

Regular Weekly Rides

Sundays

Sunday Morning Breakfast Ride. Class C, up to 30 miles. Bring locks and money for brunch in the middle of the ride. Meet 8:45 at the SE corner of 22nd & Spring Garden for a delightful ride to a delightful place to have a delightful breakfast. *Leaders: July 2 - Henry Lazarus, 267-259-6275 (cell), hlazar@netaxs.com; TUESDAY July 4 - Henry Lazarus.* Lunch ride. Meet 9:45, same place. **9th**, Thomas Stewart, 215-257-5691, *stewart.tom@verizon.net*; **16th**, Joseph Feeney, 215-332-0283, *jfe7378071@aol.com*; **23rd**, Show and Go; **30th** - Ben Sears, 215-844-3784, *BikerBenn@aol.com*.

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: July 2, Henry Lazarus - 267-259-6275 (cell), hlazar@netaxs.com (e-mail preferred); 9th, Jeff Bakely, 215-843-1093, jbakely@verizon.net; 16th, Gary and Vikki Morris, 215-557-0410, gmorris@vzavenue.net; 23rd, Lynne Crossan, 215-463-0822, mametenis@yahoo.com; 30th, Linda McGrane, 267-251-7862, mcgranel@mlhs.org.*

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: July 2, Tom Witt, 215-977-2164; 9th, Chuck Martin 215-923-1887; 16th, Tom Witt; 23rd, Chuck Martin; 30th, Roy Blanchard, 215-985-1110.*

Mondays

Monday on the Main Line. Class B/B-, 13-15 MPH, 20-30 miles. Ride leaving at 6:00 PM and 6:30 PM (we circle back for latecomers) from Church of the Saviour ("COS") parking lot in Wayne, Pa. COS is located at 651 N. Wayne Ave, between Eagle Rd and Upper Gulph Rd, 5 minutes off the St. Davids/Villanova exit of Rt 476. Big parking lot and water/bathrooms. Are you trapped on the Main Line? Was your weekend a washout? Let

Monday evening give you a second chance. We'll ride in Montco, Delco and Chesco. Terrain can be hilly. Looking for additional ride leaders for all categories. *Leader/coordinator: Tom Madle, tmadle@rohmmaas.com, or call 215-641-7686 9 AM-5 PM.*

Tuesdays

Narberth ChainSmokers. Class B, 14-15 MPH, 30-35 miles. Leaves at 6 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; Rich Abraham, 610-446-2817, richabr@yahoo.com; and Art Elwood, artelwoodcpa@netzero.com.*

Evening Ride from Mt. Airy. Class B-, 13-14 MPH. 25 to 32 miles, depending on the amount of daylight. Ride starts promptly at 6 PM. Meet at the Allen's Lane Train Station at the corner of Allen's Lane and Cresheim Road. *Leader: Jeff Bakely, 215-843-1093, jbakely@verizon.net.*

Vocabulary Ride. Class C/C-, 11-13 MPH, 10-15 miles. We take the Word of the Week for a spin through southern Delco. Beginners are welcome, but are asked to call at least a day ahead of the ride. Meet us at 6 PM at the Pathmark on MacDade Blvd in Folsom. *Leader: Dave Trout, 610-368-0760, brider-ride@usa.net.*

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. A trail permit is required. Trail permits applications can be downloaded at [http://www.fairmountpark.org/pdf/Trail User Permit Application.pdf](http://www.fairmountpark.org/pdf/Trail%20User%20Permit%20Application.pdf). I'll keep this ride going on Tuesday evenings throughout the summer when temperatures are not too hot. Ride is canceled if high temperatures for the day are above 85 degrees, rain is occurring, or trail conditions are poor. 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.*

South Jersey After Work Ride. Class B, 16-18 mph average over flat terrain, 30+ miles. Meet in the Acme parking, Village Center Drive, Swedesboro, NJ. Leaves at 5:30 pm SHARP (sorry, no BCP grace period here). Directions to the start: take exit 10 from 295, or go east on Center Square Road to left on Beckett and right into shopping center. Or Rt 130 to Center Square Rd, east to above directions. After work social and training style ride through the back roads of Gloucester and Salem Counties.

Regular Weekly Rides

This time of year we typically do 35 miles and finish between 7:30 & 8pm. Possibly one short Wawa stop for water when it heats up. Call for update if weather is threatening. *Leader: Bob Paradise, 856-343-5944, rdparadise@comcast.net.*

Wednesdays

Evening Ride from Glenside. Class B/B+, 16-17 mph, 25-30 miles. Meet at the Keswick Cycle Co, 408 N. Glenside Ave, near Keswick Ave & Easton Rd, in Glenside, for a prompt 6:30 PM 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, 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, ride_with_cb@verizon.net, 215-740-4637.*

Thursdays

Training Ride. Class C+, approximately 26 miles. Departs 5:59 PM from Italian Fountain. We'll do the traditional "3 Hill Challenge" but with variations and 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.*

Bryn Mawr Local. Class B, 15 mph, 30 miles. Leaves from the Italian Fountain behind the Art Museum at 6:00. The Thursday Night training ride for those who know they'll get dropped from the A level ride. We'll ride to Merion, Gladwyne, and West Conshohocken, returning through Manayunk. *Leader: David Finger, 215 605-8560, davederailleur@hotmail.com.*

Narberth ChainSmokers. Class B, 14-15 MPH, 30-35 miles. See Tuesdays for full ride description.

Schuylkill River Trail. Classes B- (16-18 MPH) and C (13-15 MPH), 19-25+ miles. Meet at 6:30 (or 5:55 for an easy 3-5 mile warm up). Starts at the Spring Mill train station parking lot near E. Hector St and E. North Lane in Conshohocken. From Ridge Ave, take Barren Hill Rd to first light, then left to the station. We'll ride towards Valley Forge and beyond, returning before darkness. No cars, hills or cue sheets. No one left behind. Bring money for pizza afterwards on the 1st Thursday of the month (July 6). *B- leader: Howard Hochheiser, 215-913-3246,*

howard@thebluestargroup.biz; C leader: Mike Seidman, 215-242-1200, mike@prnt4u.com.

Fridays

Wallyball. What is it? Volleyball in a racquetball court. When can you play? Not until September; Wallyball is on hiatus for the summer. Meanwhile, call or email coordinator Nikki Marx, 215-963-9377, bcpwallyball@hotmail.com, if you want to be on the Wallyball e-mail list.

Saturdays

Blue Bell Special. Class C, up to 30 miles, 13-14 MPH average. Len has had good news from the doctor, so the ride is on, beginning July 1. The plan is to get a ride in before the traffic becomes unbearable, so an 8:30 departure is a must, with a hopeful return by 11. We will meet at the Kohl's parking lot at routes 202 and 73, across from the Center Square Fire Company. Bring determination, coffee money, and H2O. We will regroup if necessary. Rain or wet roads cancels the ride, so call before Saturday if rain is in the forecast. *Leader: Len Langsdorf, 610-278-0589 (home), lnl@jny.com.*

Krank with Kolman. Class C, 30-40 miles, 12-14 MPH. Start time: 9:00. 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. 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.*

BCP Annual Picnic

The Annual BCP Picnic will be Saturday, July 15, 11:00 to 4:00, at Lower Perkiomen Park, Montgomery County. The park is right off the bike path, near the playground.

All members are welcome and it's FREE! Normal picnic food plus vegetarian options. Feel free to bring desserts, etc. (but please call beforehand to tell Jennifer). Look for BCP signs to see where we are in the park. Volunteers are needed to help set up, cook, and clean up; please contact the Coordinator, Jennifer Payton, 610-650-0595, paytonjl@hotmail.com.

July Ride Listings

Saturday, July 1 - Two Rides in One. Class B-, 13-15 mph, 60+/- miles. Meet at Bruno's, Northwestern & Germantown Avenues in Chestnut Hill/Lafayette Hill, for a 8:30 sharp start. We'll ride to Doylestown for an early brunch, around Peace Valley Park to Rosenberger's Dairy for an ice cream break, and then back to Bruno's. Expect rolling terrain, a moderate pace and an accurate cue sheet. Will regroup as necessary, no one left behind. Rain cancels. *Leader: Howard Hochheiser, 215-913-3246, howard@thebluestargroup.biz.*

Saturday, July 1 - Port Providence Lock 60. Class C, ~11 mph, ~35 mi. Starts at 9:00 from the Valley Forge National Historic Park Visitor's Center, lower parking lot. By request: a less time-consuming version of my May ride, when there was poor participation attributable in part to schedule conflicts and a dismal weather forecast. The ride will take us along some well-traveled biking roads in western Montgomery County. We eventually wind up at the Oaks Reach of the historic Schuylkill Canal for a lunch stop and then a leisurely spin to view Lock 60. Expect a few hills. No one dropped. Cue sheets provided. Bring a snack, H2O, & \$. A multi-club ride. Please N.B. : NO CALL = NO RIDE. In the event of weather concerns or for directions, call *Leader: Arnie Roseman, 610-640-4529, biker73pa@msn.com.*

Sunday, July 2 - B Ramble. Class B, 14-15 mph, 50+ miles. Meet at the Italian Fountain behind the Art Museum at noon. Food stop at Whole Foods Market in North Wales. 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, July 4 - Fourth Of July Celebration. Class B, B-, 14-15mph, 50 miles. Starts at 9:00 from Washington Square, 6th & Walnut, at the Tomb of the Unknown Soldier. Celebrate the United States' 230th birthday party with a bike ride from where it all began, PHILADELPHIA! The ride will take us to Valley Forge Park via the Main Line hills, returning to the city by way of the Schuylkill Trail. One stop is planned. Extra credit and bonus points will be awarded to all riders wearing the good ole' Red, White and Blue. Please note: This ride finishes at Lloyd Hall, behind the Art Museum. If you drive, park accordingly. *Leader: Rich Wagner, 610-964-1484, roadrich@hotmail.com.*

Tuesday July 4 - Independence Lunch Ride. Class C.

Meet 9:45, SE corner of 22nd & Spring Garden. *Leader: Henry Lazarus, 267-259-6275 (cell), hlazar@netaxs.com.*

Saturday July 8 - Return From Mays Landing. Class C+, approximately 50 miles. We car pool to Mays Landing to drop cars for the return from Sunday's Cancer Society Ride. Meet at the New Jersey end of the Tacony Palmyra Bridge at 6 AM sharp. You must call to reserve a space. *Leaders: Linda McGrane, 610-251-5573 (work), 267-251-7862 (cell), and Tom Witt, 215-977-2164.*

Saturday, July 8 - Loop The Airport! Class C+, 12-14 mph, ~32 miles. Meet 8:30 at the Folsom PathMark on Mac Dade Boulevard in Ridley Township. From PathMark we'll bike by the Historic Leiper House, loop the airport, and swing by Fort Mifflin. We should return by noon. While the ride will keep a steady pace the terrain is almost totally flat (only one real hill). There will be a few stops as we watch the planes land and briefly check out the historic sites. Rain cancels. *Leader: Frank Jackson, 215-620-0632 (cell), 215-537-4299 (day), cyclingfrankrides@hotmail.com.*

Saturday, July 8 - Northbrook Orchards. Class B, 15-16 mph, 70 miles. Meet at the Manoa Shopping Center in the parking lot behind the Sovereign Bank, 130 North Eagle Road, Havertown PA 19083 at 8. Shopping center is at Eagle Rd & West Chester Pike. The bank is in the back part; their entrance is on Eagle Rd. As you head west on WCP, turn right onto Eagle Rd, then turn left at the first light. A lovely ride to Northbrook Orchards, taking in parts of the King Ranch on the return. Plenty of pretty and shady scenery with horse farms, hills, and creeks. This is a ride not be missed. *Leaders: Rich Abraham, 610-446-2817, RichAbr@yahoo.com and Jeff Kimmel, 610-446-1334, jeff_signs@yahoo.com.*

Saturday, July 8 - From Lake Galena to the Hills of Upper Bucks County. Class B, 15-16 mph, 56 miles. Leaves promptly at 9:00 from Sailor's Point parking lot, Peace Valley Park at Lake Galena in Bucks County. This is a hilly ride to upper Bucks County and around the village of Riviere. We'll stop for food at mile 33. Make sure to bring sufficient water and snacks. Contact leader for directions to Lake Galena. *Leader: Luis Figueroa, 215-673-0785, luisf113@aol.com.*

Sunday, July 9 - Where? Allaire! Class D, 26 miles, flat to rolling terrain. Meet 10:00 in the parking lot of Allaire Village, Allaire State Park, in Farmingdale, Monmouth

July Ride Listings (cont.)

County, NJ. *Leader: Nancy Martinez, 908-901-0693.*

Sunday, July 9 - 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. *Leader: Jim Laurino, 215-476-5091, bcpbit607.x.jimlaur@dfgh.net*

Wednesday, July 12 - 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 *Jeff Bakely, 215-843-1093, jbakely@verizon.net.*

Saturday, July 15 - BCP Annual Picnic. AM to 4 PM at Lower Perkiomen Park. Full announcement appears elsewhere in this newsletter and on the BCP website. Also check the website for ad-hoc rides to the picnic.

Sunday, July 16 - B Ramble to Fort Washington. Class B, 13-14 mph, 40 miles. This ride leaves from the Italian Fountain at noon. Bring a towel; there's a 100% chance of perspiration. *Leader: Werner Carrieri, 215-680-2618, wernerman@aol.com.*

Sunday, July 16 - Maillot Jaune. Class B, 13-14 mph, 100 KM. Meet 8:45 at Valley Forge Visitor Center (lower lot) for a prompt 9:00 start. A ride to celebrate the Tour de France. Maillot Jaune (yellow jerseys) are expected to be worn. I will, however, allow Maillots Vert, Maillots Blanc, and Maillots Blanc a Pois Rouges. The ride will take us through Delaware County to Chadds Ford and back. Some climbing is required, though no hors catagorie. Baguettes and vin optional. *Leader: Rich Wagner, 610-964-1484, roadrich@hotmail.com.*

Sunday, July 23 - Third Try and I'm Not Giving Up. Class C, 13-14 MPH average, 30+ miles. I had this ride listed twice, but the doctor said no way. Now he said yes so please come and wander through central Montgomery County; actually we ride to Harleysville via Skippack. This ride has a little of everything, from climbing to coasting and everything in between. Leaves at 9:30 from the Kohl's parking lot at routes 202 and 73, across from the Center Square Fire Company. We'll stop and regroup when necessary. Bring H2O and coffee/ice cream money; we will stop. Rain cancels but heat doesn't. Call if weather conditions are questionable. *Leader: Len Langsdorf, 610-278-0589 (home).*

Sunday, July 23 - 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, July 30 - 60 Miles for 60 Years to New Hope. Class B-, 13-14 MPH. Actual ride distance will be about 70 miles. Help me celebrate my 60th birthday doing my favorite activity (well, almost favorite). Meet at the Allen's Lane Train station at the corner of Allen's Lane and Cresheim Road in Mt. Airy at 8:45 for a prompt 9:00 start. The terrain is mostly rolling with a climb here and there. I'll provide cue sheets for faster or slower riders, but please don't plan to hammer on this ride. We'll have lunch in New Hope near the River and return to my house, which is a few blocks from the start, for a Party. We can park the bikes in my garage. Please no gifts. I just want to enjoy the company of my many biking buddies. *Leader: Jeff Bakely, 215-843-1093, jbakely@verizon.net.*

Sunday, July 30 - 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.

Tuesday, August 1 - Mailing the August 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.*

New Members

Ardmore	Carol Fleischman
Boothwyn	Patricia Kennedy
Burlington	John H. Wilcox
Elkins Park	Bethany Grenald
Lafayette Hill	Victoria McElhaugh
Limerick	Joseph A. Calamia
Malvern	Amy E. Patton
Melrose Park	Miriam Rosen/Kalie/Scott Bimbaum
Philadelphia	Harold/Jane Beale Ron Bilotta Marjorie Cobin Jason R. Jones Marc Landry Kimberly LeClair Deborah O'Donnell/Samuel Carella Michelle Smolka