

## Weekly Rides & 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, bcpbit705.x.jimlaur@dfgh.net.

Sunny Sunday Afternoon D Ride. Noon For the beginner who wishes to learn and improve biking skills. Usually 12-25 miles. Meet at the formal entrance to the Azalea Garden at the circle behind the Art Museum. Coordinator: Jeff Bakely, 215-843-1093, jbakely@gmail.com.

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. 6:00 and 6:30 PM. Multi-level, beginner through AX. Come ride with the largest and friendliest bike group on the Main Line. Rides leave from the large rear parking lot next to the gym. Rides start promptly at 6:00 and 6:30pm. 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 groups. Special bike rides for (1) women with children/expectant moms (2) family rides and (3) tandem rides for the blind and physically challenged. No one will be left behind! Q-sheets with directions are provided for most of the COS bike rides. Leaders: Tom Madle, TMadle@RohmHaas.com, 215-641-7686; Michael Lefkowitz, Michael.lefkowitz@verizon.net, 610-687-2923.

### Tuesdays

Narberth ChainSmokers. 6:00 PM. Class B, 15-16 mph, approx. 30-38 miles. Leaves at 6:00PM from Mainly Bikes, 229 Haverford Ave in Narberth. Training ride through the back roads of the Main Line. We'll start May doing 28 miles and build up to 38 miles, going out to Valley Forge before returning. Leaders: Jeff Kimmel, jeff\_signs@hotmail.com, 610-446-1334; Art Elwood, artelwoodcpa@netzero.com, 856-429-7733.

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. Leader: Jeff Bakely, jbakely@verizon.net, 215-843-1093.

## Wednesdays

Northeast Training Ride. 5:30 PM. Class B-/C+, A ride into Bucks County and back. About 20 miles. Meet in the Lincoln High School pool parking lot, on Rowland Ave, just North of Ryan Ave. Leader: Joe Feeney, [jfe7378071@aol.com](mailto:jfe7378071@aol.com), 215- 601-8412.

Evening Ride from Glenside. 6:30 PM. Class B/B+, 16-17 mph, 25-30 miles. Meet at Keswick Cycle, 408 N. Glenside Ave, near Keswick Ave & Easton Rd in Glenside, PA for a prompt 6:30 departure. Come explore the interesting and diverse roads of eastern MontCo! We'll ride until dark on routes that are moderately hilly and generally lightly traveled. There may be other paced rides available; contact the shop (215-885-7433) with questions about other paced rides or parking. Remember to bring a flashing rear light for safety. Please call or e-mail me with any questions, or 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, [ride\\_with\\_cb@verizon.net](mailto:ride_with_cb@verizon.net), 215-740-0973.

## Thursdays

Narberth ChainSmokers. 6:00 PM. Class B, 15-16 mph, approx. 30-38 miles. Please see Tuesdays for details.

Bryn Mawr Local B Training Ride. 6:00 PM. 22-32 miles, depending on daylight. A 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, [davederailleur@hotmail.com](mailto:davederailleur@hotmail.com), 215-605-8560.

Schuylkill River Trail. Classes B- (16-18 mph) and C (13-15), 19-25+ miles. Meet at 6:15 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, cue sheets, or preservatives. No one left behind. B- leader: Howard Hochheiser, [howard@thebluestargroup.biz](mailto:howard@thebluestargroup.biz), 215-913-3246; C leader: Mike Seidman, [fixedgear@prnt4u.com](mailto:fixedgear@prnt4u.com), 215-242-1200.

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 want to train with us may ride the route a little slower as a sub-group. Leader: Gary Morris, [gmorris@vzavenue.net](mailto:gmorris@vzavenue.net), 215-557-0410.

## Saturdays

Saturday C+/C and B- Brunch Ride. C+/C leaves at 8:45, B- leaves at 9:00. A scenic ride into surrounding counties and we usually have a sit down stop for food. Mileage 30-70, depending on destination. B/B+ riders will have an opportunity to break away on the return. Meet at

Bruno's, Northwestern & Germantown Aves in Chestnut Hill/Lafayette Hill. Coordinator: Howard Hochheiser (B-), 215-913-3246, howard@thebluestargroup.biz. Ride will occur most Saturdays. Check Monthly Ride Calendar for destination and distance.

C+ training ride. Class C+, 12-14 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 \*10:00AM\* (8:45 AM on May 19). Leaders: Rafael Corredoira, rcorredo@lycos.com, 215-747-0930 and Thomas Lipscomb, thomas.lipscomb@phila.gov, 215-880-5238. Check the Current Ride Listing for ride descriptions, time changes, and cancellations.

### Monthly Ride Calendar

This is a complete ride 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 all ride information.

\* - "Second Sunday" rides. New members are especially encouraged to attend Second Sunday rides, where special attention will be provided to ensure that new members are comfortable and have a safe and fun ride.

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

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

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

Wednesday, May 2 - Evening B/B+ Ride from Glenside. 6:30 PM. See Weekly Rides for details.

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

Thursday, May 3 - Bryn Mawr Local B Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, May 3 - Schuylkill River Trail B-/C Ride. 6:15 PM. See Weekly Rides for details.

Thursday, May 3 - Thursday C+/C- Training Ride. 6:00 PM. See Weekly Rides for details.

Saturday-Sunday, May 4-6. The Spring Event. In Pennsylvania's green, scenic Susquehanna Valley. There may still be a few openings - call Linda ASAP. <http://www.phillybikeclub.org/sprgevnt.htm> Coordinator: Linda McGrane, 267-251-7862, mcgranel@mlhs.org.

Saturday, May 5 - Generals Washington and Lafayette in Pennsylvania. 8:10/8:30/9:30. Class B-, 13-15 mph, 46 miles. Ever wonder who Ft. Washington or Lafayette Hill are named after? Come on this historical ride and find out. Be prepared to both ride and stop to learn the historical significance of Ft. Washington State Park and Lafayette Hill. We'll be riding a Center City, Chestnut Hill, Ambler loop from various starting points. Meet at either the Italian Fountain (behind the Art Museum) for a 8:10 start, the Falls Bridge for a 8:30 start, or Bruno's (Northwestern & Germantown Aves in Chestnut Hill/Lafayette Hill) for a 9:30 start. Bring snacks and liquids. Call if the weather is questionable. Please arrive 15 minutes early so the rides can start on time. Look for a C-/C+ version the following Saturday. Leaders: Howard Hochheiser (Bruno's start), [howard@thebluestargroup.biz](mailto:howard@thebluestargroup.biz), 215-913-3246 (cell); Henry Miller (Center City start), [hmiller@wolfblock.com](mailto:hmiller@wolfblock.com), 215-834-8245 (cell).

Saturday, May 5 - C+ Training Ride 10:00. See Weekly Rides for details.

Saturday, May 5 - La Montana del Halcon. Noon. Class B, 14-16 mph, 60 miles. This year's spring T-town swap meet falls on Cinco de Mayo, so our traditional assault on Hawk Mountain will have a Latin flair. Margaritas are optional. Meet fed and refreshed (Dos Equis and fajitas earn extra credit) at the entrance to the Lehigh Valley Velodrome at 12:00. This will not be a hammerfest but a true B pace. Two short-cuts available if you don't want to attack the climb itself, and maybe a B-/C+ group if I can find a co-leader. Directions to start: <http://www.lvvelo.org/location.php>. Information on the swap meet: <http://www.thevelodrome.com/veloswaps.php>. Leader: David L. Johnson, [david.johnson@lehigh.edu](mailto:david.johnson@lehigh.edu), 610-866-0788.

Sunday, May 6 - Classic Ride I. 10:00. Class B, 14-15 mph, 56 miles. This is the first of what I plan to be a monthly tradition through the summer, reprising some of the classic BCP rides of years gone by. This month's ride will be "Return to Red Hill." Starting from Fischer's Park in Towamencin Twp. at 10:00 sharp, we will travel the back roads of upper MontCo. Convenience store stops at 25 miles and 34 miles are scheduled. PA Turnpike NE extension, exit at Lansdale, left turn onto Rt 63, right at Bustard Rd, cross Kriebel Rd. Fischer's Park is on the right as you go up the hill. Leader: Rich Wagner, [roadrich@hotmail.com](mailto:roadrich@hotmail.com), 610-964-1484.

Sunday, May 6 - Sunday B Ramble. Noon. Class B, 14-15 mph, 44 miles. Food stop at Whole Foods Market in Devon. Cue sheets provided. Terrain is flat to rolling hills with two or three moderate climbs. Call if the weather is questionable. Leader: Jim Laurino, [bcpbit705.x.jimlaur@dfgh.net](mailto:bcpbit705.x.jimlaur@dfgh.net), 215-476- 5091.

Sunday, May 6 - Sunny Sunday Afternoon D Ride. Noon. See Weekly Rides for details. A jaunt around Fairmount Park. Leader: Steve Shelly, sshelly@snip.net, 610-687-6575.

Sunday, May 6 - Sunny Sunday C Spin-Off. 12:15 PM See Weekly Rides for details. Show and go.

Monday, May 7 - Monday on the Main Line. 6:00/6:30 PM See Weekly Rides for details.

Monday, May 7 - Special BCP Monthly Meeting will focus on Rides and Ride Leaders. 6:30 PM. Ride leaders and coordinators are invited to meet with our officers and directors to discuss any issues about BCP rides. We will meet Monday, May 7 at 6:30 pm in the upstairs meeting room of Lloyd Hall, #1 Boathouse Row, which is behind the Art Museum. Pizza and beverages will be served to all who attend.

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

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

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

Wednesday, May 9 - Evening B/B+ Ride from Glenside. 6:30 PM See Weekly Rides for details.

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

Thursday, May 10 - Bryn Mawr Local B Training Ride. 6:00 PM. See Weekly Rides for details.

Thursday, May 10 - Schuylkill River Trail B-/C Ride. 6:15 PM. See Weekly Rides for details.

Thursday, May 10 - Thursday C+/C- Training Ride. 6:00 PM See Weekly Rides for details.

Saturday, May 12 - C+ Training Ride. 10:00 AM See Weekly Rides for details.

Sunday, May 13\* - Sunday B Ramble. Noon. Class B, 14-16 mph, 38 miles. Meet at the Italian Fountain at 11:50. This ride leaves from the Italian Fountain at Noon sharp, so that we can all enjoy dinner with our moms!!! We will bike approx 18 miles to the bird watching platform in Fort Washington State Park, where we will take a 15 minute bird watching/bathroom/water break, and then head back to the city. Leader: Jeff Braff, jbraff@cozen.com, 215-665-2048.

Sunday, May 13\* - Instructional Riding Class for New Riders. Noon. Class D, 10-12 mph, 10-15 miles. Class begins with some basic group

and safety riding rules of the road. Most of the instruction will be done on the bike during the course of the ride. Meet at noon 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 Margaret at [bcpmarg@comcast.net](mailto:bcpmarg@comcast.net). Leaders: Margaret Lenzi, 215-247-9169 and Linda McGrane, [mcgranel@mlhs.org](mailto:mcgranel@mlhs.org), 267-251-7862.

Sunday, May 13\* - Sunny Sunday C Spin-Off. 12:15 PM. See Weekly Rides for details. Leader: Chuck Martin, 215-923-1887

Monday, May 14 - Monday on the Main Line. 6:00/6:30 PM. See Weekly Rides for details.

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

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

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

Wednesday, May 16 - Evening B/B+ Ride from Glenside. 6:30 PM. See Weekly Rides for details.

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

Thursday, May 17 - Bryn Mawr Local B Training Ride. 6:00 PM See Weekly Rides for details.

Thursday, May 17 - Schuylkill River Trail B-/C Ride. 6:15 PM. See Weekly Rides for details.

Thursday, May 17 - Thursday C+/C- Training Ride. 6:00 PM See Weekly Rides for details.

Friday, May 18 - Bike to the Ball Park. 6:15 PM. Class D, 9-12 mph, 2.5 miles. This totally relaxed ride MEETS at the Liberty Bell, 5th & Market Sts. Phila @ 6:15 SHARP. We'll ride over the Ben Franklin Bridge walkways to Campbell Field and catch great Riversharks Baseball - come hungry - Campbell Field offers great sandwiches - and thirsty - and microbrews on tap! The DRPA is keeping the walkways open late all week - we'll ride back and see free fireworks from the bridge. Afterparty at an old city pub TBD, if desired! Note - game tix are \$10 at the window - RSVP and save - Trophy Bikes will buy advance tix for \$7 if you email [mcget@aol.com](mailto:mcget@aol.com) before May 4th. BONUS: FREE TICKETS for the 3rd, 5th, 7th and 9th riders to show up at the Liberty Bell! Enjoy a brew, some baseball and some biking on May 18th. Leader: Michael McGettigan, [mcget@aol.com](mailto:mcget@aol.com), 215.990.9275.

Saturday, May 19 - C+ Training Ride. 8:45 AM. See Weekly Rides for details.

Saturday, May 19 - Flat & Hilly to Collegeville. 9:30/10:00/11:00. Class B- , 13-15 mph, 55, 45 or 25 miles. Half flat on the SRT, half rolling, with shorter ride options. Meet at Bruno's, Northwestern & Germantown Aves in Chestnut Hill/Lafayette Hill, for 55 miles starting at 9:30, at the SEPTA lot under the bridge in Conshohocken for 45 miles starting at 10:00, or Lower Perkiomen Valley Park in Oaks for a 25 mile ride starting at 11:00. There will be a sit-down lunch with many choices of places to eat. Also a 25 mile option from Conshohocken to Oaks and back (no lunch). Please meet at least 15 min early so the rides can start on time. Look for a possible ad hoc C/C+ pace starting 30 minutes earlier Rain or starting temps below 40F cancels. Leader: Tom Madle, TMadle@rohnhass.com, 215-641-7686.

Sunday, May 20 - Upper Bucks County. 9:00 Class B, 14-15 mph, 56 miles. The ride starts at 9:00 from Sailor's Point parking lot in Lake Galena, Bucks County. It is a hilly ride and travels through mostly forests in central and upper Bucks County, with a lunch stop in Revere at mile 33, so bring sufficient water and snacks. I repeat, the ride is hilly, so come ready to climb. If you don't mind hills, you will be pleased with the beautiful scenery. Leader: Luis Figueroa, luisf117@comcast.net, 215-620- 5458.

Sunday, May 20. Mt. Airy to Beyond Hatboro. 9:00 AM Class C+, 12-13 MPH, 40 or so miles. Meet at the Allen's Lane Train Station, Cresheim Rd and Allen's Lane to leave promptly at 9:00. Flat to gently rolling terrain with a few short climbs. Short food stop at a deli at about the half way point. Leaders: Jeff Bakely, rides507.x.bcpjeff@dfgh.net, 215-843-1093; Jack Echols, jackvortex@aol.com, 215-382-6730.

Sunday, May 20 - Sunday B Ramble. Noon. Mystery Destination. Leaves from the Italian Fountain behind the Art Museum at 12:00 noon. Show and Go or look for an Ad Hoc Leader listing.

Sunday, May 20 - Sunny Sunday C Spin-Off. 12:15 PM See Weekly Rides for details. Leader: Tom Witt, 215-977-2164.

Sunday, May 20 - Sunny Sunday Afternoon D Ride. Meet 1:00 pm (SPECIAL TIME) at Italian Fountain for an 18-mile ride to the John Heinz Wildlife Preserve. We will observe wildlife for 20-30 minutes before returning. Must call by 9:00 pm Saturday night; no calls = no ride. Leaders: Vikki & Gary Morris gmmorris@vzavenue.net, 215-557-0410.

Monday, May 21 - Monday on the Main Line. 6:00/6:30 PM. See Weekly Rides for details.

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

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

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

Wednesday, May 23 - Evening B/B+ Ride from Glenside. 6:30 PM. See Weekly Rides for details.

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

Thursday, May 24 - Bryn Mawr Local B Training Ride. 6:00 PM See Weekly Rides for details.

Thursday, May 24 - Schuylkill River Trail B-/C Ride. 6:15 PM. See Weekly Rides for details.

Thursday, May 24 - Thursday C+/C- Training Ride. 6:00 PM See Weekly Rides for details.

Saturday, May 26 - Sex On The Beach! 10:00.

Class B, 16-18 mph, 68 miles; Class B-, 13-15 mph, 50~ miles; C, 11-13 mph, 45~ miles. A true classic created by Peter Odell, run this year as a multi-class, multi-club ride with the Brandywine Bicycle Club. The early miles of all routes pass through marshlands teeming with birds on the way to East Point Lighthouse, where we may spot horseshoe crabs performing their prehistoric mating ritual. After a stop at mile 25 we'll cross the Maurice River for more car-free riding. Those doing the longest route will head back out to the bay for lunch in Fortescue, the weakfish capital of the world! All three distances feature a spin around Mauricetown, with its historic houses dating back to the 1700s. Cue sheets provided for those who want to set their own pace. Please arrive at the Maurice Twmsp Elem. School in Pt. Elizabeth, NJ no later than 9:45 for a 10:00 start. Call or e-mail Dave Ziccardi for directions to the start and/or with any questions. Contact the individual leaders for ride status if the weather is questionable. Leaders: David Ziccardi (B), d\_ziccardi@yahoo.com, 215-978-7531(home), 215-913-1328 (cell); Jeff Bakely (B-), rides507.x.bcpjjeff@dfgh.net, 215-843-1093; Arnie Roseman (C), biker73pa@msn.com, 610-640-4529; Steve Trobovic, wildyugo@comcast.net, 610-687-9229.

Saturday, May 26 - C+ Training Ride. 10:00. See Weekly Rides for details.

Sunday, May 27 - Sunday B Ramble. Noon. 14 mph pace, 40 miles. Mystery Destination. Leaves from the Italian Fountain behind the Art Museum at 12 noon. Leader: Werner Carrieri, wernerman@aol.com, 215-680-2618.

Sunday, May 27 - Sunny Sunday Afternoon D Ride. Noon. See Weekly Ride list for details. Around Fairmount Park or the Schuylkill River Trail. Leader: Sheldon Isaac, sheldonhisaac@gmail.com, 215-842-0863.

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

Monday, May 28 - Memorial Day Mix 'n Match. 8:30. Class B/C+, 12-15 mph, 40 miles. Starting from Narberth Park, near the basketball courts in Narberth, PA at 8:30. The ride will take us through the less

traveled roads of main line Philadelphia, with a rest stop in or near Valley Forge. This ride has a lot of climbing. As in past years, you are expected to wear the most outrageous (funky?) outfits imaginable. Different gloves, socks, shoes, shorts, etc. Don the ugliest jersey you own. You know the one. Hasn't seen daylight since 1969. I promise, no one will laugh. "Prizes" will be awarded to the best of the worst. From Schuylkill Exp, exit onto City Ave (Rt 1 South). Right turn onto Conshohocken State Rd (Rt 23). Follow Rt 23 as it turns left onto Montgomery Ave. Continue straight onto Montgomery at traffic signal (Rt 23 goes right). Pass Waldron Acad. & Merion Mercy Acad. (on right). Bear left onto Haverford Ave (just after passing Acads). Go through Narberth business district. The park will be to the right, just past the Boro Hall/Fire Dept. Leader: Rich Wagner, roadrich@hotmail.com, 610-964-1484.

Monday, May 28 - Monday on the Main Line. 6:00/6:30 PM. See Weekly Rides for details.

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

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

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

Wednesday, May 30 - Evening B/B+ Ride from Glenside. 6:30 PM. See Weekly Rides for details.

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

Thursday, May 31 - Bryn Mawr Local B Training Ride. 6:00 PM See Weekly Rides for details.

Thursday, May 31 - Schuylkill River Trail B-/C Ride. 6:15 PM. See Weekly Rides for details.

Thursday, May 31 - Thursday C+/C- Training Ride. 6:00 PM See Weekly Rides for details.