

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: Sept. 4 - Henry Lazarus, 267-259-6275 (cell phone), hlazar@netaxs.com; 11th - The Scenic Schuylkill Century; Eat, ride, and eat along the way; 18th - Ben Sears, 215-844-3784, bikerbenn@aol.com; 25th - Joseph Feeney, 215-332-0283, jfe7378071@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 ride leader. No calls = no ride. Sept. 4 and 11, no ride; **18th - Leader: Len Langsdorf, 610-278-7779; 25th - See Monthly Ride Listing.**

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: 4 and 18, Tom Witt, 215-977-2164; 9/11, go on the Century; Sept 25, Chuck Martin, 215-923-1887.

Tuesdays

Narberth ChainSmokers Ride. Class B, approx. 30-35 miles. The ride leaves at 6:00 from Mainly Bikes, 229 Haverford Ave in Narberth. This ride is show and go (no specified leader) after Sept 13th. Training ride through the back roads of the Main Line. *Leaders: Jeff Kimmel, 610-446-1334, jeff_signs@hotmail.com; and Rich Abraham, 610-446-2817, richabr@yahoo.com.*

Tuesday Evening Ride from Mt. Airy. Class B-/C+, 13-14 mph, 25+ miles. Meet at 5:45 PM 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, 15-17 miles, 12-14 mph cruising pace, 22-25 miles. 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 us at 6:00 at the Pathmark on MacDade Blvd in Folsom. *Leader: Dave Trout, 610-368-0760, brider-ride@usa.net.*

Wednesdays

Evening Ride from Glenside. September 7 and 14 only.

Class B+/B, 16-17 mph, approx 25-30 miles. Meet at Keswick Cycle Co, 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.*

MTB on the Pennypack Trails. September 21 and 28.

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 at http://www.phila.gov/fairpark/pdfs/FPC_Trail_app.pdf. Come enjoy the great outdoors after dark! Depending on weather and/or trail conditions, the day may change. 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.*

Thursdays

Narberth ChainSmokers Ride. Class B, approx. 30-35 miles. See Tuesday for ride description. This ride is show and go after Sept 15th. *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. This

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training ride leaves from the the Italian Fountain behind the Art Museum at 6:00. We ride to Merion, Gladwyne, and West Conshohocken returning via Manayunk and the Bike Path. *Leaders: David Finger, 215-605-8560, davederaillieur@hotmail.com; and Vernon Lucas, 215-815-9137, vernon.lucas@verizon.net.*

Thursday Night Training Ride. Class C+, approximately 26 miles. Departs 6:00 PM 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, gmmorris@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 6:00 (NOTE EARLIER START TIME.) 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. *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.*

Wallyball will start in October. What is that, you ask? Good question -it's volleyball in a racquetball court. We play alternate Friday evenings at the Aquatic & Fitness

Center at Riverside Racquet in Bala Cynwyd. Contact Nikki Marx at bcpwallyball@hotmail.com or at 215-963-9377 if you would like to be on the Wallyball e-mail list to remind you of upcoming games. Also call or email Nikki if you're interested in being a coordinator.

Saturdays

Get the Weekend Started Right Ride. Class B-/C+, 13-15 mph, 38 miles. This ride leaves from the Italian Fountain behind the Art Museum at 7:30, heading to Fort Washington State Park. We will follow the 38-mile loop from the Scenic Schuylkill Century. For those who have never tried this ride, we go through Manayunk, along farms in Whitemarsh, do some climbing to get the park, and

then return via the trail. There will be one WaWa stop. Our goal is to make it back by 10:30. We wait to regroup. Bring liquids and snacks. Rain cancels. No calls between 19:30 and 21:30 please. *Leader: Gaby Beitler, 484-532-1108, gabybeitler@yahoo.com.*

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 ride may start 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. No ride Sept. 10. Class C+, up to 30 miles, 14 - 15 mph. The plan is to get a ride in before the traffic becomes unbearable so an 8:00 departure is a must, hopefully returning by 10. We will meet at the Kohl's parking lot at routes 202 and 73, the parking area across the street from the Center Square Fire Company which in on Rt. 73. Bring your ride ideas, determination, coffee and or breakfast money. Rain does cancel. *Leader: Len Langsdorf, 610- 278-7779, lnl@jny.com.*

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.

September Ride Listings

Sunday, September 4 - Peter Odell Memorial New Hope to New York Ride. Class A, B, and C; distances 125, 90, 70, and 50. There may still be space available; contact the *Leaders: Tim Cherry, 610-306-9059 or Ted Northrop, 215-333-7146.* Check <http://www.phillybikeclub.org/nh-ny/NHNY.htm> for details.

Sunday, September 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.

Sunday, September 11 - The Scenic Schuylkill Century. , 38, 62, or 100 miles. \$21/\$25 members/non-members. <http://www.phillybikeclub.org/century/century.htm> After Sept 2, do not pre-register, just come to Lloyd Hall with your \$25 between 6:45 and 7:45.

Tuesday, September 13 - BCP Monthly Meeting. 6:30 PM at Rembrandt's Restaurant, 741 N. 23rd St (corner of Aspen, near the Eastern State Penitentiary museum).

Parking is available. All BCP members are encouraged to attend. To get something on the agenda, *contact Jeff Bakely, 215-843-1093, jbakely@verizon.net.*

Saturday, September 17 - A Day At The Races. Class B/C+, 14-16

mph, 50 miles. Starting from the Betzwood section of Valley Forge Park (by the restrooms), we will head north to Souderton to watch the women's criterium portion of this weekend's Univest Grand Prix bicycle races (info at www.spartacycling.com). We will stay for the completion of the women's race (around 10:15), then return to Valley Forge. No food stops are planned. Refreshments will be available in Souderton. *Leader: Richard Wagner, 610-964-1484, roadrich@hotmail.com.*

Sunday, September 18 - Cheyney U from Chesterbrook. Class C+, about 45 miles, 11-13 mph average. Starts from Manhattan Bagel in the Chesterbrook Shopping Center at 8:30. The center is accessible from US 202 and Pa 252. A rolling ride though Chester County, Ridley Creek State Park and Delaware County. Brunch at Pepper Mill. A modified version (fewer tough hills) of my Thornbury Ramble. A multi-club ride. Not a ride for beginners, but we stop to regroup as required. No one left behind - cue sheets provided. Bring snacks, liquids and

money. Call for more info/direction. *Leader: Arnie Roseman, 610-640-4529, biker73pa@msn.com.*

Sunday, September 18 - Bruno's to New Hope. Class B-, 13-15 mph, 60 miles. Meet at Bruno's (Northwestern & Germantown Avenues in Chestnut Hill) at 8:45 for a 9:00 start. A scenic ride, generally rolling hills with a couple of moderate climbs. Expect a sit-down lunch if the weather is good. Cue sheets for those looking to go slower or faster. *Leader: Howard Hochheiser, 215-913-3246, howard@thebluestargroup.biz.*

Sunday, September 18 - B Ramble. Class B, 14-15 mph, 40+ miles. Meet at the Italian Fountain behind the Art Museum 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, bcpbit09.x.jimlaur@dfgh.net*

Saturday, September 24 - Northeast Ramble. Class C-, 25-35 miles with brunch stop. Leave promptly at 9:00 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.*

Sunday, September 18 - Bruno's to New Hope. Class B-, 13-15 mph, 60 miles. Meet at Bruno's (Northwestern & Germantown Avenues in Chestnut Hill) at 8:45 for a 9:00 start. A scenic ride, generally rolling hills with a couple of moderate climbs. Expect a sit-down lunch if the weather is good.

Sunday, September 25 - B Ramble. Class B, 14-15 mph, 45-50 miles. Meet at the Italian Fountain at noon. Destination is Blue Bell. Food stop is Deja Brew, but it 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, September 27 - Mailing the October 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.*

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