

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:* **May 1** - Henry Lazarus, 267-259-6275 (cell phone), hlazar@netaxs.com; **8th** - Ben Sears, 215-844-3784, BikerBenn@aol.com; **15th** - Joseph Feeney, 215-332-0283, jfe7378071@aol.com; **22nd** - Tom Stewart, 215-455-9168, tjstewart@erols.com; **29th** - Jack Crowley, 610-256-8188 (cell phone), jack@jack7.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. *Leaders:* **May 1** - Henry Lazarus, 267-259-6275, hlazar@bellatlantic.net; **8th** - Mother's Day, no ride; **15th** - Len Langsdorf and Patricia Murphy, 610-278-7779 (home), 215-826-6998 (work); **22nd** - Alternate start location, consult monthly ride listing; **29th** - No ride, it's Memorial Day weekend.

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:* **May 1**, Dave Johnson, 215-848-8918; **8th**, Linda McGrane, 215-663-5291(h), 610-251-5573(w); **15th**, Tom Witt, 215-977-2164; **22nd**, Lyn Hedrick (no Sunday calls please), 215-483-3618;; **29th**, Tom Witt, 215-977-2164.

Tuesdays

Kolman's Tuesday Night Ride. Class C, 15-17 miles, 12-14 mph cruising pace. Come on out and celebrate spring! Get your legs back and see old friends. Distance will increase to 22-25 miles in the summer. 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.

Tuesdays on the Schuylkill. Classes B (16-18 mph) and C+ (13-15 mph), 20-25+ miles. Meet at the Spring Mill train station parking lot of the Schuylkill River Trail at 6:30 PM. The lot is near the intersection of E. Hector St and E. North La in Conshohocken. From Ridge Avenue 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 artificial additives. No one left behind. For those who can make it early, join us for an easy 5-mile warm up toward Manayunk and back, beginning @ 6:00 sharp. *B leader:* Howard Hochheiser, 215-913-3246, howard@thebluestargroup.biz; *C+ leader:* Mike Seidman, 215-242-1200, mike@prnt4u.com.

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

Wednesday Evening Ride from Glenside. Class B+/B, 16-17 mph, approx 20-25 miles. Meet at Keswick Cycle, 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.

Marlton (Kings Grant). Class B, 15-17 mph, 20-27 miles. A beautiful ride: starts in Marlton at the Kings Grant development, goes through Medford and then into Shamong and back. If there's interest, ride can be extended to from 21 to 27 miles. Meet at Kings Grant shopping center on Merchants Way. 6PM departure. Call or e-mail for directions. Rain cancels. *Leader:* Mark Shapiro, 856-231-2506, mshapiro@jmsonline.com.

Regular Weekly Rides

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. *Leaders: May 5 - Jeff Bakely, jbakely@verizon.net; 12th - Gary Morris, gmorris@vzavenue.net; 19th - Val Piper, valpiper@hotmail.com; 26th - Sheryl Oleski, SherylOleski@hotmail.com.*

Kolman's Thursday Night Ride. Class C, 15-17 miles, 12-14 mph.

See Tuesday. Meet 6 pm at Lenape H.S., Church & Hartford Roads, Medford. *Leader: Kolman Kleinbord, 856-787-9677, kkleinbord@comcast.net.*

Fridays

BCP Softball returns for the 2005 season. Meet at 6:15 PM at Clifford Park, Walnut Lane & Wissahickon Ave, and play until dusk. Everyone is welcome as long as you're not too good. If you have any questions or need directions, contact Doug Tedeschi, douglas@craftech.com, 215-782-3361. Also, if you plan to attend please RSVP by the Wednesday night before the game. If a "critical mass" is not achieved in order to play, the game will be canceled.

Wallyball will resume in the fall. Anyone interested in playing in the summer, particularly if softball is rained out, call or email coordinator Nikki Marx, 215-963-9377, bcpwallyball@hotmail.com. Also contact Nikki if you want to be on the Wallyball e-mail list.

Saturdays

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, NJ. 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 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. Starting May 14 and every Saturday morning until whenever. Class C+, +/- 20 miles, 14-15 mph. This ride, I hope, depending on your participation, will become a new weekly ride. The plan is to get a ride in before the traffic becomes too unbearable, so an 8:00

departure is a must and a return by 10 is planned. Meet at the Kohl's parking lot at Routes 202 and 73, across the street from the Center Square Fire Company. The first ride will be to Norristown Farm Park, down the Schuylkill trail and then back through scenic Norristown. Bring your ride ideas, determination, and money for coffee/breakfast. *Leaders: Len Langsdorf and Patricia Murphy, 610-278-7779 (home), 215-826-6998 (work), lnl@jny.com, and Gaby Beitler, 610-828-9333 (home).*

Spring Training. Class B, 15 mph, 40+ miles. This ride leaves from the Italian Fountain every Saturday in May at 11:00 (May 7th Show and Go). Plan on rolling terrain with a moderate hill or two. The goal for this month is to keep B pace for the whole ride! Cue sheets provided. Bring snacks, water and money—we will try to build a short rest stop into each ride. Precipitation at 10:00 cancels. Call or e-mail if the weather is questionable or if you have a new route and want to play tour guide one weekend. All ride updates will be posted to the listserv. *Leaders: Sheryl Oleski, 215-713-9184 (home), 215-833-9285 (mobile), sheryloleski@hotmail.com; and Michael Kim, 215-713-9184 (home), 267-577-2985 (mobile), mdskim1@hotmail.com.*

26th Annual Bike Freedom Valley

This event is listed as a courtesy to the Bicycle Coalition, but is not sponsored by BCP.

Freedom Valley is a state of mind on the roads and trails between Philadelphia and Valley Forge. For the last 26 years, cycling in Freedom Valley has gotten better and better - thanks to the work of the Bicycle Coalition and your registration that supports our work.

Your ride through Freedom Valley can begin in Philadelphia, Rosemont or Phoenixville and can go for 8, 22, 35, 75 or 100 miles. Your ride ends at the Philadelphia Bike Swap, presented by BCP and the Bicycle Coalition.

The 35 mile offers a scenic ride through Fairmount Park, Philadelphia bike lanes, the Main Line, Conshohocken and the Schuylkill River Trail.

The 75 and 100 mile loops offer the challenges an experienced cyclist seeks, whose reward is the rolling countryside of horse country in Chester County, the quaint town of Phoenixville, Valley Forge National Park and a relaxed return on the Schuylkill River Trail.

7:00 AM Registration for the 75 and 100 mile routes

9:00 AM Registration for the 8, 22 and 35 mile routes

Pre-register before May 31st for a discount, tshirt and a chance to win a Fuji bicycle.

Registration, route maps, etc. at www.bicyclecoalition.org.

May Ride Listings

Sunday, May 1 - B Ramble. Class B, 14-15 mph, 45-50 miles. Meet at the Italian Fountain behind the Art Museum at noon. Destination is Paoli. Snack stop is choice of bagel or pizza shop. 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.*

Friday, May 6 - Freaky Friday. Class B, 16 mph, 40 miles, flat as a pancake. 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. One stop for bathroom/snacks. Possible sushi lunch after. *Leader: Pete LaVerghetta, 215-379-1715, fixedgear@hotmail.com.*

Saturday, May 7 - Fortescue on the Bay. Class B, 15-17 mph, approx 97 flat miles. Meet at High Hill Road and Rt 551 in Swedesboro, NJ at 8:30. Three food stops. We will ride through the woods and farmland of south Jersey to the fishing village of Fortescue on the Delaware Bay, and have a picnic lunch on the beach. Bring or buy food. *Leaders: Doug Kennedy, 610-543-4664, DougKennedy7@yahoo.ca and Debbie Wilson, 302-798-1243, djwbike@aol.com.*

Saturday, May 7 - Norristown Farm Park. Class C, +/- 20 miles. We depart 8:30 from Spring Mill train station parking lot, and will follow the Schuylkill trail to Norristown, then take to the roads to reach Norristown Farm Park. Bring snacks, water and money for a possible breakfast stop. No calls = No ride. *Leader: Gaby Beitler, 610-828-9333 (home).*

Saturday, May 7 - Schwenksville. Class B-, 13-14 mph, 50 or so miles. Meet at Bruno's (Northwestern & Germantown Avenues in Chestnut Hill/Lafayette Hills) at 8:45 for a prompt 9:00 start. Rolling terrain with a few climbs through eastern Montgomery County. Plan to sit down for lunch at sandwich/pizza shop. The pace will be very moderate, no hammering. *Leader: Jeff Bakely, 215-843-1093, jbakely@verizon.net.*

Saturday, May 7 - Take to the Woods! Class C (MTB), 7-10 mph, ~18 miles. 9:00 start from the north side (Philly) of Route 420 in Prospect Park, Pa, at the John Heinz Wildlife Reserve side lot. From there we'll ride the Reserve's pathways observing nature such as birds, deer, foxes, rabbits, and a whole lot more. Please note that the trail is very tame. This makes the hybrid bike an excellent alternative if you don't own a mountain bike. Such rides can be an enjoyable alternative. Wet weather or recent

heavy rains will cancel as navigating the trail will not be practical. Call ahead. *Leader: Frank Jackson, 215-620-0632 (cell), 215-537-4299 (days), fjackson@rohmmaas.com.*

Sunday, May 8 - The No Name Ride. Class B+/B, about 50 miles. Leaves at noon sharp from the Bulldog statue at 25th St and Pennsylvania Ave. The ride goes through Gladwyne to Paoli, where there will be a short rest stop at the Wawa, then home. *Leader: Bruce Taubman, taubman@mcihispeed.net.*

Sunday, May 8 - B Ramble. Class B, 14-15 mph, 40-50 miles. Mystery Destination. Leaves from the Italian Fountain at noon. *Leader: Dave Phillips, 215-487-1505 (leave message).*

Tuesday, May 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 Jeff Bakely, 215-843-1093, jbakely@verizon.net.*

Friday-Sunday, May 13-15. The Spring Event. In the scenic Susquehanna Valley of Pennsylvania. More info elsewhere in the QR, or at <http://www.phillybikeclub.org/trips/sprgevt.pdf>

Coordinator: Linda McGrane, mcgranel@mlhs.org, 610-251-5573 [W], or 267-251-7862 [cell].

Sunday, May 15 - Chester County and St. Peter's Village. Class B+/B, 16-17 mph, approx 55 miles. Leaves 9:00 from the Valley Forge National Historical Park Visitor Center parking lot. This is a wonderful route through Chester County that everyone will enjoy. It's moderately hilly from what I remember. Food stop at St. Peter's village. Call or e-mail with questions. Rain cancels. *Leader: Chris Beetham, 215-740-4637, ride_with_cb@verizon.net.*

Sunday, May 15 - B Ramble. Class B, 14-15 mph, 40-50 miles. Mystery destination. Leaves from the Italian Fountain at noon. Show and Go or look for an Ad Hoc listing.

Friday, May 20 - Freaky Friday. Class B, 16 mph, 40 miles. Leaves promptly at 9:00 from Laurel Acres Park on Church St, Mt. Laurel, N.J. See May 6. *Leader: Pete LaVerghetta, 215-379-1715, fixedgear@hotmail.com.*

Friday-Sunday, May 20-22 - "A Day in Old New Castle". Class C, approx 38 miles each way on Fri & Sun. This annual tour of 300- year-old homes in New

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May Ride Listings

Castle, Del, is a delight for history buffs. Meet at 3:00 Friday on the Penn campus, corner 34th & Walnut. Ride to Wilmington along the East Coast Greenway. Dinner on the RiverWalk, then a few more miles to a hotel in New Castle. Saturday is the all-day walking tour (tickets required; available online). Sunday we ride back to Philly. We'll keep a C pace on this level route. An excellent route for tandems! Contact for hotel & event details, *Leaders: Gary & Vikki Morris, 215-557-0410, gmorris@vzavenue.net.*

Sunday, May 22 - Shad Festival. Class D, 10-12 mph, 16 miles. Meet at 10:00, return about 2:00. Leaves from Washington's Crossing State Park, N.J. parking lot near the bridge. We will take the towpath to Lambertville and spend 2 hours at the festival. It is the best way to travel to the Shad Fest as the town is closed to traffic on that day. Enjoy lunch, crafts, and fine entertainment. For more information on the festival, <http://www.lambertville.org>. *Leaders: Al Ozer, 215-677-9141, alozer7@cs.com, and John Kalicki, 215-426-3937 (option 1), teach@kalicki.com.* Email preferred.

Sunday, May 22 - The No Name Ride. Class B+/B, about 65 miles. Leaves at noon sharp from the Bulldog statue at 25th St & Pennsylvania Ave. The ride is to Doylestown, where we will stop at a Wawa, then home. *Leader: Bruce Taubman, taubman@mcihispeed.net.*

Sunday, May 22 - B Ramble: Bryn Mawr Special. Class B, 14-15 mph, 40 miles. Meet at the Italian Fountain at noon, ride through scenic Bryn Mawr and further. *Leader: Werner Carrieri, 215-680-2618, wernerman@aol.com.*

Sunday, May 29 - Vernon's 50th Birthday Ride. Class A, B, and B-, 14-16.50 mph, 50 miles. Meet at the Italian fountain at 9:00 for the B portion and 9:20 for the A portion. Come along for my 49th-year + 364th-day birthday ride to Doylestown for bagels. This ride is a two level ride with the A/B level led by yours truly at a steady B tempo. A Mystery Celebrity and supporter of BCP will lead the B/B- section at whatever pace he/she wants. And yes the bagels are on me. *Leader: Vernon Lucas, Lucas@jaguarelectrical.com.*

Sunday May 29 - ALLITERATION. C Pace, 40 miles, 12+ mph. Primly placed pedalers passionately pursuing peak performance; passing pretty pansies, peaceful

pastures; pious places - praying priory; prolific pines, pretty ponds, pristine pretentious palaces; powerfully passing peletons, patient proceedings - petulant plodding panting ponderous partners, pushing plugging peaks; precipitately precipice-plunging; panicking pondering pedestrians; pompously proudly proclaim prized prime podium position. Prosaic matters: Cue sheets available, we will stop to regroup - no one dropped. Brunch at TBA. Bring money, snack and beverage. Meet at Manhattan Bagel in the Chesterbrook Shopping Center, accessible from US 202 or Pa. 252. Departure 9:00. Call for directions or weather concerns. A multi-club ride. *Leader: "Arnie" Roseman, 610-640-4529, biker73pa@msn.com.*

Sunday, May 29 - 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, bcpbit05.x.jimlaur@dfgh.net.*

Tuesday, May 31 - Mailing the June 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, June 4 - Lewis State Park. Class B, 13-15 mph, approx. 80 miles, hilly. Meet at Bartville-Colerain Elementary School at 8:30. Directions from Rt. 1 bypass: go 8.9 miles north on Rt. 896, then left (west) onto Bartville Rd. for 2.5 miles to the school. Bring or buy food for our picnic lunch on top the most scenic overlook in Pennsylvania. *Leader: Doug Kennedy, 610-543-4664, DougKennedy7@yahoo.ca.*

Philadelphia Bike Swap at Bike Freedom Valley

Presented by the Bicycle Club of Philadelphia and the Bicycle Coalition, the Philadelphia Bike Swap is now accepting applications for vendor space. The Bike Swap will take place June 12 from 9:00 AM to 3:00 PM at Lloyd Hall.

Cost for individuals \$20 by June 6, \$50 thereafter.

BCP and Bicycle Coalition Members: \$10 by June 6 or \$25 Commercial: \$150 by June 6 or \$200.

A consignment table will be available for members with only a couple of things to sell.

Download a registration form at www.bicyclecoalition.org or call Alex at 215-242-9253.