

# November, 2008

## WEEKLY RIDES & GENERAL RIDE DESCRIPTIONS

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 (listed below) which you should check for specific ride leaders and any additional information on the ride.

### Sundays

Hike the Wissahickon. 9:30 AM The weekly Sunday hikes in the beautiful Wissahickon Gorge of Fairmount Park will be starting again on Sunday, November 16. We meet at 9:30 AM and usually do 5-7 miles over mostly trails with flat options. Most, but not all, hikes start from the Valley Green Inn, but check the monthly ride calendar for starting place and hike leaders. We often go to Bruno's afterward, but we will be celebrating the start of our hiking season at Bill McNichol's house which is within walking distance of the Valley Green Inn on Nov. 16. Directions to the Valley Green Inn: From Germantown Ave., turn onto Springfield Ave. (right turn from the suburbs, left from the city) - across from Wissahickon Cyclery. After about a mile, bear right at the fork. Please park in the upper lot and walk down to the Inn. From Henry Ave., turn onto Wise's Mill Road (left from the suburbs, right from the city). Coordinator: Debbie Hoellein, 215-833-5545, .

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. Join us a Bike Philly. Coordinator: Jim Laurino, 215-476-5091, .

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. The Sunny Sunday Afternoon D Ride is suspended until April, 2009. Coordinator: Jeff Bakely, 215-843-1093, . 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, .

### Wednesdays

Conshohocken Night Lights Ride. 6:00 P. Class B 15-16 mph, 27 miles The "Night Lights" meets every Wednesday in October and November in the SEPTA parking lot beneath the Conshohocken Bridge, Harvy St and E. Elm St. Strong front and rear lights are required We'll ride down to the Art Museum Area and take a five minute break at LLoyd Hall. We'll then return

to Conshohocken by 8:30. Rain, snow or starting temp below 45F cancels. Leader: Tom Madle, 215-641-7686, .

MTB on the Pennypack Trails. 6:30 PM. Class B-/C+. Starts from the Pine Road entrance to Pennypack Park Lights and a trail permit are required (go to [http://www.fairmountpark.org/pdf/Trail\\_User%20Permit%20Application.pdf](http://www.fairmountpark.org/pdf/Trail_User%20Permit%20Application.pdf) to download a copy of the permit application.) Come enjoy the great outdoors (without cars) after dark! Depending on the predicted weather and/or trail conditions, the ride may be rescheduled for another evening. Call or e-mail to confirm that the ride is on or with questions. Leader: Chris Beetham, 215-740-0973, .

### **Thursdays**

Thursday Morning Training Ride. 11:00 AM. Class B, 15-16 mph, 30-50 miles. Leave from the Italian Fountain behind the Art Museum. Ad-hoc destination each week. No cue sheets. Leader: Rob Swartley, 215-913-0075,

### **Saturdays**

Saturday Northwest Philly Rides. C to B- paces. Meet at Ft Washington Stae Park, Flourtown Picnic area on W. Mill Rd, between Stenton Ave and Bethlehem Pike. (From the Chestnut Hill direction: first right on Stenton Ave 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, .

**Check the Current Ride Listing for ride descriptions, time changes, and cancellations.**

---

---

## **Monthly Ride Calendar**

November 2008

Saturday, November 1 - Ride Bucks County East. 9:00 AM. Class B, 14-15 mph, 63 miles. Start at Ft. Washington State Park, Flourtown Picnic Area (see Regular Weekly Rides calendar for directions). Destination: McCaffery's Market, Lower Makefield PA. Out via Fort Washington & Horsham, Rest Stop at Tanner's Produce in Ivyland (21mi.) Continue thru Wrightstown & Upper Makefield to lunch at McCaffery's (37mi.) Market has large selection of ready-to-eat items,soup/salad bar, pizza, sushi, hot items,sandwiches and more. Dining area upstairs. Return via Langhorne, Holland,Richboro, and into Montgomery Cty via Willow Grove & Glenside Leader: Michael J Olszewski, 215-945-2437, [olszewski.michael@gmail.com](mailto:olszewski.michael@gmail.com).

Saturday, November 1 - Strausstown - Rally 'Round the Mountain. 9:30 AM. Class B, 14-15 mph, 56 miles. Start at Strausstown, PA. PA-183 just north of I-78, on the left

across from Sickafus Sheepskins (\$1 parking - pay at store). This is a challenging ride with many rewards. Blue Mountain looms on the horizon for most of the ride, until the end, when a climb up Big Blue ends in a screaming descent to the parking lot. This ride features very low traffic roads, beautiful scenery, a flat first 20 miles, biplanes, Sikh and Hindu places of worship, a scenic wooded climb and a sit-down lunch at the KOA campground in Suedburg. Don't miss out! Cue sheets provided. Route is <a href='http://www.mapmyride.com/ride/united-states/pa/strasstown/723099887'>here</a>  
Rain date: Sunday, 11/2. Leaders: Rick Christie, 610-787-1985, rick@audubongroup.com and H. Deane Armstrong, 610-688-8904, deane.armstrong@gmail.com

Sunday, November 2 - B Ramble . 12:00 PM. Class B, 13-15 mph, 40-45 miles. Start at Italian Fountain. Ride is show and go or look for an ad-hoc posting. Leader: show and go, , .

Sunday, November 2 - Sunday C Spin-Off. 12:15 PM. Class C, 12-15 mph, 25-35 miles. Start at Italian Fountain. A true C ride which cheerfully waits to regroup. Leader: Charles G. Martin, 215-923-1887, cgm455@aol.com.

Sunday, November 2 - Sunday Morning Breakfast Ride. 8:30 AM. Class C, 12-15 mph, 25-30 miles. Start at 22nd and Spring Garden. Join us on Sundays for a friendly, leisurely, fun ride through different areas of the city. Bring money for breakfast. Leaders: Marsha Hyman, 610-789-0965, mfkqueen@yahoo.com and Mark Goodman, 215-829-1922, markmeryl14@yahoo.com

Sunday, November 2 - Sunny Sunday Afternoon D ride. Class D . 12:00 PM. Class D, 10-12 mph, 15-25 miles. Start at Formal entrance to the Azalea Gardens behind Phila. Museum of Art, next to the Italian Fountain. From Kelly Drive(East River Dr), turn onto Waterworks Drive -- Lloyd Hall is on the corner of Kelly & Waterworks. Italian Fountain is at end of Waterworks D. For the beginner who wishes to learn and improve biking skills, or rider who wants a relaxed pace. Leader: Linda McGrane, 267-251-7862, mcgrane\_linda\_a@yahoo.com.

Wednesday, November 5 - Conshohocken Night Lights Ride. 6:00 PM. Class B, 15-16 mph, 27 miles. Start at the SEPTA parking lot beneath the Conshohocken Bridge, Harry St and E. Elm St.. See Weekly Rides for details. Leader: Thomas G. Madle, 215-641-7686, tmadle@rohmmaas.com.

Wednesday, November 5 - MTB on the Pennypack Trails. 6:30 PM. Class MTB, . Start at Pine Road Entrance to Pennypack Park. See Weekly Rides for details. Leader: Chris Beetham, 215-740-0973, ride\_with\_cb@verizon.net.

Wednesday, November 5 - BCP Monthly Meeting . 6:30 PM. Class Meeting, . Start at 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](mailto:bcpmarg@comcast.net). Leader: Margaret Lenzi, 215-247-9169, [bcpmarg@comcast.net](mailto:bcpmarg@comcast.net).

Thursday, November 6 - Thursday Morning Training Ride. 11:00 AM. Class B, 15-16 mph, 30-50 miles. Start at Italian Fountain behind the Art Museum. See Weekly Rides for details. Leader: Robert Swartley, , [rswartley@yahoo.com](mailto:rswartley@yahoo.com).

Saturday, November 8 - Ride to Skippack. 10:00 AM. Class C+ and B, 13-14 & 15 +/- mph, 40 miles. Start at Ft. Washington State Park Flourtown Picnic Area (Regular Weekly Rides calendar for directions). POSTPONED UNTIL SUNDAY, NOV. 9. Join us as we explore a new and very scenic route to Skippack. Expect rolling hills and a sitdown lunch on this part country/part suburban ride. There will be an accurate cue sheet for anyone not looking to stop very long. Inclement weather cancels - rain date Sunday, Nov. 9. Leaders: Howard Hochheiser, 215-913-3246, [howard@thebluestargroup.biz](mailto:howard@thebluestargroup.biz) and Jeffrey Bakely, 215-843-1093, [bcpjeff@gmail.com](mailto:bcpjeff@gmail.com)

Saturday, November 8 - Hopewell Furnace Classic. 9:30 AM. Class B/B-, 13-15 mph, 60 miles. Start at French Creek State Park, boat ramp parking area. We are going to try it again - rained out two weeks ago. Riding through the Oley Valley, we cross two covered bridges, visit a chocolatier, and enjoy a sit-down lunch in the town of Oley. Expect climbing in the first and last 15 miles, with rolling hills in between. Leaves should be at their peak. Leader: Richard L. Wagner, 610-964-1484, [roadrich@hotmail.com](mailto:roadrich@hotmail.com).

Sunday, November 9 - Chesterbrook - Ikea. 9:30 AM. Class C, 11 mph, 30+/- miles. Start at Manhattan Bagel, Chesterbrook Shopping Center. We start from the Manhattan Bagel in the Chesterbrook Shopping Center, easily accessible from US202 or PA252. We ride to King of Prussia, cross Upper Merion and the Schuylkill River and continue up the "new" Cross County Trail to stop for refueling and warming at Ikea. After a tasty interlude we remount and slowly spin under Ridge Pike, across the end of the Metroplex shopping center, and drop down to join the Schuylkill River Trail. At Betzwood we cross the river on the boardwalk and then wind our back to Chesterbrook. Expect a few hills. No one dropped. Cue sheets provided. Bring a lock, snack, beverage & \$. A multi-club ride. In the event of weather concerns, or for directions, contact ride leaders. Leaders: Arnold S. Roseman, 610-640-4529, [biker73pa@msn.com](mailto:biker73pa@msn.com) and Steve Trobovic, 610-687-9229, [wildyugo@verizon.net](mailto:wildyugo@verizon.net)

Sunday, November 9 - Sunday C Spin-Off. 12:15 PM. Class C+, C-, 12-14 mph, 35 miles. Start at Italian Fountain. Easy ride to Paoli on new roads with very little climbing. Optional instruction for new riders in riding technique. One food break at Friendship Park in Paoli. Ride ends in Conshohocken. A true C ride which cheerfully waits to regroup. Leaders: Jim Laurino, 215-476-5091, [bcpbit.x.jimlaur@dfgh.net](mailto:bcpbit.x.jimlaur@dfgh.net) and John C. Echols Jr, 215-382-6730, [jackvortex@aol.com](mailto:jackvortex@aol.com)

Sunday, November 9 - B Ramble . 12:00 PM. Class B, 13-15 mph, 40-45 miles. Start at Italian Fountain. Ride is show and go or look for an ad-hoc posting. Leader: show and go, , .

Sunday, November 9 - Ride to Skippack. 10:00 AM. Class C+ and B, 13-14 & 15 +/- mph, 40 miles. Start at Ft. Washington State Park Flourtown Picnic Area (Regular Weekly Rides calendar for directions). Join us as we explore a new and very scenic route to Skippack. Expect rolling hills and a sitdown lunch on this part country/part suburban ride. There will be an accurate cue sheet for anyone not looking to stop very long. Leaders: Howard Hochheiser, 215-913-3246, howard@thebluestargroup.biz and Jeffrey Bakely, 215-843-1093, bcpjeff@gmail.com

Wednesday, November 12 - MTB on the Pennypack Trails. 6:30 PM. Class MTB, . Start at Pine Road Entrance to Pennypack Park. See Weekly Rides for details. Leader: Chris Beetham, 215-740-0973, ride\_with\_cb@verizon.net.

Thursday, November 13 - Thursday Morning Training Ride. 11:00 AM. Class B, 15-16 mph, 30-50 miles. Start at Italian Fountain behind the Art Museum. See Weekly Rides for details Leader: Robert Swartley, , rswartley@yahoo.com.

Saturday, November 15 - \*CANCELED\* Doylestown via Peace Valley. 9:30 AM. Class B-, 13-14 mph, 55 miles. Start at Ft. Washington State Park Flourtown Picnic Area (see Regular Weekly Rides calendar for directions).. The terrain is rolling with a few easy climbs. We'll stop at Peace Valley at mi. 26 for a brief restroom/snack break & again in Doylestown at mi. 35 for a sitdown food break. Accurate cue sheets provided. If it is a cold day, we may opt to do shorter 40 mile ride to Doylestown. Joint ride w/ SCU Leader: Jeffrey Bakely, 215-843-1093, bcpjeff@gmail.com.

Saturday, November 15 - PA/NJ RIVERS EDGE. 9:00 AM. Class B-/C+ 13-14mph, 13-14MPH mph, 62 miles. Start at Holme Elementary School, Academy Rd. & Willits Rd., Just off Academy Rd. exit of I-95. .Riding parallel to the Delaware River north through Croydon & Bristol to Morrisville. Crossing to Trenton, N.J. and following river roads through Bordentown, Roebling, Florence with lunch stop in Burlington. Continuing on thru Beverly and Riverside and back to Philly via the Tacony-Palmyra Bridge. The flattest 62 miles you'll find this close to Philadelphia. Parking Lot on Willits Rd. above Academy just past Crispin St. Leaders: Michael J Olszewski, 215-945-2437, olszewski.michael@gmail.com and Joseph Feeney, 215-601-8412, jfe7378071@aol.com

Saturday, November 15 - C+ training ride (Ambler). 10:00 AM. Class C+, 12-14 mph, 43 miles. Start at Italian Fountain. This ride leaves from the Italian Fountain at \*10:00am\* and heads to Ambler. We'll try to keep a steady pace and effort (rolling

speed on flat terrain ~ 15 mph). Bring money for a snack at Ambler's coffee or pizza shop. Rain or wet road at starting time cancel. If you are interested, Route Map and Elevation Profile here: <http://www.mapmyride.com/ride/united-states/pa/philadelphia/448390860>. Leaders: Rafael A. Corredoira, 215-747-0930, rcorredo@lycos.com and Thomas Lipscomb, 215-880-5238, thomas.lipscomb@phila.gov

Sunday, November 16 - B Ramble. 12:00 PM. Class B, 14-15 mph, 43 miles. Start at Italian Fountain. 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, bcpbit.x.jimlaur@dfgh.net.

Sunday, November 16 - Sunday C Spin-Off. 12:15 PM. Class C, 12-15 mph, 25-35 miles. Start at Italian Fountain. A true C ride which cheerfully waits to regroup. Leader: Tom Witt, 215-977-2164, twitt@wolfblock.com.

Sunday, November 16 - Hike the Wissahickon with Potluck afterward . 9:30 AM. Class all levels, 5-7 miles. Start at Valley Green Inn. Join us on our first hike of the season in the beautiful Wissahickon. We will start from the Valley Green Inn (see regular weekly rides for directions) and will do 5-7 miles over mostly trails with flat options. Afterward we will go to Bill McNichol's house, which is within walking distance of the inn, for a potluck. Bill promises to have the Eagles game on for those interested. RSVP to Debbie if you are coming to the potluck. Leaders: Debbie Hoellein, 215-833-5545, wholelion@aol.com and Elaine Feldman, 484-716-5130, eff102@earthlink.net

Sunday, November 16 - Gloria's Grubby Ride. 10:00 AM. Class C/C+, 12 +/- mph, 25-30 miles. Start at Community Park -downtown Malvern on S. Warren just off King St. This will be a version of Gloria's ride. We stop to see the Alpacas along the way. Optional lunch AFTER the ride. A multi-club ride, No one dropped. Cue sheet provided. Bring snack, beverage and money for lunch. Leaders: Steve Trobovic, 610-687-9229, wildyugo@verizon.net and Arnold S. Roseman, 610-640-4529, biker73pa@msn.com

Wednesday, November 19 - MTB on the Pennypack Trails. 6:30 PM. Class MTB, . Start at Pine Road Entrance to Pennypack Park. See Weekly Rides for details. Leader: Chris Beetham, 215-740-0973, ride\_with\_cb@verizon.net.

Thursday, November 20 - Thursday Morning Training Ride. 11:00 AM. Class B, 15-16 mph, 30-50 miles. Start at Italian Fountain behind the Art Museum. See Weekly Rides for details Leader: Robert Swartley, , rswartley@yahoo.com.

Saturday, November 22 - C+ training ride (Ambler). 10:00 AM. Class C+, 12-13 mph, 43 miles. Start at Italian Fountain. Meet at Italian Fountain at 10:00 am. This ride leaves from the Italian Fountain at \*10:00am\* and heads to Ambler. We'll try to keep a steady pace and effort (rolling speed on flat terrain ~ 15 mph). Bring 3 plastic bags (the type CVS stores use to bag your stuff), money for a snack at Ambler's coffee or pizza shop. Rain or wet roads at start cancel. If you are interested, Route Map and Elevation

Profile here: <http://www.mapmyride.com/ride/united-states/pa/philadelphia/448390860>.  
Leaders: Rafael A. Corredoira, 215-747-0930, rcorredo@lycos.com and Thomas Lipscomb, 215-880-5238, thomas.lipscomb@phila.gov

Sunday, November 23 - Sunday C Spin-Off. 12:15 PM. Class C, 12-15 mph, 25-35 miles. Start at Italian Fountain. A true C ride which cheerfully waits to regroup. Leader: Samuel Wiley, 215-523-7556, wiley@lasalle.edu.

Sunday, November 23 - B Ramble . 12:00 PM. Class B, 13-15 mph, 40-45 miles. Start at Italian Fountain. See weekly rides for details. Ride is show and go or look for an ad-hoc posting. Leader: show and go, , .

Sunday, November 23 - Hike the Wissahickon. 9:30 AM. Class all levels, 6-7 miles. Start at Valley Green Inn (see regular weekly rides for directions). 6-7 mile hike on the Wissahickon trails. Some moderate climbs. Lunch stop after the hike at Bruno's. Leaders: Christopher Auth, 856-607-3600, chris.auth@verizon.net and Roger M. Burnham, 215-848-3545, roham215@yahoo.com

Sunday, November 23 - Ride to somewhere in Montco or Bucks County. 9:00 AM. Class C+/B-, 13-15 mph, 50 +/- miles. Start at Upper Dublin High School - Parking lot at Loch Alsh & Fort Washington Aves in Fort Washington. Joint ride with SCU. We will ride to somewhere with an indoor rest stop. Some hills to be expected, no one dropped, regroup as needed. Rain and temps at the start below 25 cancels. Call if unsure if ride is on. Leader: Elliot Titcher, 215-641-0607, elliott@tkccpa.com.

Sunday, November 23 - B-Ramble to Ambler. 12:00 PM. Class B, 14-16 mph, 38-42 miles. Start at Italian Fountain. Ride to Ambler for 25-30 minute stop for coffee/pastries/gelatto and bathroom. Going through East Falls and Chestnut Hill on the way out, and through Manyunk on the way back. No cue sheets. 215-665-2048. Leader: Jeff Braff, 215-567-0554, jbraff@cozen.com.

Wednesday, November 26 - MTB on the Pennypack Trails. 6:30 PM. Class MTB, . Start at Pine Road Entrance to Pennypack Park. CANCELLED. See Weekly Rides for details. Leader: Chris Beetham, 215-740-0973, ride\_with\_cb@verizon.net.

Thursday, November 27 - MTB on the Pennypack Trails. 9:00 AM. Class B-/C+, . Start at Pine Road Entrance to Pennypack Park. A special Thanksgiving morning MTB ride. We'll follow the longer and more challenging version of the ride that we do on the Pennypack trails when there's daylight. We'll ride for approximately 2-1/2 hours. A trail permit are required (go to [http://www.fairmountpark.org/pdf/Trail\\_User%20Permit%20Application.pdf](http://www.fairmountpark.org/pdf/Trail_User%20Permit%20Application.pdf) to download a copy of the permit application). The ride may be cancelled due to poor weather and/or trail conditions, so call ahead or e-mail to confirm or with questions. Leader: Chris Beetham, 215-740-0973, ride\_with\_cb@verizon.net. Leader: Chris Beetham, 215-740-0973, ride\_with\_cb@verizon.net.

Saturday, November 29 - Charlestown Horse Farms. 9:00 AM. Class B-, 13-14 mph, 48 miles. Start at Ft. Washington State Park Flourtown Picnic Area (see Regular Weekly Ride Calendar for directions), Conshohocken SEPTA lot or Church of the Savior (Wayne). Multi-location ride to the scenic Charlestown Horse Farms. 48 miles from Flourtown (9am ride start time) ,40 miles from the Conshohocken SEPTA lot (E. Elm and Harry St.; 9:30am start) or 30 miles from Church of the Saviour (651 N. Wayne Ave., Wayne, Pa.; 10am start. Sit-down lunch in Kimberton or optional quick lunch at WAWA. Rain, snow or starting temperatures below 35F cancels ride., Leader: Thomas G. Madle, 215-641-7686, tmadle@rohmmaas.com.

Sunday, November 30 - Sunday C Spin-Off . 12:15 PM. Class C, 12-15 mph, 25-35 miles. Start at Italian Fountain. A true C ride which cheerfully waits to regroup. Leader: Michael J Olszewski, 215-945-2437, olszewski.michael@gmail.com.

Sunday, November 30 - B Ramble . 12:00 PM. Class B, 13-15 mph, 40-45 miles. Start at Italian Fountain. Ride is show and go or look for an ad-hoc posting. Leader: show and go, , .

Sunday, November 30 - Hike the Wissahickon . 9:30 AM. Class Hike, . Start at Walnut Lane Golf Course Parking Lot Walnut Lane and Magdalena St (one block east of Henry Ave in Roxborough) . Traverse the Wissahickon and Northwest Philadelphia along varied paths. We'll enter the woods and climb the trails above Forbidden Drive. Our route will wind along paths on both sides of Lincoln Drive. We'll skirt a few streets in Germantown to get to our brunch stop—The Urban Café. Then back into the Wissahickon for the final leg. Please join us. Well-behaved dogs are welcome too—there is outdoor seating at the café. Leaders: Faith Goldstein, 215-242-3263, faithgoldstein@gmail.com and David Finger, 215-605-8560, davederailleur@hotmail.com