

## 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: August 6 - Joseph Feeney, 215-332-0283, jfe7378071@aol.com; 13th - Henry Lazarus, 267- 259-6275 (cell,) hlazar@netaxs.com; 20th - Robert Zsembik, 610-658-9974, bZsembik@aol.com; 27th - Show and Go.*

**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: August 6 - Linda McGrane, 267-251-7862, mcgranel@mlhs.org; 13th - no ride; 20th - Art Elwood, 856-424-1770, artelwoodcpa@netzero.com; 27th - no ride.*

**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: 6th & 13th - Tom Witt, 215-977-2164; 20th - Chuck Martin, 215-923-1887; 27th - Sam Wiley, 215-523-7556.*

### Mondays

**Monday on the Main Line.** Multiple classes & distances. 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. It's 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. *Leader/coordinator: Tom Madle, tmadle@rohmmaas.com, 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

### *Wheeling with the President, cont.*

showers and lots of time for a relaxed dinner with good friends. And always some adventure. There are lots of good stories shared about this ride. I have more than a few of my own adventures from this event. Ask me about them next time you see me on a ride.

### SCENIC SCHUYKILL CENTURY

Organization of the Century is going well. This year's event is in the capable hands of Sheryl Oleski and J.D. Mitchell. If you haven't ridden the SSC yet, you owe it to yourself to do so. I don't have to encourage all those who do it every year. For more information, see the article within or the web site.

### PICNIC

Thanks to Jennifer Payton and her crew of volunteers for organizing the annual summer picnic. Several Ad Hoc ride

leaders led riders out to the picnic. The salads and grilled foods were excellent. It was good to see some of you there.

### OTHER NEARBY CENTURIES

I encourage all of our members to support other nearby Clubs during their centuries. In August there is the Dog Daze, the Shore Fire and the Nockamixon. I did the Dog Daze (August 8) a few years ago and it lived up to its name. Information is available at <http://brandywinebicycleclub.org/>. The Shore Fire in Delaware is Saturday, August 26. Information is at <http://www.whiteclaybicycleclub.org/shorefire.html>. You can do a double century by combining it with the SCU Lake Nockamixon Century on Sunday, August 27. I will likely see you on this ride since their food stops are almost as good as ours. Information is available at <http://www.suburbancyclists.org>. Also see our Other Events column, or Events Calendar on the website for more details on these and other Clubs' rides.

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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 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.** Class B/B+, 16-17 mph, 25-30 miles. Meet at the Keswick Cycle Co, 408 N. Glenside Ave. near Keswick Ave & Easton Rd, 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 (August 3). *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 would like to be on the Wallyball e- mail list.

### Saturdays

**Blue Bell Special.** No ride on August 5. Class C, up to 30 miles, 13-14 MPH average. The plan is to get a ride in before the traffic becomes unbearable, so an 8:30 AM departure is a must with a hopeful return by 11. We will meet at the Kohl's parking lot at routes 202 and 73, the parking area across from the Center Square Fire Company. Bring determination, coffee money, and H2O. We will regroup if necessary. Rain or wet roads cancels, 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. Starts at 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, 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. Rain cancels. Joint ride with SJ Wheelmen. *Leader: Kolman Kleinbord, 856-787-9677, kolman39@hotmail.com.*



**BCP Fall Foliage Event Oct. 20-22 in Hanover/Gettysburg. See Page 8.**

## August Ride Listings

**Saturday, August 5 - Fort Washington to Bethlehem Musikfest.** Class C+, 100 miles, 12-13 mph. Ride starts at 7 from the SEPTA R5 Fort Washington station just off Bethlehem Pike. Shorter ride options starting from Hatfield, 60 miles, or Quakertown, 40 miles. Two hours will be spent taking in the sounds at the festival. <http://www.musikfest.org/general.asp>. The return leaves Bethlehem at 2:00. E-mail or call to meet the ride at Penfield Middle School, Forty Foot Rd & Elroy St in Hatfield at 9, or the Wal-Mart in Quakertown, Rt 309 north of Rt 663 at 11. *Leader: Bill Cotton, cell 215-559-2910, bcotton@billcotton.com.*

**Saturday, August 5 - Skippack via Central Park (Doylestown) and Peace Valley.** Class B-, 13-15 mph, 65 +/- miles. Meet at Bruno's (Northwestern & Germantown Avenues in Chestnut Hill/Lafayette Hill) for an 8:30 start. Last month's Doylestown/Rosenberger ride was so popular that I thought we'll do it again, but even better. This time we'll ride to Central Park outside of Doylestown and then Peace Valley (for short water/restroom breaks), before continuing past Rosenberger's and on to Skippack for a sit-down lunch at Mal's Diner. Expect rolling terrain with a few short climbs, a moderate pace and an accurate cue sheet. Cue sheet will have directions back from Doylestown for those looking to turn around (and maybe have brunch in Doylestown), making it a 40+ mile ride. We'll regroup as necessary, no one left behind. Bring snacks, liquids and money. Rain cancels. *Leader: Howard Hochheiser, 215-248-0508, howard@thebluestargroup.biz.*

**Sunday, August 6 - B Ramble.** Class B, 14-15 mph, 45-50 miles. Meet at the Italian Fountain at noon. The Coffee Shop in Ambler is closed on Sundays now, but I checked out Toto's Gelatos. It is awesome. Coffee drinks galore, sandwiches, pastry, sorbet and, of course, Gelato. We'll stop there for refreshments and, unless the day is too hot, head further out to beyond Blue Bell. 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.*

**Saturday, August 12 - Schwenksville.** Class B-, 13-14 mph, +/- 60 miles. Meet at the Allen's Lane Train Station at the corner of Allen's Lane and Cresheim Rd. in Mt. Airy at 8:15 for a prompt 8:30 start. Rolling terrain with a few climbs through eastern Montgomery County. Plan to sit down for brunch/lunch at a sandwich/pizza shop or ice cream/breakfast cafe. The pace will be very moderate—no hammering. *Leader: Jeff Bakely, 215-843-1093, jbakely@verizon.net.*

**Saturday, August 12 - Bikes Take Flight!** Class C, 30+

miles, 12-13 mph. A C ride that highlights the Main Line Art Center's "Kites: Art Takes Flight" sculptures in honor of Ben Franklin's 300th birthday. Starts at the Italian Fountain behind the Art Museum at 9; alternative meeting spot at Delancey St Bagel Shop at Wynnewood Shopping Center at 10. Ride will be 30+ miles and we will stop to admire up to 15-20 selected sculptures. Cue sheets will be provided; nobody dropped. *Leaders: Gary & Vikki Morris, 215-557-0410, gmorris@vzavenue.net.*

**Saturday, August 12 to Wednesday, August 16 - Loaded Camping.** All Classes. We'll camp at Belleplain State Park near Cape May, NJ. Day trips to shore points. Main group will meet at Lindenwold, NJ Transportation Center. Cue sheet available from Art Museum to Lindenwold. Atlantic City and Lindenwold trains stops at Lindenwold. Call for more information. *Leader: Bill Cotton, cell 215-559-2910, billcotton@billcotton.com www.billcotton.com.*

**Sunday, August 13 - 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, bcpbit608.x.jimlaur@dfgh.net.*

**Sunday, August 20 - Around the Lake.** Class B+, 16-17 mph, 60-65 miles. Ride starts at 8 from the Wachovia Bank on Main Street (Rt. 313) in Dublin, Pa. We'll circle around the north side of Lake Nockamixon before returning via the Quakertown and Sellersville areas. This ride features some challenging hills as well as lots of great scenery. Cue sheet will be provided. Rain cancels. Call or e-mail for more information. *Leader: Chris Beetham, 215-740-4637, ride\_with\_cb@verizon.net.*

**Sunday, August 20 - B Ramble: Bryn Mawr Special.** Class B, 13-14 mph, 40 miles. There will be some challenging climbs, but the pace will not be super fast. Break at the Bagel shop at the halfway point. Meet at the Italian Fountain at noon. *Leader: Werner Carrieri, 215-680-2618, wernerman@aol.com.*

**Sunday, August 27 - 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 29 - Mailing the September 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.*

**Sunday, September 3 - New Hope to New York.** See page 6.

**Sunday, September 10 - Scenic Schuylkill Century.** See page 7.