



Disclaimer: rides are subject to change or be canceled at the ride leader's discretion. Please subscribe to the listserv for the most accurate ride information. To join, email cycle2healthhowardcounty@gmail.com with the subject "add to listserv".

Special instructions for all riders:

Please arrive 15 minutes before ride start time to ensure an on-time start. We advise continuing to bring masks on the rides, as many rides have stops for bathrooms, snacks or water and a facility or business may require you to have a mask on. Remember your water bottle as water fountains may not be accessible on rides; bring sunscreen, and tools to change a tire; bring a cell phone if you have one, and identification including emergency contact information. You must register for Cycle2Health and review the bicycle guidelines before you can participate in these rides. Contact Jennifer Lee at 410-313- 5940 or jlee@howardcountymg.gov for more information.

The Cycle2Health riding season has ended.

COMPLETED 2022 RIDES

MAY

Ride date/time: May

10th @ 10:00am (CASUAL)

Rain date/time: n/a

Departure location: Wilde Lake, Columbia, at the lake, Hyla Brook Rd.

Description: Lots of regrouping. We will walk the short, steep hill at Mile 0.3. We return to Start at Mile 5.6, when riders may opt out of continuing on to Lake Kitt and Merriweather.

Cue sheet: <https://ridewithgps.com/routes/37558427>

Ride Leader: John Ingalls, (667) 786-3071 (cell)

Additional Information: No facilities at the start, but there are plenty at the other lakes as well as Merriweather.

Ride date/time: May 12th @ 10:00am (MODERATE)

Rain date/time: n/a

Last updated: 10/26/2022



Departure location: Long Gate Park & Ride, 4951 Meadowbrook Ln, Ellicott City, MD 21043

Description: Easy Moderate ride to start the 2022 C2H season. Ride is partly on CA trails but mostly on low-traffic Columbia Hills, Thunder Hill, and Long Reach streets. 11 miles.

Cue sheet: <https://ridewithgps.com/routes/39166726>

Ride Leader: Mike O'Rourke, (443) 909-6626 (cell)

Ride date/time: May 12th @ 10:30am (ADVANCED)

Rain date/time: MONDAY, May 16th @ 10:30am

Departure location: Zinner house, 8112 Sea Water Path Columbia 21045

Description: first ride of the season - short ride - not a lot of hills. 20 miles.

Cue sheet: <https://ridewithgps.com/routes/38802369>

Ride Leader: David Zinner, (410) 733-3700 (cell)

Ride date/time: May 17th @ 10:00am (CASUAL)

Rain date/time: n/a

Departure location: Wilde Lake Barn, Across from 10122 Hyla Brook, Columbia

Description: Easy ride around Wilde Lake and Lake Kitt. 6 miles.

Cue sheet: <https://ridewithgps.com/routes/39113852>

Ride Leader: Jeff Friedhoffer, (410) 218-1416 (cell)

Ride date/time: May 18th @ 10:00am (ADVANCED)

Rain date/time: n/a

Departure location: Utica Park, 10200-B Old Frederick Rd Frederick, MD 21701

Description: Cover Bridges Ride in Thurmont Maryland. 36 miles.

Cue sheet: <https://ridewithgps.com/routes/33502165>

Ride Leader: Thomas Lefevere, 301-526-2677 (cell)

Additional Information: Lunch at Kountry Kitchen restaurant in Thurmont at mile 23

Ride date/time: May 19th @ 10:00am (MODERATE)

Rain date/time: n/a

Departure location: Blandair Park, Columbia, Parking lot by the soccer fields

Description: This is an easy start to the C2H season. This ride is a mix of roads and bike paths with about 500 ft. of elevation gain. We will leave Blandair Park and head to Lake Elkhornn using one of the bike trails. At Lake Elkhorn, we continue south on Patuxent Branch trail until we reach the Guilford Road intersection. This is a regroup point and our turn around. We head back north on the trail, loop around Lake Elkhorn and head north to Blandair using surface streets and bike paths. People who want to go to Savage Mill form our turn around point can leave the ride, but please inform the ride leader. 12.4 miles.

Cue sheet: <https://ridewithgps.com/routes/39207279>

Ride Leader: Richard Madonna, (443) 896-8371 (cell)

Last updated: 10/26/2022



Ride date/time: May 24th @ 10:00am (CASUAL)

Rain date/time: May 25th @ 10:00am

Departure location: Ellicott City 50+ Center, 9401 Frederick Rd. Ellicott City, MD 21042

Description: Rolling to flat terrain using neighborhood streets and bike paths from Miller Branch Library / EC50+ Center to Gray Rock with bike paths in Dorsey Hall and back. 6 miles.

Cue sheet: <https://ridewithgps.com/routes/39478005>

Ride Leader: Joe Horvath, (410) 707-9477 (cell)

Additional Information: Park in the lot adjacent to the library.

Ride date/time: May 26th @ 10:00am (MODERATE)

Rain date/time: n/a

Departure location: Marley Station Mall by Penney's, 7900 Ritchie Highway, Glen Burnie MD

Description: Flat Rail trail with a few hills only over bridges and a few road crossings, option for shorter ride to the Coffee Bean around mile marker 5, which would be a little over 10 miles.

Cue sheet: <https://ridewithgps.com/routes/30310187>

Ride Leader: Bill Dunn, (301) 800-1223 (cell)

Ride date/time: May 26th @ 10:30am (ADVANCED)

Rain date/time: n/a

Departure location: 11430 Rowley Road Clarksville, Maryland 21029

Description: Ride on roads and paths of the Columbia area passing by parks and lake on the way to lunch at Glory Days in Ellicott City at the mid-way point. 30 miles.

Cue sheet: <https://ridewithgps.com/routes/38561867>

Ride Leader: Thomas Lefevere, 301-526-2677 (cell)

Ride date/time: May 31th @ 10:00am (CASUAL)

Rain date/time: June 1st @ 10:00am

Departure location: Meet at Lot A, Oella, MD, next to the Trolley Trail and just beyond the Trolley Stop Restaurant.

Description: A beautiful ride through a unique historic area. This is an unusually short ride and is fully paved -- but it starts with a long, gradual uphill that will make you appreciate the quick, pleasant downhill back. It's about half on a paved trail and half on a residential street. After the ride those who wish can stop for coffee at the Old Mill Cafe and/or ride up River Road to Patapsco State Park. 4 miles.

Cue sheet: <https://ridewithgps.com/routes/39297857>

Ride Leader: Marianne Warner, 240-320-2666 (cell)

JUNE

Last updated: 10/26/2022



Ride date/time: June 2nd @ 10:00am (MODERATE)

Rain date/time: n/a

Departure location: Meadowbrook Park, 5001 Meadowbrook Ln, Ellicott City, MD 21043

Description: This is a 12 mile ride with 671 ft of elevation gain starting at Meadowbrook Park.

Cue sheet: <https://ridewithgps.com/routes/39318228>

Ride Leader: Richard Madonna, (443) 896-8371 (cell)

Ride date/time: June 2nd @ 9:00am (ADVANCED)

Rain date/time: June 3rd @ 10:00am

Departure location: Zinner home, 8112 Sea Water Path Columbia, MD 21045

Description: 36 miles, 11-13mph avg pace

Cue sheet: <https://ridewithgps.com/routes/39445697/>

Ride Leader: David Zinner, 410-733-3700 (cell)

Ride date/time: June 7th @ 10:00am (CASUAL)

Rain date/time:

Departure location: Ellicott City 50+ Center, 9401 Frederick Rd. Ellicott City, MD 21042

Description: Local neighborhood loop through Gray Rock, Dunloggin, & pathways in Dorsey Hall. A flip on the regular route, we'll head to the Northfield/Dunloggin school paths before the CA paths instead of after. 7 miles

Cue sheet: <https://ridewithgps.com/routes/5567540>

Ride Leader: Joe Horvath, 410-707-9477

Additional Information: Park in the 50+ center parking lot next to the Library parking lot

Ride date/time: June 9th @ 10:00am (MODERATE)

Rain date/time: June 10th @ 10:00am

Departure location: 10:00a: Columbia town Ctr; 10:30a: Lake Elkhorn dock

Description: 23 miles from Columbia Town Center around Lakes Kitt and Elkhorn to Savage Mills for snacks/lunch/facilities, then back through Blandair Park.

Includes an optional 2-mile round trip spur beyond the Mills across Bollman bridge riverside into the woods for views of the Little Patuxent cascading across the Atlantic fall zone.

Because of frequent stops and regrouping expect an average pace of 10-11 mph. There is one substantial climb up Volmerhausen Rd which may be safely walked on the sidewalk.

Except for additional short sections of Stevens Forest & Oakland Mills Roads, the ride is entirely a pathway. The unpaved trail sections between Pratt bridge and Volmerhausen, and beyond the Mills, are more suited to hybrid bikes although passable to road bikes.

Cue sheet: <https://ridewithgps.com/routes/29970406>

Ride Leader: John Ingalls, (667) 786-3071

Additional Information: If joining at Lake Elkhorn (or even farther down if you like) please let RL know to look for you.

Last updated: 10/26/2022



Ride date/time: June 9th @ 9:00am (ADVANCED)

Rain date/time: June 13 @ 9:00am

Departure location: High's convenience store in West Eldersburg, 10 Liberty Rd. Sykesville, MD 21784 located at the intersection of Rt 26 Liberty Rd. & Klee Mill Rd.

Description: Rolling terrain in Carroll County, 30 miles, 14+ mph pace

Cue sheet: <https://ridewithgps.com/routes/23386649>

Ride Leader: Mike Fitzsimmons, (410) 215-3896 (cell)

Ride date/time: June 14th @ 10:00am (CASUAL)

Rain date/time: n/a

Departure location: The Barns on Hyla Brook Road, Hyla Brook Road

Description: Mild hills, two major road crossings each way at traffic lights. Ride skirts Wilde Lake, continues to Centennial Lake, then goes to Lake Kittimiquondi and returns to Wilde Lake. 9.3 miles

Cue sheet: <https://ridewithgps.com/routes/39773507>

Ride Leader: Bill Dunn, (301) 800-1223 (cell)

CANCELLED *Ride date/time: June 16th @ 10:00am (MODERATE)*

Rain date/time: n/a

Departure location: Schooley Mill Park, 12975 Hall Shop Rd., Highland, MD 20777

Description: 650 feet of elevation gain, all on relatively quiet suburban roads. 13 miles.

Cue sheet: <https://ridewithgps.com/routes/31808457>

Ride Leader: Marc Tolson, (410) 660-3473 (cell)

Additional Information: remember to ride single-file on roads!

Ride date/time: June 16th @ 10:00am (ADVANCED)

Rain date/time: June 17th @ 10:00am

Departure location: Alpha Ridge Park, 11685 Old Frederick Rd, Marriottsville, MD 21104

Description: Somewhat hilly ride from Howard Co. to Carroll Co. and back (of course). Rest stop at Piney Run County park. 27.5 miles.

Cue sheet: <https://ridewithgps.com/routes/24215021>

Ride Leader: Mike Andrews, (410) 292-3776 (cell)

Ride date/time: June 21st @ 10:00am (CASUAL)

Rain date/time: June 22nd @ 10:00am

Departure location: Avalon Patapsco State Park, 5120 South St Halethorpe, MD 21227

Description: Exceptional ride for new riders, almost all flat, riding park roads and trails with little traffic. Includes the scenic Grist Mill Trail but no bridges. Leader will average 10 MPH. 13 miles, option to end after 8.

Last updated: 10/26/2022



Cue sheet: <https://ridewithgps.com/routes/39174880>

Ride Leader: Marlene West, (410) 733-8786 (cell)

Additional Information: When you turn into the park, turn left toward Avalon (right is Glen Artney). After you pass the large playground, park in the large lot on the right, across from bathrooms.

CANCELED Ride date/time: June 23rd @ 10:00am (MODERATE)

Rain date/time: n/a

Departure location: Bruster's Ice Cream parking lot, 801 Aquahart Rd, Glen Burnie, MD 21061-3914

Description: Ride is on well-maintained multi-use trails (bikes, walkers, etc.). 16 miles. 8-10 mph avg pace.

Cue sheet: <https://ridewithgps.com/routes/39427773>

Ride Leader: Mike O'Rourke, (443) 909-6626 (cell)

Ride date/time: **FRIDAY** June 24th @ 10:00am (ADVANCED)

Rain date/time: n/a

Departure location: Dockside Restaurant & Sports Bar, 421 Deale Rd Tracys Landing, MD 20779

Description: Deale to North Beach Loop. 39 miles.

Cue sheet: <https://ridewithgps.com/routes/34142696>

Ride Leader: Tom Lefevere, (301) 526-2677 (cell)

Additional Information: Late lunch at the restaurant after the ride.

Ride date/time: June 28th @ 10:00am (CASUAL)

Rain date/time: n/a

Departure location: Wilde Lake Boat Dock, 10002 Hyla Brook Rd, Columbia, MD 21044

Description: 11.6 mile ride

Cue sheet: <https://ridewithgps.com/routes/37628495>

Ride Leader: Jim Lubitz, (443) 253-7016 (cell)

Ride date/time: June 30th @ 10:00am (MODERATE)

Rain date/time: July 1@10am

Departure location: Schooley Mill Park - 12975 Hall Shop Rd, Highland, MD

Description: Pass the first parking lot, which is on the right, and go up to the top parking lot, on the left. Park near the bathrooms. Moderate ride from Schooley Mill Park through Fulton and Maple Lawn. A scenic road ride offering a variety of hills. We will control speed downhill and stop for a rest after each of the challenging uphill, keeping the average pace 10-11 MPH. Will require riding with traffic on mostly low traffic roads and crossing trafficked roads carefully. 15 miles with 921 foot climb.

Last updated: 10/26/2022



Cue sheet: <https://ridewithgps.com/routes/36872078>

Ride Leader: Marlene West, (410) 733-8786 (cell)

Ride date/time: June 30th @ 9:00am

Rain date/time: n/a

Departure location: Libertytown Park, 9140-9156 Liberty Village Rd, Union Bridge, MD 21791

Description: Libertytown Park (restrooms available) to Union Bridge. 24 miles, 1400ft climbing. 11-13mph avg pace.

Cue sheet: <https://ridewithgps.com/routes/37755696>

Departure location: Ride Leader: Marge Ewertz, (410) 446-4691 (cell)

C2H RIDE CLINIC

Ride date/time: June 30th @ 9:30am

Rain date/time: n/a

Departure location: Glenwood 50+ Center Parking Lot, 2400 MD-97, Cooksville, MD 21723

Description: Chris the LCI's Bike101 Clinic.

Chris, a League [of American Bicyclists] Cycling Instructor, will offer an instructional clinic aimed at teaching some basic bicycle riding skills. The Clinic is primarily for novice riders -- those who can already ride a bicycle but want to learn basic skills and techniques for doing so safely and effectively. The goal will be to help you be more comfortable, and thus more confident, on your bike.

We will cover bicycle handling, bicycling safety, and what You Need To Know. We will also have a bit of a practice ride after. If we have time, I will also demonstrate how to change a flat tire.

Bring: Yourself, your bicycle, your helmet, water bottle. Tire changing tools if you have them and want to learn how to do that.

Cue sheet: <https://ridewithgps.com/routes/39751299>

Ride Leader: Chris Tsien, (410) 908-6870 (cell)

Ride date/time: July 5th @ 9:30am (CASUAL)

Rain date/time: n/a

Departure location: Supreme Sports Club's NORTH parking lot, 7080 Deepage Dr., Columbia, MD

Description: Except for a hill approaching Oakland Mill Dr., this is largely flat and nearly all on Columbia pathways, following the stream that flows into Lake Elkhorn. 7 miles.

Cue sheet: <https://ridewithgps.com/routes/34307742>

Ride Leader: Ed Warner, (240) 646-2786 (cell)

Last updated: 10/26/2022



CANCELED Ride date/time: July 7th @ 9:30am (ADVANCED)

Rain date/time: n/a

Departure location: Lisbon Park, 15901 Frederick Rd, Woodbine, MD 21797

Description: Mostly rolling hills with elevation gains of 1,240ft over the ride. 21 miles.

Cue sheet: <https://ridewithgps.com/routes/39705781>

Ride Leader: Richard Madonna, (443) 896-8371 (cell)

Ride date/time: July 7th @ 9:30am (MODERATE)

Rain date/time: July 8th @9:30am

Departure location: Atholton Neighborhood Park, 6875 Greenleigh Drive, Columbia. Look for the sign "Atholton Neighborhood Park" on Donleigh at intersection with Greenleigh; GPS may misdirect. This park offers bathrooms/portapots and plentiful parking. Note the pickleball and tennis courts.

Description: A lovely mostly shaded 15 mile ride of mostly low traffic roads thru Columbia's Hickory Ridge village and Allview. With numerous hills, the expected pace is 10 MPH. You can easily return on Shaker Drive at mile 8.9 or 13.8. Total distance 15 miles.

Cue sheet: <https://ridewithgps.com/routes/27952213>

Ride Leader: Marlene West, 410-733-8786

Additional Information: This ride uses moderate-level road biking skills, including: · Using the thru-traffic lane, not right-turn lane, unless turning right · Negotiating traffic for making left turns and crossing intersections · Taking the lane around traffic circles so drivers don't try to share the lane · Creating gaps to allow traffic to pass when the group gets bunched up · Especially on the trails, stopping courteously if you do need to dismount uphill.

Ride date/time: July 12th @ 10:00am (CASUAL)

Rain date/time: July 13th @ 10:00am

Departure location: Cypressmede Park, 3100 Fawnwood Dr, Ellicott City, MD 21042

Description: Enjoy riding around several small communities on residential streets. We return to start at mile 5, and then head back out for an optional 5 more miles. Plenty of regrouping.

Cue sheet: <https://ridewithgps.com/routes/40121637>

Ride Leader: John Ingalls, (667) 786-3071 (cell)

Ride date/time: July 14th @ 10:00am (MODERATE)

Rain date/time: July 15th @ 10:00am

Departure location: Gwynn's Falls Trail Trailhead 6. It is on Google maps at

<https://www.google.com/maps/dir/39.2717129,-76.6478461//@39.2718143,-76.7181069,12z/data=!3m1!4b1!4m2!4m1!3e0>.

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If you don't have Google maps and your GPS doesn't list the Trailhead, use directions to Carroll Park Golf Course, as the lot is adjacent to the Golf Course. As shown in the map image below, immediately after turning into the turnoff for the Golf Course, take the first left and park.[Take I95 into Baltimore and get off at Washington Blvd (Exit 51) and turn left and follow attached map.]

Description: We'll explore the beautiful Gwynn's Falls Trail, winding in a gradual climb into a lovely natural area of Baltimore. Our turning point (to a gradual downhill return) is the incredibly quaint, tiny old mill town of Dickeyville. You'll be amazed at the sense of time travel to this turn-of-the-century small town, which feels more like New England than Baltimore. Most of the route is on paved path, but a portion is on a stone and dirt path where skinny tire bikes are not recommended. We will cross three roads, but otherwise will not be riding on city streets.

12.8 miles.

Cue sheet: <https://ridewithgps.com/routes/40155342>

Ride Leader: Marianne Warner, (240) 320-2666 (cell)

Ride date/time: July 14th @ 9:00am (ADVANCED)

Rain date/time: July 15th @ 9:00am

Departure location: Gary Arthur Community Center, 2400 Route 97 Cooksville, MD 21723

Description: At ride start or mile 7.7 we can decide on continuing with the 7-mile figure-8 extension or cutting it short to a 20-mile outing. Ample regrouping either way. Stopover for snacks/bathrooms in Lisbon at Mile 20.8 (14 if shortened).

Cue sheet: <https://ridewithgps.com/routes/40021308>

Ride Leader: John Ingalls, (667) 786-3071 (cell)

Ride date/time: July 19th @ 9:00am (CASUAL)

Rain date/time: N/A

Departure location: Centennial Lane ELEMENTARY School, 3825 Centennial Lane Ellicott City, MD 21042. Take Centennial Lane south 1.6 miles south from Rt 40 or Frederick Rd; school will be on the left (east) side. Ample parking but no facilities

Description: We first tour the Burleigh Manor neighborhood, passing past the start twice for those who wish to leave early. At mile 8.1 we continue into Font Hill, which is hillier. The route is laid out to avoid the more demanding climbs. Plenty of regrouping. 6.3, 8.1, or 11.5 miles - your pick.

Cue sheet: <https://ridewithgps.com/routes/40221949>

Ride Leader: John Ingalls (667) 786-3071 (cell)

Additional Information: Use attached .jpg files if link doesn't work. Note the early start - please arrive by 8:45 a.m.

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Ride date/time: July 21st @ 9:00am (MODERATE)

Rain date/time: July 26th @ 9:00am

Departure location: Schooley Mill Park, 12975 Hall Shop Rd, Highland, MD

Description: This is a moderate, scenic and somewhat hilly ride from Schooley Mill Park (upper lot by bathrooms) through Maple Lawn. We will stop for a rest after the more challenging, keeping the average pace 10-11 MPH. Will require riding with traffic including some left turns requiring caution. 15.3 miles.

Cue sheet: <https://ridewithgps.com/routes/36872078>

Ride Leader: Larry Schoen, (410) 340-1525 (cell)

Additional Information: Note the early start time to avoid the heat!

Ride date/time: July 21st @ 9:00am (ADVANCED)

Rain date/time: July 22nd @ 9:00am

Departure location: Lisbon Commuter Park and Ride, 918 Woodbine Road

Description: Moderately challenging route with 1,576 ft elevation. 24.1 miles.

Cue sheet: <https://ridewithgps.com/routes/39750068g>

Ride Leader: Colin Roberts, (410) 262-4123 (cell)

Ride date/time: July 26th @ 10:00am (CASUAL)

Rain date/time: n/a

Departure location: Owen Brown Village Center behind the Giant food store, Owen Brown Village Center, 7180 Cradlerock Way, Columbia, MD 21045

Description: A gentle 10-mile ride with +511/- 511 in elevation. We will first proceed around Lake Elkhorn and then head north under Rouse Parkway and past Sewells Orchard, arriving in Phelps Luck at the northern end of the loop. Turning south we will go under Rouse Parkway a second time and ride through the Villages of Talbot Springs and Stevens Forest before ending at our point of departure in Owen Brown Village Center.

Cue sheet: <https://ridewithgps.com/routes/24299695>

Ride Leader: Irv Pritchett (443) 889-0955 (cell)

CANCELED *Ride date/time: July 28th @ 9:30am (MODERATE)*

Rain date/time: MON Aug 1st @ 9:30am

Departure location: Howard County Library Central Branch, 10375 Little Patuxent Parkway, Columbia, MD 21044

Description: One big hill, several long inclines. We will regroup before each major change in direction, and have an extended stop in the Enchanted Garden of the Miller Branch of the Howard County Library System. 13.7 miles.

Cue sheet: <https://ridewithgps.com/routes/39334258>

Ride Leader: Marc Tolson, (410) 660-3473 (cell)

Last updated: 10/26/2022



Ride date/time: July 28th @ 9:30am (**ADVANCED**)

Rain date/time: n/a

Departure location: Lisbon Park, Lisbon, MD, 15901 Frederick Rd, Woodbine, MD 21797

Description: Ride is 21 miles with 1,240 ft of elevation gain. Mostly rolling hills on familiar Howard County Roads. Average speed about 12 mph depending on group.

Cue sheet: <https://ridewithgps.com/routes/39705781>

Ride Leader: Richard Madonna, (443) 896-8371 (cell)

Ride date/time: Aug 9th @ 9:30am (**CASUAL**)

Rain date/time: n/a

Departure location: Stevens Forest Elementary School Parking Lot, 6045 Stevens Forest Road, Columbia, MD 21045

Description: Visit one East and One West Columbia pools with extended Adult Lap Swim hours - and two great Hot Tubs! 7.5 miles.

Cue sheet: <https://ridewithgps.com/routes/39361892>

Ride Leader: Marc Tolson, (410) 660-3473 (cell)

Ride date/time: Aug 11th @ 10:00am (MODERATE)

Rain date/time:

Departure location:

Description:

Cue sheet:

Ride Leader: **NO MODERATE RIDE**

Additional Information:

Ride date/time: August 11 @ 9:00am (**advanced**)

Rain date/time: n/a

Departure location: Vellocino Coffee/Bike shop, 15007 Butler Rd. (at the intersection of Butler and Falls Rd.)

Description: A very hilly and challenging 24 mile meander in northern Baltimore County horse farm country. Average speed: 12-13 mph. Restrooms (and coffee) available at the Veloccino shop.

Ample (preferred) parking available in the lot between the coffee shop and the fire house.

Cue sheet: <https://ridewithgps.com/routes/27993935>

Ride Leader: Mike Fitzsimmons, 410-215-3896 (cell)

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Additional information: Take I-795 to the Reisterstown exit (do not exit onto 140/Westminster). Follow signs to Butler Rd. (after you go through the residential area of Glyndon, look for sign to turn Left to remain on Butler Rd. Rte128). Butler ends at Falls Rd. Turn left onto Falls Rd. , the shop and the parking lot will then be on the Right.

Ride date/time: Aug 16th @ 10:00am (CASUAL)

Rain date/time:

Departure location:

Description:

Cue sheet:

Ride Leader: **NO CASUAL RIDE**

Additional Information:

Ride date/time: Aug 18th @ 9:30am (**MODERATE**)

Rain date/time: n/a

Departure location: Glenwood 50+ Center, 2400 Route 97 Cooksville, MD 21723

Description: Moderate hills. Route is on mostly quite western Howard County roads. 16.8 miles.

Cue sheet: <https://ridewithgps.com/routes/40564537>

Ride Leader: Richard Madonna, (443) 896-8371 (cell)

Additional Information: Bathrooms are available inside the center. The route is on roads - mostly low traffic. Hills are mostly gradual. Average speed will be between 8 - 13 mph depending on group.

Ride date/time: Aug 18th @ 10:00am (**ADVANCED**)

Rain date/time: n/a

Departure location: Taneytown Elementary School, 100 King Street, Taneytown, MD 21287

Description: 1359 ft climbing in Carroll County. 33 miles.

Cue sheet: <https://ridewithgps.com/routes/30472750>

Ride Leader: Marge Ewertz, (410) 446-4691 (cell)

Ride date/time: Aug 23rd @ 10:00am (**CASUAL**)

Rain date/time: n/a

Departure location: Owen Brown Village Center, 7180 Cradlerock Way, Columbia, MD 21045

Description: We will be doing the July 26 ride in the opposite direction. A gentle 10-mile ride with +511/- 511 in elevation. We will first proceed around Lake Elkhorn and then head north under Rouse Parkway and past Sewells Orchard, arriving in Phelps Luck at the northern end of the loop. Turning south we will go under Rouse Parkway a second time and ride through the

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Villages of Talbot Springs and Stevens Forest before ending at our point of departure in Owen Brown Village Center.

Cue sheet: <https://ridewithgps.com/routes/24299695>

Ride Leader: Irv Pritchett, (443) 889-0955 (cell)

Ride date/time: Aug 25th @ 10am (**MODERATE**)

Departure location: Marley Station Mall, 7900 Ritchie Highway, Glen Burnie. Rt. 100 West to Md. Rt 2 North exit, follow north a short way up and left into the Mall. Park on west side, near JC Penny and the trail.

Description: A 13 to 20-mile ride at 11-13 mph. Rest stops include the north overlook, Dixon observation area, and in the airport's E concourse at Mile 9.3 - great amenities.

Cue sheet: <https://ridewithgps.com/routes/40643197>

Ride Leader: John Ingalls, (667) 786-3071 (cell)

Additional Information: Shorten ride from 20 to 13 miles by meeting us at Sawmill Creek Park at 10:30 - please contact Ride Leader ahead so he may look for you there.

Ride date/time: August 30 @ 10am (**CASUAL**)

Departure location: Patapsco State Park, Avalon Area, 5120 South Street Halethorpe MD 21227 (GPS N 39-13'11.0 W 076-42'18.3). Enter Park Via South St, from Rt 1. Once in park turn left at bridge across river, right to parking area by restrooms.

<https://dnr.maryland.gov/publiclands/Pages/central/PatapscoValley/Avalon/Directions.aspx>

Description: Easy relatively flat ride along both sides of Patapsco River, option to stop at 8 miles. Paved path with two areas to walk across. Most of the ride in shade. Frequent stopping by ride leader. A 13 mile ride.

Cue sheet: <https://ridewithgps.com/routes/39174880>

Ride Leader: Jeff Friedhoffer, (410) 218-1416 (cell)

Additional Information: Thanks to Marlene West for this route. There is an entrance fee to park, apply for a Maryland Golden Age pass on line for \$10,

<https://dnr.maryland.gov/publiclands/Pages/goldenage.aspx>

SEPTEMBER

Ride date/time: September 1 @ 10:00 am (**ADVANCED**)

Departure location: Utica Park, 10200-B Old Frederick Road, Frederick, MD. Meet in front of the port-a-loos.

Description: A favorite Covered Bridges ride. Rolling, no big hills, very scenic. Ride is 27.8 miles. Bring water and snacks. No Convenience stores but port-a-loos at the start and at

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Roddy Bridge (16.5 miles). Sadj will lead the ride at a speed of 10-12 mph. Richard will lead the ride at a speed of 12-14 mph. Re-group at the Roddy Bridge.

Cue sheet: <https://ridewithgps.com/routes/29081527>

Ride Leader: Sadj Bartolo, (443) 878-6939 and Richard Madonna (443) 896-8371 (cell)

Additional Information: Please arrive 15 minutes early to check in.

Ride date/time: September 6 @ 10 am (**CASUAL**)

Departure location: Ellicott City 50+ Center, 9401 Frederick Road, Ellicott City

Description: Ride 9.6 miles of light-traffic roads and wooded paths in the Dorsey Search and Dunloggin neighborhoods.

Cue sheet: <https://ridewithgps.com/routes/35944983>

Ride Leader: John Ingalls, 667-786-3071

Additional Information: Park in the Center's west or side lot.

Ride date/time: September 8 @ 10 am (**ADVANCED**)

Departure location: Freedom Park, 100 Raincliffe Road, Sykesville, MD 21784. Off MD32 in Sykesville

Description: 21 mile ride that moves at 11-13 mph with a total of 1570 ft climbing.

Cue sheet: <https://ridewithgps.com/routes/33924905>

Ride Leader: Marge Ewertz, 410-446-4691

Ride date/time: September 13 @ 10 am (**CASUAL**)

Departure location: Supreme Sports Club's NORTH parking lot, 7080 Deepage Dr., Columbia, MD.

Description: We did this ride last year, in the heat of summer to a small market on Stevens Forest for paletas, Mexican ice cream bars. (Or cold drinks.) We then return southward to the Supreme, largely via pathways. This is a 9.7 mile ride with a small amount of climbing at start and end.

Cue sheet: <https://ridewithgps.com/routes/40333438>

Ride Leader: Ed Warner, 240-646-2786

Additional information: Park in the south side of the Supreme's North parking lot, that closest to Deepage.

Ride date/time: September 20 @ 10 am (**MODERATE**)

Departure location: Alpha Ridge Park, 11685 Old Frederick Rd, Marriottsville, MD 21104

Description: This 14 mile ride starts at Alpha Ridge Park. We head west with mostly rolling hills. We turn north on Underwood Rd. and continue onto Forsythe. We turn around after a short ride on Forsythe, come back on Underwood and do a loop through the local neighborhood. We head back to Alpha Ridge with a short cut around on Mt. View to Sand Hill Road. 8-10 mph.

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Cue sheet: <https://ridewithgps.com/routes/40656767>

Ride Leader: Richard Madonna, 443 896 8371

Ride date/time: September 27 @ 10 am (CASUAL)

Departure location: East Columbia 50+Center/Library, 6600 Cradlerock Way. Park at rear of lot, the far south side toward the soccer field.

Description: This 7.8 mile ride goes to Lake Kitty and back, using a differing return route. (Porta Potties at Kitty, restrooms at 50+ Center). Total climbing 397 feet -- easy peasy!

Cue sheet: <https://ridewithgps.com/routes/27965021>

Ride Leader: Edward Warner, 240-646-2786

Ride date/time: September 29 @ 10 am (MODERATE)

Departure location: Columbia Town Center, 10275 Little Patuxent Pkwy Columbia, MD 21044. Maryland Rt. 29 south 5 miles to Little Patuxent Pkwy (Rt 175) east to town center: bear left the the big mall intersection at mile 1.0 to remain on the parkway, proceed another ½ mile under pedestrian overpass and turn left into Whole Foods, but park in the adjacent lot east of the market's.

Description: This 10 or 20 mile ride will tour four lakes: Kitt, Wilde, Centennial, and Elkhorn. Note that the trail loop at Centennial has been restored and so the steep detours are no longer needed. Option to shorten the ride by either leaving or joining when we return to Start halfway.. 8-10 mph.

Cue sheet: <https://ridewithgps.com/routes/40985712>

Ride Leader: John Ingalls, 667-786-3071

Additional Notes: This is a reposting of the rain-cancelled 9/22 ride. It replaces the Advanced ride originally scheduled for 9/29.

Ride date/time: October 6 @ 10 am (CASUAL)

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Departure location: Harris Teeter parking lot at Turf Valley Towne Center, 11075 Resort Rd. 21042. Route 40 West to right on Marriottsville Rd to right on Resort Rd then first right will go to Harris Teeter.

Description: Low traffic streets exploring the Turf Valley community. 6 mile ride. Be alert for crossing golf carts. Look for the no backyard houses!

Cue sheet: <https://ridewithgps.com/routes/40513924>

Ride Leader: Joe Horvath, 410-707-9477

Ride date/time: October 11 @ 10 am (CASUAL)

Departure location: Supreme Sports Club's NORTH parking lot, 7080 Deepage Dr., Columbia, MD. Park in the north lot, nearest Deepage.

Description: Very level 7 mile ride, following the stream connecting Elkhorn to Jackson Pond. Coffee opportunity after at the nearby Starbucks!

Cue sheet: <https://ridewithgps.com/routes/34307742>

Ride Leader: Ed Warner, 240-646-2786

CANCELED **Ride date/time:** October 13 @ 10 am (ADVANCED)

Departure location: Meet at the parking lot of the Oakland Mills Interfaith Center - 5885 Robert Oliver Place - Columbia, MD 21045

CANCELED **Description:** Offered during Chol HaMoed Sukkot, David Zinner will be leading this Four Sukkah Bike Ride. This ride is 25 miles, some on busy roads, with 1269 feet of climbing. We start at the CJC sukkah, then work our way to Temple Isaiah's sukkah, then Beth Shalom's sukkah, then to the Chabad sukkah, and back to the CJC sukkah for a sukkot lunch at about 12:15 pm.

Cue sheet: <https://ridewithgps.com/routes/40598543>

Ride Leader: David Zinner, 410-733-3700

Additional notes: Bring your own lunch which we will put in the refrigerator at the start/end point.

Ride date/time: October 18 @ 10 am (MODERATE)

Departure location: Atholton Neighborhood Park, 6875 Greenleigh Drive, Columbia. Look for the sign "Atholton Neighborhood Park" on Donleigh at intersection with Greenleigh; GPS may misdirect. This park offers bathrooms/portapots and plentiful parking. Note the pickleball and tennis courts.

Description: A lovely mostly shaded ride of mostly low traffic roads thru Columbia's Hickory Ridge village, Allview, and Merriweather District. With numerous hills, the expected average pace is 10 MPH. You can easily return on Shaker Drive at mile 8.9 or 13.8.

Cue sheet: <https://ridewithgps.com/routes/40063114>

Ride Leader: Marlene West, 410-733-8786

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Additional notes: This ride uses moderate-level road biking skills, including: · Using the thru-traffic lane, not right-turn lane, unless turning right · Negotiating traffic for making left turns and crossing intersections · Taking the lane around traffic circles so drivers don't try to share the lane · Creating gaps to allow traffic to pass when the group gets bunched up · Especially on the trails, stopping courteously if you do need to dismount uphill.

Ride date/time: October 20 @ 10 am (ADVANCED)

Departure location: Meet at the parking lot of the Oakland Mills Interfaith Center - 5885 Robert Oliver Place - Columbia, MD 21045

Description: Offered during Chol HaMoed Sukkot, David Zinner will be leading this Four Sukkah Bike Ride. This ride is 25 miles, some on busy roads, with 1269 feet of climbing. We start at the CJC sukkah, then work our way to Temple Isaiah's sukkah, then Beth Shalom's sukkah, then to the Chabad sukkah, and back to the CJC sukkah for a sukkot lunch at about 12:15 pm.

Cue sheet: <https://ridewithgps.com/routes/40598543>

Ride Leader: David Zinner, 410-733-3700

Additional notes: Bring your own lunch which we will put in the refrigerator at the start/end point.

Ride date/time: October 25 @ 10 am (CASUAL)

Departure location: Dock on Lake Elkhorn, 7200 Dockside Lane. Off S. Cradlerock Way, if lot is full, park on southside of Cradlerock.

Description: This 8.4 mile ride has 332 feet of climbing -- that's nothing in HoCo, but dress warmly, esp. gloves!

Cue sheet: <https://ridewithgps.com/routes/36629246>

Ride Leader: Edward Warner, 240-646-2786

CANCELED Ride date/time: October 27 @ 10 am (ADVANCED)

Departure location: Ten Oaks Tavern, 3900 Ten Oaks Rd #1, Glenelg, MD 21737. Park on Tridelphia Road side of the lot.

Description: This 21 mile route starts from the Ten Oaks Tavern parking lot. About 1500 ft of elevation gain. Mostly quiet western Howard roads. 11-13 mph.

Cue sheet: <https://ridewithgps.com/routes/30844463>

Ride Leader: Richard Madonna, 443-896-8371

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