** Please note that this list now includes the every-week rides. Call the leaders and see http://www.phillybikeclub.org/current.html for updates **

Please be patient as we transition to the new format.

## Note that many rides repeat weekly: see the first week's descriptions for details.

Sundays:
Morning C Breakfast Ride, Noon B Ramble, Sunny Sunday Afternoon D Ride, Sunny Sunday C Spin-Off.

Tuesdays: Evening C+ Ride from Bruno's

Wednesdays: Northeast B-/C+ Training Ride.

Thursdays: Bryn Mawr Local B Training Ride, C-/C+ Training Ride, Schuylkill River Trail C/B-

Saturdays: C+ training ride, Saturday Brunch.

====================
Sunday, April 1 - Sunday Morning Breakfast Ride: Every Sunday. 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. Show and Go or look for an Ad Hoc Leader listing.

Sunday, April 1 - B Ramble: Every Sunday. Class B, 14-15 mph, 42 miles. Meet at the Italian Fountain behind the Art Museum at noon. 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, 215-476-5091, bcpbit704.x.jimlaur@dfgh.net.

Sunday, April 1 - Sunny Sunday Afternoon Ride: Every Sunday. Class D, usually 12-25 miles. Meets 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. Leader: Linda McGrane, 267-251-7862, mcgranel@mlhs.org

** Special instructional rides April 8 and 22 **


Tuesday, April 3 - Training Ride To Somewhere. Class B, 15-16 mph, 45+ miles. This is a training ride in an attempt to get back into riding shape. Others are/will be scheduled throughout the month of April and beyond. I usually do these rides solo, but this season I'm extending an invitation to those who can get free. They will all be level B with hills, so come ready to climb. Today's ride will leave from Washington's Crossing in N.J. at 9:00. 45 miles, no stopping. Bring sufficient water and snacks. Check the BCP e-mail list serve or call in the morning for a go/no go message. Leader: Luis Figueroa, 215-620- 5458, luisfl117@comcast.net.

Tuesday, April 3 - Evening Ride from Bruno's: Every Tuesday. Class C+, 12-14 mph, about 20 miles (increasing as the days get longer); a suburban ride to Ambler and beyond. No one left behind. Meet 6:00 at Northwestern & Germantown Aves in Chestnut Hill/Lafayette Hill. Will revert to the traditional Allen's Lane Train Station
start in May. Leader: Howard Hochheiser, 215-913-3246, howard@thebluestargroup.biz.

**Wednesday, April 4 - Northeast Training Ride:** Every Wednesday. Class B-/C+, about 20 miles. Meet at 5:30 PM in the Lincoln High School pool parking lot, on Rowland Ave, just north of Ryan Ave. Will ride into Bucks County and back in about 20 miles and be back by 7:15. Call for directions. Leader: Joe Feeney, 215-601-8412, jfe7378071@aol.com.

**Wednesday, April 4 - MTB on the Pennypack or Wissahickon Trails.** Class B-/C+. Starts from the Pine Road entrance to Pennypack Park or the upper parking lot on Valley Green Road (Wissahickon) at 6:30 PM. Ride time is 1.5 to 2 hours, so a light with a minimum of 2 hours burn time and 10W is required. A trail permit is also required: http://www.fairmountpark.org/pdf/Trail%20User%20Permit%20Application.pdf. The ride will generally be held at Pennypack, but will change location on occasion. Those interested in riding should call or e-mail the day before the ride to confirm and find out the location for that week's ride. Depending on the predicted weather and or trail conditions, the ride may be rescheduled for either Tuesday or Thursday evening. Day-of ride inquiries—call only. Leader: Chris Beetham, 215-576-6514, ride_with_cb@verizon.net.

**Thursday, April 5 - Training Ride To Somewhere.** Class B, 15-16 mph, 45+ miles. Starts at 9:00. Location to be determined, E-mail or call. Come ready to climb. No stops for 45 miles or less. See April 3rd. Always call to confirm. Leader: Luis Figueroa, 215-620-5458, luisf117@comcast.net.

**Thursday, April 5 - Bryn Mawr Local: Every Thursday Night Training Ride.** Class B, 15-16 mph, 22-32 miles. Leaves from the Italian Fountain behind the Art Museum at 6:00 PM. We ride to Merion, Gladwyne, and West Conshohocken, returning via Manayunk and the Bike Path. We'll increase the length of the ride as daylight extends. Leader: David Finger, 215-605-8560, davederaillleur@hotmail.com.

**Thursday, April 5 - Every Thursday Training Ride.** Class C+/C, approximately 18-24 miles. Departs 6:00 PM sharp from Italian Fountain. We'll do gradually longer 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, 215-557-0410, gmorris@vzvenue.net.

**Thursday, April 5 - Schuylkill River Trail:** Every Thursday. Classes B- 15-17 mph, and C 12-14, 19-25+ miles. We'll adjust the pace and distance as the season progresses. Meet at 6:00 (6:15 in May) 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 trans fats. No one left behind. Leaders: Howard Hochheiser B-, 215-913-3246, howard@thebluestargroup.biz; Mike Seidman C, 215-242-1200, fixedgear@prnt4u.com.

**Saturday, April 7 - Saturday Brunch Ride: Most Saturdays. This week - Doylestown.** Class B-, 13-15 mph, C/C+, 12-13, 42 miles. Meet at Bruno’s, Northwestern & Germantown Aves in Chestnut Hill/Lafayette Hill, for a scenic, multi-paced ride with a sit-down food stop in Doylestown. Terrain is flat to rolling. Cue sheets provided. B/B+ riders will have an opportunity to break away on the return. Call if weather is questionable. C/C+ leaves at 9:15, B-leaves at 9:30. Please meet 15 minutes early, as the rides will start on time. Leaders: Linda McGrane, B-, 267-251-7862 cell, mcgranel@mlhs.org (no email access on weekends); Roger Burnham, C/C+, 215-848-3545, roham215@yahoo.com.
**Saturday, April 7**  -  **C+ training ride:** Every Saturday. 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. We'll try to keep a steady pace and effort: rolling speed on flat terrain ~15 mph. Check the Current Ride Listing on the Web site for changes or cancellations. Leaders: Rafael Corredoira, 215-747-0930, rcorredo@lycos.com and Thomas Lipscomb, 215-880-5238, thomas.lipscomb@phila.gov.

**Saturday, April 7**  -  **Woodbury to Sharptown.** Class C-, leaves 10:30. 40 mile total, no turns, from Woodbury to Sharptown and the Martin Ice Cream restaurant. Kings Highway is Rt 551 from Woodbury to Swedesboro, then it's Rt 620 to Sharptown and Martin Ice Cream restaurant on Rt 40. The start is a public parking lot behind McDonalds restaurant, across from Underwood Hospital. I295 South to Rt 644, go west to Rt 45, Kings Highway. Or Rt 45 out of Camden to Rt 644. A longer ride is possible for faster riders, as Kings Highway goes from Haddonfield to Salem. Leader: Bill Cotton, 215-559-2910, billcotton@billcotton.com.

**Sunday, April 8**  -  **B Ramble.** Class B, 14-15 mph, 40-50 miles. Mystery Destination. Leaves from the Italian Fountain at noon. See April 1. Show and Go or look for an Ad Hoc Leader listing.

**Sunday, April 8**  -  **Instructional Riding Class for New Riders.** Class D & C, 10-12 mph, depending on participants, 10-20 miles. Meet at noon at the formal entrance to the Azalea Garden at the circle behind the Art Museum. 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. Two instructors will be present throughout the ride. Leaders: Jack Echois, 215-382-6730, Jackvortex@aol.com and Margaret Lenzi, 215-247-9169, bcpmarg@comcast.net.

**Sunday, April 8**  -  **Sunny Sunday Spin-Off Ride.** Class C, usually 25-30 miles. Meets 12:15 at the rock near the Italian Fountain. See April 1. Leader: Chuck Martin, 215-923-1887.

**Tuesday, April 10**  -  **Evening Ride from Bruno's.** Class C+, 12-14 mph, about 20 miles, increasing as the days get longer. Meet 6:00 at Northwestern & Germantown Aves in Chestnut Hill/Lafayette Hill. See April 3. Leader: Howard Hochheiser, 215-913-3246, howard@thebluestargroup.biz.

**Wednesday, April 11**  -  **Northeast Training Ride.** Class B-/C+, about 20 miles. Meet at 5:30 PM in the Lincoln High School pool parking lot, Rowland Ave north of Ryan Ave. See April 4. Leader: Joe Feeney, 215-601-8412, jfe7378071@aol.com.

**Wednesday, April 11**  -  **MTB on the Pennypack or Wissahickon Trails.** Class B-/C+. Starts from Pine Road entrance to Pennypack Park or the upper parking lot on Valley Green Road (Wissahickon) at 6:30 PM. See April 4. Leader: Chris Beetham, 215-576-6514, ride_with_cb@verizon.net.

**Wednesday, April 11**  -  **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, April 12**  -  **Bryn Mawr Local: Thursday Night Training Ride.** Class B, 15-16 mph, 22-32 miles. Leaves from the Italian Fountain behind the Art Museum at 6:00 PM. See April 5. Leader: David Finger, 215-605-8560, davederailleur@hotmail.com.

**Thursday, April 12**  -  **Thursday Training Ride.** Class C+/C-, approximately 18-24
miles. Departs 6:00 PM sharp from Italian Fountain. We'll do gradually-longer hill-seeking routes and be back by dark. See April 5. Leader: Gary Morris, 215-557-0410, gmorris@vzavenue.net.

**Thursday, April 12 - Schuylkill River Trail.** Classes B- 15-17 mph, and C 12-14, 19-25+ miles. Meet at 6:00 at the Spring Mill train station parking lot, near E. Hector St and E. North Lane in Conshohocken. See April 5. Leaders: Howard Hochheiser B-, 215-913-3246, howard@thebluestargroup.biz; Mike Seidman C, 215-242-1200, fixedgear@prnt4u.com.

**Friday, April 13 - Wallyball.** Come to the Aquatic & Fitness Center at Riverside Racquet, 600 Righters Ferry Road, Bala Cynwyd at 7 PM for a fun & invigorating game of Wallyball. What is that? It's volleyball in a racquetball court. We play until at least 9:00. Cost is $7.50/person. Bring your own lock for a locker. Call the club at 610-664-6464 for directions. Call or email coordinator Nikki Marx, 215-963-9377, bcpwallyball@hotmail.com to say you're coming or there may not be a game. Also call or email her if you want to be on the Wallyball e-mail list to remind you of upcoming games.

**Saturday, April 14 - Ride to Skippack.** Class C+, 12-13 mph, 36+/- miles. Meet at Bruno's (Northwestern and Germantown Aves in Chestnut Hill/Lafayette Hill) for a scenic ride to Skippack. Terrain is rolling with a few climbs, especially on the return portion. Sit down food stop at Mal's American Diner. Call if weather is questionable. Leaves promptly at 9:15. Please meet 15 minutes early. Look for a possible ad hoc B- pace starting at 9:30. Leader: Jeff Bakely, 215-843-1093, bcpjeff@gmail.com.

**Saturday, April 14 - Not Quite Taxing-Not Quite Metric.** Class B/B-, 14-15 mph, 52 miles. Not ready for 62 miles of hills? Come on this repeat of last year's Easter day scenic ride on low traffic roads through Hunterdon County, NJ. I plan to keep a comfortable pace. The first 4 miles and the last 5 are flat or down hill. In between the terrain is rolling with only one climb of note. One stop at mile 30, so bring sufficient snacks & fluids. Cue sheets provided for those who want to set their own pace. Call my home number for a go/no-go message the morning of the ride if weather's questionable. Please arrive at Bull's Island Recreation Area on NJ 29, a few miles north of Stockton, by 9:30 for a 9:45 start. E-mail for directions. Leader: David Ziccardi, 215-978-7531 home, (215) 913-1328 cell, d_ziccardi@yahoo.com.

**Saturday, April 14 - C+ training ride.** Class C+, 12-14 MPH, 40-50 miles. Meet at the Italian Fountain at 10:00. See April 7. Leaders: Rafael Corredoira, 215-747-0930, rcorredo@lycos.com and Thomas Lipscomb, 215- 880-5238, thomas.lipscomb@phila.gov.

**Sunday, April 15 - From Lake Galena to Nockamixon State Park.** Class B/B-, 13- 15 mph, 45 miles. Starts at 9:30 from the Sailor's Point parking lot in Lake Galena. Travels through central Bucks County and through the gamelands to the north of Nockamixon State Park. We'll stop at a pizza parlor for food. Expect some hills. Leader: Luis Figueroa, 215-620-5458, luisf117@comcast.net.

**Sunday, April 15 - B Ramble.** Class B, 14-15 mph, 40+/- miles. Mystery Destination. Leaves from the Italian Fountain at noon. See April 1. Leader: Werner Carrieri, 215-680-2618, wernerman@aol.com.

**Sunday, April 15 - Sunny Sunday Afternoon Ride.** Class D, usually 12-25 miles. Meets every Sunday at noon at the formal entrance to the Azalea Garden behind the Art Museum. See April 1. No calls = no ride. Leader: Howie Wiener, 215-925-2494,

Tuesday, April 17 - Training Ride To Somewhere. Class B, 15-16 mph, 45+ miles. Leaves at 9:00. E-mail or call for start location. Come ready to climb. No stops for 45 miles or less. Bring sufficient water and snacks. See April 3rd. Leader: Luis Figueroa, 215-620-5458, luisf117@comcast.net.

Tuesday, April 17 - Evening Ride from Bruno's. Class C+, 12-14 mph, about 20 miles, increasing as the days get longer. Meet 6 PM at Northwestern & Germantown Aves in Chestnut Hill/Lafayette Hill. See April 3. Leader: Howard Hochheiser, 215-313-3246, howard@thebluestargroup.biz.


Wednesday, April 18 - MTB on the Pennypack or Wissahickon Trails. Class B-/C+. Starts from Pine Road entrance to Pennypack Park or the upper parking lot on Valley Green Road (Wissahickon) at 6:30 PM. See April 4. Leader: Chris Beetham, 215-576-6514, ride_with_cb@verizon.net.

Thursday, April 19 - Bryn Mawr Local: Thursday Night Training Ride. Class B, 15-16 mph, 22-32 miles. Leaves from the Italian Fountain at 6:00 PM. See April 5. Leader: David Finger, 215-605-8560, davederailleur@hotmail.com.

Thursday, April 19 - Schuylkill River Trail. Classes B- 15-17 mph, and C 12-14, 19-25+ miles. Meet at 6:00 at the Spring Mill train station parking lot, near E. Hector St and E. North Lane in Conshohocken. See April 5. Leaders: Howard Hochheiser B-, 215-913-3246, howard@thebluestargroup.biz; Mike Seidman C, 215-242-1200, fixedgear@prnt4u.com.

Thursday, April 19 - Thursday Training Ride. Class C+/C-, approximately 18-24 miles. Departs 6:00 PM sharp from Italian Fountain. See April 5. Leader: Gary Morris, 215-557-0410, gmorris@vzavenue.net.

Saturday, April 21 - Take to the Woods! Class C (MTB), 9:00 start, 7- 10 mph, ~18 miles. Meet on the north side (Philly) of Route 420 in Prospect Park, PA at the John Heinz Wildlife Reserve side lot. We'll ride the Reserve's pathways observing nature such as birds, deer, foxes, rabbits, and a lot more. Note that the trail is very tame, so a hybrid bike is an excellent alternative to a mountain bike. Rides like this can be an enjoyable alternative when the temperatures are cool. 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 weekday, cyclingfrankrides@hotmail.com.

Saturday, April 21 - To Central Park and Beyond. Class C/C+, 12-13 mph, B-, 14-15 mph, 45 +/- miles. Meet at Bruno's. C/C+ leaves promptly at 9:15, B- leaves promptly at 9:30. Please meet 15 minutes early. Call if weather's questionable. See April 7. Leaders: Howard Hochheiser B-, 215-913-3246, howard@thebluestargroup.biz; Margaret Lenzi C/C+, 215-597-3370, bcpmarg@comcast.net.

Saturday, April 21 - C+ training ride. Class C+, 12-14 MPH, 40-50 miles. Meet at the Italian Fountain at 10:00. See April 7. Leaders: Rafael Corredoira, 215-747-0930, rcorredo@lycos.com and Thomas Lipscomb, 215-880-5238,
Saturday, April 21 - Lunch at the Collegeville Diner. A Meet-the-Train C ride; 32, 45, or 58 miles. Mostly flat with some packed gravel on the Perkiomen Trail. Basic ride is from the Outbound Station snack shop in Conshohocken, across the street from the R6 SEPTA stop. Meet there at 10:00, or when the R6 from Center City arrives. Those desiring more miles may meet us at the Italian Fountain at 8:50, and ride 13 miles to Conshohocken on the V.F. Trail. We'll ride 16 miles to Collegeville on the V.F. & Perkiomen Trails. Early lunch at the Collegeville Diner, then back to Conshohocken for drinks at the Outbound Station. The 58-mile edition will then ride back to the Italian Fountain. Free parking at the Outbound Station. The R6 leaves Suburban Station at 9:25. Leaders: Vikki & Gary Morris, 215-557-0410, gmorris@vzavenue.net.

Sunday, April 22 - King Cong II. Class B, 14-15 mph, 50 miles. Last year we took on Musconetcong Mtn. the 'easy' way. This time we face it head on. There will be a couple of other climbs before and after the hairy beast, but none as difficult. Your reward will be several beautiful descents, including one drop of nearly 900 vertical ft. The last 12 miles are mostly flat. One food/water stop after the climbs with an option for one before. We'll re-group after the major hills. Cue sheets provided for those who want to set their own pace. Call my home for a go/no-go message the morning of the ride if the weather is questionable. Starts at Bull's Island Recreation Area on NJ 29, a few miles north of Stockton. Please arrive by 9:30 for a 9:45 start. E-mail for directions. Leader: David Ziccardi, 215-978-7531 home, 215-913-1328 cell, d_ziccardi@yahoo.com.

Sunday, April 22 - B Ramble. Class B, 14-15 mph, about 40 miles. Meet at the Italian Fountain at noon. Food stop at Toto's Gelatos. Cue sheets provided. Terrain is flat to rolling hills with one or two moderate climbs. Call if the weather is questionable. Start time temperature 35 degrees or below cancels ride. Leader: Jeff Bakely, 215-843-1093, bramble407.x.bcpjeff@dfgh.net.

Sunday, April 22 - Instructional Riding Class for New Riders. Class D & C, 10-12 mph, depending on participants, 10-20 miles. Meet at noon at the Azalea Garden behind the Art Museum. Begins with some basic group and safety riding rules of the road. Most of the instruction will be on the bike during the ride. Two instructors will be present throughout. See April 8. Leaders: Joe Feeney, 215-332-0283, jfe7378071@aol.com and Thomas Lipscomb, Thomas.lipscomb@phila.gov, 215-880-5238.


Tuesday, April 24 - Evening Ride from Bruno's. Class C+, 12-14 mph, about 20 miles, increasing as the days get longer. Meet 6:00 at Northwestern & Germantown Aves in Chestnut Hill/Lafayette Hill. See April 3. Leader: Howard Hochheiser, 215-913-3246, howard@thebluestargroup.biz.


Thursday, April 26 - Bryn Mawr Local: Thursday Night Training Ride. Class B, 15-16 mph, 22-32 miles. Leaves from the Italian Fountain at 6:00 PM. See April 5. Leader: David Finger, 215-605-8560, davederailleur@hotmail.com.

Thursday, April 26 - Thursday Training Ride. Class C+/C-, approximately 18-24
miles. Departs 6:00 PM sharp from Italian Fountain. See April 5. Leader: Gary Morris, 215-557-0410, gmorris@vzavenue.net.

**Thursday, April 26 - Schuylkill River Trail.** Classes B– 15–17 mph, and C 12–14, 19–25+ miles. Meet at 6:00 at the Spring Mill train station parking lot, near E. Hector St and E. North Lane in Conshohocken. See April 5. Leaders: Howard Hochheiser B–, 215-913-3246, howard@thebluestargroup.biz; Mike Seidman C, 215-242-1200, fixedgear@prnt4u.com.

**Friday, April 27 - Wallyball.** Aquatic & Fitness Center at Riverside Racquet, 600 Righters Ferry Road, Bala Cynwyd at 7 PM. See April 13. Coordinator: Nikki Marx, 215-963-9377, bcpwallyball@hotmail.com.

**Saturday, April 28 - C+ training ride.** Class C+, 12-14 MPH, 40–50 miles. Meet at the Italian Fountain at 10:00. See April 7. Leaders: Rafael Corredoira, 215-747-0930, rcorredo@lycos.com and Thomas Lipscomb, 215- 880-5238, thomas.lipscomb@phila.gov.

**Sunday, April 29 - B Ramble.** Class B, 14-15 mph, 40–50 miles. Mystery Destination. Leaves from the Italian Fountain 12 noon. Show and Go or look for an Ad Hoc Leader listing.

**Sunday, April 29 - Sunny Sunday Afternoon Ride.** Class D, usually 12–25 miles. Meets every Sunday at noon at the formal entrance to the Azalea Garden behind the Art Museum. See April 1. No calls = no ride. Leader: Marsha Hyman, 610-789-0965, mfkqueen@yahoo.com.


**Tuesday, May 1 - Mailing the May 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.