Lucas, 215 815-9137, vernon.lucas@verizon.net.*

Thursday Night Training Ride. Class C+, approximately 26 miles. Departs 6:00 from Italian Fountain. We'll do some variations on our standard hill-seeking routes with some new scenery. We'll push ourselves (it's a training ride) but no one will be dropped. *Leader: Gary Morris, 215-557-0410, gmorris@vzavenue.net.*

Kolman's Thursday Night Ride. Class C, 22-25 miles, 12-14 mph cruising pace. C pace will be held. Breakaways for faster riders. Meet 6:00 at Lenape H.S., Church & Hartford Roads, Medford. *Leader: Kolman Kleinbord, 856-787-9677, kkleinbord@comcast.net.*

Thursdays on the Schuylkill. Classes B- (15-17 mph) and C+ (13-15 mph), 20-25 miles. Meet at the Spring Mill train station parking lot on the Schuylkill River Trail at 6:30. It's near E. Hector St and E. North La in Conshohocken. From Ridge Ave take Barren Hill Road to the first light, then left to the station. We will ride towards Valley Forge and beyond, returning before daylight ends. No potholes, cars, hills, cue sheets or admission charge. No one left behind. For those who can make it early, we'll do an easy 4-5 mile warm up toward Manayunk and back, beginning at 6:00 sharp. *B- leader: Howard Hochheiser, 215-913-3246, howard@thebluestargroup.biz; C+ leader: Mike Seidman, 215-242-1200, mike@prnt4u.com.*

Fridays

Freaky Friday. Class B, 16-18 mph rolling pace, 40 miles. Leaves promptly at 9:00 from Laurel Acres Park on Church St, Mt. Laurel, N.J. From Route 38, take Church Street south. The park is on your left at the 5th light. Ride to Nixon's, one stop for bathroom/snacks. *Leader: Pete*

LaVerghetta, 215-379-1715, fixedgear@hotmail.com.

BCPSoftball. We will meet at 6 PM at Clifford Park, Walnut Lane & Wissahickon Ave, and play until dusk. Everyone is welcome as long as you're not too good. Feel free to contact *Doug Tedeschi* if you have any questions or need directions: *douglas@craftech.com, 215-782-3361.* Also, if you plan to attend please RSVP by the Wednesday night before the game. If a "critical mass" is not achieved in order to play, the game will be canceled.

Wallyball will resume in the fall. Anyone interested in playing in the summer, particularly if softball is rained out, call or email coordinator *Nikki Marx, 215-963-9377, bcpwallyball@hotmail.com.* Also contact *Nikki* if you want to be on the Wallyball e-mail list.

Saturdays

Krank with Kolman. Class C, 30-40 miles, 12-14 mph. Come on down and discover a new area to ride. This is wonderful, open flat to slightly rolling farm land. We will hold a C pace but faster riders are welcome and may ride off. Meet at baseball field parking lot, Sharp & Columbia Sts, Millville, N.J. From 55 S, take exit 27. Go south. Cross light. Bear right at the Y. Stay right at second Y. Go about 1 mile. Laundromat is on left; parking lot for the ride is on the right. Usual start time is 8:00, but may be later or be canceled depending on the weather, so call to confirm. Rain cancels. Joint ride with SJ Wheelmen. *Leader: Kolman Kleinbord, 856-787-9677, kolman39@hotmail.com.*

Blue Bell Special. Class C+, up to 30 miles, 14-15 mph. The plan is to get a ride in before the traffic and heat becomes unbearable, so an 8:00 departure is a must, hopefully returning by 10. Meet at the Kohl's parking lot at Routes 202 & 73, across from the Center Square Fire Company. Bring your ride ideas, determination, coffee and or breakfast money. Rain does cancel. *Leaders: Len Langsdorf and Patricia Murphy, 610-278-7779 (home), lnl@jny.com, and Gaby Beitler, 610-828-9333 (home).*

Summer Training Ride. Class B+, 16-17 mph, 50-60 miles. Leaves from the Italian Fountain 10:00 to avoid the summer heat. The classic Sat ride kicked up a notch. Expect rolling terrain with one or two moderate climbs, and ending with an optional 19-20 mph avg pace line down West River Dr. The goal for this month is to keep a B+ pace. Bring some cash for 1 maybe 2 quick rest stop for refills. Cue sheets provided. Precipitation at 9:00 cancels. Call or email if the weather is questionable or for other questions. *Leader: Dave Jung, 215-385-3871 (work), 215-283-3188 (cell), djung@advanta.com.*

August Ride Listings

Saturday, August 6 - Hopewell Furnace Classic. Class B/C+, 13-14 mph, 68 miles. Taken from the book "Best Bike Rides in the Mid-Atlantic" by Trudy E. Bell, this ride traverses the rolling hills of Berks County. Meet at 8:45 for a 9:00 sharp start from the swimming pool parking lot of French Creek State Park. "C+" riders are welcome (a volunteer to lead would be appreciated). Accurate cue sheets will be provided. We will head north for a lunch break in Oley, then return to FCSP for a mid-afternoon swim in the pool. Bring locks to secure bike to car while in pool area, bathing suit and shower accessories, and cash for three food stops and \$5 pool/shower usage fee. For directions, go to: www.dcnr.state.pa, click on Find a Park. *Leader: Rich Wagner, 610-964-1484, roadrich@hotmail.com.*

Saturday August 6 - Annual Bethlehem Musikfest Ride. Class C, 100, 60 and 40 miles. 100: leave Fort Washington SEPTA station at 7 AM. 60: meet at Rosenberg Dairy, Hatfield, at 8:30. 40: meet at Wal-Mart Quakertown at 10:30. We expect to arrive at the Musikfest at noon and leave the park at 2 PM. Musikfest info at <http://www.musikfest.org/> Free bicycle parking. *Leader: Bill Cotton, 215-559-2910 (cell), billcotton@billcotton.com, http://www.billcotton.com.*

Sunday, August 7 - B Ramble. Class B, 14-15 mph, 45-50 miles. Meet at the Italian Fountain behind the Art Museum at noon. Destination is Blue Bell. Food stop is Deja Brew, which used to be Brew Ha Ha - this brew is coffee, not beer. Cue sheets provided. Terrain is flat to rolling hills with one or two moderate climbs. Call if the weather is questionable. *Leader: Jeff Bakely, 215-843-1093, jbakely@verizon.net.*

Tuesday, August 9 - BCP Monthly Meeting. :30 PM at the Manayunk Diner, 3722 Main St, Philadelphia, 215-483-4200. We'll be in the upstairs dining area. All BCP members are encouraged to attend. To get something on the agenda, contact *Jeff Bakely, 215-843-1093,*

President's message

McGrane, mcgranel@mlhs.org, 267-251-7862.

Board of Directors

The November election for Board members and Club officers is creeping up on us. Gary Morris has volunteered to head a search committee for Board members, who then elect the President, Vice President, Secretary and Treasurer from among themselves. If you can serve with Gary in this valuable function, please contact him at gmmorris@vzavenue.net or 215-557-0410.

jbakely@verizon.net.

Sunday, August 14 - Are You Ready For the Century? Class C, +/-60 miles. OK C riders, here's your tuneup for the Century ride. We start at 8:00 from Lower Perkiomen Park, www.montcopa.org/parks/lpvp.htm, Egypt Road & Rt 422, and travel down the trail to the Art Museum. After that little warmup, here's where the fun starts: on the way back we will follow along last year's Century route. We ride to Conshohocken via the trail and those little bumps in Manayunk, then Plymouth Meeting, Whitemarsh, and Blue Bell to Evansburg State Park. We will return to Lower Perkiomen Park through Collegeville and that great drop called Arcola Road. Sure there's going to be some hills, but it's August and we should be in shape by now. We will stop along the way to regroup when necessary. Bring food, money and water. Rain does cancel as does no calls letting us know you are coming. *Leaders: Len Langsdorf & Patricia Murphy, 610-278-7779 (home), 215-826-6998 (work).*

Sunday, August 14 - The "What's With This Guy and All This Water" Ride. Class D, 12-14 miles. Meet at noon at the formal entrance to the Azalea Garden at the circle behind the Art Museum, we continue to stretch our nautical/water theme. We will ride to Old City to spend about a half-hour at the "Goodlands Photography Show", where youngsters 8-16 from the Fairhill section of the city show off their photography to counter the misconception of their community as "The Badlands". Next through Penn Treaty Park, on the banks of the Delaware River, and on to the Independence Seaport Museum, where we will spend an hour and a half viewing the museum and the "historic ships" — the cruiser Olympia and the submarine Becuna. After this, it's a quick ride around Penn's Landing, stopping briefly at the Christopher Columbus Memorial, and then on to John's Water Ice in south Philly, and return to the Azalea Garden. Cue sheets provided for those who do not wish to join the non-biking festivities. Bring locks, money for entrance to museum/historic ships (\$9), and for water ice (photo gallery admission is free!). For more information, contact *John J. Kalicki at teach@kalicki.com (email preferred) or at 215-426-3937, option #3.*

Sunday, August 14 - B Ramble. Class B, 14-15 mph, 40+ miles. Meet at the Italian Fountain at noon. Food stop at Whole Foods Market in Devon. Cue sheets provided. Terrain is flat to rolling hills with one or two moderate climbs. Call if the weather is questionable.

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August Ride Listings

Leader: Jim Laurino, 215-476-5091, bcpbit08.x.jimlaur@dfgh.net.

Sunday, August 14 - The No Name Ride. Class B+/B, 16 mph, 50 miles. Leaves at noon sharp from the Bulldog statue at 25th Street and Pennsylvania Ave. The ride will go thru Gladwyne to Paoli, where there will be a short rest stop at the WaWa, then home. *Leader: Bruce Taubman, 215-735-7935.*

Saturday, August 20 - Debbie's Birthday Ride to Lititz. Class B, 15 mph, 72 miles. Leaving at 8 from Octoraro School on RT 41 & Highland Rd. Usual laid-back B pace. Bring or buy lunch in the park by the spring in the Pa. Dutch town of Lititz. *Leaders: Doug Kennedy, 610-543-4664, dougkennedy7@yahoo.ca and Debbie Wilson, 302-798-1243, djwbike@aol.com.*

Sunday, August 21 - Glenside-Paoli Express. Class B+, 16-17 mph, 60-65 miles. Start 8:00 from Glenside Library, Keswick Ave & Waverly Rd in Glenside, Pa. This is one of my favorite hilly routes from Glenside, heading west toward Paoli and Valley Forge Park. The featured climb on this ride is Diamond Rock Road, located just west of Valley Forge. This is a good warm-up for the upcoming century rides. One food stop in Paoli. Rain cancels. *Leader: Chris Beetham, 215-740-4637, ride_with_cb@verizon.net.*

Sunday, August 21 - B Ramble. Class B, 14-15 mph, 40 miles. Meet at the Italian Fountain at noon. We'll make our way to the Fort Washington/Ambler area. *Leader: Werner Carrieri, 215-680-2618, wernerman@aol.com.*

Sunday, August 28 - Exploring Eastern Chester County. Class B-/C, 11-13 mph, about 45 miles with hills. Start 8:00 at Manhattan Bagel in the Chesterbrook Shopping Center, easily accessible from US 202. Although we stop to regroup and for brunch, this is not a ride for beginners. Cue sheets provided. A multi-club ride. Bring snacks, liquids and money. Call for directions or more information. *Leader: Arnie Roseman, 610-640-4529, biker73pa@msn.com.*

Sunday, August 28 - B Ramble. Class B, 14-15 mph, 40+ miles. Destination is Whole Foods in Devon, cue sheets provided. Meet at the Italian Fountain behind the Art Museum at noon. *Leader: Marc Meola, 267-978-1224, marcmeola@yahoo.com.*

Sunday, August 28 - The No Name Ride. Class B+/B, 16 mph, 65 miles. Leaves at noon sharp from the Bulldog statue at 25th Street and Pennsylvania Ave. The ride is to Doylestown, where we will stop at a WaWa, then home. *Leader: Bruce Taubman, 215-735-7935.*

Tuesday, August 30 - Mailing the September Newsletter. Meet 6:30 at Wolf, Block, Schorr and Solis-Cohen LLP, 1650 Arch Street, southeast corner 17th & Arch Sts. *Coordinator: Tom Witt, 215-977-2164.*

Sunday, September 4 - Peter Odell Memorial: The New Hope-to-New York Ride.

50, 70, 90, or 125 miles. \$55/\$65 members/non-members. <http://www.phillybikeclub.org/nh-ny/NHNY.htm> Contact *Tim Cherry, timdives21024@aol.com, 610-306-9059.*

Sunday, September 11 - The Scenic Schuylkill Century. , 38, 62, or 100 miles. \$21/\$25 members/non-members. <http://www.phillybikeclub.org/century/century.htm> Contact *JD Mitchell or Jeff Bakely, century@phillybikeclub.org*

Fri-Sun, Oct 21-23 - The Fall Event. In Hanover/Gettysburg, PA. Includes practically everything. \$190/person double occupancy, others available. *Linda McGrane, mcgranel@mlhs.org, 267-251-7862(c), 610-251-5573(w).* Details & signup in Sept QR, and <http://www.phillybikeclub.org/trips/fallevnt.htm>

Bicycle Access Council Holds Third Annual Rally

By ARNIE ROSEMAN

Bicycle Access Council's (BAC) third annual rally in Gettysburg was attended by about 50 members from various bike clubs. We escaped the rain and enjoyed some terrific rides. It was interesting to see three other versions of BCP's jerseys, the current and some of the older designs. Joe Stafford, BAC executive director, expressed eagerness to move the organization forward with greater participation. As one of the principal bicycle advocacy organizations in the commonwealth, our limited membership makes it difficult to have the required impact to bring focus to bike issues, share-the road, construction and improvement and maintenance of bike lanes and wide shoulders, education of bikers, vehicle drivers and law enforcement on bikers rights and responsibilities.

By joining the Bicycle Access Council (BAC), you not only have a voice, you'll be kept informed of what's going on throughout the state. BAC is an "on-the-road" advocacy organization for touring, commuting and recreation. While you may enjoy other cycling activities like sanctioned racing, mountain biking or rail-trails, BAC wants to preserve the rights of bicyclists to enjoy full access to the Commonwealth's roads. This is the only statewide organization created to do this. Membership info at www.BicycleAccess-PA.org.

Roseman is a member of the BCP board of directors and a frequent ride leader.