

## 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 B Ramble. Noon. 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, bcpbit707.x.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. If you want to ride, call or email the leader. No calls = no ride. Coordinator: Jeff Bakely, 215-843-1093, rides07.50.bcpjeff@dfgh.net. See Monthly Ride Calendar for the week's Leader and other details.

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.

### Mondays

Monday on the Main Line. Rides start promptly at 6:00 and 6:30 PM. Multi-level, beginner through AX. Rides leave from Church of the Savior, 651 N. Wayne Ave, Wayne, PA. Come ride with the largest and friendliest bike group on the Main Line. Multilevel rides, beginner through AX, leave from the large rear parking lot next to the gym. Terrain can be hilly. Clean bathrooms and water provided inside the gym, Bldg F. Beginner riders can start by riding the short 5 mile loop around Wayne and eventually work their way up to the longer, more challenging rides ( C, C+,B-, B,B+, A and AX groups). Special bike rides for women with children/expectant moms, family rides and tandem rides for the blind and physically challenged. No one will be left behind! Cue sheets with directions are provided for most of the COS bike rides. Leaders: Tom Madle, 215-641-7686, TMadle@RohmHaas.com and Michael Lefkowitz, 610-687-2923, Michael.lefkowitz@verizon.net.

### Tuesdays

Narberth ChainSmokers. Class B, 15-16 mph, 30-38 miles. Training ride through the back roads of the Main Line. We'll start July doing 36-38 miles, going out to Valley Forge before returning. Leaves at 6:00 PM from Mainly Bikes, 229 Haverford Ave in Narberth. Leaders: Jeff Kimmel, 610-

446-1334, jeff\_signs@hotmail.com and Art Elwood, 856-429-7733, artelwoodcpa@netzero.com.

Evening Ride from Mt. Airy. Ride starts promptly at 6:00 PM. Class C+, 13-14 MPH, 25 to 32 miles, depending on the amount of daylight. Meet at the Allen's Lane Train Station at the corner of Allen's Lane and Cresheim Road. Leader: Jeff Bakely, 215-843-1093, rides07.50.bcpjeff@dfgh.net.

#### Wednesdays

Northeast Training Ride. 5:30 PM. Class B-/C+, about 20 miles. A ride into Bucks County and back. Meet in the Lincoln High School pool parking lot, on Rowland Ave just north of Ryan Ave. Note: July 4 ride will leave at 10:00. Leader: Joe Feeney, 215-601-8412, jfe7378071@aol.com.

Evening Ride from Glenside. 6:30 PM. Class B/B+, 16-17 mph, 25-30 miles. Meet at Keswick Cycle, 408 N. Easton Rd, near Keswick Ave, in Glenside, PA 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; contact the bike shop at 215-885-7433 with questions about other paced rides or parking. Remember to bring a flashing rear light for safety. Riders MUST call or e-mail me to confirm; occasionally my schedule keeps me from riding. Depending on the weather or my schedule, the ride may be moved to Tuesday or Thursday. Rain cancels. Leader: Chris Beetham, 215-740-0973, ride\_with\_cb@verizon.net.

#### Thursdays

Narberth ChainSmokers. 6:00 PM. Class B, 15-16mph, approx 30-38 miles. Please see Tuesdays for details.

Bryn Mawr Local B Training Ride. 6:00 PM. Class B, 15-16 mph, 32 miles. A quick-paced, fairly hilly ride to Merion, Gladwyne, and West Conshohocken, returning via Manayunk and the Bike Path. Meet at the Italian Fountain behind the Art Museum. Leader: David Finger, 215-605-8560, davederailleur@hotmail.com.

Thursday Training Ride. Class C+/C-, approximately 24 miles. Departs 6:00 PM sharp from Italian Fountain. We'll do hill-seeking routes and be back by dark. We'll push ourselves (it's a training ride) but no one will be dropped. NOTE: Any C- riders who'd like to train with us may ride the route a little slower as a sub-group. Leader: Gary Morris, 215-557-0410, gmorris@vzavenue.net.

Schuylkill River Trail. Classes B- (16-18 mph) and C (13-15), 19-25+ miles. Meet at 6:15 PM 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, cue sheets, or preservatives. No one left behind. Leaders: Howard

Hochheiser (B-), 215-913-3246, howard@thebluestargroup.biz and Mike Seidman (C), 215-242-1200, fixedgear@prnt4u.com.

#### Saturdays

Saturday C to B+ Brunch Rides. Scenic rides into surrounding counties, usually with a sit down stop for food. Mileage varies depending on destination. Meet at Bruno's, Northwestern & Germantown Aves in Chestnut Hill/Lafayette Hill. Ride will occur most Saturdays. Please note July 22 ride is on a Sunday, and July 28 ride starts at Spring Mill Station in Lafayette Hill because of an event near Bruno's. Check Monthly Ride Calendar for pace, destination, distance and start time. Coordinator: Howard Hochheiser, 215-913-3246, howard@thebluestargroup.biz.

Saturday C+ Training Ride. 9:00. Class C+, 13-14 mph, 40-50 miles. Ambler and Devon are among the common destinations and we do our best to ride as a cohesive group. Routes are as flat as possible to complement the Thursday hill training rides. 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 \*9:00\*. Leaders: Rafael Corredoira, 215-747-0930, rcorredo@lycos.com and Thomas Lipscomb, 215-880-5238, thomas.lipscomb@phila.gov. Check the Current Ride Listing for ride descriptions, time changes, and cancellations.

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#### 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.

Sunday, July 1 - Conshohocken/Kimberton. 8:30. Class B-, 13-14 mph, 50 miles. An easy-paced ride through western Montgomery County and eastern Chester County. Terrain is mostly rolling. No hard climbs. Food stop at halfway point at Kimberton Whole Foods Market. Meet at 8:15 at the Conshohocken SEPTA train station under the bridge, near Outbound Station snack shop, for a prompt start. Joint ride with SCU. Leaders: Jeff Bakely, 215-843-1093, bcpjeff@gmail.com and Jack Echols, 215-382-6730, jackvortex@aol.com.

Sunday, July 1 - Let's find Spring Mountain. 11:00. Class C, 12-13 mph average, 40+ miles. For the non skiers, Spring Mountain is the local ski slope, and usually around ski slopes there are hills to climb. We will depart promptly at 11:00 from the Kohl's parking lot at Rt 73 and 202 in Blue Bell, the section of the parking lot directly across from the Centre Square Fire Company. We will meander through central Montgomery County, passing through Skippack to Spring Mountain and then Harleysville on the way back. There are some lightly traveled roads in area, with some moderate hills; we will stop to regroup when necessary. Bring snacks, money, and H2O; there will be an ice cream stop on the way back. Rain or

wet roads will cancel so if the weather or conditions are questionable call. Leader: Len Langsdorf, 610-278-0589 (home).

Sunday, July 1 - B Ramble. Class B, 14-15 mph, 44 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 two or three moderate climbs. Call if the weather is questionable. Leader: Jim Laurino, 215-476-5091, bcpbit707.x.jimlaur@dfgh.net.

Sunday, July 1 - Sunny Sunday Afternoon Ride. Noon. See Weekly Ride list for details.

Leader: Dennis Schilling, 215-275-3337, dschill400@comcast.net.

Sunday, July 1 - Sunny Sunday C Spin-Off. 12:15 PM. See Weekly Rides for details. Leader: Rafael Corredoira, 215-747-0930.

Monday, July 2 - Monday on the Main Line. 6:00/6:30 PM. See Weekly Rides for details.

Tuesday, July 3 - Narberth Chain Smokers B Ride. 6:00 PM. See Weekly Rides for details.

Tuesday, July 3 - Evening C+ Ride from Mt Airy. 6:00 PM. See Weekly Rides for details.

Wednesday, July 4 - Fourth of July Celebration. 9:00. Class B, 15-16 mph, 50 miles. Celebrate the USA's 230th birthday with a bike ride! Leaving from the Tomb of the Unknown Soldier in Philadelphia's Washington Square, 6th & Walnut Sts, we'll follow the original George W's escape from invading British forces on his (our) journey to Valley Forge. Return will be via the Schuylkill Trail. One convenience store stop is planned. Please note: The finish for this ride is Lloyd Hall behind the Art Museum. Leader: Rich Wagner, 610-964-1484, roadrich@hotmail.com.

Wednesday, July 4 - Northeast B-/C+ Training Ride. \*10:00\*. See Weekly Rides for details.

Thursday, July 5 - Narberth Chain Smokers. 6:00 PM. See Weekly Rides for details.

Thursday, July 5 - Bryn Mawr Local B Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, July 5 - Thursday C+/C- Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, July 5 - Schuylkill River Trail B-/C Ride. 6:15 PM. See Weekly Rides for details.

Saturday, July 7 - Classic Ride III: Mink & Manure. 9:00. Class B, 13-14 mph, 56 miles. A Glenn Schreiber original. Ride through the hills of northern Chester, southern Berks, and eastern Lancaster Counties: where the Minks are in cold storage and the Manure is found on the equestrian estates of gentlemen farmers. Leaves from Warwick County Park in Saint

Peter's Village. One convenience store stop is planned. PA turnpike to exit 312 (Downingtown); PA Rt 100 north; PA Rt 23 west for approx three miles; left on County Park Rd for about 1/4 mile; left into parking area. Leader: Rich Wagner, 610-964-1484, roadrich@hotmail.com.

Saturday, July 7 - C+ Training Ride. 9:00. See Weekly Rides for details.

Sunday, July 8 - Instructional Riding Class for New Riders. Class D, 10-12 mph, 10 miles. Class begins with basic information on what to do to be ready to ride. We will regroup often to discuss group riding and safety rules, gearing and efficiency, and riding in traffic. Most of the instruction will be done on the bike and no one will be left behind. Meet at noon at the formal entrance to the Azalea Garden at the circle behind the Art Museum. If you plan to attend or have any questions, please contact Margaret. Leaders: Margaret Lenzi, 215-247-9169, bcpmarg@comcast.net and Steve Trobovic, 610-687-9229 (H), 484-868-4194 (cell) day of ride, srtrobovic1@juno.com.

Sunday, July 8 - B Ramble. Class B, 14-15 mph, 40-45 miles. Meet at the Italian Fountain at noon. Show and go or look for an ad-hoc listing.

Sunday, July 8 - Sunny Sunday C Spin-Off. 12:15 PM. See Weekly Rides for details. Leader: Tom Witt, 215-977-2164.

Monday, July 9 - Monday on the Main Line. 6:00/6:30 PM. See Weekly Rides for details.

Tuesday, July 10 - Narberth Chain Smokers. 6:00 PM. See Weekly Rides for details.

Tuesday, July 10 - Evening C+ Ride from Mt Airy. 6:00 PM. See Weekly Rides for details.

Wednesday, July 11 - Evening B/B+ Ride from Glenside. 6:30 PM. See Weekly Rides for details.

Wednesday, July 11 - 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.

Thursday, July 12 - Narberth ChainSmokers. 6:00 PM. See Weekly Rides for details.

Thursday, July 12 - Bryn Mawr Local B Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, July 12 - Thursday C+/C-Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, July 12 - Schuylkill River Trail B-/C Ride. 6:15 PM. See Weekly Rides for details.

Saturday, July 14 - Day Before ACS Event Ride from Buena Vista Park. 6:30. Class B-/C+, 13-15 mph, ~50-55 miles. For those of you who are participating in the American Cancer Society's annual Bike-a-thon, this Saturday ride allows us to park our cars at or near the finish line of Sunday's event. Meet at the convenience store in Palmyra, NJ, just over the Tacony-Palmyra Bridge. Store is on your left, next to the gas station. We'll drive to Buena Vista, park our cars, then cycle back on quiet roads. Probably two rest stops, although we can stop more frequently if it's very hot & humid. Terrain is obviously flat, but be prepared for roads with little to no shade. Pace will not be very competitive. Leader: Linda McGrane, 267-251-7862, mcgranel@mlhs.org.

Saturday, July 14 - C+ Training Ride. 9:00. See Weekly Rides for details.

Saturday, July 14 - Doylestown. 9:00. Class C/C+, 12-13 mph, 42 miles. Meet at Bruno's, Northwestern & Germantown Aves in Chestnut Hill/Lafayette Hill, for a scenic ride to Doylestown with a sit down food stop. Terrain is flat to rolling. Cue sheets provided for those looking to ride faster. Leader: Margaret Lenzi, 215-247-9169, bcpmarg@comcast.net.

Saturday, July 14 - Lunch on the Riverwalk in Wilmington. Class C, approx 60 miles of flat, urban terrain. Bring money for sit-down lunch. Meet at the Italian Fountain at 9:00 for a prompt 9:15 departure. Ride the East Coast Greenway (PA Bike Route E) along the Delaware River down to Wilmington. Early lunch at the Iron Hill Micro-Brewery on Wilmington's lovely RiverWalk. See menu at [www.ironhillbrewery.com](http://www.ironhillbrewery.com). Return via the Greenway, the John Heinz Nature Preserve, and Lindbergh Blvd. Back before 4:00. RSVP enables lunch reservations. Leaders: Vikki & Gary Morris, 215-557-0410, gmmorris@vzavenue.net.

Sunday, July 15 - Sunny Sunday Afternoon D Ride. Noon. 13 miles. Mansions of East Fairmount Park. See Weekly Ride list for details. Leader: Steve Shelly, 610-687-6575, sshelly@snip.net.

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

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

Monday, July 16 - Monday on the Main Line. 6:00/6:30 PM. See Weekly Rides for details.

Tuesday, July 17 - Narberth Chain Smokers. 6:00 PM. See Weekly Rides for details.

Tuesday, July 17 - Evening C+ Ride from Mt Airy. 6:00 PM. See Weekly Rides for details.

Wednesday, July 18 - Northeast B-/C+ Training Ride. 5:30 PM. See Weekly Rides for details.

Wednesday, July 18 - Evening B/B+ Ride from Glenside. 6:30 PM. See Weekly Rides for details.

Thursday, July 19 - Narberth Chain Smokers. 6:00 PM. See Weekly Rides for details.

Thursday, July 19 - Bryn Mawr Local B Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, July 19 - Thursday C+/C- Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, July 19 - Schuylkill River Trail B-/C Ride. 6:15 PM. See Weekly Rides for details.

Saturday, July 21 - C+ Training Ride. 9:00. See Weekly Rides for details.

Saturday, July 21 - Pinelands & Cranberry Fields (a/k/a The 5 Flats Ride). 9:30. Class B, 15-17 mph, 66 miles. This ride goes through some of the most beautiful parts of New Jersey, including Hammonton, the cranberry capital of the world and the Pinelands. It is a flat ride. It is so flat, I'm afraid someone may fall asleep. The ride leaves from the Batsto Historical Site, on Rt 542, 9 miles east of the town of Hammonton. Atlantic City Expressway to exit 28 (Rt 54). Left on Rt 54 for about 2 miles to a right on Rt 542. It took me about 45 minutes from center city. Bring sunblock. The ride will not go if I don't receive at least one e-mail or phone call. If anyone is interested in leading a different paced group, let me know. Leader: Luis Figueroa, 215-620-5458, luisf117@comcast.net.

Sunday, July 22 - Schwenksville. 8:30. Class B-, 13-14 mph, 50 miles. Rolling hills with a few short, steeper climbs. This route is one of my favorites. At least half the ride is on bucolic, low-traffic roads. Take out lunch eaten on the deck at the Train Stop Cafe. Meet at Bruno's (Northwestern & Germantown Aves in Chestnut Hill/Lafayette Hill) at 8:15 for a PROMPT start. This ride is in conjunction with SCU. Leader: Jeff Bakely, 215-843-1093, bcpjeff@gmail.com.

Sunday, July 22 - Chesterbrook to Royersford. 8:30. Class C, hills, 10 mph avg, about 40 miles. Meet at Manhattan Bagel in the Chesterbrook Shopping Center, easily accessible from US202 and PA252. Ride over to VFNHP then travel through parts of SW Montgomery County - Oaks, Arcola, Upper Providence to Royersford. After brunch our route back goes through Phoenixville and Audubon. No one left behind as we stop to regroup. Cue sheets provided. A multi-club ride. Bring snacks, beverage, sun block, money and a lock. Leader: Arnie Roseman, 610-640-4529, biker73pa@msn.com.

Sunday, July 22 - Sunny Sunday Afternoon D Ride. Noon. See Weekly Ride list for details. Leader: Linda McGrane, 267-251-7862, McGraneL@mlhs.org.

Sunday, July 22 - B Ramble. Class B, 13-14 mph, 40 miles. More like a C scramble until my body starts to cooperate. This will be a challenging

ride through Bryn Mawr with a break halfway. Meet at the Italian Fountain at noon. Leader: Werner Carrieri, 215-680-2618, wernerman@aol.com.

Sunday, July 22 - Sunny Sunday C Spin-Off. 12:15 PM. See Weekly Rides for details. Leader: Tom Witt, 215-977-2164.

Monday, July 23 - Monday on the Main Line. 6:00/6:30 PM. See Weekly Rides for details.

Tuesday, July 24 - Narberth ChainSmokers. 6:00 PM. See Weekly Rides for details.

Tuesday, July 24 - Evening C+ Ride from Mt Airy. 6:00 PM. See Weekly Rides for details.

Wednesday, July 25 - Northeast B-/C+ Training Ride. 5:30 PM. See Weekly Rides for details.

Wednesday, July 25 - Evening B/B+ Ride from Glenside. 6:30 PM. See Weekly Rides for details.

Thursday, July 26 - Narberth ChainSmokers. 6:00 PM. See Weekly Rides for details.

Thursday, July 26 - Bryn Mawr Local B Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, July 26 - Thursday C+/C- Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, July 26 - Schuylkill River Trail B-/C Ride. 6:15 PM. See Weekly Rides for details.

Saturday, July 28 - New Hope. Pick your pace and starting location/distance. Classes C/C+ (12-13 mph), B- (14-15 mph) and B+ (16-17 mph). Meet either at Spring Mill Station, off of Hector St in Lafayette Hill, for a 71 mile ride starting at 8:00 or Upper Dublin High School, (Loch Alsh & Ft. Washington Aves in Ft. Washington, for a 56 mile ride starting at 8:45. Please arrive 15 minutes early to ensure a prompt start. This is a joint ride of BCP and SCU. The 71 mile riders will join the 56 mile riders at UDHS. We'll all break at Central Park Doylestown on the way out, stop in New Hope for a food stop, and break again at a WAWA on the way back. Expect a very scenic ride on some great Bucks County roads, rolling hills sprinkled with a few climbs, and accurate cue sheets. Pick your distance/pace and enjoy. Spring Mill leaders: Howard Hochheiser (B- and B+), 215-913-3246 (cell), howard@thebluestargroup.biz and Linda McGrane (C/C+), 267-251-7862 (cell), mcgranel@mlhs.org (no email access on weekends). UDHS leaders: Chris Beetham (B+), 215-740-0973, ride\_with\_cb@verizon.net; Tom Madle (B-), 215-233-2578 home, tmadle@rohmmaas.com (no email on weekends); and Richard Terry (C/C+), 215-675-1536, rtroadrash@msn.com.

Saturday, July 28 - C+ Training Ride. 9:00. See Weekly Rides for details.

Sunday, July 29 - Maillot Jaune. 9:00. Class B, 13-14 mph, 100 km. Join us for a ride celebrating the TdF. Wear your Maillot Jaune - or, if not, your Maillot Blanc, Vert, or Blanc a Pois Rouges. Meet at 8:45 at Valley Forge Park lower lot, near Visitor's Center. The ride will take us through western Delaware County, with a lunch stop at a convenience store in Chadds Ford. Climbing will be required, however no hors catagorie. Baguette & Vin optional. PS: NO DOPERS ALLOWED. Leader: Rich Wagner, 610-964-1484, roadrich@hotmail.com.

Sunday, July 29 - Sunny Sunday Afternoon D Ride. Noon. See Weekly Ride list for details. Leader: Jeff Bakely, 215-843-1093, bcpjeff@gmail.com.

Sunday, July 29 - B Ramble. Class B, 14-15 mph, 40-45 miles. Meet at the Italian Fountain at noon. Show and go or look for an ad-hoc listing.

Sunday, July 29 - Sunny Sunday C Spin-Off. 12:15 PM. See Weekly Rides for details. Leader: Chuck Martin, 215-923-1887.

Monday, July 30 - Monday on the Main Line. 6:00/6:30 PM. See Weekly Rides for details.

Tuesday, July 31 - Narberth ChainSmokers. 6:00 PM. See Weekly Rides for details.

Tuesday, July 31 - Evening C+ Ride from Mt Airy. 6:00 PM. See Weekly Rides for details.