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 Off-Season Training Ride for New Racers. 8:45. Class A/B, 18-22 mph, 40-50 miles. This is an off-season training ride for people that may be interested in racing. It’s not a race and nobody will be dropped. It will be mid-tempo designed to be equal parts social and training. Leaves at 8:45 from the Bulldog statue, 25th Street & Fairmount Avenue. Leader: Mark Pfeiffer, 267-934-1515, pfeiffer.mark@gmail.com.

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, bcpbit709x.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.


Mondays

Monday on the Main Line. Come on 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) April thru September at the Church of the Saviour, 657 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

Narberth Chain Smokers. 6:00 PM. Class B, 15-16 mph, 22 miles. Rides will start April 15. Training ride through the Main Line and Valley Forge Area. We will start off doing 22 miles and increase mileage as the summer goes on based on everyone’s conditioning. Meet in front of Mainly Bikes, 229 Havertford 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.

Evening Ride from Mt. Airy. Ride starts promptly at 6:00 PM. Class C/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.

MTB on the Pennypack Trails. Class B-/C+. Starts from the Pine Road entrance to Pennypack Park at 6:30 PM. Lights and a trail permit are required: http://www.fairmountpark.org/pdf/Trail_User%20Permit%20Application.pdf. 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, ride_with_cb@verizon.net.

Thursdays

Narberth Chain Smokers. 6:00 PM. Class B, 15-16 mph, 22 miles. See Tuesday ride listing for more details. yahoo.com. Leaders: Art Elwood, 856.429-7733, artelwoodcpa@gmail.com and Jeff Kimmel, 610-745-
Repair Classes and Bike Church

If you missed the BCP sponsored repair workshop which was held this past February/March, there are other opportunities to learn how to fix or maintain your bike. Neighborhood Bike Works (NBW) which ran the BCP clinic also operates repair workshops all summer long. They offer Adult Repair Classes which consist of four 3 hour sessions which cover routine procedures and the use of basic and specialized tools. Participants are encouraged to bring their own bikes. The classes are usually Monday evenings, with a cost of $60. Call for the start time of the next session. Fourteen BCPers took this course and found it very worthwhile and informative and highly recommend it.

Another really neat and economical way to repair your bike is to come to the Bike Church, an adult repair co-op run out of Neighborhood Bike Works shop, which incidentally is in the basement of St. Mary’s Church on The U of Penn campus – thus, the name. These are open repair sessions which are staffed by volunteers and shop space and tools are made available for free to the general public. Participants are expected to sign in with name and addresses and are encouraged to donate money or volunteer time. Help is often provided but not guaranteed as to availability or quality. Select bikes are available for sale on an as-is basis. Used parts are also available for sale. The Bike Church adult repair co-op is open Tuesday, Thursday, and Sunday from 6:30-9pm for all adults; and is open on Wednesday from 6:30-9pm for women only.

This is also a great way to support Neighborhood Bike Works -- an incredibly valuable resource to the biking community. NBW is a nonprofit educational organization in West Philadelphia that seeks to increase opportunities for urban youth through bicycling, and which promotes cycling as an environmentally-friendly means of transportation. It is located at 3916 Locust Walk, Philadelphia, PA 19104; Tel #215-386-0316. For more info, go to http://neighborhoodbikeworks.org/index.html.

U.S. Bike Route System

A hundred eager cyclists came out to this BCP sponsored forum to hear Jim Sayer, Executive Director of Adventure Cycling Association, talk about an exciting initiative that may transform the face of bicycling in the USA one day. Adventure Cycling and several other organizations have teamed up with AASHTO (American Association of State Highway Transportation Officials) to develop a U.S. Bike Route System. The goal is to create a fully connected biking system with the development of a corridor-level plan and a designation system for a bicycle route system for the U.S. Jim showed the audience several maps and plans of already existing routes and pieces of this puzzle which will hopefully someday be fully connected just like the U.S Highway System. These biking systems already exist in Europe and Quebec. Hopefully, we can look forward to a future of mapped and signed bike routes crossing the U.S.

Local Boy Makes Good

Hans van Naerssen was recently elected to be an At Large Director of the League of American Bicyclists. At the Board of Director’s meeting held in Washington, DC on March 4, Hans was elected as Vice-Chair of LAB’s Board. Hans who is a member of BCP and President of the Bicycling Coalition of Greater Philadelphia’s Board, should certainly be busy this year making bicycling better at the local, regional, and national level. Congratulations!

1366. jeff_signs@yahoo.com.

Thursday Night 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 may ride the route a little slower as a sub-group. Leader: Gary Morris, gmorris@vzavenue.net, 215-557-0410.

Saturdays

Northeast Ramble. Class C-, 15 to 35 miles depending on weather, etc. Must be above freezing. Call Thursday evening or Friday for details of start location, destination, etc. Always a brunch stop. Usually leave at 9:00 or 10:00. No calls - no ride. Leaders: Dick and Madge Trickey, 215-288-5907.

Saturday C to B+ Bruno’s Rides. Meet at Bruno’s, Northwestern & Germantown Aves, in Chestnut Hill/ Lafayette Hill, for 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 C+ Training Ride. 11:00. 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.
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-15 mph. Meet at the Italian Fountain behind the Art Museum at 11:00. 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.

Monday, March 31 - Most BCP memberships will expire tonight. It’s a good idea to renew before then. http://www.phillybikeclub.org/membership.html.

Tuesday, April 1 - Italian Fountain Century. All classes. Don’t miss the 29th annual first running of the Italian Fountain Century, the circular wonder of the cycling year - this year all clockwise! Marked route, and our stationary sag vehicle is always within 1/10th of a mile. Route marking volunteers please report at 8:55, mass start 9:00. Co-Chairs: Tim Carey and Tom Witt, 1-800-555-1212.

Tuesday, April 1 - Mailing the April Newsletter. No fooling. Meet 6:30 at Wolf, Block, Schorr and Solis-Cohen LLP, 1650 Arch Street, southeast corner 17th & Arch Sts.

People can come directly from the Italian Fountain Century. Coordinator: Tom Witt, 215-977-2164.

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

Wednesday, April 2 - 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.

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

Wednesday, April 2 - MTB on the Pennypack Trails. 6:30 PM. See Weekly Rides for details.

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

Saturday, April 5 - Bruno’s to Skippack. 9:15. Classes C+, 12-13 mph, and B-/B, 14-15 mph. 37-38 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, please meet 15 minutes early. Leaders: Jeff Bakely, 215-843-1093, rides08.x.bcpjeff@dfgh.net and Tom Madle, 215-233-2578 (home), TMadle@gmail.com.

Saturday, April 5 - Northeast Ramble. See Weekly Rides for details.

Saturday, April 5 - C+ Training Ride. 11:00. See Weekly Rides for details.

Sunday, April 6 - Off-season Training Ride for New Racers. 8:45. See Weekly Rides for details.

Sunday April 6 - The Schuylkill Trail. Class C, 14-15 mph, 50+ miles. We depart from Lower Perkiomen Park, on Mill Road at Egypt Road & Rt 422, promptly at 10:00. Here’s your chance to pack on some easy spring miles by riding the Schuylkill trail from the Lower Perkiomen Park to the Philadelphia Museum of Art. We will keep to the trail except in Manayunk where we use the roads to climb the few hills, and since this is a long C ride we will stop and regroup when necessary. Expect the mph on the trail to be in the 14-15 mph and less when we climb. Bring snacks, money, and H2O, we will stop. Rain, snow or wet roads will cancel so if the weather or conditions are questionable call before Sunday. Leader: Len Langsdorf, 610-278-0589 (home).

Sunday, April 6 - B Ramble. Class B, 14-15 mph, 42 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

Save the Dates for these Other Events:

Ride of Silence. Wednesday, May 21 @6:45 at the steps of the Phila Art Museum. A ride to honor riders killed or injured by motorists, and to bring attention to the need to share the road with bicycles. Rain or Shine! www.rideofsilence.org

Quad County Metric. Saturday, May 10. www.suburbancyclists.org

Bike Freedom Valley Sunday, June 15. www.bicyclecoalition.org

Lake Nockamixon Century Sunday, August 24. www.suburbancyclists.org

Bike Philly-Sunday September 7. www.bicyclecoalition.org

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moderate climbs. Call if the weather is questionable. Leader: Jim Laurino, 215-476-5091, bcpbit804.x.jimlaur@dfgh.net.

Sunday, April 6 - Sunny Sunday Afternoon D Ride. 12:00. See Weekly Ride list for details. Leader: Linda McGrane, 267-251-7862, mcgrane_linda_a@yahoo.com.


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

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

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

Wednesday, April 9 - MTB on the Pennypack Trails. 6:30 PM. See Weekly Rides for details.

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

Saturday, April 12 - Oaks with Return Trip via the Flat SRT. 9:30. Classes B-/B, 14-15 mph, and C+, 12-13 mph. 40 miles. Meet at Bruno’s, Northwestern & Germantown Aves in Chestnut Hill/Lafayette Hill. We’ll head out to Lower Perkiomen Valley Park in Oaks, PA via Blue Bell and Worchester. The return trip will be over the flat SRT. Rolling hills on the way out, with one long climb (Bean Rd). Flat on the way back except for the climb back to Chestnut Hill from Conshohocken. Rain or starting temp below 40F cancels. Cue sheets provided for slower or faster riders. Quick 15 minute mini-mart food stop at mile 17 in Trooper. Leaders: Tom Madle, 215-233-2578 (home), TMadle@gmail.com and Howard Hochheiser, 215-913-3246, howard@thebluestargroup.biz.

Saturday, April 12 - Northeast Ramble. See Weekly Rides for details.

Saturday, April 12 - C+ Training Ride. 11:00. See Weekly Rides for details.

Sunday, April 13 - Off-season Training Ride for New Racers. 8:45. See Weekly Rides for details.

Sunday, April 13 - 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, April 13 - Instructional Riding Class for New Riders. Class D, 10-12 mph, 10-12 miles. 12:00. 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 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 the Leaders: Margaret Lenzi, 267-738-2205, bcpmarg@comcast.net and Bonnie Prest-Thal, 718-344-2977, bprestthal@gmail.com.


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

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

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

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

Wednesday, April 16 - MTB on the Pennypack Trails. 6:30 PM. See Weekly Rides for details.

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

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

Saturday, April 19 - Bruno’s to Hatfield. 9:30. Class C, Continued on page 8
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10-12 mph, 35-40 miles. Meet at Bruno’s, Germantown & Northwestern Avenues in Chestnut Hill. We will do this ride at a true C pace over rolling terrain, and will regroup as necessary. There will be a lunch stop. Leaders: Debbie Hoellin, 215-833-5545, wholellion@aol.com and Vicki Klopp, 610-272-1172, v_klopp@hotmail.com.

Saturday April 19 - Ikea for Lunch. 12-13 mph, 28 miles. We will depart promptly at 9:30. Call my home # for a go/no-go message. We will meander through central Montgomery County passing through Skippack to Harleysville. There are some lightly traveled roads in this section of Montgomery county with some moderate hills, we will stop to regroup when necessary. www.mapmyride.com/ride/united-states/pa/blue-bell/566311606. Bring snacks, money, and H2O. Rain, snow or wet roads will cancel so if the weather or conditions are questionable call before Sunday. Leader: Len Langsdorf, 610-278-0589 (home).

Sunday, April 20 - B Ramble. Class B, 12-14 mph, 40 miles. Mystery destination. I can’t think that far ahead. Meet at the Italian Fountain at 12:00 Noon. Leader: Werner Carrieri, 215-680-2618, wernerman@aol.com.

Sunday, April 20 - Sunny Sunday Afternoon D Ride. See Weekly Ride list for details. 12:00. Leader: Steve Trobovic, wildyugo@verizon.net, 610-687-9229, 484-868-4194 (cell, day of ride).


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

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

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

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

Wednesday, April 23 - MTB on the Pennypack Trails. 6:30 PM. See Weekly Rides for details.

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

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

Saturday, April 26 - Chester County. 9:30. Classes B/B+, 16 mph and C+/B-, 13-14 mph, 50 miles. Start from Bruno’s at Germantown & Northwestern Aves. The route is moderately hilly, heading west toward Chester County and Paoli and returning by way of Valley Forge. The featured climb on this ride is Diamond Rock Road, located just west of Valley Forge. One food stop in Paoli. Rain cancels. Leaders: Chris Beetham, 215-740-0973, ride_with_cb@verizon.net and Linda McGrane, 267-251-7862 (cell), mcgrane_linda_a@yahoo.com.

Saturday, April 26 - Doylestown Ramble. 9:30. Class C, 10-12 mph. 42 miles. Meet at Bruno’s, Northwestern

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& Germantown Aves in Chestnut Hill/Lafayette Hill, for a scenic ride to Doylestown, with a sit down food stop in that historic town. Will regroup as needed. Leaders: Margaret Lenzi, 267-738-2205, bcpmarg@comcast.net and Steve Trobovic, 610-687-9229, 484-868-4194 (cell), wildyugo@verizon.net.

Saturday, April 26 - Northeast Ramble. See Weekly Rides for details.

Saturday April 26 - 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 at 10:00 (or when the R6 from Center City arrives) at the Outbound Station. Those desiring more miles may meet us at the Italian Fountain at 8:50 to ride up to Conshohocken on the V.F. Trail (13 miles). 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.

Saturday, April 26 - C+ Training Ride. 11:00. See Weekly Rides for details.

Sunday, April 27 - Sunny Sunday Afternoon D Ride. See Weekly Ride list for details. 12:00. We’ll ride around Fairmount Park and maybe try some hills if people want. This ride will end at the Spring Kickoff Event at 2025 Spring Garden St. Leader: Chris Shelton, 484-557-8627 cell, cshelton3@verizon.net.

Sunday, April 27 - Sunny Sunday C Spin-Off. 12:15 PM. See Weekly Rides for details. This ride will end at the Spring Kickoff Event at 2025 Spring Garden St. Leader: Tom Witt, 215-977-2164.

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

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

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


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

Wednesday, April 30 - MTB on the Pennypack Trails. 6:30 PM. See Weekly Rides for details.


Tuesday, May 6. New Ride Leaders Clinic.7-9 PM. Free Library, 18th & Vine, Skyline Room (4th Flr) Get the new Ride Leader Handbook with cue sheets. Pizza and refreshments provided. RSVP Thomas.Lipscomb@phila.gov.

Membership Renewal & Cards

It is membership renewal time for many of us. If your membership expired on March 30 and you have not renewed, this will be your last issue. We are also starting a new membership card feature. In this issue, you will find on the next to last page, a BCP Membership Card. This will appear every month and you can cut it out to show to Bike Shops to get discounts. Anyone who receives a newsletter is a member. The month will always be in the corner. Enjoy your membership.