

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, bcpbit709.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. For the last 3 Sundays of September, the ride will be 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. 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. 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. 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 go 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. Last ride is September 4. 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. Leader: Joe Feeney, 215-601-8412, jfe7378071@aol.com.

The Thrill of the Hills. 5:30 PM. Class B-/C+, 13 - 14 mph, +/-20 miles. Wednesday nights from Spring Mill Train Station -please be on time. We will go find the hills in Whitemarsh and Bala Cynwyd. Some of the favorites include Joshua Road, Fort Washington State Park, Presidential Blvd, North Lane, and Manor Road. We wait to regroup. Directions to the Spring Mill Train Station:

<http://maps.google.com/maps?f=q&hl=en&geocode=&q=Spring+Mill+Train+Station+19428&ie=UTF8&ll=40.07858,75.2845&spn=0.008538,0.020084&z=16&om=1>
Leader: Gaby Beitler, gabybeitler@yahoo.com, 215-880-8102.

Evening Ride from Glenside. 6:15 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 6:15 departure. NOTE: Ride will only occur on September 5th and
12th.

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. Class C (13-15), 19 miles or less,
depending on sunlight. Meet at 5:45 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, returning before darkness. No cars, hills, cue sheets, or artificial additives. No one left behind. Leader: Mike Seidman, 215-242-1200, fixedgear@prnt4u.com.

Saturdays

Saturday 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. Scheduled September rides are on the 15th and 23rd (note this is a Sunday, and will be followed by a BBQ). Check Monthly Ride Calendar for details: 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.

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, September 1 - Classic Ride V: Valley Forge to St. Peter's. 8:30. Class B, 13-14 mph, 56 miles. Led by many, conquered by few. Originally mapped & cued by W. Frati and B. Wynne. We will do it this time at a more casual pace, saving our legs for tomorrow (New Hope-New York). An early start from Valley Forge visitor center, lower lot, will allow you to get home for some

extra rest and recovery. Expect the usual out of saddle riding for this part of Chester County. One convenience store stop is planned. Leader: Rich Wagner, 610 964-1484, roadrich@hotmail.com.

Saturday, September 1 - C+ Training Ride. 9:00. See Weekly Rides for details.

Sunday, September 2 - The 13th Annual Peter Odell Memorial Ride. 125, 90, 70, and 50 miles. SAG buses, dinner in Brooklyn, buses bring you back. www.phillybikeclub.org/odell.htm. Coordinator: Art Elwood, 856-287-9053, artelwoodcpa@netzero.com.

Sunday, September 2 - Sunny Sunday Afternoon D Ride. Noon. See Weekly Ride list for details. Leader: Steve Trobovic, wildyugo@verizon.net, 610-687-9229.

Sunday, September 2 - 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, September 2 - Sunny Sunday C Spin-Off. 12:15 PM. See Weekly Rides for details.
Leader: Mike Olszewski, 215-945-2437.

Monday, September 3 - Monday on the Main Line. 6:00/6:30 PM. See Weekly Rides for details.

Tuesday, September 4 - Narberth Chain Smokers. 6:00 PM. See Weekly Rides for details.

Tuesday, September 4 - Evening C+ Ride from Mt Airy. 6:00 PM. See Weekly Rides for details.

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

Wednesday, September 5 - The Thrill of the Hills. 5:30 PM. See Weekly Rides for details. Wednesday, September 5 - Evening B/B+ Ride from Glenside. 6:15 PM. See Weekly Rides for details.

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

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

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

Thursday, September 6 - Schuylkill River Trail C Ride. 5:45 PM. See Weekly Rides for details.

There are no regularly scheduled BCP rides the weekend of Sept 8-9. All are encouraged to participate in the Bicycling Weekend Rides below.

Saturday, September 8 - The Scenic Schuylkill Century. 25, 38, 65, and 100 miles. Breakfast, marked routes, SAG, rest/food stops, pizza at finish. www.phillybikeclub.org/century.htm
Coordinators: JD Mitchell and Bob Love, century@phillybikeclub.org.

Sunday, September 9 - Bike Philly. A family-friendly bike tour celebrating the freedom of car-free Philadelphia neighborhoods, the Ben Franklin Parkway, Old City and Fairmount Park. Sponsored by the Bicycle Coalition of Greater Philadelphia. See www.bikephilly2007.com.

Monday, September 10 - 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.

Monday, September 10 - Monday on the Main Line. 6:00/6:30 PM. See Weekly Rides for details.

Tuesday, September 11 - Narberth Chain Smokers. 6:00 PM. See Weekly Rides for details.

Wednesday, September 12 - Northeast B-/C+ Training Ride. 5:30 PM. See Weekly Rides for details.

Wednesday, September 12 - The Thrill of the Hills. 5:30 PM. See Weekly Rides for details. Wednesday, September 12 - Evening B/B+ Ride from Glenside. 6:15 PM. See Weekly Rides for details.

Thursday, September 13 - Narberth Chain Smokers. 6:00 PM. See Weekly Rides for details.

Thursday, September 13 - Bryn Mawr Local B Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, September 13 - Thursday C+/C- Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, September 13 - Schuylkill River Trail C Ride. 5:45 PM. See Weekly Rides for details.

Saturday, September 15 - Sugartown. 8:30. Class B-, 14-15 mph, C/C+ 12-13 mph, 50 miles. Meet at Bruno's, Northwestern & Germantown Aves. in Chestnut/Lafayette Hill, for a scenic ride to Chester County horse country. Expect a lot of rolling hills, but no real steep climbs. There will be a food stop in Malvern at around 30 miles. Rain cancels. Leaders: Tom Madle, 215-641-7686, TMadle@RohmHaas.com and Margaret Lenzi, 215-247-9169, bcpmarg@comcast.net.

Saturday, September 15 - C+ Training Ride. 9:00. See Weekly Rides for details.

Sunday, September 16 - Let's find Spring Mountain again. Class C +, 12 - 13 mph average, 50 miles. We will depart promptly at 9:00 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 this area, with some moderate hills. We will stop to regroup when necessary; cue sheets provided, or go to www.mapmyride.com/ride/united-states/pa/blue-bell/537417585. Bring snacks, money, and H2O. Rain or wet roads will cancel, so if the weather or conditions are questionable call. Leader: Len Langsdorf (home), 610-278-0589.

Sunday, September 16 - Sunny Sunday Afternoon D Ride. Noon. See Weekly Ride list for details. Leader: Tim Carey, 760-416-3102, tbikenurse@aol.com.

Sunday, September 16 - 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 three or four moderate climbs. Call if the weather is questionable. Leader: Jim Laurino, 215-476-5091, bcpbit709.x.jimlaur@dfgh.net.

Sunday, September 16 - Sunny Sunday C Spin-Off. 12:15 PM. See Weekly Rides for details. Leader: Chuck Martin, 215-923-1887. Monday, September 17 - Monday on the Main Line. 6:00/6:30 PM. See Weekly Rides for details.

Tuesday, September 18 - Narberth ChainSmokers. 6:00 PM. See Weekly Rides for details.

Wednesday, September 19 - Northeast B-/C+ Training Ride. 5:30 PM. See Weekly Rides for details.

Wednesday, September 19 - The Thrill of the Hills. 5:30 PM. See Weekly Rides for details. Thursday, September 20 - 28th Annual Seniors Picnic. All classes, 11mph, ~40 miles. Leaves at 8:30 from Manhattan Bagels in the Chesterbrook Shopping Center, on Chesterbrook Blvd, off US202. We go to the Brandywine Picnic Park in Lenape. Wonderful lunch and music and other stuff. A \$6 pre-registration fee required. Rain date Sept 27. Fee will be returned if both dates rained out. Call 610-793-3198 for pre-registration. Cue sheets provided. Leaders: Arnie Roseman, 610-640-4529, biker73pa@msn.com and Steve Trobovic, wildyugo@verizon.net.

Thursday, September 20 - Narberth ChainSmokers. 6:00 PM. See Weekly Rides for details.

Thursday, September 20 - Bryn Mawr Local B Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, September 20 - Thursday C+/C- Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, September 20 - Schuylkill River Trail C Ride. 5:45 PM. See Weekly Rides for details.

Saturday, September 22 - C+ Training Ride. 9:00. See Weekly Rides for details.

Sunday, September 23. Chesterbrook->Lionville - Chester County. 8:30. Class C

- hills, 11 mph avg, about 35 miles. Start at Manhattan Bagel in the Chesterbrook Shopping Center, easily accessible from US202 and/or PA252.

The cumulative climb for this ride is about 2100 feet. 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 23 - Schwenksville and after ride BBQ. 9:00. Class B-, 13-14

mph, C/C+, 11-13 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. Light food stop in Schwenksville. Meet at Bruno's

(Northwestern & Germantown Aves. in Chestnut/Lafayette Hill) at 8:45 for a

PROMPT start. This ride is in conjunction with SCU. There will be a barbecue

after the ride at Debbie Hoellein's house (wholelion@aol.com, 215-833-5545).

Call or e-mail Debbie for details and food drop off (optional) arrangements.

RSVP to Debbie by Thursday evening. Rain cancels. Leaders: Jeff Bakely (B-),

215-843-1093, rides07.50.bcpjjeff@dfgh.net; Linda McGrane (C/C+), 267-251-7862

(cell), mcgranel@mlhs.org.

Sunday, September 23 - Sunny Sunday Afternoon D Ride. Noon. See Weekly Ride

list for details. Leader: Tim Carey, 760-416-3102, tbikenurse@aol.com.

Sunday, September 23 - B Ramble. Class B, 12-13 mph, 40 miles. Bryn Mawr Special. Meet at the Italian Fountain at Noon. Leader: Werner Carrieri, 215-

680-2618, wernerman@aol.com.

Sunday, September 23 - Sunny Sunday C Spin-Off. 12:15 PM. See Weekly Rides for

details. Leader: Tom Witt, 215-977-2164.

Monday, September 24 - Monday on the Main Line. 6:00/6:30 PM. See Weekly Rides

for details.

Tuesday, September 25 - Narberth ChainSmokers. 6:00 PM. See Weekly Rides for

details.

Wednesday, September 26 - Northeast B-/C+ Training Ride. 5:30 PM. See Weekly Rides for details.

Wednesday, September 26 - The Thrill of the Hills. 5:30 PM. See Weekly Rides for details. Thursday, September 27 - Narberth ChainSmokers. 6:00 PM. See Weekly Rides for details.

Thursday, September 27 - Bryn Mawr Local B Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, September 27 - Thursday C+/C- Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, September 27 - Schuylkill River Trail C Ride. 5:45 PM. See Weekly Rides for details.

Saturday, September 29 - Phoenixville Farmers' Market. Class C+ (12-13mph) & C (11mph), 27 & 40 miles. Leaves at 8:30 from Valley Forge Park, Lower Visitors Center Parking Lot. Riders can choose from two routes. Rest stop at Phoenixville Farmers' Market. The Market brings together local farmers and consumers to provide delicious, healthy, nutritious food for the community while helping preserve our agricultural resources. Come enjoy listening to fine local musicians! www.phoenixvillefarmersmarket.org. Some hills, but no chain breakers. We will stop to regroup; no one dropped. Cue sheets will be available. Bring sun block, liquids, and money. For directions to start, visit: www.nps.gov/vafo/planyourvisit/directions.htm. A multi-club ride. Leaders: Steve Trobovic, wildyugo@verizon.net and "Arnie" Roseman, 610-640-4529, biker73pa@msn.com.

Saturday, September 29 - Bruno's with Tim Carey. 9:00. Class C, 11 to 13 MPH, 35 miles, leaving from the Italian Fountain, behind the Art Museum. Join us to welcome back Tim Carey, the Club's founding President, for an extended visit to Philly. We will do a leisurely ride on the C Spinoff's Erdenheim route. We

will have a sit down food stop at Bruno's to socialize with Tim. We should arrive at Bruno's between 10:30 and 11:00 if you want to do a longer or shorter ride and meet us there. The ride climbs through East Falls, Mt. Airy and Chestnut Hill before descending to Erdenheim. Leader: Jeff Bakely, rides07.50.bcpjeff@dfgh.net.

Saturday, September 29 - C+ Training Ride. 9:00. See Weekly Rides for details.

Sunday, September 30 - Conshohocken to Kimberton. 9:00. 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 8:45 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, rides07.50.bcpjeff@dfgh.net and Jack Echols, 215-382-6730, jackvortex@aol.com.

Sunday, September 30 - Sunny Sunday Afternoon D Ride. Noon. See Weekly Ride list for details. Leader: Tim Carey, 760-416-3102, tbikenurse@aol.com.

Sunday, September 30 - 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, September 30 - Sunny Sunday C Spin-Off. 12:15 PM. See Weekly Rides for details. Leader: Sam Wiley, 215-523-7556.

Tuesday, October 2 - 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.

Friday-Sunday, Oct 19-21 - The Fall Event. In scenic, historic Hanover/Gettysburg, PA. Classy. Eat, ride, socialize, and lots more. Coordinator: Linda McGrane, 267-251-7862, mcgranel@mlhs.org. <http://www.phillybikeclub.org/fallevnt.htm>