

February Ride List

Weekly Rides and General Ride Description

BCP offers regular weekly rides. Below is a general description of the weekly rides, with pace, mileage, starting time, location, and leader or coordinator. The weekly rides are also listed by date in the Monthly Ride Calendar which you should check for specific ride leaders and any additional information on the ride.

Sundays

Sunday Off-Season Training Ride for New Racers.

8:45. Class A/B, 18-22 mph, 40-50 miles. This is an off-season training ride for people that may be interested in racing next year. The ride is not a race and nobody will be dropped. It will be mid-tempo designed to be equal parts social and training. Leaves at 8:45 from the bulldog statue at 25th Street & Fairmount Avenue. *Leader: Mark Pfeiffer, 267-934-1515, pfeiffer.mark@gmail.com.*

Hike the Wissahickon. We will be hiking in the beautiful Wissahickon every Sunday morning, beginning at 9:30. Start locations vary. We usually hike 5-7 miles, mostly on trails, with a flat option. The hikes generally last 2-1/2 to 3 hours, and some of us go to Bruno's afterward for lunch. Four-legged hikers are welcome! If the weather is questionable, check the BCP mailing list at 8:00 Sunday morning or check with the leader. Be sure to see the Monthly Ride Calendar for starting location and hike leaders. *Coordinator: Debbie Hoellein, 215-833-5545, wholelion@aol.com.*

Sunday B Ramble. 12:00 PM. Class B, 14-15 mph, usually 40 to 50 miles. See Monthly Ride Calendar for description and destination. Meet at the Italian Fountain behind the Art Museum. *Coordinator: Jim Laurino, 215-476-5091, bcpbit709x.jimlaur@dfgh.net.*

Sunny Sunday Afternoon D Ride. Noon. For the beginner who wishes to learn and improve biking skills. Usually 12-20 miles. Meet at the formal entrance to the Azalea Garden at the circle behind the Art Museum. *Coordinator: Jeff Bakely, 215-843-1093, rides07.50.bcpjeff@dfgh.net.* The ride returns for February 2008, led by *Tim Carey*, BCP's founder and the originator of this ride. Although there will not be a formal Instructional Riding Class for New Riders, Tim does an instructional ride every time. If you want to ride, call or email the leader listed in the Monthly Ride Calendar (see below), which may have other details, too. No calls = no ride.

Sunny Sunday C Spin-Off. 12:15 PM. A true C ride which cheerfully waits to regroup. Usually 25-30 miles. Meet at the rock near the Italian Fountain, behind the Art Museum. *Coordinator: Tom Witt, 215-977-2164,*

twitt@wolfblock.com.

Tuesdays

MTB on the Pennypack Trails. Class B-/C+. Starts from the Pine Road entrance to Pennypack Park at 6:30 PM. Lights and a trail permit are required: http://www.fairmountpark.org/pdf/Trail_User%20Permit%20Application.pdf. Come enjoy the great outdoors (without cars) after dark! Depending on the predicted weather and/or trail conditions, the ride may be rescheduled for another evening. Call or e-mail to confirm that the ride is on or with questions. *Leader: Chris Beetham, 215-740-0973, ride_with_cb@verizon.net.*

Wednesdays

Northeast Training Ride. 5:30 PM. Class B-/C+, about 20 miles. A ride into Bucks County and back. Call or email to make sure ride is going; no call or email, no ride, but there are a few committed riders, so most nights the ride will go. Front and rear lights required. We'll return around 7:00. Meet in the Lincoln High School pool parking lot, on Rowland Ave just north of Ryan Ave. *Leader: Joe Feeney, 215-601-8412, jfe7378071@aol.com.*

Saturdays

Northeast Ramble. Class C-, 15 to 35 miles depending on weather, etc. Must be above freezing. Call Thursday evening or Friday for details of start location, destination, etc. Always a brunch stop. Usually leave at 9:00 or 10:00. No calls - no ride. *Leaders: Dick and Madge Trickey, 215-288-5907.*

MTB on the Wissahickon Trails. Class B. Starts from Valley Green (meet at the upper parking lot on Valley Green Road) at 9:00. A trail permit is required: http://www.fairmountpark.org/pdf/Trail_User%20Permit%20Application.pdf. We ride for almost three hours and it's never too cold to cancel; however, the ride may be cancelled due to poor weather and/or trail conditions, so call ahead or e-mail to confirm or with questions. *Leader: Chris Beetham, 215-740-0973, ride_with_cb@verizon.net.*

Saturday C+ Training Ride. 11:00. Class C+, 13-14 mph, 30-40 miles. Ambler and Plymouth Meeting are among the common destinations, and we do our best to ride as a cohesive group. Routes are as flat as possible. We'll try to keep a steady pace and effort: rolling speed on flat terrain ~15 mph. Meet at the Italian Fountain behind the Art Museum at 11:00. *Leaders: Rafael Corredoira, 215-747-0930, rcorredo@lycos.com and Thomas Lipscomb, 215-*

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880-5238, thomas.lipscomb@phila.gov. Check the Current Ride Listing for ride descriptions, time changes, and cancellations.

Monthly Ride Calendar

This is a calendar of all BCP rides this month. Regular weekly rides are listed below with the leader. Check General Ride Description above for mileage, start locations and times of weekly rides. Individual rides are listed below with complete information.

Saturday, February 2 - Northeast Ramble. See Weekly Rides for details.

Saturday, February 2 - MTB on the Wissahickon Trails. 9:00. See Weekly Rides for details.

Saturday, February 2 - C+ Training Ride. 11:00. See Weekly Rides for details.

Saturday, February 2 - The Annual Banquet. 6 till 10PM, Manayunk Brewery, 4120 Main Street. *Coordinators: Roger Burnham, 215-848-3545, roham215@yahoo.com and Debbie Hoellein, 215-833-5545, wholelion@aol.com.*

Sunday, February 3 - Off-season Training Ride for New Racers. 8:45. See Weekly Rides for details.

Sunday, February 3 - Hike the Lower Wissahickon. Meet at 9:30 at the Walnut Lane Golf Course parking lot at Walnut Lane & Magdalena St, 1 block off Henry Ave. We'll do 5-7 miles along the lower gorge. Along the way we will visit several famous landmarks such as Hermit's Cave. We will stop during the hike for brunch at a local eatery. *Leaders: Linda McGrane, 267-251-7862, mcgranel@mlhs.org and Chris Auth, 856-607-3600, chris.auth@verizon.net.*

Sunday, February 3 - B Ramble. Class B, 14-15 mph, 41 miles. Meet at the Italian Fountain at 12:00 noon. Food stop at Whole Foods Market in Devon. Cue sheets provided. Terrain is flat to rolling hills with three or four moderate climbs. Call if the weather is questionable. *Leader: Jim Laurino, 215-476-5091, bcpbit802.x.jimlaur@dfgh.net.*

Sunday, February 3 - Sunny Sunday D Ride. Noon. See Weekly Ride list for details. *Leader: Tim Carey, 760-416-3102, tbikenurse@aol.com.*

Sunday, February 3 - Sunny Sunday C Spin-Off. 12:15 PM. See Weekly Rides for details. *Leader: Tom Witt, 215-977-2164.*

Tuesday, February 5 - MTB on the Pennypack Trails. 6:30 PM See Weekly Rides for details.

Wednesday, February 6 - Northeast B-/C+ Training

February Ride Leaders

Chris Auth	Thomas Lipscomb
Jeff Bakely	Linda McGrane
Chris Beetham	Mike Olszewski
Roger Burnham	Mark Pfeiffer
Tim Carey	Arnie Roseman
Rafael Corredoira	Richard Terry
Nadya Day	Dick/Madge Trickey
Joe Feeney	Steve Trobovic
Debbie Hoellein	Sam Wiley
Jim Laurino	Tom Witt

Ride. 5:30 PM. See Weekly Rides for details.

Thursday, February 7 - BCP Monthly Meeting. 6:30 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 *Margaret Lenzi, 215-247-9169, bcpmarg@comcast.net.*

Saturday, February 9 - Northeast Ramble. See Weekly Rides for details.

Saturday, February 9 - MTB on the Wissahickon Trails. 9:00. See Weekly Rides for details.

Saturday, February 9 - C+ Training Ride. 11:00. See Weekly Rides for details.

Sunday, February 10 - Off-season Training Ride for New Racers. 8:45 AM. See Weekly Rides for details.

Sunday, February 10 - Fun Wheelers Winter Limbering: Chesterbrook - Ikea. Class C, about 11± mph, 30± miles. We start at 9:15 from the Manhattan Bagel in the Chesterbrook Shopping Center, easily accessible from US202 or PA252. We ride to King of Prussia, cross Upper Merion and the Schuylkill River and continue up the "new" Cross County Trail to stop for refueling and warming at Ikea. After a tasty interlude we remount and slowly spin under Ridge Pike, across the end of the Metroplex shopping center, wind our way back through part of Plymouth Meeting to Chesterbrook. Expect a few

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hills. No one dropped. Cue sheets provided. Bring a lock, snack, beverage & \$. A multi-club ride. Call if you want to do this ride. NO CALLS = NO RIDE! In the event of weather concerns, or for directions, contact *Leaders: Arnie Roseman, 610-640-4529, biker73pa@msn.com* or *Steve Trobovic, wildyugo@verizon.net*.

Sunday, February 10 - Four-legged friendly hike on the Wissahickon Trails. Meet at the Valley Green Inn at 9:30 for an approximately 5-7 mile hike on the upper Wissahickon trails. Please use the upper parking lot. We'll hike for approximately 2-3 hours. Bring your four-legged canine friends (or two-legged human friends for that matter) - the more the merrier! Will there be more canine legs than human legs? The hike may be cancelled if there's poor weather and/or trail conditions. Snow on the ground and/or cold will not cancel the hike! Remember to bring water for you and your pets. Call or e-mail the leaders with questions. *Leaders: Chris Beetham, 215-740-0973, ride_with_cb@verizon.net* and *Nadya Day, nzd@dca.net*.

Sunday, February 10 - B Ramble. Class B, 14-15 mph, 40-45 miles. Meet at the Italian Fountain at **12:00 noon**. Show and go or look for an ad-hoc listing.

Sunday, February 10 - Sunny Sunday D Ride. Noon. See Weekly Ride list for details. *Leader: Tim Carey, 760-416-3102, tbikenurse@aol.com*.

Sunday, February 10 - Sunny Sunday C Spin-Off. 12:15 PM. See Weekly Rides for details. *Leader: Tom Witt, 215-977-2164*.

Tuesday, February 12 - MTB on the Pennypack Trails. 6:30 PM See Weekly Rides for details.

Wednesday, February 13 - Northeast B-/C+ Training Ride. 5:30 PM. See Weekly Rides for details.

Saturday, February 16 - Northeast Ramble. See Weekly Rides for details.

Saturday, February 16 - MTB on the Wissahickon Trails. 9:00. See Weekly Rides for details.

Saturday, February 16 - C+ Training Ride. 11:00. See Weekly Rides for details.

Sunday, February 17 - Off-season Training Ride for New Racers. 8:45. See Weekly Rides for details.

Sunday, February 17 - Hike the Wissahickon. Meet at 9:30 in front of Bruno's restaurant (215-242-1880), Northwestern & Germantown Aves. We hike to Valley Green for hot cocoa, then return to Bruno's for lunch. Along the way, we visit, up close, the statue of the kneeling Lenape warrior, the most famous landmark in the Wissahickon gorge. The hike is five miles, so you'll be home in time to watch the Daytona 500. *Leaders: Steve*

Trobovic, wildyugo@verizon.net and *Debbie Hoellein, 215-833-5545, wholelion@aol.com*.

Sunday, February 17 - B Ramble. Class B, 14-15 mph, 40-45 miles. Meet at the Italian Fountain at **12:00 noon**. Show and go or look for an ad-hoc listing.

Sunday, February 17 - Sunny Sunday D Ride. Noon. See Weekly Ride list for details. *Leader: Tim Carey, 760-416-3102, tbikenurse@aol.com*.

Sunday, February 17 - Sunny Sunday C Spin-Off. 12:15 PM. See Weekly Rides for details. *Leader: Sam Wiley, 215-523-7556*.

Tuesday, February 19 - MTB on the Pennypack Trails. 6:30 PM. See Weekly Rides for details.

Wednesday, February 20 - Northeast B-/C+ Training Ride. 5:30 PM. See Weekly Rides for details.

Saturday, February 23 - Northeast Ramble. See Weekly Rides for details.

Saturday, February 23 - MTB on the Wissahickon Trails. 9:00 AM. See Weekly Rides for details.

Saturday, February 23 - C+ Training Ride. 11:00. See Weekly Rides for details.

Saturday, February 23 - A Divine Hike. 10:00. Starts from Woodmont Estate, at the end of Gingko Lane, off Spring Mill Rd, across from Philadelphia Country Club, Gladwyne. Mother Divine leads a peaceful stroll across the rolling hills surrounding Woodmont, the home of Palace Mission, the 1892 mansion of steel magnate Alan Wood, Jr. The building is a certified National Landmark. Claimed as the highest spot in the county, this historic property provides participants with stunning views of the surrounding countryside. Following the stroll, enjoy a tasty morning treat inside Palace Mission. Free! Go to WIKIPEDIA and look up Woodmont or Google Father Divine to find out more. NOTE: Following this event, SteveT will continue hiking to the Riverbend Environmental Center and back for a total of five miles. From Center City Philadelphia: West on the Schuylkill Expressway, Rt 76, to the Conshohocken exit (Rt #23 East). Turn right to Rt #23 East, Conshohocken State Road. Follow Rt #23 up the hill and turn left at the fifth traffic light onto Spring Mill Road. Go about one half mile to a left on Gingko Lane across from the golf course parking lot. *Leader: Steve Trobovic, 610-687-9229, wildyugo@verizon.net*

Sunday, February 24 - Off-season Training Ride for New Racers. 8:45. See Weekly Rides for details.

Sunday, February 24 - Hike the Wissahickon. Start location, Bruno's, meet at 9:30. We will visit the upper

BCP Offers Course on Street Skills for Cyclists – Cycling with Confidence and Skill

This is a course from the League of American Bicyclists (LAB) and is taught by a League Certified Instructor. Education has been proven to reduce bicycling crashes by up to 70 percent. The League's program has benefited thousands of bicyclists of all ages and abilities for more than 20 years. This program is the only national bicycle education program with certified instructors, and is the gold standard in bicycling education.

BCP is proud to sponsor a two day course on Street Skills for Cyclists – Cycling with Confidence and Skill on Saturday, March 22 and 29 from 9 to 3 at Summit Presbyterian Church, 6757 Greene St, Phila, Pa 19119 (Mt Airy Section). We are fortunate to have Ed Hein as the certified instructor in this course. Ed took the LAB Instructor certification course in 2001 and since then, he has taught the course several times in many different locales.

The course is a mixture of in class instruction as well as practice on the road. The morning class sessions will teach you traffic skills, principles and laws, basic bike maintenance, fit and operation, vital emergency maneuvers and much more. Then you will have an equal amount of time to practice some maneuvers in an empty parking lot before the class goes on the road. Features of the course include a video that explains traffic cycling principles, proper road position, and technique; demonstrations of techniques and accessories; and bike maps, a Street Smarts booklet, and other resources.

Prior students rave about the course as it really jumps up the learning curve no matter what your current riding level

is. For the beginning cyclist, it may be the first time you ride in traffic and realize that it is not dangerous as long as you know what you're doing. Oftentimes, the intermediate riders pick up things by observing other riders in a group ride – in this course, you can find out if you are doing it right. The advanced rider will learn better and advanced techniques. Whether you're a current or prospective bike commuter, a recreational rider, a touring or club cyclist, a parent who bikes with your family, or just want to get around town, you'll enjoy cycling more when you know how to operate your bike smoothly in traffic.

Even though research shows that bicyclists are safest when they ride with and act like traffic, most bicyclists don't know how to ride with confidence in traffic situations. Don't be one of them! Get the skills and knowledge you need to ride well in almost any situation. Fill out the registration form and send it in today. Space is limited so don't be left out in the traffic again without knowing what to do.

Special for Ride Leaders: As an extra bonus to BCP ride leaders, BCP will reimburse any BCP member the full amount of this course after you lead 5 BCP rides in 2008. This is one way for BCP to assist its members in acquiring some of the skills they may need to lead rides. We hope this will encourage more ride leaders to step forward and also to show our appreciation for the valuable service ride leaders provide to BCP. A more prepared and knowledgeable ride leader is a more confident ride leader. This is a deal you can't refuse. Registration on next page.

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sections of the park, the Andorra area, for a change. Distance will be 5-7 miles, or 3 hours. Four legged hikers are welcome. Join us for lunch afterwards at Bruno's. If the weather is questionable, an email will go out at 8:00. *Leaders: Chris Beetham, 215-740-0973, ride_with_cb@verizon.net and Richard Terry, 215-429-2850, rtroadrash@msn.com.*

Sunday, February 24 - B Ramble. Class B, 14-15 mph, 40-45 miles. Meet at the Italian Fountain at 12:00 noon. Show and go or look for an ad-hoc listing.

Sunday, February 24 - Sunny Sunday D Ride. Noon. See Weekly Ride list for details. *Leader: Tim Carey, 760-416-3102, tbikenurse@aol.com.*

Sunday, February 24 - Sunny Sunday C Spin-Off. 12:15 PM. See Weekly Rides for details. *Leader: Mike Olszewski, 215-945-2437.*

Sunday, February 24 - Beginner's Race Clinic. 1:00 PM at Memorial Hall in Fairmount Park. The clinic will go over the nuts and bolts of racing for new racers or for anyone contemplating racing. The clinic is designed to give novice racers the information they will need to prepare for and enter their first races. There will be some on-the-bike drills such as bumping and practice starts. However, the clinic will be mostly lecture and will be presented by experienced racers from the Quaker City Wheelmen. *Contact Mark Pfeiffer, pfeiffer.mark@gmail.com, if you have any questions.*

Tuesday, February 26 - MTB on the Pennypack Trails. 6:30 PM. See Weekly Rides for details.

Wednesday, February 27 - Northeast B-/C+ Training Ride. 5:30 PM. See Weekly Rides for details.

Monday, March 31 - Most BCP memberships will expire - it's a good idea to renew before then.