

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 leaders and any additional information on the ride.

Sundays

Sunday B Ramble. 12:00 PM. 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. Coordinator: Jeff Bakely, 215-843-1093, rides08.x.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. Come join the largest evening bike rides on the Main Line. Multi-level rides meet at 5:30 PM and leave at 6:00 PM sharp every Monday, except holidays, July thru September at the Church of the Saviour, 651 N. Wayne Ave, Wayne, PA. We meet in the rear parking lot of the church adjacent to the gym (Bld. F). Bathrooms (for changing clothes) and water are available inside the gym. Ride categories include: beginner, D, C, B-, B, B+/A for road bikes plus "hybrid" and "tandem" ride groups. Leaders: Tom Madle, 215-641-7686, TMadle@RohmHaas.com and Mike Lefkowitz, 610-687-2923, michaellefkowitz@gmail.com.

Tuesdays

Chestnut Hill Lunch Hour Ride. 1:00 PM. Class B+/A-, 15-16 mph, 15 miles. Starts outside Borders Book Shop in Chestnut Hill. Routes vary from moderately to very hilly. Relaxed dress code. Rain cancels. E-mail if 12:00-1:00 works better for you & you want to take part on a regular basis. Leader: Dave Hanson, 215-836-9265, drh1055@comcast.net.

Narberth Chain Smokers. 6:00 PM. Class B, 15-16 mph, 28-36 miles. Training ride through the Main Line and Valley Forge Area. We will increase mileage as the summer goes on based on everyone's conditioning. Start in front of Mainly Bikes, 229 Haverford Ave, Narberth. We are looking for a B- pace leader. Leaders: Art Elwood, 856,429-7733,

artelwoodcpa@gmail.com and Jeff Kimmel, 610-745-1366,
jeff_signs@yahoo.com.

Tuesday Night Training Ride. 6:00. Class B, 15 mph, 30-38 miles depending on sunset. Departs from the Italian Fountain behind the Art Museum. We head north thru Fairmount Park, cross the McCallum Bridge to Germantown and beyond. Leader: Bruce Taubman, 215-735-7935, taubman@earthlink.net.

Evening Ride from Mt. Airy. Ride starts promptly at 6:00 PM. Class C+, 12-14 MPH, 20 to 32 miles. Average speed and distance will increase as the days get longer. Meet at the Allen's Lane Train Station at the corner of Allen's Lane and Cresheim Road. Leader: Jeff Bakely, 215-843-1093, rides08.x.bcpjeff@dfgh.net.

Wednesdays

Northeast Training Ride. 5:30 PM. Class B-/C+, about 20 miles. A ride into Bucks County and back. Call or email to make sure ride is going; no call (or email), no ride; but there are a few committed riders, so most nights the ride will go. Front and rear lights required. Ride will return around 7:00 PM. 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.

Thursdays

Chestnut Hill Lunch Hour Ride. 1:00. Class A-/B+. See Tuesday ride listing for more details. Leader: Dave Hanson, 215-836-9265, drh1055@comcast.net.

Narberth Chain Smokers. 6:00 PM. Class B, 15-16 mph, 28-36 miles. See Tuesday ride listing for more details. Leaders: Art Elwood, 856,429-7733, artelwoodcpa@gmail.com and Jeff Kimmel, 610-745-1366, jeff_signs@yahoo.com.

Thursday Night B Training Ride. 6:00. Class B, 15-16 mph, 30-34 miles. It's time to board the Bryn Mawr Local. Leaves from the Italian Fountain behind the Art Museum. We ride to Merion, Gladwyne, and West Conshohocken, returning via the bike path and Manayunk. Leader: David Finger, 215-605-8560, davederailleur@hotmail.com.

Thursday Night C Training Ride. Class C+/C-, approximately 15-20 miles. Departs 6:00 PM sharp from Italian Fountain. We'll do shorter hilly routes and be back by sunset. 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 can ride the route a little slower as a sub-group. Coordinator: Gaby Beitler, gabybeitler@yahoo.com.

Saturdays

Saturday Northwest Philly Rides. C to B+ paces. Note new start location: Ft. Washington State Park, Flourtown Picnic Area on W. Mill Rd, between Stenton Ave and Bethlehem Pike (from Chestnut Hill: 1st right on Stenton after Northwestern Ave, or left just after Acme on Bethlehem Pike). We offer a variety of scenic rides into surrounding counties, often with a sit down food stop. Check Monthly Ride Calendar for specific pace, distance, destination, and start time, as they will vary each week. Coordinator: Howard Hochheiser, 215-913-3246, howard@thebluestargroup.biz.

Saturday D Ride - Seeing the World with Bonnie or "Laid-Back" Saturday Morning D Ride with Paul Bergsman. Meet at the formal entrance to the Azalea Garden at the circle behind the Art Museum at 8:50 for a 9:00 start. See Monthly Ride Calendar for the week's leader and other details.

Saturday C+ Training Ride. 9:00. Class C+, 13-14 mph, 30-40 miles. Ambler and Plymouth Meeting are among the common destinations, and we do our best to ride as a cohesive group. Routes are as flat as possible. 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

Tuesday, July 1 - Chestnut Hill Lunch Hour Ride. 1:00 PM. See Weekly Rides for details.

Tuesday, July 1 - Narberth Chain Smokers. 6:00 PM. See Weekly Rides for details.

Tuesday, July 1 - Tuesday Night Training Ride. 6:00 PM. See Weekly Rides for details.

Tuesday, July 1 - Evening Ride from Mt. Airy. 6:00 PM. See Weekly Rides for details.

Wednesday, July 2 - Northeast B-/C+ Training Ride. 5:30 PM. See Weekly Rides for details.

Thursday, July 3 - Chestnut Hill Lunch Hour Ride. 1:00 PM. See Weekly Rides for details.

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

Thursday, July 3 - Thursday Night B Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, July 3 - Thursday Night C Training Ride. 6:00 PM. See Weekly Rides for details. Show and go.

Friday, July 4 - Fourth of July Celebration Ride. 8:30. Class B/C, 13-15 mph, 50-55 miles. Celebrate our nation's 232nd birthday on your bicycle. Meet at the Tomb of the Unknown Soldier in Washington Square, 6th & Walnut. We'll carefully follow the escape route of the original George W's retreat from the redcoats to his encampment at Valley Forge. Translation: travel from Philadelphia to Valley Forge Park by way of the Main Line hills, return via the Schuylkill Trail. One convenience store stop is planned. Cue sheet provided. Please note, the ride ends at Lloyd Hall, behind the Art Museum. Leader: Richard Wagner, 610-964-1484, roadrich@hotmail.com.

Saturday, July 5 - C+ Training Ride. 9:00. See Weekly Rides for details.

Saturday, July 5 - "Laid-Back" Saturday Morning D Ride. Meet at 8:50 for 9:00 start. We cover 10 to 18 miles depending on who shows up, the absence of hills along the route, and what we stop to do. If something special is happening in the area, we try to check it out. At some point during the ride, we will take a short stop for a snack and interesting dialogue. It has been our tradition to complete our rides at the supermarket opposite the Youth Study Center. There you can get a light snack, a cold drink, sit at an air conditioned table, and engage in some stimulating conversation. I have every tool Park ever made. If your bike needs some tweaking, assistance is available if you arrive around 8:30. If you have any questions, contact the leader. Meet at the formal entrance to the Azalea Garden behind the Art Museum. Leader: Paul Bergsman, 610-667-2449, robert.bergsman@verizon.net.

Saturday, July 5 - Hopewell Furnace Classic. 10:00. Class B, 15-16mph, 65 miles. Leaving from French Creek State Park, PA (at the boatlaunch parking area), we will head north for a beautiful ride through the Oley Valley. One big climb early and one big climb late. The rest of the ride is flat to rolling hills. Two water stops and one sit down lunch stop are planned. Cue sheets provided. Leader: Richard Wagner, 610-964-1484, roadrich@hotmail.com.

Sunday, July 6 - B Ramble. Class B, 12-14 mph, 40 miles. Mystery destination. This ride leaves from the Italian Fountain at 12:00 noon. Show and go or look for an ad hoc listing.

Sunday, July 6 - Sunny Sunday Afternoon D Ride. See Weekly Ride list for details. 12:00. Leader: Debbie Mersky, 215-603-8652, zeusage@comcast.net.

Sunday, July 6 - Sunny Sunday C Spin-Off. 12:15 PM. See Weekly Rides for details. Leader: Sam Wiley, 215-523-7556.

Monday, July 7 - Monday on the Main Line. 6:00 PM. See Weekly Rides for details.

Tuesday, July 8 - Chestnut Hill Lunch Hour Ride. 1:00 PM. See Weekly Rides for details.

Tuesday, July 8 - Narberth Chain Smokers. 6:00 PM. See Weekly Rides for details.

Tuesday, July 8 - Tuesday Night Training Ride. 6:00 PM. See Weekly Rides for details.

Tuesday, July 8 - Evening Ride from Mt. Airy. 6:00 PM. See Weekly Rides for details.

Wednesday, July 9 - Northeast B-/C+ Training Ride. 5:30 PM. See Weekly Rides for details.

Wednesday, July 9 - 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 10 - Chestnut Hill Lunch Hour Ride. 1:00 PM. See Weekly Rides for details.

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

Thursday, July 10 - Thursday Night B Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, July 10 - Thursday Night C Training Ride. 6:00 PM. See Weekly Rides for details. Leader: Jeff Bakely, 215-843-1093, rides08.x.bcpjeff@dfgh.net.

Saturday, July 12 - Return From Hammonton NJ. 6:30 AM. Class C+, approximately 60 miles. We meet on the NJ side of the Tacony Bridge and carpool to the endpoint of tomorrow's American Cancer Society Bike-a-Thon, to drop off our cars for tomorrow's return, then cycle back to the Tacony Bridge. You must contact a leader to reserve a seat in one of the cars which is being dropped off (or show up at the Tacony and risk disappointment). Also please contact us if you are driving down and have room for additional bikes and passengers. Leaders: Linda McGrane, mcgrane_linda_a@yahoo.com, 267-251-7862 (cell) and Tom Witt, twitt@wolfblock.com, 215-977-2164, 215-570-2157 (day of event).

Saturday, July 12 - C+ Training Ride. 9:00. See Weekly Rides for details.

Saturday, July 12 - Tour de Evansburg & Valley Forge. 9:00. Classes C/C+ (12-13 mph) and B (15-16 mph), 47 miles. Meet at Ft. Washington State Park Flourtown Picnic Area (see weekly ride description). We will meander through Montgomery County until we reach the scenic roads around Evansburg State Park where we can take a short break. Then we will head to Valley Forge Park for a food/snack break at the Canteen Snack Bar before we head home through the Main Line hills (SRT flat option also available). Expect some hills but nice scenery in these two parks in one ride. Will regroup when necessary. Leaders: Margaret Lenzi (C/C+), 267-

738-2205, bcpmarg@comcast.net and Howard Hochheiser (B), 215-913-3246, howard@thebluestargroup.biz.

Saturday, July 12 - Seeing the World with Bonnie. Meet at 8:50 for 9:00 start. Well, well, well... a Saturday ride series that goes longer and adds hills - gently rolling then proceeding towards anguish - at a leisurely D pace of 9-11 mph every ride. Rides will be 2 or 3 times a month. We may get a little motivated to pick it up, but the purpose is to see the world on your bike. Imagine starting with a tour of the mansions in western Fairmount Park. Imagine the John Heinz Wildlife Preserve. Imagine lunch/coffee/ice cream. We will go through some traffic to get to other destinations in Philadelphia, Delaware and Montgomery Counties so that we become more comfortable in traffic. Cool. Beauty, excitement, birds, safety and building a community of bikers with increasing skills is what this is about. Imagine no flats and imagine your strength. Meet at the formal entrance to the Azalea Garden behind the Art Museum. If you plan to attend or if you have questions contact the Leader: Bonnie Prest-Thal, 718-344-2977, bprestthal@gmail.com.

Saturday, July 12 - Saturday Afternoon Hills-of-Hurt. 4:00. Class A-/B+, 14-16 mph, 30 miles. Starts at Ft. Washington State Park South, 41 W. Mill Rd in Flourtown. We'll start out with a ride to the Militia Hill section of the Park & on through Orelan & Erdenheim. The second part of the ride is slightly masochistic including the hills of Montgomery Ave, Wises Mill Rd, the Wall in Manayunk, Harts Lane coming up from the SRT and Germantown Ave back up into Chestnut Hill, rolling down Bethlehem Pike back to our start location. Rain/wet roads cancels. Leader: Dave Hanson, 215-836-9265, drh1055@comcast.net

Sunday, July 13 - B Ramble. Class B, 14-15 mph, 44 miles. Meet at the Italian Fountain at 12:00 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, bcptry807.x.jimlaur@dfgh.net.

Sunday, July 13 - Instructional Riding Class for New Riders. Class D, 10-12 mph, 10-12 miles. 12:00 Noon. Class begins with some basic group and safety riding rules of the road followed by gear shifting practice on a gentle hill. Most of the instruction will be on the bike during the ride. Meet 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 one of the Leaders: Margaret Lenzi, 267-738-2205, bcpmarg@comcast.net, Bonnie Prest-Thal, bprestthal@gmail.com.

Sunday, July 13 - Sunny Sunday C Spin-Off. 12:15 PM. See Weekly Rides for details. Leader: Mike Olszewski, 215-945-2437

Monday, July 14 - Monday on the Main Line. 6:00 PM. See Weekly Rides for details.

Tuesday, July 15 - Chestnut Hill Lunch Hour Ride. 1:00 PM. See Weekly Rides for details.

Tuesday, July 15 - Narberth Chain Smokers. 6:00 PM. See Weekly Rides for details.

Tuesday, July 15 - Tuesday Night Training Ride. 6:00 PM. See Weekly Rides for details.

Tuesday, July 15 - Evening Ride from Mt. Airy. 6:00 PM. See Weekly Rides for details.

Wednesday, July 16 - Northeast B-/C+ Training Ride. 5:30 PM. See Weekly Rides for details.

Thursday, July 17 - Chestnut Hill Lunch Hour Ride. 1:00 PM. See Weekly Rides for details.

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

Thursday, July 17 - Thursday Night B Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, July 17 - Thursday Night C Training Ride. 6:00 PM. See Weekly Rides for details. Leader: Margaret Lenzi, 215-247-9169, bcpmarg@comcast.net

Saturday, July 19 - New Hope. 8:00 or 8:45. Classes C+ (12-13 mph), B- (14-15 mph) and B+ (16-17 mph), 58-70 miles. Pick your pace and starting location/distance. Meet at Ft. Washington State Park, Flourtown Picnic Area (see weekly ride description for directions) for a 70 mile ride starting at 8:00 or at Upper Dublin High School (Loch Alsh & Ft. Washington Aves in Ft. Washington) for a 58 mile ride starting at 8:45. A very scenic ride on some great Bucks County roads. Rolling hills sprinkled with a few climbs. Breaks at Central Park Doylestown on the way out, New Hope and WAWA on the way back. Note rain date is Sunday, July 20. Leaders: Howard Hochheiser (B-), 215-913-3246, howard@thebluestargroup.biz; Chris Beetham (B+), 215-740-0973, ride_with_cb@verizon.net; Tom Madle (B-), 215-233-2578, TMadle@gmail.com; and Richard Terry (C+) 215-675-1536, rtroadrash@msn.com.

Saturday, July 19 - C+ Training Ride. 9:00. See Weekly Rides for details.

Saturday, July 19 - Seeing the World with Bonnie. Meet at 8:50 for 9:00 start. See ride description for Saturday, July 12. If you plan to attend or if you have questions contact the leader. Leader: Bonnie Prest-Thal, 718-344-2977, bprestthal@gmail.com.

Sunday, July 20 - B Ramble. Class B, 14-15 mph, 40-45 miles. Meet at the Italian Fountain at 12:00 noon. Show and go or look for an ad-hoc listing.

Sunday, July 20 - Sunny Sunday Afternoon D Ride. See Weekly Ride list for details. Leader: Jeff Bakely, 215-843-1093, rides08.x.bcpjeff@dfgh.net.

Sunday, July 20 - Sunny Sunday C Spin-Off. 12:15 PM. See Weekly Rides for details. Leader: Chuck Martin, 215-923-1887.

Monday, July 21 - Monday on the Main Line. 6:00 PM. See Weekly Rides for details.

Tuesday, July 22 - Chestnut Hill Lunch Hour Ride. 1:00 PM. See Weekly Rides for details.

Tuesday, July 22 - Narberth Chain Smokers. 6:00 PM. See Weekly Rides for details.

Tuesday, July 22 - Tuesday Night Training Ride. 6:00 PM. See Weekly Rides for details.

Tuesday, July 22 - Evening Ride from Mt. Airy. 6:00 PM. See Weekly Rides for details.

Wednesday, July 23 - Northeast B-/C+ Training Ride. 5:30 PM. See Weekly Rides for details.

Thursday, July 24 - Chestnut Hill Lunch Hour Ride. 1:00 PM. See Weekly Rides for details.

Thursday, July 24 - Narberth Chain Smokers. 6:00 PM. See Weekly Rides for details.

Thursday, July 24 - Thursday Night B Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, July 24 - Thursday Night C Training Ride. 6:00 PM. See Weekly Rides for details. Show and go.

Saturday, July 26 - Doylestown via Peace Valley Park. 9:00. Classes B-, 13-14 mph and B+, 16-17 mph averages, 53 or so miles. Meet at Ft. Washington State Park, Flourtown Picnic Area (see weekly ride description for directions) at 8:45 for a prompt 9:00 start; we will not wait for late arrivals. The terrain is rolling with a few easy climbs. We will stop at Peace Valley at mile 25 for a brief restroom and snack break and again in Doylestown at mile 34 for a sit-down food break. Accurate cue sheets provided for those who want to ride at their own pace, but there are at least two turns that are easy to miss. All others be prepared to regroup periodically when we stretch out, or there is a mechanical or flat tire. The B-ride is a joint ride with SCU. Leaders: Jeff Bakely (B-), 215-843-1093, rides08.x.bcpjjeff@dfgh.net and Dave Hanson (B+), 215-836-9265, drh1055@comcast.net.

Saturday, July 26 - C+ Training Ride. 9:00. See Weekly Rides for details.

Saturday, July 26 - "Laid-Back" Saturday Morning D Ride. Meet at 8:50 for 9:00 start. See description for July 5. Questions: contact the leader. Meet at the formal entrance to the Azalea Garden behind the Art Museum. Leader: Paul Bergsman, 610-667-2449, robert.bergsman@verizon.net.

Sunday, July 27 - Maillot Jaune. 9:00. Class B, 15-16 mph, 100 KM. Celebrate the final day of the 2008 Tour de France with a ride from Valley Forge to Chadds Ford, PA. All cyclists are expected to wear their maillot jaune. Riders wearing maillot vert, maillot blanc, and maillot blanc a pois rouges will also be welcomed. Expect some climbing, though

no hors catagorie hills. At least two convenience store stops are scheduled. Cue sheets provided. Baguette & vin optional. Leader: Richard Wagner, 610-964-1484, roadrich@hotmail.com.

Sunday, July 27 - B Ramble. Class B, 12-13 mph, 40 miles. Mystery destination. Meet at the Italian Fountain at 12:00 Noon. Leader: Werner Carrieri, 215-680-2618, wernerman@aol.com

Sunday, July 27 - Sunny Sunday Afternoon D Ride. See Weekly Ride list for details. Leader: Linda McGrane, 267-251-7862, mcgrane_linda_a@yahoo.com.

Sunday, July 27 - Sunny Sunday C Spin-Off. 12:15 PM. See Weekly Rides for details. Leader: Tom Witt, 215-977-2164.

Monday, July 28 - Monday on the Main Line. 6:00 PM. See Weekly Rides for details.

Tuesday, July 29 - Chestnut Hill Lunch Hour Ride. 1:00 PM. See Weekly Rides for details.

Tuesday, July 29 - Narberth Chain Smokers. 6:00 PM. See Weekly Rides for details.

Tuesday, July 29 - Tuesday Night Training Ride. 6:00 PM. See Weekly Rides for details.

Tuesday, July 29 - Evening Ride from Mt. Airy. 6:00 PM. See Weekly Rides for details.

Tuesday, July 29 - Mailing the August 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.

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

Thursday, July 31 - Chestnut Hill Lunch Hour Ride. 1:00 PM. See Weekly Rides for details.

Thursday, July 31 - Narberth Chain Smokers. 6:00 PM. See Weekly Rides for details.

Thursday, July 31 - Thursday Night B Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, July 31 - Thursday Night C Training Ride. 6:00 PM. See Weekly Rides for details. Show and go.