

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: Dec. 11 - Joseph Feeney, 215-332-0283, jfe7378071@aol.com.* The other December rides are on a sign-up basis. Email either the club's listserv or *Henry L. Lazarus, hlazar@netaxs.com*, several days in advance to sign up. Otherwise all rides are Show and Go.

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. The regular Sunny Sunday ride is over for the season - but check the Monthly Ride Listings for some December D rides. See you in the spring!

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: Dec. 4 - Chuck Martin, 215-923-1887; 11th - Sam Wiley, 215-523-7556; 18th - Tom Witt, 215-977-2164; 25th - Show and Go.*

Tuesdays

NightRiders. Class C, 10-20 miles. We spin around southern DelCo in the dark. Bike lights front and rear are a must. You must call or e-mail the leader to confirm the start time and location. Very cold or wet weather will cancel ride. Most rides start at 6 PM. *Leader: Dave Trout, 610-368-0760, brider-ride@usa.net.*

Wednesdays

Wednesdays MTB on the Pennypack Trails. Class B-/C+, approx 1.5 hours of riding. Starts from the Pine Road

entrance to Pennypack Park at 6:30 PM. Lights and a trail permit are required. Trail permits can be obtained via download at www.phila.gov/fairpark/newsletter_files/FPC_trail_permit_2005.pdf. Come enjoy the great outdoors (without cars) after dark! Depending on weather and/or trail conditions, the ride may be rescheduled for either Tuesday or Thursday evening. Call or e-mail to confirm that the ride is on or with questions. Day-of ride inquiries - call only. *Leader: Chris Beetham, 215-740-4637, ride_with_cb@verizon.net.*

Fridays

Wallyball. December 2, 16, and 30. Come to the Aquatic & Fitness Center at Riverside Racquet at 600 Righters Ferry Road, Bala Cynwyd at 7 PM for a fun and invigorating game of Wallyball. What is that, you ask? Good question - it's volleyball in a racquetball court. We play until at least 9:00. Cost is \$7.50 per person. Bring your own lock for a locker. Call the club at 610-664-6464 for directions. Call or email *coordinator Nikki Marx, 215-963-9377, bcpwallyball@hotmail.com* to let her know you are coming or there may not be a game. Also call or email Nikki if you would like to be on the Wallyball e-mail list to remind you of upcoming games.

Saturdays

Krank with Kolman. Class C, 30-40 miles, 12-14 mph. Call first in case weather forces cancellation or a later start. 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. Starts 9:00. Meet at baseball field parking lot, Sharp & Columbia Sts, Millville, NJ. 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. Rain cancels. Joint ride with SJ Wheelmen. *Leader: Kolman Kleinbord, 856-787-9677, kolman39@hotmail.com.*

Wheeling with the President, from Page 1

Steve even opened my eyes to something I should have seen before: there's a reason why the pioneers of heavier-than-air flight were bicycle builders.

Annual Awards Banquet

Roger Burnham, Chairperson of this annual event has set a tentative date of January 28. He is still investigating a location and is looking for more volunteers to help organize this fun event. If you can help, contact him at 215 843-3545 or roham215@yahoo.com.

December Rides

Saturday, December 3 - Blue Bell Special. Class C+, 14-15 mph, +/- 30 miles. How about one more BBS before ski season? This time we go to Rosenberger's Dairy. Leave at 9 from the Kohl's parking lot at routes 202 & 73, across from the Center Square Fire Company. This ride will stop and regroup when necessary. Bring coffee and/or breakfast money; we'll stop at Rosenberger's. Rain cancels, as does no calls before Saturday. *Leader: Len Langsdorf, 610-278-7779 (home), lnl@jny.com.*

Saturday, December 3 - Original Saturday Off-Season Training Ride. Class A/B+, 50 miles. Leaves from the Italian Fountain at 10. 'Tis the season for base miles. Expect approx 3 hours of steady non-stop cycling (read no rest stops) in training zones 2 and 3. Please bring your heart rate monitor to make certain you are staying within these training zones (email us prior to the ride for help figuring out your zones if you have never done this before). We will ride together as a group. Excellent group riding skills are a must. Aggressive riding will not be tolerated. Precipitation cancels. Coffee stop in Manayunk on the way home is optional. This is a joint ride with Velo Bella (www.velobella.com) - so women are strongly encouraged to attend! *Leaders: Sheryl Oleski, 215-713-9184 (home); 215-833-9285 (mobile), sheryloleski@hotmail.com, and Michael Kim, 267-577-9285 (mobile), mdskim1@hotmail.com.*

Sunday, December 4 - Winter Wimps I: W. Chester from the "Bagel". Class C+, 11-12 MPH avg, about 40 miles, some hills. Start 9:30 at Manhattan Bagel in the Chesterbrook Shopping Center, easily accessible from US 202 and Pa 252. 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. Winter Rule: No calls = No ride. Call for directions/information. *Leader: Arnie Roseman, 610-640-4529, biker73pa@msn.com.*

Sunday, December 4 - B Ramble. Class B, 14-15 mph, 40-50 miles. Mystery Destination. Leaves from the Italian Fountain behind the Art Museum at noon. Show and Go or look for an Ad Hoc Leader listing.

Wednesday, December 7 - Ramble from Chesterbrook. Class D, about 10 mph av speed, perhaps 20 miles, plus or minus depending on the group. Starts at 11 from Manhattan Bagel in the Chesterbrook Shopping Center, easily accessed from US 202 or Pa 252. Arrive early if you want brunch. A multi-club relaxed ride - flat but perhaps

a few hills if the group is willing. We stop to regroup as required. No one left behind - no cue sheets. Bring snacks, liquids and money. No calls = No ride. Call for more info/direction. *Leader: Arnie Roseman, 610-640-4529, biker73pa@msn.com.*

Wednesday, December 7 - BCP Monthly Meeting. :30 PM at the Manayunk Diner, 3722 Main St, Manayunk, 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, jbakely@verizon.net.*

Saturday, December 10 - Northeast Ramble. Class C-, 25-35 miles with brunch stop. Leave promptly at 9:30 from behind the Burger King on Castor Ave, just north of Oxford Circle on Roosevelt Blvd. No cue sheets. Back between 2 & 3 PM. Destination depends on group & conditions. *Leaders: Dick & Madge Trickey, 215-288-5907.*

Saturday, December 10 - Original Saturday Off-Season Training Ride. Class A/B+, 50 miles. See December 3. Call/email if the weather is questionable! Leaves from the Italian Fountain at 10 *Leaders: Sheryl Oleski, 215-713-9184 (home); 215-833-9285 (mobile), sheryloleski@hotmail.com, and Michael Kim, 267-577-9285 (mobile), mdskim1@hotmail.com.*

Sunday, December 11 - Northeast Ramble. Class D, 10-20 miles with snack stop. Leave promptly at noon from behind the Burger King on Castor Ave. just north of Oxford Circle on Roosevelt Blvd. No cue sheets. Destination depends on group & conditions. You must call: No calls = No ride. *Leaders: Dick & Madge Trickey, 215-288-5907.*

Sunday, December 11 - B Ramble. Class B, 14-15 mph, 40-45 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. *Leader: Jim Laurino, 215-476-5091, bcpbit12.x.jimlaur@dfgh.net.*

Saturday, December 17 - Bike or Ski. Class C, 30 miles, or novice XC skiing. Meet in the main parking lot at Fort Washington State Park at 10. It's on Route 73 West, 2 miles after Rt 73 crosses Rt 309. Heading west, after you cross Bethlehem Pike, the entrance is 1 mile on the left. From Stenton Ave, turn right onto Joshua Road and the park is on the right. SEPTA R5-Doylestown stops at Fort

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December Ride Listings



December Ride Leaders

Jeff Bakely
Chris Beetham
Bill Cotton
John Kalicki
Michael Kim
Kolman Kleinbord
Len Langsdorf
Jim Laurino
Henry Lazarus
Chuck Martin
Nikki Marx
Sheryl Oleski
Arnie Roseman
Madge/Dick Trickey
Dave Trout
Sam Wiley
Tom Witt

New Members

Cinnaminson	Valerie Mattern
Exton	Kapil Sehgal
Nottingham	Suzanne Herbert
Philadelphia	Tara Abrams
	Kyle Blanchard
	Mike Thompson
	Christel/Cecile Urmenyhazi
Plymouth Mtg.	Jeffrey Abramowitz
Riverton	Pam Delbuono
Somerville	Marcia L. Stanton

Washington. If there is no snow, we will road bike to Ikea for lunch via Norristown Farm Park, returning on the VF bike path and my Barren Hill bypass. I will ride from Cheltenham for a longer ride; to join me, call for directions and start time. Call me for ad hoc trips whenever there is enough snow to cross-country ski locally. *Leader: Bill Cotton, 215-559-2910 (cell), billcotton@billcotton.com.*

Saturday, December 17 - Original Saturday Off-Season Training Ride. Class A/B+, 50 miles. See December 3. Call/email if the weather is questionable! Leaves from the Italian Fountain at 10 *Leaders: Sheryl Oleski, 215-713-9184 (home); 215-833-9285 (mobile), sheryloleski@hotmail.com, and Michael Kim, 267-577-9285 (mobile), mdskim1@hotmail.com.*

Sunday, December 18 - B Ramble. Class B, 14-15 mph, 40-50 miles. Mystery destination. Leaves from the Italian Fountain at noon. Show and Go, or look for an Ad Hoc Leader listing.

Sunday, December 18 - Fairmount Park. Class D, 10-20 miles. Leaves at noon from the formal entrance to the Azalea Garden behind the Art Museum (under the gazebo across from the Italian Fountain). Conditions permitting, we will visit the mansions (especially the decorated ones) throughout the park, stopping at each for pictures and water. The number of mansions/length of the ride depends upon the participants and weather. *Leader: John Kalicki. Call (215-426-3937 - pick option #3) or email teach@kalicki.com for more information. No calls/email = no ride.*

Sunday, December 27 - B Ramble. Class B, 14-15 mph, about 40 miles. Meet at the Italian Fountain at noon. Mystery Destination. Snack stop at a coffee or bagel shop. Cue sheets provided. Terrain is rolling hills with one or two moderate climbs. Call if the weather is questionable: rain, sleet, snow or temps below 40. *Leader: Jeff Bakely, 215-843-1093, jbakely@verizon.net.*

Tuesday, December 27 - Mailing the January 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 January 8, 2006 - Winter Wimps II. Class C+, about 30 miles, 11-13 mph avg, hills. Leaves at 10 from Manhattan Bagel in the Chesterbrook Shopping Center,

accessible from US 202 or Pa 252. We ride through parts of Tredyffrin, E & W Whiteland, etc; brunch stop at Nudy's West Side Caf, in Frazier. No one dropped. Cue sheets provided. Bring snack, H2O & \$. A multi-club ride. Winter Rule: No calls = No ride. In case of weather concerns or for directions, please call. *Leader: Arnie Roseman, 610-640-4529, biker73pa@msn.com.*

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