

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.

September 3- Labor Day weekend Show and Go; 10th - Bike Club Century, no Breakfast Ride; 17th - Leader: Ben Sears, 215-844-3784, bikerbenn@aol.com; 24th - Leader: 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 leader. No calls = no ride. September 3 & 10 - No ride. **Leaders: 17th - Jeff Bakely, 215-843-1093, jbakely@verizon.net; 24th - Peggy Gertz, 215-844-2669, marfeg1@msn.com.**

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: September 3 - Tom Witt, 215-977-2164; 10th - No Spin Off Today, enjoy the Scenic Schuylkill Century; 17th - Chuck Martin, 215-923-1887; 24th - Steve Shelly, 610-687-6575.**

Mondays

Monday on the Main Line. Multiple classes & distances. We'll ride in Montco, Delco and Chesco. Terrain can be hilly. A, B, and C rides begin 6 PM to complete the distance—usually 20-25 miles—by sunset. Five-mile introductory D rides start 6:30 and 7:00. Anyone who wants to is welcome to lead a shorter ride beginning at 6:30. Cue sheets for these shorter rides will be available at the sign-in table in front of the gym. All loops begin at Church of the Saviour ("COS") rear parking lot next to the gym 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. **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. 20 to 25 miles, depending on the amount of daylight. Ride starts promptly at 6 PM. Last ride of the season will be September 12. 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.**

Wednesdays

Evening Ride from Glenside. Sept. 6 and 13 only—then the ride will resume in the spring. New 6 PM departure time. 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. 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 Nite 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.**

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September Ride Listings

Sunday, September 3 - B Ramble. Class B, 14-15 mph, 45-50 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 3 - New Hope to New York.

Sunday, September 10 - Scenic Schuylkill Century.

Wednesday, September 13 - 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, September 16 - Bruno's to Lahaska. Class B, 14-15 mph, 61 miles. Meet at Bruno's, Northwestern & Germantown Avenues in Chestnut Hill/Lafayette Hill, at 8:45 for a 9:00 start. We'll ride to Lahaska for a sit-down brunch/lunch, stopping at Central Park in Doylestown on the way out and at a WaWa on the way back for quick breaks. Expect rolling terrain with a few short climbs, some great early fall Bucks County scenery, a moderate pace and an accurate cue sheet. The cue sheet will have directions for anyone looking to turn around at Central Park, making it about a 40-mile ride. Will regroup as necessary, no one left behind. Bring snacks, liquids and money. Rain cancels. *Leader: Howard Hochheiser, 215-913-3246, howard@thebluestargroup.biz.*

Sunday, September 17 - Chesterbrook to Lionville. Class C, about 35 miles, 11 MPH avg, hills. Leaving from Manhattan Bagel in the Chesterbrook Shopping Center at 8:30, easily accessible from US 202. We stop to regroup and for brunch. Cue sheets provided. A multi-club ride. Bring snacks, liquids and money. Call for directions or more information. *Leader: Arnie Roseman, 610-640-4529, biker73pa@msn.com.*

Sunday, September 17 - 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, bcpbit609.x.jimlaur@dfgh.net.*

Sunday, September 24 - Alphabit Soup. Class B, 15-16 mph, 60 miles. I've been keeping this one in the can because of the summer flooding along the Delaware. We'll start out riding bits and pieces of established routes out of Bull's Island and then stir in new territory in Warren County on the way to lunch in the town park in Alpha. From there it's nearly all downhill to the river where we'll ride scenic and secluded River Rd to Milford. Then on to Frenchtown and down S.R. 29 back to Bull's Island. The moderate climbing (and descending) starts at mile five and diminishes as you approach Alpha. The return is mostly flat. Water/snack stops where needed. Cue sheet provided. Call for a go/no-go message the morning of the ride in the event of questionable weather. Meet at 9:15 for a 9:30 start. Bull's Island Recreation Area is on S.R. 29 above Stockton, N.J. *Leader: David Ziccardi, 215-978-7531, d_ziccardi@yahoo.com.*

Sunday, September 24 - B Ramble. Class B, 14-15 mph, 45-50 miles. Meet at the Italian Fountain at noon. How many ways can we ride to Ambler? Food stop at Toto's Gelatos. It is awesome. Coffee drinks galore, sandwiches, pastry, sorbet and, of course, Gelato. 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 26 - 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.*

Saturday, September 30 - Long Route to Doylestown. Class B-, 13-14 mph, 50+/- miles. Meet at Bruno's (Northwestern and Germantown Avenues in Chestnut Hill/Lafayette Hill) at 8:45 for a prompt 9:00 start. Terrain is generally rolling with a few short climbs. We'll visit Peace Valley Park on the way. Sit-down food in Doylestown. *Leader: Jeff Bakely, 215-843-1093, jeffbakely@yahoo.com, jbakely@verizon.net*

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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). 19-/+ miles, depending on sunset. Note earlier start time: 5:45PM. Starts at the Spring Mill train station upper 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, returning before darkness. No cars, hills or cue sheets.

No one left behind. *B- leader: Howard Hochheiser, 215-913-3246, howard@thebluestargroup.biz; C leader: Mike Seidman, 215-242-1200, mike@prnt4u.com mike@prnt4u.com.*

Fridays

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